



PresPress

October 2021

Presbyterian Church of Novato, 710 Wilson Ave., P.O. Box 631, Novato, CA 94948

“I’m in!”

After a year of uncertainty, separation, and perhaps no small amount of worry, we are going into this year’s stewardship season wondering what this new norm will entail. If you’re like me, you’re probably ready for some hope, more opportunities for togetherness, and no small amount of comfort and care. We need it – light and warmth after a dark, cold winter. And we need it from our church.

Perhaps this year as we prepare for our annual pledge drive, you’re wondering, “Where are we going this year? I’m tired. The pandemic has drained me. The future seems uncertain. I want to know what we are going to do as a church. Where are we going to go? How are we going to bask in and be the light after such a dark season? I want to give, but how are we going to be Church this year?”

On or around October 3rd, you will all receive a copy of Session’s full discernment work on your behalf. What has been fashioned is a vision for the future. A growth plan. A direction in which we will begin moving. It is not a plan written in stone, but a living document that will change and adapt as we move forward together.

And guess what? We will need your help uncovering how we will jump into it! On October 10th and 24th, following worship, we will host Town Hall meetings in the sanctuary where you will be able to ask questions, offer comments, and help discern initial steps toward realizing our vision. We will also be working on a Zoom town hall for those who cannot participate in person.

Since the specifics of the vision will be sent to you all not long after you read this article, I offer only this observation, particularly for those of us who want to know what our stewardship pledge is investing in this year.

Here it is. God’s call for us is to connect: to build, foster, and grow in authentic community. Yes, it sounds simple. It sounds obvious. It sounds like we’re already doing it. Yet, as you read through our vision, you will see that this form of ‘connecting,’ as modeled in the radical love of Jesus, takes shape in some new, intentional, and life-giving ways.

I am excited about the days to come, my friends. And I am excited that we will be a part of this vision together.

With Joy & Peace
Adam

Mission Update
by Regina Rus, Mission Elder

Would you like to participate in managing almost 25% of the PCN church budget? In 2021 that is \$118,450, and the Mission Committee is responsible for deciding how to use the church's budget in positively impacting our community and our world.

Our committee is 13 people strong and each of us is connected to each of the organizations that receive a contribution from our church. We keep in touch with every organization to ensure our funds are doing good things. These "liaisons" read organization newsletters or reach out and ask what is needed to help their clients. Our church does not just hand out money: we look for ways to volunteer and donate that something extra that goes a long way. These local mission opportunities enrich our church because we are visible in the community doing the work we do because Jesus loves each of us.

There are 3 organizations of worthy focus at this time:

- All Dressed Up Ministry – Mike Robinson has been working hard for years to collect clothing that is boxed up and sent to people that are leaving incarceration shortly. The gift of clothing allows that person to leave prison with dignity. Please contact him at skybird24@comcast.net.
- Center For Domestic Peace – Barbara Gildea collects bags of groceries monthly and brings to the place where more than 20 families live and benefit from the food that allows them to feed their families and stay safe. Barbara would benefit by knowing how many bags to expect each month – please e-mail her at Bjgildea9@aol.com.
- Lynwood Reading program – Art Plumstead has organized PCN volunteers for a number of years, although the pandemic has placed a hold on this program. He is awaiting word from the elementary school to begin reading to students again, and he would like to reinvigorate his list of readers. Please contact him at APlumstead@comcast.net.

Even if you are not attached to one of our "line item" organizations (those organizations included in our 2021 budget), you are welcome to attend our meetings (still on Zoom) the first Wednesday of each month at 5 p.m. to lend your voice to our decisions. Please e-mail Regina Rus reginabrus@gmail.com for the agenda that has the link. Hopefully we will meet again in person.



Where your treasure is, there your heart will lie also. ~Matthew 6:21

Below you will find evidence of the many places where your hearts, time and money are making a difference, both locally and abroad.

PEDAL FOR PROTEIN Our thanks go out to the following volunteers:

Jim & Melodie Baird

Audrey Boland

Jane Bradfield

Tonya Church

Sandy Fong

Emily Gates

Art & Carolyn Gerrans

Fred & Janalee Holmes

David & Ariel Mink

Regina Rus

Kathy Takemoto

Don Taylor



PEACE & GLOBAL WITNESS OFFERING Keep in mind our Peacemaking Offering will be held on World Communion Sunday, October 3, 2021. Our speaker that day is Nick Morris, executive director of The Street Chaplaincy, the ONLY organization in our county which addresses the spiritual needs of Marin County's homeless population, and the theme of peacemaking in all its varied efforts will be showcased. **PEACE AT ALL TIMES IN ALL WAYS.**

CENTER FOR DOMESTIC PEACE The Center for Domestic Peace (C4DP) has asked PCN for 21 bags full of non-perishable groceries, specifically rice, pasta, pasta sauce, cans of beans, sugar, flour, sweets, chocolate and juice. To pledge, contact Barbara Gildea at BJGildea9@aol.com. Pledged groceries (double-bagged, please, and not too heavy!) can be dropped at the church office October 11 and 12. "Thank you" cannot be said enough to everyone donating groceries to C4DP. Below is a picture of all the groceries that were donated in September.





We invite you and your family to join us on October 9 from 10am – 2pm to paint rocks with creative artwork and messages. Local artists from our partner, Drawbridge, will be here to assist.

**OCTOBER IS
DOMESTIC VIOLENCE
AWARENESS MONTH!**

Take the painted rocks home, place around your community, and post to your social media pages to raise awareness of C4DP's purpose and the resources we provide. Remember to use #C4DP and #DomesticPeaceRocks to keep our community connected with our peace project.

**Materials and refreshments provided.
CDC protocols around COVID-19 will be strictly enforced.**

**CENTER FOR DOMESTIC
PEACE®**

Working Together to End Domestic Violence



Center for Domestic Peace | 734 A Street, San Rafael, CA 94901 | 415.457.2464 | www.c4dp.org

Novato COVID Response and Recovery Team



Did you know PCN is a partner in the Novato COVID Response and Recovery Team?

This important group in Novato includes North Marin Community Services, City of Novato (including Novato Police), Novato Unified School District and the Novato Fire Department. We work together with County of Marin to respond to the COVID disaster, get our community vaccinated and make Novato a safe place to be!

We hosted two vaccination clinics in late July and early August with County of Marin. Nearly 70 people were vaccinated here. However, our neighborhood, called Census Tract 1032, is far behind. Only 77% of people living in this area (roughly Wilson to Indian Valley and around to Novato Boulevard) is vaccinated. That is more than 1,400 people of the 6,159 Novato residents still not vaccinated. The unvaccinated tend to be between 50 and 65 (data as of 9/14/21).

You can help. You can talk to your neighbors. You can direct them to the County of Marin's website <https://coronavirus.marinhhs.org/vaccinefinder>. You can ask them why they are not vaccinated and point them to the facts and myths of vaccination at <https://coronavirus.marinhhs.org/fag/topic/145>. On the other hand, you can simply implore them to talk to their own doctor. Do this out of love and care. The county has reached 90% fully immunized people, more than 201,000 people. Help our community and our country to be safe!

In future months there will be more to come about how to stay safe from wildfires and learn how PCN is an active member in the community responding to these disasters and helping prepare. If you have an interest in helping PCN organize its efforts around disaster planning and response, please contact Regina Rus at reginabrus@gmail.com.

**A letter from NMCS regarding our Pentecost Offering
donations to their mental health services**



September is Suicide Prevention Awareness Month. Let's join hands and lift up hope – to reduce the stigma associated with accessing mental health services and raise awareness of suicide prevention.

We can all play a role in prevention. Suicide is a public health issue that devastates families, friends and communities. It remains the second leading cause of death among U.S. teenagers, and rates of youth suicide and self-injury hospitalization are on the rise, especially among younger adolescents ([Kids Data](#)). Marin County has among the highest suicide rates in the Bay Area. Although the majority of people who have depression do not die by suicide, having major depression does increase suicide risk compared to people without depression ([HHS.gov](#)). In 2019, youth depression in Marin County was 36%, up from 30% in 2016, and higher than the statewide average of 32% ([Healthy Marin](#)). NMCS Director of Wellness Programs, Alaina Cantor, LCSW, shares, "We have seen a rise in the demand for mental health services. Over the past year, NMCS clinicians supported 800 people with therapy primarily through virtual or telemental health services."

"Fortunately, we are now able to increase our onsite services in partnership with NUSD school campuses, at the Novato Teen Clinic and hear at our 680 Wilson Avenue center. With increased demand, we have also onboarded nine new clinicians and two new clinical supervisors. We will be able to continue to offer both in-person and telemental health care in our community. As more people struggle with the impacts of trauma and prolonged stress, we have trained all our staff in trauma-informed care and risk assessment, so they are able to screen for suicidal ideation (thoughts) which can affect anyone regardless of age, gender or background."

Suicide survivors, the people who have lost a loved one to suicide, are often left with complex and traumatic grief, and fortunately there is support and tools available in our community: [National Suicide Prevention Lifeline](#) and [Survivors of Suicide \(SOS\) Peer Support Group – Buckelew Programs](#).

Resources

If you or someone you know needs help, please know that you are not alone. Crisis lines, counselors, intervention programs, and more are available to you, whether you are in crisis yourself or concerned about someone else.

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Crisis Text Line: Text MARIN to 741-741
- The Trevor Project (for LGBTQ Young People): 1-866-488-7386
- Friendship Line (for Older Adults): 1-800-971-0016
- Trans Lifeline: 1-877-565-8860
- Teen Line: Call 1-800-852-8336 (from 6 p.m. to 10 p.m. PST)
- National Alliance on Mental Illness (NAMI)

North Marin Community Services has mental health services available. Our person-centered approach offers individuals and families a chance to achieve a better quality of life where they can feel hope. We provide integrated trauma-informed and culturally centered services to children, adolescents, families, and adults who would benefit from mental health services and supports. Contact (415) 892-1643, x239 for a confidential phone assessment.

As a private nonprofit, donations keep our mental health services low-cost and affordable. Thank you for joining hands and lifting up hope with us at North Marin Community Services.



Join us on Saturday, October 30th from 2 to 4 p.m. in the PCN parking lot for trunk or treat! Dress in a non-scary Halloween costume and have fun playing games and winning treats for Halloween fun! 🎃

We need volunteers too! Please contact Patty Reed to sign up for hosting a trunk and game for this event at pdreed@sbcglobal.net or call 415-699-5246.

Below are some pictures from our last Harvest Festival.



Meet Sarah Smith!

It's not too late to sign up to meet Sarah Smith. Join Sarah on the patio after church on Sunday, October 3! Let's enjoy a bite to eat as we get to know Sarah a little better. Please RSVP at the church office by calling (415) 897-6152 or email pcnadmin@pcnovato.org.



Join Us at Our Town Hall Meeting

Join us after worship on October 10 or 24 for a PCN Town Hall to answer your questions about the Discernment Committee's report. There will be a quick snack to enjoy before returning to the sanctuary to have a question-and-answer session.



If you happen to hear a strange "clicking" sound on the PCN campus, do not notify the Property Committee! It is just the needles of the Knitting Group (formerly the Marian Stitchers) getting back in action to create treasures for local charities. Knitters/crocheters are all welcome. Mark your calendars – beginning in October, we will meet the second Tuesday of each month from 10 a.m. to noon in the PCN library. Masks will be required. Contact Kay Walker at walker@comcast.net with any questions or for more information.



Session Highlights September 2021

In September, Session:

1. Approved membership for George and Anna Pilloton via affirmation of faith. The Pillotons were members of First Presbyterian Church in San Rafael.

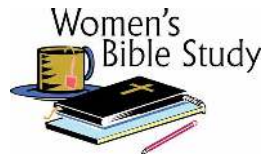
Kathy Takemoto, Clerk of Session



A big HUG and THANK YOU to those gracious chefs that provided meals for our youth the past three months. Your love, devotion and dee-lish treats were graciously accepted and no crumbs were left behind!! Our chefs were Pastor Adam, Audrey Boland, Sandi Class, Alison Coelho, Karen Gorin, EB and Jon Hanlein, Janalee Holmes, Katrece Hunt, Pat Innes, Deanna Lutzeier, Alison McIvor, Brenda McIvor, Bethany McMickin, Becky Praun, Lauren Reed and Carol Robinson. You're all the BEST!!!!

Anyone interested in signing up to provide a meal please contact Becky Praun, Meal Coordinator, at beckypraun@yahoo.com or call 415 472-1733. No experience necessary!

With thanks,
The Youth Group



WOMEN'S BIBLE STUDY

The Thursday morning Women's Bible Study Group has resumed. We are continuing our studies in 2 Samuel. We meet on Zoom until this **"pandemic and Delta Virus"** is defeated and we are able to meet again at the church. We meet from 9:30 to 11:00 a.m. The cost of the guidebook **"Life Change: 1 & 2 Samuel"** is \$7.00.

Women's Bible Class Link:

The link to class will be the same every week. Carol Dacquisto is inviting you to a scheduled Zoom meeting.

<https://us02web.zoom.us/j/81726330698?pwd=a1hvY1JUOFV1OFRXUitrc05FaTBZUT09>

Meeting ID: 817 2633 0698 Passcode: pcnovato

It is necessary for our reading of 1-2 Samuel to remember that the concept of covenant became Israel's most important and pervasive relational metaphor in the Old Testament. This became the best way to describe Israel's relationship with God, who is thereby portrayed as the Great King and Israel as the weaker vassal. From Israel's earliest recollection of national origins (the Mosaic covenant) and in its greatest theological explanation of its relationship with God, God most often assumed the position of King of Israel.

We hope that more ladies of the congregation will join and bring their friends to join as well.

Grace and Peace,
Melodie Baird, Carol Dacquisto, and Margaret Costello



You are invited to join the Sunday morning adult Bible study as we explore "Celebrating God." The upcoming quarter focuses on acts of worship and praise that celebrate who God is and what God has done for His people. We will be studying Exodus, 2 Samuel, Psalms, Mark, Acts and Revelation. We encourage anyone with a desire to understand scripture a little more deeply to join us on Sunday mornings. We are meeting via Zoom every Sunday from 8 to 9 a.m. If you're interested in joining please contact Larry Dacquisto at (415) 577-2115.

We will look forward to seeing you on Sundays – come and join us!

SupperClub

FOOD & FRIENDS

This past year we had to limit our social gathering and in-person church attendance. Fortunately, we have had technology but missing were our wonderful times of eating and schmoozing! We will continue with the same groups set in 2019-20 for the remainder of the year. Come 2022 we will have sign-ups for new groups and start again. In the meantime, stay safe, stay well and enjoy your times with church friends when you can.
~E.B. Hanlein and Janalee Holmes



Mark your calendars! The Deacons will be sponsoring another blood drive October 10. Keep an eye out in the update for more information as it becomes available. Contact Janalee Holmes at (415) 898-8418 for more information.



WOMEN'S PRAYER GROUP

Spend time praising God for His many blessings through prayer, and receive His assurance for you. Together we seek His intimate presence, led by the Holy Spirit and fed by scripture. Meetings are the first Thursday of each month at 6:30 p.m. Use the same Zoom link each month. Contact Janis West at Janisw99@gmail.com with questions.

<https://us02web.zoom.us/j/81107446679?pwd=Yy9ub1pReGdMTHVhbDJpRzhHVVdHQT09>

Meeting ID: 811 0744 6679 Passcode: pcnovato



MEN'S BIBLE STUDY

Come join us for study and fellowship. We meet every **Wednesday at 7:30 a.m.** via Zoom. We have started a new study called "Abiding in Christ." All men are welcome. To be added to the Zoom contact list, contact Phil Dougherty at (415) 328-6674 or email phild@dhis.com for more information.



Here's an important number to jot down: (415) 472-0911. This is the **non-injury** lift assist phone number from the Novato Fire Department. If you or someone you know has fallen and you can't lift him/her, the fire department will come help!



If, during this unprecedented time, you find yourself in need of someone to talk to, the Stephen Ministers are here to listen, and all conversations are confidential. Please contact Jane Sime at (415) 497-5158 or Gail Penfield at (415) 897-7929 for more information.



Community Outreach for PCN

We would like your help in spreading the word about PCN's online activities during this time of sheltering in place. Please share PCN info on your social media accounts (Facebook, Instagram, NextDoor, etc.). Share links to the music videos, worship services, children's sermons, etc. This will help broaden our outreach. With everyone having to shelter in place, it's a good time to get the word out about our congregation and what God is up to through us!