

A weekly email publication for the community of St. James Church in College Hill

Message of the Moment from Your Junior Warden

Bishop Cathleen Bascom will preside on Palm Sunday

It was so wonderful to gather again in person this past Sunday. This was possible due to the great numbers coming in from the county and state on number of COVID-19 infections/1,000 and the percentage rate as posted on the spreadsheet published Wednesdays on the Diocese's website. Returning to worship is wonderful news, but to me the great news is that the infection rate is dropping dramatically and quickly. Fewer people are being struck by this terrible virus. Vaccines are being distributed, and our world is becoming more normalized by the day. Although I am not one of their great fans, the words of a ZZ Top song keep popping into my head “ What a long strange trip it has been.” I do believe that we as a congregation have contributed to keeping our community safe by minimizing our assembly. From Mother Dawn, Joan Moore, Woody Swain, myself and everyone at St James, thank you for your patience, understanding and cooperation since last March and let us all pray that the worst is behind us. I hope that as 2021 unfolds before us, we remember how this worldwide pandemic has affected the lives of so many in so many ways. People have responded with love, support, kindness, respect, faith, and prayer. I hope that we remember how these acts have helped to shore up many in need and that we should continue all of these things as the world always has a fresh hurdle to overcome and there are many in need.

I want to take a moment to thank so many at St James for the incredible work that they have put forth to keep some sense of community and worship through the last year. They are too many to name them all, but Mother Dawn taught herself to record a service and put it up on YouTube and Facebook. Deacon Jeff Roper, Marlene Hallstrom, our vergers, the choir, the soloists, lay readers, the Altar Guild — the list just goes on — have worked very hard to keep worship available albeit in a different form than we are accustomed.

On Palm Sunday, Bishop Cathleen Chittenden Bascom will be presiding, and we will be confirming those who have completed their Basic A as well as youth who are prepared. Since it is important that family of the confirmands be present in the nave, we wish to give them priority seating. This will mean more people may be asked to move to the Guild Hall. I know that everyone understands this and is willing to help. We will not have a procession as in the past with palm fronds but will hand them out as you enter. If you need gluten-free wafers, please let us know as you enter. We can then pass this on to the presider so that we can accommodate this need.

All of you have been so patient and helpful through these trying times and on behalf of the clergy, the vestry and all who have made this last year bearable, thank you!

Peace
Danny Blair
Junior Warden

First Things First

Confirmation will be held on Palm Sunday, March 28 during the 10:45 a.m. service with Bishop Cathleen Chittenden Bascom. If you completed Basic A and would like to get confirmed or received during the service, please let the office know immediately by calling 316-683-5686. If you have spoken with Chelsea Whipple and we are aware of your intentions, you do not need to call. If you are interested in being confirmed or received into the Episcopal Church, our next Basic A class will take place in early September 2021. Basic A (A stands for Anglican) is a course open to anyone who would like to learn more about the Episcopal Church. It is especially good for people who are new to St. James and would like to know more about what we believe and what our history is. This course should make you able to discern if this is the church you should join and in which you should become an active part.

Mother Dawn's "Radical Acceptance" series continues in today's eTower. See it under the "Radical Acceptance" section later in this email and on our website.

Our Lenten Stations of the Cross continues through Lent at 4:30 p.m. Wednesdays in the churchyard at the corner of Douglas and Yale. The Rev. A. Patrick K. Funston, Canon to the Ordinary, will lead the 11 a.m. Good Friday Stations of the Cross service.

This week's Parishioner Profile — about Susie Stallings — is below in "Parishioner Profile and Parish News."

Readings This Week

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

[Click here to go to the Lectionary Page](#)

[Click here for a free PDF download of the Book of Common Prayer](#)

Lessons appointed for the Fifth Sunday of Lent:

[Jeremiah 31:31-34](#)

[John 12:20-33](#)

[Hebrews 5:5-10](#)

[Psalm 51:1-13](#)

Service to the Community

Want to learn what **Breakthrough ESS** has been accomplishing? Join our Outreach Committee for a

zoom meeting at 4 p.m. Tuesday, March 23. Rachel Newell from Breakthrough will catch us up on Breakthrough's mission and new project to help the unhoused find housing. For a Zoom invitation, please email [Judy Goodpasture](mailto:Judy.Goodpasture).



The **Kansas Food Bank** sent St. James parish a thoughtful, handwritten thank-you note for a \$500 contribution from Mother Dawn's Rector's Discretionary Fund. The letter mentioned that our "generous donation was a blessing to many people" since "a \$1.00 donation equals about four meals."

The **Wichita Police Department's Homeless Outreach Team** also received \$500 from the Rector's Discretionary Fund, and Police Chief Gordon Ramsay sent a thank-you letter to the parish.

Thank you to all who participated once again in Sack Lunch Saturdays program on March 13. The program at St. John's is doing well, and the support from everyone has been greatly appreciated. Next month's Sack lunch Saturday is April 10. If you would like to participate, please email [Joan Bledsoe](mailto:Joan.Bledsoe). If anyone has backpacks that they would like to donate, please bring by the church and Joan will make sure they get to St. John's.

Please remember to help us collect funds for the Pocket Change Ministry's gift to Breakthrough/ESS. You can send a check to St. James with "Pocket Change" written in the memo section.

HumanKind Ministries is holding a virtual fundraiser April 17 — Sleep Out ICT — to raise money for services for people who are unhoused and to raise awareness. You may learn more about opportunities to support HumanKind (formerly Inter-Faith Ministries) by visiting www.SleepOutICT.org.

Children and Youth

VBS planning is underway. If you are interested in being on the planning committee, please [email Chelsea Whipple](mailto:Chelsea.Whipple), director of programs. VBS will be 6 p.m. to 8:15 p.m. June 21 to 24. We will share our awesome theme for this summer on Easter Sunday!

Youth Sunday is April 18. If your youth is interested in participating, please [email Tristan Holmberg](mailto:Tristan.Holmberg).

The Calendar This Week

Sunday, March 21

9:00 a.m. - Adult Forum

Resurrecting Easter: How the West Lost and the East Kept the Original Easter Vision

Join Zoom meeting at this link:

<https://zoom.us/j/95070519126?pwd=MINPSUszSUF2akFhRmtWOWo5c1N1dz09>

10:45 a.m. - In-Person Morning Prayer

Monday, March 22

5:30 p.m. - Contemplative Prayer Group Online
[Contact Mary Kay Chavez](#)

7:00 p.m. - Graduate EfM Online
[Contact Jeff Roper](#)

Tuesday, March 23

4 p.m. Outreach Committee
[Contact Judy Goodpasture](#)

7 p.m. - Hymn Study with Marlene Hallstrom, Director of Music
Join Zoom meeting at this link:

<https://zoom.us/j/95241906199?pwd=djF2KzByTkJjb1FtUGIGWEIzSUhrQT09>

Wednesday, March 24

4:30 p.m. - Lenten Stations of the Cross , church courtyard at Yale and Douglas

6 p.m. - Evening Bible Study on Zoom
[Contact Phil Speary](#)

6:30 p.m. - Youth Group Online
[Contact Tristan Holmberg](#)

Thursday, March 25

11:00 a.m. - Congregational Book Read on Zoom
Join Zoom meeting at this link:

<https://zoom.us/j/94318073867?pwd=UWICSVhidnFqOWpTSEpacmFhME5FQT09>

7:00 p.m. - Congregational Book Read on Zoom
Join Zoom meeting at this link:

<https://zoom.us/j/96988499682?pwd=enlEbndxTFd0NWJqZk5SUIBkMmJEZz09>

Parishioner Profile and Parish News

Meet Susie Stallings

Susie Stallings began attending St. James as a little girl and was baptized here. She grew up just down the street, one of six children in her family. Susie graduated from East High School and studied liberal arts at Wichita State University.

"Prior to coming back to St. James in 2015, I attended St. Stephens Episcopal Church," Susie said.

Susie has two children — Willis Edward Hartman II and Christopher Hartman.

She is a past president of the Junior League of Wichita and volunteered her time as a bookkeeper and financial consultant for Episcopal Migration Ministries, work that was dear to her heart.

Susie "adopted" two immigrant families and continues to be involved with them, helping them integrate into the Wichita community.

She has served as St. James' bookkeeper since July. She was co-chair of the English Tea in 2018 and 2019 and served as co-chair of the 100th Anniversary Committee. Susie previously worked as the



custodian of records for the Sedgwick County District Attorney's Office and at the Plaid Giraffe. She enjoys reading, working on needlepoint and knitting.

What do you do to rest and return to God?

"God is a part of my life every single day. I talk to him, pray to him and thank him.
I keep his love as close as I can."

What do you like about St. James?

"There's nothing I don't like about St. James. I think the people here are beautiful,
and I've loved being a part of it."

We need you! Peggy Johnson is looking for volunteers to be ushers and greeters. You may contact Peggy by emailing her at johnsonorganist@gmail.com.

Crystal Barber of the Altar Guild says contributions to the flowers fund would be most appreciated. If you are interested in making a contribution, [please fill out this form](#) and return it to church. Forms also are available at the front desk.

Easter is fast approaching, and we need C-A-N-D-Y for our annual Easter Egg Hunt. Please leave individually wrapped candy in the specially marked basket at the front desk, and Chelsea Whipple, our director of programs, will safely fill Easter eggs for the Easter Egg Hunt. More details will be available soon about the event itself. Easter is April 4.

We are planning the youth rummage sale for July 8 to 11. Please begin to collect items from your home and arrange a time to take them to church by calling or emailing Anne Clark at 816-797-6177 or aws1155@yahoo.com. The youth will need lots of help setting up the weekend before as well as people to help work the sale. Please let Anne know if you can help.

The Book of Common Prayer and Hymnal 1982 are available for use at home for worship, hymn singing, and/or personal devotion.

Forms to order our 100th anniversary book are online . [Click here to go directly to the order form](#), which you can print out and return in person, by mail, or by email to the church office. Books are \$25, and shipping is \$5 for every two books.

Radical Acceptance

Mindfulness

Mindfulness is a state of active, open attention on the present.

In its simplest form, it is bringing a conscious awareness to the present moment. It's about connecting with ourselves and our surroundings in the here and now.

Mindfulness is a state of active, open attention on the present. Clients learn how to observe their thoughts and feelings without judgement. Mindfulness is an important practice that our therapists bring to many groups and activities. Our art therapist, Marianne, shares the following:

The wandering mind.... The mind is a wonderful time traveler. It can take us to the past, to the future and all around the global clock and it can do so in an instant. There is a natural and normal pendulum between which the mind travels that helps us to use the past to inform our future.

For instance: how many of you are thinking about what you are going to do after you're done reading this? Maybe you are planning on going to dinner to a favorite restaurant. The past experience at this particular restaurant has informed a future decision about whether we want to go there again. This type of mind travel happens often and is an integral part of our functioning selves. An important aspect of this mind-travel is that we also come back to the present to take action, moving ourselves towards a future of our choosing: we consciously pick up the phone to make a reservation.

Being in the NOW is the only place the body can be. I think we experience this as adults when we try to re-live our youthful vigor in sports. The reminders come to us swiftly that even though our minds might think we are 17, our bodies are not. Our bodies only exist in this moment. We can't physically

return to a memory nor can we physically jump ahead. We are only physically here now. What does it mean then, when the mind travels and the body remains here? It means we are briefly disconnected. There's a gap. For some, this gap has been necessary as it pertains to survival. For survivors of childhood abuse, the disconnection or disassociation, allowed that child to survive. It's flight, fight or freeze. Flight and freeze can mean being mentally somewhere different from the body. But at some point, surviving shifts into thriving and for those whose mind does not return often enough to the present body, thriving is a challenge. The gap — the space between the body and the mind — feels like an insurmountable chasm. Important to note, the chasm isn't a void; it is filled with the debris of everyday life. The mind is filled with intrusive thoughts: "I should have," "I need to," "I didn't do," and "I need to do." Rumination and expectation are two spots where the mind can get stuck. When the mind gets stuck in a different time, it is important to understand how paralyzing that can be.

Why mindfulness? Being present can allow us to reconcile traumatic factors, such as feeling safe within an environment. Being present can deconstruct time, reducing the gap between then and now, quieting the intrusive thoughts or allowing them to pass by. Being present is healthy focus. Being present is being aware of here, now, and being. Mindfulness is a tool to regulate our breathing and our heart rates and to bring ourselves to a state of thriving.

By Andrew Harris, MS, LPC

<https://hopeway.org/blog/radical-acceptance>

Yours in Christ,

Mother Dawn+

Prayers

Parish Prayers for the Week of March 21

In the Anglican Cycle of Prayer: Pray for the Nippon Sei Ko Kai (The Anglican Communion in Japan)

In the World Council of Churches Cycle of Prayer: Pray for the people of Cambodia, Laos and Vietnam

In the Kansas Cycle of Prayer: Pray for St. Andrew's, Emporia

Pray for those serving in the military: Alexis (Lexi) Reed, Will Corkins, and J. David Anderson-Lusk.

Pray for those who have died: Christopher "Chris" Erickson, son of Jennifer and Mark Erickson; David T. Childs, The Rev. Wayne Blakely, Jeff Gibson, (son of Deacon Barbara Gibson), Larry Edwin Rahal (father of Nancy Carroll), and Caroline Rudnick-Rowley (wife of Bruce, mother of William and Madeline).

Pray for those who are in trouble, sorrow, need, sickness or any other adversity: Pray for Marsha Bacon, her husband Steve, and their family. Marsha is the daughter of beloved member Joan McRae. Pray for Marge Rine, her son Wes, and the rest of their family. Pray also for Dal Harrison, her husband Rick, and their family. Pray for Joan Janzen and her daughter, Catherine. Please continue in your prayers for the recovery of Gary, Bill, and Pete. Lift up all people with COVID-19 and all health care workers. Please pray for Pam, LouAnn M., Jayne, Iola, Martha, Betty, Gus, Jessica, Bob, Joe, Jean, Jerry, Teresa, Larry S., Jan and Joan, Mary, Joann and Mike and their granddaughter, George; George II, Christina, Bill, and Floyd.

Our Parish Prayer List — The most up-to-date parish prayers appear here weekly. All members of our parish community are asked to pray for everyone on our prayer list. To share your prayers of thanksgiving (births, weddings, new jobs, anniversaries, etc.), to notify us that someone you love is

serving in the military, to share that you or someone you love is suffering, or to tell us of a death, please call 316-683-5686 or email office@stjameswichita.org.

Let Us Pray

Almighty and everliving God, ruler of all things in heaven and earth, **hear our prayers for this parish family.** Strengthen the faithful, arouse the careless, and restore the penitent. Grant us all things necessary for our common life, and bring us all to be of one heart and mind within your holy Church; through Jesus Christ our Lord. Amen.

Everliving God, whose will it is that all should come to you through your Son Jesus Christ: **Inspire our witness to Christ,** that all may know the power of his forgiveness and the hope of his resurrection; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

O Father of mercies and God of all comfort, our only help in time of need: We humbly beseech thee to **behold, visit, and relieve thy sick servant for whom our prayers are offered.** Look upon them with the eyes of thy mercy; comfort them with a sense of thy goodness; preserve them from the temptations of the enemy; and give them patience in their affliction. In thy good time, restore them to health, and enable them to lead the residue of their life in thy fear, and to thy glory; and grant that finally they may dwell with thee in life everlasting; through Jesus Christ our Savior. Amen.

O God, the strength of the weak and the comfort of sufferers: Mercifully accept our prayers, and grant to your servant for whom we pray the help of your power, **that their sickness may be turned into health,** and our sorrow into joy; through Jesus Christ our Lord. Amen.

O God of heavenly powers, by the might of your command you **drive away from our bodies all sickness and all infirmity.** Be present in your goodness with your servant for whom we pray, that their weakness may be banished and their strength restored; and with their health being renewed, they may bless your holy Name; through Jesus Christ our Savior. Amen.

Sanctify, O Lord, those whom you have called to the study and **practice of the arts of healing, and to the prevention of disease and pain.** Strengthen them by your life-giving Spirit, that by their ministries the health of the community may be promoted and your creation glorified; through Jesus Christ our Lord. Amen.

O Lord, your compassions never fail and your mercies are new every morning: **We give you thanks for giving both relief from pain and hope of health renewed.** Continue in the course of recovery, we pray, the good work you have begun; that those who heal and daily increase in bodily strength may rejoice in your goodness, and order their lives and conduct to always think and do those things that please you; through Jesus Christ our Lord. Amen.

Helpful Links

[Watch and Listen to Last Week's Service](#)

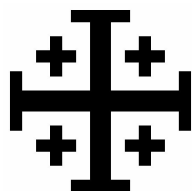
[Parish Web Calendar](#)

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[2021 Parish Leadership](#)



Contact Us



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[Jose Alonso](#), Sexton

[The Rev. Dawn Frankfurt](#), Rector*

[The Rev. Christine Gilson](#), Priest-in-Charge during Mother Dawn's sabbatical

[Deb Gruver](#), Administrative/Communications Assistant

[Marlene Hallstrom](#), Organist and Director of Music

[Susie Stallings](#), Bookkeeper

[Chelsea Whipple](#), Director of Programs

*Mother Dawn is on sabbatical through June 20.



Whoever you are
and wherever you find yourself on your
journey

of faith, you are welcome here.

St. James
Episcopal Church

CELEBRATING



1920-2020

A COMMUNION
OF SAINTS