Welcome to St. James’ in the City!
We’re happy to have you with us this morning. We hope you find our parish to be a place of welcome and invitation. After the service, please join us for coffee hour in the Parish Hall across the courtyard.

SPIRITUAL LEARNING
Wednesdays during Lent
6:30PM in St. James’ Chapel, led by Omar Brownson

This Lent create a new habit. Gratitude. The practice begins by noticing the good in your life. Spiritual traditions called it counting your blessings. Science now shows that gratitude rewrites your brain, specifically the medial prefrontal cortex, or where we learn and make decisions. Humans have a biological bias to see the negative. Negative bias can cause stress, sleep loss, and loneliness. Fortunately, we have the choice to notice the positive, as well. With gratitude, you create new emotional muscle memory. This four week series will give you simple tools to tap into the power of gratitude in your everyday life. All you need to bring is a journal. For 30 minutes each week, join us on this journey to give thanks, and receive joy.

Courtyard Entrance Needs Some Love
You may have noticed the magical lights which brighten our courtyard at night. Aren’t they nice? Now I am dreaming of a more inviting courtyard entrance. Currently we have some scruffy bushes, a broken and hard-to-see sign, and no light. I would love your ideas on how to make this entrance far more inviting with improved landscaping, lighting and signage. Imagine arriving for an evening service or concert – how would you like it to look? If you are feeling called to help, please let me know!! Kate+

LACMA SUNDAYS LIVE
TONIGHT February 16th
COLBURN CHAMBER ORCHESTRA

Maxim Eshkenazy leads the orchestra in Britten’s Simple Symphony, Grieg’s Holberg Suite, Vivaldi’s Piccolò Concerto in C Major, and Mozart’s Divertimento in B-flat, K. 137.

Next Week
COLBURN SINFONIETTA

Maxim Eshkenazy leads the orchestra in Beethoven’s Symphony No. 7, Nielsen’s Concerto for Flute and Orchestra, and Beethoven’s Egmont Overture.

International Book Group
Next Sunday, February 23
After the 10:30 service in the Conference Room

The St. James’ International Book Group will meet on Sunday, February 23, 2020, and will discuss “Modernist Studies in The Life of Jesus” by Rev. Ray Oakley Miller, rector of St. James from 1919 -1947. This work contains seven short studies in the life and character of Jesus and is part of the knowledge base of civilization as we know it.

The book group is open to all. Please stop by the 2nd floor conference room in the Parish Hall after the 10:30 am service. Refreshments will be served. For further information contact Intlbookgroup@outlook.com
**Saint James’ in-the-City • UPDATE  16 February 2020**

**Ash Wednesday, February 26th**

This year, in addition to our usual services (at 7:00AM, 12noon, and 7:30PM), we plan to keep the church open for prayer and contemplation and also have “Ashes to Go” in front of the church on Wilshire Blvd. We hope this will offer everyone a possible time to get started on their lenten journey by receiving the imposition of ashes.

**Great Conversations**  
*Hosted by Mother Kate+

Beginning Sunday, March 1st, Mother Kate will be hosting Great Conversations between the 8:00 and 10:30 services, in the St. James’ Chapel. Just grab a snack from the Parish Hall then circle up in the Chapel to hear from friends in the community on topics like homelessness and the environment, as well as the deeper meaning behind our worship practices (that is, why we do what we do in worship). Look for a full schedule soon! For now, just know that, beginning March 1st, we will have this ongoing opportunity for learning with a spiritual dimension.

**Interested in Baptism or Confirmation?**

Our next date for Baptisms and Confirmations will be at the Great Vigil of Easter on Saturday night, April 11th. This service, which literally “rings in” Christ’s resurrection on Easter day, begins at 7:30PM and lasts approximately 2 hours. Please speak with Mtr. Kate for more information.

**Next YAPGES**  
*(Young Adult Prayer Group and Eating Society)*  
**Sunday, February 23, 5-8PM**

Calling all young adults (20s & 30s) to come to the next YAPGES dinner and discussion at Mtr. Kate’s home. We always enjoy good food, good conversation, and wonderful growing friendships. Semi-potluck; plan to bring a dessert, side dish, or beverage of your choice.

**Scout Sunday Pancake Breakfast**  
*A Smashing Success!*

Last Sunday morning, Troop 10 scouts of St. James’ held a very successful pancake breakfast in the Parish Hall. Here a few pictures for you to enjoy.

**St. James’ Women’s Retreat**  
**APRIL 17–19 2020**  
Mt. Calvary Retreat House & Monastery, Santa Barbara  
With SHARON CRANDALL returning to lead us.

"The Women’s Retreat was a rejuvenating and healing getaway, where I simultaneously felt closer to God and the lovely women in our parish family. It was a true blessing." – Tori Jimenez

"Wonderful to be in such a beautiful setting. And to be able to commune with nature. Wonderful to be with friends, and make new friends.” – Grayson Schick

Reserve your spot with a $50. deposit. Make your check out to St. James’ and write “Women’s Retreat” on the memo line. Any questions? Talk to Sara Jane Thies sjthies@sbcglobal.net (323) 273-6745; Ingrid Finley-Scott ingridfs45@icloud.com (818) 314-5071; or Holly Holyk gaah@att.net (323) 939-4040.
### Calendar

#### Sunday 16 February
- **Holy Eucharist, Rite I**
  - Church
  - 8:00 AM
- **Sunday School**
  - 2nd Floor Offices
  - 10:30 AM
  - Childcare available for children 4 and under.
- **Holy Eucharist, Rite II**
  - Church
  - 10:30 AM
  - Worship with Korean Congregation
- **Vestry Meeting**
  - Conf Rm
  - 12:00 PM
- **LACMA Sundays Live**
  - Church
  - 6:00 PM

#### Monday 17 February
- Presidents Day – Parish Offices Closed

#### Tuesday 18 February
- **Food Pantry Prep**
  - Street Lvl
  - 8:00 AM
  - Volunteers welcome

#### Thursday 20 February
- **Food Pantry Distribution**
  - Street Lvl
  - 8:00 AM
  - Volunteers welcome
- **Centering Prayer**
  - Chapel
  - 9:15 AM

#### Friday 21 February
- **Soup Kitchen Prep**
  - Parish Hall
  - 3:00 PM
- **Soup Kitchen Meal**
  - Parish Hall
  - 5:00 PM
- **Soup Kitchen Evening Prayer**
  - Chapel
  - 5:45 PM

#### Sunday 23 February
- **Holy Eucharist, Rite I**
  - Church
  - 8:00 AM
- **Sunday School**
  - 2nd Floor Offices
  - 10:30 AM
  - Childcare available for children 4 and under.
- **Holy Eucharist, Rite II**
  - Church
  - 10:30 AM
  - Worship with Korean Congregation
- **Book Group**
  - Conf Rm
  - 12:00 PM
- **YAPGES**
  - Mtr. Kate’s home
  - 5:00 PM
- **LACMA Sundays Live**
  - Church
  - 6:00 PM

### ALTAR FLOWERS
Help us defray altar flower costs.
Suggested donation is $150.
Group and/or multiple signups are encouraged to help reduce individual cost. The signup sheet is in Parish Hall. Thank you for your generosity.

### COFFEE HOUR HOSTS
Thank you to Louis and Helen Egbunkonye for hosting the 8 o’clock coffee hour; and to Bosa and Lynda Aduba for hosting the 10:30 coffee hour.
The Coffee Hour signup chart is available in the Parish Hall. Your participation and generosity are greatly appreciated.

### ST. JAMES’ PRAYER LIST
Supporting Our Brothers and Sisters with Prayer

Today we pray for Beth, Camille, Daryl, David, Debby, Daniel, Elmira, Ingrid, Marti, Mary, Sean, Stephanie Lim and Stephanie Reynolds.

If you would like to request prayers for yourself or a loved one, please fill out an Intercessory Prayer card (located in your pew pocket) and place it either in the offering tray or the prayer box in the Narthex.
The Intercessory Prayer Team will keep your request in their prayers for one month, unless you notify the church office to continue to pray for you. 213-388-3417.

### ST. JAMES’ IN THE CITY CONTACTS
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### Save the Date
- **Ash Wednesday**
  - 7AM, 12:00 PM, 7:30 PM
  - February 26

### Want more Episcopal News?
Go to [https://www.episcopalnewsservice.org/](https://www.episcopalnewsservice.org/) to read more about the national church.
Go to [https://diocesela.org/episcopal-news/](https://diocesela.org/episcopal-news/) to read more about the diocese of Los Angeles.