



The El Estero Echoes
El Estero Presbyterian Church
490 Camino El Estero, Monterey, CA 93940

Office: 831. 375-6622

Pastor Ted's Office Phone Number at El Estero: 831 644-0687

E mail: elesteropc@gmail.com Web: elesteropc.org

Pastor Ted Esaki

February Vol. 2021. Issue 2

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

What Is Lent?



Wednesday February 17th marked the beginning of Lent. Growing up at El Estero I would hear the word Lent, but I had little idea about what it meant. I remember Mickey Ichiuji talking about a Lenten Series at church where the Rev. Dr. Paul Nagano was the speaker and how that was a time of spiritual renewal for the church. But growing up I can't recall being directly taught what Lent was all about. For those of you that

are like me, let me share with you some of the basics of this important season of the church calendar.

Lent is the season of the Christian liturgical calendar beginning on Ash Wednesday and leading up to Easter. Lent lasts approximately 6 weeks. The season is 40 days long, but it's celebrated over 46 days. This is because each Sunday of Lent is considered a 'mini Easter' and is not counted as part of the 40 day Lent observance. Many people think of Lent as a particularly Roman Catholic practice, but Christians have observed the tradition of Lent since the early days of Christianity.

Lent is meant to be a time of spiritual preparation. The purpose of the 40 day length is to recall the 40 days of temptation that Jesus endured in preparation for his public ministry, Matthew 4:1-2 says, *"Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry."*

Just as Jesus spent 40 days in the desert spiritually preparing for his ministry, so too Christians are to spend Lent spiritually preparing for Easter. During this time, Christians are meant to focus on spiritual self-examination, renewal, and growth. In many traditions, Lent is a time of fasting and abstinence. This is where the common "I'm giving up meat or chocolate for Lent" idea comes from. But, in addition to self-denial, Lent is also a time of active practices such as giving to various ministries, acts of mercy, forgiveness, repentance and prayer. Many Christians 'give up' something during Lent in order to spend more time,

money, or attention on the active practices previously mentioned. These practices of denial and action are meant to work in unison to prepare our heart to experience anew the power of Christ's suffering, death, and ultimately, resurrection during Holy week.

Holy Week is the culmination of the Lenten season. It begins with Palm Sunday, followed by Maundy Thursday, Good Friday, and finally Easter Sunday. This week traces the time from Jesus' triumphal entry into Jerusalem on the back of a donkey to the Last Supper, where he foretold his betrayal and death, to his crucifixion on the cross, his death and finally his victorious resurrection on Easter Sunday! It is a week of great spiritual significance and one that deserves the preparation of our hearts and spirits.

It is for this reason that Lent is part of the Christian calendar. Humbly observed, Lent can help keep us from racing toward Easter without remembering the sorrow and sacrifice that led to the cross. Lent allows us the necessary time to reflect more fully on the cross, and thereby deepens and enriches our experience of Easter.

May we all remember this Lent to pause, reflect, abstain and act as we focus anew on the meaning of the cross.

In Christ,

Pastor Ted



Joys and Concerns

Please continue to pray for

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

The Wong family with the passing of Pat and Shirley's daughter-in-law, Allie.
The Uyeda family with the passing of Lily. The Uyeda family requests no food, no calls or visits. Thank you for respecting the Uyeda Family's request.

The Chin family with the passing of Don and Dori's daughter-in-law, Marvilyn.

The Walker and the 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 the Coronavirus.

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

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

Prayers for our research and medical scientists as they work on vaccines or 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.

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.

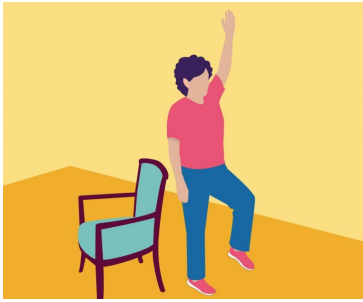
Friday Evening Prayer Meeting: Every Friday evening, 7:00 pm, Pastor Ted will host a prayer meeting. All are welcome to join the prayer session for fellowship, joys and concerns, personal prayer and prayers for those on the weekly Prayer Fuel. This is a ZOOM meeting and you may email Pastor Ted for the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

pted.eepc@gmail.com

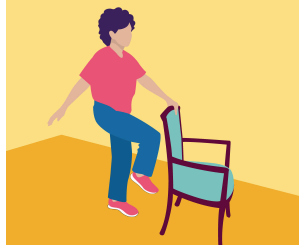
PER CAPITA 2021

Thank you to our church members for sending your Per Capita dues. The annual fee for this year is \$40.50. If you have not sent in your dues, please write a separate check for this assessment and indicate "Per Capita" on your check. Writing a check separately from your offering or pledge helps our counting and book keeping. Thank you.





Coach Ken's Corner



Sorry, but I was unable to post Coach Ken's Corner last month. So, Happy New Year to everyone. I hope you are all staying safe, free of Covid and remembering to wear a mask, keep social distance, and wash those hands.

Now, the big question? Has everyone been finding some time to stretch, do some strength work for those muscles, do a little cardio work, and do some walking. Hope the answer is a big YES!

Coach Ken has been laid up for the past month. I was walking into the bathroom late at night in the dark. A bathroom cabinet door was open, I didn't see it (of course it was dark and I didn't turn on a light), and I tried to do a fancy side step to avoid running into the cabinet door. Consequently, I fell all contorted trying not fall into the bathtub. I've had a badly bruised calf muscle (contusion) that has been hurting for a month. Still unable to walk without pain.

As we get older, we don't heal as quickly. It is very important that we take safety precaution whenever we do anything. Find some time to do some balancing exercises. Can you balance on one foot. Stand tall, arms out to the side, lift one leg while balancing on the other leg. Then reverse. How about walking up stairs and then walking down stairs. Use the railing if available. Also, step up one stair and step back down. Do several repetitions. This is also a good cardio exercise. If you are out for a walk, stop and lift your leg up (as if you were marching). Lift the right then the left. Good for balance. Don't take your health for granted. Think before acting, and be smart. It is always better to be real smart rather than really dumb!

Everyone stay safe and keep moving.....Coach Ken



El Estero Deacons would like to acknowledge our member's birthdays. If you would like to be included, please send your birthdate (month and day) to Deacon Ellie Hattori at elliehattori@icloud.com.

During this time with our church activities suspended, let us know how you have been staying busy. Here are some photos from our church friends. Send Marilyn a photo to let us see what you have been doing.



Brave Wildflowers. Nancy



Paperwhites and Shadow. Mark



Peaceful Boat on Lake. Mark



Azaleas with Pears. Rose.



Peony. Lynn



Waiting for Patrick. Mar



Grasses and Spring Blooms. Nancy



Grazing Sheep. Mar



Grasses. Linda



Kitty.
Linda

He Sees You.
Mike



Sand Dunes.
Lynn



Grass.
Lynn

Old Barn. Rose



Nevada Autumn. Tim



Deserted San Francisco Street. Nancy



House Where I Was Born. Cresson, PA
Nancy



Homestead. Mike



Linda's Cottage. Linda



Perspective Study. Anne



Portrait of
Tomi.
Anne



Pacific House Adobe. Mark



PG
Lighthouse
Irene



Winter Shadows. Mar



Aspen. Mar



Twin Lakes.
Nancy



Front Porch. KC



Morning Glories. Nancy



Jellyfish. Rose

The Red Pot.
Rose



March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday Worship Service on ZOOM starts at 10:30 am.						
	1	2	3 10:30 am Bible Study on ZOOM	4 7:00 pm Q & A on Christianity and the Bible on ZOOM	5 11:00 am Deacons' Mtg. 7:00 pm Prayer Mtg. on ZOOM	6 10:00 am ART on ZOOM
7 LENT 10:30 am Worship Service on ZOOM	8	9 3:00 pm Outreach Mtg.	10 10:30 am Bible Study on ZOOM	11 7:00 pm Q & A on Christianity and the Bible on ZOOM	12 7:00 pm Prayer Mtg. on ZOOM	13 10:00 am ART on ZOOM
14 LENT 10:30 am Worship Service on ZOOM Session Mtg.	15	16	17 10:30 am Bible Study on ZOOM	18 7:00 pm Q & A on Christianity and the Bible on ZOOM	19 Echoes Articles Due 7:00 pm Prayer Mtg. on ZOOM	20 10:00 am ART on ZOOM
21 LENT 10:30 am Worship Service on ZOOM Spiritual Growth Mtg.	22	23	24 10:30 am Bible Study on ZOOM	25 7:00 pm Q & A on Christianity and the Bible on ZOOM	26 7:00 pm Prayer Mtg. on ZOOM	27 10:00 am ART on ZOOM
28 PALM SUNDAY LENT 10:30 am Worship Service on ZOOM	29	30	31 10:30 am Bible Study 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

El Estero Presbyterian Church

490 Camino El Estero
Monterey, CA 93940

831.375-6622

E mail: elesteropc@gmail.com

*We wait in hope for the Lord;
He is our help and our shield.
In Him our hearts rejoice,
for we trust in his holy name.
May your unfailing love be with us, Lord,
even as we put our hope in you.*

Psalm 33:20-22