

SEPTEMBER



ST. JAMES AME ZION CHURCH | 2023 NEWSLETTER

WHAT'S HAPPENING AND WHAT'S NEW

Trustee of the Month
Bro. Kamal Hubbard

SEPTEMBER & OCTOBER BIRTHDAYS



Sis. Pearl Rochon 9/4
Bro. Kyil Parker Jr. 9/8
Sis. Mildred Walter 9/9
Sis. Belinda Hoodye 9/18
Bro. Harry Olsen III 9/23
Sis. Davina Hurt 10/15
Bro. Michael Rayray 10/17
Bro. Michael Bussey 10/21
Sis. Nancy Compagno 10/26
Bro. Samuel Baker 10/30

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www.stjamesanmateo.org
stjamesamezchurch@gmail.com

MISSION

Our mission is to bring people to Christ by taking Christ to people.

VISION

We strive to be a church that is Christ centered, culturally relevant and community focused.

MOTTO

The church is not the building, it's the people. So come and be the church with us.

FROM THE PASTOR'S DESK: BUSY, BUSY, BUSY!!!



Life is busy for all of us and somehow, we have been conditioned to believe that the busier we are, the better. But if we look at other countries

and cultures, we will realize that the primary reason they live longer, healthier and more active lives than we do as Americans is that they are taught from childhood, to incorporate a four letter word into their lives. That word is REST.

Having additional duties added to my plate as Presiding Elder of the Central Valley District, I quickly realized the importance of listening to my body, doing what it tells me is needed and appreciating the fact that rest, like productivity and regular exercise, is the trifold balance that's essential if we want to live optimal lives. I've learned the value of a power nap, 30 minutes of mental rest so my brain can de-clutter and calm down, the benefit of reclining on my bed while gazing at the skyline and the joy of playing in dirt while I garden and marvel at God's handiwork in nature.

Jesus took time to rest and He is our model. I hope you read and learn from the article below. Though the article sample was small and they surveyed people over 60, I believe the principles are of value whatever your age. My prayer is that you begin to make rest not a luxury you cannot afford but an important and necessary ingredient in your daily self care.

THE TYPES OF REST WE NEED

By Meryl Herr

I don't know about you, but when I think of rest, my brain starts conjuring up images of my weighted blanket, a cabin in the woods, a rocking chair on a screened-in porch, and the beach. That's because I often associate rest with sleep or vacation; rest is about ceasing my daily activities or my daily work.

In her *TEDxAtlanta* talk, Dr. Saundra Dalton-Smith says that we actually need seven different types of rest:

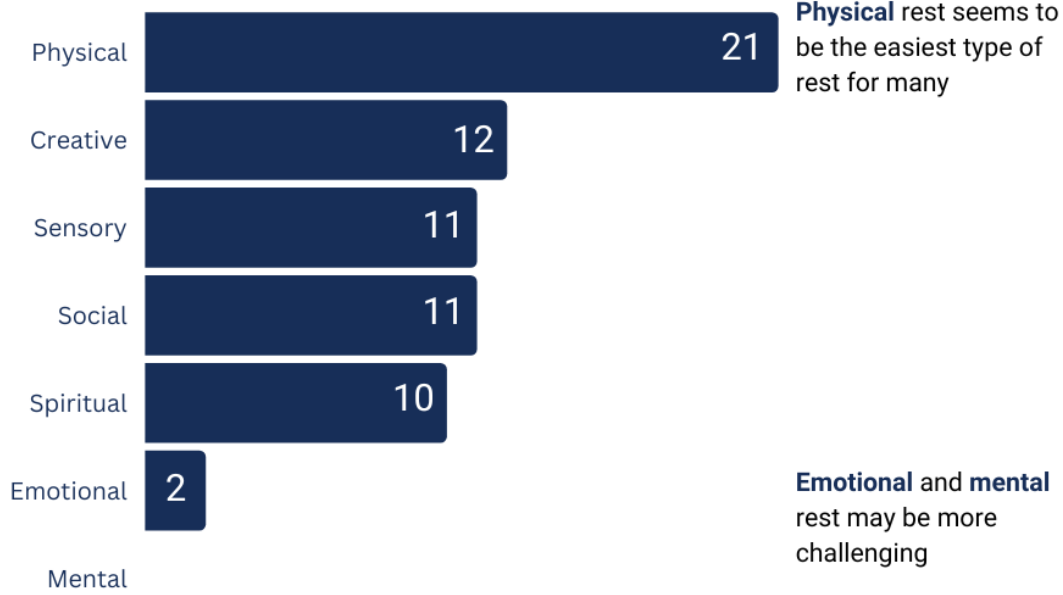
- Physical
- Mental
- Sensory
- Creative
- Emotional
- Social
- Spiritual

We were curious to learn about the types of rest *you* need. So in July 2023, we conducted a simple survey to find out. Sixty-seven people completed the survey—54 women and 13 men. Just over half of the respondents were 60 years or older. Here's what we learned.

Physical Rest Comes Easiest for Many

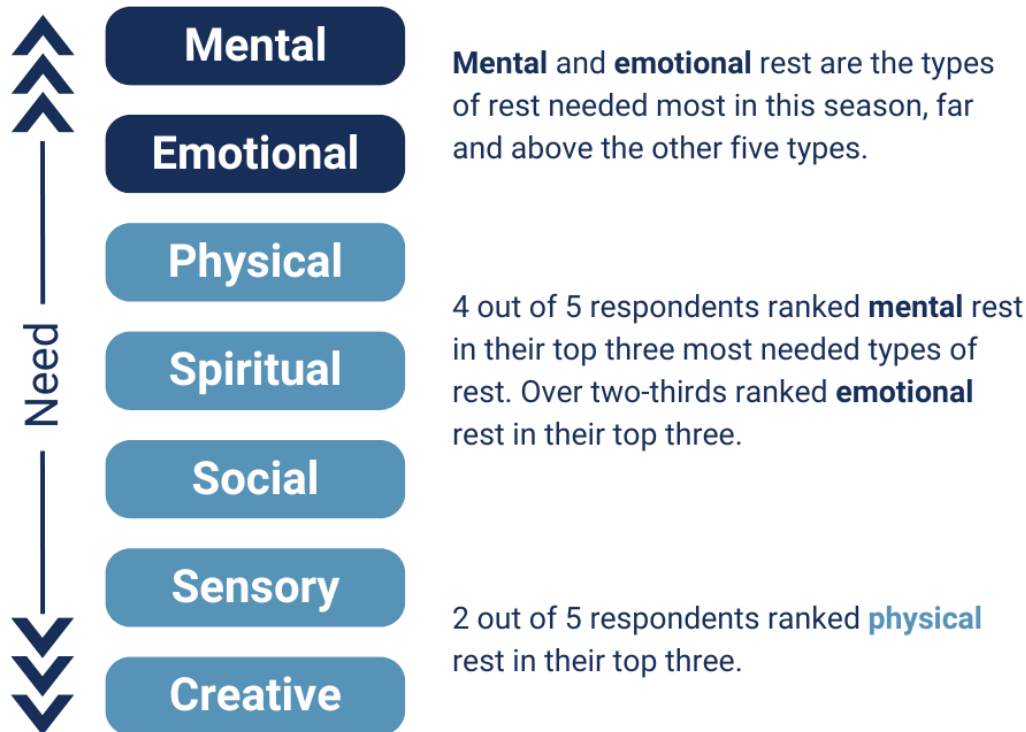
We asked which of the seven types of rest comes easiest. Physical rest topped the chart. The data also indicated that mental and emotional rest may be the most difficult to find.

Type of rest that's easiest



This survey was conducted online in July 2023. The sample consisted of 67 adults. This sample size is too small to generalize the results to all adults.

Type of rest that's needed most



Most Needed Rest: Mental and Emotional

We also asked which type of rest people most needed in this season. They responded to this question by ranking the seven types from most needed to least needed. The results revealed that mental and emotional rest are needed more than the other types. Four out of five respondents ranked mental rest in their top three most needed types of rest. Over two-thirds ranked emotional rest in their top three. By comparison, only two out of five ranked physical rest in their top three.

Obstacles to Getting the Rest We Need

Getting the rest we need isn't easy. We asked, "What is the single biggest obstacle to getting the rest you most need in this season?"

Responses fell into a few broad categories.

Busyness

Busyness was the single biggest obstacle to getting adequate rest. Respondents have a lot of responsibilities from work to parenting. One person said the "demands of daily living" were their biggest obstacle. Another said that they're "constantly on the go." In short, many people felt like they simply didn't have time to get the rest they needed most.

Lack of Self-Discipline

Several respondents said that they, *themselves*, were their biggest obstacle. They

realize they struggle to prioritize their needs for rest, have trouble turning off their minds, or lack the desire or motivation. One person admitted that their problem was plain laziness.

Physical Limitations

Others ran up against limitations, particularly physical ones. Some people are ironically just too tired to get the rest they need. Two people mentioned needing consistent restful sleep. (I wonder if any of them are parenting young children.) One person admitted not having the physical strength to get the rest they need. Another mentioned health limitations.

Relational Limitations

A handful of respondents mentioned relational limitations including having access to their "tribe." Some are navigating relational conflict. One individual noted that loneliness was their biggest obstacle.

Finally, a few respondents mentioned work stress, fear, and anxiety as obstacles to getting the rest they need.

Getting the Rest We Need

This survey had a small sample size; therefore, we can't generalize the results to all people everywhere. But the findings can help us examine our own needs for rest, particularly mental and emotional rest. If you need mental rest, consider taking microbreaks throughout the day. If you need some ideas, check out the ones I included in this article on ways to

manage stress. Beyond the microbreaks, maybe you can find pockets of mental rest in other moments of your day. I love reading popular fiction in the evenings because it helps my brain downshift after a long day of analysis, strategic thinking, or highly-detailed work. When it comes to emotional rest, Dr. Dalton-Smith recommends finding time to express your emotions—to feel your feels. Journaling can help. Several leaders we interviewed in our recent research study mentioned journaling as a vital part of their growth and development. Not sure where to start with journaling? Check out this article. And if you're picky about your paper and need something quality to hold your questions and quandaries, here are two of my favorites: the PAPERAGE journal and the ZenART journal.

And for those of us who lack the self-discipline to go after the rest we so desperately need, let's remember that small changes over time can add up. I'm reminded of how James Clear describes incremental change in his book *Atomic Habits*. He talks about continuous 1% improvements. What would it look like to invest a little more time and effort into getting the rest you need each week? Perhaps you start with two, five-minute microbreaks tomorrow and work up to two, ten-minute microbreaks by the end of the month. Maybe you start with five minutes of journaling before you go to bed this week and bump it up to six next week. See what happens. Maybe the rest

you get from starting small will give you the momentum you need to keep going.

What would it look like to invest a little more time and effort into getting the rest you need each week?

Article source: <https://depre.org/the-types-of-rest-we-need/>

OCTOBER IS BREAST CANCER AND DOMESTIC VIOLENCE AWARENESS MONTH



We lift up Breast Cancer Awareness Month and Domestic Violence Month. Both of these issues impact women and men.

Breast Cancer is the most common cancer diagnosed in women in the United States, other than skin cancer. It is the second leading cause of cancer death in women, after lung cancer. There are over 3.1 million breast cancer survivors in the United States. Breast cancer is the most commonly diagnosed cancer among Greater Bay Area females accounting for about one-third of all invasive cancers diagnosed annually. From 2011 through 2015, 25,603 new invasive breast cancers were diagnosed in women in the Greater Bay Area, and 128,158 in California.

From 1988 through 2015, the incidence rates for white and Hispanic women declined, while the rate for Asian/Pacific Islander women increased. For African American women, the rate has remained stable. The Greater Bay Area rate of newly diagnosed breast cancers for all races/ethnicities combined was significantly higher than California. Breast cancer death rates declined in all racial/ethnic groups from 1988-2015. From 2011 through 2015, breast cancer death rates varied by race/ethnicity, with the highest rate in African American women (28.6 per 100,000) followed by white women (20.9 per 100,000).

What can you do? Get screened and talk to your doctor about which screening test are right for you if you are at a higher risk. Have a mammogram every year starting at age 40 if you are at average risk. Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40. You can sign up for your screening reminder at www.komen.org/reminder.

Resources for Breast Cancer

- Women's Cancer Resource Center (Alameda and Contra Costa Counties) (510) 601-4040
 - www.wcrc.org
- To Celebrate Life Breast Cancer Foundation (All Bay Area Counties) (415) 455-5882
 - www.tocelebratelife.org

Domestic Violence is a pattern of violent and coercive behavior used by one partner (Intimate Partner, Familial, Cohabitant or Bystander) in a relationship to control another.

Every 9 seconds in the USA a woman is assaulted or beaten. Studies suggest that up to 10 million children witness some form of domestic violence annually. An estimated 29% of African American females are victimized by intimate partner violence in their lifetime. 32.9% of California women and 27.3% of California men experience intimate partner physical violence, intimate partner sexual violence and/or intimate partner stalking in their lifetimes. In 2017, a total of 169,362 domestic violence-related calls were made to law enforcement in California—a rate of 6.4 calls per 1,000 adults ages 18-69; many other incidents went unreported. 40% of reported incidents involved weapons. Rape crisis centers served 31,790 survivors of sexual violence between 2011 and 2012 in California. In a single day, domestic violence shelters served almost 5,800 women and children.

In Alameda County, African American women comprise a disproportionate share of domestic violence deaths (45%) compared to their share of the Alameda County population (12%). Statistics show that Black women typically comprise about 70% of Black congregations. Religious convictions and a fear of shame or rejection from the church may contribute to their remaining in abusive relationships.

24-Hour Resources for Domestic Violence

- A Safe Place (510) 536-7233
- Alameda County Family Justice Center (510) 267-8800
 - www.acfjc.org
- Family Violence Law Center Mobile Response Team (800) 947-8301
- National Domestic Violence Hotline (800) 799-7233

EAT SEASONALLY

OCTOBER

EAT SEASONAL
WITH AHEALTHYLIFEFORME.COM



APPLES
BEETS
BROCCOLI
CABBAGE
CARROTS
CAULIFLOWER
CHICORY
CHILES
COLLARD GREENS
CORN
CUCUMBER
EGGPLANT
ESCAROLE
GRAPES
HERBS
KALE
MELONS
PEARS
PUMPKINS
RADICCHIO
RADISHES
SHALLOTS

SPINACH
SQUASH
ONIONS
TOMATOES
ZUCCHINI



BEING A CHRISTIAN IS LIKE BEING A PUMPKIN



God picks you from the patch and brings you in. (*John 15:16*)

Then washes all the dirt off you.
(*2 Corinthians 5:17*)

He opens you up and scoops out all the yucky stuff. He removes the seeds of hate, greed, etc. (*Romans 6:6*)

Then he carves you a new smiling face
(*Psalms 71:23*)

And he puts his light inside you to shine for the world to see. (*Matthew 5:16*)



EVANGELICAL LAY GROUP
COME WITH US TO CHRIST
ST. JOSEPH CHURCH

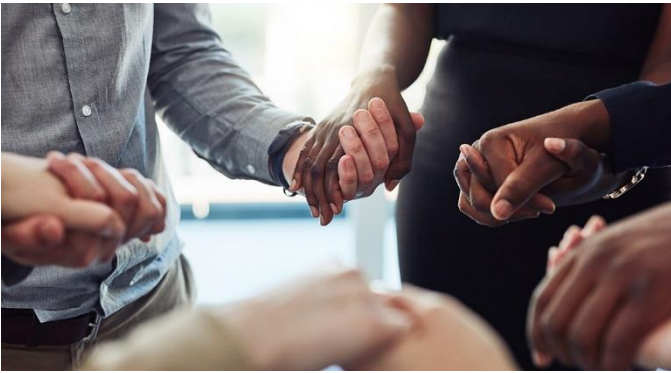
S.J.

Global Missions
To serve This Present Age

LAY DAY
&
GLOBAL MISSIONS SUNDAY
OCTOBER 15, 2023

ATTIRE: BLACK & GOLD OR ETHNIC ATTIRE
INVITE FAMILY & FRIENDS

WORSHIP WITH US



Sunday Service

On site at 11:00

following COVID-19 protocols

Facebook Live

www.facebook.com/stjamesanmateo

Instagram Live

@stjamesamezchurch

Phone Audio

via Zoom

Meeting ID: 871 8884 0303

Passcode: 670043

Wednesday Night Bible Study

7:00p.m.-8:00 p.m.

via Zoom

Meeting ID: 871 8884 0303

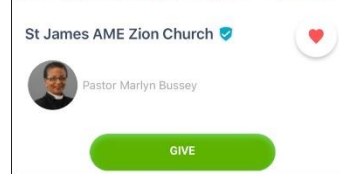
Passcode: 670043

A REMINDER FOR THOSE ATTENDING IN PERSON WORSHIP:

Please, please, please refrain from watching the sermon on your phone, iPad or other electronic device while worshipping in the sanctuary. There is a limited amount of bandwidth for streaming the service. Every device that is in operation in the sanctuary draws on that bandwidth and slows down the internet connection and the streaming capacity. Please help the tech team provide the best possible delivery of the worship service to everyone by enjoying the worship experience

live. Thank you so much for your cooperation and assistance.

TITHES AND OFFERINGS



Tithes & offerings can also be mailed to the church

Text Give to:
650-800-6925



Cash App

\$stjamesanmateo

PIC•COLLAGE

WE WANT TO HEAR FROM YOU

- If you would like to accept Jesus Christ as your Lord and Savior
- If you have a prayer request
- If you would like to join St James AME Zion Church as a physical or e-member:
Please contact us directly at:
stjamesamezchurch@gmail.com

STAY CONNECTED

Website:

www.stjamesanmateo.org

Facebook:

www.facebook.com/stjamesanmateo

Instagram:

www.instagram.com/stjamesamezchurch/

Twitter:

www.twitter.com/stjamesame

FALL WORD SEARCH

H J N I F I P J K R F H R E T
A D M B Z O R U E T F J E Y H
L I U F T W O B M V R F W R A
L Y T N B R O T E P A J O E N
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J Q R S L X R E B M E T P E S
Y E T E V G Y T H W I C K U J

ACORN

FOOTBALL

NOVEMBER

SEPTEMBER

APPLES

HALLOWEEN

OCTOBER

SUNFLOWER

AUTUMN

HARVEST

PUMPKIN

SWEATER

CANDY

HAYRIDE

RAKE

THANKSGIVING

CIDER

LEAVES

SCARECROW

TURKEY

More ways to connect!

St. James is now on the YouVersion Bible App!

Join us as we explore selected reading plans that will allow you to dig deeper and grow stronger in your faith formation.

Scan the QR code on the graphic below to get connected with us! ↘



St. James AME Zion Church

✓ My Church

M

Pastor
Rev. Dr. Marlyn Bussey



Address
825 Monte Diablo Avenue, San
Mateo, CA, USA



More Info



SEPTEMBER PRAYER LIST



St. James AME Zion Church family, Pastor Marlyn Bussey and family, Board of Bishops, Bishop Brian Thompson, Sr. and family, Bishop George Crenshaw, The AME Zion, Rev. Rhonda Davis, Stephanie Page and family, Rev. Kristi Dunham, Marie Davis and family, Sis. Jean Wilson and family, Sis. Evelyn Neely, Sis. Pearl Rochon, Sis. Charlotte McAfee, Kyle Parker, Jr., Marcella Gehlhar, Nancy Compagno, Harry Olson! Jr. Sis. Linda Clayton, Ada Lax, Jazz Svarda. Our students away in school: Matthew Clinton, Drea Smith and Anika Hausner. Those grieving losses, those dealing with the aftermath of severe weather conditions all over the world, those dealing with the continual tragedy of gun violence, the people of Ukraine, the homeless and hurting; those fighting sickness, safety for houses of faith, educators, students, the unemployed; students and educators, those with housing and food insecurity, essential workers, those traveling. Approval of the New Beginnings Housing Project, Carrie Dubois, the incarcerated; the lonely, those feeling as though they have no hope. All those who are blessed by the Care Portal Ministry, the children nourished by the Breakfast Tree Ministry. Congress, President Biden and his administration. The work of the Juvenile Justice Commission of San Mateo County, Supervisor Noelia Corzo, Finally, let us pray for all those we interceded for on Sunday morning and throughout the week and those whose names are added to our prayer wall each Sunday.