

A word from the Vicar

Icons as Prayer

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Recently, I spent a week at Kanuga immersed in painting (some would say writing) my very first icon. I went into the experience not knowing what to expect and not really being sure whether or not I even liked icons. I have a few and I cannot say they ever spoke to me in a very deep way. What attracted me to the workshop was an opportunity to do something concrete that nonetheless spoke to my soul.

We began with a board prepared with gesso—twelve layers of it in fact! It was completely white and as the instructor said, represented chaos out of which we were going to bring order. To be more accurate, she said God working through our hands would bring the order. The first step was transferring the image to the board and then etching that image into the gesso. After that, we added layer after layer of egg tempura paint, gold leaf and at times India ink. The entire process was immersed in prayer. Holy Eucharist was celebrated every morning and the day ended with Evening prayer. In the studio, we began each work session by sitting quietly with our icon in its various stages

and allowing it to speak to us. At times it was quite intense. The icon worked on me as much as I worked on it. My first prayers were simply, "God, help!" Then gradually, I was able to let go of my own directives and began to trust the process itself. As our instructor reminded us, there are no perfect icons but the work is all for the glory of God. Layer after layer, the image emerged and I was able to more deeply enter into the experience.

I discovered that painting icons *is indeed* prayer. It is

a conversation with God. And as in all other forms of prayer, when we truly place ourselves before God, we are sometimes challenged and sometimes chastised but always, we are blessed. I give thanks for this opportunity to learn a new way to pray.

Faithfully,

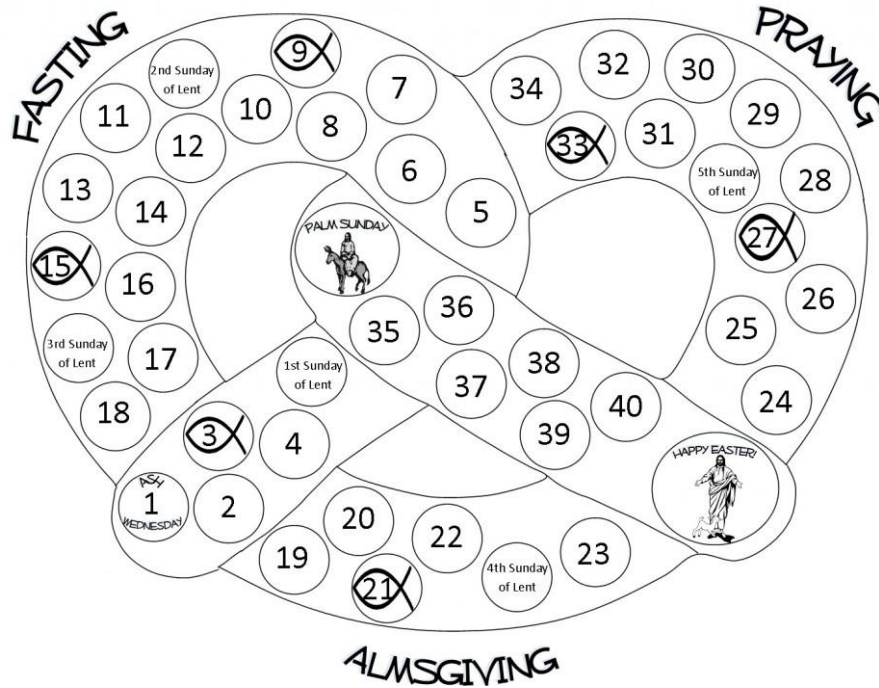



St. James After Dark



This year at St. James After Dark, there were 34 people registered and 14 workshops. Here are a couple of pictures from the Tangling with Rob Buchan workshop. St James raised \$360.00 for the YWCA. Thank you to all who held workshops and to those who participated.

LENTEN CALENDAR: THE SALT OF THE EARTH



NEWS to share



The St. James Soup Kitchen provides a free, home-cooked meal every Tuesday at noon. But the Soup Kitchen is about so much more than food. It provides hospitality and fellowship to all who attend, including the stranger. (Someone you don't know) The Soup Kitchen name is somewhat a misnomer. Meals are served sit-down style and soup is a sometime food. There are no

long lines, standing with soup bowl in hand. Instead, as people are seated, they are given their utensils and offered a beverage (Coffee, tea, water, juice or cocoa). The dinner bell is rung and Canon Martha says a prayer before the meal. Then fruit or salad is served. This is followed by the main course, then dessert. (On Valentine's Day we had strawberry shortcake!) Late comers are served as they arrive. Many people come early to have coffee with friends. We have a donation can and people contribute as they are able. The Soup Kitchen is made possible by the generous donations of time, talent and treasure of many in the Titusville area, from St. James and

beyond, who have captured the soup kitchen vision. St. James has created a unique type of "soup kitchen" that offers a true vision of what biblical hospitality looks like and all are welcome.

Soup Kitchen Dates and Stats
Meals served in January -- 527
Food Bags given out in January -- 119

Next Bag Day -- March 14 and 28

Next visit by Barb Ives to answer questions about SSA, VA, Medicare and Housing will be March 7 and 21.

Submitted by Eda Scales

The Senior Warden

For the past several years, I have listened to Dr. Charles Stanley and his "In Touch" ministry messages/sermons on Sunday mornings before I attend church at St. James. Most of his messages I can relate to. The title of the message he gave on Sunday, Feb. 19 was titled "How to Stay Young And Useful All Your Life".

(1) Keep Learning - We have the responsibility of being fruitful all the days of our lives. We have the choice of continual growth throughout our lives. A lazy brain is a decaying brain.

(2) Keep Loving - Love God with all of your heart, soul and mind. Love is an expression we need to share with family, friends and others.

(3) Keep Laughing - It keeps your nervous system healthy. When there is laughter your body will respond accordingly. Dr. Stanley says, "Christians should be the happiest people in the world".

(4) Keep Leaving Your Cares Behind - Hand your burdens over to God. Don't continue to talk about "junk" in your life. Dragging the "junk" around will slow you down.

(5) Keep Longing - Keep dreaming about the future. Think about things you can and want to do. You can do anything that God calls you to do. You are young and useful at any age as long as you look towards the future.

(6) Keep Laboring - You can retire but it doesn't mean you have to

quit working. Find a hobby, help a neighbor, get involved in something you did not have time to participate in when your work schedule was full.

(7) Keep Leaning - Be dependent on the Lord. Live everyday trusting in the Lord and rely on him to give you wisdom.

(8) Keep Listening to God - Dr. Stanley believes this is most important (and I agree with him). Be quiet and ask God to speak to your heart. It is essential to listen to God. Start everyday listening to God.

AMEN!

Noni

Community Conversations: Cultivating Our Shared Humanity

Thursday evenings 5:30pm-7:00pm
St. James Parish Hall, 112 E. Main Street
Soup and salad provided
Child care provided

In order to support the initiatives of Stand Up Together, St. James Episcopal Church is offering a 5 week series open to the community. It is designed to increase our awareness of our different experiences such as religion, race and class and to address how we may interact with others in ways that respect our common dignity and shared human experience. The presenters are:

March 9: Sam Qadri, Jamestown Islamic Society

March 16: Al Rickerson, Community member

March 23: Jennifer Wellington, Women's Services, Inc.

March 30: Kaitlyn Spaulding, Family Service/Children's Aid Society

April 6: Chief Harold Minch, Titusville Police Department



"Serving Courageously, Living Faithfully"

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Disciplines for Lent

5 Marks of Love There are many ways in which we mark our journey through Lent. Prayer, fasting, almsgiving and repentance are the classics. This year we are being encouraged to use those disciplines in ways that help us align our actions with the mission of Christ. The Church has identified these actions as the 5 Marks of Mission. They are:

- 1) To proclaim the Good News of the Kingdom
- 2) To teach, baptize and nurture new believers
- 3) To respond to human need by loving service
- 4) To seek to transform unjust structures of society, to challenge violence of every kind and to pursue peace and reconciliation
- 5) To strive to safeguard the integrity of

creation and sustain and renew the life of the earth

To simplify those very powerful statements, the Society of St. John the Evangelist, a men's monastic community in Cambridge, Massachusetts has boiled the lengthy descriptors down to five words they call the Five Marks of Love . . . tell, teach, tend, transform, and treasure. You can find their Lenten guide at www.5marksoflove.org.

The youth of the parish will be exploring each of these marks of love on Tuesdays during Lent.

Community Conversations

Another way of living into these statements is by participating in our Lenten soup and salad series entitled Community Conversations: Cultivating Our Shared Humanity. Childcare will be provided, so do not hesitate

to bring the whole family or invite a friend. The series is open to the entire community and will run from 5:30 pm to 7:00 pm, March 9 through April 6.

The first presenter is a return visit by Mr. Sam Qadri from the Jamestown Islamic Center. Mr. Qadri was here last fall and many people were impressed with his visit and wanted an opportunity to ask more questions. This is your chance to ask those questions or to hear from him for the first time.

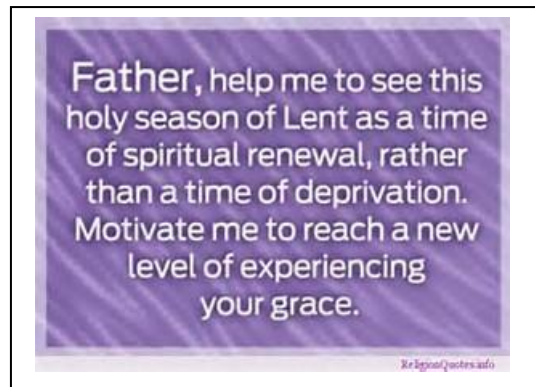


Liturgical Participants' Schedule

	ALTAR GUILD	ACOLYTES	LECTOR	EM	USHERS	COFFEE
Mar 1	Dona Clendenin	AJ Scott	Carol Courtwright	Noni Stanford		
Mar 5	Patty Butler	AJ Scott Virginia Ives Brianna Ives	Barb Davidson	Dona Clendenin	Barry and Lisa Kellogg	
Mar 12	Patty Butler	Noni Stanford Kylee Propheter Seth Propheter	Barb Ives	Randy Galmish	Mark Conrad Richard Orner	
Mar 19	Carol Courtwright	Andrew Scott Ava Hartshorne Adeline Hartshorne	Gloria Baker	AJ Scott	Clyde and Carol Courtwright	
Mar 26	Carol Courtwright	Aaron Scott Andrew Scott Kylee Propheter	Jan Carr	Noni Stanford	Jan Carr Nancy Brown	

COUNTERS

Mar 5: Dave Gagnon- Noni Stanford
Mar 12: Lori Powell- Kenny Beatty
Mar 19: Terry Kerr- Richard Orner
Mar 26: Noni Stanford- Lori Powell



MARCH CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ash Wednesday Service 7:00pm	2	3	4
5 10:30am H.E. 1 st Lent	6 Girl Scouts 6:00pm	7 Noon – Soup Kitchen Youth Christian Education 3:30pm 7:00pm- AA	8 Choir Practice 7:00pm	9 5:30 Community Conversations: Cultivating Our Shared Himanity	10	11
12 10:30am H.E. 2 nd Lent	13 Martin Luther King Day Office Closed Girl Scouts 6:00pm	14 Noon – Soup Kitchen. Youth Christian Education 3:30pm 7:00pm – AA	15 Choir Practice 7:00pm	16 5:30 Community Conversations	17	18
19 10:30am H.E. 3 rd Lent	20 Girl Scouts 6:00pm	21 Noon – Soup Kitchen Youth Christian Education 3:30pm 7:00pm - AA	22 Choir Practice 7:00pm	23 5:30 Community Conversations	24	25
26 10:30am H.E. 4 th Lent	27 Girl Scouts 6:00pm	28 Noon – Soup Kitchen Youth Christian Education 3:30pm 7:00pm - AA	29 Choir Practice 7:00pm	30 5:30 Community Conversations	31	

We're on the Web!

See us at:

www.stjamestusville.org