

Music Box

— JUNE 21, 2015 —

**Melinda Coffey Armstead, organ & piano
assisted by Kathee Zhen, piano**

Psalm XIX

“The Heavens Declare”..... Benedetto Marcello (1686-1739)
Entree en forme de Carillon..... Theodore Dubois (1837-1924)
Basse et Dessus
de Trompette Louis Nicolas Clerambault (1676-1749)
This Is My Father’s World David H. Hegarty
based on the tune “Terra Beata,” by F. L. Sheppard

Simple Gifts with Tallis’ Canon..... Shaker Melody
for piano four hands arr. Ellen Foncannon

Sumer is icumen in..... trad. 13th century round, arr. Michael Braz

Lord, Father of flower, field and fruit, smile on us in these earnest days
when the work is heavy and the toil wearisome;
lift up our hearts, O God, to the things worthwhile—
sunshine and night, the dripping rain, the song of the birds,
books and music, and the voices of our friends.
Lift up our hearts to these this day and grant us Thy peace. **Amen.**

—*W. E. B. DuBois (1868-1963)*

A warm welcome to Kathee Zhen, a class of 2014 Stevenson School alumna who has attended Church in the Forest since high school and lives with her parents in Pebble Beach. She is currently studying voice and piano at Westminster Choir College in Princeton, NJ, and is glad that she can give back to the church through music.

Melinda Coffey Armstead



Painless and Economical
If you use the internet, why don't you have the weekly newsletter sent to you via email? It is fast, easy and saves the church money—here's what to do: Send an email to the office at citf@mbay.net and ask Sherry to put you in the list. You will receive it early every week!

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Monday morning, June 15, 2015

Dear Members and Friends,

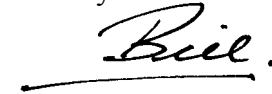
Ten Ways to Jump Start Your Contentment

1. Savor life's joys: Pay attention to life's momentary wonders and share them with someone else.
2. Drop your grudges: When we forgive those who have wronged us, we feel better about ourselves, experience more positive emotions and feel closer to others.
3. Get moving regularly: Exercise increases self-esteem, reduces anxiety and stress and may well be the most effective instant happiness booster.
4. Give thanks: Research reveals the enormous power of simply counting your blessings; regular expressions of gratitude promote optimism, better health and greater life satisfaction.
5. Keep friends close: Social connections are key to happiness. Research indicates that it is quality more than quantity—make time for those closest to you.
6. Get with the flow: At home and at work seek out more challenging experiences in which you “lose yourself,” it's what researchers call “flow.”
7. Practice kindness: Altruistic acts light up the same pleasure centers in the brain as food and sex.
8. Look on the bright side: Keep a journal in which you write about the best possible future for yourself.

9. Avoid over-thinking and comparing: Use strategies to cut down on how often you dwell on your problems and guard against comparing yourself to others.
10. Recall three good things: We tend to take things for granted so list three good things and what caused them. It tunes you into the source of goodness in your life.

From the magazine, *Mindful*, published by “The Foundation for a Mindful Society,” June 2015 issue.

See you in church,



William B. Rolland

ANNOUNCEMENT: “The Search Committee reports that all documents for the Pastor Search section of the Church in the Forest website are in the hands of the webmaster. We will announce when website access is completed.

Calendar

Sunday,	June 21, 2015 — 4th Sunday after Pentecost—Father's Day
8:30 AM	Bible Study in the Multipurpose Room with the Rev. Ken Feske Some Bad Yeast — Matthew 16: 1-12
9:15 AM	Music Prelude
9:30 AM	Morning Prayer
Passages	Deuteronomy 31: 1-9; Psalm 9:1-11; Mark 4: 35-41
	Lector Phil Bowhay
	Crucifer Judy Fletcher
	Acolyte Jacob McCarthy
	Flowers Ruth Gleisner and Phil Sanders
	Cookies Marge Moore
	Altar Care Martha Jordan & Sandy Rice
	Ushers May Kay Crockett and Jack Davis
	Sermon the Rev. Dr. William B. Rolland
	Title: “Finding Calm in the Midst of the Storm”