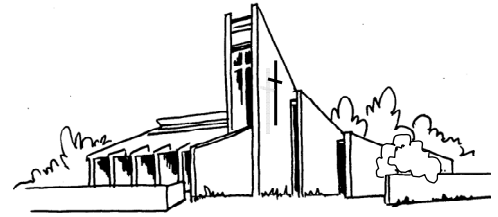


THE EPISTLE

June, 2017



VBS



June 19 - 23
9:00 a.m. - 12 Noon
\$25.00 per child

Registration forms are on line at www.stjamespres.org or
in the church office.

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

Dr. Steven R. Smith, Pastor

Why the News?

“Be alert and always keep on praying for all the saints.” (Ephesians 6:18)

Not long ago I ran into a young man in a supermarket selling subscriptions to the *Los Angeles Times*. When I informed him that I was already a subscriber, he asked me what I thought of the paper. “Less and less,” was my reply...thinking of how not only the quantity, but also the quality of the news, has shrunk from the days of Otis Chandler.

But, if I’m honest, I must say I think less and less about the news – in many and various ways. Lately, I’ve noticed that in the car I will turn to music stations rather than the news. With the television at home I will turn to Netflix, and trusted mystery dramas, where I know that justice will be established in the end – as a way to hide just a bit from the realities of our modern world where the establishment of justice seems so very, very rare.

And that’s a problem, I must confess!

For I think of the scriptural command from Paul cited above – and I think of the reality of the heavens above, and how in the Lord’s Prayer the most literal rendering is “Our Father in the heavens...” Heavens are cited in the plural to remind us that the scope of God’s presence, and the range of God’s care, is larger than the little patch of blue above our particular heads. It includes:

The twenty-nine Christians who were gunned down while on their way to a retreat center in Egypt last week - the scores of our brothers and sisters fleeing from ISIS-inspired fighting in Marawi, Philippines, even as I write today – the children in India denied the opportunity to attend a Christian summer camp because their parents had not converted from Hinduism “legally” – and more...

You see, if I read the Scriptures aright, I have a *responsibility* to be reading the news – as difficult and unpleasant as it might be – because in doing so I will become equipped to pray, as Paul calls us to pray in that passage above...and in so doing I will be coming to share God’s heart more and more. He will be shaping my heart more and more to share his global view. And in the mystery of God’s ongoing intervention in this world, it may even be that my prayer – and yours – will be the instrument through which God will be moved to bring aid on someone else’s behalf.

So don’t give up. Keep on praying. And keep on reading the news – as difficult and challenging as it may be. For if enough of us are faithful in responding to God’s call, it just may be that someone, somewhere: maybe in Egypt, in India, or in the Philippines will wind up praying for *you*!

As you, I keep striving to remain faithful...in Christ’s service,

Steve

News About Members and Friends

REMEMBER IN YOUR PRAYERS:

Members: Wayne Ayers, Jean Blodgett, Betty Craig, 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: Carol Bair, Beverly Borra, Jeffrey Buice, Covenant Players, Diane Cox, Crisis Pregnancy Center, Dave and Karen Helsdon, Helen Kearney, Gary Lamer, Paul Martin, Jennifer Morris, Audrey Saunders, John Shurtz, Debbie Thompson, and Betty York.



2017 Graduates

Krystal Amato, granddaughter of Jafida Amato and Andy Shapiro graduates from Canyon High School, she will attend Glendale College in the fall.

Douglas Amato –grandson of Jafida Amato and Andy Shapiro graduates from Champ Charter High School and will attend Glendale College in the fall.

Ian Barrie, grandson of Joan Barrie graduates from Monte Vista Grade School, Vista, CA

Jackson Bates, son of Shari and Terry Bates graduates from Pepperdine University with a degree in Business Administration.

Brandon Caruso - graduates from Bridgeport School, Sherman Oaks.

Meghan Cornell, granddaughter of Wayne and Cheryl Ayers graduates from high school and will attend Concordia College in Orange County, CA.

James Pitillo, son of Joe and Kimberely Pitillo, grandson of Lee and Sandi Combs graduates from Bella Vista High School, Fair Oaks, CA and will attend Sacramento State University in the fall.

Andrea Robles - graduates from North Hollywood High School and will attend UC Riverside in the fall.

Jennifer Sexton, daughter of Mike and Kathryn Sexton, granddaughter of Bill and Leona Rich graduates from Northern Arizona University with a B.A degree in Psychological Sciences, minor in Studio Art.

Sunny Tamjidi, graduates from Chaminade Preparatory High School with high honors and will attend Santa Monica City College Pre-med.

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?

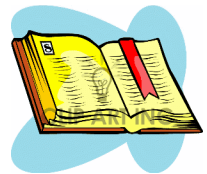


Women in Christ Saturday Morning Bible Study

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

Thank you to everyone who came out to our **Women's Tea!** A very special thank you to our fabulous Butlers, Allison Schultz, Sandi and Lee Combs for making this event so special. We are excited to announce we are making it a St. James annual tradition. Please join us for **Student Sunday on June 4th** during our morning worship. We have four students graduating from High School this year who will be sharing how their faith has helped them reach this achievement: Brandon Caruso, Sunny Tamjidi, Andrea "Tootsie" Robles and Nicki Cornell.

Mark your calendars – **Vacation Bible School is June 19 – 23 from 9:00 a.m. – 12:00 p.m. for ages 3 years through 6th grade.** Our theme is **Hero Central** and we are excited to once again be partnering with Kirk O' the Valley. Registration forms are available in the church office.



Sunday School:

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

FROM THE DIRECTOR OF MUSIC

Chancel and Bell Choirs played a marvelous worship service for choir recognition Sunday. Chancel Choir sang the challenging movement from Mendelssohn's Elijah, "He Watching Over Israel" and "Cantique" by Gabriel Faure. Both are classics and it is so wonderful that our small choir can still handle such masterworks.

The Bell Choir played a rocking "Rock-a My Soul" in memory of Trudy Heiman and also "Praise to the Lord, the Almighty." I am so grateful to our ringers and singers for the depth of their commitment to our church, the worship services and our music programs.

We ended the concert season on Sunday, May 21 with a passionate performance by the Trio Accento of the Tchaikovsky trio and some classy tango music by Piazzola. I hope that more of our congregation will consider coming and enjoying music through this outreach our church supports.

The final Thursday night rehearsal will be held on June 8. After that date the Chancel Choir will continue to sing on Sunday mornings only, rehearsing at 9:30 AM as always through July.

Wishing everyone a great 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 June 10th

9:00 a.m. SHARP

Depart St. James by bus to explore the world of **The Printed Word**.

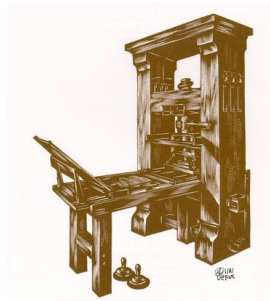
First, a tour of the museum to see working and antique printing presses followed by a visit to

Ben Franklin Heritage Theater

Ben himself will “show and tell” of many famous, historic inventions.

Following the museum tour we will travel by bus to King’s Hawaiian Restaurant for lunch. Cost is \$10 for the museum tour and you’re on your own for lunch.

All are welcome to join us! Please sign up in Fellowship Hall.



Second Wind

Friday June 2 the Second Wind group will gather at 9:30 a.m. in the cottage to see the movie “Julie and Julia”. A great show with Meryl Streep as Julia and Amy Adams as Julie, based on two true stories. Bring a sack lunch so we can discuss all the food!

On Friday June 16 come to the Fellowship Hall for a selection of card games including Bridge. As usual we begin at 9:30 a.m. with coffee and a treat and stay for a sack lunch at noon.

July 7 we will show the movie “The Help”. Come and join us. If you have read the book you know it will be interesting.

Evelyn Maynard, Facilitator



Health Ministry

Are you feeling frazzled? Did you know that some foods can help reduce **anxiety**? Probiotic foods such as yogurt, kefir, pickles and sauerkraut have been found to lower levels of the stress hormone *cortisol* as do *prebiotics*. But prebiotics and probiotics are not the only things that can lead to anxiety reduction. Here are a few more to consider:

- **Foods containing folate.** The B vitamin, *folate*, helps promote the production of *dopamine* which is responsible for feeling pleasure. Good sources include broccoli, asparagus, dark leafy greens, enriched pasta and dried beans.
- **Foods containing magnesium.** This mineral protects the brain against the effects of stress. It promotes sleep, and reduces anxiety and irritability. Bananas, nuts, seeds, quinoa, whole grains, yogurt, dark leafy greens, and fish are good sources of magnesium.
- **Foods containing tryptophan.** Turkey is the best-known source for tryptophan which is a precursor to *serotonin*—a neurotransmitter which causes feelings of happiness and serenity. Other sources are nuts, oats, fish, eggs, beans, and lentils.
- **Foods containing zinc.** Deficiency of the important mineral, zinc, can lead to anxiety and irritability. Eat spinach, cashews, beef, and egg yolk to help feel calm.
- **Foods containing omega-3 fatty acids.** Sources are cold-water fish such as tuna and salmon, grass-fed beef, Brussels sprouts, flax seeds and walnuts. Omega-3 fats have an anti-inflammatory effect which helps counteract some of the negative effects of stress hormones.

Improving your diet, engaging in exercise regularly, getting plenty of sleep at night, learning stress-reduction techniques like meditation, can all help you feel less stressed. However, if your anxiety becomes severe and continues no matter what you do to cope with it, consider seeking professional help.

Be as healthy as you can be in body, mind, and spirit.