

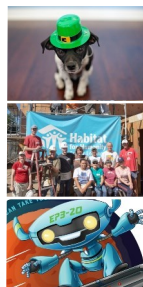
MARCH 2019



St. Cross
EPISCOPAL CHURCH

Crossroads

THE NEWSLETTER OF ST. CROSS EPISCOPAL CHURCH



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PARADE!

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HABITAT BUILD DAY

7

VBS 2019

The Gift of Lent

REV. RACHEL

It seems like just yesterday I was putting away the Christmas decorations. Two weeks ago the clergy met with Rabbi August to discuss our Lent program for this coming year. And this week the clergy planned the Lent liturgy. Lent IS right around the corner starting on Ash Wednesday, March 6 (remember services are at 6 AM, 12 noon, 7 PM).

I hope that you will take a moment, a sliver of time between now and then, to think about if there is something you want to concentrate on throughout this 40 day journey. Do you need to be in better touch with family? Do you need to be in better touch with God? Do you need 5

minutes of silence a day? Do you need to get out and hike once a week? What is it that you need that will put you in closer contact with your faith? In closer contact with remembering that God is love? In closer contact with being the person God desires you to be? Lent doesn't have to be just giving up and taking on. Lent can be a shift in how you choose to see the world. Lent can be a shift in how you relate to God.

Whether you decide to be penitential, reflective, meditative, or active this Lent, my deepest hope and desire is that you TAKE the gift of these 40 days. Take the gift of time to listen to where you are with God. Take the gift of grace and acknowledge you are God's beloved. Take the gift of Lent and use it well. - Peace, **Rev. Rachel+**



LENT PROGRAM

St. Cross is doing something very different for Lent this year. The clergy of Temple Shalom and St. Cross have long wanted to do an evening program together. Lent seemed to be like the right time to try that. The first week of our Lenten program we will be talking about why we should have interfaith conversation. The following two weeks we will have people bringing Muslim

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. Robin Denney
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

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MORE ON PAGE 3

WEEKLY EVENTS

MONDAY

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

TUESDAY

9:53 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
CEA-HOW 7:30 PM

Thu: Al-Anon 12 Noon
OA 6 PM

Fri: AA 8 PM

Sat: Al-Anon 10 AM

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

March 2019 Calendar

3/05: Mardi Gras Party, 6 PM
3/06: Ash Wednesday
3/07: Neighbor to Neighbor
3/13: Lent Program, 6 PM
3/14: Sociable Seniors
3/16: St. Pat's Parade (page 3)
3/20: Lent Program, 6 PM
3/26: Folding of *Crossroads*
3/26: Vestry Meeting
3/27: Prayer Shawl Guild
3/27: Laundry Love
3/28: Sociable Seniors

Upcoming:
Easter: April 21

View full calendar at stcross.org

Mardi Gras and Ash Wednesday

Mardi Gras Party March 5 at 6 PM:

Go to stcross.org/mardigras to sign up! We'll be ready to party on Tuesday, March 5 for Mardi Gras. Join us from 6-8 PM for pancakes, sausage, gumbo and fun! Adults \$10, kids 5-12 are \$5 and children under 5 are free.

Ash Wednesday Services:

6 AM | 12 Noon | 7 PM



New Stop Sign! Don't Miss It!

ST. CROSS

History

Ash Wednesday is the 6th of March. Before Ash Wednesday, there is the annual St. Cross Mardi Gras party.

Q.

Is there a difference between Shrove Tuesday and Mardi Gras?

Answer on page 6

LENT PROGRAM

FROM PAGE 1

and Hindu perspectives come and join us for conversation. The last two weeks we will have interfaith dialog with the rabbis from Temple Shalom and the clergy of St. Cross.

This means a few changes from our normal routine. We will be having prayer, but we will not be having Eucharist on Wednesday evenings. We will still have a soup supper that begins at 6 pm. We hope that you will join us. As Lent is a time for reflection and growth our hope is that by looking at our faith alongside others, we will see new aspect that we had not yet thought about or explored. We hope to see you there for all five sessions.

WE LOVE A PARADE!

St. Cross will once again be participating in the Hermosa Beach St. Patrick's Day parade on Saturday, March 16. We would love for you to join us! We need help decorating our entry in the St. Cross parking lot at 8:00 on Saturday morning and then we will move to our assigned parade spot on Valley Drive at 9:00. The parade starts promptly at 11:00 so we ask any who want to walk with us to be at the assigned parade spot no later than 10:45. You can park at St. Cross or at the Vons underground parking lot on Ardmore. You must be able to walk at least 1 mile (kids under 5 ride on the truck). Well-behaved dogs are welcome to walk, too. The parade will end around 12:30. Please wear something kelly green in color.

We particularly encourage families with children to engage with us and show our love of St. Cross by participating in this huge community event. It really is a lot of fun! For more information call or text Cameron Johnson (310) 415-0288 or e-mail her at cjohnson@stcross.org.

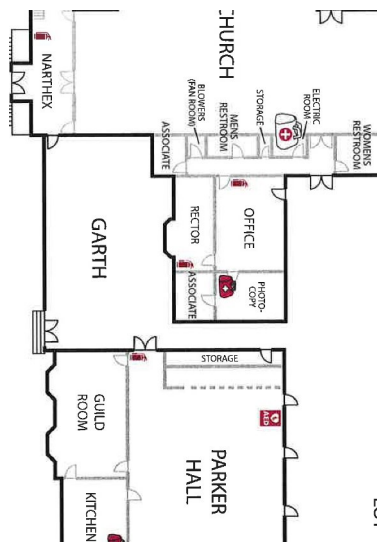


Habitat Build Day

Our first Habitat for Humanity build date for 2019 is set for Saturday, March 23rd, this time in Culver City. That city has generously donated vacant land and waived all building permit fees for ten new homes. This project will be Habitat LA's first affordable ownership housing project built in Culver City, featuring six new detached single-family homes with three bedrooms and two bathrooms and four new attached homes with three bedrooms and two and a half bathrooms. No construction experience is required and any tools you need that day will be supplied by the Habitat for Humanity crew.

For more details, please go to stcross.org/H4H

Please mark your calendars for March 23rd, and see John Cheslick or Dan Wilson at the Habitat for Humanity table in Parker Hall beginning Sunday, 2/24 thru 3/10 to sign up. We'd love to make this another great parish-wide event!!



Episco-speak: "The Garth"

The Garth is small enclosed area. At St. Cross, our Garth is between the Sanctuary (the main church building) and Parker Hall. With several chairs and a couple of tables, this outside area is often used as a gathering place, especially for special events and on Palm Sunday. Our Garth is wired with speakers so that anyone sitting the area can hear what is said inside the church. A beautiful marble cross and a water fountain, along with the various plants and shrubs enhance the space. The Garth open not only on Sundays, but also during office hours. It is a great place to come, sit, read, mediate, or pray.

Episcopal 101 Class—Sundays at 9

Have you ever wondered what the colors in the church mean? Where the Episcopal came from? Why the Episcopal Church ordains women, and welcomes people of all gender expression and sexuality? This is your chance to learn more, and explore your questions about the Episcopal Church, how we interpret scripture, our history and tradition, and who we are as a denomination. This will also serve as the class for adults who would like to be confirmed or received into the church, but all are welcome to come and join the discussion. Please reserve a place in the class by emailing Rev. Robin rdenney@stcross.org.

Sundays at 9am. – March 10, 24, 31, April 7, 14, May 5, 19, and June 2.



VBS Coming to a Planet Near You!

Registration for St. Cross' Vacation Bible School opens March 15, at stcross.org/vbs

Prepare for an out of this world VBS this summer with St. Cross!

Participants and volunteers will explore where God's power can take them with crafts, science projects, bible stories, singing, and games, accompanied by our Robot-puppet host, "EP3-20"!

We will explore themes of Faith, Boldness, Kindness, Thankfulness, and Hope.

Registration closes on June 9

Sunday July 14, 11:30am-1:30pm: Kick-Off event and Registration

July 15-19, 9am-noon: Vacation Bible School

Sunday July 21, 10am: VBS Beach Mass, at 22nd and the Strand



Confirmation for Youth and Adults June 9

Bishop Diane will be visiting St. Cross on the feast of Pentecost, Sunday June 9, at 10am

In the Episcopal tradition, confirmation is a rite in which a person makes an adult commitment to membership in the church, and receives a blessing from the Bishop. At St. Cross it is our tradition to have youth who wish to be confirmed do so when they are nearing the end of high school, after they have gone on pilgrimage and explored their faith, as well as other faith traditions. Their class, called "Confirm not Conform" is ongoing at 9am in Clark Hall (upstairs).

In the Episcopal Church we accept confirmation from other churches such as the Catholic and Lutheran Church as equally valid. So adults who were previously confirmed do not need to do so again. However, you can be "received" into the church by the bishop, which is a formal recognition of your membership in the Episcopal Church. We also offer confirmation for adults who have never been confirmed. If you are interested in confirmation or being received, or in re-affirming your commitment to the church in front of the bishop and the congregation, please contact Rev. Robin, and plan to attend the Episcopal 101 class for your preparation.

Human Migration Event

St. Cross is partnering with Doctors Without Borders to bring an immersive presentation to the South Bay entitled "Human Migration." On April 6, come for any of the 45 minute sessions between 10am to 4pm. The intent is that this program will lead to better understanding of immigration, more compassion, and possibly some solutions. Through the installation, attendees will experience some of the challenges confronting people who are forced to flee. In particular, each attendee will be "assigned" a status and country of origin as they enter the exhibit. Then, they will be allowed to choose 5 things to take with them on their journey. Participants will gain a deeper understanding of the global refugee crisis, the dangerous journey made by those who have been forced from home and the humanitarian assistance offered by Doctors Without Borders. To RSVP or for more information contact Mervis Reissig, merv4peace@gmail.com

Called to the Wall April 13, 7:00 AM

The annual Diocesan pilgrimage to the border wall with Mexico will take place on April 13, starting at 7am at the diocesan center. The pilgrimage will stop at places along the route to San Diego, each stop doing some of the stations of the cross. It will conclude at Friendship Park, on the border, where hopefully this year, we will be able to have eucharist or prayers on each side of the wall at the same time, with brothers and sisters from the church in Mexico gathering on the Tijuana side. Adults will be carpooling/convoying from the church parking lot at 6:15am, or meeting up with the procession along the way. Youth will be traveling together and departing from St. Cross at 6:45am. Contact Rev. Robin for more details.

Learning in Service

The youth of our parish turned out in a big way for a week-end of service on Martin Luther King, Jr. weekend in January. The first day we spent in Long Beach, serving and talking with people experiencing homelessness in a feeding program, and then talking together about the experience and its impact. The youth wrote prayers for the homeless, and talked about the importance of how we tell stories, and being a witness to the stories of others. On the second day we talked about Civil Rights and the legacy of different movements in our country. The youth made small signs representing what they believe most deeply and are willing to stand up and use their voice to support. We carried these signs as we walked along the Strand in public witness to how it is we intend to live out love in the world. On the third day the High School students engaged with the theme of immigration. We went to Border Field State Park, at the US-Mexico border in San Diego. We walked the beach, and reflected on written first-hand stories of immigrants. The Rev. Nancy Frausto shared her own story as a participant in the DACA program and a dreamer. The youth offered spontaneous prayer after each story, and had

the opportunity to reflect in journals. We then spent time volunteering at a shelter for migrant families who had been released from detention. By performing simple tasks like disinfecting door-knobs, sorting donations and sweeping, we had the opportunity to share a smile and our action as a symbol of our care and concern for people who had been through very difficult experiences.

Our youth had the opportunity through the weekend to get to know youth from Long Beach and Palos Verdes, and to explore these topics deeply together. I was so profoundly impressed by and proud of our youth, how seriously they took their experience, how deeply they cared, and how they took the risk to step outside their comfort zones, bless others, and walk the way of love that Jesus calls us to. They inspired me to look for more opportunities to walk the way of love.

I hope they have inspired you, too!
See a couple of photos on page 7.

Pastoral Care Corner

I don't know about you, but I love the season of Lent. I love the idea of adopting a new disciple so that I can deepen my spirituality and draw closer to God. Just thinking about joining with the faithful generations who for centuries have denied themselves something during these 40 days is exciting to me. It's the intersection of an ancient practice crossing into the realm of today.

Yet here is the thing, at some point during the 40 days, most years, I fail to keep to my disciple. I might fail to read my devotional book for a day or two days; I might cheat at eat some forbidden chocolate; I might neglect to pray at noon. So once again, I come to face to face with my failures and my disappoints.

For me, Lent reminds me that I don't have to be perfect to be loved by God. Yes, I want to be perfect. If I could, I would be. But the reality is that I am not perfect. I disappoint myself and others far too often for what I deem to be acceptable. Yet God is always there. God is always there loving me and restoring me. God is there for all of us, speaking words of love and grace. Even we if our track record is not perfect at keeping our Lenten disciples, God's desire to stay connected with us never waivers. So let us use this time of Lent to draw year.

If you would like to meet together, I would be delighted to take you out for coffee. Please contact me through the church office at 310.376.8989 or via email at nbiornstad@stcross.org.

-Rev. Nathan Biornstad



Summer Breakfast Hiatus

We are looking at taking a Summer Breakfast hiatus this summer. It has been a challenge to get groups together to sponsor breakfasts throughout the summer. However, we want to give fair warning about this potential change. Summer breakfasts have often been a small fundraiser for needed items: scholarship to Camp Stevens, new dishes for the kitchen, new folding chairs for the parish hall. While we will miss raising those funds and the fellowship time together, we want to honor people's summer schedules and obligations. Should you have strong feelings to keep the summer breakfast, please see Rev. Rachel and give her your ideas on how we can sustain it. Thank you!

ST. CROSS

History

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No – but in the far past at St. Cross we celebrated Shrove Tuesday with a pancake supper. “Shrove Tuesday” dates back many centuries to the practice of Christians confessing their sins to their priest and having him “shrive” them, or free them from their guilt, in the days before Lent began. The serving of pancakes comes from cooking up all the food in the pantry that would be given up for Lent, mostly meats and fatty foods. Add flour with eggs and milk

*and you have pancakes! In 2002, chef David Abbitt added Cajun food to our menu and Porterhouse Bob started playing music for the Mardi Gras parade and people's enjoyment. Then in 2007, Walt Young's famous Gumbo recipe was included in the menu along with the Mardi Gras decorations, the crowning of the King and Queen, the tossing of beads and candies, and the eating of King Cake. The Mardi Gras elements come from the New Orleans traditions. Mardi Gras = Fat Tuesday, or the using up of the fatty foods that will not be eaten during Lent. **Come celebrate with the St. Cross family on Tuesday evening, March 5th at 6pm in Parker Hall.***

5 Questions with Sean O'Neal

Newly-Hired Director of Music Sean Coburn O'Neal was born and raised in Long Beach, CA. He began musical studies with the piano at age 10, and then with the organ at age 16. Sean has received various musical honors and awards from various musical organizations, most notably having been awarded the first-place performance prize in two regional American Guild of Organists competitions: Arizona, 1995 and Hawaii, 1997.



We asked Sean 5 questions to help everyone get to know him better:

What excites you about coming to St. Cross to work?

Several things excite me about St. Cross: larger choir, larger organ, potential to perform larger scale choral works.

What is your favorite book of the Bible and why?

Daniel, specifically the story about Belshazzar's feast - one of my favorite classical works is William Walton's masterwork oratorio based on the story of Belshazzar's feast.

What is one of your early memories of church?

Having been raised in church, and having participated in church my entire life, there are many early memories. Specifically listening to my parents sing in the choir, sitting on the organ bench next to the organist while he played during the service, crawling in and out and around the baptistry and other areas of the church buildings.

What is one thing you want us to know about you?

My partner/fiance, Franklin, and I live in Bixby Knolls area of Long Beach, with our 3 beagles - Cody, Zoey, and Sasha.

St. Cross loves a good meal. What is your favorite food?

hearty, American style home cooking.

Parish Life

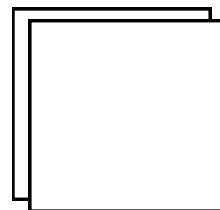
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First Class Mail



Mardi Gras, Ash Wednesday

Mardi Gras Party

Mar. 5, 6 PM

stcross.org/mardigras

Ash Wednesday

Mar. 6

6 AM, 12 Noon, 7 PM

Lent Program Begins

Mar. 13

6 PM

More details inside

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

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