

# HELLO FEBRUARY



Clockwise from top: PW bid our beloved **Alice Crouch** farewell. In December, we welcomed our new music director, **Myles Ellis** and his wife **Dee Andrea**. Our worship committee did a beautiful job of decorating the church for our Christmas services. **Norm Smith, Bill Morgan, and Robert Cortez** helped make our Epiphany service very special. Thank you!

- Feb. 2— **What is Love? - Sacred Space 6-7pm**
- Feb. 10 — Boomers—Blessing Bags with Girl Scouts + lunch
- Feb. 11 —NO MHS Breakfast / Lincoln's Day
- Feb. 13 — **VOLUNTEER APPRECIATION LUNCH 12noon**
- Feb. 14 — Valentine's Day
- Feb. 17 — Voyager's @ Mary's Pizza on Summerfield 4pm
- Feb. 18 — NO MHS Breakfast /President's Day
- Feb. 24 —Pancake Breakfast Troop 32
- Mar. 1— World Day of Prayer
- Mar. 2 — Pancake Breakfast Cub Scouts
- Mar. 2 — Sacred Space
- Mar. 3 — Forum: Normal Aging vs Signs of Dementia
- Mar. 6 — **ASH WEDNESDAY 5:30 PM**

## WHAT IS *love* ?



*Join Us and Explore...*

*Saturday, Feb. 2 @ 6-7 pm*

**SACRED SPACE**

**PRESBYTERIAN CHURCH OF THE ROSES**

*Reaching Out with Nurturing Love to All*

OFFICE HOURS: Mon. Tues. Wed. 9-3 pm, Thurs. 10-2 pm



Rose Clippings Newsletter Vol. 57 No.1

707) 542-4272

[office@churchoftheroses.org](mailto:office@churchoftheroses.org)





# February is the month of LOVE! In 2019 Practice Loving Yourself!

By Pastor Cindy

***We all know that to love others you must first love yourself. Why is that?***

Loving your neighbor is much easier if you first love yourself. Love leads to new visions and dreams. It increases a sense of peacefulness and chases away fear. The power of love begets love. Yet, modern life is very stressful. With many demands on our time, it can be hard to give ourselves the attention that we really need. Start now by loving YOU!

**Here are: 37 Ways to Practice Self-Kindness.**

They reflect the scriptures that promote loving oneself so you can love others well.

***"And above all clothe yourself with love, which binds everything together in perfect harmony."***

*Colossians 3:14*

***"To acquire wisdom is to love oneself; people who cherish understanding will prosper."*** Proverbs 19:8

***"The most powerful relationship you will ever have is the relationship with yourself."***

**Stretch** - Treat yourself to a really good stretch before getting out of bed in the morning. It gets the blood moving, fires up our sleepy brains and prepares you to tackle the day.

**Drink plenty of water** - This is simple, but it's so good for you. Being dehydrated makes everything harder. H<sub>2</sub>O is the majority of your body's ingredients. Drink!

**Pray and Breathe deeply** - If you're stressing, anxious, or even just suffering from boredom, take a few moments out to STOP and allow EVERYTHING to drop away.

**5 A Day** - Eating healthily is an obvious way to practice kindness to your body and mind. Try to consume at least 5-pieces of fruit and vegetables a day.

**Don't forget to play** - Whether it's a board game, sports, or painting have some fun!

**Watch your self critic** - Is your inner voice harsh? Do you regularly berate yourself for failing in some way? You are a vulnerable human being, so be gentle with yourself.

**Volunteer** - It is scientifically proven! One of the best ways to improve our state of mind and general outlook on life is by helping others.

**Say no** - Give yourself permission to say no to doing things that make you unhappy and yes to the things you'd rather do instead.

**Act on what you need and not what you want** - By staying focused on what you truly need, you turn away from things that cause trouble (debt & alcohol).

**Forgive** - At some point (soon) you might want to consider beginning the process of forgiving yourself AND forgiving others. Do you want to take your grudges to the grave?

**Please Stop hating your body** - Why? Because you are a unique and amazing once-in-eternity expression of the Universe's brilliance. The universe did NOT get it wrong.

**Exercise** - Even if it's just regular walks. One of the most effective ways of being kind to your mind and body is exercise. Life's too short to live in misery from lack of exercise.

**Give hugs** - Lots of hugs. For every one you give, you get one back.

**Disconnect** - Put technology down. Simply be with what is happening in the moment.

**Listen to Your Body** - Many of us are so busy we lose a connection with our own bodies. Our bodies carry ancient wisdom and if we can only find more time to listen.

**Accept compliments** - If someone says something nice to you or about you, rather than deny what they said, graciously thank them for their kindness.

**Sleep** - Are you getting this required amount of sleep every 24-hours, regularly or rarely? Everyone needs 7 hours or more to refresh your brain and help your body heal.

**Stop complaining** - It rarely helps and who's listening anyway?

**Get emotionally honest** - Let go of numbing your feelings. Mindfully breathe your way through your feelings and emotions. Embrace your feelings with acceptance.

**Have that difficult conversation** - You've been holding it in too long. Bite the bullet, take a deep breath and tell the truth. Be gentle but honest. Say it and move on.

**If you need help, ask for it** - Whatever it is you're going through now, many others have been through the same experiences before. Ask them for guidance.

**Mindful Eating** - Chew your food slowly, focusing on each bite and flavor whilst also being aware of the (hopefully healthy) nourishment you're offering yourself.

**It's okay to cry** - Grant yourself permission here and now to sob when your heart is hurting. Crying is completely natural, stress-relieving and usually makes us feel better.

**Flowers** - Buy or gather some flowers for yourself and smell the sweet scent.

**Walk tall** - Lift your head as you walk - SMILE as you go! Good posture attracts happiness.

**Practice gratitude** - regularly allow yourself a few moments to close your eyes and think on the great things you do have in your life.

**Me time** - Make sure you get time that is free of other people's plans. Be creative.

**Laugh** - Laugh lots. Laugh loudly. Laugh regularly. Laugh till you have a river of tears running down your cheeks and your tummy is aching.

**Eat your favorite food** - Make a tasty meal or maybe even take yourself out to dinner to eat in the peaceful company of YOU.

**Be who you really are** - Be crazy. Dance. Wear comfortable shoes! Practice ignoring unhelpful opinions. Don't try to please everyone.

People who judge are insecure. Expect that **not** everyone will "like" you so spend time loving yourself.

**Gut instinct** - Listen to yourself and to the timeless intuition that every one of us has. Look for signs or warnings and pay attention to your gut feelings.

**Stop trying to control things** - Life is mostly unpredictable. NO-ONE knows what will happen an hour from now, and NO-ONE can totally control other adults.

**Consider minimizing the time you spend with difficult people** - If there are people in your life who refuse to respect you and your boundaries, it is OK to stay away.

**Apologies** - Where you have gone wrong, don't hesitate to apologize to make amends. Being human means that you will be wrong or and make mistakes. It's that simple.

**Perspective** - When bad things happen to you, instead of asking, "why me," ask yourself "what is my lesson here"? "How can I use this to help others, too?"

**Massage** - Treat yourself to one, just because.

**Speak the truth** - Try to always be 100 percent honest. Be compassionate and be kind as you speak truth to power.

*Reference: Quote by Steve Maraboli. <https://www.huffingtonpost.com/kindness-blog/40-ways-to-practice>*

**ALL WHO VOLUNTEER ARE INVITED!!!**

WED. FEBRUARY 13, 2019  
VOLUNTEER  
APPRECIATION  
LUNCHEON  
12 PM



# Council on Aging

PRESENTS

## NATURAL AGING VS. ALZHEIMER'S

March 3  
@ 11:30 AM



Lunch  
provided  
by Fellowship

Jamie Escoubas with Council on Aging will present a forum on Sunday, March 3rd after the service.

**Lunch will be served by the Fellowship Committee.**

*In this presentation we will provide a definition and review of some of the most common types of dementia including Alzheimer's Disease. We will show the differences between normal aging and dementia to identify early warning signs and next steps to address concerns. We will conclude with information to help caregivers support their loved ones experiencing Alzheimer's Disease or other forms of dementia.*

## COMING SOON! Adult Day Respite Program

We are excited to announce that the Council on Aging will be opening a new Adult Day Respite Program at Church of the Roses. **The program is open to the public and offered Mondays and Wednesdays from 9:30 am to 2:00 pm.**

The program, which is currently being offered in 4 other locations throughout Sonoma County, is designed to support persons living with memory loss and their caregivers.

The caregiver gets a much-needed respite from the demands of care giving while the program's participants enjoy social, cognitive and physical activities along with a nutritious lunch.

For additional information call Jamie Escoubas at 525-0143 x103.

## THE PARABLES OF JESUS

***Stories that  
Changed  
the World***

**MONDAYS @ 10am  
beginning January 28th**



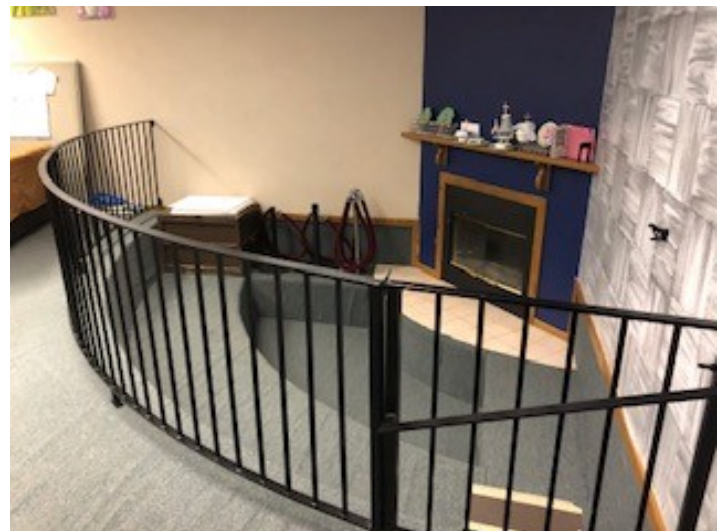
***How did Jesus speak his Truth? What may the deeper meanings of his Parables tell us? What was unsaid when Jesus spoke yet so plain that the listeners there and then could understand the implications of what was said?***

These questions and more are examined by six teachers, scholars from Seminaries, Schools of Theology, Universities and Colleges in an engrossing class whose video presentations, partially set in the places where Jesus actually lived and spoke are examined and beg to be discussed again and again. **Come join us on our journey through the mind of Jesus. Come join our Caravan Mondays at 10 AM.**

## BUILDINGS & GROUNDS

Buildings and grounds is glad to announce that a new safety barrier has been installed in the youth room. We were afraid that someone might fall into the fire pit and get hurt. Thanks to several memorial funds and a little capital donation money, we now have a beautiful wrought iron fence built to current building codes. Thanks!

Steve Fenner, Chair





## NOMINATING COMMITTEE

Members of the Nominating Committee are Dave Nelson, Marilyn Stark, Gene Michel, Suzanne Hanson, Linda Lance. Please let one of us know if you would like to be a Deacon or an Elder. Thank you,

Dave Nelson, Chair

## FINANCE COMMITTEE

We are off and running in 2019 and hopes and prayers are that we continue to exceed expectations of member giving in order to expand ministry. **The per capita for 2019 is \$31.43 per member.**

Happy New Year and as always, never hesitate to ask me any question about the Church's finances.  
Chris Nelle, Chair

## ROSEBUD PRESCHOOL

With the recent rain, we have been keeping busy inside. We take any opportunity to get outside even if all we can do is run around the yard a couple of times before it starts again. This week it has been cold so we have been exploring the ice that forms in the yard overnight. The teachers continue to add more natural items to the yard that allow for open ended play.

Susan Jenkins, Director

## PERSONNEL COMMITTEE

The Personnel Committee recommends these listed holidays be observed by the Presbyterian Church of the Roses Office and staff.

### US Federal Holidays 2019

Date	Federal Holiday	Day
January 1,	New Year's Day	Tues
January 21	Martin Luther King Day	Mon
May 27	Memorial Day	Mon
July 4	Independence Day	Thurs
Sept.2	Labor Day	Mon
Nov.28	Thanksgiving Day	Thurs
Dec. 25	Christmas Day	Wed

## PRAYER REQUESTS

### *Those mourning the loss of a friend or family member*

\*Please pray for the family of Marie Patchin who passed away on December 14, 2018

### *Those with health issues*

John Baker	Carolyn Kenworthy
Jim Bauer	Rhonda Patton Knoles
Bill Beaumont	Polly Post
Judy Bello	Evelyn Radunich
Barbara Blinn	Mickey Marshall
Carol Browne	Bill Rathjen
Bob Bunting	Greg Ray
Patrick Butler	Peter Ray
Gwen Christiansen	Fred Recknagel
Wes Cox	Debbie Seat
Kyle Donaldson	Bob Simmons
Margie Donaldson	Bob and Marge Snater
Dick Draper	Jim Taylor Sr.
Barbara Flannery	Marisa Taylor
Ray Foreaker	Dr. Gershom Thompson
Felipa Jones	Norm Thornton
Nancy Lee (daughter in law of Nancy Hansen)	Sylvia Turner
Marilyn Hilen	Bob Weber
Kathy Holmes	Helen Wikle
Tyler Holmes (grandson of Janice Holmes)	Evelyn Radunich
Cara Kallen (daughter of Mike Sepulveda)	Betty Witchey-Ryer
Jason Montsier	Jill White
Jessica Morse	Roger White
Lucrecia Muñoz	Michael and Katie Wolff
Jeanette Nichols	Jamie Yen
	Avery Yudice

### *Those serving in our military*

Sgt. David A. Dickens, USAF Jason Morse, Coast Guard Lt. Ian Alloway Culver, Lt. Col. David Trowbridge, M.D. is stationed at the Joint Air Force Base Elmendorf-Richardson in Anchorage, Ak and serves as a Cardiologist with the Alaska Native Medical Center, Chris Loranger serving in Afghanistan.

Improve Balance and Reduce Stress

## QI GONG

with Felipa Jones

**Mondays  
@ Noon**

TAI CHI with Roger Wong resumes March 4th at 11am

## Ladies Who Lunch

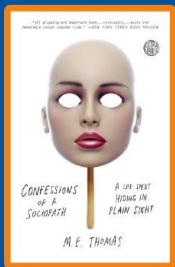
**FEB. 15 @ 11:30 AM  
LITA'S CAFE**

1973 Mendocino Ave.  
in the CVS Shopping Center

RSVP to ELLEN 539-8390

## BOOK CLUB

**FEB. 21 @ 3:30 PM  
in the Church library.  
CONFESSIONS OF  
A SOCIOPATH  
BY M.E. THOMAS**



*A life hiding in plain sight.*  
Sign your book out in our library!

New  
Time



Revised  
Format

## WRITING GROUP

A Support Group for Writers  
You may bring a short piece to share for feedback.

Third Sunday of the month at 11:30 in the Sunday School Room

**SESSION HAS VOTED ON A NEW VISION AND  
MISSION STATEMENT FOR OUR CHURCH.**

### OUR VISION:

- Our church reaches out with nurturing love to all people.

### OUR MISSION:

- To be an inclusive, caring Christ-centered community.
- To follow the Holy Spirit's guidance as we live and proclaim the Good News of God's love, peace, justice, and healing grace.
- To worship God with gratitude and thanksgiving in a welcoming environment to bring glory to God.
- To serve youth, families, seniors, and singles who need God's love and compassion.



**MEDICATION REVIEW  
BY APPOINTMENT**



**3RD SUNDAYS MONTHLY  
IN LIBRARY**

**BLOOD PRESSURE  
SCREENINGS**



## Stronger Seniors Exercise Program

**Do your Body some Good!**

**Now on Thursday Mornings  
9:45 AM in the Rose Room**



Thursdays in the Rose Rm.

**NOON HOUR OF  
PRAYER &  
ENCOURAGEMENT**





*Be the blessing that you wish  
to see in the world.*

February 10 is the date for our next Boomers event, and we will be joining again with our local Girl Scout troop to compile Blessing Bags.

Please bring your donations for the Blessing Bags to Bowen Hall (where the donation boxes are located) over the next few weeks, then stay after church on Feb. 10 for the Big Bagging Event.

After the bags are compiled we will enjoy a pizza lunch and a delicious dessert of ice cream and yummy toppings. Linda Lance and Barbara Basham are arranging and providing the lunch and dessert, and there will be a free-will donation to help defray their costs.

At the end of the day you will depart with your own Blessing Bags to hand out.

As we encounter individuals  
on our streets in need, it is our privilege to give to them as God gives to us.

**Date:** Feb. 10

**Time:** 11:30 am to set up, 12n to sort and bag

**Location:** Bowen Hall, Church of the Roses

**Bring:** Your preferred beverage for lunch

**Questions:** Directed to your hosts, Linda Lance (<mailto:l.lance@sbcglobal.net>) or Barbara Basham (<mailto:barbbasham@comcast.net>)

*Last year we made over  
100 Blessing Bags!!  
This year, let's DOUBLE this number  
and DOUBLE the LOVE!!*

Linda advises there is a big need is for socks. Any personal toiletries should be travel size. The items needed for the Blessing Bags should be:

### FOOD AND DRINKS

Bottled Water  
Juice Box  
Instant Coffee packets  
Hot cocoa or cider packets  
Beef Jerky  
Dried Fruit  
Tuna/cracker packets  
Raisins

### TOILETRIES/PERSONAL ITEMS

Socks  
Hand wipes  
Toothbrush  
Toothpaste  
Comb  
Brush  
EmergenC Packets  
Band-Aids  
Hand warmers  
Chapstick

### GALLON BAGS

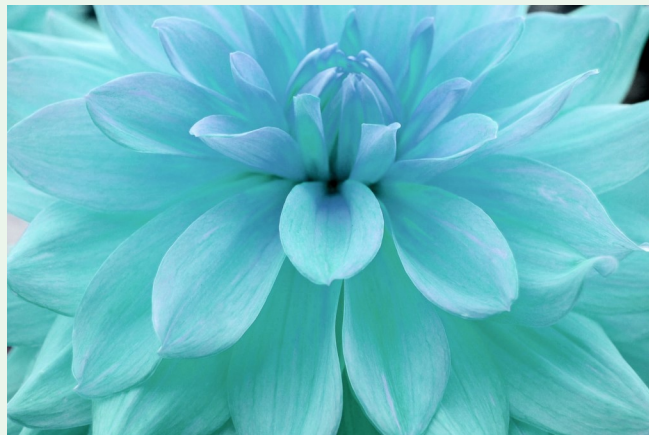


*Boomers enjoyed going caroling in December*

## COMING SOON!

*Non-Denominational Spiritual Care Services  
for people with intellectual and developmental  
disabilities.*

## Spiritual Care Services at Church of the Roses



**Sunday afternoons 3-4 pm in the Rose Room beginning February 10, 2019**

Spiritual Care Services are especially designed for people with intellectual and developmental disabilities. Its order of worship is very much like a typical church service with music, prayers, and scriptures. We use sign language, and a Power Point program with images and props especially chosen to reinforce the spoken word and help make the message more concrete. Throughout the service the pastor/chaplain makes personal contact with each person no less than 3 times by checking in, prayer requests, and blessings/communion. Attendance is limited to 30 people.

**The role of the volunteer** is to support the service by sharing the sacred space, assisting with prayers and singing, interacting with individuals, greeting and helping folks settle in.

**Training will be offered in February and March.** If you are interested in volunteering please let Pastor Cindy know and plan on attending the afternoon church service to get yourself acquainted with the folks, and build confidence.

**For more information contact:** Tekla Cartmell Coronado, Coordinator, at [Teklaccart@gmail.com](mailto:Teklaccart@gmail.com)  
Or Noelani Sheckler-Smith, Chaplain, at [noelanishecklersmith@hotmail.com](mailto:noelanishecklersmith@hotmail.com)



**World Day of Prayer  
Friday March 1  
1:00 p.m. -3:00 p.m.**

**First United Methodist Church  
1551 Montgomery Drive  
Santa Rosa, CA 95405**

All Presbyterian Women are invited to  
attend the World Day of Prayer at the  
Methodist Church.



**VOYAGERS AT  
MARY'S PIZZA SHACK  
on SUMMERFIELD**

**SUNDAY, FEBRUARY 17  
@ 4PM**

LIMITED TO 32 PEOPLE

**F.I.S.H. FOOD PANTRY IS ALWAYS IN NEED OF  
EMPTY DOZEN EGG CARTONS. DROP THEM  
OFF AT CHURCH FOR OUR VOLUNTEERS.**

*Thank you!*





## ALTERNATIVE CHRISTMAS 2018 REPORT

### Church World Service

Two Hens and a Rooster \$434  
Corn to plant in Haiti \$130  
Rehabilitate a malnourished child \$125  
Health Center Visit for a refugee child \$90

### PCUSA Mission Agency

Kitchen Kits \$100  
Farming Tools \$100  
Sonoma County Habitat for Humanity \$495  
Doctors Without Borders \$600  
Siloe Community Wellness \$140

**TOTAL \$2,225**

**THANK YOU  
for your generous support.**

## THE NEW MOON WHISPERS OF HOPE

The new moon whispers of hope  
In the rose-gold evening sky.  
Oh God, receive my heart,  
And hear my bitter cry.  
I have nothing to give but love  
And a pleading lonely sigh.

The new moon whispers of hope,  
As the deepening shadows fall.  
Oh, Thou wilt receive my heart,  
And answer my frantic call.  
Thou wilt make my life Thine own,  
And become my life's full all.

*By Flora Helen MacKenzie*

## HEALTH MINISTRY *Our plans for 2019*

**By Deborah Baker**

- Continue to contribute to the Rose Clippings Newsletter and Health Ministry Bulletin Board.
- Continue to provide BP screenings the 3rd Sunday of the month after worship
- Continue medication review for congregation members by appointment
- Continue Music and Memory Sunday mornings with Dr. Yee
- Continue meetings on the First Tuesday of the month and outreach for new Team members.
- Liaison with Pastor, Deacons, Stephen Ministries and Committees to identify congregational and mission outreach related health needs.
- Continue to work with Steve Fenner on Disaster Preparedness programs for PCOR
- Attend Health Ministry Association (HMA) Annual Conference October 11-14, 2019
- Start a walking group in the Spring 2019
- Partner with Council on Aging to bring a PT Adult Day Program on Monday, Wednesday and Friday.
- Presentation / forum / luncheon on "Normal Aging vs Dementia" on March 3, 2019
- Continue to explore the creation of and funding for a prayer garden, labyrinth sacred space.
- Continue to network and represent PCOR by attending monthly Section on Aging and Health Ministries of Sonoma County meetings.
- Continue to look for ways to make the Health Ministry financially self-sustainable; including grant funding as well as the possible creation of income generating wellness programs that serve the Church and the community.

### Possible Ideas for Future Events and Programs:

1. Weight loss support group
2. Depression Screening
3. Personal Health Assessment
4. Support Groups on various issues such as Caregiver Support
5. Home and hospital visits
6. Congregational health needs and time and talent survey.
7. CPR Classes
8. Heart Healthy Cooking demonstration with luncheon.
9. Knitting, crochet, macramé class / Hand movements and stress reduction

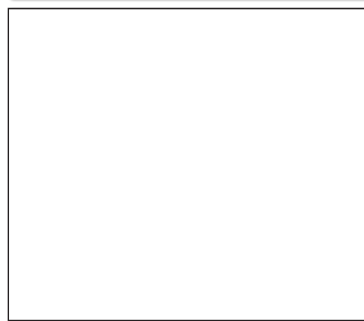
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2019					<b>1</b> Office Closed <b>7 AM</b> MHS Breakfast <b>7 PM</b> Gamblers Anon. <b>7 PM</b> Korean Youth	<b>2</b> <b>6:30 AM</b> Korean Prayer <b>6 PM WHAT IS LOVE? - Sacred Space</b>
<b>3</b> <b>8 AM</b> Korean Worship <b>9 AM</b> Learn Ukulele <b>10 AM</b> Worship <b>11:15 AM</b> Plan Sacred Space <b>4:30 PM</b> Event use <b>6 PM</b> CoDA	<b>4</b> <b>7 AM</b> MHS Breakfast <b>10 AM</b> Parables Study <b>12 PM</b> Qi Gong <b>7 PM</b> Boy Scouts Troop #135	<b>5</b> <b>7 AM</b> MHS Breakfast <b>8:30 AM</b> B&G <b>10 AM</b> PW Coordinating Mtg <b>11:30 AM</b> Health Ministry MTG <b>12:30 PM</b> Fellowship Com. <b>1:30 PM</b> Membership Com. <b>7 PM</b> Stephen Min.	<b>6</b> <b>7 AM</b> MHS Breakfast <b>10:30 AM</b> Staff Mtg. <b>7 PM</b> Women's AI -Anon Fam.	<b>7</b> <b>7 AM</b> MHS Breakfast <b>9:45 AM</b> Senior Exercise <b>12 PM</b> COM <b>12 PM</b> Noon Hour of Prayer <b>5 PM</b> Worship Com. <b>6 PM</b> Bells Prac. <b>7 PM</b> A.A. <b>7 PM</b> Girl Scouts <b>7:15 PM</b> Choir Prac.	<b>8</b> Office Closed <b>7 AM</b> MHS Breakfast <b>7 PM</b> Gamblers Anon. <b>7 PM</b> Korean Youth	<b>9</b> <b>6:30 AM</b> Korean Prayer
<b>10</b> <b>8 AM</b> Korean Worship <b>9 AM</b> Learn Ukulele <b>10 AM</b> Worship <b>12PM</b> Boomers make Blessing Bags & Lunch <b>3PM</b> Spiritual Care Project <b>6 PM</b> CoDA	<b>11</b> <u><b>NO BREAKFAST</b></u> <b>10 AM</b> Parables Study <b>12 PM</b> Qi Gong <b>7 PM</b> Boy Scouts Troop #135	<b>12</b> <b>7 AM</b> MHS Breakfast <b>8:30 AM</b> B&G <b>10 AM</b> Leadership Cohort <b>10 AM</b> PW Quilt Sewing <b>6 PM</b> Deacons	<b>13</b> <b>7 AM</b> MHS Breakfast <b>10:30 AM</b> Staff Mtg. <b>12 PM</b> <u><b>VOLUNTEER APPRECIATION LUNCHEON</b></u> <b>7 PM</b> Women's AI -Anon Fam.	<b>14</b> <b>Valentine's Day</b> <b>7 AM</b> MHS Breakfast <b>9:45 AM</b> Senior Exercise <b>12 PM</b> Noon Hour of Prayer <b>6 PM</b> Bells Prac. <b>7 PM</b> A.A. <b>7:15 PM</b> Choir Prac.	<b>15</b> Office Closed <b>7 AM</b> MHS Breakfast <b>11:30 AM</b> Ladies Who Lunch at Lita's <b>7 PM</b> Gamblers Anon. <b>7 PM</b> Korean Youth	<b>16</b> <b>6:30 AM</b> Korean Prayer <b>9:30 AM</b> Handicapped
<b>17</b> <b>8 AM</b> Korean Worship <b>9 AM</b> Learn Ukulele <b>10 AM</b> Worship <b>11:15 AM</b> BP Screen <b>11:30 AM</b> Writing Grp <b>4 PM</b> Voyagers @ Mary's Pizza on Summerfield <b>6 PM</b> CoDA	<b>18</b> <u><b>NO BREAKFAST</b></u> <b>Presidents' Day</b> <b>10 AM</b> Parables Study <b>12 PM</b> Qi Gong <b>5 PM</b> Finance Com. <b>6 PM</b> Cub Scouts <b>7 PM</b> Boy Scouts Troop #135	<b>19</b> <b>7 AM</b> MHS Breakfast <b>8:30 AM</b> B&G <b>10:30 AM</b> PW Bible Study & Luncheon <b>12:30 PM</b> Personnel <b>7 PM</b> Christian Ed. Com. <b>7:30 PM</b> Boy Scouts Board	<b>20</b> <b>7 AM</b> MHS Breakfast <b>10:30 AM</b> Staff Mtg. <b>7 PM</b> Women's AI -Anon Fam.	<b>21</b> <u><b>NEWS DUE</b></u> <b>7 AM</b> MHS Breakfast <b>9:45 AM</b> Senior Exercise <b>12 PM</b> Noon Hour of Prayer <b>3:30 PM</b> Book Club <b>6 PM</b> Bells Prac. <b>7 PM</b> A.A. <b>7 PM</b> Girl Scouts <b>7:15 PM</b> Choir Prac.	<b>22</b> Office Closed <b>7 AM</b> MHS Breakfast <b>7 PM</b> Gamblers Anon. <b>7 PM</b> Korean Youth	<b>23</b> <b>6:30 AM</b> Korean Prayer
<b>24</b> <b>PANCAKE BREAKFAST Troop 32</b> <b>8 AM</b> Korean Worship <b>9 AM</b> Learn Ukulele <b>10 AM</b> Worship <b>11:15 AM</b> Plan Sacred Space <b>6 PM</b> CoDA	<b>25</b> <b>7 AM</b> MHS Breakfast <b>10 AM</b> Parables Study <b>12 PM</b> Qi Gong <b>7 PM</b> Boy Scouts Troop #135 <b>7 PM</b> Preschool Board MTG	<b>26</b> <b>7 AM</b> MHS Breakfast <b>8:30 AM</b> B&G <b>10 AM</b> PW Sewing <b>5:30 PM</b> Church and World <b>7 PM</b> Session MTG	<b>27</b> <b>7 AM</b> MHS Breakfast <b>10:30 AM</b> Staff Mtg. <b>7 PM</b> Women's AI -Anon Fam.	<b>28</b> <b>7 AM</b> MHS Breakfast <b>9:45 AM</b> Senior Exercise <b>12 PM</b> Noon Hour of Prayer <b>6 PM</b> Bells Prac. <b>7 PM</b> A.A. <b>7:15 PM</b> Choir Prac.	<b>1</b> Office Closed <b>World Day of Prayer</b> <b>7 AM</b> MHS Breakfast <b>5 PM</b> Set up <b>7 PM</b> Gamblers Anon. <b>7 PM</b> Korean Youth	<b>2</b> <b>PANCAKE BREAKFAST PACK 333</b> <b>World Day of Prayer</b> <b>6:30 AM</b> Korean Prayer <b>6 PM</b> Sacred Space



**PAINTER - ARTIST**  
 Marjorie Murray-Cortez  
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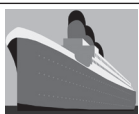


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**Thank You.**

**Presbyterian Women**  
**Tuesday February 19**  
**Bible Study 10:30 Lesson 6**  
**Salad Potluck at Noon**

**Council on Aging**  
 PRESENTS  
**NATURAL AGING VS. ALZHEIMER'S**

March 3  
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Lunch  
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**GREETINGS FROM YOUR MUSIC DIRECTOR!**

*It is so nice to be here! Dee Andrea and I consider ourselves so blessed to be part of the faith community at Church of the Roses. Thank-you so much for all your well wishes and warm welcomes. I have truly enjoyed getting to know the members of both our Chancel Choir and Bellissimo, and it has been gratifying to observe everyone's commitment to improve and learn new techniques. I have begun the work of selecting an exciting cantata for Easter, and I am in the midst of working on a new way of cataloging our impressive collection of sacred music. I am also working with the choral director at Montgomery High School to deepen the relationship that we already have with our neighborhood school.*

*I would like to extend an invitation to all of you to join us in the music ministry. There are open spots for anyone who would like to make a joyful noise to the Lord in either of our choirs!*

*Blessings to all of you! Myles*