

PRESBYTERIAN CHURCH OF THE ROSES

Reaching Out With Nurturing Love to All God's People



Rose Clippings

NEWSLETTER | JULY/AUGUST 2017 | VOL. 55 NO. 7



MEXICO SERVICE TEAM 2017! (Guy Cottle, Cassie Carroll, Chris Rhodes, Kim Seamans, Brian Smith, Eddie Seamans, Ashley Smith)



VACATION BIBLE SCHOOL 2017 WAS A SUCCESS! THANK YOU TO ALL OF THE VOLUNTEERS WHO MADE IT HAPPEN!



Our very dear and dedicated volunteer, **Margie Donaldson**, celebrating her 91st birthday.
HAPPY BIRTHDAY MARGIE!!!

WWW.CHURCHOFTHEROSES.ORG

Sacred Space

FIRST SUNDAYS
OF THE MONTH

6:30-7:30PM

ENTER THROUGH PARKING LOT



6 pm

SUMMER MOVIE NIGHTS

July 12 Whale Rider (2002)

August 9 Pollyanna

Masterpiece Theater (2003)

POPCORN & ICE CREAM

Ask about drop off option!

Enhancing your Spiritual Life in the Summertime

by Pastor Cindy

"It is the unseen and the spiritual in people that determines the outside and the actual." (Oswald Chambers)

Even though we are super blessed to have wonderful weather year round in Sonoma County, summertime is a perfect time to slow down and focus on enhancing our spiritual lives. So why not use these next few months to intentionally enhance our relationship to God in creative ways. Here are six ways to enhance your spiritual life and lift up your soul:

1. Try Tai Chi

We have a free class every Saturday morning at 10:30am in Bowen Hall. Tai Chi is good for your balance, and strengthens your body, mind, and spirit with a slow flowing martial art exercise regime. A study in Portland showed that elderly individuals who practiced Tai Chi showed significant improvement in all measures of functional balance, physical performance, and reduced fear of falling after practicing it twice a week for 6 months. 250 million people around the world (2.5 million in the U.S.) practice Tai Chi. Our instructor, David Chung, teaches a meditative form of Tai Chi to help the mind feel peaceful. Peaceful feelings improve health in body, mind, and spirit.

2. Get outside

Nature is God's workshop. The sky is God's resume. You want to know who God is? See what God has created. Nature is healing. Walk through the forest or around the lakes at Spring Lake and Howarth park. Go to Bodega and watch the waves crash onto the shore. Sit outside in the night air and listen to the crickets. Listen for

God's message to your soul through nature.

3. Feed your soul

Feed your soul with uplifting spirit enhancing books. Here are a few suggestions:

* *The Road Less Traveled: A New Psychology of Love, Traditional Values and Spiritual Growth* By M. Scott Peck.

"To proceed very far through the desert, you must be willing to meet existential suffering and work it through. In order to do this, the attitude toward pain has to change.....everything that happens to us has been designed for our spiritual growth." — Dr. M. Scott Peck

* *The Art of Happiness, A Handbook for Living.* Psychiatrist Howard Cutler sits down with the Dalai Lama to ask him life's deepest questions. Learn the answers to timeless questions such as: Why is there so much suffering in the world?

"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."—Dalai Lama.

* *Outlive Your Life* by Max Lucado.

"There's a lot of wisdom in the phrase: *No one can do everything, but everyone can do something.* It's when we try to do everything, that's when we get overwhelmed. When we do nothing, that's when we get bitter. But if we can find that one thing we do – that one unique assignment in our hometown or around the world – that's the way we keep sanity in a difficult culture." – Reverend Max Lucado.

4. Memorize to boost your spiritual brain!

Many of us have favorite hymns we sing to ourselves or Psalms memorized that remind us of God's presence. If you haven't memorized Psalm 23 and Psalm 100, I recommend starting there. Psalm 139 also reminds us that God's Holy Spirit will go with you wherever you may go. Also it is good to memorize the words to favorite hymns like: *How Great Thou Art!* *Precious Lord, Take my Hand, What a Friend We Have in Jesus*, and *Just a Closer Walk with Thee*. Memorize these hymns to keep pondering their reassuring words. Your brain and soul will automatically be uplifted!

5. Take a fast from drama

Watching brain-draining gossipy shows on TV, feeding into the latest gossip at coffee hour, dwelling on the annoying things our family members do, all cause us to feel depressed and stressed. Get yourself away from negative people and negative critical comments. Find people and activities that uplift you rather than drag you down. **"Be less curious about people and more curious about ideas."** Marie Curie and Psalm 34:13 says: **"Keep your tongue from evil and your lips from speaking deceit."**

6. Pray in a new way

The Presbytery of the Redwoods leadership cohorts are planning to pray in our meetings using the ancient form of prayer called **Centering Prayer**. Father Thomas Keating has promoted this form of prayer for many years. I taught Centering prayer in my resilience project for my Doctorate of Ministry in Science and Theology. Research proves that this contemplative form of prayer, if done on a regular basis, will enhance your resilience status.

For training on how to do Centering prayer read: ***Centering Prayer and Inner Awakening*** by Cynthia Bourgeault. For a training video see: <https://www.contemplativeoutreach.org/category/category/centering-prayer>

Receive this blessing as you enhance and uplift your soul this summer.

"May God bless you and keep you, May God smile on you and be gracious unto you, May God look you full in the face and help you prosper and be peaceful from this day on and forevermore."

(Numbers 6, 24-26, The Message)



Convene. Empower. Act.

Pastor Cindy Alloway has been accepted into the Santa Rosa Metro Chamber's 34th Leadership Class. The Leadership Santa Rosa program encourages greater community involvement by identifying and developing effective Sonoma County leaders who will help create a spirit of cooperation for the resolution of community challenges.

The program is designed to meet these challenges during a series of 10 full-day, interactive seminars. Each day focuses on a distinct topic, during which participants gain knowledge of the history, obstacles and hands-on experience with important issues.

Buying Gifts on Amazon?

Remember to go to smile.amazon.com we can get .5% donated from Amazon.

Choose us as your charity!

NEW OFFICE HOURS

Mondays 9 am – 3 pm
Tuesdays 9 am – 3 pm
Wednesdays 9 am – 3 pm
Thursdays 10 am – 2 pm
Fridays CLOSED



GUEST PREACHER On Human Trafficking August 20th

Betty Delaney is a native of San Francisco. An elder at Ingleside Presbyterian Church in San Francisco, she was just elected Moderator of Presbyterian Women in the Presbytery of San Francisco. Her hobbies include writing, scrapbooking, reading, gardening and sewing.

A member of the Synod of the Pacific's planning committee for the 2016 USA Experience, Betty was the committee's representative to this experience. She recognizes the importance of advocating on behalf of people impacted by the themes of The USA Experience (immigration, domestic violence, and human trafficking).



Wait for it.....

Deacon Buddy Day on "Kickoff Sunday", September 17. We will meet in Bowen Hall after the service. Each deacons will have his/her buddies gather

together at the deacon's designated table for fun and fellowship.

YOU CAN BE A SUPER HERO!

Help send shoes to impoverished nations while raising funds for the Boys & Girl's Club! Gently used shoes are accepted. (No holes or soles falling off. No skates or snow boots.) Tie laces together or if unlaced try to keep them together.

Their goal of 5,000 pairs of shoes by August 14th would result in a check for \$2,000 from Funds2Orgs, which will be used for Fall programming.



Committee Updates

WORSHIP

Join us for a 4th of July celebration during worship on July 2nd! Wear red, white, and blue! This will be the last service led by the choir until September, so we have planned a great send-off for ourselves! However, we will continue to be around during the summer, just not leading the worship. Services in July and August will include special music by choir members and others. Sign up with Barbara McElroy if you want to provide special music during worship this summer.

Sunday evening contemplative worship will be held on the evenings of July 2nd and August 6th at 6 p.m. in a transformed space within Bowen Hall. Please enter from the parking lot. This Sacred Space includes music, prayer, and individual contemplative activities. Those who attended in June found the service relaxing and inspiring. Please join us.

Kick-off Sunday will be September 17th. Among the recommendations brought to our committee is an interest in including more drama and dance in our services. If you are interested, see Kay Young, Pastor Cindy, Barbara McElroy, or anyone else on the Worship Committee (Ellen Marks, Nancy Taylor, Felipa Jones, Margie Cortez, and Kay Vick)

MEMBERSHIP

The next new member class is scheduled for July 16th following the church service and lunch will be provided. We currently have 6 or 7 people interested. Please see Bill, Cassie, or anyone of our committee members if you know of someone who may be interested. Our next committee meeting is August 1st.

BUY A PCOR T-SHIRT!

BUILDINGS & GROUNDS

Our church community garden is starting to produce some summer squash, so please help yourself! The tomatoes are doing very well and should be ready in a couple weeks, along with basil.

Steve Fenner, Chair

ROSEBUD PRESCHOOL

Summer has arrived at the preschool. We have enjoyed our first salad from our garden. We keep watch for weeds and pests and have been watering diligently during the hot weather. During our week off, the school was scrubbed top to bottom. Although delayed, our new cubbies arrived and we now meet the new state standards so that personal items are not mingled. We also added a new science cart and new math materials. The ladybug number match game is a big hit. We look forward to lots of water play, bubbles and tomatoes! We have new children starting throughout the summer and never know exactly which combination of kids that will be at school each day because of vacations and drop in days. It keeps the days fresh and interesting.

Susan Jenkins, Director

CHRISTIAN EDUCATION

THANK YOU TO ALL OF OUR VBS VOLUNTEERS! The kids had a great time!

DEACONS

On June 13, 2017 during our Deacons Meeting, we had the opportunity to have **Eartha McConnell** from **CASA (Court Appointed Special Advocates)** who provided us with information regarding CASA of Sonoma County.

CASA is a non-profit community organization that provides volunteer advocacy services to children who are under Juvenile Court Jurisdiction (i.e. foster care, adoption services, and juvenile delinquency).

The purpose of the CASA program is to humanize the complex child welfare system for the child victim by providing a trained volunteer who will act as a consistent role model, advocate, and potential life connections. This volunteer would explore and recommend resource options available to the child and offer the child guidance in understanding and dealing with the unfamiliar and child welfare systems.

The CASA goals are to advocate vigorously for the rights of abused and neglected children in Sonoma County ensuring that all reasonable efforts have been made for a child at every stage of the court dependency process, and to improve the quality of information presented to the Juvenile Court, on behalf of the child, by informing the court of the child's adjustment and state of mind by gathering relevant information and making appropriate case recommendations documented in a written court report.

The CASA program provides representation without charge to children between the ages of birth to twenty-one, who have been adjudged dependent children of the court. CASA of Sonoma County started in 1996 and is one of 900 nationwide programs, 42 of which service California.

CASA has an annual budget of \$410,000.00 and are funded by private means (events, grants, corporations, and individual donors). The funds are used to recruit, screen, train, place, and supervised the advocate mentor-mentee match.

CASA is proud that only fifteen cents out of every dollar donated goes to administrative overhead leaving eighty-five cents of every dollar for direct client services. For further information regarding CASA of Sonoma County visit www.sonomacasa.org

Robert Cortez, Deacon

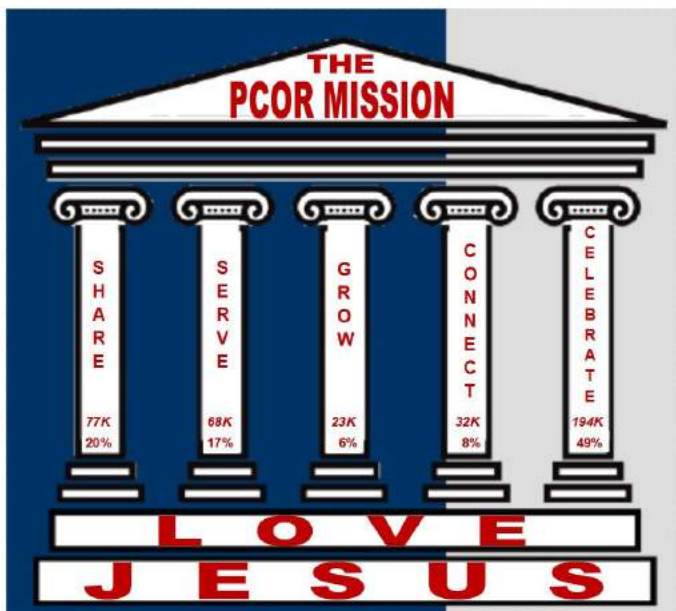
PERSONNEL

The Personnel Committee wants to wish all a happy and safe vacation season.

We will be taking July off and back to it in August.

Jim Taylor, *Chair*

**MHS BREAKFAST
RESUMES
TUESDAY,
AUGUST 15th!**



Thank you to all who are contributing to our beloved Church of the Roses. The many ministries that you are supporting are very valuable, not only to our church members but also to our whole community! You keep our life-giving outreach going to the people in need in Santa Rosa by giving to our church. When your monies are donated you help sustain:

1. Our staff who are supporting and reaching out daily to youth, young adults, young families, and the elderly and homebound.
2. Our partnership with the Boys and Girls club to provide snacks for over 180 kids daily this summertime.
3. Our support of our Boy Scout Troop 135.
4. Our week long VBS for 20 children from our neighborhood who came daily for spiritual inspiration and God's love through the Christian Ed. committee's team of volunteers.
5. Our Buildings and Grounds committee supplies for repair and maintenance of our church facility and community garden through the gifts and talents of our members.

And many many more ways your monies show support and give much needed food, love, and attention to those who show up at our front office doors daily.

Thru May revenue (collections) are behind budget. Expenses remain in line with budget. The small cash deficit (expenses higher than revenue) is absorbed by using up more of our operating reserves. After the June financials are prepared we will be mailing out (or emailing) statements so our

Finance Update

members will know where they stand with respect to making their pledge payments. For non pledgers, but consistent givers, if you can try to give more consistently throughout the year that would be terrific. Non-pledgers seem to give the most at the end of the year and while these gifts are valued, it would be wonderful if they came in throughout the year to provide a more even cash flow for church operations.

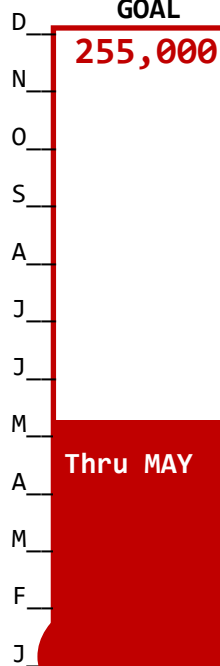
Finance Committee will meet in July but take off the month of August. We will also be making another plea for members to contribute (outside their pledge) the \$30/member which is the "per capita" assessed to all churches in PCUSA and remitted to them as well. Amounts not provided by our members for the "per capita" assessment must come out of our operating funds. About 55% of our "per capita" assessment is contributed by our members. Anyone who has not historically provided us their \$30 per capita but after this delightful appeal chooses to begin making this payment, will be treated to a free breakfast on Tuesdays during the school year at 6:30AM! See me for details and reservations!

Chris Nelle, Finance Committee Chair

GOAL

PLEDGE
GOAL

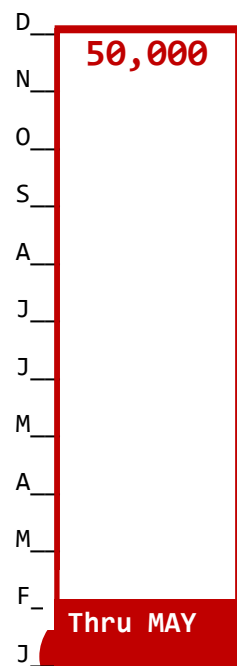
255,000



GOAL

UNPLEDGED

50,000



Following along with our Health Ministry's goal of enhancing the health and well-being of our congregation and community, outdoor safety is our theme for July and August. These are months to remember to protect yourself and your family when outdoors!

1. **Remember your Sun Screen spf 30 or better** and reapply every two hours and after swimming.
2. **Prevent mosquitoes and their bites** by looking for and removing sources of standing water on your property.
3. **Stay well hydrated** when out in the sun. Any time you exercise in extreme heat or for more than one hour, supplement water with a sports drink that contains electrolytes and 6 - 8% carbohydrates. This balances your sodium and other electrolyte levels and prevents low sodium which could be associated with drinking large amounts of water alone.
4. **Consider water safety** if you have a pool or outdoor water feature. Are your fences and gates secure?
5. **Be sure fireworks are safe**, supervised and sane. Better yet, sit back and watch a professional display. Don't walk distracted by talking on your cell phone! Cell phone distracted walking is a huge problem, and rarely are we more vulnerable than when walking, crossing streets and negotiating traffic.
6. Before gardening, camping, hiking, or just playing outdoors, make **preventing tick bites** part of your plans. (See the article below on Lyme Disease written by Felipa Jones).

TICKS AND LYME DISEASE

HOW CAN YOU GET LYME DISEASE?

You can get Lyme from the bite of an infected *Ixodes* tick. Ticks are most infectious in their nymphal or immature form—very small, poppy-seed size; hard to see; bite is usually painless, so it's easy to miss a bite. When a tick attaches to the skin, it can feed for days. The longer it stays on, the more likely it will transmit Lyme and other pathogens. There are many different types of ticks—at least 84 species in the U.S. Lyme can be transmitted in pregnancy from mom to baby or cause a loss. Current research suggests the possibility of sexual transmission.

LYME STATISTICS

Lyme exists worldwide except in Antarctica. It's found throughout the US, especially in the East, Midwest, and West Coast. Not all ticks are infected; tick infection rate varies in different areas.

Dr. Burrascano says, "*Ticks are the dirty needles of nature.*" Ticks not only transmit Lyme, but many other pathogens co-infections). Ticks are usually coinfecting with up to 5 different pathogens. Lyme disease is the fastest growing vector-borne disease in the US, with estimated cases of over 300,000 per year. Lyme disease is 6 times more common than HIV/AIDS, 20 times more than hepatitis C, and 30 more times than tuberculosis.

Better diagnostics, climactic changes (warm wet weather), reforestation and population increases of mice/deer (tick hosts), tick expanded range and population, and lack of adequate prevention all contribute to this increase.

WHAT ARE THE SYMPTOMS OF LYME DISEASE?

Lyme has been called, "*The new great imitator*", because it mimics so many other diseases (the first great imitator was syphilis).

Early Lyme Disease may present as flu-like illness—fever, chills, sweats, muscle aches, fatigue, nausea and joint pain. May have a rash or Bell's palsy (facial drooping); however, the bull's-eye shaped rash only occurs in 30-80% of people. Other symptoms include neck pain and sleep problems.

Late, chronic or persistent Lyme disease often occurs if Lyme is not diagnosed, treated early, or adequately treated. Symptoms are more severe; include more body parts and organs. These include fatigue, headache, other pain, arthritis, sleep problems, cognitive issues, joint pain, muscle pain, mood problems, depression, neurological problems, cardiac problems (including sudden cardiac death). Symptoms overlap those of other chronic conditions, like chronic fatigue, fibromyalgia, rheumatoid arthritis, multiple sclerosis, Parkinson's disease, ALS, depression and Alzheimer's disease. This often leads to misdiagnosing, delay in diagnosis and treatment, and progression of untreated disease.

PREVENTING LYME DISEASE

Avoid tick habitat (near the ground, leaf litter, grasses, bushes, and fallen logs). When hiking, stay on clear trails, don't walk across grassy fields.

Dress defensively – Wear shoes, socks, long pants, long sleeves; tie back long hair, and wear a hat. It is easier to see ticks on light colored clothing.

Purchase clothes pre-treated with permethrin at outdoor stores that repel ticks and last through 70 washing, or you can buy permethrin and spray your clothes (lasts through 5 -6 washings). Must treat both inside and outside of clothes, as well as spray

footwear.

Use repellent on exposed skin – DEET, picaridin, or lemon eucalyptus oil

Check for ticks – When outdoors, periodically inspect your clothes and skin, brush off any unattached ticks, and remove any attached.

Shower – When you get home, take a shower right away. Feel for bumps (may be embedded ticks) especially in hidden places (groin, armpits, back of knees, belly button, scalp).

Hot dryer – Before washing clothing, run them in a hot dryer for ten minutes to kill any ticks lingering around.

Protect pets – Ticks can infect dogs and cats, and need tick protection.

Remove any imbedded ticks – Don't squeeze, twist, squash, burn with a match, or cover with Vaseline. Use fine point tweezers or a special tick removing tool. Grasp tick as close to skin as possible. If you don't have tweezers, protect your fingers with a tissue. Pull the tick straight out with steady, even pressure. Disinfect the bite area and wash your hands.

Save the tick for testing. Best if still alive, Save in a small bottle or plastic bag with a green leaf or damp piece of tissue. Label it with your name, date, site of the bite and how long tick was attached. You can take it with you to the Public Health Department for free tick testing.

Reduce ticks on your property – prune trees, clear brush, remove litter, mow grass short, and let it dry well between watering. Move shrubbery and overgrowth farther away.

Make your property unattractive to animals that are hosts to ticks. Avoid birdfeeders, birdbaths, and salt licks, fence your property, clear away woodpiles, garbage, and leaf piles, remove stonewalls and treat your property chemicals.

References

Lymedisease.org

Lyme disease symptom checklist by Lymedisease.org
New Treatment Guideline by International Lyme and Associated Disease Society

Lyme-literate MDs (LLMD) mentioned Dr. Raphael Stricker, Dr. Robert Burrascano, Dr. Richard Horowitz
The Tick Management Handbook – by lymedisease.org

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DISCOUNT to Church of the Roses
10% on Wednesdays
Must be 45 and older.

Prayer Requests

Please include in your prayers

Those mourning the loss of a friend or family member

- ◆ Please pray for the family of Julie Marquette who passed away recently.
- ◆ Please pray for the family of Randy Pierce who passed away on March 20, 2017.
- ◆ Please pray for the family of Ba Hoff who passed away on March 14, 2017.
- ◆ Please pray for the family of Pede Shelton as they mourn her passing. March 9, 2017.
- ◆ Please pray for the family of Bill St. John whose father passed away March 1, 2017.
- ◆ Please pray for the family of Frances Brown who passed away on Nov. 19, 2016.

Those facing health issues

John Baker
Judy Bello
Bob Bunting
Helen Burns
Vern Cooper
Jackie Del Carlo
Alice Crouch
Ray Foreaker
Wendy Galde
Marilyn Hilen
Sarah Hilen
Jennifer Hubert
Donald Kram

Helen MacKenzie
Ted McCarthy
Jason Montsier
Lucrecia Muñoz
Marie Patchin
Albert Reil
Virginia Rylett
Pamela Sage
Joy Steele
Rhonda Patton Knoles
Bob Simmons
Ines Teague
Bob Weber

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, Ed and Dale Loranger serving in Afghanistan.



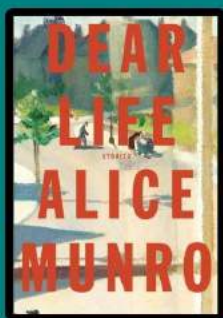
Deep Breathing
Mindfulness
Strengthening
Improves Balance
Better Sleep
Fights Depression
Lowers Blood Pressure
Clears the Mind
Energizes
Relieves Pain

Tai Chi

with David Chung

Saturdays
10:30 am - 11:30 am

Presbyterian Church of the Roses
(enter through the parking lot)



Book Club
Thurs. Aug. 17 3:30 p.m.

Dear Life: Stories by Alice Munro

The essence of a life in brief and
timeless stories

Copies in the Library

VOYAGERS CLAM CHOWDER in BODEGA BAY!

It's almost time for the Voyagers' clam chowder event at Bodega Bay! The date is **Saturday, September 16, 2017, starting at 4:00 p.m.** at the home of Gene and Carole Michel, 190 Starboard Court, Bodega Bay. Gene and Carole will be preparing all the food, so members **do NOT need to bring clam chowder** this year. There will be a per person charge to cover the cost of the food. Coffee, hot tea and ice tea will be provided. Please bring any special beverages you may wish to drink.

Attendance will be limited to 40 people. Callers will be calling members of Voyagers with more details and to make reservations.

Any questions, call Gene and Carole:

542-5572 in Santa Rosa;

875-9878 in Bodega Bay.

THURSDAYS NOON HOUR OF PRAYER AND ENCOURAGEMENT


EVERY DAY IS A NEW DAY



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 mmurraycortez@att.net
 mmurraycortezfineart.com



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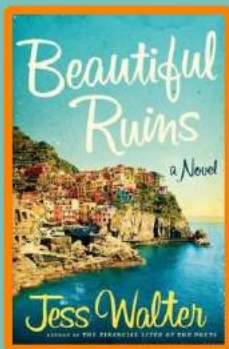
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Thank You.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY 2017 HAPPY FOURTH OF JULY! Be Safe!				29 12:00 PM Noon Hour of Prayer 6:00 PM Bells Practice 7:30 PM Last Choir Practice	30 Office Closed 11:30 AM Widow Support @ Colibri Grill 7:00 PM Korean Youth Group	1 6:30 AM Korean Prayer 10:30 AM Tai Chi
2 8:00 AM Korean Worship 9:00 AM Learn Ukulele 10:00 AM Worship - Independence Day 11:30 AM Young Adult Lunch 6:30 PM <i>Sacred Space Evening Service</i>	3 Office and Pre-school CLOSED 10:00 AM Senior Exercise 7:00 PM Boy Scouts	4 Independence Day Office and Pre-school CLOSED	5 10:30 AM Staff Mtg.	6 12:00 PM Committee on Ministry 12:00 PM Noon Hour of Prayer	7 Office Closed 11:30 AM Widow Support @ Colibri Grill 7:00 PM Gamblers Anonymous? (tbd) 7:00 PM Korean Youth Group	8 6:30 AM Korean Prayer 10:30 AM Tai Chi
9 8:00 AM Korean Worship 9:00 AM Learn Ukulele 10:00 AM Worship 11:30 AM Sunday Forum: <i>CUBA with Don Marshall</i>	10 10:00 AM Senior Exercise 7:00 PM Boy Scouts	11 8:30 AM Buildings & Grounds 10:00 AM PW Coordinating Mtg	12 10:30 AM Staff Mtg. 6:00 PM <i>Family Movie Night "Whale Rider"</i>	13 12:00 PM Noon Hour of Prayer	14 Office Closed 11:30 AM Widow Support @ Colibri Grill 7:00 PM Gamblers Anonymous? (tbd) 7:00 PM Korean Youth Group	15 6:30 AM Korean Prayer 9:30 AM Handicapped 10:30 AM Tai Chi
16 8:00 AM Korean Worship 9:00 AM Learn Ukulele 10:00 AM Worship	17 10:00 AM Senior Exercise 7:00 PM Boy Scouts	18 8:30 AM Buildings & Grounds 5:30 PM Finance 7:30 PM Boy Scouts	19 10:30 AM Staff Mtg.	20 12:00 PM Noon Hour of Prayer 3:30 PM Book Club	21 Office Closed 11:30 AM Widow Support @ Colibri Grill 7:00 PM Gamblers Anonymous? (tbd) 7:00 PM Korean Youth Group	22 6:30 AM Korean Prayer 10:30 AM Tai Chi
23 8:00 AM Korean Worship 9:00 AM Learn Ukulele 10:00 AM Worship 11:15 AM Healthy BP Screenings	24 10:00 AM Senior Exercise 7:00 PM Boy Scouts 7:00 PM Preschool Board Meeting	25 8:30 AM Buildings & Grounds	26 10:30 AM Staff Mtg.	27 12:00 PM Noon Hour of Prayer 2:00 PM Favorite Film Series	28 Office Closed 11:30 AM Widow Support @ Colibri Grill 7:00 PM Gamblers Anonymous? (tbd) 7:00 PM Korean Youth Group	29 6:30 AM Korean Prayer 10:30 AM Tai Chi 12:00 PM Eagle Award Ceremony
30 8:00 AM Korean Worship 9:00 AM Learn Ukulele 10:00 AM Worship	31 10:00 AM Senior Exercise 7:00 PM Boy Scouts	1 8:30 AM Buildings & Grounds 12:30 PM Fellowship Meeting 1:30 PM Membership Meeting 7:00 PM Stephen Ministry	2 10:30 AM Staff Mtg.	3 12:00 PM Committee on Ministry 12:00 PM Noon Hour of Prayer	4 Office Closed 11:30 AM Widow Support @ Colibri Grill 7:00 PM Gamblers Anonymous? (tbd) 7:00 PM Korean Youth Group	5 6:30 AM Korean Prayer 10:30 AM Tai Chi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>August 2017</div>		1 8:30 AM Buildings & Grounds 12:30 PM Fellowship Meeting 1:30 PM Membership Meeting 7:00 PM Stephen Ministry	2 10:30 AM Staff Mtg.	3 12:00 PM Committee on Ministry 12:00 PM Noon Hour of Prayer	4 Office Closed 11:30 AM Widow Support @ Colibri Grill 7:00 PM Gamblers Anonymous? (tbd) 7:00 PM Korean Youth Group	5 6:30 AM Korean Prayer 10:30 AM Tai Chi
6 8:00 AM Korean Worship 9:00 AM Learn Ukulele 10:00 AM Worship 11:30 AM Young Adult Lunch 6:30 PM <i>Sacred Space Evening Service</i>	7 10:00 AM Senior Exercise 7:00 PM Boy Scouts	8 8:30 AM Buildings & Grounds 12:30 PM Personnel 4:30 PM Worship Committee 6:00 PM Deacon's Meeting	9 10:30 AM Staff Mtg. 6:00 PM Family Movie Night "Pollyanna (2003)"	10 12:00 PM Noon Hour of Prayer	11 Office Closed 11:30 AM Widow Support @ Colibri Grill 7:00 PM Gamblers Anonymous? (tbd) 7:00 PM Korean Youth Group	12 6:30 AM Korean Prayer 10:30 AM Tai Chi
13 8:00 AM Korean Worship 9:00 AM Learn Ukulele 10:00 AM Worship	14 10:00 AM Senior Exercise 7:00 PM Boy Scouts	15 MHS Breakfast resumes 8:30 AM Buildings & Grounds 10:30 AM PW Bible Study & Luncheon 7:00 PM Christian Edu. Meeting 7:30 PM Boy Scouts	16 7:00 AM MHS Breakfast 10:30 AM Staff Mtg.	17 7:00 AM MHS Breakfast 12:00 PM Noon Hour of Prayer 3:30 PM Book Club	18 Office Closed 7:00 AM MHS Breakfast 11:30 AM Widow Support @ Colibri Grill 7:00 PM Gamblers Anonymous? (tbd) 7:00 PM Korean Youth Group	19 6:30 AM Korean Prayer 9:30 AM Handicapped 10:30 AM Tai Chi 4:30 PM Voyagers BBQ (away)
20 8:00 AM Korean Worship 9:00 AM Learn Ukulele 10:00 AM Worship - <i>Betty Delaney preaches on Human Trafficking</i>	21 7:00 AM MHS Breakfast 10:00 AM Senior Exercise 7:00 PM Boy Scouts	22 7:00 AM MHS Breakfast 8:30 AM Buildings & Grounds 12:00 PM Church and World 7:00 PM Session Meeting	23 NEWSLETTER items due 7:00 AM MHS Breakfast 10:30 AM Staff Mtg.	24 7:00 AM MHS Breakfast 12:00 PM Noon Hour of Prayer 2:00 PM Favorite Film Series	25 Office Closed 7:00 AM MHS Breakfast 11:30 AM Widow Support @ Colibri Grill 7:00 PM Gamblers Anonymous? (tbd) 7:00 PM Korean Youth Group	26 Carlo "Sam" Imbimbo Memorial (tentative) 6:30 AM Korean Prayer 10:30 AM Tai Chi
27 8:00 AM Korean Worship 9:00 AM Learn Ukulele 10:00 AM Worship 11:15 AM Healthy BP Screenings	28 7:00 AM MHS Breakfast 10:00 AM Senior Exercise 7:00 PM Boy Scouts 7:00 PM Pre-school Board Meeting	29 7:00 AM MHS Breakfast 8:30 AM Buildings & Grounds	30 7:00 AM MHS Breakfast 10:30 AM Staff Mtg.	31 7:00 AM MHS Breakfast 12:00 PM Noon Hour of Prayer	1 Office Closed 7:00 AM MHS Breakfast 11:30 AM Widow Support @ Colibri Grill 7:00 PM Gamblers Anonymous? (tbd) 7:00 PM Korean Youth Group	2 6:30 AM Korean Prayer 10:30 AM Tai Chi

UPCOMING



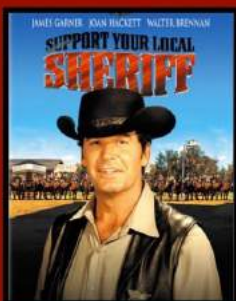
Book Club
Thurs. July 20 3:30 p.m.
Beautiful Ruins
by Jess Walter
 A Social Satire on
 Hollywood Culture
Copies in the Library



Favorite Film Series
Thurs. August 31
2:00 p.m.

Hidden Figures

The Women Who Got John Glenn into Space!



Favorite Film Series
Thurs. July 27
2:00 p.m.
Support Your Local Sheriff
Bring the Grandkids!

Spoofing the Classic Westerns



Sunday Forum July 9
11:30 a.m. in the Rose Room



Don Marshall Reports
On a Recent Trip to Cuba

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