


chalice, plate or wooden cross and prayer bench. Jihlye, a sculptor, a dear friend, created seven molds of art work for each day of God's Creation. We are ready to generate make seven kinds of clay relief panels. Myra House ministry becomes more focus on serving Homeless in Pomona and share love what we receive each week. Hoping to have a Home - living community in Pomona in the near future. These changes became possible because the UM General Board of Global Ministries Higher education supported my trip with scholarship. We are deeply grateful for the immeasurable love from people and who welcomed us and showed us love for unknown visitors. With that love my experience are expanded. We are indebted to the Myra House residents who took care of fruit trees and chicken and household while we are gone. My special thanks to Professor Elizabeth Conde-Fraizer for her mentoring role whenever mentoring attention is needed at Myra House. 

*Sung is currently working as a teaching assistant at Claremont School of Theology and finishing his doctorate requirement as well as running Myra House Ministry.*

**Thanks to 2004 Overnight Guests  
Group Retreats  
Continuing Supporters**

**Winter:** Rev. Thomas Albright H. Danny Zelaya, Hansarang KUMC Women group

**Spring:** Rev. Sela and Sione Tongan Adult Group

**Summer:** Cerritos KUMC Men Group, Bell Memorial Women Group, John Mayfield, Mrs. Ho Soon Ahn, Ji Hye Shin, Prof. Sung Jin Song, Rev. & Mrs. Il Do Choi from Da-Il Community

**Fall:** Valley Oriental Mission Church Adults Group, Long Beach Shepherd Flock Adults, SHE group, Dr. Vakhtang V. Makhaiashvili, Ajoy Vase, Brother Roger from Taize Community, France

**Summer Residents:** Cirk Bejnar, Chung Shik Chung, Susan Freese, John Hearn, Garret Hodge, Boram Lee, James Lee, Seung Un Tche, Jacob Vigil, Amy Walter

**Current Residents:** Jennifer Brueggemann, Chung Shik Chung, John Hearn, Paul A. Mitchell, Prof. Philip Clayton, Sung & Myra Sohn

**Special Contribution:** Mrs. Un Hyang Lee, Mr. Richard Rim, Rev. Jae D. Ryu, Mrs. Yang Soon Shin, Claremont Ministry Academy, Glendale KUMC Myra House Saem Teo Group

**Upcoming Events:** Monthly Communal Gardening Day - last Saturday of each month.  
November - Pomona Homeless Picnic, Hansarang Men's Group Retreat,  
December - Woodland Hill KUMC - EM Group Retreat

Myra House is a non-profit organization. Donations are tax-deductible for state and federal purposes.

EIN 95-4870354



# The Sanctuary

A Newsletter for Friends of Myra House

"Holistic Living Today  
for a  
Sustainable Tomorrow"

3643 N. Mills Ave., Claremont, California 91711  
Holistic Living Center

MYRA HOUSE



**MYRA HOUSE**  
*Holistic Living Center*

Number 4 2004

3643 N. Mills Ave., Claremont, California 91711  
(909) 624-4648 • Fax (909) 624-4755  
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# Reflection, Action and Plus after Summer Trip

- Sung Sohn

*"...you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends."*

*(John 15:12-13)*

The field trip to Europe during the summer break was so precious. This great opportunity has changed me to through deeper reflection on Christ's love and Christian community. Christians owe Christ immensely for the great love that the whole life—compassionate living, undeserved death, hopeful resurrection—was offered to the fallen humanity. People had crossed over to the life by turning away from the destructive human fate and still it happens today. Christian spirituality implies a way of life-consisting simple living, constant prayer and unconditional kinship for the suffering neighbors. Christians have formed the intentional living community in which they live communally practicing acceptance and harmony as a primary training field. As a body of communal living family, they strive for servant-hood and stewardship daily bases as an alternative living style away from the selfish individualistic living. These basic living unit roles as a core of counter-culture community. They act and reflect for the just, healthy, peaceful earth community.

The communities I visited—Taize community in France, Friedensgasse(Alley of Peace) Diaconal community in Swiss, Petersburg House in Germany, Tuscan Fiorli Farm in Italy—are the intentional living family that has established within last a half century. They carry out simple living, daily rhythm of prayer and serve the needy people responding to emerging issues of the world.

After returning from the trip, several things have been taken place at Myra House. First, the chapel space became more worshipful and meditative. It used to be multi-purpose space for seminar and meeting in addition to worship. Carpet was laid on wooden floor and prayer stools and Cushioned-mat were replaced the folding office chairs. Alter space was decorated with numerous candles and red brick molds that symbolized organic form. Three red-triangle-curtains have back dropped on one side wall of alter space that resembles three big flames. Windows are curtained and minimize brightness of daylight sun. Interior lighting relies on the low voltage pendant lightings from ceiling and wall mounted candles illuminate icon paintings. The morning and evening prayer are in order of songs of prayer, scripture reading and long silence. Myra House residents attempt to live by the law of great love.



Outdoor studio is built at the south of the building for pottery workshop and carpentry space. Residents and guests are invited to mold ceremonial

*continued on back page*

# Myra House Gifts from Soul & Earth

Myra House Ministry is supported by the purchases of the following items:



*Candle- 4" diameter, 6" high: \$15  
"Let your light shine..."(Matthew 5:16)*



*Organic Hand Soap - 8.5 oz/250 ml: \$15  
"cleanse your hands, you sinners..."(James 4:8)*



*Plant in ceramic pottery - 4" x 5":  
1 gallon waterlily \$15  
"May you... be like plants full grown..."(Psalm 144:12)*



*Bearing Cross 5" x 9": \$35  
"I will keep on bearing you...  
and will deliver you..."(Isaiah 46: 4)*



*7th Day of Creation Wall Hanging -  
ceramic 8" x 5": \$20 unpainted  
\$35 painted*

*6 other images also available.  
"God created human in God's own image"  
(Genesis 1:27)*

*Upcoming items: Chalice & plate pottery, Natural dyed silk scarf, Natural dyed silk bed spreads & pillow shams*

## Thank You

*You may take each item of the symbolical gifts based on suggested Contribution. Item can be ordered through the website:*

clean and polish. The house looked marvelous for Sunday and the women were pleased, we received compliments. The students and I were exhausted, relieved and completely ready for sleep. So much for gardening...

### Week Three

I'm concerned about the mulch pile. It's been steaming in the morning. I'm afraid that it's going to turn to compost. The students who were committed to spreading it about are not as enthusiastic. They have found summer jobs and are tired at the end of the day. We hit a major hot spell and the weeds that were once green have turned brown and the ground is hard. We schedule a gardening day. We make decent headway, one weed looked like a small tree and it took three of us to dig it up. Only here, only now would this weed be here, I thought. We make it ¼ of the way around the yard and then the sun chases us inside. Our residents are getting restless, it's hot and Boba becomes a staple drink. We've tried meditation and have prayed together. Life is good and laughter continues to ring down the halls. We now know who will try and sneak away when it comes to dishes and who will be the first out in the garden. Balance is key as we learn to live together. They still have burping competitions and have established grade levels for depth, tone and duration. I still shake my head and wonder how and why they do it to begin with.

### Week Four

I begin to evaluate the house...it's still standing. No one went to the hospital and we all seem to be ok. I rationalize and weigh this against the brown I see outside the window. Plots of green oasis spot the landscape. You can tell where the chore lines begin and end. We didn't really lose any plants; we gained a lot of dead weeds. I sigh. I encourage the students to continue to work outside, to not play their music so loud and I feel like an old cranky woman. I stare at the pond and begin to fantasize about running away from the house, to have freedom from the garden, from dishes and chores, to feel sand and hear the ocean. And then I get a wonderful and encouraging note from one of our residents. My heart feels warm and the old cranky woman retreats, but the ocean still calls me.

As a Myra House role model, I learned that home is what you build inside yourself and emanate to those around you. That God created weeds in nature and that they are a temporary nuisance. Most of all I allowed myself to embrace the unknown with fervor, to interact with compassion, and to encourage with grace (most of the time). Maybe the Sohn's saw this in me all along and trusted my strength to pull it all together. Thank you once again Myra House, the garden that challenged us, the God who created it, Sung, Myra, Elizabeth Conde-Frasier for your support as a Spiritual Mentor and the residents that made it through: Amy, David, Garrett, Jacob, James, Lydia and Susan!! I love you!



One of Wednesday Communal Dinner during the Summer

## Reflections on my Time at the Myra House-

Jacob Vigil, Pomona College Graduate, currently serving Urban Ministry at Pasadena

As I was preparing to enter the Myra House in late May, I did not fully know what to expect. I did know that I would be living closely with many new people and participating in a new rhythm of life that I was not accustomed to. As I prepared to move in, I was excited about what I would learn about God and myself at the Myra House, but most of all I was thankful to have found such a unique and serene community so soon after college. After my life at Myra House began, and the transitions out of college became more and more urgent and time-consuming, I began to realize that my Myra House home was a center of rest and renewal for me. It became a much-needed sanctuary and classroom in which I could take the time to hear the quiet voice of the Spirit. The Spirit spoke many lessons to me over my 2 month stay at the Myra House, some very personal and some that I would have to share with my family and workplace. Upon later reflection, I realized that these lessons from God came through three main aspects of Myra House life: 1. Community life, 2. Daily rhythm and 3. Cross cultural living.

Community life was not new to me when I came into the Myra House, but I was aware that it would challenge me, just as it had challenged me in the past. Living closely with people and sharing time and space together is a great way that God builds the character traits of the Kingdom—patience, compassion, wisdom, humility, servanthood. I knew that I needed to grow in these areas. Living at the Myra House made me realize that there is joy to be found in giving one's self fully to a community rather than remain self sufficient. I came to see the Myra House community as my family, and in this, remembered that God places all of us in a family to show us more of who He is. The family at the Myra House was caring, humble and fun. The gentle lifestyle at Myra House I think made the residents more at peace, and then able to share that peace with each other and with guests. Our doors were always open, welcoming in guests and other residents. This made me feel like the Gospel was truly being lived out, and I could be encouraged to see that even though we all spent our days in different jobs and ministries, we were all seeking God's Kingdom together as a family.

Another aspect that I learned from was the daily rhythms of the Myra House. I had never really been a part of a rhythmic community before, and I have never been strong in disciplines such as prayer and meditation. Morning prayer was a challenge to me at first. But when I saw how enriching it was to be up early and start my day focusing on God with other people, the rhythm of daily prayer became a vital part of my spiritual life. I needed that kind of routine and accountability right after college, where I had enjoyed such a strong community with regular meeting times. The rhythms of prayer, fellowship and labor at the Myra House were God's way of centering me on Him and making sure that I did not get so caught up in the movement of life that I forgot the steadfast presence of God in the small details. Watering the flowers, washing the dishes, or 10 minutes of silence became more than just mundane tasks. They became the times during the day where I could meet with God. It was good because it forced me to make a choice to rest with God or not. In choosing to make the most of the rhythms, and give myself over to them, I have grown more as a disciple, drawing my strength from silence, stillness, rhythm and simplicity.

A third aspect that was very important to me was the multicultural aspect of Myra House. I believe that it is God's way to bring diverse groups and individuals together to do his work, and that God's character is most fully evident when people of different nations and tongues are brought together. This was certainly evident at Myra House. I was able to learn about how different cultures think of and worship the same God as I do. I began to see the things of God that were in cultures other than my own, and learn to appreciate them and affirm them. I also saw how my cultural lenses were limited or needed to be challenged by outside views. By throwing us all in one house together—Korean, White, Latino, mixed—God had a good plan for our growth and being able to see more of Him. I believe this is what happened for me, and I will certainly use and cherish this experience as I go on in my future to work with and among people different from me.

## Tai Chi and Serving Homeless

David Dilworth, senior Pomona College

Many Americans are unfamiliar with the Chinese art-form of tai chi. Chinese people have practiced this martial art for thousands of years, and for the past five months, the homeless of Pomona have joined them.

In the summer of 2004, the residents of Myra House took on a new kind of ministry with the homeless men and women of the civic center in downtown Pomona, CA. Pastor Sung began to teach tai chi to the group, which was an entirely new and interesting activity for most everyone involved.

Throughout the past two years, students from the Claremont Colleges had brought lunches to these folks on Saturday and Sunday afternoons, as they tried to live out Jesus' call to bring good news to the poor. Students would donate their meals from the dining halls, and in return, the group received sack lunches to take to Pomona. A small group of these students decided to live at the Myra House in the summer of 2004, but as the dining halls closed in the summer, their ministry also went on hiatus.

When Pastor Sung and Myra returned from France in June, it struck them that the homeless of Pomona still need food in the summer. So with boxes of Nutrigrain bars and bottled water, the residents renewed their ministry at the civic center.

As the ministry began anew, Pastor Sung noticed how little exercise the homeless folks got, so one day he began to teach tai chi. Though some of the residents were skeptical of whether the diverse bunch at Pomona would participate, soon Sung was leading over a dozen men and women in tai chi every week. After the tai chi, everyone would pray and read scripture together and then they would have lunch.

The women and men that participated began to form a community that they all desperately needed. People who were fighting could do tai chi together and put their differences aside.

As a reward for the new strength that the homeless had found in tai chi, the Myra House residents decided to take the group to a baseball game. On Sunday, August 29, the group went to see the Minnesota Twins play the Anaheim Angels. The Inland Valley Council of Churches donated their van for the day, and everyone stopped for hamburgers and fries on the way to the stadium.

Over twenty people came, and most of them hadn't been to a baseball game in a long time. However, everyone was an Angels fan, and the game provided them with great excitement.

The Angels and the Twins were tied going into the bottom of the ninth inning, when the Angels were batting. The pitcher walked the first batter of the inning, and then Adam Kennedy came up to bat. After a couple of quick pitches, Kennedy connected with the ball and blasted it out of the park. Our group and the entire stadium roared with cheers as the Angels won the game because of Kennedy's homerun! God had given us the perfect ending.

Everyone enjoyed the baseball game, and now many of the homeless want to play baseball themselves. In November, we have planned an outing to a local park to play baseball and enjoy one another's company.

Thank God for the joy God is bringing to the homeless of Pomona and to the residents of Myra House through this ministry.



## A Summer to Remember: A Month-Long Journey at Myra House

Jennifer Brueggemann,  
Grant and Administrative Manager,  
Inland Valley Council of Churches

When Myra and Sung told me they were going to France, I was happy for them. It would give them time away from the house and all the responsibilities that come with it. They would have an opportunity to explore other intentional Christian communities and Taize. It sounded wonderful.

And then, reality quickly sunk in after I asked how long they were thinking of leaving. "One month!" I gasped, "Who would take care of the gardens, the chickens... the recent college grads!" A mixture of current college students and recent college graduates were planning on moving in for the summer as temporary residents. Myra House would be, for some, their first experience outside of home and dorm life. Our other permanent residents had plans to be out of town during that time, as well. The keepers of our rhythm, were looking at me like I knew how to keep house; like I knew how to encourage people with grace; like I knew how to truly uphold the standards of ecological living to students who, for all I knew, had never heard of organic products and/or didn't have the faintest idea of how to live in a holistic Christian community. I would be their teacher and guide.

Myra and Sung seemed to have so much confidence. I was soon thereafter donned, Jennifer, Resident Director. Sung and I sat and drew up page after page of chores and duties that he and Myra so willingly and effortlessly executed on a daily, weekly, bi-monthly and monthly basis. So much was done while I was at work! We interviewed the new residents, gave them an introduction to Myra House and the next thing I knew I was hugging Myra and Sung goodbye. After their car turned the corner I had the distinct and immediate joyful feeling of freedom and then I looked at the house and thought about the new residents and the pages of chores, I was immediately sobered. I had one week to prepare.

They trickled in with boxes, loud music and positive attitudes. We portioned up the chores, lay ground rules and began getting to know one another. We had three introverts and two extraverts. Not bad, I thought, not bad... as long as we can keep the music down and the garden shades of green and not brown, we'll be ok. I commissioned them to buy organic soap and shampoo and we set off on our month-long journey of communal living.

### Week One

Our home is full of laughter, smells of delicious food and times of true togetherness. It feels wonderful to come home to new faces, people who are so interesting and mature. They talk about God, their hopes, their curiosity about life after college and then the young adult comes out. Loud burps, contests involving burping and stories that make them howl and make me shake my head are interweaved between moments of amazing insightfulness. True personalities are beginning to emerge by the end of week one. I wonder if the burping is just a phase.

### Week Two

The plants are still alive. My fervent goal is to keep our plants alive. There is a huge pile of mulch that look mountainous and I'm not sure if it's my imagination but the weeds out front seem to have grown exponentially. I call a meeting to see how the chores are going. Certainly, with so many hands we can get it all done. Before he left, Sung created a point system for those who were willing to take on extra chores like digging into the mountain of mulch and spreading it around the garden. I have a couple eager individuals. I thankfully tell them to keep track of their time. Then I break the news. We have a Women's Retreat and guests coming to the house... this weekend. That means the house needs to be spotless. We want the women to feel comfortable and at home. That Saturday, we scrub and