

SAINT MATTHIAS

EPISCOPAL CHURCH

The Saint Matthias Messenger

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

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

Sunday Worship Services
<https://zoom.us/j/522608831>

High School Sunday School
<https://zoom.us/j/606546082>

Kids' Sunday School
<https://zoom.us/j/159762887>

Wednesday Bible Study
10:00^{AM}
<https://zoom.us/j/778461428>



What Is Life And Church Going To Be Like?

We write our articles for The Messenger well in advance. Our deadline is the 15th of the month before. This article is being written on April 13th. By the time you read it hopefully the pandemic will be receding and a normal life for all of us will be returning soon.

And the question we ask is this. What is normal going to look like? I feel pretty sure that the new normal will not be the old one. Life is going to be changed whether we like it or not.

Certainly our attitudes will be different. We will feel more vulnerable than we did before. We will have lost people we love and some of those who were sick will be changed in a multitude of ways. Perhaps we will treasure our relationships a little more, at least for a while we hope.

Many will be suffering financially. Recovering from the impact of the pandemic will take a lot of time for a lot of people. Some businesses won't make it. Online ordering of merchandise will continue at a pace beyond which we have been familiar. Unemployment will continue to be a problem for a while.

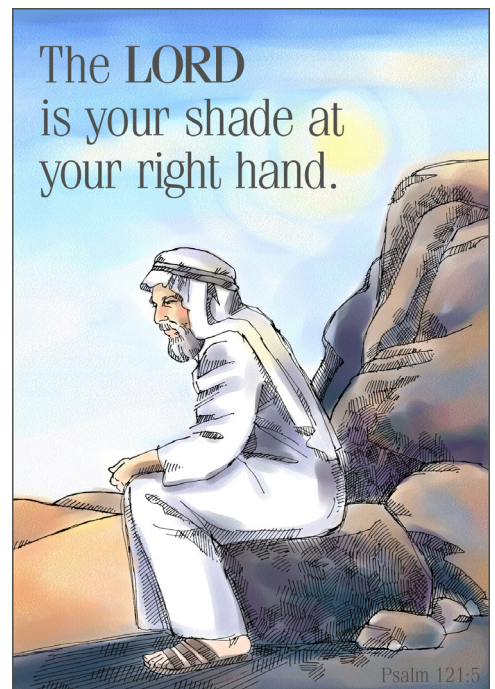
Those of us with some years on us have had a chance to enter more deeply into the world of the internet. This is a place the younger folks are already familiar with and now the rest of us are too. As an example, church is bigger than the building within which services are held. We now understand that church can be held in cyberspace and it is still meaningful. So can Bible study, and a myriad of other activities. We used to understand these activities as exclusively for the church building. Now we see a multitude of online opportunities opening.

Yes, the world is going to change. Some of those changes can be seen coming clearly and some can't. I am sure there are going to be surprises.

The good news in all of this is that God remains the same. God still loves us as much as ever. Jesus Christ remains the standard for living. The community of the church, however it may be envisioned, remains the body of Christ. Our neighbors remain the face of Christ. The world still needs to hear the gospel. And we are called to proclaim it.

Fr. Bill+

The LORD
is your shade at
your right hand.



Psalm 121:5

Where Jesus Is Especially Present

A few weeks ago I was in my kitchen microwaving a plate of leftovers. Mindlessly watching the green numbers count down. And thinking philosophical thoughts, as I usually do when making lunch.

My phone started buzzing. Bzzzzzz. Bzzzzzz. I pulled it out of my pocket, and was relieved to find that it was not another telemarketer wanting to sell me cruise tickets to bora bora - but it was Father Bill. I picked it up: "Hi Father Bill! What's up?"

He shared the unfortunate news: because of COVID-19, volunteers over the age of 40 could no longer run St. Matthias' soup kitchen. Because they were considered "high-risk" people. And after he shared the news, Father Bill asked if my housemates and I (we're all in our 20's) would be willing to help serve meals.

I talked with my housemates. Then called Father Bill again and told him we would help. And a few hours later, I found myself putting on plastic gloves, rolling a cart with bagged lunches out into the church courtyard, and facing a small sea of faces - of the people I was about to serve lunch to.

Since that day a couple weeks ago, I've seen a few things I'd like to tell you about. The first of them being, it's true: COVID-19 is hitting the vulnerable the hardest. While the local Starbucks shutting down has meant less matcha lattes for me... it has meant no bathrooms, charging ports, drinking water, or warm space to escape the rain from, for these our neighbors. Pray for them.

Second, I've been reminded of how much I take for granted in life. Every day in which I do not thank God for the roof over my head, a place to shower, and the stove on which I can make hot food... is a day which I have walked through blindly. Blind to the countless, amazing gifts which God has given me.

And perhaps most importantly, I've been reminded of just how wrong we are when we call a place "God-forsaken." Because it is precisely in these places - the seemingly forgotten corners of the neighborhood, and of the world - where Jesus is especially present. In a way that is hard to explain. And so if I want to meet Jesus, I really ought to spend more time here...

... listening to this elderly couple talk in anguish, about how they were unfairly evicted from their apartment, and how they have no idea what to do next. Laughing with this man who is my age about how "we just ran out of sushi and caviar, and so you are going to get PB&J again today." Watching as this woman opens up her monthly social security check with trembling hands, and she nearly breaks down crying she is so happy to have a little money again.

Every time I come here, I can breathe a little easier. Because Jesus is here. Yes, there is a lot of pain here. A lot of need. But Jesus is here. And when Jesus is here, my heart knows that it is all going to be okay. Yes. I want to come here more often.

Sam Hayashida

My Mask-Making Adventures

Friday, March 13 our world changed. We started hearing of schools getting shut down due to the spread of COVID-19. Jobs were being transitioned to work from home situations if at all possible, and people started hoarding toilet paper for some reason. As I was looking through my social media feeds, I noticed a few posts about hospital workers not being supplied with enough PPE (Personal Protective Equipment) to allow them to work safely. I follow a lot of crafters because I like to sew in my free time, so I noticed that a lot of crafters were making home sewn masks to supplement hospital reserves of PPE. These masks are not as effective as the N95s, but many times cloth masks are used to cover them. In less than a week, groups were organized through Instagram and Facebook to help organize requests and share patterns. Christina Olivos told me about a group Victoria Jacques was making masks for called Relief Crafters of America.

<https://www.facebook.com/groups/reliefcraftersofamerica/?ref=bookmarks>

I too began making masks to donate. I found a site called <https://www.masksforheroes.com/>

This originally began as an Instagram feed and grew too large, so they made it into a website. The most useful part of the site is they provide some good video tutorials that I've used to help me make my masks. As far as donating, I've found that word of mouth is good, and a site on Facebook called: Stitched Together <https://www.facebook.com/groups/239006043921634/> has been the most organized about providing lists of hospitals and organizations with needs. They also coordinated a pick-up of masks that I made to deliver them for me. I've made over 300 masks to date. Some of them have been donated to local hospitals and others to friends, family and people at St. Matthias. If you need a mask, feel free to contact me. If you want to make your own, you don't even need a sewing machine! There are tutorials out there for making one with a bandana and rubber bands. If you do want to make one for yourself, you can look at the websites I mentioned above to create your own. The care and cleaning of masks is pretty basic. Most can be washed in hot water. I've also been sterilizing my masks with a metal nose piece in my oven. This can be done by placing your mask in the oven at 160-170° F for 30 minutes.

--Angela Warner

Worship at Saint Matthias May

+ 10:00^{AM} – Sunday Servical - <https://zoom.us/j/522608831>

May 3 **Fourth Sunday of Easter**

Scripture: Acts 2:42-47, 1 Peter 2:19-25, John 10:1-10, Psalm 23

May 10 **Fifth Sunday of Easter**

Scripture: Acts 7:55-60, 1 Peter 2:2-10, John 14:1-14, Psalm 31:1-5, 15-16

May 17 **The Sixth Sunday of Easter**

Scripture: Acts 17:22-31, 1 Peter 3:13-22, John 14:15-21, Psalm 66:7-18

May 24 **The Seventh Sunday of Easter**

Scripture: Acts 1:6-14, 1 Peter 4:12-14; 5:6-11, John 17:1-11, Psalm 68:1-10, 33-36

May 31 **Day of Pentecost**

Scripture: Acts 2:1-21, 1 Corinthians 12:3b-13, John 20:19-23, Psalm 104:25-35, 37

What Will God Resurrect From the Ashes?

When it comes to calendars I live in a couple different worlds. I have the calendar app on my phone. If we're in a meeting and a date for a future meeting or event is set I put it in my phone. But it's just a temporary place to hold it until I can write it in my old-fashioned day planner, The Episcopal Liturgical Appointment Calendar. There's a week on each page with space to note appointments and events. I'd be lost without it.

Back in February and early March the pages were filled with notes. There was a lot going on at church heading into Lent. There were many personal appointments with parishioners, worship notes, small group gatherings at church and with my family and friends. It was page after page of blessings and connections to look forward to.

And then it all went away.

I learned a long time ago not to write appointments in my calendar in ink. When it came to planning my life even the mundane things would all too frequently get rearranged or cancelled. One day I realized only God can write in the calendars of our lives in ink. And, often, it's invisible ink that can be read only by the prophets and angels. Trust God, I learned, and. As the virus pressed in on us in March, calendar entry after entry was erased. Things we could still do got labeled Z for Zoom. But most were erased.

Have you ever noticed the shadow that remains when you erase something? Even with a clean eraser, there's a shadow left behind. The pencil residue is like a light smear of ash. So I have blank pages with ashen shadows of what we as a community or I personally had hoped for.

Ashes put me in mind of a couple things. First they take me back to the service on Ash Wednesday in late February. We prayed that the ashes we were about to receive would be for us a sign of our mortality and a reminder that all we have is through God's grace. Little did we know that those words would take on a heightened meaning. Our senses have been assaulted with extensive, graphic news stories of deprivation and death, of closed doors, plans changed and life altered.

More ashes: It was one year ago when Notre Dame Cathedral in Paris was in flames. Notre Dame is a special and sacred place for me and seeing news of it burning, the spire collapsing into the nave, was disturbing. Although Notre Dame was filled with expressions of devotion I immediately thought of Nicholas Coustou's Pieta behind the altar. Mary, with the broken body of her son on her lap, is pleading to God. Her pain is palpable. I imagined this incredibly powerful work would be lost. But pictures taken a few days later revealed that it was still there. It was covered in debris and ashes but survived.

I wondered then as I do now, what will God resurrect from the ashes? We now have lived experience of mortality that we didn't have and couldn't have imaged a few weeks ago much less a year ago. But we can be assured that our loving God who resurrected his son from death into life will most certainly write new pages of resurrection for us, create new opportunities out of the suffering and deprivation for all of us.

Whatever ashes you're experiencing now, my prayer is that you will come through it stronger and wiser anticipating resurrection joy in every part of your life. We'll do this as a community too anticipating new joy in all that God will resurrect for St. Matthias. We'd be lost without it.

Rev. Carole+

Guarding your Mental Health during COVID-19

By Ben & Sarah Corbitt

Many of you have probably found yourselves in the same boat as us lately. Life was fairly normal up through mid-March, and then suddenly we had much more free time on our hands due to COVID-19 and the stay-home orders and economic shutdowns the virus has brought into our lives.

As school psychologists, we spend a lot of time advising students about ways to guard their mental health during normal times. During extraordinary times, these concerns have become all the more important. While many of us are spending much more time in close quarters, here are some things to be aware of.

The Centers for Disease Control (CDC) advise to be on the lookout for stress during this outbreak, which can be accompanied by the following signs:

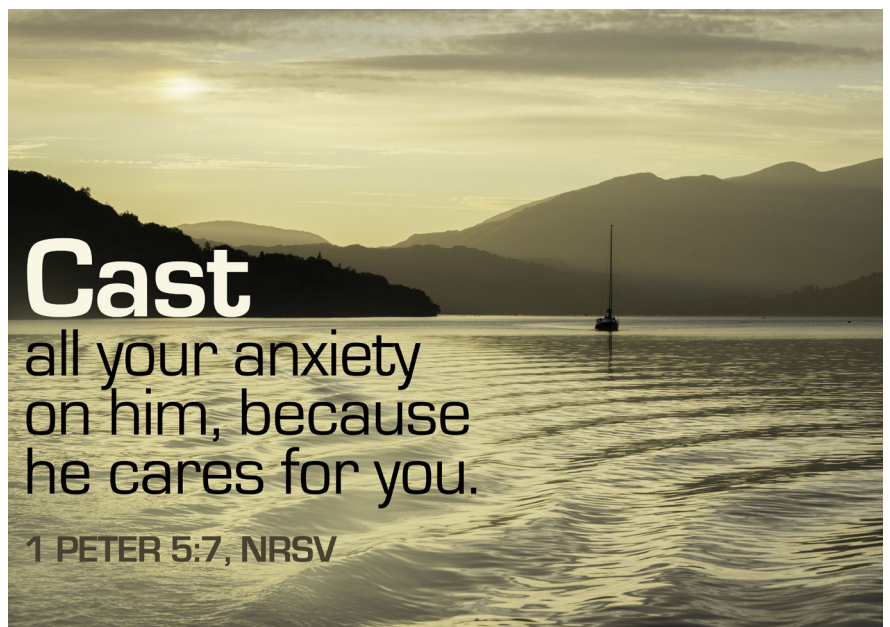
- Fear and worry about your own health, or health of your loved ones
- Changes in sleeping or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco or other drugs

THE CDC OFFERS THE FOLLOWING HEALTHY ADVICE TO COMBAT STRESS:

- Take a break from the news. There is little value in repeatedly hearing the same information.
- Take care of your body. This can include breaks for deep breathing, stretching, or meditating; eating healthy, well-balanced meals; getting plenty of sleep; avoiding drugs and alcohol; and exercising regularly. (Get creative with free workout routines on YouTube which require minimal exercise equipment.)
- Practice enjoyable activities. Needlework, crossword puzzles, musical instruments, and other hobbies can keep your mind engaged while you shelter in place.
- Maintain personal connections. Being at home doesn't have to mean being isolated. Use phone calls, email, texting, or face-to-face technologies (Skype, FaceTime, Zoom, etc.) to keep in touch with those you love. Also don't forget the value of an old-fashioned handwritten letter.

If anxiety, depression, or other stress-related symptoms continue to worsen, reach out to someone who can help. This might mean:

- Your personal healthcare provider
- One of our St. Matthias Stephen Ministers (contact Fr. Bill for more information)
- Disaster Distress Helpline (1-800-985-5990, or text TalkWithUs to 66746)
- Suicide Prevention Lifeline (1-800-273-8255)
- In a mental health emergency, call 911
- We are all in this together, even if it feels like we are dealing with this crisis alone. We hope to see you all again in person when this is over.

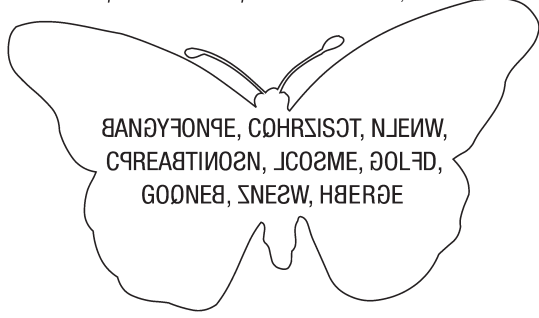




TransformationPOWER

Just as the caterpillar becomes a butterfly, God transforms us from old to new.

Directions: Cross out the backward letters. Write the remaining letters in order in the spaces below to complete 2 Corinthians 5:17, NIV.



Therefore, if _____ is in _____, the _____ has _____:

The _____ has _____, the _____ is _____!

2 CORINTHIANS 5:17, NIV

Answer: anyone, Christ, new, creation, come, old, gone, new, here

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.**

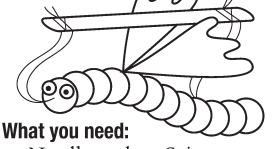
If you know of someone who has been admitted to a hospital, remember to inform the clergy. With the new privacy laws, the clergy can no longer check the roster for parishioners that may be hospitalized. It is "Better We Know Twice Than Not At All!"

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.

CHANGED!

Make this cute puppet to show and tell the amazing story of metamorphosis.



What you need:

- Needle and string
- 12 small pom-poms
- Wooden craft stick
- Scissors
- Googly eyes
- Glue
- Coffee filter
- Markers

What you do:

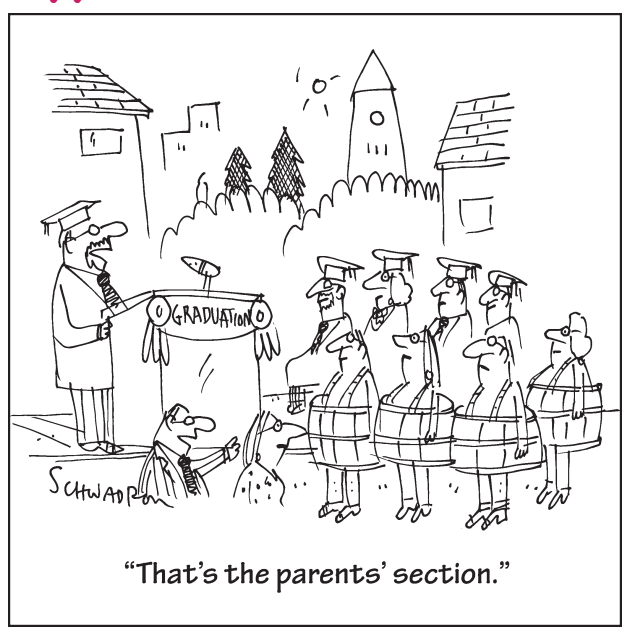
1. Sew pom-poms together to make a caterpillar body. Tie off that string.
2. Thread another string up through the first pom-pom, leaving 12 inches to dangle. Repeat with the ninth pom-pom, leaving two dangling strings.
3. Wrap those strings around opposite ends of the stick, adjusting their length to about 6 inches. Tie in place.
4. Glue on eyes.
5. Flatten the coffee filter and draw a symmetrical design on it. Pleat in the center to create wings.
6. Move the caterpillar puppet by holding the stick. Glue on the wings as you describe the transformation into a butterfly.

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 May

- ➔ Mother's Day, May 10
- ➔ Armed Forces Day, May 16
- ➔ Victoria Day (Canada), May 18
- ➔ Ascension Day, May 21
- ➔ Memorial Day, May 25
- ➔ Pentecost, May 31



Doing Church Online

Using Zoom was not my idea. It was Rev. Carole's. I still have the email from March 11th.

She wrote:

"Andrea, do you know if there is a cost to establishing a Zoom account for the church? ...While the virus is top of mind Zoom might be an option for several ministries/meetings. And in the long term allow those with mobility or time issues to participate where they might otherwise be excluded."

I wasn't convinced at first. As a teacher and student, I'd seen plenty of people struggle with video conferences because they hadn't downloaded the necessary software in time or didn't have the hardware they needed. The task of getting our congregation on board with Zoom seemed overwhelming. We tabled the suggestion.

Barely a week later, the situation changed when Bishop Taylor cancelled all church services in the Diocese of L.A. Initially, Fr. Bill tried accessing Facebook's livestreaming features from his home, but we just couldn't get it to work. Whether it was the sudden influx of people needing to livestream or the influence of the Holy Spirit—or a bit of both—the page would not load. Just before noon we decided we would have to give Zoom a try.

We set up an account and had a test meeting. On Saturday, we held another meeting with everyone involved in the Sunday service. While I started getting the word out via email and social media, Fr. Bill, Rev. Carole, Stan Jamieson, and Tim Adams made phone calls to those who might not otherwise get the message. Later that evening, a good friend of mine who has extensive experience with Zoom was able to talk me through some of the challenges we might encounter and how to deal with them.

On Sunday morning, March 22, I didn't know what to expect. When I logged on, my eyes went straight to the number of participants. There were five when I logged in, and then the number jumped to thirty. Success! When the number passed sixty, I was completely astounded. After the service, Fr. Bill and I exchanged a few text messages about how things went. "I feel like this was a small miracle," I wrote. He responded, "I'd say a large miracle."

What a blessing it has indeed been to see the faces and hear the voices of my church family over the past few weeks! Thank you all for your patience as we have navigated this new context together. Thanks especially to those of you who have made the effort to participate even though using technology is a real challenge for you. If you're still struggling to figure this out, please know that I am happy to help.

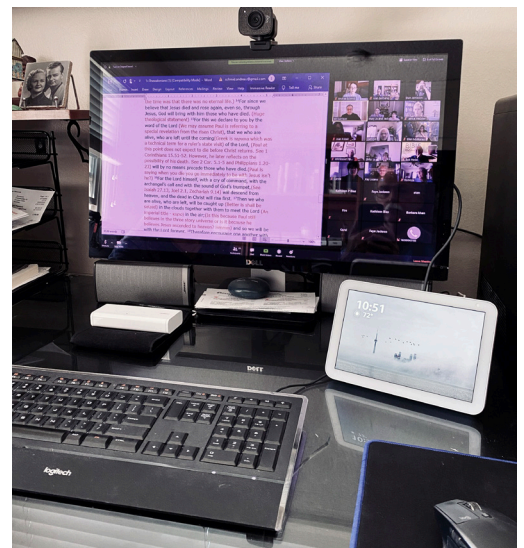
You can email me at andrea@stmatthiaswhittier.org or give me a call—my phone number is in the directory.

Now that we have made the effort to adopt Zoom for our church, both Fr. Bill and I share Rev. Carole's initial optimism about the long-term potential of this technology: it opens up an entirely new venue for our church's ministry.

--Andrea Schmid

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For more information on the Digital Going-ons, check the Saint Matthias web page in the calendar section and you can find everything. You can attend all of the zoom meetings with your smart phone if you don't have a computer at home.



Stephen Ministry and COVID19

We recently entered into unprecedented and uncharted territory with the arrival of the Corona Virus which has caused many, many parishioners to be confined to their homes for days and weeks. This confinement was bound to place parishioners into heavy stress, and anxiety and often the feeling of loneliness.

Your Stephen Ministers took the stance that people in these situations needed to have someone to lend them a listening and caring ear. We began calling various parishioners and offering our services. When this article is published we feel that we may still be under pressure to stay confined and in need of someone to talk to. We will still be here to help.

This is what your Stephen Ministers were trained to do, listen to people in crisis and under much stress.

Even after this threat is over, many people will have long term stress problems and in need of someone to talk to. We are here to help. If you need a listening ear please contact your clergy and they will refer you to Stephen Ministry.

Remember confidentiality is our strong point and you will never have to worry about your conversations with a Stephen Minister becoming public.

*Stan Jamieson,
Stephen Leader*



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