

SAINT MATTHIAS

EPISCOPAL CHURCH

The Saint Matthias Messenger

Published Monthly

Volume 18 Issue 4 - April 2021



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

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

Rector
The Rev. Bill Garrison
bill@stmatthiaswhittier.org

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

Associate
Rev. Carolyn Estrada
poco138@gmail.com

Sunday Worship Services
via Zoom at 10:00^{am}
<https://zoom.us/j/91597283264>
or - via Facebook at 10:00^{am}
<https://www.facebook.com/stmatthiaswhittier>

Something to Think About

When you think about what it was like for the disciples, and others in the crowd, to be in the presence of Jesus, what image first comes to your mind? In my mind I see a man who knows who he is, knows whose he is, and has complete confidence in himself and God.

I have watched many a movie about Jesus and I apparently am not alone in my assessment of what the historical Jesus must have been like. It seems that each of the actors who have played Jesus in the movies I have seen adopted a complete calm about themselves as part of their portrayal. I would say that this calm physical bearing is part of that complete self-confidence that it appears most of us envision when we think about Jesus.

If we were to have asked Dr. Edwin Friedman in his lifetime to describe Jesus I have no doubt he would have called him a non-anxious presence. Dr. Friedman wrote a small number of books about systems made up of people, from families to businesses. In his books *Generation to Generation*, and *A Failure of Nerve*, Friedman described a person whose presence is able to bring comfort to any system of people around them, no matter what that system of people might be experiencing.

Friedman wrote especially about anxiety, the anxiety that is the unseen cloud of toxic gas in a room. You have been there I am sure. You have been part of a group of people who are on pins and needles, and everyone in the room is aware that one wrong move by some loose cannon and an emotional conflagration will be set off. This situation is extremely stressful to everybody involved.

The sad truth is that many people live under this sort of stress every day, waiting for the match that starts the fire. All of us have been there from time to time, even if we don't live with it every day. We might experience it at work, at home, with the relatives, or in some other situation where people gather.

But then we have all met the person capable of defusing this situation too. This person is normally the calm, self-understood individual who somehow seems to be immune from the anxiety floating about. People gravitate to them because they feel safe when they are around them.

For this special person, the non-anxious presence, the stress of others, the anxiety in the air, does not impact them. They are not afraid. They know that whatever is going on around them does not change who they are and does not change how they



(Continued on p. 2)

(Continued from p. 1)

relate to others. They have more than a passing knowledge about themselves and in what they know to be true. Their feet are firmly planted and their soul is at peace.

We too can be this person, this non-anxious presence. As such a person we can be the healing force in our family situations, our work situations, and anyplace else to which we happen to belong. We can start to become this person today, right now.

April fourth, this year, is Easter Sunday. We commemorate the fact that Jesus Christ overcame death and the grave on that Sunday. And as a result of his doing so, so have we. We are eternal beings.

So as we begin to move toward becoming a non-anxious presence we can start there. We are eternal beings. That is step one. Then we can know that God so loved us that he gave his only Son that we might have everlasting life. God loves us. God couldn't be any crazier about each of us.

Now we have two things to build our confidence on. We are eternal and we are loved by God. Add to that the fact that the scriptures give us a pattern for living, as we study the life of Christ, which was based in love and forgiveness, just as ours can be. And finally we know that the Holy Spirit is within us, and without us. The Holy Spirit promises to give us the words and actions we need at the moment when we need them.

Each of us can be the difference, the non-anxious presence, in partnership with God, for the world around us. We can help diffuse the anxiety, and remove the stress, in the lives of those with whom we come in contact. We already have the formula because, like Jesus, we know who we are, whose we are, and we have complete confidence in God.

-Fr. Bill +

Cultivating Compassion

Like most people, I have books that I've long intended to read "someday." The pandemic has allowed me to do this. So I picked up and dusted off Karen Armstrong's "Twelve Steps to a Compassionate Life." The folks who produce TED Talks offered to help Ms. Armstrong further her life's work of making the world a better place. She felt that the way to do that would be to call on the various faith traditions to focus on something long needed but neglected: compassion. She created a Charter for Compassion to "restore compassion to the heart of religious and moral life."

Much of her work reinforces the idea that there is far more that unites our faith traditions than divides them. Expressing compassion is common to almost all theologies and philosophies. As Christians we find it in the Gospel of Mark. When Jesus was asked what was the most important of God's commandments he answered with the verses that we hear at the start of each Sunday in Lent: "Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these."

Compassion is something that I think most of us believe should be directed outward to those around us. And that's certainly true. But it starts with our own honest look at ourselves. Ms. Armstrong tells the story of Albert Friedlander, a Jewish boy growing up in Germany in the 30's who was deluged by Nazi anti-semitic propaganda. Naturally he was bewildered and distressed by this. He told himself firmly that he was not what the Nazi's said, that he had talents and gifts of heart and mind. When he was only 8-years-old, he stayed up all night listing all his good qualities. He vowed that if he survived, he would use those for the benefit of others. He did survive and made good on that promise. Armstrong describes him as the kindest person she's ever known.

And her takeaway for us is this: We are called to love our neighbor as ourselves. But we cannot love others unless we love ourselves. Compassion for self begets compassion for others. If we treat ourselves harshly we are likely to treat others the same way. Recognizing our own God-given gifts will allow us to recognize the same in others.

As we move from Lent into Easter, my prayer is that we all might spend some time as young Albert did. What gifts has God given you? How might naming them lighten the Easter season and create resurrection reality for you and for others in your world?

*Blessings,
Rev. Carole+*

How to Pray Without Ceasing (II)

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

-1 Thessalonians 5:16-18

"If you're anything like me, you read Sam's article in last month's Messenger and felt some spark flame into life within you. Maybe you remembered the sweetness of a past moment of intimate, transformative prayer, or perhaps for the first time you felt a desire to discover what it would mean for this Kingdom of God that Jesus talks about to seep through every nook and cranny of your life — either way, the question now is, How?

In fact, your question might be even more fundamental than that; you might be wondering, 'Even if this really is the goal, is what Paul describes in 1 Thessalonians even possible?' After all, you can't always be on your porch, conversing with God over coffee under the stars. My first strategy would be to schedule it. Perhaps if I put enough reminders on my phone, or events in my calendar, I could fill up my days, more or less, with prayer! I would quickly discover that even the most dedicated monk or nun misses a call to prayer here and there, and even if I surpassed those holy folks in praying at every hour, what am I to do with all of the times in between? I can't bend my knees and open the prayer book at my desk 24/7, and if I just try to keep talking to God in my head all day then I sure won't be able to focus on my work. In short, I would quickly be faced with the limitations of my will and my time. What hope is there for folks like us, bound by time, bearing all of our burdens and responsibilities to really pray without ceasing?



If I look at this carefully, I find that I have started working at this problem from the wrong end. I would have started to seek a life of unceasing prayer by putting my nose to the grindstone and trying to force my way into prayerfulness with nothing but my smartphone and sheer force of will. I would have made the mistake that I often make — assuming that life with God is about my own efforts at holiness, my own ability to become good by my strength. What if, instead, I treated prayer like all other parts of the Christian life: as a grace. What if I reminded myself that prayer is a gift that we are given from God, who is already seeking me out to bring me into life-giving fellowship with himself. Prayer unceasing is only possible if it does not finally depend on me, on my energies and efforts.

Fortunately, God is the one who calls us. Jesus has come, sought us out, even given up his very life to gather us into God's family. When we pray, we are responding to God, answering a call that has already been made. If we start from this end, we discover that prayer is not a show that we put on for God or a performance that will earn us his favor if we can just find the right words or fill up all our time. Rather, when we pray we are receiving the gift of God's self as he offers himself to us, and, fortunately for us, God is always reaching out. According to Thomas Merton, every moment and event of our lives is a 'seed' that "should awaken us to the possibility of an uninterrupted dialogue with God." If we remember from Sunday school that God is omniscient then we can say, like Merton, that God is hiding behind all things, just waiting for us to pay attention long enough to notice. Likewise, Jesus talked about the Kingdom of God always 'in our midst' not because of his superhuman strength of will, but because he was always awake to God's presence and direction pressing in on him. Jesus saw the fire of the burning bush flickering behind every moment of solitude, every needy crowd, and every frustrating Pharisee; and he said 'yes' to receive it. If God is the one always pouring himself out, desiring to be known, then perhaps the idea that I might learn to recognize him and offer up my humble 'yes' in return is not so unimaginable after all.

-J.D. Neal, Youth Sunday School Teacher

EPISCOPAL CHURCH WOMEN

Sip and Socialize

The Episcopal Church Women would like to invite you to join us for tea and chit chat! We will be having a parish wide tea party on Saturday, May 1st at 10AM on Zoom...again...but you don't have to wear a face mask! Grab your tea, coffee, mimosa or beverage of your choice, a delicious snack and your check book and come to this one of a kind tea party. "Why a check book?" you may be asking. We will have seven beautiful and unique quilts donated by the Friendship Square Quilt Guild of La Habra that you can purchase. There are only seven, so we are hoping for a bidding war! All the proceeds will go to the Soup Hour. Everyone is welcome! Hope to see you!

--Janice Webster, ECW Co-Chair

**THANK YOU, THANK YOU,
THANK YOU!!!**

ECW would like to thank you all for your donations toward our Easter Basket project. We could not have completed a community outreach project of this magnitude without your help. Your kindness and generosity are greatly appreciated!!

--Janice Webster, ECW Co-Chair



Last year's baskets-- We're looking forward to making just as many this year!

What is ECW?

ECW stands for Episcopal Church Women. All women attending St. Matthias are automatically considered members. It is the umbrella organization for several sub-ministries: ECW Book Group, Daughters of the King, Community Care, Stitchery/Sewing, Our Time, and Events Group.

We have various activities throughout the year. Some of our upcoming events are assembling Easter baskets to be given to food banks and shelters, Online Bake Sale Fundraiser (men are also invited to show off their cooking skills!), the Annual ECW Tea, Sock Drive for our Soup Hour clients, Ice Cream Social, and Teacher Appreciation.

Meetings are usually held on the fourth Saturday of the month in the Chase Room when we are able to meet in person or via Zoom. If you would like to receive emails concerning our activities, you may contact Janice Webster at w.webster6@yahoo.com or myself, Kathy Adams, at ktouch52@gmail.com. We are the current co-facilitators of ECW. If you have questions about any of the sub-ministries, contact us and we will let you know the appropriate person to contact.

--Kathy Adams, ECW Co-Chair



New Columbarium

I hope that you soon have the opportunity to see our new (3rd) columbarium at the rear of the church. It was necessary to order this unit due to the fact that our other two units are nearing capacity (30 niches per unit). They are near capacity with those who are actually interred and those who have reserved a niche.

People are interested in having themselves and loved family members interred in our beautiful columbarium's because they desire to be laid to rest on the grounds of the church that they have loved and served. It also makes it convenient for visiting and for periods of meditation and reflections by loved ones.

Another thing to consider are the costs of interment versus the burial costs at a cemetery. A burial at a cemetery can cost anywhere from \$10,000 to \$15,000 depending on the cemetery and the type of casket that is selected. Being interred in our columbarium would cost approx. \$2150. Cremation costs average around \$1400, depending on which funeral home you choose, and \$750 for a niche in the columbarium. Urns are included in the cost.

Those who previously purchased or reserved a niche at the old pricing will not be charged the new cost of \$750. The new charge of \$750 takes place effective March 1, 2021.

You can reserve your niche by contacting one of our clergy, myself, or Dottie Andersen in the church office. Dottie maintains all records of the columbarium's and can show you which niches are available.

-Stan Jamieson, Junior Warden

Services, Events, and Small Groups

If you do not have internet access, you can still join Zoom meetings by telephone. (A standard landline is fine; a smart phone is not necessary.) Just dial (669) 900-6833, and, when prompted to enter the meeting I.D., enter the number that you see below at the end of the web address for the meeting you want to attend.

- ✦ **Holy Eucharist**, Sundays at 10am - <https://zoom.us/j/91597283264> or <https://www.facebook.com/stmatthiaswhittier>
- ✦ **Holy Week Services**- <https://zoom.us/j/91597283264> or <https://www.facebook.com/stmatthiaswhittier>
- ✦ **Sunday School** - Sundays after church - Email Andrea Schmid at andrea@stmatthiaswhittier.org for details.
- ✦ **Daughters of the King**, 3rd Sundays at 1pm - <https://us02web.zoom.us/j/618771589>
- ✦ **Bible Study**, Wednesdays at 10am - <https://us02web.zoom.us/j/778461428>
- ✦ **Men's Bibliophile Group**, 3rd Thursdays at 6:30pm - Contact Chuck Carrillo for the meeting ID and pass code.
- ✦ **Women's Book Group**, next meeting May 2 at 7pm to discuss *At Home in Mitford* by Jan Karon- Email Andrea Schmid at andrea@stmatthiaswhittier.org for details.
- ✦ **Divine Connection Through Body and Breath**, Fridays at 10am, Saturdays at 10:30am, and Sundays at 2pm - Email Cynthia Orsini-Dahl at cynthia@cynthiaorsinidahl.com for log-in details.

Welcome, Baby Isla!

From Ben's Facebook page, March 13, 4:52 AM

At 3:21 this morning, we welcomed Isla Maria Corbitt Verdugo, aka Gummy Bear, aka Isla Pie. Her mommy was absolutely amazing bringing her through the First Great Adventure. Mommy Bear and Baby Bear are bonding, resting, and both in great health.

On another note, today is exactly one year since Sarah and I were sent home due to COVID. Life has never been the same for us since that day, and now we know it never will.



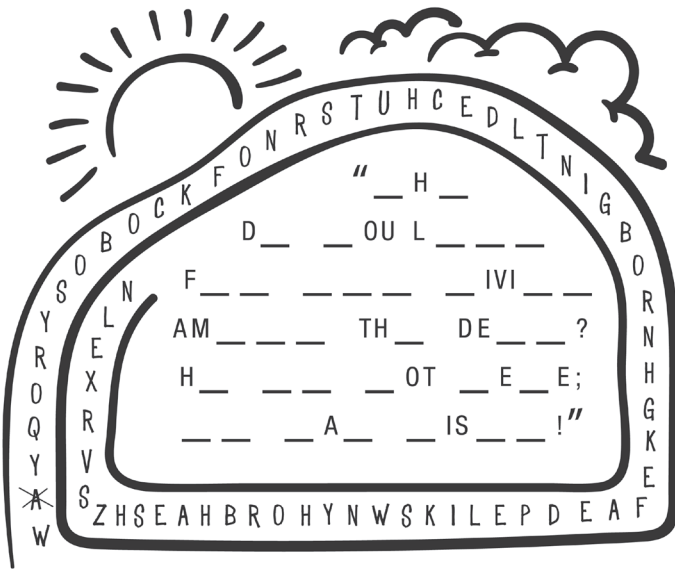
PUZZLE



EASTER MORNING message

Early Sunday morning, some women who followed Jesus encountered a great surprise. Solve the puzzle to see what the angels told them.

Directions: Cross out every other letter in the maze. Write the remaining letters in order to complete Luke 24:5-6, NIV.



LUKE 24:5-6, NIV

Answer: "Why do you look for the living among the dead? He is not here; he has risen!" Luke 24:5-6, NIV



Puzzle!

Use the code to uncover the angel's message in Matthew 28:7 (NIV).



" " H
3 5 3 4 2

4 4 2 5 1 3 4 3 2

5 3 5 2 5 4 2

4 1 2 4 2

1 3 4 1 1 4 3 5 4 2

3 3 6 3 3 4 1 5 3

1 4 6 4 6 5 5

5 3 6 4 6 6 3 3

1 4 6 6 2 5 5 3 4 2

Answer: "He has risen from the dead and is going ahead of you into Galilee. There you will see him."

Bible Quiz

We know the name of only one of the two disciples to whom the risen Jesus appeared on the road to Emmaus. Who was he?



- A. John
- B. Paul of Tarsus
- C. Joseph of Arimathea
- D. Cleopas

Answer: D (See Luke 24:18.)



Unless otherwise stated, all services will be held on Zoom and streamed live on the Saint Matthias Facebook page.

- ✦ **Palm Sunday** - March 28, 10am
- ✦ **Tenebrae** - Wednesday, March 31, 7pm
- ✦ **Maundy Thursday** - Thursday, April 1, 7pm
- ✦ **Stations of the Cross** - April 2, noon
- ✦ **Good Friday** - April 2, 7pm
- ✦ **Easter Sunday** - April 4, 10am
- ✦ **Children & Youth Service & Egg Hunt** - April 4, Patio, 11:30 am (Masks required; RSVP to andrea@stmatthiaswhittier.org)

A HUGE THANK YOU

Hi My Church Family,

I hereby express my sincere appreciation to you: Fr. Bill, Rev. Carole, Kevin, Kathy U., Douglas, Charissa and Andrea, in spite of COVID-19, you took the risk, social distanced and performed, in person, at the service for my husband. Thanks to others who took the risk, social distanced and attended the service; also, thanks to all of you who played it safe and watched the service on Facebook. The numerous condolences, sympathy messages and cards are appreciated.

My family and I have two requests of you: Continue to keep us in prayer, take the COVID-19 vaccine if you haven't already; it's safe and painless (according to my experience). By doing so, when the pandemic is over, we're back in our church buildings, I can give each of you double hugs at our celebration reception.

During a time like this, we realize how much our friends and relatives really mean to us...Your expression of sympathy will always be remembered.

*Blessings and Love,
Faye*

Thank You for Sponsoring the *Messenger*

If you're interested in sponsoring the *Messenger* by purchasing space on this page, please contact Andrea Schmid at andrea@stmatthiaswhittier.org.

CENTURY 21[®]

Cornerstone



Alan Selmanaj

Century 21 Cornerstone

(562) 587-6131

aselmanaj@roadrunner.com

Worship at Saint Matthias - April 2021

April 4

Scripture:

Easter Sunday

Acts 10:34-43; 1 Corinthians 15:1-11; Mark 16:1-8; Psalm 118:1-2, 14-24

April 11

Scripture:

Second Sunday of Easter

Acts 4:32-35, 1 John 1:1-2:2, John 20:19-31, Psalm 133

April 18

Scripture:

Third Sunday in Easter

Acts 3:12-19, 1 John 3:1-7, Luke 24:36b-48, Psalm 4

April 25

Scripture:

Fourth Sunday in Easter

Acts 4:5-12, 1 John 3:16-24, John 10:11-18, Psalm 23



RETURN SERVICE REQUESTED
DATED MATERIAL

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

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