



The Redwoods Log

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

From The Rev. Cornel Barnett

Dear Friends,

Happy New Year! I say the word “happy” advisedly because the word was the subject of a Christmas letter sent to us from a friend in Australia. Bob is a teacher in counseling psychology at a Sydney university and each year he sends us thoughts from his readings.

This year they revolved around two books, one on “desire” and the other on “happiness.” He writes that the latter relates to the top ten ‘Happiness Strategies’ that are reported to improve mood. They are:

- Count your blessings and appreciate what you have
- Practice optimism
- Focus on your own life and making it everything you want it to be
- Surround yourself with loving, supportive, positive friends and family
- Learn to manage stress
- Live in the present
- Strive to be part of something bigger than yourself
- Volunteer
- Learn to accept what you can’t change
- Work exercise into your daily routine

No book title was given. I’m sure you are curious about the “desire” list. It is in a book by psychologist and social researcher Hugh Mackay called *What Makes Us Tick? The Ten Desires That Drive Us*. They are:

- The desire to be taken seriously
- The desire for my place
- The desire for something to believe in
- The desire to connect
- The desire to be useful
- The desire to belong
- The desire for more
- The desire for control
- The desire for something to happen
- The desire for love

Apparently the desires are negotiable. They are not about survival; rather they are about how to choose life.

It amazes me that almost every happiness strategy and positive desire is fulfilled in our membership at a wholesome, caring church such as Redwoods Presbyterian Church. That’s a good reason to be here and to invite as many family and friends to join us.

May your best desires be fulfilled and may your life filled with happiness this year.

God bless you,
Cornel

January Church Mouse



Greetings from Mr. Mouse and Spouse!

It really began to feel like Christmas on December 12. The choir sang, the bells rang and the people sang carols at Redwood's Third Christmas Concert followed by High Tea. Then there was more, with food galore-and good conversation. Thanks for starting a nice tradition, Cornel.

Much has happened since last month. June Bellen went to Florida where she and Bob spent a week by the Gulf of Mexico!

Melissa Gill delivered the Sewing Group layettes to Cameron House. New mothers will like those items.

Last month we didn't see much of Jennifer Garcia, Marisa and Matthew Phipps because their robotics group worked on a project for competition sponsored by Lego. They reported that it was exciting to see what robots can do! Beside all that, Marisa was in a *Sound of Music* show! Busy girl.

The Rademacher Family had a special Thanksgiving with visitors from Indiana. Eric was home too. He is now on his way to France to spend Christmas with Molly.

Ann Benezra joined the Facebook Generation and is having a "very interesting" experience.

Helen Morita is driving again. It's good to see her every Sunday.

Congrats to Harriet Roberts whose family had a big party on her 90th birthday! Harriet is Tani Girton's mom.

Barbara Linse is adjusting to her new residence back

east far from her native San Francisco. Her new address is Providence House, Apt. 126, 180 Corey Road, Brighton, MA 01235. We think she'd enjoy getting cards.

We had visitors from Redwoods past. Circa 1977, a San Francisco Theological Seminary student named Eduardo Bodipo from Equatorial Guinea, Africa and his bride, Ellie, often worshiped with us. Ellie is now a social worker in Novato and a member of the Novato Presbyterian Church. Herb and LaVerne Schmidt have kept in touch with Ellie all these years.

Another visitor from the 1980s was Rev. Karen Fortlander (nee) Cornwell, who also an SFTS intern. Karen read one of the scriptures at Frank Larsen's memorial service.

Please remember our members with health issues: the Bradys, the Richards, Gerry Scofield, Hazel Nelson, Morgan Benezra and Klara Larsen.

That's all for now. See you next year!

Mr. Mouse and Spouse

Thank You! Thank You! Thank You!

Cornel Barnett, Dick Judd and Mari Robinson each want to say a big "Thank You" to you, the Redwoods congregation, for your gracious Christmas gifts. We are all very appreciative of your great kindness and generosity to us.

Cornel, Dick & Mari

January Happy Birthdays!

From Deacons Moderator Gabriele Putzi

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

- 7 – Margaret Richards, 8 – Inga Coleman,
- 8 – Jim Egger, 8 – Zach Paulson ('96),
- 11 – Rory Little, 11 – Wayne Slem, 19 – Clay Wiens
- 23 – Elein Phipps and 25 – Molly Rademacher ('85).

Gabriele

January Choir News

From Music Director Dick Judd

Happy New Year! The Choir had a fine time preparing the music for worship last year and we look forward to working together again this year. Of course, we would warmly welcome any church members or friends who would like to join us.

We had an especially joyful time singing our annual Christmas program on December 12 and the audience appeared to enjoy our selections too. It is amazing that many of the listeners found the bells a brand new sound. Perhaps we should use the bells more frequently!

People are amazed to learn that we have had our bells for many years and there have been a large number of people who served in our bell choirs. Sometime I will have to list all our former ringers.

As we prepare for the new year, we hope to use our fine piano more. In fact, Georgene and I will once again play piano and organ together at the January 19 worship service. We hope to see you there!

Dick

Thank You Christmas Elves!

From Deacons Moderator Gabriele Putzi

The Deacons and the Membership Committee would like to thank all the elves who helped make the Christmas Tea such a success. We immensely appreciate those who let us use tea cups, silver tea services and table decorations; those who provided food and goodies of all kinds, set up and took down tables, and carried chairs up and down stairs; those who made tea and served it, washed up cups and saucers, cleaned the kitchen and so much more. For fear of omitting someone, we will not list names, but we assure you that without so many wonderful helpers like you, an event like this one would just not be possible.

Gratefully, **Gabriele**

Mission Outreach News

From Member Helen Morita

It is with great rejoicing that the Mission Outreach Committee again reports on another very successful Christmas Faire! A total of \$2,931 was given to bring peace and hope to those that Jesus called "the least of these" — those in need of food, shelter, medical care and a way towards sustainable living and spiritual sustenance to those homeless on the streets of Marin.

The breakdown is as follow: Bread for the World, \$235; Marin Interfaith Homeless Chaplaincy, \$295; Church World Service, \$430; Faith in Practice, \$858; Habitat for Humanity, \$387 and Heifer Project, \$726. I know the gifts that you bought for friends and family to change the lives of those in need will be greatly appreciated.

I close with a quotation from the U.N. Environmental Sabbath Program:

We join with the earth and with each other.
To recreate the human community
To promote justice and peace
To remember our children.

Helen

Earth Prayer

From Helen Morita

This month I offer two important quotes about the earth. I hope they move you as they do me.

"The care of the earth is our most ancient and most worthy, and after all our most pleasing responsibility. To cherish what remains of it and to foster its renewal is our only hope."
Wendell Berry

"There is enough for all. The earth is a generous mother; she will provide in plentiful abundance food for all her children if they will but cultivate her soil in justice and in peace."
Bourke Coekran

Helen

Mission Outreach News From Chair Debbie Lundberg

The Boxtops for Education Program

The Mission Outreach Committee is pleased to announce that we will participate in the Boxtops for Education Program at Neil Cummins School. We think this is a great new addition to our mission activities!

The program does not incur any costs for the Redwoods congregation, rather we clip coupons from the box tops of many products where they are found. We are not expecting anyone to change their buying habits—just check out what you already buy. Participating products include Kleenex, General Mills Cereal, Pillsbury Rolls, Gold Medal Flour, Ziploc and many others.

These coupons are redeemed by the school for educational items ranging from playground equipment to computers. We will collect the box tops in a container in our kitchen, next to the box for toiletries. There is no real deadline for redemption and the school collects them year-round so drop off box tops whenever you can. We look forward to playing an active role in the Boxtops for Education Program! Please contact Melissa Gill or Debbie Lundberg if you have any questions.

Melissa & Debbie

These Feet Are Made for Walking

Put a check mark, cross or circle on Sunday, March 27, the date for the 2011 Marin CROP Hunger Walk. Bob Hirni, who preached here twice while Cornel was on vacation, is organizing the CROP Walk this year and has asked for a point person at Redwoods who can attend the informational rally for the walk at 7 pm, Monday, January 24 at First Presbyterian Church of San Rafael. This leader will get all the information about this year's walk. For those who have not yet participated, here is some information about what CROP is all about.

The Marin CROP walk is a 5 kilometer (3.1 mile) stroll through the streets of San Rafael that will start with registration at 1:30 pm, Sunday, March 27. The walk has two purposes: to raise awareness about people around the world who must walk to find food, water, firewood, freedom and other necessities of life; and to raise funds to help stop hunger wherever it exists.

Last year, CROP walks around the US raised nearly \$16 million, and the portion of it used in Marin made a significant difference here. Other funds helped the hungry in communities all over the US and in over 80 countries worldwide.

The walk is co-sponsored by the Marin Interfaith Council and the Church World Service (CWS) and is organized by caring people in Marin. Redwoods has taken part in several CROP walks. Members and friends of Redwoods participate by walking or supporting the walk as sponsors. Please consider your participation for 2011 as a walker, a sponsor or even an organizer. Thank you so much for your concern for the hungry.

Here's a poem that the Mission Outreach Committee heard at their December meeting in preparation for the New Year:

The Work of Christmas

When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and princes are home,
When the shepherds are back with their flock.

The work of Christmas begins:
to find the lost,
to heal the broken,
to feed the hungry
to release the prisoner,
to rebuild the nations,
to bring peace among brothers and sisters,
to make music in the heart. Howard Thurman

Debbie

Membership/Fellowship Committee News

From Chair Nancy Rademacher

It's the beginning of a new year and a time to reflect on the past and prepare for the future. The Membership/Fellowship committee plans to increase outreach to the community this year in the hopes of drawing attention to Redwoods Presbyterian Church and its wonderful ministries. We will keep you informed of our ideas and will be asking for your support.

In reviewing some information received previously on what is needed to be a healthy and growing church, it seemed an appropriate time to bring this to our attention again. By focusing on each item, we can evaluate how Redwoods is doing as we continue to grow, and help us identify areas that need improvement.

According to the Institute for Natural Church Development's research, a healthy and growing church must have the following eight characteristics for a church to maintain a pattern of growth and all eight must be present at the same time. The characteristics are:

Empowering Leadership—Leadership is definite, strong and visionary, but also successful in facilitating, equipping and empowering others.

Gift-oriented Ministry—The leadership enables every member to discover and then exercise the gifts they have been given by God.

Passionate Spirituality—Growing churches are those in which members live their faith with passion and contagious enthusiasm.

Functional Structures—Growing churches develop programs but only those that satisfy spiritual needs or further the church's real mission. They are prepared to change things that no longer work.

Inspiring Worship Services—The research shows that whether traditional or more secular language is

used, whether the worship is liturgical or non-liturgical, or whether the music is old-fashioned or modern is irrelevant. The key criterion is whether the service inspires those who attend.

Holistic Small Groups—The research found that small groups that build relationships and help people learn to apply their faith in a practical and personal way are important.

Need-oriented Evangelism—The gifts of the members and the resources of the church are matched to the spiritual needs of the community.

Loving Relationships—The "love quotient" is calculated on the basis of hospitality and laughter in a congregation.

Let's all work together as a church community sharing ideas to expand and improve on these important characteristics.

Have a happy and healthy new year! **Nancy**

From Member Debbie Lundberg Women's Breakfast

Please plan to join us on Saturday, January 15 at 9:30 am. As usual, we will begin with potluck refreshments with our program following at 10 am. This month will feature a not-to-be-missed presentation by the new Center For Domestic Peace, which was formerly known as the Marin Abused Women's Service.

Our speaker plans to screen a 16-minute documentary that showcases the real lives and real situations of people who use the organization's services. Needless to say, we hope you will join us for this very important program. **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

In his pastoral letter, Cornel writes about the happiness quotient in the church. He encourages us to reach out to neighbors, friends, acquaintances and invite them to become a part of the warm community right here at Redwoods.

If you have been a Christian and church member most of your life as I have, we might not think about how therapeutic our church community actually is – because it's always been a part of us and how we live our lives. What could we tell other people about the pluses of becoming a part of a community like Redwoods?

I see a number of wonderful ways the church contributes to our well-being – psychologically, physically, emotionally and of course, spiritually – through the multitude of activities offered and the members themselves.

Thomas Plante, a professor of psychology at Santa Clara University (my alma mater) lists a number of ways spirituality and religion offer the contemporary individual. He sees the worship service, meditation and prayer all offering insight into the problems we face. He also says these and other activities help reduce stress, provide a sense of well-being and increase our coping skills.

Plante also says they provide us with ethical values and behaviors of practice (a pivotal point which many in this world don't have). Church membership offers us a meaning and purpose in life, a calling beyond ourselves, and service through social justice. He also says the rituals and seasons of the church strengthen us psychologically and spiritually and create in the members a close common bond that moves us beyond ourselves to all of humanity.

Did we realize all this is going on in our lives as we

are a part of the Church, specifically Redwoods? All of this gives us incentive to go out to others in our community to encourage them to come along and find this support and meaning too. **Suellen**

Special Needs & Endowment Committee

From Chair Nancy Rademacher

Secure Redwoods Future

Redwoods Presbyterian Church has enriched our members and their families through our friendships, spiritual development and the sense of community we feel by our involvement in mission outreach. What better way to be a part of advancing the mission and vision of this church than by giving something in return for all the grace, love and support that have been showered upon us?

Redwoods Presbyterian Church can accept gifts in various ways, to suit your particular situation:

Bequests and Planned Gifts: Bequests and memorial gifts help build a crucial endowment that helps secure the future of Redwoods Church for us and future generations.

Gifts of Stock: Receive a charitable deduction for the full, fair market value of your gift, along with an exemption from capital gains tax, on shares you have owned for at least one year (under current law).

Honorary or Memorial Giving: Celebrate the lives and achievements of special individuals by making gifts in their honor.

As the new year begins, please prayerfully consider how much Redwoods Church has affected your life and what you can do to help continue its viability into the future. Thank you for your generosity and support. All best wishes in the New Year! **Nancy**

January 2011

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</p>	<p><i>3</i></p>	<p><i>4</i></p> <p>9:00 Bell Choir 10:15 Bible Study</p> <p>7:00 Mission Outreach Committee</p>	<p><i>5</i></p> <p>3:30 Worship/ Christian Education Committee</p>	<p><i>6</i> <i>Epiphany</i></p> <p>7:30 Choir</p>	<p><i>7</i></p> <p>8:30 Walking Group</p>	<p><i>1</i> <i>New Year's Day</i></p> <hr/> <p><i>8</i></p>
<p><i>9</i></p> <p>9:15 Choir 10:00 Worship 10:15 Children's Education 12:00 Mill Street</p>	<p><i>10</i></p>	<p><i>11</i></p> <p>9:00 Bell Choir 10:15 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>8:30 Walking Group</p>	<p><i>15</i></p> <p>9:30 Women's Breakfast</p>
<p><i>16</i> <i>Birthday Sunday</i></p> <p>9:15 Choir 10:00 Worship 10:15 Children's Education 1:30 Convalescent Ministry</p>	<p><i>17</i> <i>MLK Jr. Holiday</i></p>	<p><i>18</i></p> <p>9:00 Bell Choir 10:15 Bible Study</p> <p>7:00 Session</p>	<p><i>19</i></p> <p><i>LOG Deadline</i></p>	<p><i>20</i></p> <p>7:30 Choir</p>	<p><i>21</i></p> <p>8:30 Walking Group</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 10:15 Bible Study</p> <p>7:00 Membership/ Fellowship Committee</p>	<p><i>26</i></p>	<p><i>27</i></p> <p><i>LOG Mailing</i></p> <p>7:30 Choir</p>	<p><i>28</i></p> <p>8:30 Walking Group</p>	<p><i>29</i></p>
<p><i>30</i></p> <p>9:15 Choir 10:00 Worship 10:15 Children's Education 11:00 Bible Discussion</p>	<p><i>31</i></p>					

Redwoods Presbyterian Church
110 Magnolia Avenue
Larkspur, California 94939

Helping Hands in December – Thank you so much!



Mill Street Shelter Meals:

Suellen Barnett, June Bellen, Marjorie & Jim Egger, Margaret Erwin,
Diane & Jack Forster, Melissa Gill, Polly & Jim Gorder,
James Holmes, Jolyne Liberati, Debbie Lundberg, Kitty Prosser,
Nancy Rademacher, LaVerne Schmidt, Marilyn Sutherland, Joyce Wells

Coffee Hour:

Suellen Barnett, Elein Phipps, Kitty Prosser
Barbara Slusher,

Convalescent Ministry:

June Bellen, Margaret Erwin, Polly Gorder,
Dick Judd, Marilyn Sutherland

Liturgists:

Melissa Gill, Ani Lelea, Marilyn Sutherland,
Joyce Wells

Greeters & Ushers:

Ed Elliott, Margaret Erwin, Jack Forster,
Barbara Garcia, Melissa Gill, Tani & John Girton,
Marian Judd, Ani Lelea, Debbie Lundberg,
Nancy Rademacher, Barbara Slusher, Clay Wiens

Nursery Monitors:

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