



THE CHIMES

August 2019



Living well to Die Well

Two subjects close to my heart are death and dying. This must sound morbid or just strange. But it isn't. I'll tell you how this came to be and why I think it is a subject we need to talk about more often. My longest pastorate was at a church in a suburb of Boston where I served for 10 years as an Associate Pastor. I was in charge of many ministries as this was a very large, active, congregation. I shared the area of pastoral care with the Senior Pastor. As such there were some folks I began to visit on a weekly basis. We had some members who had received a serious diagnosis. We also had a series of tragic deaths; none we had anticipated. It was a privilege to accompany the grieving families for years after their loved one had died. All of these experiences helped me to make the transition to become a chaplain. I was a chaplain in both hospitals and in a hospice setting for 8 years after I pursued chaplain training. It was as a hospice chaplain that I learned what people need when they are going to die. As a hospital chaplain working in ICU and with the palliative care team, I learned what people need before their prognosis is given. And so I want to share with you now, some of those things I learned.

- 1- Death is inevitable. We will all die. We weren't created to be immortal. Some day you and I will die and our loved ones will also die. It is therefore not something to fear or to deny. In fact, if we accept its inevitability then we can prepare for it.
- 2- Information is power. I used to say this to my patients and their families often. The more information you can get the better. Just wondering can be more stressful than knowing what is happening. Make sure then that the information that is given to you is given in a way that you can understand. Medical language is another language in and of itself. You are not "dumb" if you do not understand. Asking is encouraged and welcomed by any good medical professional. If English isn't your loved one's first language then ask for an interpreter.
- 3- Palliative Care teams are available to better explain what is happening in the case of someone with a life-threatening illness or serious prognosis. They can also help you make decisions as a family to decide what is the best next step. Questions like, "should I seek further treatment or should I focus on quality of life where no more invasive surgeries, therapies, or hospitalizations will be needed," for instance. They can also help you fill out the right paper work if you haven't done so already.

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- 4- Having an Advance Care Directive is a good thing. You don't have to wait until you are very old or have a serious illness. In fact, filling one out when you are not under stress due to illness is even better. It also gives you an opportunity to make sure that your wishes will be honored. Lastly, it takes the burden off of your loved ones to decide for you.
- 5- Think now about what will be important to you during your last months, weeks and days. Will you want to die in a hospital or at home? If at home, then do some research now on good hospice programs. A good hospice will have skilled professionals that will come to your home to make your last months or days as comfortable as possible; physically, emotionally, and spiritually. I never heard a hospice patient or family tell me they had regretted it. They only regretted it if they had begun the program too late and weren't given the opportunity to fully take advantage of all that hospice has to offer. The core team members are the doctor, the nurse, the home care provider (person who will bathe you), the chaplain and the social worker. They can help a family in countless ways and of course make sure that the patient's pain is being controlled well so that they can enjoy their last months or days as much as possible.
- 6- I highly recommend the following book if you want to read more on the subject. The Four Things That Matter Most by Dr. Ira Byock (an ex-colleague of mine and expert on palliative care and hospice).

I end by letting you know I am here to speak with you or your family about end of life matters. Dying well can be a beautiful experience. God bless you all.

YOU ARE INVITED !!

FUN AND GAMES

PARTY/ LUNCH

WOMEN'S FELLOWSHIP
COMMUNITY CONGREGATIONAL CHURCH
276 F STREET
CHULA VISTA, CA 91910

DATE: **AUGUST 5, 2019**
TIME: **10:00 TO 2:00**



BRIDGE
RUMMY
CANASTA
SCRABBLE
PINOCHLE
OR BRING YOUR OWN GAME



\$20.00 INCLUDES A DELICIOUS LUNCH
Opportunity Drawing Tickets Available
at the Event.



Contact: Dot Webb 619-863-0506
or
Nancy Holiman 619-933-3242
Reservations close by July 31st., 2019

Social Responsibility Committee Updates

The committee promotes the **Migrant Ministry Shelter** Camino de Salvacion in Tijuana as an ongoing project. There is a continuing need for clothing items and money for support. Items needed are new jeans, jackets, pullovers for young thin men and socks and under-wear for all sizes and gender.

Environmental Issues are at the forefront of our concern with continued efforts to educate our church members on the importance of limiting use of plastics, Styrofoam products (polystyrene) and recycling. The National UCC has recently passed resolutions regarding a Green New Deal and the Energy Innovation and Carbon Dividend Act. We will continue to work with other Church groups to support our efforts to make the Earth a cleaner place. Forums on these issues are upcoming.

Voter Engagement information workshops will be held prior to the 2020 election. The California Primary will be in March, as opposed to the previous date in June, and this will be significant to the process. We hope to discuss electoral issues as well as other proposed changes to voting in California.

Open and Affirming in the UCC and for Community Congregational Church. We will have a Forum on October 27, 2019, to renew discussions on the ONA process for the Church. Featured as speakers will be Church members whose family are LGBTQI persons, who will share their stories and experiences. If you would like to be a part of the panel or on the planning group for ONA please contact Lynn DeHahn or Pastor Liz to become involved. Our Church stands for “welcoming all” and we are working to make this a full reality as we move forward.

The Social Responsibility Committee (SRC) meets monthly and works in cooperation with the Missions Board to promote Justice and equality for all, especially those in great need in our country and the world.



COMMUNITY CONGREGATIONAL PRESCHOOL



Welcome Back!!!

CCP 2019-20
School year.



Tuition is due for 2
weeks of July.
From 7/22-Aug.2nd.

Please remember to
sign your Child in
and out with the cor-
rect times.
Thank you



Dear Parents,

July & August 2019

W

elcome our
Program!!

We have lots of dif-
ferent fun activities
and learning planned
for an exciting new
school year! Please be
sure to bring a change
of clothes for your
child to leave at
school. We do a lot
of fun, and sometimes
messy Projects and
outdoor sand and wa-
ter play. Play clothes
only Pleases!



D

on't forget to put
sunscreen on your
child before you leave
for school in the
morning.

S

ome Helpful
Hints: Mrs.
Avalos & Erika
Avalos will begin their
day in the story room.
Mrs. Meza and Ms.
Appleget will begin in
the Science room, and
Mrs. Braud and Ms.
Serrano will begin in
the Toddler
room.



N

O sandals at
school
please! Due
to the slippery sand,
climbing and bikes!!
We strongly suggest
tennis shoes.

New Tuition rates
and 2019-20 school
calendar are attached
to this News Letter.

Wishing everyone a
wonderful fun School
year! - All The Staff
at CCP!!!

Kim Appleget,
Linda Payne,
Velma Avalos,
Christina Braud,
Jessica Meza,
Martha Paz,
Maddie Braud.&
Brittany Hooper.

Happy July Birthdays!

Mrs. Paz 7/27
Brielle Garcia 7/25
Samual Smith 7/3

Happy August B-days!

Harlow Olivas 8/5
Zion & Zuriel 8/15
Lacey Fountain 8/14
Jessie Easley 8/26
Isaiah Delcorro 8/22
Indigo & Ezra 8/10



PASTOR JIM DONAHOO MINISTER OF VISITATION

Scripture Reading: Colossians 2: 6-15 (16-19)

Be kind whenever possible. It is always possible. —Anon.

One day, a poor boy who was selling goods from door to door to pay his way through school found he had only one thin dime left. He was so hungry that he decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door. Instead of a meal he asked for a drink of water.

She thought he looked hungry, so she brought him a large glass of milk. He drank it very slowly and then asked, "How much do I owe you?"

"You don't owe me anything," she replied. "Our mother has taught us never to accept pay for a kindness."

He said, "Then I thank you from my heart." As Howard left that house, he not only felt stronger physically, but his faith in God and man was stronger also. He had been ready to give up and quit.

Many years later that same young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease. Dr. Howard Kelly was one of the specialists called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes.

Immediately he rose and went down the hall of the hospital to her room. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day forward, he gave special attention to her case. After a long struggle, the battle was won.

Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it and then wrote something on the margin of the bill, which was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it in full.

Finally, she opened the bill. On the margin of the paper, she read these words: "Paid in full with one glass of milk." The signature read, "Dr. Howard Kelly."

The gist of this story is true, although — in the telling of it over time — some details have no doubt been embellished.

But the truth the story emphasizes is timeless: There's nothing more important than simple acts of kindness and giving.

—Melanie Silva

Prayer: O God, may my heart be full of love and kindness for those around me. Help me to stand in their place, to feel their pain and to act with kindness and love. Amen.

JUST A THOUGHT

By Erika Dennis

“Oh those Good Old Days.” We remember our grandparents reminiscing about them. But there were also people who would say: “Don’t get stuck in the past. Forget it. Live in the here and now. Plan for the future, the change that brings new opportunities.” But were those days of our lives, including the bad times, really no more than fleeting experiences to be lived, endured and forgotten? We prefer to dwell on the good times because they make us happy. But the bad times are not forgotten. They, also, are in our memory bank. The very fact that each human being has to collect their own, personal memories, and not just the Good Old Days, may tell us that they play a very important role in our lives. We add to them throughout our lives, as long as we have our senses to experience and react to the world around us. We pay for them in time, energy and pain.

From the first day of a baby’s life, caring parents devote uncounted hours to introducing their child to many varied stimuli because they believe that those early experiences are the first building blocks of a foundation needed to grow the child into a healthy, well-balanced adult. In those early days, children begin to become aware of the world around them. Gradually, they learn to process their experiences and reactions to them with less and less help from their parents. We may not be aware of it, but all of us have undergone a similar kind of development, and the process is still continuing. With each new experience and personal reaction to it we become better equipped to face life. For example, if we find ourselves in a dangerous situation, a quick decision is needed. If the threat is too great, we may want to run from it. If we think we can handle the situation, our appropriate, or inappropriate, action will then be added to our memory bank. As we strengthen our foundation with additional memories, our self-confidence will increase.

Examples of the importance of strong foundations can be found also in nature. Animals, especially those with well-developed brains, exhibit behavior similar to our own. Some of the memories most suitable for them are for food sources, dangers and their avoidance, migration seasons and destinations. Until recent times, much of animal behavior was thought to be instinctive. Now we know from observation that some female animals, for example cats who never experienced a mother’s loving care, do not “instinctively” know how to take proper care of their litter. They, too, seem to need memory banks from which to draw information for suitable action.

We realize that filling our memory bank with valuable, useful experiences and reactions is for the most part very serious business. The more information we have available, the better will be our chance of building a quality future life. However, let’s not neglect to collect those exciting, happy memories, no matter how brief they may be. Those bright moments are desperately needed to make the serious parts of our lives bearable. They give us the inner peace and strength to get through those times that we dread. Then, when we have finally reached that far future where we can reminisce about the Good Old Days, let’s dance a little jig down memory lane, happy and thankful for having cared enough to preserve those lighter moments to be enjoyed again.

REV. VICTORIA FREIHEIT
ASSOCIATE FOR SENIOR MINISTRY

For many years I was part of “The Birthday Girls” a group of six who knew each other mostly at church in our teen, young mother, career women, grandmother years. We shared about our high school ups and downs, weddings, baby showers, working at home and “out there,” kids' graduations, divorces, remarriages, deaths. Yes, deaths.

One of the Birthday Girls died a few years back and her daughters gave me all the poems she wrote. This one, by Maybelle Ruth Evans Peverly, was written when she was 17 years old, and it is about the church we grew up in—Arlington Baptist Church in San Diego.

Worship

The church is small and simply built where one
Goes to give of self, of inmost thoughts and deeds,
Of talents, money, and precious fleeting time.

One goes to bestow gifts to feed the poor
To lead another to the joy found there.
To give up home and family and there, friends
To sacrifice if God should give that call.

The church is love, so freely given by others
Who with me have found that God-given peace.

A spiritual renewing there, I find
Not found in valleys however golden
Nor in majestic sorrowing mountains
And still sought by aging philosophers.

The mighty, soaring, winged comradeship
My yearning soul needs to overflow the cup
Is there, in church, among the lowly folk.

I need those lives so freely given. The man
With little worldly goods who gives a smile.

Those living in the greatest luxury
And those impoverished, the learned men

The ignorant, the very wise, and those
Extremely simple. The tired aged,
And zestful youth. Love and worship as one
In this eternal singing unity.

All this humble flock I need and love and serve.

Yours on the Friendship Journey,
Rev. Victoria

P.S. Call me if you want to have a Grief/Loss one-time seminar, we'll set it up!

August Liturgists

4th Eygiel Limbo
11th Kennan Limbo
18th Erika Dennis
25th Jerry May

August Ushers

Reuben Barrera,
Nate Purificacion, Niel Purificacion
Melyn Limbo, Abner Limbo

FLOWERS ON THE ALTAR

We still need people to sign up for flowers. The flower calendar is on the table in Bradley Hall along with the white sign-up sheets. We have to commit to two bouquets each week from the florist.

The bouquets are \$25.00 each and it is a wonderful way to remember an event or person in your life.

Thank you for making our Altar Beautiful!!





STRENGTHEN THE CHURCH OFFERING

... God declares, that I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young shall see visions, and your old shall dream dreams. ...

— Acts 2: 17 (NRSV)

The Strengthen the Church will be collected on Sunday, August 18th. This offering supports the expansion of ministry and growth of UCC local congregations around the country. Your support of this offering will help the UCC fulfill its commitment to creating a just world for all by investing in new ministries and practices that meet the emerging needs of local communities.

As God calls our congregations to be the church in new ways, your generosity will plant new churches, awaken new ideas in existing churches and develop the spiritual life in our youth and young adults.

SUNDAY SCHOOL NEWS

There will be a children's activity with outdoor fun and games on July 28th. Below are the stories we are studying in the month of August.

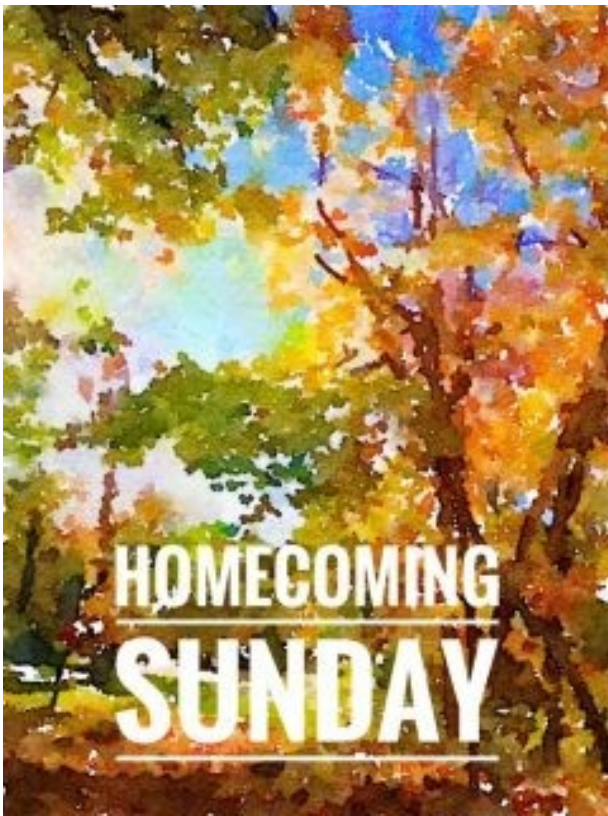
Summer 2019

Unit 3: David's Family

Date	Session	Story	Story Bible Verse
August 4th	10	David and Samuel	1 Samuel 16:1-23
August 11th	11	David and Abigail	1 Samuel 25:1-42
August 18th	12	David and Mephibosheth	2 Samuel 9:1-13
August 25th	13	David and Solomon	1 Kings 21:1-4, 3:1-15



Suzanne Keeler	2nd
Anika Erlendsson	3rd
Ava Joy Bowen	3rd
Dominador Hebreo	5th
Belen Hebreo	5th
Ko Tangen	10th
Lacey Fountain	14th
Pastor Liz Aguilar	16th
Ella Masterson	23rd
James Fountain	24th
Logan Fountain	25th
Doris Limbo	25th
Luneta Limbo	26th
Ellie Matthews	31st
Mutya Valentine	31st



Home-Coming Sunday is on September 8th, right around the corner now! Please plan to come to worship where we will have time for prayer and dedication of ministries for a new church year. Then please plan and stay for a special time of fellowship afterwards. There will also be a fun activity for children during fellowship.

"Christmas in October" annual program is calling for applications (due by Sept. 1).

This program, open to Chula Vista homeowners who are low income, elderly or disabled, helps preserve and revitalize houses. Military vets or their widows/widowers are encouraged to apply. All repairs are at no cost to each assisted homeowner. Mobile homes are not eligible. Volunteers, working with able-bodied members of families receiving help, do all needed labor. Improvements to houses' interiors/exteriors may encompass landscaping and painting as well as replacing carpet, tile, windows, pipes, bathroom fixtures. **Interested or know someone who may be?** Pick up an application at Chula Vista's Fire Station #1 (447 F St.) or the City Clerk's Office (276 Fourth Ave.), Mon.-Thurs. 9 a.m.- 5 p.m. & Fri. 9 a.m.- noon, at both locations. Or contact Dr. Emerald Randolph and ask for an application to be mailed: (619) 669-0538; jamul669@hotmail.com.



COMMUNITY CONGREGATIONAL CHURCH

United Church of Christ
276 F Street
Chula Vista, CA 91910
Phone: 619-422-9263
communitycong@sbcglobal.net

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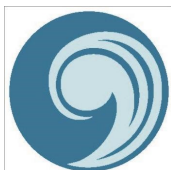
Return Address Requested

Community Congregational Church (UCC)

"No matter who you are or where you are on life's journey... you are welcome here!"

Mission Statement

- We strive to be a multi-generational, culturally diverse family of people dedicated to the principles of Christ, and the service of God in the world and local communities.
- Based on our open, loving relationship with God, we invite, through action and service, others throughout our changing community to join in faith and fellowship of our church.
- We strive to be a church where members are empowered to bring beliefs, skills, and passions. We strive to embrace change consistent with our sense of selves and our community.
- We seek to present our diversity of worship and program experiences based on interests, needs and concerns.
- We are a member of the United Church of Christ



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276 F Street,
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www.chulavistachurch.com

Senior Minister

Rev. Elizabeth Aguilar

Associate for Senior Ministry

Rev. Victoria Freiheit

Minister of Visitation

Pastor James Donahoo

Director of Youth & Young Adult ministries

Jamall Calloway

Parish Visitor

Erika Dennis

Director of Administrative Ministries

Amber Ashford

Director of Music

Lionel Jasmin

Parish Nurse

Luz Barrera

Event Coordinator

Sylvia Campbell

Custodian

Pelito Capistrano

Preschool Director

Kim Appleget