

LAFAYETTE-ORINDA PRESBYTERIAN CHURCH

OCTOBER 2024

# FOCUS

MONTHLY NEWSLETTER

A welcoming and loving community of faith  
that learns, grows, and serves together.

[LOPC.ORG](http://LOPC.ORG)





# New Seasons of Life

By Lauren Gully — Pastor, Mission & Outreach

Fall always makes me increasingly aware of new seasons of life and new opportunities. As the colors of the leaves change, we find ourselves on the brink of a new season — both in nature and as we start another program year at our church.



For me personally, in the past few months, I've transitioned to a part-time role overseeing the same ministry areas, so that I can more fully enter into my new role as a mother. At LOPC, I've also noticed a new season of our church as we have launched exciting new opportunities in Community Groups with Mission and Community Life ministries to create small groups focused on fellowship and service.

The changing of the seasons reminds me that all change is constant, but God's abiding presence is equally as constant! Even as the season in our lives might change, God is giving us the possibilities of new opportunities and new perspectives!

If you are in the midst of a change or simply attuned to the changing of the seasons in our natural world, I'd encourage you to reflect on what might have recently changed for you, and what opportunities or new perspectives you might be able to try out as a result! And if such reflection encourages you to consider how you might get more involved at LOPC, I'd like to continue to invite you to check out a Community Group, so that as a community we can continue to grow in our faith together.

No matter what season you are in, I hope that at LOPC you find a community that helps you grow a solid faith that can weather all of the seasons of life!

If you are interested in joining a community group please contact myself (lauren@lopc.org) or Chris Baldwin (chris@lopc.org).

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#### Pastoral Staff

Peter Whitelock - Head of Staff  
Lauren Gully - Pastor, Mission & Outreach  
Jaime Polson - Pastor, Care & Executive Leadership  
Chris Baldwin - Pastor, Community & Formation  
Jane Doty MacKenzie - Temporary Pastor

#### Ministry Directors

Coleen Moulton - Seedlings Preschool  
Bryan Dunnewald - Music  
Susan Wentworth - Children's Ministry  
Emily Austin - Children's Ministry

#### Treasurer

Staci Johnston

#### Focus Newsletter

Pamela Moidel - Design  
Lexi Morrissey - Editor

### Submissions & Deadlines

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



**Staying Connected:** Sign up for our weekly email to stay up-to-date on all things LOPC! **Visit:** [lopc.org/email](http://lopc.org/email).

### Need to reach us?

[info@lopc.org](mailto:info@lopc.org) • 925-283-8722



# *Amazing* 2025 Pledge Campaign GRACE *how sweet the sound...*

Your generous giving keeps this church  
moving forward in so many ways.

Please join us for  
**GIVING SUNDAY**  
on November 3.

Questions? Contact Staci Johnston, LOPC Treasurer, at  
[staci@lopc.org](mailto:staci@lopc.org) or call the church office at 925-283-8722.

## mission



### STAND! For Families Free of Violence

By Steve Crocker



One of LOPC's local mission partners is STAND!

For Families Free of Violence, an organization committed to promoting safe and strong families. Their approach to eliminating family violence is well-rounded and community wide. In addition to providing a complete spectrum of prevention, intervention, and treatment programs, they also enlist the efforts of local

residents, partners, and institutions, all of whom are striving with them to stop domestic violence and child abuse.

STAND! works closely with many of LOPC's other mission partners as an efficient network to provide fast, effective, and confidential help to victims of abuse in our community.

STAND! is also a founding member of the Contra Costa Alliance to End Abuse initiative, a cross-sector organization working to help solve issues of domestic violence, sexual assault, and child abuse. The mission of the Alliance to End Abuse is to "affect a systems change that reduces interpersonal violence (domestic violence, family violence, sexual violence, and human trafficking) by fostering the development and implementation of collaborative, coordinated, and integrated services, support, interventions, and prevention activities." STAND! cannot achieve their mission without the help of every individual, every faith community, every neighborhood, and every business.

As is true with LOPC's other mission partners, the challenges of the high cost of living in Contra Costa County has significantly increased the need for services to take care of those that are most vulnerable and in greatest need in our community. The stress associated with trying to make ends meet only adds to the incidence of domestic violence, and therefore the need for the services that STAND! provides.

LOPC has been fortunate to be able to serve STAND! in several capacities. At our 2024 *love does* kick-off event, our team of volunteers painted their community room, cleaned and organized their storage facility, and deep cleaned their kitchen. As a result of a very generous grant from an LOPC member, we were also able to pay for one of their computer servers that was no longer functioning and replace several of the laptops at their shelter (some over 10 years old) that their clients use to apply for services.

To learn more about STAND!, please go to their website at [standffov.org](http://standffov.org).

Thank you for your continued support for STAND!, and for all of LOPC's mission partners.



### Loaves and Fishes

October 3 at 9:30 a.m. in Martinez



Our first *love does* opportunity of the fall is at Loaves and Fishes, which serves approximately 4,000 meals throughout Contra

Costa and Solano counties. Join LOPC members to help serve lunch in the Loaves and Fishes dining room located in downtown Martinez. You will arrive to help prep food and serve clients a meal. In addition, participants will assist clients to choose food items from the pantry to take with them.

**Note: Volunteers older than 12 but younger than 18 years old must have a parent or guardian present.**

Register at [lopc.org/lovedoes](http://lopc.org/lovedoes).

### Trinity Center Clothing Drive Drop-Off

October 12, 9:00 – 11:00 a.m.



LOPC will be collecting warm clothing for clients of the Trinity Center to use this winter.

Items should be in good condition and stain free.

Requests include the following:

- Men's pants.
- Men's and women's jackets, gloves, hats, scarves, and socks.
- Blankets and sleeping bags.

**Drop off all donations in front of the Oak Room during the above designated time ONLY. Help is needed to accept donations as they are dropped off and also to help deliver them to Trinity Center afterward. If you can help, please contact Robin Freeberg at [robin@lopc.org](mailto:robin@lopc.org).**



## Winter Nights Family Shelter

October 28 – November 11



*"We weave a delicate balance of compassion and discipline to provide an environment that is supportive, purposeful, engaging, and efficient."*

-Winter Nights Family Shelter staff member

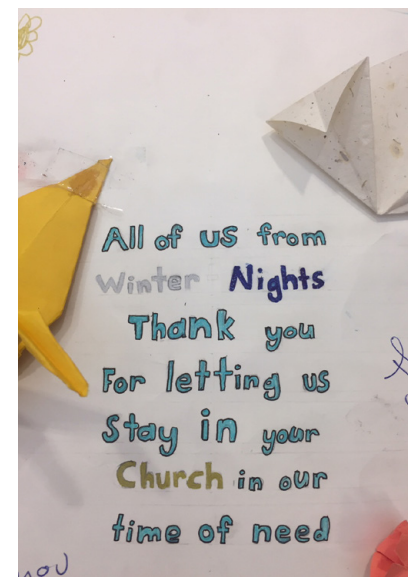
Winter Nights Family Shelter is a traveling shelter for families experiencing hardship whether it be from loss of a job, death in the family, domestic violence, or unfortunate personal circumstances. Unlike most shelters, Winter Nights Family Shelter allows families to stay together. Many homeless families couch-surf or live in their cars for fear of being split apart, so when they discover they can stay together in the shelter there is a sense of relief and hope.

Hope doesn't end with providing a safe place to sleep but continues with the wraparound services Winter Nights Family Shelter provides the families under their care. Adults and children are taken to work or school daily with the use of the shelter van. Those who do not go to work or school are taken to the Oasis Day Shelter where they have access to multiple services including resume writing, computers, counseling, legal help, and daycare. At the end of the day all the clients are reunited back at the host church.

The shelter depends on multiple faith institutions throughout Contra Costa to house families for two weeks each. As a host, LOPC makes sure guests are provided healthy, hot meals and a comfortable, clean environment in Fellowship Hall to call home during their stay. Many volunteers are needed to make this a reality. Opportunities include preparing meals, tutoring children, and creating fun activities for guests to participate in. Past activities have included movie nights, outdoor games, crafts, music, and even sharing a family pet with the guests.

**To volunteer individually or with a fellowship group, sign up at [lopc.org/lovedoes](http://lopc.org/lovedoes).**

**For more information about Winter Nights Family Shelter, visit [cccwinternights.org](http://cccwinternights.org).**





# BACK TO SCHOOL AT SEEDLINGS: A NEW ADVENTURE BEGINS!

*By Sheila Saadieh – Seedlings Board, Communications*

## Hello, LOPC Family!

It's that time of year again — back-to-school season is here, and we could hardly contain our excitement! Seedlings Preschool was buzzing with joy as we welcomed back our little learners for another fantastic year of discovery, play, and growth.

This year, our preschool kicked off the year with a bang! Our classrooms are brimming with colorful supplies, books, and engaging activities that will spark curiosity and imagination in our young students. From building blocks to storytelling nooks, every corner of Seedlings is designed to be a joyful, nurturing environment where children can explore, learn, and thrive.

## What's New This Year?

We've got a whole host of things to look forward to:

- **Learning Units:** Each month, our classrooms will explore new and exciting topics that will make learning feel like an adventure!
- **Outdoor Exploration:** We spend a portion of each day outside whether on the playground or doing nature-inspired activities. There's plenty of room for running, climbing, and discovering the wonders of the great outdoors.
- **Creative Arts:** This year, we're introducing even more opportunities for artistic expression. The students will be working on exciting sensory activities, musical fun, and creative projects that let imaginations soar!

## Meet Our Wonderful Team

Our amazing team of teachers and staff are eager to get to know each child and support their unique learning journey. They're full of energy, enthusiasm, and a genuine love for teaching, making Seedlings a place where every child feels special and valued.

Kicking off the 2024/2025 school year was filled with anticipation and excitement. Watching the preschoolers step into their classrooms with bright eyes and eager hearts is one of the best parts of the year. Here's to a wonderful new school year filled with laughter, learning, and unforgettable moments!

Thank you for being a part of the Seedlings family. We can't wait to see what this school year brings!







# Dr. Heath W. Carter

Associate Professor of American Christianity at Princeton Theological Seminary



**H**eath W. Carter, Associate Professor of American Christianity at Princeton Theological Seminary, joined us for a special weekend filled with three presentations about issues that our church communities face today.

## What is Christian Nationalism?

As the seminary's leading expert on the intersection of Christianity and American public life, Dr. Carter addressed the origins and evolution of Christian nationalism from a historical perspective. Through personal stories and scholarly insights, Dr. Carter discussed how Christian nationalism has developed over time and explored ways Christians can faithfully and effectively engage in public life during this time of surging Christian Nationalism.

## The Perils and Promise of a Big Tent Church

With the apparent migration of churches in the USA into predominantly one of two directions, evangelical/conservative and progressive/liberal, is it even possible for a church such as LOPC to remain genuinely welcoming to all? Dr. Carter led us in a discussion of how we faithfully balance the imperatives of unity and justice.

## Surviving an Election Year With Our Souls Intact

Dr. Carter shared practical strategies for maintaining hope, engaging in meaningful dialogue, and fostering transformation in a divided world. With God's help, we can keep our souls intact and navigate the election season with grace and conviction. As Christians, we can faithfully navigate this election season by standing strong in our convictions but without abandoning Christ's call to love all our neighbors. With God's help, we can also find ways to hold onto the possibility of persuasion and the hope of transformation, for ourselves and others.

Be sure to check out videos from all three events  
at [youtube.com/@LOPCyoutube](https://youtube.com/@LOPCyoutube).







Lafayette Orinda Presbyterian Church

► **Questions? Email  
Jaime Polson:  
[jaime@lopc.org](mailto:jaime@lopc.org)**



**WINTER NIGHTS**  
Family Shelter

**Service at Winter Nights for  
YOW students – October 30**

**Service at Winter Nights for  
BTW students – November 3**

Join us for this special time of service and fellowship as youth help prepare dinner and entertain our guests in Fellowship Hall.

**For more information, please  
contact Jaime Polson at  
[jaime@lopc.org](mailto:jaime@lopc.org).**

## Lighthouse at Hope Solutions

Join us for Lighthouse, a youth service program in partnership with Hope Solutions! Throughout the year, middle and high school students (and parents/caregivers) come together to connect with local youth through fun games, arts and crafts, and lunch at their community center in Concord. Service dates are on Saturdays from 11:30 a.m. – 3:00 p.m. in October, December, March, and May. Exact dates are TBD. Ready to make a meaningful impact? Shine your light and make a difference with us!

**Contact Michelle Browning at [michelle@lopc.org](mailto:michelle@lopc.org) for more information.**

## Youth Alive!

**Sundays, 10:00–11:00 a.m.**

Youth in 5th–8th grade take part in fun games, activities, and Bible-based discussions relevant to their lives while connecting with peers. Students learn about how God has connected with people in Scripture and how we continue to see God at work in our lives today. Youth Alive meets in the Upper Youth Room (CLC 201).

## BTW *By the Way*

**Sundays, 6:00 – 7:30 p.m.**

Youth in 9th–12th grade connect with each other through games, worship, Bible-based devotions, and small group discussions. Together, we discuss a wide range of age-appropriate topics including God's vision for justice in the world, how to grow in your personal faith journey, and what it looks like to live as a follower of Christ. Youth meet with a consistent small group including peers and adult advisors throughout the year to build relationships, authenticity, and trust. BTW meets in the Upper Youth Room (CLC 201).

## YOW *Youth on Wednesday*

**Wednesdays, 6:00 – 7:30 p.m.**

Youth in 5th–8th grade gather for fun games, worship, a Bible-based devotional lesson, and small group discussions. Together, we discuss topics such as discovering God at work in the world, growing in faith, friendships, dating, school, family, and more. Youth meet with a consistent small group including peers, and teen and adult advisors throughout the year to build relationships, authenticity, and trust. YOW regularly includes fellowship-oriented events and service learning opportunities. YOW meets in the Upper Youth Room (CLC 201).



A welcoming and loving community of faith that learns, grows, and serves together

# CHILDREN

## Milestones of Faith

Fall is such a significant transition time in the lives of the LOPC kids and families; new schools for some, higher grade levels, fresh teachers, and the return of the sometimes-dreaded homework. It is also a season where we in Children's Ministry want to be sure to walk alongside our younger faith followers and mark some special times of growth and development in their early Christian lives.

In September, we presented a Jesus Storybook Bible to those children who shifted from Preschool Ministry to their

new home upstairs in the Garden. These Bibles have colorful images and present the Old and New Testament stories in an approachable way that is enjoyable for families to read aloud together. They can be found in the Sanctuary pews if you'd like to have a look for yourself.

This October, we will present our third graders with their very own NIV Bible as they become fluent readers. Parents choose a Bible verse to inscribe on their child's Bible, and the congregation will bear witness to this

**Email Emily Austin:** ◀  
**[emily@lopc.org](mailto:emily@lopc.org) or**  
**Susan Wentworth:**  
**[susan@lopc.org](mailto:susan@lopc.org).**

milestone in worship on October 6. God's word is a wonderful treasure we love to share with our children. We would like to invite all third graders and any older children who would like to receive a Bible to join us.

**Please contact Susan Wentworth at [susan@lopc.org](mailto:susan@lopc.org) for more information.**

Lafayette-Orinda  
Presbyterian Church

# FALL fest

Sunday  
October 6  
11am - 1pm

**Free entry**

Live Music  
Kids Activities  
Games & Prizes  
Delicious Food

**All are welcome!**

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# session

## August Session Highlights

By Mark Weaver, Clerk of Session



On August 15, we held a special called session meeting over Zoom for the sole purpose of approving a funding adjustment for the Kurth Memorial Garden project which recently revealed some inconsistencies with the original construction and required some additional repairs that were not factored into the original budget previously approved by session.

At the regular session meeting on August 27, Pat Morrissey shared his faith journey to begin our meeting. The consent agenda was then approved, which included motions from our finance team relating to (1) the receipt and designation of a surplus of nearly \$40,000 from Seedlings, (2) the approval of funding of up to \$30,000 for technology improvements in the Oak Room, and (3) the approval of additional funding of \$6,000 for the Ministry Center roofing project.

Clerk of session Mark Weaver asked those who attended the San Francisco Presbytery meeting a week earlier to share their reports. Pastor Chris Baldwin, who leads the personnel working group for the Presbytery,

sought—and received—approval by the Presbytery of the hiring of Rev. Laura M. Cheifetz as the new Executive Presbyter for a four-year term. In addition, the Presbytery approved the sale of St. Paul's Presbyterian Church in San Francisco—which had been vacant for the past 10 years – to Sunset Youth Services, which helps at-risk youth, for \$1.3 million. The price was about half of the property's fair market value; however, as a matter of justice, the Presbytery felt that it was important to keep the property in the community, for the good of the community. Finally, the clerk reported that our next congregational meeting would be held on September 29 following worship at which time the congregation would be asked to approve the Congregation Nominating Committee's nominations for leadership terms beginning January 1, 2025.

Pastor Peter Whitelock recounted the successful visit by Dr. Heath Carter from Princeton Seminary, who spoke the weekend of August 17–18 on the subjects of Christian Nationalism, the Perils and Promise of a Big Tent Church, and Surviving an Election Year with Our Souls Intact. All events were very well-attended, and Peter promises that our strong ties to Princeton

Seminary will result in many more high-quality guest speakers to come. Peter also noted that Pastor Lauren Gully has asked to reduce her schedule to 75% time, and that details are being worked out to accomplish that request.

Peter also spent time reporting on recent worship statistics and noted that there has been a steady increase in the number of people worshipping at LOPC on Sunday mornings. Church leadership is currently discussing options to possibly bring back a second worship service to LOPC later this year.

Pastor Jaime Polson provided an update with current staff transitions. There are some excellent candidates interviewing for the Youth Director and Treasurer positions, and she is hopeful that we will be extending employment offers soon.

Finally, as an item of new business, session approved a request by finance to receive an unanticipated designated gift of \$15,000 from a member for the specific purpose of funding the Service of Remembrance that is held annually in November.

Session closed with the Lord's Prayer. The next meeting will be held on September 17.

## Kurth Memorial Garden Reopening Soon!

Kurth Memorial Garden (KMG) is finishing up a refurbishment and expansion that began this summer. It includes the installation of additional niches on the outside of the Sanctuary walls as well as along the low wall opposite. This expansion will increase the capacity of the Garden by approximately 75%. When the Garden reopens later this month, increased prices will go into effect throughout the Garden. If you are a member of LOPC and are interested in planning for the future for yourself or immediate family members, you are eligible to reserve space in the Garden. To join the wait list for when the Garden reopens, please contact Lynn Trowbridge to set up an appointment at the time when construction is complete. Look for communications soon regarding a grand re-opening event.

**For more information, current pricing, and contact details, visit [lopc.org/kurth](http://lopc.org/kurth).**





# finance

## Financial Update

Submitted by Jim Nagle & Staci Johnston

LOPC ended July 31, 2024, with a year-to-date \$166,650 deficit which is an improvement from the projected year-to-date budget shortfall by \$184,791. It is normal this time of year to have total year-to-date expenses exceeding total contributions. Total congregational giving was \$116,462 higher as compared to budget. Several factors related to the stronger giving: receipt of \$74,568 in unbudgeted member gifts of thanks, \$52,058 in higher pledge giving, and \$37,222 in higher special gifts and offerings, offset by \$47,386 in lower giving for non-pledge giving and loose offerings. 2024 investment income is higher than budget, resulting in \$2,002,332 of year-to-date total giving which is a \$178,524 increase from plan.

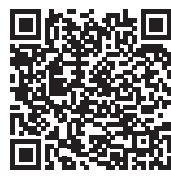
Ministry Team spending of \$2,060,328 was less than budget by \$43,489, excluding additional mission and special gifts spending. Overall ministry team spending is consistent with or favorable to ministry budgets.

Year-to-date July 2024 net expense was \$166,650 which is an improvement from the projected year-to-date budget shortfall by \$184,791.

LOPC is grateful to our generous friends and members of LOPC for their 2024 giving. We encourage anyone who has not pledged to consider making a pledge so that we can plan and continue our great ministry. It is never too late to pledge! Thank you.

### Giving at LOPC

One of the most practical ways you can help is through your financial support so LOPC can share God's love through our ministries.



To give, visit [lopc.org/giving](https://lopc.org/giving), or scan the code on your mobile device.

## hold in PRAYER

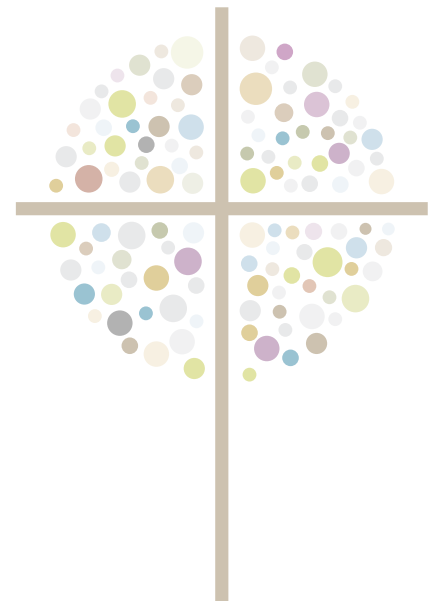
Prayers of comfort and peace go out to the families and friends of:

**Trudy Ausfahl**,  
who passed on July 4.  
A service will be held on  
January 4 at 1:00 p.m.

**Maggie Eggen**,  
who passed on July 27.  
A service will be held on  
October 19 at 11:00 a.m.

**Roz Breuner-Phair**,  
who passed on August 1.  
A service will be held on  
November 15 at 1:00 p.m.

**Richard "Dick" Clark**,  
who passed on September 10.  
A service will be held on  
November 9 at 11:00 a.m.



### Statement of Giving & Expense

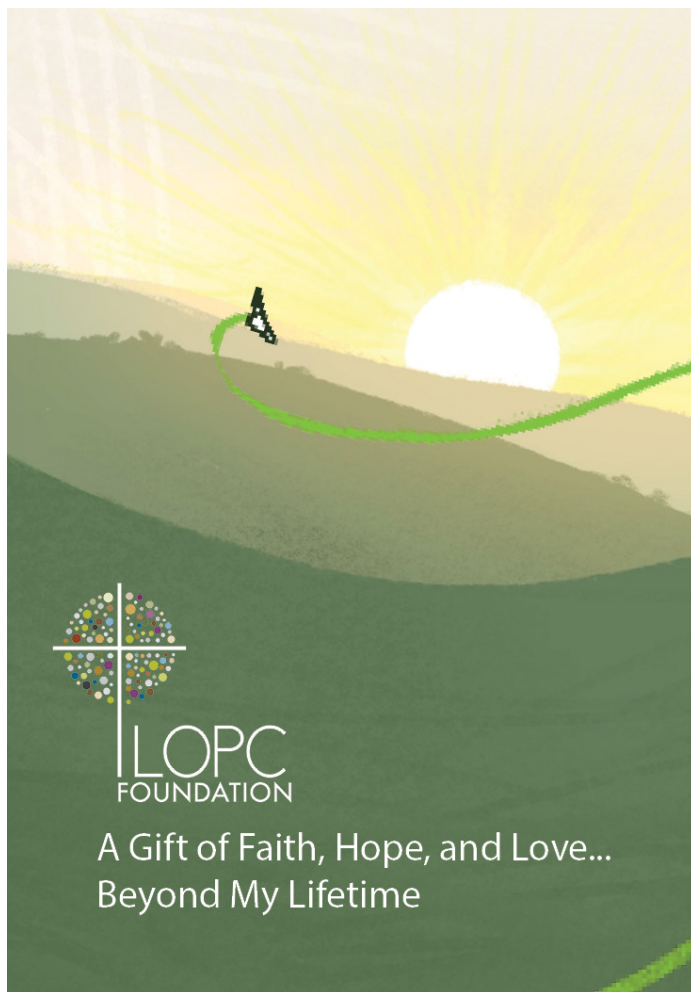
July 31, 2024

	2024 Actual	2024 Budget	Fav (Unfav)
<b>Congregational Giving:</b>			
Pledge Income	\$ 1,309,058	\$ 1,257,000	\$ 52,058
Non Pledge, Loose Offerings, Other Giving	134,582	181,968	(47,386)
Bequests & Gifts of Thanks	74,568	-	74,568
Faith Component	150	150	-
Congregational Giving w/o Special Gifts	1,518,358	1,439,118	79,240
Giving: Mission & Special Gifts & Offerings	108,654	71,432	37,222
<b>Total Congregational Giving:</b>	<b>1,627,012</b>	<b>1,510,550</b>	<b>116,462</b>
User Fees & Memorial Investment Income	72,367	29,202	43,165
Foundation	139,956	139,956	-
<b>Total Giving:</b>	<b>2,002,332</b>	<b>1,823,808</b>	<b>178,524</b>
<b>Expense:</b>			
Ministry Teams Spending	2,060,328	2,103,817	43,489
Mission, Special Gifts & Offerings Spending	108,654	71,432	(37,222)
<b>Total Expense:</b>	<b>2,168,982</b>	<b>2,175,249</b>	<b>6,267</b>
<b>Expense in Excess of Contributions:</b>	<b>\$ (166,650)</b>	<b>\$ (351,441)</b>	<b>\$ 184,791</b>



# foundation

## Finding Friends and Connecting



By Dara Youngdale

In June, LOPC Foundation Trustees sent a letter to members of the congregation, sharing a bit of the 31-year history of the Foundation. We noted how faith-based gifts in all amounts are being combined with others to grow into a permanent, reliable source of significant funding for LOPC's

ministries. The Foundation's financial support helps LOPC sustain "the message of Christ and his power to transform lives and lift others up."

In response, we have heard from many Friends of the Foundation, both known and new to us, and are forging even stronger connections within our community. Many of our cherished Friends have affirmed their commitment to the Foundation — thank you! Your support and faith in the future of LOPC is so meaningful.

We have also heard from Friends we weren't aware of and have enjoyed getting to know them and their stories about LOPC. One Friend shared that LOPC has been an important part of her life for decades and is especially grateful for the way that LOPC supported her children while they were growing up and during their teen years. Another Friend, one of the founding members of LOPC (she is now 101), shared stories about worshiping off-campus, then in Fellowship Hall, and finally in the Sanctuary. There were many potlucks and lots of animated committee meetings along the way, necessary to get the sanctuary designed and constructed. Her favorite thing about the sanctuary is the stained-glass windows.

What is most meaningful to you about LOPC? If you haven't already, would you consider becoming a Friend of the Foundation? We would love to be able to connect with you and hear your stories about what the church means to you.

**If you would like to learn more about legacy giving and how the Foundation supports LOPC, please reach out to a Foundation Trustee or visit [lopc.org/foundation](http://lopc.org/foundation).**

## REET *Racial Equity and Engagement Team*

### **Black Reparations Forum with Author Joel Goza**

October 5 at 10:00 a.m.

Allen Temple Baptist Family Life Center  
8501 International Blvd. in Oakland

Join LOPC's Racial Equity and Engagement Team for a black reparations forum featuring a book discussion and panel conversation with Joel Goza, author of *Rebirth of a Nation – Reparations and Remaking America*. Hear updates on the status of California and Alameda County reparations efforts.

**RSVP at [lopc.org/registrations](http://lopc.org/registrations).**



# thursday Fellowship

*caring • sharing • loving*

## A program for Senior Care Ministries

**Every Thursday**  
**11:00 a.m.–1:30 p.m.**  
**Fellowship Hall**

*By Julie Peterson, Coordinator*

Volunteers gathered for fellowship, food, and fun at the kick-off luncheon on September 12. We were thrilled to be together at last and felt a renewed excitement and dedication to our program as we embark on our 46th program year.

Two of our favorite entertainers helped us to kick off the year in September. Michael Kistner, singer and guitarist, and longtime friend of Thursday Fellowship, performed our favorites as we sang along. Michael knows us by name, knows our favorite songs, and creates such a welcoming atmosphere for us all. Syria T Berry, popular Bay Area entertainer, guitarist, and versatile vocalist, is also a Thursday Fellowship favorite. He is a music worship leader at his church and his blend of spiritual and rock and roll songs always make for a delightful afternoon.

We started off our morning activities with crafts and gentle stretching which gave us a chance to visit and catch up. We also celebrated birthdays and were especially excited to celebrate Helen Dygert's 100th birthday. Helen is a Lafayette resident, retired special education teacher at Acalanes H.S., and a long-time member of LOPC. She has been an active participant of Thursday Fellowship for several years, and her sense of humor and positive outlook make her a wonderful addition to our community. We had a fantastic beginning and are off to a great start for a fabulous year.



**In October, we have a month chock full of activities, and a wide variety of entertainment and festivities.**

- **October 3:** Magician Kenny Spade will surprise and amaze us with his magic!
- **October 10:** A trip down Memory Lane with our guests and volunteers.
- **October 17:** Michael Kistner entertains us on guitar as we enjoy our favorite sing along music.
- **October 24:** Oktoberfest celebration with accordion player Dan Cooper who will entertain us with a variety of tunes.
- **October 31:** Halloween Festivities! Don't miss the fun!!

Mark your calendars and join our community for some fun, fellowship, and friendship as we share activities, a meal and enjoy a fabulous afternoon. Come and be a part of our welcoming community!

Our typical daily schedule is as follows:

- 11:00 a.m. "Meet and Greet" with snacks and beverages.
- 11:15 a.m. Creative arts and crafts, activity, or light exercise program.
- 12:00 p.m. Lunch: Bring a sandwich, and we will provide salad, beverages, and dessert.
- 12:45 p.m. Entertainment.
- 1:30 p.m. Program ends.

We are so excited about the coming year. We warmly welcome guests, volunteers, and visitors.

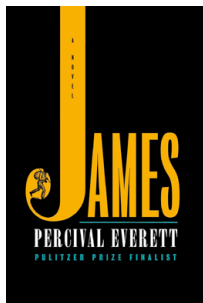
We meet every Thursday from September through early June (except for holidays) in Fellowship Hall.

**Questions? Contact Julie Peterson at [julie@lopc.org](mailto:julie@lopc.org) for more information.**





## community

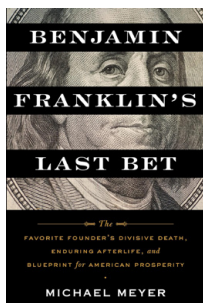


### Fourth Monday Book Group

October 28 at 2:00 p.m. on Zoom

The group will discuss *James* by Perceval Everett.

For the month's book and to join the group, email Jean Fiske at [jdfiske@gmail.com](mailto:jdfiske@gmail.com).



### Fourth Friday Book Group

October 25 at 4:00 p.m. on Zoom

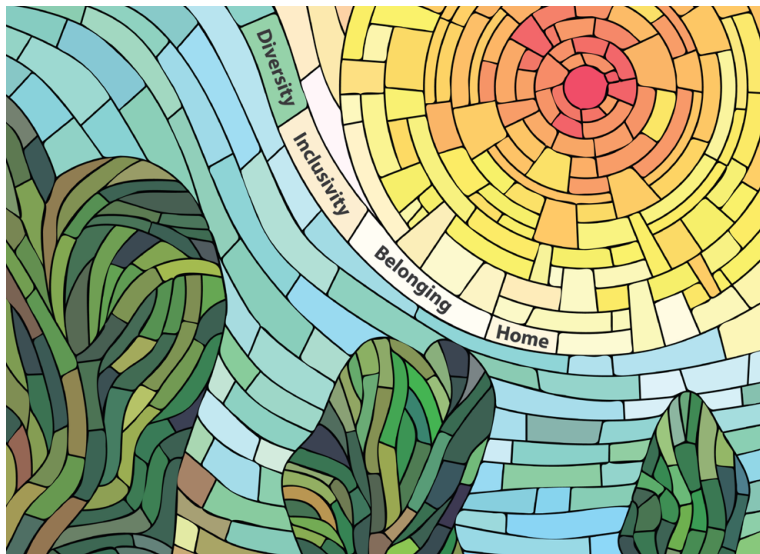
The group will discuss *Benjamin Franklin's Last Bet* by Michael Meyer.

All are invited. Email Catherine Coleman for the Zoom link at [awaitingword@gmail.com](mailto:awaitingword@gmail.com).



**We are excited to  
connect with you!**

Get in touch here and let us know how you might like to get involved!



### New Member Class

November 3, 11:15 a.m. – 12:45 p.m. in the Oak Room

Are you ready to make LOPC your church home? We would love to invite you to consider joining the church as an active member. Attend this 90-minute class to learn about LOPC's vision, meet Pastor Chris Baldwin, and learn how to get more deeply connected to the community.

Email Michelle Browning at [michelle@lopc.org](mailto:michelle@lopc.org) for more information. Register at [lopc.org/registrations](http://lopc.org/registrations).

## worship



### Worship Service Questionnaire

Worship attendance at LOPC is growing! As a result, LOPC's leadership is considering adding a second worship service. Please scan the code or go to [lopc.org/worship](http://lopc.org/worship) to complete our worship questionnaire to help us thoughtfully plan.

Responses will be received through October 15.

### Attention, Quilters!

Once again, our sanctuary will be adorned with the traditional November quilt display! This is a time to show off your own skills, or perhaps those of a beloved relative or friend. The display goes up for the entire month of November, so start considering what you might want to contribute. We hope you will! We take great care of your quilts, and you will get them back at the end of November. A letter will soon follow with details for those who have loaned their treasure in the past.

If you are new to this, and need that more detailed letter, or you have any questions, please email Ann Loar at [annloar@icloud.com](mailto:annloar@icloud.com).



## care

### Workshops for those with new Diagnosis of MCI

**Tuesdays in October from 10:00 – 11:30 a.m.**

This three-week class is for those with a new diagnosis of Mild Cognitive Impairment (MCI) or early dementia. The class is open to the individual with the diagnosis and their primary care partner. This is not a general education class.

Participants will have a short interview with our presenter to see if the class is appropriate for them at this time. Classes will be held in person at Lafayette Orinda Presbyterian Church. Space is limited, and there are no fees. This is a community service of the Senior Ministry of LOPC.

**October 15:** “What is Dementia & Brain Health Ideas.” In this class, we will discuss what the different dementias are and how lifestyle changes can help improve functioning and quality of life.

**October 22:** “The Emotional & Spiritual Journey.” In this class, we will talk about how the diagnosis is affecting the individual and the care partner. We will also look at how the spiritual journey (using mindfulness & prayer) can assist with keeping a focus on hope, joy, and peace.

**October 29:** “What Type of Road Map is Needed for This Journey?” Early planning reduces stress. We will cover legal issues, housing, financial concerns, and local support systems.

Each class will consist of equal time for questions and support. Committing to all three classes is highly recommended. Linda Fodrini-Johnson, MFT, CMC will be the instructor. Linda has over 40 years’ experience working with individuals and their families when dementia is an issue. The goal is to reduce anxiety and replace it with the peace that knowledge can bring.

**Contact Linda Fodrini-Johnson to schedule a phone call at [lindafj620@outlook.com](mailto:lindafj620@outlook.com).**

### MCI – Mild Cognitive Impairment Support Group

**Mondays, October 14 – November 4  
10:30 a.m. – 11:30 a.m.**

This is an in-person support group for those with a diagnosis of MCI. To ensure appropriateness for this group, an interview is necessary.

**Please contact Linda Fodrini-Johnson at [LindaFJ620@outlook.com](mailto:LindaFJ620@outlook.com) to schedule a phone or in person interview. The group will be led by Pastor Jane MacKenzie.**

### Dementia Caregivers Support Group

**October 2 and 16**

Join this one-hour support group for those caring for someone with dementia. The group meets on the first and third Wednesdays of the month at 10:30 a.m. on Zoom.

**To register, please contact Linda Fodrini-Johnson at [lindafj620@outlook.com](mailto:lindafj620@outlook.com).**

## spiritual formation

### Praying the Psalms:

#### How do we pray in times such as these?

**Wednesdays, October 23 – November 13  
7:00 p.m. – 8:15 p.m. in the Chapel**

Wanting to go more in depth with your own prayer life? Join Pastor Jane MacKenzie to explore the prayers in the book of Psalms which speak to the vast expanse of human experience and emotion — from lament and rage to joy and praise. With the current turmoil and chaos in our world, the psalms give us words to pray. They teach us how to tell our story, cry out in pain, and show us ways to move towards praise and gratitude for God’s faithfulness, the community around us, and the beauty of the created world.

**Register at [lopc.org/registrations](http://lopc.org/registrations).**

### Alpha Series Workshop

**Select Sundays through November 24**

What is Alpha? Alpha is a series of conversations about things we all question in life: Why do bad things happen to good people? What’s the purpose of life? What’s next? If you’re looking for a judgment-free space to ask hard questions and share your own opinion, there’s a place for you. Following the worship service, the group watches the videos together and then has breakout conversations about faith. The hope is for people to begin making themselves aware of God in the world and their everyday lives.

#### Video Series:

**9/29** “Why Did Jesus Die?”

**10/13** “How Can I Have Faith?”

**10/27** “Why and How Do I Pray?”

**11/10** “Why and How Should I Read the Bible?”

**11/24** “How Does God Guide Us?”

**This is a multi-week series, however, please join anytime your schedule allows. Register at [lopc.org/registrations](http://lopc.org/registrations).**





**LAFAYETTE-ORINDA  
PRESBYTERIAN CHURCH**

49 Knox Drive  
Lafayette, CA 94549



info@lopc.org  
925-283-8722

IMPORTANT

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BEFORE 10/1/24

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# *A Musical Remembrance for All Souls*

Sunday, November 3  
4:00 p.m. in the Sanctuary

Featuring Durufle's Requiem performed by  
LOPC's Chamber Singers and Orchestra

Join us for a time to remember all those we have loved who have died, whether recently, or long ago. We will speak their names, listen to the music of Durufle's Requiem, and light candles in their memory. As we gather together, we will lean into God's promise of life beyond our lives here on earth and seek the comfort of the Spirit.

