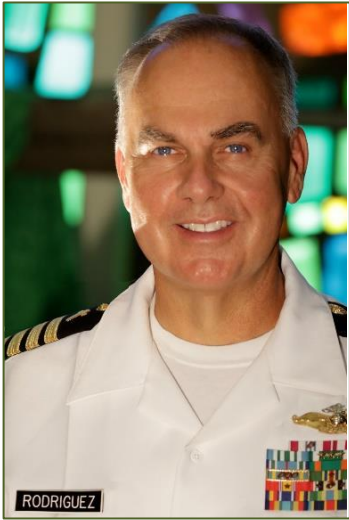




Presbeat



First Presbyterian Church of Ukiah, CA
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“FOLLOW JESUS”

These past few months have been hard. We’ve had to deal with the COVID restrictions, protests, riots, and a political campaign season. Where do we turn to find the strength and the guidance we need to keep going?

A familiar and beloved hymn points us in the right direction - “Turn Your Eyes Upon Jesus”.

*O soul are you weary and troubled?
No light in the darkness you see?
There's light for a look at the Savior
And life more abundant and free*

*Turn your eyes upon Jesus
Look full in His wonderful face
And the things of earth will grow strangely dim
In the light of His glory and grace*

During this time when politicians, protesters, and even preachers are saying, “Turn to us and we will save you”, we need to remember what the Scriptures say about the Savior:

Looking unto Jesus the author and finisher of our faith; who for the joy that was set before Him endured the cross, despising the shame, and is set down at the right hand of the throne of God. Hebrews 12:2

Jesus is able to lead us out of COVID. Jesus is able to lead us out of racism. Jesus is able to lead us out of violence. Jesus is able to lead us out of anarchy and chaos. Just ask Him.

Turn your eyes upon Jesus and follow Him.

In Christ,

Pastor David

Happy August FPCU Families!



As the new school year approaches, I know it can seem daunting for many of our families especially during this time! But have no fear, FPCU is here to provide prayer, support, and programs for our kids even during this difficult season.

Each week throughout the summer, we have continued to hold our weekly Wednesday afternoon 3pm **Youth Group Zoom Meetings**. During these meetings, our kids have really enjoyed being able to check in with their friends, play games and be in community with one another. Although we are separated, we must thank God for the technology we have that has enabled us to maintain our connections throughout this period of time.

We have also been able to hold a number of **movie nights** so far this summer. Our county health regulations continue to change, so we have gone from indoor, socially-distanced movie nights in the sanctuary to outdoor movie nights on our front lawns. Thankfully our kids have been doing a great job at wearing their masks and distancing, so we are hoping to continue these movie nights throughout the summer!

Moving forward, we hope to incorporate more creative ways to safely gather in person or virtually. As our families know, county guidelines and ordinances are ever-changing, but we are doing our best to navigate them and maintain our vibrant ministries here at FPCUkiah.

Although it seems like there is plenty of change already on the horizon, I do want to mention that on Sunday, July 19th I announced that I will be leaving my position at FPCU come September. I have loved serving at FPCU the past 2 years but God is now leading me elsewhere! I will be giving more information on my plans, what God has been doing in my life and what is coming when I preach on August 9th. Please come to our **outdoor service** if you are able, or gather with us via our weekly Sunday morning **Youtube livestream**.

Thank you for your continued dedication to our FPCU Youth and Family Ministries. Please keep us and our families in prayers as we enter into the Fall and continue to check back for updates about our programs and ministries. Remember, each week you can find a brand-new Sunday School video up on our **Youth and Family Ministries Youtube Channel**. Join me as we learn about a different Bible story each week together!

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.

PERSONNEL ~ Jerry Garcia, Elder

Greetings to all, a new day presents itself with challenges and hope for a brighter day. With this in mind and the announcement by Alexis of her pending departure from FPCUkiah we offer her love and hope in her pursuit of a life fulfilling career. We give her thanks and praise for a job well done. We have been blessed by her devotion and witnessing of our Lord Jesus Christ and our church family will surely miss her.

Help wanted!! Wanted: Director of Youth and Family Ministry, announcement and qualifications to be presented soon on our FPCUkiah web page. Please pray for a quick turnaround for a talented person to lead our youth and family ministry.

So, the new day has dawned, think bright and beautiful thoughts and always remember who your Shepherd is 😊.

THANK YOU to those who have continued to donate beans, peanut butter and vitamins to the Caritas Orphans in Djibouti. Our help is deeply appreciated by the children and staff of the orphanage.

We will be sending another shipment soon. If you wish to donate items, please do so with these restrictions:

- Vitamins – PECTIN based only! Someone donated Gelatin based vitamins recently, we cannot send those. They arrive in Africa as one melted lump, so they are unable use them. Check the nutrition label for ingredients prior to purchasing vitamins. (Hint: Costco carries “Smartypants” ... those are great!)
- Beans: It’s preferable to not donate in “bulk”. A 20# bag fits perfectly and stays contained upon opening the box.
- Alternatively, you might consider making a monetary donation to Caritas and let us do the purchasing for you.



Psalm 127:3 *“Children are a gift from the Lord; they are a reward from him.”*



Operation Christmas Child

Operation Christmas Child national collection week begins in November before Thanksgiving. Maybe now when you have time, because you are home a lot, you can make a gift or collect things when it is safe to go out and shop. It might be a time to start looking for those summer bargains for T-shirts, flip-flops and the like, then back to school specials for pencils, paper, crayons, etc. And don't forget a WOW gift of a toy, stuffed animal, soccer ball with pump. Or you can start making crocheted purses, scarves, dresses, wash cloths, etc. Below is a link to the official Samaritan's Purse website on how to pack a shoe box.

**Please no candy, toothpaste, used or damaged items,
war-related toys, breakables, food or liquids.**

More information will be coming in October and November newsletters. Shoeboxes will be available at the church. Please bring your filled shoe box during National Collection Week (to be announced in the near future). Thank you for continuing to support this world wide ministry.

We pray this virus will be eradicated and we can return to normal practices in the Fall.
Keep praying: <http://www.samaritanspurse.org/operation-christmas-child/pack-a-shoe-box/>

RECYCLING REVELATIONS

Roe Sandelin, Christian Education Elder



This article will focus on **fluorescent light tubes/bulbs**. When we think of fluorescent tubes, what often comes to mind are the four-foot and eight-foot tubes we see in kitchen lights, hallways, and retail stores. There are also those coiled tubes (compact fluorescent lights or CFL's) we use in place of traditional incandescent bulbs for better energy efficiency.

DISPOSING of these kinds of tubes requires special care because the tubes contain a very small amount of mercury. Mercury is extremely toxic to humans and animals. These glass tubes need to be handled very carefully to avoid being broken and to prevent the spillage of mercury.

DO NOT PUT THESE TUBES IN THE TRASH, EVER!

The Mendocino Solid Waste Management Authority (MSWA) has regularly scheduled days where you can drop off these items, free of charge.

<https://mendorecycle.org/uploads/a76e79b6-4641-4e16-905e-fba5e3accecb.pdf>

Recently, our church replaced many of its fluorescent lights with LED type lighting. We now have many CFL bulbs available for your use at home, FREE! Simply let me know how many you need and I will deliver them to you. CFL bulbs use only about 23 watts of power compared to the traditional 100 watt incandescent bulb.



Song Story... *“Joyful Joyful We Adore Thee”, c1907*

The author of this hymn, Henry Jackson van Dyke, was a pastor of the Brick Presbyterian Church in New York City. He later became professor of English literature at Princeton, and author of a number of books, including *“The Other Wise Man”*.

In 1907 Henry van Dyke was invited to preach at Williams College in Massachusetts. At breakfast one morning, he handed the college president a piece of paper, saying, “Here is a hymn for you. Your mountains (the Berkshires) were my inspiration, it must be sung to the music of Beethoven’s *“Hymn of Joy”*.”

When he was later asked about the hymn, van Dyke replied: “These verses are simple expressions of common Christian feelings and desires in this present time – hymns of today that may be sung together by people who know of the thought of the age, and are not afraid that any truth of science will destroy religion, or any revolution on earth overthrow the kingdom of heaven. Therefore this is a hymn of trust and joy and hope.

The musical score is written in G major, 4/4 time, and consists of 23 measures. The lyrics are as follows:

1 Joy - ful, joy - ful, we a - dore Thee God of glo - ry,
 2 All Thy works with joy sur - round Thee, Earth and heaven re -
 3 Thou art giv - ing and for - giv - ing, Ev - er bless - ing,
 4 Mor - tal, join the hap - py cho - rus Which the morn - ing
 5 Lead of love; Hearts un - fold like flow'rs be - fore Thee,
 6 fect Thy rays, Stars and an - gels sing a - round Thee,
 7 ce - er blest, Well - spring of the joy of liv - ing,
 8 stars be - gan, Fa - ther love is reign - ing o'er us,
 9 O - p'ning to the sun a - bove, Melt the clouds of
 10 Cen - ter of un - bro - ken praise, Field and for - est,
 11 O - cean depth of hap - py rest! Thou our Fa - ther
 12 Broth - er love binds man to man, Ev - er sing - ing,
 13 sin and sad - ness, Drive the dack of doubt a - way,
 14 vale and moun - tain, Flow - ery mead - ow, flash - ing sea,
 15 Christ, our Broth - er, All who live in love are Thine,
 16 march we on - ward, Vic - tors in the midst of strife,
 17 Giv - er of im - mor - tal glad - ness, Fill us with the light of day,
 18 Chant - ing bird and flow - ing foun - tain, Call us to re - joice in Thee,
 19 Teach us how to love each oth - er, Lift us to the joy di - vine,
 20 Joy - ful mu - sic leads us sun - ward In the tri - umph song of life.

Our Café has a new look!

Thank you to **Randy & Zach Beckler** and **Dean Vickers** for refinishing the beautiful wood table, scraping and painting the walls, and adding sound dampening panels to make our Café a welcoming and comfortable place to gather.

*And 'thank you' too,
to the 'Secret Angel'
who helped fund work.*



Dear Praying Friends,

I just left our World Relief Staff Meeting. Which means, I joined the group on Zoom earlier this morning and I've just hit the red 'Leave Meeting' button. I've always worked this way with my ReachGlobal international teams – but it still feels weird when my team is here in Spokane.

Our topic today? How are we helping the Spokane community to flourish? Praise God with me over this list . . .

- 150 food boxes will go out this weekend to immigrant communities, all including masks sewn by former refugees who now live in Spokane
- We've given away 15 Educational Care Packages: books, art supplies and outdoor games to help families while their kids are out of school
- Our employment staff has helped 55 immigrants FIND new jobs since the COVID shutdowns began! Isn't that amazing, when unemployment in our country is at its highest?
- Our Immigration and Legal Services staff is providing free consultations for Dreamers, working young adults who arrived in the US as children and for whom there is still no clear path to citizenship
- Immigrant high school graduates are empowered by sharing their stories and their future plans on social media
- We're helping immigrant church congregations find creative, healthy ways to stay connected while social distancing



Beyond the work of the World Relief staff, former refugees are . . .

- Helping one another cope with the pandemic by providing food and friendship to newer arrivals
- Grateful for help with unemployment claims and, in return, giving back financially to help others
- Cooking at a new restaurant concept – [Feast World Kitchen](#) – where immigrant chefs take over the restaurant, one cuisine at a time, to serve up pre-ordered takeout

Please take a few minutes to thank God that even in discouraging times, He still uses us to help our communities to flourish.

With joy,
Peggy

*Peggy Arendt Pyle
Missionary with EFCA ReachGlobal serving as
Training Coordinator at World Relief Spokane*

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!

8/1 Patti Longstreth
 8/2 Myrinda Head
 8/3 Martha Vega
 8/4 Mary Vickers
 8/5 Benjamin Aguilar
 8/7 Ron Tysseling

8/8 Donne Ingalls
 8/8 Eduardo Vega
 8/9 Jerry Garcia
 8/11 Maggie Singleton
 8/12 Nancy Gilmore

8/18 Barbara McLean
 8/23 Austin Haselswerdt
 8/26 Randy Huffman
 8/29 Debbie Holland
 8/31 Linda Logan

AUGUST CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 10am Worship Communion http://fpcukiah.org/event/2020-03-29-sunday-worship-service-streaming-online/	3 Office hours 9am to 1pm	4 7am Men's Bible Study (via Zoom) Office hours 9am to 1pm	5 Office hours 9am to 1pm 1:30pm PW Bible Study (via Zoom) 3pm Youth Group 6pm Worship Team	6 Office hours 9am to 1pm 8:30am Women's Bible Study	7	8
9 10am Worship http://fpcukiah.org/event/2020-03-29-sunday-worship-service-streaming-online/	10 Office hours 9am to 1pm	11 7am Men's Bible Study (via Zoom) Office hours 9am to 1pm	12 Office hours 9am to 1pm 1:30pm PW Bible Study (via Zoom) 3pm Youth Group 6pm Worship Team	13 Office hours 9am to 1pm 8:30am Women's Bible Study	14	15
16 10am Worship http://fpcukiah.org/event/2020-03-29-sunday-worship-service-streaming-online/	17 Office hours 9am to 1pm	18 7am Men's Bible Study (via Zoom) Office hours 9am to 1pm	19 Office hours 9am to 1pm 1:30pm PW Bible Study (via Zoom) 3pm Youth Group 6pm Worship Team	20 Office hours 9am to 1pm 8:30am Women's Bible Study 6:00 session (Zoom)	21	22
23 10am Worship http://fpcukiah.org/event/2020-03-29-sunday-worship-service-streaming-online/	24 Office hours 9am to 1pm	25 7am Men's Bible Study (via Zoom) Office hours 9am to 1pm	26 Office hours 9am to 1pm 1:30pm PW Bible Study (via Zoom) 3pm Youth Group 6pm Worship Team	27 Office hours 9am to 1pm 8:30am Women's Bible Study 5:30 Deacons (Zoom)	28	29
30 10am Worship http://fpcukiah.org/event/2020-03-29-sunday-worship-service-streaming-online/	31 Office hours 9am to 1pm					

Our Calendar is also available online @ fpcukiah.org/resources/events-and-calendar/calendar/