

# Spire

SEPTEMBER  
2018  
Vol. 27  
No. 8

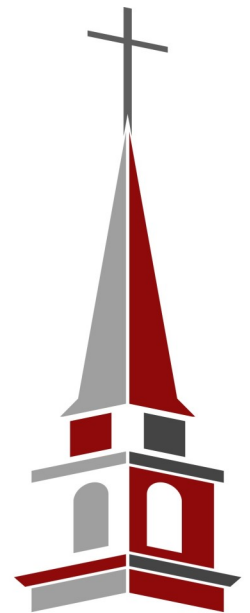
## Point Loma Community Presbyterian Church

Sunday Classic Worship  
8:30 and 10:45 am  
Sanctuary

Café Service  
9:45 am  
Chapel

Rev. Karla Shaw  
Senior Pastor

[www.pointlomachurch.org](http://www.pointlomachurch.org)  
2128 Chatsworth Blvd.  
San Diego, CA 92107



Follow us on facebook for weekly updates:  
[www.facebook.com/PointLomaChurch](https://www.facebook.com/PointLomaChurch)



### A Note from Pastor Karla

Another page of the calendar turns...and it is time to say hello!

This time of year, as many of us return to regular routines and consistent wake-up times, I am reminded of how important re-grouping is for our lives. As much as I love the lazy days of summer, I miss touch points of community and intentional spaces of learning that the rhythm of autumn provides for us. These touch points

remind us of God's continual call into a more intimate relationship with Him and with one another.

"Without vision the people perish," says the Scripture. As Christians, particularly in our day and age when our choice to be a Christ-follower is against the norm, most of us might intuitively know why we exist, what our purpose is on this earth, and the call on our lives to spread the good news of God's Kingdom to everyone we meet through word and action. But it is also important that we, as a church community, narrow our focus so we can accomplish what God wants to do through us in this particular time and space.

For the past eight years that I have ministered among you, we have held loosely our vision, mission, and values. That is why over the past year, the staff and Session have been praying, discerning, and doing the hard work of bringing our purpose (for now) back into focus. In the early part of fall, we will be unpacking all the work they have done through a new sermon series I have entitled,

*(Continued on page 2)*

### INSIDE THIS ISSUE

Church News .....	2
Adult Ministry .....	3
Senior Adult Ministry .....	3
Session Highlights .....	4
Music Ministry .....	5
Youth Group Changes .....	6
Youth Ministry .....	7
Red Brick Preschool .....	7
BRICK Youth .....	8
Serve .....	8
Celebrating Scouting .....	9
Living It Out .....	10
Session & Staff .....	11
Centering Prayer .....	12
Family Camp .....	12

### LOOKING AHEAD

Sept. 4	First Day of Preschool
Sept. 9	Fall Fest Carnival
Sept. 10	Fall Youth Programs Begin
Sept. 16	Centering Prayer Intro Session
Sept. 16	Serve at Ladle Fellowship
Sept. 23	Discover Our Community
Sept. 27	Prayers & Pints
Sept. 30	Discover Our Community
Sept. 30	Grossmont Symphony Performance
Oct. 8	ROOTED Bible Study begins
Oct. 12-14	Family Camp

## COME ONE COME ALL

Please join us for our

### FALL FEST CARNIVAL

as we kick off a new season at Point Loma Community  
Presbyterian Church

Sunday, September 9, 2018

Worship at 9:00 am  
in the Sanctuary and Chapel

Carnival from 10 am-Noon

FREE Food  
FREE Fun For All Ages  
FREE Fellowship  
LIVE Music

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*A Note from Pastor Karla (continued from page 1)*

**We Are PLCPC.** I would encourage you, as much as you are able, to not miss these weeks in worship and, to take it a step further, engage in one of our small groups so we can all as individuals begin to embody this new identity.

When we aren't gathered for worship or in small groups, I encourage you to memorize the statements about who we are and ask God to speak with you in your personal time with Him about how He wants to work these things out in your life. I have provided questions for your consideration as a way of reflection. If each of us embodied this new identity, our lives will meld together in a way that God's love will ripple through the community! Our mission may look familiar to you, by the way, as the staff and Session simply affirmed our former member expectations.

May God speak to us all as our identity comes into focus.

Pastor Karla

**Renovation Task Force (RTF)  
Information Gathering Phase**

Since its formation at the June Session meeting, the RTF has met nine times as they seek to ascertain the needs of our Church as addressed in our "Change and Regeneration" Mission Study.

The RTF has identified the many internal and external groups that use our church facilities. They are conducting interviews and asking groups to complete a questionnaire on how church spaces are utilized. They are acquiring information on the size of groups, frequency of use, time of use, and special needs (furniture, kitchen access, power requirements, furniture, etc.).

Additionally, the RTF has toured High Tech Elementary, Patrick Wade Child Development Center at Liberty Station, and La Jolla Presbyterian Church. There will be future tours of other church, educational, and private facilities.

The RTF will be making a presentation to the Session on September 26. Town Hall meetings with the congregation and community are tentatively scheduled in October and November to share their findings and gain additional input.

The RTF members include John Brand-Chair, Douglas Buser, Susan Cramer, Will Hage, Bob Holst and Melissa Mullins.

**Questions for your Consideration as we Move into a New Season**

**Our Vision: Loving Everyone to LIFE with Everything we Have**

1. What does it mean to love?
2. Are there certain types of people that are difficult for you? Who are they? How might God be calling you to minister to them with the gifts you have?

**Our Mission: Through authentic community, we seek to EXPERIENCE Jesus, JOURNEY into Deeper Faith, STRENGTHEN the Church, and TRANSFORM our World.**

1. How are you experiencing Jesus in your life?
2. What group or people are you sharing your life with that are helping you journey deeper in faith?
3. How committed are you to the community of Christ? Our church? How do you live that out?
4. Describe the tiny sphere of the world God has placed you. What is God asking you to do or be in that place or with those people?

**Values:**

1. **We are a good home.**  
What makes a home "good?" How can you make PLCPC a place of welcome?
2. **We are inter-generational.**  
When was the last time you intentionally engaged with someone from another generation? What did you learn? What did you give?
3. **We inspire engagement.**  
How well do you know your neighbors? Have you ever invited someone to journey with you in life/faith? Why not?



## ADULT MINISTRY

**Sunday Scripture Group**—9:45 am, Parlor. We are viewing and discussing Dr. Ken Bailey's video series on *Women of the Bible*.

Contact: Bob Simoneau, grs55@cox.net

**Continuing the Conversation**— The regular meeting is the 4th Monday at 7 pm in the Parlor. Our goal is a racism-free society through transformed hearts and minds.

Contact: Gordy Lutes, gklutes@gmail.com

**Rachel Circle**—3<sup>rd</sup> Mondays at 9:30 am in the Library.

We will next meet on Monday, September 17 at 9:30 am. Our speaker will be City Councilwoman Lori Zapf. Let's find out what is going on in our city. Come join us for coffee and bring a friend.

Contact: Marge Grant, (619) 296-2720.

**Tuesday Morning Women's Bible Study**—9 am, Parlor.

A study of John's letters, led by Pastor Karla, begins on **Sept. 11**. Women of all ages and stages are welcome!

Contact: Clara Blenis, (619) 223-5950.

**Men@Work**—Wednesday at 8:30 am, Library. We meet over coffee to discuss life, our families, our wishes, and pray a bit. We study the Bible and discuss the meaning. Then we spend time working on projects around the church. All abilities are welcome.

Contact: Don Griffith, don-pete@cox.net

**Wednesday Moms' Bible Study**—9:15-10:30 am, Parlor. A study of John's letters, led by Pastor Karla, begins on Sept. 12. Moms of kids elementary age and younger are invited. Free childcare.

Contact: Julia Roller, juliaroller@yahoo.com

**Wednesday Men's Bible Study**—5 pm in the Parlor. We will resume September 12.

Contact: Jerry Heidt, gheidt@ghhco.com

**Wednesday Refresh**—7-8:30 pm on 1<sup>st</sup> and 3<sup>rd</sup> Weds. Home of Jim Grisolia and Carla Stayboldt. 2868 Dove St. 92103. We're reviewing galley proofs of Marc Shaw's *Wanderer's Way*.

Contact: Jim Grisolia, jamesgrisolia@gmail.com



SENIOR  
ADULT  
MINISTRY  
PROGRAMS

Elaine Burrell, Director, MSW | [elaine@pointlomachurch.org](mailto:elaine@pointlomachurch.org) | 619-223-1633 x210

**RED BRICK SENIOR ADULT MINISTRY | FAMILY LIFE CENTER**



### WELCOME BACK LUNCH

**Tuesday, September 11 | Coffee @ 10:00am, Entertainment @ 11 am, Lunch @ Noon(\$6)**

Entertainment by REAR VIEW MIRROR. Chicken salad sandwich on a croissant, fruit, potato salad and dessert. RSVP to Elaine by 9/9.

### CURRENT EVENT DISCUSSION GROUP

**Tuesday, September 18 | 10:00am – 12:00pm**

Keep up to date with happenings in our world. We will share and discuss engaging ideas, local and global news and new things happening in our community. Bring a news article, magazine story or topic of general interest to discuss. Coffee & pastries will be served.



### STRENGTHENING YOUR BACK

**Wednesday, September 19 | Noon – 1:30 pm**

Learn what you can do to strengthen your back, the importance of proper posture, lifting techniques and exercises. Presented by Nancy Jungling, Physical Therapist, Sharp Rees-Stealy. Light refreshments provided. Bring a brown back lunch and your questions.



**Tuesday, September 25 | Coffee @ 10 am, lunch @ Noon | PIZZA & A SERVE PROJECT**

Enjoy fellowship as we write letters to military troops, inmates and orphaned children. Complimentary pizza lunch follows our SERVE project. All supplies provided.

**FOREVER FIT | Gentle Exercise Class in partnership with the YMCA**

**Every Wednesday at 9 am, Family Life Center. FREE!**

## CHURCH NEWS

### Session Meeting Highlights August 22, 2018

Finance Committee Chair Steve Smith announced that the 2019 stewardship campaign will get underway shortly. This year the focus will be less on pledging and more on giving from the heart. Details of the campaign will be forthcoming.

Mary Harker, Chair of the Congregational Nominating Committee, said that a full slate of candidates for elders and deacons has been identified and all have agreed to serve. They will stand for election at a special meeting of the congregation on September 23.

Business Manager Melissa Mullins said that the Renovation Task Force has spent the summer surveying the church property and collecting input regarding specific renovation wants and needs. Chairman John Brand will present a report at the September stated session meeting.

Steve Smith said that planning for the 2019 operating budget is underway and he is soliciting input from all constituent church groups for funding needs. One emphasis in budget planning this year will be to accommodate the church goals with specific budget provisions.

Beth Zedaker, Adult Ministry Chair, announced that the fall kickoff event will be on September 9 with simultaneous worship services at 9 am followed by an all-church carnival. Plans are underway for fun events for all ages.

Rev. Shaw said that recruiting will begin for a worship/music leader with the goal to have that position filled by the first of the year. She will "exchange pulpits" on August 26 with Rev. Dr. Paul Cunningham, who will preach at all PLCPC services, while she preaches at La Jolla Presbyterian Church.

The next stated session meeting will be on September 26, 2018.

Paul Diller  
Acting Clerk



### *Discover Our Community*

*September 23 & 30  
Noon in the Library*

Meet others who are exploring and growing in their faith at PLCPC. Learn what we believe and what makes this community unique. An opportunity to become a member will be available at the end of the second session. To sign up please visit [pointlomachurch.org/register](http://pointlomachurch.org/register).

### Senior Adult Ministry News

You will notice some vibrant new changes to the Senior Ministry programs this fall (see page 3 for the September events list).

As the needs of seniors change and the population of younger seniors grows, we will be trying new types of programs that we hope will be meaningful and fulfilling to mature adults of all ages. We welcome new ideas and feedback on what you would like to see offered through the Senior Adult Ministry, and look forward to your participation.

Contact Elaine Burrell at [elaine@pointlomachurch.org](mailto:elaine@pointlomachurch.org) or via telephone at 619-223-1633 x210 if you have any questions or suggestions.

### *Life Events*

#### **Deaths:**

- A memorial service for Virginia Wilson, mother of Bill Wilson, was held on Saturday, August 25, 2018 at 11:00 am at SonRise Christian Fellowship, in Fallbrook.
- A memorial service for Betty Allman was held on Saturday, September 1, 2018 in the Sanctuary. Rev. Shaw officiated.

## Music Ministry Opportunities



Fall is a great time to get involved in new ministries, grow deeper in your faith, serve the community and worship through music. New members are welcome! Please see below the list of musical groups and contact Alicia at [Alicia@pointlomachurch.org](mailto:Alicia@pointlomachurch.org) if you would like to join us.

### **New Covenant Choir - Adults 18 +**

Rehearsals: Thursdays 7:15-9:00 pm and Sundays 8:00 am  
First Rehearsal & social on Thursday, September 6 at 7:00 pm in the choir room

### **Worship Band**

Rehearsals: selected Sunday mornings at 7:50 am

### **Ringers ReJOYce!**

Rehearsals: Tuesday evenings 7:00-8:30 pm in the bell room  
First Rehearsal Tuesday, September 11  
Contact Ann at [Ann@pointlomachurch.org](mailto:Ann@pointlomachurch.org) for more information.

### **CHILDREN'S CHOIRS**

#### **Cherub Choir - 4-year olds - 1st grade**

Rehearsals: Thursdays 4:00-4:50 pm  
First Rehearsal on Thursday, September 13 at 4:00 pm in the choir room

#### **Joyful Praise Choir - grades 2-6**

Rehearsals: Thursdays 5:00-6:00 pm  
First Rehearsal on Thursday, September 13 at 5:00 pm in the choir room

#### **Brick Singers Youth Choir - grades 6-12**

Rehearsals: Sundays 11:45am -1:30 pm with snacks  
First Rehearsal on Sunday, September 16 at 11:45 am in the choir room

### **Why Should I join a Music Ministry?**

**Studies have shown that participation in musical groups can have the following psychological and physical benefits:**

- Feelings of social well-being
- Reduced stress levels and depression
- Building confidence
- Feelings of belonging to a collective
- Collaboration and support
- Reducing the variability of your heart rate (while singing/breathing together at the same tempo)
- Building connections in the brain for children
- Learning healthy vocal techniques and strengthening your voice
- Developing coordination
- Increased life expectancy (Harvard and Yale 2008 study)

## Spirituality Book Club

Have you ever wondered if you could do an online book club that includes four soul-shaping books to think about your own spirituality? The Renovaré Online Book Club may be just the place for you. Each online session includes bonus articles and podcasts provided by facilitators. Each is designed to help you grow as you read each new book. The 2018-19 session runs October 1 - May 31. The books we are reading this year are:

- Becoming Dallas Williams, by Gary Moon
- Glittering Vices, by Rebecca Konyndyk DeYoung
- The Cloud of Unknowing, by Anonymous
- Reconstructing the Gospel, by Jonathan Wilson-Hartgrove

The cost of membership is \$45 which includes study guides, podcasts, essays, online discussion and also an in-person discussion held on Sunday afternoons (at least one per month) at the Jennings House Cafe with Marty Smith helping to lead discussions. You just need to buy a drink (coffee, tea) to attend.

Sign up online if you are interested at [www.renovare.org/bookclub](http://www.renovare.org/bookclub) and contact Marty Smith to join the local in-person discussion group.

## Monday Nights at the Red Brick Church

We are excited to announce some changes to our youth group programming. Beginning September 10, the Junior High and High School youth groups will move to Monday nights. The youth group for 5<sup>th</sup> & 6<sup>th</sup> graders formerly known as Route 56, will be reintroduced as **Brick Journey**. Journey will include 4<sup>th</sup>–6<sup>th</sup> grades and will meet from 4-5:30 pm every Monday.



These intentional changes are meant to help families with multiple age children and youth plan their weeks more efficiently. By offering these programs on one night we hope that Monday at the Red Brick church becomes the place to be for learning, fun and fellowship.



*Brick Journey* has been extended to include 4<sup>th</sup> graders so that those 3<sup>rd</sup> grade children who finished the Bible memory course in the spring have a place to go to stay connected with their peers and engaged in the Word. On the same night this fall we will offer an adult series called *Rooted*, so that parents can also be spiritually nourished if they choose. *Rooted* will begin October 8. More information about *Rooted* will be in next month's *Spire*.

The full Monday schedule includes:

- Brick Journey (4<sup>th</sup>–6<sup>th</sup> grade) - 4:00 — 5:30 PM in the Youth Center
  - Jr. High (6<sup>th</sup>–8<sup>th</sup> grade) - 5:00—7:00 PM in the Youth Center
  - Sr. High (9<sup>th</sup>–12<sup>th</sup> grade) - 7:00 —9:00 PM in the Youth Center
- \*A pizza dinner will be offered at 5:00 PM for 4<sup>th</sup> —8<sup>th</sup> grades. \$3 per student donation.

**Attention 6th graders!**  
**See page 7 for Big News!**

Our youth and seniors shared a special time of teaching and learning during our **Teen Tech 4 Seniors** event. The teenage technology experts worked one-on-one with several seniors to assist them in learning how to use their various technology devices. It was a beautiful **intergenerational experience** for all who were involved.





Karen Connor, Director | karen@pointlomachurch.org | 619-223-1633 x215



### Sunday School at 8:30 & 9:45 am

Come and learn God's Word!

Age 4 -Kindergarten—Room 2

Grades 1-3—Room 8

Grades 4-6—Room 6

Childcare—ages 6 mo.- Age 3— Nursery  
(across from Parlor)

### Kid's Club on Thursdays

Participate in bible stories, crafts, and games.

Grade 2-6: 4-5:00 pm

Age 4– Grade 1: 5-5:45 pm



Resuming Sept. 13



### Brick Journey on Mondays

4<sup>th</sup>– 6<sup>th</sup> Grade

4:00-5:30 pm In the Youth Center

Dinner included (\$3 donation)

Friends are **always** welcome!

Fall 2018 Dates

September 10, 17, 24

October 1, 8, 15, 22 29

November 5, 12

**\*November 28 (Wednesday) Serve dinner at the  
OB Community Dinners 5:30-7:30 pm**

### Children and Youth Choirs

Resuming Sept. 13

**Cherub Choir**

Age 4—Grade 1

Thursdays 4:00-4:50 pm

**Joyful Praise Choir**

Grades 2-6

Thursdays 5:00-6:00 pm

**Brick Singers Youth Choir-Resuming Sept. 2** Grades 6-12

Sundays 11:45 am -1:30 pm in the choir room

Contact Alicia at alicia@pointlomachurch.org



### MOPS: Mothers of Preschoolers

www.meetup.com/playgroup-754

Contact: sarahbuttefield@gmail.com



**September 10:** MOPS Welcome Meeting,  
Find Your Fire, Chapel, 9:30 - 11:30 am

**September 15:** Mom's Night Out at Fig Tree Cafe, 7:30 pm

**September 17:** Playground playdate at Liberty Station,  
9:30-11:30 am

**September 24:** MOPS meeting. **Carol Sanborn: Minimalism in  
Motherhood: Reclaiming an organized Home** Chapel, 9:30 -  
11:30 am

**September 26:** Book Club, 7 - 9 pm, (location TBD)

### ATTENTION 6<sup>th</sup> GRADE STUDENTS!

For this year only, beginning on September 10, 6<sup>th</sup> graders are invited to attend **either Journey, Brick Youth Jr. High, or BOTH!!**

Please note: All 6<sup>th</sup> graders will be invited to transition to Brick Youth Jr. High starting in early February after Forest Home Children's Winter Camp weekend. Going forward, 6th grade will be part of Brick Youth Jr. High.



Nicole Hage, Director | preschool@pointlomachurch.org | 619-223-3327  
www.redbrickpreschool.org

This summer we had 5 weeks of successful summer camps. The children and families loved having the opportunity to have fun and get more social interaction. We are looking forward to another great school year starting September 4. We have 154 children that will be attending our preschool. We offer a half day and extended day program for 2-5 year olds. You may visit our website at www.redbrickpreschool.org if you would like any information on our Preschool or call Nicole at 619-223-3327 or email at preschool@pointlomachurch.org.

### High School Small Group

There is a small group opportunity open for HIGH SCHOOL STUDENTS ONLY on Thursday nights. They will meet at the Smith Family Casa from 7-9pm. We will have some snack food, play some games, and have a time of study and discussion. Please contact RO Smith at [ro@pointlomachurch.org](mailto:ro@pointlomachurch.org) for more information and directions.

#### BRICK MONDAYS

Junior High // Mondays 5-7pm  
High School // Mondays 7-9 pm  
**Resumes September 10**

#### BRICK THURSDAY

High School // 7-9pm  
Smith Family Casa

#### BRICK ON SUNDAYS

Junior High // Sundays, 9:45 am  
Start in Café service



WOW! Thank you for your generosity. All through the month of July we collected backpacks and bus passes for Presbyterian Urban Ministries (PUM). The resources that you donated will help PUM to provide much-needed items to those in need. You are making a difference! Special thanks to those who helped facilitate the collection: Jeanie Spies, Jane Bennett, Kathy Wright, Ruth Palma, and Larry Brenner. We collected: 156 backpacks plus supplies, \$965 to purchase backpacks and \$585 donated to purchase bus passes.



On Sunday, August 19 we celebrated 16 years of the Prayer Quilt Ministry. As part of the celebration we tied Prayer Squares for each of our Mission partners. Your prayers have made an impact on countless lives. Thank you for your continuing dedication to this absolutely vital ministry. Over the years, nearly 1,800 prayer quilts have been lovingly created and enthusiastically prayed over.

Thank you to our amazing volunteers who got their hands dirty... literally at Urban Farms. The group helped with weeding, mulching, clearing pathways and harvesting.



**Make plans now to SERVE with us at Ladle Fellowship on Sunday, September 16.  
Sign-up on the Plaza after Worship.**



## Immeasurable Service to Scouts

Point Loma Community Presbyterian Church and their Boy Scout Units, Troop 24 and Pack 24 would like to honor and thank Fran Styles for her endless support and encouragement. Fran Styles, a long-time PLCPC member, has been an important part of Boy Scout Troop 24 for numerous years. She has always helped the troop with her vast knowledge of scouting and she continues to contribute to the troop by regularly attending meetings and sitting on a parent committee board. Fran offers hiking advice and often brings in a nice library of hiking and outdoor magazines for the scouts to use for upcoming events. She always has a smile on her face and is willing to help out in any capacity needed.



Boy Scout Troop 24 is lucky to have Ms. Styles participating in our troop. Thank you Fran!

## Celebrating a Centennial of Scouting

Troop 24, that meets weekly here at Point Loma Community Presbyterian Church, is a Scout Troop celebrating its 100<sup>th</sup> year. They are young men from the ages of 10 to 18. Over the years, more than 100 young scouts from Troop 24 have achieved the rank of Eagle. The scouts do everything from service to their community to camping and backpacking. To join the troop or find out more information, please contact the Scoutmaster at mcdermot@gmail.com. Troop 24 meets Tuesdays at 7pm in the Family Life Center.



## Prepared. For Life.®

Pack 24 is a Cub Scout Pack that just started in 2018. It's a Family Pack, which means that there are single gender dens of boys and girls. Cub Scouts is for youth from Kindergarten to 5<sup>th</sup> grade. Pack 24 also completes service to their community while working on fun activities like building Pinewood Derby Cars. Pack 24 meets Tuesdays at 6pm in the Family Life Center. To join the pack or find out more information, please contact the Cubmaster at kyle.fortner@gmail.com

Contact Info for Scouts at PLCPC

Charter Org Representative: Steve Connor, PLCPC Member

PLCPC Staff Boy Scouts Liaison: RO Smith, Director Youth Ministries

PLCPC Staff Cub Scouts Liaison: Karen Connor, Director Children's Ministries

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## You are invited!

**WHAT:** Boy Scouts of America Troop 24 Centennial Celebration  
Buffet Luncheon celebrating more than 100 years of Scouting in Point Loma and more than 100 Eagle Scouts from Troop 24. Troop 24 is chartered by PLCPC.

**WHEN:** Sunday September 23, 2018 from noon to 3:00p.m.

**WHERE:** Bay View Restaurant at the Marine Corps Recruit Depot ( MCRD)

**COST:** Tickets \$50 supporting youth leadership and good citizenship

For more information or to purchase tickets,  
contact [Troop24Centennial@gmail.com](mailto:Troop24Centennial@gmail.com)

All are invited to this community celebration of youth, community leaders, families and duty to God and Country.



## LIVING IT OUT: Personalizing the Sermon



What do you do after hearing a sermon? You know you were challenged, stirred up in some way, or maybe even, bewildered; what then? Come join us as we discuss, unpack and try to apply the morning message – as God might intend for YOU – as we all consider our involvement at PLCPC and God’s Kingdom.

Dates: Sundays, Sept. 16, 23, 30 and Oct. 7

Times: 9:45-10:30 am and 11:00-11:30 am

Where: Family Life Center

Each time is a stand—alone experience.

No sign ups necessary, but show ups welcome!

## Prayers & Pints

Join the Men’s Ministry for an evening  
of food and fellowship  
Thursday, September 27, 6:00 - 8:00 pm  
at the Loma Club  
2960 Truxtun Rd, San Diego, CA 92106  
RSVP to [men@pointlomachurch.org](mailto:men@pointlomachurch.org)



## Congregational Meeting

September 23  
9:30 am

There will be a special  
Congregational Meeting on  
Sunday, September 23  
immediately following the  
8:30 am Worship service. The  
purpose of the meeting is to  
elect the new Church  
Officers.

## International Mission Trips



There is still time and space to sign up for either (or both!) of our upcoming international mission trips. These two opportunities provide a wonderful chance for you to live out part of PLCPC’s mission, specifically **JOURNEY into Deeper Faith and TRANSFORM our World**, while also enjoying some life-changing experiences.

For more information on the Holy Land trip, please contact Karen Connor at [karen@pointlomachurch.org](mailto:karen@pointlomachurch.org)  
For more information on the Haiti trip, please contact Mark Olcott at [olcott@cox.net](mailto:olcott@cox.net)

## SESSION & STAFF

### THE SESSION OF PLCPC \*Denotes Chair

Rev. Karla Shaw, Senior Pastor 619-223-1633 Ext: 202  
 Rev. Alex Wirth, Associate Pastor 619-223-1633 Ext: 205  
 John Spafford, Clerk 619-985-4983, clerk@pointlomachurch.org

Elder Class of 2018	Phone	E-Mail
Greg Cuddeback <i>Family Ministry*</i>	858-274-9213	greg.cuddeback@yahoo.com
Jerry Heidt <i>Facilities and Renovation*</i>	619-523-0866	gheidt@ghhco.com
Sam Laub <i>Mission Beyond*</i>	408-313-4233	selaub@aol.com
John Morrison <i>Youth Ministry*</i>	619-972-3925	mail4jdm@gmail.com
Steve Smith <i>Finance &amp; Budget*, Bylaws</i>	619-602-5950	ssmith@cwsledu
Barbett Wood* <i>Preschool*, Presbytery Commissioner</i>	619-226-1644	makoakani@gmail.com
Elder Class of 2019	Phone	E-mail
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Linda Daugherty <i>Worship &amp; Music *</i>	619-224-8955	frelin19@cox.net
Debbie Fountain <i>Personnel</i>	619-226-7719	debbiefountain2278@gmail.com
Mary Harker <i>Nominating*, Endowment</i>	619-222-0827	harkerme24@cox.net
Dwight Kellogg <i>Personnel, Audit*</i>	914-262-1618	dwightkellogg@mac.com
Catherine Rodriguez <i>Children's Ministry</i>	619-379-2459	cprrfr@att.net
Dave Simmons <i>Facilities &amp; Renovation</i>	619-749-6551 619-954-9526	davesimmons@cox.net
Elder Class of 2020	Phone	E-mail
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Rebecca Cress <i>Worship &amp; Music</i>	619-255-3220	cressteach@yahoo.com
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### Church Ministry Program and Support Staff 619-223-1633

#### OFFICE HOURS

Monday—Thursday 9 am to 5 pm

Friday— 9 am to 1 pm

**Rev. Karla Shaw, Senior Pastor**

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**Rev. Alex Wirth, Associate Pastor**

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**Rev. Dr. Chris Lenocker, Parish Associate**

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**Melissa Mullins, Business Administrator—Ext. 204**

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**Alicia McMillan, Interim Director of Worship—Ext. 208**

*Organist/Director of Children's Choirs*

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**Bryan Verhoye, Music Associate & Pianist**

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**Cynthia Hernandez, Child Care Coordinator/**

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**Evelyn Lambino, Financial Secretary—Ext. 206**

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**Joyce Pritchett, Communications Coordinator**

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**Church Office / Front Desk—Ext. 201**

*frontdesk@pointlomachurch.org*

Laundry is not something that most of us typically get excited about, but we are most definitely excited about the new washer and dryer that were recently installed on campus. An enthusiastic THANK YOU to the Deacons for recognizing and supporting these humble appliances. The ability to wash items on campus will be a huge blessing to so many ministries including the preschool, pancake breakfasts, memorial guild and senior ministry.



## Come Discover A Divine Rhythm

By Marc Shaw

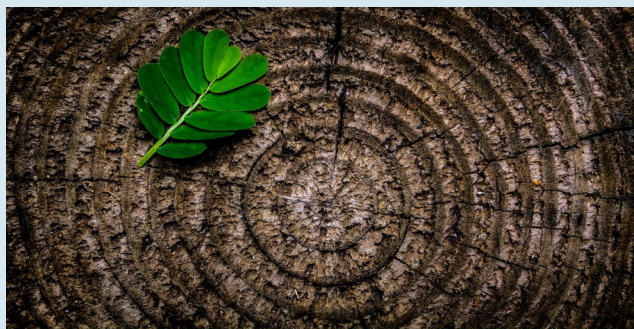
One of the struggles of modern life is that we are pulled in so many directions. Between work, family, and our many obligations it's a challenge to stay attuned to the presence of God in our lives. And even when we make the spiritual life a priority and actively engage in prayer we often still have hidden areas where healing is slow in coming.

Our upcoming Introduction to Centering Prayer is an opportunity to dive deeper into a different kind of prayer that opens us to a greater intimacy with God, by simply consenting to his action and presence within. This is a daily rhythm that helps us grow in awareness of God's presence. Centering Prayer is a simple but profound method that comes to us from the Christian mystical tradition offered as a means to experience the grace of contemplative prayer. One way to think of this is as taking the time to rest in the divine presence.

So often we develop an image of God that prevents us from experiencing the abundant love and healing on offer. Centering Prayer is an opportunity to rest in that loving embrace. Celebrated author and Trappist monk Thomas Merton described this kind of prayer as "the highest expression of man's intellectual and spiritual life."

If you've been sensing a nudge toward greater openness to God and would like to learn more about Centering Prayer come join us on **Sunday September 16 from noon- 2:00 pm** in the Parlor as we hear Centering Prayer Presenter Karen Downs provide an overview of the upcoming introductory workshop here at PLCPC. We'll see you there! Lunch will be provided. Register to let us know you will be there. <http://pointlomachurch.org/register/>

Follow up to the Centering Prayer Introduction is a workshop on September 22, from 9:00 am to 12:30 pm, that will go more into depth on the practice of Centering Prayer with opportunities to try Centering Prayer. Participants will have the opportunity to commit to the regular practice of Centering Prayer at PLCPC after this workshop. For more information contact [alex@pointlomachurch.org](mailto:alex@pointlomachurch.org).



## Centering Prayer

## Women's Retreat January 25-27, 2019

The new year may seem far off, but it will be here before we know it. The approaching new year, means it's time for our annual Women's Retreat.

Make plans now to join us **January 25-27, 2019** at the Pala Mesa Resort in Fallbrook, CA. It will be a life-changing weekend and a wonderful time to make some new friends. We invite women from other local churches as well as from PLCPC.

Our keynote speaker is Dr. Mindy Coates-Smith. The theme for this getaway weekend is *Living Authentically*.

Registration for the Women's Retreat will begin on September 9 at Fall Fest. The price will stay the same as last year! Cost is determined by the number of people sharing a room: Single room - \$415, Double room \$530 (\$265 each), Triple room \$630 (\$210 each) or Quad room \$740 (\$185 each). Check our website for more details.

We hope you can join us again this year. Please contact Marty if you have any questions or concerns at [martyesmith@gmail.com](mailto:martyesmith@gmail.com).

## FAMILY CAMP

### October 12-14, 2018 | Camp Marston | Julian, CA

We are hosting a Family Camp information session on **September 16 at 8:30 a.m.** Bring the whole family for a light breakfast and to learn more about what to expect at Family Camp. If you already know that you want to be part of the fun, register today at: [Pointlomachurch.org/family-camp/register](http://Pointlomachurch.org/family-camp/register)

Cost: \$135/person, Maximum \$540/family. Children age 4 and under are free. (To qualify for the family maximum, all family members must live at the same address.) Non-refundable deposit due at time of registration: \$50/person or \$100/family.

