

POINT LOMA COMMUNITY PRESBYTERIAN CHURCH
SEPTEMBER 2020
Senior Adult Ministry

2128 Chatsworth Blvd., San Diego, CA 92107
Elaine Burrell, MSW, Director of Senior Adult Ministry
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Greetings, Friends,

September is typically the month that the church launches new ministry programs, including Senior Adult Ministry. This month, I invite you to attend a very special photography exhibit featuring many of our senior adult friends, aged 80-98. The exhibit is outdoors with plenty of space to view each photo and read the biographies. See the flyer on the next page for all the details. I hope to see you there!



<i>September 1</i>	<i>Fran Styles</i>
<i>September 8</i>	<i>Tony Rivera</i>
<i>September 9</i>	<i>Helen Coukoulis</i>
<i>September 16</i>	<i>Mildred Clack</i>

*To all of our September Birthday Friends,
We love you and may God Bless You on your birthday and always!*

PLCPC is Worshipping Online

Worship services are live streamed at 9:30 & 11:00 Sunday mornings, and sermons are viewable anytime afterwards on the PLCPC website. Join us for an uplifting time together with worship, music, prayer, scripture reading, and an inspirational teaching by Pastor Karla Shaw. You can even join in on the "live chat" during worship to connect with your church friends and family!

To View on Sunday Mornings: Go to www.pointlomachurch.org
 Click on the picture of the double-doors

To View at a time other than Sunday Mornings:
 Go to www.pointlomachurch.org
 Click on the graphic "Prayer: Communing with God"
 Click on the graphic with the date of the sermon you would like to view

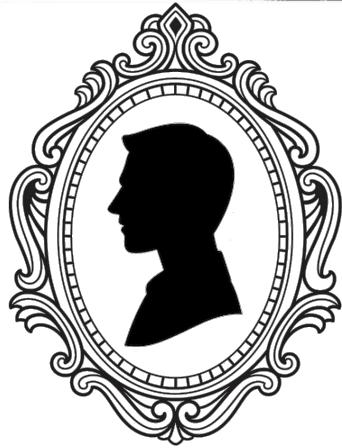
If you need technical help, call Elaine and she will guide you through it or arrange for someone to show you how to participate.

EXERCISE WITH ELKE - on DVD!



DVD's of Elke's gentle exercise will be available soon! Stay healthy and active by exercising in the convenience of your own home. Elke teaches a 40 minute lesson using the familiar techniques she taught at her in-person class. Please call Elaine and leave a message with your mailing address and Elaine will mail one to you. (If you have already requested a DVD, Elaine will contact you as soon as the disks are ready.)





Your Life is a Work of Art:

A Celebration of People in their 80's and 90's

*An outdoor, walk-through photography exhibit
featuring twenty-two living legends and their stories*

Location: Point Loma Community Presbyterian Church
2128 Chatsworth Blvd., San Diego, CA 92107
Covered exterior hallway behind the Family Life Center
(Enter through the parking lot to the right of the
Family Life Center)

Days/Hours: September 8-30, 2020
Open Mondays - Fridays, 9:30 am-12:30 pm & 1:30-4:30 pm
No Appointment Necessary

Required: Guests must observe posted distancing guidelines
including directional signage and the wearing of facial coverings
while viewing the exhibit.

Video slideshow available for individuals who are unable to view the exhibit in person.

Elaine Burrell, Director of Senior Adult Ministry
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Church Ladies with Typewriters
**These sentences actually appeared in church bulletins
or were announced at church services:**

The church will host an evening of fine dining, super entertainment and gracious hostility.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7pm. The congregation is invited to attend this tragedy.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

For those of you who have children and don't know it, we have a nursery downstairs.

Please place your donation in the envelope along with the deceased person you want remembered.



Have you considered joining PLCPC as a church member, or would you like to learn more about our community? All are invited to participate in our Discover Our Community class which occurs three times a year. Call Ann Simoneau to register (619) 223-1633 or go online at www.pointlomachurch.org/register

Discover Our Community



September 20 & 27
Noon-1:30 pm via Zoom
pointlomachurch.org/register



WHEN I ASK YOU TO LISTEN

When I ask you to listen
and you start giving advice
You really have not done what I asked
When I ask you to listen to me
and you begin to tell me why I shouldn't feel that way,
My feelings feel trampled upon.
When I ask you to listen to me
and you seem intent on solving my problems,
You are failing me, strange as that may seem.

LISTEN

All I ask is that you LISTEN
Please! – Not to TALK or DO
JUST HEAR ME

Advice is cheap
A quarter gets me both Dear Abby and Billy Graham
in the same newspaper, and I can do that for myself.
I am not helpless –
Maybe discouraged and faltering, but not helpless.
Please try to understand.
When you do something FOR me
that I CAN and NEED to do for myself,
rather than helping, you contribute to my fear and inadequacy
But when you accept as a simple fact
that I really do feel the way I say I feel,
no matter how irrational –
Then I can conserve my precious energy
I then have the energy to get about this business
of understanding what's behind my irrational feelings
And when that's clear,
answers become obvious, and the advice becomes unnecessary.
I can make sense of my irrational feelings,
when I begin to understand what's behind them.

SO PLEASE LISTEN AND JUST HEAR ME.

And if you want to – or need to talk,
Wait a minute for your turn, and I'll LISTEN to you.