

The Sunday Readings

September 5, Proper 18

Deuteronomy 30:15-20

Psalm 1

Philemon 1:1-21

Luke 14:25-33

September 12, Proper 19

Exodus 32:7-14

Psalm 51:1-11

1 Timothy 1:12-17

Luke 15:1-10

September 19, Proper 20

Amos 8:4-7

Psalm 113

1 Timothy 2:1-7

Luke 16:1-13

September 26, Proper 21

Amos 6:1a, 4-7

Psalm 146

1 Timothy 6:6-19

Luke 16:19-31

Sunday Worship Schedule

7:30 am Traditional Eucharist

8:45 am Childcare, 2nd floor

9 am Bible Study; Adult Forum

10 am Choral Eucharist,

Child & Youth Programs

Noon Worship Schedule

Healing Eucharist

every Wednesday

Friday Requiem Eucharist

the last Friday of each month

Full and Active Membership

*How can we help our youth transition
into full and active members of the Church?*

By Chris Bernard, Pastor for Youth & Families

Over the past few months, I have had many conversations on the question of how we bring our children into the fullness of faith. Part of what has become clear is that our current practice of holding our Youth program during the 10 am service needs to evolve, and starting this fall the education programs for our middle and high school students move to the 9:00 hour.

The challenges we faced two and half years ago are not the challenges we face now. We have grown from four students my first Sunday at St. James, to an average attendance of over 20 students per week. We have grown to the point that the older teens and younger teens need their own classes.

While the Youth program has provided an opportunity to consider Holy Scripture, Christian theology, and the history of the Church more deeply, it has done little to expose our youth to the gift of cooperative prayers, the beautiful rhythm of the liturgy, or the full mystery of the Eucharist.

If the Church, as the body of the Christ, active well beyond walls and stained glass, is going to be the place where we all experience the full grace of the sacraments and are reminded that we are children of God, loved by God, then this has to be passed down to the next generation. An appreciation for what St. James does and is must be cultivated. We do this by helping our youth feel connected to God's people, regularly connected to the many faces of our congregation.

For all the demands on family schedules, there is no way to accomplish this without increasing the time our youth spend with the church, providing not only class time but time in the church's worship. Our youth need to learn, to make their own bonds with each other, and to be known as part of our main gathering – worship. We are better formed into God's image when we gather regularly. This practice of gathering needs to be instilled into their lives.

This commitment comes with some cost, but this is an exciting time for St. James. We have an opportunity to help our youth become fully active in our church. With this change, we make it possible for our youth to share in leading worship, from acolytes to readers to intercessors to singers. The youth

(Continued on page 3)





“Going Forward in Our Spiritual Formation”

By The Rev. Eleanor Ellsworth, Sr. Associate Rector

This year’s theme for adult formation is *“Going Forward in Our Spiritual Formation.”* I ask you to meditate upon this theme for yourself. What do you need or hope for to further develop your own sense of spirituality?

Each of us is different in our needs, and no church (or school) can provide everything we need. However, at church we do attempt to provide a variety of avenues for growth, both experientially and educationally.

Spirituality is a process of digging deeply into the core of our being and discovering more for ourselves and our relationships with others: our God and our neighbors. To do this, it helps to be with those who are like-minded and also in the process of discovering deeper levels of engagement with one’s spiritual self.

Our life’s circumstances help define what “spirituality” looks like. For example, a young mother and father have vastly different needs than their bachelor counterparts and older parents. What they have in common is that each is on a spiritual journey—just in different stages. I ask you to reflect upon what stage of the journey you are in now. Then consider what would assist you the most to be in touch with the part of you we call “spiritual,” recognizing that our bodies, minds and spirits are completely intertwined!

This Fall at St. James

At St. James our gathering for Adult Formation takes place in formal and informal ways—in and outside of the church proper. Every Sunday we provide an Adult Forum for one hour between the services, beginning at 9 am in the VS Room.

The 9 am Bible Study is an on-going, lay-led class welcoming everyone to drop in.

The current **9 am Adult Forum** is an academic look at the “Historical Jesus,” in video and discussion format. It builds on prior lectures/discussions, but anyone can come anytime and

participate. We will continue the series through September 5. (We may add a Saturday to complete this course for those interested. TBD.)

Sunday, September 12 and 19, we begin a two-week presentation, *“Body, Mind and Spirit,”* developed and led by our esteemed parishioner, John Scavulli, M.D. John will provide a meaningful way to look at our lives in an integrated manner and assist us in our spiritual growth. His experiences in Samoa will be an added feature of his presentations.

Join us on **Sunday, September 26**, at 5 pm for an important presentation *“10 Warning Signs of Alzheimer’s Disease,”* with our guest speaker, Dr. Teresa Shanahan, an expert in the field of Eldercare. Come learn about the physical, cognitive, financial, and social signs of dementia. RSVP to the office.

Our October Series

“Introducing the Gospel of Matthew” with Dr. Randal Gardner, begins **Sunday, October 3, concluding October 31**. This will be an excellent program for our liturgy during the year, and an opportunity to get to know our Rector, and one another, in an engaging learning context.

Looking further— 3 Wednesdays in Advent

Learn about our Universe(s) on **Wednesday evenings, December 1, 8, and 15**. Another esteemed parishioner, Dr. Fred Boynton, offers an intriguing series: *“How Many Universes are There?”* We begin at 6 pm in the Van Schaick room with a community supper—then the program—ending about 8:30 pm.

Please stay abreast of these and other programs and opportunities coming your way. Consider what would serve your interests and needs, and let me know what you would like offered at St. James. With our Vestry liaison for Adult Formation and other interested parties, we will continue to formulate ways and means of helping us all grow into what God would have us be.

*Blessings,
Eleanor+*

The VESTRY NOTES for July

By Charleen Boyl, Jr. Warden

The minutes for June were approved; the Financial Statements and the Rector's Report were received, and a new facility policy and fee schedule was approved.

The Finance Committee reported that we continue to need to raise additional funds or the budget will be out of balance. We will be starting our appeal for designated gifts in September. A designated list is being compiled and will be available for the congregation's review.

The possibility of a long-term lease for St. James Hall was discussed. Negotiations are underway and the Vestry will be kept informed.

It was decided that the funds that will be received from the Moore Estate should be allocated to the pastoral care ministry.

A new Wedding policy and fee structure was approved. (see article on this page).

The next Vestry meeting is Tuesday, September 28.

Weddings at St. James: Updated Fee Structure and Policies

By Sue Adams, Minister of Communications & Programs

The continued commitment of the leadership of St. James is to offer a sacred wedding service, excellent pre-marital counseling, and loving support for every couple.

The leadership has reviewed and agreed upon the policy and financial support for weddings, with an eye for being quite competitive in this arena.

Our fee for weddings at St. James is now \$2,000, for members or non-members. This includes the use of the facilities (excluding St. James Hall), the meetings with the clergy, the Prepare & Enrich counseling program, the services of the Pastor for Music Ministries, and the printed program. The couple may choose from two approved vendors for the Altar flowers, using any florist for other flowers. If it is a member wedding, the St. James Flower Guild may prepare the Altar flowers.

A volunteer *Wedding Team* is being formed to assist at the rehearsal and wedding day. If you would like to participate and be trained, contact Sue Adams in the office at 858 459-3421 x110.

Continued, "Helping our youth transition into full and active members"

(Continued from page 1)

have an opportunity to completely remove the notion of having a "Youth Sunday" because every Sunday can be a Youth Sunday. And as a result, we get to witness our youth becoming fully formed in their faith.

With this transition, St. James' commitment to encounter the divine expands beyond our commitment to our youth. It expands to our adult members. And so, the adult formation is currently being re-imagined so that it is more compelling to our entire congregation.

There are great things happening here and it is all happening so that we can continue to develop how we understand what it means to live a Christian life. And like everything else, we are evolving, growing, adapting to an ever-changing community. So be patient with us as we continue to discern God's calling. Know that whatever changes do occur come out of love and a desire to be faithful. And bear with us as we try to cultivate a generation fully formed and fully active.

"Hello Lars" ...and too soon, "Goodbye"

San Diego native, beard aficionado, and Episcopal Campus Missioner (Chaplain) at UCSD, Lars Stairs-Almquist has enjoyed serving as the Assistant Sexton this summer at St. James.

As a chaplain, Lars enjoys creating opportunities

for students at UC San Diego to encounter Jesus and connect with God's heart for the poor. His time helping the poor in Ethiopia in 2003 was life-changing and he promises to write an article about his experiences and transformation.

In September, Lars will continue at UCSD as the Chaplain, and also enter the Masters in Peace and Justice Studies at the University of San Diego. His area of focus will be economic and community development—finding creative ways to help communities enhance their quality of life.

Additionally, Lars and his wife, Bethany, seek to establish free health clinics here and abroad.



Introductory Workshop on Centering Prayer

Saturday, September 18

St. Peter's Episcopal Church
334 14th Street, Del Mar

9 am - 2:30 pm

In Adult Formation courses, Dr. Gardner has introduced us to "Centering Prayer," a method that invites us into a deeper relationship with God. It is a Christ-centered form of silent prayer, a renewal of the ancient Christian practice of contemplative prayer in a contemporary form.

On September 18, The Contemplative Outreach North San Diego (CONSD) will present an introductory workshop on Centering Prayer to all in the diocese. For more information, contact langworthy4@cox.net, or call 760-745-8860.

Byzantine Prayer

Serene Light, shining in the

Ground of my being,

Draw me to yourself,

Draw me past the snares of the senses,

Out of the mazes of the mind,

Free me from symbols, from words,

That I may discover

The Signified

The Word Unspoken

In the darkness

That veils the ground of my being. Amen

The Soul Searchers Book Club

We will resume our meetings on Friday, September 10 at 9 am at the St. James Gift Shop. Please join us and enjoy fresh pastries and coffee and then delve into the fascinating world of literature.

This first Fall meeting on September 10 will be a welcome-back session. We are excited to hear what all our friends have read during the summer.

Our book for October is *The Friendship of Women* by Joan Chittester, available for purchase at the St. James Gift Shop. Please remember that all Book Club Members receive 10% off their book purchases at St. James Gift Shop.

The Altar Guild Ministry

*Serving God by preparing and tending
our place of worship*

By Maryl Weightman, Director of the St. James Altar Guild

Have you ever wondered about the different elements that go into celebrating the Eucharist at St. James? Receiving communion on Sunday, during the week, at weddings, funerals and other occasions, is a gift that has been given to us—bringing us closer to Christ and the sacrifice that was made on our behalf.

Would you like to learn more about the altar guild and the preparation for worship? Being a part of this ministry is so much more than, as my grandson says, "washing dishes".

It will enrich your spiritual journey. I know it has for me.

Please contact me with any questions.

Maryl Weightman, 858-456-2913

Security Volunteers Needed for the White Elephant Sale



The White Elephant Sale needs a few volunteers to keep an eye on security at the doors and on the floor.

Can you join this tradition at St. James by giving about two hours this year?

The six "shifts" this year are:

- ☛ Friday, September 17 - [1] 5:15-7:45 pm;
- ☛ Saturday, September 18 -[2] 8:45-10:45 am,
[3] 10:45 am-12:30 pm,
[4] 12:30-2:15 pm;
- ☛ Sunday, September 19 - [5] 11:45-1:30 pm,
[6] 1:30-3:15 pm.

If you can serve please contact Phil Roeder at proeder@ucsd.edu or (858) 453-9422.

The September Elephant Sale

What time is it ?? It's Time for the White Elephant Sale !!

By Nan Thomas



September is finally here and it's time for the big sale. The Mammoth event is the third weekend of September— the 17th, 18th & 19th.

We have collected so many wonderful treasures, made all the arrangements, **but you still have time to help us.**

- ☛ **Every Sunday we have a Volunteer sign-up sheet on the table.** Please sign up, and for those of you who did so weeks ago, please check the sign-up list to confirm when you have committed to work.
- ☛ **Bring your donations** to the St. James Hall front door beginning Monday, Labor Day, September 6, from 10 am until 2 pm. *Please note, the last day for donations to be accepted will be Sunday, Sept. 12.*
- ☛ **Take fliers around to publicize the sale.**
- ☛ **Tell your friends - better yet, invite them to join you at the Friday "First Choice Night."** We will serve great wine, cheese and other munchies.
- ☛ **Come again on Saturday,** when there is no admission charged and the always popular Holy Smoke Grill will be operational.
- ☛ **Tell everyone you know to return on Sunday** afternoon for the "Half-Price Afternoon" when bargains will abound.

What are the details of the Sale?

- ☛ **5:30 - 7:30 pm, Friday, September 17 is First Choice Night**

Admission is \$10 with tickets purchased in advance at the Gift Shop (make checks out to the Women of St James), or \$15 at the door that night. We add 20% to listed prices; plus fabulous wine and cheese will be served that night only.

- ☛ **9 am—2 pm, Saturday, September 18 is the Main Sale**

The Holy Smoke Grill is open from 11 am until the food runs out. Admission is free.

- ☛ **12 noon—3 pm, Sunday, September 19 is the Half-Price Afternoon, free admission**

Real bargains all afternoon, peaking with the outrageous **\$5 Bag Sale** for the last hour. At 1:45 pm everyone leaves— then we re-open at 2 pm selling bags at the front door for \$5 apiece. Purchase as many bags as you'd like. Whatever fits in the bag is yours. We exclude jewelry, antiques, furniture and artwork from the \$5 bag sale, but that still leaves most of the sale - women's, men's & children's clothing, toys, shoes, accessories, linens, and books. It is the greatest bargain you'll find.

Why do this ? **YOU** make the Sale a success

Your enthusiastic support - donating, publicizing, shopping, and bringing your friends - will make the difference between a "so-so" sale and a major outreach fundraising event worthy of St. James parishioners.

St. James by-the-Sea benefits

Roughly half of the monies raised go to Children's Ministries of St. James, EYC, the music programs, Interfaith Shelter, the Juvenile Hall Literacy program, and more.

Your support will benefit many

We also support homeless children in Mexico, local homebound elderly, Third-World women in need of a micro-credit loan to support their families, refugees worldwide, victims of disasters—for example the Katrina damage in the Gulf Coast, Haiti, the tsunami in 1998, and so many more -

John 20:21 Jesus said, "as the Father has sent me, even so I send you."

Funds raised by the Elephant Sale continue to be an outreach from St. James to our brothers and sisters in need. Their needs match our own need to be the hands and feet of Christ in the world today.



New York Polyphony has established itself as one of the finest classical vocal ensembles of a new generation. With "beautifully blended voices of individual distinction," (The Independent) the four men deliver dynamic performances in a wide range of styles. From simple plainchant to complex modern works, the **NYP** sound is strong, unified and polished. Since its founding in 2006, **New York Polyphony** has maintained an active performing schedule participating in major concert series and festivals throughout the U.S. and Europe. newyorkpolyphony.com

Sunday, November 14, 4PM

Aulos Ensemble was formed in 1973 by five Juilliard graduates and was at the forefront of a movement that was to capture the imagination of the American listening public. With the release of their recording, "Masterpieces of the High Baroque," **Aulos'** reputation for exhilarating performance, informed with scholarly insight, was firmly established.

With its conservatory-based training, **Aulos** brings an uncompromising standard of excellence in performance that has resulted in invitations from virtually all of this country's major chamber music presenters. You won't want to miss this program of Christmas Music.

www.aulos.org

Saturday, December 11, 4PM



Chanticleer is no stranger to the St. James Music Series. We are honored to present a performance by one of the most acclaimed choral ensembles in the world, Grammy Award winning **Chanticleer**.

Called "America's favorite choral ensemble," by the New Yorker magazine, **Chanticleer** has developed a worldwide reputation for its impeccable musicianship, beauty of sound, and wide-ranging repertoire from Renaissance and Mexican Baroque to jazz, gospel, folk, and adventurous new music.

www.chanticleer.org

Sunday, January 30, 4PM



Voces8 is an international award-winning a cappella octet from the United Kingdom. **Voces8** has a diverse repertoire ranging from early English and European Renaissance choral work to their own arrangements of jazz and pop songs.

First achieving success at the 44th International Choral Grand Prix in Italy, **Voces8** won first prize for best jazz performance and the audience vote for best performance. At the 38th International Choral Contest in Spain **Voces8** won first prize in both the sacred and secular categories. **Voces8** performs widely in the UK, Europe and the USA. www.voces8.com

Sunday, February 20, 4PM



The Secret Life of Parishioners

By Sue Adams, Minister of Communications & Programs

Who: Mike Wood

Favorite Sunday Service: 7:30 am

Career: Navy, Navy Reserves, Shipbuilding

Age: 67 **Current Status:** Married, Retired

Secret Life? Marathon Man

We stumbled upon Mike Wood's secret—when *he* stumbled into the Church office one Monday morning complaining about his sore knees. The weekend had found me cheering on a young friend on her first marathon race...known as "The Rock n' Roll Marathon." Her mom and I were congratulating ourselves for being too old to participate in such madness. But then, gray-haired Mike Wood walks into the office, complaining that the marathon had taken a toll on his knees.

And this wasn't his first marathon. Since he turned 62 he has run several half marathons and full marathons EVERY YEAR – to "keep Father Time at bay," said Mike. Now 67, he will run three marathons and six half-marathons this year...and he isn't even considering stopping.

I accused him of being addicted to the "Runner's High" ...when the body produces a morphine-like hormone (endorphin) that makes one feel really great. He said it is actually true.

"I was in a USCD study to test when the endorphins kick in for runners. It turns out that in runners the endorphin is produced almost immediately, increases for about 20 minutes, then levels off. I am really aware of the feeling and I just feel good."

As far as the pain...Mike says it is something runners just accept as normal. "Take some Advil, rest, and you'll be fine."

Mike has been an athlete most of his life. He joined OMBAC (Old Mission Beach Athletic Club) in the 60's and began running to get fit for rugby. OMBAC began around 1953 when a group held a "coming out" party for a POW returning from Korea...now an annual bash. It's a men-only organization that sponsors the infamous "Over-the-line" tournament on Fiesta Island, and many other sporting events, teams, and fundraisers. Mike smiles as he says that OMBAC also stands for "Old Men Behaving as Children."

Mike was baptized Episcopalian in Massachusetts. His parents became Episcopalians because the Rector gave "the best sermon in town."

After moving to La Jolla (his father worked for Convair), he attended San Miguel Boys School, the male-only school that later merged with The Bishop's School. He found the required daily chapel to be onerous, and after completing high school he infrequently attended church.

He joined the Navy in 1962 after a few years of college. He served four years, then an additional 23 years in the Navy Reserve until retirement.

Mike married Janet Siemienkiewicz (after meeting her in a Pacific Beach laundromat in 1989) in her hometown, Saginaw, Michigan. Before marrying Mike, Janet was received into the Episcopal Church at

St. James. Their daughter, Michelle, is 17. Janet Wood now attends the late service at St. Paul's Cathedral.

In 1968 Mike bought his first Harley-Davidson motorcycle. He has ridden across the United States several times, sometimes riding with a group that was formed to bring awareness about the many MIA's from Vietnam, Korea, and other US wars. Today he rides his motorcycle every Sunday to the early service at St. James and often serves as a Eucharistic Minister, Reader, Intercessor, and also fills in as an usher as needed.

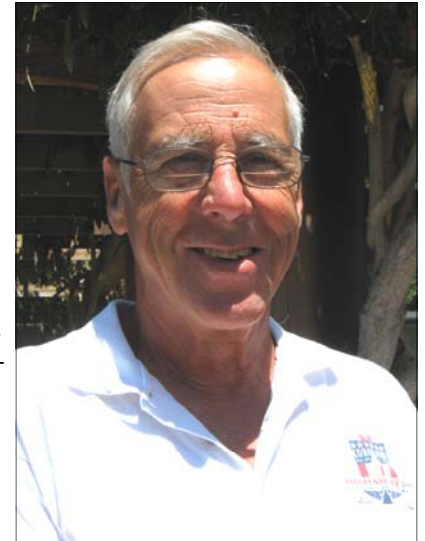
"I am a 7:30 type. I learned to break my fast at the Lord's Table. If I wait until the 10 am service I get really grouchy!"

As to why he returned to St. James and now serves as a Eucharistic Minister, he said. "This is my home church and I just want to be here. I serve because it fulfills a need in me to be a part of the service."

I had asked Mike months ago for this interview, but for weeks, he said NO. His final statement revealed an ulterior motive for agreeing to talk with me.

"Now promise me to get yourself good running shoes and get started with a 5K, then work up to a marathon. You are not too old!"

Mike, I promise...to pray about it.





**St. James by-the-Sea
Episcopal Church**
743 Prospect St.
La Jolla, CA 92037

Phone: (858) 459-3421
www.stjamesbythesea.org

Episcopal Church

Non-Profit
U.S. Postage
PAID
San Diego, CA
Permit No. 2686

Advertise in The Chimes!

This publication is mailed to almost 700 homes each month—and also viewed online. This may be a good opportunity to advertise your business to a supportive community. We are selling business card-sized advertisement for \$20 per month, or \$200 per year. Call Sue Adams to set up your account at 858 459-3421x110.

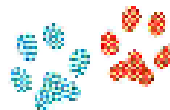
Thanks to the folks who are participating and letting others know about this opportunity. Their advertising supports the printing and mailing costs of *The Chimes*. Please keep these vendors in mind when you need these services!

**A BIG "THANK YOU" FOR ALL YOUR SUPPORT
OVER THE PAST 30 YEARS!**

FROM YOUR PAINTER, JOHN PEEK
858.505.1362



FINE HOME PAINTING



**I Walk With Dogs
& Play
& Other Furry
Creatures**

**Jody Russell
619-992-7576**

**Dependable Pet Services
Dog Walking, Pet Sitting
Red Cross Pet First=Aid Trained**



John T. Hardisty 410 West 30th Street, Suite B
Principal National City, CA 91950
Cell: 619.520.3225 Phone: 619.245.6000 Fax: 619.245.6265
john@hardistyconstruction.com License: 853976