



# The Celtic Courier

May 2024

## From the Rector

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He comes from the San Francisco Bay Area and has lived in Camarillo for the past three years. He works at a disability nonprofit in Los Angeles County and has a doctorate in theological ethics from the University of Aberdeen in Scotland. He is married to Chrissy and they have a 4-year-old daughter.

He will be confirmed in the Episcopal Church this month and is in a time of discernment for ordination to the priesthood in the Episcopal Church.

Toward that end, along with the good folks at Mount Cross, we get to come alongside Kevin and his family as they discern God's calling on their life. This will include an eventual committee made up of people from both churches meeting with Kevin. He will also begin taking part in our various ministries.

He and his family have a real heart for ministry and have already participated in several ministries at Mount Cross. I look forward to having him involved in our ministries here as well.

Please keep Kevin and his family in your prayers. And please take the time to introduce yourself to him.

Faithfully yours,  
*Fr. Michael +*



ST. COLUMBA'S EPISCOPAL CHURCH

The Rev. Dr. Michael P. Anderson, Rector

Wendie Roberts, Director of Family Ministry

Brett Hanley, Director of Music

## Dates to Remember



- ✓ **Thursday Eucharist**, 10:00 a.m., *Thursdays, May 2, 9, 16, 23, 30*
- ✓ **Project Hope Food Pantry**, 5:00-6:00 p.m., *Thursday, May 2* / 9:00-10:00 a.m. and 5:00-6:00 p.m., *Thursdays, May 9 and 23*
- ✓ **World Labyrinth Day**, 1:00 p.m., *Saturday, May 4*
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- ✓ **Lunch Bunch**, Noon, *Wednesday, May 29*



The Clergy Conference for the Episcopal Diocese of Los Angeles is May 6-8.

### **World Labyrinth Day**

**Saturday, May 4**

**“Walk as One at 1” Celebration,**

**1:00 p.m.**



**The deadline for articles for the June *Celtic Courier* is May 15.**

## **May Birthdays**

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<b>Meghan and Tiffany Kraft</b>	<b>8</b>
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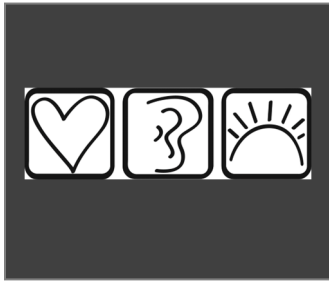


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**Rector:** Our rector is the Rev. Dr. Michael Anderson. His email address is: [michael.anderson@stcolumbaca.com](mailto:michael.anderson@stcolumbaca.com).



“In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.”

—Fred Rogers  
(from *Church.Art.com*)

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### From the Treasurer

We are in positive territory for the month and the year! The 2024 budget deficit was projected to be \$58,000 because of the increase in expenses from having a full-time rector. We are planning to use reserves, including the excess funds from 2023 and past years, and increase fundraising to cover the remaining deficit. You all are very generous, giving extra gifts when you can! It's too early in the year to see how much of our parishioners' generosity will reduce the amount of reserves we have to use.

The Vestry, under Fr. Michael's leadership, is already starting to work on fundraising ideas and events. The Budget & Finance Committee is also working on ideas such as purchasing CD's with the excess funds we have in the bank.

The Buildings & Grounds Committee only had one large project this past month: the water heater in the rectory failed and it was replaced. By the time you read this, there will be three more trees that will have been severely trimmed in the area between the labyrinth and the rectory. The Committee is working on other projects that need to be done.

There are more grants from the Endowment Committee that can be spent on ministries or Buildings & Grounds projects. The Vestry, under Fr. Michael's leadership, is starting work to determine what to do. We purposely waited for Fr. Michael to arrive so he could help lead us in what needs to be done.

It's an exciting time in our life as a parish! Everyone paying your pledge enables us to stay afloat, plan for the future, and support the work of our parish here in Camarillo! This can never be repeated enough: We continue to bless each of you as we count your pledge on Sundays or receive it via PayPal. You are all helping to support our efforts as we move into the next phase of having a new rector and our bright future together.

If anyone would like to join us on the Budget & Finance Committee or see what we're doing in more detail, you are more than welcome. We can truly use more help, thoughts, and ideas. We want to be transparent with expenses and income. We don't take anyone and their contributions for granted. Thank you all!

Gail Hill, Treasurer  
On Behalf of the Budget & Finance Committee  
(Bev Pearson, Doug Miller, Maria Fernandez & Sarah Monroe-Allen)



### **LUNCH BUNCH**

Lunch Bunch is on **Wednesday, May 29**. Come and enjoy lunch and fellowship, hosted by Michele Hauser, Diane Off, Beanie MacLaurie, and Jarrel Fuller, at **Noon** in the parish hall. **Sign up** on the bulletin board in the narthex.

## From the Senior Warden

My dear friends,

Spring has arrived, and, thanks be to God and all those who tend our garden, the roses are again in spectacular bloom.

At this time a year ago, I wrote to you that our Rector search had officially begun. “The Parish Profile, the Job Description, and all the accompanying paperwork were submitted and subsequently posted...” It seemed it had taken such a long time to get to that point. Then, it seemed a long time for the Search Committee and Vestry to find the perfect candidate for us. And then, we had yet another long wait in anticipation of Fr. Michael Anderson’s arrival. Now that Fr. Michael has been with us for three months, we look back and see that the 1-½ years went by rather quickly.

How very blessed we are to have Fr. Michael and his family with us! We are being renewed by his vibrant enthusiasm, his gentle spirit, and his wise (too wise for his young age!) leadership. Once again, thank you, Fr. Michael, for answering the God-inspired call to St. Columba’s.

It is heartwarming to see so many new faces in the congregation these days. Welcome, one and all, to St. Columba’s.

May you be blessed today and every day.

In Christ’s love,

Susan Doswell

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Every year on the first Saturday in May, thousands of people around the globe participate in World Labyrinth Day as a moving meditation for world peace and celebration of the labyrinth experience (<https://www.worldlabyrinthday.org/>).

Join us at the Larkin Labyrinth on **Saturday, May 4, at 1:00 p.m.** as we celebrate World Labyrinth Day. We will be joining with people around the world to “**Walk as One at 1.**” This global event will create a rolling wave of peaceful energy passing from one time zone to another. Light refreshments will be provided. See Paul or Gail Amendt for more information.



## Celebrate the Feast of Pentecost, May 19



The Feast of **Pentecost** will be celebrated on **May 19**. On Pentecost, we remember when the Holy Spirit descended on Jesus' disciples. As they gathered in Jerusalem 10 days after Jesus' ascension, they saw tongues of fire, heard rushing wind and began speaking in many languages. Because the disciples could then share the good news with all the pilgrims assembled for the Pentecost festival, the occasion marks the birthday of the Christian church. That day alone, about 3,000 people devoted their lives to Christ.

Like the Holy Spirit, Pentecost is important and relevant today. As theologian Henri Nouwen writes, "Without Pentecost, the Christ-event—the life, death and resurrection of Jesus—remains imprisoned in history as something to remember, think about and reflect on. The Spirit of Jesus comes to dwell within us, so that we can become living Christs here and now." (from *ChurchArt.com*)

Plan now to join us for this special day. Show your spirit and **wear red!**

### Open Hands

Liturgical scholar Balthasar Fischer (1912-2001) shared an "a-ha" realization about the significance of praying with open, outstretched hands, an ancient practice. The opposite gesture, a closed fist, is used to threaten others or even inflict violence. We also grasp things in closed fists, refusing to let go, to share, to hold gently or loosely.

When we pray with open hands, Fischer explained, we're saying before God that we renounce "all highhandedness, all pride in [our] own sufficiency, all violence." We hold up our empty hands to God, saying, "I have nothing that I have not received from you, nothing that you have not placed in my empty hands. Therefore I do not keep a frantic hold on anything you have given me; therefore, too, I desire not to strike and hurt but only to give and to spread happiness and joy."

(from *ChurchArt.com*)

### Recycling News at St. Columba's

Many thanks to all of you who bring your recyclables to St. Columba's! And many, many thanks to John Kromka, the person who processes all those cans, bottles, and plastic and takes them in for redemption! Over the years, we have been able to make thousands of dollars because of all of your efforts. We are now making a change to our recycling program. **Effective immediately, we are no longer accepting glass bottles.** Here's why: we get very little money compared to aluminum and plastic bottles. And, importantly, they are very heavy in comparison and difficult to handle. So, please put your glass bottles in your recycling bins at home but continue to bring in your aluminum cans and plastic bottles. Please replace the plastic cap lightly on the bottle, so it is easier for John to crush.



### Prayer in the Style of Taizé

Our **Prayer in the Style of Taizé** is still in a digital format on **Sunday, May 26, at 5:30 p.m.** This contemplative service uses the music of **Taizé** and quiet reflection to set the mood of worship. These services include scripture, prayers, and simple chants sung repetitively, to let the words of scripture settle into our hearts and minds. There is a brief time of silence.

Join us on our **Facebook** page (or at our website—[www.stcolumbaca.com](http://www.stcolumbaca.com) or YouTube channel) and see if this contemplative worship speaks to your heart.



April was a bit of a "breather" month for the children and staff at the PreSchool, full of days spent in outdoor classrooms and new discoveries of the rebirth that spring brings. They all enjoyed the challenge of creating no waste in honor of Earth Day, and learning just how precious and fragile the earth is. May brings the sweetness of Mother's Day with a special celebration breakfast, and of course, handmade gifts. Teacher Appreciation Week will be held May 6-10, and we do so appreciate all of our staff! They do the most amazing job with our precious children, and we thank them from the bottom of our hearts!

Sarah Wigert for the CLC Board

### **Catechesis of the Good Shepherd**

Our Sunday School—Catechesis of the Good Shepherd—is on **Sundays**, at **9:30 a.m.** Contact Wendie Roberts ([Wencatekst@aol.com](mailto:Wencatekst@aol.com)) for more information.

### **LEM Training**

All LEMS, please mark your calendars for a training session with Fr. Michael on **Tuesday, May 14**, at **6:00 p.m.** in the sanctuary.

## **HEALTH MINISTRY – OH, THE PAIN**



So many of us use over the counter or prescription painkillers instead of pill-free alternatives. Dr. Jennifer Kurz, a physiatrist who specializes in alternative pain management strategies at Harvard-affiliated Spaulding Rehabilitation Hospital, says many treatments are free or low-cost and easily accessible.

First, what is free? Many strategies that reduce pain are activities that support a healthy lifestyle, for instance, exercise. Exercise strengthens and loosens your muscles, reduces stress, promotes weight control, and helps improve mood and sleep. Yoga, stretching, tai chi, deep breathing, mindfulness meditation, stress management, sleeping seven to nine hours per night, and staying socially connected are also helpful.

YouTube has thousands of free videos relating to methods of pain reduction. Make sure the instructor in the video is certified in his or her field. You can search for videos on the websites of large hospitals and non-profit groups you trust. There are free apps and small apps for a small fee. There are health clubs to join and online lectures or classes. You might look into support groups, physical therapy, dietitian services, acupuncture, massage, personal exercise classes, or talk therapy.

Dr. Kurz says, "but they all help you change your relationship with pain, which is essential for feeling better."





The Parish Nurses

Re: *Harvard Health Letter*, April 2024. "Pill-free pain treatments that won't break the bank." [www.health.harvard.edu](http://www.health.harvard.edu)



# MAY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>5 Easter 6B/Cinco de Mayo</b>  <b>Holy Eucharist 9:30</b>            Catechesis of the Good Shepherd 9:30            Coffee Hour 10:30            Celtic Christmas Faire Planning Mtg. 10:30            Resurrection in Art Class 11:15</p>	<p><b>6 Clergy Conference</b>            Boy Scouts 6:00 PH</p>	<p><b>7 Clergy Conference</b></p>	<p><b>1 Clergy Conference</b>            Craft Group 2:00 PH            Women's AA 5:45-6:45 PH            Women's AA 7:00 PH</p>	<p><b>2 National Day of Prayer</b>  <b>Holy Eucharist 10:00</b>            Project Hope 5:00-6:00 PH            Choir 6:00</p> 	<p><b>3</b></p>	<p><b>4 World Labyrinth Day</b>            DOK 10:00 (Ofc.)            World Labyrinth Day Celebration 1:00</p> 
<p><b>12 Easter 7B/Mother's Day</b>  <b>Holy Eucharist 9:30</b>            Catechesis of the Good Shepherd 9:30            Coffee Hour 10:30</p>	<p><b>13</b>            Boy Scouts 6:00 PH</p>	<p><b>14</b>            Staff Meeting 10:00            LEM Training 6:00</p>	<p><b>8 Clergy Conference</b>            Craft Group 2:00 PH            School Board 4:00            Women's AA 7:00 PH</p>	<p><b>9 Ascension Day</b>            Project Hope: 9:00-10:00, 5:00-6:00 PH  <b>Holy Eucharist 10:00</b>            Choir 6:00</p> 	<p><b>10</b></p>	<p><b>11</b>            Diocesan Confirmation at St. John's Cathedral 10:00</p>
<p><b>19 Pentecost B</b>  <b>Holy Eucharist 9:30</b>            Catechesis of the Good Shepherd 9:30            Coffee Hour 10:30  <b>Vestry 11:45 PH</b></p>	<p><b>20</b>            Boy Scouts 6:00 PH</p>	<p><b>21</b>            Staff Meeting 10:00</p>	<p><b>15 Courier Deadline</b>            Craft Group 2:00 PH            Women's AA 7:00 PH</p>	<p><b>16 Holy Eucharist 10:00</b>            Choir 6:00</p>	<p><b>17</b></p>	<p><b>18 Armed Forces Day</b></p>
<p><b>26 Trinity B</b>  <b>Holy Eucharist 9:30</b>            Catechesis of the Good Shepherd 9:30            Coffee Hour 10:30  <b>Digital Prayer in the Style of Taizé 5:30</b></p>	<p><b>27 Memorial Day Holiday/Parish Office Closed</b>            Boy Scouts 6:00 PH</p>	<p><b>28</b>            Staff Meeting 10:00</p>	<p><b>22</b>            Craft Group 2:00 PH            Women's AA 7:00 PH</p>	<p><b>23 Project Hope:</b>            9:00-10:00, 5:00-6:00 PH  <b>Holy Eucharist 10:00</b>            Choir 6:00</p> 	<p><b>24</b></p>	<p><b>25</b></p>

Visit us on the web!  
[www.stcolumbaca.com](http://www.stcolumbaca.com)

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**ST. COLUMBA'S EPISCOPAL CHURCH**

1251 Las Posas Road  
Camarillo, CA 93010

Phone: (805) 482-8831  
E-mail: [office.manager@stcolumbaca.com](mailto:office.manager@stcolumbaca.com)

RETURN SERVICE REQUESTED

*Saint Columba's Day Celebration – June 9*

On Sunday, **June 9**, we'll enjoy our Annual **Saint Columba's Day** Celebration with **worship** at **9:30 a.m.**, celebrating our Saint's Day, and then stay around for a **time of fun and fellowship**.

Details are still being worked out, but please **save the date** now and plan to be here as we celebrate our Name Saint and our St. Columba's parish family.







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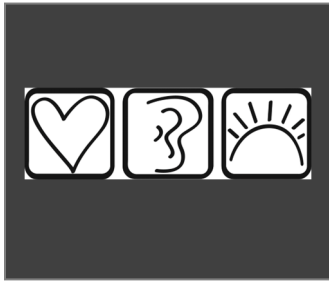
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Sarah Wigert for the CLC Board

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All LEMS, please mark your calendars for a training session with Fr. Michael on **Tuesday, May 14**, at **6:00 p.m.** in the sanctuary.

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So many of us use over the counter or prescription painkillers instead of pill-free alternatives. Dr. Jennifer Kurz, a physiatrist who specializes in alternative pain management strategies at Harvard-affiliated Spaulding Rehabilitation Hospital, says many treatments are free or low-cost and easily accessible.

First, what is free? Many strategies that reduce pain are activities that support a healthy lifestyle, for instance, exercise. Exercise strengthens and loosens your muscles, reduces, stress, promotes weight control, and helps improve mood and sleep. Yoga, stretching, tai chi, deep breathing, mindfulness meditation, stress management, sleeping seven to nine hours per night, and staying socially connected are also helpful.

YouTube has thousands of free videos relating to methods of pain reduction. Make sure the instructor in the video is certified in his or her field. You can search for videos on the websites of large hospitals and non-profit groups you trust. There are free apps and small apps for a small fee. There are health clubs to join and online lectures or classes. You might look into support groups, physical therapy, dietitian services, acupuncture, massage, personal exercise classes, or talk therapy.

Dr. Kurz says, “but they all help you change your relationship with pain, which is essential for feeling better.”





The Parish Nurses

Re: *Harvard Health Letter*, April 2024. “Pill-free pain treatments that won’t break the bank.” [www.health.harvard.edu](http://www.health.harvard.edu)



# MAY 2024



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**ST. COLUMBA'S EPISCOPAL CHURCH**

1251 Las Posas Road  
Camarillo, CA 93010

Phone: (805) 482-8831  
E-mail: [office.manager@stcolumbaca.com](mailto:office.manager@stcolumbaca.com)

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*Saint Columba's Day Celebration – June 9*

On Sunday, **June 9**, we'll enjoy our Annual **Saint Columba's Day** Celebration with **worship** at **9:30 a.m.**, celebrating our Saint's Day, and then stay around for a **time of fun and fellowship**.

Details are still being worked out, but please **save the date** now and plan to be here as we celebrate our Name Saint and our St. Columba's parish family.







# The Celtic Courier

May 2024

## From the Rector

I am very grateful for the relationship we have with our sister church Mount Cross Lutheran. When we talk about the unity of the body of Christ, the many connections between our two churches are wonderful examples, which are central to the life of St. Columba's and Mount Cross. I am very excited that we will be adding another connection. Please allow me to introduce Kevin O'Farrell. Kevin will be dividing his time between our two churches.

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He and his family have a real heart for ministry and have already participated in several ministries at Mount Cross. I look forward to having him involved in our ministries here as well.

Please keep Kevin and his family in your prayers. And please take the time to introduce yourself to him.

Faithfully yours,  
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“Walk as One at 1” Celebration,

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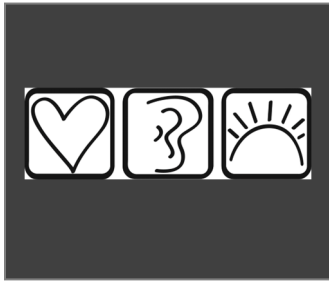


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**Rector:** Our rector is the Rev. Dr. Michael Anderson. His email address is: [michael.anderson@stcolumbaca.com](mailto:michael.anderson@stcolumbaca.com).



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—Fred Rogers  
(from *Church.Art.com*)

THE CELTIC COURIER  
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CHURCH  
1251 Las Posas Road  
Camarillo, CA 93010  
ISSUE 5

### From the Treasurer

We are in positive territory for the month and the year! The 2024 budget deficit was projected to be \$58,000 because of the increase in expenses from having a full-time rector. We are planning to use reserves, including the excess funds from 2023 and past years, and increase fundraising to cover the remaining deficit. You all are very generous, giving extra gifts when you can! It's too early in the year to see how much of our parishioners' generosity will reduce the amount of reserves we have to use.

The Vestry, under Fr. Michael's leadership, is already starting to work on fundraising ideas and events. The Budget & Finance Committee is also working on ideas such as purchasing CD's with the excess funds we have in the bank.

The Buildings & Grounds Committee only had one large project this past month: the water heater in the rectory failed and it was replaced. By the time you read this, there will be three more trees that will have been severely trimmed in the area between the labyrinth and the rectory. The Committee is working on other projects that need to be done.

There are more grants from the Endowment Committee that can be spent on ministries or Buildings & Grounds projects. The Vestry, under Fr. Michael's leadership, is starting work to determine what to do. We purposely waited for Fr. Michael to arrive so he could help lead us in what needs to be done.

It's an exciting time in our life as a parish! Everyone paying your pledge enables us to stay afloat, plan for the future, and support the work of our parish here in Camarillo! This can never be repeated enough: We continue to bless each of you as we count your pledge on Sundays or receive it via PayPal. You are all helping to support our efforts as we move into the next phase of having a new rector and our bright future together.

If anyone would like to join us on the Budget & Finance Committee or see what we're doing in more detail, you are more than welcome. We can truly use more help, thoughts, and ideas. We want to be transparent with expenses and income. We don't take anyone and their contributions for granted. Thank you all!

Gail Hill, Treasurer  
On Behalf of the Budget & Finance Committee  
(Bev Pearson, Doug Miller, Maria Fernandez & Sarah Monroe-Allen)



### **LUNCH BUNCH**

Lunch Bunch is on **Wednesday, May 29**. Come and enjoy lunch and fellowship, hosted by Michele Hauser, Diane Off, Beanie MacLaurie, and Jarrel Fuller, at **Noon** in the parish hall. **Sign up** on the bulletin board in the narthex.

## From the Senior Warden

My dear friends,

Spring has arrived, and, thanks be to God and all those who tend our garden, the roses are again in spectacular bloom.

At this time a year ago, I wrote to you that our Rector search had officially begun. “The Parish Profile, the Job Description, and all the accompanying paperwork were submitted and subsequently posted...” It seemed it had taken such a long time to get to that point. Then, it seemed a long time for the Search Committee and Vestry to find the perfect candidate for us. And then, we had yet another long wait in anticipation of Fr. Michael Anderson’s arrival. Now that Fr. Michael has been with us for three months, we look back and see that the 1-½ years went by rather quickly.

How very blessed we are to have Fr. Michael and his family with us! We are being renewed by his vibrant enthusiasm, his gentle spirit, and his wise (too wise for his young age!) leadership. Once again, thank you, Fr. Michael, for answering the God-inspired call to St. Columba’s.

It is heartwarming to see so many new faces in the congregation these days. Welcome, one and all, to St. Columba’s.

May you be blessed today and every day.

In Christ’s love,

Susan Doswell

## World Labyrinth Day – May 4



Every year on the first Saturday in May, thousands of people around the globe participate in World Labyrinth Day as a moving meditation for world peace and celebration of the labyrinth experience (<https://www.worldlabyrinthday.org/>).

Join us at the Larkin Labyrinth on **Saturday, May 4, at 1:00 p.m.** as we celebrate World Labyrinth Day. We will be joining with people around the world to “**Walk as One at 1.**” This global event will create a rolling wave of peaceful energy passing from one time zone to another. Light refreshments will be provided. See Paul or Gail Amendt for more information.



## Celebrate the Feast of Pentecost, May 19



The Feast of **Pentecost** will be celebrated on **May 19**. On Pentecost, we remember when the Holy Spirit descended on Jesus' disciples. As they gathered in Jerusalem 10 days after Jesus' ascension, they saw tongues of fire, heard rushing wind and began speaking in many languages. Because the disciples could then share the good news with all the pilgrims assembled for the Pentecost festival, the occasion marks the birthday of the Christian church. That day alone, about 3,000 people devoted their lives to Christ.

Like the Holy Spirit, Pentecost is important and relevant today. As theologian Henri Nouwen writes, "Without Pentecost, the Christ-event—the life, death and resurrection of Jesus—remains imprisoned in history as something to remember, think about and reflect on. The Spirit of Jesus comes to dwell within us, so that we can become living Christs here and now." (from *ChurchArt.com*)

Plan now to join us for this special day. Show your spirit and **wear red!**

### Open Hands

Liturgical scholar Balthasar Fischer (1912-2001) shared an "a-ha" realization about the significance of praying with open, outstretched hands, an ancient practice. The opposite gesture, a closed fist, is used to threaten others or even inflict violence. We also grasp things in closed fists, refusing to let go, to share, to hold gently or loosely.

When we pray with open hands, Fischer explained, we're saying before God that we renounce "all highhandedness, all pride in [our] own sufficiency, all violence." We hold up our empty hands to God, saying, "I have nothing that I have not received from you, nothing that you have not placed in my empty hands. Therefore I do not keep a frantic hold on anything you have given me; therefore, too, I desire not to strike and hurt but only to give and to spread happiness and joy."

(from *ChurchArt.com*)

### Recycling News at St. Columba's

Many thanks to all of you who bring your recyclables to St. Columba's! And many, many thanks to John Kromka, the person who processes all those cans, bottles, and plastic and takes them in for redemption! Over the years, we have been able to make thousands of dollars because of all of your efforts. We are now making a change to our recycling program. **Effective immediately, we are no longer accepting glass bottles.** Here's why: we get very little money compared to aluminum and plastic bottles. And, importantly, they are very heavy in comparison and difficult to handle. So, please put your glass bottles in your recycling bins at home but continue to bring in your aluminum cans and plastic bottles. Please replace the plastic cap lightly on the bottle, so it is easier for John to crush.



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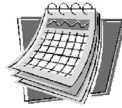
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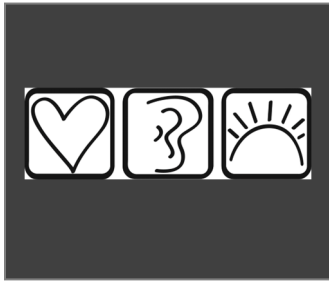
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(from *Church.Art.com*)

THE CELTIC COURIER  
PUBLISHED MONTHLY  
ST. COLUMBA'S EPISCOPAL  
CHURCH  
1251 Las Posas Road  
Camarillo, CA 93010  
ISSUE 5

### From the Treasurer

We are in positive territory for the month and the year! The 2024 budget deficit was projected to be \$58,000 because of the increase in expenses from having a full-time rector. We are planning to use reserves, including the excess funds from 2023 and past years, and increase fundraising to cover the remaining deficit. You all are very generous, giving extra gifts when you can! It's too early in the year to see how much of our parishioners' generosity will reduce the amount of reserves we have to use.

The Vestry, under Fr. Michael's leadership, is already starting to work on fundraising ideas and events. The Budget & Finance Committee is also working on ideas such as purchasing CD's with the excess funds we have in the bank.

The Buildings & Grounds Committee only had one large project this past month: the water heater in the rectory failed and it was replaced. By the time you read this, there will be three more trees that will have been severely trimmed in the area between the labyrinth and the rectory. The Committee is working on other projects that need to be done.

There are more grants from the Endowment Committee that can be spent on ministries or Buildings & Grounds projects. The Vestry, under Fr. Michael's leadership, is starting work to determine what to do. We purposely waited for Fr. Michael to arrive so he could help lead us in what needs to be done.

It's an exciting time in our life as a parish! Everyone paying your pledge enables us to stay afloat, plan for the future, and support the work of our parish here in Camarillo! This can never be repeated enough: We continue to bless each of you as we count your pledge on Sundays or receive it via PayPal. You are all helping to support our efforts as we move into the next phase of having a new rector and our bright future together.

If anyone would like to join us on the Budget & Finance Committee or see what we're doing in more detail, you are more than welcome. We can truly use more help, thoughts, and ideas. We want to be transparent with expenses and income. We don't take anyone and their contributions for granted. Thank you all!

Gail Hill, Treasurer  
On Behalf of the Budget & Finance Committee  
(Bev Pearson, Doug Miller, Maria Fernandez & Sarah Monroe-Allen)



### **LUNCH BUNCH**

Lunch Bunch is on **Wednesday, May 29**. Come and enjoy lunch and fellowship, hosted by Michele Hauser, Diane Off, Beanie MacLaurie, and Jarrel Fuller, at **Noon** in the parish hall. **Sign up** on the bulletin board in the narthex.

## From the Senior Warden

My dear friends,

Spring has arrived, and, thanks be to God and all those who tend our garden, the roses are again in spectacular bloom.

At this time a year ago, I wrote to you that our Rector search had officially begun. “The Parish Profile, the Job Description, and all the accompanying paperwork were submitted and subsequently posted...” It seemed it had taken such a long time to get to that point. Then, it seemed a long time for the Search Committee and Vestry to find the perfect candidate for us. And then, we had yet another long wait in anticipation of Fr. Michael Anderson’s arrival. Now that Fr. Michael has been with us for three months, we look back and see that the 1-½ years went by rather quickly.

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It is heartwarming to see so many new faces in the congregation these days. Welcome, one and all, to St. Columba’s.

May you be blessed today and every day.

In Christ’s love,

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The Feast of **Pentecost** will be celebrated on **May 19**. On Pentecost, we remember when the Holy Spirit descended on Jesus' disciples. As they gathered in Jerusalem 10 days after Jesus' ascension, they saw tongues of fire, heard rushing wind and began speaking in many languages. Because the disciples could then share the good news with all the pilgrims assembled for the Pentecost festival, the occasion marks the birthday of the Christian church. That day alone, about 3,000 people devoted their lives to Christ.

Like the Holy Spirit, Pentecost is important and relevant today. As theologian Henri Nouwen writes, "Without Pentecost, the Christ-event—the life, death and resurrection of Jesus—remains imprisoned in history as something to remember, think about and reflect on. The Spirit of Jesus comes to dwell within us, so that we can become living Christs here and now." (from *ChurchArt.com*)

Plan now to join us for this special day. Show your spirit and **wear red!**

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Liturgical scholar Balthasar Fischer (1912-2001) shared an "a-ha" realization about the significance of praying with open, outstretched hands, an ancient practice. The opposite gesture, a closed fist, is used to threaten others or even inflict violence. We also grasp things in closed fists, refusing to let go, to share, to hold gently or loosely.

When we pray with open hands, Fischer explained, we're saying before God that we renounce "all highhandedness, all pride in [our] own sufficiency, all violence." We hold up our empty hands to God, saying, "I have nothing that I have not received from you, nothing that you have not placed in my empty hands. Therefore I do not keep a frantic hold on anything you have given me; therefore, too, I desire not to strike and hurt but only to give and to spread happiness and joy."

(from *ChurchArt.com*)

### Recycling News at St. Columba's

Many thanks to all of you who bring your recyclables to St. Columba's! And many, many thanks to John Kromka, the person who processes all those cans, bottles, and plastic and takes them in for redemption! Over the years, we have been able to make thousands of dollars because of all of your efforts. We are now making a change to our recycling program. **Effective immediately, we are no longer accepting glass bottles.** Here's why: we get very little money compared to aluminum and plastic bottles. And, importantly, they are very heavy in comparison and difficult to handle. So, please put your glass bottles in your recycling bins at home but continue to bring in your aluminum cans and plastic bottles. Please replace the plastic cap lightly on the bottle, so it is easier for John to crush.



### Prayer in the Style of Taizé

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Sarah Wigert for the CLC Board

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So many of us use over the counter or prescription painkillers instead of pill-free alternatives. Dr. Jennifer Kurz, a physiatrist who specializes in alternative pain management strategies at Harvard-affiliated Spaulding Rehabilitation Hospital, says many treatments are free or low-cost and easily accessible.

First, what is free? Many strategies that reduce pain are activities that support a healthy lifestyle, for instance, exercise. Exercise strengthens and loosens your muscles, reduces, stress, promotes weight control, and helps improve mood and sleep. Yoga, stretching, tai chi, deep breathing, mindfulness meditation, stress management, sleeping seven to nine hours per night, and staying socially connected are also helpful.

YouTube has thousands of free videos relating to methods of pain reduction. Make sure the instructor in the video is certified in his or her field. You can search for videos on the websites of large hospitals and non-profit groups you trust. There are free apps and small apps for a small fee. There are health clubs to join and online lectures or classes. You might look into support groups, physical therapy, dietitian services, acupuncture, massage, personal exercise classes, or talk therapy.

Dr. Kurz says, “but they all help you change your relationship with pain, which is essential for feeling better.”





The Parish Nurses

Re: *Harvard Health Letter*, April 2024. “Pill-free pain treatments that won’t break the bank.” [www.health.harvard.edu](http://www.health.harvard.edu)



# MAY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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<p><b>12 Easter 7B/Mother's Day</b>  <b>Holy Eucharist 9:30</b>            Catechesis of the Good Shepherd 9:30            Coffee Hour 10:30</p>	<p><b>13</b>            Boy Scouts 6:00 PH</p>	<p><b>14</b>            Staff Meeting 10:00            LEM Training 6:00</p>	<p><b>15 Courier Deadline</b>            Craft Group 2:00 PH            Women's AA 7:00 PH</p>	<p><b>9 Ascension Day</b>            Project Hope: 9:00-10:00, 5:00-6:00 PH  <b>Holy Eucharist 10:00</b>            Choir 6:00</p> 	<p><b>10</b></p>	<p><b>11</b>            Diocesan Confirmation at St. John's Cathedral 10:00</p>
<p><b>19 Pentecost B</b>  <b>Holy Eucharist 9:30</b>            Catechesis of the Good Shepherd 9:30            Coffee Hour 10:30  <b>Vestry 11:45 PH</b></p>	<p><b>20</b>            Boy Scouts 6:00 PH</p>	<p><b>21</b>            Staff Meeting 10:00</p>	<p><b>22</b>            Craft Group 2:00 PH            Women's AA 7:00 PH</p>	<p><b>16 Holy Eucharist 10:00</b>            Choir 6:00</p>	<p><b>17</b></p>	<p><b>18 Armed Forces Day</b></p>
<p><b>26 Trinity B</b>  <b>Holy Eucharist 9:30</b>            Catechesis of the Good Shepherd 9:30            Coffee Hour 10:30  <b>Digital Prayer in the Style of Taizé 5:30</b></p>	<p><b>27 Memorial Day Holiday/Parish Office Closed</b>            Boy Scouts 6:00 PH</p>	<p><b>28</b>            Staff Meeting 10:00</p>	<p><b>29</b>            Lunch Bunch Noon PH            Craft Group 2:00 PH            Women's AA 7:00 PH</p>	<p><b>23</b>            Project Hope: 9:00-10:00, 5:00-6:00 PH  <b>Holy Eucharist 10:00</b>            Choir 6:00</p> 	<p><b>24</b></p>	<p><b>25</b></p>

Visit us on the web!  
[www.stcolumbaca.com](http://www.stcolumbaca.com)

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**ST. COLUMBA'S EPISCOPAL CHURCH**

1251 Las Posas Road  
Camarillo, CA 93010

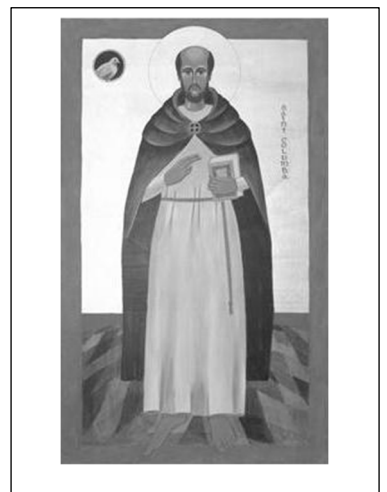
Phone: (805) 482-8831  
E-mail: [office.manager@stcolumbaca.com](mailto:office.manager@stcolumbaca.com)

RETURN SERVICE REQUESTED

*Saint Columba's Day Celebration – June 9*

On Sunday, **June 9**, we'll enjoy our Annual **Saint Columba's Day** Celebration with **worship** at **9:30 a.m.**, celebrating our Saint's Day, and then stay around for a **time of fun and fellowship**.

Details are still being worked out, but please **save the date** now and plan to be here as we celebrate our Name Saint and our St. Columba's parish family.







# The Celtic Courier

May 2024

## From the Rector

I am very grateful for the relationship we have with our sister church Mount Cross Lutheran. When we talk about the unity of the body of Christ, the many connections between our two churches are wonderful examples, which are central to the life of St. Columba's and Mount Cross. I am very excited that we will be adding another connection. Please allow me to introduce Kevin O'Farrell. Kevin will be dividing his time between our two churches.

He comes from the San Francisco Bay Area and has lived in Camarillo for the past three years. He works at a disability nonprofit in Los Angeles County and has a doctorate in theological ethics from the University of Aberdeen in Scotland. He is married to Chrissy and they have a 4-year-old daughter.

He will be confirmed in the Episcopal Church this month and is in a time of discernment for ordination to the priesthood in the Episcopal Church.

Toward that end, along with the good folks at Mount Cross, we get to come alongside Kevin and his family as they discern God's calling on their life. This will include an eventual committee made up of people from both churches meeting with Kevin. He will also begin taking part in our various ministries.

He and his family have a real heart for ministry and have already participated in several ministries at Mount Cross. I look forward to having him involved in our ministries here as well.

Please keep Kevin and his family in your prayers. And please take the time to introduce yourself to him.

Faithfully yours,  
*Fr. Michael +*



ST. COLUMBA'S EPISCOPAL CHURCH

The Rev. Dr. Michael P. Anderson, Rector

Wendie Roberts, Director of Family Ministry

Brett Hanley, Director of Music

## Dates to Remember



- ✓ **Thursday Eucharist**, 10:00 a.m., *Thursdays, May 2, 9, 16, 23, 30*
- ✓ **Project Hope Food Pantry**, 5:00-6:00 p.m., *Thursday, May 2* / 9:00-10:00 a.m. and 5:00-6:00 p.m., *Thursdays, May 9 and 23*
- ✓ **World Labyrinth Day**, 1:00 p.m., *Saturday, May 4*
- ✓ **Celtic Christmas Faire Planning Committee**, 10:30 a.m., *Sunday, May 5*
- ✓ **Resurrection in Art Class**, 11:15 a.m., *Sunday, May 5*
- ✓ **Clergy Conference**, *Monday-Wednesday, May 6-8*
- ✓ **Ascension Day**, *Thursday, May 9*
- ✓ **Mother's Day**, *Sunday, May 12*
- ✓ **LEM Training**, 6:00 p.m., *Tuesday, May 14*
- ✓ **Pentecost/Vestry Meeting**, 11:45 a.m., *Sunday, May 19*
- ✓ **Digital Prayer in the Style of Taizé**, 5:30 p.m., *Sunday, May 26*
- ✓ **Memorial Day Holiday/Parish Office Closed**, *Monday, May 27*
- ✓ **Lunch Bunch**, Noon, *Wednesday, May 29*



The Clergy Conference for the Episcopal Diocese of Los Angeles is May 6-8.

### World Labyrinth Day

Saturday, May 4

“Walk as One at 1” Celebration,

1:00 p.m.



**The deadline for articles for the June *Celtic Courier* is May 15.**

## May Birthdays

<b>Caitlyn Wheat</b>	<b>2</b>
<b>Meghan and Tiffany Kraft</b>	<b>8</b>
<b>Wendie Roberts</b>	<b>11</b>
<b>Frances Cogswell</b>	<b>13</b>
<b>Bob Waite</b>	<b>22</b>
<b>David Gardner</b>	<b>27</b>

### Resurrection in Art Class



Join Fr. Michael Anderson as we explore the way that artists have historically represented and wrestled with the Resurrection. We have one more class on **Sunday, May 5, at 11:15 a.m.** in the parish hall. Come ready to look and discuss.

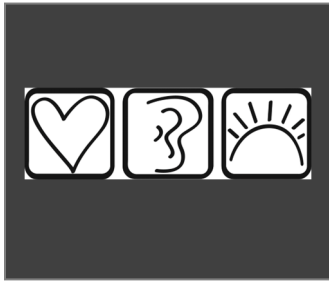


*Mother's Day*  
Sunday, May 12



The **Parish Office** will be closed on **Memorial Day, Monday, May 27.**

**Rector:** Our rector is the Rev. Dr. Michael Anderson. His email address is: [michael.anderson@stcolumbaca.com](mailto:michael.anderson@stcolumbaca.com).



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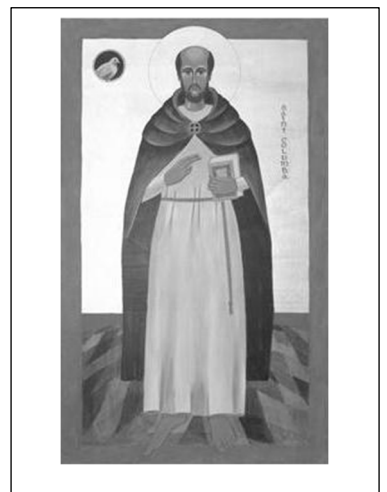
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RETURN SERVICE REQUESTED

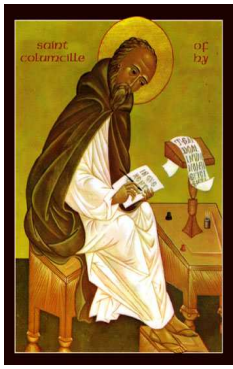
*Saint Columba's Day Celebration – June 9*

On Sunday, **June 9**, we'll enjoy our Annual **Saint Columba's Day** Celebration with **worship** at **9:30 a.m.**, celebrating our Saint's Day, and then stay around for a **time of fun and fellowship**.

Details are still being worked out, but please **save the date** now and plan to be here as we celebrate our Name Saint and our St. Columba's parish family.







# The Celtic Courier

May 2024

## From the Rector

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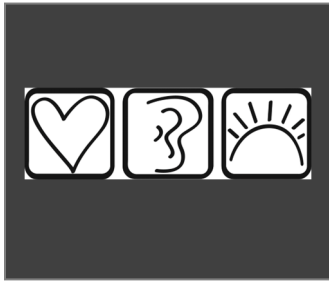


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(from *Church.Art.com*)

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There are more grants from the Endowment Committee that can be spent on ministries or Buildings & Grounds projects. The Vestry, under Fr. Michael's leadership, is starting work to determine what to do. We purposely waited for Fr. Michael to arrive so he could help lead us in what needs to be done.

It's an exciting time in our life as a parish! Everyone paying your pledge enables us to stay afloat, plan for the future, and support the work of our parish here in Camarillo! This can never be repeated enough: We continue to bless each of you as we count your pledge on Sundays or receive it via PayPal. You are all helping to support our efforts as we move into the next phase of having a new rector and our bright future together.

If anyone would like to join us on the Budget & Finance Committee or see what we're doing in more detail, you are more than welcome. We can truly use more help, thoughts, and ideas. We want to be transparent with expenses and income. We don't take anyone and their contributions for granted. Thank you all!

Gail Hill, Treasurer  
On Behalf of the Budget & Finance Committee  
(Bev Pearson, Doug Miller, Maria Fernandez & Sarah Monroe-Allen)



### **LUNCH BUNCH**

Lunch Bunch is on **Wednesday, May 29**. Come and enjoy lunch and fellowship, hosted by Michele Hauser, Diane Off, Beanie MacLaurie, and Jarrel Fuller, at **Noon** in the parish hall. **Sign up** on the bulletin board in the narthex.

## From the Senior Warden

My dear friends,

Spring has arrived, and, thanks be to God and all those who tend our garden, the roses are again in spectacular bloom.

At this time a year ago, I wrote to you that our Rector search had officially begun. “The Parish Profile, the Job Description, and all the accompanying paperwork were submitted and subsequently posted...” It seemed it had taken such a long time to get to that point. Then, it seemed a long time for the Search Committee and Vestry to find the perfect candidate for us. And then, we had yet another long wait in anticipation of Fr. Michael Anderson’s arrival. Now that Fr. Michael has been with us for three months, we look back and see that the 1-½ years went by rather quickly.

How very blessed we are to have Fr. Michael and his family with us! We are being renewed by his vibrant enthusiasm, his gentle spirit, and his wise (too wise for his young age!) leadership. Once again, thank you, Fr. Michael, for answering the God-inspired call to St. Columba’s.

It is heartwarming to see so many new faces in the congregation these days. Welcome, one and all, to St. Columba’s.

May you be blessed today and every day.

In Christ’s love,  
Susan Doswell

## World Labyrinth Day – May 4



Every year on the first Saturday in May, thousands of people around the globe participate in World Labyrinth Day as a moving meditation for world peace and celebration of the labyrinth experience (<https://www.worldlabyrinthday.org/>).

Join us at the Larkin Labyrinth on **Saturday, May 4, at 1:00 p.m.** as we celebrate World Labyrinth Day. We will be joining with people around the world to “**Walk as One at 1.**” This global event will create a rolling wave of peaceful energy passing from one time zone to another. Light refreshments will be provided. See Paul or Gail Amendt for more information.



## Celebrate the Feast of Pentecost, May 19



The Feast of **Pentecost** will be celebrated on **May 19**. On Pentecost, we remember when the Holy Spirit descended on Jesus' disciples. As they gathered in Jerusalem 10 days after Jesus' ascension, they saw tongues of fire, heard rushing wind and began speaking in many languages. Because the disciples could then share the good news with all the pilgrims assembled for the Pentecost festival, the occasion marks the birthday of the Christian church. That day alone, about 3,000 people devoted their lives to Christ.

Like the Holy Spirit, Pentecost is important and relevant today. As theologian Henri Nouwen writes, "Without Pentecost, the Christ-event—the life, death and resurrection of Jesus—remains imprisoned in history as something to remember, think about and reflect on. The Spirit of Jesus comes to dwell within us, so that we can become living Christs here and now." (from *ChurchArt.com*)

Plan now to join us for this special day. Show your spirit and **wear red!**

### Open Hands

Liturgical scholar Balthasar Fischer (1912-2001) shared an "a-ha" realization about the significance of praying with open, outstretched hands, an ancient practice. The opposite gesture, a closed fist, is used to threaten others or even inflict violence. We also grasp things in closed fists, refusing to let go, to share, to hold gently or loosely.

When we pray with open hands, Fischer explained, we're saying before God that we renounce "all highhandedness, all pride in [our] own sufficiency, all violence." We hold up our empty hands to God, saying, "I have nothing that I have not received from you, nothing that you have not placed in my empty hands. Therefore I do not keep a frantic hold on anything you have given me; therefore, too, I desire not to strike and hurt but only to give and to spread happiness and joy."

(from *ChurchArt.com*)

### Recycling News at St. Columba's

Many thanks to all of you who bring your recyclables to St. Columba's! And many, many thanks to John Kromka, the person who processes all those cans, bottles, and plastic and takes them in for redemption! Over the years, we have been able to make thousands of dollars because of all of your efforts. We are now making a change to our recycling program. **Effective immediately, we are no longer accepting glass bottles.** Here's why: we get very little money compared to aluminum and plastic bottles. And, importantly, they are very heavy in comparison and difficult to handle. So, please put your glass bottles in your recycling bins at home but continue to bring in your aluminum cans and plastic bottles. Please replace the plastic cap lightly on the bottle, so it is easier for John to crush.



### Prayer in the Style of Taizé

Our **Prayer in the Style of Taizé** is still in a digital format on **Sunday, May 26, at 5:30 p.m.** This contemplative service uses the music of **Taizé** and quiet reflection to set the mood of worship. These services include scripture, prayers, and simple chants sung repetitively, to let the words of scripture settle into our hearts and minds. There is a brief time of silence.

Join us on our **Facebook** page (or at our website—[www.stcolumbaca.com](http://www.stcolumbaca.com) or YouTube channel) and see if this contemplative worship speaks to your heart.



April was a bit of a "breather" month for the children and staff at the PreSchool, full of days spent in outdoor classrooms and new discoveries of the rebirth that spring brings. They all enjoyed the challenge of creating no waste in honor of Earth Day, and learning just how precious and fragile the earth is. May brings the sweetness of Mother's Day with a special celebration breakfast, and of course, handmade gifts. Teacher Appreciation Week will be held May 6-10, and we do so appreciate all of our staff! They do the most amazing job with our precious children, and we thank them from the bottom of our hearts!

Sarah Wigert for the CLC Board

### **Catechesis of the Good Shepherd**

Our Sunday School—Catechesis of the Good Shepherd—is on **Sundays**, at **9:30 a.m.** Contact Wendie Roberts ([Wencatekst@aol.com](mailto:Wencatekst@aol.com)) for more information.

### **LEM Training**

All LEMS, please mark your calendars for a training session with Fr. Michael on **Tuesday, May 14**, at **6:00 p.m.** in the sanctuary.

## **HEALTH MINISTRY – OH, THE PAIN**



So many of us use over the counter or prescription painkillers instead of pill-free alternatives. Dr. Jennifer Kurz, a physiatrist who specializes in alternative pain management strategies at Harvard-affiliated Spaulding Rehabilitation Hospital, says many treatments are free or low-cost and easily accessible.

First, what is free? Many strategies that reduce pain are activities that support a healthy lifestyle, for instance, exercise. Exercise strengthens and loosens your muscles, reduces stress, promotes weight control, and helps improve mood and sleep. Yoga, stretching, tai chi, deep breathing, mindfulness meditation, stress management, sleeping seven to nine hours per night, and staying socially connected are also helpful.

YouTube has thousands of free videos relating to methods of pain reduction. Make sure the instructor in the video is certified in his or her field. You can search for videos on the websites of large hospitals and non-profit groups you trust. There are free apps and small apps for a small fee. There are health clubs to join and online lectures or classes. You might look into support groups, physical therapy, dietitian services, acupuncture, massage, personal exercise classes, or talk therapy.

Dr. Kurz says, "but they all help you change your relationship with pain, which is essential for feeling better."





The Parish Nurses

Re: *Harvard Health Letter*, April 2024. "Pill-free pain treatments that won't break the bank." [www.health.harvard.edu](http://www.health.harvard.edu)



# MAY 2024



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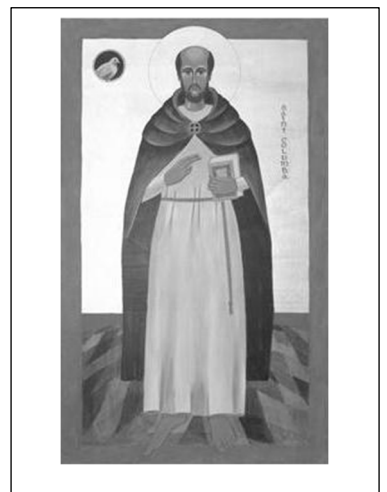
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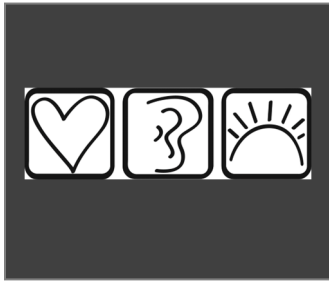


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It's an exciting time in our life as a parish! Everyone paying your pledge enables us to stay afloat, plan for the future, and support the work of our parish here in Camarillo! This can never be repeated enough: We continue to bless each of you as we count your pledge on Sundays or receive it via PayPal. You are all helping to support our efforts as we move into the next phase of having a new rector and our bright future together.

If anyone would like to join us on the Budget & Finance Committee or see what we're doing in more detail, you are more than welcome. We can truly use more help, thoughts, and ideas. We want to be transparent with expenses and income. We don't take anyone and their contributions for granted. Thank you all!

Gail Hill, Treasurer

On Behalf of the Budget & Finance Committee

(Bev Pearson, Doug Miller, Maria Fernandez & Sarah Monroe-Allen)



### **LUNCH BUNCH**

Lunch Bunch is on **Wednesday, May 29**. Come and enjoy lunch and fellowship, hosted by Michele Hauser, Diane Off, Beanie MacLaurie, and Jarrel Fuller, at **Noon** in the parish hall. **Sign up** on the bulletin board in the narthex.

## From the Senior Warden

My dear friends,

Spring has arrived, and, thanks be to God and all those who tend our garden, the roses are again in spectacular bloom.

At this time a year ago, I wrote to you that our Rector search had officially begun. "The Parish Profile, the Job Description, and all the accompanying paperwork were submitted and subsequently posted..." It seemed it had taken such a long time to get to that point. Then, it seemed a long time for the Search Committee and Vestry to find the perfect candidate for us. And then, we had yet another long wait in anticipation of Fr. Michael Anderson's arrival. Now that Fr. Michael has been with us for three months, we look back and see that the 1-½ years went by rather quickly.

How very blessed we are to have Fr. Michael and his family with us! We are being renewed by his vibrant enthusiasm, his gentle spirit, and his wise (too wise for his young age!) leadership. Once again, thank you, Fr. Michael, for answering the God-inspired call to St. Columba's.

It is heartwarming to see so many new faces in the congregation these days. Welcome, one and all, to St. Columba's.

May you be blessed today and every day.

In Christ's love,

Susan Doswell

## World Labyrinth Day – May 4



Every year on the first Saturday in May, thousands of people around the globe participate in World Labyrinth Day as a moving meditation for world peace and celebration of the labyrinth experience (<https://www.worldlabyrinthday.org/>).

Join us at the Larkin Labyrinth on **Saturday, May 4, at 1:00 p.m.** as we celebrate World Labyrinth Day. We will be joining with people around the world to "**Walk as One at 1.**" This global event will create a rolling wave of peaceful energy passing from one time zone to another. Light refreshments will be provided. See Paul or Gail Amendt for more information.



## Celebrate the Feast of Pentecost, May 19



The Feast of **Pentecost** will be celebrated on **May 19**. On Pentecost, we remember when the Holy Spirit descended on Jesus' disciples. As they gathered in Jerusalem 10 days after Jesus' ascension, they saw tongues of fire, heard rushing wind and began speaking in many languages. Because the disciples could then share the good news with all the pilgrims assembled for the Pentecost festival, the occasion marks the birthday of the Christian church. That day alone, about 3,000 people devoted their lives to Christ.

Like the Holy Spirit, Pentecost is important and relevant today. As theologian Henri Nouwen writes, "Without Pentecost, the Christ-event—the life, death and resurrection of Jesus—remains imprisoned in history as something to remember, think about and reflect on. The Spirit of Jesus comes to dwell within us, so that we can become living Christs here and now." (from *ChurchArt.com*)

Plan now to join us for this special day. Show your spirit and **wear red!**

### Open Hands

Liturgical scholar Balthasar Fischer (1912-2001) shared an "a-ha" realization about the significance of praying with open, outstretched hands, an ancient practice. The opposite gesture, a closed fist, is used to threaten others or even inflict violence. We also grasp things in closed fists, refusing to let go, to share, to hold gently or loosely.

When we pray with open hands, Fischer explained, we're saying before God that we renounce "all highhandedness, all pride in [our] own sufficiency, all violence." We hold up our empty hands to God, saying, "I have nothing that I have not received from you, nothing that you have not placed in my empty hands. Therefore I do not keep a frantic hold on anything you have given me; therefore, too, I desire not to strike and hurt but only to give and to spread happiness and joy."

(from *ChurchArt.com*)

### Recycling News at St. Columba's

Many thanks to all of you who bring your recyclables to St. Columba's! And many, many thanks to John Kromka, the person who processes all those cans, bottles, and plastic and takes them in for redemption! Over the years, we have been able to make thousands of dollars because of all of your efforts. We are now making a change to our recycling program. **Effective immediately, we are no longer accepting glass bottles.** Here's why: we get very little money compared to aluminum and plastic bottles. And, importantly, they are very heavy in comparison and difficult to handle. So, please put your glass bottles in your recycling bins at home but continue to bring in your aluminum cans and plastic bottles. Please replace the plastic cap lightly on the bottle, so it is easier for John to crush.



### Prayer in the Style of Taizé

Our **Prayer in the Style of Taizé** is still in a digital format on **Sunday, May 26, at 5:30 p.m.** This contemplative service uses the music of **Taizé** and quiet reflection to set the mood of worship. These services include scripture, prayers, and simple chants sung repetitively, to let the words of scripture settle into our hearts and minds. There is a brief time of silence.

Join us on our **Facebook** page (or at our website—[www.stcolumbaca.com](http://www.stcolumbaca.com) or YouTube channel) and see if this contemplative worship speaks to your heart.



April was a bit of a "breather" month for the children and staff at the PreSchool, full of days spent in outdoor classrooms and new discoveries of the rebirth that spring brings. They all enjoyed the challenge of creating no waste in honor of Earth Day, and learning just how precious and fragile the earth is. May brings the sweetness of Mother's Day with a special celebration breakfast, and of course, handmade gifts. Teacher Appreciation Week will be held May 6-10, and we do so appreciate all of our staff! They do the most amazing job with our precious children, and we thank them from the bottom of our hearts!

Sarah Wigert for the CLC Board

### **Catechesis of the Good Shepherd**

Our Sunday School—Catechesis of the Good Shepherd—is on **Sundays**, at **9:30 a.m.** Contact Wendie Roberts ([Wencatekst@aol.com](mailto:Wencatekst@aol.com)) for more information.

### **LEM Training**

All LEMS, please mark your calendars for a training session with Fr. Michael on **Tuesday, May 14**, at **6:00 p.m.** in the sanctuary.

## **HEALTH MINISTRY – OH, THE PAIN**



So many of us use over the counter or prescription painkillers instead of pill-free alternatives. Dr. Jennifer Kurz, a physiatrist who specializes in alternative pain management strategies at Harvard-affiliated Spaulding Rehabilitation Hospital, says many treatments are free or low-cost and easily accessible.

First, what is free? Many strategies that reduce pain are activities that support a healthy lifestyle, for instance, exercise. Exercise strengthens and loosens your muscles, reduces stress, promotes weight control, and helps improve mood and sleep. Yoga, stretching, tai chi, deep breathing, mindfulness meditation, stress management, sleeping seven to nine hours per night, and staying socially connected are also helpful.

YouTube has thousands of free videos relating to methods of pain reduction. Make sure the instructor in the video is certified in his or her field. You can search for videos on the websites of large hospitals and non-profit groups you trust. There are free apps and small apps for a small fee. There are health clubs to join and online lectures or classes. You might look into support groups, physical therapy, dietitian services, acupuncture, massage, personal exercise classes, or talk therapy.

Dr. Kurz says, "but they all help you change your relationship with pain, which is essential for feeling better."





The Parish Nurses

Re: *Harvard Health Letter*, April 2024. "Pill-free pain treatments that won't break the bank." [www.health.harvard.edu](http://www.health.harvard.edu)



# MAY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>5 Easter 6B/Cinco de Mayo</b>  <b>Holy Eucharist 9:30</b>            Catechesis of the Good Shepherd 9:30            Coffee Hour 10:30            Celtic Christmas Faire Planning Mtg. 10:30            Resurrection in Art Class 11:15</p>	<p><b>6 Clergy Conference</b>            Boy Scouts 6:00 PH</p>	<p><b>7 Clergy Conference</b></p>	<p><b>1</b>            Craft Group 2:00 PH            Women's AA 5:45-6:45 PH            Women's AA 7:00 PH</p>	<p><b>2 National Day of Prayer</b>  <b>Holy Eucharist 10:00</b>            Project Hope 5:00-6:00 PH            Choir 6:00</p> 	<p><b>3</b></p>	<p><b>4 World Labyrinth Day</b>            DOK 10:00 (Ofc.)            World Labyrinth Day Celebration 1:00</p> 
<p><b>12 Easter 7B/Mother's Day</b>  <b>Holy Eucharist 9:30</b>            Catechesis of the Good Shepherd 9:30            Coffee Hour 10:30</p>	<p><b>13</b>            Boy Scouts 6:00 PH</p>	<p><b>14</b>            Staff Meeting 10:00            LEM Training 6:00</p>	<p><b>8 Clergy Conference</b>            Craft Group 2:00 PH            School Board 4:00            Women's AA 7:00 PH</p>	<p><b>9 Ascension Day</b>            Project Hope: 9:00-10:00, 5:00-6:00 PH  <b>Holy Eucharist 10:00</b>            Choir 6:00</p> 	<p><b>10</b></p>	<p><b>11</b>            Diocesan Confirmation at St. John's Cathedral 10:00</p>
<p><b>19 Pentecost B</b>  <b>Holy Eucharist 9:30</b>            Catechesis of the Good Shepherd 9:30            Coffee Hour 10:30  <b>Vestry 11:45 PH</b></p>	<p><b>20</b>            Boy Scouts 6:00 PH</p>	<p><b>21</b>            Staff Meeting 10:00</p>	<p><b>22</b>            Craft Group 2:00 PH            Women's AA 7:00 PH</p>	<p><b>16 Holy Eucharist 10:00</b>            Choir 6:00</p>	<p><b>17</b></p>	<p><b>18 Armed Forces Day</b></p>
<p><b>26 Trinity B</b>  <b>Holy Eucharist 9:30</b>            Catechesis of the Good Shepherd 9:30            Coffee Hour 10:30  <b>Digital Prayer in the Style of Taizé 5:30</b></p>	<p><b>27 Memorial Day Holiday/Parish Office Closed</b>            Boy Scouts 6:00 PH</p>	<p><b>28</b>            Staff Meeting 10:00</p>	<p><b>29</b>            Lunch Bunch Noon PH            Craft Group 2:00 PH            Women's AA 7:00 PH</p>	<p><b>23</b>            Project Hope: 9:00-10:00, 5:00-6:00 PH  <b>Holy Eucharist 10:00</b>            Choir 6:00</p> 	<p><b>24</b></p>	<p><b>25</b></p>

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[www.stcolumbaca.com](http://www.stcolumbaca.com)

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Phone: (805) 482-8831  
E-mail: [office.manager@stcolumbaca.com](mailto:office.manager@stcolumbaca.com)

*Saint Columba's Day Celebration – June 9*

On Sunday, **June 9**, we'll enjoy our Annual **Saint Columba's Day** Celebration with **worship** at **9:30 a.m.**, celebrating our Saint's Day, and then stay around for a **time of fun and fellowship**.

Details are still being worked out, but please **save the date** now and plan to be here as we celebrate our Name Saint and our St. Columba's parish family.

