



# First Presbyterian Church of SANTA BARBARA



January 2017

## The Patio News

**Worshipping and Serving in  
Santa Barbara Since 1869**

21 East Constance Ave., Santa Barbara, CA 93105 . 805.687.0754 . [www.fpcsb.org](http://www.fpcsb.org)  
Pastors: Peter Buehler, Erik Wiebe, Anne Shelton

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### ***Sunday Morning Worship Schedule***

- 8:30 - Chapel**  
With Communion
- 9:00 - Fellowship Center**  
Informal Worship  
With Praise Band  
Adult Education  
Sunday School
- 10:30 - Sanctuary**  
Liturgical with Choir
- Nursery Care is available**  
8:45 - 11:45 a.m.

*January @ 1st Pres.*

*Welcome to 2017*

*Jr. High Winter Camp*

*6-8 January @ Forest Home*

*Warming Center*

*First Presbyterian is on call from*

*8 January through 14 January*

*Annual Congregational Meeting*

*5 February 2017*

*Following a single service at 9:45*

*A light brunch will be served*

# Pastor's Message

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

## **Member Updates** **From the Clerk of Session's** **Report:**

In Memoriam

Richard Freeman      29 November 2016

## **Want a ride to** **church on the** **van?**

Call 687-0754, extension 9,  
and let us know.

We'll call you on Sunday  
morning and come pick you  
up!



Dear Friends,

It's a month away—and a week after the Mission Conference (January 27-28)--but still worth noting on your 2017 calendars. The Annual Congregational Meeting is scheduled for Sunday, February 5, immediately following the combined 9:45 a.m. service. At the meeting we will share with you a look back at 2016 and a look ahead to the New Year. Not to be missed!



**Rev. Dr. Peter Buehler**  
**Pastor**

We have significant developments to share in our Children and Youth ministry, as well as with our Early Childhood Center. Our Music and Worship ministry is growing; you'll hear about it first-hand at the meeting. Once again, we'll honor the saints at First Presbyterian Church who have entered the Church Triumphant. Additionally, you'll hear about plans to celebrate First Presbyterian Church's 150<sup>th</sup> anniversary, including ways, under the Spirit's gifting and guidance, we will usher in a new chapter in ministry together.

Remember that there will be one service only (at 9:45 a.m.) on February 5. After worship we'll enjoy a light brunch, then, when you're half-way into your Danish, the meeting will begin. How easy is that! You'll be home in plenty of time for your Super Bowl party.

*Grace and Peace to you, Peter*



Dick Freeman and Santa Claus (Dave Bazinet)  
share a chuckle

**PATIO NEWS:** Editor: Lee Kirkpatrick, Reproduction: church staff. **MAIL TEAM:** Margaret Brown, Al Harper, Diane Hemmer, Al & Arline Noreen, Bruce & Nancy Williams.



## Register Now for SB Mission Conference 2017

**January 27-28 2017. Don't miss out on keynote speeches by Richard Mouw and Juan Martinez, outstanding breakout sessions, worship with the worship band and the conference's famous hospitality.**

**The theme this year is "On Earth as it is in Heaven" (Mt. 6:10). A sub-theme will be majority culture—Latino culture reconciliation**

### Speaking about Immigration

Comprehensive immigration reform in the U.S. may be a long way off. In the meantime Christians who embrace their true identity as "resident aliens" must consider how to speak compassionately, justly, and also prophetically about this important and divisive subject. In his workshop at this year's conference Daniel Rodriguez will propose a biblical and missional framework that reflects Kingdom values. Dr. Rodriguez is Associate Professor of Religion and Hispanic Studies at Pepperdine University.

### The Refugee Crisis—Christian Response

The Syrian Crisis grinds out into its fifth year, resulting in half a million deaths and causing the greatest human displacement since World War II. This humanitarian tragedy is the tip of an iceberg never before seen: 65 million refugees. What makes sense in any of this? Is there a way to do legitimate good? Steve Haas' workshops (2) will offer information on all aspects of the Middle East Crisis and why this may be one of the finest hours for The Church. Rev. Haas is Vice President and "Catalyst" of World Vision.

### Juan F. Martinez, Speaker

Is one of two keynote speakers this year. He will speak Friday evening, Jan. 27, and Saturday afternoon. Dr. Martinez is the Vice President for Diversity and International Ministries and Professor of Hispanic Studies at Fuller Theological Seminary. He has experience also as a church planter and a minister, having pastored a congregation in Guatemala City, Guatemala, for nine years. Among the books he has authored are *Walk with the People: Latino ministry in the United States* and *Churches, Culture & Leadership* (with Mark Lau Branson).

### Our Vision

God calls us

to worship faithfully.

God calls us

to serve lovingly.

God calls us into community:

sharing grace unconditionally,  
seeing Christ in all people.

# Faith Formation

## Adult Education: January 2017 9:00 in Anderson Lounge

**January 1 NO CLASS**

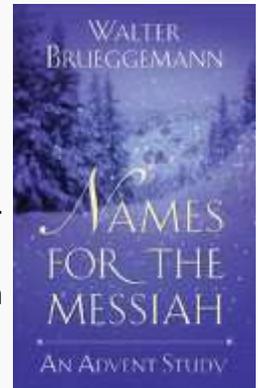
**January 8** *Names for the Messiah*

Our Advent study, *Names for the Messiah*, concludes with the Prince of Peace

Facilitated by Esther Bennett

“In Isaiah 9:6, a divine utterance is given to us using four royal titles-Wonderful Counselor, Mighty God, Everlasting Father, and Prince of Peace. *Names for the Messiah* ponders each royal designation and how the people understood it then, how Jesus did or did not fulfill the title, and how Christians interpret Jesus as representative of that title.”

“Christians have claimed from the beginning that Jesus was the Messiah foretold in the Old Testament. In this study, best-selling author Walter Brueggemann tackles the questions: ‘What were these expectations?’ and ‘Did Jesus fulfill them?’”



**January 15**

Caleb McCarthy, PhD candidate in Religious Studies at UCSB, has been with us on three previous occasions. Today he will share his interfaith experiences last summer as an English teacher in an evangelical Christian school in Zarqa, Jordan.

**January 22**

Mandy Abbas, M.A. Candidate at Fuller Seminary, will share her experiences at the Arab Baptist Seminary (Beirut) and its Interfaith practicum program. Mandy has also spent much time with the Mar Elias project in Ibillin in Galilee.

**January 29**

*The Thoughtful Christian: Pilgrimage.*

“Jesus said, ‘I am the Way.’ Pilgrimage invites us, literally, to follow the Way by embarking on a journey, both within and without. It is the essence of Christian discipleship. In this one-session study participants will learn about Christian pilgrimage and how to take a pilgrimage without having to leave one's community.”

(Note: Dave and Cynthy Ardell will be with us next week to share their experience on the Camino de

### “LET EVERYONE KNOW YOUR NAME”

Help us be a welcoming church by wearing your nametag. If you need a new nametag, you can order one free of charge by signing up at the Church Reception Desk. Nametags say to visitors that we are not a closed club but are anxious to welcome them into our fellowship.

## *What is Per Capita?*

The 2017 Per Capita ("Per Cap") is \$26.93 per person (\$53.86 per couple). What is Per Capita you ask? Each member of the churches within PC(USA) share the national, regional and local administrative costs by paying a "Per Capita apportionment" amount.

Paying our utility bills keeps us connected to the utility systems so that we can benefit from the services provided. Similarly, paying our Per Capita keeps the Presbyterian system functioning, and keeps us connected!

Most donations to First Presbyterian Church are spent for operating the church and the missions it chooses to support. The Per Capita Apportionment is small compared to the overall budget, but that \$26.93 for each member adds up! Please consider writing that extra check along with your regular offering to cover your per capita amount. Thank you!

## *Coat Donations*

New and gently used coat donations are being collected now through the end of January.

This Sunday School mission project is hosted by the Upper Elementary / Sunday School class.



Coats will be given to support church programs such as The Warming Shelter and the Jail Ministries Clothes Closet.

All sizes are needed.

Drop boxes are located in the Fireside /lounge and outside Susan and Beth's offices.

## *Unity Shoppe*

Club 456 Visited Unity Shoppe and got a tour from Executive Director Thomas Reed. We stayed and worked a bit in the food sorting area - getting snack foods ready to go on the shelf. We were impressed by the bread and produce area, and shocked to see completely empty "Soup" shelves. Bring your Peanut Butter donations (or soup cans) on Sunday, December 11. Rich Ellgen and the youth will be returning to Unity Shoppe to deliver the donations.



# Youth & Young Adults Ministries

## *Happy New Year*

It's hard to believe that it's 2017, and a new start to a new year. Christmas went so fast, and it was lovely to see the church full of hustle and bustle and still focus on Jesus. It was truly remarkable. We had a full season of youth activities with youth groups, parties, Magic mountain, and a 2 day Presby camp to name a few. January has a lot of exciting things going on.

January 6-8<sup>th</sup> is our Jr. High winter camp. We're leaving on Friday afternoon and returning on Sunday evening. We're heading to Forest Home Camp, and looking forward to a time of fun, Spiritual growth, and snow. Please pray for safety and our kid's hearts as we focus on Jesus as we begin the new year.

Regular youth groups are back to their normal place of Jr. High on Sunday afternoon 4-5:30 and Sr. High on Wednesdays 6-8. It's good times as we spend time playing together and exploring how God is moving in our lives. On Sunday, January 22 from 4-6 PM, we are having a Jr. High Fast Food Progressive dinner and Strobe Light Pillow Fight. It's open to all 7-8<sup>th</sup> graders and is going to be a lot of fun. Youth groups have picked up momentum and are continuing to grow slowly as we lay the groundwork for the future.

Thank you for your prayers and support. We continue to need it. It is exciting to see how God is moving in our midst and shows himself faithful month after month and year after year.

Happy New Year,

Rich

## *Scholarships Available*

First Presbyterian Church is pleased to announce that we will be offering 2017-18 scholarships for graduating high school seniors and adults who plan to further their education by attending community college, 4 year college or university, trade school, graduate school or seminary.

Applications will be accepted from January 1, 2017 to March 31, 2017 and are available online at [FPCSB.org](http://FPCSB.org) or at the reception desk. Questions may be directed to Melinda Gerow ([murgatroidgerow@yahoo.com](mailto:murgatroidgerow@yahoo.com) 708-8699) or Rich Ellgen ([Rellgen@fpcsb.org](mailto:Rellgen@fpcsb.org)). The Scholarship Committee of FPCSB is able to provide these opportunities through the grace and generosity of First Presbyterian members!

Applicants must be members or active participants in the life of First Presbyterian Church of Santa Barbara.

When available, the applicant must provide the committee with a copy of their acceptance letter from the school they plan to attend in the fall.

The Scholarship Committee of the First Presbyterian Church of Santa Barbara will select the recipients. Applicants will be notified by April 30.

## **What's Happening For Youth Regular Events:**

### **Jr. High Youth Group Meets**

Sunday afternoon from 4:00 to 5:30 in *The Lodge* Youth Lounge

### **High School Youth Group Meets**

Wednesday evening from 6: to 8:00 in *The Lodge* Youth Lounge

Sunday mornings all are invited to attend the 9:00 service then afterwards meet in *The Lodge* Youth Lounge for donuts and "Coffee Tawk"



**Rich Ellgen,  
Minister of Youth &  
Young Adults**  
[rellgen@fpcsb.org](mailto:rellgen@fpcsb.org)  
(805) 687-0754 x 108



**Susan Croshaw  
Director of  
Children's Ministries**  
[scroshaw@fpcsb.org](mailto:scroshaw@fpcsb.org),  
(805) 687-0754 x115

# Children & Family Ministries

## NOT JUST FOR KIDS...

Susan Croshaw, Director of Children's Ministries  
scroshaw@fpcsb.org, (805)687-0754 x115

**HEY ADULTS**

### Its 2017... try something new!

Are you...

1. Willing to invest time (4 Sundays a year) in getting to know 6-8 children?
2. Willing to lead a 15 minute lesson, and learn alongside children?

Can you...

1. Be comfortable with the hard questions and say, "I don't know the answer to that... who do you think we should ask?"
2. Be loving, patient, kind?

We need Sunday School volunteers. To learn more, contact Susan Croshaw

## Kids in Mission Coat Box



Through the end of February, bring gently used coats, jackets, sweatshirts and sweaters. Donations will go to the Warming Shelter, Jail Ministries, and Transition House.

**Boxes located in the Fireside Lounge, and front of ECE Sunday School**

## Don't Pack that Christmas Stuff away....

Children's ministries can use your unwanted decorations.

Items can be left in Susan's office (by the Elevator/Garden Room)



Decorations, Ribbon, Ornaments, Wrapping paper, Cards (used or not), Tissue paper, To/From tags, Tree or outdoor lights, Gift boxes and Gift bags, unwanted presents, holiday paper goods, and anything else you want to purge!

## CALENDAR

Sunday, December 25 and

Sunday January 1

One service at 10:30 in the Sanctuary.  
No Sunday School or Nursery care.

Tuesday, January 3 7 pm

CFY Committee in the CEC

Friday, January 6 6-7:30 Parent

Support in Anderson Lounge, meal and meet, RSVP for free childcare (dinner, games and a movie in the Garden Room),

Friday, January 6 and

Friday January 28 6-7:30 pm

Club 456 meets in Christian Education Rooms.

Sunday January 8 Baptism of

the Lord Sunday - celebrate Baptism and get your Epiphany star words for the year. Sunday School resumes at 9 and 10:30am

Friday-Saturday,

January 27-28

"On Earth as it is in Heaven" Mission Conference for adults and youth. To reserve childcare contact Chuck Curtis at 687-0754 x102 (sorry, we can not accommodate walk-ins).

[sbmissionconference.org](http://sbmissionconference.org)

# Healthful News

In 2016 I spent some time with a nutritionist with the goal of improving my symptoms, improving my nutrition, beginning new habits, and improving my nutrition knowledge. The results paid off in just three short months with my symptoms improving, my energy increased, and today my knowledge continues to grow. Many of us look to making dietary changes and or losing weight in the New Year. Here are some eating tips I learned to kick off your healthful eating in 2017.

## Healthful Eating Tips in 2017

Healthy eating happens one day at a time and it is something you can do every day. Incorporating new healthy habits takes time. Start with one task and do it well.

Be committed. It takes time to focus on yourself and you're eating. Structuring meals in advance takes planning. I started out being committed to using my juicer and making a green juice each day. Yet if I was rushed on time I was flexible enough to purchase green juice at the market thereby sticking to my plan of a daily green juice.

Incorporate a plant based meal into your weekly schedule. Healthful eating helps prevent heart disease, stroke, and diabetes. Were so lucky to have access to many wonderful lettuces for salads and vegetables for winter soups living in California. I can remember traveling in Chile and not seeing any green vegetables for a week. That alone made me homesick!

Cook and eat with a friend or loved one. Sharing in food and sharing in relationships makes your day more meaningful. I find I always put a lot more into my meal planning when I've invited a friend to dinner.

Cut down on highly processed foods. My refrigerator contains only the freshest fruits and vegetables which are foods in their natural state. I learned my body does not like cruciferous vegetables or beans. Yet it loves nuts, fish, chia seeds, root vegetables, squash, sweet potatoes, and salads. Breads, pasta, rice, crackers, cookies, cakes, have pretty much been eliminated.

The best part of my new eating is the new recipes I get to try. In the end I know I am making a difference in my health and my life. Life is going to throw you curve balls when you dine out or travel yet know that you are eating healthy 80 percent of the time.

Sharon Head RN  
Parish Nurse

**Parish Nurse—Hours Tuesdays**

**Call for appointment  
(687-0754x103)**

or email [strollrn@aol.com](mailto:strollrn@aol.com)



In our garden we grow our herbs and a few vegetable's yet with the new SB water restriction taking place in January we may need to revise our garden. Picking fruits and vegetables straight from our garden lets us experience the joy of gardening and pleasure of garden to table eating. It also lets us appreciate the wondrous miracles of harvest and the remembrance of giving thanks for the gifts we have been given.

*Happy New Year, Sharon*

## The Mediterranean Diet



This heart healthy eating style is based on countries bordering the Mediterranean Sea. It is also associated with reduce incidence for Cancer, Parkinson's and Alzheimer's according to the Mayo Clinic. Get tips on improving your food choices and how to incorporate the Mediterranean diet into your lifestyle in 2017

Tuesday January 17<sup>th</sup> 10:30 AM  
Anderson Lounge.

## *Christmas traditions*

*Sunday School children enjoyed hearing about Christmas traditions of church members.*

*Thank you to our Advent Sunday guests:*

*John Harris*

*Phyllis Barrowcliffe*

*Ellen Duke*

*Margaret Brown*

*Bruce and Nancy Williams*

*Bert and Geri Willoughby*

*Carey and John Caulfield*

*Tom and Kristen Blabey*

*Wanda Kelley*

*Gary Cunningham*

*Dave and Karen Morley*

*Bob and Virginia Hankins*

*Meryl Gaston*



*Thoughts for the  
New Year from Erin*

There is something about a Christmas carol that makes you want to unleash your inner diva and just belt it out, no matter what you sound like. Which is why I made it my mission these last days of Christmas to answer the phone with the most robust rendition of “Joy to the World” that my silly heart can muster. Why not, right? It’s infectious; the anticipation of Christmas is uncontainable. The tiny kernel of not knowing just digs right in and gets us so keyed up for Christ! I imagine this is just what pastor Robert Lowery tapped into when he wrote the hymn “How Can I Keep from Singing.” What is it about Christmas that allows us to “fling wide the portals of our hearts” and unleash a song of praise? And what is it that so hastily bottles it right back up again, to be shelved with all the rest of the ornaments for another year? Why do we hold back?

This year I resolve for all of us to fearlessly and relentlessly fling wide the portals of our hearts, to leave the door open, to unleash the song in our hearts and sing it out robustly with all that our inner divas can muster. Let’s start our eager anticipation now, Now, NOW! We don’t know what the new year holds, but we can bring it on with joyous, uncontrollable song!



### *Rooms for Rent*

Would you like to reserve a room at the church?

Please contact Katie Lukehart at [KLukehart@fpcsb.org](mailto:KLukehart@fpcsb.org) or 687-0754 x105.

# Fellowship

# PresbyFolks

## *PresbyFolks Coming Events*

Jan 27-28 Mission Fair  
Volunteer – Participate

Feb. 15 Westmont College vs.  
William Jessup College  
Men's Basketball at 5:30 pm.

Van leaves church at 4:30 pm.

Pizza after the game.  
Admission and Pizza is \$16.

Contact is Bruce Williams @ 569-2877

**Sign-up** at Church Reception

## **Help!**

***The Van Ministry and Warming Shelter Program needs Drivers and Shotgunners.***

***Learn to Drive the Big Bus Or the smaller ones***

Each Sunday a dozen or more people rely on this critical ministry to get to church

We will teach you all you need to know and your efforts will be greatly appreciated.



## Presbyterian Women

Presbyterian Women meet monthly on the fourth Monday, Dinner by Kay at 5:30 Program follows

### Watch for Details

Sign-up at the front desk or call Katie Lukehart at the church office 687-0754.

### Understanding Grief and Loss

Tuesday January 10<sup>th</sup>  
3PM

Anderson Lounge



Grieving a loss is an individual process. Each person's experience is different depending on age, health, support systems, and religious affiliation.

This gathering is to answer basic questions about the grieving process and to provide comfort and prayer support to those who have lost someone dear to them. Contact Sharon for more information, [strollrn@aol.com](mailto:strollrn@aol.com).

# FOOD



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



Transition House

# In-Gathering

## The Adventurers

The Adventurers invite you to join us each second Wednesday of the month in the Christian Fellowship Center

11:30am Fellowship  
12:00pm Lunch by Kay  
1:00pm Program:

Cost per person: \$10

Wednesday 11 Jan

The Film will be

The Boys of 36

Reservation deadline: the  
Sunday, before  
(A reservation made is a  
reservation paid)



Sign-up in person at the front Desk  
or call Katie Lukehart at 687-0754.

## Chariot of Friends

The Church Vans go somewhere each  
third Wednesday for lunch

Chariot Of Friends Luncheon  
at the Fine Dining Room  
at Maravilla in Goleta

Wednesday, January 18, 2017  
11:30 AM

We'd love for you to join us!

Once again we look forward to a wonderful luncheon in Maravilla's lovely fine dining room. We have lunched there once each year for some years now, and everyone so enjoys the experience – the food, the ambience, the camaraderie.

Our vans will leave promptly at **9:30 am** with those of us boarding at the Church. Then we will pick up those requesting a ride, and finally we will meet those who wish to drive themselves at Maravilla at **11:30 am**.

The cost for the luncheon is just \$17.00 per person.

Menu choices will be taken when we are seated in Maravilla's dining room.

Please call or e-mail Diane Hemmer at 563-0063, [dnhemmer@gmail.com](mailto:dnhemmer@gmail.com), to let her know if you will meet us at the Church or at Maravilla, or would like us to pick you up.



## Can You Drive or Help Once a Month?

Do you have one day a month (or one day any month?) to show God's love simply by sharing your ability to drive – and to enjoy a nice lunch with lovely people, too?! Driving not for you? Be a driver's assistant!

On the third Wednesday of each month, September through May, about 40 community seniors enjoy our "Chariot of Friends" lunch trips to restaurants anywhere from Oxnard to Buellton, often here in Santa Barbara. We provide transportation from the church and also pick-up people who need a ride, so we need drivers for our church vans.

No special license is required for two of the vans, just a good driving record and some training we provide. However, we are also in great need a Class B driver every month for our larger van, as our current drivers are retiring.

Driver's Assistants make phone calls for the drivers and help with seatbelts, walkers, etc., all much-appreciated by our passengers.

**First Presbyterian Church**  
21 East Constance  
Santa Barbara, CA 93105

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



## Senior Activity Program

Happy New Year January, 2017!

Please make your paid reservation for	Lunch by 10:15 each Friday		
Jan 6 - Friday  10:00 Gathering Time 10:30 Bible Study Welcome, Lee Kirkpatrick 11:30 Movement and Motion with Nicole Clancy 12:00 Spectacular Lunch 1:00 Comedy! "Keeping Up Appearances" with our Hyacinth	Jan 13 - Friday  10:00 Gathering Time 10:30 Movie Part 1 "Key Largo" with Bogie and Bacall 11:30 Movement and Motion with Nicole Clancy 12:00 Masterful Lunch 1:00 Movie Part 2  All-time Great Movie!	Jan 20 - Friday  10:00 Gathering Time 10:30 "Sing-Along" with our own Erin Bonski-Evans! 11:30 Movement and Motion with Nicole Clancy 12:00 Terrific Lunch 1:00 Mexican Train!  Hone Your Strategy!	Jan 27 - Friday  10:00 Gathering Time 10:30 Alan Braithwaite gives "Flower Presentation" 11:30 Movement and Motion with Nicole Clancy 12:00 Brilliant Lunch 1:00 Bingo!  Prizes!

*Happy New Year!*  
*Start the Year Off Right -*  
*Eat Healthy, Get Some Exercise,*  
*And Give 10 Friends a Big Hug!*

The Senior Activity Program is for active and independent seniors and not for those requiring care, assistance, or supervision.

Any questions or suggestions, call  
Diane Hemmer 563-0063