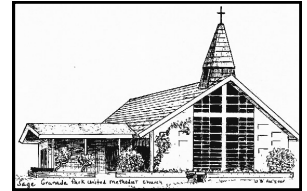




Sage Granada Park United Methodist Church

1850 West Hellman Avenue, Alhambra, California 91803

626.284.3229



March 2023 E-Thymes

Our Vision:

We aspire to be a reflection of God's epic love:

- ♦ Engaged in a community of mutual support
- ♦ Proclaiming the good news of Jesus Christ
- ♦ Inviting families to step up to ministries in the world
- ♦ Celebrated in social networks and digital media

Our Mission:

We are called to make disciples of Jesus Christ for the transformation of the world.

Our Values:

We reaffirm our values as a multi-cultural and inclusive community united in the love of Jesus Christ.



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gmartzen@gmail.com

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E-Thymes March 2023

"Slowing down for Lent"



"He makes me lie down in green pastures; he leads me beside still waters." - Psalm 23:2

Slowing down is always easy, especially if you have a lead foot.

I joke that every car I've driven imagines itself to be a sports car. Several years ago, I bought the transponder for the Metrolink FasTrak® lanes. Traffic can be pretty heavy on the 10 freeway, so it's convenient sometimes to jump into the faster lane. But you tend to drive fast in in that lane.

Nevertheless, I've slowed down in other ways because of my illness, pulmonary fibrosis. Breathing is just a little harder. So I have given up jurisdictional leadership positions for the Greater San Gabriel Valley Mission Area, the East District Leadership Training, and the Order of Saint Luke. And, of course, I am retiring in July.

I have also had to slow down with typical household chores. While I do not need oxygen supplement at home, any slightly strenuous activity begins to leave me breathless, so I carry a portable oxygen concentrator when I go out. I have to slow down.

Last week we started the season of Lent, which continues until the holy day of Easter, April 9 this year. Lent is traditionally a time to emphasize spiritual disciplines, such as prayer, Bible reading, worship, fasting and almsgiving.

I suggest using this period also as a time to practice slowing down. As the psalmist implies, when we are led by green pastures and streams of water, you can't just rush by. Think of those recommended spiritual disciplines as stop signs on the road, or better yet, beautiful vistas that beckon you to slow down, pull over, take it in and be renewed.

Take a deep breath and let it out slowly. Feel the diaphragm muscles relax and slow yourself down. Give thanks for life.

We only have one to live. Commune with God. Pray for those in need. Take an extra few minutes to call or write to someone.

One of the most important and overlooked spiritual practices is sabbath-keeping. Granted, when Christians broke with the Jewish synagogue 2000 years ago, we gave up the legal framework for a specific day of the week. But sabbath-keeping remains a vital rhythm for healthy living.

Marva Dawn, in her book, *Keeping the Sabbath Wholly*, noted four elements: ceasing, resting, embracing and feasting. We cease not merely from labor, but also from possessiveness, worry and anxiety. If you can do that, rest is easier. We embrace the values of the community, so that we give for others and for creation, rather than just taking for ourselves. Then we feast on God’s good gifts, good food, music, affection, beauty and health.

Alan Fadling, president and founder of Unhurried Living, writes:

“Resting is hard work. It requires strong personal leadership to say no once a week to measuring our lives by what we produce. It takes intentionality to slow down and cease our striving to achieve, acquire, and impress others and simply enjoy what God has given us. But God calls this Sabbath gift a holy thing” (Fadling, *A Year of Slowing Down*).

Another practice we have in this church is reading our own Lenten Devotional. If you have not picked up yours, nor received it in the mail, please stop by or call the office. Take time to read these beautiful reflection pieces.


I’ve invited three guest preachers this month, since I’ll need hiatal hernia surgery on March 9. Rev. Dickson Yagi will preach on March 5, Rev. Phil Wood on March 12 and Rev. Yvonne Boyd on March 19. I expect to be back in the pulpit on March 26.

See you on Sunday!

<u>February 5</u>	<u>February 12</u>	<u>February 19</u>	<u>February 26</u>
Attendance: 32 In Person/ 41 On Line	Attendance: 37 In Person/ 41 On Line	Attendance: 60 In Person/ 43 On Line	Attendance: 35 In Person/ 39 On Line
Offering: \$152.10	Offering: \$1,901.05	Offering: \$626.05	Offering: \$5,921.24



Because we are not taking in-person offerings, you may give to the church by mail or online at our website www.sgpumc.org. Click on Make a Donation. Please make note of your name and contact information on the memo line. Thank you for supporting our church and ministries! *Please note that our general offerings year to date are \$13,193.74 and our general offering budget for 2023 is \$102,000.00

<u>March 5</u>	<u>March 12</u>	<u>March 19</u>	<u>March 26</u>
Worship Liturgist: Christie Cheng Preaching: Rev. Dickson Yagi	Worship Liturgist: Angelea Marquez Preaching: Rev. Phil Wood	Worship Liturgist: Kim Morrison Preaching: Rev. Yvonne Boyd	Worship Liturgist: YOUTH Preaching: Rev. George
<div>  <p>Thank you to our Zoom Worship Crew: Ruel Reyes, Kris Taniguchi, Doreen Bolten, Ratheesh Pillai, Brad Hutchins, Phillip Kiriara, Sengeduane Tom, Jaimie Hill, Ruth Chon, Arnie Saiki, Louise Garcia, Ryan Wong, Rev. Yagi, Rev. Philip Wood and Rev. George Martzen</p> </div>			



THOUGHTS: SENIOR TRADE OFF

Thousands of people with savings accounts take pleasure cruises, go to concerts and Broadway plays, attend football games, rent summer cabins, and enjoy savory restaurants and pleasure shopping. Life is a cake walk of the "bucket list"; **Death is a feared loss of entertaining pleasure.**

Thousands more are squeezed tight by monthly bills; rent, food, surgery, car loans, medication and gasoline. For them life is pain, worry and panic in the night. **Death is escape from monthly hassle--the embrace of infinite Compassion and rest.**

Rev. Dickson Kazuo Yagi

Rev Dickson Kazuo Yagi is a retired missionary, associate member of Sage Granada Park UMC, the Chair/President of the Council of Pacific Asian Theology and facilitator of the Interfaith Fellowship



Chef/Artistic Director Bill Yee Presents

Flamenco Alhambra

Saturday, March 18, 2023 - 7pm

Admission Free with RSVP at alhambra.eventbrite.com
or \$20. Donation at the Door

Hosted by Sage Granada Park UMC

1850 W. Hellman Ave., Alhambra CA 91801
(626) 230 5435 Email: bizwind@yahoo.com



Granada Park United Methodist Nursery School & Kindergarten

1850 W Hellman Ave., Alhambra, CA 91803

For more information, contact us at 626-284-5006

gpumns1850@gmail.com <http://gpumnsk.org>

<https://www.facebook.com/gpumns1850>

Limited openings: We are still accepting Registration for the 2023-2024 school year: Children 2 years 6 months (potty trained) to 5 years old (Kindergarten)

March 2023 NEWSLETTER

School Year 2022-2023

Valentine's Day



Presidents Day

Ash Wednesday with Rev. George



"We thank you, Jesus, for dying for us. We thank you that Jesus died on the cross for us. During this Lent season we want to follow Jesus. So give us strength, O God, each day to love each other and be kind. In Jesus name, Amen."

~Rev. George (Chapel)

UPCOMING EVENTS

March 1, 2023: Little Buckaroo Pony Pictures 9:15am

March 10: School closes at 12:00 pm. **OPEN HOUSE:** 3:30pm-5:30 pm.

It has been more than 2 years since we have had an in-person Open House. The parents and staff are looking forward to this traditional event

Plumbing Fundraiser: 4 gift baskets are being raffled off on March 10th.

Tickets are on sale for \$5.00 each.

Come and see us! Everyone is welcome to see what the students have done.

Follow us on Facebook



SCAN ME



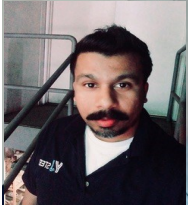
- 3/1: Minaxi Bariya
- 3/3: Shoji Tatsugawa
Tony Solomon
- 3/8: Amy Elizabeth
Hutchins
- 3/10: Archana Carey
- 3/12: Carolyn Ikei
- 3/15: Parimal Roy
- 3/16: Jaimie Hill
- 3/18: Shihoko Tatsugawa
- 3/20: Roger White
- 3/21: Walter Martzen
- 3/23: Michelle Mori
- 3/28: Alphuno Chase-Roy
- 3/30: Adelyne Lam
John Taniguchi
Vivian Mori
- 3/31: Menojit Dhar



- 3/23: Alan & Gina Kitsuse
- 3/29: Beatrice & Shogo
Tabata



- Ratheesh and Esther Pillai
- Phil Martzen
- Rev. George
- Sarah Wong
- Sunny Kim
- Echavarria family
- Mary Sue Lodwick
- Marilyn McIver
- Mariko Garrett
- Sho Tabata
- Alice Lopez
- Kenley Craver
- David Iwomiya
- Bruce Del Monico
- Leonard & Laura Quezada
- Gabriel Morales
- Toshiko Ozawa
- Janice Schenfische
- All affected by the
Monterey Park Shooting



Signature of the Cross

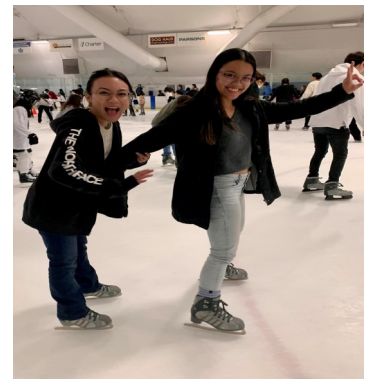
Luke 14:27: *Whoever does not carry his own cross and come after Me cannot be My disciple.*



Seeing a catholic priest wearing a sizable wooden cross on his long necklace was fascinating for many of us while studying in a Catholic elementary school. A number of Catholic children I am associated with also wear a little cross necklace or a laminated image of a cross to indicate that they are Christians or of the Catholic faith. Carrying a small wooden cross means for them that they are carrying Jesus or worshipping. Those around them even said that the Bible states that carrying the cross reflects their faith and that the wooden cross may protect them from perils such as examinations, spankings from their parents, or accidents, and give them blessings. My buddy gave me a little cross, which I concealed from other people and wore at all times, yet nothing happened to me. I still had low grades, got parental spankings, and received no blessings. I determined that I no longer had faith in the cross or the long cross on the priest's necklace. Later on, I came to recognize the true message and act of the cross. On Ash Wednesday when we get a cross on the forehead or wear a cross pendant how many of us consider the message represented in the symbol of the cross? When we make the sign of the cross or wear pendants may it serve as a reminder of who you're meant to be and to whom we belong, as well as our heart's journey and the way of discipleship. We carry the sign of the cross with us everywhere we go as a reflection of our faith and desire to follow Jesus. Keep in mind that the ashes we are given or the cross that is worn on the necklace are not going to protect us from harm or bring us any kind of success, but serve as a symbol of hope and fresh beginnings. Let the sign of the cross serve as a reminder that we have the signature of the cross and are called to be disciples of Christ, are called to love others, serve others, and be a light in the world. As signatories of the cross we are responsible to live a life that echoes Jesus' passion, suffering, love, and compassion and to demonstrate his pivotal role in society. As we move through Lent and our daily lives, let the sign of the cross be a living proof of our identity and purpose as well as a source of assurance as we navigate life's obstacles and surprises. May you continuously reflect on the fact that you are a signatory of the cross so the message is a live testimonial to Christ's love, sacrifice, and forgiveness.



Next Gen ice skating on Feb 19. If you missed this one, be on the alert for the next one. Thanks to Ruth Chon for organizing it!





March 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Every Sunday this month:</i></p> <p>Lenten Class 2 PM</p>			<p>1</p> <p>Bible Study 1 PM</p>	<p>2</p> <p>Evening Prayer 4 PM</p>	<p>3</p> <p>Scouts 6:00—9:30 PM</p> <p>Choir Practice 6:00 PM</p>	<p>4</p> <p>JLS 9 AM—12:30 PM</p>
<p>5</p>  <p>Worship Service 10 AM</p>	6	<p>7</p>  <p>7 PM</p>	<p>8</p> <p>Bible Study 1 PM</p>	<p>9</p> <p>Evening Prayer 4 PM</p>	<p>10</p> <p>Scouts 6:00—9:30 PM</p> <p>Choir Practice 6:00 PM</p>	<p>11</p> <p>JLS 9 AM—12:30 PM</p>
<p>12</p>  <p>Worship Service 10 AM</p> 	13	<p>14</p> <p>PAC 7 PM</p>	<p>15</p> <p>Bible Study 1 PM</p>	<p>16</p> <p>Evening Prayer 4 PM</p>	<p>17</p>  <p>Scouts 6:00—9:30 PM</p> <p>Choir Practice 6:00 PM</p>	<p>18</p> <p>JLS 9 AM—12:30 PM</p>
<p>19 UMCOR Sunday</p>  <p>Worship Service 10 AM</p>	20	21	<p>22</p> <p>Bible Study 1 PM</p>	<p>23</p> <p>Evening Prayer 4 PM</p>	<p>24</p> <p>Scouts 6:00—9:30 PM</p> <p>Choir Practice 6:00 PM</p>	<p>25</p> <p>JLS 9 AM—12:30 PM</p>
<p>26</p>  <p>Worship Service 10 AM</p>	27	28	<p>29</p> <p>Bible Study 1 PM</p>	<p>30</p> <p>Evening Prayer 4 PM</p>	<p>31</p> <p>Scouts 6:00—9:30 PM</p> <p>Choir Practice 6:00 PM</p>	