

**Music Box**

— MARCH 11, 2012 —

**Kane Suga, cello**  
**Melinda Coffey Armstead, piano and organ**

- First Suite for Solo Cello in G Major.....J. S. Bach (1685-1750)
  - Allemande
  - Sarabande
- Elégie Op. 24 for cello and piano ..... Gabriel Fauré (1845-1942)
- Sonata Op. 19
  - for cello and piano .....Sergei Rachmaninoff (1873-1943)
  - III. Andante
- Fugue in D, WTC I .....J. S. Bach

It is my pleasure to introduce outstanding young cellist Kane Suga to the music lovers at CitF. I met him this past December when we performed together with Andrea Jordan at the Carmel High School Christmas concert. Kane is a student at CHS working towards a career as a professional cellist. As a teenager, he has been active in the community for the past several years, working and volunteering as he makes his way towards his professional goals. Kane currently studies with Irene Sharp and will continue his studies with her come the next school year. He is very passionate about music and is eager to gather more experience as a performer and a cellist. Please give him your warmest welcome!




**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 Kay to put you in the list. You will receive it early every week!

**Church in the Forest**  
 3152 Forest Lake Road, Pebble Beach  
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**Address service requested**

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# Church in the Forest

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Monday morning, March 5, 2012

Dear members and friends,

Many of us search our television channels for programs of health, diet and wellness, and we should be interested in making our lives healthy and productive; however, we also need to keep in mind that we are more than material—we are spiritual beings. In fact, Sunday’s sermon was about that. It was a LONG one! And I left out what I thought were some important parts. Here are a couple of thoughts that I believe might shed some light on the fact that we are more than material, in fact we are spiritual and, as such, exist always.

Don’t let anyone tell you that the soul does not exist. We were created in the image of God. That doesn’t mean God looks like us. It means there is something divine within us. The soul is who you are. It is what makes you distinctive. You are more than a nose and a mouth and a pair of ears, etc. You have a distinct personality. Even if we could eliminate all your physical characteristics, the real you would still exist. Quantum Physics asserts that energy never dies, it only changes shape. That’s your soul.

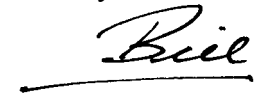
Pre-eminent atomic scientist Dr. Wernher von Braun once spoke these comforting words, “Science... tells us that nothing in nature, not even the tiniest particle, can disappear without a trace... Nature does not know extinction. All it knows is transformation. Now, if God applies this fundamental principle to the most minute and insignificant parts of His universe, doesn’t it make sense to assume that He applies it also to the masterpiece of His creation, the human soul? And everything science has taught me and continues to teach me strengthens my belief in the continuity of our spiritual existence after death. Nothing disappears without a trace.”

This is more than a material world. We are more than simply material creatures. We have a soul, a soul that, by the grace of God,

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even survives the grave. **And so Jesus says to us, take care of your soul.** If your soul is all that survives you after death, you ought to take care of it. In fact, taking care of your soul, the real you, is the most important task you and I have. Think about that for a moment. Take care of your soul. Take care of who you are.

See you in church,



William B. Rolland

**Announcement:** A memorial service for **Peter Thatcher** will be held at Church in the Forest on **March 24, at 2:00 pm.**

## Memorial Garden Plaques Reminder

We have another opportunity to order a plaque for the church wall by the memorial garden. These may be placed in honor or memory of a loved one or in recognition of an important event in life. Plaques will be placed annually with the order cut-off date our spring breakfast, which is May 6 this year. For more information, contact Kay Gameiro, Sam Griffith or Bob Janzen.

## Calendar

**Sunday, March 11, 2012 — Daylight Saving Time Begins**

**8:30 AM** Bible Study with Charles Anker. Topic: 1 Peter 1:14-25  
The Christ-Less Life and the Christ-Filled Life; Part 2 & 3

**9:15 AM** Music Prelude

**9:30 AM** Morning Prayer

**Passages** Isaiah 12:1-6; Psalm 37: 1-8, 16-18; Mark 5: 21-43

**Lector** Dick Crowell

**Crucifer** Vicki Spranza

**Flowers** Barbara McGowan

**Cookies** Helen Breck and Linda Colehower

**Altar Care** Martha Jordan

**Ushers** George and Dee Dee Schroeder

**Sermon** the Rev. Dr. William B. Rolland

**Title** Trust Me