



The El Estero Echoes
El Estero Presbyterian Church
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Pastor Ted Esaki

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The Mission of the El Estero Presbyterian Church is to Glorify God
through a Grateful Commitment
to the Great Commandment and the Great Commission.

Pastor Ted's Message

CELEBRATING EASTER



Turn on the news these days and we read of business such as restaurants, gyms, and even churches talking about "reopening." Gold's Gym in the Del Monte Shopping Center is where I have my gym membership and they are now officially "open" to indoor workouts. But the question that I am asking myself is, am I ready to return to the gym.

Did you know that the word "April" comes from the Latin word "aperio" which means "to open"? As we turn our calendar to the month of April and look towards the celebration of Easter, I pray that the hearts of each one of us will also be "open" to truly celebrate the resurrection of our Lord and Savior Jesus Christ.

The resurrection is the heart of our Christian faith. Without the resurrection, there would be no forgiveness of sins and no hope for eternal life. Most of all, there would be no hope to be in an intimate relationship with the living God.

When Christ died on Good Friday, that was not the end of his life. Three days later he rose from the grave to forgive us our sins and to take away the sting of death. One of the great blessings of the Christian faith is the hope that extends beyond the grave into the glory of God's tomorrow. The grave has been conquered so that grief can be turned to joy, sorrow to comfort, and fear to peace.

For many people, death is the most dreaded experience of all of life. We don't like to think about death. Yet death is something one day we must all participate in. The Bible teaches that because Jesus does live, that He rose from the dead, death is swallowed up in victory. We no longer need to fear death. This is why Easter is such a great time of joy and celebration for Christians around the world.

As we celebrate Easter. I pray that you not only come to know the forgiveness through the shed blood of Jesus on the cross and the hope of eternal life, but the joy of being in an intimate relationship with a loving and personal God. May each of our hearts be "open" to celebrate this Good News!

Wishing you a joyous and blessed Easter,

Pastor Ted



Joys and Concerns

Please continue to pray for



Ann Bevier, Don and Dori Chin, Pastor Ted and Sherry Esaki, Cary Gota, Ginny Heun, Adele and Marian Kageyama, Kiku Kuwatani, Hiro Manaka, Susie Marquez, Johnnie and Emiko Montoya, Joan Ouye, Lyle and Meja Quock, Jean Tanaka, Tomi Tanaka, Nami Uyeda, Hedy Yamamoto, Setsuko Yamanishi, May Wong, Pat and Shirley Wong, George Wooding.

The Walker and Sugano family with the passing of David Walker.

Prayers for our church family, for members who are ill, those away from their loved ones, and those who are concerned for family and friends.

Prayers for the citizens of our world that we may defeat this Coronavirus.

Prayers for our medical professionals, first responders, emergency workers, caregivers, grocery clerks., teachers

Prayers for those who have been laid off or are without income.

Prayers for our research and medical scientists as they work for vaccines and a cure for COVID19.

Prayers for our world leaders as they deal with the complex issues facing their nations and our world community.

Prayers for our state and local leaders as they work to keep our communities safe.

Prayers for social justice, racial equality, and peace.

While we have worship services on ZOOM, please let Pastor Ted know via email or a phone call if you have any prayer requests.



Holy Week Services

Easter is a significant holy time in our Christian lives. The crucifixion of Jesus and his resurrection is the foundation of our faith. This time of the year establishes Jesus as the Son of God and gives us the hope and the belief of an everlasting life with Christ.

Please join us in celebrating this Holy Week with

Sunday, March 28, Palm Sunday Worship Service 10:30 am on ZOOM.

Friday, April 2, Good Friday Worship Service, 7:00 pm on ZOOM.

Sunday, April 4, Easter Sunday Worship Service 10:30 am on ZOOM.



COME AND JOIN A BIBLE STUDY

*Magnify * Maturity * Membership * Ministry * Mission*

Please join us.



Let's learn together.

Sunday Morning Adult Study

Daily Devotional: Everyday Pastor Ted writes a Daily Devotional that you can receive online through our church webpage: elesteropc.org and click on This Week

Wednesday Bible Study: Every Wednesday morning, 10:30 – 11:45 am, online through ZOOM. A follow up of Pastor Ted's Sunday Worship Service message. Discussion follows a review of Sunday's sermon with the Sunday worship study guide. Please watch for Pastor Ted's invitation to join each Wednesday's Bible Study on ZOOM. If you would like to join a ZOOM online Bible study, please contact Pastor Ted for more information.

Thursday Evening Q&A: Every Thursday evening, 7:00 pm, Pastor Ted will host a session of questions and answers about Christianity and the Bible. You may submit your questions to Pastor Ted via email and he will respond to your thoughts on Thursday evening. All are welcome to join the group for discussion and in depth learning. Please contact or email Pastor Ted if you are interested and your questions.

Friday Evening Prayer Meeting: Every Friday evening, 7:00 pm, Pastor Ted will host a prayer meeting. All are welcome to join the prayer session for fellowship, joys and concerns, personal prayer and prayers for those on the weekly Prayer Fuel. We will have our first Prayer Meeting on Friday, January 22, 2021. This is a ZOOM meeting and you may email Ted for the ZOOM invitation.

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WELCOME ANNE WILBUR AND SALLY HITOMI

So in Christ Jesus you are all children of God through faith, for all of you who were baptized into Christ have clothed yourselves with Christ.

Galatians 3: 26-27

Anne Wilbur and Sally Hitomi were baptized by Pastor Ted at the home of Dr. Cary and Joyce Gota. On Sunday, March 7 we gratefully welcomed Anne and Sally into the El Estero Church. We pray for many blessings for Anne, Sally, and their families.



Coach Ken's Corner



Welcome to another episode of Coach Ken's Corner,

Hope everyone is well and staying safe. Joyce and I received our second dose of the Covid 19 Vaccine. We were both a little sore after the second shot, but we're doing well. With the country getting more people vaccinated, it looks like things are looking up. Perhaps we'll be able to meet and exercise together some time down the road.

Speaking of exercising, did you read last month's exercise tips? I talked about how important it is to work on balance. I mentioned I took a nasty fall and had a very bad calf bruise. Good news, I'm just about all the way back to normal. I'm back to stretching, walking, and have incorporated more balancing exercises to my daily routine. I'm hoping all of you have some type of daily exercise routine that you do.

There are lots of stretching exercises you can do. I would like to recommend standing tall: breathing with big breaths, but not too fast; head and neck circles; shoulder shrugs, arm circles; reaching your arms as high as you can, trunk twist; hamstring stretches; and knee or toe touches. All very basic, but a good start to get the blood flowing. For balance: "the tight rope walker" (pretend you're a tight rope walker with arms out to your side and walk an imaginary rope. Don't look down, you might have a big fall. Keep your eyes looking forward, your arms should help you balance. Now let's get brave, lift one leg slightly (higher if you can) and balance on one leg, on your imaginary rope for 3 to 5 seconds. Now try with the other leg! Very good. Hope no one fell off your rope. Keep working on your balance, stand tall and breathe deeply and keep stretching. Have a good day and go for a nice spring walk.....Coach Ken

During this time of COVID with our church activities suspended, let us know how you have been staying busy. Our Open ART Studio has moved from a church on site program to a ZOOM. ART is open to all and you can join in on our ZOOM sessions by letting Bob McIntyre or Lynn Gunter know of your interest. Then watch for their invitation to join ART.

Here are some photos from our church friends. Send Marilyn a photo to let us see what you have been doing.



Pink Flowers. Nancy

Shoreline Flowers.
Nancy

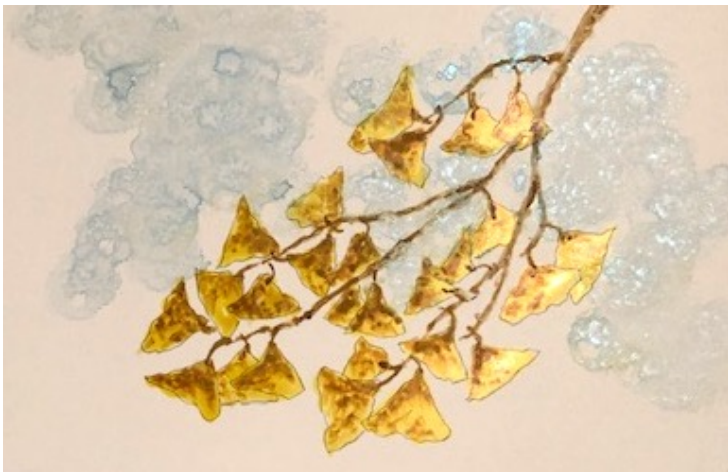




OOPS. Linda



Posies.
Mike



Ginkgo. Mar



Dancing Flowers.
Linda



Yupo.
Mike



Abstract Sunrise. KC



Abstract. Ellie



Montauk Sunset 2. Nancy H.



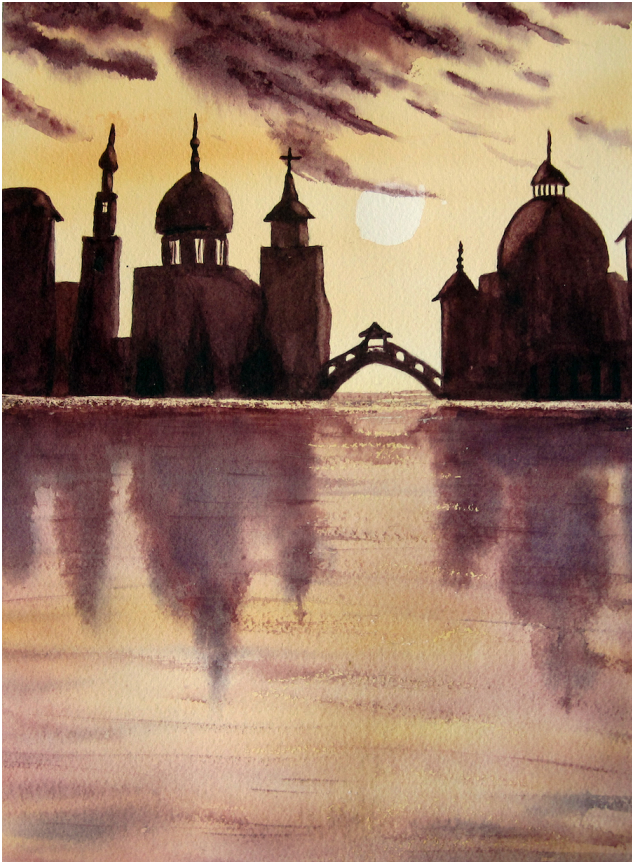
Venice.
Lynn



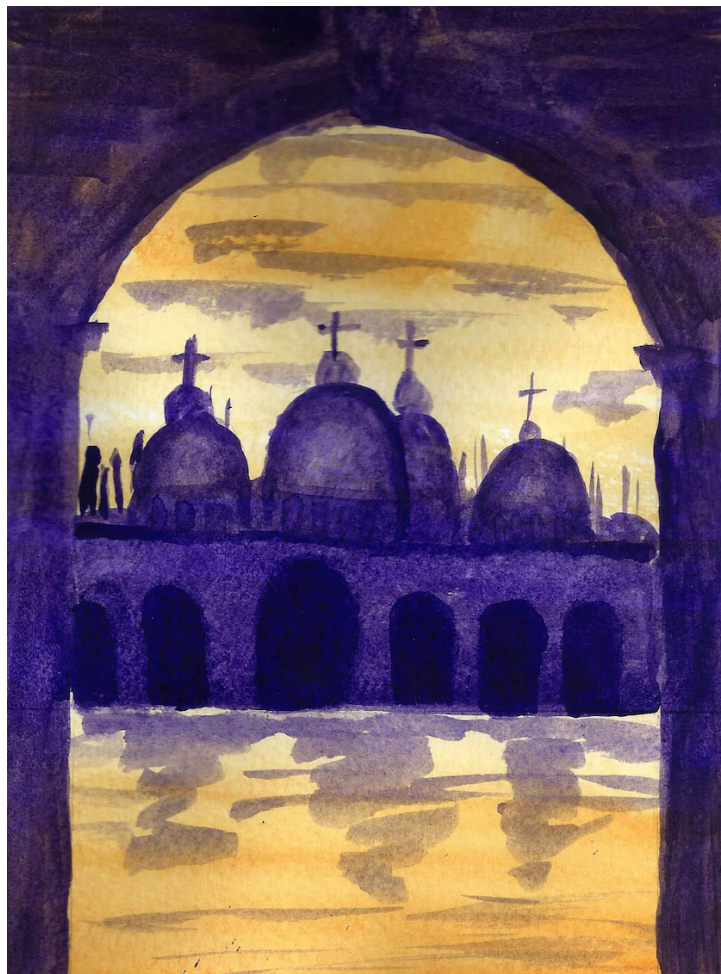
San Giorgio From San Marco At Sunset. Irene



Turbulence. KC



Venice Tutorial.
Linda



San Marco. Mike



Yupo Nebula #1. Mark



Flivver. Mark



Stormy Seas. Nancy



Lover's Point. Tim



Stormy Sky. Lynn

Clouds Over St. Thomas. Irene



Stormy Morning Over Monterey Bay. Mark

Misty Spring Morning In The Valley.
Nancy





Cyclamen. Tomi



Clouds Before A Storm.. Mar



A St. Patrick's Day Feast. Don and Dori



Winding River Valley.
Mark



Another Beautiful Day.
Mike



Green Valley.
Mike



Following The River.
Mar

APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday Worship Service on ZOOM starts at 10:30 am.				1 7:00 pm Q & A on Christianity and the Bible on ZOOM	2 7:00 pm GOOD FRIDAY Worship Service on ZOOM	3
4 EASTER SUNDAY 10:30 am Worship Service on ZOOM	5	6	7 10:30 am Bible Study on ZOOM	8 7:00 pm Q & A on Christianity and the Bible on ZOOM	9 7:00 pm Prayer Mtg. on ZOOM	10 10:00 am ART on ZOOM
11 10:30 am Worship Service on ZOOM Session Mtg.	12	13 3:00 pm Outreach Mtg.	14 10:30 am Bible Study on ZOOM	15 10:00 am Quarterly Session/Deacons Mtg. 7:00 pm Q & A on Christianity and the Bible on ZOOM	16 Echoes Articles Due 7:00 pm Prayer Mtg. on ZOOM	17 10:00 am ART on ZOOM
18 10:30 am Worship Service on ZOOM Spiritual Growth Mtg.	19	20	21 10:30 am Bible Study on ZOOM	22 7:00 pm Q & A on Christianity and the Bible on ZOOM	23 7:00 pm Prayer Mtg. on ZOOM.	24 10:00 am ART on ZOOM
25 10:30 am Worship Service on ZOOM	26	27	28 10:30 am Bible Study on ZOOM	29 7:00 pm Q & A on Christianity and the Bible on ZOOM	30 7:00 pm Prayer Mtg. on ZOOM.	



To join our El Estero Church's ZOOM worship service on Sundays, 10:30 am, please contact Pastor Ted Esaki and watch for his email invitation. To access the "Sermon Outline" and the "Worship Bulletin" for Sunday's worship service, go to our website elesteropc.org and click on Messages.

To join our Wednesday morning Bible Study 10:30 am on ZOOM, please contact Pastor Ted and watch for his email invitation.

To join our Thursday evening Q & A session 7:00 – 8:00 pm on ZOOM, please contact Pastor Ted and watch for his email invitation.

To join our Friday evening Prayer Meeting 7:00 pm on ZOOM, please contact Pastor Ted and watch for his email invitation.

To join our Open Art Studio on Saturday, 10:00 am on ZOOM, please contact Bob McIntyre and watch for Lynn's email invitation

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*If the Spirit of him who raised Jesus from the dead dwells in you,
he who raised Christ Jesus from the dead will also give life
to your mortal bodies through his Spirit who dwells in you.
Romans 8:11*