



The Redwoods Log

February 2013 - Redwoods Presbyterian Church, 110 Magnolia Ave., Larkspur, CA 415-924-4832 www.redwoodspres.org

From The Rev. Dr. Cornel Barnett

Dear Friends,

I'm writing this letter on Martin Luther King Jr. Day having just watched the inauguration of President Barack H. Obama and Vice-President Joe Biden to their second terms. One of my favorite parts of ceremony was the poem read by the inaugural poet Richard Blanco. I shall highlight the overtly religious aspects in the poem.

He affirmed our religiously pluralist country with these words:

"Many prayers, but one light
breathing color into stained glass windows,
life into the faces of bronze statues, warmth
onto the steps of our museums and park benches
as mothers watch children slide into the day..."

He spoke of God's constant love for us in these lines:

"One sky, toward which we sometimes lift our eyes
tired from work: some days guessing at the weather
of our lives, some days giving thanks for a love
that loves you back..."

Heart in God – We honored Molly Rademacher in January for her many years of faithful work teaching our children with a bracelet of hearts. Each heart was made up with the word "God," meant to remind us that God is in our heart. Molly is affirming the heart of God in every child. Thank you, Molly, for your heart in God.

Redwoods Leadership – The day Molly was honored Sal Newton was ordained as an elder. He will fill the shoes of his grandfather Jack Forster as chair of the Facilities Committee, which he regards as an honor. In this breath, I'd like to take this opportunity to honor and thank all our leaders in the church for their faithfulness, diligence, guidance and pastoral care.

State and Future of Redwoods – We welcome to our pulpit the Rev. Dr. Bob Conover, the Mission Presbyterian of our Presbytery, on February 3. After worship he will facilitate a conversation with us on the state and future of the church. The session has been discussing this for a few months and now wants to include the entire congregation in the conversation with Bob's support. Please make every effort to be there.

Annual Congregational Meeting – The annual meeting of our congregation to celebrate our ministry and conduct annual business will take place immediately after worship on February 10. A potluck salad luncheon will follow.

Lent - Since we are following a prayer program throughout the year that includes monthly meetings we will not have our suppers and spiritual practices during the Wednesdays of Lent this year. Please attend the Ash Wednesday worship service which begins Lent on February 13 at 7 pm.

Peace and blessings, Cornel

February Church Mouse

Greetings from Mr. Mouse and Spouse!



Hope you all are off to a good start on 2013. We'll start with a poser! Does 8,760 ring a bell with anybody? Dan White had us doing mental math with this on December 30. We'll give you a clue. On February 1, the number will be 8,016!

Good things have happened since our last Mouse! We saw former Redwoods members and friends at the Christmas Concert-Alternative Fair event. Donna and Dan Gould, Harry Richards and Bill Mills, and Oakley Dexter. It was especially good to see Merna McIntosh and her daughter-in-law who came for a visit from Oklahoma. Kathy has gone back to Oklahoma to attend to business, but hopes to return soon.

Flash back to Christmas! Some people went away, some stayed home and had visitors. Clay and Helen Wiens spent Christmas with daughter Sarah. Sarah had to work on Christmas Day so they celebrated later. Jeff Lelea was home from Princeton for three weeks. Happy mom, Ani, with both of her kids, Jeff and Leann, came to the Christmas Eve service. Tani Girton's mom, Harriet, and Tani's sister and family from Colorado Springs, came to Larkspur.

Zach Paulson and Ben Girton, who are both taking Spanish at Redwoods High School, will be going to Costa Rica in February to work on community projects there. It sounds very interesting. We'll hear about them in the next month's Mouse! Adios Amigos, Ben and Zach.

Chris and Holley Miller, wrote that they and the boys are enjoying life in Texas. They've joined a Methodist Church that reminds them of Redwoods even though it is much larger. They even have an Alternative Christmas Fair!

The Redwoods Family is really diverse. Age wise we have Inga Coleman who turned 97 on January 8 and Hunter Newton who will one year old on February 12 and the rest of us in between. Happy birthday to all!

We have really Good News! Ed Elliott escaped the novavirus when the Redwoods in Mill Valley was closed for visitors for a few weeks after New Years. Not so good at Kinder Care in Greenbrae, which was also closed for visitors due to the novavirus. Margaret Erwin wasn't able to visit her husband, Richard, who is there.

More Good News! Sal Newton, Jack Forster's grandson, is now on Session and is the new Chair of the Facilities Committee. This is a wonderful legacy as Jack was known for all the good work he did during his many, many years as Facilities Chair. Good luck to Sal filling Jack's big shoes!

We need continued prayers for Helen Morita and Klara Larsen as well as Jim Egger.

We Mouse People can't resist sharing one of those charming moments during Younger Church Time recently. Nathan Girton gave a very intuitive response to the question asked by our pastor about how to become a friend or how to be a friend. Nathan's response: "Get married." (Congratulations to Nathan's friendly parents!)

Are you still stumped by our poser? There are 8,760 hours in a year, so as of February 1, there are still 8,016 hours left. Carpe diem, or in this case, carpe hora!

We look forward to sharing with you some of the happenings in the lives of Redwoods members and friends for the 8,016 hours left of 2013!

Mr. Mouse and Spouse

February Choir News

From Music Director

Barbara Bacon-Shaw

It seems like we just had our holiday break and now it's already February! Activities at Redwoods are back in full swing with plans being made for the music during the season of Lent and at Easter.

We are happy to have Dan Phipps on cello joining us on February 17 and the Redwoods Presbyterian Church Family Band and Choir on March 10. Then, we will have both the Sanctuary Choir and the Parke Kurtz Memorial Bell Choir raising our spirits on Easter Sunday.

I can't forget to mention that the choir meets at 7:30 pm on Thursday evenings and at 9 am on Sundays before worship and that the Bell Choir meets at 9 am on Tuesdays. Both groups are filled with friendly people who would love to have you join them!

Barbara

A Word from your Intern

From SFTS Intern

Ian Vellenga

Greetings! One semester has ended for me and another one is beginning. Luckily for me, all of my academic requirements have been met, and I can now finally take electives, which allows me more free time for other projects and interests.

My current major project involves veteran outreach. I am working with others to create a contact database for EVERY base in the United States. Our plan is to get active duty military members who are about to venture into the civilian world into our system and help them find employment. It's a daunting task!

Another bonus of my new free time this semester is my ability to participate in the weekly Bible study at Redwoods, which I could not do last semester because of my schedule.

I am looking forward to finally being able to put more time into both these worthy endeavors. Peace, **Ian**

Spiritual Growth Opportunity

From The Rev. Dr. Cornel Barnett

Our online prayer practice, "Exploring Contemplative Prayer," is still available to church members and friends. If you would like to explore prayer practices in your own time, space and pace, this is the program for you.

Each month, background material and guides are available online and reminders are sent out regularly. If you need the passwords again, or printed materials to be sent to you or to include a family member or friend, please see page five or contact the church office at 924-4832 or office@redwoodspres.org.

You are also invited to a monthly meeting on the last Sunday of the month after the 10 am service—our next meeting will be February 24—to share thoughts, ideas and ways the spirit is moving in your life.

Cornel

February Happy Birthdays

From Deacons Moderator Polly Gorder

Join the Deacons in wishing the following members and friends a happy birthday this month:

- 6 – Marjorie Egger
- 6 – Andrea Little ('97)
- 9 – Ben Girton ('96)
- 12 – Barbara Garcia
- 12 – Hunter Newton ('12)
- 14 – Jim Gorder
- 15 – Dick Kohler
- 27 – Klara Larsen

Add your name to our birthday list by contacting office @redwoodspres.org or at 924-4832. **Polly**

Membership/Fellowship Committee News

From Chair Nancy Rademacher

2013 is well underway and Redwoods continues its good works through mission, Bible study, worship, Sunday school, choir, and the list goes on and on.

Those of us who attended the January Saturday Breakfast were treated to an informative and entertaining talk by Dan Phipps. A huge thank you to Dan for taking time out of his very busy schedule to share his stories with us. The February 16 breakfast will feature Joyce Wells. Among other things, she will talk about her early California roots and flying career. Please mark your calendars. The light potluck breakfast starts at 9:30 am with the program at 10 am.

All are invited to the potluck salad luncheon following the annual meeting on Sunday, February 10. Please bring a favorite salad to share. The Membership/Fellowship committee will provide rolls, desert, drinks and table settings.

The Membership/Fellowship committee is currently meeting on the third Sunday of the month after worship from approximately 11:15 am to 12 pm. We invite anyone from the congregation to join us to share ideas on ways to promote church attendance and membership and to help us plan fellowship events.

We are working on ideas for 2013, so stay tuned for announcements.

Nancy

Mission Outreach Committee News

From Chair Debbie Lundberg

Christmas Fair Results!

Here are the financial results of the 2012 Alternative Christmas Fair held on December 9:

Bread for the World	144.00
Twin Cities Police Toy Program	268.00

Equal Exchange	379.00
Global Exchange	140.00
Church World Service	397.00
Faith In Practice	455.00
Habitat for Humanity	301.00
Heifer Project	570.00
Middle East Children's Alliance	80.50
Total	2,734.50

Thanks to all those who shopped for Joy. Awesome indeed. The 2012 ACF was held following the Christmas Musical Concert and it appears to have been a successful combination indeed. Please let members of the Mission Committee know if you would like to sponsor an organization at the 2013 Fair. It is never too early to plan!

Marin Interfaith Council News

An interesting series is being offered under the sponsorship of the MIC: The Intra-Faith Education Series: Christianity.

This year's series will delve into the many branches of Christianity. With 79% of the US identifying as Christians, we hear about "Christianity" all the time, but who are the Christians in our midst? What do they believe? Aren't all Christians the same? Differences between denominations are dramatic, and the more we know, the better we understand the worldview of ourselves, our friends, our neighbors, and our communities.

Part 1: Orthodox/Roman Catholic/Anglican/Reformed/Anabaptist

Monday, February 11, 7-9 pm

St. Nicholas Orthodox Church, San Anselmo

For more information about the series go to www.marinifc.org or check out flyer posted on the Mission Outreach bulletin board in Fellowship Hall.

Debbie

Educational and Nurturing Opportunities at Redwoods

From The Rev. Dr. Cornel Barnett

We thought we'd take this opportunity to remind you of the following educational and nurturing opportunities at Redwoods Church. They are open to all, members and non-members.

Tuesday Bible Study – This group meets every Tuesday from 10:30 – 11:30 am for a study of the Bible led by the Rev Cornel Barnett or our intern Ian Vellenga. Currently, the group is using the Present Word curriculum. This is a user-friendly publication and is focusing now on three New Testament epistles: Ephesians, Philippians and Colossians. The topic changes each quarter.

Contemplative Prayer Group – This group meets in the sanctuary on the last Sunday of the month to discuss the prayer emphasis of the month from an exciting online set of prayers. The prayers are drawn from the deep wells of the church's spiritual traditions. Information with a link is sent to every member each month and hard copies are available at the church office. The group shares their experiences on the journey at the meeting. It is relaxed, low-key, interactive and prayerful. They gather at 11:15 am.

Spirit & Work Support Group – A small and lively group of members meets in the library the second Monday of the month at 7 pm to support each other in matters of work: the dynamics at one's work, links between work life and home life, and any matter that may be of concern. One doesn't have to have a day job to be part of this group. And if one is out of work, this is the group for support.

Sunday School for Children – Molly Rademacher takes children to her brightly-decorated classroom a third of the way through worship and leads the children in prayer and Christian education for the duration of worship. Molly is a licensed elementary school teacher and has a lot of creative ideas.

Saturday Breakfast – This is not strictly education but is informative and often educational. The group meets on the third Saturday of the month for a light potluck breakfast at 9:30 am and hears a presentation with a Q&A by a speaker drawn mostly from members and friends of the church from 10:00 – 11:00 am.

Cornel

Visit and Share our Website!

A great way to keep up with what is happening at Redwoods and to introduce the church to your family and friends is via our church website:

www.redwoodspres.org

We appreciate your help getting the word out!

Also, here is the link to
Exploring Contemplative Prayer

[www.scriptureecho.com//
exploringCPryrCong.htm](http://www.scriptureecho.com//exploringCPryrCong.htm)

(not case sensitive)

User Name: praywithhope (case sensitive)

Password: insilence (case sensitive)

2013 Per Diem

From the Presbytery of the Redwoods

The Presbytery of the Redwoods has invoiced RPC a \$29.35 per capita charge for 2013. This means the Presbytery requires Redwoods to pay this amount for each member. As you are able, please remit your per capita charge for each family member to the church.

Counseling Corner **From Suellen Barnett, MA, LMFT**

Dealing with Change

I have written about change before, probably around this time of year, but felt like since this is the start of 2013, some of us might be having to handle some kind of change in our lives – whether a new program or project at work, a different health situation, a death in the family, a move to a new home or whatever.

Sometimes it's hard to keep in mind that old saying, "A change is as good as a holiday." – not always!

Many counselors, therapists and life coaches have written on this subject. Following are a few ideas gathered from various writers.

Change might not be a holiday, but it is a part of life and it's important to accept that reality.

In the midst of change there's only one thing we can control – ourselves and how we respond. What do we feel about the situation? Are we sad, angry, uncertain, nervous, elated? How we feel about the change is generally our first response and plays a large part in determining how we will respond to the change. This is where talking about our emotions with a close friend, sharing our feelings with a pastor or therapist, or praying about the situation can help us get perspective on things and help us move ahead.

We can't necessarily change others – or maybe even the situation, if it's imposed or beyond our control. However, we can be purposeful in the midst of change, remaining true to ourselves and to our goals and dreams. Then we can figure out when to accept or when to reject what is being proposed.

In relation to this, one writer says we can choose our thoughts and attitudes about each change – negative thoughts block creativity and problem-solving.

And when change happens, and it will, it's important to move on, not to keep going over the "should-haves" but to look for the silver lining in the change.

I've had to adjust to changes in personnel at my work – a new supervisor who has a totally different personality from the last supervisor. I also had a program that I wasn't excited about, and eventually was able to change and pick up another program. I admire Molly and Anna and others who have to deal with change every day or week in their work as substitute teachers. And in whatever job, there are new assignments and responsibilities.

Finally, it's helpful to look for the constant in our lives to support us through the change – God, our family and friends, and church community. I appreciate the Redwoods Spirit and Work support group, which meets the second Monday of each month. I think all of us in attendance have appreciated the wise and caring counsel that has been offered there.

Suellen

Earth Prayers **From Helen Morita**

The following prayer is taken from the wonderful book, *Earth Prayers from Around the World: 365 Prayers, Poems and Invocations for Honoring the Earth*, edited by Elizabeth Roberts and Elias Amidon.

But ask now the beasts,
And they shall teach thee,
And the fowls of the air,
And they shall tell thee
Or speak to the earth,
And it shall teach thee
And the fishes of the sea
Shall declare unto thee.

Job 12:7-8 KJV

Helen

February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 9:15 Choir 10:00 Worship 10:15 Children's Ed 10:45 State of Church Conversation 12:00 Mission Outreach Committee	4	5 9:00 Bell Choir 10:30 Bible Study	6	7 7:30 Choir	8	9
10 <i>Communion</i> 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Annual Congregational Meeting 12:00 Mill Street	11 7:00 Spirit and Work Support Group	12 9:00 Bell Choir 10:30 Bible Study	13	14 <i>Valentine's Day</i> 7:30 Choir	15	16 9:30 Saturday Breakfast
17 <i>Birthday Sunday</i> 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Membership/Fellowship Committee	18	19 9:00 Bell Choir 10:30 Bible Study 6:30 Pizza/Salad Supper 7:00 Session/Deacons Joint Meeting	20 LOG Deadline	21 7:30 Choir	22	23
24 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Prayer Group	25	26 9:00 Bell Choir 10:30 Bible Study	27	28 LOG Mailing 7:30 Choir		

Redwoods Presbyterian Church
110 Magnolia Avenue
Larkspur, California 94939

Helping Hands in January – Thank you so much!



Mill Street Shelter Meals

Suellen Barnett, June Bellen, Margie & Jim Egger, Diane Forster,
Melissa Gill, Tani & John Girton, Polly & Jim Gorder, Marian & Dick Judd,
Jolyne Liberati, Debbie Lundberg, Kitty Prosser, Gabriele & Robert Putzi,
Nancy Rademacher, Joyce Wells

Liturgists, Greeters & Ushers

- | | | | |
|-------------------|---|--------------------|--|
| January 6 | Debbie Lundberg (L), Marian Judd (G),
Melissa Gill (U), Clay Wiens (U) | February 3 | Nancy Rademacher (L), Gabriele Putzi (G),
June Bellen (U), Ani Lelea (U) |
| January 13 | Melissa Gill (L), Barbara Slusher (G)
Iris Giacotto (U) Ani Lelea | February 10 | Ani Lelea (L), Nancy Rademacher (G)
Melissa Gill (U) Iris Giacotto |
| January 20 | Joyce Wells (L), Marian Judd (G)
Suellen Barnett (U), June Bellen (U) | February 17 | Debbie Lundberg (L), Elein Phipps (G)
Suellen Barnett (U), Clay Wiens (U) |
| January 27 | John Girton (L), Kitty Prosser (G),
Margie Egger (U), Nancy Rademacher (U) | February 24 | Polly Gorder (L), Iris Giacotto (G),
Margie Egger (U), Nancy Rademacher (U) |

Coffee Hour

Suellen Barnett, June Bellen, Melissa Gill,
James Holmes, Nancy Rademacher