

PRESBYTERIAN CHURCH OF THE ROSES
Reaching Out with Nurturing Love to All

Rose Clippings Newsletter Vol. 58 No.3 (707) 542-4272, office@churchoftheroses.org







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Pictured clockwise:
The Bryant family decorated the Easter Cross. The church roses are blooming! Pastor Cindy joined in her neighborhood Bear Hunt. Joy Olsen is one of our church members who are hard at work sewing masks.

THANK YOU!





# Here We Are: Home Alone, Together Hoping & Trusting

**By Pastor Cindy** 

Alleluia! Christ is Risen! He is Risen indeed! We are still waiting for a chance to say that in person together! I hope it won't be long when we will celebrate together Christ's resurrection and the opportunity to give real rather than virtual hugs to our church friends. Yet even without church in person there is hope. Christ rose without us.

I choose to focus on the happy signs of Spring in Nature as a celebration. The Sea Turtles are laying nests where they haven't been able to safely nest for 20 years. The birds, the coyotes and the bee population are all thriving. And the air is clear, traffic is light, and garden stores are bustling with so many people planting their own gardens now.

Then there are the sad results of the pandemic we can't ignore. The death, the grieving, all the divisive competition for medical tests & supplies, the hospital first responder personnel getting sick and all the job losses.... Domestic violence hotline calls have increased 3x.

The world as we know it won't be the same for a long time. But maybe it shouldn't be the same.... This pandemic makes us look at the world differently. Most of us never imagined this could ever happen.

How will we apply the healthy things we are learning while home inside that we can take outside to the world and make it better?

I found a few ideas from an astronaut who learned to be happy for one year in the Space station. Scott Kelly is Mark Kelly's identical twin brother. Both are astronauts and no longer identical! Scott's DNA changed after being in space for a whole year.

Scott shared his experience in an article published in the *NY Times* called: *I Spent a Year in Space, and I Have Tips on Isolation to Share: Take it from someone who couldn't Go outside.* 

Being stuck at home can be challenging. Here are a few tips from a Space Station Commander on living in isolation.

**FOLLOW A SCHEDULE**: You will find maintaining a plan will help you and your family adjust to a different work and home life environment.

PACE YOURSELF: When you are living and working in the same place for days on end, work can have a way of taking over everything if you let it. Take time for fun activities. Have a consistent bedtime because the quality of sleep relates to cognition, mood, and interpersonal relations — all essential to getting through a quarantine at home.

GO OUTSIDE: One of the things Kelly missed most while living in space was being able to go outside in nature. On the space station they played a recording of Earth sounds: birds and rustling trees, and even bees buzzing! Research has shown that spending time in nature is beneficial for our mental and physical health, as is exercise. Get moving once a day as part of your quarantine schedule (just stay at least six feet away from others).

**GET A HOBBY**: When you are confined in a small space you need an outlet that isn't work

or maintaining your environment. Scott brought books with him to space. The quiet and absorption you can find in a physical book is priceless. You can also practice an instrument. (I bet you wish you knew how to play the ukulele with Dr. Yee!) Try a craft, or make some art.

KEEP A JOURNAL: NASA has been studying the effects of isolation on humans for decades, and one surprising finding they have made is the value of keeping a journal. Throughout Kelly's yearlong mission, he wrote almost every day. Don't just chronicle the days' events. Instead try describing with your five senses what you experienced or write about memories. You or your grandkids will be able to look back on what this unique time in history meant to you.

TAKE TIME TO CONNECT: Scientists have found that isolation is damaging not only to our mental health, but to our physical health as well, <u>especially our immune systems</u>. Technology makes it easier than ever to keep in touch, so it's worth making time to connect with someone every day — it might actually help you fight off viruses!

LISTEN TO EXPERTS: Especially in a challenging moment like the one we are living through now, we have to seek out knowledge from those who know the most like the <u>World Health Organization</u> and the Johns Hopkins Coronavirus Resource Center.

WE ARE ALL CONNECTED: Seen from space, the Earth has no borders. The spread of the coronavirus is showing us that what we share is much more powerful than what keeps us apart. All people are inescapably interconnected, and the more we can come together to solve our problems, the better off we will all be. One of the side effects of seeing Earth from the perspective of space is feeling more compassion for others. Even from home there are always things we can do. Write letters to prisoners. (Now you understand a bit more of what they go

through.) The benefits for those who volunteer are just as great as for those helped. Donate to the PCOR Co-Vid fund.

Dr. Kelly said humans have worked together to prevail over tough challenges in the past. He trusts we can prevail over this if we all do our part and work together. Then he suggests: wash your hands — often.

I hope you will trust in this:

"And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will restore you and make you strong, firm and steadfast." Peter 5:10





## **FINANCE**

A big thank you to all who continue your faithful giving by mailing in your offerings. As you may have heard, Session unanimously approved paying our great staff through this 'shelter in place' requirement. In some cases, staff is still performing work for the Church but on a limited basis. Nevertheless, rather than bring anymore hardship upon them and their families we are still paying all staff with their full pay.

We have applied for a loan from the SBA under the Payroll Protection Program (PPP) which is a part of the stimulus legislation. With a second round of financing just approved by Congress, we are expecting to receive our request which will help us get through. As long as we use the loan to keep wages coming to our staff and retain them going forward, the loan is ultimately forgiven.

Stay healthy and stay generous with your giving.....there is and will be lots and lots of need in our community.

God bless, Chris Nelle, Finance Chair



A Note of Heartfelt Thanks from the Staff of Church of the Roses Thank you for your care and help during this difficult time. You are all appreciated. God Bless You!

# **CHRISTIAN EDUCATION**

Vacation Bible School has been canceled. We will try again next year! All bible studie have also been canceled.

Diane Osten and Tony Burille Committee Co- Chairs



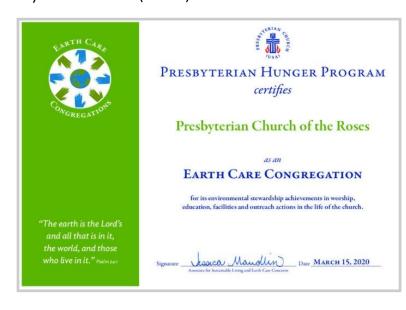
While we cannot be physically with the children every day, we continue to be present in their lives. We have long had a closed Facebook group where we

occasionally posted news, photos of activities and encouraged the families to use it to share ideas. During this time, it has become a valued resource for our staff and families. Miss Amber posts a daily pre-K circle and activity. The main room teachers are posting curriculum ideas, videos of them singing songs and reading books or just a video saying hello. Miss Nikki's latest curriculum has been science based and this week was all about bugs with links to songs, activities and videos.

Susan Jenkins Director

# **CHURCH & WORLD**

The Church & World Committee reports that the Church of the Roses is now a PCUSA Certified Earth Care Congregation! "It is exciting that Presbyterian Church of the Roses is one of the 264 churches that chose to dedicate themselves to intentional care of God's earth this year. In a time of much uncertainty and worry about the future, this congregation's activities and commitment brings hope to their community. Presbyterian Church of the Roses will inspire others to respond intentionally to God's call to care for the earth," says Jessica Maudlin, Associate for Sustainable Living and Earth Care Concerns for the Presbyterian Church (U.S.A.).



## **WORSHIP**

As most of you know, we have been experimenting with different forms of virtual services that can be viewed online. We had liturgists, Pastor Cindy, and musicians, record themselves and then send their videos in to either Norm Smith or Steve Yeager. We are incredibly grateful for the long hours that they put into creating a worship video and uploading it to our online Youtube Channel.

The last two Sundays we have experimented with a Live Zoom Worship Service. The way that these services work, is that an invitation to view is sent out. This invitation has the ID# and links that you need in order to join by computer, smart phone, or telephone.

In order to receive a ZOOM invitation, we must have you on our weekly email list. If you are not on the church email list and would like to receive our emailed weekly announcements, please email the office at *ruth@churchoftheroses.org*.

The bulletin for each service is available in the weekly email and also on our website: www.churchoftheroses.org. All of our services can be watched and rewatched on our Youtube Channel: <a href="https://www.youtube.com/channel/UCFk/Relid9cVT2x5VWpG8VA?">https://www.youtube.com/channel/UCFk/Relid9cVT2x5VWpG8VA?</a>

We invite you to watch us live on Sundays and subscribe to our channel!



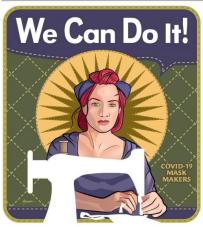
Above: A picture of our first Virtual Service Team—Kim Seamans, Nate Scoble, Nico Wycoff, Celeste Ray, Steve Yeager, Pastor Cindy, and Norm Smith. Below: A screenshot of our first Zoom Service. Some viewers choose to be visible while others are private.





Barbara Basham decorates the Easter Cross. The Roses at the Church are in full bloom and our sew-capable volunteers are busy sewing masks for church members and the community! **Thank you to Cindy Goede, Ellen Bowen and Joy and Lindsay Olsen for all of your help!** 







# **PRAYER REQUESTS**

#### **Those Who Mourn Family and Friends**



Jeanette Nichols passed away on April 21, 2020. She was a volunteer receptionist for many years and is remembered

is remembered fondly.

\*The family of Norma Cooper, as they mourn her recent passing. \*The family of Jim Taylor's father, as they mourn his recent passing. \*The family of Frank Hansen, as they mourn his

#### THOSE WITH HEALTH ISSUES

passing on Feb. 23, 2020.

\*Ann Palmer is in hospice care in Concord, Ca, near her son, Tom.

\*Gwen Christiansen is in hospice care at her son Ed's home at 1509 Yardley St. Santa Rosa, Ca 95403

Bill Beaumont
Bob Bunting
Patrick Butler
Peggy Call
Gwen Christiansen
Doreen Cowden
Dick Draper
Barbara Flannery
Marilyn Hilen
Janice Holmes
Carolyn Kenworthy
Vivian Mazeski

Luu Maxwell
Jessica Morse
Ann Palmer
Diane Schuler
Debbie Seat
Bob Simmons
Sharon Sorani
Bob Weber
Helen Wikle
Betty Witchey-Ryer
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.

## **DEACONS**

Since our last "in person" Deacons meeting on March 10<sup>th</sup> the group has been busy contacting their buddies. At the March meeting we watched a video on COVID 19 virus and how it might impact our congregation. Determine how could we best prepare to better support our buddies and members in general.

On March 12<sup>th</sup> Pastor Cindy asked the Deacons to contact their buddies and inform them that there would be no church service on Sunday March 15<sup>th</sup> but there was hope we could be back in the Sanctuary for Palm Sunday April 5<sup>th</sup>. Calls were out informing the service would be on Facebook and youtube—

The next week the Deacons called their buddies to check in on them. And many gave technical instructions on how to connect to Youtube.

The week after that calls went out to the buddies to see who needed masks that were being make by Lindsay and Joy Olsen. There were many who needed masks, and everyone was thankful that Lindsay and Joy were offering their services in this time of need.

Last week we again made contact with our buddies that might need help setting up for the 1<sup>st</sup> Zoom worship service that was on April 19<sup>th</sup>.

The April 14th meeting of the Deacons was a Zoom meeting. We all checked in and relayed how the buddies are doing. The Deacons have enjoyed talking with their buddies and can't wait to see everyone in church again.

Who knows what Pastor Cindy will ask the Deacons to do next but we are ready!

Barbara Basham, Moderator



In March, the Deacons distributed food from the parking lot.

# BREATHING, MEDITATION, BODY PRAYER, AND SELF-REIKI FOR HEALING

By Felipa Jones

The COVID-19 era has profoundly changed our lives, seemingly in much more negative ways. Yet there are hidden gifts deep within ourselves, that have always been there and may just be waiting to be discovered and found. I would to like to share with you 4 things that are very healing, especially in these difficult times. They include breathing, meditation, body prayer and self-Reiki.



#### **BODY PRAYER**

Stand with feet touching the ground. Relax neck and shoulders, while keeping the back softly straight. Keep eyes open or closed. To begin with, take an even, deep in-breath, allowing the air to go all the way down into your abdomen. Hold that in-breath in for a few seconds, then slowly and evenly let the breath out. Again, hold

that place of emptiness after the breath is all out for a few seconds. Repeat this breathing in and out two more times, focusing on allowing healing universal energy, God's presence, to fill you up as you breathe in, and emptying yourself out, releasing all anxiety, fear, stress, pain and suffering, all attachment, with the out-breath.

There are 4 postures in this body prayer:

- 1) Center on God's Love & Healing: Breathe in as you place your hands on your chest, over the heart.
- 2) Open Up and Offer Yourself to God: Breathe out, placing your hands out in front of you, palms up in a bowl position. Know that you are beloved just as you are no judgment, no comparison, no criticism.
- *3) Receive God's Love:* Breathe in, crossing your arms, and placing them on opposite shoulders or upper arms.
- 4) Extend and Share Joy & Compassion. Share the Light: Breathe out, extending your arms to the sides, palms up.

#### **MEDITATION**

Sit in a comfortable place where you feel safe and at ease. Inhale deeply, and for a moment, forget where you have come from; leave behind all anxieties, worries, fear, pain,



excessive words or stimuli.

Just remain in a relaxed place of stillness and silence, listening for God's whisper and the Spirit blowing in the wind.

Exhale deeply, forgetting what awaits you after this meditation. Remain in an open place where your heart and mind are open to all there is, to whatever may come.

Know that it is okay to not know all the answers, to not be in control, and most importantly, to learn to trust in God's guidance and presence. No matter what happens, God"s presence is with us, always, eternally, no matter what we do or don't do.

All we need do is be open and receptive to this presence, accept it and learn to receive God's grace. We can let go, deep in the trust of God's abundant and steadfast love and mercy. No matter what, God has our back.

As you breathe out, <u>release all sense of</u> <u>attachment</u> of clinging to anything that makes you feel anxious, afraid, angry, confused, out-of-control, in pain.

#### **BREATHING**

Breathing properly is key in allowing free flow of energy and health. When we get tense, we often hold our breath and don't breathe properly. A famous theologian, Joan of Bingen, said

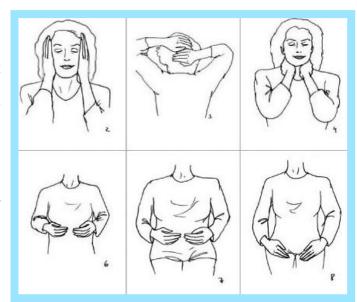


that praying is the universe breathing in and breathing out. When we breathe, we should connect with the breathing of the entire universe and all beings. We are all deeply interconnected.

#### **SELF-REIKI**

Reiki is a very ancient healing method based on basically becoming a channel for universal or divine healing. Just relax and open up to the healing energy of the universe and God, and let this energy be channeled through your hands. You don't have to direct it, as this energy knows where it needs to go. The sites used in this technique correspond to the 7 chakras.

Start by focusing your intention on healing, asking for God's healing energy to flow through you. In each area, take 3 slow, even, breaths, in and out, focusing on opening up this area of your body to this healing energy. With each in-breath, allow healing energy to enter; with each out-breath, release all anxiety, fear, pain, stress, holding on to.



- Place hands over top of head. This allows deep connection between ourselves and the heavens. It helps release mental tension. It is related to our nervous system and brain.
- ♦ **Place hands over your forehead, in between eyes.** This allows deeper vision, and seeing with "new eyes." It is related to our sense of perception.
- Place hands over neck area. This allows for connection with our emotional self and our deep heartfelt sensations. It helps release emotional tension, fear and anger. It is related to our cardiovascular and endocrine systems.
- Cross arms, and place arms over opposite shoulders, as if hugging yourself, with thumbs over hallow area in front of where the clavicle and shoulder joint come together. This is a powerful lung acupressure point; it will instantly want you to take a relaxing breathe and feel very relaxed. This point helps open up our chest and upper back.
- ♦ **Place hands in chest over heart area.** Focus on the intention to connect with your deep heat-felt and emotional self, release grief and sorrow and enable joy and compassion to emerge.
- Place hands over solar plexus (area at bottom of sternum and rib cage). This area holds a lot of physical and emotional tension, as well as many memories. It helps our lungs and gastrointestinal system work better.
- Place hands over stomach and intestines. This area is important for many systems gastrointestinal, kidneys, adrenal glands.
- Place hands over symphysis pubis area (bottom of stomach area). This area is important for reproductive health, as well as our basic sense of safety and trust.
- Place hands over ankles and feet. Focus on connecting deeply with the earth underneath us, allowing a deep sense of being grounded. Once the body is open at both ends (head and feet, top and bottom), the energy can flow freely within our body, unblocking all obstacles and blockages, allowing for health (physical, emotional, mental and spiritual).

LOOKING FOR MORE AUDIO OR READING MATERIAL? Revisit Pastor Cindy's Sermons on our website! You can listen to them or read them in magazine form.

Visit www.churchoftheroses.org or go to link

https://www.churchoftheroses.org/worship/read-sermons/ sermons/

#### **VOYAGERS**

We will remain on hold until we get the all clear, so no event planned for May at this time. Since most of us are in the high-risk age group, it is assumed that we will be among the last to return to social interaction. We hope and pray for the health and safety of all.

Till we are free to gather again, Bob and Eleanor Flandermeyer



#### WHAT TO DO IN CAPTIVITY

By Nita Pinney

Sitting in front of your fireplace and reading your Bible is certainly recommendable and it's great that you can download all sorts of books from the library online even when the library is closed.

At our house, a new cookbook arrived in the mail and we have dined on a new recipe nearly every day since. Because I do bake bread regularly, I am in possession of a LARGE jar of yeast and would be happy to mail some to any frustrated bread maker.

Having Facetime visits with family has been very good. So much nicer than just a phone call and there is time to write letters. I confess that I have not done much of the spring cleaning etc that I just never had time for, but my knitting is progressing. Watching nature blooming in our yard where John has planted "crops" gives me hope that this too will pass, and we will all be singing together again at last. In the meantime, the online services feel a lot like being in church. They get better every week!

# BOOMERS Take a Walk on the Wild Side!

So here we are, a month and some change into Shelter in Place. Those same four walls are looking mighty tiresome. The best thing you can do for yourself is to get outside and walk. The health benefits are undeniable.

Walking for 30 minutes a day can:

- Improve your mood (almost as well as chocolate!)
- Help you burn calories and lose weight (ok, BETTER than chocolate!)
- Reduce risk of chronic disease
- Strengthen your heart
- Help alleviate joint pain
- Boost your immunity

Help you sleep better at night

AND you get the added benefit of meeting all the neighbors! But the parks are closed and you are getting tired of your same old stomping grounds. How about a change of scenery? But where to go? What do your Boomer buddies suggest?

**Terry Swehla** says she likes to walk McDonald Ave to Spring Street. Nice wide streets with many things in bloom.

**Barb Basham** finds the closed golf course in Rohnert Park is perfect for "walk and talk" on the phone with friends, and it is right out her back door.

**Steve Fenner** suggests when the parks open back up that folks would enjoy walking North Sonoma mountain regional park to the umbrella tree for fantastic views, a Jack London hike to the ancient redwood or

up to the lake, and also Taylor mountain for views of Santa Rosa plain.

Lindsay Olsen enjoys the Ducker Creek trail in Rincon Valley. He picks it up off of Middle Rincon (just south of Oliver's) and heads west along the creek on unpaved trails all the way to Mission.

Ellen Bowen loves the shade and solitude of the <u>Santa Rosa</u> Rural Cemetery. Take a self-guided tour...when they reopen.

**Diane Pierce** adds that while she is sheltering in place with her daughter in Rockland she is taking daily walks around her neighborhood with her pup.

While the parks may be closed, many city or county trails may still be open for enjoyment or exploration. Check out the following maps for ideas and inspiration:

Rincon Valley/Brush Creek Watershed: <a href="https://srcity.org/">https://srcity.org/</a>
<a href="DocumentCenter/View/8505/Brush-Creek-Watershed-Trails-Map-PDF">DDF</a>

Santa Rosa Creek/Trails Map: <a href="https://srcity.org/DocumentCenter/View/8501/Creek-Trails-Map-PDF?bidId="https://srcity.org/DocumentCenter/View/8501/Creek-Trails-Map-PDF?bidId="https://srcity.org/DocumentCenter/View/8501/Creek-Trails-Map-PDF?bidId="https://srcity.org/DocumentCenter/View/8501/Creek-Trails-Map-PDF?bidId="https://srcity.org/DocumentCenter/View/8501/Creek-Trails-Map-PDF?bidId="https://srcity.org/DocumentCenter/View/8501/Creek-Trails-Map-PDF?bidId="https://srcity.org/DocumentCenter/View/8501/Creek-Trails-Map-PDF?bidId="https://srcity.org/DocumentCenter/View/8501/Creek-Trails-Map-PDF?bidId="https://srcity.org/DocumentCenter/View/8501/Creek-Trails-Map-PDF?bidId="https://srcity.org/DocumentCenter/View/8501/Creek-Trails-Map-PDF?bidId="https://srcity.org/DocumentCenter/View/8501/Creek-Trails-Map-PDF?bidId="https://srcity.org/DocumentCenter/View/8501/Creek-Trails-Map-PDF?bidId="https://srcity.org/DocumentCenter/View/8501/Creek-Trails-Map-PDF?bidId="https://srcity.org/DocumentCenter/View/8501/Creek-Trails-Map-PDF?bidId="https://srcity.org/DocumentCenter/View/8501/Creek-Trails-New View/8501/Creek-Trails-New View/8501/Creek-Trail

West County Regional Trail: <a href="https://parks.sonomacounty.ca.gov/Visit/West-County-Regional-Trail/">https://parks.sonomacounty.ca.gov/Visit/West-County-Regional-Trail/</a>

Joe Rodota Trail: <a href="https://parks.sonomacounty.ca.gov/Visit/Joe-Rodota-Trail/">https://parks.sonomacounty.ca.gov/Visit/Joe-Rodota-Trail/</a>

TrailLink provides map of walking trails in your specified region (account registration required): <a href="https://www.traillink.com/trailsearch/?city=windsor&activities=WALK">https://www.traillink.com/trailsearch/?city=windsor&activities=WALK</a>

The Grace Tract: <a href="https://goo.gl/maps/JQiCr9LAD5DkMMGE6">https://goo.gl/maps/JQiCr9LAD5DkMMGE6</a>
The McDonald Historic District: <a href="https://goo.gl/maps/sevFtAd7iMBWNW4MA">https://goo.gl/maps/sevFtAd7iMBWNW4MA</a>

So, get out there and enjoy the weather, the clean air, and the joy of God's world. But keep your head about you!!! As Bilbo Baggins says, "It's a dangerous business, Frodo, going out your door. You step onto the road, and if you don't keep your feet, there's no knowing where you might be swept off to." (Thinking of YOU Patty Kawecki.)



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# FORGET THE INTERNET!

Surf this Newsletter instead!



# **APRIL/MAY 2020 FIVE-DAY MEAL PACK PICK UP LOCATIONS**

The suggested contribution for Five-Day Meal Packs is \$20.00 per pack.

60 years or over only

Must register by 10:00 am the day before the pick-up date We ask for a contribution, but no one will be denied for an inability to pay.

## **PLEASE CALL (707) 525-0143 EXT 013 TO REGISTER**

#### Cloverdale

Cloverdale Senior Center 311 N Main Street, Cloverdale, CA 95425 *Tuesdays 10:30 - 12:30* 

#### Healdsburg

Healdsburg Community Center 1557 Healdsburg Ave., Healdsburg, CA 95488 Mondays 10:30-12:00 (5.22.20 IN LIEU OF 5.25.20)

#### **Rohnert Park**

Rohnert Park Senior Center 6800 Hunter Drive A, Rohnert Park, CA 94928 *Wednesdays* 10:30 - 12:30

#### Santa Rosa

Council on Aging 40 Kawana Springs Road, Santa Rosa, CA 95404 *Thursdays* 10:30 - 12:00

#### Santa Rosa

Steele Lane Community Center 415 Steele Lane, Santa Rosa, CA 95403 *Thursdays* 10:30-12:00

#### Santa Rosa

Church of the Roses 2500 Patio Court, Santa Rosa, CA 95405 *Mondays* 10:30-12:00 (Closed 5.25.20)

<u>Sebastopol</u> (Deliveries on Thursdays only)
Please call to confirm availability

#### **Sonoma Valley**

Sonoma Springs Community Hall 18627 CA-12, Sonoma, CA 95476 Wednesdays 10:30 - 12:30



# LET'S STAY CONNECTED!

**Did you know?** Besides our regular Facebook page, we have a private Facebook group for members called <u>Reaching Out From Home With Nurturing Love</u> where members can share with each other questions, concerns, updates, or prayer requests.

**Are you getting our Weekly Email?** If you would like to subscribe to our weekly emails (Zoom invitation for Live Services is included), email ruth@churchoftheroses.org

**Subscribe to our Youtube Channel** We have a our own channel on Youtube where you can watch recordings of our virtual services. You'll get updates if you subscribe. Youtube can be accessed by on a smartTV, a television with a device such as Roku, a cellphone (smart), tablet, or computer.

**Bulletins** are still being created for every service and they include the lyrics to the hymns. The bulletins are on our website and included in the Weekly Email.

**Website** Visit www.churchoftheroses.org for Services, Bulletins, and past Sermons.

**Rose Clippings** Our monthly newsletter is sent in the Weekly Email, shared on Facebook, uploaded to our website, and mailed to members who do not have an email address on file with us. Content is typically due by the end of the third week of the month. Do you have a project you would like to share in the next issue?

#### WE WILL BE CELEBRATING OUR 2020 GRADUATES IN THE JUNE ISSUE!

Please email photos of the graduates in your life to ruth@churchoftheroses.org. Include their name and how you know them.

RETURN SERVICE REQUESTED

2500 Patio Court Santa Rosa, CA 95405 Phone 707-542-4272 WWW.CHURCHOFTHEROSES.ORG

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