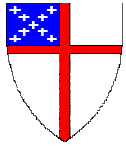


THE TOWER CHIMES



The Newsletter of

St. James' Episcopal Church

1 St. James Place, Goshen, N.Y. 10924



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The Rev. M. Carl Lunden, Rector



Pray, Worship, Serve in Lent and Beyond

Recently I was invited by The Rev. Scott Barker and The Rev. Suzanne Wille, to be part of a new program that seeks to deepen our Baptismal faith as a parish. In a year that we as a congregation are looking for renewal and refreshment in our communal spiritual life, this new program, developed for the year we are in 2011, fits our intentions. It is called 20+1+1.

What is 20+1+1?

There is a hunger in the lives of many people, both in and out of church communities, to be in deeper relationship with God. This is precisely what is promised by Jesus and Christianity. Jesus is the way to come to know God personally, intimately and reliably, like a loving parent...like a father or mother.

Entering into a relationship with Jesus is no more complicated than literally saying "yes" to that relationship. In Christian churches across many denominations people say "yes" in countless ways: through Baptism by water and the Spirit, through the experience of being born again by coming forward at an altar call and accepting Jesus as savior...by making a personal promise to love and follow Jesus first in our lives. But having said, "Yes" to Jesus, what next? 20+1+1 is what comes next. It is basic discipleship – the disciplines required of every follower of Jesus that will not only satisfy one's desire to serve and please God, but is in fact the very means by which we come to know and love God better. 20+1+1 are three simple and very ancient practices, commended to all by Holy Scripture and perfected by countless years of human experience:

- 20 – Pray twenty minutes a day.
- 1 – Worship one hour a week.
- 1 – Serve one day a month.

If you want to know God better and be a more faithful disciple, 20+1+1 is a perfect way to begin this Lent. The traditional "tools" of Lenten discipline have always included prayer, worship, and service. Come to Church on March 6th to hear about how we can grow deeper in the rhythm of our Christian life and practice. You can find out more by exploring this website: 20 + 1 +1 at <http://prayworshipserve.com>

Fr. Carl+



March 2011

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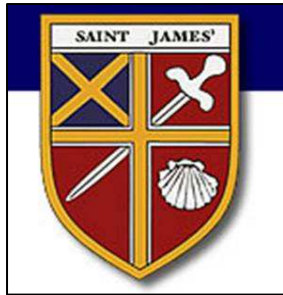
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The Tower Chimes is the official monthly publication of St. James' Episcopal Church.

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Worship Schedule

Sunday

9:00 am - Family Eucharist Rite II
10:15 am - Holy Eucharist Rite II
(choir and pipe organ)

Wednesday

12:00 pm
Healing & Holy Eucharist

Parish Office Hours:

Monday-Thursday:
9:00 a.m.-2:00 p.m.
Friday: 8:30 a.m.-12:00 p.m.

OUR MISSION

St. James' seeks to love and serve God through Discipleship, Community Service and Eucharistic Fellowship. We encourage spiritual growth and maturity by educating each other in the knowledge of the Christian Gospel. We seek to live in the image of Jesus Christ and invite our neighbors to participate in our family of faith.

Ongoing events at St. James' Episcopal Church

Alcoholics Anonymous: Wednesday evenings at 8:30 pm

A.R.T.S.: Wednesday evenings at 6:30 pm

Boys Scouts: Thursday evenings at 6:30 pm

Camera Club: 2nd Tuesday of each month at 7:15 pm

Choir Rehearsal: Thursday evenings at 7:30 pm

Community Dinner at St. James':
Last Saturday of each month at 5:30 pm

Confirmation Class: Tuesday evenings at 7 pm

Food bagging at the Presbyterian Church:
Last Saturday of each month at 10:00 am

Goshen Ecumenical Food Pantry Distribution:
2nd Saturday of every month at 9:30 am

Healing and Holy Eucharist: Wednesdays at noon
Followed by a Fellowship Lunch

Junior Choir rehearsal: Sunday mornings from 11-11:20 am

Musical Munchkins: Thursday and Friday Mornings at 9:30 am

Sunday School: Sunday morning from 10 am—11 am except the last Sunday of the month

Vestry meeting: 2nd Wednesday of each month at 7 pm

Youth Group: 2nd Sunday of each month at 11:30 am



Highlights of the February Vestry Meeting

By Tammy Matula, Clerk of the vestry



- Father Carl welcomed the new vestry members- Val Bynum & Lillian Quintero.
- A special Convention will be held on October 29, 2011 to elect a bishop. We need to choose delegates. Representatives do not have to be Vestry members.
- There will be two services on **Ash Wednesday**, March 9, 2011. They will be at 12 noon and 7:30 pm.
- Sunday, March 20, 2011 will be Bishop Roskams's last visit to St. James' before she retires. On that day during the 10:15 service, we will also celebrate Confirmation and Reception into the Episcopal Church. **There will be no 9 am service on March 20th.**
- About 40 people joined the church this year.
- Shrove Tuesday: Pancake Supper.
- No Sunday School on March 20, 2011.
- **Communications Received:** St. James' received thank you notes from everyone who received funds during Christmas.
- The next vestry meeting has been reschedule to March 16, 2011.
- The Buildings and grounds committee completed a walk through with the Wardens to create a new list of projects.
- **Church:**
 - Gutters were ripped off of the church from ice damage. \$1000 deductible. MSI will come fix it. We need snow guards. (It will be expensive.)
 - Roof- We may have to shovel the roof.
 - St. Patrick's Day Dinner: March 19th Tickets are \$8 for adults and \$4 for kids.
 - The speakers are not working in the kitchen.
 - The church needs a new Vacuum. Further discussion will be held next month.
 - Snow removal: Father Carl will create a check list with a visual diagram to ensure that all areas are properly cleared .

Money Matters

Carpenter's Kids: The pledge for the second year is now due. If you made a commitment, please send your check in as soon as possible.

Designated Funding: Father Carl presented some recommendations which would concentrate on charities associated with the Episcopal Church.

Episcobuild. Habitat for humanity. We would like to get a group of people from the church to go one day to volunteer in Newburgh.

**YOUR
TALENT
IS
GOD'S
GIFT
TO YOU.**

**WHAT
YOU
DO
WITH
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GIFT
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GOD.**



Stewardship

By Ed Fritsche

On March 6, 2011 the Stewardship Committee will host the EXPO. The organizations of St. James' will have representatives at tables set up in the chapel to tell about the work of their organization and answer questions members of the parish may have about the organization. This will be an excellent opportunity for members of St. James' to join at least one organization to make St. James' stronger and to distribute the work.

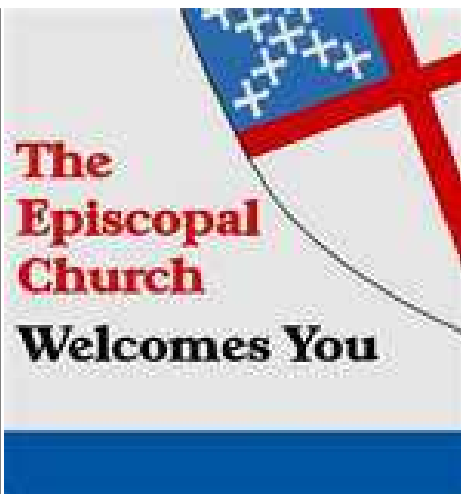
Take the time to see what is going on at St. James' by joining one of the organizations. This is a great way to meet your stewardship goals.

Take time during Lent to reflect upon all God has given to you. Look for ways to strengthen your relationship with God through prayer and better use of your talents and time to work for Jesus Christ at St. James' and the Goshen community.

Check to make sure you are keeping your pledge up to date. It never to late to make a pledge to support the work of St. James for 2011.

God blesses generosity, and you can never out give the Lord. Taking a look at the widow from Zarephath it seems preposterous that Elijah during a time of famine would ask for her very last portion of food. She had a son to care for, and her supply was meager. Yet when we read I Kings 17, we see that she willingly and generously gave to the prophet before she and her son were provided for. God's promise to her was that she would be taken care of if she gave generously. Her abundant giving brought abundant blessings.

**A company may be your employer,
but God is your true provider.**



Our March Greeters will be:

9 a.m.

March 6 - Jackie Kessler

March 13 - Barbara Killenberger

March 20 - Jerry Killenberger

March 27 - Michele Markey

April 3 - Tammy Matula

10:15 a.m.

March 6 - Chip Hamilton

March 13 - James Heslop

March 20 - John Lent

March 27 - Kathy Martin Brown

April 3 - Anna McKenna



+++ LENTEN RETREAT +++



About Rev. Pat Cashman:

Following the path from psychiatric nurse to spiritual director, Pat Cashman offers the chance for persons to come together in small groups to work on spiritual growth. She uses simple techniques to assist the ego to find and communicate with the soul. Pat is an Episcopal priest and has been working on the integration of spirituality and psychology since she received her Master of Science degree in Pastoral Counseling from Neumann University, Aston, PA in 1987.



During the upcoming Lenten retreat on Saturday, April 9th here at St. James, Rev. Pat Cashman will be using some of these techniques, and also the images in our beautiful stained glass windows as a guide for our inward journey to knowing ourselves better. Bring your journal, colored pencils and if you want, your camera. The retreat will be from 10:00 am - 3:00 pm, \$10.00 cost includes lunch. RSVP the church at (845) 294-6255, or use the sign up sheet at the church.

Lent **Lent, March 9 – April 23**

Early Christians observed “a season of penitence and fasting” in preparation for the Paschal feast, or Pascha (BCP, pp. 264-265). The season now known as Lent (from an Old English word meaning “spring,” the time of lengthening days) has a long history. Originally, in places where Pascha was celebrated on a Sunday, the Paschal feast followed a fast of up to two days. In the third century this fast was lengthened to six days. Eventually this fast became attached to, or overlapped, another fast of forty days, in imitation of Christ’s fasting in the wilderness. The forty-day fast was especially important for converts to the faith who were preparing for baptism, and for those guilty of notorious sins who were being restored to the Christian assembly. In the western church the forty days of Lent extend from Ash Wednesday through Holy Saturday, omitting Sundays. The last three days of Lent are the sacred Triduum of Maundy Thursday, Good Friday, and Holy Saturday. Today Lent has reacquired its significance as the final preparation of adult candidates for baptism. Joining with them, all Christians are invited “to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word” (BCP, p. 265).



By John Strobl



The Saint James' Souper Bowl of Car-ing Collection totaled \$479.00 & over 350 cans. Thanks must once again, go to Nicholas and Cole Barnes for doing the 9:00am service collection. Thanks must also go to the Funday School for their collection. The Food Pantry total for the collection is 1,849.00. Thanks for Tackling Hunger; we are blessed to be supported by so many generous people.



Goshen's Scouting for Food Collection will be held on March 12. Please fill the bag you receive the week before with food and have it on your door step by 9:30am for pickup on March 12th. The Scouts will deliver the collection to the Food Pantry and then stock the shelves.



Go to (www.stjamesgoshen.org) for info.

Bagging for distribution and shelf stocking are done at the Goshen Food Pantry, every Tuesday morning at 9:15 a.m. For around an hour to hour and a half.

On the fourth Saturday of each month from 10:00 a.m. to 11:00 a.m. we give youth looking for community service & adults the chance to bag and stock shelves. All are welcome. This month's date is March 26.

Food & Financial donations are always

needed for the Food Pantry



The Food Pantry depends on food & financial donations. Please make it a habit to donate a food item each time you come to Church Services or Sunday School.

Drop off locations are on the table just inside the back door and the table just before you enter the church, both are labeled Food Pantry Donations. Financial donations may be mailed to The Goshen Ecumenical Food Pantry Inc. c/o John Strobl, 55 Wickham Ave, Goshen, NY 10924.

This month we are collecting Hamburger/
Tuna Helper.

Goshen Ecumenical Pantry Inc.

The next distribution at the Goshen Ecumenical Food Pantry will be March 12, from 9:30 a.m. to 10:30 a.m. in the Goshen First Presbyterian Church Fellowship Hall at 33 Park Place, Goshen. Please arrive by 8:45am and be ready to help!



The Free Community Dinner at St. James'

The next dinner will be held on March 26, from 5:30-6:30 p.m. in the St.

James' Parish Hall.

The 4H Orange County Hare Raisers will be hosting their annual dinner. Call John Strobl at 294-9004 to lend a helping hand. We open at 4:00 p.m. to get ready for the 5:30 p.m. meal.

The dinner is always held the last Saturday of each month. Donate a desert or side dish or main dish.



St. James'
Episcopal Church
Sunday
School
News

February was a short, but busy month for our Funday School. The rotation format continues to be a big hit! Bible stories, crafts, music, games and snacks help to keep the children moving and engaged. They're forming lasting friendships as they learn about their faith.

We began the month with the story of Jesus feeding the 5,000. This lesson tied in nicely with the Souper Bowl of Caring. Each child was asked to bring in a canned food item for the Food Pantry. It was a great way to show the children how they could be like Jesus by helping to feed families who are less fortunate.

Sunday, February 13th, was "Bring a Friend to Funday School." This has become an annual event, and gives

the children a chance to share their faith with their friends through a variety of fun activities. Despite the cold weather outside the parish hall was filled with fun, friends and fellowship!

We ended the month learning about the Ten Commandments. The children are recognizing that the Bible is a great "How to" book for living a good life.

March promises to be an exciting month as well, as the children learn about the Holy Eucharist and begin their journey through Lent.

If you would like your child to join us, please contact Donna Carbone at 355-7228 or dcarbone6703@yahoo.com. for more information or to arrange for a tour. A warm welcome awaits all at St. James' Funday School.

Episcopal Dictionary



Maundy Thursday: Thursday in Holy Week the name is from a corruption of the Old English word for "commandment" in Christ's commandment given in John 13:34: "A new commandment I give you, that you love one another." The word "command" was originally spelled "commaundment" and was shortened to "Maundy" through careless enunciation. Holy Thursday (Maundy Thursday) was the day on which the first Lord's Supper, the Last Supper, was celebrated with the 12 Disciples.

Missal: The altar book - The big book on the Altar or Holy Table containing the services of Holy Eucharist.

Mission: A local Episcopal congregation that is not able to be financially self-supporting. The congregation's rector is the diocesan bishop, and the bishop appoints a priest-in-charge as his/her representative. The priest-in-charge of a mission is commonly referred to as a vicar. When a mission is able to be self-supporting, it may apply for parish status and be admitted to the diocese as a parish.

Miter, or Mitre: The tall, pointed liturgical hat worn by a bishop during formal worship. Its shape is said to be symbolic of the tongues of fire which rested on the original bishops at the first Pentecost.

Monstrance: a special container in the shape of a cross with a circular, clear glass (or crystal) receptacle in its center. A monstrance is designed to hold a consecrated Host that is exposed for adoration. The monstrance is designed to "de-monstrate" the real presence of Christ.

There's No Room!

By this time, it's probably safe to say that all the Christmas decorations are down and stored away for another year. The gifts we received are either being used or perhaps set aside somewhere also. Did you have room to store all the things that had to go back into boxes and on shelves for another year? Did it seem like the "stuff" grew and the storage space shrunk? It happens. There seems to be an endless supply of "things" to clutter up our storage spaces. No matter how much room we have, eventually we run out! It really takes an effort to stay organized and make the decisions on what stays and what goes.



What about the use of our garages? Does anyone actually park their car in it? Is there any room after we store the lawnmower, deck furniture, dog food, things that we hate to throw out but deep down know that we'll never use again?

So what's behind this seemingly endless cycle? Maybe it's a matter of whether we actually need more storage space, or if we indeed have plenty of room and simply need to make better choices of how we use it. We've most likely all had the feeling of satisfaction when we finally resolve ourselves to straighten up the garage or closet, and lo and behold, there's plenty of room! (*Do any of you go back and "sneak a peek" just to enjoy a satisfying view of a well-organized storage area??*)

When we think about the physical space we try to manage in our daily lives, we might also want to turn our attention to the "room" we have on the inside. That is, the capacity in our hearts and minds for the things that truly count vs. the "clutter" that can accumulate and keep us from fully enjoying the presence of the Lord in our lives. When it comes to the room in our hearts, Jesus makes it very simple for us. He simply tells us to fill our hearts and minds completely with Him. To love Him will all our hearts, minds and strength, so there's no room for anything else.

When we pray to God to receive the fullness of the His Son through the Holy Spirit, we can remove the "clutter". We can't do it alone, but internal Spring-cleaning can be accomplished with the help of our Lord. The old boxes full of worry, past mistakes, anger, jealousy and all the other "collectibles" that sometimes come to visit and overstay their welcome can be thrown out and replaced with the fulfilling peace of Jesus.

Jesus tells us we need only Him in our hearts. With His endless capacity for love and peace, we can share as much as we'd like without ever running below the "full" mark. The more we fill our lives with Christ, the less room there is for anything else to creep in and take up an unwanted long term residency. When we invite Jesus to occupy every bit of room in our hearts, we can confidently turn away negative thoughts and feelings that knock on our door, ***there's just no room!***

Warm thoughts for the coming spring,

Dom Perfetti



Boy Scout Troop 63 Scouting For Food Annual Food Drive



**Help Goshen Area Scouts Feed the Hungry.
Each year Goshen Area Scouts sponsor a food drive to
benefit local food pantries.
This year that drive is more important than ever.**

**Here's how it works:
On Saturday, March 5th beginning at 9AM Scouts will leave a
Scouting for Food bag at your door.**

**Place non-perishable food in that bag and place it outside
your front door on Saturday, March 12th before 10:00 AM.**

**Beginning at 10:00 AM and continuing until 1:00 PM
Scouts will be collecting the bags and bringing them to the
Goshen Ecumenical Food Pantry at the Presbyterian Church
in Goshen.**

**If by some chance your bag is not collected, you may bring it
to the Church between 1 and 2PM or you may call 294-0924
and leave a message including your address and someone
will come and pick up your bag.**

**If you wish to help, please come to St. James Church Hall in
Goshen at 8:30AM on Saturday, March 5th or at 9:30AM on
Saturday, March 12th.**

**Thank you for your help
Jeffrey Albanese-Scouting for Food Coordinator**



Happy Birthday



Dean Fedrizzi	3/ 1
Caitlin Guidice	3/ 2
Sean Stratton	3/ 2
Darlene Lent	3/ 3
Jerre Coleman	3/ 7
LaWahna Search	3/ 9
Val Bynum	3/ 9
Florence Stoveken	3/ 15
Kimberly Mauriello	3/ 18
Linda Nichols	3/ 19
Cindy Ochsner	3/ 22
Jim Tarvin	3/ 23
Austin Ferrier	3/ 27



The April 2011

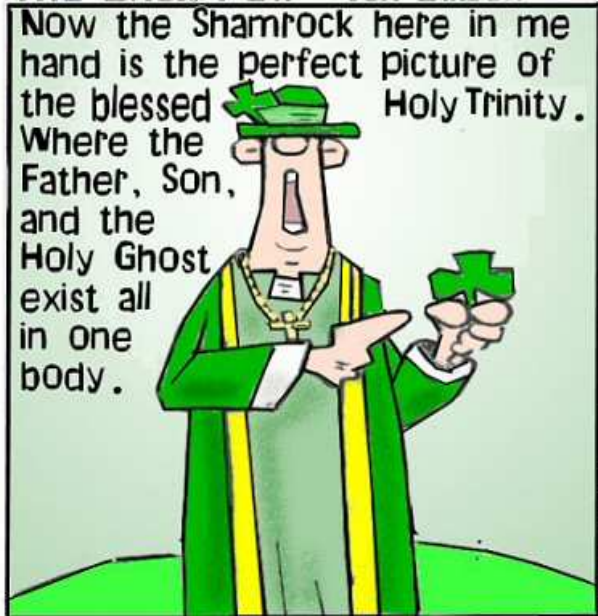


Is March 10th
Please send contributions to
Tammy Matula
smatula@frontiernet.net

Altar Flowers

March 6— Kessler
No flowers during Lent

THE BACK PEW - Jeff LARSON



A Great Object lesson presented by Old St. Paddy.



St. Patrick's Day Dinner



Saturday
March 19th at 6:00 pm
in the Parish Hall

\$8 Adults
\$4 children