

Church in the Forest

at Erdman Chapel, Stevenson School • 3152 Forest Lake Road,
Pebble Beach • P. O. Box 1027, Pebble Beach, CA 93953
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Monday morning, July 3, 2017

Dear Friends,

Let's Just Chill!!

Psychologist Richard Wiseman asserts that people **actually need** more relief now than ever before. We are living more stressful, faster-paced lives than ever. He cites the results of an international study conducted to measure the speed of life.

The experiment was conducted by researchers who secretly timed how fast thousands of pedestrians walked in city centers across the globe, including London, Madrid, Singapore and New York. Granted, this is not the most scientific experiment, but it is fascinating nevertheless.

Prof. Richard Wiseman says, "This simple measurement provides a significant insight into the physical and social health of a city." Where do the fastest walkers live? In order of speed, they are found in Singapore, Copenhagen, Madrid, New York and Dublin.

According to this study, we live about 10% faster now than twenty years ago, when a similar experiment was conducted. A common expression we Americans use is, "Chill." Are you anxious and uptight? "Chill." Need to de-stress? Just take it easy? "Chill."

Chilling is pretty good advice. Especially if the word "chill" is spelled this way:

C - Calm down. When you're anxious, frenzied or pressed, **stop**. Take a deep breath and ask yourself, "**Why?**"

H - Hold back. Set a reasonable pace. Life is a marathon, not a sprint. If you want to last, pace yourself. And take time to **rest**.

I - Indulge your desire for fun. Do something fun **everyday** and try to put fun in your usual activities.

L - Learn how to just be. You already know how to DO. Take time to BE. Don't measure your life by what you accomplish, but by who you are. Be present. Be attentive. But **be**.

L - Let it go. You are not responsible for everything and everybody. In the immortal words of poet Robert Browning, "God's in His Heaven; all's right with the world." You don't have to do it all yourself; you don't have to do it all right now. And some of it you may not have to do at all.

You may feel like you're living too fast. If you need some relief, "Chill" is a good word to remember. Spell it right and you just might get something you don't expect. Happiness.

See you in church Sunday when we'll look at finding happiness through the story of Rebekah and Isaac—"Fresh Starts From Old Stories ~ A Sermon Series on Genesis—Finding Love."

See you Sunday!


The Rev. Ken Feske

ANNOUNCEMENTS: We need you! Might you be able to offer some lay help to CitF... serving as lector, usher, cookie purveyor? Sign-up sheets are on the bulletin board or you can contact Sherry directly. Please see if you might lend us a hand this summer.

Small Groups are gatherings where CitF members and new friends can explore questions of faith and deepen fellowship. These groups are open to visitors who wish to find out more and experience a meeting.

You are invited to the *Small Group Bible Study* that meets every **Sunday at 8:30 AM** in the Multi-purpose Room where the topic is the day's sermon scripture lesson.

The next *BIG/Small Group* meeting will be **Tuesday, July 11, 5-6:30 PM**, at the home of **Vicky Nelson**, 1143 Mestres Drive, Pebble Beach (655-9502). We share our BIG questions about religion, combining learning with personal experiences, empathy, tears and laughter.

Calendar

Sunday July 9, 2017 — Fifth Sunday after Pentecost

8:30 AM Bible Study in the Multipurpose Room led by the Rev. Ken Feske
Topic: Genesis 24: 34-38, 42-49, 58-67

9:15 AM **Chapel Concertino**

9:30 AM **Morning Prayer**

Passages Romans 7: 15-25a; Psalm 45: 10-17; Genesis 24: 34-38, 42-49, 58-67

Lector Evelyn Musavi

Crucifer ?

Flowers Gloria Wagner

Cookies Paula Beckman

Ushers Chuck and Diane Elliott

Altar Care Martha Jordan and Sandy Rice

Sermon The Rev. Ken Feske

Title "Fresh Starts from Old Stories ~ A Sermon Series on Genesis"

This Sunday: "Finding Love—Rebekah and Isaac"

Saturday, July 22, 10 AM, Memorial Service for **David Mackie** at CitF

Music Box

JULY 9, 2017

Edwin Huizinga, violin
Melinda Coffey Armstead, piano & organ

CHAPEL CONCERTINO

Ciaccona in D minor for solo violinJ. S. Bach (1685-1750)
from Partita for Violin No. 2, BWV 1004

Sonata in E minor KV 304..... W. A. Mozart (1756-1791)
II. Tempo di Minuetto

Fugue in D major, WTC IJ. S. Bach

We are delighted to welcome back Edwin Huizinga, violinist. He has been with the *Carmel Bach Festival* for twelve seasons and has played at Church in the Forest every year since 2010. One of the busiest and most versatile of musicians, Edwin plays both fiddle and violin. Asked what the difference is, he says “it’s just a matter of how you dance when you play!” He has traveled the world performing with Baroque, folk, rock, contemporary, classical, improvising, jazz, and Celtic musicians. His CDs, four released just last year, include the ensembles: The Wooden Sky, ACRONYM, Liquid Gold, (Fire and Grace, with guitarist William Coulter, was previewed in a concert at CitF in May 2016), and a solo album.

Look for him at the Thursday night concert, “Folk and Barolk,” on the main series, and online at www.edwinhuizinga.com for more information about his bio, CDs, tours, and summer camps.

Melinda Coffey Armstead



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