

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

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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

APRIL, 2019

THE EPISTLE

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

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Holy Week & Easter

ST. JAMES LUTHERAN CHURCH

111 Peter Road, Southbury, CT 06488

203.264.6446

www.stjamesct.org

email: 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
Sunday Worship with Holy Communion	10:15am
Saturday Worship with Holy Communion	5pm
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 May, 2019 issue of The Epistle is **April 15th**.
Please send submissions to Genie Bisch (stjames@snet.net)
and Pastor Scott (scottnessel@yahoo.com). Thank You.

SERVING IN WORSHIP: April, 2019: THANK YOU!

	April 7 Lent 5	April 14 Palm/Passion Sunday
Asst. Minister	Neil Johnson	Curt Haedke
Communion Asst.	Diane Iannini	Judy Katzmark
Lector	Judy Katzmark	Diane Iannini
Cantor	Neil Johnson	Judy Katzmark
Acolyte	Ernie Danek	Emma Bensley
Usher	Bob Morrison	Ed Danieli
Coffee Hour	Donna Peterson	Kuo Family
Counters	Neil & Bob	S & J Kelbley
	April 21 Easter Sunday	April 28 Easter 2
Assisting Minister	Lynn Morrison	Liz Skinski
Communion Asst.	Liz Skinski	B. Manville
Lector	Kate Johnson	B. Manville
Cantor	Lucia Dressel	Karen Lampiasi
Acolyte	Evelyn Kuo	Emilie Ulc
Usher	Jay Kuo	Gary Kline
Coffee Hour		
Counters	J & D Kuo	Neil & Bob

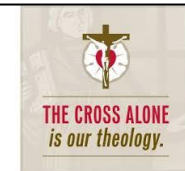
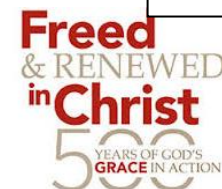
Our VISION Statement: We envision St. James Church as a growing, Christ-centered community entering new space: to reach out to all people on a journey of faith; to glorify God through inspired worship, intergenerational fellowship; and to addressing human needs in Jesus' name.



St. James Church

New England Synod

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



HOLY WEEK



WORSHIP SCHEDULE

Sunday, April 14, 2019: Palm / Passion Sunday

- Sunday School Palm Sunday Craft, 9am;
Confirmation class “rehearses” for their part in worship
- Palm / Passion Sunday Worship, 10:15am;

Thursday, April 18, 2019: Maundy Thursday

- Worship at 12 noon (chapel) and 7pm
- Laying on of Hands / Individual Absolution
- Holy Communion
- Foot Washing
- Stripping of the Altar

Friday, April 19, 2018: Good Friday

- Faith Walk 10am starts here at St. James Church
- Tenebrae Worship at 4pm & 7pm
- Passion according to St. John

Saturday, April 20: Holy Saturday

- Saturday Worship at 5pm

Sunday, April 1, 2018: Easter Sunday / The Resurrection of Our Lord

- Early / Sunrise Worship with Holy Communion
(outdoor or indoor chapel) 7am
- Egg Hunt 9:30am
- Worship with Holy Communion 10:15am

Join Us. All are Welcome.

A MESSAGE FROM PASTOR

Dear friends and members of St. James Church,

Have you ever played an accordion?

We have four Sundays in April, two are in Lent (and Holy Week) and two are in Easter.

So two of the weeks are like a closed accordion. We are bringing in the idea of cleansing, thinking about our place in God’s heart, trying to find a way to give alms and fast from indulgence, and practicing a discipline of Lent where we look as much in as we do anywhere else.



And then two of the weeks of April this year are in Easter! Wide open and in all their glory, we no longer squeeze in but open out with sound of joy and the victory of God! Two weeks in, two weeks out. Two weeks closed and two weeks as open as open can be.



What a great month. If only all of my months were that balanced. In Lent we not only find our place in God’s heart but we reflect on God’s place in our heart. Then in Easter we see the true heart of the matter, the resurrection and empty tomb where we are wide open, and healed, for the work of the Holy Spirit and the blessings of God.

Wishing you a Blessed Lent and Happy Easter.

I Love you, Peace, Pastor Scott



Join Us for Saturday, 5pm Worship

- “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
April 13, 2019
*For Indoor /
Outdoor*
Clean-Up Day
8am-2pm

Please bring rakes, leaf blowers, etc.

COME JOIN US!!

WE NEED YOUR HELP



St. James is hosting a
HOMEFRONT
Volunteer Meeting on
Thursday, April 11, 7pm
in the Outreach Center
/Fellowship Hall



HOMEFRONT DAY is Saturday, May 4.



Bishop
Hazelwood's
recent Blog:

www.bishoponabike.com

Update # 2 - The Social Media Fast and the New

Zealand Mosque Attack *I'm now a full two and a half weeks into my fast from Social Media. A few random thoughts:*

1. The fact that Facebook, You Tube etc were used as vehicles of communication around the Terror attack at a Mosque in New Zealand is indicative of how far we have come from the early days of social media. What was originally a platform for sharing of news about ones friends, has now moved to a forum for the spread of hate speech (I signed up for Facebook in 2007 to view photos and updates of my son's year abroad in Argentina). This most recent and tragic event, is yet another example of how antisocial Media tools are being weaponized to spread vicious lies and horrific hate speech.*
2. I genuinely wonder about it's overall value in my life.
3. For the most part I'm not missing Facebook, Twitter, etc. Though I admit the photo based Social media platform Instagram is the one forum I am most tempted to engage.
4. Because I've removed all the apps from my phone, my screen time usage is down 50%.
5. The extra time I now have means I'm engaging in more reading and more writing.

While I'm still planning to return to some modified and lightened use of Social Media when this fast is concluded on Easter Sunday, I currently am harboring even deeper suspicions of what positive use it may have in my work and personal life.

*To be clear, I have not watched any of the online videos but read about this in the [Boston Globe](#).

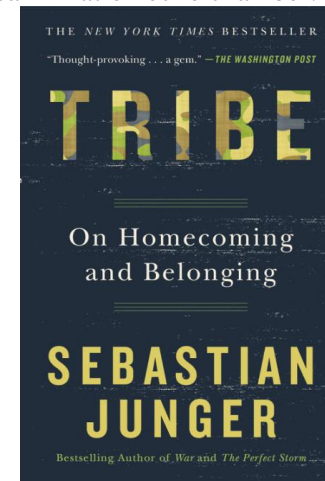


Bishop
Hazelwood's
recent Blog:

www.bishoponabike.com

Tribe by Sebastian Junger

Sebastian Junger, New England native and bestselling author of The Perfect Storm, has penned a fascinating quick read in Tribe. The book explores the way in which modern US American society is structured in an inhospitable manner. He uses both Native American Indian encounters with white Europeans in the 1700's as well as returning veterans from recent wars to drive home his point. This book weaves in some new perspectives that most people who read this blog would not normally encounter. That alone makes it worth the read. Want to understand why men are not in our congregations? Want to get a glimpse into evolutionary forces that help explain genuine community? Want to understand how the legalism on both the left and the right are tearing a part culture, society and democracy? This book will force you to reexamine some of your foundational beliefs. But, I'd only read it if you want that challenge as it's not for those who wish to continue in a kind of reaffirmation echo chamber.





ELCA Conference of Bishops issues statement on Venezuela

The Conference of Bishops of the Evangelical Lutheran Church in America (ELCA) stands with and holds up in prayer the people of Venezuela during the current multifaceted crisis within their nation. We care about the consequences of this crisis as already felt in neighboring countries and about its wider impact on international peace and security.

We fervently support our companion church the Evangelical Lutheran Church in Venezuela (IELV) and second the call from the Rev. Dr. Nestor Friedrich, vice president of the Lutheran World Federation (LWF) for Latin America and the Caribbean Region, for "a negotiated, peacefully constructed resolution" of the crisis. (Letter from the Rev. Friedrich to IELV Pastor President the Rev. Gerardo Hands, January 31, 2019.) In that regard, and in light of the history of U.S. military interventions in Latin America, we are concerned about statements from the U.S. presidential administration that do not rule out military options. We also support the LWF statement, issued on January 29, 2019, that notes the hazards of "external interference, including threat of intervention and military action" and the benefits of utilizing "the existing multilateral UN and Organization of the American States mechanisms to peacefully address the current crisis in the country" and to "provide humanitarian assistance to the people of Venezuela."

In view of the crisis, the ELCA Conference of Bishops joins the LWF in calling on all parties to respect internationally recognized human rights, in calling for a halt to the deportation of Venezuelans currently in the U.S and in calling for a new presidential election in Venezuela as soon as possible, one that will be administered by new electoral authorities, conducted under international supervision, and overseen by a neutral government.



We affirm the ways that our church has already been assisting Venezuelans within and outside their country through our ELCA International Disaster Fund, including the following support offered:

- to the Evangelical Lutheran Church in Venezuela, to distribute food at its children's home, its preschool and the food pantries of its congregations;
- to the United Evangelical Lutheran Church (IELU) in Argentina and Uruguay, to assist Venezuelan migrant families arriving in Posadas, Misiones, Argentina;
- to the Evangelical Lutheran Church of Colombia (IELCO), to create a humanitarian assistance center for Venezuelan migrants in Colombia;
- to Educación Popular en Salud (Popular Education in Health), to provide humanitarian health assistance to Venezuelan immigrants in Chile;
- to the World Association for Christian Communication, to respond to the Venezuelan migration crisis in Colombia;
- to the LWF-World Service office in Colombia, to provide humanitarian assistance and protection to Venezuelan migrants in Saravena-Arauca settlements; and
- to Lutheran World Relief in Peru, to assist in providing humanitarian assistance to and advocating for migrant rights for Venezuelans in Peru, in partnership with Iglesia Luterana del Perú.

We also affirm with gratitude the other significant work being done by our companion churches and their partners in Colombia, Peru, Chile and Argentina as they receive and support refugees from Venezuela.

Cognizant of Venezuela's location in the Caribbean Basin, we remember our **Churchwide Blueprint for Action in Central America and the Caribbean** (adopted by the ELCA Church Council in 1990), which calls us to "work for justice and peace, including supporting a negotiated solution to the conflicts, ending all U.S. war-related aid to the region, and advocating for unrestricted humanitarian assistance."



The PreSchool would like to thank you for the continued support of our program. Through “Cards for a Cause” we raised

\$840

for our Scholarship Fund.

THANK YOU!!!



Naugatuck Valley Conference
Women of the ELCA
Spring Gathering 2019

“A Path to Peace & Wholeness”
Saturday, May 18, 2019, 9am-2pm
at Immanuel Lutheran Church
25 Great Hill Road, Oxford, CT



Sign-Up Sheets / Registration Forms are available in the Gathering Area.



Volunteer Opportunities
7th Annual Harvest Walk to End Hunger
Saturday, September 15th 1pm
Mitchell Elementary School, Woodbury

Faith Community Liaisons

- Publicize the event within your faith community (posters, bulletin inserts, pulpit announcements)
- Recruit Walkers (Youth Groups are Great!) + There is special pricing for groups
- Attend an event planning meeting in May

Sponsor Solicitations (2 volunteers from each town)

- Send letters to prior (listed below) and prospective sponsors (including faith communities and businesses in Southbury and Woodbury). Documentation, supplies, and postage will be provided.
- Follow-up after letters have been sent and invite them to walk with us!

Social Media Manager

- Create engaging posts on SWIM social media channels (Twitter, Instagram, Facebook) to market Harvest Walk To End Hunger in our community

Event Day Volunteers

- Registration (4 volunteers)
- Hospitality (2 volunteers)
- Distribution of Hunger Fact Signage (2 volunteers)
- Setup/Cleanup (2 volunteers)
- Food Donation Pickup (2 volunteers)

Want to Help?

See Pastor Scott



2018 was a record-breaking year for the Southbury Food Bank!!

We served over **200 households** in Southbury and provided **38,484 meals** to our neighbors in need!

In addition, through our Summer Lunch Program for Region 15 students, we provided **2644 healthy lunches to students** who received free or reduced-price lunch during the school year! 60% of those we currently serve are seniors (60+). This population is very hesitant to ask for help, however, through our outreach efforts we are making a difference in the lives of this at-risk population.

How Can Your Faith Community Help?

- **Join our Adopt-A-Shelf Program** and commit to stocking a shelf at the food bank each month. Many faith communities already participate and it has made a huge impact on our monthly stocking needs! We even have families that stock a shelf as this can be done for as little as \$40.00-\$50.00 per month (depending on the item)
- **Walk With Us To Raise Awareness About Hunger In Our Community** – The 7th Annual S.W.I.M. Harvest Walk To End Hunger will be held on Sunday, September 15th (this year in Woodbury starting at Mitchell Elementary School). September is Hunger Action Month and what better way to raise awareness and funds for our local food banks!
- **Look For Our Critical Needs Tags** on the shelves at Stop-n-Shop and Shoprite and donate an item or two when you shop and place in our blue donation bins as you exit the store
- **Shop For Fresh Produce** and drop it by the food bank on Tuesday, Wednesday, or Friday mornings between 8:30am-9:30am (Apples, Bananas, Broccoli, Carrots, Oranges, Grapes are some wonderful choices!)



Follow Us On Social Media – Like our page on Facebook or follow us on Twitter or Instagram to keep informed of our nee



The children had great fun exploring the snow and ice! They felt the different textures, examined them with magnifying glasses and even painted on them with water colors. We are having fun learning about rainbows and spring!

Block Building



Making a Rocket out of a box



Painting on snow



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

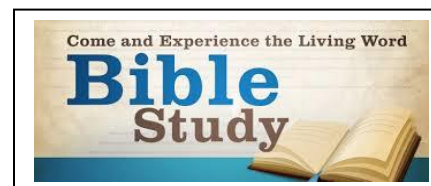
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The Toby Center
For Family Transitions

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.

XXXXX



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



Our annual Pancake supper was a success as always! We had an excellent turnout for both attendees and help. Special thanks to the Bedards for all their planning,

setup and making sure we all had enough to eat, as well as being our Hostess's for the event. The Kuo's kindly provided homemade syrup that gave us that extra special flavor. Additional thanks to all who participated in shopping, setup and cooking. Let the pictures speak for themselves.

PS. We have Movie Night on April 5 at 6:30, we're showing Prince of Egypt; and don't forget to sign up for Talent Night Friday, April 26th at 6:30pm. Join Us, All are Welcome!





**Apple-A-Day:
Alzheimer's
Disease, An**

The CDC reports 1 in 10 Americans over age 65 have Alzheimer's disease. Fifty

percent of those are over 85 years old. Eighty one percent are over age 75. In the US it is the 5th leading cause of disability. Women are more affected. Two thirds are women. The lifetime risk for women is one in six or 17 percent, compared to breast cancer for women which is one in eleven. The famous Framingham heart study shows women have less heart disease, therefore they live longer and have an increased risk of Alzheimer's. More than 60 percent of Alzheimer's caregivers are women. African Americans and Hispanics are more frequently affected .

Alzheimer's is a progressive, degenerative disorder that attacks the brain's nerve cells resulting in loss of memory, thinking, language skills and behavioral changes.

Normal aging and cognition studies show intellectual capacity and memory does not normally decline with age. There is a decrease in the speed for encoding and retrieving information with no change in accuracy. The risk factors for dementia include aging, family history, head injury and fewer years of education. Mayo clinic researchers found an 89 percent increase in risk of dementia from patients who derived most of their calories from carbohydrates. Good levels of Vitamin D are linked to reduced risk of Alzheimer's. Studies also show yoga, walking, meditation, Tai Chi, and spiritual activities can decrease inflammation processes related to Alzheimer's disease. Cognitive stress is linked to oxidation stress and telomere(part of chromosome) shortening.

There are medications such as Aricept and Namenda in use that decrease progression of Alzheimer's disease for the short term, about 6 months. There are other cognitive enhancers such as estrogen, NSAIDS, ginkgo biloba, NSAIDS and Vitamin E. In research studies Super Mario gaming , 3D platform games and piano playing show benefit to a healthy gray matter in the brain. Many researchers believe buildup of amyloid in the brain holds the key to preventing Alzheimer's. A class of antidepressants called SSRI's lowered amyloid plaque levels in early studies.

Using your memory promotes maintenance and strength of recall. Exercising on a regular basis to benefit your heart and blood vessels nourishes the vessels in your brain also. Participating in stimulating and engaging activities can help sustain brain function. --Diane Iannini, Parish Nurse



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	Rose Danieli
Chris Best	Margaret Butts	Andrew Hubina
Robert Kohler	Steffi Spath	Angel Guel



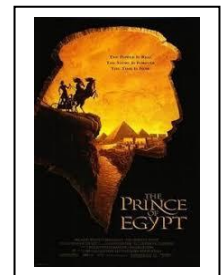
Please also keep Matt Cheatham, Wilson Owens, Timothy Elwell, Seth Lash, Stephen Danek, and all those who serve in the military, in your prayers.



We also pray for All the Saints, especially Peter Katzmark, Logan Mengold, Barbara Galvin, George Hauck, and all those who mourn the loss of a loved one.



**Join Us For
Youth & Families Movie Night:
The Prince of Egypt
April 5, 6:30pm**



April 26, 6:30pm


April



St. James Church

Evangelical Lutheran Church in America

God's work. Our hands.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Holy Communion is served at all Saturday & Sunday Worship Services</i>	1 8pm: AA	2	3 8pm: AA	4 10:30am Worship at Lutheran Home <i>Lent Soup Supper</i>	5 9:30-noon: SFB 6:30pm: Y&FM Movie Night	6 9am: Joy of Spring Recital 10-2pm Upper Room 5 pm: Worship!
7 Lent 5 9am SS /Bible Study 10:15am Worship 11:15am Fellowship 11:30am Choir	8 1pm: SWIM 7pm Parish Support 8pm: AA	9 10-2pm Upper Room 10:30am: SWIM 12pm NVCBible Study 1pm Ladies Fellowship 7pm Church Council	10 10-2pm Upper Room 9:30-noon: SFB 10:30 & 11 Worship at the Watermark 7pmWorship &Music 8pm: AA	11 12noon Woodbury Clergy <i>Lent Soup Supper</i> 7pm HomeFront Volunteer Meeting	12 9:30-noon: SFB	13 <u><i>Clean-Up Day</i></u> 10-2pm Upper Room 9:30-noon: SFB 5 pm: Worship! 5:30pm Caparella/ Banskt Wedding
14 Palm Sunday 9am SS /Bible Study 10:15am Worship 11:15am Fellowship 11:30am Choir	15 8pm: AA <i>May Epistle Contributions Due</i>	16 10-2pm Upper Room 12pm NVCBible Study	17 10-2pm Upper Room 9:30-noon: SFB 7pm: <i>Fall Fest Plann.</i> 8pm: AA	18 <i>Maundy Thursday</i> 10:30amSby Clergy 12noon: Worship 7pm: Worship	19 9:30-noon: SFB 10am Good Friday Faith Walk 4pm: Worship 7pm: Worship	20 10-2pm Upper Room 5 pm: Worship!
21 Easter Sunday 9am SS /Bible Study 10:15am Worship 11:15am Fellowship 11:30am Choir	22 8pm: AA	23 10-2pm Upper Room 12pm NVCBible Study 7pm: James Mins.	24 10-2pm Upper Room 9:30-noon: SFB 8pm: AA	25 10:30am Sby Clergy	26 9:30-noon: SFB 6:30pm: Y&FM Talent Night	27 10-2pm Upper Room 9:30-noon: SFB Recital 2-4 pm 5 pm: Worship!
28 Easter 2 9am SS /Bible Study 10:15am Worship 11:15am Fellowship 11:30am Choir	29 8pm: AA	30 10-2pm Upper Room 12pm NVCBible Study	Upper Room Thrift Shop Church of the Epiphany: Tues, Wed, Sat 10am-2pm	 <i>delivered Tuesdays usually before 11am</i>	Southbury Food Bank (SFB): 9:30-12 noon Wed & Fri plus 2 nd and 4 th Sat	2019