

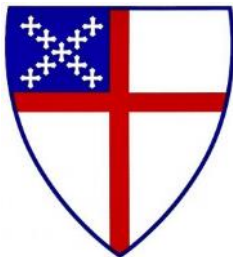


THE ANCHOR

JUNE 2018

St. Clement's by-the-Sea
EPISCOPAL CHURCH

Welcoming all since 1929



**Member,
Anglican
Communion
PARISH
MISSION:**

*Follow Christ
through the way
we live and love,
spreading the
good news of God
in Christ, opening
our hearts to all,
and
experience and
spread joy in the
process.*



**"This Church
of Ours is
Open To All...
There Will Be
No Outcasts."**

-The Most Rev.
Edmund Browning
Emeritus Presiding
Bishop of the
Episcopal Church



Healing...

I've written about this subject before, but I've encountered so many articles recently regarding the relationship between healing and faith that I thought more needed to be said. Studies point to a positive impact of faith upon our physical health and recovery, and perhaps we intuitively say, "well, of course!" But what could be root of that relationship? Why would being a person of faith have any impact on one's healing?

Surely, the community plays a role here. When one is recovering from a major surgery, for example, I have to believe that the love, prayers and support of the Church makes a big difference, both for the one who is recuperating and for their beloved caregiver(s). Who wouldn't feel better, faster, when folk are coming 'round with casseroles and other meals, encouraging words, helping out with getting medications, and generally showing that one is loved and cared about? It just makes sense.

I also believe there is much more to this nexus of faith and healing than that. When I'm asked to pray for someone in need of healing, I'm often invoking the Holy Spirit, that she would guide the hands of the doctors, nurses and others involved in the person's care to bring about full restoration and healing. I call on Christ, who healed everyone who came to him and for whom the miraculous is still possible. And I'm beseeching the Father of all creation, whose desire for humanity is wholeness and health.

These prayers certainly matter. And I believe them to be efficacious. But does this yet fully explain the seeming correlation between faith and good health? Perhaps it is a mystery we will never fully unpack. God is known to act in mysterious ways! We might also consider one's general outlook. Those who have faith in life beyond this life, may well be less anxious overall and maybe that helps in the healing process. Or possibly, folk who view their body as a temple, treat those bodies better over time.

You might consider these comments to be circumstantial. They aren't provable, that's for sure. But, I can tell you when I visit someone in the hospital, their physicians seem to be very happy that I am there. There was one exception, when a surgeon had parked next to me in a designated "Clergy Only" parking space at a hospital, and it turned out we were both going to see the same patient. Boy was he ever embarrassed! But generally, doctors seem to intuitively understand the link between faith and healing.

Here are just a few excerpts from some recent articles that I thought you'd enjoy, arranged in no particular order, along with a few comments.

"A study published by the American Psychological Association and conducted by researchers at the University of North Carolina showed that there are five activities that



Continued on next page

when pursued on a regular basis contribute to a positive outlook.” Note firstly that you may not agree with me that a generally positive outlook contributes to better health. But consider the impact of a very negative outlook on overall health. The activities these researchers identified were: “spiritual activity, learning, social interactions...helping...[and] play.” Even though this excerpt came from an article about clergy health, it is very fair to say that these activities are regular pursuits of the Christian life.¹

Here is another from an article that I shared with the vestry recently. “Anthropologist Tanya Luhmann of Stanford University writes: ‘What one might call an avalanche of medical data has demonstrated that, for reasons still poorly understood, those who attend church and believe in God are healthier and happier and live longer than those who do not.’” Well, that’s good news!

The article went on to say, “It is academically proven that joining a congregation is connected to marked improvement in physical, mental, and relational well-being. In an age when attending church can be seen as a quasi-pathological disorder or optional lifestyle choice, this needs saying.” That last bit made me chuckle! The author explained the correlation between faith and better health in our very technical age in this way, “people love their phones and computers but forget that their phones and computers never love them back.”² But people do experience that love in a Christian community, don’t they?

I ran across this commentary last evening, which gets to the aspect of faith that I think has the second most significant impact on health, for me that is hope! “Researchers at the University of Michigan analyzed cross-sectional data from a nationwide survey of 1,774 U.S. adults to identify associations between a benevolent view of God, gratitude to God, hope, and physical health. A benevolent image of God was determined by agreement to the three statements: ‘Despite my shortcomings, I feel forgiven by God’; ‘I believe God is merciful’; and ‘I believe God will forgive my shortcomings.’ Also assessed were frequency of attendance at religious services, [and] spiritual support from one’s congregation.. Physical health was measured by a checklist of 10 physical symptoms and two self-rated health items (overall health rating and health related to others).”

According to this commentator, the research result indicated the following: “Persons who attended religious services more often and received more spiritual support from members of their congregation had a more benevolent image of God; those with a more benevolent image of God were more grateful to God; those who were more grateful to God experienced more hope; and greater hope was associated with better self-rated health and fewer physical symptoms.” He goes on to say, “Researchers concluded that ‘...the foundational views that people have of God (i.e., their images of God) may have important health consequences.’”³

From my experience, I’d agree with all the above findings. I would also say that I’ve seen them in action. And as I note above, I believe hope to be so very important. That isn’t always hope in a particular health outcome, but rather hope in life and in a wholeness that is beyond our physical selves. Life bereft of any hope is surely a very hard existence, and I’ve encountered folk who were so. I pray that when I left them, that God had inspired in them at least a little hope, a glimmer. That there was at least some assurance of God’s eternal love for them.

I do believe there is something more going on here. I do believe that God inspires healing, that Christ is our best physician and that the Holy Spirit can guide our minds, hearts and hands to discover new medical breakthroughs. I also believe that “faith, hope and love” as St. Paul noted can make all the difference. These articles seem to suggest a meaningful link between these things and our overall health.

Yours in Christ,

Fr. Patrick

¹ Frykholm, Amy, “The pastors are all right” in *Christian Century*, May 9, 2018, Vol. 135, No.10.

² Goodhew, The Rev. Dr. David, “A theology for Anglican Church growth” in *The Living Church*, Jan. 3, 2018.

³ <https://www.faithandhealthconnection.org/your-view-of-god-its-effects-on-physical-health/>

- Summer Raffle -



Sunrise San Clemente Pier

by Jim Prothero

St. Clement's Junior Warden, Jim Prothero, has donated watercolor "*Sunrise San Clemente Pier*" for our 2018 Summer Raffle! **Raffle tickets will be available for purchase during Coffee Hour following the Sunday services from May 27th through June 24th.**

A little about Jim...

Jim Prothero creates landscapes and portraits in watercolor, gouache and acrylics, oftentimes featuring the people and places of his native Southwest and Southern California. He is a SoCal native and lived some years in Flagstaff, Arizona, where he fell in love with the Southwest. Jim trained in high school and college, although he was mainly taught by his father, Cliff, who worked in and ran the Art Department at Lockheed Aircraft for over thirty years. Jim was fortunate to grow up in an artist's home full of books, art, and surrounded by prolific artists such as Ralph Hulett and George Flower. Being raised in an artistic household and environment formed Jim's interest in the interplay of light with the human face and with the land. *For more information, visit www.JimProtheroWatercolor.com*



Still Life & Florals



Portraits



Landscapes

- Continuing Education - Pilgrimage to the Holy Land -



Dear friends,

In the March edition of this *Anchor Newsletter* I wrote that I was discerning and praying about making a pilgrimage to the Holy Land. Since then many of you have asked how that was going. I feel very blessed to say that I've set the dates for that prayer-filled journey. Shortly after I wrote that article, I heard from my seminary about a pilgrimage for alums where we will spend some time in study at St. George's in East Jerusalem. We will then travel to Bethlehem, Galilee, and the other holy sites in and around Jerusalem. I'm scheduled to depart in late October (just after our annual gala dinner) and will return in early November. Please keep me (and my family, who will not be going) in your prayers as that time nears.

I anticipate that this will be a life-changing experience. I've preached about these places for a long time and have images of them in my mind's eye. As I wrote about in March, it is something different to experience them in person. Israel is, of course, a modern country today, and the continued stresses between Israelis and Palestinians will inevitably be part of this discernment too. Christian institutions, like St. George's, have done much to facilitate peaceful dialog between these two peoples, both of whom worship the God of Abraham. To better appreciate those dynamics, I've just read, *A Space for Peace in the Holy Land: Listening to Modern Israel and Palestine* by Alex Joyner. This text was recommended to me by our Bishop Diocesan, John Taylor, who recently returned from St. George's himself.

I'm very grateful to you for helping me make this prayer a reality, and for helping me to become a better minister through continuing educational opportunities like these. Thank you for caring for your rector in this way.

God bless you always,

Fr. Patrick

- 5 Things Your Graduate Should Do Before College -

May and June are graduation months. This is a time when many of you are celebrating a child's academic achievements, and even getting ready to send them off to college! During this hectic time do not overlook important estate planning matters. My own daughter is graduating this month from college. Thankfully she took Mom's advice! With her being away from home, having these documents in place made emergencies easier to handle.

Here are a few important things you should add to your graduate's to-do list as they get ready to go to college.



1. Durable Power of Attorney for Health Care

Every year, nearly 250,000 young adults between the ages of 18-25 wind up in the hospital. From alcohol poisoning and non-lethal accidents to unexpected illnesses, it's important to hope for the best but prepare for the worst. Once a child reaches the age of 18, a parent's decision-making role is significantly diminished, especially in regards to making healthcare decisions.

We don't like to even contemplate it, but if your child has a car accident, or becomes ill and is not capable of making their own medical decisions, you cannot make medical decisions on their behalf unless you have a power of attorney for health care.

2. HIPPA Authorization

In order to make informed medical decisions, it's important to include a HIPPA authorization form along with a health care power of attorney. Without it, you will be unable to communicate with healthcare professionals and insurance companies, as well as access your child's health records and previous treatment information.

3. Durable Power of Attorney (Finances and Property)

Similar to a health care power of attorney, a financial power of attorney gives you the ability to make financial decisions on your child's behalf, should they be unable to do so themselves. Should your child become disabled for any reason, then you would still be able to pay your child's rent, credit card bills, utilities, access bank accounts and financial records, as well as manage student loans.

4. FERPA Release

The Family Educational Rights and Privacy Act is designed to protect a college student's privacy, but it can also leave parents locked out in an emergency. A properly worded release can allow you to talk to school officials and release pertinent educational records and information should you need it.

5. Last Will and Testament

While you may not want to think about this topic, especially as your child leaves home, it's important to add to the list. A will allows you to honor your child's wishes on what should be done with their social media accounts, bank accounts, and personal assets. It also allows your child to specify any funeral arrangements they would like to have.

If you have any questions, call Jennifer Medeiros, Esq. at (949) 420-0025 or your estate planning attorney.

- Something for Everyone -

Please Note: The Anchors Potluck Supper Club will NOT be meeting in June!



Save the Dates:

July—Karen & Jerry Stevens' Home

August—Mark & Sherilee Pocino's Home

September—Mirtha Wincele's Clubhouse

The Underground Railroad

by Colson Whitehead

Tuesday, June 5th

5:00pm at Rocco's in San Clemente

A sign-up sheet is in the church hall for those who wish to attend.

For more information, please contact: Mary Ann Morrison at (949) 361-0031



Sandwich Making for the Welcome Inn

Join us in the Parish Hall on

Sunday, June 17th, at 11:00am

Please note time change

to help make sandwiches and sack lunches for those in need!



When: June 20th from 2:00pm-5:00pm

Where: Laundry Basket-South

2405 S. El Camino Real in San Clemente

New volunteers are welcome and should arrive at 1:30pm for a brief orientation.

Laundry will be done in two hour shifts between 2:00pm-6:00pm

The first Sunday of every month we gather donations for Laundry Love. The monthly collection takes place during coffee hour. Since November 2016, this ministry has done over 2,000 loads of laundry for families in need. Let's keep the momentum going!

Contact Jan Geneviro for more information on this ministry: outreach@scbythesea.org

- Volunteers Needed! -



ALTAR GUILD MEMBERS NEEDED!

The altar guild is seeking members to help set the Lord's Table.

Training is "on the job."

Time commitment is one Saturday and Sunday a month. Altar guild is by invitation of the Rector.

If you would like to become a member of the Altar Guild, please contact Fr. Patrick or any member of the Altar Guild.



ATTENTION: Coffee Hour Hosts Needed!

Coffee Hour is a well-loved time of weekly fellowship at St. Clement's - We need your help to keep the tradition alive! Coffee Hour is a great way to meet new people, the perfect time to catch up with friends, and a wonderful excuse to enjoy the sea-salt breeze on our patio.

If you have never hosted Coffee Hour before, *we will show you how!* You are also able to partner up with another member, and host Coffee Hour together.

If you are interested in hosting a Sunday Coffee Hour, a sign-up sheet is located in the Parish Hall. Or, you may contact Alicia at the Church Office (info@scbythesea.org). Please review available dates and choose one that best suits your schedule.

Thank you to all our wonderful hosts - this time of fellowship after Sunday services is so important to maintain.

- Building Projects: Submitted to City for Review -

St. Clement's Buildings & Grounds Projects now include the columbarium, the pergola, and wrought iron gates. Our newest project addition, 5 wrought iron gates, is seen as necessary due to problems with illegal dumping of large trash items behind the Sanctuary. Additionally, evidence of drug use has been discovered behind the Parish Hall on more than one occasion. The proposed number of gates may be reduced during the review process. Our Committee Chair, Mike Badstubner, has told us that the application for Minor Cultural Heritage Permit was submitted for all 3 projects, and the process should be complete in 2-3 months. Upon completion, the Building Permit process will begin, and will take an additional 2-3 months.

- Proposed Pergola -



- Proposed Gates -



- Proposed Columbarium -

Columbarium sales have begun!



Architectural rendering of future columbarium

Key Points:

- Pre-Construction Price of \$1,000 per niche (holds 2 urns) until Sept. 30, 2018
- First come, first serve selection of niche location
- Columbarium to be located in Memorial Garden
- Subject to city permit approval (in process)
- Estimated availability of columbarium is 1Q 2019
- Sales information from Roger Morrison or Judy Johnson
- Information available at coffee hour or in the parish office

This beautiful setting adjacent to our historic church will provide a sacred resting place for the cremated remains of those with a connection to our church.

A Dedicated and Holy Place for Christian Burial

Spiritual Site for Final Resting – The columbarium affords church members and their families and others united in Christian faith a final resting place on the grounds of the church which has been central to their lives, a sacred site where their loved ones can visit.

Simplicity of Planning – The purchase of a columbarium niche (holds two urns) at St. Clement's eliminates the pressure and expense of choosing a burial location and urn or casket/vault/ headstone at time of bereavement. St. Clement's provides pastoral care, the burial service and interment.

Faithful Stewardship – As a ministry of St. Clement's, the cost of interment in the church columbarium is much lower than other options for remains. Cremation is much less costly than in-ground burial costs of caskets, vault, and headstone or interment of ashes at another facility.

St. Clement's by-the-Sea
EPISCOPAL CHURCH



- Outreach News: *Why Do I Volunteer?* -

by Janice Geneviro

In his sermon on May 20, Father Brad challenged St. Clement's as a community to identify the next big outreach project that we are being called to do in service to our larger community. As your Outreach representative on the Vestry, I am also very interested in hearing from you about new ways that we can connect with and serve others.

But today I'm going to write about something else that's been on my mind a great deal lately, which is how to sustain our Outreach efforts. These include our monthly bag lunch contribution to the feeding program of the Welcome INN, the Laundry Love program that we offer in collaboration with Christ Lutheran Church, and our support of local military families through the San Clemente Military Family Outreach organization.



The parish has been very generous in its support of these projects with money and other contributions, such as the tremendous response to the winter clothing drives we did so that we could distribute warm clothes with the bag lunches. There are many people who have been generous with their time in supporting these projects. But, as often happens, the number of regular volunteers doing this work has dwindled, and I think that number does not reflect the compassion and enthusiasm for serving others I sense in our parish.

Father Patrick, the Vestry, and I have been thinking together about what we can do to encourage more people to volunteer regularly and also how to sustain those who do volunteer so that they don't suffer from "compassion fatigue" or burnout. As part of this, I thought I might share a story with you about some of the reasons that I volunteer.

Not long ago, my older sister asked me what role I thought my parents had played in my commitment to caring for others. My mother, now deceased, was an elementary school teacher and later a Christian Education director for the Presbyterian Church. My father, who is 95, also was an educator, teaching at the high school, junior college, and state university levels. I really can't remember a time when they weren't actively involved in serving both our church and larger communities, in addition to caring for us and the students they taught. My mom created amazing haunted houses for Halloween parties for the church youth group. My dad sold fireworks and Christmas trees as part of the YMCA's fundraising activities. Our house was open to my friends and the friends of my 3 siblings, and my parents became surrogate parents and grandparents who made big differences in the lives of several of those friends.

More specifically, I remember that when I was too young to drive, my dad took time on weekend mornings to drive me to my shifts as a volunteer with visually-impaired younger kids. I remember how much fun my mom and a group of young mothers had, and how hard they laughed, when she taught them how to do

- Outreach News Continued -

holiday art projects with their pre-schoolers as part of a workshop I arranged in my first job with the Head Start program.

Our lives weren't perfect, and we had our share of concerns and sadness, but I was very fortunate in the examples my parents set for me. They saw everyone as their neighbors. They offered time and their own special capabilities in response to the needs of others. They helped me do the same, and in the process offered me the gift of their support and attention. These gifts, in combination with the gifts of God's love and His commandments to love Him and to love others as we love ourselves, are the foundation of my commitment to be of service.

What has led you to volunteer at St. Clement's or in the community? What types of volunteer experiences would you like to have? What types of volunteer experiences would you like your family to have? How can St. Clement's help you and your children explore what it means to offer God's love in a tangible way to our neighbors?

I'd love to hear from you to learn more about your experiences and I have some great volunteer opportunities to offer you! Please get in touch with me at janice.geneviro@gmail.com or outreach@scbythesea.org.

- SCMFO: Thank you! -

SAN CLEMENTE MILITARY FAMILY OUTREACH (SCMFO) THANKS YOU FOR YOUR AWESOME GENEROSITY FOR YEAR END SCHOOL SUPPLIES

In late March, St. Clement's, along with other San Clemente Churches, participated in the annual spring fund-raising drive for the end-of-year needed school supplies for the San Onofre School at North Camp Pendleton. The teachers provided lists of specific supplies needed to finish school projects. These are things many of the teachers end up paying for themselves as the school budget runs dry.

Due to your overwhelming generosity, St. Clement's collected \$401.00 towards these supplies. Working from the list provided by the teachers, we purchased 15 different items. I selected the higher cost items (3 ring binders, watercolor paints, art quality mixed media paper, pocket folders with clasps, protector sheets, laminating thermal; pouches, and for kindergarten and first grades, other specific items needed to finish their end of year crafts for their parents. As a SCMFO board member, the board has been receiving lots of thank you notes from very appreciative teachers!

St. Clement's is a major supporter of the nonprofit SCMFO, through which we help young military families with emergency needs throughout the year and show our gratitude for their sacrifices on our behalf through monthly morale events.

- Community Event: Life in Full Color -



*Arts and crafts workshop for the community to express art, creativity, and discuss emotional wellness topics.
At no cost to participants.*

June 23, 2018 | 9 a.m. - 12 noon

St. Clement's by the Sea Episcopal Church

202 Avenida Aragon, San Clemente, CA 92672

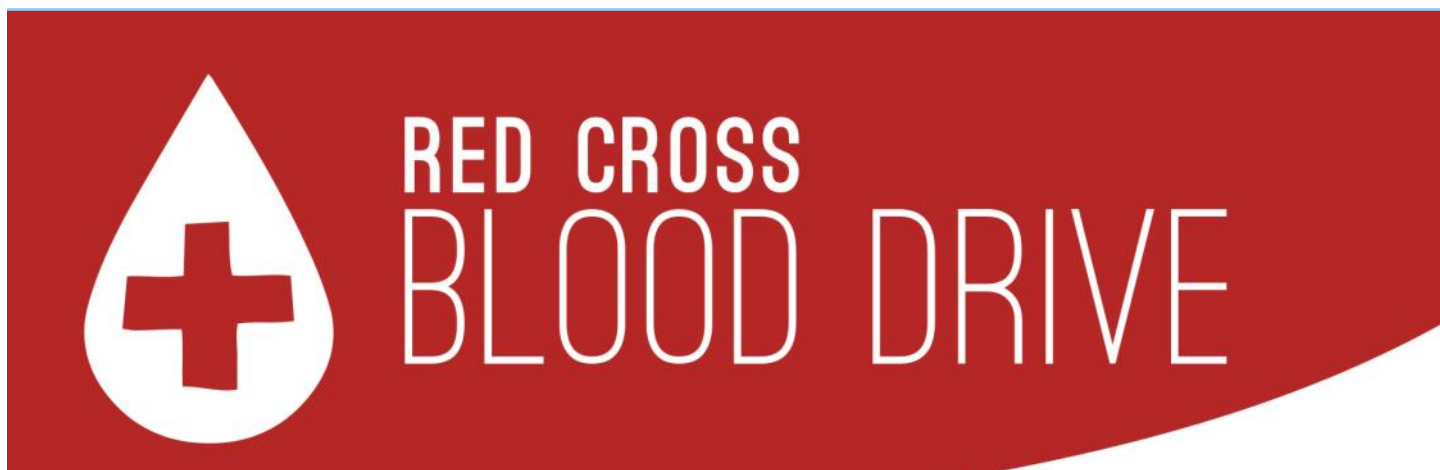
For more information, contact Hiromi Minakata at (714) 542-7792

- Join us for a light breakfast, art workshop, and a discussion of techniques to manage stress and anxiety.
- This event is intended to provide an opportunity for everyone in the community to come together and express themselves through art.
- Participants have the opportunity to showcase their art in the workshop.



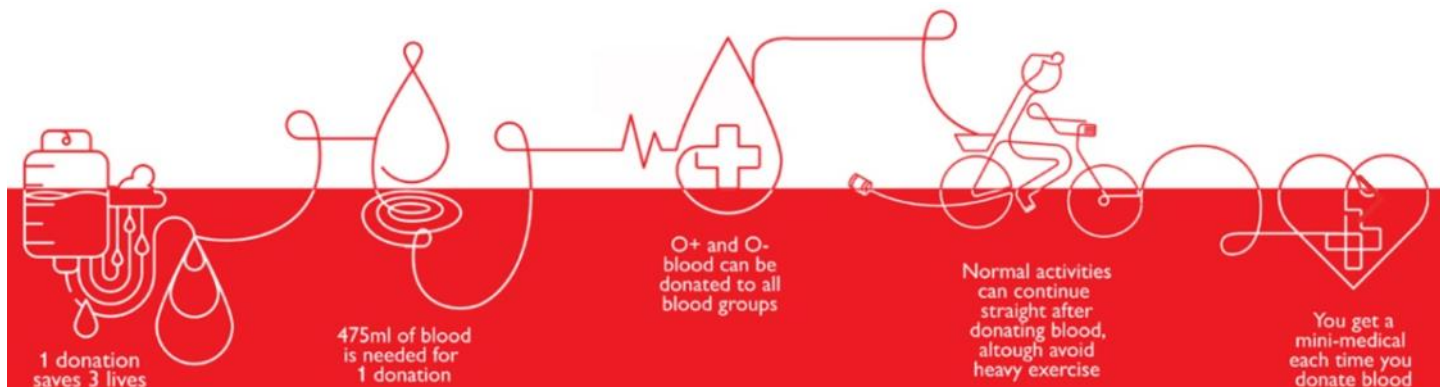
Funded by: OC Health Care Agency (OCHCA), Behavioral Health Services, Prevention & Intervention, Mental Health Services Act/Prop. 63

- Blood Drive -



June 8th + June 22nd + July 13th
11:00am - 5:00pm

The American Red Cross will be hosting three Blood Drives at St. Clement's, in addition to our Annual Blood Drive! We are proud to support the Red Cross in their ministry, and hope you will support the cause as well.



Every day, blood donors help patients of all ages: accident and burn victims, heart surgery and organ transplant patients, and those battling cancer. Every two seconds, someone in the U.S. needs blood. **Blood and platelets cannot be manufactured; they can only come from volunteer donors.** Approximately 36,000 units of red blood cells are needed every day in the U.S. **A single donation can save up to three lives.**

To sign up as a blood donor, or for more information, please contact the Church Office:
info@scbythesea.org

- Save the Date: Swing Time at St. Clement's! -

Saturday, October 20th

Dear "Fundraiser Fans" and Friends,

Is your foot tapping? That is because the "Swing Time" planning is in full swing! We have signed "The Contraband," an 8-piece swing band that will perform our "favorite music" from the 1940's and 50's. You will want to "get up and dance, dance, dance," if you hear "Boogie Woogie Bugle Boy from Company B": *He was a famous trumpet man from out Chicago way / He had a boogie style that no one else could play / He was the top man at his craft / But then his number came up and he was gone with the draft / He's in the army now, a-blowin' reveille / He's the boogie woogie bugle boy of Company B...*



So, all that we need to make a fun-raising night simultaneously a fundraising success – is the kind of help and generosity you have all shown in the Past!

SILENT AUCTION

Contributing to the Silent Auction is simple! You just find something you have (tickets to the Angels game, or that old painting in the closet), OR you provide a service that someone needs (like a visit to your vacation home for a long weekend or baking a fresh apple pie for some occasion), AND / OR you might ask a kind and generous local merchant if she is willing to donate a modest portion of her wares?

Think creatively and turn in a Donation Form (or two or three, as some do). Copies are available in the Parish Hall or by contacting any of the three people that are listed below. Completed Forms can be turned in to Alicia at the Church Office! You will all start hearing more details as part of the Sunday Announcements at St. Clements.

Volunteer to Help

Many hands make light work. We are looking for volunteers to help "as time goes by" with a variety of great jobs, from finding donors, to auction item preparation, to setting out the tables when the Day comes, or even giving a quick swing dance lesson!

If you have any questions or would like to volunteer, please contact:

Joe Wharton P: 415.515.8259 E: joe.wharton@brattle.com

Kate Syles P: 650.815.8985 E: katestyles1@gmail.com

Judy Johnson P: 949.422.8210 E: jjohnson@keyseo.biz



- Birthdays -

3-Melanie Grigg	17-Amanda Harris
5-Blaise Forster	18-Judy Johnson
5-Peter Knapp	20-Judy McDonald
9-Diana Olmedo	21-Wendy Berube
10-Amari Clemons	22-Bishop Diane Bruce
12-Christina Crerar	22-Jo Mothershead
14-Mike Badstubner	24-Kent Adamson
14-Tom Seminoff	24-Jerry McDonald
16-Robert Hagstrom	27-Pat Kensler
17-Anna Brownell	

**- Anniversaries -**

7-Tom & Christi Seminoff
 14-Mel & Jo Mothershead
 17-Robert & Susan Hagstrom
 19-Will & Tatia Wallett
 23-Fred Robinson & Claire Morrison
 26-John Bottjer & Lauri McIntosh
 27-Bob & Bertie Lloyd
 27-Mark & Sherilee Pocino



**Do you know a parishioner that needs help with
rides, meals, or that would like a home visit?**

Please contact:
the church office, Fr. Patrick, or Carolyn Ferreira

Bible Studies



**Every Wednesday
in the Library**

11:00am (English)

6:00pm (Spanish)

Centering Prayer

Centering Prayer Group

Every Monday at 6:00pm in the Library

For more information,
please contact Matt Duncan:
morphix1@cox.net

St. Clement's by-the-Sea EPISCOPAL CHURCH

San Clemente's First Church

Welcoming all since 1929



SUNDAY WORSHIP

8:00am Holy Communion Rite I, Nursery

10:00am Holy Communion Rite II with Choir, Nursery, Sunday School

12:00pm La Misa en Español

202 Avenida Aragon
San Clemente, CA 92672

OFFICE HOURS

Monday—9:00am-1:00pm

Tuesday-Friday—8:00am-1:00pm

Phone: 949.492.3401

E-mail: info@scbythesea.org

Website: www.scbythesea.org

The Rev. Patrick Crerar, Rector