

All Saints' Episcopal Church  
Riverside, CA

# *The Good News*

February 2022

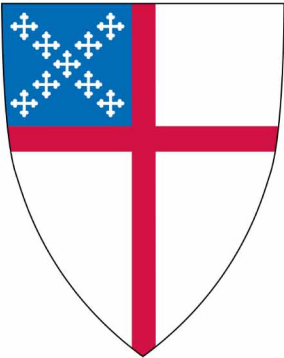


## VISION

The vision of All Saints' Episcopal Church is to be a vibrant, loving, welcoming community of faith called to serve Christ and to nurture all persons to be fully alive in God.

## MISSION

With God's help we will live our vision as a community that serves all people through ministries of worship, education, fellowship, and aid to those in need.



## Upcoming Events

**February 12 from 10 am to 5 pm on the Main Street Mall ~~ Annual Riverside Black History Parade and Expo**

**February 13 from 7:00 to 8:30 pm ~~ An Evening Recital featuring Sophia Ohanian and Luke Hilland**

**February 14 from 7:00 to 8:00 pm ~~ Taizé Meditative Worship**

**February 16 at 5:30 pm ~~ Laundry Love Riverside**

**February 25 ~~ Friday Noon Organ Concert**

**February 25- 27 ~~ Vestry Retreat**

**February 27 at 4 pm ~~ Evensong at First Congregational Church as a part of the Dickens Festival. Mother Kelli Grace will preside and the Raincross Master Chorale will sing**

**March 2 ~~ Ash Wednesday, services at 7 am, noon and 7 pm**

## Navigating *the Nave* The Rector's Reflections

I am looking forward to being on retreat with the vestry later this month. We have four new vestry members to acclimate, a year forward for dreams and plans, and dedicated time to listen to God in nature. We'll be at Camp Stevens February 25-27 with their executive director Kathy Wilder as our retreat leader. Each vestry member and I are spending one-on-one time to work on their portfolio before we head up the hill. Each vestry member holds a virtual (and/or physical as the spirit moves them) portfolio of what their area(s) of focus will be for the remainder of their term on vestry. For some, it's quite clear and direct: our treasurer, Jane Carney, has "finance" as her main area of focus. Others are not so clear, and maybe even a bit more crowded: Senior Warden Francie Johnson already has administration as her primary, but she also keeps buildings and grounds and congregational vitality in her portfolio. Kathy Woodbury is entering the third year on her vestry term and includes parish health and nurses, and hospitality in her portfolio. Our Junior Warden, Steve Slaten, so much enjoyed his past year in the role of "Junior-Junior Warden" that he has conscripted Luke Polling as the new Junior-Junior. Luke also includes information technology in his portfolio. And so on.

Not all of our time will be spent filling agendas and portfolios and calendars; we'll get to take a tour of the Camp Stevens gardens and farm and have time for hiking, praying and maybe even a campfire song or two. The best retreats combine work, play, rest, and prayer. Please pray for us as we pray for you.

One of our big focuses for not only the retreat but for the years ahead is Care of Creation: how can we best steward the grounds and buildings to ensure we are leaving this part of the Garden in the best care possible to our children, grandchildren and those who come after us?

The supply priest for February 27 will be Father Pete Wright. Lindy will be coming with the vestry to help with the logistics of the weekend, so Rebecca Kurtz-Garcia will be supplying for Lindy in the broadcast nest.

Next, we are headed towards **Lent** with **Ash Wednesday** on **March 2**. We have not had indoor Imposition of Ashes for the last two years. We'll do so this year at 7:00 a.m., 12:00 noon, and 7:00 p.m. with the choir present at the 7:00 p.m. service. We'll NOT have a Shrove Tuesday pancake dinner this year, just to be extra cautious coming out of the Omicron wave. Hospitality/Coffee Hour will return in March. Look for sign ups soon, as we'll wait until we have volunteers for each Sunday before bringing it back.

Finally, I am excited to announce that the pilgrimage to the **Holy Land** that was supposed to happen in 2020 has now been rescheduled for this fall. Please consider joining me and a small group of pilgrims as we head to Israel/Palestine this **September 5-16**. I'd be glad to talk with you more on this great opportunity. Come, walk where Jesus walked, and pray where he prayed. Learn the history, culture and people of the Holy Land.

Be well, KGK+



At our January event Laundry Love Riverside spent a total of \$308.65 and served 25 families with 176 loads of laundry.

We had seven volunteers: Kathy Woodbury, Michelle, Sherri Bradley, Carrie Addams, Mary Ellen Gruendyke, Francie Johnson, and Kelli Grace Kurtz.

We hope to see you at our February event on Wednesday, February 16th at 5:30 p.m. If you are interested in volunteering for the event or would like to make a donation, please contact Sherri Bradley or Liz Atkinson.

~Liz







ALL SAINT'S EPISCOPAL CHURCH  
RIVERSIDE, CA  
& SAINT ANDREW'S  
IRVINE, CA

  
QUMRI PILGRIMAGES  
IN THE LAND OF THE HOLY ONE

A JOURNEY TO THE  
HOLY LAND

12-Day Pilgrimage  
September 5-16, 2022

Led by  
The Reverend Canon Kelli Grace Kurtz  
&  
The Very Reverend Peter Browning

Local Guides

Canon Iyad Qumri  
& Rami Qumri


FOR MORE INFORMATION  
PLEASE CONTACT  
OUR COORDINATORS

You are invited to join other pilgrims from All Saint's Episcopal Church and Saint Andrew's as we walk in the footsteps of Jesus. Together, we will visit the

places of his birth, life, ministry, death and resurrection. Our experienced personal guide Iyad Qumri, will lead us in exploring ancient places, vibrant markets, and modern museums in a land that is suspended between East and West, past and present.

 The Reverend Canon  
Kelli Grace Kurtz  
Rector

PHONE: 951-683-8466  
MAIL: MotherKelliGrace@gmail.com

 The Very Rev. Peter Browning  
Vicar

PHONE: 949-559-4699  
MAIL: peter@standrewsirvine.org



Please use your  
smartphone's rear  
camera to scan  
the QR code



## Note From the Senior Warden

### *All Saints' parishioners:*

When asked by Mother Kelli Grace to consider taking on the Senior Warden position, I admit I was intimidated by the job.

I grew up in Seattle and on Sundays attended Epiphany, an Episcopal parish where my parents were married. Thirty-one years ago, Eric and I were married at Epiphany. Since we moved to Riverside in 1993, All Saints' has always felt familiar and welcoming. We have three wonderful daughters who grew up in All Saints' and see it as our family church.

Despite the crazy last two years, outgoing Senior Warden Kurt Marks secured strong leases with tenants, increased our Stewardship numbers, and established an Endowment Committee. These accomplishments provide important ongoing financial stability for our parish. With the Vestry's help and guidance, I look forward to continuing this solid financial position. I also look forward to helping Mother Kelli Grace in our search for our future Curate. He or she will be a wonderful addition to the All Saints' staff. While the news shows us a conflicted world and the continuation of the global pandemic, I find great peace walking through our red doors on Sunday mornings.

I am honored to be your Vestry Senior Warden for 2022 and will do my best, and I may ask for your help.

*Sincerely,  
Francie Johnson*

## Community Engagement ~ Upcoming Events And Opportunities



*Andrea Briggs, Minister for Community Engagement*

**Monday, February 14, 7-8 pm**, All Saints' will host Taizé Meditative Worship, an ecumenical style of worship that uses silence, candlelight, repetitive chanting and thought-provoking readings to encourage a deep reflective experience of the presence of God. Several Riverside churches have joined together to provide this worship opportunity to the community every month.

As we continue to struggle with health uncertainty and changing COVID best practices, Taizé is a place of peace. The church will be open for worship; face coverings and social distancing are required. In addition, worshippers may access the service via All Saints' Facebook page, or zoom at <https://us06web.zoom.us/j/82695949984>. Good news! Eden Lutheran and Trinity Lutheran will together be taking a turn in hosting Taizé worship next month, on March 14.



**Saturday, February 12, 10am to 5pm**, Riverside Main Street Mall, 43rd Annual Riverside Black History Parade and Expo with car show and other entertainment. Free. Watch for notices about other Black History Month events in Riverside.

*Mercy House, the agency who manages the Saint Michael's Apartment project, is looking to open a small bridge shelter in town. They are hiring for a number of positions, including a Program Manager to oversee this project. If you are interested, or know anyone who is, please contact Larry Haynes at [LarryH@MercyHouse.net](mailto:LarryH@MercyHouse.net).*



## *Meditations on St. Valentine*

*Contributed by David Glidden*

St. Valentine was beheaded February 14th in the year 269 in Rome on the personal orders of Emperor Claudius II. His martyrdom was sanctified by Pope Gelasius in 496 on the anniversary of his execution. But no one seems to know why he was executed or why St. Valentine's Day is associated with romantic, erotic love. Complicating scholarly inquiry is the existence of several other notable Christian clerics all named Valentine (after "valor") of that same era, many of whom were martyrs too, with legends of their own.

One medieval martyrology says that Valentine had restored the vision and hearing of his jailer's daughter. Another says that Bishop Valentine married many Christian couples, so that their husbands were then exempted from service in the Roman army, at a time when Claudius needed soldiers for his wars.

But the most likely source connecting losing one's head with losing one's heart is Chaucer's delightful *Parliament of Fowls* (c. 1382), where St. Valentine's Day is marked as the day when birds choose their mates: "For this was on St. Valentine's Day/ Whan every brid cometh ther to chese his make." (ll. 309-310) That certainly makes sense in warmer climes like southern California or Italy, when birds start displaying their plumage and doves begin to couple up this time of year. Chaucer's sensual poem, you see, is not at all about St. Valentine. Chaucer, instead, pays homage to Cicero's "Scipio's Dream," an encomium to Platonic, pagan love. St. Valentine's Day gets the credit.

Platonic love of whatever variety, whether erotic or friendly, is the desire of the lover for something the lover seeks for satisfaction. It is the desire of the self for some object to quench the craving, whether it be a human being or a thing. It is a selfish love.

We see this well in poetic praises of romantic love such as in Shakespeare's seduction song from *Twelfth Night*: "O Mistress mine, where are you roaming?/ O stay and hear your true-love's coming ...What is love? 'tis not hereafter;/ Present mirth hath present laughter: /What's to come is still unsure. / In delay there lies no plenty, / Then come kiss me sweet and twenty: /Youth's a stuff will not endure." This is a song I used to sing to my inamorata during my salad days, to no avail.

The 17th century poet Robert Herrick wrote in that same fashion: "Gather ye rosebuds while ye may, Old time is still a-flying." In Herrick's case, however, these words are not taken from the ancient pagans but from the Wisdom of Solomon (2.8), though used here in service of an Epicurean sentiment: "Seize the Day."

The love St. Valentine actually embraced was very different, an entirely selfless love, or *agapé*, a love that first made its appearance in the western world with the advent of Christianity. To love another without any desire whatsoever for personal gain or satisfaction is a form of human love that mirrors God's love for us. It made no sense to pagan Platonists or romantic poets. It did make sense to classical Buddhism whose embrace of *karuna* made the same commitment, to love another selflessly. But for both Christianity and classical Buddhism this new form of love was not a mere sentiment to be written on a card or expressed with flowers or chocolates. Instead, it required concrete actions, expressing that love for others in ways that would actually help them, the very opposite of self-seeking. So, Jesus worked his miracles, and the martyred saints spread healing words and deeds of selfless love at their own expense, to the glory of God.

*David Glidden 20 January 2022*

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### REMEMBER ALL SAINTS IN YOUR ESTATE PLANS

**You can help the ministries of All Saints by remembering us in your will/trust. Here's suggested wording to give your financial advisor/estate planner:**

**I hereby give, devise, and bequeath to All Saints Episcopal Church, Riverside, California, a not-for-profit corporation, with the present address of 3847 Terracina Drive, Riverside, California 92506 and its successor, the greater of \$ \_\_\_\_\_ or \_\_\_\_\_ percentage of my gross estate, to be used in such a manner as determined by its rector, wardens and vestry.**





## Focus On Music Ministry

An Interview with Abe Fabella

### Can you tell us a bit about yourself?

I was born and raised in Loma Linda. My parents immigrated here from the Philippines. I started piano lessons at the age of five and started singing in a children's choir at the age of seven. I was a good student in high school and played clarinet in band and sang bass in the choir. I also was involved in theater and wrote poetry. I graduated from Loma Linda Academy in 1993 and enrolled at La Sierra University in Riverside as a music major. There, I honed my piano performance and accompanying skills. In 1997, I traveled to China to perform Gershwin's "Rhapsody in Blue" with the Beijing Philharmonic Orchestra. My plan in college was to become a high school band teacher, however I started to compose music and I couldn't get enough of it! I attended UC Riverside for an M.A. degree where I studied composition with Byron Adams. Afterward, I decided to continue my education at the San Francisco Conservatory of Music where my composition teacher was Conrad Susa. All through my career in music, I have been involved with church music, choirs, and singers! I've played the organ and directed choirs at Methodist, Lutheran and especially Episcopal congregations. Before All Saints' I was the Director of Music at Transfiguration, San Mateo (2002-2005) and St. Michael's, El Segundo (2005-2006).

### How long have you been playing for us at All Saints'?

I arrived at All Saints' in January 2007. I have been here for fifteen years.

### What do you like most about the All Saints' community?

I appreciate the community's value on music and the arts. All Saints' is very receptive to the music I present here. However, what I appreciate most is All Saints' commitment to serving the wider Riverside community. We are involved with alleviating the suffering in the world caused by social inequity which makes All Saints' a meaningful church to work for.

### What musical offerings can we look forward to at All Saints'?

Make sure you mark Sunday, February 13, at 7pm in your calendars. Our own Luke Hilland with special guests will be presenting a French Horn recital that should be exciting! Also, Taizé is the following Monday, February 14, at 7pm. Other recitals planned are a vocal recital with mezzo-soprano, Marcela Pan and my own solo piano recital. Check back soon later this year for those dates!

### What other musical activities are you involved in besides All Saints'?

There are plenty of activities that keep me busy outside of church! Many of you attended the Raincross Master Chorale's first concert after more than a year of COVID. I'm happy to be their accompanist. Be sure to check out Evensong at First Congregational Church downtown on Sunday, February 27, at 4pm. The chorale will be leading that service and I will be at the organ and piano.

I am also the Music and Artistic Director of Riverside Lyric Opera. Back in December 2019, we produced "Amahl and the Night Visitors" at All Saints'; many of you were at the performance. I also play for Genesis Opera Theater in Escondido and later this year, I'll be leading (for the third time) a show of opera and musical theater numbers at Aquarius casino in Laughlin!

If that isn't enough, I also teach twenty-five piano and voice students!

### Where do you see the music program at All Saints' in the next 15 years?

I see music at All Saints' growing and making an impact in the larger community. The Friday Music @ Noon organ series will evolve into a regular subscription concert series. I would love to invite professional ensembles and performers to our beautiful acoustic space. We could offer these musical and cultural offerings to the community. I see more services being offered: Evensong, Compline, Festival of Lessons and Carols, Handel's Messiah and other masterworks. I also would love to see the start of a choral scholar program where we sponsor college music majors' education while they learn our tradition of great choral music here at All Saints'. Finally, I could imagine an updated electronic console and maybe even additional ranks to color our already wonderful pipe organ. In short, I feel it will be awesome!

**Thank you, Abe!**



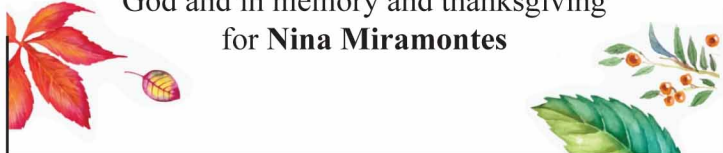


# Flowers

January 16 ~ The flowers were given to the Glory of  
God  
in thanksgiving for her son **Jamie's** birthday  
by **Elaine Crabtree**

January 23 ~ The flowers were given to the Glory of  
God

January 30 ~ The flowers were given to the Glory of  
God and in memory and thanksgiving  
for **Nina Miramontes**



## Prayer List

### Please keep these parishioners in your prayers

**For Healing, Comfort and Strength:** The Nze family, Chuck & Yvonne Stowe, Karen Colaluca, Enor & Roy Harris, Jan & Dwane Mickelson, Jennifer, Rob Hoyt, Beverly, Beth, Micaela, Grace Slocum, Fritz & Ethel, Beverly N., Polly G., Rickye & Ralph Gallihier, Richard, Mary Gabe, Cathy Porter, Jon Schleuter's brother Erik, Crystal, JoEllen, Winnie & Julie Williamson, Blair Gilbert, Sally, Aric, Sandra, Chuck & Ginnie Beck, Liz Tonge, Marlene Coverdale, Anne, Dean Bradley, Del, Robin, Cheryl Bartel, Tim & Suzy Hanigan, Jose Hernandez, Rick & Pam, Michelle, and Ryan Gleason

**For Healing, Comfort and Strength; short-term list:** Mary Cahill, Charlene Bostrum, Sally, JoJo, Bill, Robyn, Ann, Terry, Pam, Dean, Susan, Robert, Cecilia, John, Jennifer, Bill C., Tim, Kadie, Laura, Arie Lopez, Rick and Pam, Elaine, Eli, Barb, Alexander, Diane, Dick, Uncle Mike, and Sue

**For those who are affected by COVID-19:** Alice, Allison, David, Diane & Sherry, Jose & Chuck, Michelle, Miles, Kelsey, Alicia, the Speck family, Michelle,

Michael, Stephanie, Joe, Liz, Duffy, Paul, Brooke, Matthew, Dusty, Cristel, Anastasia, Taddeus, Steve, Dean, Kim Bullard and family

**For those preparing for Marriage:** Danielle Pietro and Danny Renneisen, Dominique Pietro and Matt Marsh, Bill Butler and Elizabeth Kurtz

**In thanksgiving for the birth of** Eloise Maryanne Bradley, daughter of Kyle & Miranda, sister of Ophelia, niece of Erin, granddaughter of Steve & Cheryl

**For those preparing for the Birth of a Child:** Andrew Johnson, Kate & Tyler (daughter & son in-law of Andrea and John Briggs), Alisha & Spencer Page (daughter and son-in-law of Pam & Tony Elmo), Ashley Carrol & Kevin Hendrix (daughter of Gayle & Marty Wendt) Emily Miramontes-Johnson & Dallin Johnson

**In thanksgiving for the lives and witnesses of:** Nina Miramontes; the retired Archbishop of South Africa, Desmond Tutu; Dan Benner, Dennis Macala

**For the comfort of those who mourn:** Don, Ana, and Emily Miramontes; Rene and Cole Benner, Ellen

**For our ministry partners:** Path of Life, Laundry Love, Inspire Life Skills, Saint Michael's, Research and Development Early Childhood Center, the Riverside Taize community, our Friends the Quakers, Believe Center

**For those serving in the Armed Forces:** Cameron Wolf, Jonathan O'Connell, Stephen Jenkins, Alia McMorris, Alex and James, Thomas Lopez, Justin Garcia, Andrew Tyner, Shelby Przyk, Michael Daschbach

**We pray for all who govern and hold authority in the nations of the world:** praying especially for Joseph our president, Kamala, our vice president, members of Congress, Gavin our governor, and Patricia our mayor.

**For Peace in:** Israel/Palestine, Afghanistan, Iraq, Iran, Syria, North Korea, and our own communities

**For Immigrants, Refugees, the Oppressed, and the Homeless** throughout the world

**For those in need of comfort:** the people of Haiti, the people of Tonga, the people of Afghanistan, all those on the diocesan prayer list, the families, friends and communities of the victims of violence and victims of natural disasters; essential workers: fire fighters, medical personnel, teachers, food workers, delivery drivers, emergency personnel and all others who are called to venture out to work on our behalf.

If you have an addition to the PRAYER LIST,  
please e-mail: [ASRprayers@gmail.com](mailto:ASRprayers@gmail.com)



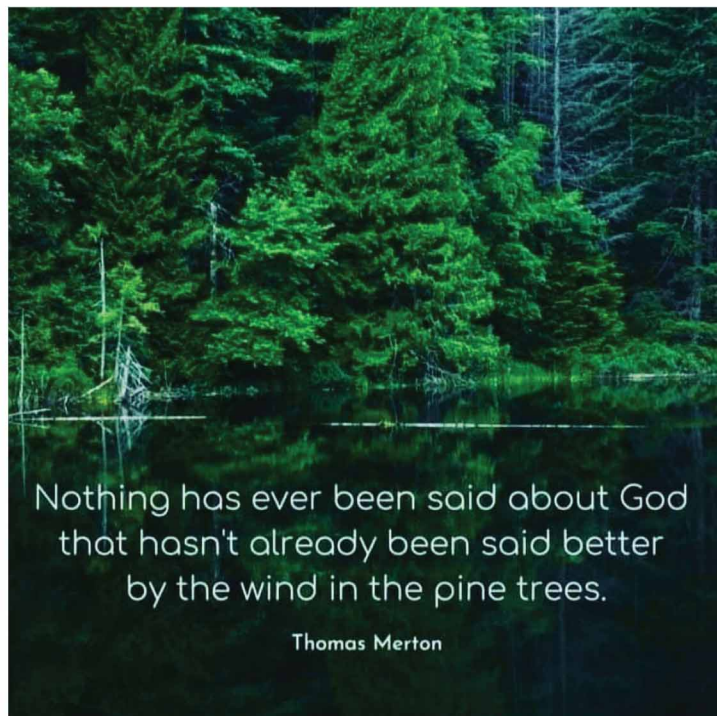
### LAY MINISTERS AND USHERS

	Lay Minister	Lector	Intercessor	Crucifer	Torch Bearers	Ushers
<b>6 February</b>	8A	David Glidden	Brian Draper	Brian Draper		Sue Stevens
	10A	Craig Riemer	Cathy Welborn	Peggy Darlington	Michelle	Francie Johnson, Roy Harris Robert Miller, Ian McCausland G: Jon Schlueter
<b>13 February</b>	8A	Scott Burton	David Glidden	David Glidden		Carol Leon
	10A	Laura McMorris	Kurt Marcks	Gavin	Elliott	Jim Boyer, Leslie Sunderland Jon Schlueter, AJ Jetti
<b>20 February</b>	8A	David Glidden	Brian Draper	Brian Draper		Sue Stevens
	10A	Diane Askren	John Paul Wolf	Christina Miller	Jack	Robert Miller, Francie Johnson, Leslie Sunderland, Charles Daily G: Diana Testa
<b>27 February</b>	8A	Susan Tedesco	Scott Burton	Scott Burton		Sue Liddle Burton, Scott Burton
	10A	Stephanie McMorris	Nerni Miller	Janet Dietzman	Emily	Jim Boyer, Robert Miller Cathy Welborn, Roy Harris G: Diana Testa

### MINISTRIES AND CONTACTS

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maryellengruendyke@gmail.com
- Altar Guild     Penny Ellien 951-215-9205    pellen44@att.net
- Christian Education     Margaret Wilson 951-687-4471    marg.wilson@yahoo.com
- Choir/Handbells     Abe Fabella 909-800-9633    abefabe@gmail.com
- Hospitality     Kathy Woodbury 951-990-5482  
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- Parish Nurses     Cheryl Bartel 818-981-5061    cabartel@aol.com
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- Sisters in Spirit     Mary Gabe marytoucan@gmail.com
- Ushers/ Greeters     Roy Harris 951-784-5498    enorjam@yahoo.com
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- Vestry - Junior Warden     Steve Slaten  
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*Photographers for this newsletter include:  
Mother Kelli Grace for Laundry Love and Lindy Colaluca-Polling  
for the collage honoring Margaret.  
We are always happy to have photos in our newsletter. If you  
have photos of any of our events, please send them to me at:  
kjkendrick1499@gmail.com*



Nothing has ever been said about God  
that hasn't already been said better  
by the wind in the pine trees.

Thomas Merton





## CONVERSATION

about race

A Recurring Feature  
Contributed by  
Andrea Briggs

### **The Harada House** **3356 Lemon Street, Riverside** **National Historical Landmark**

During the early 1900s, Jukichi and Ken Harada emigrated with their son from their native Japan. They settled in Riverside in 1905, and were soon leasing and operating a boarding house where they lived, as well as a restaurant, and had three more children. In 1913, the family suffered the death of a five-year old son to diphtheria, probably caused or exacerbated by their living conditions. Jukichi began looking for a more healthful residence for his family.

Also in that year, California passed the Alien Land Law which prevented foreigners who were ineligible for citizenship from owning property. This law applied to both Jukichi and Ken but three of their young children were American-born and therefore US citizens. In 1915, Jukichi was able to purchase the house at 3356 Lemon Street in the names of his children Mine, Sumi, and Yoshizo.

After the purchase, neighboring property owners attempted to push the Haradas out of their home, but without success. State authorities then filed suit against the children in 1916, in the case of *California v. Harada*. The case served as an early constitutional test of the Alien Land Law, as well as drawing national and international attention. At this time there were tensions between the US and Japan due to rising anti-Japanese laws and sentiments in California, as well as the US entry into World War I in 1917 as an ally with Japan.

The hearings ended in September 1918. Judge Hugh Craig of the Riverside Superior Court did not countermand the Alien Land Law, and let the principle of preventing land ownership by aliens stand. However, Judge Craig upheld the right of the American children to own the house. He stated that, as American citizens, the Harada children were “entitled to equal protection of the

laws of our land... The political rights of American citizens are the same, no matter what their heritage.”

Despite this significant victory, the lawsuit was not the last challenge for the Haradas. In 1942, during World War II, the Haradas were among those sent to internment camps, where both Ken and Jukichi Harada died. The family’s ownership of their home was preserved during the war by a white friend, and the children were able to return to it after the war.

The house became an official landmark in 1977, and a National Historical Landmark in 1991, based on its significance in the history of the US. The house was later donated to the Museum of Riverside which is currently making it into a cultural and educational site.

The Harada House is a powerful civil rights landmark in California. The site and the story of the Haradas embody local, state, national, and international issues of civil and individual rights, democracy, immigration, assimilation, and citizenship.

*[From the City of Riverside, National Park Service and Wikipedia websites]*



"When we walk like we are rushing, we print anxiety and sorrow on the earth. We have to walk in a way that we only print peace and serenity on the earth. Be aware of the contact between your feet and the earth. Walk as if you are kissing the earth with your feet."  
~Thich Nhat Hanh



## THE ART OF MEDITATION

**Meditation** is one thing that holds the capacity to change everything. If you are interested in learning more about the art of meditation and developing or deepening your meditation practice, please consider being part of this course. It may be the greatest gift you could give yourself, fundamentally changing how you experience life.

**Enrollment** will be limited to a small group of committed participants. More course details are provided below.

**Please contact Kristin Varner** directly (951.515.3891 kristin.varner@varnerbrandt.com) if you're interested in being part of this meditation experience.

### COURSE OVERVIEW

Meditation, like art, is a dynamic process of emancipated expression and perception. In meditation, you are the artist, art, and art lover. Moment by moment you are the artist consciously and unconsciously expressing yourself through the medium of body sensations, mind states, and feeling tones. Your perennial expression of you creates an ongoing work of art. When you witness this perpetual "you-art," you are the art lover perceiving what's expressed, from the ordinary to the ineffable. This experience of expression and perception can evoke real intimacy with your self and the great mystery of life itself – it can evoke eternal truths.

This course offers ways to open and deepen your perception and develop a wise relationship with the



nature of experience. Cultivating present moment awareness imbued with courageous honesty and radical love is the foundational practice. It works against our habit of wanting to be distracted – of not wanting to meet life as is actually is – of looking outside ourselves for something to ease our pain and suffering. This practice allows us to experience the precious gift of being alive – it helps us feel into our physical, mental, and emotional experience and feel more connected to life itself.

Our time together will include periods of meditation, discussions about the nature of experience, and journaling practice to distill your personal experience.

This course is designed to:

- Offer meditation methods that relax your body, calm your mind, and open your heart

- Deepen your self-awareness through experiential meditation practice

- Develop your ability to cultivate states of concentration, abiding awareness, and loving-kindness

- Increase your capacity to notice and feel into physical sensations, mental thoughts, and emotional feelings, and meet what arises with love, care, and compassion

- Connect you with a supportive community of peers with whom you can practice

- Help you recognize patterns and conditioning that undermine meditation practice

- Explore how to broaden your meditation practice to all aspects of life

### All Saints' Staff and Clergy

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Parish Office (951) 683-8466

For newsletter submissions, please send to Katherine Kendrick,  
kjkendrick1499@gmail.com





Thank You  
Margaret



**Thank you, Margaret!**

For the past ten years Margaret Wilson has led our Children’s Ministry, including directing our Sunday School program, selecting and developing curriculum for the Sunday School, and leading and organizing VBS. She organized and led the Christmas pageant each year. She initiated, planned and led special activities for the the congregation, such as making Advent Wreaths, gingerbread houses, Valentine’s cards and other crafts. During the pandemic she quickly adjusted the program to a digital format and engaged the young people in an online program that provided a consistent, engaging and loving environment for a difficult time. We so appreciate all she has done for our congregation and for the education and support of our children.

(Left) Evensong will be held at 4 p.m. on February 27th at the First Congregational Church as a part of the Dicken’s Festival. Mother Kelli Grace will preside and the Raincross Master Chorale will sing during the service.

