

FIRST PRESS

First Presbyterian Church of San Bernardino

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San Bernardino, CA
92405

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Pastor

Dr. Wendy Long Lamb
Commissioned Local Pastor

The Rev. Dr. Steve Smith
Pastoral Support

Melinda Rueda
Lynette DuClos Adelson
Laurie Stafford
Ministry of Visitation

The Rev. Jim Huffstutler
Pastor Emeritus

Office Hours:

Monday 9am to 2 pm
Tues-Thurs 9am to 4:30 pm

If you need to contact the office at other times, you may leave a message (it is checked regularly) or Call Mimi Lange at home during regular office hours (9-4:30 on weekdays).

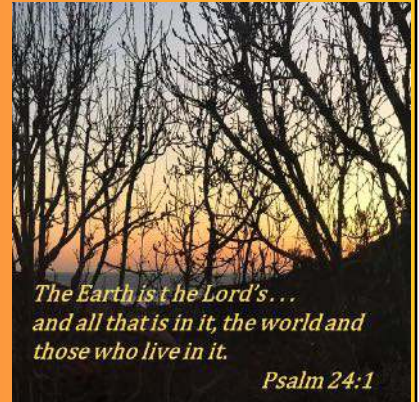
Isolation and Inspiration

Mimi Lange, Stewardship Committee

What a year! On Facebook a Photoshopped picture appeared showing a child starting down a playground slide, but the slide turned into a cheese grater just a few inches below the child's legs, and the caption suggested that this is what 2020 has been like—a little normal fun up top and a lot of pain as we progressed. Haven't we all felt like that this year?

The Stewardship Committee has adopted a verse from Psalm 24 as its theme this year:

"The earth is the Lord's and all that is in it,
the world, and those who live in it"



We remember that despite national division, fires, floods, and pandemics, we do not have to be afraid, because we belong to God. As we try to imagine the possibilities for 2021, we need to look not for those things we are missing, but for what is growing and thriving *now*. And when we become discouraged--(*isn't that an excellent word? "dis-couraged": having one's bravery taken away*)—we need only to look to see the signs that God is with us.

- Our leaders reacted quickly to keep us safe in a time of pandemic.
- You responded by mailing in your pledges in a way that many other churches would envy.
- Our worship leaders learned on the fly how to record a video service, upload it to YouTube, and get the links out to everyone--and a new way to include those who have not been able to join us on Sunday will now be available.
- The pastoral care team expanded their call lists and added some email check-ins, and reminded all of us that we are not alone.
- The food ministry rallied young adult volunteers, used interns judiciously (and safely), ensuring our friends and neighbors in need do not go hungry, even making arrangements to deliver bags of groceries to some regulars who are no longer able to get here.
- We all learned how to Zoom, and met with friends and colleagues from the comfort of our homes!
- Volunteers re-roofed the education wing, the Chapel, and the walkway covers with new methods that promise to last at least 10 years.
- The empty building across the street that we once leased to the Presbytery will welcome the Presbyterian Immigrant Accompaniment Ministry, helping asylum seekers to find their way safely to their sponsors. And donations of beds

Continued on next page

It is the Mission of First Presbyterian Church of San Bernardino, inspired by the Holy Spirit, to proclaim the good news of the Gospel of Jesus Christ through worship and celebration, and teaching and learning, so that lives are transformed and members are encouraged to use their special gifts to care for and value, as God's Beloved, each other and the community in which we live.

Isolation and Inspiration (continued from first page)

and bedding, towels and tables and time, made an unused classroom into a temporary shelter for those who need a place to stay while awaiting transportation to their sponsors.

- Our Safe Re-Opening Task Force researched, and consulted, and has produced guidelines for a safe re-opening. We hope to be able to meet, outdoors at least, in a few weeks!

Stewardship is about what we value, and that is very personal. It is not about duty or obligation. It is about love for one another. It is about gratitude for what we have received, be it food, or kindness, or companionship, or inspiration.

Our 2021 Narrative Budget and stewardship letter were mailed to you on October 1st, and on October 25th, we hope to gather safely (perhaps with some bagpipers?) and celebrate our commitment and love for this community of ours. But if we still cannot gather, we will not be afraid, because we belong to God, and God's love for each of us and all of us never changes.

Livestream Recording--Help Needed

One of the surprising gifts of CoVid-19 and learning to record our worship is the realization that this is something we can continue. In 2020, a person does not have to be able to be physically in the sanctuary to be part of the congregation and part of worship. We are hoping to move toward a livestream style recording whether we are recording worship for everyone or meeting in person and recording for those who cannot meet. Even when the CoVid-19 threat has passed, we hope that we will continue to livestream worship for those who are homebound or hospitalized or otherwise cannot physically attend worship. In order to do this, we need help. We need technologically savvy people who would be willing to watch a camera or a laptop or other devices during worship and make changes as necessary. All the equipment will be set up. Raymond will do training. We need people who are willing to give it a try, to extend themselves to make worship inclusive for everyone. If this might be you, please let Wendy (wlamb@fpcsb.net) or Raymond know. We will definitely be recruiting, but if you have an interest in serving God in this area. we would love to have you.

With Gratitude...

Thank you for all the prayers and cards of encouragement.
--Judy Steppins

Thank you to all who came out for the blood drive. We had 17 people donate. Thank you for this life saving donation.
--Marianna Fowles for the Deacons

In Memoriam

September 2020

Carolyn Getchell

December 24, 1934-September 25, 2020

"In life and in death we belong to God"

2020 Session by Committee:

Sandy Tice, Moderator; Wendy Lamb, Sabbatical Moderator; Amy Smith, Clerk of Session

Building and Grounds: Neal Williams (Chair), Ed Congdon, Mark Freeman, David Grindahl

Financial Stewardship: Brooke Dvorak (Chair), Margaret Doane, Alex Smith

Nurture: Nancy Horstmann (Chair), Stephanie Fletcher, Lynda Savage

Worship: Lynette DuClos Adelson, Carol Cooper, (Acting Chair, Amy Smith)

2020 Deacon Board by Committee:

Judy Steppins, Moderator; Steve Smith, Pastoral Support

Congregational Care: Carol Valentine (chair), Robin Edwards, Martha Pinckney, Judy Steppins, Sue Zeitler

Community Ministry: Brad Smith (Chair), Carmen Avila, Mario Bolaños, Stephani Congdon

Food Ministry: Dan Direen (Chair), Mark Adelson, Marianna Fowles, Janet McKinster, Charlotte Pringle, Jim Siegmund

Meeting Together--Safely

By Pastor Wendy Lamb

And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching. Hebrews 10:24-25

The church never closed; we have never stopped meeting together. We have been worshiping, meeting, and serving in many ways since March 13, the day Sandy and I, with input from Jon Horstmann and others, made the decision to not gather in the Sanctuary. We continue to gather in many ways, and we remember that the church is not the building. Every time I begin a Zoom meeting for First Pres, I light a candle and remind us that Christ is with us wherever and however we are gathered. We will continue to meet in various ways in the days to come.

The task force that has been meeting to discern when and how it might be possible to meet in person has been hard at work. Each of you should have received the safe procedure manual for all possible interactions on church grounds. Additionally, they have recommended and Session has approved that we experiment with an in-person outdoor gathering on October 18 and 25 for those who wish to attend. We will continue to provide online services and other meeting opportunities for those who choose to stay home. In this congregation, we have always chosen to have one service because we do not want to be two congregations. This will still be true. Whether you come to the gathering or watch from home, it will be the same service, and we will be united through God's Spirit and our technology.

For those who do come to the service, it will be different than anything we've done before. We are being extremely cautious in the way we do this. We will see one another from a safe distance. We will pray. We will hear God's word proclaimed. We will keep it short. We will not sing. We will not have responsive prayers. We will not visit over coffee and donuts afterwards. We will wish one another peace, but we will not pass it. We will worship together in Magnolia Courtyard and in our homes.

The following are the instructions from the safety committee that we will follow as we meet safely together.

- If you feel sick or have been around anyone who is sick, please stay at home
- Please arrive 30 minutes prior to service to allow adequate time for a health screening
- Screening will occur in the courtyard between the Sanctuary and Chapel prior to entering Magnolia Court
- Masks must be worn while on Church property; one will be provided if needed
- Hand sanitizer stations will be available at various locations
- Please adhere to social distancing of at least six feet while at Church
- After screening, each person will receive a green sticker for their clothing and a number for entrance into Magnolia Court
- Sanitized chairs will be provided for everyone
- Members are to follow the usher's directions for seating
- Please bring a hat, sunscreen and water for the outdoor worship
- Handicap seating for walkers and wheelchairs will be available along the walkways
- Fellowship Hall and other buildings are off limits with the exception of bathrooms in the office and bathrooms in the childcare center
- We will not engage in higher risk activities such as handshakes, hugging, singing, communion, and verbal response to prayers
- An offering basket will be available for self service
- No Bibles or hymnals will be distributed
- Upon completion of service, please adhere to the usher's direction for exiting Magnolia Court safely
- Worship service is subject to cancellation due to weather or if it is not possible to proceed with adequate safety
- Maximum of 100 congregants are permitted in Magnolia Court
- There will be no coffee hour after Worship

Questions and Answers for the Safe Gathering of Church

By Dave Thomas, Committee Chair

During the last few weeks, I received multiple questions regarding our safe reopening of church that I'd like to share with the Congregation.

Who is on the Committee?

The Committee consists of Dr. Jon Horstmann as our medical director. Jon has many years of experience in Family Practice and is very conservative in his approach with COVID19. He has been a huge asset in helping us make difficult decisions with reopening church. We also have Nancy Horstmann, Mary Bolaños, James Welte, Shannon Nolin, Wendy Lamb and myself. We selected a diverse group of individuals and each person has brought a great deal of personal knowledge and input to our church's reopening. Our number one goal is the safety of our congregation and all our decisions are based off the most current medical information available.

Why was Magnolia Court selected for our Worship meeting location?

There were three areas that were assessed for an outdoor meeting location; the parking lot near Fellowship Hall, the grassy area outside the Sanctuary, and Magnolia Court. There were advantages and disadvantages to each area. We needed to consider access for handicapped individuals, access to bathrooms, shade, security from homeless and mentally challenged individuals. Magnolia Court provided the best match for the many items we needed to consider.

Will there be a Coffee Hour after Worship?

Unfortunately there cannot be a Coffee Hour due to the high risk of transmission between members from socializing, sharing coffee and donuts.

When will we return to indoor Worship?

We do not know at this time. We are prohibited from meeting indoors at this time. When churches were allowed to reopen indoors after the first big shutdown, there was an outbreak in two local churches, one in Grand Terrace and one in Rancho Cucamonga. Indoor services are one of the most high risk activities we can participate in. This is a huge concern to our committee that just because we can go indoors, is it the safest option for our Congregation? Although this is a difficult decision, it is the committee's feeling we not return to indoor service until a vaccine is available or other suitable safe option can be determined. We will continue to reassess this option in the future.

If you have any questions about re-gathering, we invite you to contact Dave Thomas, Jon Horstmann, or Pastor Wendy Lamb.

Retreat Day!

The Reverend Sharon Edwards will lead our Sabbatical retreat on Saturday, October 10, 9-noon on Zoom! Everyone in the congregation is invited to join to hear and experience -

Season of Renewal: Returning Home Again and Again

"Therefore, God says, 'If you return, then I will restore you—'" --Jeremiah 15:1

This is one of the amazing ways God has made us! When we return "home" to our whole selves, we return home to God. Much of life, especially difficulties, pulls us away from home and contributes to stress, anxiety and other mental and spiritual challenges. So, how can we return again and again to our whole selves?

During our time together we will:

- Learn the relationship between the brain and nervous system, the impact on mental/emotional/spiritual health, decision making and perspective on life experiences.
- Come to understand our own nervous system tendencies, explore the intelligence of the body for mental/emotional/spiritual health and appreciate how we are "fearfully and wonderfully made!"
- Experience and develop a skill set of mind/body practices that will help regulate the nervous system for health and complement ways we already come home to God through our spiritual traditions.

Sharon is a Presbyterian pastor, Spiritual Director, retreat leader and yoga/meditation instructor. She walks with individuals, groups, and organizations as they seek the Sacred and discern purpose and direction. She is currently completing a Neuromeditation and Yoga Certification through The Neuromeditation Institute, Eugene Oregon. With her undergraduate degree in Music Therapy, music continues to be a joy and gift in her life and ministry.

Put this on your calendar now and look for the Zoom invitation later this week. Rev. Edwards will preach for us on Sunday, October 11.

The nurture committee invites the congregation--young and old-- to 4 Weeks of **NATURE**

List of suggested supplies/equipment:

Digital camera or smart phone

Bird guides

Binoculars

Scoops and buckets

Sidewalk chalk

Nature journal

Bubbles

Hula hoops, Frisbees, jump ropes

Art supplies : Paints & brushes, glue, colored pencils, etc.

Enter the season of Renewal by choosing one or all of the many nature themed activities from the Nature Calendar.

Take a nature walk and write down what you see, hear, smell and feel.

Try a nature scavenger hunt in your neighborhood. See how many items from the list you can discover.

4 Weeks OF NATURE



- ☐ go for a walk around the neighborhood and watch for birds & bees
- ☐ use a digital camera to take photos of all the nature you can find inside
- ☐ make a bouquet from backyard grasses, flowers, and twigs
- ☐ pull out bird guides and use binoculars to identify birds from the balcony
- ☐ make a map of the nature features in your community
- ☐ enjoy a family adventure-themed movie
- ☐ visit a local lake, creek, or pond and bring along some scoops and buckets
- ☐ watch a live-feed on-line wildlife camera
- ☐ use backyard nature treasures to make an art collage
- ☐ scour the corners, the basement, and garage for signs of creepy crawlies
- ☐ explore a local nature trail or wild nature reserve
- ☐ look for signs of creatures living in the backyard
- ☐ watch a kid's science or nature documentary



- ☐ read about birds
- ☐ read about bugs
- ☐ read about ocean life
- ☐ read about space
- ☐ read about dinosaurs

- ☐ go for a bike ride
- ☐ pull out the sidewalk chalk
- ☐ go puddle jumping
- ☐ climb a tree
- ☐ do some star gazing



- ☐ plant some seeds
- ☐ tend to the garden or yard
- ☐ do a nature scavenger hunt
- ☐ eat your lunch outside
- ☐ try nature journalling

Calling kids of all ages. Enter the season of Renewal by choosing one or all of the many nature themed activities from the Nature Calendar.

4 Weeks OF NATURE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Go for a family bike or scooter ride	Start a sit-spot nature journal 	Make a bouquet of dried grasses & flowers	Have a family picnic or campfire	Learn how to geocache and explore any finds near by	Draw with sidewalk chalk or play with bubbles	Walk around the block and wave at everyone you see
Go on a hunt to collect small twigs and rocks 	Watch a family adventure movie	Play with hoola hoops, Frisbees, & skipping ropes	Investigate under large rocks in the backyard	Paint the twigs and rocks you collected earlier 	Go for a hike on a local trail or around your community	Draw the nature you see from your window
Visit a creek, lake, or beach. Bring buckets and a snack	Do some night-time star gazing	Bring bird or bug guides outside to identify them	Tend to house plants and the garden or plant seeds	Watch some on-line webcams or zoo lives	Dig out the unused sports equipment in the garage	Visit a local nature reserve or trail 
Watch a nature or science documentary	Take your books to read outside	Identify trees and plants in your yard	Go on a nature scavenger hunt 	Collect nature treasures and make a collage	Make a backyard obstacle course	Have a family ball game 

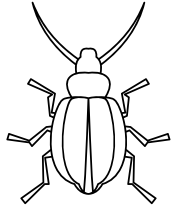
TAKE THEM OUTSIDE.COM



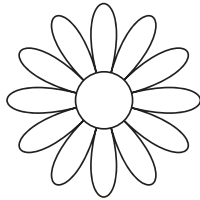
NATURE SCAVENGER HUNT

HOW MANY TREASURES CAN YOU FIND?

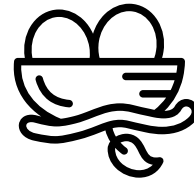
Directions: As you discover each item, color in the picture or draw/write what you found in the box. Feel free to take photos of your discoveries, but leave these treasures where you found them so others may enjoy them too.



BUG



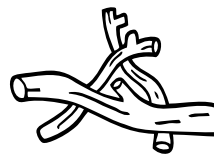
FLOWER

SOMETHING
SURPRISING

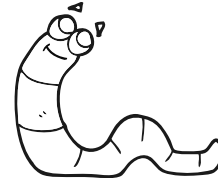
NEST

ANIMAL
TRACKS

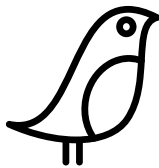
PINECONE



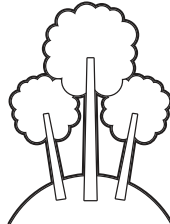
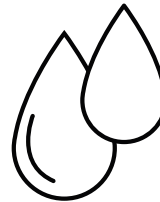
FALLEN BRANCH



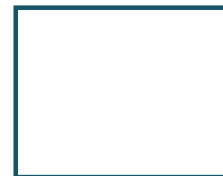
WORM



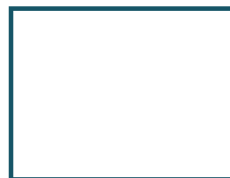
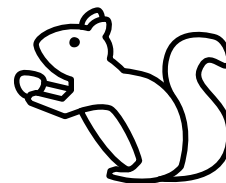
BIRD

THREE DIFFERENT
KINDS OF TREES

WATER

SOMETHING
COLORFUL

SEED

SOMETHING
BEAUTIFULTHREE DIFFERENT
KINDS OF ROCKS

SQUIRREL

What else did you find? Write or draw an item you found interesting that wasn't on this list:

October Celebrations

Oct 2 Jacob Matthew Kern
Dave Thomas
Oct 4 Jennifer (Coyne) Scerra
Lisa (Coyne) Star
Oct 5 Caleb Christopher Jones
Oct 6 Elaine Cook
Oct 7 Carmen Avila
Edward Munz
Oct 9 Phyllis Hough
Jerry Patterson
Oct 11 Zachary Garcia
Oct 12 Mimi Lange
Jeoff Molcan
Owen Morris
Oct 16 Tino Garza
Oct 17 Jacob Babcock
Bobbi Cummings
Oct 18 Ella Thomas
Oct 20 Robin Edwards
Oct 21 Marilyn Kraft
Oct 22 Adam Nord
Neal Williams
Oct 23 Thomas Patrick Dunn
Adelaide Shenton
Oct 24 Geri Atkins
Marge Bentley
Oct 25 Gigi Hanna
Nancy Le Roy
Oct 28 Joshua Fletcher
Oct 29 Frank Law
Oct 30 Mario & Mary Bolaños
Rebecca Allen

Financial Notes

Financial Report as of August 31, 2020

	<u>Actual</u>	<u>Budgeted</u>	<u>Over/(Under)</u>
Pledges	\$ 267,110.81	272,581.32	(5,470.51)
Other Income	\$ 47,269.77	32,310.68	14,595.09
Expense	\$ 314,939.34	379,929.96	(64,990.62)
Net Income	\$ (558.76)	(75,037.96)	74,479.20

Division Consolidation

General Fund Net Income/(Expense)	(558.76)
Child Care Center Net Income/(Expense)	(93,437.42)
Deacons Net Income/(Expense)	5,533.52
Net Operating Income/(Expense)	(77,714.15)

The *First Press*, the newsletter of the First Presbyterian Church of San Bernardino, is edited by Wendy Lamb. Please submit content to Wendy at newsletter@fpcsb.net.

Deadline for the November issue of the

First Press:

Tuesday, October 20

Keep Military Members in Your Prayers

LCpl Jacob Allen

Cherry Point, North Carolina

PFC Ronaldo Fregoso

US Marine Corps, 29 Palms

Colonel Jeff Le Roy

US Army Reserve

Seaman Mark Munz

US Navy, San Diego

Private Javier Rocha

US Army, Fort Benning, Georgia

Seaman Robert Sandoval

US Navy, Virginia

Petty Officer Noah L. Wierenga

U.S. Coast Guard Sector Upper Mississippi River

CW3 James Bentley Wilson

US Army, Joint Base Lewis-McChord, WA

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& Love to Learn**

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36912055