



*Five Loaves. Two Small Fish. Enough for a Multitude.*

Volume 7, Issue 2      Published 10 times a year

February 2016

## A Star in our Midst: Estela Le

If you're anything like me (and, if not, just play along), you might spend some idle time wondering just how the big Bible set pieces actually unfolded. I'm writing this during Epiphany, so I've been pondering how the Magi got to Bethlehem. What were the logistics of this trip, and, specifically who made the arrangements? I mean, those camels weren't gonna feed themselves, and who was mapping out the route to the next oasis? My guess is the three kings were too busy looking to the heavens and calculating algorithms to the Bethlehem Star to worry about that night's dinner. I'm thinking there was some unknown go-to guy or gal who made the arrangements and remembered to pack the frankincense.

It seems there's always someone in a group who can keep the big picture in mind while still attending to all the details, usually without needing any fanfare or recognition. One of the unsung heroines in our St. Andrew's story is Estela Le. Over 13 years ago when Tim Lyons began the Friday Lunch for the Community, it was a one-man show. That is, until week two when Estela, her mom, and her son, Shaun, came to check out the lunch program and make sure, according to Tim, "it was all cool". At the end of the meal, Shaun

wondered if they could help do the dishes and, as Tim was busy cooking and serving, Estela led her team to the kitchen. They started helping out, and, in Tim's words, Estela "shows up every Friday and knows exactly what to do, where everything is stored, etc."

Every Thursday, Estela offers her support and expertise to Annie Heyligers and the Food Pantry. Perhaps in memory of her father, Estela has gotten to know many of the families "on the line" and sets aside items such as meat and poultry to accommodate folks with many mouths to feed. Estela anticipates the Food Pantry needs; over the holidays, Annie says Estela came in with a friend and cleaned shelves, washed floors, and disposed of trash. Estela knew Annie worked hard at the Food Pantry and wanted her to start the



year fresh. "But no one works as hard as Estela", says Annie. For her part, Estela says the Friday Lunch and Thursday Food Pantry are "very, very special to me". She looks forward to Thursdays and Fridays when she can "give of her heart".

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On January 17, 2016 at the St. Andrew's Annual Meeting, Estela Le received the St. Andrew's Servant Ministry Award for her dedication to St. Andrew's and all whom we serve. The Servant Ministry Award is given annually to a member of our community who supports and exemplifies the ideals of Christian life, and lives into our mission of revealing God's love by nourishing the community through worship, acceptance, and service. Nominations will be taken for next year's award in November 2016.

### Upcoming Events

- February 3  
6:30, First Wednesday
- February 5  
10 am, Finance Meeting
- February 5-7  
Vestry Retreat
- February 7  
Boy Scout Sunday
- February 9  
10 am, Aging Gracefully  
6 pm, Vestry Meeting
- February 10  
Ash Wednesday  
7 am, 12 pm, 5:30 pm, 7 pm
- February 15,  
President's Day  
Office closed
- February 16  
2 pm, Art & Soul
- February 17, 24  
6 pm, Lenten Study Series
- February 19, 26  
7 pm, Stations of the Cross
- February 20  
Parents' Night Out
- February 25  
11:30 am, XYZ's

## Letter from the Rector: Feeding Your Heart

This month our theme is all about the heart... letting your heart lead you, listening with your heart, etc., so I've decided to wonder with you a bit about the ripple effects of our personal practices. My question for you is, what do you do for you that feeds your soul? We all live with the reality that our schedules are packed to the brim, and technology keeps us ever tethered to a screen, but might we find ways of disconnecting from all of that, if only for a five-minute block of time?

Do you have an app that can remind you to take some heart time? Can you block it out on your calendar? Maybe set a daily alarm? Or if you drive a lot, use a red traffic signal as a reminder to check-in with your heart. You might not be able to get away for a day-long retreat, but you can use some short blocks of time to breathe deep and reconnect yourself to God.

That time of connection doesn't have to have any guidelines or specific purpose other than you being intentional about, in that moment, being

completely present to the belief that God can bring you back to center—right now, right here—even if it's only for a minute. That kind of intentionality will develop into more minutes in other parts of your day. Before you know it, you'll be using elevator rides as prayer time, waiting in the doctor's office as a mini-retreat, and walking the dog as moving meditation.

Listening to your heart is not only good for your personal well-being, it'll rub off in positive ways on the people around you. This month as you celebrate all things of the heart, may you find Christ at the center of all you do.

In Christ's joy,

*Mother Brenda +*

### Gifts for Life

This December the Sunday school, preschool, and congregation raised \$435.23 for Episcopal Relief and Development. This was our 3<sup>rd</sup> year fundraising for this extremely worthwhile cause. We participated in the Gifts for Life program to help others around the world. With these funds we purchased: 1 goat, 1 family garden, 3 flocks of chickens, 1 fruit tree, seeds/tools/training, and 2 mosquito nets. Amazing what we can do when we all come together! Next year, as a congregation, we would like to double our donation by setting a goal of \$900. Working together we can no doubt achieve this. Thank you for your support!  
-Jennifer Rohr and Colleen Gritzen



**Episcopal  
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Healing a hurting world

## Lent is for Learning

Join us Wednesday nights in Lent for two special opportunities to more deeply incorporate your faith in your everyday life. Potluck soup, salad and bread supper at 6 p.m.; classes start at 6:30.

### A Lenten Journey to Narnia

The Chronicles of Narnia: The Lion, The Witch and the Wardrobe is a powerful movie with intense action and strong Christian themes. With the movie as a launching point, we'll discuss sacrifice, sibling relationships, independence and more. Best for ages 10 and up, but all are welcome.

### Practicing Prayer

Come learn about different practices that may strengthen your prayer life. Each week will introduce a different approach; enjoy as many as you can attend. Topics include centering prayer, praying the Psalms, Ignatian prayer, incorporating Prayers of the People into one's private prayer, and Lectio Divina.

## Estela Le *continued from the front page*

Estela also helps Leslie Hernandez with Fellowship special events and is an invaluable resource to Debbie Hickson and the Christmas Gift Shop for the Food Pantry clients, especially interpreting for our Spanish-challenged volunteers, like me. On a personal note, I remember how friendly and patient Estela was with me when I first started helping out in the kitchen for special events. She always has a huge smile and a welcoming hug when I see her around campus.

After several years of volunteering, Estela formally became a part of the St. Andrew's team when she was hired to replace the janitorial service that had been contracted to keep the church, parish hall and preschool clean. After just two weeks of Estela and her family doing the cleaning, every building looked newer and shinier than it had in years.

Estela learned the importance of community and selfless giving from her family of fourteen.

When her father "couldn't finish" the food on his plate, he'd ask the children for help. Later on, Estela realized the sacrifices her father made and how he provided for his family. A daughter of immigrants, Estela came to the US from Mexico when she was seventeen. She learned English by taking Adult Ed classes, where she met her future husband, an immigrant from Vietnam. She carried on the family tradition of caring by ensuring her three children attended college.

Tim says Estela is "one of my favorite people ever. She looks for no acclaim. She keeps working no matter how long it takes to get done." Anticipating the needs of the community? Giving with no expectation of recognition? Sounds like the definition of an unsung heroine to me. A mainstay of St. Andrew's, Estela shows us how to let our hearts lead us to the many ways we can express God's love to all.

-Gigi Miller

## New Ash Wednesday Service Debuts



Over the last few years, there has been a lot of controversy about whether imposing ashes in public places on Ash Wednesday actually connects more people to God, or whether the practice cheapens the meaning of the liturgy. The debate is a part of the larger conversation about how practices can be evolved to create access for more people without betraying our roots. As another article in this issue explains, gone are the days when most people in our country grew up being exposed to church. In this "Post-Christendom" world, we are challenged to be ever cognizant of how our rituals, music, and gatherings might be altered—if ever so slightly—to meet people where they are in their lives. This year, we won't take ashes to the street corner, but we are going to the parking lot.

Whether you dread bringing restless children inside for a traditional liturgy, or don't have enough time in your workday to attend a regular service, you can still participate in Ash Wednesday. There will be a short, outside liturgy at 5:30 p.m. and then ashes will be imposed until 6:30 p.m. Drive up, drive through, or stop for a few minutes. We'll be ready for you.

Traditional Ash Wednesday services will be held in the church at 7 a.m., 12 p.m. and 7 p.m.

## Gift Upon Gift: the Stations of the Cross Carvings

In his Washington State Cougars baseball cap and jeans, Jim Temples doesn't look like an artist. He looks more like a track coach, which is what he was for many years, first at San Dieguito High School and later at Torrey Pines. He grew up in a household that encouraged creativity, but it wasn't until after he and his late wife Caryl visited Rome in the mid-eighties that he started seriously pursuing the craft of wood carving. He lights up when he describes the experience he had there, as he touched the hem of Michelangelo's Pieta. "My eyes said fabric, my fingers said cold stone.

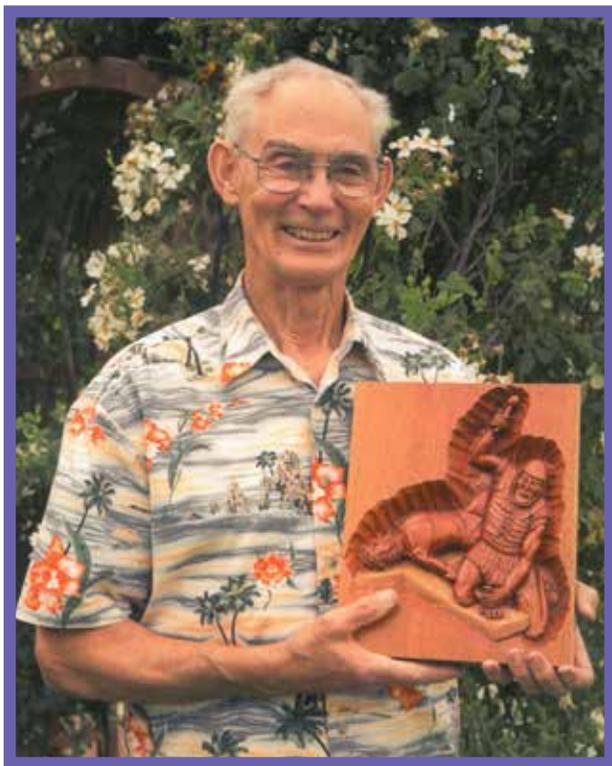
And Jesus said,  
"Start carving,  
Jimmy!"

And start carving he did, finding that he had a talent for making the wood come to life. Still, when he was approached by a group led by parishioner Nancy Aldridge to consider creating a series of carvings to mark the Stations of the Cross, he wasn't sure he was up to the task. There were trained artists in the congregation who he thought would be better choices. Amazed

that he was allowed to try to create them, he accepted the challenge and began to study.

Learning about the tradition of the Stations of the Cross was the first step. He read extensively, visited other churches, and looked at examples of the art that was used in churches in Europe. He began to form a plan: there would be 14 stations, and each one would focus clearly on the central action of that scene from the day of Jesus's crucifixion. "A lot of the images I looked at were so complex and had so many things going on that you couldn't tell what was really happening."

While Jim was busy planning, the parish was getting excited about the project. Parishioners were able to sponsor a station, and many jumped at the chance. The stations were carved in the order they were sponsored, rather than in numerical order. The back of each station has information about the sponsor, sometimes with a photo of the person who sponsored it or to whom it was dedicated.



Jim Temples holds Station 11, Jesus is Nailed to the Cross



The back of Station 9, sponsored by the Wright family and dedicated at Harold Wright's memorial service in 2008.

## Project Love Letter

Many preachers and pastors have referred to the Bible as God's "love letter" to humanity. It contains the story of our faith, telling us how God loves us, how that love has been and continues to be demonstrated in the world, and how we are called to respond to that love.

When Mother Brenda and I attended a seminar presented by Rev. Jay Sidebotham of Forward Movement (the *Forward Day by Day* people), one of the ideas he shared with us to embed Scripture in our lives by having Bible verses placed all around the campus. By surrounding ourselves with Scripture, we can better understand how all we do, individually and together, can contribute to God's mission in the world.

For example, a room used to store clothing for the poor might have the following verse from Luke on the door: "And Jesus would answer and say to them, 'The man who has two tunics is to share with him who has none; and he who has food is to do likewise.'" The cry room could feature the timely reminder from Matthew: "Beware that you don't look down on any of these little ones. For I tell you that in heaven their angels are always in the presence of my heavenly Father."

So, one of our communal Lenten activities will be "Project Love Letter." Think of areas and

activities that take place at St. Andrew's, and come up with a Bible verse that is relevant to it. Every area of our church presents an opportunity, even the restrooms and the janitor's closet. Each group that meets can find Scripture that speaks to their work. We will gather your suggestions throughout Lent, and then, during the Great Fifty Days between Easter and Pentecost, our "embedded Scripture" will begin to appear all over our campus. Hopefully, we will have suggestions from both individuals and groups.

Lest you think that this project is too intimidating, or you feel you might not be familiar enough with the Bible to attempt the task, I'll share with you that I found both of the two examples above in about fifteen minutes with a Google search ("Bible verses about clothing" and "Bible verses about babies"). I read various Bible verses and interesting comments about them in the process.

So, take this chance to be creative, to be thoughtful about our common life, and join us in creating visible reminders of God's love. Send your verses and suggested place for posting it to [contact@standrewsepiscopal.org](mailto:contact@standrewsepiscopal.org), and then see what turns up after Easter!

-Catherine Campbell

## Stations of the Cross

The stations themselves were carved from Honduran Mahogany over a period of eight years. The first, "Jesus is Condemned to Death", was sponsored by Jim and Caryl and dedicated in 2002; the last "Jesus is Laid in the Tomb" was completed in 2010. The carvings seem simple at first glance, but as you study them the details emerge: while each is polished to a soft glow, the cross Jesus carries is rough. There are real thorns in the crown he wears, thorns that came from St. Andrew's own Bible Garden.

Jim's gift to St. Andrew's makes participating in the Stations of the Cross service a deeper and more soul-stirring experience. Beyond the emotion of entering into the story of Jesus' final hours through the prayerful words and physical journey from station to station, the carvings allow you to see the passion of each scene. Jim says he still feels awe each time he sees them, "I look at them and say 'Thank you, God.'"

-Cordelia Manis



## Why many welcoming churches are dying churches

By Joseph Yoo

I was listening to a sports radio show on my way to church one morning. The two DJs were doing their usual bit of asking each other trivia questions. One of the DJs asked, "What are the top nine favorite religious Christmas Carols in the United States?" The other DJ had a hard time answering. He got only one: "O Holy Night." Upon learning that another popular carol is "Silent Night" he asked, "Wait, that's a religious one? How?" He was familiar with the tune of "It Came Upon a Midnight Clear" but again, he didn't know it was religious.

That same day, for our church preschool's Christmas party, I was helping one of the teachers and her teenage daughter set up some decorations in the sanctuary while the musicians were practicing some Christmas carols. Unknowingly I was humming along and the daughter asked, "Oh, what song is that?" After realizing that I was humming aloud, I had to take a moment to think about what song I was humming along to.

"Oh. It's 'It Came Upon a Midnight Clear.'"

"I never heard of that song."

What is it about this song that no one knows about?

Out of curiosity, I started asking her if she knew other "well-known" Christmas carols. Nope. I don't think so. Sounds familiar. I think

so...? Manger? What's a manger? Those were the answers to my spur-of-the-moment pop quiz.

It's no secret that our culture is becoming increasingly "secular." What's frustrating is that a lot of our churches still operate with the assumption that everyone knows about the church. And when we meet people that don't know the Lord's Prayer, instead of trying to teach them, we become more outraged at the secularity of our culture.

Where I believe my church and others fall short is meeting people where they are and joining in on the conversations they are already having. We still seem to want people to meet us where we are. At a recent visioning meeting, we talked about how we can reach our community and let them know that our church exists. A majority of

the ideas were something along the lines of a facelift for our campus so that we can look fresh, brighter, newer for the people driving by.

"If they see a new landscape, they might think there's life in the church and may want to come and check us out."

That's all good, but a new landscape or change of color of the church building isn't going to draw people in.

That's the second mistake many of us make. Not only do we assume that a majority of our neighbors know about church, we also look at outreach through the lens of the question "How do we get people into our pews" rather than actually being missional.

My church is absolutely welcoming. Many other churches are also welcoming... and happy, gracious and grateful to meet new families. *But a welcoming church can easily become a dying church.* Welcoming suggests passively waiting for people to come to be embraced, much like a dog anticipating and waiting for its master to come home.

Yes, we need to be welcoming... but more importantly, we need to be invitational. That means taking a risk and putting ourselves out there for possible rejection when we invite people to our church. It means going out into the world, making contact with people and building relationships with them.

Many decades ago, people looked for the cross and flame (the United Methodist Church logo) when they moved into a new town.

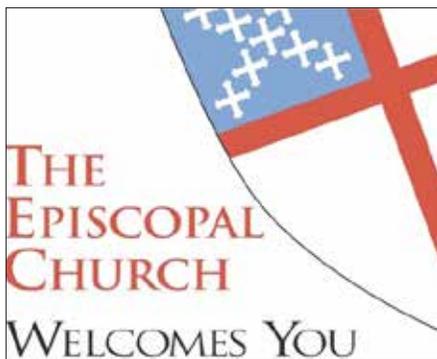
We don't have that luxury anymore.

We can't just wait and assume people are going to show up — because they won't. We're also going to encounter more and more folks who don't know the things about our faith that we take for granted. And that's okay.

What's not okay is for us to mistake the words of Jesus to "Go" for "Stay and wait for people to come" — no matter how welcoming we may be.

*Joseph Yoo is pastor of St. Mark United Methodist Church in Santa Barbara, California. He is the author of "Practical Prayer and Encountering Grace". He blogs at JosephYoo.com.*

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## Of Prayer and Mind Monkeys: An Invitation to Meditation

There are many kinds of prayer. From the quick prayer of "help" or "thanks" to daily morning, noon and evening prayer found in the Book of Common Prayer to our celebration of the Eucharist. Meditation is yet another opportunity for prayer. By definition, meditation is to think about; to reflect on; to contemplate. It is an exercise in quiet. In our world of 24/7 news and noise, it is not a commonplace experience. Are we missing something? Let's explore and see where our journey leads us.

Do you remember the last time you sat down for a few minutes, took a deep breath, felt your shoulders relax and let your mind turn to thoughts of God? If you can't, consider this an invitation. You might come to church a few minutes early and use that time to experiment with meditation.

You have nothing to lose and everything to gain.

Some suggestions for beginning this journey follow. Know that there are many paths. Some will be helpful. Others not. Do persist. Begin by preparing to pray. Settle into a comfortable position. Send your mind monkeys...those thoughts that just keep bouncing around in your brain... to the corner. They will wait for you. Take a few deep breaths feeling how the air brings life to your body. Ask that you might know God's presence and his call to you this day. Be open to what may follow. Really you are that special. You have a role to play in God's plan for salvation.

Prayer is our road map. We have each other. Let's journey onward....together.

-Pat Moran

### Opening Your Heart to Others

What kind of person, do you think, might benefit from a visit every now and then? A senior who is home bound and alone most of the time? Perhaps someone recovering from an illness or accident and wants someone to talk with. Anybody going through some tough times -- not needing professional help, but who would appreciate an attentive ear.

Here at St. Andrews, we are in the process of establishing a lay caring ministry. The purpose of the ministry is to visit those of our parishioners who are experiencing one of life's bumps in the road. Just visit. Not solve their problems. Not tell them what to do. Just visit, and listen.

I participated in such a ministry when I lived in Sacramento. When I was asked to visit someone I would go by for an hour or so once a week. We would talk. I would go weekly for anywhere from several months to more than a year, until the person was able to work themselves through their issues. Listening is a powerful ministry. We really don't listen to one another very well. It's work. It's also a special calling. It might be your ministry. Please contact me (Michael Reichle: [mreichle@sbcglobal.net](mailto:mreichle@sbcglobal.net)), if you'd like to get involved, and mark your calendar for a kick-off training on Saturday, April 23 from 9:30-11 in the parish hall.

### Why I Visit

Several years ago, I was asked if I'd like to visit a member of St. Andrew's who'd had a stroke and was in a care facility. Though I'd never met her, I agreed to make a visit.

I discovered she was unable to talk and was quite emotional. I decided to go back and visit again. Knowing it was hard to communicate, I brought a small photo album of a trip I'd taken. I learned she had also taken many trips, so it gave us something in common. I was delighted to learn she understood everything I was saying/asking. As time went by, my twice monthly visits became a joy to both of us, as her speech was slowing coming back. Last year when I got my first iPad, I decided to take it and show her how to play

Solitaire. This turned out to be very successful. We both would play together, with her making the choices. She had a birthday last August and I had the pleasure of sharing a little celebration with her and her family....a lovely daughter, husband and two grand-daughters.

Since she was formerly an active parishioner, I know she misses church a lot. She still thanks me every time I leave and that's been almost three years.

I would like to urge people to visit the shut-ins. Even if you don't know them, it's worth a try. It's so rewarding and both parties are blessed.

-Marie Pike

## Schedules

### Sunday Schedule

8:00 am—Rite I Holy Eucharist  
10:00 am—Rite II Holy Eucharist  
9:00 am—St. Andrew's Café Coffee Hour  
9:00 am—Adult and Youth Education  
9:50 am—Sunday School & Youth Service  
11:15 am—Coffee Hour & Youth Grind

### Office Hours

Monday–Thursday  
9:00 am–3:00 pm

Appointments are suggested for office or home visits.

## Ministries Directory

## Standing Notices

### Pastoral Needs

Michael Reichle may be called at 760-633-4823 in case of illness, accident, personal crisis, or if you just really need to talk. He will connect you with a clergy person if needed.

### The Clergy

The Rev. Brenda Sol,  
rector@standrewsepiscopal.org

### Baptisms, Marriages & Funerals

Please consult with the rector to schedule all baptisms and marriages, or to make funeral arrangements. ("The death of a member of the church should be reported as soon as possible to the Minister of the Congregation." –Book of Common Prayer, p. 468)

### Last Rites

If you would like Last Rites for your loved one, please call Mother Brenda's office number (760-753-3017 x\*811). If she's not in the office, the message provides her cell phone number.

## Vestry

Sr. Warden—Betsy Vaughn, 760-944-1104  
Jr. Warden—Debbie Hickson, 760-436-8306  
Clerk—Glori McStravick, 760-942-9153  
Treasurer—Bob Moran, 760-487-1630

Joe Arlauskas, 760-944-8458  
Catherine Campbell, 760-942-8192  
Bill Feeney, 760-479-0859  
Andy Lincoln, 858-546-0521  
Glori McStravick, 760-942-9153  
David Moore, 760-602-0977  
Pat Moran, 760-487-1630  
Jeff Rhoads,  
Joe Whitaker, 760-438-4618  
Chas Wurster, 858-692-2410

## The Episcopal Church of Saint Andrew the Apostle

890 Balour Dr.

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Phone: 760-753-3017

E-mail: [contact@standrewsepiscopal.org](mailto:contact@standrewsepiscopal.org)

Website: [www.standrewsepiscopal.org](http://www.standrewsepiscopal.org)

February 2016

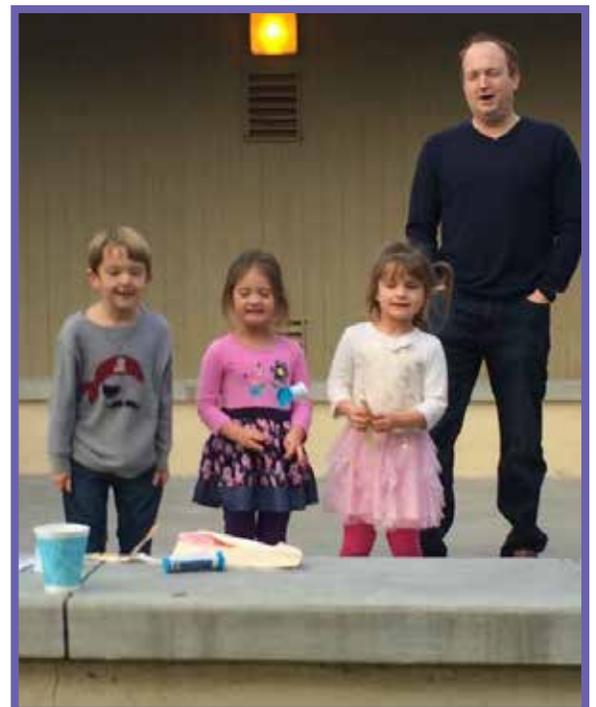
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Change Service Requested

*Five Loaves. Two Small Fish. Enough for a Multitude.*

## Family Adventures Create Smiles

The new Family Adventures program, introduced by Lisa Scott Jones, director of family ministries, has given St. Andrew's parents and children lots of reasons to smile. Focusing on families with children up to fifth grade, Family Adventures events have ranged from creating family treasure boxes to launching rockets. Contact Lisa for more info: [family@standrewsepiscopal.org](mailto:family@standrewsepiscopal.org).



Do you see the rocket? It's right in front of the girls!