



ALONG THE WAY

The Newsletter of Sunnyvale Presbyterian Church • February 2012

Fasting and Feasting in Lent

By Stephanie Lutz Allen

“Where has the time gone?!” is a common lament felt by parents at their child’s college graduation, employees at their retirement, and by anyone over the ripe old age of something. Marking time is part of life, and is a significant part of our faith. As those who live the hope of the gospel, Christians are meant to mark time in proactive and not reactive ways. The seasons of the church year guide us as we seek to be an intentional people.

Lent lasts for 40 days, running from Ash Wednesday to Easter Sunday. Meant to be a time of penance, Christians are encouraged to give up vices and add spiritual practices—like fasting, prayer, or service




to the poor. Mt. Calvary Monastery articulates this as “Fasting and Feasting.” A sample from their Ash Wednesday liturgy:

- Fast from judging others; Feast on the Christ dwelling in them
- Fast from thoughts of illness; Feast on the healing power of God
- Fast from discontent; Feast on gratitude
- Fast from self-concern; Feast on compassion for others
- Fast from acts that tear down; Feast on acts which build up
- Fast from idle gossip;

Feast on purposeful silence

- Fast from problems which overwhelm; Feast on prayer that undergirds.

I didn’t grow up observing Lent; my first exposure came when living in Minnesota as a young adult. My friends gave up chocolate or coffee. As a Californian living in the last throes of severe winter, I eschewed the fasting approach and went for feasting—via increased time in prayer and reading. Last year, I chose to not turn on my computer in the morning until this was done. Ouch. My favorite Lent reading: *From Fear to Love: Lenten Reflections on the Parable of the Prodigal Son* by **Henri Nouwen**. Enjoy. Be intentional! 

The View From Here

by Rev. Steve Harrington

Friends,

“You only get one chance to make a first impression.” Maybe you heard that from your parents or a teacher or some other life-mentor. Maybe when you heard it, it was frustrating because the person was really trying to tell you to change what you were doing (or wearing). But now that we are older we perhaps see the wisdom of the saying — maybe we even repeat it to our own children: “You only get one chance to make a first impression.” It’s true of course, which is why hospitality is such an important part of our ministry. It begins with our “curb appeal,” and in the last several years we have done much to make the church more warm and hospitable to those who visit. We have set aside special visitor parking spots, put new signs out front, and installed LCD screens to display our ministry to those on campus.

We have an information kiosk with information about the church’s ministries and have set up a welcome canopy staffed by cheerful greeters in Trinity Court.

To make a good first impression we need to reach out to those we don’t know and welcome them to the church.

But what about each of us individually? To make a good first impression we need to reach out to those we don’t know and welcome them to the church. And if you end up greeting someone who has already been around the church for several years, well, you’ve made a new friend! But if you greet someone who is new, then their first impression will be that ours is a church of hospitality.

Hospitality has to do with the way we print our bulletin and strive to ensure that nothing is there that you would have to be an insider

to understand. It has to do with how our ushers warmly greet and welcome those as they enter the sanctuary. It has to do with the smiles on our faces and our willingness

to go out of our way to greet people we don’t know.

In the end we decide what first impression we want to present to others. Join me in these upcoming weeks of Lent in working all the more intentionally to ensure that the first impression people will get of us will be that of a hospitable church! 🌱

Grace and peace,

Steve Harrington

February Calendar

A quick look at what's happening at Sunnyvale Presbyterian Church this month...

February

- 1 FLASH & CLUE,
7–8:30 PM Room
752 & Gym
- 5 Monthly Food
Collection Focus:
“Souper” Bowl
Sunday
New Member Class
meeting #1
Senior High Super Bowl Party, 3 PM, Room 752
- 6 Youth Small Groups
- 8 FLASH & CLUE, 7–8:30 PM Room 752 & Gym
- 9 PELC Open House, 7–8:30 PM
- 12 Moment with Children in worship services
Rainbow Choir (K-2nd) and LOGOS hand chimes
lead in worship
FLASH AM, 10 AM, Gym
New Member Class meeting #2
CARAVAN Unveiling, 6:15 PM, Fellowship Hall
- 13 Youth Small Groups
- 15 FLASH & CLUE, 7-8:30 PM Room 752 & Gym
- 19 FLASH AM, 10 AM, Gym
- 22 Ash Wednesday Service at 7:30 PM
Winter Break – No LOGOS
- 24-26 Women's Retreat
- 26 FLASH AM, 10 AM, Gym
- 29 FLASH & CLUE, 7-8:30 PM, Room 752 & Gym



March

- 18 Annual Meeting after the 10 AM service
- 23-24 Conference at SVPC: Breaking the Barriers to a Just
Peace in Israel

Newsletter

Deadlines

The newsletter deadline is Monday, February 13 for the March edition. Articles may be up to 120 words in length. Send your article to newsletter@svpc.us.

Go green!

Go Green! Consider joining the 300+ individuals and families that now receive their newsletter electronically. The online edition arrives sooner, contains the same articles plus vivid full-color photos and inline links, and can be easily shared with family and friends, all while helping reduce our carbon footprint! *Opt-in* by sending an e-mail to newsletter@svpc.us with your request. 🌱

Rooted in Christ...

Sunnyvale Presbyterian offers everyone an opportunity to connect with the church community.

Children's Ministry Teaching Spots Still Available



If you haven't had a chance to sign up, now is your opportunity. Or, if you've already taught and can't wait to teach again, the following choice spots are available for *morning* Church School:

- April: Exploratorium and Loaves and Fishes
- May: BLAST.com

For *evening* Church School (iBlast), the months of April and May are open.

If you can help, please contact **Carol Heath** at carol@svpc.us, **Colleen D'Amour** at colleen@svpc.us, or **Aimee Reyes** at aimee@svpc.us. As always, teachers will be provided with user-friendly curriculum, all supplies needed for the lesson, and a supportive Children's Ministry staff to answer any and all questions.

Caravan 2012 Unveiling

February 12, 6:30 PM, Fellowship Hall

CARAVAN is a week-long service and learning trip where students put their faith into action as they serve God by serving others. This unveiling meeting is for students and parents to learn where we are going, what we will be doing, how to register and other important details for CARAVAN 2012. All incoming 9th grade through graduating 12th grade students are welcome to participate in this trip. This year we are honored to have the co-founder of the organization we will be working with attending our unveiling. What organization you ask? You will have to come to find out! The dates for CARAVAN 2012 are June 24 - July 1.

PELC Open House

February 9, 7 – 8:30 PM

You are invited to join PELC for our annual Open House. All our classrooms will be open, children's art will be displayed, and there will be activities for everyone. Fellowship Hall will be filled with goodies made by our children as well as slideshows, photo books, registration information and opportunities to visit with our PELC family. Join us as we celebrate our current school year and anticipate PELC's 51st school year! We look forward to a wonderful celebration of our school with our current families and friends as well as those interested in joining our excellent programs!





Can you share your palms for Palm Sunday?

We are looking for palm branches for our Palm Sunday service on April 1. Do you have a regular Palm or a Bismark Palm tree in your yard? Would you be willing to share branches from your trees? We can have someone from the church come to your home to trim and pick them up. Please contact **Carol Heath** at carol@svpc.us or 408-739-1892 if you can help by providing palm branches for the triumphal entry on Palm Sunday. 🌿

Adult Learning

Refreshments are provided at both classes, and child care is available at 11:30 AM.

8:50 AM in Room 303

We'll be wrapping up the series on "The 7 Deadly Sins and Their Corresponding Virtues." During Lent, we will be studying the Thoughtful Christian's "Pausing on the Road to Jerusalem."

11:30 AM in Soulé Hall (Room 501)

In February we're excited to have **Tiffany Mikles**, Principal of [Dementia Care Coaching](#), as our guest speaker for a three-week series, "Love Made Practical: Your Brain Matters." Week 1 will focus on the difference between normal aging and dementia, Week 2 will discuss the importance of getting an accurate diagnosis for the different types of dementias, and Week 3 will cover ways to keep our brain healthy. 🌿



Adult Lunch

February 12 at 11:20 AM

Kathe Kuehl and **Julie McAfee** will play a flute duet for us. We meet in Fellowship Hall and the cost for lunch and music is only \$5. Join us and bring a friend!

Women's Retreat

St. Francis Retreat Center, February 24-26

The Women's Retreat is always a time of refreshment and a chance to pull away from the stresses of everyday life, connect and reconnect with other women of the church. This year we are blessed to have **Patti Pierce** as our guest speaker. Patti is the Founder and Executive Director of WellSpring (formally Women at the Well) which she established in 1994 out of her own experience of seeing God use silence and solitude to bring spiritual transformation in her life. Having a deep commitment to the Bible as God's true and relevant word, she has a strong desire to help others learn how to let that Truth meet the cries of their own hearts. Her own struggle with finding a relevant, practical process for building and sustaining an authentic relationship with Jesus led her to provide guidance for others. Patti has been involved in ministry most of her life — as a student at Wheaton College, as Teaching Leader for Bible Study Fellowship for twelve years, as Minister to Singles at Menlo Park Presbyterian Church for seven years, and as a speaker at various conferences and retreats.

Our Theme for this year is *Conversations with God*. Through Patti's guidance we will seek to learn and discover new ways that we can speak to God seeking to strengthen our faith and enrich our prayer life as well as worship.

The retreat will be held at the St. Francis Retreat Center in San Juan Bautista. Come and have conversations with God and with some wonderful women. Hang out and relax, hike, laugh or nap... there are many things that await you. We hope you'll join us.



Registration is available online or at the Women's Retreat table in the church courtyard after any service. To register online from the church website – www.svpc.us – look under Events and select Women's Retreat. To go paperless, click on Online Registration, complete the fields and then mail in your fee. Or print out the PDF Registration form that you will then need to complete and mail in with your check.

Cost:

- \$200 — full weekend which includes lodging, meals and program
- \$60 — Saturday Day Trippers which includes breakfast, lunch, and dinner and Saturday programs

Checks should be made out to Sunnyvale Presbyterian Church. Scholarships are available.

For more information contact **Ginna Traina** at ginna@svpc.us or 408-739-1892, or **Beth Stern** at bethina425@gmail.com or 650-965-2441.

For more information, visit www.svpc.us/womens_retreat

Photos by Wilna Derr



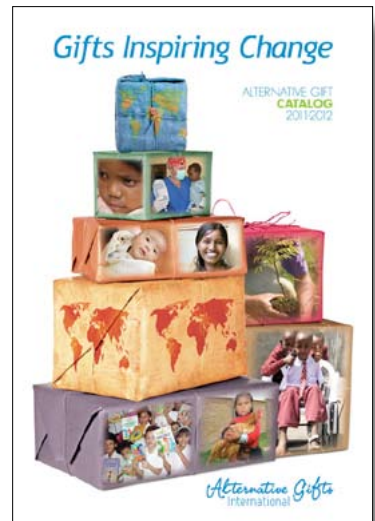
Reaching Out In Love.

Christ commands us to love one another as He loves us. Here's how.

Alternative Gift Giving Update

In the past nine years, Alternative Gift giving by SVPC members and friends has more than tripled — in spite of the state of the economy — from nearly \$9000 to over \$29,000. Here are some of your alternative gifts:

- 35 hens and 7 pigs will be moving into new homes in Bolivia and Vietnam.
- 18 orphaned children will have a chance at a brighter future through education in China, Myanmar, and Kenya.
- Your generosity will feed 14 children in Haiti for a month and 52 families in the USA for a week.
- 190 Books for JOY will be shipped to Nicaragua.
- 22 adults in Haiti will learn to read for the first time.
- 24 loans have been funded, including 8 loans for farm tools in Vietnam and 16 loans for small businesses in Northern Uganda.
- Water tanks and pipes will help supply safe water to families in Kenya, the Philippines and Bolivia.
- Better health will be accomplished with 6 pairs of glasses, 10 wheelchairs, 7 pairs of shoes with braces, 9 eye surgeries, “Safe Motherhood” kits in Haiti, doses around the world of anti-malarial and anti-parasite medicines, 4 cases of high quality baby formula in China, and 17 bicycles to health care workers for visiting outlying families in Zambia.
- More than 45 solar cookers will help save trees from becoming fuel, and will sterilize water and cook food for families in Africa.
- Young women and girls in the USA, Nepal and India will benefit from work training and legal assistance.
- Thousands of trees will be planted and many people will be trained to care for them.



Knit For Kids

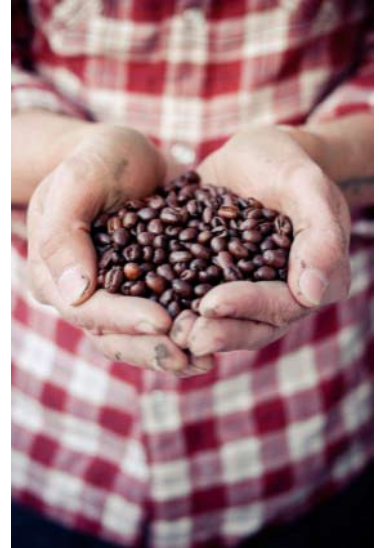
February 21, noon

Come join the knitting group to make sweaters for needy children. Meet at **Jan Mortensen's** home at 823 Helena Drive, Sunnyvale. Bring a sandwich and Jan will serve dessert. Please contact Jan at janmort@me.com or 408-733-1220 by February 19 to RSVP.



Fair Trade Coffee

The Peacemaking and Social Justice Committee members take orders for Fair Trade coffee, hot cocoa mix and baking cocoa at the WriteOn Advocacy Center the first Sunday of each month in the church courtyard. These products are sold at cost, as the committee's goal in offering the products is to acquaint the congregation with the benefits of Fair Trade rather than to raise funds.



Both coffee and chocolate come from the Equal Exchange Interfaith Store. The PC(USA) Hunger Project benefits from your purchase of Fair Trade Coffee. Equal Exchange donates 15 cents for every pound of coffee they sell to the Hunger Project. Farmers around the world also benefit from the better roads, better health and better lives that result from Fair Trade.

➡ Find more at interfaith.equalexchange.com.



Bethlehem Under Occupation

March 23-24 at Sunnyvale Presbyterian Church

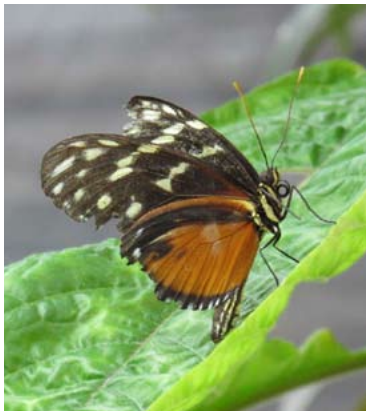
Bethlehem where Jesus was born and Jericho where Zaccheus climbed a tree to see Jesus are two cities under military occupation in Palestine. Today, if Joseph and Mary wanted to travel from Nazareth to Bethlehem, they would be stopped by a towering concrete barrier. People living in Jericho, near the banks of the Jordan River, are blocked from going to the river. “Breaking the Barriers to a Just Peace in Israel / Palestine” is a two-day conference sponsored by Sabeel, a Christian Palestinian movement for liberating all of the Holy Land, so that all — Christians, Jews, and Muslims — can live in peace. We invite all to come to the conference with an open mind and heart. If you would like to help, please contact **Susan Brooksbank** at sbrooksb@sbcglobal.net.

🖱 Find more at www.barriers-conference.org.



Photo: Mount Tabor in Israel





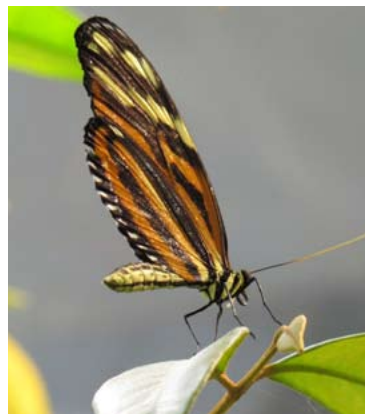
In Our Thoughts and Prayers...

Cora Grubb, whose husband, **Earl Grubb**, and **Nancy Aamodt**, whose husband, **Norm Aamodt**, died; **Pamela Christensen**, whose brother, **Michael Leavitt**, and **Helen Conklin**, whose brother, **Paul Wickstrom**, died; **Mackey Lunsford**, who is recovering after surgery; **Bill Grafft** and **Herb Ebbhardt**, who had surgery; and **Dick Chang**, **Chuck Devine**, **Sue Hayden**, **Gerry Ducey**, **Mary Jane Stoeckert**, **Glenn Martinson**, **Miriam Clark**, and **Don Yeager**, who continue medical care.



In Appreciation

Thanks for the many cards, notes, meals for **Howard**, and prayers over the past months of my recuperation and recovery. They have been much appreciated by Howard and me.
— **Anita Gaines** 🍀



New Members Class

February 5 & 12, 11:15 AM – 12:45 PM

Pastor Steve Harrington will be teaching a New Member's class in February. If you've been attending for any length of time, are feeling at home, and have been thinking you'd like to explore the step of connecting with Sunnyvale Presbyterian Church as a member, now's your opportunity. This class will meet from 11:15 AM to

12:30 PM in the Coleman Room (Room 702) for two consecutive weeks on February 5 and 12. To let us know you plan to attend, please contact **Dot Dansey** at 408-739-1892, or dot@svpc.us. Childcare is available for children ages six months to six years if reserved by January 27. Please contact Childcare Coordinator **Debbie Klein** at childcare@svpc.us or 408-730-0212. For those who choose to join, a third meeting will be scheduled in order to meet with the session of the church.



SUNNYVALE
PRESBYTERIAN CHURCH

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