



COMMUNICATOR

News from Claremont Presbyterian Church

April 2007



Worship Plans

Sunday, April 1

Palm/Passion Sunday

10:00 a.m. Worship

Reading of Luke's Passion Narrative
with selections from Handel's *Messiah*

Thursday, April 5

Maundy Thursday

7:00 p.m. Communion Service

Sunday, April 8

Easter Sunday

8:30 a.m. Worship

10:00 a.m. Worship

Choir with Orchestra

singing portions of Handel's *Messiah*

The Rev. Karen Sapio preaching

Sunday, April 15

First Sunday of Easter

10:00 a.m. Worship

Jeremiah 31:31-34;

1 Thessalonians 2:1-12

Elder John Hill preaching

Sunday, April 22

Second Sunday of Easter

10:00 a.m. Worship

John 21:1-9

The Rev. Karen Sapio preaching

Sunday, April 29

Third Sunday of Easter

10:00 a.m. Worship

Acts 9:36-43

The Rev. Karen Sapio preaching

From the Pastor

When I was in junior high school, my mom served a brief stint as a Welcome Wagon Lady. Each week she received a list of newcomers to our town and soon thereafter she would appear on their doorstep with a goodie basket.

She did not do this out of the goodness of her heart. She was getting paid. And the goodies in the basket were samples and coupons from local businesses hoping to lure new residents into their stores, restaurants, gyms, dental offices, etc.. This "welcome" was little more than thinly disguised self-interest on the part of everyone involved.

Christian hospitality is supposed to be different from that. Christians welcome strangers and guests not because there is something in it for us, but in gratitude for Christ's gracious welcome of us. It is something we do for its own sake, not as a means to some other end—such as attracting customers or recruiting members.

When the Roman Empire was falling apart, many people experienced the world as random, violent, and frightening. In the midst of this, St. Benedict established monasteries based on the principle of hospitality: communities where all could find safe harbor regardless of poverty, race, riches, social origins, or past sins. They would be centers for wanderers, pilgrims and refugees, places where unlikely collections of people would gather and discover hope and common cause.

Our world is not so very different from Benedict's. People are still searching for safe harbor. As much as people appreciate our many programs and ministries, they need genuine hospitality even more—they need the church to be a place where they can encounter Christ's welcome of them through the words, gestures, and actions of Christ's followers.

This means that "welcome" has to go beyond handshakes and name-tags, although these are helpful tools. Hospitality is an orientation of our whole lives: of a life turned toward others in God's loving spirit, of a life seeking to overcome differences of class, race or deeply held convictions, of a life that creates space for neighbors and strangers to meet in the heart of God's transforming love.

(In her book, *Christianity for the Rest of Us: How the Neighborhood Church is Transforming the Faith*, Diane Butler Bass points to 10 Signposts of Renewal in vital congregations. Hospitality is Signpost #1.)

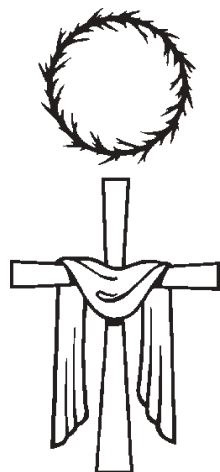
Holy Week/Easter Events

April 1 Palm Sunday

9:00 a.m. A Journey Through Holy Week

10:00 a.m. Service with Palm Procession

Reading of Luke's Passion Narrative , Selections from Handel's *Messiah*



April 5th Maundy Thursday Communion Service

7:00 p.m. in our Sanctuary

April 5 Gethsemane Watch Prayer Vigil

8:00 p.m. Thursday through noon Friday in our Sanctuary

April 6th Community Good Friday Service

12:00 p.m. -3:00 p.m. at St. Ambrose Episcopal Church

Meditation on Stations of the Cross 12:00 p.m. - 1:30 p.m.

Good Friday Liturgy 1:30 p.m. - 3:00 p.m.

April 8th Easter Sunday Services

8:30 a.m. and 10:00 a.m.

Choir singing with Orchestra

The Rev. Karen Sapio preaching



Palm Sunday

At 9:00 a.m. children, youth and adults are invited to participate in A JOURNEY THROUGH HOLY WEEK presented by our youth. The journey will take us through scenes of dramatic enactments that will help us remember the events of Holy Week and prepare us for the Good News of Easter.

Afterward at 10:00 a.m. come gather on the patio to join in CPC's annual Palm Sunday processional. Come cheer and wave palm branches as we remember how Jesus rode into Jerusalem on a donkey while everyone shouted, "Hosanna in the highest!"

One Great Hour of Sharing

Did you know you that since 1949, Presbyterians have joined with millions of other Christians through One Great Hour of Sharing to share God's love with people experiencing need? Our gifts support ministries of disaster response, refugee assistance and resettlement, and community development that help people find safe refuge, start new lives, and work together to strengthen their families and communities. Recognizing that the hope we have in Christ is lived out in our hope for one another, we respond with gifts that help our sisters and

Gethsemane Watch Vigil

Watch with me and pray, Jesus asked his disciples. We will watch and pray in a fourteen hour prayer vigil in our Sanctuary beginning immediately following our Maundy Thursday Communion Service and ending at noon on Good Friday. Consider signing up to watch in prayer for an hour during this time. Members of the Worship & Music Commission will be present during the night hours to let participants into the Sanctuary. A printed guide to prayer will be available. However, you are free to use your own resources or simply meditate quietly. See John Watts to sign up to participate.

brothers around the world find the hope for a brighter future.

If you received a ONE Great Hour of Sharing "Gracie" fish coin box, a sharing devotional, and/or envelope, you probably have saved money to give to the offering on Palm Sunday. Continue to think of the people you are helping and give gladly.

But a Samaritan while traveling came near him; and when he saw him, he was moved with pity. He went to him and bandaged his wounds (Luke 10:33-34).

~ Josey Saez-Acevedo

Interim Director of Family Ministry



PYG Work Project to Louisiana, April 4-11, 2007

We're excited that in just a few days fourteen PYGs and four adults from CPC will be traveling to the Baton Rouge area for their 2007 Work Project. They will be staying with the generous people of Life Church, a Pentecostal church in Walker, about 45 minutes east of Baton Rouge. For two days, they will help with a special missionary conference and reorganize and restock their Food Bank. Linda Janet (pronounced Jah-nay), one of Life Church's volunteers, said that even after two years, they are still seeing ongoing need for food and clothing in the Walker area. FEMA has been setting up new trailer parks around Walker, but as Linda reports, *"There are a lot of hurting people here still, and we are trying to help them as best we can."* The church is planning an authentic Cajun seafood dinner on Friday, so the kids are in for a treat.

On Saturday, the PYGs will travel to New Orleans to the First Presbyterian Church to help paint and clean up the church there that suffered a

lot of water damage. They may also help people in the neighborhood—there is always work to be done, according to the people at First Presbyterian. They will sleep in the church facilities and spend Easter Sunday there. That afternoon will allow time for touring New Orleans proper. More work will be done on Monday and then they return to Walker to finish helping with the Food Bank. Then it will be time to come home.

The guiding theme this year is, "Clothe Yourselves in Love", from Colossians 3:12-17 and the kids will use this passage to guide their group discussions.

Please be in prayer for our youth and their adult leaders as they go out from this place to help others in the name of Christ. Youth: Patrick Bernal, Josh Curtis, Corey Eazell, Jenny Eazell, Sean Hughes, David Neal, Emma Randles, Sally Soto, Alyssa Sittig, Dylan Sittig, Eric Starr, Jessica Trindle, Ashley Trindle and David Yang. Adult Leaders: John Hill, Scott Randles, Carol Sittig and Susan Starr.

~ Pastor Erin Thomas



"BRINGING MISSION HOME"



Ability First

For more than 80 years, Ability First (formerly Crippled Children's Society of Southern California) has provided programs and services to help children and adults with physical and developmental disabilities realize their full potential throughout their lives. A non-profit organization, Ability First offers a broad range of employment, recreational and socialization programs and operates eleven accessible residential housing complexes.

Enthusiastic, dedicated volunteers are vital to Ability First! They provide one-on-one assistance, encouraging participation, keeping activities going and having fun! Volunteers are also essential to staging the many events and fund raising activities that take place at the 23 centers. They keep facilities running by performing a variety of important tasks.

If you'd like to find out how you can make a difference in the lives of children and adults at the Claremont Center located at 480 S. Indian Hill Blvd., call (909) 621-4727.

Compassionate Harps

Bedside harp music provides deep comfort to patients and to family members who report emotional and spiritual support during the harpist's visit. The benefits of live harp music have been proven in numerous research studies as a valuable complement to medical and palliative care.

The Compassionate Harps Program at Pilgrim Place provides live harp music for the seriously ill and dying in the Inland Valley. The care-giving teams consist of a certified therapeutic harpist and a volunteer—both trained to be with the patient in body and spirit.

This service is provided at no cost to the patient. Requests for harp visits come through referrals from medical professionals, hospice and clergy. The cost to deliver the service is \$80.00 for each patient visit.

For more information about this special ministry or to make a donation, contact the Director Rev. Dr. Judy O'Neill through Pilgrim Place (909) 621-9581.





Name Tags for Everyone

Why wear a name tag? It helps newcomers get acquainted and feel a part of our community more quickly. It saves you from the embarrassment of temporarily forgetting the name of someone you have known for twenty years. In a big congregation, it's hard to keep all the names and faces straight and name tags help. It communicates to all that we want to know and be known to each other. The Evangelism and Nurture Commission is ordering nametags for everyone who would like one. The cost is \$8.00 for a magnetized tag that you can affix to your lapel without poking a hole in your Sunday clothes! Look for members of the Evangelism Commission taking orders on the patio following worship over the next few weeks. We hope everyone can have a name-tag by Easter!

Close the Gap

The Session has unanimously adopted a budget for 2007 which responds to your requests for increased support for mission, children and youth, and fellowship and outreach programs. But our pledges left us almost \$50,000 short.

The **Close the Gap** Campaign gives us all a second opportunity to support this vital agenda. Please use the response card previously provided to you or pick one up in the church office. To date, the Campaign has raised \$33,737 against the \$50,000 goal.

There is still time to respond, if you do so promptly. Questions? Speak to one of the pastors or to any member of Session. Thank you for your prayerful and prompt response.



PW Circle Meetings

Circle One of the Presbyterian Women will meet Wednesday, **April 11 at 7:30 p.m.** at the home of Pat Beswick. Circle Two will meet Tuesday, **April 10 at 9:30 a.m.** in the Southwest Room at Claremont Presbyterian Church. Circle Three will also meet Tuesday, **April 10 at 9:30 a.m.** and will be in the Music Building at CPC. The Garden Circle meets the third Monday of each month (which is April 16) **at 9:45 a.m.** at Mt. San Antonio Gardens.

Small Group Gatherings

Sign-ups for *Dinners for 6,7,8 or Whatever* will be starting this month. Small groups are a great way to get to know people in our congregation, to become connected to CPC. The dinners can be anything your group wants from in-home dinners to restaurant meals to brunches, picnics in the park, whatever. Once the groups have been formed, the first host will call everyone to arrange the first meeting, and then from there the group decides when and where to meet again.

Please sign up to be part of this wonderful way to deepen ties of friendship that hold our church together. There are many ways to sign up. Sign up in person on the patio after church on April 15 or 22. Fill out the enclosed sign up form and leave it at the church office or in the collection tray. Or you can go to the church's web-site www.claremontpres.org and sign-up online.

Memorial Garden Update

A committee to look into the possibility of starting a "Memorial Garden" at CPC has been meeting since June of 2005. It consists of Ruth Auld, Barbara Stout, Roger Wheeler, Bill McAllister, Barbara Patch and Gordon Winsor. This garden would be built to hold the "cremains" of church members, family and friends. Similar gardens are found at Claremont United Methodist Church, St. Ambrose Episcopal Church and Claremont United Church of Christ.

The local architect, Mark von Wodtke, has drawn up plans for the garden to be located in the area between the church office and the Sanctuary. There would be two different methods of burial, scattering the ashes or burial of ashes in a container.

The projected cost of this project is approximately \$54,000.00. We hope to raise this money through pre-sales of spaces, using money already in Memorial Funds, and special gifts. There would be a plaque affixed to a wall with the pertinent names and dates. Fees would be: scattering of ashes - \$400 for a single, \$600 for a couple; burial of ashes - \$800 for a single, \$1200 for a couple.

The committee has presented their findings to Session and have the approval to continue exploration. Various meetings have been held to ascertain congregational interest and we feel there is enough interest to continue with our plans. If you would like more information, or for one of the committee members to meet with you, please call Barbara Patch.

How to Help the Family of a Deployed Soldier

Reflecting on the number of families who have members deployed in the military around the world and on her experience when her husband was deployed as a chaplain in Afghanistan, a woman named Betty Smith created this list of suggestions as a springboard to help people identify ways to reach out to families who have members serving in the military.

Do you know someone who has a family member in the National Guard or Reserves now serving overseas or in some other place far away from home? Is it someone in your church? the neighborhood? the office? Do you want to help the person left behind but are unsure how to do so? Do you say to him or her, "Let me know if there is anything I can do for you," but feel that your words are inadequate, that you really want to offer concrete support? Here are some ideas to help you get started.

Is the person taking care of children at home? Offer to go with the family to a zoo, circus, movie, restaurant, or party. If the children are involved in sports or an arts activity like piano lessons, offer to go to a game or performance with the parent to watch the young star. It is more fun to go to a play, concert, or sporting event with someone than to go alone. The youth and the parent will both appreciate the interest.

If there are no children or the children are grown or no longer at home, invite the spouse to

go for coffee. Ask him or her to go shopping or to a movie, a restaurant, the library or other place of interest. Remember that doing things alone can be very lonely, so lonely that a person may avoid some activities. Sitting in front of a TV or alone in a house can make the time go by very slowly.

Call your friend out of the blue just to say "hi." It's a nice surprise to hear from someone who cares, even if it's a message on an answering machine waiting to be heard when the person comes home.

Think about how hard it may be for a spouse with young children or an elderly parent to do the mowing, raking, window washing, shopping, and other such activities alone. Could you help?

These are some ideas to spark your imagination. Put yourself in the place of the spouse, brother, sister, mother, father, grandparent, son, daughter, or best friend. If you were that person, what would help you deal with daily life?

Some activated Guard and Reserve personnel are stateside. Remember that whether the soldier is deployed overseas or is stationed stateside, the loneliness felt by the family is the same. The fears are different; the loneliness is there. Children do not know the difference - mommy/daddy/big sister/big brother is gone! The family needs our support no matter where the loved one is stationed.



Youth Sunday

Don't miss worship on Youth Sunday, May 6
when we will be led by our high school aged youth at 10:00 a.m.

Children's Center Alums Sought!

Were you two years old in 1982, or 1992, or 2002? Or somewhere in between? CPCC wants to hear from you! As part of the 25th Anniversary Celebration of the Claremont Presbyterian Children's Center, we'd like to know where our alumni are and what they are up to! If you have updates and/or pictures of the former Toddlers and Preschoolers from CPCC, whether they are now all grown up or more recent alumni, please contact Janet Siedschlag. Pictures can be sent via e-mail or dropped off at the church office by April 13. We'd like to do a "Where are they now?" display for the 25th Anniversary Concert

by the Happy Crowd on the 21st of April. And we'd love to see those graduates in person at the concert!

Founded in the spring of 1982, CPCC is one of the longest running and most successful mission projects that CPC has ever undertaken. At Claremont Presbyterian Children's Center we offer a nationally accredited, quality childcare program and age-appropriate education for children eight weeks to five years.

For enrollment information, contact Center Director, Shiva Khalili, at (909) 626-6261.

What You Should Believe About Salt

A high intake of salt and high blood pressure (hypertension) have been linked for many years, however with the furor about trans fat and carbs have moved salt way down on the list of dietary villains. As concern has faded, people have been eating more salt, about 50% more since the early 1980's. Portion sizes have increased dramatically, along with the prevalence of obesity and high blood pressure, with salt being one of the contributing factors.

The U.S. Dietary Guidelines recommend an upper limit of 2,300 milligrams of sodium daily for young people, and no more than 1,500 milligrams for middle-age and older. Table salt is actually 40% sodium and 60% chlorine. A teaspoon of salt contains 2,300 milligrams of sodium, so 1,500 milligrams is only two-thirds of a teaspoon. However, Americans consume on average about 3,400 milligrams of sodium a day. To really cut down on sodium, you'll need to limit or avoid processed foods and restaurant meals, or at least choose carefully among them, as they contribute about 80% of the sodium consumed in this country. Most people can quickly get used

to a lower-sodium diet by using pepper, herbs, lemon juice, garlic, vinegar, and other flavoring agents.

A FEW TIPS:

- Always read the label, buy reduced-sodium products.
- Avoid highly processed foods.
- Beware of canned or packaged soup, broths and stocks.
- Soy sauce, tamari sauce and most Asian cooking sauces are salt bombs.
- Watch out for canned vegetable juices.
- Drain and rinse canned goods, such as beans, to remove salt.
- If your food is being prepared to order, ask the server to ask the cook to not add salt.
- Reduce portion size.

Look for foods rich in potassium, leafy greens, potatoes, bananas, citrus fruits, beans, as well as dairy products, fish and nuts.

~Barbara Styles



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 15th of the month at (909) 624-9693, via FAX at (909)624-4743 or email to jcolclough@claremontpres.com

Editor: Jo Colclough

Pastor
Karen Sapio

Interim Associate Pastor
Erin Thomas

Church School
9:00 a.m.

Worship
10:00 a.m.

Nursery Care
available both hours

Welcoming Committee Training

A training session for the Welcoming Committee will be held following church on April 1 in Fellowship Hall. All members of the committee are asked to "BRING A FRIEND," someone who would like to be on the committee. If you have questions, or want to sign-up, call Barb Styles.

Session Digest

At its February meeting, the Session:

- Rejoiced in the one year anniversary of Pastor Karen's time with us.
- Took note of the death of charter member number 32, Ruth (Harms) Goodrich.
- Heard of the plans for the PYGs work project and of a gift from the Deacons toward this spring break trip to Louisiana.
- Received an encouraging progress report on the "Close the Gap" campaign.
- Was encouraged to anticipate the upcoming 25th Anniversary of the Children's Center, with special events on April 21.
- Adopted a mission statement for the as-yet-unnamed society for those who have remembered CPC in their estate planning.

~Steven Sittig,
Clerk of Session

Financial Highlights

CLAREMONT PRESBYTERIAN CHURCH AS OF 02/28/07	ACTUAL	BUDGET
Pledges	\$81,881	\$83,333
Reserves	0	0
Other Income	12,447	13,533
Expenses	(110,151)	(104,016)
VARIANCE	(15,823)	(7,149)
CHILDREN'S CENTER AS OF 01/31/07	ACTUAL	BUDGET
Income	\$88,823	\$77,883
Expenses	(74,229)	(77,883)
VARIANCE	14,394	0

A more complete financial report is available in the church office.

2007 Performing Arts Series presents

Free Children's Concert



**Saturday, April 21st at 3:00 p.m.
Fellowship Hall**

**Come celebrate the 25th Anniversary
of the Claremont Presbyterian Children's Center.**

The Happy Crowd evolved from the imagination of Hai Muradian and Collie Coburn, two Southern California Musician/Songwriters, who met while recording and performing Rock & Roll in the 1980's. The song writing proved to be a lot of fun for the two rockers, however *The Happy Crowd* was not complete until they got together with their good friend, Martie Echito, also known as Professor "Smartie" Martie. The Professor brings his expertise as a musician, producer, and arranger to *The Happy Crowd*, having worked with many top artists in the music field, such as Steven Stills, Clifford T. Ward, Waves, Cecilio & Kaponi, Englebert Humperdink, CBS Music Publishing, and L.A. DJ-Rick Dees.

The Happy Crowd is now on their 14th year of bringing entertainment to young children and their families. Although Collie had to move out of state, Hai & The Professor felt the music was too important to let disappear, so a good friend & musician, Kenny McSpadden, was added to the group. They perform all over Southern California to a wide variety of audiences. *The Happy Crowd* truly enjoys what they do. "Since our music is so interactive with the audience, we feel that we're the ones watching the show as we look out over all the smiling faces, singing and dancing along," says Professor "Smartie" Martie.

SO COME JOIN THE CROWD ... THE HAPPY CROWD!

P.S. Don't forget to wear your happy socks! (a different color sock on each foot)

COMING SOON

St. Petersburg Men's Ensemble Saturday June 9 7:00 p.m.

We welcome back by popular demand this wonderful vocal quartet from Russia! They will sing a variety of music from sacred to folk.

Michael Ryan and Friends Saturday October 13 7:00 p.m.

Classical guitarist, Michael Ryan, is joined by several of his friends for an evening of music strongly influenced by the passionate flair of the Spanish guitar, featuring Nuevo flamenco, and romantic songs.

CHS Chamber Singers and Jazz Choir Saturday December 8 7:00 p.m.

Claremont High School Chamber Singers are joined by the Jazz Choir, both directed by Joel Wilson, to share Christmas cheer in their own unique musical style.

COMMUNICATOR



Claremont Presbyterian Church
1111 North Mountain Avenue
Claremont, CA 91711
(909) 624-9693
www.claremontpres.org

Non Profit Org
U.S. Postage
PAID
Claremont
Permit No. 131

Return Service Requested

Deadline for next issue of the *Communicator*: April 15

Grab Your Cleats!

Starting April 7th, Emmanuel Presbyterian Church will host a friendly soccer game each Saturday afternoon at 4:00 p.m. on the Mountain View Elementary School soccer fields. Players of all ages and abilities are welcome! Contact Pastor Teddy Chuquimia for more information at (909) 624-0193.

CPC Website

Claremont Presbyterian Church has a new website. Visit it at www.claremontpres.org.

Save the Date!

May 6 - Youth Sunday

May 20 - Newcomer Orientation

New Member Classes

Find out more about becoming a member of Claremont Presbyterian Church at our next set of new member classes April 15th and 22nd at 9 a.m. in the church library. Call the church office to receive more information.

PW Prayer Chain

If you or a loved one are in need of prayer, the Prayer Chain of the Presbyterian Women is there for you. Please contact Carolyn Knight with your prayer request. Please be sure you have the permission of the person for whom you are requesting prayer.