



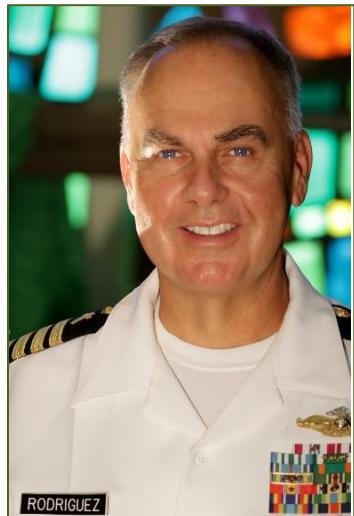
# Presbeat



First Presbyterian Church of Ukiah, CA  
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[www.fpcukiah.org](http://www.fpcukiah.org) "Like" us at <https://www.facebook.com/fpcukiah/>  
Editor: Denise Beckler, Volume 13, Number 7 ~ July 2019  
~ August Presbeat Deadline is July 26! ~

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## "THE RELATIONSHIP PRINCIPLES OF JESUS"



This summer I will be preaching a series of sermons based on the book, "The Relationship Principles of Jesus" by Tom Holliday. This series of sermons is designed to help us improve and even transform what matters most in our relationships.

We'll be considering six foundational relationship principles that Jesus taught and lived. These principles are radically different from the ways in which our society calls us to live with one another. These principles will actually bring new health and depth to our marriages, family, and friendships.

I hope you will be able to join us during the next 40 days of study as we seek to become more and more like Jesus.

In Christ ~ *Pastor David*



# Happy Summer FPCU Families!



I hope everyone has been having a sunny, warm, and fun summer so far!

Our summer here in Youth and Family Ministries kicked off with our final **HANGOUT** Celebration of the year! We all gathered together at Todd Grove Park for a yummy BBQ and craft-making time. It was a joyful way to end another great year!

We also held our yearly **VACATION BIBLE SCHOOL!!!** This year the

theme was Yee-Haw, so we donned our cowboy boots and transformed the whole church into a western-themed wonderland! Our students had so much fun eating, singing, learning, playing, and laughing together! We learned all about the birth of Jesus, and we got to spend time worshipping Him through song and dance.

In June, we also kicked off our **GIRLS' BOOK CLUB** on Monday nights at 6pm. We are reading the book *Redeeming Love* by Francine Rivers together to learn more about God's powerful and unconditional love of us. So far, we have had a lot of meaningful discussion and bonding time among the women and girls of FPCU!



Looking forward into August, I am excited to announce the Youth Group will be going on a **CAMPING TRIP** to Van Damme State Park on the Mendocino Coast! We will be leaving after church on August 4<sup>th</sup>, and coming back the following day. Together, our 6-12<sup>th</sup> graders will enjoy a time of swimming, hiking, and being outside in nature!

As usual, we will continue to hold the **NURSERY, SUNDAY SCHOOL**, and **DONUTS & DEVOTIONALS** (a Bible study for grades 6-12) on Sunday mornings throughout the summer. Please join us for these exciting ministries, we are going to have a fabulous summer here at FPCU!

For more information about Children and Family Programs, contact me at 707-391-9460 or [alexis@fpcukiah.org](mailto:alexis@fpcukiah.org). You can also find us on Facebook at "First Presbyterian of Ukiah Youth Activities" and on Instagram at @fpcuyouth

In Christ ~ *Alexis*

**"CHILDREN ARE NOT A DISTRACTION FROM MORE IMPORTANT WORK; THEY ARE THE MOST IMPORTANT WORK." - C.S. LEWIS**

# **Christian Education** ~ *Roe Sandelin*, Elder



## **VACATION BIBLE SCHOOL** Wow! Our **YEE HAW**

Vacation Bible School is just completed. It was an amazing experience for young and not-so-young alike. Once again, our church family came together to produce a truly wonderful VBS. I am sooo grateful that sooo many gave sooo much to create sooo much joy.

I had a special experience myself. On the first day I was wearing my penguin costume (with western hat) and spoke about how I had come down from the North Pole to fill in for Sandy Sheriff, who would arrive the next day. Okay, so far so good. Much to my delight, during the game activity one of the older VBS kids came up and politely informed me there are **NO PENGUINS** at the North Pole! They live only in the southern hemisphere! I looked it up and sure enough, penguins are found predominately in Antarctica, Australia, New Zealand and Madagascar. I am still smiling!

I would be remiss if I didn't give a huge SHOUT OUT, no, a huge **YEE HAW!** to **Alexis** for leading us in this really important church activity. She was so energetic, playful, dedicated, happy, easy going and inspirational through the whole deal. She gave us all a good look at what it is to serve God with "all your heart". Well done, good and faithful servant.

**HELPING HANDS** This past week there was a serious fire at a local multifamily lodging house here in Ukiah. One FPCU family was directly affected. There was significant water and smoke damage. All of the family's belongings had to be cleaned/laundered in some way. There were more than 25 loads of laundry to be done. Our congregation rose to the occasion, big time! Literally overnight, all the laundry was picked up, washed and dried, returned to the church office and ready for pickup. Thank you for being there in this time of need, good and faithful servants.

## **ALL HANDS ON DECK!!**

*Jerry Garcia*, Elder

June ended with A YEE HAW as our theme for VBS. We had 42 youngsters for the first night of lessons, crafts, singing, games, and a meal! We almost had as many staff and volunteers to make this a joyful event for our church family and friends. The week continued with the coordinated efforts of our Director of Family & Children Ministry, Alexis Moore, her assistant Julia Rodriguez, and many warm and caring hands that made this a spirited and loving week.

**Kudos to all that made this a successful VBS.**



# MOMENT FOR MISSION

Mark Smith, Elder



## Uganda Orphanage:

With the Orphanage completed and Pastor John getting things up and running, our Uganda Mission Team is planning another trip in January, 2020.

Pastor David & Cathy Rodriguez and Kevin & Shelly Mack are making the trek this time with the goal of assessing the needs of the orphanage, going forward.

There is much that is needed and can be done. We need to make sure that any future gifts provide value added enhancements that do not bring the orphanage unwelcome attention from other locals who may perceive the gifts as excessive for the area and therefore, make them a target.

A great big thank you to all who helped and gave items to the rummage sale! It was a beautiful success due to all of your many hands and feet of Jesus. May God continue to bless our service to the Ugandan orphans in Nalugazi. We raised \$3100 that will be used to pay for the travel expenses of the Uganda Mission Team.

The Missions Team is sending a shout out to our congregation and community for their volunteer efforts and financial support during all of our fundraisers. Funds earned during these events allows our Church to provide support for those outreach ministries we support locally and globally. We will be considering another fundraiser event or special offering this fall to continue the mission efforts in Uganda. Please watch for more details in a future Presbeat. If you would like to consider making a donation towards the on-going mission efforts, please make your check payable to FPCU and put a notation in the memo for Mission Efforts. Your donation can be dropped off at the church office or placed in the offertory. We truly appreciate each and every one of you as we continue to be God's hands and feet.

## Pedal-for-Protein:

The next week long bicycle ride is scheduled for September 22-28. This fundraiser provides money to supply food banks within our Presbytery. Ride Director Patty Sanders will present a moment for mission on Sunday August 11 to provide details. As in the past, with Session approval, Patty will be bringing her fair-trade market items to sell during coffee hour.

The ride will be along the coast this year. The group will not be riding through Ukiah. Patty would love for a couple of riders from our church to join the group for the final day from the coast to Santa Rosa.

## Cents-Ability:

Don't forget to bring your Cents-Ability offering to church the first Sunday of the month. The collection is taken during communion. Baskets are located in the front for your convenience. If you need a collection container to keep at home, you can pick one up in the Narthex. Remember that all your money is used to help feed hungry in our area. Thank you for helping with your prayers and donations.

## Care Packages and Packing Parties:

These packages support the Caritas Orphanage in Djibouti and military personnel stationed there.

We continue to collect peanut butter, beans and pectin based chewable vitamins (*such as SmartyPants from Costco*) for the kids. We also bake cookies in May and November to include in the packages for the troops. Your empty pringles cans are always welcome and used to pack the cookies.

## A CELEBRATION OF BLESSINGS ~ Lenord Swope, Elder

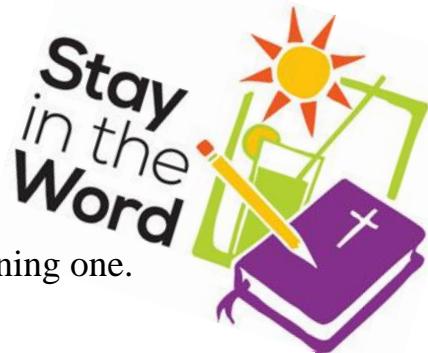
A delegation of eight (James & Ann Denham, Tom & Gayleen Desroches, Jean Davis, Cleda & Teresa Erickson and Lenord Swope) traveled June 9<sup>th</sup> to attend Daniel Christian's Installation as Pastor of Good Shepherd Church (and School) in Novato. We were treated to goodies supplied by Michelle, her mother, and others of Daniel's new congregation. Daniel also showed us his office – remembrances of Ukiah were featured most prominently (The Denham's portrait of Tessa especially stood out). Our delegation got to experience communion with our Lutheran faith sisters and brothers as well as witness Tessa taking part in her father's installation.

Returning to the subject of treats the congregation was treated to sermons given by Alexis and Jessie Burnett while Pastor David was away. June was truly a month filled with experiencing the panoramic richness of the kingdom of God. It is so beautiful to see the mosaic of faith that God, through his servants, is creating.

## Bible Studies continue...

Our Bible studies are continuing to meet through the summer.

If you're not in a study group, we encourage you to consider joining one.



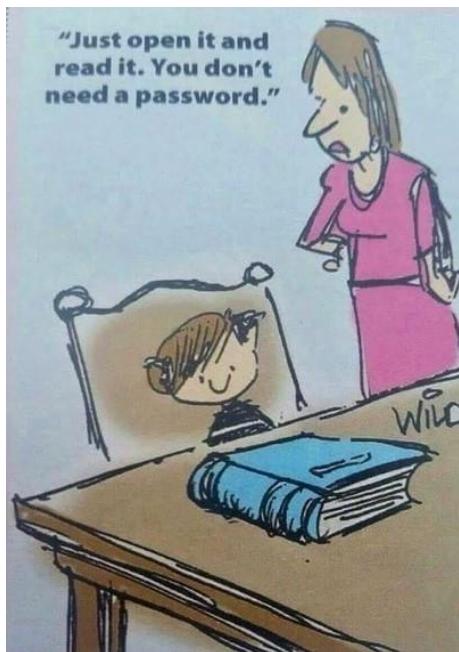
Tuesday mornings:

Men – 7am: Currently in the book of Acts

Women – 8:30am: uses the Serendipity Bible – book of Acts

Wednesday (2<sup>nd</sup> & 4<sup>th</sup>) 1:30pm: Serendipity Bible – book of Micah. Meet at the church at 11:50 and we'll head out for a *Girls'-Only-Lunch* before our study.

Our Bible studies are open to everyone.



# Song Story~ “Pentatonic Scale”

## What is a Pentatonic Scale?

This is a scale that has only 5 tones: 1, 2, 3, 5 & 6, where the more familiar scale uses 7 tones: 1, 2, 3, 4, 5, 6 & 7. The pentatonic scale can also be played solely on the black keys of the keyboard.

What is most interesting is that most “Negro Spirituals” were written on the black keys only. Try it... try playing “Amazing Grace” on the black keys, starting with C#. It’s fun.

Pentatonic scales are prevalent in African American music (*including music from slavery*), but they are common in Chinese music and US country music. It is also used by many lead guitar musicians, especially the blues musicians.

### Examples of songs using the Pentatonic Scale:

Amazing Grace  
Go Tell it On the Mountain  
Swing Low Sweet Chariot  
Stairway to Heaven (Led Zeppelin)  
Another Brick in the Wall (Pink Floyd)  
Auld Lang Syne  
Old McDonald Had a Farm  
Ring Around the Rosie  
Oh Susanna



# Nor Cal Christian Ministries...

PO Box 1502; Ukiah, CA 95482; (707) 481-8398



Greetings Dear Friends,

Another month has gone by, and so much has happened here at the Center for Hope. It has been a time of meetings and partings, but God has been faithful through it all!

In our quest to better the lives of the disenfranchised population, we have partnered with several organizations, such as Whole Person Care, Hillside Health Center, Mendocino County Veterans Services, Catholic Charities, Mendocino County AIDS/Viral Hepatitis Network (MCAVHN), Redwood Children's Services, and Compass Care Management, to support individuals in their health and wellness concerns.

This month's focus will be on Compass Care Management, an organization whose goal it is to help individuals to navigate today's complex medical system. We will highlight other partner organization in the months to come.

**Tuesday Clinics with COMPASS** We are thrilled to be partnering with Community Outreach Medical Patient Advocacy and Social Solutions, or COMPASS Care Management, an agency that works together with other local agencies, medical providers, and other resources to bridge gaps in care, focus on wellness and prevention, and help avoid crisis situations that lead to emergency room visits or hospitalization.

Areas of focus include:

- Chronic Disease Management
- Medication questions
- Finding a Doctor
- Nutrition/Weight Management
- Navigation of Resources
- Obtaining Health Insurance/Social Services
- Employment/Education
- Housing/Shelter
- Healthy Relationships/Social Support/Spirituality
- Addiction Recovery Support
- Weekly Healthy Living Support Groups

COMPASS holds a clinic at the Center for Hope each Tuesday, where a Care Management Team comprised of registered nurses, social workers, and an outpatient wellness coach, can work with our guests on a one-to-one basis.

We are very fortunate to be partnering with such a professional and comprehensive organization!

## FAREWELL TO GRANDMA LORETTA

Loretta has been such a blessing to everyone here at the Center, and she will be sorely missed as she takes a sabbatical from her volunteering duties. She has been with us since the beginning when we first opened at the Ukiah Community Center in 2016. Loretta single-handedly set up our clothing closet and also the policies surrounding it, and purchased many supplies with her own money. She loves serving people who are less fortunate, especially children, and many of her friends here at the Center affectionately call her "Grandma Loretta."

We will miss her, but we hope one day she will come back to us rested and ready to go.



IT IS WITH GREAT SADNESS that we inform you of the passing of our dear sister, Suzanne Bentley. Suzanne died May 28th, 2019 in an automobile accident south of Ukiah on highway 101.

Suzanne was a loving daughter, sister, mother, and friend. She spent much of her time in retirement helping many service organizations around town (including this one). She will be missed by all.

## HOW TO HELP THE HOMELESS

If your heart has been gripped by the needs of the hungry, thirsty, strangers on the streets, here are **four** effective ways to help the homeless in your community.

**Volunteer** The most productive way to get started helping the homeless is to join forces with a well-established operation. As a volunteer, you will learn from those who are already making a difference, rather than repeating the mistakes of well-meaning but misguided novices.

[Read more...](#)

## Message from FPCU Finance Committee:

Through May we have contributions of \$106,968 and expenses of \$110,581. Our giving is behind our expenses by (\$3,613). We had projected this to happen due to the payment of our annual insurance premium in May.

We would like to remind you to submit your per capita contribution, if you have not done so already. We have received ~\$1,600 of our estimated \$3,500 full year expense. The Church will pay this regardless if it is fully funded. These are dues that are paid to our Presbytery on behalf of each member. The amount per member is \$31.43 and it is helpful to the Church if you are able to give this as well as meet your annual financial pledges. Thank you for those that have submitted their per capita. (*For more information about per capita, please see our February Presbeat on our website.*)

THANK YOU all for your faithful giving in order to meet the mission of First Presbyterian Ukiah.

**Session** ~ There was no meeting in June. The next scheduled meeting will be Thursday, July 18<sup>th</sup> at 6pm.

### **Session Members:**

Randy Beckler, Kevin DeVries,  
Jerry Garcia, Randy Huffman,  
Shirley Lewis, Alexis Moore,  
David Rodriguez (ex-officio),  
Roe Sandelin, Mark Smith, Lenord Swope

	<b>As of May 31, 2019</b>	<b>Total \$\$</b>
Income	\$ 106,968	
Expenses	\$ 110,581	
Difference	\$ (3,613)	
<b>Balance in Checking Account</b>		<b>Total \$\$</b>
Non-Designated Funds	\$ 90,590	
Designated Funds (detail below)	\$ 42,948	
<b>Total Balance in Checking</b>	\$ 133,537	
<b>Balance in Savings</b>		<b>Total \$\$</b>
CD's	\$ 44,416	
Mutual Funds	\$ 26,818	
Other Savings	\$ 78,650	
<b>Total Balance in Savings</b>	\$ 149,884	
<b>Detail of Designated Funds in Checking Account</b>		
Missions	\$ 1,402	
Mission Trip	\$ 3,043	
Missions Fundraiser	\$ 2,987	
Centsability	\$ 191	
One Great Hour of Sharing	\$ 362	
Shoes 4 You	\$ -	
Pedals 4 Protein	\$ -	
Pass-Through	\$ -	
Per Capita	\$ 461	
Deacons	\$ 24	
Flowers	\$ -	
General Memorial	\$ 28,308	
Buildings & Grounds	\$ -	
Compassionate Ministries	\$ 1,657	
Pastor Appreciation	\$ -	
Singalong	\$ 468	
Fellowship Meals	\$ 11	
Adult Ministries	\$ 3	
Youth Activities	\$ 18	
Children's Activities	\$ -	
Camperships	\$ 1,190	
Children's Playground	\$ 2,824	
<b>Total</b>	<b>\$ 42,948</b>	

*Did we miss your birthday???*

Please contact the church office or email Denise, [denise@fpcukiah.org](mailto:denise@fpcukiah.org) so that we can celebrate with you!



## **Happy Birthday!**

7/2 Kelsey Ingalls

7/8 Randy Beckler

7/14 Perrine Kirchen

7/22 Jaunita Coddington

Bryce Kirchen

7/24 Alan Grass

7/25 Dave Holland

7/26 Marilyn Stobie

7/30 Bob Schultz

7/31 Cherie Alton

## *Event Calendar ~ July*



Sun weekly	10:00am	Worship Celebration
Mon weekly	6:00pm	<i>Girls' Book Club</i>
	6:30pm	<i>Cub Scouts</i>
Tue. weekly	7:00am	Men's Bible Study
	8:30am	Serendipity Women's Bible Study
	5:00pm	<i>SIPs Women's Bible Study</i>
	6:00pm	<i>Spanish AA; NAHOP</i>
Wed. weekly	5:30pm	<i>Youth Choir</i>
	7:00pm	<i>Worship Team</i>
Thurs. weekly	6:00pm	<i>Spanish AA</i>
Mon-Fri weekly	9:00am-4:30pm	Salvation Army (James Room)

## *...additional events for the month*

- 7/2 10:30am Worship Committee  
7/4 July 4<sup>th</sup> Holiday ~ Office Closed  
**7/7 Communion / Cents-Ability**   
7/9 10:30am Communications Committee  
7/10 1:30pm PW Bible Study  
7/11 12:30pm ABC Program  
2:00pm UCLO  
7/12-17 Alexis vacation  
7/12 4:30pm UCLO

- 7/13 9:00am Stitches from the Heart  
7/14 6:00pm Young Adult Group  
7/16 11:30am Family/Outreach Council  
7/18 6:00pm Session  
7/21 11:15am Missions Committee  
7/24 1:30pm PW Bible Study  
7/25 12:30pm ABC Program  
5:30pm Deacons  
7/27 7:00pm Men's Poker  
Women's Bunko

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

(Note: if using a phone, view in landscape orientation to view properly)

**~ August Presbeat Deadline is July 26! ~**