



THE MOUSE

ST. JOHN'S OAKLAND - AUG 2024
1707 GOULDIN RD OAKLAND CA 94611

assoc rector's letter The Rev. Kathleen Moore

Sing to the Lord a new song, for God has done marvelous things. Psalm 98:1

These late summer and early fall “back-to-school” days will always be the *true* new year for me. Cheering on Thornhill Elementary School students as they prepared to take on their first day filled me with energy and joy, as does following the stream of “first day” photos on my social media feeds.

The fall air is full of the hope that only the *new* can bring. It's an opportunity for a fresh start; not only for those of us still in our school years, but for *all* of us. Maybe this is the year to take on that project, learn that skill, join that club, take that risk, or take up that discipline. Our faith is grounded in the ever-present possibility of the new—always before us.

St. John's is *particularly* full of the energy of the new right now. We are watching a brand new and long-awaited entrance to our campus take shape right before us. We are welcoming new individuals and families into our community. And we are diving into an exciting new 2024-25 program year!

We will celebrate this fresh start on **Homecoming Sunday: September 8**. Whether you've been a part of St. John's for decades or days, I encourage you to stick around after our 10am service for a “Pep Rally.” Don't worry, you won't need pom poms. This is an opportunity to learn about the many ways you can get involved in the life of St. John's this year.

As those students walk into a new classroom, it's not all giggles and excitement; it is a true act of courage. Every year, the youngest among us take on the challenge of singing something new every day. My hope for this new year at St. John's is that each one of us will follow their lead. Whether it's baking Communion bread, packing sandwiches for VISION, singing in the choir, playing softball, caring for our facilities, serving in new ways during worship, learning more about our tradition, developing a mindfulness practice, or *so many* other opportunities, I can't *wait* to hear these new songs ringing out all year long.



SPECIAL WORSHIP SERVICES

*Join us for worship
Sundays at 7:45 & 10am*

Sept 8 - Homecoming Sunday following the 10am service

Oct 6 - Blessing of the Animals during both services

sr. warden's letter

Steve Baronian

Greetings, St. John's!

Change is in the air. We are well underway with The Gateway Project, we continue celebrating lovely baptisms, and another school year has begun. Sadly, we are not immune to life's vicissitudes. Fire season is at hand, beloved parishioners have suddenly departed, and as a faith community and a nation, we face political turmoil.

Against this backdrop I am thankful for Kathleen's leadership. I have witnessed firsthand Kathleen's passion, energy, and deep spirituality through working together. I am grateful for Kathleen's sensitivity in approaching decisions and problem solving. Kathleen possesses the invaluable (perhaps magical) skill of knowing how to navigate DioCal and the national church. I appreciate Kathleen's ability to welcome and hold our congregation with an abiding purpose.

Likewise, I am indebted to Sarah Jones, our multi-talented People's Warden. Sarah's deep familiarity with workflow and processes at St. John's is a tremendous asset to the Vestry. Sarah understands how our church functions and what has worked in the past. Her insights and experience mean we're not spending time reinventing the wheel. Sarah is passionate about social justice and community outreach which is another valued dimension of her ministry.

I consider myself fortunate to be surrounded by a supportive, creative, and wise Vestry. Our diversity and willingness to listen to and collaborate with one another are, in my opinion, inspiring. As someone who has much to learn about church policy, parliamentary procedure, etc., I appreciate the patience I have been afforded during my brief tenure.

I am grateful to serve as your Senior Warden. A theme I presented at our February Vestry Retreat was the notion of "being versus doing." Individually and collectively, our congregation possesses the requisite skills to accomplish any task we set ourselves to. In my own faith life, however, I recognize God's desire for me to simply rest and be with the Divine. I don't need to "do" anything other than acknowledge the abundant grace I am granted daily. This overriding sense of being is my utmost wish for our St. John's community. I truly believe our inner calm, through the indwelling of the Spirit, can and will guide and ground us.

I am under no illusion that individually I will change the world. Rather, being present to and with the Divine is the catalyst for sustaining our broader community. Mother Teresa emphatically makes this point:

Today, if we have no peace, it is because we have forgotten that we belong to each other—that man, that woman, that child is my brother or my sister. If everyone could see the image of God in his neighbor, do you think we would still need tanks and generals?

I pray we hold each other closely with grace, compassion, and patience, and that we acknowledge the richness within our church community. We are abundantly blessed with parishioners who long to grow in their faith and who desire to see the in-breaking of God's kingdom locally and globally.

Continue to keep me in your thoughts and prayers, and please know I will try to make myself available should you want to meet or talk on the phone. I believe our individual and corporate journey as Christians is to mature in our faith. God is always calling us to greater intimacy with the Divine. Let us never forget we belong to one another and that we grow together in community.

With gratitude and blessings.

gateway project update

Dramatic progress has been made on the Gateway construction site!

The project will open up a new, safe entrance to St. John's directly from Thornhill Drive by building a bridge over the creek. The photos below show the enormous piles that have been drilled into place to support the new bridge.

If you have any questions about the project, email the [Rev. Kathleen Moore](#) or Senior Warden [Steve Baronian](#).

pledges still being matched: don't miss out!

Thanks to a generous gift from the Helms family, pledges to The Gateway Fund will be matched up to \$350,000! Don't miss out on this opportunity.

If you have already pledged, any new pledges will also be matched. Submit your pledge online or email [Julie Knell](#) to receive a pledge card.

Photo credits-

Piles: Steve Baronian, Drill Rig: Robert Davidson



IMPORTANT DATES

Aug 31 - Parish Work Day from 8am-1pm with BBQ potluck lunch to follow

Sept 2 - Labor Day; office closed

Sept 3 - First Pizza Club of the year

Sept 5 - Diocesan Listening Session at St. Stephen's Orinda, 6:30-8:30pm

Sept 10 - Youth Choirs & Youth Mindfulness begin

Sept 15 - *Episcopal 101* preview following worship services

Sept 15 - First Youth Group of the year

Sept 15 - Film Screening (*Bad Faith*) & Discussion at Lake Merritt United Methodist Church, 2-6pm

Sept 26 - Genesis Candidate Forum with District 5 Candidates at Corpus Christi Catholic Church, 6:30-8pm

Oct 5 - Friends of Ruwenzori Gala Event, 4-7pm

Oct 20 - Genesis Ballots & Burgers event, 11:30am

music notes

Sara Evinger

In June we were fortunate to welcome back to St. John's our Minister of Music from 1982-85, **The Rev. Sherman Hesselgrave**, CDSP '85. Sara E and Cheryl Keller recruited him to sing baritone in the choir, play hymns on the organ, and join Sara for the four-handed piano Prelude (Peter Warlock's "Pieds en l'Air" from Capriol Suite) and Postlude (Handel's "Arrival of the Queen of Sheba").



On behalf of Cheryl and myself, I'd like to thank: **The Chancel Choir/Summer Edition** for their participation in a June Saturday rehearsal and potluck lunch and faithful Sunday attendance through the end of June; and **The Congregation**, for filling the church with their voices and support for the interim summer music.

Dimitra Loomos sang soprano with us in June, on leave from St. Paul's Walnut Creek; and **Sherman Hesselgrave** joined the baritones at the end of the month. During July and August, soloists **Calin Hurley, Sylvia Ahern, Katie Ahern, Carrie Leadingham, Sarah Blain, Jim Hasler, and Andrew Gustafson** provided special music at Offertory and Communion.

August Hymn Sing

A group of bold and shy sopranos and altos and a brave baritone gathered with Sara E for a rousing Hymn Sing on August 7. *The 1982 Hymnal* and *Lift Every Voice and Sing* provided inspiration for over an hour of singing and stories. Thanks to Kathleen and Sarah Jones for welcoming early arrivals with a chance to participate in the Wednesday evening check-in: What makes you hopeful? and What causes you stress?, all ending with positive notes (pun intended).



Please join us in welcoming back Dr. Ben Riggs from his sabbatical in September!

a special thank you to VISION volunteers

Operation Dignity recently sent this *Thank You* message to our VISION volunteers. It's nice to know that the hard work and generosity of all our VISION volunteers is having such a significant impact on our less-fortunate neighbors.



Hello Intrepid Bagged Lunch Folks! A special Thank You for all that you do to help us keep the most vulnerable individuals in our community fed! A bagged lunch is more than just the food provided, it is the connection that allows our Street Outreach team to build trust and credibility, which eventually results in individuals accepting housing and services. Sometimes a simple sandwich is what sets an individual on the path to a brighter future—and you are the ones that are responsible for that transformation.

I like to think of walking a labyrinth as a sacrament, an outward, visible sign of inward and invisible grace. We need physical reminders of our intimate connection with God. That is why we share the Eucharist—to remember we are the body of Christ.

The labyrinth in the ground gave us a point of remembrance, an outward sign. It created a thin place where the veil between us and the eternal was momentarily lifted. We felt in the movement of our bodies the presence of the Holy Spirit as we walked the path to oneness with God. This was inward grace.

As a reminder of our encounters with God on the earth-and-stone labyrinth, we have created a “gabion sphere” on the patio with stones from the labyrinth, and it blooms with fragrant lavender. You may remember a labyrinth walk as you pass by the sphere or just enjoy the beauty of stones and plants from God’s creation.

A canvas labyrinth we can use on the patio or in the sanctuary has arrived at St. John’s! Look for an announcement of a dedication and walk in the near future.

st. john’s labyrinth

Anne Meyer



oakland churches together

Laurie Bennett

During Lent 2023, St. John’s participated in an ecumenical pilgrimage during which we met each Wednesday evening at a different local Christian church for supper and conversation. Many St. John’s friends responded, “Let’s do more events like this...”

We’re working on it! Clergy from **St. John’s, Park Blvd. and Montclair Presbyterian, Corpus Christi Roman Catholic, St. Paul’s Lutheran, Lake Merritt United Methodist, and Lakeshore Baptist** began meeting in 2022 to come up with an idea for local churches to get to know one another, eventually resulting in the 2023 series. The group found it so helpful and lifegiving to meet together that they’ve met every month since! Recently, it occurred to them that decisions about fostering relationships among these congregations should not be held exclusively among clergy.

In May, parish representatives nominated by clergy began holding monthly meetings to discern partnership opportunities between our congregations. I’m happy to report that this lively and proactive group has already agreed on goals and some group activities. We call ourselves **Oakland Churches Together**. Our goal is to share resources to magnify our service efforts. This can result in joint outreach, enhanced unity, sharing the Holy Spirit, and lots of fun.

To accomplish these goals, we formed five subcommittees:

Hospitality and Fellowship: Look for a caroling party by Lake Merritt in December.

Community Service Projects: Quarterly offerings. The first is Project Peace on Sept. 28 from 9-noon (location TBD). Anne Meyer is St. John’s representative.

Joint Activities and Services: Film screenings and discussion. Michael Daly is St. John’s representative.

Shared Communications and Trainings: Develop brochure, community bulletin board on Google docs, and articles like this. Laurie Bennett is St. John’s representative.

Small Group Offerings: Create a survey to find common interests to connect people

The next meeting is Sept. 5 at Lake Merritt United Methodist. If you would like to join Michael Daly, Anne Meyer, and Laurie Bennett at this brainstorming meeting (or if you have questions/suggestions), please get in touch!

Our First Joint Event Has Been Scheduled!

Film Screening & Discussion: *Bad Faith* at Lake Merritt United Methodist Church. Sept 15, 2-6pm

saints & sinners softball

Sarah Jones

The Saints & Sinners faced the Wild Things in the championship game. We played an excellent, nail-biter of a game even without two of our power hitters, but ultimately went down 3-4.



2024 Saints & Sinners Semi-Final Game Roster

Pictured, L-R, Back Row: Randy Levandowski, Manny De Casas, John Holmstroem, Sarah Jones, Leland Bailey, Bryan Farley **Front Row (standing):** Elaine Louie, Nadine Sayij, Samantha Wang, Su Cox, Caitlyn Olmer, Jon Kaiser **Kneeling:** Eliza Bailey, Siobhan Flaherty **Not shown:** Mason Farley, Lewis Lopez, Sereno Brown, Ian Storrar, Erik Gandhi, Tom Fregoso



Su & Randy



Elaine was gone most of the season for the French Open & the Olympics!



New teammate & parishioner, Caitlyn Olmer



Jon & Eliza warming up for the Aug 14 semifinal game



New teammates, Nadine & Manny, brought by Lewis



Randy assessing the game preceding ours

helping kids in anxious times

Lori Robinson

Take a social media timeout. As a family, take a break from interacting with social media to calm and center yourselves.

Take three deep breaths. Deep breathing helps settle the heightened emotions your family may experience.

Don't talk obsessively about what's going on with other adults, assuming that kids aren't listening.

Don't assume that kids haven't heard or seen something or that someone else will talk with them about what is going on.

Be present physically, mentally, emotionally, and spiritually with your kids.

Be honest. Name what has happened for what it is and share how you feel about it in appropriate ways.

Listen, listen, listen to what concerns or confuses them.

Let kids feel their feelings. Help young kids name those feelings. Let older kids know that their feelings are normal.

Ask what they have heard. Ask what questions they have.

Explain what's going on in simple, age-appropriate ways. But don't feel that you have to have all the answers. It's okay to say that you don't know why something is happening.

Reassure your kids that, even in unsettled times, they will be okay.

Pray for those impacted by what's happening. Ask God to be present, to bring healing, to help, to bring hope. Encourage kids to tell God how they feel. God is big enough to handle all our big feelings.

Find something your family can do to make a difference. For example, write letters, make cards, participate in fundraising events, and/or donate money to groups and organizations.

Keep checking in. Young children process in small chunks, over and over again. Teens may withdraw and seem stoic. Ask how they are doing, how they are thinking and feeling, as well as what they understand or don't understand.

Keep a relatively normal schedule. Go for walks. Talk about other things. Create. Play. Laugh and enjoy the good that is all around you.



education for ministry

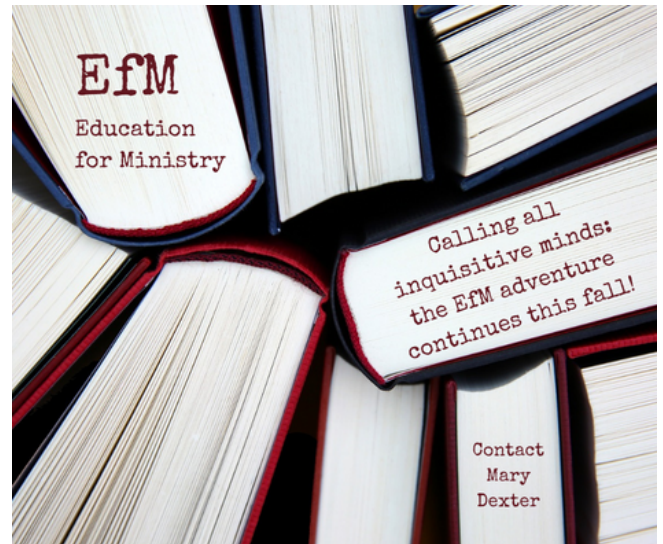
Mary Dexter

Education for Ministry (EfM) is a program of lay theological education that combines worship, group and individual study, and spiritual reflection in a small seminar format (6 to 12 people) under the guidance of trained mentors. St. John's has sponsored EfM groups off and on over the years.

Groups meet weekly for 36 weeks spread over a nine-month period, often September to June. The entire program is four one-year cycles. The first year readings are in and about the Hebrew Bible; the second, the New Testament; the third, Church history; and the fourth year focuses on topics in contemporary theology. Most groups include participants from each of the four years.

People begin the EfM program for many reasons, including an interest in the origins and development of Scripture and Church history, a desire to find a ministry that "fits," a way to connect with others, and/or a desire to develop new skills. Whatever your reason for participating, by the end of the four years EfM will have challenged you, expanded your knowledge of your church and its history, given you unique spiritual friendships, and empowered you to act on your faith.

St. John's EfM group will meet
Wednesdays, 6:30-9pm,
beginning September 25.
Sessions will be held on Zoom with
in-person classes scheduled later.
Contact Mary Dexter
with questions or to enroll.



What you can expect:

EfM is not "Bible study," although it includes critical analysis of the Bible.

EfM is group spiritual development, not group therapy.

EfM seminars typically include worship, discussion of assigned texts, personal sharing, and theological reflection exercises.

EfM discussions improve active listening skills.

EfM Theological Reflections exercises develop problem-solving skills.

EfM encourages deep engagement with difficult topics which compels action.

EfM includes materials that generate discussions with people who have different opinions and viewpoints without judging "right" or "wrong."

EfM helps participants turn insights into actions.

EfM helps us uncover our own hidden biases.

EfM does not give us the answers. It helps us ask the questions.



parish work day

Tina Popenuck

Please plan to join us for the upcoming Parish Work Day and BBQ. Let's all help make St. John's sparkle before Homecoming Sunday on Sept. 8. There will be opportunities to help out for all ages. Stay for the whole time or stay for an hour, but be sure to be there for the BBQ! We'll fire up the grill around 1pm. St. John's will provide sausages, rolls, condiments, and chips.

Please bring side dishes to share.

vote your values: genesis events

ALAMEDA COUNTY DISTRICT FIVE
CANDIDATE FORUM

THURSDAY SEPTEMBER 26, 2024
6:00 PM-8:00 PM

CORPUS CHRISTI CATHOLIC CHURCH
--GIBSON CENTER
322 ST. JAMES DRIVE
PIEDMONT, CA 94611

NIKKI FORTUNATO BAS

JOHN BAUTERS

Thursday, Sept 26, 6-8pm

Candidate Forum to hear from District 5 candidates: Corpus Christi Church, 322 St. James Dr., Piedmont

Sunday, Oct 20, 11:30am

Ballots & Burgers Voter Education Event

We will talk through the California state, Alameda County, and local measures and propositions on the November 2024 ballot.

We will provide information only on propositions and measures; we will not provide endorsement of any candidates or ballot measures. Lunch will be served.

2024 BALLOT PARTIES

OCTOBER 17, 2024
ONLINE (ZOOM WEBINAR)
7:30 PM-9:00 PM
SIGN UP VIA THE GENESIS LINKTREE

OCTOBER 20, 2024
BALLOTS AND BURGERS (IN PERSON)
11:30 AM-1:30 PM
ST JOHN'S EPISCOPAL CHURCH
1707 GOULDIN RD, OAKLAND CA
SIGN UP VIA THE GENESIS LINKTREE

Join us as we walk through the California state, Alameda County, and other local measures and propositions on the November 2024 ballot. This is a non-partisan event. We will provide information only on propositions and measures on the ballot. We will not provide any endorsement of candidates or ballot measures.

GENESIS

celebrating 20 years of partnership: friends of ruwenzori & kida uganda

Anne Meyer



Friends of Ruwenzori marks an exciting milestone this year: 20 years of collaboration with **KIDA Uganda**.

St. John's has played a key role in this partnership, starting with a mission trip to Uganda in 2001 which laid the foundation for a lasting relationship. On that trip, Karen and Gil Gleason met Ezra and Marjorie Musobozi. When the Gleasons heard about plans to build an AIDS clinic out of 40,000 bricks handmade by the local community, a US-Uganda partnership was born.

Friends of Ruwenzori is proud to support KIDA's mission: **empowered people taking care of their lives**. KIDA operates in a rural Ugandan community where access to healthcare and basic services is scarce. They address critical challenges like HIV/AIDS, poor health and nutrition, poverty, limited education, and violence against girls and women. KIDA's approach is both holistic and community-centered with a strong focus on personal responsibility and sustainable change.

KIDA'S life-changing programs include:

- HIV education through drama, testing, and counseling
- Hospital services and outreach programs (46-bed facility)
- Access to antiretroviral therapies and treatment
- Homecare visiting programs and outpatient services for maternal health
- Educational support for over 100 vulnerable children
- Micro-lending, entrepreneurship, and organic farming training
- Literacy and job skills programs for youth and adults

Join us for a Gala at St. John's on Oct 5 to celebrate the enduring partnership between Friends of Ruwenzori and KIDA Uganda and the incredible work being done in Uganda. Look for details about the Gala coming soon in Friday emails.

confirm not conform update

Nancy Kho

After a year-long process to update the Confirm Not Conform curriculum, the Board is thrilled to share that already **almost 60 congregations have downloaded the new materials** since they became available on June 1, 2024! The *new* Confirm Not Conform builds on the fundamentals of the curriculum program that began at St. John's in 2006, but meets kids where they are in 2024. We worked to make it more *compact* (15 lessons instead of 20); *modern* (updating cultural references and best practices that have evolved in the digital age); and *inclusive* (making sure that *every* student feels reflected and supported by the lessons).

Earlier this spring, **Ian Storrar**, Confirm Not Conform's Sales and Market Director, facilitated webinars for customers to learn more about the new program. The video recordings of the "Learn What's New about Confirm Not Conform" and "What Works? Testimonials from Students and Mentors" webinars are available to view at <https://www.confirmnotconform.com/webinars.html>. By the way, the testimonial from **Jimmy O'Dowd** included his recap of his full immersion baptism at St. John's on the road to getting confirmed...

The Confirm Not Conform Board is excited to have this momentum heading into the busy August/September sales season, but we want to reach as many youth as we can with these new materials. Do you have friends/family in other Episcopal parishes or progressive faith traditions (Lutheran, Methodist, Presbyterian, UCC) that may be looking for a confirmation program? Please help us spread the word about the updated curriculum by sending them to <https://www.confirmnotconform.com/> to learn more, or have them reach out to [Ian Storrar](#).

Now that the Youth Curriculum is out in the wild, we're turning our focus to a similar update of the materials for **Adult Confirmation**. *Have you participated in, or had interest in participating in, Adult Confirm Not Conform?* We'd love to hear your thoughts/suggestions/questions—send them to [Nancy Kho](#) as we begin mapping out how we will evolve the adult class!

armchair travelers

Ken Fuller



St. John's Armchair Travelers gatherings will resume this September. During these monthly lunchtime gatherings, someone from the parish will present photos and tell stories from one or more of their travels. We meet in the sanctuary for a presentation while we eat the lunch we've each brought from home, followed by discussion and questions. In the past these virtual trips have encouraged parishioners to travel to actual places they had not visited previously.

Please contact **Ken Fuller** if you would be interested in presenting on one of the following dates: **September 18, October 16, November 20, or January 15**

In the Aug. 7 issue of her Mountain Meditation Group newsletter, Ashley Henderson offered a reflection about her experience during the weekly St. John's mindfulness meditation practice. Please join us Wednesdays at 8am in the Mindfulness Room. No prior experience needed!

-Rev. Kathleen Moore

In this morning's meditation sangha at St. John's, a baby cried for nearly thirty minutes while we sat together above the preschool entrance. We were reading a teaching from Thich Naht Hanh about peaceful communication. Specifically, the importance of listening to another's expression of pain. I was enjoying sitting with these ideas, but when the baby started crying, I felt frustrated. It was hard to meditate with all that suffering going on! It didn't take me long to see what was happening. I relaxed and made room in my system for the crying. It was easier than I thought. I was present, not moving away, not creating a story, just allowing. The simple practice of holding space for another being in my own. I dropped into such a state of peace that when the baby stopped crying, I almost missed it. What a beautiful reminder of what we can cultivate in our own bodies.

Meditation is so powerful. As we sit, we unwind the nervous system, we relax the body, we touch into our connection to all things. In this state, we can begin to come out of our unconscious programming and step into creator energy. We can see the possibility of transformation. We can allow new ideas to flow in. Healing happens on its own. As we relax, a signal is sent to the system that it's okay to move out of survival mode, to shift, to grow, to expand. We come into the allowing again and again and witness what happens. It feels like miracles are possible here.

a mindfulness
reflection
Ashley Henderson

episcopal 101 discussion series

Rev. Kathleen Moore

Are you interested in learning more about the Episcopal Church? Or maybe it's been a while and you're looking for a refresher?

Join Associate Rector Kathleen for a six-week series (beginning the week of September 22) to talk about all things Episcopal. We'll discuss Church history, The Book of Common Prayer, common beliefs and practices, our Church's system of governance, how we fit into the worldwide Anglican Communion, and any other topics of particular interest to the group.

Participants may choose to be confirmed or received into the Episcopal Church after completing this series, but **all are welcome!** Don't know what "confirmed" or "received" even means? We'll cover that!

THE
Episcopal
CHURCH



**Preview: Sunday, Sept 15
following both the
7:45am & 10am services**

We will determine the weekly meeting place and time together based on the availability of those interested. Zoom participation will be an option.



St. John's Episcopal Church

Children & Youth Programs 2024-25

Children's Worship (Grades PreK-4)

Every Sunday except intergenerational Sundays

10-10:40am

An interactive child-centered worship experience that joins the main worship service for Communion. Adult supervision is required for children under 4 years old.

Intergenerational Worship Sundays

Monthly: Sept. 8; Oct. 6; Nov. 3; Dec. 15; Jan. 12; Feb. 2; March 2; April 20; May 18

One Sunday each month everyone worships together in a service designed to be interactive and engaging for all ages. Youth choirs sing during this service.

Youth Choirs (Grades K-12)

Weekly Tuesday rehearsals starting Sept. 10

Junior Choir (K-5) - 4:30-5pm

Senior Choir (6-12) - 5:15-5:45pm

Choirs sing in church once a month at the 10am intergenerational worship service and on Christmas Eve.

Pizza Club (Grades K-5)

Monthly: 1st Tuesdays starting Sept. 3

5-6pm

Pizza Club is a great way for kids to socialize, play games, and eat pizza. Cost: \$5/child each month.

Youth Group (Grades 6-12)

Monthly: Sept. 15; Oct. 6; Nov. 3; Dec. 8; Jan. 12; Feb. 9; March 9; April 6; May 4

noon-2pm

An opportunity for middle and high schoolers to hang out, go on fieldtrips, and do service projects together. Lunch provided. Cost: \$5/youth each month.

Mindful Youth (Grades K-12)

Weekly Tuesdays starting Sept. 10

Grades K-5 - 5-5:45pm

Grades 6-12 - 5:45-6:15pm (young adults welcome)

Youth explore various mindfulness practices to use as tools in their daily lives. No meditation experience required.

Youth Service-Learning Trip

Summer 2025

Next summer youth are invited to participate in a service-learning trip. Contact Lori if you're interested in being on the planning team.

Contact [Lori Robinson](#), Director of Children & Youth Ministry, for more information.