

## Easter Energy for New Beginnings

FROM ANNE BRECK PETERSON, SPECIAL ASSISTANT TO THE RECTOR

Fear permeates the followers of Jesus. “Is the door locked?” “Yes, it’s locked!” They cower in a locked room, afraid of reprisals from the government. Their beloved leader has been crucified, and there is a great possibility that they will be next. As they begin to relax from their terror, a deep sadness replaces the fear. This great enterprise of healing and teaching good news is over. The mission has come to an end.

If the weary disciples had been able to access William Bridges’ book *Transitions: Making Sense of Life’s Changes*, they would have understood that this great loss, this ending, is but the first phase, and a precondition of self-renewal. The work of Jesus’ disciples is to say goodbye to a life they would much rather cling to. They must move into that dark unknown where nothing is comfortable and the voice of God seems muffled by a raging storm all around them. These individuals who had found in Jesus an incredible new life of hope and energy must now loosen their grip on that life and those hopes.

After an *Ending*, Bridges describes the *Neutral Zone*, a fallow time where, like a field between growing seasons, we begin to dismantle the old life. Bridges describes a man who had lost his job and his marriage. “He had several experiences of *seeing*, as he called it. ‘I feel as though I’ve broken through a wall and can see

the world for the first time,’ he said with real meaning.” This is the time for Jesus’ disciples to regroup—to process their loss and to realize what they had learned from their mentor and friend.

The final stage is a new *Beginning*. Few people could top the jumpstart the disciples experienced when, three days after his death, the stone was rolled from the tomb and Jesus appeared to them. From this experience they gained the energy to spread the message of new life to everyone everywhere. Bridges says for most people in this phase it is inner signals that bring a sense of a beginning—an inner idea or an external opportunity. It is not necessarily a “logical sign of validity but the ‘resonance’ it sets up in us.”

We and our beloved rector are experiencing our own processes of major change, counting down Ed’s last Homecoming, last Christmas, and now last Easter before May 1, his last Sunday. To assist with this major transition, the parish is invited to attend one of the following Listening Sessions: an afternoon session on Thursday, March 3, 12:30-2:00 p.m. following Senior Saints; evening sessions Tuesday, March 8, or Thursday, March 10, 7:00-8:30 p.m.; or a session designed for children, youth and families on Friday, March 18, 6:00-7:30 p.m.

May the renewing energy of this Easter carry us through all our transitions!

# March

## Designing Cities for People

Fifty percent of the world's population lives in urban areas. By 2050 it will be 80%. Cities have become the primary human habitat. According to revolutionary Danish architect and urban planner Jan Gehl, if we are to make cities sustainable and livable for people we must re-imagine the very foundations of modern urban planning. Filmmaker Andreas M. Dalsgaard examines Gehl's philosophy and practice in the stunningly photographed documentary *The Human Scale*, this month's Conscientious Projector offering, screening on Thursday, Mar. 10, 7:00 p.m. at the Armory Center for the Arts.

Dalsgaard's film takes us around the world to explore how Gehl and other like-minded designers, city planners, and urban activists are transforming such cities as New York, Beijing, Christchurch, and London. A community discussion follows the film. The Armory is located at 145 N. Raymond in Old Pasadena. Admission is free and the facility is accessible to disabled persons. For more information contact Marty Coleman at 818.517.8878 or visit <http://thehumanscale.dk>.

## Reading and Conversation with Mark Nepo

According to Ed Bacon, "Mark Nepo is one of our national treasures because Mark inhabits a rare and beautiful consciousness that enables him to express the language of the soul. The words and energy flowing from the font of his heart not only make our lives more beautiful but heal us." And so we are delighted to welcome him back to All Saints Church on Tuesday, April 5, in the Forum, 7 - 9 p.m., to begin the Easter Season with an evening of reflection and inspiration.

Author of twelve books and six audio recordings, Mark Nepo is best known for his New York Times #1 bestseller, *The Book of Awakening*. His newest book, *The One Life We're Given: Finding the Wisdom that Waits in Your Heart*, is due out in July. He was diagnosed in his 30's with a rare form of lymphoma. That struggle helped form his philosophy of experiencing life fully while staying in relationship to an unknowable future.

Visit Nepo's website for more background on this gifted teacher, speaker and writer. For more information contact Jamie Hebert at 626.583.2733 or [jhebert@allsaints-pas.org](mailto:jhebert@allsaints-pas.org).

## Money Matters!

**M**oney-Saving Energy Tips : With daily temperatures like a roller coaster these days, here are some money-saving energy tips you can use in your home or rental unit.

- Turn it Two: Turn your heat down 2 degrees and your AC up 2 degrees
- Ceiling fan: When using heat, turn your ceiling fan to gently push warm air down (and the opposite when using AC)
- Cross-ventilate: Open windows on opposite ends of your home
- Seal those cracks: Use caulking or weather stripping around windows and doors
- Clean the vents: Vacuum your HVAC vents regularly and replace the filters regularly (don't forget about the vent on your fridge)
- Close the vents: Close HVAC vents in rooms not in use
- Plant around your house: Plant drought-resistant evergreen shrubs around your home to insulate from cold and heat (can help on apartment balconies, too!)
- Shorten your shower: Shave 2-3 minutes off your daily shower
- Save some water: Install energy-saving shower heads and faucet flow restrictors
- Full loads: Wash and dry full loads of laundry (and air dry when possible)
- Use the dishwasher: Run full loads more than the sink
- Turn down the water temp: Set your hot water heater at 120 degrees
- Change the bulbs: Install energy-efficient light bulbs
- Use power strips with appliances/entertainment centers. Unplug them when not in use
- Window shades: When it's cold, let the sun in. When it's hot, keep it out.

**Up next month: Tips for Renters.** Contact Jim Loduha in the Giving Office at [jloduha@allsaints-pas.org](mailto:jloduha@allsaints-pas.org) or 626.583.2736, with questions about giving or pledging.

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## Richard Rohr Coming to All Saints on April 3

*"Most of us were taught that God would love us if and when we change. In fact, God loves you so that you can change. What empowers change, what makes you desirous of change is the experience of love. It is that inherent experience of love that becomes the engine of change."* — Richard Rohr

**F**ranciscan priest and spirituality author Richard Rohr will return to All Saints Church on Sunday, April 3. Author, teacher, activist and Director of the Center for Action & Contemplation, Rohr's work and witness exemplifies his conviction that the overarching imperative of our time is to link spirituality and social justice. Rohr will preach for the 9 and 11:15 services as well as speak in the Rector's Forum. He'll be back in the evening for an additional hour and a half presentation. More details to come, but for now mark your calendars! For more information, contact the Rector's Office at 626.583.2711.

## Dan Siegel Returns for Soul and Synapse

**W**e will welcome Dr. Daniel Siegel back to All Saints Church on Saturday and Sunday, Mar. 12-13 for "Soul and Synapse: The Integration of Science and Spirituality." In this contemplative retreat, through the learning and use of current meditation and mindfulness practices, we will explore the integration of science and spirituality and experience the ways in which our inner subjective lives, our interpersonal relationships, and our objective empirical knowledge can be woven together to illuminate the importance of meaning, connection, and equanimity in our lives.

Utilizing experiential exercises engaging the deep nature of our subjective inner and interpersonal lives, we will address such questions as: why does feeling part of "a larger whole" matter so much, and why does not simply living as an isolated self, limited to our skin-defined boundaries, improve our immune system functioning? What are the scientific insights that reveal why a spiritual life with meaning and connection is "good for you?" Participants will learn how to use their mind in integrative ways in order to transform their lives as we work together to transform the world. Cost for the retreat is \$180. Register online. More information = Jamie Hebert at [jhebert@allsaints-pas.org](mailto:jhebert@allsaints-pas.org) or 626.583.2733.

## Easter Flowers

Following our Easter tradition, we will have lilies ready for members of our community who are not able to attend services or are sick. Please email names to [acamacho@allsaints-pas.org](mailto:acamacho@allsaints-pas.org) to add to our list of those who would enjoy receiving a flower from the Easter services.

## **Transition Life Happenings Celebrate Ed Bacon's Last Year**

Save these dates now, and celebrate Ed Bacon's time  
at All Saints Church!

**April 22, 2016**  
**Roast and Champagne reception**  
**open to all.**

**May 1, 2016**  
**10 a.m. All-Parish service on the Street.**  
**Ed's last Sunday!**

### **All Saints Memory Book for Ed and Hope**

All Saints Church is creating a memory book for Ed and Hope to celebrate their time here, and the impact they have had on so many lives. To participate, please email a digital photo to [asc.pasadena.photos@gmail.com](mailto:asc.pasadena.photos@gmail.com), or drop a paper photo off at the Sign-Up Center until Sunday, March 13. One photo per family. If you bring a photo to the table, please be aware that it will NOT be returned to you, so make sure that you bring a copy. When you submit your photo, please clearly identify the date the photo was taken, the event (if necessary), and the people. Due to the high volume expected, there is no guarantee that your photo will be included in the final book, though every effort will be made to include as many as possible.

### **Leadership Matters: Grown-Up Thinking in Committees, Families and Other Groups Led by Ed Bacon**

Saturday, Mar. 5, 9:00 a.m. – 1:00 p.m. in the Forum. One of the hallmarks of Ed Bacon's time as rector has been a commitment to train, equip and empower healthy leadership. This workshop—with simultaneous Spanish translation—is your opportunity to explore with Ed his own experience of learning and re-learning the teachings of his friend and mentor, Rabbi Ed Friedman. It will be a full, rich, and inspiring morning with concrete tools and narrative examples of what it means to integrate mature thinking in our roles as leaders — not just at All Saints but in our workplaces, communities and families. Register online at [www.allsaints-pas.org/sign-up](http://www.allsaints-pas.org/sign-up) or at the Sign-Up Center beginning Sunday, Feb. 21. Child care available by reservation. For more information contact Amanda Perez at 626.583.2765 or [aperez@allsaints-pas.org](mailto:aperez@allsaints-pas.org).

### **Lenten Meditation/Mindfulness Experience**

Jesus' life was marked by a balance of contemplation and action. During the remaining Sundays in Lent, March 6 & 13, we will have 10 minutes of facilitated meditation prior to all services. We invite you to enter the church, quiet your body, sit restfully in peace, and follow the suggestions of our meditation facilitators. Information = Melissa Hayes, [mhayes@allsaints-pas.org](mailto:mhayes@allsaints-pas.org).

### **Lenten Evensong**

Sunday, March 6, 5:00 p.m. in the church. Coventry Choir offers *Nunc dimittis* by Gustav Holst and the powerfully mystical *The Beatitudes* by Arvo Pärt. Ed Bacon presides. This special Lenten Evensong of prayer, meditation and song will provide a wonderful moment of reflection this holy season. Child care provided. Information = Debbie Daniels, 626.583.2750 or [ddaniels@allsaints-pas.org](mailto:ddaniels@allsaints-pas.org).

### **Need Legal Help?**

Attend a FREE Clinic Saturday, Mar. 12, 9 a.m. – noon in Sweetland Hall providing assistance with: Housing; Public Benefits; Family Law; Expungements; Bankruptcy/Consumer Debt; & Other Issues. Open to all individuals and community members who need legal assistance, but lack the resources to hire an attorney. Please bring with you any and all papers related to your case. If you can't attend the clinic and are in need of support, please call Public Counsel at 213.385.2977. Public Counsel is the nation's largest *pro bono* law firm with a 44-year history of working to end poverty and defend civil rights in the greater L.A. area. For more info contact Ada Ramirez at 626.583.2734 or [aramirez@allsaints-pas.org](mailto:aramirez@allsaints-pas.org).

## **March Adult Education Sundays at 10:15 a.m.**

**March 13**

### **Modern Monks: Monastic Life in the 21st Century**

with Br. Bob Pierson, David Seck and David Kears

Did you know that the Episcopal Church has several monastic orders, even here in southern California? Br. Bob Pierson, Order of the Holy Cross from Mount Calvary Monastery in Santa Barbara, will share with us the story of how monastic life came to be a part of the Christian response to God, and how it continues to this day in real life communities in our midst. With the help of two Associates of the Order of the Holy Cross, David Seck and David Kears, he will share with us how living a rule of life might help for any of us in our walk with God. SWEETLAND HALL

### **Poems of the Refugee**

with Katie Ford

Poems written during the extremity of exile, hunger, and family-loss bring us deeply into the human cost of siege, war, and tight-knit borders. During this meditative session, listen to international poems written by refugees from across the globe. Some orienting comments will guide the reading. Katie Ford, All Saints member and professor of creative writing at UC, Riverside, is the author of three books of poems, most recently *Blood Lyrics*, a meditation on the unlikely survival of her daughter and the American wars in Iraq and Afghanistan. GUILD ROOM

### **Annual Parish Meeting, Part 2, on March 6**

On Sunday, Mar. 6, Part Two of the Annual Parish Meeting will meet in the Forum at 10:15 a.m. The agenda includes Ed Bacon's State-of-the-Parish address and a report of 2015 Giving and Financial Results, after which Ed will answer questions from parishioners. Please plan on joining us for this very important meeting.

### **4 Week 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.

On April 3, 10, 17, and 24, 5 – 6:30 p.m., in Scott Hall, Bert Newton will continue 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. Sign up online at <http://bit.ly/1RxnTel> or at the sign up center. For more information contact Jamie Hebert, [jhebert@allsaints-pas.org](mailto:jhebert@allsaints-pas.org).

### **Parish Camp at Camp Stevens!**

Parish camp is always a blast! From pirates, Dr. Seuss, the Wild Things, and Dr. Who, we have spent valuable time together building community, playing, singing and eating lots of s'mores! It has been a great way to get away without the commitment of actually going away, because of our location in Altadena.

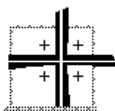
This year we are planning to hold parish camp a little further away at Camp Stevens in the town of Julian, CA. This is an Episcopal camp with deep ties to All Saints. Some of you grew up going there! The drive away from Pasadena gives us all the opportunity to disconnect from home life, work, school, sports and other responsibilities and fully immerse our families in the camp experience.

On Memorial Day weekend, May 28-30, Saturday–Monday we will journey together toward the beautiful mountains just north of San Diego and enjoy great lodging, organic food, swimming and games with our group as well as other church groups who will be there. We will have plenty of time set aside for All Saints' families to connect with one another.

You don't want to drive? No problem. A bus will be available to ride out on Saturday. The cost is \$60/person (Children age 2 and under are free), and some scholarship funds are available if the cost is a hardship. Space is limited so sign up early at <http://bit.ly/1Q1GQ7N> or Sundays at the Sign-Up Center. More info = Jamie Hebert, [jhebert@allsaints-pas.org](mailto:jhebert@allsaints-pas.org).







## ALL SAINTS CHURCH

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## Events and Opportunities

### • Theatre Ministry • *Colony Collapse*

Join the All Saints Theatre Ministry to see *Colony Collapse*, Friday, Mar. 11, 8:00 p.m. at Theatre @ Boston Court. Narrated by the ghost of a missing 15 year-old girl, and woven together by a chorus of parents of lost and missing children, Zdravec's lyrical, edgy poetry explores the cost one family is willing to pay for a second chance. Tickets are \$25, available at <http://qrs.ly/n64zvuk>.

### *Romeo & Juliet*

Friday, Apr. 8, 8:00 p.m. at A Noise Within. Tickets are \$35, available at <http://qrs.ly/2v4zxiw>.

You may purchase tickets at the Sign-Up Center on the lawn. Information = Debbie Daniels, 626.583.2750 or

[ddaniels@allsaints-pas.org](mailto:ddaniels@allsaints-pas.org).

### • Brothers on a Journey Camping Trip •

The Brothers on a Journey men's group is sponsoring a camping trip at Anza-Borrego Desert State Park for the weekend of April 8-10. All men are welcome to join. Information (including details regarding cost, location, etc.) = Jeff Jamison, 818.482.1660 or [jeffjamisonla@gmail.com](mailto:jeffjamisonla@gmail.com).

### • Summer Adventure, July 18-22 •

It's time to make summer plans! Save the date for a week of day camp here at All Saints. For children in K-8th grade with opportunities to be counselors. More info contact: Jamie Hebert, [jhebert@allsaints-pas.org](mailto:jhebert@allsaints-pas.org) or 626.583.2733.

### • Walk the Labyrinth During Lent •

The Labyrinth is a metaphor of our shared journey. All are welcome to experience the blessings of walking the sacred path. Monday - Friday, 8:00 a.m.-8:00 p.m. in the South Transept of the Church. Information = Jamie Hebert, 626.583.2733 or [jhebert@allsaints-pas.org](mailto:jhebert@allsaints-pas.org).

### • Interfaith Study Group: "My Hidden Childhood in WW II Occupied France"

• Dr. Monique Saigal, Professor of French, Emerita, from Pomona College, will speak of her life as a French Jewish child being sheltered by a loving Catholic family in Nazi occupied France and stories from her book, "French Heroines, 1940 - 1945," at the Pasadena Jewish Temple and

Center, 1434 North Alhambra Drive, Pasadena, on Sunday, March 13th, 5-7:30 p.m. For more information contact Ada Ramirez 626.583.2734, [aramirez@allsaints-pas.org](mailto:aramirez@allsaints-pas.org).

### • Giving to Celebrate Ed Bacon •

One of Ed Bacon's many gifts to the community of All Saints Church is a talented and renowned array of speakers for the Rector's Forum, workshops and conferences throughout his tenure. All Saints has established the Ed Bacon Transformational Speakers Fund to honor this legacy to ensure we can continue to benefit from the nation's leading voices on important issues that our community is passionate about now and into the future. Ed asks that in lieu of any

material gifts you consider donating to this fund.

Here's how you can contribute to the Fund: Call: 626.583.2736. Click: <http://tinyurl.com/SpeakersFund>. Scan:



Or send: All Saints Church, Ed Bacon Transformational

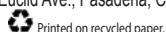
Speakers Fund, 132 N. Euclid Ave, Pasadena, CA 91101. Please write "Transformational Speakers Fund" in the memo line of checks. To make a contribution using stock or if you have any questions please contact Jim Loduha at 626.583.2736 or [jloduha@allsaints-pas.org](mailto:jloduha@allsaints-pas.org).

**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](mailto:prayers@allsaints-pas.org).

Attention Postmaster: Dated Material

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J. Edwin Bacon, Jr., Rector



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