

LAFAYETTE-ORINDA PRESBYTERIAN CHURCH

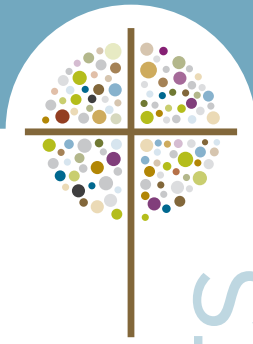
OCTOBER 2021

# FOCUS

MONTHLY NEWSLETTER

LOPC.ORG





# BELOVED of God

By Gerald Chinen - Pastor, Care



**B**ack in October of 2020, in the middle of the pandemic, I was happy that we could hold a memorial service for my mom, although it was on Zoom. It felt intimate though, because I was able to see people’s faces, and it felt like they were all in my living room! But I still wanted the opportunity to have my family be together in person to say goodbye to mom. So, I purposely kept mom’s ashes at her home and made plans to return to Honolulu when it was more open again. I had that chance this summer when about 50 of my relatives gathered in the beautiful Hawaiian Memorial Park to lay my mom’s ashes in her final resting place here on earth.

I wasn’t prepared, however, for the task of finalizing the words that would go on her headstone. It felt almost monumental, choosing just the right words that would be inscribed for the rest of our earthly existence. It took me until the last day before returning to California to settle on the words: “Let love and faithfulness never leave you.” That was mom, a person of godliness, love, and faithfulness. She lived with those virtues till the very last breath.

I was also able to choose a phrase that would encircle the flower vase which will be permanently installed at the graveside. I chose the words: “Beloved of God.” This, too, is what mom was and always will be, beloved of God.

Do you know that you are the beloved of God? Not only know that intellectually, but do you feel that deeply in your soul? That identity, stamped upon our spirit, is what gives us the courage and the strength to live out our lives with love and faith. When we forget that we are beloved, it can shake our faith, and it can test the love we have, not only of God but also of others.

I wish we were out of the pandemic and completely safe, but we are not. Challenging days are behind us, and challenging days still lie ahead. Whatever lies before us, however, remember that you are loved. In fact, you are the beloved of God. Your identity is secure. Knowing this then, let love and faithfulness never leave you, and live thoroughly and courageously into them.

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#### Pastoral Staff

- Peter Whitelock - Head of Staff
- Gerald Chinen - Congregational Care
- Lauren Gully - Mission & Spiritual Formation
- Jaime Polson - Families & Executive Leadership
- Chris Baldwin - Community Life

#### Worship and Music

- Brett Strader - Director

#### Treasurer

- Staci Johnston

#### Ministry Directors

- Keris Dahlkamp & Allison Kunz - Youth
- Coleen Moulton - Seedlings Preschool
- Lori Robinson - Children (incoming)
- Ryan Timpfe - Children

#### Focus Newsletter

- Jon Corry - Communications
- Dick James & Lexi Morrissey - Editors

#### Submissions & Deadlines

Please send requests for submissions to:  
[communications@lopc.org](mailto:communications@lopc.org)  
no later than October 1 for the November issue.

**Thank you to all who contribute each month to Focus!**



## YOUR SHARING KEEPS THIS CHURCH MOVING FORWARD IN SERVICE TO MANY

### New this year!

We've made some improvements this year to our pledge materials so that we can be better stewards of our planet and be more thoughtful of the resources we use. Some of these changes include using fewer pages in the brochure, eliminating outer envelopes, black-and-white pledge cards to reduce color-printing costs, and more.

We also will provide members with a choice to opt out of receiving a packet by mail, which will reduce paper and mailing costs. The opt-out form can be found at the pledging link below. We will mail pledge brochures on October 8, so please fill out the opt-out form before then.

Please access the Stewardship brochure materials online at:  
**[LOPC.ORG/GIVE-BACK/PLEDGE](https://LOPC.ORG/GIVE-BACK/PLEDGE)**

**GIVING SUNDAY IS NOVEMBER 7**

**QUESTIONS ABOUT PLEDGING?**  
CONTACT: [STACI@LOPC.ORG](mailto:STACI@LOPC.ORG)



# JF Kapnek School Supply Update

By Phil Hunter, LOPC Member

**T**hank you, again, LOPC! In the past few years when presented with the opportunity to help The JF Kapnek Trust, our Mission Partner in Zimbabwe, LOPC has generously responded. Two years ago, Cyclone Idai caused tremendous flooding, claiming over 600 lives, and a cholera outbreak ensued. Kapnek was asked by the national government to help with the health assessment. Last year, COVID disrupted delivery of the daily nutritional porridge to preschoolers, but Kapnek found a work-around while schools were closed. (Under normal circumstances, Kapnek serves porridge at its preschools for three cents a day per child to more than 22,000 children.) In each instance, LOPC has given generously to help Kapnek manage through a crisis.

This time, it wasn't a crisis but simply an opportunity. In mid-July, LOPC

learned that the Kapnek Trust was preparing a container of medical supplies to be shipped from Oakland in mid-August and had room to add pre-school supplies. When the LOPC community heard of this opportunity over 60 families responded with a range of school supplies which Kapnek will distribute at the Harare Children's Hospital and in Kapnek preschool classrooms through their Early Childhood Development and Health program. Local high school students volunteered to help pack the massive response of the supplies for shipping. High-schooler and LOPC member, Dillon Morrissey, commented, "Books and school supplies are things we take for granted here, so it felt good to pack and send those things to kids who really need them."

When word about the shipment went out, an LOPC member solicited donations from friends. In this instance,

the friend was a retired audiologist from UCSF Benioff Children's Hospital and familiar with the value of hearing aids to help language growth needed for learning. Facilitated by Kapnek staff, a series of communication exchanges confirmed that there were Children's Hospital staff available to help screen children for hearing loss, help fit hearing aids, and follow up to ensure improved language skills were attained. With this knowledge, a donation of 20 sets of hearing aids with care kits and batteries to be included in the container shipment.

The range of generosity of school supplies, packers to prepare materials for shipment, efforts to confirm skilled audiology technicians, and ultimately the donation of hearing aids is a wonderful reminder that the LOPC community expands beyond its buildings at 49 Knox Drive.

## mission



### WINTER NIGHTS Family Shelter

#### LOPC to Host Winter Nights Family Shelter

**W**inter Nights Shelter (WNS) is a traveling homeless shelter that moves among faith communities throughout Contra Costa County from September to May. Many of its clients have explored all options of staying with family and friends and rely on the Winter Nights Shelter program to provide a temporary home.

Every year, LOPC hosts families on campus in the fall for two weeks and provides meals, tutoring, and other activities, with the help of LOPC volunteers. As many probably remember, last year due to Covid, LOPC was unable to host clients on campus but partnered with Walnut Creek United Methodist Church, providing meals during their two-week stay.

This year, we look forward to having the Shelter back on campus for two weeks and will need volunteers to help. For the safety of all, both volunteers and clients will be required to be fully vaccinated. In addition, everyone will be required to wear a mask per County guidelines.

**LOPC will host WNS this year from November 8 - 22. Save the dates! To learn more about ways you can help, go to [lopc.org/lovedoes](http://lopc.org/lovedoes).**



#### Food Bank Needs Your Help

**M**any things have changed in the past few months -- opportunities to shop, eat in restaurants, attend church, and kids returning to school. However, one thing remains the same: there is still a great deal of food insecurity in our community.

While the number of people being served each month has dropped from the highs of winter, the Food Bank still sees 240,000 additional people in need each month -- 80,000 more than before the pandemic.

Most of the clients are food insecure, or on the brink of it, and continue to bear the brunt of hardship. Many seniors, for example, live on fixed incomes. Others in need have been displaced by the wildfires. The Food Bank is responding by sending ready-to-eat food, water, and kitchen-free boxes. In fact, it has already shipped more than three truckloads of food and water to fire and drought-ravaged regions. Key partners working with it include Feeding America, Raley's, and other partnering-distribution organizations. These partners work to ensure the Food Bank's response can be quick and will provide the most-needed items.

**"Our greatest needs right now are donations and more volunteers. We urge you to talk to every group you are a part of -- neighbors, friends, and family -- and help us to meet the needs of hunger in our community,"** says a Food Bank official. You can learn more about the food bank at [foodbankccs.org](http://foodbankccs.org).

## mission

# Primera Iglesia Presbiteriana is Building Bridges

By Mary Kay Atherton, LOPC Member

One definition of a bridge is a structure erected over an obstacle allowing the obstacle to be crossed. The LOPC Primera bridge is not made from concrete or steel, but instead from care and concern, and from friendship, spanning two sister congregations. It is a symbol of prayer, generosity, and concern for the Primera Community, and has grown over time to serve the needs of the community.

### The Food Bridge

Begun in May 2020 between the two congregations to provide tangible assistance in the form of food. Since then, more than six tons of food has been provided to the Primera community. The Bridge started by serving 22 families; now it serves 87. In June 2021, after significant lobbying, the Alameda Community Food Bank recognized Primera and its community outreach. Primera now relies on the Alameda Food Bank for the bulk of the food it distributes. The LOPC Primera Food Bridge is sufficiently funded to continue to supply food to Primera that isn't available from the Food Bank. Periodically, Primera will contact LOPC for a specific food item.

### The Book Bridge

This past spring, LOPC asked Primera, "what do you need?" The response was that children in their community were struggling and had lost, from a bilingual-language perspective, a year

or two of reading fundamentals and practice. In May, we were encouraged to apply, on Primera's behalf, for a reading grant sponsored by the Oakland Literary Foundation. LOPC wrote the grant, submitted, and waited, but heard nothing. Last week, when Primera opened its church offices after many months, an envelope from the Oakland Literary Foundation was found



among the mail. Our grant request had been approved! Primera Pres was awarded \$1,000 to buy a book for each child in the Primera community.

In June, an LOPC member again asked how to help and was told of the need to have books to encourage children to read. In response, 12 new books were dropped off, and they became the start of the Children's Library at Primera! There is now a hybrid project

that will provide a book for each child and eventually complete the Children's Library on site at Primera.

LOPC will continue to work with the Oakland Literary Foundation for advice on book titles specific to Primera's needs. The rest of this year and the beginning of next will be focused on building a Children's Library at Primera, initially for kindergarten to third grades, then fourth to sixth grades, and finally sixth to eighth grades.

In addition to children's books, LOPC has been providing volunteer tutors to work with Primera children on reading skills. Currently nine tutors from LOPC meet with children once or twice a week online. The project is wonderfully rewarding for all, and more tutors are needed. A tutor needn't be bilingual or speak Spanish at all! Anyone interested in helping may contact coordinator Robyn Dean at [r2dean@sonic.net](mailto:r2dean@sonic.net).

### The LOPC-Primera Bridge

was born in response to many needs and despite many obstacles. It has succeeded because of people's concerns and prayers. The LOPC Primera team and the Primera community are filled with gratitude for all the support! Thank you!

## racial justice

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# Introducing the Racial Equity & Engagement Team at LOPC

By: Kristin Malvadkar with Diana Bianchi, Sue Gibbons, & Isaac Kim

The Racial Equity and Engagement team arose from a fall 2020 session project to examine justice, equity, diversity, and inclusion work at LOPC and determine how to strengthen it.

LOPC invites the congregation and community into this work of justice, which is foundational to our faith. Many of our ministry areas already embrace racial justice as a goal. In addition, several church members have expressed a desire to work for racial equity locally and nationally and to engage in service, advocacy, and education alongside others in our church community.

Team members:

Julie Atkinson, Diane Bianchi, Sue Gibbons, Andrea Hilsabeck, Isaac Kim, Kristen Malvadkar, Jim Nagle, Linda Rosenthal, and Pastor Lauren Gully.

### Over the past nine months, we've spent time:

- Exploring the biblical call to justice;
- Developing a Racial Equity and Engagement Mission & Values Statement;
- Deepening our own learning and education on racial equity within the U.S. and the church (both as a team and individually);
- Interviewing possible church and non-profit partners engaged in racial-equity work to build relationships for future partnerships to address racism and on-going efforts to advocate for change in systemic and institutional racism in our community;
- Mapping racial-equity work already done at the church, as well as current and future plans to assess gaps and future opportunities;
- Creating a plan for future engagement with community partners; and
- Building a database of books, magazine articles, podcasts, films, speakers, classes, and websites.

### Looking Ahead:

We will be inviting the congregation to learn, act, build, and deepen relationships with others engaged in racial-equity work. If you have questions, please contact Julie Atkinson at [Julie.L.Atkinson@gmail.com](mailto:Julie.L.Atkinson@gmail.com) or Lauren Gully at [lauren@lopc.org](mailto:lauren@lopc.org).

# journey of Faith

**Cyndy Jacobsmeyer's faith journey story demonstrates the power of prayer in many situations in her life. The most recent involves Cyndy and husband, Jake, and a trip they took to Australia.**

*By Bobbie Dodson-Nielsen, LOPC Member*

“The day before we were to leave for home, we learned one couple in our group tested positive for Covid-19. Then 19 of the 20 tested positive. Two were hospitalized, and Jake’s was the most severe case. He was in the ICU for 20 days, 12 of those on a ventilator fighting for his life,” Cyndy recounts. “When he called to tell me he was going on life support and could no longer talk to me, I started praying to God harder than any time in my life. For a couple of weeks, news got worse. A blessing was when Peter Whitelock called and prayed with me. I had never felt God’s presence as strongly as then. I knew God was with us.

“My sprits lifted when a friend sent me Psalm 56:9, ‘The moment you pray, the tide of the battle turns.’ While I was alone, I never felt alone. Prayers were coming to me from all over the world. Then on Good Friday, while listening to Joy’s violin playing ‘There is a Balm in Gilead’ the phone rang. The ICU doctor said, ‘I have some good news; the tube is out, and Jake is breathing on his own.’ For this I thank all the wonderful people at LOPC and for all the love and prayers. Prayers work and God is good.” For this we all are thankful!

Cyndy says her strong faith was initiated by her mother, a woman of deep Christian faith, which stemmed from a great grandparent, a Mennonite pastor. Her family was Presbyterian, and she and her two sisters were baptized in that faith.



Cindy, at Center, with mother, and sisters, Kathy and Teri.

The test in her faith came when she was in grade school and her parents told her they were divorcing. “I started to cry but Mom said, ‘Have faith. God has us in His hands, and everything will be okay.’ And it was. My mother remarried, our stepfather adopted us, and we moved to Las Vegas for a fresh start. In seventh grade, attending a youth group and Sunday School, I was inspired by my teacher explaining to us



the mystery of Jesus being the Son of God and being God coming to Earth to ‘straighten us humans out.’ At least that was what I heard as an 11-year old.”

After college in Reno, Cyndy made several moves, always seeking a Presbyterian church and joining. “I never doubted God’s presence during those years when many do. In my late 20’s, I discovered First Presbyterian Berkeley with the outstanding pastor, Earl Palmer. His sermons struck a much deeper chord in me, and I realized I’d been going to church but really hadn’t studied the Bible. I began to dig deeper, thanks to his sermons, and to build a closer relationship with God. I volunteered with Young Life and began daily prayers that weren’t just for something I needed or wanted but praying for others in our world.

“Then came a move to the East Bay where, through the Singles Group, I was introduced to and joined LOPC. With Peter’s sermons, his knowledge of the Bible and history to go with it, I got closer and closer to God. While I didn’t meet Jake in the Singles Group, we were married at LOPC 32 years ago. Jake was raised a strict Roman Catholic and had never even been in

continues next page →

“The moment you pray,  
the tide of the battle turns.”



# journey of Faith

continued from previous page...

a Presbyterian Church before. We started teaching the Godly Play program, which strengthened our faith, and one day, after about 10 years, Jake said he wanted to join LOPC officially. Another answer to prayer.”

Still another amazing answer to prayer was to come. “We wanted a family together and after nine attempts, we were able to adopt our daughter, Kelsey, 28 years ago. Our faith in God continued to strengthen with the miracle of her in our family.”

The Jacobsmeyers wanted to give back to LOPC because of all they had gained from the church. Their first opportunity came when Barbara and Dick Abel, LOPC members, told them, “Chairing the all-church retreat program at Mount Hermon is easy.” “We laugh about that today. Maybe it wasn’t exactly easy but certainly rewarding.” Cyndy has served as an elder to the youth, and Jake has been a deacon. They found these experiences “powerful and meaningful.”

Cyndy concludes, “The power of prayer in my life grows every day. I am thankful to God for listening to my prayers and sending me his grace in listening to them. For my Bible verse I choose one I say daily in my morning prayers, Psalm 118:24. ‘This is the day which the Lord has made; let us rejoice and be glad in it.’”



Photos: 2019

## youth



### YOW Small Group Fun

All fifth to eighth graders are welcome to join us on Sunday, October 3, at 3:00 p.m. for a program of Small Group Fun! This is a great time just to relax and have fun with your small group by playing a number of awesome games together. Come ready to laugh, run, solve tricky challenges, and smile with your small-group buddies!

**Questions? Contact Allison Kunz at [allison@lopc.org](mailto:allison@lopc.org).**



### BTW Photo Hunt

All high-school youth are welcome to join us on Sunday, October 10, at 6:00 p.m. for the annual Photo Hunt—an exciting on-campus scavenger hunt activity! The team finding the most clues wins a great prize.

**Questions? Contact Keris Dahlkamp at [keris@lopc.org](mailto:keris@lopc.org).**



about the images the poem evoked. The guests made word-and-picture collages based on their impressions. It was very interesting to see the creative results. Thank you, Stan, for offering such a unique way to express our creativity, and to all others who helped set up and clean up! During the craft time, Frank Grannis graced us with his beautiful piano playing.

The tabletop team created a combination of colors to brighten our tables/ room. Thank you, Ursula, Nan, and Diane for getting there early, setting up and creating such beautiful tables!

Sally Roberts and Julie Fulford and their dedicated kitchen helpers prepared and served a delicious salad. It looked beautiful on the plate, and it had all the ingredients of a great green salad with crunchy and chewy textures and a perfect dressing. Thank you, one and all. During lunch, Ron Goodyear performed for us, and he was also a birthday celebrant.

After lunch our Birthday Team led by the indefatigable Ginny Murphy presented our September birthday guests with cards, cupcakes, and a rousing rendition of Happy Birthday!!

Our entertainment started with Team Bowman leading us in singing Waltzing Matilda followed by Mary Artist Holden presenting an informative talk on Australia. First, she explained the song's meaning and gave us background information, interspersed with Australian-themed jokes, and then presented an excellent video of her travel experiences.

Lastly, thank you, Bill, for opening and closing our program with your special gift of gab and your welcoming gestures!

We closed with everyone singing Shalom!

**Stay safe, and fall greetings from everyone at Thursday Fellowship!**

# thursday Fellowship

*caring • sharing • loving*

*A program of Senior Care Ministries*

By Julie Peterson, LOPC Member

## Looking Forward

October brings thoughts of harvest celebrations, the change of season, and the anticipation of the upcoming holidays. Each passing day brings us closer to the time that we can resume our Thursday Fellowship gatherings. We all look forward to that time and, while we wait, we are keeping in touch and reaching out to our participants, guests, and volunteers alike.

## Looking Back...

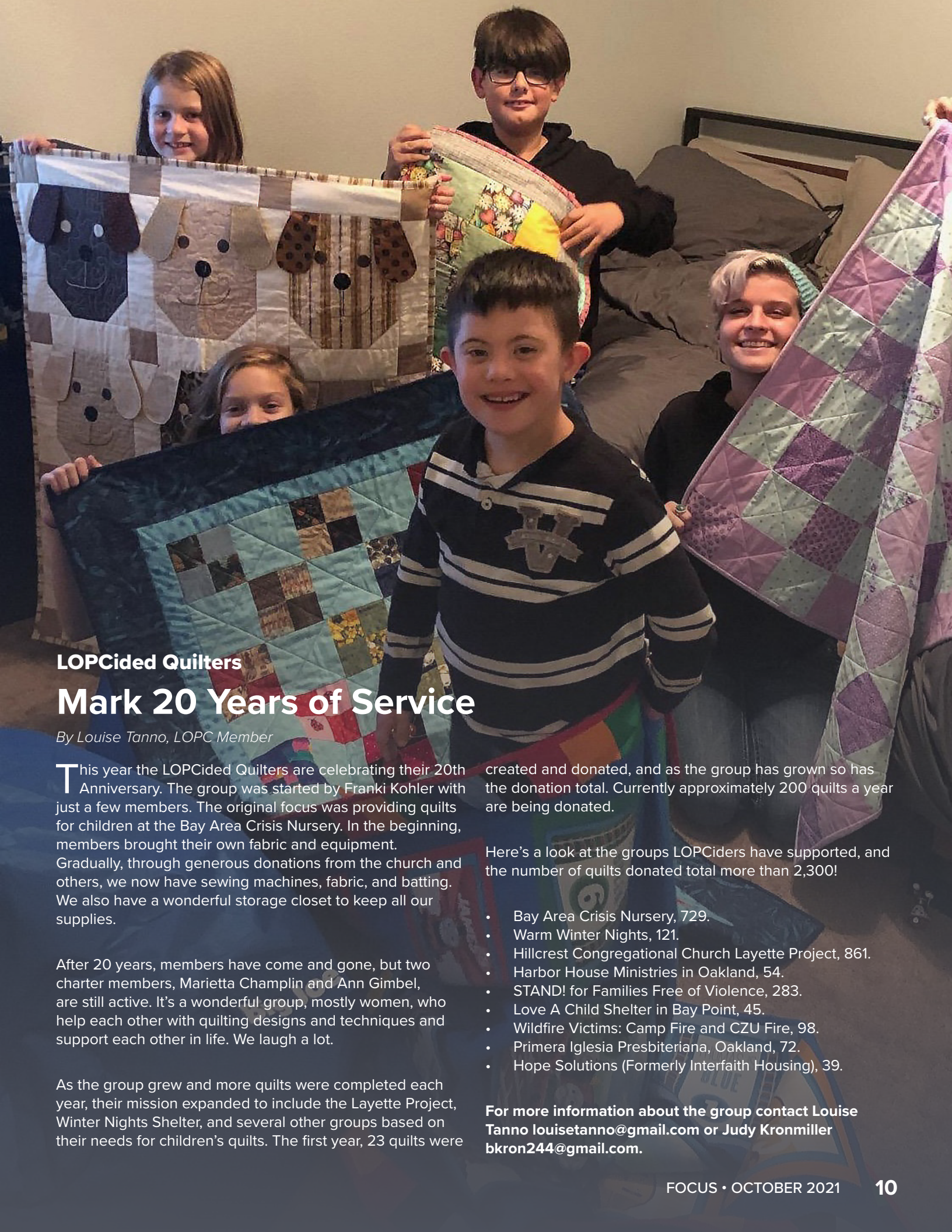
In the meantime, we can look back to a day in the fall of 2017. The hope is that it will provide an opportunity to reminisce for those who attended and

a chance to peek into what a typical day at Thursday Fellowship for those who have never attended.

Bill Bowman started us off with his cordial hospitality and the guests enjoyed their snacks, coffee, and tea thanks to Dick Smithousen and everyone who makes that happen each week!

Kay Goodyear was present and taking blood pressures. Thank you, Kay, for your faithful participation and service to Thursday Fellowship!

Stan Morner led the craft time. He read a poem and had the guests think



## LOPCided Quilters

# Mark 20 Years of Service

By Louise Tanno, LOPC Member

This year the LOPCided Quilters are celebrating their 20th Anniversary. The group was started by Franki Kohler with just a few members. The original focus was providing quilts for children at the Bay Area Crisis Nursery. In the beginning, members brought their own fabric and equipment. Gradually, through generous donations from the church and others, we now have sewing machines, fabric, and batting. We also have a wonderful storage closet to keep all our supplies.

After 20 years, members have come and gone, but two charter members, Marietta Champlin and Ann Gimbel, are still active. It's a wonderful group, mostly women, who help each other with quilting designs and techniques and support each other in life. We laugh a lot.

As the group grew and more quilts were completed each year, their mission expanded to include the Layette Project, Winter Nights Shelter, and several other groups based on their needs for children's quilts. The first year, 23 quilts were

created and donated, and as the group has grown so has the donation total. Currently approximately 200 quilts a year are being donated.

Here's a look at the groups LOPCiders have supported, and the number of quilts donated total more than 2,300!

- Bay Area Crisis Nursery, 729.
- Warm Winter Nights, 121.
- Hillcrest Congregational Church Layette Project, 861.
- Harbor House Ministries in Oakland, 54.
- STAND! for Families Free of Violence, 283.
- Love A Child Shelter in Bay Point, 45.
- Wildfire Victims: Camp Fire and CZU Fire, 98.
- Primera Iglesia Presbiteriana, Oakland, 72.
- Hope Solutions (Formerly Interfaith Housing), 39.

**For more information about the group contact Louise Tanno [louisetanno@gmail.com](mailto:louisetanno@gmail.com) or Judy Kronmiller [bkron244@gmail.com](mailto:bkron244@gmail.com).**

# spiritual formation



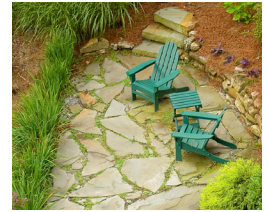
**Please join us after worship in person or online!**

**Visit [lopc.org/1111classes](http://lopc.org/1111classes) to register**

- Through October 24 - "God's Grace in Our Stories: Spiritual Practices for Anti-Racism"

## Spiritual Direction at LOPC

Spiritual Direction is part of the Spiritual Formation Ministry at LOPC. It is a reflective process in which a trained spiritual companion walks with individual participants to help pay attention to God's work in their lives and their most important questions. It is the art of discovering that everyday events are often the means by which God comes to meet us. In Spiritual Direction, participants are invited to explore their experiences, seek awareness of God, and discover authentic questions and desires. A participant is accompanied on this journey by a trained and grace-filled companion - a personal Spiritual Director.



**To find out more about Spiritual Direction, contact Diane Grant, LOPC Spiritual Direction Coordinator, at 925-825-8225 or [dianebeegee@yahoo.com](mailto:dianebeegee@yahoo.com). NOTE: All sessions are confidential. There is a modest fee on a sliding scale.**

# Companions *for the Journey*

Companions is a contemplative program intended to provide an opportunity in a small-group setting to intentionally slow down in order to experience, see, and feel how God might be working in their lives... It allows each of us to explore the Word of God in the Bible with others in a way that provides insight into whatever might be impacting daily life! Some would say it is counter-cultural. It differs from a regular Bible-study program in which one strives to better understand the meaning of the stories; rather, it invites participants to listen to scripture, to hear words or phrases that catch our attention that day. It differs from a social gathering in that no one is trying to figure out how to 'fix' others' problems. Rather, God is encouraging each of us to notice something unique going on in our own life. The Companion's confidential process lends itself to making time and space to reflect on whatever might come up for you. Then, in turn, it helps to develop a closer relationship with each other and our Creator.

**Companions meets monthly on Monday evenings or Thursday mornings from October through May. For questions or to participate in the next session, please contact Carl Grant at [clgrantsd@gmail.com](mailto:clgrantsd@gmail.com).**

# foundation

## Keeping it Simple

By Lois Boyd, Foundation Trustee



Lois Boyd

### Praying

*It doesn't have to be the blue iris, it could be weeds in a vacant lot, or a few small stones; just pay attention, then patch a few words together and don't try to make them elaborate, this isn't a contest but the doorway into thanks, and silence in which another voice may speak.*  
-Mary Oliver, *Thirst*

The poet Mary Oliver reminds us that prayers needn't be perfectly constructed or focus on remarkable things, that most importantly, prayer allows us to express gratitude and to be open to how God is guiding us.

From the vantage point of my role as a trustee of the LOPC Foundation, I offer this Mary Oliver inspired simple prayer:

*God, thank you for pastors that nourish our faith,  
For musicians and artists that touch our hearts,  
For teachers that broaden our thinking and beliefs,  
For volunteers that share generously,  
For a community that supports LOPC's mission partners,  
For the financial means to support LOPC's ministries,  
Amen.*

LOPC is blessed by the generosity of so many who give of their time, talent, and treasure. The Foundation is a key partner with LOPC, a faith organization that exists solely to ensure that LOPC's mission and ministries continue to thrive in perpetuity.

*"For where your treasure is, there your heart will be also."  
Matthew 6:21*

**Please consider becoming a Friend of the LOPC Foundation by including a gift of any size in your estate plan. If you would like to learn more about the Foundation, please contact any of the trustees: Jim Beckemeyer, Lois Boyd, Jen Crocker, Jerry Ducey, Kristi Haigh, Staci Johnston, Phil Placier, Mike Ross, or Dara Youngdale. We appreciate your consideration.**

# session

## Session Highlights – August 2021

By Phil Hunter, Clerk of Session

Nominations for Elders, Deacons, and Foundation trustees were accepted from the Congregational Nominating Committee. The congregation will have voted on this slate at the September 26 Congregational meeting held after the 10:00 a.m. worship service. The new officers will be installed during the Sunday, November 14, service and assume their positions January 1, 2022.

Of the many reports submitted to session regarding upcoming plans, one that represented for me what all ministry areas face came from Family Ministries. It reported on its continued commitment to Girls' Leadership activities. It plans to augment its on-line programming with in-person events as soon as safely possible.

Each ministry team submitted goals and objectives for the coming year. These goals and objectives reflect the challenges each ministry area faces dealing with the repercussions related to Covid-19. Like many other churches, LOPC had to adjust quickly to those repercussions and how to safely change back. One of the biggest changes was members learning to use technology while striving to create the fellowship that in-person experiences had cultivated. After over a year of meeting only through technology, it has now led to many of us suffering from technology fatigue. We still cannot fully and safely meet in person, uncertainties continue, and stress persists. Additionally, life's transitions continue with changes in staff and families moving into and out of the community at large and our church community.

These changes and stresses ask us to rethink our programs and to consider how to best respond with sympathetic, life-enhancing programs. Programs with more cross-ministry events are being considered, while striving to be a welcoming community to new members eager to "jump in" and be active in their new home. As this column has mentioned previously, our new mission statement is to be a welcoming and loving community of faith that learns, grows, and serves together. Please join session in welcoming a new boost of enthusiasm and efforts to adjust programs to better serve the LOPC community.

# Care Ministry at LOPC

September brought us back to Tuesday weekly exercise Stretch, Strengthen, and Restore with Amy Lynch, and the ARM of Care team. These classes are a way to improve your health and connect with others, from the comfort of your own home, via Zoom. We also enjoyed a wonderful presentation by Nancy Henderson where she discussed her move from the corporate world to her creative side, sharing beautiful photos of her art.

Please join us this month for **Stretch and Strengthen with Keris Dahlkamp**, on Tuesday mornings at 9:00 a.m. What a great way to start the day! He will be with us for 30 minutes, followed by a time of fellowship.

On October 8 at 10:00 a.m. Tom Scovel will lead a presentation on Zoom entitled, **“Who are “we”? Who are “they”? Citizenship, Nationality, Ethnicity, and Race”**. Based on his personal experiences growing up, along with working and living in different multicultural communities, Tom will share his ideas and welcome feedback to help all of us obtain a clearer understanding of our changing world.

On December 3, we plan to host a **holiday centerpiece-arranging class** with Lassie Colbourn. Your suggestions for future presenters are always welcome.

**You may sign up for all our events via the website or the weekly Staying Connected email.**

## October Events:

### Stretch, Strengthen, & Restore!

Tuesdays in October, 9:00 a.m. on Zoom

Beginning on October 5 at 9:00 a.m. on Zoom, Keris will lead us in 30 minutes of exercise, followed by a time to connect with one another. What a great way to start the day!

### Faith ‘n Fun on Fridays

October 8 at 10:00 a.m.

Tom Scovel will lead a presentation on Zoom entitled “Who are ‘we’? Who are ‘they’?: Citizenship, Nationality, Ethnicity, and Race.” Based on his personal experiences growing up, along with working and living in different multicultural communities, Tom will share his ideas and welcome feedback to help all of us obtain a clearer understanding of our changing world.

**Register for both events at [lopc.org/care-events](http://lopc.org/care-events).**



## Season of Care

Saturday, October 23, 2021

9:00 a.m. – 12:00 p.m. in Fellowship Hall

**“In the Valley of the Shadow: The Spiritual Impact of the Pandemic”**

**Speaker: Ray Campton, MFT**

The pandemic has impacted all of us, and the pastors have been reflecting upon the lessons we have learned. Perhaps there are depths which we haven’t yet explored in which our hearts and spirits and minds have been affected. Ray Campton, a Marriage and Family Therapist, also is an ordained Presbyterian pastor and uniquely gifted to help navigate the challenges the pandemic has wrought. This will be an in-person event.

**To register, please go online to [lopc.org/registrations](http://lopc.org/registrations). This event is sponsored by the Congregational Care Team.**

## Ongoing Care Programming at LOPC

### Communion Kits

LOPC Deacons can deliver a communion kit to you so that you can participate with the Livestream service on the first Sunday of each month. The kits are prepackaged, two-part containers including both the juice and communion wafer. A gluten-free option is available.

**If you would like to receive a Communion Kit, please contact Eddie Reiter at [eddie.reiter@gmail.com](mailto:eddie.reiter@gmail.com) or at 925-788-0307.**

### Caring for Someone with Dementia

**First and third Wednesdays at 10:30 a.m. on Zoom**

Join our ongoing support group to give you ideas for self-care and other-care.

**Email Linda Fodrini-Johnson at [LindaFJ620@outlook.com](mailto:LindaFJ620@outlook.com) to register.**

### Stephen Ministry

Trained Stephen Ministers are waiting to be assigned to “walk beside you” on Zoom or over the phone. You don’t need to go it alone. Conversations are confidential. Stephen Ministers are ready to meet with you weekly for as long as you need.

**To learn more, contact Pastor Gerald Chinen at [gerald@lopc.org](mailto:gerald@lopc.org) or Leslie Finertie at [leslie-finertie@comcast.net](mailto:leslie-finertie@comcast.net).**

### Prayer Requests

The Prayer Team meets every Monday at 11:00 a.m. via Zoom and lifts your prayer requests as well as your joys.

**To submit a prayer request online, visit [lopc.org/prayer-requests](http://lopc.org/prayer-requests).**

**You can also call the LOPC office at 925-283-8722 and leave a message, or send an email to [info@lopc.org](mailto:info@lopc.org).**

### Helping Hands

Are you or someone you know in need of a meal? If you are recovering from illness, surgery, or in the midst of medical treatments, the Helping Hands team of the Deacons has a variety of ready-to-heat, nutritious meals that can either be picked up or delivered when needed. Special diets can be accommodated such as gluten-free and vegetarian.

**Call the Deacon line at 925-283-8722, ext. 274, leave a message, and a Deacon will contact you.**

hold in  
**PRAYER**



### Prayers of comfort and peace go out to the family and friends of:

**Virginia Andersen**, who passed September 5. A Service will be held October 16 at 11:00 a.m.

**Jim Lee**, who passed September 10. A Service will be held November 6 at 3:00 p.m.

**Charlotte Cranmer**, who passed August 22, 2020. A Service will be held November 6 at 11:00 a.m.

**Sharon de Villers**, who passed December 9, 2020. A Service will be held October 23 at 11:00 a.m.

**Bonnie Turpin**, who passed March 1, 2020 & **John Turpin**, who passed January 21, 2021. A combined memorial service will be held December 4 at 11:00 a.m.

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.*

*2 Corinthians 1:3-4*



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PRESBYTERIAN CHURCH**  
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Lafayette, CA 94549

IMPORTANT  
Dated Material  
PLEASE DELIVER  
BEFORE 10/1/21  
Thank you!

Return Service Requested

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*Save the Date!*

**LOPC**

**FALL • Fest**

**October 17 • 11:00 a.m.**

**Pumpkin Decorating • Fall Crafts • Games • Food Truck**

Visit [lopc.org/thelatest](http://lopc.org/thelatest) for more info!

COVID protocols in place.