



The Redwoods Log

September 2012 - Redwoods Presbyterian Church, 110 Magnolia Ave., Larkspur, CA 415-924-4832 www.redwoodspress.org

From The Rev. Dr. Cornel Barnett

Dear Friends,

Summer at Redwoods was a time of experimentation in worship. We had blended, contemporary/innovative and café-style worship. We were finding our way into these services and we seemed to enjoy the variety.

The Worship Committee will evaluate summer worship and decide with the Session the way forward. Please share your opinions with the chair of the committee Melissa Gill. It is wonderful that this church is trying new things to open our worship and to be a meaningful church in the new millennium.

One of the ways this church serves the present and future of the church at large is its willingness to incorporate and welcome seminary interns. We just completed a lovely year with Faith McClellan and then the next week welcomed Ian Vellenga, both students at San Francisco Theological Seminary.

Ian already spent a year working with young people in India and now needs 15 hours a week in a U.S. church to complete his internship requirements. He will participate in worship, facilitate the Tuesday Bible Study class, attend meetings, visit members, meet with the youth, and find ways to connect with military veterans since he himself is a veteran, having served two tours in Iraq with the U.S. Marines.

Having interns with us in our ministry is a win-win: We benefit from their ministry and they come into their own as pastors. It happens through God's grace and the wonderful ministry of this church.

Finally, thank you, every single person of this church, for being the amazing people you are and for enabling this church to reflect God's image in caring for each other, in reaching out to our local and global community with food for the homeless, letters to Congresspersons on behalf of the hungry, and every kind of mission in the world through denominational offerings.

This is the tip of the iceberg of what this church community does for each other and the world. Dynamite comes in small packages and has a big bang. This church is small and big at the same time. Its impact is huge.

Thank you and God bless you in this new church and school year.

Peace, Cornel

Postscript: Please make every effort to be in worship on September 9 when we officially kick-off our new church and school year in worship and a special barbecue afterwards. Also, please consider the spiritual growth opportunity on page 6.

September Church Mouse



Greetings from Mr. Mouse and Spouse!

Summer Greetings! We're back! What a summer this has been. So much has happened. Where to start?

First, lots of cheers are in order for LaVerne and Herb Schmidt who celebrated their 70th wedding anniversary in June. That's a long time!

Kitty Prosser celebrated her 90th birthday as the Grand Marshal of the 4th of July Parade! Her whole family, including four great-grandchildren came and all shared in a big party at the Recreation Center. A week or so later the birthday girl went to Morro Bay to relax for a week at her granddaughter's home.

Eric Rademacher had a dream job working in the Trinity Alps Wilderness in Northern California. His dad, Kurt, was pleased to accompany him on one of his eight-day backpacking patrols in July. Eric will be back at Humboldt State in the fall.

Jennifer Garcia is having fun learning the art of self defense, the Tae Kwon Do way. Kudos to Jennifer for getting an award at a recent tournament.

There were lots of Redwoods people having time away! Inga Coleman and her family had their yearly get together in Solvang; Barbara Slusher and family and friends went camping by the river in McCloud for the 60th year; Margaret Erwin had a really big time in Utah with her daughter and family. That included five grandchildren with spouses and 15 great-grandchildren, aged three months to 11 years, all under one roof. That sounds like a "wow" get together!

Polly and Jim Gorder spent a week in Tahoe with their children and grandchildren plus their friends for a total of eighteen; Georgene and George Gmahling and their family also spent time at Tahoe. They had a group of nine; June and Bob Bellen went to a family gathering in Montana where Bob's grandmother and mother live; The Girton family visited John's family in Michigan and Tani's family in Colorado Springs where there was a wedding. The Putzi's are taking a short break to their home in Canada.

Joyce Wells spent her vacation cruising Lake Duluth on a small boat. Melissa Gill and her boys spent time at Mount Shasta enjoying nature. Melissa says they all got along. Wish we had space for more details on all the doings of all these families. Good to see Cornel and Suellen after their vacation back East and in Canada.

Marilyn Sutherland is off on a wonderful Canadian train trip from Vancouver, BC to Halifax, Nova Scotia. Daughter, Bonnie and daughter-in-law, Karen, are traveling with her.

Thanks to members of the Fellowship Committee who served lemonade to the parade spectators! Those good people were Polly and Jim Gorder, Joyce Wells, Melissa Gill, Clay Wiens and Suellen and Cornel Barnett. Nancy Rademacher did the prep chores.

We've had to say good-bye to Ann Benezra who moved to Bend, Oregon, where her daughter lives. On August 12 we said good-bye to Faith McLellan, our super seminary intern who had been with us this past year. We'll miss her, but she's still close-by to finish her last year of study at the Seminary.

We were pleased to greet our new intern, Ian Velenga, who was welcomed on August 19. What a blessing for Redwoods to have young blood with us!

We need prayers for Helen Morita who wants to feel stronger. It was good to see daughter, Trish – visiting from her home in Indiana.

Maisie Campbell is out of the wheel chair and recovering after her fall in May. Bonnie Kaiser's eye-sight is improving but not perfect yet. Cards are welcome for Wayne Slep who is recovering from a recent hospitalization.

It's true! Time heals all wounds! Mr. Mouse finished 15 weeks of wrapping sessions at the Kentfield Wound Center on August 9! We now have Thursday afternoons free for other socializing.

Cheer for the Giants (or your favorite team) as we sign off. See you next month.

Mr. Mouse and Spouse

September Choir News

**From Music Director
Barbara Bacon-Shaw**

Children everywhere are heading back to school, and by now—even with the wide spectrum of return dates in Marin County—many of us are back to our fall schedules. (I was back to mine on August 23).

We adults recognize the great benefit of routine in our everyday lives. Summer is nice, but fleeting. We can use it for reflection, for intensely pursuing our interests, for trying something new or just as a break, but then summer ends and so do summer pursuits.

In the same way, Redwoods will be returning to our regular worship service format. On September 6 the Choir returns to practicing at 7:30 pm on Thursdays and 9:15 am on Sundays. The Bell Choir also returns to regular practices on Tuesdays at 9 am. If you love to sing or play, consider joining us! Homecoming Sunday will feature the bells and thereafter on Sundays the choir will sing the Anthem. As the song goes, "we're back in the saddle again." **Barbara**

A Word from your Interns Old and New

**From Immediate Past SFTS Intern
Faith McClellan**

To My Redwoods Family: Words can never fully express how blessed you made my last Sunday at Redwoods Presbyterian Church. Your generous monetary gift, as well as all the generous gifts I received at my farewell party touched me in very personal ways. I feel especially honored.

I have been thinking of all of you since I left on August 12. I am taking the next few weeks to reflect on how much my internship meant to me, how much I've grown, and how much I have to take back to San Francisco Theological Seminary. I've concluded that my life will never be the same. It will never be the same because of what we have shared together as a community at Redwoods Presbyterian Church. You will always be in my thoughts and prayers.

Many Blessings to All of You, **Faith**

**From SFTS Intern
Ian Vellenga**

Redwoods warmly welcomes new SFTS Intern Ian Vellenga, who was commissioned on Sunday, August 19 during the 10 am worship service.

Ian provided his biography for the church website and the following information was adapted from it for this newsletter:

"I am the son of The Rev. Dr. David Vellenga, pastor at Nutbush Presbyterian Church in Townsville, North Carolina and a NC State University professor working in nanotechnology. My mother is Anne Vellega, a retired hospital IT specialist and I have an older brother, Andy, who serves as an officer in the US Marine Corps, currently in Afghanistan.

I grew up in West Virginia, Ohio and Massachusetts and received a degree in Religious Studies from the College of Wooster in Ohio. After trying unsuccessfully to save money for seminary working retail jobs, I followed my brother into the Marines. After four years as a Tank crewman in California, with two seven month tours in Iraq, I was honorably discharged. My GI Bill funding allowed me to enroll in San Francisco Theological Seminary, my father's alma mater and coincidentally where Phil Butin, a former pastor at a church that worked closely with Nutbush, was the President.

I have completed two years of seminary and a recent internship in India as part of the PC (USA) Young Adult Volunteers program and am now pleased to be at Redwoods to complete my internship requirements.

I look forward to meeting and working with all of you. You can reach me through the church office or my home at 1-919-247-5002 or redv1812@yahoo.com.

ian

Per Capita

A 2012 per capita of \$29.11 is due to the Presbytery from Redwoods Church for each of our 80 members.

We appreciate your contributions as soon as possible.

Membership/Fellowship Committee News

From Chair Nancy Rademacher

We are blessed with continuing summer weather so it is hard to believe that fall is around the corner. This is the time of year when lots of activities start up, particularly a new school year. We are also gearing up at Redwoods for some wonderful fall programs. The voice and bell choirs will be back to their regular rehearsal schedules and Session, Deacons and all committees will again be meeting monthly after their summer sabbaticals.

Truthfully, Redwoods has had a busy summer. We served lemonade to the community on July 4, hosted a book talk by award winning author, Nancy Mulane, and said thank you and farewell to Faith McClellan, our wonderful seminary intern this past year. We also introduced our contemporary and café style worship services.

Please mark your calendars for Sunday, September 9, Homecoming Sunday, when we will have a barbeque after worship in Fellowship Hall. The Membership/Fellowship committee will provide the hamburgers, veggie burgers, condiments, lemonade, coffee and tea. We are asking the congregation to bring either a salad or desert to share. We hope you will be able to come to this festive and fun event!

The Saturday breakfasts will begin again on September 15. Our own John Girton has agreed to share his experience of being a business owner and particularly his expertise as a “green” investor. John spoke to the teens in the church a couple of years ago and reportedly gave an excellent and informative presentation. We hope many of you will be able to join us for this special event. We meet from 9:30 am to around 11:00 am. Please bring a small amount of food to share. We have breakfast and fellowship for the first half hour and begin the program at 10 am.

We also want to make you aware of an event planned for November 1, when we will be going to the Masquers Theatre in Point Richmond to see

Little Women—A Musical. The Barnett’s have graciously invited us to their home afterwards for a post-theater party. We expect a large turnout for this special afternoon and will be providing a sign up sheet at the beginning of October, so please mark your calendars.

We hope you had a wonderful summer—traveling, relaxing, gardening, enjoying visitors, having special time with family and friends. Blessings to all. **Nancy**

Secure Redwoods Future

From Special Needs and Endowment

Committee Chair Nancy Rademacher

I want to share with you a statement I believe tells us what our giving means in the long run. It is taken from “Creating Endowments and Planned Giving Programs--An Action Plan” a publication of the Presbyterian Foundation.

“Endowment gifts are theological statements which demonstrate one’s belief that we are never ultimately proprietors, owners, but only stewards, lifetime guardians entrusted by God to use wisely what God has placed in our hands. When an individual creates an endowment gift for the church during or beyond their lifetime, it declares to the present and future generations the importance of our faith and trust in God.

We have each drawn water from wells we have not dug; we have sat under shade trees we did not plant and we each have a wonderful opportunity to provide the means for the church to have a strong and empowering ministry for generations to come.”

This statement inspired me to again ask for your prayerful consideration of a gift to our wonderful Redwoods Presbyterian Church, either now or through your will or living trust. Each donation, no matter the size, will facilitate the future viability of our beloved church and its mission and vision.

Thank you so much for your vision and generosity.

Nancy

Mission Outreach

Committee News

From Chair Debbie Lundberg

While the Mission Outreach Committee did not meet over the summer, there was no vacation for the mission outreach of the church. Members and friends of Redwoods faithfully continued their generous support of the Two Cents a Meal Program, contributed items for the shower room at the Ritter Center, donated food for the food barrel and prepared meals for Mill Street. Blessings abound.

Redwoods received a letter in August from Homeward Bound of Marin thanking us for our participation as a meal provider to the Mill Street Center. The letter is posted on the Mission Outreach bulletin board along with the Homeward Bound of Marin's Annual Report, which includes the Mill Street Center. Take a look as it provides interesting information.

While our committee did not meet over the summer, the good news is that we are rested and ready to go full speed ahead in the "new" church year!

Our first meeting is scheduled to be held immediately following the worship service on September 2. While there are many items to be considered, here are three which will certainly be on the September agenda:

- The Peacemaking Offering and World Communion Sunday - October 7
- Bread for the World's 2012 Offering of Letters - "Expanding the Circle of Protection"
- Banks for the Presbyterian Hunger Program

Look for more information about these items will be forthcoming.

Peace be with you now and always. **Debbie**

Board of Deacons News

From Moderator Polly Gorder

Jim and I had a chance to deliver the food for Mill Street last Sunday and it reinforced how important it is for us to participate in this program.

There were a number of people that came out to unload the food and they were so appreciative. They especially were delighted with a box of blueberries and strawberries. It reminded me that it's a good idea to include special treats on occasion.

The program is more real to me now than just the chart in the social hall and I'm very happy that we have chosen to share our resources with those less fortunate than us. Thanks for your continued support as a church family.

Polly

September Happy Birthdays

From Deacons Moderator Polly Gorder

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

- September 7 — Bill Mills
- September 11 — Jackie Palmer
- September 13 — Marian Judd
- September 19 — Blaise Salas
- September 24 — Melissa Gill

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

Words to Live By

From a dress shop window seen by Debbie Lundberg!

"Happiness never decreases by being shared."

and

"Turning the other cheek points life in a new direction."

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

“Grant that I may not so much seek to be understood as to understand.” – St. Francis of Assisi.

The new school year has started and perhaps new projects have started at work or in the home. At this time of year sometimes changes are introduced and meant to be implemented. It's helpful to be fully attentive or misunderstandings can occur.

We can have misunderstandings not only at the work place but also with family members or friends. A misunderstanding could be the result of hearing something that wasn't said – not hearing something that was said – not understanding what was said – not knowing how to say something – thinking you said something that you really didn't – misreading body-language. What can we do to rectify things when misunderstandings occur?

We can apologize if we sense unclear communication caused some difficulty – for example missing an appointment with a friend because we got the time or place wrong; committing to a project and not realizing the depth and extent of it.

One psychologist says when apologizing, don't let emotions be the message – use clear words to correct misunderstandings and maybe seek confirmation that your apology was heard correctly.

It's important to correct an unfortunate or difficult situation due to miscomprehension as quickly as possible and in person. In this kind of situation an email or electronic communication might not be the most helpful.

Sometimes we realize a blunder while the words are leaving our mouth. In that case we can apologize immediately – a heartfelt response can mend an unfortunate comment or situation.

We are fortunate as Christians to be able to tune in to God's sensitivity and wisdom relating to our communications, and we can gain insight from our close friends in our church community.

God bless your understanding...

Suellen

Spiritual Growth Opportunity

From The Rev. Dr. Cornel Barnett

Redwoods Presbyterian Church is offering to our congregation and friends an amazing new prayer practice. It's our Lenten experience stretched over nine months and one can do it in one's own time and space.

Each month, starting in September, a new subject will be available for our members and friends to deepen their spiritual lives. Background material and guides will be available online and reminders and encouragements will be sent out at the beginning of each week.

Our church has invested in this program through a group run largely by Presbyterian spiritual guides and scholars called “Scripture Echo.” It is called “Exploring Contemplative Prayer – A Nine Month Journey to the Quiet.”

The schedule is: September: *Preparing for Prayer**; October: *Breath Prayer*; November: *Lectio Divina*; December: *Release Prayer*; January: *The Prayer of Examen*; February: *Contemplative Healing Prayer*; March: *Praying with Icons & Images*; April: *Centering Prayer*; May: *Silent Prayer*

**Includes: Prayer Autobiography, Exploring Impediments to Prayer, Finding Time & Space for Prayer, Noticing Resistance*

Every member and friend of the church for whom we have addresses online will receive the material, and those who do not have computers can contact the church office at 924-4832 and the material will be sent to you. You may also provide addresses of family and friends that you would like to include in the program. It's a wonderful way of including the wider community into our church.

Although it is not required there will be a monthly meeting after church – the last Sunday of the month – for anyone who is the program to get together with others in the program to share thoughts, ideas and ways the spiritual is moving in your life.

Please take this God-given opportunity to expand and grow in your spiritual life.

Cornel

September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>2</i> <i>Holy Communion</i></p> <p>9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Mission Outreach Committee</p>	<p><i>3</i> <i>Labor Day</i></p> <p>Office Closed</p>	<p><i>4</i></p> <p>9:00 Bell Choir</p>	<p><i>5</i></p>	<p><i>6</i></p> <p>7:30 Choir</p>	<p><i>7</i></p>	<p><i>1</i></p> <hr/> <p><i>8</i> 8:45 Bible Study Day</p>
<p><i>9</i></p> <p>9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Homecoming Barbeque 12:00 Mill Street</p>	<p><i>10</i></p> <p>7:00 Spirit and Work Support Group</p>	<p><i>11</i></p> <p>9:00 Bell Choir 10:30 Bible Study</p> <p>7:00 Deacons</p>	<p><i>12</i></p>	<p><i>13</i></p> <p>7:30 Choir</p>	<p><i>14</i></p>	<p><i>15</i> 9:00 Saturday Breakfast</p>
<p><i>16</i> <i>Birthday Sunday</i></p> <p>9:15 Choir 10:00 Worship 10:15 Children's Education</p>	<p><i>17</i></p>	<p><i>18</i></p> <p>9:00 Bell Choir 10:30 Bible Study</p> <p>7:00 Session</p>	<p><i>19</i></p>	<p><i>20</i></p> <p>7:30 Choir</p>	<p><i>21</i></p>	<p><i>22</i></p>
<p><i>23</i></p> <p>9:15 Choir 10:00 Worship 10:15 Children's Education</p>	<p><i>24</i></p>	<p><i>25</i></p> <p>9:00 Bell Choir 10:30 Bible Study</p> <p>7:00 Membership Fellowship Committee</p>	<p><i>26</i></p>	<p><i>27</i></p> <p>7:30 Choir</p>	<p><i>28</i></p>	<p><i>29</i> 8:30 Spiritual Workshop</p>
<p><i>30</i></p> <p>9:15 Choir 10:00 Worship 10:15 Children's Education</p>						

Redwoods Presbyterian Church
110 Magnolia Avenue
Larkspur, California 94939

Helping Hands in July/August – Thank you so much!



Mill Street Shelter Meals

Suellen Barnett, June Bellen, Margaret Erwin, Diane Forster, Melissa Gill, Polly & Jim Gorder, Marian & Dick Judd, Jolyne Liberati, Debbie Lundberg, Kitty Prosser, Gabriele & Robert Putzi, Nancy Rademacher

Liturgists

Melissa Gill, Jim & Polly Gorder, Ani Lelea, Faith McClellan, Nancy Rademacher, Joyce Wells, Clay Wiens

Greeters

June Bellen, Iris Giacotto, Melissa Gill, Marian Judd, Debbie Lundberg, Kitty Prosser, Barbara Slusher, Lori Wood

Ushers

Suellen Barnett, June Bellen, Margie Egger, Iris Giacotto, Melissa Gill, Marian Judd, Bonnie Kaiser, Ani Lelea, Debbie Lundberg, Nancy Rademacher

Coffee Hour

June Bellen, Suellen Barnett, Melissa Gill, Marian & Dick Judd, Faith McClellan, Membership/Fellowship Committee, Nancy Rademacher, Barbara Slusher

September Helping Hands

- Sept 2** Nancy Rademacher (L), Melissa Gill (G), Volunteer needed (U), Volunteer needed (U)
- Sept 9** Melissa Gill (L), Lori Wood (G), Volunteer needed (U), Volunteer needed (U)*
- Sept 16** Suellen Barnett (L), Iris Giacotto (G), Ani Lelea (U), Iris Giacotto (U)
- Sept 23** Tani Girton (L), Barbara Slusher (G), Iris Giacotto (U), Volunteer needed (U)
- Sept 30** John Girton (L), Kitty Prosser (G), Volunteer needed (U), volunteer needed (U)