



The Redwoods Log

March 2012 Redwoods Presbyterian Church 110 Magnolia Ave., Larkspur, CA 415-924-4832

From The Rev. Cornel Barnett

Dear Friends,

It's been an ambivalent winter. Some days it feels like winter, other days it feels like summer, and then it feels like spring. Suellen and I traveled along a road recently and we saw trees in a row that represented every season of the year. It's a topsy-turvy season and we're living in a topsy-turvy world.

Every season seems to be different these days. Some say the greater variety in weather has something to do with global warming. My response is to be more cognizant of the ways we affect the climate and do my best to take care of God's beautiful world.

A sustainable earth benefits us all now and in the future. There are too many doomsday scenarios and I don't want to be party to that. I believe that God in Jesus is about life and life in all its fullness.

Way back in the Torah, God says: "I have set before you life and death... Choose life." (Deuteronomy 30:19). The fuller quote comes earlier in the chapter. It says:

"See, I have set before you today life and prosperity, death and adversity. ¹⁶If you obey the commandments of the LORD your God that I am commanding you today, by loving the LORD your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the LORD your God will bless you in the land that you are entering to possess." (Deuteronomy 30:15-16)

The Rev. Dr. James L. McDonald was inaugurated recently as the 11th president of the San Francisco Theological Seminary. In his brilliant inauguration address he said that the seminary serves not the church but the gospel, and when it serves the gospel, the church will thrive."

We serve the gospel when we affirm life. We have been renovating and beautifying our facilities, from roof to landscaping to basement rooms to the sanctuary carpet. Our campus is absolutely wonderful and it has received accolades from people who visit us. This serves the gospel.

Through our faithful membership we support myriad ministries and missions. This serves the gospel.

We are augmenting our mission, choosing life and serving the gospel with a newly-formed church growth task force. The task force will meet after church once a month and brainstorm ideas for our church to grow and it will ensure that ideas are implemented. Everyone is invited to the meetings.

Reminder: Please come to the five Lenten Suppers and Spiritual Practice sessions on all the Wednesdays in March. Supper begins at 6:30 pm and the practice from 7:15–8:15 pm. See page six for more details about each session

Peace and blessings, Cornel

March Church Mouse



Greetings from Mr. Mouse and Spouse!

Oh oh! February is a short month but good things are happening! Spring training for the baseball season has begun and all of us Giants fans are full of hope for another championship season. Hurrah for the S. F. Giants and the other baseball heroes!

Incidentally, our local baseball person, Konrad Schmidt, Herb and LaVerne's grandson, has been in Phoenix rehabbing after surgery on his elbow to remove bone chips. Things are going well and he also is looking forward to Spring practice.

We have someone very new in the Redwoods family! Diana and Sal Newton's baby, Hunter Louis, was born on February 12. We send love and good wishes to the Newton family. Now there are four great grandchildren in the Diane Forster family.

Congratulations are in order for Margie and Jim Egger, who celebrated their 65th wedding anniversary on February 13th. We missed them while they were in Hawaii for a month.

Jennifer Garcia is quite a sales girl. This is the month for Girl Scout cookies and she has supplied us with our favorites.

It was good to see Helen Morita in church recently and it's always a pleasure to see daughter Laura with grandkids Audrey and Jack!

Kudos to Clay Weins! He's on the board of directors of the N. C. P. H. (Northern California Presbyterian Homes) which includes the Tamalpais where Redwoods members Bill and Peggy Thomas, Margaret and Harry Richards, George and Georgene Gmahling and Marilyn Sutherland reside!

Clay had a less pleasant experience when his dog had a close encounter with a skunk, but (Did you know?) there's a dog washing station in the Bon Air Area and that helped.

Melissa Gill is looking forward to having a college graduate in the family! Son David is in his last semester at U. C. Santa Cruz!

Tani Girton wowed us at the Saturday Breakfast on February 18. She gave a lot of insight on women in the field of finance. It reminded Mouse Spouse of the "Ladies Home Journal" motto: "Never underestimate the power of a woman." Way to go, Tani!

Seems as though this has been a big month for health issues at Redwoods! Jim Gorder had eye surgery and had to look down for a week and Bonnie Kaiser also had successful eye surgery. Maisie and Jim Campbell's son had a scary bout with bacterial meningitis. Thankfully he has recovered. We all give prayers of thanks for the healing power of God and the medical professionals!

Mouse Spouse, who is recovering from a sciatica problem, found an apropos line in Hymn No. 380 which was sung on February 12. "From every ailment flesh endures, the bodies clamor to be freed!" That's as true as it gets! *See you next month.*

Mr. Mouse and Spouse

March Happy Birthdays

From Deacons Moderator Polly Gorder

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

3 – LaVerne Schmidt, 16 – Marilyn Sutherland and 24 – Harry Richards

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

Polly

March Choir News

**From Music Director
Barbara Bacon-Shaw**

Is it really already March? Here at our house, we still have the kids fighting over who gets to have an over-night play date with their friends in the room with the Christmas tree! .

I do hope everyone is enjoying the sounds of the choir. From our last Christmas Calypso in mid-January, we have segued through many lovely hymns and songs on our way to the melancholy but beautiful music of Lent.

The bell choir will be performing again on March 18, close to St. Paddy's day. We plan to do a variety of songs and also some sing-alongs, a innovation we hope you will enjoy.

I hope you are also enjoying the variety and innovation that is offered when I play the electric keyboard during worship, along with the organ and piano. The electric piano gives me the opportunity to occasionally include the rhythm of the synthesizer and a host of accompaniment sounds like harp, guitar, strings and harpsichord, all of which add a little variety to our musical offerings.

As you might be able to tell, I am always interested in adding variety to our worship music, and that is why, in addition to the standard accompaniments and favorite hymns, you will so hear me play the flute, sing gospel, re-arrange "oldies but goodies" and try new music. I rely on you to let me know what music moves you, especially what you'd like to hear again.

The Redwoods choir will have it's traditional "Celebrate the Gifts of Women" worship service on March 4. Come hear the women sing! Of course, if you or anyone you know would like to join the choir, including the men, just see me or any one of us in the music program for more information info.

Blessings for the Lenten season,

Barbara

A Word from your Intern

**From SFTS Intern
Faith McClellan**

As I reflected on my past Lenten experiences, I couldn't help but be reminded of the time when I was a child deciding what to give up for Lent. Because I was a Catholic child, it was the tradition to give up something of importance to you so that you could supposedly be reminded more intensely of Jesus' sacrifice for humankind. I grew up listening to Michael Jackson; in fact it was one of my favorite things to do after I completed my homework and before getting ready for bed, so one Lent, I gave up listening to Michael Jackson.

I began questioning whether sacrificing anything we loved was actually drawing us closer to God. This became more of a reality during my freshman year in college when I gave up eating meat every Friday. I remember my Lutheran friends laughing hysterically when I would bite down into a ham sub one stroke past midnight in order to stick to my "sacrifice." It was then that I realized that something had to change. I felt no more closer to God than that ham sub I consumed every Friday.

Have you thought about what you're going to do for Lent this year? Maybe you've decided not to give up anything, but to do something tangible instead, something that would make your Lenten experience rich and fulfilling, something that would remind you of how beloved by God you are.

Whatever you decide let it be meaningful. Let it be something that fully engages you, something that causes you to reflectively look at each area of your life and see whether or not you have sincerely handed it over to God.

If not, you might want to ask yourself this question: what in my life needs to change for it to become more God-centered?

Many Blessings for Lent, **Faith**

Membership/Fellowship Committee News

From Chair Nancy Rademacher

Thanks to all who helped with the set-up, clean-up and the making and bringing of salads for the luncheon after the February Annual Congregational Meeting. The salads were especially delicious and the fellowship friendly and warm.

We love to have meals together at Redwoods (who doesn't?), so mark your calendars for the Lenten suppers and spiritual practices beginning Wednesday, February 29 and continuing through all the Wednesdays in March.

A hearty, homemade soup will be provided for each supper, as well as salad and desert. The theme of the Lenten spiritual practice series following the meal is appropriately titled "Nurture." We hope that as many of you as possible will come to be nurtured by this Lenten series. See page six for more information.

The committee has some ideas for another theater outing this spring which we will be announcing soon. Stay tuned!

The Membership/Fellowship Committee meets on the fourth Tuesday of each month at 7 pm. We welcome visitors, new members and fresh ideas. Please join us with your ideas and wisdom!

Peace and blessings, **Nancy**

Special Needs and Endowment Committee News

From Chair Nancy Rademacher

"Special Gifts from Special Friends"

Each of us helps to support the church in various ways during our lifetimes. We give through the 2-Cents-A-Meal program and perform in Christmas

pageants during our childhood. We may serve in the choir or usher or teach Sunday school as adults. We might even help with the maintenance and landscaping of the church.

Financially, we offer our pledges and Sunday offerings to provide the mainstay of the church operations, and often rise to meet special causes or needs when they arise. And, some of us, as we plan for our future have chosen to 'endow' our personal values and long tradition of giving by helping to advance the church's mission into the future through a bequest or other estate gift.

As individuals and families, we have both given and received here at Redwoods, and it is truly in the spirit of family when one has chosen to include the church in some way among their other estate beneficiaries.

As you know, this past year our church family has lost several members— dear friends and longstanding, dedicated supporters—and has received both bequests and memorial gifts in honor of these special people.

We were recently both humbled and pleased to learn that Redwood's Presbyterian Church is receiving approximately \$30,000 as a portion of Hazel Nelson's estate.

Hazel, one of our longtime members, was actively involved in the church during her lifetime and raised her children at Redwoods. While we have lamented and mourned losing such a devoted member, her dedication lives on in the continuing work of the church community.

We are blessed to have had, and still have, an amazingly generous and devoted group of people who so willingly share time, talents and other resources to our church.

Blessings to all of you, **Nancy**

Mission Outreach Committee News

From Chair Debbie Lundberg

Box Tops For Education

Thank you to the “Younger Church” and teacher Molly Rademacher for the great presentation during a recent worship service about the Box Tops for Education program. We learned how easy it is to earn cash for our schools by participating in Box Tops.

Box Tops for Education has helped America’s schools earn over \$400 million since 1996. You earn cash for your child’s school by clipping Box Tops coupons from hundreds of participating products.

For more information, check out the poster, product display and list of participating products in Fellowship Hall. The clipped coupons are being collected in a special box made by the Younger Church and can be found with the display.

We join the Younger Church in urging everyone to start clipping coupons and helping to earn money for local schools. Get out those scissors!

Words of Thanks

The church has received several thank you letters from organizations which our church sponsored though the 2011 Alternative Christmas Fair.

From Heifer International: “Dear Friends, Thank you so much for your generous gift to Heifer International, where it has already been put to work toward igniting transformation in families and projects all over the world.”

From Habitat for Humanity: “Your generosity will make an immediate difference in your local community as we continue to build homes and revitalize neighborhoods each and every day.”

From Faith In Practice: “Thank you for joining together with our volunteers to make a difference in the life of someone who will never know your name, but who will give God thanks for you — you who stepped out in faith together with Faith in Practice volunteers to bring the miracle of healing.”

The full text of these letters as well as other letters of appreciation are posted on the Mission Outreach Bulletin Board in Fellowship Hall!

One Great Hour Of Sharing

Redwoods Presbyterian Church will receive our One Great Hour of Sharing offering on Easter Sunday, April 8. This offering supports the Presbyterian (USA) programs for Disaster Assistance, Hunger, and Self-Development of People.

Please check out the posters and sharing calendar on the Mission Outreach Bulletin Board in Fellowship Hall that describe this offering, provide a financial summary of how donations are used and answers to frequently asked questions. A video is also available.

You will hear more in worship during the month of March. I leave you with a quote from the PC (USA): “Sharing Brings Joy. To Others, to God and to Us.”

Amen, **Debbie**

Ecology Corner

From Helen Morita

I asked Alan Edmonson to submit one of his wonderful poems for our new “Ecology Corner” column.

Red Tails by Alan Edmonson

Entwined, entwined in circling corkscrew space
through a lazy heat kinked afternoon sky
two red tailed hawks in twinned airy embrace
up draft paired — searching I swear for God’s face —
as rising they hang before day’s yellow eye
vectoring higher in aerial play,
trading off lead, but declining to vie
for point position on the cross-plait ray
helix hawks — holy sacrament — fly.

Helen

Counseling Corner

From Suellen Barnett, MA, LMFT

"I can do all things through him who strengthens me."
Philippians 4:13

There are many things in life that could be compared to a roller coaster ride – dating, marriage, parenting, having a challenging job, serving on committees at work or at church, or life itself.

How do we cope with the ups and downs, especially the downs? We've talked about dealing with down times before in this column, but here at the first part of a new year, I just thought I'd mention dealing with the downs again – maybe before we experience them again in a new year.

When we are experiencing the down swoop in the roller coaster ride, we appreciate a good friend or friends to "hang" onto – who don't mind us "screaming." They may be "screaming" too! They let us hold on tightly, give us hugs and listen to our struggles – and vice versa. Who do you talk with during your down times?

We also need all those things that the doctors recommend – nutritional foods; water; lots of exercise and plenty of good sleep. Because there are a lot of baby boomers who need to develop all these positive habits these days, we are reading more about these habits in the magazines and papers.

Dr. Oz said in a recent Sunday SF Chronicle article: "How healthy you are is largely up to you, especially when it comes to your heart. Try these simple steps: Do 30 minutes of exercise a day (walking is great); avoid trans fats; and ask your doctor about taking the supplements coenzyme Q10 and DHA omega-3."

Of course, going to the gym and lifting a few light weights, attending a yoga or zumba class or any other regular physical activity (emphasis on the regular) can be great for physical fitness, too.

Healthy foods, plenty of exercise and good sleep, and good friends to talk with—these are some of the best things to take us through the stressful down times and give us energy when the roller coaster starts to climb up to the top again.

As we've said before, thank God for our friends at the Redwoods family! Blessings to each one of you as we move up and down in 2012!

"Commit to the Lord whatever you do, and all your plans will succeed."

Proverbs 16:3

Suellen

Upcoming Spiritual Practices

Lenten Suppers and Spiritual Practices

The theme of the five Wednesday Lenten supper and spiritual practice sessions below is "nurture." Prayers and exercises for healing and regenerating power will be the focus of each session from 7:15-8:15 pm with a light supper preceding each session at 6:30 pm.
February 29—Nurture with Prayer, Cornel Barnett
March 7—Nurture with Imagination, Faith McClellan
March 14—Nurture with Visual Art, Mari Robinson
March 21—Nurture with Prayer Partnering, Faith McClellan
March 28—Nurture with Poetry, Cornel Barnett
We look forward to sharing these practices with you!

Spiritual Direction for Women

Join a women's group using readings, music, prayer, silence and sharing for spiritual direction. The weekly series beings on Friday, March 9 from 1-2:30 pm on the SFTS campus. To register, contact Debbie Dybsky, MA, DASD at 578-8128 or dymuir@aol.com.

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

March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7:30 Choir	2 8:30 Walking Group	3
4 <i>Holy Communion</i> 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Worship/CE Committee	5	6 9:00 Bell Choir 10:30 Bible Study 7:00 Mission Outreach Committee	7 6:30 Lenten Supper 7:15 Spiritual Practice	8 7:30 Choir	9 8:30 Walking Group	10
11 9:15 Choir 10:00 Worship 10:15 Children's Education 12:00 Mill Street	12	13 9:00 Bell Choir 10:30 Bible Study 7:00 Deacons	14 6:30 Lenten Supper 7:15 Spiritual Practice	15 7:30 Choir	16 8:30 Walking Group	17 9:30 Saturday Breakfast
18 <i>Birthday Sunday</i> <i>Bell Choir in Worship</i> 9:15 Choir 10:00 Worship 10:15 Children's Education	19	20 9:00 Bell Choir 10:30 Bible Study 7:00 Session	21 LOG Deadline 6:30 Lenten Supper 7:15 Spiritual Practice	22 7:30 Choir	23 8:30 Walking Group	24
25 9:15 Choir 10:00 Worship 10:15 Children's Education	26	27 9:00 Bell Choir 10:30 Bible Study 7:00 Membership/Fellowship Committee	28 6:30 Lenten Supper 7:15 Spiritual Practice	29 LOG Mailing 7:30 Choir	30 8:30 Walking Group	31

Redwoods Presbyterian Church
110 Magnolia Avenue
Larkspur, California 94939

Helping Hands in February – Thank you so much!



Mill Street Shelter Meals

Suellen Barnett, June Bellen, Margaret Erwin, Diane Forster, Iris Giacotto, Melissa Gill, Tani Girton, Polly & Jim Gorder, Marian & Dick Judd, Debbie Lundberg, Kitty Prosser, Gabriele Putzi, Nancy Rademacher

Greeters

Iris Giacotto, John Girton,
Kitty Prosser, Barbara Slusher

Liturgists

John Girton, Faith McClellan
Nancy Rademacher, Clay Wiens

Ushers

Suellen Barnett, Iris Giacotto, Melissa Gill,
Tani Girton, Ani Lelea, Gabriele Putzi,
Nancy Rademacher, Clay Wiens

Coffee Hour

Suellen & Cornel Barnett, Tani & John Girton,
Marian & Dick Judd, Gabriele Putzi