

CLARION

Bridging the Centuries through Faith
1913 – 2020



August 1, 2021

FIRST PRESBYTERIAN CHURCH, ALTADENA

Altadena, California 91001
Wednesday, July 28, 2021
Volume LXXIII, Number XXX

OUR CALENDAR

TUESDAY, JULY 27

Clarion Mailing

SUNDAY, AUGUST 1

Communion Sunday

In Person Worship Service

Sunday Family Worship 10:30

TUESDAY, AUGUST 3

Clarion Mailing

SUNDAY, AUGUST 8

Sunday Family Worship 10:30

LEADERS IN WORSHIP

We are grateful to those persons who led us in worship on Sunday, July 25, 2021, with social distancing. Call to Worship, Doug Lee; Scripture, Sue Morris (John 6: 1-15); music, Virginia Gin, Ann Kiriyama, and Gus Zdanovich; Sound and Visuals, Sam Gin, Larry Jung, Ron Ota, and Nick Tomoyasu; and Rev Ann Oglesby-Edwards for her on-line worship sermon “**Food for Life**” – Part I.

WHO’S MAILING

| | |
|-----------|------------|
| August 3 | Volunteers |
| August 10 | Volunteers |
| August 17 | Volunteers |
| August 24 | Volunteers |

*This week: Volunteers

STAFF JULY 20

| | |
|--------------------------|----------------------------------|
| Editor | Donna Kiriyama |
| Printer and Mailing Crew | Dorothy Kirkland and Alice Young |
| Email | Bobby Hayashi |

Minute for Missions

Decluttering is a Holy Act

Decluttering is not likely the first thing that comes to mind when thinking about spiritual practices. It may even sound more like a chore as we think of sorting through closets or our dreaded junk drawers. The process can be overwhelming, particularly if it’s been a while since we last decluttered. However, the end result is worth the work as we admire the organized shelves and drawers.

The first step in decluttering is to acknowledge this is not easy work. While some possessions are valuable or evoke feelings of happiness, others just gobble up space. Letting go of what we have held on to for a long time can even stir up feelings of grief. Marie Kondo’s insights from her bestseller “The Life-Changing Magic of Tidying Up” can be helpful in thinking about this difficulty. Kondo counsels that when decluttering our physical space, we are reluctant to relinquish some of our possessions for two reasons: guilt and anxiety.

Guilt keeps us from letting go of possessions that have some sentimental value. We hold on to an item we don’t particularly like because a relative or friend gave it to us. Unconsciously, we may believe that giving up the gift represents a rejection of the giver.

Anxiety causes us to hold too tightly to our possessions because we fear that we may one day need those belongings. How many of us cannot fit a car into our garage because it’s full of “someday” items?

Now if Kondo advises letting go of possessions we no longer want or need to make room for belongings that spark joy for us, imagine what decluttering our spiritual space — letting go of “things” that clutter our hearts — could do! Just as guilt might keep us holding on to physical things, we often hold on to memories, beliefs and past arguments that no longer serve us in our spiritual lives. Perhaps we hold on to dogma we were taught as children that is no longer helpful or healthy for us because to let go of it makes us feel as if we are turning our backs on our childhood homes or communities. Or perhaps we hold on to anger or hurt because we fear letting go of them would make us vulnerable.

When we declutter our spiritual lives by giving up what is no longer useful for us, we make room for the One who brings us true joy. Decluttering our spirits creates liminal space, full of possibility and creativity, for the Holy Spirit to move in our hearts.

How do we declutter our spiritual lives? Perhaps the answer lies in other spiritual practices such as confession and prayer. If we are holding on to guilt, let us practice confessing that guilt to God. If we are holding on to hurtful things that have been said or taught to us, let us share that with God. If we are holding on to fear or anxiety, let us give that to God as well, as Philippians 4:6–7 teaches us: *Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

Just as a decluttered physical space can bring a sense of calm, a decluttered spiritual life opens us to an even greater peace — one in which we have room to see how God is at work in our lives and in the world. Happy cleaning!

Put into Practice

Spiritual decluttering ideas

- Take an inventory of your emotions. What are you holding on to that is leaving no room for joy? Now hand the “clutter” over to God in prayer.
- Create a tradition by writing down your spiritual clutter on a piece of paper. Then start a fire outdoors and toss the paper into the flames. This can be done alone or as a church activity.
- Take a few minutes each day to clean out your “spiritual junk drawer” by confessing to God the “items” that are weighing you down.

Courtney Bowen, Associate Pastor for Youth,
First Presbyterian Church, Jackson, Florida

July 28, 2021

OUR THANKS

Our church expresses our sincere appreciation to the following members and friends for their gifts from July 21, 2021 thru July 27, 2021

Building and Maintenance

George Sugimoto

Clarion

Geru Hamane
 George Hayakawa
 Hiraoka family,
 in honor of Alice Young's service
 Louise Inouye
 Steve and Pamela Ikeda (Whittier)
 Wing and Evelyn Lew
 Doug and Judy Kosobayashi
 Wayne and Carole Lowe (Mill Valley)
 Don and Kathy Uchida Matsumoto
 Rick and Michi Matsumoto
 Ritsuye Matsumoto
 Maria Melgar
 Tom and Tsuru Miyasaki
 Mark Mizuki
 Jerry and Marilynn Nakagawa
 Edward Nakamura
 Walter Naydo
 Reiko Nikaido
 Diane Nishimoto
 Erik and Leslie Olson (Nipomo, CA)
 Doreen Ono
 Bob and Deena Yanari Ota
 Kenneth and Donna Ota
 George Sugimoto
 Marie Tajima
 Mark and Midori Tajima
 Alan Takagaki
 June Takata
 Gene and Helen Tashima (Davis, CA)
 Faye Tomoyasu
 Mitsie Toshima
 Miyeko Toshima
 Ron and Jean Toshima
 Takeko Wakiji
 Bruce and Terrence Watanabe
 Mitsie Yanari

Deacons

Glenn Akiyama
Bob and Deena Yanari Ota

Re-opening Church

Tom and Tsuru Miyasaki

OUR THANKS Cont.

Special

Joel and Nancy Castillo, in honor Mary Ann Tashiro's 91st birthday
 Karen Hiramoto
 Brent and Peggy Lew
 Wing and Evelyn Lew
 Greg Middleton
 Sue Morris
 Bob and Deena Yanari Ota
 George Sugimoto, wherever needed
 Mark and Midori Tajima, in honor of Alice Young's retirement and service to the church
 Mitsie Toshima, wherever needed
 Glenn Yoshida and Mariko Yanagihara, in honor of Alice Young and in memory of Ted Tajima

We Remember Rose Masako Yusa

We remember a Long-time church member and friend, Rose "Massie" Yusa, who passed away on July 7, 2021 at the age of 97. A long-time resident of Pasadena, Rose was most recently a resident at Kei-Ai (Keiro).

A familiar face at worship, Rose and husband Tom were also a part of our "Thursday Night Bible Study". She worked in shipping and receiving at KGS Electronics when it was located on Lincoln and Montana St. in Pasadena, which was walking distance from home.

Preceded in death by her loving husband Tom Yusa, grandson Michael Harami, brothers Akira (Aiko) and Satoshi (Yukie) Rikimaru, and sister Yuriko Okida. Rose is survived by her daughters Lorraine (Dave) Woody, Judy (Franklin) Kam, Jean (Rick) Osaka, grandchildren Daniel Osaka, Spencer (Loi) Kam, and Evan Kam, great granddaughter Hannah Kam, and brother Ronald (Ruri) Rikimaru.

Memorial services will be held at Fukui Mortuary at 10:00am on July 28, 2021. 707 E Temple Street, Los Angeles, 90012.

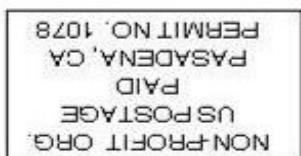


COMMUNION ON SUNDAY, AUGUST 1

Please join us for Communion Sunday, August 1 at 10:30 am at our IN-PERSON worship service in the church sanctuary. Alternatively, you may join us via live-stream on Sunday, August 1 at 10:30 am. The live-stream link will be sent to everyone closer to August 1. (If you miss the live-stream at 10:30 am, a recording will be available for viewing later that day.)

ADDRESS SERVICE REQUESTED

CLARION is published by
 FIRST PRESBYTERIAN CHURCH
 2775 Lincoln Ave., Altadena, CA 91001
 (626) 791-4271 FAX (626) 791-3489
<http://altadenapresbyterian.org>
 e-mail firstpresaltadena@sbcglobal.net



July 28, 2021

Although we cannot host Peace Camp in person this year, we hope you'll participate in this fun, summer activity! We invite children ages 3-13 to participate in our...

"Peace Looks Like..." Drawing Contest 2021

We are asking you to brainstorm what peace looks like and then draw us a picture of your idea of peace! Be creative!

The **submission deadline is Sunday, August 15th**. Drawings will be judged on their creativity and originality, and 3 Grand Prize Winners will be awarded (one from each age group 3-5, 6-9, 10-13). Everyone who participates will be invited to pick up a prize on Sunday, August 22nd (more info to come).

The Drawing Contest will be conducted virtually. Please email Veronica at firstpreskids@gmail.com to receive the Entry Form. Drawings should be completed on an 8.5"x11" paper using pencil, crayon, colored pencil, marker, paint, or drawn digitally. A PDF or JPEG of your drawing must be submitted via email with the Entry Form by August 15th. You will be contacted when we have received your submission and will provide you with information about the Grand Prize winners and the schedule for our prize pick up!

Let us know if you have any questions!

Keep making this world a more peaceful place ☺

Love,

Veronica

First Presbyterian Church of Altadena

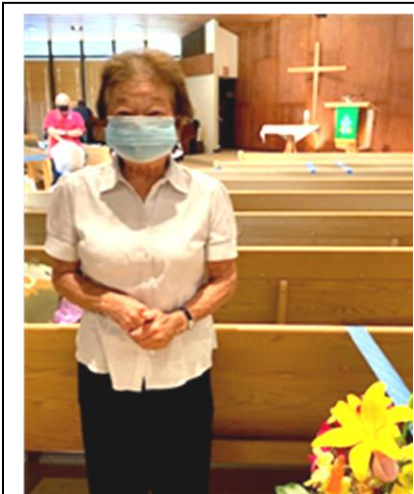
Peace Camp Director

iPad for Senior Smarties



- Beginner Class
- Hands-on capability
- No charge
- Covid restrictions in place
- Limited class size

Contact Gini Ishida for details.
gin_ishida@yahoo.com



Hi everyone! Alice says thank you to all for your many acts of kindness... and well wishes!

MISCELLANY

Just a reminder.... August 1st is the deadline for our **Mission Study Survey**. Please take the time to complete the survey, your thoughts and opinions matter! Hard copies are available. Please call the office (626) 791-4271 or email: fpcamissionstudy@gmail.com Completed surveys may be dropped off or mailed to the church office or dropped off during next week's worship service. We want to hear from you!

Thank you to the kind donor of baby items left in the Sanctuary narthex. The items will be gratefully distributed to patients at the LAC+USC Medical Center by AIN (Angel Interfaith Network). The Medical Center has had a recent boom of babies born during the pandemic, so every item is especially cherished.

And the *Clarion* thanks you for your many donations and support. Please know that we will continue to collect the *Clarion* Fund until the end of July.



Nadine McManus and Wandy Jung at church...join us!