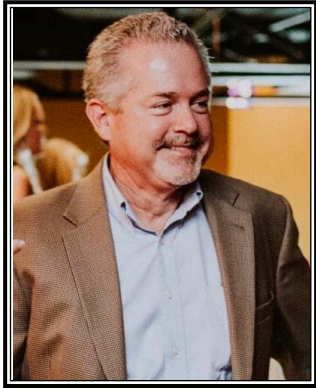


**FIRST
PRESBYTERIAN
CHURCH**
San Luis Obispo

The Kirk

October 2022



It's not very California of me, but I like the autumn season better than summer. Strange, right? I'm a 4th-generation resident of the Golden State, and I love the cooler weather, the shorter days, and the overall feel of the fall.

By October most of our church programs are well underway, and this year is no different. Wednesdays at the Rock is bringing kids to our campus and giving us a chance to share God's love with them. The Youth Group is having fun as they explore faith in meaningful ways—you'll see them more in the coming year! Our choirs—voice and bell—are underway, leading us in worship and preparing for the festive season ahead. On Thursday nights we're exploring the history of the Bible together on Zoom, and we're learning new things about our sacred text. And it looks like we'll have a new members class next month, too. Things are moving and serving and growing as we enter into the fall season.

In this coming year we hope to expand our church's service to include some form of ministry in the area of mental health. This is such a crucial need in our community and in our nation. Maybe that need was always there, but these years of COVID isolation have made us aware that loving each other and our neighbors ought to include some form of caring for people who struggle with depression and other issues. We're going to begin with a **Walk for Mental Health Awareness** on Saturday, October 22. We'll gather at the church at 10 a.m. to prepare some signs, then walk through downtown SLO before returning to the church for refreshments and sharing of information about available services. Please come join us!

Another important part our autumn rhythm is the Stewardship Season. This is our annual conversation about our ministries together, and how we'll resource them for maximum impact. We'll begin this month, then celebrate our commitments together on the Sunday before Thanksgiving—it really is one of my favorite parts of the year.

It's important to me that we communicate our Stewardship plans clearly. It's not just filling holes with money, even if sometimes it feels that way—it's mostly a time of partnership as we create a vision for ministry alongside a plan for how to make it happen. What could be more fun? I'm not kidding. As a church committed to Jesus and his call on our lives, what could be more enjoyable and satisfying and inspiring than spending a few weeks talking about how to accomplish those things?

As you hear stories about the ministries of this church, let me invite you to consider how you can partner in this work. Our pledge form will have space to offer financial support, gifts of time and talent, and commitments to prayer—each of those is necessary as we live God's call here in San Luis Obispo. Your pledges, in turn, will help us make plans for the coming year.

Please continue to pray for the ministry and witness of our church. Pray specifically that everyone we come into contact with experiences Christ's love through our service and our words. Enjoy this fall season! See you soon.

CHILDREN'S ED

We are so excited that Wednesdays at the Rock resumed September 7. We are having a lot of fun with music, lessons, crafts, games, and snacks. But most importantly, it is great to spend time with old and new friends. We are learning about how to make a positive change by causing Holy Trouble. What is Holy Trouble - stop by and find out. We meet each Wednesday from 4:30 p.m. to 6:30 p.m. Sunday School for kids K- 5th will begin on September 25. Kids will start in worship and gather in Room B after the Time with Children. If you are interested in participating or helping out— even one time--let Jen know.

Mark your calendars ...

Advent Night will be November 20 – 5 p.m. to 7 p.m. in Wilson Hall. Watch for details.



YOUTH

Youth Group is up and running each Sunday from 5 p.m. to 7 p.m. We enjoy dinner, bible lessons, games, fellowship, and service projects for the church when they arise.

All youth—7th through 12th grade—are welcome. We are looking forward to planning for the coming year and getting some great opportunities on the calendar.

Here's an opportunity for you—why don't you volunteer to bring a meal for the youth and then join us for the evening. We promise not to throw water balloons at you. It really is a wonderful way to get to know our youth and spend some time with a great bunch of kids.

If you know of any young adults who would love to hang out with the youth for a couple of hours each week, let Jen know. We are currently looking for youth interns.

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

For our church's seniors, for their families and care givers;

For the family and friends of Jean Honeyman who passed away in September;

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

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

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

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

God bless us all,
Gloria DeKleine

HAPPY BIRTHDAY!

To the following seniors (over 85) who celebrate birthdays in October :

October 4 - Marjorie Friesen

October 12 - Lillian Bareither

October 19 - Bob Gordon

October 28 - Carol Dover

And to everyone else who has an October birthday.

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

PRESBYTERIAN WOMEN

PRESBYTERIAN WOMEN FPC SLO

We started the fall with an in-person Coffee Hour in Wilson Hall. We were introduced to the Bible Study for this year which is entitled "Celebrating Sabbath: Accepting God's Gift of Rest and Delight" written by Carol M. Bechtel. Currently we have three groups of women meeting at various times during the month to study together. New members are always welcome. Please contact Nellie Beecher (805-544-1627) if you are interested in joining one of the groups.



THE 2022 THANK OFFERING



Presbyterian Women collected \$1,460 earmarked for this year's Thank Offering, seeking "to do good to one another and to all," as Christ has called us to do (1 Thessalonians 5:15b-18). Gathered funds will bless the lives of hundreds of families, children, and people from marginalized communities.

Ten grants were selected to support eight synod projects and two international projects in Lebanon and Haiti. These projects include support to programs that will provide housing for disadvantaged people, health and nutrition education, life-skills, and job training and so much more. Housing programs include self-help projects following various natural disasters (floods, tornados, and earthquakes) and conversion of unused farmland for affordable housing for adults with multiple disabilities. The project in Haiti will address chronic and recurrent malnutrition of children and in Lebanon the enhancement of women with physical challenges in rural areas.

Thank you for your generous support!

KAYENTA PRESBYTERIAN CHURCH CHRISTMAS GIFTS

Our church is gathering items to send to the Navajo people in Kayenta, Arizona, again this fall. We have a list of things that would be helpful to the congregation of the Presbyterian Church in Kayenta, as well as the community—such things as personal grooming items, towels (bath and kitchen), small purses, sewing supplies, tools, flashlights, picture frames, reading glasses, socks for all ages, baseball caps for men and boys, gloves of varying kinds, warm jackets and sweaters (many people wear large sizes such as 2X or 3X). There is always a need for school supplies or office supplies. And some of the older parishioners like to do puzzles. Last year our congregation shared so many gifts that we sent four large boxes early in December. PW also sends

money to the church to help with food for their community Thanksgiving and Christmas meals.

Items can be brought to the Church Office during the week. We will also be collecting things on Sunday mornings in October and November at the Kiosk before and after worship.

PRESBYTERY OF SANTA BARBARA

The Presbytery of Santa Barbara is planning a Presbytery-wide women's gathering on Saturday, November 5, from 9 a.m. until 1 p.m. at the First Presbyterian Church of Santa Barbara. The theme for the morning is "Hope and Action in An Uncertain World" with speaker Michele Jackman. Lunch is included. If you are interested in attending, please contact Nellie Beecher. We hope to carpool from SLO.

CHRISTMAS GATHERING

Save the date of Saturday, December 3, at 10 a.m., for our annual Christmas gathering in Wilson Hall. It will include a light brunch and a discussion of Lesson 3 in our PW Bible Study.

Presbyterian Women Board of FPC SLO

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.

- Oct. 4 Going There by K. Couric
- Nov. 1 This Tender Land by W. K. Krueger
- Dec. 6 Florence Adler Swims Forever by R. Beanland
- Jan. 3 The Twelve Tribes of Hattie by A. Mathis
- Feb. 7 The Last Year of the War by S. Meissner
- Mar. 7 The Lincoln Highway by A. Towles
- Apr. 4 The Madness of Crowds by L. Penny
- 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.

MISSIONS

GET ON THE BUS IS BACK

“Get On The Bus” brings children from throughout California to visit their parents who are incarcerated. For several years First Presbyterian Church has sponsored a bus bringing children to San Luis Obispo to spend special time with their fathers at CMC. For most of these children, the cost of traveling several hours from their home to the prison was prohibitive; so this was the only time during the year they were able to be with their parents.



“Get On The Bus” is a program of the Center For Restorative Justice Works and is funded through donations. Our sponsorship of a bus provides free transportation for the children and their chaperones, provides travel bags for the children, comfort care bags for the caregivers, a photo of each child with his or her parent, and meals for the day including breakfast, snacks on the bus, lunch at the prison, and dinner on the way home, all at no cost to the child.

After two years of cancelled “Get On The Bus” visits due to Covid, we are getting ready to participate at this year’s event on Saturday, October 15. That afternoon at Mountainbrook Church, members from FPC will be volunteering at an ice cream party with the children and their chaperones after they have returned from their visit with their parents. Each child will be given a teddy bear, a letter from their parent, and a boxed dinner for the long bus ride back to their homes.

If you are interested in supporting “Get On The Bus” as a volunteer or with a donation, please contact Karen Wiles for more information at 805-781-0922.

Peacemaking and Social Justice Committee

CELEBRATING OUR HERITAGE

We will be celebrating “Kirkin’ o’ the Tartans” on Sunday, October 23, during worship. Following the service, we ask you to join in continuing the celebration in Wilson Hall with teatime though it is generally celebrated in the middle or late afternoon. Of course, it will already be past teatime in Scotland by then! FYI, the ritual of Afternoon Tea, began when Anna, the 7th Duchess of Bedford and a close friend of Queen Victoria, complained of “having that sinking feeling” during the late afternoon. She needed something small, just enough to satisfy that in-between time before dinner.

Please bring finger food suitable for high tea to share. Little tea sandwiches of any kind such as deviled eggs, scones, short bread, finger food vegetables and fruits, sweet treats placed on a plate ready to serve would all be appreciated. If you have tiered or pedestal serving plates, they would be a wonderful addition. They can be taken to the kitchen prior to the service. If you are adventurous, there are many teatime recipes online.

Anyone willing to assist with setup and/or cleanup would be much appreciated. Volunteer to Evelyn Ruehr at 805-550-8902, eruehr@calpoly.edu, or to Pam Rodewald at 805-215-2396, psrmony@mac.com.

ENDOWMENT FUND

CREATE A LASTING LEGACY

YOUR LEGACY: LONG LIVE FPCSLO

Thank you for your loyalty and generous gifts to our church. Now, by including First Presbyterian Church, San Luis Obispo, in your charitable estate plans, you can ensure your memory lives on in a more enduring future for our church and its missions.

By including a gift to our church in your estate plans, or making a legacy gift now, you will join an unnamed but spiritually real and steadily growing group of legacy donors with the vision and generosity to name FPCSLO in their charitable planning. And, you'll know you have supported FPCSLO in perpetuity.

You can name First Presbyterian Church, San Luis Obispo, in your will by including language such as:

"I give and bequeath the sum of \$_____ (or _____% of my residuary estate) to First Presbyterian Church, San Luis Obispo, CA (Tax ID# 95-1703095) to be used in the support of the church and its missions."

You can also name First Presbyterian Church, San Luis Obispo, CA, as a beneficiary of your life insurance policy, charitable trust, remaining IRA funds, or real estate property.

We extend a special thank you to all the present and past members and friends of First Pres who have included the church in their wills or trusts and to those who have contributed to the creation of our endowment.

If you are currently doing tax or estate planning and/or feel led to include a gift to the First Presbyterian Church of San Luis Obispo in your financial or estate planning, please contact any member of Endowment Committee: Peggy Estes, Don Green, Jerry Kaml, Ray McKelvey, Diane Shervem, Bert Townsend, or Virginia Walter, Chair. We can help guide you through this important process or steer you to the right people and resources.

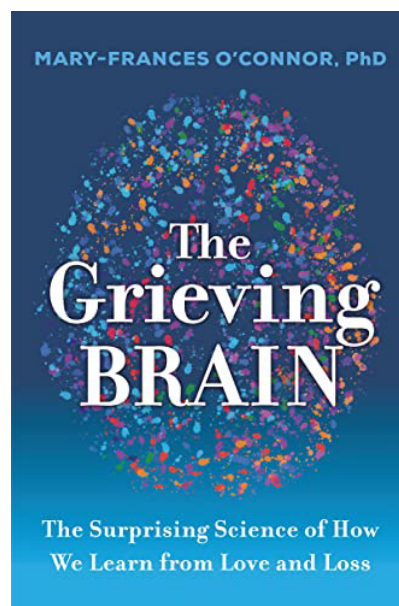
"Even a modest gift will 'make a difference.'"

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LIBRARY REVIEW

The Grieving Brain: The Surprising Science of How We Learn from Love and Loss by Mary-Frances O'Connor has been added to the library and is available for borrowing. It is located on the book cart.

This book gives us a fascinating new window into one of the hallmark experiences of being human. O'Connor has devoted decades to researching the effects of grief on the brain, and in this book, she makes cutting-edge neuroscience accessible through her contagious enthusiasm, and guides us through how we encode love and grief. With love, our neurons help us form attachments to others; but, with loss, our brain must come to terms with where our loved ones went, or how to imagine a future that encompasses their absence. This book combines storytelling, accessible science, and practical knowledge that will help us better understand what happens when we grieve and how to navigate loss with more ease and grace. (Review Adapted From Amazon)



WHAT IS STEPHEN MINISTRY?

Our church has long been a sponsor of Stephen Ministry. It has ebbed and flowed in terms of its presence. Today we have 3 Stephen Ministers and we work closely with an ecumenical SM in our area. There are about 20 persons in the county who have completed training as SMs. They come from Presbyterian, Episcopal, Methodist, Congregational and Catholic congregations and meet together regularly for further training. SM is a trained companion on our journey in life, especially when we have encountered some “rough patches” and need a ‘friend’.

One person tells of a time in her journey when she had moved to a new community but her family was in process of moving to a different place and she found herself terribly alone. The pastor in her new church recognized her loneliness and helped her to be assigned a SM. They met weekly. It seemed to go slowly at first. She was hesitant to talk about her deeper feelings and loneliness. However, she adds, my “SM did a wonderful job of creating a caring space for me to process my emotions and work through my issues.” She found that it was not advice she needed but help setting aside her hurts and uncertainties and encouragement to work through her issues. In that weekly time together, she felt the unconditional love, a love God has for each of us, as we journey through life.

A caring SM can help us whenever we have a difficult time in life. They are not trained professional counselors, but dedicated to sharing Christ’s love with those they serve. Any issue can seem unsolvable but with a trusted supporter as our friend, we can reflect on the situation and find the best direction to go. In our church, please let Pastor John (805-543-5451) or SM Leader Jim Seeber (805-535-5613) know if you or someone around you might benefit from some temporary encouragement in the dealing with life.

FRONT PORCH

It’s not too late to join the Front Porch staff, Board and students in celebrating the ministry of Front Porch and hear of plans for the future. No cost to dinner attendees (but donations are appreciated!) We hope you can make it!

RSVP to Dom Floyd at associate@frontporchslo.org or contact Susan Updegrove at susan@frontporchslo.org



JAZZ VESPERS

Jazz Vespers returns on Sunday, October 9 at 4 pm presenting “The Music of Dave Tull” featuring Dave Tull on drums and vocals, George Stone on piano and Ken Hustad on bass. In addition to his skills as a world class drummer, Dave Tull is an expert song writer and vocalist. His songs are witty, touching, soul searching and hilarious. He has recorded and toured extensively with Barbra Streisand, Maynard Ferguson, Chuck Mangione, Richie Cole and Michael Bublé among many others. George Stone is an acclaimed composer and arranger as well as a virtuoso on piano and trumpet. He is on the full time Cuesta College faculty and is in demand at jazz festivals around the country. Ken Hustad is an accomplished bassist and educator working on the Central Coast for over 30 years. The concert is free/donations appreciated. Videos from past Jazz Vespers can be seen on FaceBook @JazzVespersSLO or on YouTube at Jazz Vespers SLO.



MENTAL HEALTH AWARENESS WALK

Please join us as we explore the beginnings of a Mental Health Ministry at First Pres SLO

Mental Health Awareness Walk
October 22, 2022
10:00 to 12:00
Sponsored by First Pres SLO

All are welcome to join us as we gather in the courtyard. Flags will be available to write the name of a loved one lost. We will walk with the flags - return to First Pres - place our flags in the lawn area - return to the courtyard to explore resources - hear why this ministry is important - and have refreshments.

Any questions please contact Jen or Pastor John.

Jen
jen@fpcslo.org
805-543-5451

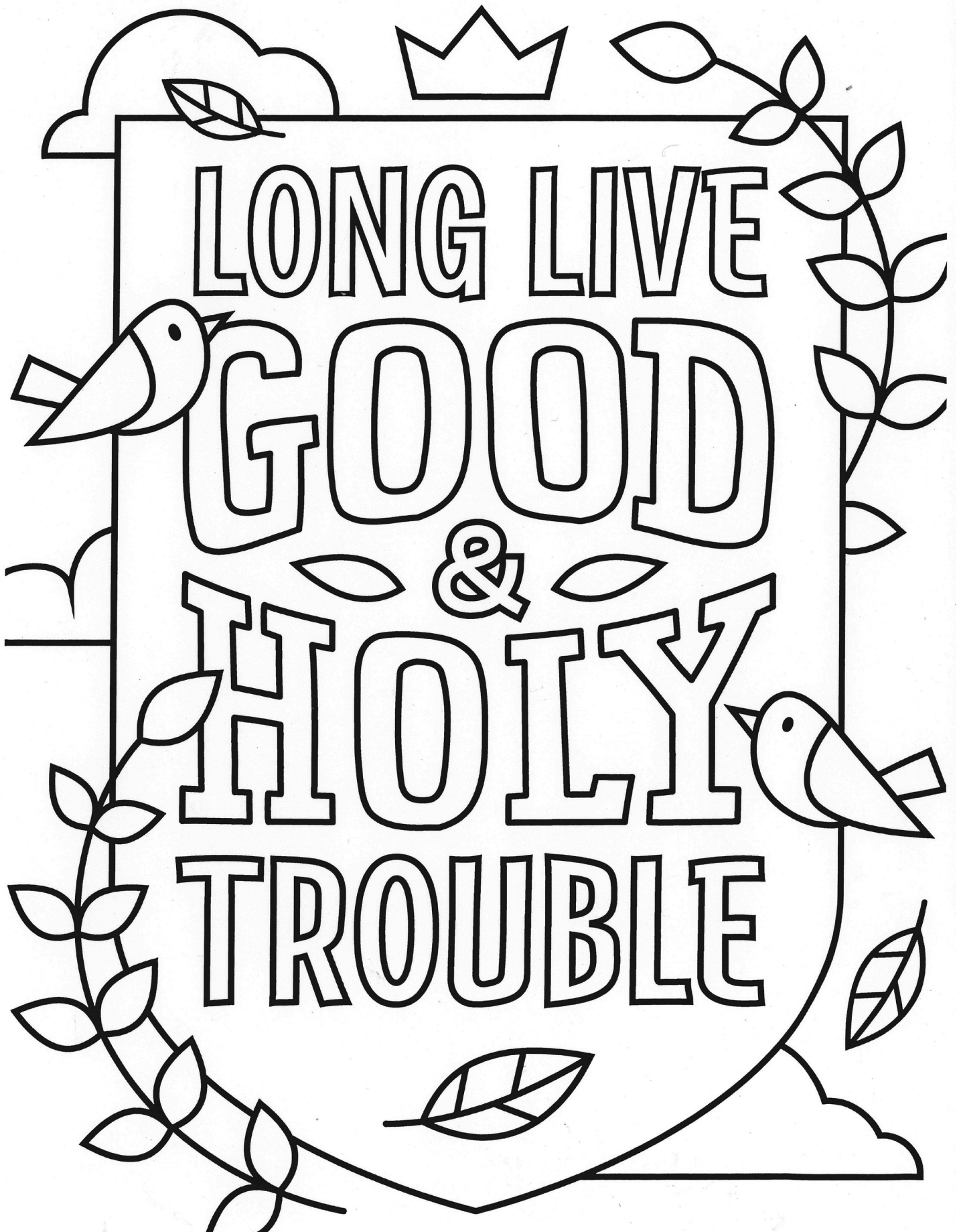
Pastor John
jdelia@fpcslo.org
805-543-5451

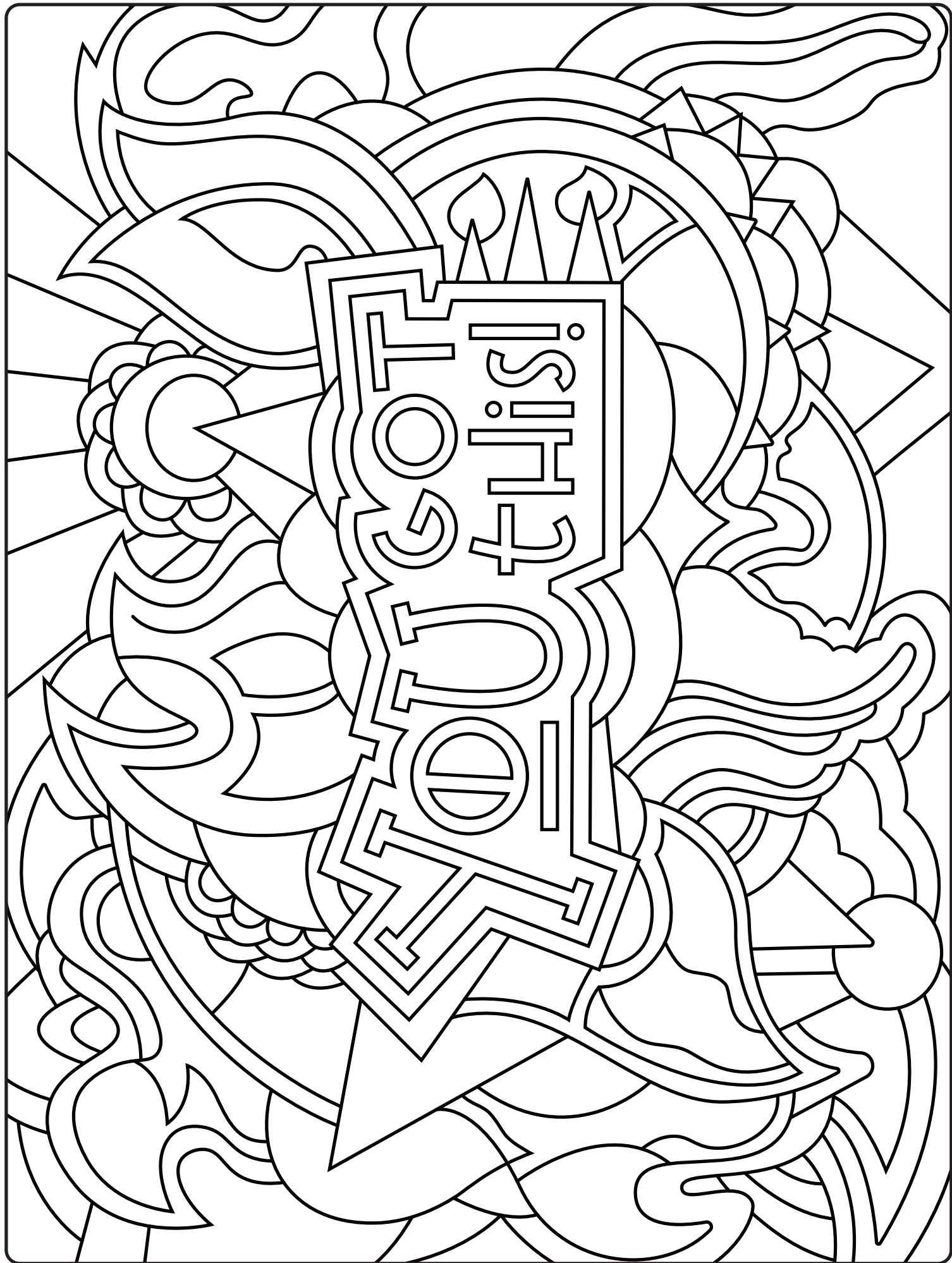


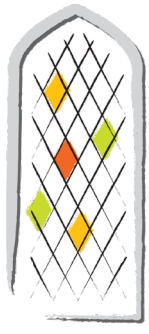
Mental Health Awareness Walk

October 22, 2022
10 a.m. to 12 p.m.









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
web: fpcslo.org

SAVE THE DATE:

OCTOBER 9

Jazz Vespers Sunday, October 9 at 4 p.m. presenting
"The Music of Dave Tull"

OCTOBER 15

Front Porch "Dream Together" event at 5 p.m. at Madonna
Inn. RSVP to Dom Floyd at associate@frontporchslo.org or
contact Susan Updegrave at susan@frontporchslo.org

"Get On The Bus" event at Mountainbrook Church. Contact
Karen Wiles for more information.

OCTOBER 22

Mental Health Awareness Walk exploring the beginnings of
a Mental Health Ministry at First Pres SLO from 10 a.m. to
12 p.m. For more information contact Jen or Pastor John

OCTOBER 23

Kirkin' o' the Tartans service with a reception following in
Wilson Hall. For more information contact Evelyn Ruehr or
Pam Rodewald.