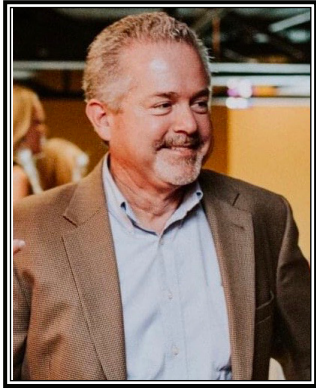


**FIRST  
PRESBYTERIAN  
CHURCH**  
*San Luis Obispo*

*The Kirk*  
May 2023



Hope is hard sometimes. With the pain of the world and the wounds we carry in our relationships, it's a challenge sometimes to believe that any of it will be resolved.

I'm not talking about simple optimism here. If you've heard me teach or preach on this, then you know that I think there's a big difference between optimism and hope. Optimism is the belief that things will get better. Hope is the trust that things will be fulfilled. You hear the difference, right?

Don't get me wrong, it's good to be optimistic. I think we could all use a dose of optimism when facing some of the day-to-day obstacles of family and work and school and even church. It's perfectly good to want things to get better.

But hope is different. Hope takes work.

Hope is a discipline that we can practice and get better at.

I love what rock musician and poet Nick Cave has to say about this.

*Unlike cynicism, hopefulness is hard-earned, makes demands upon us, and can often feel like the most indefensible and lonely place on Earth. Hopefulness is not a neutral position either. It is adversarial. It is the warrior emotion that can lay waste to cynicism. Each redemptive or loving act, as small as you like... keeps the devil down in the hole. It says the world and its inhabitants have value and are worth defending. It says the world is worth believing in. In time, we come to find that it is so.*

Isn't that good and deep and, well, hopeful?

I love the reframing of hope as something hard-earned, something that demands something of us. Cynicism might park us on the sidelines, but you have to be in the game to have hope—you have to do things to live in hope.

In this month of transition from Easter to Pentecost, it's good for us to be reminded of the building blocks of hope. We need to be reminded that everyone has value, and that our neighbors are worth defending, whether from racism or violence or abuse or poverty. It's good for us to be reminded that this world, created and redeemed by God, is worth believing in. The more good we do, the more hope we will have, it really might be just as simple as that.

I'm challenged by the last line in the quote. "[Hope] says the world us worth believing in. In time, we come to find that it is so."

Most of us think that in order to change our behavior, we have to first change what we think. There's a logic to that, but years ago a group of psychologists found that the opposite was just as true. They had people change their behaviors, and in time they found that their thoughts or beliefs had changed. That means that we can change our minds—we can grow to understand things in new ways—by changing our actions.

That's a path to hope—real hope—in the church. As we do more of the things that affirm what Christ taught and modeled, even if we don't quite yet understand or even believe their value, we can experience a little of that transformation we're always talking about. Our lives can be changed from the inside out.

Maybe that's a good frame of mind for all of us as we move into this new chapter in our church's history. We're going to try some new things. We're going to experience some new ways of being the church. By doing that, we might start thinking differently.

Blessings to you,  
Pastor John

## CHILDREN'S ED

Spring fever is upon us! We are looking forward to presenting an "end of the program year" program. We have put May 24 on the calendar for this special event. We would like to invite all of you to join us as we share what we have been up to since September. Please join us in the Sanctuary at 6 p.m.

Wednesdays at the Rock continues until May 24. We are planning some fun activities for the summer. Watch for one-day programs for the kids. We will

keep you posted as things are put on the calendar and details are completed. If you have something you would like to share with the kids, let Jen know and we will put it together.

We are looking for ways to make Wines Chapel a little more comfortable for families. If you happen to have an extra—in good shape and not too big—rocking chair or two, we would love to take it off your hands. You can contact Jen, and we will organize pick up.

We had an exciting time at the Community Egg Hunt. Thank you to all of you who donated eggs. We continue to find them here and there. We made some new friends and enjoyed seeing "already" friends. We were thankful to be able to bring this activity back.

It was fun to hear "the bells ringing" at the Easter Sunrise Service. Thank you to all who came, participated, and worshipped with us that beautiful morning. Christ has risen...

Thanks for your continued support of our Children's Program. The future is looking pretty amazing!

Children's Ed  
Jen, Brooke, Bella,  
and Ash





We have some fun things planned for the summer. Details to come as they come together.

These kids are great examples of Loving God, Loving People, and Doing Things!

Your support means so much!  
Jen, Bella, and Ash

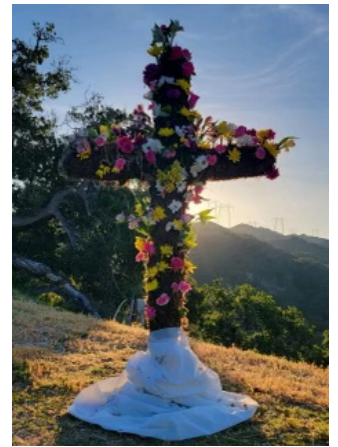


## YOUTH

We are really looking forward to Youth Sunday on May 21. Youth Sunday will be followed by a Grad Honor Banquet in Wilson Hall. If you have or know of any graduates, please let Jen know.

All are welcome!

The Youth have continued to meet Sunday evenings from 5 p.m. until 7 p.m. All Youth from 7th through the 12th grade are welcome. We share a meal, have a Bible Lesson, play games, and do crafts and mini service projects. One never knows what may or may not happen each week. The Youth are always willing to step up and help out. Most recently, they helped set up, participate during, and clean up for the Community Egg Hunt. We could not have done it without them. Ok, we could have but it was so fun to have them participate. These kids are amazing and we hope you take the opportunity to get to know them. Speaking of that ... why don't you volunteer to bring a meal one Sunday? You can drop it off or stay and share the meal with us. We would love for you to join us. Let Jen know if you can provide a meal one Sunday.



## BOOK BROWSERS

Book Browsers will be meeting the first Tuesday of each month at 7 p.m. via zoom. Please join us for discussions of the following books.

May 2 Tied to the Tracks  
by S. Donati

If you have any questions, please contact Diane Shervem at 805-459-9844 or [dshervem@charter.net](mailto:dshervem@charter.net).

---

## CONGREGATIONAL CARE CORNER

Please pray for our church family, especially

For **Pastor John D'Elia** as he leads our congregation;

For our **Elders** as they guide our congregation in making decisions about the life of our church;

For the **Deacons** as they care for our church family;

For **Jen Rabenaldt** and those who work with our children and youth;

For **Scott Glysson** and the many wonderful musicians in our church;

For those who support our worship services with their technical help to make it possible for live streaming and recording of the services;

For our church members, friends, and family who are undergoing treatments for various health issues;

For the family and friends of **Betty Priest** who passed away in April;

For the family and friends of **Luella Warkentin** who passed away in April;

For the family and friends of former member **Chris Wilson** who passed away in April;

For all of our church's senior citizens, for their families, and care givers;

For members, family & support personnel serving in the military;

For all of us as we serve God wherever He calls us.

Because we care about you, if you have been hospitalized or if you are ill, please call the church office at (805) 543-5451 to leave a message for Pastor John or the Deacons,

If you have a prayer concern, please call the Church Office at (805) 543-5451 or write me at [gdeklein@calpoly.edu](mailto:gdeklein@calpoly.edu).

God bless us all,  
Gloria DeKleine

---

## HAPPY BIRTHDAY!

Happy Birthday to the following seniors (over 85) who have May birthdays:

Gene Gillson – May 4

JoAnne Masten – May 23 turning 85 this year

Heulan Brown - May 25

Dorie Larson – May 28 turning 90 this year

Ray McKelvey – May 29 turning 90 this year

Carolyn Dickey – May 30

To everyone else who celebrates a birthday in May.

Our church records may be incomplete. If we have overlooked someone, please contact the church office.

## MISSION

Smart Share Housing Solutions is a local nonprofit that addresses issues of housing in three unique ways. First, it has a program HomeShareSLO in which someone with extra space in their house can take in a housemate for income or companionship. There is currently a \$1,000 Home Provider incentive. If you are looking for housing, there are home shares available throughout the county with rents averaging from \$750-\$850/month. If interested, please call 805 215-5474.

Second, ADU SLO helps push opportunities for safe and affordable housing through Tiny House on Wheels (THOWs) and Accessory Dwelling Units (ADU's). ADU SLO assists property owners on the logistics of adding housing units using backyards, garages, infill lots, and existing buildings that already have infrastructure and embedded energy grid. Currently, there are two projects in Arroyo Grande.

Lastly, Co-Living Collaborative Program is working to develop Waterman Village. It will be a sustainable micro-village at the Rosa Butron de Cannot Adobe on Dana Street with up to 20 affordable Tiny Homes. This unused city property would be developed jointly with the city and the county. The group is working to reach its \$1M in local community contributions goal, having raised over \$754,000 so far.

For more information on any of these projects about ways to address affordable housing in our community, please go to [smartsharehousingolutions.org](http://smartsharehousingolutions.org)

---

## FRONT PORCH

I would like to quote from Joel Drenckpohl's message in a recent Front Porch newsletter:

"What Front Porch is doing is revolutionary when it comes to how community, spiritual growth, and ministry can look with the amazing generation of young people known as Gen Z. With your help, we

have been able to create a radical community and space in which students are accepted, known, heard, loved, experience belonging, encounter God, and are invited to be more of a loving presence in this world. It is a community that has chosen to focus on what we have in common instead of what makes us different. First and foremost, we start with our humanity and some basic needs that humans possess: the need to be loved and accepted, the need to be a part of something bigger, the need to connect with others, and the need to love. There is nothing like it, and again it would not be here without you!"

Front Porch ended 2022 in the black, bringing in \$352,509, while expenses were \$347,733. A substantial portion of the receipts were brought in during the Annual Front Porch Fundraiser. Thank you all so much. We could not do it without you.

Susan Updegrove,  
Front Porch Board

Front Porch Cookies: To those of you who are new to First Pres, during finals at Cal Poly, our church provides cookies to the students who are frequent visitors to Front Porch. Valerie Evans will collect these cookies on the Sunday prior to the day finals begin. You may bake cookies, buy cookies, or even give Valerie money and she will purchase them for you. The date to bring the cookies for the June finals will be June 12. A great big "THANK YOU" to all who participate in this event. By the way, students are known to do better on their finals because of the cookies.

## CONGREGATIONAL LIFE

Save the date of **Saturday, July 15**, to visit the **Oceano Melodrama** for an exciting afternoon watching a play called “Under the Boardwalk.” The play takes place under the Pismo Pier with a clam and a gull falling in love. The clams and the gulls are mortal enemies. Will they be able to make a life together? Enjoy the singing and dancing! Suitable for all ages.

Sign up with **Jan Rantanen** after the services in May or by calling her at **805-709-9801 (Cell) or 805-489-8833 (Home)**.

Jan will have posters with more information. She has arranged for discount tickets depending on the number of people who sign up for this fun fellowship activity! Make your reservations with Jan. Checks payable to the Oceano Melodrama are due to her by **June 4**.

Other Congregational Life fellowship activities coming up in June are the following:

- Music Appreciation reception in the courtyard on June 4
- San Luis Blues Baseball game preceded by a picnic at Sinsheimer Park on June 25.  
(Details in the June Kirk.)

## PERSONNEL MEMORIAL/WEDDING COORDINATOR MINISTRY AVAILABLE

FPCSLO is seeking a compassionate, friendly person with excellent organization skills to serve as the Church Memorial/Wedding Coordinator. The Coordinator serves a vital role as the link between couples planning a wedding at the church and with families grieving a loss and planning a memorial service at the church. Detailed job descriptions are available at the church office and by email request. This is an “on call” position, and the Coordinator can expect to be called several times a year. The number of assignments varies depending on the number of weddings and/or

memorial services scheduled. Compensation for this position is by fees paid by the people requiring the service at a rate determined by the Church. In many ways, this position is a “calling” to serve families who need the Church at these important times.

## DESIGNATED PASTOR NOMINATING COMMITTEE

As the chair of the FPC SLO DPNC Committee, I want to thank you, our congregation for your patience, understanding, and prayers throughout our process. We carefully and prayerfully considered each decision and pastoral candidate throughout our journey. We referred back to the FPC SLO Mission study often to remain connected to the needs of the congregation. We are excited and blessed to have come to a unanimous decision to extend an offer to Pastor John to lead our church into the next season of our fellowship and ministry as Designated Pastor. We look forward to this next chapter! We extend our gratitude and congratulations to John for accepting the call.

Grace and peace,  
Danielle Elzik

## MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month and First Pres SLO is acknowledging the need for resources and ideas to support the organizations within our community. We are all are working hard to make Mental Health something we feel comfortable talking about. This years theme for Mental Health Awareness month is, “Look Around, Look Within”

As humans, our overall health is significantly affected by our natural and built environment; where we are born, live, learn, work, play, and congregate all influence our health. While we often think of these environmental factors (sometimes called the “social determinants of health,” or the “vital conditions

for well-being”) as relating largely to our physical health, it’s important to consider the effect of our environment on our mental health and well-being as well. This opens the door to consider education, economic stability, social connections, neighborhood, community infrastructure, and access to care. What we know for sure is that there are many factors that contribute to mental well-being, and we all benefit from stable environments, strong communities, and ready access to needed services.

During Mental Health Month let’s look around and look within as we consider every part of our environment and its effect on our mental health and well-being. First Pres is actively looking and working to provide practical resources on how to support mental health, and the health of those in our community, within every part of our natural and built environment.

Some aspects of our environments may be outside our immediate control while in other areas we have the potential to make change. First Pres is working towards useful suggestions and ways to adapt our surroundings to improve overall health and well-being, as well as ways and resources to cope when change seems out of reach.

We all have mental health, and we all have unique environments. Making our environments as healthy as possible goes a long way in improving our mental well-being.

Join us as we continue to find ways to become a safe space for those who are in need to get the resources they need. Join us as we support Mental Health Awareness Month, and watch for opportunities to participate.

Look Around, Look Within,  
First Pres SLO Christian Education

## **MENTAL HEALTH AWARENESS WITH TRANSITIONS - MENTAL HEALTH ASSOCIATION**

May is Mental Health Awareness Month and TMHA has a jam packed schedule of fun events all across the region.

### **CALENDAR OF EVENTS:**

#### **May 1st Journey of Hope**

**5:00pm-8:00pm**

Journey of Hope is a community forum on living mentally well that takes place every year. The event offers an opportunity to interact with mental health and community leaders, learn about local resources and, best of all, to celebrate hope.

#### **May 5th-31st Opening Minds Community Arts Show**

Join us during the month of May to view the Opening Minds Community Arts Show at The Bunker, located at 810 Orcutt Rd., San Luis Obispo, CA 93401. Artists from across San Luis Obispo and Northern Santa Barbara Counties will be featured in this exhibition highlighting mental health, mental illness, and the journey between the two. Grab a cup of coffee from Nautical Bean and cruise the gallery or stop by for one of our feature events.

#### **May 5th Opening Minds Reception at Art After Dark**

**5:00pm-9:00pm @ The Bunker**

Join us for an opening night reception to welcome the community to Opening Minds and highlight this year’s featured artist, Jen Goodell.

#### **May 6th Wellness Center Welcome & Sound Bath 5:00pm-7:00pm @ The Bunker**

The TMHA Wellness Centers will give a presentation about their services and community support they offer at their 3 centers across SLO County, followed by a 1-hour sound bath provided by Jamie Nicole from Harmonic Holistics. To sign up for the Sound Bath, please contact Clara Cobb, Community Resource

Coordinator, at [ccobb@t-mha.org](mailto:ccobb@t-mha.org) or (805)540-6564. Space is limited. Attendees will need to bring a blanket or yoga mat to lay on, a pillow for comfort, and an eye cover or eye pillow.

**May 12th Wellness Center Open House: Life House  
12pm-3pm**

Open House at Life House Wellness Center, 5850 West Mall St., Atascadero, CA 93422

**May 13th Opening Minds Movie Night with PAAT  
5:00pm @ The Bunker**

Join us for a special viewing of the award-winning documentary “Is Your Story Making You Sick?”, which reveals the science and practice of how individuals battling addiction, PTSD, depression, and other stress-related illnesses can heal by re-examining the stories they tell themselves. The film will be followed by a talkback from TMHA’s Peer Advocacy Advisory Team.

**May 17th Wellness Center Open House:  
Hope House**

**12pm-3pm**

Open House at Hope House Wellness Center, 1306 Nipomo St., San Luis Obispo, CA 93401

**May 19th-21st Bowl-A-Thon**

Join us for the 39th Annual Bowl-A-Thon to raise funds for Central Coast Hotline. Create a team with 4 friends and come bowl with us! Shifts are available on Friday May 19th at Pismo Bowl and Rancho Bowl; Saturday May 20th at Pismo Bowl and Mustang Lanes; and Sunday May 21st at Pismo Bowl and Mustand Lanes. Register now!

**May 26th Wellness Center Open House:  
Safe Haven**

Open House at Safe Haven Wellness Center, 203 Bridge St., Arroyo Grande, CA 93420

**May 27th Opening Minds: Performance Edition  
5:00pm @ The Bunker**

Join us for an evening of poetry, song and stories around the theme of living mentally well.

**CHECK IT OUT**

May is Mental Health Awareness Month. The book cart from our Library will be dedicated to resources in support of Mental Health for all ages. Please take a minute and check it out (pun intended). The cart is in the lobby during the week and will be in the courtyard on Sundays. Thank you to Audrey Tandon for making this happen.

**JOHN ESTES PRAYER GARDEN**

Please join us for the dedication of the John Estes Prayer Garden on May 21. The Prayer Garden is in progress and is Lloyd Esola’s Eagle Scout project. The dedication will take place after worship on May 21 which is Youth Sunday. After the dedication is complete we will head into Wilson Hall for the Grad Honor Banquet. Lunch will be served as we honor all of our 2023 graduates, especially our high school seniors. All are welcome!

Green ribbons will be available for you to wear during the month of May. May is Mental Awareness Month and green is the color dedicated to represent Mental Health Awareness. You can either wear the ribbon behind your name tag or pin the ribbon on to show your support. Ribbons will be available before and after Worship.





# MAY 2023

## 31 WAYS TO MAKE THE WORLD AROUND YOU WORK FOR YOUR MENTAL HEALTH



**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**7** Do some spring cleaning with mental health in mind! Remove objects in your home that might trigger negative thoughts or habits.

**14** Incorporate your favorite color into your living space – if you can't paint walls, use art, pillows, blankets, or curtains.

**21** Use scents you like in your spaces. This could be lighting candles, using diffusers, or even creating DIY smells (for example, boiling oranges and cinnamon on the stove).

**28** Consider changing the settings on your phone to "do not disturb" or mute your notifications when possible.

**1** Try to find 15 minutes to get some sunlight – if that isn't an option, use a daylight lamp or a blue light lamp when you spend all day indoors.

**8** Put pictures of loved ones or pets in places you often look to stir positive thoughts and feelings throughout the day.

**15** Do you work from home? Setting up a designated workspace in your home is ideal, but if you don't have the option of an office, at least keep your work out of your bedroom.

**22** Use noise-canceling headphones or earplugs to block out noise at home. Especially if the sound of specific people or things gets triggering, or if you find yourself getting overstimulated.

**29** After you're done using something, put it away, don't just put it down – this can help prevent clutter and piles of stuff from accumulating.

**2** Create a "favorite things" corner, basket, or space with pictures of people/things you love, textures that bring you joy, or your favorite color.

**9** Set a timer and clean whatever you can in 10 minutes. Try doing this daily to tackle cleaning up your space in a non-overwhelming way.

**16** Air pollution can speed up cognitive decline – change the filter in your furnace regularly, clean dust often, buy an air purifier if you can, or use houseplants to improve air quality.

**23** Make your sleep environment as dark as possible. Try blackout curtains or use a sleep mask.

**30** Try keeping a journal or notepad by your bedside. If you struggle with shutting your mind off at night, write down your thoughts to attempt to clear your mind and find rest.

**3** Remember that your mind and body are connected. Use your space to assist you with physical movement – find a good spot to stretch, practice yoga, or do other exercises that you can do at home.

**10** Stop and smell the roses...literally. Studies show that being surrounded by nature is a mood booster. While you're at it, consider adding plants to your space. They will improve air quality and cognitive functioning.

**17** Try prepping your lunches or picking out your work clothes the night before. You'll save some time in the morning and start the day with a sense of control.

**24** Keep things that nourish your primary needs easy to access (snacks, water, blankets for bedtime, etc.).

**31** Make a wall or jar of gratitude where you write things you are thankful for that bring you joy or positively impact your mental health.

**4** Surround yourself with loved ones (if not physically in person, seek out communities online).

**11** Get comfortable and read a good book. Reading can help relieve stress and tension by serving as a temporary distraction.

**18** Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60 degrees and 67 degrees Fahrenheit.

**25** Try creating a stim box filled with fidgets or soft things to occupy your hands when you feel stressed, anxious, or need help focusing.

**5** Write down affirmations or notes that you can look at throughout your day. These could go in your home or car to serve as reminders as you go about your day.

**12** Hold the door for a stranger or sign up to volunteer for your favorite charity. Studies show that random acts of kindness increase release of oxytocin – the "feel good" hormone.

**19** Keep hobby supplies easily accessible for when you are stressed or need a creative outlet.

**26** Try listening to white noise if you have trouble falling asleep. You can use a white noise machine, phone app, or turn on a fan.

**6** Play music instead of watching TV when you have downtime at home.

**13** Take the stairs instead of the elevator, or park your car farther away from the store. Even small additions of exercise throughout the day can decrease tension and improve sleep.

**20** Dance around while you do your housework. Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone) and increases endorphins (the body's "feel-good" chemicals).

**27** Give yourself a break! Take 10 minutes out of your day for a walk. Small breaks (and exercise) improve your ability to deal with stress.



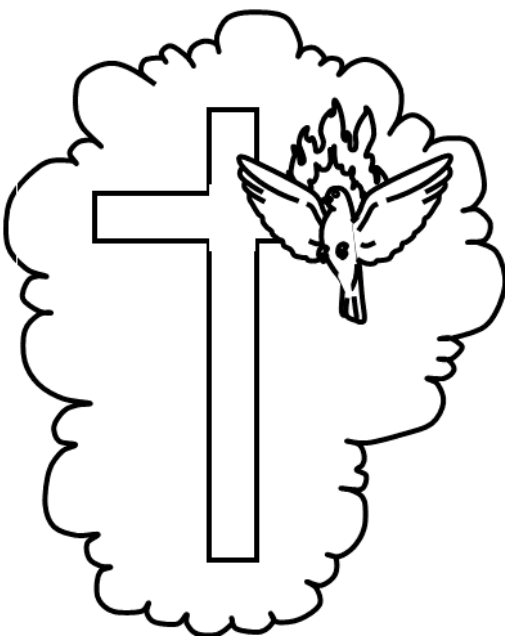
[/mentalhealthamerica](https://www.facebook.com/mentalhealthamerica)  
[@mentalhealthamerica](https://www.instagram.com/mentalhealthamerica)  
[@mentalhealthamerica](https://www.tiktok.com/@mentalhealthamerica)  
[/mentalhealthamerica](https://www.youtube.com/channel/UC...)

[MHA Mental Health America](https://www.mentalhealthamerica.org)  
[mhanational.org | mhascreeing.org](https://www.mentalhealthamerica.org)

# Pentecost Word Search

R E W O P C S M P M T F E S S  
B V S E L P I C S I D I C E Y  
T O N G U E S I G N S F N G M  
D N I W Z F I L L E D T E A B  
P E N T E C O S T X B I S U O  
F I R S T F R U I T S E E G L  
G N I R E F F O B U S T R N I  
H C R U H C N E V A E H P A Z  
Y R A N I D R O A R T X E L E  
D N U O S P I R I T F I R E D

CHURCH  
DISCIPLES  
EXTRAORDINARY  
FIFTIETH  
FILLED  
FIRE  
FIRSTFRUITS  
HEAVEN  
LANGUAGES



OFFERING  
PENTECOST  
POWER  
PRESENCE  
SIGNS  
SOUND  
SPIRIT  
SYMBOLIZED  
TONGUES  
WIND





**FIRST  
PRESBYTERIAN  
CHURCH**

*San Luis Obispo*

PO Box 591

981 Marsh Street

San Luis Obispo, CA

93406

*tel:* 805.543.5451

*email:* [churchoffice@fpcslo.org](mailto:churchoffice@fpcslo.org)

*web:* [fpcslo.org](http://fpcslo.org)