

SAINT MATTHIAS

EPISCOPAL CHURCH

The Saint Matthias Messenger

Published Monthly

Volume 17 Issue 7 - July 2020



Saint Matthias Episcopal Church
7056 Washington Avenue
Whittier, CA 90602
(562) 698-9741

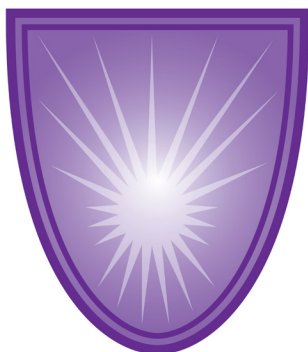
Office Hours:
Monday - Friday
9:00^{AM} - 4:00^{PM}

Rector
The Rev. Bill Garrison
Bill@stmatthiaswhittier.org

Church e-mail:
office@stmatthiaswhittier.org

Web Page:
<http://www.stmatthiaswhittier.org>

Sunday Worship Services
[https://www.facebook.com/
stmatthiaswhittier](https://www.facebook.com/stmatthiaswhittier)



Thinking About the Times

Greetings!

Today is June the first and as I write this our country is going through some pretty cataclysmic events. On top of a pandemic and the physical and economic suffering the people of our country are enduring, long simmering racial issues have once again boiled over.

I am a priest. We are a church. I am certain that I am not called to politics and our church is not called to taking sides. Instead I am called to care for those that God loves, and the church is called to be a place of refuge, understanding, refreshment, teaching, and worship.

And here is something I have said before and stand behind. Everyone is more interesting than you may think, and everyone is having a harder time than you know. And I do mean everyone.



And I also know this. God loves every human being identically. God suffers with each of us. God rejoices with each of us. God also wishes we would be nicer to each other.

There are great people in every walk of life. There are people in every walk of life that could be doing better. And I guess that includes all of us doesn't it? I know it certainly includes me. I could be doing a lot better in many phases of my life.

And in case you don't think I understand what people go through and am immune to what is happening please ponder this. I, along with most male priests, am uncomfortable wearing my clerical collar in public anymore. I know that when people see me they may wonder if their children would be safe around me. Some dislike me from the moment they see me even though they don't know me. I understand that. I don't like it but I do understand.

So here's my suggestion. Think about the other. Think about how much God loves them. Try not to stereotype them. God doesn't. If they need a hand offer it. Jesus did. If you need a hand, be humble enough to reach out and ask for help. Hopefully someone will respond. Know that God wants them to reach out to aid you. It's called being a good neighbor. And most of all remind yourself about how much God loves you. You are God's creation and therefore Holy. Never forget that. God doesn't.

Fr. Bill+

“Re-Entry” in T Minus 10...9...8...7...6...5!

Like most Messenger articles this year I should preface this one with “as I write this...” The time between writing and publishing is only two weeks. And yet recent events have made Monday’s news look like the stuff of history books by Friday of the same week. Today’s news is that after many weeks of worshiping electronically we are preparing to return to our church to worship and to do it as safely as possible. Hopefully we will be there - or almost there - by the time the July Messenger arrives in your mailbox.

One of the terms being bantered around for this process is “re-entry.” It refers to our story since March when we were suddenly taken out of most of what was familiar to us and started living hermit-like lives. We reordered everything we did and how we did it. We mourned and adjusted and waited. Now we’re coming out of that into what’s familiar and also what’s new.



The term re-entry puts me in mind of those whose work may have originated the term – astronauts. In a matter of seconds they are hurled out their normal environment into a situation they can’t imagine in spite of all their preparations. After living in disorienting circumstances in space they make their re-entry. They describe it as violent forces pulling on them, a fiery freefall as the outer layer of the capsule burns up, terrible shaking and loud banging sounds as they plummet into earth’s atmosphere at the speed of sound. Then everything calms down as they slowly descend to the earth by parachute. And this is actually the first time they know they’re safe, they’re going to make it.

Their experience can inform our story of re-entry: we have been buffeted by forces we’ve never experienced but we can be confident of a smooth re-entry. We’re going to make it. Astronaut Buzz Aldrin read to all on earth

from John 15 during the Apollo 11: ***“I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing.”*** Dedicated members, staff and clergy are working to put systems in place to keep our re-entry as safe as possible while leading worship that is meaningful and life-giving. It may be a little clunky at first. Nothing is fool-proof. But I have confidence that our wonderful St. Matthias community that bore much good fruit by figuring out ways to be together apart will experience joyous re-entry loved by God and always doing the loving thing. I can’t wait to see you all.

Blessings, Rev. Carole+

WHAT IT IS ACTUALLY LIKE TO RE-ENTER FROM SPACE!

You do feel it when you come back from space because now you have been in a non-gravity environment for a long time and you see You look at stuff and feel And it's really a very, very strong feeling.

Several miles above the surface of the Earth, the capsule deploys its parachute. According to Frank De Winne, another ESA astronaut (he’s Belgian) and Nespoli’s Soyuz crewmate, that goes a little something like this:

You’re almost breaking the sound barrier, and then in the opposite direction, of course. You’re coming back into the normal area of flying. And this is around 30,000 feet that the parachute has to open. This is actually a very critical moment. And it’s one of the only things in the Soyuz where the crew does not have a manual override. So this is only an automated system.

And what about the actual opening of that chute? De Winne again:

It’s almost like a yo-yo. And you see the capsule going all around. It’s much worse than in a roller coaster, because it’s motions in all directions. And it’s a little bit scary for some of us. For some others, it can also be fun, because they’re like, ‘ooh, this is the best ride I ever had.’”

But then?

All that’s left, at that point, is the landing. Here’s Nespoli, bringing us home:

The soft landing is not really soft. You prepare for it by putting your arms against your body, not touching any metallic parts, all your books against you. You’re not talking, not to put the tongue in the middle of your teeth. And you’re laying there, trying to be as inside your seat as well as you can. And you’re waiting for this ‘soft landing’ to happen. Which, for me, it felt like a head-on collision between a truck and a small car. Of course, I wasn’t in a small car.

ECW Online Baked Goods Auction

As everyone knows by now, we had an Online Baked Goods Auction. When it was first announced to the ECW, Wei San Mohindar asked for assistance in locating flour as her stores did not have any. As usual, the ladies of ECW went into action. Wei San's follow-up email is an example of the character of the St. Matthias community. I, like her, feel grateful to be a part of it. Since the email was to the ECW group, I am posting it here to share with everyone yet another example of who we are at St. Matthias.

Kathy Adams

Hello, everyone.

Thank you so much for your quick and caring response to my request for where to purchase flour. Some of you offered to share your supply of flour with me, some of you told me in which supermarket flour was spotted and some of you even bought me bags of flour. THANK YOU so much for all your kind responses. But more than that, I am so grateful to be so blessed to have friends like all of you who will go to such great lengths to ensure that I got what I needed. I am really so thankful to have all of you in my life.

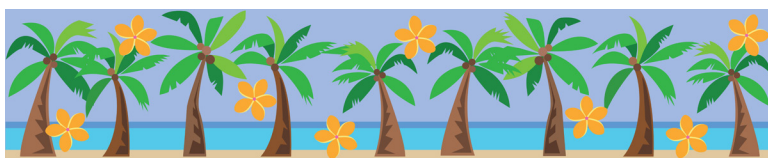
Now that everyone seems to have an abundance of flour or at least you know who to go to if you need some, let's get baking and make our online bake sale a great success!!

Wei San



Online Links

- ✦ Sunday Service <https://www.facebook.com/stmatthiaswhittier>
- ✦ Online Giving <http://www.stmatthiaswhittier.org/donate-pledge>
- ✦ Monday Compline w/ Rev. Carole Horton-Howe (8pm) <https://us02web.zoom.us/j/81362597814>
- ✦ Tuesday Grief Group w/ Rev. Carolyn Estrada (10am) <https://us02web.zoom.us/j/83315546130>
- ✦ Wednesday Church Prayer w/ Fr. Bill (10am) <https://zoom.us/j/778461428>
- ✦ Thursday Learning About Prayer w/ Rev. Carolyn Estrada (10am) <https://us02web.zoom.us/j/86791721595>
- ✦ Friday Divine Connection Through Body and Breath w/ Cynthia Orsini-Dahl (10am) Email cynthia@cynthiaorsinidahl.com for log-in details
- ✦ 2nd Sunday Women's Book Group <https://us02web.zoom.us/j/83390445216>



Divine Connection through Body and Breath

Cynthia Orsini-Dahl was born and raised in Tucson, on a small working ranch. She attended St. Michael's and All Angels Episcopal School where she was taught that no matter family heritage, background, religious belief, life experience, we all belong. It was mandatory that we learned about the major religions to help us understand the world we would be living in. Cynthia has kept that attitude her whole life as well as the performing arts bug she caught at St. Michael's. She went on to study Liberal Arts and International Relations at the University of Arizona and US International University, but left college to work as a personal assistant in the entertainment industry and the art world, while pursuing her performing arts path. This opportunity led her to the world of fabric and fashion at the California Mart as well. After having her daughter, she became a staffing and recruiting specialist for private industry, the government, and manufacturing for over 15 years. It gave her the opportunity to work with people from other countries and all walks of life. As far back as high school, Cynthia has been interested in spirituality, meditation and physical movement, especially having been a dancer in her youth. While seeking alternatives for traditional cancer care for her mother, she found one of the top research institutes in the world, MD Anderson Cancer Center. They were studying the effects that traditional yoga therapy, meditation, and breathing had on patients and their family. In turn, it would connect Cynthia with an affiliate of the university in India that MD Anderson was and still works with here in California. Her experience led her to become a traditional yoga therapy instructor offering what she experienced to others as a way of living a more peaceful, grounded life, while connecting with their Divine Connection regardless of their spiritual belief.



Cynthia's small group, Divine Connection through Body and Breath, meets on Fridays at 10:00 a.m. via Zoom. Contact her at cynthia@cynthiaorsinidahl.com for details.

Parish Profile, Stan Jamieson Confidential!!!

I joined the Episcopal Church in 1970 while living in Pocatello Idaho. My family and I moved to California in 1975, due to my promotion by Union Pacific Railroad. We found St. Matthias in 1976 and immediately fell in love with everything about the church. We loved the friendly congregation, beautiful liturgy, beautiful building and of course the choir. During my 44 years at St. Matthias I have served in Stephen Ministry, The Futures Fund, Ushers, Chalice Bearer, soup hour, soup hour fund raising, soup hour board of directors, vestry as both Junior and Senior Warden and the Sanctuary committee. The biggest influence in my life was my Father who always told me that in life you can never look back no matter how tough things may be. You cannot change things that have already taken place. I still follow those words. I was married for 42 years to Sandy who passed in 2014 following a long and painful battle with cancer. I have 3 living children and 2 deceased children. In 2015 I met Trini, thru Match.Com, and we enjoy traveling (cruises), attending the Opera and the Theater. My business career consisted of 25 years with Union Pacific Railroad (Cost Control), working in financial services (Insurance, Real Estate and Securities) and sales. Before moving to California I spent my leisure time camping and fishing in beautiful Idaho and Oregon. A big thrill in my life came when our wine tasting group hot air ballooned across the Napa and Sonoma wine country. I am a fan of all types of music but my favorite is classic rock. My first concert was Johnny Cash in 1969. My favorite band of all time is The Rolling Stones although I like many of the English Invasion bands. I have seen the Stones in concert 3 times. My favorite sport is baseball with my favorite team being the Dodgers.

In 1995 I became a Stephen Minister, trained by Roger and Shirley Rose. I became a Stephen Minister because of my desire to help other people through situations, many of which I experienced. I became a Stephen Leader in 1998 by attending 2 weeks of heavy duty training in San Diego. I feel Stephen Ministry to be so important because it allows us to use our training and special skills to help people of our congregation thru crises such as loneliness, loss of a job, birth of a child, death in the family, empty nest syndrome etc.. I also like the facts that that we practice complete confidentiality in our dealings with people in need of our listening ear and caring heart. All your Stephen Ministers are available for questions regarding our ministry and/or how we help others.




Stan


PUZZLE



WATER WORKS!


The gospels record Jesus' miracles, many of which involve water.


Directions: Using the illustrated equations, fill in the blanks to describe each miracle. Use the Bible references for help.

 + e Water changes to _____
JOHN 2:1-11

 - k + d Heals a man born _____
JOHN 9

 - op +  - w Calms a _____
MATTHEW 8:23-27

f +  - d Catch of _____
LUKE 5:1-11

 - ch + er Walks on _____
MATTHEW 14:22-33

Answer: wine, blind, storm, fish, water

We Need To Know

Please let the clergy know of any members of the parish that are unable to come to church and would like to receive communion. **The Office now schedules the Lay Eucharistic Visitors and wants to include all who need a visit. Please contact Dottie or Father Bill in the Parish Office to schedule a visit.**

If you know of someone who has been admitted to a hospital, remember to inform the clergy. With the new privacy laws, the clergy can no longer check the roster for parishioners that may be hospitalized. It is "Better We Know Twice Than Not At All!"

Support Our Advertisers

Each issue of the Saint Matthias Messenger is printed at no cost to our Parish, thanks to C&M Church Publications. They are able to do this by selling a single page of advertising in each issue. Please check the back of each issue's calendar and if you are in need of a service listed, consider using one of our supporters.

UNSEEN BUT active

This experiment illustrates that although God is invisible, we can see his work all around us.



What you need:

- Drinking glass
- Water
- Index card

What you do:

1. Practicing over a sink, fill the glass halfway with water. Then press the index card snugly atop the glass with one hand.
2. With the other hand, hold the base of the glass and carefully flip it over.
3. Remove your hand from the card. It should stay on the glass, without spilling the water! The invisible air in the glass creates a suction with the card, preventing the water from spilling out. Research air pressure to learn more.
4. After perfecting the trick, amaze others with it. Then talk about how God, like the air in the glass, is unseen but active.

Saint Matthias Staff

Rector

Fr. Bill Garrison

Associate

Rev. Carole Horton-Howe

Associate

Rev. Carolyn Estrada

Deacon

Rev. Kay Lozano

Music Director

Kevin McKelvie

Parish Administrator

Dottie Andersen

Facilities Manager

Ben Gonzalez

Treasurer

Kathel Harris

Special Dates in July

- ✧ Canada Day, July 1
- ✧ Independence Day, July 4



"It's hard to bear the fruit of the Spirit when they're hurling rotten tomatoes."

Worship at Saint Matthias July 2020

- July 5** **The Fifth Sunday after Pentecost**
Scripture: Zechariah 9:9-12, Psalm 145:8-15, Romans 7:15-25a, Matthew 11:16-19, 25-30
- July 12** **The Sixth Sunday after Pentecost**
Scripture: Isaiah 55:10-13, Psalm 65: 1-14, Romans 8:1-11, Matthew 13:1-9,18-23
- July 19** **The Seventh Sunday after Pentecost**
Scripture: Isaiah 44:6-8, Psalm 86:11-17, Romans 8:12-25, Matthew 13:24-30,36-43
- July 26** **The Eighth Sunday after Pentecost**
Scripture: 1 Kings 3:5-12, Psalm 119:129-136, Romans 8:26-39, Matthew 13:31-33,44-52

Re-opening Our doors for Worship at Saint Matthias

We've spent well over 2.5 months learning new ways to worship that were totally unfamiliar to all of us. We are, however, blessed to have access to the vast talents of Andrea Schmid, our Director of Communications, who created a "virtual" St. Matthias that allowed us to continue, not only with our weekly worship service, but she also maintained our Church calendar making it possible for us to continue our Small Groups and weekly administrative meetings, as well. No small task, at all. All of us owe Andrea a huge thank you for her ongoing efforts to keep us connected.

At first blush, one might think all that is required to resume worship is opening the doors. But it is a significantly greater task than that. For the past two and a half months all of us have watched and listened to our national, state and local officials as they create a roadmap to guide us forward during the pandemic. Our Bishop, following their instruction and more importantly, Divine Guidance has apprised us of related news and requirements on a routine basis throughout this unusual time. Many of you, perhaps, shared our diocesan journey through the weekly updates from Bishop Taylor.

During the last week in May, we received notice that parishes throughout our diocese could re-open beginning June 21st. Our clergy at St. Matthias created a committee to address a long list of guidelines providing, in most cases, clear cut actions that we must undertake to ensure the safety of our staff and every parishioner. The steps we have taken mirror what you now experience elsewhere. Social distancing, contactless temperature readings for all participants in worship, health screening, hand washing and sanitizing. You'll notice the absence of some familiar things. For example, no Holy Water, and no hymnals or prayer books. For the time being, there will be no Holy Eucharist. In some parishes the Eucharist may be observed wherein only the clergy partakes in the host and wine. However, at St. Matthias we will resume this observance when all of us can sit at the Table.

To date, to our knowledge, no one in our Parish family has contracted COVID-19. The measures we are taking will help us make this transition back to our traditional worship practices a healthy one. We encourage above all, your participation and in keeping with sound practices we strongly request that you bring and wear a mask, observe the health screening criteria and observe posted guidance which will be posted throughout the parish. The health screening criteria are as follows:

Do you currently have any of the following symptoms:

Fever (99F+), Chills, Muscle aches, Cough, Shortness of breath, Unexpected fatigue, Sore throat, Loss of taste or smell, Headache, Diarrhea, vomiting or nausea, Other cold symptoms?

If you prefer to take a more conservative approach to returning to worship, we will have continued streaming services on Facebook. Again, thanks to Andrea and Tom Booth for making this possible. Remember, Small Groups and administrative meetings will continue to gather via Zoom.

We look forward to seeing you when we open our doors on July 5, at 10AM. By the time you read this you have likely observed our "soft opening" on the 21st and 28th of June. Yes, things are different, as you can see, but the sense of community and fellowship prevails. We hope you will be a part of our new normal and continue your journey with us through Christ's kingdom. *Tim Adams*

The 2020 Annual Women's Retreat

"Practicing Faith, Hope & Love in Challenging Times"

The annual women's retreat will be a little different this year. We will stay closer to home and limit the time we are together. We're hoping that in 2021 we can have a traditional 3-day retreat. This year all the women of St. Matthias are invited to a 1-day retreat to be held at St. Matthias on Saturday, July 18th from 9:30 to 4:00. Our topic will be "Practicing Faith,

Hope & Love in Challenging Times." Space is limited so that we can meet social distancing guidelines. There is no

cost. Please email Rev. Carole at carole@stmatthiaswhittier.org or call the church office to reserve a spot or for more information.



women's
retreat



RETURN SERVICE REQUESTED
DATED MATERIAL

7056 Washington Avenue
Whittier, CA 90602
(562) 698-9741

Saint Matthias Episcopal Church

Non-Profit
Org.
U.S. Postage
PAID
Permit #204
Whittier, CA