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## Easter, New Life, and Re-opening

One of the many moments that stand out in my memory from the early days of the COVID-19 pandemic is of the first telebriefing the LA Department of Public Health hosted for leaders of faith communities in mid March of 2020. The Health Department Official leading the briefing told us not to plan on being able to hold Easter or Passover services in person in our buildings. I could hardly believe it: Easter was still more than three weeks away. Surely the shut down would be lifted by then, right? But that telebriefing was the beginning of a steep learning curve--and among those learnings was how to offer virtual worship while we could not be together face to face.

This Easter the situation is different. Claremont, California, and the rest of the country are beginning to emerge from the strictest, “purple” tier of pandemic restrictions and are figuring out how to navigate a path forward in this in-between territory: not fully locked down, but not out of the woods of pandemic danger either. Writing in *Presbyterians Today*, Donna Frischknecht Jackson names this strange time the Holy Saturday phase of the pandemic. On Holy Saturday, the day between Good Friday and Easter, the shadows cast by the pain and trauma of Good Friday are very much still with us, and the future seems uncertain, even though we may remember promises that death would not have the last word. We have heard whispers of hope and resurrection, but we are not quite there yet.

For this “in between” Holy Week and Easter, we are in a much better place than we were last year at this time. Since we have moved into a less restrictive tier of re-opening in LA County, we plan to gather in person outdoors for Evening Prayer on Holy Saturday, and for a Sunrise Service on Easter. We will also offer a Zoom Communion Service on Maundy Thursday and a joyful, virtual service at 10 AM on Easter Sunday.

## Upcoming Worship

(all worship services are accessible through Facebook Live ([www.facebook.com/claremontpres](http://www.facebook.com/claremontpres)) unless otherwise noted)

**April 1, 7:00 PM**

Maundy Thursday  
Zoom Communion Service  
ID: 881 3937 7973

**April 2, 3:00 PM**

Good Friday  
Labyrinth Walk

**April 2, All Day**

LA Stations of the Cross Pilgrimage  
[www.lastations.org](http://www.lastations.org)

**April 3, 7:00 PM**

Holy Saturday Vigil at Evening Prayer  
on the Lawn

**April 4, 8:00 AM**

**NEW TIME**

Easter Sunrise Service on Church Lawn

**April 4, 10:00 AM**

Easter Sunday Worship  
Live Stream From Sanctuary

**April 11, 10:00 AM**

Second Sunday of Eastertide  
John 20: 19-31  
Karen Sapio preaching

**April 18, 10:00 AM**

Third Sunday of Eastertide  
Luke 24:36-48  
Karen Sapio preaching

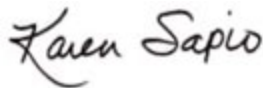
**April 25, 10:00 AM**

Fourth Sunday of Eastertide  
John 10: 11-18  
Brian Gaeta-Symonds preaching

And what of the days ahead? Session has approved a phased reopening plan for our campus that is tied to the four tiers set for California's reopening process. While LA County is in the "red" phase, indicating substantial community transmission of COVID-19, we will continue to worship in-person outdoors each Saturday evening at 7 PM. We will also continue to live stream Sunday services from the Sanctuary. When LA County reaches the "orange" level, indicating moderate community transmission of the virus, we will consider indoor services. I hope that will happen soon!

For more information on our reopening plan, check our website at [www.claremontpres.org/covid19-responseblog/reopening](http://www.claremontpres.org/covid19-responseblog/reopening)

While the shadows of Good Friday still fall upon us, Easter is on the way.



## Good Friday Labyrinth Walk

Good Friday is traditionally the acknowledgement of Jesus's path to the cross. Some practice the Stations of the Cross in small segments on their church grounds, others will take a longer pilgrimage to Jerusalem to walk the actual path Jesus took (also check out the [LStations.org](http://LStations.org) app - begins at this labyrinth).

Combine the tradition with an ancient practice of walking the Labyrinth this Good Friday (April 2). Beginning at 3 PM at the CPC Community Labyrinth join others, familiar and new, to spend a moment in communal prayer and reading of the Passion Story. Then mark this moment by stepping into the labyrinth in a contemplative practice of journeying to the Cross.

Novice to long-time practitioner, all are welcome to walk the labyrinth. If you have any questions, please contact Pastor Brian at [brian@claremontpres.org](mailto:brian@claremontpres.org).

## Session Highlights, February 23, 2021

Highlights from the February Session meeting for your information.

- Mourned the deaths of CPC members Robert Johns and Judy Carington.
- Learned from Treasurer Janet Siedschlag of a generous designated gift for streaming services, a \$35,000 bequest, and a second PPP loan to be shared between CPC and CPCC.
- Established a scholarship fund for CPCC families to be funded by designated gifts.
- Heard the final stewardship report of 121 pledges for \$468,530, exceeding the goal of \$465,000!.
- The Nominating Committee for Elders and Deacons for the class of 2024 consists of Carlynn Christian, Tracy Doebler, Mary ElYousef, Carol Sittig, Peggy Trindle and Karen Sapio, ex officio.
- Reviewed the CPC Vision Statement adopted Fall, 2017 to be used by commissions and committees in planning for the future.

## One Great Hour of Sharing

On Easter Sunday, join with Presbyterians worldwide in sharing God's love with our neighbors in need around the world by providing relief from natural disasters, food for the hungry, and support to the poor and oppressed. Visit [pcusa.org/oghs](http://pcusa.org/oghs) to learn more about how your gift makes a difference. Gifts can be made by check to the church with OGHS in the memo line. You may also give online at [claremontpres.org/giving-2](http://claremontpres.org/giving-2).

### Have a One Great Hour of Sharing Fish Bank?

You may return these to the church at one of these times:

Good Friday, in the church office from 1-4:30 PM

Evening Prayer on the Lawn, Saturday April 3 at 7 PM

Easter Sunrise Service on the Lawn, Sunday April 4 at 8 AM (note the time change from previous announcements).

## Refugee Concerns Team Invites You to Learn About It's Work

Throughout the year of pandemic, our CPC Refugee Concerns Team has continued its work assisting Refugees and Asylum Seekers in our region. The team invites you to join us on Zoom on Monday Evening, April 19 at 7:00 PM to hear about what we have done in the last year and what we envision for the year to come. With immigration policies shifting, and a new surge of asylum seekers arriving at our southern border, there will be much to do. Learn more about what we have planned and how you can join us. Zoom ID 859 5628 1640

## The question is, "Who funds the Deacons?" The answer is, "You do!"

Deacons and CPC thank you for all your contributions. More donations are always welcome! If you donate to the Deacons, please make sure your contribution is designated for the Deacons.

The Deacons fund a myriad of important programs for CPC and our wider community.

Money has gone toward a couple of mission projects each month to supplement what the Mission Commission is doing. For instance, during this pandemic, the Deacons felt it important to raise their monthly gift to Inland Valley Hope Partners to help families in need of food and rental assistance. The Deacons also designated extra funding for Uncommon Good which focuses on supporting, encouraging and mentoring students to be successful, to stay in school, and to go to college. College and community members also

help in this area.

The Pastor's discretionary fund is included in the Deacon's budget for emergencies for church or community members who have specific needs such as help with utility bills, insurance, bus cards or other incidentals. This is confidential.

The Deacons have designated funds that support families' seasonal needs. The Back to School Fund helps students and teachers at Mt. View School, and each Christmas, the Adopt a Family provides gifts for children and families in the community who were deemed in need. This year, it was Uncommon Good families.

On Bag-It-Sunday, the Deacons collect then assemble hygiene kits for the homeless. If not enough is collected, the Deacon's fund may go toward filling in areas of need.

During the holidays, if not enough money is donated to provide poinsettias or lilies, the Deacon's fund may cover the shortfall.

Over the years, the Deacons have set up Communion, coffee hour, memorial services, delivered flowers, sent cards and letters. If and when the costs mount up, funds are available for reimbursement.

The Deacons always appreciate your contributions to assist them in doing their work for CPC parishioners as well as other targeted community needs.

## All-Church Camp Out

Hey There Campers! With schools having just restarted in-person education, summer on the horizon, and national parks re-opening this is the time to take a moment to step away for a long weekend and go camping in the Big Bear area. The group sites have been reserved for June 4-6 and planning is already underway for safe and fun camping practices.

The last couple of years have posed some challenges for group camping and we've come up with some amazing alternatives, and now it is time to try it the traditional way. We will plan on leaving that Friday afternoon, staying 2 nights, and then returning home that Sunday morning.

Please let Pastor Brian know if you are interested in going camping. Having a clearer picture of the number of campers will help us plan for food and other items.

You can reach Pastor Brian at 562-674-8407 or [brian@claremontpres.org](mailto:brian@claremontpres.org).

## New Bible Study: Lessons from the Vineyard

In the Bible we find many stories and illustrations that reference wine or the vineyard. These are deep teachings that hold truths that may be missed if we're unfamiliar with vine dressing and wine making. Join us for six weeks from April 21-May 26 at 4:00 PM for a walkthrough of some of these stories and the details behind them.

This study will be led by Lisa Strom who after years of wine tasting and backyard vine tending, has begun researching for a book on these passages.

## Helping Children through the Pandemic

by Jenny Eazell

For those of you who do not know me, I'm Jenny Eazell and I have been a member of CPC since I was about five years old. Now I help lead the children at the church through my roles as a Godly Play teacher and as an Elder serving on various committees dedicated to children and education at the church. I have a Bachelors degree in Psychology and Master's degree in Child Life Studies, which has provided me with an extensive knowledge background in child development, early childhood trauma interventions, and coping techniques for children. My career goal is to become a Certified Child Life Specialist (CCLS) so that I may work in hospitals and other settings within the community where children face stress and trauma daily.

Brian asked me to write about a topic relevant to me and one of the most prominent stressors that came to mind is the trauma of the Covid-19 pandemic on children and adolescents. I wanted to help address this crisis by providing awareness of the behavioral changes that are normal as a result of trauma and stress associated with a pandemic as well as provide some healthy coping strategies for children and parents. Many of us are simply surviving right now and have been for quite some time. My goal is to help provide you all with some resources to help recognize and address your family's mental health as you continue to social distance from others and to help with the transition back to in-person school/work life.

Every child is different; therefore, every child's reaction to stress will likely be different as well. During the times of a pandemic when children are separated from healthy routines and peer interactions, stress can manifest in a variety of ways. Some behavioral effects of stress and trauma

in children, which can vary by age, include: sadness, withdrawal, clinginess, irritability, changes in appetite, aggression, irrational fears, poor performance, school avoidance, loss of concentration, sleep problems, rebellion in the home (refusal to do chores), psychosomatic problems (headaches, rashes, stomach aches, asthma), and regressive behaviors. It is normal for your children to be experiencing any of the above behaviors due to the stressors of a global pandemic. It is important that parents are aware of the behavioral changes associated with stress so that we cannot only be a little more gentle, patient, and understanding with them as they act out their anger, exhibit poor school performance, clinginess, or other behavioral changes, but also so that we know the signs so that as parents, teachers, and a community, we can intervene. As children transition to in-person schooling, it is helpful to continue this patience and understanding as they acclimate to this new change. Likely, children will have to still wear masks for a while and procedures will be a bit different from what they remember. Continuing to have patience and understanding for children is going to be critical at this time — in addition to patience and understanding for ourselves as adults, parents, and/or teachers as we grapple and adapt these changes.

Some possible coping techniques that can help children cope with big emotions, particularly preschool aged children, are breathing techniques used within the Conscious Discipline model for early childhood education. Depending on the child's age, these techniques will likely need parental assistance to complete. The S.T.A.R. model helps to remind children to Stop, Smile, take a deep breath, And Relax. Another strategy that works to calm children's overwhelming emotions and instill self-regulation and healthy coping mechanisms is the Drain breathing technique. The children breathes in while scooping up invisible water with their hands and then blows out all of their air releasing all their pent up energy and anger/sadness while squeezing their hands like they are wringing out a wet towel. An important addition to the coping techniques is the provision of choices. Developmentally, children (particularly preschool age children) are often seeking a sense of autonomy and control so providing them with choices of techniques (Ex: "Would you like to do the Drain or the S.T.A.R.?), gives them a feeling of control and thus increased potential for calm.

## How to Give when there's no Offering Plate

No offering plate? No organ music? No problem. There are still ways to support your church during this time when we are worshipping online and outdoors. Here's how;

- Check: As long as the US Mail is still delivering, we can receive contributions by checks mailed to our church office.
- Online: You can make an online contribution to Claremont Presbyterian Church by navigating to our website at [claremontpres.org/giving-2](http://claremontpres.org/giving-2). You may also use the following QR code:
- Autopay from your checking account: Your bank should be able to help you set up an electronic payment directly to CPC.
- Transfer money through your bank or the Zelle app. Send your money to: [giving@claremontpres.org](mailto:giving@claremontpres.org).



Below you should find a few ideas of beneficial therapeutic play interventions that help stimulate a child's development and offer opportunities for emotional expression:

Age Level	Therapeutic/Developmental Play Activity
0-3 years old	Teddy bears, nursery rhymes, bubbles, light up toys and other toys that can be done with a parent to establish bonds/connection and provide sensory stimulation
3-7 years old	Socio-dramatic play opportunities such as kitchen play sets, dollhouses, simple arts and crafts, color/shape sorting activities, Playdoh and Diplos/Legos for fine motor skill development, and counting activities
7-12 years old	Craft-like, step-by-step activities that allow for a feeling of mastery and accomplishment at the end. Examples include slime making, bracelet making, ceramic painting, marble painting, Legos, etc.
12-18 years old	Journaling, Drawing, Collage-making, Basketball Q&A games, "Would You Rather?" Games, and other conversational games that allow for hypothetical and abstract thinking about the future, identity-formation, self-esteem building, acceptance, inclusivity, etc.

Lastly, we adults, parents, and teachers also need to be gentle, patience, and understanding with ourselves as we grapple with the strains and daily hurdles of a global pandemic and as we transition anxiously into the new normal. Self-care is integral to our survival. As the saying goes, we cannot take care of others until we have taken care of ourselves.

I hope this information finds you well and is helpful as you and your family cope with this pandemic and as you transition back to more in-person experiences.

## Easter Lily Dedications

ALLELUIA! Jesus Christ is Risen indeed! We celebrate the glory and miracle of the Resurrection of Christ with gratitude for your generosity through your gracious donations.

These Easter Lilies will grace the CPC Sanctuary for you to view and experience following Easter Vigil Service on the Lawn on Saturday, April 3 and following Easter Sunrise service at 8 AM (note the time change) with Emmanuel Presbyterian Church. Following Easter Sunrise worship you may also partak in individual self-contained, contact-free Holy Communion. Each of these opportunities will be socially distanced.

Following Easter Service, the Deacons will deliver Easter Lilies to shut-ins, those who are isolated, bereaved, recovering, experiencing chronic conditions and to your CPC Pastors and staff.

Thanks to all of those who donated generously as listed on the next page:



The Communicator is published monthly by Claremont Presbyterian Church.

Submissions are subject to editing for content and length. To submit an article or item for the monthly calendar, please e-mail Lisa Strom (lisa@claremontpres.org) by the 15<sup>th</sup> of the month.

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Sam & Irene Atwood in honor of Mary Atwood

Teresa & Eric Bernal in memory of sister, Marilou Amores and honor in granddaughter Evelyn Josefina Bernal

Christine Blair in memory of CPC family members lost this year

Bill & Kim Brinegar in celebration of their daughter, Kerianne Lawson and her efforts in providing testing and vaccines during the Covid-19 crisis and her husband, Aurich and their daughters, Hannah and Eva for their unstinting support  
Susan Brinkama in honor of daughters Susie & Elizabeth and grandchildren Katja & Ben

The Brooks Family in memory of Wayne Brooks

Jim & Betty Butler in celebration of the birth of their grandson, Felix Timothy Butler-Moores

Jane D. Douglass in memory of Gorden K. Douglass and his parents, Wilbur & Lorine Douglass

Saba & Mary ElYousef in memory of their parents, Nassima, Esber, Jamileh, and Jamal

Brian & Gilbert Gaeta-Symonds in honor of the adopt-aversay of our boys, Victor, Nathan, and Axel on February 28, 2019

The Harber Family in memory of Jay Harber

Rod & Kathy Holtan in memory of Ruth Holton and Mike Lynch

Jeanne L. Kennedy in memory of her mother, Elsa Ulrestad Lasnier

William Kohen in memory of Heinrich Kohnen

Sue Likens in honor of my children David & Elizabeth and their families.

Jeanne Master in memory of Jay Master

Kent & Lynn Miller in memory of our mothers, Melba Miller and Dorothy Norris  
Beverlee Mitsch in memory of Gerry Mitsch, Beverlee Vance, and Aria Dodd

The Perry family in memory of husband and father

Frank & Betty Pinkerton in honor of Betty Pinkerton's parents, George & Dorothy Zimmer, on what would have been their 78<sup>th</sup> wedding anniversary

Charles & Virginia Rassieur in honor of John Najarian

Patricia & William Reed in memory of John & Lucile Hawley, Robert Hawley, and Alfred & Helen Reed

Mike Serret in memory of Marilyn Serret

Roger Shervington & Phyllis Epling in memory of Sandy Shervington and Bruce Shervington

Delight Slotemaker de Bruide in honor of Delores & Robbin Kelly with thanks for their years of generosity and service to CPC with Christ's love; Betty & Frank Pinkerton; Kim & Bill Brinegar with thanks for friendship and years of service to CPC; and in memory of her mother Caroline B. Slotemaker de Bruine. Praise God! Christ is Risen!

The Starr family in memory of our beloved mother and grandmother, Mildred Starr

Carolyn Whitham in memory of Paul Whitham

Dorothy Whitham in honor of Robbin & Delores Kelley and in memory of Rick Whitham

The Willettes in honor of Dad, Steve, and Kylie

## Flowers for Worship

The flowers for worship on March 7, were donated in honor of Susan Brinkama on the occasion of the 61<sup>st</sup> anniversary of her 29<sup>th</sup> year on March 8 by her loving grandchildren, Katja and Ben Whitham and also lovingly by her daughters, Libby and Susie.

The worship flowers on Sunday morning, March 14, were donated and shared lovingly by Jean Perry, in honor of her son Robert's birthday on March 16.

The beautiful spring/summer life-like silk floral arrangements displayed on the weekends of the 20<sup>th</sup> and 27<sup>th</sup> were donated and arranged by Kim Brinegar and Paula Pitzer.

Donating worship flowers in honor of, in memory of, or in celebration of an individual or event is a special way to share joy. For details, please contact [delight@claremontpres.org](mailto:delight@claremontpres.org)

## Please Lift Up Your Prayers

As we share in the grief of our friends and in the celebration of the life of our loved ones and friends, who have entered the space reserved for them with Christ, we lift up our prayers for: the family of Tina Blair for the passing of her "sister-friend," Danielle, from complications due to a massive stroke on February 17; for Doug Carrington, Scott, and Laura Carrington, for the passing of beloved wife and mother, Judy Carrington on February 8; the family of Robert Johns, a long-time member of CPC.

We lift prayers for all of our loved ones, friends, and family, who grieve the loss of their loved ones within this past year, or realizing an anniversary of the passing of a loved one, missed so dearly, particularly Roger Shervington, Greg Stout and Marjorie Ludwig, and Annie King. We especially lift prayers of comfort and Christ's grace, for those who were not able to hold a service as of yet, due to covid challenges.

We offer praise, and gratitude to the Lord, for helpful surgeries or procedures, and continued healing for: John Watts, Jim Braschler, Lois Whitbord; Frank Pinkerton; Gennie Ransom; Cloyce Morrow.

We give thanks for those who have gratefully returned home from the hospital: Mary Anne Blaine; Nancy Rice

As we lift up those for whom we ask for healing, for strength, for courage, for the grace, peace, and comfort of the Holy Spirit, we pray for: Patrick West; Chet and Eileen Jaeger, as he recovers from a fall; Bob, Joan, and Donna Kelly, as Bob continues treatment; for those whom we tenderly remember on an on-going basis: Suzanne and Kay Brown; Carolyn Whitham; Jean Perry; Lenore Brashler; Jim Brashler; Chris Hartmire; Thom Bleakney; Ruth Auld; Phoebe DeVille; Jane Glenn; Jean Underwood; Chet & Eileen Jaeger; Lee & Claire McDonald; Mike Layne; Barbara Myers; Doris Craig; Doris Chambers; MaryAnne Hillman; Mary & Ed Hughes; Sandra Deibel and John Najarian.

As we lift up sustaining prayers: for Pastor Brian and his family; for Kevin Kessler and his bother Ken, who are displaced due to a fire in their family home; for our Children's Center, and Director Sacha Lord, as she navigates with deep heart and concern to maintain a healthy and safe environment for all. We lift up Judith Rios, a former CPCC teacher, journeying through stage 4 cancer; we lift up Saba Alemaiehu as she bravely and optimistically treats her situation.

Should you or anyone in your family, or anyone of whom you know be in need of prayer and you have their permission to share their name, please send your requests via email to [Delight Slotemaker de Bruine - delight@claremontpres.org](mailto:Delight.Slotemaker.deBruine@claremontpres.org).

You may indicate that you wish only the name listed or you may wish to include details. Details are shared only as per your direction, otherwise then they will be shared confidentially at the weekly staff meeting.

CLAREMONT PRESBYTERIAN CHURCH AS OF 02/28/2021	ACTUAL	BUDGET
Pledges	\$75,227.08	\$76,666.00
Other Income	\$45,823.10	\$15,452.00
Expenses	-\$90,946.84	-\$101,193.56
Variance	\$30,103.34	-\$9,075.56
CHILDREN'S CENTER AS OF 02/28/2021		BUDGET
Revenue	\$107,735.05	\$106,920.24
Expenses	-\$98,495.57	-\$106,956.50
Variance	\$9,239.48	-\$36.26



# COMMUNICATOR

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## Deadline for May *Communicator* - April 15

### Weekly Online Events

#### Sunday

- 10:00 AM - Worship (Facebook)
- 10:45 AM - Coffee Hour (Zoom)
- 12:00 PM - Toddler Sunday School (Zoom)
- 12:00 PM - Early Elementary Sunday School (Zoom)
- 1:00 PM - Tweens Sunday School (Zoom)

#### Wednesday

- 4:00 PM - Bible Study (Zoom)

#### Thursday

- 5:00 PM - Community Yoga (Zoom)
- 6:30 PM - Anti-Racist Group (Zoom)

#### Friday

- 8:00 AM - Morning Meditation (Online Meditation Chapel)

#### Daily (except during Sunday Worship)

- 8:00 AM - Morning Prayer (Facebook)
- 11:30 AM - Quarantine Interlude (Facebook)
- 5:00 PM - Evening Prayer, Sun-Fri (Facebook)

For links to all these events, visit [claremontpres.org/weekly-schedule](http://claremontpres.org/weekly-schedule)



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