

# Rose Clippings

# FEBRUARY

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

Rose Clippings Newsletter Vol. 59, No 1  
(707) 542-4272, [office@churchoftheroses.org](mailto:office@churchoftheroses.org)

## ***Church Services are Live Online***

**Sundays @ 10 am  
on Zoom & Facebook Live**

**Join our Friday mailing list  
and get Zoom Invitations**

Email [office@churchoftheroses.org](mailto:office@churchoftheroses.org)

**Visit [www.churchoftheroses.org](http://www.churchoftheroses.org)  
for weekly updates!**

**Pastor Cindy's Sermons  
are on KSRO 103.5 FM**

**Sundays 6:30 am—7 am or  
anytime on their website**

<https://www.ksro.com/show/presbyterian-church-of-the-roses/>



## **FEBRUARY CALENDAR**

***Services are Sundays @ 10 am by Zoom  
Noon Hour of Prayer is Thursdays by Zoom  
6th — Officer Training  
7th — Annual Congregational Mtg. by Zoom  
14th — Valentine's Day  
16th — Monthly Bible Study @ 10:30 a.m.  
17th — ASH WEDNESDAY  
18th — Book Club  
22nd — Lenten Bible Study Mondays 7 pm***

## **INSIDE**

- ◇ *Pastor's Corner*
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- ◇ *Scam Fighters*
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- ◇ *Prayer Requests*
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- ◇ *More Ways To Give*
- ◇ *From our Board of Deacons*
- ◇ *PW Bible Study*
- ◇ *Lenten Bible Study*
- ◇ *Link to Lenten Daily Activity Calendar*
- ◇ *Alternative Christmas Report*

# WHAT IS LENT?

PASTOR'S  
CORNER

by Rev. Dr Cindy Alloway



“Lent is a time of repentance, humility, fasting, and preparation for the coming of Easter. It is a time of self-examination and reflection. When is Lent? It begins the day following Shrove (or Fat) Tuesday, on Ash Wednesday and lasts 40 days. There are 46 days in between Ash Wednesday and Easter Sunday, but Sundays during Lent are not counted.

## Why do we give up things for Lent?

Today, Christians focus on their relationship with God, often choosing to give up something or volunteering and giving of themselves for others. The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan.

It begins on Ash Wednesday and ends on Holy Saturday, the day before Easter. This is when most people ask themselves: “What are some good things to give up for Lent?”

## HERE ARE 10 THINGS TO GIVE UP FOR LENT:

If you wonder what to give up for Lent... start here with these 10 ideas:

### 1. Don't buy anything that you don't NEED.

If you can live without it, you don't need it. Give it up for Lent. Put the money that you would have spent into a jar. You will be surprised at how quickly you build up your savings.

### 2. Throw Away 40 things for 40 days

Every day, you walk around your house and collect 40 things to donate or throw away... every day, until Lent ends. (Try donating, because you are helping others).

### 3. 40 Days of volunteering at the food bank and inviting others to join you.

Donate food that you don't need.

### 4. Give up Gossiping.

That means you cannot do any gossiping. None! If someone says something negative about another person, either say something nice or don't say anything at all.

### 5. Work out daily to take care of the body God gave you.

Spend this time focusing on taking care of the body that God gave you. For Lent, commit to doing some kind of workout every single day. You can go on a walk or join a gym, or even workout at home.

Bible Verses to Remind You that You & Your Body are Important:

*"Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body."*  
Corinthians 6:19-20

*"Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul."* John 1:2:

#### 6. Don't Eat After Dinner

This one is hard, so it really makes me think about Lent and how Jesus struggled when he was hungry.

#### 7. Give Up Soda or Alcohol

If you are not a soda drinker, give up alcohol, and sugary fruit drinks.

#### 8. Say 3 Nice Things to Your Spouse & Kids or best friend Daily

You may think this is easy, but try to say things that aren't the normal "Thanks," or "You look nice," or "Good job." Try, "I love how you always help the kids," or "I love how you work hard on your homework, even when it is tough tonight. You are a hard worker." Remember... your words become their inner voice.

#### 9. Replace 30 Minutes of TV or Screen Time with 30 Extra Minutes of Devotion/Prayer Time.

Read a devotional or bible story with your family and have a discussion about it.

#### 10. Do Not Complain or Speak Negatively.

It's a great thing to give up for lent... complaining and speaking negatively. I tried this one year and it was VERY hard. You don't realize how much you complain until you give it up...

*"Do everything without arguing or complaining..."* Philippians 2:14 NIV

*Pastor Cindy*

**THURSDAYS**

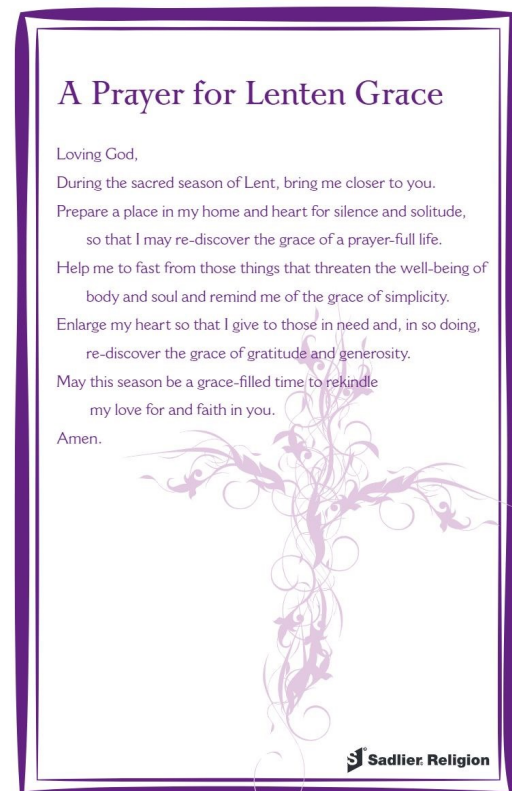
**NOON HOUR OF  
PRAYER &  
ENCOURAGEMENT**

**Join Zoom Meeting**  
[https://us02web.zoom.us/j/88281361612?  
pwd=QXNQK29sUE94amo2SHZ0WktLRDNOQT09](https://us02web.zoom.us/j/88281361612?pwd=QXNQK29sUE94amo2SHZ0WktLRDNOQT09)

**Meeting ID: 882 8136 1612**  
**Passcode: 220865**  
**Join by phone: 669-900-6833**

Pastor Cindy encourages us all to print out these prayer cards during Lent. Pray the prayer each day and send one of the cards on the right to a friend.

Here is the link: [https://cdn2.hubspot.net/hub/95641/file-369237118-pdf/docs/We\\_Believe\\_and\\_Share\\_Blog\\_Assets/Prayer\\_For\\_Lenten\\_Grace.pdf](https://cdn2.hubspot.net/hub/95641/file-369237118-pdf/docs/We_Believe_and_Share_Blog_Assets/Prayer_For_Lenten_Grace.pdf)



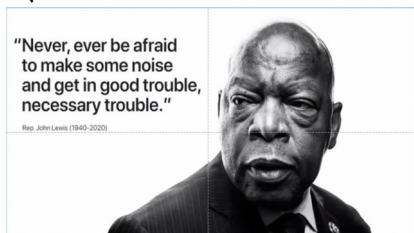
**HOW TO ZOOM!** If you are still trying to figure out how to join our worship services or committee meetings, please watch this "how to" video by clicking here <https://youtu.be/hlkCmbvAHQQ>

**CHECK OUT OUR YOUTUBE CHANNEL!**

<https://www.youtube.com/channel/UCFklRelid9cVT2x5VWpG8VA>

**FEBRUARY SCRIPTURES AND SERMON TITLES**

**February 7** - Celebrating Black History month -  
John Lewis: A Bridge Very Far  
(Ordination and installation of new officers)



Guest Preacher: Reverend Gregg Meister (by video)  
Scriptures: Psalm 51, Romans 16: 1-20

**February 14**—God Created Love  
Scripture: Psalm 121, 1 John 4: 1-12

**February 21**—Been in the Wilderness?  
First Sunday in Lent  
Psalm 25: 1-10, Mark 1:9-15

**February 28**—What Have You Gained?  
Second Sunday in Lent  
Psalm 22:23-31, Mark 8:31-38



**DOWNLOAD THIS DAILY REFLECTION CALENDAR BY CLICKING HERE:** <https://www.presbyterianmission.org/resource/tread-lightly-for-lent-lent-calendar/>

## WORSHIP & ARTS COMMITTEE

2020 is past and 2021 holds all the possibilities of heaven and earth for us. We know that before too long we will be able to worship together again, but for the chilly, damp moment we will continue our Sunday Worship on Zoom.



**LENT** is a season of reflection and preparation before the joyous celebration of Easter. Join us on Zoom as we journey through Lent,

beginning with Ash Wednesday (February 17) and culminating in Holy Week: Palm Sunday, Maundy Thursday and Good Friday. On Easter we will worship and celebrate together outdoor on the lawn. Hallelujah!

**SACRED SPACE** will be taking a bit of a well-deserved break; we will advise when it starts back up again. In the meantime, a ***HUGE, heart-felt thank you to Steve Yeager, Nate Scoble, Norm Smith, Chris Rhodes, Kim Seamans, Felipa Jones, and the entire team for all their effort and dedication.***

### COME BE A PART OF THE TEAM!!

Everyone has an opinion about what makes it and what breaks it – so make your ideas count!!! Worship Committee is hoping **YOU** will join us as we strive to make our worship services pertinent, diverse, holy, and meaningful. We coordinate all worship services and associated liturgical arts (music, singing, decorations), flowers for the sanctuary, liturgists, and sound board, scripting and visual arts during worship, ushering, pew preparation, communion preparation and serving. If interested contact Pastor Cindy or Joy Olsen.

*Joy Olsen,  
Committee Chair*

# How Can I Keep from Singing

All of us could make a long list of activities that we miss, as we reach the eleven-month mark in our Covid 19 purgatory. From eating out, to going to movies and concerts, to getting together with friends and families, there is so much that we took for granted before the virus that is still off limits. One aspect of “normal” life that I miss each Sunday is singing together as a congregation. The sound of our blended voices singing out the hymns each week is a wonderful representation of the exhortation in Psalm 100 to “make a joyful noise to the Lord”

I have often wondered how many of us are singing during our zoom worship services. Perhaps it feels awkward, or strange to be singing in isolation when we are used to singing together at church. Many of us tend to be far too critical of our voices, particularly when we listen to our own vocal emanations and compare them to professional singers who have had decades of training. There is a prevailing attitude in our society that one is either born with the innate talent of singing or one is not. And if one is not it's far better to give it up than risk offending our neighbors with our discordant cacophony.

My experiences as a vocal instructor, however, have shown me that while some people are born with more aptitude at singing, everyone can improve and develop their voice with a little practice. And you don't need to spend hundreds of dollars on vocal lessons either! Here are three quick steps that will help you improve your voice.

- Sit or stand with you back straight and your shoulders relaxed and placed about an inch behind your ears.
- Take a deep breath, all the way to the bottom of your abdomen
- When you sing allow your jaw to relax and try to keep your tongue on the bottom of your mouth

If you follow these three steps you will notice an immediate improvement in your sound. And don't be surprised if you feel better too. Singing releases endorphins that makes us feel uplifted and happy. And studies have shown that it lowers stress and increases mental alertness and memory. So, don't be bashful next Sunday, and let's all “Make a Joyful Noise to Lord”!

Many blessings, Myles

## MEMBERS

You will receive by email, the 2020 Annual Congregation Report on Sunday, January 31st. This gives you one week to review it prior to our Annual Congregational Meeting by Zoom which will take place on Sunday, February 7th. **If you do not see it in your inbox on 1/31, look in your spam or junk folder or reach out to [ruth@churchoftheroses.org](mailto:ruth@churchoftheroses.org)**



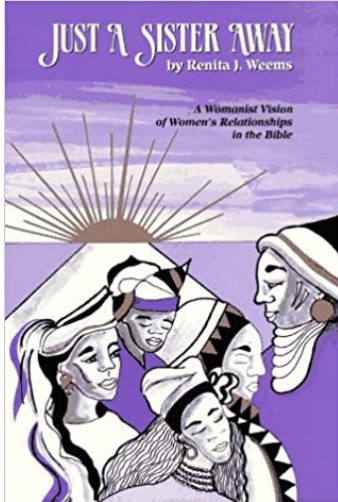
## CHRISTIAN EDUCATION

Pastor Cindy will be delivering activity bags for February to the Sunday School students. The activity bags are being assembled by our wonderful Sunday School teacher Chelsea with help from the Christian Education committee and will contain crafts, coloring pages, and some short lessons for the students and their families to read and work on together.

Diane Osten,  
Christian Education Co-Chair

## *"Just A Sister Away"*

Presbyterian Women present  
A Monthly Zoom Bible Study  
Tuesday, January 19th at 10:30 am  
"Just a Sister Away" by Renita Weems



### **ALL ARE WELCOME!**

Renita Weems has written a righteous challenge to women to heed God's calling. She does this through telling her own story, weaving it in through retellings and assessments of biblical stories featuring women.

This book will be the basis of our study.

*Dr. Renita J. Weems is a biblical scholar, an academic administrator, a writer, an ordained minister, and a public intellectual, whose scholarly insights into modern faith, biblical texts, and the role of spirituality in everyday lives make her a highly sought-after writer and speaker.*



Copies are available thru various sources online but you can participate without having the book.

Everyone is welcome!

### **ZOOM INVITATION**

Time February 16, 2021 1030 AM  
Every month on the Third Tuesday

Zoom Link below:

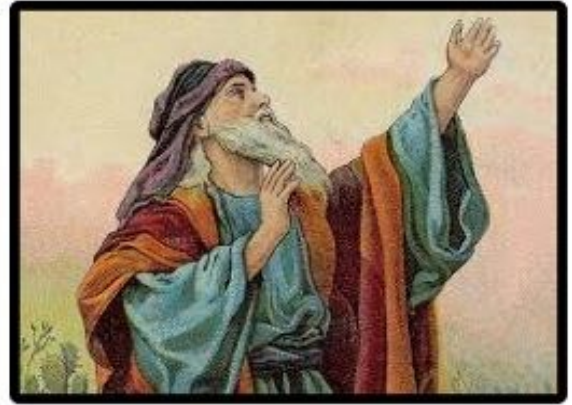
<https://sus02web.zoom.us/j/81612766138>  
pwd=bWFGSjgxVWZscWttenNSTWIXcUm3Zz09

Meeting ID 816 1276 6138

Passcode 871377

Dial by phone 669 900 6833

## **ISALAH IS BACK!**



Our **Lenten Study** this year will continue the Kerygma Lessons on Advent on the Book of Isaiah. We will begin with promises of God's redemption in Part 2 and move into the final chapters of the prophecy. Part 3 is entitled **Your Light has Come!** Written to a people returning to their homeland from captivity.

Zoom Class Time will be on six **Monday evenings** at **7:00 p.m. beginning Feb. 22<sup>nd</sup>** and ending on March 29<sup>th</sup>. Use the Zoom link or phone number below to join us.

### **ZOOM INVITATION**

Email [ruth@churchoftheroses.org](mailto:ruth@churchoftheroses.org) if you would like a Zoom Invitation or join the Zoom Meeting by clicking on this link:

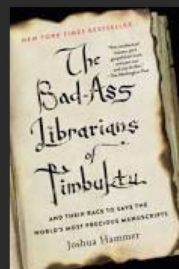
[https://us02web.zoom.us/j/88085470528?](https://us02web.zoom.us/j/88085470528?pwd=L3hPaVpFRWWhHWEhYNmtjaENrUTNVUT09)  
[pwd=L3hPaVpFRWWhHWEhYNmtjaENrUTNVUT09](https://us02web.zoom.us/j/88085470528?pwd=L3hPaVpFRWWhHWEhYNmtjaENrUTNVUT09)

Meeting ID: 880 8547 0528

Passcode: 125485

Dial into the meeting by phone:

+1 669 900 6833 US



**Zoom Book Club**  
**February 18 1:30 p.m.**

**The Bad Ass Librarians**  
**of Timbuktu**

**The real story by Joshua Hammer**  
**Pick up books at Jeanne Nussmeier's**

# 2020 Alternative Christmas Report



## Church World Service

Chickens to Tanzania \$150.00

500 Baby Fish to Honduras \$201.00

## PCUSA Mission Agency

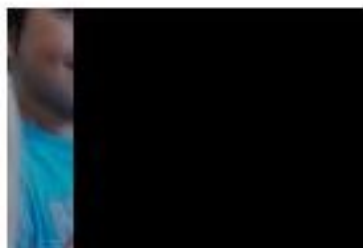
Kitchen Kit \$175.00

Supplies for Misplaced Student \$250.00



## Redwood Empire Food Bank

Feeding hungry people in our County \$765.00



## Santa Rosa Boys and Girls Club

Aiding Children's Education \$220.00



## Doctors Without Borders

For more medical supplies to help people around the world. \$520.00



The Lime Foundation, Santa Rosa  
Training Youth for construction work \$466.00



**Grand Total \$2,707.00**



**Thanks to the 16 people who contributed.  
Your gifts will make a difference!**

# FINANCE COMMITTEE

Hello and Happy New Year from your Finance Committee!

There is much to focus on for the benefit of our future but there is never too much thanks for all that our members do for our Church. Thank you so much for your faithful and continual financial support. Your giving is what allows us to flourish and fulfill our mission to our community.

The personal time and effort that so many give to see that we are meaningful to our community and that we have a facility that remains well taken care of is so important to our existence. THANK YOU.

The following article "More Ways to Give" is intended to illuminate a few other ways you can financially support Church of the Roses. Please read and ask either Bill Nakata or me for further explanation.

Chris Nelle,  
Finance Chair

## MORE WAYS TO GIVE

There are several methods of charitable giving that may be overlooked. Maybe it is time to check with your stockbroker, banker or tax advisor to discuss:

- **Gifting Appreciated Stocks**  
Chances are good that your stocks have increased in value. Consider gifting these stocks to PCOR and avoid paying taxes on the increased value. You will receive credit for the current value of the stocks.
- **Qualified Charitable Distribution (QCD)**  
At 70-1/2 you can give up to \$100,000 from your IRA directly to PCOR. No taxes will be paid by you or PCOR for this charitable gift.
- **Required Minimum Distribution (RMD)**  
The SECURE Act changed the RMD age to 72. Have you considered a QCD to PCOR for some of your RMD? The QCD counts toward satisfying your RMD. No taxes will be paid by you or PCOR for this charitable gift.

As with any decision that has tax implications you should consult with your tax advisor.

For additional information please contact Nancy Morgan (office: 707-542-4272; email: [finance@churchoftheroses.org](mailto:finance@churchoftheroses.org))

Nancy can provide the Wells Fargo Bank information for direct stock transfers.

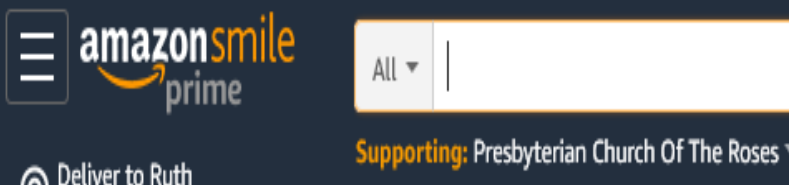
Blessings to all,  
PCOR Finance Committee

### AMAZON GIVES!

#### REMEMBER

**IF YOU'RE SHOPPING ON  
AMAZON GO TO AMAZON.SMILE  
AND CHOOSE US  
AS YOUR CHARITY!**

**When check out, always make  
sure that you see the Amazon  
Smile logo and Supporting:  
Presbyterian Church of the Roses**



## DEACON'S UPDATE

Here we are in a New Year and for the Deacons it appears it will be much the same as 2020 at least until mid-summer. We are just zooming away.

The Deacons delivered 40+ poinsettias to brighten up the holidays for some of our members. There were many distance, outdoor and masked conversations that were a lot of fun. No rain to slow down the delivery crew.

In December the group made additional contributions to the YWCA for the Christmas needs of children in the shelter of \$750 and the Council on Aging of \$500. The group decided to purchase and distribute fifteen \$100 Lucky gift cards to people who had used the Church's Food Shelf previous to the shut down and families in need. The cards were hand delivered to the recipients and they were all grateful. To help support the ICU staff at Memorial Hospital a pizza dinner was purchased to thank them for the hard work they are doing with the majority of the Santa Rosa COVID patients.

In January the group decided to purchase another \$500 worth of Lucky gifts cards to be distributed to families with children in need of food.

Due to retiring Deacons, the buddy lists are being rearranged. You will be hearing from your new Deacon if there is a change.

Be safe until we meet again in person.

*Barb Basham, Moderator*

## PRAYER REQUESTS

### THOSE WHO MOURN THE LOSS OF THEIR FAMILY AND FRIENDS

#### THOSE WITH HEALTH ISSUES

*All who are struggling with Covid-19 and for our church members who are recovering. May their health continue to improve. For our family and friends who face illness, injury, or hardship. May they burdens be lightened.*

Pastor Cindy Alloway	Luu Maxwell
Bill Beaumont	Jessica Morse
Bob Bunting	Lynette Randerson
Patrick Butler	Ruth Rossow
Peggy Call	Pamela Sage
Doreen Cowden	Debbie Seat
Bob Crowell	Bob Simmons
Patricia Currier	Susan Smith
Dick Draper	Sharon Sorani
Danny Duchsherer	Alexis Sydnor
Barbara Flannery	Shirley Walton
Marilyn Hilen	Bob Weber
Janice Holmes	Jill White
Carolyn Kenworthy	Roger White
Margret Kram	Helen Wikle
Vivian Mazeski	Betty Witchey-Ryer

#### 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.

## Reopening PCOR Task Force

With the Covid-19 vaccine being distributed, we are looking with great anticipation for the time we can have "Normal" worship. Some restrictions are being lifted in California. Outdoor dining and hair and nail salons will be opening for business.

It is recommended after receiving the vaccination, one should remain diligent and continue wearing a mask and maintain social distancing. The vaccine will protect one from becoming ill from the infection but does not prevent the possible spread by the vaccinated person to others.

The Task Force will track further developments and proceed with care and diligence in safely reopening PCOR for worship. Please be healthy and safe as we move forward into 2021.

Your PCOR Task Force,

*Jim Taylor, Pastor Cindy Alloway,  
Deborah Baker, Chris Rhodes, Kim Seamans,  
and Gary Smith*

**Order your  
Girl Scout Cookies  
for delivery to your  
house. No contact  
necessary! Scan the  
QR code at the right  
or go to  
[digitalcookie.girlscouts.org  
/scout/mia18590](https://digitalcookie.girlscouts.org/scout/mia18590)**

# It's GiRL SCOUT COOkiE TiMe!



### Get your favorites delivered!

Girl Scout First MIA Only Troop #: 10039

My goal is: 600 boxes

To order: Scan my QR code easy access to my website.

[digitalcookie.girlscouts.org/scout/mia18590](https://digitalcookie.girlscouts.org/scout/mia18590)

Delivery: I will do contactless porch deliveries.

Initial cookies arrive Feb 2.



**All of our cookies have:**

NO High-Fructose Corn Syrup  
NO Partially Hydrogenated Oils (PHOs)  
Zero Grams Trans Fat per Serving  
RSPO Certified (Mass Balance) Palm Oil

**NEW!** Halal Certification



	Lemon-Ups	Trefoils	Do-si-dos	Samoas	Tagalongs	Thin Mints	Girl Scout S'mores	Toffee-tastic
SOY	•	•	•	•	•	•	•	•
WHEAT	•	•	•	•	•	•	•	•
MILK	•	•	•	•	•	•	•	•
PEANUTS	•	•	•	•	•	•	•	•
TREE NUTS	•	•	•	•	•	•	•	•
EGG	•	•	•	•	•	•	•	•

• CONTAINS  
• MANUFACTURED  
IN A SHARED  
FACILITY WITH

\*Made with Coconut.  
See nutrition information for total fat and saturated fat content in Thin Mints, Samoas and Tagalongs. Refer to your cookie package for the most current cookie information. To learn more, visit [LittleBrownie.com](https://LittleBrownie.com).

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OTHER NATURAL FLAVORS  
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\$5 /pkg



**trefoils®**  
Traditional  
shortbread cookies @

\$5 /pkg



**do-si-dos®**  
Peanut butter  
sandwich cookies @  
made with  
natural flavors

\$5 /pkg



**samoas®**  
Chewy and rich—chocolate,  
coconut, and caramel @

\$5 /pkg



**tagalongs®**  
Peanut butter patties @

\$5 /pkg



**thin mints®**  
Crisp, chocolate  
and minty! @  
made with  
vegan ingredients

Due to Covid restrictions we won't be doing booths at stores this year. However, I am a neighborhood Girl Scout who will leave cookies on your porch for you.

# SCAM FIGHTERS

I thought it a good idea to create a new information source for PCOR friends and members. There are many scams circulating in the wake of the Covid-19 pandemic. This is the first installment of **Scam Fighters**, a forum to share and protect ourselves from the criminals wanting to rob us through the internet, phone and mail.



With spending more time at home and on computers because of Covid-19. We become more susceptible to phone, mail, and email scams.

I will pass along anything I have heard or experienced and hope you readers might provide additional information that can be passed on to everyone. I also want to debug anything that might look like a scam but is not.

Let us start with the second stimulus payment for Covid-19. The payment for an individual is \$ 600.00 and \$ 1,200.00 for a couple. Previously, the payment was sent using a check in the mail or electronic deposit to your checking account. A third method is being used for this payment; a blue colored Visa Debit card issued by MetaBank, NA. Upon receipt in the mail, you will call 800.241.8100 and provide the number on the card along with the last six digits of your SSN. This will activate the card and you can also confirm the amount available on the card. This is not a scam.

The IRS and Social Security Administration do not randomly make a phone call to you. The caller will tell you there has been unauthorized use of your number, a balance is due, or your account has been deactivated. Do not provide any information to someone telling you any of this. These are scams. You might also contact the agency and advise the contact and nature of the scam.

Should you receive an email from someone on your address list asking for money or credit card info because of some type of emergency involving them or their relative. Look carefully at the return email address of the email sender. Most likely it will not match the real email address of your friend. Do not respond; better yet delete it and call your friend to let them know of the email. Let them know their email was likely hacked; this is a scam.

Finally, one way you can make your computer more secure to unwanted activity is to subscribe and install a VPN or Virtual Private Network. VPN can be installed on your computer and other electronic devices, including your cell phone. The VPN creates a tunnel on the provider's server and displays a different IP address than your own. This is to help keep hackers from identifying your IP address and accessing your computer. There are many providers of this service and cost is very reasonable. The following link will provide more details about VPN, <https://www.usnews.com/360-reviews/vpn/what-is-a-vpn>. There are websites that will not recognize you with VPN activated. Two sites I have found are Bank of America and GoodRx. You will need to turn off the VPN to access these two sites and rely on their security for safe transaction.

If you have any tips or know of any new scams to pass along; email me at [jameswt@sbcglobal.net](mailto:jameswt@sbcglobal.net) and I can include them in the next article.

Be safe and secure out there!  
Jim Taylor