

What Happens When You Give?

FROM JIM LODUHA, DIRECTOR OF DEVELOPMENT AND GIVING

I was moved last month when I read Ed Bacon's retelling of the story of Jaden, a young boy who found great joy in giving complete strangers a toy. His sole ambition was to bring a smile to the many sad people he observed in his daily life, expecting nothing else in return. It's the embodiment of altruism at its best.

Transformed by Giving

Many people know that I enjoy a good work out at the gym. I even crave it. Give me 90 minutes of iron, and the next day I feel like a million bucks. It has been well-documented that, during and after exercise, our bodies produce lots of feel-good endorphins that bind with neurotransmitters in the brain. Among the benefits they offer us are stress reduction, pain relief and a semi-sustainable sense of euphoria.

In a very similar way, our bodies have been hardwired to receive personal benefit from altruism or generosity. Research out of Brazil featured in a recent issue of *The Atlantic* told the story of João, a middle-aged man who became compulsively driven to give after suffering a stroke. Besides generally knowing that giving makes us feel good, researchers hoped that his compulsive giving would help illuminate the link between generosity and happiness in healthy brains. Why do we feel good when we give?

What they discovered is that when we give money away one of the main parts of the brain's pleasure circuits produces the feel-good chemical messenger called dopamine – in quantities that are basically on the same level as when we indulge in decadent fudge or...have sex.

The researchers concluded that this rush of good-feeling chemicals we get when we give can lead to overall enhancements in life satisfaction when engaged in regularly. In a very real sense, our personal lives begin to be transformed by each act of generosity. And as Jaden's story testifies, our inner light starts to shine more and more brightly when we consistently act on our impulses of generosity.

Giving to Transform

But there's a lot more that happens when we give than indi-

vidual brain chemistry. A study at Northwestern University showed that when people gave together part of the frontal lobes of their brains released high levels of oxytocin, a hormone that promotes cooperation and social bonding within a community of people. In other words, a social connection is formed between otherwise different individuals when they not only share an interest in a common cause, but join together to support it financially.

What that study ultimately demonstrated is that giving can bring people together and encourage reciprocity. That's why at All Saints Church we give as a community. We join together in our giving – in our pledge commitments – so that our collective generosity can affect our transformative mission in a much more impactful way than if we gave alone.

The God Part

And there's more! All Saints is a community on the journey of faith, both individually and corporately. All of our giving, James 1:17 tells us, and all of our generosity, is from God. When we give, therefore, we are harnessing the innate spiritual core of our being. Giving syncs our hearts with the heart of God, and we become connected with God, with one another, and with the needs of the world. Giving is not just part of our bodily DNA, it's part of our spiritual DNA.

This is why I like say that giving is an investment in God and in our spiritual journeys. All of our giving and pledges come together to support our mission and to make God's love tangible for countless people the world over. By giving, we become part of something we and the world needs: Love.

And, like my time in the gym, the key is consistency. We ask for an annual pledge commitment not just for establishing our annual budget. By committing to support the mission of All Saints throughout the year, we engage in consistent acts of giving. And when our spiritual DNA gets regular exercise, our faith journey continues to grow and expand.

What we are accomplishing at All Saints Church matters. Your generous pledges matter. So let's keep giving. Let's keep transforming our lives and the world around us.

October

Oprah's "Belief" Series at All Saints

On Monday, Oct. 19 - Thursday, Oct. 22, and Monday, Oct. 26, at 7 p.m., All Saints will screen Oprah

Winfrey Network's new 7-part series *Belief*. This groundbreaking original series invites

viewers to witness some of the world's most fascinating spiritual journeys through the eyes of the believers. Traveling to the far reaches of the world, and to places cameras have rarely been, *Belief* searches the origins of diverse faiths and the heart of what really matters.

Throughout each hour are stories of people on spiritual journeys, to sacred spaces, including the largest peaceful gathering in the history of the world as a group of believers seek redemption along the banks of a holy river and the quiet of the night as a culture seeks to hang on to its 50,000 year-old history by searching the stars for insight to share with future generations.

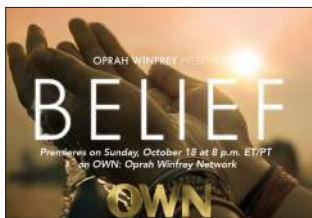
These stories and many others will all lead us to ask: "What do you believe?" Info = Debbie Daniels at ddaniels@allsaints-pas.org.

Accidental Saints:

Nadia Bolz-Weber at ASC

In *Accidental Saints*, *New York Times* best-selling author Nadia Bolz-Weber invites readers into a surprising encounter with what she calls "a religious but not-so-spiritual life." Tattooed, angry, and profane, this former standup comic turned pastor stubbornly, sometimes hilariously, resists the God she feels called to serve. But God keeps showing up in the least likely of people, and as she lives and worships alongside these "accidental saints," Nadia is swept into firsthand encounters with grace. But by this grace, people are transformed in ways they couldn't have been on their own.

Nadia returns to All Saints on Saturday, Oct. 10, from 6:30-8:30 p.m., reading selections from "Accidental Saints," engaging the audience in Q&A, and even repeating the Great Ham Raffle! Books will be available for purchase and signing. More information = Debbie Daniels at ddaniels@allsaints-pas.org or 626.583.2750



Money Matters!

Starting this month in *Saints Alive* the Giving Office will feature monthly financial tips and useful ideas: ways to raise your credit score, strategies to navigate volatile markets, ideas for personal budgeting, and much more.

To kick off the series, we are having a contest to rename this column: "Money Matters!" So get your creative juices flowing and send in your ideas no later than Monday, Oct. 12, to jloduha@allsaints-pas.org. The winner will get a \$25 Starbucks gift card! Good luck!

Next month: tax-smart savings tips.

Contact Jim Loduha, Director for Development and Giving, at jloduha@allsaints-pas.org or 626.583.2736, with any questions about giving or pledging at All Saints Church.



Rectory al Fresco Returns!

Last year nearly 130 parishioners enjoyed an evening under the autumn sky at the Rectory as they committed to supporting the mission of All Saints Church with a pledge. This year we will gather again on the front lawn of the rectory for a festive evening and the opportunity to pledge generously toward our 2016 budget. Space is limited, so RSVP today. Here are the details:

Friday, October 16, 5:30 - 7:30 p.m.

Rector's Home, 540 Woodland Rd, Pasadena, CA

Light hors d'oeuvres and beverages will be served.

RSVP by Monday, Oct. 12, to Amanda McCormick at amccormick@allsaints-pas.org or 626.583.2765. Please call 626.583.2781 no later than Thursday, Oct. 15 at 5:00 p.m. to arrange for childcare at the church. For more information about Rectory al Fresco please contact Jim Loduha in the Giving Office at jloduha@allsaints-pas.org or 626.583.2736.

CONNECT
INSPIRE
TRANSFORM

2016 Pledging Guide

During the fall we ask everyone to commit a portion of his or her income to support the transformative mission of All Saints Church so that we can plan our budget for the following year. Annual pledges support everything we do at All Saints, from our peace & justice work, to our musical offerings, to our children's, youth and family ministries. Every pledge has a significant impact, and an increase in your yearly giving is magnified dramatically when our entire community grows in giving together. Pledge today in one of four easy ways:

Click: www.allsaints-pas.org/support/pledge

Call: (626) 583-2753

Write: return a completed pledge card to church

Scan: QR Code

Determining what to pledge is an important decision. We encourage you to pledge an amount that is both responsible and audacious. A tithe is 10% of one's income, a goal often reached after incremental increases each year. The Giving Office will gladly answer any questions you have about pledging at All Saints Church. Jim Loduha, Director for Development and Giving, is at 626.583.2736 or jloduha@allsaints-pas.org.

Let There Be Air!

After lasting a staggering 25 years, the massive cooling tower that provides air conditioning to Regas House had to be replaced this summer. The project lasted two exceedingly hot weeks and now is operating at full capacity. Costing \$195,252 this, and many other facility improvements, was only possible due to a generous bequest from Marge Maiden. Please call Jim Loduha at 626.583.2736 in the Giving Office to learn more about how you can include All Saints in your estate plan so the beautiful facilities here can last for many generations to come.



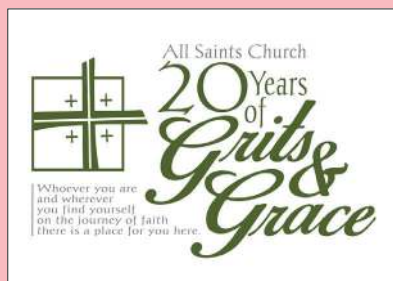
Transition Life Happenings Navigating Life's Changes

As part of our parish-wide transition, All Saints is offering 3 different discussion groups this fall centered around our own personal transitions--maybe it's a new job, a new empty-nest, or a loss. Groups will meet for five weeks and will use William Bridge's book *Transitions* as a guide to reflect on how these life moments can breed renewed vitality and introspective wisdom! *Transitions* is available at the Vroman's will-call desk at a 15% discount. Information = Debbie Daniels, 626.583.2750 or ddaniels@allsaints-pas.org.

- **Monday Nights** -- Sept. 28-Oct. 26, 7 p.m.
- **Tuesday Nights** (focused on people in their 20s and 30s) -- Nov. 3-Dec. 1, 7 p.m.
- **Sundays** -- Oct. 4-Nov. 8 (five Sundays, skipping 11/1), 1 p.m.

20 Years of Grits & Grace

In celebration of Ed Bacon's 20 years of service and leadership, TLC is bringing you an original mural created by artist and All Saints' parishioner Carminnie Doromal, highlighting important events from his time here--but it won't be complete until you add your artistic vision to it! Everyone is invited to find a section of the mural that speaks to them and color it. On the lawn you will find Sharpies, and volunteers eager to help! We hope the entire All Saints community will participate in this creative, colorful celebration!!



The Untold Story of Latinos in America

With immigration already a lightning rod issue in the 2016 presidential election campaign, it is important to examine the historical and economic factors driving northward migration and separate truth from misinformation in our public discourse. Conscientious Projector takes part in National Hispanic Heritage Month with a screening of *Harvest of Empire* on Thursday, Oct. 8, 7:00 p.m. at Armory Center for the Arts, 145 N. Raymond in Old Pasadena. Pasadena community organizer Brian Biery will be joined by local immigration activists in an audience discussion following the film. Admission is free and the facility is accessible to disabled persons. Information = Marty Coleman at 818.517.8878.

Bilingual Jazz Vespers-- Otmaro Ruiz

Join us Sunday, Oct. 18, at 5:00 p.m. in the Chancel, for our first Jazz Vespers of the season, featuring pianist and composer, Otmaro Ruiz and special guest Catina DeLuna. Considered one of the most important jazz pianists in the current scene, Venezuelan Otmaro Ruiz is known for its versatility and virtuosity. We gather in the intimacy of the Chancel for an extraordinary experience of jazz in-the-round. The service is bilingual, Spanish/English. Antonio Gallardo offers a meditation. Childcare provided. If you would like to use the elevator for accessibility, please arrive five minutes early. Information = mhayes@allsaints-pas.org.

Alternative Christmas Market Is Two Gifts in One: a Gift on Your List, and a Gift to the Community!

On Sunday, Dec. 6, 8 a.m.-1:30 p.m., the Alternative Christmas Market (ACM) reclaims the Christmas story by offering an alternative to the consumer frenzy that has overtaken the Christmas season. Jesus had a heart for the world and great compassion for the less fortunate in society. ACM brings together non-profit organizations that address a variety of social issues on a local, national, and international level to give you the opportunity to participate in socially conscious gift giving. Look for our shopping list and catalog online soon. In Sweetland Hall & Guild Room. For additional information or to volunteer, contact acm@allsaints-pas.org.

October Adult Education Sundays at 10:15 a.m.

October 4

New Monasticism And The Way Of St. Francis

with Janine Schenone

Christians have been drawn to monasticism and a rule of life as a spiritual practice since its beginning. Janine Schenone explores new monastic expressions and their roots in the charism of St. Francis. SWEETLAND HALL

Corita Kent. Art And Soul. The Biography.

with April Dammann

This is the painstakingly researched account of one of America's icons, the nun who made a world of difference and, to her surprise, simultaneously made a name for herself. For the first time author April Dammann brings readers a detailed biography, artwork that defines periods of Corita's creative life, and the overarching spirituality of the woman who rose to fame as Sister Mary Corita in the tumultuous 1960s. GUILD ROOM

October 11

Ah! Bright Wings: The Poetry Of Gerard Manley Hopkins (1844 – 1889)

with Wendy Furman-Adams

Often regarded as the first truly modern English poet, Gerard Manley Hopkins was a half-century ahead of his time in his recreation of the sonnet as something entirely new. But the themes in his poetry are as timeless as they are fresh in expression: the grandeur of God, as glimpsed in the everyday glories of the natural world; the sadness, even of children, at the passage of time; the struggle of the finite human soul in the grip of an eternal "Lion-Lamb." Hopkins converted to Roman Catholicism in 1866 and became a Jesuit priest; his poetry was not published until several decades after his death, when it was immediately recognized as extraordinary. SWEETLAND HALL

October 18

Alzheimers Across Cultures: Stories and Latest Findings, Week 1

with Tanya Ward Goodman

Author Tanya Ward Goodman will share her first-person experience of how Alzheimer's affects a family. She will read from her award-winning memoir, *Leaving Tinkertown*, and discuss how writing can guide us toward compassion, understanding and healing. SWEETLAND HALL

Engaging the Syrian Refugee Crisis

Presenter TBD

GUILD ROOM

October 25

Alzheimers Across Cultures: Stories and Latest Findings, Week 2

with Susan Howland

Learn the facts about memory loss, dementia, and Alzheimer's disease, including information on detection, causes and risk factors, diagnosis, community programs, and research. Susan Howland, MSG, has over twenty years of experience with community organizing around health care issues that focus on older adults. SWEETLAND HALL

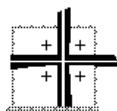
Experiencing Transformational Journeys of Faith and Food

with the TJ team

Come and hear from the participants who journeyed to the Hsi Lai Temple in Hacienda Heights and St. Sophia's Greek Orthodox Church in Los Angeles. Learn how these two day trips provided travelers with the unique opportunity to learn and understand these two religions and communities of faith, while they also broke bread, and how they were transformed by listening, receiving and experiencing what these communities had to offer. GUILD ROOM

Altar flowers are a beautiful way to remember a loved one, celebrate a special event, or to give thanks for someone who has touched your life. To donate flowers for the altars, please call 626.796.1172.

Praying for Others: If you are interested in praying for others, please call the Prayer Line at 626.583.2707 or prayers@allsaints-pas.org.



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Events and Opportunities

• **Senior Saints Starts Oct. 1** • Join our Senior Saints for food, fun, and fascinating discussion on Thursday, October 1, from 12:30 to 2 p.m. in the Seminar Room. Lunch will be provided. Contact = Amanda McCormick at amccormick@allsaints-pas.org or 626.583.2769.

• **Bible Study: Parody and Subversion in Matthew's Gospel** • In these desperate times, we need a story that cuts through the absurd narrative dictated to us by the powers and authorities of this world who "grind the face of the poor" and destroy the earth. Matthew's gospel provides us such a story. Bert Newton will lead a sociopolitical and

literary study of Matthew's Gospel revealing its use of parody, rhetorical hyperbole, and subversive messaging. This approach reveals a story that, in both content and form, turns the world upside down. Sunday evenings, October 4, 11, 18, and 25, 5:00 – 6:30 p.m., Scott Hall 2. Register online at <http://bit.ly/1Nsbbuj> or at the Sign Up Center. Space is limited. More info = Jamie Hebert, jhebert@allsaints-pas.org.

• **Interfaith Study Group Presents: Chaplains – Ministering to an Interfaith World** • Rabbi Kollin, the Rev. Tim Langdell and Imam Abu I. AbdulHafiz will participate in a panel discussion on their experiences as Chaplains to the Interfaith World

in Hospitals, Prisons and the Military at All Saints on Sunday, Oct. 11, 5 – 7:30 p.m. Please bring an open heart and mind willing to listen and learn and a vegetarian dish to share in our potluck. For more information contact Ada Ramirez 626.583.2734, aramirez@allsaints-pas.org.

• **Fiesta 2015** • Saturday, Oct. 17, 4:00 – 8:00 p.m. Don't miss the third annual Latino/Hispanic Ministry Fiesta – with food, games for kids and live music. To honor the diversity of All Saints Church's Latino/Hispanic parishioners and the Pasadena community at large, the Latino/Hispanic Ministry invites everyone to a festive afternoon as they celebrate Latin American roots and traditions. Art-

ists will include Ballet Folklórico Quetzal (providing afterschool programs for youth through folk art, music and dance), Mariachi Arcoiris (the first openly LGBT Mariachi Band in the U.S.) and the eight member salsa band El Bosque Encantado. Bring your dancing shoes! For more information call Ada Ramirez at 626.583.2734.

• Vroman's Events at All Saints this Fall •

- **Cheryl Stayed**, November 5
- **Don Miguel Ruiz**, November 10
- **Alex Honnold**, November 23

All programs begin at 7 p.m. These are ticketed Vroman's events – call Vroman's at 626.449.5320 for ticket information. A limited number of free tickets will be available

to All Saints parishioners by emailing Debbie Daniels at ddaniels@allsaints-pas.org.

• **Cooperative Communications** • Head into the holiday season with tools to communicate more effectively! Attend the Cooperative Communications training led by members of the Leadership Committee on Monday, Nov. 16, 6:00-8:30 p.m. in the Guild Room. A light supper will be served (\$5 donation appreciated). Please RSVP to Amanda McCormick at amccormick@allsaints-pas.org or 626.583.2765. You will be amazed with your new tools!