

January 10, 2023

From Fr. John

It is now the 10th of January. How are your resolutions going? It's okay. You don't really have to answer that. Honestly it's nobody else's business how well you have stuck to your resolutions. Years ago, I decided not to make resolutions anymore. Rarely did I get as far as January 10th before I had already broken through my resolution and gotten right back to my previous behavior. And I am fairly confident that my experience with new year's resolutions was not exclusive to me. So, why do we make resolutions in the first place?

I think it has something to do with our desire to see ourselves doing things better, or just "being" better than we are. And a new year seems like the right time to begin some self-improvement regimen. I read recently that most resolutions don't take hold because, among other things, "we're thinking too big, we're not considering the 'why' behind them, and the fact that we may not be ready for change."

This Sunday's psalm is part of Psalm 139, which tells us that God sees and knows **everything** about us. And here's the surprising thing ... God loves us anyway! So here is a short, unrequested piece of advice. Don't take on any guilt about broken resolutions. Instead, spend 2024 getting comfortable with the idea that God loves you exactly as you are – overweight, out-of-shape, in debt, or whatever else you may think needs to change about yourself.

Start a new good habit when it feels right, and when you have taken your idea to God, in prayer. Then see what happens. You have a better chance of success when you and God work together.

May this be a blessed year for you all.

Fr. John+



Returns TONIGHT January 10

5:15 p.m. - Holy Eucharist with Healing Service - Chapel

6:00 p.m. - Dinner - Chicken alfredo pasta with sides and dessert

(Best in town! \$5 for anyone 18 & up.)

6:45 p.m. - Presentation by Kelly Texada and Roy Rosenthal on the Flower Guild & flower arranging

Slipknots

Saturday, January 14

10:00 a.m. - noon in the Youth building



If you enjoy knitting or crocheting, this is the ministry for you! The participants 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 distribute to our neighbors in need in the wintertime. Come enjoy fellowship with coffee and homemade goodies to snack while you work.



Adult Sunday Class

Come and join us in the parlor at 9:15 on Sunday mornings as we explore what happens to Moses and the Israelites in the Book of Exodus. Bring a cup of coffee, or your favorite beverage, and sit in. There is no preparation needed to join in the discussion.

Coffee Hour

Coffee hour provides a great opportunity for fellowship on Sunday mornings following the 10:30 a.m. service in the Parish Hall. A wonderful time to visit and catch up on what is happening and to welcome any new person who comes in.



If you would like to help either with refreshments or as a server for this ministry, sign up in Parish Hall or call Susan Frey at 318-449-8501.



MLK PARADE Monday - January 15

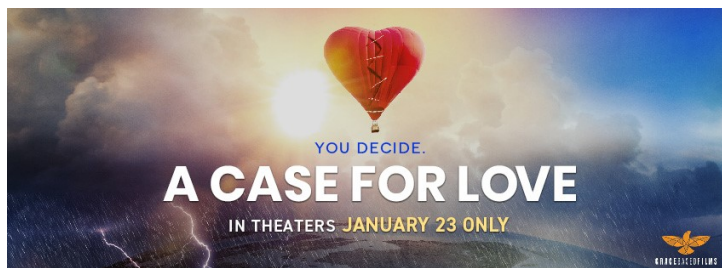
Please join us as we engage with those celebrating The Rev. Martin Luther King, Jr. and his legacy in the annual MLK Parade. Monday, January 15.

Meet the church van at 234 Bolton Avenue (The old Sav-A-Lot).

We will decorate the van and assemble our throws starting at 8 a.m. The parade starts at 10.

There will be space for people to ride in the van as well as walk along the route.

We are asking for the donation of small stuffed animals and individually wrapped candy.



A Case for Love, a feature-length documentary inspired by Presiding Bishop Michael Curry's message of love, will premiere in theaters on January 23. The film, which includes interviews with Curry and other public figures, as well as individual stories and more, was produced by Grace-Based Films, a nonprofit movie company led by Episcopalians.

Study guides are available for congregations and other groups interested in organizing discussions of the movie.

A Case for Love will be shown at **4:00 p.m. and 7:00 p.m. on January 23**—one day only—at the following theaters in our diocese:

The Grand 16 - Alexandria
Regal Louisiana Boardwalk and IMAX-Bossier City
Cinemark-Lake Charles
The Grand 16-Lafayette
Cinemark Tinseltown 17-West Monroe
Cinemark Tinseltown and XD-Shreveport

Annual Parish Meeting Sunday, January 28

In the nave of the church following the 10:30 a.m. service



Written reports from the leadership of St. James, various committees, and ministries will be offered at this time. In addition, the election of Vestry members and convention delegates will occur. If you have someone that you

have spoken with who would like to be on the Vestry, please let Fr. John know as soon as possible.

WORSHIP



January 10th

The Second Sunday after the Epiphany

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.](#)

January 10, 2023
Evening Prayer
Online@ 5:00 PM

[Click here for](#)
[Order of Service AND](#)
[to join Evening Prayer via Zoom.](#)



Meeting ID: 863 4898 4077
Passcode: 1620

Prayer

Parish Prayer List

Please keep these members of our community in your prayers:

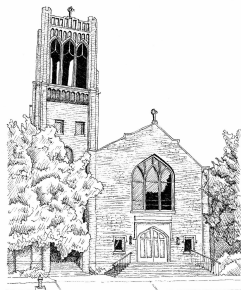
Lauren Torbett Jain, Fr. John, Sara Marshall, Charles Robinson, Jr., Anne Robichaux, Lynne Distefano, Nona Yeager, Ogden Middleton, Tommy Watts, Edward Butler, Marietta, John Upton, Rita Clancey, Jackie LaCour, Linda Ittner, Sophia Frey Bradford, Becky Maxwell, Brady Brown, Heather Craig, Dr. Wesley Davis, Steve Caballero, Anna Stapleton, Ann Vanderslice, Charles Robinson, Bobbie Chatelain, Larry, Eleanor, Carli McGinty, Lacy Shaw, Sam Bejach, Lawrence, Beth Courtney, Holly Craig, Jim Bristol, Ellen Moore, Mother Meredith Ward, Beth Hebert, Jimmy Hurt, Barbara Baldwin, Louise Carter, John Brewer, Fred Alexius, Paula Lieberman, Jonathan Rhea, Massi Jordan, Pepe Rizzo, Bonnie McLellan, Michael Sterne, Jim Leggett, Cackie, Kristie Fresh, Andrea, Janet & Carl Ahrens, Jeff and Anne, Lillian DeVille, Wilma Filipi, Stephen, Natosha and Family, Fran Barbato, Kevin Delaney, Gail, Charlotte Sterling, Matthew Fontanille, Andrew, Susan Webster, Chase Barnfield, Johnnie Hart, Jane Y. Harris, Kyle, James Jay Watts, Beth Virden, Glenn Guillory, Elda Schoolcraft, Mesta Bain, Dean M. Tyree, Beverly Butler, Murel Trimble, Emily Warren, Bill Leibke, Wayne Moorehead, Donna House, Dayna Hill, Jane Tyson, add Mehre Hajighassem.

For those in the military:

Kyle Jordan, Josh Duff, Samuel Hayes, Franklin Watson, Donal McCarthy, Michael Geiger, Erskine Cook, Jr., Patrick Downs, and Chris Babcock.

For those celebrating birthdays in January (day):

Dana Brunson (3), Joy Owensby (3), Ruthlyn Jarvis (5), Charlotte Sterling (9), Nona Yeager (13), Clementine Devine (14), Mary Belle Marshall (14), Ryan McCartney (17), Taylor Bedingfield (23), Eva Andrus (24), Bailey Adams (27), Lacey Brown (27), John Brewer (28), Kristina McBride (28), Courtney Smith (28), Lindsay Holton (30), Ann Robichaux (30).



[Visit our Website](#)

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