



The Redwoods Log

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

From The Rev. Dr. Cornel Barnett

Dear Friends,

We have begun a new year and we look to new commitments. One of these is to participate more fully in the life of the church. I see the church as a ship and the members as the crew. It's an old-time freighter which carries some passengers, mainly our homebound members. All able hands are on deck and involved.

The Book of Order (our constitution) defines members in part as "supporting the ministry of the church through the giving of money, time, and talents."

The preamble states: "Membership in the Church of Jesus Christ is a joy and a privilege. It is also a commitment to participate in Christ's mission. A faithful member bears witness to God's love and grace and promises to be involved responsibly in the ministry of Christ's Church. Such involvement includes..." Eleven aspects of involvement are given.

An addition came with the new Form of Government, called nFOG. It states: "Such involvement includes: 'reviewing and evaluating regularly the integrity of one's membership, and considering ways in which one's participation in the worship and service of the church may be increased and made more meaningful.'"

We have a faithful and dedicated core serving on the session (our governing body) and deacons (our serving/caring group). The core head committees and faithful members participate in committees. They would love to increase their membership.

Please speak to Debbie Lundberg about serving on the Mission Outreach Committee. Their usual meeting time is after worship the first Sunday of the month.

Please speak to Melissa Gill about serving on the Worship/Christian Education Committee. Their usual meeting time is after worship on the second Sunday of the month.

Please speak to Nancy Rademacher about serving on the Membership/Fellowship Committee. Their usual meeting time is after worship on the third Sunday of the month.

Please speak to Sal Newton about serving on the Facilities Committee. They meet when called.

Please speak to Tani Girton about serving on the Finance Committee. They meet when called.

There are many other ways to get involved. Just being in worship on most Sundays and listening to announcements provides many opportunities. There are also the Bible Study, Spirit and Work Support Group, and Exploration in Contemplative Prayer Group for edification and growth in faith. There are the choirs and band.

This is an excellent church and enjoyed by all. It is strongest with all hands on deck and with every member doing their level best to invite friends and family to church. We are a ship of faith. Our captain is Jesus. Enough said.

Peace and blessings, Cornel

March Church Mouse

Greetings from Mr. Mouse and Spouse!



Springtime will be here in a few weeks! That leaves seven thousand three hundred forty-four hours left in 2013. It's Lent and Easter in only seven hundred forty-four hours and then we'll be decorating the cross with flowers and singing Hallelujah!

It's also time for baseball fans to get excited! The S. F. Giants are at spring training in Arizona! Matthew Phipps, who is twelve years old, is now in Little League Majors playing on the Cubs team, which is sponsored by the Corte Madera Lions Club. Herb and LaVerne Schmidt had a pleasant surprise. Grandson Konrad is at spring training with the Texas Rangers in Surprise, Arizona.

In the happy news category, we had three long-time wedding anniversaries: Jolyne and husband, Lou Liberati, had anniversary 62 on February 10; Margaret Erwin and husband, Richard, celebrated number 59 on March 11 and Margie and Jim Egger celebrated number 66 on February 10. Incidentally, Jim had his 90th birthday on February 8! Congratulations and good wishes to all these good people.

January 27 was a big Sunday at Redwoods. Sal Newton, our youngest Elder, was ordained! Sal used to accompany his grandfather, Jack Forster, on his "checkups" at Redwoods and expressed joy at filling in his shoes as the person in charge of facilities. Oops. Last month we forgot to mention that Diane Forster is Sal's grandmother and is also great grandmother to Hunter, who had his first birthday on February 12.

On January 27 at Coffee Hour, we celebrated Molly Rademacher's 27th birthday and recognized her for her good service with the children.

It's a joy to see our seminary intern, Ian Vellenga, growing in his ministry at Redwoods. We've never had a Marine Veteran intern before!

Joyce Wells is a semi-retired "flyer" now! She and her late husband Hal got licenses in 1968, and Joyce competed in the Powder Puff Race (later called the Ninety-nines until 2012!) She is also a past president of the Ninety-nines. Good work, Joyce.

We need continued prayers for Helen Morita and Klara Larsen. Mouse Spouse thanks everyone for their prayers and says she "is not a dizzy dame anymore."

Please let us know if you have news! That's all for now. See you next month.

Mr. Mouse and Spouse

Mini Mouse here: We were worried about Mouse Spouse when she had her bout of being "off kilter," but we are very glad she rallied so well and co-produced another wonderful Mouse column. We hope all you Mouse fans agree and give her and Mr. Mouse a call with your news!

March Happy Birthdays

From Deacons Moderator Polly Gorder

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

- 6 – Marjorie Egger
- 6 – Andrea Little ('97)
- 9 – Ben Girton ('96)

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

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

March Choir News

From Music Director

Barbara Bacon-Shaw

With the Lenten season leading up to Holy Week and Easter at the end of this month, we are planning special music for most of the March worship services. The Redwoods Family Band will be practicing after the March 3 service and during the choir hour from 7:30-8:30 pm on March 7 in preparation for playing during worship on March 10.

On Palm Sunday, March 24, tenor Thomas Stephens, the Parke Kurtz Memorial Handbell Choir and I will offer, "In Bright Mansions Above." (If you like, you can preview versions of this popular choral piece on YouTube.) Alan Petker's triumphal "Hosanna" will be the anthem selection on this Sunday.

The more solemn music of Lent throughout the month concludes with Gabriel Faure's somber and meaningful Op. 50, *Pavanne* on Good Friday, March 29. Then, on Easter Sunday, March 31, the Redwoods Chancel Choir will hold forth with a virtuosic, majestic anthem and other special music.

We look forward to worshipping through song and instrument during this special season of the church year and to sharing our music in worship with you.

Please join us.

Barb

A Word from your Intern

From SFTS Intern

Ian Vellenga

My Lenten practice of giving up meat is going well so far! Although I do think of a nice, juicy, delicious, mouth-watering steak with a side of pulled pork bar-becue, slathered in gravy with bits of bacon every once in a while, I am actually really glad I have decided to take on this project. I actually have to think about what I eat now.

In the past when I was hungry, I could and would stop anywhere, and order whatever caught my eye. Now I have to make conscious decisions about what I can eat. And that has made me glad that I can actually make decisions about what I eat, because there are many places in this country and around the world where people do not have the same liberty as I do of making food choices.

I do not eat meat because I choose to: others might not eat meat (or healthier foods) because there is none available, because they cannot afford it, or some other reason. So far this experience has taught me that I am happy that I *can* make choices, and I thank God for this opportunity; I am constantly reminded of the others who don't have the same luxuries as me, and I pray for them. Peace, **Ian**

Spiritual Growth Opportunity

From The Rev. Dr. Cornel Barnett

Our online prayer practice, "Exploring Contemplative Prayer," is still available to church members and friends. If you would like to explore prayer practices in your own time, space and pace, this is the program for you.

Each month, background material and guides are available online and reminders are sent out regularly. If you need the passwords again, or printed materials to be sent to you or to include a family member or friend, please see below or contact the church office at 924-4832 or office@redwoodspres.org.

You are also invited to a monthly meeting on the last Sunday of the month after the 10 am service. Since the last Sunday of this month is Easter, we will meet this month on March 24 to share thoughts, ideas and ways the spirit is moving in your life. **Cornel**

The link to "Exploring Contemplative Prayer":

**www.scriptureecho.com//
exploringCPyrCong.htm**

(not case sensitive)

User Name: praywithhope (case sensitive)

Password: insilence (case sensitive)

Membership/Fellowship Committee News

From Chair Nancy Rademacher

The Membership/Fellowship Committee wants to thank all those who made the potluck salad luncheon after the Annual Meeting last month such a success. The salads were especially delicious and varied and it was a wonderful time of fellowship together.

Thank you to Joyce Wells for being our speaker at the February Saturday breakfast. She spoke of her many years of flying, racing and leadership within the women racing community and shared many articles, photos and awards. Inga and Bob Coleman (and others from the church) were fortunate to have flown with her. Many of us wished we had had the opportunity!

The next Saturday breakfast will be April 20 when Dan White will be our presenter (there will be no March Saturday breakfast). Other March events are in the works. Please stay tuned for information about them in the weekly worship bulletins.

We hope you will join us on Easter Sunday, March 30 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.

As an aside, have you wondered why Easter Sunday changes each year and why it is so early this year? According to my research on the internet, the Council of Nicaea established in 325CE (AD) that Easter would be held on the first Sunday after the first full moon occurring on or after the vernal equinox. From that point forward, the vernal equinox was said to be March 21.

Easter is delayed by one week if the full moon is on Sunday, which decreases the chances of it falling on the same day as the Jewish Passover.

Blessing to all during this time of Lent and wishes for a wonderful Easter.

Nancy

Mill Street Meals

From Deacon Gabriele Putzi

We recently received a request from the Mill Street Center asking us to continue our place on their calendar of "meal providers" for 2013. I am pleased to report that the Deacons unanimously voted to continue our monthly contribution of a Sunday evening meal at the Mill Street Center as our very special local Mission Giving project.

I would like to pass along to you what the Center sponsor, Homeward Bound, wrote to us and the other 30+ congregations and charitable organizations that provide meals:

"We are all so grateful for your continued generosity in bringing nutritious, delicious meals for the residents at Mill Street Center! Your commitment to a healthy community is so appreciated by all of us at Homeward Bound, and most especially by the residents who are served by you at Mill Street."

We also want to express our appreciation of the generosity of those who contributed food to Mill Street in 2012. Please continue to check the chart by the kitchen door and add your name to those generous folks who help us provide all the required foods on our list. Fill in any blank spot available and then just bring your contribution to the church on the second Sunday of the month and we will deliver it to Mill Street. Thank you one and all for your help in 2013!

Gabriele

Mission Outreach

Committee News

From Chair Debbie Lundberg

MIC Program—March 11

This month, the MIC is continuing its Intra-faith series about Christianity with a look at the mainline Protestant denominations: Lutheran, Presbyterian, Methodist, Episcopalian and Baptist. Five representatives will speak from 7-9 pm, Monday, March 11 at Mt. Tamalpais Methodist Church, Mill Valley. For more info, go to www.marinifc.org or check out flyer posted on the Mission Outreach bulletin board in Fellowship Hall.

One Great Hour Of Sharing—March 31

The One Great Hour of Sharing offering will be received on Easter Sunday. The theme this year is: "Sharing brings joy to others, to God and to us."

This denominational offering has been received from Presbyterian churches throughout the United States since 1950. (To learn the fascinating history of the OGHS offering, check the Mission Outreach bulletin board in Fellowship Hall or Google "One Great Hour of Sharing history.") Donations are used to support three vital missions of the Presbyterian Church: the Self Development of People (32%), the Presbyterian Hunger Program (36%) and Presbyterian Disaster Assistance (32%).

You will learn more about the One Great Hour of Sharing Offering and the programs and people it supports during the Sundays of Lent and Holy Week. Watch for bulletin inserts, posters, Minutes for Mission and more in the weeks to come.

Your generous gifts to the One Great Hour of Sharing not only work to "Let the light shine out of darkness" (II Corinthians 4:6) for those facing homelessness, hunger or natural disasters here and abroad, they also promise to be a source of joy for God and for you. Thank you in advance for your donations.

2013 CROP Walk—April 21

Redwoods has participated in the Marin CROP Hunger Walk for many years, raising thousands of dollars over that time to help alleviate local, national and worldwide hunger. This year, for the first time, the Feinstein Foundation will divide \$1 million among hunger-fighting agencies that raise funds during March and April. Thus, our church is in the position of being able to help a very worthy local organization raise double the amount of funds they usually do to help end hunger here and abroad!

A signup sheet and more information about the walk will be available shortly in Fellowship Hall, but meanwhile, please put the April 21 CROP Walk on your calendar. Registration is at 1:30 pm, the walk is at 2 pm, and we will again start out from First Presbyterian Church San Rafael, 1510 Fifth Ave in San Rafael and enjoy fellowship during our three mile walk for hunger.

Debbie

Earth Prayers

From Helen Morita

The following prayer poem by Shuntaro Tanikawa is 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.

Over cherry blossoms
white clouds
over clouds
the deep sky

over cherry blossoms
over clouds over the sky
I can climb on forever

once in spring
I with God
had a quiet talk

Helen

Counseling Corner **From Suellen Barnett, MA, LMFT**

Mental Health First Aid USA

The above is the title of the training Cornel and I attended last week. It provided a lot of good material for being – as “they” say – a first responder on the street or in the hallway for individuals who may be suffering some mental health issues. This is helpful material for deacons and elders and members of our church or in our community.

There were about forty people in our training group from all backgrounds – the career education wing of Goodwill Corporation, county social workers, military personnel, and workers from various nonprofits.

One of the learning programs the trainers stressed throughout was known by the acronym ALGEE. Following is what ALGEE stands for when approaching someone with a perceived mental health problem:

A – Assure for risk of suicide or harm. As in any first aid action plan, the initial task of assessment involves approaching the person to determine if there is a problem, assessing for any crises, and assisting the person in dealing with those crises.

The person may harm himself or herself by attempting suicide, using substances to become intoxicated, engaging in self-injury, or attempting to achieve extreme weight loss. If the person appears to be at risk of harming self or others, the first aider must seek professional help immediately, even if the person does not want it.

L – Listen nonjudgmentally. Listening to the person is very important. Most people experiencing distressing emotions and thoughts want an empathic listener first before being offered helpful options and resources.

G – Give reassurance and information. Once a person with a mental health problem feels that he or she has been heard, it becomes easier to offer encouragement and information. This includes providing emotional support, and voicing hope, as well as offering practical help with tasks that may seem overwhelming at that moment.

E – Encourage appropriate professional help. People with mental health problems will generally have a better recovery if they get appropriate professional help. This includes counseling or psychological therapy, support for family members, assistance with vocational and educational goals, medications, and assistance with income and accommodation.

E – Encourage self-help and other support strategies. Encourage the person to use self-help strategies or seek support of family, friends and others.

After providing mental health first aid to a person in distress, you may feel worn out, frustrated or even angry. You also may need to deal with the feelings and reactions you set aside during the encounter. It can be helpful to find someone to talk to about what has happened. If you do this, you need to remember to respect privacy.

These are important steps for all of us if and when we are faced with a friend, acquaintance, or stranger who is going through some kind of struggle. As caring individuals, and especially as Christians, it is important to offer our help where we can. We don't have to solve the problems and provide the ultimate care and healing, but we do offer help in finding the direction for care.

Suellen

Reference: *Mental Health First Aid USA*, Betty Kitchener, Anthony Jorm, Claire Kelly; Maryland Department of Health and Mental Hygiene; Missouri Department of Mental Health; National Council for Community Behavioral Healthcare

March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 <i>Third Sunday of Lent</i> Communion 9:15 Choir 10:00 Worship 10:15 Children's Ed 11:00 Fellowship	4	5 9:00 Bell Choir 10:30 Bible Study	6	7 7:30 Choir	1/8	2/9
10 <i>Fourth Sunday of Lent</i> 9:15 Choir 10:00 Worship 10:15 Children's Education 11:15 Worship/CE Committee 12:00 Mill Street	11 7:00 Spirit and Work Support Group	12 9:00 Bell Choir 10:30 Bible Study 7:00 Deacons	13	14 7:30 Choir	15	16
17 <i>Fifth Sunday of Lent</i> Birthday Sunday 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship	18	19 9:00 Bell Choir 10:30 Bible Study 7:00 Session	20 LOG Deadline	21 7:30 Choir	22	23
24 <i>Palm Sunday</i> 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Prayer Group	25	26 9:00 Bell Choir 10:30 Bible Study 7:00 Membership/ Fellowship	27	28 <i>Maundy Thursday</i> LOG Mailing 7:30 Choir	29 <i>Holy Friday</i> 7:00 Worship	30
31 <i>Easter Sunday</i> 9:00 Breakfast 9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Fellowship 11:15 Easter Egg Hunt						

Redwoods Presbyterian Church
110 Magnolia Avenue
Larkspur, California 94939

Helping Hands in February – Thank you so much!



Mill Street Shelter Meals

Anna Barnett, Suellen Barnett, June Bellen, Margie & Jim Egger, Margaret Erwin, Diane Forster, Melissa Gill, Tani & John Girton, Polly & Jim Gorder, Marian & Dick Judd, Debbie Lundberg, Gabriele & Robert Putzi, Nancy Rademacher, Joyce Wells

Liturgists, Greeters & Ushers

- | | | | |
|--------------------|--|-----------------|---|
| February 3 | Nancy Rademacher (L), Gabriele Putzi (G),
June Bellen (U), Ani Lelea (U) | March 3 | Suellen Barnett (L), Jan Salas (G),
Melissa Gill (U), Ani Lelea (U) |
| February 10 | Ani Lelea (L), Nancy Rademacher (G)
Melissa Gill (U) Iris Giacotto | March 10 | Tani Girton (L), Gabriele Putzi (G)
Iris Giacotto (U) June Bellen (U) |
| February 17 | Debbie Lundberg (L), Elein Phipps (G)
Suellen Barnett (U), Clay Wiens (U) | March 17 | Joyce Wells (L), Dan Phipps (G)
Suellen Barnett (U), Nancy Rademacher(U) |
| February 24 | Polly Gorder (L), Iris Giacotto (G),
Margie Egger (U), Nancy Rademacher (U) | March 24 | Dick Judd (L), John Girton (G),
Debbie Lundberg (U), Ani Lelea (U) |
| | | March 31 | Debbie Lundberg (L), Suellen Barnett (G),
Melissa Gill (U), Margie Egger (U) |

Coffee Hour

June Bellen, John & Tani Girton
James Holmes, Barbara Slusher, Lori Wood