

VOLUME 53, No. 1 FEBRUARY 2015



"All are from the dust, and to dust all return."

Ecclesiastes 3:20, ESV



Ash Wednesday Service February 18, 2015 at 7 PM



ASH WEDNESDAY is February 18 at 7 PM

FRIDAYS HOUR OF PRAYER

12 noon every Friday

LENTEN BIBLE SERIES

Prayer, Power, and Practices
Every Wednesday
Feb. 25 – Mar. 25th at 7 PM.
led by Pastor Cindy in the Rose
Room, Childcare available

Room. Childcare available by calling the church.

Soup supper at 6 PM.

CELTIC HARPIST, Shawna Spiteri
on March 8 at 10 AM

PALM SUNDAY CANTATA at 10 am on March 31

MAUNDY THURSDAY
6pm on April 2

Soup Supper with a Deacon led hand-washing ceremony and communion in Bowen Hall.

GOOD FRIDAY SERVICE at 12 noon on April 3

<u>EASTER SUNDAY</u> **10 am on April 5**celebration with special music



Connection and Community Improves Our Health

By Pastor Cindy Alloway RN MSN MDiv DMin

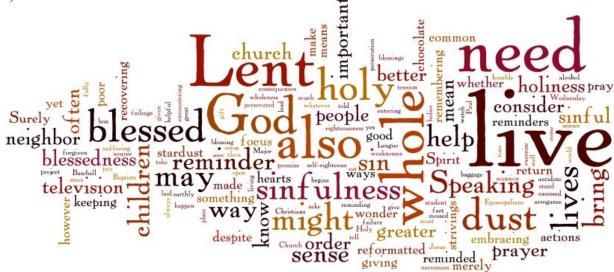
"For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another." (Romans 12: 4-5)

In a Stanford University article entitled: "Social Ties are Good for your Health" Croteau quotes new science that discourages an emphasis on working hard to obtain material things versus time with friends and in community. Not being connected and actively involved in a supportive community is **detrimental** to our health. She writes:

"We may all know that relationships with friends and family add immensely to the quality of life. But did you know that such social ties can help us live longer? Studies indicate that "social capital" is one of the biggest predictors for health, happiness, and longevity. The problem: we often do not recognize the importance of social connection. Our culture values hard work, success, and wealth, so it's no surprise some of us do not set aside enough time for social ties when we think security lies in material things rather than people."

Science is proving more and more that God knows best. God created the church to not only provide a sacred space for gathering in worship and to spread the Gospel message that "God is Love," but to also connect us to one another which improves our health in body, mind, and spirit.

Olds and Schwartz (Professors of Psychiatry at Harvard Medical School) argue in *The Lonely American* that "loneliness is often mistaken for depression." They recommend: "if you don't belong to a group and you **join one now**, you'll cut your chance of dying in half for the next year. If you join a group (church), do more than just send in your dues. Come together face to face, such as by volunteering for committees or agreeing to work on projects. Spread the word! Joining and getting actively involved in a church helps you live longer, healthier, and happier! (For the full article: https://bewell.stanford.edu/features/social-ties-good-health)



PCOR Started 2015 with SMILES!





Join us in Haiti May 28-June 6, 2015

Information sessions on Sundays after worship February 1st and Feb. 15th

Serve the Lord in Haiti with the Presbyterian Church of the Roses in partnership with Foundation for Peace.

Everyone ages 18 years and older welcome.

Contact: Kathryn Culver

kathryn.culver@duke.edu

(973) 216-7789



Church of the

Roses \$3.50

Calendar

2015-2016

Available in the office now. This 2 year calendar will keep a record of all your doings. Give one to a friend too. This calendar supports the work of Presbyterian Women.

ADULT FORUM February 22, 2015 11:00 am

"Yoga Interventions to Relieve Trauma Experienced by Orphans in Haiti"

Kathryn Culver will be sharing her Duke Global Health on two orphanages in Haiti.





Julie Silber's Trunk Show of Antique Quilts!

February 21, 2015 at 2:00 PM A Trunk Show of Antique Quilts by Julie Silber in Bowen Hall. Don't miss this opportunity to learn about the history of quilts from Julie Silber. As Julie shares her rich collection of quilts you will hear the stories of those who stitched these works of art, the times they lived in and the struggles of their personal lives.

Julie Silber is a nationally known lecturer, author, consultant, and curator. For more than thirty years, she has been speaking and conducting WORKSHOPS on quilts as a focus for uncovering the rich world of our female past. Julie has run workshops nationally and internationally with Quilt Guilds, at Quilt Shows and Events, and with Community Groups, Museums, and Universities. Julie Silber and Jean Demeter, co-owners of The Quilt Complex, work together to provide an exceptional range of quilt related services to museums, collectors, dealers, individuals, and quilt guilds.

Do share the word about this event with your quilting friends. The Presbyterian Women's Sewing Group will show some of the quilts they make for hospice patients and nursing homes. Presbyterian Women will provide afternoon tea. There is no charge for admission but PW Sewing Group will appreciate donations for the supplies they need for their work.



Prayer Requests: Please include in your prayers

Those mourning the loss of a friend or family member

- Please pray for the family of Jeanne Nussmeier who are mourning the sudden death of Jeanne's daughter, Shannon Marie Williams, on January 20, 2015.
- Pray for the family of John and DeDe Keating who are mourning the death of John's father.
- Please pray for the family of Dan Ramage who passed away recently.
- Please pray for the family of Carla Edwards who passed away December 20, 2014.
- Please pray for the family of Reverend "Rit" Anderson who passed away on November 16, 2014.
- Please pray for the family of Jack Page who passed away on Sept. 22, 2014.
- Please pray for the family of Pat Ward who passed away Oct. 1, 2014.
- Please pray for the family of Frank Metzger who passed away Sept. 21, 2014.
- Please pray for the family of Paul Bowles who passed away on Sept. 13, 2014.

Please pray for those facing health issues

Robert McNutt

Ted and Alice Crouch

Pamela Sage

Judy Bello

Albert Reil

Alan Reil

David Downard

John Baker

Lorraine Nichol

Delores Dewhurst

Betty Settle

Gwen Christiansen

Those serving in our military

Sgt. David A. Dickens, USAF Jason Morse, US Navy Jason Imbimbo,

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.



From Mourning to Joy GriefShare Support Group

If it is hard for you to feel optimistic about the future right now. If you've lost a spouse, child, family member, friend or job, you've probably found there are not many people who understand the deep hurt you feel. This can be a confusing time when you feel isolated and have many questions about things you've never faced before. "Going to GriefShare feels like having warm arms wrapped around you when you're shivering."

We meet every Wednesday between Jan. 14—April 8 from 7-8:30 PM in the Adult Ed room. Enter through the parking lot. Stop in any Wednesday!

COMMITTEE UPDATES

Clerk of Session

As we begin the new year at Church of the Roses, it seems appropriate to look back and realize how much we accomplished in 2014. With Pastor Cindy's guidance, we have begun a journey to discern God's plan for us as a congregation. We have welcomed new members, said goodbye to old friends and discovered new ways to meet the needs of our congregation and community. There is excitement in the air when we gather together in worship and fellowship. Moving out of our comfort zone is scary at times and not always comfortable, but we're meeting the challenge of going into an unknown future with the confidence that God is guiding our path. Let's celebrate and join together as a loving community, giving thanks for the past and looking forward to the future. God bless us every one.



Thank you to all of the Chancel Choir, Bellissimo, Althea and the tech crew for all of their dedication and hard work during the

Christmas Season! You all praised God joyously!
Next on the Chancel Choir's agenda is a joint
celebration with St. Andrew Presbyterian Choir
singing a new commissioned piece written by
Rosephanye Powell! After that, the Choir will be
presenting "The Power and the Glory" written by
Doug Holck on Palm Sunday. There are four more
concerts in this year's series. Bring all of your
friends and family to these wonder concerts!

Feb. 15 – Redwood Chordsmen March 15 – Santa Rosa Children's Chorus April 19 – Montgomery High School Bands May 17 – Song of Sonoma

Our new hymnals have arrived! The office staff is working on the dedication plates. Please check with me regarding the correct spelling of all names and any last minute changes you want to make. If you would like to make additional dedications, see me as soon as possible.

Yours in Christ, Barbara McElroy



Hi there! Emily here with youth activities!
Getting geared up and looking forward to the

New Year! We have some fun volunteer activities planned for February. We will be joining Land Paths for a workshop that discusses and demonstrates how to use dogbane to make string and cord, as the Native Americans used it.

We also have a volunteer workday at the Riddell Preserve, which is something that I and a few youth have been attending regularly each month. In addition to that, we also have another volunteer workday for the youth in which we will be learning to assemble bikes for the Salvation Army. We are looking forward to these events and starting the new year with good intentions!



Worship Committee

The Worship Committee is adjusting to a new chairman (Kay Webb) and new duties (ushering and

communion service), while transferring a duty to Membership (pew prep). All duties were thoroughly explored, with assignments made to members of Worship.

We are fortunate to have many people who, although not formally on the Worship Committee, are still willing to help us out with various projects. We are also looking for more members. The next special events on our calendar will be Ash Wednesday and Lent, with Pastor Cindy ready to do Wednesday night classes again for the five Wednesdays of Lent.

COMMITTEE UPDATES



Fellowship was pleased to assist in the membership luncheon for Fellowship the four new members.

Committee Fellowship also attended the

Voyagers' Planning Meeting for an upcoming concert on Feb. 15th. The Fellowship committee served at Rit's memorial in Bowen Hall and at the luncheon that takes place after the Annual Congregational Meeting. The Fellowship Committee would like to thank the Deacons for serving coffee and refreshments after worship. Thank you!



The finance committee is happy to report that 2014 closed with an actual deficit of only \$6.7K

compared to a projected deficit of \$26.5K. This included the addition of a Director of Youth Activities and additional hours for the office staff that were not in the 2014 budget. Contributions for 2014 were \$31.2K over budget (+10%). The budget for 2015 is projecting a deficit of \$18.3K, but we believe the growth in membership and giving will continue and eliminate this deficit. The finance committee is looking at ways to increase our church's mission giving and will also be promoting gifts to our permanent endowment. Bill Morgan - Chair



Membership had a new member class on January 11th. The new members will be received into church March 1st. With the approval of Session, Membership and Fellowship will be

two separate committees.



PERSONNEL COMMITTEE

The January Personnel committee meeting did not take place as planned and instead several of its members attended the Volunteer

Luncheon that was prepared and served by the staff: Cindy Larson, Ruth Canniff, Barbara McElroy and Pastor Cindy. The luncheon was well planned and carried out. The Rose Room, where the tables were beautifully decorated, was packed! The many unsolicited comments heard included "very nice," and "this was fun!" At least two of the breakfast volunteers in attendance are not Roses' members. They were very positively impressed, perhaps startled is more like it, that the church would reach out to them as well and include them in this expression of appreciation.

Pastor Cindy had included at each of our place settings two printed messages that we read together. The first message acknowledged the service provided by the volunteers, 2nd Corinthians 9:12-15, with the second message being a prayer for volunteers. Very meaningful! Thanks, Staff!

COMMITTEE UPDATES

We are trying to improve door security, and wanted to explain a few things. There



have been several incidents in which unauthorized people were found inside the building due to an open or unlocked door.

In addition, several months ago a wallet was stolen from an office. We ask that everyone be aware of unfamiliar people, and keep doors locked during off hours. If your group is hosting an event, please monitor any door you "unlock". The Campbell court and Bowen Hall doors now have an automatic locking feature, where the door will be locked again as the key is removed. Note that these doors can be locked "open" by using a key found on the kitchen wall to lock the release bar down. If you do so, please remember to lock the door before leaving. Anyone on the B&G committee can show you how. Please ask me if you have any questions.

Thanks for your help on this important issue! *Steve Fenner,* B&G Chair



We are excited about two new Adult Ed Classes: The Sunday Morning class at 8:15 each week, studying the Lectionary Readings for each Sunday and the Wednesday night video class on the New

Testament from an historical perspective, taught by Professor Bart Ehrman. We will be providing the congregation with a PCUSA Lenten Devotional Guide. Our committee is making plans for a Lenten Soup and Bread Supper and a class on prayer taught by Pastor Cindy on five Wednesday Nights beginning February 25. Watch your Sunday Bulletin for details.



The school reopened on January 5th after our two week Christmas/New Year break. We jumped

right back into a full schedule of exploring winter activities and birds. We made peanut butter and seed bird feeders to help our bird friends make it through the winter. We listen for the woodpeckers when we are out in the yard.

In Pre-k, we have started learning the alphabet and so far have worked on the letters C, T and A. H will finish off the month. Research shows that teaching children the alphabet in letter order is not the most effective method. We start with letters that are easy to recognize and work our way through the rest. We learn about letters through songs, finger plays, crafts, manipulating letter robots, and first tracing, then writing them. We also look for objects in our environment that start with the letter we are learning.

ANNOUNCEMENTS



Favorite Film Series
Thurs
Feb. 26 2:00 p.m.
in the Rose Room

Golden Globes Best Movie

BOYHOOD

A unique film about growing up.

Great Courses Video

Wednesday Evenings 7:00-8:30 p.m. The New Testament

Learn about the Scriptures from an historical perspective.

Professor Bart Erhman is the teacher.

The Boys and Girls Club need afternoon snacks. Please bring to the office healthy snacks such as string cheese, cream cheese, bagels, peanut butter, jam, snack bars, fruit...





Easy Senior Exercise

Every Monday at 10 am in the Rose Room

ATTENTION VOYAGERS!

February 28th at 5:30 pm in Bowen Hall is our gathering to play Martha Washington Bridge, eat hors d'oeuvres and dessert and have fun. Callers will be contacting members with more information. Call Laurie Thomas 576-0571 with any questions.



MAILCHIMP! If you haven't been receiving our weekly emails and would like to, please give the office your email.

THANK YOU

We wish to thank DeDe Keating for donating all of the poinsettias that went to our shut-ins during the holidays. Your generosity was greatly appreciated!



THANK YOU

It has been 10 years—Jan 7th since Dennis had his blood stem cell transplant at Stanford for Myelofibrosis. He is doing great. We wanted you to know how much you all played a part in his recovery. We still have all of the cards you sent us during our stay at Stanford. Your prayers, thoughts, and caring sustained us during all of this time. We are so grateful and blessed by all of you. God is so good.

Love and Blessings, Darlene and Dennis Leffler

THANK YOU

Dear Church of the Roses/ Breakfast Program Manager,

Enclosed please find a \$250 check for the Breakfast Program for MHS students. We know how much this means for students to receive a hot, wholesome meal to start their busy school day.

The Montgomery High School Alumni Foundation, which formed almost 4 years ago, is a 501c3 nonprofit organization. We sponsor projects to raise funds for MHS and its students. As alumni, we value your contributions to MHS students.

We, as MHS alumni, want to thank you again for the important kindness you donate for your neighborhood, the community, Montgomery High School and its students.

Sincerely, Bob Parker President of MHSAF

FEBRUARY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:15 AM Bible Study Class 10:00 AM Worship 11:30 AM Wind- jammers Planning Meeting 11:30 AM Youth Council Meeting 1:30 PM Hispanos Cristianos	2 Office Closed 7:00 AM MHS Breakfast 10:00 AM Senior Exercise 7:00 PM Boy Scouts	7:00 AM MHS Breakfast 8:30 AM Buildings & Grounds 10:00 AM PW Coordinating Mtg 1:00 PM Membership/ Fellowship Meeting 7:00 PM Deacon's Meeting	7:00 AM MHS Breakfast 10:00 AM Staff Mtg. 11:00 AM Bulletin Mtg. 7:00 PM Bible Study Class 7:00 PM Grief- Share 13 wk series	7:00 AM MHS Breakfast 12:00 PM Simply Friends 6:00 PM Bellissimo Practice 7:30 PM Choir Practice	6 7:00 AM MHS Breakfast 12:00 PM Hour of Prayer	7 5:00 PM Blue and Gold Dinner
8 8:15 AM Bible Study Class 10:00 AM Worship - Dan Christian 1:30 PM Hispanos Cristianos	9 Office Closed 7:00 AM NO MHS Breakfast 10:00 AM Senior Exercise 7:00 PM Boy Scouts	10 7:00 AM MHS Breakfast 8:30 AM Buildings & Grounds 9:00 AM PEO Healdsburg Chapter 10:00 AM PW Sewing 12:30 PM Personnel - Library 4:30 PM Worship Committee	11 7:00 AM MHS Breakfast 7:00 PM Bible Study Class 7:00 PM Grief- Share 13 wk series	12 7:00 AM MHS Breakfast 10:00 AM Staff Mtg. 11:00 AM Bulletin Mtg. 12:00 PM Simply Friends 6:00 PM Bellissimo Practice 7:30 PM Choir Practice	13 7:00 AM MHS Breakfast 12:00 PM Hour of Prayer 2:00 PM Bungalow "O"	14 9:00 AM Set up 12:00 PM Birthday
15 8:15 AM Bible Study Class 10:00 AM Bilingual Worship - Hispania Cristiana 11:30 AM Stephen Ministry 11:30 AM Youth Council Meeting 2:00 PM Redwood Chordsmen Concert	Exercise	17 Rose Clippings Deadline 7:00 AM MHS Breakfast 8:30 AM Buildings & Grounds 10:30 AM PW Bible Study & Luncheon 5:00 PM Finance Meeting 7:00 PM Christian Edu. Meeting 7:30 PM Boy Scouts	18 ASH WEDNESDAY 7:00 AM MHS Breakfast 10:00 AM Staff Mtg. 11:00 AM Bulletin Mtg. 7:00 PM Bible Study Class 7:00 PM Grief- Share 13 wk series	19 7:00 AM MHS Breakfast 12:00 PM Simply Friends 3:30 PM Book Club 6:00 PM Bellissimo Practice 7:30 PM Choir Practice	20 7:00 AM MHS Breakfast 12:00 PM Hour of Prayer	21 2:00 PM Historic Quilts by Julie Silber
7:00 AM Boy Scout Pancake Breakfast 8:15 AM Bible Study Class 10:00 AM Worship 1:30 PM Hispanos Cristianos		24 7:00 AM MHS Breakfast 8:30 AM Buildings & Grounds 12:00 PM Church and World 5:30 PM Session Meeting	25 7:00 AM MHS Breakfast 10:00 AM Staff Mtg. 11:00 AM Bulletin Mtg. 7:00 PM Bible Study Class 7:00 PM Grief- Share 13 wk series	26 7:00 AM MHS Breakfast 12:00 PM Simply Friends 2:00 PM Favorite Film Series 6:00 PM Bellissimo Practice 7:30 PM Choir Practice	27 7:00 AM MHS Breakfast 12:00 PM Hour of Prayer	28 Voyagers Martha Washington Bridge 9:30 AM Handicapables





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UPCOMING EVENTS...



Sunday February 15 2:00 p.m.

Presbyterian Church of the Roses 2500 Patio Ct. Santa Rosa, CA 95405 707-542-4272



Santa Rosa Pedwood Chordsmen

Barbershop Harmony with

Sonoma County's Premier Men's Chorus

Phil DeBar, Director

Admission is free. Donations welcomed.



Sat. Feb. 21 2:00 p.m. In Bowen Hall

Come and See! A Trunk Show of Antique Quilts

Julie Silber

Noted Quilt Collector and Quilting Expert



Book Club

Thurs. February 19 3:30 P.M In the Library

The Glassblower of Murano by Marina Fiorato

Intrigue and romance in medieval Venice



Presbyterian Women Tuesday February 17

Bible Study 10:30 Lesson 6 Luncheon 12:15

All About Stephen Ministry with Jeanette Nichols
Plan JOY BAGS for shut-ins

Submit articles for each issue of $Rose\ Clippings$ no later than noon on the 20th day of the month. 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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2500 Patio Court Santa Rosa, CA 95405 Phone 707-542-4272

RETURN SERVICE REQUESTED