

**St. James Lutheran Church**  
111 Peter Road  
Southbury, CT 06488

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**PAID**  
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Southbury, CT 06488



**Freed**  
& RENEWED  
**in Christ**  
500  
YEARS OF GOD'S  
GRACE IN ACTION

Dated Material  
Please Deliver Promptly

**Return Service Requested**

March, 2019

# THE EPISTLE

*"Be doers of the word, and not hearers only." James 1:22*



# LENT



## ST. JAMES LUTHERAN CHURCH

111 Peter Road, Southbury, CT 06488

203.264.6446

[www.stjamesct.org](http://www.stjamesct.org)

email: [stjames@snet.net](mailto:stjames@snet.net)



## THE ST. JAMES PRESCHOOL

Leslie Broch, Director

203.264.6448



Evangelical Lutheran  
Church in America

God's work. Our hands.

**GROW**  
with us

St. James Church is handicapped accessible and family friendly.

# ✠ ST. JAMES LUTHERAN CHURCH ✠

www.stjamesct.org

email: stjames@snet.net

Pastor: The Reverend Scott D. Nessel

Church: 203.264.6446 / Cell: 203.592.0945

scottnessel@yahoo.com and csnessel@juno.com

Pastor's Office Hours: Mon. - Thurs. 9am- 11am

Ministers: The People of St. James

Sunday School & Bible Study 9am  
 Worship with Holy Communion 10:15am  
 Summer Worship with Holy Communion (June, July, August) 9:30am  
 Coffee and Fellowship follows Sunday Worship; Please Sign-Up!!

## CHURCH COUNCIL

**Parish Life Teams**  
 Linda Bedard 203.267.1066  
 Judy Katzmark, Council President 203.264.4980  
 Karen Lampiasi 203.586.1492  
 Elizabeth Goehring 203.819.3135

**Parish Outreach Teams**  
 Tim Peterson, Council Vice-President 203.442.3705  
 Jacque Matthew 203.233.9581  
 Denise Kuo, Council Secretary 203.405.1137  
 Kathy Bocci 203.695.5180

Michaela Bedard, Younger Person Rep. 203.267.1066  
 Richard Manville, Treasurer 203.232.8099

## STAFF & MINISTRIES

**Genie Bisch** Parish Secy., Preschool Admin. Asst. 203.264.6446  
*M,T,Th 3-5:30pm; Fri. 7:30-10:30am*

**Leslie Broch** Director, St. James PreSchool 203.264.6448

**John Dressel** Director of Music 203.758.8963

**Tammy Faulkner** Coordinator, Youth&Family Ministries 203.267.6097

**Gail Fay** Assistant Treasurer \$\$ 203.264.1362

**Erwin Weissmann** Financial Secretary \$\$ 203.264.7563

The Due Date for the April, 2019 issue of The Epistle is March 15<sup>th</sup>.  
 Please send submissions to Genie Bisch (stjames@snet.net)  
 and Pastor Scott (scottnessel@yahoo.com). Thank You.

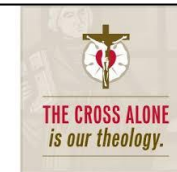
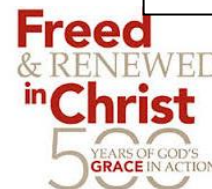
## SERVING IN WORSHIP: March, 2019: THANK YOU!

	March 3 Transfiguration	March 10 Lent 1	March 17 Lent 2
Asst. Minister	Lynn Morrison	Curt Haedke	Barb Manville
Communion Asst.	Liz Skinski	J Katzmark	Lynn Morrison
Lector	Diane Iannini	Gary Kline	Sophia Bedard
Cantor	Judy Katzmark	J Katzmark	Lucia Dressel
Acolyte	Ernie Danek	Emma B.	Emilie Ulc
Usher	Bob Morrison	Ed Danieli	Jay Kuo
Coffee Hour			
Counters	S & J Kelbley	Neil J/Bob M	J & D Kuo
	March 24 Lent 3	March 31 Lent 4	
Assisting Minister	Neil Johnson	Liz Skinski	
Communion Asst.	Diane Iannini	J Katzmark	
Lector	Lucia Dressel	Curt Haedke	
Cantor	Karen Lampiasi	Marion Allen	
Acolyte	Ernie Danek	Evelyn Kuo	
Usher	Gary Kline	Y&FM	
Coffee Hour			
Counters	Neil J/Bob M	J & D Kuo	

Our VISION Statement: We envision St. James Church as a growing, Christ- centered community entering new space: to reach out to all people on a journey of faith; to glorify God through inspired worship, intergenerational fellowship; and to addressing human needs in Jesus' name.



**St. James Church**  
 New England Synod  
 Evangelical Lutheran Church in America  
 God's work. Our hands.





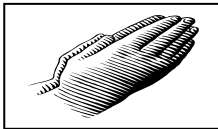
## In Our Prayers



Karen Huber	Arlene Ascenzo	Kay West
Mildred Minervini	Ginny Pucillo	Ramona Cummings
Emileo Alvarado	Kelsey Gerber	Charlie Costello
Ryan DeRidder	Marilyn Balla	Katie D'Antonio
Peter Katzmark	Lenora White	Darice Peruch
Elsa Bowen	Sally Katzmark	Marti Bradley
Jane Breen	Richard Bowen	Diane Duffy
Fred Wuensch	Rebecca Scalera	Mickey Campanile
Richard Prisco	Vinnie Carbone	Sue Bormolini
Margaret Greenman	Lucy Dee	Karl Faulkner
Vicky Manville	Stanley Ulc	Sylvia Yazmer
Chris Best	Margaret Butts	Andrew Hubina
Robert Kohler	Steffi Spath	Rose Danieli
Angel Guel		



*Please also keep Matt Cheatham, Wilson Owens, Timothy Elwell, Seth Lash, Stephen Danek, and all those who serve in the military, in your prayers.*



***We also pray for All the Saints,** especially Logan Mengold, Barbara Galvin, George Hauck, Gary S. Kline, Anthony DeFelippis, Jack Lauf, Carmen Guecia, and all those who mourn the loss of a loved one.*



### **Thrivent Choice Donations:**

March 31 is the final day to direct any 2018 Thrivent Choice dollars remaining in your account.

Every year, members like you completely wow us by going out of your way for the causes you care about. As the Northeast Thrivent Member Network – a local community of Thrivent members like you and for you – we're here to help amplify the impact you make.

Through Thrivent Choice®, enrolled organizations can receive funding to help support their important work. Don't miss your chance to recommend where Thrivent donates some of its charitable giving.



## A MESSAGE FROM PASTOR

### *“With All Your Heart”*

*Dear friends and members of St. James Church,*

As we approach Ash Wednesday and the Season of Lent, we also prepare our hearts for the Joy of Easter. You could argue it is all about heart.

During Lent we'll have a common refrain from Psalm 51, *“Create in me a clean heart, O God.”*

We'll learn about prayer, fasting, and alms giving from the Gospel of Matthew, where we will also learn that *“where your treasure is, there your heart will be also.” (Matthew 6.21).*

And we'll get it started on Ash Wednesday with (the prophet) Joel 2.12, *“return to me with all your heart,”*

I knew about the fasting from indulgence, I knew about the prayer and the giving, I even knew about our calling to repentance during this time of Lent. And I do *Lenten Discipline like nobody's business.*

For me, this year, all of these things being connected to my heart and the heart of scripture is a wonderful and blessed perspective.

Perhaps it gives a heart-filled purpose to *giving something up for Lent.* Maybe giving and stewardship becomes a matter of the heart again.

Maybe your heart and prayer will be touched by something new; like our new Saturday Worship, starting March 9. Many people in our community have put their hearts into this, and it has been on the hearts and minds of many of our members for many years.

*May your Lenten Season (its all about heart!) be one of challenge, commitment, and support as the church hears the call of God—“Return to me with all your heart”*

I Love you. *Peace, Pastor Scott*

# Join us for Ash Wednesday Worship



**"All are from the dust,  
and to dust all return."**

Ecclesiastes 3:20, ESV

**March 6, 2019  
12 noon and 7pm  
All are Welcome.**

\*\*\*\*\*

*and before that...*

## **SHROVE TUESDAY PANCAKE SUPPER**

*Indulge in food and fellowship on the evening before LENT begins.*

Shrove  
Tuesday



**Shrove Tuesday is  
March 5, 2019.**

*Our Annual Pancake Supper begins at 6:00pm  
at St. James Church, in the Fellowship Hall. **Join US!**  
Participating/serving youth please arrive between 5-  
5:30pm. Thank You.*



**Saturday, 5pm  
Worship  
begins March 9!!**

- "Praise" Worship with Holy Communion
- Mostly Piano-led
- about 35-40 minutes
- All are welcome, and ALL Ages!
- Invite a friend!



**St. James Church**  
**New England Synod**  
Evangelical Lutheran Church in America  
*God's work. Our hands.*

St. James is an "open communion" Church

*Join us Thursday Evenings in Lent*



*Our Lenten Soup Supper will be at  
6:30pm, followed by worship :*



Thursday, March 14, 21, 28  
and April 4&11

**JOIN US!!**



**We will celebrate  
First Holy Communion**



**On March 31, 2019  
at our 10:15 Worship.**





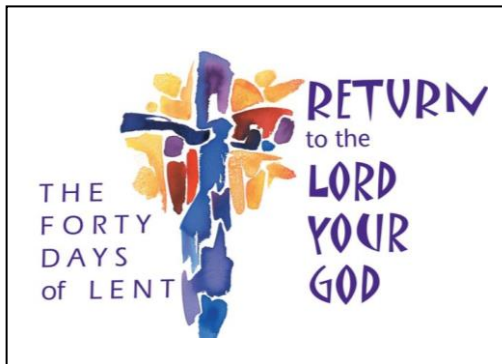


Bishop  
Hazelwood's  
recent Blog:

[www.bishoponabike.com](http://www.bishoponabike.com)

## Preparing for my Lenten Fast...Join me?

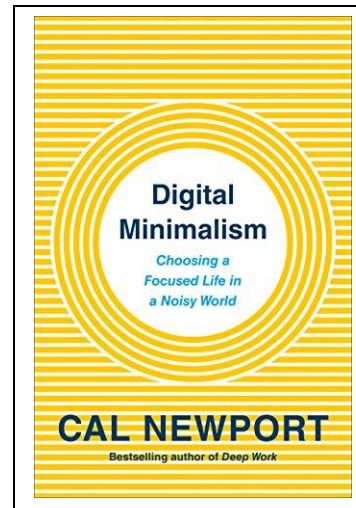
Lent starts in {March}.....What to do for Lent this year? I'm considering a fast - Not of food, but Facebook, and Twitter and Instagram. That's my unholy trinity. Why? Candidly, I think it's eating away at my brain and my soul. Yes, in the same way, an addict needs just a little bit more. I now find myself strangely fixated and frustrated at the same time.



On the one hand, I want to go and see what you are all doing, how my grandkids are growing up and what interesting, trivial or significant ministries are happening in and around our synod. On the other hand, there's a lot of ...well, nothing. Political drama and

virtue casting, bad photos of indoor painting projects and whiny complaints about clothes not fitting or airport security personnel misbehaving. Plus, do you care that I was at St. John's by the Gas Station last Sunday, and that my sermon, bombed. (It did, but it wasn't at St. John's, it was at St. Bartholomew's by the Donut shop)

Mostly, I'm wondering about what's happening to me. I find myself chasing the bird, the squirrel and bell that Pavlov is ringing. My attention span is decreasing. My ability to focus on reading something of substance or listening to a friend is in decline.



Cal Newport authored a book called Deep Work. Yup, you don't even need to read the book. You know just from the title that it's about the real need in our current cultural context for us to focus. He argues that what we need now more than ever is the capacity to pay attention and dive deep into our work. That work could be child rearing, parent attending, or report writing. It could also be plumbing, surgery, and cooking...all three of these tasks need focus to be done well. After all, no one wants a distracted surgeon operating on your (fill in the blank). Newport's new book Digital Minimalism is just out, but I don't have time to read it, cause I'm spending time coining a catchy twitter post.

So, I'm preparing for a Forty Day Fast. Ash Wednesday to Easter 2019. I'll be living without the Social Media world that defines our age. I may miss the chatter about some upheaval in a church institution, or controversy of a politician. You'll miss out on my quirky humor, photos of grandsons, and my political outrage. I'm confident you'll survive. What will I learn? What will I miss? Hmm, I'll let you know on the other side.

*P.S. To be clear. Yes, I'll still use the internet. Yes, I'll continue to correspond via email and text. It's just Facebook, Twitter and Instagram. Starting March 6, Ash Wednesday through Easter April 21.*

THANK  
YOU SO  
MUCH!

Dear Friends at St James Lutheran Church,  
Thank you for continuing to collaborate with us on the St. Pauly Textile clothing drop off shed project! In 2018 (October through December) roughly 2,865 garments of clothing were donated to your shed. This was enough to clothe an estimated 348 people. This clothing is being used right now by people in one or more of 44 different countries (including the US) to which our clothing is likely to have been distributed this past year.  
Your organization raised \$ 118.83 in 2018 through hosting this shed. We ask that you continue to spread the word about the clothing shed to other community members. Thank you for all your support, and please feel free to reach out to us at any time!  
Sincerely, The Team at St. Pauly Textile, Inc.

  
St. Pauly Textile Inc.



*One of the many blessings we have is communion. This past month we started a series of classes for our younger children who will be ready to celebrate their first communion on March 31<sup>st</sup>. These classes help the children understand what communion is and why it is important. We also had a youth gathering at Starbucks on February 22<sup>nd</sup> which everyone had a good time and some great coffee.*

*This month rings in with Shrove Tuesday and our annual Pancake supper on March 5<sup>th</sup> at 6:00pm, Mardi Gras style. Please join us for some good fellowship and great pancakes! During the event the children will be putting together boxes for our college students. Please consider bringing something to include in the packages, something to eat, supplies or anything fun for them. We are planning on 8 boxes.*

*Y&FM has put together 40 day reading guides, one of which is listed in this newsletter, for Lent, which are printed and available in the gathering area . We have 3 selections to choose from. Journey with Jesus (Luke and John), the 4 Gospels, and the 40 day reading challenge (Read the entire New Testament during lent)*

*Upcoming Events.....*

*Bingo Night on March 22<sup>nd</sup> at 6:30pm in the fellowship hall and on April 26<sup>th</sup> we are planning for talent night (and maybe some Karaoke). Look for more information in the weekly bulletin and during announcements.*

*Peace, Tammy Faulkner*



During our current church year, our Gospel Readings for each week will be either from the Gospel of Luke or the Gospel of John.

For the Season of Lent, our Youth &

Family Ministries invites you to take this "40 day reading challenge" that looks at these two Gospels.

Day 1	Luke 1
Day 2	Luke 2
Day 3	Luke 3
Day 4	Luke 4
Day 5	Luke 5
Day 6	Luke 6
Day 7	Luke 7
Day 8	Luke 8
Day 9	Luke 9
Day 10	Luke 10
Day 11	Luke 11
Day 12	Luke 12
Day 13	Luke 13
Day 14	Luke 14
Day 15	Luke 15
Day 16	Luke 16
Day 17	Luke 17
Day 18	Luke 18
Day 19	Luke 19
Day 20	Luke 20

*Take the challenge!*

*If there is ever anything you wonder about or have a question, just ask!*

*Enjoy!!*



During our current church year, our Gospel Readings for each week will be either from the Gospel of Luke for the Gospel of John.

For the Season of Lent, our Youth &

Family Ministries invites you to take this "40 day reading challenge" that looks at these two Gospels.

Day 21	Luke 21
Day 22	Luke 22
Day 23	Luke 23
Day 24	Luke 24
Day 25	John 1-2
Day 26	John 3
Day 27	John 4
Day 28	John 5
Day 29	John 6
Day 30	John 7-8
Day 31	John 9
Day 32	John 10
Day 33	John 11
Day 34	John 12
Day 35	John 13-14
Day 36	John 15
Day 37	John 16
Day 38	John 17
Day 39	John 18-19
Day 40	John 20-21

*Take the challenge!*

*If there is ever anything you wonder about or have a question, just ask!*

*Enjoy!!*





## *Caring for Creation Today*

Caring for God's creation is an ever-evolving topic in this world, especially with each new natural or human made disaster. As stewards of this world, we are called to care for the earth and examine our behaviors toward creation. While we need to take from the land for food and sustainability, we also need to be careful that we maintain good stewardship and do not exploit the wonderful things the earth provides.

We are proud to share a [pastoral statement](#) on creation care and climate solutions to ensure a viable, livable world from Presiding Bishop Elizabeth A. Eaton.

***The present moment is a critical and urgent one, filled with both challenge and opportunity to act as individuals, citizens, leaders and communities of faith in solidarity with God's good creation and in hope for our shared future.***

### *2018 Earth Day statement*

The ELCA has collaborated with ecoAmerica's [Blessed Tomorrow](#) program, a faith community initiative that empowers climate action and advocacy. This is a program by people of faith, for people of faith, offering ideas, tools, and language that are familiar, compelling and effective in addressing climate change. It provides resources that put us on a path to a positive future while maintaining the distinct voice of the ELCA.

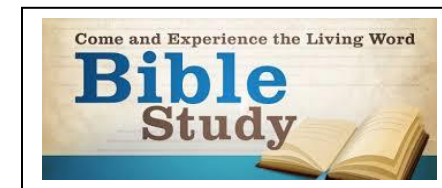


*For more Resources,  
go to  
[elca.org/environment](http://elca.org/environment)*



*Meals on Wheels is looking for Volunteers in the Heritage Village and surrounding area.  
See Pastor Scott for more details.*

❖❖❖❖



***Bible Study is going great!!  
Everyone is Welcome  
Sundays at 9***

❖❖❖❖



**The Toby Center  
For Family Transitions**

*In an ongoing effort and vision for St. James Church to serve as a "community center" for Southbury and beyond, we welcome [The Toby Center for Family Transitions](#) who will be holding staff training and family sessions here at St. James. For more information on the Toby Center, see Pastor Scott or go to [thetobycenter.org](http://thetobycenter.org).*



## **AN APPLE A DAY:**

*March Is Colorectal Cancer  
Awareness Month*

Colorectal cancer is the third most common cancer in the US, and the second leading cause of cancer death. It affects men and women of all racial and ethnic groups, and is most often found in people 50 years or older. However incidence in those younger than 50 is on the rise. This disease takes the lives of more than 50,000 people every year.

Colorectal cancer (cancer of the colon or rectum), when discovered early, is highly treatable. Even if it spreads into nearby lymph nodes, surgical treatment followed by chemotherapy is highly effective. In the most difficult cases — when the cancer has spread to the liver, lungs or other sites — treatment can help make surgery an option for many, as well as prolonging and adding to one's quality of life. Research is constantly being done to learn more and provide hope for people no matter what stage their cancer is in.

Since the mid-1980s, the colorectal cancer survival rate has been increasing, due in part to increased awareness and [screening](#). By finding polyps and cancer in the earlier stages, it is easiest to treat. Improved treatment options have also contributed to a rise in [survival rates](#).

### **Survival Rates**

- **The five-year survival rate for colorectal cancer found at the local stage is 90%.**
- **The five-year survival rate for colorectal cancer found at the regional stage is 71%.**
- **The five-year survival rate for colorectal cancer found at the distant stage is 14%.**

The median age at diagnosis for colon cancer is 68 in men and 72 in women; for rectal cancer it is 63 years of age in both men and women.

Screening for colorectal cancer should begin at age 50. If you have an immediate family member with colorectal cancer or have a higher risk due to inflammatory bowel disease speak to your doctor about starting screening sooner.

Healthy living of a diet high in fiber with plenty of fruits and vegetables, limited consumption of red meat and processed meats, exercise 5 days a week, at least 30 minutes a day and low use of cigarettes and alcohol intake are beneficial to a healthy colon.

*Information and statistics from Colorectal Cancer Alliance.*

*--Diane Iannini, Parish Nurse*



**Coming Soon!!**

**AMERICARES HOMEFRONT DAY 2019 . . .**

Though it may not feel like it quite yet, spring is right around the corner and so is another year of Homefront Day. This year's project will be held on Saturday, May 4th. Sign-up sheets will be in the gathering area beginning in mid-March. We also have donation



opportunities for those who are unable to join us to work the day of the project. We are looking for enthusiastic volunteers of any and all skill levels. Youth, ages 14 and up, are encouraged to join us. We need your parents to sign a permission slip if you are age 17 and under. This promises to be another great year with tremendous opportunity to make a difference in the lives of these wonderful families. Any questions contact Lauren Lyons, 264-2510. A volunteer meeting will be held at Saint James on April 11<sup>th</sup> at 7pm.

**Many, many thanks!**

40 pairs of children pajamas were collected for those in need in New Haven. Many thanks for your support!



**Don't forget the rice shelf!!**

Many thanks to the following families for signing up to help with getting our rice donations to the Southbury Food Bank (88 Main Street South, in the same complex as the Rathskeller Restaurant). There are a number of open months – contact Lauren Lyons or add yourself to the schedule on the rice bin if you



are able to help.

Food Bank Stocking Hours:

**2<sup>nd</sup> Friday of @ month from 12:00 pm – 1:00 pm**

**2<sup>nd</sup> Saturday of @ month from 11:00-12:00 pm**

Call (203)721-0377 to make other arrangements.

March - Lyons

April -

May -

June -

July -



**What's New at Preschool?**

The Preschool continues to have busy and vibrant classes. Both classes enjoyed Valentine's Day celebrations and the 4yo class was visited by the tooth fairy hygienist from the Smile Spot early in the month to encourage healthy eating and tooth care.



The open house for the 2019-2020 school year is planned for March 9<sup>th</sup> from 10am-noon. Please let families or friends you know in the area about our wonderful NAEYC accredited program. The 4 year-old class is nearly full but there are more spaces available in the 3 year-old program. There are trifold flyers available with more detailed information. Contact Lauren Lyons, Tim Peterson or Pastor Scott for more details.

We are always grateful for contributions to the preschool scholarship fund which this year is providing tuition assistance for 3 separate families. You can contribute through the offering plate with the memo: Preschool Scholarship. Thank you to all who participated in the Usbourne Cards for a Cause Fundraiser to support the preschool scholarship fund!

# March



## St. James Church

Evangelical Lutheran Church in America  
*God's work. Our hands.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Holy Communion is offered at all worship services</i>			Southbury Food Bank (SFB): 9:30-12 Wed & Fri plus 2 <sup>nd</sup> and 4 <sup>th</sup> Sat		<b>1</b> 9:30-noon: SFB	<b>2</b> 10-2pm Upper Room 4pm: 1 <sup>st</sup> Communion Session
<b>3 Transfiguration</b> 9am SS /Bible Study 10:15am Worship 11:15am Fellowship 11:30am Choir	<b>4</b> 8pm: AA	<b>5</b> 10-2pm Upper Room 12pm NVCBible Study 6p: <i>Shrove Tuesday Pancake Supper</i>	<b>6</b> <i>Ash Wednesday</i> 12n: Worship 10-2pm Upper Room 9:30-noon: SFB 7pm: Worship 8pm: AA	<b>7</b> 10:30am: Worship at Lutheran Home	<b>8</b> 9:30-noon: SFB	<b>9</b> 10-2pm Upper Room 9:30-noon: SFB 5pm: Worship!
<b>10 Lent 1</b> 9am SS /Bible Study 10:15am Worship 11:15am Fellowship 11:30am Choir	<b>11</b> 7pm Parish Support 8pm: AA	<b>12</b> 10-2pm Upper Room 12pm NVCBible Study 1pm Ladies Fellowship 7p: Church Council	<b>13</b> 10-2pm Upper Room 10:30 & 11: Worship at the Watermark 9:30-noon: SFB 7p: Worship & Music 8pm: AA	<b>14</b> 12noon Woodbury Clergy 6p: <i>Lenten Soup Supper &amp; Worship</i>	<b>15</b> 9:30-noon: SFB <i>April Epistle Contributions Due</i>	<b>16</b> 10-2pm Upper Room 4pm: 1 <sup>st</sup> Communion Session 5pm: Worship!
<b>17 Lent 2</b> 9am SS /Bible Study 10:15am Worship 11:15am Fellowship 11:30am Choir	<b>18</b> 8pm: AA	<b>19</b> 10-2pm Upper Room 12pm NVCBible Study	<b>20</b> 10-2pm Upper Room 9:30-noon: SFB 7pm: Y&FM 8pm: AA	<b>21</b> 10:30am Sby Clergy 6p: <i>Lenten Soup Supper &amp; Worship</i> 7pm: SWIM	<b>22</b> 9:30-noon: SFB 6:30p: Y&FM Bingo Night	<b>23</b> 10-2pm Upper Room 9:30-noon: SFB 5pm: Worship!
<b>24 Lent 3</b> 9am SS /Bible Study 10:15am Worship 11:15am Fellowship 11:30am Choir	<b>25</b> 8pm: AA	<b>26</b> 10-2pm Upper Room 12pm NVCBible Study	<b>27</b> 10-2pm Upper Room 9:30-noon: SFB  8pm: AA	<b>28</b> 6p: <i>Lenten Soup Supper &amp; Worship</i>	<b>29</b> 9:30-noon: SFB	<b>30</b> 10-2pm Upper Room 3pm: 1 <sup>st</sup> Communion Session 5pm: Worship!
<b>31 Lent 4</b> 9am SS /Bible Study 10:15am Worship 11:15am Fellowship 11:30am Choir		 delivered Tuesdays usually before 11am	Upper Room Thrift Shop Church of the Epiphany: Tues, Wed, Sat 10am – 2pm	 THE FORTY DAYS OF LENT		

# 2019