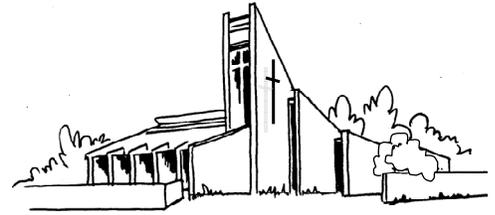


THE EPISTLE

July/August



**Join us on July 16th for a
“Pot Luck” Salad Bar.**

We’ll provide the salad greens, you bring the “add-ons” to share. Please bring a salad item that starts with the same letter as your first or last name.

Example: Carol could bring Carrots, Chicken salad, or Cauliflower or anything that starts with “C”.

Please bring your item prepared and ready to serve.

You may place it in the kitchen refrigerator before the service. Remember to put your name on your serving container for easy return and clean up.



St. James Presbyterian Church
19414 Ventura Blvd., Tarzana, CA 91356
818-345-2057

Dr. Steven R. Smith, Pastor

Take A Vacation from God?
“...not neglecting to meet together...”
(Hebrews 10:25)

As I write, it was a little more than one week ago that I returned to St. James after a couple of weeks away. The first week was study leave, which I used to go up to my brother’s cabin at Lake Arrowhead and do sermon planning for the coming year.

Then the second week was vacation...which I used to travel north and pitch my tent in the Plaskett Creek Campground at Big Sur for three nights – three nights of deep refreshment along that rugged coast and amongst the redwood groves tucked into the mountain sides there. I cannot praise the renewing qualities of such beauty enough! But...

To my shock and surprise, when I got back to my usual exercise routines I discovered – after just two weeks away – the number of pushups I could do was reduced by roughly ten percent! And my aerobic workouts at the gym revealed diminished capacity to a similar degree! And all of this gets me thinking... about how our lives with Christ are diminished if we think we can take summer vacations from God.

I think of Paul, in 1 Corinthians 9:24-27, who writes: “Don’t you realized that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it to win an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.”

And I think of Oswald Chambers, who is quoted in “My Utmost for His Highest;” *You no more need a holiday from spiritual concentration than your heart needs a holiday from beating. You cannot have a moral holiday and remain moral, nor can you have a spiritual holiday and remain spiritual. God wants you to be entirely His, and that means that you have to watch to keep yourself fit.*

So, this summer, if you’re privileged to take time away...bring a Bible with you, and read a little every morning and every night. Bring a daily devotional like “My Utmost for His Highest.” And, perhaps most importantly, find the discipline to bring yourself to worship someplace where you find yourself on a Sunday morning – for it is in the company of believers where we find our greatest strength.

Having worshipped at Woodland Hills and Kirk o’ the Valley on my two Sundays away – I do seek to remain, with you, fit for service...

In Christ’s Name,

Steve

News About Members and Friends

REMEMBER IN YOUR PRAYERS:

Members: Wayne Ayers, Jean Blodgett, Dorothy Evans, Donna Fakler, Bill & Carol Ann Gates, Margaret Hampton, Frank Heckadon, Ginny Hoover, Jean Jabbra, Bobbi Johnson-Tanner, Ellen Masse, Marilyn Mellon, Gladys Olsen, Nikki Smith, Doris Tanner.

Friends of the Church: Kathy Arft, Carol Bair, Beverly Borra, Jeffrey Buice, Covenant Players, Diane Cox, Crisis Pregnancy Center, Dave and Karen Helsdon, Helen Kearney, Gary Lamer, Paul Martin, Audrey Saunders, John Shurtz, Debbie Thompson, and Betty York.



Additional 2017 Graduates

Paige Buffington, granddaughter of Bill and Susan Buffington graduates from California Baptist University in Riverside.

Brook Buffington, granddaughter of Bill and Susan Buffington graduates from Jason Lee Middle School and will attend Skyview High School in Vancouver, WA.

Jack Buffington, grandson of Bill and Susan Buffington graduates from kindergarten to 1st grade at St. Edward the Confessor Parish School in Dana Point, CA.

Every Thursday:



Men's Bible Study

Meets in the Office Conference Room each **Thursday at 9:30 a.m.** for coffee, rolls and Bible study.



Sunday Morning Adult Education 9:30 AM in the Cottage

What Is It?

It's not a lecture, and that's point number one. Believing that Jesus was on to something in John 16:13 when he declared that when the Holy Spirit comes "he will guide you (plural) into all truth," we seek to act on the promise of the Holy Spirit being among us now and work to learn from each other as we utilize a discussion format for growing in our faith.

Each week we begin our discussion with a brief video vignette: sometimes by a pastor, sometimes by a scholar, sometimes by some other Christian leader – and then spend the bulk of our time seeking to analyze and reflect on what we have just heard. It's: "what do we think about that?" And in this format there can be no wrong answers!

Is it Bible study? Well, we do try to use the Bible – what we already know of it. And we do take time to explore aspects of it that we may not have known so well before. But more than anything this is an opportunity to explore issues of the faith, questions of the faith, in a casual, relaxed format. Steve Smith may be the convener, but we do trust the Holy Spirit to be our guide.

So why not grab a cup of coffee and some goodies from the kitchen and come on down to join us?



Women in Christ Saturday Morning Bible Study

Women's Bible Study meets each Saturday morning at 9:00 a.m. in the Office Conference Room and is led by Kerstin Congleton.

MONDAY MORNING BIBLE STUDY

Will not meet during the summer months. Hope to be back in September.



Men's Study Group

1st, 2nd and 4th Saturdays:

Men's Study Group meets at 7:30 a.m. in the Office Conference Room for an hour of Bible study, Christian discussion and fellowship. Coffee and doughnuts provided. All men are invited to participate. Contact Roger Hayes 818-346-2580 for more information.



Connect With a Caring Friend

Are you lonely, depressed, in poor health, bereaved, or just in need of a caring Christian friend?

St. James has a significant number of trained Stephen Ministers who would be happy to be a confidential Christian friend. They have been trained as loving caregivers, supporters, and encouragers.

To learn more about this please phone the church office: 818-345-2057.

Children & Family Ministries

We had a blessed week of Vacation Bible School! A very special thank you to our faithful volunteers and camper's. Our first summer Pool Party was held at the Freeman's home and we had over 20 Elementary age youth! God is good. Look for our Pool party information on our bulletin board and **facebook page**.



Sunday School:

The month of August we are giving our wonderful teachers a break. We will have a One Room Sunday school for children of all ages.

Preschool – 8th grade meet during the worship hour directly after the Children's moment. We have excellent teachers and love welcoming new students.

High School: Meets in the Pastor's office @ 9:30 a.m.

Nursery: 9:30 a.m. – Noon.

TNL: is on summer break but we will be having pool parties over the summer. Check the website and facebook page for dates.

Mommy & Me: Is a faith based program for children 18 months – 3 years. We meet on Thursday mornings from 9:30 a.m. – 11:00 a.m. We are on summer break but are taking registrations for fall in the church office.

Blessings,

Shari Bates

Director of Christian Education & Youth Ministries

FROM THE DIRECTOR OF MUSIC

Chancel Choir will continue to meet on Sunday mornings only through the month of July. During the month of August we will present some different kinds of special music offerings to give the choir a rest until September rolls around.

We are planning a Summer Sermon in Song to be held on August 20. It will be an unusual service of Bible readings and hymns that connect to the words of the readings.

I would like to ask everyone to look in the bottom of their purses or pockets to see if you picked up the missing keys. If you did, just bring them in to Jan the next time you come to church--no questions asked.

I want to thank the Chance and Bell choirs and the Early Music Ensemble for all their faithful work during the year. I want to thank the Band because they don't get any time off!

Wishing everyone a safe, healthy summer,

claire

Group Events at St. James

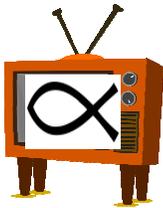
EVERY 3rd SATURDAY: MEN'S BREAKFAST

Regularly, the men of St. James cook it, eat it, clean it up and have great fellowship. It all happens at 8:00 a.m. in Fellowship Hall. Just show up!



Mari-Timer Meeting

Join us on Saturday, July 8th at 6:00 p.m. in Fellowship Hall for a **Pot Luck dinner** and afterwards hear and meet Joe Gallagher who will speak about
“Christianity in the Arts in LA”



Joe is a member of St. James and he is the Strategic Director for the Brehm Center for Worship and Theology at Fuller Seminary.

Formerly he was Executive Assistant to the President of Universal Studios.

Sign up in Fellowship Hall.
Cost is \$5.00 Beverages will be provided.

For more information
contact Paula or Cheryl

Second Wind

The Second Wind Group will be meeting on the first Friday of July the 7th in the cottage to see the movie “The Help” and again on July 21 in Fellowship Hall for games. The program for August is: August 4 in the Cottage to see the movie “Bride of Spies” with Tom Hanks and on Aug 18 in Fellowship Hall for games. Coffee and a treat are served at the beginning of the meetings and then we gather for lunch, so bring a sack lunch and join us.

Evelyn Maynard, Facilitator



Health Ministry

According to the *Journal of the American Geriatrics Society*, poor sleep predicts disability in older people. Sleep problems have been linked to heart attack and heart failure, high blood pressure, stroke, diabetes, obesity, depression, and cognitive issues. Daytime tiredness due to poor sleep has been known to make people susceptible to falls which can cause fractures. Arthritis pain can disturb sleep and some medications can also keep you awake.

What can you do to improve your sleep?

- Avoid **caffeinated beverages** after 2:00 PM.
- Try to go to bed about the same time each night and get up about the same time every morning.
- Establish a pre-sleep ritual such as a light snack, a warm bath or a few minutes of prayer.
- If you have chronic pain, ask your doctor what you can do to feel better so you can rest.
- Review your medications with your doctor to see if any of them are interfering with sleep. Perhaps there is a different medication or lower dose that could help.
- If you are not asleep within 15 to 20 minutes after going to bed, get up and do something relaxing.
- Seek medical advice if you have symptoms of **sleep-apnea** such as snoring or gasping during sleep, or feeling tired when it is time to get up even though you thought you were sleeping okay.
- If your doctor prescribes sleep medications, they should only be a **short-term solution**. Long term use of sleep drugs can cause memory problems as well as daytime drowsiness.
- If your brain is constantly thinking of what you have to do the next day, keep a pad and pencil by the bed and write down the concerns to get them out of your mind and put them on a list to be done another day.

Sweet dreams! Good sleep will improve your health. Be as healthy as you can be in body, mind and spirit.

**Send information, articles, etc. to
St. James by E-Mail**

You may reach:

Steve:

Steve@stjamespres.org

Jan:

Jan@stjamespres.org

St. James Youth:

On Facebook Stjames Youthgroup

Find out what's happening through St. James' Web site: www.stjamespres.org

FAX # - 818-345-6717.



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