

Westminster Presbyterian Church

zephyrs



"How wonderful it is to see a messenger coming across the mountain, bringing good news..." Isaiah 52:7

June 2010



Merciful Moments

"God said to Moses, 'I am who I am becoming.'"
Exodus 3:14

Who are you becoming? As a young person, some of us felt that reaching our 21st birthday would be a major milestone – enough of homework, acne and mood-swings, we would have arrived at adulthood. Yet, those who long-ago passed the age 21 know that we just keep changing in ways that are not as physically noticeable as in our young years but ways that continue to impact our lives. We are who we are becoming and nothing in life really stays the same.

It is the same with congregations made up of people who are changing. We are who we are becoming as a church community. Transitions are part of living in a community of faith. June is the month of transitioning and Westminster is mourning and celebrating the goings and comings of members and friends.

We miss the lives of David Cross, Tish Krueger and Cecelia Fitch who died last month. Their conversations were rich with experiences and faith that touched especially the members of the Men's Group, the Wednesday Bible Study and our Sunday worship and coffee hour.

Natalie Cramer is retiring from a career as a well-loved English teacher at Branson School and other high schools in the Bay Area. She inspired the annual Westminster Christmas Fair and will be missed as she moves to be with family in Minnesota this summer.

Camilla and David Barry have found a country retreat west of Davis where they will spend much of their time with occasional sightings at Westminster to share stories of teaching in Afghanistan.

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A Pilgrim's Journey

"So God blessed the seventh day and hallowed it because God rested from all the work of creation God had done."
Genesis 2:3

From Sabbath to Saturday
From Guttenberg to Google
From Blue Laws to Sunday Soccer
From Six Days to Create to The Seven Day Work Week

What would happen if upon waking Sunday morning until waking on Monday morning you gave all your technology a rest – hit the "off buttons" or closed the home office door, ignored the internet, let the Tweets sleep and gave yourself a break from work so that you could reboot your Self and be ready for Monday morning and a proper work week?

What would you discover about your innermost self if you came to the early service and then took off to walk Mt. Tam, circle Phoenix lake, walk the bike path, sit at Rodeo Beach, stroll Golden Gate Park or Muir Woods?

What if you slept in, fixed a sandwich, took a nap, and then watched the sunset behind the Farallon Islands? Too radical? Not radical enough?

Unplug! Slow down! Disconnect so you can reconnect!

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A Pilgrim's Journey Merciful Moments 2

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The April 30 issue of the Northern California Jewish Bulletin, "J" by Stacey Palevsky, carried a "Sabbath Manifesto" from the Rebooters, a group that looks for ways to reinvent Jewish rituals and ideas. The ten points of the manifesto are:

- avoid technology
- connect with loved ones
- nurture your health
- get outside
- avoid commerce
- light candles
- drink wine
- eat bread
- find silence
- give back

The only thing I would add is: join the beloved community often.

We are overly digitally stimulated.

We have trouble letting go of 24/7 information/communication technologies.

We are too often techno-addicted.

We resemble the classic and all-too-real workaholic.

We pay a big price, personally and communally for all this.

So, will you take the Unplug Challenge?

Will you have a regular uninterrupted day with your family or with friends?

Will you regularly give yourself to the silence at home or in the Cathedral of Creation?

Will you give yourself to the awe and symphony of sounds in the Cathedral of Creation?

Will you sit and eat some bread and sip a glass of wine or a cup of fresh lemonade?

Will you routinely embrace friends in your beloved community, sing praise, reflect on your life and then get outside?

Will you consistently save your kids from yet another full day of competitive sports so that they, too, can find their quiet center, know you as a calm and spiritual parent with solid boundaries, and, with you, savor the simple graces of life and creation?

Will you consistently reconnect to your roots, to what really feeds your inmost Self?

And after looking at all God created in six days, God looked around and said, "Wow! This is all really good!" Then God rested on the seventh day. Sounds like a really good plan to me. Look, if it was good enough for God....

Peace and blessings, Good Sabbath,



Life is changing for Karen Arnett and Andrea Johnson as they, too, retire and begin a transition in their lives. In addition to teaching Sunday school classes forever, Karen has taught preschool in Novato for 36 years, helping to raise many families and she has been and is loved by children and parents alike.

Andy is leaving a career as a pharmacist caring for patients at the Veterans Hospital in San Francisco and at Kaiser in San Rafael. Andy has volunteered many, many hours to plan the medicines for Westminster's Guatemala medical trips and annually serving children and adults there. She looks forward to expanding her talents in the kitchen – one of her passions being the preparation and serving of beautiful meals for family and friends. She is already taking new courses.

Westminster is full of graduates from all levels of education. On May 30, we celebrate seminary grads Bethany Nelson, Jan Reynolds and Deb Dybsky. Our community is strengthened and enriched by their education and broadened insights as they share their faith with us.


On June 6, you will meet the high school graduates. We have church members in other cities completing graduate and professional programs. Each one is celebrating transitions in their lives and is grateful for a cherished community that loves and supports them – cheers them on in life's adventures and is enhanced by their stories and experiences when we welcome them home for holidays and vacations.

At the same time, new families seek out a congregational home. Babies are baptized and introduced to the youngest children on the chancel steps and the wise older adults sitting in the pews. New relationships are born and grow between children and families.

New adult members join the church community as they did on May 23, making a commitment to share in the life of the congregation, making friends, sharing faith and offering gifts and talents that constantly amaze the pastors and church leaders in the way they enliven the beautiful patchwork quilt that is our community of faith.

June is a month of transitions – for us as individuals and as a congregation. As our wonderful Marin County Poet Laureate Kay Ryan says, "We are building the ship as we sail it." How do you experience changes this year in your own life? Who are you becoming?

Take a few quiet moments to consider what you might be leaving behind and what might be coming newly alive within you. Then, enjoy a summer that is full of new life, relaxation and fun!



Prayers of Comfort for:

Mimi, Peggy, Becky and John Cross and their families following the death of The Rev. David Cross. **The family of Cecelia Fitch**, following her death.

Mark and Judy Sachs and their family and extend family following the death of Mark's mother, Tish Krueger. Her memorial service will be at Westminster on July 3.

Megan White and her family, following the death of Gabriel Wade.

Healing Prayers for:

Marlene Allen, whose hip surgery is June 21.

Val Henderson, recovering from a stroke.

Chris Holly, whose surgery is June 10.

Joan Mueller, following back surgery.

Florence Phillips, following hip surgery.

Jesse Shephard, following eye surgery.

Prayers of Celebration for:

Retirements:

Karen Arnett (pre-school teacher)

Natalie Cramer (high school teacher)

Andrea Johnson (pharmacist)

Baptisms:

Paige Crawford, Michael Vare

Graduations:

Bethany Nelson, Masters of Divinity, Pacific School of Religion;

Jan Reynolds, Masters of Divinity, San Francisco Theological Seminary;

Debra Dybsky, Diploma in the Art of Spiritual Direction, SFTS.

All graduates within the Westminster community

Camilla Barry, spending the summer in Afghanistan developing a series of videos to train teachers.

"Thank You"

Judi and Jim Jensen give heartfelt thanks for your thoughts, prayers and

cards following the recent death of her mother and the radiologic intervention for daughter-in-law, Ashley Jensen. We treasure our Westminster family.

Bibles in the Pews

A very generous, anonymous family donated enough pew Bibles so that the congregation could follow along during Scripture readings using a common text. It is The New Revised Standard Version of the Bible. Please note that in the Sunday order of worship, following the listing for the Scripture readings, there is a page number that directs you to the passage for the morning.

Sometimes the "preacher of the day" will use a different translation or contemporary language version of the passage ["Good News Bible," "The Jerusalem Bible," "The Message" (contemporary language), "the New International Version," etc.] No problem! Follow along and note the different and rich ways of translating and expressing the biblical passage.

Many thanks to our donor for this very generous and gracious gift of pew Bibles! Our old Bibles are available in the Narthex for anyone who would like one.

Retiring Officers - Thank You!

We give special thanks to those elders and deacons whose three-year terms ended on April 30: **Elders:** Steve Anderson (Finance), Karen Halsey (Christian Education), David Parkinson (Church & Society), Sally Pasternack (Worship) and Pat Doyle (Outreach). **Deacons:** Jennifer Finger, Betty Obata, Julie Roby and Camilla Barry.

We are very appreciative of your time and love supporting the work of the congregation and those in need.

Welcome, New Members!

The following new members were welcomed on May 23.



Shannon Constant
James; Owen-7, Sofia-4
369 N. Ferndale
Mill Valley 94941
888-3126



Stacey Crawford
Bruce; Lily-4, Maizy-4, Paige-1
46 Lower North Terrace
Tiburon 94920
389-5425



Abigail and Michael Vare
Kate-5; Henry-1
20 Andrew Dr. #63
Tiburon 94920
383-8650

No Photo

Sonia Bastidas
110 Buena Vista Ave.
Corte Madera 94925
945-9610



*Director of
Christian
Education
Nicole Trotter*



*Director of
Youth Ministry
Bethany Nelson*



*Music Director
Ruth E. Wells*

Children's Ministries

Teacher Thank You

During our May 16 worship, we thanked our wonderful Sunday school teachers for their dedication. I believe we can't thank them enough.

When the children know that they are loved and cared for by God, their teachers and their congregation, then our teachers have done more than their job—they have given our kids the great gift of a firm and loving foundation.

End-of-Year Celebration

Sunday, June 13 is the day we will celebrate the end of the Sunday school year with cake and certificates for the kids.

Summer Sunday School

Sunday, June 20 is the official kick-off date for our Summer Sunday School program.

The summer provides a more relaxed one-room setting with an opportunity for older and younger children, pre-school through third grade, to learn and grow together.

The lessons and crafts will be appropriate for all age levels with plenty of time for laughter and fun and to grow in faith together.

Students who will be sixth graders in the fall can join the Middle School class.

Thank you, **Nicole**
nicoletrotter@comcast.net

June Youth News

Congratulations to all of our high school and middle school graduates! Our prayers are with you as you begin a new educational journey in the fall. While our schedule is more relaxed in the summer, we still have plenty of great things happening at church. Hope you'll join us! Bring a friend!

Summer Sunday School

We will continue to have class during the 10 am service each Sunday. Middle and high school youth will join together for some fun activities, discussion, games, music, and more.

Baccalaureate

June 6, 10 am

We will honor all high school graduates with a special ceremony during worship. If you're a graduate, plan to attend! If you're not yet graduating, come and support the seniors.

High School Mission Trip

June 12-18

The time has come for our journey to San Diego! We will also be commissioned during worship on June 6.

Tuesday Movie

June 29, 9:30 am

During the summer, we will be taking advantage of special \$1 Tuesday morning movies at Northgate. The movie on the 29th will be "Tale of Despereaux."

Westminster Woods Summer Camp

Now is the time to sign up to spend a week at WW this summer! *See www.westminsterwoods.org for more info.*

Questions? Ideas? Comments?

Contact Bethany at 383-5272 x18
or bethany@juno.com Bethany

Season Closer

After the May 30 concert performance at Westminster, the choir will be "touring" to First Presbyterian Church of San Rafael and First Pres of San Anselmo in early June. After the tour, the choir will be on break for the summer months.

During the choir's absence, I am arranging for other folks—some members, some friends—to share their musical gifts with us in worship on summer Sundays. Names and faces you'll recognize are sopranos Beverly Lambert and Cristina Swanson, Alla Artemova-Helton at the piano (her first love), cellist Nicky Gibbs, classical guitarist Edgar Angelone and duos Don Miller and Erin Elliott and Barbara Kessell and Mike Hatfield.

We'll also be joined by friends Jim Armington (Barbara's son; an original Chanticleer singer), a professional vocal quartet called VocalEyes, a wonderful volunteer madrigal group called Sing We Enchanted that rehearses in Findlay Hall during the week to prepare for appearances at cancer treatment centers and other healing spaces, and the Black Hat Recorder Ensemble.

It's going to be a wonderful season of spiritual and musical refreshment.

The choir will return September 12 on In Gathering Sunday. In the meantime, I hope you'll make worship part of your summer Sundays before you go out and play for the rest of the day.

Ruth E.
ruth.e.wells@gmail.com

Meet a Deacon: Carrie Burroughs



When my father was dying, he was anxious that my children be baptized. So Jim and I joined WPC when the boys, Kyle and Travis were one and six, respectively. I had no idea from that initial low-level commitment that WPC would become such an important part of my life.

Growing up in Southern California, my family regularly attended an Episcopalian Church. I remember looking at the program each Sunday and feeling restless from the start with how long the service was going to be. Although I do miss the stained glass windows, I much prefer the format of the services at WPC.

Being a Deacon has been a great learning experience for me. Helping at the Redwoods Senior Center, bringing meals to total strangers, reaching out to new members, all of this Deacon outreach has forced me to be more engaged with WPC.

The reflective time and meditation at the Friday Women's Spiritual Discovery group led by Pat O'Neil has been wonderful. Teaching Sunday school to the second graders has taught me to be super-organized with backup activities after the 15-minute art project for my first class took only five minutes.

Although I currently work part-time at the California Academy of Sciences as a librarian, I used to work in major donor fundraising for public television in Los Angeles. It has been fascinating to be a part of the Finance Committee and help with the annual pledge drive.

Photography is a hobby I don't have much time for, so it has been fun to take photos at the church and help update the church website. I am also happy to have met Camilla Barry through the Deacons and now help with her organization, Classrooms Across Cultures.

WPC seems perfectly situated for growth under the continued wisdom and guidance of Doug and Barb, the dynamic youth programs with Bethany and Nicole and the creative energy from the choir with RuthE. It is an exciting time to get involved with the church

Spiritual Life Commission *Spiritual Practice of the Month* **E = Energy**

The new series, *The Alphabet of Spiritual Literacy: To Spell Meaning in Daily Life* continues with 'E = Energy' as follows: Pentecost is a feast of the mysterious movement of God. As the disciples gathered in the Upper Room, they were frightened and confused. The Spirit of God came as an unexpected rushing wind, an energy beyond their imagination. It moved them from being weak and discouraged to being people with inner vitality.

Galatians describes the working of the Spirit as the fruits of "love, joy, peace, patience, kindness, and generosity." These are not merely things given to us, but real energies. They are dynamic source of growth in us moving through our whole beings. Is there an action drawing you through the Spirit's energy? **Debbie Dybsky**

Wednesday Class **June Study Classes**

Wednesdays, June 2-30
9:30-10:30 am, Fireside

Join a dynamic on-going class of study, discussion and sharing of faith issues and perspectives!

On June 2 and 9, we continue with "Making Moral Decisions" and how our faith and our culture impact our choices and actions.

On June 16, we apply that perspective when we examine "Medical Ethics" and consider how they are determined and applied, especially in our own lives. These classes are facilitated by Pastor Barbara Rowe.

Sharon Barr will facilitate June 23 and 30 classes on the New Testament Letter to the Colossians.

Study guides for all classes are available by contacting Barbara Rowe at 383-5272 x16.

Men's Group

Fridays, June 4-25
6:30 am, Fireside

Join a popular men's group for its early morning breakfast and discussion. **Questions? Contact Phil Economon at 924-6047.**

Women's Spiritual Discovery

Friday, June 4
9:30-11 am, Library

Join us for quiet reflection and sharing at our last meeting before we go on sabbatical for the summer. **Questions? Contact Pat O'Neil at 332-4438 or P2on@aol.com.**

Graduates Celebrated; Mission Team Commissioned

Sunday, June 6

10:00 am, Sanctuary
Westminster's high school graduates will be celebrated on June 6, with a Baccalaureate service at 10 am. In addition, the high school summer mission team will be charged and blessed as they depart for a week of inner-city work in Southern California. Come cheer them on!

Congregational Life and Education 6

Feed the Food Barrel

June 6 - Monthly on First Sundays

As food costs increase and grants decrease, the Marin Community Food Bank needs greater support for its programs to feed those in Marin who are hungry.

On June 6 and the first Sunday of each month, please fill the large barrel near the church library with as many of the following items as possible: canned goods (tuna, chicken, ham, salmon, pork & beans, stews, soups, spaghetti sauce, vegetables, fruits and juices), dry goods (macaroni & cheese, spaghetti, cereal, powdered milk, rice and dry beans) and peanut butter and jelly.

Those with children will find that shopping for the hungry is a good way to model generosity for them. Thank you!

Faith Café

Sundays, June 6-27

8:30-9:30 am, Fireside Room

Bring your fair trade coffee from the Frost Garden and join Rev. Lloyd and Val Henderson for a stimulating discussion of current faith and life issues. Be ready for very thoughtful dialogue and some surprises on an extremely wide range of topics. Come one, come all!

Nursery care is available.

Hot Lunch Volunteers Needed

Thursday, June 10 and

Monthly on Second Thursdays

12 pm, Findlay Hall

Become part of a new volunteer team that has been formed to help feed about 30 hungry folks from Southern Marin on the second Thursday of each month.

Each volunteer brings a main dish, side dish or salad for 15-20 people and then either drops off the food

or stays to help serve it to a group that includes men, women and sometimes children, many of whom live in their cars or as anchor-outs and who struggle with employment.

This is a wonderful opportunity to help others and to meet some very nice people.

Contact Barbara Rowe at 383-5272 x16 or barbrowe@aol.com.

Thank you!

Youth Stock Sale

Through June 12

The high school youth are selling shares of stock for their summer mission trip to San Diego. A share costs \$20, and shareholders will receive a stock certificate, a postcard from San Diego and a shareholder's report. If you would like to become a shareholder, you may send a check to the church office labeled "stock sale."

Congregational Meeting

Sunday, June 13, 11:05 am

The congregation will meet to elect new elders and deacons. Nominees include Anton Schwarz, Jane Drobot, Jennifer Finger, Peter Sayers and Scott Bucey. Nominations will also be taken from the floor. New officers will be ordained and installed at the 10 am worship service on June 27.

Aged to Perfection Movie Group

Shower

Friday, June 18

11:30 am-2 pm, Fireside Room

With "fathers" as our focus this month, we'll watch a wise Japanese father teach his sons true parental compassion and love in the movie, Shower. Please join us with your own bag lunch and we'll supply complimentary coffee and popcorn.

Questions? Call Betty Drake at 457-1270.

Father's Day at WPC

Sunday, June 20, 8 & 10 am

For Father's Day, June 20, Doug is planning a special Teaching in celebration of fathers and fathering.

Preschool Family Lunch

Sunday, June 20

11:15 am, Playground

All families with preschoolers are welcome to join in a casual lunch on the playground after worship. Pizza and drinks will be provided. You are invited to bring a side dish to share.

Tuesday Movies for Youth

Tuesday, June 29

9:30 am, Northgate Mall

Throughout the summer, youth are invited to join the group taking advantage of special \$1 Tuesday morning movies at Northgate. The movie on June 29 will be "Tale of Despereaux."

Questions? Contact Bethany at 383-5272 x18 or bethany@juno.com

Save the Date!

Friday, August 27

Congregation Kol Shofar is dedicating their new building and Westminster folks are invited to walk with them as they carry the Torah from WPC up Blackfield Drive to its new resting place!

Attention All You Saints!

Saturday, October 30

2:30-5:30 pm, Westminster

WPC's Spiritual Life Commission invites you to mark your calendars now for a three-hour retreat with an experienced retreat leader on Saturday, October 30 from 2:30 to 5:30 pm. They'll be more information in upcoming issues of *Zephyrs*. We hope to see you then! **Karen Arnett**

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 Bethany Nelson, Youth Ministry
 Nicole Trotter, Christian Educator
 Eric Rowe, Administrator
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 Alla Artemova-Helton, Organist
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 Joyful Noise Directors
 Elizabeth Atkinson, Weddings
 Jesus Posada, Sexton
 Mari Robinson, Zephyrs Editor

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Session

Class of 2011
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 Jim Gibbs
 Anton Schwarz
 Brook Scott
 Peter Wuertz

Class of 2012
 Ted Bayer
 Judi Jensen
 Alison Mauze
 Kurt Peterson
 Sandy Smith

Class of 2013
 Jane Drobot
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 John Trotter

Nancy Walsh,
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 Bruce Nelson
 Evelyn Sayers

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 Ellen Smoke
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Class of 2013
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 Scott Bucey
 Tess Skach
 Sharon Terrill



zephyrs

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Upcoming Deadlines

July/August

June 16

September

August 18

*Submissions subject to editing.
 Single space copy without
 formatting (indentations,
 title caps, etc.); let PC wrap
 text. Twelve-point Garamond
 font helpful. Email preferred to
 marirobinson@comcast.net*