

St. Wilfrid's Chronicle

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A meditation from our Rector

Easter means God's work continues in our lives

We are now in the season of Eastertide, the 50 days of Easter (which is 10 days longer than Lent). I cannot help but wonder about how you have sensed God's work in your life during the past couple of months. How have your Lenten spiritual practices enhanced your life? Are you carrying some of them into Eastertide? Are you feeling more moments of calm? Are you more present in the moment? Our spiritual disciplines are designed, in part, to pull us away from our usual patterns of living, and to help us reorient ourselves to God's work around us, in us and through us. They are called disciplines because it's easy for us to falter, and to discontinue life-generating spiritual activities. Disciplines take work, they take practice and they are worth it!

Every time you successfully observe a new spiritual discipline, you are incrementally building upon the spiritual work you have done, day by day. Cumulatively, the time you spend tending to your spirit and your connection to God is built, layer by layer, year by year. One of the beautiful aspects of adopting a Lenten discipline is that each year we get to build upon our previous disciplines, and perhaps in Eastertide we notice how that spiritual discipline has enhanced our lives and we decide whether or not to continue it.

For instance, perhaps one year you decided to practice centering prayer. As a reminder, centering prayer is a spiritual discipline in which you strive to just be present with God. Centering prayer's purpose is not to petition God for a list of things that you care about or would like to see changed, nor is it about lifting others up in prayer. While those are, indeed, important prayer practices, centering prayer is different. With centering prayer, your goal is to be as present in the moment as possible. There will always be thoughts that distract us, but when they do, we gently nudge ourselves back to being present in the moment.

Returning to my example, if one year you practiced centering prayer and learned how to be more comfortable in silence and centering yourself in the present moment, the next year, you might practice lectio divina, an ancient practice in which you read Scripture while paying particular attention to any word or phrase that captivates your attention. Then, you meditate on this word or phrase, asking God for wisdom and insight as to why this particular word or phrase has drawn your attention.

After just two years of practicing your Lenten disciplines, you will have learned how to be comfortable with silence, and how to listen for the Holy Spirit's guidance as you read Scripture. Each discipline builds upon the other. Can you imagine how wonderful it would be, and for some of you, how wonderful it is, to continuing building upon your spiritual practices year after year? You can decide to continue your Lenten discipline into the regular seasons of life or not. Regardless, the goal remains the same: a deeper and more intimate relationship with your Creator. It is never too late to pick up those spiritual disciplines. We don't have to wait until Lent 2027! We were deliberately created with a need for divine connection, and spiritual practices provide us with a wonderful opportunity to acknowledge that need, while simultaneously deepening our spirituality.

So, in this season of Eastertide, I urge you to remember that God's good work in your life is continuing, one spiritual experience at a time. Come and join us for worship every week, where we practice the spiritual practice of worship every Sunday.

Many blessings,
Fr. Nathan+



St. Wilfrid's is 'a meaningful place to worship in a community that reflects my values' — Jeannie Tarlton

Jeannie Tarlton was drawn to the Episcopal church because of its inclusiveness and openness to women serving in the clergy. She “wanted to check out the church” and says she felt very welcome. “It’s a meaningful place to worship in a community that reflects my values.”

A former special education teacher, Jeannie retired when her grandson was born so she could care for him. He’s nine now and has a little sister. Jeannie has two daughters, one in Michigan and one here in Southern California. She’s the proud grandmother of two granddaughters and two grandsons.

If you’ve been lucky enough to taste the spiced nuts Jeannie has provided for several St. Wilfrid’s bake sales, they’re part of her holiday gift tradition for family and friends. (We all thank you, Jeannie, for those fabulous treats!)

But that’s not all—Jeannie is a genuine Renaissance woman. She serves as President of a Southern California RV club, for which she paints a rock for everybody based on a theme or to decorate their tables. She’s also in an ebike group that meets twice every week for a 30-mile bike ride along the coast.

“It gets me out, gets me fresh air and I still pedal so I get exercise,” she says.

Besides all that, Jeannie is a self-taught ukelele player.

What’s next for Jeannie? She has taken an interest in volunteering, and helped with Ash Wednesday preparations here at St. Wilfrid’s, and also helped with a Laundry Love evening. In addition, she has also volunteered for Court Appointed Special Advocates (CASA), where she assists two teenage boys.



St. Wilfrid's serves the larger community

By Robert Morgan

There are many reasons why I love St Wilfrid's, including our clergy, (Father Nathan, Father Bill), our postulant (Gretchen Hughes), and our office team (Laurie Hamilton, Martha Cruz, Sharan Mercer, and all the office angels). I love our music; the organ and choir are second to none. Jamond, and the contemporary music of the 8:30 service, inspires one to the heartfelt presence of Jesus. We are diverse, socially, culturally, and even politically. There is unity in our diversity. We are inclusive. We have a warm, loving, and growing LGBTQ group. We exhibit love of and for ALL people.

I love our church for the ministries we support because they echo the words of Jesus, and give an opportunity for all of us to put their faith into action. Faith is a verb as well as a noun. As an action word, we do our best, with God's help, to walk our talk, so to say. In Mathew's Gospel, Jesus says, "Let the little children come to me and do not hinder them, for the kingdom of heaven belongs to such as these." We see our faith being acted out in the growing presence of our preschool and are thankful for the hard work of Peggy Young and Debbi Campana.

We support Robyne's Nest and firmly believe in the work that they do: Providing nourishment, educational tools, tutoring, and support for school children who, without the support of Robyne's Nest, would be forced to go without bodily and educational essentials.



We also support Beach Cities Interfaith Services (BCIS), which provides rent money and housing deposits for those who are working, but have fallen behind, and in many cases are facing eviction. Primarily focused on single parent mothers and veterans, BCIS has kept over 200 people in their homes or find housing. Kudos to Linda Rose, who picks up mail weekly for those who need a PO Box, and for those who are not housed.



Lastly, Laundry Love! Thank you for your toiling in the laundromat monthly, washing and drying sometimes upward of 200 loads of laundry for those less fortunate than ourselves. Great work, Steven Nadolny and Jim Schweitzer. Jesus tells us (again) in Matthew 25, the importance of taking care of the less fortunate. We are told to care for those hungry, thirsty, naked, and in prisons; to help widows and orphans; and to invite the stranger into our homes.



We do these things and support these ministries because this is what we believe in. This is what we stand for. This is who we are, In Christ. I am privileged to be a member of St. Wilfrid's, and to serve our community of faith to the best of my abilities.

Robert Morgan serves as Senior Warden on the Vestry as well as serving on our Prayer Partners Ministry.

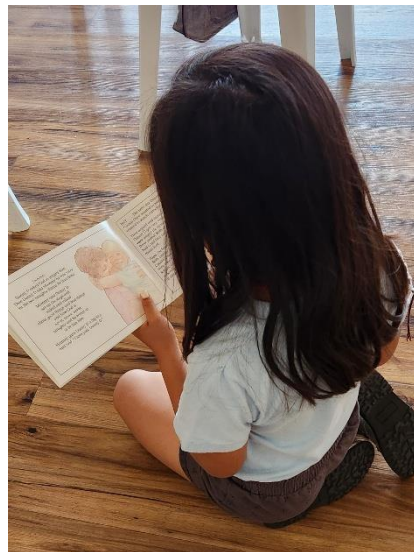
Godly Play for Everyone is here for EVERYONE!

By Carol Cherpes

“Godly Play for Everyone” has been made possible through an “Immersed in Worship” grant from our diocese. Debbi Campana and Carol Cherpes wrote and submitted the grant and then received the great news that we were one of eight grants selected to be funded! On every second Sunday of the month, we meet in Sacquety Hall at 9:30 a.m. for this exciting new program featuring storytelling, wondering, creative response, and prayers.

This is an intergenerational program which means all ages (0-100+) are encouraged to come and participate. Please join us as we grow together within our faith-based community.

Carol Cherpes serves as the Vestry Clerk and is a member of the executive committee, chairs the Children, Youth and Families Commission, and serves on the Worship and Special Services Committee



Youth Group Host Shrove Tuesday Pancake Dinner

By Carol Cherpes

St. Wilfrid's Youth Group helped usher in the Lenten season by hosting their traditional Shrove Tuesday Pancake Dinner. Shrove Tuesday is the day before Ash Wednesday and is traditionally a day to eat together before the Lenten fasting begins. Parishioners dined on delicious pancakes, sausage, Tater Tots, fruit, and Mardi Gras sprinkle cookies for dessert. Our youth hold this event each year as a fundraiser to help pay for their fun time events. This year they raised just over \$400. Thank you to everyone who came out to support the Youth Group!

Big thank yous to Bruce Groth, Jeff Campana, and Chuck Potempa, who were our "cooks extraordinaire." Thank you to Jill McKenna, who baked up the beautiful and tasty cookies. The Youth Group decorated, prepped and served the food, and cleaned up afterwards. It is always wonderful to see our youth giving service to our church.



Children's images in St. Wilfrid's media require signed parental consent

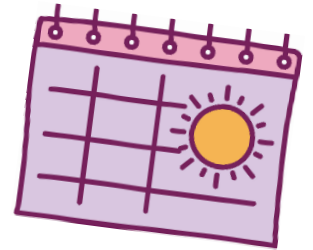
At St. Wilfrid's, we take the safety and well-being of our children and youth very seriously, both in person and online. You may have noticed that, sometimes, "smiley faces" have been placed over the faces of some children in published photographs. This is intentional and reflects our policy and commitment to protecting the privacy of minors in our community.

Our church maintains a clear and careful media policy regarding children and teens under the age of 18. Unless we have received a signed media waiver from a parent or legal guardian, we do not publish identifiable photographs of minors in print or online. This policy helps ensure that families can participate fully in church life while knowing their children's privacy is being safeguarded.

We are grateful for your understanding and support as we work to create a safe, welcoming, and thoughtful environment for everyone at St. Wilfrid's—especially our youngest members.

St. Wilfrid's stays busy with summer events

Summer at St. Wilfrid's is filled with opportunities for fellowship, fun, and community. From family-friendly gatherings and special music offerings to service projects and seasonal celebrations, we look forward to sharing a variety of events that bring our parish together. We hope you will join us as we pray, serve, celebrate, and enjoy time together as a church family.



Picnic in the park slated for May 30

Pack your picnic basket and join us for fun, food, and friends at St. Wilfrid's picnic in the park! The picnic will be at Helme Park (immediately to the north of St. Wilfrid's on Chapel Lane) from 11:00 a.m. to 2:00 p.m. Bring your own meal and hang out with your church family. Laughter is guaranteed!

The St. Wilfrid Choir ends the season with an Evensong on June 7 at 5:00 p.m.

Join The St. Wilfrid Choir for a Choral Evensong, a service of prayer, psalmody, and sacred choral music featuring music by Durufle, Buonemani, Stanford, and Halley. Rooted in the Anglican tradition, Choral Evensong is a contemplative service that weaves together scripture, prayers, and sung responses in a peaceful atmosphere of reflection and beauty.

Campus Work Day starts at 7:00 a.m. on June 20

Our church campus is more than just buildings and grounds; it is a place of worship, fellowship, hospitality, and ministry. Campus Work Days are one way we care for this shared space together through hands-on stewardship and preventative maintenance. By tending to projects now, such as clearing overgrown vines, maintaining landscaping, and caring for our facilities, we help preserve the beauty and safety of our campus while preventing more costly repairs in the future. These work days are also an opportunity for fellowship, as parishioners of all ages come together in service to support the life and ministry of St. Wilfrid's.

Summer Bake Sale

Our bake sales have become one of the many ways our parish comes together to support the ministries and life of St. Wilfrid's while sharing some truly wonderful homemade creations. Past sales have featured favorites like Erol's caramel apples, gourmet cookies, homemade rosaries, and canned jam, with many items selling out quickly once the doors opened. Beyond the delicious treats, these events are always filled with conversation, laughter, and the joy of seeing the talents and creativity of our parish community on display. We are already looking forward to seeing what everyone brings this summer and discovering this year's new favorites.



Easter was a joyous celebration of the resurrected Christ

“Alleluia, alleluia, alleluia! Christ is risen!”

“The Lord is risen indeed! Alleluia, alleluia, alleluia!”

The joyful “alleluias” rang out at St. Wilfrid’s Easter services, after a six-week absence during Lent. Special thanks to our clergy, choir and instrumental performers, and all the ministries and individuals who worked hard to make Easter especially meaningful for us this year.



HE IS RISEN



ALLELUIA