

Open Doors

The Newsletter of St. James Episcopal Church

October 2011

F R O M T H E



The Lord is my rock, my fortress, and my deliverer,
my God, my rock in whom I take refuge,
my shield, and the horn of my salvation,
my stronghold.

(Psalm 18.2)

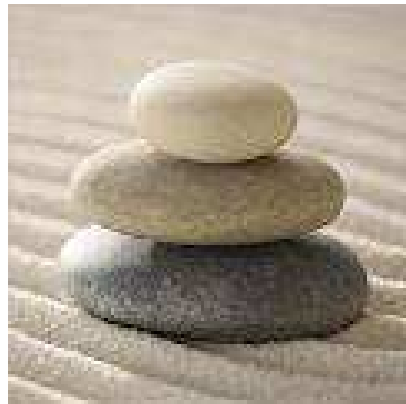
Have you ever been consumed by worry? Sometimes everything get just a little too much, and it feels like it's taking over your life. For years I've read the verses "Cast your burden on the Lord, and he will sustain you" (Psalm 55.22) and "Cast all your anxiety on [God], because he cares for you" (1 Peter 5.7), and thought, "Yes, I believe that, but I don't know how to do it."

This last week I was at a conference, and in the morning reflection time I was introduced to this:

Take a small rock. Any size, any shape, any color. Hold it in your hand. Feel the texture of it, the way it feels against your fingers when you close them over it. Feel the weight of it.

Then think of something that is weighing you down. It might be someone you are concerned about, or a problem you're dealing with, or something that's making you sad. And imagine you are placing it in that rock in your hand. And pray, "God, I give you this weight."

Carry the rock with you, for the next few hours or days. Each time you think of that thing that is weighing you down, take out your rock and hold it a while, and pray. As time goes by, see if you can put your rock down for a while. Perhaps beside your bed at night, or on your desk during the day.



Keep praying. And know that God is your rock, and will care for you.

Raeugnet

WARDENS' COLUMN

“So God created man in his own image, in the image of God he created him; male and female he created them.” (Genesis 1:27)

The thought of this idea, to be created in the image of God, is very powerful. It paints a magnificent picture. But is that how we should feel? What does it actually mean? Doesn't that give us a lot of pressure to live with? To be as God? If we are in his image, then we should be as God is; Holy and righteous.

Children are certainly created in the image of their parents. But at the same time they are not their parents. At birth, a child is really nothing like the parent. Only in time and with the care and guidance of a “good parent” will a child grow. Eventually learning and developing the abilities that in becoming an adult we might say, “the apple doesn't fall far from the tree.”

How do we grow into the image of God? Well, without Jesus it is impossible. Without Jesus Christ the image of God is incomprehensible. It was Jesus Christ that allowed us to see the image of God that we can understand. With Jesus Christ we can aspire to be like the image of God. But we still require care and guidance, because like a baby we will not grow without them.

“And to put on the new self, created to be like God in true righteousness and holiness.” (Ephesians 4:24)

Prayer is the means by which we seek and receive care and guidance from our God. When we pray in Jesus' name we are allowing God to spend time with us. Time during which we will learn, and develop our spiritual selves. A good parent delights in spending time with their children; be it holding a sleeping baby on their breast,

playing a game together, or celebrating accomplishments with a glass of wine. In the same way, God delights in that prayer time with you.

This fall, make time for prayer, as individuals and families. And take advantage of all that St. James has to offer to help you develop your prayer life. God will be delighted!

*Peace and Blessing,
Debbie and Chris*

WEDNESDAY NIGHT BIBLE STUDY

The Wednesday night Bible study group will resume meeting on October 12 at 7:15 p.m. in the Webster room. The group plans to meet every other week. All parishioners are invited to join. Just bring a Bible. Contact Wylie Hunt at 751-5618 for further information.

CONFIRMATION SATURDAY, OCTOBER 22

In the course of their Christian development, those baptized at an early age are expected, when they are ready and have been duly prepared, to make a mature public affirmation of their faith and commitment to the responsibilities of their Baptism and to receive the laying on of hands by the Bishop.

Each one of our candidates this year was baptized at St. James: Brian Noack, Alexandra Orlich and Lindsay Petschauer in 1995 and Kristina Euler in 1996. At every baptism we make the promise, “will you who witness these vows do all in your power to support [these persons] in their life in Christ?” by replying, “We will.”

Please join our candidates, Kristina Euler, Brian Noack, Alexandra Orlich, Lindsay

Petschauer, and their families on Saturday, October 22, 2011 when they receive the sacrament of Confirmation. The service will be at 2 p.m. in the Cathedral of the Incarnation, Garden City.

GODLY PLAY

Our new Sunday Morning program for children, Godly Play, has begun. We're excited at the ways they are responding to the stories of our faith and learning to pray. As the year goes on, we will be looking for new teachers to join our team - please talk with the Rector if you are interested.

PIG ROAST SATURDAY, OCTOBER 15 Cocktails 4:00 p.m. Dinner 5:00 p.m.

Menu

Roast pig Baked beans
Cole slaw Potato salad
Dessert and coffee

\$20 per adult

\$5 per child under 12 years

*(If the cost is a barrier to your attending,
please speak with the Rector).*

Please bring your own beverage of choice –
ice will be provided.

There will be a sign-up sheet in Mills Hall on Sundays, October 2 and October 9. The cut-off date is Tuesday, October 11. If you do not put your name on the sign-up sheet, contact the Gurecks at 751-2614, or the church office by that date if you plan to attend.

- Arlyne Gureck

OUTREACH

October is St. James Church's month to serve at the Smithtown Emergency Food Pantry from 9am - noon. Please sign up in Mills Hall or contact Claudette Plaschka (543-4944) to see when you can help. It is best to have 3 people each morning. The Pantry is low on food; the reserves have been depleted. Please donate essentials: juices, canned meats, peanut butter and jelly, pasta sauce, cereals, canned vegetables, canned fruits, rice and soups. Please check the cart in the Christian Education wing to see if you can transport our donations when you go to the Pantry.

Our Habitat for Humanity Work Day held in July was pictured in the September issue of St. James' Our Town Newspaper. Thanks again to all who installed siding and trimmed shrubs for the Harris Family in Brentwood. Also pictured were the 20 backpacks our parishioners generously donated so Habitat kids are starting the school year off right. Thanks again for these wonderful donations! Remember working on the roof and building door frames last year in North Bellport? The Acevedo Family was presented the key to their brand new home on August 19, just in time for the school year to begin. If you too would like to make a life-changing difference for a family in Suffolk County, contact Ken LeCluse (588-1176) to sign up for a future Habitat Work Day.

The Annual Bread for the World Dinner will be held in Mills Hall on Sunday, October 16. Please contact Sandy Grigoletto (751-2579) if you can provide a dessert or help set up or clean up the day of the dinner. Thank you for the 227 letters that were sent to our legislators in early summer on behalf of Bread for the World. The organization will be given a check for \$250.00 from St.

James Church's outreach budget.

Protestant Campus Ministry is looking for donations of packaged snacks and gift cards to local establishments (like Starbucks) to share with students at Stony Brook University. If you can help, please contact me at 862-6563.

Bishop Provenzano has put out a call for us to help rebuild Episcopal church buildings in Haiti. (See the September issue of The Dominion Newspaper.) Holy Trinity Cathedral was not only the center of worship in Port-au-Prince, but also a focus of education (with several schools), health care, and culture (with a choir and the nation's only symphony orchestra). All was reduced to rubble in the January 2010 earthquake. See our diocese's website -- <http://www.diocelongisland.org/haiti/index.html> for more information. Checks may be sent to:

Rebuild Our Church in Haiti
c/o Episcopal Church Foundation
815 Second Ave.
New York, NY 10017

To donate online, visit www.episcopalchurch.org/haitiappeal and click on "Give" at the bottom of the page. The Diocese of Long Island and the Diocese of Haiti thank you!

Don't forget to support the Harvest Festival on October 1 from 9:30am - 3pm! Bring you friends, relatives and neighbors. The proceeds help fund St. James Church's outreach budget.

- Sue Krall, Outreach Chair

BREAD FOR THE WORLD ANNUAL DINNER

Sunday, October 16th is Bread for the World's Annual Fellowship Dinner for Suffolk BFW representatives. Every year, our church sponsors a Bread for the World letter drive to our representatives in Congress, a drive that affects millions of people in this country and is a significant form of stewardship. The dinner will be held at 5:30 p.m. in Mills Hall, and parishioners are welcome.

As St. James Church is host, desserts will help make this event a success. To sign up for a dessert, please contact Sandy Grigoletto at 751-2579 or styler@optonline.net.

- Sandy Grigoletto
BFW Representative

PRAYER SHAWL MINISTRY

The Prayer Shawl Ministry will meet on Saturday, October 15, 8:30 a.m. at the home of Sue Seel, 16 Knox Avenue, Stony Brook (689-0683). For directions or more information contact Wylie Hunt at 751-5618. All knitters and crocheters are welcome!

- Wylie Hunt

PEOPLE IN THE PEWS

This month we feature Stephanie Coleman.

Tell us about yourself. I was born in Brooklyn, but moved to Kings Park when I was very young. I grew up in the Catholic Church, attending St. Joseph's with my brother and grandmother. My mother was not allowed to attend services because she was divorced (this was the 60's and 70's in small town America). I went to college at the University of Wisconsin - Madison and then spent my Junior year abroad at the University of Warwick in Coventry, England where I met my husband. I lived in England for two years before returning to Long Island. I have two children, Matthew, who is a Junior at SUNY Fredonia and Abby, who is a Senior at Ward Melville High School. I was divorced a little over a year ago, and now live in a 130-year-old house in East Setauket with my kids and a crazy beagle puppy named Teddy. I am lucky that I get to work from home, so my schedule is pretty flexible.

When did you first attend St. James? We started attending St. James in 1995. I didn't want to raise my children in the Catholic Church, and I had (briefly) attended St. Thomas' in NYC for weekday services and really liked the Episcopal Church. I spoke with Father Burnett, who simply said, "Come worship with us." We have been here ever since.

Roles played in the parish: I am currently on the Vestry, am the Chair of Christian Formation and Education, and I am on the Parish Life Committee. I also became a LEM last year. I taught Sunday school for 14 years, was on the Search Committee, and was the Chair of the Audit Committee for three years. I usually try to help out at the

Bake Table during the Strawberry Festival and have taken over running the Book Nook at the Harvest Festival.

What do you like most about St. James?

The people! It is lovely to be part of such a beautiful and historic church, but St. James is all about the parishioners. It is the warmest, most welcoming church I have ever been in, and I feel blessed to be a part of this family.

Last book read: The Help by Kathryn Stockett.

Hymn you'd take to a desert island: Just As I Am.

Tell us some of your favorites:

Color - Purple

Movie - "The Princess Bride"

Song/music - Too tough to say. I run the gamut from Vivaldi and Gregorian Chant to Coldplay and the Goo Goo Dolls.

Season - No question about it, Autumn.

Sports team - YANKEES! I have pin stripes on my heart, much to the dismay of my Brooklyn Dodger loving mom.

Pastime - When I get the chance I love to read and bake.

The way to spend Saturday morning - Would love to sleep in, but I can usually be found at the dojo doing Kendo and Karate.

Education and interests: I finally graduated from Adelphi University after going to school nights while commuting to NYC. I have been studying a traditional form of karate (Shorinjiryu Kenkukai) for a little over 10 years now, and I also enjoy

reading and baking.

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

A verse from scripture that is especially meaningful to you? Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go. (*Joshua 1:9*)

BUILDINGS & GROUNDS

The Vestry is pleased to announce the appointment of Matthew Trump to the position of Chair of the Buildings and Grounds Committee. With his background in both carpentry and landscaping, Matt will be a strong asset as this committee is revitalized. He will be contacting former members of the committee, and would appreciate the help of anyone whose talents lie in this area.

To aid in the maintenance of our church we have initiated a bright green form entitled "Buildings and Grounds Issues ~ If You See Something....Say Something." If you notice a problem or issue that needs to be addressed, please write it on the form and put the form in the Rector's basket in the narthex. Forms may be found in the rack above the cabinet in the church narthex, and on the table outside the office in the lobby of the Christian Ed. building.

CURSILLO - IS IT FOR YOU?

Cursillo is a movement within the Episcopal Church which encourages us to live a fuller life in Christ. It teaches us how to bring the world to Christ through everyday actions in our environments: home, church, work, neighborhood.

Would you like to know more about Cursillo? Would you like to speak with people who are involved with Cursillo? Then join us on Tuesday, October 25, 7:30 p.m. at Caroline Church, Setauket. If you plan to be there, please email Len Calone at [ljcalone@optonline.net](mailto:ljalone@optonline.net). This is an informational gathering only.

NEWS OF THE PARISH FAMILY

On Sunday, September 25 we welcomed into the church family James Christian Allen, son of Lorelei Glogg and James Allen, and grandson of Jerilyn Glogg. Following the service, the parish enjoyed a wonderful reception in Mills Hall. Congratulations to the proud parents and especially to Grandma Jerilyn!

Long-time St. James parishioner, Jean Fitzhenry passed away on Sunday, September 25. She had been a resident of the St. James Heath Care Facility for several years. Jean was a proficient artist and stained glass craftsperson. The burial service was said for her on Tuesday, September 27, followed by interment in our cemetery. Our condolences go to her daughter, Karen Robinson-Kinsella, son, Robin Fitzhenry, and their families.

CALENDAR FOR OCTOBER

- 1 **HARVEST FESTIVAL**
9:30 a.m. - 3:00 p.m.
- 2 **Holy Eucharist I 8:00 a.m.**
Holy Eucharist II 9:30 a.m.
with Sunday School
Confirmation class 11:15 a.m.
- 3 Book group 7:30 p.m. at
Panera's in Lake Grove.
Food Addiction group 7:30 p.m.
- 4 Holy Eucharist 9:30 a.m.
Yoga 5:30 p.m.
Recovery group 7:30 p.m.
- 5 Knitters group 10:30 a.m.
- 6 Yoga 5:45 p.m.
Choir rehearsal 7:30 p.m.
N.A. meeting 7:30 p.m.
- 7 Food Addiction group 7:30 p.m.
- 8 Nursery School Garage Sale
8 a.m. - 1 p.m.
- 9 **Holy Eucharist I 8:00 a.m.**
Holy Eucharist II 9:30 a.m.
with Blessing of the Animals
and Sunday School
Confirmation class 11:15 a.m.
Parish Life Committee 11:15
a.m.
- 10 **COLUMBUS DAY** - office
closed
Food Addiction group 7:30 p.m.
- 11 Holy Eucharist 9:30 a.m.
Yoga class 5:30 p.m.
Recovery group 7:30 p.m.
- 12 Knitters group 10:30 a.m.
Bible study - 7:30 p.m.
- 13 Yoga class 5:45 p.m.
Choir rehearsal 7:30 p.m.
- 14 Food Addiction group 7:30 p.m.
- 15 Prayer Shawl meeting 8:30 a.m.
at home of Sue Seel.
Toastmasters group 9:30 a.m.
PIG ROAST 4:00 p.m.
- 16 **Holy Eucharist I 8:00 a.m.**
Holy Eucharist II 9:30 a.m.
with Sunday School
Confirmation class 11:15 a.m.
Bread for the World Dinner
5:30 p.m.
- 17 C.F. & E Committee 7:30 p.m.
Finance Committee 7:30 p.m.
Food Addiction group 7:30 p.m.
Suffolk Archdeaconry Pre-
Convention meeting 7:30 p.m.
- 18 Holy Eucharist 9:30 a.m.
Yoga class 5:30 p.m.
Recovery group 7:30 p.m.
- 19 Knitters group 10:30 a.m.
- 20 Yoga class 5:45 p.m.
Choir rehearsal 7:30 p.m.
N.A. meeting 7:30 p.m.
- 21 Food Addiction group 7:30 p.m.
- 22 Toastmasters group 9:30 a.m.
Confirmation - 2 p.m. at the
Cathedral of the Incarnation
- 23 **Holy Eucharist I 8:00 a.m.**
Holy Eucharist II 9:30 a.m.
with Sunday School
Parish work day
- 24 Vestry meeting 7:30 p.m.
Food Addiction group 7:30 p.m.

- 25 Holy Eucharist 9:30 a.m.
Yoga class 5:30 p.m.
Recovery group 7:30 p.m.
- 26 Knitters group 7:30 p.m.
- 27 Yoga 5:45 p.m.
Choir rehearsal 7:30 p.m.
- 28 Food Addiction group 7:30 p.m.
- 29 Nursery school Halloween party
10:00 a.m.
- 30 **Holy Eucharist I 8:00 a.m.**
Holy Eucharist II 9:30 a.m.
with Sunday School
- 31 Food Addiction group 7:30 p.m.

OCTOBER ANNIVERSARIES

Dennis & Donna Guinaw
Bill & Amelia Bowden

OCTOBER BIRTHDAYS

Art Gureck
Theresa Euler
Paige Lawrence
Cynthia Bennett
Anna Rung
Leslie Price
Sue Krall
Sean Glogg
Alexandra Euler
Tom LaMano
Ian Van Praagh
Emily Mauro
Ryan Grigoletto
Kurt Rettig
Tony Mercep
Alex Moleti