



First Presbyterian Church of SANTA BARBARA



February 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
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.



February @ 1st Pres.

Annual Congregational Meeting

5 February 2017

Following a single service at 9:45

A light brunch will be served

The Adventurers Wednesday 8 Feb.

Blood Pressure Sunday, 12 Feb.

Chariot of Friends 15 Feb.

PresbyFolks Saturday 18 Feb.

Presbyterian Women Monday 27 Feb.

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

Juleine Schmidt 28 January 2017

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

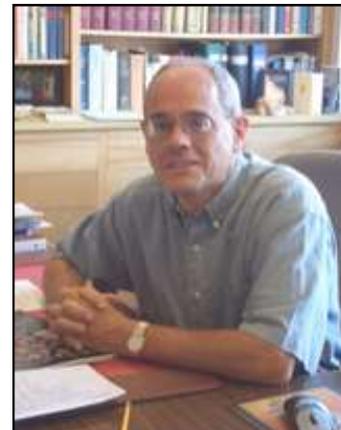
Call 687-0754, extension 9,
and let us know.

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



Dear Friends,

Now I appeal to you, brothers and sisters, by the name of our Lord Jesus Christ, that all of you should be in agreement and that there should be no divisions among you, but that you should be united in the same mind and the same purpose.



Rev. Dr. Peter Buehler
Pastor

I sometimes wonder what planet the apostle Paul was living on. "You should all be in agreement and there should be no divisions among you." Really? This is the goal we should have—no disagreements? All seeing eye-to-eye, all agreed on the same purpose?

A fair interpretation is that Paul, in First Corinthians, was promoting unity, not uniformity. It's neither achievable nor desirable to have believers in lock-step about every little thing; it is a necessary goal for believers to agree that we are all baptized in Jesus' name, that he is our peace. None of us knows so much that we can cross off names written in his book. We need each other, especially those with whom we disagree.

Simply put, divisions within the church are unacceptable. I believe this, though as I say it I find myself wanting to reserve the right to be right and to tell others that they're, well, misinformed. To hedge about Paul's appeal is to know the temptation to reduce another human being to an opinion we disagree with. A lot of us are still learning that listening—not simply waiting before responding—is part of loving.

It's worth reflecting on Paul's words as we begin four years under a new President. We're entering a time, I believe, when the word *unity* will need constant attention. We'll have many disagreements—not necessarily a bad thing! But in the midst of them, can the church, our church, be a place of friendship and respect? Will we find Christ in the midst of our differences? Will we prove Paul right by being united in the same mind and the same purpose?

Grace and Peace to you, Peter

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

Making Disciples who Make Disciples

A Letter from Esther Wakeman, serving in Thailand

Jesus is a fantastic leader with a clear vision for his people and the resources to make it happen. I was reminded of this at the recent General Assembly of our partner church here—the Church of Christ in Thailand, whose theme was Jesus’ call, “Go into all the world and make disciples of all nations, baptizing them in the name of the Father, Son, and Holy Spirit, *and teaching them to obey everything I’ve commanded you*. I’ll be with you.” One of my heroes is Frank Laubach (1884-1970), a missionary to the Philippines, who had a heart for the poor and developed the “each one teach one” approach to literacy. Over 60 million people in 34 countries learned to read as a result. I think Jesus’ idea was the same—we are called to make disciples who also make disciples—each one teach one.

I keep getting distracted from this vision, and I’m grateful to be reminded. One graphic had my full attention—comparing results after 32 years of evangelism and 32 years of making disciples. An evangelist making a convert every day would have 365 converts the first year, 730 the second, 1,095 the third, and so on, finishing with 11,680 in year 32. But a disciple making only one disciple per year, who also makes one disciple per year, and so on for 32 years’ results in 4,194,905,296 disciples. This way changes the world. Jesus’ idea and commission was a great one. I’m recommitting myself to pursue it. Being a disciple means we are being changed from the inside out, so that we want to obey what Jesus taught and are able to obey more and more as a heart habit. Dallas Willard is one of the best resources for learning to embrace this process—*check out Renovation of the Heart and The Great Omission*.

God is giving more opportunities to be with folks in ways that lead to heart change. Rob and I were invited to teach at a marriage retreat for pastors; I taught “Immanuel Journaling” and everyone heard wonderful encouragement from the Lord. Rob and I met with five couples for almost an hour each—three of whom were in serious marital distress. We were able to comfort them and offer hope and prayers. We hope to see some of them again over the next five months as we’ll be going near where they live to do some teaching on pastoral counseling. We’ve been invited to lead a family retreat in a Karen village up in the mountains at the end of November, too. Maybe this is going to become more of our calling. Marriage offers one of the best places we can be transformed to be like Jesus because it exposes our need so clearly!!!

I’m enjoying meeting weekly with two Payap staff women who have known Jesus for a while and are now encountering marital challenges that are drawing them closer to Him. I love sharing a good meal, sharing our hearts, and praying together for grace and wisdom. It is a precious gift to be let into someone’s heart, and Jesus has wonderful ways of giving them what they need each week. Watching them grow is delightful. I’m hoping to start a prayer and sharing group focused on praying for our international programs at Payap. We are losing some key leaders and our staff are discouraged. I’m believing that God has good new leaders in store for us. Please pray for us in this regard—and that this challenge will draw us closer to the Lord, and shape us

Finally, for the record, as of October 7, 2016, I’ve received 45 percent of the sending and support goal for my ministry for 2016. Thank you each and every one who has joined with this ministry in this way. I’m so grateful. Please consider any ways God may be inviting you to join more fully in his vision of making disciples here in Chiang Mai—through prayer, financial gifts, coming to teach English, or hosting CCI in June. Here’s a link for donating to my ministry: <https://www.presbyterianmission.org/ministries/missionconnections/the-rev-dr-esther-wakeman/>.

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: February 2017 9:00 in Anderson Lounge

February 5 No class. One service at 9:45 followed by the Annual Meeting of the Congregation

February 12

Cynthy & Dave Ardell on Walking the Camino de Santiago

Dave & Cynthy will share with us their recent experience of walking the Camino de Santiago, the ancient pilgrimage routes that lead to Santiago de Compostela. "In the Middle Ages, these routes were walked as a pilgrimage to the tomb of the apostle St. James."



February 19

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."

February 26 To be announced

"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!

2017 Pledge Update

It's Not Too Late To Pledge Your Financial Support for 2017

We are so grateful to the 117 people who thus far have pledged a total of \$469,294 to the mission of First Presbyterian for 2017. Wouldn't it be awesome if everyone at First Pres made a pledge commitment of some amount? If you have not yet done so, we encourage you to return your pledge card or contact Denise Rodman at x106 with your pledge. Our 2017 budget goal is \$520,000.

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**"Wireless communication is nothing new.
I've been praying for 75 years!"**

Youth & Young Adults Ministries

I think this Christmas was among my all time favorites. I hope you had a wonderful season with friends and family as we celebrate the savior being born. I love the New Year too, and the opportunity to reflect on the past year and set the course for the New Year.

Our youth had a busy season too. Together with the children's ministry we held a 2 day Presby Camp which has highly successful. We had about 30 kids and many students as counselors. We Christmas Caroled, and our youth participate in the Christmas Eve service. It was a special time.

2017 is off to a great start. We had our Jr. High Winter camp last week (Jan.6-8) at Forest Home. It was a great weekend of playing, worship, great teaching, and interacting with each other and hearing our Jr. High students express what they're learning, and getting to know each other better. I am so excited for next month (Feb. 10-12) when we are taking our Sr. High to camp. I am really excited about how our students are experiencing life and the growth of our youth group. We also participated in the annual Mission's Conference. Our youth hosted the youth from the area and we had pizza and discussion on Friday night. It was meaningful to process the conference with students and hear them interact with each other.

On Sunday, January 22 from 4-6 PM, we had a Jr. High Fast Food Progressive dinner and Strobe Light Pillow Fight. It was awesome. Youth groups have picked up momentum and are continuing to grow slowly as we lay the groundwork for the future.

Coming up in February, we have our high school winter camp Feb. 10-12. We also have our regular youth meetings. Jr. High on Sunday 4-5:30 PM, and Sr. High has moved to Thursday 6-8. After talking with several students Thursday looks like it will work better than Wednesday. In March we begin our confirmation process. This is open to students 8th grade and up who haven't gone through the class. On Sunday, February 26 at 2:30 we are having an informational meeting in the Anderson Lounge to go over the details and address questions.

I am truly excited about this year and am looking forward to seeing how the Lord moves in our midst.

In Christ, Rich Ellgen



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 6:00 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
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Susan Croshaw
Director of Children's
Ministries
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Children & Family Ministries

NOT JUST FOR KIDS...

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

New in February for Sunday School

The Nursery is now using Spark Lectionary curriculum. Come visit Sunday mornings between 8:50 and 11:30am

3rd grade students begin their How To Use Your Bible Class, taught by Erik Weibe, Gordie Hess, Chuck Curtis, John Harris, and Tom Geshay. Each student will receive a Bible from the church on Palm Sunday in April

We are grateful to have our renewed facility! Come down and see the rooms in action during Sunday School 9:30-10am and 10:50-11:30 am

Kids in Mission Coat Box



Through the end of February, bring gently used coats, jackets, and blankets, or NEW socks. Donations will go to the Warming Shelter (already donated 20 coats) Jail Ministries, and Transition House.

Box located in the Fireside Lounge

Presbycamp Registration will be open February 15 for everyone.

You can get your registration packet:

- ♦ Online at www.fpcsb.org (Presbycamp page)
- ♦ By email from croshaw4@gmail.com
- ♦ At church (at the welcome desk upstairs and in Susan's office downstairs).

CALENDAR

Fridays, Feb. 3* and 17

6-7:30 pm Club 456 meets in Christian Education Rooms.

(*3rd only) 6-7:30 Parent Support in Anderson Lounge, meal and meet, RSVP for free childcare (dinner, games and a movie in the Garden Room),

Sunday, February 5

One service at 9:45 in the Sanctuary. Nursery and Sunday School as usual

Tuesday, February 7

7 pm Children and Youth Committee meeting. Location TBA

Sundays, beginning February 12

Bible Classes begin for 3rd graders. Tom Geshay will teach Feb 12 and 19 (during the 9 am service).

Tues., February 14 & 28

7 pm Girl Scouts in ECE

February Cleaning time....

Children's Ministries can use your old Valentine decorations: Tissue, boxes, hearts, etc. Donations can be left in Susan's office



Healthful News

February is recognized as American Heart Month.

Physically, the Bible reminds us "A heart at peace gives life to the body" (Prov. 14:30). The American Heart Association reminds us to reduce your risk of heart disease. You should quit smoking, monitor your blood pressure, exercise at least three times a week for 30 minutes, and eat a diet that is reduced in fat, cholesterol and salt. When we exercise we reward ourselves with the following physical benefits: lowering blood pressure, improving heart function and circulation, increasing HDL cholesterol (good cholesterol), improving muscle strength, increasing mental awareness, delaying osteoporosis, and lowering body weight and body fat percentage.

Heart attacks can cause a variety of symptoms but the most common are uncomfortable pressure, squeezing, or pain in the center of the chest (it may spread to the arms, shoulder, neck or back). Other symptoms include light-headedness, weakness or fainting with sweating, nausea or shortness of breath.

High blood pressure increases the risk of people developing stroke, heart attack and heart failure, as well as kidney disease. ***It is especially dangerous because it often has no warning signs or symptoms.***

Blood pressure is the force of blood pushing against the walls of arteries – the blood vessels that carry blood away from the heart to other parts of the body. Blood pressure can rise and fall depending on a person's general health, their level of physical activity, the time of day and many other factors. High blood pressure, or activity, the time of day and many other factors. High blood pressure, or hypertension, is dangerous because it makes the heart work too hard and contributes to atherosclerosis (hardening of the arteries).

Knowing your BP is vital to your health!

Blessings, Sharon



Sharon Head RN
Parish Nurse

Parish Nurse—Hours Tuesdays

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



Sunday Feb. 12th Check your Blood Pressure & receive a piece of chocolate!



Blood Pressure Category	Systolic mm Hg (upper #)	and	Diastolic mm Hg (lower #)
Normal	less than 120		less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

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 February 14th at 11:30AM
Anderson Lounge.

Deacons on the Patio *Sunday Feb. 12th*



Come Meet the FPC Deacons, with their Valentine headbands, and check out this great ministry on the patio.

Deacon Teams Leaders
Moderator/Leadership – Wanda Kelly

***Memorial – Laura Techentin
& Yvonne Rambo***

Home Communion – Esther Hur

Finances – Susan Croshaw
***Scholarship – Esther Bennett &
Eleanor Wennberg***

Rooms for Rent

Would you like to reserve a room at the church?

Please contact Katie Lukehart at KLukehart@fpcsb.org or 687-0754 x105.

Sunday Flowers



Flowers are available after the 10:30am service for Deacons and congregational members who are visiting homebound, hospitalized and ill individuals. Flowers are located on the stone corner next to the stone bench on the patio each Sunday.

February Home Communion



(For those that are ill, homebound, or unable to come to church)

Contact Sharon Head, Parish Nurse
687-0754 ext. 103

Fellowship

PresbyFolks

PresbyFolks Coming Events

Feb. 18 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



Presbyterian Women

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

Monday, 27 February at 5:30 in CFC

Yvonne Bazinet and Richard Zinke will report on
their December trip to FIRM (Fresno Inter-
denominational Refugee Ministry) to Hmong
and now also Syrian refugees.

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

Help!

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

***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.



FOOD



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



Transition House

In-Gathering

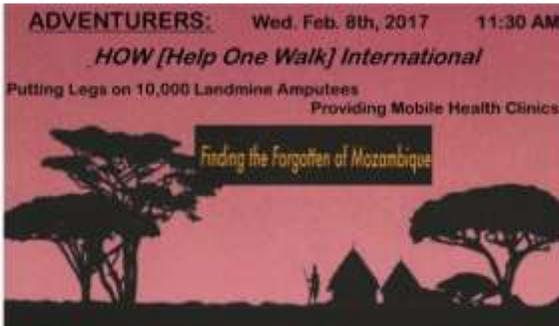
The Adventurers

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, 8 Feb.



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.

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.

Chariot of Friends

The Church Vans go somewhere each third Wednesday for lunch

Luncheon at Red Lobster in Oxnard
1740 Ventura Blvd, Oxnard, CA 93036
Wednesday, February 15, 2017 11:30 AM
We'd love for you to join us!

We will enjoy a lovely drive along the beautiful Pacific to Oxnard for lunch at the popular **Red Lobster Restaurant.**

Vans will leave the Church 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 **11:30 am** at **Red Lobster.**

The cost is just \$17.00 per person.

Menu choices are:

Wild Caught Sole – Golden-fried, Oven-Baked, or Baked with Crab and Seafood Stuffing

Shrimp Linguini Alfredo – Tender Shrimp in a Garlic Parmesan Cream Sauce

Maple-Glazed Chicken – Grilled with a Maple-Cherry Glaze

Classic Caesar Salad – with Chicken, Shrimp, or Plain

Hand Breaded Shrimp – Fried to a Golden Brown

All meals include choice of sides, famous Red Lobster Cheddar Bay Biscuits, and Coffee, Tea, Iced Tea, or Soda.

By Sunday, February 12, please call or e-mail Diane Hemmer at 563-0063, or dnhemmer@gmail.com, to let her know your

menu choice and if you will meet us at the Church, at Red Lobster or would like us to pick you up.



