



This year's Easter Egg Hunt was a huge success.
All eggs were found and much fun was had by all ages!

This Month

- Bowen Hall will be inaccessible on certain dates due to MHS student testing. See the calendar!
- Due to popular demand, Voyagers will have two dates at SRJC Culinary Café!
- Registration for VBS/mini Day Camp is under way!
- Sign up to Volunteer!
- **FREE COMMUNITY CONCERT MAY 19 @ 1pm.**
Come out and enjoy the Maria Carrillo Choir!
- Send in photos of family graduates for June's issue
- No Tai Chi in May. Qi Gong is Mondays at 11am.
- May 27 is MEMORIAL DAY—NO MHS Breakfast or Adult Social Club & the Office is Closed



New Members were recognized on March 31, 2019.
Help us welcome them! Pictured from left to right:
Bill Morgan, **Debbie Short**, **Karen Nakata**, **Bill Nakata**,
Rusty Jump, Pastor Cindy.

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.4

707) 542-4272

office@churchoftheroses.org



Romans 12:4-5 “For as in one body we have many members and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another.”

Axel Rose and Tracie Gunns started the band Guns N’ Roses. Their biggest hit song was titled **November Rain**. The main refrain says: “Don’t ya think that you need somebody, Don’t ya think that you need someone, Everybody needs somebody, You’re not the only one, You’re not the only one.”

It is true. God created us to need each other and to have social support from one another. When that fails, the human psyche is stressed. Scholar and author Jennifer Michael Hecht writes on suicide in her book: **Stay: A History of Suicide and the Philosophies against It**. She speaks against suicide by alerting us to our essential need for each other. “We are indebted to one another and the debt is a kind of faith, a beautiful, difficult, strange faith. We believe each other into being.”

This “faith” of connecting to each other to be mentally healthy is also connected to the mass shootings that have happened way too often in the United States. When the “shooters” have been analyzed, psychologists have found that many of them felt “alienated” from their peers. Some had been bullied, some had dropped out or been suspended from school. Others felt like they just “didn’t belong.”

The Christian Century publication has created a handbook titled: **Can We Talk About Guns?** The authors explain: “We are so in need of one another that our isolation from one another, our feeling alone can kill us. It makes us kill ourselves. It causes us to kill others. We aspire to feel safe and secure in our lives..... In that wide view, the most fundamental form of safety we can offer one another is one another. Laws, policies, community, family, and personal practices that help us to connect with one another in the midst of the nagging uncertainties of our lives are the best avenue toward a resilient security.”

Then the hand book addresses guns. It reports that: “Concealed carry, which has put more guns into more

hands, purses, and cars, is a fallacy of safety. Guns add tension. They introduce more walls between us. If the gun doesn’t kill us, the walls that are going up between us will.”

The only good news on the topic of guns is that the mass shooting in New Zealand has inspired a huge change in New Zealand’s gun laws. Assault weapons there are now banned. The country came together and responded logically to the tragedy to help prevent another one in the future.

Correction: When I preached about guns a few months ago, I went online to see how easy it was to obtain a semi-automatic weapon. I discovered I could buy a gun online and it could be altered to carry a “magazine” with 30 bullets compared to the 10 bullets that it was designed to hold. However, I did not continue the purchase process (since I was just exploring the potential) and did not realize that to receive the gun I would be required to go to a licensed gun store in person to pick it up. So I learned that the legal online process in California prohibits a semi-automatic weapon from being delivered to your door. (Yet in many states, for **private** gun sales, I found that it is not even required to show an ID or get a background check to buy an assault rifle. See: <https://consumer.findlaw.com/consumer-transactions/private-gun-sale-laws-by-state.html>) Heaven help us!

In an article in the Washington Post on March 18, 2019, the reporter was in Wellington, New Zealand. He stated that their government’s decision to ban assault weapons, was partially motivated by the frequency of mass shootings in the United States, “which has among the most lax gun laws in the world.”

Philip Alpers, an associate professor at the University of Sydney and founding director of GunPolicy.org said: “There is a baseline determination not to go down the American road.”

As Christ followers it is important to promote peace and healthy community care wherever we go. If we say we are a “Christian country” then we should show Christ’ love with our gun laws. UCC Reverend Lyndsey Peterson states: “Concealed weapons don’t make our US safer, communities do. Guns provide only the illusion of security.”

Let us do all we can to help people feel safe and cared for in community without resorting to carrying guns. There is more we can do to help the lonely belong to the body of Christ as we do. And by doing so you may be preventing a suicide or homicide. May it be so.

Pastor Cindy

FINANCE

Well Q1 is in the books and we're motoring along into 2019. Revenue is coming in slower than expected and even below last year's revenue levels which is concerning!

I'm very proud of our expense management and holding down spending to only essentials so to have money to do important things towards our mission we need healthier giving. Please see what you can do to give just a bit more.....trust that it will be wisely used!! Oh! And our mortgage is coming down faster and faster.....my estimate is sometime during 2022 we'll be having a big "burn the mortgage" party!! A party planning panel (PPP) is forming as you read this!

As always do not hesitate to ask me anything about our church's finances.

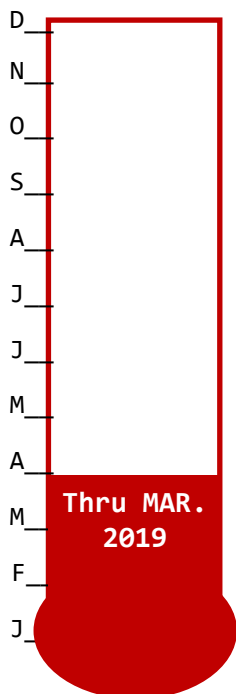
Thank you.
Chris Nelle, Chair of Finance

This is how your church gave to our community in need and beyond during the first quarter of 2019.

| | |
|-----------------------------------|-------|
| Bangladesh Mission | 450. |
| Synod—GA Missions | 1250. |
| Local Projects—Burbank Elementary | 500. |
| Christmas Joy | 925. |
| 2 Cents: Redwoods Presbytery | 597. |
| Boys & Girls Club | 695. |
| Alternative Christmas: | |
| Habitat for Humanity | 495. |
| Doctors Without Borders | 611. |
| Church World Services | 780. |
| PC USA | 200. |
| MHS Breakfast | 3846. |
| Deacons: | |
| Council on Aging | 250. |
| Food Pantry | 710. |

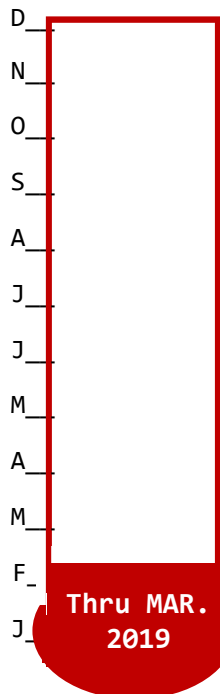
GOAL
247,000

PLEDGED
GOAL



GOAL
45,000

UNPLEDGED
GOAL



**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!**

MUSIC

It has been nearly six months since I became Music Director and I continue to be astonished at the genuine warmth, friendship and Christian fellowship that is present in our church. I am so glad to be here in this community! As I write this we are on the eve of our presentation of the Easter Cantata "Here is Love". The choir and I have greatly enjoyed rehearsing this beautiful piece together and we sincerely look forward to sharing it with you on Easter Sunday.

As we look forward to the coming months I will be searching for members of the congregation who would be willing to share their musical gifts with us during the months of July and August when the choir is on summer break. Anyone interested in performing a piece as part of our Sunday worship services during that time, please contact me at Myles@churchoftheroses.org.

We are always looking for new members in both our bell and chancel choirs. If you are unsure about joining, these next two months would be an ideal time to try it out before we break for summer. Both choirs rehearse on Thursday evenings in the sanctuary with the Bell Choir from 6-7 p.m. and the Chancel Choir from 7:15-8:45 p.m. *May the joy of the Risen Lord be with all of you throughout this season of Easter!*

Myles Ellis, Music Director

BUILDINGS & GROUNDS

Hi! Spring is here, and we have started to prepare the garden. If you'd like to help with the community garden this year, please let me know. *Anyone for fresh tomatoes and vegetables?*

We also need more volunteers in our rotation to help sweep and mop Bowen Hall on Friday mornings. Please contact me if you can help.

Steve Fenner, Chair

—VOLUNTEERS NEEDED—

B&G needs help on Friday mornings to sweep and mop Bowen Hall after the MHS breakfast. This takes about one hour. We have some volunteers but need a few more volunteers to help on a rotating basis. *If you can help, please contact Steve Fenner.*



VBS June 10-14
9 - 12 pm
Ages 4 to 11

\$10 Child
\$25 Family

FRUITS OF THE SPIRIT

Register for VBS! OR Volunteer!

Crafts, snacks, games, drama, and music! If you're interested in volunteering, please contact Diane Osten! We especially need someone to do check-in and sign-out each day, and folks to help with crafts and recreation. THANK YOU!

ROSEBUD PRESCHOOL

We have been enjoying the sunshine so much that we have extended our outside play time. We also have been experimenting with indoor/outdoor play where the kids can flow back and forth between the yard and the room. We have added new wooden stools to our outside environment and still have a table and a mud kitchen to come. All these items were funded by our Quality Counts grant. We are almost done with the changes to our outside play area and look forward to enjoying them over the summer.

Susan Jenkins, Director

PRAYER REQUESTS

Those mourning the loss of a friend or family member

**The family of Gladys Bates who passed away on Saturday, April 20, 2019.*

**The family of Bob and Marge Snater as they mourn his passing on March 21st and hers on March 10th.*

**The family of Evelyn Radunich as they mourn her passing on March 5th.*

**The family of Norm Thornton as they mourn his passing on February 28th. His memorial will be Sunday, May 5th at 1 pm.*

**The family of Cara Kallen as they mourn her passing on February 6, 2019.*

**The family of Larry Kocher who passed away recently.*

Those with health issues

John Baker
Jim Bauer
Bill Beaumont
Judy Bello
Carol Browne
Bob Bunting
Patrick Butler
Joyce Cairns
Gwen Christiansen
Wes Cox
Alice Crouch
Margie Donaldson
Dick Draper
Helen Dunn
Barbara Flannery
Ray Foreaker
Nancy Lee (DIL of Nancy Hansen)
Marilyn Hilén

Tyler Holmes
Jason Montsier
Jessica Morse
Johanna Mulder
Jeanette Nichols
Carolyn Kenworthy
Polly Post
Mickey Marshall
Fred Recknagel
Debbie Seat
Bob Simmons
Jim Taylor Sr.
Dr. Gershom Thompson
Sylvia Turner
Bob Weber
Helen Wikle
Betty Witchey-Ryer
Jill White
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.

Seeing, Hearing, Touching, Healing

Les and Cindy Morgan
Missionaries for thirty years
say farewell

... Jesus was teaching in one of the synagogues, and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. When Jesus saw her, he called her forward... he put his hands on her, and immediately she straightened up and praised God.” Luke 13:10-13

Dear Friends and Family,

Stuck in a gridlock of Dhaka traffic, I looked over at the signature dents, scratches and broken windows of a city bus idling next to me. A young woman was watching me from one of the windows, and upon seeing her, I smiled. Caught off guard, she looked around; then a soft shy smile spread across her face as she realized I was smiling at *her*! This early encounter in my life as a missionary hinted at what the essence of my ministry in Bangladesh would be.

A few months later, while waiting with our three young children for a ferry to cross the Padma River on our way from our rural home to Dhaka, I found myself surrounded by curious Bangladeshis. After I had answered their eager questions and the ferry was drawing near, an elderly widow who had been standing close to me softly thanked me for not shooing her away like a dog as so many others do.

For thirty years, I have been drawn into the lives of Bangladeshi women quietly suffering in the shadows. One of my first friends was Shalaha, a frail woman living with her children in a one-room, jute-walled shack next to the rural project where we first served. She had severe asthma that worsened every time she cooked on the small clay stove molded out of the ground in front of her home. Often her children would show up on my doorstep, hungry. After our family moved from that rural area to the city of Rajshahi, Shalaha and I rarely got to see each other; but whenever I came to visit, she would run to me, embrace me, and break down in tears.



Shalaha's family and ours, in 1994.

over a sewing machine at the Church of Bangladesh Rainbow Sewing Center in Dhaka and rarely looked up from her work. She had noticeably protuberant teeth; so out of embarrassment, she never smiled in public and, unlike her friends, had no prospects for marriage. Having failed

As my engagement with women deepened over the years, the seeing, hearing, touching, and healing became mutual. The first time I saw my friend Mukta, she was sullenly bent

tenth grade, her only hope for a livelihood was to become a seamstress.

Mukta lives in a congested Hindu alcove in the older part of Dhaka, and the first time I visited her in her home I was struck by how small and dilapidated it was. Although I had come unannounced, she welcomed me with overwhelming warmth. Unlike me, who would have been distracted by thoughts of wanting things straightened up for company, Mukta was totally unconcerned about such minor details. Gone was the subdued sullenness I had seen in the sewing center; here, in the safety of her own home, she was radiant! Her genuine gratitude for my visit taught me the meaning of true hospitality. Awed by her grace, I felt as though she had anointed me with a healing balm.

Over time, I helped Mukta get braces for her teeth and encouraged her to go back to school. She eventually finished high school and is now the head of the sewing center where I first met her as a trainee! Her engagement last September was the fulfillment of her greatest dream, and besides repeatedly showing me her engagement ring, she kept reminding me to “save the date”—the weekend of March 10th! But, when I saw her last month, with her head on my shoulder, and through stinging tears,



Mukta, second from the right, wearing her engagement ring, with colleagues at the Rainbow Sewing Center in Dhaka.

I experienced such reciprocity of ministry again two weeks ago when I walked into Ward Four of the government TB hospital in Rajshahi. My friend Sharmin, unable to move her legs or even roll herself over because of tuberculosis in her spine, was lying motionless on a narrow cot. Married at fourteen, she is now seventeen, and five months pregnant. Although her doctors told her at first she would have to get an abortion, they later changed tactics. They drained the abscesses in her spine, inserted a stabilizing rod, and began treating her with the TB drugs that would cause her baby the least harm. But now the steel gadgetry placed in her back has shifted and is pushing up the skin on either side of her spine, causing her great pain; so, once the baby is delivered, her doctors will have to reoperate. In fact, they're planning on having the baby delivered early by cesarean section, so they can address her deteriorating situation sooner than later.

Sharmin's life is in the balance, and she's getting weaker by the day. Even if she lives, she may never walk again.



Yet, in the midst of all this, when I walked in to visit her she flashed a beaming smile and told me she had just been thinking of me!

Knowing Sharmin would not get antenatal care in a TB hospital, I had brought along my doppler stethoscope. Setting it on speaker mode, I slowly slid the probe over her lower abdomen, and together we listened for the steady beat of her baby's heart. Upon hearing the tender beating "voice" in her womb, we broke out in huge smiles and together sent warm waves of welcome to the precious little one within her!

After years of ministering to women suffering affliction, I am not the same woman I was when I first came to Bangladesh. Many of my friends, including women younger than I am, are gone. Even Shalaha, with her husband away most of the time, died in her thirties of a severe asthma attack in the middle of the night, surrounded by her eight wailing children. At first, the torments of these women's abandonments, failures, disappointments, and illnesses frightened me. I didn't want to face the harsh reality that our world is filled with such pain. But despite my initial aversion, in retrospect I see that Christ led me deeper and deeper into this suffering, so that these women, even in the depths of their anguish, would know that they are seen and heard and are not alone. In that darkness—a darkness I, too, have known—we hold each other and weep together, for the loss of what is not, and for the joy of what is. The care that we, together, receive in that space of brokenness is not our own but of the One who loves and heals us.

On June 21st—the summer solstice, the day the Earth leans most intimately towards the Sun—my thirty years of service as a medical missionary in Bangladesh will come to an end. Les and I will depart the country permanently and then continue our service in the U.S. through December to complete our final responsibilities as Presbyterian Church (U.S.A.) mission co-workers. While it is hard to leave the women I have come to know and love, I am deeply grateful to be taking with me the gift of their friendship and the sacred memories—and healing—we share.

Through your visits, prayers, cards, contributions, gifts and more, you, too, have seen, heard, touched, and healed those suffering in Bangladesh. Thank you for being so faithfully at my side all these years.

Gratefully, Cynthia L. Morgan, MD, MPH

Presbyterian Church (U.S.A.) Mission Co-Worker in Bangladesh email: Cindy.Morgan@pcusa.org
Rajshahi, Bangladesh—31 March 2019



Dieph Domingue graduates with a Bachelors degree on April 30th from Florida International University. His address is:

**3000 NE 151st ST,
North Miami Florida
33181**

EXPLORING THE GOD IDEA

FIRST Thursdays 10:15 am - Rose Room
QUESTIONS: Ray Alden or Pastor Cindy

Exploring the God Idea

Looking for what works

**Self-led open discussion of ideas that
lead to health and happiness**

1st Thursdays at 10:15 am, Rose Room

All welcome.

**To receive the agenda in advance,
speak to Pastor Cindy or Ray Alden**

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church! Log into amazonsmile before you shop!**



Thursdays in the Rose Rm.
**NOON HOUR OF
PRAYER &
ENCOURAGEMENT**

Out of the Ashes

by Chris Rhodes

I woke up to the blaring of a car horn. My neighbor was alerting my wife Liz and me that a major wildfire was just over the crest of the hill we live on. We fled our house at 1:45 in the early morning of October 9, 2017 in two of our cars. All we left with were the clothes we were wearing, our computer, and a few important papers. That was all we had time to collect.



As we fled, we experienced first-hand the power of wildfire driven by high winds. We passed fields that had flames burning five to six feet high alongside the freeway. Minutes later, those flames would leap over a major six-lane highway and burn thousands of homes in a large subdivision in the middle of our city, Santa Rosa, CA.

It was three days later before I could get back into our property to witness the devastation the fire had wrought. I am a carpenter and general contractor and I had designed and built our house 27 years earlier. There was almost nothing left. This was the house where we had raised our two daughters. It was the only home they remembered. All of the family photos and mementos were gone. It was almost as if two and a half decades of our lives were erased. The only thing that remained was some pools of melted aluminum and the hulking metal frames of some of the power tools I had in my garage woodworking shop. The fire had been so hot that the glass in the windows melted and formed artistic rivers.

The big majestic oak trees on the property were charred.

The redwoods we had planted 25 years earlier had only a blackened stick of a tree trunk remaining. Even the lawn had been scorched down to the soil. It was devastating to see all that we had worked so hard to build, reduced to rubble.

Now, a year and a half later, it is interesting to track not only our recovery but that of the land and trees as well. The house is being reborn and is well under construction. It is a new and improved version of the old house and it will be more fire and earthquake resistant. It will have solar panels on the roof and the landscaping will be more drought tolerant. I first built the house when my wife and I were in our early 30's. Now that we are closing to 60, we redesigned the house to age in.

The new house is all framed and water tight, the windows are installed, and the new roof shingles are on. The drywall is being installed this week. But it took some time to get to this point. A lot of paperwork had to be read, and forms had to be filled out and filed with the insurance company, FEMA, the Red Cross, the architects and engineers, our mortgage company, and finally the building department.



Santa Rosa and Sonoma County have seen that same rebirth as we have. Homes destroyed by the fire are being rebuilt in large numbers. Many of the displaced families are moving back. Old neighbors are rekindling deep-rooted friendships. Sonoma County is known for its wine and the vineyards. They are as beautiful as ever in their spring bloom.

Nature's recovery has taken its own path as well.

Last spring, a majority of our beautiful oaks bloomed just in time for Easter. That was a very hopeful sign. A few of the oaks died in the fire but amazingly, most survived. I am anxious to see how they respond this spring. The madrone, olive, and manzanita trees didn't

fare as well. But even those that were burned to the ground have sprouted new life growing out of their old tree trunks. I am not sure what they will look like in years to come, but it is fascinating to see something that appeared so dead spring to new life. Disappointingly, the poison oak that I had worked so hard to control over the years has started its recovery as well. Rebirth is happening everywhere you look.

As I look back on this past year and a half, I am reminded of how precious life is. I never was one to take life for granted, but the fire has given me a completely new understanding of what is truly important. We lost virtually everything we spent a lifetime acquiring, and yet the most important things in life remain: our faith in God, our church community, our love of our family and friends, and our ability to share our time and talents with those that need it far more than we do.

I have received a strong lesson from nature as well. It has taught me that even when things look bleak, when recovery seems most unlikely, new life sprouts again. Recovery takes time and even when recovery occurs, it looks and feels different. Life may never be the same, but if I, as a son of God, live in the moment, am thankful for every day of life I have, and serve those who need it the most, life can be very good. In all of this uncertainty, I have found the greatest satisfaction in helping others. Even though I didn't think I had very much, I quickly realized that I had more than enough.

Chris Rhodes is Executive Director of [Westminster Woods](#) in Occidental, CA.

This article appeared in <https://presbyearthcare.blogspot.com/2019/04/natures-recovery-takes-its-own-path.html>



UPDATE!

Windsong is finally reunited with Barbara and Don McElroy! They had been separated since the 2017 fires. We miss them and wish them well!

VOYAGERS at SRJC Culinary Cafe

**\$28
person**

Salad, Choice of 3 Entrees & Dessert
includes coffee or iced tea & tip

**MAY 10
or
MAY 17**

Nancy Hansen: cash/checks through 5/5

Barbara Nelson: cash/checks through 5/12

Due to popular demand, Voyagers have scheduled two dates for the Santa Rosa Jr. College Culinary Café. May 10 or May 17 at 11:30 a.m. Pre Fixe Menu includes: *Salad, Choice of 3 Entrees and Dessert. Price of \$28 per person includes coffee or iced tea and tip.*

Callers will be contacting Voyagers with further information. To make a reservation:

May 10 – Nancy Hansen will accept checks or cash through May 5th for May 10. 544-8676

May 17 – Barbara Nelson will accept checks or cash through May 12th for May 17. 538-3836.

QI GONG

with Felipa Jones

**Mondays
@ 11 am**



Improve Balance and Reduce Stress

**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



By Felipa Jones, Health Ministry Nurse

Hearing loss is a major public health issue. It's the third most common physical condition after arthritis and heart disease, and it's not only a medical condition, but also affects communication, personal safety and psychosocial wellbeing. Hearing loss has a gradual progression, often taking years. Your family and friends are likely the first to notice your difficulty hearing, long before you do yourself. It usually takes the average person 7 years from the time they think they have a hearing loss until they seek treatment.

DEMOGRAPHICS

- About 20% or 48 million people in US report some degree of hearing loss
- 4 of 5 Americans with hearing loss do not wear a hearing aid
- 18% of adults 45-64 years old have hearing loss
- Hearing loss affects about 1/3 of people ages 65-75, and about 50% of those age 75+
- 60% of veterans who serve in combat experience noise-induced hearing loss
- Hearing screening in primary care is uncommon—only about 17-30% of patient visits 30 of 1,000 children, and 1 in 5 teenagers have hearing loss

EFFECTS OR COMPLICATIONS

Compromised awareness and safety; increased fatigue, tension, irritability and stress; decreased ability to process, retain and act on information; impacts other health and safety issues (falls, accidents, cognitive decline, dementia); low self-esteem; feels marginalized and isolated; increased risk for depression, and decrease in overall quality of life.

SYMPTOMS

- Misunderstands conversations and information, especially in noisy or busy environments
- Difficulty understanding words when cannot see the speaker's face, e.g., on the phone
- Turns one ear toward person speaking or cups hand behind ear
- Complains people are mumbling
- May avoid face-to-face conversations or phone calls, and prefer written versions of communication

- (notes, emails, texts)
- Turns up the volume on the TV, radio, phone and even own voice
- Muffling of speech and other sounds
- Trouble hearing consonants
- Frequently asking others to speak more slowly, clearly and loudly
- Misses important directions or warnings
- Has trouble hearing doorbells or alarms
- May have tinnitus (ringing in the ears)

3 MAIN TYPES OF HEARING LOSS

- **Conductive hearing loss** - involves outer or middle ear. Possible causes are malformations, ear infections, allergies, impacted earwax, foreign bodies, otosclerosis. Treatment includes surgery, hearing aids or surgically implanted devices, or medication.
- **Sensorineural hearing loss** - involves inner ear or auditory nerve. Possible causes include **aging (presbycusis)**, head trauma, infection or disease, heredity, Meniere's disease, exposure to loud noise, tumors, otosclerosis, disease (e.g., multiple sclerosis). Treatment includes medication, surgery, and cochlear implants.
- **Mixed hearing loss** - combination of the two; treatment depends on the cause.

DIAGNOSIS is based on personal history, behavior, and audiological testing. If you think you have a hearing loss, start by seeing your health care practitioner, who may refer you to a hearing specialist or other health professional for a hearing evaluation. **Audiologists** can perform a complete hearing test. **ENT** (ear, nose, throat specialist) or otolaryngologists evaluate more severe forms of hearing loss. **Hearing instrument specialists** are professional certified by the National Board for Certification in Hearing Instrument Sciences (BC-HIS) and licensed or registered in all states; they assess, fit and dispense hearing aids and other devices, and instruct on their use and care.

Living with hearing loss and tips to help you communicate more easily: Tell friends and family. Position yourself to hear (face person talking). Turn off background noise. Ask others to speak clearly, but not more loudly. Try to have other person's attention before speaking. Avoid eating or chewing gum while talking with you. Choose quiet settings. Write down important information for you. Consider using as assistive listening device (ALD.)

[Continued next month](#)

CALENDAR: PLEASE NOTE THAT ACCESS THROUGH BOWEN HALL WILL BE BLOCKED DURING MHS TESTING.

WEDNESDAY, MAY 1

MHS Breakfast 7 AM
Adult Social Club 9:30 AM
Women's AI-Anon 7 PM

THURSDAY, MAY 2

MHS Breakfast 7 AM
Exploring God 10:15 AM
Com. on Ministry 12 PM
Noon Hour of Prayer 12
Worship Com. 5 PM
Bells Prac. 6 PM
A.A. 7 PM
Girl Scouts 7 PM
Choir Prac. 7:15 PM

FRIDAY, MAY 3

MHS Breakfast 7 AM
Facility use Set-up 5 PM
Gamblers Anon. 7 PM
Korean Youth 7 PM

SATURDAY, MAY 4

Korean Prayer 6:30 AM
**Wedding Bowen Hall
10 AM - 6 PM**
SACRED SPACE 6-7 PM

SUNDAY, MAY 5

Korean Worship 8 AM
Learn Ukulele 9 AM
Worship 10 AM
Plan Sacred Sp. 11:15 AM
N. Thornton Memorial 1 PM
Spiritual Care Disabled 3 PM
CoDA 6 PM

MONDAY, MAY 6

MHS Breakfast 7 AM
Adult Social Club 9:30 AM
Qi Gong 11 AM
Boy Scouts Troop #135 7

TUESDAY, MAY 7

MHS Breakfast 7 AM
B&G 8:30 AM
PW Coord. Mtg 10 AM
Health Ministry 11:30 AM
Fellowship Com 12:30 PM
Bowen Closed 1:15- 4:15 pm
MHS Testing
Membership Com 1:30
Stephen Ministry 7 PM

WEDNESDAY, MAY 8

MHS Breakfast 7 AM
Bowen Closed 8-11 am
- MHS Testing
Adult Social Club 9:30 AM
Women's AI-Anon 7 PM

THURSDAY, MAY 9

MHS Breakfast 7 AM
Noon Hour of Prayer 12 PM
Bells Prac. 6 PM
A.A. 7 PM
Choir Prac. 7:15 PM

FRIDAY, MAY 10

MHS Breakfast 7 AM
VOYAGERS @ Café 11:30am
Gamblers Anon. 7 PM
Korean Youth 7 PM

SATURDAY, MAY 11

Korean Prayer 6:30 AM
Girl Scouts Grand Prix 9 AM

SUNDAY, MAY 12

HAPPY MOTHER'S DAY!
Korean Worship 8 AM
Learn Ukulele 9 AM
Worship 10 AM
Spiritual Care Disabled 3 PM
CoDA 6 PM - 7:30 PM

MONDAY, MAY 13

MHS Breakfast 7 AM
Adult Social Club 9:30 AM
Qi Gong 11 AM
Boy Scouts Troop #135 7 PM

TUESDAY, MAY 14

MHS Breakfast 7 AM
B&G 8:30 AM 8:30
Leadership Cohort 10 AM
PW Quilt Sewing 10 AM
Deacons 6 PM

WEDNESDAY, MAY 15

MHS Breakfast 7 AM
Adult Social Club 9:30 AM
Pre-k Grad.setup 5 - 7:30
Women's AI-Anon 7 PM

THURSDAY, MAY 16

MHS Breakfast 7 AM
Noon Hour of Prayer 12 PM
Bowen Closed 1:10-3:40 pm -
MHS Testing
Book Club 3:30 PM
Bells Prac. 6 PM
A.A. 7 PM
Girl Scouts 7 PM
Choir Prac. 7:15 PM

FRIDAY, MAY 17

MHS Breakfast 7 AM
Bowen Closed 8 - 10:15 am
- MHS Testing
VOYAGERS @ Café 11:30am
Gamblers Anon. 7 PM
Korean Youth 7 PM

SATURDAY, MAY 18

Korean Prayer 6:30 AM
Handicapables 9:30 AM

SUNDAY, MAY 19

Korean Worship 8 AM
Learn Ukulele 9 AM
Worship 10 AM - 11 AM
Blood Pressure 11:15 AM
Writing Group 11:30 AM
Maria Carrillo Choir 1 PM
FREE CONCERT
Spiritual Care Disabled 3 PM
CoDA 6 PM

MONDAY, MAY 20

MHS Breakfast 7 AM
Adult Social Club 9:30 AM
Qi Gong 11 AM
Finance Com. 5 PM
Cub Scouts 6 PM
Boy Scouts #135 7 PM

TUESDAY, MAY 21

MHS Breakfast 7 AM
B&G 8:30 AM
PW Study & Lunch 10:30 AM
Personnel 12:30 PM
Bowen Closed 1- 3 pm
- MHS Testing
Christian Ed. Com. 7 PM
Boy Scouts Board 7:30 PM

WEDNESDAY, MAY 22

MHS Breakfast 7 AM
Bowen Closed 8am- 12 pm
Adult Social Club 9:30 AM
Women's AI-Anon 7 PM

THURSDAY, MAY 23

MHS Breakfast 7 AM
Noon Hour of Prayer 12 PM
Bells Prac. 6 PM
A.A. 7 PM
Choir Prac. 7:15 PM

FRIDAY, MAY 24

MHS Breakfast 7 AM
Bowen Closed 8am-1pm
MHS Testing
Gamblers Anon. 7 PM
Korean Youth 7 PM

SATURDAY, MAY 25

Korean Prayer 6:30 AM

SUNDAY, MAY 26

Korean Worship 8 AM - 9 AM
Learn Ukulele 9 AM
Worship 10 AM - 11 AM
Plan Sacred Space 11:15 AM
Spiritual Care Disabled 3 PM
CoDA 6 PM

MONDAY, MAY 27

NO BREAKFAST / Office
Closed - Memorial Day
NO SOCIAL CLUB
Qi Gong 11 AM
Boy Scouts #135 7 PM
Preschool Board 7 PM

TUESDAY, MAY 28

MHS Breakfast 7 AM
B&G 8:30 AM
PW Sewing 10 AM
Church and World 5:30 PM
Session Meeting 7 PM

WEDNESDAY, MAY 29

MHS Breakfast 7 AM
Adult Social Club 9:30 AM
Women's AI-Anon 7 PM

THURSDAY, MAY 30

MHS Breakfast 7 AM
Noon Hour of Prayer 12 PM
Bells Prac. 6 PM
A.A. 7 PM
Choir Prac. 7:15 PM

FRIDAY, MAY 31

SENIOR BREAKFAST? 7 AM
Gamblers Anon. 7 PM
Korean Youth 7 PM

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

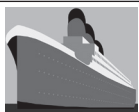


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**Presbyterian Women
Tuesday May 21**

**Bible Study 10:30 a.m.
Lesson 9: God With Us
Salad Pot Luck at 12:15 p.m.**

IT'S PW BIRTHDAY OFFERING DAY!

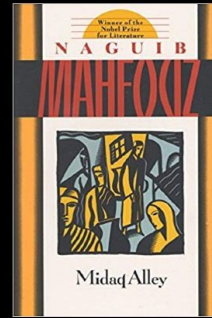
May 4~Recognizing God in the Ordinary



VBS June 10-14
9-12 pm
Ages 4 to 11

**\$10 Child
\$25 Family**

FRUITS OF THE SPIRIT



**Book Club
May 16
3:30 p.m.**

**Midaq Alley
by Naquib Mafouz**

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