



April 2016
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From Pastor Pam's Desk

I admire those women and men who run for political office, and in this time of decision-making for our country, I have particular admiration for those people who are running for President. Putting oneself out there day in and day out, is something I don't believe I would have the stomach to do!

That said I am deeply concerned about what is happening in our current process. We, as a nation, have regressed to the point of forgetting how to behave civilly and to have conversations (let alone develop friendships and/or relationships), with people who are different than us. In my sermon on March 13, I laid out what I think is the best analysis of our country's condition from Rabbi Edwin Friedman. His book *A Failure of Nerve: Leadership in the Age of the Quick Fix* (which was published posthumously), I believe, makes what is happening in our country very clear. Here's a more detailed analysis of Chapter 2 of this book done by Troy Onsager...

Five characteristics of chronically anxious [families and societies]: 1) **Reactivity**: the vicious cycle of intense reactions of each member to events and to one another. 2) **Herding**: a process through which the forces for togetherness triumph over the forces for individuality and move everyone to adapt to

the least mature members. 3) **Blame displacement**: an emotional state in which family members focus on forces that have victimized them rather than taking responsibility for their own being and destiny. 4) **A quick-fix mentality**: a low threshold for pain that constantly seeks symptom relief rather than fundamental change. 5) **Lack of well-differentiated leadership**: a failure of nerve that both stems from and contributes to the first four.

Reactivity: The most blatant characteristic of chronically anxious families is the vicious cycle of intense reactivity of each member to events and to one another. For example, members of chronically anxious families will be quick to interrupt one another, if not to jump in and complete one another's sentences, and they are constantly taking and making things "personal." Communication is marked more by diagnostic or labeling "you" positions rather than be self-defining "I" statements...The family is thus easily "heated up" as feelings are confused with opinions. Those inclined to become hysterical and those inclined to be passive-aggressive will both find their tendencies promoted. What also contributes to this loss of perspective is the

disappearance of playfulness...the relationship between anxiety and seriousness is so predictable that the absence of playfulness in any institution is almost always a clue to the degree of its emotional regression.

As with any chronically anxious family, there is in American society today an intense quickness to interfere in another's self-expression, to overreact to any perceived hurt, to take all disagreement too seriously, and to brand the opposition with ad hominem personal epithets...As in personal families, this hardens hearts and leaves little room for forgiveness or balanced accommodation.

The Herd Instinct - The chronically anxious, herding family almost seems to develop a "self" of its own to which everyone is expected to adapt. As its regression deepens, it will turn the togetherness principle into the supreme goal that rules every member and transcends all other values. In the herding family, dissent is discouraged, feelings are more important than ideas, peace will be valued over progress, comfort over novelty, and cloistered virtues over adventure. In order to be "inclusive," the herding family will wind up adopting an appeasement strategy toward its most troublesome members while sabotaging those with the most strength to stand up to the troublemakers.

The herding instinct in chronically anxious America has the same effect of furthering adaptation to the least mature, to those who are most unwilling to take responsibility for their own emotional being and destiny. Its influence on leaders is several-fold. It discourages them from expressing "politically incorrect" opinions and encourages them to play it safe generally; it undermines excellence by encouraging society to organize around its

most dysfunctional elements; it forces leaders to engage in countless arguments that are dilatory; and it makes it more difficult for leaders to be clear, much less decisive. It has been my impression that at any gathering, whether it be public or private, those who are quickest to inject words like sensitivity, empathy, consensus, trust, confidentiality, and togetherness into their arguments have perverted these humanitarian words into power tools to get others to adapt to them.

Blame Displacement - Chronically anxious families encourage blaming rather than "owning it." Every crisis has a different context, of course, but what can be said of all families of any culture is that to the extent that families deal with crisis by focusing on the impacting agent or condition, they usually remain stuck as a result. More mature families that focus primarily on their own response to a trauma generally heal faster.

All the characteristics of blame displacement we find in families are also prevalent throughout the greater American family today: focus on the other, disregard of personal resources, personal attacks on the opposition, a desperate quest for certainty, and a variety of pet (that is, favorite) displacement issues.

Quick Fix Mentality - The chronically anxious family is impatient. The same escapist thinking that leads it to the displacement of blame also leads it to assume that problems can be fixed in a linear way. The quick-fix mentality is the other side of the coin of displacement. Both are a flight from challenge, simplistic in their conception of life, and outwardly focused. Both avoid dealing with emotional process and devalue the self. And ultimately, both depreciate the

integrity of the leader. What chronically anxious families require, of course, is a leader who does not give in to their demands.

As with personal families, the desire for a quick fix throughout the greater American family evidences a search for certainty, a penchant for easy answers, an avoidance of the struggles that go into growth, and an unwillingness to accept the short-term acute pain that one must experience in order to reduce chronic anxiety.

Poorly Defined Leadership - The major regressive effects on leadership of chronic anxiety in both personal families and in the greater American family are these: 1) Leaders lack the distance to think out their vision clearly. 2) Leaders are led hither and yon by crisis after crisis. 3) Leaders are reluctant to take well-defined stands, if they have any convictions at all. 4) Leaders are selected who lack the maturity and sense of self to deal with sabotage.

These are in stark contrast to the major principles of leadership that were characteristic of the great Renaissance explorers and of Jesus. 1) The capacity to separate oneself from surrounding emotional processes; 2) The capacity to obtain clarity about one's principles and vision; 3) The willing to be exposed and to be vulnerable; 4) Persistence in the face of inertial resistance; and 5) Self-regulation in the face of reactive sabotage.

It's a lot to read, I know. It's a lot to take in. Considering what we are called to do – which according to Martin Luther – is to be a citizen of two kingdoms...earthly and heavenly...we need to lower our anxiety, think clearly, and pray...as we choose our next leaders.

+Blessings+
Pastor Pam

Thank you to all who donated to the Christ Lutheran Church Memorial Fund in Rev. Bill Willms memory after he passed away. Your contributions have been used to purchase a new Ambo Bible. This Bible enables Christ Lutheran to use the Narrative Lectionary, (a list of Scripture Readings addressed each week in worship throughout the year). The Narrative Lectionary was created at Luther Seminary, the seminary which Bill attended!

*Hear the Word of the Lord!
 Frances Willms, Elisabeth and Eric*



April brings the challenge and encouragement to live the realities of Holy Week and Easter. God uses the story of Holy Week to draw us into God's life-and-death drama of love. But it's not the *story* we believe in; we believe in a God who promises to "be with us" in Spirit. We see this in Jesus' passion and in His Church. As we consider this fantastic tale, we are called to live as God's people. We are led to wonder how the unthinkable and almost obscene actions of Holy Week, which culminate in the joy of Easter, might lead us to love those who are un-loveable, serve those we do not know, and feed those who hunger for food, companionship, and hope. We might even wonder how, in light of God's unfolding story of Jesus' obedience, we might engage the world by practicing love and offering peace. Some may be skeptical of the Easter story, but we claim the story's truth as transformative and powerful. At Christ Lutheran Church we will continue to hear the story, learn and be challenged to share it with others, and allow God's love and grace to change us. There is much to learn and experience...it begins with the proclamation, "Jesus Christ is risen! He is risen indeed!"

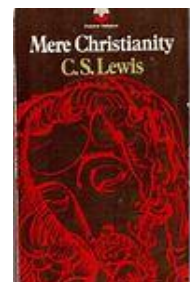
Many thanks to our musicians Roger Halvorson, Tom Parmeter-Dyer, Nathan Latiolait, Lonnie Timney, Claudia and Maggie Fitzpatrick, Brooke Parker, Karen Frankenberg, our Chancel Choir and Praise Team and Handbell Choir. A special thank you to our media technicians Harold Rivera, Laura Tidwell and Dave Challis: ushers, greeters, Altar Guild, communion assistants, acolytes, those who prepared bulletins who gave of themselves to make worship during Holy Week and Easter a blessing for all who attended.

Thank
You

Thanks also to Lisa Cottrell, Stephanie Murray, Chris and Sheryl Hunter and Ken Yliniemi for helping to prepare Easter baskets for children and staff at Christ Lutheran Preschool and Kaleidoscope Kids Club.

Worship and Music Committee is seeking new committee members. This group meets monthly to discuss the music and worship ministry of our congregation. Come share an idea; inspire creative worship and ways to engage the worship life of CLC. Questions: see Kenny Callaghan or Lonnie Timney.

C.S. Lewis Mere Christianity, Sundays April 3, 10, 17, 24, 10:45am in the Conference Room. Bring a friend and join Carol Goller for this Adult Education experience. Participants should obtain a copy of the book and begin reading in preparation for group discussion. Questions: see Carol Goller or call the church office.





Kaleidoscope Kid's Club, Wednesdays, 4:15pm in Classroom 9.

All elementary school age children are welcome to participate in Kaleidoscope. This month we will be discovering and celebrating the season of Easter. Come learn about God's love as we do homework, enjoy snacks, play games, make things, re-create Bible stories, and complete service projects. Each week we end our time together choosing something from the prize box and having dinner with the confirmation students. **Many thanks to Laurel Elliott** who organized and implemented Kaleidoscope dinners during the season of Lent.

Chancel Choir & Praise Team, Thursdays, 7 to 8:30pm in the sanctuary. After a beautiful Lent, Holy Week and Easter we now turn our attention to preparing music for the celebration of Pentecost. Come join the choir as we learn new music, enjoy one another at rehearsal, pray together, enjoy snacks and participate in Sunday worship.

Handbell Choir, Tuesdays, 6pm in the Sanctuary. Come have fun learning the basics of note reading and rhythm where making mistakes is part of the process of learning. This group also provides laughter and community as we ring bells and make beautiful music. We participate in worship monthly. All are welcome!

Week of the Young Child & Preschool Sunday,

April 11-17 Be amazed by the ministry of Christ Lutheran Preschool as we celebrate the lives of young children. Some of the activities this week include: Western Day with pony rides and pictures, music, sensory fun, pancake breakfast and a park field trip. Want to volunteer and be part of the fun? Contact Lisa Clinton at info@clplb.com. This week culminates with a Preschool Open House and welcoming the preschool staff and families to worship on Sunday, April 17.



Joanie's Purse Project Help bring cheer into the lives of women in transition this Mother's Day. This outreach program provides purses filled with personal care items, snacks and small gifts to women in Orange County shelters, transitional living and other support programs. Donations may be placed in the basket in the church narthex before Tuesday, April 10.



CLC Habitat for Humanity Build in Inglewood, Saturday, April 16, 9am. Be part of building a house for a family in need. Volunteers must be at least 16 on the day of the build. Questions and more information contact Ruth Benner, bennerlowellruth@aol.com.

Daytimers Lunch Bunch, Tuesday, April 26, 11:30am. Bring a friend and come enjoy lunch with Kenny and others from church. The Tuesday menu specials are a tasty treat! Polly's Pie 4680 E Los Coyotes Diagonal, Long Beach, CA 90815. All are welcome!

Koinonia Prison Ministry is collecting Mother's Day cards as well as other new and used greeting cards. Donations may be left in the basket in the narthex.



Woven Image Concert, Sunday, May 1, 4pm at CLC. Come support our CLC family members Carole and Tom Parmeter-Dyer, David Winter, Lonnie Timney, Claudia and Maggie Fitzpatrick as they share their music ministry as raise funds for the Woven Image Sewing Institute in India.

~ **Kenny**

Church in Society Dates to Remember
Put these events on your calendar

April 7th	Church in Society Meeting
April 16th	Habitat Build in Inglewood
May 5th	Church in Society Meeting
June 2nd	Church in Society Meeting
June 11th	Habitat Build in Inglewood

Save the date: Sunday, May 15
Congregational Meeting



Preschool News



Our Scholastic Book Fair was February 29-March 4. It was our best book fair so far! The teachers got almost all of their wish list books; we sold \$1700 worth of books and received a profit of \$400 which we will use to buy new dramatic play items. Thank you to everyone for their generous support of our book fair!

We had a lot of fun celebrating St. Patrick's Day with leprechauns running around our campus messing up toys, leaving footprints, leaving notes, pulling out all of the green toys, leaving green pee in the toilets (a little green food coloring), gold glitter in the sand box, and of course leaving a pot of gold at the end of the day. Our Easter celebration went great. The children loved finding the eggs and then we had a lovely time of fellowship with a picnic on the yard.



In April we will celebrate Week of the Young Child with a Western day with pony rides and pictures, a safety day with fingerprinting and police visit, and sensory/messy day, a parent appreciation day, and a fieldtrip to the park. This is a very fun and busy week that we will end with a special Preschool Sunday on 4/17.



Our Auction, "Remembering Your Roots" will be on Sunday, 5/22 from 11:30am-3pm at The Grand Event Center. Tickets will be \$35 each and then \$45 after 5/13. We will be selling tickets after Church beginning on Preschool Sunday, 4/17. We are also currently collecting donations. If you know any businesses that would be willing to donate, you can email me at info@clplb.com and I will sent you a donation request letter.



Blessings for a Beautiful Month!

Lisa Clinton

"Loose Threads"



Loose Threads is a small group of sewers and quilters, who meet once a month, bring their sewing machines and a wide assortment of projects to work on. It's having that dedicated time to work on a sewing project free from distractions that is not only nice, but fun when in the company of friends! We welcome all age levels and all degrees of sewing abilities to join us. Our next meeting date is **April 10, 12-4PM in the Social Hall**. Call Chris Panos (562)986-4393 for more information.

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Bible STUDY
Join us!

Men's Bible Study
meets on the **second Monday of each month**.
Please join us on **Monday, April 11 at**

7pm in the conference room.

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SONS OF NORWAY

The Sons of Norway meet in

CLC's Social Hall at noon on the second Saturday of each month. Everyone is welcome to attend their next meeting on **April 9 at 12pm** to see what this cultural group is all about.

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Youth Sponsored Yard Sale

Saturday, April 23
Christ Lutheran Parking Lot



We will begin accepting donations of your items on Sunday, April 17 immediately following worship through Saturday, April 23.

Please donate used clothing, shoes and linens directly to Lutheran Social Services or Christian Outreach in Action

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Pray for Peace in the Middle East



Join Pastor Pam in the Sanctuary on the 24th of each month at 7pm to pray for peace in this fragile and volatile area of the world. Raising our voices together in hope for respect and resolution is one way that we can support our brothers and sisters in this region.

Christ Lutheran Youth News is now a separate attachment to the church newsletter. If you did not receive it, please contact the church office. 562.598.2433

REMEMBER IN PRAYER

Members at Home or in Care Centers:

Coleen & Spud Fenton, Velma Fischer,
Jean Johnson and Mikki Nemnich.

Those struggling with illness or other

concerns: Justin Bartlow, Ann & Byron
Bruner, Dolores DeSha, Judy Haenn,
Dorothy Henriksen, Bill & Mary Sargent,
Bary & Janice Schlieder.

Family & Friends: Clara Caldwell,
Anthony Callaghan, Dan Cameron, Edi
Callas, Aubrey Cray, Anna Delgado, Nancy
Dionne, Rich Ducar, Kathy Goodwin,
Alberta Gray, Anne Harrington, Bobbie
Hoenig, Helen Horner, Leslie Hoskins,
Ted Howard, Kylie & Crystal Huber,
Katrina Lahr, Nana Leomiti, Mabel
Manzur, Denny Morrill, Steve Nelson,
Kristina & Steve Randolph, Nohemy Ruiz,
Jake Tackett Perry Taggart, Rev. Paul
Theiss, William Thomas, Janette & John
Velarde, Dick, Jenny & Steve West.

Those serving in our nation's military;
especially Samuel Brown, Rachel & Victor
Colon, Aaron Crayton, Nicholas Flournoy,
Richard Gallegos, Zachary Krog, John
Lamberton, Brittany Graham, Davis
McElwain, Morgan Llewellyn, Haley
Fessenden, Johnny Luna, Shawn McRae,
Emily Merritt, Michael Joseph Navarro, Jim
Reeder, Douglas Steelhammer, Jonah
Westcott, Joshua Wauchope.

We pray for the ongoing work of:

Linda Gawthorne among the Kogi people
of Colombia.



Happy Anniversary

4/21 *Linda and Gary Zimmerman*
4/22 *Courtney and Sean Cover*
4/25 *Ruth and Lowell Benner*



4/1 *Brianna Peralta*
4/3 *Dave Challis*
4/3 *Amanda Croes*
4/3 *Jillian Rollins*
4/9 *Phyllis Kay*
4/9 *Matthew Nelson*
4/10 *Laurie Ennen*
4/11 *Kayla Wallace*
4/12 *Jeff Curel*
4/14 *Shannon Howard*
4/15 *Ethan Dwinell*
4/16 *Gen Tidwell*
4/17 *Stephanie Petrbock*
4/18 *John Ennen*
4/18 *Cindy McGee*
4/27 *Lisa Cottrell*
4/27 *Mark Moon*
4/29 *Julia Curel*
4/29 *Jim Petri*
4/30 *Noah Dodd*
4/30 *Erin Lowther*
4/30 *Stephanie Murray*

Vacation Bible School
June 27-July 1, 2016

9am-Noon



Catch The Wave of
God's Amazing Love

Christ Lutheran Church
Long Beach

Registration begins:
April 3

Please contact Aaron Tidwell with any ideas, suggestions or questions you may have. There will be two more general planning meetings at 7:00pm on Monday, April 18 and Monday, May 23. Please come to either or both meetings if you can help out with any aspect of this fun ministry.

Transformed by Fire

Pieces from the collection of Richard Oelschlaeger

March 11, 2016 – May 29, 2016

The Long Beach Museum of Art is proud to present *Transformed by Fire: A Collection of Contemporary Ceramics*, a diverse selection of functional and sculptural contemporary ceramics from the collection of **Richard Oelschlaeger**. The artists' creations in clay are local, regional, statewide and national in significance. They represent a wide variety of traditions including studio pottery from the east coast and innovations in clay from such centers as the Archie Bray Foundation in Montana. Rather than being an historical review of ceramics, or, an all-inclusive round-up of contemporary ceramic artists, this exhibition has been assembled with this enthusiastic collector's eye in mind.

Hours of Operation

Thursday: 11 a.m. to 8 p.m.

Friday – Sunday: 11 a.m. to 5 p.m.

Admission Information

- \$7 Adult
- \$6 Seniors (over age 62) & Students with Valid I.D.
- Free for Members and children under 12
- Free admission Fridays are sponsored by: [Los Angeles County Arts Commission](#)

