



# The Redwoods Log

June 2013 - 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,

The seasons and turnings in our lives are wonderful. It's the beginning of June and summer is about to begin. Rain over the Memorial Day weekend extended somewhat the Bay Area winter. That's okay and we know that when summer hits in earnest it will be no rain until late fall. We live in a beautiful part of the world.

Suellen has a lovely article in her counseling corner about her gleanings from the recent California Association of Marriage and Family Therapists (CAMFT) conference we attend every year.

On a Sunday before the conference a guest to our worship service told me she was a Licensed Marriage and Family Therapist like Suellen. I asked if she was going to the conference. She said she wasn't and added that it's a church too big for her. She preferred to attend smaller conferences throughout the year.

Each plenary session at CAMFT's "church" was held in a huge room at Sacramento's downtown Sheraton Hotel and behind the speaker's podium hung three huge banners each dominated by a word. The words were: Connect, Enrich, Achieve. The conference connected people from throughout California and the U.S. and enriched them with the latest insights in mental health so they could achieve excellence in their personal lives, relationships and work.

I transferred the words "connect, enrich and achieve" to the real church and thought about our church.

**Connect:** The church is about connection. Most importantly we connect with God in Christ and are inspired by the Holy Spirit. We connect in worship and the social time afterwards, we connect in board and committee meetings, we connect in our support groups and studies, in music rehearsals, and the like. Church is mostly about connection and community.

**Enrich:** Our lives are immeasurably enriched by our being here and by the myriad of ways we participate in the work and worship of this community. I get to attend every group meeting of the church and thank God that I am a part of this church community. Church is a support group and that's why we are changing our monthly prayer group name to our monthly "prayer support group" like our "Spirit & Work Support Group." Maybe our Bible Study group should be called the "Bible Study Support Group." We are here to be supported and enriched.

**Achieve.** What do we achieve at Redwoods Presbyterian Church? We do no better than to achieve a closer walk with God and faithfulness to God's mission in the world. Our journey is inward and outward and we achieve much. The entire mission of the Presbyterian Church (USA) is our mission and we support them all the way and much, much more.

God bless you as you go into summer and as we continue to connect, enrich and achieve here at Redwoods.

Cornel

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## June Church Mouse

### Greetings from Mr. Mouse and Spouse!



Summer's almost here! It's time for gardening, graduations and some groaning for S. F. Giants' fans. Thankfully the baseball season is long enough for our heroes to improve their throwing skills.

Here's the graduation news! Melissa Gills' son, David Paulson, will graduate from Santa Cruz in June; Jeff Lelea graduated from Princeton Theological Seminary in May; Margie and Jim Egger's granddaughter, Melissa, graduated from San Diego State with honors, and Diane Forster's grandchildren, Matthew and Emily Rosa, graduated from eighth and sixth grades, respectively, from their school in Petaluma.

More graduations! Margaret Erwin's daughter, Ramona, graduated from Sonoma State University, and her granddaughter, Caitlan Kester, graduated from high school in Vancouver, Washington; Jim and Polly Gorder's granddaughter graduated from high school in Colorado Springs; and Faith McClellan, graduated from San Francisco Theological Seminary on May 25, with a special award for preaching! Congrats and best wishes to all!

The Giacotto family had a big family get together! The sixty attendees included Savannah Nicole Trosky who is six months old and a very special great great granddaughter for Iris and her husband, Peter!

Redwoods had two special Sundays in May! On May 12, Mothers' Day, Faith McClellan came back to celebrate her birthday with us! Eric Rademacher was home for a visit and Helen Morita was back to church too! There were red roses for all the mothers!

On May 19, Parish Associate, Rev. Dan White led the worship service with candle lighting representing the fruits of the spirit: "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-

control (Galatians 5:22-25)." Later in Joys and Concerns, thanks were given for the Pentecost banner, put up by Melissa Gill and John Girton. Incidentally, Dan White's Sunday School teacher back in his younger days was Kitty Prosser!

The monthly breakfast group had a very interesting presentation by James Holmes, our local historian. Thank you, James! We enjoy hearing about Larkspur, past and present. It seems political shenanigans are nothing new!

Nancy and Kurt Rademacher are in cloud nine after celebrating their 30<sup>th</sup> wedding anniversary with a trip to Italy! They visited Rome, seeing the fountains, museums and archeological sites, and then rented a car to tour Tuscany, Florence and Venice! In October 1989, Mouse and Spouse toured Italy, visiting many of those places, too, and also had a memorable time!

Hope you all enjoy seeing the beautiful landscaping in front of Redwoods! Thank you, Steve Egger, and thanks, too, to Joyce Wells for flowers in the sanctuary for worship services.

Enjoy June! As poet James Russell Lowell said, "and what is so rare as a day in June? Then, if ever, come perfect days!"

See you next month!

**Mr. Mouse and Spouse**

## Happy Birthdays

### From Deacons Moderator Polly Gorder

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

**June:** 2 – Herb Schmidt, 3 – June Bellen  
11 – Diane Matthews, 11 – Oakley Dexter  
20 – Jan Salas, 21 – Iris Giacotto  
26 – Ann Barnecut and 30 – John Girton

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

**Polly**

## June Choir News

**From Music Director**

**Barbara Bacon-Shaw**

"June Is Busting Out All Over" as the famous song goes from "Carousel"! We are looking forward to a busy musical June at Redwoods and, as always, enjoying an eclectic mix of music on Sundays.

For the chancel choir, that eclectic mix of music will likely include the following: *Communion* (June 2); *Halle, Halle* (June 9); *Draw Us Together* (June 16); *I Worship You, O God* (June 23); and *We Are Called* (June 30). For the bell choir, the eclectic mix planned is *Amazing Grace, Children of the Heavenly Father, To God Be the Glory* and more. The bell choir has not chosen a date for their next guest appearance in worship, which will be some time after this month.

The entire summer worship program, including music by the chancel and bell choirs and guests during July and August will be decided by the Worship Committee on June 9. Meanwhile, if any of you would like to join the choir or bell choir, the summer months are a great low key time to join in!

Thanks and be well, **Barb**

## A Word from your Intern

**From SFTS Intern**

**Ian Vellenga**

Hello, one and all! It's June, and the recently graduating class is out and about in the world. I ask for prayers as they follow God's call wherever it may take them.

The graduating class is not the only entity that is experiencing change, however. Due to many factors, both economic and societal, the Seminary has realized that it, too, must change if it is to remain viable within the world, and especially within the church. As a result, changes are on the horizon, not only for current SFTS students, faculty, and staff, but for future students and academic programs as well.

As I have said before, no one likes change, especially when venturing towards the unknown. So, as we all move forward, I also ask for prayers for the Seminary, for the administration to make sound decisions, for the easing of anxiety of the current students, and for the maintaining of a strong community that has been, and hopefully always will be, San Francisco Theological Seminary.

Peace, **Ian**

## New Prayer Support Group

**From The Rev. Dr. Cornel Barnett**

From September 2012 to May 2013, a number of Redwoods members participated in an online prayer program. Monthly guides were accessed and/or downloaded using special passwords and many people using these monthly guides also joined an optional meeting on the last Sunday of the month after the worship service. Now that our online practice is over, we are looking to the future.

The online prayer group will meet one last time to process our experience of exploring all the various forms of contemplative prayer. After sharing thoughts, ideas and ways the spirit has moved us in our lives over the past nine months, we will consider what practices we would like to continue, both individually and as a congregant group. We are renaming our group to the "Prayer Support Group" to better reflect on the purpose of our monthly meeting—to be a place where all can come to discuss wherever we are in our prayer lives.

For this reason, everyone is invited to our last meeting for this session on June 30, after the 10 am service. While the online program was a very important means of helping us expand and deepen our prayer practices, we look forward to an even richer experience of sharing all our prayer practices in 2013-2014. Come on June 30 and join the conversation!

Peace, **Cornel**

## Membership/Fellowship Committee News

**From Chair Nancy Rademacher**

Greetings from the Membership/Fellowship Committee!

Vegetable gardens are planted, summer flowers are blooming, barbecues are fired up. We at Redwoods are working on growth and health and feel the stir of the holy spirit among us.

Many of us attended and cheered Faith as she graduated on May 25 from San Francisco Theological Seminary. What a wonderful accomplishment and well deserved congratulations. We send our prayers and blessings as she discerns where her wonderful talents will take her in the future.

Redwoods also hosted Kristi Van Norstran, Presbyterian mission worker in El Salvador, as she inspired us with her work to end hunger in Central America and worldwide.

Thank you to James Holmes for his informative and entertaining program at the May Saturday breakfast where he shared his interest and expertise in Larkspur history. We are planning a follow-up event (date to be announced) for a walk in the vicinity of the church to hear more details of Larkspur's history.

Speaking of the Saturday breakfast, we will not be meeting in June, July and August but will resume in September. We are a small group who have been planning the breakfasts for a long time, so would appreciate any fresh ideas from members of the congregation. We will be happy to explore and make the arrangements based on your suggestions. Feel free to contact any member of the Membership/Fellowship committee.

Redwoods Church will be serving lemonade to the community before and during the 4<sup>th</sup> of July parade in front of the church. We will be asking for volunteers to help with this soon. Those who helped last year said it was loads of fun and a great way for Redwoods Church to show our enthusiasm and open our arms to our neighbors.

We are planning a theater event with Ross Valley Players at the Barn in the Marin Art and Garden Center, probably in early August—a Sunday matinee. They will be performing *The Dixie Swim Club* which should be very entertaining. More details on this, including the date, will be forthcoming in the July/August LOG.

Blessings to all of you, our wonderful friends at Redwoods Presbyterian Church.

**Nancy**

The Membership Fellowship Committee: Nancy Rademacher, chair, June Bellen, Margaret Erwin, Debbie Lundberg, Gabriele Putzi, Barbara Slusher, Cornel Barnett, Pastor, and Ian Vellenga, Seminary Intern.

## Church Thermostats

A gentle reminder to those who use the thermostat in the church library and office: please use only the red and blue arrows to turn the heat up and down and do not open the bottom half of the thermostat that has been taped shut.

Touching the buttons on the lower half of the thermostat can have unintended consequences! Recently someone accidentally converted the library thermostat to Celsius (instead of Fahrenheit) and no one understood what the "20" on the thermostat meant until we called in a repairman at great expense.

Thank you so much for your cooperation!

## Mission Outreach Committee News From Chair Debbie Lundberg

### Summer Reading

The Mission Outreach Committee suggests reading the following materials, copies of which are available on the Mission Outreach table in Fellowship Hall.

### Homeward Bound of Marin 2012-2013 Newsletter

This newsletter is a source of joy. It is full of positive and inspiring stories of people moving forward from homeless situations to being "Homeward Bound."

The back page of the newsletter is an acknowledgment of all those in the community who support Homeward Bound. Among many other congregations, Redwoods Presbyterian Church is acknowledged for its support of Homeward Bound's Mill Street Center in San Rafael, an emergency shelter for the homeless.

We must take this opportunity to pass along Homeward Bound's acknowledgement to those at Redwoods who provide the monthly meal to Mill Street. Please take a moment to look at the names of those individuals on the back page of this newsletter, most of whom are frequent contributors. We offer them a huge "THANK YOU" and encourage everyone to join with them and sign up to help in Fellowship Hall.

### Homeward Bound of Marin Prospectus & "Buffett bolsters Marin nonprofit with IPO launch"

Read the prospectus and the Commuter Connection's lead article to find out more about a unique concept: the ImmEDIATE Public Opportunity—to end homelessness. You might want to consider joining Warren Buffett (who purchased the inaugural share) and become part of a group of shareholders building the Oma Vil-

lage apartments and homes on Nave Drive in Novato for families working their way out of homelessness.

### Born to Age—2013 Senior Care Directory

You will find an amazing range of helpful and informative information in this publication. It includes articles such as: *Driving as We Age*, *A Senior Center without Walls*, *Warning Signs of Dementia*, *Where I Want to Live*, *Downsizing*, *In Home Care*. Happy reading!

**Debbie**

## Earth Prayers and Thanks

### From Helen Morita

The following prayer poem was 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.

To live content with small means  
to seek elegance rather than luxury,  
and refinement rather than fashion,  
to be worthy, not respectably, and wealthy, not rich,  
to study hard, think quietly, talk gently, act frankly,  
to listen to stars and birds, babes and sages, with  
open heart,  
to bear all cheerfully,  
do all bravely,  
await occasions,  
hurry never—  
in a word, to let the spiritual, unbidden and unconscious,  
grow up through the common  
This is to be my symphony. William Ellery Channing

**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 our church website:

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

## **Counseling Corner**

**From Suellen Barnett, MA, LMFT**

### **Notes from the CAMFT Conference**

Cornel and I attended the California Association of Marriage and Family Therapists Conference in Sacramento several weekends ago, and that always gives us plenty of topics and ideas to ponder as well as put into practice if they are relevant. So I'll share a few of these ideas in this month's column.

One of the most exciting general ideas that comes out of the conference is that there is hope on so many levels for individuals, couples and families to solve mental health issues and move ahead in their lives. Research is continually being done to help the whole family in all these areas of life.

Several talks were on the difficulty of stress in our lives. All stress is not bad. The right amount of stress keeps us on our toes. However, a major contributor to work-related stress is the rapidly escalating pace of life requiring immediate responses to escalating demands. The pressure to go faster, faster, faster is a primary source of emotional distress endangering our health.

There were discussions on slowing down during our day – quieting our minds and our bodies. Paradoxically, slowing down in this way actually saves time. We can process information more efficiently when we are fully present in the moment and helps us have more sustained awareness moment by moment. A growing body of research demonstrates that mindful awareness increases productivity, improves outcomes and saves money.

Another speaker talked about new techniques for dealing with those suffering from some kind of trauma – from child abuse, domestic violence, PTSD from serving in the military and so on. These techniques offer hope for erasing the painful situation perma-

nently from the brain. He discussed the steps for this – deliberately remembering the situation in thought and emotions with the therapist as support and guide. Then finding a contradictory pleasant experience within the memory and juxtaposing it over the negative experience, and doing this proactively several times. The pleasant contradictory experience has been shown in theory and practice to erase and rewrite the painful memory so that the negative memory never returns.

Mindfulness is a big topic these days in psychotherapy. A speaker suggests that mindfulness is important in surviving the age in which we live. It includes slowing down to observe our thoughts, feelings, physical sensations, breathing slowly, relaxing our whole body, and “rewiring” our neuro-pathways with positive thoughts and stories, and making self-acceptance a daily practice.

One speaker whose topic was parenting talked about the problems of being helicopter parents – particularly the mothers who hover over their children to make sure all is going well, even after the kids have left the home. It seems to me that's just a natural response for most mothers!

There were many other talks and ideas, but this gives a sample of what is out there. So take time to breathe slowly and relax for a moment when you are racing through the day and feeling stressed out. And if old negative memories still concern you from time to time, work with a counselor or other caring person to replace them with positive memories. It's not always easy, but it can be done over time. And I still think it's OK to hover over our kids sometimes!

God bless us as we move through our daily lives!

**Suellen**

# June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> <i>Holy Communion</i> 9:15 Choir 10:00 Worship 10:15 Children's Ed 11:00 Fellowship 11:15 Mission Outreach	<b>3</b>	<b>4</b> 9:00 Bell Choir 10:30 Bible Study  7:00 Personnel	<b>5</b>	<b>6</b> 7:30 Choir	<b>7</b>	<b>1/8</b>
<b>9</b> 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Worship/CE 12:00 Mill Street	<b>10</b> 7:00 Spirit and Work Support Group	<b>11</b> 9:00 Bell Choir 10:30 Bible Study  7:00 Deacons	<b>12</b>	<b>13</b> 7:30 Choir	<b>14</b>	<b>15</b>
<b>16</b> <i>Father's Day</i> <i>Birthday Sunday</i> 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Membership/Fellowship	<b>17</b>	<b>18</b> 9:00 Bell Choir 10:30 Bible Study  7:00 Session	<b>19</b> July/August LOG Deadline	<b>20</b> 7:30 Choir	<b>21</b>	<b>22</b>
<b>23</b> 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship	<b>24</b>	<b>25</b> 9:00 Bell Choir 10:30 Bible Study	<b>26</b>	<b>27</b> July/August LOG Mailing 7:30 Choir	<b>28</b>	<b>29</b>
<b>30</b> 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Prayer Group						

Redwoods Presbyterian Church  
110 Magnolia Avenue  
Larkspur, California 94939

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



### Mill Street Shelter Meals

Suellen Barnett, June Bellen, Board of Deacons, Margaret Erwin,  
Diane Forster, Melissa Gill, Tani & John Girton, Polly & Jim Gorder,  
Marian & Dick Judd, Jolyne Liberati, Debbie Lundberg,  
Gabriele & Robert Putzi, Nancy Rademacher, Joyce Wells

### Liturgists, Greeters & Ushers

**May 5** Nancy Rademacher (L), Ani Lelea (G),  
June Bellen (U) , Debbie Lundberg (U)  
**May 12** Ani Lelea (L), Barbara Slusher (G)  
Iris Giacotto (U) Melissa Gill (U)  
**May 19** Debbie Lundberg (L), Tani Girton (G)  
Suellen Barnett (U), Margie Egger (U)  
**May 26** Melissa Gill (L), Marian Judd (G),  
Ani Lelea (U), Clay Wiens (U)

**June 2** Zach Paulson (L), Clay Wiens (G),  
June Bellen (U) , Iris Giacotto (U)  
**June 9** Jim Gorder (L), June Bellen (G)  
Suellen Barnett (U) Nancy Rademacher (U)  
**June 16** Alan Edmonson (L), Marjorie Egger (G)  
Ani Lelea (U), Debbie Lundberg (U)  
**June 23** Nancy Rademacher (L), Debbie Lundberg (G),  
Margie Egger (U), Melissa Gill (U)  
**June 30** Joyce Wells (L), Iris Giacotto (G),  
Suellen Barnett (U), Clay Wiens (U)

### Coffee Hour

Suellen & Cornel Barnett, June Bellen, James Holmes, Membership/Fellowship Cmte, Barbara Slusher, Joyce Wells