



# St. James Visitor

Hope, Peace, Joy  
and Love

December 2017

## CHRISTMAS GREETINGS FROM REV. BRIAN COLBOURNE

*This will be a sign to you: You will find the baby wrapped in cloths and lying in a manger." - (Luke 2:12)*



Greetings in the name of our Lord Jesus Christ! We are approaching that time of year again when we experience the many feelings of joy, excitement, peace and praise which come with Christmas. For some it will be the joy of being reunited with loved ones who have been away and returning home for the holidays. For others - especially the children - it will be the excitement of Santa, of exchanging gifts, and the Christmas tree with all the other trimmings.

When we hold to the true meaning of Christmas and listen to the story of the first Christmas morning, the joy and excitement, peace and praise can become so much more meaningful.

The prophet Isaiah in Chapter 9 states: "***The people walking in darkness have seen a great light; for to us a child is born, to us a Son is given, and He will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace.***" And so, we celebrate. We celebrate as individuals, but we also join together and celebrate as a congregation, as a church family.

The year 2017 has been another time of change for St. James United Church. Rev. Pamela, Rev. Ettie, Susan, SuAn and the other staff members, along with the various committees and groups, have continued doing meaningful work. They all continue to be such an important part of our church ministry and we are grateful for them. We are also blessed to have the organists, choirs, choir directors and other singing groups, with the important ministry they bring to us in music and song. A lot of work goes into their music ministry, and we are thankful to all who take part.

Our congregation is also blessed to have many other individuals who are so willing to offer their time and services to the work of the Church. We appreciate such individuals who, not only at Christmas, but all throughout the year give the gift of "self" and the gift of their time.

At this time, we recognize the blessings of the individuals who have become a part of our church family over the past year. We also take time to remember those to whom we have had to say good-bye.

On a more personal note, Gail and I are pleased to have become a part of this Church family. The welcome you have given us is amazing and a great blessing indeed. Since moving here in November, we have met a lot of wonderful people and have made many new friends. We look forward to the years ahead, getting to know more people and working together for the Lord.

As we celebrate the tradition of exchanging material gifts again this Christmas, may we remember to share the spiritual gifts of "***love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.***" (Galatians 5:22) In so doing and reaching out to others, we can make this world a much better place.

Worship is such an important part of our Christmas celebrations. A number of special services are planned again this year to celebrate Advent and Christmas. You will find a schedule of those services in this Christmas *Visitor*, on our website and in our weekly bulletins. We invite you to come out and share worship with us.

From our home to yours, Gail and I with our family wish you peace, happiness and a joyous Christmas with a renewed sense of hope for the New Year as we minister to each other and spread the Living Gospel of our Lord Jesus Christ.

God Bless You All! In Christ's Name,  
Rev. Brian Colbourne and family

**REMINDER: Christmas Eve Family Worship  
from 6:30 to 7:30 pm, Sunday, December 24**

**FROM REV. PAMELA JONES-FITZGERALD**

This is always an exciting time of year both at work and home. As I make my way to and from congregational visits, events scheduled at Stella's Circle, Inclusion Choir performances, and as I attend my children's functions, the "reason for the season" can often become lost in the hustle and bustle of things.

Advent and Christmas have always been a time when I endeavour to clear my head and heart of all the fuss and messiness of life and to make room for the hope and peace that come with the birth of the baby Jesus.

Yet, all the clutter of day-to-day life can be lost in the solitude of Christmas stars, snowflakes falling gently in a clear night sky, the sparkle of the moon upon a glistening pond and the gentle touch of someone's hand and heart. During Advent and Christmas, I want these very things to be birthed again in my life and on the journey I make to Christmas Day with my family and friends, all of you here at St. James, and my friends at Stella's Circle.

I invite you to read the nativity story again and journey or think about how you can intentionally make room for the baby Jesus in your home and your heart.



May you all have a wonderful Advent and Christmas filled with new awakenings and lots of joy and love!

Rev. Pamela

**AOTS MEN'S CLUB**

Clyde Flight, President

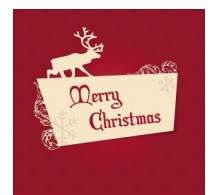
The Men's Club takes this opportunity to wish each and every member of our congregation a joyous Christmas season and a sincere wish for health and happiness in the New Year. At this special time in our Church year, our thoughts and prayers also go out to those who have just experienced the loss of a loved one and those with day-to-day health challenges.

Once again, we are delighted to be sharing our Christmas Social with the members of the UCW on the evening of Monday, December 4, in the auditorium. We also hope to visit several seniors' complexes prior to Christmas, including the Christmas carol sing-a-long on Monday, December 18, 1:30 pm at Pleasant View Towers, co-ordinated by Rev. Pamela. On Friday, December 15, we will be catering the Memorial University library staff Christmas luncheon, a turkey dinner with all the trimmings expertly prepared by our "kitchen crew" and served by club members.

We have held three regular monthly meetings to date this year. We were fortunate that our October meeting coincided with the visit to St. John's by our Moderator, The Right Reverend Jordan Cantwell. At the suggestion of our club member and current Newfoundland and Labrador Conference President, Rev. Bill Bartlett, Rev. Jordan joined us to bring greetings and to hear Justin Barbour's account of his solo hike across Newfoundland. We were all impressed by Justin's presentation, including photographs of his many encounters along the journey. It was a great evening and we were proud of Justin's accomplishment, but none more proud that evening than Justin's grandfather and club member, Peter Barbour.

We welcomed our new full-time minister Rev. Brian at our November meeting, and club members took the opportunity to introduce themselves to Rev. Brian and welcome him to our club and to St. James. Our planning committee, under the direction of vice president William Butt, is currently devising an interesting program for our club during the coming winter.

The congregation's continued support of our various fund raising projects has enabled our club to make a significant financial contribution to the budget of our church. This support is greatly appreciated. I take this opportunity to also thank our membership for their work on behalf of the congregation and encourage and welcome new members to join our group. As we sing in *Voices United*: "Your work, O God, needs many hands to help you everywhere."





## BLESSINGS FROM OUR UCW

It's time to get going on the annual Christmas message again from UCW, but before I begin, I am going to reminisce a little. Here it's only the 21<sup>st</sup> of November – Halloween just over. We see Christmas lights on trees glowing in some homes as we ride by, stores filled with Christmas things, carols being sung weeks ago.

From my earliest years I remember a week before Christmas. My dad would harness up the dogs to go into the woods. At the end of the day when he came home, on top of the load of wood for our wood stove would be our Christmas tree. Dad would then bring the tree in our porch. Some of you will know what I mean by '*porch*', a room where we kept the wood box and our water barrel. He would be very careful as the branches were very brittle from the cold and frost. When it was dried out, he would put it in our living room, nail the stump on a crisscross board, tie a piece of string about three quarters up the tree and tie that to a hook in the corner of the room where it wouldn't fall over.

Mom and I would decorate it then. Our decorations were sparse, probably some I made from paper, no lights as we didn't have electricity, but it was an exciting time. Our tree would glisten from tinsel hanging from the branches. So whether or not the tree was perfect, our family Christmas tree became the centre of our merry gathering of fun and love. With my mom and dad, everything would be perfect. "*Oh, to be like a child.*" No one can feel the joy of Christmas like a child can.



These times are all past and now we have different things to deal with. We have a family and grandchildren who are a joy to have around; the things they say and do make us laugh and be happy. We have our friends. We have our church family, the family of God. We have UCW, and I would like to thank the members of UCW and the congregation for another great *Fall Sale and Morning Coffee*. We would like to have more members come and join us, so think about it for the New Year.

I wish you all a beautiful Christmas and great New Year, especially our ministers and their families. The Christmas heart is a beautiful heart, for it is full of love and thoughtfulness for others. What a Happy New Year it would be for all if we would carry this same Christmas heart into every day during the coming year and make it a permanent thing in our lives.

God bless everyone,  
Betty Pilgrim, Co-President, UCW

### CHRISTMAS EVE SERVICE SCHEDULE

Sunday, December 24      Advent 4 LOVE

9:30 am      Contemporary Worship  
11:00 am      Senior Choir  
                 Communion

6:30 pm  
to 7:30 pm      Family Worship



### CHRISTMAS OFFICE SCHEDULE

December 25, 26: **Closed**

December 27, 28: **10 am to 3 pm**

December 29: **Closed**

January 1: **Closed**

Church mail, outside of office hours, may be placed in the secure mail slot near the office entrance.



## FROM THE CHURCH COUNCIL

*"So this is Christmas,  
And what have you done?  
Another year over,  
And a new one just begun."*



The above lyrics from John Lennon and Yoko Ono's Christmas song have always intrigued me, even when I was sitting in the back of the car on the way to or from elementary school. It is a simple, blunt and understated (especially for Lennon) challenge. While it was truly an anti-war song aimed at Vietnam - a fact that completely passed me by back in those days - it did make me think about things. In fact, it continues to give me pause for thought and reflection to this day when I hear it. What have I done this year of true significance? Did I make good decisions? Could I have been better? What can I do next year to help?

(It is a bit ironic that Lennon incorporated the holiest of seasons into his message; he was not a supporter of any organized religion, but he knew how to sell records and be heard.)

Through this selfish age we seem to live in, increasing our consideration of others never seemed more important. From individuals taking selfies and making "look at me" postings on Facebook, to governments turning towards nationalistic ideals, the "me first" attitude is quite apart from Lennon's message. One wonders what could be accomplished if more resources were directed towards humanitarianism and helping those in need instead.

As a congregation, let us reflect on what we have done in the past year and challenge ourselves in the year ahead. What have we done? Let us continue to support and expand the many outreach programs we hold dear: AOTS, UCW, Bridges to Hope, Project Grace, Stella's Circle, Mission and Service, Friendship Group, GO Project, Guitar Group and so on. Let us continue our support of each other individually within our congregational family.

On behalf of the council, I thank you again for your encouragement and guidance over the past year and look forward to working with you all in the year ahead. Sincere wishes to you and yours through the Christmas season.

It is fitting to close with the same classic song, which later offered some hope and cheer:

*"A very Merry Christmas  
And a Happy New Year.  
Let's hope it's a good one  
Without any fear."*

Merry Christmas!

Trevor Bartlett, Chair

### BRIDGES TO HOPE

39 Cookstown Road  
709-722-9225

[info@bridgestohope.ca](mailto:info@bridgestohope.ca)

[www.bridgestohope.ca](http://www.bridgestohope.ca)



Food insecurity is an important issue today. Contributing to Bridges to Hope helps people just like us, our neighbours, our families and our friends. St. James, as a United Church congregation, has been contributing to Bridges to Hope for many years. At Christmas, more than ever, 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.

On behalf of the congregation, the Church Council extends a special thank you to the members of the UCW and AOTS for their support during the year. Their efforts to organize special events and make financial contributions to M&S and the life and work of the church are greatly appreciated.



## OUR MINISTRY TEAM

**Rev. E. Brian Colbourne, B.A.(Ed), M. Div.**

[revbrian@stjamesuc.org](mailto:revbrian@stjamesuc.org)

We are very pleased to welcome the newest addition to our ministry team, Rev. Brian Colbourne. Brian was born in Corner Brook, one of eight children born to Augustus and Margaret Colbourne. His family moved to St. David's where his father worked in Logging and Tourism. He graduated from St. Jude's High School, and after attending Memorial University he spent time in the teaching profession before returning to school to study Accounting. He worked several years in management with the Bank of Montreal, but in answering the call to Ministry, he returned to University and Theology School to complete his degrees in Education and Theology.

Brian was ordained at Gower Street United Church on May 27, 1990. Since ordination he has served on the Pastoral Charges of St. Anthony, St. George's, Twillingate, Carbonear and Bell Island-Portugal Cove. Throughout his career in ministry, he has enjoyed serving on the West District Executive, East District Executive and on District and Conference Committees. In May 2014 he was elected as President-Elect, and on May 31, 2015, was installed as President of Newfoundland and Labrador Conference.

Brian is married to Gail Penney of Deer Lake, and they have been blessed with three children: Bethany, Joshua, and Michaela. Sadly, Joshua passed away in 2003 at the young age of ten. Joshua's sudden death has had a major impact on the family and on Brian's ministry. However, by the grace of God and a strong faith in Jesus Christ, this experience has deepened his sense of ministry, especially in dealing with family crises and grief management.

One of Brian's greatest joys in his family life and his work is music and singing. He says we sing to bless and entertain, to worship and praise, and singing together creates a form of solidarity among groups of people. When he was asked to think about a theme for the gathering of Conference in May 2016, his immediate response was, "How can I keep from singing?"

Brian has completed workshops and study in the areas of Conflict Management and Resolution, Racial Justice, Grief Counselling, Church Revitalization, Approaches to Palliative and End-of-Life Care, Church Governing Structure, Life Principles for Worship, The Emerging Church, Helping Individuals Deal with Major Life Changes, and Pastoral Care to Individuals with Complex Needs.

*"I see myself as one learner among many, as we journey in faith. With a 'positive vision', I believe we can achieve great results when we combine our talents and work together."* – Rev. E. Brian Colbourne

**Rev. Pamela Jones-Fitzgerald, B.Ed. (Primary), M. Div.**

[pamelajonesfitzgerald@gmail.com](mailto:pamelajonesfitzgerald@gmail.com)

Pamela grew up in our St. James congregation and was ordained in 2000 after graduating from Memorial University with a Bachelor's Degree in Primary Education. She served on the Pastoral Charge of Hillview, followed by a ministry career mostly in outreach and social ministry. She was the Anglican/United Chaplain at Memorial for over ten years, serving both denominations and working on a multi-faith team at Memorial Chaplaincy through the Memorial University Counselling Centre. She accepted a half-time position as Minister of Visitation at St. James after her twins, Julia and Nathan, were born and later after the University Chaplaincy position became part time, she worked as United Church Chaplain at Memorial.

Pamela accepted a half-time position as Spiritual Director at Stella's Circle in 2014. She works closely with Stella's Circle Inclusion Choir, develops and implements spiritual programming and activities, with a focus on participant involvement, spiritual direction and development.

Pamela, her husband Scott and their three children Sophie, Julia and Nathan love travelling, outdoor hiking and exploring, tubing on Gambo Pond and more recently sailing on the bay in Holyrood and beyond! One of





Pamela's greatest joys is being a mom, gathering with the family around the fire or enjoying a great movie. She loves baking, cooking, interior decorating, home-making of all kinds and daily walks with her dog Max.

While Pamela holds courses in Suicide Prevention and CAPE (clinical pastoral education and counselling), she hopes to begin studies towards a Doctor of Ministry degree in the coming year. This degree will focus on Pastoral Care and Counselling, specializing in Psychotherapy (Acadia University).

**Susan Sheppard, DLM, B.Sc., Certificate of Youth Ministry, MTS** [youthchurch@stjamesuc.org](mailto:youthchurch@stjamesuc.org)

Susan also grew up in our St. James congregation. She graduated from Memorial University and worked as a biology research technician, studying the effects of oil on cod fish until the Cod Moratorium of 1992. She then worked a number of part-time jobs, including newborn photographer at the Grace and Health Sciences hospitals.

In 2004 she accepted a half-time position as Minister for Youth and Christian Education at St. James, where she ministers to Sunday school and groups for adolescents, teens, young adults as well as study programs for adults. She guides young people through confirmation and was the driving force behind bringing the Go Project to St. James. The Go Project became a training ground for our young people to become leaders and move on to other Go Project hosting churches. Several of these youth are considering or actively pursuing ministry as their career paths.

She and her daughter Hannah and son Noah along with Glenda Winsor, Dylan and Douglas Matthews lead the 9:30 am contemporary worship at St. James twice a month as the musical group Sight Restored. They are also known to hold services in the parking lot, on the beach or in the woods; and during the summer and winter solstices, a group gathers on her front lawn for worship around a bonfire.

Susan has served on East District as Chair of Christian Development and with Hannah runs the *Children at Conference* program at the spring meetings of NL Conference. In 2013/14 she was part of the national planning team for Rendez-vous 2014 (Winnipeg). She also leads a seniors' program for EZRA Chaplaincy at Froude Avenue Community Centre and has taught courses at Queen's College. Most recently, Susan has become East District's Pastoral Charge Supervisor to the Bell Island-Portugal Cove Pastoral Charge.

Susan and her husband George and their family enjoy living on the 'farm' and camping in the great outdoors. When she has spare time, Susan can be found sewing, knitting and doing other types of needlework. Oh yes! And she loves to play in traffic as a City of St. John's crossing guard for the past 16 years.

### The Team

We are blessed to have this dedicated and skilled ministry team at St. James, each of them offering their individual spiritual gifts. They minister to the congregation and its extended families; they attend countless church and district meetings; they minister to Pleasant View Towers and local community centres, all while pursuing continuing education and enjoying their everyday family lives and challenges.

**Please note: The financial year end is December 31. If you mark a contribution for 2017 after that date, it will be recorded in 2018. We appreciate your special contribution at year end. Please call our Treasurer, Jean Thompson, 722-1881, if you have any questions.**



## PROJECT GRACE

Project Grace has had an exciting and busy fall term. We started the season by breaking our own record for applications from new students! We are pleased to welcome 14 new students to the after school program, including three students who have recently moved to Newfoundland from China!



This fall we welcome back 7 teaching artists – Gillian Sheppard, flute; Alix Stuart, piano; Kathryn Stewart, clarinet; Naomi Brown and Susannah McKenzie-Sutter, violin; Cleary Maddigan, cello; Evan Harte, percussion and Michael O’Keefe, trumpet. We are joined this season by a new violin teacher, Asdrúbal Loredó. Asdrúbal worked with us during our 2017 summer music camps and is a great addition to the Project Grace Teaching Artist faculty.

A highlight of our fall semester has been a partnership with the pedagogy stream of the Master of Music program at MUN’s School of Music. Several Project Grace students have been able to take private lessons with master’s students at the School of Music at no cost, thanks to this partnership. Our students benefit from one-on-one lessons with accomplished pre-professionals, and the MUN students gain valuable experience and course credits toward their master’s degrees! This is just another demonstration of the great value of Project Grace in our community.

Our students have spent the semester working hard in their lessons and will play their first concert on Sunday, December 10, 3 pm in the sanctuary. This concert features solo and class performances, as well as performances by our Senior and Junior Project Grace Youth Orchestras. The senior orchestra will perform an exciting version of John Adams’ “Short Ride in a Fast Machine,” while the junior orchestra will present the “Half Minute Waltz.” Student ambassadors from Project Grace will also perform at Coastal Dance Company’s annual Holiday of Hope show in memory of Bethany Pike on Tuesday, December 19.

The winter term of Project Grace will have several exciting events, and we are hoping members of the St. James United Church congregation will join us. Please mark the following dates on your calendar:

Faculty Recital, Saturday, February 25, 2018, 3 pm  
*Hear our accomplished Teaching Artists LIVE in performance.*  
*Admission is by donation, suggested \$10 per person. Location TBA.*

Winter Semester Showcase, Saturday, March 25, 2018, at 3 pm  
*Our students present the final concert of the winter term, featuring the Junior and Senior Project Grace Youth Orchestras, as well as solo and small ensemble music!*

On behalf of all the students, families, volunteers and Teaching Artists of Project Grace, I sincerely wish everyone a happy holiday filled with joy, love and laughter and very best wishes for a wonderful new year.

Respectfully submitted,  
Gillian Sheppard, Executive Director

[projectgracenl@gmail.com](mailto:projectgracenl@gmail.com)

[facebook.com/ProjectGraceNL](https://facebook.com/ProjectGraceNL)

@ProjectGraceNL

*Merry Christmas from SuAn, Bruce, Linda, and Keith*



## FROM SUAN, OUR OFFICE ADMINISTRATOR

Like many of my generation, I grew up in a household without car, TV or phone, and surprisingly enough, in the scheme of things, my youth was not that long ago and far away. I feel no deprivation from this fact of my childhood. I was allowed a freedom based on trust within my family and friends and a faith in the goodness of the universe. However, in my brief span of life, technology has become ubiquitous, and social media seems to be the way of the future. Technology in the 21<sup>st</sup> century is not going away, but that does not mean we allow it to rule our lives. At a recent meditation retreat over Thanksgiving, I found myself again with no car, phone or TV for four days and was amazed at the initial panic I felt when I realized my freedom.

At St. James we are blessed with a wonderfully diverse congregation that includes folks who are active on Facebook, Twitter, Pinterest, Instagram, Linked-In, etc., as well as those who still live without car, TV or phone. We are thus tasked with the interesting challenge of embracing the technology that can help us all. As we reflect on 2017 and make our wishes for the New Year, let's include the question of how we are managing the technology in our lives. Do we need a cell phone so that we can be reached more easily by friends and family? Would engaging in our Online Market help the decluttering and downsizing of our homes? Do we want the extended communication system that Facebook offers, or are we happy with our email partners? Can online banking help better manage our budgets? I sincerely hope that this Christmas time allows us all to have some of that precious time without technological demands, as we realize our best meaning of social media over a cup of tea with friends or group gatherings and that 2018 finds us embracing the technology that serves us.

St. James offers the following technology:

- \*Power Point screen during services to project the Sunday bulletin;
- \*Guest Wi-Fi connection to access the bulletin on your device during services;
- \*Audio technology during services to assist the hearing impaired;
- \*Enlarged bulletins during services to assist the vision impaired;
- \*Email, phone and SKYPE to facilitate communication with staff;
- \*Website [www.stjamesuc.org](http://www.stjamesuc.org) to promote our staff and the services available at the church;
- \*Weekly Congregational Email every Thursday to highlight our Life and Work for the coming week;
- \*Weekly Congregational Email every Monday or Tuesday to facilitate the purchasing and selling of goods and services;
- \*Email access to our newsletter, *The Visitor*, sent three times a year in full colour.
- \*Givings can also be made digitally via the UC Pre-Authorised-Remittance programme (PAR). Your monthly donation is automatically offered from your bank account on the 20<sup>th</sup> of the month, thus facilitating savings of trees and money in actual paper envelopes.

As we head into another New Year, I wish to offer my thanks and appreciation to the community of St. James for the services it offers to St. John's; and for us all, I wish a blessed Christmas time with family and friends followed by a happy, healthy and prosperous 2018.

## PAR Program (Pre-Authorized Remittance)

It's time to take note!

At the end of the year it is always interesting to note the number of unused church envelopes in your box. Statistics have shown that, on average, most people have at least 10-12 left on December 31 each year. However, families using PAR have their contribution "on the plate" every month. This is much appreciated for carrying on the day-to-day business of the Church during times of low attendance. Please consider using PAR if you are not already doing so. Call SuAn at 722-1881 to make arrangements.







### OUR 59TH CHURCH ANNIVERSARY



### Memory Tree Form

Christmas is a time of celebrating the birth of Jesus. As with all special celebrations, we remember with fond and loving memories those who are no longer with us to share in the occasions. One of the ways we acknowledge this is through the Memory Tree. For a donation of \$5 a coloured bulb will be changed to a white one in memory of your loved one.

The changing of the lights is a beautiful seasonal visible symbol. Even when the tree comes down, the gift continues in our Life and Works.

Name of person donating: \_\_\_\_\_

In Memory of: \_\_\_\_\_

Address: \_\_\_\_\_ Env #: \_\_\_\_\_ Deadline: December 19 at 1 p.m.



**GOOD WISHES FOR THE TWELVE DAYS OF CHRISTMAS**

From *The Legend of the Christmas Prayer* by Brian Morgan

On the first day of Christmas I pray for you joy in abundance and laughter,  
for laughter cures our ills, and joy makes our spirits soar.

On the second day of Christmas I pray for you a sigh when you need one,  
for a sigh clears the heart as a cough clears the throat, and with a sigh comes acceptance of what we cannot  
change.

On the third day of Christmas I pray for you tears when you need them,  
for tears clear the eyes to see the stars and cleanse the soul to let healing begin.

On the fourth day of Christmas I pray for you serenity,  
for fights and wars start in individual hearts, and that is where they must end.

On the fifth day of Christmas I pray for you wisdom,  
for our priceless gift is the gift of choice, and we should use it well every day in word and deed.

On the sixth day of Christmas I pray for you patience,  
for most troubles pass if we wait them out, and success comes with persistence.

On the seventh day of Christmas I pray for you courage,  
for there may be many pitfalls and dangers ahead, and problems can only be solved when they are faced.

On the eighth day of Christmas I pray for you compassion,  
for we cannot help others until we understand them, and we cannot understand them until we walk in their shoes.

On the ninth day of Christmas I pray for you a willingness to work,  
for work turns dreams to reality, whether the dreams are ours or belong to those we can help.

On the tenth day of Christmas I pray for you unwavering faith,  
for faith shapes our morals and our destiny and draws us closer to God.

On the eleventh day of Christmas I pray for you a mind full of hope,  
for hope determines our attitudes, sets our goals and creates our ideals.

On the twelfth day of Christmas I pray for you a heart so full of love that every day  
you must give some away to those whose paths you cross.

**ACCESSIBILITY AT ST. JAMES****Hearing Devices****Wheel Chairs****Enlarged Bulletins**

If you required any of the above services, please check with one of our ushers and they will be happy to assist you.



## 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 the following programs for the winter:

**Chi Gong at St. James: An eight-week program, Tuesday mornings, 10:30 to 11:30, January 9 to February 27**

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. Please wear comfortable clothing and bring drinking water.

**Spiritual Walk and Talk** led by Rev. Pamela: An hour of light walking in the Sanctuary while listening to Spiritual Music; every Wednesday beginning January 17 (time to be announced). All are welcome.

**Beginners' Quilting Project at St. James: A four-week program, Thursday afternoons, 2:30-4:30, January 18 to February 8.** We will make a table runner, with your choice of fabric. Bring your own sewing machine with a quarter inch piecing foot. Please contact Susan to register (10 people maximum) and for a complete list of fabric requirements. No extra fees. Susan at 722-1881, ext. 204 or [susan@stjamesuc.org](mailto:susan@stjamesuc.org)

**Spiritual Journey:** A program for seniors (and others) of conversations of faith, prayer, candle lighting and music. Every second Monday for an hour (time to be announced) followed by a brown bag lunch, beginning on Monday, January 22. All are welcome. A commitment to every session is not necessary; participants may attend as they feel called and are able.

Spiritual Journey will begin with a discussion of the book "When Bad Things Happen to Good People," written by Harold Kushner. The book is to be ordered through the church office. Please email [revpamela@stjamesuc.org](mailto:revpamela@stjamesuc.org) if you would like to order a copy.

*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*

**When driving to St. James during the week, morning and afternoon, please park for free in the first line nearest Elizabeth Avenue. Anywhere else in the parking lot is liable for a ticket.**



## WORSHIP SCHEDULE JANUARY TO MARCH 2018

| Date               | Time                | Details  | Music  |
|--------------------|---------------------|--|--|
| <b>January 7</b>   | 9:30 am<br>11:00 am | Contemporary Worship<br>Baptism of Jesus (Baptism)   | Senior Choir                                 |
| <b>January 14</b>  | 9:30 am<br>11:00 am | Contemporary Worship<br>2 <sup>nd</sup> Sunday after Epiphany (Communion)                  | Senior Choir                                 |
| <b>January 21</b>  | 9:30 am<br>11:00 am | Contemporary Worship<br>3 <sup>rd</sup> Sunday after Epiphany<br>Coffee Hour: Congregation | AOTS/UCW/Youth                               |
| <b>January 28</b>  | 9:30 am<br>11:00 am | Contemporary Worship<br>4 <sup>th</sup> Sunday after Epiphany                              | Senior Choir                                 |
| <b>February 4</b>  | 9:30 am<br>11:00 am | Contemporary Worship<br>5 <sup>th</sup> Sunday after Epiphany (Baptism)                    | AOTS/UCW/Youth                               |
| <b>February 11</b> | 9:30 am<br>11:00 am | Contemporary Worship<br>Transfiguration Sunday GO PROJECT                                  | Sight Restored                               |
| <b>February 14</b> | 7:00 pm             | Ash Wednesday  |  |
| <b>February 18</b> | 9:30 am<br>11:00 am | Contemporary Worship<br>Lent 1 (Communion)<br>Coffee Hour: Senior Choir                    | AOTS/UCW/Youth                               |
| <b>February 25</b> | 9:30 am<br>11:00 am | Contemporary Worship<br>Lent 2<br>Stella's Circle with Rev. Pamela                         | Senior Choir and<br>Stella's Inclusion Choir |
| <b>March 4</b>     | 9:30 am<br>11:00 am | Contemporary Worship<br>Lent 3 (Baptism)   | AOTS/UCW/Youth                               |
| <b>March 11</b>    | 9:30 am<br>11:00 am | Contemporary Worship<br>Lent 4 (Communion)   | Senior Choir                                 |
| <b>March 18</b>    | 9:30 am<br>11:00 am | Contemporary Worship<br>Lent 5<br>Coffee Hour: Property, M&P, Finance                      | Sight Restored                               |
| <b>March 25</b>    | 9:30 am<br>11:00 am | Contemporary Worship<br>Palm Sunday  | Senior Choir                                 |
| <b>March 30</b>    | 10:00 am<br>7:00 pm | Good Friday Walk<br>Good Friday Service  | Senior Choir                                 |

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LABEL

