

# SAINT MATTHIAS

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## EPISCOPAL CHURCH

The Saint Matthias Messenger

Published Monthly

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

**Office Hours:**  
Monday - Friday  
9:00<sup>AM</sup> - 4:00<sup>PM</sup>

**Rector**  
The Rev. Bill Garrison  
[Bill@stmatthiaswhittier.org](mailto:Bill@stmatthiaswhittier.org)

Church e-mail:  
[office@stmatthiaswhittier.org](mailto:office@stmatthiaswhittier.org)  
Web Page:

<http://www.stmatthiaswhittier.org>

**Sunday Worship Services**  
8:00<sup>AM</sup> - Holy Eucharist  
10:00<sup>AM</sup> - Holy Eucharist

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

**Wednesday Bible Study**  
10:00<sup>AM</sup>  
Wednesday Eucharist  
11:00<sup>AM</sup> - Holy Eucharist



## Consulting Jesus

On April 12th we celebrate the resurrection of Jesus Christ, which in my opinion is the most important event in the history of humankind. In the gospels there is much to learn about his life among us. In the other writings of the New Testament we get an inside view into how much his resurrection changed the lives of his followers and how rapidly the good news traveled to other parts of the Roman Empire. But that was a long time ago. Much has changed since then.

I remember when my family got our first television set. I was about six years old I believe and it was a momentous event, although frankly I wasn't all that aware of television at the time.

It seemed we talked to each other before television. We also read and played games. My dad often did some things at his desk and it seems my mom was normally in the kitchen doing something or other.

Television was a new diversion for us. Our new TV was on legs and we could move it from side to side a little bit for easier viewing access. There were twelve channels, two through thirteen, although only three networks came through at the time and broadcasting shut down at midnight with a "sign off" of one type or another. The picture was black and white and we had rabbit ears at first. Later dad put an antenna on the roof so we could get a better picture.

Some of the shows were a lot of fun. There were lots of westerns and variety shows. There were some comedies. Getting a movie on television wouldn't happen for many years. Television actors were even looked down on a little bit at first. If you wanted to see real acting you went to the movies.

The television wasn't turned on all the time then. We knew what we wanted to watch and we turned on the television just before the program was due to begin. We would watch our program and then get up and turn the set off when it was over. There was no remote control. We had to get up and change the channel if we wanted to watch something else and most of the time we just turned the set off and went back to talking to each other or doing something else.

I'm not exactly sure when television took over in the living room and in the home. Everything did change though. The first thing we think about today in a new home is where the television set will go in the living room. Then we move in, turn it on, and it's almost like it never turns off again.

Now computers and various types of cell phones are competing with television for our attention. It seems we are constantly being bombarded by information and entertainment, people telling us what is "true" and advising us about how to live our lives.

Don't you wonder sometimes where Jesus is in all of this? It seems he is a long way from being relevant in today's world having been drowned out by all the media making so much noise.

And that's terribly bothersome. The most important voice in the history of the planet is being drowned out. God, who loves us and knows us like no other, is no longer a major player in most people's lives. That is incredibly sad and more than a little bit worrisome.

We all need a little quiet. We all need a place to go in order to listen to what God has to say. Each of us is well served when we begin our thinking from our internal place of partnership with God. This is what helps us filter the noise.

Have you got a place to go? I hope so. Please remember we are still here if you need any help.

*Fr. Bill+*

## New Prayer Small Group

After Easter we will begin a series of small group meetings on prayer: Just what IS it, anyway, and HOW do we do it? In a supportive environment we will explore and practice many different ways of praying, including:

- + Creating prayer spaces;
- + Using the Book of Common Prayer;
- + Contemplative Prayer;
- + Praying with Icons;
- + Lectio Divina;
- + Body Prayer;
- + And, strategies for integrating prayer into our daily lives.

Tuesday nights, April 14 – 19; 6:30 – 8:00 p.m. in the choir room

*Reverend Caroline*

## Thank You!

Barbara Khan would like to say thank you to Rev. Carole Horton-Howe and Sunday school student Alyssa Booth for helping her recover a treasured necklace that she received as a gift years ago when she was going through cancer. Barbara realized she had lost the necklace after returning home from church one Sunday last month. When she came back the following day to look for it, she learned that Alyssa had found and turned in the necklace shortly after the 10:00 service. Rev. Carole was able to return the necklace to Barbara—and blessed it for her as well.



## Save the Date

- + ECW Tea - May 5th
- + ECW Bake Sale - June 7th
- + Vacation Bible School - June 8th-12th
- + Children's Day in Worship & Guided Eucharist - June 14th
- + Women's Retreat - July 17th-19th

## A Few Thoughts From Your Senior Warden for 2020

First a big THANK YOU to Tim Adams for the fantastic job as Senior Warden 2019. It is a hard act to follow.

I look around St. Matthias and I see the work of the Holy Spirit alive and thriving here. There are so many opportunities to explore one's faith, experience worship in a variety of ways and care for our fellow parishioners and those in need in our community. This past month the women of St. Matthias spent some time together creating a holy Lent, we have had the gift of fellow parishioner's sharing their personal faith journeys (and eaten some amazing food) and have started our annual collection for Easter Baskets. And who knew we could pray with our body! In April we start preparing for Easter by following Jesus' journey to Jerusalem, the Cross and finally his Resurrection. Check out the calendar for Holy Week and attend as many services as you can, I know for me the Holy Week experiences only deepen the Easter joy.

There are already plans for new small groups after Easter, so watch all those media outlets (Facebook, Twitter, Instagram, etc.) for upcoming opportunities.

*Yours in Christ,  
Mary Jean Christian*

## Stephen Ministry

Stephen Ministry is grounded in Jesus' command to love one another. Through one-to-one caring and confidential relationships, those who are hurting receive the love and care they need to support them.

### WHAT EXACTLY IS STEPHEN MINISTRY FOR?

Loneliness, Loss of a spouse, Retirement Changes, Despair, Childbirth, Hospitalization, Separation, Divorce, Grief, Terminal Illness, Being shut in, Unemployment,

### WHAT DOES STEPHEN MINISTRY PROVIDE?

- SOMEONE - Who cares
- SOMEONE - Who supports
- SOMEONE - Who listens
- SOMEONE - Who Shares

Who can benefit? Anyone going through difficult times who needs someone to care, listen and share God's love with them on a one-to-one confidential basis.

Who should your initial contact be if you need a Stephen Minister? Fr. Bill Garrison or Rev. Carole Horton-Howe. They can discuss your situation and then contact one of the Stephen Leaders for assignment of a Stephen Minister who can best work with you. This process is very confidential as is your time with your assigned Stephen Minister.

*Sten Jamieson - Stephen Leader*

# Worship at Saint Matthias March 2020

- + 8:00<sup>AM</sup> - Holy Eucharist, Rite II
- + 9:00<sup>AM</sup> - Adult Christian Education
- + 10:00<sup>AM</sup> - Holy Eucharist, Rite II
- + 10:00<sup>AM</sup> - Children's Education

## **April 5 Palm Sunday**

*The Liturgy of the Palms* Matthew 21:1-11, Psalm 118:1-2, 19-29

*The Liturgy of the Word* Isaiah 50:4-9a, Philippians 2:5-11, Matthew 27:11-54, Psalm 31:9-16

## **April 9 Maundy Thursday**

Scripture: Exodus 12:1-14, 1 Corinthians , 1:23-26, John 13:1-17, 31b-35, Psalm 116:1, 10-17

## **April 12 Easter Sunday**

Scripture: Jeremiah 31:1-6, Acts 10:34-43, Matthew 28:1-10, Psalm 118:1-2, 14-24

## **April 19 The Second Sunday of Easter**

Scripture: Acts 2:14a,22-32, 1 Peter 1:3-9, John , 20:19-31, Psalm 16

## **April 26 The Third Sunday of Easter**

Scripture: Acts 2:14a,36-41, 1 Peter 1:17-23, Luke 24:13-35, Psalm 116:1-3, 10-17

## **Water is Cleansing, Hopeful, Life-Saving**

I have no doubt that by the time this article arrives in your mailbox it will be out of date. When it comes to information about "the virus" there are changes from moment to moment that are difficult to navigate. Even in a busy political and sports season, it's the number one topic on all the networks. Sirius XM Radio even designated a channel to cover nothing but the virus 24/7. It comes up in almost every conversation I've had in the last few days.

It's hard to know what to do when you don't know exactly what you're dealing with. Avalanches of information from people with impressive scientific credentials and years of research and treatment experience give conflicting ideas and even tell us that the garden variety flu is actually a worse threat.

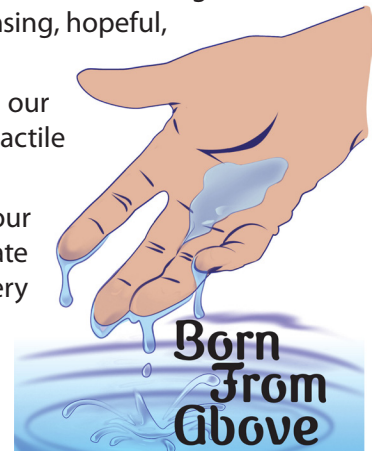
Nebulous processes... risk of harm to those we love and ourselves... unknown outcome... worry about job status... anxiety and fear. But there's also grief over interruption of our routine... long anticipated plans for trips cancelled... visits with family and friends on indefinite hold. Pastor Nadia-Bolz Weber correctly calls it a "pandemic of human disappointment." In this Lenten season, this is a wilderness in which we find ourselves.

One thing all experts seem to agree on is the importance of frequently washing our hands for at least 20 seconds with soap and warm water. They are addressing physical well-being. But as a follower of Jesus Christ I understand the critical role of water as a way out of the wilderness. Water is a part of Jewish purification rituals. We baptize from flowing water as a sign of the work of the Spirit to incorporate us into the community of believers. Jesus offered himself to the woman at the well as "a spring of water gushing up to eternal life." Jesus washed the feet of his closest friends the night before his death to demonstrate the importance of self-less service to each other. Water is cleansing, hopeful, life-saving. We simply can't live either physically or spiritually without water.

There's something else about water. It's calming. It practically speaks to us, settling our nerves as it flows over us. I think Jesus knew this and that it is the perfect visual and tactile accompaniment to the exhortation we hear so often "do not be afraid."

My prayer for all of us as we experience this wilderness is that we can acknowledge our fears and disappointments and then let them wash away leaving calm spirits, compassionate hearts and focused minds with the assurance that God is with us and loving us through every moment, in every water drop, every step of the way until we come out the other side.

*Reverend Carole+*



## Lenten Quiet Day

I'm sure it comes as a surprise to no one reading this that, as a new mom, I don't get to experience nearly as much quiet as I'd like. For me, the Lenten Quiet Day that the Daughters of the King hosted on March 7 was a welcome opportunity to prayerfully process my experiences over the last few months and clear my mind as we entered into the season of Lent.



This year's theme was "Creating a Holy Lent," and the committee of women who planned our activities did a fantastic job of integrating the theme of creativity into every part of our day. We began with morning prayer, thanking God "that we can be channels of [God's] creativity." We then split up and spent most of our morning quietly participating in activities spread throughout the church. In the sanctuary, there were prayer stations set up for "visio divina" or praying while reflecting on an image; in Lewis Hall, we explored our own concepts of "wilderness" through color on canvas (applied with q-tips and make-up sponges lest we worry too much about our lack of artistic talent!); and on the patio, there was a walking Anglican rosary taped to the ground, with guided prayers for each set of "beads," and beautiful classical music—thoughtfully selected by Mary Jo Call—playing in the background.

About a dozen women attended the event, so although I did wind up quietly journaling on the patio while I waited for a few women ahead of me to finish the rosary, I still had plenty of time to try all of the activities. We were free to move among the different areas as we pleased, and there was no expectation to finish everything.

When we gathered in the chapel afterward for reflection, we all seemed to have taken something different away from our experiences. For me, it was the assurance that God's peace is always available to me, even in the midst of the wilderness, which, on my canvas, happened to be the colors of the hospital where I gave birth.

I wasn't able to stay for the shared agape meal at lunch, but I'm glad I made the time to be present and spend at least part of the day with my DOK sisters and the other women of the parish who joined us. If you haven't had the chance to attend a Quiet Day yet, keep an eye out for the next one—they've become quite a beloved ritual, and we'll almost certainly do it again next Advent or Lent. ~ *Andrea Schmid*

## "Traveling with God"



I recently had the chance to spend six weeks as part of the "Traveling with God" small group. This group was the brainchild of Feppy Rahn, a retired schoolteacher in our parish who has packed a wealth of travel into her years. Each week, we talked about places we had been, shared trinkets and artifacts, and described the kind of "aha" moments that seem to come more readily when we step out of our familiar routines. At first, I was hesitant to participate, since my own travels have only taken me within the U.S. (as well as the proverbial toe's length into Canada and Mexico). But I quickly learned that a good travel story is about far more than mileage charted.

The sessions covered a tremendous amount of ground, both in the literal "miles charted" sense and in terms of the breadth of experiences described. Kaye Lozano shared pictures and stories from the German village of Oberammergau, which has staged an elaborate Passion play once a decade since the 17th century. Bob Howe described a moving family reunion in Shanghai and the neighboring Chinese town of Ningbo, as he and his siblings came together for the first time after being separated in childhood. And Janice Webster related a wedding in Colorado which became a "trip from hell," as all imaginable misfortune reared its head at a time set aside for joy and optimism, forcing her family to rely on each other and the transcendent Source of strength. Stories and mementos popped up from Europe, Asia, Africa, and South America, as well as closer to home. In the final session, we all gathered at Feppy's apartment, which is filled with more travel artifacts than we had time to talk about.

To be honest, I always feel a slight sense of trepidation at the beginning of a small group. Small worries creep in: "Will we get along well as a group? Will we have enough to discuss? Do I really want to add one more thing to my to-do list on a weeknight?" At the beginning of the travel group, I wondered whether the group's concept could really sustain 6 weekly sessions. By the end, it was clear we could have met for another 6 weeks, as each story led to another fascinating slideshow, another intriguing tangent by someone who had visited the same place at a different time, another memory of divine sparks that occurred to one of us in a moment far from home. We talked about joy, sacrifice, frustration, and love. German cathedrals, Swiss chocolate, U.S. National Parks, tiny remote villages and booming megacities, manmade marvels and wonders of nature all played starring roles as our time together unfolded. And beneath all these details was a shared sense of humanity, both within ourselves and those we encountered in our travels. Finding God in travel might have a slightly different meaning for each of us. For myself, these faces and voices provided brief weekly encounters with the divine. ~ *Ben Corbitt*

# PUZZLE

## Picturing the Lord's Supper

Jesus ate the Passover meal with his disciples as a symbol of the new covenant.



Directions: Use the picture clues to fill in key words from Luke 22:19-20, NIV.

And he took \_\_\_\_\_, gave \_\_\_\_\_ and \_\_\_\_\_ it, and gave it to them, saying, "This is my \_\_\_\_\_ given for you; do this in \_\_\_\_\_ of me." In the same way, after the supper he took the cup, saying, "This \_\_\_\_\_ is the new \_\_\_\_\_ in my blood, which is \_\_\_\_\_ out for you."

LUKE 22:19-20, NIV

Answer: bread, thanks, broke, body, remembrance, cup, covenant, poured

### 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.**

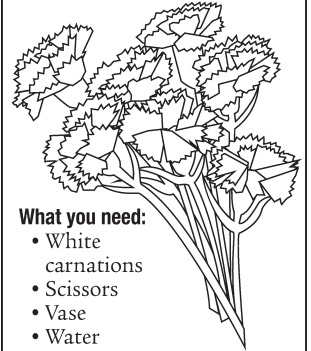
If you know of someone who has been admitted to a hospital, remember to inform the clergy. With the new privacy laws, the clergy can no longer check the roster for parishioners that may be hospitalized. It is "Better We Know Twice Than Not At All!"

### 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.

## Scripture AND NATURE

Conduct a simple experiment to illustrate Easter's meaning.



### What you need:

- White carnations
- Scissors
- Vase
- Water
- Red food coloring
- Bible

### What you do:

1. Cut the carnation stems (at an angle) to about 8 inches long.
2. Fill the vase halfway with water. Add 10 drops of food coloring. (More may be needed to darken the water.)
3. Add the cut flowers and observe what happens to the petals over time.
4. Discuss how this is like Jesus' work on the cross. Read 1 Peter 2:22-24 (NIV) and reflect on what his death means for us.
5. To learn more about this experiment, research capillary action.

### 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

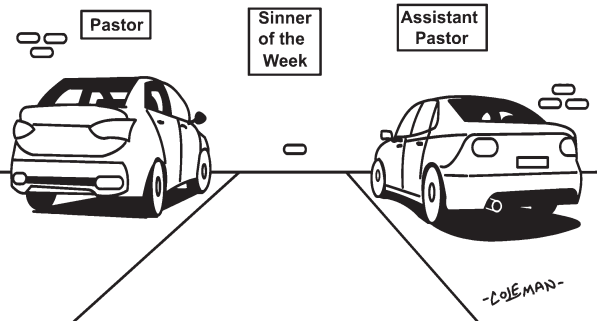
Kathel Harris

## Special Dates in April

- \* Palm Sunday, April 5
- \* Maundy Thursday, April 9
- \* Good Friday, April 10
- \* Easter Sunday, April 12
- \* Administrative Professionals Day April 22 - AKA Dottie Andersen Day!



RESERVED PARKING  
CHURCH PARKING LOT



# Calling all Hallelujah Chorus Singers!

On Easter Sunday, 12 April, we will be inviting congregation members and friends to come and sing the Handel - Hallelujah Chorus from MESSIAH with the Parish Choir.

Please contact Kevin McKelvie if you would like to participate - krmckelvie@aol.com or call/text to: 312.865.9367.

Only requirement is to be available for a quick run-through on Easter Sunday at 9:30 a.m.

I can send music to anyone wishing to sing and scores will be available that day.

Please plan on arriving by 9:20 Easter Morning for pick-up.



Thank you,  
Kevin



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