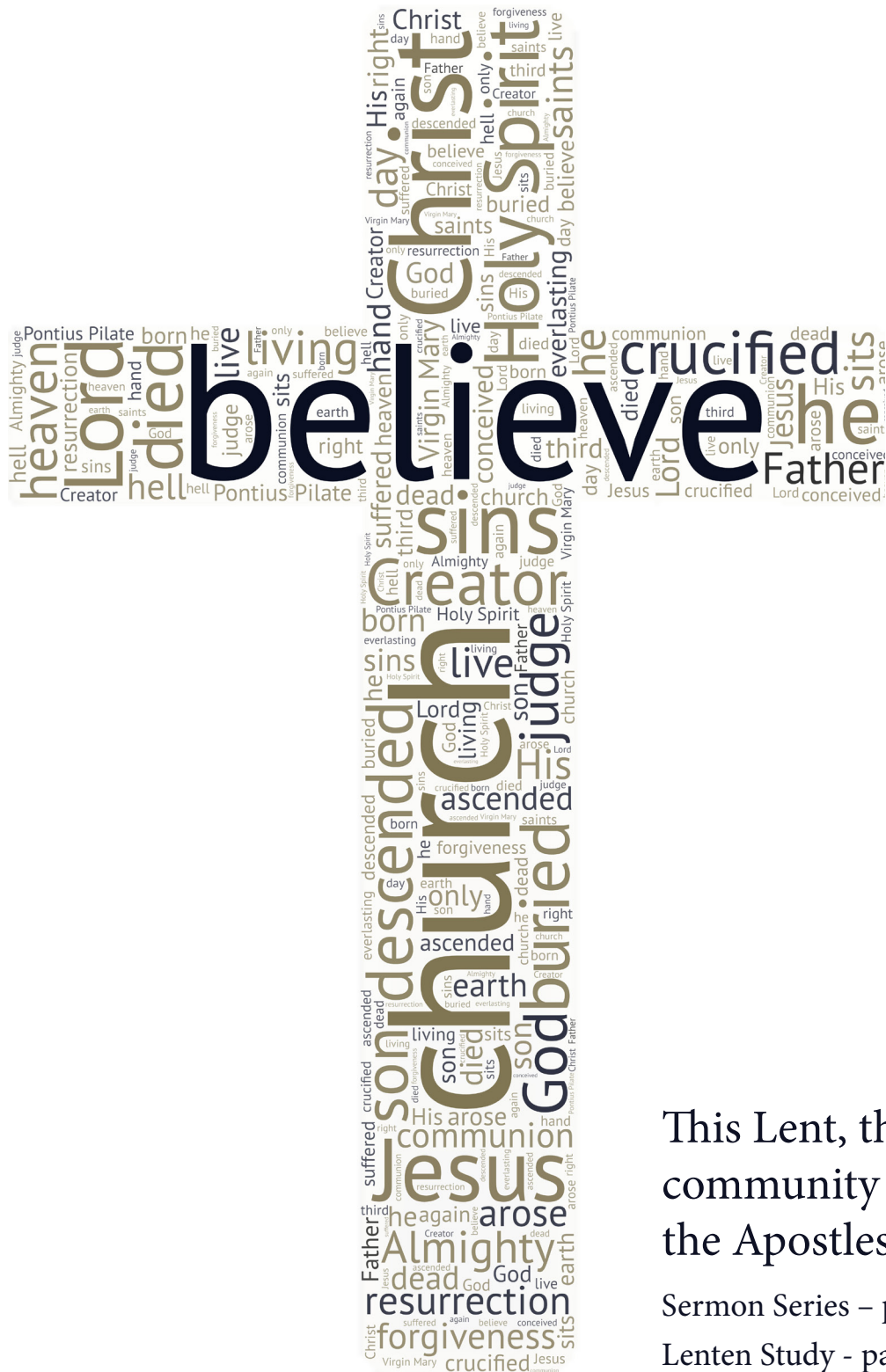


FOCUS

MONTHLY NEWSLETTER

Alive!
In Christ...in the World



This Lent, the LOPC
community will explore
the Apostles' Creed.

Sermon Series – page 7

Lenten Study - page 9

MARCH 2019

Contents

Parents.....	2
Noteables.....	3
Seedlings.....	4
Youth.....	5
Special Needs.....	6
Care.....	7
Worship.....	7
Mission.....	8
Spiritual Formation.....	9
Community.....	10
CNC.....	13
LOPC Foundation.....	14
Session.....	14

Journeying into Lent

by Jaime Polson - Pastor, Families & Executive Leadership



Lent is a time to pray and reflect on what Christ's life, death, and resurrection mean to us as followers of Jesus.

"What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of people. That is what love looks like."

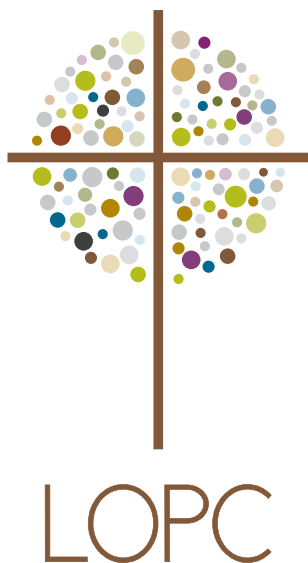
St. Augustine of Hippo

On March 6, we begin our journey into Lent. In the life of the church year, Lent is a 40-day period beginning on Ash Wednesday and ending on Maundy Thursday. This is a time in the church that is set aside for Christians to take a pilgrimage toward Easter; to pray and reflect on what Christ's life, death, and resurrection mean to us as followers of Jesus.

Lent encourages us to set aside even more time for prayer, and to reflect on who God is through the study of the Scriptures and other faith-based resources, not only for the purpose of learning more about God, but for the purpose of becoming more Christ-like. During Lent, we dedicate our time to more fully grow in love - the kind of love that St. Augustine of Hippo speaks of in the quote above. Hopefully all of our learning, prayer, and reflection will lead us into a deeper relationship with God and one another.

In *FOCUS* this month, you will see a number of ways to study, pray, and worship together as a church community during the Lenten season. I encourage you to join us. May Lent be a season of growth and encouragement for all of us.

Blessings,
Jaime





LAFAYETTE-ORINDA PRESBYTERIAN CHURCH
PRESENTS

RAISING AN EMOTIONALLY HEALTHY COMMUNITY

WITH LYNN LYONS

Lynn Lyons, LICSW, is an internationally recognized psychotherapist, author, and speaker with a special interest in interrupting the generational patterns of anxiety in families. She specializes in the treatment of anxiety disorders in adults and children, including generalized anxiety, phobias, social anxiety, depression, obsessive compulsive disorder, and performance anxiety.

Lynn is known for providing concrete, usable skills to teach families about how anxiety works and to help families respond and react to stress and anxiety in a more productive way. She will talk with parents and caregivers about the positive role that they can play in problem solving, embracing discomfort, and fostering emotional management as we seek to raise resilient children.

THURSDAY, MARCH 14

Session I: 6 - 9 p.m.

For parents of tweens and teenagers

FRIDAY, MARCH 15

Session II: 9:30 a.m. - 12:30 p.m.

For parents of children in preschool
and elementary school

Session III: 1:30 - 4:30 p.m.

For Community Caregivers

Online Registration opens on January 1, 2019
\$15 registration fee (no fee for community caregivers)
QUESTIONS? Email michelle@lopc.org



NOTEABLES? No, the name isn't misspelled.



The "Noteables" really are "notable." It's the name adopted by some two dozen LOPC members and friends who love to sing. Do you find joy in singing, as they do? If so, consider this an invitation to join your voice with theirs to find out why they are, yes, notable.

Started in 1991 by Lorraine Lyon as part of LOPC's music ministry, The Noteables are led now by Barbara Vail, assisted by accompanist Marjorie Kingland. Barbara follows in the footsteps of the first directors, David Morales and Muriel Fore.

Barbara is an accomplished concert pianist and long-time choir director who grew up as a young woman living in the San Francisco Mission District. Eventually, while singing in the LOPC church choir, she was asked to direct the NOTEABLES.

Her choices of challenging religious and popular music bring joy and entertainment to singers and listeners alike. The group prepares programs for winter and spring performances and takes music to assisted-living facilities in the East Bay area. And it always returns "home" to sing for the LOPC Thursday Fellowship group.

To join, no tryouts are needed -- just the ability to read music and a love of singing. Rehearsals are in the Davies Room from 9:30 to 11:00 a.m. on Thursdays.

Is it fun and worthwhile? Listen to testimony from some of the performers.

- Marjorie Kingland: My start as a member and accompanist of The NOTEABLES began years ago when I was called and asked if I would be interested in assuming this position. Since I enjoyed playing chamber

music I was happy to help in this way. It has proven to be one of my most cherished activities as it involves working with such wonderful people at LOPC and doing what I like best—namely enjoying music.

- Bob Marshall: A fellow deacon invited me to join since they needed basses. I joined the group, and found yes, it needed me and I needed it also. Barbara and Marjorie are inspirations to us all.
- Nancy Whyte: Singing is so good for you: 1) it stimulates the cells in your body; 2) it stimulates your mind; and 3) it's great for your spirit.
- Darlene James: NOTEABLES is such a warm welcoming group. The joy we have in singing together and sharing music with others is something you can't buy. Come and try it for yourself!

GIRLS LEADERSHIP

GIRL & GROWN-UP WORKSHOP NINE TOOLS FOR TRUE FRIENDSHIP

Girls Leadership's Girl & Grown-up Workshop Nine Tools For True Friendships (for grades 2 and 3) provides an opportunity for girls and their significant role models to explore and share feelings, communicate authentically, and make healthy relationship choices.

PROGRAM CURRICULUM

- | | |
|--------|----------------------------|
| Week 1 | Standing Up for Yourself |
| Week 2 | Sharing Feelings |
| Week 3 | Double Sorry |
| Week 4 | Choices for Friend Trouble |

TWO workshops open for registration!

Saturdays, April 20, 27, May 4 & 11
10:30a.m. – 12 p.m.

Wednesdays, April 10, 17, 24 & May 1
6 – 7:30 p.m.

Register online at girlsleadership.org.
Please visit girlsleadership.org/scholarships
for more details. For more information,
contact Michelle at michelle@lopc.org.

seedlings



Wonder Time

By Tina Clendenin, Seedlings Communications Board Member

A couple years ago, Seedlings introduced Wonder Time, a faith component designed specifically for preschoolers that allows them to explore their spirituality. The program is now going strong and has become a well-loved and important part of Seedlings. It's broken up into two sessions: "Big Wonder Time" for the 3s, 4s, and 5s classes and "Tiny Wonder Time" for the infants, toddlers, and 2s classes. For Big Wonder Time, there is a school-wide assembly held the first Wednesday of each month in the LOPC Sanctuary. The children gather with Wonder Time leaders from Seedlings and Children's Ministry to sing songs and learn about that month's virtue through a Bible Story. Seedlings' monthly virtues coincide with those presented each month through LOPC's Children's Ministry and are also shared with parents to help continue conversations and promote better understanding. Some virtues students focused on this year were contentment, cooperation, and self-control.

Tiny Wonder Time takes place after Big Wonder Time in the little chapel, and Seedling's tiniest students are engaged in the same message but taught mainly through song and dance.

In the following weeks after Big Wonder Time, the children meet in small groups by their class in the LOPC little chapel. Each class is offered various experiences such as music and movement, stories, sharing joys and concerns, and even mission and outreach projects as a group - all focusing on that month's virtue. Ask a Seedlings student about the "virtue of the month," and they will likely recite the virtue's name, a phrase that elaborates, and hand motions that match!

Big Wonder Time is always open to families. Feel free to come in and see what it's all about!

If you have questions or want to know more about Wonder Time, please email us at seedlings@lopc.org.



youth

Sunday Mornings



Youth Alive

5th – 8th Grade Youth
Sundays during 9 a.m.
worship services

Engage in a weekly Bible story with activities that help reveal how the story is relevant to our modern lives. Get to know your peers and leaders as we grow in faith together! Youth who attend the 11 a.m. worship service are encouraged to enjoy the worship service with family and friends.

Contact Allison at allison@lopc.org with questions.

TBH (To Be Honest)



9th – 12th Grade Youth
Spring Session

Sundays, 11 a.m. – 12 p.m.,
Through March 10

**Theme: How We Relate to
the World**

This program takes deeper dives into some of the more pressing and difficult questions youth have about their faith.

Breakfast pastries and juice provided!



**Youth on
Wednesdays
5th – 8th Grade**

Wednesdays, 6 – 7:30 p.m.

We gather together for a fun night of games, snacks, singing, service-learning projects, Bible-based devotional, and small group discussion.

March 27: YOW Water Games

Water games night at YOW! What a blast! This is the last YOW of the school year...ending with a bang! Come be part of the fun as we culminate the year with a great evening of laughs and fellowship. Wear clothes you don't mind getting wet and messy! Bring a towel too!

Contact Allison at allison@lopc.org with questions.



BTW

9th – 12th Grade

Sundays, 6:30 – 8:30 p.m.

At BTW, we connect with God and each other through games, service-learning projects, worship, devotionals, and small groups.

BTW Seniors' Night

The final BTW of the school year will recognize the high school seniors as they prepare to transition into the next phase of their lives.

Summertime Service Learning Experiences

Online registration is open.

Register at www.lopc.org/ministry/youth

Service Squad (5th & 6th Grade)

June 10 – 14, East Bay

Youth who have completed 5th or 6th grade in June will serve for a couple hours each day with a local (East Bay) mission partner, then return to debrief and reflect on their experience. Youth will become acquainted with the many ways in which we can share God's love even within our own community! Our dream is that this week will inspire youth for a life of serving and loving others. Service may include sorting and packing food, yardwork, visiting the elderly and home-bound, running programs for children living in a shelter, and more! Contact Allison at allison@LOPC.org with questions.

Middle School (7th & 8th Grade)

June 23 – 28, Los Angeles

Youth who have completed 7th or 8th grade in June will spend a week serving the people of Los Angeles. Service may include participating in food-justice programs, spending time with the elderly and infirm, serving food to homeless people, providing care for children in need, and more! Contact Allison at allison@LOPC.org with questions.

High School (9th – 12th Grade)

July 14 – 20, Salinas

Youth who have completed 9th-12th grade in June will serve the people of Salinas. We will discover God at work as we assist with food-distribution programs for people experiencing homelessness and work among the migrant farm worker community. Contact Keris at keris@LOPC.org with questions.

special needs

familyministry & Special Needs Ministry present



Respite Night



Friday, March 22, 6 – 9 p.m.

For parents who have children and youth with special needs, ages 2 – 22



Dinner, games, therapy dogs, crafts, activities and a movie!

Children and youth will be divided up by age groups with age-appropriate movies. Sensory and quiet rooms are provided. All staff and volunteers have had background checks and have had basic training in working with children and youth with special needs. Several professionals who work with children/youth with special needs will be onsite the entire evening.

We will provide a staffing ratio to match your child's needs.



Please register by Monday, March 11, to Michelle at michelle@lopc.org.

Space is limited.

We welcome you to connect with us before the Respite Night.

care



Grief Recovery

March 5 – May 7, 3 – 5 p.m. at LOPC

Have you or someone you know experienced the death of a spouse recently or within the last few years? Sharing our experiences during this 10-week class is extremely helpful to our healing process. Find hope, support and successful ways to process this significant life event. Course is open to all widows and widowers.

Enrollments are now being accepted for the group to starting in March. Pre-Registration required.

The workbook is \$15.

To register or for more information,
contact Bev Fellows at 925-949-7628 or
beverlyfellows@comcast.net.

worship

CREED

WHAT CHRISTIANS BELIEVE AND WHY
A LENTEN SERMON SERIES

MARCH 10: GOD

MARCH 17: JESUS

MARCH 24: THE HOLY SPIRIT

MARCH 31: THE CHURCH AND THE COMMUNION OF SAINTS

*Please also join us for our Lenten Study on Adam Hamilton's book, Creed,
on which this series is based. See page 9.*

mission



Adult Mission Trip

The LOPC Mission Team has a history of stepping up when disaster strikes, from Hurricane Katrina to the wildfires that raged in California last year. In conjunction with Lake County Habitat for Humanity, the Adult Mission Trip in 2018 worked on restoring homes that had been destroyed by the Valley Fire in September 2015. The group of 23 volunteers worked on three homes installing windows, completing all exterior and interior framing, and painting both the interior and exterior of a third home.

This year's Adult Mission Trip is scheduled for May 7 – 11 in conjunction with the Sonoma County Habitat for Humanity. The team will focus on fire restoration in the North Bay. The Adult Mission Trip allows people of all skill levels an opportunity to serve others in a tangible and impactful way.

For more information, contact Rich Lewis at rklewis26@comcast.net.

Registration coming soon!

Congo Team Reviews 2018 and Prepares for 2019

Some of the 2018 highlights for LOPC's mission efforts for the Democratic Republic of the Congo include:

- Build Congo Schools completed two schools serving 575 students.
- Christmas donations helped continuation of special English/Computer training for 30 girls.
- Facilitators trained in Healing Hearts trauma healing curriculum for children and adults for the Kasai region.
- The team has a leader in organizing an Advocacy Day in Washington DC for the Congo Mission Network as they visited the offices of several elected officials.
- "Celebrating the Congo" event on November 4 at LOPC presented various aspects of the culture of the Congo.
- For the people of the Congo, the main event was the first peaceful, democratic election of a new President in December. He is striving to bring reconciliation to the country.

As the LOPC Congo team looks to 2019, we have set the following goals:

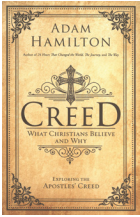
- Arrange for a visit in early fall by Jeff and Christ Boyd, PCUSA mission co-workers in the Congo.
- Continue to build relations with Congolese community.
- Build communications to LOPC members on the mission efforts in the Congo and more education on the issues/developments in the country.
- Continue to grow our advocacy efforts in line with LOPC's new Advocacy process.
- Support financially PCUSA's focus in education and trauma healing.

The Congo team meets on the first Sunday of every month in the Library after the first service. If you wish to attend, all are always welcomed.

If you have any questions about LOPC's mission efforts in the Congo, contact Herb Long at herblong7@gmail.com.

spiritual formation

Lenten Study



Lent is a season to give our faith extra attention, and this year we will use Adam Hamilton's book, *Creed*, to dive into the Apostles' Creed and what it teaches about Christian belief.

Sign up for one of the groups below by registering online or contacting Renée at renee@lopc.org.

Men with Young Families
6:30 – 8 p.m., Mondays,
on-site

Carl and Diane Grant
7 – 8:30 p.m., Thursdays,
on-site

Men's Group
7:30 – 9 a.m., Saturdays,
on-site

Darlene James
8 – 9 a.m., Thursdays, on-site

Lauren Gully
7 – 8:30 p.m., Mondays,
on-site

Sharon Bartlett
9 – 10:30 a.m., Fridays,
on-site

10:10
10:10 – 11 a.m., Sundays,
on-site

**Sue Nagle and
Staci Johnston**
9:30 – 11 a.m., Thursdays,
on-site

**Jody Black and
Chad Runyon**
7 – 8:30 p.m., Thursdays,
off-site

10:10

grow empowered to live in faith

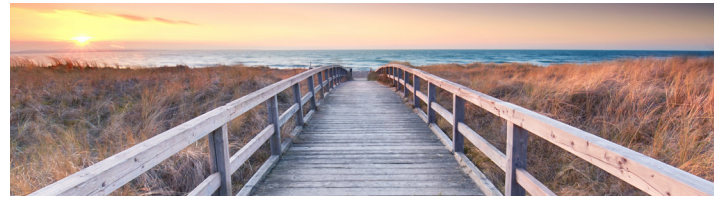
Join us for 10:10 in March! Here are the topics we will be discussing during the lead-up to Easter:

March 3: Foto Kids Mission Partners

Join Nancy McGirr for an update on our mission partner, Foto Kids. Based in Guatemala, Foto Kids has served hundreds of at-risk children affected by poverty and violence by giving them a chance to dream of a better life using photography, graphic design, media technology, and vocational training experience as a tools for self-expression, creativity, leadership, and future employment. Nancy will bring some of the photography and art from Foto Kid grads.

March 10 – April 14: Lenten Study

Join Kara Yu for one of several Lenten study groups this spring.



Life Worth Living

Thursday evenings, March 21 to May 9
(excluding April 18)
6:30-9:30 p.m.

LOPC

March 30:

All-day retreat at LOPC

- What does it mean for a life to go well?
- What do I need to do to lead a life worth living?
- What does it mean for life to feel good?

During this seven-week program, we will engage in dialogue with leaders of different philosophical and faith traditions to explore how each imagines a life worth living (Utilitarianism, the Buddha, the Torah and the Hebrew prophetic and wisdom writers, Jesus of Nazareth, Muhammad, and Technology/ Scientific Humanism).

We also will engage with contemporary individuals who understand their lives to be shaped by each of these traditions and enriched by practices such as mindfulness meditation, generosity, doing the most good you can through personal choices, compassion, rest, prayer, and forgiveness.

The program includes a retreat that invites you to reflect on your own worldview and approach to the questions under consideration and to enter a process of discerning the good life. During the last session, participants will be asked to articulate their own personal vision of a life worth living.

Cost: \$90

Registration fees are due by March 1.
Limited scholarships available.

To register contact Renée at renee@lopc.org.


For more information, contact Jane Doty MacKenzie at lifeworthlivingsf@comcast.net


community

LOPC

Breakfast Group

(formerly Men's Breakfast)





Contra Costa County Historical Society

March 13, 7 a.m.

Our History & Vision

\$5 donation for breakfast at the door.

RSVP by noon on March 12 online at www.lopcc.org/ministry/community-life/interest-groups or on the plaza after worship or contact Chris Baldwin at chris@lopcc.org

thursdayFellowship

A program of Senior Care Ministries.

Every Thursday, 11 a.m. – 1:30 p.m.
Fellowship Hall

This month we look forward to a St. Patrick's Day celebration and the coming of spring. We enjoyed a wide variety of programs in February and look forward to this month's exciting offerings. We welcome you to come and see for yourself.

This Spring marks the 40th anniversary of Thursday Fellowship. Planning has begun for a fitting celebration in May of this milestone and of people who have supported this thriving program supporting Seniors. Keep an eye out for further information.

March 7: Jim Pearson plays piano and Gillian Roebuck leading us in song.

March 14: Samantha Garvey Mulgrew, a classical harpist who performs with orchestras throughout the Bay Area, will entertain us with a varied repertoire including Celtic tunes.

March 21: Michael Kistner will perform Golden Oldies while we sing along.

March 28: Vocal quartet La Di Da known for their beautiful harmonies will have our toes tapping to classics and jazz standards from the 30s.

Typical Thursday Schedule:

11 a.m.: "Meet and Greet" with snacks and beverages.

11:15 a.m.: Craft activities and/or light exercise.

Noon: Lunch. Please bring a half-sandwich and we will provide the salad, beverage, and dessert.

12:45 p.m.: Entertainment.

Questions? Contact coordinators:

Julie Peterson
julie@lopcc.org

Clarita Wooldridge
clarita@lopcc.org

Both Julie and Clarita can be reached at
925-283-8722 x281.



Save the Date

LOPC Palm Sunday Egg Hunt & Potluck Brunch

April 14
12:15 p.m. – Fellowship Hall



Journey of Faith

by Bobbie Dodson-Nielsen, LOPC member



Catherine Coleman

Catherine Coleman chooses I Peter 4:10 as the scripture which gives most guidance to her life: "Each of you should use whatever gifts you have received to serve others, as faithful stewards of God's grace in the various forms." Her faith journey shows that she has indeed found many ways to use her God-given gifts.

A prime example is Catherine's travel to China during the summers to teach through the Amity Foundation. She explains, "Our assignments were to go out in teams of four to rural areas to teach local middle school English teachers how to speak more fluent English. Amity provides the teaching materials, but volunteers are permitted to add their own ideas. Most volunteers are credentialed teachers, and although I'm not a teacher, I gathered ideas from others and came up with a few of my own! Very often we would be the only Westerners we saw our entire three or four-week stay.

"It's an extremely efficient program because we were teaching adults who could read and write English very well, but who did not speak it. At the end of our time, they generally spoke quite well and could do a much better job with their own villages' middle school classes. I have found these experiences extremely rewarding because we were learning and helping, while enjoying the culture and being treated as special guests. Because of this, I have returned nine times!"

She continues, "The experiences provided by this intersection between the Chinese and we of the West often make me feel like a very minor diplomat in the fascinating provinces and corners of China where we are sent. It is a joy to attend church in Chinese cities and towns, whether or not I can understand what is being said."

Catherine has been busy serving others here at home too, though her faith journey didn't really begin until she was an adult and met her future husband. "My family didn't attend church, but my husband's family had attended regularly, so I wanted to honor that

tradition. I soon realized my life was being transformed by what I learned about God. It seemed natural that church quickly became a central part of our family, especially when we met the Reverend Dr. John Turpin and joined First Presbyterian Church of Oakland.

"John and Bonnie Turpin are now retired and attend LOPC, but then his extraordinary leadership affected my life, and those of many others, tremendously. John's encouragement of every individual strengthened our participation and sense of community.

"One thing I did at John's invitation was to train and work with an Oakland interfaith community organizing effort involving 27 congregations representing Muslims, Jews, and Protestants from every area of Oakland. Despite varied faith backgrounds, the coalition worked together for many years to improve citizen access to quality education and participation in local government."

Following happy decades at First Presbyterian Oakland, Catherine joined LOPC. "I liked the broad, highly organized mission emphasis here, plus the meaningful sermons, music, bible study, and ongoing opportunities for learning and service."

Catherine says she has served as an elder, but not until she joined the LOPC community did she serve as a deacon. "The extensive activities of LOPC deacons provided many new opportunities to learn and provide service. It is important to me to continue to volunteer where I can, following my deacon term. I currently help as a Barnabas Buddy and at the memorial services which demonstrate so well the LOPC community's compassion.

"I enjoy continuously learning about how to live as a child of God and appreciate the encouragement and education we receive at LOPC about what God offers us and how we can live usefully and fully. Service is inextricable to me from living as a Christian, and I enjoy participating in many efforts at church, as well as through Rotary International and various non-profit organizations. It is reassuring to remember that whatever gifts we have are appreciated as we use them in service to others. It brings me joy to connect with those with whom I meet, and to serve and learn in my everyday life, here at LOPC and in the whole wide world."

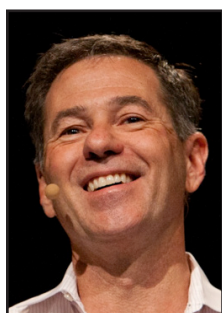


Artificial Intelligence, Augmented Reality, Virtual Reality

March 1

1 p.m. – Refreshments, Fellowship Hall

1:30 p.m. – Speaker, Sanctuary



If you've wondered what these terms are all about, Jim Marggraff is the person to explain.

He worked as a Director in Google's Virtual and Augmented Reality division, following the sale of Eyefluence, a company founded by him, to Google in 2016. "Eyefluence was the sixth company he founded

or co-founded. This company develops technology that transforms intent into action through your eyes." How can that be?

Marggraff has the answer: "Reality. We can augment it. We can make it virtual. What happens when we slam these alternate realities together with a new form of intelligence that is artificial? How do we reimagine ourselves as hyper-connected, enhanced individuals and communities? In a stimulating, interactive presentation and discussion, we'll consider how humanity may evolve when AR meets VR meets AI."

He will discuss other companies he has founded using these skills. Many readers may be familiar with his company, LeapFrog, which has impacted the lives of more than 100 million children and adults in reading, math, and language skills, and has over one billion dollars in sales.

Before LeapFrog, Marggraff was engaged in inventing technologies and products, assembling and inspiring teams, and pursuing world-changing ideas. He was an engineer on the founding team of StrataCom in 1984 (acquired by Cisco) and co-founded Explore Technologies in 1996 (acquired by LeapFrog) to develop technology to reframe our perception of geography with the world's first Atlasphere, an interactive globe. Another company he founded, Lifescribe, developed the first smartpen.

His entrepreneurialism and innovations have been

covered by numerous publications including The New York Times, Wall Street Journal, Atlantic Monthly and Business Week. Among his awards are "Toy of the Year" for LeapFrog, the Ernst and Young's "Entrepreneur of the Year" for the Northern California region, and his LeapPad invention was included by the Massachusetts Institute of Technology (MIT) as one of the top 150 inventions and contributions from MIT graduates.

On the local level, Marggraff is active with the Lamorinda Sunrise Rotary Club and supports the local public school system with technology innovations. He lives in Lafayette with his wife, M.J., and their two children. He has written a book, *How to Raise a Founder with a Heart*, comprising stories, science, and suggestions for "founding" to parents who would like to instill a founder's mindset in their children. He received his Bachelor of Science and Master of Science degrees in Electrical Engineering and Computer Science from MIT and holds 36 patents.

"To gain insight into this new world of AR, VR and AI, come to this free lecture," says Nancy Holtzapple, chair of FFF.

Science and Religion What Is Life?

March 18, 7:15 p.m., Oak Room



We will view one of the videos in the 2013 BBC series, *Wonders of Life*. Brian Cox, Professor of Particle Physics at the University of Manchester, embarks upon an exploration of how a few fundamental laws gave birth to the most complex, diverse, and unique feature of our universe: life. Tom Durff will introduce the video and facilitate the discussion to follow.

Seeking New Church Leaders!

Officer Nominations Needed by May 5

One of the cornerstones of our Presbyterian heritage is election by the congregation of church officers to provide leadership for the church, as well as loving support for those in the church community. Each year we elect officers to serve for the following year, drawn from nominations from the congregation.

We are now in the process of selecting new officers and leaders for LOPC for terms beginning January 2020. It is a great privilege and responsibility to nominate members who will serve LOPC as elected lay leaders. It is also necessary for us to participate in the essential process that will influence our church in the near future.

The primary qualifications for nominees are:

- **Strong commitment to Jesus Christ and the church's Mission Statement.**
- **Active participation in worship and in other ministries at LOPC.**
- **Stewardship commitment of time, talent and financial resources.**
- **Leadership ability and organizational skills.**
- **Compassion in human relationships.**
- **An open-minded approach to ideas and problems.**
- **Spiritual depth and maturity.**
- **Ability to equip people for ministry and work in a team-based leadership role.**

Nomination forms will be available from March 17 through May 5 in the Ministry Center, the Sanctuary pew racks or send an email nomination to cnc@lopc.org. We need your nominations, so please fill out and submit at least one nomination form.

For more information, contact a CNC member: David MacKenzie (Chair), Lois Boyd (Clerk of Session), Jeff Patton, Ann Loar, Richard Courtney, Marsha McDonagh, Linda Kinrade (Deacon Representative), Peter Whitelock and Gerald Chinen.

Thank you for your prayerful consideration. We are looking forward to hearing from each of you.

Elders, together with the pastors, lead and direct the ministry of the church.

They are persons of faith, dedication and good judgment. Elders serve on Session, the governing body of the church. They also chair various church teams through which all ministries are conducted. Eight elders are ordained to serve three-year terms.

Deacons, as set forth in Scripture, are leaders who serve as the caring, compassionate arm of the church.

They provide loving support to all those in need within the church community. The primary area of Deacon service is care of members. Ten deacons are ordained to serve a three-year term and two deacons of high school-age serve a one-year term.

The Congregation Nominating Committee (CNC) members receive and renew nominations for church officers.

They select candidates to present to the congregation. They are elected for a one-year term.

Foundation Trustees serve on the LOPC Foundation. This nine-member foundation receives gifts in various forms and designations, manages investments and provides funding for LOPC needs that cannot be accommodated in the church's annual operating budget. Trustees serve an initial term of four years and are eligible to be re-elected for one three-year term. Members who have served in the past can be nominated for a two-year term.

lopc foundation

session

It's Good to Hear Your Voice

By Jim Beckemeyer, Foundation Trustee



"It's good to hear your voice." Invariably, that is the first phrase I hear from my father each time I call home to check in. My dad is 88 years old and lives almost 2,000 miles away. Face-to-face visits come at a premium. So, we make the time to check in via phone on a regular basis.

Dad has not been immune to the trials and tribulations of aging. His knee hurts, he uses a cane to get around, and his blood-thinning medication causes him to feel a bit chilled. Dad can tell you all about his days as a child growing up on the farm in Missouri, yet he might not remember a name or a fact you shared with him 15 minutes ago. Even so, when I pick up the phone and ring my dad, the first thing I hear is his happy acknowledgement that I took time to reach out. I can tell he is smiling.

I think all of us like to have our voices heard. How wonderful it is when someone else looks forward to engaging and interacting with us; to hearing what we have to say; to experiencing our presence in their lives. But, in a day and age when everyone seems to be shouting at the top of their lungs to grab attention (Facebook, Twitter, the nightly news!), we must be intentional and thoughtful about what we want to say.

Fortunately, our involvement at LOPC gives us the opportunity to rise above the din and share God's message of love in our local and global communities. When we serve others on a mission work project, our voices are heard. When we take time to listen and provide comfort to someone during a difficult period, our voices are heard. When we speak out against injustice, our voices are heard.

Have you thought about making your voice live on through LOPC? Not just today, but well into the future? A legacy gift to the LOPC Foundation will support the church's ministries for years to come.

If you would like to speak with someone about such a gift, please feel free to contact me or any of the other LOPC Foundation Trustees: Dick James, President; Kristi Haigh, Vice President; Phil Placier, Treasurer; Dara Youngdale, Secretary; Jen Crocker; Jerry Ducey; Staci Johnston; and Mike Ross.

January Session Highlights

By Lois Boyd, Clerk of Session

You will hear from a new voice in "Highlights" this year as I follow in the very capable footsteps of Jody Black as the new Clerk of Session.

Here's a summary from the January meeting:

- The Family Ministry Team has undertaken an extensive review of its programming to even more effectively serve our families in the world in which they live and engage, aligning with the ministry's vision to nurture, grow and sustain children in their faith into adulthood.
- We did not give Jody a chance to rest on his laurels as he will be heading a Volunteer Task Force to address the ongoing needs of the church and to engage more members. The need for volunteers is most acute in each of the Family Ministry areas.
- Jim Nagle, finance elder, provided a very positive recap of our 2018 financial results which yielded a \$26,000 net surplus. The 2019 budget was approved and is comparable to 2018. We are very close to achieving the budgeted pledge commitments for 2019, and we feel confident that our expense budget is in line.
- Peter Darbee, mission elder, reported on the by-popular-demand extension of our annual One Sunday mission program into what will be multiple mission opportunities throughout the year under the new program name of "Love Does".
- This year's annual retreat of the elders, deacons and trustees was held onsite and was facilitated by Dale Sollom-Brotherton, an ordained Lutheran pastor and consultant (primarily to religious groups) who has worked extensively with members of our staff. Dale led us through a thoughtful process of reflecting on how we perceive the church and its mission, and how we might most effectively communicate LOPC's mission to those outside the church.

We are especially grateful for the stability of our finances that provides the congregation the opportunity to participate in another active year of ministry under God's guidance.



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FOCUS NEWSLETTER

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Thank you to all who contribute to each issue.

Monthly FOCUS Newsletter Deadline:

March 1 for the April issue.

Email items to communications@lopc.org.

Weekly CONNECTIONS Deadline:

Every Monday by 5 p.m. for the
following Sunday's issue.

Submit items at:

www.lopc.org/submission-for-connections

What is Per Capita?

Per Capita refers to an annual fee that our congregation pays to higher levels of the Presbyterian Church based upon the number of active members in LOPC. For 2018, the Per Capita amount is \$37.45 or \$74.90 per couple.



We encourage members to make an extra contribution to help defray this expense in addition to their other gifts. To facilitate this, you will find a blue Per Capita envelope in your box of giving envelopes. You can also give a check to the church with "Per Capita" noted on the memo line. We have budgeted \$66,923 this year for our Per Capita obligation. Wouldn't it be wonderful if a significant portion of this could be covered by your extra contribution enabling us to add additional support to ministries of LOPC?

Connect with us!

Sunday Worship Services

9 a.m.

11 a.m.

Invite Friends & Family



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