



From the Rector

JOSH HOOVER; ext. 7222;
josh@stjamesbirmingham.org

I am delighted to inform you that, with Bishop Gibbs' permission, Pastor Chris Gannon took an important step in her spiritual journey this week and formally entered the process for ordination to the priesthood in the Diocese of Michigan.

This is a long process with many twists and turns, so it is important to tell you that everything else that I write in this article is all based on the assumption that things go well. Throughout her process, Pastor Chris could run into any of a number of things that would slow or halt it altogether. A lot of this is on purpose. The process toward ordination is created to allow the church on every level to help a person discern whether or not the priesthood really is what they are called to. Therefore, you, the members of St. James, and I will be very involved, as will the Bishop, Commission on Ministry, and Standing Committee of the diocese.

Having said that, I can tell you some of the things Pastor Chris will need to do between now and a possible ordination.

- Complete CPE (Clinical Pastoral Education) a program where she will act as a chaplain and, work with a supervisor and classmates on her pastoral skills
- Meet with a group of St. James parishioners and others to help her discern and communicate God's call, and identify areas where she may need more growth

Congratulations, Preschool Graduates!



A Graduation Ceremony was held on June 16th for St. James Preschoolers and their families.

- Complete some informal formation work, especially in areas of Anglican Theology and Worship, to supplement the Masters of Divinity degree she earned at Princeton Theological Seminary as a Presbyterian.
- Interview with members of the Commission on Ministry who will share their own ideas about how they see God active in her life

All of this is designed to be slow and take time. Despite the fact that she already has an MDiv (Master of Divinity degree), the fastest the process will conclude would be two and a half to three years from now. The reason we go slowly is to try to make sure we are making good decisions for the church. And to quote the Rt. Rev. Bill Burrill (who was my bishop at the beginning of my own process), "There is nothing sadder than a priest who was never meant to be one."

And finally, the answer to the question that you may have been asking since this article began. Once the process is complete, if she is ordained to the priesthood, Pastor Chris, Bishop Gibbs, and I, the vestry and our personnel committee will all have a say in what happens next. Bishop Gibbs has ensured us that she will not be removed from St. James because she is ordained if we, she, and he all determine that this is the best place for her to live out her ministry. It is far too early to speculate about that.

In the meantime, I encourage you to give Pastor Chris your love and support through the next few years. Pray for her and let her know that St. James is proud of the work she does here and her willingness to offer herself to the process and to God's will for her life.

Faithfully,
Josh



The Reverend Joshua A. Hoover,
Rector

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The Spirit is a monthly newsletter published for members and friends of St. James. The deadline for submission is the 15th of each month for the following month's issue. Please email articles to: churchoffice@stjamesbirmingham.org or call the Parish Administrator, at ext.7200.

WORSHIP SCHEDULE

Sundays 8 and 10 a.m.

Wednesdays 7 a.m.

CHURCH OFFICE HOURS

Monday-Friday, 9 a.m. - 4 p.m.

Summer, beginning June 12:

Monday-Friday, 9 a.m. - 3 p.m.

PASTORAL CARE

For pastoral emergencies, please contact Fr. Josh Hoover at 810.620.5402

SUNDAYS

8 a.m. Eucharist (Church)

10 a.m. Eucharist (Church)

10:10 a.m. One-Room Church
School, all ages

TUESDAYS

7 p.m. Toastmasters

7:30 p.m. AA

WEDNESDAYS

7 a.m. Eucharist (Chapel)

7:30 a.m. Fellowship & Coffee

THURSDAYS

12 p.m. AA

SATURDAYS

9 a.m. Knitting (Lounge)

Two-Minute Theology

Sabbath

"Remember the Sabbath Day and keep it holy." The fourth commandment and the one we barely ever talk about is all about Sabbath. The Sabbath is meant to be God's gift to us because to be healthy both physically and spiritually we need to have moments for reflection, for rest. We need to take some time to really look around at the world we are a part of, and maybe most of all, to enjoy it.

Another parent and I were discussing our children's schedules over the summer, the camps, lessons, practices, volunteer time and work that will fill this time between school years. It occurred to me that we pack full this time that is supposed to be for rest and refreshment so that it becomes just as busy as the rest of the year. Even many of our vacations can be filled with check lists that measure whether or not we are really having a good time. It is almost like we are so focused on productivity that even our down time has to be productive.

This is the reality of the world that we live in. Every part is focused on getting things done, on the next task, on how little we can sleep and how much we can do. But the truth is that no matter how hard you work, there will always be more to do. Our increased efforts tend to lead less to increased productivity than to spinning our wheels, exhaustion, and in some cases mental illness. We were not created for the kind of life that we have built for ourselves. We were created for a balance of both work and rest. Yet it is also unrealistic for most of us, in the world we live in today, to take a whole day off with no work.

Instead, I am encouraging you to actively think about and observe some Sabbath time each week. On page 5, Pastor Chris has shared an article from buildfaith.org which offers a number of resources for ways we might do this, one half hour at a time. They are wonderful, though even as I read them, I laughed at the 10 item lists – imagining you checking them off and saying, "Right, now we have done Sabbath."

All of us need times of rest and refreshment. All of us need times to reflect on what brings us joy. This summer, I implore you to take some time to rest, to think, to just be. No gardening or dishes, no cleaning or scrolling through email. Just be silent and ask yourself, what brings me joy? Who could I better connect with? Where is God present in my life? Only when you have answers to these questions can you plan. Plan to do more of the things that bring you joy, to reach out to people who affirm you, and to spend more of your time and energy in the places where you find God.

May your practice of the Sabbath lead you to wholeness, to balance, and to a deeper relationship with the God who calls you beloved.

5K – 10K to Support SOS

On Sunday, August 6, a team of runners from St. James will compete/participate in a fun run to benefit the South Oakland Shelter. This is the fourth annual run and the first time that St. James has sponsored a team. You can register any time between now and August 4 for \$30. The race will begin at 8:00 with a pancake breakfast to replace your carbs afterwards. Then you can join in the ecumenical service at St. David's or join us here at St. James and show off your new race t-shirt. For more information or to register, you can go to <https://my.southoaklandshelter.org/run/Static/Event-Info>. When you register, join the St. James team – Team St. James the Greater Runners.

Music Notes

GLENN BURDETTE—ext. 7206

music@stjamesbirmingham.org

The St. James Ringers ended their season in triumph on Pentecost Sunday, June 4, with a presentation of “Foundation of Grace” and will return for a midsummer prelude on July 16. Thanks to Jane Barnes who graciously hosted the Ringers for an end-of-year bash at her home on May 30.

Les Écuries du Roy, a local Baroque chamber music group, gave a superb and well-attended concert, also on June 4. I hope they come back soon. Thanks to everyone who helped with the program, to Rick Cowan for ushering, and especially to Shay Pendray and Pauline Veil for arranging the delicious and very hospitable reception following.

On June 11 the choir and congregation expressed their appreciation to Elaine Linstedt for nearly 10 years as

a dedicated and faithful fellow singer and soprano soloist in the choir. Now the congregation will have her assistance in the pews on Sundays, but we hope from time to time in the choir also. June 11 was also the last regular service of 2016-17 for the St. James choir and for the junior choir choristers, who have gone on summer schedule until September 11. Molly Bruner sang beautiful works by Mozart and Wesley for us on June 25, Chris Peters will sing on July 9, the Ringers will play on July 16, and music for several other Sundays is not quite definite. On July 30, I'd like to invite everyone who can to come to the church a bit early (at 9:15) and make up the choir for that morning's 10 o'clock service. We'll have plenty of time to sing through the hymns and service music and an easy

anthem or two. We'll be in the back of the church, so there's no need to think about attire, processions, etc. So come, come, come, you may find that you enjoy it and will want to sing in the choir every Sunday!

Every blessing,
Glenn Burdette



Elaine Linstedt converses with St. Cecilia, patron saint of music. The statuette was a gift from the church, given in honor of Elaine's years of service in the choir.

Vestry Update

Vestry

At their meeting in June, the vestry took the following actions:

- Received updates on Property, Preschool Director Search, Outreach, and plans for a new Open House in the Fall
- Received the news that Chris Gannon has officially entered the ordination process in the Diocese of Michigan (for more about this, see p. 1)
- Debriefed the small group coffee hour from last month and discussed ways to keep the committees and groups of the church in front of her members
- Discussed the Khao San lease and what information they need before making a decision about renewal
- Received the news that being able to accept Credit Cards on our website will go live in September

Financial Update

These are our financials updated through the end of May. Please feel free to talk to vestry, Peggy John, or Fr. Josh if you have any questions.

	Actual	Budgeted	Difference
May Income	\$ 18,388	\$ 23,008	\$ -4,620
YTD Income	\$ 291,042	\$ 292,444	\$ -1,402
YTD Expenses	\$ 320,928	\$ 311,655	\$ -9,663
YTD Over/Under	\$ -29,886	\$ -18,821	\$ -11,065

Transfer Amount from Parish Fund to date: \$0

Budgeted Transfer for Year: \$ 183,700

5% of Parish Fund (goal number for transfers): \$140,000

At the vestry meeting, members were informed that much of our current lagging behind in total income and ahead in expenses year to date is a timing issue. They were also thrilled to see pledging year to date is over the budgeted amount.

Calling all Crafters! Show Your Favorite Needlework Project in the St. James Gallery

Everyone is invited to share a knitted piece, cross stitch, needlepoint, embroidery, quilt or any other type of needlework to be displayed on our St. James Gallery wall. We will hang the work from 9 a.m. -11 a.m. Saturday, September 9. If you are unable to bring your work that morning, please drop it off in the church office or leave it at the church on Sunday, in the Breakfast Room. For any questions, contact Nan Cowan 248-312-0257.

From the Associate for Formation and Outreach

CHRIS GANNON—ext. 7203

chris@stjamesbirmingham.org

FLAT JESUS

Do you sometimes wish that Jesus was right there beside you as you navigated through your day? While Jesus said that he will be with us always, many of us would appreciate a more constant or visible presence in our midst. That's where Flat Jesus comes in.

This visible expression of your faith is a great opportunity to create conversations with your friends and family, "what might Jesus think of the fudge here at Mackinac...the sunset over the lake...the people we encountered today." Take Flat Jesus with you into the community, on vacation up north, to the swim club (he is laminated, don't worry, but don't try to recreate the 'walking on water' scene, it might end badly), the Tigers game; and take a picture with him. Flat Jesus has not made it to the Dream Cruise, maybe this is the year! Upload your pictures to our Facebook page. Let us know what Jesus is up to with your family.

CHECK OUT THE ADVENTURES OF FLAT JESUS - Wondering where Flat Jesus has been this summer? Check out the map in Centennial Hall every Sunday!

SUMMER CHURCH SCHOOL

There's still an opportunity to help in our "one-room" church school for the summer. Pastor Chris will lead our youth in the day's scripture; we'll share prayers, sing our favorite songs, and get creative! But we need your help. Contact Pastor Chris (chris@stjamesbirmingham.org or call 248-644-0820 ext 7203) if you can help. Pastor Chris will contact you on the Monday before you are scheduled and email you the lesson plan for that Sunday. You won't need to prepare anything - just show up, hang out with cool youth, and learn something new! How awesome is that?

MISSION POSSIBLE: DETROIT

Sunday, August 6 - Friday, August 11

A mission experience for youth and young adults age 12 and up. Participants can choose one of two ways to participate:

1. One is for a student to stay for the entire week, including overnights, which costs \$150.
2. The other is for a parent/adult and student to attend 1, 2, or 3 days as commuter participants. The cost for both to attend is \$25/day for the pair. If the day option is chosen, a parent/adult must drive the student to and from the mission site and stay with the group the entire time. We will typically be at the worksite from 9:00am until 3:00pm. Details about the location will be sent out to the parent/adult.

We will be staying at Christ Church, Detroit for the week and working with Rippling Hope in NW Detroit engaging in economic recovery work that includes home improvement measures and blight reduction activities. Fun, food and adventure will be in great supply for everyone. Contact Pastor Chris for more info.

Visit the secure registration site at: <https://edomiforms.formstack.com/forms/mpd2017>

SCHOOL SUPPLIES

Did you know that the average family with children in grades K-12 plans to spend over \$600 on electronics, apparel and other school needs this year? For many families this is a financial hardship.

With that in mind St. James is asking our parishioners to gather new school supplies to be donated to children heading back to school this September. The Back to School sales seem to begin earlier each year so could you purchase one or two of these items below to give to a family in need?

- Box of #2 Pencils
- Box of 24 Crayons
- Glue Sticks
- Box of Tissues
- Pink Eraser
- Box of 12 Colored Pencils
- Box of Broad Tip Markers
- Pair of Fiskar Scissors
- Pencil Case
- Wide Ruled Spiral Bound Notebooks
- Pocket Folders

Collection baskets are in Centennial Hall and the Narthex. Supplies will be donated to a few schools including Greenfield Union Elementary School. Questions? Contact Pastor Chris.

MASS on the GRASS

Sunday, August 27, 10:00 a.m. Beverly Park

Join us for our casual outdoor service at the pavilion in Beverly Park followed by a picnic lunch. Don't miss it! There will be the usual 8:00 a.m. service at the church as well.

END -OF-SUMMER YOUTH CELEBRATION

Sunday, August 27 at Noon at the home of Daniel and Claire Righter

The youth and their families are invited to spend the afternoon poolside at the Righter home. Join us as we share our adventures from the summer and look forward to an amazing new program year at St. James!

The 30-Minute Summer Sabbath

By Jerusalem Greer

Posted July 13th, 2015 on [buildfaith.org](http://www.buildfaith.org)

<http://www.buildfaith.org/30-minute-summer-sabbath/>

Searching for Sabbath

Do you feel as if the summer months are swallowing your family whole? Does the loss of a predictable schedule send you into an emotional tailspin? Are you counting down the days until school starts again – not for their sake, but for yours? Do you long for Sabbath rest, but know that going off the grid for 24 hours will never fly with your family? Fear not. You are not alone. There is hope. There is the Summer Sabbath Reboot.

As pastor Ken Shigemastu writes in *God in My Everything: How an Ancient Rhythm Helps Busy People Enjoy God*, “The golden rule for the Sabbath is cease from what is necessary and to embrace what gives life.”

This made me wonder: this summer, would it be possible to capture moments, minutes, and occasionally hours to embrace what brings life to our households? Are there ways that we can intentionally choose to pause and rest, to savor beauty, appreciate goodness, and celebrate and enjoy what God has created? Is there a way to synthesize children’s joy in summer’s freedom with needed time for quiet reflection and routine? Blessings. Rest. Pause. Restoration. Savoring. Beauty. Appreciation. Goodness.

The 30-Minute Sabbath

Particularly in the summer, when routines loosen and expectations for fun are greater than those for rest, the idea of a 24-hour sabbatical is overwhelming. So what if we practice the Sabbath, in our homes, 20 or 30 minutes at a time, by finding ways to unplug from the world and connect with one another? These moments of Sabbath connection could be as simple as playing a game of Go Fish or staring at the stars from a blanket on the driveway. Could we practice the Sabbath that way? I think it’s worth a try.

30-Minute Summer Sabbath Practices

To get your family started with your own Sabbath practice, here is a little cheat sheet of ideas:

Rule 1: Don’t Stress out.

Rule 2: There is no rule about how often you should practice Sabbath. Do it when you can. No beating yourself up about not doing it more often!

Rule 3: Sabbath practices really do work best when all devices are put away and turned off (adults too.)

Rule 4: Everyone in the household should find a way to participate if possible – even grown-ups!

Rule 5: No murmurings of discontent.

Rule 6: End your Sabbath practice with a prayer of thanksgiving.

Sabbath practices bring about restoration when you are intentional about taking time to pause and rest – when you choose to savor beauty, appreciate goodness, and celebrate your blessings. As a household, make your own list of Sabbath Practices. Begin by asking each other “what brings us life and joy?”

10 Outdoor Sabbath Ideas

1. Have a water gun fight.
2. Play Flashlight Tag after dark.
3. Go star gazing on a blanket in the driveway. Notice how big the heavens are.
4. Make a late night run for ice cream.
5. Pause from your work and run through the sprinkler fully dressed!
6. Have a picnic in the backyard. Savor how good food taste eaten outdoors.
7. Sit on the porch/stoop/driveway and take a sensory inventory. How many sounds do you hear in 30 minutes? How many things do you see? What do you smell?
8. Ride bikes, take a walk, play croquet, shoot hoops, jump on the trampoline, go swimming. Try and appreciate your ability to do these things.
9. Make a grateful list outside using sidewalk chalk.
10. Pick flowers or berries or visit a farmers market. What goodness do you see, hear, smell or taste?

Summer Sabbath Supplies Kit

To make things easier, fill a basket with some of the following items so that when you are ready to declare it “Sabbath Time!” you don’t have to go hunting for your supplies.

- Deck of Cards
- Blankets
- Read-Aloud-Book
- Bug Spray
- Flash Lights
- Snacks
- Water Guns
- Markers
- Old Socks
- Ear Plugs
- Cash
- Printed Sabbath Prayer

Sabbath Prayer

Blessed are You, Lord our God. Thank you for the gift of Sabbath and the restoration it brings. Thank you for an open time to pause and savor the beauty of our lives. Help us to appreciate the goodness of this moment. Amen..

10 Indoor Sabbath Ideas

1. Read aloud for 30 minutes each evening from a classic book.
2. Build a fort using blankets and chairs. Everyone get in the fort. No one can get out until everyone has told a funny story or joke.
3. Make homemade ice cream. Savor each bite.
4. Play card games or teach card tricks. Build a card tower. Who can blow it over?
5. Put on a shadow puppet show or make sock puppets out of old socks.
6. Have a living room floor picnic.
7. Make paper hats. Everyone has to wear theirs at dinner or breakfast.
8. Have a “Who Can Be The Most Still?” Contest.
9. Declare a 30 minute “quiet quarantine” once a day. Not talking, no devices. Give everyone earplugs if necessary to help them disconnect from distractions.
10. Visit a museum. Take coloring pencils and paper. Sit in front of a favorite work of art and draw the beauty that you see.

St. James Preschool

SHAR WICKENS—ext. 7103

preschool@stjamesbirmingham.org

Amazing Athletes Summer Camp



We are excited to offer a Summer Camp this summer at St. James Preschool! The camp

will be held July 24 - July 28, Monday - Friday, 9:00 a.m. - 12:00 p.m. The cost is \$150.00 for the full week or \$35 per day. Sign up online: <https://amazingathletes.com/metrodetroit/locations/> or contact Kendra Alpert at kendra@amazingathletes.com or 313-729-2437.

Coach Kendra is the owner and coach of Amazing Athletes of Metro Detroit. She has a Physical Education degree from Central Michigan University. She truly believes that if we get our children interested and involved in sports at an early age, they will continue a life of making healthy choices and living an active lifestyle. The Amazing Athletes program is an excellent way to introduce your children to sports and physical fitness. The preschool has had the program for the last two years and 50% of the proceeds goes back to the school!

The Amazing Athletes curriculum gives students the change to learn the basic fundamentals of nine major ball sports (football, soccer, volleyball, basketball, golf, hockey, baseball, lacrosse and tennis). They will also work on gross motor skills, cardiovascular fitness and much more. Their coaches use all age appropriate equipment and design the progression around each child's skill level. The classes have a positive, team building atmosphere and most importantly are noncompetitive and FUN!!

— Shar

We Welcome the Newly Baptized



Josephine Jane Surowiec (Pictured above)—Baptized Pentecost Sunday, June 4, 2017 at the 10:00 a.m. service.

Daniel John Reister (Pictured below)—Baptized Sunday, June 18, 2017 at the 10:00 a.m. service.

We receive you into the household of God. Confess the faith of Christ crucified, proclaim his resurrection, and share with us in his eternal priesthood.



St. James is Looking for an Archivist

Over many years, Nancy Platz did a wonderful job of keeping up our archives. She clipped newspaper articles, printed out obituaries, compiled pictures and made sure that we have a record of the good work being done at St. James. The office is currently looking for her successor. Ideally, this would be someone who could not only compile new items for the archives, but could also begin the process of digitalizing the good work Nancy did in the past. If this sounds like you, please contact Elaine, in the office, or talk to Fr. Josh.

Spring Clean-Up Day at St. James

June 4 was a very busy Sunday! Youth and adults alike showed up to church in t-shirts, (some in Pentecost red) and jeans or shorts. Following the service, they all pitched in to help with the spring clean-up project spearheaded by Property Committee chair Marianne Ganiard, who writes: "A big thank you goes out to all our volunteers at our church garden work day after church on June 4th. There were many willing hands who helped pull weeds, clip stray branches and spread 35 bags of mulch. A job well done!" And, judging from these photos, they even had a good time!



Ministry Highlight:

St. James Greenfield Union Tutors



Fr. Josh joined the Tutors for a year-end lunch at the Dakota Inn and Rathskellar in Detroit. Clockwise from lower left: Catherine Reedy, Lena Nealley, Ellie Tholen, Susan McDonald, Julie Fries, Ralph Tennant, Jeri Green, Nan Cowan, Fr. Josh, Laura Principe, and John Behnke.

The Tutors are grateful to the congregation at St. James for their support – from school supplies to gifts for the children. You help the Tutors provide a positive influence for these future citizens.

– Susan McDonald (adapted from 2016 Annual Report)

The St. James Tutors has 15 volunteers who work each week at Greenfield Union School from Monday through Thursday. Children from kindergarten through fourth-grade receive help primarily with reading and math skills. Tutors work both in and outside of the classrooms. Many, but not all, volunteers are retired educators who are pleased to use their teaching skills for a good cause.

Greenfield Union School is located on Seven Mile Road in Detroit, just east of Woodward Avenue. It is almost exactly 10 miles south of St. James, but light years away in terms of experience. The school's teachers continue to work against building limitations and school district upheaval.

We continue to invite others to join us. Members of St. James Tutors are happy to have potential volunteers “shadow” them and experience the work first-hand.

Intercessions

IMMEDIATE PRAYER LIST: Carol, Nicholas, Cameron, Paul Kobb, Neil Everett, Ella, David K., Penny, Cheryl, Shirley, John Scott, Carl Smith, Barbara Livy, Liam Kessel, The Hurd family, George, Maritza, Jon Wickens, Nancy, Joe Hardig, John, Ed Proctor.

SUSTAINING PRAYER LIST: Cathy Nelson, Jill, Steve, Henry Moyer, Phil Werner, Michelle Wells, Richard Wells, Jeannine, Ted, Trevor Sullivan, Judy Hoeffler, Engel Metaj, Vince Cardinale, Bertha Pastor, Dot and Dave, Dad, Lucy, Truman, Logan Morales, Merle Goatley, Elsie Righter, the Jensen family, Pat Smith, the LaRocca-Hammond family, James Olson and family, James, Pat Semivan, Benjamin Ziogas, Eula Fyke, James, George Stannis, John Womack, Frank Wilson, Nancy, Anne.

SERVING IN THE MILITARY: Bret Anstett, Andrew and Michelle Crowe, Kirk Jackson, Brian Hertenstein, Geoffrey Hertenstein, Theodore Moran, Jeff Schultz, Hugo Stange, Isabel Ziogas.

IN MEMORIAM: Please pray for the repose of the souls of Richard Smith and Carolyn Hardig.

St. James Vestry

2015–2018

David Lydy
Susan McDonald
Pam Righter
Nate Schmidt

2016–2019

Marty Bones
Lauri Christianson
John Everett
Daniel Righter

2017–2020

Ralph Castelli
Katie Haenggi
Pam Landgraf
Emily Johnson

Mark your Calendar

Independence Day

Tuesday, July 4

Church offices closed

Monday, July 3, and Tuesday, July 4.

Episcopal Youth Event (EYE)

July 10-14 in Oklahoma

Please pray for our group's safe travels!

5K/10K Run/Walk for SOS

Sunday, August 6, 8:00 a.m.

See p. 2 for details.

Mass on the Grass

Sunday, August 27, 10:00 a.m.

Beverly Park.

Join us for our casual outdoor service at the pavilion in Beverly Park followed by a picnic lunch. There will be the usual 8:00 a.m. service at the church as well.

End-of-Summer Youth Celebration

Sunday, August 27th at Noon at the home of Daniel and Claire Righter

Youth and their families are invited to spend the afternoon poolside at the Righter home. Join us as we share our adventures from the summer and look forward to an amazing new program year at St. James!

First Day of Preschool

Wednesday, September 6

Our Mission

INVITE you to the table

ILLUMINATE our spiritual journey

SHARE Christ's love with the world