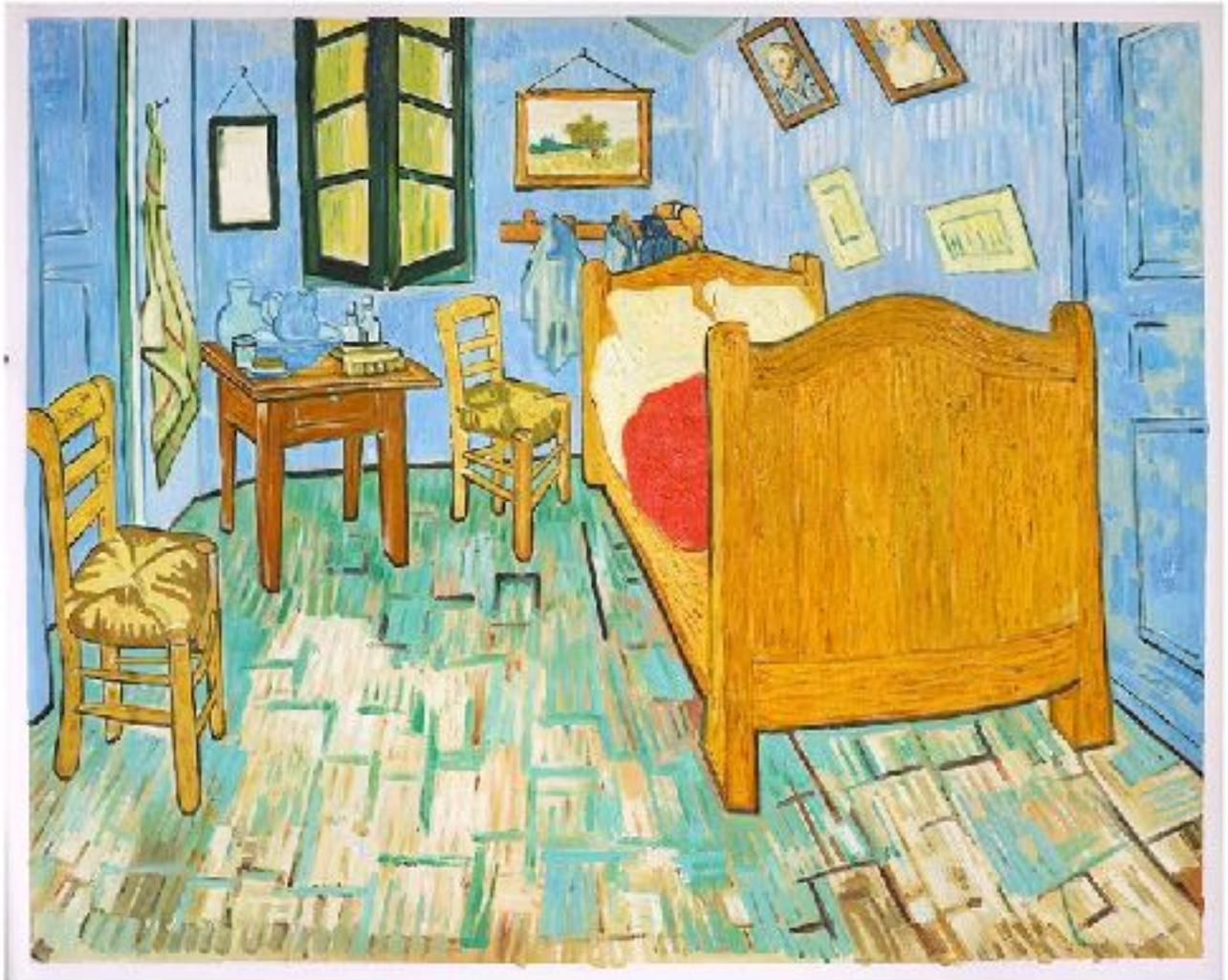


CONGREGATIONAL CHURCH OF LA JOLLA

MAY 10, 2020
HOME WORSHIP GUIDE IX
SEASON OF EASTER V

REV. TIM SEERY, MINISTER
DR. NINA GILBERT, MUSIC DIRECTOR
BRONWYN ALLEN-KAESER, OFFICE MANAGER



Vincent van Gogh, Bedroom in Arles



CONGREGATIONAL CHURCH of *La Jolla*



WELCOME TO WEEK NINE OF THE CONGREGATIONAL CHURCH OF LA JOLLA'S AT HOME WORSHIP EXPERIENCE. PLEASE FOLLOW THE INSTRUCTIONS IN THIS GUIDE AND UTILIZE THE AUDIO LINKS SENT TO YOU IN THE ACCOMPANYING EMAIL TO ASSIST IN YOUR WORSHIP EXPERIENCE. PLEASE PROVIDE US WITH FEEDBACK IF YOU HAVE ANY QUESTIONS OR CONCERNS. YOU CAN REACH US AT PASTOR@LAJOLLAUCC.ORG. THIS IS CHURCH. THIS IS HOLY. THIS IS HOW WE RESPOND TO THE CHALLENGES OF OUR DAY.

THIS WILL BE VERY MUCH UNLIKE WHAT YOU ARE USED TO IN CHURCH. THAT IS ON PURPOSE. THIS IS SOMETHING NEW AND BECAUSE OF THAT WE'VE TAKEN LIBERTIES TO PROVIDE YOU WITH SOMETHING TOTALLY DIFFERENT. ENJOY MUSICAL SELECTIONS YOU MIGHT NOT HAVE HEARD AT CHURCH BEFORE AND A MESSAGE UNLIKE THAT WHICH IS DELIVERED FROM THE PULPIT. CONSIDER IT AN ADVENTURE. YES, YOU ARE MAKING HISTORY TODAY.

PLEASE FIND A COMFORTABLE AND COMFORTING PLACE IN YOUR HOME OR SOMEWHERE ELSE YOU FEEL SAFE. GET COMFORTABLE, POUR YOURSELF A GLASS OF SOMETHING SOOTHING AND ENJOY THIS EXPERIMENT IN WORSHIP....

LET US QUIET OUR HEARTS & MINDS

ENJOY NINA'S PIANO SOLO BY CLICKING THE AUDIO FILE MARKED "AUDIO FILE 1" IN THE EMAIL. DURING THIS TIME LEAVE YOUR FEARS, DOUBTS, AND UNCERTAINTIES OUTSIDE THE ROOM AND BE COMPLETELY PRESENT WITH YOURSELF. BREATHE INTENTIONALLY AND FOCUS ON EACH INHALE AND EXHALE.



Edvard Munch, The Living Room of the Misses Munch in Pilestredet

INTERNET FIELD TRIP



This week's internet field trip is "Praise Song for the Pandemic"
by Christine Valters Paintner. Click the link to view:
<https://www.youtube.com/watch?v=zCYoikGal6U>

FINDING GOD IN VOICE

ENJOY BRON'S SOLO BY CLICKING ON THE AUDIO FILE
MARKED "AUDIO FILE 2" IN THE EMAIL.



Roy Lichtenstein, Interior with Mobile

WE HEAR FROM SCRIPTURE....

Ecclesiastes 3:1-13

For everything there is a season, and a time for every matter under heaven:

a time to be born, and a time to die;
a time to plant, and a time to pluck up what is planted;
a time to kill, and a time to heal;
a time to break down, and a time to build up;
a time to weep, and a time to laugh;
a time to mourn, and a time to dance;
a time to cast away stones, and a time to gather stones together;
a time to embrace, and a time to refrain from embracing;
a time to seek, and a time to lose;
a time to keep, and a time to cast away;
a time to tear, and a time to sew;
a time to keep silence, and a time to speak;
a time to love, and a time to hate;
a time for war, and a time for peace.

What gain has the worker from his toil? I have seen the business that God has given to the children of man to be busy with. He has made everything beautiful in its time. Also, he has put eternity into man's heart, yet so that he cannot find out what God has done from the beginning to the end. I perceived that there is nothing better for them than to be joyful and to do good as long as they live; also that everyone should eat and drink and take pleasure in all his toil—this is God's gift to man. I know that everything God does will endure forever; nothing can be added to it and nothing taken from it. God does it so that people will fear him.

A MESSAGE TO REFLECT ON.....

LISTEN TO REV. TIM'S MESSAGE TO YOU
BY CLICKING ON THE FILE MARKED "AUDIO
FILE 3" IN THE EMAIL.



Pablo Picasso, Interior with a Girl

THE WORK OF THE CHURCH CONTINUES....

YES, EVEN THOUGH WE AREN'T TOGETHER THE WORK OF THE CHURCH CONTINUES. WE MIGHT NOT BE PASSING A LITERAL OFFERING PLATE BUT WE ARE PASSING A VIRTUAL ONE. YOUR GIFTS AND TITHES ARE WHAT HAVE ALLOWED THIS CHURCH TO SEE THREE DIFFERENT CENTURIES. PLEASE CONSIDER PROVIDING YOUR OFFERING THROUGH THE FOLLOWING LINK: https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=MHKJLYNRGPDUS&source=url OR FEEL FREE TO DROP IT IN THE MAIL TO 1216 CAVE ST, LA JOLLA, CA 92037. YES, WE WILL STILL CHECK THE MAIL!



Colley Whisson, The Orange Chair

WE PREPARE TO GO OUT INTO AN UNCERTAIN WORLD

PLEASE CLICK ON THE AUDIO FILE MARKED "AUDIO FILE 4" IN THE EMAIL
AND ENJOY NINA'S SOLO FOR PIANO AND FOUND PERCUSSION.



Edward Hopper, Morning Sun

NOW MAY THE GRACE OF
GOD WHICH IS BEYOND OUR

UNDERSTANDING, THE LOVE OF
JESUS CHRIST

WHICH IS BEYOND OUR
DESERVING, AND THE POWER
OF THE **HOLY SPIRIT**

BE WITH EACH OF YOU BOTH
NOW AND FOREVERMORE.

AMEN

PERFORMANCE NOTES

Audio File 1: John Field, Nocturne No. 5 in B-flat major, 1817
Irish composer and pianist John Field was so successful in his time that his Nocturnes are mentioned in "War and Peace" when the Countess asks her house pianist, Dimmler, to "please play my favorite Nocturne by Field." Field's eighteen nocturnes are examples of "salon music," intended for people to play at home, in their living rooms, on their pianos. Chopin and later composers adopted and developed the nocturne genre.

Audio File 2: Bob Dufford, SJ, "Be Not Afraid," 1975
Words based on Isaiah 43:2-3 and Luke 6:20-22
Father Dufford says he composed this song through a time of personal transition, namely his studies and ordination. He explains, "I didn't know what was going to come, and I had this sense of the promise of God: 'I go before you always.'"

Audio File 4: John Cage, "Melody," from "Living Room Music," 1940
An overdubbed quartet for melody instrument and found percussion. American avant-grade composer John Cage instructs the performer to select items found in their living room to use as percussion instruments. I am strumming my living room mini-blinds, clinking a glass straw in ice water, and riffling pages of a book for the three percussion parts, and playing my piano for the melody instrument.

FELLOWSHIP TIME!

BRING YOUR OWN COOKIES!



Mindy Miller has an ongoing festival of Yahtzee and Scrabble.



Cherie and Graham are hard at work during their shelter in place!



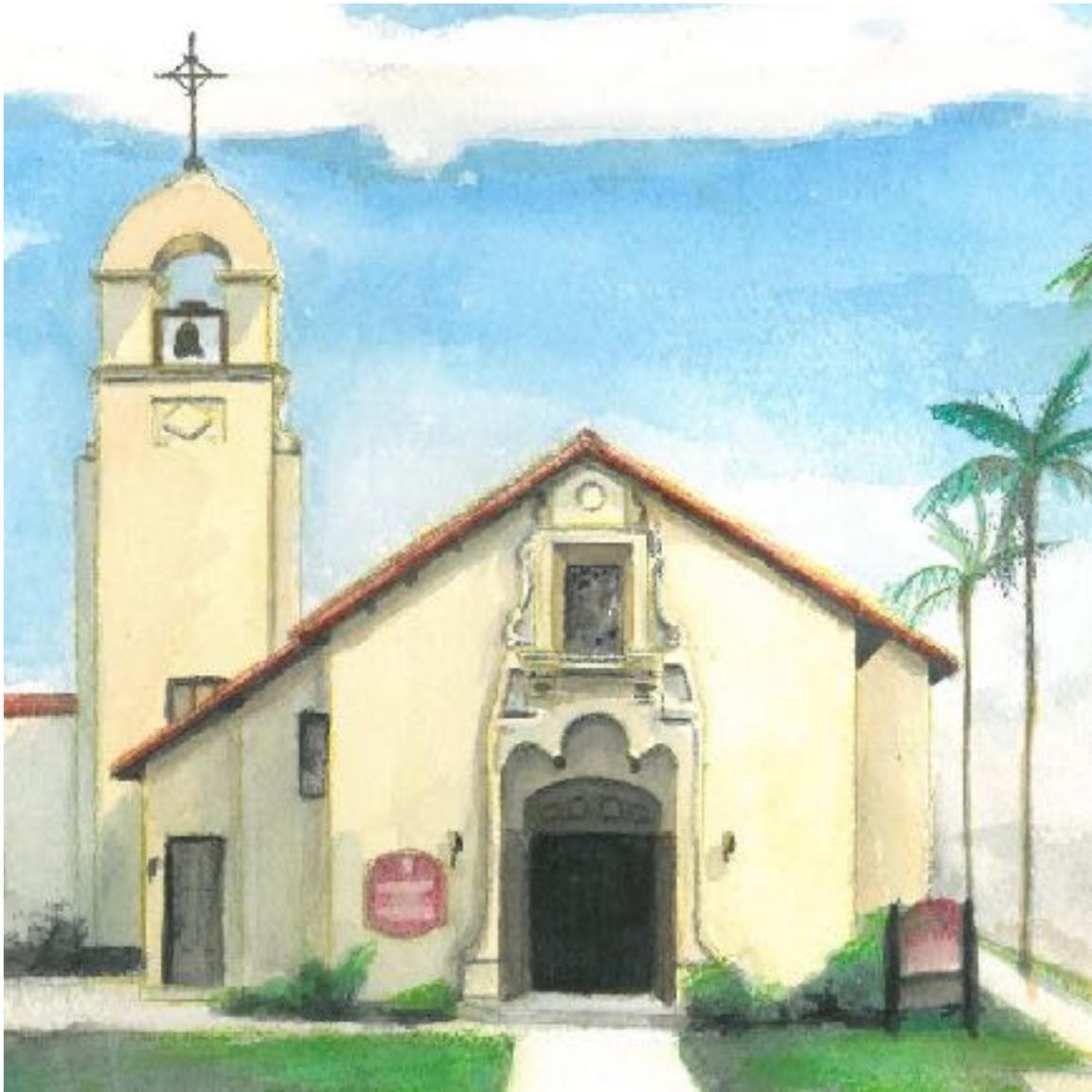
Suzan Seery is busy working with her fabric and quilt blocks!

Sigrid and Bill celebrated their 33rd wedding anniversary on May 9.



Cherie is busy making beautiful quilts and is already started on a second one!





AMEN

JOIN US SUNDAY MORNINGS AT 10:30 AM AT 1216 CAVE ST, LA JOLLA, CA 92037 ON ALL SUNDAYS WHEN WE ARE NOT STAYING AWAY DUE TO COVID-19!

NO MATTER WHO YOU ARE OR WHERE YOU ARE ON LIFE'S JOURNEY, YOU ARE WELCOME HERE.

WEBINAR REPORT: SCIENCE AND SINGING COMPILED BY NINA GILBERT

Last Tuesday I attended a webinar called **A Conversation: What Do Science and Data Say About the Near Term Future of Singing**. While its title was aimed at the musical organizations that sponsored it, the information is absolutely relevant to church gatherings: hymn-singing, responsive reading, and generally speaking and breathing in shared space.

The webinar was co-sponsored by the American Choral Directors Association, Chorus America, the National Association of Teachers of Singing, and the Barbershop Harmony Society.

I listened for 2½ hours to a panel of experts: an environmental health professor who specializes in infectious bio-aerosols; an otolaryngologist whose expertise is voice and swallowing; and the head of the Performing Arts Medical Association. These are world experts who told us about pre-prints they've seen of forthcoming research articles.

Here is the whole webinar on YouTube. Note that it takes about seven minutes before anything gets started.

<https://youtu.be/DFI3GsVzj6Q>

And here are the PowerPoints and other resources (including details about the speakers, and the slides from the first speaker, whose slides didn't show during the webinar):

[https://www.nats.org/cgi/page.cgi/article.html/Featured_Stories /
NATS_COVID_Resources_Page](https://www.nats.org/cgi/page.cgi/article.html/Featured_Stories/NATS_COVID_Resources_Page)

Here are some things I learned:

I learned a lot about respiratory droplets and aerosols. And “ballistic aerosols” and “sneeze plumes.” An aerosol is a particle or droplet that follows air currents. (The professor noted that in some versions of that definition, a cow in a tornado qualifies as a bio-aerosol.)

- Singing and loud/projected speaking both send aerosols long distances (15-25 feet). Different size particles and droplets can get various depths into our respiratory systems. A 5-micron particle is small enough to get deep into

your lungs. A 1-micron particle is large enough to hold a thousand Coronavirus particles.

- The six-foot “social distance” we hear about is for quick, passing encounters, ideally outside.
- There is no safe mask for singing. The otolaryngologist showed us how she dresses up for surgery: glasses, eye shield + splash veil, N95 mask, droplet-proof gown, and gloves. She says it feels uncomfortably hot to wear, and the N95 mask gives you a headache because it reduces your oxygen. A mask that could resist sung droplets wouldn’t let air through and would need a supplementary oxygen tank.
- People are working on things like UV lights installed under ceilings to kill microbes (dangerous and expensive; hurt people’s eyes); and fans that change the air in a room every few minutes. We heard horror stories about recirculated air and ventilation systems in churches and restaurants, where huge numbers of people were infected by one asymptomatic person.

We heard about three scenarios for returning to group singing: low risk, high risk, and the conditions that will eventually make things safe. Choral rehearsals and worship services were used as examples of super-spreader events. One of our speakers had just interviewed a singer from a 120-person choir that had one read-through rehearsal of Bach’s St. John Passion where the director had sung all the solos. 101 of the choir members contracted COVID-19.

Low risk (presented as “ideal”!): everyone has to sign a document accepting the risks. Everyone has to have a PCR (polymerase chain reaction) test within 24 hours before each meeting, plus symptom screening, temperature checks (below 99.4°), and pulse oximetry check (at least 94%) before every meeting. This was presented as a serious option, with the understanding that even the PCR test has a 3-5% false-negative rate—meaning that if you test a group of, say, 50 people, and they’re all negative, you could still have two who are actually infected and spreading.

High risk: all of the low risk components—symptom screening, temperature checks, and pulse oximetry for everyone entering every meeting—minus the PCR test, and people need to acknowledge that they’re accepting much higher than 5% risk.

Emphasis in both of the above options was that everyone attending had to agree and comply. If even one person refuses but still gets to attend, the risk skyrockets.

Two safe options:

- For choral ensembles, a small group (say, a quartet) could rehearse outside, distanced, facing the right way, as long as the wind isn't at their backs.
- For churches, we're doing the right thing: finding a new way to worship until gathering in person becomes safe again.

What conditions will make things safe:

- Treatment drugs with 95% efficacy.
- Vaccine.

The rough estimate is that those conditions will take a year or two.

Solution: patience. As one of our experts said, she would rather wait two years and still have 120 singers in her choir, rather than try to reconvene too soon and have a much smaller group of survivors.

One of our speakers offered an important general instruction: Seek clarity, not certainty.

My conclusion: as I mention above, we are doing exactly the right thing.

Namely: our worship packets are a beautiful, sustainable way of continuing to do church. Tim is also developing new, creative ways of keeping us connected. (Listen to Audio File 3 to learn about those ideas-in-progress!)

WHAT IS THE CONGREGATION READING?

