

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

Rose Clippings Newsletter Vol. 59, No 6 (707) 542-4272, office@churchoftheroses.org



A good time was had by all at the All Church Picnic!



The 4th of July worship service was such a blessing! We were so glad to welcome back some of our children! During each worship service we sing to them the song: "This Little Light of Mine" when they exit from the Gathering of the Children to go to Sunday school. Each of the children were given little battery powered lights to wave as we sing with them.

INDOOR CHURCH SERVICES

Sundays @ 10 am and LIVE STREAMED on Facebook and <u>www.churchoftheroses.org</u>

<u>Please check the weekly email for updates</u> <u>as restrictions may change.</u>

Join our Friday mailing list—email office@churchoftheroses.org

KSRO 103.5FM 94.5FM On KSRO 103.5 FM. Sundays 6:30 am-7 am or on https://www.ksro.com/show/presbyterian-church-of-the-roses/

AUGUST CALENDAR

8/05_Helping at REFB 2-4pm
8/07_SACRED SPACE @ 5 PM in the Rose Room
8/08_OUTDOOR WORSHIP 10 AM
8/15_FORUM: How to talk to friends about getting vaccinated. Sunday at 11 a.m.
8/16_MHS Breakfast starts
8/20_Camera Club @ 1 p.m.
8/21_VACCINATION CLINIC 1-4 P.M.
8/21_BOOMERS at Rincon Valley Park 1 pm
8/22_NEW MEMBER CLASS
8/28_Memorial for Gwen Christiansen @ 2 pm
9/03_Helping at REFB
Tuesdays Seniors Exercise Class 10:30 am

What Is There To Look Forward To?

As I write this we are in the middle of a new surge in the pandemic. It is hard to know what the future holds. How do we plan for the Fall church activities, programs, and events when there is still a virus circulating out there that could infect us even if we are fully vaccinated? I thought the vaccine was our answer to the spread of Covid 19. Now it seems we need a booster or herd immunity and a Savior!

My mother used to always say: "I don't know what the future holds, but I know who holds my future." And when she found out she had pancreatic cancer she said, "Que Sera, Sera." Like the Doris Day song. She said: What will be, will be. Mom's faith calmed her and allowed her to take one day at a time. She loved that contemporary hymn, too. Here are the lyrics to:

One Day at a Time by Lynda Randle

I'm only human I'm just a woman Help me believe in what I could be And all that I am Oh, show me the stairway That I have to climb Lord, for my sake, teach me to take One day at a time

Chorus: One day at a time, sweet Jesus That's all I'm asking of You Just give me the strength to do everyday What I have to do Yesterday's gone, sweet Jesus And tomorrow may never be mine Lord help me today Show me the way One day at a time

> Oh, do you remember When You walked among men Well, Jesus, You know If You're looking below That it's worse now than then

By Rev. Dr. Cindy Alloway

Oh, there's pushing and shoving And it's crowding my mind So, Lord, for my sake Teach me to take One day at a time

When we live one day at a time, we still can pray for peace and a connection to God and to one another in the midst of this chaos.

Here are some helpful strategies for coping with uncertainty that I found in an article on ideas.TED.com by Christine Carter PhD.

"Living with so much uncertainty is hard. Human beings crave information about the future. Our brains perceive ambiguity as a threat and try to protect us by diminishing our ability to focus on anything other than creating certainty. But sometimes - maybe always it's more effective for us not to attempt to create certainty. Though evolution might have rigged our brains to resist uncertainty, we can never really know what the future will bring. improbable situations During like the pandemic, we need to learn to live with ambiguity.

"Uncertainty is the only certainty there is," wrote mathematician John Allen Paulos. "Knowing how to live with insecurity is the only security." So how can we best cope when everything feels so out of control?

HERE ARE SIX STRATEGIES

1. DON'T RESIST.

There's no doubt: We are living through challenging times. But resisting this current reality won't help us recover, learn, grow or feel better. Ironically, resistance prolongs our pain and difficulty by amplifying the challenging emotions we are feeling. There is real truth to the aphorism that what we resist persists.

Instead of resisting, we can practice acceptance. Acceptance is about meeting life where it is and moving forward from there. Because acceptance allows us to see the reality of the situation in the present moment, it frees us up to move forward. To practice acceptance, we surrender our resistance to a problematic situation and also to our emotions about the situation. Acceptance is not the same as resignation. Accepting a situation doesn't mean it will never get better. We aren't accepting that things will stay the same forever; we're only accepting whatever is actually happening at the moment.

2. INVEST IN YOURSELF

The best resource that you have right now for making a contribution to the world is YOU. When that resource is depleted, your most valuable asset is damaged. In other words: When we underinvest in our bodies, minds, or spirits, we destroy our most essential tools for leading our best lives. We must not defer maintenance on ourselves. Go to your doctor appointments. Take your medicine. Exercise. We need to sustain the relationships that bring us connection and meaning; we must get enough sleep and rest when we are tired; and we need to spend time having fun and learning, just for the joy of it. Self-care and personal growth can be good goals for coping during this time.

3. FIND HEALTHY WAYS TO COMFORT YOURSELF

One of the most important ways we can invest in ourselves is to comfort ourselves in healthy ways. If we are to stay flexible, we need to feel safe and secure. Make a list of healthy ways to comfort yourself. Can you put on a mask and go for a hike or walk with a neighbor? Schedule a call with a friend? Reflect on your blessings. Let yourself take a nap? Watch a funny YouTube video? Pray. Go to church.

4. DON'T BELIEVE EVERYTHING YOU THINK

In uncertain times, it is important not to believe thoughts that focus your attention on the worst -case scenario. Of course, it can be helpful to consider worst-case scenarios so we can take steps to prevent disaster, such as getting the vaccine to prevent getting sick. But when we believe those stressful thoughts, we tend to react emotionally as though the worst case is already happening in real life, not just in our heads. We grieve for things we haven't actually lost and react to events that are not actually happening. This makes us feel threatened, afraid, and unsafe when we are simply believing our negative thoughts. Instead, actively imagine the best possible scenario. Focus on positive thinking. God is with us. No matter what, we will be OK.

5. PAY ATTENTION

The opposite of uncertainty is not certainty; it is presence. Instead of imagining a scary and unknown future, we can bring our attention to our breath. From there, we can check in with ourselves. Every time we wash our hands, for example, we could ask ourselves: How are you doing right now? Notice what emotions you are feeling, and where in your body you feel those emotions. Even when it feels like everything is out of control, we can still control what we pay attention to. Be calm and open-minded. Breathe in the love of God and breathe out the toxic feelings. Predict a good future. Focus on Good News!

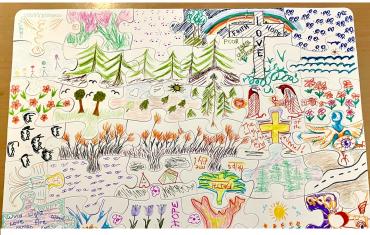
6. FIND MEANING IN THE CHAOS

Social psychologists define meaning, as it applies to our lives, as "an intellectual and emotional assessment of the degree to which we feel our lives have purpose, value and impact." Meaning and purpose are wellsprings of hope. When the world feels scary or uncertain, knowing what meaning we have for others and feeling a sense of purpose can ground us. **Don't just wait for this ordeal to be over.** Don't be resigned to your misery while we wait for the pandemic to ease. What have you always wanted to do? What outcome are you hoping for? How can you reach out to others during this time? Be helpful to others. Find a new purpose that is meaningful to you. Read the Bible. Sing to yourself: "Jesus loves me this I know for the Bible tells me so....."

(This article was adapted from one in the magazine of the <u>Greater Good Science Center</u> at UC Berkeley.)



Mobius Mavalwalla was baptized on June 13th. Pictured from left to right: Pastor Cindy, Linda Burille, Moby, Bajun, and Chelsea Mavalwalla.



Our SACRED SPACE workshop creation! Join us August 7, September 4, October 2





Keyaun Galde celebrated when he graduated from elementary school in June. He is happy to start middle school very soon!



James Kuntz is Bob and Sharon Sorani's grandson. He has finished his submarine training in South Carolina and is stationed in Connecticut waiting to be deployed out of San Diego. He is a graduate of Purdue University in Indiana.



Dennis Baker, Mike Sepulveda, and Ken Thompson at the All Church Picnic.





Sam Martinez and Linda Lance walk their daughter, Leticia Outah, down the aisle on her wedding day.

Pictured below from left: **Elijah** and Mia

Congratulations To the Happy Couple!



OFFICE HOURS The office is open on <u>Tuesdays and Wednesdays</u> <u>from 9 am to 3 pm</u>

CHURCH AND WORLD COMMITTEE

The Church and World committee is excited to have our application to host a Peacemaker from the Presbyterian Mission Agency office accepted!

Douglas Oviedo will be preaching at our church on September 19th. Douglas (with his interpreter) will answer questions in a forum with a luncheon after worship. Please plan to join us!





DOUGLAS OVIEDO is the Co

-Founder and Director of Casa Hogar El Puente (The Bridge Group Home) in Tijuana, Mexico, a shelter for migrant women and children held under the remainin-Mexico program. Of Honduran nationality, Douglas was a migrant in the October 2018 Caravan. He was among the first asylum seekers sent back across the U.S. southern border under the Trump administration's "remain in Mexico" (MPP) policy. In September 2019, he was granted asylum in the US. As a youth pastor, Douglas served as an accompanier of communities of marginalized youth in Honduras. He is the author of the recently published <u>Caravaneros</u> (2020), a testimony of the migrant caravans from the perspective of a migrant.

CHRISTIAN EDUCATION

ADULT BIBLE STUDY COMING SOON. We will be resuming our study of the New Testament with Professor David Brakke, The Ohio State University, in October. <u>Starting on Monday, 10/4 at 7:00 PM, we</u> <u>will pick up for 7 sessions on the Gospels</u>. As we have with our last class, this will be a combination of in-person in the Rose Room and Zoom, for those of you who would prefer to stay at home. Each session is ½ hour video and ½ hour of group discussion, which is always lively, as we seek new insight on the scriptures.

Please add us to your calendar, and we hope to see you then.

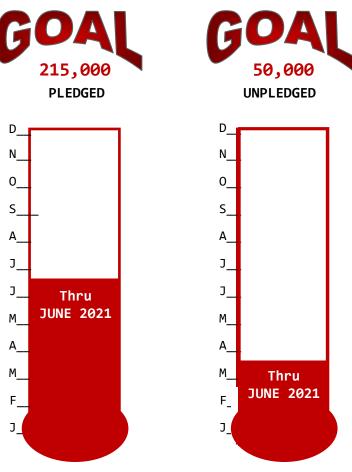
FINANCE COMMITTEE

Pretty quiet on the financial front.....through the first half we are a little behind budget on revenue, but expenses are behind as well so instead of a budgeted loss we are operating at breakeven. Financial reserves remain very healthy.

Any additional contributions you can provide your Church are always welcomed!!

As always, never hesitate to reach out to me if you have any questions.

Chris Nelle Chair, Finance Committee



VOLUNTEERS NEEDED

ROSEBUD PRESCHOOL

Our last day of summer session will be Friday, August 6th. The school will close for three days so that we can reset for a larger group that will start on Thursday, August 12th. We had several kids return in order to have additional peer social experiences before starting TK or K in the fall. So, we have five kids leaving but many more new families joining the school.

We are expanding to 24 children a day and will restart our Pre-K pull out program so that the kids have same age experiences as well as our whole classroom, multi-age program. We were able to hire a new teacher which allowed us to expand back closer to our licensed capacity and still maintain recommended staff/child ratios.

Susan Jenkins, Director

SCRIPTURES AND SERMONS August 1, 2021–(Chris Rhodes is preaching) August 8, 2021–(Carole Michel is sharing her (& Gene's) faith testimony as the sermon) August 15, 2021-Sermon: "Be Wise" First reading: 1 Kings 2:10-12; 3:3-14 Second Reading: Ephesians 5:15-20 August 22, 2021–Sermon: "Put on the Armor of God" First reading: Psalm 84 Second reading: Ephesians 6:10-20 August 29, 2021–HYMN SING SUNDAY (Myles leads this service. People list their favorite 3 hymns on an insert that goes into the bulletin on the 15th. Myles chooses the top 6-7 hymns to sing.) Scriptures: Song of Solomon 2:8-13 and James 1: 17-27

Do you enjoy the audio-visual parts of our Sunday Worship? Are you computer savvy and know your way around a computer and your television at home? Our audio-visual team at Church of The Roses are in need of your skills to help fully staff for 3 volunteer positions each Sunday.

Training will be provided for one of the following positions depending on skillset and interest level on how to use and control the sound board or running the Facebook Live Stream and Camera control or running the in person worship slides and video projection. Please contact Norm Smith (707 360 8915) or Phil Goede <u>pigoede@gmail.com</u> if interested.

DOES GOD REALLY SPEAK TO ME? DOES JESUS' GIFT OF THE HOLY SPIRIT APPLY TO CHRISTIANS TODAY? HOW DO I LEARN TO LISTEN TO GOD?

A new class will be offered in September in which we will explore these questions as we discover our Spiritual Journey. Our spiritual journey is discovering our true identity with God with the help and grace of the Holy Spirit for the sake of the World.

Reviewing simple prayer practices, we will progress to listening to God's Word for us through a practice called Lectio Divina, which means Sacred or Divine Reading. Another fun creative way of praying is to imagine ourselves as a character in a specific scripture passage. This will lead us to explore other ways of responding to God through movement, poetry, art, and music.

We will contemplate how God may be leading us to discover new gifts and ways of responding and serving God in whatever situation we find ourselves in during these new and stressful realities of physical limitations, COVID, fires, drought and social unrest.

This class will be facilitated by Rev. Lynne Vandercook, Joanne Del Castillo, and others. It will be offered on Zoom on Wednesday evenings, 7pm, with occasional times of meeting together as a group. This will allow those who are caretakers, home bound folk and those who do not like to drive at night to tune in and participate when possible.

You will need a Bible, a notebook for journaling and drawing. It is highly recommended that you have the book *Soul Feast*, the 3rd edition, by Marjorie Thompson. It is available online. Questions, call Lynne at (530) 815-1065.

Watch for the Zoom link as we get closer to the start day of the class, Wednesday, Sept 15 at 7pm.

Joanne Del Castillo has received training at the Jesuit Retreat Center in Los Altos to accompany individuals or groups in the experience of The Spiritual Exercises of St Ignatius. She has been active in parish ministry for more than 40 years. She has been a Law Enforcement Chaplain and a Hospital Chaplain. She is married and has 3 children and 5 grandchildren.

Church as Connection By Susan Deitz

You can commune with God-as-you-perceive-him while you're out walking or riding in a car — anytime the need surfaces. Out of that fundamental craving for connection comes a deeper hunger to go beyond known boundaries and reach a level higher than human.

That hunger, which I call churchness, draws some people toward one another, and their common pursuit forms a linkage like none other. That is why I suggest you go to your house of worship soon to discover those who find their churchness together. I am hoping that visit will be the beginning of a new connection in your life.

I'd like to suggest making your first churchness experience be a service followed by a reception; that could make it easier for you to introduce yourself as a newcomer and mingle as such. And consider meeting with the spiritual leader beforehand so he or she is prepared to make introductions for you.

Even if formal worship sounds corny to you, go once — for my sake; you know by now I wouldn't steer you wrong. Only in a society such as ours, which worships "coolness," could the benefits of spiritual seeking earn such little interest and respect. So please reconsider your initial coolness and give churchness a try on an evening when you're at loose ends.

Your flexibility could lead you to some very nice people and positive thinking. Actually, churchness could become the crown jewel in your connection collection, the one you can rely on to bring out the very best in yourself every time. In fact it could very well become the ultimate connection between you and yourself, between you and your God, for all the seasons of your life.

Frequently Asked Questions about the COVID-19 Vaccine



As much as we're all ready to be done with the COVID-19 pandemic,

it's not yet done with us. The highly contagious delta variant is driving an increase in hospitalizations throughout our network and around the country, mostly among unvaccinated people.

All of us are eager to get back to our normal routines, but now's not the time to let our guard down. Here's the latest information about COVID-19 and what you can do to continue to help keep yourself, your family and our communities safe.

- Are the vaccines effective against the delta variant in preventing hospitalizations and deaths? Studies indicate that all three COVID-19 vaccines available in the U.S. (Pfizer, Moderna and Janssen/J&J) are effective against current variants, including the delta variant, in those who are fully vaccinated.
- Will I need a vaccine booster shot? At this time, the Centers for Disease Control and Prevention doesn't recommend getting a COVID-19 vaccine booster shot if you're fully vaccinated. We'll keep you updated if that guidance changes.
- Is COVID-19 testing still necessary? If you experience any <u>COVID-19 symptoms</u>, get tested, even if you're vaccinated and your symptoms are mild. If you're admitted to a Sutter hospital, you'll be screened and tested for COVID-19, regardless of vaccination status. In addition, COVID-19 testing may be required prior to certain procedures. If testing is required, your provider will contact you with instructions.
- Are masks required at your clinics and hospitals? Yes, all patients, visitors and staff, including people who are fully vaccinated, must continue to wear masks while inside Sutter facilities. If you visit any of our locations, report any <u>symptoms</u> you're experiencing even if they seem mild and continue to practice physical distancing and good hand hygiene.
- Can I still get vaccinated? Yes, get vaccinated if you haven't already. According to the CDC, less than 1% of deaths due to COVID-19 are in vaccinated individuals. COVID-19 vaccine appointments are available for those age 12 and older.

We're hopeful we can put this pandemic behind us, but it won't happen without significantly higher vaccination rates across our communities. As a reminder, the COVID-19 vaccines are safe and highly effective. Vaccination is the best step we can take to finally move beyond this pandemic.



PROTECT YOURSELF FROM COVID-19 VACCINATION CLINIC SAT., AUGUST 21 _1-4 PM @CHURCH OF THE ROSES



Parents' Night Out is Back! Save the Date!

Our next Parents'

Night Out will be held on <u>Friday, Sept. 17 from</u> <u>5:00-7:30</u> in Bowen Hall. Parents can drop their children off for an evening of food and fun led by our wonderful volunteers and preschool teachers. Grandchildren are welcome, too!

It's a wonderful chance to let your children and grandchildren see their old friends and make new ones while you enjoy some well-earned quiet time and perhaps a wonderful meal at a nearby restaurant.

Please fill out the registration in the office or contact ruth@churchoftheroses.org. If you would like to help with this event, please contact Diane Osten at 707-239-1506 or by email at <u>petmom@sonic.net</u>.

Blessings and thanks, Diane Osten, Christian Education Co-Chair

Camera Club

I am week 7 of recovery of my heart bypass surgery and anxious to get us back together again. **Mark your calendar for Friday, August 20th at 1 PM in the Rose Room**. I have several items for the meeting:

- Guest presenter from Pro Visual Arts
- Your pictures taken during the pandemic
- Demonstration of photo editing software
- Discussion of photo critiquing techniques
- Photo Assignment for September using photo editing software
- Brown Bag luncheon I will send out selection and prices later.

All are welcome. Bring a friend. No photography expertise required. If you are not vaccinated, please wear a mask.

Picture on left taken with Galaxy S9. Picture on right using camera auto fix.





The BOOMERS are Back !

It has been over a year since we had our last outing. BUT... We'll be back soon!

Join us for a Bring-Your-Own-Lunch picnic at Rincon Valley Park for August 21st around 1:00. We'll meet outdoors and catch up on what we've all been doing for the past year or so. Just a fun social gathering. No agenda, - just a time to meet and chat.

Just who are the Boomers? Glad you asked. If you remember The Beatles – You are in! Singles/Couples who enjoy activities and socializing with friends. We go on hikes, attend plays, enjoy great food, community events, have fun together.

When: Saturday, August 21st at 1:00 Where: Rincon Valley Park, near the ponds What to bring: Your own lunch, lawn chairs, and a beverage and wear a sunhat

> Questions: Contact Lindsay Olsen —text: 707-515-9009 or email <u>olsenl2001@yahoo.com</u>



A few months ago, as summer approached, I thought surely by August, we would be able to see a clear path forward to the land of the good old days (2019). Unfortunately, we've all been sidetracked down a detour to the land of Delta. We'll keep the faith that this too shall pass, and I hope quickly.

In September, as we look forward to fall and holidays, I hope that we can make some safe plans, and maybe even reinvent ourselves a bit. We'll probably have to start with some open air outings and go from there. We welcome all suggestions for activities and renew our commitment to supporting the Redwood Empire Food Bank.

We really want to hear from you with your creative ideas about how are group can best "regroup" and keep our fellowship and REFB support going. Blessings for your continued health, Bob and Eleanor Flandermeyer (Home:707-538-5277, Bob:707-694-8018, Eleanor:707-694-8291

DEACONS

The Deacons didn't have the monthly meeting in July and the 1st Friday of the month volunteering at the Food Bank was cancelled for the 4th of July weekend.

We did do the follow up calls for the July Joy Bag recipients prepared and delivered by the Fellowship committee. Again, the response was extremely positive. Way to go Fellowship committee.



On July 17th the Deacons hosted the reception for Betsy Yeager's memorial service. It was a lovely service with more people honoring Betsy and her family than anticipated. In addition to the crew in the picture, Robert Cortez and Chris Pena joined to help clean up.

We have delivered granola bars and fruit to the Boys and Girls club, across the street for the summer program that is in session. This will continue throughout the school year. We will be talking with the Director to see if there are other ways our congregation can be of assistance to their program. Everything we deliver is greatly appreciated.

On Friday August 6th from 2-4 you will find the Deacons and hopefully many others from the congregation volunteering at the Redwood Food Bank. This will be a monthly event, so if you can't make it in August, try for September, October, November or December. It is fun and you will have an opportunity to have your picture in the Rose clippings. The food bank would like volunteers to register in advance (it is an easy program).

https://refb.volunteerhub.com/show.

On Saturday August 28th, there will be a memorial service at 2pm for Gwen Christiansen. The Deacons will be in Bowen Hall hosting the reception.

That is it for our summer vacation.

Barb Basham, Moderator

MUSIC

Happy August to all! Our choirs are currently on summer hiatus, but we are all looking forward to our return to our worship services on September 12. I would like to take this opportunity to invite you to join us as we resume our regular schedule of rehearsals and performances. Both the Chancel Choir and Bellissimo (our bell choir) are actively seeking new members and this September would be an ideal time to give one or both of them a try.

Rehearsals are each Thursday evening beginning on September 9 with bell choir rehearsing from 6 -7 p.m. and the chancel choir from 7:15-8:45. The Chancel choir performs each week and Bellissimo once a month. Each of our choirs are filled with kind and dedicated volunteers who would love to welcome you into their ranks as we begin the new choir season!

Please don't hesitate to contact me with any questions at <u>myles@churchoftheroses.com</u>.

Your music director, Myles Ellis

PRAYER REQUESTS

FOR THOSE WHO MOURN THE LOSS OF THEIR FAMILY AND FRIENDS

A Memorial for Gwen Christiansen will take place on Saturday, August 28th at 2 p.m.

* The family of Shirley Walton as they mourn her passing on July 7, 2021.

* The family of Betsy Yeager as they mourn her passing on July 4, 2021.

* The family of John lodence as they mourn his passing on June 10, 2021.

*The family of Luu Maxwell as they mourn her passing on May 7, 2021.

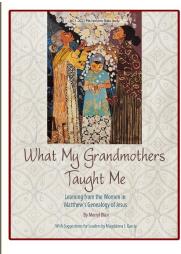
THOSE WITH HEALTH ISSUES

Bill Beaumont Patrick Butler **Tony Burille** Peggy Call Doreen Cowden Pat Currier **Dick Draper** Sam Gomes Michele Hare Phil Henry Marilyn Hilen Janice Holmes Maryann Iodence **Carolyn Kenworthy** Margret Kram Vivian Mazeski Jessica Morse

Spencer Nauyen Nancy Pinney Lynette Randerson Rosa Rosillo Pamela Sage **Bob Simmons** Susan Smith Sharon Sorani Susie Vela Kay Vick Bob Weber Jill White Roger White Helen Wikle **Betty Witchey-Ryer** Christopher Yen's mom **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.



A New Presbyterian Women's Study

Tamar, Rahab, Ruth, Bathsheba, and Mary — Matthew names these women for a reason.

How might Jesus have heard the stories of his grandmothers? What might the young Jesus have felt as he heard about his family?

What might the stories of these women have added to his sense of identity, as part of a particular family in a particular time and place Have you thought about Jesus' grandmothers? What can these Grandmothers-of-the-Faith teach us?

Their stories will lead us into the gospel, the good news about Jesus Christ. By exploring these stories together, we will have a richer idea of what the good news is.

Study Books are available now. Order from www.presbyterianwomen.org/shop

or call 800-533-4371 \$10.00 plus \$6.25 Shipping





DEACONS NEWS! Note change of time during the summer: On the first Friday of the month from 2-4 pm, the Deacons are gathering at the Redwood Empire Food bank to volunteer. The Deacons would like anyone to join our efforts to help feed the hungry in our community. Register with the food bank--it is an easy process. Please join us!!! Go to: <u>https://refb.volunteerhub.com/</u>

FORUM

HOW TO TALK TO FRIENDS ABOUT GETTING VACCINATED

Sunday, August 15th at 11 am



at Church of the Roses

CAMERA CLUB

Friday, August 20th at 1 PM at Church of the Roses

- Guest presenter from Pro Visual Arts
- Your pictures taken during the pandemic
- Demonstration of photo editing software
- Discussion of photo critiquing techniques
- Photo Assignment for September photo editing software
- Brown Bag luncheon Contact Rich Osborne for pricing. richosborne@outlook.com

ALL ARE WELCOME. Bring a friend. No photography expertise required. If you are not vaccinated, please wear a mask.



Bring-Your-Own-Lunch Picnic Rincon Valley Park near the ponds Saturday, August 21st at 1 pm Bring lunch, lawn chairs, beverage, wear a sunhat! Contact Lindsay for more information:

olsenl2001@yahoo.com

COMPUTER SAVVY? WE NEED VOLUNTEERS!

Our audio-visual team is in need of your skills to help fully staff for 3 volunteer positions each Sunday. Training will be provided. See Norm Smith or Phil Goede for more information.

Find out more about our church!

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August 22 place & time TBD Contact the office for more information: 707.542.4272, office@churchoftheroses.org

PROTECT YOURSELF FROM COVID-19

VACCINATION CLINIC SAT., AUGUST 21 _1-4 PM @CHURCH OF THE ROSES



VOLUNTEERS NEEDED! JOIN A MHS BREAKFAST CREW!



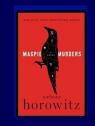
TRETCH& STRENGTH Are you available to help cook, prep, or wash dishes? Can you help on a weekday from 7:30-9:00 am? Most days could use an extra person. Contact the church office if you would like to try it out! No obligation!

STRONGER SENIORS SUMMER EXERCISE VIDEO CLASS in the Rose Room TUESDAYS

TUESDAYS 10:30-11:30 a.m.

amazonsmile

Choose us as your Charity! Go to www.amazonsmile.com



ZOOM BOOK CLUB Thursday, August 19 @ 2 p.m. MAGPIE MURDERS by Anthony Horowitz Masterful, Clever, Relentlessly Suspenseful Jeanne has Copies