

Hill 'n Vale

Newsletter of the Tomales and Two Rock Valley Presbyterian Churches
Visit us at tomalespresbyterian.org and tworockvalleypresbyterian.org

11 Church Street, P.O. Box 13, Tomales, CA 94971
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PASTORAL PONDERINGS

Dear Friends in Two Rock and Tomales

At the end of last year, I began to notice how tired I was. But I thought: well, we just finished Stewardship Season, and All Saints Day is coming up, and then Thanksgiving; probably I just have a lot on my plate. In January of this year, I felt even more worn out but thought: well, we are just done with Advent and Christmas, and now we are dealing with annual reports and annual meetings; probably I just have a lot on my plate. It wasn't until sometime in Lent that it dawned on me what was wrong: my heart was racing often, sometimes for hours; was racing even when I did nothing physical, even when I laid down to rest, even in the middle of my sleep cycle.

I had been aware of an irregular heartbeat since I was 39 years young, so for the last two-and-a-half decades. For years, it was no problem, it would always correct itself quickly; and anyway, those episodes were few and far between. That changed about two years ago, when my irregular heartbeat events became more frequent and lasted longer. It was the middle of March when I realized that this might be serious and that I needed medical help.

I am deeply grateful that health insurance is included in the benefits package for Presbyterian pastors. And I am equally grateful for the good medical care that is available in Sonoma County. My primary physician acted quickly in referring me to a cardiologist in Petaluma. The cardiologist ordered a series of tests, was able to diagnose me with *supra-ventricular tachycardia*, put me on heart medication, and immediately referred me to another specialist. That doctor in Santa Rosa, a Clinical Cardiac Electrophysiologist, is the one who did my heart surgery in early July.

Throughout these three months of medical tests and appointments, I had amazing support. My husband Carl came with me to see the cardiologist at the end of March. In early April, I let our elders know that I was wearing a heart monitor and then mentioned it to both congregations during worship. Right before my surgery, I also shared my heart condition with the Committee on Ministry of our Presbytery. Everyone was kind and supportive, promised to pray for me, and wished me well; and for that I am truly thankful. Most importantly, I knew that God was with me; I was certain that I was not dealing with this heart issue on my own; I trusted that, one way or the other, God would see me through.

One more thing: my worsening heart condition prompted me to do something that I had planned on

doing for at least ten years. I went to a Petaluma lawyer and had her drawn up those four essential documents we all need: a will, a trust, a durable power of attorney for healthcare, and a durable power of attorney for finances. I signed those documents five days before my surgery and felt a huge sense of relief. Even with a racing heart, I could take care of this important legal issue, and now I had done so!

My surgery was on July 8th, and the next day was my birthday. This year it seemed like a double birthday, because I had just received a new lease on life, had just received a heart that had been repaired and would function well again and most likely last a good long time. How blessed I am that this was possible; and how marvelous that God grants us medical knowledge, allows us to make scientific discoveries, and lets us invent ways for doing minimally invasive surgery. What grace!

When I went in for my follow-up appointment five weeks after my heart procedure, my surgeon pronounced my heart issue "fixed" and told me that he does not want to see me again. A clinical cardiac electrophysiologist who shows you the door — now that's something sweet!

God bless you all and keep you in God's care and keep up in good health,

Pastor Cornelia

THANK YOU'S

Many thanks to everyone who participated in the **joint service and BBQ potluck in Tomales on June 30**. This was a happy occasion for our two churches to worship together, to enjoy the slower days of summer, and to celebrate the July 4th holiday. Special thanks go to the Tomales deacons for setting up the tables, cutlery, and condiments; to Eric Knudsen who lent his BBQ and grilled the meat; and to all the cooks who shared delicious foods. Fun was had by everyone!



JOYS TO SHARE

Congratulations to Two Rock member Terry McClarnon, who turned 80 on August 5.

Terry was born in 1939 in Shambaugh, a small town Iowa. He was the second child in his family; he has two bothers and three sisters. The family of eight lived in his grandfather's old farm house and worked the land that had been in the family for several generations.

When Terry was a sophomore in high school, the family home burned to the ground while no one was home, and so no one was hurt. But it meant that everyone moved to Braddyville, another small town about 6 miles away and located right at the border with Missouri. Terry went to high school there, played football, joined the National Guard at age 16, and graduated in 1957. For two years, he went to a Junior

College in the area and played basketball.

Not quite 20 years old, and not quite sure what he wanted to do, Terry and a friend enlisted in the US Army. After basic training, Terry ended up in Nürnberg, Germany, for 2 ½ years. He loved it there, loved the land and the people. And then his time in the Army was up, and he found himself back in rural Iowa.

After a few months at home, Terry re-enlisted in the Army, this time 22 years old and choosing Army Security as his military career. He would henceforth receive his assignments from the National Security Agency and the Defense Intelligence Agency. His first assignment was to Two Rock, where he met Carol Collings. The two were married within a year, just before Terry was transferred.

Over the course of the next 18 years, Terry would attend the Defense Language Institute in Monterrey four times. He learned French, Cambodian, Portuguese, Spanish, and even some Haitian Creole. That allowed him to converse with the local population when he was stationed in Vietnam, Thailand, Greece, and Columbia. Terry's family, his wife Carol and their three children, moved with him to Bangkok, Thailand; to Athens, Greece; and to Bogota, Columbia. In between those overseas tours, Terry and the family would always return to the US; Carol remembers 12 moves within 15 years! Yet Terry was never again stationed in Germany, which is what he had hoped for when he re-enlisted. However, during his four years in Greece, he was promoted to warrant officer.

At the age of 40, Terry retired from active military duty, but served seven more years as a reservist. The

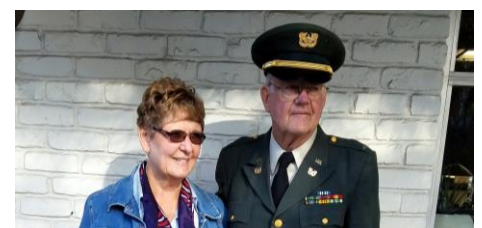
family returned to Two Rock and quickly settled in Petaluma. That is where the children finished High School and where Terry and Carol live to this day.

Terry's second career was spent entirely in southern Sonoma County. He worked for Reichardt's Duck Farm in Two Rock as electrician and carpenter; then for Napa Valley Box in Rohnert Park as plant manager; finally for Amy's Kitchen in Rohnert Park as supervisor and plant manager. He retired as second time when he was about 60.

Since then, Terry and Carol have done a lot of traveling. They enjoy taking cruises; their first one was from Amsterdam down the Rhine and Danube rivers to Vienna, with a stop in Nürnberg. The couple have taken their motor home to many states and national park across the US, and they enjoy spending time in Arizona each fall and winter. Terry loves target shooting, golf, and being active in the Druids. Terry and Carol delight in their three children, six grandchildren, and two great-grandchildren in Sebastopol, Berkeley, Utah, and Iowa.

Since 1981, Terry has been a faithful and committed member of Two Rock Church. He served as trustee and elder and has been involved in many projects, events, and fundraiser.

For Terry's 80th birthday, family and friends gathered for a big party at the McClarnon home in Petaluma. Happy birthday, Terry, and God bless you all the days of your new year of life.



WORSHIP

Many thanks to the **Rev. Linda Powers** for leading worship on July 28 and August 11 while pastor Cornelia was on vacation; and to the **Rev. Charles Ensley**, who preached, and presided at the Lord's Supper, on August 4.

A big thank-you to **Gary Foster and his Jazz Band** for their fabulous music during our joint Sunday worship on Labor Day weekend. Members from both Tomales and Two Rock Churches enjoyed hearing Gary on the piano, with three of his friends on the clarinet, electric guitar, and drums. They led the congregations in New-Orleans style jazz, having us sing and swing to old favorites, such as "Swing Low, Sweet Chariot", "Just A Closer Walk With Thee", and "When the Saints Go Marching In". After our lively service, people walked to downtown Tomales to watch the Founders' Day Parade.

After Labor Day weekend,
**it's time for our annual change
of worship times!**

Beginning on Sunday,
September 8,
We will worship
In Tomales at 9:30 am
In Two Rock at 11:00 am
Until September 2020

**Here are some worship
highlights for September and
October:**

† On September 8, we will celebrate **back-to-school and honor our teachers**

† On October 6, we will observe **World Communion Sunday**

† On October 13, 20, and 27 our worship will focus on **stewardship**

† On October 13 the **joint hand bell choir will ring in Tomales**

† On October 20 the **joint hand bell choir will ring in Two Rock**

† On November 3, we will observe **All Saints Sunday**, with worship in our sanctuaries and cemeteries.

† Please note: we continue to share the **Lord's Supper on the first Sunday** of each month, and we celebrate **birthdays and other milestones on the third Sunday** of each month. Be sure to join us for those special Sundays.

People of both congregation love a **variety of music, different instruments, and especially singing together**. If you like to sing, **please join the chancel choir in your church**. The Tomales choir rehearses on Sundays at 9:00 am under the direction of pianist and music leader Gary Foster; the Two Rock choir practices on Sunday mornings at 9:30 am, under the direction of Kay Fish, accompanied by organist / pianist Margaret Todt.

Not sure if you can carry a tune? Then how about playing with the **hand bell choir!** This is a joint choir, with people for Tomales and Two Rock Churches ringing together, directed by Kay Fish. There will be several rehearsals in September and October for ringing during worship October 13 and 20.

The Two Rock Church Choir has sung faithfully all year long, and **in September** they will take a well-deserved break. **Violinist Kyle Craft, guitarist David Coe, the Men's Choir, and organist Margaret Todt** plan to fill in during the anthem time. And it will be special joy to have David Coe's friend **Bob Heyman** play his hand pans in Two Rock on September 15.



EDUCATION & LEARNING

☺ Many thanks to the Two Rock congregation for sending two of our youth to **summer camp at Westminster Woods**. Both **Joshua Heibel and Elizabeth Young** had a great week among the redwood groves, spending time hiking, swimming, connecting with other youth, and learning more about our Christian faith.

☺ On Sunday, August 18, **new Bibles were given out to all children and youth at Two Rock Church**. Sunday school teachers Jessica Briggs and Kathy Stroke had previewed several age-appropriate Bibles, and families selected the one they liked best for their students. Our young people were delighted! And a **big thank-you goes to the Briggs family** for donating all these Bibles!

☺ Please bring your children and grandchildren to church on **September 8 for our back-to-school celebration**. We will pray for our children and youth as they begin a new school year, and we will honor our Sunday school teachers.

☺ **Tomales Scout Troop 123** began meeting again right as the school year started. Scouting is a family-based program for boys and girls. The Scouts in Tomales welcome children from K through 5th grade. They get together at

Tomales Presbyterian Church on two Thursday afternoons a month. On Labor Day weekend, Scout Troop 123 **marched in the Founders Day Parade**, right behind the Honor Guard from the Coast Guard Station. The Scouts also sold lemonade, iced tea, and armbands during the Founders' Day party in Tomales Town Park. For more information about scouting in Tomales, contact Tim Graves at 707-992-5019.



☺ The Fall session of our **Adult Education** will go for six weeks, from October 14 to November 18. We will meet in the Two Rock fellowship hall on those Mondays from 2:30 pm until about 4:00 pm. Our theme will be **“Speaking our Faith, Speaking out Truth”**, and we will start by discussing 1 Peter 3:15-16 and Luke 21:13-15. That will be the framework for choosing issues we want to explore: in our personal lives, in our society, and in our natural world and environment. How do we speak about current issues as people of faith, as followers of Jesus Christ? Each week, we will begin with our own questions and then find Scripture passages that relate to our concerns and help us respond faithfully. Please join us!

MISSION & OUTREACH

Many thanks to everyone who **bought school supplies** over the

summer. We collected notebooks, pencils, crayons, construction paper, etc. at our churches and delivered them right before the beginning of the new school year. We took them to the Two Rock School office on August 20; and Tomales member Amanda Graves dropped them off at the Tomales Elementary School office on August 22. Our donations were received with great appreciation and many thanks.

Please joins us in **Two Rock for the 73rd annual Harvest Festival on Saturday, September 28, from 10:00 am to 3:00 pm.** This is a fabulous event for our community, with our delicious BBQ chicken and rightly famous homemade potato salad; gorgeous quilts and lovingly handcrafted wares; a raffle for fabulous prizes, a farm stand with home grown produce and plants, a Silent Auction of enticing items, 4-H animals to pet, and music for our hearts and souls played by David Coe. All this is set in our bucolic Two Rock Valley, under the golden spire of the church we cherish.

So do come and invite all your family and friends! Spend time with your neighbors, sit for a spell and talk for a bit, and help us raise funds for the mission and ministry of Two Rock Valley Presbyterian Church.



Don't forget our fun family events in October:

On **Wednesday, October 30**, at 6:30 pm, Two Rock Church will host its annual **Trunk-or-Treat** in the church parking lot. Everyone is welcomed!

On **October 31**, members of the Tomales congregation will hand out sweet treats to children during the **Elementary School's parade through downtown Tomales.**

PROPERTY & FINANCE

The **native plants around the sanctuary in Two Rock** continue to get established and to attract butterflies and hummingbirds. In July, Sue Russell added lots of succulents; they are growing well. By Harvest Festival, we hope to have completed more planters along the church patio and filled them with colorful plants.

Many thanks to our horticulturists, weeders and gardeners, drip irrigation engineers, diggers and planters: Sue Russell, David Coe, Bruce Carrington, Mary Lynn Visser, Paul Lewis, Ben Visser, and all their helpers. **We sure love our church garden!**



On August 13th, **two window panes were replaced in the sanctuary of Tomales Church!** After searching for the right kind of glass and waiting for the glazier, everyone is delighted: The color of the new glass matches the existing hues so closely, it is almost impossible to tell the difference between old and

new. Now that we have found the correct type and shade of glass, session plans to replace three more glass panels, one in the narthex and two in the sanctuary.

During the last three Sundays of October, our worship will be focused on **stewardship**. Please join us **on October 13, 20, and 27** as we explore together how to use our gifts of time, talent, and treasure to serve God and neighbor. During the stewardship season, everyone is invited to consider prayerfully how we want to support the mission and ministry of our churches in 2020.

CHURCH CARE & FELLOWSHIP

On August 24, the **Two Rock Deacons** helped with the reception after the Memorial Service for Dean Swanson, Kathy Stroke's beloved Pops. How good that we have our family of faith to help us out, how good that our deacons serve the congregation with caring and loving hearts. Many thanks to Nan Leavell, Pat Huber, and Jessica Briggs for being there when needed.

SMALL GROUPS AT CHURCH

The **Creative Crafts Group** meets in Two Rock each Tuesday morning from 10 am until noon. People bring their embroidery, sewing, knitting, or crocheting, and enjoy sharing a cup of coffee, and talking about current events. Feel free to join this lively and supportive groups of women!

The **Two Rock Quilters** are busily working in preparation for Harvest Festival. They meet in the

Fireside Room each Thursday from 9 am until noon, creating lovely quilts of all colors and sizes. A specialty are soft baby quilts and large quilts that fit queen or king-sized beds. All quilts will be offered for sale at Harvest Festival and again in December. Some of them will be given to social agencies in our area, as Christmas gift for individuals and families.



PRESBYTERY NEWS

† The next **Presbytery Meeting** will be at Eureka Presbyterian Church on Saturday, September 21, from 10 am to 3 pm.

† The 6th annual **Pedal for Protein** fundraiser of our Presbytery of the Redwoods will happen September 21 to 28, with a 379-mile ride from Orick to Santa Rosa. There will also be a one-day ride in Santa Rosa on September 28. This ride is sponsored by the **Hunger Action Committee of our Presbytery**, with all the funds raised by riders and congregations donated to local food banks. Over the past five years, **P 4 P has raised almost \$200,000** to buy protein rich foods of peanut butter, eggs, yogurt, tuna, etc. for clients at our food pantries. This year, the fundraising goal is \$60,000.

Tomales elder Mary Spragens will again participate in the one-day ride. Please support her and the other riders in their fundraising efforts.

You can make out a check to Presbytery of the Redwoods, and write P 4 P in the memo line, plus

the name of the rider you want to support. Mail the check to Presbytery of the Redwoods, 1226-A Salvador Ave, Napa, CA 94558, or put it in the offering plate; then our churches will get it to the Presbytery office.



Thank you, everyone, for your support, and thank you, Mary, for riding with P 4 P!

† Beginning on September 1, the **Rev. Linda Powers** will serve as **temporary pastor for Covenant Presbyterian Church of Napa**. For about the next twelve to eighteen months, she will do interim work with the congregation. Congratulations, Linda, and may God bless you and Beta in your new ministry!

COMMUNITY NEWS

The annual **Flu Shot Clinic** will once again be held at **Tomales Town Hall** during the month of October. The exact date is not yet known, so watch announcements in our church bulletins and on banners along Tomales roads.

Tomales Regional History Center's will hold its **Annual Meeting on Sunday, November 3**, beginning at 1 pm. Come for the meeting and stay for interesting exhibits, delightful refreshments, and friendly chats with neighbors.

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*“ We plow the field and scatter the good seed on the land,
But it is fed and watered by God’s almighty hand.” James 1:17*

Change of Worship Time:

On September 8th: Tomales at 9:30 & Two Rock at 11:00

73rd annual Harvest Festival in Two Rock:

Saturday, September 28, 10:00 am to 3:00 pm

Trunk-or-Treat in Two Rock:

Wednesday, October 30th at 6:30 pm

All Saints Sunday: November 3rd