



The Redwoods Log

October 2010 Redwoods Presbyterian Church 110 Magnolia Ave., Larkspur, CA 415-924-4832

From The Rev. Cornel Barnett

Dear Friends,

The new church year began with bang: beautiful worship in the morning with Gail Fox Johnson singing, our choir back in full swing and music director, Dick Judd, providing excellent music on the organ. Thank you all for coming out for our kick-off.

As soon as worship was over, members of the church gathered in the kitchen to prepare for the afternoon's benefit concert, "Old Music for a New Roof," and for the wine and cheese reception that followed the concert. John Girton, Melissa Gill and Nancy Rademacher worked diligently behind the scenes to make this event happen.

Marin Symphony violinist Dennie Mehocich brought along her quartet, another violinist, violoncellist and organist, to grace our sanctuary with fine pieces by Mozart and Corelli. Thank you to Dennie and musicians, John, Melissa, Nancy, members of the church and Mari, our office administrator, for making this the success it was.

We raised \$2,645 to help pay off the loan for our new sanctuary roof, brought new people to our church and raised the spirit of the community.

I trust God will bless the amazing efforts of this church community for growth. It seems difficult to hold on to this in Marin where attendance in houses of worship are low, but I trust that God is in the mix and where God is, surprising things happen.

I am especially hopeful that we can increase the participation of children and youth in the church. Churches with youth ministry specialists have the greatest success in this endeavor and I am hoping that there is someone interested in offering a designated endowment to our church for its youth ministry.

See the Special Needs and Endowment Committee article written by Nancy Rademacher in this edition of the LOG. Please pray about what you can do for the church through this special way of giving. The opportunities are endless.

Speaking of children it is with joy and sadness that we say farewell to Molly Rademacher. She left on September 27 for another teaching stint in France. We are happy for her and sad that we will be without her amazing personality and talents for about eight months. She plans to return.

In the meantime, thank you to Jack and Diane Forster, Salvatore Newton and Diane Matthews, Debbie Lundberg, Barbara Slusher, Barbara Garcia and Suellen Barnett for stepping into her shoes while she is away.

God bless you!

In faith and love,
Cornel

October Church Mouse



Greetings from Mr. Mouse and Spouse!

It's autumn and we're off to a busy start here at Redwoods. Good things are happening. Helen Morita attended services on August 29 and is recovering nicely from brain surgery. Nancy Parsons brought Helen to church and had triple good news of her own. Husband Jerry's illness is in remission and daughter Kristy and family have moved back to California from France. Son-in-law, Monte, is now Pastor at College Avenue Presbyterian Church in Oakland! Wow! God is really blessing the Parsons!

It's always good to see the Larsens. Klara and Frank celebrated their 67th wedding anniversary on September 17. Son, Mark, from New Hampshire, with friend Joy Dryden and Mark's daughter, Hannah, from Boston (she's a new MD, in her 2nd year residency at Harvard) all came to Redwoods for the September 12 services! Mark's other daughter, Faith, also from Boston, joined the family a few days later.

Tani Girton's mom, Harriet Roberts, visited from Colorado Springs. Now we know where Tani gets her pleasant personality!

Continued prayers for Bob Bellen as he searches for a job in Florida.

Lots of moving around: new choir member, Jolyne Liberati and husband, Lou, took a cruise to Alaska. Melissa Gill's sons, David and Greg, are off to college. David is at U. C. Santa Cruz and Greg is at College of Marin. Jeff Lelea is back at Princeton after a long drive across the country. Mom, Ani, was relieved when he got there. Merna McIntosh's daughter-in-law, Kathy Dye, is in the process of moving to Corte Madera from Oklahoma. That is good news! Traveling mercies for all.

Jackie Palmer is 90! Her family and friends celebrated with her on September 11, a big day in every way! Congrats Jackie.

This is a birthday month for Redwoods Church! We are 114 years old. Our first services were held on October 4 in 1896! How about that? Can we keep it going another 114 years?

Mouse and Spouse have joined the 60th anniversary gang as of September 23. Time does fly. We've been at Redwoods since the twentieth!

Prayers are needed for Morgan Benezra who is battling cancer and not doing well just now. Please also remember Shirley and Leo Brady.

We miss Lindsey Merritt who moved to San Rafael on July 1. Does anybody know his new address?

Finally, we had a wonderful send-off after the September 26 worship service for Molly Rademacher who left for France the following day for a teaching job. Her beautiful cake had an Eiffel Tower. We look forward to her return next May.

All for now. See you in November.

Mr. Mouse and Spouse

October Happy Birthdays!

From Deacons Moderator Gabriele Putzi

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

- 3 – Ann Benezra, 11 – Joyce Wells,
- 17 – Salvadore Newton, 21 – George Gmahling,
- 21 – Robert Little, 25 – Nathan Girton,
- 28 – Gerry Scofield, 29 – Bonnie Kaiser and
- 30 – Ed Elliott.

Call, write or email the church office to add your birthday to our list!

Gabriele

October Choir News

From Music Director Dick Judd

The music department at Redwoods is in the process of planning our musical offerings for the new church year, keeping in mind that we have been given the opportunity to incorporate use of a piano into our repertoire. You may recall that at the end of the church year last June 6, the new piano at the left of the organ console, a lovely Baldwin, was given to the church as a memorial gift honoring David McIntosh, a long time member of Redwoods. For this new church year, Georgene Gmahling is going to help prepare some of the worship music that incorporates piano and organ duet pieces, giving us a wonderful opportunity to showcase our new piano.

It is our hope that through the 2010 - 2011 year we will be able to use the piano and organ together more often. As the fall session commences, the choir is already looking ahead to the Advent Season. Just before Christmas, we will present our annual concert and high tea reception and we are hoping to have another opportunity at that concert to showcase our new piano. The date for the concert and high tea is December 12 at 4 pm. Be sure to mark your calendars, as we hope you will be there and also that you invite all your neighbors and friends to hear some wonderful music and enjoy the very lovely reception that follows.

Dick

Membership/Fellowship Committee News

From Chair Nancy Rademacher

The Membership/Fellowship Committee has had a busy fall. The entire church is still glowing from the magnificent and very successful concert on September 12. A significant amount of money was raised — \$2,645 — to help pay off the cost of the roof loan.

Special thanks to John Girton and Melissa Gill who spent so much time and effort in planning and execut-

ing this wonderful event. At least 70 people enjoyed lively conversation with the musicians and with each other at the reception following the concert.

I would like to personally thank Debbie Lundberg and Barbara Slusher for their generosity in sharing their time, many skills and moral support in putting on the reception.

Thanks also to the many others who so willingly helped: Elein Phipps, June Bellen (and friend), Margie Egger, Margaret Erwin (and daughter and granddaughter), Kitty Prosser, Suellen Barnett and any others I failed to list (my apologies).

Also, I very big “thank you” to all who donated wine. We had a tremendous outpouring and still have a stash of white wine for our next event!

The Sunset Cruise/Angel Island tour was a wonderful time of lively and fun fellowship for 19 participants who enjoyed a beautiful moon rising, balmy weather and a sail under the Golden Gate Bridge. Thanks to Zach Paulson for selling tickets as a fundraiser for his middle school and also to his mother, Melissa Gill, for her help with ticket sales throughout the summer.

We have more fellowship events for the fall which we will be announcing shortly. One idea is to go to the Corte Madera Recreation Center for Big Band Night.

Just a reminder: we need to be continually aware of visitors to the church and do all we can to make them feel welcome. That first impression is so important!

Also, feel free to invite family, friends and neighbors to join us at any time. All the literature on attracting new members lists this as the very best way to increase membership.

Blessings to all the members of our wonderful church family,

Nancy

Secure Redwoods' Future

From Chair Nancy Rademacher

In a series of recent articles, the Special Needs and Endowment Committee has discussed some of the compelling reasons to leave a gift to Redwoods Presbyterian Church, either now or through a will or living trust. We discussed how Redwoods has enriched our lives and those of our families for many years. We also discussed the enormous generosity of our congregation, both past and present, to spread God's love and grace through our varied mission projects.

Another very compelling reason is to continue the over 100 year legacy of this church. Many people have given their heart, soul, faith and resources over the years and we not only want to honor their contributions but make sure this extraordinary place will be available for those in the future. We have a beautiful and unique facility in a prime location and an energetic, active, generous, warm and friendly congregation. Our Sunday services are joyful, engaging and inspiring. I know we all want to make sure this wonderful spirit continues. A gift, no matter the size, will help to make a positive investment towards Redwoods long term future viability.

Gifts to the Special Needs Fund and Endowment Fund may take many forms:

- Liquid assets such as cash, treasury bills, money market accounts, etc.
- Securities are generally deductible at full market value and any capital gains tax may be avoided.
- Wills and living trusts may be used to designate assets to the Fund.
- Real estate is also generally deductible at full market value and a full or partial interest in the property may be donated.
- Life insurance policies may be used to designate the Fund as a beneficiary.
- Charitable remainder trusts and charitable gift annuities can provide the donor with income for life, with the assets eventually passing to the Fund.

The assets of our Special Needs Fund and Endowment Fund are carefully managed by the Presbyterian Church (USA) Foundation. Founded in 1799, the Foundation provides professional and competent investment management, and has an outstanding record of managing investment assets. The Foundation charges no fees or commissions for its administrative and management services.

Existing wills and trusts do not necessarily have to be rewritten in order to include Redwoods Presbyterian Church as one of the beneficiaries--they may only need to be amended. (Please consult your advisor.) You need not inform the church of your plans in advance and gifts may be either anonymous or announced when received, as you wish. **Nancy**

Women's Breakfast

Saturday, October 16, 9:30 am

From Facilitator Debbie Lundberg

The Women's Breakfast began its new church year on September 18 with the theme, "What I Did on My Summer Vacation" and what interesting tales were shared! Program planning included the following suggestions: Love Is The Answer (LITA), Whistle Stop, identity theft, Canal Ministry, various religions, Suicide Prevention and more. The next breakfast will be held on October 16 and we will announce the program shortly. Please note the group will not be meeting in December. See you in October! **Deb**

Seeds and Soils Skit

October 17, 10:15 am

From Facilitator Suellen Barnett

Come on to the 10 am worship service on October 17 to see "Seeds and Soils," a version of the Parable of the Sower that the youth and children of the church have been rehearsing since September 19. We hope to see you there! **Suellen**

November 2 Proposition Information

From Melissa Gill

Access an important source of information and Christian recommendations for the November ballot propositions at the California Council of Churches website, www.churchimpact.org (click Church Impact on the right). **Melissa**

Mission Outreach News **From Chair Debbie Lundberg**

2010 Peacemaking Offering – World Communion Sunday, October 3, 10 am

The 2010 Peacemaking Offering will be received on World Communion Day, October 3. This offering is used to support the efforts of Presbyterian congregations, presbyteries, synods and the General Assembly to work for peace and to tear down the walls that divide. Posted in Fellowship Hall is a brochure that lists some of the ways various groups have used the donations, along with a booklet showing 25 ways our congregation can enhance our commitment of peacemaking using our 25% of the offering. Peace be with you—let’s all work for peace!

Project Kona: Feed Hungry Children Sunday, October 10, 10 am

On October 10, we will receive donations in support of Patty Sanders, Hunger Action Enabler for the Presbytery of the Redwoods, who has qualified for the Ironman World Championships to be held in Kona, Hawaii, on October 9. Patty is committing her 140.6 miles of swim, bike and run to benefit hungry children in the Presbytery of the Redwoods and a re-seeding project of the Presbyterian Hunger Program called Seeds for Haiti, initiated in response to the earthquake in Haiti. Contributions in support of Patty are most welcomed as are your prayers and blessings.

World Food Day/Offering of Letters Sunday, October 17, 11 am & Sunday, October 24, 10 am

World Food Day is celebrated across the globe on October 16. Here is a prayer from the Presbyterian Peacemaking Program for this event:

Oh God,
to those who hunger
give bread,
and to those who have bread
give the hunger for justice.
Amen

Each year, Bread for the World sponsors an “Offering of Letters.” On October 17, we are hoping Redwoods members and friends will participate in the writing of letters that ask our senators and members of the House of Representatives to help protect tax credits for low-income families. The Outreach/Mission Committee will provide all the materials and information needed to write the letters. More information on the letter writing goal will be available in Fellowship Hall. The blessing of the our letters will take place during worship the following Sunday, October 24.

Sewing Group Display Sunday, October 24, 11:15 am

The Redwoods Sewing Group will display their work in Fellowship Hall following the 10 am worship service on October 24. The Sewing Group makes baby layette items—outfits, hats, booties, blankets and much more—that are donated to the Cameron House in San Francisco. Public health nurses nominate young mothers in need to receive the donated layettes. Take a minute after church this Sunday to view the incredible handiwork of the Sewing Group.

Alternative Christmas Faire Sunday, November 21, 11:15 am

The Redwoods Alternative Christmas Fair will be held after the 10 am worship service on Sunday, November 21. We are busy finding people to sponsor tables. We hope to add something new this year! We are looking into offering actual gifts from an international organization that promotes the social and economic progress of people in developing regions of the world, and they do this by purchasing and marketing their crafts in a just and direct manner. Stay tuned for more information in the next LOG. Blessings, **Deb**

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

"It is a sign forever between me and the people of Israel that in six days the Lord made heaven and earth, and on the seventh day he rested, and was refreshed."
Exodus 31:17

Exhaustion

Maybe it's because we are getting our kids into school and all the activities involved in that; or maybe it's because we are at the start of the holiday season – almost. In any case, maybe it's good to think about how all of this tires us out – how we can keep ourselves from getting totally exhausted, and capitulating to fatigue syndrome before it actually happens to us.

Perhaps the most therapeutic thing we can do is to accept rather than fight the exhaustion. We mustn't add more trouble to this difficult time by fretting over the myriad thoughts and feelings created by the season. Exhaustion is a signal that we need a reprieve from the too many demands placed on us. Honor the signals and slow down, find a way to rest, relax and refresh.

Exhaustion truly affects all areas of life. The exhausted may find themselves performing poorly at work, or driving erratically. Their relationships with their spouse, friends or family may suffer. Exhaustion can make one's temper quicker and the tongue sharper. They might find it hard to listen to people speak, and it may be difficult to concentrate on easy tasks. They may overdo caffeine to stay awake only to find they cannot go to sleep, perpetuating the cycle of fatigue. Serious exhaustion can even cause one to feel burnt out and lower the immune system, making it harder to fight common colds or flu.

Improving nutrition, getting regular exercise, planning a relaxing evening routine, using a journal to jot down personal reflections – all of these can help relieve

stress and fatigue. Also, if fatigue persists for longer than two or so weeks and cannot be attributed to something temporary – like a new responsibility on the job or at home – then it may be helpful to schedule a visit to your health care professional.

Also it may be helpful to discuss our worries and concerns with a friend or counselor. We are fortunate to have a church family here at Redwoods where we can talk things over, and hopefully help each other out so we don't fall into weariness and exhaustion.

In peace and rest, **Suellen**

"Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."
Isaiah 40:31

Earth Prayer

From Helen Morita

Bishop Desmond Tutu in his *An African Prayer Book* (1995) attributed the following African Canticle or poem as "Traditional African":

All you big things, bless the Lord
Mount Kilimanjaro and Lake Victoria
The Rift Valley and the Serengeti Plain
Fat baobabs and shady mango trees
All eucalyptus and tamarind trees
Bless the Lord Praise and extol Him for ever and ever.

All you tiny things, bless the Lord
Busy black ants and hopping fleas
Wriggling tadpoles and mosquito larvae
Flying locusts and water drops
Pollen dust and tsetse flies
Millet seeds and dried dagaa*
Bless the Lord. Praise and extol Him for ever and ever.

Helen

*Tanzanian sardine-like fish

October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:30 Walking Group	2
3 <i>Holy Communion</i> 9:15 Choir 10:00 Worship 10:15 Children's Education	4	5 9:00 Bell Choir 10:15 Women's Bible Study 7:00 Mission Outreach Committee	6 3:30 Worship/Christian Education Committee	7 7:30 Choir	8 8:30 Walking Group 7:30 MITF-RPC Program	9
10 9:15 Choir 10:00 Worship 10:15 Children's 12:00 Mill Street	11	12 9:00 Bell Choir 10:15 Women's Bible Study	13	14 7:30 Choir	15 8:30 Walking Group	16 9:30 Women's Breakfast
17 <i>Birthday Sunday</i> 9:15 Choir 10:00 Worship 10:15 Children's Education 1:30 Convalescent Ministry	18 7:00 Spirit /Work Support Grp	19 9:00 Bell Choir 10:15 Women's Bible Study 6:00 Joint Dinner/ Meeting Session & Deacons	20 LOG Deadline	21 7:30 Choir	22 8:30 Walking Group	23
24 <i>Stewardship Commitment</i> 9:15 Choir 10:00 Worship 10:15 Children's Ed 31 9:15 Choir 10:00 Worship 10:15 Children's Ed 11:15 Bible Study	25	26 9:00 Bell Choir 10:15 Women's Bible Study 7:00 Membership/ Fellowship Committee	27	28 LOG Mailing 7:30 Choir	29 8:30 Walking Group	30

Redwoods Presbyterian Church
110 Magnolia Avenue
Larkspur, California 94939

Helping Hands in September – Thank you so much!



Mill Street Shelter Meals:

Suellen Barnett, June Bellen, Marjorie & Jim Egger,
Margaret Erwin, Melissa Gill, Tani & John Girton,
Polly & Jim Gorder, James Holmes, Marian & Dick Judd,
Debbie Lundberg, Diana Matthews, Nancy Rademacher, Joyce Wells

Coffee Hour:

Suellen Barnett, Marian & Dick Judd,
Kitty Prosser, Nancy Rademacher

Convalescent Ministry:

June Bellen, Polly Gorder, Dick Judd,
Marilyn Sutherland

Liturgists:

Barbara Garcia, Melissa Gill, Polly Gorder, Joyce Wells

Greeters, Ushers, Acolytes:

June Bellen, Jim & Marjorie Egger, Jack Forster, Barbara Garcia,
Iris Giacotto, Tani & John Girton, Melissa Gill, James Holmes,
Marian Judd, Ani Lelea, Debbie Lundberg, Marilyn Paulsen,
Kitty Prosser, Nancy Rademacher, Jan Salas, Barbara Slusher,
Clay Wiens

Nursery Monitors:

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