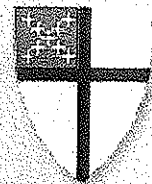




St. James' Episcopal Church

Indian Head, Maryland



September 2009

Rector's Ramblings

Rev. Denise Cabana

What a wonderful summer it has been. For a girl from New England, June and July were heavenly. It was a busy summer as well, Doug and I had the chance to get away twice once at the beginning of the summer and once in the middle. Both of these were wonderful trips with family and friends and even a little time with just the two of us. But each time it was wonderful to come home.

The other thing I did this summer was to focus on my prayer life. I started focusing on prayers of thanksgiving, praise and adoration. I guess I should say refocusing because it was a prayer practice of mine when I first was ordained a priest. A parishioner had given me a wonderful little book called *The Inner Life* by Evelyn Underhill for my ordination. It is a book written in the early 20th century to clergy on staying grounded and centered in God and how important that is to being not only a well balanced priest but also in helping your congregation do likewise.

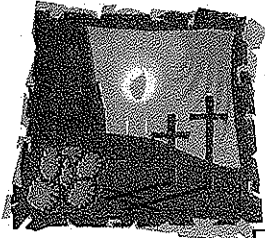
I used a phrase from this book in a sermon this summer "catching the love of God." It was used in reference to the idea that when one is truly centered in God, when all one does flows from God's love for you and your love for God, then people around you have the potential to "catch the love of God" from you. I believe that this is true. If you have ever been around a holy person, if you have you know what kind of person I am referring to, you truly feel that you can catch the love of God just being in that person's presence. You feel God's love flowing from them.

Underhill's feeling is that the way one becomes the kind of person that others might have the opportunity to "catch the love of God" from is to pray daily for at least a half hour. But not just any kind of praying, not intercessory prayer meaning prayers where we are asking something of God, but rather praying prayers of praise and adoration, completely focused on how awesome and wonderful God is. I find sometimes praying hymns from the section "Praise to God" is helpful in getting me started but there are other prayers in the BCP and you can find all kinds of books with such prayers or meditations in them. I also have been praying in the church more during the day which is a wonderful experience. I never feel alone in there and I am not just talking about God's presence. If you ever try it, tell me if you feel the same way.

The prayer experience has been deep and enriching for me in ways that are different from my other forms of prayer. I feel connected to God and feel and see God's presence more in the world around me. It has been very powerful.

I would invite you to "play" with your prayer life, try something new and see if a deeper relationship with God opens up before you.

Peace,
Denise+



Around St. James

Family Service and Sunday School

The 9:15 Family Service will begin on Sunday, September 13th. Sunday school will follow.

Crab Cake Dinner

Will be held Sunday, September 13th from 3:00 – 6:00 p.m. The cost is \$20.00 for adults, \$10.00 for Children 6-12, and Children under 6 are free. The price includes dessert and drink.

We will need help on Saturday, September 12th at 9:00 a.m. to do all the preparing we can. There will be a sign-up sheet for help after church preparing for the dinner, for help with serving and cleaning up. Also we will need dessert donations. Thank you for your support.

“Homecoming Weekend”

Homecoming weekend is September 26 & 27. We will have our concert on Saturday featuring Marnell Tanner and Southern Mix followed by the potluck dinner. On Sunday we will have one worship service at 9:00.



Monday Morning Women's Group

On Monday, September 21st, the Women's Group will gather from 11:00-12:30. We will start this Fall with a Bible study on Thessalonians, which is the oldest book in the New Testament. Please join us; we meet in Denise's office.

Welcome To the Ministry

Welcome to Brandon Paulin as an Acolyte during our 10:30 a.m. service and to Rose Cephas as a Lay Reader during our 8:00 a.m. service. God created each of us and has anointed each of us with unique talents and special ways of participating in God's world. We now have a total 14 Lay Readers and 11 Acolytes. This ministry is open to anyone who would like to serve.

Thanks to all of you in the support of this ministry.

Karen

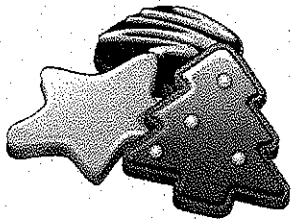
The Episcopal Church Women (ECW) will resume meeting every second Sunday at the Constain House following the 10:30 service. **Please note**, because of the Ham/Crab Cake Dinner on September 13, 2009, our meeting in September will be **September 20, 2009**. Please plan to attend.

Fellowship Events



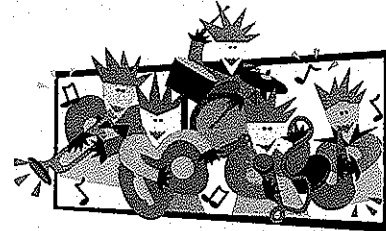
September 26 & 27 - *Homecoming weekend*

Oct 24 - **Dance**



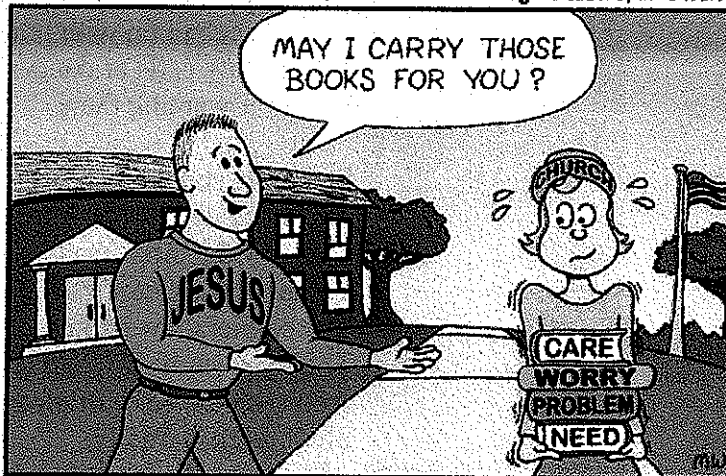
Nov 14 - **COOKIE EXCHANGE**

Dec 19 - **Christmas Concert**



CARRY YOUR BOOKS?

A Joyful 'toon by Mike Waters



Cast all your anxiety on him because he cares for you.

- 1 PETER 5:7 NIV



Hymn Stories

"Stand Up, Stand Up for Jesus"

Words by George Duffield (1858)

George Duffield, Jr. (b. Carlisle, PA, 1818; d. Bloomfield, NJ, 1888), was inspired to write this text after hearing the dying words of a Presbyterian colleague, Dudley A. Tyng. Ousted from his own congregation for his strong anti-slavery stance, Tyng preached to large crowds in weekday meetings sponsored by the YMCA. His work spearheaded an evangelical revival in Philadelphia early in 1858. At Tyng's deathbed, caused by a farm accident in which he lost an arm, Duffield and others asked if he had any final message. Tyng replied, "Tell them to stand up for Jesus!" At Tyng's memorial service on April 25, 1858, Duffield preached on Ephesians 6:14 and concluded his sermon by reading his new hymn text, "Stand Up, Stand Up for Jesus." Several lines in that original text referred to Tyng's words and ministry. The six-stanza text was first distributed in leaflet form and then was published in *The Church Psalmist* (1859). The *Psalter Hymnal* follows the custom of most hymnals of including the original stanzas 1, 3, 4, and 6 with updated language. The challenge of "Stand Up for Jesus" is proclaimed through the military metaphors Paul uses in

Ephesians 6:10-18. Although some decry the warlike imagery, the spiritual battle that Christians must fight is very real. Christ's victory is assured even if we do not always move "from victory unto victory" in our earthly lives.

A graduate of Yale College and Union Theological Seminary, Duffield served eight Presbyterian churches in New York, New Jersey, Pennsylvania, Illinois, and Michigan. He was a regent for the University of Michigan for seven years, served as editor of the Presbyterian paper *Christian Observer*; and promoted evangelistic work with his personal wealth. Duffield's interest in hymnody influenced his son, Samuel W. Duffield, to publish *English Hymns, Their Authors and History* (1886).

Scripture References:

- st. 1 = 2 Tim. 2:3
- st. 2 = 1 Cor. 16:13
- st. 3 = Eph. 6:10-17
- st. 4 = Rev. 2:10, 2 Tim. 4:7-8

Stand Up, Stand Up for Jesus

Stand up, stand up for Jesus
As soldiers of the cross.
Lift high his royal banner;
It must not suffer loss.
From victory unto victory
His army he shall lead
Till every foe is vanquished
And Christ is Lord indeed.

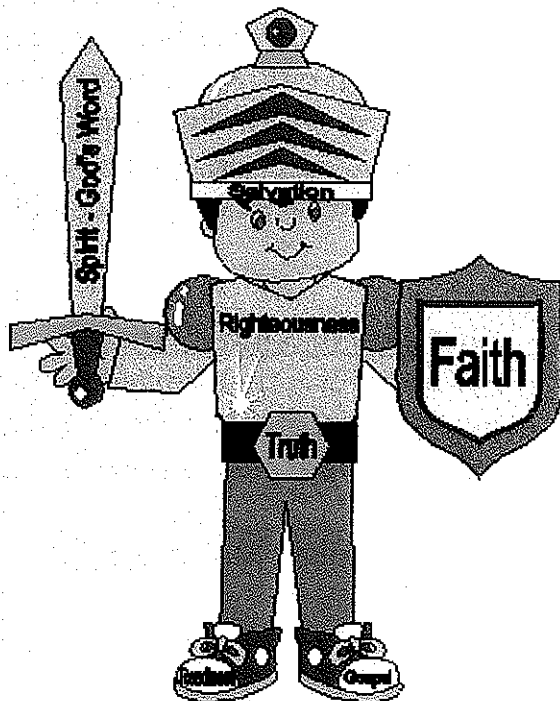
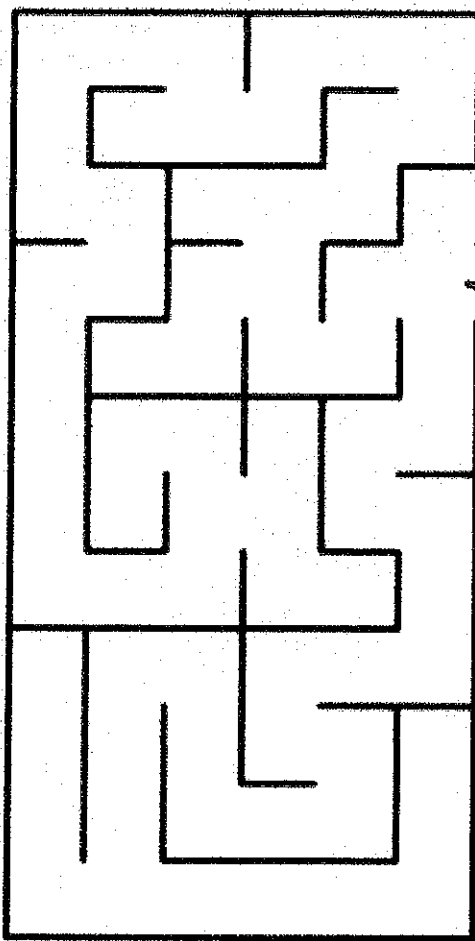
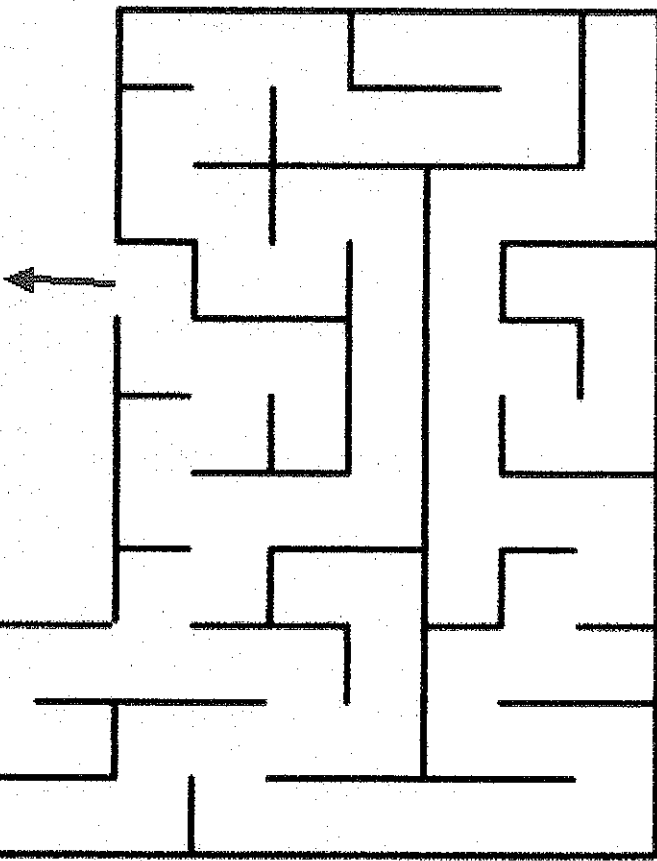
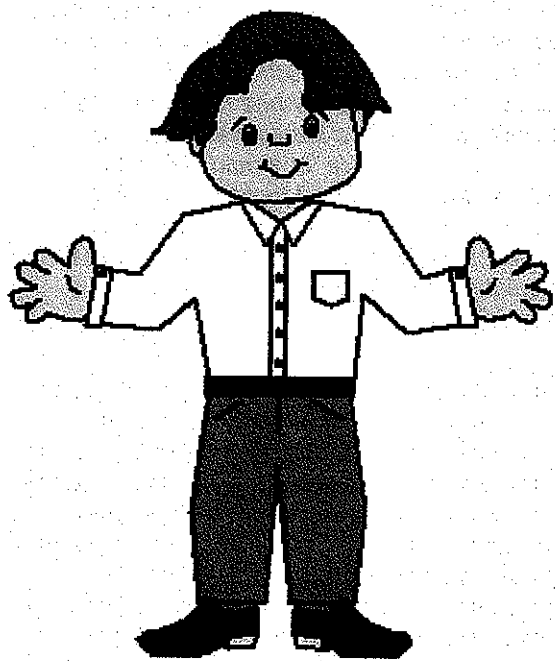
Stand up, stand up for Jesus;
The trumpet call obey;
Stand forth in mighty conflict
In this his glorious day.
Let all his faithful serve him
Against unnumbered foes;
Let courage rise with danger
And strength to strength oppose.

Stand up, stand up for Jesus;
Stand in his strength alone;
The arm of flesh will fail you,
You dare not trust your own.
Put on the Gospel armor;
Each piece put on with prayer.
Where duty calls or danger,
Be never wanting there.

Stand up, stand up for Jesus;
The strife will not be long;
This day the din of battle,
The next the victor's song.
The soldiers, overcoming,
Their crown of life shall see
And with the King of glory
Shall reign eternally.

Armor of God Maze

Help the boy find his special armor.



This is the ministry of the prayer beads group.

Feeding the 5,000

During the past two months the **total number of prayer beads we have shipped to the military in the Middle East in less than three years has risen to about 5,000!** We have obviously become "a major player" in supporting the individual soldiers, sailors and marines in their spiritual life. The work goes on, as fifteen Episcopal parishes are making the prayer beads from the beads, crosses and wire we send them and returning them to us to ship to the field.

Prayer Beads at Episcopal General Convention

At the request of Bishop George Packard, Suffragan for Military Chaplaincies, we provided 300 hand-held prayer beads to his office for free distribution at General Convention by the military chaplains who were staffing the National Church's military chaplaincy booth. Each chaplain had a set of our wearable prayer beads. All but six sets of the hand-held were distributed, each in a packet with our flyer, a pouch and a name card. According to the chaplains, there was a lot of interest in this promotion among the deputies.

Messages of Appreciation

We have recently received some very lovely notes of appreciation from the military. Here are a three of them:

From Chaplain Steven Rindahl
(7/15/09):

The prayer beads arrived today. Shortly after opening the box I was talking with three young soldiers who had each made some poor decisions within the first few weeks of being in the Army. We discussed actions and consequences. As we finished reviewing their circumstances I asked if they were open to prayer and if they were, or would like to be, people of prayer. They all three responded positively and when I offered them the beads they were floored. One shed a couple tears in appreciation. Thank you again for your wonderful support.

From Chaplain Will Hood (6/30/09):

Didi, thanks again for all the prayer beads. I have been distributing them as I move through the Area of Operation and Camp. Many are so touched that you would think of us in such a gracious way. One Sailor even told his anger management class that he uses the beads to be grounded and not curse or go crazy on folks. What a testimony to the power of prayer. I was down in Kenya at the Kenyan Navy Base in Manda Bay and worshiped with their Anglican community. I presented one of the large sets to their priest and he was overwhelmed by your thoughtfulness. I know your gift and work are greatly appreciated by the Combined Joint Task Force Horn of Africa.

From Chaplain Philip Glick (6/25/09):

The prayer beads arrived safely. Thank you so much. We're going to set them out at a July 4th Prayer Luncheon.



St. James' Fall Bazaar

November 7, 2009

10:00 a.m. - 3:00 p.m.



What we will have -

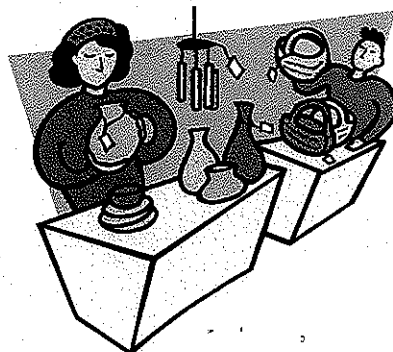
- ! Lunch will be served from 11:00 a.m. - 2:00 p.m.
BBQ, Chicken Salad, and Hot Dogs
- ! St. James' table with St. James' aprons, shirts, hats, tote bags, prayer beads, and crafts. Items will be on display in the Parish Hall beginning October 18th.
- ! Vendors (jewelry, crafts, antiques, and others)
- ! Gift baskets - drawings every hour - baskets on display October 18th
- ! Bake table - homemade apple dumplings, cream puffs, cookies, and more
- ! Free photo with Santa
- ! Children's store - Children will shop for Christmas gifts for their families

What we need -

- ! Vendors - Table rental \$15.00
Sign up with Barbara Prasser or Mary Ann Cobb by October 18th
- ! Baked goods - sign up sheet will be posted October 4th
- ! Donated items for the children's store
- ! Volunteers to work at the Bazaar

Bring your family, friends, and neighbors. Enjoy a great lunch and a day of fun.

Committee - Sue Denison, Judy Kogok, Adah Morgan, Mary Ann Cobb, and Barbara Prasser



Message from the Senior Warden

Prayer is a powerful thing! Your prayers alone are comforting and rewarding, but just think how much more powerful prayer is when many pray the same prayer. Amazing!

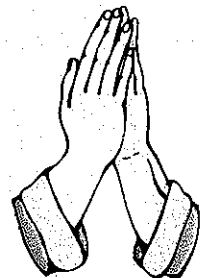
I want to thank all those who prayed for my well-being over the past six months. As many of you know the atmosphere at my work place has been less than ideal for several years now. Many people have suffered and all have been afraid to stand up for what was right for fear of making their own situation worse. Well, I was finally put in a situation where I had nothing to lose. I am not a person who feels comfortable rocking the boat or even standing up for myself, so there is no doubt in my mind that the Good Lord put me in this situation and gave me the strength to cope, through the support of so many dedicated friends and family.

I now have a new job which is absolutely wonderful. I enjoy going to work every single day in spite of the exhaustion I feel. I am also thankful the Good Lord saw to it that I had a wonderful, supportive husband to help me accomplish all that I do. Without him I would be lost.





Thanks again for all the prayers and support. This is the best church family a person could have!

Your Grateful Senior Warden,

Brenda



SEPTEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2 8:00 PM AA Meeting	3 7:00 PM Choir Practice 8:00 PM NA Meeting	4	5
6	7  LABOR DAY 6:30 PM Vestry Officer's Meeting	8	9 6:30 PM Finance Committee 8:00 PM AA Meeting	10 7:00 PM Choir Practice 8:00 PM NA Meeting	11 	12
13 Ham & Crab Cake Dinner	14	15 6:30 PM Vestry Meeting	16 8:00 PM AA Meeting	17 7:00 PM Choir Practice 8:00 PM NA Meeting	18	19
20	21	22	23 8:00 PM AA Meeting	24 7:00 PM Choir Practice 8:00 PM NA Meeting	25	26 
27  Homecoming Weekend	28	29	30 8:00 PM AA Meeting	1 7:00 PM Choir Practice 8:00 PM NA Meeting	2	3



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