

**St. James Lutheran Church**  
111 Peter Road  
Southbury, CT 06488

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February, 2020

# THE EPISTLE

*"Be doers of the word, and not hearers only." James 1:22*



## ST. JAMES LUTHERAN CHURCH

111 Peter Road, Southbury, CT 06488

203.264.6446

[www.stjamesct.org](http://www.stjamesct.org)

email: [stjames@snet.net](mailto:stjames@snet.net)

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## THE ST. JAMES PRESCHOOL

Leslie Broch, Director

203.264.6448

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**Evangelical Lutheran  
Church in America**

God's work. Our hands.

St. James Church is handicapped accessible and family friendly

# ✠ ST. JAMES LUTHERAN CHURCH ✠

www.stjamesct.org

email: stjames@snet.net

The Rev Paul D. Sinnott, Interim Pastor

Pastor: 203.264.6446

Church: 203.264.6446

Ministers: The People of St. James

|   |         |
|---|---------|
| Sunday School & Bible Study   | 9am     |
| Sunday Worship with Holy Communion                                    | 10:15am |
| Saturday Worship with Holy Communion                                  | 5pm     |
| Summer Worship with Holy Communion (June, July, August)               | 9:30am  |
| <i>Coffee and Fellowship follows Sunday Worship; Please Sign-Up!!</i> |         |

## CHURCH COUNCIL

|                  |   |              |
|------------------|---|--------------|
| Linda Bedard     | <i>Fun &amp; Fellowship, Y&amp;FM</i>         | 203.267.1066 |
| Karen Furr       | <i>Outreach, Fall Fest, Y&amp;FM</i>          | 203.267.1481 |
| Ryan Furr        | <i>Younger Person Representative</i>          | 203.267.1481 |
| Diane Iannini    | <i>Health &amp; Wellness, PreSchool Board</i> | 203.240.4438 |
| Judy Katzmark    | <i>Council President</i>                      | 203.264.4980 |
| Denise Kuo       | <i>Council Secretary</i>                      | 203.405.1137 |
| Karen Lampiasi   | <i>Worship &amp; Music, James Ministries</i>  | 203.586.1492 |
| Richard Manville | <i>Treasurer</i>                              | 203.232.8099 |
| Jacque Matthew   | <i>Stewardship, Parish Support, Y&amp;FM</i>  | 203.233.9581 |
| Tim Peterson     | <i>Council Vice-President</i>                 | 203.442.3705 |
| Steve Ulc        | <i>Outreach, Green Team, Y&amp;FM</i>         | 203.262.6526 |

## STAFF & MINISTRIES

|                 |   |                   |
|-----------------|---|-------------------|
| Genie Bisch     | <i>Parish Secy., Preschool Admin. Asst.</i>     | 203.264.6446      |
|                 | <i>M,T,Th 2-4:30pm; Fri. 8:00-10:45am</i>       |                   |
| Leslie Broch    | <i>Director, St. James PreSchool</i>            | 203.264.6448      |
| John Dressel    | <i>Director of Music</i>                        | 203.758.8963      |
| Tammy Faulkner  | <i>Coordinator, Youth&amp;Family Ministries</i> | 203.267.6097      |
| Gail Fay        | <i>Assistant Treasurer</i>                      | \$\$ 203.264.1362 |
| Erwin Weissmann | <i>Financial Secretary</i>                      | \$\$ 203.264.7563 |

The Due Date for the March, 2020 Epistle is February 15<sup>th</sup>.  
Please send submissions to Genie Bisch (stjames@snet.net).  
Thank You.

## SERVING IN WORSHIP: February, 2020: THANK YOU!

|                | February 2<br>Presentation of<br>Our Lord | February 9<br>Epiphany 5       |
|----------------|---|--------------------------------|
| Assisting Min  | Liz Skinski                               | Lynn Morrison                  |
| Communion Asst | Lynn Morrison                             | Judy Katzmark                  |
| Lector         | Gary Kline                                | Sophia Bedard                  |
| Cantor         | Karen Lampiasi                            | Lucia Dressel                  |
| Acolyte        |   |                                |
| Usher          | Bob Morrison                              | Ed Danieli                     |
| Coffee Hour    | The Katzmarks                             | The Morrisons                  |
| Counters       | S & J Kelbley                             | J & D Kuo                      |
|                | February 16<br>Epiphany 6                 | February 23<br>Transfiguration |
| Assisting Min  | Neil Johnson                              | Cury Haedke                    |
| Communion Asst | Liz Skinski                               | Diane Iannini                  |
| Lector         | Liz Skinski                               | Lynn Morrison                  |
| Cantor         | Neil Johnson                              | Judy Katzmark                  |
| Acolyte        |   |                                |
| Usher          |   | Gary Kline                     |
| Coffee Hour    |   |                                |
| Counters       | Neil J/Bob M                              | S & J Kelbley                  |

**Our VISION Statement:** We envision St. James Church as a growing, Christ- centered community entering new space: to reach out to all people on a journey of faith; to glorify God through inspired worship, intergenerational fellowship; and to addressing human needs in Jesus' name.



**St. James Church**  
New England Synod  
Evangelical Lutheran Church in America  
*God's work. Our hands.*



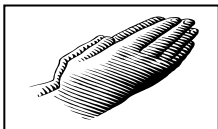
## In Our Prayers



|                   |                |                  |
|-------------------|----------------|------------------|
| Karen Huber       | Arlene Ascenzo | Kay West         |
| Mildred Minervini | Ginny Pucillo  | Ramona Cummings  |
| Emileo Alvarado   | Kelsey Gerber  | Charlie Costello |
| Ryan DeRidder     | Marilyn Balla  | Katie D'Antonio  |
| Steffi Spath      | Robert Kohler  | Darice Peruch    |
| Elsa Bowen        | Richard Bowen  | Diane Duffy      |
| Fred Wuensch      | Janet Benzell  | Mickey Campanile |
| Richard Prisco    | Vinnie Carbone | Sue Bormolini    |
| Margaret Greenman | Lucy Dee       | Karl Faulkner    |
| Vicky Manville    | Stanley Ulc    | Rose Danieli     |
| Margaret Butts    | Angel Guel     | Andrew Hubina    |
| Bruce Burns       | Gabi Adler     | Henri Bigelow    |
| Marie McClain     | Peter Adler    | Julie Johnson    |
| Nicole Peterson   |                |                  |



*Please also keep Matt Cheatham, Wilson Owens, Timothy Elwell, Seth Lash, Stephen Danek, and all those who serve in the military, in your prayers.*



**We also pray for All the Saints**, especially *Gloria Rapp, Ellen Savickas, Rebecca Scalera and all those who mourn the loss of a loved one.*

### THE WORK OF CHRISTMAS

When the song of the angels is stilled,  
When the star in the sky is gone,  
When the kings and the princes are home,  
When the shepherds are back with their flock,  
The work of Christmas begins:

To find the lost,  
To heal the broken,  
To feed the hungry,  
To release the prisoner  
To rebuild the nations,  
To bring peace among brothers,  
To make music in the heart.

- Howard Thurman via Pastor Sinnott

### **A Note from Pastor Paul Sinnott**

February 2020

“People Get Ready”

It seems like we are ALWAYS getting ready for something. And sometimes in our church life we are getting ready to get ready. As I write this, we are looking toward Easter. But there is a getting ready for that. Think about it:

- During Advent, we got ready for the gift of Jesus.
- During the Christmas season, we got ready to use the grace that Jesus brings to welcome our neighbor into this grace.
- During the season after the Epiphany, we celebrated light and the wisdom and get ready for Lent, when we get ready in a rather solemn way for sharing the journey to the cross, where we stand with Jesus and relive our liberation from sin.

These are the seasons of the first part of the church year, and the readings and rituals of the church reflect this. But within these activities are practices of readiness:

- We ready our hearts before worship to remember our baptism and confess our sins.
- We share the peace to free our hearts from resentment with our neighbor before we receive God’s forgiveness at the Eucharist.
- We ready our congregation to be vital and engaged in community by sharing our wealth at the offering.

## A Note from Pastor Paul Sinnott

February 2020

“People Get Ready”

- We ready our souls as we hear the Word in scripture when we head for the doors to begin to be the hands of God, in doing God’s work.

Finally, in the year ahead, we will ready our congregation to call a settled pastor. Your council has called Linda Bedard to lead this readiness effort. Please pray for her and your council (and your interim pastor) as this takes place. And please PARTICIPATE. The integrity of this process depends on you.

If you need a theme song for this year, listen to Curtis Mayfield’s “People Get Ready.”

It begins “People get ready, a train’s a comin’ You don’t need a ticket, you just get on board!”

On board with you, God’s blessings,

Pastor PAUL

Office Hours: Thursdays 1-4 pm, and also by appointment

The Rev Paul D. Sinnott, Interim Pastor  
St James Lutheran Church, Southbury  
New England Synod, ELCA  
God’s work; Our hands

**Can you believe that St. James is 50 YEARS old as of the first week in February 2020? We need to put our heads and hands to work to celebrate this anniversary with a gala event later this year.**

**As a recap to the recent months leading up to this momentous time in the life of our church, we have:**

- **Survived, with many individuals giving time and talents, to continue our mission and worship through the Advent and Christmas seasons**
- **Called an interim pastor, as of 01/01/2020, to shepherd us through the process of finding a new leader**
- **Created a transition team, vision group, and call committee from our members to lead this effort**
- **Had an eventful couple of months where we hosted the SoFIA Thanksgiving Dinner, cleared an apartment which yielded a monetary gift to be put against our mortgage principle, held our Congregational meeting, and pledged our hands, hearts, and wallets to support St. James.**

**Thanks to all of you for your support and looking forward as we begin the second 50 years of St. James in the lives of each of us, our community, and the Lutheran Church as large.**

**Judy Katzmark, Church Council Chair**



### **Belated Thanks!!!**

Many thanks for the generous outpouring of gently used coats, blankets, hats and mittens for all ages that were distributed to the less fortunate in greater Danbury in December

### **Southbury Needy Fund Giving Tree**

Your amazing generosity supplied gifts for 15 different children from 6 different families! Thanks to all who participated for the amazing outpouring of love for those in need in the community.

### **Homefront Project**

Homefront (previously known as Americares Homefront) is a one-day home repair blitz that assists homeowners with repairs to their home. Last year Southbury Faith in Action marshalled the forces of almost 100 volunteers on HomeFront Day. On May 2nd of this year, the next HomeFront Day, they hope to have even more support for a homeowner physically or financially struggling to maintain their home. Please contact Lauren Lyons, 203-982-8415 or lyonsden1133@yahoo.com for more information on HomeFront Day. If you would like to contribute financial support to the project please do so through the offering plate with the memo: Homefront.

### **Preschool Happenings! Dipalma's Night Out! Feb. 11th**

Once again Dipalma's Pizza is generously offering to support our preschool scholarship fund. 20% of all sales, dine in or take out, on February 11<sup>th</sup> will go to the preschool scholarship fund when you mention Saint James Preschool between 4pm and 930pm. Enjoy a night out for a great cause!

### **Preschool Happenings! Open house February 22nd**

The Preschool is a busy and vibrant place with 40 children currently enrolled over the 2 classes. Our open house is scheduled for February 22<sup>nd</sup> from 10am-noon, with a snowdate of February 29<sup>th</sup>. Please let families or friends you know in the area about our wonderful program. There are trifold flyers available with more detailed information. Contact Lauren Lyons, Tim Peterson or Tammy Faulkner for more details. We are always grateful for contributions to the preschool scholarship fund which this year is providing tuition assistance for 3 separate families.

### **Don't forget the rice shelf!!**

The food bank often struggles during the cold winter months, please be sure to continue to provide donations of boxed rice so we can keep the shelf well stocked. Many thanks to the following families for signing up to help with getting our rice donations to the Southbury Food Bank (88 Main Street South, in the same complex as the Rathskeller Restaurant). There are a few open months – contact Lauren Lyons or add yourself to the schedule on the rice bin if you are able to help.

February - Petersen

March -

April -

May - Sunday School

June -

July - Lyons

Food Bank Stocking Hours:

**2<sup>nd</sup> Friday of @ month from 12:00 pm – 1:00 pm**

**2<sup>nd</sup> Saturday of @ month from 11:00-12:00 pm**

Call (203)721-0377 to make other arrangements.



St. James Church is updating its Pictorial Directory!

## **Lifetouch** *Be included and make our directory complete*

- *There is no fee for the professional photo session, a free 8x10 photo is included, and extra packages are available.*
- *A traditional directory will be given, plus a new mobile app.*
- ***Picture Day for January 18, 2020 was cancelled due to weather and is being rescheduled.***
- *For more information, see Tammy Faulkner, [stjamesyafm@gmail.com](mailto:stjamesyafm@gmail.com), or 203.512.4471.*

Saint James would love to keep in touch with you. Please send us your current email, your snail mail address, and home and/or cell number to either [stjames@snet.net](mailto:stjames@snet.net) or to Saint James Lutheran, 111 Peter Road Southbury CT 06488. Please indicate your preference for correspondence. MANY THANKS!!

**Thrivent Members:** Please remember to allocate your 2019 Choice Dollars to St James or another charity by March 31<sup>st</sup>. Last year St James received \$619 from your Choice Dollars. Thank you!

Exciting Opportunity for Debt Reduction!

Some members may be able to transfer funds from retirement accounts such as 401K's or IRAs directly to a qualified charity (such as Saint James) without incurring taxes. With the list of deductions from the IRS shrinking, this is an excellent way to support Saint James' ministry or help to reduce the mortgage we carry. While we do not provide tax advice which may only be given by a qualified tax advisor, several members are available to answer general questions regarding the process. See Bob Morrison or Erwin Weissmann for details

**You're Invited!** Pastor Paul will be moderating a book study at Oliver Wolcott Library in Litchfield for seven Mondays, beginning January 20 (Martin Luther King Jr Day.) Each session will be one hour long, from 1-2 PM. The book we will study is "Moral Leadership in a Divided Age," by David Gushee and Colin Holtz.

"Great moral leaders inspire, challenge, and unite us- even in a time of deep divisions. Moral Leadership in a Divided Age explores the lives of fourteen great moral leaders and the wisdom they offer today."

There is no cost to attend. Copies of the book may be reserved through the library and registration is recommended.

***Pastor Sinnott will be leading the Bible Group in studying the book "Moral Leadership in a Divided Age." Please join us Sunday mornings at 9am in the Fellowship Hall!***



**Mark Your Calendar**

» UPCOMING EVENTS



***Ash Wednesday is Feb 26th  
PANCAKE SUPPER is Feb. 25  
Lenten Soup Suppers, 6:30pm:  
March 5,12,19,26 & April 2***

***Palm Sunday: April 5, 2020  
Maundy Thursday: April 9, 2020;  
Good Friday: April 10, 2020***

***EASTER SUNDAY is April 12, 2020***



### **Apple a Day**

Whether you are thin or overweight you can benefit by reducing sugar in your diet. When you think you are not eating much sugar you are probably eating more than you think. The average American eats 17 teaspoons of sugar daily. That is double the recommended amount for men (9 teaspoon ) and triple the amount for women (6 teaspoons). For children 3-6 teaspoons depending on age and size and caloric needs. Sugar is added most packaged foods and is in breads, drinks, health foods, yogurt, breakfast food, sauces and snacks. The Centers for Disease Control believe the idea of cutting out added sugars is as strong as the case for stopping smoking or excessive alcohol. Many diabetes experts believe added sugar is a main contributor to the obesity epidemic. Normal weight people can suffer the same health problems from too much sugar. Eating high amounts of added sugar doubles the risk of heart disease, even for people who aren't overweight. Added sugar also contributes to risk for Type 2 diabetes, cancer, stroke and Alzheimer's disease. Fatty liver disease is a condition linked to added sugar. The estimate is one third of adult Americans and 13 percent of children have this condition. This condition is on the rise and can proceed to more serious liver disease.

Much of the "sugar belly" that makes a person's waist bigger than your hips arises from fructose found in ultraprocessed foods and beverages. High intake of processed fructose can dull your body's reaction to leptin, a brain hormone that is responsible for telling you that you are full.

Cutting added sugar isn't easy. Most people experience cravings for sweets. If you adopt a standard diet of whole foods with no added sugars you will be ingesting 10 percent of calories from natural sugar. Read food labels for added sugars and change the product you buy to those without sugar. Cut sugar added drinks and eat whole foods rather than packaged foods. Eating fruit may help curb your appetite for added sugar. Metabolic markers that change or improve with less added sugar are improved blood sugars, blood pressures and cholesterol. You may start to feel more energetic, focused and less irritable.



## **What We Do in Worship—And Why!**

### ALLELUIA

The Alleluia provides a transition between the readings, and the verse prepares us to meet the Christ of God in His Word, hearing of His life, ministry, death and resurrection for the salvation of all!

“Lord, to whom shall we go? You have the words of eternal life.” John 6:68

### GOSPEL

The Gospel reading always contains the very words or deeds of Jesus. The GOSPEL is the summit of the Word section of our worship. We recognize this by surrounding our Savior's words with songs of praise and standing to hear His gracious message.

### HYMN OF THE DAY

This is the principal hymn of our worship Service, and relates to the theme of the day from the Gospel. Taking cues from Scripture's own songbook, the Psalms, the Church's hymns give us a variety of ways to thank, praise and proclaim the God who has done all good things for us!

“Oh sing to the Lord a new song, for He has done marvelous things! His right hand and His holy arm have worked salvation for Him” Psalm 98:1

**Stay tuned for next month's Epistle,  
WHAT WE DO IN WORSHIP, AND WHY**

# February

## St. James Church

Evangelical Lutheran Church in America  
*God's work. Our hands.*

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY                              | FRIDAY  | SATURDAY  |
|--|--|---|---|---------------------------------------|---|---|
| <i>Holy Communion is served at all Worship Gatherings</i>  | Upper Room Thrift Shop Church of the Epiphany: Tues, Wed, Sat 10am-2pm | <br><i>delivered Tuesdays usually before 11a</i> | Southbury Food Bank (SFB): 9:30-12 noon Wed & Fri plus 2 <sup>nd</sup> and 4 <sup>th</sup> Sat    | Join Us Saturdays at 5pm For Worship! |  | 1<br>10-2pm Upper Room<br>5 pm: Worship   |
| 2<br>Presentation of Our Lord<br>9am SS /Bible Study<br>10:15am Worship<br>11:15am Fellowship<br>11:30am Choir | 3<br>8pm: AA   | 4<br>10-2pm Upper Room<br>12pm NVCBible Study   | 5<br>10-2pm Upper Room<br>9:30-noon: SFB<br>8pm: AA   | 6<br>12noon Woodbury Clergy           | 7<br>9:30-noon: SFB   | 8<br>10-2pm Upper Room<br>9:30-noon: SFB<br>5 pm: Worship!                          |
| 9 Epiphany 5<br>9am SS /Bible Study<br>10:15am Worship<br>11:15am Fellowship<br>11:30am Choir                  | 10<br>7pm Parish Supp.<br>8pm: AA                                      | 11<br>10-2pm Upper Room<br>12pm NVCBible Study<br>1 pm James Minis./ Women's Fellowship<br><i>DiPalmas Night Out</i>              | 12<br>10-2pm Upper Room<br>9:30-noon: SFB<br>8pm: AA  | 13<br>10:30a Sby Clergy               | 14<br>9:30-noon: SFB  | 15<br>10-2pm Upper Room<br>5 pm: Worship!   |
| 16 Epiphany 6<br>9am SS /Bible Study<br>10:15am Worship<br>11:15am Fellowship<br>11:30am Choir                 | 17<br>8pm: AA  | 18<br>10-2pm Upper Room<br>12pm NVCBible Study<br>7pm Church Council  | 19<br>8pm: AA<br>10-2pm Upper Room<br>9:30-noon: SFB<br>7 pm Preschool Board                      | 20<br>Red Cross 5:30 pm               | 21<br>9:30-noon: SFB  | 22<br>10-2pm Upper Room<br>9:30-noon: SFB<br>5 pm: Worship!<br>Preschool Open House |
| 23 Transfiguration<br>9am SS /Bible Study<br>10:15am Worship<br>11:15 Fellowship<br>11:30am Choir              | 24<br>8pm: AA  | 25<br>10-2pm Upper Room<br>Pancake Supper   | 26<br>Ash Wednesday<br>12 noon and 6pm services<br>8pm: AA<br>10-2pm Upper Room<br>9:30-noon: SFB | 27                                    | 28<br>9:30-noon: SFB  | 29<br>5 pm: Worship!<br>10-2pm Upper Room<br>Preschool Open House<br>Weather date   |

**2020**



