



# SEEDS

The Newsletter of Presbyterian Women in the Presbytery of Los Ranchos

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2020-2021 PWPLRCT

3<sup>RD</sup> QUARTER 2020

July 12, 2020

Dear Sisters in Christ,

When I wrote this cover letter last quarter, we were in the beginnings of COVID-19, and all of our PWP and probably your women's events had been cancelled or postponed until another time. Somehow, I thought we would be well on the way to rescheduling and getting back to business with a new normal, as you did, I am sure. Not so. Days have moved into weeks and now months. As we are now into our fifth month, what kinds of things have you been doing around your home? Have you completed projects you've always said you wanted to do but never had the time to do? How about beginning an exercising program? Written letters to long-time friends? How have you connected with your women in your Bible study or your PW or women's group? How are they handling this coronavirus? Have you discovered anything new about yourselves given all this at home time? Since Mission is one of the principles of Presbyterian Women, have you allotted any time to help others in need?

At our last printing, after having posted on the Los Ranchos website, we had many positive comments about SEEDS. This printing is similar. As you go through this newsletter, you will see what some of our Los Ranchos women have written about their quarantine time. We even have an article from a graduating senior and her thoughts. Besides seeing what is happening with Presbyterian Women in general, you will also find some fun activities for you as well as upcoming dates and activities.



In February each PWC received an application for a grant up to \$2000 from this year's Virginia Bogie funds to assist a non-profit your women are supporting. You will see the 2020 winners as selected by the Finance Committee.

This issue is just full of articles contributed by many of you. We are so grateful, thank you. A very special thanks to our creative editor, Janet Triplett, who has put much in here to make it fun to read. Enjoy. Be safe and continue being well

Love and Blessings,

Anne Sivley, Moderator of Presbyterian Women in the Presbytery of Los Ranchos



Autumn Equinox 2020 in Northern Hemisphere will be a 6:30 AM on

**Tuesday,  
September 22**



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## Mark your calendar! July 31, 2020 is “PW Gives” Day!

“PW Gives” Day is a day to celebrate the many ways that Presbyterian Women give to witness to the promise of God’s realm; a day to celebrate and support all that Presbyterian Women makes possible. July 31 was selected to commemorate the July 1988 formation of today’s Presbyterian Women, from the merger of its two predecessor organizations. Thirty-one years (and innumerable ministries supported) later, Presbyterian Women continues to address the world’s needs and build loving community. Your gift to Presbyterian Women makes possible a wide variety of PW ministries at all levels of the church.



### Join others on July 31 or even today and Give!

- online at [www.presbyterianwomen.org/give](http://www.presbyterianwomen.org/give). Select PWGDAY20 & your gift amount of \$10 or more (and add a bit extra for a transaction fee), then scroll & type PWGDAY20 in the comments box as well as your church and presbytery information;
- Contact Carissa Herold by phone at 844/PW-PCUSA, ext. 5322 or [carissa.herold@pcusa.org](mailto:carissa.herold@pcusa.org)
- Mail your gift to Presbyterian Women, Inc., PO Box 643652, Pittsburgh, PA 15264-3652. Please indicate “annual fund” and PWGDAY20 in the memo line of the check.

### Promote “PW Gives” Day

1. Watch for (and share your!) stories on Facebook, Twitter and Instagram about how, where and why PW gives.
2. Send your #PWGives story and photos to Carissa Herold [carissa.herold@pcusa.org](mailto:carissa.herold@pcusa.org)
3. If you are not already on PW’s email list, contact Patricia Longfellow, <https://www.presbyterianwomen.org/staff/patricia-longfellow/> to be added to the list and receive information about this day (and other PW programs)!
4. Pray for PW as we bring the light of God’s love to a world in need of care and hope.
5. Download and share with your PW a [PW Gives Day flier](https://www.presbyterianwomen.org/downloads/pw-gives-day-2020-flier/) <https://www.presbyterianwomen.org/downloads/pw-gives-day-2020-flier/> with this
6. giving and promotion information.

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### CS Lewis Quotes

<https://www.overallmotivation.com/quotes/cs-lewis-quotes-friendship-heaven-love/>

“Love is not affectionate feeling, but a steady wish for the loved person’s ultimate good as far as it can be obtained.”

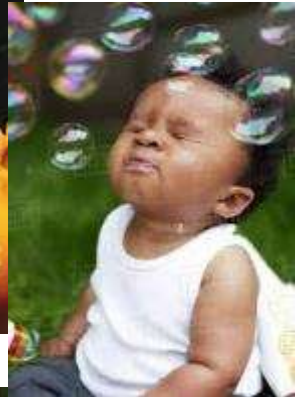
“God has infinite attention to spare for each one of us. You are as much alone with him as if you were the only being he had ever created.”

## What's the News of Our PW in the Synod?

At the CT meeting on 7/11 the following was reported:

- Officers will retain their positions until next spring.
- **PW Gives Day** (see p 3) on July 31. Join others and give!
  1. on-line at [www.presbyterianwomen.org/give](http://www.presbyterianwomen.org/give) (select PWGDAY20)
  2. by phone (call 844/PW-PCUSA, ext. 5322)
  3. by check (mail to Presbyterian Women, Inc., PO Box 643652, Pittsburgh, PA 15264-3652, indicate "annual fund" and PWGDAY 20 in the memo line of your check)
- **\*\*\*Save the Dates\*\*\***
  1. Sat., Sept. 19, 2020 - **Virtual Fall Gathering** ala Zoom with Lynn Miller, this year's Horizon's bible study author, *Into the Light: Finding Hope Through Prayers of Lament* – 9:30-11:00
  2. **Spring Gathering**-Sat., May 15, 2021- 9:30.
  3. **Can't Hide Behind Not Controversial**- tba
  4. Aug. 26 10a.m. **You Tube** – *White People*
- *August 5-8, 2021, Churchwide Gathering: Rejoice in Hope*- St. Louis, MO – not knowing what airfares might soar to that time, we are thinking of maybe a road trip in cars. Sounds like fun!!

**\*\*There are many ways PW can connect with us: Quarterly Newsletter, Presbyterian Women on the web, PW Facebook, PW on Twitter, PW on Pinterest, PW on Instagram, Horizons on the web, PW on YouTube, PW on Flickr, and PW Shop.** There are useful downloads, Justice and Peace Bookmarks, and Bible study supplements.\*\*



**GOD IS  
GOOD  
PRAISE  
HIS HOLY  
NAME**



# Summer 2020



# What's the News of Our PW in the Synod?

Mission Report, CT meeting on 7/11  
Kelsey Law  
Mission MAL

PWS CT - July 2020



Presbyterian Women in the Synod of Southern California and Hawaii

## Mission Report

### Presbyterian Women-

- Online Links to Support Mission Giving – Birthday/Thank/Mission Opportunities
  - [https://www.presbyterianwomen.org/what\\_we\\_do/support-mission/](https://www.presbyterianwomen.org/what_we_do/support-mission/)
- Together In Service
  - [https://www.presbyterianwomen.org/what\\_we\\_do/support-mission/together-service/mission-opportunities/](https://www.presbyterianwomen.org/what_we_do/support-mission/together-service/mission-opportunities/)
- PW Gives Day –
  - <https://www.presbyterianwomen.org/downloads/pw-gives-day-2020-flier/>
- PW's Annual Fund (Mission Pledge)-
  - <https://www.presbyterianwomen.org/giving-funding/give/annual-fund/>
- Online Giving Direct Link-
  - <https://www.presbyterianwomen.org/giving-funding/give/>
- PW Resources-
  - <https://www.presbyterianwomen.org/downloads/>
- PW Zoom Background – 2021 Churchwide Promotion
  - <https://www.presbyterianwomen.org/downloads/rejoice-in-hope-zoom-background/>

### Presbyterian Mission Agency-

- PMA Mission Resources to Browse by Topic
  - <https://www.presbyterianmission.org/resources/>
- PMA World Mission Toolkit
  - <https://www.presbyterianmission.org/ministries/world-mission/mission-resources/mission-toolkits/mission-committee-toolkit/>
- Special Offerings – Presbyterian Giving Catalog
  - <https://specialofferings.pcusa.org/page/pgcresources/>
  - Links of Love Article- <https://www.presbyterianmission.org/story/love-knows-no-bounds/>

### Other Resources-

- PW Racial Equity Resources –
  - [https://pcusactr-my.sharepoint.com/:w/g/personal/stephanie\\_morris\\_pcusa\\_org/EfSEdIHrpGIEoU75yCt8SNcB-zdtwQojIEcc78t3z3YrTA?rttime=PyVBBy0l2Eg](https://pcusactr-my.sharepoint.com/:w/g/personal/stephanie_morris_pcusa_org/EfSEdIHrpGIEoU75yCt8SNcB-zdtwQojIEcc78t3z3YrTA?rttime=PyVBBy0l2Eg)
- Missing and Murdered Indigenous Women
  - <https://graybeardtrail.com/2020/05/05/national-day-of-awareness-for-missing-and-murdered-native-women-and-girls-2/>
  - <https://graybeardtrail.com/2020/05/05/5-may-2020-part-1/?fbclid=IwAR0hIoQWXdL9FGQWxmblpT0qA6RUfgy-9snR8GTPltmOrGTB2dKnq3VZP3Q>
- 224<sup>th</sup> General Assembly Mission Engagement and Resources
  - <https://www.pcusa.org/racial-justice-resources/>

### **Presbyterian Women, Inc. Racial Equity & Cultural Humility resources**

[https://www.pcusa.org/site\\_media/media/uploads/-racial-justice-resources/pw\\_racial\\_equity\\_%26\\_cultural\\_humility\\_resources\\_06052020.pdf](https://www.pcusa.org/site_media/media/uploads/-racial-justice-resources/pw_racial_equity_%26_cultural_humility_resources_06052020.pdf)

### **Mission Committee Toolkit: How to use this toolkit**

This toolkit is for mission committees interested in learning more about God's mission. Resources are available for mission engagement, evaluating a congregation's mission activities and programs, and discerning congregational mission focus. Learn how to navigate the toolkit web pages.

<https://www.presbyterianmission.org/resource/mission-committee-toolkit-how-to-use-this-toolkit/>

## PRESBYTERIAN WOMEN ARE WOMEN CONNECTED

### PRESBYTERIAN WOMEN IN THE PRESBYTERY OF THE PACIFIC & LOS RANCHOS WORKING TOGETHER TO MAKE A DIFFERENCE

In early May we received an urgent message from Shari Stump from PW of Presbytery of the Pacific (POP) in Los Angeles. Seven churches in their presbytery are currently serving the unhoused population of Los Angeles with various food programs. The POP was sponsoring a Gathering and Concert for COVID -19 relief and ministry on May 23 and would like to give masks to each of the churches to hand out to people to whom they minister. A request was sent around the PW's in our Presbyteries. PWP Los Ranchos response was fabulous! Thinking she might be able to collect 100, Shari told me she was "blown away" to report that because of her plea to PW's in our presbyteries, in total she received 1348 masks!! Amazing. As a matter of fact, our women and friends in Los Ranchos made and gathered almost 500 masks. Way to go, ladies!!! Kudos to you!!! On May 23, every one of the masks were dedicated with prayer followed by distribution. See the certificate and picture of masks. Thank you to everyone who participated.

Anne Sivley



On Thursday, May 28, 2020, Shari Stump lilypad50@hotmail.com wrote to Anne Sivley:



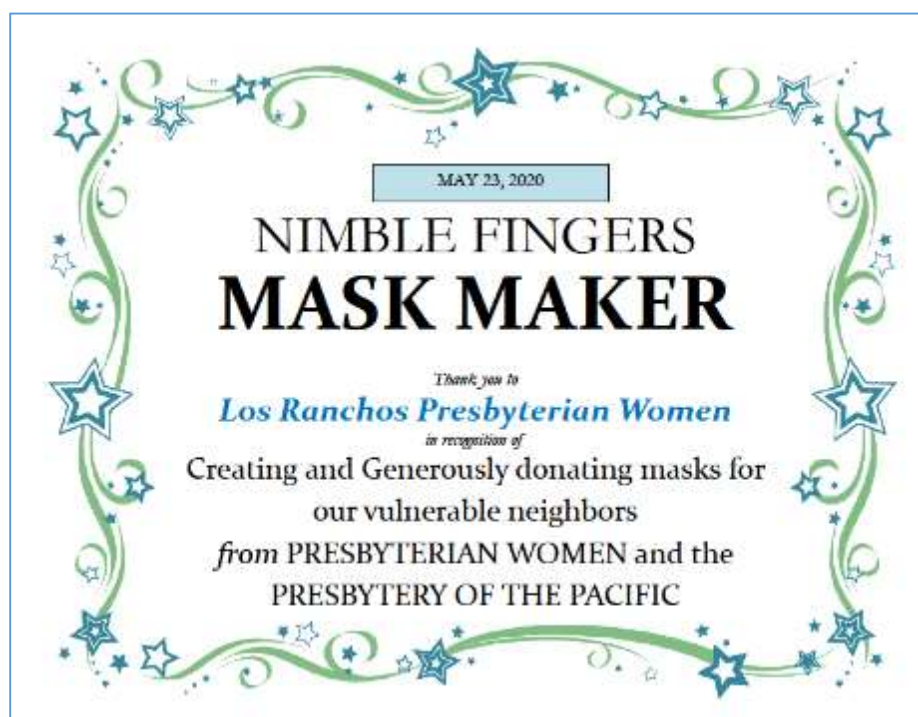
Hi Anne - I just wanted to thank you, again, for your help and generosity in collecting masks for the homeless. Your time and talent are a blessing - and you really contributed to the project. We are certainly blessed!

I want to show you the "pile" of masks before they were counted and bagged, ready for distribution. It's pretty impressive! 1,269 masks.

I've attached a certificate to acknowledge the contribution from Los Ranchos PW.

Blessings,  
Shari

Co-Moderator, Presbytery of the Pacific Presbyterian Women



## MISCELLANEOUS QUOTES

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1. It's kinda hard to sling mud and keep your own hands clean.  
(This is from season 1, episode 2, "After the Storm")
2. Just cuz you think nothing is something doesn't make something out of nothing.  
(This is from season 5, episode 18, "Candles in the Wind")
3. A word to the wise... take that Internet stuff with a grain of salt. It betrays as much as it enlightens.  
(This is from season 8, episode 4, "Secrets & Lies")
4. The goodness in a man runs much deeper than one moment in time.  
(This is from season 8 episode 17, "All I Need is You")
5. Keeping secrets from the people we love, that never ends well.  
(This is from season 6, episode 6, "Helping Hands")

The top five quotes from Grandpa Jack on *Heartland* (TV series)  
<https://www.cbc.ca/television/the-top-five-quotes-from-grandpa-jack-on-heartland-1.5475791>

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"Character is not a product of circumstance. It's the only thing that survives despite it."  
—Timothy Busfield as Henry Roswell, *For Life* (TV Series) (season 1, episode 10)

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"The two most important days in your life are the day you are born and the day you find out why." —Mark Twain

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"In the end, it's not the years in your life that count. It's the life in your years."  
—Abraham Lincoln

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**THANK GOD EVERY DAY FOR THE DAY**

**COUNT YOUR BLESSINGS**

**SAY I LOVE YOU TO THOSE YOU LOVE**

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"Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."  
Deuteronomy 31:6 New International Version (NIV)

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"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."  
Philippians 4:7 New International Version (NIV)

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<https://www.joyfulexpressionserie.com/>



**REASONS  
TO SMILE**

*Joyful  
Expressions*  
PHOTOGRAPHY BY  
JESSICA CROSSLEY



## What do I do or have done in this pandemic?

Some stories of women throughout the presbytery and how they have handled this pandemic time. What has kept them positive, on track, and maybe given them hope, realizations or understandings that hadn't occurred before; new hobbies acquired, or new projects undertaken.

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I don't like it, this pandemic. I want to be out and about-Bible study, Flagship couples/singles group, ladies bridge, five couples bridge with my husband, donation of time for church secretary once a month, P.E.O. meetings, going to the gym with my husband, liturgist at church, children's sermons, church, Sunday School, Taco Tuesday with twelve of us, golf, gatherings and on and on.

So, what to do? Garden, garden, and more gardening. Cooking every night's dinner, walking a half hour every day, exercising in the evening as commercials flow on the TV, checking on friends daily, praying, praying, praying. Oh yes, there is that cleaning spaces that needed cleaning long, long ago; washing those sweaters that have been waiting and waiting. How about finding that lovely jewelry hidden years ago when travel was on the list to foreign countries? Then there is going with my husband often to the doctor because of cancer on the leg that was quite serious and takes going back and back and back to the doctor. But one must get groceries after that doctor visit. No, son. You are working daily, and I need to go to the store with mask and cleaning, disinfecting often. Send cards to church members who have fallen or have other difficulties. And now, oh my! My cousin in Ohio died and I must write to her son and daughter. My last aunt is barely hanging on in Ohio and I must contact often—what a great 96-year-old, always a great part in my life. Admit it! Yes, our Taco Tuesday group is gathering bi-weekly in backyards with distance between us. Real people and talking in person and laughing together. Thank you Lord.

Sharing one last thing. Every day when I walk, I check carefully that no cars are coming or people walking and do, for balance, my 200 steps on the stand-alone curb. One day I finished the long 100 steps and heard applause. Across the street the couple was applauding me. I took a bow and said, "Thank You".

Bonnie Sharp  
First Pres. Orange

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Presbyterian Women Build Community. As disciples of Jesus Christ, Presbyterian Women seem to be committed to finding, nurturing and building community. During the COVID-19 Pandemic, I, Shelby Carmichael of Norwalk Presbyterian Church, have continued to volunteer as a Blood Donor Ambassador with the Red Cross. The Red Cross maintains 40% of the nation's blood supply; and it is especially necessary to ensure a stable supply throughout the pandemic for patients relying on lifesaving blood transfusions.

I am the first face a blood donor sees when they come to the donation center. It is my responsibility to ensure they are healthy and able to donate; by taking their temperature before they enter the donation center; and having them answer a series of health and COVID-19 specific questions. By volunteering I feel that I am doing something positive for my community, as Presbyterian Women have always done.

Shelby Carmichael  
Norwalk Presbyterian

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*"Each one of us has to develop his or her own definition of success. And when we have these specific expectations of ourselves, we're more likely to live up to them. Ultimately, it's not what you get, or even what you give. **It's what you become.**"*

– Mary Gates

<https://chrisgliddon.com/inside-bills-brain-it-s-about-what-you-become-4dbf073002b3>

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# What do I do or have done in this pandemic?

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## PROJECT LOVE

Project Love was born out of a desire to somehow make a difference during these months of being safe at home. As a family, we have a passion for giving back to others who are less fortunate, and we believed that there had to be some way to safely help folks in our community who are facing hardships due to the Coronavirus.

In a mid-April virtual meeting, HIS House (Homeless Intervention Shelter House), in Placentia, indicated that it needed help in providing meals to its 30 residents. So, since YLPC has previously worked together with HIS HOUSE in providing food and support for those residing there, Project Love, with its goal of making a meal a week, was born. We delivered the first meal on April 23rd and have continued doing so for a total of 9 weeks.

There are so many women from YLPC who have contributed many delicious sides and main entrees over this 9-week period. The HIS House residents have been so grateful for these wonderful home-cooked meals and have eagerly anticipated the food being delivered each Thursday evening.

I want to extend my most sincere thanks to the many members of YLPC who have given so generously from their hearts by baking and cooking such wonderful food!! Truly, our YLPC Project of Love has been a blessing to so many, and we hope to take it up again at some point in the future. Thank you again to everyone who has participated!

Karen Tsai  
Yorba Linda Pres.

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At the onset of Covid-19 pandemic in the US there was widespread shortage of PPEs for front-line health workers such as N95 face masks and gowns. A few women in Orange County, however, were quick to act and rallied area seamstresses to make fabric masks. Very quickly many online sewing groups sprouted and spread on Facebook. In addition to making masks for family, friends, and a national hospice agency, I joined two such volunteer sewing groups – North OC Masks for First Responders and RSM Face Mask Volunteers.



These two groups made on wards of 30,000 mask each blessing agencies near and far away including local hospitals and clinics, military, national guards, children's homes, Indian reservations, and even Presbytery of Pacific' homeless ministry. Sewing masks for the community when they were urgently needed was a satisfying experience and proved to be a blessing to each other in more ways than one. As someone who



didn't make mask prior, I learned to do so for a few designs and formed friendships with sewing women normally outside my circles.

Susan Wei  
Member-at-Large Asian Women, PWPLRCT

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# What do I do or have done in this pandemic?

CONNECTING WITH THE WOMEN OF HER PWC, COVENANT PRESBYTERIAN CHURCH, LONG BEACH

June 30, 2020 email

My Sisters in Christ,

It's another beautiful morning that we woke up to today, and I just wanted to connect with you. I haven't seen most of you in quite some time. And I miss and love you. This morning I read Hebrew 10:24-25 (NLT) and it tugged at my heart to connect with you:



24 Let us think of ways to motivate one another to acts of love and good works. 25 And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

Have a GREAT blessed day. Share the love.

Your Sister in Christ,  
Diana Law

During this time of the pandemic 2020, I've been turning to God, family, friends, and the church family for love and support. Each morning I look forward to having devotions with my husband before or during breakfast. We read the Bible and devotional books and booklets. I'm taking daily morning walks, led by God as He directs me to beautiful flowers to share on Facebook with an inspirational message.

One of the projects that gave me joy was assembling the PWC's Covenant Presbyterian Church High School Grads' Recognition gift bags. The bags included a book entitled, 'Bible Promises For Graduates' with the students' name embossed on it, a key chain that had Jeremiah 29:11 Bible verse engraved on it, a 2020 graduation card, party beads, and some of my homemade sugar cookies.



My husband and I were invited to participate in a Drive-by Graduation Parade for one of the grads. We had a great time decorating my husband's truck for the Parade. And we had a better time being in the parade, blowing our horn, and giving the grad his gift was heartwarming.

Then the following week in June we had



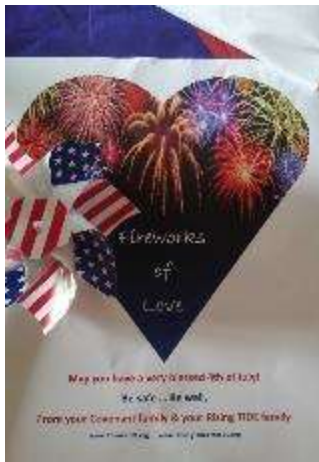
the opportunity to continue delivering the gift bags to all the high school Grads in our decked-out parade truck. Seeing the joy on the Grads faces were a gift for God.

In addition, I have been encouraged by the love and support I've received from my church family: the weekly Sunday virtual worship service; a book club that I'm trying to still get a handle on Zoom. And I'm making calls, texting, and sending emails to loved ones. I feel blessed to be included in whatever God places in my path.

Diana Law, PWPLR Cluster Leader, PWC Vice Moderator

## What do I do or have done in this pandemic?

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My husband Raymond and I are Deacons at our church, Covenant Presbyterian Church in Long Beach, and we had the pleasure of delivering in our deck-out Grads' truck, '4th of July Appreciation/Shower of Love' gift bags filled with See's Candy to people from our church and the surrounding areas, sponsored by the Church Family and Rising TIDE; Sharing love with sweets. The candy was donated by See's Candy.

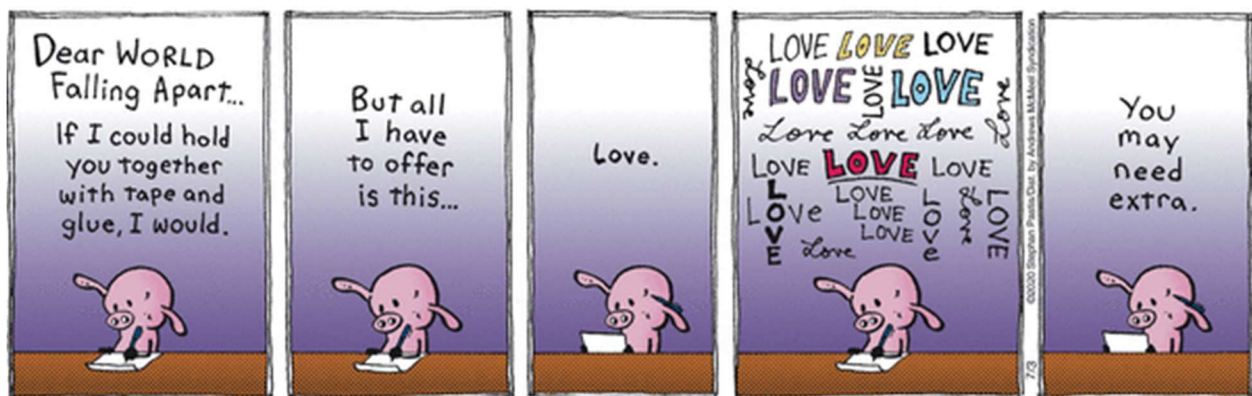
Diana Law, PWPLR Cluster Leader, PWC Vice Moderator



Red and Rover by Brian Basset for July 04, 2020

What has kept me strong these past few months is my church. I have connected to friends through Facebook, texts, phone calls, etc.; but with my church family through the various virtual opportunities, they have afforded us. In addition to our weekly services online, we have a chance to chat with the Pastor each Sunday afterward on Google "Meet about the sermon". We also have weekly in-depth Bible study classes and book clubs. Additionally, there has been a women's tea, a couple of men's chats, and a couple of movies with follow up discussions. Through all these activities, I have realized how important it is to love our fellow man, even those who disagree with us, and to be other-centered in our thoughts and actions.

Mary Lou Fourtane, PWC Moderator at Covenant Presbyterian Church in Long Beach



Pearls Before Swine July 03, 2020





# What do I do or have done in this pandemic?

## Living History



Prom was cancelled. Senior activities were postponed. Finals shoved to the side. Yearbooks wouldn't be signed. The campus would be deserted. Teachers began to give up. My final track season was gone. Graduation was postponed. Our textbooks would rot away in our lockers. The halls would be empty. Our memories of high school would linger in our minds but wouldn't extend past March 13th, 2020. The familiarity of structure, school, and social presence would become a thing of the past. And so the question stands, how does a senior in high school keep pushing when there doesn't feel like there's a lot to push for?

Prior to the announcements of Covid and the cancellation of in person school worldwide, I had gone through an injury which put me on the sidelines of the track for two months. It was heart wrenching having something that you love so desperately taken away from you. Instead of running, I went to the pool to train. I'd see my team every here and there but for the most part, I felt like a team of one. It was lonely and mentally exhausting to try to keep myself motivated and positive. There were a couple of things that kept my mind afloat in a pool of drowning water. Firstly, I knew God worked in mysterious ways. I knew that one day I'll be able to look back on this moment and understand why it had to happen. The second thing I held on to was hope. Hope of recovery, reconciliation, and rejuvenation. The last thing that I desperately clung to was the little things. People would check in with me and ask how I was doing. People would tell me that they miss me. It's those little things that cause you to smile no matter how microscopic they seem.

I look back on this injury six months later, and I understand. God wasn't tearing me away from something I loved. He was showing me what I loved about it. Running is great: it keeps me healthy; it makes me feel motivated to work hard, but more importantly it keeps me connected.

Running gave me a community of people who made high school unforgettable. People who encouraged me through the toughest and even the best of days. A group so loving and accepting that I know I will always have their unconditional support. God was also in some sense, preparing me for this unimaginable reality. I developed a greater mental strength, I worked on my communication skills, and I found a deeper sense of love for all of the people and little things in my life.

Flashing forward three months to March 13th, 2020, my principal announced that our school would undergo distance learning with the safety of the students and staff in mind for the next three weeks. Although a part of me felt like I was losing components of my life yet again, I still found ways to keep my spirits high. I was set on the fact that I will return to school. I was set on having a graduation, a prom, and one last hoorah with my closest friends. I was running again, my injury was feeling better, and I was so excited to keep pushing. With the future of senior year still in vision, what could hold me back? Oh wait, a Pandemic could.

My mom called me into her room, and she told me that my school was distance learning for the remainder of the year. I didn't say much. I went to my room and when I shut the door, my back leaned against it and slid down until I hit the floor. I hugged my knees to my chest and began to cry. I wasn't crying because of missing prom or graduation. I wasn't crying because I lost my track season. I was crying because I never got to say my goodbyes. After all it's not the events that make the people, it's the people that make the events.

With school and practice set aside, I turned to another outlet. I began to write. I documented my last day of high school. I let my emotions out on paper. I asked questions. I let it all out. Then I realized if I can't change the circumstances, I can change my attitude. It was time to step up once again and be a leader for my team. I documented my runs on an app that my teammates could see in hopes to keep them motivated. I reached out to them on a daily basis hoping to brighten their day. I focused on little things keeping in mind how much it lifted my day when life seemed hard. Then, I realized I wouldn't get to sign any of their yearbooks. I decided that I would write them all personalized letters. In total it was about 25 letters to all of the girls on my team and all of my coaches. I poured my heart out, telling them what a difference they made in my life and that no matter the distance they will always have a place in my heart.



(cont. p.11)

## Living History (from p.10)

It's been hard keeping my head up daily in a time when so much has changed. I found myself thinking back to life when I was 8. Then, my concerns were Disney princesses and playing on the monkey bars. I'm not 8 anymore though. I'm 18 and living through a worldwide pandemic. Not exactly the warmest welcome into adulthood but perhaps an unavoidable wakeup to the real world. Not every day can be as fantastic as the last, but I believe that there are people in this world who can make your days fantastic. I want to be that person for someone. I know that these struggles have served a greater purpose. I know that God has a plan for me. I know that I'm here in 2020 for a reason, and that God will move me in the direction I'm supposed to go. We're all walking into the unknown. Just the same, we're all leaning on faith. We're in this together.

Jessica Schempp  
High School Graduate Class of 2020  
Yorba Linda Presbyterian Church

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During the COVID-19 Pandemic, the ladies of Norwalk have been busy with many things. Shelby Carmichael continued to volunteer as a Blood Donor Ambassador with the Red Cross. Those of us that sew were very busy making face masks; items for our Angel Interfaith "baby shower"; one lady finished a quilt and another one started a Christmas quilt to give to a friend. A lot of us have conquered Zoom in order to have our Sunday morning church services and our Wednesday evening prayer meeting. One of our ladies helped her great-granddaughter adjust to living in a new state. Another lady was blessed to have a son that lives with them become the chief cook and dishwasher-How cool is that! Reading good books, the Bible, cruising the internet for new recipes to try, or watching Westerns with our husbands filled a lot of spare time. I attended a Webinar on the new Bible Study, spent time studying the bible in preparation to be pastor's assistant, and made sure everyone had a bulletin each Sunday by email or snail mail.

The best thing about this quarantine was getting in touch with those we love either by mail, email, Zoom, family meeting or coffee on the front lawn with proper social distancing. The women of Norwalk stayed in their homes as they should; we also took care of those that we love and those that needed assistance whenever possible.

We can't wait to see all of you again and we hope and pray that will be soon. May God Bless you all until then.

Cheryll Kavapalu, Norwalk PWC moderator

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## Sabbath Rest

Back in March when the "shelter in place" order landed on our doorstep, I thought it would last about 6 weeks and then we would all be back to our normal lives. I looked at the 6 weeks as an opportunity for a Sabbath Rest, a time for reflection and prayer and the study of God's word. As someone who loves hanging out at home, this seemed like an easy task. Little did I know that God was going to dig deep into my life; spiritually, physically, emotionally, and intellectually.

First of all God illuminated my lack of prayer life. Telling someone that I would pray for them did not constitute praying. I started a journal to keep track of prayer requests that come from family, friends, neighbors, and church. I now sit down and pray. I spend time in prayer. I cry out to God. I am reminded that we are engaged in a spiritual battle.

God also showed me that my diet was lacking fresh fruits and vegetables. He wanted me to eat these in abundance. Now I set fresh fruits and veggies on the kitchen counter where I can just grab and eat. Not only do I feel better physically, but I have more energy.

My emotional health is maintained by getting outside every day. I love to walk around my neighborhood, often walking around the lakebed. Nature has a way of clearing my head and giving me a fresh perspective on life. There is a family of owls that live high in the eucalyptus trees that I visit each evening. God shows up in His creation.

Lastly, I am moved by the Spirit to learn more about racism and what life is like for people of color living in America. This is deep spiritual work that requires commitment and strength. I am committed to the work.

So 6 weeks has turned into 14 weeks. Life has somewhat returned to normal for some people. Others are staying home a little longer. I am in the latter group, choosing to stay with my Sabbath rest for a little longer.

Brigitte Brink  
Yorba Linda Presbyterian Church

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## The Great Realisation, by Tom Roberts

[https://www.washingtonpost.com/entertainment/books/the-story-behind-the-great-realisation-a-post-pandemic-bedtime-story-that-has-captured-the-hearts-of-millions/2020/05/13/a886cf20-93b6-11ea-82b4-c8db161ff6e5\\_story.html](https://www.washingtonpost.com/entertainment/books/the-story-behind-the-great-realisation-a-post-pandemic-bedtime-story-that-has-captured-the-hearts-of-millions/2020/05/13/a886cf20-93b6-11ea-82b4-c8db161ff6e5_story.html)

-Tell me the one about the virus again.-

-Then I'll go to bed.-

*But my boy, you're growing weary, sleepy  
thoughts about your head.*

-Please!-

-That one's my favourite.-

-I promise just once more.-

*Okay, snuggle down my boy, though I know  
you know full well,  
this story starts before then in a world I once  
would dwell.*

*It was a world of waste and wonder. Of  
poverty and plenty.  
Back before we understood why hindsight's  
2020.*

*You see, the people came up with companies  
to trade across all lands.  
But they swelled and got much bigger than  
we could ever have planned.*

*We'd always had our wants, but now it got so  
quick.  
You could have anything you dreamed of in a  
day and with a click.*

*We noticed families had stopped talking.  
That's not to say they never spoke.  
But the meaning must have melted and the  
work life balance broke.*

*And the children's eyes grew squarer and  
every toddler had a phone.  
They filtered out the imperfections but amidst  
the noise, they felt alone.*

*And every day the sky grew thicker, 'til you  
couldn't see the stars.  
So we flew in planes to find them while down  
below, we filled our cars.*

*We'd drive around all day in circles. We'd  
forgotten how to run.  
We swapped the grass for tarmac, shrunk the  
parks, 'till there were none.*

*We filled the sea with plastic cause our waste  
was never capped.  
Until, each day, when you went fishing you'd  
pull them out already wrapped.*

*And while we drank and smoked and  
gambled, our leaders taught us why,  
it's best to not upset the lobbies, more  
convenient to die.*

*But then, in 2020, a new virus came our way.  
The governments reacted and told us all to  
hide away.*

*But while we were all hidden, amidst the fear  
and all the while, the people dusted off their  
instincts. They remembered how to smile.*

*They started clapping to say thank you. And  
calling up their mums.  
And while the cars keys gathered dust, they  
would look forward to their runs.*

*And with the sky less full of voyagers, the  
earth began to breathe.  
And the beaches bore new wildlife that  
scuttled off into the seas.*

*Some people started dancing, some were  
singing, some were baking.  
We'd grown so used to bad news but some  
good news was in the making.*

*And so when we found the cure, and were  
allowed to go outside,  
we all preferred the world we found to the  
one we'd left behind.*

*Old habits became extinct, and they made  
way for the new.  
And every simple act of kindness was now  
given its due.*

*-But why did it take a virus to bring the  
people back together?-*  
*Well, sometimes, you got to get sick, my boy,  
before you start feeling better.*

*Now, lie down and dream of tomorrow, and  
all the things that we can do.  
And, who knows, if you dream hard enough,  
maybe some of them will come true.*

*We now call it The Great Realisation, and yes,  
since then there have been many.  
But that's the story of how it started, and  
why hindsight's 2020.*

**a post pandemic bedtime poem**



## Pandemic, by San Francisco poet Lynn Ungar

What if you thought of it  
as the Jews consider the Sabbath—  
the most sacred of times?  
Cease from travel.  
Cease from buying and selling.  
Give up, just for now,  
on trying to make the world  
different than it is.  
Sing. Pray. Touch only those  
to whom you commit your life.  
Center down.



And when your body has become still,  
reach out with your heart.



Know that we are connected  
in ways that are terrifying and beautiful.  
(You could hardly deny it now.)  
Know that our lives  
are in one another's hands.  
(Surely, that has come clear.)  
Do not reach out your hands.

Reach out your heart.  
Reach out your words.  
Reach out all the tendrils  
of compassion that move, invisibly,  
where we cannot touch.



Promise this world your love—  
for better or for worse,  
in sickness and in health,  
so long as we all shall live.

# Phantom C Quarantine

<https://www.facebook.com/TheOperaGuyOfficial/videos/1187273134951428/>

Singer: Matthew Ciuffitelli  
Lyrics by: Matthew Ciuffitelli  
Song: Music of the Night  
From: The Phantom of the Opera  
Original Composer: Andrew Lloyd Webber

Lyrics:

Night time, endless, everyone's awake now.  
Feeling hungry, eating like a fat cow.  
Silently I tip-toe, making sure they don't know.

Slowly gently, sneak into the kitchen  
Grab food, eat it, abandoning ambition.

Turn my face away from the mirror on display,  
turn my gaze away to save my self-esteem.  
Then realize we're all stuck in quarantine.

Close your eyes and pretend this isn't  
happening  
Life's so weird, things are getting real bizarre  
Can't believe it's only been six weeks so far..  
And I can't even go to my favorite bar.

Napping all day, eating when I get bored.  
Losing patience, family being ignored

We're all starting fights over nothing, which  
feels right.  
Knowing we're all going crazy it would seem.  
Then remember we're all trapped in  
quarantine!

Instagram showing me another stupid meme  
And YouTube until Six in the morning  
My cell phone has become my closest friend!  
And it feels like this will never end...

It could be worse, longing for connection.  
Staying home and fighting the infection.  
And essential workers our country's life  
preservers  
The heroes that are keeping us pristine.  
Remembering we're all here in quarantine!

Praying that they find a new vaccine.  
Hoping for the best... in.. quaran.. tiiiiine

\*A special thank you to our essential workers\*

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## Judy Collins - Amazing Grace

[https://www.youtube.com/watch?v=\\_QJic\\_1Ae5M](https://www.youtube.com/watch?v=_QJic_1Ae5M)

## Alan Jackson - Amazing Grace (Official Music Video)

<https://www.youtube.com/watch?v=ogxLNlgKM8c>

## Bill & Gloria Gaither - Amazing Grace ft. Wintley Phipps (Live)

<https://www.youtube.com/watch?v=qNuQbJst4Lk>

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<sup>33</sup> "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

John 16:33 New International Version (NIV)

<https://www.biblegateway.com/passage/?search=John+16%3A33&version=NASB>

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## FOURTH OF JULY TRIVIA

<https://www.constitutionfacts.com/us-declaration-of-independence/fourth-of-july/>

Why do we celebrate July 4th?

On **July 4th**, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on **July 2nd**, from then on the **4th** became the day that was celebrated as the birth of American independence.

<https://www.history.com/topics/holidays/july-4th#:~:text=On%20July%204th%2C%20the%20Continental,the%20birth%20of%20American%20independence.>

When was the 4th of July declared a federal holiday?

By the **1870s**, the Fourth of July was the most important secular holiday on the calendar. Congress passed a law making Independence Day a federal holiday on June 28, 1870.

<https://www.loc.gov/item/today-in-history/july-04/>

How did fireworks become America's Fourth of July pastime?



Why do we commemorate Independence Day by setting off thousands of small explosions?



Because John Adams wanted us to. Before the Declaration of Independence was even signed, he envisioned **fireworks** as a part of the festivities.

<https://slate.com/human-interest/2012/07/history-of-fireworks-in-america-why-do-we-celebrate-fourth-of-july-with-fireworks.html>

❖ Read 4th of July facts and history: 10 facts about Fourth of July Independence Day celebrations for more fun info.

<https://www.express.co.uk/news/world/1148437/4th-July-facts-history-independence-day-2019-celebrations-origins-what-is-fourth-of-july>

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**“Nobody can make you feel inferior without your permission.”**

—Eleanor Roosevelt

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“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.” – Melody Beattie

*“Today I choose to live with gratitude for the love that fills my heart, the peace that rests within my spirit, and the voice of hope that says all things are possible.” – Anonymous*

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.” – Oprah Winfrey

*“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” – John F. Kennedy*

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# Brain Puzzles

## Hidato

24			20	19	13			1	2
	26	22	93			15	10	3	4
	28		94	92	17		9	8	5
29	34	37		95		88	87		6
33	30			40		90	89	86	80
	31		39		99	97	85		81
51		44	45	47	100		78	84	82
	50				65	66	77	76	
53	56	57		62	63	70		75	74
54	55		59	61		68		72	

<https://www.puzzlesandbrains.com/Hidato.php?pagenum=4&pstid=601>

The numbers in the grid must connect either horizontally, vertically or diagonally. The 1 must connect to the 2, the 99 to the 100. The loop (or path) of numbers must be continuous and form a single chain of numbers

## Sudoku - Medium

			4	1	
5					
			3		6
	5				
1					2
3		2	5		

0606 MEDIUM 11

<https://www.puzzlesandbrains.com/puzzleview.php?id=76&pstid=102>

Sudoku grids are divided in rows, columns and regions (marked by a thick black line). The numbers 1 to 6 must be filled in each row, column, and region once.

## Kakuro

			4	5	22				45	17
	16	13				18	4		9	
32								14		
14			4	11						
	14					3	29	17		4
	16	45	12			5			16	
11				22						
14			11			3	23			3
	19					10			9	
17						17				
33								16	14	
11			9			13			8	
		4				30				
	11				29					
	16			13	5					16
7							5	14		
3				36						
11					21					

<http://www.jakrosoft.com/medium-15x11-free-printable-kakuro-puzzles.html>

The task in Kakuro puzzles is to fill all empty squares using numbers 1 to 9 so the sum of each horizontal block equals the clue on its left, and the sum of each vertical block equals the clue on its top. In addition, no number may be used in the same block more than once.

## Sudoku - Hard

				5	4
			1		
		6			3
4		2			
		1		6	
			2		

0606 HARD 11

<https://www.puzzlesandbrains.com/puzzleview.php?id=86&pstid=103>

Sudoku grids are divided in rows, columns and regions (marked by a thick black line). The numbers 1 to 6 must be filled in each row, column, and region once.

See p 14 for Answers/Solutions

[https://www.academia.edu/37851519/These\\_14\\_Classic\\_Brain\\_Teaser\\_Riddles\\_Will\\_Put\\_Your\\_Mind\\_To\\_The\\_Test](https://www.academia.edu/37851519/These_14_Classic_Brain_Teaser_Riddles_Will_Put_Your_Mind_To_The_Test) (Answers bottom of page)

(Answers bottom of page)

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1. An hourglass. It has thousands of grains of sand!
2. He's playing *Monopoly*
3. Short
4. Nine. Two parents, six sons, and one daughter!
5. Halfway. After that, he's running back out of the woods.
6. Second place

## 0606 HARD 11



## VOLUNTEER AWARDS

Due to the current public health concerns, we've had to cancel several events, including our annual Volunteer Appreciation Banquet. However, just because we can't gather together in the traditional sense, doesn't mean that we shouldn't celebrate the amazing accomplishments of our volunteers.

Starting July 9th, tune into the Habitat OC Facebook and Instagram pages each Thursday in July for a very special appreciation event honoring the dedication and contributions of volunteers like you



## CONSTRUCTION UPDATE



Our construction crew has been hard at work to ensure our families will be able to move into their Habitat homes this year. Check out the progress on our Facebook and Instagram pages!

As we target a late summer completion date, stay tuned for details on a virtual Dedication Day event

**THANK YOU for helping to build a world where everyone has a decent place to live.**



<https://www.habitatoc.org/Shop-ReStore/>

**Habitat OC ReStores are open 7 days! And if that is not enough shopping for you...**

**Check out their new online store and shop around the clock. Items are for pick-up only at our Santa Ana ReStore location.**

<https://habitat-for-humanity-of-orange-county-restores.myshopify.com/>

**Give without remembering and receive without forgetting.**

We are thankful for **KATHRYN R. BOGIE** who was a member of Community Presbyterian Church in Long Beach. She left the Presbyterian Women in the Presbytery of Los Ranchos a bequest of \$100,000 for mission projects. Since 2008 gifts of \$5000 to \$12,000 have been awarded.

Proverbs 3:9-10 "Honor the Lord with your wealth then your barns will be filled with plenty, and your vats will be bursting with wine."

SEE TREASURER'S REPORT P 20 FOR 2020 BOGIE AWARD RECIPIENTS





1772 Clark Ave., Long Beach, Calif. 90815 ~ (562) 342-6487

Open Daily 11 a.m. – 5 p.m. / Sunday noon – 4 p.m.

**Clark & Atherton Mercantile**, located in East Long Beach, is a charming thrift store featuring beautiful home decor, housewares, and small furniture pieces. It has been named among the best thrift stores in Long Beach, and has earned five stars on Yelp.

We are conveniently located between Long Beach City College and California State University, Long Beach, on the southeast corner of Clark Avenue and Atherton Street.



You'll find everything from designer clothing and accessories, jewelry, books, music, to live succulents, planted with love in one-of-a-kind containers.



Shop The Mercantile once, and it will quickly become your favorite vintage boutique and gift store. And the best part is, all of our proceeds stay in the local community helping those in need.

When you shop and donate at The Mercantile you're supporting the programs of Christian Outreach in Action, a 501(c)(3) nonprofit organization that helps families and individuals in need in our community.

<http://www.coalongbeach.org/cam/>



## Charity's Closet

**A unique Thrift Shop to benefit H.I.S. House in Placentia**

134 N. Bradford Avenue, Placentia

Phone: 714-993-4687

Opens July 30

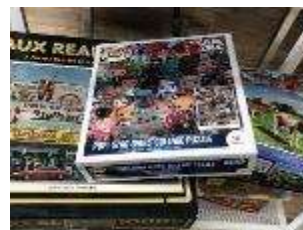
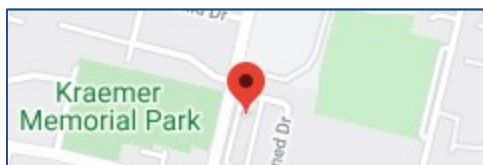
<https://charityscloset.org/>

Tuesdays-Saturdays 10 AM – 4 PM

Closed Mondays

Sundays Noon – 4 PM

We specialize in new and gently used women's, men's, children's clothing; shoes, purses, and accessories; jewelry, new and vintage; kitchenware, glassware, unique decor items, linens, books, and gift items, and much much more. Our electronics and electrical items are all cleaned, tested, and working.



# Treasurer's Report

PRESBYTERIAN WOMEN IN THE PRESBYTERY OF LOS RANCHOS TREASURER'S REPORT 1st Quarter 2020			PRESBYTERIAN WOMEN IN THE PRESBYTERY OF LOS RANCHOS TREASURER'S REPORT 2nd Quarter 2020		
Beginning Bank Balance	January 1, 2020	\$ 8,536.43	Beginning Bank Balance	March 30, 2020	\$ 8,570.68
Receipts			Receipts		
Operations Pledges	39.00		Operations	396.25	
Missions	2,273.22		PW Missions	1,772.24	
PW Churchwide	0.00		PW Churchwide	0.00	
Prentice Fund	68.75		Bogie Funds NCF	5,000.00	
Total Income		\$ 2,380.97	Total Income		\$ 7,168.49
Subtotal		\$10,917.40	Subtotal		\$15,739.17
Disbursements			Disbursements		
Synod Pledge	0.00		Synod Pledge	200.00	
PW Missions	2,308.22		PW Missions	1,772.24	
Chase Bank Checks new account	38.50		Total Disbursements		\$ 1,972.24
Total Disbursements		\$ 2,346.72			
Ending Bank Balance	March 30, 2020	\$ 8,570.72	Ending Bank Balance	March 30, 2020	\$13,766.93
Bank Account Distribution:			Bank Account Distribution:		
Minimum Bank Balance	5,000.00		Minimum Bank Balance	5,000.00	
Operations	1,652.92		Operations	1,849.17	
Designated Churchwide	1,505.00		Designated Churchwide	1,505.00	
Designated Prentice Fund	412.76		Designated Prentice Fund	412.76	
Designated Bogie Mission	0.00		Designated Bogie Mission	5,000.00	
TOTAL	\$8,570.68		TOTAL	\$13,766.93	
PRESBYTERIAN FOUNDATIONS (BOGIE FUNDS)			PRESBYTERIAN FOUNDATIONS (BOGIE FUNDS)		
January 1, 2020	\$47,435.66		January 1, 2020	\$47,435.66	
March 31, 2020	\$42,682.85		March 31, 2020	\$42,682.85	
June 30, 2020			June 30, 2020		
September 30, 2020			September 30, 2020		
December 31, 2020			December 31, 2020		
Submitted: Jo Sutton, Treasurer, 06/22/2020			Submitted: Jo Sutton, Treasurer, Preliminary 06/22/2020		

## BOGIE AWARD RECIPIENTS FOR 2020

SEE Kathryn R. Bogie P 18 FOR BOGIE FUND BENEFACTOR

**Rising Tide** is an afterschool program to empower children and youth of low income, multicultural families of greater Long Beach area through academic support, tutoring, mentoring, cultural enrichment, arts, sports, supervised recreation, and other programs. This program is located at the Covenant Presbyterian Church.

The grant of \$2000 will be used towards the Summer Bible Club which reaches over 150 children and youth. This year the theme will be bringing the gospel message through summer Olympic sports. There will be hands on activities such as cooking, crafts, games and singing. This year the program will be virtual with needed supplies delivered to the children's homes.



**Menaul School** is a faith-based college preparatory school for grades 6-12. It is located in Albuquerque, New Mexico and originated over 100 years ago. The school provides an education that strengthens the whole person – body, mind, and spirit. The school provides a rigorous curriculum that dares students to stretch and grow, equipping them with the tools, knowledge and self-discipline they need to succeed in college and in life.

The grant of \$2000 will be providing scholarships for children that face financial barriers and are in a low-income environment.

**Shower Plus Ministry** is located in First Presbyterian church in Garden Grove. The purpose is to provide basic needs services for men and women experiencing homelessness. These basic needs include showers, meals, food, personal hygiene products, and clothing. This enhances positive feelings of self-worth and dignity. More than 80 are served through this ministry on Tuesday and Thursday mornings.

The grant of \$1000 will be used to provide additional resources which are unmet through donations of food, clothing, and hygiene products. Also, funds may be used for repairs and maintenance of the facility and equipment.

