

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

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

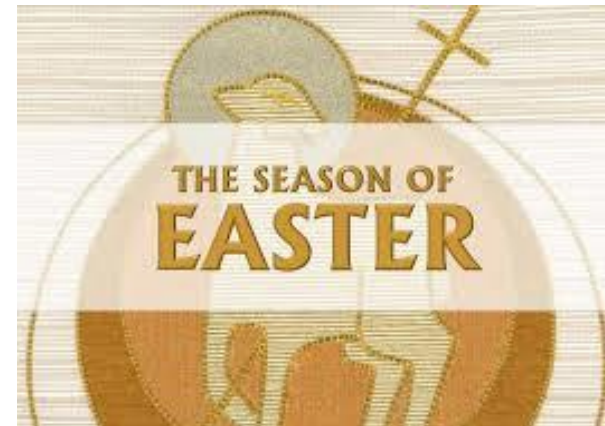
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MAY, 2019

THE EPISTLE

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



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.

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, <i>Council President</i>	203.264.4980
	Karen Lampiasi	203.586.1492
	Elizabeth Goehring	203.819.3135
Parish Outreach Teams	Tim Peterson, <i>Council Vice-President</i>	203.442.3705
	Jacque Matthew	203.233.9581
	Denise Kuo, <i>Council Secretary</i>	203.405.1137
	Kathy Bocci	203.695.5180
	Michaela Bedard, <i>Younger Person Rep.</i>	203.267.1066
	Richard Manville, <i>Treasurer</i>	203.232.8099
	STAFF & MINISTRIES	
Genie Bisch	<i>Parish Secy., Preschool Admin. Asst.</i>	203.264.6446
	<i>M,T,Th 3-5:30pm; Fri. 7:30-10:30am</i>	
Leslie Broch	<i>Director, St. James PreSchool</i>	203.264.6448
John Dressel	<i>Director of Music</i>	203.758.8963
Tammy Faulkner	<i>Coordinator, Youth&Family Ministries</i>	203.267.6097
Gail Fay	<i>Assistant Treasurer</i>	\$\$ 203.264.1362
Erwin Weissmann	<i>Financial Secretary</i>	\$\$ 203.264.7563

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

SERVING IN WORSHIP: May, 2019: THANK YOU!

	May 5 Easter 3	May 12 Easter 4
Asst. Minister	Lynn Morrison	Neil Johnson
Communion Asst.	Diane Iannini	Judy Katzmark
Lector	Liz Skinski	Lucia Dressel
Cantor	Marion Allen	Neil Johnson
Acolyte	Emilie Ulc	Ernie Danek
Usher	Bob Morrison	Ed Danieli
Coffee Hour	The Siegles	
Counters	J & D Kuo	S & J Kelbley
	May 19 Easter 5	May 26 Easter 6
Asst. Minister	Barb Manville	Jim Mix
Communion Asst.	Liz Skinski	Lynn Morrison
Lector	Michaela Bedard	Marylee Siegle
Cantor	Judy Katzmark	Lucia Dressel
Acolyte	Emma Bensley	Evelyn Kuo
Usher	Jay Kuo	Gary Kline
Coffee Hour		
Counters	Neil J / Bob M	Gale & Jim Mix

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.

Sense God's Love



July 29-August 2



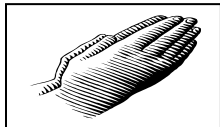
In Our Prayers



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
Steffi Spath	Lenora White	Darice Peruch
Elsa Bowen	Sally Katzmark	Diane Duffy
Jane Breen	Richard Bowen	Mickey Campanile
Fred Wuensch	Rebecca Scalera	Sue Bormolini
Richard Prisco	Vinnie Carbone	Karl Faulkner
Margaret Greenman	Lucy Dee	Rose Danieli
Vicky Manville	Stanley Ulc	Andrew Hubina
Margaret Butts	Angel Guel	Robert Kohler



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 Christina Posca, Gustavo Loshovio, James Powell, Peter Katzmark, Logan Mengold, Barbara Galvin, George Hauck, and all those who mourn the loss of a loved one.

✠✠✠✠

Thanks



Thank You to our recent Coffee Hour Hosts:

Donna Peterson

The Kuo Family

James Ministries

What a Blessing!!

JOIN US FOR
COFFEE
AND
FELLOWSHIP



A MESSAGE FROM PASTOR

Dear friends and members of St. James Church,
Christ is Risen Indeed! Alleluia!

Grace and peace to you in the name of our Risen Lord, Jesus Christ. Amen.

Lent, Holy Week, and Easter here at St. James Church have been such a blessing for me and I hope for you. Beginning at the Shrove Tuesday Pancake Supper we started a journey through Lent, in worship, in prayer, in life, and in ministry.

You could say it was a journey **to** the heart. Or was it a journey **through** the heart? Honestly, I think it was both.

It was a journey **to** the heart of God—relishing on Easter morning in the power of the empty tomb is also coming to grips with our place in God's heart. Just where we stand in God's heart for Jesus to do what he did; it is a journey **to** the heart of God.

But that journey **to** the heart of God took its path **through** our own hearts. In Lent we not only learn our place in God's heart, but we also learn God's place in our heart. Maybe we don't like what we see along the way. For me it's a prayerful journey, repentant and humbling.

The journey **to** God's heart ended in true, pure, and perfect victory in the risen Christ. The journey **through** my heart had a few twists and turns, *but a journey to God's heart is forgiveness throughout mine.* Now in the miracle of Easter even a journey of our hearts includes stops along the way like, mercy, grace, and love for one another.

And the journey started on Ash Wednesday with Psalm 51: "Create in me a clean heart, O God, and put a new and right spirit within me." Well that is exactly what happened. **To and through** the heart.

Wishing you a Happy Easter Season, grateful for you.
I Love you, Peace, Pastor Scott



Join Us for Saturday, 5pm Worship

- “Praise” Worship with Holy Communion
- Mostly Piano-led
- about 30 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

HomeFront Project Update

HOMEFRONT DAY IS MAY 4, 2019

It's not too late!!! If you forgot to sign up for Homefront Day to be held on Saturday, May 4th you can still join us!! Contact this year's Volunteer Coordinator, Joe Battaglia, (203)264-4613, joeibatts@gmail.com or homefrontsofia@gmail.com for the last minute info and directions. We will begin work at 7am on Saturday, May 4th.



All with willing hearts and hands who are over the age of 14 are encouraged to join us! Carpenters especially are needed. If you are under the age of 17 we will need a permission slip signed by your parents.



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



Women of the **ELCA** 

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



Apple-A-Day: **Atrial Fibrillation and Strokes**

Strokes don't just happen to older people. The Centers for Disease Control (CDC) states that 34 percent of people hospitalized for stroke in 2009 were less than 65 years old. Atrial fibrillation increases with age. About one percent of individuals with atrial fibrillation are less than 60 years old. Twelve percent are between the ages of 75 to 84. Atrial fibrillation is an irregular heart rhythm that increases your risk of stroke five fold. Stroke risk increases with advancing age. Symptoms of atrial fibrillation are palpitations, chest discomfort, fatigue, dizziness and shortness of breath. For about 20 percent of people with atrial fibrillation, a stroke is their first sign of the irregular rhythm. Signs of stroke are sudden weakness, numbness, speech difficulty, vision loss or severe headache.

The acronym "FAST" is used to remember symptoms.

F = facial droop

A = Arm weakness

S = slurred speech or difficulty speaking,

T = time these events occur.

A stroke study showed that patients with a Cat Scan to diagnose damaged brain tissue followed by clot removal within 16-24 hours of initial stroke symptoms improved patient recovery. Thus it is important for quick transport to a hospital facility when the first signs of stroke develop.

Risk factors for stroke in general are high blood pressure, high cholesterol, diabetes, atrial fibrillation, smoking and obesity. Life style modifications influencing diet and exercise can definitely lessen your chances of cardiovascular events such as stroke and heart attack.

--Diane Iannini, Parish Nurse

Dear St. James Church Family,

We are excited to share that our church now has access to an extensive, new video library called **RightNow Media!**

Its like the "Netflix of Video Bible Studies" and has a HUGE library of faith-based videos that you can access whenever and wherever you want—on your phone, iPad, computer, or at home on your TV.

As a church staff, we're always looking for ways to help you develop and strengthen your faith. We believe that RightNow Media will be a tool to serve you as you live out your faith at home, at work and in your neighborhood.

RightNow Media has videos for everyone—kids, youth, parents, married couples, college students, single adults, working professionals—all aimed at helping you grow.

Accessing this library is easy to do, all you need is:

1. Sign up your email on the Right Now Media email list in the Gathering Area, or contact Tammy Faulkner at stjamesyafm@gmail.com.
2. Within a week, you will receive an official invitation email to give you FREE access to RightNow Media.
3. Once you find the email, simply click the link, sign up for an account, and you're all set to explore more than 20,000 videos.

We pray that RightNow Media will be a blessing for you and your family!

God's Peace, Youth and Family Ministries





Easter Flowers

*The 2019 Easter Flowers are given to the
Glory of God by the following:*



The Bisch Family- To the glory of God in memory of our Loved Ones.

Steve & Ann Danek - To the glory of God in memory of the Parents of the Danek family.

Margaret Greenman – To the glory of God in memory of Mother, Brother, and Uncle.

Diane Iannini- To the glory of God in memory of Alice and Peter Mladjen & Craig and Lauren Scott.

Paul & Judy Katzmark- In Thanksgiving to God for our many blessings.

The Kelbley Family - In Thanksgiving to God for our many blessings.

Gary Kline - To the glory of God in memory of Gary Kline, Loretta Kline, and Robert Austin.

Richard and Diana Larson- To the glory of God in loving memory of Sven & Ellen Larson and Hans & Erna Polley.

Jacque Matthew & Family - To the glory of God in memory of Sonia Matthew.

Pastor Scott Nessel- To the glory of God in honor of our St James family.

Gregory Pesce & Donna Peterson- To the glory of God in honor of Anne Peterson; Betsy and Lou Pesce.

Priscilla Terhune – To the glory of God in memory of David Terhune.

The Ulc Family- In Thanksgiving to God for our many blessings; To the glory of God in memory of loved ones; To the glory of God in honor of our parents.

Cathy & Erwin Weissmann- To the glory of God in memory of Loved Ones.

G & L White Family- To the glory of God in memory of Anna & Kurt Weiss and Helen & Gene White.

COME
PAY IT FORWARD
AT
NEWBURY PLACE!



TO BENEFIT ST. JAMES PRE-SCHOOL
SCHOLARSHIP FUND

WHEN: FRIDAY, MAY 17TH
9:30AM - 5:30PM

WHERE: NEWBURY PLACE
41 OAK TREE ROAD
SOUTHURY, CT.

AS YOU SHOP FOR SWEET AND SENTIMENTAL GIFTS FOR
YOUR LOVED ONES, PLEASE MENTION ST. JAMES PRE-
SCHOOL AND A PORTION OF THE PROCEEDS WILL BE
DONATED TO ST. JAMES PRE-SCHOOL SCHOLARSHIP FUND.



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

Join Us at a Volunteer Meeting
Thursday, May 23, 6pm
St. James Lutheran Church
111 Peter Road, Southbury

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)

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 needs.



*Join Us For These
Planning Meetings:*

**I ♥
VBS™**

***VBS
Planning Meeting
May 15, 7pm***

***Fall Fest
Planning
Meeting
May 16, 7pm***



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

✘✘✘✘



THE
LUTHERAN
WORLD
FEDERATION

*James Ministries has shipped out 24
Health Care Kits for LWF.*

Thank you for your help!

*As we put together our next wave of
Health Care Kits, we can use dark
colored bath towels. Thanks!*

✘✘✘✘

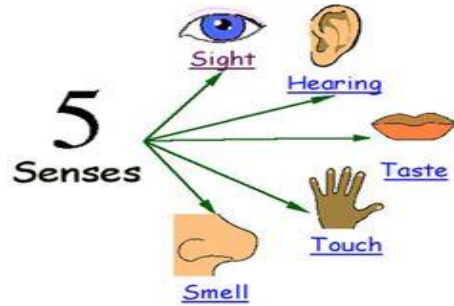
*Have you noticed the new chairs in
the Fellowship Hall / Outreach
Center?*

*We'd like to get 50 more.
We have received an anonymous gift
that will match up to \$500 for new
chairs, basically covering the cost.*

*Simply note "chairs" with any gift.
Thank You!!*



You're Invited!
St. James Lutheran Church
Vacation Bible School



"Sense God's Love"

Who: Kids aged 4 through entering 8th grade in Fall 2019
Youth entering 7th and 8th grade are invited to our leadership track!

When: July 29-Aug 2, 9am - 12pm each day
Join us for a picnic celebration Friday afternoon

Where: St James Lutheran Church;
111 Peter Rd, Southbury, CT 06488

Cost: FREE!!

*Sense God's Love through stories in the Bible showing how using the five senses, hear, smell, taste, feel and see, brings us closer in our connection with God!
Each day will have science, games, crafts, music, and more!*

To register please complete the form and either mail to
St James VBS; 111 Peter Rd, Southbury, CT 06488; email to stjamesyafm@gmail.com Or register online at www.stjamesct.org

Contact Tammy Faulkner with any questions:
stjamesyafm@gmail.com,
203.264.6446 church or (203)512-4471 cell

**Registration for Vacation Bible School
at St. James Lutheran Church, Southbury**

Child's Name: _____

Grade entering fall 2019: _____

Address: _____

City, State, Zip: _____

Phone: _____

E-mail: _____

This child _____ does _____ does not attend a church or Sunday School.

List name of home church: _____

Days Child Plans to Attend (circle): M T W R F

Known allergies or other concerns: _____

Parent/Guardian's Name: _____

Daytime Contact Phone: _____

Emergency Contact and Phone Number: _____

Parent/Guardian Signature: _____

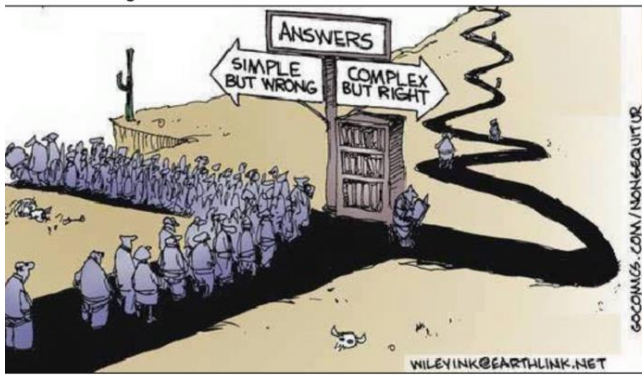
Date: _____



Bishop Hazelwood's recent Blog:

www.bishoponabike.com

Reflections on a Social Media Lenten Fast *Back From the Social Media Lenten Fast*



It began as an experiment for the season of Lent. I could sense my growing agitation with Twitter and Facebook. I had a friend who practiced a Lenten Fast of various

technologies throughout the years. One year he left all television watching, another year he washed dishes by hand instead of the automatic dishwasher. The purpose was to learn something. He wasn't particularly religious in his approach. Instead, it was an attempt to see what would shift in his mind.

Then I came across Cal Newport's new book, Digital Minimalism. He described the intentional manipulation of users of the various Social Media tools, especially Facebook. In particular, Newport points to the fundamental shift that occurred when Facebook introduced the "Like" button. What the company discovered was a dramatic increase in screen time. People were staying on Facebook longer or returning more frequently because they were curious about how many "likes" they received. Similar to the pavlovian response of mice, we users were being lured into a little drip of dopamine. This feel-good chemical reaction leads all of us to stay on the platform longer and longer times.

Then it hit me. Lent is the perfect time for a Fast. For six weeks I would leave Twitter, Facebook, and Instagram. I removed these three social media tools from my iPhone and the links from my laptop browser.

Today, I make the return, but my use will be different. Here's a summary of what I learned and how I'll use these tools going forward.

First, I realized that going Cold Turkey was right for me. I need a purge, a sort of cleansing. If I'd attempted some gradual decrease, I don't think I would have noticed any change.

The second discovery centered around the amount of time I had been spending on these social media platforms. The latest iPhone operating system has a clock that indicates how much time you are spending on your phone. Here's how to see what you are doing. What I quickly discovered is that in my first week of my fast, I gained close to two and a half hours.

That's a stunning revelation. 2.5 hours of my day, was spent on my phone. Now to be clear, it wasn't just Facebook & Twitter. I had also removed all of my News Apps, which I had been compulsively checking. You think, "oh, I'll just check a few headlines for just a minute." But, next thing you know, a half hour disappeared from my life. In the six weeks of this Social media and other app use Fast for Lent, I figure I gained 105 hours or close to four and a half days. Yikes! That's a frightening number, and I now realize the claws this thing has in me. Learning about all this lost time has a significant impact on how I will use my phone going forward, which I'll describe below.

Third, my angst has declined. Yes, my overall anxiety about life, work, and the world is reduced. Twitter, in particular, has a way of getting me all tied up in knots. Partly, that's my fault since I have used it in the past as a venting tool about the state of US American politics. When you vent online people respond to those provocations with their own equally hostile posts. But, even beyond that, I find I'm generally more focused on what I believe, what I can control and not control, and generally more at peace with myself. Don't misread this section. I'm still incredibly frustrated with the state of US American politics, the attacks on constitutional principles and the coarseness of rhetoric particularly by this current occupant of the White House.

So where am I going with my online life? Here are three changes.

1. I'll return to Facebook, Instagram, and Twitter but my use will be different. I'll post less frequently, and only from my computer.
2. The apps are staying off my phone permanently. I'm turning my phone back into its original purpose: Telephone calls, texting and an iPod for listening to Music, Podcasts and Audio Books.
3. I plan to write longer form articles. I will post these writings on my website, instead of 240 characters or just sharing something written by someone else. I'll provide links to these blog posts and articles on Social Media. The goal is to be substantive.

The overall goal here is to use these social media tools, rather than be used by them.

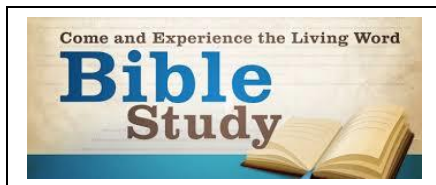
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The Toby Center
For Family Transitions

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.

✠✠✠✠✠



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



First Holy Communion

March 31, 2019

*Our First
Communion Class
of Abigail Lyons,
Madeline
Colasanto, and
Jose Alvarado,
made Communion
Bread on Saturday
that we would use
in worship for two
weeks.*



*Then it was the big day!
Congratulations and
Blessings!*


May



St. James Church

Evangelical Lutheran Church in America

God's work. Our hands.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Southbury Food Bank (SFB): 9:30-12 noon Wed & Fri plus 2 nd and 4 th Sat	Upper Room Thrift Shop Church of the Epiphany: Tues, Wed, Sat 10am-2pm	 <i>delivered Tuesdays usually before 11am</i>	1 7pm: NVP Hospital Meeting 8pm: AA	2 10:30am Worship at Lutheran Home	3 9:30-noon: SFB	4 HomeFront Day!! 10-2pm Upper Room 5 pm: Worship!
5 Easter 3 9am SS /Bible Study 10:15am Worship 11:15am Fellowship 11:30am Choir	6 8pm: AA	7 10-2pm Upper Room 10:30am: SWIM 12pm NVCBible Study	8 10-2pm Upper Room 9:30-noon: SFB 10:30 & 11 Worship at the Watermark 7pmWorship &Music 8pm: AA	9 12noon Woodbury Clergy	10 9:30-noon: SFB	11 10-2pm Upper Room 9:30-noon: SFB 5 pm: Worship!
12 Easter 4 9am SS /Bible Study 10:15am Worship 11:15am Fellowship 11:30am Choir	13 7pm Parish Support 7pm SWIM 8pm: AA	14 10-2pm Upper Room 12pm NVCBible Study 1pm Ladies Fellowship 7pm Church Council	15 10-2pm Upper Room 9:30-noon: SFB 7pm: VBS Meeting 8pm: AA <i>May Epistle Contributions Due</i>	16 10:30amSby Clergy 7pm: Fall Fest Planning	17 9:30-noon: SFB	18 10-2pm Upper Room 5 pm: Worship!
19 Easter 5 9am SS /Bible Study 10:15am Worship 11:15am Fellowship 11:30am Choir	20 8pm: AA	21 10-2pm Upper Room 12pm NVCBible Study 7pm: James Mins.	22 10-2pm Upper Room 9:30-noon: SFB 8pm: AA	23 10:30a Sby Clergy 6pm SWIM Volunteer Meeting	24 9:30-noon: SFB	25 10-2pm Upper Room 9:30-noon: SFB 5 pm: Worship!
26 Easter 6 9am SS /Bible Study 10:15am Worship 11:15am Fellowship 11:30am Choir	27 <i>Happy Memorial Day</i> 8pm: AA	28 10-2pm Upper Room 12pm NVCBible Study 7pm James Ministries	29 8pm: AA	30 <i>The Ascension of Our Lord</i>	31	<div style="background-color: black; color: white; text-align: center; padding: 20px; font-size: 2em; font-weight: bold;">2019</div>