

SAINT MATTHIAS

EPISCOPAL CHURCH

The Saint Matthias Messenger

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Saint Matthias Episcopal Church
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Office Hours:
Monday - Friday
9:00^{AM} - 4:00^{PM}

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Web Page:

<http://www.stmatthiaswhittier.org>

Sunday Worship Services
8:00^{AM} - Holy Eucharist
10:00^{AM} - Holy Eucharist

Saturday Worship Service
The First Saturday of the Month
5:00pm - Healing Service

Wednesday Bible Study
10:00^{AM}
Wednesday Eucharist
11:00^{AM} - Holy Eucharist



Spiritual Practices

Have you ever wondered how people get so good at some of the things they do? I don't know about you but I am fascinated by folks that excel at something. Kevin McKelvie, Georgia Atkins, and Charissa Burris amaze me with their musical expertise. Our choir is so good it astounds me sometimes. Ben Gonzalez makes this place hum in a way that is unimaginable given his budget and the age of our buildings. Dottie Andersen takes care of the church's needs and the needs of those less fortunate every afternoon, and that is no mean feat. Reverend Carole brings her own thoughtful expertise to everything she does in her ministries.

Do you ever wonder how they do it? Well the answer is simple. They practice and they have experience. Those talents have been honed over years of dedication. If you think for a minute that what they accomplish is easy I invite any who think so to come on down and try it out.

I wonder then why it is that most people seem to think that prayer and a rich spiritual life should be something everybody is naturally good at. When you think about it, and realize prayer and spirituality are just like anything else, that they must be practiced for us to show improvement, we are led to ask ourselves some important questions. Try these on for size.

Are you good at and do you enjoy praying in public? When you pray aloud, if you do, are you praying to God or for the benefit of those around you? When you pray silently to yourself do you find it difficult to find the words to say or what it is you want to say? Are you comfortable with long periods of silence, just sitting with God, nobody saying anything? How often do you pray? Under what circumstances do you pray? What do you think prayer is?

Please don't be surprised, or hard on yourself, if thinking about these questions makes you uncomfortable. Most people take prayer for granted to some extent and are amazed to find out sometime during their lives that prayer takes practice to become good at it just like everything else.

However, unlike playing the organ, you can improve your prayer life really quickly. Here are some suggestions if you think you have room for improvement.

Find a place you can be comfortable and uninterrupted, if only for a few minutes. Set aside a prayer time. Maybe it's in the shower or after you work out or after you enjoy a meal. Hopefully you will find the time a couple times a day.

Understand that we may not always fill the silence with God. Just sitting quietly with God is a wonderful thing to do. Talk to God about things you care about. If you are happy or hurt or angry God wants to hear about it in your own words, and don't mince them. And, horror of horrors, volunteer to pray in public when you get the chance. Don't worry about who is listening. Their critique doesn't matter. Just talk to God.

And most of all have fun communicating with God. God loves all of us so very much. God wants to listen to what we have to say. Our creator wants to sit with us quietly, laugh at our jokes, share in our successes, and lament our failures. There is nothing we have to say that is of no interest to the Almighty.

So why don't each of us take a personal inventory. Could our prayer lives be improved? If so there's no time like the beginning of the year for some new habits. Have fun with it. God can't wait to hear from each of us. Happy Praying!

Fr. Bill+

Stephen Ministry

Stephen Ministers at St. Matthias provide care to those in need which include: Grief, Health Issues, Personal Crisis, Divorce, Terminal Illness/End of Life Issues, Spiritual Crisis, Caregiver for a Loved One, Financial Difficulties/Job Loss, Infertility and other situations

STEPHEN MINISTERS: THE AFTER PEOPLE

People often ask, "What exactly is a Stephen Minister?" One way to put it is that Stephen Ministers are the After People.

Stephen Ministers are there:

...**after** the divorce papers are served and the bottom falls out of your life.

...**after** the phone call you hoped you'd never get.

...**after** the funeral, when everyone has left and the emotions you've held at bay come crashing in on you.

...**after** the doctor says, "I'm sorry, but there's nothing more we can do."

...**after** the nursing home director shakes your hand and says, "Welcome to your new home."

...**after** the last child honks the horn, waves, and drives away...and the house suddenly seems empty.

...**after** the gavel goes down, the handcuffs go on, and your loved one is led away.

...**after** the baby arrives, demanding more of you than you ever dreamed possible.

...**after** you find a pink slip with your final paycheck.

...**after** your family and friends have heard your story one too many times, but you still need to talk it out.

Stephen Ministers are the "After People." They are ready to come alongside you...or your friends, neighbors, coworkers, or relatives...and provide comfort and support for as long after as needed.

Care Receivers Share How Their Stephen Ministers Made a Difference

When someone you love is terminally ill, people often pull back because they're scared and don't know what to say. But my Stephen Minister stood with me through it all -listening, talking and helping me on the journey. It was so reassuring to know he was by my side.

Andrew

My Stephen Minister loves me, listens to me, cares for me, prays for me, supports me and gives me a safe, confidential relationship where I can totally share my heart. No matter how much I have to unload on her, she listens to whatever is going on.

Celeste

WHAT PASTORS ARE SAYING ABOUT THE STEPHEN SERIES

"Stephen Ministry is ideal for seeker-sensitive churches like ours because someone at an entry level of faith can receive Christian care. It also provides everything we need to organize, equip, and supervise people for caregiving ministry."

Rev. Gerry Limpic, The Rock Church - San Diego, California

"Stephen Ministry has lightened my load and given me a renewed sense of calling. Not only am I able to care more effectively for those in need, but I can also help equip fully devoted followers of Christ to find their calling and area of service."

Rev. Rick Jones, First Baptist Church - Houston, Texas

Faye Jackson, Stephen Minister Leader

Looking for Love

Though not a fan of making New Year's resolutions, Jen Kramer decided to add meaning to 2018 by declaring it #theyearoflove. Each day she wrote a "love note" to a different person, expressing gratitude and offering encouragement. Recipients ranged from waiters and custodians to relatives and a terminally ill friend.

The experiment may have stemmed from the sudden, unexpected death of Kramer's father while she was away at college. "Why don't we say those things to people while they're here?" she tells the Chicago Tribune. "It's easy to be kind, and it's easy to tell people how you feel."

Kramer's campaign didn't cost a cent, yet it changed her life and touched hundreds of people in the process. Wherever she went, she discovered that "love showed up." It's simple, Kramer says: "You just have to look."



Worship at Saint Matthias January 2020

- + 8:00^{AM} - Holy Eucharist, Rite II
- + 9:00^{AM} - Adult Christian Education
- + 10:00^{AM} - Holy Eucharist, Rite II
- + 10:00^{AM} - Children's Education

January 5 **The Second Sunday after Christmas**

Scripture: Jeremiah 31:7-14, Ephesians 1:3-6,15-19a, Matthew 2:1-12, Psalm 84 or 84:1-8

January 12 **The First Sunday after the Epiphany**

Scripture: Isaiah 42:1-9, Acts 10:34-43, Matthew 3:13-17, Psalm 29

January 19 **The Second Sunday after the Epiphany**

Scripture: Isaiah 49:1-7, 1 Corinthians 1:1-9, John 1:29-42, Psalm 40:1-12

January 26 **The Third Sunday after the Epiphany**

Scripture: Isaiah 9:1-4, 1 Corinthians 1:10-18, Matthew 4:12-23, Psalm 27:1, 5-13

"Let There be Light"

We are now a week or so past Christmas Day. All the excitement and anticipation of that very special time has come and is fading into memory for most of us. You may even feel a bit of post-holiday let down. Taking down the Christmas decorations has a very different energy than putting them up. It's more of a chore. For me putting away decorations, many of them from childhood, comes with sighs. Pulling the plug on the lights for the last time and putting them away is hard. The sparkle is gone, the room is a little darker and emptier. The lights disappear from public places and neighborhoods too. One house on our street always has a single candle in each window. On either side of it are elaborate displays of inflated elves and reindeer with hundreds of lights all over the houses. Those are a lot of fun. But this one in the middle has five singular lights glowing steadily on window sills that somehow pierce the darkness much more than its overachieving neighbors.

I find that the most meaningful descriptions of Jesus coming to earth are the ones that talk about light. These metaphors go back to our early Christian ancestors who remembered God's pronouncement "Let there be light" which introduced meaning into the world. The brilliant star over Jesus' birthplace guided the Magi. John's Gospel declares that "the light shone in the darkness and the darkness did not overcome it." We joyfully say that Jesus is the light of the world. Jesus is the light in the darkness. One of my favorite hymns isn't in the Christmas or Epiphany section of the hymnal but maybe it should be. It's number 490, "I Want to Walk as a Child of the Light." The refrain goes "In him there is no darkness at all. The night and the day are both alike. The Lamb is the light of the city of God. Shine in my heart Lord Jesus." The light of Christ is personal.

I think the challenge that we face as we move into the rest of Christmas season and the new calendar year is remembering that personal light and keeping it brightly lit in whatever darkness we might find ourselves. Even the smallest of lights is a powerful beacon of compassion, mercy, forgiveness and love.

My prayer for all of you is that in this new year you feel deeply the love of God as you walk as a child of the light, the light of Jesus Christ shining in you and through you.

Rev. Carole+

*you
are the
LIGHT
of the
WORLD.
-MATTHEW 5:14*

From the Senior Warden's Desk, Some thoughts on Giving

As we wrap up the holiday season and our thoughts turn to resolutions and plans for the new year, I want to spend a brief moment to talk about giving. This is a blessing in which we all have a tremendous opportunity to share and it is a crucial part of our church's life. A key component that I would like to address is the Pledge. Simply defined, a pledge is a solemn promise or undertaking. To some, this may sound ominous or intimidating, but it is really the simplest part of the giving process. All of us want to make some monetary contribution to our church. Most Sundays, we reach into our wallets and pull out some gelt and place it in the offering plate. The pledge creates the promise that we will do that every Sunday. If you are fearful of overextending yourself with that promise, pledge the amount that you feel most comfortable giving each week. By offering that amount as your pledge, St. Matthias can more realistically address our budget demands and plan on receiving it to further its work in our community and in God's Kingdom. And remember, it's a promise — keep it!

We've had a wonderful holiday season! Our Annual Thanksgiving Dinner added another memorable chapter to our church history and that of the Soup Hour. This year we served over 720 hot Thanksgiving meals. The Soup Hour at St. Matthias has a rich history and the annual Thanksgiving event is a huge part of that history. We continue to celebrate the work of all of the volunteers who step forward each day to serve meals to our community and a special thanks to all of them and those of you who participated on

Thanksgiving Day. Not enough can be said for the Herculean effort extended each year for nearly too long to remember by Dave Donovan, to organize the Thanksgiving feast. Planning is a marvel in coordination and Dave is a clear example of the servant heart at work.

Two more people for whom we should be grateful. We can never allow ourselves to take for granted the faithfulness and diligent work of Ben Gonzales and Dottie Andersen. Each day, they both efficiently and effectively create a welcoming environment to the members of our community who seek the comfort, security and shelter that the Soup Hour provides. Early last month, Dottie took to the pulpit and so graciously and eloquently delivered a heartfelt message about the ongoing mission of the Soup Hour. She shared compelling stories that reflect the wonderful works that take place, great and small, each day. And it all begins, each day, with a smile and a word of welcome.

And let's not forget Papa Panov's Special Christmas! What an exceptional presentation for our Christmas Pageant! Mary Jo Call and Terry Dodd deserve the standing ovation for writing and direction, respectively, with additional lyrical credits to Jack Call. To our lead, Doug Overstreet, our musicians, and all of the tremendous supporting cast, young and youngish, another standing ovation! The music was wonderful! The costumes were terrific! Preparation for these events is not easy, by any sense of the imagination. In addition to production planning, one has to take into account the sacrifice the participants make to attend rehearsals and to memorize lines and songs. For our younger cast members, it's a sacrifice of time at a crucial juncture in the school year. Homework and school activities don't take time off for pageant rehearsals! Thanks to each of our young people for being present for all of the rehearsals and to their parents for getting them there. The hard work paid off in such a huge way with a beautiful performance, filled with such a positive Christmas message!

As we wrap up the holiday season and our thoughts turn to resolutions and plans for the new year, I want to spend a brief moment to address giving. This is a blessing in which we all have a tremendous opportunity to share and it is such a crucial part of our church's life. A key component that I would like to address is the Pledge. Simply defined, a pledge is a solemn promise or undertaking. To some, this may sound ominous or intimidating, but it is really the simplest part of the giving process. All of us want to make some monetary contribution to our church. Most Sundays, we reach into our wallets and pull out some gelt and place it in the offering plate. The pledge creates the "promise" that we will do that every Sunday. If you are fearful of overextending yourself with that promise, pledge the amount that you feel most comfortable giving each week. By offering that amount as your pledge, St. Matthias can budget realistically and be fiscally responsible, since we can then plan on receiving your contribution to further our work in our community and in God's Kingdom. And remember, it's a promise — keep it!

Stewardship in many congregations is a subject that is routinely relegated to a few weeks late in the calendar year. Needless to say, it is of vital importance to the life of every church. This year, I anticipate, we will speak more frequently to the many ways all of us can be faithful stewards of God's kingdom by sharing our gifts and talents in a generous and living way.

All that we need is provided for us. He will open doors that we may not now even know exist. We pray that he will give us the wisdom and courage to meet those challenges head on and to continue to be a caring, thoughtful, fun and uplifting community.

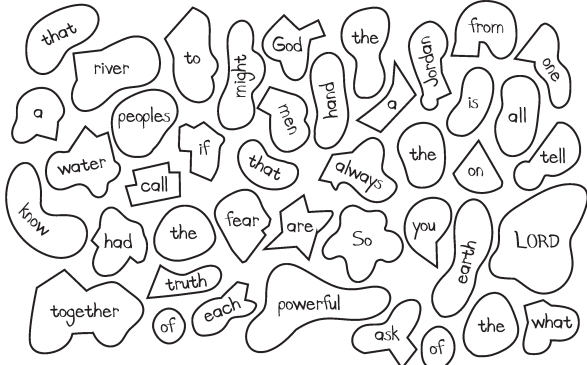
Happy New Year!, Tim+



Reminder rocks

When Joshua and the Israelites crossed the Jordan River, they set up stones for a special reason.

Directions: Shade all the rocks that aren't completely rounded. Unscramble the remaining rocks to reveal a message from Joshua 4:24, NIV.



So _____ the _____ the
 _____ the _____
 _____ the _____

JOSHUA 4:24, NIV

Answer: So that all the peoples of the earth might know that the hand of the LORD is powerful. Joshua 4:24, NIV

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.

"STEP" INTO THE NEW YEAR

Make this craft to remember God's many blessings.



What you need:

- Small stones
- Permanent markers
- Foil pan and cooking spray
- Drop cloth
- Gloves
- Quick-set concrete (and adult help)
- Bucket and paint stirrer

What you do:

1. After reflecting on the past year, use markers to decorate stones with memorable words, dates and drawings.
2. Spray pan with cooking spray. Set pan outside on a drop cloth.
3. Wearing gloves, mix concrete in a bucket, according to instructions.
4. Pour concrete into pan. Smooth top with paint stirrer.
5. Press in stones, handprints and other decorations.
6. Let dry completely. Remove from pan.
7. Place the stepping-stone outside as a reminder of God's continued goodness.

Saint Matthias Staff

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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

Bookkeeper

Kent Meyers

Special Dates in January

- * New Year's Day, January
- * Epiphany, January 6
- * Baptism of the Lord, January 12
- * Martin Luther King Day, January 20



EPIPHANY OF THE LORD

....LIVE FOR THE PRAISE OF HIS GLORY.



EPHESIANS 1:12





January 2020

Saint Matthias Events



	1	2	3	4
	1 New Years Day Office Closed 6:30pm AEA	2 3pm Soup Hour	3 3pm Soup Hour	4 7:30am Men's Breakfast 9am DOK Quiet Day 5pm Healing Eucharist
5 8am Holy Eucharist 10am Holy Eucharist 10:00am Sunday School 11:30 Choir Rehearsal	8 3pm Soup Hour 6:30pm AEA	9 3pm Soup Hour	10 3pm Soup Hour	11
6 3pm Soup Hour 7:30 pm ACA	15 3pm Soup Hour 6:30pm AEA	16 12 St. Elizabeth's Guild 3pm Soup Hour 6:30pm Men's Book Group	17 3pm Soup Hour	18 9am ECW Stitchery Group
7 3pm Soup Hour 7pm AA	22 3pm Soup Hour 6:30pm AEA 7pm Stephen Ministry	23 3pm Soup Hour	24 3pm Soup Hour	25
12 8am Holy Eucharist 10:00am Holy Eucharist 10:00am Sunday School 11:15 Coffee Hour 11:30 Choir Rehearsal 6:30pm ECW Book Group	19 8am Holy Eucharist 10am Holy Eucharist 10:00am Sunday School 11:15 Coffee Hour 11:30 Choir Rehearsal 1:00 DOK	20 3pm Soup Hour 7:30 pm ACA 6:30pm Traveling with God	21 2pm Our Time 3pm Soup Hour 7pm AA	26 8am Holy Eucharist 10am Holy Eucharist 10:00am Sunday School 11:15 Coffee Hour 11:30 Choir Rehearsal
13 9am Finance Committee 3pm Soup Hour 7:30 pm ACA	27 7:30 pm ACA 6:30pm Traveling with God	28 3pm Soup Hour 7pm AA	29 3pm Soup Hour 6:30pm AEA	30 3pm Soup Hour
14 3:00 Soup Hour 7pm Vestry 7pm AA	31 3pm Soup Hour			

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



"The birth of Jesus is the sunrise in the Bible."
—Fenny van Dyke



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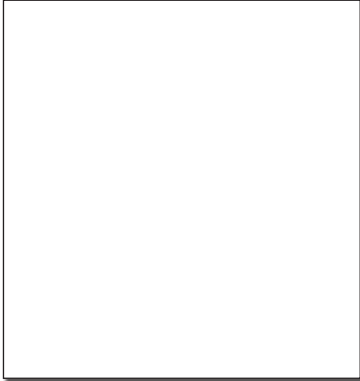
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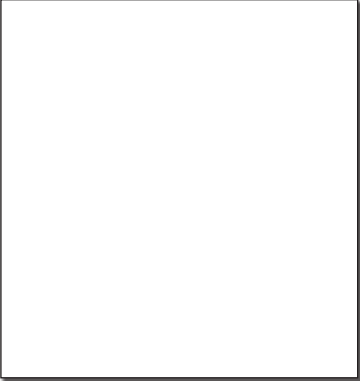
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Two New Groups at Saint Matthias

MEN'S BOOK GROUP

A New Book Club at Saint Matthias? Yes, a founding meeting will be held in the chapel on Thursday, January, 16, 2020 at 6:30 PM. Bring a list of books you would like to read and share with others. Refreshments will be served. In this time of healthy evolution of gender roles, one parishioner group is voicing a feeling of being left out of discussions. The group is the men of Saint Matthias; we do more than just "eat badly!" A monthly meeting to discuss men's views about issues in published books invites men and women to meet and express how men feel about life, religion, family, and national and world affairs, past, current and future. Sign up on Sunday!

Chuck Carillo



TRAVELING WITH GOD: WHERE DID YOU FIND GOD IN YOUR TRAVELS?

Have you spent time in holy places, or encountered God in an unexpected part of the world? Share photos and stories from your travels, and learn how God can show up on any itinerary. All levels of travel experience welcome for conversation and reflection. Group meets Mondays in the chapel from 6:30 to 8:00 p.m. for a maximum of six weeks, starting January 20.

See Feppy Rahm or Ben Corbitt for details.



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