

### Sunday 3/6

8:45AM Rule of Life Study  
9AM Kinderchurch  
10AM Worship  
Greeters/Ushers: 1st Sunday Team  
Acolyte: Mary Jean Reckelberg  
Eucharistic Ministers: Richard Hall,  
Dianne Wilson  
Readers: Glenn Davidowich, Peggy  
Turnbull  
Prayers: Dianne Wilson  
11:15AM Fellowship - Saints  
11:30AM Leadership of the Heart  
2PM Happening Closing - DePere

### Monday 3/7

### Tuesday 3/8

NO Homework Club  
5PM Healing & Worship in Chapel  
6PM Discover & Grow

### Wednesday 3/9

5PM Choir Rehearsal  
6:15PM Grief Support Group  
6:30PM Leadership of the Heart

### Thursday 3/10

3PM Homework Club  
5:30PM Vestry Mtg  
6:30PM Girl Scouts  
7PM Mental Health Discussion  
(see article below)

### Friday 3/11

6:30AM Morning Prayer

### Saturday 3/12

8AM Men's Breakfast Lighthouse Inn  
9AM Women's Breakfast - St. James  
10AM Hope House Training - Trinity  
Alliance

### Sunday 3/13

8:45AM Rule of Life Study  
9:00 Kinderchurch  
10:00AM Worship  
Greeters/Ushers: 2nd Sun. Team  
Acolyte/Crucifer: Geri Walker  
Eucharistic Ministers: Mark Hunner,  
Mary Jean Reckelberg  
Readers: Eleanor Agnew, Chris  
Eggert-Rosenthal  
Prayers: Jane Robinson  
11:15AM Fellowship - Saints  
11:30AM Leadership of the Heart

### Visual Arts Board--"Art Among Us"

The Visual Arts Board, located in the front foyer, presents and celebrates the seasons and lessons of the church in art. Individuals are invited to feature their creative gifts of the Holy Spirit in a variety of media (paintings, crafts, photography, etc.) to share with our community. **This Sunday, March 6, the focus is on a Lenten theme of "Forgiveness" shared by Liz Gordon.** For contributions and more info, please talk to: Amma Diane, Liz Gordon, Sally Hunner, Sudi Johnson, Tony Karl, Chuck Wernecke, Dianne Wilson

### A Prayer Net for St. James Manitowoc

A while ago at the cathedral in Ely, England, fishing net was hung on one of the ancient interior columns. When persons visiting or worshipping at the cathedral began tying lengths of yarn to the net, a prayer net was born. As persons from around the world have taken this idea to their home churches, the practice is growing. Each piece of yarn expresses the prayer of someone's heart without having spoken a word. As the Holy Spirit moves you, use the prayer net just once or use it often.

Together we are a community of pray-ers. Through rituals like this, we come closer to the Holy Spirit who prays within us "with sighs too deep for words." Look for our prayer net in front of the double doors under our amazing stained glass window.

This fishing net is a "real" one, donated to St. James Episcopal Church by the Susie Q Fish Market in Two Rivers. We learned about prayer nets through the Building Faith website of the Virginia Theological Seminary, one of eleven accredited seminaries of the Episcopal Church.

### Rule of Life Program for Lent - Sundays 8:45AM

Looking for a fresh way to begin Lent this year? The last session will be March 13. We will use a new resource called "Growing a Rule of Life" produced in partnership with Virginia Theological Seminary and The Society of St John the Evangelist. ***"This series focuses on God as the Chief Gardener of our souls, and we seek out ways to grow into the fullness he desires- exploring our relationships with God, Self, Others and Creation."*** Using readings, videos, and guided questions, we will work together through a workbook - provided in a paper format or 'paperless' for those who have access to the internet to follow daily.

Won't you join us? Perhaps you'll join us in spirit and use this as your daily Lenten devotional at home. <http://www.buildfaith.org/2016/01/11/a-new-lenten-resource-from-ssje/> For more information see Sudi Johnson.

5:30 Madison Girl Scouts Cookie Sale - Festival Foods

### Milestones

#### March Anniversaries

None Known

#### March Birthdays

Mar 1 Gerald Hansen  
Mar 5 Liese Carbon  
Mar 7 Cindy Hronek  
Mar 11 Sophia Handl  
Mar 13 Pat Stordahl  
Mar 15 Ellen Feller  
Mar 18 Ben Sanchez  
Mar 22 Jackson Handl  
Mar 22 Dan Hornung  
Mar 22 Ryan Kitson

Is your date missing? Please tell Amma Diane.

#### Quick Links...

- [E-Mail St James](#)
- [E-mail Pastor Diane](#)
- [Our Website](#)
- [Diocese of Fond du Lac website](#)
- [The Episcopal Church website](#)
- [NEW Discover & Grow Brochure - early 2016 learning opportunities](#)

[Join Our Mailing List!](#)

#### Shop at Office Max?

Use the Max Perks #331931799 and help buy school supplies for the *KAN Cool for School* program

**To submit info for the weekly announcements, please contact Amma Diane Murray BEFORE 3PM on Thursday**

[dianemarie.murray@gmail.com](mailto:dianemarie.murray@gmail.com)  
920-860-5152

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#### Sunday Worship Ministries:

Greeters/Ushers, Crucifer/Acolyte, Eucharistic Ministers, Readers, Fellowship Hosts

[Schedule for Feb 28 - May 1, 2016](#)

### Leadership of the Heart

**Sundays, Mar. 6 - Mar. 13, 11:30-12:30PM**  
**or Wednesdays, Mar. 9 - Mar. 16, 6:30-7:30PM**

Join us for this Lenten series Sundays after worship or Wednesday evenings (same session both days, you can attend either as your schedule allows). Amma Diane will lead this 5-week series that helps people of all ages and walks of life explore healthy relationships and boundaries in all areas of our lives. All materials will be provided, no pre-class work or homework will be required.

Remaining themes are: **Week 4, Leadership from Humility and Servanthood:** Naming and claiming your gifts for the sake of others. **Week 5, Leadership That Believes:** Being able to know and express what you believe using specific skills of spiritual leadership. This program is based on material created by The Rev. Dr. John Palarine of Youth Presence Ministries. Talk to Amma Diane for more info.

### Hope House Training March 12 and Volunteer Week March 20 - 26

St. James members have the opportunity to partner every 7 weeks with Lakeshore United Methodist Church to cover volunteer overnight hours and evening meals at Hope House, our Manitowoc County homeless shelter for families and single women. Our next partnering week is March 20 through 26. You can learn more about helping at Hope House by attending a volunteer training on March 12 from 10:00 to 11:30AM at Trinity Alliance Church. Please let Heather (686-1436) at Hope House know if you plan to attend so that they can supply enough training materials. The training is not a requirement for helping at Hope House. Other Hope House opportunities include - daytime help on weekends, and helping with the annual rummage sale May 13-14. St. James does not currently have a parish coordinator for Hope House so please contact Gary Drohman, the Lakeshore Methodist coordinator - to let him know you'd like to help out (email marygary@lakefield.net)

### St. James Women's Group Schedule for 2016

Plans made at the February meeting of the St. James Saturday Morning Women's Group:

- We will continue to meet on the Second Saturday of every month at 9:00AM ending about 10:15 or whenever folks have to leave.
- Meetings will be in the St. James Fellowship Hall and will start with COFFEE and a pot luck breakfast, followed by a program led by our members.
- This group welcomes all St. James women, their families, and friends - please feel free to invite folks even at the last minute.

#### Programs scheduled (so far) for 2016:

**March 12** - Rosaries and Prayer Beads. We will have all the components necessary to make your own, led by Chris Eggert-Rosenthal, Amy Healey and Nancy Hoover.

**April 9** - Coloring for Adults. Try out this way of using colors and design to free your mind for meditation or spontaneity, led by Liz Gordon and Chris Eggert-Rosenthal.

**May 14** - We will go wherever Sally and Alison Hunner are inspired to lead us.

**June 11** - Prayer Books and Collage. Also known as holy scrapbooking, led by Amy Healey.

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## Greeter/Usher Teams

\* Head Usher

**1<sup>st</sup> Sunday:** Liz & Jim Gordon,  
Donna Franz, Karleen & Skip  
Cole

**2<sup>nd</sup> Sunday:** Pat &  
Dave Haefke, Anne Schuette

**3<sup>rd</sup> Sunday:** Murray Sim,  
Bob & Ellen Feller, Michael  
Laughrin

**4<sup>th</sup> Sunday:** Steve Thuss\*,  
Liz & Reimund Schrank

Please talk to anyone on the  
teams to become involved in this  
ministry.

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## Fellowship Hour Teams

\*Team Coordinators

**Saints Team** (1<sup>st</sup> & 2<sup>nd</sup> Sunday)

Eleanor Agnew\*, Chris  
Eggert-Rosenthal, Amy Healey,  
Dan Hornung, Anne Schuette\*,  
Bob & Peggy Turnbull,  
Geri Walker.

**Disciples Team** (3<sup>rd</sup> & 4<sup>th</sup> Sun.)

Marian Flint, Judy Lavicka\*,  
Murray Sim, Steve Thuss,  
Dianne Wilson\*, Chuck  
Wernecke.

If there is a 5<sup>th</sup> Sunday in a  
month plan on potluck or a  
special event.

All are welcome to add to the  
Fellowship Hour table or help set  
up or clean up on any Sunday!

Please speak to one of the  
coordinators to become  
involved in this ministry.

**July 9** - Eat Breakfast and Take a Walk. This program will involve some walking and we may see some birds, check out our neighborhood, or end up at the Farmer's Market, led by Anne Schuette.

**August 13** - Special Morning Prayer at the Beach - joint meeting of the Men's and Women's Saturday Morning Groups at the home of Sally and Mark Hunner. Meet at the church to carpool at 7:45AM.

Please contact Amy Healey, Sally Hunner, Sudi Johnson, or Anne Schuette if you have any questions.

## Meals on Wheels Volunteer Week - March 14 - 18

Volunteers from St. James will deliver Meals on Wheels during the week of March 14 - 18. This ministry takes about an hour and involves signing up, arriving at the Senior Center at 3330 Custer St. at 10:30AM, loading the meals into your car, and delivering the meals to several senior living apartment buildings (the "purple route") around Manitowoc. If you can help, please sign up on the clipboard at the back of church. Contact Judy Lavicka (684-1445) or Anne Schuette (682-7723) with any questions.

## "Icons and Iconography: The Revelation of the Spiritual Life" workshop March 15

Katherine de Shazer, iconographer, will present a workshop on icons at the Rahr-West Art Museum on Tuesday, March 15 at 5:00pm. Learn what icons are and where they come from, understand how they reveal the spiritual life and how they are used in churches and private residences. The process of making an icon will be discussed along with demonstrations of the materials. Katherine de Shazer paints icons in the Russian Byzantine style, using not only art and technique but also canons, theology and symbolism. Cost of the workshop is free to museum members and \$5.00 for non-members. Call 686-3090 for more information.

## Write Your Spiritual Story ~ March 19, 9-3 at The Bridge-Between

Members of the St. James Saturday Morning Women's Group invite others to take part in this workshop at The Bridge-Between Retreat Center on Saturday, March 19. A number of us had a very positive day-long retreat at "The Bridge" last spring and found the description of the March retreat intriguing:

*"We all approach our spirituality, that link between the sacred and ourselves, in unique ways. Join us for a day of honoring and exploring our connection to God and self through writing. Using guided exercises, readings by well-known spiritual writers, and discussion over an inspirational Bridge-Between lunch, participants will enjoy a day of nurturing themselves and learning to give a written voice to their spiritual story. Everyone will leave with inspiring tools and strategies created to deepen their spiritual journey through writing."*

Retreat facilitator: Joanne Nelson, Author. Suggested donation: \$80.00 which includes a delicious homemade lunch. The retreat center is located west of Denmark and carpooling can be arranged. This day-long retreat can be started with a Friday overnight at the Bridge. Please contact Anne Schuette (242-2819) for more information or to reserve a space.

## St. James Book Group Reads

### *Creatures of a Day* in March

The St. James Book Group is reading *Creatures of a Day* by Irvin Yalom during the month of March. Yalom is a psychiatrist and accomplished author, and generously lets the reader into the ways his patients have contributed to his

own growth and ability to cope with major life milestones. The 10 copies of this book on loan to us through the Manitowoc Public Library are all signed out so please let Anne Schuette (242-2819) or Marie Hawkins (683-9032) know if you would like to be on the waiting list for a copy. The group will meet to discuss the book on Wednesday, March 30 at 7PM in the church library.

### **What is our "Next Big Thing"?**

The Vestry is helping guide a process to develop the "Next Big Thing" that our congregation will spearhead. The idea is to find a need we can begin to address that perhaps grows into a longer-term ministry beyond the scope of our congregation. Sunday Supper and KAN Cool for School are two examples. Our congregation did some brainstorming at the Annual Meeting. The Vestry encourages you to continue to share any of your ideas and dreams, possible needs, and possible resources. Sheets listing current ideas will be posted in the Fellowship Hall, and you are encouraged to add your own ideas between now and April 3. If you have any questions, please talk to Amma Diane or anybody on the Vestry. Thanks!

### **St. James Prayers of the People**

Let us each keep those in need in our prayers this week:

#### **For healing, comfort and strength, we lift up . . .**

Alison, Jim, Steve and Mary Beth, Susie & Dave, Mary, Barbara, Caroline(Tiger), Bill, Del, Steven, Clayton, Bethany, Mike & Laura, Al, Dale, Karen, Pat, Matthew, Audrey, Karen, Bob, Rita, The Shaw family, the Herndon triplets and their parents, Henry, Jacklyn, Sue, Bill, Simon, Bonnie, The Maloney family, Richard, Ray, Janet, Joan, Ann Marie

#### **For guidance and discernment we lift up. . .**

For those serving in the military: Kyle Kurschner, Zach Truett, Shane Rosenthal, Jordan Rosenthal and Brady.

Also for: Bill, Tim, Kathy & family, Guy & Mary, Caleb, Lisa, Kurt, Corey

#### **Additional prayers we offer include...**

Peace in our world. . . The people of Ukraine, Israel, Gaza and Sudan and missionary families. In the Diocesan cycle of prayer, we pray for Non-parochial priests and deacons. In the Anglican cycle of prayer, we pray for The Church of England. The incarcerated in Wisconsin - especially those in solitary confinement. For people living with mental illness. The Homework Club students, volunteers and parents. Hope House families.

#### **We offer thanks for...**

Diane our Rector, Richard & Dianne, our Wardens, our Vestry and other ministry leaders, staff, and every person in this congregation. Bishop Matthew Gunter, his wife Leslie and family. Presiding Bishop Michael Curry and his wife Sharon.

#### **We remember the departed...**

Paul, Tom, Joe, Myrna, Bill, John, Dorothy, Howard, Bob, Cindy, Stan, Dale, Paul, Ray, Emily, Peter, Gwyneth., Bill, Mary, Randy, Jill

If you would like prayers to be offered as part of The Prayers of the People, please fill out the written Prayer Request Form and place it in the PRAYER BOX. All are located at the back of the church. Prayers will remain on our active prayer list for one month and can be extended by filling out a new request form.

Thanks and praises to the Lord for answers are most welcome also!

## Looking Ahead: March Calendar Dates

March 6	Rule of Life 8:45AM
March 6	Vestry Mtg - Parochial Report 11:15AM
March 6	Leadership of the Heart 11:30AM
March 8 -12	Operation Prom will be using space
March 9	Grief Support 6:15PM
March 9	Leadership of the Heart 6:30PM
March 10	Vestry 5:30PM
March 10	Girl Scouts 6PM
March 12	Men's Breakfast 8am Lighthouse Inn
March 12	Women's Breakfast 9am Church
March 12	Hope House Training 10AM
March 13	Rule of Life 8:45AM last one
March 13	Leadership of the Heart 11:30AM last one
March 13	Girl Scout Cookie Sale 5PM at Feestival
March 14-18	Meals on Wheels Delivery
March 15	Icon Workshop Rahr-West 5PM
March 15	Miracle League Mtg 6PM
March 16	Grief Support 6:15PM
March 16	Leadership of the Heart 6:30PM last one
March 17	Rainbow Acts Crafting 1PM
March 17	Girl Scouts 6PM
March 19	Chrism Mass 9AM Fond du Lac
March 19	Spiritual Writing Workshop 9AM Denmark
March 20	Procession of Palms 9:30AM
March 20	Taize 7PM DePere (carpool 6pm)
March 20-26	Hope House Week
March 22	RUTH mtg 8:30AM
March 23	Tenebrae Service 6:30PM
March 23	Girl Scouts 6PM
March 24	Maundy Thursday Service 6:30PM
March 25	Good Friday Service 12:15PM
March 26	Great Vigil of Easter 8PM
March 30	Grief Support 6:15PM
March 30	Book Group 7PM
March 31	Girl Scouts 6PM

For a full calendar visit our website [www.stjamesmanitowoc.com](http://www.stjamesmanitowoc.com)

## TREATMENT OPTIONS FOR INDIVIDUALS WITH BOTH MENTAL HEALTH AND SUBSTANCE ABUSE DIAGNOSES

### A PANEL DISCUSSION MARCH 10, 2016 7:00 PM at Manitowoc City Hall

The League of Women Voters and NAMI (National Alliance on Mental Illness) are sponsoring a panel discussion on the topic of treatment for individuals with both mental health and substance abuse issues. The event will take place on Thursday, March 10 at 7 pm at Manitowoc City Hall, 900 Quay Street, Manitowoc.

In 2013, The League completed a study on mental health in Manitowoc County and found that there was a gap in services for individuals dealing with both issues. The purpose of March 10th's discussion is to explore what is working in treatment and what needs continue to exist in our community.

Panel members include Deb Wentz from the Northshore Clinic in Sheboygan who is a therapist with 31 years of experience and focuses her practice on dual diagnosed clients by providing individual, family and group counseling. Ms Wentz also provides services at the Pathway for a Better Life in Kiel. She is joined by Deb Peterman who has provided services at Holy Family Memorial Behavioral Health since 2000. She facilitates the clinic's Primary Outpatient group as well as seeing clients individually for mental health and substance abuse issues. The third panel member is Carmen Persaud who has over 15 years experience in counseling and AODA treatment. She currently works as Clinical Supervisor for Pathways to a Better Life, LLC and as a Psychotherapist for Aurora Behavioral Health in Two Rivers. She treats individuals, couples, and families with both mental health and addiction concerns.

Prior to the panel discussion, Dr Maureen Crowley, professor of psychology at UW Manitowoc will provide a brief history of the League of Women Voter's Mental Health Study and the resulting consensus issues that have led to this panel discussion. Representative Paul Tittl, chair of the Assembly Committee on Mental Health Reform, has also been invited to give a brief update on what is happening at the state level regarding mental health initiatives and funding.

There will be time for questions from the audience and light refreshments will be provided by NAMI members. The program is free and open to the public.