

# Spirit of S·T· M·A·R·Y·S

December 2011 Volume 66 No. 12

St. Mary's Episcopal Church

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The Rev. Anna Olson, Rector  
 The Rev. Floyd "Butch" Gamarra, Assistant Priest  
 The Rev. Jimmy H. Shiode, Deacon  
 The Rev. Canon Richard Van Horn, Priest Assisting

Carl Kubota, Senior Warden  
 Gayle Kawahara, Junior Warden

Emma Coleman, Office Administrator  
 Carlos Guzman Ramirez, Sexton

Jeffrey VanderWilt, Organist/Choir Director  
 Carolyn Morinishi, Editor, "The Spirit"

**"Diverse and unafraid, with open hearts."**



## December 2011

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DATED MATERIAL

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### Special Dates

#### Fri-Sat, December 2-3

Diocesan Convention (Riverside)

#### Friday, Saturday, December 2-3

Boutique workshops

#### Sunday, December 4

11am-2pm Christmas Boutique

#### Sunday, December 11

11:15am Vestry meeting

#### Sunday, Dec 18 (one all-parish service)

9:45am Christmas Pageant/Festival

1:00pm Caroling at Good Samaritan

#### Saturday, December 24

9:00pm Choral Prelude

9:30pm Christmas Eve service

#### Sunday, December 25

9:00am Choral Prelude

9:30am Christmas Day service

### Regular/Ongoing Events

#### Every Sunday

7:30 am Holy Eucharist (except 3<sup>rd</sup> Sunday)

8:30 am Choir Practice

9:45 am Holy Eucharist

9:45 am Sunday School/Nursery

11:45 am Holy Eucharist (Spanish) except

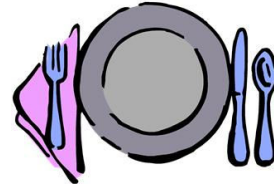
Vestry meeting Sundays

#### Every Saturday

Morning Altar Guild



# Clergy Corner . . .



## WHAT'S ON YOUR PLATE?

I'm taking my turn this Saturday as the instructor for the Latino Leadership Institute, a lay training program in Spanish that our Diocese started in cooperation with Claremont Seminary. My theme is "Spiritual Nourishment and Self-Care." In planning my lesson, I started thinking about nourishment in the most literal sense. We more or less know what we should feed our bodies, but do we think about how we feed our souls?

The USDA recently released a new graphic to help Americans better understand what we should be feeding ourselves. God knows we seem to need the help! The current graphic is a dinner plate divided into four unequal sections. Half the plate is fruits and vegetables (mostly veggies!), and the other half is grains and proteins. A little glass of milk stands in for dairy products.

What belongs on your spiritual plate? What kind of nourishment does your soul need? Only you can know for sure. What I can tell you is that every soul needs spiritual food, just as surely as every body needs its veggies. Many things feed our souls: prayer, silence, friendship, service, music, art, Scripture, worship, nature, hiking, dancing...the list goes on and on.

Take a time to make your own list of things that feed your soul. You'll know what they are because they are the things that leave you feeling peaceful, hopeful, kind, refreshed and at home in your own skin. Think about what you need and in what proportion and how often. Make yourself a little plate diagram to remind yourself the importance of finding time and space for these things.

It's easy to think of feeding our souls as optional, extra, or something we would do if we had more time or energy. But our souls can starve just as surely as our bodies. The first step is know what belongs on your plate.

In peace and love, *Mother Anna+*

## INTERN REQUESTS

Our Episcopal Urban Interns are settling in well to their house and their social service jobs. They are enjoying being part of St. Mary's and are grateful to all the people who have helped make them feel welcome.

When I had dinner with them a couple of weeks ago, I asked if there was anything they needed. They came up with a few household items that would be helpful. If you can help with any of these (new or used in good working order), please just bring them to the church: steam iron, hand-held electric mixer, whisk, mixing bowls, and dry measuring cups.

-- *Mother Anna*

for St Francis Day: Ayako Takano  
GEORGE SATO  
Mary Sato & family  
Donna & Frank Reyes  
SUYE IWATAKI  
Kuwa Iwataki  
LEROY ICHIDA (floral tribute)  
Faith Ichida & family  
Thanksgiving for injury recovery  
Yoriko Clarkson  
Candles in memory of:  
AIJURO KURASAKI  
Marian Kubota

EUGENE SUGIYAMA  
Sanae Sugiyama & family  
GEORGE SATO  
Mary Sato & family  
Donna & Frank Reyes  
EDNA SHIGEKAWA  
Satsuki Shigekawa  
KOMEYO OSHITA  
MAGOROKU OSHITA  
George Oshita  
CAROL KONISHI  
M/M Clarence Yamamoto

Altar Guild Memorial Fund:  
VI OMATSU  
Rex/Grace Ogawa  
EUGENE SUGIYAMA  
Sanae Sugiyama & family  
REV. ALIX EVANS  
Altar Guild  
FRED YABUKI  
M/M Stan Furuta  
GEORGE FURUTA (Easter)  
M/M Stan Furuta  
M/M George Furuta  
M/M Doug Furuta

# About our members . . .

## CONGRESSIONAL GOLD MEDAL

On November 2, 2011, the Congressional Gold Medal was presented to those who served in WWII in the 100<sup>th</sup> Infantry Battalion/442<sup>nd</sup> Regimental Combat Team, and Military Intelligence Service. The ceremony was held in the U.S. Capitol building in Washington DC and was attended by St. Mary's members KUWA IWATAKI and MARIAN KUBOTA (widow of MIKE KUBOTA). Congratulations to all the veterans!



On November 9, a gala dinner honoring these same veterans was held at the Beverly Hilton Hotel (and unbeknownst to most St. Mary's attendees,, BILL PARTRIDGE played in the band before the dinner!). Several tables were sponsored by generous St. Mary's members which allowed veterans and widows to attend. Thank you to these generous people!!

## INTO ETERNAL LIFE



LILLIAN YURIKO INATOMI-KOZAI, 79, passed away on November 1 in Los Angeles. A memorial service was held on November 12 at St. Mary's. She is survived by her children, Peggy Paddock, Eric and Kurt Okamoto; companion, Tadanori Kozai; cousin Bob (Lucy) Ito; grandchildren Butkus, Payton, Ditka and Snoopy; also survived by other relatives. The family requests donations be made to St. Mary's Episcopal Church.

BETSY NAKAMURA, long-time St. Mary's member, died peacefully in her sleep on November 13. A memorial service and luncheon will be held at St. Mary's on Saturday, December 3 at 11am. She is survived by her husband of 55 years, Stanley; son Stacey; daughter Charlene (Neil Fletcher), grandchildren Angus and Gracie, brother Hisashi Matsuo.

*"May they rest in Peace and may Light Perpetual shine upon them ..."*

As part of the discernment process, we have had a Vestry retreat where we went out and walked around the neighborhood to see more closely and personally what is around us. We have had Vestry meetings that include discussions of mission. We have had Bishop Diane Bruce join us on a couple of occasions, bringing her energy, enthusiasm, and ideas about the wonderful possibilities for St. Mary's. The opportunities are plentiful and exciting....it is a great time to be at St. Mary's.

■ Glenn Nishibayashi

## Thank You . . .

### OCTOBER THANK YOUS

#### Memorial:

LEROY ICHIDA

PENNY COX'S MOTHER

Robt/Penny Ahn

GEORGE SATO

Donna Reyes

Kenneth Sato, Mary Sato

LEROY ICHIDA

Kathleen Cullinane

Janice Edesa

C Stewart/P. Nishibayashi

#### Thank Offering:

Irene Yoneshige

For birthday: Yasu Momii

#### Mo. Anna Discretionary Fund:

LEROY ICHIDA

Ichida family

#### Capital Fund:

LEROY ICHIDA

Faith Ichida & family

Lauretta Herndon

Shig/Miyo Koyamatsu

George Kawahara

Patricia Kuhla (bathroom)

Sandra O. Matsuura

Yasu Momii

M/M Tadashi Sugawara

M/M Hideo Matsunaga

C. Kuwahara

K.G. Tomikawa

M/M Shawn O. Dowd

Mary K. Sata

M/M Edward Totten

M/M Arthur Y. Okamura

M/M Lance Miyatake

M/M Ida Kunitsugu

M/M Jim Sakabe

M/M Carl Kubota

Esther Lee

M/M James Yoshina

Ruri Miura

David Takeuchi

Fukiko Tauchi

M/M Roosevelt Suzuki

M/M Robert Higa

Kumiko Gerber

M/M Wayne Kuruma

M/M Wallace J. Arakawa

Frank Kay Omatsu

Junzo Ohara

Diane Shigekawa

M/M Kenji Oda

M/M S. Suzuki

Billy R. Blanchard

Kim Kubota

D/M James Yamazaki

M/M Kenneth D. Watase

M/M Kenneth Hayashida

Sue E. Shigeoka

M/M Keiko Hamagiwa

M/M Erik Suzuki

M/M John Yokoyama

Aiko Tomikawa

Fumiko Miyatake

M/M Agnes Cox

Kotobuki Kai

Marian Kubota

Irene Yoneshige

Edwin Miyasaka

M/M Hideo Kagawa

Lynn Oshita

Patricia A. Hawkins

M/M Edward Suzuki

M/M Paul Shishima

Loreen Ichida

M/M Bruce Hoffman

Charlene Nakamura

M/M Larry Higa

M/M Stanley Nakamura

Margaret Yuki

M/M Clifford Shigeoka

M/M Bill Partridge

M/M Tom Guzman

Brian Higa

Stanley Furuta

M/M Greg Sata

Penny Cox

M/M Neil Yokoyama

M/M Matthew Kelliher

M/M D. Barnette

Michelle Kurihara

M/M Cilfford Kotake

M/M Robert Ahn

Kathleen Cullinane

Janice Edesa

M/M Craig Stewart

M/M Byron Baba

M/M Dino Ciarlo

Margie Leong

M/M Gabriel Ruiz

D/M George Kawahara

M/M Fred Morisaki

May Porter

M/M Shig Koyamatsu

Gayle Kawahara/John Tokeshi

### OCTOBER ALTAR GUILD

Flowers in memory of:

## Upcoming Events . . .

**CHRISTMAS BOUTIQUE WORKSHOPS - DECEMBER 2 AND 3:** The Women of St. Mary's will hold their final Christmas Boutique workshops on Fri-Sat, December 2 and 3.

Please invite your family and friends . . .

Women of St. Mary's

# Christmas Boutique



Sunday, December 4, 2011

11 a.m. – 2 p.m.

St. Mary's Episcopal Church Parish Hall

Featuring crafts, gifts and handmade items

made by local artisans, craftspeople and Women of St. Mary's members

Light lunch will be served

Proceeds to support various local charities: Keiro Nursing Homes, Little Tokyo Service Center, Hillside Home for Children and the LA Episcopal Mission Fund

### **CALLING ALL SHEPHERDS, ANGELS, BARNYARD ANIMALS, AND WISEMEN:**

The Sunday School Christmas pageant will be on December 18 during the 9:45 service. If you would like your children or grandchildren to participate in the pageant, please have them come to the upstairs Sunday School room by 9 am.

### **GFS ANNUAL MEETING – JANUARY 21, 2012:**

Margaret Noldes (President of GFS/LA) asked Faith Ichida and me if the annual meeting could be held at St. Mary's on Saturday, January 21 at 9:30am. It's been decades since we had any GFS activities here, and we thought it would be great to catch up on the current program of GFS/LA. Lunch will be potluck. RSVP to church 213-387-1334 or to Margaret Yuki 323-731-1810. It would be like "old times" when our GFS groups (mothers, leaders & girls) were strong and active. Please save the date! -- Margaret Yuki

### **NEW!! ST. MARY'S ON FACEBOOK!:** Look for St. Mary's Mariposa (Koreatown).

**SAVE THE DATES!:** EAM Japanese Convocation, July 4-8, 2012, Camp Mokule'ia, O'ahu, HI. For more info: Gayle Kawahara 310-516-6184 or [gnksccdds@sbcglobal.net](mailto:gnksccdds@sbcglobal.net)

# Parish News . . .

## HIGHLIGHTING OUR EUIP INTERNS!!

**Joey Courtney:** Born and raised in Knoxville TN, my developmental years centered around a close family and church. As a cradle Episcopalian, I learned the importance of a faith based community and spending my time helping others. From an early age, I was active in my church's FISH ministry where I bagged groceries to give to hungry families in my area. These experiences influenced me to become a Bonner Scholar when I attended Maryville College, a small liberal arts school 30 minutes south of Knoxville. I volunteered 40 hours a month with homeless families through "Family Promise" & tutoring incarcerated women to help them get their GED. I graduated Maryville with a major in religion and a minor in chemistry. I applied for EUIP because I wanted a chance to dedicate this time in my life to helping other people. I am excited about being able to do this with the support of the intentional community and spiritual development the program offers. Hopefully this year will help me further explore my vocation so that I can leave with a renewed sense of purpose and a stronger motivation to strive for justice and peace for all people.

Hello! My name is **Sally Kiss** (yes that is my real last name!). I grew up in Holbrook, MA and attended college at Framingham State University where I just graduated with a degree in Sociology. I plan to eventually become a clinical social worker. I feel that we feel God the most when we are "getting our hands dirty" and reaching out to others which is why I am doing EUIP. I believe it will be a wonderful opportunity to be able to live in an environment that encourages and nourishes our spirituality as well as gives us the opportunity to grow through service to others. I am very excited of my worksite and to meet all the new people in the program!

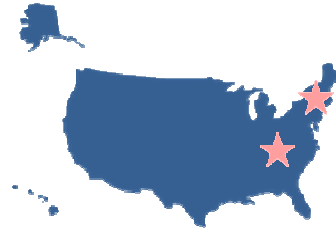
## GIFTS FOR THE CHILDREN OF THE SPANISH SPEAKING SERVICE

Once again we are requesting donations to provide gifts for 30 Latino children and youngsters from the 11:45 service. Last year parishioners donated gift cards from Target that were presented to the children at the Three Kings Day Epiphany service in January. We plan to do the same this year. We hope that you will help us again. Thank you for your kindness and generosity! Please speak with Father Butch for further details.

## UTO UPDATE

With the support of 45 participants, the Women of St. Mary's submitted a donation of \$1355 to the 2011 United Thank Offering Ingathering. The mission of the United Thank Offering is to enlarge the circle of thankful people. To achieve this mission, the Episcopal Church Women in the LA Diocese encourage daily prayers, offerings and awareness of the abundance of God's blessings. Thank you again to the St. Mary's circle of thankful people.

-- Carolyn Lee, UTO Chairperson, Women of St. Mary's



## MOTHER ANNA'S WELCOME TIPS

*[Fourth in a series of articles describing basic things that we at St. Mary's can do to create a welcoming space for newcomers to our church.]*

### **TIP #4 – After the Lei**

St. Mary's is great about welcoming first-time visitors and occasional guests. The handmade ribbon leis are a warm and personal touch, and I rarely see a visitor without a helpful escort at coffee hour.

What about when people come back? And come back again? After someone's been back three or four times, they start to think about whether this is a church they could make their home. They no longer want to be treated as an honored guest, but rather are looking to see whether there is room to join the family.

When someone visits a few times, it makes a big difference if a few of the same people greet them and remember something about them, maybe introduce them to a few people with common interests. It makes an even bigger difference if someone remembers to fill them in on upcoming events and activities and make sure they know they are welcome, what time to arrive, what to bring, what to wear, what to expect. A couple of months into their time here, they start to want to know how they might contribute, and it becomes appropriate to suggest ways that they might get involved. Start with things that are fun, don't require too much intricate knowledge of local tradition, and will allow them to get to know other church members. The very best thing is if *you* can invite them to something that *you* will be involved in.

At a church with a great many lifetime members, it's easy to see some as new for a *very* long time. How long are people new at St. Mary's? Five years? Ten years? More? Even though newcomers will never "catch up" to those who have been here their whole lives, we need to remember that by the time someone has come for six months or a year, this is their church home. They are a part of us, and while we all know entering a family is a lifelong process, we need to be careful not to make people feel like they will be new forever.

## VESTRY CORNER

The past few years have been busy ones for the Vestry—developing a Parish Profile, conducting a Rector search, and keeping the day-to-day operations going. I am so thankful that we had Mo. Marilyn, Fr. Van Horn, Fr. Butch, Emma, and Carlos, as well as members of the congregation there to help us through that period in our transition. During that part of the transition process, in many respects, it has felt like St. Mary's has been in "neutral", just keeping things running, waiting, not quite knowing in which direction to go. Now, as Anna Olson joins us on our journey, we enter the next phase of our transition process – the phase where we can engage and move forward toward more clearly discerning what the next 100 years will look like for St. Mary's.

