



October
2010



The Patio News

The Monthly Newsletter of the First Presbyterian Church of Santa Barbara
21 East Constance Avenue, Santa Barbara, CA 93105
805.687.0754 www.fpcsb.org

PASTORS: REV. PETER BUEHLER & REV. JUDITH MULLER

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Sunday Worship Schedule

8:30 a.m. Chapel Worship
9:00 a.m. Informal Worship
and Sunday School
10:30 a.m. Sanctuary Worship
Nursery Care is available
8:45 — 11:45 a.m.



LOVE SANTA BARBARA HELP REQUEST

*We love because God first loved us.
1 John 4:19*

On Saturday morning, November 13, members of South Coast churches will be working in a number of neighborhoods engaged in a variety of cleanup and repair projects. Projects will include such things as litter removal and small beautification projects in public spaces, and painting and repair work of some private properties.

If you know of cleanup, beautification and repair work that needs to be done in the public areas of your neighborhood, or to your own property and you are physically or financially unable to do such work, please let us know of those potential projects.

Contact **LOVE SANTA BARBARA** by calling Juleine Schmidt at 687-0754 x 110 or at jschmidt@fpcsb.org before October 15 with your suggestions and requests.

You will be notified before November 13 if your help request will be part of the **LOVE SANTA BARBARA** work projects for that day.

Thank you and may God bless you.



Is it time?

Autumn 2010 Inquirers Class

Monday, October 11, and
Wednesday, October 13,
from 7-8:30 p.m.

Call or email Juleine at the church to sign up
687-0754 x 110, jschmidt@fpcsb.org

Lifeline

Church Office Hours
Monday - Friday
9:00 a.m. - 4:30 p.m.
805.687.0754

Member Update

We would like to thank everyone for the many phone calls, cards, flowers and visits while Sash was going through his open heart surgery and rehabilitation. An extra Thank You goes to Dr. Gil Ashor for his special care of Sash.

Love,

Sash & Wilda Irvine

Sermon Feedback Sundays
Give Peter your feedback
17 October, 28 November
Following the 10:30 service

FOOD

FIRST SUNDAY of each month, bring non-perishable foods for Transition House



In-Gathering

Clerk's Report of the August Session Meeting

The stated meeting of the Session of the First Presbyterian Church of Santa Barbara was held on August 24, 2010 in Anderson Lounge. Moderator Buehler called the meeting to order at 7:00 PM opening the meeting with prayer. A quorum was present.

Devotion: Moderator Buehler led us in a review of Chapters 2 and 3 of Transforming Church, the study book used for the 2010 Session Retreat. Some of the thoughts shared were:

- Many of our programs are for consumerism and here in our church for that purpose.
- Life Groups are good ways to transform people.
- Belonging to Session is another way to become transformed.
- The job description of the proposed new associate pastor is leading us to look outward.
- God is in our community.
- The Trinity is a model of community.

Youth Leader Josh Murray Shares Fall Outlook:

- The turnout for Summer was consistent with Spring.
- Junior High Day Camp was held with 15 present including leaders
- Thursday is a time for Sr Hi students to share breakfast before school.
- Junior High will meet on Thursdays this year.
- Fall Children/Youth Kickoff was at Willoughby World on Labor Day.
- In the works is a Spring Break Mission Trip and Backpacking Trip.

Pastors Reports: Pastor Buehler shared that the Westmont Church Fair held on August 28. Chuck Curtis and Pastor Buehler represented First Presbyterian Church.

The Fall Neighborhood Meetings are being organized. The purpose of these meetings is to listen to folks and to consider their stewardship plans. Peter would like a Session Elder to be at each meeting as well as an APNC member.

Treasurer's Report: In general, Pledge, Non-Pledge and Loose Plate Income is only slightly under budget. Pledges are under budget by \$5,165, Non-Pledge by \$615 and Loose Plate by \$570.

The ECC is negative actual income over expenses year to date by \$8,933.

Financial Campaign:

During July we gratefully saw the arrival of the new van purchased to replace Calvin. The new van (Luke) has a capacity for 24 plus driver. We also, thanks to a very generous church family, purchased Sarah which doubles our capacity to bring those in wheelchairs and walkers to church on Sundays.

Continued on page four

Peter's Post

Driving on upper State is a pleasure. It has been resurfaced -- it's smooth as silk. Not a pothole in sight. Beautiful!

I wonder if the warm welcome we offer our guests on Sunday morning isn't as beautiful. I heard again this week, newcomers like worshipping here because we are "friendly." It means we are genuine, we go out of our way to greet those we don't know. We are not inhibited; are not wary of strangers. We believe "church" is "caring community." That Sunday morning is a day for being together, for joy and worship. Our guests see this in a real way that says to me that we, you, are practicing Christian faith through hospitality.

I'm grateful our welcome is extended to all. However, we need to balance hospitality with security. A recent training on this topic was helpful. On Sunday morning our buildings -- like our hearts -- are wide open. Here are some of the cautions we discussed:

- Lock your car before coming into church. Store valuables out of sight.
- Keep an eye on purses or other valuables, no matter where you are in church.
- Hold onto car keys (don't leave them in a coat pocket).
- Find the exit closest to you so you can leave quickly in an emergency.
- *Do not give money to those who ask for it.* Do be gracious and polite -- mention our church does a lot for needy members of our community. Do refer them to Judith or me, and we will make arrangements to be helpful with appropriate services and referrals. Not cash.

More important than these cautions -- is to be truly welcoming. Do not make assumptions about people's motives for being with us on Sunday morning. *Most often our homeless guests simply want to worship God.* Life is challenging for them, even dangerous; church is safe and people are kind. Human kindness is an expression of the kingdom of God.

Thank you for showing the love of Jesus Christ to all you meet. You are the church. If we are becoming a caring community, it is thanks to you.

Grace and peace,



Rev. Peter Buehler, Pastor



Rev. Judith Muller, Associate Pastor

Today, as I was driving to the church, a song playing on the radio began to register in my consciousness. "We are family...Everyone can see we're together as we walk by...We are family."

Family ties are close ties and we have ties that bring us even closer together than family ties. Jesus said, "I have called you friends." We are connected to one another by God's friendship for each of us.

The nature of the Christian life is that of belonging together. We are connected as parts of the body are connected. Each of us integrally related. We are a family of friends in Christ. Today's world, though, does not work to keep us together. Instead it keeps us spinning apart. All the personal technologies available to us keep us from seeing one another face to face. A text message or an email message relays content and can serve as a communication link. Sometimes content is what we need. For example, if you are in the hospital, if you are sick at home, or if you know someone who is sick, your church family needs to hear from you. A text message, an email, a phone call, or even a message from a friend will help us stay in touch. So, please let your church know.

There is no substitute for the presence of a friend. Do you remember the story of the child who had suffered the loss of a friend? When the little girl came home late one day, her mother asked where she had been. She said she had been at the home of her friend comforting her friend's mother. Her mother asked "How could you comfort her? What did you say?" The child replied, "I didn't say anything. I just sat in her lap and cried with her."

Blessings, Judith

Jottings from Judith

Lifelong Learning

Adult Education for September

Sunday Mornings 9:00
in Anderson Lounge

Oct. 3 - Mission Trip to Uganda

Presenter: Alexa Hur

Alexa will report on her IMPACT trip to Uganda in July.

Oct. 10, 17, 24 & 31 - Wealth and Poverty in the Bible and Christian History

Presenter: Helen Rhee,
Asst. Prof. of Church History,
Westmont College

The issue of wealth, poverty and Christian faith is as ancient as the New Testament and reaches farther back to the Old Testament. As frequently noted, Jesus' teachings in the Synoptic Gospels (Matthew, Mark and Luke) de-



manded a kind of discipleship that barred any competing commitment to peoples or things other than himself, including money, property, and possessions. From the very beginnings of the Christian movement, how to deal with riches formed an important aspect of Christian discipleship.

Nov. 7, 14, & 21 Christian Hospitality

Presenter: Rev. Suzanne Malloy, Dir of Front Porch, UCSB & Cottage Hospital Chaplain

An exploration of what "Hospitality" means for Christians. This series can be seen as a lead up to Advent -- after all, Advent celebrates the hospitality shown to the Christ child and magi!

Clerk's Report Continued from page two

Clerk's Report: SESSION REPORT SEPTEMBER 2010

Marriage: Bob Neuhaus and Jane Raveret, August 7, 2010, First Pres. Church, Peter Buehler, Officiant.

Baptism: None

Death: Carolyn Collins, no date, 92 years old, on the inactive list, joined 2-3-85.

Communion: Held every Sunday at Contemplative Service. It was held August 1, 2010, all three services.

Church Attendance Total: Averaging 240 total for three services.

Sunday School Attendance: Adult Education was offered at 9:00 in July and August.

Attendance has been averaging 23.

Consent Agenda:

Approved the following:

- Session Minutes 7-27-10

- APNC change in Position Statement for the new associate pastor position: "add 3% time for service in Presbytery. This time to be taken from the Young Adult/Family Ministry portion of the job."

Both of these items were approved unanimously.

Action Agenda:

- Motion from the Missions Team That at a "Moment for Missions" on September 12:

Ted Baehr and Dave Bazinet be given permission to solicit funds from the congregation to purchase 300 Bibles for inmates. The purchase price is between \$5 and \$6 per Bible. The motion carried.

Other Business:

Doug DuCharme, commissioner to the General Assembly from our Presbytery, shared his experience this year. He reflected on the value of the General Assembly, a gathering of 173 presbyteries and the importance of getting to know your own presbytery. He encouraged all of us to become involved in our local presbytery as it does impact our personal church.

The meeting then adjourned at 9:00 PM with prayer.

Next Meeting: September 28, 2010

Diane Kirkpatrick

Oh, the Places We've Been!

All FPC All Summer Missions Report and Lunch

Sunday, October 10
at 11:45 a.m.
in the CFC

- **Alexa Hur**
- **Leah Gaston**
- **Meryle Gaston**
- **High School Youth**
- **Fresno Team**

Free
Childcare

Cost: \$10 for lunch
Sign up at the front desk
or email Juleine: jschmidt@fpcsb.org

Supporting the Work of God

First Presbyterian Church received a gift from the Alex and Earleyn Hurst Trust. The Presbyterian Foundation sent a check for \$17,449.18. This represents the beneficial interest of their Charitable Remainder Annuity Trust. With no restrictions on the gift, the funds were placed in the 1869 Memorial Fund. We are very blessed to receive this gift."

Thank you! Alice Williams,
Business Administrator

Chuck Curtis
Director of
Evangelism and Mission
687-0754, x 102
ccurtis@fpcsb.org



Love Santa Barbara

On Sunday afternoon, Sept. 21, three of us went on a prayer walk to learn some specific needs of people in our neighborhood. Susan Croshaw and I from First Pres and Rev. Betty Sue Sherrod from First Congregational Church walked the neighborhood of De la Vina between Constance and Arden, meeting neighbors and asking their needs: such things as raking yards, cleaning windows, or minor repair jobs. We handed out information sheets for distribution so that more people will contact us with their needs. Free Methodist Church was doing the prayer walk concurrently on Santa Barbara's west side.

We hope to get many requests for help from people who lack the means or resources for needed "fixes." Please sign up for the **Love SB Serve Day**. Sign up at the reception desk or call the office – Juleine or Chuck – or email us at jschmidt@fpcsb.org.

The **Love SB Serve Day** is
Saturday, Nov. 13,
from 9:00 to 1:00.

We believe that meeting and serving people face to face is just what Jesus had in mind as he walked through Palestine and taught his followers about the Kingdom of God. As with Jesus, we direct all glory away from ourselves to God.

We love because God first loved us. –1 John 4:19

--Chuck Curtis

Youth Activities

From Josh:

Hello First Presbyterian Family,

I am writing to you to invite you to contribute an item for the auction at our Annual Pancake Breakfast Youth Fundraiser. So if you have item, or gift, or talent, or resource you care to share; please let me know.



This year's **Annual Pancake Breakfast Youth Fundraiser** will take place Sunday, October 31st, after both the 9:00 worship service and the 10:30 worship service. The breakfast will consist of full breakfast meal, a live and silent auction (some of the auction items might make an appearance after worship services starting Oct. 17), and a children and youth costume fashion show.

Last year's Breakfast raised upwards of \$1,800.00! And all proceeds go to the enrichment of our church's youth and help fund such opportunities as Christian camps, mission and service trips, etc... Thank you all for your continual support.

Regards, *Josh Murray*

Want to donate something
to the Auction????
Call Josh!

??? Call Josh Murray
Director of Youth
Ministries

Office 805.687.0754 ext 104,

cell 805.279.2391,

JNMurray3@yahoo.com



What's Happening For Youth Regular Events:

Wednesdays at 7PM

Hi School Group in Youth Lounge

NEW Thursday mornings!

Sr. Hi breakfast with Josh (call Josh)

Thursday at 6:30PM

Jr. High Group in the Youth Lounge

Sunday Mornings

Jr. High Sunday School

Begin at 9am worship then walk down to Youth Lounge together for our own time.

and

High School and College

Coffee Shop Pilgrimage

Meet on the Patio at 10:30



Calendar for Families and Children

Sunday, Oct. 10, 11:45 am
 Mission Lunch:
 Hear from Leah Gaston,
 Alexa Hur, and the Sum-
 mer Fresno Mission team.
 Free childcare is available.
 Sign-up sheet for lunch
 and RSVP for childcare
 on front desk.

Sundays, October 10, 17 & 24
**Look for the silent auction
 items and start bidding!**
 The bidding will close on
 Sunday, October 31
Youth Mission Fundraiser

Wednesday, Oct 13, 4:00 pm
 Youth and Children's Minis-
 tries Committee meeting, in the
 Youth Annex.

**Thursday, October 14, 6:00
 pm**
 First Pres. Early Childhood
 Center Open House.
 Meet in Garden Room at 6,
 then parents visit classes.
**Church members who are
 curious about the program,
 are invited to drop in!**

Sunday, October 31
**Following the 9:00
 and 10:30 services,**
 Annual Pancake
 Breakfast, silent and
 live auction.
Youth Mission Fundraiser

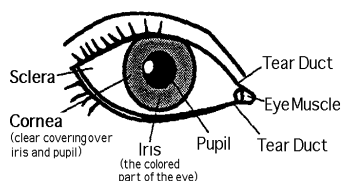
Sunday School for October

Toddlers and Pre K, taught by

Fleurette Janigian and Maybel Frazer

October's theme: The Boy Who Shared His Lunch

Elementary ages, taught by Susan Croshaw



*October - November: Vision
 and Sight, Science lessons
 and Bible lessons in the
 same classroom!*

*Our class is collecting old eye glasses for Re-Use!
 Please bring in your old pairs and leave them at
 the front desk in the fireside lounge.
 Glasses will go to the Lion's Club.*

**Halloween alternatives to candy: stickers, glow
 sticks, coins, erasers, pencils,
 sugarless candy, nuts, dried fruit,
 fruit roll-ups, pretzels (you can get small packs
 at Smart & Final or Costco).**

Remember Prayer for Your Aching Back!



A gentleman shared with me that he had hurt his back while bending over to pick up a toy. It was only with great difficulty that he was able to stand up. For the rest of the afternoon and evening, he was unable to walk freely and was in a fair amount of pain. Sitting was also uncomfortable. The pain had downshifted his life into first gear so he just took it easy, thinking that all he needed was a good night's sleep in his comfortable bed. The next morning he discovered he was unable to get out of bed on his own. He asked himself, "What happened?"

"Henry Dietrich Fernandez, an architect who lives in Cambridge, Mass., sees the human spine as a magnificent piece of architecture. It can bear great weights, but also flex. The best analogy, says Fernandez, 'is the steel skeleton of a high-rise, having to bend and shift to accommodate itself to dynamic forces, like the wind.' But it's the spine's complexity that makes it vulnerable."

How many of you can relate to this incident above? Back pain is the second most common reason for medical visits. Common causes of back pain involve disease or injury to the muscles, bones, and/ or nerves of the spine. Pain arising from abnormalities of organs within the abdomen, pelvis, or chest may also be felt in the back. Seventy percent of the causes of back pain are sprains and strains that can take up to six weeks or longer to heal. Chronic back pain is usually caused by degenerative changes that occur over time that in turn affect the structure of the spine.

You must have heard of many of these terms. *Herniated discs* are produced as the spinal discs degenerate or grow thinner. If a bulging or herniated disk presses on the main nerve that travels down your leg, it can cause *sciatica* — sharp, shooting pain through the buttock and back of the leg. *Spondylosis* occurs as intervertebral discs lose moisture and volume with age, which decreases the disc height. Spinal disc degeneration coupled with disease in joints of the lower back (arthritis), can

Sharon Troll, RN
Parish Nurse
Parish Nurse Hours Tuesdays
Call for appointment
(687-0754x103)
or email strollrn@aol.com



lead to spinal-canal narrowing referred to as *spinal stenosis*. Thus, the discs (or cushions) can narrow, fragment, rupture, thin, or dry out.

In traditional Chinese medicine, emotions and physical health are intimately connected. Positive emotions have a healthy effect on various disorders such as blood pressure, arthritis, depression and back pain. Therefore remember it is wise to control one's emotions and not let them control one's body. Whomever you choose for your care, be sure they understand the physiological and emotional affects of pain and are dedicated to providing compassionate professional care.

Having back pain is no fun. In fact, it can be downright depressing, as many will testify. The available treatments are as many as there are ice cream flavors and will vary with each specialist seen. Recently, I saw an advertisement in the Santa Barbara News Press offering high tech protocols to get you outdoors swinging your golf clubs and digging in the garden. All I needed to do was to call their hot line. I wish a cure was that easy!

I asked the gentleman if he ever prayed about his pain. He said initially he could still move and hadn't thought about praying. It was only the following morning maneuvering on his hands and knees to the toilet that he began to pray. He said, "It was all I had. Sometimes we are brought to our knees to appreciate what we have."

Blessings, Sharon

- ◆ ***Senior Fair @ Earl Warren October 6th***
- ◆ ***Alzheimer's Memory Walk October 16th***
- ◆ ***Flu Shots and Tai Chi coming in October***

Clippers: Pairs & Spares



Dr. Jan Armstrong

Executive Presbyter of the
Santa Barbara Presbytery

Will speak on:

The new
Presbyterian Mission to
Albania

Dinner: \$13 per person

Friday,

Oct. 8

In the CFC

5:30 pm

Fellowship

6:00 pm

Salmon

Dinner

Sign up on the Patio or Call the MacMillan's for reservations 898-1548.

"A reservation made is a reservation paid!"

Aloha Steakhouse Ventura



Chariot of Friends

October 20

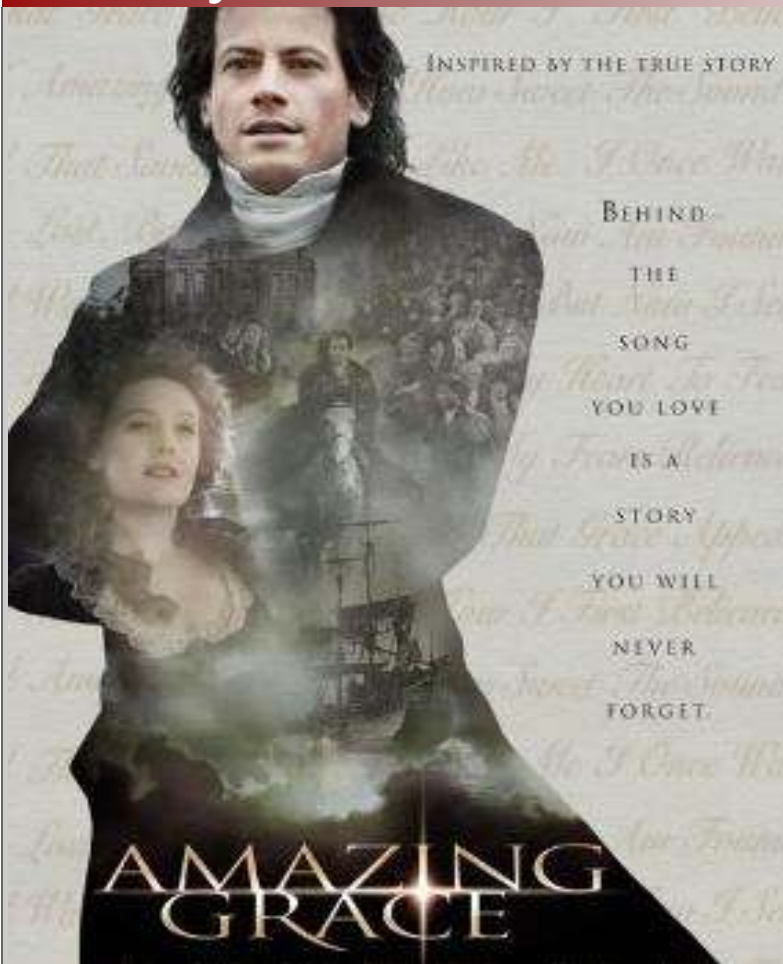
Join us for a beautiful ride down the coast,
Have great fellowship and a great meal!
Cost: \$15.00

For Reservations call:
PAT CORN 682-1848

Questions:
Call Geri Willoughby 455-8190



PresbyFolk Adventure



**Sunday,
November 15**

**Dinner & a Movie
at 5:30 PM**
Main dish provided

Join us in the CFC

- ◆ **Bring your own plates, cups and table service.**
- ◆ **Bring a salad, side dish or dessert to share.**
- ◆ **Bring a friend!**

Sign up at the reception desk
or email Juleine: jschmidt@fpcsb.org

C'mon-a My House!

“What Fun! So Enjoyable!”

This Fall, in an attempt to bring our church members closer as a “Community of Caring”, several meetings were planned in the homes of our members. Our goal with these meetings was for each of us to learn more about other members who live in our area and to share our hopes and plans for our church, its programs and its goals.

We scheduled nine meetings in September and nine in October with half being in the late afternoon and half in the evening. We even offered to arrange transportation. We very much want to make it convenient for each member and friend of the church to attend.

So come! When you receive your invitation to a Home Meeting in your area, please call Juleine

(687-0754) at the church office to tell her if you can (or cannot) attend. If you were unable to attend the meeting in your area in September, Juleine will be glad to reschedule you to an October meeting. These are one time events – with no ongoing, long-time commitment. And they are fun.

The attendees have been very positive in their reactions. “Even I learned new things about the church” “This was a great idea” “Thank you so much for having me”.

So join your host(s), one of your pastors, a representative of the Associate Pastor Nominating Committee, members of Session and the Stewardship Committee and learn almost everything you ever wanted to know about First Presbyterian Church. The cookies have been great, too!



Presbyterian Women

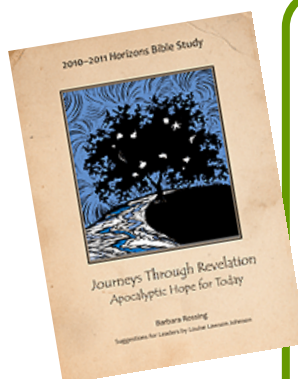
Presbyterian Women, Alive and Going Strong

Coming Events:

Tuesday, October 5, at 2pm

Women at Well

Women gathering to support each other through times of grief. This group will meet on the **First Tuesday** of every month in **Anderson Lounge**



Everyone is raving about the *Revelation* Bible Study. Join an ongoing group, or start one of your own. Copies of the Bible Study are available for order by calling Noni Patchell – 280-2298

Thursday, October 21, at 12 noon, CFC, \$8



With guest speaker
Joyce McCullough,
Executive Director

Bible Study Groups:

Sunday Circle: Second Sunday, immediately following 10:30 service – contact Margaret Brown – 879-7692

Judith's Bible Study: Second Wednesday, **begins October 6 (special date)**, 12pm – 687-0754

Charistans: Meets in afternoons or evenings, third Monday – contact Marilyn Torrey – 964-2762



Presbyterian Women in the Presbyteries of Pacific, San Fernando & Santa Barbara

FALL CLUSTER GATHERING

"Hear Our Stories"

Marjie Boyer

Just returned from the USA Mission Experience in South Dakota for conversation with our Native American Sisters

Sallie Cuaresma

Just retired from the PCUSA Office of Native American Relations

Saturday, October 9, 2010, 9 am

\$10, includes Native American lunch

Faith Presbyterian Church

5000 Colfax Avenue
Valley Village (North Hollywood), CA 91601-3602
Contact Noni Patchell – 805-280-2298 for more info.

Monday, November 8, 5:30pm, CFC

Food for Thought: Does How We Eat Matter to God?

How can our eating habits alleviate world hunger, build our spirituality and heal our bodies?

Leaders: **Rev. Judith Muller, Anne Shelton, and Sharon Troll**

Childcare available by advanced reservation (by November 1)



First Presbyterian Church
21 East Constance
Santa Barbara, CA 93105

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21 E. Constance Ave, Santa Barbara, CA 93105
(805)-687-0754



Senior Activity Program

October 2010

October 1—Friday

10:00: Gathering Time
10:30: Movie "Julie and Julia" with Meryl Streep. A film about an encounter with Julia Child. Entertaining.
11:30: Movement and Motion with Nicole Clancy.
12:15: French Lunch
1:15: Movie Conclusion.

October 8—Friday

10:00: Gathering Time
10:30: Erin Zetter from the Museum of Art. "Reframing America."
11:30: Movement and Motion.
12:15: Yummy Lunch
1:15: Bible Study with the Rev. Judith Muller. Join us for some good conversation.

October 15—Friday

10:00: Gathering Time
10:30: Jennifer from the Diabetes Resource Center –back by popular demand to talk about "Planning Nutritious Meals."
11:30: Movement and Motion.
12:15: Terrific Lunch
1:15: B-I-N-G-O and Bingo was his name-o. Come and join the fun.

October 22—Friday

10:00: Gathering Time
10:30: "Wonders of the World" A video presentation.
11:30: Movement and Motion with Nicole.
12:15: Delicious Lunch
1:15: Catch Phrase. This is one of our favorite games. Come and join us.

October 29—Friday—Halloween Celebration

10:00: Gathering Time
10:30: Helen Pasley and the children from the Early Childhood Center. Songs and Treats.
11:30: Movement and Motion with Nicole Clancy
12:15: Great Lunch
1:00: Pictionary—a barrel of laughs.

Questions, ideas, or suggestions?
Call Nancy Johnson
at 967-7675

