



The Redwoods Log

February 2014 - Redwoods Presbyterian Church, 110 Magnolia Ave., Larkspur, CA 415-924-4832 www.redwoodspres.org

From The Rev. Dr. Cornel Barnett

Dear Friends,

Many of you know that I love movies and try to watch Oscar-nominated films. It is tough to sit through some of the movies but by and large there is something to take home spiritually. If not high in the spiritual realm, the movies get me in touch with cultures and sub-cultures.

I enjoy going to the movies and discern what God is saying to me in a film. There's always a message.

I have read Ed McNulty's spiritually-oriented reviews of movies and recently discovered his "Visual Parables" website (www.visualparables.org) where he lists his top ten movies of the past year.

He states in his preamble: "The ten films all deal with matters of the spirit. Some include God-talk, some do not. All of them can be seen as visual parables, stories like those used by Jesus that point to meaning or a better way of living; of an impending kingdom in which there is no slavery or racism; no class distinctions; in which a female has as much freedom as a male; and in which loneliness, hurt and pain and suspicion are swallowed up by divinely inspired love and compassion."

The following four films from McNulty's list are Oscar nominations.

12 Years a Slave

Based on an 1853 eyewitness account by a kidnapped "Free Negro," this strips away the false romantic mask of the Old South, revealing the inhumanity and horror of slavery—and the courage of its victims.

Nebraska

A reversal of Jesus' Parable of the Father and Prodigal Sons, this tale of a son's love for his alcoholic father moves between drama and comedy in an unforgettable way, demonstrating that even in the most miserable of families, love can make a difference

Philomena

A mother, whose out of wedlock son was snatched from her by the Irish Catholic Church still retains the faith to forgive the nun who wronged her, is contrasted with the jaded journalist who helps her discover the fate of her son fifty years later.

The Hunt (Foreign-Language film)

This Danish film, showing the terrible consequences of a child's innocent lie on the life of a man, appropriately comes to an explosive climax at a church Christmas Eve service, reinforcing the redemptive meaning of the Nativity.

Enjoy this season of film and see what God is saying to you.

Peace and blessings,
Cornel

February Church Mouse

Greetings from Mr. Mouse and Spouse!



To our Redwoods Church Family!

By the time you are reading this, Mouse Spouse will be back from the Kindred Rehabilitation Center where she received therapy after her back surgery. She worked very hard to reach her goal to come home and, of course, Mr. Mouse cheered her on and prayed for her quick return to their “nest.” He is sure glad she is back!

Meanwhile, Mr. Mouse and Spouse have a new helper, Maxi Mouse, who is news gathering for Mini Mouse while Mouse Spouse continues her recovery at home.

Maxi Mouse is very humble (she resisted being called “Maxi Mouse”) and wants everyone to know that she is not a whiz writer like Mouse Spouse but she and Mini Mouse are valiantly going to give it a go!

It wouldn't be a proper Mouse column without mention of sports, and with the sad loss of the 49ers, we must now wait for spring training and the Giants to cheer for a local winning team!

Redwoods people started the new year with a bang. The Morita family—all 16 members—were in worship the Sunday Parish Associate Dan White preached. They were pleased to report that their eldest daughter, Trish, just received a doctorate in education.

Beth Benz and her visiting niece also heard Dan's interesting sermon on how to make a difference in another person's life in 2014. Dan asked us, “What kind of shadow do you want to cast? Our shadow never falls on us, but on someone else.” Then he helped us “Let Go, Let God” by having us write on cards what we wanted to let go from last year (which we all put through a paper shredder!) and what we wanted for the new year—the “let God” part that we kept. Look for great Redwoods' shadows in 2014!

Our new member Ed Vorous has been casting a good shadow with all his generosity to Redwoods. His delicious food contributions at coffee hour are constantly gobbled up. Ed's generosity also extends to supplying recipes if asked! Now that's a good chef!

Also, check out the beautiful tapestry of the Last Supper that was found in the church and hung by Ed in the narthex. If you know the history of the tapestry, please let any of the Mouse family know so we can share it with everyone.

Redwoods members residing at the Tamalpais spent three weeks of last month in lockdown in order to halt the spread of the Norovirus (a very contagious intestinal virus, but not the sometimes lethal H1N1 flu virus that is escalating in the Bay Area). All Tam residents had meals on trays in their rooms for the lockdown. Marilyn Sutherland said it got boring after a while!

Erik Rademacher is following in the footsteps of sister, Molly, and heading off to France! Molly taught English in France a year ago. Having just graduated from Humboldt University this past December, Erik is excited to be part of a three-month program at organic farms, including dairy farms that make cheese.

Prayers are still needed for Bonnie Kaiser who is now awaiting eye surgery. The surgery has been delayed until March because her eye doctor has to recover from his own hip surgery!

Congratulations to Cornel and Suellen Barnett who celebrated their 38th wedding anniversary in January and also to Helen Morita whose MRI finally came back negative. We continue prayers for return of her strength and energy.

Finally, continued prayers for Mouse Spouse and daughter, Lisa, who is home with her and Mr. Mouse while our intrepid columnist recovers, and for Mini and Maxi Mouse, who really need some divine grace to be able to walk in Mouse Spouse's footsteps!

Mr. Mouse & Spouse

Music Notes

From Stephanie Ryder
Interim Music Director

Glad tidings from your Interim Music Director!
After a robust holiday season of performing and a winter's rest, the bell choir is up and running and working on new music. We look forward to playing during Sunday worship on March 9, the first Sunday of Lent.

The choir, too, is preparing new anthems to share with you during worship. Thank you for the positive feedback on our recent soloists. More featured individual voices ahead!

Please feel free to join us in singing during the offertory or communion if you have caught on to some of the hymns that are being sung from the pews. We would love to hear your voices unite with ours!

Grace and Peace,
Stephanie

A Word from your Intern

From SFTS Intern
Stephanie Ryder

Greetings from your SFTS Intern! Bible Study has resumed after a long winter's break. We continue our study of Acts, and how the first followers of Christ dealt with issues and tensions within the growing community of faith. We are, too, a growing community of faith! Please feel free to join us on Tuesdays from 10:30-11:30 am.

The After School Program has now recommenced and I look forward to another session of music and singing with our talented and lively students!

Mark your calendar for the Redwoods Church Band which will be performing at a Fellowship Dinner and Sing-Along on Friday, March 21 at Redwoods. The Putzi's have graciously offered to organize the corned beef and cabbage dinner. Please contact Gabriele if you are able to help with dinner, and contact me if you would like to join the family band.

I appreciate the opportunity to share my faith journey at the potluck breakfast on Saturday, February 8 in the Fellowship Hall. Breakfast at 9:30 am; talk and discussion from 10-11am.

Yours in Christ,
Stephanie

After School Program

From Coordinator Melissa Gill

We are back in the saddle with the "After School: Study, Fun and Music at Redwoods," for children in grades 1-4! Our second session started on January 22 and runs for 12-weeks. Suellen Barnett and Molly Rademacher continue to teach, Diane Forster offers snacks and our wonderful Stephanie Ryder leads the music portion, all of which takes place in Fellowship Hall on Wednesdays from 2-4 pm. Cost is \$72 (or \$6/session). Thanks for telling your friends and neighbors about our program!

Melissa

Happy Birthdays!

From Deacons Moderator Polly Gorder

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

5 – Anna Barnett; 6 – Marjorie Egger;
6 – Andrea Little ('97); 9 – Ben Girton ('96);
12 – Barbara Garcia; 12 – Hunter Newton ('12);
14 – Jim Gorder and 15 – Dick Kohler.

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

Earth Prayers

From Helen Morita

The prayer below by Rabbi Nachman of Bratzlav is from *Earth Prayers* edited by Roberts and Amidon.

Grant me the ability to be alone,
May it be my custom to go outdoors each day
among the trees and grasses,
among all growing things
and there may I be alone,
and enter into prayer
to talk with the one
that I belong to.

Helen

Membership/Fellowship Committee News

From Chair Nancy Rademacher

Greetings to all! It is still early enough in the year that I thought I would share a short poem I read at our last Membership/Fellowship committee meeting:

"The New Year lies before us like a spotless tract of snow.

Be careful how we tread on it for every mark will show."

Redwoods Church is already making a positive mark on the New Year and we have much to be proud of!

The Membership/Fellowship committee has several events that we would like to bring to your attention. Stephanie Ryder, our dedicated and talented Seminary Intern and Interim Music Director, has graciously agreed to be the speaker at our next breakfast on February 8. We are delighted to get better acquainted with Stephanie and hear her faith journey. A light potluck breakfast begins at 9:30 am with the program from 10 -11 am. Please mark your calendars for this very special event.

A potluck salad luncheon is planned following the Annual meeting on Sunday, February 9. Please bring a favorite salad to share and join in the fun at one of our most loved events. The Membership/Fellowship committee will provide drinks, rolls, butter and dessert. We hope you can join us!

As a follow-up to the informative and educational January breakfast program provided by Zero Waste Marin and the Marin Sanitary Service, we have scheduled a tour of the Marin Recycling & Resource Recovery Center on Friday, February 28 at 11 am.

The tour will provide us with a first hand view of the state of the art recycling program that we are fortunate to have in Marin. Those who have toured the facility in the past have found it quite fascinating. We will be providing a sign-up sheet shortly so we can arrange for rides.

We have a number of other events being planned, including corned beef and cabbage in March, so stay tuned!

Blessings to all,
Nancy

Deacons Update

From Moderator Polly Gorder

The Deacons have had their first meeting of the New Year amidst anticipation and enthusiasm. The various committee assignments are completed and the Parish care groups have been decided.

Deacons each have a "Parish Care Group" that they will keep in touch with and offer assistance in any way. You'll be contacted this month to learn of your very own Deacon.

As part of our Redwoods family, both members and friends are important to us and we will pray for you and offer help and support if needed.

There are other areas in the life of the church that the Deacons facilitate and you will notice some new faces. With appreciation we bade goodbye to former Deacons Dick Judd, Marilyn Sutherland and Elein Phipps and with joy we said "hello" to Tani Girton, Bonnie Kaiser and Barbara Slusher.

Coffee hour continues to be overseen by the Deacons but there is a continuing need for people to sign up. Liturgists, ushers and greeters are in good hands as are delivery of Mill Street meals monthly, correspondence and helping with transportation needs.

A family is at its best when people care for each other and work together in a cooperative manner. Redwoods family has that in abundance. As Deacons we look forward to serving in the spirit of love that we all subscribe to as followers of Jesus.

Faithfully yours,
Polly

Mission Outreach

Committee News

From Chair Debbie Lundberg

Alternative Christmas Fair 2013 Results

Bread for the World	\$ 290.00
Church World Service	793.00
Equal Exchange	466.00
Faith in Practice	1,020.00
Global Exchange	139.00
Habitat for Humanity	438.00
Haiti Children's Project	388.00
Heifer	1,397.00
Twin Cities Police Assoc.	115.00
RPC Donation	19.50
Total	5,065.50

Thanks to all who were able to "Shop for Joy" at the Christmas Fair. The glow of bringing gifts of light and love, caring and security, nourishment and shelter to people around the world on behalf of your loved ones will be everlasting. The Good News of God's love for all has been shared through these gifts. A cloud of angels was surely in this place!

A Prayer

The Presbyterian Peacemaking Program has published a book entitled *Justice and Peace Shall Kiss: Praying Through The Year*. Here is the first prayer shown for February, which was written by Adam Fischer, Youth Intern, Harvey Brown Memorial Presbyterian Church, Louisville, KY.

Souper Bowl of Caring

Spirit of mercy, trump the hunger of my stomach.
 Where I hunger for food,
 teach me to hunger for justice.
 Spirit of compassion, satisfy my longing to consume.
 Where I seek to hoard,
 teach me to share.
 Spirit of wisdom, feed me the bread of life.
 Where I feast on the folly of scarcity,
 teach me to spread a table of abundance.

Mission Outreach Committee

News—Continued

From Member Jan Salas

"Lord, as we enjoy the Super Bowl football game, help us be mindful of those who are without a bowl of soup to eat."

On Super Bowl Sunday in 1990, a simple prayer inspired a youth group to create a fun, yet meaningful way to fight hunger and reach out to those in need. Using originality and teamwork, the young people invited their friends at twenty-one other churches to join them in collecting donations in soup pots. The collaborative effort that first year raised \$5,700 and the youth donated every penny to local charities.

Today, Souper Bowl of Caring is a movement of individuals, congregations, schools, scouts, and NFL teams caring for others on Super Bowl weekend. More than \$98 million has been generated, and 100 percent of all donations go directly to food banks, soup kitchens and other charities across the country.

Souper Bowl of Caring brings people together to help those in need across the country, while transforming the time around the Super Bowl into the nation's largest celebration of giving and serving. Now more than 10,000 groups and about 250,000 youth participate across the U.S.

On a day which is often an excuse for self-indulgence and excess, the Souper Bowl gives us a chance to be mindful and help others, and still enjoy the game!

This year we are asking members and friends of Redwoods to bring a can of soup and a dollar bill for our contribution, which will be forwarded to the Marin Food Bank. This is an uncomplicated way to participate in a nationwide event, have fun and be aware of our many blessings!

Jan

Quiet Corner From Cornel Barnett

Meditation

The practice this month is “meditation.” This article draws on the insights of Harvey Seifert’s book, *Explorations in Meditation and Contemplation*.

Meditation is receptivity for God’s direct, unmediated word to the one meditating. In contrast to this, the thoughts and feelings from devotional reading are mediated through printed materials. Or in prayer it can be said that we speak to God, while in meditation we listen as God speaks to us.

In both classical and contemporary discussions, two major types of meditation can be distinguished. The first may be called *discursive meditation*. This is thought-full and problem solving. It proceeds by gathering relevant data in the mind and organizing that data by logical thought. The second type may be designated *contemplative meditation*. This involves emptying the mind of logical thought in favor of spontaneous feeling and intuitive insight.

We call the first type *meditation* and the second type *contemplation*. We will postpone further discussion of contemplation to next month.

Meditation can be described as thinking in the frame of reference of God. Throughout the process we recall as our dominant intention the purposes of God for the world.

Steps in Meditation:

Prepare for meditation. Relax the body and mind. Consciously recognize the presence of God as the central, creative power in all reality without whom the fullest truth cannot be seen.

Identify a subject that is important to you at the moment. Meditation stops the meandering of the mind in order to concentrate on a single topic.

Concentrate thinking on the subject selected. This suggestion immediately raises the ever-present problem of distractions during meditation. The problem is

not so much disturbances around us as it is noise within us. Perhaps most often applicable is the suggestion that we simply acknowledge the distraction and quietly lay it aside. To concentrate thinking is not only to exclude the irrelevant, but also to try to call to mind everything that is pertinent to the subject.

Recall God’s purposes and guidelines. This is actually not a separate step in the sequence of meditation. Instead it is a continuous aspect during the entire meditation time. We select a subject with the intentions of God in mind. We collect data in the light of what is ultimately important. We compare possible solutions with the goals to which God calls us.

When we have continued the process long enough, illumination will come. Plan to put into practice your insights.

A meditation time may well close with a prayer of thanksgiving for God’s gracious gifts of insight and petition for God’s sustaining guidance in carrying out commitments we have just made. **Cornel**

Special Needs/Endowment Committee News

From Chair Nancy Rademacher

Now is a good time to consider a gift to our church through an estate plan. Bequests and gifts of retirement plan assets offer significant benefits:

- It costs nothing now
- There is no minimum and every gift helps
- Loved ones and the church can be beneficiaries
- Beneficiaries can be changed at any time
- Donors can remain anonymous if desired
- It ensures a lasting legacy to the church

Thanks for all your dedication and generous support for Redwoods. Please consider taking one more step and make a contribution to help secure the future of this beloved church and its programs and missions.

Please designate your gift to Redwoods Presbyterian Church, 110 Magnolia Avenue, Larkspur, CA 94939; Tax ID No. 94-1347047. **Nancy**

February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
2 <i>Scout Sunday</i> 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Deacons 11:15 Mission Outreach Committee	3	4 9:00 Bell Choir 10:30 Bible Study Support Group	5 2:00 Wednesday Afterschool Program	6 7:30 Choir	7	8 9:00 Saturday Breakfast
9 <i>Holy Communion</i> 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Annual Congregation Meeting 12:00 Mill Street	10 7:00 Spirit and Work Support Group	11 9:00 Bell Choir 10:30 Bible Study Support Group	12 2:00 Wednesday Afterschool Program	13 7:30 Choir	14	15
16 <i>Birthday Sunday</i> 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Worship/CE Cmte	17	18 9:00 Bell Choir 10:30 Bible Study Support Group 7:00 Session	19 LOG Deadline 2:00 Wednesday Afterschool Program	20 7:30 Choir	21	22
23 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Prayer Support Group	24	25 9:00 Bell Choir 10:30 Bible Study Support Group	26 2:00 Wednesday Afterschool Program	27 LOG Mailing 7:30 Choir	28 11:00 Marin Recycling Center	

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, Karen Carmody, Margie Egger, Margaret Erwin, Iris Giacotto, Melissa Gill, Polly & Jim Gorder, Jolyne Liberati, Debbie Lundberg, Gabriele & Robert Putzi, Nancy Rademacher, Ed Vorous, Joyce Wells

Liturgists, Greeters & Ushers

- | | | | |
|---------------|---|---------------|---|
| Jan 5 | Rev. Dan White (L), John Girton (G)
Iris Giacotto (U), Melissa Gill (U) | Feb 2 | Ed Vorous (L), Ani Lelea (G)
Ani Lelea (U), Melissa Gill (U) |
| Jan 12 | Joyce Wells (L), Gabriele Putzi (G)
Debbie Lundberg (U), Suellen Barnett (U) | Feb 9 | Nancy Rademacher (L), Debbie Lundberg (G)
Suellen Barnett (U), Iris Giacotto (U) |
| Jan 19 | Tani Girton (L), Nancy Rademacher (G)
June Bellen (U), Margie Egger (U) | Feb 16 | Ani Lelea (L), Melissa Gill (G)
Debbie Lundberg (U), June Bellen (U) |
| Jan 26 | Margaret Erwin (L), Clay Wiens (G),
Clay Weins (U), Melissa Gill (U) | Feb 23 | Suellen Barnett (L), Elein Phipps (G),
Nancy Rademacher (U), Margie Egger (U) |

Thank you in advance to all February Helping Hands!