



The Epistle

May 2018

The Episcopal Church of St. James on the Parkway

A community growing in Christ, called to worship, learn, and serve.

What I've Learned About Stretching

The Rev. William Heisley

When I was young I never thought about stretching. You just get up and do what you want or need to do. Get up and go full speed. Run up two stairs at a time and down three at a time and land upright. No time or thought spent getting ready. Just do it.

In high school and college gym classes, and later in exercise classes for adults, and at a yoga center in Manhattan, I learned ever more about the importance of stretching. I learned that stretching is a way of paying attention to that which might be ill prepared to move. Pulling at its ends to open its middle and thereby provide new space, new possibilities. A homely example: I always stretch tee shirts before I put them on. Some people like them to hold close to the body. I don't. I want room in them so that I might stretch in ways that open me to the energies seeking to enliven my days, my nights.

Stretching bodies is like stretching fabrics. It is a way of creating space in the very fabric of creation for something fresh to be pumped through: blood, oxygen, and nutrients. And it is a way of detoxifying that which is stretched. Science tells us more and more that we need to cleanse our bodies on the inside much as we do on the outside. Drink lots of water. Move aching muscles so that lactic acid can be washed away. Be ready to move, to live in a new way.

Stretching psyches, stretching who we are into who we might become, stretching our minds and spirits, is a lot

like stretching our bodies. We feel tight at the challenge of living in a new way, in a new place, around new people. We are stiff and unhappy at having to move in ways in which we are not prepared to move, like some of us feel when trying to get out of bed in the morning. Not only do we not want to stretch, we don't want to move from where we are. This has been good. I'll just stay right here. It'll be fine.

This is not the way of Christianity. Jesus constantly calls his followers to stretch so that they might be moved into deeper love for him and deeper care for others and for the earth. In the Gospels Jesus seems to be continually on the move. He doesn't seem to have a home to return to. Stretching his legs on the road, stretching his arms in love, stretching his preaching and teaching

before all whom he meets. And stretching them. Stretching us. "As the Father has loved me, so I have loved you; abide in my love." (John 15:9) Abide in, stay in, live in the love of God in Christ. But not without stretching.

A little later Jesus says, "I appointed you to go and bear fruit, fruit that will last." (John 15:16) We are appointed to go. To stretch and to go. That means that we need to open ourselves, our parish life, our property, to allow room for the Spirit to wash through it, detoxifying and regenerating us and the space we inhabit, and pushing us to think differently, very differently about how we can do what we are here to do: to love one another.

Now, read Senior Warden Louis Hoffman's article in this *Epistle*. You've been stretched. Now you're ready to go!

Food Shelf

March may have been Food Shelf Month. But hunger is year-round. These canned and dry goods are lonely. Please help fill up these shelves for the Minnehaha Food Shelf.

From the Senior Warden Louis Hoffman

Intentional and Planned Space Use

The Better Space Task Force was created to improve the space that we use for Adult Forum, coffee, and hospitality generally. One of the first steps being taken is “decluttering” the Gallery, Narthex, and back of the Nave. I use the word “decluttering” not to state that what’s being removed is clutter but as shorthand for having what’s in those spaces be intentional and planned. First, know that nothing is being thrown out!* If there’s something that’s missing and you want to know where it is, please ask. Second, we’re finding – and sometimes just noticing – things that are there, in plain sight that we don’t see because they’re so familiar and blend into the woodwork. Some are good. Lots of history on the walls! Some not so good. Is the Gallery a metal folding chair storeroom? On Sunday, look around and see the good and the bad.

One of the things that was removed was all of the paperwork on the Narthex bulletin board about the visioning day on Palm Sunday 2015

and the results of and comments about ACORN/2020. We removed this information not because it’s not useful. It was and is. But because it’s old information and we’ve moved on. All of the Palm Sunday ideas were distilled into the ACORN/2020 report and are being acted upon by volunteers. The theme that arose out of all of that was that our future is in partnerships: Abrahamic Tri-Faith, Haiti, community service and social justice, including fresh food shelf produce, with our three Nokomis Serves partners and the Nokomis East Neighborhood Association, conversations with Lake Nokomis Lutheran and Living Table UCC about sharing resources, and improved building use with Mandala are our main initiatives. This is a lot of stuff.

This brings me back to last month’s column about taking the Cross to the marketplace. By working with our neighbors – religious and secular – we’ve accomplished so much. More than we give ourselves credit for,

I think. *This is America* last Independence Day, our partnership, with other churches and friends, with Ecole Bonne Nouvelle in Bigonet, our support of First Nations Kitchen and the Minnehaha Foodshelf, our work through Nokomis Serves with Families Moving Forward, the Giving Garden. Just look at what we’ve done by taking the Cross to the marketplace without even a conscious plan of taking the Cross to the marketplace!

Now let’s say we have a plan. I don’t know what that plan is. But it needs people to develop it, build support for it, and support its implementation. Might I suggest a reconstituted Community Service and Social Justice Committee that reaches out to our partners, religious and secular, to bring the Cross to the marketplace? And bring greater life and vitality to the St. James community? Who’s in?

* This is not really true. Broken chairs, for example, will be thrown out.

From the Junior Warden Pat Morley

Gardens, gutters, and the roof, oh my!

Hello Friends – Just a quick update on the property maintenance and stewardship. In April we began the swap out of old bulbs with LED in the main church as well as some other replacement fluorescents around the church, but we’re not quite finished with that project in the main church so bear with us.

April also saw a heap of snow but the good news is all that moisture actually only produced a small leak in one area of the roof in the Education Wing and we’re in the process of getting a few bids to repair that area. This has been a more extensive problem in the past so I’d like to give a quick shout out to my predecessor Ted Gerold for making that happen.

The gardens were awakened by a splendid crew of volunteers from St. James and NENA (Nokomis-Ericsson

Neighborhood Association) April 28 and soon will be planted to produce vegetables for Minnehaha Food Shelf, but weeding and TLC is always needed so if that’s your thing please don’t hesitate to join in.

Our next work day at St. James will be Saturday, May 19 wherein we will inspect and clean out gutters, ideally finish the lighting swap out, and if time permits and we have enough volunteers re-seal areas in the interior courtyard to prevent moisture from entering.

As always, the more hands doing God’s work, the more quickly we can get to God’s play (yes, God wants us to do both – work and play – in that order).

Thanks again for all you do at St. James in whatever manner you do it. May the Peace of God be with you always.

ECMN Central Mission Area Gathering Should We Be Like IBM?

By Louis Hoffman

I was one of eight St. Jamesians to attend the Central Metro Mission Area Gathering at St. James on Saturday, April 28. Also attending were Fr. William, Beth Harvey, Tony Morley, Katie Mytty, Ruth Anne Olson, Debbi Ramos, and Rochelle Williams. Just what is CMMAG? It's pretty much what it says. It's a social evening with some church business for members of the faith communities in the Central Metro Area. So there were members from Gethsemane, St. Andrews, St. Luke's, and St. Mark's Cathedral in addition to St. James, ECMN staff, and Bishop Brian. It was also the first test of Better Space Task Force Plan A!

The main speaker was Molly Pipkin. Molly is a consultant for IBM and talked about how the transformation of IBM is instructive for our churches. Wait. . . . What? What does IBM have to do with St. James, the Episcopal Church, or any church? More than you think.

Think back to the church, and to the St. James, of fifty to sixty years ago. Everything has changed dramatically. Not just the age and size of the congregation. But also every aspect of the world around us. Had IBM thought like many churches thought and still think, there'd be no IBM today. Think about the corporate icons of our youth. Well, some of our youths! Some are long gone. Others have radically reinvented themselves. For some, it's touch-and-go. And think about the shuttered churches you see. . . .

Here's an example. Many of us bemoan the demise of Dayton's, downtown, and the department store. But how

many of us actually shop at department stores, downtown or elsewhere, or go downtown? So it is with church. The church that many of us grew up with isn't the same because we're not the same. We can't go back. It's like the thingies when you rent a car that, if you back over them, punctures the tires. So we have to go forward.

IBM went forward by reinventing itself. Molly noted that the IBM today does nothing that it did forty years ago. No room-sized international business machines. And the IBM culture has changed. Molly noted that IBM was famous, or infamous, for being the home of white men in blue suits. She noted that she's a typical IBMer today. There are still white men in blue suits. But also women like Molly with history degrees who work from home.

So we have to go forward. How? How do we create sustainable change? We do so, I think, by taking the Cross to the marketplace. As we worshipped on Sunday, you may have noticed a group of volunteers from the Nokomis East Neighborhood Association tending the Giving Garden. In a matter of weeks it's gone from snowbound to fresh soil. This partnership provided more than 400 pounds of fresh produce for local food shelves last year. Can you help tend the Giving Garden? Think of our other partnerships. The Haiti partnership involves other churches, Episcopal and Lutheran, and people outside the church. What else can we do to take the Cross to the marketplace? Who else can we partner with to share our Beloved Community with the larger community? What will you do to make this happen?

Adult Forum: This 'n' That

Sundays in May will be a kind of potpourri for Adult Forum—a miscellany without a pre-defined theme but sure to be stitched together as people trade their insights and questions.

The month begins May 6 with Rosemary Caspar inviting grown-ups to wonder like children in "Godly Play" as they meet the risen, resurrected Jesus.

On May 13 the Forum will consider "Me and the Resurrection"

from Old and New Testament biblical points of view. Discussion led by Tony Morley.

No Adult Forum May 20. That's the Feast of Pentecost, with a special three-church service at Lake Nokomis Lutheran.

Back at St. James on May 27, Fr. William will moderate free-form discussion of possible themes and topics for summer exploration.

Adult Forum meets most Sundays from 9:30-10:25 AM.

Our pattern is to start with something familiar in church tradition, then poke and probe it together for new questions and better understandings. Coffee and self-provided treats are part of the curriculum. Discussion usually led by Tony Morley, but the model is to learn from each other.

Which will work even better if you take part!



St. James Central

With the changes wrought by the Better Space Task Force (we're on Plan B), the Action Wall in the Narthex has been decluttered. You'll find Vestry agendas and minutes, financial information, places to sign up for community service, social justice, and other activities, and ECMN and community information.

June *Epistle*

Send articles to Beth Harvey (stjamesotp@comcast.net and bhpens@mac.com) by Monday, April 28.



Celebrate the Unity of the Body of Christ!

On the Feast of Pentecost, May 20, at 10:30 AM, St. James will join in celebration with the pastors and people of Lake Nokomis Lutheran Church and Living Table United Church of Christ at Lake Nokomis Lutheran Church, 5011 31st Ave South in Minneapolis – just around the corner from St. James! Please note that there will be no 8:00 AM service that day either at St. James or at Lake Nokomis Lutheran.

But why? The leaders of these three congregations have undertaken monthly discussions to last through 2018 about how we might be better Christians, do better, broader ministry in the name of Jesus, if we were to share. Share what? So far, Nokomis Serves is an effort to coordinate the social service ministries of several area congregations. (You can pick up a copy of the catalog as you leave St. James today!) Living Table is now in the process of joining that effort. And perhaps our sharing will lead to more. Buildings? Support staff? We

don't know. We do know that we are trying to pay attention to every breath the Holy Spirit breathes into us and our congregations so that we might do the will of God for the good of the world.

And we do know that we will always be open and inclusive in discussions, trying to relay information in every way possible.

Be aware that Worship in the Park is set for Sunday, August 6. Our doors will be closed that day to take our love and praise into the world beyond them. And Pentecost at Lake Nokomis is the first of a round of three joint Sunday liturgies, that will include June 24 at 10:30 am at St. James and July 8 at 10:00 am at Living Table.

So prepare for something a bit different this summer. Be open. Be flexible. And be delighted that the Spirit of God is pulling us, pushing us, leading us into new and ever more joyous sharing of who we are: Children of God.

Treasurer's Financial Report — January-March

This summary covers the first quarter of the year. Pledge payments were less than expected, but other income was more, and the bottom line for total income was almost

exactly on budget. Expenses were over budget, mostly because of property needs. Keep your pledges up to date, and the red ink will shrink — Tony Morley

	YTD Budget	YTD Actual	over / (under)
Pledged Income	51,649	44,743	(6,906)
Other Income	17,456	24,267	6,811
Total Income	69,105	69,010	(95)
Expenses	47,718	48,699	(981)
Net	21,387	20,311	(1,076)

Onè! Respe! (Honor! Respect!)

A Partnership of St. James on the Parkway in Minneapolis and Legliz Episkopal Bonne Nouvelle in Bigonet

by Susan Maas on behalf of the St. James Haiti Committee

Did you get to share a meal, see *Black Panther*, go thrift-store shopping, or bowl a few frames with three of our friends from Bonne Nouvelle when they visited this March? Maybe you got to spend time – at St. James, in Twin Cities schools, at Lake Nokomis or Minnehaha Falls – with four other friends from Bonne Nouvelle when they came in the spring of 2015. Or perhaps you're one of the lucky St. Jamesians who's traveled, in the decade since our partnership began, to the beautiful mountain village of Bigonet, Haiti, enjoying the hospitality of Bonne Nouvellians in their own community.

But even if you've mostly followed this relationship through written dispatches over the years, you know **this partnership is one of a kind**. It's a **true friendship**, grounded in mutual respect, that continues to grow and deepen. Accomplishing "stuff" – aiding in disaster recovery, assisting with garden replanting, expanding a school, helping pay some of the most devoted teachers on earth – is just one small part of the picture.

We share hopes and dreams, pray for each other, applaud each other's accomplishments, give and receive moral support. We teach each other about art, music, language and politics; trade photos via email and social media; and swap jokes. **It's cross-cultural learning**.

solidarity, and love, and it's rare. We are lucky.

Our request

Every member of St. James is crucial to this partnership – and to the bright, hardworking schoolchildren of Bonne Nouvelle, whose education we're privileged to support. On May 6, we kick off three weeks of fundraising for this extraordinary partnership: **through May 20, we'll be asking you to make or renew your financial commitment to this work**. Please consider the United Nations' suggestion of giving 7/10 of 1% (.007) of your yearly income. **Whatever your household can give, know that every pledge truly makes a difference – not just materially. Thank you!**

Nokomis Serves

"Being Available" with Homeless Families

by Tony Morley

Eleven St. James volunteers pitched in with hands-on support for two homeless families during Easter week. For one night out of five the volunteers helped with safe overnight shelter at Lake Nokomis Lutheran for parents and children in the Families Moving Forward program.

First came an evening meal shared with the guest families. Mary Heitsley, Kurt Hall, Jim Larson, Cliff Athorn and Louis Hoffman put that together with food donated by Oxendale neighborhood market. Phil Briggs worked on set-up for the evening. Becky Pihl, Liz Athorn and Anne Scheible managed games and activities for two pre-school kids and a teenager. Pat Morley and Leah stayed overnight to lock the building and host early breakfast. "What do you think of this president?" the teenager asked Pat first-thing in the morning.

The emphasis for volunteers throughout was on acting as hosts more than as helpers — doing things with their guests, not for them. One family came recently from Chicago, and at dinner "We talked about Chicago things," says Louis Hoffman. Figuring out best ways to use public transit here was another conversation topic. Mostly "I just enjoyed being available when needed," says Leah Morley.

Another shelter-housing week is scheduled in August for up to four families. Anne Scheible knows the details. To volunteer, reach her at 612-619-9692 or annebillscheible@gmail.com.

Nokomis Serves is an Episcopal-Lutheran-Methodist collaboration in community service by three neighborhood congregations. On the ushers table is a catalogue of all three churches' service opportunities. Pick one up, and browse!

Old Altar Bread Recipe Found

As part of the ongoing decluttering process, you find things you don't expect and for which you weren't looking. So it was with the former altar bread recipe. The one with honey, olive oil, and whole wheat flour that only rises once. If you're a bread baker and want to go back to this recipe, or if you want to be a bread baker, here is the recipe and it is also on the Action Wall in the Narthex. If you want to be an altar bread baker, please let Beth know so she can schedule you into the rotation.

Altar Bread (makes about 3-4 coffee size can rounds)

Please do not make the bread more than 3 days in advance and do not freeze it prior to bringing it to church.

7/8 cup lukewarm water

1 pkg dry yeast

3 Tbsp honey

1 1/2 Tbsp olive oil

1/2 tsp salt

2 -2/3 cups flour: (use 2 cups whole wheat, 2/3 cups all-purpose flour)

Add yeast and honey to water (about 110-105°). Stir until yeast dissolves and let stand 10 minutes to begin "working." Place yeast in a large bowl and stir in oil and salt, then add flour stirring with large spoon or spatula until too stiff to stir. If the bowl is large enough, you can knead it right in the bowl. Otherwise turn out and knead on a floured board for five minutes, using additional white flour (a Tbsp. at a time) if it is too wet and sticky. Replace in bowl and let rise (covered) for 1-2 hours, until doubled.

Without punching down the dough, roll it out on a floured board until about 1/4" thick. Cut rounds using a coffee can cover or large cereal bowl as a guide. With knife, score the top of each round loaf into quarters. On a greased cookie sheet bake the loaves at 350° for 13 minutes. Cool on wire rack. After thoroughly cooled, seal in plastic bags, unless it is very hot outside, do not refrigerate it. Deliver to the sacristy at St. James about 20-25 minutes before the 10:30AM service for the altar guild to prepare for use.



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