

FOCUS

MONTHLY NEWSLETTER

Go to the latest at
LOPC.org to sign up!



ONE *BE THE*
CHANGE!
SUNDAY

2.25.18



FEBRUARY 2018

The Gift of Love

by Jaime Polson, Pastor-Family Ministries



“If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing. Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful;

it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends.” And now faith, hope, and love abide, these three; and the greatest of these is love. – 1 Corinthians 1-8; 13

In the Christian faith, we read and share the stories of the many, many miraculous acts Jesus did – Jesus healing those who were sick, Jesus walking on water, and Jesus feeding the 5,000, just to name a few. We focus on these stories because they are an important part of the ministry of Jesus. All of the stories I mentioned are physical acts Jesus did – the “what” of his ministry.

Sometimes, communities of faith focus much more on what he did (the “what” – the physical, visible acts of his ministry) and not so much on the “how” (how he treats and loves people as he ministers to them). My hope for us as a community of faith is that we will emulate the acts of love Jesus did AND “how” he did it. Or, in other words, how he treated people as he ministered to them.

Here are a few simple questions to think about to help us learn from Jesus as we go about the mission of loving others as Christ did. How did Jesus see God’s goodness in each person and help those people feel seen and loved? How did people feel after interacting with Jesus? How did he help people connect with God in a real and present way? The difficult and simple answer is that Jesus did all things with love. Every act Jesus did was to connect with people and see them for the gift God made them to be, to share his love with others, and to connect them and all of us with God in a meaningful way. How might we go about doing this in our lives today? It’s a big endeavor of faith, but I believe it is a path filled with meaning and joy. May it be so for all of us!

Pastor’s Column.....	Page 2
----------------------	-----------

COMMUNITY LIFE

Lenten Study Groups.....	3
Saturday Evening Worship.....	4
We Believe.....	4
One Sunday.....	4-5
Science & Religion.....	6
Voyagers.....	6
New Members Class.....	6
Annual Congregational Meeting.....	6
Men’s Breakfast.....	6
First Friday Forum.....	7
Thursday Fellowship.....	8
LOPC Foundation.....	9
Session Highlights.....	9
Dismantling Racism.....	10

SPIRITUAL FORMATION

Journey of Faith.....	11
-----------------------	----

FAMILY AT LOPC

Seedlings.....	12-13
Sowers.....	13
Enough As She Is.....	13
theFANTASTICproject.....	14
Youth Mission Trips.....	15
Men With Young Families.....	16

See more at LOPC.org



Community Life

We believe everyone thrives when we come together in a community of faith, whether as a congregation or in a smaller group setting. We have a variety of groups to suit the needs of everyone. Some groups focus on study or spiritual practice, others focus on service, and still others emphasize fellowship and common interests. But all groups provide a meaningful and fulfilling way to serve others, develop new friendships and deepen our faith together.



Lenten Study 2018

With **TIMELESS INSIGHT**, award-winning author Frederick Buechner introduces readers to the Jesus of the Gospels. The old, old story begins to ring new as Buechner revisits the ancient stories and shows us different aspects of the faces of Jesus, reminding us that to see Jesus afresh is to be changed and challenged and put back on our feet. *The Faces of Jesus* is a distinctive and affectionate look at this person, this God, this teacher, this wanderer, this man of suffering.

Frederick Buechner is an ordained Presbyterian minister.

John and Bonnie Turpin	9:30 a.m. - 10:30 a.m., Sundays, on-site
Men with Young Families	6:30 p.m. - 8:00 p.m., Mondays, on-site
Carl and Diane Grant	7:00 p.m., Tuesdays, on-site
Judy Clark	Wednesday mornings, off-site
Sue Nagle	9:30 a.m. - 11:00 a.m., Sue Nagle, on-site
Jody Black	7:00 p.m., Thursdays, off-site
Men's Group	7:30 a.m. - 9:00 a.m., Saturdays, on-site
Darlene James	8:00 a.m. - 9:00 a.m., Thursdays, on-site
Lauren Gully	6:30 p.m. - 8:00 p.m., Thursdays, on-site



Join us for Ash Wednesday Service
February 14, at 7:00 p.m. to kick off the Lenten Study
running through Holy Week.

Online sign up online now at LOPC.org

Community Life

ONE Sunday 2.25.2018

Be the Change!

ONE Sunday is LOPC's biggest mission opportunity of the year. It is the one day our congregation comes together to meet the many needs of the greater community. Working hand in hand with other members, friends and family is a powerful experience we unite in our service and demonstrate Christ in a tangible way to others while being transformed by meeting God in those we serve.

ONE Sunday not only helps the community but helps those who participate become more aware of the need that exists in Contra Costa County and beyond. ONE Sunday illuminates the issues and needs of our immediate community and promotes the work of the agencies that relentlessly combat these issues. ONE Sunday inspires all of us to do more and be the change that we all desire while growing our faith.

Register at LOPC.org under "The Latest."



Join us on February 3 at 5:00 p.m.!

New!
**Saturday
Evening Worship**
A casual, contemporary
service for all ages.

Please join us in the LOPC Sanctuary for a new worship opportunity. All ages are welcome in this casual, contemporary service. Children are always welcome in the Sanctuary and will have the option to leave mid-service to participate in a special children's message in the Chapel. They will rejoin worship in the Sanctuary after the sermon. Childcare will be available in the CLC for children 4 years old and younger. Please bring hotel toiletries to the service to donate!

Please bring hotel toiletries to the service to donate! They will be packaged into toiletry kits for the homeless.

Future service schedule: March 3, May 5, June 2.

We Believe (!!?)

Beginning in February

Sundays, 10:15 a.m.

— *We* —
B E L I E V E

In an ever-changing world and in an area where much of what religion has to offer is misunderstood or sensed as out-of-date, it can be difficult to navigate our own belief. Contrary to what some might believe, faith is not the absence of doubt! Christian faith isn't cut and dry, and elements of faith look different for every person.

Bring your questions as we continue our exploration of various topics and navigate our way through faith and doubt with fellowship!

There are four dates and each will be led by a different pastor.

- 2/11 The good, bad, and the ugly-How to pray.
Lauren Gully
- 3/11 Inclusion in the Bible.
Gerald Chinen
- 4/22 Demystifying the Book of Revelations.
Jaime Polson
and Professor Zach Flanagin.
- 5/6 Why did Jesus have to die?
Peter Whitelock.

Questions? Email ashlee@LOPC.org.



Please see below for the 2018 ONE Sunday Partner Agencies.
 Agencies with a 😊 indicates they are child friendly.
 Register online at LOPC.org/ministry/mission/one-sunday/

Agency	Child	Mission	Project
	😊	To share the Gospel of Jesus Christ with the homeless and needy and empower them to change their lives.	Create hygiene kits for the many homeless of the Bay Area.
	😊	To provide a place for a child who has been abused to testify only once in a safe and supportive environment.	Create polar fleece blankets for each abused child to take home for comfort after testifying against their abuser.
	😊	To provide permanent, affordable housing and vital support services to homeless and at-risk families and individuals in Contra Costa County.	Build and install raised beds in order for residents to maintain a vegetable garden and complete work on a gardening shed at Garden Park Apartments.
	😊	To expose young children and their families to mission work.	Create artwork to be used in stationery to benefit children.
		To alleviate hunger and provide an efficient coordinated system for collecting and distributing food in Contra Costa and Solano counties. <i>2 shifts 10:30 a.m. & 12:30 p.m.</i>	Sort food to be distributed to the hungry in Contra Costa and Solano Counties. NOTE: Ages 13 & up.
		To provide programs and resources that build the futures of Bay Area foster children; and are a guiding source for successful transition into the adult world.	Sew pillowcases to be distributed to foster children in Contra Costa County. NOTE: Ages 10 & up.
		Seeking to put God's love into action, and bringing people together to build homes, communities with hope.	Work at the new Muir Woods development in Pacheco. All skill levels welcome. NOTE: Ages 16 & up.
	😊	Our mission is to support adults with developmental disabilities to discover their capabilities and to lead fuller lives in their home, at work, and in the community.	Maintenance of the facility including replacing cabinets, windows, painting, organizing and performing yard maintenance.
	😊	To provide community-based food programs and partner services that focus on basic needs. We nourish lives!	Deep clean the Martinez Dining Room where over 200 meals per day are served, Monday to Friday to feed the hungry. Team will clean the kitchen, dining room, and help organize storage room and other supply areas.
	😊	Dedicated to delivering gently used and new baby clothes directly to underprivileged newborns upon their departure from hospitals.	Package gently used and new baby clothes for distribution to economically challenged mothers.
	😊	To provide food, education, assistance and referrals to families and individuals in crisis situations in the Monument corridor.	Prepare and package bags of rice and beans, birthday bags and diapers for MCC clients. Assemble carts for clients of MCC.
		A church dedicated to creating disciples of Christ and supporting the surrounding predominantly Hispanic Fruitvale District.	Help with facility improvements.
	😊	To prevent homelessness and promote self-sufficiency among Contra Costa residents.	Work on various projects including painting and organizing facility. In addition, engage with families by preparing lunch and participating in fun activities and crafts with residents.
		To break the multigenerational cycle of violence, promoting safe and strong relationships and rebuilding lives.	Deep clean kitchen and facility maintenance. NOTE: Ages 16 & up.

Community Life

Science and Religion – Tuesday 2/13

7:15 p.m. in the Davies Room



CRISPR Gene Editing: From Resurrecting Woolly Mammoths To Defeating Malaria.

Speaker: Dr. Kevin Doxzen, Science Communication Specialist at the Innovative Genomics Institute in Berkeley (also a church deacon in Berkeley).

Scientists have recently developed a new gene-editing tool called “CRISPR,” originally discovered as a type of immune system in bacteria that helps them fight off attacks by viruses. As scientists worked to unravel and understand this intricate immune system they suddenly realized that CRISPR’s capabilities might not only improve the health of bacteria, but also of humans. Researchers have shown that an assortment of CRISPR proteins can be programmed to cut any sequence of DNA, which has led to the ability to edit the genome of nearly any organism. This has revolutionized biology, medicine and agriculture. From curing deadly genetic disorders to engineering drought-resistant plants, CRISPR genome-editing technology will reshape modern medicine and equip us with tools to cope with a changing planet. This talk will show how a simple bacterial protein went from the lab benchtop to the bedside and will discuss how humans might use this technology for better or for worse.

All are welcome to hear this exciting presentation.

Voyager Sunday – 2/11



Look for a table on the patio after services with information on Voyagers. Ship representatives will be on hand to answer questions. We are hoping there might be interest in starting a new ship of members of the LOPC community. Support will be given to accomplish this. For

information contact Tim & Sherry McCarthy, chair of the Voyager’s Captains Council, 925-828-3709.

New Members Class Feb. 9 – 11, 2018



The LOPC Membership Class is an opportunity to meet the pastoral staff, have your questions answered, learn about the programs and ministries of the church, and make new friends. The class also serves to clarify what LOPC believes God has called this church to be, so visitors can make an informed decision about formalizing their commitment to this faith community. Ask questions and find out more about LOPC. All are welcome! The next LOPC Membership Class meets the weekend of February 9 – 11, 2018. Childcare available by reservation. Questions? Contact chris@LOPC.org.

Annual Congregational Meeting - 2/11



LOPC Annual Congregational Meeting Sunday, February 11, 2018
12:00 p.m. in Fellowship Hall
Lunch will be served. \$10 suggested donation. Sign up on the plaza TODAY or R.S.V.P. to elizabeth@LOPC.org.

We will review the past year, hear what is coming up in 2018, and vote on Pastor’s salaries. Annual Reports will be available on the Worship Plaza, on-line, and in the church office beginning 1/28. Questions? elizabeth@LOPC.org

Men's Breakfast Compendium



Get your free copy of this 12 page booklet at the church office. The compendium contains a listing of over 140 speakers/topics from the past 30 years. Recall your favorite breakfast, perhaps one of over 30 when Jim Barnett talked about The Warriors, or other interesting LOPC members, such as Astronaut James (Ox) Van Hoften, Dr. Margaret Liu on vaccines or Dr. Joe Whitehouse’s world travel.

Community Life**2018 Speaker Series****FEBRUARY 2**

Dr. Catherine Wolfram

“Energy Policy in California and
Around the World”



1:00 p.m. Refreshments
All Are Welcome
1:30 p.m. Speaker – Free
A very popular series of outstanding
speakers on topics of current interest

LAFAYETTE-ORINDA PRESBYTERIAN CHURCH
(925) 283-8722

“Energy Policy in California and Around the World” is the topic Dr. Catherine Wolfram has chosen for the First Friday Forum (FFF) lecture on Feb. 2 at 1:30 p.m. in the Sanctuary, with refreshments at 1 p.m. in Fellowship Hall.

Wolfram is the Cora Jane Flood Professor of Business Administration at the Haas School of Business, UC Berkeley. Since 2009 she has been Faculty Director of the Energy Institute at the Haas School and professor on the Economic Analysis and Policy Group at Berkeley-Haas. She works in the field of energy economics, a relatively new subfield of economics that has risen to prominence largely due to climate change. Her research interests include regulation of business, energy and environmental economics and electric-industry restructuring. She received her AB from Harvard and her Ph.D. from the Massachusetts Institute of Technology (MIT).

Lately, Wolfram has been working on energy use in the developing world to identify important issues that need greater attention. The fact that there are still vast parts of the world where there is no commercial energy source (such as electricity or natural gas) interests

Wolfram. She spends time studying the challenge of how to get energy sources to these households, while considering the environmental challenges that go along with connection.

“At some level we believe that electricity is part of the modern world-connecting to the internet, refrigerating food, cooling our rooms, lighting the house so kids can study,” says Wolfram. “But because current electricity and energy infrastructures are very fossil fuel-intensive, expanding energy services to these communities will have a huge environmental impact. We ask, ‘How do we lift the incomes and well-being of the world’s poor while simultaneously meeting environmental challenges?’

“My work is in a subfield of economics that uses careful analysis and field data to ensure the costs and benefits of development intervention” Wolfram explains. “In this talk I will discuss work I have done to measure the impacts of rural electrification. As background, nearly every discussion of energy in the developing world quickly turns to a discussion of energy access, noting, for instance, the 1.2 billion people in the world who live without electricity in their homes. I’d like to share some thoughts on energy access, based on work I’m doing in Kenya and India.”

Wolfram has published extensively on the economics of energy markets. Her research analyzes the impact of environmental regulation on energy markets and the effect of electricity industry privatization and restructuring around the world

Also, Wolfram is interested gender equality. She says that while one-third of her doctoral classmates at MIT were women, today, as a professor, she is all too often the only woman in the room at professional or academic meetings. “This is a source of pride and also a reminder of how much remains to be done to ensure business conference rooms and lecture halls alike reflect the diverse world outside. Part of my job is as a role model to the Ph.D. candidates who work as graduate student instructors and research assistants. I especially enjoy seeing a number of women in the classes I teach. And it works the other way. Women in the MBA program tell me it makes a difference when they go through a semester in a class taught by a woman.”

Community Life

Thursday Fellowship

by Paul Cohune, LOPC Member

Celebrating our lives while we care for one another.

Aging in Community. It's the cornerstone of LOPC's successful Thursday Fellowship, built on the belief that together we can live out our lives more fully by listening to and caring for one another. It's about trusting that God is with us, no matter where on life's journey we find ourselves while we strive to avoid the illusion that "the elderly" are other than us.

Every Thursday a joyful community of Guests and Volunteers gather in Fellowship Hall for midday fun, friendship and entertainment by coming together to share a meal, engage in crafts, listen to music, do gentle exercise...but most of all to socialize.

Thursday Fellowship Guests are the "older and wiser among us" but still young-at-heart seniors who enjoy an afternoon out each week to be with friends, build new relationships and engage in lively conversation. It's an especially valuable opportunity for those who live alone or have limited access to fellowship. Program Volunteers arrange and provide some Guests transportation to and from Thursday Fellowship.

Volunteers run the program and provide a number of important functions, from greeting and visiting

with the Guests to serving refreshments and organizing crafts, music or entertainment. Most important, volunteers offer their unique gift of hospitality and conversation that ensures Guests always feel included, respected and needed.

The 11:00 a.m. - 1:30 p.m. Thursday afternoon fellowship program, started by LOPC over 30 years ago, continues to be an important ministry that attracts as many as 60 Guests and Volunteers each week.

One program Volunteer shared her perspective: "I had very positive experiences with my father, visiting and conversing with him and his friends at the homes he lived in. I miss him now and thought volunteering with The Greatest Generation ever would fill the void in my heart. It has. I love it and I love our guests! I always look forward to Thursdays, knowing it's going to be a 'feel-good kinda day.'"

New volunteers are always welcome and are important to the continuing success of the Thursday Fellowship. If you would like more information, please contact Coordinators Clarita Wooldridge or Julie Peterson through the Church message phone (925) 283-8722, ext 281. Alternatively, those who might be interested are always welcome to visit on any Thursday to get a firsthand look at how we are aging and socializing together.



What could legacy giving mean for you?

by Kristi Haigh, Foundation Trustee



Kristi Haigh

In last month's Foundation article in *FOCUS*, Trustee Staci Johnston shared the statements the Trustees have written together about why to consider making a legacy gift to the Foundation and how this giving benefits LOPC now and in the future. These thoughts are also shared on the LOPC.org website—just click on "Foundation."

As we begin a new year in these turbulent times, let's look at how considering a legacy gift can be a meaningful *personal* response when we search for a concrete way to spread light in a dark world.



Some of the ways this can be so:

- We desire to make a difference. Providing for a gift to the Foundation helps make a permanent difference in LOPC's future. This can be transformational to the giver as well!
- We want to document our history with the things we care about: how do we want to be remembered? We can share this with our families and with others if we choose. Of course, there is always the opportunity to remain anonymous.
- We can leave a legacy gift whether we are of average means or have been more fortunate financially, knowing that it is the combining of gifts large and small that will sustain LOPC into the future. Your estate advisor can counsel the best way to make a gift that insures other needs are met as well.

By including the Foundation in your estate planning, you could find that joining the Friends of the LOPC Foundation feeds your soul as you ask, "What can I do? I'm only one person!" as we seek to live out the gospel in these unsettled times.

To find out more about becoming a Friend contact any trustee listed below.

Dick James, President; Kristi Haigh, Vice President; Phil Placier, Treasurer; Dara Youngdale, Secretary; Staci Johnston; Jim Beckemeyer; and Jerry Ducey

Session Highlights – Decemeber 2017

by Bill DeWolf, Clerk of Session

December's Session meeting was a chance to share the joy of the season as well as to reflect on the past year.

We heard encouraging reports from our Stewardship and Finance teams that our annual pledge drive seems to be on track and our end-of-year finances are close to budget. These favorable reports include assumptions that pledges will continue to come in as historically they have. Many thanks to both of these teams for keeping our fiscal house in order.

Amid all the excitement of the Christmas season, our December Session meeting is our month to say good bye to our outgoing Elders. As your outgoing Clerk I have felt privileged to serve with these dedicated and talented people. I want to express my thanks to all of our elders and I hope that you will take time to thank them when you see them.

Our outgoing Elders include:

- Jim Beckemeyer
- Steve Crocker
- Bill DeWolf
- Bettie Graves
- Chris Johnson
- Jonathan Lee
- Patrick Morrissey
- Liz Rusk

Community Life

familyministry presents

**DISMANTLING
RACISM,
TRANSFORMING
COMMUNITIES**

**THE ROLE OF PEOPLE OF FAITH
IN HEALING OUR COMMUNITIES**

In our current social climate, we are constantly reminded of the divisions among people and even encouraged to view others as threats to our own wellbeing. In such a time as these, how can we recognize and advocate for the common humanity that connects all people to one another?

Join the Rev. Sandhya Jha (pastor, director of the Oakland Peace Center, author, community organizer and anti-racism trainer) to reflect on root causes of racism and the spiritual tools we can access to confront the systems that hurt some and benefit others. During our four hours together, we'll look at some terms that will help us develop shared language around racial justice, examine how our faith can strengthen our work to address divisions in our community, and discuss the possibilities for concrete action by people of faith.

Lunch will be served.

Please RSVP to dave@lopc.org by April 9, 2018.

Rev. Sandhya Jha will also be preaching at LOPC on April 8, 2018.

**SATURDAY, APRIL 14, 2018
12:30 P.M. – 4:30 P.M. , OAK ROOM**

Spiritual Formation

Spiritual Formation emphasizes our openness and receptivity to God. The heart of Spiritual Formation is about deepening your connection to God. Spiritual Formation can be described in different ways because we experience our connection to God differently. Our diverse offerings range from the contemplative to the active, from the traditional to the current, and the spirituality discovered in nature.

Journey of Faith

by Bobbie Dodson-Nielsen, LOPC Member

Matt Chivers says, "More than anything, my faith journey has been influenced by the power of prayer - simply turning to God and praying for His grace and peace in my life. In fact, I still pray the same prayer I made when I first professed my faith, nearly 28 years ago. I also was inspired early on by the writing of C.S. Lewis starting with 'Mere Christianity.'"

Matt came to the Lord at a time when, often, young people turn away from anything "churchy" as it was just before he began college. He recalls, "I was born in Long Beach, CA, and split time between the San Diego area and Oklahoma while growing up. My family would occasionally attend church services and I participated in some Young Life activities while in elementary and middle school, but I wouldn't say that I was raised in any real faith tradition. However, I reached a point in my life when I realized I needed more than I could provide on my own. Despite having been steadfast for several years to the belief that I was all I ever needed and therefore didn't need to rely on anyone or anything else, I decided to turn to God. I had recited the Lord's Prayer for years but this was the first time I truly prayed on my own."

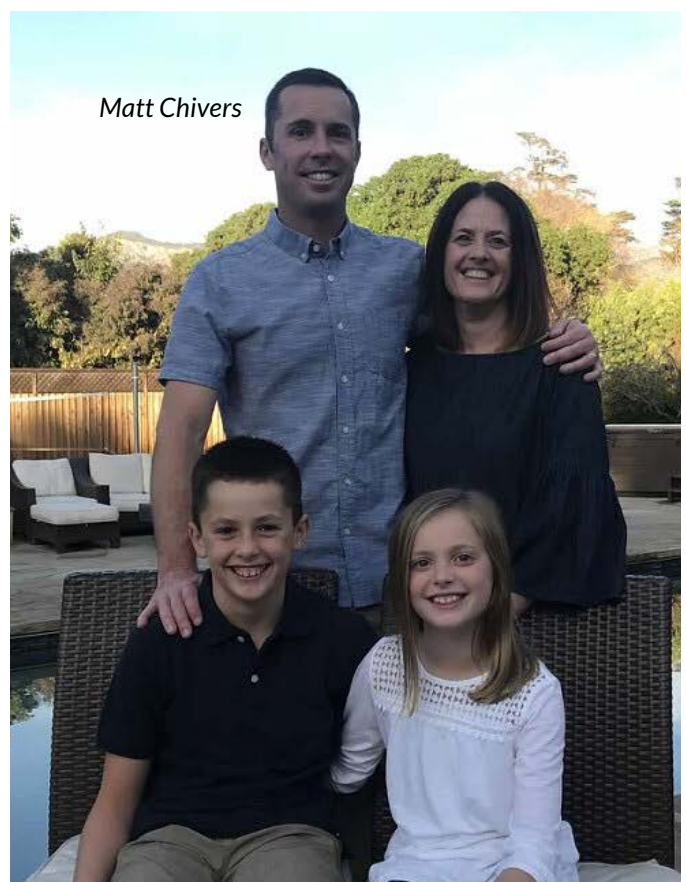
Becoming a professing Christian just prior to starting college, Matt hadn't been attending church regularly. "The concept of 'organized religion' was still rather foreign to me. Luckily, I met Katie, who later became my wife. She encouraged me to start attending a church near school - they were both at UC Irvine - and I discovered what an enriching experience it could be. I have been influenced by so many wonderful people at LOPC who continually show me examples of God's love and care."

He continues, "LOPC has afforded my family and me amazing opportunities not only to connect with members and families, but also to get involved in a diverse range of ministries. Most recently we began participating in Sowers where we have worked with other LOPC family in a variety of service projects including serving in a homeless shelter, building a play structure for a family in need, cooking dinner for Warm Winter Nights, and providing Christmas gifts for several underprivileged families. These experiences have been enriching for our children and have helped them to further understand just how truly blessed we are. Our Sowers group also gets together for fellowship and I believe has guided us all to grow in our faith."

Matt says mission and outreach have been very important to him and his family. He truly ventured out on his first mission trip as it was the inaugural LOPC journey to Zimbabwe. "We served both at an HIV clinic in the capital city, Harare, as well as a rural orphanage. It was an eye-opening experience, and one where we saw love truly expressed in our serving and by those we served." He's glad that projects such as Warm Winter Nights and One Sunday give the opportunity to serve as a family. He and Katie have two children. Garret is 11 and Caroline nine.

"I've always believed that service to others is our highest calling and am often reminded of Matthew 25:40 ... 'Truly I tell you, whatever you did for the least of one of these brothers and sisters of mine, you did it for me,'"

Another Bible verse that Matt says has helped him is 1 Peter 5:7 "Cast all your worries on him because he cares for you."



Matt Chivers

Family at LOPC

At LOPC, everyone is welcome and celebrated for the love and care they put into their families. Our definition of what it means to be a family is broad and inclusive. We invite you to be a part of something bigger, a church that strives to show all of us God's love and provides programs that teach families how to walk with Christ.

Faith Formation At Seedlings: Wonder Time

by Bridgette Thomas, Seedlings Communication Board Member



In today's world of interactive toys, video games and iPads, it has never been more important to teach young children the value of being active outside. At Seedlings Preschool, it's a big world in the Outside Classroom! We are very fortunate to have two

dedicated outside teachers – Mr. Max and Miss Emily – to lead children in a variety of outdoor play every day. Playing in the giant sandbox, collecting leaves, dancing through bubbles, and drawing with sidewalk chalk teaches children practical life skills while offering a tremendous amount of fun in the fresh air.

“It's incredibly gratifying to see the ways in which our outdoor play helps to improve students' overall coordination and promotes self-reliance and self-confidence across the span of the school year,” says Mr. Max.

There are numerous health benefits to outside playtime. Studies have consistently shown that playing in an outdoor environment reduces stress while increasing vitamin D levels, and promoting social skills. Toddlers and preschoolers develop their gross motor skills as they run, leap, hop, jump, slide and climb. They also use their fine motor skills when they weed in the garden, collect bugs, and pour sand through a funnel. Our Seedlings Outside Classroom is a natural learning laboratory for social and scientific exploration as children observe and discover the playground and nature firsthand.

“I have a huge love and admiration for what science and math can bring to our Outside Classroom,” says Miss Emily. “Students can learn so much through socialization and hands-on experiments. Even preschoolers can problem-solve together as a team!”

This Winter, students have been showing vast progress in terms of collaboration and creativity in the Outdoor Classroom! Mr. Max and Miss Emily recently brought out their big building blocks and the students were bursting with amazing, new ideas to build with them. They started out as engineers making a giant gingerbread house, which then evolved into learning more about the concept of balance, while they stacked unsteady blocks on top of one another! The 4-and-5-year-old Daisies, Sunflowers and Dandelions showed their teamwork abilities as they built a car all on their own, ensuring that it had four wheels, a steering wheel, and front and back seats! Another fan-favorite activity is Mr. Max and Miss Emily's ever-growing and changing obstacle course, fostering: balance, patience, creativity, stretching, spatial awareness, decision-making, and risk calculation.

The Winter Olympics is Coming to Seedlings!



Seedlings' Outdoor Classroom is celebrating the Winter Olympics right now. What a great way to use our outdoor space! Mr. Max and Miss Emily are introducing students to Winter Olympic traditions and creating their own unique sporting events for student athletes, right at Seedlings! This will give students an exciting opportunity to learn about the Olympics, and they will also be practicing their fine and gross motor skills as they participate in our special games.

Family at LOPC

Get to know Mr. Max:

Mr. Max graduated from California State University Chico with a Bachelor's Degree in Communication Sciences and Disorders. He has been working at Seedlings for nine years, which has included teaching various age groups during Summer at Seedlings and even being "Pirate Max" nearly every summer! During the summer, Mr. Max helps to create and implement the calendar of exciting events for our campers. He is passionate about language development, acquisition, sign language and all things communication. In his free time, Mr. Max enjoys art, watching movies and documentaries, spending time with friend and family, and kite flying!



Get to know Miss Emily:

This is Miss Emily's first year as part of the Seedlings Staff. She has been working with early childhood and elementary students for nine years. Miss Emily recently moved from New York and is excited to be here, in the Bay Area. She has a Bachelor's Degree in Early Childhood Education with a concentration in Environmental Science. Last year she was working in New York City as a Science Teacher for children ages 4-7. In her free time, Miss Emily loves being outside as much as possible. She enjoys bike rides, hiking, taking walks with friends and family, or just relaxing at the beach.



Sowers

Sowers is a serving-learning opportunity for families with children to get involved by giving their time and resources to people in need in our neighboring communities. We serve each carefully organized project together and learn that service is what we do on a regular basis, not just one weekend or Sunday out of the year. During the first year of a group the LOPC staff is very involved in the organization and guidance of the projects. They plan time for fellowship, spiritual formations as a group and for family faith formation exercises at our homes. After the first year of LOPC support and guidance, the Sowers group goes off on their own and chooses their own projects and organizes them for the year together. We also get together and make time for fellowship and spiritual formation. Currently there are three groups. If there is enough interest, more will be formed.

For further information contact ryan@LOPC.org

Enough As She Is – Thursday, March 22, 2018

7:00 p.m. – 8:30 p.m. in the Sanctuary



Join us for an evening with the co-founder of Girls Leadership and New York Times best-selling author, Rachel Simmons as she discusses her latest book - *Enough As She Is: How to Help Girls Move Beyond Impossible Standards of Success to Live Healthy, Happy, and Fulfilling Lives*. Her talk will focus on how to teach girls self-compassion as an alternative to

self-criticism, how to manage overthinking and resist the constant urge to compare themselves to peers, how to take healthy risks and navigate toxic elements of social media.

Tickets - \$10. Tickets are available for purchase at rachelsimmons.com/tour. All proceeds will benefit Girls Leadership. Questions? Contact dave@lopc.org.

Family at LOPC

theFANTASTICproject

by Ryan Timpte, Director of Children's Ministry

We believe that the world can be a better place. We believe that our kids will lead the way. We want to center the virtues of kindness, justice, and mercy in their lives, so that they can be the ones to change the world. That's why we started "theFANTASTICproject." This series of weekly videos, uploaded every Thursday, is designed to help kids navigate a broken world by discussing tough issues like inequality, racism, and other systemic injustices in a kid-friendly way.

The videos of theFANTASTICproject center kindness, justice, and mercy through five different lenses (video names are in parentheses):

- Inclusion: a community is made stronger when different voices are elevated (Jellybeans, Balloons).
- Storytelling: we learn more about each other and ourselves when we learn to tell and listen to stories (Stay Curious).
- Sabbath: taking care of each other means taking care of ourselves, too (Rest, Centering).
- Hospitality: welcoming others makes us stronger (Spam Musubi, Pizza & Popcorn).
- Peacemaking: it's up to us to bring peace to a broken world (Light in the Forest, Helpers).

To access these videos visit:

LOPC.org/ministry/children/the-fantastic-project/



High School Mission Trip

Houston, TX, July 7-14

For all high school students in the 2017/2018 school year Join us as we grow closer to God through repairing the homes of those affected by Hurricane Harvey!

Registration opens February 1 at www.LOPC.org/youth/mission.

Fees

\$775 for students

\$380 for advisors

Scholarships available!

Commissioning on June 10, 2018.

Contact keris@LOPC.org with any questions.



7th-8th Grade Mission Trip

San Francisco Bay Area, June 24-30

For youth having completed 7th & 8th grade as of June 2018.

Partner with ministries in the inner city of San Francisco and Oakland by serving at homeless shelters, soup kitchens, food banks, after school programs, and more. Join us as we discover God at work in the bay area communities!

Registration opens February 1 at www.LOPC.org/youth/mission.

Fees

\$240 for students

\$120 for advisors

Scholarships available!

Commissioning on June 10, 2018.

Contact keris@LOPC.org with any questions.



5th & 6th Grade Mission Daycamp

East Bay Area,

June 11-14, 1:00 p.m. – 4:00 p.m.

June 15, 2:00 p.m. – 5:00 p.m.

For youth having completed 5th & 6th grade as of June 2018.

Come serve others and experience God in a new way through service as we partner with east bay mission organizations! Youth will experience a variety of ways we can serve those in need close to home. Parents are required to participate before, during, or after the week of camp.

Registration opens February 1 at www.LOPC.org/youth/mission.

Fee - \$75

Commissioning on June 10, 2018.

Contact keris@LOPC.org with any questions.





LOPC
LAFAYETTE-ORINDA
PRESBYTERIAN CHURCH

49 Knox Drive
Lafayette, CA 94549

FEBRUARY 2018

IMPORTANT:
Dated Material
PLEASE DELIVER
Before 2/1/18
Thank you!

Return Service Requested

PASTORAL STAFF

Peter Whitelock - Pastor / Head of Staff
Gerald Chinen - Pastor, Congregational Care
Lauren Gully - Pastor, Mission & Spiritual Formation
Jaime Polson - Pastor, Family Ministry

WORSHIP & MUSIC

Brett Strader, Director
Stewart Scharch, Organist

TREASURER

Char Casella

MINISTRY DIRECTORS

Chris Baldwin, Community Engagement
Keris Dahlkamp, Youth
Chuck Fry, Operations
Coleen Moulton, Seedlings Preschool
Ryan Timpfe, Children

FOCUS NEWSLETTER

Ashley Jackson, Communications Director
Martin Kang, Digital & Print Admin
Jennifer Shaul, Digital & Print Admin
Chuck Fry / Dick James

Thank you to all who contribute to each issue, and to proofreaders Bev Fellows and Janet Jourgensen.

Monthly FOCUS Newsletter Deadline:

MARCH 1 for the **APRIL** issue.
Email items to communications@LOPC.org.

Weekly CONNECTIONS Deadline:

Monday by 5:00 p.m.
Email communications@LOPC.org.

Sunday Worship Services

9:00 a.m.

11:00 a.m.

Invite Friends & Family



Boys, it's time for some solid hang out time, prayer, and study! As you look into the New Year, make delving into the LOPC community and your own faith formation a priority by joining other guys! The Men with Young Families group is low commitment, held on-campus, and has a session coming up for this program year (that you shouldn't miss)!

UPCOMING SESSION

SESSION IV

Feb. 25 - Mar. 19

All Church Lenten Book Study

Leaders: Chris Baldwin & Eric Houssels

Email chris@LOPC.org for more information.

Connect with us online!



Livestream.Com/LOPC



Facebook.com/lopchurch



Google.com/LOPC



Vimeo.com/lopchurch



@lop_church



@lopchurch

Tag us in your posts using **#LOPC**