



PresPress

July/August 2022

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

HOW SHALL WE WORSHIP?

When I was kid, I KNEW how to worship God. I went to church with my family, sat in the second row, remained as quiet as humanly possible, resisted the urge to crawl under the pews, was serenaded with sounds of organ, piano, hymns, and choral music. I stayed awake during the sermon (miracle of miracles), put the quarter my parents gave me in the offering plate, and counted down the seconds until it was over.

When I was a teen, I KNEW how to worship God. At the youth conferences and camps I attended, we did these silly dance moves to songs called Energizers. For some, it was fun. For me, the quiet, introverted, tubby kid, it was the most embarrassing thing humanly possible...but, it was full of energy and movement. Now there were guitars accompanying simplistic, repetitive songs. The preacher preached down to my level and held my attention – apparently sermons could teach me about everyday life. Who knew?!

Prior to seminary, I KNEW how to worship God. I was, after all, the future church professional. I had THE knowledge. I had THE right perspective. Worship needed to be more contemplative. It needed detailed, liturgical movement, well-thought-out silence and contemplation, more traditional rituals, an abundance of theological jargon, historical church prayers, simple banners and paraments. Worship was highly intellectual, a renewing of the mind through careful, thought-out, meticulously crafted, three-point sermons.

Since seminary, I have KNOWN how to worship God. The only trouble is I discovered there are many more ways to worship than I can count. I've worshiped in Catholic churches and Episcopalian churches. I've worshiped in Methodist, Baptist, non-denominational, and Pentecostal churches. I've had the opportunity to worship in a small subsistence community near Berlin, El Salvador, in 4th Presbyterian Church in Chicago, at Lutheran Church of Hope in West Des Moines, at St. Teresa's in Austin. I've participated in worship services with no music at all, in others with only choral music, and yet also in churches with only highly produced praise and worship teams. I've worshiped in loud, joyful, hope-filled services, but also quiet, contemplative, reverent services.

I realized the God we worship and serve is so much more than we make God out to be and that's why worship is so diverse. There is no right or wrong way to worship...there is gathering in the name of Jesus Christ to be with God and each other in a time of worship. In it, there is prayer, there is scripture, there is proclamation of the Word, a chance to give of ourselves, time and offerings, sacraments, a time to be sent out again into the world to be God's disciples.

I've been thinking and praying a lot about this lately. Worship is a central part of who we are and what we do as a congregation. Even today, our corporate worship is still the singular event that brings us together each week as a church. It is the event that shapes everything else that we do. It molds how we do mission, how we do programming, how we engage the community and the world around us. And we have come to a time to reflect on and pray about how we continue to worship as PCN. As many of you know, we have been worshiping in different formats since coming back from the pandemic. Due to our low in-person participant numbers, we began with a blended service where we took the best of our contemporary and traditional services and put them together into one service. We then shifted a few months ago to an alternating worship format. Every other Sunday we would alternate between a

traditional and contemporary form of worship. We have planned to do this throughout the summer of 2022.

Now our plan is to move to a more permanent form and pattern of worship in the fall. Our intention, since the pandemic started, has always been to go back to our pattern of two worship services on Sunday so that we can offer both contemporary and traditional worship each week.

Yet, many things have changed over the course of the last few years. The pandemic forced us to move online. It pushed us to experiment and try new things. It moved our two separate worship service crowds together. And many people have discovered: they like to worship together and be together. In fact, our mission as a church reflects this. It states our call from God to be 'together in worship, faith, and service.' One of our core values is 'authentic community.' We are working on initiatives even now to bring us closer together with each other and with the community. Togetherness is a part of our identity.

So the question that we, as a congregation, and that your worship committee is praying about right now, is, **"How do we worship come fall of 2022?"**

Let me start by saying: ***Each of you will have a say in how we move forward.*** The Worship Committee will be doing a survey asking for your worship format preference. We want to know what you think and feel. There will also be opportunities for conversations about our future worship pattern as well (organized by the committee).

But this conversation will go deeper than simply *preference*. We also want to look at how our future worship pattern reflects our call from God (our mission and vision as a church), how it connects us with God, each other, and the community around us. We want to carefully think about the number of worship participants we have and if that makes any difference to how we move forward. We want to receive input from our new members and regular participants (of which we have many) who have never known our two-service format.

I know some of you may be reading this and worrying about the future of our worship. But my hope is that we can see this time not as a harrowing challenge or a roadblock, but as an opportunity for meaningful, faithful reflection and a time to listen to where the Holy Spirit is guiding us.

So, my friends, when the time comes, fill out those surveys, engage in those conversations, think and pray about it. Your worship committee needs your help.

With humility and care,
Adam



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.

CENTER FOR DOMESTIC PEACE & PCN



Thank you again for this month's generous donations of groceries for the Center for Domestic Peace. Next month's delivery date to C4DP is July 20, and August's is August 24. Drop off groceries at the office anytime. Thank you!

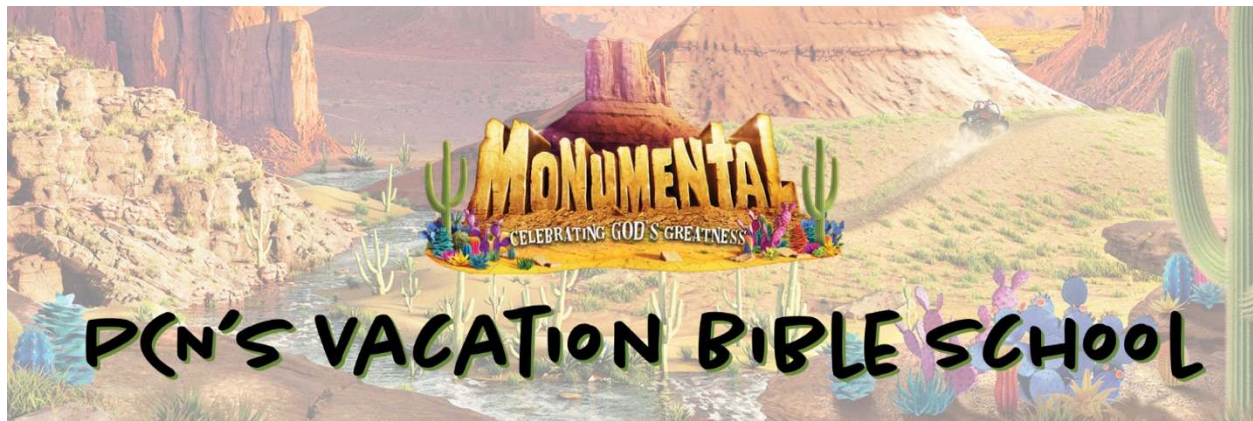
To learn more about Center for Domestic Peace go to www.c4dp.org

9th Annual
2022 Pedal for Protein

September 11 thru 15, 2022

We're looking for Riders and Volunteers

www.pedalforprotein.com



Monumental! VACATION BIBLE SCHOOL

PCN hosted our annual VBS during the week of June 13: a week of Bible stories, games, drama, music, snacks, and crafts for more than 70 children, from within both PCN and the community. Thanks to our many adult, teen, and pre-teen volunteers (too many to list!) who made a memorable week for our children.

For our mission project we partnered with the SF-Marin Food Bank to run a food drive. Our amazing VBS families generously donated food to the drive!







Session

Session Highlights – June 15, 2022

Session approved the addition of *Appendix J, Driver Authorization Form*, to the PCN Safety Policy. This form documents requirements for drivers of youth participants for church-related events.

Session approved asking the congregation for voluntary donations to offset the cost of snacks purchased for Vacation Bible School at the *Dads and Dogs* lunch after worship on June 19, 2022.

Session approved the following resolution from Finance & Administration Committee regarding the composition of the Endowment Fund Committee:

"Whereas no election of members to the Endowment Fund Committee was made at the 2021 Annual Meeting and conditions require Fund oversight, we affirm appointment to the Committee of Walt Campbell and Bruce Stahley, as at-large members, and Brad Praun and George Pilloton as Session members, until the next annual meeting, at which time three at-large EFC members shall be nominated and elected to staggered 3-year terms by PCN membership. We note the Committee has an opening for another at-large member and authorize Brad Praun and George Pilloton to appoint said member to serve until the annual meeting. We further affirm George Pilloton to be chair of the Committee."

Walt Campbell and Bruce Stahley have agreed to serve as at-large members of the Endowment Fund Committee.

Session approved Sunday, October 9, 2022 as Consecration Sunday. A Community Life Fair will be held after worship on this day.

Session approved using \$1,200 from the Novato Community Response Team grant for dues to the Marin Interfaith Council.

The Property Committee announced that Good Shepherd Lutheran School will be installing a bell system. PCN will become a part of this system, installing speakers on the first floor of the Christian Education building. In addition, a new refrigerator was installed in the kitchen, generously donated by Kay Jones.

New members James and Sally Jacob were welcomed by the Elders. The Jacobs are joining by letter of transfer from Trinity Presbyterian Church, New Port Richey, FL.

The Session will not meet in July 2022. The next Session meeting will be on August 17, 2022, followed by an Elder retreat on Saturday, August 20, 2022.

Kathy Takemoto, Clerk of Session



The Sunday Adult Class meets every Sunday morning at 8:30 A.M. in the church library and via Zoom as well. We would like to invite you to join a great group of men and women who enjoy studying God's Word together. There is a place for you as well. We have great discussions. **Come and join us!**

This quarter considers ways in which believers are partners with God in creation.

In **Unit 1**, a study of **Isaiah** explores God's predictions of the future destruction of Babylon and deliverance for Israel. God grants mercy and redemption to the penitent and restores God's people to a state of peace and prosperity.

In **Unit 2**, lessons from **John's Gospel** stress how Jesus, the Creating Word, at work in and with humanity, became flesh, healed the sick, saved the lost, resurrected the dead, and granted – through the Holy Spirit – peace.

Unit 3 studies in **Revelation** help us envision the new home and city God has prepared for the redeemed. In this heavenly environment, the saints will enjoy the new water of eternal life.

We are **excited** to welcome Doris Dooley to our teaching team. We are pleased see the following people on Zoom at the class: Elinor Lacy, Nevada; Gary Pearce, Oregon; Charlene/Roger, Texas; and Karen Rogers, Virginia. We thank you for your **kind faithfulness**.

Grace and Peace,
James Baird, Carol Dacquisto and Doris Dooley

Link for the Zoom meeting:

<https://us02web.zoom.us/j/88401949220?pwd=QS9MMHJsbU5TVtJ6enVpU1hDL0VNQT09>

Meeting ID: 884 0194 9220

passcode: pcnovato



THE PCN EMERGENCY SAFETY COMMITTEE

is seeking volunteers for the following roles in the event of emergency situations:

- Evacuation Wardens
- Asst. Evacuation Wardens
- Searchers
- Disability Aides

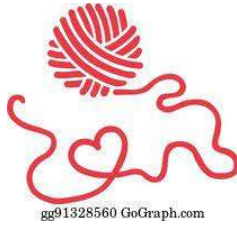
If you are interested in being part of this safety team or have questions, please contact Delane Ramser at (415) 897-3829 or dramser8@comcast.net.



Would you like to be one of the first at PCN to welcome new visitors? Or to welcome back members who have not attended for a while? Please join our Hospitality Team if you are interested in serving in this ministry. Contact Bekah Harmon at bekahsbytes@gmail.com with any questions.



REQUESTING A PRAYER BLANKET Requesting a prayer blanket is easy. Email Tonya or Laurie. Give us their first and last name, address, phone, and what colors they like. We try to send a prayer blanket that is meaningful for the recipient. Questions? Contact Tonya Church at tonya.church@comcast.net or Laurie Dougherty at lwdougherty@me.com.



Wits that Knit

The photo below confirms that the WITS sure do KNIT! The group has been busy over the past few months. The items shown will be delivered to the Canal Alliance, San Rafael, as gifts for their clients: baby blankets, lap robes, sweaters, children's hats, and newborn hats.

One of our WITS devotes her knitting time to making preemie hats, small blankets to place over NICU isolettes, as well as burial gowns. These items she sends to an organization, Care-Wear, that distributes them to hospitals across the U.S. according to need.

The PCN library door is always open on the second Tuesday of the month, 10:00 a.m., for those interested in knitting and fun fellowship. Or just drop in and say hi!





Happy Father's Day!! A lunch was served for all the dads, families and VBS families after a wonderful worship by the VBS children. Guests totaled about 90! The lucky winners of the ice cream sundae kit raffle prizes winners were, Kathy Botko, Tina Parrish and Kaydence Smith.

Musical entertainment was provided by David and Bekah Harmon, while guests enjoyed hot dogs, potato salad, chips, skewers of fruit and brownies. Many thanks to the Deacons for providing the beverages and the Men's Bible Study group for setting up and taking down the tables and chairs. Volunteers were: Bill Walker, John Reuscher, Alan Dunham, Walt Campbell, Don Erba, Jon Hanlein, Steve Revere, and Brad, Stephanie and Kimi Praun. It was a beautiful day and a very special way to end a most successful VBS week.



Kathy Takemoto serving lunch faire



James and Cyrus Woods

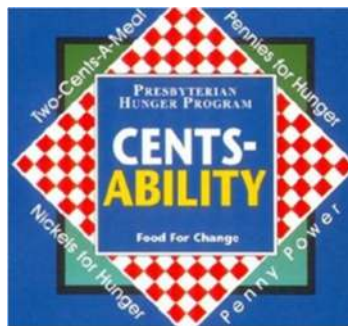


Pastor Adam checks out the Father's Day lunch

Novato Community Response Team

The Novato Community Response Team (NCRT) wants you to be prepared for a wildfire. Here are a few things you can do:

- Sign up for messages from Nixle and Alert Marin at <https://emergency.marincounty.org/pages/alerts>
- In an emergency, be prepared for 5 to 7 days without power or utilities. For more information, visit <https://readymarin.org/plan-prepare/>
- Learn what to do to keep your loved ones safe at <https://emergency.marincounty.org/pages/prepare-for-emergency>



Two-Cents-A-Meal

Just a reminder that you'll see the Two-Cents-A-Meal box in the narthex the first Sunday of every month. The money received supports hunger-alleviation projects in our communities. Last year, PCN received a grant which allowed us to provide gift cards to give out at the Showers in Novato, a mobile shower program. Please continue to contribute to this worthwhile program as you feel you are able, and many thanks!



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 7:15 a.m.** via Zoom. 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 Alan Dunham at (415) 897-8886 or Athena Craig at (415) 725-9299 for more information.



Community Outreach for PCN

We would like your help in spreading the word about PCN's activities. 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. It's always a good time to get the word out about our congregation and what God is up to through us!



PCN is a partner in the Novato Covid/Community Response Team, the only faith-based organization in Novato to step up and be included in this very important community effort. It is our responsibility to provide important information to our church members, friends and family.

We are keeping the PCN office stocked with covid home tests that you are welcome to pick up – for free!

Here is the County of Marin update summarized, with links for additional information.

Vaccines and Boosters – Get them and encourage all your loved ones to get them!

<https://coronavirus.marinhhs.org/vaccinefinder>

Get tested – Testing remains a vital tool in the fight against COVID-19. There is information about when to test and where to test.

- If you have symptoms, regardless of vaccination status, you need to isolate and test immediately.
- If you were exposed and are vaccinated, take a test on day 5 after exposure. Wear a well-fitted mask around others for 10 days.
- If you were exposed and are not up-to-date on booster shots, quarantine for 5 days, then test. Continue to wear a well-fitted mask around others for 10 days.

<https://coronavirus.marinhhs.org/testing>

Report positive tests – If you use a home test, it is important to report to the County in order to have accurate community data.

<https://coronavirus.marinhhs.org/SelfTestReporting>

Treatment – See the flyer in this publication for more information. Therapeutic treatments are available for people ages 65 and older, or any age with conditions including cancer, obesity, or pregnancy.

<https://coronavirus.marinhhs.org/TestToTreat>

As the most recent COVID outbreak wanes, the County and this NCRT will start getting more serious about wildfire preparedness. PCN will be the site of a PG&E power outage community charging area if the power goes off. We will be stepping up in case of disaster to help our community.

If you are interested in being on the PCN team for disaster response, along with Bruce Stahley, Carolyn Gerrans and Barbara Gildea, please contact Regina B. Rus at reginabrus@gmail.com.



COVID-19 Treatment in Marin County

Paxlovid, a medication to treat COVID-19, is available.

Who is eligible for Paxlovid?

If you are at higher risk for severe COVID-19 disease, talk to your healthcare provider promptly about Paxlovid if you test positive for COVID-19.

Some risk factors for severe COVID-19 disease include:

- People age 65 and older, OR any age upon advice of a provider.

Individuals with the following conditions may also qualify for treatment with Paxlovid*:

- Cancer
- Disabilities
- Dementia
- Diabetes (type 1 or type 2)
- Chronic kidney, liver, or lung disease
- Weakened immune system including HIV infection or organ transplant
- Obesity
- Pregnancy
- Blood diseases
- Smoking
- Heart conditions or stroke/cerebrovascular disease
- Current or former substance use disorders

**This list does not include all possible conditions. Speak with your provider if you think you might be at high risk.*

Knowing if Paxlovid right for you:

Paxlovid can cause side effects and interact with other medications you are taking. It must be prescribed by a medical provider after a thorough review of your health conditions and medication list. Your provider can describe the risks and benefits of treatment to guide your decision.

How to access treatment:

There are two ways to get Paxlovid COVID-19 treatment:

- 1 If you test positive, talk to your health care provider to determine if you should be offered a prescription for treatment. Bring a list of all medications you are taking.
- 2 If you don't have a healthcare provider, you can find a Test to Treat location that offers COVID-19 testing and treatment to take home, if needed, at one location.

There are other things you can do to help your body recover from COVID-19. Your health care provider might recommend treatments that do not require a prescription to relieve symptoms and support your body's natural defenses. Also, the CDC has information on [over-the-counter treatments](#).

Where to find Test to Treat in Marin County:

Test to Treat locations are being added weekly. Check the [Test to Treat Locator](#) for the latest offerings. Test to Treat is currently available to everyone. The OptumServe/LHI community testing sites offers treatment to those without health insurance.

Appointments are required. Call (888) 634-1123 or [book an appointment online](#)

West America Bank Parking Lot

1177 E. Francisco Blvd,
San Rafael

(Tues, Thurs, Sat: 11am - 7pm)

Kerner Campus

3260 Kerner Blvd,
San Rafael

(Tues - Sat: 8am - 3pm)

St. Andrew Presbyterian Church

101 Donahue Street,
Marin City

(Fridays: 11am - 7pm)



Medicines to Treat and Prevent COVID-19

Medication to Treat COVID-19

If you have COVID-19, have symptoms, and are at higher risk of getting very sick, you can get medicines that treat COVID-19 and help keep you out of the hospital. Get tested right away if you are at high risk and have symptoms, even if they are mild. If you test positive, ask for treatment right away.

Don't delay. The medicines work best when they are given as soon as possible.

Who may be eligible for treatment

- People age 65 and older, OR any age upon advice of a provider.

For example, individuals with the following conditions may qualify*:

- Cancer
- Disabilities
- Dementia
- Diabetes (type 1 or type 2)
- Chronic kidney, liver, or lung disease
- Weakened immune system including HIV infection or organ transplant
- Obesity
- Pregnancy
- Blood diseases
- Smoking
- Heart conditions or stroke/cerebrovascular disease
- Current or former substance use disorders

**The list does not include all possible conditions. Speak with your provider if you think you might be at high risk*

How to access these medicines

There are several different ways to get medicines to treat COVID-19:



- **Your doctor can write a prescription** that you can fill at over 20 pharmacies in Marin County. If you need intravenous (into a vein) treatment, your doctor can refer you to an appropriate location.
- **You can use a Test to Treat program** available at many pharmacies and clinics. The Test to Treat services provide easy access to COVID-19 testing, evaluation, and if you are eligible, oral COVID-19 treatment.
 - **Test to Treat Locations can be found at:**
<https://coronavirus.marinhhs.org/>

Types of medicines to treat COVID-19

There are 2 types of medicine available to prevent or treat COVID-19:

- **Antivirals** that prevent viruses from "multiplying" in the body.
- **Monoclonal antibodies** that bind to the virus and help the body to get rid of it.



Medicines to Treat and Prevent COVID-19

These medicines are oral treatments (taken by mouth) and should be started within 5 days of developing symptoms.



- **Paxlovid** (antiviral) – for people age 12 and older who weigh at least 88 pounds. It is the most effective oral antiviral for preventing hospitalizations.
- **Molnupiravir** (antiviral) – for adults age 18 and over, and not pregnant.

These medicines are given intravenously (into a vein) and should be started within 7 days of developing symptoms.



- **Remdesivir** (antiviral) – for adults and children, including infants who weigh at least 3kg (about 7 pounds). Given once a day for 3 days.
- **Bebtelovimab** (monoclonal antibody) – for people age 12 and older who weigh at least 88 pounds. Given as a single dose.

Medication to prevent COVID-19

If you cannot receive a COVID-19 vaccine for medical reasons, or your immune system is not strong enough to mount a response to the vaccine, talk to your doctor. You may be eligible for a long-lasting monoclonal antibody medicine called **Evusheld**. Evusheld is used to prevent COVID-19. (This is known as pre-exposure prophylaxis). It can be given to people age 12 and older who weigh at least 88 pounds. It is given as 2 injections into a muscle at a single visit.



- **The medicines are free.** There is no cost for these COVID-19 medications, but the facility may charge a visit/consultation fee. Medicare and Medicaid cover all costs. If you have private insurance, check with your plan to see if it covers all costs. If you do not have insurance, ask the treatment facility if there are fees.
- **Only take treatments prescribed by a health care provider.** People have been seriously harmed and even died after taking products not authorized for COVID-19. This includes products approved and/or prescribed for other uses.
- **COVID-19 treatments are not a substitute for getting your COVID-19 vaccines.** Vaccines are safe, effective, free, and widely available throughout Marin County. They protect you from getting very sick with COVID-19.

If you have questions about any COVID-19 medication, contact your doctor. For more information and to find a location offering treatment, test, or vaccine visit:

<https://coronavirus.marinhhs.org/>

Just so you know, teachers
don't "have the summer off".

They just do a year's
worth of work in
10 months.



someecards
user card

YOU KNOW IT'S HOT



**WHEN EVEN THE DOG
STARTS TO MELT**

FunnyOnlinePictures.com