



# First Presbyterian Church of SANTA BARBARA



**March 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.



*March @ 1st Pres.*

*Ash Wednesday Service*

*March 1*

*7:00 in the Chapel*

*Lenten Worship*

*March 8, 15, 22, 29 and April 5*

*7:00 in the Chapel*

*Maundy Thursday Service*

*7:00 in the Chapel*

*Good Friday Service*

*Noon in the Sanctuary*

# 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

## **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,

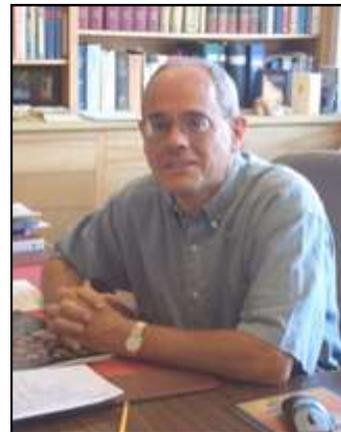
Meister Eckhart, the German theologian and philosopher (1260–1327), said “God is not found in the soul by adding anything, but by a process of subtraction.” Of all the lessons of the season of Lent, this may be the most valuable. We learn about life—and about God—when we deal with our limitations.

In the Christian tradition, when it's done voluntarily, it's *askesis*, or asceticism—self-discipline or self-control, from the Greek word meaning to exercise or train. We may know it in Lent as “giving something up.” We voluntarily deprive ourselves of a thing we like in order to learn from limitation. And we may not feel as deprived as we imagined! God can show up in ways we don't expect. It's counterintuitive, but when it comes to what's important, less can be more.

Whether for you it's adding or subtracting, I hope you'll put our midweek Soul Food dinners and chapel services on your calendar. The six-week season of Lent starts with Ash Wednesday, March 1, with a Service of Ashes in the Chapel at 7:00 p.m. The following five Wednesday evenings we'll follow our Soul Food schedule, with dinner at 5:30 p.m. in the Christian Fellowship Center and worship at 7:00 in the Chapel. Then, during Holy Week—the week before Easter—we'll come together for worship on Maundy Thursday at 7:00 p.m. A wonderful part of the Lenten services will be First Pres. friends sharing their faith stories. Communion will be offered each week.

May this Lenten season be a rich time for you, full of blessing. More, not less.

*Grace and Peace to you, Peter*



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

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



**Plant Sale!**  
April 2, 2017 on The Patio  
9:00 am to 1:30 pm

**A Broad Variety of:**  
Succulents and Cactus  
Flowering, Scented Geraniums  
Foundation Planters  
Miniature Garden Planters  
Unique planters using Unique Plants  
Custom Designed Bird House Feeders

**Various Garden Implements**  
Vases, containers and Silk Flowers

**F**or advance orders or questions:  
Call Flower Guild, Allen Braithwaite  
(805) 745-5533

***The Flower Guild of First Presbyterian Church***  
Invites you to the First Annual Plant and Garden Sale

Plants for sale will vary from 2" to 15 gallons. Should you need a number of specimen plants or any larger plants for foundation replacements or new plantings, we will help you choose and deliver them for you. Gardening questions and plant maintenance questions will be answered by several experts from our own congregation.

## 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: March 2017 9:00 in Anderson Lounge

**March 5**

***Christian Response to Trauma: the Harvest is Ripe for Healing:***

Rev. Dr. Kate Wiebe

Jesus taught disciples how effects of trauma were everywhere, sometimes in places least expected. He also taught how fields were ripe for transformation. But healing harvest wasn't easy. Just like today, it took time, intention, and care. Still, Jesus urged, disciples can bring about miraculous change when they set themselves to it. Whether you're concerned for refugees, survivors of abuse, mourners, or communities rebuilding after destruction – learn from Jesus, and from best studies in trauma treatment, about how traumas impact individuals and groups, how effects of trauma endure and even pass through generations, and how you can participate in miraculous change.

This is a reprise of the session Kate did at the Mission Conference in January.



**March 12, 19, & 26**

***Seeing Ourselves in Those Confronted by Jesus: An Adult Lenten Study from the Thoughtful Christian***

Discover the importance of those who were around Jesus in this Adult Lenten study. We will learn about groups from Jesus' time, including the Pharisees, Sadducees, Essenes, Zealots, the Disciples, and Women. We will also be challenged to consider who in the twenty-first-century church is like the members of these groups.

**COMING IN APRIL (9, 23 and 30)**

Prof. Lisa deBoer, Westmont ***What do the Arts do in Christian Worship?***

Week One: The church as universal and local

Week Two: The Story of God and the Presence of God

Week Three: Worship as Individual and Corporate

### *Inquirers Luncheon*

If you've been worshipping with us recently and would like to learn more about membership in First Presbyterian Church of Santa Barbara, I'd like to personally invite you to join us at our upcoming Inquirers Luncheon following the 10:30 a.m. service (11:45-1:30 p.m.) on Sunday, March 19. This will be an opportunity to learn more about First Presbyterian Church and to explore what membership can mean for you. You'll enjoy a great lunch, conversation with church friends, and brief presentations about Christian faith and worship, the Presbyterian Church, our congregation's history in Santa Barbara and vision for the future. We'll talk as well about church programs and opportunities for spiritual growth and involvement. Here's hoping you'll join us!

To RSVP, call the church office (687-0754) and speak with Katie Lukehart, or email Katie at [klukehart@fpcsb.org](mailto:klukehart@fpcsb.org).

And if I can offer any information or help in the meantime, please don't hesitate to let me know.

Grace to you, Peter S. Buehler, Pastor

## Donations to Craft Group and Children's Ministries

- Cotton Fabric (Turtle Pillows)
- Flannel Fabric (Blankets and Pillow cases)
- Fabric Ribbon (Blankets and Pillows)
- Pillow Stuffing/Fill (Turtle Pillows)

Craft Group's Turtle Pillows being made for Painted Turtle Camp (Breast Cancer Survivors) Blankets (knitted, crocheted or sewn) for Project Linus at Cottage Hospital (for ill or traumatized children).

Children's Flannel Pillows for Transition House.



Donations can be left in the workroom for Kay Kramer or Susan Cross-haw

## Ways to help this month

## Take Flowers on Sunday to Someone ill or home-bound

Sundays after the 10:30 service, look for the flower table set up by the Deacons, and make a small bouquet to take to a friend who is in need of a visit!



## Provide Choir Birthday Treats

Once a month Choir Birthdays are celebrated. Want to make or buy cookies, cupcakes, a cake or other treats?

Contact Erin Bonski Evans to coordinate a Treat Day. 687-0754 x111



## Provide ECC Teacher Snacks

Do you have Orange or Lemon trees? Bring a bowl of fruit in for the teachers and leave it in their new teacher lounge next to Susan's office (across from the Garden Room)



# Youth & Young Adults Ministries

“Here comes the sun little darling” is such a beautiful song, and seems more appropriate than ever given the rain this season. I’m really looking forward to this Spring. Spring is such a fun time as we transition from winter to summer. We also celebrate lent and Easter this season, and there are so many things going on.

On March 5<sup>th</sup> we are holding our annual pancake breakfast which is a fund raiser for our youth scholarship fund. This is to help our students go to camps and retreats. We are having pancakes after both the 9:00 and 10:30 service so we hope you can join us. Tickets are \$5 a person and \$10 for a family. It’s a lot of fun, and of course delicious food.

On March 5<sup>th</sup>, we are also having the college and young adults over to our home for dinner and games. It’s a great way to continue to build relationships with our young adults who are connected to the church and still in town. I’m really looking forward to it. Please contact me for any additional information.

Confirmation starts March 12 and runs through the end of April. Our confirmation process is a time where our students 8<sup>th</sup> grade and older learn about the major aspects of the Christian Faith. We’ll be meeting at 10:30 on Sunday mornings for our group meetings. Each confirmand will be paired with an adults mentor to walk through this process with them, and there will be a series of experiences that are designed to broaden their experiences. Please pray for us during this time, and if you’d like to be considered as a mentor please let me know.

Our weekly programs are also continuing through the month of March. Our Jr. High group meets on Sundays from 4-5:30 and our high school meets on Thursdays from 6-8 PM. These times are really exciting to engage with students about what is going on in their lives, and how their relationship with Jesus plays out in their lives.

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

Thursday 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 Talk”



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



**Susan Croshaw**  
Director of Children’s  
Ministries  
scroshaw@fpcsb.org,  
(805) 687-0754 x 115

# Children & Family Ministries

## Families and Children

Sunday School for March:

**Toddlers and PreK** Spark Lectionary taught by Sara McGough, Diane Dodds, and Sidney Jackson

**Elementary ages (K-2, and 5-6th grade)**

Spark Activate Faith, Lectionary taught by Beth Preston and Susan Croshaw

**Elementary ages (3-4th grade Bible Class)**

3/5 Gordie Hess, The History Books

3/12 John Harris, The Poetry Books

3/19 Erik Wiebe, The Prophet Books

3/26 John Harris, The Gospels

4/2 Chuck Curtis, The Letters

4/9 Students receive their Bibles in church

## CLUB 4-5-6, 6-7:30

Youth Group for those in 4th 5th and 6th grade...

**Fridays March 3 and 17,**

**April 7 and 21, and May 5 and 19!**

**Dinner, games, craft activity, and lesson.**

**The best of Presbycamp and Youth Group**

### Friday, March 3

6-7:30 pm: Club 456 - Lodge

6-7:30 Parenting Dinner and class

6-7:30 Childcare Dinner and a movie

### Sunday, March 5

Pancake breakfast seatings after 9 and 10:30 services

### Tuesday, March 7

7 pm: Youth and Children Ministries committee meeting in the CEC.

### Tuesday, March 14 & 28

7pm Girl Scout Troop 50886 meets in CEC

### Wednesdays 8th, 15h, 22nd,

and 29th Soul Food on Wednesday nights! Come eat dinner at 5:30 (\$10 max per family) and stay for the Chapel Lent Service.

### Month of March

Pick up your *One Great Hour of Sharing Calendar and fish*

*box* for a month of family activities in mission. Boxes come back to church on April 23 (week after Easter)

### Friday, March 17

6-7:30 pm: Club 456 - Lodge

## *Presbycamp Scholarship Fund*

Our Presbycamp Scholarship fund (line #816 in the Budget) grows through jam sales. We have \$350 already for this summer! Look for the jam cart on Sundays.

Buy some for yourself, or for Hostess gifts, Teacher gifts, and Easter gifts.

Citrus Fig, Guava Pear, Peach, Grape, Kumquat Marmalade, Apple Grape, Plum



Susan Croshaw, Director of Children's Ministries, 805-687-0754 x115,  
scroshaw@fpcsb.org First Presbyterian Church, 21 E. Constance Ave. Santa Barbara, 93105

## *Tips for a Better Sleep*

Tossing and turning during the night? Feeling crabby during the day? Irritable? Yawning?

In 2016 the CDC reported that a third of American adults are not getting enough sleep. Being older doesn't mean you have to feel tired all the time. Most adults need 7-9 hours of sleep. Being ill, suffering from pain, stressors from work and family, and medicines can interfere with our sleep.

You may not be able to control all the stressors in your life yet getting a good night's sleep can help us handle the pressures of life and living.

**Bedtime ritual** is not just for kids – shower time, brushing our teeth and reading a bedtime story helps adults as well as children unwind and prepare for sleep. Beware of screen time with TV and digital devices that can over stimulate the brain before bedtime.

**Avoid alcohol, nicotine, caffeine and heavy meals just before bed.** They can cause sleep disruption and indigestion. Sleep is critical for weight loss.

**Stick to a regular bedtime schedule** and waking schedule 7 days a week.

**Exercise** or doing some form of physical activity "early" in the day.

**Limit naps** to 15-30min day.

**Be comfortable** in your bedtime attire, room temperature, and sleep mattress. For many this also includes a dark, cool and quiet environment.

Sleep is essential for normal immune function, fighting illness and disease, cell growth, mental clarity, and learning. Getting the right amount of sleep makes you look better, eat better, feel better, and have more energy for life!!

Sharon Head RN  
Parish Nurse

**Parish Nurse—Hours Tuesdays**

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

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



## *Tuesday March 7<sup>th</sup> 3PM Anderson Lounge*

Faith communities of all traditions use **Five Wishes** because it is the only *advance healthcare directive* that deals with spiritual matters. It assists health care providers in respecting your religious beliefs in case you become seriously ill. It also emphasizes the important role faith communities during times of serious illness, thus affirming the God-given human dignity of all.



Five Wishes lets your family and doctors know:

- Who you want to make health care decisions for you when you can't make them.
  - The kind of medical treatment you want or don't want.
  - How comfortable you want to be.
  - How you want people to treat you.
- What you want your loved ones to know.

You are encouraged to bring your significant other or whomever you wish to share in your discussion and decision!

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## **Meal Train**



Church members providing meals to those who have had surgery, ill or around births.  
Please contact the church office.

## *Grandparent's Tea at the ECC*

For Valentine's Day, we always invite the children's grandparents to school and have a tea party. The children work on invitations, which gives them lots of practice writing new words and their own name, and then they mail them, using real stamps and the good old fashion US Postal Service. Lots of grandparents send letters back and of course come to the tea party. The children enjoy showing their grandparents their classroom and giving them art-work.

The Parent's Fundraising Committee has found a fun new venue for the fundraiser this year. On June 3<sup>rd</sup>, we will be having a great time at the Carriage Museum. All are invited to come down and enjoy some BBQ with us.

-Beth Hassenplug, Director



**DEACON SUNDAY Feb. 12, 2017**

**Celebrating Geri Willoughby & Van  
Ministry & Deacons**



**\*\*\*\*\*Next Deacon Meeting\*\*\*\*\***

**March 21, 2017**

**6PM**

**Anderson Lounge**

### **Confident Caregiver Series**

Free Monthly Workshops for Family Caregivers of  
Loved Ones with Dementia in Santa Barbara.

Second Wednesdays 2-4PM

RSVP (800) 272-3900

### *In Memory of Juleine Schmidt*

Thank you for your prayers and kind thoughts. We are pleased to know that we are not alone in our hour of need. We appreciate your support at this time, it gives us much comfort. may God bless you for your concern.

Carol & Doug

# Fellowship

# PresbyFolks

## *PresbyFolks Coming Events*

### **March 25 (Sat.) Carpentaria Salt Marsh.**

Free. Approximately one hour walk on paths. Leave church at 10 am. Limited to 20. Contact Nancy and Bruce Williams.

**April 22 (Sat.) Downtown Historical Walking Tour.** Lunch at Jill's. Tour is \$10. Limited to 20. Contact Laurie Theobald.

**Sign-up** at the front-desk.



# Presbyterian Women

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

To Be Announced

Sing 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 Mar

Lee Kirkpatrick  
"What they didn't Teach you in History"

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

This month it's High Sierra Grill at 521 Firestone Rd, Goleta, CA

Wednesday, March 15, 2017 11:30 AM  
We'd love for you to join us!

This is a new treat for Chariot-eers! Folks who have dined at High Sierra Grill highly recommend it. We are eagerly looking forward to it!

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 **High Sierra Grill**.

The cost for lunch is just \$17.00 per person.

Menu choices are:

Black and Blue Steak Salad – Tri-Tip, Greens, and All the Fixin's

Hawaiian Kalua Pork Sandwich – Shredded Pork w BBQ on a French roll, w Sides

Mushroom Swiss Burger – Lots of Toppings and Sides

BBQ Grilled Chicken Dinner – with Vegetables and Sides

Sierra Nevada Fish & Chips – Golden Fried White Cod w Sides

Fish Tacos with Mango Salsa – White Cod Tacos with Toppings and Sides

Drink choices include Sodas, Coffee, Tea, Iced Tea, Hot Chocolate, Arnold Palmer, Lemonade, Strawberry Lemonade, Orange Juice.



By Sunday, March 12, please call or e-mail Diane Hemmer at 563-0063, [dnhemmer@gmail.com](mailto:dnhemmer@gmail.com), to let her know your menu choice and if you will meet us at the Church or at **High Sierra** 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**  
 March, 2017

Please make oooooooooooooooooooooooooooooo	your paid reservation for oooooooooooooooooooooooooooooo	Lunch by 10:15 each oooooooooooooooooooooooooooooo	Friday oooooooooooooooooooooooooooooo
Mar 3 - Friday	Mar 10 - Friday	Mar 17 - Friday	Mar 24 - Friday
10:00 Gathering Time 10:30 Bible Study Welcome, Lee Kirkpatrick 11:30 Movement and Motion with Nicole Clancy 12:00 Fantabulous Lunch 1:00 Apples to Apples!	10:00 Gathering Time 10:30 "Sing-Along" with our own Erin Bonski-Evans! 11:30 Movement and Motion with Nicole Clancy 12:00 Top-Notch Lunch 1:00 Pictionary!	10:00 Gathering Time 10:30 "Ireland - A Beautiful Vacation" Happy St Patty's Day! 11:30 Movement and Motion with Nicole Clancy 12:00 Fantastic Lunch 1:00 Bingo!	10:00 Gathering Time 10:30 Movie Part 1 "The Secret Life of Pets" 11:30 Movement and Motion with Nicole Clancy 12:00 Clever Lunch 1:00 Movie Part 2
A New Challenge!	Show Off Your Art Skills!	Yahoo - Prizes!	Last Year's Big Hit!
ooooooooooooooooooooooooooooo	ooooooooooooooooooooooooooooo	ooooooooooooooooooooooooooooo	ooooooooooooooooooooooooooooo
Mar 31 - Friday 10:00 Gathering Time 10:30 Jessica Fletcher "Hooray for Homicide" 11:30 Movement and Motion with Nicole Clancy 12:00 Extraordinary Lunch 1:00 Mexican Train - Hone Your Strategy!		The Senior Activity Program is for active and independent seniors and not for those requiring care, assistance, or supervision. oooooooooooooooooooooooooooooo	Any questions or suggestions, call Diane Hemmer 563-0063 oooooooooooooooooooooooooooooo