



ST. JAMES EPISCOPAL CHURCH
A joyful, inclusive community



Please enjoy reading the April 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 formatting, please contact our editor [Natalie Thomas](#). For more information about St. James please contact [Erazm Pochron](#) in the church office.

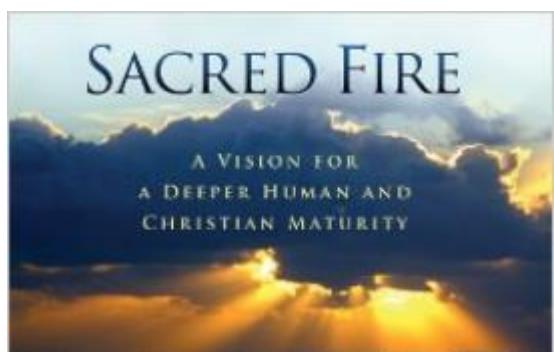
Thank you!
-- Natalie and Erazm

In This Issue

- + [Mature Discipleship](#)
- + [News From the Vestry](#)
- + ["Richmond Perspectives"](#)
- + [St. James Forms Local Organizing Committee](#)
- + [Living with Integrity and Intention](#)

Mature Discipleship

by Rev. John Kirkley



It is Christ whom we proclaim, warning everyone and teaching everyone in all wisdom, so that we may present everyone mature in Christ. For this I toil and struggle with all the energy that he powerfully inspires in me. – Colossians 3:28-29

What does it mean to be mature in Christ? Ronald Rolheiser addresses this question in his book, *Sacred Fire: A Vision For A Deeper Human and Christian Maturity*. He delineates between “essential discipleship” and “mature discipleship.”

“Essential discipleship” is concerned with the struggle to get our lives together, with the focus on questions of identity and vocation: “Who am I?” “What am I meant to do?” There is a developmentally appropriate self-preoccupation at this stage of life, kept in bounds by observing the essentials of the moral law contained in the Ten Commandments.

“Mature discipleship” is concerned with the struggle to give our lives away. It is marked by a shift away from self-preoccupation to concern for others and for the world. In the words of Teresa of Avila: “When one reaches the highest degree of human maturity, one has only one question left: ‘How can I be helpful?’”

Rolleiser offers “Ten Commandments for Mature Living” that build on the biblical Decalogue to embrace a positive vision of Christian discipleship:

1. Live in gratitude and thank your Creator by enjoying your life.

All of life is a gift, and the highest compliment we can give to the Giver is to enjoy the gift as thoroughly as possible. Life is not a problem to be fixed, but a gift to be enjoyed.

2. Be willing to carry more and more of life’s complexities with empathy.

This is about letting go of expectations and the need to be right. It’s complicated! Accept that life is a mystery that exceeds our capacity to understand or control.

3. Transform jealousy, anger, bitterness, and hatred rather than give them back in kind.

Instead of being a conduit of negative energy, be a filter that sifts out evil and transmits the positive remainder.

4. Let suffering soften your heart rather than harden your soul.

Suffering can deepen our understanding, compassion, and forgiveness, or it can fuel resentment, bitterness, and vengeance. Which will we choose?

5. Forgive – those who hurt you, your own sins, the unfairness of life, and God for not rescuing you.

Forgiveness is the doorway to freedom. If we refuse to walk through that door, we remain bound to the past, defined by what is worst in life rather than what is best.

6. Bless more and curse less!

Our words and actions have great power to give life and to undermine life.

7. Live in a more radical sobriety.

This isn’t just about abstinence from substances and experiences that are toxic for us – that intoxicate us. It is about living in reality with a deep commitment to honesty and integrity.

8. Pray, affectively and liturgically.

Human and Christian maturity is not a matter of willpower, but of openness to grace and community. We can’t do it alone. Prayer disposes us to recognize and accept our need for each other, and for God, with humility and gratitude.

9. Be wide in your embrace.

This is what it means to be “catholic” – universal. To be catholic is to make room for everyone. The opposite of “catholic” is not “protestant,” but “fundamentalist.”

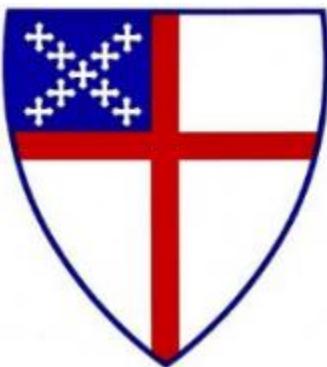
10. Stand where you are supposed to be standing, and let God provide the rest.

We are vulnerable and powerless over many things. Accepting this with a sense of trust, rather than anxiety, can provide us with the freedom and courage we need to “do the truth,” as Jesus put it.

Do these characteristics align with the image of Jesus in the Gospels? Is this what we see in the lives of the apostles and saints? Is this what others see in our lives? As we move into the season of Easter, we are invited to recognize the Risen Christ in our lives, to allow Christ to powerfully inspire us to embrace a mature discipleship. The resurrection of Jesus continues in us as we grow together into the fullness of Christ.

News From the Vestry

by Doreen Canton
Senior Warden



March has proved to be a busy month for the vestry with preparations for Pie Sunday and working on various tasks forces in addition to member's busy private lives.

Vestry commissioning occurred on March 15th. Several vestry members who could not make the 10 am service that day were introduced at the Pie Sunday meeting and our regular vestry meeting was held the following night.

For those 20 individuals able to attend the first monthly Richmond Forum with Captain Simon Silverman from the Richmond District Police Station, I am sure you will agree this was an hour well spent. Captain Silverman gave us some insights on the role of policing in the Richard district, crime patterns, prevention tips and then ably answered the many and varied participant questions. Thank you Captain Silverman. The next forum will be held with Kevin Hunsanger, Kevin Ryan, and Pete Mulvihill, the owners of Green Apple Books. Supervisor Eric Mar has also agreed to speak at a future forum. Forum dates will be published soon.

Christian Education continues to be busy with the excellent sessions reflecting on the Gospel of John with artistic representations of the text presented by Eleanor Scott and our rector's Sunday forums on fasting, blessings, and dying.

A memorial service was held on March 25th to remember Don Kakafian, a longtime member of the parish, and reflected on his ministry here at St. James. As people spoke a common theme emerged about Don's gentle presence and his deep commitment to St. James.

Many parishioners attended the Pie Sunday feast of savory and sweet pies. Thank you to all who fed our cravings; without exception all pies were declared delicious and thoroughly enjoyed. On behalf of the Disaster Committee Lu Canton presented the work that has been completed and outlined our next steps for this ongoing committee: working to identify and support vulnerable individuals in times of major crises. Special recognition was given to Mary O'Neal and her inventory of church property.

Henry Scarisbrick, treasurer, with the assistance of his wife Wendy, ably took us through the financial report with the good news being we are essentially on track.

An appeal was made to parishioners who have not yet turned in their 2015 pledge. Our goal is to have all members' pledge. There is no one right dollar figure; please give what you are able, no amount is too small it. It all helps us get to our target goal of \$204, 000 (we need approximately 20K to reach this goal).

Blake Hallanan talked about the work of the Congregational Renewal Task Force. The Task Force has been hard at work crafting a Parish Survey which is in the final review stage. Watch out for and please complete the survey as it becomes available on line or by paper. It is anonymous and this is your opportunity to share with us your joys, hopes and, yes, those things that you may not like about our parish life. We are a community on a journey together and every voice is important to make us whole. The Task Force has also been developing a grant proposal for the Eli Lily fund that provides monetary support for rector Sabbaticals. This document is nearing completion and will be submitted in early April to meet the grant deadline.

The youth group held their annual chili cook off fundraiser on March 15th, lots of fun was had by all.

Parish work day was held on March 22nd, with other volunteers showing up on the 29th to complete spring cleaning. It is never too late to lend a helping hand. Please speak with Brad Drda, Jr Warden, if you have an hour to spend and would like to help out.

Vestry meetings are open to all. Our next scheduled meeting is April 20th, 2015.

"Richmond Perspectives" features Captain Simon Silverman

by Rev. John Kirkley



On Sunday, March 22, St. James welcomed Captain Simon Silverman, SFPD Richmond District Station chief, to speak at a community forum. He has been in this position for more than one year, and is in his 28th year of police service.

He describes the Richmond as San Francisco's safest neighborhood, with very low violent crime. The main public safety issues

are property crimes and traffic safety – especially the Fulton Street corridor.

There are about 100 officers assigned to the Richmond Station with two specifically assigned to the schools and two assigned homeless outreach. The neighborhood is divided into five areas, and there is generally a patrol car with two officers assigned to each area.

Capt. Silverman noted that we are in the midst of an all-time low crime rate generally across the nation. This remained true even during the 2008-2010 recession, undermining social science theories about direct correlation between the economy and crime. Crime is a symptom of complex underlying social and economic factors. Police officers deal with the symptoms. The focus is on enforcement, but more attention is being given to prevention, especially youth outreach.

In terms of changes in the neighborhood, there has been a recent spike in property crime, in particular, car break-ins. Capt. Silverman noted that we have an influx of new wealth into the neighborhood, as people are buying and renovating properties that had previously been in the same family for some time. This is increasing wealth disparity in the neighborhood, and creating more noticeable “targets” for property crimes.

Capt. Silverman responded to a question about police morale in light of the recent federal corruption convictions of four SFPD officers, and the release of their racist emails. He noted that the SFPD was under a court injunction and supervised by a federal judge for 20 years, from the mid-80s to the mid-00s. During this time, policies were revised, new training implemented, and efforts to hire and promote a diverse staff were increased. The SFPD is quite different than it was up until the mid-80s, when officers were almost entirely white, straight men who attended the right Catholic schools in San Francisco.

The younger core of officers is more diverse and progressive. The continuing challenge is to hire the right people. Unfortunately, Capt. Silverman predicts that this email scandal will probably widen to include other officers.

Community policing and developing better relationships between police and the wider community was discussed. While about 30 percent of SFPD officers live in San Francisco, these are mostly younger officers who move to the suburbs once they marry and have kids. Providing affordable housing for “first responders” is a challenge. Developing positive and accountable relationships with police officers is a responsibility we all share.

Next Month: “Richmond Perspectives” Forum welcomes Green Apple Bookstore owners, Kevin Ryan and Kevin Hunsanger, on April 12 at 11:30 a.m.

St. James Forms Local Organizing Committee

by Rev. John Kirkley



At the Parish Annual Meeting in January, the congregation unanimously passed a resolution to establish a Local Organizing Committee (LOC) to work with the San Francisco Organizing Project/Peninsula Interfaith Action (SFOP/PIA) this year.

The LOC is charged with exploring whether and to what extent St. James might wish to develop a deeper relationship with the SFOP/PIA to engage in faith based community organizing.

On February 1, St. James members attended a SFOP/PIA Leader Training at St. John the Evangelist Episcopal Church in San Francisco. The St. James team included the Rev. John Kirkley, Nancy Newmeyer, Ellen Lentz, Roger Wickstrom, Petrina Grube, Barbara Webb, Mary Balmana, and the Rev. Ayanna Moore (a UCC minister and St. James friend). About 80 people from across San Francisco and San Mateo attended. We heard stories from people directly affected by issues such as immigration reform and affordable housing, explored the unique power that people of faith can exercise for the common good, and learned about current SFOP/PIA organizing initiatives.

Since then, members of the team are becoming involved in various SFOP/PIA policy priorities related to affordable housing, immigrant integration, and racial justice (including implementation of Prop 47). St. James members and friends are invited to participate in a number of upcoming SFOP/PIA events.

The next All Leadership Assembly is on **Sunday, April 12** from 3 to 6 pm at the Congregational Church of San Mateo, 225 Tilton Avenue, San Mateo. This is a training session building on the February event, and is a good opportunity to learn more about SFOP/PIA's work. The goal is to develop a core of 200 trained leaders who can mobilize 2,500 people of faith from our network of congregations.

On **Sunday, April 19**, SFOP/PIA will follow-up on the implementation of Prop 47 with an event at Glide Memorial Church in San Francisco from 12:45 to 1:45 pm. This is an opportunity for people who may benefit from Prop 47 to apply for re-sentencing, and for the wider community to hold California accountable for funding full implementation of the Proposition's directives for mental health, drug rehabilitation, crime prevention, and victims' assistance services.

SFOP/PIA also is looking for bilingual volunteers (especially Spanish/English) to assist with immigrant integration initiatives. On **Saturday, April 18**, volunteers will gather at 1 South Van Ness, 2nd Floor at 8 am to be trained to assist with a Citizenship Fair that day until 12:30 pm. A general volunteer orientation and training for work in this area will be held on **Saturday, May 2**, from 9:30 am to 1:30 pm at Mission Dolores Auditorium, 3371 16th Street, San Francisco.

Finally, **Monday, April 20**, SFOP/PIA leaders are participating in a "lobby day" at the state legislature in Sacramento. The focus will be on pending legislation addressing racial profiling and police accountability, health care for immigrants, and progressive tax reform measures.

If you would like more information about any of these events and/or would like to work as part of St. James Local Organizing Committee, please speak with Fr. John or Barbara Webb. A Sunday adult forum on faith based community organizing will be scheduled later this spring.

Living with Integrity and Intention

by Meg Bloomfield

Executive Director, California Counseling Institute



How people treat you is their karma, how you react is yours. -Wayne Dyer

How do you live your life with integrity and intention? We make thousands of decisions every day (probably thousands of thousands); do we stop and pause with each decision? My mind moves quickly, too quickly most of the time. I like to move quickly. I like to move. I think that is why dance is so wonderful. It has

trained me to pause and think after bursts of movement, to stop and breathe, to breathe through difficult rapid-fire footwork, through concentrated balance of limbs and weight. It helps when I can build that pause into each day.

Last year in Mid-November, CCI offered a community program fundraiser which was titled “An Evening of Mindfulness”. It had been years since we had hosted a fundraising event. It was informative and fun. We had three speakers who presented their knowledge and practice for living life with intention, developing emotional awareness of our surroundings (social, physical, etc.), to then pause and reflect, resisting (by breathing through) an immediate impulsive reaction. It was a good fit with our clinicians who, within each of their practices, employ similar techniques. It was a success. Those who attended were from our community; it kicked off our 2015 Campaign and opened up opportunities for us to offer similar community programs in 2015. Its success was a result of planning and execution coordinated by our Board and Staff.

A few months ago, I wrote about the holidays and how therapy can help people navigate life's changes and the difficult, sometimes life-threatening, events. Life offers many opportunities to stop and listen, to look and breath. As we move into Holy Week and out of (“40 days and 40 nights...”) Lent, I try to pay attention to the blessings I have received so far this year.

How do you acknowledge your blessings? If I have had an especially difficult week, I try to remember to stop and pay attention, to remember to acknowledge that it has been difficult. I don't always understand the answer to the question “why me?”; maybe I've just forgotten the recipe for lemonade. Eventually, if I get really frustrated or depressed, I try to do something kind for those close to me, or simply practice kindness intentionally throughout the day. It can help me right my mind and get out of my head. I try to tune into the finer moments of my day. Developing the mental habit of thoughts that can improve a mood, change perceptions and even bring on a smile. We might even find ourselves enjoying an uninterrupted night of sleep.

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. [Learn More >>](#)