

# Good News



Community Presbyterian Church

July 2008

## **From the Pastor**

I was reminded recently of God's ability to make all things new. I opened a broadcast (spam) email from a rabbi. Michael Lerner wrote, "To believe in God, on the other hand, is to believe that there is something, a force, a being, ... which makes possible at all times the transformation from 'That Which Is' to 'That Which Ought to Be.'" At the same time I was particularly concerned about "that which ought to be."

It seems that each summer I repeat a series of steps that—so far—hasn't lead very far. Here's what I've noticed:

1. Vacation and renewal. With time away and a visit or two to other churches, I get some perspective on our church and our ministry, pick up a few new ideas, and receive some energy to do some things differently and to cherish some things that are really important.
2. Return from vacation. There always seems to be a lot to catch up on which then tends to drain some of the energy and to draw me back into old routines and habits. And it is still summer; other people are away on vacation and it's often so hot nobody has much energy for anything.
3. Remember. I remember those feelings and ideas I had when I returned from vacation and wonder how we might be able to do more with them.
4. Refocus. Maybe the renewal I experienced on vacation is available, in a milder form, each week as we take a Sabbath away from the daily concerns and focus on God. So I make an effort to revive Sabbath observance; a newsletter article, a sermon or two, a Sunday school class, or some sort of Sabbath practice (e.g. breakfast at church before worship).
5. Regress. When fall comes I'm happy just to have made it through the summer. The new energy which comes with the cooler temperatures becomes focused on something other than the weekly renewal that comes with Sunday worship and Sabbath observance. Looking back, I think that I've run through these five steps, in one form or the other, for the last seven years or so.

But this year I can see what's happening. And now, as I recognize that I'm about to begin step 4, maybe I can do something different this year. Maybe it is a question of timing. While summer is a good time to take a vacation and to renew, it may not be the best time to refocus.

I remember a newsletter article I wrote at the beginning of this year about the difficulty keeping New Year's resolutions. I decided to wait to begin my resolutions until spring came with its natural renewal of energy. I followed my own suggestion and began my new habit during lent, re-evaluated it and renewed my commitment at Easter, and am still following my resolution as we enter the second half of the calendar year. Not bad.

So I think I'll hold off on step 4, let summer be summer, and seriously commit to renewing the weekly renewal that comes with worship and Sabbath observance when the cool weather returns in the fall.

God is able to make all things new. But God works in God's time. And the seasons, even summer in Gustine, are God's time.

Have a wonderful summer!

*Pastor Mark*

## The Garden of the Soul



There is a Garden of the Soul,  
Where God plants loving seeds  
That faith and grace will nourish  
Into blooms of loving deeds.

Within this Garden of the Soul  
Fruits of the Spirit grow;  
And they produce new seeds of love  
Which you and I can sow.

—Peggy Ferrell,  
*Prayers and Poems*

### Birthdays

- 2 Sharon Acord
- 3 Rhonda Ray
- 4 Betsy Silvester
- 4 Robynn R. Bento
- 13 Magali Hollingsworth
- 14 Robert Wrobbel
- 20 Maya Hollingsworth
- 21 David Galatro
- 24 Warren Axe
- 25 Evan Costa
- 27 Ed Lupton
- 27 Candee Bento
- 29 Sarah Steckling Friesen

### Anniversaries

- 14 Ed and JoAnne Lupton



*“Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed.” 1 Peter 1:13*

This weekend Mark & I had the pleasure of hosting friends I met 38 years ago; truly in another time and another place (NYC!) Kathy and Ken are a delightful couple who have remained much the same over the years. Newly retired, they came to Gustine in the third month of an eight month driving tour of the US & Canada.

Among their joys so far were some sorrows as well. Just last week they found Kathy’s uncle to be far more incapacitated by dementia than they expected. Their compassion and expertise also allowed them to advocate for him regarding needs he cannot express for himself.

Late at night we had a conversation together regarding our generation’s experience of fears and coping strategies having experienced dementia in our own families. So, when I checked my current e-mails I was delighted to find the information below from the Presbyterian Church USA’s National Health Ministries newsletter, at [patricia.gleich@pcusa.org].

Be mindful of choices you can make. Eat & think well!!!

Blessings--*Nancy*

**Foods that are good for our brains!**

Although we normally think of saturated and trans fats being bad for our hearts, they affect our entire cardiovascular system, thus clog the arteries that lead to our brains, as well, increasing risk for stroke.

However, the good news is that omega-3 fatty acids -- the good fats found in fish, olive oil and nuts-- are helpful because they help keep our arteries clear. They also alter your neurotransmitters and reduce depression.

Remember that while the following list of foods has a positive effect, the foods are not calorie free, so, stay within the recommended daily portions.

Food	Benefit	Recommended Amount
Nuts	Nuts contain monosaturated fats to keep your arteries clear, as well as levels of precursors of serotonin to boost mood.	1 ounce of nuts a day is just right. (More is fine, but be careful of calorie overload.) An ounce is about 12 walnuts or 24 almonds.
Fish	Fish contain artery-clearing omega-3 fatty acids.	Aim for 13.5 ounces of fish a week or 3 servings, each about the size of your fist.
Soybeans	Soybeans contain heart- and artery-healthy protein, fiber and fats.	1 cup of soybeans a day.
Tomato Products	Tomatoes contain folate, lycopene, and other nutrients to keep arteries young.	8 ounces a day of juice or 2 tablespoons of spaghetti sauce a day.
Olive oil, nut oils, fish oils, flaxseed, avacados	All of these foods contain heart-healthy monosaturated fats.	25% of daily calories should be healthy fats.
Real Chocolate (at least 70%)	Real chocolate increases dopamine release and provides flavonoids, which keep arteries young.	1 ounce a day (Go for the Equal Exchange Chocolate—the darker, the higher cocoa content!)

# COMMUNITY PRESBYTERIAN CHURCH

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**PAID**  
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Sunday School, 9:00 AM — Worship, 10:30 AM

Pastor — Mark Hollingsworth

Treasurer — Patricia Brown; Choir Director — Jim Conrad

Secretary — Med Hoover; Parish Nurse — Nancy Hollingsworth

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*“A friend loves*  
AT ALL TIMES.”

PROVERBS 17:17. NRSV