

CLARION



God's People Serving the World with Love and Faith in Action
1913 – 2022

FIRST PRESBYTERIAN CHURCH, ALTADENA
firstpresbyterianchurchaltadena.org

Altadena, California 91001
Tuesday, July 19, 2022
Volume LXXIV, Number XXX

Minute for Missions

OUR CALENDAR

Communion is normally celebrated during worship service on the first Sunday of the month.

MONDAY, JULY 19

Clarion Mailing 8:00a

SUNDAY, JULY 25

In Person Worship Service

Sunday Family Worship 10:30

MONDAY, JULY 26

Clarion Mailing 8:00a

SUNDAY, JULY 31

In person Worship Service

Sunday Family Worship 10:30

LEADERS IN WORSHIP

We are grateful to those persons who led us in worship on Sunday, July 17, 2022, with social distancing. Call to Worship and Opening Prayer, Kenny Elliott; Scripture, Greg Middleton (Genesis 12: 1-5); music, Kenny Elliott, Virginia Gin, Ann Kiriyaama, Greg Middleton, and Gus Zdanovich; Sound and Visuals, Sam Gin, Dorothy Kirkland, and Ron Ota; and the Rev. Vikki Randall for her sermon, "**Journey to the Promised Land, Ch. 1, Sarah Laughs**".

WHO'S MAILING

July 25	Volunteers
August 1	Volunteers
August 8	Volunteers
August 15	Volunteers

STAFF JULY 11

Editor	Donna Kiriyaama
Printer:	Gini Ishida
Mailing Crew:	Yumi Choi, Gini Ishida, Bob and Mae Uchida, and Wade Utsunomiya
Mailer	Bob Uchida
Email	Bob Hayashi

Loving the Lord Our God with all Our Heart, Soul, Mind and Strength

More than 750 people were present online for the daylong Mental Health and Asian Americans Conference recently put on by the Center for Asian American Christianity at Princeton Theological Seminary.

Dr. Josephine Kim, a senior lecturer at the Harvard Graduate School of Education, licensed mental health counselor and the founder of the organization Mustard Seed Generation, led off with an hourlong talk titled "Mental Health in Asian American Communities: Unpacking External and Internal Factors that Keep Asian Americans Vulnerable."

Kim began by rhetorically asking the faith leaders present why they should care about mental health. The obvious answer is that it's affecting significant amounts of the people in their congregation or worshiping community: According to NAMI, the National Alliance on Mental Illness, 1 in 10 young people experience periods of major depression.

One in 25 Americans lives with a serious mental illness, such as schizophrenia, bipolar disorder or major depression.

One in five youth ages 13–18 will have a serious mental health challenge.

Forty million college students and young adults live with a mental illness or significant mental health issue.

More than 4 in 10 people 65 and older say they feel lonely on a regular basis.

Since the pandemic began, 55% of adults report having "little interest in taking pleasure in doing things," Kim said. "None of us are immune from this." Asian Americans are in a "double bind," Kim said, when they're viewed stereotypically as both "perpetual foreigner" and "model minority."

"We have to think about the forces that push us and keep us vulnerable," Kim said. "Mental health is where we sit at the intersection between those two things."

Leaders of faith communities ought to be increasing literacy rates both in matters of race and mental health, Kim said, focusing on "how those factors impact those we are preaching to every week."

Although statistically the rates of depression and anxiety are up among Asian Americans and others during the pandemic, "as a church we need to understand we may not have people falling apart before our eyes," Kim said. Students may be bringing home A+ report cards, "but in our community, grades are not necessarily a marker of their well-being."

More than two years into the COVID-19 pandemic, "we have survived a whole lot, and kudos to you," Kim told the gathered faith leaders. "This is where God's grace is."

But keep in mind that if 100 people show up for worship on Sunday, 26 of them will be suffering from a diagnosable mental illness or will this year. "We aren't above it," Kim said, "just because we're tethered to Christ."

"God created us as emotional and social beings," Kim said, reminding the audience of Jesus' response in Mark 12:30 to the scribe who asked him which commandment is the most important. Jesus' reply says a lot about who we're created to be and in whose image we're made, according to Kim: "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength."

"The fact that we have emotions is a sign of how emotive God is," Kim said. "When socially and emotionally we are not doing well, the other parts often fall apart. All the pieces are interlinked." (continued on page 2)

July 19, 2022

OUR THANKS

Our church expresses our sincere appreciation to the following members and friends for their gifts from July 12, 2022 thru July 18, 2022

Celebration of 102 Birthday of

Elsie Hayashi

Bob and Yoshiko Hayashi

Clarion

2 anonymous donations

Joan Fiske

Masako Fujii

Mark and Donna Gonzales

Alice Hamane

Bob and Yoshiko Hayashi

Elsie Hayashi

Ken and Donna Inouye (Concord)

Tim Kato (Cypress)

Harry and Jane Kawahara

Betty Kiriya

Dorothy Kuroye

Doug and Judy Kosobayashi

Jon Maeda

Don and Kathy Matsumoto

Nadine McManus

Tom and Tsuru Miyasaki

Diane Nishimoto

Yoshiko Okuda

Richard and Jean Osaka

Frank and Marian Sata

Gene and Helen Tashima (Davis)

Mitsie Toshima

Ron and Jean Toshima

Nancy Toyota

Agnes Uchida

Wade Utsunomiya

Norm and Betty Yutani

Graduation

Norm and Betty Yutani, in celebration of college graduations of Emily Gin, Scott Lew, and Trent Tomoyasu

In Memory

Jon Maeda, In memory of Irene Chuman and Kurt Matsumoto

Norm and Betty Yutani, In memory of Kurt Matsumoto

Special

Young Lee (Santa Maria)

Loving the Lord (continued from page 1)

In the U.S., nearly 80% of Korean Americans belong to a Protestant church. Rather than seeking a therapist because of a mental health challenge, "they come to you, like it or not," Kim said to church leaders in attendance.

What's the faith leader to say? They might start with, "I want to accompany you in the process, but I also want to connect you with someone with training to give you that support," Kim suggested, adding this possible line: "We can pray and look into God's Word."

"That's the holistic approach we need to get people healthy again," Kim said.

Faith leaders can see themselves as first responders, Kim said, when they know the signs, learn the actions and are a lifeline to those who are seeking help.

"We need to be familiar with what youth and the elderly are going through," Kim said.

Mike Ferguson, Editor, Presbyterian News Service

Keiro No Hi Festival 2022

Keiro is proud to announce the 5th annual Keiro no Hi Festival to be held on **Saturday, September 17, 2022**. Keiro no Hi, or Respect for the Aged Day, is a Japanese holiday that honors and celebrates older adults. Keiro looks forward to welcoming back and celebrating older adults in-person to their respective communities together with partners in our service area.

This year's festival will be hosted at four local community organizations in Pasadena, Gardena, Cerritos, and Venice (locations subject to change). Registration is required, and each location will feature a complimentary bento, gift bag, crafts, and more! In partnership with community leaders and as a way to ensure safety of Our Community's older adults to mitigate risk, capacity will be limited, and on a first-come, first-served basis.

This year's theme for Keiro no Hi Festival is: **Returning to the Community**. The Pasadena Buddhist Temple will be hosting this event for the Pasadena/Altadena area. Registration has already started, and will end on August 29. This is a free event, but registration is required. Attendees must provide proof of full vaccination including at least one booster shot to attend the in-person gathering. Keiro will also be following any additional COVID-19 safety policies per the requirements of each host site which will be provided at a later time. Proof of vaccination will be checked upon arrival. Masks will also be required at all times, except when actively eating or drinking.

For more information and registration, please go to: keiro.org/knh

ADDRESS SERVICE REQUESTED

EMAIL: altadenapresbyterian@gmail.com
WEBSITE: firstpresbyterianchurchaltadena.org
(626) 791-4271 FAX (626) 791-3469
2775 N. Lincoln Avenue, Altadena, CA 91001
FIRST PRESBYTERIAN CHURCH, ALTADENA
CLARION is Published by

NON-PROFIT ORG.
US POSTAGE
PAID
PASADENA, CA
PERMIT NO. 1078