

# 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)

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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



## Our Children and the Child Within

"Jesus said, 'Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of heaven belongs.' And he laid his hands on them and went on his way.

This quote from the Gospel of Matthew, chapter nineteen, rings in my ears loudly and often. When I see the children gathering here at St. Matthias I am glad for their presence and Jesus expects us to take good care of them.

St. Matthias offers something for all children on the Lord's Day. The youngest children have a nursery available to them run by our very capable Nursery School Teacher, Victoria. Sunday school is provided for kids from 4 to 18. Our classes are divided into K through second grade, third grade through fifth, and grades six through twelve. Father Bill designs the curriculum each week which follows the lectionary and is presented in PowerPoint format. Our parents are also intimately involved in every aspect of our ministry to the kids including many valuable extra-curricular events. For further information please see Father Bill or Dana Medina.

But this is only part of the story. In each of us exists a child, the child that has never changed; the child that has been with us since each of us was young. This little girl and boy knows God in a way that the adult can never know God. This little child can't wait to talk with God, spend time with God, play with God, laugh with God, and this little person trusts God in a complete and innocent way that an adult cannot.

I have mentioned before, and will again, how much God loves us and how God sees us. God sees the child within us all and God loves us as if we were still that little innocent.

I remember when I was small how excited I was when my father arrived home from work. I would run to him knowing I could share my day with him, all of my day, and I knew for sure how much he loved me. I would run and jump into his arms never once concerned that he would drop me or reject me.

God will never drop us either when we run to him as a child would run to his father. So as we think about the care of our children, please remember the child that exists within us all. We are invited to reintroduce that little him or her to God, and then together let's all run and jump into the arms of God and feel the incredible love God has for each of us.

*Fr. Bill+*



*"Bless  
all the dear  
children  
with thy  
tender care"*

## Lenten Potluck Series 2020

This year's Lenten potluck series will feature five Saint Matthias parishioners speaking about their lives and faith journeys. Dinner begins at 6:30 p.m., and the program runs from 7:00 to 8:00.

- + March 5 – Chuck Carillo
- + March 12 – Mike Garabedian
- + March 19 – Kevin McKelvie
- + March 26 – Nate Warner
- + April 2 – Andrea Schmid

# Forty Days OF LENT

## Future Fund

The following are some quotes from the Episcopal Church Foundation in 2000 as St. Matthias was preparing to create a Futures fund.

"Our emphasis is on "Future" because it may draw your mind, spirit and heart out of the rut of short term problem solving and encourage hard-edge vision about growing your vision and mission. History and experience teach that our future can be influenced by our past. Little of substance springs from thin air. Inspiration and aspiration are not usually the products of desperation. The archaic meanings of "inspire" include "breath" and "life". As people of hope, and as we acknowledge our past we must ask what will give us new breath and life"

"Finally and importantly, is the reminder that one need not have great material wealth to be a philanthropist. All in your congregation (St. Matthias) are by christian instinct, imperative and experience budding or flowering philanthropists. Lively Episcopal Philanthropy when combined with good measures of sound leadership and education are the ingredients that contribute to an engaging and effective mission. End Quotes.

These words still ring true in 2020. If you have not already done so please pray and think about how you can contribute not only spiritually but by becoming philanthropists in any way that you can. We know this philosophy works because we have grown our fund from the initial 55 thousand to close to one half million.

If you have questions regarding how you can become a philanthropist please contact one of our committee members: Larry Christian, Stan Jamieson, Doug Halliday, Mike Taylor or Fr. Bill Garrison.

*Stan Jamieson*

## Stephen Ministry

Following are a few more "ATTENTION-GRABBERS" that describe your Stephen Ministry program at St. Matthias:

### TRUST ME

Has someone ever told you "Trust Me", and then let you down? Our Stephen Ministers at St. Matthias are people you really can trust. They are committed to providing the best Christian care possible to their care receivers. They are people you can trust and fully depend on.

### "PLEASE KEEP THIS CONFIDENTIAL....."

When you say these words to your Stephen Minister, you can be assured your Stephen Minister will keep quiet about everything you share. Confidentiality is a cornerstone of Stephen Ministry. Stephen Ministers do not reveal anything their care receiver says - and they won't ever tell anyone who their care receiver is.

So please remember that our lives are delicately balanced. A small shift in one area of life can set us off balance, A major change can send us spinning out of control. Stephen Ministers can help when life gets out of balance. They listen and care, and most importantly, bring the stability of Jesus' love and grace into people's lives. If your life or that of someone you know has shifted out of balance, consider Stephen Ministry. Your Stephen Ministers are as follows:

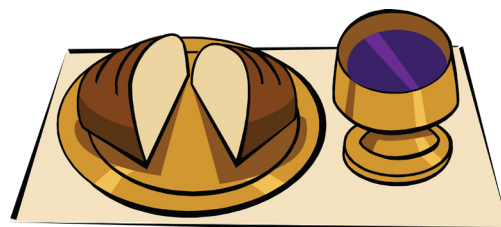
The Rev. Carole Horton-Howe, Stan Jamieson, Faye Jackson, Kay Lozano, Dottie Andersen, Larry Christian, Mary Jean Christian, Kitty Coutts, Terry Dodd, Dave Donovan, Raquel Flores-Olson, Shannon Moore, Sophie McIntosh, Kathy Underwood, and Sue Williams.

### LOOK FOR OUR BLUE BADGES ON SUNDAY MORNINGS.

*Stan Jamieson - Stephen Leader*

## Women's Book Club

The Women's Book Club selection for March is The Faith Club: A Muslim, A Christian, A Jew—Three Women Search for Understanding by Ranya Idliby, Suzanne Oliver, and Priscilla Warner.



# Come to the Table

# 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

## **March 1                    The First Sunday in Lent**

Scripture:                Genesis 2:15-17; 3:1-7, Romans 5:12-19, Matthew 4:1-11, Psalm 32

## **March 8                    The Second Sunday in Lent**

Scripture:                Genesis 12:1-4a, Romans 4:1-5, 13-17, John 3:1-17, Psalm 121

## **March 15                  The Third Sunday in Lent**

Scripture:                Exodus 17:1-7, Romans 5:1-11, John 4:5-42, Psalm 95

## **March 22                  The Fourth Sunday in Lent**

Scripture:                1 Samuel 16:1-13, Ephesians 5:8-14, John 9:1-41, Psalm 23

## **March 29                  The Fifth Sunday in Lent**

Scripture:                Ezekiel 37:1-14, Romans 8:6-11, John 11:1-45, Psalm 130

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## Falling in Love at Lent

It's occurred to me that what Lent is really all about is falling in love with God, maybe for the first time or maybe all over again. The words of the Ash Wednesday liturgy that begin the season of Lent don't sound much like falling in love: "I invite you, therefore in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting and self-denial; and by reading and meditating on God's holy Word." Hmm. Doesn't sound much like the giddy, I-can't-get-enough-of-him/her feeling of love that is so exhilarating. I hope you've experienced this with someone special in your life. If you have, you'll know it doesn't last but is hopefully replaced with a commitment to deep mutual caring and support in times of strength and times of vulnerability.

And I hope you'll consider that you can have that experience in your spiritual life, too. Maybe you grew up as I did with the idea that God is more about punishing than loving, always on the lookout with a critical eye. I had no problem worshipping God and acknowledging God's all-inclusive and powerful work in the world. It just wasn't personal. Something incredible happened to me during a session of contemplative prayer. I had a vision of myself reaching towards God. And for the first time I saw God reaching back to me with a longing to embrace me. I felt this as intensely loving. It startled me right out of the meditative state I was in and back into reality where I had to process it. It was undeniable. It's also universal. God is also reaching out to lovingly embrace you.

So at the risk of annoying the authors of the Book of Common Prayer, allow me to paraphrase their entrée to Lent: I invite you, in the name of the God of Love, to explore the possibilities of a holy Lent, by remembering that you were created out of God's love; by turning away from the things that are soul-damaging and towards those that are life-giving; by allowing God to startle you with God's tangible willingness to share your joys and to rescue you from despair so that you continually experience God's deep loving care for you.

*Rev. Carole+*





## Messenger Survey Results: Saint Matthias Wants to Hear from YOU

Thank you to everyone who participated in the Messenger survey over the past month. The thirty submissions yielded many great ideas. One of my personal favorites was a suggestion that we include book reviews. Given our thriving women's book group, the new men's book group, and the popularity of small group book studies, we should have no shortage of material to discuss!

By far the most common theme among the responses, however, was a desire to read more about the people of Saint Matthias—profiles of both long-time and new parishioners, more frequent updates on the youth and small groups, and a space for recognizing milestones such as births and marriages.

Of course, the new content will come with some trade-offs. While the core of the Messenger—the reflections from our clergy and From the Senior Warden's Desk—will continue to appear on a monthly basis, other columns may eventually begin to appear bimonthly or quarterly. Still, none will disappear any time soon.

I'd like to get our Messenger update started by focusing on the idea of sharing news about milestones in the life of our parish community. Have you recently celebrated a birth or marriage in your family? Would you like to say a few words about a loved one who has passed on? Are you celebrating a special anniversary? Have you recently moved to a new address? Do you want to say thank you to those in the church who supported you through a tough time? You can submit your message to either myself (andrea@stmatthiaswhittier.org) or Messenger editor Alan Selmanaj (alan@stmatthiaswhittier.org), or to the parish office. If you'd like to include photos, please submit copies only—no originals. Submissions should be turned in no later than the 14th of the month prior to the month when you'd like them to appear, and they may be edited for length and clarity.

### HERE'S A HANDY EXAMPLE:

Michael and Andrea Schmid were thrilled to welcome a baby boy, Julian Albert, on December 18th. They'd like to say thank you to the Saint Matthias community, especially the ECW, Daughters of the King, and the Pastoral Commission, for their kindness and support over the past few months.

*--Andrea Schmid, Communications Director*



## Burned Biscuits

When I was a kid, my Mom liked to make breakfast food for dinner every now and then. I remember one night in particular when she had made breakfast after a long, hard day at work. On that evening so long ago, my Mom placed a plate of eggs, sausage and extremely burned biscuits in front of my dad. I remember waiting to see if anyone noticed!

All my dad did was reach for his biscuit, smile at my Mom and ask me how my day was at school. I don't remember what I told him that night, but I do remember watching him smear butter and jelly on that ugly burned biscuit. He ate every bite of that thing...never made a face nor uttered a word about it!

When I got up from the table that evening, I remember hearing my Mom apologize to my dad for burning the biscuits. And I'll never forget what he said, "Honey, I love burned biscuits every now and then."

Later that night, I went to kiss Daddy good night and I asked him if he really liked his biscuits burned. He wrapped me in his arms and said, "Your Mom put in a hard day at work today and she's real tired. And besides--a little burned biscuit never hurt anyone!"

As I've grown older, I've thought about that many times. Life is full of imperfect things and imperfect people.

"Don't put the key to your happiness in someone else's pocket--keep it in your own."

So, please pass me a biscuit, and yes, the burned one will do just fine.

Be kinder than necessary because everyone you meet is fighting some kind of battle.

"Life without God is like an unsharpened pencil--it has no point"





## MAKE MUSIC TO THE LORD

People of the Bible used many different instruments to worship God through music.

Directions: Using the clues, unscramble the names of instruments found in Psalm 150. Then write the circled letters in order in the spaces below to complete verse 6.

	A type of horn	_____ <input type="checkbox"/>	MURTEP
	Played by King David	<input type="checkbox"/> _____	PRHA
	Plucked to make sound	_____ <input type="checkbox"/> _____	IGSNSTR
	Similar to a tambourine	_____ <input type="checkbox"/> _____	MRBELIT
	A type of harp	_____ <input type="checkbox"/>	ELRY
	Blown through to make sound	_____ <input type="checkbox"/> _____	EPPI
A percussion instrument	_____ <input type="checkbox"/> _____	YBLACMS	

Le\_ everyt\_ing tha\_ has \_r\_ath  
\_raise the \_ORD. Psalm 150:6, NIV

Answer: trumpet, harp, strings, timbrel, lyre, pipe, cymbals; Let everything that has breath praise the LORD. Psalm 150:6, NIV

## 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.

## Joyful noise



Use your voice and this hand-crafted percussion instrument to make joyful noises to the Lord.

### What you need:

- Dry beans (about one Tbsp)
- Plastic Easter egg
- 2 plastic spoons
- Masking tape
- Markers and stickers

### What you do:

1. Place the beans inside the egg and snap it closed.
2. Set the egg in a spoon and cover it with the second spoon so the spoons are holding the egg.
3. Tape the spoons to the egg. Also wrap tape around the spoons from top to bottom to make a shaker handle.
4. Decorate your shaker and use it as you sing praises to God.
5. Experiment with sounds by filling other eggs with coins, rice, and so on.

## 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

### Bookkeeper

Kent Meyers

## Special Dates in March

- \* First Sunday in Lent, March 1
- \* Daylight-Saving Time March 8
- \* First day of spring, March 19



The Stephen Ministry Sweet Sale raised \$471.



# Daughters of the King to Host Lenten Quiet Day

The Daughters of the King will host our third Quiet Day on Saturday, March 7th, from 8:30 a.m. until around noon. The event is part of our ongoing effort to be of service to the parish by creating opportunities for spiritual growth. Past Quiet Days have drawn around fifteen women and have included activities such as guided meditations, Lectio Divina, and opportunities to pray with a walking rosary, finger labyrinths, and icons. The upcoming event will incorporate some favorites from past events along with new activities related to the theme of creativity. As with the previous Quiet Days, we will conclude with a not-so-quiet agape meal, a unique liturgy in which participants pass plates of food to share as a sign of Christian love. If you'd like to know more, see Rev. Carole Horton-Howe ([carole@stmatthiaswhittier.org](mailto:carole@stmatthiaswhittier.org)) or any Daughter.



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