

March 2011 **Shared Life of Old First Presbyterian Church**

Old First's March calendar

http://www.mychurchevents.com/calendar/calendar.aspx?cei=196947443&event_date=3/30/2007&ci=L6H2G1J4F0K5N8N8H2&igd

Old First Photostream website -- <http://www.flickr.com/photos/oldfirst/>

March 9 Ash Wednesday. Lent begins

Ash Wednesday Service March 9th at 7:00 in the Sanctuary.

March 13 Daylight Savings Time begins. Turn clocks ahead one hour. Don't be late!

March 13 First Sunday in Lent

Lenten Christian Education classes begin. 9:30 a.m. Munro Room

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LECTIONARY

March 6 Exod. 24:12-18; Ps. 2 or Ps.99; 2 Peter 1:16-21; Matt.17:1-9

March 9 Ash Wednesday: Joel 2:1-2; 12-17 or Isa.58:1-12; ps.51:1-17; 2 Cor.5:20b-6:10; Matt.6:1-6, 16-21

March 13 Gen. 2:15-17; 3:1-7; Ps.32; Rom. 5:12-19; Matt.4:1-11

March 20 Gen.12:1-4a; Ps.121; Rom 4:1-5, 13-17, John 3:1-17

March 27 Exod.17:1-7; Ps.95; Rom.5:1-11; John 4:5-42

Children's Sunday School Bible Readings

March 6 Matthew 17:1-9

March 13 & 20 Matthew 4:1-11

March 27 John 4:5-42

GO GIANTS! The OFPC day at the ballpark is Saturday afternoon, September 10, 2011 at 1:35. Our World Series Champions will be playing the LA Dodgers. Tickets are limited and are available from Robin Raborn or Jay Pierson for \$45.00. Buy now and enjoy the game in September!

Shared Life Deadlines -- e-mail articles to molberg@earthlink.net

April issue Sunday, March 13

May issue Sunday, April 10

*Maggi's Musings*Tread Lightly for Lent-2011

Lent begins with Ash Wednesday worship service March 9th at 7:00 p.m. and ushers in the six weeks before Easter. The word "Lent" comes from the Latin word for "lengthen," because the days of Lent occur during the springtime of the year, when the daylight hours increase. It continues for 40 days because the number 40 has special biblical significance. Moses and the people of Israel were in the wilderness for 40 years; Jesus was tempted in the desert for 40 days. Since the days of the early church, Christians have regarded the period of Lent as a time for repentance and reflection. It is invariably marked by fasting, by giving up something, or by choosing habits that will increase one's devotion to Christ. Have you, like myself, started out with grand plans but ended up not following them? This year, I wanted more than failed promises.

I'm reading Reframing Hope-Vital Ministry in a New Generation by Carol Howard Merritt, Pastor at Western Presbyterian Church in Washington D.C. She describes a church that, instead of trying to give up things for Lent, decided to commit themselves to focusing on how they had let material things have too much hold on their lives, and how they could care more for their community and environment.

That idea captured my imagination. Could we at Old First take time to look deeply at how we impact the world and our community by looking at our individual and community footprint? Could this be a way to show our faith and not simply a "green" trend? Could we look at what "holds" us and how we can better follow the way of Jesus? What are we willing to do or to give up in our daily lives to be better stewards of what God has entrusted to us? Do we have so much clutter in our lives, that we have little time or energy to follow Christ?

Our PCUSA.org website, has a program called **Tread Lightly for Lent** which invites us to explore: *"how we can refrain from some practices that damage God's earth, while learning about earth care issues and taking action that will honor Christ's teachings about caring for creation. Throughout the season of Lent we will learn about eco-justice (assuring justice for creation and all humans that live in it) and be challenged to take action on the issues of waste, energy, water, consumption, and food. Our call to eco-justice is rooted in the human vocation of tilling and keeping the garden (Genesis 2:15) and Christ's teachings to work on behalf of the most vulnerable, for environmental impacts are felt most by those living in poverty. The more we do our part to till and keep the garden, the more we work for eco-justice."* I figured I must be on the right track!

This Lenten Season I invite us to see how we can "Tread Lightly for Lent." On this journey the worship committee will offer a special emphasis each Sunday. We will reuse Lenten worship art from previous years. Please read and take part in the Daily Tread Lightly for Lent readings. I am excited to see where God will lead us during this Lenten Season. Peace, Pastor Maggi

Treading Lightly During Lent. All Church Sunday's themes

1st Sunday in Lent March 13 Bring food items to share with those in need in our community and place them in the Food Bank barrels in the Narthex. Go through your cabinets and see what food you have too much of or aren't using and share it with others before the expiration date passes. Pick up a One Great Hour of Sharing collection box and a Lent Devotional.

2nd Sunday in March 20 Sermon on "Treading Lightly in Lent" focuses on developing a spiritual discipline that helps us refrain from damaging God's earth as we honor Christ's teachings to care for creation. Discussion in the Munro Room following the Fellowship Hour on how Old First can be a "Greener" church. All are invited

3rd Sunday in Lent March 27 We will use "real" cups and glasses at coffee hour. Those that would like to help to set up and wash after email Maggi at maggi@oldfirst.org or sign up on the sheet the bulletin board.

4th Sunday in Lent April 3 Carpool, bike or take the bus to worship!

LENT DAILY READINGS: TREADING LIGHTLY IN LENT

March 9 Prepare your heart and mind to "Tread Lightly for Lent." Share your plans for this Lenten Season with your family and your congregation. Urge others to join you on the journey.

March 10 Pledge to save energy at home. Go to [Energystar](http://energystar.gov) to assess your home energy use and learn how to increase energy efficiency.

March 11 Do a water audit of your home. Check for leaky faucets and fix them; test your toilet for leaks by putting a drop of food coloring in the tank. If the toilet bowl water changes color without flushing, there is a leak.

March 12 Plan to car pool or ride a bus to church on Sunday April 3rd. Who lives in your neighborhood that could join the car pool?

March 13 Make sure you compost and recycle all the items possible at your fifty percent.

March 14 Organize an Earth Day Celebration for your church or join a city wide celebration on Earth Day, April 22. Speak to Pastor Maggi or email her at maggi@oldfirst.org. [Find resources](#).

March 15 Pledge to stop drinking bottled water. Eighty six million barrels of oil were used to produce and transport plastic water bottles in 2007.² [Take the Bottled Water Pledge](#).

March 16 Learn more about eco-justice: [assuring justice for creation and all humans that live in it](#). Share what you have learned.

March 17 Replace one incandescent light bulb with a CFL. CFLs use 75% less energy than incandescent light bulbs.³ If you already have replaced all of your bulbs, offer one to a family member or friend.

March 18 Contact your member of Congress about an environmental issue. Use the PC (USA) [Office of Public Witness website](#) to do so.

March 19 Take an Energy Sabbath for at least one hour a week. Turn off electronic gadgets and take time to enjoy God's earth and people around you. Think of ways to expand this Sabbath time in your life.

March 20 Come to a discussion after the fellowship hour in the Munro room to explore how Old First can become more green.

March 21 Have a "Meatless Monday" today. Eating less meat can improve your health and the earth's. It is estimated that the meat industry contributes nearly 1/5 of manmade greenhouse gas emissions.⁴

March 22 Observe World Water Day today by participating in the Tap Project to support UNICEF's efforts to bring clean water to children around the world. Visit a participating restaurant March 20-26 or [contribute \\$1 to UNICEF](#).

March 23 Learn about how to become involved with Presbyterians for Earth Care, [an Eco-Justice Network that cares for God's Creation](#).

March 24 Walk, bike, or take public transportation as much as possible. If you drive, pledge to be "idle free." Idling for over 10 seconds uses more gas than turning off the engine and restarting it.⁵

March 25 Order fair trade chocolate or coffee for Easter and other occasions to ensure that child labor is not used and that chocolate is [grown sustainably](#).

March 26 Take time to experience God's creation today, wherever you are. Share what you experience with others.

March 27 The One Great Hour of Sharing offering is collected on Easter. PC (USA) OGHHS programs: Disaster Assistance, Hunger, and Self Development of People care for God's earth in many ways. [Learn more and give](#).

March 28 2011 is the International Year of Forests. Plant a tree this year. [Learn more](#) and learn about the [Presbyterian Ministry at the United Nations](#).

March 29 Place a plastic bottle full of water in your toilet tank to reduce the amount of water used when you flush.

March 30 Go to a Farmers Market this week. Ask the vendors where their produce is grown and think about how much energy is saved when we buy locally grown goods. .

March 31 Turn down your thermostat two degrees. For each degree you lower the thermostat, you can save 5% on your home heating costs.⁶

To find out more www.pcusa.org or <http://gamc.pcusa.org/ministries/environment/tread-lightly-lent/>. To share about your journey while Treading Lightly for Lent visit the [Presbyterian Environmental Ministries Facebook page](#)

Adult Christian Education Discussions-March 13-April 17

Lenten Adult Series discussion will be offered during Lent at 9:30 a.m. in the Munro Room beginning Sunday March 13 at 9:30 through Palm Sunday April 17th.

Did you know that our college students receive cards and care packages on a regular basis? Many thanks to Marne Krozeck and Carol Carter for this ministry. You can send a card or a care package on your own or maybe your small group could send something. This is an important way to remind our college aged members far from home that they have a church community in S.F. that keeps them in their thoughts and prayers.

Mission Trip to New Orleans

Old First was very pleased to have heard Alex Marino talk last year about the loving labors he and other Young Adult Volunteers are providing in rebuilding the homes of so many displaced citizens in New Orleans. They do this work through Project Home Coming, in the Presbytery of South Louisiana. The Mission and Giving Committee are going to consider planning for a mission trip later this year for those interested in helping with this ongoing effort.

The Old First Peace and Justice Ministry Team of the Committee had selected Project Home Coming for their 2010 contribution, as they so clearly demonstrate a commitment to peacemaking and justice.

Jeanne Englehart gives a Big Thank you to everyone in the Old First family for their cards, calls and visits during her lengthy rehabilitation.



Night In Vienna--Thank you's

Thanks to the musicians Twyla Ehmcke or former Old First Bass Larry Venza who gave so much of their time and energy to make January 30's Night in Vienna a big success. And thanks to the many members of the congregation for their gifts and attendance at this celebration of the music and food of Vienna. With lots of Viennese

Goulash, chicken Schnitzel and of course many cream topped yummy desserts, the third in our series of at home salon concerts was the best yet on many scales. Larkin Street Youth Services was the beneficiary of this fund raiser that exceeded the goal by about 40%, netting \$5500. Everyone left with a sense of joy and satisfaction in not only enjoying a memorable evening of food and music but doing something positive for the disadvantaged youth on our streets. Dan Joraanstad and Bob Hermann

Congregation Meeting, February 13, 2011

The following members were elected to office at the February 13 meeting.

Elders for a three year term

Christopher Burt, Pam Byers, Jeanne Kirkwood, Mary Russell, Betty Voris.

Deacons for a three year term

Nina Berg, Carol Carter, Dana Nojima, Sara Taber, Horngsheng Tu

Deacons for a two year term

Dan Joraanstad, Oliver Spencer

Members of the 2011 Nominating Committee:

Betsy Chiao

Joy Crosser

Bill Feister

Rose Marie Springer

Emmy Clausing, Alternate

Report submitted by the 2010 Nominating Committee:

Pam Byers

Betsy Chiao

Emmy Clausing

Bill Feister

Sidney Hollar

AnnieScott Rogers

John Sebastian, Chair

What's That You're Reading?

The Theological Declaration of Barmen

Bill Campbell

Adolph Hitler was named chancellor of Germany in 1933. The German Parliament soon authorized him to rule by edict. As Hitler consolidated power, he abolished all political rights and democratic processes. The Nazi state pressured Protestant church leaders to "aryanize" the church, expel Jewish Christians from ordained ministry and acknowledge the Fuhrer as leader of the church. Fascists controlled not only Germany, but Spain and Italy as well.

Most Christians in Germany accepted, and some embraced, Nazi ideology and control of the church. Some glorified Hitler as a "German prophet" and equated Nazi ideology with Christian truth, alongside the Bible. Nevertheless, others maintained that Christ, not the

Fuhrer, was the head of the church, and they resisted the encroachment of Nazi ideology on the church's independence and proclamation.

Leaders of this ad hoc "Confessing Church" movement met in Barmen, Germany, for three days in 1934. They adopted a declaration, or position statement, rejecting the subordination of the church to the state and the subordination of the Word and the Holy Spirit to the church: "We reject the false doctrine, as though the State, over and beyond its special commission, should and could become the single and totalitarian order of human life, thus fulfilling the church's vocation as well." (8.23) To the contrary, the Declaration proclaims that the church "is solely [Christ's] property" and that the church lives solely from Christ's direction. (8.17) "We reject the false doctrine, as though the church in human arrogance could place the Word and work of the Lord in the service of any arbitrarily chosen desires, purposes, and plans." (8.27) Instead, these Christians insisted, "[t]he church's commission, upon which its freedom is founded, consists in delivering the message of the free grace of God to all people in Christ's stead" (8.26)

Our small group recently read this powerful call for resistance after studying Dietrich Bonhoeffer's *Letters and Papers from Prison*. One of our members commented that, far from being simply a historical document, the Declaration speaks to dilemma of Christians who live today in authoritarian states, such as China, where politics and religion are merged into one.

The Declaration is a model of brevity, and it is well worth reading. It's in our denomination's *Book of Confessions* and online at <http://oga.pcusa.org/publications/boc.pdf>

Meditation for Your Health and Spiritual Growth – Heather Losee

The Lenten season offers a perfect opportunity to begin meditation, guided or not guided, in your daily life. Not only does meditation help with health issues it also acts as a form of prayer, and of spiritual growth. Meditation is a practice of concentrated focus upon a sound, object, visualization, breathing, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.

Purpose: Meditation benefits people with or without acute medical illness or stress. People who meditate regularly have been shown to feel less anxiety and depression, while experiencing more enjoyment and appreciation of life. Meditation produces a state of deep relaxation and a sense of balance that cultivates an emotional stability. We experience intense emotions more fully while simultaneously maintaining perspective on them. Out of this experience we can gain greater insight and understanding about our thoughts, feelings, and actions, which offers the possibility of more confidence and control of life. We find a greater sense of calmness, empathy, and acceptance of self and others.

Benefits: Meditation can be used with other forms of medical treatment and is an important complementary therapy for both the treatment and prevention of many stress-related conditions. Regular meditation can reduce the number of symptoms experienced by persons with a wide range of illnesses and disorders. It is considered to be one of the better therapies for panic disorder, generalized anxiety disorder, substance dependence and abuse, ulcers, colitis, chronic pain, psoriasis, and dysthymic disorder. It is a valuable therapy for moderate hypertension (high blood pressure), arthritis (including fibromyalgia), cancer, insomnia, migraine headaches and prevention of stroke. "More than 30 years of research suggests that meditation and similar forms of relaxation can lead to better health, higher quality of life, and lowered health care costs."

Who and How: Meditation techniques have been practiced over the ages. These include the contemplative practices of Christian religious orders, the Buddhist practice of sitting meditation, and more recently mindfulness meditation. Although meditation is an important spiritual practice in many religious and spiritual traditions, it can be practiced by anyone regardless of their religious or cultural background to relieve stress and pain. As a Christian, you may wish to start with quieting yourself by beginning with prayer or reading scripture. You may then sit quietly in a comfortable position with spine straight yet relaxed. You might also use the Lenten Devotionals as a starting point. As you begin to quiet yourself, often with the eyes closed, or gazing softly into the distance, you may silently repeat a sound or word, or visualize an image, focusing your awareness on the center of the body. You may focus on the sensation of the movement of the breath, counting the breath, silently repeating a sound, chanting, focusing awareness on the center of the body. If you have trouble with quiet sitting, you may try movement meditation, which can be spontaneous and free form including slow walking. Movement meditation is particularly helpful for those people who find it difficult to remain still. There is no judgment, no right or wrong way. Practicing regular meditation provides an opportunity for you to enhance your spiritual growth and improve your physical and mental health.



OLD FIRST CONCERTS, \$17 admission.

Friday, March 4 at 8 pm

Pacific Guitar Ensemble

Michael Bautista, Peppino D'Agostino, Lawrence Ferrara, Antoniy Kakamakov, Jon Mendle, Paul Psarras, David Tanenbaum, Marc Teicholz

Friday, March 11 at 8 pm

ZOFO Duet: Eva-Maria Zimmerman and Keisuke Nakagoshi, piano

Sushi-Fondue

Works by Tanaka Arthur; Honegger; Honma; Ammann, and Sakamoto

Sunday, March 13 at 4 pm

Eos Ensemble

The Romance of the Clarinet

Craig Reiss, *violin*; **Mariya Borozina**, *violin*; **Caroline Lee**, *viola*; **Thalia Moore**,
'cello; **Jose Gonzalez Granero**, *clarinet*

Works by Wolf; von Weber, and Brahms

Friday, March 18 at 8 pm

Di Wu, *piano*

Works by Debussy; Ravel. And Gounod-Liszt

Sunday, March 20 at 4 pm

The Odessa Trio

Josephine Gandolfi, *piano*; **Patti Niemi**, *percussion*; **Victoria Ehrlich**, *'cello*

Works by Hersh; Eshima; Gandolfi; Reynolds; Meckler, and Cage

Friday, March 25 at 8 pm

Composers, Inc.**Andrew Imbrie Celebration**

Jean-Michel Fonteneau, *'cello* and **John Sackett**, *clarinet*

Featuring works by Imbrie and Kim, and new works by Wyner, Del Tredici and

Festinger Andrew Imbrie *Duet for Two Friends*; *Clarinet Quintet*, *Melody for Gayageum*

Sunday, March 27 at 4 pm

Emerging Young Pianists from San Francisco State University

Holly Bowling, *piano*; **Jenna Countryman**, *flute*; **Jeremy Flanagan**, *clarinet*; **Ulysses Jones**, *piano*; **Vutu Nguyen**, *piano*

With special guest **William Corbett-Jones**, *piano*

Works by Bernstein; Brahms; Poulenc; Prokofiev, and Schubert

Old First Concerts Phone: 415-474-1608 Fax: 415-474-6533 www.oldfirstconcerts.org

The Officers of Old First Church

Deacons - **Nina Berg**, Treasurer, Communion Clean Up, Funding Requests; **Tracy Clagett**, prayer coordinator; Mary **Culp**, Funding Requests; Dan **Joraanstad** (Co-moderator); **Craig Kehne**, Coffee Hour; **Diane Lewis**, Funding Requests; **Heather Losee**(Co-moderator); **Harriet MacClean**, Nominating Committee Representative, Memorial Receptions & Meal Coordination; **Dana Nojima**, Merchandise Sales; **Glen Potter**, Transportation; **Annie Scott Rogers**, Prayer Chain Coordination; **Oliver Spencer**, Special Events &Community Outreach; **Priscilla Yu**, Memorial Receptions & Meal Coordination

Elders - **George Becker**, Personnel, **Michael Berg**, Stewardship, Mission & Giving, **Christopher Burt**, **Saskia de Vries**, Worship, **Barry Clagett**, Finance, **Gregory P. Free**, **Bob Hermann**, Community Building, **Kristi Hoerauf**, Finance, **Sidney Hollar**, Christian Education, **Jeanne Kirkwood**, Clerk of Session, **Mary E. Russell**, Stewardship, Mission &