

ALERT: Coming Events You Can't Miss!

TURN YOUR CLOCKS **BACK** ONE HOUR SATURDAY NIGHT

Nov. 5 -- 11:00 am Council Elections

Nov. 22 -- 5:00 pm Thanksgiving Eve Service and a turkey dinner. RSVP to Tanya.

Dec. 2 -- 9:00 am Tree Decorating followed by Children's Advent Adventure from 1-4 pm—parents and grandparents welcome. RSVP to Tanya.

Dec. 9 -- 1 -3:30 pm Reading the Gospel of Mark in its entirety.

Dec. 10 -- 3:00 pm The Christmas Concert

Dec. 17 -- 9:30 am Lessons and Carols

-- 5:30 pm The Posada, food and fellowship under Clairemont's front portico.

Dec. 24 -- 9:30 am Advent 4 Sunday Service

-- 11:30 am Celebración de Noche Buena

-- 6:30 pm Celebration of the Nativity of our Lord -- Choir, Harp, Candle lighting.

-- 10:00 pm Silent Night around the manger in the Chapel.

Dec. 25 -- No service, the Office is closed.



Confirmation: Jacob Herfindahl, Christina Herfindahl and Lili Muñoz affirmed their Baptismal vows on Reformation Sunday, Oct 29, 2023.

Pastor:
Rev. Cyndi Jones
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pastor.cyndi@clairemontlc.org

Associate Pastor:
Elena Enriquez
Cell: 858-248-7898
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Tanya Buchanan
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Moving forward with transition conversations

By Deacon Margy

As I hope most of you are aware, there are four areas of ministry that have been discerned as the most important to focus on as we move forward in serving God's mission in this place. We have begun conversations around each of those areas, identifying first/next steps.

Here's what's happening so far:

- **Bi-Lingual/Bi-Cultural Ministry**
The group that met around this decided that first of all we need to get to know one another better and build relationships between the English and Spanish speaking worship communities. So, there is being planned (beginning stages) for an initial event which will involve sharing food, traditions and culture with one another. Teresa Munoz has graciously offered to head up the planning team. Details as to time, place and program will be forthcoming. If you'd like to be a part of this planning, please be in touch with Teresa (teresitamunoz819@gmail.com)

- **Worship**
There is consensus in the worship conversation that our worship needed some new energy. There was initial planning about reclaiming our liturgical foundations in a way that engage those gathered on Sunday morning. There will be a variety of efforts to renew our understanding of the liturgy, increase lay participation, emphasize hymn singing, and others. (For example, could we reformat the bulletin to better explain what is going on? Could we have a weekly worship question around a particular practice) Be watching for an invitation to join the initial conversation group in moving forward.

There will also be an opportunity for those who find a less formal worship style meaningful to meet and plan. Again, watch for an announcement regarding that.

- **Community Outreach**
This congregation has always been known for its outreach into the neighboring community. But in order to be more effective, there is a need to get to know the community and its need. So this team will first focus on making connections with other agencies/institutions around us, look for opportunities to foster conversations with our neighbors, and think about other ways to connect. The next gathering around this will be Saturday, November 18, at 10:30 am. Please join us if you'd like to be involved in this outreach.

- **Communication and Community**
This group will focus on the things that will build a stronger sense of community, relationship, and trust among the congregation. It's a broad category, because there needs to be a broad thinking outside the box to build this. The group has scheduled its first conversation for Oct. 30....watch for a report after that.

I find all of this to be so very hopeful and faithful. But this congregation is at a pivotal point, and will need each and every one of us to be engaged in these new ventures.

Thanks for being on the journey!



Rob Constantine, choir, lay reader and a lot more

By Gary Jaus

If you've been in church or watched our services on YouTube, you have likely seen Robert (Rob) Constantine. Rob sings bass in the Chancel Choir and occasionally serves as one of the lay readers for the 9:30 AM service. But it wasn't Rob's resonant reading voice that first drew my attention to him. It was his wheelchair. Rob sits in a wheelchair on the left side of the choir. Seeing frail older people using a wheelchair is not uncommon. But Rob isn't an older person. He was born in 1964, is only fifty-nine years old and doesn't seem frail. Obviously, he has a disability, but I don't see "frail" when I see Rob. I see a man in a wheelchair.

Singing in choir and being around Rob made me want to get to know him better. I asked if he would share a bit of his life story.

Rob was born three months early. Being so premature, he was small, his body not fully developed. Whether because of being premature, or something amiss during the birth process, Rob's brain was deprived of oxygen long enough to cause brain damage. The result was Rob was diagnosed with cerebral palsy.

Rob grew up in Clairemont and first attended Sunshine Elementary. The school was focused on children with disabilities. Later, the name of the school was changed to Lindbergh-Schweitzer and more recently named Clairemont Canyons Academy. Rob was promoted to Hale Junior High and then Madison High School. He graduated in 1983.

Knowing how cruel kids can be, I asked Rob if he experienced any bullying from his schoolmates. Surprisingly, Rob said, "Most



Rob at his workplace

of the kids at Schweitzer were okay, but when I went to Hale some of the teachers and administrators thought the school was 'too big' for me. They said I'd have to use my wheelchair everywhere to get around but I made it around school with my crutches."

After graduating, Rob enrolled at San Diego City College where he studied broadcasting. Rob's uncle Jim worked with well-known broadcaster Fred Lewis and was likely the inspiration for Rob wanting to become a radio broadcaster "or do something in television." Fred Lewis eventually became one of Rob's teachers and Rob credits him with teaching him how to speak like a

Continued on Page 4

Continued from Page 3

broadcaster. Lewis preached 'speaking from the diaphragm' and it's likely why Rob's voice sounds so strong warm and mellow.

Rob pursued his education beyond San Diego City College. He obtained a Bachelor of Arts in 'Visual Arts' from UCSD and a master's degree in 'Learning Systems Design' from SDSU.

Despite his education, Rob faced numerous roadblocks after college. Potential employers were "freaked out" by his disability. They didn't have much experience with employees with disabilities and their common reason for not offering him a job was he didn't have enough experience. Rob eventually discovered that when breaking into the broadcast field, most everyone started at tasks of little value, things like getting the boss coffee or moving boxes. Tasks that required physical abilities that Rob didn't have.

In 1990, Congress passed the Americans with Disabilities Act (ADA) which prohibited employment discrimination against qualified individuals with disabilities. Rob explained, "After the ADA law came into effect, employers changed their job descriptions to include the requirement that employees had to be able to lift 50 pounds. It wasn't an honest requirement for most positions, it was part of the broadcast industry's effort to circumvent hiring people with disabilities." Rob continued, "The job that I have now had that requirement. I took their test; I was in my wheelchair and I lifted a

box that weighed about twenty pounds. They hired me anyway. I now work for a service agency that serves people with autism and other types of developmental



disabilities. I've been there two years working in their media department as an editing instructor. I teach my students how to edit films. I find it satisfying and love helping my students learn." One of Rob's hobbies was listening to international shortwave radio broadcasts. He described the thrill of being able to pick up events and broadcasts from

halfway around the world as exciting and rich but said the internet killed that. Rob currently enjoys collecting records. He started with old 45s and now collects newer vinyl records.

Rob found Clairemont Lutheran along with his mother and stepfather, Linda and Lynn Ten Eyck. Rob had already connected with Pastor Cyndi before coming here and Linda also had a friend in the congregation. Besides singing in the choir with his parents, He's in a men's breakfast group with Rob Newhouse, Gabriel Munoz and Lee Hintz.

Are there are issues that make him feel disadvantaged? Rob said, "In a lot of ways our culture is not entirely comfortable with people with disabilities despite what people say. It's how they act that makes a difference. There's a difference between being polite and being inclusive."

What's he enjoy about Clairemont Lutheran Church? "People here are very friendly, and many have helped me out. I'm just glad we picked this church."

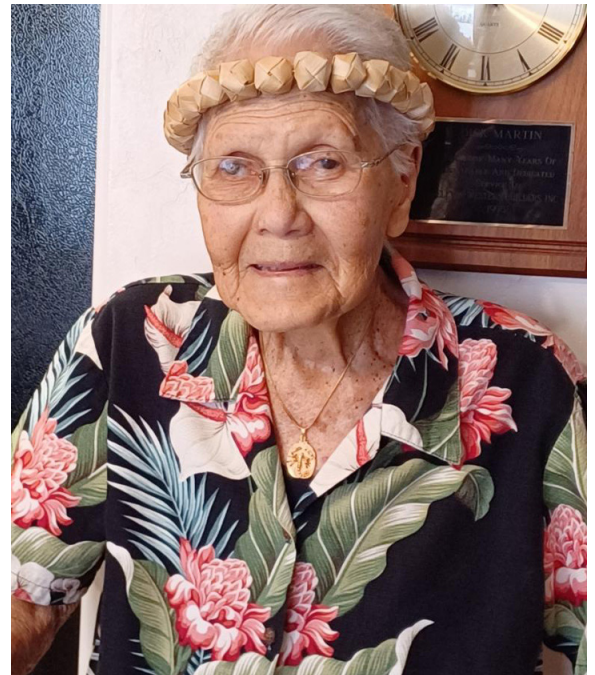
Look who is turning 100!

Yes, Connie Martin was born on November 2, 1923 on the island of Oahu, then a territory of the USA. She was the oldest of 5 (3 sisters and 1 brother). At a young age she was caring for family.

In 1951 Richard and Connie were married which brought her to live in the United States. They were blessed with a girl and 2 boys, 3 grandchildren, and 2 great grandchildren.

Working in the yard among the flowers and plants have always brought her joy and satisfaction. Did you know she belonged to the 200 Club in bowling? At age 92 she quit rolling strikes and spares!

On All Saints Sunday, November 5 CLC/ILC will honor Connie with a cake reception in the narthex following the 9:30 service and before the 11:00 congregational meeting.



As a member since 1959, Connie's advice and birthday wish are to continue living calmly a day at a time.



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. Hope to see you on

November 10 at 1:00 pm.



Fall 2023 Bible study: Holy Places

*by the Rev. Dr. Meghan Johnston
Aelabouni*

This Gather Bible study is written by an ELCA missionary living in Jerusalem. We are exploring what holy places mean, not only for the Holy Land of the Bible, but for each of us, wherever we may be. Physical places often shape our identities, relationships and faith.

“Now you are the body of Christ and individually members of it,” Paul writes. Part of what this means is that faith doesn’t just reside in our thoughts or emotions. Faith resides in our whole bodies, and how our bodies “live and move and have our being” in the sacred places where God encounters us.

Session Three: Holy places: Pilgrimage
Pilgrimage, a journey to a sacred place, is a spiritual practice with a long history in Christianity (and many other religions). In the Bible, pilgrimage is not only about the destination, but also about the “holy place” of the journey itself. Considering the journey of the Magi, the walk to Emmaus, and Jesus’ arrival in



Jerusalem, we’ll ponder how pilgrimage can inspire, challenge and transform our faith and our lives.

ALL are invited to attend the Gather Bible study meetings:

Ruth Bible Study: Thursday, November 9 at 10:00 a.m. in Room 1.

Patience Bible Study: Monday, November 13, at 12:30 p.m. in Room 4. Hostess is Ruth Andersen.

Coming Up:

Pacifica Women of the ELCA Annual Convention and Gathering
November 3-4, 2023, Messiah Lutheran Church, Yorba Linda. Bev Covey is our Voting Member.

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.

**DECEMBER
CLARION DEADLINE
Monday, November 20 @ 4
PM
wgstoth2@gmail.com**



Church Business

July, August, September



Financial Report 2023								
Income					Expenses			
	Actual	Budget	Actual Year to Date	YTD Budget	Actual	Budget	Actual Year to Date	YTD Budget
July	\$37,985	\$38,450	\$267,900	\$288,150	\$42,588	\$43,393	\$272,640	\$294,752
August	\$24,305	\$53,450	\$293,837	\$341,600	\$28,897	\$43,043	\$301,537	\$337,796
September	\$35,109	\$38,450	\$329,217	\$380,050	\$35,945	\$43,493	\$337,483	\$381,289
September net income	-\$836				YTD Net income -\$8,265			

Supporting CCSA Holiday Gift Baskets

We will support CCSA in providing gift cards for Family Christmas Baskets and Christmas Homeless Gift Bags again this year. CCSA clients sign up with Clairemont or Pacific Beach centers for their bag or basket.

Christmas Homeless Gift Bag – We will donate gift cards only. CCSA distributes Gift Bags that will have gloves, hat, socks, hygiene items and candy and a \$10.00 gift card from McDonalds, Jack in the Box, Vons, Subway, etc. Gift cards or monetary donations for gift cards can be brought to church and/or given to the Office by Sunday December 3.

Family Christmas Basket - We will donate gift cards only. CCSA distributes

a festive Basket that will contain non-perishable food and a \$50.00 gift card from Target or Walmart for perishable items to a client family. **Gift cards or monetary donations for gift cards can be brought to church and/or given to the Office by Sunday December 3.**

CCSA needs In-person volunteers to receive baskets from those who prepare them **Thursday December 14**, and to distribute baskets to clients on **Friday, December 15**. Let me know if you are interested.

Please contact **Heidi Acosta** 858-373-8634 if questions. Thank you for your support of this wonderful Christmas gift of giving.



Interfaith Shelter 2024

Save the date! Clairemont will be hosting Interfaith Shelter guests at Our Mother of Confidence Feb. 10 through Feb. 24, 2024.

CLC Volunteer Schedule - November 2023

Lay Readers

11/5	Gary Lange
11/12	Susan Gjerset
11/19	Bonita Martinez
11/26	Lili Munoz



Communion Assistants



11/5	Pam Allen, Holly Boyle, Gary Lange
11/12	Bev Covey, Peggy Ritchie, Harriet Morris
11/19	Carol Nichols, Lewis TenHulzen, Gary Lange
11/26	Rita Leatherman, Holly Boyle, Harriet Carmona

Robert Newhouse	11/1
Lynn Ten Eyck	11/1
Stephen Johnson	11/2
Connie Martin	11/2
Ana Leticia Vasquez	11/2
Teresa Plascencia	11/3
Jake Kifer	11/3
Ardell Skoglund	11/3
Elizabeth Dittmann	11/5
Thomas Groot	11/5
Linda Knepple	11/8
Joan Knop	11/9
Lee Hintz	11/9
Natalie Sawi	11/9
Bob Maske	11/9
Paul Leatherman	11/12
Cole Doolittle	11/12
James Acosta	11/12
Jeanne Prince	11/18
Wyatt Rabe	11/19
Denise Abell-Hove	11/20
Aalke Heuvelman	11/20
Ashley Herfindahl	11/22
Rory Reece	11/26
Maggie Johnson	11/28
Alan King	11/29

Welcome Team

11/5	Sandra Logan, Pam Allen, Kevin Collins
11/12	Janet Wood, Gary Lange, Kevin Collins
11/19	Harriet Carmona, Bev Covey, Kevin Collins
11/26	Holly Boyle, Emilie Lauchmen, Kevin Collins



11/5	LeRoy Bannack
11/12	Gary Lange
11/19	Peggy Ritchie
11/26	



Peggy Ritchie

&

Rita Leatherman

11/5	Lewis John TenHulzen, Mitchell Little
11/12	Lewis John TenHulzen, Mitchell Little
11/19	Lewis John TenHulzen , Mitchell Little
11/26	Lewis John TenHulzen, Mitchell Little

If you are not on this list and celebrate a birthday in

November please contact the office to update our info.



November



Sun

Mon

Tue

Wed

Thu

Fri

Sat

	Monday's Choir Cherubs 4:15pm 5:00pm Glee choir 6:00pm Esperanza Youth Choir 7:30pm Sanctuary Choir		1 5:00pm Stephen Ministry 6pm Soup & Sanctuary	2 8:00am Sandwich Min. 10:00am MorningStar Connie Martin's 100th Birthday! 1:00pm AA Meeting	3 12:00pm Food Distribution 1:00pm AA 6:00pm Al-Anon	4 7:00am SA 9:30am Bells rehearsal
5 All Saints Sunday 9:30am Worship Service 10:30am come help Celebrate Connie Martin's 100th birthday 11:00 Congregational Meeting 11:30am Servicio de Adoración en Español, celebraciones de cumpleaños / Birthday celebration 1:30-6pm All are welcome / Todos son bienvenidos	6 12:00pm Centering Prayer 1:00pm AA 4:00pm Gospel Study 6:30pm Scouts 8:00pm AA Meeting	7 1:00pm AA 6:30pm Cub Scouts 7:00pm Al-Anon Pastor Cyndi on Vacation	8 12-2:30 Southern Care group 6pm Soup & Sanctuary	9 8:00am Sandwich Min. 10am Ruth's Bible study 1:00pm AA Meeting	10 12:00pm Food Distribution 1:00pm Bunco 1:00pm AA 6:00pm Al-Anon	11 7:00am SA 9:30am Bells Rehearsal 10-12pm sanctuary choir practice
12 9:30am Worship Service 11:30am Servicio de Adoración en Español, 12:30 - 6pm Iglesia Luterana fellowship 1:30 rise & shine	13 12:30pm Patience bible study 1:00pm AA 4:00pm Gospel Study 6:30pm Scouts 8:00pm AA Meeting	14 1:00pm AA 6:30pm Cub Scouts 6:30pm Executive Team 7:00pm Al-Anon 7:15pm Council Meeting Pastor Cyndi back from vacation	15 5:00pm Stephen Ministry 6pm Soup & Sanctuary	16 8:00am Sandwich Min. 10:00am MorningStar 1:00pm AA Meeting	17 12:00pm Food Distribution 1:00pm AA 6:00pm Al-Anon	18 7:00am SA 9:30am Handbell Rehearsal 10 - 12pm Bible giveaway
19 9:30am Worship Service 11:30am Servicio de Adoración en Español, 12:30 - 6pm Iglesia Luterana fellowship 1:30 rise & shine	20 1:00pm AA 4:00pm Gospel Study 6:00pm Evangelism team 6:30pm Scouts 8:00pm AA Meeting	21 1:00pm AA 6:30pm Cub Scouts 7:00pm Al-Anon	22 12-2:30 Southern Care group 5:00pm Thanksgiving service, 5:30pm Thanksgiving dinner All are welcome	23 Thanksgiving Day 8:00am Sandwich Min. 1:00pm AA Meeting Office closed	24 Office Closed 12:00pm Food Distribution 1:00pm AA 6:00pm Al-Anon	25 7:00am SA 9:30am Handbell Rehearsal 10:00am WELCA meeting 10-12pm sanctuary choir practice Pastor Elena vacation
26 9:30am Worship Service 11:30am Servicio de Adoración en Español, 12:30 - 6pm Iglesia Luterana fellowship 1:30 rise & shine	27 1:00pm AA 4:00pm Gospel Study 6:30pm Scouts 8:00pm AA Meeting	28 1:00pm AA 6:30pm Cub Scouts 7:00pm Al-Anon	29 No soup and sanctuary	30 8:00am Sandwich Min. 1:00pm AA Meeting	December 2 9:00am 	Advent Adventure 1-4pm In the Narthex