



The Redwoods Log

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

From The Rev. Dr. Cornel Barnett

Dear Friends,

It is with joy that I write this letter thinking of your faithfulness to God. The church leadership continues to think of new ways of building the health of the Body and lately we hosted six children in our after school program and welcomed three adults into membership of the church.

We are experiencing the Holy Spirit moving us into new ways of doing ministry. One of these ways is changing the "Counseling Corner" column in this Log to the "Quiet Corner." We are going from inter-personal reflections to prayer, meditation and contemplation practices.

Suellen has faithfully shared psychology, counseling and therapy perspectives within a Christian context with us for the past five-plus years. People have told me how much they appreciated these columns and I am the first to thank her for writing these columns almost every month during my ministry at Redwoods.

Suellen is in total agreement with our switch to a column where we will share insights and ways to become quiet and enjoy our communion with God. I took the idea to the session (our governing body), and they welcomed the idea.

So here we are, entering a new phase of ministry in the corner column of the Log. "In returning and rest you shall be saved; in quietness and in trust shall be your strength." (Isaiah 30:10)

We hope the column will support and strengthen you in your prayer life, offer new insights and encourage you into deeper union and communion with God. The time and space for your prayer life is for you decide and I hope you think about making some time daily or on certain days of the week for regular times to be alone and quiet with God.

As you think about your quiet time, it may be useful to know a simple rule of thumb that prayer by and large is your part of a conversation with God (you speak and God listens) and meditation/contemplation is God's part of a conversation with you (God speaks and you listen). Meditation is problem solving: You meditate on a problem, issue, or relationship, whatever, within a God-frame reference. Contemplation is the practice of being quiet or still or empty (like a glass about to be filled) with God.

The "Quiet Corner" articles will be written by a variety of folk and by me on my own or with input from others. The primary purpose is to support you in your quiet times with God.

We hope you enjoy the column and the invitation to be quiet on a regular basis with God, and while you are at it, pray for our church, for churches and religions around the world, and for the world itself.

Peace and blessings,
Cornel

November Church Mouse

Greetings from Mr. Mouse and Spouse!



Greetings!

2013 is going by quickly! We're at World Series time without the Giants, but spring training will be here in a few months. Meanwhile, enjoy the Boston Red Sox and the St. Louis Cardinals in the World Series!

Redwoods people have been busy! Thanks to the Facilities Committee chair, Sal Newton and his hard workers for a great cleanup job on October 5. The workers included Anna Barnett, Suellen and Cornel Barnett, Karen Carmody, Alan Edmonson, Margaret Erwin, Melissa Gill, Tani Girton, Jim and Polly Gorder, Joylyne Liberati; Debbie Lundberg, Gabriele and Robert Putzi, Nancy Rademacher, Barbara Slusher, Marilyn Sutherland, Ed Vorous and Joyce Wells. Redwoods was cobweb free with clean windows for Klara Larsen's memorial service on October 6. Incidentally, the Newtons—Sal, Diane and Hunter—are taking a vacation in Hawaii.

And what a memorial service that was with lots of hymn singing of Klara's favorite "oldies" like "When the Roll is Called Up Yonder!" Two previous interns, Rev. Jane Spahr from the 1950s and Rev. Karen Fortlander nee Cornwell ('90-'91) were clergy participants in the service as were Parish Associate, Dan White, and Pastor Cornel.

The Afterschool Program has gone well thanks to Suellen Barnett, Diane Forster, Melissa Gill, Molly Rademacher, Stephanie Ryder and Jan Salas. We'll hear the children sing on Sunday, November 3!

We've had visitors at Redwoods! Helen Morita's sister, Ruth, and Ruth's husband came from New Jersey. Pastor Cornel's friend, Rev. Steve Vance, came from South Carolina. He gave Cornel a stole which had the Presbyterian symbol on it. Mr. Mouse found a lot of info about the symbol on the internet. That one symbol depicts the flames of the holy spirit, the chalice for communion, the cross, a dove, a triangle representing the trinity, the Bible, a pulpit, a baptismal font, and a fish for the feeding the five thousand. That's a lot of symbolism! See if you can find them all!

Happy news! Bonnie Kaiser is horseback riding again! Ed Vorous, the Scout man, is the one who brings all those baked goodies for coffee hours. Ed also shares his recipes! Mouse people enjoy Debbie Lundberg's hats for all occasions!

Redwoods people who took a walk with James Holmes on Sunday, October 20 were treated with the history of the Redwoods church area.

Diane Forster had a fun summer. Daughter Pam's friend's husband is the executive chef at the Palace Hotel in San Francisco and prepared several dinners at Diane's house. That's a wow way to get a break from cooking!

Please keep Inga Coleman in your prayers as she recovers from her illness.

Thanksgiving is right around the corner so start counting your blessings! That's all for now. See you next month!
Mr. Mouse & Spouse

Stewardship 2013

From Finance Chair Tani Girton

As we approach the time of year when we consider our pledges for next year, there are many considerations that come to mind. What is God calling us to do, individually and as a community? Where are we needed most? What are our hopes and dreams for people in need, for each other, for our own spiritual growth? We have the opportunity to ponder these questions during Minute for Mission and in the context of our church's financial picture. We hope you will give prayerfully and generously for this coming year.

Tani

Happy Birthdays!

From Deacons Moderator Polly Gorder

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

- 6 – Diane Forster, 12 – Kurt Rademacher,
- 13 – Tani Girton, 18 – Gabriele Putzi,
- 25 – Polly Gorder, 27 – Margaret Erwin
- 28 – Bob Bellen. 29 – Ruby Carter
- 30 – Marisa and Matthew Phipps

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

Polly

Music Notes

**From Stephanie Ryder
Interim Music Director**

Glad tidings from your Interim Music Director!

I continue to be inspired by the talent and enthusiasm of the Redwoods' musicians! The bell choir is preparing for a concert at the Tam on Sunday, December 1 at 3 pm, and here at Redwoods Pres at 4 pm, Sunday, December 8 at the Alternative Christmas Fair. Please spread the word about these two events and come hear the beautiful, angelic, breathtaking harmony of the bells!

The Redwoods choir sang their hearts out on Sunday, October 6 at both worship and at Klara's memorial. It was wonderful to have Dick Judd join us for rehearsal in preparation for the memorial, during which he played the glorious organ. I am grateful that he joined us to play in my place at worship on Sunday, October 20, when I preached.

Please consider adding *your unique voice* to our joyful choir. We are a welcoming, forgiving, and fun bunch! The choir rehearses from 7:30-8:30 pm on Thursdays. Contact me if you are interested in joining us!

Blessings,
Stephanie

A Word from your Intern

**From SFTS Intern
Stephanie Ryder**

Greetings from your SFTS intern!
Being part of the Redwoods community has been such a blessing. I am tremendously grateful for Pastor Cornel, who gives so freely of his time, knowledge, insights and humor. There are pastors out there who are unwilling to take on interns, because it creates a great deal more work for them. Pastor Cornel actually seems to enjoy it.

I appreciate our time together and I am certainly learning a lot about ministry—he has included me in pastoral care visits, committee meetings, and the inquirer's class, shown me how to design a worship service, completed the stacks of required intern paperwork, and reflected theologically upon it all!

In Bible Study, we continue to explore and contemplate the Lord's Prayer, which has evoked powerful discussion. We are currently comprised of 11 members, and more than half of those are Redwoods' visitors. Feel free to invite friends from outside the church membership, or come check it out yourself! It is a thoughtful and prayerful group.

The after-school program is thriving and brings bursting new life through the doors at 2 pm on Wednesdays! Recently, the children visited the sanctuary and particularly loved the mosaics on the far wall—I told the children that I had always wanted to touch the mosaics, too, and was glad to have the chance! The children will be singing the songs we have been practicing sometime soon during worship.

As I write this, I am looking forward to preaching on Mark 6:1-6, "*The Power of Faith: Don't Miss Out!*" on Sunday, October 20. It is a challenging and humbling experience, and also a great privilege.

Peace,
Stephanie

After School Program Update

From Melissa Gill

Our "After School: Study, Fun and Music at Redwoods," afterschool program for children in grades 1-4 is going very well. (If you'd like basic info about the program, see www.redwoodspres.org).

Six lively and fun children have signed up for this session, which runs until November 20. We are already planning our next session to start in January. At our 2 pm Wednesday study halls, Neil Cummins students and others that get out early that day, study with Suellen Barnett and Molly Rademacher, eat snacks made by Diane Forster and prepare a musical performance with Redwoods intern and music director Stephanie Ryder. Their first performance in worship will be November 3 with parents in attendance.

The children have already become fast friends with one another and are having a good time. If you know of any local children who might want to join them, we encourage their families to contact Suellen Barnett or me.

Melissa

Membership/Fellowship Committee News

From Chair Nancy Rademacher

Thanksgiving greetings to all! It's the time of year when we are particularly aware of our many blessings, including this warm and caring church community. Many of us feel the spirit moving among us and all the possibilities we can attain as we continue to embrace the mission and vision of this church.

We are thrilled to have three new members. They have all been very active and giving of their talents long before they decided to join the church. Please welcome Anna Barnett, Alan Edmonson, and Ed Vorous. We are delighted to have them officially join the Redwoods Church family. More details on these new members will be shared in a future *Log* article.

A huge thank you to James Holmes who gave a very entertaining and informative talk on our walk in the vicinity of the church. It was a most enjoyable stroll and we very much appreciate James sharing his expertise on Larkspur history.

The November 16 Saturday Breakfast will feature Tricia Johnson of Eco-Viva, talking about their wonderful program supplying fruit trees to those in need in El Salvador. Redwoods has supported this program through donations in honor and memory of loved ones at Christmas and Easter. We hope you will be able to join us and learn more about this worthwhile program. The potluck continental breakfast begins at 9:30 am and the program is from 10-11 am.

Twenty-five of us will be attending the play, *A Year With Frog and Toad*, at the Masquers Theatre in Pt. Richmond. Ed Vorous has generously offered to provide lunch for those of us attending, and Suellen and Cornell have invited us to their beautiful home after the performance for a post theater party. We are thrilled to have such a good turnout for this fun event.

An important upcoming event is the Christmas music program and Alternative Christmas Faire and reception on Sunday, December 8 at 4 pm. This is a very festive occasion and an excellent time to invite neighbors, family and friends to join you. The voice and bell choirs are always a joy to hear and everyone

loves singing Christmas carols. The Alternative Christmas Faire has been an important and well received mission outreach for our church for many years. There will be numerous organizations participating and fair trade gifts to purchase.

Wishing everyone a wonderful Thanksgiving. **Nancy**

Facilities Committee News

From Chair Sal Newton

My thanks to our October 5 church cleaners: Anna Barnett, Suellen and Cornel Barnett, Karen Carmody, Alan Edmonson, Margaret Erwin, Melissa Gill, Tani Girton, Jim and Polly Gorder, Joylyne Liberati; Debbie Lundberg, Gabriele and Robert Putzi, Nancy Rademacher, Barbara Slusher, Marilyn Sutherland, Ed Vorous and Joyce Wells. Here's all the work they did:

- Oiling the church door handles
- Collection plate polishing
- Pew hymn rack and cushion cleaning
- Cleaning the choir/pulpit area, library, choir room, Fellowship Hall, kitchen and Sunday school room
- Window washing and gutter cleanup, and
- Sanctuary air duct return vacuuming—all big jobs!

Please thank them for our newly cleaned church. **Sal**

Deacons' Note

From Moderator Polly Gorder

It's obvious when reading the *LOG* that things with our Redwoods family are buzzing with activity. So much energy goes toward facilitating the smooth functioning of all these activities.

As Deacons we are privileged to participate in activities involving the worship service, the fellowship afterwards and our mission with the food barrel and Mill Street meals.

Equally important to us is being there for all of you—member and friends alike. We value our Parish Care groups and want all of you to feel free to approach us at any time for anything. There may be the need of a ride to an appointment, a trip to the grocery store, a doctor appointment, or maybe just a chat. We're proud to be deacons and with God's help we want to be a vital part of our Redwoods family. **Polly**

Mission Outreach

Committee News

From Chair Debbie Lundberg Let's End Hunger!

World Food Day was celebrated last month on October 16. In honor of that day, here is a prayer which comes to us from Latin America and appears in the wonderful booklet, *Justice and Peace Shall Kiss: Praying Through the Year*. This is a publication made available through the Presbyterian Peacemaking Program in conjunction with Mission Interpretation General Assembly Council. (Yikes!)

"O God, to those who hunger give bread, and to those who have bread give them hunger for justice. Amen."

This is what I believe we support when we take part in Bread For The World's *Offering of Letters*. This year's letter writing was done following the worship service on October 20, with the Dedication of the Letters on October 27. Thanks to all who were able to write/email our House of Representatives, our Senators and our President urging them to make ending hunger a national priority. We who do have bread do indeed hunger for justice. May It Be So!

Two Cents a Meal Report

At the September meeting of the Presbytery of the Redwoods held at the Church of the Roses, the Hunger Task Force presented figures through August 31 for each congregation taking part in the Two Cents a Meal program. We are proud to report that Redwoods support of Two Cents a Meal totaled \$981.34! That's an amazing number of two cents!

"How Can It Be?" or "Where Does The Time Go?"

Mark those calendars now for Sunday, December 8 at 4 pm and plan to attend the Redwoods Holiday Music Program—both choirs, vocal and bell, will take part—followed by a reception and the wonderful Alternative Christmas Faire. Jan Salas offers Faire info in the next column, and I just want to add a few details here.

Sponsor tables at the fair include but are not limited to: Heifer International, Habitat for Humanity, Bread for the World, Faith in Practice, Church World Service, World Market and Global Exchange. If you

would like to sponsor a table, please contact a member of Mission Outreach. An informational flyer, "How To Shop For Joy," will be available in Fellowship Hall. This is one of those events where everyone wins! Advanced thanks for your support and blessings!

The Christmas Joy Offering will be received at the Christmas Eve service on Tuesday, December 24. This offering is one of four special offerings taken throughout the year that supports our collective witness to the love of Jesus Christ. Funds received support past, present and future leaders of the church. More information will be available in Fellowship Hall and in bulletin inserts as we get closer to December 24. Peace and love to all. **Debbie**

From Member Jan Salas Save the Date—December 8!

Mission Outreach would like to invite you to our Annual Alternative Christmas Faire. We will have booths from several agencies, both local and global, with ideas for meaningful gifts for loved ones. It's a chance to truly bring the spirit of Christmas to the world.

It is easy to become discouraged by the extreme commercialism of Christmas. Stores are now displaying Christmas decorations shortly after Labor Day, before summer is officially over. The advertising and "hype" around so-called Black Friday have reached astounding proportions, causing my family to joke that the fourth Thursday in November has now become "Black Friday Eve."

The Alternative Christmas Faire gives us the chance to remember whose birth it is that we celebrate. It brings us back to hope through support of agencies that work to bring peace and justice to all. It also offers us the opportunity to learn about the work of these agencies and to make a donation to their work. There will also be items from Equal Exchange and Global Exchange for sale.

The Faire is truly an alternative to shopping in the mall, the noise and crowds, and the cynicism of some in the secular world. At the Faire, you will enjoy festive decorations, delicious refreshments, and the true joy of the season, to be shared with all. Remember to visit the Christmas Faire (and bring a friend too)! **Jan**

Quiet Corner

From Cornel Barnett with June Bellen

Breath Prayer

We begin our "Quiet Corner" this month with "Breath Prayer," the current prayer topic of the Redwoods Prayer Support Group that meets after worship in the sanctuary the last Sunday of each month. The group found this to be one of the easiest and most helpful of all the prayer emphases of last year.

When I was recovering in bed from surgery last year, I said this prayer repeatedly and it was a huge help. June writes: "Most of you know I have atrial fibrillation. My "go to" meditation is breath prayer. It calms me the quickest and usually gets rid of the flutters by slowing down my breathing."

Our hearts beat, we breathe in and out. Though we are usually unconscious of the rhythms of our bodies, they are with us throughout our lives. Not surprising then that ancient Christians, along with those of other traditions, turned their contemplative prayer to these physiological rhythms.

You can do breath prayer anywhere. At home, work or on the bus, find a comfortable position and relax. You could also take time to journal or pray in a conversational way (just talking to God) as a way to relax and prepare for prayer. Music, stretching and drawing are other suggestions. This month, after my morning walk with Suellen, I stretch and begin with breath prayer and pray afterwards. Do what is best for you.

Take your awareness to your breathing. Deep breathing exercises are often helpful ways to slow down and quiet the busyness in your mind.

Create the prayer: As you breathe in, address God in a way that is right for you. As you breathe out, ask God for what you need. For example, as you breathe in, "Holy God" and as you breathe out, "Give me peace." It is as simple as that.

Scripture and hymnody are rich sources of breath prayers: "Speak Lord...For your servant hears" (1 Samuel 3:9), "Give thanks to the Lord...for the Lord is good" (1 Chronicles 16:34), "The Lord is my Shep-

herd...I shall not want" (Psalm 23:1), "My God...will meet all [my] needs" (Philippians 4:19).

In addition, we may form breath prayers out of the particularities of our own lives. June's favorites are: "Be still (in), and know (out), that I (in), am God (out)." (Psalm 46:10). "Jesus (in), help me (out)." "Thank you (in), Jesus (out)." The latter can be reversed. Others: "Lord Jesus...lay healing hands on me." "Holy God...deliver me from [fill in the blank]."

When you notice that you are distracted, and your thoughts have wandered, gently bring your attention back to the prayer. Enjoy! **Cornel and June**

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. It is by the German theologian Meister Eckhart.

Apprehend God in all things,
for God is in all things.

Every single creature is full of God
and is a book about God.

Every creature is a word of God.

If I spent enough time with the tiniest creature—
even a caterpillar—

I would never have to prepare a sermon. So full of
God is every creature.

Helen

Prayer Support Group

From The Rev. Dr. Cornel Barnett

We welcome everyone to join the Redwoods' Prayer Support Group, whether you have a prayer practice or not (and perhaps especially if you do not!) We meet monthly on the last Sunday after worship to look at prayer practices and to be a supportive place to discuss whatever is in one's prayer life. Our next meeting is on November 24. We look forward to seeing you!

Peace, **Cornel**

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Mark Your Calendars</i></p> <p>December 8 - Alternative Christmas Faire</p>					<p><i>1</i></p> <p>World Communion Day All Saint's Day</p>	<p><i>2</i></p>
<p><i>3</i> Holy Communion</p> <p>9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Mission Outreach</p>	<p><i>4</i></p>	<p><i>5</i></p> <p>9:00 Bell Choir 10:30 Bible Study</p>	<p><i>6</i></p> <p>2:00 Afterschool Program</p>	<p><i>7</i></p> <p>7:30 Choir</p>	<p><i>8</i></p>	<p><i>9</i></p>
<p><i>10</i></p> <p>9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Membership/Fellowship 12:00 Mill Street 2:00 Masquers</p>	<p><i>11</i></p> <p>Veteran's Day</p> <p>7:00 Spirit and Work Support Group</p>	<p><i>12</i></p> <p>9:00 Bell Choir 10:30 Bible Study</p> <p>7:00 Deacons</p>	<p><i>13</i></p> <p>2:00 Afterschool Program</p>	<p><i>14</i></p> <p>7:30 Choir</p>	<p><i>15</i></p>	<p><i>16</i></p> <p>9:30 Saturday Breakfast</p>
<p><i>17</i></p> <p>Birthday Sunday Stewardship Commitment</p> <p>9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Worship/CE</p>	<p><i>18</i></p>	<p><i>19</i></p> <p>9:00 Bell Choir 10:30 Bible Study</p> <p>7:00 Session</p>	<p><i>20</i></p> <p>LOG Deadline</p> <p>2:00 Afterschool Program</p>	<p><i>21</i></p> <p>7:30 Choir</p>	<p><i>22</i></p>	<p><i>23</i></p>
<p><i>24</i></p> <p>9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Prayer Group</p>	<p><i>25</i></p>	<p><i>26</i></p> <p>9:00 Bell Choir 10:30 Bible Study</p>	<p><i>27</i></p>	<p><i>28</i></p> <p>Thanksgiving Day Church Office Closed</p>	<p><i>29</i></p>	<p><i>30</i></p>

Redwoods Presbyterian Church
110 Magnolia Avenue
Larkspur, California 94939

Helping Hands in October – Thank you so much!



Mill Street Shelter Meals

Anna Barnett & Alan Edmonson, Suellen Barnett, June Bellen, Karen Carmody, Margaret Erwin, Diane Forster, Melissa Gill, Tani & John Girton, Polly & Jim Gorder, Marian & Dick Judd, Debbie Lundberg, Gabriele & Robert Putzi, Nancy Rademacher, Ed Vorous, Joyce Wells

Liturgists, Greeters & Ushers

- | | | | |
|---------------|---|---------------|---|
| Oct 6 | Stephanie Ryder (L), John Girton (G),
Clay Wiens (U) , Debbie Lundberg (U) | Nov 3 | Ani Lelea (L), Tani Girton (G),
June Bellen (U) , Iris Giacotto (U) |
| Oct 13 | Anna Barnett (L), Clay Wiens (G)
Ani Lelea (U) Iris Giacotto (U) | Nov 10 | Margaret Erwin (L), Gabriele Putzi (G)
Melissa Gill (U) Ani Lelea (U) |
| Oct 20 | Cornel Barnett (L), Nancy Rademacher (G)
Suellen Barnett (U), Melissa Gill (U) | Nov 17 | Tani Girton (L), Marjorie Egger (G)
Suellen Barnett (U), June Bellen (U) |
| Oct 27 | Debbie Lundberg (L), Kitty Prosser (G),
Nancy Rademacher (U), Margie Egger (U) | Nov 24 | Clay Wiens (L), Iris Giacotto (G),
Ani Lelea (U), Melissa Gill (U) |

Thanks in advance to the November Helping Hands!

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