

Spire

OCTOBER
2018
Vol. 27
No. 9

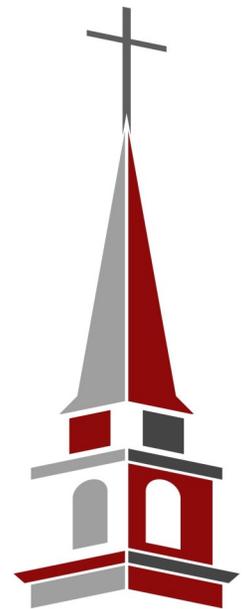
Point Loma
Community
Presbyterian
Church

Sunday Classic Worship
8:30 and 10:45 am
Sanctuary

Café Service
9:45 am
Chapel

Rev. Karla Shaw
Senior Pastor

www.pointlomachurch.org
2128 Chatsworth Blvd.
San Diego, CA 92107



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www.facebook.com/PointLomaChurch

A Note from Pastor Karla



When I walk around my neighborhood lately, I have noticed football banners and signs being hung from flagpoles and in windows. It is that time of year again-- football season! And even though the Chargers have migrated north, there is still a lot of fun in rooting for "your" team. In my neighborhood, we have fans of the Seattle Seahawks, Pittsburgh Steelers, and LA Chargers all on the same block. The college teams show up sometimes too. It's all in good fun. When I lived in

Pittsburgh, even though I care very little about the game of football, it was hard not to get involved on game days. Businesses would shut down, yard signs would emerge, and even the little old ladies would dig out their "terrible towels" and whip them around. Being a Pittsburgher on game days was so exciting! Mostly, because, for even a few short hours on a Monday night, you put on a yellow and black shirt and the invisible lines of separation between people were erased. We were all on the same side.

Belonging is a basic human need. Most of us want to feel a part of something, we want to be accepted, and welcomed, and given a purpose. Most of us don't want to walk the journey of life or faith alone. God doesn't want you to walk alone either. In the God-head of Father, Son, and Holy Spirit, we see a community at work, a place of belonging, and we are invited into that love-flow through being together in the Church, Christ's body. Our local expression of that takes place through how we live life together at PLCPC--in this time and place. This season, as we have been unpacking our Vision, Mission, and Values, I hope you have sensed that you belong. As you do, we all do, in Christ. Perhaps we might even take a lesson from the NFL, and continue to gather to remind ourselves of that belonging.

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LOOKING AHEAD

Oct. 3	Senior Health Fair
Oct. 7	Living It Out
Oct. 8	ROOTED Bible Study begins
Oct. 12-14	Family Camp
Oct. 20	SERVE @ Urban Life Farms
Oct. 21	Deacon's Pancake Breakfast
Oct. 21	San Diego Master Chorale Concert
November	Toy Drive for MOM
Nov. 6	Honoring Veterans Lunch
Dec. 9	Red Brick Christmas
Jan. 25-27	Women's Retreat
Jan 25-27	Forest Home Winter Camp 4th-6th Grade

With Everything

LOVING EVERYONE TO LIFE WITH EVERYTHING WE HAVE

OCTOBER 21- NOVEMBER 25

Session Meeting Highlights September 26, 2018

This month the Session was pleased to welcome members of the Renovation Task Force (RTF) during a report on their progress-to-date. Business Administrator Melissa Mullins reviewed the renovation projects of recent years and then presented a list of the sites the RTF has toured and the many individuals, groups and professionals interviewed and surveyed since their formation in June.

Mullins then reviewed a summary of frequent comments and needs developed from the interviews and a list of goals the RTF plans to achieve. The report concluded with a request to continue the preliminary work with consults with a professional mechanical engineer and architects.

Following wide-ranging discussion the Session unanimously voted to continue the RTF's work and to fund consultation expenses not to exceed \$50,000 of designated renovation funds. The Session then prayed for the RTF and thanked them for their work.

The Session is now reviewing a draft of the Volunteer Handbook as prepared by the Personnel Committee, and spending priorities for 2019 as prepared by the Finance Committee.

The Personnel Committee reported a temporary change in status to part-time for Business Administrator Melissa Mullins who will be working remotely starting Nov. 1 as she attends to family matters. Pastor Karla Shaw described how some of Melissa's on-site responsibilities will be covered during her absence. The Session prayed for Melissa and expressed their gratitude for her excellent continuing service to PLCPC.

Elder Steve Smith introduced the stewardship themes for this next season and asked the Session to begin praying for church members as they discern their plans to support the church, and for each Elder to prayerfully prepare their own plans.

The next stated Session meeting will be 6:30 pm, October 24, 2018.

John Spafford
Clerk

A Note from Pastor Karla (continued from page 1)

Lest we lose site of the big picture, though, there are other ways to feel like you belong if football falls short. There have been many articles written these past years about how football has become the newest religion in America. Religion is defined as "a personal set or institutionalized system of religious attitudes, beliefs, and practices" or "scrupulous conformity," so for millions of Americans for 17 Sundays a year, football becomes their religion. There are rituals, there is a specific code of dress, there are expected food and beverages. It is fun to gather in community and live out these traditions, but let's not confuse that with the worship of God. As God is not a religion, God is a relationship. We belong not because of our practices, but because God has accepted us. And we are not just invited to watch, but to get out on the field and join the team.

So next time you turn on the game, I hope you are reminded of how much God desires to know you and be known by you. And, I hope it inspires you to find a way to not just watch God at work, but to join in the work as well.

We are in this together,
Pastor Karla

Renovation Task Force (RTF) Update

The RTF made a presentation to Session on Wednesday, September 26. The focus of the presentation was to update Session on the information the committee has gathered to date by meeting with internal and external groups that use our church facilities.

Since its formation at the June Session meeting, the RTF has met twelve times as they seek to ascertain the needs of our Church as addressed in our Vision, Mission, and Values statements and our "Change and Regeneration" Mission Study.

The RTF has toured High Tech Elementary, Patrick Wade Child Development Center at Liberty Station, and La Jolla Presbyterian Church. There will be future tours of other church, educational, and private facilities. Town Hall meetings are tentatively scheduled in October and November to share their findings and gain additional input from the congregation.

The RTF members include John Brand-Chair, Douglas Buser, Susan Cramer, Will Hage, Bob Holst, and Melissa Mullins.

ADULT MINISTRY

Sunday Scripture Group—9:45 am, Parlor. We are embarking on the 9-part Hillsdale College series on C.S. Lewis, reviewing the writings and significance of the greatest Christian apologist of the 20th century. Contact: Bob Simoneau, grs55@cox.net

Continuing the Conversation— 4th Monday at 7 pm in the Parlor. Our goal is a racism-free society through transformed hearts and minds. Contact: Gordy Lutes, gklutes@gmail.com

Rachel Circle—3rd Mondays at 9:30 am in the Library.

We will next meet on Monday, October 15 at 9:30 am. Our speaker will be City Councilwoman Lori Zapf. Let's find out what is going on in our city. Come join us for coffee and bring a friend. Contact: Marge Grant, (619) 296-2720.

Tuesday Morning Women's Bible Study—9 am, in the Parlor.

A study of John's letters, led by Pastor Karla. Women of all ages and stages are welcome!

Contact: Clara Blenis, (619) 223-5950.

Men@Work—Wednesday at 8:30 am in the Library. We meet over coffee to discuss life, our families, our wishes, and pray a bit. We study the Bible and discuss the meaning. Then we spend time working on projects around the church. All abilities are welcome. Contact: Don Griffith, don.griffith69@gmail.com

Wednesday Moms' Bible Study—9:15-10:30 am, in the Parlor. A study of John's letters, led by Pastor Karla. Moms of kids elementary age and younger are invited. Free childcare.

Contact: Julia Roller, juliaroller@yahoo.com

Wednesday Men's Bible Study— 5 pm in the Parlor. We'll have our usual fellowship. Gresham Bayne will continue leading our study of II Corinthians. Contact: Jerry Heidt, gheidt@ghhco.com

Wednesday Refresh—1st and 3rd Weds., 7-8:30 pm at the home of Jim Grisolia and Carla Stayboldt. 2868 Dove St. 92103. We're reviewing galley proofs of Marc Shaw's *Wanderer's Way*.

Contact: Jim Grisolia, jamesgrisolia@gmail.com



SENIOR
ADULT
MINISTRY
PROGRAMS

Elaine Burrell, Director, MSW | elaine@pointlomachurch.org | 619-223-1633 x210



SENIOR HEALTH FAIR | WED. OCTOBER 3, 10-12:00pm | FAMILY LIFE CENTER
Featuring \$2 flu shots, health screenings, community information and more!
No appointments needed.

HEALTHY HABITS FOR ADULTS | MONDAYS IN THE CHURCH LIBRARY | 11 am—12:00pm

A four-week series on healthy living. Weekly topics include:

October 8 Foods that sabotage your habits

October 15 Eating the rainbow

October 22 Benefits of fiber

October 29 Hydration for health

Taught by Becky Hofseth, Certified Health Coach/Personal Trainer. RSVP to Elaine.



TUES., OCT. 9 | AUTUMN LUNCHEON | MUSIC BY BLUE ZONE DANCE BAND | FAMILY LIFE CENTER

10:00am Coffee; 11:00 Entertainment, 12:00 Lunch

Meat Loaf with potatoes & gravy, vegetables, roll & dessert (\$6)

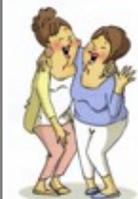
TUES., OCT. 23 | NEW TECHNOLOGIES IN HEARING LOSS | 12-1:30 pm | FAMILY LIFE CENTER

Dr. Dena Riso, Au.D., Peninsula Hearing Center. Learn about the anatomy of the ear, different types of hearing loss and the options available to you. Learn about advancements in hearing aids before purchasing your next set. A must for anyone considering the purchase of hearing aids. Bring a brown bag lunch and your questions



TUES., OCT. 30 | LAUGHTER WORKSHOP W/ALICIA SACKS | 11:00 am | FAMILY LIFE CENTER

Let's laugh together while we discover the health benefits of laughter, relieve pain & stress and improve our sense of well-being. Doors open at 10 am for coffee & snacks; light lunch (\$4) at noon. RSVP to Elaine



FOREVER FIT | GENTLE EXERCISE CLASS IN PARTNERSHIP WITH THE YMCA

Every Wednesday at 9 am, Family Life Center. FREE!



High School Small Group

There is a small group opportunity open for HIGH SCHOOL STUDENTS ONLY on Thursday nights. They will meet at the Smith Family Casa from 7-9pm. We will have some snack food, play some games, and have a time of study and discussion. Please contact RO Smith at ro@pointlomachurch.org for more information and directions.

BRICK MONDAYS

Junior High // Mondays 5-7 pm
High School // Mondays 7-9 pm

BRICK THURSDAY

High School // 7-9 pm
Smith Family Casa

BRICK ON SUNDAYS

Junior High // Sundays, 9:45 am
Start in Café service

Deacon Pancake Breakfast



October 21 - Family Life Center

Save the Date! San Diego Master Chorale Sunday, October 21 at 4pm In the Sanctuary Brahms' Requiem

San Diego Master Chorale will give a performance of Johannes Brahms' Ein Deutsches Requiem in the four-hand piano version created by the composer. The concert will feature **Bryan Verhoye** and **Jessie Chang** at two Steinway-D grand pianos and a pre-concert lecture by San Diego Symphony Music Director Laureate, Maestro **Jahja Ling**.



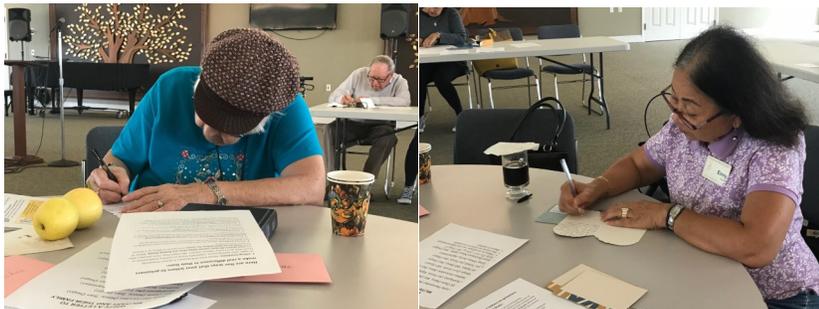
Save the Date—Sunday, November 11

Join us in the Family Life Center for a pop-in and serve event. We will have several areas set-up where you can complete a variety of one-time serve projects, including packing care packages for college students, making sock lunches for the homeless and writing letters to the military, prisoners and college students. All ages are encouraged to attend.

Make plans now to **SERVE** with us at
Urban Life Farms on
Saturday, October 20.
Sign-up on the Plaza after Worship.



You are never too young or old to SERVE. Last week our Senior Adult Ministry SERVED by writing letters to prisoners, military members and college students. A simple handwritten note of encouragement and cheer can make a world of difference for someone in need.



Join us for the 2018

PLANTING HOPE GALA

Saturday, October 6 @5:30 pm
Cape Rey Resort & Spa
Carlsbad
Ticket Information:
plantwithpurpose.org/gala



Karen Connor, Director | karen@pointlomachurch.org | 619-223-1633 x215

Sunday School at 8:30 & 9:45 am

Come and learn God's Word!

Age 4 - Kindergarten—Room 2

Grades 1- 3—Room 8

Grade 3 -Bible Memory class—Room 5 (9:45 am only)

Grades 4 - 6—Room 6



* Childcare available in the nursery for ages 6 mo.- Age 3 years

Kid's Club on Thursdays

Participate in bible stories, crafts, and games.

Grades 2- 6 meets from 4-5:00 pm

Age 4 - Grade 1 meets from 5-5:45 pm



Brick Journey on Mondays 4th– 6th Grade

4:00-5:30 pm In the Youth Center

Dinner included (\$3 donation)

Friends are **always** welcome!

Fall 2018 Dates

October 1, 8, 15, 22 29

November 5, 12

***November 28 (Wednesday) Serve dinner at the OB Community Dinners 5:30-7:30 pm**

Children and Youth Choirs

Cherub Choir

Age 4 - Grade 1

Thursdays 4:00 - 4:50 pm

Joyful Praise Choir

Grades 2 - 6

Thursdays 5:00 - 6:00 pm

Brick Singers Youth Choir- Grades 7 - 12

Sundays 11:45 am - 1:30 pm in the choir room

Contact Alicia at alicia@pointlomachurch.org



MOPS: Mothers of Preschoolers

www.meetup.com/playgroup-754

Contact: sarahbutterfield@gmail.com



Oct. 8 — Wendy Speake: Mothering Right When Our Kids do Wrong (FLC 9:30-11:30 am)

Oct. 13 — Mom's Night Out - Fig Tree Cafe, 7:30 PM

Oct. 15 — Mom's Morning Out

Oct. 22 — Alair Olson, MFT: Staying Connected in Marriage (FLC 9:30-11:30 am)

Oct. 24 — Book Club (location TBD)

Oct. 29 — Play Date at (location TBD)

Forest Home Winter Camp

4th-6th Graders

January 25-27, 2019



Children's Winter Camp at Forest Home is an opportunity for 4th-6th graders to explore God's Word and His creation. We focus on Biblical teaching, cabin chats, and heart-felt worship. Plus we have tons of fun, winter outdoor recreation and games designed just for your children. Forest Homes rates are all-inclusive, the \$210 registration fee includes six meals, two nights lodging, transportation and all activities. A \$50 non-refundable deposit is required to reserve your spot. Spots are limited, so register today! Pointlomachurch.org/register



Nicole Hage, Director | preschool@pointlomachurch.org | 619-223-3327

www.redbrickpreschool.org

The preschool is off to a great start this year. We have 165 families that have joined our program. We opened a third 2-3-year-old class this year that allowed us to add 12 more families. We have picture day and vision screenings coming up. Our first chapel with Pastor Karla & R.O. will be October 17 and 18. If you are on campus on October 25 or 26 we will be practicing our fire drill around 10:00 AM. Our classes will be going to the pumpkin patch, and on October 30 and 31 we will have our Halloween parade around the church campus.

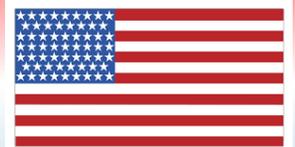
We kicked off our new PLCPC fall ministry season with an all-church Carnival and BBQ on Sunday, Sept. 9. Our annual Fall Fest highlighted more than 15 different ministry areas that are active in the life of our church! This was a morning filled with fun, great information, fellowship, wonderful food, live music and much excitement for all of the ways God is at work within our church community. One highlight of the morning was the unveiling of our new and permanent Gaga Ball Pit! A space that remained full during the entire event. If you missed the Fall Fest or want more information on all that's happening at PLCPC, please make sure to stop by and pick up the new Ministry Handbook for 2018-19. Thank you to all who participated, and everyone who took the time to make this year's Fall Fest a great success! Special thanks to the Deacons for the BBQ and the café band for providing live music in the Family Life Center.



FALL FEST CARNIVAL



**Save the Date for the Senior Adult Ministry's
Honoring Our Veterans
Luncheon & Patriotic Program
Tuesday, November 6, 2018
10:00 am—1:00 pm**



SESSION & STAFF

THE SESSION OF PLCPC *Denotes Chair

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 Rev. Alex Wirth, Associate Pastor 619-223-1633 Ext: 205
 John Spafford, Clerk 619-985-4983, clerk@pointlomachurch.org

Elder Class of 2018	Phone	E-Mail
Greg Cuddeback <i>Family Ministry*</i>	858-274-9213	greg.cuddeback@yahoo.com
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Sam Laub <i>Mission Beyond*</i>	408-313-4233	selaub@aol.com
John Morrison <i>Youth Ministry*</i>	619-972-3925	mail4jdm@gmail.com
Steve Smith <i>Finance & Budget*, Bylaws</i>	619-602-5950	ssmith@cwsledu
Barbett Wood* <i>Preschool*, Presbytery Commissioner</i>	619-226-1644	makoakani@gmail.com
Elder Class of 2019	Phone	E-mail
Dave Baker <i>Family Ministry</i>	619-224-0437	dbakerta@yahoo.com
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Dave Simmons <i>Facilities & Renovation</i>	619-749-6551 619-954-9526	davesimmons@cox.net
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Rob Wood <i>Outreach & Church Growth*</i>	619-922-1644	rwood1976@hotmail.com
Beth Zedaker <i>Adult Ministry*</i>	619-602-6910	bethzedaker@gmail.com

Church Ministry Program and Support Staff 619-223-1633 OFFICE HOURS

Monday—Thursday 9 am to 5 pm
 Friday— 9 am to 1 pm

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Rev. Dr. Chris Lenocker, Parish Associate

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Organist/Director of Children's Choirs

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Bryan Verhoye, Music Associate & Pianist

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Evelyn Lambino, Financial Secretary—Ext. 206

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Church Office / Front Desk—Ext. 201

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Life Events

Baptism:

- Hazel Lynn Thurston, daughter of Stephen and Emily Thurston, was baptized on September 30, 2018 during the 9:45 am Café Service. Rev. Karla Shaw officiated.

Deaths:

- A memorial service for long-time member, Joe Sediway will be held on October 6 at 10 am in the Chapel. A reception will follow in the Family Life Center.

Join Us for Rooted

Do you believe God has uniquely created you with a purpose and plan? What if you heard God speak and you felt the love of Jesus in a profound way? Imagine yourself in a community of people who cared for you, listened to you and supported you. If this sounds like what you are seeking here at PLCPC, Rooted may be just the place for you.



Rooted is a 10-week journey for people in every life stage.

The weekly readings teach us what it means to be a disciple of Jesus through Scripture, prayer, worship, generosity and service. It isn't simply a bible study or a book. It is a community experience, where people practice 7 rhythms essential to a healthy relationship with Jesus. Individuals establish firm roots in the Truth of God's Word through personal study and then come together to discuss what they're learning in a space where they are safe and known.

You are invited to join us on this JOURNEY into deeper faith through the Rooted series. The meetings will take place on Monday evenings at 6 pm in the Chapel. The series begins Monday, October 8. For more information, please contact Evan Gratz, evan@pointlomachurch.org.

Turning Back to God in the Silence: My first Centering Prayer

By Alex Wirth

It looks like it should have nuts in it but then she struck it with a little mallet and the bowl sang. It sang the beginning of 20 minutes of silence, the beginning of our first Centering prayer. The process is simple. We sit, feet on the floor, eyes closed, hands in our laps. We acknowledge each thought or image that pops into our heads and then we let it pass. We treat each little thing our minds conjure up as an opportunity to turn back to God.

My first thought is, "I am breathing." Our facilitators have taught us to detach from every thought and turn back to the silent presence of God. Again, I think, "I am breathing." I use the technique we learned that morning of introducing a chosen sacred word as a way back toward God. Again, "I am breathing." Then I think, "I cannot stop *thinking* about breathing just as I cannot stop breathing!" Frustration enters. An irrational mental image shoves its way in: the whole centering prayer class laughing at their pastor who can't even pray right. I try to trust and not panic. I use my sacred word (which is no secret but so unbelievably nerdy and



Centering Prayer

churchy I can't bring myself to waste your time to explain it. Let's just say it is an untranslatable fragment of a Hebrew word and leave it at that.) I use my sacred word again. Again. And one more time. Nothing happens which in this case is great! For a moment there is nothing in my head but the presence of God. The creator of the universe and the fullness of all things up close in the silence. It is so fascinating and so fleeting because of course, once I realize it is happening, my thoughts run wild and nothing becomes something else. That becomes something else entirely and I need to find my way back again. My next thought is, "I am breathing" and that means something completely different now. Then I use my sacred word and try to turn back to God and the silence again.

Please join us for Centering Prayer and learn this ancient new way to turn back to God. We'll next meet on Saturday, October 6 at 9 am. Contact Pastor Alex to get connected.