

TIDINGS

ST. AIDAN'S EPISCOPAL CHURCH



2012 by the Rev. Joyce Stickney

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IMPORTANT DATES

Feb 7
Grief Recovery Outreach
Program

Feb 21
Mardi Gras

Feb 22
Ash Wednesday

As we concluded 2011 and began 2012, I heard sighs of relief, "Thank God that year is over". In the local Malibu Times, random folks were interviewed about their resolutions for the new year and many stated that they no longer made new year's resolutions. Perhaps daily resolutions have become more common and successful.

Was 2011 a difficult year or does it just appear this way in my little circle? Illness, economic uncertainty, caring for aging parents, disillusionment with politics, on-going wars and global crises, health insurance increases, natural disasters... it has been a rough year for many.

While flying back to Malibu on January 3rd, I practiced a breath prayer that Thich Nhat Hanh, activist and Buddhist teacher, introduces in one of his books:

Breathe in: *Calming*

Breathe out: *Smiling*

Breathe in: *Present Moment*

Breathe out: *Beautiful moment*

It is so easy that the preschoolers practice the breath prayer with me in chapel, yet so

difficult that even when I am hiking on a trail with spectacular views and I find myself mentally going through my refrigerator deciding what needs to be thrown out, the breath prayer eludes me. After all, breath is nearly synonymous with spirit and to breathe means to live.

Legend tells us that when St. Francis in midwinter called out to the almond tree, "Speak to me of God!" the almond tree burst into bloom. We may also call out, "Speak to me of God," or like the Magi, may be on a quest for the living Christ. And sure enough, where there is life, where there is breath, there is God, there is Spirit and the divine.

May we not miss the opportunity to recognize this! A daily resolution!

This comes with my wishes and prayers for a holy 2012.

In Christ,

Joyce+

The Big Thirst: A Practice for the 40 Days of Lent by the Rev. Joyce Stickney

At Diocesan Convention last December, a resolution was passed regarding the sacredness of water and environmental sustainability. We as delegates, agreed to study with our congregations the book, *"The Big Thirst: The Secret Life and Turbulent Future of Water"* by Charles Fishman (2011). I have begun reading the book and thinking about how we can increase our awareness of the need for water conservation and to respect water. Our relationship to water is both analytical and emotional, which is why we are willing to pay so much for a bottle of Evian and why we get angry when our water bills go up. Some parish's now do not allow bottled water on campus and use pitchers of water at events and coffee hour. Surprisingly, Americans spend almost as much each year buying bottled water (\$21 billion) as they do maintaining the nation's entire water system (\$29 billion).

I wonder how our relationship with water might change if for the forty days of Lent we drink only tap water in place of all other drinks – coffee, juice, milk, wine, etc. How might this affect our sense of thirst or increase our awareness of the value of water, particularly in other areas of the world? If nothing else, it would save us a few dollars a day if we only drink water, dollars that may be directed to help provide clean drinking water for others.

In many ways, this sort of practice feels more life-giving than sacrificial though one may not feel this way in the middle of Lent. I invite you to consider such a practice or one that is similar and compatible with your health and dietary needs. The purpose of observing a practice in Lent (or "giving up something") is to do something different that opens up more time and attention for spiritual transformation. Who knows? By the time of Easter, the gift of water may have done a number on us and we will welcome Christ's resurrection in a new way.

Rules for Living by the Dalai Lama

At the start of the new millennium the Dalai Lama issued eighteen rules for living.

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three Rs: *Respect for self; Respect for others; Responsibility for all your actions.*
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great friendship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend some time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.

News & Events

ASH WEDNESDAY SERVICES

Ash Wednesday services including the imposition of ashes are on *February 22nd* at 7:30 am and 7:30 pm. There will also be a service for Preschool children at 10:30 am which others (*especially those with little ones*) are also welcome to attend.

BOOK SALE FUNDRAISER

The combined youth groups of St. Aidan's and Malibu United Methodist Church will hold a used book sale to help pay for the Sierra Service Project mission trip to Idaho. Proceeds will benefit the annual SSP trip, an interdenominational Christian effort that takes young people to Native American communities in western states to rebuild homes. In August Director of Youth Ministry Victor Eichhorn will take our youth group to the Shoshone-Bannock tribes at their reservation in Fort Hall, Idaho. They will spend an unforgettable week serving, learning, worshipping and in fellowship. In the past, teams of teens have done roofing, built wheelchair ramps, repaired drywall and painted. Participation in the trip costs at least \$500 per person, including the SSP registration, transportation (*van rental, insurance and gas*), meals, accommodation and a little fun along the way. The book sale will be one of a number of fund-raisers to cover the costs of the mission trip. Book donations of all kinds are needed to make the sale a success. Books will be scanned and sorted, with the more valuable titles sold on Amazon and online. The rest will be sold at

ST. AIDAN'S MARDI GRAS CELEBRATION

This year Shrove Tuesday is *February 21st* at 6pm. Come join us for a madcap night of funny jokes, crazy hats and great food. Bring your children, your friends, your neighbors to the last bash before Lent.

*"Craziest Hat" and "Best Joke" Contests

Suggested Donation \$15

Kids Free!

Shhhh! (*It's a well kept secret that the party starts early if you'd like to come help...*)

Look for the attendance and volunteer sign-up sheets in the Parish Hall on Sunday and get ready to dig out those ridiculous hats!

ST. AIDAN'S MEN'S GROUP

For anyone interested, let's meet at Coogie's, Tuesday, *Jan. 31st*. We can complete a trifecta of Bieler suggested/inspired topics. The first was how our beliefs affected our role as parents. The second was how our beliefs affected our role in the workplace. The topic in February will be, "*If and how God speaks to us.*" We will be using "*Hearing God*" by Dallas Willard as a background for our discussion. If you have any questions, please contact Jeff. Stay tuned for future meetings!

MEET THE 2012 VESTRY!

We welcome our 2012 Vestry: *Paul E., Tom M., Sandy H., Peter B., Bill S., Rebecca S., Tom S., Jeff C., Danny H., Daniel A., Ed M., & Terri G.* Let us hold them in our prayers.

THANK YOU TO ALL YOUR SUPPORT!

Many thanks for those who purchased Paul's books last *December 18th*: *The Deserter*, *The Survivor* and the latest one, *The Pioneer*! A few books are left for sale. If you didn't get a copy of Paul's novels at the book signing, there are 3 copies of "The Survivor" and 5 copies of "The Pioneer" available in the church office. \$20/book, \$35 for 2. Paul will gladly sign your book! Proceeds go to St. Aidan's!

SIERRA SERVICE PROJECT EXPERIENCE

by Jim

As I hand off some of the administrative responsibilities of SSP, my right brain has led me to some reflections of my experience. My association with SSP has been one of the highlights of my life, and has enriched and rewarded me in ways that I can't explain, or that I'm only beginning to fathom. As you may or may not know, I first went on SSP one year after my initial diagnosis of prostate cancer. My first thought when the doctor told me the diagnosis was "if I die at least I'll get some rest." My second thought was "that is no way to live." Going on SSP was part of a desire to change my outlook toward life, and that desire is ongoing and evolving, and I hope to be back with SSP soon.



*Vestry Retreat at Mt. Calvary Community
at St. Mary's Retreat House, Santa Barbara
January 27-29, 2012*

GRIEF RECOVERY OUTREACH PROGRAM

Offered by Joe Pickard, Certified Grief Recovery Specialist and Life Coach

Joe Pickard will be leading a 12-week **Grief Recovery Outreach Program** for anyone who is grieving and is ready to heal. The loss (*e.g., death of a loved one, death of a less than loved one, divorce, or romantic break up*) could be recent or years ago. The Outreach Program will guide those who wish to resolve their loss issues and move beyond their grief to a richer quality of life.

"I feel so very fortunate to have participated in Joe Pickard's Grief Recovery Program. His insight, intuition and kindness were instrumental in our creation of a trusting, non-judgmental community. Joe's quiet and receptive manner helped guide each of us through our own unique set of experiences with grief while benefitting from the support of a caring group. Dispelling the many myths of grief, we ultimately found comfort and optimism through Joe's wise, empathic coaching." – Janet Tholen.

The 12-week program will start on *Tuesday, February 7th* in St. Aidan's Parish Hall. It will run from 7:00 to 9:00 PM. The group size is limited to 12 participants. The registration fee is \$400. This can be paid in installments. Each participant will receive a copy of *The Grief Recovery Handbook: 20th Anniversary Expanded Edition – The Action Program for Moving Beyond Death, Divorce, and Other Losses*.

For registration and further information, please feel free to contact *Joe Pickard* at 805-870-4654 or email at InsightFullCoaching@gmail.com. You are also welcome to explore *The Grief Recovery Institute's* website: <http://www.griefrecoverymethod.com/>



School News



Save the date! Saturday, June 2nd, the school will hold it's annual gala fund-raising event. You won't want to miss the ST. AIDAN'S SCHOOL MALIBUAU... a luau with the works, including fire dancers. Our next evening at Spruzzo's is **Monday, Feb 13th**. Spruzzo's donates 15% of the tab back to the school for all the St. Aidan's folks who dine in or take-out that night. In February we celebrate **Grandparents' Day** on **Friday, Feb 17th**. Students invite their grandparents to join them in the classroom and then give them a musical performance during our luncheon.

Youth & Family News

by Sandy

The Malibu Youth Group did a great job serving up spaghetti for the Annual Meeting, raising over \$700 in donations. One blessing of having a joint youth group with Malibu Methodist is that our fundraisers are joint efforts, too. MUMC didn't just help provide kitchen workers; they also came in carloads to enjoy the delicious food. Thanks to all who brought food, helped serve, and stayed to clean up. Our growing youth programs couldn't do it without you! *(Don't forget that we need a meal for the kids every Sunday night. Please see Victor to sign up for your turn.)*

Our youth group recently placed 3rd and 1st in the 'Keep Christ in Christmas' Art Contest. The awards ceremony was emceed by Dick Van Dyke, who surprised the audience with several songs, including the classic 'Chitty Chitty Bang Bang.' Congrats to our kids!



ST. AIDAN'S VISIT TO DORCAS HOUSE LAST DECEMBER 21, 2011

