

Pie Throwing Event on June 22 raised \$858 for youth programs!

Many thanks to Pastor Paul, John St. Marie, Sarah Fiske-Phillips, Tricia Abouabdo, Annie Mellott, and Colleen McNamara for being such good sports and taking one (or more) for the team!



Photos from Barbershop Quartet and Ice Cream Social on June 29

Many thanks to Carl Whidden, the “Harmony Partners” Barbershop Quartet, John St. Marie, Joni Baker, David Clemenson, and the Fund Development and Fellowship Ministries for an outstanding evening of fun, song, and delicious ice cream. Everyone had a great time, and the event raised \$725 for IUCC!

Photos by Tricia Aynes



From the Pastor's Desk

the Rev. Dr. Paul Tellström



2014 marks the 35th anniversary of IUCC. Founded in a school in 1979, we've never been too far from a classroom and we have always been a place of learning. In fact, the 28th anniversary of our pre-school was this past June. The way I was told, in 1986, Fred Plumer asked Ruby Fulton if she could get a pre-school going. She did a marvelous job—our pre-school continues to be

a ministry of IUCC to our community.

At some point in the day during office hours, I walk down the hall to talk with our director, Miss Irma, and our five full-time teachers. They are such a team. They work seamlessly to care for our children, some of whom are local Irvine kids. Others are here from abroad while their parents are working in California, and we even serve some of our own IUCC pre-schoolers. Our own twins, Maya and Kiana, were baptized here not so many years ago, and last week they “walked” in their tiny caps and gowns as they graduated on to kindergarten elsewhere. There were tears as they left—this has become such a home for them.

At least once a week I see two of our other parents and members of IUCC, Steve and Jen, as they come to pick up their child. I have watched this little girl really open up and blossom here. Again, it was not too long ago that I carried Johanna around the sanctuary after her baptism, and now she has found a real home at IUCC.

Here's what Jen and Steve have to say:

“IUCC's Early Childhood Education Center is a great balance of academics, social interaction and play. We have not once regretted our decision to send her there, despite the fact that it's more than 15 miles from our home. As two working parents, we could not have possibly prepared her for kindergarten on our own.

“When we take her to various playgrounds, other parents comment on how polite Johannah is. She waits her turn without complaint, and is extremely patient and laid back around the other kids, especially the younger ones. Truthfully, she spends more time during the week at pre-school than she does with us, and we see the lessons they teach her, both through the schoolwork she brings home and in her confidence and contentment, which is priceless. She is happy at school and feels loved by all her

teachers and we trust everyone who works around Johannah each day, which is a huge worry off our minds.”

Tonight, I heard our teachers, Miss Mary and Miss Rose, laughing at their end of the hall, and I walked down to see what was up. They were engaged with two girls playing a game while waiting for their parents to come pick them up.

Miss Mary likes to talk about the kids who come back after a few years just to visit their former school. One such former pre-schooler was IUCC member Jackie Ala, who ended up working in her former childhood classroom when Doreen Smith (her mom) chaired the ECC.

Miss Mary and Miss Rose speak of the ECC as a second home. “Some of these kids are here from 7:00 a.m. to 6:00 p.m. Their parents work long hours, and we become their second family,” said Miss Mary.

Miss Rose adds, “We've become family with each other, too—we are here together all the time.” There is a real sense of ease and trust between the teachers. Miss Rose has been here for eight years; Miss Mary for seven. In fact, I have known most of the teachers for as long as I have been at IUCC.

The entire ECC staff is very excited about the gentle upgrades that will soon be made to bring more shade to the playground, some new landscaping and interior touches where they are needed. We do this mainly because we are overdue—but if the ECC is to continue to truly be a ministry of our church to the community, we want to make sure we are an attractive, affordable venue that is ready to invite more families to experience what we have to offer.

Come to my first “Pastor's Potluck” on Tuesday, July 15, behind the pre-school and hear more about what is happening here. It is a family-themed potluck (all are welcome) and we will have a focus on the youngest ones in our church family.

Laura Long, our ECC chair, has been deeply dedicated to our pre-school along with her committee, and I know that she would be happy to fill you in on the joys and challenges of guiding a pre-school that is now entering its 29th year.

Happy summer! Don't miss Leadership Sunday on July 13, as outgoing leaders are thanked and incoming ones are welcomed after the annual Leadership Retreat.

Adult Education



Adult Sunday School

The Sunday morning Adult Class - which meets at 10:15 in Plumer Hall - has begun viewing and discussing the “Living the Questions” video series. Featuring participants like Nancy Ammerman, Marcus Borg, John Dominic Crossan, and John Shelby Spong, the topics covered in this series are foundational to our self-understanding as progressive Christians. We would love to have you join us!

IUCC Adult Education Presents

“The Real Power of the Resurrection”

4 Wednesday evenings, 7 - 8:30 p.m. or
4 Thursdays, 10 a.m. - 11:30 a.m.

Dealing with such questions as: Did Jesus really rise from the dead? Who says? Was he crucified, totally dead? Did St. Paul talk about it? What’s “midrash”? And, your questions.

July 9: What do you think happened that first Easter? Your thoughts about resurrection, crucifixion, Judas, Mary, and others.

July 16: What do the New Testament and the other Gospels say? Then there’s Paul!

July 30: The real message and how it works.

Discussion leader: Fr. Bel Aulenbach, retired Episcopal priest, Progressive Christian, Associate of Jesus Seminar, author of three books and working on a 4th, Cramming for the Finals.

Questions, Call Bil at home (949) 240-2933.

Building Project Update



With a unanimous vote, the new Master Plan for the IUCC campus was approved at the Spring Congregational Meeting and now has been submitted to the City of Irvine for a Modified Conditional Use Permit, the next step in our process of planning for IUCC’s future and legacy. The Plan was submitted as a “minor” modification, which would trigger a less costly and quicker review by the City than a “major” modification. It will be up to the City to determine “major” vs. “minor” but we’re cautiously optimistic about their determination.

The plan was developed with domusstudio architecture (<http://domusstudio.com/>), a San Diego-based firm with extensive experience in planning religious and educational facilities. The plan, which encompasses new administrative, fellowship, outdoor, and educational space, has been developed to ensure maximum flexibility – giving us options for phased build-outs, depending on church priorities, needs and growth, along with our financial capabilities.

Gratitude and thanks to members of the Building Task Force for their dedication, thoughtfulness and creativity in helping to develop this plan. The members are: Martha Selby (chair), Mark Allen, Keith Boyum, Lindy Garber, Laura Long, Cindy O’Dell, Jim Raver, Anne Rosse, Pat Sauter, Michael Spindle and Paul Tellström. A special thank you to the many folks who stepped up to fund the development of this Master Plan. And, many thanks to this congregation for its commitment to a shared vision of planning for our future.

Regular updates will be provided via this newsletter, the bulletin and the IUCC website so please check back for more information!

~ Anne Rosse

Moderator's Column

Anne Rosse



As a young single parent, quality childcare for my daughter, Sarah, was of up-most concern. I diligently researched my options and compiled a list of key factors in choosing the right program. My list included: safety, proximity to work, a respectful and caring environment, and a place that would nurture Sarah's individual needs and interests. I determined my top choice and, being the new and very neurotic parent that

I was, I completed a trial run of how long it would take me to run/walk from my job site to the daycare facility. I needed to know that I could get to her quickly in case of a natural disaster or emergency.

The 8-minute trek seemed acceptable to me although it wasn't completely accurate data, given that I had done the distance in sneakers, not high heels, my typical professional shoe wear. Not wanting to appear too neurotic, I just barely managed to resist doing a second trial run, assuming that adrenaline would help counteract any slowing from the heels. #Nerdparent Despite my overprotective neuroses, Sarah enjoyed lovely years in this program – those early teachers still hold a special place in my heart, helping her to become the person she is today.

Early IUCC visionaries saw the need to offer quality childcare based on a commitment to a warm and loving multicultural environment that fosters important values like kindness, helping others, empathy and treating others with respect. Since 1986, IUCC's Early Childhood Center (ECC) has been an integral part of our presence in this community.

Play-based, developmental early childhood education programs like the ECC provide a solid foundation for success in school and in life. But preschool programs must be high quality to show these positive, long-lasting results. That's why investments in quality improvements in our preschool make a huge difference for children and families and are an important way in which IUCC serves the community. When families tour our preschool facilities and meet our preschool and church staff members, we have a chance to demonstrate our commitment to children's future success. We can show that our preschool is a valued outreach to the community, not merely a "tenant" of our property.

Recently, the Admin Board made the decision to redirect funds allocated for the installation of Sanctuary screens to key capital improvements for the ECC. Under the direction of Laura Long (Chair, Childcare Committee) and Martha Selby (Chair, Admin Board), essential upgrades to the ECC play yard, bathrooms and reception area will be undertaken over the sum-

mer. The revamping of our play yard, including the addition of shade structures (an oft requested feature from prospective parents), is being designed by the same landscape firm we used for our Master Plan.

These improvements are long overdue, having been delayed as we discerned the future of our IUCC campus and buildings. Now that we have a shared vision via the Master Plan, we need to play catch up re: investing in the ECC. I have been asked why we should make any investment in the ECC's Atwood Building, given our plans to eventually replace it. There are two important reasons: (1) as part of Phase II, replacement of the Atwood Building is several years away; and (2) our neglected facility is adversely affecting enrollment.

In addition to the facility improvements, we are also bringing in a consultant to help us review our organizational structure, programs and outreach. Dorothy Bregozzo is an early childhood education consultant with expertise in quality evaluation and improvement plans for childcare centers and preschools. She has assisted many centers to raise their program quality as well as to attain accreditation from the National Association for the Education of Young Children. Ms. Bregozzo has an MBA and is contracted by the Irvine Community Services Department for childcare studies, quality improvement, and educational partnerships. She is a skilled facilitator and recently led her church, Irvine Presbyterian, through a strategic planning process.

The ECC is part of how we serve our community, how we share our values, how we are hospitable and welcoming to all. Through it, we have the ability to change lives. And, on a purely pragmatic basis, the ECC also has an important impact on our IUCC budget. It contributes more than \$60,000 per year to the IUCC budget. While it is currently losing money, it historically has been financially sound. It need only break-even to contribute to IUCC's budget while making an important difference in the lives of students, their families and our dedicated teachers.

Finally, I think it is important to remember that there is no "them," there is only "us." We are the ECC and they are us. Part of us is struggling right now so we are putting resources and effort toward helping them be more successful. That's what communities do.

Sarah is 22 now and obviously no longer in need of childcare. She lives in New York City and will be starting graduate school in September. Being the still somewhat neurotic parent that I am, my phone keeps a list of the quickest flights to New York City. Some habits never die...but I did ascertain that flight times would be the same in high heels or not!

As always, I invite you to share your thoughts. You can catch me on the patio, pull me aside at one of our terrific events, send me an email or give me a call. I look forward to hearing from you.

New Members



Please welcome our new members, who joined the church on June 29, 2014: (L to R above) Mary Dolphin, Joanie and Eric Burley (with their daughters), and Betty Billings.



July Birthdays

7/29 May Chan	7/11 August Lobato, Jr.
7/28 Sarah Cook	7/05 Jonathan Lyman
7/31 Jean Dietrich	7/20 Carly Maris
7/04 Eduardo Figueroa	7/04 Laurie McComb
7/18 Randy Garber	7/18 Randy Romine
7/03 Steve Goetz	7/25 Susan Sherman
7/03 Donna Haehl	7/13 Dennis Webster
7/20 Erica Hicks	7/22 Kerin Wilson
7/28 Doug Kitchen	7/28 Scott Zane

Early Enrollment SAVINGS!



Summer Specials!

Early enrollment SAVINGS! Enroll your child for our fall program anytime during the month of July, and we will waive the registration fee! Act now and SAVE!

Refer a family to the Early Childhood Center and, if they enroll by September 1, you will earn \$100!

Proudly serving Irvine and surrounding communities since 1986, the Early Childhood Center offers a warm and nurturing environment for children, ages 2-6. Our children come from all walks of life and cultures, and enjoy making new friends as they learn to care for all people. Our smaller class sizes and dedicated teachers are essential to helping children develop strong learning skills, values and abilities to be successful in school and in life—all while having fun. Healthy meals are prepared onsite and served family style. It's where the journey of learning and discovery begins.

For more information, click to www.iucc.org/pre-school or call (949) 733-0228.

Mission & Service Ministry



Isaiah House Homeless Shelter for Women

Since 1987 the Catholic Worker project, Isaiah House, has provided shelter for homeless people. At this time, it houses about 45 women, though it has sheltered as many as 70 in the past. They are located at 316 Cypress Avenue in Santa Ana. Currently, Dwight and Leia Smith administer Isaiah House.

Their operating principles for the “guests” who live at Isaiah House are adapted from the communal system of sharing developed by the monasteries and convents. These are also the ideals espoused by Dorothy Day, who founded Catholic Worker in 1933. She made a powerful yet simple statement that illustrated her drive for social justice: “I firmly believe that our salvation depends on the poor.”

IUCC, under the Mission and Service Ministry, has contributed to Isaiah House on a couple of levels this past year. Our church members have contributed underwear, bras, and underarm deodorant. Additionally, on the second Wednesday of each month, some of our congregation actually prepare a meal for the women. Finally, a portion of your contributions to the annual CROP Hunger Walk go directly to this shelter.

There are many other ways to assist. Direct contributions are welcome and other needed items are listed on their web site: <http://occatholicworker.org>

If you have questions about becoming involved with Isaiah House, please call Steve Goetz at (949) 436- 1946 or write to sgoetz53@gmail.com. ~ Steve Goetz



Visiting Immigrants in Detention

34,000 men and women remain isolated today in a network of over 250 U.S. immigration detention facilities. Since they are not in criminal custody, they do not have rights to a free phone call, a court-appointed attorney, or classes. They languish for weeks, months, sometimes years in county jails and private prisons far away from family, friends, and a community of support.

Friends of Orange County Detainees is one of the largest visitation programs in the country. We have about 56 active pairings of detainees with visitors. We try to alleviate their loneliness and give them hope by showing them that someone on the outside knows about their predicament and cares. But we don't have nearly enough visitors to go around. At any given time, we have about 60-70 detainees on the wait list at Musick Facility in Irvine alone.

Under the auspices of IUCC's Mission & Service Ministry, we have a small cadre of brave souls who visit at Santa Ana Jail, Musick Jail, or Theo Lacy. We could really use more!

This is a huge unmet need, and very few people even know about it. I do volunteer support and database management for the group, and I see some of the same detainees signing up week after week. It breaks my heart that so many of them wait so long for a visitor. Many of them slip through the system and are deported before we can get someone in to visit them. Detainees are so very grateful for visits, and they thank us over and over. You don't need to be a scintillating conversationalist – just a friendly face and a listening ear. It means the world to them just to know that someone cares.

If you would like to learn more about becoming a visitor, please email me at tricia_aynes@yahoo.com, and I will be happy to get you started!

~Tricia Aynes

Stephen Ministry



Your Stephen Ministers met this past Sunday to talk about the book *Don't Sing Songs to a Heavy Heart*. The book points out that "The words or actions we use in our attempts to help hurting people may unintentionally add to their burdens instead of easing their pain."

As Stephen Ministers, we want to bring God's peace and comfort to those who have suffered a loss, be it a divorce, a job, or the death of a loved one. Our discussion produced the following nuggets of wisdom about ministering to people who are grieving the loss of someone dear:

- "You never get over it, you just learn to live with it."
- "(Despite our own pain), there's a beauty in it to help others heal."
- "Grief is a stalker - it creeps up on you, and you never know when you're going to get hit."
- "It helps to bless and release the outcome from your energy."
- "There's nothing greater than a caring presence when you're in pain."

If you are going through a rough time right now, you may need the caring presence of a Stephen Minister. All of us have undergone many hours of training to teach us how to ask the right questions and listen to the answers. While the program is not intended for major problems like clinical depression, mental illness, or substance abuse issues (all of which require professional help), it is ideal for those who are suffering through a life setback or loss.

You can request a Stephen Minister by contacting Dave Schofield at (949) 300-1216.

~Tricia Aynes

Mark Your Calendar



BIBLE CLASS

TUESDAYS * 4:00 p.m.

We are discussing the Book of Acts. Join us to learn about the continuing adventures of the disciples.



SEEKERS

TUESDAY * JULY 15 * 9:30 a.m. *

PLUMER HALL

We meet on the 3rd Tuesday of each month to share ideas about the church's meaning and role in society. Discussion is sparked by a video of prominent theologians' conversations. Our meeting starts with refreshments.

VACATION BIBLE SCHOOL

AUGUST 4 - 8, 10 to 4

We invite all children to our first annual Vacation Bible School! The theme is *Mission: Possible*, and the program will include top secret missions, interactive Bible fun, snacks, and more! See our website (iucc.org) for more details.



PASTOR'S POTLUCKS

6:00 p.m.

Tuesday, July 15

Wednesday, August 6

Thursday, September 4

Join us for one or all three! Bring your own meat/fish item to grill, a sidedish to share, and your eating utensils and tableware.



Powerful Parenting

Dr. Lorraine Fox

EXPLORING SEXUAL DIVERSITY: CONFRONTING CONTRIBUTORS TO MENTAL HEALTH PROBLEMS for LGBTQ YOUNG PEOPLE

As we prepare to wrap up our series on helping children and young people understand and accept sexual diversity among people, we want to help them understand and deal with the potentially hurtful behaviors they will encounter due to human problems with difference. Why, exactly, humans seem to have so much difficulty with something that is part of all of nature, namely that nature is replete with difference, is a feature of humanity that is puzzling and troubling. The inability to deal well with differences among people can lead to enormous harm – both emotional and physical – to young people struggling with being sexually different. As followers of the “Prince of Peace” we want to put a lot of effort into helping our children and teens handle differences with respect and compassion, as Jesus did.

A variety of research indicates that perceived or actual homosexuality and gender-nonconformity are two of the top three reasons teens are bullied (the third is the victim’s appearance). In addition to other challenges presented by being sexually different, bullying – whether in person or online – increases LGBTQ teens risk for anxiety disorders, depression, nightmares, substance abuse, post-traumatic stress disorders and suicide. Many studies indicate that LGBTQ youth are at least twice as likely to attempt suicide as their same-sex peers.

Non acceptance of differences in sexuality can lead LGBTQ young people to experience increased risk for mental health problems from multiple sources:

- For some, the struggles with mental health stem from genetics, in the same way that is true for non-gay young people.
- For some, the struggles with mental health stem from a childhood history of abuse and/or neglect, in the same way that is true for non-gay young people.
- For others, the struggles stem not from family history or experience, but from lack of acceptance by others that cause them added stress and lead to risky behavior or mental health issues (*Society for Adolescent Health and Medicine, April 2013*).
- Gay and lesbian kids can be happy and healthy dealing with the normal things adolescents deal with. But they are also a group that, because of pressures from society, face a number of challenges and risks other teens don’t.
- Avenues of support, such as family, friends, school, and the community available to typical youth may not be asked for help by LGBTQ youth who fear the possible response.

- Family acceptance – or rejection – of LGBT adolescents can make a significant difference in their health and well-being outcomes (*Family Acceptance Project*).

- Unlike other minority populations, LGBTQ youth do not grow up with people like themselves, leading to more loneliness and feelings of isolation.

- Gay teens risk losing self-respect as they “pretend” to be straight in an attempt to fit in. Friendships are often less genuine if a gay teen is hiding his/her identity.



Sorting out the origin of mental health problem for sexual minorities becomes difficult as we try to weigh the contributions of personal characteristics vs. the context in which their development is compromised by the additional stresses of being different in a world that prefers sameness. Further, LGBTQ young people whose families affiliate with a religious group may be additionally challenged as they try to find an open, affirming, and non-rejecting church family. Research has found that even though people tend to struggle with differences in religious beliefs among people, groups tend to deal with these differences even better than they do with sexual differences.

Adults living and working around sexually diverse young people owe it to them to become especially sensitive to the use of derogatory language or jokes regarding LGBTQ people. Unlike racial and ethnic diversity, LGBTQ young people are more likely to be exposed to hurtful treatment because their struggles with sexuality are not apparent. We always want to assume that it is possible that someone in a group may be hurt by something that is said, and step up and step in to interfere with harmful behavior. Ignoring such behavior and failing to “call others out on it” presents an unspoken endorsement. Loving our young LGBTQ neighbors may involve causing some momentary discomfort to others as we challenge them to be mindful of who may be listening to pronouncements, off handed remarks, or jokes that cause internal wounds. We can train ourselves to listen to others in an “as if” manner, so that we listen “as if” they were talking about us. This will make it easier to do the right thing on behalf of those who may not yet be strong enough to stand up for themselves.