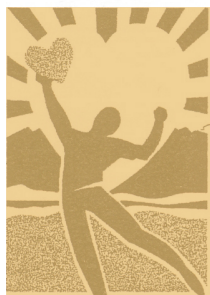


Westminster Presbyterian Church

zephyrs



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

JULY/AUGUST 2017



*Pastor/Head of Staff
Rob McClellan*



*Associate Pastor
Bethany Nelson*

Summer Vacation

As summer is upon us, it's a good chance to talk about vacations. The church, at least in my experience, hasn't had much to say about vacations. Why should they? Vacations are easy. Vacations are fun. What could the church possible have to say about vacation?

Well, vacations are not always so easy, and the church should have quite a bit to say about them. Many people lead lives that run them so ragged most of the year that when vacations come, all kinds of things come up. From the inability to unwind to arguments that arise, we do well to pay attention to the feelings that arise when we finally take a break. Some people even report experiencing depression or other intense feelings while on vacation.

Going away can open the floodgates on all the things that haven't gotten our attention the rest of the year. As you experience these sometimes rough waters, try not to judge them (or yourself or others), but rather observe them as they flow by. Take note of what's coming up. Set aside some time to attend to it. Recognize that before vacation can fill you up, it has to help you do some important emptying out.

Like many, I assume, I have often taken a break from church while on vacation.

CONTINUED ON PAGE 2

A Hidden Wholeness

A couple weeks ago, my parents took my son on a special summer trip to southern California to visit Universal Studios. When he called the first evening to tell us all about his adventures, I asked what his favorite part about the day had been. I assumed he would say that he enjoyed one of the thrill experiences, such as the Transformers or Jurassic Park rides. Instead, he answered, "I really loved going shopping in the huge candy store!" Hmmm. I then asked what his second favorite part was. He said, "Getting a chocolate frog at the Harry Potter store."

I found myself a bit disappointed by his answers. My parents could have avoided the whole Universal Studios trip and just taken him to the mall! I quickly realized, however, that I was putting my expectations on him. I love thrill rides, so I thought he should love thrill rides. But he was certain about his preferences ... candy before thrills! He loved being able to buy butter beer from Harry Potter's Hogsmeade, and you certainly can't do that at the mall.

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Summer Vacation CONTINUED FROM PAGE 1

It's understandable—the rhythm is different, it's hard to find a church in short order in a new place, and who wants to bring nice clothes to the beach?

Whether or not we go to church when we leave town, we don't have to leave sustaining spiritual practices behind. You can access a Bible from any phone. How about reading a psalm or other passage every day? Download "Daily Prayer PC(USA)" or "Book of Common Prayer, School for Conversion" from the app store for daily readings/prayers. What about spending ten minutes every morning in quiet prayer or prayerful listening, using a journal if helpful? Make it a mealtime ritual to share what you're grateful for.

In an increasingly mobile society, when people spend many Sundays away from their home church, we at Westminster are thinking of ways to better serve you when it must be from afar. Our new web site affords us a much better platform than before. We are hoping to make available to you videos, helpful guides, and other resources to support you in your journey.

As you spend time away, let us know what would be helpful for us to help you with, so that we might continue to grow as a community of faith, grounded in Christ, no matter where our travels take us.

God's Peace, **Rob**
rob@wpctiburion.org

A Hidden Wholeness CONTINUED FROM PG 1

Once I set aside my own expectations about his trip, I realized that he had experienced a wonderfully fun day.

In his book *A Hidden Wholeness*, author and teacher Parker Palmer notes that children are usually very connected with the "core of their pure beings"—their souls. They know exactly who they are, and that is the self they show to the world. My son, for example, did not care that he was "supposed" to go on rides at Universal Studios. He knew that his joy would come from shopping.

However, says Palmer, as we "become more obsessed with succeeding, or at least surviving, in the world, we lose touch with our souls and disappear into our roles." We begin to act based on how we think the world wants us to act. We begin to make decisions based on the expectations that others have for us. Often, we either consciously or unconsciously erect a barrier between our inner truth and our outer lives.

What would it take for you to tear down that barrier? What would it take for you to be your authentic self in all aspects of your life? What would it take for you to listen to God's voice when you make decisions about who and what you will be in the world, rather than the many other voices telling you all of their opinions about your life?

The Psalmist reminds us that God has searched us and knows us (Psalm 139:1). No matter what self we show to the world, God knows our souls. God loves our souls. May we have the courage to share our souls with the world.

Blessings, **Bethany**
bethany@wpctiburion.org

Sunday Worship in July and August at 8:30 & 10 am

July 2 Bethany Nelson
Communion

July 9 Rob McClellan

July 16 Ted Scott
Birthday Blessing

July 23 Rob McClellan

July 30 Rob McClellan

Aug 6 Bethany Nelson
Communion
11:15 - Pedal for Protein table

Aug 13 Rob McClellan
11:00 - RuthE. & Clark Reception

Aug 20 Rob McClellan
Birthday Blessing

Aug 27 High School Mission Team
11:15 - Safe Church Training

Healing Prayers for:

John Blickman, son of Elizabeth Atkinson, hospitalized following a second mild stroke and weeks of fever.

Cena Bessolo, member of the Wednesday morning class, diagnosed with metastasized pancreatic cancer.

Twin boys of Andy Johnson's cousin's son, in the NICU following very premature 28-week birth.

Florence Phillips' niece, who has entered Hospice care.

Church Office Closed

The church office will be closed the week of July 3. Staff will be available for pastoral care emergencies.

New Website Launch

Our new WPC website is launched at wpcitburon.org. *Please send Martha Vujovich comments and suggestions at wpcinspire@gmail.com.*

Seafarers Ministry

As a SFTS MDiv. student and new WPC member, I would like to tell you about the Seafarers Ministry of Golden Gate at the Port of Oakland, where I am a summer intern.

The Seafarer's Ministry began in the 1800s. Over 1.5 million seafarers bring goods and services to America from around the world. At the International Maritime Center, we provide prayer services, eucharistic services, seafarer respite and hospitality, internet service, local rides and more to seafarers who may not have seen their families for many months. In my first three days, I met seafarers from India, the Philippines, Bangladesh, Germany, Russia and Taiwan.

I encourage you to visit the center and also to volunteer there. Weekday hours are 10 am-10 pm. The public is also invited to worship and events. Please join me at an upcoming service and boat tour (details on page 5). Thank you for your interest.

Lynn Chittick

Art Wall

David Pittle's exhibit remained up longer so it could be enjoyed during the celebration of his 50th Anniversary of Ordination. Elizabeth Merri-man's will be our next exhibit.

Elizabeth began painting in 1994 and has studied under several accomplished artists, learning to combine the translucency of watercolor with bright bold color. Since 2011 she has painted in an artistic journal which allows her to "just have fun" and document her days. Please pause to take in the joy that exudes from her work.

Send comments/questions directly to ebmerriman@blogspot.com. Contact kp@kpberbert.com if you are interested in sharing your art with WPC. **Katharine Purdy Herbert**

From Loving Creation

Eco-Fair

Loving Creation and Spiritual Life Commission are planning an Eco-Fair for Sunday, September 24. The event will be similar in format to the Alternative Christmas Fair, with staffed booths. Loving Creation is now soliciting booths and participation by those with expertise or interest. Preliminary booth ideas:

- cooking and eating vegetarian
- worm composting
- grey water made easy
- green investing
- solar panels
- electric car experience/options
- non-toxic gardening methods.

Eco-Fair booth leaders will "kick off" with one-minute overviews and then attendees will have 45 minutes to move around and ask questions.

*Please contact **Judi Sachs** [415-203-7376 (c), 415-453-9123 (h) or judisachs9@gmail.com] or **Mary Mossteller** [415-847-4208 (c), 415-924-3095 (h) or mcmossteller@mac.com] to express interest.*

Mary Mossteller & Judi Sachs

New Members

Please offer your personal warm welcome to the new members and affiliate members (the Montgomerys) below. You will be glad you did!



Lynn Chittick



Oryah Chittick



Chris Colwell



Adrienne Krug



Charlotte & Fred Montgomery



*Music Director
Ruth E. Wells*

Summer Music

For the 12 weeks that the choir is on hiatus, we are blessed to have wonderful, talented members and friends providing music in worship. Thanks be to God!

In June, Alla Artemova-Helton showcased her piano skills, and Paige Petrini sang her repertoire's favorites.

July Sundays will feature: tenor Jim Armington singing a Pavel Tschesnekoff classic; singer/guitarist Megan Bartschat; the Bay Area sarod expert Sangita Moskow singing original works she accompanies with the modern North Indian 25-stringed electric lute; bass Jim Kamphoefner and a bluegrass quartet: Ruth E. and Clark, Ruth E.'s sister & brother-in-law.

August features the debut of a newly formed men's quartet (Jim Armington, Peter Sayers, Clark Smith and Jim Kamphoefner) singing some rousing spirituals, and Dominic DeQuattro gracing us with the classic "Panis Angelicus." Nancy Leung will play Vivaldi flute Concerto in F, and Labor Day weekend Japanese shakuhachi master Elliot Kallen returns with the ethereal sounds of his bamboo flute. High school youth will perform on August 27 as part of their mission trip report.

The ministry of The Word continues all summer long, as does our vibrant music program. We hope the variety adds to your worship experience.

Soli Deo Gloria,
(glory to God alone)

Ruth E.
ruthe.wells@gmail.com



*Director of
Youth Ministry
Jeff Shankle*

San Diego Every Year

This summer our high schoolers and adult leaders will be going to San Diego for the first of an indefinite number of annual mission trips. While the church will continue to respond to disasters or other issues that may arise (i.e., Hurricane Katrina) we felt it was necessary to begin to invest in a community for the long term.

By focusing on a single community, we're better able to meet needs that require relationship building over time. Imagine how much more we can learn from a child after seeing them grow over the course of four years. What about the people faithfully running the soup kitchen?

We want the people and charities that we collaborate with to know they can count on us. This will allow them to plan their own calendars more efficiently, knowing that every summer there will be an influx of volunteers who have experience.

We could spend \$2,000/person going to Haiti to rebuild a home, or we could do nothing and send them a check. Having a conversation about what's best is always a healthy one. For now, we've decided that the church, including its youth, will continue to travel to faraway places when we feel called. But for many reasons, we feel compelled to let the people of San Diego know that we're going to be there for them. As a group representing Jesus Christ, we want people to know that they will not be forgotten come fall. We want to be able to say, "we'll see you again... and again and again."

Jeff
jeff@wpctiburon.org



*Sunday School
Coordinator
Cindy Lightfoot*

Summer Sundays

I hope you are all having a wonderful summer season!

Westminster has adopted a "Safe Church Policy" that we will begin implementing this fall. All of our Sunday School teachers and youth program volunteers will be trained in the policy and will undergo a background check. While "best practices" are already in place, this more formal program will continue to ensure the spiritual, emotional and physical safety of all our children and youth.

Our one-room Sunday School for preschoolers through 5th graders will continue throughout July and August. We will hear some great stories from the Hebrew Bible about people such as Queen Esther, Jeremiah and Jonah. We will also learn about Jesus' encounters with Mary, Martha, Zachaeus and Nicodemus.

As always, please feel free to contact me if you have any questions. **Cindy**
cblightfoot@sbcglobal.net

Safe Church Training Sunday, August 27

11:15 am, Fireside Room

If you are planning to work with our children or youth in the upcoming year, please plan to attend this important training. We will share insights and wisdom about caring for the well-being of our young people. See Jeff with questions.

Seafarer's Ministry

International Maritime Center,
Port of Oakland

Lynn Chittick (pg.3) invites you to:
"Sea Sunday" Worship Service
July 9, 4 pm, ice cream social follows

Free Boat Tour

Friday, July 14, 5 pm

Tickets from <https://www.eventbrite.com/e/port-of-oakland-harbor-tour-july-14-tickets-32867544711>

See www.imcbayarea.org for info.

Westminster Woods Through July 29

Children/youth entering grades 2-12 in the fall are invited to 2017 summer camp at the Presbyterian affiliated Westminster Woods.

See westminsterwoods.org for more information and to register.

Habitat for Humanity

Park Beautification Project

July 15, 9 am - noon, Bayview, SF
Help pull weeds, spread mulch, etc.
Then enjoy lunch and gospel music.

Novato Move-In Celebration

July 29, 10 am, 1112 4th, Novato

Join ten families celebrating their beautiful new homes that WPC helped build, the first ever in Marin. All are welcome, past worker or not.
Contact lizarnold383@gmail.com or 415-306-2820 for info.

A Local Pilgrimage

Saturday, August 19, SF

Pre-meeting Sunday, August 13
9:30 am, Fireside

Join us for a local pilgrimage that includes time for quiet reflection, partner conversations, group sharing, and a full day of walking. We will reflect on gratitude and hope in our lives as we walk 12-15 miles from Lands End, across the Golden Gate Bridge, and finish at Rodeo Beach. We'll use metaphors of natural and built environments to guide our gratitude for people and places in our lives.

A pre-meeting will be held from 9:30-10 am on August 13 to discuss logistics: transportation, what to bring (food, clothing, water), and how to prepare for a pilgrimage.

Questions? Contact Polly Chandler, paulinesarachandler@gmail.com.

Ingathering Brunch Sunday, September 10

11 am, Patio and Findlay Hall

Join us as we celebrate the start of a new year of church activities. Brunch fare, fruit, coffee and juice will be provided. Please bring your favorite family dish to serve 8-12 or make a donation to help cover costs. A receiving station near the kitchen will accept dishes after 8 am. Family, friends and visitors are welcome. No RSVP necessary.

Contact Laura Hill at 415-381-1726 or Lrhgoldco@comcast.net with questions.

Pedal for Protein

Saturday, September 23, Sonoma
September 18-23, All Presbytery

Join a one-day or six-day Presbytery sponsored bike ride to raise funds for Northern California food banks and international hunger projects.

To register/create fundraising page, go to: <http://www.imathlete.com/events/EventOverview.aspx?fEID=65053>. Minimum is \$500.

Info: WPC team leader Jeff Slavitz at slavitz@comcast.net or Trigg McLeod at findtrigg@gmail.com.

ONGOING EVENTS

Tiburon Thrift Shop

Mondays, July 3-31 & August 7-28

Saturday, July 1 & August 5

10 am-1 pm or 1-4 pm

96 Lower Ark Row, Tiburon

TTS profits fund Women of Westminster mission projects. Two volunteers are needed at the dates and times above to help sell items donated to the barrel in the old narthex.

Contact Chris Holly at 415-215-2057 or echolly2@msn.com.

WPC Prayer Group

Mondays, July 3, 17 & 31 and
August 7 & 21, 6:30-8 pm, Library

Our prayer group meets to pray for any requests put in the WPC prayer box. Those who come in person for healing prayer may experience laying on of hands, if desired. For questions or to come and pray with us, please call Elke Paul at 415-302-2512.

Men's Connection

Fridays, July 7-28 & August 4-25
6:30 am, Fireside Room

Join our popular men's group for early morning breakfast and discussion.

Wednesday Adult Class Schedule

Wednesdays, 9:30 am, Fireside
No class July 5 & 12

The Book of Revelation

July 19 & 26 and August 2

Jeff Shankle will facilitate a three-week class series on this very interesting and often misunderstood text.

If You Really Knew Me

August 9 & 16

What parts of your journey that have been most important to your faith formation? What stands out in your life as spirit-filled moments? Eric Sinrod will lead this time of faith sharing and exploration.

Praying the Psalms

August 23 & 30 and September 6

How might the Psalms guide us in our prayers? What might we learn from the Psalmist about different types of prayer? Facilitated by Bethany Nelson.

Council of Dads

Thursdays, July 26 & August 24
6:00 am, Fireside Room

Our group meets the fourth Thursday of the month for a light supper and discussion of issues facing dads of all ages. For info, contact Peter Sayers at psayers66@gmail.com.

July 2017

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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
25 8:30 Worship 8:30 Faith Cafe 10:00 Worship 10:00 Youth Classes	26 10:00 & 1:00 Volunteers at Thrift Shop	27 6:30 Women Connecting	28 9:30 Adult Class	29 10:00 Interfaith Retreat 12:00 Hot Lunch	30 6:30 Men's Connection	1 10:00 & 1:00 Volunteers at Thrift Shop
2 <i>Communion Sunday, Food Barrel</i> 8:30 Worship 10:00 Worship 10:00 Youth Classes 1:00 Redwoods	3 10:00 & 1:00 Volunteers at Thrift Shop 6:30 Prayer Group	4	5	6 12:00 Hot Lunch	7 6:30 Men's Connection	8
9 8:30 Worship 10:00 Worship 10:00 Youth Classes 4:00 Seafarers "Sea Sunday"	10 10:00 & 1:00 Volunteers at Thrift Shop	11	12	13 12:00 Hot Lunch	14 6:30 Men's Connection 5:00 Seafarers Boat Tour	15 9:00 Habitat for Humanity Park Project
16 <i>Birthday Blessing</i> 8:30 Worship 10:00 Worship 10:00 Youth Classes	17 10:00 & 1:00 Volunteers at Thrift Shop 6:30 Prayer Group	18	19 9:30 Adult Class	20 12:00 Hot Lunch	21 6:30 Men's Connection	22
23 8:30 Worship 10:00 Worship 10:00 Youth Classes	24 10:00 & 1:00 Volunteers at Thrift Shop	25	26 9:30 Adult Class	27 12:00 Hot Lunch 6:00 Council of Dads	28 6:30 Men's Connection	29 10:00 Habitat for Humanity Move In Celebration
30 8:30 Worship 10:00 Worship 10:00 Youth Classes	31 10:00 & 1:00 Volunteers at Thrift Shop 6:30 Prayer Group	August 1	2 9:30 Adult Class	3 12:00 Hot Lunch	4 6:30 Men's Connection	5 10:00 & 1:00 Volunteers at Thrift Shop

August 2017

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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
July 30 8:30 Worship 10:00 Worship 10:00 Youth Classes	31 10:00 & 1:00 Volunteers at Thrift Shop	1 6:00 Grounding Our Faith 7:00 Commissions	2 9:30 Adult Class	3 12:00 Hot Lunch	4 6:30 Men's Connection	5 10:00 & 1:00 Volunteers at Thrift Shop
6 <i>Communion Sunday, Food Barrel</i> 8:30 Worship 10:00 Worship 10:00 Youth Classes 11:15 Pedal for Protein table 1:00 Redwoods	7 10:00 & 1:00 Volunteers at Thrift Shop 6:30 Prayer Group	8 7:00 Deacons	9 9:30 Adult Class	10 12:00 Hot Lunch	11 6:30 Men's Connection	12
13 8:30 Worship 9:30 Pilgrimage Pre-Meeting 10:00 Worship 10:00 Youth Classes 11:00 RuthE. & Clark Reception	14 10:00 & 1:00 Volunteers at Thrift Shop	15 6:10 Meditation on Sacred Texts 7:00 Session	16 9:30 Adult Class	17 12:00 Hot Lunch	18 6:30 Men's Connection	19 San Francisco Pilgrimage
20 <i>Birthday Blessing</i> 8:30 Worship 10:00 Worship 10:00 Youth Classes	21 10:00 & 1:00 Volunteers at Thrift Shop 6:30 Prayer Group	22 	23 9:30 Adult Class	24 12:00 Hot Lunch 6:00 Council of Dads	25 6:30 Men's Connection	26
27 8:30 Worship 10:00 Worship 10:00 Youth Classes 11:15 Safe Church Training	28 10:00 & 1:00 Volunteers at Thrift Shop	29 	30 9:30 Adult Class	31 12:00 Hot Lunch	September 1 6:30 Men's Connection	2
3 <i>Communion Sunday, Food Barrel</i> 8:30 Worship 10:00 Worship 10:00 Youth Classes 1:00 Redwoods	4 10:00 & 1:00 Volunteers at Thrift Shop 6:30 Prayer Group	5 6:00 Grounding Our Faith 7:00 Commissions	6 9:30 Adult Class	7 12:00 Hot Lunch	8 6:30 Men's Connection	9
10 11:15 In-Gathering						

Westminster Presbyterian Church
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 415.383.5272

Your Westminster Church Family

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 Katharine Herbert
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 Jonathan Perdue
 Michelle Tripp
 Martha Vujovich

Class of 2020
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 Garrison
 Bill McLeod
 Evelyn Sayers
 Sharon Terrill
 Walt Traver

Susan Berkhout,
 Clerk

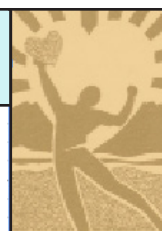
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Deacons

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 Lucy Carrico
 Michael Hatfield
 Kelly Lavik
 Janet Raiche

Class of 2019
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 Judy Friede
 Andy Johnson
 Anita Lowe
 Peter Sayers

Class of 2020
 I-Joen Beer
 Bruce Nelson
 Diane Newman
 John Trotter
 Sandra Yacopucci



zephyrs

Editorial Board Forming

With WPC's website launched, we plan to transition *Zephyrs* to a quarterly publication and are looking for people with interest in writing, editing and creating newsletters to serve as an Editorial Board. If interested, please contact Bethany Nelson at bethany@wpctiburon.org.

Thank You and Adieu

Having served as *Zephyrs* Editor since approximately 1995, I now leave this post with a sense of fulfillment and gratitude for the opportunity to provide a means of expression and source of news for staff, leaders and members. May this effort to inform and involve continue into the future.

Blessings to all,
Mari Robinson