

Mailing Address: 2050 Bert Kouns Industrial Loop Shreveport, LA 71118 **Return Service Requested**

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February 15, 2018



Presiding Bishop, The Episcopal Church: The Most Rev'd Michael Curry

Bishop, Diocese of Western Louisiana: The Rt. Rev'd Dr. Jacob Owensby

Rector: The Rev'd Margaret Ayers

Organist/Choir Director: Kaye Crichlow

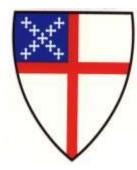
Nursery: Rhonda Robertson

Parish Administrator: Jnanne Zepeda

2017 Vestry: David Scott (19)— Sr. Warden Mike Endicott (19)— Jr. Warden Members: David Caporossi (20) Krystal Eason (20) Debbie Fitzpatrick (21) Ken Murphy (19) Lauren Ocmand (20) Matt Parker (21) Curtis Shelton (21) Austin Shelton (18)

Ex Officio:

Thomas Mosley—Treasurer Julie Eason—Deputy Treasurer Janie Parker—Clerk



Church phone: 318-686-1261 Church fax: 318-686-4527 Church E-mail address: stjames_sport@att.net Church website: www.stjames-shreveport.org



Margaret's Musings

In the household of my youth, Lent was about giving things up. My mother, father, brother and I would announce what we are giving up and then each of us would act as "enforcers" for the other members of the family. Everyone's eyes would be watching for infractions of the fast with gleeful announcements of transgressions. Although it was done in good humor, I am pretty sure that is not what Lent is meant to be about.



Later, Lent became about giving up things which separated me from the love of God; things which kept me from having time to study or pray as well as working on my own brokenness. The brokenness part was hard as I had to subjugate my desire to be right or heard and trust in God. Please understand that I am a person with a physical handicap which made me a target of bullying and being perceived as a victim. I do not tell you this to gain your sympathy but so you understand I have done a great deal of work to get here. I remember Paul speaking in 2 Corinthians 12:8-10 regarding the thorn in his flesh Three times I appealed to the Lord about this, that it would leave me, but he said to me, "My grace is sufficient for you, for power is made perfect in weakness." So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong."

My journey endures as I believe our life's work is to be continually transformed by God. "Take up your cross and follow me" ends at my grave.

If you have not had to face titanic shifts in your life like physical and/ or verbal abuse, the death of loved ones, bullying, not being heard or believed, experiencing traumatic events, being denied life goal(s) and the list goes on, then please know there are people near you who have experienced these situations and stand ready to support you when you have these experiences. For those who have experienced these or other circumstances, please know there are people near you who have experienced these situations and stand ready to support you. That is part of what the Body of Christ is about.

Outreach News

The Goodwill truck came and carted away 80 bags of donations recently, leaving us with \$160 in vouchers for distribution to homeless individuals. Thank-you to every-one who continues to support this ministry.

If you see school supply items on sale, that's the time to grab them as we prepare for filling backpacks in the summer. You may use the bottom row of bins in the Outreach storage area to stash the school supplies until we are ready to use them. We will inventory what is already here before filling the Angel Tree with tags, so there is not an unnecessary duplication of purchases.

Filling in the Gaps has made great use of the food donated by Pizza Hut and the meals prepared by parishioners. The Meals on Wheels deliveries are not scheduled to run on school holidays, so our delivery team has been taking food from our freezer to supplement the normal parcels they drop off at each home. They make certain there will be enough food to last through the days when food is not delivered, so no one on the route goes hungry.

Paul reminds us in 2 Corinthians 13:11 *"Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you."*

The Church is about sharing the love of God so we and others may feel the healing power of His embrace. The Church is a place of refreshment and renewal but it is also more than a hospital for the injured; it is the place disciples are initiated and trained so they can go out into the world in order to share God's transforming love. The Church transforms ordinary broken people into vessels of God's love; we are lovers not haters.

Lent has, for me, become a time of looking at my brokenness, offering it up to God for healing and working at hearing and responding to the call God has placed upon me.

Margaret+

Actually my Lenten disciplines have become lifetime disciplines. God continuously reminds me I am not the only broken person in the world no matter how accomplished others are at hiding their brokenness (as I once thought I hid mine). We all are broken but God welcomes us to be transformed and healed by His loving embrace.

I hope your Lent is transformational!!

To tell you the truth, this isn't what I expected when the dating service promised us a heavenly romance."

THE GOOD STEWARDS

When signing up to cook breakfast for Jacob King, Jnanne Zepeda and her daughter Olivia expected to do all the work. However, once parishioners found out where the proceeds from the breakfast were going, volunteers showed up in Thanks to Margaret Ayers, Kaye droves. Crichlow, Kathy Watkins, Faye Wynn, and of course Khristen King for their wonderful contributions to the breakfast (Khristen did the bulk of the cooking). Thanks also to David Scott for helping to clean up and to James Lewis, Curtis Shelton, and David for providing musical entertainment during the meal. It is beautiful to watch the love and support that St. James provides in times of need.

As we move into Lent and proceed toward Holy Week, we should recognize the mighty work performed by the members of the Altar Guild. They make sure the altar linens are the correct color for each service, the brass is polished, the proper items are available at the altar, the flowers are ordered, the candles are filled with oil or replaced as needed, and many other tasks. Thanks to each person who serves St. James in this capacity. The members of the Altar Guild work together to make sure everything is where it should be, and we appreciate all their efforts.

These are some of the ways that St. James makes use of the time and talents of our parishioners as we strive to be good stewards toward each other and our community.







THE MISSION CONTINUES... THE IMPORTANCE OF PREVENTIVE HEALTH SCREENINGS

By offering screenings, we're able to provide an early warning of an impending condition that if gone untreated could have much higher costs to the individual and community. We believe that all individuals have the right to health care. Also, by offering preventive services and discovering chronic illnesses early on, it saves the greater health care system

money by avoidance of costly emergency room visits and costly treatment of the complications that occur when these chronic illnesses are not caught and treated early on. To learn more about this, check out the return on investment calculator at <u>www.mobilehealthmap.org</u>

Screenings Offered:

- · Hypertension screenings
- · Diabetes
- Nutrition
- · Breast health

HEALTH EDUCATION IS ALWAYS A HIGH PRI-ORITY



We spend time helping clients to help them better understand their disease process and how to best manage it. We share healthy lifestyle changes and ways for individuals to take care of their health, and the health of their family members. We hope that this information and these tools empower people to make healthier choices.

Health Promotion and Education

- · Nutrition and exercise
- · Specific disease process and management
- Tobacco and alcohol cessation
- Medication management
- · Breast health education

REFERRALS

Although many community services are available, it is often difficult to know where to go for what type of help. We work hard to understand the services that are available in our community and work closely with these community agencies so as not to

duplicate efforts. When we find someone that needs follow-up care and they do not know where to go, we help them navigate through the list of services and find the best ones to meet their needs.

OTHER SERVICES PROVIDED

Adult Immunizations



ay in t	Sunday of the Passion Palm Sunday	
18	March25	
l- 34 6 0	Liturgy of the Palms Mark 11: 1- 11 Psalm 118: 1-2, 19- 29 Liturgy of the Word Isaiah 50:4- 9a Psalm 31: 9- 16 Philippians 2: 5-11 Mark 15: 1- 39 (40- 47)	
IAND	KRYSTAL EASON	
	Brody Fitzpatrick Jan Jones	
	Julie Eason	
	Debbie Fitzpatrick Kathleen Calhoun	
	Kelly Parker Brian Whatley	
	Janie Parker Linda Endicott Chelsea Maielli	
	volunteer Mike Kendrick Sissy Brown	
	Mike Endicott	



February 21: Summer Grove United Methodist Church 9119 Dean Road

> February 28: Christ United Methodist Church 1204 Crabapple Drive

March 7: St. James Episcopal Church 2050 Bert Kouns

March 14: John Calvin Presbyterian Church 3030 Colquitt Road

March 21: St. Mary of the Pines Catholic Church 1050 Bert Kouns

Services begin at noon, with lunch immediately following each week.

The Southern Hills Ecumenical Noonday Service and Luncheon is sponsored by the ECW. The sign-up sheet for bringing food items, setting up and cleaning up the Parish Hall, and serving the meal is located on a table in the Parish Hall. Please note when signing up, this year we are sharing duties with Central Christian Church and they will be providing the soup and some of the cookies.



St. James Episcopal Church

Sun	Mon	Tue	
4 8:30 AM Holy Eucharist Rite I 9:15 AM Parish Breakfast 9:45 Act of Apostles 11:00 AM Holy Eucharist Rite II 11:00 AM Holy Eucharist Rite I 9:15 AM Coffee 9:45 AM Act of Apostles 9:45 AM Forgiveness- Ken Murphy	 5 ← HAPPY BIRTHDAY John Alex Kellogg Brittany Kellogg Andrew Jacobs HAPPY BIRTHDAY Lois Maberry Olivia Zepeda 12 Cookie Baking 6 PM ← HAPPY BIRTHDAY David Haldeman 	6 HAPPY BIRTHDAY Jacob King 13 Cookie Baking 6 PM	7 1 14
11:00 AM Holy Eucharist Rite II 18 8:30 AM Holy Eucharist Rite I 9:15 AM Coffee 9:45 AM Act of Apostles 9:45 AM Forgiveness- Ken Murphy 11:00 AM Holy Eucharist Rite II	Fr. William Bryant HAPPY BIRTHDAY Hayden Hartley 19 HAPPY BIRTHDAY	20 HAPPY BIRTHDAY	21
25 Palm Sunday 8:30 AM Holy Eucharist Rite I 9:15 AM Coffee 9:45 AM Act of Apostles 11:00 AM Holy Eucharist Rite II 12:30 PM Vestry Meeting	Jan Jones 26	27	28 Se

		3 rd Sunday in Lent March 4	4 th Sunday in Lent March 11	5 th Sund Len March
LECTIONARY		Exodus 20: 1- 17 Psalm 19 I Corinthians 1: 18- 25 John 2: 13- 22	Numbers 21: 4- 9 Psalm 107: 1- 3, 17- 22 Ephesians 2: 1- 10 John 31:14- 21	Jeremiah 31: 3 Psalm 119:9- 10 Hebrews 5: 5- 1 John 12: 20- 33
VESTRY PERSO	0N	CURTIS SHELTON	DEBBIE FITZPATRICK	LAUREN OCM
EUCHARISTIC MINISTER	8:30 11:00	Brody Fitzpatrick Bert Babington	Lynnette van Heerden Ron Maberry	Janie Parker Brian Whatley
LAY READER	11:00	Ken Murphy	Bert Babington	Ken Murphy
LECTORS	8:30 11:00	Chelsea Maielli Sissy Brown	Lynnette van Heerden Julie Eason	Janie Parker David Scott
ACOLYTES	8:30 11:00	Melanie Winkler Austin Shelton	Melanie Winkler Jan Jones	Melanie Winkle Austin Shelton
ALTAR GUILD		Kathy Watkins Faye Wynn	Kathy Watkins Faye Wynn	Janie Parker Linda Endicott Chelsea Maielli
USHERS	8:30 11:00	volunteer Mike Kendrick Mary Taylor	volunteer Mike Kendrick Sissy brown	volunteer Mike Kendrick Mary Taylor
MASTER OF CEREMONIES		Mike Endicott	Mike Endicott	Mike Endicott
		A		

Any time you are unable to serve as scheduled, please find a replacement or advise the Vestry Person of the Day.



TIME AND TALENT LIST AVAILABLE

The Stewardship Committee has posted a list of projects and volunteers in the Parish Hall for any who have forgotten what they volunteered to do at last year's Rally Day and Loyalty Sunday.

DIRECTORY UPDATE

Please add the following new information to your directory:

Rita Haldeman and family have moved to: 5 Edgewood Court Middlesboro, KY 40965-2839

Greg & Jennifer Kirkland and family have moved to: 2410 Mill Creek Drive San Antonio, TX 78231-2219



KAREN SOMDAL BRYANT IN MEMORIAM "Sunset and evening star, And one clear call for me! And may there be no moaning of the bar, When I put out to sea" *



As the years go by and we get older, it seems more difficult to meet new people, to make new friends. That was certainly not the case when I first met Karen Bryant (Karen, pronounced like "car", which really distinguished her from other more usual "Karens"). "Distinguished" is a good adjective to use for Karen; others would be intelligent, sophisticated, witty and personable.

Karen first came to St. James because her brother- in- law, Bill Bryant, was our Priest -in- Charge. I'm sure Bill asked her to come "check out the Episcopal Church", and she did. She must have liked us because she was later received from the Roman Catholic faith and became a parishioner at St. James. She had been with us ten or so years when she died. I would have thought that a member of an old Shreveport family, living and growing up in the Highland, Pierremont side of town would not fit in with the Southern Hills crowd. I was so wrong! Karen had the personality and charm to fit in anywhere. We loved her and she loved us back.

Karen became active immediately in church activities, especially the ECW. She knitted prayer shawls for the ill and even taught others how to knit. Karen knitted me a beautiful scarf, out of the blue, just because she thought I would like it. I loved it! When St. James had a booth at the Revel, Karen worked there and enjoyed doing it. Believe me, working the Revel was work! Karen and daughter Eugenie usually attended early service so she became fast friends with that group, but we "later- goers" enjoyed being with her at coffee hour or breakfast.

I came to know Karen well through our mutual love of reading. She was the most well- read person I have ever known, non-fiction, fiction, best sellers, you name it, she had read it. She would even recommend titles to me for the book reviews that I gave around town. In fact, Steve Aymond, who was the manager at Barnes and Noble before he retired, told me that he loved for her to come in. He said they would have in-depth, critical discussions on the latest titles.

And Karen had a wonderful sense of humor. Last year, her dentist somehow lost a tiny drill bit down her throat. Oh, my! Karen took it with more grace than I would have. The bit was removed, and Karen carried it around in a small bottle for "show and tell".

In November, Karen died at home after a lengthy illness; she had been in and out of hospitals for a number of years but complaining was not her style. She appreciated friends coming to see her when she was hospitalized, but I know it was tiring. She did enjoy getting cards and letters so she could keep in touch. Karen was the daughter of Dewey and Eugenie Somdal. Her father was a very prominent architect in Shreveport; the buildings he designed are still very evident around town. She had one brother, Dudley. Karen attended various schools growing up: Byrd, a convent in St. Louis, a finishing school in New York, (Is that where she learned her poise?) and Centenary. **Karen's marriage was blessed with two lovely daughters, Barbara and Eugenie. I don't know Barbara, only meeting her after Karen's death**, but I do know what a wonderful daughter Eugenie was to her mother, and we love that she is one of us at St. James. As noted earlier, Father Bill Bryant was her brother- in-law as well as Jon Alan Bryant.

After her schooling, Karen went to work for her father's architectural firm and worked there for many years. She was active in many of the cultural organizations in Shreveport, such as the Shreveport Little Theatre, the Symphony, and especially the Opera. Karen served as president of the Shreveport Little Theatre Guild and won an award for "outstanding member" one year. She served for many years as the chairperson of the Merchants' Booths for the Opera Guild's Boutique de Noel, an important fund raiser for the opera. She loved animals (a pillow on her bed read: "I sleep with dogs") and requested donations at her death go to the local animal shelter.



Karen did not want a funeral and reception upon her death. Instead, she asked Barbara and Eugenie **to continue the tradition of her annual "Drop By", with Karen's famous spiced tea and marinated Brus**sels sprouts. It was a lovely occasion, all of us enjoying and sharing our memories of Karen in her beautiful home, full of items that were dear to her. My favorites are the portraits of her parents and the fashion drawings she did at finishing school.

Karen was a person who left a lasting memory on all who knew her. We at St. James were blessed to have her with us; may she rest in peace and wake in the arms of our Lord.

"And may there be no sadness of farewell, When I embark. . . I hope to see my Pilot face to face When I have crost the bar." * CROSSING THE BAR* Alfred Lord Tennyson

--Mattie Moslev

February 15, 2018



A GIFT FOR JACOB

A dozen years or so ago Jacob King was born with a heart defect—one that he hasn't let slow him down. He's had several surgeries, and it is time for another. This one will take place soon at a hospital in New Orleans.



In order to make it easier for his family to be by his side throughout the surgery and recovery time, St. James is rallying around him and offering assistance. \$701.00 was raised at the breakfast on February 4, with an additional \$100 arriving in the mail. Outreach has agreed to send \$500 and the ECW is also sending \$200. Anyone who wishes to donate to this cause may do so by putting money in the offering plate at any service with a note designating that it is for Jacob.

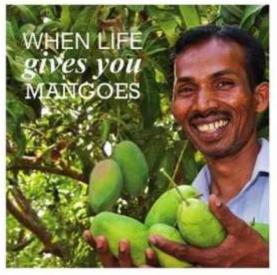




IT IS TIME TO GIVE MANGOES

When life gives you mangoes, you find that you have a way to feed your family—not just for one meal, but for a lifetime. That is what Episcopal Relief and Development does when it sets out to assist families across the world. The money we will be collecting this Lenten Season will go toward providing livestock, fruit trees, grains, seeds, vaccinations, clean water, and education for people who are in desperate need of all of the above. With our help, these individuals can help themselves.

This year for Lent St. James is supporting the efforts of Episcopal Relief and Development as they work to make the world a better place for poor people across the world. We generally hear about ER-D most frequently when



they answer the call after a devastating hurricane or earthquake, as they are often first on the scene after a natural disaster. However, ER-D works year-round on a daily basis to help impoverished individuals and families improve their situations, often working in areas where war, famine, and/or natural disasters have ravaged the environment.

St. James will have a pitcher in the aisle each Sunday during Lent where you may place your Lenten offering for ER-D. You may also include it with your regular Sunday offering (indicating that the money is for ER-D) when the plate is passed around, or you can mail it to the office. The important thing is that we recognize that we are gifted with enough to share with those who are in need and take action to help as we are able.

Here are some of the wonders ER-D can do with our offerings:

\$80—one goat \$25—a share in a flock of chickens \$135—a flock of chickens \$20—a share in a pig \$100—a pig \$35—a share in a community garden \$175—a family share in a community garden \$65—a share in a cow \$630—a cow \$35—a fruit tree \$45—seeds, tool, and training \$750—a share in a well or water system \$5,000—a well or water system for a village \$35—clean water for an individual \$215—clean water for a family \$15—nourishment for a child for a week \$50—one disaster relief kit \$400—one rainwater harvest tank \$12—one mosquito net \$10-ten mosquito nets \$300-mosquito nets for 25 families

\$15—health clinic care for one person

- \$150—health clinic care for ten people
- \$35—health clinic care for mom and newborn
- \$50—postnatal health clinic care
- \$65—vitamins and preventative medicines
- \$50—healthcare training for one person
- \$200-micro loan for one woman
- \$100—vocational training for one woman
- \$60—savings program for one woman



Whether it is a New Year's Resolution, a Lenten discipline, or a lifestyle change, deciding what you are going to do is only the first step. In order to be successful in your endeavor, it helps to make a plan. What exactly will you do to achieve your goal? What steps are necessary to reach your objective? How long to you expect it to take? What milestones are to be met along the way? Will you need to re-evaluate the plan periodically to stay on track? Will you require encouragement and therefore do you need to engage someone else in the plan in order to achieve success? All of the above are useful questions for an individual as well as for a group. If a corporation wishes to make changes, they set up a plan to do so, transitioning into the changes in a manner that does not disrupt their business and therefore their income. As individuals we need to do the same. As a parish we need to do the same. If you are giving up meat for Lent, you are likely looking at alternative menus in order to feed your family in a healthy manner. Maybe you are hoping that the side-effect of the change will be a little weight loss or an easier way to stick with a budget. Or you may be setting aside the savings to donate to a worthy cause, such as the Outreach Committee at St. James or Episcopal Relief and Development. You might even be using this Lenten discipline as a transition to healthier eating once Lent is over. If this is the case, having a plan in mind will benefit your ultimate goal. If you are taking on a task that helps others during Lent, you need to decide exactly what that task is and how to go about it. Are you going to volunteer to go on missions for St. Luke's Mobile Medical Ministry? If so, you need to contact St. Luke's, sign up, and show up. And you may discover that in doing so you have found a new way to serve others throughout the year.

Lent is a time of preparation. It is a time of contemplation. It is a time to look around, see the needs of others, and find a way to help meet those needs. Take time this Lenten season to make a plan for how your individual discipline can help serve your community. You are likely to find that there are people who truly appreciate the efforts you put forth.

We at St. James are beyond lucky that we have each other to support and rally around us in times of need. As we reach beyond our doors and offer that level of caring and commitment to our community we will discover that St. James will grow. Look around you—this parish is filled with people who were attracted to our family because they felt welcomed. They saw the large amount of Outreach ministry recipients, the sincerity of the greeters, and the lov-ing interest displayed when they came through the doors. As we plan our Lenten disciplines, let's put it into our plans to deliberately, consciously, and purposefully extend that same welcome outside of the grounds of St. James. Let's make it obvious that the Episcopal Church welcomes all.

-Jnanne Zepeda

ANNOUNCEMENTS SUBMISSION DEADLINE

If you would like an announcement placed in the Sunday bulletin, please submit it by 10:00 am on the previous Wednesday. The office is open Monday-Thursday from 8:30 am until 2:00 pm. Announcements that are in printed form may be mailed, sent through e-mail to stjames_sport@att.net, or dropped at the parish office.

Newsletter deadline: March 1st

SPREAD THE WORD

Would you like to brag on your family's achievements, share family milestones with friends, or invite the parish to an upcoming event? You can do so easily by submitting articles to the parish office for publication in the Spirit. There is always room for news of a baptism, wedding, or school achievement. Photographs and stories can be sent via e-mail to stjames_sport@att.net or dropped off at the parish office. And if you are shy about doing the writing, just telephone the information to 686-1261 and the writing will take care of itself. *Our Mission Statement: A COMMUNITY CALLED BY GOD TO WORSHIP, LOVE, AND SERVE.*

Our Schedule of Services: Sunday—Holy Eucharist, Rite 1 8:30am followed by Coffee Hour and donuts in the Parish Hall Sunday School, 9:45am Holy Eucharist, Rite 2 with music 11:00am Wednesday—Holy Eucharist Rite 2, 10am



KAIROS COOKIES

Cookies are an important part of the Kairos weekend and our team will be taking over 2,000 dozen homebaked cookies into the prison. Baking cookies is a practical way we can show God's love to those incarcerated. Their impact is tremendous as residents realize that someone who doesn't even know them would take their own time to make something just for them.

Please follow the guidelines below—we can only take undamaged (unbroken) cookies inside and we must also follow Department of Corrections rules regarding food. These guidelines are time-tested to ensure success.

- 1. Cookies must not require refrigeration.
- 2. No liquor or liquor flavoring may be used.
- 3. Any kind of topping is O.K. except: frosting that might spoil and powdered or granulated sugar.
- 4. Cookies should be about 2 ½ 3" in diameter and be sturdy enough to be handled without breaking.
- 5. Cookies must not contain any kind of fruit.

6. Cookies must be completely cooled before packing. If they are not, they tend to stick together or spoil in storage.

7. Pack each dozen cookies in a separate zip-top bag. Four stacks of three cookies fit well in a quart-sized bag. Gently squeeze out as much air as possible before sealing the bag.

8. Please identify the cookie type on the outside of the bag (chocolate chip, peanut butter, etc.), but don't mark anything that identifies individuals.

9. Please turn in cookies to Brian Whatley. Cookies may be left in the Parish Hall on a designated table shortly before the next Kairos weekend, March 15-18, 2018.

OR JOIN US MARCH 12 AND 13 AT 6PM IN THE PARISH HALL FOR A COOKIE BAKING PARTY!



Vision Statement of St. James Episcopal Church: We see St. James as a spirit-led congregation that is a beacon of God's love shining in the community, welcoming all by reaching out through worship, service, mission, and programming to bring peace and healing to all of God's children. We strive to serve our members by nourishing our faith, giving support in times of need, and becoming a congregation from which community-based outreach programs have their genesis.