



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

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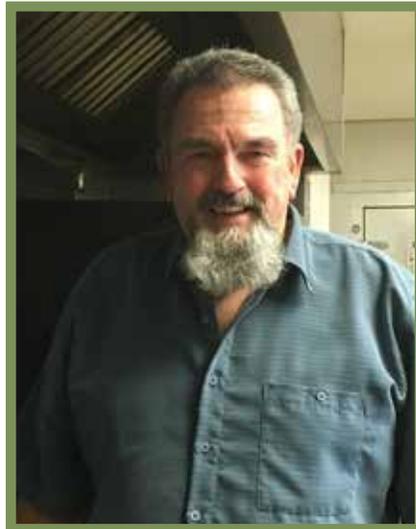
Duane Beamer – Riding the Waves of Life

I tried to surf once. My daughter and I, along with several other mother/daughter pairs, went down to La Jolla and took a lesson with Surf Divas (appropriate? I'll let you draw your own conclusions...). I managed to make it in the water and to a crouching position which I'm sure made me look like I was searching for a lost contact lens on the board. Said daughter, on the other hand, stood up the first time, sailed the waves like a Roxy ad, and, upon learning about the Stingray Shuffle, never tried it again. I believe she said something about not wanting to be part of Ariel's world.

By contrast, my son took up surfing in high school (late for an Encinitas native, I know) and never misses an opportunity to load up his battered board and check the swell. When I told him about my experience and that I was kind of intimidated by all the Diva instructions, he told me "You just have to relax when you're out there. If you think of all the things you should be doing, you can't feel the waves or listen to how they're calling you." Now, all this Cali "go with the flow" stuff may sound a little beachbound, but I think it can apply to our spiritual lives as well.

June's featured St. Andrew's family member, Duane Beamer, echoed my son's reflection when Duane told me that he wasn't much for "Bible thumping"; he preferred to listen to how God was directing him to live his life. Duane's philosophy seems simple "For God, for Family, for Country", and he's thankful that he's been able to live out that belief. But to realize that seemingly straightforward concept, Duane's had to attend to God's call and be flexible enough to respond.

According to Duane, his moral life began on his



grandad's farm in northern Oregon. Duane says his grandfather "was in church twice in his life: when he was married and when he was buried." But Duane watched how his grandad "lived his life, always doing good for others" and resolved to model his own life after his compassionate example.

Duane grew up a cradle Episcopalian in Milton-Freewater, Oregon, where he was christened in the log cabin that was St. James Episcopal Church. At 10, Duane was baptized in the Touchet River, "just like John the Baptist". Duane can "still picture that day" when he "felt the Holy Spirit come into my body" where "the Spirit's been ever since." Growing up in Milton-Freewater, Duane served the Episcopal Church as acolyte, choir member, interfaith church youth group leader, and by just generally bonding with the youth in the community.

Duane thought he'd become a priest when he left Milton-Freewater for Portland State University, but his life took a different turn, allowing

him to fulfill his original philosophy. Duane graduated with a degree in computer science and served as youth director in the Episcopal Church in Oregon City, before joining the National Guard. He moved to Spokane to work for Shell Chemical; it was in Spokane that he met and married his wife, Mary, and started the family that now includes two children and four grandchildren.

Duane served the National Guard proudly for 20 years in active duty. After attending cook school, he spent one year as a mess hall chef for women officers, where he really got to know his way around a kitchen. Duane listened again and "the good Lord took care of him" with an eight-

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Letter from the Rector: A Wave of Vitality

In this issue, we invite you to “ride the wave” of spiritual vitality. Your vestry and I are asking: “What is spiritual vitality? How do we measure it? What does it look like? What do we do if it’s lacking?”

At the same time, as I write this column, I am preparing my Pentecost sermon. One never knows where the Holy Spirit may take me, before I actually make my way into the pulpit, but I intend to talk about how, similar to the way people on Pentecost heard the message in their own language, we each “hear” the Holy Spirit in different ways. That is to say that, just as there are various learning styles, and assorted personality types, we all have preferred modes of spirituality.

While some of you feel closer to God in nature, some of you are moved by a traditional hymn; still others feel most connected through acts of service. That’s why we’ve come to realize that, while we are promoting this idea of “spiritual vitality” throughout the parish, it is not really possible for us to define what that means. We all know it when we see it, but we might each “see” and feel that vitality in different ways.

For instance, I am fed by our Anglican liturgy; I love the ritual, the symbolism, the prayers—it is all beautiful to me—but when I am leading worship and having to pay attention to what comes next, etc., it is difficult to actually worship. This means I have to find other places to invite in the life-giving movement of the Spirit, so that I feel spiritually vital the next time I am leading worship.

No matter what is going on in my life, I know that a quick trip to the beach can recharge me like

nothing else can. The whole experience—from watching the white-capped waves crash on the shore, to the rain-stick sound the water makes as it rushes back out through the round stones, to the smell of the salt water, to the feel of the breeze blowing my hair around, to the sun heating my shoulders and the grit of the sand rubbing against the soles of my feet—leaves me feeling like I am directly connected to God.

I am aware of riding another wave as I walk the beach, and that is the cycle of life. I often spot a bird, a fish, or even a seal that has died and washed up on the beach. Those are not pleasant encounters, but there are an equal number of sightings that include baby birds and laughing children—signs of resurrection and new life all around me.

I am not always consciously thinking about what God might be communicating to me in these walking meditations, but not only do I return to my car feeling renewed and more aware of God’s presence, I notice that new insights present themselves in my drive back home.

Your sense of spiritual vitality might not look or sound at all like mine, but I encourage you to learn more about it just the same. My guess is that you are already doing things that contribute to your spiritual vitality that you have not identified as such. Happy exploring!

Mother Brenda +

Start Your Summer Reading List Now

The Faith & Literature series returns this summer. Put these titles on your TBR (to be read) list today so you are ready to enjoy stimulating conversation about great books and faith.

- 6/19: ***The Red Tent*** by Anita Diamant
- 7/17: ***All the Light we Cannot See*** by Anthony Doerr
- 8/14: ***A Marriage of Opposites*** by Alice Hoffman

If you are ordering these books from Amazon.com, shop via the link on our website and St. Andrew’s will receive a percentage of your purchase! Find the link at standrewsepiscopal.org/give.

Duane Beamer *continued from the front page*

year stint at Fairchild Air Force Base in Spokane, where he commanded the helicopter ambulance unit. Before private organizations such as Life Flight existed, National Guard helicopters dispatched Army-trained medics, EMTs, and paramedics to help accident victims or seriously ill or wounded individuals. Duane received two Army commendation medals for his service in this critical work. After retiring from the Guard, Duane worked as a real estate broker in Coeur d'Alene, ID, in which he "got more enjoyment from helping single mothers achieve affordable housing than anything else".

Duane and Mary began to split their time between Coeur d'Alene and Southern California, until finally moving to Encinitas in 2010. As soon as he and Mary came to St. Andrew's, they fell in love with the church community, due in no large part to the Foyer Group they joined early on. Mary and Duane's Foyer Group helped make them feel at home in the St. Andrew's family.

Soon after, Duane, Jim Stiven, and Bart Slabbekorn and other vets started the Mess Group to aid and honor active duty military, veterans, and their families. He serves on the Buildings and Grounds committee and served on the vestry; during his third year on the vestry, he assumed Junior Warden duties. As Junior Warden, Duane reviewed the reserved maintenance program and church master plan, noting the crucial renovation projects, such as roof repair, that are now being completed. Debbie Hickson, the current Junior Warden, credits Duane with providing the foundation on which she's able to refurbish the campus. Debbie says she relies on Duane's "extensive research and meticulous records" to guide her efforts.

Duane used the skills he honed as a chef in the National Guard for Food Pantry pick up and as cook for the Friday Lunch for the Community. When it was time, Tim Lyons, founder of the Friday Lunch program, found in Duane someone to take over the program that was near and dear to his heart. The way Duane tells it, Friday Lunch is equally important to him. He looks forward to every Friday and finds the work "very rewarding". Much like Tim, Duane gives all the credit for its success to his awesome team members who work hard and have a great time.

Duane also assists the Interfaith Shelter and is a founding member of our Not Ready for Coffee Hour Players, where I got to know him. No matter how confusing the initial rehearsals were or how stage frightened we "thespians" felt, Duane stood ready with his patented "teddy bear hugs" that somehow showed us it would all be OK. The sense of fun that enabled Duane to don mouse ears and sing The Mickey Mouse Club March fuels the current Longest Beard Contest he's engaged in with his oldest grandsons. You can watch Duane's progress as the weeks count down to the August decision. Duane has promised to braid and bead his chin whiskers, so I guess we'll need to start calling him Cap'n Duane Sparrow!



The Friday Lunch crew ready for action

Duane's life is the embodiment of his purpose - "For God, for Family, for Country" - a purpose inspired by his grandad's example of service to others. Feeling the baptismal water enfold him, Duane knew the Holy Spirit was part of him; all he had to do was let the Spirit guide him. Sometimes in all our striving for what we think we need or want to be, we get a little lost in the demands and expectations of the world. Maybe we need to take a hint from Cap'n Duane and the surfer dude and take it easy. Listen to the small, still voice of God that speaks within each of us. Be mindful of how God is leading us, this present moment, and trust that the Spirit's encompassing waves of love are bringing us to the place we're most needed, living the life that was waiting for us all along.

~Gigi Miller

Post Holes, Pavers and Pancakes

If we're on the lookout for signs of Spiritual Vitality at St. Andrew's, it's clear that when we come together in community with the Boy Scouts and parents of Troop 777. In this partnership the fruits of the Holy Spirit are always present, shown to us, as St. Paul lists in his letter to the Galatians, through love, joy, peace, long suffering, kindness, goodness, faithfulness, gentleness and self control.



For over a decade, St. Andrew's has had an ongoing partnership with Troop 777. We provide our Parish Hall for their weekly meetings, and they in turn contribute the brains and brawn

of their scouts and parents to support our faith community. We have worked with many of their young men (some were members of our congregation) on their Eagle Scout projects:

design and construction of the Community Garden, design and installation of our labyrinth, building benches and planters for the church and preschool, designing and installing our current signage, constructing storage sheds – and soon, constructing and reconfiguring the shed area. Scouts and their parents prepare and serve our traditional Shrove Tuesday Pancake Supper to benefit our Food Pantry. Other projects include cleaning out our storage sheds, helping set up for our Interfaith Shelter, spreading tons of mulch around the garden beds and over the "sun circle" and on the last Saturday in April, they joined with a work party from St. Andrew's to lay pavers to widen the walkway between the Parish Hall and Friendship House, scrub kitchen carts and shelves, dig post holes and cement sleeves to support our new signage on Balour, and power wash the front signage and Columbarium walls.

In addition, on June 5, the Scouts and their parents will provide dinner for our Playground Fun-raiser.

So come, enjoy live music, a bouncy house, silent auction, dancing and dinner. Witness and be touched by the Holy Spirit as we work together in community to support St. Andrew's and our preschool in this important and life giving effort!

~Debbie Hickson

A Thrilling Gift

Every week my mother gave me and each of my siblings a coin before we went into church. I held that quarter tight, waiting for the thrilling moment when I got to hold the beautiful silver collection plate as it was passed along the pew. I waited as each person in turn added a coin or a bill or a white envelope to the growing mound of contributions. It made me feel incredibly grown up to have my own money to place in that ceremonial plate among the treasures from those gathered in prayer around me.

Even more, though, it taught me the heady feeling of giving away something that I wished I could keep. That quarter could have gone far at the corner store—the Fun Dip and Tootsie Pops that I could have enjoyed! But each week that quarter went into the church's pocket, and even though I had no idea what it was going to be spent on, the feeling of giving made me happy.

While it's true that the act of pledging shows a deep commitment to our mission as a church, the weekly collection is a chance to practice a different sort of giving. One that pushes you a tiny bit past what you thought you could give, making it clear that God will provide. One that is public and communal. One that is tangible and more consciously felt. One that is a part of worship, and therefore a chance to praise God. One that builds a habit of giving that can create a moment of invigorating happiness each time you let go of something you prize.

Each week, the collection plate travels through the congregation and is passed from hand to hand, a chance to bind us all together in our common offering to God. How often do you let it pass without putting in something you wish you could keep?

~Cordelia Manis

Senior Warden's Corner: Just Follow the Plan

When I was in my twenties I had all the answers. I just had to follow the plan: complete my college education, find an educated guy, get married, and get my master's degree in order to teach on the college level part time while I raised my babies. We would travel occasionally and teach the children how to ski. Life would be sweet and predictable. All I needed to do was to follow the plan.

Then my thirties rolled around and I found out how completely WRONG I was. Life was not a straight line, planned out in your twenties. A storm came in which changed my life like a river changes course after a category 5 hurricane. I no longer had a plan. I was divorced with two beautiful young children and needed guidance. I found a path through my quiet and very personal relationship with God.

Life has continued to ebb and flow, bringing both challenges and opportunities. Today, my approach is to ride the waves and see where they go. That's not to say that I don't have a "plan", but it focuses more on trust in God, values and how life is lived, rather than the destination. I see that approach evolving with our vestry. When we talk about our "plan" for the church it usually involves Outreach, Music



and Spiritual Vitality which relate beautifully to St. Andrew's mission: To Reveal God's Love by Nourishing the Community through Worship, Acceptance, and Service. Somehow we are able to create plans for those areas despite the fact that all three are loosely defined. Outreach, music and spiritual vitality are at the center of St. Andrews' values so energy naturally flows there.

The vestry also talks about growth as an area of focus. Plans for growth do not emerge easily. We struggle with questions like, "How should we define growth, why is it important, and how do we grow?" The answers elude us even though we intuitively know that we should "grow". Maybe the reason is because growth is a destination: where we end up when we follow our values and God's plan.

Until we figure out what growth means, the vestry will continue to focus on our core values, especially Spiritual Vitality. Our TAG challenge embraces a playful approach to showcase our community and values. I encourage you to "Go for it." Catch the next wave and make a quick video which portrays your love of St. Andrew's. TAG, you're it!

~Betsy Vaughn

Deepen Your Worship Experience

The Altar Guild is looking for a few dedicated people who would like to deepen their worship experience and help keep our services running smoothly! There are several ways you can get involved:

- Can you spend 1 - 2 hours per month washing the small linens used at the service? If you can use a washing machine and iron you have the skills!
- Can you do floral arrangements? If not, would you like to learn how? It only takes an hour or two per month to join our Flower Guild and we can train you in the needed skills!
- Can you help once a month after one of the services putting things away? This takes only a half hour and if Sundays is all you can commit we welcome your skills!
- Are you available to be on the "on call" back up list but can't commit to a monthly team? We'll work with you!

Each team of 3-4 people serves one week per month. Our teams are flexible - some teams do their work early on Saturday and some later in the day. If Saturday doesn't work, you can sometimes work on Friday. We cover for each other and always help out after services if possible. If you want to be a part of it all and help keep our services running smoothly please email Lorraine Gritzen, Head of Altar Guild at trugrit1531@sbcglobal.net or email Jill Svendsen, Altar Guild Assistant, at JillTreadwell@cox.net to find out how we can make you a part of our team.

Vestry Spotlight: David Moore

Each month, we will spotlight one of our vestry members. This month, meet David Moore, vestry liason for Outreach and frequent Sunday usher.

First, the basics: family names, ages of kids, pets? Karen, Kirsten (26), Hanna, (22), and Harper (19) and our latest addition, son in law Nick Bergmann (28), whom Kirsten married this past summer.

What path brought you to St. Andrew's? We moved to North County in June of 1998 from Vicksburg, MS. We'd been active in our parish in Vicksburg (Holy Trinity) and were looking for a family oriented parish where our young children (at the time) would feel at home. After visiting several North County parishes it became obvious that St. Andrews was home.

How do you see your role in our parish community? Making Karen Moore possible – my best friend and love of my life for the past 32 years.



David Moore and family at daughter Kirsten's wedding

What most excites you about St. Andrew's & the contribution you can make? I love the fact that our parishioners run the gamut from singles, to young families with small children, to grands and greats. I love the diversity of our offerings and I'm especially grateful to be associated with a church that does such wonderful outreach (Thursday food pantry, Friday lunch, Refugee Network, Rotational Shelter...). So many opportunities to be engaged.

What are you known for professionally or personally? Professionally-I work as an environmental consultant (Environmental Toxicologist) working with clients to address environmental issues especially in regards to water and sediments. Personally-I love spending time with my family and pursuing my wannabe activities (woodworking, fly fishing, golf [maybe someday]) What do you have a knack for? I've been told - inappropriate humor

How long have you been doing what you do? 27 years

What are you passionate about personally? What do you really enjoy? What can't you stop talking about? Watching our children grow and find their way in the world.

Where can we find you when you're not working? What's your favorite way to spend a weekend or a Sunday afternoon? Working on a home project or out enjoying the outdoors.

Where did you grow up and why aren't you there now? I grew up in Lexington, Kentucky. I left home to go to college in Virginia, then graduate school in South Carolina then onto my first job with the US Army Corp of Engineers at the national laboratory in Vicksburg, MS where our children were born and spent their early years. In 1998 I left the Corps to take a position in the private sector and we made the move to San Diego.

Anything else you'd like to tell people about yourself? I like to read history and historical biographies I find that the lessons of the past help me to keep the present in perspective.

Planning for the End of Life

Not too long ago, a man in his 60's, seemingly healthy, had a sudden heart attack and died.

His wife, already consumed with shock and grief, found that their assets were in her husband's name, and all frozen upon his death. Her grief was compounded by not knowing what to do, and not having access to the money she needed to survive. He had meant to add her name to their important documents, but had just not gotten around to it.

"Just not gotten around to it"- does this sound like you?

It's never too early to plan for the unexpected. We don't like to think about it. We're so busy with living, planning for our future, working hard at our jobs, and making a home for our children. End of life plans are put on the proverbial back burner.

Even though I'm not an estate expert or financial planner, I know how important it is to have a legal will in place, no matter how small your estate. If you own property, savings, or stocks, a family trust might be the way to go. Estate probate through the courts can be expensive, and take a year, or longer to finalize. Included in your plans should be a medical care directive, to designate an agent for you in case of catastrophic injury or illness. It can be a spouse,

or other trusted person, to make sure your end of life wishes will be followed. The main thing is to be assured your loved ones will be taken care of in case of life threatening illness, injury, or the unexpected, sudden loss of life.

Part of your planning should also include your desire for what kind of memorial service you would like, for others to remember you. As part of St. Andrew's community, your wishes can be on file, making final arrangements much easier for family and attending clergy and staff. We saw what happened when a much loved parishioner died. Her out-of-town family, not realizing the importance of her life and service to the church, just didn't plan a memorial service at all. It's important that family and friends have the opportunity for closure, a remembrance, or a celebration of that person's life. To have your service planned ahead, as you wish, can add both significance and comfort for loved ones and friends.

We are strongly encouraged to fill out the forms now to indicate our wishes. Final arrangement forms and information about the columbarium are available in the church office or on the St. Andrew's website.

~Connie McIntire

Vacation Checklist: Add God's Kingdom

Summer is a busy time in God's Kingdom! A look at the June calendar shows how much is going on at St. Andrew's: Vacation Bible School, Youth Mission Trip, the Playground FUN-raiser, Art & Soul, Bible studies, choir practice, summer sing-alongs—the list goes on!

Summer is also a time when giving typically drops, and our budget gets tight. Help us avoid that summer slump by automating your giving! You can sign up for recurring monthly donations on our website. After creating a secure account, you'll be able to give a donation or schedule a series of donations directly from your checking account or by using your debit or credit card. You'll also be able to easily keep track of your giving for your own records. Just go to standrewsepiscopal.org/give and click on the donate button. And thank you for helping to revealing God's love to our community!



World Labyrinth Day, May 2, saw people around the world walking in peace together.



Join us for a FUN-Raiser!

to benefit St. Andrew's Playground
Sunday, June 5, 4-6 p.m.

890 Balour Drive

It's not just for kids!

After many years and many happy children, our playground equipment and fencing need to be revitalized.

Our goal is to raise \$35,000 for the needed improvements.

(High quality playground equipment is expensive!)

Come Enjoy Supper, Live Reggae Music, Activities for All Ages, Dancing and Silent Auction

 Name: _____ Email _____

_____ I would like to purchase _____ tickets. (\$15.00 per person, \$60.00 per family of 4 or more, children under 3 free)

_____ I can donate the following items to the silent auction:

_____ I am available to volunteer on the day of the event!

_____ Enclosed is my donation to help purchase new playground equipment.

Donation amount: \$2500 ___ \$1000 ___ \$500 ___ \$250 ___ \$100 ___ Other: _____

Make checks payable to St. Andrew's Episcopal Church and mail to
 890 Balour Dr., Encinitas, CA 92024

Donations and ticket purchase can also be made at www.standrewsepiscopal.org.

God and White Water Rafting

What should I do with my life? How can I know? Will I find something that gives my life a sense of purpose or meaning?

At some point or other, most people have asked themselves these questions. On Friday mornings, a small group of people involved in a program called EfM ("Education for Ministry") spends time together as a group exploring those issues, and a host of others, within the context of the Christian tradition. As I write that sentence, I realize how dull and dry that can sound.....yet nothing is further from the truth. To give you an example, in a recent meeting we were challenged with the following idea:

What if we begin to consider our calling, not as a lifelong commitment to the priesthood, or a lifelong commitment to anything, but as something fluid and dynamic? Because we live with change as a constant reality, perhaps the ways in which we sustain our lives in Christ should have a certain sense of impermanence. We tend to think of "impermanence" as something negative, but what if this "impermanence" is a positive? By not clinging to "the way I am forever called to function," we free ourselves to respond to the world and events around us in ways that are fresh and sustainable. What if we think of our spiritual calling as a way to **love in permanent white water**. In other words, our practices may change, our daily lives may change, our churches may change, but our call remains the same – to love amongst all of those waves. Sometimes we may swim, sometimes we may be carried along

feeling helpless, sometimes we are certain we are about to be pulled under by a whirlpool, other times we may be splashing playfully amid the currents, or even floating along peacefully in the sun. But no matter where we find ourselves in the rapids, our call is to love.

Try thinking about your life as existing in a permanent state of white water, and your ministry is to respond lovingly to whatever the current brings. From this vantage point, all our struggles, disappointments, joys and successes, while seemingly random, unconnected moments, can be given meaning and become a significant whole. Particularly when you consider these questions against the backdrop of our tradition, unity and purpose seem to emerge. "Loving in permanent white water."

It was a completely foreign idea to most of us in the group, but by the end of the meeting, we were intrigued with this new way to interpret the bits and pieces of life in a way that we found empowering. It was a relief to be able to think about our ministry and vocation in a way that didn't involve decisions carved in stone. Everything changes, and is expected to change. Your call to love is the only constant.

If you find the idea of gathering with others to explore these and other ideas, you might consider whether EfM is a place you might like to find yourself. For more information, contact Catherine Campbell at 760-942-8192.

~Catherine Campbell

Please join us! Spring Newcomer Breakfast Sunday June 12

The Holy Spirit is always afoot, calling seekers to find new pathways to God through St. Andrew's front doors. Our spiritual vitality is renewed and grows when we welcome and integrate everyone who comes to our faith community. Each Spring and Fall, Mother Brenda and the Welcome Ministry host a breakfast to help those, who are new to St. Andrew's within the last year, feel valued and become more familiar with this special place. On Sunday, June 12, we will gather after the 10 a.m. service in classroom 1 for breakfast and a short introduction to our church and community of faith. We'll share the "mysterious workings" of St. Andrew's and then make time for our newcomers to share their faith journeys and what they hope to find here with us. We'll finish with a tour of the campus, show you hidden stained glass windows and hopefully add to your knowledge and comfort when you come to worship. Child care will be provided and we'll have you on your way by 12:30 or 1:00 with full tummies and hearts to enjoy the rest of the day!

Invitations have gone out, but if we missed you, or you were unable to attend in the past, please RSVP by calling the office at 760-753-3017, or online at www.standrewsepiscopal.org, or email Debbie Hickson at deborahhickson@gmail.com or Chase Fields at chasefields@gmail.com

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Change Service Requested

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

Don't Miss the Moment

Throughout the course of a year, a surfer in Southern California can expect to see a variety of waves that change with every season. The more experienced and devoted surfers generally look forward to the cold water and large waves of winter to thin the crowds, while some like the warm weather of summer. A surfer can spend a whole session waiting for a perfect wave and come up empty handed. One might be inclined to blame the conditions like the tides or wind, but regardless of conditions catching a perfect wave is very unlikely. Much like a surfer, throughout the course of a year one will find themselves planning, anticipating, and waiting for the future, but events rarely turn out exactly how one hoped.

The enjoyment found in surfing can never be felt if one spends all his or her time waiting for the perfect wave. Instead the enjoyment in surfing comes from the small waves on a warm days, the rainbows formed after the top of a wave has been blown out, and in the water sliding between one's fingers as they paddle. The enjoyment in surfing is rarely felt in the anticipation of a swell or the memory of a wave but it is felt in every moment that the surfer is aware of himself and his surroundings. When he or she has disconnected themselves from normal life and is left with the waves, the wind and the moment, he or she can fully experience the joy of the sport and the joy of the moment.



~Liam O'Brien