

Upcoming Events

October 4 **World Communion Sunday** October 10 **Voyagers Clam Chowder**

(at Bodega Bay)

October 11 **Blessings of the Animals**

(at Montgomery Village)

October 15 **Book Club**

October 18 **Free Community Concert**

October 19 **PW Evening Bible**

October 20 PW Bible Study & Luncheon

October 22 **Favorite Film Series** October 24 **PW Fall Gathering**

October 25 **Blood Pressure Screenings**

October 25 **Interfaith Food Collaborative**

Film "Ripe for Change"

Mondays: Senior Exercise

Wednesdays: **Loss Support Group**

Cultural Literacy for Religions Wednesdays:

Thursdays: Cultural Literacy for Religions

Thursdays: Bells & Choir Practice Noon Hour of Prayer & **Fridays:**

Encouragement

Sundays: Kerygma Bible Study

Worship 10 am **Sundays:**

Thank you to the Fellowship Committee for welcoming us

back at Kick Off Sunday with this delicious cake!

Faithful

church

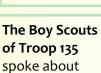
member,

celebrated 96

years of life!







what they enjoy in scouting during the beginning of our worship service on 9/27.



HE WALKS WITH ME AND HE TALKS WITH ME

by Pastor Cindy

I LOVE the classic hymn, *In the Garden*! The reassurance that God is with us in the ups and downs of life is interwoven through this whole hymn. When life is

tough, there is no promise of a rose garden even if we happen to have a beautiful one here at our Church of the Roses. Yet, God truly promises to be with us even when we feel forgotten: "Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you." (Deut. 31: 6)

Currently there are many Valley fire victims displaced to the Napa County fair-grounds and some are staying with friends and family in Santa Rosa. They must think God has abandoned them. Yet, I have heard story after story of ways God was tangibly with people when they needed help; not to intervene as much as to empower them to get out to safety. We mourn along with those who lost family members and animals in the fire. And we rejoice with those who miraculously survived. God says our job is to: "Weep with those who weep." Yet it is hard to understand why some suffer and others seem to have an easy life.



PHOTO CREDIT: abc7news.com

One of my favorite theologians suggests: "In the final analysis, the questions of why bad things happen to good people transmutes itself into some very different questions, no longer asking why something happened, but asking how we will respond, what we intend to do now that it happened." — Pierre Teilhard de Chardin

Jesus preached unconditional love, not punishment. God is love and yet we might think the fire was punishment from God for evil behavior of some kind. Our God is merciful and forgiving, slow to anger and abounding in steadfast love. When we remember God's unconditional love is ever present with us, then we can move on to respond to the disaster, fire, or other disaster with a spirit of Love.

God made us stewards of the earth, all 196,940,400 square miles. That means as stewards of God's creation we are to respond as God would have us respond, with unconditional love, generosity and hospitality to those caught in chaos.

Whether they are caught up in the Isis destruction of Syria, or the Valley fire destruction in Napa County, we are to respond as God's instruments of healing and peace. If you want to help, please call Pastor Cindy to show God's love in creative ways to those we are called to serve.

We Refugees

by Benjamin Zephanaiah

I come from a musical place Where they shoot me for my song And my brother has been tortured By my brother in my land.

I come from a beautiful place Where they hate my shade of skin They don't like the way I pray And they ban free poetry.

I come from a beautiful place Where girls cannot go to school There you are told what to believe And even young boys must grow beards.

I come from a great old forest I think it is now a field And the people I once knew Are not there now.

We can all be refugees
Nobody is safe,
All it takes is a mad leader
Or no rain to bring forth food,
We can all be refugees
We can all be told to go,
We can be hated by someone
For being someone.

I come from a beautiful place Where the valley floods each year And each year the hurricane tells us That we must keep moving on.

I come from an ancient place All my family were born there And I would like to go there But I really want to live.

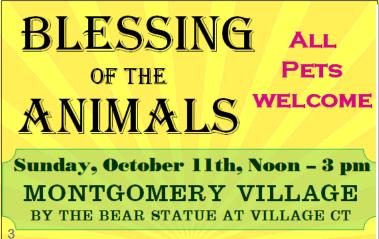
I come from a sunny, sandy place Where tourists go to darken skin And dealers like to sell guns there I just can't tell you what's the price.

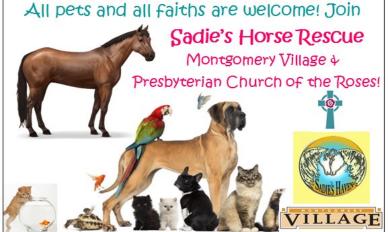
I am told I have no country now I am told I am a lie I am told that modern history books May forget my name.

We can all be refugees
Sometimes it only takes a day,
Sometimes it only takes a handshake
Or a paper that is signed.
We all came from refugees
Nobody simply just appeared,
Nobody's here without a struggle,
And why should we live in fear
Of the weather or the troubles?

We all came here from somewhere.

http://benjaminzephaniah.com/rhymin/we-refugees/





Roses Health Ministry: Promoting Health, Healing, and Wholeness

October is National Depression Awareness and Screening Month



Did you know that:

- 6.9% of adults in the U.S.—16 million—had at least one major depressive episode in the past year.
- Women are 70% more likely than men to experience depression.
- Comprising only 13% of the U.S. population, individuals aged 65 and older account for 20% of all suicide deaths, with white males being particularly vulnerable.
- Among the 20.7 million adults in the U.S. who experienced a substance use disorder, 40.7%—8.4 million adults—had a co-occurring mental illness.
- \$80,000,000,000 = the estimated annual cost of depression in lost productivity and healthcare in the United States.

These estimates are staggering, and this says nothing about the human cost of needless suffering. Contrary to stereotypes about aging, depression is not a "normal" part of getting older. It is a medical problem that affects many older adults and can often be successfully treated.

Just like with any health condition, people with depression or who are going through a depressive episode experience symptoms differently. For most people, depression changes how they function day-to-day. The impact of depression can significantly affect quality of life for older adults.

Symptoms of depression include:

- <u>Changes in sleep</u>. Many people have trouble falling asleep, staying asleep or sleeping much longer than they used to. Waking up early in the morning is common for people with major depression.
- <u>Changes in appetite</u>. Depression can lead to serious weight loss or gain when a person stops eating or uses food as a coping mechanism.
- Lack of concentration. A person may be unable to focus during severe depression. Tasks like reading the newspaper or following the plot of a TV show can be difficult. It may be harder to make decisions, big or small.
- <u>Loss of energy</u>. People with depression may feel profound fatigue, think slowly or be unable to perform normal daily routines.

- <u>Lack of interest</u>. Loss of interest in usual activities or loss of the capacity to experience pleasure. A person may have no desire to eat, spend time with friends or engage in sexual intimacy.
- <u>Low self esteem</u>. During periods of depression, people may dwell on losses or failures, feel excessive guilt or helplessness.
- <u>Hopelessness</u>. Depression can make a person feel that nothing good will ever happen. Suicidal thoughts may occur —and need to be taken seriously.
- <u>Changes in movement</u>. People with depression may look physically depleted with slower than normal responses, or they may be agitated.
- Physical aches and pains. Instead of talking about their emotions or sadness, some people may complain about a headache, backache or an upset stomach.

Depression in older adults may be linked to various risk factors such as:

- Medical illness (particularly chronic health conditions associated with disability or decline)
- Overall feelings of poor health, disability, or chronic pain
- Progressive sensory loss (i.e. deteriorating eye sight or hearing loss)
- A history of falling repeatedly
- Sleep disturbances
- Mental impairment or dementia
- Medication side effects (in particular from benzodiazepines, narcotics, beta blockers, corticosteroids, and hormones)
- Alcohol or prescription medication misuse or abuse
- Prior depressive episode, or family history of depression
- Extended mourning due to death of a friend, family member, or other loss
- Any type of stressful life events (i.e. financial difficulties, new illness/disability, change in living situation, retirement or job loss, and interpersonal conflict)
- Dissatisfaction with one's social network

Screening for Depression:

If you think you may suffer from three or more of the symptoms above for two or more weeks, ask your

medical provider to perform a formal depression screening. There are several on-line screening tools that may help you screen yourself prior to your conversation with your medical provider. Three of these are listed below:

- http://consultgerirn.org/uploads/File/trythis/ try this 4.pdf
- www.myhealth.va.gov/mhv-portal-web/ anonymous.portal?
 nfpb=true& pageLabel=mentalHealth&contentPag
 e=mh screening tools/PHQ SCREENING.HTML
- www.amda.com/ resources/2005 updates ltc teaching kits/ dementia.pdf (Cornell Scale for use with people with dementia).

Treatment:

Although depression can be a devastating illness, it will respond to treatment. The key is to get a specific evaluation and a treatment plan. There are a variety of treatment options available for people with depression.

- Medications including antidepressants, mood stabilizers, and antipsychotic medications
- Psychotherapy including cognitive behavioral therapy
- Light therapy, which uses a light box to expose a person to full spectrum light and regulate the hormone melatonin
- Exercise
- Alternative therapies including acupuncture, meditation, and nutrition
- Self-management strategies and education
- Mind / body / spirit approaches such as meditation, faith, and prayer.
- And occasionally, brain stimulation therapies including electroconvulsive therapy (ECT) or repetitive transcranial magnetic stimulation (rTMS) is an effective resort.

What to do if you know someone who is depressed:

- Offer emotional support, understanding, patience, and encouragement.
- Talk to him or her, and listen carefully.
- Never dismiss feelings, but point out realities and offer hope.
- Never ignore comments about suicide, and report them to your loved one's therapist or doctor.
- Invite your loved one out for walks, outings and other activities. Keep trying if he or she declines, but don't push him or her to take on too much too soon.
- Provide assistance in getting to the doctor's appointments.
- Remind your loved one that with time and treatment, the depression will lift.

Emergency Resources:

If you or someone you know is feeling hopeless or suicidal, the Sonoma County Mental Health Crisis Hotline number is available 24/7: 1-800- 746-8181.

The North Bay Suicide Prevention hotline is a toll-free, confidential 24/7 hotline connecting you to a trained crisis counselor: 1-855-587-6373.

References: Sonoma County Health Services www.sonoma-county.org/health/topics/suicideprevention.asp, National Institute of Mental Health www.nimh.nih.gov/health/topics/depression/index.shtml, National Alliance on Mental Illness www.nami.org/depression, Mental Health America www.mentalhealthamerica.net/depression-older-adults National Council on Aging www.ncoa.org/healthy-aging/



Deborah Baker MSN, ACHPN, FNP-BC

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Prayer Requests

Please include in your prayers

Those mourning the loss of a friend or family member

- Please pray for the family of Sam McClure as they mourn his passing on Sept. 20th.
- Please pray for the family of Doris Peterson as they mourn her recent passing.
- Please pray for the family of Joyce Beckner as they mourn her passing on Aug. 24th. Her memorial service will be Saturday, October 3rd at 2 pm.
- Please pray for the family of Bill Smith as they mourn his passing.
- Please pray for the family of Genevie Grand as they mourn her passing on Aug. 6th.
- Please pray for the family of Sara Alden as they mourn her passing on July 21st.
- Please pray for the family of George Menchen as they mourn his passing on July 14th.

Please pray for those facing health issues

John Baker Judy Bello Helen Burns Steve Cairns Krissy Healy Sam Imbimbo Ron Kram
Helen MacKenzie
Marie Patchin
Albert Reil
Alan Reil
Pamela Sage

Ed and Fay St. John Eloise Stephan

Those serving in our military

Sgt. David A. Dickens, USAF Jason Morse, Coast Guard Lt. Ian Alloway Culver, Lt. Col. David Trowbridge, U.S. Army, Fort Lewis, WA. David continues to serve in the Army as Chief of Cardiology at Madigan Hospital.



Sam and Chris Imbimbo have moved. They now live at:
Brookdale Fountaingrove, 300 Fountaingrove Pkwy, Santa Rosa, CA 95403
Helen MacKenzie is living in a Care Home at 5039 Parkhurst Dr. Santa Rosa, CA 95409.
Her new phone # is 539-6677.



Contributed income is still about \$27K (12%) below budget through August, but we believe that

this will improve now that we are into the fall. Fortunately expenses are \$14K (5%) below budget also. Other items discussed at this month's meeting were ways to improve the return on our invested funds, the upcoming stewardship campaign which will launch on October 11th and disposition of a cemetery plot in the Franklin Avenue Memorial Park Cemetery.



No Membership meeting in October. Pictorial Directories are here— If you had your picture taken, you may pick up a directory at the church office. If you submitted a picture, please pay

\$10 when you pick up your directory.

Nov. 1st New Member Class—Letters will be sent out to prospective new members asking them to come to the class which will be held after church service in the Rose Room.

6

COMMITTEE UPDATES



- October 4th is World Communion Sunday.
- Sunday October 11th after worship we will be at Montgomery Village for a Blessing of the Animals. You and your

pets are invited to join us.

- November 1st is All Saints Day and Communion.
- On Saturday, November 21st we will prepare the sanctuary for Thanksgiving.
- On Saturday, November 28th we will prepare the sanctuary for Advent.
- Advent begins on Sunday, November 29th.

Recruitment and training for ushers and liturgists continues. See Jetta Saharoff for information about being a liturgist, and see Nancy Taylor for information about ushering.

We are still looking for folks who are interested in helping with sound and projection during worship. See Hal Sneath or Jim Spahr for more information.



We are all settling comfortably into the new school year. The drop off tears are minimal and being replaced by not wanting to leave at the end of the day. We have a total of 51 children attend-

ing the school. We have one more who will join us once they turn two. Our oldest children will turn five at the end of this year. Back to School Night was well attended and we look forward to our next family events of a Book Fair and the Fall Festival. The staff also has an in-service day scheduled for early October where we will be focusing on creativity and what that means to each of us.



On September 20th, we celebrated the kickoff of the church year and its events with the congregation. This is a busy time for this committee and we wish to thank all. Committee Members and volunteers who

make it possible.



The B&G committee has adjusted the sprinkler system to use less well water, in response to a comment from a neighbor. We're also investigating what video Building and Grounds camera security we should have for the church, which would cover key areas like

the preschool, outside office doors, Campbell Court, and the parking lot.



The Christian Ed Committee is pleased to be able to offer new learning opportunities beginning in September. Cultural Literacy for Religion is a video class exploring the history, tenets and

practices of many world religions. Classes are at 7:00 p.m. on Wed. and 9:30 a.m on Thurs. Sunday morning Bible Study is again in session at 8:15 a.m., using a Kerygma Study on Amos and Hosea. A new PCUSA curriculum for children: Grace and Gratitude will soon be arriving for Sunday School. Sunday Forums are planned. Sept. 27 Pastor Cindy presented a program on the Seven Ancient Churches of Revelation in Turkey and on October 25 Steve and Julia Fenner will tell us of their recent trip to Vietnam and Cambodia.

Texsonnel.

One of the tasks charged to the Personnel Committee is continual

review and if needed updating of staff job descriptions as jobs evolve. Our individual job experience teaches us how important it is to have clarity between the worker and the worker's supervisor. In that regard, Administrative Assistant Ruth Caniff's job description has been updated and Business Administrator Cindy Larson's job description update is nearing completion. The Personnel Committee very much appreciates the priority given this important element of Personnel administration by Pastor Cindy.



At their September meeting, Deacons discussed an idea to expand

the Food Shelf to include special bags for the homeless that have foods that do not require cooking or a can opener, which the homeless usually do not have access to. Now, in addition to our usual food bags available to those in need, we also have a special bag for the homeless. We are hoping that this will better meet the needs of those in our community who are hungry and need assistance.



Thank you to all of our volunteers! We couldn't do it without you!



Boy Scout
Troop 135
was given
a commendation from
our church
for all the
helpful
volunteer
work they
have contributed
this past
year.

The Korean American Presbyterian Church is led by Reverend Jung Lee. This is his family and friend when they were introduced to our congregation. They will be holding worship services starting next Sunday at 8am. We are invited to attend their worship service at 8am on October 18th for a special commissioning of their church by their Korean American Presbyterian Church presbytery.

COMMITTEE UPDATES



We've started! Bellissimo and Chancel Choir have started! Yeah! But there is always room for more. Please come join us in singing and ringing praise to our

God! Thursday evening; 6:00 p.m. Bellissimo and 7:30 p.m. Chancel Choir in the Sanctuary.

The Chancel Choir has started to work on Tom Fettke's "One Incredible Moment". We are excited to be singing this wonderful cantata with three other church choirs: First United Methodist, Bethlehem Lutheran and Faith Lutheran.

Dec. 18th at First United Methodist, Dec. 19th at Bethlehem Lutheran Dec. 20th at Church of the Roses

Put these dates on your calendar and help us support FISH with your donations. Note the following dates on your calendar as well.

Roses Signature Concert Series
Oct. 18 – Cantiamo Sonoma
Dec. 18,19, 20 – Combined Church Choirs Cantata
February 28 – Redwood Chordsmen
March 13 – Santa Rosa Children's Chorus
April 10 – Sonoma State University Jazz Band
May 22 – New Horizons Swing Band

Looking forward to a wonderful year of praising God



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October Wondering if you're on track with your pledge? Check with the office or email office@churchroses.org				1 MHS Breakfast 9:30 AM Cultural Literacy for Religions 12:00 PM Simply Friends 6:00 PM Bellissimo Practice 7:30 PM Choir Practice	2 MHS Break- fast 12:00 PM Noon Hour of Prayer 2:00 PM 12- step program Spaghetti Feed	3 2:00 PM Memorial for Joyce Beckner
4 Communion Sunday World Communion Sunday 8:00 AM Korean Worship 8:15 AM Kerygma Bible Study 10:00 AM Worship	Breakfast	6 MHS Breakfast 8:30 AM Buildings & Grounds 10:00 AM PW Coordinating Mtg 12:30 PM Fellow- ship Meeting	7 MHS Breakfast 9:00 AM HVAC Maintenance 10:00 AM Staff Mtg. 11:00 AM Bulletin 4 PM Loss Support 4:00 PM Voena 7:00 PM Cultural Literacy for Religions	8 MHS Breakfast 9:30 AM Cultural Literacy for Religions 12:00 PM Simply Friends 6:00 PM Bellissimo 7:30 PM Choir Practice	9 MHS Break- fast 12:00 PM Noon Hour of Prayer	10 4:00 PM Voyagers Clam Chowder at Bodega Bay
11 8:00 AM Korean Worship 8:15 AM Kerygma Bible Study 10:00 AM Worship 12:00 PM Blessing of the Animals at Mont. Vlg. by the bear	Breakfast Office Closed 10:00 AM Senior Exercise 7:00 PM Boy Scouts	13 MHS Breakfast 8:30 AM Buildings & Grounds 10:00 AM PW Sewing 12:30 PM Personnel 4:30 PM Worship Committee 7:00 PM Deacon's Meeting	14 MHS Breakfast 10:00 AM Staff Mtg. 11:00 AM Bulletin 4:00 PM Loss Support Group 7:00 PM Cultural Literacy for Religions	15 LATE START MHS Breakfast 9:30 AM Cultural Literacy for Religions 12:00 PM Simply Friends 3:30 PM Book Club 6:00 PM Bellissimo Practice 7:30 PM Choir Practice	16 MHS Break- fast 12:00 PM Noon Hour of Prayer	9:30 AM Handicapa- bles
18 8:00 AM Korean Worship Open Invite 8:15 AM Kerygma Bible Study 10:00 AM Worship 11:30 AM Stephen Ministry 2:00 PM ROSES CONCERT SERIES: Cantiamo Sonoma	MHS Breakfast Office Closed 10:00 AM Senior Exercise 7:00 PM Boy Scouts 7:00 PM PW Evening Bible	8:30 AM Buildings	21 MHS Breakfast Rose Clippings Submissions Due 10:00 AM Staff Mtg. 11:00 AM Bulletin 4:00 PM Loss Support Group 7:00 PM Cultural Literacy for Religions	MHS Breakfast 9:30 AM Cultural Literacy for Religions 12:00 PM Simply Friends 2:00 PM Favorite Film Series 5:00 PM Finance Mtg. 6:00 PM Bellissimo Practice 7:30 PM Choir Practice	23 MHS Break- fast 12:00 PM Noon Hour of Prayer 1:00 PM Nominating Committee	9:30 AM PW Presby- tery Fall Gathering
Reformation Sunday 8:00 AM Korean Worship 8:15 AM Kerygma Bible Study 10:00 AM Worship 11:15 AM Healthy BP Screenings 4:00 PM "Ripe for Change" ISFC Movie	10:00 AM Senior Exercise 7:00 PM Boy Scouts 7:00 PM Pre-	8:30 AM Buildings & Grounds 10:00 AM PW Sew 5:30 PM Church and World 7:00 PM Session Meeting	Group 7:00 PM Cultural Literacy for Religions	MHS Breakfast 9:30 AM Cultural Literacy for Religions 12:00 PM Simply Friends 6:00 PM Bellissimo Practice 7:30 PM Choir Practice	30 MHS Break- fast 12:00 PM Noon Hour of Prayer	Festival time?





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Presbyterian Women Tues. Oct. 20
Bible Study 10:30 Salad Potluck Lunch 12
Seven Come Eleven! Anita
Big Family Dynamics Pinney

Book Club Thurs. Oct. 15 3:30 P.M



Quiet: The Power of Introverts
In a World that Can't Stop Talking
by Susan Cain.

Copies in the Library

VOYAGERS: It's time again for the annual Voyagers' Clam Chowder at Bodega Bay event! Sat., October 10th at 4 p.m. is the time to gather at the home of Gene and Carole Michel, 190 Starboard Court (corner of Sea Way and Starboard Court), Bodega Bay. In order to simplify the preparation of the chowder, there will be a change in instructions this year. Carole will prepare all the clam chowder. YOU DO NOT NEED TO BRING A CAN OF CHOWDER WITH YOU. The menu will be hors d'oeuvres, chowder, bread, salad, dessert and decaf and tea. We'll figure out a nominal fee for the meal and you can pay for it that evening. If you wish to have any special beverage, please bring it with you. Callers will be calling Voyagers members. Any questions, please call Gene and Carole Michel.



A Bible Study for our time.





Boundaries, Tough Love, Amazing Grace

Sunday Mornings 8:15 Starting September 20

Santa Rosa is a Fair Trade Town and We Helped! Celebrate our city's Fair Trade designation on



October 17th 1-5pm.
There will be live music and performances in downtown Santa Rosa in Courthouse Square.



Steve and Julia Fenner traveled to Vietnam & Cambodia

Sunday Forum October 25 11:30 a.m.
They'll tell about their adventures
and show their photos.



Favorite Film Series Thurs. Oct. 22 2:00 p.m.

The Trouble with Harry

Alfred Hitchcock doing a comedy!?!

Autumn in Vermont



Help and encouragement after the loss of a spouse, child, family member, or friend to death, dementia or separation.

UPCOMING EVENTS

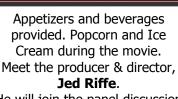


Sunday October 18 2:00 p.m.



Cantiamo Sonoma

Carol Menke, Director Outstanding A Cappella Choral Group



He will join the panel discussion and answer questions.

Sunday, October 25th

4-6 pm

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Presbyterian Women
In Redwoods Presbytery
Fall Gathering

Saturday Oct. 24 9:30 a.m. - 2:00 p.m.
At Church of the Roses
Call Janice Holmes for reservations \$10
707-575-7484

Submit articles for each issue of $Rose\ Clippings$ to Email:ruth@churchoftheroses.org or leave a copy in the box in the church office.



Distributed to all members and friends

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