

The Good News

Volume 84, Issue 1

January 2008



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- 4 Lauren Hice
- 5 Ernest Colahan, Michael G. Utterback
- 7 Roy Harris, Ruby Parker, Jeannene K
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- 15 Patricia Richmond, Isabel Johnson
- 16 Tim Schmid, Megan Branstetter
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Alcoholism—Causes, Symptoms, and Treatment

By Shari Wolf, RN

Alcoholism is a disease which affects the body and the mind. It affects 18% of the American population. It has no boundaries, reaches all socioeconomic, ethnic, gender and age groups. Unlike diseases such as heart disease, cancer or mental illnesses, alcoholism is viewed as a social disorder. The desire for drink in an alcoholic is extreme, much like our need for food or sleep. Alcoholism is a progressive disease. As the disease progresses, so do the consequences associated with drinking. In most cases, a true alcoholic, although able to comprehend the negative affects of his/her drinking, is unable to gain sobriety for any period of time. All alcoholics, no matter what the length of their sobriety, always run the risk of relapsing if they do not constantly treat their disease. Alcoholism is a very difficult disease to overcome. Without treatment it is almost an impossible feat; however, with treatment the numbers improve, increasing the alcoholic's odds of living a clean and sober life.

CAUSES:

There is no known common cause for alcoholism. It is believed several roles play a factor in its development. Research suggests certain genes play a role in the development of alcoholism. Psychological factors may also play a role. Social factors, including the availability of alcohol, social acceptance, peer pressure, and stressful lifestyles may also play a role in alcoholism.

(Continued on page 5)



Walk to Bethlehem

Congratulations to our 51 walkers who walked from Riverside to Bethlehem (and beyond) over the 14 weeks of our journey. Walkers,



please remember to pick up your globe ball prize in Smith Hall! And congratulations to **Connie Zahn**, who won the drawing for the gemstone globe!

From the Senior Warden

~Kurt Marcks

At the church Patrice and I attended years ago when we lived in Santa Ana, we once volunteered to help serve in the social hour after the service. We set up cookies and coffee, organized the napkins and cups, and started pouring. Soon the room filled and folks started talking together and milling about: a familiar, human scene. I happened to look up at one point to witness a spectacular coincidence.

A woman dropped her napkin, and just at the point she bent over to pick it up, a man standing behind her was shaking hands with another man. He released his grasp on the other man's hand, and in a somewhat expansive gesture, swung his hand back, and smacked the woman behind him as she bent over. They both turned around, red faced, to see what had happened. The loud slap seemed to hang in the

silence for a few seconds, and then the room erupted in laughter.

Though this happened nearly twenty years ago, I remember it vividly. I think it's a great illustration of how we never really know what the effects of our actions will be. Even though this is true, I have observed recently that by being more intentional about my participation in the life of the church, the experience is deepened and given greater meaning. We have many opportunities to be intentional in our participation in the coming year.

Give greater thought, prayer and attention to everything you are involved with in church. Be it participation in worship and liturgy, involvement with one of the many ministries of the church, stewardship commitments, or a leadership position, the life, ministry and outreach of our church will be enriched.



Next All Saints' Blood Drive



The Bloodmobile will be at All Saints' on

Sunday, February 24

—stay tuned for more information!

Good News

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By The Rector, Churchwardens and Vestrymen of

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-Episcopal-

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The Rev. Dr. John Conrad, Rector

Rector's Reflection

To see the light.

It is hard to imagine that we here in Riverside have been in a "bleak mid-winter" as the old hymn text suggests. When I went out to pick up the newspapers on my driveway this morning it was cool but the sky was clear and blue, the sun had a hint of warmth in it and the white roses on the south facing wall continue to bloom. Yet it has day by day been getting darker and so, as I write this on Christmas Eve I am struggling with being present in the moment while also anticipating the coming of more light, with the season of Epiphany.

Traditionally, in the Christmas morning service, we dispense with Mary and Joseph, the sheep and the shepherds and we read the opening of Saint John's Gospel where he describes Jesus coming into the world as light coming into the world, pushing back the darkness. The light has come into the world and the darkness has not overcome it.

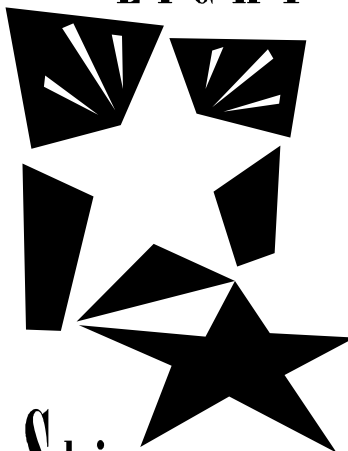
That light is a wonderful blessing. It allows us to see, if we will but take a look. Sometimes however, when the light comes, we close our eyes, or

turn away. Sometimes we are afraid to take a look at what we can see in the light, afraid to face up to truths that have comfortably been concealed in the darkness. Light is a mixed blessing. In the light, we can move quickly and safely in the right direction. But also, in the light, we see what needs to be done, what should be repented of and forgiven. If you are struggling with whether or not you will take the time to join one of the home meetings for our Revision Process, meditate on what I have suggested above. Ask God's help in discerning what is going on with you right now.

For those of you who have already signed up, thank you for your faith and commitment. May God bless you with new and wonderful insights on your journey this Epiphany and Lent and equip you for our future together.

But for those of you who are planning to opt out, I ask only that you spend the same two hours a week in prayer. Ask God to bless our work and reveal to you the truth about your place in the order of things.. -JC+

The LIGHT



Shines in the
darkness
& the darkness
& did not
overcome it

John 1:5



Altar Guild

Thank you, thank you for being such a good crew---stalwart, flexible and always fun to work with. You are all, each and every one, truly appreciated.

Betty, Merilyn, Elaine, Penny, Sydney, Mary Ellen, Enor,

Gerda, Tricia, Jan, Cathy, Nancy, Eadean, Patricia, Eloise and Mary.

Please pick up your new Altar Guild schedule in the Altar guild mail slot in the church office lobby. One schedule per member.

Joyeux Noel,
Ann Capell, Director

ReVision Frequently Asked Questions

Q: What is this “Re-vision” business?

A: It is a proven program that allows us to discern our mission for the future. It involves a congregational survey (completed), a survey of the surrounding community (completed), eight in-home group meetings (January-February 2008) and a final retreat for the team leaders (March 7-9).

Q: Why do we have to “re-vision”? (...in other words, do we have to change?)

A: Congregations that do not re-vision do not grow. We can stay the same as we have been. But if we stay the same, the church will probably continue to decline in membership, financial resources, and become a greater burden on the remaining members. This is currently being demonstrated and proven in thousands of Episcopal Churches around the country. It is not a theory, it is a fact—an observable and provable reality. If we continue to do what we’ve done in the past, we have every reason to believe we will continue to get the same results. Likewise, if we re-vision, we will be blessed.

Q: Why should I attend the Revision meetings?

A: Because if you don’t attend you will have no say in the future of our church. You will just have to take it as it comes. And when we move forward, (and I believe we will) you will not have a clue as to what we are doing or why we are doing it. You will complain about the, “...lack of communication.” It is also possible that without your contribution to the discussion, we may head off in entirely the wrong direction.

Q: Didn’t we do all this before, with the surveys and the Cottage Meetings?

A: No. The previous surveys and meetings were simply to determine what sort of new rector you were looking for, and what sort of capi-

tal improvements you were willing to fund. It’s not a bad place to start, but it is only the start of the process. We still have no defined Mission Statement or Goals and Objectives for our parish.

Q: Isn’t “Love God, Love Neighbor” a Mission Statement?

A: No. “Love God, Love Neighbor” is a motto. Our new Mission Statement will tell us specifically HOW we display our love of God, and to WHOM. There is, to the best of my knowledge, no consensus among us now on this.

Q: Eight meetings seems like a lot. Why are there so many?

A: Because we have a lot of work to do. See the details of the meeting content elsewhere in this publication. Also consider that many successful growing churches have small group meetings that meet in homes every week, year around. Our namesake, All Saints’ in Beverly Hills for example, has 1500 families, 591 pledges, and the core of this church is over two dozen small groups that meet weekly. There is a correlation between what you are willing to put into your church, and what you get out of it.



Q: What exactly is going to happen at these meetings?

A: We will pray, listen, study our congregational survey responses, evaluate our strengths and weaknesses, assess the needs and opportunities in the community and study and reflect on Holy Scripture.

Q: When are the meetings and how can I sign up?

A: On the next page, you will find a list of the days, times, starting dates, hosts, and facilitators. To sign up, call the host or sign up in the Parish Hall at church.

ReVision Days & Times

SUNDAYS, 3-5 pm, starting January 6th
Home of David & Ann Harlow
1331 Parkside Dr. Riverside
780-3581
Facilitators: David & Ann Harlow, John Briggs

TUESDAYS, 7-9 pm, starting January 8th
Home of Yvonne Celese
5765 Via Sotelo Riverside
682-3159
Facilitators: Liz Atkinson, Jim Boyer, Evan Strano

WEDNESDAYS, 7-9 pm, starting January 9th
Home of Chuck & Yvonne Stowe
5109 Stonewood Dr Riverside
686-2554
Facilitators: Mary Sue Berkley, Janis Bengtson

THURSDAYS, 7-9 pm, starting January 10th
Home of Rick & Heather Stephens
1858 Grace St Riverside
780-4623
Facilitators: Rick & Heather Stephens/Lisa Lennox

FRIDAYS, 4-6 pm, starting January 11th
Home of Lynn & Ruby Parker
516 Via La Paloma Riverside
686-0258
Facilitators: Lynn & Ruby Parker

FRIDAYS, 6-8 pm, starting January 11th
Home of Roy & Enor Harris
11448 Tulane Ave. Riverside
784-5498
Facilitators: Don & Pat Richmond

Parish Nurses' (Continued from page 1)

SYMPTOMS:

Men who consume 15 or more drinks per week, women who consume 12 or more drinks per week, or any one who consumes 5 or more drinks per occasion at least once a week are at risk for developing alcoholism, (One drink is defined as a 12-ounce bottle of beer, a 5-ounce glass of wine or a 1 1/2-ounce shot of liquor.)

The following questions are used by the National Institution on Alcohol Abuse to screen for alcohol abuse or dependence:

- Have you cut down on your drinking?
- Do you ever drive when you have been drinking?
- Is someone in your family concerned about your drinking?
- Have you ever been absent from work or lost a job because of drinking?
- Do you drink more than before to achieve intoxication or the desired effect?

Some of the symptoms associated with alcoholism include:

- Drinking alone
- Making excuses to drink
- Need for daily or frequent use of alcohol for adequate function
- Lack of control over drinking with inability to discontinue or reduce alcohol intake
- Episodes of violence associated with drinking
- Secretive behavior to hide alcohol related behavior
- Hostility when confronted about drinking
- Neglect of physical appearance
- Nausea and vomiting
- Shaking in the morning
- Abdominal pain
- Numbness and tingling
- Confusion

TREATMENT: Many people with an alcohol problem do not recognize they have a problem until it is well out of control. Previously it was believed alcoholics should be confronted about denial of their drinking problem. Current research shows that compassionate and empathetic counseling is more effective. Studies find more people enter treatment if their family, friends and employers are honest with them about their concerns, and try to help them see how their drinking is affecting their lives and relationships.

Once the problem has been recognized total abstinence is required for those who are dependent. Because alcoholism affects the people closely related to the alcoholic person, family counseling is often suggested. The first phase of treatment is detox which usually takes 4-7 days and is done under medical supervision. After detox, there are several recovery or rehab programs to support the person and maintain abstinence from alcohol. Support groups such as Alcoholics Anonymous provide emotional support and an effective model of abstinence. There are over 1 million members worldwide with local chapters available.

If you believe you or someone you love has a problem with alcohol abuse, please consult your family physician. There are many treatment plans available. Should you need further referrals please do not hesitate to contact one of your Parish Nurses. All matters remain confidential.

GOOD NEWS

From the Rector, Churchwardens And Vestrymen of
All Saints' Church
-Episcopal-
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Go tell it... EVERYWHERE!

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Please contact the Church Office if you do not wish to receive this mailing. (951) 683-8466

Christmas Eve Pageant Thank You

Many thanks to the children and adults who made the Christmas Eve pageant such a success.

Thank you to:

- Rev. Karen Tiegs for writing it and getting us all together.
- Rob Hoyt and Abe Fabella for accompanying us
- Rene Glen and the Benner family for creating the Bethehem set
- All of the youth who

acted and sang

- The parents for bringing their children to rehearsal
- The Sunday School teachers who helped us with the rehearsals
- Special thanks to our costume creators: Katherine Kendrick, Gloria Koepf, Diane McMorris, Wendy Molina, Peggy Rose-Stewart, and Julie Stowe

