



Magnolia Presbyterian Church

The UpLook

May 2024

- NEW BUILDING FUNDRAISER** - at Little Green Onions Restaurant on Friday, May 10th
- TWO-CAN SUNDAY** - non-perishable food collection on Sunday, May 12th
- MAGNOLIA CAFÉ** - coffee and fellowship after Sunday Worship Service May 5th and 26th
- SPRING PICNIC** - Save the Date! - rain or shine - May 19th, 2024
- SUMMER SOLSTICE PROGRESSIVE DINNER** - Save the Date! June 22nd, 2024

A PASTOR’S PONDERINGS

Therefore confess your sins to one another and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective. ~ James 5:16 (NRSVue)

Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. ~ Ephesians 6:18 (NLT)

I was in conversation with a congregant who indicated that they were going to have surgery soon (many who call MagPres home have had scheduled surgeries since the beginning of the year). As the conversation ended, the comment was made, “its okay for you to pray for me, but I don’t want it on the prayer chain and announced to the church for people to pray.”

I have to admit, this comment stumped me. Why would a person not want others to pray for them? Did they feel that this was routine and therefore didn’t need prayer? Was this person worried that people would use spiritual capital for them (as if this was how it works)? Was this surgery somehow embarrassing that they didn’t want others to know it was happening?

I didn’t ask this congregant any of these questions; I simply wondered them to myself and now am pondering it while inviting you to ponder along with me. Is there a line that demarcates what you would ask others to pray for you and what you wouldn’t? What is on your list that is too petty, or too embarrassing, or somehow not worthy of the prayers of our siblings in Christ? As I think about my own list, I hope to keep moving the line so that the list of things I wouldn’t ask for prayer about would be nothing.

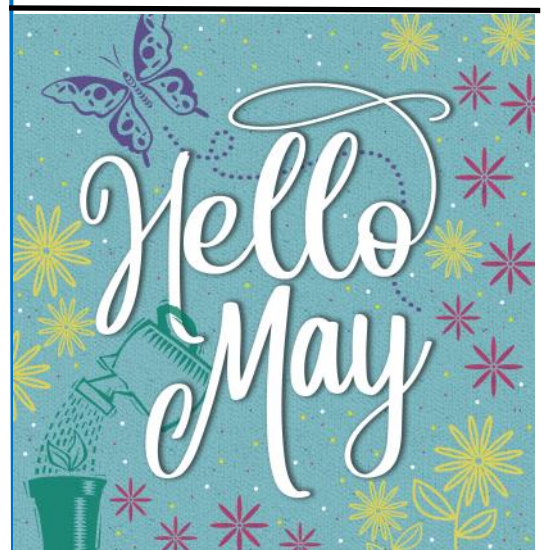
Speaking of which, would you pray for me? For my health, for wisdom, for boldness in preaching God’s Word, for being a good parent to my children and being a good spouse to my wife, for being a good pastor, and for leading all of us in becoming more fully formed followers of Jesus Christ?

I am praying for you. If you have a specific request, please don’t hesitate to send it to me, but also to the prayer chain and let us join with you in prayer, for nothing is too petty, too embarrassing, and you are certainly worth our prayers.

Your praying and prayer coveting pastor,
Paul



***** SAVE the DATE *****
MAGPRES
SPRING PICNIC
(rain or shine)
MAY 19th, 2024
\$10 donation per person is suggested.



MENTAL HEALTH AWARENESS MONTH



May is known as Mental Health Awareness Month (MHAM). A month that I hold dear to my heart, and I want to share this with my MagPres family in order to bring awareness and help alleviate the stigma that surrounds mental illness.

Let me ask you, do you know the difference between mental health and mental illness? If you don't, that's ok, as many people don't. Mental health, like our physical health, is something we all possess. We know that we need to see our doctors and have check ups on a regular basis. We know that we need to eat healthy, exercise, and stay away from substances like drugs, smoking and alcohol. Most of us grew up being told about our physical health and how to keep ourselves healthy from diseases, however, we did not grow up hearing about our mental health and what mental health looks like.

Mental health, we all have. We know what makes us happy, we know the things that upset us, and therefore we embrace or avoid those things respectively. This is mental health, however mental illness comes into play when prolonged exposure to those stressors starts to impact our daily lives (school, friends, work, family, hygiene, diet etc). This period of time is different depending on the symptoms, but overall, if your normal baseline has changed for at least 2 weeks, there might be something going on with your mental health which could ultimately turn into an illness. This is not to say that you will stay in this stage forever, however, without change you might be looking at something chronic and irreversible. Just like our physical health, if we eat nothing but fast-food, drink soda, and eat sugary snacks all the time, this can affect our physical health as seen by weight gain, diabetes, and heart problems. Not to mention what happens to our liver when we consume too much alcohol over a long period of time. Mental health is the same and can turn into an illness if not taken care of. If you are not setting health boundaries for yourself, if you are not getting enough sleep, always eating junk food, using illegal substances, not practicing self care and giving yourself respite from your stressors, this can impact you negatively.

So how do we address this? How do we make sure that our mental health is taken care of, so it doesn't turn into a mental illness? Well, for the sake of time I will share a few basic tips, but please know that there are some outliers when it comes to this topic, serious mental illnesses like personality disorders, such as bipolar disorder and schizophrenia. These illnesses can require a greater degree of treatment, and as such, are not what I am speaking about here.

A Few Helpful Tips:

- Prayer (asking God to help you in being able to manage your stressors, and show you what in your life you can modify or change in order to manage better)
- Regularly practicing self care, even if it's just 15 min a day or a few times a week (what do you like to do?)
- Eating healthy and drinking plenty of water (we know that junk food and certain beverages can cloud our minds)
- Asking for help from a professional
- Speaking to trusted family or friends
- Learning to say "no" and not feeling guilty (setting boundaries)

Mental illness is just that, an illness that can be observed by medical professionals, via brain scans. (if interested, look up Dr. Daniel Amen who specializes in these scans showing the brain that is altered because of the illness). So what can you do to support Mental Health Awareness Month (MHAM)?

First, you can help by educating yourself on the topics of mental health and mental illness to make sure you are not perpetuating the stigmas surrounding these topics.

Second, when you hear others speaking negatively about someone who has a mental illness, you can educate them by saying, "their illness is no different than a brain injury" or "their brain is altered because of their illness".

Third, wear green in support of MHAM at least one time this month.

Remember, we are all human, made in God's image, regardless of race or socioeconomic status. He loves us all equally, regardless of our mental health or illness, and yes, the homeless individual who may have made different choices than ourselves. He even loves the addict asking for money in front of your local gas station, and the person on the corner talking to themselves.

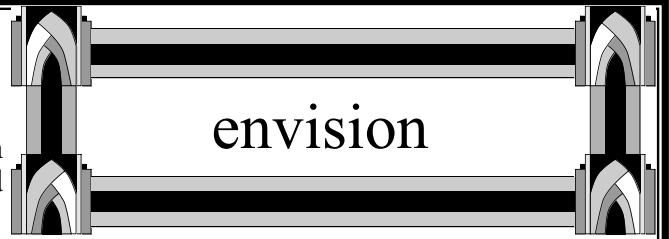
I'll leave you with this. 1 in 4 people struggle with some kind of mental illness. This doesn't need to be scary if we take care of ourselves and one another. If you see a loved one struggling, don't avoid talking about it, and if it's you struggling, reach out for help.

No shame, end the stigma!

Robin Smith - Deacon

SESSION HIGHLIGHTS

By Melanie Nelson - Clerk of Session



Your Session was asked by Pastor Paul “where do you envision Magnolia be in 3-5 years?” The responses varied in scope, and listed here in no order of priority:

- ✝ Completion of the new sanctuary building
- ✝ Worshipping in the new space
- ✝ Serving others
- ✝ Put away pre-conceived ideas
- ✝ Giving and membership increases with new building
- ✝ Life of the church is with children and parents
- ✝ Excited to see youth become leaders in the church
- ✝ Community within our congregation
- ✝ Community outreach
- ✝ Holding steady, or more pessimistically, the church will die within 5 years
- ✝ Need to evangelize and grow beyond immediate neighborhood
- ✝ Children and their parents are critically needed to grow
- ✝ Foster a brotherhood within the church
- ✝ Have church mirror our community, holding big events to bring people in
- ✝ Live out the Great Commission
- ✝ Return to having a thriving young family program

Next month’s homework for Elders is “if you can only focus on one now, which would it be ... stay tuned!

“Therefore go and make disciples of all nations, baptizing them in the name of The Father and of the son and of the Holy Spirit.” Matthew 28:19

Little Green Onions
6723 Brockton Avenue, Riverside



Magnolia Presbyterian Church
Capital Campaign Fundraiser...

Come on out and support the next
“Rising from the Ashes”
new building fundraiser!

FRIDAY, MAY 10th
10:00am - 7:30pm
Serving breakfast (all day), lunch and dinner

Show this flyer and 25% of your receipt will be
donated to rebuild Magnolia Presbyterian Church
after the devastating fire!

For Takeout Call: (951) 328-1273



Mexican & American staples are offered for breakfast, lunch & dinner at this familiar cozy Riverside fixture.

SUMMER SOLSTICE PROGRESSIVE DINNER SATURDAY, JUNE 22, 2024

Q & A's about the Summer Solstice Progressive Dinner...

What is a progressive dinner?

A progressive dinner is a fun way to meet new people and re-connect with church friends you haven't seen recently. All attendees start-out at one house for appetizers, then divide into small groups and go on to host homes for the main course. After dinner, everyone meets up again at a house for dessert.

Do I need to bring anything?

Yes, you will be asked by your host to bring a dish to dinner. You may also volunteer to bring an appetizer or dessert.

May I bring a friend who doesn't belong to MagPres?

Yes, this fun evening is open to members and nonmembers.

Will there be childcare?

No, not unless there is a big need.

Will alcohol be served?

It is an off campus event so possibly

How do I sign up to attend? Or Host?

Sign up sheets in the Narthex or hallway. Or text or call Heather Dickenson at 951.515.3184

MISSION COMMITTEE HIGHLIGHTS

Your MagPres Missions Committee continues as an effective extension of your church. Here are highlights of our recent activities:

The **CROP Walk** held in March was a success. Preliminary numbers include over \$19K raised, over \$3,100 was raised by MagPres. 94 walkers total, 19 from MagPres. About \$740 of the proceeds raised by MagPres will go toward reimbursement for our Path of Life guest chef program.

Family Promise (FP) fundraiser Karaoke Night held late March at "Back to the Grind" in Riverside was a blast! FP exceeded their fundraising goal and raised \$4,100. Our MagPres star was John Reinhardt, who sang Jimmy Dean's hit, "Big Bad John" and Ernie Ford's "16 Tons." Thanks, John, for being our "MagPres Idol!"

A **Family Promise Congregational Outreach meeting** was held **April 11, 2024**. This was an informational event to share the mission of Family Promise. The event was well attended by church representatives throughout our local communities.

Path of Life Guest Chef Night: The Missions team continues to support this important service. Thanks to the Lee Team for serving in April!

Blessing Bags: The Missions group helped to replenish Blessing Bags and the items that go into them. Phone numbers and contact information for shelters and hot meal locations were included in the bags.

The Missions team participated in the **Faith Walk for Peace** on April 21. This was an Interfaith event to promote peace, friendship, and understanding among different faiths in the City of Riverside.

UPCOMING EVENTS:

Family Promise Rummage Sale, Saturday, May 18, 2024, in the MagPres parking lot. 8:00 a.m. – 1:00 p.m. in the MagPres parking lot. Donations will be graciously accepted beginning May 6, 2024 at the FP Day Center located at 7177 Potomac, Riverside, CA 92504. If you have any questions, please contact Gabie Darrow at (951) 500-4937.

Matthew 25 Special Offering: Please mark your calendar for May 19, 2024 – Pentecost Sunday for the next Special Offering.

These are just a few highlights of our Missions involvement. This ministry is fun and fulfilling. If you would like to participate in one or more of the activities, you're welcome to contact any one of us! Your Missions Committee: Mary Lee (Chair), Evelyn Shea, Kris Shea, Barbara Johnson, Sharon Reinhardt, and Linda Bingham.

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9

Linda Bingham - Mission Committee

CROP HUNGER WALK 2024 - Photos by Brenda Flowers



YOU CAN HELP...



CHRISTIAN EDUCATION

Dear Church Family, The Christian Education Committee is seeking volunteers to teach Sunday School. It can be for one week at a time or more. Individuals / couples or friends / youth under the age of 18--all are welcome.

Contact Christian Education Committee Chair, Eric Brandenberger, at ebSoutherncal@gmail.com or the church office.

Thank you all for your prayerful consideration.

*****SUMMER CAMP AT BIG BEAR LAKE***** Early Bird Registration due by May 30th. Camp begins June 30th.
<https://www.bigbearlakechristianconferencecenter.com/>



CALLING ALL VOLUNTEERS!

Those of you who have always dreamed of a career of stuffing newsletters and applying address labels--*your time has come!*

Our trusty Office Admin could use the help of a rotating crew of volunteers one morning a month to get out the *UpLook* newsletter, and other fantastic activities you can do while seated in the most comfortable chair in the office!

If you think you could offer your help monthly or even just occasionally, please email Church@MagPres.com and let us know your possible availability (best



HOW TO GIVE TO MAGPRES

Please take advantage of these convenient Giving Opportunities:

DONATE: Check or cash in offering plate or dropped off in the office

BANK: Set-up one-time or recurring donations with your bank bill pay

ONLINE: Visit our website at www.magpres.com/give

U.S. MAIL: Send check via US Mail to our address at 7200 Magnolia Avenue, Riverside, CA 92504

SUNDAY SCHOOL for children in grades Kindergarten through 5th grade is offered In-Person and via Zoom during our 10:00 a.m. worship service.

In-person children will meet in Rm 8 and Nursery in Rm 9 at 10:20 a.m.

Those attending via Zoom simply sign in to Zoom and use the Meeting ID: 259 885 602 and the Password 7200 to join the fun.

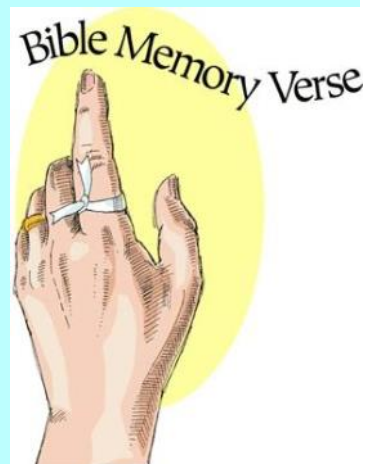
Sunday School includes Bible lessons, songs, crafts, and play time

Our memory verse for **MAY** is **ACTS 2:38**

Change your hearts and lives.

For more advanced Bible scholars, the full verse is:

Peter replied, "Change your hearts and lives. Each of you must be baptized in the name of Jesus Christ for the forgiveness of your sins. Then you will receive the gift of the Holy Spirit.



REGULAR MEETINGS OF THE CHURCH



CHOIR REHEARSALS: Come lend your voice to the Chancel Choir ! Rehearsals are Wednesday nights at 7:00 p.m. in the Choir Room. Have Questions? Email John Wright at music@magpres.com

WOMEN'S MONDAY BIBLE STUDY: Led by Laurie Mordue on Monday mornings at 9:30a.m. Join us in the Library for a relaxing time to delve into Scripture, prayer, and fellowship.

TROOP 16: Meets every Monday night at 7:00pm in the Fireside Room. Our Charter Organization Rep is Tim Lewis (webelewis@gmail.com).

YOUTH GROUP: meets on Sunday from 6-8pm in the Youth Room.

SUNDAY SCHOOL: Sunday School for children in grades Kindergarten thru 5th grade is offered during our 10am worship service in-person in Room 8 and via Zoom. Nursery is in Room 9. If you would like to connect on zoom, please use this link: **Meeting ID: 59885602 Password: 7200**

STANDING ANNOUNCEMENTS



ACCESS WORSHIP ONLINE: You can participate in worship by going to magpres.com/watch or visiting our Facebook page (facebook.com/magpres). Services are archived for you to watch later (or again!)

TWO-CAN SUNDAY: On every 2nd Sunday of the month, we bring 2 Cans or Boxes of food to be donated to Lutheran Social Services of Southern California to help feed hungry neighbors in our community. Keep up the good work as we continue loving our neighbors who are hungry!

STATER BROS. GIFT CARDS: Gift cards in the amounts of \$25, \$50, and \$100 are available to purchase in the church office. Monday - Thursday, 8:30am - 3:00pm. Whether you are buying as a gift or to do your weekly grocery shopping, the church receives 5% of every sale! How nice--give twice!

CHURCH DIRECTORIES: Instructions on downloading the app to our "Instant Church Directory" are on page 7 (great way to keep up with birthdays and anniversaries in our church family!)

As always - if your address, phone, or email changes, let us know at church@magpres.com

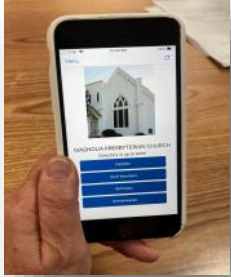
DEACONS OFFERING: The first Sunday of every month, we collect the DEACONS OFFERING. This is a dedicated offering to help friends and family of MagPres members experiencing hardship. Your gift, large or small, is a gift of kindness.

COMMUNION: First Sunday of every month, communion is served as a part of the worship service. For those worshipping via Zoom, feel free to gather your own "bread & cup" elements at home and join in the Sacrament of the Lord's Supper with the whole congregation.

DAILY DEVOTIONAL: *Our Daily Bread* quarterly booklets are available in the Worship Center foyer (on the Welcome Table) and in the church office. Pick one up for yourself and for a friend or stranger.

DON'T FORGET...

Mag Café will be available Sunday, May 5th and May 26th following the Sunday 10:00a.m. Worship Service. Join us in the Fireside Room for Java and Treats... and stay for the Fellowship & Conversation!



CHURCH DIRECTORY...ONLINE!

View our directory online or via the FREE mobile app.

Go to members.InstantChurchDirectory.com & follow the "Sign In" prompts to "Create a login now." Confirm your email address to sign in. Download the free mobile app at the Apple® App store in iTunes®, Google Play™ store, and the Amazon Fire App Store. Use your email (as listed in our directory) to create your log-in. Questions? Contact Pastor Paul. Paull.fferpaul@magpres.com.



NOW HIRING!!!

K-5 CHILDREN'S EDUCATION LEADER

At their March meeting, Session members approved creating a new paid staff position of K-5 Christian Education Leader. This person will help us achieve our goal of nurturing the children at MagPres and growing the numbers in our children's program. We need someone committed to that goal to be the coordinator, point of contact, and leader of the volunteers to make it happen.

Some of the responsibilities will include ordering and organizing curriculum and supplies, recruiting and scheduling Sunday School teachers, communicating with families and the wider community, and coordinating special events such as Vacation Bible School.

Compensation will be based on an expected average of 10 hours per week, some weeks less, some more.

YOUTH LEADER

Are you someone who could "provide a safe and happy environment for the Middle & High School youth of our Church family and make their involvement at MagPres a positive and enriching Christian experience"? Or do you know someone who could fulfill this need?

We are searching for a new Youth Leader to work with our Middle School and High School students. This position averages about 10 hours per week, some hours on Sundays, but also possibly a few hours during the week. The basic job responsibilities include:

- Nurturing the youth to grow spiritually in their faith
- Plan and lead weekly meetings that include study/discussion of scripture and relevant social issues, some type of game or activity, a time of connecting (sharing highs & lows or other check-in activity), and prayer.
- Attend online Christian Education Committee meeting once a month (1 hour)
- Encourage and facilitate youth participation in church activities
- Communicate with families regularly
- Promote and attend Youth-Camp and/or Conferences
- Coordinate with other youth groups in the area

*If you or someone you know would like to interview for a position, contact:
Jeanette Prescott (Chair of the Personnel Committee) at 951-237-9031*

...making fully formed followers of Jesus Christ

RETURN SERVICE REQUESTED

7200 Magnolia Avenue
Riverside, CA 92504-3829
Phone: 951-684-7200
Email: church@magpres.com
Website: www.magpres.com
Church Office Hours
Mon-Thurs 8:30 am—3 pm
Closed Friday



**FAMILY PROMISE
RUMMAGE SALE FUNDRAISER**

SAT. MAY 18th

8am - 1pm

MagPres Church Pkg Lot

***Donations gladly accepted now!**

**Magnolia Presbyterian
Church Staff**

The Rev. Paul Knopf
Pastor

Lisa Gulino
Administrative Assistant

James Walters
Trad. Music Director/Organist

John Wright
Choral Director

Cynthia Wright
Pianist/Accompanist

Allison Robinson
Nursery Attendant

TWO-CAN SUNDAY



MAY 12th

Every 2nd Sunday of the month MagPres collects non-perishable food donations for Lutheran Social Services local food distribution. Last month we collected 170 items! Thank you all for your generosity!

Donations may be dropped off during Sunday Service or in the church office.



UPDATE !!!

MagPres would like to thank Catelyn Garcia for her service as Youth Leader and wish her well in her future endeavors!

~

Stay-tuned for a future announcement as to when the Sunday night Youth Group will resume.

May 2024 MagPres Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 10am - Worship Service 10:15am - Children's 11am - Mag Cafe	29 9:30am - Women's Bible 7pm - Boy Scouts, Troop	30	1 7pm - Choir Practice	2	3 Office Closed 5pm - EEEAC	4 9:30am - EEEAC
5 10am - Communion 10am - Deacon Door 10am - Worship Service 10:15am - Children's 11am - Mag Cafe 1pm - Fellowship Hall	6 9:30am - Women's Bible 7pm - Boy Scouts, Troop	7 6pm - CE Cmte. 6:30pm - FOM Cmte. 7pm - BaG Cmte. 7pm - Mission Cmte.	8 7pm - Choir Practice	9	10 Lil Green Onion Bldg Office Closed 5pm - EEEAC	11 9:30am - EEEAC 4pm - Path of Life Meal
12 10am - TWO-CAN Sunday 10am - Worship Service 10:15am - Children's	13 9:30am - Women's Bible 7pm - Boy Scouts, Troop	14 6pm - Worship Cmte 7pm - Stew_Fin Cmte	15 Session Mat'ls Due 9am 7pm - Choir Practice	16	17 Office Closed 5pm - EEEAC	18 8am - FP Rummage Sale 9:30am - EEEAC
19 Church Picnic 10am - Worship Service 10:15am - Children's 7pm - Boy Scout Event	20 9am UpLook Mat'ls Due 9:30am - Women's Bible 7pm - Boy Scouts, Troop	21 7pm - Deacon Meeting	22 7pm - Choir Practice	23	24 Office Closed 5pm - EEEAC	25 9:30am - EEEAC
26 10am - Worship Service 10:15am - Children's 11am - Mag Cafe	27 9:30am - Women's Bible 7pm - Boy Scouts, Troop	28 7pm - Session Meeting	29 7pm - Choir Practice	30	31 Office Closed 5pm - EEEAC	1

May 2024 Prayer Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 John Swearingen	2 Cherylyn & Tom Thornton	3 Alyssa Timoschuk	4 Chuck & Delores Tobin
5 The Deacons	6 Chris Tolleson	7 Phyllis Townsend	8 Alma Vierich	9 James & Susan Walters	10 Ray & Loretta Ward	11 Margie Watson
12 The Session	13 John Wayne	14 Linda Welman	15 John & Cynthia Wright	16 Brenda Wynsma	17 Lucas Wynsma	18 John & Beth Zarecki
19 the Church	20 the Zwart/Skipper family	21 Lance & JoAnn Alford	22 the Anderson family	23 Ken Anderson	24 Wayne & Kristi Andrew	25 Ruth Bender
26 BaG Committee	27 Debbie & Bret Benninger	28 Bill & Linda Bingham	29 Joy Bower	30 the Bowman family		



BIRTHDAYS & ANNIVERSARIES



May Birthdays

David King	1st	Tessa Islas-Paredes	11th	Sharon Reinhardt	22nd
Marge Ludwig	1st	Janet Field	13th	Anderson Duncan	25th
Melissa Holden	2nd	Cole Gettis	14th	Marshall Lee	29th
JoAnn Alford	2nd	Caitlin Keovilay	17th	Brenda Wynsma	30th
Loretta Ward	2nd	Donna Crossen	19th	Neil Cohen	31st
Dorothy McLaughlin	10th	Judy O'Bier	21st		

May Anniversaries

David & Claudia King	5th	Dave & Sandy Richards	25th	Dave & Margy Crowley	30th
----------------------	-----	-----------------------	------	----------------------	------