

Enjoy the St. James July Journal



St. James Community Journal July 2013

Dear St. James Members and Friends,

Please enjoy reading our July edition of the St. James Community Journal. For upcoming events please view our [News and Events](#) page or visit our [calendar](#).

If you have comments about this month's Journal or items (especially pictures!) that you'd like to contribute for the next journal please contact [Rose Scarff](#). For more information about St. James please contact [Erazm Pochron](#) in the church office.

Thank you!
Rose and Erazm

Moving the Furniture

By Rev. John Kirkley



As we settle into a summer rhythm, the pace of parish life tends to slow down – but not at St. James. The first part of June included two big celebrations. On Saturday, June 8, Bishop Marc Andrus confirmed Katja Golde, James Goff, Colin Cooper, Julia Clopton-Foster, and Claire Deutsch at Grace Cathedral, along with approximately seventy other people from around the Diocese of California. It marked the conclusion of nine months of preparation. Congratulations to them all!

The annual camping trip at Samuel P. Taylor State Park brought together more than fifty St. James members and friends for food, fun, fellowship and worship over Father's Day weekend. The planning committee did a fantastic job – special thanks to Doreen Canton, Katie Canton, Sherrie Ayers, Noreen & Nelson Huey, Elia and Ryszard Pochron, and Bethany Baugh for organizing, shopping, cooking, crafting, and leading worship.

While the program calendar may be a little lighter for the remainder of the summer, Sunday worship will continue, but with a twist. During the months of July and August, we will move the furniture in the nave, gathering for worship in a manner similar to our Holy Week observances. We will be sitting "chapter style" in monastic fashion, with the pews and chairs facing each other across a large center aisle, rather than facing the chancel.

The altar platform will be shortened and moved forward - more toward the center of the nave. This will be a more intimate experience of worship, visually orienting ourselves to the community gathered around the table of the Lord. On Sunday, August 25, we will have a forum following both services to reflect on our experience of worship in this arrangement. The furniture will return to the "usual" arrangement Labor Day weekend.

I encourage you to join us for as much of the summer as vacation schedules permit so that you can experience worship in a new way. This is an opportunity to become more mindful of our worship and notice how the way we inhabit our worship space shapes our experience of common prayer – silent, spoken, and sung.

Please note that I will be away on Sunday, July 14, during a private, silent retreat at the Mercy Center in Burlingame. We will welcome back the Rev. Leslie Nipps as our guest preacher that Sunday. I also will be away on family vacation on Sunday July 28, August 4, and August 11. Father Ron Willis will be covering for me, and John Harrison will be preaching on July 28. Enjoy the chance to hear a variety of preaching while I'm away, as well as exploring worship in a different way.

Finally, save the date for a number of events that will mark our collective return from summer vacations: Godly Play and Youth Group will resume meeting on Sunday, August 18. The Stewardship Committee hosts a fundraising dinner for the parish on Saturday, August 24 – more details to come. And our annual parish picnic – including outdoor worship at 10 am – will be in Golden Gate Park on Sunday, September 8.

May your summer include safe travels and Sabbath rest!

Blessings,
Fr. John

Journey Sunday and Confirmation

by Rose Scarff



On Sunday, June 2, our recent graduates were recognized during our Journey Sunday celebration. They are:

Graduating from St. James Preschool:

Kate Gregg
Rosalie Koren

From kindergarten:

George Ayers

From high school (going on to):

Caroline Doyle (Stanford)
Sam Goff (UC Santa Barbara)
Kathleen Matthews (Union)
Louise Newlin (NYU)

From college:

Eleanor Bosc
Phoebe Winn

On Saturday, June 8th, the following youth of St. James were confirmed at Grace Cathedral: Katja Golde, James Goff, Colin Cooper, Julia Clopton-Foster, and Claire Deutsch. You may [see pictures of the event on our Facebook page](#).

Congratulations to all of our youth as they continue on their journey!

News from the Vestry

By Barbara Webb, Senior Warden



Ladies!! The pipes in the women's bathroom have been fixed!! No more noisy pipes!

The next project for both bathrooms will be scraping away the rust, painting, replacing fixtures such as toilet paper holders, paper towel dispensers, etc. To be done on or before the next parish workday on Sept 14. Anyone interested in a summer project?

Volunteer(s) are needed to co-chair the hospitality committee for coffee hour and the 2-3 times a year welcome brunch for newcomers. This does not mean that you have to do all the work; we need coordinators. Contact Noreen Huey, Mary Balmana or myself if you are interested. Coffee hour especially may be the most important ministry to newcomers.

Put these dates on your calendar –

August 24 – Salmon Dinner to kick off stewardship

September 8 – Parish Picnic and worship in GG Park

September 14 – Parish work day

November 17 – Guest Preacher, Sheri Hostetler from First Mennonite Church of San Francisco

More information will be forthcoming for the above events.

Do you have a burning desire to be on the Vestry? If so, or you know someone who would be a good Vestry candidate, contact John Harrison, Grant Paul, or Jan Vennari. It may be only June, but not too early to start thinking about candidates for 2014 Vestry.

Your Vestry is taking the month of July off. Further vestry news will be in the September Journal. Happy Summer!

Communication

**by Tina Smelser MFT
California Counseling Institute**



Often when a couple starts therapy, they say that they are having trouble communicating, and ask the therapist for tools to help them. I find that sometimes it takes a deeper understanding and exploration to make lasting changes, but nevertheless, tools can be an important part of the process. More about tools later...

Recently, I heard a radio interview with Deborah Tannen, a linguist who has written many books about communication. I was interested in what she had to say about communication differences between men and women which often lead to conflicts. She points out the asymmetries in their communication styles. At the risk of over-generalizing, one of her tenets is that women's communication is more related to connection, and men's communication is more based on power.

One classic theme that I hear many of my clients speak about is the woman's desire to have her partner just listen to her, and the frustration that arises when her partner wants to give her advice and fix things. On the flip side, the man can become frustrated when he experiences the woman going on and on without seeming to take steps to solve the problem. The challenge is to see these qualities as differences rather than to assign greater or lesser value to either of them.

As I contemplated writing this article, I started realizing how complex this topic is, and I became more and more amazed that people communicate as well as they do! In addition to basic differences in the way that men and women communicate, there are differences between individual personality types. Extroverts tend to "think out loud" as they come to a conclusion about what they believe, whereas introverts will go through the process internally and emerge with a fully thought-out statement. This can cause problems if the introvert takes the extrovert's statement as his or her final opinion, rather than just an evolving step along the way.

There are differences in expectations based on the families in which we grew up. If, for example, a woman grew up in a family where greeting cards were exchanged for every occasion, she may feel slighted when her partner, who didn't grow up with that expectation, doesn't give her a card, even though there are clear expressions of love being shown in other ways.

There are cultural differences which can be huge. For example, in some cultures, not making eye contact is seen as a sign of guilt or shame, whereas in other cultures it is seen as a sign of respect. The degree of directness about emotions can vary greatly from culture to culture, and therefore one person's natural reserve may be taken as coldness from another. A New Yorker's honest feedback may seem abrasive to a laid-back West Coast native.

With all the potential for miscommunication, it is not easy to come up with communication tools which will apply to everyone. However, I offer a few, in one of my favorite modes of communication; rhyming verse.

*In partnership or friendship, if things are going wrong,
consider these suggestions, to help you get along*

*Words can say a lot, of course, but they don't act alone
There's face and body language, and the power of the tone*

*Of primary importance, and something often missin'
Is the patience and the willingness to really, truly listen*

*Instead of pointing blame, saying "you" do this or that,
take responsibility for your part in the spat*

*If both are feeling grouchy, and sense that you may shout,
it might be time to take a little cooling-off time-out*

*If you're in the midst of conflict and you want it not to last,
keep it clear and focused, and don't dredge things from the past*

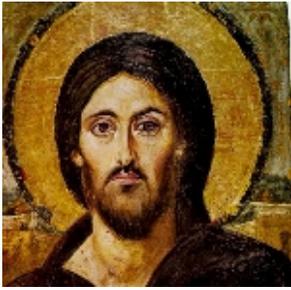
*Sarcasm's not a good idea, although it may sound clever,
and it's best to stay away from words like always and like never*

*If you want to keep things calm, and not escalate a fight,
remember that it's better to be kind than to be right*

*With tools that fix your car, you must be careful not to lose them
With communication tools, they don't work unless you use them!*

The Way of the Christ : Becoming a Disciple of Jesus

by the Rev. John Kirkley



For those who want to dig a little deeper, check out this adult formation opportunity coming this fall.

Overview

This course is designed to be an in-depth exploration of what it means to be a disciple of Jesus. It is appropriate for adults preparing for Holy Baptism, Confirmation, Reception, or Reaffirmation of Baptismal Vows in the Episcopal Church. It is open to anyone who is drawn by Jesus into a deeper encounter with his saving power and presence.

This is not an academic course about Jesus. While it will include theological study of the meaning of Jesus, it is focused primarily on developing a relationship with him and practicing a way of life shaped by that relationship. Thus, participants are asked to engage in practices such as worship, prayer, and service, as well as reading, reflecting, and discussing a set of common texts.

There are at least two assumptions underlying the approach of the class. The first is that the Way of Christ is a pattern of life that makes spiritual and moral, as well as intellectual, demands on Jesus' disciples. This pattern of life is in the service of a process of transformation. Following Jesus is in the service of our becoming Christ, realizing our "Christ nature," if you will. And it has social implications.

The second assumption is that the Way of Christ is a contemplative path. What "contemplative" means will be clarified as the course progresses. It has to do with the lived experience of Christ who "fills the whole creation" (Ephesians 1:23), and our coming to perceive and respond to reality as filled with divine, loving presence. This perception shapes our choices and actions.

Requirements

Each participant must commit to attending at least seven of the nine class sessions. The class will meet on the second Sunday evening of the month from 7 p.m. to 9 p.m., Sept. 2013 – May 2014.

Participants are asked to read and reflect on a set of common texts that will be discussed during class sessions (about 100 pages/month). In addition to the reading, each session will focus on a form of contemplative spiritual practice. A commitment to experiment with these contemplative practices in between class sessions also is required.

The common texts around which the course will be structured include:

The Holy Bible (the New Oxford Annotated Bible is recommended)

The Politics of Jesus, by John Howard Yoder

Will and Spirit: A Contemplative Psychology, by Gerald G. May, M.D.

Participants will need to secure copies of the above texts. Some additional articles will be provided. For more information and to register for the class, please contact the Rev. John Kirkley at john@stjamesf.org or 415-751-1198.

Journal Review and Vacation

by Rose Scarff, Editor



It has now been 6 months since the St. James Journal started arriving in your email in a new blog format. Erazm and I have received some feedback from a few of our readers about this new way of distributing the longer stories and articles about life at St. James. I would now like to formally request your thoughts and suggestions to make our journal even better.

So, what do you think? Are the articles interesting to you? Is there something you would like to see more (or less) of? What are your thoughts on the format? Any other ideas?

From my point of view as editor, I would like to see more short essays or articles contributed by a larger variety of people. So if you feel the urge to write about something at St. James that has inspired you, or amused you, or otherwise opened you to the light, please share it! If you want the whole thing to be read, articles should be 800 words or less (although the new format can accommodate articles of any length).



You will have plenty of time for thought since the St. James Journal will be on vacation during the month of August. Please respond to the editor by email: Rose.Scarff@gmail.com, with your comments on the Journal and/or any articles you may have written by August 26th for inclusion in the September Journal. Thank you all!

CALENDAR

July 3, Wednesday	7:30 a.m. Buddhist Meditation in Caldwell Room
July 7, Sunday	Services at 8 a.m. & 10 a.m. Mindfulness Meditation after 10:00 a.m. service
July 14, Sunday	Services at 8 a.m. & 10 a.m. St. James serves at Martin de Porres House of Hospitality
July 17, Wednesday	7:30 a.m. Buddhist Meditation in Caldwell Room
July 21, Sunday	Services at 8 a.m. & 10 a.m.
July 24, Wednesday	7:30 a.m. Buddhist Meditation in Caldwell Room
July 27, Saturday	10 a.m. St. James Women's Group at Creative Canopy
July 28, Sunday	Services at 8 a.m. & 10 a.m.
July 31, Wednesday	7:30 a.m. Buddhist Meditation in Caldwell Room
August 4, Sunday	Services at 8 a.m. & 10 a.m. Mindfulness Meditation after 10:00 a.m. service
August 11, Sunday	Services at 8 a.m. & 10 a.m. St. James serves at Martin de Porres House of Hospitality
August 18, Sunday	Services at 8 a.m. & 10 a.m. Godly Play and Youth Group resumes
Sept. 5, Thursday	6:30 p.m. <i>Lectio Divina</i> group resumes
Sept. 8, Sunday	10 am-4 p.m. Parish Picnic in Golden Gate Park 7 p.m. The Way of Christ: Becoming a Disciple of Jesus
Nov. 1 st -3 rd	Parish Retreat at Bishop's Ranch

The St. James Community Journal is a monthly publication on behalf of:

St. James Episcopal Church

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of the month.

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