



Happy New Year! Please enjoy reading the January edition of the St. James Community Journal. For our upcoming events please visit our website.

If you have questions or comments about the content or new formatting of this month's Journal, please contact our new editor Natalie Thomas. For more information about St. James please contact Erazm Pochron in the church office.

Thank you!
-- Natalie and Erazm

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Getting Ready for the Annual Meeting

by Rev. John Kirkley
Rector



St. James' annual parish meeting is this Sunday, January 11, following the 10 am celebration of the Holy Eucharist. The annual meeting always is an important event in the life of a parish, but it seems particularly important for St. James this year. We will be focusing our attention on several aspects of renewal and mission, in preparation for a year of collective self-examination and planning.

Back in October, our bishop, the Rt. Rev. Marc Andrus, and the Rev. Canon Stefani Schatz initiated a conversation with me about how the Diocese could support congregational renewal at St. James. Both of them expressed great confidence in our congregation and a desire to see us thrive even as we seek to cope with cultural and demographic changes in our neighborhood and our world. This conversation expanded to include the vestry and is now expanding further to include the whole congregation. The annual meeting will introduce several initiatives along these lines:

1. Outreach and Advocacy Ministry

In 2000, the Vestry adopted an “Inclusivity Statement” that was endorsed by subsequent Annual Meetings of the parish. This statement expressed St. James’ commitment to “welcome all people,” “to be a place of reconciliation,” and to offer “ministry of advocacy and education.” The Vestry adopted a slightly revised version of this Statement in December to be considered at the annual meeting which reflects subsequent changes in our understanding of, and language about, sexual orientation and gender identity.

In addition, the Vestry is presenting a resolution to establish a “Local Organizing Committee” to explore a deeper commitment to faith-based community organizing work with the San Francisco Organizing Committee/Peninsula Interfaith Action (SFOP/PIA). With the dissolution of the Community Learning Center at St. James, we would like to consider new ways to engage deeply multicultural, interfaith, collaborative work on behalf of the common good in our city. This resolution would provide a framework for a year of intentional work and discernment with SFOP/PIA to decide whether or not St. James should become an official member congregation.

Hard copies of both the resolutions are available in the narthex.

2. Music Ministry

This year, we celebrate Fred Goff’s 18th year as Director of Music at St. James. We are grateful for his dedicated service and realize that during his tenure he has never had any substantial time-off for renewal. At the suggestion of Bishop Andrus, Fred is planning to take a sabbatical from mid-May through mid-August of 2015. He will be away for a total of 13 Sundays.

During his absence, our plan is to see this as a time for experimentation in our music program. We have requested financial assistance from the Diocese to help provide for a combination of paid and volunteer musicians (drawing from within and beyond the St. James community) to support our Sunday 10 a.m. worship during Fred’s sabbatical. In addition, we would like to secure a musician/liturgist from within the Diocese who could consult with us about how best to enhance our music program given our available resources.

3. Congregational Renewal Task Force

Finally, I will celebrate five years as rector of St. James on November 1, 2015 and am eligible for a sabbatical thereafter. I am tentatively planning sabbatical time in late 2016/early 2017. This presents an opportunity to consider the larger question of congregational revitalization, so that my personal renewal during sabbatical is in the service of the renewal of our common life.

The Vestry has agreed to develop a Task Force that will engage a survey of our internal life as a congregation; conduct a review of changing demographics and needs in the Richmond neighborhood; and develop a ministry plan that responds accordingly. This will provide a blueprint for the next five years of our ministry together, and will inform my sabbatical plans. Here too, Bishop Andrus and Canon Schatz have offered to help identify resources to assist the Task Force in its work. The Task Force also will work with me to develop a grant proposal to the Lilly Foundation for sabbatical support that would include clergy coverage during my absence.

We also will be reviewing the 2015 budget and electing new congregational leaders at the Annual Meeting. We have a big agenda this year and we need your help to get ready for the meeting. You can help in several ways:

- **Attend the Annual Meeting** – put it on your calendar now. Your participation is an important contribution to parish governance. If you are a member and at least 16 years old, you are eligible to vote. Everyone is welcome to attend.

- **Pray for the Annual Meeting and for St. James' ministries.** Ask God in your daily prayer to fill us with the love of Jesus and the power of the Holy Spirit, so that we may exercise wisdom and compassion in our decisions and actions.
- **Consider if God is calling you to participate** in any of the three renewal initiatives described above: the Local Organizing Committee, music ministry, or the Congregational Renewal Task Force. Let me know if you are interested in serving in these or other ways at St. James.

I look forward to seeing you at the Annual Meeting!

One Thing Will Never Change

by Jana Silverman, MFT

California Counseling Institute



Everything is impermanent, the world and all it contains.

Those words are part of my morning prayers.

Contemplating those words daily helps me overcome clinging to people, circumstances, beliefs, and the self. Being with the idea of impermanence is challenging for the mind.

We attach to beliefs, places, persons and possessions that give us a sense of control and safety. Our existence relies on secure attachment. Once securely attached we

can overcome clinging to that which we have become attached. That does not mean to let go of family, friends, our possessions, or our job, but to hold them in a much more relaxed and expansive way. Then we can love unconditionally.

Clinging in this context is a way of tightly grasping and involves anxiety driven behavior. It creates suffering in our lives and we are often unable to let go.

The ability to invite and adapt to change, to let go of the known and step into the unknown, has been a key factor in the survival of our species. Risking letting go of the familiar, even when it has become debilitating, and reaching for the uncertain can create much fear and resistance but also bears the seed of real growth.

In my work with clients and also in my own experience, I witness how moments of letting go are scary, confusing and disorienting. When approached with mindfulness and patience, those moments become opportunities for real growth. These moments provide incredibly rich places where we feel most alive, passionate and expansive.

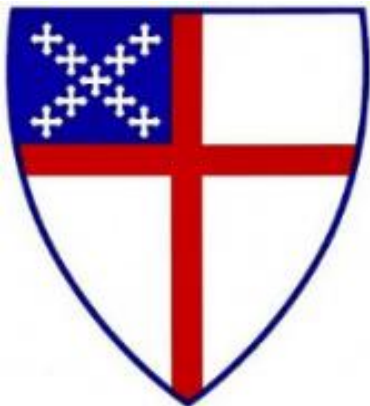
One very difficult change I have witnessed is the breakup of a long-term relationship. Even if a couple is locked in a painful dynamic and has worked hard to disrupt that cycle without success, the idea of a separation can create agony and even panic. Sitting with a couple in that transition is a challenging and incredibly sacred experience. It requires validating, listening, and holding the hope that the process can lead to a closer connection between partners and more integrity for the individuals.

If you are stuck in a situation and want some guidance in your transition, please call the California Counseling Institute, where experienced and compassionate therapists are available for you and your loved ones.

California Counseling Institute has served the Episcopal Diocese for over 20 years, as well as San Francisco Presbyterian and Methodist churches by acting as a resource for psychotherapy to Bay Area Ministers and their parishioners. Our experienced therapists believe that the healing process is best achieved through the integration of psychotherapy and spirituality. CCI is a non-profit Institute, dedicated to providing therapy to people of all income levels, and can provide therapy to low-income clients by supplementing their cost through the Client Assistance Fund.

News From the Vestry

by Barbara Webb
Senior Warden



Your Vestry met on December 14, 2014. This is the last meeting of 2014 and the last meeting for your Sr. Warden. Next month you will have a new Vestry and new Sr. Warden.

Pledge Campaign

As of the writing of this report, 77 pledges have been received for a total amount of \$179,569. Based on previous years we anticipate 20-25 more pledges to come. If you have not submitted your 2015 pledge, please do so now. We need your dollars to meet our pledge goal of \$204,000. Also don't forget to complete the back of the pledge card, listing your talents for St James.

Disaster Preparedness Committee

The committee is winding down their task with inventory of all the Church Assets now complete. Special thanks to Mary O'Neal for doing a fantastic job during this process. The final report is being written and will be presented to the congregation at Pie Sunday in March.

Christian Education Committee

The Christian Education Committee is currently planning programs for 2015. If you have idea or topics, talk to Fr. John or Petrina Grube. This next year the Vestry will be meeting during the week instead of Sunday leaving more opportunity for adult education on Sunday afternoon.

Parking

We also spent some time discussing the parking situation. Currently, St. James is using the Parking lot at St Anne's Home on 3rd Avenue and Lake Street. We all agree that is quite a hike to get to the Church especially if we have a nighttime event. Is it worth exploring with the City, the possibility of getting a permit to use a lane on California on Sundays to double park cars? Many Churches do this very thing.

Another problem is people parking in the white zone in front of the Church. The white zone is for loading and unloading and for dropping off and picking up students from the preschool. However on Saturdays, cars are parked there that are not loading and unloading, making it difficult for those that really need to use the zone. Barbara Webb will talk to Dept. of Parking and Traffic about enforcing the white zone on Saturdays. If you, or someone you know, is using the white zone for something other than loading and unloading, remember that it is a hefty \$103 fine.

Annual Meeting

The 2015 Annual Meeting will be January 11 and the agenda will include:

- Two resolutions to be brought before the gathering for discussion and adoption (or not):

- Becoming a Member Congregation of the San Francisco Organizing Project/Peninsula Interfaith Action
- Updated Resolution of Inclusivity
- The 2015 budget approved by the Vestry on December 14
- Election of new vestry members and deanery delegates

Lunch and extended child care will be provided. See you there!

Melaleuca: The Wellness Company

by Lucien Canton



Imagine what it would be like if you could replace toxic cleaning products in your home with environmentally friendly ones, unhealthy snacks with nutritious ones, and chemical-based personal care products with natural ones, all for the same or less than you're paying for store-bought products. Now imagine that at the same time you are helping earn money for St. James. Sound too good to be true? It's not! Stop by the Melaleuca table at coffee hour on January 25th to learn more.

Melaleuca is a community of like-minded shoppers who want a better alternative to the products grocery stores are willing to offer – products that are safer and deliver real results. Melaleuca products compete directly with Procter & Gamble, Unilever, Colgate-Palmolive, Clorox, and expensive “green” brands by offering environmentally-friendly alternatives.

The products are highly concentrated and can be purchased in value-sized refills. You can spend the same amount you've always spent and simply upgrade to higher-quality Melaleuca products. Plus Melaleuca provides a “right from your own home” shopping experience that's fast and easy and offers a 100% satisfaction guarantee.

Depending on your circumstances, you might be eligible for even bigger savings as a Preferred Customer. Agree to purchase a minimum amount of product each month and you get:

- A 30%-40% discount on all regular prices
- \$100 in Loyalty Shopping Dollars you redeem within your first 5 months
- After 6 months, earn up to 15% of your purchase back in Loyalty Shopping Dollars
- Access to the Melaleuca Marketplace where you can save on everything from health care and prescription drugs to phone service and home mortgages.
- Here's the best part – a percentage of your order goes directly to St. James. If you like the products and recommend them to a friend who joins Melaleuca, their purchases will also help St. James.

Joining Melaleuca is simple. The annual fee is just \$29, which is refundable if you change your mind later. A Melaleuca representative will be at coffee hour on January 25th to answer your questions and provide details. You can also contact Lu Canton at lcanton@pacbell.net or 415.221.3299.