



Open Doors

The Newsletter of St. James Episcopal Church

January 2010

FROM THE



RECTOR

One of my Christmas gifts this year was a ten year journal.

Each page represents one day, and has 4 lines to write in for each year. I've tried journaling before, but always became

overwhelmed with the sheer volume - a blank page always seemed overwhelming at the end of a busy day. But four lines? I can do that!

Every New Year we are besieged by conversation - or guilt - about New Year's resolutions. It doesn't matter that we rarely keep them; we still feel like we should make them. Lose weight, give up smoking, get more exercise. All things that are good for us, but actually doing them is hard work, and all too often, overwhelming.

It can be the same with our spiritual lives. Every so often, I read about the spiritual life of some great saint, and think "I wish I were more like them." The great Reformer, Martin Luther, rose early each morning to fit in two hours of prayer, and on days that were especially busy, added an extra hour! And I just read a blog that

listed early risers in the bible: Abraham, Jacob, Moses, Hannah, Job, David, Hezekiah, and of course, Jesus. But anyone who knows me knows that I'm not a morning person. I prefer to stay under the covers until the sun has not only risen, but has made it at least halfway up the sky!

Sometimes, when we think about doing the things that will help us grow spiritually, help us to know God better, they feel like that blank page. It's simply overwhelming.

But we don't have to begin with a full page; four lines is better than none at all! One of the first things my spiritual director asked me to do, is to set aside five minutes each day for meditative prayer. The idea is that I'll gradually increase it until I have half an hour or more in meditative prayer as part of



my daily routine (though I have to admit it's taken a year to get to six minutes). But to start with half an hour would be overwhelming; five minutes I can do (well usually, anyway).

So consider adding something small to your daily routine that will help you grow to know God better. It might be five minutes of meditative prayer. It might be using one of the forms of "Daily Devotions for Individuals and Families" that begin on page 137 of the prayer book. It might be reading a paragraph a day of the gospel of Matthew (which is where our gospel readings on Sundays are taken from this year) or the epistle to the Hebrews (which our bible study groups are currently reading). It might be saying the Lord's Prayer each night before bed. Just one small, manageable step in faith...

Blessings,

Raewynne

A WORD FROM THE WARDENS

Every once in awhile you open an email from a friend that gives you something to think about. Hope you enjoy this.

Rules from God for 2010

1. Decide to have a good day.
"Today is the day the Lord hath made; let us rejoice and be glad in it."
Psalms 118:24
2. Stand up for what you believe in.
"Let us not be weary in doing good; for at the proper time, we will reap a harvest if we do not give up. Therefore, As we have opportunity, let us do good."
Galatians 6:9-10
3. Say nice things and learn to listen.
"He who guards his lips guards his soul."
Proverbs 13:3
4. Look up to the Lord.
"I can do everything through Christ who strengthens me."
Philippians 4:13
5. Reach up for something higher.
"Trust in the Lord with all your heart, and lean not unto your own understanding. In all your ways acknowledge Him, and He will direct your path."
Proverbs 3:5-6
6. Lift up your prayers.
"Do not worry about anything; instead pray about everything."
Philippians 4:6

- Pat & Jeff

EPIPHANY BRUNCH

Thanks to everyone who cooked and baked for the Epiphany Brunch; it was a wonderful success. As usual, nobody can top St. James parishioners when it comes to food! Special thanks go to Abby Coleman, who spent Saturday afternoon helping to set up, and Kathy Sides for being “Command Central” in getting all the food out to the tables, Barbara Bastin for setting up and cleaning up, Chris Mauro for making sure the walkways were clear and the firewood was set. Wylie Hunt, Art and Joan Strassle, Donna Wachter, and Peter Cahill did a great job cleaning up afterwards, and extra special thanks to Karen and Brian Noack for all the dish washing, drying, etc., and for not leaving until the embers of the fire were out. What a great way to start the New Year!

For those who requested it, here is the recipe for the Champagne Punch:

- 2 (12 fluid ounce) cans frozen cranberry juice concentrate
- 2 (12 fluid ounce) cans frozen pink lemonade concentrate
- 2 (12 fluid ounce) cans frozen limeade concentrate
- 2 (750 milliliter) bottles white wine, chilled
- 1 liter seltzer water, chilled
- 4 (750 milliliter) bottles champagne, chilled

Combine all in large punch bowl. To keep chilled and make it look festive, add an ice ring, made as follows:

Fill bundt pan 2/3 full with cranberry juice slightly diluted with water. Arrange 2 sliced lemons, 1/4 cup mint leaves, and some raspberries evenly throughout pan. Freeze solid. Just before serving, dip bottom of pan in warm water, unmold, and place in punch bowl.

- Stephanie Coleman

PEOPLE IN THE PEWS

This month's interviewee is Debbie LaMano.

Tell us about yourself. I was born in Brooklyn and grew up in Queens – between South Ozone Park and Ozone Park. I moved out to Long Island in 1985, the year I graduated high school. This was at the same time of the year as hurricane Gloria, there were loads of trees that were down in the yard; of course, this happened after closing. My parents were born and raised in Brooklyn and Queens. Most of my childhood years I live in the same house in which my father was raised; I never really thought about that until just now (I know that sounds so odd). I am one of four girls; my poor Dad was the only male in the house – even our pets were female. We lived with my Dad's mother, as my Mom took care of her for many years. I am still best friends with my childhood friend, Lisa. I am mostly German and a smidgen Irish – even though my Mom's maiden name is Kelly, and was raised primarily Irish.

First attended St. James. I first attended St. James in 1992. Tom lived in St. James and we wanted a church. We both came from different backgrounds, and both changed our religion. I was Confirmed as Tom was Received into the Episcopal Church by Bishop Walker and Father Burnett. Both our families were in attendance for the service, and had a wonderful celebration. In August of 1993, we were married by Father Burnett, and had an outdoor wedding across the street in my in-law's yard and carriage house, which was used as the dance floor. It was a beautiful bright day, that is, until it was time for our wedding photos, when it poured! The cocktail hour that was not under the tent was brought under the tent and into the carriage house. By the time the first dance ended, so did the rain, and the puddles dried up, seeing that it was about 90 plus degrees. Still, 'til

this day, many will say it was the best wedding – even though it rained, it did not put a damper on it! We are very laid back! Even on our wedding day.

Roles played in the parish. You may have seen me doing a few things around the church. For a few years, many parishioners called me Donna. Every time they saw me, I was next to Donna Austin. I guess the name just carried over. It never bothered me, I really don't think I ever corrected anyone. I always thought of it as a compliment. I have co-chaired Grandma's Attic, as well as chaired it; I have also co-chaired the Book Nook. I was very attached to Donna. She is a great mentor to me in my faith, as well as a great individual. I also am on the Vestry, and do public relations for the church – articles, photos, ads in the local papers, as well as on the internet.

What do you like most about St. James?

What I love most about St. James is how everyone here has become my family, and I hold them so dear to my heart.

Last book read? I love reading.

Unfortunately, during the last few weeks I have not had time, but am sure over the holiday I will be able to get at least one book in. The last book I read was The Last Song by Nicholas Sparks, oh what a story!!!! I am also known to read Jodi Picoult, Danielle Steele, and lets not forget my favorite, Judith McNaught. When talking about reading I need to say that I did read the "Twilight Series," all four books, within seven days. The poor boys had to ask for their meals ... I was just so taken in by the books!

Tell us some of your favorites. One of my favorite things is, without doubt, being a Mom. My life would not be complete without my boys. I love just sitting back watching them when they do not notice, and seeing how they are becoming wonderful

young men. It always gets me choked up. I would have to say that the Twilight series, even though there have only been two movies so far would be my favorite movie. I can't wait for the rest of them to come out. My favorite color without a doubt would be red! LOVE IT!!! My favorite season would be fall – the cool breeze blowing so that a sweater is needed, the sound of the crunching leaves under your feet as you stroll down the block – that puts a smile on my face. The way I spend Saturday mornings varies. I love for it to be spent in bed catching up on my sleep, but that really never happens. I am usually running somewhere, or bringing one of the boys to a practice or a meet. This doesn't bother me. I actually told the boys I will never have a problem bringing them to or picking them up from anywhere. That is what I am here for: to raise them the best I can, to always be there for them, and to lead them in the life that God has planned for them. I only get upset on a Saturday if someone wakes me up and I have no plans for anything.

Education and interests. I have a high school diploma, and I never went to college, which still to this day I can't believe. I wanted to go for hotel management. We moved and I didn't realize there were so many colleges right at my doorstep. I never went, which I still do regret.

If you were to start another career, what would it be?

If I had the chance to do it over again, which I am sure some may say there is still time, I most likely would be a teacher. I work at an elementary school and have a GREAT time with the kids. I love every moment of it.

A verse from scripture that is especially meaningful to you? I am not very good with quoting scripture, but I am learning a lot, as I have been attending Tuesday night Bible study. There are obvious

situations/stories that I still have questions about, but I feel having the option to attend the study and the comfort of others with whom I can travel this journey and learn so much from is so rewarding to me and my faith. I find myself sharing more and more of the stories with others and having more and more conversations about my faith. It is unbelievable how you may think others may not want to speak about religion, yet they do. It is a wonderful experience sharing with each other.

Hymn you'd take to a desert island. I will say I find the most moving hymns to be all the Christmas ones. I always get such chills when I hear them. Plus, I usually know most of the words.

I am a very friendly person, but, shockingly, I am very shy at first, which would be a little tidbit many people do not know about me. Oh, let's not forget that I was usually known to drive to church, even though I live across the street, but I have been trying to change that. If there is anything that you do not know about me, do not hesitate to ask. I would love to answer your questions.

OUTREACH

Food Pantry month - January is our month to staff the Smithtown Emergency Food Pantry. Hours of operation are from 9 a.m. to 12 p.m., weekdays. Volunteers are still needed on a few days. A calendar is in Mills Hall during coffee hour. Please sign up to help out. Call Claudette Plaschka (543-4944) for more information. Also, please check the food cart in the Christian Ed. building to see if there is food you can transport to the Pantry. Donations of food, of course, are always needed.

Adopt-a-Family - Thank you to all who donated gifts to the families we adopted

through Episcopal Community Services this year. Your generosity brought the light of Christmas to many people. Special thanks to Donna Guinaw and Claudette Plaschka for organizing this project.

Discovery Toys - Your purchases of these toys in November allowed St. James to receive free toys which were donated to needy families at Christmas.

Pick-a-Star - Thank you also to the many folks who picked a star and purchased gifts for our homebound parishioners and developmentally disabled neighbors in December. Thanks go to Kurt Rettig for bringing on the smiles as he played Santa for the millionth time, and to all those elves who tagged along to help install batteries, etc. And, thank you to Stephanie and Abby Coleman who organized this always rewarding event.

Protestant Campus Ministry - You are invited to visit PCM's Prayer Wall to post your prayer requests or offer prayers for others. We are all the body of Christ and as such are instructed to pray for one another. So feel free to visit frequently and don't forget to PUSH: Pray Until Something Happens! The web site is: <http://protestantcmsbu.org/PrayerRequests.aspx>.

- Sue Krall

LUNCH BUNCH

The January meeting of the Lunch Bunch will take place at Caligiuri's Patio Pizza & Restaurant, 262 Lake Avenue, St. James on Tuesday, January 26 at 12 p.m. All parishioners are invited to attend. Contact Fjeril Deal at 724-3720 to sign up.

**ANNUAL PARISH MEETING
FEBRUARY 7**

The Annual Parish Meeting of St. James Church will take place on Sunday, February 7, 2010, following the 9:30 a.m. service. There will be only one service that day, at 9:30 a.m. Brunch will be provided by the Vestry. This is an important event, and all members are encouraged to attend (children are very welcome). There will be reports from the Rector and Wardens, and printed reports from the chairpersons of the various committees. The annual budget will be presented by the Treasurer. At this meeting, nominations will be submitted and elections held for the positions of Warden and Vestry persons.

The following positions are open:

- * One (1) Warden for a two-year term (expiration of Jeff Smith's term).
- * Three (3) Vestry persons, each for a three-year term (expiration of the terms of Chris Mauro, Debbie LaMano, and Jack Schultheis).

The requirements for these positions are as follows. Candidates must be:

- * Baptized.
- * At least 18 years of age.
- * Regular attendees at worship and contributors to the support of the mission of the parish for one year before the Annual Meeting.
- * For the position of Warden, Confirmed or Received into the Episcopal Church.

Nominations will be made by the Nominating Committee, and may also be made from the floor. Please contact Jack Schultheis immediately if you are interested in running or nominating someone for a position.

Those responsible for submitting reports are asked to have them into the office by Friday,

January 29th, so that they may be typed and collated.

- Pat Westlake

**“MORE THAN WE CAN ASK OR
IMAGINE”**

The parish of St. James is alive in Christ, in its Christian ministries of worship, outreach, and fellowship. Over the last few weeks we have answered God's call for financial stewardship, to further His ministries here at St. James, with our annual pledge drive. We are proud to report that the parish has pledged \$157,244 for 2010. This includes 11 new pledges and 26 pledges which increased from last year. This is more than an 10% increase from 2009.

We should all be reminded that financial support is only one part of our stewardship. As the recent narrative budget showed, it also takes thousands of hours of our time, and talents, to make the ministries here at St. James possible. The parish should be very proud of its work here at St. James. And remember, it is never too late to get involved, or make a pledge!

God calls us to be his stewards. And with God, we can do more than we can ask or imagine.

*Faithfully,
The Stewardship Committee at St. James
Chris Mauro, Jack Schultheis, Ron Tebbutt;
Raewynne Whiteley, Rector*

A REQUEST FOR HELP

Sandy Grigoletto has been trying to balance tending to an ill mother in eastern Long Island, and caring for her sons, Ryan, age 6, and Kenny, almost 4. They live in Setauket. She needs someone to pick them up after school, in the case that she is stuck out east during the week. If you might be able to help out on occasion, please contact Sandy at 751-2579, or styler@optonline.net for more information.

NEWS OF THE PARISH FAMILY

On Sunday, January 3, we welcomed two new members into the St. James parish family at their Baptism:

Margaret Townsend Lawrence, known as Maggie, is the daughter of Paige Lawrence and granddaughter of Jennifer and Bruce Lawrence of St. James.

Keira Marie Bos is the daughter of Christopher and Patricia Daly Bos, who were married at St. James, and now live in Bohemia.

Congratulations to our newest parishioners and their families!

Sarah Hull, granddaughter of Eileen and Hank Hull, won the book mark contest for the 8 to 10 year olds at the Port Jefferson Free Library in Port Jefferson. The winning book marks will be distributed at the library. Good work, Sarah!

We extend our sympathy and prayers to Jennifer and Bruce Lawrence and their family upon the passing of Jennifer's mother, Fairlie Smith, for whom the Service of Christian Burial will be read on Friday, January 8.

JANUARY CALENDAR

- 1 **New Year's Day**
M.H. rental - Misa/Gibbs
- 3 Holy Eucharist I 8:00 a.m.
Holy Eucharist II with
Baptism 9:30 a.m.
Epiphany Brunch 10:45 a.m
- 4 Food addiction group 7:30
- 5 Bible study 7:15 p.m.
Recovery group 7:30 p.m.
- 6 Knitting group 10:30 a.m.
Bible study 7:15 p.m.
- 7 Yoga 4:30 p.m.
N.A. meeting 7:30 p.m.
Choir rehearsal 8:00 p.m.
- 10 Holy Eucharist I 8:00 a.m.
Holy Eucharist II 9:30 a.m.
- 11 Finance Committee 7:30 p.m.
Food addiction group 7:30
- 12 Bible study 7:15 p.m.
Recovery group 7:30 p.m.
- 13 Knitting group 10:30 a.m.
Bible study 7:15 p.m.
- 14 Yoga class 4:30 p.m.
Choir rehearsal 8:00 p.m.
- 17 Holy Eucharist I 8:00 a.m.
Holy Eucharist II 9:30 a.m.
- 18 **Martin Luther King Day**
Food addiction group 7:30
- 19 Bible study 7:15 p.m.
Recovery group 7:30 p.m.
- 20 Knitting group 10:30 a.m.
Bible study 7:15 p.m.
- 21 Yoga class 4:30 p.m.
N.A. meeting 7:30 p.m.
Choir rehearsal 8:00 p.m.
- 23 Toastmasters group 9:30 a.m.
- 24 Holy Eucharist I 8:00 a.m.
Holy Eucharist II 9:30 a.m.
Parish Life meeting 11:15 am
- 25 Vestry meeting 7:30 p.m.
- 26 Lunch Bunch 12:00 p.m.
Bible study 7:15 p.m.
Recovery group 7:30 p.m.
- 27 Knitting group 10:30 a.m.
- 28 Yoga class 4:30 p.m.
Choir rehearsal 8:00 p.m.
- 31 Holy Eucharist I 8:00 a.m.
Holy Eucharist II 9:30 a.m.
Acolyte training mtg. 11:15 am

JANUARY BIRTHDAYS

Jerilyn Glogg
Donald Scott
Felicia Van Praagh
Polly Neysen
Todd Wall
Marjorie Cobb
Bill Bataller
Lily Pryor
Elizabeth Schultheis
Matthew Donohue
Brian Noack
Matthew Petschauer
Claude Deal
Melanie Cozzolino

INTERESTING TIDBIT

The taking down of Christmas greenery that decorated houses was once a solemn occasion treated with surprising care. The plants could not be taken down until either Twelfth Night (January 5) or Epiphany. If left longer or removed prematurely, the house and its people would be haunted for the coming year. The material could not just be thrown away; it was ceremoniously burned or buried in the garden. This practice was a legacy of pagan times, when spirits were believed to dwell in vegetation, even after it was brought indoors.

JANUARY ANNIVERSARIES

Ian & Felicia Van Praagh