



PRESBYTERIAN  
CHURCH  
OF THE ROSES

Lent

A SEASON OF EXPECTATION

ASH  
WEDNESDAY  
5:30 pm 2/14



*Create in me a clean heart Oh God, and Renew a right spirit within me.*



YOU ARE INVITED!

Volunteer  
Appreciation  
Luncheon

- |                |  |
|----------------|--|
| Feb. 2         | Boomers @ SRJC Planetarium 6 pm  |
| Feb. 3         | Voyagers play Rummikub 5:00 pm   |
| Feb. 4         | <b>Sacred Space Evening Service 6:30-7:30 pm in Bowen</b>  |
| Feb. 11        | New Member Class after church  |
| Feb. 14        | <b>Volunteer Appreciation Luncheon 12:30 pm</b>  |
| Feb. 14        | <b>ASH WEDNESDAY 5:30 pm</b>   |
| Feb. 4, 11, 18 | Spirituality of Writing Class 11:30 am Sunday Sch. Rms.  |
| Feb. 18        | <b>Free Concert</b> —All Donations Benefit F.I.S.H. Pantry<br><i>Four For His Glory, Maria Carrillo Jazz Choir and Songbirds</i> |
| Feb. 21        | <b>Soup Supper 5:30 pm, Lent Study 6:30 pm Wednesdays</b>  |
| Feb. 25        | Troop 32 Annual Pancake Breakfast  |

Pictured on the left is Kristina Teixeira working at the Wellness & Advocacy Center. Thank you all for donating to the Wellness & Advocacy Center and for volunteering your time to the YWCA Women's Shelter Holiday Gift Giving! Church Volunteers—please join us on Valentine's Day for a luncheon in your honor!

PRESBYTERIAN CHURCH OF THE ROSES  
*Reaching Out with Nurturing Love to All God's People*  
HOURS: Mon. Tues. Wed. 9-3 pm, Thurs. 10-2 pm

FEBRUARY 2018 | VOL.56 NO.1  
(707) 542-4272  
office@churchoftheroses.org

# YOUR JOURNEY THROUGH LENT TO EASTER

By Pastor Cindy

The aftermath of the fires may still be burdening your soul. You may be suffering the loss of a dear friend or a loving pet. Your job or retirement might be feeling less fulfilling. You might be recently divorced or widowed. For one reason or another, you may be wondering if you will be able to experience the renewing spirit of the Lenten season.

As a result:

- You may feel as if you are just going through the motions with no spiritual inspiration.
- You may feel as if you are unable to pray sincerely.
- You may feel as if God has abandoned you or is distant.

If these feelings ring true for you as we anticipate the Lenten season this year, don't despair.

**Feelings of spiritual dryness can be God's way of strengthening your faith and inviting you to get closer to God's presence.**

That was true for Job when he said: *"Terrors overwhelm me; my dignity is driven away as by the wind, my safety vanishes like a cloud. And now my life ebbs away; days of suffering grip me. Night pierces my bones; my gnawing pains never rest."*  
(Job 30: 15-17)

It's easy to love the Lord when you have warm feelings or when good things are happening in your life. When you don't feel joyful and faithful, it doesn't mean that you don't love God, and it definitely does not mean that God has stopped loving you!

In times of spiritual emptiness do not give up on your faith. **BELIEVE that the Holy Spirit will give you enough light to guide you through this time of darkness.**

Job persevered despite his sufferings and in the end he enjoyed more blessings than he could imagine. You can, too!

If you don't feel like praying, promise yourself that you will set aside prayer time every day and just listen silently for 15 minutes. In your prayer, you may not feel as if anything is happening, but prayerful connection makes a difference in your brain's overall sense of peacefulness even if you can't feel it immediately. It will provide the strength that you need to continue the journey to Easter Sunday, when you will join with the rest of the PCOR community in singing alleluias to the Risen Lord!

God is good all the time. Even during Lent. Please join us for the many bible studies, exercise classes that promote body, mind, and spirit connection, Noon Hour of Prayer on Thursdays, for Sunday morning and Sacred Space worship services. Your participation in

our Lenten Season programs and services will help you have a blessed journey through Lent this year. We look forward to your presence with us!

*Reference: "How to cope if you're going through a spiritual desert this Lent" by Lorene Hanley Duquin from her blog: <https://www.osv.com/OSVNewsweekly/Article/TabId/535/ArtMID/13567/ArticleID/344/Your-Journey-Through-Lent-to-Easter.aspx>*

## JOIN US

**ASH WEDNESDAY  
FEB. 14 AT 5:30 PM**

**&**

**Beginning FEB. 21  
On Wednesdays  
SOUP SUPPERS 5:30 PM  
LENT STUDY 6:30 PM**

Lenten soup suppers/class led by Pastor Cindy will be in Bowen Hall. The suppers start at 5:30 and are followed by the class. Suppers will be simple-choice of meat or vegetarian soup, bread, and fruit.

Those who are attending are asked to bring their own bowl, cup, and silverware if possible.



# COMMITTEE UPDATES

## BUILDINGS & GROUNDS

B&G helped the church earn \$4,930 in user fees during 2017! This helps offset the cost of running the buildings. Outside users pay for the use of our facility, and B&G helps make this possible by setting up rooms, microphones, etc., and then putting things away.

Speakers in the sanctuary were remounted and the sound system optimized on Monday, January 15, so that should help. B&G is still working on slowly converting all lighting to LEDs thanks to a generous gift by Ray Alden, and installation work by Gary Smith. We have a new motion detector light installed over the parking area.

Steve Fenner, Chair

## ROSEBUD PRESCHOOL

February means two things to the Preschool. First, is the excitement of Valentine's Day. The kids are learning about writing letters and creating cards. Second, it is the time we begin work on Fall registration. We have 22 children leaving for kindergarten. Between our wait list and the six siblings joining us, we may already be at capacity. In early March, the Assistance League will be here screening the older children in vision and hearing. Children from PCOR are invited to our Easter Egg Hunt. More details to follow!

Susan Jenkins, Director

## PERSONNEL

The January meeting was held Tuesday January 9. Present Chair Jim Taylor, Robert Cortez, Roger Wong, Bill Moberly, and Pastor Cindy Alloway. Robert Cortez is resigning his position because of other commitments. Robert, thank you for your many years of service on the committee. Meeting dates are changed to the first Tuesday of the month, begging February 6.

Jim Taylor, Chairman

## WORSHIP

*Worship is an active verb!*

The Worship Committee is looking for people who want to help with worship. There are lots of possibilities. If you think you'd enjoy ushering, serving communion, or helping with the evening Sacred Space service (set-up or clean-up), we are happy to give you the information and opportunity to serve the church in these ways.

**If you enjoy arranging flowers, you can volunteer to help arrange flowers for worship on Sundays on a one-time or monthly basis. Your expenses are reimbursed. Your talent and inspiration and gift of time are priceless.**

### RECAP: ADVENT AND CHRISTMAS 2017-2018

Changing the drape in the Sanctuary from white to purple is one of the symbols of the beginning of Advent. Our anticipation of Christmas is also symbolized by the manger replacing the Thanksgiving cornucopia on the Chancel steps, the Chrismon tree in the narthex (hung with Christian symbols), four large wreaths hanging on the beams of the Sanctuary, banners depicting the four themes of Advent— Hope, Joy, Love, and Peace, and the arrival of creches to further move us toward the arrival of the Son of Man. Each Sunday an additional candle on the Advent wreath on the Communion Table is lit by church members, using liturgy that guides us on this journey. Poinsettias decorating the chancel steps are donated in honor of loved ones and taken home on Christmas Eve and the following Sundays. On Epiphany we celebrate the recognition of Christ as the Son of God by the wise men. Throughout the season, the choir sings both familiar and unfamiliar songs that re-tell the Christmas story.

The Worship Committee is indebted to the Buildings and Grounds Committee, Pastor Cindy, Barbara McElroy and the choir, Cindy Goede and Gwen Christianson, Robert Cortez, Diane Pierce, Ruth Canniff, and many others for assistance in providing a meaningful journey through Advent to Epiphany. And thanks also to the congregation who traveled on this journey with us, including both Christmas Eve services.

### LENT AND EASTER 2018

The Lenten Season begins with Ash Wednesday, which falls on February 14<sup>th</sup> this year. On this day, ashes (from palm leaves burned the year before) are smudged on the forehead as a symbol of repentance and rededication to Christ. Ash Wednesday marks the beginning of the 40 days (excluding Sundays) of Lent, which ends on Easter Sunday. Each Wednesday in Lent the Christian Education and Fellowship committees will offer soup suppers and classes on the Gospel of Mark.

Other dates to remember for the Lenten season:

**Palm Sunday – March 25, 2018**

**Maundy Thursday – March 29, 2018**

**Good Friday – March 30, 2018**

**Easter Sunday – April 1, 2018**



# COMMITTEE UPDATES

## FINANCE

As it turned out 2017 was our best year in some time. Perhaps it was the silver lining in an otherwise dark cloud brought on by the wildfires but our members really stepped up with an outpouring of support to our church. Thank you!!

Here are some highlights: Late in the year we had an extremely generous and extraordinary donation from one of our long-time family members. In addition to their annual pledge they donated an additional \$20,000. Even excluding the extraordinary one-time gift our total revenue was over budget. Expenses were held in line and came in below budget. Some of this is because of the departure of our Director of Youth and Family Services (Cassie), but expenses were below budget even had she stayed through the whole year.

With improved revenue and by controlling expenses, for the first time in a number of years, we generated

positive cash flow after debt service. This means our operating reserves grew a bit. Yeah!!!!!!

Facility use fees were up nicely as we continue to make our facility available for rental by community groups.

Our preschool (Rosebud) continues to thrive and in 2018 will increase their pay back to the Church to \$24,000 as remuneration for establishing this wonderful community asset.

Our annual audit was conducted by our audit subcommittee (Gene Michel, Dave Nelson and Linda Burille) nothing of significance was discovered. The record keeping, financial controls and oversight of the Church's funds are sound.

A full financial statement covering 2017 will be available on January 21<sup>st</sup>.

As always, please reach out to me if you would like any further clarification.

Thank you, one and all, for your continued support of our church. Your generosity is so appreciated.

Chris Nelle, Chair

# GOAL

2017  
PLEDGE GOAL  
255,000

# GOAL

UNPLEDGED  
GOAL  
50,000

ACTUAL  
274,113

D  
N  
O  
S  
A  
J  
J  
M  
A  
M  
F  
J

50,000

ACTUAL  
32,148

D  
N  
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S  
A  
J  
J  
M  
A  
M  
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J



*Sacred Space*

FIRST SUNDAYS  
OF THE MONTH  
6:30-7:30 PM  
ENTER THROUGH PARKING LOT

Meditate, pray, and experience God  
through creative worship in community.  
ENTER THROUGH BOWEN HALL

## FROM THE CLERK OF SESSION

### Elder-Deacon Retreat

On Saturday, January 13, most of the current ruling Elders and Deacons met at Westminster Woods for training in the morning for new Elders and Deacons, and then more training and brainstorming for the full group in the afternoon.

Following a wonderful group lunch, the afternoon began with review of the church's Safe Church: Misconduct and Abuse Prevention Policy and our annual training to ensure compliance. Per the Book of Order, Elders and Deacons are mandatory reporters to both ecclesiastical and civil legal authorities of any knowledge of harm, or risk of harm, of either a minor or adult. Pastor Cindy shared incidents of which she was aware, and how matters were resolved. We are proud that PCUSA has policy and procedures in place to ensure that anyone suspected of committing harassment or misconduct is properly investigated and dealt with appropriately.

For the remainder of our session together, we watched a short video on What It Takes to Be a Great Leader Today. Then, we broke into small groups to discuss our response to four questions relating to growth of the church, increasing diversity, what is changing, and what we are willing to abandon. Several ideas were discussed as we reconvened together, which we plan to develop into specific actions in the coming months.

Watch for further details to come!

### Re: December Session

The final Session meeting for 2017 was held at the home of Rev. Cindy Alloway.

Session actions included approval of the 2018 budget as submitted by the Finance Committee, and approval of the new contract with Cassie Carroll as the Sacred Space Coordinator.

Linda Burille  
Clerk of Session

## DEACONS

### Christmas with the Deacons

The 2017 Holiday Season was a busy one for the Deacons. We selected two organizations to receive gifts and assistance. The first was the YWCA Battered Women's Shelter which had requested help with gift pickup and distribution to their client's children. Deacons worked with the YWCA staff to arrange for the pickup and after working to decorate the YWCA garage with a variety of holiday decorations, we staffed it for 8 hours each day the week before Christmas to make sure gifts were handed out to participating families in time for the holidays. Deacons also contributed gift cards to the children's mothers as our gift to them and contributed \$300 for their annual Christmas dinner.

The second organization supported by the Deacons was the Wellness and Advocacy Center. This organization is designed to create a comfortable, supportive and nurturing environment where individuals can work toward their goals while participating in a larger community. Peer operated, the mission of the center is to support individuals in Sonoma County living with mental health challenges to develop and sustain well-being through self-empowerment. Jeanne Nussmeier and Nancy Taylor received a tour of the facility and met with staff to learn more about their services. In the spirit of giving and empowerment we provided gift cards to their clients.

*THANK YOU FOR MAKING  
THESE PROJECTS HAPPEN!*

Pamela Ryan  
Vice Moderator



### How Jesus Became God

**This interesting class on the history  
of our faith resumes on January 10  
at 7:00 p.m. in the Rose Room.**

**Prof. Bart Ehrman PhD is the lecturer.**

## Who is that woman writing in the conference room?

When the heat turned up last summer and it was too hot to write at home, Pastor Cindy invited me to write at your church. I quickly accepted, and Church of the Roses has provided me with sanctuary to write, just as you provide sanctuary to high school students, firestorm evacuees, and others. Bless you for your ministry of providing safe space for those in need.

I am a retired Episcopal priest and sociologist who had the challenging experience of closing Holy Family Episcopal Church in Rohnert Park in May 2012, when a leaking roof was too expensive for our small congregation to fix. After nine years of ministry, it was heart-wrenching. No one else in our diocese had done this. I felt like a failure. I took an early retirement and Sabbath time to sail, hike and heal.

That summer I entered my study one day and wondered if other pastors had similar experiences. Closing the church had challenged my faith and health like no other experience in my life. I wrote to a few sociologists of religion and asked if anyone had done a study of pastors like me. They all wrote back, "No, but it's a great idea." That's when I felt God was calling me to do it.

I hadn't done sociology in years and realized I needed access to a theological library, classes, and opportunities to learn how to do sociology in the 21<sup>st</sup> century. By grace, Boston University School of Theology invited me to be a Visiting Researcher. My husband and I packed up and left for Boston in January 2013, staying with our daughter's family for 5 months. We returned every winter for three more years. In that time, I surveyed and interviewed pastors in five mainline Protestant denominations (Episcopal, Lutheran, Methodist, Presbyterian and UCC ) who had experienced the closing of their churches. I'm now in the process of finishing my book Mind the Tiller: Pastoral Leadership in Closing Churches.

Closing a church is a spiritual journey, a pilgrimage, that a pastor takes with the people of God in their sacred space. There is no right way or wrong way to do it, just the faithful way of discerning God's call, keeping everyone in the circle of sacred community

healthy and whole, grieving the loss, bequeathing a legacy to others, and above all, trusting God's promise of new life after death.

I made a lot of mistakes, and learned from many pastors who led better than I did. This book honors the ministries of these pastors, their congregations, their presbyteries and other judicatories, and all who God calls to journey with them, including you. I am deeply grateful for this opportunity to write in your conference room. Blessings on all your ministries!

Peace and hope,  
Gail

The Rev. Gail Cafferata, Ph.D., Priest Associate  
The Church of the Incarnation

**PARENT  
NIGHT  
OUT  
MARCH 9  
5:30-7:30 PM**

***To all my dear friends at Church of the Roses,***

*I will be leaving Santa Rosa on the first of February and want to thank all of my friends for their kindnesses and loving care especially during this last six months. Your support through Lewis' illness and death and then the following fire and move has been overwhelming. I will miss you all and hope to get back from time to time.*

*For the next year, I will be going from Tahoe to Irvine to Newport Beach, staying with my kids. I am looking forward to this nomadic life until I am ready to settle down again which will be in Irvine in 2019. My new mailing address will be 9 Hudson, Irvine CA 92620. My email and cell phone will stay the same.*

*Agape. Una Skelly*



# PRAYER REQUESTS

## Those mourning the loss of a loved one

- ◆ Please pray for the family of Frank Lloyd, as they mourn his passing on Jan. 18<sup>th</sup>.
- ◆ Please pray for the family of Nicolas St. Juste, as they mourn his passing on Jan. 2<sup>nd</sup>.
- ◆ Please pray for the family of Virginia Rylett, who passed away on Jan. 2<sup>nd</sup>.
- ◆ Please pray for Jeanette Bauer's family as they mourn the passing of her brother, Don Morse.

## Those facing health issues

John Baker	Patricia Currier (Joy Olson's mother)
Judy Bello	Marie Patchin
Barbara Blinn	Rhonda Patton Knoles
Bob Bunting	Polly Post
Patrick Butler	Fred Recknagel
Kathryn Alloway Culver	Bob Simmons
Dick Draper	Marguerite St. Juste
Marjorie Alloway Dreger	Marisa Taylor
Peggy Erhardt	Ines Teague
Ray Foreaker	Betty and Norm Thornton
Eric Hoche	Bob Weber
Helen MacKenzie	Helen Wikle
Ted McCarthy	Betty Witchey-Ryer
Jason Montsier	Jamie Yen
Jessica Morse	
Lucrecia Muñoz	

## 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.

**NEW MEMBER CLASS**  
**FEBRUARY 11th at 11:30 am**  
*Find out more about us!*



Back on Mondays at 10:30 a.m..  
 Starting January 8

## The New Testament

Learn about the Scriptures  
 from an historical perspective.

Professor Bart Erhman  
 is the teacher.

Jan. 8  
 The Book of Acts

## MEDIA TEAM

**WOULD YOU LIKE TO LEARN HOW TO BE A PROJECTIONIST?** We can teach you how to design the scripts. Contact the office, Ray Alden or Pam Ryan if interested!



**REQUEST FOR COMMUNION SERVERS**  
 You will be serving once every 3 months. Servers arrive half an hour early and meet in the library. During the service, they sit in the front row. Servers should have stable hands and feet. Please contact Felipa Jones if interested.

## MEN'S WEEKEND 2018

**February 16-18**

Register online at  
**[www.westminsterwoods.org](http://www.westminsterwoods.org)**  
 or contact the office for a  
 printout to mail in. Questions  
 call 707.874.2426

**REV. DALE  
 FLOWERS**

CONTRADICTIONS OF  
 BEING CHRISTIAN IN  
 TODAY'S WORLD



## 2 FREE Classes

**MIND-BODY HEALING**

*Qi Gong*  
 with

Josepha Eveleigh

**Mondays**

**12 pm–1 pm**

*Tai Chi*  
 with

David Chung

**Saturdays**

**10:30–11:30 am**

Enter through the parking lot or Office  
 Presbyterian Church of the Roses,  
 2500 Patio Ct. Santa Rosa 95405

Enter through the parking lot

# CONGRATULATIONS!

## Barbara McElroy is 2018 Sonoma Treasure Artist



Our beloved Music Director was recently chosen as 2018 Sonoma Treasure Artist by The City of Sonoma's Cultural and Fine Arts Commission. She is pictured at left with the key to the city of Sonoma and below with her family. We are so very proud of her!

The following article was written by LORNA SHERIDAN in the Index-Tribune.

The City of Sonoma's Cultural and Fine Arts Commission chose local teacher, conductor and musician Barbara McElroy as its 2018 Treasure Artist.

In selecting McElroy, the Commission noted that her contributions to the musical life of Sonoma Valley as a teacher, conductor, and musician are significant both in the educational arena and at community and church performance venues.

McElroy was reached with the news on Monday night at her rental home near the Plaza. She lost almost all of her instruments in the October fires when her family ranch on Dunbar Road burned to the ground. She said that getting the good news of being named Treasure Artist was a much-needed happy surprise.



The Commission was impressed that McElroy was hired by Sonoma Valley School District as a band and choir director in 1976 and taught at all seven school campuses at one point or another over the next 40 years.

She spent many years at Sonoma Valley High School where she taught both band and choir and led her students to win many state and national awards with their performances. She retired in 2011.

"I love working with kids," she said. "I really like being a positive influence in their lives."

McElroy is also known for her piano skills, serving as accompanist for Sonoma Valley Chorale and also as a French

horn player and percussionist. She has performed with the Chorale for the past 40 years and for the past two decades she has served as its assistant director.

In one of her many nomination letters, McElroy was described as someone "who loves and respects music, students and musicians. She is the shining light of musical expression in Sonoma."

The Commission will hosted a reception in McElroy's honor on Tuesday, Jan. 23, at the Sonoma Valley Woman's Club. *Pictured on the left is Kristina Teixeira working at the Wellness & Advocacy Center.*



FOR NICOLAS

How can we judge the value  
Of a human life?

What can we learn from what we know  
From knowing, even imperfectly  
What we know of our fellow humans?

A life is a journey,  
Covered by changes, disrupted by catastrophes,  
With intervals of calm, fruitful experience  
And the love that we share between all peoples,  
All times,  
All nations.

So here we stand, mourning the loss  
Of one person  
Who lived among us,  
Gave us strength and  
Love.  
And so doing shone forth  
The commitment that our Savior guaranteed.

I know that My Redeemer Liveth

Because I have known a  
Saint.

BY CARLTON G. BURILLE  
01/14/2018

**VOLUNTEER APPRECIATION  
LUNCHEON  
FEBRUARY 14 at 12:30 PM  
RSVP by contacting the office**

**Would you like to receive  
the sermons by mail? Contact  
Carole Michel or visit our web-  
site to access previous sermons.  
We have many in PDF format for  
reading and have recently added  
audio of Sunday's sermons.**



**SPRING FLING INVITES YOU TO  
"APRIL IN PARIS"**

*Join us on April 21 for our 4th annual fundraiser  
and escape to Paris with no jet lag!!*

Our event features a delicious bistro lunch, fashion show,  
silent auction, beer and wine tasting  
and Ooh La La French atmosphere - all for only \$15.

**THE SILENT AUCTION NEEDS YOUR HELP!  
WE NEED DONATIONS OF NEW ITEMS -  
REGIFTABLES, DONATIONS FROM BUSINESSES,  
OR UNUSED ITEMS FROM YOUR STASH!**

We will have a donor letter that explains all we do at Church  
of the Roses that you can use to help get a business dona-  
tion. ANY donation is appreciated!!!

Please see Cindy Goede, Gwen Christiansen, or Kay Vick  
for more info. We can store items now and  
appreciate early donations!

**THANKS FOR AGAIN MAKING  
THIS A GREAT EVENT!!**

**QUILTERS NEEDED!  
JOIN US 2ND & 4TH TUESDAYS**

## Ladies Who Lunch

*Third Fridays  
of the month  
11:30 am*

"Ladies Who Lunch" is a new group (replacing the Widows Support Group) which meets on the third Friday of each month at 11:30 at a restaurant determined at the prior month's lunch. There is no program, just ladies who like to get together over good food and chat. This group is not restricted to members of Church of the Roses, so please bring non-member friends with you. The LWL met on January 19<sup>th</sup> at Adel's and decided that **February 16 will be at the SRJC Culinary Café at 1670 Mendocino Avenue at 11:30 a.m.** Please call Marilyn Hilen at 575-1480 so we can make the reservation.

### The Spirituality of Writing

A 6-week Class  
Sundays after church  
Jan. 7, 14, 21, Feb. 4, 11, 18

Discover the writer in you or  
Continue a writing project.

11:30 am  
Sunday  
School  
Rooms

### SAVE THE DATE!

**MAR. 3—CUB SCOUTS PANCAKE BREAKFAST**

**MAR. 9—PARENT NIGHT OUT 5:30-7:30 PM**

**MAR. 11—CONCERT: NO. BAY SINFONIETTA**

Join the  
**BOOMERS**  
**SRJC PLANETARIUM**  
**Friday, February 2nd at 6:00 pm**



**Book Club Thurs. Feb. 15  
3:30 p.m.**

**The Optimist's Daughter  
by Eudora Welty**

**A Pulitzer Prize winning novel  
by one of America's best storytellers.**

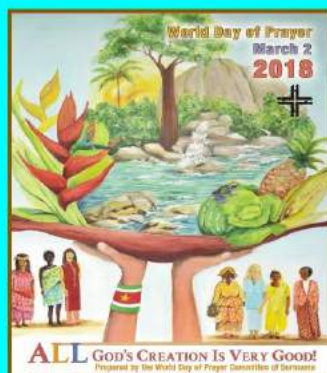
**THURSDAYS  
NOON HOUR OF  
PRAYER  
AND  
ENCOURAGEMENT**



Presbyterian Women  
Tuesday February 21  
Bible Study 10:30 a.m. Lesson 6

### Salad Potluck Lunch at Noon

Join us for Study, Food and Fellowship



**World Day of Prayer  
Friday March 2 2:00 - 4:00 p.m.**

**Community Church of Sebastopol  
1000 Hwy. 116 North  
Sebastopol, CA**



**Favorite Film Series  
Thurs. Feb. 22 2:00 PM**

**Chocolat**  
**About Chocolate  
and Lent!**

Juliette Binoche, Judi Dench, Alfred Molina & Johnny Depp



**PAINTER - ARTIST**  
 Marjorie Murray-Cortez  
**707-527-7250**  
 mmurraycortez@att.net  
 mmurraycortezfineart.com




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**Since 1875**  
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Our Monthly Newsletter is printed professionally, thanks to the support of the folks whose ads can be found on this page every month. Please show your appreciation for their support by patronizing these businesses.

**Thank You.**



# HEALTH MINISTRY

**DON'T MISS OUR SUNDAY FORUM**

**FEB. 25th 11:30 AM**

**SACRED HEALTH DOCUMENTARY**

## Breath and Movement for our Health

**By Felipa Jones**

Throughout history, different civilizations and health traditions have incorporated breath and movement in promoting wholeness and well-being. Many religious traditions combine prayer with movement and breath, in order to magnify the prayer experience. Some examples are dancing, whirling, using hand movements, singing, or they can be simple hand gestures and motions as we pray.

Learning to breathe and move properly are crucial factors in keeping up with our physical, emotional, mental and spiritual health, especially as we slow down with aging. We are our bodies' keepers, largely responsible for our own health. No better way to do this but by being in touch with ourselves, and respecting our inner guide.

We are blessed to have access to such wonderful forms of breathing and movement in the Tai Chi and Qi Gong classes offered at our church. Both forms use breath and movement to promote health. There are numerous proven and accepted benefits (American Medical Association, American Psychological Association, etc.) derived from these health practices.

Some examples that we use in Qi Gong include the following:

- Stretching our arms out to the sides: "I release and let go of all problems, worries, fears, and pain."

Bringing the arms back close to our body, or with outstretched hands reaching up toward the sky: "I open myself up to and absorb healing golden light and energy from the universe, from God." If you have not had a chance to participate or

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For Hens and a Rooster **\$522.00**  
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**Sonoma County Habitat for Humanity**  
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**Doctors Without Borders**  
For more medical supplies to help sick people around the world. **\$740.00**



**Door of Faith Orphanage in Baja, CA, Mexico**  
For children's books **\$380.00**  
For supplies for babies. **\$252.00**



**Siloe Community Wellness Center, Baja CA, Mexico**  
For medical supplies **\$255.00**  
For new building fund **\$226.00**



**Thank you, Thank You, Thank You!**

check them out, please do so. Everybody can participate as able, regardless of any health restrictions or need to use medical equipment. The classes are free, with a suggested donation. The classes have been ongoing for several months, and we have a membership that is quite varied and very caring - church members and non-church members, male and female, ages 65 through 96. The teachers are very caring, experienced and knowledgeable. Individual progress and needs are unique and respected. Everybody goes at their own pace - no rush, no judgment, no comparison. Just be present and do what feels natural to your body.

Besides promoting improved communication between body, emotions, mind, and spirit, there are numerous advantages derived from these classes. Some of these include improvement in circulation to all body organs, flexibility, balance (and less chances of falling), overall sense of well-being, clarity of mind, and overall strength and stamina. Along with these wonderful gifts there is often less pain and discomfort. With regular participation, there is not also improved physical health, but also improved emotional, mental and spiritual health, with a renewed sense of joy, peace, and calmness.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>February 2018</b>				<b>1</b> <b>7 AM</b> MHS Breakfast <b>12:00 PM</b> Committee on Ministry <b>12:00 PM</b> Noon Hour of Prayer (not in Rose Rm) <b>6:00 PM</b> Bells pt. <b>7:30 PM</b> Choir prac.	<b>2</b> <b>Groundhog Day</b> Office Closed <b>7 AM</b> MHS Breakfast <b>6:00 PM</b> BOOMERS at SRJC Planetarium <b>7:00 PM</b> Korean Youth Group	<b>3</b> <b>6:30 AM</b> Korean Prayer <b>10:30 AM</b> Tai Chi <b>1:00 PM</b> Don Morse Memorial in Rose Rm. <b>5:00 PM</b> Voyagers Rummikub
<b>4</b> <b>Boy Scout Sunday</b> <b>8:00 AM</b> Korean Worship <b>9:00 AM</b> Learn Ukulele <b>10:00 AM</b> Worship <b>11:30 AM</b> The Spirituality Of Writing Class <b>6:30 PM</b> Sacred Space Evening Service	<b>5</b> <b>7:00 AM</b> MHS Breakfast <b>10:30 AM</b> New Testament Video Class <b>12 PM</b> Qi Gong <b>7:00 PM</b> Boy Scouts	<b>6</b> <b>7 AM</b> MHS Breakfast <b>8:30 AM</b> B&G <b>10 AM</b> PW Coordinating Mtg <b>12:30 PM</b> Fellowship <b>12:30 PM</b> Personnel <b>1:30 PM</b> Membership Mtg. <b>7:00 PM</b> Stephen Ministry	<b>7</b> <b>7:00 AM</b> MHS Breakfast <b>10:30 AM</b> Staff Mtg. <b>7:00 PM</b> How Jesus Became God - Video Class	<b>8</b> <b>7:00 AM</b> MHS Breakfast <b>12:00 PM</b> Noon Hour of Prayer <b>6:00 PM</b> Bells practice <b>7:00 PM</b> Girl Scouts <b>7:30 PM</b> Choir prac.	<b>9</b> Office Closed <b>7:00 AM</b> MHS Breakfast <b>7:00 PM</b> Korean Youth Group	<b>10</b> <b>6:30 AM</b> Korean Prayer <b>10:30 AM</b> Tai Chi
<b>11</b> <b>Transfiguration Sunday</b> <b>8:00 AM</b> Korean Worship <b>9:00 AM</b> Learn Ukulele <b>10:00 AM</b> Worship - Transfiguration Sunday <b>11:15 AM</b> S.S. Team Planning <b>11:30 AM</b> The Spirituality Of Writing Class	<b>12</b> <b>NO BREAKFAST</b> <b>10:30 AM</b> New Testament Class <b>12 PM</b> Qi Gong <b>7:00 PM</b> Boy Scouts	<b>13</b> <b>7:00 AM</b> MHS Breakfast <b>8:30 AM</b> B&G <b>10 AM</b> PW Quilt Sewing <b>6:00 PM</b> Deacon's	<b>14</b> <b>Valentine's Day</b> <b>7 AM</b> MHS Breakf. <b>10:30 AM</b> Staff <b>12:30 PM</b> <i>Volunteer Appreciation Luncheon</i> <b>5:30 PM</b> <i>Ash Wednesday Service</i>	<b>15</b> <b>7:00 AM</b> MHS Breakfast <b>12:00 PM</b> Noon Hour of Prayer <b>3:30 PM</b> Book Club <b>6:00 PM</b> Bells practice <b>7:30 PM</b> Choir prac.	<b>16</b> Office Closed <b>7:00 AM</b> MHS Breakfast <b>11:30 AM</b> Ladies Who Lunch <b>7:00 PM</b> Korean Youth Group	<b>17</b> <b>6:30 AM</b> Korean Prayer <b>9:30 AM</b> Handicapped <b>10:30 AM</b> Tai Chi <b>1:00 PM</b> Event set-up <b>5:00 PM</b> Blue & Gold Dinner PAC 333
<b>18</b> <b>8:00 AM</b> Korean Worship <b>9:00 AM</b> Learn Ukulele <b>10:00 AM</b> Worship <b>11:30 AM</b> The Spirituality Of Writing Class <b>2:00 PM</b> <b>Free Community Concert: An Afternoon of Vocal Music benefits F.I.S.H. Food Pantry - Four For His Glory, Maria Carrillo Jazz Choir, Maria Carrillo Song Birds</b>	<b>19</b> <b>NO BREAKFAST</b> <b>Presidents' Day</b> <b>10:30 AM</b> New Testament Class <b>12 PM</b> Qi Gong <b>7:00 PM</b> Boy Scouts	<b>20</b> <b>7 AM</b> MHS Breakfast <b>8:30 AM</b> B&G <b>10:30 AM</b> PW Bible Study & Luncheon <b>5 PM</b> Finance Mtg. <b>5:30 PM</b> Worship Committee <b>7:00 PM</b> Christian Edu. Mtg. <b>7:30 PM</b> Boy Scouts	<b>21</b> <b>7:00 AM</b> MHS Breakfast <b>10:30 AM</b> Staff Mtg. <b>5:30 PM</b> Soup Supper <b>6:30 PM</b> Lenten Study	<b>22</b> NEWSLETTER items due <b>7:00 AM</b> MHS Breakfast <b>12:00 PM</b> Noon Hour of Prayer <b>2:00 PM</b> Favorite Film Series <b>6 PM</b> Bells practice <b>7:00 PM</b> Girl Scouts <b>7:30 PM</b> Choir prac.	<b>23</b> Office Closed <b>7:00 AM</b> MHS Breakfast <b>7:00 PM</b> Korean Youth Group	<b>24</b> <b>6:30 AM</b> Korean Prayer <b>10:30 AM</b> Tai Chi <b>4:00 PM</b> Narcotics Anonymous Women's Group
<b>25</b> <b>6:00 AM</b> Troop 32 Annual Pancake Breakfast <b>8:00 AM</b> Korean Worship <b>9:00 AM</b> Learn Ukulele <b>10:00 AM</b> Worship <b>11:15 AM</b> Healthy BP Screenings <b>11:30 AM</b> <i>Forum: Sacred Health Documentary</i>	<b>26</b> <b>7 AM</b> MHS Breakfast <b>10:30 AM</b> New Testament Class <b>12:00 PM</b> Qi Gong <b>7:00 PM</b> Boy Scouts <b>7:00 PM</b> Pre-school Board Mtg.	<b>27</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>7:00 PM</b> Session Mtg.	<b>28</b> <b>7 AM</b> MHS Breakfast <b>10:30 AM</b> Staff Mtg. <b>5:30 PM</b> Soup Supper <b>6:30 PM</b> Lenten Study	<b>1</b> <b>7 AM</b> MHS Breakfast <b>12:00 PM</b> Committee on Ministry <b>12:00 PM</b> Noon Hour of Prayer (not in Rose Rm) <b>6:00 PM</b> Bells practice <b>7:30 PM</b> Choir prac.	<b>2</b> Office Closed <b>World Day of Prayer</b> <b>7:00 AM</b> MHS Breakfast <b>5:00 PM</b> Set-up for event (time?) <b>7:00 PM</b> Korean Youth Group	<b>3</b> <b>6:00 AM</b> Pancake Breakfast PAC 333 Cub Scouts <b>6:30 AM</b> Korean Prayer <b>10:30 AM</b> Tai Chi



# UPCOMING EVENTS

Soup Suppers at 5:30  
Wednesdays Feb. 21- Mar. 21

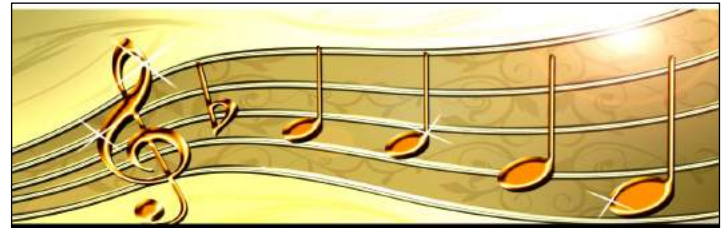
**LENT**  
A TIME TO PREPARE

A Study on Mark's Gospel  
With Pastor Cindy at 6:30

**Voyagers**  
**February Fun Nite**

Friendly Folks!  
Tasty Appetizers!  
Delectable Desserts!  
Fun and Games!

Saturday Feb. 3  
5:00 p.m.



*Singing for Their Supper*

*An Afternoon of Vocal Music  
to Benefit F.I.S.H. Food Pantry*

**SUNDAY, FEB. 18, 2018**

**2:00 PM**

♦ **FOUR FOR HIS GLORY**  
**MARIA CARRILLO H.S.**

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♦ **SONG BIRDS**

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