

THE e-RUBRIC

From the Rector: The Journey of Lent

I have heard many people, lay and clergy alike, reflect upon how we seem to be in a year-long season of Lent. A season which began one year ago as we all responded to stay at home orders and limited our social interactions at the onset of the coronavirus pandemic. We were all concerned for our health and safety. Most of us were on high alert as medical experts forewarned the devastation and havoc the virus could wreak. The warnings



were not without merit. To date, more than 500,000 Americans have died including more than 50,000 people in California. World wide, COVID related deaths have surpassed 2.5 million.

The beginning of this pandemic made clear how interconnected we are with others in our local community and around the globe. While we like to celebrate our individuality, we also must recognize the impact and effect we have on others. We are not isolated beings. We are not living in our own little bubble. Rather, the actions we take, as individuals, groups, communities, and nations have direct and lasting impact on the welfare, health, and safety of others.

Our Lenten journey begins with an invitation to make this season holy by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word with specific emphasis on recognizing our mortal nature. Our tendency is to make this about us. To look inward and concentrate on our individual spiritual journeys and development of our own character. While this is one aspect of the invitation, we must not overlook the need to examine our roles and responsibilities to the society and culture we live in.

What I'm trying to get at here is that while we are on our own spiritual journeys, our actions and behaviors impact the health, safety, and spirit of the whole. There is a communal aspect to our individuality that cannot and should not be denied. We must reflect upon how we can support our



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From the Rector, Cont.

community's need for self-examination, repentance, fasting, and self-denial.

Our participation in virus mitigation efforts is a response not only to our individual needs and requirements but also a response to the community's needs. As individuals we seek our health and safety but we are only truly safe when we seek the health and safety of all. That is why, as a priest in the church, I invite all of us to reflect upon how our individual actions impact the common good. And as such, I strongly encourage we embrace behaviors that benefit not only ourselves but others, as well.

To that end, and in light of the continued pandemic, I strongly encourage us to double mask when in public, participate in the vaccination effort, and continue to

pray for our community and our world. We will get through this together. We will be stronger for it. We will have a greater sense of community and a greater sense of what it means to offer ourselves and make sacrifices for the sake of the common good.

As we continue this journey, we will keep our eye on that promise of Easter and resurrection. We will remember the truth that nothing, not even death, can overcome the power of God's love. And, most importantly, we can be reminded that the promise of salvation is not just about us. Salvation is offered to all, the whole of creation.

We are in this together, with God. Let us be mindful of our contributions to the common good as we seek the health and welfare of all.

Vestry Update

Our 2021 Vestry team is off and running! A few highlights from the February 23, 2021 meeting included:

In-Person Worship: The bishop has sent out guidance allowing churches to resume in-person worship. The In-person worship task force met and decided we would resume outdoor services beginning Easter Sunday. Details will be forthcoming and some are contained herein.



Labyrinth Construction Completed: We are still working on donations for the completion of landscaping and lighting. If you have not seen the labyrinth, it is located on the parish grounds known as "the point" between Chatsworth and Catalina. Some of us may not be familiar with the ancient practice of labyrinth walking used by many different faiths for spiritual centering, contemplation, and prayer. Entering the serpentine path of a labyrinth, you walk slowly while quieting your mind and focusing on a spiritual question or prayer. The labyrinth symbolizes a journey to a predetermined destination (Such as a pilgrimage to a holy site), or the journey through life from birth to spiritual awakening to death.

Holy Week Service Schedule

Join us for Holy Week 2021

While we may not be worshipping in-person, we will be offering robust and beautiful Holy Week services.

March 28, 2021—Palm Sunday—Liturgy of the Palms and the reading of the Passion Gospel. Facebook Live and YouTube at 8 a.m. and 10:15 a.m.

March 31, 2021—Tenebrae—Join us as we tune into the diocesan offering of Tenebrae

April 1, 2021—Maundy Thursday Agape Meal—Join us at 6:15 p.m. for fellowship and sharing an agape meal prior to the Maundy Thursday livestream service.

April 1, 2021—Maundy Thursday—Liturgy of Maundy Thursday at 7 p.m. via Facebook live and YouTube. The service will include foot-washing, celebration of Holy Eucharist, stripping of the altar, and veneration of the reserved sacrament at the altar of repose.

April 2, 2021—Good Friday—We'll offer the proper liturgy of Good Friday at Noon and 7 p.m. via Facebook Live and YouTube.

April 3, 2021—Holy Saturday—Join us via zoom for Holy Saturday prayers at 9 a.m. on Holy Saturday.

April 3, 2021—The Great Vigil of Easter—We'll light the new fire, process the paschal candle, sing the exsultet, hear the scripture readings of God's salvation for all people, and celebrate the first Eucharist of Easter. This service will be provided via Facebook Live and YouTube at 7:30 p.m.

April 4, 2021—Easter Sunday—The Easter Day celebration of Holy Eucharist will be available via Facebook Live and YouTube at 8 and 10:15 a.m.

Please note, once these services “air” online, they are available to be viewed anytime thereafter. So, if you can't make it at the specified time, please find a time to engage the Triduum.



Holy Week Kits for Home



Our Lent at Home bags have been so well received that we decided to put together something similar for Holy Week. Our Holy Week at Home kit will offer prayers and reflections that engage the senses, as we prepare our hearts to experience the joy of Easter. Each kit will include palms for celebrating Palm Sunday, holy water for blessing ourselves at the renewal of baptismal vows, and more! Pick yours up on Saturday, March 27, between 10 a.m. and 12 p.m., or contact the church office and we'll make sure you receive one.

Quenching Our Thirst

Ten years ago I travelled to southern Utah to camp and stayed in most of the major parks there and in New Mexico. One spot where I stopped, near Four Corners, was an Episcopal mission. Sure enough, the vicar was nearby and after meeting him and discussing his ministry, he told me the primary reason for the mission's success, other than the Holy Spirit of Jesus Christ of course: the site of the mission was adjacent to the only artesian well for miles and it attracted people and animals, becoming a cultural center and mission to generations of indigenous people.

In our own neighborhood a significant part of the population is mostly barren of fresh water—the Ocean Beach wall in the afternoon. On Wednesday is the OB Farmers Market on Newport and of course the now infamous drum circle of which I claim to be one of the disreputable members. I have longed for some sort of church presence there and now have a proposal for the members of All Souls to consider:

1. Set up a pop-up tent and table along the sidewalk facing the ocean near one of the palm trees in Veterans park.
2. Have large water dispensers for fresh water that people may dispense into their vessels, or if they have none we could provide a metal alternative for a modest donation.
3. Have church literature and some Christian supplies for anyone who is “searching.”
4. Model good safety procedures during the COVID quarantine (“mask-only” zone under the tent, sanitizer, sunscreen, masks available, etc.).
5. Have banner with “All Souls”, a small portable amplifier with church/Christian music playing to identify ourselves.
6. Other items deemed worthy to be presented as determined by the Outreach or IWC committees.



What would you put on this table???

After some discussion with Fr. Joe and Donn Griffitts, we determined a potential beginning date of Wednesday, March 10, from 1 p.m. till dark (about 6 p.m. these days), and continuing weekly on Wednesdays. (After it gets dark it is hard to keep order very well!)

Two people minimum per shift of 2 or 3 hours each. I will assist set-up and ministry until 4 p.m. when the drum circle begins, providing a sonic backdrop to the community setting.

Please contact me with questions and to volunteer. I will be contacting members of the IWC and Outreach committees during the week leading up to the first outreach on the 10th.

Thank-you for your prayers for this important opportunity to reach our neighbors and guests with the Water of Life.

Mark 9:41- Jesus said, “Very truly I tell you, whoever gives you a cup of water to drink because you bear the name of Christ will not lose their reward.”

(Continued on page 5)

Quenching our Thirst, Cont.

And from the St Louis Jesuits song:

*Oh let all who thirst, Let them come to the water,
and let all who have nothing let them come to the Lord.
Without money, without price
Why should you pay the price, Except for the Lord?*

Please join me in paying the price of our time and attention. Why would we, “*Except for the Lord?*”

Faithfully yours in Christ, Fr. Peter Sickels

psickels@allsoulspointloma.org, 442-248-2227 or leave message at church, 619-223-6394

Support our Local Food Pantry



We continue to collect donations of shelf stable food items for the Ocean Beach Loaves and Fishes food pantry. Over the past year, the pantry has seen a large increase in the number of people who are seeking assistance to make ends meet. If you'd like to make a donation, please

let Carol Sands know and she'll work with you to schedule a plan for pick-up or drop-off and have your donation safely delivered to the food pantry. For more information, visit: www.sdloavesfishes.org. Thank you so much for your support!

Interfaith Shelter Network in Pandemic Times

Over the years, many of you have volunteered to help out with feeding and housing homeless clients of the Interfaith Shelter Network. In recent years we have combined efforts with St. Peter's by the Sea Lutheran Church, using their facilities, which include showers and proximity to a good bus line. This year, COVID restrictions have necessitated major changes.

The program is being housed 100% at a hotel in upper Mission Valley, and meals are being provided by a very reasonable catering service. We are using budgeted Outreach funds to house a small group of clients for one week. Unfortunately, there will be no opportunity for personal interaction. Let's keep these children of God in our prayers as they strive to find housing and jobs! And, as always, thank you for your support to our outreach ministries!



An Update on In-Person Worship

There is a light at the end of the tunnel. COVID cases continue to decline. Many in our community (and in our parish) are receiving their vaccine. People remain committed to wearing masks in continued effort to reduce spread of the virus. And churches are beginning to worship in-person again.

Our in-person worship task force met recently to discuss our worship plans and our intention of offering in-person worship in the near future. Our committee remains conservative, especially in light of new variants of the coronavirus which are highly transmissible and more resistant to current vaccines. As such, our committee has decided to maintain our current online offerings only through Lent and Holy Week and to target Easter Sunday as our next in-person worship service. We will offer multiple opportunities for worship on Easter Day and, in an effort to be as safe as possible, will be outside on the patio immediately in front of the church. (We're blessed to be in a part of the country where outdoor worship is pretty much available year-round.) We intend to offer Easter Sunday services at 9:00 a.m. and 11:00 a.m., with a possible addition of a 1:00 p.m. service.



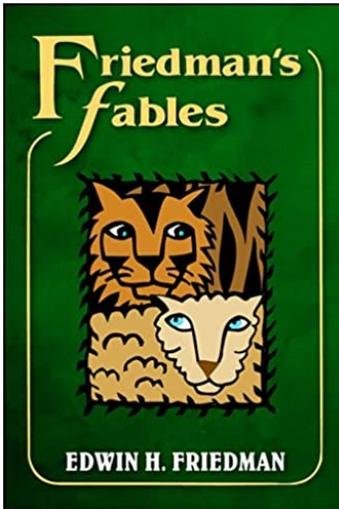
As before, there are some requirements and expectations to share with you regarding our in-person Easter Sunday service. They include:

1. Reservations are required. A reservation system will soon be available on the All Souls' web page. Reservations will require your name, address, and e-mail address as well as a commitment to inform the church if, after the service, you test positive for COVID so we inform others of possible exposure.
2. Space will be limited and reservations will be honored on a first-come/first-serve basis. Standby reservations will be accepted. (As space is limited, we encourage you to only reserve your space at one service.)
3. Each family unit will be required to stay within a 5' x 5' clearly marked square. The squares are spaced out on the patio to provide 6' or more between family units.
4. Shade is limited. If you require shade, we encourage hats (it is Easter after all) or umbrellas.
5. Face masks will be required. We encourage double masking as studies have shown that wearing two masks provides nearly the same protection as an N95 surgical mask.
6. While being vaccinated is not a requirement to attend these services, allow us to take this opportunity to encourage your participation in the vaccination effort.
7. The service will include music offered by our musicians and members of the choir. The congregation is encouraged to refrain from singing.
8. Holy Communion will be offered with distribution of the bread (wafer) only.
9. Childcare will not be available. However, we will have coloring books and crayons available for children.

Online services will continue as usual. As always, these plans are subject to change. As they do, we will communicate as effectively and efficiently as possible.

We hope you will be able to join us for worship. We look forward to being with you all and we look forward to a time when our worship will return to formats which are more familiar.

What is the Vestry Reading?



We begin every vestry meeting with prayer and a time of reflection. Often times, we use a book as our guide—a text we read together and then reflect on as a group to see how God may be speaking to us in this particular reading and how it may apply to the life of the parish. This year, the vestry is reading *Friedman's Fables* by Edwin H. Friedman. The book contains 24 tales offering perspectives on human foibles. “These tales playfully demonstrate that new ideas, new questions, and imagination, more than accepted wisdom, provide each of us with the keys to overcoming stubborn emotional barriers and facilitating real change both in ourselves and others.”

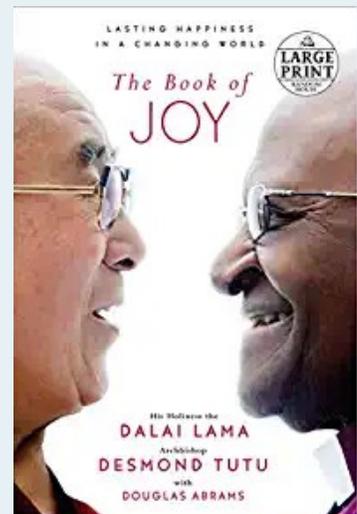
Book Club Update

We had a wonderful conversation facilitated by the Rev. Brian Fidler on Wednesday, February 24 discussing *The Cross and the Lynching Tree* by James Cone. This is a powerful book and all who participated in the discussion shared their reflections on the content and the impact this book has had on our perception of race and justice issues. As with *Sacred Ground*, there is a desire to take action, to find a way not simply to learn about justice issues but to participate in the establishment of God's kingdom of peace and justice here and now. Our outreach committee is working on some ideas.

In March we'll be moving on to a new book which is lighter as we make our way through Lent into the joy of Easter. We invite you to read with us *The Book of Joy: Lasting Happiness in a Changing World* by his holiness the Dalai Lama and Archbishop Desmond Tutu.

“Nobel Peace Prize Laureates His Holiness the Dalai Lama and Archbishop Desmond Tutu have survived more than fifty years of exile and the soul-crushing violence of oppression. Despite their hardships—or, as they would say, because of them—they are two of the most joyful people on the planet.

In April 2015, Archbishop Tutu traveled to the Dalai Lama's home in Dharamsala, India, to celebrate His Holiness's eightieth birthday and to create what they hoped would be a gift for others. They looked back on their long lives to answer a single burning question: How do we find joy in the face of life's inevitable suffering? “ (source: Amazon.com)



Join us, [via Zoom](#), Wednesday night, March 24 at 7:00 pm to discuss this book together.

The Observance of a Holy Lent

As we're just entering the 2nd week of Lent, it's not too late to engage with a Lenten Discipline.



Here are some ideas for you to consider to make this season a Holy Lent and to engage practices which draw us closer to God.

The following is provided by the Society of St. John the Evangelist (ssje.org):

FASTING: This Lent let go of the inessential to hold fast to what is essential: If you abstain from food, ask what you hunger for. Or fast

from speed to embrace slowness; fast from indifference to awaken to wonder.

DISCIPLINE: You might choose not to let something go, but to take something on: Devote yourself to a discipline--exercise or prayer, reading Scripture or planting a garden--that will help you reconnect with God, creator and sustainer of all that is life-giving within you.

PRAYER: Each Lent we pray, "Create and make in us new and contrite hearts, O Lord." Ask for a new heart to know and love God. Pray each day that God will break your heart open--to forgiveness, to peace, to the needs of the world God loves so well.

SERVICE: This Lent take the risk of asking God to work out his purpose for your life, offering yourself anew to be used in God's service. Ask God to be God and pray, "Here am I, Lord send me!"

INTENTION: Whatever practice you choose, be intentional. Be truly present to the grace of this season, which allows us to rediscover what is essential to the abundant life for which God has created us.

Another opportunity is to participate in Lent Madness. Visit lentmadness.org to sign up or participate in the daily saintly matchup. This Lent we've had the opportunity to learn about Constantine, Hermione, Joan of Arc, and others. Lent Madness is a great way to learn about faithful Christians in years past and encourage our own discipleship and participation in God's Kingdom.



And finally, if you'd rather just pray the daily office every day, we have made that easy for you. You can sign up to receive daily morning prayer in your inbox every morning so you can participate in the prayers and readings alone or with others. We also provide morning prayer live, every day (except Sunday) at 8:00 am via Facebook Live (www.facebook.com/allsoulspointloma). If you wish to sign up to receive the daily e-mails, you can do [so here](#).

Join us and others in the parish as we prepare with joy for our the great Paschal feast.



Morning Prayer
Monday in the Second Week of Lent
March 1, 2021

Rend your hearts and not your garments. Return to the Lord your God, for he is gracious and merciful, slow to anger and abounding in steadfast love, and repents of evil. Joel 2:13

Invitatory and Psalter

Officiant Lord, open our lips.
People And our mouth shall proclaim your praise.

Our Labyrinth is in!

Part of our Capital Campaign funds were set apart for the installation of a labyrinth on our campus. In January and February, we received a shipment of paver stones from the labyrinth company, we contracted with a local landscaper, and we completed the installation of our labyrinth.



It's located on the point, behind the church, and includes a concrete border around the labyrinth and a paver walkway to the foundation of the church so we can safely access the labyrinth from inside the church.

Special thanks to Steve Barnes who played an instrumental role in scoping the project, requesting proposals, selecting a contractor, and monitoring the installation.

Soon we will have additional landscaping and seating and lighting so we can use the labyrinth in the evening.

We will install the labyrinth on Easter Sunday with prayers following the 9:00 am service!

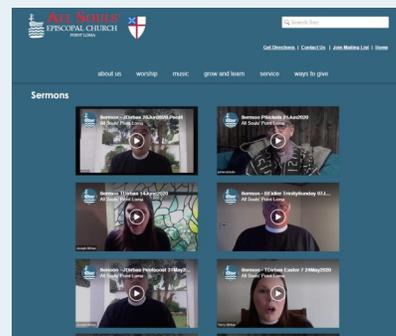
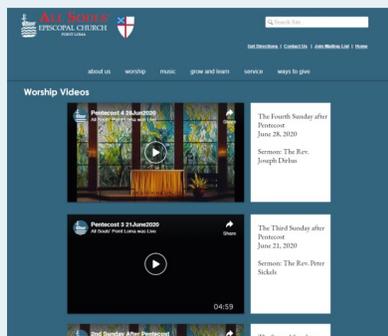
Church is available all week and more!

Our Sunday morning worship services are available at any time on our Facebook page, YouTube, and on our church website. We also post a stand alone video of the sermon offered each Sunday:

Services are here: www.allsoulspointloma.org/worshipvideos

Sermons are here: www.allsoulspointloma.org/sermons

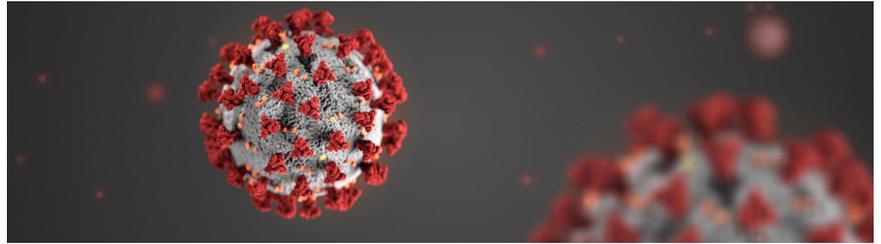
Forums are here: www.allsoulspointloma.org/forums



And remember, tell your online friends about church. Invite them to check us out and visit our website and Facebook page.

Diocesan Public Health Task Force by David Ostrander

Earlier this month our Bishop, Susan Brown Snook, created the Diocesan Public Health Task Force for the purpose of providing ongoing advice on issues related to the impact of the COVID-19 pandemic on plans to permit a return to in-person worship. The task force includes two physicians actively involved in frontline care of hospitalized patients with COVID,



the Dean of the School of Public Health at UCSD, parish priests from all corners of the diocese (some with healthcare related backgrounds) and the CEO of St. Paul's Senior Services, an RN who has been instrumental in keeping COVID 19 out of the St. Pauls' skilled nursing unit. I have the privilege of chairing the group. We have met twice via Zoom and continue to communicate informally as new data regarding the coronavirus become available.

We discussed, at some length, measures that should be taken safely to allow a return to in-person worship at this time, acknowledging that such permission might need to be withdrawn if infection rates again surge in the diocese. All members in attendance agreed that if parishes decide to return to in-person worship at this time that the following measures should be taken:

- Services should be held out of doors if feasible,
- Wearing of face masks **should be required** and double masking strongly encouraged. (double masking, if done properly, increases protection for the wearer and others with whom she/he comes in contact from roughly 65 to 95%).
- Social distancing **should be required**.
- Loud singing **should be prohibited**.
- **No food or drink** will be allowed.
- Efforts should be made to **promote high levels of vaccination**, especially amongst individuals at high risk for serious complications, or death, should they develop COVID-19.
- The Bishop has been clear that she will follow public health mandates and not hesitate to “shut down” in-person worship if there is a surge in new cases of COVID-19 that makes such an action advisable.
- Participant information should be recorded and maintained to allow contact tracing if needed. At All Souls' those who wish to attend in-person services will need to make reservations and agree to the above requirements.



The Moderna and Pfizer vaccines now in use are incredibly safe and effective, reducing severe COVID related disease and death by more than 90% after two doses with few reported side effects after delivery of 33.8 million doses. If we can remain diligent in the basics of mask wearing, hand washing, social distancing and avoidance of high-risk environments during coming months AND IF VERY HIGH LEVELS OF VACCINATION CAN BE ACHIEVED we can reasonably hope for better days ahead. If there are individuals in the All Souls' community who are

reluctant to be vaccinated, I would be happy to meet with them, listen to their concerns and provide resources that they might find useful as they consider whether or not to be vaccinated.

Youth and Family Updates by Mother Terry

Children and Families

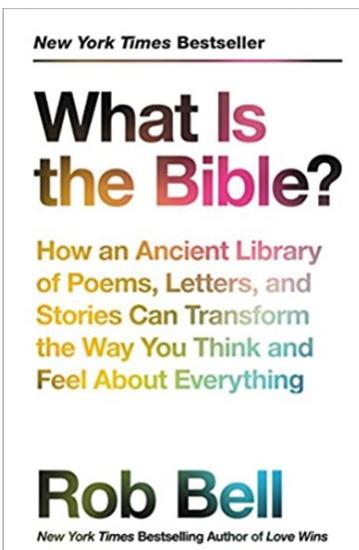
Many thanks to all who helped deliver the Lent at Home kits to our families! Even in quarantine, parents of young children have full plates and chaotic schedules. Many of our families have expressed their gratitude for the gesture of “bringing the church to them” this season.

We were thrilled to see so many of our children, youth and families at our pancake relay races on Valentine’s Day, and at our Zoom pancake supper on Shrove Tuesday! Congratulations to the Team Carta (and friends) for winning the proverbial golden spatula.

Some of those who couldn’t make the Zoom gathering on Shrove Tuesday sent in pictures of themselves eating their pancakes as a family. While we may not see each other often in person, it’s nice to be reminded that traditions like these hold us together as a community.



Parents’ Book Study



Our parents of young children have been enjoying our book study of *What is the Bible?* by Rob Bell. Every other week, we meet to discuss a different topic addressed in the book. So far, we’ve talked about the types of literature within the Bible, violence in Scripture with a focus on the story of the binding of Isaac, how to approach biblical interpretation without formal scholarly training, and how Scripture invites us to challenge our own tendency toward dualistic thinking. This month we’ll tackle our relationships with others, including our enemies, and, as we prepare for Holy Week, theories of atonement and why Jesus had to die.

Stay Connected!

All Souls’ is active on all sorts of social media. **Each of the images below will link you to appropriate social media page! Just click and go!**

We post regularly to Facebook (both as All Souls’ Point Loma and Music at All Souls’ Church).



We are on Instagram at [AllSoulsPointLoma](#).



You can follow us on Twitter [@AllSoulsptLoma](#).

And if you’re on NextDoor, you can see posts we make about worship and community events.



Be sure to share our web address with your friends and neighbors, too. We have a lot of good information posted including an up-to-date calendar, community events, service opportunities, and information about church and staff. You can also sign up for our weekly e-blast on the website.

This Month's Gracious Rohr By Lorraine Padden

A Gracious Rohr – offered by Lorraine Padden for All Souls' e-Rubric – March, 2021

*These are hopeful days, yet as fast as we move forward to vaccinate ourselves against COVID we are also called upon to wait – for our turn in line, for supply to catch up to demand, for humanity to reach herd immunity. It's a situation of starting and stopping that reminds me of one of Father Richard Rohr's core teachings about spiritual paths that cultivate wise knowing **and** a curious but patient unknowing – at precisely the same time. Whatever we might know in our bones about our faith—call it that certainty that bonds us with others on a similar journey—that energy might also be balanced with an invitation to pause and let the mystery of what we **cannot** know about faith continue to reveal itself. To me, this sense of both/and is at the heart of all faith traditions. Mystics and theologians of many sacred practices have described a similar way of being. The Japanese master of acupuncture Do Hyun Choe referred to it in this way which Father Rohr has featured in his own writing:*

Stillness is what creates love.
Movement is what creates life.
To be still, yet still moving –
That is everything!
Do Hyun Choe

Perhaps stillness is what invites God to inform our wise movements that serve and support our better world....

The Inadequacy of Words

My thoughts are not your thoughts, my ways are not your ways.... As high as the heavens are above the earth, so my ways are beyond your ways, and my thoughts are beyond your thoughts. (Isaiah 55:8–9)



Jesus had been formed by this quote from Isaiah, which teaches Jews humility before the mystery of God (see Ecclesiastes 3:11; Job 11:6; Psalm 139).

When we presume we know fully, we can all be very arrogant and goal oriented at the expense of other people. When we know we don't know fully, we are much more concerned about practical, loving behavior. This has become obvious to me as I try to observe human nature. Those who know God are *always* humble; those who don't are invariably far too sure of themselves (which is different than grace filled self-confidence).

When we speak of God and things transcendent, all we can do is use metaphors and pointers. No language is adequate to describe the holy. As in a familiar portrait of Saint John of the Cross, we must place a hushing finger over our lips to remind ourselves that God is finally unspeakable and ineffable. Or, sharing Jewish tradition, we may even refuse to pronounce the name "YHWH."

In my experience, *the people who find God are usually people who are very serious about their quest and their questions, more so than being absolutely certain about their answers.* I offer that as hard-won wisdom.

The Bible, *in its entirety*, finds a fine balance between knowing and not-knowing, between using words and having humility about words. The ensuing Christian traditions have often not found that same bal-

(Continued on page 13)

Gracious Rohr, cont.

ance. What I've called "Churchianity" typically needs to speak with absolutes and certainties. It thinks it has the right and the obligation to make total truth-claims and feels very insecure when it cannot. Thus, it is not very well trained in insecurity and trust.

I understand that early psychic need for clarity, certitude, and identity, especially to get us started when we are young. Religion, though, also needs a balancing agent to unlock itself from the inside, which most of us would call the mystical or prayer tradition. ("Mystery," "mystical," and "to mutter" all come from the Greek verb *muein*, which means "to hush or close the lips"). Without this unlocking, we will not produce many mature Christians, and certainly not Christians who can build any bridges to anybody else.

This internal balancing act emerged as two streams in the world of spirituality: the *knowing* tradition and the *not-knowing* tradition. The formal theological terms are the *apophatic* or "negative" way, where you move beyond words and images into silence, and the *kataphatic* or "affirmative" way, where you use words, concepts, and images. I believe both forms are necessary, and together they create a magnificent form of higher consciousness called biblical faith. This great and healing balance is still rather rare, however, because the ego insists on certitude and perfect clarity (as if that were even possible with things divine).

Adapted from Richard Rohr, *Things Hidden: Scripture as Spirituality* (Franciscan Media: 2008), 110–111, 113–115.

Boy Scouts Troop 555 Update

Troop 555, in families or preexisting pods, went out to Joshua Tree in February and with a guide service did a day of rock climbing. The girls had a great time. Climbing can be pretty scary, but is designed to build confidence and self-respect generally.

Also, the Troop will have **three of the first female Eagle Scouts** in the county. There are 17 from San Diego and Imperial Counties, and All Souls' troop has a sixth of them. The parish should be very proud – it's just another way All Souls is having a positive effect on the community!

Check out an article on this amazing accomplishment here: [San Diego young women earn first eagle scout rank.](#)

We are gingerly trying out in person meetings at NTC but we can hardly wait to be in that beautiful new parish hall – keep Wednesday nights open for us if you can!

Ken Stipanov



Music at All Souls'

Bach Cantata Study Series Continues...Join us!

The Thursday night Bach cantata study series continues on zoom. This last month featured two cantatas with a focus on Jesus schläft, was soll ich hoffen? (Jesus sleeps, what can I hope for?) BWV 81. This cantata was written for the Fourth Sunday after the Epiphany (January 30, 1724) and is a musical exegesis on the appointed Gospel reading of that day: 'Jesus calming the storm' (Matthew 8:23–27). In this cantata Bach musically expresses the questions of the anxious soul, juxtaposed by Christ's admonition...'Why are you fearful, you of little faith',



Listen to this cantata:

<https://www.youtube.com/watch?v=n5QJIGTCgIs>

We will continue our series on Thursday, March 4 at 7pm. All are welcome to join! For the zoom link send an email: rvalenzuela@allsoulspointloma.org.

Thank you Section Leaders

Thank you to our section leaders who continue to record the various musical parts for our online choral services. Believe it or not, we are now coming up on the one year anniversary since the full choir of All Souls' was put on hiatus due to the pandemic. We miss them very much, and look forward to a time when we'll be able to gather once again. In the meantime, thank you section leaders for your ongoing commitment to the music ministry of All Souls'.



Veteran/Military Friendly Congregations (VMFC)

The Veteran/Military Friendly Congregation (VMFC) Core Team held its first meeting in February and is excited to show our support to the military community. We thank all military personnel for their service, and on March 29th, which is Vietnam War Commemoration Day, we pay special honor to those who served during that conflict.

If you are a current or former military member, are related to one, or want to help our VMFC efforts, let us know! Call Jennifer at the front office, or email: vmfc@allsoulspointloma.org.



An Update on our Finances

Our finance committee met earlier this month to take a look at our January numbers and look forward to the year ahead. Numbers are not reported this month as we had some difficulty accessing information on some of our savings and investments accounts. Rest assured, we continue on in our operations as normal and are looking forward to a 2021 with fewer surprises than 2020. We'll see.



During our meeting we also discussed the status of our water bill. Our bills have been historically high and the last two months showed a spike. We discovered a leak near our main supply last month that has since been repaired which likely accounts for the increase. That said, the committee agreed to forward this matter to the property committee so they can take a closer look at our water usage and adjust as necessary. Our new finance committee member, vestry member Phil Simon, will be working with properties on this matter.

Finally, the finance committee expressed the need to find a parishioner interested in serving as the treasurer for All Souls'. We are so grateful for the time and energy that Dave Latham has provided to our finances and are respectful of his needs to be more present with his family. Dave has agreed to serve as assistant treasurer and support the work of our new treasurer. The job is not as big as it may sound as our Controller takes care of all accounting and bookkeeping activities. The treasurer assists as required to represent the parish and support the gathering of financial data. If you are interested in this position, please let Molly Bodeen (Chair of our Finance Committee) and Fr. Joe know!

PPP Loan Forgiveness

We are pleased to announce that we have received 100% forgiveness for our 2020 PPP loan available through the CARES act. The money we receive helped to maintain our staff and continue our ministries. We are currently in the process of submitting an application for a 2021 PPP loan. We'll keep you posted. We are hopeful our request will be granted as the additional funds will continue to support our operations in this difficult time.

New Endowment Committee Chair

Special thanks to Tom Sparrow for his service as Endowment Committee chair over the last few years. Tom has faithfully led our committee and has determined that it's time for him to resign this position.

We are pleased to announce that Ken Stipanov will be replacing Tom as endowment committee chair. Ken will work with other committee members (Daryl Ferguson, Neil Malmquist, and Michael Parrish) to oversee our endowment investments and distributions.

And, if you have not yet remembered All Souls' in your estate plan, we encourage you to do so. The endowment will provide resources for ministry and outreach for years to come.

Upcoming Sunday Forum Opportunities

Our Sunday forum series on healing continues this month, as we turn our attention toward the ways healing is experienced in our ordinary lives. Here's a schedule:

Sunday, March 7

Shannon Tucker, former president of Recovery Ministries, will join us to talk about his own journey and how the Twelve Steps can offer healing to all of us.

Sunday, March 14

Extraordinary advances in health care over the past 50 years have resulted in our ability to treat, if not cure, diseases for which physicians a generation ago had little to offer beyond comfort care. Despite these “miraculous” advances patients increasingly report experiencing healthcare delivery as impersonal and dehumanizing while physicians and nurses increasingly report burnout. Fortunately, physicians and other healthcare providers are relearning old ways of “healing” that involve listening to their patients’ stories, and



trying to “know them as a person” rather than “as a disease.” This process of story telling and listening might be described as a sacred space of healing.

Dr. Kristin Keefe trained and practiced gynecologic cancer surgery at Harvard before retraining as a Palliative and Hospice Care physician and joining the Sharp Rees Stealy Medical Group; she worked with Dr. David Ostrander prior to his retirement from the

practice of Interventional Cardiology last summer. In our forum on March 14th, Kristin and David will share stories of patients they’ve treated - stories that highlight the importance of patients and families “being heard” as essential predicates to delivering healing care. Forum participants will be encouraged to share their own stories about healthcare they or family members have received and their own thoughts about the role of healing relationships and healing prayer.

Sunday, March 21

Colleen Cook, social worker with Jewish Family Service, will join us to discuss how we find healing when we or someone we love is experiencing cognitive decline.

PLEASE NOTE—There will be no forums on March 28th and April 4.

www.allsoulspointloma.org/forums

[ZOOM INTO THE FORUM](#)



Facebook Live and Zoom Calendar

Worship, Prayer, Conversation: Here are the ways you can connect with your All Souls' family and friends:

Daily Morning Prayer, 8:00 a.m.—Visit www.facebook.com/allsoulspointloma

Thursday, Morning Prayer, 9:30 a.m.—[Join by Zoom](#): ID 816-9552-4008

Saturday, Centering Prayer, 4:00 p.m.—[Join by Zoom](#): ID 876-5494-9984

Saturday, Prayers for Spiritual Communion, 5:00 p.m.—[Join by Zoom](#): ID 898-0219-8912

Sunday 8:00 a.m. Live Stream—Visit www.facebook.com/allsoulspointloma

Sunday Morning Forum, 9:00 a.m.—[Join by Zoom](#): ID 865 1582 8854

Sunday 9:15 a.m.—Small Souls Online Livestream—www.facebook.com/allsoulspointloma

Sunday 10:15 a.m. Live Stream—Visit www.facebook.com/allsoulspointloma

Transformation Academy

Join others throughout the diocese for an exciting, new virtual learning and enrichment series. Together we'll dive deeper into four diocesan priority areas: Peace & Justice, Evangelism, Discipleship, and Leadership.

Transformation Academy is offered over four months and features national speakers and local leaders from our diocese discussing issues that transform the way we serve the Church's mission. Get ready to "be transformed by the renewing of your minds" (Rom 12:2) as we learn together at the Transformation Academy!

Transformation Academy is an exciting series of keynote presentations coupled with two different breakout groups to dive deeper into transformational ministry. Please register for both the keynote presentation and a breakout group.



Peace & Justice Academy - Thursday, March 18: Peace, Justice, and Local Church Ministries

Rev. Traci Blackmon Minister of Justice & Local Church Ministries for the United Church of Christ

[Read More and Register Today!](#)

Peninsula Shepherd Center News



Hello Friends of the Peninsula Shepherd Center!

Happy Saint Patrick's Day! We at PSC are looking forward to moving into the spring months and closer to reopening and all being together.

We hope you are on our mailing list and enjoying our newsletter. We have a special addition this month to honor all of the generous people and organizations that donated to PSC in 2020. We are truly thankful for the organizations that provided our grants, those folks that contributed to our Fall Campaign and individuals that donated to us throughout the year. You have allowed PSC to fund the expansion of our programs and membership, move closer to purchasing a new wheelchair access van and keep the organization running.

We continue in March with our popular PSC Chat presentations! This month we take a fun look back at the 50's (March 18th at 11:00 am) and enjoy the next in John Pearson's series on National Parks: North to Alaska – the National Parks of Alaska (March 25th at 11:00). These are not to be missed and open to all! If you would like to attend, please send me your email and I will add you to the invitation. My email address is lisa@sdpsc.org and my cell is (619)990-9758.

We know you are all anxious for us to begin our Out and About Senior Transportation Program. Rob has been maintaining the vans, we are working on Contact Tracing procedures and Larysa and I are in communication with all of our van and volunteer drivers to ensure we are ready to re-open when it is safe for members, guests and staff. Stay tuned...

PSC Connections Through Technology is growing weekly. We are welcoming all of our members to join us and learn all that can be experienced online. If you or a friend are looking for a way to connect online, use email, attend classes, presentations and participate in Live Chats, please contact us to hear more about the program. Let us help through placing computer tablets in your home and provide installation and training. If you have not yet looked into this amazing program, please contact Larysa at the office (619)223-1640 or Lisa (619)990-9758 for more information.

Finally, I hope you caught the recent article on PSC in the Beacon. Spread the word! PSC is the place to be!

Thank you all again for your generous support in 2020. Stay well and we hope to see you all very soon!

Lisa Nokes, Executive Director
Office (619)223-1640, Lisa direct (619)990-9758



A Statement of Commitment

As part of the Jesus Movement and the Episcopal Diocese of San Diego, we pledge to love our neighbors and protect the most vulnerable among us, remembering our baptismal vows to

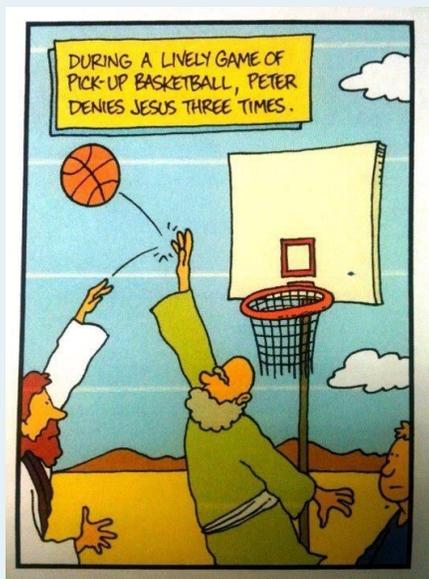
“strive for justice and peace among all people, and respect the dignity of every human being.” We live these pledges out by actively engaging in dismantling racism. For many of us, this will mean learning more about our racial identity, listening to those who have experienced racial prejudice, speaking out against racism, and showing up alongside those in our community working to change unjust systems in our society. We also live out this pledge at worship during this pandemic, by wearing face-coverings, respecting distancing guidelines, foregoing the common cup and refraining from congregational singing.

“WE ARE THE **Episcopal** BRANCH OF THE **Jesus Movement**”

learn more: forwardmovement.org

—Presiding Bishop Michael Curry

On the Lighter Side





ALL SOULS'
EPISCOPAL CHURCH

All Souls' Episcopal Church

All Souls' is a vibrant Episcopal congregation in the heart of Point Loma. All ages are welcome; infants and children enliven our worship. To learn more about membership, please contact the church office or visit us online.

Visit our website at allsoulspointloma.org

Listen to sermons online at allsoulspointloma.org/sermons

Reach us by e-mail at office@allsoulspointloma.org

Like us on Facebook at facebook.com/allsoulspointloma

Follow us on Instagram? instagram.com/allsoulspointloma

All Souls' Episcopal Church

1475 Catalina Blvd.
San Diego, CA 92107
619-223-6394

In the Episcopal Diocese of San Diego:
The Rt. Rev. Susan Brown Snook, Bishop

Staff

The Rev. Joseph J. Dirbas, Rector
The Rev. Terry Shields Dirbas
The Rev. Peter Sickels
Ruben Valenzuela, Dir. of the Music
Spencer Velky, Gouraud Asst. Organist
Jennifer Smith, Parish Admin Asst.
Jeff Dames, Sexton

Weekend Services

Saturday: Worship via Zoom
5 p.m.—Liturgy of the Word with
prayers for Spiritual Communion
Sunday: Livestreamed
8:00 a.m.—Sunday Morning Worship
9:15 a.m.—Small Souls Online
10:15 a.m.—Sunday Morning Worship

Weekday Worship

Thursday 9:30 a.m.—Morning Prayer
via zoom