

Resilience and Faith: Riding the Roller Coaster of Life

FROM JEREMY LANGILL AND ISAAC RUELAS, YOUTH MINISTERS

At All Saints, we strive to create a safe place where youth are encouraged to engage the complexity of the world that we live in, and to take head on the challenge of being an inclusive person of faith in the diverse communities that we are all a part of. When thinking about what it means to be a young person, many of us find ourselves reflecting on all of the awkward and difficult changes we went through in junior and senior high—and we often breathe a sigh of relief for being past that time of our life where everything was constantly new and changing.

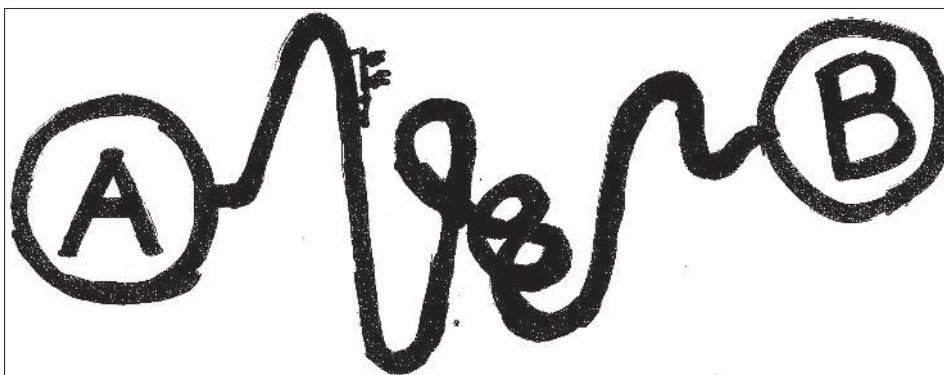
The reality is that all of us, whether we are adults or youth, are constantly growing and learning new things. The difference between adults and youth is that sometimes adults forget this reality.

We fall into the trap of believing that we have everything taken care of and figured out. Our young people, on the other hand, are well aware of the constant change and learning happening in their lives, whether it's occurring at school, or at church, or in their relationships with peers and other adults.

This past Wednesday, in senior high youth group, we spent some time working on an individual activity that we called the "transition coaster." The main idea behind this activity was to help our youth explore what transitions look like through the metaphor of a roller coaster. Point A represents the beginning of the coaster, while point B represents its end. The coaster ride between points A and B represents the many transitions we face throughout our lives. After hearing the metaphor explained, the youth were asked to think about the

different dips, peaks, loops, and drops of the roller coaster, and to spend some time reflecting on how those physical features of the roller coaster related to transitions in their own personal lives. Following a brief period of reflection, we all came together to share our thoughts.

The first question the group was asked was, "How did it feel working on your coaster?" A few of the youth responded by saying that it was an interesting and engaging exercise, and that it forced them, in a good way, to dig a little deeper into their feelings. Other students talked about how transi-



tions can seem easy at first but can quickly become chaotic and leave them with feelings of self doubt. Some youth shared their own stories about how they ground themselves when they are

in the midst of a chaotic transition, while others talked about how dance, reading, writing, contemplation and community play a big role in helping them remain grounded when they are going through a tough transition. At the end of the evening we talked about the reality that, even in the midst of a difficult transition, that "it too shall pass," and that we can find confidence in knowing that change is an important and necessary part of how we grow as human beings.

We consider it a deep privilege and honor to work with all of the amazing young people who are a part of the All Saints community. We are grateful to be partners with them on their journey of life and faith, and we continue to look forward to all of the hard and engaging work that lies ahead—not just as youth ministers, but as adults as well.

Youth Sunday!

Join us June 5th for an inspiring Youth Sunday! Trouveres will lead worship and four youth—Luke Ready (7:30), Dilan Wijesinghe (9:00), Sophia Meyer-Yen (11:15), and Roland Christ (1:00 p.m.) will preach at our four services. Don't miss this great day!



From left to right: Luke, Dilan, Sophia, & Roland

James Walker on Sabbatical

Our Director of Music, James Walker, will be taking a short sabbatical this summer. Postponed from 2015 because of the sudden vacancy in the associate organist-position and the resulting national search last May-June, James will be on sabbatical and vacation this summer, June 6 through September 5.

With Weicheng Zhao competing in the national finals of the American Guild of Organists organ playing competition, we are thrilled that the amazing Zanaida Robles will conduct Canterbury and Coventry choirs for two Sundays, June 12 and 19, assisted by the brilliant pianist/organist, Timothy Durkovic. Weicheng will return to conduct Coventry Choir on June 26, and then lead Summer Choir for the entire summer.



James Walker

During his sabbatical, James plans to attend the AGO National Convention in Houston and do a Spanish language immersion in Costa Rica, although his primary focus will be on practicing the organ and piano and recharging himself to return in September, to help lead us into the next chapter with vigor and creativity.

Weicheng Zhao in National Organ Finals!

Our brilliant Associate Organist, Weicheng Zhao, will compete this June in the final rounds of the prestigious National Young Artists Competition in Organ Performance of the American Guild of Organists (AGO). Last fall, 46 young organists from across the U.S. submitted recordings for the preliminary round, and Weicheng was chosen as one of nine finalists. The semi-final round will be held Wednesday, June 15, at the Church of the Transfiguration in Dallas, Texas. Five finalists will then be selected and play at the final round on Saturday, June 18, at St. Paul's United Methodist Church in Houston, as part of the national AGO convention. We send Weicheng to Texas with all our love, good wishes and positive energy!

Money Matters!

Saving in Different Decades of Life: No matter what decade or stage of life you are in, your financial health comes down to paying debt, saving for life situations and saving for retirement. Here are some tips to help manage those goals during various decades of life:

In Your 20s:

- Start repaying the credit card and other debt already accumulated. Create a spending plan that allows you to pay much more than the minimum.
- Start setting aside money for emergencies. Set a long-term goal of having at least 6 months of living expenses in a separate savings account.
- Begin investing for retirement – automatically, every pay check. Even \$10 put into retirement savings every paycheck will give you significant savings when you're 65. \$100 invested at 23 can mean more than \$2,000 when you're 68.

In Your 30s:

- Make sure your retirement savings are still automatic, every pay period.
- Pay down your debt – wisely. Pay high-interest credit cards before low-interest student loans, but try to make additional annual payments on those also.
- Begin considering your insurance needs, especially if you have family or a home.
- Speaking of kids, this is the time to begin savings plans for their education or other purposes.

In Your 40s and 50s:

- This is prime time to save for retirement. Meet with financial advisors and determine what you need to save to achieve your retirement financial goals.
- Saving for other smaller goals during these decades can help you accomplish things that were unattainable during earlier years.

In Your 50s and 60s:

- As you get closer to retirement, ensure that savings for medical and long-term care are ready.
- Make sure your retirement investments are invested appropriately – after all, you still have decades left to invest!

Up next month: Saving Money on Vacations! Contact Jim Loduha in the Giving Office at jloduha@allsaints-pas.org or 626.583.2736, with questions about giving or pledging.

CONNECT
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Focus on: Healing and Health

Led by staff associate Sally Howard our expanding Healing and Health Ministry is thriving with vibrancy and responsiveness. From lay healers at the prayer rails on Sunday mornings, to those trained in the Pilgrimage Healing Process -- a 'hands-on healing' ministry developed by Episcopal priest Tanya Beck -- to the return of Michael Lapsley for his annual Healing of Memories Workshop -- all are ably coordinated by Sally and her team of volunteers. We are deeply grateful to them and the work they do making present the healing gift of God's transformative love. If you are interested in being a member of this ministry please contact Ana Camacho at 626 583 2737 or email acamacho@allsaints-pas.org.



Sally Howard

Matching Gifts at All Saints

Your contributions to All Saints Church make a huge difference in the impact we have on our community. Your company's matching gift can help make that impact even greater! Companies of all sizes match employee contributions to a wide range of non-profit organizations, including faith-based organizations and organizations with major community outreach and social justice programs, such as All Saints.

The matching gift process is quick and simple: 1) Donate to All Saints Church. 2) Determine if your employer will match your contributions, OR 3) ask us to help find out. 4) Submit your employer's matching gift form online or on paper. For more details, see the Donate Now page on our website: www.allsaints-pas.org/support/donate/, or contact Jim Loduha in the Giving Office at 626.583.2736 or JLoduha@allsaints-pas.org to help you through this simple, but rewarding, process.

We Are All Saints!

Soon, we will have a new Rector to lead our dynamic and diverse congregation! To help make his or her transition into our community as smooth as possible, and to give a radical All Saints welcome, we have launched the *We Are All Saints* campaign and ask three things from all parishioners:

- Get a name button to wear when you are at church.
- Have your photo taken so the new Rector knows who you are.
- Log in to MyAllSaints at <https://my.allsaints-pas.org> to ensure our contact info for you is up-to-date.

Through June 12 (except Memorial Day, May 29), visit our table on the lawn. For more information please contact Amanda Perez at 626.583.2765 or aperez@allsaints-pas.org.

Norma Guerra Ordination!

Bishop Bruno will ordain former All Saints staffer Norma Yanira Guerra Romero to the Sacred Order of Deacons at 10 a.m. on Saturday, June 4, at St. John's ProCathedral, 514 W. Adams Blvd, Los Angeles 90007 (213.747.6285). The prayers and presence of the diocesan community are invited. A reception will follow the service. And then mark your calendars for Sunday, June 12, when Norma will be back with us for one Sunday – serving as deacon at 9:00, 11:15 and preaching at the 1:00 p.m. service.



Canterbury and Coventry Spring Concert

Sunday, June 5, at 5:00 p.m. in the Church. Canterbury and Coventry Choirs, directed by James Walker and Weicheng Zhao, will offer music of Gwyneth Walker, David Montoya, Moses Hogan, Daniel Pinkham, Ola Gjeilo, Ralph Vaughan Williams and more. Child care and validated parking provided. Suggested donation: \$10 to cover expenses. Information = Debbie Daniels, 626.583.2750 or ddaniels@allsaints-pas.org.

Conscientious Projector: *Beauty Bites Beast*

Columnist, activist, performer and local legend Ellen Snortland will "sneak preview" her compelling new documentary on violence against women and innovative programs teaching personal empowerment worldwide. Thursday, June 9, 7:00 p.m. at Armory Center for the Arts, 145 N. Raymond, Old Pasadena. Admission is free, and venue is accessible to disabled persons. Details = Marty Coleman at 818.517.8878 or www.beautybitesbeast.com.

Explore "L.A. Gem" Watts Towers with COLORS & Transformational Journeys

Saturday June 11, 10 a.m.-2 p.m. Tour the iconic LA landmark, Watts Towers Arts Center Campus (wattstowers.org). Explore the sculpture by Italian immigrant Simon Rodia and the amazing art center which has been a conduit for social change. \$7 is our tour fee; we will lunch on our own at Local (see menu at welocal.com.) Registration form and fee due prior to the trip, carpooling available. Get registration forms at the Transformational Journeys table on the lawn or from Ada Ramirez at aramirez@allsaints-pas.org or 626.583.2734.



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

June 12

Positive Futures Series: Three Dynamic Women Working for Systemic Change with Sustainable World and the Economic Justice/Nonviolence Working Group Part 1 of 3. This week, the Rev. Alexia Salvatierra will present from her experience on faith-based community organizing. Alexia is a co-author of *Faith-Rooted Organizing: Mobilizing the Church in Service to the World*, and the founder of the Faith-Rooted Organizing UnNetwork. Don't miss the opportunity to be inspired and learn concrete ways to make a difference in our local community. SWEETLAND HALL

Healing of Memories

with Michael Lapsley

In April of 2016 Michael Lapsley spoke on a panel at the United Nations, saying "If I was filled with hatred, bitterness, self-pity and a desire for revenge, I would be a victim forever. They would have failed to kill the body but would have killed the soul. I was able to travel a journey from being a victim, to being a survivor, to being a victor." You are invited to participate in a presentation about deep listening, reflecting, and creativity towards the end of moving towards emotional healing. In sharing our unique stories in a safe environment we can experience the in-breaking of grace to our deepest sources of trauma and pain. GUILD ROOM

June 19

Positive Futures Series: Three Dynamic Women Working for Systemic Change with Sustainable World and the Economic Justice/Nonviolence Working Group Part 2 of 3 This week we'll learn from Jill Shook about affordable housing. Jill is a catalyst using an Asset-Based Community Development model. (also see June 12 above). SWEETLAND HALL

June 26

Positive Futures Series: Three Dynamic Women Working for Systemic Change with Sustainable World and the Economic Justice/Nonviolence Working Group This week, part 3 of 3, will be with Madeline Janis who is the Executive Director of "Jobs to Move America," an organization that she helped found in 2013. (also see June 12 above). SWEETLAND HALL

Mother.Father.: Stories of LGBTQ Families told through Dance Theatre

with Christine Suarez

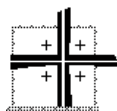
Los Angeles-based, dance-theater artist, Christine Suarez shares her process in creating *Mother.Father.* -- A dance-theater work about family-making inspired by lesbian moms, gay dads and LGBTQ parents. *Mother.Father.* is Christine's fifth project exploring family. Her interviews with moms and dads create the framework of *Mother.Father.* Excerpts of the audio from the interviews form the sound score. Four dancers create a physical landscape to support these stories. In her presentation she will share some of the interviews and demonstrate how they created movement to support the stories. Return to All Saints on the evening of June 26 at 6:30 for a live show of this moving and provocative work. GUILD ROOM

Jazz Vespers: TriTone Asylum

Sunday, June 26, 5:00 p.m. in the Chancel. TriTone Asylum is a collective of Los Angeles musicians who bring together years of experience and collaboration. The instruments at their sonic core are the electric valve instrument (EVI), keyboards and/or guitar, electric bass, saxophone and drums. Zelda Kennedy offers a meditation. If you wish to use the elevator for accessibility, please arrive five minutes early. Child care provided. Info = Melissa Hayes, 626.583.2725 or mhayes@allsaints-pas.org.



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.



ALL SAINTS CHURCH

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Events and Opportunities

• **Need FREE Legal Help?** • Visit our Legal Clinic, Saturday, June 11, from 9 a.m. - 12 p.m. at Jackie Robinson Center, 1020 N. Fair Oaks Ave., Pasadena 91103. *Assisting 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 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 46-year history in the greater L.A. area. More infor-

mation = Ada Ramirez at 626.583.2734 or aramirez@allsaints-pas.org

• **Voices from the Heart Brunch: Flowers and Faith, A Blooming Journey** • Join the Women's Community on Sunday, June 12, 12:30-2:30 p.m. in Sweetland Hall. All Saints Flower Guild leaders, Gary Leonard and Chris and Sheila Mackey-Mason have created stunning flower arrangements for the All Saints altar for nearly 30 years! This is your chance to actually watch them create floral arrangements, and hear stories of how flowers have inspired their lives. Admission is \$20, which includes brunch, wine, stories and the demonstration! Everyone Welcome! Sponsor-

ships are available to provide scholarships for anyone who may need assistance with the cost of admission. Sign up at the Women's Community table, or on their web page. To volunteer or for more information please contact Gerry Puhara at 818.970.7564 or gdpuhara@gmail.com, or Aubin Wilson at aubinelizwilson@gmail.com or 626.590.6527.

• **Mary Roach at All Saints** • Friday, June 17, 7 p.m. in the Forum: Vroman's Bookstore presents Mary Roach, speaking about and signing her latest book, *GRUNT*, which explores the science of keeping human beings intact, awake, sane, uninfected, and uninfested in the bizarre and ex-

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treme circumstances of war. Ticket information is available at Vroman's Bookstore. A limited number of free tickets are available: email Debbie Daniels at ddaniels@allsaints-pas.org to get on the list.

• **Fiction Fun! for June Reads Elective Affinities by Goethe** • Join us on Friday, June 24, at 7:00 p.m. in the Guild Room. Copies are available at Vroman's Will Call desk for 20% off, if you mention Fiction Fun! Information = Rusty Harding, 323.252.2805 or whitcombharding@att.net.

• **Summertime Giving** • Summer vacation is almost here! Before you head out of town, ensure your generous giving continues

throughout the summer. The Giving Office can help you arrange automatic payments so you can go on vacation worry-free. Contact Jim Loduha at 626.583.2736 or jloduha@allsaints-pas.org with questions, or visit www.allsaints-pas.org/support/donate to make online pledge payments and contributions. As always, thank you for your inspiring generosity!

• **Summer Adventure, July 18-22** • SuperHeroes are Everywhere! Join us for the fun this summer. A day camp for children in K-8th grade with opportunities for high school students to be counselors. Registration begins June 5th! More info contact: Jamie Hebert, jhebert@allsaints-pas.org or 626.583.2733.