



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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We are Witnesses of the Resurrection



In Acts 1:8, Jesus said: *“you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”*

Here, Jesus is calling us to *go* and be His witnesses. But right now, our county is telling us to *stay*. So how can we be witnesses of Jesus’s Resurrection in Ukiah as we’re sheltering in place?

To begin with we received the power of the Holy Spirit to be witnesses of the Resurrection when we came to know Jesus as our Lord and Savior. When we asked Jesus to come and live in our hearts, He sent the Holy Spirit to live within us. The Holy Spirit gives us the ability, the courage, and the wisdom we need in order to let others know that Jesus really is alive. Jesus is just as alive within us through His Holy Spirit as He is in heaven. The same Jesus who showed Himself alive for 40 days to people in different places and in different circumstances, and the same Jesus

who is alive in heaven, is living within us.

The Holy Spirit is enabling folks in our congregation to be witnesses of Jesus’s Resurrection in a variety of ways. Some people in our church have been talking to me about the stimulus checks that they have just received from the government. They said, “We don’t really need our checks are there some families that need financial help?” Why would they do that? Because Jesus is alive in their lives.

Two weeks ago, some of the guys in the congregation made dozens of cookies for Mother’s Day. When we gave them out to women who drove up to the church one of them said, “You just made my day. I can’t be with my children today and it’s been really hard on me. Thank you for doing this.” Another woman said, “My mother died last week and I’m on the way to the cemetery to put flowers on her grave. Thank you for these cookies. They really mean a lot right now.” We had no idea that our cookies would have an impact like that. But Jesus did

I have called people on the phone to pray with them before they have surgery and they are telling me, “I have had so many people in the congregation calling me up to pray for me. God bless our church.” Those people are being healed by Jesus because He is alive.

People in our congregation are also becoming experts with Zoom technology just so that they can provide tech support to others who are struggling to connect with our Bible studies and with their friends and families. In fact, we have more people in their 70's and 80's providing tech support than in all of the call centers in all of India combined. When a teenager sees his grandmother providing tech support, he knows it is some kind of miracle. Jesus really is alive.

In all of these situations, people are showing that Jesus is alive by what they are saying and by what they are doing. The Holy Spirit is enabling us to experience the reality of the Resurrection and bear witness to it right now, right where we are. We are able to bear witness to the Resurrection when people are grieving, when people are feeling isolated, when we're caring for others, and when we're making sacrifices in order to provide for the needs of others.

And then one day, the shelter in place restrictions will be lifted and we will no longer have to *stay*. We will be able to *go*. Soon we will be able to go and take the Good News that Jesus is alive to the regions around us and even to the ends of the earth. Just like the others who brought this life changing news of the Resurrection to *us* when Jesus called *them* to go.

In Christ, *Pastor David*



Happy June FPCU Families!

Summer already!?! Where in the world did this semester go!?!

I hope you all have been doing well and are getting excited for the summertime! This month at FPCU we have been busy with our regularly scheduled activities. **Youth Group** has been meeting every Wednesday from 3 to 5pm via Zoom, an app for video calling. We made the exciting decision to invite 5th graders (now rising 6th graders) to our weekly meetings and so far they have been loving it! I can't wait until we can gather again with our new set of 6th graders, and show them how awesome Youth Group is in person!

Last month, we started up **Girl's Book Club** again! It had been almost a year since we started our last book (Redeeming Love) last summer. This year, we are reading "*The Shack*" together. The girls have reported that they love the book, but it is a tearjerker! We are having a great time at our weekly Sunday afternoon discussions, every week at 2pm on Zoom.

Every Sunday I have also been posting a brand new Sunday School video on our **FPCU Youth and Family Ministries YouTube Channel!** Lately I have been reading stories from the Read Aloud Bible Stories book. So far, we have talked about God's Creation, Noah's Ark, and Manna from Heaven. Join me each week as we learn about a different Bible Story together!

A sad announcement to our FPCU families and communities is that we will not be holding **Vacation Bible School** this summer. Although this is a bummer, we are hopeful about the possibility of holding VBS

later in the year, possibly around Thanksgiving or Christmas. Stay tuned for updates about this beloved ministry!

Make sure to stay up to date 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.

HEY, IT'S GOOD TO BE BACK HOME AGAIN...

Roe Sandelin, Elder of Christian Education

On Sunday, May 24, I had the opportunity to attend worship in our sanctuary. Mendocino County Public Health guidelines had recently been changed and as many as 12 persons could be in attendance, as long as social distancing and wearing of face masks were in place. As I sat quietly in the sanctuary, I thought to myself, "I really have missed being able to attend regular Sunday worship. It feels really good to be back in church." The lyrics of John Denver came to mind: "Sometimes this old farm feels like a long-lost friend. Yes, and hey, it's good to be back home again." I really did feel good being back home.

Of course, we know God will never leave us. In Joshua 1:5 God tells the Israelites, "As I was with Moses, so I will be with you; I will never leave you nor forsake you." The same is true for us. This means God is present wherever we are, at home, on the street, in worship at church. Still, church is a good place to get centered, draw close to God, and remove outside distractions.

Now I'm at church, enjoying worship. I can see all the camera stuff; the cables, the power cords, the stage lighting gear. It's like looking at a movie set where you get to see everything the viewing audience doesn't. Fascinating. Interesting. So, this is the technology that goes into live-streaming our worship.

Then, IT HAPPENS! Word comes to Pastor David via text message the live stream audio has stopped! What? No audio! It was just working a moment ago. Now I hear the words "We have to stop the worship service; the sound isn't getting through!" People in charge of sound go into action tracking down the problem, looking for a quick fix. Few words are exchanged, but facial expressions say plenty. Not good. We gotta fix this quick! I can see the wheels turning in their heads. Daniel, Pastor David's son, moves quickly to the sound booth, removes some kind of gizmo, makes some connections in different ways and...YES, we have sound again. We are good to go! The audio failure, once realized, took only a minute or two to correct. The show can go on! I am amazed at what I just saw! God is with us!!

REMEMBRANCE, PRAYER, AND COMMITMENT: CELEBRATING TRANSFORMATION

~ Dory Haselswerdt, Worship Elder



Transformation of the churches has recently been a topic referring to the generational changes of memberships and activity in local or national church programs. However, bigger transformations of the churches have been an eternal constant, in regards to our worldwide membership and church programs. For example, when Peter was growing the early Christian church, he saw the opportunities of ministry open up, with the inclusion of people from other cultures.

Fast forward to the present time, where we gladly send Americans to serve in other countries as missionaries, because we want others to share our experiences of a loving relationship with Jesus. Why, then, when those people come to us, do we refuse them? They are refugees. They are looking for a safe place to raise their families, just like us. When we welcome them, we are able to show them a little of what it means to have faith in God's plan for us, and we are able to disciple, with the lessons taught to us by Jesus, and the power given to us by the Holy Spirit.

So, what does "power" mean? We believe the Holy Spirit helps us discern God's will on earth. We are offered the power of guidance, the power to open our arms in welcome, the power to choose. The visual imagery of opening one's arms in welcome demonstrates such vulnerability to be physically harmed, it's no wonder the idea incites fear of emotional harm, as well. So, we are granted the free will to choose vulnerability or choose to close ourselves off.

The guidance we are offered - that's the really tricky part. We are so inundated with thoughts and feelings, we don't always know if we are choosing God's will. If something bad happens as a result of choosing to be vulnerable, does that mean we chose wrong, or does it simply mean we don't know what God's plan is? Pastor Rodriguez gave a sermon series about discerning the will of God, and one point I recall is that you can look to the Bible to help you sort out your thoughts and feelings in comparison or contrast to the scripture.

Once I started researching this topic in the Bible, I decided it would be too overwhelming to quote or reference all of the times God spoke in the Old Testament, or Jesus in the New Testament, appealing to our empathy toward refugees as a way to demonstrate our commitment as followers of the Holy Trinity. Instead, I would like to share this excerpt from PCUSA, drawing attention to World Refugee Day, on June 20th, and our Presbyterian role as the healing and nurturing hands and hearts of Jesus.

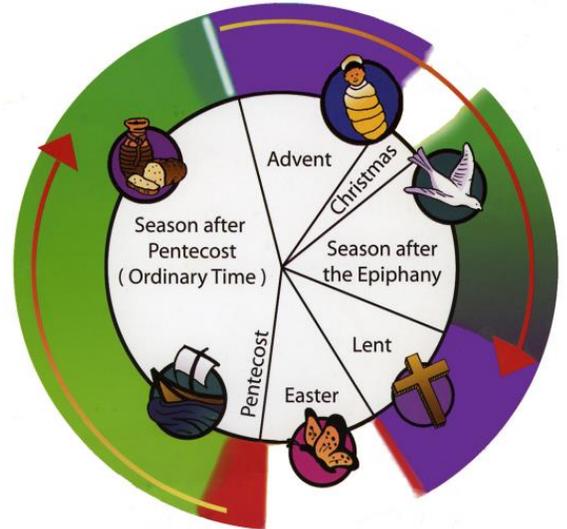
"Refugee outreach and advocacy is in the DNA of Presbyterians. We profess a faith in Christ whose family fled to Egypt with him as a newborn to protect him from being killed by Herod. We follow a theology influenced by John Calvin, a man who was exiled from Geneva for following his faith and who later ministered to refugees in both Germany and Switzerland." - Rev. Parsons, 2015

As we worship this month, no matter where we are, let us give thanks to the Lord for all of the welcoming arms that brought us to our loving church community. Let us give thanks for all of the ways we have been transformed by the Holy Spirit, through our relationships with people who were once strangers to us. Let us give thanks for the comfort we find in faith, and let us ask Jesus to help us be braver in sharing it with others.

For further reading about my references to Peter and the transformation of the church, please go to <https://www.presbyterianmission.org/wp-content/uploads/4-encounter-with-new-neighbors-1999.pdf> Or type "Transformation Of Churches And Society Through Encounters With New Neighbors."

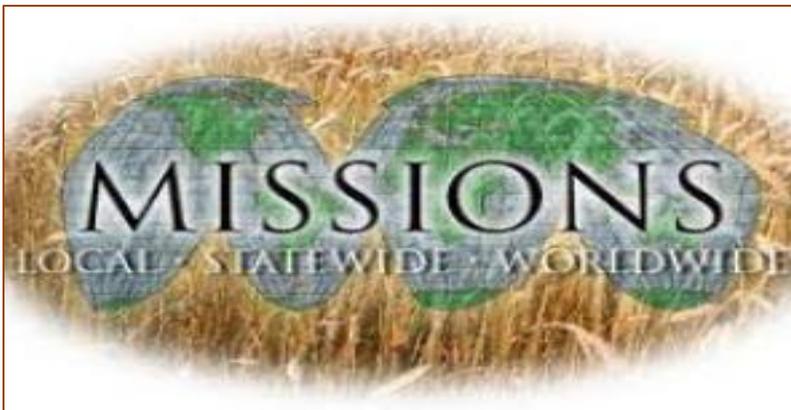
For the next several months, the cross will be draped in green to represent Ordinary Time. “Ordinary” time? When I heard this, I was pretty disappointed in the creativity of those naming the liturgical calendar. Happily, I discovered it referred to the ordinal numbers used to count off the weeks leading to Advent, not implying the time was plain, or unremarkable.

The season begins with Trinity Sunday, and gives us the opportunity to utilize the gifts of new life from Easter, the introspection of Lent, the Holy Spirit’s descent into our lives on Pentecost, and the Biblical stories of Jesus’ ministry. This is the time for Christians to show others, and ourselves, what it means to be a follower of Jesus.



When we can see the work of the Holy Spirit during non-holiday, ordinary times, our spirituality thrives and grows, like the hopeful green buds of your garden, or the lush green trees sustaining us with the exhale of their oxygen, and the inhale of our toxicity. When we go outside, surrounded by gradient greens, we feel and breathe a sense of balance and peace - exactly the way we should hope to feel when we are walking in the Spirit.

I pray that this Ordinary Time grants you the peace to show the open-hearted, kind, listening, and supportive nature our world needs in this unprecedented time.



~ Randy Huffman, Missions Elder

Greetings, SOON WE WILL RETURN!

I won't be a reminder of how long we have been hampered in our outreach, I assure you we are eager and ready as we look for ways to again engage with others. Just like you, we are feeling the sting of separation, from

our jobs, from our families and our friends. Equally for me, is how do you plan, plan for what, for when. I encourage you keep planning, plan for the day we return, look forward with a vision. We are a Church of HOPE, people of Hope so we can and should plan. Jesus Christ is our HOPE of tomorrows, even in the midst of troubled times we know God is in control, sometimes is hard to see, but he is.

Psalms 46:10 *“Be still and know that I am God.”*

I remind myself of this all the time, and if I don't others I love will. In this time, we need to really keep this on our breath, hide it in your heart, and you will know this to be true. Again, SOON WE WILL RETURN. Our church is planning for that and so should you- it won't be long before we can be back in the sanctuary and reaching out into our community as our church has a mission

and we are all a part of it. Our mission for a while may be more local as recovery unfolds, if you see a need please bring it to our attention.



WE are still communicating abroad but they have the same issues we have and maybe more with the lack of transportation and supplies.

Uganda: Two weeks ago, Pastor John shared with me that 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. They appreciate our prayers and they always keep us in their prayers.

Djibouti: We are still sending care packages for the kids in the Caritas Orphanage through the military troops. Thanks to the contributions from our church family we have sent over chewable vitamins, rice, beans and peanut butter.



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.

Coming soon: Look for updates in future editions of Presbeat



“ZOOMING” WITH BIBLE STUDIES

- Missing Bible Study? Come join the **Women’s** group on **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.
- Join us each **Wednesday, 1:30** pm, on ZOOM for **PW Bible Study**. It's private, by invitation only with our own password. We're using the Serendipity Bible, but use your own - the Bible **verses** are the same. Beginning Wednesday, May 27, 1:30 p.m. we began reading 2 Corinthians. All women are invited to join us on Zoom! It has been a great way to 'see and visit' with our friends as we read from God's Word. Please let me know if you'd like to join us and I'll send you the invitation and password. God Bless You. I look forward to enjoy sharing God's Word with you.
- The **Men’s** group meets **Tuesdays at 7:00 AM** for approximately 1 hour. All men are invited to join the Men’s Online Zoom Bible Study on Tuesdays at 7:00 am. A deep level of understanding scripture is not required. We utilize a free online study guide. We are currently studying the “People Jesus Knew and Taught.” All men are welcome to join us online! *This is a drop-in Bible Study, join us online when you are able.* **Click the link below** to join the virtual meeting room. You can join from your computer, tablet, or cell phone. You can also dial in by phone if you prefer.

<https://us02web.zoom.us/j/198024013?pwd=ZForU1FMcW5IREtRVitUNjkrVXhYUT09>

Password is required, so email Pastor David Rodriguez davidbrodriguez@yahoo.com or Roe Sandelin roe@pacific.net for password .





FINANCE

~ Mark Smith, Elder

We have total contributions through April of \$80,766 and expenses of \$88,021. Our expenses were projected to be higher than income because we had 3 payrolls in January. Our current checking account balance is \$95,277. We have an additional \$121,436 in savings. We also have \$95,448 in Designated Funds checking account which now includes the contributions of \$52,185 from the Ramos Family Trust.

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 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.

As of April 30th, 2020		Total \$\$
Income	\$	80,766
Expenses	\$	88,021
Difference	\$	(7,255)
Balance in Checking Account		Total \$\$
Non-Designated Funds	\$	95,277
Designated Funds (detail below)	\$	95,448
Total Balance in Checking	\$	190,725
Balance in Savings		Total \$\$
CD's	\$	44,509
Mutual Funds	\$	26,844
Other Savings	\$	50,084
Total Balance in Savings	\$	121,436
Detail of Designated Funds in Checking Account		
Missions	\$	885
Missions Fundraiser	\$	6,001
Centsability	\$	6
One Great Hour of Sharing	\$	-
Shoes 4 You	\$	-
Pedals 4 Protein	\$	-
Pass-Through	\$	-
Per Capita	\$	127
Deacons	\$	906
Flowers	\$	-
Ramos Trust	\$	52,185
General Memorial	\$	30,145
Buildings & Grounds	\$	-
Compassionate Ministries	\$	2,524
Pastor Appreciation	\$	50
Adult Ministries	\$	3
Singalong	\$	-
Fellowship Meals	\$	2
Youth Activities	\$	-
Children's Activities	\$	166
Children's Playground	\$	2,389
Camperships	\$	60
Total	\$	95,448

RECYCLING REVELATIONS

Roe Sandelin, Elder Christian Education

This place we call home, Earth, was created by God. As Christians (and as humans) we have a responsibility to be good stewards of God's creation.

Recycling of waste materials is an important part of this responsibility.

The information provided herein comes from the staff at Mendocino County Solid Waste Management Authority (MSWA), and is applicable to Mendocino County.

1. Recycling Guidelines will change from time to time. Laws get enacted, the marketplace for recycled materials changes and new concepts emerge.

2. For the typical household, the majority of recycled material is moved through the waste stream using the blue lidded cart that can go to the curbside once a week. The information shared herein will be focused on the "blue cart". Any exceptions will be noted.
3. Avoid "wishful recycling". If you really are not sure if something is recyclable, put it in the trash. You/we will be further ahead if you do.
4. Remember the old adage "Cleanliness is next to Godliness"? Whatever you recycle must be clean. Thoroughly rinse out any residual contents from that recyclable container. If you are unwilling to take this step, put the container in the trash, 'cause that is exactly what will happen when the sorting takes place at the recycling center.
5. Remember, it is better to RE-USE and recycle afterward.

DO NOT PUT THESE ITEMS IN THE BLUE CART:

NON-RECYCLEABLE GLASS: broken glass of any kind, light bulbs, mirror glass, window glass, fluorescent tubes

PLASTIC: food wrap, shrink wrap, bubble wrap, bubble envelopes, bags, food packaging, sheet material, packaging.

SPECIAL NOTE DURING COVID-19 : Lucky and Raley's supermarkets are not accepting plastic bags for recycling at this time. This is because of concern for virus contamination.

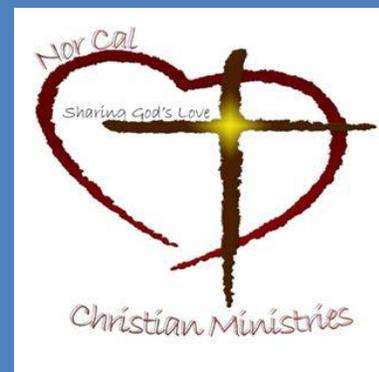
Unsure what can be recycled? Send questions to me at roe@pacific.net. We will post the questions and answers in the next Presbeat.

SPECIAL-SPECIAL NOTE: If you send me an email saying you read this article, I will send you a full color **RECYCLE HELP SHEET** for your refrigerator or bulletin board!

Opportunities to Bless Others through Norcal Christian Ministries:

We are in need of the following items:

- Men's tee-shirts (large sizes)
- Men's and women's tennis shoes (used OK)
- Socks (used OK)
- Sunscreen
- Powdered coffee creamer
- Coffee stirrers always needed



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!

6/1 Lenord Swope
 6/7 Larry Ballenger
 6/9 Kevin DeVries

6/14 Gerri Dutton
 6/22 Kathy Vega

6/25 Cindy DeVries
 Courtney Hamilton
 6/28 Indigo Funk



JUNE CALENDAR OF EVENTS

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

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