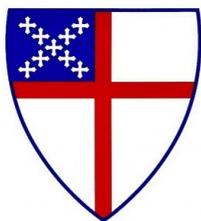


# THE ANCHOR

MARCH 2017

The monthly newsletter of St. Clements 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*



## Fasting...

One of the provocative questions we may hear from young people is, “Why do we fast?” “Well, this is Lent, and so we fast,” we might answer. But, that response will not get you far with an inquisitive youngster. “But, why do we fast?” Of course, we fast for many reasons and there are many types of fasts. The most familiar is perhaps fasting from food, or certain types of food. As I mentioned in my homily on Ash Wednesday, during this holy season we may choose to take into our bodies only that which is necessary or essential for *our* living, so that we might share with those who do not have sufficient food for what is necessary and essential for *their* living.

I don’t know about you, but there are certain things in which I overindulge. Leave me alone in a room with some dark chocolate and you’re likely to return to seconds later to find just an empty wrapper where that chocolate once was. I’ve got a sweet tooth a mile wide (surely an inherited trait). And I know that I’m not alone. As a society, we tend to over consume, and we’ve all got vices. And as any good physician will tell you, including the “Physician of our Souls,” too much of a good thing can be harmful or at the very least unhealthful. Such over consumption can create distance between ourselves and God and between ourselves and others. Lent is about removing, or walking back, that distance.

I love the link that fasting has with working for greater justice in our world. In other words, that our fast would result in a world more like the one we seek, a world of greater mercy and sharing, in short, one that reflects God’s desire for Creation (or as Jesus called it, “the Kingdom”). The prophet Isaiah (inspired by the Holy Spirit) probably said it best when he proclaimed:

“Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rearguard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.” *Isaiah 58:6-9*

*Continued on next page*

Surely, this is the fast that God chooses. And we might imagine how wonderful the world would be if such was the fast that all the faithful embraced. Jesus commends this way of living in his self identification with those who are hungry, thirsty, or strangers, naked, sick or imprisoned, and added that which you do for the “least of these who are members of my family, you did it to me.” (Mt 25:35-37, 40).

This season of Lent is all about abandoning those things that separate us from God and from one another. It is about converting them into ash, or dying to them, as Christ himself died to sin, in order that we might have new life with God and those around us. It is not the easiest thing to do, fasting, and forsaking things that in some ways may have come to define us. But God would rather claim us as His own, rather than allow us to give ourselves over to any other thing, or habit, or position or even ideology. We belong first and foremost to God, and our humility in fasting says back to God, “I am yours, and I know that you are the one who truly nourishes me.”

This is a good place to be, spiritual speaking. We rid ourselves of all kinds of idols that we falsely think are essential, and get back to that which is truly essential. And so Lent need not be a time of sorrow but of joy. St. Basil the Great (329-379 CE) had much to say on that topic and I end with his good advice, which I hope gives you at least a little chuckle.

“Let us, therefore, exhibit the demeanor that we have been taught, not being doleful about the coming days, but maintaining a joyful attitude, as befits holy people. No one who desponds is crowned; no one who sulks sets up a trophy of victory. Do not be sullen while you are being healed. It would be absurd not to rejoice over the health of your soul, but rather to be distressed over a change of diet and to give the impression of setting more store by the pleasure of your stomach than by the care of your soul. For satiety brings delight to the stomach, whereas fasting brings profit to the soul. Be of good cheer, for the physician has given you a medicine that destroys sin...fasting – a remedy truly worthy of its appellation – when introduced into the soul, kills off the sin that lurks deep within it.”<sup>1</sup>

Yours in Christ,

*Fr. Patrick*



<sup>1</sup>-<http://www.johnsanidopoulos.com/2011/03/st-basil-greats-homily-on-fasting-1-of.html>

## Community Outreach

Have you been wondering how you can put God's love into action and strengthen St. Clement's connections with the community?



**The Peace & Reconciliation/Outreach Committee has opportunities for you!**



*To learn more, please join us at our next meeting:*

**Wednesday, March 15th at 7:30 pm in the Library.**

*Peace,  
Jan*



*Lenten Series 2017*



*Please join us for our annual Lenten Series*

*This year we will be having*

*Simple Suppers and Discussions*

*Every Thursday night beginning*

**March 9th and ending March 30th**

**7:00 PM**

**Okie Hall**

*We hope to see you there!*

*Email or call Father Patrick with any questions.*

*[frpatrick@scbythesea.org](mailto:frpatrick@scbythesea.org)*

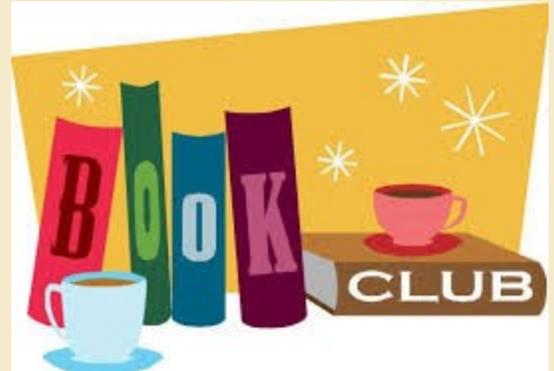
## Something for Everyone

### Book Club

Christ Walk: A 40-day Spiritual Fitness Program  
by Anna Fitch Courie  
Tuesday, February 7th  
5:00 pm at Rocco's

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



### Anchors Potluck Supper Club

Friday, March 17th at 7:00 pm  
Home of Judy and Mark Johnson  
Please sign up at Coffee Hour



Contact Pat Sawyer if you have any questions

# Highlights from the Annual Shrove Tuesday Pancake Feed

*Thank you all for your generous donations!*

*We raised \$261 for our Sandwich Ministry!*



*Highlights for the month of March at  
St. Clement's*

**March 7th**– Book Club, 5pm at Rocco's



**March 9th, 16th, 23rd, 30th**– Lenten Series discussion, 7pm, Okie Hall

**March 15th** - Laundry Love at Laundry Basket South

Volunteers meet at 1:30pm



**March 17th**– Anchor's Supper Club, 7pm, hosted by  
Judy and Mark Johnson



**March 19th**– Sandwich making for the Welcome Inn, 9am, Okie Hall



**March 21st** – Vestry Meeting, 7pm in the Library

**Make sure to check out our "Upcoming Events" Page at  
[www.scbythesea.org](http://www.scbythesea.org)**

## ***A message from your Senior Warden...***



As our winter storms have provided us with much needed rain, they also left us without shelter for our lovely courtyard as you may have noticed that the canopy did not survive the last storm that came through over President's Day Weekend.

St. Clement's has formed a committee to evaluate a proper replacement for a more stable and permanent structure, but we would love any opinions or recommendations as to what should replace our fallen canopy.

Several initial ideas are starting to formulate, but we have to keep in mind that St. Clement's is not only a historical landmark, but the first historical landmark in San Clemente and we have to adhere to structural and design approval from the city.

We welcome your input, ideas, suggestions and even networking affiliations to help us during the decision-making process. This is a great opportunity to add to the already beautiful presence that St. Clement's offers us on a daily basis.

Warm Regards,

*Jason Feeney*  
Senior Warden

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

Please contact the church office or Tina Borden for further information.

***Sandwich Making for the Welcome Inn***



**March 19th  
9:00 AM  
Okie Hall**

**Centering Prayer Group  
meets each Monday at  
6:00pm in the Library**

For more information  
please contact Matt Duncan

March 2017 Birthday Celebrants

- 2 - Bill Green
- 2 - Virginia Salmella
- 7 - Teresa Hite
- 8 - Lauri McIntosh
- 15 - Olga Harris
- 15 - Thuy Jones
- 15 - Ayrton Martinez
- 20 - Robert Kensler
- 22 - Pam Kerr
- 23 - Sergio Lovell
- 25 - Thomas Fahney
- 29 - Trevor Allen
- 29 - Audrey Daigle
- 30 - Gloria Jean Rodriguez
- 30 - Stella Stropp

Wedding Anniversaries

- 26 - Tina & Russ English
- 26 - Myrna & Al Gray
- 26 - Juvenal Delgado & Diana Olmedo
- 27 - Pam & Russ Kerr
- 31 - Sarah & Neal Harrison



## St. Clement's by-the-Sea Episcopal Church

### ***St. Clement's by-the-Sea Episcopal Church***

*San Clemente's Historic Landmark #1*  
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E-mail: [info@scbythesea.org](mailto:info@scbythesea.org)  
Website: [www.scbythesea.org](http://www.scbythesea.org)  
Rector— The Rev. Patrick Crerar



### **SUNDAY WORSHIP**

8 a.m. Holy Communion Rite I, Nursery

10 a.m. Holy Communion Rite II with Choir, Nursery, Sunday School

12 p.m. La Misa en Español

### **OFFICE HOURS**

9am-3pm Monday-Thursday

9am-12pm Friday