



Presbeat



First Presbyterian Church of Ukiah, CA
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“I can do all things through Christ who strengthens me.” ~ Philippians 4:13



This is one of the first Bible verses that I memorized as a child in Sunday School. I've always thought about this verse when I faced difficult situations in life. For example, sitting in the principal's office at school; backpacking in the Sierras with my high school youth group; cramming for exams in college; welcoming my kids into the world in the hospital maternity ward; walking into the sanctuary for my mother's funeral; getting on the plane that would take me into Iraq with Marines; and moving to Ukiah. But I never thought I would be thinking about this verse during a COVID-19 pandemic.

I'm OK with the endless hand washing. The shelter in place restrictions are not really a problem. Helping people to manage their anxiety is not that much of a stretch. It's the mysteries of Zoom that cause me to think about Philippians 4:13. And the technological challenges of producing a live-streaming worship service have caused me to spend a lot of time in prayer.

But God is good. We've had several successful meetings and Bible studies on Zoom. And we're getting better at live-streaming our worship services. I can do all things through Christ who strengthens me. And so can you.

You can all look back on the times in your lives when the Lord was with you as you faced very difficult situations. You have all experienced the Lord's strength when you were weak. You have all done the impossible because the Lord enabled you to do so. This time is no different.

Our Lord Jesus Christ is always giving us the strength we need to face whatever challenge we experience in life. Especially now. He is giving us strength even when we're not asking for it. We will get through this time, with the Lord's help.

In Christ, *Pastor David*

Happy Easter FPCU Families!



As you all know, right now we are all going through a very strange time! The coronavirus has unfortunately caused the shutdown of many schools, business, and even our regular church services and programs.

However, I am so thankful that we live in an era with so much technology at our disposal, because online resources such as video calling, Facebook, and Youtube have enabled us to stay up-to-date with our regularly scheduled programming. As I keep telling our students, even though we are apart we can still remain connected together as a community! That is a huge silver lining in all this craziness.

Youth Group is now meeting every Wednesday via Zoom. Zoom is a wonderful app for video conference calling. It has let our teenagers continue to meet together, pray together, play games remotely together, and maintain our Bible study routine. We

have also continued to meet weekly on Sundays at 11:30am for **Donuts and Devotionals**, although now it is BYOD, Bring Your Own Donuts!!!

In addition to our normal Youth activities, **Sunday School** is also continuing to be held every Sunday morning at 10am, now via Youtube! Each week, I will be filming a special Sunday School lesson for our kids and posting it to our Youtube channel. So far, we have learned about making prayer boxes and writing letters for people in our community. This is a great way to entertain your kids at home while teaching them about placing their hope in Jesus Christ! <https://www.youtube.com/watch?v=f5eMl12RhtY&t=30s>

A big change to our normally scheduled activities during this time is our annual Easter Egg Hunt. Unfortunately, this year we won't be able to meet in person, but instead, we will be doing a drive by **Easter Egg Hunt Kit Pick-Up!** We will be supplying all your family needs to throw a spectacular Easter Egg Hunt at home! Sign up today on Tithely to receive a kit, which can be picked up from First Presbyterian Church of Ukiah on Saturday, April 11th at 11am.



Register for the Egg Hunt:
<https://tithe.ly/event-registration/#/1445624>

Make sure to stay up to day by finding us on **Facebook** "FPCU Youth and Family Ministries" and on Instagram at @fpcuyouth. Please continue praying for our ministries and that we are able to maintain our tight bond even during this rocky time! For more information about Children and Family Programs, contact Alexis at 707-391-9460 or alexis@fpcukiah.org.

In Christ ~ *Alexis*

Greetings from my house to yours. Here's hoping that all is well with your families and homes. As we SP (Stay in Place) I'd like to recognize SP (Special People) who have been the mainstay of our current situation and who have gone above and beyond their call of duty.

Let's start at the top with Pastor David. Pastor has been on the forefront in communicating with city and county health officials in making sure religious entities were recognized as essential and should remain open for spiritual and community support. Pastor led Session through a process to get what is needed to be done during this critical period and forged ahead with Session's blessings. Pastor has put his upcoming Returning Warriors Welcome Home and his study leave to Spain in May on hold to address the needs of the church.

This put SP (Special Person) #2, Alexis, into action, where she, with her computer knowledge and contacts, introduced us to YouTube and Zoom. She, along with her behind-the-scenes crew, have given us the opportunity to stay religiously connected on Sundays and for meetings and Bible studies.

SP (Special Person) #3, Denise works diligently wearing multiple hats while maintaining office communications and leading our praise team and is forever keeping us on tract. By the way, the week of April 20-24 is designated as Administrative Assistant week and is an opportunity to show our appreciation for Denise's dedication.

In closing, I want to thank all of our paid and volunteer personnel for their hard work and devotion in helping each other, the congregation, and serving the Lord.

Blessings,
Jerry Garcia, Personnel Elder



FPCU EMBARKS ON ASSIGNMENT TO LIVE STREAM WORSHIP SERVICES



As many of you know, our church staff and others have begun the work of bringing you live streaming of our Sunday Worship Service. This effort was begun initially as a response to the need for social distancing during the Covid-19 pandemic. As we endeavor to move beyond our simple initial efforts through the YouTube platform, there is a huge amount of learning, trial and error, research and consultation that has taken, and is taking, place. As Pastor David said to me recently, "I earned a degree in Theology from seminary, not an Audio-Video Production degree." He was light hearted when he said it, yet the look on his face showed me the challenge is a really big one.

There is much to consider in coming to good choices for our steps moving forward. Beyond the current crisis, we think there are some really good long-term opportunities for us to reach out to those who might not typically attend worship at our church. I am going to repeat myself here: **THERE IS MUCH TO CONSIDER IN COMING TO GOOD CHOICES FOR OUR STEPS MOVING FORWARD.** Please be patient.

Here are some key points for us to consider:

- Pastor David, Youth and Families Director Alexis and Worship/Music Director Denise are very focused on this effort. Audio /video production expertise is not readily available in house. We are consulting with a local company that has some expertise, and we are asking around for other local help. If you know of something, please let ME (Roe) know.
- Each of our worship services streamed on YouTube are recorded and are available on our church web site. PLEASE USE OUR WEBSITE AS YOUR RESOURCE, NOT YOUTUBE. This will resolve a lot of confusion some of you are facing.
- After each worship service the recording is thoroughly critiqued with a view toward improvement. Lighting, sound quality, display screen visibility, praise team performance and much more are considered. If you feel the need to comment, please do so directly to me at roe@pacific.net or 972-3477. I have asked our staff to forward to me any similar communications they might receive.
- Please continue to give generously to work of our congregation. Many in our community are in need of extra support right now. There is a Giving link on the front page of our church web site <http://fpcukiah.org/>, or you can send/come by the church office at 514 W. Church St., Ukiah.
- Please share the opportunity to join our worship service with your friends and neighbors!

“Lent in the Time of COVID-19: Attaining holiness is the midst of a pandemic”

~ Worship Elder, Dory Haselswerdt

I wonder how I can share my faith, and the comfort it provides in confusing and fearful times, with those who question God’s grace, compassion, and presence in the midst of a pandemic. In

other words, why does God let bad things happen to good people? I have an opinion on this, just like everyone else, so my disclaimer is this: go ask Pastor David for a more “official” answer. Want an unofficial answer? Maybe God’s Big Plan transcends our understanding, as is written in Corinthians 13:12. Remember how your parents would say, “You’ll understand when you’re older,” and how you’ve said the same thing to your kids? I’m pretty sure that God is saying the same thing to us.

Like, All. The. Time.

Religion tries to make sense of suffering, give it a purpose, provide meaning as a method of comfort in times of confusion, fear, worry, and heartbreak. “Holy water is not a hand sanitizer and prayer is not a vaccine,” wrote Italian journalist, Mattia Ferraresi. “Religion is a fundamental source of spiritual healing and hope. It’s a remedy against despair, providing psychological and emotional support that is an integral part of well-being. It’s also an antidote to loneliness.” Providing food, water, rest, and medical attention keeps our bodily organs alive. Providing a sense of safety, self-worth, and belonging drives our



motivation to keep our bodily organs alive. When we hear the term, “essential needs,” we generally think of the first set - the physical needs. When we are told to stay home and slow the spread of viral infections, we also need to remember the unlimited ways in which we can take care of ourselves and each other emotionally.

- Create a prayer space in your home
- Sit outside everyday
 - Breathe in the fresh air
 - Take notice of the colors
 - Watch the birds, the bugs, the squirrels
 - Observe nature as if you were a toddler, excited by the movements, behaviors, and choices critters make
 - See the promises of life in the annual springtime blooms
 - Feel the quench of the rain and the warmth of the sun
- Connect with others
 - Pick up a pen & write a letter
 - Pick up the phone & make a call
 - Email or text
 - Ask a session elder or a friend/relative to teach you to use video calls (Skype, Facetime, Zoom) so you can see the happy or sad faces of your loved ones. This works well for my kids who are too shy to talk on the phone, but love to interact visually. You can even join online Bible studies this way.
 - Not sure what to say? “What made you laugh today? What made you sad, frustrated, or worried? What was the highlight of your day? What have you been watching or reading? What is something new or novel that you have done because of the shelter-in-place restrictions?”
 - Record (orally or in writing) things about your life that your kids or grandkids don’t know about. Experiences, friendships, relationships, jobs, hobbies or activities, worries, embarrassments, observations, memories that make you laugh – many of the things you no longer give thought to are fascinating to your kids and grandkids. You had a whole life before they came along....everyone has a story -share yours.

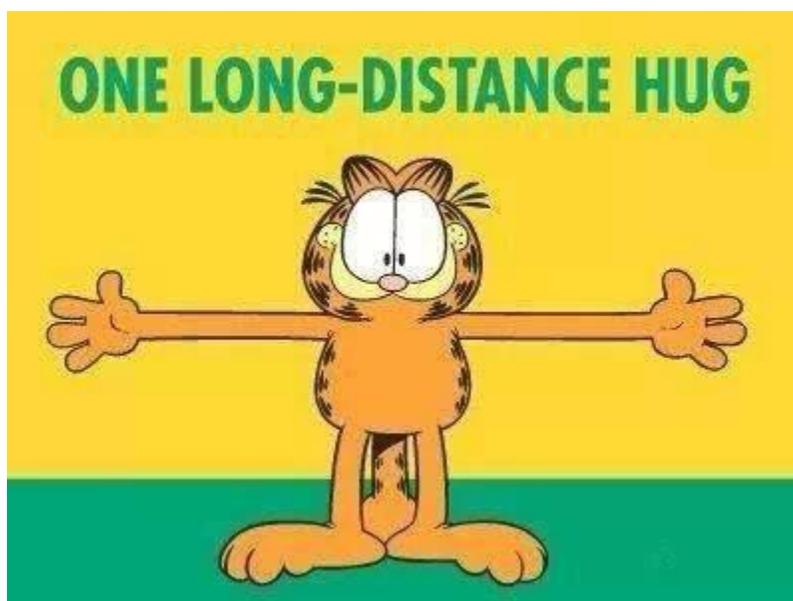
One more thing.....

It’s never too late to Lent. Yep, I did it. I used the noun as a verb. Lent doesn’t have to look like it did when you started in February. Lent is about the transformations and efforts we make to become closer to God in preparation for the new life, granted by Jesus, and celebrated on Easter. I found the following article, and I realize it’s lengthy, but I wanted to share the whole thing, because this writer walks through the myriad of concerns Christians are experiencing during this particular season of Lent.

<https://osvnews.com/amp/2020/03/21/lent-in-the-time-of-covid-19-attaining-holiness-in-the-midst-of-a-pandemic/>

Separate yet Connected or Everyone Likes a Node-It-All

Praise to our Office Staff and our Volunteers for providing an alternate means of fellowship and worship. I wanted to especially thank Alexis, David, Denise, & Perry for their research on and implementation of Zoom meetings and YouTube streaming. Our situation harkens back to my days in Electronic Engineering - Circuit Theory. In fact, the underlying technology makes use of nodes in the theory of networking. Unlike my lessons in circuit theory which works from each node to make a simplification for the circuit aggregating nodes – in our outreach the more nodes the better. Also unlike the advice of my father saying No One Likes a Know-It-All but in our case Everyone likes a Node-It-All. So for those that desire to be connected/a node look at First Presbyterian Church's website – the calendar has the Zoom information to connect with our group meetings – Men's Bible Study, Women's Bible Study, etc. Our sermon website has a pop up to connect with our You Tube Sunday streaming Service. Such a streaming service is truly a gift for me partially reminding me of part of the lyrics of the Christmas Song Silent Night Glories Stream from Heaven Afar.



STAY CONNECTED WITH AN ACTIVE BIBLE STUDY...

Missing Bible Study? Come join us **Thursday mornings at 8:30** on Zoom. We are currently studying Acts using the Serendipity Bible (NIV), but you can use any bible. Contact Wilma Pribyl (wmpribyl@jps.net) or 462-4134 and she will help you get on Zoom.

There are many ways in which we can stay connected. Hope you ladies will join us for the WEEKLY PW Bible Study, each **Wednesday, 1:30 p.m.** Yes, this is a new CHANGE! Weekly, rather than bi-monthly. See you soon (4/1 @ 1:30). For myself, I seem to have put away many projects because time did not seem to allow, or my interest in them had waned. We can offer our thanks to God for this time of separateness, a time to focus on Him, and to enjoy all of those projects we deemed to 'do later'! God Bless. ~ Jaunita



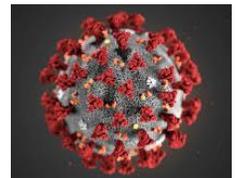
FINANCE ~ Mark Smith, Elder

If you haven't made your Per Capita payment, yet, it's not too late to do so. You can mail your check to FPCU at 514 W. Church St; Ukiah 95482, or give online at <http://fpcukiah.org/giving/>

	Per Capita:	
	Per Capita 2020 The Presbytery of the Redwoods The per capita contribution breakdown for 2020	
	General Assembly:	8.95
	Synod of the Pacific:	5.22
	Presbytery::	17.26
	Total:	\$31.43 per active member

Ramos Property Update – I have mentioned in a previous Presbeat article that the Ramos Family Property, located in the Bay Area was up for sale and that the church was gifted a generous percentage of the sale from the family. The sale has occurred and all the necessary documents filed and fees paid. This sale provided FPCU with a net income of \$52,285. We are very fortunate to have this gift bestowed to the church!

With the COVID-19 virus on our minds and the need to be careful and minimize our interactions and practice social distancing, I will take this opportunity to apprise you of the various ways you can continue to provide your financial support to the church.



- You can mail your check to FPCU, 514 W Church St; Ukiah 95482.
- You can give via our church website at <http://fpcukiah.org/giving/>
- You can use your online bill-pay method that you may use for your other payments.
- You can use the church mail-drop slot located at the Church Street entrance (to the left of the door).

Yes, Denise is in the office, receiving mail, and making deposits. So please do continue giving using the method of your choice!

Thank you for your continued support to FPCU!

Finance Snapshot:

February Income / Expenses:

We have total contributions through February of \$39,179 and expenses of \$47,376.

Our expenses were projected to be higher than income because we had 3 payrolls in January. Our current checking account balance is \$95,067. We have an additional \$155,590 in savings and an additional \$43,151 in Designated Funds.

Please do not forget to submit your pledge card for 2020 if you have not already done so.

Thank you to your faithful giving to our church through not only monetary contributions, but also all that you do to support the mission of our church.

Income	\$	18,008
Expenses	\$	26,880
Difference	\$	(8,872)
Balance in Checking Account	Total \$\$	
Non-Designated Funds	\$	94,955
Designated Funds (detail below)	\$	43,441
Total Balance in Checking	\$	138,396
Balance in Savings	Total \$\$	
CD's	\$	44,479
Mutual Funds	\$	27,941
Other Savings	\$	68,994
Total Balance in Savings	\$	141,414
Detail of Designated Funds in Checking Account		
Missions	\$	665
Mission Trip	\$	1,459
Missions Fundraiser	\$	6,587
Centsability	\$	56
One Great Hour of Sharing	\$	-
Shoes 4 You	\$	-
Pedals 4 Protein	\$	-
Pass-Through	\$	-
Per Capita	\$	-
Deacons	\$	20
Flowers	\$	-
Ramos Trust	\$	(100)
General Memorial	\$	29,983
Buildings & Grounds	\$	-
Compassionate Ministries	\$	2,636
Pastor Appreciation	\$	-
Adult Ministries	\$	3
Singalong	\$	(628)
Fellowship Meals	\$	42
Youth Activities	\$	154
Children's Activities	\$	-
Children's Playground	\$	2,405
Camperships	\$	160
Total	\$	43,441

WESTMINSTER WOODS

Westminster Woods Update - March 31, 2020

Dear Friends of the Woods,

As I write this, most of you are sheltering in place. I am also at home working, and not at the Woods. My prayers are with you and your loved ones during this challenging time in all of our lives.

As you can imagine, the Covid-19 virus has had a huge impact on Westminster Woods. Just three weeks ago, we welcomed 175 6th grade students, from Dewey School in Fair Oaks, Bel Aire Park School in Napa, and Brandeis School in San Francisco, taking advantage of the incredible outdoor education and character development programs that we offer to schools. That all changed on March 20th, when we had to close the camp. We had over 2,500 more students scheduled to stay at the Woods this spring with their schools, but now those excited, eager kids will miss out on the highlight of their school year. We also had a number of churches and other guest groups that were anticipating their weekend retreats this spring, all of which have had to be cancelled or postponed.

With no schools or guest groups visiting this spring, Westminster Woods will not be receiving any income for the foreseeable future. Our staff of 45 people has had to be furloughed until we can start generating revenue. In the short term, we have reached out to the Presbyterian Synod of the Pacific about a loan, and we have also applied for a Small Business Administration non-profit loan. The plan is to use this borrowed money to rehire some of our staff and get us through the early summer, when we anticipate the revenue to start coming back in more steadily.

At this point, we are still planning on holding our annual Summer Camp, which hundreds of kids and teens anticipate every year, and we encourage parents to join the many others who have registered their campers through our website. We will make a final decision about Summer Camp during May, once we have a better understanding of how long the Covid-19 virus will be a major concern. The safety and well-being of our campers is always our first priority.

In 2021, Westminster Woods will celebrate its 75th year as a camp. Westminster Woods has provided a place to connect with God and nature for generations. It has been a place to retreat from the routine of life and experience transformation. The camp started as a place for adults, children and teenagers to grow in their faith, have an opportunity to connect with nature, make new friends, and have life-long relationships with people they meet at camp.

During our almost 75 years as a camp, we have gone through some very good times and some extremely challenging ones. When I look back historically over those 75 years, the Woods and the world have seen incredible change. Some years ago, one of the members of my church told me she had first come to Westminster Woods in 1947 as a young girl. The camp had been opened just one year earlier and there were no buildings on the property. Her church came to the Woods on a retreat and she camped with her family on the big green field in the center of camp and prepared their own meals. She would jokingly say, "Westminster Woods was such a beautiful place, until they started constructing all of those buildings." This woman is in her 90's now, and so often has commented to me that she is so grateful that the Woods was such a foundational part of her life.

Realizing that she had been at the Woods from its very early years helped me to better understand the impact this camp has had on so many lives. She and a multitude of others have continued to retreat to the Woods throughout their lives. For so many of us, this is our sanctuary, and every time we cross the bridge over Dutch Bill Creek we are welcomed back home.

In the last few weeks, we have phoned many of you, and you have responded with some very generous donations. Your commitment to the Woods is evident, not only in the checks you have written but in the notes that have come with them. To date, we have received around \$20,000, and we – our staff and board – could not be more thankful.

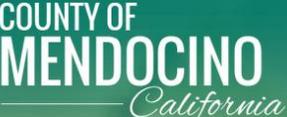
For those of you who have not yet taken the opportunity to make a contribution, we could use it now more than ever. You can mail a check to Westminster Woods or make a donation using the "Donate" button below. Either way, know that your gift will aid us in continuing the legacy of the Woods.

Take care, stay healthy, and come stay with us (as soon as possible),

Chris Rhodes
Executive Director

Note: Donations to the Woods can be made [here](#).

Helpful Resources:

	<p>Mendocino County COVID-19 Information/Resource page</p>
	<p>Senior Resource Directory for Lake and Mendocino Counties: (707) 468.5132. Provides information such as Preparing for Health Emergencies, Active Living, Caregiving, End-of-Life Resources, Grandparenting, much more http://www.seniorresourcedirectory.org/Directory/Index.htm</p>
	<p>Food and Nutrition Resources: (707) 468.5132. Provides information on Food Stamps, Congregate/Social Dining Sites (including Plowshares and other locations), Food Banks, Grocery Delivery, and Home-Delivered Meals. http://www.seniorresourcedirectory.org/Directory/Food.html</p>
	<p>Alzheimer's Association: (800) 272.3900 https://www.alz.org/norcal</p>
	<p>Medicare Help Line: (800) 917-6367 They can help find home care, meal delivery, all sorts of things covered by Medicare</p>
	<p>Senior Guidance on Assisted Living: (888) 595.9101 Includes a directory on all our local Assisted Living and Residential Care Homes. https://www.seniorguidance.org/assisted-living/california/ukiah.html</p>
	<p>Adult Services (Mendocino County): Provides information on Adult Protective Services (APS), General Assistance, In-Home Support Services, Veteran's Services, Care for the Homeless, and more. APS 24-hour emergency line: (877) 327.1799</p>

HIGH STAKES POKER

😄 In case
you're wondering
what they do on
Friday Men's
Poker Night...



Did we miss your birthday???

Please contact the church office or email Denise, denise@fpcukiah.org
so that we can celebrate with you!

Happy Birthday!

4/1 Ellen Chinn
4/3 Ty Yanez
4/8 Chris Gordon
4/11 Sharon Ruddick

4/13 Donnie Johnston
4/16 Bob Budke
4/19 Len Brutocao
Diane Yanez

4/21 David Longstreth
4/22 Barry Squires
4/29 Gayle DeVries



APRIL CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Office hours 9am to 1pm	2 8:30am Women's Bible study Office hours 9am to 1pm	3	4
5 Palm Sunday 10am Worship online http://fpcukiah.org/event/2020-03-29-sunday-worship-service-streaming-online/	6 Office hours 9am to 1pm	7 7am Men's Bible Study (via Zoom) Office hours 9am to 1pm	8 Office hours 9am to 1pm 1:30pm PW Bible Study (via Zoom) 2:00 Worship Team 4pm Youth Group	9 8:30am Women's Bible Study Office hours 9am to 1pm	10	11
12 Easter 10am Worship online http://fpcukiah.org/event/2020-03-29-sunday-worship-service-streaming-online/	13 Office hours 9am to 1pm	14 7am Men's Bible Study (via Zoom) Office hours 9am to 1pm	15 Office hours 9am to 1pm 2:00 Worship Team 4pm Youth Group	16 8:30am Women's Bible Study Office hours 9am to 1pm 6:00 Session (Zoom)	17	18
19 10am Worship online http://fpcukiah.org/event/2020-03-29-sunday-worship-service-streaming-online/	20 Office hours 9am to 1pm	21 7am Men's Bible Study (via Zoom) Office hours 9am to 1pm	22 Office hours 9am to 1pm 1:30pm PW Bible Study (via Zoom) 2:00 Worship Team 4m Youth Group	23 8:30am Women's Bible Study Office hours 9am to 1pm 5:30 Deacons (Zoom)	24 7pm Men's Poker Night - pending	25
26 Palm Sunday 10am Worship online http://fpcukiah.org/event/2020-03-29-sunday-worship-service-streaming-online/	27 Office hours 9am to 1pm	28 7am Men's Bible Study (via Zoom) Office hours 9am to 1pm	29 Office hours 9am to 1pm 2:00 Worship Team 4pm Youth Group	30 8:30am Women's Bible Study Office hours 9am to 1pm		

Our Calendar is also available online @ <http://fpcukiah.org/calendar/calendar/>

Coronavirus Outbreak ~ Encouragement:

Words of Encouragement:

“God is using this virus to expose and explode! He is exposing things so that we can be aware and align our hearts to His. There is an Explosion of His glory on the earth! I believe it's creating a need for a savior in the world. It is also a test to the body of Christ how we are going to respond. The world is looking for Love, Hope, Faith & Joy. We have a great opportunity to let people know the kingdom of God is Righteous, Peace and Joy in the Holy Spirit! This too shall pass.” ~ *Anonymous*



From Mark Smith: This is an informative video that describes *sterile techniques and tips* for handling your groceries, home-delivered food, etc:

<https://m.youtube.com/watch?t=10&v=sjDuwc9KBps&feature=youtu.be>



C.S. Lewis 1942

Satan: “I will cause anxiety, fear and panic.
I will shutdown business, schools, places of worship and sports events.
I will cause economic turmoil”.

Jesus: “I will bring together neighbours, restore the family unit, I will bring dinner back to the kitchen table.
I will help people slow down their lives and appreciate what really matters.
I will teach my children to rely on me and not the world.
I will teach my children to trust me and not their money and material resources.”

God bless all of you as we walk through this pandemic together.

“After your season of suffering, God of all grace, will restore, confirm, strengthen and establish you.”

1 Peter 5:10