



Faith Presbyterian Church
Faith Family News
Monthly Newsletter



Pastor's Ponderings By Chris Lenocker

As we move toward the close of the liturgical year and experience the anticipation of the Thanksgiving season, I was contemplating the ending of a yearlong experience with the Vocational Infusion Learning Community (VILC). I have mentioned this experience in other newsletters and occasionally from the pulpit. Joe Huffaker and I have enjoyed interacting with a number of people, some Presbyterians and others from different tradition and worshipping communities. We have traveled to conferences in Kansas City and Grand Rapids and had people from across the country joining our local gatherings in San Diego. I was asked to write up a piece on “reformed liturgy” to present to the group in response to some of our reading about worship and liturgy. In writing this short summary of our worship liturgy I thought you all might be interested in reading it:

Traditional Reformed Liturgy

We trace our liturgical roots back to the Reformation and the Common Book of Prayer (1652). It establishes for us a rhythm and ritual to remember and reenter the history of God’s incarnational presence beginning in Genesis.

- We start with an attitude of praise, within which we are called together by God to worship. Praise that is based on the reality of God’s greatness and the goodness of God’s creation – we remember our relationship with God prior to the fall, when our only response could be praise for the abundance and beauty of the world into which God places us.
- But we also remember that the choices made in that beautiful garden led to the fall of humankind and a realization that sin was now part of our lives and separated us from God’s intention for us. We came to know that we need a savior who is merciful and forgiving. So we come in confession to speak of the ways we have intentionally and unintentionally wandered from God’s will for us. We find in God’s mercy a response of forgiveness and pardon that drives us closer to God.
- God then speaks from that mercy and forgiveness to instruct us and shape our response as disciples by speaking God’s Word to us through the scriptures where we find the very character of God revealed in Jesus and our call to a renewed and transformed life.
- Our response to God’s act of salvation on our behalf is to give joyfully of all we are and have for the purposes of the Kingdom. Our financial resources for the spread of the good news to the ends of the earth and ourselves in service to the establishment of the Kingdom of God here and now.

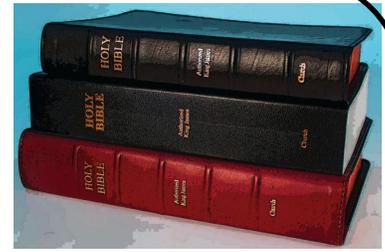
We are then sent out into the mission field which is beyond the borders of our church property and into the community to which God calls us.

The prayers, music, scripture and preaching are all intended to guide the worshipping community through this story each week, offering it to God for the transformation and renewal of our hearts toward God. This gives our community a weekly rhythm and ritual to help guide and shape how we live.

When I think back on our worship services and the continuity with our heritage within the reformed tradition, I am encouraged by the theological integrity of our weekly journey through the story of God’s unfolding salvation narrative and the ways we can be carried by the rhythms and rituals of worship into the very presence of God and into the memories of a cloud of witnesses throughout history who have gathered and given themselves over to the worship of our saving God. I hope this helps us understand why we do what we do and why it is so important to be together in worship each week. Have a blessed Thanksgiving!

Shalom, Chris

SERMONS AND SCRIPTURE READINGS



November 1 – “The Day Is Coming When?” All Saints Day

Psalm 24, Revelation 21:1-6a

From the beginning until the end, God has been preparing this earth to be our eternal home – when are we going to think about taking care of it?

November 8 – “Scribes Beware!”

Ruth 3:1-5, 4:13-17; Mark 12:38-44

Jesus never stopped harassing the rich – what would he have to say to us today?

November 15 – “Hang In There Baby!”

Mark 13:1-8

Sometimes it feels like the world is coming to an end – sometime for us and sometimes for everyone. How do we remain faithful in the middle of the world coming apart?

November 22 – “True Power” Christ the King Sunday

Psalm 132:1-18, John 18:33-37

Who has the most power? It all depends on what you mean by power – the ability to make someone do what you want or to transform people so they can make decisions on their own.

November 29 – “So, What’s Next?” 1st Sunday in Advent

Luke 21:25-36, 1 Thessalonians 3:9-13

Advent helps us look to the past, so we can see the future. This is an invitation to receive the blessings of this holy season culminating in the celebration of Jesus’ birth.

NOTE THESE IMPORTANT DATES:

- ◆ **November 1.** *Holiday Mission Fair - following worship*
Daylight Savings Time ends
- ◆ **November 8.** *Santa Fe Christian Chorale Concert*
- ◆ **November 11.** *Veterans Day. Office will be closed*
- ◆ **November 15.** *Ice Cream Social*
- ◆ **November 26-27.** *Thanksgiving Holiday. Office will be closed*
- ◆ **November 29.** *Congregational Meeting following worship*
- ◆ **December 13.** *Christmas Concert*





Missions



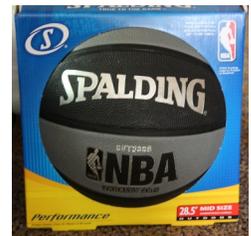
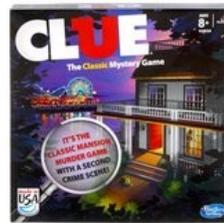
PUM's Christmas Food Drive

PUM's Christmas food bags in the past have been assembled based on a "traditional" Christmas meal menu. It occurred to them that the selected food was not "traditional" for many of the families that they serve. This year the plan is to pack a bag that will feed a family of four for more than just one meal. **Faith's assignment is Dried Spaghetti (200 packages).**

We will be collecting unwrapped toys for babies, toddlers, children ages 2-12 and teens 13-14. A basket will be in the narthex. We have four Christmas "stores" for parents to come and "shop" for gifts for their children. We serve many families in this way during the Christmas holidays. Please support our military families with toys for their kids.

See Carolyn Taxer with any questions.

TOYS FOR M.O.M.



Mission Yearbook for Prayer & Study goes online.....and it's free!!

Since readership has declined, the cost of printing the yearbook has risen dramatically. Beginning with the 2016 edition, the 120 year-old print publication of the Mission Yearbook will transform to a new digital-only free resource through the PCUSA. A Presbyterian Mission Agency site is being updated to make access to the yearbook more user-friendly. It is hoped that the yearbook in this format will be more widely utilized.

Holiday Mission Fair November 1 after worship



College Park Preschool News

By Kathie Baldwin,
Preschool Director

There will be NO frost on the pumpkins on the playground this year. Ice and water play are being enjoyed by young and old alike. The children were trying out different costumes to wear and role play. They were picking up treasure in the bark and trick or treating with them. The children did the finding and put the treats in Miss Cook's basket. Role playing is part of young children's social development. They are also concrete thinkers and can't always separate the costume from the friend that is wearing it. Preschool is a safe place to explore different roles.

At the dino dig this week some children had the dinosaurs participate in circle time. There was lots of discussion about where each dino was to sit and how they were to behave at circle time. The topic of this circle was rocks.



In the middle of their trick or treating these boys stopped to "communicate" through the big heavy tube. Lots of interesting sounds could be heard.

Soon there will be letters spelling COLLEGE PARK PRESCHOOL across the front of the school as depicted in this picture. The letters will be like the ones on the sanctuary that you see when you're walking up from the parking lot.



Let us all give thanks with a grateful heart!

Sunday School News By Emilia Modrušan

The big news this month is that there has been a change in the staff at Faith. Sarah Scardino and I now share the job of taking care of the Children, Youth, and Family Ministries.



I am the director of Children Ministries, and Sarah is the director of Youth and Family Ministries. I still have the same duties in Sunday School, but will have more responsibilities in other areas such as events and the nursery.

As for Sunday School this month, the kids finished up the first unit of the season "God's Creation" and have started our next unit "God's Big Promises," which covers from Abraham and Sarah to Isaac and Rebekah. Thank you to our volunteers: Paula Carmack, Rich Volkert, and Carolyn Taxer.



The children made "pretzel people" with pretzels, grapes, and cheese cubes to show that God made humans in His image.

They created tissue paper trees to represent the Tree of Knowledge in the Garden of Eden.

Youth and College By Sarah Scardino

Our first TGIF Youth Night was a fun time of games, food, and relationship building. I had a great time getting to know some of Rory's friends and hope to see more of them in the future.



Star Wars Movie Marathon, Saturday, November 21.

Join College Ministry for a Star Wars Movie Marathon. Keep an eye out for start times for each movie TBA. Come for as many or as few of the movies as you like. Refreshments will be provided.

New member of staff: Betsy Bestoso is our new Media Director



Congregational Life

DIIRECTORY CHANGE:

Dick and Ann Ruppert

New address and phone

Please call the church office for details

Financial Report of Monthly Pledges

| | <u>August</u> | <u>September</u> |
|-----------|---------------|------------------|
| Budgeted: | \$29,167 | \$29,167 |
| Actual: | \$32,797 | \$28,009 |

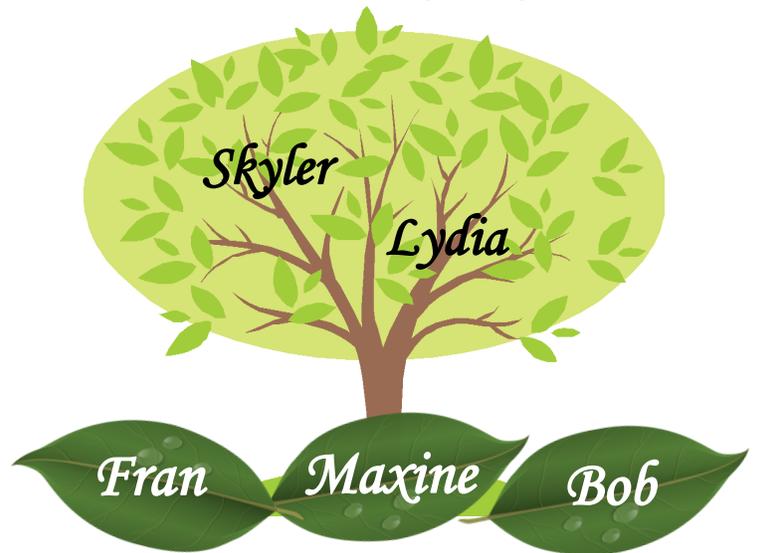
Prayers & Squares

By Joan Madler

Of late several folks who have been diagnosed with cancer have opted to wait until after their treatment before requesting a quilt. I would encourage you to request the quilt and the prayers when you first receive a troublesome diagnosis and before going for treatment, then the church family can pray for strength and that the treatment be successful.

Giving us a week or so before the quilt is needed is very helpful. Sending the request to me in an email works the best as well. I need the name, and what we should prayer for. A preference of color or a favorite hobby or pastime are also helpful.

The Tree of Life



Births:

August 18 – Skyler Sardo

Great-Grandmother: Elli Glasson

September 30 – Lydia Evelyn Johnston

Parents: Matt and Chrissy Johnston

Grandparents: Chris and Martha Lenocker

Deaths:

September 26 – Fran Cass

September 27 – Maxine Vaughn

October 8 – Bob Comer

The Thursday morning Bible study has finished Romans and is now studying the Minor Prophets beginning with Hosea, Joel and Amos. Please join us on Thursday mornings at 9:30am in room 2. Pastor Chris leads this class.

Grief

By Joan madler

I recently came upon the information I learned about grief when I was the Stephen Leader and thought perhaps it might be useful information to share.

Causes of Grief

The causes of grief affect the grieving process each in their own way and should be taken into consideration when we attempt to assist a grieving person. The number one cause of grief is death of a family member/friend, whether expected or unexpected. Remembering that grief is “bereavement” or being robbed, other causes of grief are: Divorce, Long Term Disability/Chronic Illness (including mental illness, alcoholism/drug addiction); Loss of Employment; Death/Loss of a Pet; Loss of Possessions, especially those that cannot be replaced; and Loss of a Relationship.

How to Assist Those in Grief

There are many ways to help those in grief. The primary emphasis should be on supporting them through this difficult time. The following guidelines can help you express your concern and sympathy in a realistic way.

1. Get in contact with the bereaved person or someone close to them as soon as possible by telephone. Find out how you might be of service and if they would like a visit.
2. Support the bereaved by your attendance at the funeral/memorial service.
3. Let your words be few when you see the bereaved initially. A brief embrace and a few words of affection with feeling may be all that is indicated.
4. Easy answers and clichés should be avoided. Don't use faulty reassurances.
5. Be a good listener. Listening should come first, middle and last. Listen often without lecturing or advising. Listen with quiet inquiries when they are appropriate. Talking about our sorrow also helps relieve tensions and dissolves the pain of the grief experience. Your attitude of “I care” can be a deep comfort to them.
6. Accept the grievers where they are. Is he emotional? Accept that. Does he cry? Accept that. Is she angry at God? Accept whatever feelings, that are expressed without rebuke and swift subject changes.
7. Attend to practical matters. Determine how you can best serve the bereaved. Encourage others to visit or help. As time goes on continue to offer support. Check for specific needs and problem areas.
8. Do not attempt to tell the bereaved how she feels. It is impossible for you to know except as she tells you. Also it is presumptuous to say, “you must feel relieved, now that he/she is out of pain.” Remember that the bereaved can teach us, rather than us instructing them.
9. Accept silence. Try not to force conversation, often the mourner may not feel like talking. Allow them to take the lead, keeping in mind that silence is better than aimless chatter.
10. Encourage the postponement of major decisions or radical changes in life style until after the period of intense grief. Often those in grief will tend to make hasty decisions, while still in the fog of grief.
11. Write a letter. If you take the time to write of your love for and memories of the one who died, your letter might be read many times and especially cherished.
12. Allow the “work of grief” to be done. If the mourner seems unable to resolve anger or guilt, you might suggest a consultation with their pastor or another trained counselor.

(Continued on page 8)

13. Regret is a “child of grief,” and looking back we often feel remorse for harsh words spoken, for kindnesses left undone, for opportunities to express and show love neglected. What is done is done. The grief sufferer would willingly forgive others, now he must accept forgiveness for himself.
14. Comfort children in the family. Do not assume that a seemingly calm child is not sorrowing. Children should not be removed or shielded from the grieving of others.
15. In time, gently draw the mourner into quiet, outside activity. Acknowledge the loss, the change in his life, etc., but don't dwell on it.
16. Assure them of your personal prayer support and that of the church family.

EXPECTATIONS YOU CAN HAVE FOR YOURSELF IN GRIEF

Therese A Rando, PH.D.

You can expect that:

Your grief will take longer than most people think.

Your grief will take more energy than you would have ever imagined.

Your grief will involve many changes and be continually developing.

Your grief will show itself in all spheres of your life: psychological, social and physical.

Your grief will depend upon how you perceive the loss.

You will grieve for many things, both symbolic and tangible, not just the death alone.

You will grieve for what you have lost already and for what you have lost for the future.

Your grief will entail mourning not only for the actual person you lost but also for all of the hopes, dreams and unfulfilled expectations you held for and with that person, and for the needs that will go unmet because of the death.

Your grief will involve a wide variety of feelings and reactions, not solely those that are generally thought of as grief, such as depression and sadness.

The loss will resurrect old issues, feelings and unresolved conflicts from the past.

You will have some identity confusion as a result of this major loss and the fact that you are experiencing reactions that may be quite different for you.

You may have a combination of anger and depression, such as irritability, frustration, annoyance or intolerance.

You will feel some anger and guilt or at least some manifestation of these emotions.

You may have a lack of self-concern.

You may experience grief spasm, acute upsurges of grief that occurs suddenly with no warning.

You will have trouble thinking (memory, organization and intellectual processing) and making decisions.

You may be obsessed with the death and preoccupied with the deceased.

You may begin a search for meaning and may question your religion and/or philosophy of life.

You may find yourself acting socially in ways that are different from before.

You may find that there are certain dates, events, and stimuli that bring upsurges in grief.

Society will have unrealistic expectations about your mourning and may respond inappropriately to you.



Food for Thought

(A helping of words)



Reflections

by Joan Madler

The news of the world that surrounds us is full of horror stories, of floods, mud slides, fires, tornadoes and earth quakes. That doesn't include the millions of people displaced in the Middle East by violence because of nations at war. With Thanksgiving around the corner I was struggling to remove the gloom and to find things of wonder to be thankful for. Then I checked my stash of possible Reflection ideas and found two that removed the gloom and replaced it with gratitude and thankfulness.

THE WORLD IS MINE - Author Unknown

*Today, upon a bus, I saw a very beautiful woman
And wished I were as beautiful.
When suddenly she rose to leave, I saw her hobble down the aisle.
She had one leg and used a crutch. But as she passed, she passed a smile.
Oh, God, forgive me when I whine. I have two legs; the world is mine.*

*I stopped to buy some candy. The lad who sold it had such charm.
I talked with him, he seemed so glad. If I were late, it'd do no harm.
And as I left, he said to me, "I thank you, you've been so kind.
It's nice to talk with folks like you. You see," he said, "I'm blind."
Oh, God, forgive me when I whine. I have two eyes; the world is mine.*

*Later while walking down the street, I saw a child I knew.
He stood and watched the others play, but he did not know what to do.
I stopped a moment and then I said, "Why don't you join them dear?"
He looked ahead without a word. I forgot, he couldn't hear.
Oh, God, forgive me when I whine. I have two ears; the world is mine.*

*With feet to take me where I'd go,
With eyes to see the sunset's glow,
With ears to hear what I need to know,
Oh, God, forgive me when I whine,
I've been blessed indeed, the world is mine.*

And expressed another way –

WHAT HAPPENS IN HEAVEN WHEN WE PRAY? Author Unknown

I dreamed that I went to Heaven and an angel was showing me around. We walked side-by-side inside a large workroom filled with angels. My angel guide stopped in front of the first section and said, "This is the Receiving Section. Here, all petitions to God said in prayer are received.

It was terribly busy with so many angels sorting out petitions written on voluminous paper sheets and scraps from people all over the world.

(Continued)

Then we moved on down a long corridor until we reached the second section. The angel said, "This is the Packaging and Delivery section. Here, the graces and blessings the people asked for are processed and delivered to the persons who asked for them." They also were very busy since so many blessings had been requested that had to be packaged for delivery to Earth.

Finally at the farthest end of the long corridor we stopped at the door of a very small station with only one angel seated there idly doing nothing. "This is the Acknowledgment Section," my angel friend quietly admitted to me. He seemed embarrassed.

"How is it that there is no work going on here?" I asked.

The angel sighed, "After people receive the blessings that they asked for, very few send back acknowledgments."

"How does one acknowledge God's blessings? I asked.

"Simple," the angel answered. "Just say: Thank you, Lord."

"What Blessings should they acknowledge?" I asked.

"If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep you are richer than 75% of this world. If you have money in the bank, in your wallet, and spare change in a dish, you are among the top 85% of the world's wealthy, and if you get this on your own computer, you are part of the 1% in the world who has that opportunity. If you woke up this morning with more health than illness, you are more blessed than the many who will not even survive this day. If you never experienced fear in battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation... You are ahead of 700 million people in the world. If you can attend a church without the fear of harassment, arrest, torture or death you are envied by, and more blessed than, three billion people in the world."

"Ok" I said, "What now? How can I start?"

Pray: ATTN: Acknowledge Dept. "Thank you Lord, that I am among the blessed people in the world in all of the above ways."

So, not only on our special Day of Thanksgiving, but every day let us acknowledge and Thank God for all the special gifts He has bestowed on us and may we spread His love to all peoples so all may be blessed!

Psalm 69:30 I will praise the name of God with song, And shall magnify Him with thanksgiving.

Pew View Julie Hudson's Viewpoint

Four generations gathered for Thanksgiving Dinner at the rambling old farm house. Nearly 50 people were there. The large farm house accommodated the feasting crowd in the large dining room, the library and living room, with others on the enclosed porch. Some family members live nearby, others come many miles to share this family tradition. New faces appeared, a daughter-in-law and a soon to be grandson-in-law. Some faces are missing due to long distance travel, others had left this life as we know it. The number of babies and toddlers assure the family would continue the tradition of Thanksgiving dinner together.

Now, the feast is over; day is warm and folks wander outside. Groups form casually as some go beyond the orchard to play horseshoes. Middle-schoolers play Frisbee in the side yard, while some men and older boys head to check out and admire the many cars parked in the yards near the barn and silos. Tom, the hunter who brought venison, tells other hunters – and would-be hunters – about the successful hunt. While watching the toddlers and infants, Moms of all ages gather to exchange recipes and gardening hints. The older teens gather some of the younger ones and move toward a clear space to fly the kites they brought. It might be the first "flight" for some young flyers.

Continued

Aunt Nell, carrying a garden fork, heads toward the garden followed by small Joan. At Joan's city school, students grow some vegetables. She has just learned potatoes are not picked, but dug. Soon, she runs to her Mother with a dirt covered potato, "Look what I dug myself; Aunt Nell says I can take it home."

Comments are shared about many experiences and impressions. One overhears conversation: "At Thanksgiving time, I remind myself of the blessings that come to me."

Another voice replied, "But the world is filled with violence and neglect. The world has become a sad and fearful place to live."

"That is true - there is much indifference and self-centeredness. Some people look at life seeing the glass as half-empty. I see my life is at least half-full." Then she continued, "Seeing this gathering of family is assuring. Knowing the lives of some of the people here, I see models of courage while living under stress, but also productive. Here I find love, caring, accomplishment. There is determination and resilience. Relationships such as these nurture us and all the larger family. I am grateful my family and I can be here and my children can meet these people. My cup runs over. I am blessed. We can recognize God's gifts to us this glorious day and give thanks."

Thank you God.

What If?

By Joe Huffaker

It was a tough time for Israel. They had been carried off into captivity and were suffering as a people. In Jeremiah 29:4-7, God instructed His people to not hold themselves apart from their captors, telling them among other things, to "seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf, for in its welfare you will find your welfare."

It's an interesting and challenging idea, even today: be a part of a larger community that doesn't necessarily share our values and beliefs and to work for the common good of all.

As a congregation we come together to work for the common good of the city in which we live. We collect for Presbyterian Urban Ministries and Military Outreach Ministries. We've helped build houses in Tijuana and San Diego. As individuals within the congregation, we do the same. Some volunteer in programs to help those in need. Some have prepared meals to feed the hungry in downtown San Diego. Others care for their neighbors when their need exceeds their diminishing capabilities.

What if we each accepted a call to do something for the community? Maybe weekly, or monthly, or just once? Perhaps work with others in the congregation or through another agency? What if you didn't know where to start? What if you're doing something now and need a little boost?

The Mission Committee is looking for ways to come alongside and help those looking for an entry into furthering the common good in San Diego, as well as to support those who already serve. It has resources to organizations, knowledge of needs, and ears to listen. If you would like to talk to someone, please contact Joe Huffaker, David Helkenn, Carolyn Taxer, or Barbara Reisweber. If you're already engaged, we'd like to hear about that, too, to see if there's any way to help or simply hold you up in prayer.

What if each person did something?

Faith Presbyterian Church

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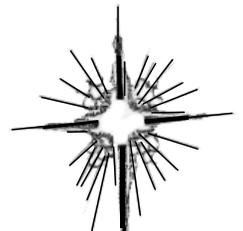


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Spiritual Director: David Helkenn
Director of Music Ministry: Joe Rodriguez
Accompanist: Rhonda Fleming
Media Director: Betsy Bestoso
Youth and Family: Sarah Scardino and
Emilia Modrušan
Preschool Director: Kathie Baldwin
Custodian: Jesus Esquivel
Sexton: Robin Craig
Office Administrator: Lou Castillo
Newsletter Editor: Flower Harvey

Thanksgiving was never meant
to be shut up in a single day.
- Robert Caspar Lintne



**DEADLINE FOR NEXT
MONTH:**

November 19