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# April @ Bethany

## Bethany Presbyterian Church

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### From the Pastor



What a delight to welcome in April with the words Christ has risen! He is risen indeed! Except for that tricky April Fool's Day, the month of April is known for the coming of springtime, flowers budding and opening, longer days, and in general, just a little more breathing room. In Chicago, Michigan Avenue will be full of colorful tulips all along the entire length of the Magnificent Mile.

The word "April" comes from the word "aperire" which means to open. In worship we start with a big breath taken in together, and exhale, landing ourselves "where our feet are." At the first inhale, the chest opens, the shoulders rise – we're in a posture of readiness. When you think of springtime, taking in a big breath of fresh air, what opens up in you? What are you ready for?

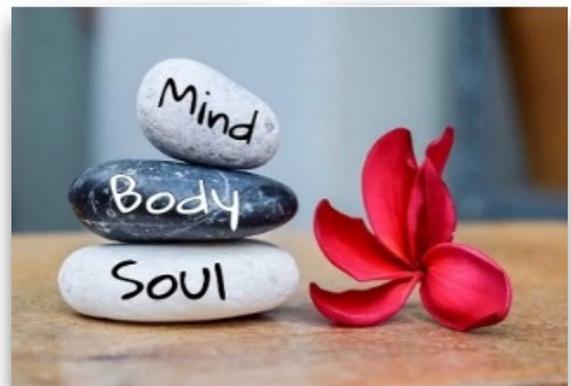
As we continue in this Easter Season, I invite us to find ways to open to Christ's love and healing for our mind, body and soul. So many places in the world right now are in the midst of brutal crises. We are likely already overwhelmed with news. Perhaps our imaginations take us to worst case scenarios even for our own country as we notice patterns of world leadership. What might begin as a healthy time of rest and distraction, has the potential to become radio silence if our break from the news becomes complete closure to anything outside of ourselves.

Have you ever heard of a meditation breathing exercise where you inhale while thinking one phrase – and exhale thinking a second phrase?



Sometimes called a breath prayer, or breathing prayer, many will choose a phrase like "Help me rest; give me peace," "Make clear my way, O Holy One," "Out of darkness, into light," "Fill me, Spirit, with your love," or "I trust in the Lord; He renews my strength." These prayers are usually a short line from scripture, and are repeated in order to focus our minds on God. These are not mindless words meant to empty our minds, but *mindful* words meant to deepen our prayers. Instead of thinking of this as a time-out, try thinking of this as a time-in.

With Easter blessings,  
Pastor Deb



## Community Life

### Ruth Covenant Group

The Bethany Ruth Covenant Group will be meeting at the church on Monday, April 8 at 6:30 pm. Each month, one of the Ruth women selects someone from the Bible, from personal experiences, or from the culture and shares a story about them. Pam Matthews has volunteered to share about a woman who has been influential in her life. New attendees are encouraged join the monthly meetings (on the second Monday of the month, and if you can't come every month, you will be welcomed at any time). In addition to our discussion, there will be an opportunity for check-in, fellowship, and prayer. If you prefer to attend by Zoom, please let Tamra Hollenbeck know, and we will get a link sent to you. Many blessings to you as you remember a woman who has been an influence in your journey.



### Deacon's Notes

The Deacons' Luncheon and Parish Coffees after worship on Sunday, March 10 went very well. Thanks to everyone who participated in sharing lunch and their ideas with the deacons. Church directories were distributed, and for those who weren't able to attend, the directories were mailed to their homes. If you did not receive a directory and would like one, please let one of the deacons (Kathy Fogle, Roxane Wales, or Tamra Hollenbeck) know, and one will be made available to you. The Deacons will host another luncheon on Sunday, June 9. Mark your calendars now, and more details will be available soon.



### Spring Tea

Bethany Presbyterian Church will be hosting a Spring Tea on Saturday, June 1 at the church from 12-2:30 pm. A delicious menu is being planned, complete with tea sandwiches, fresh fruit, a variety of special cookies, scones and lemon curd, and your choice of tea. Tickets will be \$25 each and will include an opportunity to win a special basket of goodies! The program is still being finalized; however we are hoping to benefit the Navigation Center in Redwood City with items needed by the residents there. More details will be available in the May newsletter and in Wednesdays at Bethany. Please plan now to join us for this lovely afternoon of fellowship, and please invite your family and friends to come too. Ticket sales will begin on Sunday, May 5. We look forward to hosting this event for the first time since the pandemic! If you have questions, please contact Kathy Fogle, Jorie Abbott, Lyn Hughes, Robin Villines, or Tamra Hollenbeck.



1 - Donna Goodwin	20 - Jorie Abbott
2 - Aaron Schurk	20 - Roberta Franchini
3 - Benjamin Kumimoto	22 - Pam Matthews
18 - Kieran Parker	27 - Deb McGuire

### Women's Weekend at Westminster Woods

Westminster Woods in Occidental, CA, will be hosting the annual Women's Weekend from April 19 through April 21. Registration is already underway, and women of all ages are invited to participate in this weekend of refreshment and renewal. Rev. Sandy Tice will be the speaker, and the Westminster Woods website has this to say about the weekend:

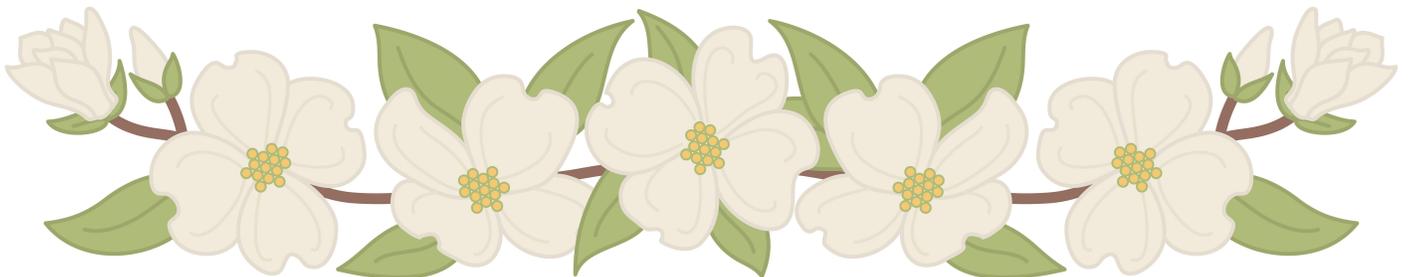
*As Westminster Woods transitions into a new chapter, Women's Weekend will serve as a time to root ourselves in God's Creation. The Gospel will also be brought to life again as we reach into the collective journey of loving one another as Christ loves.*

*Through inspirational speaker time and experiential worship led by Sandy Tice, the group will embody Christ's Love in Action. Using the image of the redwood forest as a guide, we will explore biblical texts, prayer, and our lived experience to help us hear God's invitation to flourish and grow. Come to our sacred space for all women to rest and reflect, celebrate and sing, contemplate and lament, and be in community with one another.*

*This weekend is designed to welcome newcomers as well as long-time lovers of this retreat. As we reckon with the current brokenness in our world, we retreat not to 'escape,' but to root ourselves in Grace so we may reach out with the same grace to others. There will be space for solitude, community, rest and play - so that your deep longings can be met.*



To register, please go to the Westminster Woods Website ([www.westminsterwoods.org/womens-weekend](http://www.westminsterwoods.org/womens-weekend)). Bethany has camperships available to help cover the cost of the weekend if there is a need. Please let Pastor Deb McGuire know if you could use some financial assistance, and it will be arranged. If you have questions about the weekend, please talk to one of the people who have attended in the past - Janine Valine, Pam Matthews, Tamra Hollenbeck, Roxane Wales, Kathy Quickert, Chris Angeles, Rev. McGuire, or Bonnie Morgan (not an exhaustive list!). We would love to have you join to experience the delight that is Westminster Woods.



## Community Action

(Note: Lyn Hughes is no longer in charge of the Community Life Committee)

### Catholic Worker Hospitality House



•Catholic Worker Hospitality House (CWHH) – if questions, call Peter Stiehler at 650-827-0706 or email [mail@catholicworkerhospitalityhouse.org](mailto:mail@catholicworkerhospitalityhouse.org)

•Dining room volunteers - at St. Bruno's Catholic Church, 555 W. San Bruno Ave., San Bruno, CA 94066. Please phone (number above) or email Peter to schedule time to volunteer at

[mail@catholicworkerhospitalityhouse.org](mailto:mail@catholicworkerhospitalityhouse.org)

- Help with Laundry – call Peter at 650-827-0706
- Donations – Money is always appreciated. You may use PayPal or write a check to Catholic Worker Hospitality House and send to 672 Second Avenue, San Bruno, CA 94066
- Donate food and toiletries: canned fruit, canned soup, milk, butter or margarine, sliced bread, oatmeal, napkins, toilet paper, soup spoons, new and unused shampoo, new and unopened razors, new socks, new underwear (Men's 32-38), new or used, clean bath towels – bring these items to Bethany to be delivered to CWHH, call Lyn Hughes at 650-867-0667 if you need something picked up and delivered, or deliver to CWHH at 672 Second Ave, San Bruno, CA 94066

### Second Harvest

- Second Harvest Grocery Distribution @ Belle Air Elementary School, 450 Third Avenue, San Bruno; 4th Wednesday of each month from 1:45pm to 4:00pm
- Second Harvest of Silicon Valley - call 408-266-8866 for information on other volunteer opportunities or go to [www.shfb.org](http://www.shfb.org) for "shift" information on volunteering and other details on how to help.



## This Month's ACTIVITIES

**Sundays:** Worship at 10:00 am  
Coffee Hour 11:00 am  
(rehearsals start 8:30 am)

**Wednesdays:** Prayz 5:00 pm  
Chancel Choir 6:30 pm  
Prayer Group 6:30 pm

**Submissions for W@B:** Tuesday mornings.

**Submissions for the May newsletter:**  
Thursday, April 18

1<sup>st</sup> Sunday: Communion at Worship Service

2<sup>nd</sup> Sunday: Worship Committee 11:00 am

2<sup>nd</sup> Monday: Ruth Covenant Group 6:30 pm

2<sup>nd</sup> Tuesday: Session 4:30 pm

3<sup>rd</sup> Sunday: Deacons Meeting 11:30 am

Buildings & Grounds and  
Community Action committees  
– as scheduled

## Financial Trustees

**Note: 2024 Financial Information now reported quarterly**

### Financial Trustee Issues:

- In progress: replacement of our antiquated electrical panel for maximum efficiency. Next steps: 1. Update electrical panel, 2. Decide on solar energy panels/installation, and 3. Install heat pump.
- In progress: Room 9 clean-up.
- In progress: The Kitchen Update Committee cleanup and clean-out. Another cleanup day will be scheduled soon. Lowe's could not provide any assistance, because they don't come out to customer locations and don't have any consultants through their store. I have started to look for kitchen remodel consultants in San Mateo County on the internet.
- Patio repair – on hold for now – suggestion was also made to extend patio to the edge of the west parking lot.
- Upper Roof Repair – on hold for now
- In progress: On-line giving opportunities. We have received steps to put information on-line from WFB, probably first through FaceBook.
- Global Witness and Peacemaking Offering – need a decision on where/what to do with the 25% of the 2023 offering (\$205.25)

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## Session Highlights - March 12, 2024

Meeting was opened in prayer, lighting of the Christ candle, and devotion on appreciating good life moments and prayers for difficult times.

### Clerk's Report (Roxane Wales)

- Membership update:
- Walter & Doreen Bird joined 1/18/24
- Bill Marsh died 2/11/24 Memorial date 4/20/24 time TBD

### Pastor's Report (Rev. Deb McGuire)

- Will meet with the Marsh Family to plan Bill's Memorial Service.
- Continued pastoral care and general check-ins with congregants.
- Prep for Easter, new members, liturgies, Presbytery meetings.

### Financial Trustees Report (Lyn Hughes)

- Giving is fine.
- Cost of sump pump replacement (10K) will come from savings.
- Ongoing work on plans for kitchen update

### Buildings and Grounds Report (Dave Wales)

- Discussion about plans for installation of security chains for entry/exit parking lot areas. No permit needed, but need/will notify the Fire Department. Barrier will be well marked with reflective surfaces.
- Still looking for an electrician to upgrade the electrical panel.

### Worship Report (Pam Matthews)

- Planning Easter music and Sunrise Service

Next Session meeting - April 9, 2024 @ 4:30 PM.

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## Our Purpose Statement

Bethany's purpose is to provide a nurturing and energizing environment to feed the soul so we can go out into the world and reflect the glory of God, the love of Jesus Christ, and the power of the Holy Spirit.

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## Our Welcoming Statement

We don't yet know who you are, but we do know that you are a dearly beloved child of God, and you are already welcome here. We invite you, on your unique spiritual journey, to join us in the life and ministry of Bethany Presbyterian Church.

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### Bethany Presbyterian Church

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Bethany is a member of More Light Presbyterians  
[mlp.org](http://mlp.org)



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