

# ROSE CLIPPINGS



Bob Moore, Steve Yeager, Don Marshall, Judy Moore, Kay Young, Deborah Baker, and Bonnie Barber attended Summer Sing 2019 at Zephyr Point Presbyterian Conference Center. If you like to sing, considering joining our Chancel Choir. Their first practice of the church year will be on September 5th!

## SEPTEMBER At-A-Glance

**Sept. 1** — Rev. Lynne Vandercooke  
**Sept. 2** — Labor Day-No MHS/No Office  
**Sept. 5** — Bells & Choir resume practice  
**Sept. 7** — SACRED SPACE 5-6PM *new time*  
**Sept. 8** — Fair Trade Market Fundraiser  
**Sept. 8** — Suzanne Barthel Memorial 1pm  
**Sept. 13 & 14** — RETREAT at Westminster  
**Sept. 16** — Class: Dietrich Bonhoeffer 9:30am  
**Sept. 18** — Class: Dietrich Bonhoeffer 7:30pm  
**Sept. 22** — Pedal for Protein Ride!  
**Sept. 22** — Hearing Loss Support Group  
**Sept. 29** — Deacon Buddy Day/Kick-Off  
**Sept. 29** — BOOMERS Museum & More!

## SAVE THE DATES

PW Fall Gathering PCOR: Oct. 5@9:30-1:30pm  
New Member Class: Oct. 13 @ 11:30 am  
Cantiamo Concert: Oct. 20 @ 2 pm

## EMBRACING IMPERFECTION

**CHURCH RETREAT  
SEPTEMBER 13-14**

**AT WESTMINSTER WOODS**

Singing, Food, & Fun! BUY BOOKS NOW!



**DEACON BUDDY DAY  
CHURCH YEAR  
KICK-OFF!**

**SUNDAY, SEPTEMBER 29!**

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



Rose Clippings Newsletter Vol. 57 No.7  
(707) 542-4272  
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# Showing up for God and Church in the New Church Year

BY PASTOR CINDY

I hope you have had a restful and fruitful summertime! It was such a blessing to see that only a few people took “a break” from church worship this past summer. Overall, we had healthy attendance throughout our summertime! Thanks be to God!

The “new liturgical church year” (according to the lectionary) officially begins the first Sunday of Advent, which is on December 1st in 2019. Yet most churches follow closer to the new school year when we “re-launch” our church activities and meetings in early Fall. Our PCOR celebration for the launch of the “new church year” for the Church of the Roses is on September 29th. It coincides this year with our Deacon Buddy Day! Yay!

I always say, “God doesn’t take a break from caring about you so don’t take a break from worshipping God.” Worship is all about taking the time to show how grateful we are for our many blessings. God doesn’t demand it. But God knows (and it is scientifically proven) that it is good for us to be thankful and have an attitude of gratitude. Sunday mornings are the perfect way to show your gratitude to God for the abundant grace and mercy God bestows on us.

I am grateful for each one of you and especially those who are giving of their time and talents and resources to keep our church developing for the future benefit of our whole community and beyond. All the Session and Deacons and Health Ministry are planning wonderful events and educational opportunities for our church congregation and community this Fall and Winter. It will be such a blessing to have a Healthy Hearing Forum and a Hearing Support group forming in our church.

We have a group of people excited about becoming new members, thanks to our membership committee who are so welcoming and warm to newcomers. This past Spring the Council on Aging started providing a “Social Club” program which gives respite care for care-givers. We have people participating from our church as both respite-care receivers and as volunteers who are supporting this program with their time and talents. Thank you, Jack Walton, Judy Clark and Chris Nelle. The choir is planning an Advent Cantata this year and wonderful concerts for the whole com-

munity to enjoy. There will be an adult education program on Dietrich Bonhoeffer and dealing with “Hate” from the survivors’ point of view. The Presbyterian Women will be having their regional Fall gathering at our church in early October. And we continue to host the Sonoma Developmental Center clients who are so very grateful for the use of our church for their worship services every Sunday afternoon. And the Korean Presbyterian Congregation, led by Reverend Jung Lee, continue to hold worship on Sundays and Bible studies for Youth on Friday evenings at our church.

We have a vital group of youth in our church on a daily and weekly basis even if we don’t often see them on Sunday mornings for worship. The MHS free breakfast program for students is already off to a good start. (But we can always use more volunteers who would be willing to substitute when one of the regular team members are not able to make it on a weekday morning.) The Scouts (both boys and girls) are so grateful they get to meet in our church on a weekly basis. The Rosebud preschool is meeting the educational and care needs of 50+ children and their parents. And plans are already being made to provide another wonderful VBS program for the kids in our church and community next June 2020.

Sadly, we have had many of our “pillars” of the church pass away this year. But I trust in God and trust in you who will step up and fill their shoes as much as possible. This Church of the Roses is a very worthy cause to devote your time and talents and resources. YOU can help us have a healthy future. By doing so you are also investing in your personal health as well. Giving of yourself ends up giving strength to your immune system and to your mental health. So, take a “vitamin boost” of the Church of the Roses by giving of yourself for the goodness of God in this blessed community so we all can have a happy new church year!

***James 4: 7-10: “So give yourselves completely to God. Stand against evil, and evil will run from you. Come near to God, and God will come near to you. ... Humble yourself in the Lord's presence, and God will make you great.”***

## Who Are Your Homeless Neighbors in Sonoma County?

The latest report from an annual census count of those without shelter found the following statistics:

For all of Sonoma County, the total homeless population was 2,951, down by 45 people or 1.5% from 2,996 in 2018.

The biggest increase was with unaccompanied children and youth, which increased from 515 in 2018 to 666 in 2019 or 29%. (Young people have a harder time accessing services due to the stigma of their housing situation, lack of knowledge of available resources, and fewer services available for youth.

Eighty-seven percent of the people surveyed reported living in Sonoma County prior to becoming homeless. Of that, 70% reported living in Sonoma County for 10 or more years. (The survey shows that these are our neighbors, our coworkers, our church members, even our friends.)

Nineteen percent of those surveyed reported that their previous housing or sleeping location was affected by the 2017 fires and of those, 37% reported that their home or sleeping location was burned or destroyed by the fires.

Homeless veterans increased slightly from 207 in 2018 to 210 in 2019. Veterans experience higher rates of PTSD and TBI (Traumatic Brain Injury), sexual assault, and substance abuse, and are more likely to live on the streets versus shelters.

The survey also showed that the primary causes of homelessness were **job loss, argument with family or friend, alcohol/drug abuse, eviction, and divorce or separation**. The biggest obstacle to finding housing was **not being able to afford the high rents**. The most common health issues were drug or alcohol abuse (38%), psychiatric or emotional conditions (35%), PTSD (25%), and physical disorder (25%). **Thirty-four percent reported a history of domestic violence**.

"Do the homeless want to be housed?" Eighty-nine percent of those surveyed said they would want a home if one were available and affordable.

Remember: [Leviticus 25:35-36](#) ESV

**"If your brother becomes poor and cannot maintain himself, you shall support him as though he were a stranger and a sojourner, and he shall live with you. Take no interest from him or profit, but revere your God, that your brother may live beside you."**



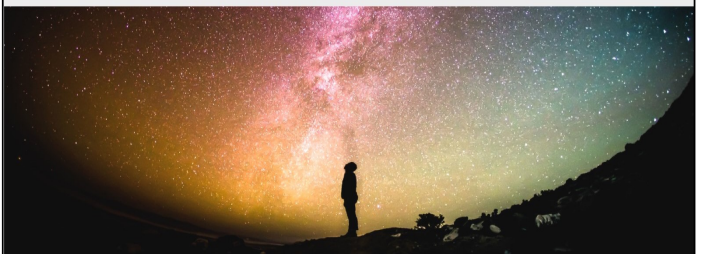
GUEST PREACHER  
*Rev. Lynne Vandercooke*  
September 1, 2019

**Reverend Lynne Davis Vandercook** has been approved by our Session to be our **new Parish Associate**. This is a volunteer position. Lynne is a retired PCUSA minister, and Hospice Chaplain. She has been a certified Christian Educator, and a Deacon before becoming a teaching elder/minister in the church. She will be providing congregational care in coordination with the work of our Deacons and Pastor Cindy. PCOR feels very blessed to have Lynne join our staff as a volunteer minister. She came to us as a result of the fires in Paradise. Lynne and her brother, Dave, lost their home in Paradise and moved to Santa Rosa a few months ago. Lynne has two adult sons, John and Mark. God is good! This is another example of hope rising out of tragedy!



THURSDAYS  
*Noon Hour  
of Prayer &  
Encouragement*

Exploring the God Idea



**FIRST THURSDAYS 10:15 am—Rose Rm.**  
**Join us for a self-led discussion.**  
**Questions: Ray Alden or Pastor Cindy**

# CHRISTIAN EDUCATION



## Begins Sept. 16 & 18

Mondays: 9:30-10:30 am  
Wednesdays: 7:30-8:30 pm

This fall we will examine what Hatred in America is and what one man did to combat hatred in Hitler's Germany. His name is **Dietrich Bonhoeffer** and he was a theologian, a Lutheran minister and a soldier for Christ. Utterly fearless, he fought Hitler through words and deeds and refused to leave his nation in the grip of a madman and an anti-Christian ideology. That struggle ultimately cost him his life. He was executed by a specific order of Himmler just before the camp that he was in was liberated by the Allies. The format will examine his deeds and words through videos and printed hand outs with discussions following the videos. This class lasts 4 weeks and will be about an hour in duration with the first 30 min. spent watching video and the rest in discussion. The second half of the program is 5 weeks long and will be devoted to oral histories of immigrants who fled violence, persecution and hatred in their own mother countries only to find hatred in America. Their stories of perseverance and belief in the goodness of the core values of most Americans and in the moral strength underlying those values is inspiring. This fall presentation ends on November 13th.

Tony Burille,  
Christian Education Chair

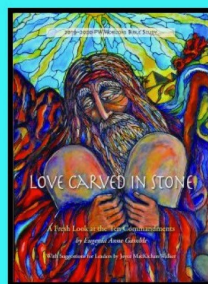
## MEMBERSHIP

The Membership Committee will be hosting another new member class at 11:30AM on Sunday October 13th in the Rose Room. This will include a light lunch and be moderated by Pastor Cindy and Bill Morgan. Anyone that is interested in learning more about what it means to be a member of Church of the Roses is encouraged to attend.

We also want to let you know that we have delayed the photos for the new membership directory because we are investigating the possibility of using a local photographer. Please stay tuned!

Bill Morgan, Membership Chair

## Presbyterian Women



*Invites YOU to join us  
Tues. Sept. 17*

**Bible Study at 10:30 in the Library  
Salad Potluck at Noon**

## VOLUNTEERS NEEDED

With the support of the Fellowship committee, we need a dedicated person or two to serve the snacks after church worship services.

The job entails:

- Make sure coffee, iced tea, and water is made and ready to serve.
- Put out the snacks provided by the church in trays, refill as needed.
- Have the fellowship drinks and food ready by 11am Sunday morning.

*If you think you can help, call the office!*

## BUILDINGS & GROUNDS

*"How many Presbyterians does it take to change a light bulb?" "Presbyterians? Change?" Ha! Ha!*

Seriously, we do change, and the church always needs help with the changes and repairs needed on the building and the grounds around it.

**Please consider joining the group that is working on keeping our church facility in hospitable shape every Tuesday from 9am to 1pm**

**(donut break is at 10:30 a.m.)**

**We also need people trading off on Friday mornings for a sweep and mop of Bowen Hall after the MHS Breakfast.**

**If interested, try it! No obligation.**

**ALL HELP IS APPRECIATED!**

Come in for as little or as long as you'd like.

If Tuesdays do not work for you, come in at a different time. *Cobwebs, weeds, pruning, sweeping, mopping, repairs... there is something for everyone!*

# FINANCE

Church operations are running at a break-even through 6/30/19. Liquid reserves still remain strong. As to be expected, things are beginning to break as they reach their useful life expectancy. Before it's replaced if anyone wants to see our grease trap, we are arranging tours after worship services! Next will be our dishwasher and then the sanctuary roof isn't getting any younger!! Bottom line, liquid reserves are essential to be there when we need to fix/repair our beautiful church and its equipment.

Your continued financial support is essential and please remember you can increase your pledge and/or send in any spare funds at any time. Inspiration and motivation to provide financial support to your church is a feeling that shouldn't be repressed!

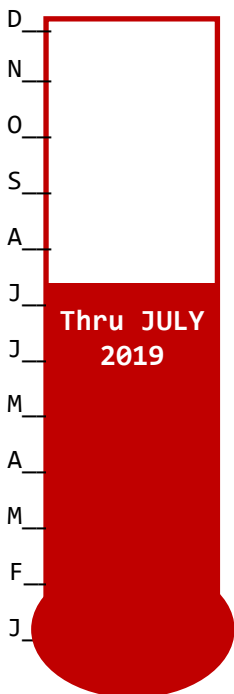


God Bless,  
Chris Nelle, Chair of Finance

## GOAL

247,000

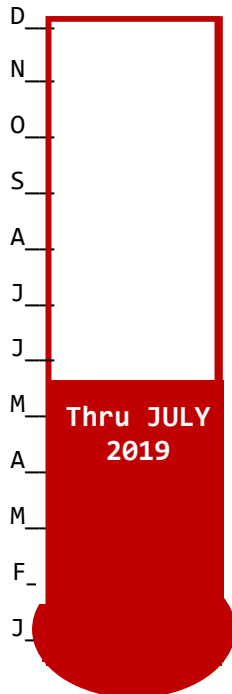
PLEDGED  
GOAL



## GOAL

45,000

UNPLEDGED  
GOAL



# MUSIC

One of my favorite scriptural passages is from Paul's letter to the Romans. He writes "For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.

If Paul had been a music director I am certain he would have added "if your gift is music, then use it to glorify God and lift the spirits of God's congregation!"

And with this in mind I am happy to announce that both Bellissimo and our Chancel Choir are back in business and seeking new members after a well-deserved summer hiatus.

**Bellissimo rehearses on Thursdays from 6-7 p.m.** in the sanctuary and performs at approximately one service per month. No previous bell ringing experience is necessary, but it would be helpful if new members had some familiarity with music reading.

**Our Chancel Choir meets on Thursdays from 7:15 to 8:45** in the sanctuary and performs at every Sunday service from September through June. No previous choir experience is necessary but new members should be able to match pitch and possess at least a little familiarity with the music reading process. Please come and join us as we **"Make a Joyful Noise to the Lord!"**

With Gratitude,  
Myles Ellis, Music Director

# ROSEBUD PRESCHOOL

We have said goodbye to the families who have left for TK and Kindergarten. And, we are starting to meet the new families who are joining Rosebud. We will spend the first six weeks doing activities that help us learn about each other. We currently have a total of 42 children and have six more who will start throughout the fall. Many of them are siblings of alumni who have not yet turned two. We have a waitlist that we can use to fill any gaps in the roster that may occur.

Susan Jenkins, Director

# The Gifts of Imperfection

## by Felipa Jones

Early on, our culture encourages us to be strong, self-reliant, and do what others want of us. This leads to much suffering and chaos in our personal lives as that of others. It just doesn't work! We end up confused and lost, unfulfilled and not knowing who we really are and what our purpose is. ***It's time to reclaim our true selves, and to acknowledge our imperfection as a gift that can help us become the real human being we are meant to be.***

As Brene Brown says, we, humans, are 'beautifully imperfect,' and we can change by 'the power of embracing imperfection and vulnerability.' This way of thinking is closely related to the Japanese concept of "**wabi sabi**," which embraces imperfection as part of life, as well as the Chinese concept of "**wu wei**," which means doing things effortlessly.

**THE QUALITIES** that are part of a Whole-hearted life include:

- |         |                |
|---------|----------------|
| ◇ Rest  | ◇ Belonging    |
| ◇ Play  | ◇ Joy          |
| ◇ Trust | ◇ Gratitude    |
| ◇ Faith | ◇ Creativity   |
| ◇ Hope  | ◇ Abundance    |
| ◇ Love  | ◇ Authenticity |

**THE OBSTACLES** that get in the way include patterns of:

- ◇ Perfectionism
- ◇ Certainty
- ◇ Self-sufficiency
- ◇ Judgment
- ◇ Fitting in and
- ◇ Scarcity

As Brene Brown says, "**Knowledge is important, but only if we're being kind and gentle with ourselves as we work to discover who we are.**"

The hints are out there, ready for us to open ourselves to them, just as God is always there, waiting for when we are ready to hear his voice.

***"The universe is not short on wake-up calls. We're just quick to hit the snooze button."***

When we find who we truly are, our true self, we feel differently, real, joyful, grateful, not afraid, and feel surrounded by unconditional love in a universe that is there to support us and guide us. We don't have to do it all on our own; we are part of the human race, and of communities of belonging (family, friends, church). We can then choose what we want to spend our energy and our time on; we become free to choose our own life journey. This is not a quick fix, but a process of transformation, soul work, life work that requires time and effort on our part.

**THE TOOLS REQUIRED** to achieve this Whole-hearted life:

**COURAGE:** "Only when we are brave enough to explore the darkness will we discover the infinite power of our light."

**COMPASSION:** "Compassion involves learning to relax and allow ourselves to move gently toward what scares us." (Pema Chodron)

**CONNECTION:** "We are wired for connection. It's in our biology... Our relationships shape our biology as well as our experiences."

**CORE ISSUES TO WORK ON**

include love, belonging and worthiness ("being enough").

***"If we want to fully experience love and belonging, we must believe that we are worthy of love and belonging."***

There are certain practices or cultivations that need to be done often in order to achieve these goals:

**Authenticity:** "letting go of what people think," and base our worthiness on our true self.

**Self-compassion:** "letting go of perfectionism." We cannot love others if we don't love ourselves.

**A resilient spirit:** "letting go of numbing and powerlessness," by cultivating hope and practicing self-reflection and critical awareness. "When we numb the dark, we numb the light."

**Gratitude and joy:** "letting go of scarcity and fear of the dark."

**Intuition and trusting faith:** "letting go of the need for certainty."

Intuition: "Intuition is not a single way of knowing - it's our ability to hold space for uncertainty and our willingness to trust the many ways we've developed knowledge and insight, including instinct, experience, faith, and reason."

Faith: "Faith is a place of mystery, where we find the courage to believe in what we cannot see and the strength to let go of our fear of uncertainty."

**Creativity:** "letting go of comparison."

**Play and rest:** "letting go of exhaustion as a status symbol and productivity as self-worth."

**Calm and stillness:** "letting go of anxiety as a lifestyle." "Stillness is not about focusing on nothingness; it's about creating a clearing. It's opening up an emotionally clutter-free space and allowing ourselves to feel and think and dream and question."

**Meaningful work:** "letting go of self-doubt and 'supposed to'"

**Laughter, song, and dance:** "letting go of being cool and 'always on control.'" Mark Twain said: "Dance like no one is watching. Sing like no one is listening. Love like you've never been hurt and live like it's heaven on Earth."

If these are things that engage your curiosity and you would like to explore within the community of fellowship, SIGN UP FOR OUR September 13 & 14 Church Retreat at Westminster Woods, inspired by Brene Brown's book, 'The Gifts of Imperfection.'

# CHURCH RETREAT

## *"Embracing Imperfection"*

September 13-14, 2019  
Westminster Woods



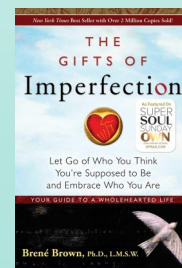
**Natalie Moon-Wainright**

Certified Trainer  
and Retreat Leader

Inspired by Dr. Brené Brown's best-selling book, *"The Gifts of Imperfection"*

**BOOKS ON SALE NOW!**

**\$10 Donation to**  
**Church of the Roses**



**Register at the front office  
or download the brochure online at  
[www.churchoftheroses.org](http://www.churchoftheroses.org)**

**Presbyterian Women in the Presbytery to the Redwoods**



**Fall Gathering**

Saturday, October 5 9:30 a.m. – 1:30 p.m.  
Presbyterian Church of the Roses  
Reservations(\$10.00) due by September 30  
Call Janice Holmes 707-575-748

# BOOMERS

Who knew we had SO MUCH culture right here in Santa Rosa!?

Come join us in the afternoon of Sep. 29 as we visit the Sonoma County Museum. This exciting gem of a museum is an affiliate of the Smithsonian Museum and often houses artifacts and traveling exhibitions on loan from the Smithsonian.



The exhibits on display the day we visit will include drawing, painting, printmaking, and fashion by Maria de Los Angeles; and the annual Día de los Muertos exhibit, featuring artwork and altars designed and created by local artists, community organizations and collectors.

Following an afternoon of inspired art we will reconvene at Tex-Wasabi's for a dinner that promises to be just as unique as the artwork we just enjoyed.

**Date:** Sep. 29, 2019

**Time:** TBA

**Location:** Sonoma County Museum: 425 Seventh Street, Santa Rosa

Tex-Wasabi's: 515 4th St, Santa Rosa

**What to Bring:** SoCo Museum entry fee, Adults: \$10.00, Seniors (62+): \$7.00

**Other comments:** More info regarding time will follow

**RSVP:** by Sep. 27 to Cindy Alloway, [callowaypastorn@gmail.com](mailto:callowaypastorn@gmail.com)

## Boomer's Season Calendar 2019-2020

**September 29** – Visit the Sonoma County Museum and dinner at Tex-Wasabi's  
Host: Cindy Alloway

**October** – Ride SMART Train to San Rafael, visit Mission San Rafael Archangel, eat lunch at Sol Food  
Host: Linda Burille

**November 15** – Beach Blanket Babylon  
Hosts: Cindy Alloway, Linda Lance

**December** – Christmas Caroling and White Elephant Gift Exchange  
Hosts: Deborah Wolff-Baker, Bill Morgan

**January** – Murder Mystery and Potluck  
Host: Dennis Baker

**February (Scout Sunday)** – Blessing Bags and lunch  
Host: Linda Lance

**March 7** – Balclutha Sea Chantey and Pub Dinner  
Host: Andy Kawecki

**April** – Sonoma/Marin Cheese Tasting and Tour, Picnic lunch  
Host: Joy Olsen

**May 16** – Rose Parade and Lunch // OR... Golden Gate Bridge Walk and lunch  
Host: Ellen Bowen

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## PRAYER REQUESTS

### *Those mourning the loss of a friend or family member*

- ◇ For Pastor Cindy Alloway and her family, as they mourn the passing of her mother, Marge Dreger, on August 1<sup>st</sup>. Her memorial will be on Saturday, August 31<sup>st</sup> at 2:00 p.m.
- ◇ The family of Margie Donaldson as they mourn her passing on July 23<sup>rd</sup>.
- ◇ The family of Suzanne Barthel as they mourn her passing on July 9<sup>th</sup>.  
Her memorial will be on Sunday, September 8<sup>th</sup> at 1:00 p.m.
- ◇ The family of Jeanne and Fred Recknagel as they mourn their passing on June 23<sup>rd</sup>.
- ◇ The family of Alice Crouch as they mourn her passing on June 6<sup>th</sup>.

### *Those with health issues*

John Baker	Vivian Mazeski
Bill Beaumont	Jessica Morse
Bob Bunting	Jeanette Nichols
Patrick Butler	Carolyn Kenworthy
Peggy Call	Debbie Seat
Patricia Currier	Bob Simmons
(Joy Olsen's mom)	Phil Sitzman
Wes Cox	Jim Taylor Sr.
Dick Draper	Bob Weber
Barbara Flannery	Helen Wikle
Ray Foreaker	Betty Witchey-Ryer
Marilyn Hilen	Avery Yudice
Ellen Marks	

### *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.

## WHAT IS A BROTHER

By Suzanne Hanson

He's a person like no other.  
Is he from the same Mother?  
We are all from the same Mother.  
Born of the Universal Mother.  
What does he do?  
He loves you.  
He loves you when you're your best self.  
He loves you when you're your worst self.  
He loves you when you've lost yourself.  
He outstretches his hand  
To reach you as you fall.  
In grace, he waits patiently  
As you reach back in slow motion.  
He clasps your hand tightly  
As you flop back on the sand,  
And spit out the sea water  
That was choking your soul  
He puts his arm around you  
As you struggle to your knees.  
He lifts you up and proves you have value.  
He walks close by your side as you shakily  
Try your legs again.  
He cheers loudly when you learn  
To run again.  
He becomes your brother in that moment  
You realize you have no more shame.

8/6/19

Dedicated to my dear friend Tony Burille

## 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

# September

## Sunday September 1

8:00 am--Korean Worship  
10:00 am--Worship  
11:15 am--Plan Sacred Sp  
3pm--Son. Dev Ctr Worship  
6:00 pm--CoDA

## Mon. Sept. 2 Labor Day

NO MHS/ OFFICE CLOSED  
9:30 am--Adult Social Club  
10:30 am--Qi Gong  
7:00 pm--Boy Scouts #135

## Tuesday Sept. 3

7:00 am--MHS Breakfast  
8:30 am--B&G  
10:00 am--PW Coord.Mtg  
11:30 am--Health Ministry  
12:30 pm--Fellowship Cm  
1:30 pm--Membership  
7:00 pm--Stephen Ministry

## Wed. Sept. 4

7:00 am--MHS Breakfast  
9:30 am--Adult Social Club  
7:00 pm--Women's AI-Anon

## Thursday Sept. 5

7:00 am--MHS Breakfast  
10:15 am--Exploring God  
12:00 pm--Com. on Ministry  
12:00 pm--Noon Prayer  
5:00 pm--Worship Com.  
7:00 pm--A.A.

## Friday Sept. 6

7:00 am--MHS Breakfast  
7:00 pm--Gamblers Anon.  
7:00 pm--Korean Youth

## Saturday Sept. 7

5:00 pm--SACRED SPACE

## Sunday Sept. 8

8:00 am--Korean Worship  
9:00 am--Learn Ukulele  
10:00 am--Worship  
11 am--FAIR TRADE MKT  
11:15 am--Plan Sacred Sp  
\* 1:00 pm--*Suzanne Barthel Memorial*  
3 pm--Son. Dev Ctr Wrshp  
6:00 pm--CoDA

## Monday Sept. 9

7:00 am--MHS Breakfast  
9:30 am--Adult Social Club  
10:30 am--Qi Gong  
7:00 pm--Boy Scouts #135

## Tuesday Sept. 10

7:00 am--MHS Breakfast  
8:30 am--B&G  
10:00 am--PW Quilting  
6:00 pm--Deacons

## Wed. Sept. 11

7:00 am--MHS Breakfast  
9:30 am--Adult Social Club  
6:30 pm--4H  
7 pm--Women's AI-Anon

## Thursday Sept. 12

7:00 am--MHS Breakfast  
12:00 pm--CPM  
12:00 pm--Noon Prayer  
7:00 pm--A.A.  
7:00 pm--Girl Scouts  
7:30 pm--Choir Prac.

## Friday Sept. 13

7:00 am--MHS Breakfast  
5:30 pm--RETREAT WMW  
7:00 pm--Gamblers Anon.  
7:00 pm--Korean Youth

## Saturday Sept. 14

9 am-- RETREAT WMW

## Sunday Sept. 15

8 am--Korean Worship  
9:00 am--Learn Ukulele  
10:00 am--Worship

11:15 am--Blood Press.  
11:30 am--Writing Grp  
3 pm--Son. Dev Wrshp  
6:00 pm--CoDA

## Monday Sept. 16

7 am--MHS Breakfast  
9:30 am--AdultSocialClub  
9:30 am--*Bonhoeffer*  
10:30 am--Qi Gong  
5:00 pm--Finance Com.  
6:00 pm--Cub Scouts  
7pm--Boy Scouts #135

## Tuesday Sept. 17

7am--MHS Breakfast  
8:30 am--B&G  
12:30 pm--Personnel  
7:00 pm--Christian Ed.

## Wed. Sept. 18

7am--MHS Breakfast  
9:30 am--Adult Social  
11:15 am--Pre-k Bowen  
7pm--Women's AI-Anon  
7:30 pm--*Bonhoeffer*

## Thurs. Sept. 19

7am--MHS Breakfast  
12:00 pm--Noon Prayer  
3:30 pm--Book Club  
7:00 pm--A.A.

## Friday Sept. 20

7am--MHS Breakfast  
7:00 pm--Gamblers Anon.  
7:00 pm--Korean Youth

## Saturday Sept. 21

6:30 am--Korean Prayer  
9:30 am--Handicapables

## Sunday Sept. 22

### *Pedal for Protein Week*

8:00 am--Korean Worship  
9:00 am--Learn Ukulele  
10:00 am--Worship  
11:30 am--*Hearing Loss Support Group*  
3pm--Son. Dev Ctr Wrshp  
4:30 pm--Ober 2020 Mtg.

6:00 pm--CoDA

## Monday Sept. 23

7:00 am--MHS Breakfast  
9:30 am--Adult Social Club  
11:00 am--Qi Gong  
7:00 pm--Boy Scouts #135

## Tuesday Sept. 24

7:00 pm--Preschool Board  
7:00 am--MHS Breakfast  
8:30 am--B&G  
10:00 am--PW Quilting  
5:30 pm--Church & World  
6:00 pm--Boy Scouts B

## Wednesday Sept. 25

7:00 pm--Session Meeting  
7:00 am--MHS Breakfast  
9:30 am--Adult Social Club  
7 pm--Women's AI-Anon

## Thursday Sept. 26

7:00 am--MHS Breakfast  
11:00 am--Tai Chi  
12:00 pm--Noon Prayer  
7:00 pm--Girl Scouts  
7:00 pm--A.A.

## Friday Sept. 27

7:00 am--MHS Breakfast  
7:00 pm--Gamblers Anon.  
7:00 pm--Korean Youth

## Saturday Sept. 28

6:30 am--Korean Prayer

## Sunday Sept. 29

9:00 am--Learn Ukulele  
10:00 am--Worship  
11:15 am--Plan Sacred Sp.  
11:30 am--*Kick off/ Buddy Day*  
3pm--So. Dev Ctr Worship  
6:00 pm--CoDA

## Monday Sept. 30

7:00 am--MHS Breakfast  
9:30 am--Adult Social Club  
10:30 am--Qi Gong  
7:00 pm--Boy Scouts #135

## PAINTER - ARTIST

Marjorie Murray-Cortez

**707-527-7250**

mmurraycortez@att.net  
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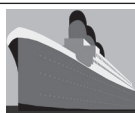
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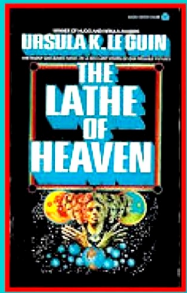
# QI GONG

with Felipa Jones

**Mondays @ 10:30 am**



Improve Balance  
Reduce Stress



**Book Club**  
**September 19**  
**3:30 p.m.**

**The Lathe of Heaven**  
**by Ursula Le Guin**

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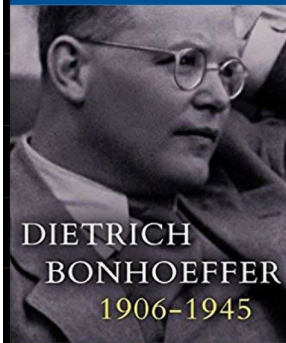
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