



St. James Visitor



Thanksgiving 2018



A MESSAGE FROM OUR CHAIR OF COUNCIL

Autumn is an invigorating season. At work projects are in full swing; at home the children are back in school; and at St. James groups have returned and programs are up and running again. Of course, the fall also is a time of great change in the seasons as well as a time of Thanksgiving.

All of these elements are in keeping with the news that Rev. Pamela Jones-Fitzgerald will be leaving St. James as she has accepted a full-time position at Gower Street United Church. This is quite a change - for more than a decade, Rev. Pam has been a beloved minister at St. James. On behalf of the council and congregation, I extend deep appreciation and many thanks for her work over this time. It is sad to see Rev. Pam leave, but it is understood her new position is an exciting opportunity in continuing her ministry. An occasion will be arranged for the congregation to thank and congratulate Rev. Pamela in the near future.

This upcoming fall is an exciting season at St. James. There are new programs and many events. Please watch the bulletins and congregational emails for events like the casual congregational Thanksgiving potluck, board game nights, our 60th Anniversary Dinner and much more!

In the spirit of Thanksgiving, we should reflect on our congregational community and the abundance of talent and resources with which we are blessed. Many thanks to the Ministerial staff, support staff, volunteers and all in the congregation who contribute their time, money and skills.

Happy Thanksgiving!
Trevor Bartlett
Chair, St. James Council





A MESSAGE FROM REV. PAMELA

A heartfelt thank you for all the support and kindness you have shown to myself, my husband Scott and our children Sophie, Nathan and Julia over the past 11 years. I will always cherish my time here, and I have enjoyed working with the entire congregation and various ministerial and support staff over the years.

I am embarking on a new adventure as I have been called to full-time ministry at Gower Street United Church later this fall!

Blessings to you and your families,
Rev. Pamela



AOTS MEN'S SERVICE CLUB



Fish Dinner

Friday, October 19, 2018
Time: 6 pm Cost: \$20.00



UCW



Fall Sale & Morning Coffee

Saturday, November 3, 2018
Time: 9:45 – 12 Noon

Cost: \$7.00

ST. JAMES FRIENDSHIP GROUP

The Friendship Group is looking for a couple of energetic and enthusiastic women to spearhead this year's activities. The group is made up of seniors (ladies only), non-denominational, who meet the second and fourth Wednesday of each month from September to May. For more details please contact Winona Kelsey at 722-6529 or Barbara Butt at 576-1344.

"One of the best feelings in the world is knowing that someone is happy because of you."



bridges to hope

NEIGHBOURS FEEDING NEIGHBOURS

Please bring a non-perishable food item for our Food Chest when you come along to service so we can help others in need.



JOURNEYS TO MINISTRY

by Katie Vardy and Rebecca Pike

We'd love to share with you some of our latest adventures while we were learning and growing outside of St. James.

Rebecca is beginning her third year at the Centre for Christian Studies focusing on Social Justice and is excited to be working with Rev. Pam at Stella's Circle. Rebecca will be travelling to Winnipeg for three learning circles, one this fall and two during the spring. She is also completing a project on church history.

Rebecca was blessed to preach almost every Sunday this summer! She was welcomed twice to Memorial United (Portugal Cove-Bell Island), Cochrane Street and Wesley, while also preaching at Cowan Heights and First United. There have been many learning experiences between service styles and communities. While Rebecca has been very busy this summer, she managed to find time to visit with family in Ontario. During the trip she engaged with GO Project staff and will assist with Programs in St. John's during summer 2019, maybe even some fall or winter events! The GO Project has been a guiding light for Rebecca's faith and ministry journey.

Katie has begun her fourth and final year at Memorial University to complete her undergraduate degree before starting graduate studies in Ontario. She will also complete a Diploma in Youth Ministry program this year through the distance program at the Atlantic School of Theology. She will continue as Sunday School Coordinator at Cochrane Street United Church. Katie completed her Godly Play training and is excited to engage in a new way to tell Bible stories. Her commitment as Sunday School Coordinator means she is unable to be at St. James on Sunday mornings, but she will continue to participate in the Life and Works of St. James.

Last year, Katie became a council member of Affirm United/S'affirmer Ensemble and will continue to work with them to move the United Church towards becoming a more accepting and inclusive organization. Part of her work with Affirm United/S'affirmer Ensemble involves travelling to Ontario for two in-person meetings a year and will be travelling there for a weekend of meetings in the winter for business, decision making, fun and great company. Katie plans to focus her last year on school work while remaining active and involved with St. James, Cochrane Street and Affirm United/S'affirmer Ensemble.

Over the summer, Katie travelled to Ontario for national United Church events. The first event was a summer council meeting and annual conference of Affirm United/S'affirmer Ensemble. Both meetings were held at Royal York Road United Church, an Affirming church in Etobicoke. The second event was the 43rd General Council held in Oshawa, Ontario. She spent the week-long event as a home group leader to a group of inspiring youth. In addition, Katie spent her summer working but managed to visit with the United Church Pilgrims while they were at St. James and spent time with them as they explored our beautiful province. Finally, Katie was privileged to lead worship services around the city. She travelled to Portugal Cove twice and once to Cochrane Street. Leading these services was a blessing for Katie and provided an awesome learning opportunity.

As always, we wish to thank the community members of St. James for their continued support and prayers. We are honoured to call St. James United Church our home congregation. As we spread our wings, we always know St. James is our home.

Blessings and Peace,

Katie & Rebecca



CHRISTIAN EDUCATION COMMITTEE

On behalf of the Christian Education Committee, I would like to take this opportunity to introduce you to the people and good works of our group.

Pamela Masterson – Chair
 Gloria Le Feuvre – Secretary
 Susan Sheppard – Congregational Ministries
 Sarah Norman – Sunday School Superintendent
 Chris Penney – Librarian

Hannah Sheppard—Youth Leader
 Katelyn Mayo—Youth Leader
 Karen Brown—UCW Representative
 Gilbert Thomas—AOTS Representative
 Chelsea Masterson—Youth Representative
 Rev. Ettie Gordon-Murray—Member at Large

At first glance the CE Committee does not appear highly visible, but if you look a little more closely you will discover our presence behind many of the groups and activities thriving at St. James. There are many duties and obligations outlined in the Constitution of St. James for us, not least of which is to provide for “the educational needs of the congregation and to provide leadership so that all persons at each stage of their lives may know God as revealed in Jesus Christ.” It is with this purpose in mind that our committee has forged a path offering a myriad of groups and activities that bring people together within the church community. We are endeavouring to meet congregational needs and foster interests while strengthening a deeper relationship with Christ.

To that end, we are pleased to announce some new groups and activities alongside our returning favourites. I would implore you to take a look at our offerings, please join us, and come forward with any ideas or suggestions you may have. Truly, no idea is too unique for our consideration!

ACTIVITIES

Sunday

Youth Group (bi-weekly)

Monday

Loose Threads Sewing Studio
 Writer’s Circle (bi-weekly)
 Technology Mondays (monthly)
 The Yarn Gatherers (Women’s Group)

Tuesday

Visioning and Engagement Committee (Monthly)

Wednesday

Youth Choir
 Ukulele Group
 Young Adults (bi-weekly)
 Communion and Fellowship Luncheon (monthly)

Thursday

Uppity Women (part of the “Not a Bible Study” series)

Saturday

Sight Restored (bi-weekly practice)
 Liturgical Dance
 Family Board Games Night (monthly)

Other Activities

October 14, 2018 – GO Project Service

Soup Luncheon Dates

October 14, 2018
 November 4, 2018
 December 2, 2018

Youth Service

December 2, 2018

Stay Tuned!

Cross and Bean (discussion group to begin after Thanksgiving) The first book selected is The Great Spiritual Migration by Brian McLaren.

Daytime bible study
 NIA (no-impact aerobics)
 Paint Nite
 Poinsettia Sale

(continued on next page)



CHRISTIAN EDUCATION (cont'd)

Ongoing Endeavours:

Sunday School

Library

The GO Project/Youth Ministries

Green Depot/Evergreen Recycling Fundraising Project

As the interest and needs of the congregation evolve, so too will our offerings. We will strive to be forward looking in our good works. We eagerly anticipate hearing from you, meeting you, and worshipping with you!

Pamela Masterson

christianed.stjamesuc@gmail.com

Project Grace is about to launch its seventh year of after-school programming, and we are all incredibly excited to have the full year in our new space at the former Manse. We look forward to hosting our after-school program along with many other events, classes and workshops. In addition, Project Grace will be running an eight-week 'Music Lessons for Grown Ups' program, starting after Thanksgiving.

The students and teaching artists are all looking forward to another wonderful year of friendship and "camaraderie-through-music" with the congregation of St. James. Please mark your calendars now for our Fall Semester Showcase coming up on Sunday, December 9, at 3 pm in the Sanctuary at the church.

Please stay tuned for further information on our events, and don't forget to like us on Facebook and follow us on Twitter and Instagram! You can find us '@ProjectGraceNL'

Respectfully submitted

Gillian Sheppard, Executive Director



ANNIVERSARY CALENDAR

To commemorate the occasion of **St. James 60th Anniversary 2018**, a calendar for 2019 has been created to showcase the various groups that have been a part of our history, from the beginning in 1958 to now. For those of you able to drop by the church, there is a copy of the calendar hung outside the office for you to flip through. If you are interested in pre-ordering a calendar, please contact Jennifer Adams by email at jadams@nl.rogers.com or call 237-7011.

PAR Program (Pre-Authorized Remittance)

The United Church of Canada administers PAR. Decide the amount you wish to pay the church and your bank will be debited on or about the 20th of the month. (Small cards are available to put in the offering plate).

You can also use **Visa/Master Card** via the PAR Program. **Post Dated Cheques** provide another option for you. Leave your post dated cheques at the office and we will deposit them on the date you specify.

Presently we have 90+ families participating in PAR. Many people use PAR as a convenient way to take care of their regular commitments to the church whether they are at home or traveling. Please call the church office for more details.



A MESSAGE FROM SUAN

Most churches offer opportunities for *Active Aging beyond a weekly Worship Service, and St. James is no exception. From September through until June you will find the building humming with activity during the weekdays and evenings as it hosts:

Church Committees: (UCW, AOTS, Christian Education Groups, etc.), Youth Groups, Guitar Group, three choirs, Bible study, mid-week Communion and opportunities to exercise our volunteer muscle;

Outreach Programs: (Project Grace, AA, Al-Anon, Overeaters Anonymous, Independent Order of Oddfellows, Quakers)

Community Groups: (Shalloway, TaeKwonDo, English Country Dancers, Hot Mama Health and Fitness)

And - the building still has room for the occasional party, baby or bridal shower or concert! This coming year we also have a vacancy which opened up on Thursday mornings for a potential new group.

The weekly NIA exercise program will most likely return in January. Meanwhile, if you are interested in improving your overall health, especially on the level of body awareness, please consider taking the 8 week chi-gong course. Chi-gong is the new yoga! I am a big fan of the exercises; they are easy to learn and so beneficial to my overall health. You can try it out at the first class on Tuesday, October 16, at 11 am for \$5. If you find that it's a good fit for you, then sign up for the remaining 7 sessions.

Chi Gong 2018

An eight-week program, Tuesday mornings, 11:00 to noon, October 16 - December 4.

Benefits to you

Happy body through life energy cultivation, improving:

** balance*

**walking*

**posture*

**energy*

**co-ordination*

Chi Gong is an aspect of traditional Chinese medicine practiced worldwide for relaxation, preventive medicine and self-healing. *Chi gong* literally means *Life Energy Cultivation*. The practice typically involves coordinating slow flowing movements, 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. Register with SuAn at the Church office or with Dr. Song herself at 579-5799 or www.drsongsac.com

Please drop by the office or give me a call if you are interested in getting involved in any of the life and works of St. James, a community hub for Active Aging activities!

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.

***Active Aging at St. James:** The term 'Active Aging' describes how we wish to age out in health and happiness. 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/volunteer health.

"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



60 Years of Life, Love and Worship

St. James United Church is celebrating its 60th Anniversary and we invite you to join the festivities.

Saturday, November 17, 2018
St. James United Church Auditorium
Meet and Greet will start at 6:00 pm
Dinner being served at 6:30 pm
\$25.00 per person

Guest speakers will include:

Rev. Don Brown, first minister to lead our congregation (1958-1962).
Vera Marshall, active UCW member and part of St. James since 1970.
Katelyn Mayo, current youth leader who grew up in our congregation.

**Tickets are available now at the church office
or by reservation at 722-1881, extension 200**





WORSHIP SCHEDULE October - December 2018

Date	Time	Details	Music
October 7	9:30 am 11:00 am	Contemporary Worship Creation Time 5 Worldwide Communion Sunday Communion	Senior Choir
October 14	9:30 am 11:00 am	Contemporary Worship Creation Time 6 GO Project Baptism	Youth Choir
October 21	9:30 am 11:00 am	Contemporary Worship World Food Sunday International Day for Eradication of Poverty Coffee Hour--AOTS	Senior Choir
October 28	9:30 am 11:00 am	Contemporary Worship Peace Sunday/Reformation Sunday	AOTS/UCW/Youth
November 4 Tape VOWR	9:30 am 11:00 am	Contemporary Worship 24 th after Pentecost Baptism	Senior Choir
November 11	9:30 am 11:00 am	Contemporary Worship Remembrance Sunday Communion	AOTS/UCW/Youth
November 18	9:30 am 11:00 am	Contemporary Worship Anniversary Sunday/Children's Sunday Coffee Hour--Council	Senior Choir
November 25	9:30 am 11:00 am	Contemporary Worship 27 th after Pentecost/Reign of Christ Sunday	Sight Restored
December 2	9:30 am 11:00 am	Contemporary Worship Advent 1 - HOPE Baptism	UCW/AOTS/Youth
December 9	9:30 am 11:00 am	Contemporary Worship Advent 2 - PEACE	Senior Choir
December 16	9:30 am 11:00 am	Contemporary Service Advent 3- JOY Coffee Hour--Christian Ed and Sunday School	Youth Christmas
December 21	7:00 pm	Winter Solstice	
December 23	9:30 am 11:00 am	Contemporary Worship Advent 4 LOVE	Senior Choir
December 24	6:30 to 7:30 pm	Christmas Eve Family Worship	Senior Choir/Youth/ Sight Restored
December 30 Tape VOWR	9:30 am 11:00 am	Contemporary Worship First Sunday after Christmas	Guitar Group

TO CONTACT US:

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OUR MINISTERIAL STAFF:

Full-time: Rev. Brian Colbourne
Visitation: Rev. Pamela Jones-Fitzgerald
Youth Ministry: Susan Sheppard, DLM