



St. James Visitor

Thanksgiving 2017

GREETINGS FROM THE REV. PAMELA

We've all experienced a sense of wonder and magic when a great choir performs great music. Sometimes the sound feels as comfortable as a soft blanket on a cold night. At other times, its power and majesty roll over us like a huge wave, knocking us to our knees. The musical experience touches us deeply in a mysterious way and awakens our emotions.

The effect is even greater when we participate in singing together. Joined in song, our emotions are not merely stirred; they merge and dissolve with the emotions of others, deepening our human connection. Our voices create a net of sound that binds us tightly together. When we gather to sing songs, both the song and the act of singing together strengthen our spirit and our community by bolstering our sense of being together.

Why is singing so important to our spirit? Why does it warm us? Why does it make our heart and soul happy? The word *spirit* is derived from the Latin *spirare*, 'to breathe.' The act of singing moves our breath, the essence of our spirit, from our deepest core out into the atmosphere.

When we sing together in singing meditation, the benefits are reciprocal: The act of singing strengthens the community, and the group's camaraderie enhances the beauty and power of the songs. Singing in community produces a tangible power that doesn't exist when we sing alone. As an experiment, sing a song alone, then sing with recorded music, then sing the same song in the presence of others who are singing the same song. Notice which of these forms affects you most powerfully. Singing in community increases the effect music has on us.

Stella's Circle Inclusion Choir

Katy Taylor, a professional singer, compares her spiritual connection when singing with a group to singing solo: "Group singing is a different kind of connection. In a group, it is not about any one single voice being heard. We are together creating something. It is much more about interaction, an energy and blending between us, and hopefully that leads to movement toward a power greater than each of us."

This year I am most thankful for leading worship with Mr. Bob Rose. His organ playing has left my spirit soaring in worship on many occasions. As well, Doreen Brown's gentle meditative playing during our Lenten services spoke to my weary soul.

Singing my favorite hymns in worship has always added to my spiritual journey. Singing with the Inclusion Choir at Stella's Circle is always so humbling and spiritual at the same time. Do you enjoy singing in a group? What are your favorite hymns?

This Thanksgiving I am thanking God for the gift of music and song.



THANKSGIVING BLESSINGS FROM THE REV. ETTIE

Thank you for the privilege of serving you as your Acting Minister of Visitation for the past year.

That you accepted my presence in the joys of life, such as significant birthday parties and anniversaries, has been my pleasure. That you were open to sharing the anguish of receiving an upsetting report from a medical procedure, the heartache at the death of a loved one, the concern you held in your heart for changes in a loved one's health; these are amongst the pastoral times I treasure the most. When you shared life events that shift our sense of balance-- contemplating a move for work, a change in life style, job change, move to a new home, you honoured me with your trust and enriched the meaning of pastoral presence.

Thank you for letting me be present to you in the intimacy of your personal spiritual space.
Thank you for your trust. Peace and joy, Ettie



RENDEZ-VOUS 2017 by Susan Sheppard

Every three years United Church Youth, Young Adults and their Leaders from across the country gather at Rendez-Vous for four days of worship, workshops, speakers, fun, friends and food. This August, 13 members of St. James travelled to Montreal for the event. We attended workshops in a wide variety of topics from Skyrim (a computer game) and Theology, Sacred Circle Dancing, Breathing Meditation to Geocaching as Spiritual Practice and LGBTQ Allyship. As well as being participants, three members of our group lead workshops.

We were all delighted to meet up with friends we had made at previous Rendez-Vous and GO Projects. We learned new songs, took part in 'Thursday's in Black,' a campaign working towards a world without rape and violence, and held our own PRIDE day. As always, the first question at the end of the event was, "Where is the next Rendez-Vous?" We will just have to wait and see, but we **will** be there again in 2020!

As Dr. Rodger Nishioka, theological reflector for the event said, "The voices of youth are so important to the Creator of the Universe that on the first day of the Church you are named." (Acts 2:17 *and your sons and your daughters shall prophesy, and your young men shall see visions.*)



Thank you to everyone who helped us to participate in Rendez-Vous and GO Project this summer by supporting our fundraising efforts. These projects help us to find our voices and embolden us to envision a church in our future.



NEW ADDITIONS TO OUR LIBRARY

We are delighted to add several new diversity-inclusive books to the library. Please ask Susan Sheppard to help you when you wish to view any of the books or to check one out.

WANTED: Church Librarian

This is a nice, tranquil position which requires only one or two hours per week or whatever you would like to make it. Thank you to Marion Simmons who lovingly prepared the lists and organized the books. Now it's ready to be managed.

FROM OUR CHAIR OF COUNCIL, TREVOR BARTLETT

Hello Friends of St. James,

It seems unbelievable that the fall is here yet again. Despite the beautiful weather bestowed upon us during these past summer months, it is always jarring to see the days getting shorter and the nighttime temperatures falling so low. That said, autumn presents a time of change, a (somewhat paradoxical) chance of rebirth and re-invigoration, and a time to give thanks.

The changes are everywhere. Our children start their new grades with new teachers and classmates, the evergreens begin to re-assert their importance over the deciduous, the fall programs and music groups re-assemble in new configurations. Obviously, we have a big change at St. James this fall as well: Rev. Brian Colbourne is our new full-time minister who will start this fall. Please join me in welcoming him into our St. James family! We will formally welcome Rev. Brian in our next issue of the *Visitor*.

We must be thankful for what we have and what we don't have in our humble community. We have temperate weather, without deep freezes or devastating hurricanes. We have diversity and tolerance without discrimination or judgment. For most of us, we have plenty and go without hunger and without want of necessities. Let us remember and help those in need and to help them through the times of longer days and colder nights.

I would again like to extend, on behalf of the council and congregation, a special heartfelt thank you to our ministry team: Rev. Pamela Jones-Fitzgerald, Susan Sheppard, and Rev. Ettie Gordon-Murray, for their unwavering passion and tireless dedication to St. James during the past year.

Let's enjoy this bountiful season. Thank you again for your continued support of St. James.

Sincerely, Trevor

OUR CHURCH COUNCIL

Trevor Bartlett, Chair

Bill Legge, Vice Chair

Abena Amponsah, Secretary

Janice Winsor, Admin and Communications

Gloria Le Feuvre, Christian Education

Gerry Mayo, Finance

Clyde Flight, Ministry and Personnel

Anthony Paul, Property

VACANT, Stewardship

VACANT, Worship and Sacraments

Les Dean, AOTS Rep

Rosemary White, UCW and East District Rep

Ruth Baker, East District Rep

Katie Vardy, Youth and East District Rep

Hannah Sheppard, Youth Rep

Jean Thompson, Treasurer

Ministry Team:

Rev. Pamela Jones-Fitzgerald

Susan Sheppard, DLM

Rev. Ettie Gordon-Murray

Volunteer Positions Open at St. James

Please consider a new beginning in any of the following opportunities that speak to you.

*Sunday Worship Service: ushers, scripture readers, communion servers.

*Weekly or monthly groups: Chair of Worship and Sacraments, Chair of Stewardship, Librarian, Drama Club Facilitator, Junior Youth Leader;

*Occasionally: Hospitality helpers at funeral receptions.



ST. JAMES DIVERSITY COMMITTEE by Chelsea Skanes

The Diversity Committee has had quite the eventful summer! Initiated in early June, this committee will head our church's work towards becoming an Affirming Congregation. I've had the opportunity to use my time as this summer's Social Outreach Coordinator to develop and collate resources for this process.

In this preliminary stage, I've developed workshops for this fall/winter as we meet with groups within our congregation, as well as with the congregation as a whole. This process is meant to be informative and educational, to help us to discern what inclusion looks like in a St. James context, particularly regarding gender and sexual diversity. These workshops will also be used to gather feedback for when we begin to develop an affirming vision statement for St. James, as well as an action plan as we continue our efforts to become more diverse and welcoming. This summer, with a grant from the Canadian Centre for Gender and Sexual Diversity, we were able to initiate a diversity and inclusion library, which is now available in the multipurpose room downstairs. We hosted a trivia night on August 25, which was great fun for all involved. We are planning to have these events monthly, so please stay tuned! We hosted a diversity fair on September 10, which was very informative for all who came. We are also planning to host a speakers' series throughout the fall and winter regarding faith, inclusion, accessibility, and being LGBTQ+.

We look forward to having a good turn out from members of St. James at all of these events to show the wider community the work we are all doing to become a safer, more diverse space! On a personal note, this September marks the beginning of a new chapter of my life as I move to London, Ontario. I look forward to continuing to work with St. James' Diversity Committee from abroad and to hearing about all the amazing transitions St. James is bound to make over the next few months. If you have any further questions about the Affirming Ministries process, please don't hesitate to email me at chelseaskanes@hotmail.com or visit www.affirmunited.ause.ca

The Diversity Committee would like to extend thanks to everyone who attended the Diversity Fair on September 10. We would also like to thank the following groups for attending or sending resources:

- Aids Committee Newfoundland Labrador (ACNL)
- Community Centre Alliance
- Food First NL
- Interfaith Pride
- Intersections
- MUN Aboriginal Resource Centre
- Parents of Trans and Gender Diverse Kids
- MUN Minds
- Planned Parenthood
- Justin Tobin of the Jewish Havura
- Royal Newfoundland Constabulary
- Seniors NL
- Gay Men's Chorus/Spectrum Choir
- Parents, Families and Friends of Lesbians and Gays (PFLAG)



THANKSGIVING MESSAGE FROM THE UNITED CHURCH WOMEN (UCW)

by Barbara Adams, Co-President

Following a beautiful summer, a new year in the life of the UCW has begun. Activity started early, as this year marks the 55th Anniversary of UCW. Celebrations with the theme "Celebrating Spirit" were held in Lewisporte on the second weekend in September. Four of our members attended: Nina Abbott, Karen Brown, Gloria Le Feuvre and Maxine Rose. Karen and friends created a banner from St. James' UCW that very creatively represented the theme (see below). At our first meeting on September 11, the ladies shared their experiences with our UCW. Their presentation portrayed a blend of celebratory joy and thoughtful prayer. The presenters effervesced with the "spirit" that was obviously infused throughout the weekend.

The UCW annual **Fall Sale and Morning Coffee will be held on Saturday, November 4.** Preparations are well underway. We welcome contributions of crafted and/or baked items and are anticipating the great support we have experienced over the past years.

During the summer, the UCW was saddened by the loss of Shirley Bursey's daughter, Joanne, and of a long-time UCW member, Olga Hounsell. Our thoughts and prayers go out to their families.

We are looking forward to getting to know our new minister and would like to invite Mrs. Colbourne to join our UCW. We always welcome new members. Meetings are held the second Monday of the month at 7:30 pm.

*May the blessings of this Thanksgiving fill your heart and home.
"Celebrate Spirit with Joy and Thanksgiving"*



PLEASE JOIN US:



St. James United Church
330 Elizabeth Avenue
Fall Sale & Morning Coffee
Sponsored by the UCW
St. James Auditorium
Saturday, November 4, 2017
Time: 9:45 – 12 Noon Cost: \$7.00

59TH ANNIVERSARY OF ST. JAMES

Join us for our anniversary service and coffee hour on Sunday, November 19. Our guest speaker will be Rev. Bill Bartlett, President of the Newfoundland and Labrador Conference for 2017-2018.

Youth Confirmation Classes:

Youth in grade 7 and above, please register for this year's confirmation program by Sunday, October 8; contact Susan, 722-1881 ext 204 or susan@stjamesuc.org

Adult Confirmation Classes:

Adults (University age and above) interested in taking part in a confirmation class or refresher class, please contact Susan (as above).

DAY AWAY. On Sunday, June 11, we welcomed Rev. Roger Janes, as guest speaker for our 11 am service and again at the North Bank Lodge in Pippy Park at our afternoon retreat on Stewardship. Roger is Stewardship and Gifts Officer for the Atlantic Region of the United Church. He provides support, resources and leadership to congregations and leaders in the area of Congregational Stewardship, Mission & Service and Legacy Giving. About 30 of us met around 2 pm for an afternoon of worship with Rev. Pamela and learning with Roger. By mid-afternoon many of us took a stroll through the surrounding trails or relaxed on the patio and nearby swings. We concluded the afternoon with hot dogs and hamburgers cooked by our Chefs, Trevor and Clyde, and drumming with Susan. Thank you to our ministerial staff for organizing this informative and enjoyable afternoon.



PAR AUTHORIZATION CARD

I hereby request and authorize The United Church of Canada:

Name and Address of Local Church

To issue a cheque each month on my account in the amount of \$ _____ as a contribution by me to the above local church.

Contributor's Name _____

Bank A/C # _____ Type of Account _____

Distribution: Local _____ M&S _____ Other _____

Name and Address of Bank or Trust Co. _____

TO ENSURE ACCURACY, A SAMPLE CHEQUE MARKED "VOID" MUST ACCOMPANY THIS CARD


Date

Signature of Contributor

If you have not received your special givings envelope this year, please use a blank envelope and include the information outlined above or ask your usher at church for this one

St. James United Church
ST. JOHN'S, NEWFOUNDLAND

*Thanksgiving
Offering*



NAME _____

AMOUNT _____

ENV. # _____

SUMMER STUDENTS by Janice Winsor

In June Clyde Flight and I met at various times with Susan Sheppard, Rev. Pamela and SuAn Randall to interview several applicants for three summer positions. We successfully hired the following individuals:

Kendra O'Neill was hired for the Federal Canada Student Jobs position.

Joel Le Feuvre was hired for the SWASP position sponsored by the Community Sector Council.

Chelsea Skanes was hired for a position sponsored by the United Church of Canada.

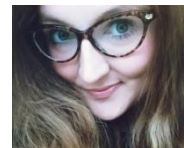
Kendra updated all our historical records, helped us set up an on-line market strategy, organized liturgical resources used in Sunday services by Rev. Pamela and Susan, searched for and assembled documents to be Archived, and she looked after various office duties.

Using MS-Excel, Joel compiled an alphabetical database of over 500 pieces of choir music. He organized all the sheet music in new file folders and attached new easy-to-read labels to each folder. The list is located on the top of the first file cabinet (one of four cabinets full of choir music) in the choir room and SuAn has the efile.

Joel also worked with Noah Morritt, our Archivist, and began digitizing our photos, using digital hardware from Conference Office. While this was a massive job, Noah was quite impressed with Joel's progress and how well he adapted to the software. As he scanned each photo, a file number was generated and the photo was automatically documented in a database.

Chelsea worked with our ministry team to begin the process of Affirming Congregation discourse and engaged in initiatives to bring together community and congregation members. She concluded her work on Sunday, September 10, with a Diversity Fair which included booths "peopled" by representatives of ten community groups.

It was a pleasure for me to work with these lovely people, and they certainly earned their wages. Periodically, we all should be given the opportunity to work with gifted young adults like Kendra, Joel and Chelsea to keep us on our toes! I sincerely wish them well in their life's journeys.



THANKSGIVING MESSAGE FROM OUR OFFICE ADMINISTRATOR

One topic of conversation that recurs lately is 'change.' The Neuro Linguistic Programming (NLP) technique of *"Change your mind and keep the change"* is heading in the right direction, as it hints at the existence of one who is watching the change and can shift according to the need. For many of us, change appears to be suddenly happening very quickly – climate change, aging, the news, the list goes on. At times, we wonder about it all, and how to deal with it, but then are again caught up in its flow until some dire event causes us to pause.

Where is your go-to place to experience the unchanging? Where do you put your precious memories, forever the same? Where is your place of peace that has been with you forever? It certainly is there when we sleep, but that knowledge doesn't help us in our waking days. As a long time meditator, I have come to know that each time I leave the insistence of the changing field during meditation, I strengthen my knowledge of where I am unchanging. It is that place that fuels my days and my life, and it gives me the strength to manage the changing field in all its complexity.

If you feel you would like to make an experiment in your life for strengthening your place of unchanging, please join us, the St. James' Meditation Group, for four consecutive Mondays at 11 am in the Fellowship Room, beginning October 16, where we will practice the art and science of meditation, finding that when we re-enter the stream of change, we are clearer, happier, and more effective in our lives.

I wish us all a healthy and happy Thanksgiving time that overflows with thankfulness.

SuAn

JOIN THE VIRTUAL MARKET!

onlinemarket@stjamesuc.org

We are establishing a virtual St. James marketplace as a safe means for our church community to purchase/sell items. Emails will come from onlinemarket@stjamesuc.org with the subject being 'Online Market', and the first email will go out after Thanksgiving.

This is how it can work: Whoever is interested in the exchange, which can be listed for a maximum of three weeks, will contact the person placing the ad for further information. If the sale is successful, the seller will pay a percentage of at least 10% to St. James for the exchange. This can be done by cash, cheque or the donation button found on our website, www.stjamesuc.org. All proceeds will be used for the operation of the church.

If you have a gently used item you wish to sell or purchase, please email onlinemarket@stjamesuc.org with the item in the subject line, and a very short blurb about it; for example:

"2 small end tables for sale by John Doe, 722-----, jdove@g....." for \$10. OR

"Looking to buy a ladies' 10 speed bicycle, contact Mary Smith at....."

If you are not currently on our list of subscribers and you wish to participate, please email onlinemarket@stjamesuc.org with "**please add my name to StJamesMarketplace**" as your subject.

St. James United Church, 330 Elizabeth Avenue



AOTS Men's Service Club

Fish Dinner

Friday, October 20, 2017

Time: 6pm Cost: \$20.00



bridges to hope
NEIGHBOURS FEEDING NEIGHBOURS

BRIDGES TO HOPE

Food insecurity is an important issue today. Contributing to organizations like Bridges to Hope helps people just like us, our neighbors, our families and our friends. St. James, as a United Church congregation, has been contributing to Bridges to Hope for many years. As summer turns into fall, the food bank once again needs our generosity.

The food bank is not just for "other people." It is a resource for anyone who falls on hard times and needs a helping hand. Please give. Any help is a wonderful contribution.

Non-perishables can be placed in the Food Chest located in the foyer of the church.

WE NEED YOUR RECYCLABLES:

An account has been set up at the Recycling Depot on O'Leary Avenue for the 'GO Project.'

If you have any refundable cans or bottles for recycling that you wish to donate, please bring them along to the O'Leary Avenue location and let them know they are for the St. James 'GO Project.'

ST. JOHN'S	O'LEARY AVENUE GREEN DEPOT 30 O'Leary Avenue Back of Car Quest Auto Supplies building	726-3515	Mon - Fri: 9:00 A.M. - 4:45 P.M. Sat: 8:45 A.M. - 4:45 P.M.
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ACTIVE AGING AT ST. JAMES

The term 'Active Aging' is a phrase to describe how we wish to age out in health and happiness, and it is being used globally to promote programs and education for folks over the age of 45 to do just that. Its seven pillars cover physical, mental, emotional, spiritual, community, environmental and career health. St. James would like to become a **Hub for Active Aging** activities, and we are offering three new programs for the fall.

Chi Gong at St. James: An eight-week program, Tuesday mornings, 10:30 to 11:30, October 10 to November 28

Chi Gong is one kind of traditional Chinese medicine practiced worldwide for relaxation, preventive medicine and self-healing. *Chi gong* literally means *Life Energy Cultivation*. The practice typically involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and calm meditative state of mind. It is suitable for all ages. We are thrilled to offer this course led by Dr. Yajing Song, Ph. D. in Chinese Medicine. Dr. Song has been practicing in St. John's since 1994 and has taught Tai Chi for more than ten years and Chi Gong privately. To register, contact Dr. Song at 579-5799. Cost is \$80 for eight weeks, to be paid at the first class.

Meditation with St. James Meditation Group: Four weekly sessions beginning Monday, October 16, at 11 am

Our overall topic will be '*Consciousness and Change*', with each session exploring Consciousness via the theory of meditation, effective techniques and practice time, offering knowledge, skills and support to enhance your personal practice. Studies of meditation show its practice reduces stress and anxiety, lowers blood pressure, reduces chronic pain and improves health, vitality and self-esteem. If you have never meditated or have tried and found it difficult to continue your practice, yet you still have interest, please join us! Admission: Donation.

Nia (No Impact Aerobics): Four Monday drop-in sessions-- November 20, 7:30 to 8:30 pm; November 27, 11 am to noon; December 4, 7:30 to 8:30 pm; and December 11, 11 am to noon.

With the philosophy, *Stay healthy through movement*, Nia teaches you awareness of your body through movement to get the right results and feel empowered. Elaine Dunphy teaches routines carefully designed for the human body to ensure *all of you* receives the fitness it needs where it needs it: stability, mobility, strength or flexibility. Nia is practiced barefoot to a variety of music; you choose your intensity. Nia movements are simple and easy to learn. Nia is energizing and enjoyable and fosters a great sense of community. Cost is \$10 per class.

For all classes, wear comfortable clothing and bring drinking water. When driving, please park for free in the first line nearest Elizabeth Avenue. Anywhere else in the parking lot is liable for a ticket.

Note: "Active aging is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. It applies to both individuals and population groups. Active aging allows people to realize their potential for physical, social, and mental well-being throughout the life course and to participate in society, while providing them with adequate protection, security and care when they need." --World Health Organization



**WE NEED A PLAN TO
END
POVERTY IN CANADA**

www.chewonthis.ca

CHEW ON THIS! On Tuesday, October 17, Dignity for All marks the International Day for the Eradication of Poverty. For the past four years, people across Canada have been serving up food for thought on street corners in cities across the country. Poverty activists and people passionate about human rights are calling for a Federal Anti-Poverty Plan to eradicate poverty and hunger for the 860,000 people in Canada who use food banks each month and the millions of others struggling to get by.

This year St. James will be joining the campaign by handing out *Chew on This!* lunch bags and materials and engaging passersby on food insecurity and the need for a national anti-poverty plan. Susan is looking for volunteers to help with the campaign:

--people to prepare the lunch bags on Oct 16th, and

--people to help hand them out in the early morning and lunch time of Oct 17th.

Please contact Susan at 722-1881 ext 204 or susan@stjamesuc.org.

WORSHIP SCHEDULE

October to December 2017

DATE	TIME	DETAILS	MUSIC
October 1	9:30 am 11 am	Contemporary Worship Creation Time 4 Worldwide Communion Sunday Communion	AOTS/UCW/YOUTH
October 8	9:30 am 11 am	Contemporary Worship Creation Time 5/Thanksgiving Baptism	Senior Choir
October 15	9:30 am 11 am	Contemporary Worship World Food Sunday COFFEE HOUR--AOTS	Senior Choir (solo)
October 22	9:30 am 11 am	Contemporary Worship Peace Sunday	AOTS/UCW/YOUTH
October 29	9:30 am 11 am	Contemporary Worship Reformation Sunday	Senior Choir
November 5	9:30 am 11 am	Contemporary Worship 22 nd after Pentecost Baptism	Senior Choir
November 12	9:30 am 11 am	Contemporary Worship Remembrance Sunday Communion	Senior Choir (solo)
November 19	9:30 am 11 am	Contemporary Worship Anniversary Sunday/Children's Sunday COFFEE HOUR—Church Council	All Choirs
November 26	9:30 am 11 am	Contemporary Worship Reign of Christ Sunday	St. James Guitar Group
December 3	9:30 am 11 am	Contemporary Worship ADVENT 1 HOPE Hanging of the Greens Baptism	AOTS/UCW/YOUTH
December 10	9:30 am 11 am	Contemporary Worship ADVENT 2 PEACE	Senior Choir
December 17	9:30 am 11 am	Contemporary Worship ADVENT 3 JOY COFFEE HOUR—CD/Sunday School	AOTS/UCW/YOUTH
December 21	7 pm	Winter Solstice Details to be Announced	
December 24	9:30 am 11 am	Contemporary Worship ADVENT 4 LOVE Communion	Senior Choir
December 24	6:30-7:30 pm	Christmas Eve Family Worship	Youth Choir
December 31	9:30 am 11 am	Contemporary Worship First Sunday after Christmas	Senior Choir

Label

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St. John's, NL A1B 1T9 www.stjamesuc.org

Facebook: St. James United Church
Twitter: StJamesUnited