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MISSING KEYS...

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BACKPACK BLESSING

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SOCIABLE SENIORS

SEPTEMBER 2019

St. Cross
EPISCOPAL CHURCH

Crossroads

THE NEWSLETTER OF ST. CROSS EPISCOPAL CHURCH

Dream It. Do It.

THE VESTRY & REV. RACHEL

In the past month you may have received a sticker (or seen others wearing one). People got one when they wrote their response to the open-ended questions the Vestry had posed in preparation for our year of dreaming.

Dream it. Do it.

St. Cross has taken on many great ministries and outreach projects throughout its 100+ year history. These ministries have changed through the years depending on the needs presented to us, parishioners who wanted to do something about the need, and a whole lot of the Holy Spirit guiding us along the way. Now the question is: What comes next?

The Vestry and clergy have spent much of this year dreaming and planning how to involve the entire parish in the dreaming process.. A dream isn't a big idea. A big idea is a ministry that we can accomplish tomorrow or a week or a month from now. A DREAM is something that will take all of us working together over a long period of time to accomplish.

It is our hope that EVERYONE will be in church with us on St. Cross Day, September 15. The Vestry will talk to the congregation about the upcoming year and how we envision the St. Cross community dreaming together.

DREAM IT.



DO IT.

We will have a survey to help us figure out where God is calling us to be helping hands and compassionate hearts in the world around us. You can only take this survey at St. Cross during coffee hour. And when you do take the survey, you will be eligible for some door prizes (HB and MB map puzzles, gift certificates to local stores, dinner with the rector, etc.)

It takes all of us praying together, all of us listening together, all of us working together to know how we want to step into our future. Come and join us. Dream it. Do it.

The Vestry and Rev. Rachel

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 *
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

September Calendar Highlights

9/01:-02 Fiesta Hermosa Parking
9/01: Youth Choir Rehearsal (p 4)
9/02: Office Closed (Labor Day)
9/05: Neighbor to Neighbor
9/06: Episcopal Dodger Night
9/08: Directory Photo Day
9/10: St. Monica's Meeting
9/12: Sociable Seniors (see p 6)
9/15: St. Cross Day (see p 1)
9/15-22: Family Promise
9/20: St. Cross Book Club
9/22: Missing Keys (see p 3)
9/24: Vestry Meeting
9/25: Prayer Shawl Guild, 6 PM
9/25: Laundry Love
9/26: Sociable Seniors (see p 6)

Alpha & Omega

Baptized

Cameron Elizabeth Berg
Alice Christine Treidl
Hunter James Stearns
Samantha Ann Andi
Kaitlyn May Andi

See page 7 for photos from our Beach Mass
Baptism Day on August 18!



Directory Photo Day

Sunday, September 8

Sign up at stcross.org/photos

ST. CROSS History

Q.

New ministries have started at St. Cross over the years. Some last for a long time and some are of a shorter duration. We know and acknowledge some leaders and some of them have been forgotten. One St. Cross ministry has been around for some time and was started by two parishioners for those in "the older age bracket."

Can you name the ministry, the women whose idea it was, and how long it has been active at St. Cross?

Answer on page 6

Episco-speak: The Narthex

I heard someone refer to the Narthex. What is that? Great question! The narthex is the space between the main entrance of the church and the inside doors that lead to the sanctuary. It is the place where the bulletins are handed out, where the acolytes and clergy gather immediately before the 10am service begins, and also where the clergy greets the congregation after the service.

Email questions to nbiornstad@stcross.org!



Missing Keys, Forgotten Names

Special Presentation and Dialogue on
Memory, Cognitive Decline and
Alzheimer's Disease with
Cordula Dick-Muehlke Ph.D.

Sunday, September 22
11:45 AM - 1:45 PM
Parker Hall



Ministry Updates

CPR / AED Training

The final two First Aid, CPR / AED trainings, with a 2-year certificate, will be held on September 28 and December 7. To register, send an email to 1certraining@gmail.com, with your name, phone, email and address. Note that all Beach Cities' residents and employees take the class for free!

St. Cross Weekly Email Newsletter - Sign up by clicking the button at the bottom of our website home page!

Sign up for our weekly email at stcross.org!



Program Year Starts September 15

Sunday School

With a team of over 20 awesome teachers, St. Cross Sunday School provides programs tailored to children and youth of different ages. The classes create a safe space for young people to learn, explore, and deepen their faith. All classes resume on September 15 at 9 AM. Also, there will be Sunday School registration and a parents' meeting at the same time in Room 5.



Adult Education

Grab a cup of coffee and join us for Adult Education beginning on September 15 from 9:00-9:50 AM in the Guild Room. Adult Education is for adults of all ages and meets each Sunday of the program year. The program will cover a variety of engaging topics, as well as, clergy presentations the first Sunday of the month.



Blessing of the Backpacks on September 1

Remember to bring your backpacks and school bags to church on Sunday September 1, at 10 AM for a special blessing!

VBS Participants: wear your To Mars and Beyond VBS T-shirts! The VBS campers and leaders will be singing a VBS song during the service.

Questions, comments, concerns? Contact our new Associate for Formation, Rev. Stephen Smith at ssmith@stcross.org.

Youth Choir Registration

It's time to register for Youth Choir at St. Cross! Rehearsals start Sunday, September 1, 11:15 AM-Noon in the choir room and continue weekly. Singers in grades 3 through 8 are welcome to join at any time.

We sing a variety of choral repertoire including musical theatre, gospel and classical, and provide a musical offering as part of the 10:00 AM service periodically. While we're learning songs we'll also be working on ensemble singing skills, vocal technique, harmony, basic music theory, ear training and sight-reading.

Singing in choir is fun and enriching. The do-re-mi's help you excel beyond the ABC's. Studies show that music has a positive effect on abstract reasoning and problem-solving skills, and increases neural pathways in the brain.

Contact me at candaceford1@mac.com Registration forms are available in the church office. Join us in experiencing a sense of community and service to the church through music!



St. Cross Softball Digest

Ogar and McCue's HRs Lead Dodgers to 5th Straight Win: Dodgers down Kings Way 11-10 with Clement Ogar's Walk Off HR (3/3) with 3 Runs, RBI, Double, combined with Two-Hit games by Sean McCue (2/3) with 2 HRs, 4 RBI, 2 Runs; Bruce Difley (2/3) Triple, Double, 2 Runs; Doug Hall (2/3) with a Double; Joe DesParte (2/2) with a Double; and Madi Weissenberg (2/3) with 3 RBI, Double. Sean (4-0) still perfect from the mound.

McCue Clubs 2 More Home Runs in Dodgers 19-9 Win : The Dodgers (6-0) showed offensive power by beating NOVA with 30 Hits, 12 for extra bases. Sean McCue (.750) was 3/4 with 2 HRs, 5 RBI, 3 Runs, while Jeanne People (.667) was a perfect 4/4 with Double, 2 Runs; and Jamie O'Grady (.889) was 4/4 with a HR, 3 Doubles, 4 Runs, 3 RBIs. Bruce Difley (.800) with Triple, Double, 2 Runs; Joe DesParte (.786) with 3RBIs, Double; and Madi Weissenberg (.700) all enjoyed 3-Hit games. Two-Hit games by Doug Hall (.750); Andy Simon (.357) with a HR, Double, 4 RBIs, 2 Runs; and Elli Weissenberg (.500) finished out the scoring with multiple hit games. Sean (5-0) notched his 5th win on the hump.

O'Grady, McCue. Barnes and Simon Homer in 21 – 10 Dodger Victory: Dodgers (7-0) continue in 1st place with an impressive win over First Presbyterian. Jamie O'Grady (.917) with a 3/3 day, HR, Triple, Double, 4 RBIs, 3 Runs; Sean McCue (.826) with a 3/3 day, HR, Triple, 5 RBIs, 2 Runs; Seth Barnes (1.000) with 2/2 day, HR, 3 RBIs; and Andy Simon (.471) with 3/3 day, HR, Double, 3 RBIs, 2 Runs all had perfect days at the plate. Other multiple hit games by Doug Hall (.783) 3/3, 3 Runs, 2 RBIs; Autumn Hoffman (.750) 3 Runs; Bruce Difley (.818) 2/2, Triple, Double, 2 Runs added to the perfection. A total of 7 players were perfect at the plate while team batted a record .777 for the day. Sam Barnes recorded her first hit of the year. Sean (6-0) is still undefeated this year.

Hoffman and McCue Have Game Winning Hits in Last Inning for 11-9 Victory: Dodgers (8-0) continue in 1st place even with a sloppy defensive game and an adequate offense. The offense was led by team leading hitter, Jamie O'Grady (.933) with 3 Hits, HR, Double, 3 RBIs, 3 Runs and set up the game winning situation in last inning for Seth McCue (.808) with 2 Hits, Triple; and Autumn Hoffman (.714) with 1 Hit, RBI, Run. Only other 2-Hit games were by Seth Barnes (.875) with 2 Doubles, 2 RBIs; and Caren Brownlie (.667). Sean (7-0) continued his mastery from the mound.



Episcopal Dodger Night

Reminder that Episcopal Dodger Night is Friday, September 6!

Pastoral Care Corner

Where did the time go? I would suspect that all of us, some of us with more frequency than others, wonder how did so much time pass so quickly? It is a constant challenge to enjoy the moment in which we live. It is all too easy to long for the past, easy to worry about or plan for the future. Living in the moment is much more challenging.

Throughout Jesus' earthly ministry, he encourages us to be mindful of the moment. One of the things that we can do to appreciate this time in our life is to keep scheduling novel experiences. The more novel experience, the more that we will engage with the moment and remember it later. Novel experiences can be as simple as driving a different route to church or shopping at a different grocery store. We can also set goals to incorporate new experiences into our lives. Maybe we decide to eat at the top 5 ice cream shops in LA county. The possibilities for creative engagement and living in the moment are endless.

An invitation: If you would like to meet together, I would be delighted to take you out for frozen yogurt, ice cream or your favorite non-dairy equivalent! Email me anytime at nbjornstad@stcross.org.

-Rev. Nathan Bjornstad



Sociable Seniors Celebrating 25 Years!



Join us as we celebrate 25 years of Sociable Seniors! Our first meeting was in the fall of 1994, and now here we are, 25 years later, enjoying one another's friendship and company. To kick off the program year, we are going to play BINGO, brainstorm about this year's activities, at eat lunch together. Connect and make new friends at our first meeting of the program year on **Thursday, September 12th at 11 AM to 1 PM** in Parker Hall. Lunch will be provided.

Also, come and join us at our Annual Valley Park BBQ in Hermosa Beach on **Thursday, September 26th from 11 AM to 1 PM**.

From page 2

ST. CROSS

History

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The Sociable Seniors (originally the Seventy Somethings) was begun in 1994 by Sandy Lawton and Maureen Husted (for their mother and mother-in-law) to provide a social venue for seniors to get to know each other better, learn about topics pertinent to their station in life, and provide socializing, all while eating a brown bag lunch.

As you can see in the above article from Rev. Nathan, Sociable Seniors is celebrating its 25th year!

All St. Cross members seeing themselves enjoying such a group are welcome to gather in Parker Hall on the second and fourth Thursdays of the month at 11am. And they enjoy some fabulous field trips, too.

Check them out!



Thank you ushers for welcoming everyone at St. Cross each Sunday! New ushers are always welcome!

Front row: JoAnn Kaye, Charlotte Lesser, Judy Soper, Sherry Graham, Mervis Reissig, Tao Will, Pat Wooley, Marilyn Young and Ralph Kaye.

Back row: Sandy Lawton, Bill Soper, Lee Spivey, Brain Wilcox, Gary Grimes, Earl Feys, Terry Eddy, Russ Lesser, Al Dickinson and Walt Young.

Not pictured: Chris Angelo, Clark Bonner, Nancy Bonner, Toni Consolo, Susan Corey, Ed Dahdah, Halim Dahdah, Aizwen Feys, Pati Johnson, Sarah Lorenz, Evan Lynette, Kathy Moawad, John Moawad, Azande Nzamase. Kevin Sanchez, Jerry Saunders, Adam Tittle, Ben Tittle, Cole Thomas and Rhonda Woodfine.

Photo: Dan Wilson (Thanks, Dan!)

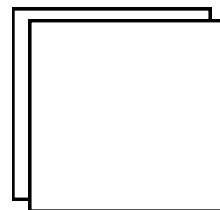
Photos from Beach Mass & Baptism





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

First Class Mail



Youth Choir Signups!

Grades 3-8!
Rehearsals Begin 9/1
Join Any Time
See Page 4 for More Info

Contact candaceford1@mac.com
for more info

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

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