



SHAMROCK
Senior Health & Advocacy Ministries

A ministry of
Community of Christ

SUMMER NEWSLETTER

July 2011

Denise Leichter, RN/Senior Health & Advocacy Minister
Southern California Mission Center
(818) 996-4709 * Cell (310) 403-9973
DeniseLeichter@cofchristla.org

WHY WE STAND

*You ask why we stand, when the flag passes by,
because it's a symbol of what you and I as Americans
Claim and have come to expect,
so we rise to our feet to show our respect.*

*It's not for her colors so shiny and bright,
with star spangled blue and red and white stripes
But it's our way of life that our flag represents,
and a government based on common consent.*

*Over two hundred years we have flown her with pride
and together, united we stand side by side.*

Asking God for direction for in Him we trust.

So to stand for our flag is forthright and just.

*We pray the protection of His mighty hand,
and may our flag always wave over this blessed land.*

'Cause our flag stands for freedom, as she pierces the sky.

That's why we stand, when the flag passes by.

*Over all of our conflict our troubles; our strife,
she's proudly proclaimed our prevalent rife.*

*To all who have served her, we give our devotion,
whether here close at home or far o'er the earth's ocean.*

*Each time our bravest are put to the test;
they make us stand proud and give us their best.*

*From Tripoli's shore to New York's smoldering slag,
the first thing they raised was that tattered old flag.*

*And to all those brave souls we return to the sod,
'neath a star spangled shroud, we commit them to God.*

*To mark the graves of our heros she always will fly.
That's why we stand when the flag passes by.*

-Tony Carnahan, Pastor
Hemet-San Jacinto Congregation



LYSINGER ESTATE

Frank Lysinger was a gifted organist who shared his talents generously in worship services and as a consultant for purchase, setting-up and moving of organs for several congregations. After his death last month, SHAMROCK Ministries offered a new type of service for the grieving family. SHAMROCK offered and agreed to organize many of the logistical and labor needs for the estate sale. The family agreed to use the general standard for this type of service—a 60/40 split of the sale proceeds.

Frank's niece Meg and long time friend Ray opened the home on a Monday, bringing in antique dealers to assess and buy. They spent the next day going through personal items, memorabilia, and pictures and met with University of Southern California representatives about the provision in Frank's will to donate his home to the school upon his death. On Wednesday, Humpo and Loretta Miyashiro and Michele Tengan, all from Gardena Congregation, and I, together with the family, went in and began to organize the entire house into various categories for the sale.

On Thursday we were joined by Lola Negaard (Lancaster), Gail Biller (Anaheim), Sergio Juarez and four other adults (La Nueva en Cristo) and Stu Sherman (Graceland University) for another long day of prepping. We laughed, cried and experienced some real moments of excitement when we found treasures that Big G and the Church might receive. We ended our day with a prayer for the memories to be greater than the sale prices, and to find joy in remembering and honoring this special man.

Friday was sale day, and the team was comprised of Humpo, Loretta, Michele, Terry and Linda Read, Stu, Meg, Ray, and myself. Hal Bruington of Santa Barbara also contributed arts/crafts items to the sale. The



greatest moment that day was the match we made between Frank's fabulous organ (a duplicate of the one formerly in the El Segundo Congregation and now gracing the Gardena Congregation) to a USC doctoral student and accomplished organist. We also sold her the accompanying massive collection of organ music! She floated out of the house feeling like a miracle had come into her life; we just told her to make beautiful music and bless others in Frank's memory. We are sending some of the very old music pieces to Jan Kraybill at IHQ.

Saturday was a big day that included assistance from Darrell Kelty (Temple City), Bob and Lori Orendorff (Anaheim), Kyle Logan and six youth from the mission center, Sergio and Sara (LNEC), James Stevens and Becky Allen (Gardena) and Heather Smith (Welcome Home) joining the core team (Denise, Humpo, Loretta and Michele) for productive sales along with storytelling. As things were sold and questions asked about Frank and all of us, we were able to share about the Community of Christ, our congregations, and our Senior and Youth Ministry partnership to help out. People were amazed!

Frank had jars of coins (\$94.57) that were given to the LNEC Children and Youth Peace Center Project for purchase of a TV. Loretta and Humpo were beyond gracious in providing meals and drinks for all of our days in addition to adding energy and expertise to each day.

The youth provided Spanish speaking skills for negotiations on Saturday (what a blessing) and Heather Smith cleaned up (literally) in taking many household items for Welcome Home's monthly "Free4All/All4Free" event.

Arrangements were made at the end of the day with an auction/consignment company to come in Sunday morning to take out more items.

On Sunday afternoon, Michele, James, Loretta, Humpo and myself went in for a final review, packed and locked up! We all have some nice keepsakes from Frank's life. As for me, I got a massage that night and after eight hours of sleep (with some extra strength Tylenol), I awoke the next morning so very glad we had provided this ministry. SHAMROCK Ministries will net about \$1,850 from this two day event, a nice benefit toward our sustainability. We also shared the financial blessing with the youth who helped out, contributing to their Journey Takers Caravan and SPEC participation this summer. The best part was being in community with each other and sharing with the community at large—"Congregations in Mission."

Thank you to all that helped tirelessly, to Meg and Ray for their willingness to have us help (and benefit) and especially to Frank, for his generosity to us. When I was asked Sunday at church, "would you do it again?" "Absolutely! Just not for a few months so we can all recover!" It was an investment of our Bodies, Minds and Spirits, but brought blessings to many. *Denise*





The women from the Hemet/San Jacinto congregation are active in the Church Women United, and we went to a lovely luncheon in May. Orilee Crawford is the congregational rep, and Sondra Plonte offered the Invocation. I met some wonderful resources and have since gone to the Interfaith Clergy meeting. The ladies had me laughing at the antics in the car . . . it was like a senior car rally trying to find our way . . . what a hoot these ladies are!

HISTORICAL TIDBITS

- ★ Betsy Ross, according to legend, sewed the first American flag in May or June 1776, as commissioned by the Congregational Committee.
- ☆ Independence Day was first celebrated in Philadelphia on July 8, 1776.
- ★ The origin of Uncle Sam probably began in 1812, when Samuel Wilson was a meat packer who provided meat to the US Army. The meat shipments were stamped with the initials U.S. Someone joked that the initials stood for “Uncle Sam”, and eventually led to the idea of Uncle Sam symbolizing the United States government, but not until 1961.
- ★ There are 30 places nationwide that have “liberty” in their name with Liberty, Mo having the greatest population. Eleven places have “independence” in their name with Independence, MO being the largest!
- ☆ In 1941, Congress declared the 4th of July as a federal holiday.
- ★ We consume 150 million hot dogs on 4th of July.
- ★ \$211 million is spent on fireworks for the 4th of July. (A few years back the youth at SPECTACULAR asked that the fireworks celebration on the first night be scaled back significantly and the money go to Outreach International to make a difference and really celebrate with sustainable food, clean water and immunizations for children!)
- ☆ OK . . . who knows the answer to this one . . . who has the largest signature on the Declaration of Independence? How many months did they protect the 56 names on the document and why?

A special goodbye to Mary McGoon from Inland Empire. I had a nice SHAMROCK breakfast with her before departure and encouraged her to bring this type of ministry to her new area. (1101 E. 6th Street, Pueblo, CO 81001)

For though we may not live a holy life, we live in a world alive with holy moments. We need only take the time to bring these moments into the light.

-Kent Nerburn in Small Graces

WHERE IS DENISE?

- JUL 10 Reunion week with SHAMROCK Resource, Rest and Visiting Tent
- JUL 17 World Religion Encounter Camp in Toronto (vacation time)
- AUG 11 SHAMROCK Luau, Gardena
- Aug 19-20 HMA Conference in Independence
- AUG 21 Hemet Worship
- SEP 18 La Nueva en Cristo Worship and SHAMROCK Presentation
- SEP 22-24 AARP Life @50+ at the LA Convention Center. This should be a GREAT event, and if enough people want to go to some of the events we can plan a SHAMROCK gathering . . . I will be there 22-23rd then on to LEADS!



The recliner/launcher donated by Edna Calhoun's (El Segundo/Gardena) family were picked up by James Stevens (Gardena) and Paul Shiota (Anaheim) for known needs in their communities. The pick up and delivery were coordinated by Kelly O'Neil.

I recently read an article by Ron C. Peck, MBA and Principal for FWLife. I thought it had some information that you may want to research and get professional advice about from your financial advisors, agents, or estate planners.

“All too often when one reaches a certain period in their lives life insurance may no longer be needed. In fact, all too many seniors let their policies lapse or surrender them back to the insurance companies. Why? Premiums have become too expensive or the policy is no longer needed or wanted. Before letting those policies lapse or surrendering them; consider a LIFE SETTLEMENT. A Life settlement is a lump sum cash settlement paid to the policy holder in exchange for the policy ownership rights. This can be a valuable tool for seniors with changing needs. The possibilities could include medical expenses, paying off debts, securing and paying for final arrangements, charitable giving or transferring ownership to a non-profit creating a positive tax event.”

Check with those people that have fiduciary responsibility for keeping you updated on your changing needs, and let me know if this information was valuable to you. D

Denise has been providing ministry two days a week in the Hemet-San Jacinto congregation. This began May 15th and will continue thru August (excluding Reunion). Thanks to Bob and JoAnn Nichol she is living in style!



STEWARDSHIP RECYCLING

During my last visit to the Temple City Congregation to do the SHAMROCK presentation and speak at the congregation, I was once again amazed at the Weekly and Year to Date contributions to the congregation based on recycling efforts. Francis Kaufman has been the lead for many years on this Earth Stewardship and Financial Contribution to Temple City. Along with his Pastor, Darryl Kelty, they have been providing a witness and service to the community to pick up paper and other items. Year-to-date contributions are \$753.71 with projections for the year to be \$2,177! They have already collected 7,462 lbs. of newspapers and mixed paper, CRV glass, other glass, plastics and aluminum cans.

Way to go Francis! You are an inspiration to SHAMROCK folk!



Francis Kaufman, dedicated recycler, and Temple City Pastor, Darryl Kelty.



Circle of Joy luncheon with Hemet-San Jacinto members.



DISPOSING OF MEDICATIONS AT HOME

If you have medications that you no longer take, or need to clean out your medicine cabinet, **DO NOT** flush them down the toilet or throw in a trash can.



Here is what you should do:

1. Take the name labels off the containers or scratch out names.
2. Get a large ziplock bag and empty the contents into the bag.
3. Add a large helping/squeeze of liquid dish soap into ziplock bag.
4. Add warm water and close the bag securely.
5. Allow bag to sit for a few hours to dissolve, and then place securely zipped bag into your trash can.

This is the policy that Hospice Staff follow for all home patients, and is a current and safe home and environmental practice. *Denise*

KIRTLAND TEMPLE VOLUNTEERS NEEDED



Celebrate the 175th Anniversary of the Kirtland Temple as a New Volunteer!

Early church members depended on volunteer labor and sacrifice to construct and maintain the Kirtland Temple. Likewise, we rely on volunteer service to preserve and share the historic “House of the Lord” today. As you make plans for the upcoming autumn, consider linking hands with early church members in becoming a Kirtland Temple volunteer. Volunteers are needed to assist in the temple gardens, hosting visitors on tour and in worship services, and helping maintain

the properties. If you are interested in serving at the sites in 2011, please contact Lachlan Mackay, historic sites coordinator, by e-mail: lmackay@kirtlandtemple.org; or by phone: 217-453-2246.

DID YOU KNOW?

During massive restoration efforts in 1883, the temple caught fire thanks to the belfry workers. Cassie Kelley, E.L. Kelley’s wife reported the incident in the Herald and shared that a bucket brigade saved the day:

“By letter from Kirtland to Coldwater, Michigan, we learn that the roof of the Temple at Kirtland caught fire from the tinner’s kit, employed in the tinning [of] the belfry; and but employed for the timely discovery, and the energy and assistance of Bro. C. Scott and Sr. E. L. Kelley, the old building would have been burned. Sr. Kelley wrote: “Five minutes later and the whole building would have had to go . . . NO damage was done to the building to the amount to anything as it was . . . I drew water and the rest carries.”



In 1904, a bolt of lightning struck the bell tower badly damaging the roof and belfry, and catching fire to an adjacent barn. Once again, a bucket brigade saved the day, or at least the temple from any extensive fire damage.

FOR SALE

2 ROSE HILLS/WHITTIER CEMETERY PLOTS
\$10,000 for both. Only available by private sales.
Contact Sondra or George Plonte in Hemet, CA
951-654-8350

❧

2 CONEJO MOUNTAIN MEMORIAL PARK PLOTS
\$6,200 Each
Contact Kathy or Norio Morota in Vista, CA
760-734-1230 ♦ noriokathy@yahoo.com ♦ kmorota@att.net

The SHAMROCK newsletter is published quarterly by the Senior Health and Advocacy Ministries, a ministry of Community of Christ.

Contributions may be sent to the Editor by September 1.

EDITOR/AUTHOR

Denise Leichter
DeniseLeichter@cofchristla.org
17125 Hart Street
Lake Balboa, CA 91406

GRAPHIC DESIGNER/LAYOUT

Jean David

YESTERDAY

I recently visited Desert Hills Memory Care Center in Hemet. The facility and staff are wonderful! This dedication was in their newsletter written by Birdie Miley (2007), and I wanted to share it with all of you.



Yesterday it's strange I knew your name, today my mind it never came.
Forgive the blank look in my eyes, with things I do not recognize
Yesterday, I could dress myself, today, I can't, I need your help.
And feed myself, that I could do, but now I must depend on you.
The piano I could play with ease, today I fumbled to find the keys.
I wanted to play some hymns, but they lay hidden deep within.
My family, my home, that special place
The memories are gone, there's an empty space
I try to speak, the words aren't there, if I could say it, you'd know I care.
Oh yes, I've lost a lot, it's true, but could I ask one thing of you?
Remember me as I was from the start, my mind may be gone, but not my heart.

FAVORITE THINGS SHAMROCK Theme Song



*Maalox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.*

*Cadillacs and cataracts and hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.*



*When the pipes leak, When the bones creak, When the knees go bad,
I simply remember my favorite things, And then I don't feel so bad.*



*Hot tea and crumpets, and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heat pads and hot meals they bring,
These are a few of my favorite things.*

*Back pains, confused brains, and no fear of sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.*



*When the joints ache, when the hips break, When the eyes grow dim,
Then I remember the great life I've had, And then I don't feel so bad.*

SPRING FLING

The Orange Congregation graciously hosted the May SHAMROCK event and we had 30 in attendance, and it was all about FOOD! Carol Kostura presented about how to order groceries on line when needed. Norm Gunsolley shared about transportation to get to groceries, using coupons effectively, recipes etc. We discussed local resources for food through Meals on Wheels, Angel Food Ministries and the Treasure Box, and the benefits of social dining for body-mind-spirit health. Jan Albin provided booklets on Senior Nutrition, and as usual we had a great meal from a local Italian restaurant. Our Evangelists provided a closing worship to send us forth. It is always such a thrill to see returning SHAMROCK disciples, and seeing new faces as part of the learning-laughing-loving fellowship.



A DOSE OF LAUGHTER . . .

THE IRATE CUSTOMER calling the newspaper office, loudly demanded to know where her Sunday edition was.

"Madam", said the newspaper employee, "today is Saturday. The Sunday paper is not delivered until tomorrow, on SUNDAY".

There was quite a long pause on the other end of the phone, followed by a ray of recognition as she was heard to mutter, "Well, that explains why no one was at church either."

A LITTLE GIRL became restless as the preacher's sermon dragged on and on. Finally, she leaned over to her mother and whispered, "Mommy, if we give him the money now, will he let us go?"

THE SUNDAY SCHOOL Teacher asks, "Now, Johnny, tell me frankly do you say prayers before eating?" "No ma'am," little Johnny replies, I don't have to. My mom is a good cook."





SHAMROCK is one of the many beautiful rocks in the Buckhorn Camp Labyrinth . . . another place for meditation and reflection.



There was a BIG SHAMROCK delegation to help Gwen Kemp (Ventura) celebrate her 80th Birthday, and we now have a new theme song!



We had a wonderful worship and celebration of Hal Bruington's Superannuation in Santa Barbara. Onward to more blessings as a "member minister".

IF MY BODY WERE A CAR

If my body were a car, this is the time I would be thinking about trading it in for a newer model.

I've got bumps and dents and scratches in my finish and my paint job is getting a little dull. But that's not the worst of it.

My headlights are out of focus and it's especially hard to see things up close.

My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather.

My whitewalls are stained with varicose veins.

It takes me hours to reach my maximum speed. My fuel rate burns inefficiently.

But here's the worst of it—almost every time I sneeze, cough or splutter, either my radiator leaks or my exhaust backfires!



Did you know that if you have a fully charged phone; you can call 911 for emergencies without a phone package?

SHARING AND WITNESSING

The Apostle Paul declared to the Corinthian members of the church, *I plant, Apollos (pastor of the Corinthian church) watered, but God gave the growth.* -1 Corinthians 3:6.

Recently, I had the opportunity and challenge to bring the sermon to the members and friends of the church in Santa Barbara. Since I had just had a marvelous experience of sharing and witnessing of my faith while hospitalized, I chose to center my testimony in that experience.

On June 7, I had symptoms of what could have been a heart attack. Cynthia, our oldest daughter, insisted that I go to the ER. After four days of tests, adjusting to the miserable hospital bed, wearing the wonderful hospital gowns, interrupted sleep for vitals check and blood draws, living on a heart diet (terribly bland!)—the test results showed that my heart was in excellent shape, lungs clear, and all veins and arteries flowing as they should. Prayer does work!

However, in spite of the inconvenience and time out from work, the four days spent in St. Joseph Hospital of Orange proved to be one of the outstanding opportunities for sharing my life's story, and receiving the life stories of the hospital staff. The nurses and assistants were the greatest. And what an array of international talent and skill—two of the nurses were from the Philippines, one nurse from Vietnam, one from San Salvador, and Linda who was born in the United States.

Once we began to share our stories, the conversations flowed to family, children, concern for an autistic son which allowed me to introduce the mother/nurse to Arlene and Don Pike visiting at the time, who shared their story of helping to raise their adult autistic granddaughter. Jaime, my nurse from San Salvador, bonded to such a degree that before going off shift, came into my room and asked if I would offer a prayer for his family, his mother who recently had a stroke, and his 9 year old son, whom he loves so very much. I had just read in the June issue of the Saints Herald an article on the Church's mission and work in San Salvador. I gave Jaime the Herald, which had our address and phone number, and invited him to call me any time he wanted to talk, or had a need.

Linda, the echocardiogram tech, is an evangelical Christian and has gone on seven medical missions to impoverished areas of the world over the past several years. She asked me, "My father is Catholic, 84 years of age, and very bitter. How can I bring him into the presence of God and experience peace in his life?" "You can't, was my reply, only God through the Holy Spirit can do that." And then I shared the experience with my father, very much like Linda's father, had been a very unhappy, and somewhat bitter man most of his life. Yet, a spiritual transformation took place in his late 50's, while attending reunion at Camp Buckhorn, he asked me to baptize him. The months that followed were the happiest of his adult life. Dad died at age 57. I looked up at Linda's face and tears were streaming down her cheeks.

The morning of the last day in the hospital, Denise, our director of SHAMROCK ministries, came into my room, and we shared as we had on so many occasions in the past. Just prior to being transported for the final angiogram test, Denise offered a powerful prayer, and then stayed until the test was completed—what a tremendous support ministry we seniors have in our Southern California Mission Center!

Someone plants, someone waters, and God does the rest! The Community of Christ will grow in numbers and spiritually, when we freely share our stories—whether it be with a friend, neighbor, co-worker, family member, or in a hospital room—these stories become the seeds we plant, someone else will nurture and water—and God does the magic of transformation of human life into daughters and sons of the Kingdom of God.

-Gary B. Beebe

How To Plant Your Garden



*First,
you come to the garden alone,
while the dew is still on the roses.*

FOR THE GARDEN OF YOUR DAILY LIVING, . . .

PLANT THREE ROWS OF PEAS:

1. Peace of **Mind**
2. Peace of **Heart**
3. Peace of **Soul**



PLANT FOUR ROWS OF SQUASH:

1. Squash **Gossip**
2. Squash **Indifference**
3. Squash **Grumbling**
4. Squash **Selfishness**



PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be **Faithful**
2. Lettuce be **Kind**
3. Lettuce be **Patient**
4. Lettuce really **Love One Another**



NO GARDEN IS WITHOUT TURNIPS:

1. Turnip for **Meetings**
2. Turnip for **Service**
3. Turnip to **Help One Another**



TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:

1. Thyme for **Each Other**
2. Thyme for **Family**
3. Thyme for **Friends**



*Water freely with patience and cultivate with love.
There is much fruit in your garden because you reap what you sow.*

SUMMER SHAMROCK EVENT



AUGUST 11, 2011




COMMUNITY OF CHRIST GARDENA CONGREGATION
16424 South Western #1, Gardena, CA 90247

10:00AM-2:00PM

\$15.00

Tropical Attire

PROGRAM:

-  Safe Driving for Seniors (AAA Self assessment DVD)
-  Pearls for starting to downsize possessions and reviewing services to help clean/pack/store/move it
-  Spirituality for Seniors



**RSVP BY AUGUST 8
PLEASE CARPOOL!**



LUAU REGISTRATION

NAME(s) _____ PHONE _____

ADDRESS _____

EMAIL _____ CONGREGATION _____


SUBMIT PAYMENT:

\$15⁰⁰ check enclosed, payable to *Community of Christ*

CEPA funds are available with application and Pastor's approval

MAIL CHECK & REGISTRATION TO: Denise Leichter, 17125 Hart Street, Lake Balboa, CA 91406

EMAIL: DeniseLeichter@cofchristla.org

PHONES: 310-403-9973 (CELL)  818-996-4709 (HOME)



PARABLE FOR THE 4TH OF JULY

Once, in the 1820s, a little boy called Sam was playing in the yard behind his house. During his pretend fighting game, he knocked over the outhouse. Now Sam was upset and worried that he would get into trouble so he ran into the woods and didn't come out until after got dark. When he arrived back home, his pappy was waiting for him. He asked suspiciously, "Son, did you knock over the outhouse this afternoon?"

"No, pappy," Sam lied.

"Well, let me tell you a story," said the father. "Once, not that long ago, Mr. Lincoln received a shiny new axe from his father. Excited, he tried it out on a tree, swiftly cutting it down. But as he looked at the tree, with dismay he realized it was his mother's favorite cherry tree," his pappy paused." just like you, he ran into the woods. When he returned, his pappy asked, 'Abraham, did you cut down the cherry tree?' Abraham answered with, 'Father, I cannot tell a lie. I did indeed chop down the tree.' Then his father said, 'Well, since you were honest with me, you are spared from punishment. I hope you have learned your lesson, though.'" So," Sam's father asked again,"did you knock down the outhouse?" "Pappy, I cannot tell a lie anymore." said the little boy. "I did indeed knock down the outhouse."

Then his pappy spanked Sam. The boy whimpered, "Pappy, I told you the truth! Why did you spank me?"

Pappy answered, "That's because Abraham Lincoln's father wasn't in the tree when he chopped it down!"

