



May 10, 2023

From Fr. John

What do you do when life gets to be too much for you? I have had all kinds and sorts of people in my life and in my orbit express the sense that there was just too much going on right now. Too much work. Too much worry. Too much illness. Too much anger. Too much grief. Too much death.

I could not possibly agree, or empathize, more. I understand how it is to feel like life is coming at you at 90 miles per hour and all you feel capable of is running 10 miles per hour. Or worse yet, standing still.

It's a complicated world in which we live. And people's lives are getting more complicated along with it. So what do you do when it all gets to be too much for you? Well, I am not a therapist. I don't even play one on TV. But here is a quote that I found incredibly insightful when I read it. It is from Dr. Karl Menninger, known by some as the father of American psychiatry. Someone asked him, "Doctor, what would you do if you felt a nervous breakdown coming on?" The doctor's reply was, "I would lock up my house, go across the railroad track, find someone in need and do something for them."

I think Dr. Menninger's point is that we should step outside ourselves, reach beyond ourselves, in order to put our problems into some sort of perspective. And when we work to help someone else, we have no time to dwell on our own problems.

I'm not saying that Dr. Menninger's remark is a cure for the ills of modern humans. But I do think that he makes some sense. Reaching out to people in need, along with praying for their well being, just might make us all feel a little bit better. It's, at the very least, worth a try.

Easter blessings,

Fr. John+

Tonight

Holy Eucharist & Healing Service: 5:15 p.m. in Chapel
Dinner: 6:00 - 6:30 p.m. in Parish Hall
[Red beans and rice, salad, dessert]
[\$5 for adults; FREE ages 18 & under]



JEYC/EYC: 6:30 p.m. in Youth Building
Adult Class: 6:30 p.m. in Parlor
Season 3 of *The Chosen*



Episcopalian Slip-Knots

Saturday - May 13

10:00 AM - Noon in Youth Building

The Episcopalian Slip-knots continue to take up their knitting needles and crochet hooks to create scarves, hats, and other warm fuzzies to donate to the Homeless Coalition around the corner, to disburse to our neighbors in need in the wintertime. Come enjoy the fellowship and coffee! Contact Sara Fuhrer at 985-237- 9848 for more information.

Mothers' Day Lunch!

THIS SUNDAY - May 14 - Mother's Day Luncheon!

- Catered lunch following 10:30 service.
- Pork Grits and Grillades, Quiche, Fruit Salad, Green Salad with Greek Goddess Dressing, Biscuits, Mimosas, King Cakes
- Men of St. James will serve lunch and wait tables.
- Parishioners need only bring themselves....not "covered dish."
- Parish Hall.



NO NURSERY FOR THIS SUNDAY



NO Sunday Adult Christian Formation This Sunday, May 14

Please plan on joining us the following Sunday, May 21, at 9:15 a.m. in the Parlor as we conclude our study of the Gospel of Matthew.

NO Coffee Hour in May

Due to many activities in May, there will be no coffee hour following the 10:30 a.m. service.



Correction to Info on Alexandria Utilities Bill

The City of Alexandria Electric Utility is now giving a 50% discount to customers who are over 65 years old on the sanitation part of their bill only. Also will not charge any late fees. You must go there to sign up for both. Something is better than nothing, I suppose.



Camp Hardtner has enriched the lives of many people over the years. Making lifelong friends, learning about your faith, and unconditional love are all part of the camp experience. Now you can sign your children up for the 2023 Season.

Camp Hardtner provides summer camp sessions for different age ranges. Plus they are bringing back Camp Able this year, which is for adults 18 years or older with special needs. This is a great way for your children to spend their summer.

You can register by [clicking here](#).

Camp Hardtner is also seeking health care professionals to help them throughout the summer. You can join for a single session or the whole summer.

You can learn more about the position by [clicking here](#).

WORSHIP



May 14th Sixth Sunday of Easter

In-person Worship at 8:00 AM & 10:30 AM
Childcare is available for the 10:30 AM service.

[Click on this link to join the 10:30 AM service.](#)

[Click here for the service bulletin.](#)

May 14, 2023 Evening Prayer Online @ 5:00 PM

[Click on this link to join Evening Prayer.](#)

Meeting ID: 863 4898 4077

Passcode: 1620

[Click here for the order of service & reading.](#)



Prayer

Parish Prayer List

Please keep these members of our community in your prayers:

Ann Vanderslice, Charles Robinson, Ella Goldich, Belle Chatelain, Larry, Eleanor, Carli McGinty, Fr. John, Lacy Shaw, Sam Bejach, Gary and Becky Maxwell, Lawrence, Liz McSween, Beth Courtney, Holly Craig, Kip Hogue, Charles, Jim Bristol, Ellen Moore, Mother Meredith Ward, Pat Carter, Beth Hebert, Rita Clancey, Jimmy Hurt, Carol Rowe, Barbara Baldwin, Louise Carter, Donnie Hayes, John Brewer, Fred Alexius, Paula Lieberman, Bill and Beverly Jarvis, Robbie G., Jonathan Rhea, Minnie Mikell, Massi Jordan, Richard Norem, Pepe Rizzo, Bonnie McLellan, Michael Sterne, Jim Leggett, Cackie, Bernard Parker, Kristie Fresh, Andrea, Janet & Carl Ahrens, Jeff and Anne, Lillian DeVille, Shannon Norman, Wilma Filipi, Stephen, Natosha and Family, Fran Barbato, Kevin Delaney, Gail, Charlotte Sterling, Matthew Fontanille, Andrew, Shirley Christian, Susan Webster, Chase Barnfield, Taylor Thompson, Johnnie Hart, Jane Y. Harris, Kyle, James Jay Watts, Beth Virden, Glenn Guillory, Elda Schoolcraft, Mesta Bain, Dean M. Tyree, Dietrich DeBoer, Beverly Butler, Murel Trimble, Emily Warren, Bill Leibke, Wayne Moorehead, Donna House, Dayna Hill, Jane Tyson, and Mehre Hajighassem.

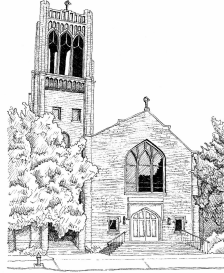
For those in the military:

Kyle Jordan, Josh Duff, Samuel Hayes, Franklin Watson, Kyle Jordan, Donal McCarthy,

Michael Geiger, Erskine Cook, Jr., Patrick Downs, and Chris Babcock.

For those celebrating birthdays in May (day):

Minnie Mikell (4), Billie Hicks (6), Fr. Jim Theus (7), Lynton Hester (9), Anna Maynard (10), Caroline Drell (12), Gin Taylor McLure (13), Betsy Trammell (13), Sharon Kramer (15), Will Shepherd (19), Leslie Mikel (21), Will Harp (22), Samuel Adams (23), Bill Clancey (23), Drew Texada (24), Brannon Andrus (25), Daniel Chapman (27), Butch Knoepp (27), Karen Cabrera (29), Catherine Drell (31).



Visit our Website

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