



# "The Ark"

St. John's Episcopal Church  
Fallbrook, California  
March 2009



Dear People of St. John's Episcopal family,

With our journey's end on the horizon I hope we will all have a very spiritual Lent to see us through. If our Ash Wednesday service is any indication of a positive, affirming love for our Lord to see us through then we will make it!

We will continue to look at the Scriptures and observe the mistakes that the Disciples made. Our goal will be to listen and learn from the past and to follow Jesus with the three cornerstones of our faith, Scripture, reason and tradition.

Everyone is of course invited and to bring another family member or friend to share in the Blessings we will all receive when 2 or 3 are gathered in his name. Of course the meeting place will be at Steve and Kathy Wood's home, 3447 Oak Cliff Dr in the beautiful countryside of Fallbrook, starting at 7pm sharp! Looking forward to seeing as many as possible at the Wood's home.

Until I go or He comes - I am,

Your Friend in Christ,

Fr. Wayne+

PS We still have some books available and can order more. Just let me know by email at [revwfs@hotmail.com](mailto:revwfs@hotmail.com) or phone 619-933-2147 ASAP.

The Rev. Canon Wayne F. Sanders +

## TEXAS SOJOURN SPOTLIGHTS FAITH

Sometimes we find faith in faraway places. I realized that during my recent trip to Texas.

Once again – while visiting the assisted living center where my dad and stepmother live – I was welcomed by cherished friends who practice a wide range of faiths. It was there, also, that I met Gwendolyn “Gwen” Regan.

At age 96, Regan is the oldest and longest continuing member of Grace Episcopal Church of Port Lavaca, Texas. She is also, apparently, the sole Episcopalian resident of the Trinity Shores senior community. Gwen is blind and brittle of bone, yet she is far more farsighted and flexible than many of our contemporary brethren.

Despite stereotypes that can linger in small, tight-knit communities, Regan and her tiny congregation have embraced the female priest who frequently ministers them. And, unlike our little church, Grace Episcopal has not been torn over whether a woman or a homosexual male can be bishops.

“I joined the Episcopal Church in 1932, and I have never regretted it. I’ve stayed with it,” Regan said as she nestled in a chair in her cozy studio apartment. “I’ve had to learn to accept different things over the years because things certainly change. And that’s all right.”

My trips back to Texas – where I lived for a decade – often seem like journeys back in time. And because of the mix of religious backgrounds at Trinity Shores, these visits usually immerse me in other faiths.

My stepmother, Bessie, is a Presbyterian, so I worshipped at her church on Sunday. Being kin, I am cherished like a prodigal son whenever I visit the First Presbyterian Church, which dates back to 1848. The Rev. John Brantley recognized my father’s 84<sup>th</sup> birthday and then led the congregation through Corinthians and Kings.

A musical group from Alamo Heights Baptist Church performed the next day for Trinity Shores’ residents and visitors. Audience favorites included “Amazing Grace,” “Battle Hymn of the Republic” and the “Old Rugged Cross.”

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On weekdays, I sat in on Bible study sessions headed by Jack Robertson, a former Assembly of God Church minister who lives at Trinity Shores. Robertson is a walking miracle of sorts,

He arrived at the facility nearly two years ago in a wheelchair, unable to stand or walk on his own or perform other routine tasks. He credits prayer, will power and medical science with putting him back on his feet, behind the wheel of his car and in front of fellow followers of the Lord.

“It was the Lord and my determination that did it,” said Robertson, 73. “I was determined not to live in that wheelchair.”

Finally, hours before my departure, I sat in on a Bible study session at Trinity Shores that was headed by the Rev. Carl Westbrook of the First United Methodist Church. The reading was of Acts, and Westbrook spoke of how Jesus sought out lepers, prostitutes and even a tax collector. Westbrook wondered aloud whether many churches today embrace those teachings.

His question brought me full circle back to Gwen Regan and her little Episcopal church and to ours. It made me realize we are among the few who practice what Jesus preached.

“Don’t you feel like God loves everybody?” Regan asked softly. “I just feel that they’re God’s children, too.”

Blessings, Tim O’Leary

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### THOUGHTS FROM “CURSILLO” (kur-see-o)

“This then is what I am in search of: People with whom I can share my life. People who will listen to me carefully and take me seriously, who will be as non judgmental of my behavior and discoveries as possible, and who will encourage me to live my life as fully as I can.

The relationship I seek are ones where people will be true and honest with themselves and with me; ones in which we will keep from judging one another; ones in which tolerance and understanding and forgiveness will be at their peak—for when people come to recognize their communality, they soon discover that they no more want to judge.

Anonymous

# ABOUT ST. JOHN'S FAMILY

When our daughter, Beth, mentioned that our church had a very nice Web page I was reminded that we had not mentioned the generosity of **Rick Barclay** who gives his time to this. We have people working behind the scenes for us whom we do not see for various reasons but we owe them our gratitude.

**Tyler Pearson** came home to celebrate his birthday. However, his visit was brief because studies at Cal-Poly, San Luis Obispo were waiting. Tyler has some plans for the future which sound interesting and we will find out more about the decision later. It has been a joy to follow him for so long and he is a very special individual and we at St. John's Episcopal are proud of him.

That Super Bowl party at **Frankie** and **Jack Schwendeman's** home was outstanding and they were gracious host to a large group. We all enjoyed their culinary talents and daughter, **Amy**, made the largest bowl of guacamole we had ever seen.

Our gad-about gourmet, **Peggy Johnson**, ended up in the emergency room at Scripps and spent a few days there and when she returned home she had a cold so by now we hope she has recovered and will be in our midst soon.

A THANK YOU FROM **MARILYN LUCK**: Dear **Mary Mazy**, **Marian New** and Quilt Guild Members!

Thank you so much for sending the lovely quilt, with the pretty fans on it. And of course, just holding it, I could feel the prayers tied in each knot. I do remember, with such happy memories, of being a part of assembling the quilts with such loving women. (I still have the quilt that was given to my Mother when she was in Kaiser hospital.) It is such a comfort to hold mine knowing the prayers and love are coming from you.  
Love and God's blessing, Marilyn Luck

Nice to know **Father Sanders** and **Kathy** had a well deserved rest on their cruise to Mexico although the story of her Perils of Pauline adventure riding her horse down the swollen river caused her husband some anxious moment's.

We are glad to welcome **Stan Nagle** who has been attending church for awhile and we note he is always helping with our set-ups, and that is appreciated by those whose labor is necessary for us to have everything in place.

My husband gave me a Sunday attendance count recently of 47 plus a dog, and that was the day **Jane** and **Pen Millsap** brought **Maxwell**, their well behaved dog to church, who just sits quietly.

For St. Patrick's Day the following is adapted from an old Irish prayer.

Take time to work.  
It is the price of success.  
Take time to meditate.  
It is the source of power.  
Take time to play.  
It is the secret of perpetual youth  
Take time to read.

It is the way of knowledge  
Take time to be friendly.  
It is the road to happiness.  
Take time to laugh.  
It is the music of the soul.  
And take time to love and be loved.



## SUPER BOWL PARTY— FOOD!!

The company was great, the food was outstanding, and Frankie and her husband were wonderful hosts.

The game was a cliff-hanger, we lost, but a good time was had by all even the dog and the bird.

Great big thank you to our hosts!!



### **BOOKLOOKING by Patty Campbell**

*Conversations with C. S. Lewis: Imaginative Discussions about Life, Christianity and God* by Robert Velarde. IVP Books, 2008

What Christian wouldn't want to sit down for a good long talk with C.S. Lewis, to ask him questions about faith and simply enjoy the company of this kind, decent, man who was so brilliant yet so humble before his Lord? In this little novella we get to experience just that. Tom Clerk wakes up in the hospital to find C.S. Lewis sitting in a chair by his bedside, reading a newspaper. Lewis introduces himself as Jack ("If your name was Clive Staples, wouldn't you prefer to be called Jack?" he explains), and leads the somewhat bewildered Tom, still in his hospital gown, through a wardrobe to visit the scenes of Jack's life.

First they return to Jack's childhood home in Ireland, where he and his brother Warren are at their imaginative play, and then (skipping Lewis's dreadful years at boarding school) they encounter William Kirkpatrick, the prickly Oxford professor whose fierce devotion to reason led Jack to atheism and gave him the skill at reasoning that later was the path to his conversion to Christianity. Tom, a stubborn atheist, finds Kirkpatrick's logic congenial and resists Jack's persuasive arguments for the existence of God. They travel on to the trenches of World War I and other places that were instrumental in Jack's intellectual and emotional development, including a heartbreaking visit to the bedside of Jack's dying wife Joy and a delightful trip through the land of his imagination. At one point, Tom even walks off in a huff and stumbles onto the offices of Flubgose, Devil First Class.

As they go along, they talk about the truth of Christianity, the nature of love, the problem of pain and suffering, and more. Atheist Tom persistently resists his companion's eloquence (until the end)—which, of course, keeps Jack talking. Author Velarde has drawn these arguments from a number of places in Lewis's many books, and because he sticks closely to Lewis's own words, some of these "conversations" sound more like formal essays. Nevertheless, it is a joy to travel through these scenes and to read C.S. Lewis's thoughts on faith laid out so clearly.

#### **Some Books by C.S. Lewis**

##### **Christian Apologetics**

*Mere Christianity*

*The Problem of Pain*

*The Abolition of Man*

*The Four Loves*

##### **Fiction**

*The Narnia Chronicles*

*Perelandra*

*Out of the Silent Planet*

*That Hideous Strength*

*Til We Have Faces*

*The Screwtape Letters*

*The Great Divorce*

##### **Autobiography**

*Surprised by Joy*

*A Grief Observed*

*The Pilgrim's Regress*

# MARCH 2009

## LITURGICAL SCHEDULE YEAR B

Date	1st Lesson	Psalm	2nd Lesson	Gospel	LEM
March. 1	Marcia Pick Genesis 9:8-17	Marcia Pick 25:1-9	Keith Goard 1 Peter 3:18-22	Mark 1: 9-15	Rebecca Brown Franya Sidoroff
March. 8	Dale New Genesis 17:1-7,15-16	Dale New 22: 22-30	Jane Millsap Romans 4:13-23	Mark 8:31-38:	Keith Goard Jane Millsap
March 15	Rebecca Brown Exodus20: 1*17	Rebecca Brown 19:7-14	Patty Campbell 1 Corinthians 1:18-25	John 2:13-22	Frankie S. Gail Jones
March 22	Franya Sidoroff Numbers 21:4-9	Franya Sidoroff 107:1-3,17-22	Frankie Schwenderman Ephesians 2: 4-10	John 3: 14-21	Marcia Pick Dale New
March 29	Gail Jones Jeremiah 31: 31-34	Gail Jones 51: 1-13	Patty Campbell Hebrews 5:5-10	John 12:20-33	Franya Sidoroff Dale New

**Psalm is read by the First Reader**

**Prayers of the people are led by the 2nd reader**

**ALL IS WELL**

**May the Light of God  
surround me,  
May the Love of God  
enfold me,  
May the Power of God  
protect me,  
And may the Presence of God  
watch over me.  
Wherever I am,  
God is,  
And all is well.  
Thank you, God.**



## CROPWALK March 29th

It's that time once again for the CROP Walk. This walk is to help raise money to feed and educate the hungry and assist with disaster relief efforts. We will be walking with other churches and organizations here in Fallbrook on March 29th. With the money raised, 25% goes directly to the Fallbrook Food Pantry. The rest of the money is shared across our county and around the world. The walk starts and ends at the Fallbrook Food Pantry on March 29th. This is a comfortable 1.5 mile walk through downtown Fallbrook and returning to the Fallbrook Food Pantry for a total of up to 3 miles. Walkers can walk as far as they are able to. Food, fun and refreshment will be waiting for all walkers at the end of the walk.

The address of the Food Pantry where the CROP Walk begins is 1042 South Mission (Phone 760-728-7608) We will meet as a group behind Taco Bell in the Albertson parking lot at 1:00. We will have a work of prayer then as a group, we walk over to the Food Pantry where the walk will start at 1:30pm. Any questions contact **Carol Pearson** 728-9429.

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### HEALTHY HINT -

## GIVE A BIG HA-HA-HA AND FEEL BETTER!

Laughter, or even thinking about a giggle, is great medicine. A recent study at Loma Linda University found that just thinking about doing something that makes you laugh significantly boosts your body's feel-good chemicals. People who were preparing to watch a funny video were tested and found to have 27 percent more beta-endorphins and 87 percent more human growth hormones in their blood than a control group. These chemicals lower blood pressure and improve the immune system.

Annual meeting, but first food, meeting after





**St. John's celebrates with you on your birth.**

Look with favor we pray, on your servants

Kathy Sanders 9th

Ryan Sidoroff 10th

Nancy Wilshire 19th

as they begin another year. Grant that they may grow in wisdom and grace and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. AMEN

## Anniversaries

May the love that began these relationships continue to be nurtured by Almighty God.

At this writing I have not found any Anniversaries for March.



### OUTREACH MINISTRY OUTDID THEMSELVES

With beautifully constructed lace Valentines of intertwined hearts, decorated with "Love Notes" and ribbons. These have now been affixed to each resident's door at the Fallbrook Skilled Nursing Facility and maybe

their smiles of appreciation are of romantic/sentimental reminisces of Valentines past. Our "workers" **Ruth Mowat, Marion New, Peggy Johnson** with an assist from **Gail Jones**, enjoyed this project and possibly their own romantic Valentine flash backs!

**MARCH: "BRIGHTEN A HOLIDAY"**

Spread Easter joy by providing ECS clients with a traditional holiday meal.

- Easter Baskets
- Canned or Fresh Ham
- Grocery Gift

Please deliver donations to ECS' Administrative Offices by March 1 to ensure families enjoy their treats in time for the spring holidays.

I tell you the  
truth, whatever  
you did for one  
of the least of  
these brothers  
of mine, you did  
for me. Matthew 25:40

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# THE EPISCOPAL CHURCH WELCOMES YOU

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Priest in Charge  
Altar Guild—Pam Stephens, Kathy Wtkoff  
Choir—Kathy Wood, & Kathy Sanders  
Christian Education—Steve Wood  
Clerk—Patty Campbell  
Cursillo—Kathy Wood  
Daughters of the King—Kathy Wood  
Directory—Mary Mazy  
Healing—Patty Campbell, Jane Millsap,  
Frankie Schwenderman  
Hospitality—Susan Ortler  
Internal Communications—Gail Jones  
Liturgy & Music—Keith Goard,  
Kathy Wood & Kathy Sanders  
Newsletter—Jane Millsap, Janet Watson,  
& Patty Campbell  
Outreach—Bob Watson—Peggy Johnson  
Parish Life—Peggy Johnson, Bob Watson  
Pastoral Care—Bob & Janet Watson  
Phone Tree—Gail Jones  
Planning—Arthur Brown & Dale New  
Prayer List—Patty Campbell  
Prayers & Squares—Mary Mazy  
Sunday School—Steve Wood  
Treasurer—Carol Pearson  
Website—Rick Barclay  
Youth—Keith Goard  
Youth—Keith Goard

Stamp

Address Label



## VISION STATEMENT

We are committed to welcoming, teaching, and inspiring others with the Good News of Christ. . We strive to restore people to unity with God and each other in Jesus Christ, by equipping God's people for ministry and caring for God's world.

## MISSION STATEMENT

St. John's mission is to serve Christ in others by gathering all with open arms into the Kingdom of God and celebrating Christ's transforming power in our midst. We seek to reach out in justice and compassion, both to the world and to each other.