

FIRST PRESS

First Presbyterian Church of San Bernardino

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Pastor

The Rev. Dr. Steve Smith
Pastoral Support

Melinda Rueda
Lynette DuClos Adelson
Laurie Stafford
Ministry of Visitation

Dr. Wendy Long Lamb
Commissioned Local Pastor

The Rev. Jim Huffstutler
Pastor Emeritus

The Rev. Noé Falconi
Honorary Pastor of Visitation

Sunday Schedule

Worship
10:30 a.m.

Coffee Fellowship
11:30 a.m.

Lent and Easter Worship

Our Lenten theme this year is Fasting and Feasting. Read Pastor Sandy's description of what this means on the next page.

Ash Wednesday

Wednesday, March 6, 6:00 in the Sanctuary. This contemplative service marks the beginning of Lent. We remember "from dust we have come and to dust we shall return." We offer ashes, communion, healing, and a space to reflect on your Lenten intention.

Quiet Nights

Please join us as we follow Jesus through Lent, focusing on his experiences of fasting and feasting, as we listen for what we might be called to give up or find great joy in.

Beginning the week following Ash Wednesday we will gather in the Chapel most Thursdays (3/14, 3/28, 4/4 and 4/11) at 6:00 for 15-20 minutes of silence, readings and contemplation.

Following the Quiet Night services, we will share a simple soup and bread dinner in Fellowship Hall. Over the years we have found this time of community where we can share what we heard in worship to be a great gift!

Lent and Easter

As we move through Lent we will read the Lectionary texts with an ear toward fasting and feasting. Our youth will help lead in worship on March 17. We will celebrate the baptism of Caleb Jones, son of Christopher and Reyna Jones, on April 7. We will make palm crosses and prepare the sanctuary for Palm Sunday on Saturday, April 13. We will hold our annual Easter Egg hunt after worship on Palm Sunday, April 14. Our Maundy Thursday service will take place on April 18. Easter Saturday, April 20, will be a day for bringing in flowers, preparing the sanctuary, and distributing food through our Deacon's food ministry. Sunday, April 21, we celebrate the resurrection of the Lord! Bring butterfly cookies. Take family photos before worship in our lovely Easter space. Celebrate together this holiest of Christian holy days. (And then begin the great 50 days of Easter by returning on April 28 for Youth Sunday, the first Sunday after Easter!)



It is the Mission of First Presbyterian Church of San Bernardino, inspired by the Holy Spirit, to proclaim the good news of the Gospel of Jesus Christ through worship and celebration, and teaching and learning, so that lives are transformed and members are encouraged to use their special gifts to care for and value, as God's Beloved, each other and the community in which we live.

Pastor's Perspective...

Fasting and Feasting--Lent 2019

Lent is a season of self-examination and preparation for Easter. It is connected to repentance, and the 3 traditional practices are **fasting, prayer, and almsgiving**. This year we will dive in to the theology and practice of 'fasting'.

Fasting and Feasting are two sides of the same coin. Both are called for in the Christian tradition, both are lifted up in scripture, and both are part of a healthy life of discipleship. They are the twin gifts of saying 'no' to some things and a joyful 'YES' to others!



At some points in the Church's past, fasting was seen as self-denial- a punishment or embodied repentance for sin. Fasting fell out of favor a generation or two ago, when modern ideas about psychological wellness bumped up against penitential practices. If fasting leads to self-loathing, or is punitive, it does not glorify God or align with the model Jesus sets for us.

Outside the context of Church, fasting has been recently revived and reimagined as a way to pursue health, wellness, and balance. You can easily find books, articles, and advocates for fasting (fasting one day a week, for example, or fasting from 7pm to 7am each day).

At the same time, in our culture where there is great dis-ease around our relationship with food.

- Market researchers estimate the diet industry to amount to \$68 BILLION in 2017
- Over 1/3 of all adults in our culture are clinically obese
- Eating disorders are an enormous problem for celebrities and ordinary people alike
- Childhood obesity and foods engineered to be addictive are suddenly a concern

These are warning signs.

In addition, addictions to food, alcohol, pain-killers, pornography are all ways of numbing pain or filling emptiness. They are not 'a party that never ends' they are painful. And they speak of unfilled emptiness and unmet need. The definition of addiction is that you cannot abstain (or fast) from this practice that is causing harm.

Fasting, rightly understood, can be a great gift to us (and also a gift to our culture.) It speaks to the dis-ordered and stuck places where we struggle. It is a doorway to freedom, a key to unlock places where we are trapped.

This Lent, we will listen to the lectionary texts with an ear for what they invite us to 'fast' from, and what they invite us to 'feast' on. For example: the story of Jesus being tempted in the desert invites us to **fast** from the voice that says we do not have enough, we are not well-loved enough ("bow down to me and I will give you all the fame and glory and power....") and instead to **feast** on the knowledge that we DO have enough! (we shall not live by bread alone but by every word that proceeds from the mouth of God)

The Prodigal might **fast** from the narrative that says 'I am not worthy to be called your child'; and **feast** on the words the Father speaks: 'all I have is yours... we must rejoice!'

We will consider fasting from habits that are harmful, from points of view that are familiar but limiting, or from 'shoulds and oughts', *in order that we might be free* to feast as those who know where their treasure is, as those who are unafraid, as those who will not be put to shame.

Fasting can be a way to return us to ourselves, to restore our connection with God, to prepare us for deep and real rejoicing. And to re-connect us with God's vision of joy, abundance, and celebration.

~Sandy

Sunday Morning Greeters

"Good morning." "How are you?" "We're so glad you're here." Each Sunday morning we have greeters meeting people at the door and welcoming them into our space. If you would like to help with this ministry of hospitality, please see Robin Edwards. It would be great to see you at the door!

All Church Camp

By the NURTURE COMMITTEE

"When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness.

I would almost say that they save me,
and daily..."

Mary Oliver

Church camp is a long-cherished tradition for this congregation. It is an opportunity to gather as a community away from the busy-ness of the everyday and retreat to the mountains for rest, relaxation, fellowship, and worship. Family Camp began decades ago over Labor Day weekend and eventually moved to Memorial Day weekend. It took place at camps with spots for tents and camps with all cabins.

Over the last few years, a small group of young adults headed by Zach Garcia and Alex Rueda have organized and planned family camp. It was such an important part of their church experience

growing up, that they wanted to make sure it continued. The inevitable thing about young adults is that they are in transitions in their lives. Last year, Alex married and moved and Zach headed up the organization of family camp alone (he had help, but he was the single point person). This year, Zach has finished graduate school and is not in a position to lead this organization any longer.

So...

Your Nurture Committee is looking at ways to continue this tradition in a new way or to allow it be a cherished memory, at least for this year when we are sending kids to Triennium and looking at new ways to be and do Church in 2019.

This year we are once again changing the weekend. With no point people, Memorial Day is coming up much too quickly to plan and organize. We are looking at the last weekend in September (September 25-27). This will

cut prices by cutting a day off camp, but will still allow us to end with our worship service and possibly All-Camp games. It will allow people to get out of town for a weekend as summer ends and fall begins. It will offer a cool weekend in the mountains when it is still hot in the valley (Memorial weekend has been so cold). It will move it away from the end of the school year (this has been an unexpected change in school schedules over the last few years that has meant students are studying for finals and writing papers at camp).

If you are interested in seeing All Church Camp continue, and would be willing to be part of a small group that takes responsibility and organizes it together, please meet in the church library at noon on April 28 (Youth Sunday, the first Sunday after Easter).

If there aren't people in a place to take this on this year, we will let it rest for a year and see what happens next.



A snapshot of All Church Family Camp: Kendra teaches Zach to play Qwirkle, Dale prepares for his photography group, people work on water color paintings.



The 2017 leadership team of Shannon, Zach, Trevor, and Alex. Many folks have organized camp over the years. The last decade saw Tim Garcia and then Katie Willis and finally the group above. There are other people who pitch in with specific activities like crafts and games and ice cream socials.

2019 Session:

Sandy Tice, Moderator; Amy Smith, Clerk of Session

Class of 2019: Mary Bolaños, John Garten-Shuman, Brent Nord, Dale Showman

Class of 2020: David Grindahl, Nancy Horstmann, Kyle Smith, Neal Williams

Class of 2021: Lynette DuClos Adelson, Brooke Dvorak, Mark Freeman, Lynda Savage

Presbyterian Women in the Congregation

By CLAUDIA OAKES and CAROL VALENTINE, PW Co-Moderators

BACK BY POPULAR DEMAND – K-CUPS; IT WILL BE FRENCH ROAST

(French Roast Decaf was out of stock but is in our next order)

AT OUR COFFEE SALES TABLE THE FIRST SUNDAY OF THE EACH MONTH!



2019 Super Bowl Bake Sale Report

On behalf of all the women in your PW we send A HUGE THANK YOU FOR SUPPORTING OUR BAKE SALE. IT WAS ONE OF OUR BEST EVER!!! With your help we are able to continue to generously support the PW Church Wide Mission Fund, not to mention the many local projects near and dear to First Presbyterian Church's PW. We ALSO must THANK OUR PW CIRCLES FOR THEIR MANY DONATIONS, FROM APPIS TO DESSERTS AND MUNCHIES. It's fun to see people head for the tables that have items they recognize and buy year after year. And lastly, THANKS TO THOSE WHO SET UP, PRICED, AND CLEANED UP. It's a joy to work with so many helpful, talented, caring women. Circle friends you are life friends.

We continue our Bible Study and fellowship. We'd like to extend an invitation to any women who are members of First Presbyterian Church to join us. At Circle we grow in our knowledge of the Bible and being a Presbyterian, and we build and enjoy the friendships of many. Ask a friend, or someone you sit next to in church if they are in a Circle in PW. **We have five Circles - Faith, Friendship, Grace, Hope, and Kindness. Each meets at a different time and day of the month.** Some gather at the church, while others meet in private homes. Just know that you are welcome to visit any and all to get an idea of who we are and enjoy the fellowship that we find together. And yes, there is some work and some commitments as members, but all we can say is, it's fun, it's helpful in countless ways, and we make lasting friendships. **A call to the church office receptionist can help you get a number to call if you are interested. Or ask any lady you see at Coffee Hour, she'll point someone out who can answer your questions.**

2019 Deacons:

Steve Smith, *Pastoral Support*

Class of 2019: Sue Alexander, Marissa Congdon, Linda Kaufman, Pat Morris, Amy Rueda

Class of 2020: Mario Bolaños, Stephani Congdon, Charlotte Pringle, Brad Smith, Judy Steppins

Class of 2021: Dan Direen, Robin Edwards, Marianna Fowles, Martha Pinckney, Jim Siegmund

New Interns



In Memoriam

February 2019

Barbara "Bobbie" Leonard

September 24, 1922-February 14, 2019

"In life and in death we belong to God"

Welcome Winter-Spring interns (from left): Gabriela (Gaby) Lopez, Estefania (Stef) Vejar, Lucia Vejar, Laila Hernandez, Casandra Contreras, and Isely Castaneda. In addition to Mark Adelson and Rick Rodriguez (Intern Supervisors), David Grindahl, Larry Marona, Marilyn Kraft, Sherman Ballard, Sandy Tice, the Deacon Food Ministry, the Worship Team, and possible others are scheduled to work with the interns. Their work started with assisting with Food Distribution on February 16 and their last Saturday is the very busy food distribution/Easter Saturday, April 20th. The interns are scheduled to be in worship on Sunday, March 17. If you see them, introduce yourself to these amazing SBHS students.



**PRESBYTERIAN YOUTH
TRIENNium 2019**

Presbyterian Youth Triennium is a gathering for high school age youth from the Presbyterian Church (USA) and the Cumberland Presbyterian Church that occurs every three years. According to the Triennium website (presbyterianyouthtriennium.org), students engage in "Five days of CONVERSATION, RECREATION, LEARNING, WORSHIP AND FUN! Drawing from the rich and diverse theology, history and education of the Presbyterian tradition – the Triennium experience is packed with the information students long to explore!" This year's Triennium theme is "Here's my Heart."

This year we have 5 students and 2 leaders registered for Triennium: (l. to r. in the photo at the bottom of the page) Brent Nord, Ryan Nord, Katrina Johnston, Abby Willis, Aidan Morris, Maddie Ramirez. (Amy Rueda was in class, but she is looking forward to Triennium.)



Aidan tells us how excited he is to be attending his first Triennium. Behind him on screen are Abby and Katrina in a slide show from 3 years ago.

Nurture committee and congregation members support our students.



Amy Rueda was unable to make the breakfast, but her parents pitched in and represented her.

With Gratitude...

The Presbyterian Youth Triennium participants are grateful for the generosity of families, Nurture Committee members, James Welte, and congregation members for supporting their breakfast fundraiser. It was a wonderful morning of sharing breakfast together and meeting the youth who will be attending Triennium. The generous donations from the congregation totaled more than \$1800. Wow! We are grateful.

The last two pages (9, 10) contain biographies and photos of the students attending Triennium. If you would still like to donate toward this experience, note "Triennium" on the envelope or memo line.



March Celebrations

Mar 2 Lynda Savage
 Kurt Star
Mar 3 Teofila Rosemarie Fletcher
 Katherine Diane McGarvey
Mar 5 Joyce Lyons
Mar 7 Kathy Showman
Mar 9 Sherman Ballard
 Brent & Joanna Nord
Mar 12 Richard Rodriguez
Mar 13 Adam Kistner
 Dotti Garcia
 Patricia Sachs
Mar 14 Kevin Coyne
 Breanna Nord
 Norma Woodward
Mar 15 Mary Drage
Mar 18 Rebecca Nelligan
 Todd & Elizabeth Wright
Mar 20 Jerry Martin
Mar 22 Laura Munz
Mar 23 Ann Aguilera
 Grant Garcia
Mar 24 Randy French
 Linda Saenz
Mar 26 Marianna Fowles
Mar 27 Noah Alarcon
 Noé Falconi
Mar 29 JoAnne Wolf
 Reyna Jones
 Stephanie Ross
Mar 30 Debora & Ron Holk
 Emma Kern

Celebrate!

Financial Notes

Financial Report as of January 31, 2019

	<u>Actual</u>	<u>Budgeted</u>	<u>Over/(Under)</u>
Pledges	\$27,461.88	32,500.00	(5,038.12)
Other Income	\$ 9,459.67	5,573.00	3,886.67
Expense	\$40,792.68	46,976.17	(6,183.49)
Net Income	\$ (3,871.13)	(8,903.17)	5,032.04

Website Photos

Photographs are often taken at church events. These photos may be used in the newsletter and/or posted on the church's public website and social media platforms. If you object to having a photograph that may contain your image (or your child's image) posted on the church website, please notify the office in writing.

The *First Press*, the newsletter of the First Presbyterian Church of San Bernardino, is edited by Wendy Lamb. Please submit content to Wendy at newsletter@fpcsb.net.

Deadline for the April issue of the

First Press:

Wednesday, March 20

Keep Military Members in Your Prayers

PFC Jacob Allen

Naval School of Music, Virginia

PFC Ronaldo Fregoso

US Marine Corps, 29 Palms

Colonel David Le Roy

McGuire Air Force Base, New Jersey

Petty Officer Jacob Le Roy

US Navy, Guam

Colonel Jeff Le Roy

US Army Reserve

Seaman Mark Munz

US Navy, San Diego

Private Javier Rocha

US Army, Fort Benning, Georgia

Seaman Robert Sandoval

US Navy, Japan

Petty Officer Noah L. Wierenga

U.S. Coast Guard Sector Upper Mississippi River

CW3 James Bentley Wilson

US Army, Joint Base Lewis-McChord, WA

MARCH 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 <i>Companions on the Inner Way</i> 8:45 AM Sanctuary Choir 9:30 AM Bell Choir Rehearsal 9:30 AM Bible Study 9:30 AM Triennial Breakfast Fundraiser 10:30 AM Worship Service	25 <i>Companions on the Inner Way</i>	26 <i>Companions on the Inner Way</i> 1:00 PM Circle Of Hope	27 <i>Companions on the Inner Way</i>	28 <i>Companions on the Inner Way</i> 5:30 PM Yoga Class 7:00 PM Sanctuary Choir	1 <i>Companions on the Inner Way</i> 9:30 AM Kenyema	2 10:00 AM Straight Up AA
3 Transfiguration Sunday 8:45 AM Sanctuary Choir 9:30 AM Adult Class: The Ridiculous Journey 9:30 AM Bell Choir Rehearsal 10:30 AM Bible Study 11:30 AM PW Fair Trade Coffee Sales	4 5:00 PM PW Coordinating Team	5 12:00 PM Presbytery Commission 3:00 PM Circle of Faith 5:00 PM Caregiver's Happy Hour	6 Ash Wednesday 10:00 AM Staff Meeting 5:00 PM Worship Committee 6:00 PM Healing Service	7 5:30 PM Yoga Class 7:00 PM Sanctuary Choir	8 9:30 AM Kenyema 11:30 AM Lenten Task Force	9 10:00 AM Straight Up AA
10 Daylight-Saving Time Begins 8:45 AM Sanctuary Choir 9:30 AM Adult Class: The Ridiculous Journey 9:30 AM Bell Choir Rehearsal 9:30 AM Bible Study 10:30 AM Worship Service 12:00 PM Fellowship of the Carpenter	11	12 10:00 AM Staff Meeting 10:30 AM Retired Public Employees' Assn. 6:30 PM Deacon Committees 7:30 PM Deacon Board	13 7:00 PM Nurture Committee	14 5:30 PM Yoga Class 6:00 PM Lenten Quiet Night 7:00 PM Sanctuary Choir	15 8:30 AM Food Bagging 9:30 AM Kenyema	16 8:00 AM Symphonie Jeunesse 9:00 AM Deacon Food Distribution 10:00 AM Straight Up AA 1:00 PM Bobbie Leonard Memorial Service
17 8:45 AM Sanctuary Choir 9:30 AM Bell Choir Rehearsal 9:30 AM Bible Study 10:30 AM Worship Service	18 5:30 PM Circle of Grace 7:00 PM M.A.L.E.s	19 7:00 PM Circle of Kindness	20 Deadline for First Press articles 5:00 PM Stewardship Committee	21 9:00 AM Friendship Circle 5:30 PM Buildings & Grounds Committee 5:30 PM Yoga Class 6:30 PM Prayer in a Time of Peril 7:00 PM Sanctuary Choir	22 Youth Winter Camp 9:30 AM Kenyema	23 Youth Winter Camp 8:00 AM Symphonie Jeunesse 10:00 AM Straight Up AA 12:30 PM Ripples/Voyagers
24 Youth Winter Camp 8:45 AM Sanctuary Choir 9:30 AM Bell Choir Rehearsal 9:30 AM Bible Study 10:30 AM Worship Service	25	26 10:00 AM Staff Meeting 1:00 PM Circle Of Hope	27 12:00 PM Pastoral Care Luncheon 7:00 PM SESSION	28 5:30 PM Yoga Class 6:00 PM Lenten Quiet Night 7:00 PM Sanctuary Choir	29 9:30 AM Kenyema	30 8:00 AM Symphonie Jeunesse 10:00 AM Straight Up AA 11:30 AM Legacy Luncheon
31 8:45 AM Sanctuary Choir 9:30 AM Bell Choir Rehearsal 9:30 AM Bible Study 10:30 AM Worship Service	1 5:00 PM PW Coordinating Team	2 3:00 PM Circle of Faith	3 5:00 PM Worship Committee	4 5:30 PM Yoga Class 6:00 PM Lenten Quiet Night 7:00 PM Sanctuary Choir	5 9:30 AM Kenyema	6 8:00 AM Symphonie Jeunesse 10:00 AM Straight Up AA 11:30 AM Legacy Luncheon

Please go to www.fpcsb.net/news/calendar for the most up-to-date calendar information.

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MEET OUR TRIENNIUM PARTICIPANTS

Katrina Johnston



My name is Katrina Johnston. I will be graduating from Citrus Valley High School in June and will be attending Riverside Community College next year. I am interested in movies and film directing and plan to study film in college. I have attended this church my whole life. My grandma is Jeanne Clark.

Aidan Morris

Hi. I am Aidan James Morris. My Parents are Jim and Dawn Morris, and my grandparents are Pat and Sally Morris. My other family members that go to the church are the Willis's. I have been coming to this church since I was born, and now I am 14 and a freshman at Cajon High school. I love to play Soccer, and also love digital arts and film.



Brent Nord

Brent Nord has attended FPCSB his whole life. In fact, his parents (Doris and Bill Nord) first met here in 1959. Over the years, Brent has served as an Elder and Deacon several times. Brent is currently on the Session and serves on the Financial Stewardship committee. Brent nearly attended Triennium back in 1992. At the time he was one month short of his twenty first birthday and too young to attend as an adult advisor. He looks forward to crossing Triennium off his bucket list.

Ryan Nord

Grade- 9th

School- Citrus Valley

Favorite classes- tech drawing and robotics and also PE

Extracurricular activities- soccer (plays goalie and has also been a referee for 3 years). Has also played flag football and baseball.

Hobbies- playing video games and listening to music.

Family information-

Son of Brent and Joanna Nord

Grandson of Doris Nord

Cousin of Maddie Ramirez

FOC memory- enjoyed going rock climbing, taking part in middle school volunteer week and attending church camps.

Interesting information- attended a dual immersion school from kindergarten to 8th grade.

Loves roller coasters.



MEET OUR TRIENNIUM PARTICIPANTS

Abby Willis



Abby is a Junior at Cajon High School where she is a candidate in International Baccalaureate Program. While most of Abby's time is consumed with academics and gymnastics, (Abby is a Level 9 JO gymnast and trains 20 hours a week), she is also involved in Best Buddies at Cajon High School. Best Buddies builds one-on-one friendships between individuals with and without intellectual and developmental disabilities, offering meaningful connections and social mentoring to improve quality of life and inclusion for a population that is often isolated and excluded. Abby is currently the historian for Best Buddies and she was also in charge of the 2018 Friendship Walk for her school, helping them raising over \$1,000 for the program. Outside of school, gymnastics and Best Buddies, Abby loves art, both being creative and producing works of art as well visiting art museums and galleries. Abby is the daughter of Katie Willis and the granddaughter of Pat and Sally Morris. This will be Abby's second time attending the Presbyterian Youth Triennium and she's excited that a larger group from First Pres. are going this year and she can't wait to share this amazing experience with them.

Amy Rueda



This is Amy's 3rd Triennium as she accompanies our students this year. She graduated from Cal State San Bernardino this winter and is currently completing a Crime Scene Investigation Program. Amy has attended FPCSB all her life with her parents, Al and Mindy, and brothers, Alex and Aaron. Amy currently serves our congregation as a Deacon and volunteers with our youth fellowship.

Maddie Ramirez

My name is Maddie Ramirez. I'm in 8th grade and am currently attending Paakuma' K-8 school. My favorite class I take is my elective which is T.V. Journalism. In this class we get to create a weekly news program with public service announcements for the whole school to watch and also learn the basics about the industry. Some extracurricular activities I'm part of at school include Yearbook Club, STEM Club, President of ASB, and Secretary for School Site Council. I'm also taking lessons for piano, drums, guitar and voice. When I'm not at school some of my favorite things to do are acting, singing and anything to do with music.

