

# The Echo

**No. 6-2017          June          Santee, CA**

*The Monthly Newsletter of:*  
**Carlton Hills Evangelical Lutheran Church**  
**St. Columba Episcopal Church**  
9735 Halberns Blvd., Santee, CA 92071

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## ***Carlton Hills Evangelical Lutheran Church***

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[www.CarltonHillsLutheran.org](http://www.CarltonHillsLutheran.org)

*Worship Service Sunday 9:00AM*

*Rev. Karla Seyb-Stockton*

*President: Laura Vaughan*

*Vice President: John Sevcik*

*Secretary: Tammy Halloran*

*Financial Secretary: Deanna Sampson*

*Treasurer: Darrren Tune*

*Trustee: Kris Francis*

*Parish Education: Selina Kaufman*

*Children & Youth Ministry: Robin Perna*

*Worship: Charlotte Arthurton*

*Stephen Ministry: Ellie Timan*

*Stewardship: Kim Taylor*

*Outreach: Ellie Timan*

*Organist: Roger Barnes*

*Choir Director: Marvin Hamilton*

*Youth Minister: Selina Kaufman*



## ***St. Columba Episcopal Church***

9720 Cuyamaca St., Santee, CA 92071

*Worship Service Sunday 11:00AM*

### *Vestry:*

*Bishop's Warden: Ann Siracusa  
Russ Sarnecki, Shirley Wilder,  
Mimi Goodman,*

### *Stephen Ministry*

*Bill Bixby, Mimi Goodman,  
Eileen Pierce, Russ Sarnecki,  
Shirley Wilder*

### *Eucharistic Ministry*

*Bill Bixby, Eileen Pierce*

### *Newsletter Editor*

*Russ Sarnecki  
[rsarnecki@cox.net](mailto:rsarnecki@cox.net)*

### *Cursillo Rep*

*Lynn Sarnecki*

## Pastor's Page

### A Spiritual Emergency Plan

Do you know what to do in an emergency?

It used to be a lot more complicated, but since the 911 system went in, you know who to call. Now you just have one number for all kinds of situations; whether it is a fire, medical emergency or an intruder or some other kind of danger.

Do you know what to do in a spiritual emergency? Do you even know what I mean by that? It is when everything you thought you believed in doesn't make sense anymore. No spiritual growth happens without some level of reassessment, but it is identified as an emergency when the challenge to previously accepted thoughts and ideas are occurring too fast to process them comfortably.

A spiritual emergency can develop slowly, building up until the person has a dawning realization that their beliefs don't hold up. Or it can come along with one of those other kinds of emergencies that no one sees coming; a sudden death, a horrible accident, an invasion or betrayal. Or it can come with a loss; of a job, of a sense of security, or of a love, or even of a sense of identity. Any set of circumstances that has no easy answer of "Why?" is fertile ground for a spiritual problem to develop. And any set of circumstances where the "Why?" is easily answered but does not satisfy is equally likely to cause spiritual distress.

People usually experience it as a time of brokenness or distance. They can feel fractured or cut off from anything and/or anyone important. The emotions can be very raw, easily set off or, at the other extreme, can completely shut down to where the person feels numb. People often feel depressed (and are sometimes mis-diagnosed as depressed) because it can be hard to find enjoyment or a sense of purpose in anything.

So what do you do?

1. You acknowledge. When a person refuses to admit that the things they always believed no longer make sense, they don't make room in their life for examining, on their own or with another person, what is going on, why this is happening, or what DOES make sense. The disconnect between what the person experiences and what they have believed grows until it can no longer be ignored and what could have been a time of healthy growth becomes a crisis. Growth can and still must happen, it is just more painful.
2. You express. Identifying what you are going through is important, and best not done alone. Keeping a journal is especially helpful because you

can go back and re-read it and get a better sense of one's progress. Prayer is a good avenue for sorting out "what really matters." Spend some quiet time being open, asking for guidance, pouring out hurts, fears, hopes and dreams and pondering "where are You in all this, God?" Talking it out with someone you trust who is wise in the ways of the spirit is a healthy practice as well.

3. You act. Growth will be accompanied by new perspectives, new opportunities, new decisions, new ways of being. Not everything will change, of course. Most often most things remain the same, but with a "new attitude." Even small changes can seem big though. The danger is letting them appear bigger than they are and being afraid of taking them on. Fear avoided paralyzes. Fear taken on motivates and focuses. Courage is not being without fear, but doing what needs to be done despite the fear.

So how do you promote healthy spiritual growth so that you can prevent a spiritual crisis from surprising you? Or so that when one of those other emergencies happen it doesn't send you into a spiritual tailspin?

1. Read the scriptures regularly. The more familiar they are, the more the words of the Bible come to mind when you need them. The words of Jesus, Paul, the prophets can bring insight, challenge or comfort when needed. Words that you have read a bunch of times before can suddenly spring to new life in a new context.
2. Pray daily. Stay conscious of where God is AND where you are. God is near whether you can sense it or not. So open yourself to God. Have regular conversations with God. Let your spirit be moved.
3. Be of service. Offer yourself to others that your time, talents and resources become a blessing to those around you. It helps us keep our priorities in order, recognize that all we have is put in place by a loving God and that our best task in life is to use what God has given us for the good of the world God lo
4. Foster Christian fellowship. Having friends who are fellow believers that you can talk to, bounce ideas off of, who will pray with and for you is one of the sources of strength God provides to get us through times of trouble, but these circles of support must be already established when the need arises. It is not something you can create in the midst of the emergency.
5. And finally, recognize that life is fragile and we must always stay on guard... So train yourselves, spiritually, to stay in close contact with God. Paul advised the Christians in Corinth, comparing the

spiritual life to a running race. Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. (1 Corinthians 9:24-25)

Blessings to you from Pastor Karla

### **Senior Lunch Tuesday, June 13<sup>th</sup>**

The second Tuesday of the month when you are invited to the Senior Lunch at a local restaurant. In May beginning at 11:30am, please join us at Ranch House Restaurant, 11510 Woodside Ave.

### **Father's Day June 18<sup>th</sup>**

Dorcas will host a Father's Day BBQ. They will provide hot dogs and hamburgers with buns and condiments.

Sides and desserts will be pot luck.

Sign up will be in the back of the church

### **Daily Devotions**

Would you like to be a part of our church's daily devotions? Just let Pastor Karla or the Church Office know your e-mail address and you can received the daily devotions via e-mail or stop by the table in the back of the church and pick up last week's list of daily devotions.

### **WORSHIP COMMITTEE NOTES**

reForm – inForm – transForm (Philippians 4:9)

The Thirtieth Annual Synod Assembly! Lyn and I were the delegates to the assembly this year. May 11, 12, and 13<sup>th</sup>.

My favorite part (of course) the assembly worship service on Thursday evening at the First United Methodist Church I Mission Valley. The music including pipe organ with trumpet accompany. Have you ever heard 50 voices singing "A Mighty Fortress is our God"? Oh my!

Two things I would like to bring home to our church from the worship service is:

1. Before speaking the Apostles Creed we were asked to turn and face one another across the center aisle. This way you are announcing your faith to each other.

2. The second was a hymn that was sung during Communion. The song "Taste and See". The verses sung by a cantor, the refrain sung by the congregation. "Taste and see, taste and see the goodness of the Lord" I'm hoping both of these suggestions can be used in our service to enhance our worship experience.

Did you know the Lutheran Church is celebrating the 500<sup>th</sup> year of the Reformation? Let us celebrate all the things we have in common and reject our differences.

Our church calendar has three color and banner changes in the month of June. June 4<sup>th</sup> will be red, Day of Pentecost, June 11<sup>th</sup> will be white, The Holy Trinity, and June 18<sup>th</sup>, color changes to green. The altar will remain in green until October 29<sup>th</sup>. Pentecost being the longest season in the church calendar.

Thank You to Usher team #1 Laura Vaughan, Betty Maxa, and the Taylor family for serving in the month of May. Also to Skip Taylor, Darrel & Jeanna Timan, Corky & Lee Strand and Carole & Ron Dixon and Bryce Taylor for serving as various Worship Assistants. May we all Serve The Lord With Joy!

Charlotte Arthurton  
Worship Committee

### **Altar Flowers**

Have you noticed how beautiful the altar looks when we have flowers either in front or on either side? You can sign up to recognize someone with flowers and then take the arrangement home with you. During the school year, the flowers are provided by high school students who are taking a Flower Arrangement class at El Cap. So, not only are we beautifying our church, we are also giving the students an opportunity to practice their skills. Additionally, we get them at a great price – only \$25.00 per arrangement!

In the back of the church, there is a Flower Chart. Simply sign up for a particular Sunday or Sundays by putting your name and the reason for the flowers (for example, birthday, in memory of, or honoring someone). Please sign up at least two weeks ahead of time. Then put a check or cash for \$25 in an envelope in the offering indicating your name (and envelope number) and the date for the flowers.

If you would prefer to provide your own arrangement, please feel free. Sign up on the Flower Chart and additionally indicate that you will bring your own bouquet. There is no charge.

Also if you have any vases, baskets, or containers that could be reused for arrangements, please give them to Jean and she will deliver them to the high school.

If you have any questions or suggestions, please call Jean Setzer at 619-647-3517. Thank you.

### Attendance For April

|      | 9:00a.m.                 | Total |
|------|--------------------------|-------|
| 4/2  | 78                       | 78    |
| 4/5  | Wednesday Lenten Worship | 43    |
| 4/9  | 75                       | 75    |
| 4/13 | Wednesday Lenten Worship | 46    |
| 4/16 | 120                      | 120   |
| 4/23 | 121                      | 121   |
| 4/30 | 56                       | 56    |

### April Finances

|          |          |
|----------|----------|
| Income   | \$12,231 |
| Expenses | \$18,766 |

### Crochet at Church

We meet on the 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of each month at 9am (on the 2<sup>nd</sup> Sat, this is right before Dorcas Circle). Come to learn, from scratch or help with a new stitch, skill, or pattern, or bring whatever project you're working on and come for the fellowship! (If you want to come just for the fellowship and leave off the needlework, we'd love to have you!) Kids are very welcome to learn or to play.

### CHELC June Ministers

**Coffee Fellowship:** Nancy Funick,

**Lector:** 4, 11- Laura Vaughan

18, 25- Jane Reaney

**Greeters:** 4, 11- Laura Vaughan

18, 25- Brown Family

**Communion Assist.:** 4, 11- Laura Vaughan &

Sara Paulson 18, 25- Jane & Tom Reaney

**Communion Care:** Laura Vaughan

**Ushers:** Danny Timan and the Youth

**Stephen Minister of the Week:**

S. M., Communion

Prayer Loft

4- Marian Privett

Carol Davidson

11- Jackie Gammon

Heather Gasner

18- Ellie Timan

Marian Privett

25- Katie Wentz

Diedra Zeller

### June Anniversaries

- 1 Richard & Jean Setzer
- 5 Allen & Marlene Chertkow
- 9 David & Kris Francis
- 12 Kimberly & Mark Rones
- 14 Pamela & Henry Meyers
- 14 Joan & Kenneth Sues
- 18 Nathan & Katie Wentz
- 21 Marian & Royce Privett
- 29 Curtis & Sherise Stark
- 29 Belinda & Doug Karge

### June Birthdays

- 4 Richard Keehn
- 5 Rachel Moore
- 7 Payton Wentz
- 7 Jackie Gammon
- 8 Kate Rocha
- 9 Lyn Arthurton
- 9 Wayne Sanderson
- 14 Kay Walker
- 15 Jack Youngblood
- 19 Stephen Gomory
- 22 Julia Jones
- 23 Teresa Luft
- 23 Heather Hustad
- 24 Robin Paulsen
- 27 Daniel Crites
- 28 Randy Greenlee
- 28 Neil Johnson
- 28 David Francis
- 29 Nicole Kern
- 29 Jennifer Timan

If anyone was missed, please call the church office, 448-1888