



Presbeat



First Presbyterian Church of Ukiah, CA
514 West Church Street; Ukiah CA 95482
Office hours Mon-Thurs, 9am-1pm ~ 707.468.9235
Pastor David Rodriguez davidbrodriguez@yahoo.com
Alexis Moore, Director Youth/Families alexis@fpcukiah.org
Denise Beckler, Office Manager/Music Director, denise@fpcukiah.org
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*Seek the peace and prosperity of the city to which I have carried you into exile.
Pray to the Lord for it, because if it prospers, you too will prosper.*
~ Jeremiah 29:7

In 568 B.C., the Kingdom of Babylon destroyed Jerusalem and carried God's people away to live in exile in the city of Babylon. This all happened because God had pronounced judgment on His people for having turned from Him to worship idols instead. The people lived in exile for 70 years. Finally, in 516 B.C., the Temple in Jerusalem was rebuilt and God's people were able to enjoy His presence in their home once again.

While they were in captivity, the people mourned the loss of their home. Their words of anguish are recorded for us in Psalm 137:1-4:

*By the waters of Babylon we sat down and wept
when we remembered Zion.*

*There on the poplars
we hung our harps,*

*For there our captors asked us for songs,
our tormentors demanded songs of joy;
they said, "Sing us one of the songs of Zion!"*

*How can we sing the songs of the Lord
while in a foreign land?*

And so, God directs the Prophet Jeremiah to tell the exiles to pray for the city of Babylon. Even though it is their place of exile, even though it is not their true home, even though they are just temporary aliens there, God wants them to pray for Babylon. The people are called to pray for the peace and prosperity of Babylon. And as God blesses this city, so too will they be blessed.

Later on, in 410 A.D., many of God's people were living in another city, Rome. The Goths had just sacked the city and the Pagans saw this assault as punishment for turning away from their idols, so they blamed the Christians for the situation. The Christians saw this situation as a sign of the apocalypse. In response to the anguish of Rome, Augustine offers his famous work, The City of God. In Book XIX Augustine writes:

Wherefore, as the life of the flesh is the soul, so the blessed life of man is God, of whom the sacred writings of the Hebrews say, "Blessed is the people whose God is the Lord." Miserable, therefore, is the people which is alienated from God. Yet even this people has a peace of its own which is not to be lightly esteemed, though, indeed, it shall not in the end enjoy it, because it makes no good use of it before the end. But it is our interest that it enjoys this peace meanwhile in this life; for as long as the two cities are commingled, we also enjoy the peace of Babylon. For from Babylon the people of God is so freed that it meanwhile sojourns in its company. And therefore, the apostle also admonished the Church to pray for kings and those in authority, assigning as the reason, "that we may live a quiet and tranquil life in all godliness and love." And the prophet Jeremiah, when predicting the captivity that was to befall the ancient people of God, and giving them the divine command to go obediently to Babylonia, and thus serve their God, counseled them also to pray for Babylonia, saying, "In the peace thereof shall ye have peace," - the temporal peace which the good and the wicked together enjoy.

This Fourth of July, we have the opportunity to reflect on how the Lord is calling us to live in this place. We do not yet live in our true home, the New Jerusalem of Heaven. We are just passing through this land, living as temporary aliens. However, we have a responsibility while we are here. God has also called us to pray for the peace and prosperity of our city, of our land.

Our earthly home faces difficult challenges such as crime, gangs, pandemic, war, homelessness, racism, and so on. Some may think they are cursed to live here. Some may even compose laments such as Psalm 137. However, God has placed us here to be a blessing to this place. God has called us here to pray for the peace and prosperity of this city; and not just for our own benefit, but for the benefit of all who live here.

Your Pastor, *David*



Happy Summer FPCU Families!

Although the quarantine continues to persist in various forms, that doesn't mean we are stopping our ministries here at First Pres Ukiah!

Our Youth kids have surprisingly been really enjoying our weekly **Wednesday 3-5pm Youth Group Zoom meetings**. Our rising 6th graders in particular are overjoyed to have a time each week when they can connect with friends and play some games! Our hope is that it won't be too long until we can be together again in person, but until then, we are so thankful for these gatherings that keep us connected.

Each week **Girl's Book Club** has also been meeting via Zoom to discuss our reading of *The Shack*. We have had so many good conversations together about faith and who we are in relationship to God. A super special, socially-distanced **Movie Night** was planned for the end of June, so that we could watch the film version of *The Shack*, and compare it to the book version. Although this night was different than our previous movie nights and featured mask-wearing and social-distancing, our kids were super excited to finally get to see each other in person again! Plus, this was a great night to see how responsible our kids can be when it comes to following County Health Guidelines, and what we will be able to safely do in Youth Group in the future.

While we wait to see what we will be able to do with our Youth and Family Ministries, we are still posting content for our young students every Sunday! You can check out a brand new Sunday School video each week on our **FPCU Youth and Family Ministries Youtube Channel**. Join me as we learn about a different Bible story each week together!

Thank you for your patience as we figure out the direction of our ministries in the coming months! Please prayerfully keep our youth, kids, families, and volunteers in mind as they grapple with what the summer months and coming school year will look like for all of us. Until we get more clarity, we will have to continue to keep being creative about our ministries and how to stay connected from afar!

Make sure to stay up to date by finding us on **Facebook** at "[FPCU Youth and Family Ministries](#)" and on Youtube by searching for "First Presbyterian Church of Ukiah". We also regularly update our Instagram account, @fpcuyouth. Thank you for your thoughts and prayers for our programs! For more information about Children and Family Programs, contact Alexis at 707-391-9460 or alexis@fpcukiah.org.



“In-Person Worship”

Since opening for ‘in-person’ worship, some questions have come up that others of you might like answers to. So here they are:

Q: How many people can attend at one time?

A: We are allowed up to 25% capacity in the sanctuary for worship... up to 75 people.

Q: Is there just one service?

A: Yes

Q: Do I need to sign up?

A: No, just come! We have ushers prepared to ensure safe distancing and safe exiting at the end of worship. Remember to wear your masks! (but if you do forget, we have some here for you.)

Q: Are we serving communion?

A: We will serve communion on the first Sunday of the month. We will offer the elements in individually wrapped containers.

Q: What about offering and Meet & Greet?

A: We will not do ‘Meet & Greet’ for now. Offering plates are available at the door as you come in or exit from worship. The plates will not be passed during Offertory time.

Q: Is there coffee hour?

A: Not at this time. Everyone is encouraged to exit the sanctuary after worship, through the front double doors. Please do not exit through the Fellowship Hall. If you would like to visit, you are asked to do so outside in the breezeway or on the lawn.

Q: How long do we plan to live-stream worship services?

A: We plan to continue indefinitely. Our services are enjoyed even by folks outside our Ukiah area! We are connecting with people across the globe. This is good news!





The Session has called for a special meeting of the congregation to be held on July 19, immediately following the worship service.

The purpose of the meeting is to amend the *First Presbyterian Church of Ukiah Bylaws* to add to the section **Meetings of the Church**:

3. The congregation may meet by electronic means if all active members have reasonable notice of the electronic meeting and the ability to discuss, deliberate, and discern the will of God and vote on business items. The quorum for such a meeting is the same as for other meetings of the congregation.

4. The session may meet by electronic means if all active elders have reasonable notice of the electronic meeting and the ability to discuss, deliberate, and discern the will of God and vote on business items. The quorum for such a meeting is the same as for other meetings of the session.

5. The Board of Deacons may meet by electronic means if all active deacons have reasonable notice of the electronic meeting and the ability to discuss, deliberate, and discern the will of God and vote on business items. The quorum for such a meeting is the same as for other meetings of the Board of Deacons.

We do need at least 15 members of the FPCU Congregation present in the sanctuary to have a quorum, so if you can attend worship that morning, or plan to be here immediately after worship it would be great! Hope to see you then!

Randy Huffman- Missions Elder



We have started the process of Returning to Church. Yes, we have begun, with the lessening of some of the Covid19 restrictions we react with hope looking forward to returning to our Church services in a week or so. Many have made it their mission to be a part of the planning to make this all happen. It won't be easy but it is doable, following the County Guidelines we have committed to meeting or exceeding the requirements for Safe Business practices.

We have, and I trust everyone has learned much through this time, so has our Church, we are all stronger today having learned new skills and even now have implemented another means of outreach in Video Church. This new program offers us a much larger footprint and even as our own congregation grows, we can broadcast into classrooms and other meeting areas.

I told you a few months ago that while we were not prepared, God was not surprised by the pandemic. His provisions have been poured out. Through the many generous gifts from our Church family our mission is being accomplished. I am again reminded of how "We can never out-give God." As we learn of God's intentions to meet our every need, continue to open your heart and trust in our incredible God, who's our Provider.

Philippians 4:19- *And my God will supply every need of yours according to his riches in glory in Jesus Christ.*

These last few weeks we don't have to look far to see a world in need. The destruction of lives and businesses along with livelihoods has been in the forefront of not only our news agencies, print media, internet blogs, but I think today it is on the hearts of most of us. When I think about all of this and try and figure it out for myself, I get a little down, then I change my thoughts and remember God is not surprised with this either. He has a plan, and someday I wish I knew what it was, how can good come from all of the negative behavior? I remember years ago I heard Billy Graham say, "where your down or feeling blue, it's the perfect time to think of 5 things you can do to make a difference." Yes, it is great medicine to think positive but it is even better to "Act Positive". Don't get caught up in the negative, it will take away your JOY. If we follow Billy Graham's advice, think of 5 ways you can reach out to others and lift their spirits.

Here's a start, fill in your own and have mission for the day or week.

1. Call someone who lives alone and share your hope of today.
2. How about if you are home with the kids have them write letters to the relatives.
3. Ask someone to go for a walk, get out in the clean air and breath in "life"

1 John 4:11- *Beloved if God so loved us, we also ought to love one another.*

It might surprise you but maybe you too will get a call, I know that will brighten your day.

Pedal for Protein 7 - Ride Details Announced

The 2020 P4P 6-day bicycle tour (7th annual) is set to run from September 21-26, 2020.



Enjoy the camaraderie of this boutique ride, limited to 30 riders. The ride starts in Occidental, CA. Riders will enjoy touring through the majestic redwoods, fertile valleys, farmlands and vineyards of Northern California. The 6-day ride is approximately 300 miles, or about 50 miles +/- per day. Registration for the 6-day ride will begin April 15, 2020, and includes a custom designed jersey, rider support on the road, accommodations and most meals. Sign up early to secure your spot, and to enjoy the early-bird discounts being offered.

[Sign up for the race](#)

Day 1 - Occidental (Westminster Woods) to Cloverdale: 44.2 miles, 2,103 ft elevation gain.

Day 2 - Cloverdale to St. Helena: 61.7 miles. 5,370 ft elevation gain

Day 3 - St Helena to Rockville: 48.6 miles, 3,950 ft elevation gain

Day 4 - Rockville, to Sonoma (St Andrews Church, Arnold Drive): 46.5 miles, 1,486 ft elevation gain

Day 5 - Sonoma (St. Andrew) to Occidental (Westminster Woods): 47.5 miles, 3,075 ft elevation gain

Day 6 - One-day fun ride: Choose from a 5, 15, or 45- mile loop ride from Knox Presbyterian Church in Santa Rosa on bike trails and rural roads of West Sonoma County.



Cents-Ability Reminder

Please don't forget we are having communion every 1st Sunday of the month and while a different way until we can be together again, you can send your Cents-Ability offering to the Church office. Remember all your money is used to help feed the hungry in our area. Thank you for helping with your prayers and donations



Update from Pastor John

They appreciate our prayers and they always keep us in their prayers.

As the government said that the children of Uganda will be required to stay at home and have school through television (internet?). Of course, most of the people in his area do not have access to computers. Through Alkare and the Alkare Moms, money was sent for Lesson books for the children. Pastor John and Ruthie (the head teacher) were able to travel through the village to meet with the children to help them begin their schooling at home. Things are still very difficult due to the limitation of travel and sheltering in place that have been set in place by the government, and the cost and availability of food continues to be a source of stress. Please pray for the situation shared, God is doing amazing things.

Dear Church Family, Yes, we are still a family even though we are not all meeting together. One great example is the support Warren and I have received from Deacons in the form of meals after I took a dive and broke 3 of my ribs. Not only was the loving support appreciated, we got the chance to taste different foods. All of which were delicious. So, thanks again Deacons and to all of you who provided the delicious and much appreciated dinners. *Wilma & Warren Pribyl*

Thank you Church Family for all the cards and prayer. Just 10 more months on meds to wholeness. In Christ's love, Ann Denham.





A special thanks for all you do...

ON the third Sunday in June, the celebration of Father's Day happens. Every year I look forward to one of Kim's delightful breakfasts, followed with a special conversation with our kids, but this year was made even more memorable with

something else. A special thank you card attached to a bag with some special treats from the ladies of the Church. Inside the bag were Brownies and boy were they great, savoring each bite, they reminded me of MOMs with soft centers and crusty chewy edges. I even saved one for the next day to have with the morning coffee and finding there was more than one type added to the pleasure, each one delectable.

Thanks again ladies for the surprise and the special gift, I am sure the other men feel the same. We are all blessed, Randy Huffman

WHAT'S IN A LIGHT FIXTURE?

Roe Sandelin, Christian Education Elder

Have you ever taken a close look at the hanging lights in our church sanctuary? As a lifetime member of the Buildings & Grounds Committee (*once you get "ON", you never get "OFF"*) I have changed out many bulbs in those fixtures.



As someone who has done quite a bit of building maintenance work over the years, I tend to notice how things are made. **These fixtures were custom made for our sanctuary.** They include old growth vertical grain fir wood ribs that are stained a dark walnut color, white acrylic plastic panels, heavy duty porcelain lamp holders and a hand-crafted sheet metal support frame. Inside, there are seven lamp holders arranged in three separately wired/switched tiers. The fixtures are a perfect fit with the aesthetics of our sanctuary.

The way the components were put together required a lot of attention to detail. The use of a number of different kinds of mechanical fasteners (screws, nails, clamps, bendable metal tabs and spot welds), required careful work and many hours of time for each fixture. The finished product is really quite special.

Okay, about now you might be saying to yourselves: "Where is the writer going with this story" -or- "This article is boring", -or- "I don't really care about the details as long as the light works".

The rest of the story...

Our sanctuary building was constructed in 1964-ish. The fixtures initially used incandescent bulbs, then CFL bulbs, and now LED bulbs. During the recent change out to the LED bulbs I was telling Wilma Pribyl how I

thought the fixtures were special, quite well made and hand crafted. I know *Wilma (another Buildings & Grounds Committee forever-member)* has an appreciation for such things. At that point (*and to my amazement!*) she informed me the fixtures were built for the sanctuary by Reverend Travis Hiatt, our pastor at the time. Reverend Hiatt was dearly loved and served our congregation for many years. I have to think this Godly man did the very best to give God the best lights possible for His house of worship. In my view, he succeeded masterfully.

Now, you know the rest of the story!

FINANCE SNAPSHOT

Just a reminder that even though we are not able to gather together physically and collect our offerings, you may still submit your offering and/or pledge commitments to the church office via check or by going to our website <http://fpcukiah.org/giving/>.

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

As of May 31st, 2020		Total \$\$
Income	\$	101,158
Expenses	\$	116,899
Difference	\$	(15,741)
Balance in Checking Account		Total \$\$
Non-Designated Funds	\$	87,065
Designated Funds (detail below)	\$	95,486
Total Balance in Checking	\$	182,552
Balance in Savings		Total \$\$
CD's	\$	44,509
Mutual Funds	\$	26,844
Other Savings	\$	58,898
Total Balance in Savings	\$	130,251
Detail of Designated Funds in Checking Account		
Missions	\$	696
Missions Fundraiser	\$	6,001
Centsability	\$	36
One Great Hour of Sharing	\$	-
Shoes 4 You	\$	-
Pedals 4 Protein	\$	-
Pass-Through	\$	-
Per Capita	\$	127
Deacons	\$	1,006
Flowers	\$	-
Ramos Trust	\$	52,185
General Memorial	\$	30,025
Buildings & Grounds	\$	309
Compassionate Ministries	\$	2,484
Pastor Appreciation	\$	-
Adult Ministries	\$	3
Singalong	\$	-
Fellowship Meals	\$	-
Youth Activities	\$	-
Children's Activities	\$	166
Children's Playground	\$	2,389
Camperships	\$	60
Total	\$	95,486

Is anyone looking for wood and/or wood chips?

This was sent to the church. I (Denise) asked if the invitation could be extended to members of our congregation. I'm including this in the newsletter with his permission:

I'm a subcontractor for Pacific Gas and Electric and I'm leading a vegetation reduction project in the Ukiah area. We have wood and wood chips that are being created from our work that the property owners aren't interested in and I'm looking to donate it to help the community. The wood is mostly hardwoods i.e. Oaks and such, the chips can be used as mulch or ground cover. We will be able to deliver it to your church's location or with further discussion possibility at a different location.

We would be willing to donate the wood to individuals but we would need the location of the drop off ideally within a reasonable range along Hwy 253 or within either Ukiah or Booneville. This can be at the church's property or a member of the church's property. We don't have the ability to go much outside the work area due to time and materials on the project.

Thank you for replying and please advise if you do put it in your church's newsletter. Please contact me if you would be interested in any wood or chips.

Benjamin Hawken

Senior Consulting Utility Forester, Contracted to Pacific Gas and Electric

ACRT Pacific | 3443 Deer Park Drive, Suite B, Stockton, CA 95219

C 3309586677 | E bhawken@acrtinc.com | W pacific.acrt.com



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>

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!

- | | | |
|---------------------------|-----------------------------|-----------------------|
| 7/2 Kelsey Ingalls | 7/21 Ethan Haselswerdt (10) | 7/25 Dave Holland |
| 7/6 Ruth Gomez (age 2) | 7/22 Jaunita Coddington | 7/26 Diego Manzo (12) |
| 7/8 Randy Beckler | Bryce Kirchen | 7/30 Bob Schultz |
| 7/10 Meliah Singleton (8) | 7/24 Alan Grass | 7/31 Cherie Alton |
| 7/14 Perrine Kirchen | | |

JULY CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Office hours 9am to 1pm 1:30pm PW Bible Study (via Zoom) 3pm Youth Group 6pm Worship Team	2 Office hours 9am to 1pm 8:30am Women's Bible Study	3	4 
5 10am Worship http://fpcukiah.org/event/2020-03-29-sunday-worship-service-streaming-online/	6 Office closed for Independence Day Holiday	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) 3pm Youth Group 6pm Worship Team	9 Office hours 9am to 1pm 8:30am Women's Bible Study	10	11
12 10am Worship 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 1:30pm PW Bible Study (via Zoom) 3pm Youth Group 6pm Worship Team	16 Office hours 9am to 1pm 8:30am Women's Bible Study 6:00 session (Zoom)	17	18
19 10am Worship http://fpcukiah.org/event/2020-03-29-sunday-worship-service-streaming-online/ 11am Congregational Meeting	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) 3pm Youth Group 6pm Worship Team	23 Office hours 9am to 1pm 8:30am Women's Bible Study 5:30 Deacons (Zoom)	24	25
26 10am Worship 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 1:30pm PW Bible Study (via Zoom) 3pm Youth Group 6pm Worship Team	30 Office hours 9am to 1pm 8:30am Women's Bible Study	31	

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