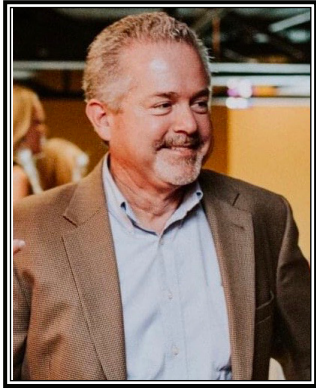


**FIRST
PRESBYTERIAN
CHURCH**
San Luis Obispo

The Kirk

November 2022



It's natural for us to think about being thankful when November rolls around. It's a part of our annual rhythm to move through these first few weeks of the month, thinking ahead to family gatherings and big meals—it's no surprise that Thanksgiving is the favorite holiday for most of us.

Most of our rhythms and traditions were thrown off kilter during the pandemic. We didn't travel as much, we tried to keep ourselves and our loved ones safe by staying away, and even when we did gather, it felt different. I don't know if those differences are permanent, but I do know that as this November begins, I'm trying to be more intentional about naming the people and things that I'm thankful for.

As I finish my third year here, I'm thankful for this church. When I came in 2020, I had some of my own bruises—I know many of you felt the same way—and it was a blessing to be welcomed here and to have a chance to serve this wonderful congregation. Even when we disagree or want different things, I continue to enjoy the conversations about how to move ahead—I'll say happily that I've learned some new things here. I'm grateful for the privilege to serve you all.

I can't talk about the church without mentioning our staff. No one does this work alone, and I am so thankful that I get to work with Jen, Kenneth, Scott, and both Andrews, as well as the team of volunteers who do so much around here. Ministry is at its best when it's collaborative, and I'm enjoying the many ways we are accomplishing our work together.

Many of you know that I'm starting a new chapter in my personal life. I'd be crazy not to mention how thankful I am for the changes ahead!

I know this issue of the Kirk lands during our Stewardship Season. I'm so thankful for the ways you all have partnered financially with this church—the ways we all find our part to play in this ministry. I invite you to prayerfully consider a pledge for 2023—I'm doing the same—there is so much good work to do in this coming year.

This just scratches the surface of what I'm so thankful for this year! What about you? As we move through these next weeks, take some time to say out loud what you're grateful for. Give thanks, for the LORD is good!

Pastor John

CHILDREN'S ED

It's kind of hard to believe that it's November and we are about to start the Advent Season.

The kids have been busy at Wednesdays at the Rock. We have learned about a lot of Holy Trouble Makers and Unconventional Saints. November means transitioning into all things Advent. We will be learning a new song and working on the four words of Advent: Hope, Peace, Joy, and Love. All kids are welcome!

Wednesdays at the Rock

Each Wednesday - 4:30 p.m. to 6:30 p.m. - We start and end in the Sanctuary. Bible lessons, music, snack, crafts, gym time, and stories—with lots of fun mixed in. We encourage you to invite any kids you know to join us!

Sundays

Childcare available each Sunday
9:45 a.m. - 11:15 a.m.

Sunday school

Kids kindergarten through sixth grade are encouraged to join us for Sunday School after the "Time With Children" in Worship. We gather in the back of the Sanctuary at this time and then head to Sunday school. All kids in this age group are welcome!



YOUTH

The best little Youth Group around!

For our weekly lesson, we have been following the Bible in Community format. Each week we discuss what was preached on that morning. The Youth are listening and have an opinion or two. We have engaged in the best conversations. The conversation about Mental Health has been started and the Youth are so thankful.



If you know any young adults who would love to hang out with the Youth, we have a couple of Youth Intern spots open that we would like to fill before the New Year.

We always have a great time at Youth Group. Teenage shenanigans are the best!

The Youth will be serving Coffee and Goodies on November 20 after Worship. Make sure to come and say hi.



CHRISTIAN EDU.

ADVENT NIGHT

November 20—5 p.m. to 7 p.m. - Wilson Hall

All are welcome. Watch and listen for details.

We are looking for old spoons. If you have any you would like to get rid of, you can drop them off at the Church office or bring them on Sundays.

Please bring fresh greens to Advent Night—evergreens, olive, holly. We will use them to create Advent Wreaths and door swags.



MENTAL HEALTH AWARENESS

We had a Mental Health Awareness walk on November 22. It was very meaningful. We know that Mental Health is important, and that conversations need to be had and continue to be had. We look forward to what the future holds for First Pres, San Luis Obispo, as we explore what having a Mental Health Ministry might look like. We are gathering resources and building partnerships with organizations that are already doing splendid work in the field of Mental Health. As the new year starts, watch for educational opportunities and ways you can connect with this important ministry and topic. In the meantime, let us know if you need anything or have ideas you would like to share.

HAPPY BIRTHDAY!

To the following seniors (over 85) who have birthdays in November:

- Barbara Gillson – November 5
- Patti Hempenius – November 5
- Jim Nielsen – November 7
- Lionel Beyer – November 10
- Lou Pippin – November 10
- Jo McRee – November 29

And to everyone else who celebrates a November birthday.

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



CONGREGATIONAL CARE CORNER

Please pray for our church family, especially for the following

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 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

MISSIONS SOMETHING MORE

Is God calling you to do something? The results of the mission study showed that this congregation has a strong interest in local missions. Please consider some of the options listed below as a way to reach out and serve members of our community who could benefit from God's loving touch through your hands.

1. Become a Stephen Minister. Stephen Ministers are congregation members who have received 30 hours of training to offer care to people who are hurting. A Stephen Minister typically has one care receiver at a time and meets with that person once a week for about an hour. There will be a training in SLO in January. Please contact Jim Seeber if you want more information at Jimstuba@gmail.com.

2. Become a mentor in the California Mentor Program, which provides foster care to an adult with special needs. If you have an extra bedroom that you are willing to share, this program may be for you. Mentors and individuals are matched by the California Mentor Program who also provide ongoing support and a generous monthly stipend. If you are interested, please contact Caity McCardell at caity.mccardell@theMentorNetwork.com for more information.

3. Consider sharing your home with a paying person through HomeShareSLO. People with space to spare offer it for rent to an individual who is looking for housing. Applicants are vetted and support is offered in drawing up a contract between the homeowner and the person sharing. Different options are available: there is a rental agreement only contract (averaging \$725/month), there is a rent plus task exchange (8 hr/wk work + \$400-\$500/month rent) or there is a full task exchange agreement (15 hr/wk work + \$150/month for utilities). For

more information, explore HomeShareSLO at smartsharehousingolutions.org.

PEACE AND GLOBAL WITNESS SPECIAL OFFERING

The donations received on World Communion Day will be used to extend Christ's peace here in our community and globally, reminding us that we are all connected to each other. Thank you for generously participating with Presbyterians across the Nation supporting peacemaking and reconciliation around the world.

GET ON THE BUS

Saturday, October 15, was a day the children who came to CMC for a visit with their incarcerated fathers will always remember. Thanks to "Get On the Bus," they were able to hug, visit, have lunch, do activities, and have a photo taken with their father as a remembrance of the day. After leaving CMC, the children were taken to Mountainbrook Church for an ice cream party. Four First Presbyterian members welcomed them there and visited with the children and adults before sending them back to the bus for the return trip home. Our church sponsored the bus that had come from Sacramento. It had been a long, emotional, and joyful day for the families. Thank you for supporting "Get On the Bus."

ALTERNATIVE GIFT FAIR

The Alternative Gift Fair is coming soon. This year the fair will be virtual as it was the last two years, but we are also planning a "Mini-Fair" in Wilson Hall after the service on Sunday, December 4. Later in the month, you will be receiving the brochure in the mail with information about the 12 charities and organizations, and instructions on how to give charitable gifts to honor family and friends. There will be additional information available at the "Mini-Fair" on December 4. You can also donate at that time.

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PRESBYTERIAN WOMEN 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 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.

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.

- 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.

ENDOWMENT FUND CREATE A LASTING LEGACY

AND HERE'S THE GOOD NEWS

Thank you for your loyalty and generous gifts to our church.

Our endowment fund has a healthy reserve, with a balance of over \$183,000, and it is the reserve from which annual allotments are drawn. At the end of the 3rd quarter, it is estimated that a 2023 distribution to support church missions and programs will be possible, even if not as generous as in recent years.

We're all aware of the direction of securities markets: value heading south for a long vacation. But we hope the holiday will be shortened.

The FPCSL0 Endowment Fund has likewise been affected. The balance of the fund has been reduced by 4 percent during the 3rd quarter, and about 23 percent year to date. At times like these, we can again be grateful that the endowment is invested in the Balanced Growth Fund, managed by New Covenant Funds, that helps mitigate losses.

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.

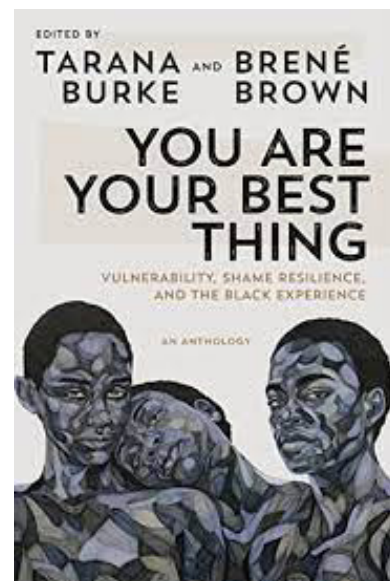
If you are currently doing tax or estate planning and/or feel led to include a gift to the First Presbyterian Church of San Luis Obispo in your financial or estate planning, please contact any member of Endowment Committee: Peggy Estes, Don Green, Jerry Kaml, Ray McKelvey, Diane Shervem, Bert Townsend, 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.’”

LIBRARY REVIEW

You Are Your Best Thing: Vulnerability, Shame, Resilience, and the

Black Experience, by Torana Burke and Brené Brown, has been added to the library and is available for borrowing. It is located on the book cart. Tarana Burke and Dr. Brené Brown bring together a dynamic



group of Black writers, organizers, artists, academics, and cultural figures to discuss the topics the two have dedicated their lives to understanding and teaching: vulnerability and shame resilience.

Burke and Brown are the perfect pair to usher in this stark, potent collection of essays on Black shame and healing. Along with the anthology contributors, they create a space to recognize and process the trauma of white supremacy, a space to be vulnerable and affirm the fullness of Black love and Black life. (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 three Stephen Ministers, and we work closely with an ecumenical Stephen Ministers in our area. There are about 20 persons in the county who have completed training as Stephen Ministers. They come from Presbyterian, Episcopal, Methodist, Congregational, and Catholic congregations and meet together regularly for further training. Stephen Ministry is a trained companion on our journey in life, especially when we have encountered some “rough patches” and need a ‘friend.’

A caring Stephen Minister 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. At First Pres, please contact Pastor John (805-543-5451) or Stephen Minister Leader Jim Seeber (805-535-5613) if you know of someone around you who might benefit from some temporary encouragement when dealing with life.

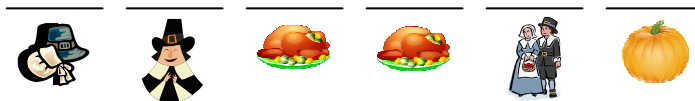
DESIGNATED PASTOR NOMINATING COMMITTEE













The Designated Pastor Nominating Committee (DPNC) wishes to let you know that they are diligently working together and ask for your prayers.

Danielle Elzik, Chair
Dale Wolff, Peggy Estes, Amy Stapp,
Judi Davies, and Kathy Danes.

Thanksgiving Secret Message Puzzle

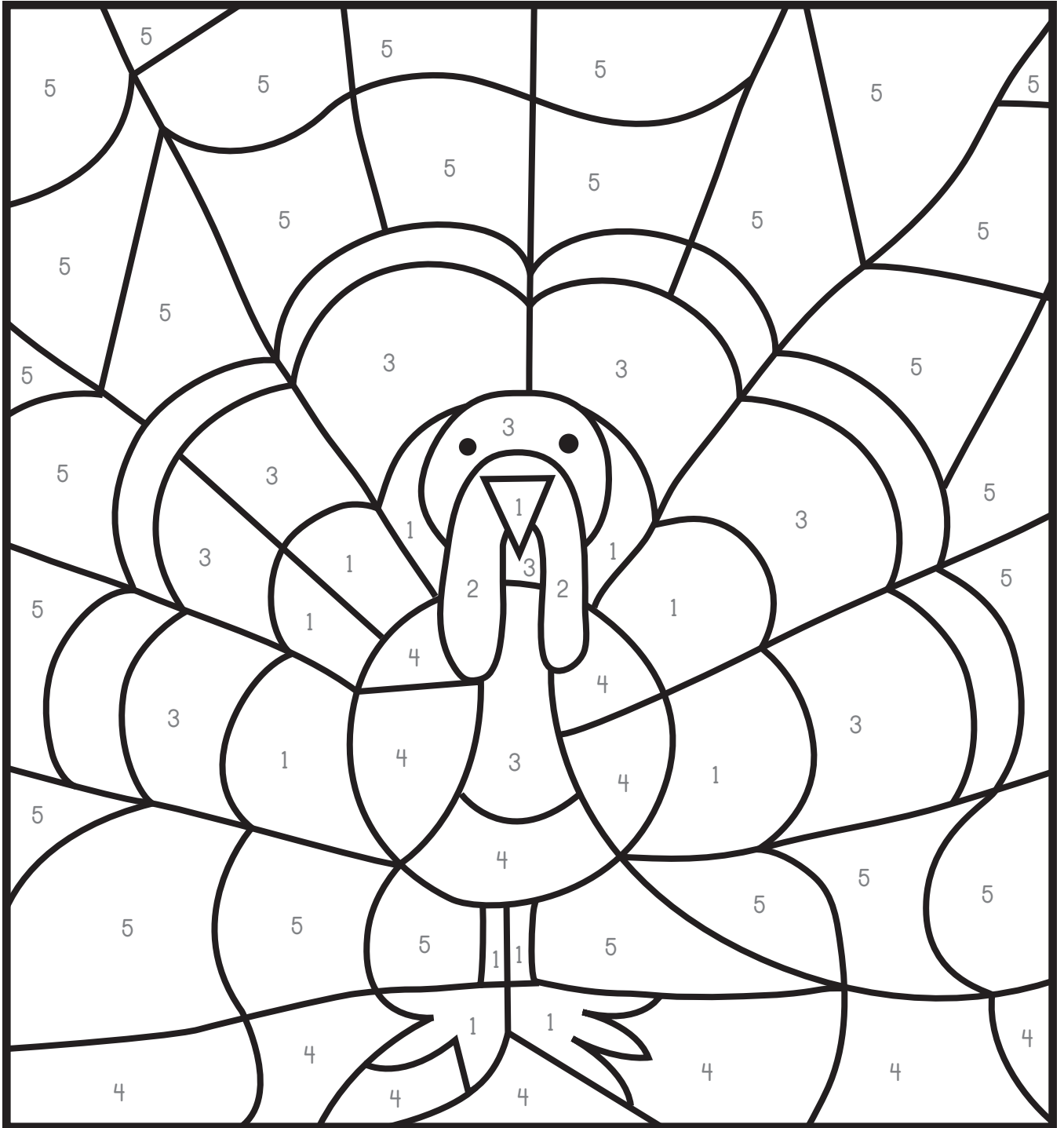
Decode and solve the secret Thanksgiving message. Fill in the blanks with the letter that matches each picture from the box at the bottom of the page.



 = U	 = K	 = E	 = A
 = B	 = L	 = R	 = T
 = Y	 = G	 = S	 = O

Turkey lurking

1-Yellow 2-Red 3-Orange 4-Brown 5-Light Blue





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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