

FEBRUARY 2020



St. Cross
EPISCOPAL CHURCH

Crossroads

THE NEWSLETTER OF ST. CROSS EPISCOPAL CHURCH



4

GUEST SPEAKER



4

LENT FAMILY CHALLENGE



7

MARDI GRAS + MORE!

When is the Right Time to Talk About...

Six year ago my uncle and I were walking along the cliffs in Santa Cruz when he stopped and turned to me and told me that he was taking himself off of all of his medication right after our Thanksgiving celebration. I was a bit taken aback. I asked why he had decided this and he said, "You need to read *Being Mortal* by Atul Gwande."

My uncle went on to tell me what he got from this book, why he was making the decisions he was making, and how his children, my cousins, were accepting (or not) his decision. Of course I purchased the book immediately, and ever since then have deeply wanted to do a book study on

this with the wider parish.

Why you might ask? After fifteen years in ministry, I cannot tell you how many times I have heard, "yes, but now isn't the time." That could apply to any number of issues, but the one issue where I get this response the most is talking about contingency plans for illness, our senior years and yes, even dying and death. Along with "now isn't the right time," I often hear, "Oh I will get over this," or "No one wants to talk about sad and depressing topics like that." I understand, but I also have seen firsthand the pain and anguish that comes from waiting to have such conversations and then it is too late to have them and the family is left in a quandary.

We are a resurrection people. We live in the light and with the hope and understanding of life eternal with Jesus. How do

we live as Easter people and yet also begin to have those hard conversations, even with ourselves, and talk about our death on THIS side of eternal life? How do we convince ourselves and our families that it is ok to have these conversations, and that having them doesn't hasten illness or death? How do we use our Christian ethics to make decisions that are right for each of us as individuals? And perhaps most importantly, how do we respect everyone's individual decisions, just as my family worked to respect my uncle's choices?

Join the clergy this Lent for Wednesday night soup supper, book study and Eucharist. We will have copies of

Continued on page 3



WORSHIP SERVICES

SUNDAY

8:00 AM Holy Eucharist
10:00 AM Choral Eucharist

WEDNESDAY

8:30 AM Centering Prayer
7:00 PM Holy Eucharist

CLERGY

RECTOR

The Rev. Dr. Rachel A. Nyback

ASSOCIATES

The Rev. Stephen Smith
Christian Formation

The Rev. Nathan Biornstad
Pastoral Care

PRIEST IN RESIDENCE

The Rev. Cn. Robert Cornner

DEACON

The Rev. Patti Angelo

RECTOR EMERITUS

The Rev. Cn. Dr. Paul D. Lawson

St. Cross Episcopal Church
1818 Monterey Boulevard
Hermosa Beach, CA 90254
310-376-8989
info@stcross.org

WEEKLY EVENTS

MONDAY

10 AM: Listening Hearts
1 PM: Staff Meeting
1 PM: History Committee *
3 PM: Temple Shalom
7 PM: Tai Chi
7 PM: EfM

TUESDAY

10 AM: Sewing Group

WEDNESDAY

8:30 AM: Centering Prayer
9 AM: Women's Bible Study
5:45 PM: Men's Bible Study
7 PM: Holy Eucharist

THURSDAY

6:15 PM: Bell Choir Rehearsal
7:30 PM: Choir Rehearsal

FRIDAY - Office Closed

* 2nd and 4th Monday

WEEKLY 12-STEP MEETINGS

Sun: AA 7:30 PM
Mon: Al-Anon 7 AM
CODA 7:30 PM
Tue: Serenity 7 PM
Wed: Al-Anon 7 AM
OCA 5:30 PM
Thu: Al-Anon 12 Noon
OA 6 PM
Fri: Al-Anon 7 AM
AA 8 PM
Sat: Al-Anon 10 AM

More info: (310) 376-8989 or
info@stcross.org

February Calendar Highlights

2/01: Chamber Music Concert 5 PM
2/06: Neighbor to Neighbor
2/09: ERD Bake Sale (page 6)
2/09: COOP Meeting, 9 AM
2/13: Sociable Seniors
2/14: Vestry Retreat (ends 2/16)
2/16: Civil Rights Pilgrimage Group
2/17: Office Closed (Pres. Day)
2/21: St. Cross Book Club
2/23: Celebration of Rev. Rachel
2/25: Mardi Gras (page 7)
2/25: Vestry Meeting
2/25: Folding of *Crossroads*
2/26: ASH WEDNESDAY
2/27: Sociable Seniors

More Chamber Music Concert info:
stcross.org/chamber

Alpha & Omega



In Memoriam

Cynthia Thompson
Louise Fenn

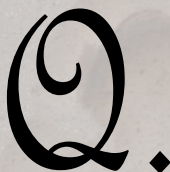
Baptized

Anuheia Samuelle Ferren Boyd
Nainoa Aaron Ferren Boyd
Makana Solomon Ferren Boyd
Riley Ella Kanders
Piper Kaia Sanita Kanders



Ash Wednesday Services
February 26: 6 AM | 12 PM | 7 PM

ST. CROSS History



In her ten years as rector of St. Cross how many clergy persons has Rev. Rachel trained and where are they now?

Answer on page 6

The Right Time

FROM PAGE 1

Being Mortal available for you to purchase in the parish hall during the month of February so you can read ahead for the Lent study. (To support our local businesses, we have pre-purchased 20 copies from pages: a bookstore in Manhattan Beach). We will read about 50 pages a week. You can attend the discussion without reading, but you really will want to be informed so you can make the most of our study time together.

Lent is our time to go away, to think, to pray, to refocus, to find what might be in the shadows. Lent is our time to have the conversations we are hesitant or might even dread having. Come and be with the clergy, come and be in community and discuss living our best life and how we can be present for our best death to this world.

See you Wednesdays in Lent. -Rev. Rachel+

Episco-speak: Angles

Why does Deacon Patti's stole worn at an angle, but the priests wear their stoles straight down?

A stole is a long narrow band of fabric, which usually matches the colors of the church seasons. Yes, you observed correctly; Deacon's wear a stole over their left shoulder and it's tied or sewn under the right arm; priests and bishops wear the stole around the neck with the ends hanging down the front. Traditionally, stoles are worn as symbolic symbols that an ordained person is yoked to God (yoked is an agrarian reference to when oxen or other draft animals are joined together usually consisting of a crosspiece with two bow-shaped pieces, each enclosing the head of the animal. Yoked has taken on a spiritual meaning as well, meaning connected or tied to God). Email me at nbiornstad@stcross.org



Ministry Updates

Habitat for Humanity Build Day: February 22

Our Habitat for Humanity build days are always a wonderful, bonding experience for those who take part. We have a few slots to fill for builders and for our food crew. Go to stcross.org/h4h to get to the signup form.

To Submit Articles and/or Photos for *Crossroads*...

Article and photo submissions are due on the 10th of the month for the following month's Crossroads. Articles are limited to 175 words. Space is limited and publishing can't be guaranteed; articles may be edited to fit. Submit to connect@stcross.org.



This month, photos are from families and friends of the newly baptized. See "Alpha & Omega" on page 2 to see the names of the baptized as we continue to welcome them to the body of Christ!

Adult Christian Ed. Guest Speaker

St. Cross Adult Education is pleased to announce that on **February 9th at 9 AM** we will be joined by guest speaker **Dr. Lois Sprague, President of the Guibord Center** in the Guild Room.



In the past few years, we've seen a sharp rise in divisiveness and violence in our country -- much of which is driven by people who fear "others" who look or believe differently from ourselves.

The Guibord Center offers a range of groundbreaking events that enable people from diverse traditions to learn about each other, to challenge assumptions, and to affirm the goodness and beauty at the heart of all faiths. Please join us at 9 AM to learn more about the work Dr. Sprague and the Guibord Center are doing to bring people of all faiths together to experience and honor the Holy in one another and in all beings.

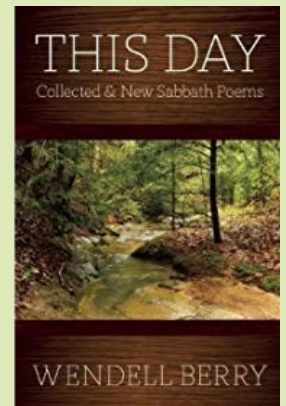
40 Days “Love Builds Up” Family Challenge

At the beginning of Lent, St. Cross families of all shapes and sizes are invited to take part in the “Love Builds Up” Family Challenge. This take-home resource is a great way for families to strengthen spiritual muscles and emotional health during the Lenten season. The challenge involves spending time at the beginning of the week reading that week’s Bible passage, talking as a family about the suggested topic, and committing to taking on an action or practice for that week. If you’d like a copy of the 40 Day “Love Builds Up” Family Challenge please let Rev. Stephen know.



Women’s Bible Study in Lent

Rev. Rachel will be leading the Women’s Bible Study in Lent using Wendell Berry’s poetry. This is a similar curriculum to the Mary Oliver series that Rev. Rachel and Rev. Robin led two years ago. Please join us on Wednesday mornings from 9-10 as we discuss the intersection of scripture and poetry on our Lenten journey. Rev. Rachel will be preordering Berry’s *This Day: Collected & New Sabbath Poems* (again, supporting local business we are preordering from “pages” in MB). Please let her know if you plan on attending so there are enough books for everyone. Don’t forget to bring your Bible too!



Save the Date for VBS!

Vacation Bible School this year will take place July 13-17, 2020. Save the date!



St. Cross Small Groups

Starting the week of April 19th, St. Cross will be putting together small groups for adults of all ages. The small groups are intended to offer parishioners a chance to connect with one another, join together in prayer, and learn from one another outside of the traditional church setting. The groups will meet once a week for 6 weeks. Please let Rev. Stephen or Rev. Nathan know if you are interested so we can get you signed up for a group.

Update on Our Guests Seeking Asylum

Lana and Artem came to St. Cross a little over a year ago as they were seeking asylum, and we had housing to offer. They have been our guest, friend, and a faithful part of our community (which was not an expectation in any way). I don't think any of us knew the true depth of joys and challenges in helping those seeking asylum. Yet, together we are working with Lana and Artem to continue their transition to independence. A team has been providing support to Artem and Lana on a quarterly basis and as needed in specific situations.

Lana works at Vons and is pursuing her art. She sketches portraits and shared her gifted talent at the pop-up bazaar at St Cross in November.

Artem has been working on acquiring all required documents and received his drivers license this year.

Artem holds degrees in technology, materials engineering, and mining and enjoys figuring out how complex computer systems operate. He also has extensive experience working with and selling directly to customers along with starting his own business so he understands how all facets of logistics and delivery impact customer satisfaction. Since arriving in the United States he has worked at various jobs: Food delivery by bicycle and car, warehouse worker and a moving company. Artem has been working on acquiring all required documents and received his driver's license this year.

God has lead Lana and Artem to us. We are asking our St. Cross Community to share any leads on employment opportunities to help this young couple transition to full independence in 2020.

Lana and Artem are grateful for the St. Cross Family and all the help they have received!

- Marilyn Young

Pastoral Care Corner

Taking note of the little things enhances our lives. Professional writers seem to have an uncanny ability to notice their surroundings and the unique and interesting people nearby. Later, they can recreate lasting characters because of their observations. Screenwriters have developed the ability to turn common, ordinary interactions into comedic scenes or scenes that stir our emotions. Both groups of people, writers and screenwriters, can observe the world through their story-telling eyes.

Storytelling can be a powerful component in making sense of our lives. If we consider and look for the grand narrative of our lives, it might surprise us. It might surprise us to consider how God has used a variety of circumstances to make us who we are today. Maybe we once were known for our temper and now we are known for something else. Maybe we once were known for being selfish, and now we are known for being something else. What is the story that your life tells? How have you overcome? How are you experience more life than before?

- The Rev. Nathan Biornstad



Bake Sale for 1,000 Days of Love

Please mark your calendars for Sunday, February 9, to purchase yummy chocolates and baked goods for Valentine's Day (9 to 10 and 11:15 to 12:15). Several ministries are gathering to deliver homemade items to Parker Hall to benefit the 1000 Days of Love initiative, a \$3 million grassroots Church-wide fundraising campaign dedicated to expanding the organization's global programs, with emphasis on improving the lives of children up to age six.

Endowment Committee Now Accepting Mission Grant Requests

The Endowment Committee has just kicked off the mission grant process for 2020. This year we have over \$9,000 available to help fund programs, projects and scholarships that support our St. Cross mission, parishioner education and the wider Christian community. If you are interested in applying for a Mission Grant, please fill out an application [insert application form link] and submit a completed copy to the St. Cross church office or email an electronic copy to info@stcross.org by the submission deadline of Monday, March 16, 2020.

ST. CROSS
History

From page 2

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Five. The Rev. Mike Olsen, rector retired, St. James, Taos, NM; the Rev. David Erickson, rector, St. Mary the Virgin, San Francisco; the Rev. Greg Brown, vicar, Church of the Epiphany, Oak Park; the Rev. Will Stanley, associate rector, All Saints' Beverly Hills; and the Rev. Robin Denney, rector, St. Mary's, Napa.

Dreaming

FROM THE ST. CROSS VESTRY

In the fall, 141 parishioners responded to the "Dream It! Do It!" survey. Hundreds of ideas, suggestions, and dreams -- big and small -- were submitted.

The Vestry and clergy have read every response. The results reflect the diversity of interests and concerns of our parish community.

In some ways, the results were what we expected. Many respondents wrote about the need for empathy and outreach. In particular, many expressed a desire to assist those experiencing homelessness and financial need. A number of parishioners also provided concrete ideas for doing so.

In other ways, the results were surprising. One unexpected theme was the interest in partnering with outside organizations that already serve our community. This would allow us to build on their infrastructure and experience, expand our reach to those who may not have ties to the Episcopal Church, and promote St. Cross as a community center.

The Vestry is continuing to analyze the survey responses and is preparing a presentation (which you may have seen before reading this!) that will be part of the Annual Meeting in January. We look forward to presenting the results, and we invite the parish to continue to Dream!

Laissez Les Bons Temps Rouler!

it will be a very special Mardi Gras this year that you won't want to miss! Why? Because we are also celebrating all things Rev. Rachel: her 10th year as rector of St. Cross, her 15th year as a priest and her 50th journey around the sun. All that in addition to our regular party with gumbo, pancakes, beads and, of course, the Grand Parade led by our Mardi Gras King and Queen. The details:

**Mardi Gras Party: Tuesday, February 25 from 6 until 9 PM in Parker Hall
\$15 for adults; children under 12, FREE**

But wait—there's more! We will also **celebrate Rev. Rachel on Sunday February 23** with champagne, tea, cake and cookies after each service. The Rev. Canon Melissa McCarthy, the diocesan Canon to the Ordinary, will preach at each service.

Mardi Gras tickets will be available online or during coffee hour starting the first Sunday in February.

St. Cross Meal Ministry

One of our active ministries, St Cross Meal Ministry, assists those who need a little additional support during life events such as illness. Through St. Cross Meal Ministry individuals/families receive meals, as needed, delivered to their home.

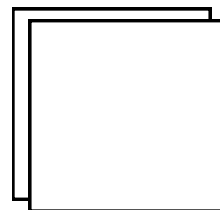
If you would like to be contacted to cook and deliver meals, as needed, to your fellow parishioners, please contact Arleen Eckert (neelraeck@yahoo.com) with your email and you will be added to the contact list. On average, requests for meals come in about every 3-5 months. When a meals are needed, we build a schedule and add delivery, diet, and other notes about the needed meals at the website, "Take them a Meal". A link to "Take them a Meal" is provided in the request and you sign up at the link.

Normally, Clergy are well aware of the needs of the parishioner's but if you become aware of a parishioner who could use assistance, you may contact Rev. Nathan who can confirm the need.



1818 Monterey Boulevard · Hermosa Beach, CA 90254 · 310.376.8989 · www.stcross.org

First Class Mail



February Activities

Saturday, Feb. 1:

Chamber Music Concert, 5-7 PM

More at stcross.org/chamber

Sunday, Feb. 23:

We celebrate 10 years of Rev. Rachel's
ministry after each service!

Tuesday, Feb. 25:

The St. Cross Mardi Gras Party!

Read all about Mardi Gras and our
celebration of Rev. Rachel on page 7!

*Special thanks to the volunteers whose generous gifts
of time and talent make this newsletter possible.*

310-376-8989 Phone | 310-379-7389 Fax

310-561-2444 Pastoral Emergency

Trudy: info@stcross.org

Rachel: Rnyback@stcross.org

Stephen: ssmith@stcross.org

Nathan: nbiornstad@stcross.org

Patti: pangelo@stcross.org

Sean: soneal@stcross.org

Cameron: cjohnson@stcross.org

David: facilities@stcross.org

Merrill: connect@stcross.org

Bookkeeper: bookkeeper@stcross.org

CHURCH STAFF

Sean O'Neal—Director of Music

Trudy Bush—Office Administrator

Judi Kelly—Bookkeeper

Merrill Whatley—Communications

David Dawson—Facilities Manager

Cameron Johnson—Connection Coordinator