

**Music Box**

— SEPTEMBER 6, 2015 —

**Katherine Edison, soprano**  
**Melinda Coffey Armstead, piano & organ**

*Songs of the Sea*

- Über die See..... Johannes Brahms (1833-1897)
- Sea Pictures Op. 37..... Edward Elgar (1857-1934)
  - Sea Slumber-Song
  - In Haven
- Lied Maritime ..... Vincent d’Indy (1851-1931)
- The Little Island Op. 14 No. 2 ..... Sergei Rachmaninoff (1873-1943)
  - Arion Op. 34 No. 5

My Shepherd Will Supply My Need.....trad. hymn tune from the  
American South ..... arr. Virgil Thompson (1896-1989)

He Shall Feed His Flock Like a Shepherd..... G. F. Handel (1685-1759)  
from “Messiah”

Firth of Fifth: Introduction..... Anthony Banks (b. 1950)

“All streams run to the sea, but the sea is not full;  
to the place where the streams flow, there they flow again.  
What has been done is what will be, and what has been done  
is what will be done; and there is nothing new under the sun.”

—Psalm 1: 7 - 9

*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](mailto:citf@mbay.net) and ask Sherry to put you in the list. You will receive it early every week! Please visit [www.churchintheforest.org](http://www.churchintheforest.org)

**Church in the Forest**  
3152 Forest Lake Road, Pebble Beach  
P.O.Box 1027, Pebble Beach, CA 93953  
**Address service requested**

Non-Profit Org.  
U.S. Postage  
P A I D  
Permit No. 28  
Pebble Beach, CA  
9 3 9 5 3

# Church in the Forest

at Erdman Chapel, Stevenson School  
3152 Forest Lake Road, Pebble Beach  
P. O. Box 1027, Pebble Beach, CA 93953 • 831-624-1374  
email: citf@mbay.net • www.churchintheforest.org

Monday morning, August 31, 2015

Dear Members and Friends,

The school year is about to begin, the students have returned and newbie's have come from all over the world. It is now time to continue the work of education. One of my hopes is that I succeed in the presentation to the student body the value of a daily practice of meditation. Why? Because the latest research tells us that a daily mindfulness practice leads to a sense of wellbeing.

Recently, at the University Medical Center, Groningen, in the Netherlands, they conducted an intensive longitudinal study based on that very question: What is the benefit of a daily meditative practice? The researchers discovered that the practice lowered stress, and led to increased feelings of well-being and reduced any negative feelings. Researchers also found considerable individual difference in the responses among the test subjects. Although more research is called for to tease out the reasons why different people might respond in different ways, the ongoing findings pointed toward an optimistic direction: Daily practice of meditation can improve daily psychological well-being.

Truth be told, I don't know what I would have done as a teenager had it not been for that steady and secure sense of being loved by the God of all Grace on a daily basis, and I know that I need to practice that more regularly. It has held me safe

---

throughout my life. Have there been hardships? Yes. But even through times of stress and difficulty there was always the sense that I was not alone and that the Spirit of the Divine would hold me like a baby. What a sense of belonging and freedom that still brings to any waiting heart!

See you in church,



William B. Rolland

## Calendar

**Sunday, September 6, 2015 — 15th Sunday after Pentecost**  
**8:30 AM** Bible Study in the Multipurpose Room with the Rev. Ken Feske: "To Drink From The Cup" Matthew 20: 17-34  
**9:15 AM** **Music Prelude**  
**9:30 AM** **Holy Communion**  
**Passages** Proverbs 22: 1-2, 8-9, 22-23; Psalm: 125; Mark 7: 31-37  
**Lector** ?  
**Crucifer** Skip Lord  
**Flowers** John & Carolyn Sanders  
**Cookies** Bob and Cynthia Perry  
**Ushers** Bob and Leslie Mulford  
**Oblation Bearer** Liz Lord  
**Prayers of the People** Mia Jarick  
**Altar Care** Martha Jordan and Sandy Rice  
**Sermon** the Rev. Ken Feske  
**Title** "Be Opened"  
**Saturday, September 12, 2015, at 2:00 pm**, Celebration for the Life of Graeme Mackenzie at Church in the Forest  
**Sunday, September 27, 2015**—28th Annual Fall Function, 5:00-7:00 pm. Contact church office (citf@mbay.net or 624-1374) for the address of this "not to be missed" event!