



# The Redwoods Log

April 2014 - Redwoods Presbyterian Church, 110 Magnolia Ave., Larkspur, CA 415-924-4832 [www.redwoodspres.org](http://www.redwoodspres.org)

## From The Rev. Dr. Cornel Barnett

Dear Friends,

Greetings! It is spring and our hearts are light as we delight in the new colors in this amazing world that God gives us. We are blessed to be in such a beautiful part of the world and especially Marin County where the air is clean and nature abounds.

We are also completing our Lenten journey to Easter. Lent is a time of reflection of Jesus life and death and particularly his final days before he died for all. In his death, we die to anything that gets in the way of enabling us to have a full life in Christ as we share his resurrection.

Speaking of resurrection, Easter is a perfect spiritual compliment to spring. It is newness, color, rebirth, life and love in the air. Our liturgical journey to Easter and beyond to Pentecost 50 days later is the remaining Sundays of Lent, Palm/Passion Sunday and Good Friday (7 pm worship). All services are meaningful and submerge us in the spirit of the season as no other way can.

We begin our Easter celebration on Sunday, April 20, with a continental breakfast at 9 am and worship service at 10 am, which includes the lovely flowering of the cross and Easter message, and during the fellowship time after worship, the children will hunt for Easter eggs. It is a full morning – full of Easter joy.

The continental breakfast offers an inroad into the theme I intended for this letter and that is “food.” First, a couple of cartoons. I cannot show them so I’ll describe them.

A movie billboard displays the title of a movie in big, billboard type, “Eat Pray Love.” A woman to her partner: “Seems kind of sad that food gets top billing.” Another cartoon: Two anteaters are sucking ants from a sand mound. One says to the other, “Sure, we eat ants, but we shouldn’t let that *define* us.”

Food is getting top billing here. It is one of the things that define us as a church. Throughout the Bible, in Jesus’ ministry and in culture as a whole in all time communal gatherings around food have been central and important. Redwoods is legendary when it comes to sharing around the table.

The mention of the latter phrase draws one’s mind to Holy Communion, which we celebrate the first Sunday of every month. It is our spiritual center. As spiritual is the many times we gather around rectangular and round tables in Fellowship Hall and the times we converse while standing with small plate foods.

The committee most responsible for organizing events that include food, buying from shops near and far, and setting up and putting away is the Member/Fellowship Committee under the able chair of Nancy Rademacher. I attend the meetings and am amazed with all the work done gladly that goes into the planning and giving. The participants of this committee and their helpers are the gourmet saints of the church.

To them I salute. I want them to know and all others that provide food for events in the church (Deacon receptions for memorial services and the Wednesday Lenten suppers) that when they cut carrots, stir big pots of soup, lay the tables with abundant good things, and fill the dishwasher that they are doing God’s work as important as any work in the church, including mission.

Peace and blessings. Cornel

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## April Church Mouse

### From the Intrepid Mr. Mouse and Spouse!



To our Redwoods Church Family:  
Mr. Mouse and Spouse have again been away from home for Marian's therapy. She was at Kindred Rehabilitation at Smith Ranch at the same time as Jackie Palmer, who walked down the hall to visit her. She is now in the step down unit at Marin General Hospital and doing much better. Dick is visiting daily and has made arrangements to have lunch with her every day. Mr. Mouse and Spouse sure do enjoy that!

Congratulations to Margaret & Richard Erwin on celebrating their 60<sup>th</sup> wedding anniversary on March 11! Their family held a special party for them at their home that included their five children.

Speaking of 60 years, Georgene Gmahling's best friends of 60 years, Fran Lee and Helen Wright, visited Georgene at the Tamalpais for a few days. Fran's husband introduced George to Georgene and Georgene introduced Helen's husband to Helen over 50 years ago! How's that for matchmaking! At choir rehearsal we were happy to have Fran and Helen join us in singing.

Melissa Gill is excited about her oldest son, Greg, touring with Arkaik, a heavy metal band. They are traveling to ten cities in the Phoenix, Southern California, Spokane and Salt Lake City areas. Melissa said Greg started with violin but now (of course) plays electric guitar.

Karen Carmody recently toured Antarctica! She boarded a small ship in Argentina and had a wonderful trip viewing beautiful sights, including penguins and other wildlife. She also enjoyed adventures in zodiac boats as well as interesting lectures on board. She says, "It was an unforgettable experience."

Redwoods' young people will be off to college in the fall. Both Ben Girton and Zack Paulsen have been accepted to UC Santa Cruz, and Stephanie Ryder's son, Charlie, will go to Cal-Poly San Luis Obispo. Congrats to them!

So nice to have Mark Larsen visiting recently at Redwoods!

New member Ed Vorous is quite the chef! At Redwoods he prepares delicious dishes for special events like the Lenten suppers, Mill Street and the coffee hour. He also just cooked for two weeks for the scouts at Tamarancho Scout Camp. And we can just imagine how inspired he will be by the food in Paris when he is there for Easter—we can't wait to find out!

But it was Ed's leadership skills that recently earned him two awards from the Scouts. Ed can now wear the Marin Council of Merit Award and the Commissioner Award of Excellence in Unit Service on his uniform as a sign of his leadership abilities. Bravo Ed!

The Redwoods Family Band played a few jigs and led a sing-along of traditional Irish tunes for St. Patrick's Day. Over 40 people had fun while gobbling up the delicious corned-beef and cabbage dinner cooked by the Putzi's. It was wonderful to see Bob Towler, Gene Morita, Dick Judd and daughter, Lisa Salimbeni of Ft. Collins, CO, home through the end of March to help out.

Speaking of the Judds, Mr. Mouse and Spouse are very grateful for all the "good Redwoods people" who pray for them, write to them, take food to them and visit them. They also give thanks to Maxi Mouse Diane Forster who is helping gather news and who passes it along to Mini Mouse Mari in the office. Mouse Spouse says she is excited about the SF Giants season getting underway. That's our girl! Now she just has to get home to watch her team play!

So long for now!

**Mr. Mouse & "Wobbly Walker"**

## Music Notes

**From Stephanie Ryder  
Interim Music Director**

Glad Tidings from your Interim Music Director:  
It has been an active time for the musicians of Redwoods Presbyterian!

The Bell choir rang beautifully at the worship service on March 9. It is always a blessing to hear the bells!

The Redwoods Family Band played joyously to a lively crowd at the corned beef and cabbage St. Patrick's Day dinner concert on March 20. Thank you, Putzi's, for arranging the delicious meal! The Band continued the soulful fun by playing again in our Sunday service on March 23!

The choir continues to touch our hearts with their glorious singing each Sunday.

To God be the glory, great things God has done!  
Grace and Peace,  
**Stephanie**

## A Word from your Intern

**From SFTS Intern  
Stephanie Ryder**

Greetings from your SFTS Intern!  
Tuesday Bible Study continues to be a time of thought provoking discussion as we read through Acts and the accompanying study by N.T. Wright.

The Lenten series, "Creative Writing as a Spiritual Practice" has been well-attended and is an opportunity for personal reflection and connection with others.

Please join us on Wednesdays at 6:30 pm for a light supper and the writing session afterwards from 7:15-8:15 pm. The series concludes on April 9.

I have appreciated your support and encouragement as I continue in my preaching endeavors. I look forward to being in the pulpit again on April 6.

Blessings,  
**Stephanie**

## Deacons Update

**From Deacon Moderator Polly Gorder**

The Deacons would like to share information about how to participate in Meals on Wheels, an important program of the Division of Aging and Adult Services.

Meals on Wheels provides meals to seniors in their homes, with delivery by Whistlestop. To join the program, call 457-4636 and select # 3 on the menu. You will be given a description of the program and asked to decide on the number of meals you need per week. A donation can be given but it is voluntary.

When you call, be sure to listen to the other menu choices to get a better idea about all the services offered by the Division of Aging and Adult Services. There also is a website that provides more information about their many very helpful programs.

Let a Deacon know if you'd like some assistance in setting up such a service. We pray for the health and well being of all our Redwoods family. **Polly**

## Happy Birthdays!

**From Deacons Moderator Polly Gorder**

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

- 4 – Richard Judd
- 12 – Nancy Rademacher
- 17 – Barbara Slusher
- 24 – Frank Wood

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**

Greetings from the Membership/Fellowship Committee!

I hope you are all enjoying our beautiful Marin County spring. We are so blessed to live in this magnificent area.

I would like to begin by highlighting our latest new member, Beth Benz. Many of us knew Beth before she started coming to Redwoods Church as she has been an active leader in the community for many years. She was born in Montclair, NJ and grew up in the Presbyterian Church of Upper Montclair.

Beth's work experience is extensive, having been a bank secretary, legal secretary, school aide, the Executive Director of the Corte Madera Chamber of Commerce, Deputy Town Clerk in Corte Madera, and a volunteer for many organizations. She has three adult children.

We are delighted that Beth has become a member of Redwoods Church. Please introduce yourself to her if you have not already done so.

The April breakfast will be held on Saturday April 12 and will feature Heidi Kane who has been involved with a school in Tanzania, Africa. The SEGA School is a secondary girls' school which reaches out to students that are vulnerable, in need, and have often been out of school for some time.

Heidi describes Tanzania as a poor country, and even though the government provides schools, children drop out at high rates. They have to pay for uniforms and books, which most can't afford.

Food can be scarce, so students are often hungry when in school and find it hard to focus. Girls are always pulled from school first due to costs, but also to help at home. Many are orphaned and being taken care of by extended families and end up working because of this. There is a high AIDS rate in Tanzania.

The success of SEGA has been in finding girls who want to go back to school, but can't. The program has found that to be successful, the students need to be given a place to live, food, medical exams, and then be offered a great education. The girls feel as if they have hope again and a second chance.

Please join us to hear about Heidi's amazing experience with the SEGA School in Tanzania. The light potluck breakfast begins at 9:30 am with the program from 10-11 am.

You are cordially invited to join us on Easter Sunday, April 20 for our annual Easter continental breakfast beginning at 9 am, prior to worship. We traditionally have a great turnout so please take this opportunity to invite family and friends to be part of our wonderful Easter celebration. We will also have an Easter egg hunt following worship, so please spread the word!

Our Lenten soup suppers followed by a spiritual practice continue through Wednesday, April 9. They are led by our wonderful Seminary Intern, Stephanie Ryder. Please join us for a bowl of homemade soup, salad and, of course, fellowship and spiritual practice.

Wishing you and your families a blessed Easter!

Peace and blessings,

**Nancy**

Please consider including:  
**Redwoods Presbyterian Church**  
**110 Magnolia Ave., Larkspur, CA 94939**  
**Tax ID No. 94-1347047**  
among the beneficiaries of your estate plan.

## Mission Outreach

### Committee News

From Chair **Debbie Lundberg**

#### **One Great Hour of Sharing**

I cannot do a better job than The Presbyterian Mission Agency in describing their One Great Hour of Sharing program. Here's what they have to say about One Great Hour of Sharing:

"Since 1949, one Great Hour of Sharing has provided Presbyterians with the opportunity to join with millions of other Christians to share God's love with those in need.

Gifts to One Great Hour of Sharing help restore hope to those affected by natural disasters through the Presbyterian Disaster Assistance, provide food to the hungry through the Presbyterian Hunger Program and help empower the poor and oppressed through the Presbyterian Self-Development of People."

We will be receiving the One Great Hour of Sharing offering on Easter Sunday, April 20. Our bulletin inserts, Minute for Mission, posters and other materials will provide more information about this offering.

You can also find more information about each of the three Presbyterian programs funded by One Great Hour of Sharing at [www.presbyterianmission.org](http://www.presbyterianmission.org).

#### **Ritter Center**

Recently I delivered a big bag of toiletry items to the shower room at the Ritter Center. Thanks and appreciation is extended to all that contributed! Keep up the good work!

#### **Earth Day Marin**

Join the fun at a free, family-friendly celebration on Sunday, April 6 from 11 am to 5 pm at Redwood High School, 395 Doherty Drive, Larkspur.

For more information, go to [www.earthdaymarin.org](http://www.earthdaymarin.org). A poster providing details about the celebration is posted in Fellowship Hall.

#### **Lenten Prayers for Hungry People**

Bread for the World has prepared readings, prayers and action to help us observe Lent in 2014. Each week during Lent there are Bible passages to read, a prayer and a suggested action.

A copy of the prayers for each week will be available during coffee hour in Fellowship Hall.

#### **Two Cents a Meal**

Thank you to all who have so generously supported this Presbytery of the Redwoods Hunger Program. Keep up the good work.

Signed, The Hat Lady! **Debbie**

## Bread for the World

### **From Member Jan Salas**

Redwoods has been a Bread for the World member for many years, and we annually participate in the Offering of Letters to legislators in Washington DC.

Last year, the letters urged Congress to protect critical programs to reduce hunger and poverty. Bread for the World presented over 40,000 signatures to President Obama asking for his continued commitment to setting a goal to end hunger.

There has been some positive response to the work to end hunger. The U.S. Senate Foreign Relations Committee unanimously passed the Foreign Aid Transparency and Accountability Act, which calls for increased and improved monitoring of U.S. foreign assistance and its impact. The Farm Bill, which provides important reforms to food aid and protects SNAP (formerly Food Stamps) passed early this year. Advocacy works!

In coming months, the Mission/Outreach Committee will provide further information about Bread for the World and the 2014 Offering of Letters. We appreciate all your support of Bread for the World and will continue to prayerfully work toward ending hunger, in the US and around the world.

**Jan**

## Quiet Corner From Cornel Barnett

### The Big Three

In South Africa, there is the coveted “Big Five” of game. They are the lion, leopard, rhino, elephant and Cape buffalo. In prayer, there is to my mind a “Big Three.” They are prayer, meditation and contemplation. While there are other animals just as beautiful and important as the Big Five (originally established by game hunters and not safari organizers), so there are other prayer forms just as important as my Big Three.

These are my three because by engaging them one can have a wonderfully full prayer life and they work exceptionally well with each other.

**Prayer** involves our part of a conversation with God. We speak and God listens. There are dimensions of listening in prayer but the primary aspect is our talking to God and God hearing. We pray honestly, receptively and comprehensively.

Meditation and contemplation involve primarily our listening and God speaking. Both practices are traditionally called “meditation.” The one is called discursive meditation and other contemplative meditation but to simplify things we call them “meditation” and “contemplation.”

**Meditation** is discursive because we deal with something that we are trying to solve or trying to get God’s perspective on. The something can be a relationship, a problem, an issue we are dealing with, anything really. We ask questions of the problems, issue, etc., within a God-frame reference. We mull over the problem with the intent of listening to God and insight comes. There is a certain amount of work that goes into meditation but we are still listening.

**Contemplation** is dealing with nothing before God. We empty our minds, focus on an object, and listen to music, all with the purpose of clearing anything that occupies our mind. This is the prayer of quiet. We empty ourselves in order to hear God in the most unencumbered way possible.

We can practice one of these methods or two together or all three interchangeably in one sitting. We might begin with 10 minutes of meditation, get an insight and then take it to God in prayer. The prayer time could last 10 minutes and it can include the insight and other items we want to bring to God. We can begin with contemplation, go to meditation and end with prayer. We can begin with contemplation and end with prayer.

We can alternate these aspects in whatever way we please. One can also do one of the three in one sitting. You can appreciate by now that when one prays all these interchangeably or one in a sitting one can have a meaningful prayer life.

In the following months, we will highlight other ways of prayer.

God bless you in your prayers and action. **Cornel**

## Earth Prayers From Helen Morita

The beautiful prayer below written by Cedric Wright is from *Earth Prayers* edited by Roberts and Amidon.

*A sound arises out of the earth—  
A singing, a friendliness.*

**Helen**

### 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

**[www.redwoodspres.org](http://www.redwoodspres.org)**

# April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> 9:00 Bell Choir 10:30 Bible Study Support Group	<i>2</i>  6:30 Lenten Supper & Spiritual Practice	<i>3</i>  7:30 Choir	<i>4</i>	<i>5</i>
<i>6</i> <i>Holy Communion</i> <i>5th Sunday in Lent</i> 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Deacons 11:15 Mission Outreach Cmte	<i>7</i>  7:00 Spirit and Work Support Group	<i>8</i> 9:00 Bell Choir 10:30 Bible Study Support Group	<i>9</i>  6:30 Lenten Supper & Spiritual Practice	<i>10</i>  7:30 Choir	<i>11</i>	<i>12</i>
<i>13</i> <i>Palm Sunday</i> 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Membership Fellowship Committee 12:00 Mill Street	<i>14</i>	<i>15</i> 9:00 Bell Choir 10:30 Bible Study Support Group  7:00 Session	<i>16</i> <i>LOG Deadline</i>	<i>17</i>  7:30 Choir	<i>18</i>	<i>19</i>  9:00 Saturday Breakfast
<i>20</i> <i>Easter Sunday</i> 9:00 Breakfast 10:00 Worship 10:15 Children's Education 11:00 Fellowship and Easter Egg Hunt	<i>21</i>	<i>22</i> 9:00 Bell Choir 10:30 Bible Study Group	<i>23</i>	<i>24</i>  <i>LOG Mailing</i>  7:30 Choir	<i>25</i>	<i>26</i>
<i>27</i> 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Prayer Support Group	<i>28</i>	<i>29</i> 9:00 Bell Choir 10:30 Bible Study Support Group	<i>30</i>	<i>1</i>  7:30 Choir	<i>2</i>	<i>3</i>

Redwoods Presbyterian Church  
110 Magnolia Avenue  
Larkspur, California 94939

## Helping Hands in March – Thank you so much!



### Mill Street Shelter Meals

Anna Barnett, Suellen Barnett, Karen Carmody, Alan Edmonson, Margaret Erwin,  
Diane Forster, Tani & John Girton, Polly & Jim Gorder, James Holmes, Jolyne Liberati,  
Debbie Lundberg, Nancy Rademacher, Ed Vorous, Joyce Wells

### Liturgists, Greeters & Ushers

**Mar 2** Debbie Lundberg (L), Dan Phipps (G)  
Ani Lelea (U), Suellen Barnett (U)  
**Mar 9** Polly Gorder (L), Iris Giacotto (G)  
Clay Wiens (U), June Bellen (U)  
**Mar 16** John Girton (L), June Bellen (G)  
June Bellen (U), Melissa Gill (U)  
**Mar 23** Jim Gorder (L), Jan Salas (G),  
Debbie Lundberg (U), Nancy Rademacher (U)  
**Mar 30** Melissa Gill (L), Tani Girton (G),  
Clay Weins (U), Margie Egger (U)

**Apr 6** Melissa Gill (L), Suellen Barnett (G)  
Suellen Barnett (U), Iris Giacotto (U),  
**Apr 13** Alan Edmonson (L), Marjorie Egger (G)  
Melissa Gill (U), Debbie Lundberg (U)  
**Apr 20** Debbie Lundberg (L), Clay Wiens (G)  
June Bellen (U), Nancy Rademacher (U)  
**Apr 27** Tani Girton (L), Barbara Slusher (G),  
Ani Lelea (U), Clay Wiens (U)

**Thank you in advance to all April Helping Hands!**

### Coffee Hour

June Bellen, Melissa Gill, Nancy Rademacher, Barbara Slusher