



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

April Vol. 2022. Issue 4

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



GOOD NEWS!!

During our Fellowship Time on Friday, the question was asked, why do we call Good Friday "good", when it was the death of our Lord Jesus on the cross. My response was, without the "bad" news of Jesus death on the cross, the good news of the gospel would have no meaning. The bad news of Jesus paying the penalty for our sins at the cross of Calvary turned to "good news" three days later as Jesus conquered sin and abolished death and offers eternal life to all those who put their hope, faith and trust in Him.

This is the reason that Easter has so much meaning and significance for us as believers in Jesus. This is the Good News of the Gospel. When we turn on the news these days we hear so much of the war in Ukraine, the news of murders across the country, the continuing number of covid infections, and the list goes on and on. But amidst all of the bad news, Easter is the time for us to remember the greatest good news the world has ever known.

As we 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 is 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 need no longer fear death. This is why Easter is such a great time of joy and celebration for Christians around the world.

As we celebrate Easter for the first time in two years in our church sanctuary, I pray that you not only come to know the forgiveness through the shed blood of Jesus on the cross and 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!

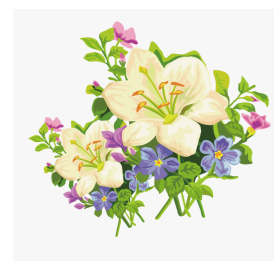
Wishing you a joyous and blessed Easter,

Pastor Ted



Joys and Concerns

Please continue to pray for



Anne Bevier, Bill Bevier, Don and Dori Chin, Pastor Ted and Sherry Esaki, Cary Gota, Rick Hattori, Wendy Ichiuji, Adele and Marian Kageyama, Mike Kelly, Kiku Kuwatani, Hiro Manaka, Helen Nakano, Bob McIntyre, Joan Ouye, Lyle and Meja Quock, Robert Suzuki, Jean Tanaka, Tomi Tanaka, Magdalena Thomas, Rev. Sam Tonomura, Nami Uyeda, Hedy Yamamoto, Setsuko Yamanishi, Pat and Shirley Wong, George Wooding.
the Wong family with the passing of May.

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 Holy Week.

Sunday, April 10, Palm Sunday Service. Worship service starts at 10:30 am.

Friday, April 15, Good Friday Service. Worship service starts at 12:00 noon.

Sunday, April 17, Easter Service. Worship service starts at 10:30 am.



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. Please email Pastor Ted for the ZOOM invitation.

pted.eepc@gmail.com



Coach Ken's Corner

Hello, welcome to spring! It's that time of year when everything begins new! So let's get that new look body in shape.

Last issue I referenced a CDC article sent to me by my fitness consultant and cousin Jay Tabata. He keeps up with all the latest in fitness news. The article talked about physical activity is essential to healthy aging. The more we move and the less we sit, we increase our physical and mental well being. Be mindful that some physical activity will be better than none at all. Maybe you can put together a personal goal of 150 minutes of exercise a week. That could be 30 minutes a day, 5 days a week. This 30 minutes can include a walk; cleaning (vacuuming is exercising); sweeping the sidewalk or raking leaves; bending down to pull a few weeds in the yard; perhaps a couple of exercises during the commercial of your favorite TV program.

As we begin to feel better and more energetic, how about some muscle strengthening activities a couple times a week. We'd like to work the major muscle groups like the legs, hips, back, abdomen, chest, shoulders, and arms. These are some thoughts I've had that can lead to a healthier you. If you would like to read some really helpful hints to healthy living and healthy aging, I'll send you the CDC website. Let me know and keeping yourself moving!

Coach Ken



ART and HIKING FELLOWSHIP

Our ART and Hiking Fellowship will meet on April 23, 2022, 9:30 am.

We will meet at the Pacific Grove Golf Course and walk along the shoreline. Then return to the golf course for breakfast or lunch.

Please AVOID Lover's Point on Saturday as it is the Big Sur 5K race which starts at 8:00 am.

Please watch for Pastor Ted's email invitation for the walk.

See you all for an invigorating morning walk.



Open ART Studio

Join us for an art class led by Bob McIntyre. We meet on Saturdays at 10:00 am on ZOOM. Our class is sponsored by the El Estero Church. Please let Bob or Lynn know if you are interested and they will send you a ZOOM invitation. All are welcome to join us.

Waves and Seagulls. Nancy



Sneaker Wave. Suzette



Waves and Clouds. Rose



Waves and Pink Sky. Suzette



Clearing Storm. Mar



Ocean Scene.
KC



Ocean and Sky.
Tim



Fun At The Beach.
Nancy



Seascape at Dawn. Mark



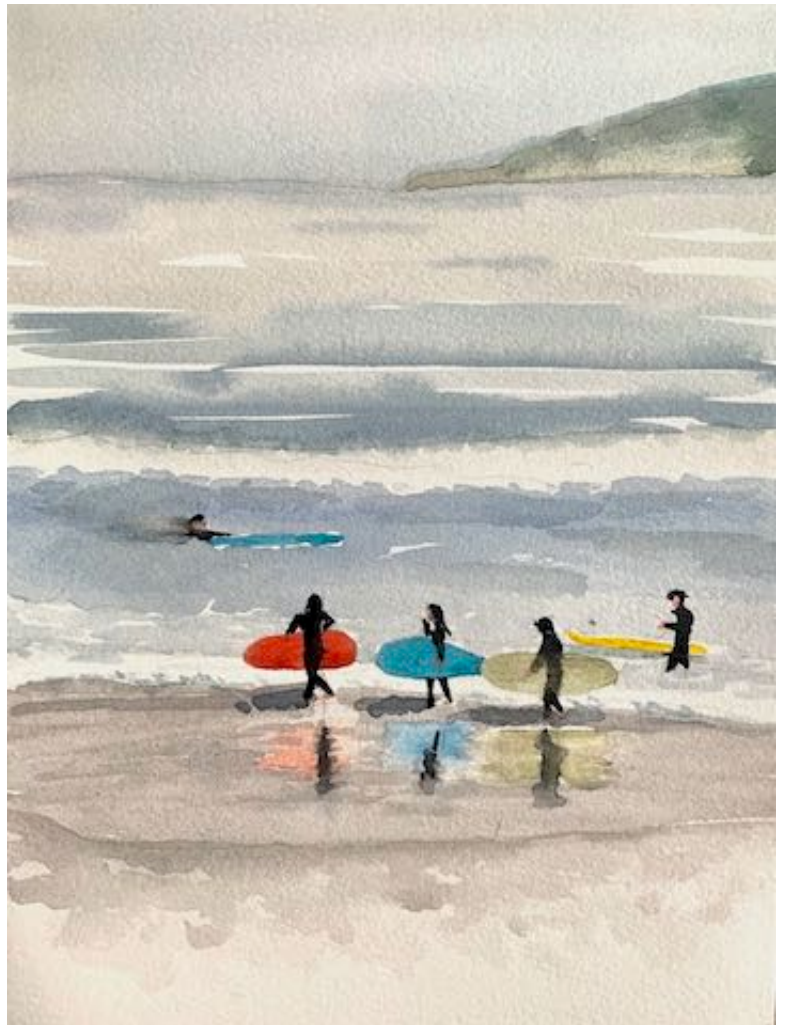
Figures in a Painting. Suzette

Cafe Bar. Mar

Surfing School. KC



Fishing Nets. KC

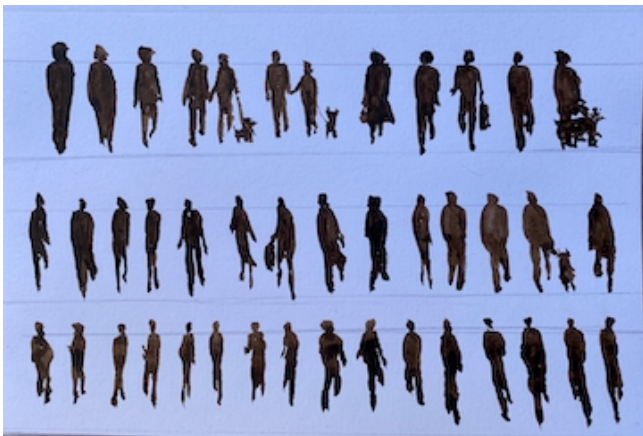




Rainbow. Tomi



Sunset Carmel Highlands. Tomi



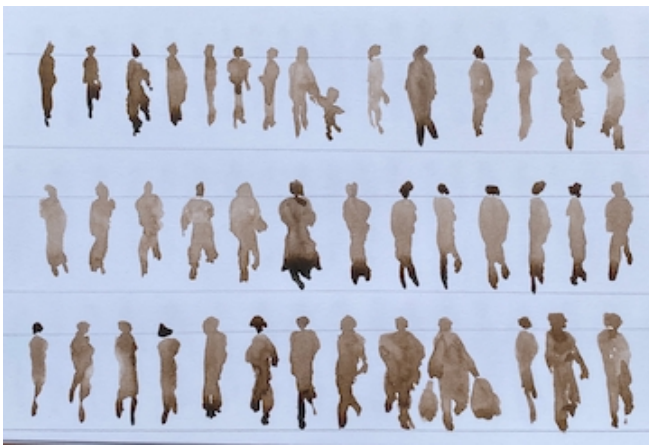
Painting People Holding Brush Ferrule



Holding Brush Mid Handle.

Tea Time at Nepenthe's.
Mark





Holding Brush Handle End. Lynn



Fanad Head Lighthouse, Ireland.
Mar



Wave Painting. Michelle



Setting Sun, Rising Moon.
Suzette



Lighthouse. Nancy

Windmill. Nancy



Monastery. KC

MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday Worship Service on site and on ZOOM starts at 10:30 am. Communion is celebrated on the first Sunday of each month.						
1 10:30 am Worship Service on site and on ZOOM Communion	2	3	4 10:30 am Bible Study on ZOOM	5 1:00 pm Deacons' Mtg. 7:00 pm Q & A on Christianity and the Bible on ZOOM	6 7:00 pm Prayer Mtg on ZOOM	7 10:00 am ART on ZOOM
8 MOTHER'S DAY 10:30 am Worship Service on site and on ZOOM	9	10	11 10:30 am Bible Study on ZOOM	12 7:00 pm Q & A on Christianity and the Bible on ZOOM	13 7:00 pm Prayer Mtg on ZOOM	14 10:00 am ART on ZOOM
15 10:30 am Worship Service on site and on ZOOM Session Mtg.	16	17	18 10:30 am Bible Study on ZOOM 7:00 pm Spiritual Growth Mtg.	19 7:00 pm Q & A on Christianity and the Bible on ZOOM	20 Echoes Articles Due 7:00 pm Prayer Mtg on ZOOM	21 10:00 am ART on ZOOM
22 10:30 am Worship Service on site and on ZOOM	23	24	25 10:30 am Bible Study on ZOOM	26 7:00 pm Q & A on Christianity and the Bible on ZOOM	27 7:00 pm Prayer Mtg on ZOOM	28 9:30 am Art and Hiking Fellowship
29 10:30 am Worship Service on site and on ZOOM	30	31				



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

*"The angel said to the women,
'Do not be afraid, for I know that you are looking for Jesus,
who was crucified. He is not here; he has risen, just as he said.
Come and see the place where he lay.'"*

Matthew 28: 5-6