



# The Redwoods Log

April 2011 Redwoods Presbyterian Church 110 Magnolia Ave., Larkspur, CA 415-924-4832

## From The Rev. Cornel Barnett

Dear Friends,

We are back in the season of Lent, a time of reflection and preparation that dips on Good Friday and rises gloriously on Easter Sunday. The road to resurrection goes through the cross. It's a time when we look at dark and light, at vulnerability and freedom, at death and resurrection. With this in mind, I came across a poem by Christopher Logue.

Come to the edge.  
We might fall.  
Come to the edge.  
It's too high!  
COME TO THE EDGE!  
And they came,  
And he pushed,  
And they flew.

It's not too late to consider some form of fasting, act of compassion and prayer practice as your focus for the time of Lent. To this end, everyone is invited to the last two Wednesday 6:30 pm Lenten suppers and 7 pm spiritual practice sessions on April 6 and 13, as well as to the 7 pm Good Friday service on April 22. Then our time of preparation will be complete for the joyous and uplifting 9 am Easter Sunday breakfast and 10 am worship service on April 24.

Switching gears: Our church is basking in the warmth of the Spirit – should I say fire of the Spirit – that came to us with the visit of the Oakland Interfaith Gospel Choir Ensemble. The sanctuary was packed with members of the church, local community and some people who traveled over an hour to get here.

The building rocked with the choir's hearty affirmation of Jesus and also with our dancing in the pews and aisles. Redwoods Church came alive in a new way. The reception afterwards was just as sweet. The energy and good communal feel was great.

Thank you everyone who worked on this special event. We benefited with funds raised for the new sanctuary roof and the choir of 15 singers, conductor and accompanist were compensated for their travel and their ministry of music. It was a win-win.

I'm feeling a real and wonderful shift in the church. Our Twin Cities community and those further abroad are becoming more and more conscious that we are here, alive and well, and that we care for our community and world.

Peace and blessings,

Cornel

---

## April Church Mouse

### Greetings from Mr. Mouse and Spouse!

Spring is really here and Redwoods has signs of new life!



window and see natural things instead of houses!

Debbie Lundberg, who wears many hats during announcement time, did something different.

She became a camera person! This kind of

camera made a tape to show how her heart was working. Debbie is on the mend after spending a few days in the hospital.

Our ears are still ringing after the Oakland Interfaith Gospel Choir Ensemble made a "Joyful Noise" and helped with Redwoods "Raise the Roof" project on March 13. A large appreciative crowd clapped and danced in the aisles and came as near to raising the roof from the inside as Mouse people can remember. Thanks to Dan Phipps and his friend for the nifty banner that hung on the front of the building, and to the whole "Raise the Roof" Committee for making it a really joyful day!

Helen Morita is celebrating being back to good health after her brain surgery a year ago! It's so very good to have her back at Redwoods every Sunday! Nancy Parsons has good news. Her husband Gerry's illness is in remission.

Women's Sunday highlighted the gifts of our Redwoods women as well as historical ones. Barbara Slusher did a clever "Who's Who with Redwoods Women" during the Younger Church time. Suellen Barnett coordinated the day's program. We also thank Suellen for preparing the children for their skit on March 20. It's always a joy to see the young ones help in the service.

We celebrated Klara Larsen's 95th birthday during Coffee Hour with a cake, cards and singing on February 27, the real day! Son Mark was here from New Hampshire to share in the festivities.

Mercedes Irwin plays bridge with the College of Marin Emeritus Group and this year she came in first! She now has a big trophy with her name on it. Mercedes gets to keep the big trophy for six months and then has to give it back. Last year she came in second and got a smaller trophy which she could keep. Nice work, Mercedes!

Prayers are needed for Gerry Scofield who has been in the hospital several times recently. Prayers are also needed for Kathy Dye, Merna's daughter-in-law who is battling cancer. Kathy is planning to move to Corte Madera when she gets well.

In East Corte Madera we have a wonderful place called Ring Mountain, which was acquired by The Nature Conservancy in 1985. What a coincidence that Kurt Rademacher is a Director of Gift Planning for The Nature Conservancy. Recently Kurt and Nancy led a legacy donor field trip in the Coachella Valley Preserve. Thanks to our local community and The Conservancy, the Mouse people can look out of the

So long 'til next month, **Mr. Mouse and Spouse**

## April Happy Birthdays

### From Deacons Moderator Polly Gorder

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

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

The Deacons keep a *Members and Friends Birthday List*. If you have not already done so, please provide your birthday information to the church office at 924-4832 or office@redwoodspres.org so that we can offer birthday wishes to you in the future.

**Polly**

## April Choir News

**From Music Director Dick Judd**

Now that Lent is here, we are wearing our purple stoles in the choir loft and, of course, this is in keeping with the colors of the Christian year calendar. This color will continue until Easter when all the paraments on the pulpit and reading desk, as well as the choir stoles, will change to white.

We are pleased to remember the work of one of our church members who made the white stoles that the choir uses during worship services when white is suggested, and especially at Easter. The woman who made our beautiful white stoles, Helen Kazakoff, was a fine seamstress, and she often blessed the church and choir with her handiwork. Helen passed away in 2006, but she is well remembered.

Along with these preparations for Easter on April 24, the choir is working on a new and powerful anthem entitled, "Praise the Everlasting King." Meanwhile during the season of Lent, at each of our Sunday worship services between the benediction and postlude, we will sing a verse of the hymn "God Be With You Till We Meet Again." It is our hope that you will recall the heartfelt words of this hymn and carry them with you from Sunday to Sunday until Easter.

We look forward to seeing our church family and friends at the Easter service, featuring the new anthem and special music by cellist Dan Phipps. **Dick**

## From Seminary Intern

**Christina Jensen**

Dear Redwoods Family,

It's hard to believe that we're back into a "purple" season in the church year. It seems like just yesterday we were preparing for Jesus' birth, and now we are preparing for Jesus' death and resurrection, which, in a way, is a re-birth.

As we go through this time of preparation, it might be helpful to reflect on different ways to focus on the holiness of this time, and the presence of God in our lives. One way to do this is to practice a spiritual discipline, such as journaling or reading the Bible daily and intentionally. Whatever discipline you choose should be between you and God, and should be something you feel you can accomplish. Someone once told me that, in choosing a spiritual discipline, you shouldn't set yourself up for failure. In other words, make it attainable, as well as intentional.

In my own Lenten journey, it has always been important to me to participate in an Ash Wednesday service, complete with the imposition of ashes. There is just something about hearing the words, "Christina, you are dust, and to dust you shall return" that sets the tone for my six-week journey toward Easter. This year was especially meaningful for me, and as a result, I have a story to share with you.

I went to the grocery store on my way home from church on Ash Wednesday, with my cross of ashes on my forehead. As I was walking down the soup aisle, I passed a little boy and his mom. Picking up a can of tomato soup, I heard the boy ask, "Mommy, why does she have a black cross on her forehead?"

His mother responded, "Probably to remind her of what Jesus did for her."

The little boy said, "Well, why hasn't she washed it off yet?"

And his mother replied, "So she can remind you."

God bless us all as we journey through Lent together.

Grace and love to all of you,

**Christina**

## Preparation for Easter

There is still time to “get in the spirit” for Easter.

The Rev. Cornel Barnett and SFTS intern Christina Jensen are offering two final Lenten suppers and spiritual practices in April as follows:

Wednesday, April 6

6:30 pm supper

7:00 pm—***Empowering Your Mind for Healing, Creativity and Loving Outreach***

Wednesday, April 13

6:30 pm supper

7:00 pm—***Loving and Empowering Your Body for Fitness, Pleasure and Service***

All are welcome to attend these casual suppers and spiritual practices.

## Holy Week and Easter Worship Services

Please join the Redwoods worship community for the following Holy Week and Easter services, and invite your friends and neighbors:

**Good Friday Worship**, Friday, April 22, 7 pm

**Easter Breakfast & Worship**, Sunday, April 24

9:00 am—Continental Breakfast

10:00 am—Worship Service with new choral anthem and special music by cellist Dan Phipps.

## Affirming Liturgists

This month, the Deacons would like to say a few words about a group of people who add so much to our Sunday worship—the liturgists.

After we enter the sanctuary and prepare our hearts for worship each Sunday, we see the choir enter, followed by the pastor, who is accompanied by a fellow parishioner. This special person is the liturgist who

assists the pastor during the entire worship service. The liturgist reads the call to worship, the scripture passages with prayer and the invitation to the offering. He or she receives the offering, says a prayer and also stands ready to assist with Holy Communion. The fun part of the job, and good exercise, is running the microphone to speakers during announcements and “Joys and Concerns.”

As you can see, the liturgist is a very integral part of the worship service. We are blessed to have many in our congregation who are capable and willing to perform these special duties. To all of you who are so giving of your talent, we appreciate and thank you.

**Elein Phipps & Kitty Prosser**

## Earth Prayers

**From Helen Morita**

We have experienced times of heavy rain which has inconvenienced us at times but how thankful we are for water. The following poems express this.

Water flows from high in the mountains.

Water runs deep in the Earth.

Miraculously, water comes to us,

And sustains all life.

Thich Nhat Hanh

Water flows over these hands.

May I use them skillfully

to preserve our precious planet.

Thich Nhat Hanh

What would the world be, once bereft

Of wet and of wildness, Let them be left,

O let them be left, wildness and wet,

Long live the weeds and the wilderness yet.

Gerard Manley Hopkins

(a 19th century Jesuit and English poet)

**Helen**

## Membership/Fellowship Committee News

From Chair Nancy Rademacher

What a joyous, inspiring, fun and uplifting performance from the Oakland Interfaith Gospel Choir—they (and we) certainly raised the roof! It was amazing to see the church so full and also wonderful to see so many visitors and everyone having such a good time

A special thanks to John Girton for contacting and booking the choir. Everyone in the congregation can be proud of all the help provided to make this concert a success. Thanks to everyone who contributed wine to the reception, helped host the reception and who purchased and sold tickets. Thanks also to those who got the word out through flyers, announcements in the local papers, and by word of mouth—and a special thanks for our wonderful new church banner. God’s spirit continues to work among us!

The Membership/Fellowship Committee cordially invites everyone in the congregation, as well as all their families, friends and neighbors to join us for a continental breakfast on Easter Sunday, April 24 at 9 am. This has been a Redwoods tradition for several years and it is a great way to start your Easter Sunday celebrations. Blessings to all during Lent and Easter.

Nancy

## Mission Outreach Committee News

From Chair Debbie Lundberg

### Marin County Food Bank

Marin’s Food Bank is now partnering with the San Francisco Food Bank to lower costs and expand needed services. For more info, check out the Mission Outreach bulletin board in Fellowship Hall or visit [www.SFFoodBank.org](http://www.SFFoodBank.org) and [www.MarinFoodBank.org](http://www.MarinFoodBank.org). The food banks want to thank us for continuing donations of brown paper bags but they not currently in need of egg cartons.

### One Great Hour of Sharing Offering

“Sharing brings joy. To others, to God, and to us.”

On Easter Sunday, April 24 we will joyfully receive the One Great Hour of Sharing offering. OGHS has an interesting history dating back to World War II when a nationwide radio appeal asked Americans to give generously in their churches to help with massive problems. More than 75,000 churches responded. For the past 20 years, PC (USA) has received \$8-11 million/year; overall donations top \$20 million. PC(USA) uses OGHS funds for Self-Development of Peoples, Presbyterian Disaster Assistance and the Presbyterian Hunger Program. Learn more from the Mission Outreach Committee bulletin board, upcoming Minutes for Mission, bulletin inserts, etc. **Debbie**

## April’s Saturday Breakfast

### A Poetic Response to the Gulf Oil Spill

Please join us on Saturday, April 16, on the eve of the first anniversary of the Gulf oil spill, to hear Bay Area oil industry seismic explorationist and teacher, Alan Edmonson, offer a poetic response to the spill. A 9:30 am potluck breakfast precedes his 10 am talk.

Alan is a poet who recently compiled a manuscript of poems exploring the nature of the crisis of the Deep Water Horizon oil spill in the Gulf of Mexico on April 20, 2010. Alan, who dedicated his manuscript to the Gulf of Mexico and the world’s oceans, has worked for two decades in the oil industry as an explorationist, imaging seismic data from around the world, including the Gulf of Mexico.

Alan currently teaches science and history in a small high school in Oakland and is a recurrent visitor to the Alabama coast of the Gulf of Mexico. He has written his poetry in his spare time. We look forward to Alan’s presentation and encourage both the church and the wider community to attend. **Debbie**

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

## Counseling Corner

**From Suellen Barnett, MA, LMFT**

### Dealing with Disappointment

*"All things work together for good to those who love God and are called according to God's purpose."*

Romans 8:28

*"I can do all things through Christ who strengthens me."*

Philippians 4:13

*"Commit your way to God in whatever you do, and God will bring it to pass."*

Proverbs 16:3

Sometimes these wonderful passages are difficult to believe and trust when disappointments hit us. It could be something that happened on the job, a friend moving away or even passing away, not doing well on a test, a broken relationship, our kids didn't make the team or the university we had hoped—we experience many disappointments over our lifetime.

Disappointments are facts of life. We are destined to have celebrations interspersed with disappointments. However, we do have control over how we deal with disappointments and our faith helps us greatly. Martin Luther King Jr. says, "We must accept finite disappointments, but never lose infinite hope through God."

Claiming God's promises of being with us always – keeping our eyes and hopes on God – will help us in all our disappointments. Here are some ideas:

- Acknowledge what we are feeling – without blaming or punishing ourselves or others. There isn't a right or wrong way to feel.
- Put things in perspective. Even small disappointments can seem monumental at first. Take a step back and look at the bigger picture. How much of an effect is this disappointment going to have on us tomorrow, next week, or next year?

- Refuse to doubt ourselves. Sometimes disappointment can make us feel like a failure. Instead of getting down on ourselves, think about what could have been done differently and learn from the experience.
- Look for a solution or compromise if the situation calls for this. Take a few deep breaths, relax and check on all the options. It's possible to find something positive in most all situations.
- Reevaluate and make changes if necessary. Sometimes when we experience disappointment, it may be a sign that we need to re-examine our priorities. Refocusing on new goals helps us begin to let go of our disappointments.
- Finally, don't give up. Learn from our disappointments and move forward. We can become one of our own biggest motivators.

Throughout all of our thoughts and feelings and struggles, we can know that God is truly alongside us. The peace and the strength and insight of God be with us all!

**Suellen**

## Words of Thanks

### From Helen Morita

After recently seeing my oncologist, I have been given more freedom. I am now allowed to drive longer distances and at night. This seems the appropriate time to thank all those who arranged and supplied transportation so that I could stay connected to the church and its committees. Every week I receive encouraging words and prayers for which I am grateful. My prayer still is that I will increase in strength and energy so that I can better serve. Thank you to everyone.

**Helen**

# April 2011

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

Redwoods Presbyterian Church  
110 Magnolia Avenue  
Larkspur, California 94939

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



### Mill Street Shelter Meals:

Suellen Barnett, June Bellen, Marjorie Egger, Iris Giacotto  
Melissa Gill, Tani Girton, Polly Gorder, Marian Judd,  
Jolyne Liberati, Debbie Lundberg, Marissa Phipps,  
Nancy Rademacher, Joyce Wells, Lori Wood

### Coffee Hour:

June Bellen, Majorie & Jim Egger,  
Margaret Erwin, Ani Lelea, Barbara Slusher

### Convalescent Ministry:

June Bellen, Margaret Erwin,  
Dick Judd, Marilyn Sutherland

### Liturgists:

Barbara Garcia, Salvadore Newton  
Nancy Rademacher

### Greeters & Ushers:

June Bellen, Melissa Gill, Ben Girton,  
John Girton, Debbie Lundberg, Marilyn Paulsen,  
Zachary Paulson, Dan Phipps, Elein Phipps,  
Kitty Prosser, Barbara Slusher, Clay Wiens

### Nursery Monitors:

Suellen Barnett, Margie Egger, Ani Lelea,  
Elein Phipps, Kitty Prosser, Nancy Rademacher,  
Barbara Slusher, Clay Wiens