

PANDEMIC PSALMODY, STABILITY & CONVERSION

By Kathleen Norris

I haven't had a 9 to 5 job since 1973, and as a freelance writer I can either work all the time, or not at all. When the pandemic lockdowns came I knew I had to structure my use of time, or the days would pass in a blur. As my work trips to the mainland were canceled, establishing a daily routine of prayer became essential, not only for my spiritual and mental health, but for my writing.

Fortunately I had The Book of Common Prayer, one treasure of the Anglican tradition, to provide a guide for daily morning and evening prayers. It contains the entire book of psalms, the poems of praise that for thousands of years have been at the heart of Jewish and Christian prayer. C. S. Lewis reminds us that the psalms reflect the world we know, full of suffering, betrayal, and injustice. But because they are the word of God, they also inspire hope. The psalms provide a psychologically accurate (and often uncomfortable) portrait of the human condition, with all our pettiness, anger, and desire for revenge, but they also invite us to live more fully as people created in God's image.

The psalms often start where I am — fretting and fuming about the way things are — but soon they nudge me out of my funk and enable me to renew my gratitude for life and for all God gives us. Many psalms take us on this journey from lament to praise, notably Psalm 22, which Jesus prays as he is dying. It begins: "My God, my God, why have you abandoned me?" and concludes: "All the earth shall remember and return to the Lord...My soul shall live for him, my children serve him. They shall tell of the Lord to generations yet to come, declare his faithfulness to peoples yet unborn: "These things the Lord has done."

The Psalms consistently point to the something more that God always offers us, reminding us that with God's help we can move, like the prophet Jeremiah, from a sorry contemplation of the "wormwood and gall" that afflicts us, to the joyful recalling of God's mercies that "are new every morning."

God must love the daily because he created so much of it. And we can choose how to respond to each 24 hours we are given: do we wonder how we'll endure the tedious days, weeks, and months to come? Or can we welcome every day as a blessing? When the pandemic suddenly swept away so much I had taken for granted I was reminded of something a friend, a Benedictine monk, once said about how he hated having to spend time away from his monastery and its daily communal prayers. He said that without the leaven of the psalms the world went flat.

The pandemic flattened my world in March of 2020, and my long association with Benedictines helped me make use of two vows unique to their order; stability and conversion. Committing to stable relationships while remaining open to change may seem contradictory, but both are necessary components of life. Too much stability becomes stagnation, too much change allows us to drift aimlessly.

My stability is grounded in my family and friends, the psalms, and the St Clements ohana. My need for change, and adapting to surprises, comes through my writing. I never expected to have to learn, for example, how to prepare and provide virtual programs for an audience. But God had an even greater pandemic gift in store. When a friend, a film critic, asked me to join him in a new venture, an online newsletter about cinema, I dared to take the plunge. We recently released our 23rd issue.

Having a firm deadline every two weeks has reinvigorated my joy in the discipline of writing, and what in 2020 had looked like a dull stretch of time ahead has become one of the most enjoyably productive periods of my life. I can only hope that lessons learned during the pandemic will remain with me through whatever new challenges life brings.

Ke 'Alemanaka

Published monthly by
The Parish of St. Clement
1515 Wilder Ave.
Honolulu, HI 96822
(808)955-7745
stclem.org

Want your article or
announcement published?

Submission Deadline:
Third Thursday of the Month
March 17, 2021

STAFF

Rector: Rev. Heather Hill
Associate: Rev. George Clifford
Head of School: Jodi Yoshioka
Organist: Mark Kennedy
Office Manager: Alofa Carpenter
Sexton: Stan Ornellas
Sunday School: Jessica Stack,
Scott & Gail Suzuki-Jones,
Michelle Comeau

Senior Warden: Beth Fincke
Junior Warden: Carol Taylor Kim
Treasurer: Martha Morgan
Clerk: Holoua Stender

Vestry

Jane Anderson Brian Crow
Matthew Chapman Leslie Isaki
Cathy Overstreet Tau'eva Lino
Susan Palmore Amy Schafer

Church Office Hours

Open Weekdays
9AM to 3PM

**Closed on Holidays*

ANNOUNCEMENTS

St. Clement's is turning 125 in 2023! If you would like to join brainstorming discussions for the celebratory event please let us know!

Stitched Together With Love, St. Clement's newly-formed knitting and crochet group, is meeting every second Saturday (2/12) at 11AM under the church porte cochere.

Our food distribution program is still open to receiving donations of canned soup, corn beef, pork and beans, chili with meat, corn and vienna sausage.

Mahalo to this month's Food Distribution bagging crew: Meleanna Meyer, Kathleen Norris, and Sandy Souza.

Thank you to the Kathleen Norris for serving as the guest contributor for this month's newsletter!

ZOOM SERVICE OUTLINE

SUNDAY

Worship at 8AM & 10:15AM

ID#: 854 4414 6891

Passcode: 1515

Adult Discussion at 9AM

ID#: 854 4414 6891

Passcode: 1515

Bible Study (RBTL) at 9AM

ID#: 661 508 747

Passcode: 1515

TUESDAY

Compline at 9PM

ID#: 823 5666 8373

Passcode: 1515

You can join any service with your phone! Just call this number: 1 (669) 900-6833 and enter the meeting ID and passcode when prompted.



CAMP MOKULE'IA STAYCATION

Register Now to Join Us for Staycation in April!



Are you ready to fall asleep to the sound of the waves? The Parish is organizing a Stay-Cay weekend at beautiful Camp Mokuleia on the North Shore on Friday, April 1 through Sunday, April 3. Your choice of activities include games, outdoor movie, crab hunt, zip line, ocean sports, pool, and arts & crafts, plus Sunday morning worship by the beach.

You can participate all weekend or just come out for the day. The cost of the camp includes all activities and food (for scholarships/subsidies, please contact Pastor Heather). Check your emails, as we have sent out the online camp registration link so you can reserve your spot with us! Feel free to reach out to the church office if you have any questions.

SUNDAYS IN LENT

Introducing a New Worship Set-up during Sundays in Lent

This Lenten season, you will notice a change in our worship services: we'll be using bulletins again!

We're trying something new, in an effort to use less tech, while still including our friends and family who are still choosing to worship at home.

Here's the plan: everyone attending services in-person will receive a service leaflet and an insert with the readings on it for that Sunday. Everyone attending services via Zoom will be mailed a copy of the same leaflet, except they will have the readings for the entire Lenten season. In essence, everyone will be getting the same exact materials, but people attending in-person will get it once-a-week (at church) whereas people attending via Zoom will get everything in one hard-copy mailing through the USPS. Digital copies of the service leaflets will also be available.

That being the case, there will no longer be following along with words on-screen. You'll participate in the service using your leaflet, as you would have during pre-COVID times. Change can be daunting at times, but hopefully that won't be the case here! This is an effort to simplify and "go back to the old way of doing things", so we'd love to hear your thoughts after these changes are enacted.

SOME IDEAS TO ADD THE SPIRIT TO LENT

Are you looking for some new ways to follow God or to celebrate the season of Lent?

- 1) "God is Still With Us" by Illustrated Ministries contains a weekly devotional reading and questions of reflection. We have copies at the church you can pick up or we can send you one in the mail.
- 2) Every time you go the grocery store or order food, order a meal for someone else. This could be for a neighbor or friend, or you can pick up canned goods for us to distribute from the church. (See page two for ideas.)
- 3) Write a card/letter each week to someone who could use some love or someone you have not connected with recently. Everyone loves getting something special by snail mail!
- 4) Plan a picnic in a park with someone you have not seen in a while. With Covid numbers down it is relatively safe to meet outdoors and we have some great parks.
- 5) Go for a weekly prayer walk. You could walk around your neighborhood and pray for your neighbors or walk in nature and praise God for the beauty of creation.

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
			<p>2</p> <p>Ash Wednesday</p> <ul style="list-style-type: none"> 12:00 PM Ash Wed Svc – HYBRID 6:00 PM EfM 6:00 PM Ash Wed Svc – ONLINE <p>HAPPY BIRTHDAY</p> <p>ROBERT NAKATSUJI</p>	<p>3</p> <p>4:30 PM Farmers Market</p> <p>HAPPY BIRTHDAY</p> <p>PAM FERN</p> <p>BRUCE MCDONALD</p>	<p>4</p> <p>Clergy Sabbath</p> <ul style="list-style-type: none"> 8:00 PM Strivers for Sobriety <p>HAPPY BIRTHDAY</p> <p>ADRIENNE LAU</p>	<p>5</p> <ul style="list-style-type: none"> 7:30 AM RYSE Meeting 9:00 AM Altar Guild 9:30 AM Tongan Relief Drive 		
<p>6</p> <ul style="list-style-type: none"> 8:00 AM Holy Eucharist 9:00 AM Adult Discussion 9:00 AM RBTL 10:00 AM Sunday School 10:15 AM Holy Eucharist 2:30 PM Tongan Church 	<p>7</p> <ul style="list-style-type: none"> 1:00 PM Parish Staff Mtg. 	<p>8</p> <ul style="list-style-type: none"> 5:00 PM Property Committee Mtg. 9:00 PM Compline <p>HAPPY BIRTHDAY</p> <p>AMANDA DOTY</p>	<p>9</p> <ul style="list-style-type: none"> 6:00 PM EfM <p>HAPPY BIRTHDAY</p> <p>ALOFA CARPENTER</p> <p>WILL SCHOEN</p>	<p>10</p> <ul style="list-style-type: none"> 4:30 PM Farmers Market 	<p>11</p> <p>Clergy Sabbath</p> <ul style="list-style-type: none"> 8:00 PM Strivers for Sobriety 	<p>12</p> <ul style="list-style-type: none"> 9:00 AM Altar Guild 11:00 AM Knitting Group <p>HAPPY BIRTHDAY</p> <p>KALPANA TATA</p>		
<p>13</p> <ul style="list-style-type: none"> 8:00 AM Holy Eucharist 9:00 AM Adult Discussion 9:00 AM RBTL 10:00 AM Sunday School 10:15 AM Holy Eucharist 1:00 PM Prayer Chain Mtg. 2:30 PM Tongan Church 	<p>14</p> <p>Spring Break</p>			<p>15</p> <ul style="list-style-type: none"> 9:00 PM Compline <p>HAPPY BIRTHDAY</p> <p>MONIQUE BROSEAU</p>	<p>16</p> <ul style="list-style-type: none"> 6:00 PM EfM <p>HAPPY BIRTHDAY</p> <p>JANIE SCHAEFER</p>	<p>17</p> <p>St. Patrick's Day</p> <ul style="list-style-type: none"> 4:30 PM Farmers Market <p>HAPPY BIRTHDAY</p> <p>MARTHA MORGAN</p>	<p>18</p> <p>Clergy Sabbath</p> <p>Holi</p> <ul style="list-style-type: none"> 12:00 PM Kūpuna Box 8:00 PM Strivers for Sobriety <p>HAPPY BIRTHDAY</p> <p>RHETT TABER</p>	<p>19</p> <ul style="list-style-type: none"> 9:00 AM Altar Guild 10:30 AM Food Distribution
<p>20</p> <ul style="list-style-type: none"> 8:00 AM Holy Eucharist 9:00 AM Adult Discussion 9:00 AM RBTL 10:00 AM Sunday School 10:15 AM Holy Eucharist 2:30 PM Tongan Church <p>HAPPY BIRTHDAY</p> <p>KEITH KALWAY</p>	<p>21</p> <p>Spring Break</p>			<p>22</p> <ul style="list-style-type: none"> 6:00 PM Vestry Meeting 9:00 PM Compline 	<p>23</p> <ul style="list-style-type: none"> 6:00 PM EfM 	<p>24</p> <ul style="list-style-type: none"> 4:30 PM Farmers Market 	<p>25</p> <p>Clergy Sabbath</p> <p>Office Closed – Prince Kūhio Day</p> <ul style="list-style-type: none"> 8:00 PM Strivers for Sobriety <p>HAPPY BIRTHDAY</p> <p>ISA YAMAUCHI</p>	<p>26</p> <ul style="list-style-type: none"> 9:00 AM Altar Guild 7:00 PM Tongan Choir Rehearsal
<p>27</p> <ul style="list-style-type: none"> 8:00 AM Holy Eucharist 9:00 AM Adult Discussion 9:00 AM RBTL 10:00 AM Sunday School 10:15 AM Holy Eucharist 2:30 PM Tongan Church 	<p>28</p> <p>No School</p> <ul style="list-style-type: none"> 8:00 AM Parent Teacher Conf 1:00 PM Parish Staff Mtg. <p>HAPPY BIRTHDAY</p> <p>WALLY KOJIMA</p>		<p>29</p> <ul style="list-style-type: none"> 8:00 AM Parent Teacher Conf 9:00 PM Compline 	<p>30</p> <ul style="list-style-type: none"> 8:00 AM SCS Chapel 11:00 AM Yo! House Cooking 6:00 PM EfM 	<p>31</p> <ul style="list-style-type: none"> 4:30 PM Farmers Market <p>HAPPY BIRTHDAY</p> <p>ELIZABETH HO</p>			

SCHOOL SNAPSHOTS

A school day at St. Clement's



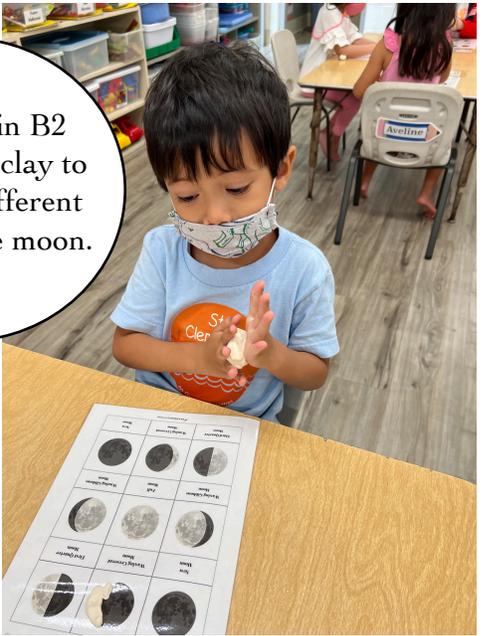
The class of B3 celebrate Lunar New Year with a Chinese lion dance performance



A student in C1 is learning how to floss her teeth.



A student in C3 makes a Valentine's Day bracelet.



A student in B2 molds some clay to show the different phases of the moon.



The students of B1 in Hawaiian Culture practicing for Lei Day.

Sabeel-Hawai'i presents

Boycotts, Divestment, and Sanctions

How We Resist Israel's Ethnic Cleansing of Palestine

**Saturday, March 5, 5:30-7:00 pm
St. Andrew's Cathedral**

Colonialism is alive and well in Palestine in the 21st century, but so is the resistance to it. Join us to discuss the importance of the Boycott, Divestment, and Sanctions Movement (BDS) and how we can push back against Israeli apartheid. Through BDS, we can pressure institutions of power to cut ties with those who uphold land theft and ethnic cleansing.

Sumaya Awad

is a Palestinian writer and organizer focusing on Palestine, Islamophobia, immigration, and labor. A member of the SABEEL Speakers Bureau, she is Director of Strategy at the Adalah Justice Project.

Free and open to the public. Masks required.
Free parking on site at 229 Queen Emma Square.



CO-SPONSORS: Students and Faculty for Justice in Palestine (SFJP@UH); Jewish Voice for Peace-Hawai'i; Veterans For Peace, Chapter 113-Hawai'i; Hawai'i Peace and Justice; Hui Aloha Aina o Honolulu; O'ahu Water Protectors; US Boats to Gaza; Ka Lāhui Hawai'i Kōmike Kalai'āina; the Hawai'i Inuiākea School of Hawaiian Knowledge; Ethnic Studies Student Association (ESSA), UHM; the UHM Departments of American Studies, English, Ethnic Studies, and Women, Gender and Sexuality Studies



DECEMBER AT A GLANCE

SUNDAY	MONDAY
Holy Eucharist 8AM and 10:15AM Adult Discussion 9AM Bible Study 9AM	Office Open 9AM to 3PM

TUESDAY	WEDNESDAY
Office Open 9AM to 3PM	Office Open 9AM to 3PM Assistance Available 10AM to 12PM

THURSDAY	FRIDAY
Office Open 9AM to 3PM Farmers Market 4:30PM to 7PM	Office Open 9AM to 3PM Third Fri. (3/18) Kūpuna Box 12PM to 1PM

SATURDAY	SPECIAL EVENTS
Second Sat. (3/12) Knit/Crochet Group 11AM to 1PM Third Sat. (3/19) Food Distribution 10:00AM to 12:00PM	ASH WEDNESDAY March 2, 2022 Service Times: 12PM - Hybrid 6PM - Online only