

Friday



A Community of Comfort and Care Where: ~ Christ Reigns Supreme ~ Worship Lifts the Spirit ~ The Bible Touches Hearts & Minds ~ Serving Brings Meaning ~ Relationships Change Lives





PASTORS CORNER

Dear Ones,

One of the beautiful things about the sacred book of Psalms is that it reminds us of the depth and breadth of human emotions. The Psalmists seem to have none of our squeamishness about expressing hurt, anger, fear, resentment, joy or ecstasy. There is no stiff upper lip. There is no feeling of the need to apologize for uncontrollable laughter or tears. The Psalmists somehow embrace the truth that for those who are made in the image of God, all of our emotions are somehow willed, useful and holv, Now I do not mean to imply that every feeling and every whim is to be followed without reflection as if it were a lightning bolt from above. Emotions without reflection can be cruel task masters and cleverly disguised narcisism. Still, the Psalms remind us that all that we feel is appropriate to bring to our lives of prayer. When we feel joy or awe, we are invited to bring that to God and to release those emotions as prayer. When we feel fear or

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discouragement we are also invited to bring those feelings to God without censorship. When we feel anger or resentment, even that we can humbly offer to God. God created us, knows us and wants us to bring all that we know of ourselves into that sacred relationship. So this month, I invite you to take on as a spiritual practice noticing what you are feeling. Notice without judgment and lift what you notice to the Lord as a prayer. God will work with your emotions to move you into deeper relationship and more profound transformation. Just open up! For this month's scripture and prayer, I have chosen snippets from the Psalms that show the whole host of human emotions. I hope that sitting quietly with these words for a few moments each day will be meaningful for you in your journey.

Yours in Christ, Eugenia

October 2018 Daily Scripture and Prayer

1st – Psalm 46:1-2a "God is our refuge and strength, a very present help in trouble. Therefore we will not fear.."

Dear God, help me today to nestle into you. If fear and worry enter my mind, turn my thoughts to you, trusting you for everything I need today. Amen.

2nd – Psalm 46: 10a "Be still and know that I am God!"

Dear God, I am rattled and frazzled! There is more to do than I can do. Still me, O God, quiet my heart and mind. Remind me that you are God and I don't have to be. Amen.

3rd- Psalm 46:11 "The Lord of hosts is with us; the God of Jacob is our refuge."

Dear God, you have been faithful to us throughout all time. I thank you that I can find refuge and peace in you today. I know you are with me and it is enough! Amen.

4th - Psalm 47:1 "Clap your hands, all you peoples; shout to God with loud songs of joy."

Dear God, what a beautiful day, sun or rain, warm or cold, the world is filled with your exquisite creativity. O God, I rejoice in you. If I become glum, today, remind me of this moment! Amen.

5th - Psalm 47:2 "For the Lord, the Most High, is awesome..."

Dear God, I have no adequate words to describe your greatness and majesty. When I think of you, I am humbled to my core. Thank you God for befriending me, for forgiving so much and loving me still. Amen.

6th - Psalm 48:1 "Great is the Lord and greatly to be praised..."

Dear God, today I want to focus on praise. When I praise you there is no room in me for doubt, anxiety or fear. It is like I turn into a drop of joy. All day long, may my experiences each remind me of your glory. Amen.

7th - Psalm 48:9 "We ponder your steadfast love, O God..."

Dear God, when I consider your love for me, I can hardly take it in. Help me please, to show a glimpse of that love to others today. Amen.

8th - Psalm 48:10 "Your name, O God, like your praise, reaches to the ends of the earth."

Dear God, our world contains so much sorrow. Help me to remember that you are always there with the hurting and give me courage to work tirelessly on their behalf. Amen.

9th - Psalm 49:5a "Why should I fear in time of trouble?..."

Dear God, why in the world am I ever afraid? In the end there is nothing that can ever harm me. Take my fears and fill up their place with love and peace. Amen.

10th - Psalm 50:3a "Our God comes and does not keep silence..."

Dear God, thank you for the many large and small ways that you speak to me this day. Open my heart to hear you and to respond to your leading. Amen.

11th - Psalm 50:6a "The heavens declare God's righteousness."

Dear God, last night the stars seemed to smile at me. It was your smile, spread across the heavens. Help me to notice your handiwork today. Amen.

12th - Psalm 51:1a "Have mercy on me, O God, according to your steadfast love."

Dear God, I just never seem to get it quite right. I fall short of your ways so often. Forgive me, God, and remind me of your great love for me. Amen.

13th - Psalm 51:2 "Wash me thoroughly from my iniquity, and cleanse me from my sins.

Dear God, I need a spiritual shower today! Take away the grime of failure and rinse me sparkling clean. Amen.

14th - Psalm 51:6 "You desire truth in the inward

being; therefore teach me wisdom in my secret heart."

Dear God, help me to listen today more than speak. Make me a teachable creature. Amen.

15^{th -} Psalm 51:10 "Create in me a clean heart, O God, and put a new and right spirit within me."

Dear God, fill me with newness today, even if I seem stuck and feel very old. Remind me that with you I can start afresh. Amen.

16th - Psalm 51:15 "O Lord, open my lips, and my mouth will declare your praise."

Dear God, please give me the opportunity to bless others today by sharing your goodness and love. Amen.

17^{th -} Psalm 52:8b – "I trust the steadfast love of God forever and ever."

Dear God, sometimes my trust seems to falter. I believe, but I have trouble relying upon you when things get difficult. Deepen by trust, O God, that I may live in peace and witness in joy. Amen.

18^{th -} Psalm 52:9a "I will thank you forever, because of what you have done."

Dear God, you have saved me more times that I even know. Without your care and provision I know I would not even be alive. I thank you forever! Amen. **19th** – Psalm 52:9b "In the presence of the faithful I will proclaim your name, for it is good."

Dear God, please give me courage today to speak of you, and to use words if I have to. Amen.

20th – Psalm 53:1 "Fools say in their hearts, 'There is no God.'"

Dear God, I pray today for those who do not know you, those who cannot believe in you, those who must go their way so alone. Touch them, God. Use me, if you will it. Amen.

21st – Psalm 53:2 "God looks down from heaven on humankind to see if there are any who are wise, who seek after God."

Dear God, when I look around our public life these days, I do not see a lot of wisdom. Find us, O God, and show us your ways. Amen.

22nd – Psalm 53:6a "O that deliverance for Israel would come from Zion!"

Dear God, today I pray for your holy land and all the peoples who call it home. Amen.

23rd – Psalm 54:1 "Save me, O God, by your name, and vindicate me by your might."

Dear God, help me to give up the need to control

how others think of me. Help me to leave that to you. Amen.

24th – Psalm 54:2 "Hear my prayer, O God; give ear to the words of my mouth."

Dear God, today I pour out my whole heart to you. Here is what I want to tell you...... Thank you for listening. Amen.

25th – Psalm 54:4 "But surely, God is my helper; the Lord is the upholder of my life."

Dear God, I have waked up tired today. I don't even know why. I need you, O my Helper. Fill me with the energy I need to live this day in joy and peace. Amen.

26th – Psalm 54:6 "With a freewill offering I will sacrifice to you; I will give thanks to your name, O Lord, for it is good."

Dear God, I am thinking today of how I can give to you. Help me to listen to what you want and not count the cost. Amen.

27th – Psalm 55:1 "Give ear to my prayer, O God; do not hide yourself from my supplication."

Dear God, I have many people on my heart this morning. There is much that I want to ask of you. Thank you for your attention to my every need. Amen. **28th –** Psalm 55:2a "Attend to me, and answer me; I am troubled in my complaint. I am distraught by the noise of the enemy..."

Dear God, the destructive forces in our world seem so powerful. I am sick of seeing the poor tyrannized, the weak exploited, the foolish manipulated. O God, please intervene! Amen.

29th – Psalm 55:6 "And I say, "O that I had wings like a dove! I would fly away and be at rest..."

Dear God, I want to run away! Help me to remember that I can take refuge in you and help to meet the challenges of today with faith and courage. Amen.

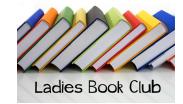
30th – Psalm 55:22 "Cast your burden on the Lord, and he will sustain you…"

Dear God, I offer you today each one of my burdens and cares. I cast them to you like a strongarmed pitcher. Catch them and deal with them for me, please. Amen.

31st – Psalm 56:4 "In God, whose word I praise, in God I trust; I am not afraid; what can flesh do to me?"

Dear God, remind me today that I am safe in you. Nothing can harm me. You will never leave me. Alleluia! Amen.





LADIES BOOK CLUB

October 11 at 11:30 am – Fox Hall

October 11: *The Art of Hearing Heartbeats* by Jan-Philippe Sendker (Fiction)

Interested in this book but can't come? It will be available in the church library to everyone AFTER October 11.

A poignant and inspirational love story set in Burma, The Art of Hearing Heartbeats spans the decades between the 1950s and the present. When a successful New York lawyer suddenly disappears without a trace, neither his wife nor his daughter Julia has any idea where he might be... until they find a love letter he wrote many years ago, to a Burmese woman they have never heard of. Intent on solving the mystery and coming to terms with her father's past, Julia decides to travel to the village where the woman lived. There she uncovers a tale of unimaginable hardship, resilience, and passion that

will reaffirm the reader's belief in the power of love to move mountains.

November & December – no meetings January 10, 2019: Liar, Temptress, Solider, Spy by Karen Abbott (Non-Fiction)

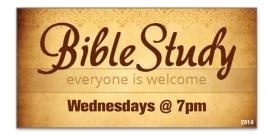
ALL WOMEN are invited to join our Ladies Book Club. We meet in Fox Hall, at church at 11:30 am, the 2nd Thursday of the month. Bring your lunch! YOU ARE FREE TO JOIN US FOR ONE OR MORE OF OUR MEETINGS. Copies of our entire reading list are available on the church library cart. If you haven't come before, please give your email address to Cathy Brady

(cathy.brady@gmail.com) so we can update you on any changes to the schedule.



Save the Dates! Jubilee! October 27-28, 2018

Don't miss a wonderful weekend of thanking God and celebrating the past, present and future of our church. We will invite members that have moved away, former pastors and lots of others to join the celebration which will include a BBQ for out of town guests, a celebration banquet and concert, and special Sunday worship. More info coming soon!





Join us after church <u>Sunday</u>, <u>October 14th</u> to make a pumpkin center piece to take home for the fall. Please bring a pumpkin food item to share.



Why do we have to suffer grief? By Kristy Clark, Pastoral Assistant, CRE

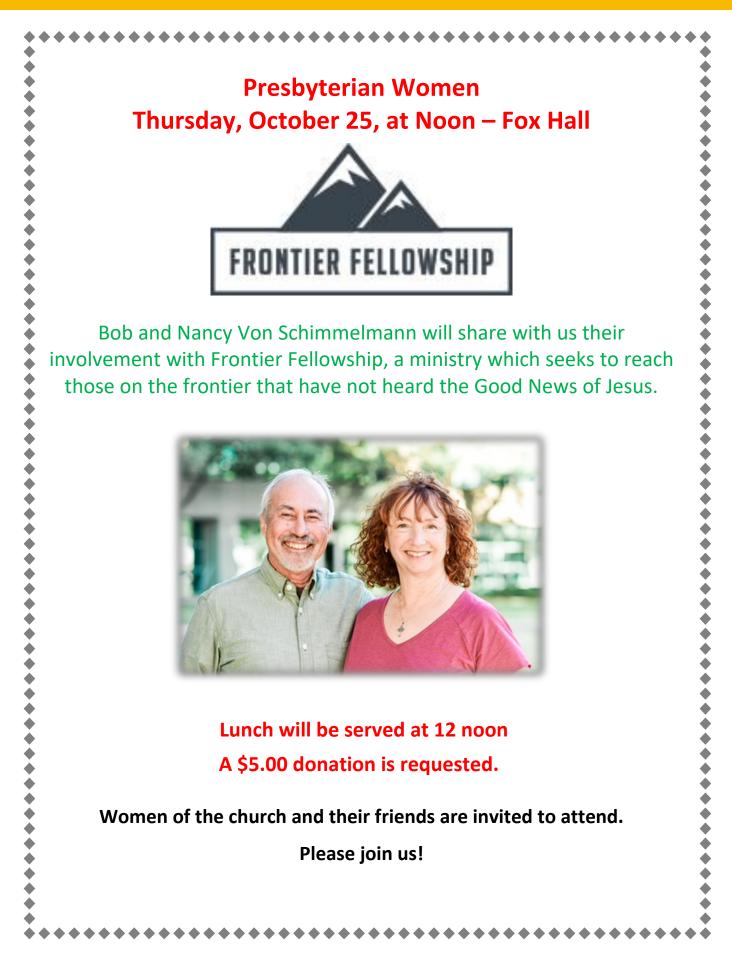
Grief, that terrible aching, sadness that we experience when we have lost something or someone important to us, is an emotion that is common to all of us to some dearee. It is one of the most painful times that we will have to endure in this life. Jesus knew grief, too. The gospels tell of His grief over the death of His friend Lazarus when they say "Jesus wept." He suffered grief over the state of Jerusalem. He faced His death with grief over the loss of life and the opportunities that it held, begging the Father to take this cup from Him. Even on the cross as He suffered pain and agony. Jesus felt the grief over the loss of the Father's presence in the moment. He is intimately familiar with what we feel when we suffer grief. Grief hurts and it seems to last forever. Why does a loving God allow us to feel such pain? Why isn't the Christian sheltered from such loss?

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Grief comes knocking when we lose something that is precious to us, something that has come to be a part of our very being. A loved one, a beloved pet, a job, our possessions, our health, our youth all can be so intertwined in our life that we cannot see life apart from them. Think about the things that are important to you. How would you feel if they suddenly weren't there anymore? If you are honest with yourself you will probably see that in addition to sadness you will feel a great loss in your life. When we lose something that is intimately wrapped into our sense of self it is the same as if we lost an arm or leq. There is great pain, fear, anger, and sadness for a part of us is gone. We cry for ourselves because we have to let go and move on without that part. Somehow we feel like there is less of us.

Loss in this life is unescapable. We live in a broken world where sickness and darkness seek us out at every turn. We are hopelessly wrapped into the web of life and cannot avoid the losses that are thrown into our court by them. As long as there is life, there will be loss and the grief that comes with it. Grief is unavoidable because we have the heart of God in us and He aches for His lost creation. It wouldn't be healthy spiritually or physically if we didn't feel grief when we lose something that is dear to us. But neither is it healthy for us to get stuck in our grief and not be able to move on. If we do, we fail to miss the blessings that God waits to shower upon us, and that causes God to grieve.

We are trying to start a grief network here at Nipomo Presbyterian that can help ease the pain of grief and help you to move on to the next stage of your life. It will be open to everyone who is suffering a loss of any kind no matter what the loss. We plan to get together once or twice a month at the church to share our losses and our insights with each other. It will also provide you with people to contact when you have a grief attack and are alone and need someone to lean on. This group will be led by myself and elder Pat Ford. Our plan is to start this group some time in November to help people get through the holidays that can be difficult to deal with. If you would be interested in such a group, please contact me, Kristy Clark. at 925-2867 or Pat Ford at 925-3890. If we get interest, we will set up a time in mid-November for us to meet and let you know. Please don't let your grief



Mac 'n' Cheese Contest

If you make a mouthwatering Mac 'n cheese or you have a family secret recipe that's been handed down for generations, even if it comes in a blue box marked "Kraft!" you are invited to enter the Mac 'n cheese cook off contest right after church on <u>Sunday, October 28th during Jubilee weekend.</u>

Sign up for the contest by October 26th by contacting the church office.

Both a judges' prize and a people's choice prize will awarded.







Peddler's Fair

Saturday, November 3rd

8 AM to 1 PM (Fox Hall)

A chance to raise \$ for the church

& put some \$ in your pocket too!

- Bring your own stuff
- Set up your own stuff
 Friday, November 2nd at 5 PM
- Be your own cashier
- Take your unsold stuff home
- Minimum contribution 50% of your sales to NCPC

Contact Pat Tumbarello at 929-3794 if you would like to participate or help out.

Meeting in the Middle: Understanding the Complexity of Immigration

Saturday, November 10, 2018

This non-partisan educational event will help participants understand the critical immigration issues of our day. Participants will learn of the roots of our current crisis, the difference between refugees, asylum seekers and workforce immigration and who the immigrants are in our community. Through presentations, panels and workshops, each participant will gain an understanding of what leads people to leave their home countries, the issues immigrants in our community face, the responses of faith groups on the border and the rich cultural diversity of our area. We will also be talking about how faith groups can respond.



- When: Saturday, November 10 from9:30am 3:30 pm
- Where: Nipomo Community Presbyterian Church, 1235 N. Thompson Rd, Arroyo Grande, CA
- Lunch: A taco truck will be onsite for you to purchase your lunch or bring a brown bag lunch. BRING CASH
- Freewill Offering: Proceeds used to further the Living Word Mommy & Me program.
- Interfaith event Everyone is welcome!

Free Registration: (805) 473-8059

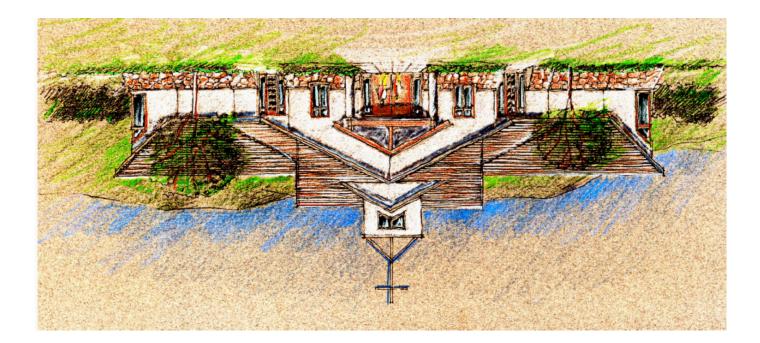
Call to reserve your spot.



Rev. Alexia Salvatierra is the author with Dr. Peter Heltzel of "Faith-Rooted Organizing: Mobilizing the Church in Service to the World" (Intervarsity Press) and the founder of the Faith-Rooted Organizing UnNetwork.. She is a Lutheran Pastor with over 35 years of experience in community ministry, including church-based service and community development programs, congregational and community organizing, and legislative advocacy. Rev. Alexia Salvatierra is also an affiliate professor at Fuller Theological Seminary at Centro Latino and the School of Intercultural Studies.

tt.net, Holidays in Unite	ed States			i		Oct 2018 (Pacific Time - Los Angeles)
Sun 30	Mon	Tue	Wed	Thu	Fri	Sat
9:45am - Choir Practice @ 10:30am - Worship/Childrens &		6:30pm - Team Leader Meeting	9:30am - Jubilee Meeting 7pm - Adult Bible Study ©	6:30 pm - Private Group @ Fox 7 pm - Choir Practice @	9:30am - Bread Packaging @ 10am - People's Kitchen Food	10am - Threads of Faith
7 Columbus Day 9:45am - Choir Practice @ Columbus Day 10:30am - Worship/Childrens & 10:30am - 800 leness 12pm - Healing & Wholeness 5:30pm - 5L0 Jam	Columbus Day (regional holiday)	9 10am - Interfaith Coalition 2pm - Jubilee Meeting	10 Bam - Men's Breakfast © Tanner 7pm - Adult Bible Study ©	11 11:30am - Ladies Book Club @ 11:15pm - PWCT Meeting @ Fox 6:30pm - Private Group @ Fox 7pm - Choir Practice @	9:30am - Bread Packaging @	01
14 9am - Watercolor Society 9.45am - Choir Practice ® 10:30am - Worship/Childrens &	lor Society	2pm - Jubilee Meeting 2.30pm - Deacon's Meeting © 6:45pm - Session © Fox Hall	17 EVENT SETUP ALL DAY 7 pm - Adult Bible Study ®	18 VISION DEADLINE 9am - Private Event ALL DAY @ 10am - Stewardship Meeting 6:30pm - Private Group @ Fox 7pm - Choir Practice @	19 9a m - Private Event ALL DAY © 9:30a m - Bread Packaging ©	9a m - Private Event ALL DAY ®
21 6:30pm - Finan 10:30am - Worship/Childrens &	6:30pm - Finance Team Meeting		7 pm - Adult Bible Study ©	25 12pm - PW Luncheon © Fox Hall 6:30pm - Private Group © Fox 7pm - Choir Practice ©	9:30am - Bread Packaging ©	JUBILIEE
28 Homecoming 9.45am - Choir Practice @ 10:30am - Worship/Childrens & 12:15pm - Local Missions Team		°	7 pm - Adult Bible Study ©	1 6:30pm - Private Group @ Fox 7 pm - Choir Practice @	2:30am - Bread Packaging © 10am - People's Kitchen Food	8 am - Peddlers Fair © Fox Hall

Please visit <u>www.nipomopresbyterian.org</u> for a full description



For a full color version of "the Vision" visit nipomopresbyterian.org

25th Jubilee Weekend

October 27 & 28, 2018 Saturday Breakfast 10:00 AM, Banquet 6:00 PM Sunday Lunch 12:00 PM

October 25th, 2018 from 12:00 PM to 2:00 PM Location: Fox Hall **PW Luncheon**

October 14th, 2018 from 2:00 PM to 4:00 PM Location: Avila Beach Playground Pumpkin Festivities

October 11th, 2018 from 11:30 AM to 1:00 PM Location: Fox Hall Ladies Book Club

October 10th, 2018 from 8:00 AM to 9:30 AM Location: Tanner Jacks, AC Mesa Men's Breakfast

October 6th, 2018 from 10:00 MM to 2:00 PM Location: Fox Hall **Threads of Faith Crafters**

October 2nd, 2018 from 6:30 PM to 7:30 PM Location: Fox Hall **Team Leaders Round Table**

1235 North Thompson Road~Arroyo Grande Mailing Address: PO Box 158~ Nipomo CA 93444 Phone (805) 473-8059. Email: <u>nipomopres@att.net</u>

Nipomo Community Presbyterian Church