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## From the Pastor

On the first Sunday of 2020, we gathered on the northeast corner of our campus to dedicate a Labyrinth. As I reflect, the labyrinth—and this labyrinth in particular, is an apt symbol for the work our congregation has done together over the last year.

First, the Labyrinth is an ancient form of prayer and meditation. During 2019, our congregation continued to emphasize creating new opportunities to encourage members and friends of the church to nurture their spiritual lives through engaging contemplative practices. Our Thursday Morning Meditation continued, we offered a monthly service of Prayer for Healing and Wholeness, we hosted a day-long retreat on The Enneagram as a tool for understanding ourselves in relation to the divine, and Advent included a weekly gathering for encountering the scripture texts of Advent through Mandala painting. And, of course, some of our members worked hard at designing and then overseeing the installation of our new labyrinth.

Second, the Labyrinth is not only a form of meditation, it is a form of **walking meditation. Saint Augustine is rumored to have once said, “It is solved by walking.” This means that we never figure out all the answers in advance.** The direction we need to move is revealed to us as we move forward. In 2019, CPC did a lot of stepping out in faith and watching the way open. We served Lemonade on the church patio on Wednesday afternoons and watched as the group of students and parents gathering grew from a dozen or so to over 50 each week. We asked if the parents of young adults would find a support group helpful, and walked our way into a gathering of 15 parents and a trained facilitator at our second meeting. We began folding paper doves for a simple Easter art installation and found that we had created a beautiful work that filled the whole sanctuary and stayed up until the beginning of Advent. We asked members of the church **and the wider community, “What’s keeping you up at night?” and found ourselves creating a summer sermon series called, “We Need to Talk,”** which offered insight from scripture on pressing issues and gathered a group on the patio each Sunday to talk about things that matter.

Finally, this Labyrinth is deliberately located at the border of our church property. We want people to find it. We want to invite encounters with **people we don’t know. We want people who are merely walking by, or** delivering their kids to school, or out for a morning run to become curious about the labyrinth and enter our space, our campus. This past year, we have worked hard to create ministries that face outward, that invite new people to engage with our congregation and its ministries. We want to tend

*(Continued on page 2)*

## Upcoming Worship

Sunday, February 2, 10:00 AM  
What Moses Saw: Thou Shalt Not Kill  
Karen Sapio preaching

Sunday, February 9, 10:00 AM  
What Moses Saw: Thou Shalt Not Commit  
Adultery  
Karen Sapio preaching

Sunday, February 9, 7:00 PM  
Evening Prayer for Healing and  
Wholeness (Chapel)

Sunday, February 16, 10:00 AM  
What Moses Saw: Thou Shalt Not Steal  
*Interfaith Exchange Sunday*  
Rabbi Jonathan Kupetz and Karen Sapio  
preaching

Friday, February 21, 7:30 PM  
*Interfaith Exchange*  
Worship at Temple Beth Israel

Sunday, February 23, 10:00 AM  
What Moses Saw: Thou Shalt Not Bear  
False Witness  
*Jazz Sunday with Chet Jaeger and The  
Nightblooming Jazzmen*  
Karen Sapio preaching

Sunday, February 23, 6:00 PM  
Jazz Vespers

Wednesday, February 26, 11:30 AM  
Ash Wednesday Labyrinth Walk with  
Imposition of Ashes

Wednesday, February 26, 5:00 PM  
Messy Midweek Church  
Pancake Supper and Ash Wednesday  
Worship

(Continued from page 1)

not only to our members and their needs, but to move out to the borders and see how the love of Jesus moves us to reach out beyond our walls.

**I am grateful for the adventurous spirit of this congregation. “It is solved by walking” because we walk with Christ.**

*Karen Sapio*

## Walking the Labyrinth

The labyrinth is a sacred place set aside for you to reflect, look within, pray, negotiate new behavior. The rhythm of walking, placing one foot in front of the other, empties the mind, relaxes the body and refreshes the spirit. Follow the pace your body wants to go.

The labyrinth can be walked in four stages. As you encounter other people walking the same path, simply allow them to pass. You walk the labyrinth with your body and rest your mind.

Remember: Before walking the labyrinth. Take time in gratitude—**be thankful for your life. Bless the people in your life. If there’s a specific event or situation troubling you, bring it to mind and form a healing question if possible.**

Release: Walking into the labyrinth. This is the time to quiet the mind, let go of the mind chatter and release your troubles. Open your heart to feel whatever it might feel. Become aware of your breathing. Take slow breaths. Relax and move at your own pace.

Receive: Standing or sitting in the center. This is a place of reflection. Pause and stay as long as you like. Open yourself to God. Listen to that small inner voice. In the safety of the labyrinth have a heart-to-heart talk with yourself.

Return: Walking out of the labyrinth. When you are ready, begin walking out the same path you followed in. Walking out, integration of your experience happens. Experience the sense of well-being, healing, excitement, calm or peace.

Each labyrinth experience is different. You may feel nothing or have a powerful reaction. Whatever, listen to your heart and take all the time you need. The above description is only a thumbnail sketch. You provide the bigger picture. (adapted from [www.veriditas.org](http://www.veriditas.org))





## The Start of Lent in Three Movements

Lent begins this year on Wednesday, February 26. In preparation of prayerfully considering the 7 “I Am” statements in the Gospel of John throughout Lent, we will take part in the practice of who we are as a community. Come for all three or choose one or two:

5:00 PM Messy Midweek Church - Children and their families are invited to come celebrate Mardi Gras with games and a craft, and hear the story of Lent.

5:45 PM Pancake Dinner - In the spirit of Shrove Tuesday, all are invited to enjoy a delicious and filling pancake dinner as a celebration feast prior to the beginning of Lent.

6:30 PM Service of Imposition of Ashes - Everyone will journey together to the Chapel for a prayer service, to receive the imposition of ashes, and to mark the beginning of Lent.

This will be an evening for everyone and an opportunity to move and journey together as we enter the Season of Lent. Messy Midweek and the Pancake Dinner will be in the Fellowship Hall.

## Souper Bowl of Caring

Put on your game face, do some practice runs of collecting your change from the corners of your home and between the couch cushions, and come root for your favorite youth group here at Claremont Pres. The BIG game on February 2 is also a big game-changer for our friends in need here in our community. All the money collected during the Souper Bowl of Caring (February 2, during worship) will go to support the Beta Center through the Inland Valley Hope Partners. Last year we hit a record high of over \$700. Let's see if we can break that record this year.

## Learning to Talk with People Whose Politics You Hate

It's election year. Maybe the most polarized in the country's history. How do I talk with people I love whose politics I hate?

Trying to convince them of your way of thinking won't work, but learning the practices of active compassion allows relationships to flourish despite political differences.

On Saturday, February 29, Frank Rogers of the Claremont School of Theology will hold a workshop on practical techniques (and a bit of mindset) that can help us keep peace in the family (and neighborhood) during the election season.

Learn:

- to get through family gatherings.
- how to build relationships that transcend ideology.
- how social change starts with compassion and understanding, not confrontation.

There is no fee for the workshop, but registration is required, because space is limited. Reserve your place at [www.claremontpres.org/events/compassion-election](http://www.claremontpres.org/events/compassion-election) or by calling the church office, 624-9693.

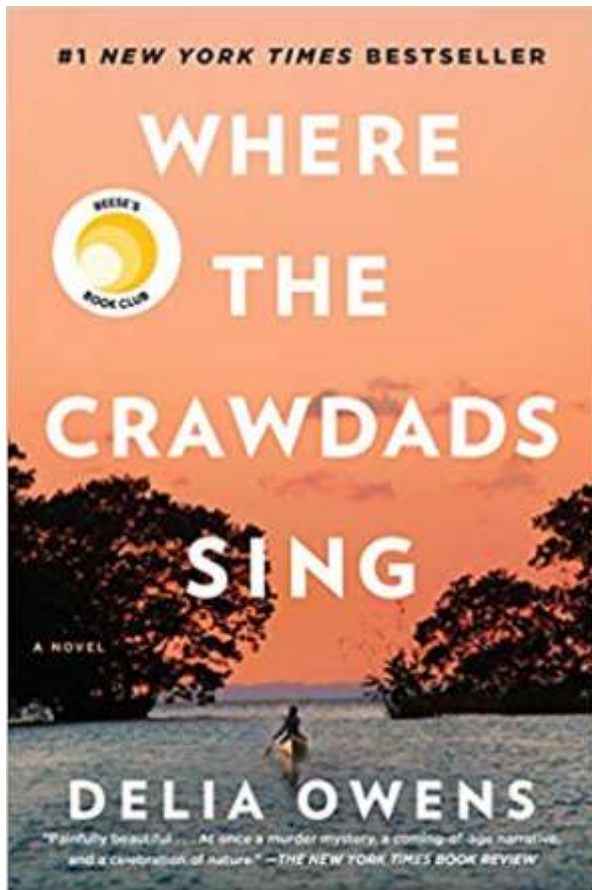
## February Adult Education

February 2 - Faith & Children - Dr. Tina Blair on Theory & Praxis

February 9 - Scouting Sunday - Scouts in Service

February 16 - Tracks Activity Center/Youth Activity Center - Our Jewish and Christian Contemplative Practices

February 23 - Claremont Presbyterian Children's Center - Our Village Partnership



## 20<sup>th</sup> Annual PW Book Review

The 20<sup>th</sup> annual Book Review, sponsored by Claremont Presbyterian Women, will be held Saturday, February 8, 2020 at 2:00 PM in Fellowship Hall.

“Where the Crawdads Sing,” the widely read book by Delia Owens, is the featured selection. Leanne Kerchner and Elaine Walker will introduce the author and explore themes. The afternoon tea and review will include opportunity drawings and a book exchange.

- ◆ Engaging conversation
- ◆ Light tea refreshments
- ◆ Opportunity drawings
- ◆ Proceeds benefiting CLASP
- ◆ Book exchange table (bring a book, take a book)

A donation of \$10 per person is suggested. Pat Beswick will accept RSVPs (909) 626-6624 and donations, beginning now. Tables of eight can be reserved.

## Moment For Mission

The Mission Interpretation Commission (MIC) strives to support the congregation in our goal of being a Matthew 25 church. Matthew 25: 35 – 36 says “ For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.” One of the ministries MIC supports is Inland Valley Hope Partners (IVHP) because it is committed to the service of feeding the hungry and sheltering the homeless in the Inland Valley. For 2019 the MIC sent \$400 a month to Inland Valley Hope Partners (IVHP). At the end of 2019 MIC sent an additional \$1,000 to IVHP. MIC would like to share with the CPC congregation the ministries of the IVHP that were supported, in part, from these MIC funds:

In 2019 IVHP:

- Assisted more than 70,000 individuals across their spectrum of services
- Housed 41 homeless families (including 21 children and 20 adults) in the Our House Temporary Housing Program. Providing 3,292 bed nights.
- Moved 22 families from homelessness to safe and stable housing through the Rapid Re-Housing Program
- Supported 45 families with one time rental assistance
- Fed 42,987 children, women and men with emergency, staple foods. That was estimated by IVHP to be enough for 644,805 meals distributed by IVHP Food Security Program.
- Harvested 8,000 lbs of fresh fruits and vegetables from the **Hope Partners Garden at Amy’s Farm to feed clients in the IVHP Housing and Food Security Programs.**
- Extended the food budgets of 7,800 low-income families to include more fresh produce through the Market Match **program offered at our Pomona Valley Certified Farmers’ Market.**
- Assisted more than 237 low-income school children with backpacks full of school supplies.
- **Facilitated the “adoption” of 135 families through the IVHP Adopt-A-Family Holiday Gift Program.**

Thank you to the CPC congregation for your offerings that were used by the Mission Interpretation Commission to support the ministries of IVHP by feeding the hungry and sheltering the homeless in the Inland Valley.



The San Gabriel Presbytery's Annual Winterfest will be hosted at Arcadia Community Church at 121 Alice Street on Saturday, February 8, from 9 AM-2 PM. We are excited to welcome Charlene Jin Lee as our plenary speaker, as well as many gifted leaders from San Gabriel Presbytery who will offer workshops on a variety of ways our churches can engage the world. The cost is \$10/person. To register, please call the church office.

Some of the workshops include:

**The Other Speaks: The Cross-Cultural Friendship: An Encounter.** In this workshop, our plenary session leader and her friend, an asylee, tell of their encounter and friendship. Host: Charlene Jin Lee

**SoCal Presbyterian Immigrant Accompaniment Ministry: Supporting the Strangers Among Us.** SoCal Presbyterian Immigrant Accompaniment Ministry is a growing network of Presbyterians around Southern California.. Come hear about how we can open our churches, homes, and hearts to sisters and brothers seeking asylum. Host: Kristi Van Nostran

**Meaningful Gratitude: Appreciating Your Church Staff and Volunteers.** How are you showing appreciation to your church staff and volunteers? This workshop discusses ways you can make your expressions of appreciation for your church staff and volunteers more personal and gratifying to them. Hosts: Rachel and Huw Christopher

**Offering Relationship: Insta-Youth Ministry.** In this workshop, our Tapestry team will help youth group leaders explore ideas about the foundations of youth ministry and how to strengthen them. Hosts: Brian Gaeta-Symonds and Becca Bateman

**Theology of Caring for Creation: Practices of Watershed Discipleship.** This workshop will explore the theology **and practices of caring for creation in our local watersheds at this “watershed moment” of ecological crisis.** Hosts: Matthew Colwell and Wendy Gist

**Employment Law Changes: Liability and Other Hotspots for Churches.** Is your church on top of employment law changes? This workshop will detail those changes and discuss the mistakes that give rise to liability exposure. Host: Kay Gustafson

**Officer Training: Elders, Deacons, and Clerks-of-Session.** In this session, Executive Presbyter Wendy Tajima focuses on the roots for our understanding of shared leadership in the Presbyterian Church (USA) and focuses on trends and current challenges for church leaders, based on issues she is facing in our churches today. Host: Wendy Tajima

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## All-Church Work Day

Join us Saturday, February 8. The day begins at 8:30 AM with coffee and donuts and pizza will be served as we wrap up around 11:00 AM. Please come help spruce up our church campus.

## Evening Prayer for Healing and Wholeness

On the second Sunday of each month, we gather in the chapel for prayers at close of day that include prayers for healing--**of loved ones, of those on our congregation's** prayer list, of situations in the world that are heavy on our hearts. These gatherings often include music and readings from scripture, poetry, or spiritual texts. Join us February 9 at 7:00 PM.



The *Communicator* is published monthly (except in summer) by Claremont Presbyterian Church. Submissions are subject to editing for content and length. To submit an article or item for the monthly calendar, please contact the church office by the 15<sup>th</sup> of the month by telephone at (909) 624-9693 or email: [lisa@claremontpres.org](mailto:lisa@claremontpres.org).

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## Pastor Karen - Newest Moderator of San Gabriel Presbytery!

At the recent January 14 meeting of the Presbytery, Pastor Karen was installed as the newest Moderator of the San Gabriel Presbytery along with Deborah Owens as Vice Moderator. During the year 2020, as she continues to serve as CPC's Pastor, Pastor Karen will be invited to participate in the life of the Presbytery at different services of ordination, Presbytery and committee meetings, as well as many other activities and events. This is a wonderful blessing to both the congregation and the Presbytery to share Karen's gifts with many Presbyterians across the San Gabriel Valley. Join me in congratulating Pastor Karen and offering your prayers for her year of service.

+Pastor Brian



## CPC by the Numbers

CLAREMONT PRESBYTERIAN CHURCH AS OF 12/31/19	ACTUAL	BUDGET
Pledges	\$455,009.86	\$470,000.00
Other Income	\$100,329.90	\$110,700.00
Expenses	<u>-\$615,493.20</u>	<u>-\$601,041.88</u>
VARIANCE	-\$60,153.44	-\$20,341.88
CHILDREN'S CENTER AS OF 12/31/19	ACTUAL	BUDGET
Revenue	\$871,946.48	\$805,900.00
Expenses	<u>-\$850,871.73</u>	<u>-\$806,087.50</u>
VARIANCE	\$21,074.75	-\$187.50

Sunday, February 2  
 9:00 am Adult Education, Rm. 1  
 10:00 am Worship  
 11:15 am Annual Meeting, FH  
 11:30 am Confirmation Cohort, Rm. 1  
 6:00 pm College-age Gathering, Rm. 4

Monday, February 3  
 7:00 pm Firm Believers, FH

Tuesday, February 4  
 8:00 am Firm Believers, FH  
 9:00 am Music & Movement, Rm. 7  
 4:30 pm Community Yoga, Rm. 7

Wednesday, February 5  
 10:00 am Staff Meeting, Lib  
 11:00 am Petite Feet, Rm. 7  
 1:00 pm Lemonade Wednesdays  
 4:00 pm 2020 Vision Bible Study, Lib.  
 7:00 pm Special Gifts & Endowment, Lib.

Thursday, February 6  
 7:00 am Morning Meditation, Chapel  
 8:00 am Firm Believers, FH  
 9:00 am CPCC Chapel  
 7:00 pm Firm Believers, FH  
 7:30 pm Sanctuary Choir, MB

Friday, February 7  
 8:00 am Coffee & Donuts, CPCC  
 9:00 am Children's Center Yoga, Rm. 7

Saturday, February 8  
 8:30 am CPC Work day  
 9:00 am Winterfest, Arcadia  
 2:00 pm Annual Book Review, FH

Sunday, February 9  
 9:00 am Adult Education, Rm. 1  
 10:00 am Worship  
 11:15am Education & Leadership, Rm. 7  
 11:30 am Confirmation Cohort Rm.1  
 6:00 pm College-age Gathering, Rm. 4  
 7:00 pm Healing & Wholeness, Chapel

Monday, February 10  
 5:00 pm El Rancho Fundraiser  
 7:00 pm Firm Believers, FH

Tuesday, February 11  
 8:00 am Firm Believers, FH  
 9:00 am Music & Movement, Rm. 7  
 9:30 am PW Bible Study, Rm. 1  
 4:30 pm Community Yoga, Rm. 7  
 5:00 pm CPCC Comm, Lib

Wednesday, February 12  
 10:00 am Staff Meeting, Lib  
 11:00 am Petite Feet, Rm. 7  
 1:00 pm Lemonade Wednesdays  
 4:00 pm 2020 Vision Bible Study, Lib.  
 7:00 pm Property & Finance, Lib.

Thursday, February 13  
 7:00 am Morning Meditation, Chapel  
 8:00 am Firm Believers, FH  
 9:00 am CPCC Chapel  
 1:30 pm PCU Mtg, Rm. 7  
 7:00 pm Firm Believers, FH  
 7:30 pm Sanctuary Choir, MB

Friday, February 14  
 8:00 am Coffee & Donuts, CPCC  
 9:00 am Children's Center Yoga, Rm. 7

Sunday, February 16  
 9:00 am Adult Education, Rm. 1  
 10:00 am Worship  
 Temple Exchange  
 6:00 pm College-age Gathering, Rm. 4

Monday, February 17  
 Church Office Closed  
 7:00 pm Firm Believers, FH

Tuesday, February 18  
 8:00 am Firm Believers, FH  
 9:00 am Music & Movement, Rm. 7  
 4:30 pm Community Yoga, Rm. 7  
 7:00 pm Evangelism & Nurture, Lib.

Wednesday, February 19  
 10:00 am Staff Meeting, Lib  
 11:00 am Petite Feet, Rm. 7  
 1:00 pm Lemonade Wednesdays  
 4:00 pm 2020 Vision Bible Study, Lib.  
 7:00 pm CPC Session, Rm. 1

Thursday, February 20  
 7:00 am Morning Meditation, Chapel  
 8:00 am Firm Believers, FH  
 9:00 am CPCC Chapel  
 7:00 pm Firm Believers, FH  
 7:00 pm Mission Comm, Lib.  
 7:30 pm Sanctuary Choir, MB

Friday, February 21  
 8:00 am Coffee & Donuts, CPCC  
 9:00 am Children's Center Yoga, Rm. 7  
 6:00 pm Parents' Night Out

Sunday, February 23  
 9:00 am Adult Education, Rm. 1  
 10:00 am Worship - Jazz Sunday  
 11:30 am Confirmation Cohort, Rm. 1  
 6:00 pm College-age Gathering, Rm. 4  
 6:00 pm Jazz Vespers

Monday, February 24  
 7:00 pm Firm Believers, FH

Tuesday, February 25  
 8:00 am Firm Believers, FH  
 9:00 am Music & Movement, Rm. 7  
 4:30 pm Community Yoga, Rm. 7  
 7:00 pm Deacon Board, Library

Wednesday, February 26  
 Ash Wednesday  
 10:00 am Staff Meeting, Lib  
 11:00 am Labyrinth Walk  
 11:00 am Petite Feet, Rm. 7  
 1:00 pm Lemonade Wednesdays  
 5:00 pm Messy Midweek Church, FH

Thursday, February 27  
 7:00 am Morning Meditation, Chapel  
 8:00 am Firm Believers, FH  
 9:00 am CPCC Chapel  
 7:00 pm Firm Believers, FH  
 7:30 pm Sanctuary Choir, MB

Friday, February 28  
 8:00 am Coffee & Donuts, CPCC  
 9:00 am Children's Center Yoga, Rm. 7

Saturday, February 29  
 9:00 am Engaged Compassion

# COMMUNICATOR



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**Deadline for the March *Communicator*: February 15**

## Annual Meeting

The Annual meeting of the congregation will take place following worship on Sunday, February 2. At this meeting we will celebrate CPC's ministry during 2019, hear about plans for the coming year, and receive a report from Session regarding the 2020 budget. We will also approve the 2020 Terms of Call for our pastors. Copies of the 2019 Annual Report are available on the church website at [www.claremontpres.org/annual-report](http://www.claremontpres.org/annual-report) and in the office.

## The Latest

Claremont Presbyterian Church sends out a weekly email update for last minute news and announcements. The email is called "The Latest." You can sign up to receive "The Latest" several different ways.

One way is to go to the church website at [www.claremontpres.org](http://www.claremontpres.org) and look in the bottom left corner of the home page. You may also contact Lisa Strom, [lisa@claremontpres.org](mailto:lisa@claremontpres.org) and tell her you would like to subscribe.



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