

A Sending Psalm for Pastor Cyndi Jones



Dear Pastor Cyndi,

Most of us first met you in 2016 when you served Clairemont Lutheran Church Iglesia Luterana Clairemont during your internship. Then we were blessed to call you to our pastoral staff in 2020, right in the middle of COVID. Now is the time to reflect on what happened during those years.

The key thought that describes your service to this church is that you CARE.

- You cared for this church by reaching out to members to provide help in times of crisis. Members who were experiencing issues of loneliness, faith, physical or mental health, grief, homelessness, end of life. Most of these contacts are not well known

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Photo by Tanya Buchanan

“Things are moving fast now.” That’s the latest report from James Acosta on the Fellowship Hall Project. Framing of the walls is almost done. Stay tuned as project updates will be coming more frequently from James.



STEPHEN MINISTRY

Someone to Listen

by Bill Fredericks

I enjoy reading my daily newspaper; those pages of news print that bring information and enjoyment to the front door. I especially like the Comics. I read them every day.. The Comics can make me laugh, follow a story line or even remind me of an important truth. That happened for me a few weeks ago when I read one of my favorites.

- In the first panel the family cat is rubbing against the main character's leg and purring.
- Then the main character is seen presenting a bowl of kibble to the cat.
- Next the cat is walking away without eating the offering and the main

Why Be A Volunteer?

It's not for money.

It's not for fame.

It's not for any personal gain.

It's just for love of fellow man.

It's just to lend a helping hand.

It's not metals worn with pride.

It's for that feeling deep inside.

It's that reward deep in your heart.

It's that feeling that you've been a part.

Of helping others, far and near –

That makes you a Volunteer.

Anonymous



character is questioning, "What's wrong."

- To which the cat replies, "I want you to listen to me, not solve my problems."

We all have that same feeling from time to time. Our worries might relate to loneliness, money, health or even grief. And we might not have that trusted person in whom we can confide. What are we to do? Here's a suggestion.

CLC/ILC has a trained team of "trusted listeners" to whom you can bring your concerns. Our Stephen Minister team is trained to listen to you with empathy, that is, we let you know that we are really "hearing" you without judging you. In one recent case a Stephen Minister Care Giver (CG) listened as a Care Receiver (CR) expressed a negative feeling about something that had happened. The CG helped the CR move past the negative feeling by prayerfully listening without judgment.

We don't try to solve your problems. We know that God will help you with that. Instead we listen and encourage you to express yourself. By doing so you can work your way through the shadow. Please contact Stephen Ministry by talking with our Pastors or any member of the leadership team.

Esperancita Córdova ***Celebrating 100 Years*** ***of Life***

By Gary Jaus

There is something very special about a person living to be 100 years old. On April 6, members of Clairemont Lutheran Church/Iglesia Luterana Clairemont were blessed to celebrate with Esperancita Córdova on her one hundredth birthday. Surrounded by members of her family including her daughter, Martha, and friends from both the Spanish and English-speaking congregations, we collectively rejoiced to have Esperancita in our midst. Esperancita was born April 1, 1924, in Teocuitatlan, Jalisco, Mexico and one of four siblings. She married Mr. Primitivo Córdova when she was seventeen years old and they had two daughters, Martha and Guille. From Teocuitatlan, Esperancita and Primitivo moved their family to Cananea Senora, and eventually Tijuana. Living in Tijuana, Esperancita crossed the border daily to clean homes. A woman she was working for became so attached to Esperancita due to her hard work, honesty, and lively personality that she helped Esperancita bring Primitivo and their entire family to San Diego.

Once Esperancita's daughter, Martha, married Álvaro Munevar, Esperancita and Primitivo moved to Los Angeles where Esperancita worked in a sewing factory. In addition to her factory work, Esperancita took loving care of her ailing mother and Primitivo for years until they both passed. After Primitivo's death, Martha and her cousin brought Esperancita back to San Diego to be close to Martha.



At her celebration, Esperancita was seated in a chair in the center aisle facing the congregation. Pastor Elena sat right next to her and while we could hear what she was saying, it touchingly felt like Pastor Elena was speaking directly to her. This is part of what she said. "Today is a very special day because it is the first day you opened your eyes to the world. And although there have been stumbling blocks along the way, you have risen by the eternal grace of God and by your determination saying, 'I will rise again and again with God's help because I know that I was not created to be cowardly but courageous like my Heavenly Father.'" What a wonderful sentiment to live by. Pastor Elena sent me most of the information for this profile and I laughed

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CONGRATULATIONS!

Elizabeth Muñoz and Alvaro L Casares, members of Iglesia Luterana Clairemont, were married by Pastora Elena on April 28 before family and friends. A reception was held in the narthex.



Congratulations to Vanessa Lopez on becoming a citizen! May your new status bring you abundant opportunities and fulfillment. Congratulations for your incredible achievement.

Ruth Andersen, The Woman Who Can't Say No

By Gary Jaus

I recently had the good fortune of speaking with Ruth Andersen about her life and amazing history of service to our church. When I told her I wanted to profile her for the Clarion she wasn't too thrilled. Ruth is not a person who seeks attention. She reluctantly agreed but probably only because we've been friends for a long time.

Ruth and her husband, Andy, met on a train heading back to Minneapolis from a Luther League convention in Texas. Of course, being "Lutheran" was likely preordained for both Ruth and Andy since they were both presidents of their respective Luther League church youth groups. For those too young to remember, Luther League is more than 100 years old and served as the forerunner to today's Lutheran Youth gatherings. Married to Andy in Minnesota in 1967, the couple spent their honeymoon hauling a U-Haul trailer to San Diego Naval Air Station Miramar where Andy had just been assigned. After visiting several local Lutheran churches Ruth and Andy settled on Clairemont Lutheran. New to the church and the community, Ruth recalled telling Pastor Charles Christian that CLC needed a prayer chain. She didn't know Pastor Christian very well and he didn't know her well either. He responded by asking her, "Do you really think so?" Ruth replied, "Of course I think so." and our prayer chain was born.

Growing up in Belle Plaine, Minnesota, Ruth considered herself a "farm girl". Her father was a Sunday School Superintendent, so Ruth rarely missed



Sunday church services. However, one summer her father decided to work in the fields instead of attending Sunday worship. While Ruth's mother and brothers continued to attend Sunday services, Ruth decided to skip church too. Ruth was about eight at the time and her dad was okay with her decision, but her mother wasn't. Ruth believes that decision still influences her to attend church every Sunday if possible. Ruth was President of her Senior class in high school. Her graduating class was all of thirty-nine students. After high school, Ruth and two of her girlfriends matriculated to Wartburg College in Waverly, Iowa. A private Lutheran liberal arts college, Wartburg was a destination

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Esperancita Continued from Page 3

out loud at one of the phrases she attributed to Esperancita. When a friend or stranger is leaving Esperancita she sometimes says, "I was very pleased to see you in your right mind...Behave well and if you don't, invite me." None of us always behave well, and those who have misbehaved with Esperancita, have been blessed by her wit and zest for laughter and life.

Pastor Elena shared that Esperancita is a great example of kindness and much like the virtuous woman being described in the book of Proverbs 3:(15) 'She is more precious than jewels and nothing you desire can compare with her. (16) Long life is in her right hand, in her left hand are riches and honor. (17) Her ways are ways of pleasantness, and all her paths are peace. (18) She is a tree of life to those who lay hold of her.

Motioning to the people in the pews, Pastor Elena told Esperancita, 'This Clairemont Lutheran family, these are all rewards for the love and kindness you always give to all of us who know you. You are an example of love, faith, and perseverance.

Thank you Esperancita for your faithful devotion to God, the love you've given to your family and friends and for being part of our congregation. Thank you, Pastor Elena, for providing such rich information about Esperancita and her life.

JUNE

CLARION DEADLINE

Monday, MAY 24 @ 4 PM

harriemorris@cox.net

RUTH Continued from Page 5

college for midwestern Lutherans. Trained in Education, Ruth became an elementary school teacher in Woodville, Ohio. She was an ardent believer in the value of real-life experiences as a teaching tool. From Woodville, she organized field trips to Detroit, Michigan so her students could see and experience the Ford automobile factory. As a teacher in Escondido, Ruth took her elementary school students on field trips to the Museum of Man, the zoo and even to Federal Court where she introduced them to Federal Judge Rudy Brewster, a member of our church at the time. Ruth has served our church as a co-president of WELCA and a leader of the Stephen Minister program. Ruth volunteered to open our Stephen Ministry meetings with select Bible verses and a prayer. Her selections always created insightful and reverent moments for the Stephen Ministers. Ruth was also the leader of Morning Star, a group designed for those grieving to share their grief with others. Ruth also opened her home to the church's quilting group when the Fellowship Hall was demolished so they could continue their mission work in providing quilts around the world. Ruth is part of Patience Circle and takes communion to our shut-ins. Asked what she enjoys about CLC, Ruth said, "We have been through so much in the past years and we need to keep praying for each other. Prayer is so important." Ruth also shared she loves the feeling of community she feels from the congregation. It's mutual, Ruth. You have been an integral part of connecting us to each other through your service and friendship to all of us.

and they need not be. But you were there when help was needed.

- You cared for this church by starting or resurrecting programs that provide services to members and to our neighbors. Programs such as Stephen Ministry, Childrens' Sunday School, Home Communion visitation, Morningstar, Summer Bible school.

- You cared for this church by demonstrating that disabled is not un-abled. You showed those on the outside that Clairemont Lutheran Church Iglesia Luterana Clairemont is welcoming to everyone.

- You cared for this church when you presided over worship services that allowed us to move closer to God with moments of silence, creative and thoughtful sermons, invitations for all people to participate in Christ's banquet and with Jesus' cross before us as the symbol of our belief.

- You cared for this church by helping Pastor Elena discern her calling. You encouraged and supported her during her Seminary studies, and as her mentor during her internship and here as a Pastor at Clairemont Lutheran Church Iglesia Luterana Clairemont.

- You cared for this church by providing other ways for us to worship. During COVID you created a Lenten evening worship using Zoom that helped members stay connected during the time of isolation. You continued that program by starting Soup and Sanctuary that merged Spanish and English speaking members and non-members with a meal followed by study and devotion. Last summer at Supper at the Beach

we celebrated Holy Communion "At the Water's Edge." You started the Blue Christmas service for those persons who might not feel "jolly" during that season of celebration.

- You cared for this church when you recognized the need to renovate the Parsonage and acted to ensure its successful completion.

- You cared for this church when you followed the words in the Gospel of John where Jesus tells his disciples: "I have other sheep that do not belong to this fold. I must bring them also. So there will be one flock, one shepherd." You responded to the needs of non-members; needs such as companionship, housing, financial planning, food, a delayed service for a deceased husband, those seeking employment, a baptism into Jesus' fold.

- You cared for this church when you honored Paul's advice to the Church in Corinth regarding varieties of spiritual gifts. Some of us have the gift of evangelizing, some of giving, some of visitation, some of worship preparation and participation, some of teaching, some of fellowship, some of making music, some of administration, some of feeding. You helped us recognize and use our gifts.

Thank you, Pastor Cyndi, for the countless ways you poured out extravagant love and care upon this church. We will miss you.

May God continue to Bless you and your husband Bill Stothers.

Farewell to Our Pastor and My Good Friend.

Bill Fredericks

Compassionate Companions

May 2024 Devotional on Mental Health and Wellness

by Elise Seyfried

As long as humans have existed, there has been mental illness. By some estimates, as many as 20% of all adults live with a mental health issue. In biblical times, mental illness was often misunderstood and thought to be caused by demonic possession. In modern times, we have learned much more about brain chemistry. Although the stigma around mental illnesses has decreased, we still have a long way to go, and our faith communities can help.

Looking particularly at biblical people and passages that relate to living with mental illness, the May 2024 devotional reminds us of Jesus' compassionate care for those



who struggle. Together, we'll learn how congregations can become "stigma-free" zones, welcome and support those with mental health issues and their loved ones, and provide opportunities for all ages to learn more about a topic that affects us all

ALL are invited to attend either of the Gather Bible study meetings:

Ruth Bible Study: Thursday, May 9, at 10:00 a.m. in Room 1. Bible Study Leader is Janet Wood.

Patience Bible Study: Monday, May 13 at 12:30 p.m. in Room 4. Bible Study leader is Karen Creusere.

Women of the ELCA (WELCA): Treasury report for March.

The monthly report can be found on the large blue and white WELCA bulletin board located in the narthex. There are also some inspirational quotes and information about church wide news on the board. Contact Janet W. with any questions or comments.

Mission Quilters meet at the home of Ruth Andersen. ALL are welcome. For information on which Saturdays and time we are quilting, contact Ruth Andersen, 858-408-5194. Come all day, for an hour or two, for lunch around Noon, or just stop by to say "Hi" and see what we do.





Church Business



January, February, March

Financial Report 2024								
Income					Expenses			
	Actual	Budget	Actual Year to Date	YTD Budget	Actual	Budget	Actual Year to Date	YTD Budget
January	\$49,359	\$35,253	\$49,359	\$35,253	\$34,307	\$41,061	\$34,307	\$41,061
February	\$32,247	\$47,203	\$81,606	\$82,456	\$44,007	\$41,063	\$78,314	\$82,124
March	\$55,694	\$32,203	\$137,300	\$99,660	\$37,547	\$41,063	\$115,860	\$123,188
March net income		\$18,147			2024 YTD Net income		\$21,439	

So WHAT is next on our journey?

by Deacon Margy

Sometimes when we are on a journey, we come across detours or forks in the road. When that happens we can either become confused and discouraged or we can take on the new excitement of the

Calling all Bunco players!

When: 2nd Friday every month.

Where: Narthex

Time: 1:00 PM

\$5.00 Donation for charity and prizes.

All are welcome.

May 10 at 1:00 P.M.

Reminders:

-- Offering and Raise the Roof envelopes, plus blue Prayer request/visitor slips are located in every pew in the church.

-- We have a sign-up sheet for those of you who can pick up Emilie and take her home on Sunday. The sheet is located on a table in the Narthex. Emilie appreciates your help.

next step of the adventure.

We now have said goodbye to Pr. Cyndi, thanking her for her ministry among us. Although goodbyes can be difficult, they can also open the door for what is next. So WHAT is next? There is a lot to be excited about. The call committee is continuing their work as they are receiving candidate names from the Bishop's office. I believe that the Holy Spirit is working too to prepare this congregation and pastor though will come to serve for a new minstrel partnership.

In the meantime, Pr. Elena will increase her time, and continue to serve in a pastoral role among you all. As your transition deacon, I will be moving more fully into an interim role, overseeing administrative tasks, working with staff, finances, and other matters as they come up. Be assisted that both Pr. Elena and I are always open for conversation and listening.

And so the journey continues together, trusting that God is traveling with us!

May 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	<p>Monday's Choir Cherubs 4:15pm 5:00pm Glee choir 6:00pm Esperanza Youth Choir 7:30pm Sanctuary Choir</p>		<p>1 4:00pm Stephen Ministry</p>	<p>2 8:00am Sandwich Min. 1:00pm AA Meeting</p>	<p>3 12:00pm Food Distribution 1:00pm AA 6:00pm Al-Anon</p>	<p>4 7:00am SA 9:30am Bells</p>
<p>5 9:30am Worship Service 10:30am Mays Birthday cake will be served. 11:30am Servicio de Adoración en Español, 12:30 - 6pm Iglesia Luterana fellowship 1:30pm rise and shine</p>	<p>6 1:00pm AA 4:00pm Gospel Study 6:30pm Scouts 8:00pm AA Meeting</p>	<p>7 1:00pm AA 6:30pm Cub Scouts 7:00pm Al-Anon</p>	<p>8 12-2:30pm Southern Care group</p>	<p>9 8:00am Sandwich Min. 10:00am Ruth's bible study 1:00pm AA Meeting</p>	<p>10 12:00pm Food Distribution 1:00pm Bunco 1:00pm AA 6:00pm Al-Anon</p>	<p>11 7:00am SA 9:30am Bells Rehearsal 9:00 - 2pm Organ recital</p>
<p>12 Mothers Day 9:30am Worship Service 11:30am Servicio de Adoración en Español, 2:30 - 6pm Iglesia Luterana fellowship 1:30pm rise and shine</p>	<p>13 1:00pm AA 12:30pm Patience bible study 4:00pm Gospel Study, 6:30pm Scouts 8:00pm AA Meeting</p>	<p>14 1:00pm AA 4:00pm Evangelism team 6:30pm Cub Scouts 6:30pm Executive Team 7:00pm Al-Anon 7:15pm Council Meeting</p>	<p>15 4:00pm Stephen Ministry</p>	<p>16 8:00am Sandwich Min. 1:00pm AA Meeting</p>	<p>17 12:00pm Food Distribution 1:00pm AA 6:00pm Al-Anon</p>	<p>18 7:00am SA 9:30am Handbell Rehearsal 1:00pm Jeanie Pince Memorial</p>
<p>19 Pentecost 10:00am Bilingual service Picnic after service. 2:00pm Spring concert</p>	<p>20 1:00pm AA 4:00pm Gospel Study 6:30pm Scouts 8:00pm AA Meeting</p>	<p>21 1:00pm AA 6:30pm Cub Scouts 7:00pm Al-Anon</p>	<p>22 12-2:30pm Southern Care group</p>	<p>23 8:00am Sandwich Min. 1:00pm AA Meeting</p>	<p>24 12:00pm Food Distribution 1:00pm AA 6:00pm Al-Anon</p>	<p>25 7:00am SA 9:30am Handbell Rehearsal</p>
<p>26 9:30am Worship Service 11:30am Servicio de Adoración en Español, 12:30 - 6pm Iglesia Luterana fellowship Rise & Shine</p>	<p>27 Memorial Day Office Closed 1:00pm AA 4:00pm Gospel Study 6:30pm Scouts 8:00pm AA Meeting</p>	<p>28 1:00pm AA 6:30pm Cub Scouts 7:00pm Al-Anon</p>	<p>29</p>	<p>30 8:00am Sandwich Min. 1:00pm AA Meeting</p>		

CLC Volunteer Schedule - May 2024

Lay Readers

- 5/5 Bonita Martinez
- 5/12 Lili Muñoz
- 5/19 Carol Nichols
- 5/26 Arlene Riordan



May

BIRTHDAYS

Communion Assistants

- 5/5 Peggy Ritchie, Holly Boyle, Pam Allen
- 5/12 Gary Lange, , Harriet Morris, Lewis Tenhulzen
- 5/19 Carol Nichols, Rita Leatherman, Gary Lange
- 5/26 Harriet Carmona, Arlene Riordan, Lewis TenHulzen

- Lewis John TenHulzen 5/1
- Bill Fredericks 5/3
- Ann Boisvert 5/4
- Rohany Purba 5/4
- Russell Higgins 5/5
- Nancy Groesbeck 5/7
- LaRae Rabe 5/9
- Nancy Teichert 5/12
- Scott Hove 5/14
- Dottie Engel 5/15
- Kenneth Hanson 5/20
- Katy Jones 5/20
- Anna Hernandez 5/21
- Sarah Groesbeck 5/23
- Diana McCauley 5/25
- Greg Buchanan 5/28
- Princess Mora 5/30
- Ashley Stivers 5/31

Welcome Team

- 5/5 Pam Allen, Curtis Cline, Sandra Logan
- 5/12 Emilie Lauchmen, Gary Lange, Janet Wood
- 5/19 Holly Boyle, Karen Creusere, Rita Leatherman
- 5/26 Janet Wood, Gary Lange, Emilie Lauchmen



- 5/5 The Purba family
- 5/12 The Leatherman family
- 5/19 The Allen Family
- 5/26



*Sandra Logan,
Teresa Muñoz,
& Rohany Purba*

Media Team

- 5/5 Lewis John TenHulzen, Mitchell Little
- 5/12 Lewis John TenHulzen, Mitchell Little
- 5/19 Lewis John TenHulzen , Mitchell little
- 5/26 Lewis John TenHulzen, Mitchell Little

If you are not on this list and celebrate a birthday in May please contact the office to update our info.