

News from the Hill



ST. BARTHOLOMEW'S
EPISCOPAL CHURCH

June 2020

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Reflections of Online Worship

St. Bartholomew's is committed to bringing the Good News of Jesus to all. Please share our weekday and weekend worship services with friends and those seeking to find a relationship with God. Links to Facebook and YouTube livestream services are on our website stbartschurch.org.

Download St. Bartholomew's mobile app for quick, on-the-go access to worship services, sermons, upcoming events and more!

Send *News from the Hill* article submissions to news@stbartschurch.org.

Greeting Clergy in our Faith Community

The Rev. Mark McKone-Sweet

Dear Friends,

I hope this message finds you in good health and spirits.

Over the past twelve weeks, I have experienced the true power of our community - demonstrated through voices, faces seen on Zoom, proclaiming music, the Word from scripture and in deep prayer - all of which comes from our common bond in Christ and the mission and vision of St Bart's. Indeed the depth of the St Bart's community is the diversity in our participation and voices heard. Whether we anticipated this is or not, we have truly leaned into our Episcopal "congregational" roots.

As we approach Father's Day, I want to share with you that I have become more and more uncomfortable with the title of Father given to me by many of you. Please rest assured that I know that this is from a place of love and respect. To be honest, I much prefer to be called "Mark" from adults. I accepted the given title of "Father" when I arrived out of love for this parish and local culture. In truth,

this title has a different context for me. I am only a father to two people: Maya and Marcos. The other Father we share is our Creator, God.

And so, to honor where we are and where we are going as a faith community, I

want to invite adults to reference and call out my name given by my parents and anointed in my baptism and ordinations: Mark. I appreciate that for some, "Father" is deep in your culture and spiritual practice; please do not fret or be worried, I am certain that we will adjust over time.

Many of you will want to know how to introduce me to someone else. **I would encourage you to employ such phrases as "This is our Pastor, Mark." or "Let me introduce you to our Priest, Mark." Additionally, for children or anyone who prefers to offer me a title, please feel free to simply use "Rev. Mark."**

At the end of the day, I'll respond to whatever name you call me, as it continues to be a great privilege to lead and serve alongside you in ministry.



Art at St. Bart's

Rachel Blankenship

One of my favorite artists is Helen Frankenthaler. In 1964 when she was asked, "How do you feel about being a woman painter?" Helen Frankenthaler responded, "Obviously, first I am involved in painting not the who and the how." I return to this quote time and again to relish in the ways in which art can come to life for anyone—regardless of their "who" or "how."

Over the course of roughly eight weeks, I had the privilege of offering St. Bart's Art Conversations course. Split into two four week sessions, the course was an all online self-paced offering which provided parishioners a space to use each week's downloadable lectures in ways that fit their own learning style. Some folks participated in the optional weekly Zoom sessions, while others emailed me their responses to the weekly theme - others

did both or occasionally none.

After a vestry meeting I had asked Father Mark about offering the course just as the shelter in place guidelines came into effect. My hope was that the creative outlet of a community based online art history course would bring a little light in to those looking for it.

My new friends who have joined our burgeoning little group have shared that they look forward to each week's theme and how those themes have helped them not only to expand their perspective of what art is, but also to step outside of themselves for a bit. The creative outlet has not only brought various artists' stories, failures, successes & general ruckus to the folks taking my course, but it has truly blessed me immensely as well. Connecting with other parishioners



- most of whom I did not even know until offering this course - has shown me once again exactly how art can not only come to life for just about anyone, but can unite just about anyone even in times like these.

Art Conversations lessons are available online for you to self-pace through.

Visit stbartschurch.org/art

Congregational Worship Begins June 20/21

Kristeen Evans

The one thing you can count on right now is that things will constantly change. Last month St. Bartholomew's announced new livestream worship times on Sunday. This month, we're excited to announce a slow return to congregational (in-person) worship at the end of the month.

Beginning the weekend of June 20/21, we will offer two congregational worship times.

**Congregational Worship
Saturday 5 p.m.
Sunday 7:30 a.m.**

If attending in-person worship, you will be asked health questions, have your temperature taken and be required to register to attend worship as space will be limited. Additional details will be

provided by email on our on website as that weekend gets closer.

We have created a Health & Safety Practices web page with up to date information about how you can safely visit St. Bartholomew's and attend in-person worship services.

Visit stbartschurch.org/health

St. Bartholomew's is committed to providing livestream worship services indefinitely. Our two Sunday services continue to be livestreamed.

**Livestream Worship Continues
Sunday 9 a.m. & 11 a.m.**

Visit stbartschurch.org for information about congregational and livestream worship services. Also make sure you are subscribed to the weekly news email.

Worship Schedule Beginning June 20/21

Beginning the weekend of June 20/21, St. Bartholomew's worship schedule will look like this:

**Saturday 5 p.m. Celtic Evening Prayer
(congregational)**

Sunday 7:30 a.m. (congregational)

**Sunday 9 a.m. ReGeneration
Contemporary Worship (livestream)**

**Sunday 11 a.m. Choral Worship
(livestream)**

Our current worship schedule is available on our website at stbartschurch.org/worship.

Preschool Celebrates Pre-K Graduation

Sheila Martin

Celebrating our Pre-K student's graduation to elementary school looked a little different this year. Despite the restrictions due to COVID-19, fun was had by all during the drive-through graduation ceremony. Twenty-five Pre-K students participated along with their families. Cars and SUVs were decked out in festive decor. Horns were honking. Most importantly our students were beaming!

Excited preschool staff lined the parade route and cheered on our graduates as they received their certificates. St. Bart's Preschool is hopeful that this memory, along with all the others made inside our classrooms, will stay with our students as they move forward to the next school level. Congratulations our 2020 Pre-K graduates!



The Holy Spirit

Bob Capettini

We as Christians know that the Father is the Creator and that Jesus is our Savior. But unlike the Father or the Son, many of us don't know the Holy Spirit. The Apostles Creed, the Nicene Creed, and the Episcopal Catechism tell us little about the Holy Spirit. That's a shame because unlike the Father and the Son who are in heaven, it is the Holy Spirit who is with us every day on earth. He lives in us.

When the prophet, Nathan, confronted King David after he had committed adultery with Bathsheba, David prayed to God for forgiveness as recounted in Psalm 51:9-12, "Hide Thy Face from my sins and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right Spirit within me. Cast me not away from Thy presence and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation and uphold me with Thy Free Spirit." David knew the importance of having the Holy Spirit with him daily.

Many of us have experiences where the Holy Spirit has helped us through a crisis. Here is one of my stories. Ten years after my Mom had died, my stepfather was living in Florida. He had been diagnosed with cancer but was doing well (or so I thought). I arrived in Tampa the day after Christmas for a scheduled visit. I drove to his house in my rental car and arrived at about 6 p.m. No one was home, and I did not have a key. I had been to his friend Mary's house once two years earlier when the three of us went out for dinner. I did not know the address, the street name, or Mary's last name. I drove around for over an hour looking for her house and prayed for help from the Holy Spirit. It was getting dark, and I stopped in front of the house I thought might be hers and knocked on the door. Mary answered and was as relieved to see me as I was to see her. Dad was staying at her house and hospice had left earlier. Dad

died the next morning, and I was able to say goodbye. I know that the Holy Spirit led me to Mary's door and kept Dad alive until I arrived. I'm sure that many of you have had experiences that defy earthly explanations. To people of faith, there is a clear explanation - the Holy Spirit is with us.

The same Spirit, who was with Jesus in the wilderness after His baptism when He overcame the devil, resides in God's people today. The Spirit is with us to help us not only to overcome the devil but to help and comfort us. Jesus sent His own Spirit to dwell in His people. The same Spirit that dwells in Jesus dwells in believers. Christ comes to us through the Holy Spirit and will be with us and in us forever. There is a close relationship between the Spirit of Christ and the Holy Spirit --- both are said to dwell in the believer. The Holy Spirit and the Spirit of Jesus appear to be one and the same.

Perhaps this is because the Holy Spirit proceeds from the Father and the Son, and the first two persons of the Trinity accomplish their purposes through the Spirit.

The ultimate goal of the Spirit's work is to bring rest to God's people (that is, to take us to Jesus in heaven).

To join The Holy Spirit Bible Study, please visit our website or contact Bob Capettini, rcapetti@mail.sdsu.edu, for the Zoom meeting link.

 ST. BARTHOLOMEW'S
EPISCOPAL CHURCH

The Holy Spirit

BIBLE STUDY

Wednesdays 10:30 a.m.

All are welcome - No exceptions

Stay-At-Home Self-Care

Dawn Starry

How many weeks has it been? I've sort of lost track. And now things are opening up; what does that even mean for me and for my loved ones?

If you are like me, these feel like confusing times! Plans have been cancelled - 2020 feels like a year of disappointment. Still, it's not all bad and there are ways to manage stress.

Be grateful for the things that are still good in my life.

We do not need to rush in the mornings, and I am never stuck in traffic. What are you grateful for during these times? Take 5 minutes each day for gratitude work.

As things open up, trust your instinct and do what is best for you and your family.

If you don't feel comfortable going to a restaurant, then don't. If you feel pressured to do so, I encourage you to let go of that pressure and do what is best for you.

Engage in serious self-care.

Repeat after me, self-care is not selfish. I love to run, it clears my mind. So I have been running more. Drink lots of water and do your best to eat well. No judgement if you indulge in snacks too sometimes. Still, eat lots of fruits and vegetables. Take sabbath from screens; social media and the news can trigger anxiety and fear, take a break from your screens. Listen to the birds chirp and watch the sunset, instead.

Engage in mindfulness.

Feel the breeze on your face, really pay attention to how your body is feeling and focus on where you carry your stress. I sometimes hold my breath when I am stressed. I, therefore, pay attention to deep and slow breathing. I like to pay attention to the smells around me. Mindfulness keeps me in the present and helps my brain get a break.



Ask for and accept help from others.

This can come in several forms. Maybe you haven't been asking God for help lately. Let God in; pray, meditate, slow down and listen. Maybe you have been trying to go this alone? Call friends and family (those friends and family that don't stress you out) and play a game online together or just reminisce but make time to laugh and enjoy.

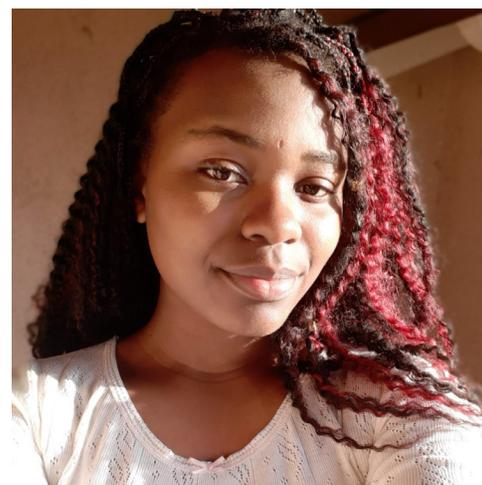
At the end of the day, take care and know that you are a beloved child of God.

Recognizing Scholarship Winner

Anne Snyder

Marie-Louise Bakala is receiving the St. Bartholomew's Community Outreach Scholarship and was recognized at the June 7 11 a.m. worship service. Marie-Louise, originally from the Democratic Republic of the Congo, came to the U.S. with her parents and six siblings seeking asylum in November 2017 after having traveled through 10 countries. Marie-Louise's father, Constantin, was held in detention for 21 months then was reunited with the family in September 2019. The details of their journey can be found at www.stlukesnorthpark.org/constantin_media. Marie-Louise has not had a traditional education. She attends Second Chance Community School where she enjoys chemistry, statistics and

foreign languages. In fact, Marie-Louise speaks five languages including English, French, Lingala, Spanish and Tshiluba. She has participated in the Surfrider Foundation beach clean-up and works in the garden at her school in addition to singing in the choir at St. Luke's. She helps her parents by translating for them in their daily transactions and supports her six brothers. Marie-Louise plans to pursue a degree in Medical Science, specifically studying human diseases and methods to prevent and treat them. She is currently enrolled at San Diego City College where she plans to continue full-time then transfer to UC San Diego. Best of luck to Marie-Louise!





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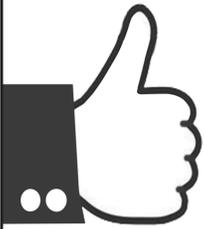
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Worship Services

Sundays: 9 a.m., 11 a.m.

Saturdays: 5 p.m.

Office Hours

Church office is closed during San Diego County's stay at home order. Church staff are answering email and the church phone from home offices.

Clergy and Staff

Clergy

The Rt. Rev. Susan Brown Snook, Bishop 619-481-5454

The Rev. Mark C. McKone-Sweet, Rector 858-432-7107 | revmark@stbartschurch.org

The Rev. Canon Allisyn Thomas, Associate Rector 858-432-7114 | athomas@stbartschurch.org

Honorary Clergy

The Rev. Robert Crafts, Priest-in-Residence

The Rev. William Zettinger, Deacon-in-Residence

Music Ministry

John-Luke Addison, Director of Music 858-432-7112 | jladdison@stbartschurch.org

Tim McLellan, Associate Director of Music tmclelland@stbartschurch.org

Jenny Yun, Organist

Christian Formation for Children and Youth

Maureen Hovannesian & Karen Matsumoto, Children's Ministry Directors children@stbartschurch.org

Courtney McWilliams, Youth Director youth@stbartschurch.org

St. Bartholomew's Preschool

Cheri Hoffman, Director preschool@stbartschurch.org

Sheila Martin, Assistant Director

Administrative Staff

Beth Dean, Parish Administrator 858-432-7110 | bdean@stbartschurch.org

Demetreus Gregg, Congregational Development Director dgregg@stbartschurch.org

Kristeen Evans, Communications Manager 858-432-7104 | news@stbartschurch.org

Lisa Saldamando, Bookkeeper 858-432-7105 | lsaldamando@stbartschurch.org

Treasurer 858-432-7119 | treasurer@stbartschurch.org

Mike Jewett, Sexton 858-432-7120

Pastoral Care Coordinator

Cathie Roy pastoralcare@stbartschurch.org

Vestry and Terms

Jim Macemon, Senior Warden (2022)

Nancy Peterson, Junior Warden (2022)

Larry Burgess (2022)

Mark Davis (2023)

Rachel Demler (2023)

Costa Dillon (2021)

Shinobu Horne (2023)

Susan McCormick (2023)

Jim Oaks (2023)

Cathie Roy (2021)

Will Smith (2022)

George Tynan (2021)

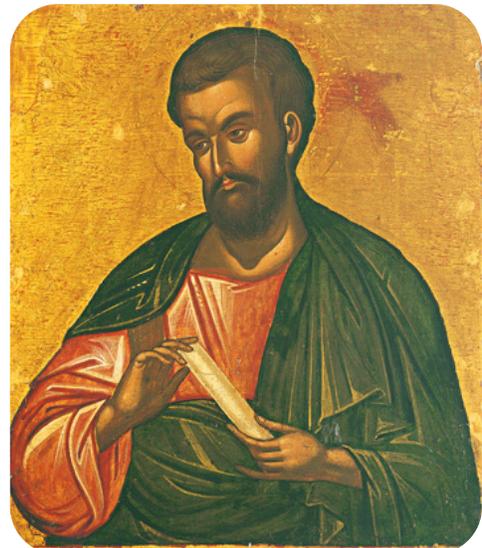
Will Oakes (2021) - Youth Representative

Fr. Mark McKone-Sweet

Terry McCune, Treasurer

Pauline Getz-Enos, Chancellor

Akiko Tamano, Clerk





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Reflections of Online Worship

Kristeen Evans

During the last 12 weeks, St. Bartholomew's, under the direction of Music Director John-Luke Addison and the with help of knowledgeable parishioners, has made the transition from live in-person worship to online livestream worship appear simple. The drive to evolve livestream worship during this time of staying at home is you, the parishioner. Our goal is to continue worshipping as a community wherever we are. Of course, we know there is nothing as good as being at St. Bartholomew's together. Here are a few thoughts from fellow parishioners about livestream worship. You can read all the reflections on St. Bart's Blog, visitsbartschurch.org/st-barts-blog.

In a time when most of us found our worlds getting smaller, virtual church helped make my parents' world bigger! My dad has been homebound for over a year, and my mom, as his primary caregiver, has been limited in her opportunities to come to church. The ability to watch and participate in a full mass (with beautiful music) has been such a blessing to them. They also have "attended" daily morning prayer and the Wednesday church history class.

~Karen Crafts

My wife and I watched some services live and some at a later time. It wasn't difficult to switch to virtual services. Under these unique circumstances I really looked forward to watching and participating. My wife and I really miss being at St. Barts and being with a community we dearly love and look forward to being with. To stay connected virtually has really helped. Looking forward to the day when we can be together again in the sanctuary. Many thanks to all who helped make the virtual viewing possible.

~Blessings, John Dentone

I have been enjoying the services online. I usually watch the recorded version. It's very comforting to see Rev. Mark and Canon Allyson, not only during services but other messages they post. Thanks also to John-Luke and the many choir members who have provided us with beautiful music and songs, for all their dedication to being available to be there for the rest of us, and others who have participated in reading. With much appreciation to all those participating, those in front and behind the scenes to keep our St. Barts family praying and worshipping together in new ways.

~Shirley Bunch