

SAINT MATTHIAS

EPISCOPAL CHURCH

The Saint Matthias Messenger

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Saint Matthias Episcopal Church
7056 Washington Avenue
Whittier, CA 90602
(562) 698-9741
office@stmatthiaswhittier.org
www.stmatthiaswhittier.org

Office Hours

Monday-Friday
9AM-4 PM

Rector

The Rev. Bill Garrison
bill@stmatthiaswhittier.org

Associate

The Rev. Carole Horton-Howe
carole@stmatthiaswhittier.org

Associate

The Rev. Carolyn Estrada
poko138@gmail.com

Holy Eucharist

Sundays at 8AM & 10 AM
First Saturdays at 5 PM
10 AM Services Streamed at
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New Beginnings

Fr. Bill Garrison

A new year is upon us whether we like it or not. I am always a little sad to leave the old year behind, but we must move on so let's think about the year to come. This is a new year with new possibilities, a fresh canvas waiting for each of us to paint. How will you paint yours? What will it look like?

As a teacher when I am putting together the curriculum for a class I am about to teach I start at the end. What do I want the students to know when they finish? I make a list of those things and then invent the lessons, and lectures, and readings to teach them what I hope they will know when they finish.

In that same vein, this year I am doing the same for myself. What do I want my life to look like when the year is finished? What would I like for my physical surroundings to look like, and how would I like for myself to develop as a person?

Would I like a more organized work and home environment? Would I like a new wardrobe? What car would I like to be driving? Would I like my relationships to be deeper and more meaningful? Would I like to be more thoughtful? Would I like a better prayer life? Would I like to be more patient? Would I like to be a better listener?

These are all great goals and there are many more one might conceive if we take some serious time to think about them. Our invitation is to decide on them and then put write the lesson plans to get there just as if we were teaching a class.

What are the steps to achieving our goals? Without goals and a plan, after all, we are just hoping we will get lucky. Hope is great, but we have a better chance of success with a plan.

And please, most important of all, take God along on this trip just as you would any other. You can't get a better partner. Make God part of the goal setting, the plan, and the implementation. Sit quietly with God and listen. God will make the difference between success, partial success, and failure. God wants us to succeed and can't wait to offer the best advice we can get. Last, but certainly not least, check in with God from time to time during the year to see how things are going. Happy planning!

Happy New Year, everyone! Very soon – January 6th to be exact – we'll be in the season of Epiphany. A perfect greeting might be Happy New! And just stop at that. The word "epiphany" means manifestation or revelation. Epiphany is the time to see the world around us and everyone in it with new eyes. That includes how we see ourselves. It is a chance to actively expand our hearts by revisiting again the stories of Jesus' baptism and youth and place ourselves in the midst of them. It may mean stepping out of places that we are comfortable or stuck. In other words, it's a chance to grow closer to the heart of God and God's dream for us.

Epiphany in literature refers generally to an "ah-ha!" moment when a character gains a sudden insight that changes their understanding of themselves. Here's a little story I wanted to share with you about an epiphany experience called The Most You:

A famous rabbi, Rev Zusha, was dying. His students gathered around as he began to cry. The students asked him, "What's bothering you? Surely you're not afraid to die after living such a pious life?" Rev Zusha answered: "I'm not afraid if G-d asks me "Why were you not hospitable like Abraham? I am not Abraham".

"Then what?!", exclaimed his students.

"I'm not afraid the Almighty will ask why I didn't explore the world more, like our forefather Jacob. I am not our forefather Jacob. I'm not afraid that G-d will ask me 'Why were you not more like Moses our leader?' I am not Moses."

"Then Rabbi", asked his students, "Why do you cry? Of what are you afraid?"

"I'm afraid", said Rev Zusha, "that G-d will ask me 'Why were you not more like Zusha?'"

We are all meant to be here. We are created with unique gifts and challenges. We are all created to use what we are given to serve God by serving each other. That means becoming 'the most you' that you can be. In a sermon recently I said that cultivating the qualities of curiosity and tenacity serve us well. That's especially true as we explore our interior world in Epiphany season.

So is there a star that draws you as 2022 starts just as the ancient star led shepherds and wise men out of their places of comfort to follow that guiding light, wherever it might lead? Search for it. The epiphany moment is there. It will not disappoint.

So, dear brothers and sisters in Christ, Happy New! Happy New Vision! Happy New Chapter in Life! May this Epiphany light your way into a future full of hope, full of light and full of your best you.

Blessings,

Rev. Carole+

“But How Do I Pray More?”

How To Pray Without Ceasing, Part IX

Sam Hayashida

If you want to step into a far more glorious life, prayer will take you there. But how, practically speaking, do you walk further along the path into ever-deeper prayer - when you have a stressful job, mouths to feed, a global pandemic to navigate, and all the "pleasantries" of normal life? After all, this series of articles about prayer starts with the words, "How to" - so perhaps now that we are 9 articles in, it would be a good idea to actually discuss, well, "how to" do this stuff. To that end, here are some nitty-gritty insights from the trenches of trying to fill my life with prayer these past 8 months, in no particular order:

- **The #1 most important discovery I have made about prayer in the past 8 months, is that if you really want to pray more...** the first, second, third, tenth, hundredth, and ten-thousandth thing you ought to do is ASK God for help praying more. When you ask God to lead you into deeper, more frequent, more intimate prayer, over and over again... He *will* eventually do it. I am willing to bet money on this. If you ask God for help praying more 200 times in the next two months, and He doesn't, email me at sam.hayashida@gmail.com and I will get you a \$100 gift card to your favorite restaurant. Unless your favorite restaurant is Weinerschnitzel. I think they're gross. Sorry if you're a fan
- **Build a "Scripture Room."** What's a scripture room? It's a beautiful passage of scripture you have memorized... which serves as an interior space you can visit, by whispering the words of the passage to yourself. Psalm 23 is one of my favorites. Whenever I sit down on the green velvet chair in my room, and whisper this Psalm to myself... it's like I've opened the door to a hidden room, entered it, and now I can find a peace that was nearby but before unaccessed... and I can rest here. And find God here. With me. It's lovely
- **Start and end your days with 3-5 minutes of prayer.** I find that what I do on the "book ends" of my days has an outsized effect on my life. Because what I do before I sleep 'sets the tone' of my 8 hours of sleeping... and what I do before I get out of bed sets the tone for my 16 hours of waking. Thus when I pray in these "in-between" times, using them to re-center myself inside of God's infinite Kingdom and wonderful purposes for the cosmos... it has a ripple effect on my entire day, and week
- **Stop beating yourself up.** Lots of Christians I know feel guilty about how little they pray... or how 'empty' prayer feels... or how frustrating or hard it is for them. No need for that. We carry enough guilt and shame already, from simply being a human. So drop the spiritual whip of guilt you are prone to cracking over your back, realize God treasures you beyond all belief even if you never pray a second in your life, and now simply seek to meet God in prayer when you can remember to. And when you face a difficulty, ask God for help navigating the particular difficulty you face. One foot in front of the other. Step by step. Into that more glorious life which lies down the road of prayer. No rush. If there is any reason to "rush" it is only because there is glory ahead. No one's timing you

Mkay, out of space, glories beyond description lie ahead of you, time to go find them!

A Parable of Competition

Author Unknown

In the beginning, God didn't make just one or two people. He made a whole bunch of us 'cause he wanted us to have a lot of fun. He said, "You can't really have fun unless there's a whole gang of ya." So he put us all in this park ground called Eden and he said, "Why don't you enjoy yourself?"

At first, we had fun just like he expected. We played. We rolled down the hills, we waded in the streams, we climbed the trees, we swung on the vines, we ran in the meadows, we frolicked in the woods, we hid in the forest. We acted silly. We all laughed a lot.

Then one day this snake told us that we weren't having fun 'cause we weren't keeping score. When he explained it we still couldn't see the fun in that but he said we should give an apple to the person who was best at playing. We'd never know who the best was unless we kept score and we could all see the fun in that 'cause secretly we all knew we were best.

Well, it was different after that. Now we yelled a lot at each other. We had to make up new scoring rules for everything we played. Other games like frolicking, we had to stop playin' 'cause how do you keep score when you frolic? That's what I want to know.

By the time God found out about our new fun, we were spending 45 minutes a day playing and the rest of the time working out the score. God was wroth about that. Very, very wroth.

He said we couldn't use his garden anymore 'cause we weren't havin' fun. We said we were having lots of fun and we were. He shouldn't 'a got so upset 'cause it wasn't the kind of fun he had in mind.

Well, he wouldn't listen. He kicked us out of his garden and said we couldn't come back until we stopped keeping score.

To rub it in and get our attention, he told us we were all going to die anyway and our scores wouldn't mean anything.

Well, I've decided he was wrong 'cause my cumulative all game score is now 16,548 and that means a lot to me. I figure I can raise it to about 20,000 before I die. And I'll know I've accomplished something. Even if I can't, my life has a great deal of meaning 'cause I've taught my children to score high. They'll be able to reach 20 or 30 thousand, I know.

Really, it was the life in Eden that didn't mean anything. Fun is great in its place but without scoring there's no reason for it.

God must have a very superficial view of life. I'm glad my children are being raised away from his influence. We were lucky to get out. We must be very grateful to the snake.

EPISCOPAL CHURCH WOMEN (ECW)

ECW WOULD LOVE TO HEAR FROM YOU!

It has been another year of COVID safety protocols that have affected our activities, but it hasn't stopped us. We had to adapt and modify the way we would normally do things, but we still got a lot of things done. We assembled and distributed Easter baskets, had an online gathering for our annual tea, an online bake sale, in-person women's retreat, sock drive for our Soup Hour clients, in-person ice cream social, an educator/counselor appreciation project. We also assisted the Youth Group in their pumpkin carving activity and did some prep work for Thanksgiving meal distribution. And I can't forget there were a couple of baby shower activities and occasions when meals were prepared and delivered to some ladies in a time of need.

Janice and I will once again be the co-chairs of ECW this year. We are thankful and appreciative of everyone's participation, including the men at the bake sale. We will probably do many of the same activities we did last year, but would welcome any suggestions anyone might have. Your comments and suggestions will help keep things fresh and not become routine.

If anyone would like to receive emails about ECW activities, just let us know.

We look forward to hearing from you!

Janice Webster
w.webster6@yahoo.com

Kathy Adams
ktouch52@gmail.com

Friendship SOUP

Make jars of Italian barley soup to share love and warmth with friends.



What you need:

- 1 cup pearly barley
- ½ cup sundried tomatoes
- 1 Tbsp dry minced garlic
- 1 Tbsp dry minced onion
- 1 veggie bouillon cube
- Glass pint jars with lids
- Cardstock
- Scissors
- Pen

What you do:

1. In order, layer the first five ingredients into the jar.
2. Trace the outline of the lid onto cardstock. Cut out.
3. On the card, write these directions: Remove wrapper from bouillon cube. Add contents of jar to saucepan. Add 4 cups water and a can of diced tomatoes. Bring to a boil over high heat, reduce to low. Simmer about 20 minutes, until barley is tender. Serve with parmesan cheese.
4. Place the card atop the lid. Screw on the canning ring to keep it in place.

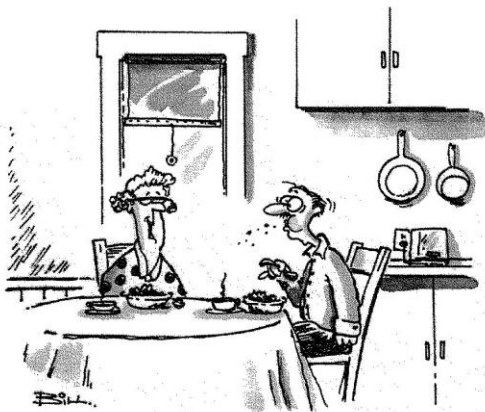
?? ? Bible Quiz ? ?

According to the fourth Gospel, "There was a man sent from God, whose name was John. He came as a witness to testify to the _____."



- A. love
- B. life
- C. light
- D. Lord

Answer: C (See John 1:6-7, NRSV.)



"I thought I'd surprise you with something different this morning...John the Baptist Oatmeal! I've wanted to make it for some time, but you wouldn't believe how hard it is to find locusts."

Puzzle!

Match each clue with the correct biblical dreamer. Use the Scripture hints if needed.

1. This person's brothers were irritated to hear of certain dreams.
2. Angels went up and down a ladder in this person's dreams.
3. This person dreamed about skinny cows eating fat cows.
4. After an unpleasant dream, this person warned a loved one to avoid Jesus.
5. This person saw a statue whose feet were smashed by a stone.
6. A dream warned this person (plus family) to flee to Egypt.
7. This person saw a vine produce grapes, with juice squeezed into a cup.
8. A dream warned about Herod's evil plan.

- A. Pharaoh (Genesis 41:17-21)
- B. The Magi (Matthew 2:12)
- C. Jacob (Genesis 28:12)
- D. Pharaoh's cupbearer (Genesis 40:9-11)
- E. NT Joseph (Matthew 2:13)
- F. OT Joseph (Genesis 37:9, 11)
- G. Pilate's wife (Matthew 27:19)
- H. Daniel (Daniel 2:31-35)

Answers: 1.F, 2.C, 3.A, 4.G, 5.H, 6.E, 7.D, 8.B

A NEW YEAR & NEW OPPORTUNITIES

January Services, Events, and Small Groups

- **Holy Eucharist**, Sundays at 8 AM (in-person only) and 10 AM (in-person and streaming live at facebook.com/stmatthiaswhittier) January 2, 9, 16, 23, 30.
- **Adult Study Group**, Sundays at 9 AM – Led by Father Bill in the Chase Room. Also on Zoom. Contact Father Bill for more information.
- **Sunday School**, Sundays at 10 am – The K-5th grade class meets in the Sunday School room; the 6th-12th grade class meets in the Chapel.
- **Divine Connection Through Body and Breath**, Sundays at 2 pm, Zoom – Contact Cynthia Orsini-Dahl at cynthiaorsinidahl.com for log-in details.
- **Men Eating Badly**, January 8 at 8 am, Greenleaf Café. Contact Fr. Bill for details.
- **Evening Healing Service with Holy Eucharist**, January 8 at 5 pm (in-person only)
- **Daughters of the King**, 2nd Sundays at 1 pm, Chase Room. Contact Rev. Carole for details.
- **Our Time**, 2nd Tuesdays, 2-3:30 pm in the Chapel. Contact Rev. Carole for details.
- **Bible Study & Holy Eucharist**, each Wednesday, 10 am in the Chase Room. (in-person and on Zoom) Contact Father Bill for details.
- **Stitchery Group**, 3rd Saturdays, 9 am-noon, Chapel. Contact Ellen Mykkanen for details.
- The Women's Book Club will meet on at Feppy Rahn's residence. To start 2022, the club is offering a choice of books to read, **Olive Kitteridge** by Elizabeth Stroud or **The Last Templar** by Raymond Khoury. Start the year out with your choice of good reads and great fellowship!
- **The Men's Book Club** meets on January 20, 2022, at 6:30 pm. They are reading **The Lincoln Highway** by Amor Towles. Contact Chuck Carrillo for details.
- **Martin Luther King, Jr. Day is Monday, January 17.** The office and the Soup Hour will be closed.

Thank you for sponsoring the Messenger.

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**THERE IS SPACE FOR RENT AVAILABLE
AT ST. MATTHIAS. PLEASE CONTACT
FATHER BILL FOR MORE INFORMATION.**

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by purchasing space on this page,
please contact Andrea Schmid at
andrea@stmatthiaswhittier.org**

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Worship at Saint Matthias: January 2022

- January 2** **The Second Sunday after Christmas Day:**
Lessons and Carols
Genesis 17.1-7, Isaiah 9.2, 6-7, Isaiah 11.1-9, Luke 1.26-33,
Luke 2.1-7, Luke 2.8-14, Matthew 2.1-2, 9-11, John 1.1-18
- January 9** **The First Sunday after the Epiphany**
Isaiah 43:1-7, Acts 8:14-17, Luke 3:15-17, 21-22, Psalm 29
- January 16** **The Second Sunday after the Epiphany**
Isaiah 62:1-5, 1 Corinthians 12:1-11, John 2:1-11, Psalm 36:5-10
- January 23** **The Third Sunday after the Epiphany**
Nehemiah 8:1-3, 5-6, 8-10, 1 Cor. 12:12-31a, Luke 4:14-21, Ps. 19
- January 30** **The Fourth Sunday after the Epiphany**
Jeremiah 1:4-10, 1 Corinthians 13:1-13, Luke 4:21-30, Ps. 71:1-6



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