As water reflects the face,
So a man's heart
reveals the man.
Josh, Molly, Vienna and Magnolia Elson will leave for New York City later this week where Josh will join the faculty of The Trinity School. They will be driving cross-country and taking in some of the historic sights between Hollywood and The Big Apple. In New York he will be teaching both Middle School and High School students and participating with the school chaplain in planning regular services of worship. Josh has served our church family faithfully for over sixteen years during which time the quality and depth of music presented has grown and drawn great interest, appreciation and support from our church family and our entire community. His last Sunday leading the SpiritSong service of worship was July 1st. Last Sunday, July 8th, we said “fare-well and travel safely” to him during the morning service of worship. It was a tear-filled celebration of his ministry featuring much of his own music as well as special musical tributes honoring him by David Rigsby and Jon Butler.

Thanks Josh, for your amazing ministry. And remember, you may be a apart from us but you will always be part of us.

We also said good-bye Sunday to Kristen and Jordan Goldschmidt and their children Kelly and Piper. Kristen is being transferred by her employer to Chicago. After a brief time in the Windy City they will either move to New Jersey or Evansville, IN. Of course I’m holding out for Indiana. The family has a long history in the Christian Church (Disciples of Christ). Indiana is Disciples territory with many strong churches in the Evansville area.

Thanks Jordan and Kreston for your faithful service to FCCNH. Your family will always be part of us.

We have some special days coming up in the near future that you will not want to miss. Please place these dates on your calendar.

July 15th - (next Sunday) is Elder Sunday. The Elders will lead worship and we will celebrate Christmas in July.

July 29th – We will dedicate the grants from the 2017 Christmas Tree Lot which have been presented to our ministry partners. Tree Lot Chairperson, Phil Restivo, will also recognize and thank the volunteers who helped make this last “Tree Season” the most profitable in the history of “The Lot.”

July 29th – The High School Mission Trip (twelve youth and three adults) leave for Houston, TX for a week to assist in the hurricane clean-up.

August 12th – Promotion Sunday: all students move into their new classrooms and grades.

August 13th – Burbank Unified School District returns to school.

August 14th – Christian Nursery School Fall semester begins and the Los Angeles Unified School District returns to school.

August 19th – Youth Sunday.

August 29th – Youth “Conversations” Program begins in Social Hall.

September 3rd – Labor Day.

September 4th – Adult “Conversations” Program begins in the Social Hall.

When I look at all those dates and events it seems
summer is already over but it’s only the second week in July. I hope you will be part of as many of these events as possible.

I’ve been reading an interesting book that was referred to me by a friend. *This Changes Everything – How the Gospel Transforms the Teen Years* was written by eighteen year old Jaquelle Crowe. At one point she proclaims – “We’re Called to Serve the Church.” She is, of course, speaking about youth and young adults her own age, but her service “go-to” list could probably be used by any age group to make The Church, or a congregation, stronger and more vibrant.

“Care for the property or clean; visit someone who is ill; be a worship greeter; teach Sunday School; offer tech support; write a note to encourage your pastor; mentor or encourage younger kids; spend time talking to an elderly member; volunteer to help older or need church members; make birthday cards and cook food to share” are among the ideas she suggests to her peers.

Within our church family we emphasize a three pronged approach to Christian Stewardship. Time, Talent and Money are the things we have to give to God as our thanksgiving offering. I believe that Jaquelle has pin-pointed several activities that each of us could do to serve our church family more faithfully and creatively.

I look forward to seeing you this Sunday, in your Christmas red, as our Elders lead us in our annual Christmas in July celebration. Have a good week and try to stay cool in this hot weather.

Perge!
Pastor Bob

Bill Hayes has a marvelous knack for writing songs, jingles and ditties. He wrote one to honor Josh Elson during the Choir Sunday celebration on June 25th. It is written to the tune of the Beatles’ familiar song “Hey Jude”. We thought you would enjoy Bill’s tribute to his choir director.

Hey, Josh!
We wish you well
And we’ll miss you much more than we can tell
We wish you success in all that you do,
And here’s to the next time we’re all together!

Hey, Josh!
We can’t avoid
Saying thank you for all those songs we enjoyed!
The anthems with tricky rhythms were fun,
And here’s to the next time we’re all together.

We’ll also miss your charming girls, so beautiful:
Magnolia, Vienna, and sweet Molly, too.
The only negative you’ll find will be the teams:
The Yankees and Mets; you won’t see Dodger blue.

No, no, no, no, no, no, no, no, no!
Hey, Josh!
Vaya con Dios!
You must know all our hearts will ever be close!
Our prayer as we raise our glasses, you see,
Is here’s to the next time we’re all together,
Gether, gether, gether, gether, gether, Oh!
Da da da da da da! Da da da da (Hey, Josh!)
Da da da da da da! Da da da da!
May it be!
Then, because so many people were coming and going that they did not even have a chance to eat, Jesus said to them, “Come with me by yourselves to a quiet place and get some rest.” –Mark 6:31

I honestly don’t know how it is that I began receiving a subscription to a journal from the American Academy of Neurology, but monthly Brain and Life is delivered to me at the church. Neurology is not my expertise, which is for certain. However, I find many of the articles in the journal very interesting, even if some of the details are a little technical for my full comprehension.

A recent edition contained an article titled “Inner Peace”. The subheading reads – “Meditation may help alleviate pain, fatigue, and depression and slow cognitive decline. Taking a look at the evidence.” I don’t need to read the article to be convinced of the truth of these statements. I am aware of how important meditation and mindfulness are to my daily practices. It helps me stay focused when I have many tasks on my plate, and it simply calms my soul. I am very grateful that I do not have chronic pain or often feel depressed, but I do know that when a migraine hits me, the first place I go in my head is to a quiet place that is restful.

The past week-and-a-half the weather has not been ideal. Much too hot for me! Coupled with high humidity, the heat makes walking Sam a little too miserable for me. Even Sam doesn’t like being in the weather, and I don’t want to risk burnt paws from the hot cement. We have curtailed our morning walks, and I have become aware that these quiet moments are also part of my mindfulness practice. Life is always busy for our family, and I am beginning to notice that I am feeling the stress more than usual. I wouldn’t think that a morning walk would be that important. Apparently, it is.

In Mark’s gospel Jesus takes his Disciples to a quiet place to rest. They had been very busy together doing the work they had been called to do. According to the story, they had been so occupied they had not even taken time to eat. Does that sound familiar to you? Have you skipped meals (or walks!) because you are busy? For some of us it may be that the busyness causes to freeze – as in our brains and our bodies just can’t take any more. We enter into a state of malaise and can’t muster up the enthusiasm to do the things we want to accomplish.

This is a sign that we need to rest and restore. And according to the article in “Brain and Life” a regular practice of simple meditation is able to help us avoid feeling physically and mentally depleted. 30 minutes a day can do it. There are two times each week, week-in and week-out, that FCC hosts meditation to help you get a head-start on this practice. Sunday and Wednesday evenings at 7:00 pm in the Chapel we gather to meditate. Once you have the gist of it, meditation is simple in incorporate into you daily living. It makes a difference, and I will be the first person to notice when I am being inconsistent in my practice.

Jesus invites us to come with him to a quiet place, and get some rest.

I invite you to come with us to a quiet place, and get some rest.

Pastor Louise
I greet you in the Wonderful Magnificent name of our Lord and Savior Jesus Christ.

It can be difficult being a young person in today’s world. Our children are faced with unprecedented levels of peer pressure, exposure to violence, and internal and external challenges to what it means to be a person of faith. Into this mix are the “normal” aches and pains of growing up. Into this mix are the “normal” aches and pains of self-discovery. I repeat it can be difficult being a young person in today’s world.

Recently, several of our young people have grappled with the loss of peers from suicide. Suicide is confusing. It’s not like losing someone in a car accident, or to an illness or in any of the hundreds of ways we understand, explain and make sense of death and loss. Suicide is self-inflicted and frankly, hard to come to terms with for friends and family.

In an effort to understand this issue and help members of this community better understand depression, anxiety, and other factors that can lead to suicide, FCCNH will have a four-part seminar for youth. The goal of the seminar is to provide a practical tool kit which our youth can implement into their lives when faced with issues of suicide (the role of counseling in suicide prevention), depression, anxiety, and identity.

The first seminar will focus on anxiety and it will take place on August 29th at 7pm in the Social Hall. We will have a guest speaker (someone to speak on our the theme and relate to the plight of our youth), experts in mental health available for follow-up therapy, and catered food to make all feel welcomed.

Jesus left a challenge to all his followers as he ascended into heaven: Love your brothers and sisters as you love yourself. There are many ways one can interpret this statement. Today loving our sisters and brothers will unfold in a seminar geared towards mental health to tackle the very present issue of suicide.

With love,
Jeremy Gillett

Did you know First Christian Church of North Hollywood has a Facebook page? Please check it out and Like us on Facebook. It is a great way to keep up with what is going on in the life of the church.
Dear Church Family,

My name is Evan Klein and I am a member of the Youth at FCCNH. I’m leading a backpack and school supplies drive through LA Works, for children transitioning out of homelessness in Los Angeles. The goal is to give as many kids as possible a nice new backpack along with supplies.

If you would like to donate and help these kids who have this positive but challenging transition ahead, please feel free to leave new supplies and/or a backpack in the box that will be located in the Narthex, marked BACKPACK/SUPPLIES DONATIONS. Also, you can order through Amazon, which is really great because if you order through your FCCNH Amazon smile account, FCCNH will receive a donation as well. Here is the Amazon link: http://a.co/9ypsE5d. Supplies will be shipped directly to LA Works.

Just please leave the receipt in the box at church, or email it to me (see below). **The deadline for donations is July 31st.**

If you want to pick up a few items and leave them in the box at church, here is a list of the needed supplies: Binders & Folders, Dividers with Tabs, Spiral Notebooks, Writing Pads, Filler Paper, Protractor, Blue and Black Pens, Crayons, Markers, Highlighters, Pencils and Erasers, Sharpeners, Safety Scissors, Calculators, Scissors, Glue Sticks, Staplers, Rulers, and, of course, Backpacks.

I will be coordinating with LA Works, Imagine LA, Alexandria House and School on Wheels to distribute any possible generous donations.

If you have any questions, please contact me at ejred018@gmail.com.

Thank you!

Sincerely,

Evan Klein
2018 SUMMER FILM SERIES

MONDAYS • 7:00PM • IN THE SOCIAL HALL

SERIES THEME: Why Can’t We Be Friends?

We struggle with our differences—sometimes it simply takes being present to one another and listening to understand our shared experiences that cracks barriers. Join us this summer as we explore in film the question, “Why can’t we be friends?”

**JULY 16**
*Guess Who’s Coming to Dinner?*
(1967, NR)

When Joanna Drayton, a free-thinking white woman, and black doctor John Prentice become engaged, they travel to San Francisco to meet her parents. Matt Drayton and his wife Christina are wealthy liberals who must confront the latent racism the coming marriage arouses. Also attending the Draytons’ dinner are Prentice’s parents, who vehemently disapprove of the relationship.

**JULY 23**
*Beyond Barbed Wire*
(doc – 1997)

Steve Rosen profiles Nisei who chose World War II combat over internment in detention camps for Japanese descendants. Pat Morita narrates.

**JULY 30**
*The Greatest Showman*
(2017, PG)

Inspired by the imagination of P. T. Barnum, The Greatest Showman is an original musical that celebrates the birth of show business & tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

**AUGUST 6**
*How to Train Your Dragon*
(2010, PG)

Hiccup is a Norse teenager from the island of Berk, where fighting dragons is a way of life. His progressive views and weird sense of humor make him a misfit, despite the fact that his father is chief of the clan. Tossed into dragon-fighting school, he endeavors to prove himself as a true Viking, but when he befriends an injured dragon he names Toothless, he has the chance to plot a new course for his people’s future.
Music Camp needs instrument loans/donations during the week of July 30-August 3. If you, or anyone you know, has good, well playing instruments such as: acoustic guitars, flutes, portable keyboards, small violins/cellos – we could use them and they would stay at the church during the duration of the camp.

We especially need flutes! So check out those dusty attics and closets! The Music Camp would be so grateful!

If you have instrument(s) to loan/donate, please contact marygbarton@gmail.com. Thank you!

Audio Operator Needed

FCCNH has an opening for an audio operator the 1st Sunday of every month for the 10:00 am worship service... we are also looking for suitable candidates to do sound, slides, and lights for the 5:30 pm SpiritSong service.

Interested parties should contact Greg Kirkland for details—Greg@fccnh.org.
Men’s & Women’s
Summer Clothing Needed

The Human Needs Committee is asking for clothing and other necessities for the homeless men and women in our community this summer. Thank you for donations of any of the following items:

- shorts
- t-shirts
- tank tops
- dresses
- shoes
- socks
- baseball caps
- short sleeve dress shirts
- underwear (s–xxxl)
- body wipes
- brushes/combs
- toothbrushes/toothpaste
- luggage/duffle bags
- backpacks

Donations may be made in the church office during normal business hours or before the service on Sunday mornings. For more information contact Shelley Cherwinski at youonlyliveonceshelley@aol.com.

Summertime is Music time at FCCNH! Music camp can use volunteers to help with a variety of fun activities! To be apart of Music Camp, you:

- Don’t have to be a musician!
- Have to LOVE MUSIC and kids!
- Have to enjoy being around cool, musician teachers!
- Have to enjoying seeing kids blossom into musicians in 4 days and perform on the 5th day!
- Have to enjoy seeing professional musicians perform everyday!

Contact marygbarton@gmail.com to be a part of this awesome experience!

**Music Camp & \(\& \)**
**... IS COMING YOUR WAY!**

**July 30-August 3**

THIS SUNDAY, JULY 15th
is Christmas at FCCNH!

Join us for our annual “Christmas in July” celebration at the 10:00 am service on July 15.
INTERFAITH FOOD PANTRY
PICKUP SCHEDULE

Thursday, July 12
#5   Rosey Tamkin
     Heather Hatch
     Barbara Erdahl
     Derek Reisinger
     Devan Manley
     Ashley Couch

Sunday, July 15
#6   Kevin Kenney
     Heather Hatch
     Barbara Erdahl
     Maggie Talton
     Denise Bourne (ten.)

Wednesday, July 18
Studio City Team

Sunday, July 22
#8   The Halladas
     Jill Groswright
     Joe & Jacob Beam
     Sue Pastoria
     Denise Bourne (ten.)

Thursday, July 26
#1   Art Dielhenn
     Terri Hall
     Jackie Fecské
     Devan Manley
     Ashley Couch

THE FOOD PANTRY IS IN NEED OF:
Canned tuna, canned chicken, rice, canned beans (pinto, navy etc.), boxed (dry) cereal, diapers, powdered milk, baby food, peanut butter and tomato products!

ANOTHER WAY TO DONATE TO THE PANTRY
Make your donations to the Interfaith Food Pantry through the FCCNH web page (https://fccnh.charityfinders.com/Donate%20Cash).

FOOD PANTRY VOLUNTEER CONTACTS
Transportation Teams:
Heather Hatch 508.667.1609
Congregation Representative:
Erin Zavala erinLzavala@gmail.com

PRAYER IS ALWAYS THERE

Our Prayer Group meets in the Chapel on 9:30 am on Monday mornings and on 6:30 pm on Tuesday evenings. We pray for those of you who have written on the back of one of our prayer cards, prayers forwarded to one of the members of our prayer group via email, in person, or submitted via our website (www.fccnh.org).

Don’t forget that there is a prayer cabinet in the area outside the Chapel and the office at the bottom of the stairs. You may take a prayer card and write down your prayer, then put it through the slot of the locked cabinet, and the Prayer Group will be your prayer support. It will be completely confidential. This cabinet is available any day of the week to receive your prayers and will be checked throughout the week.
### BY WAY OF REPORT

**SUNDAY, JULY 8, 2018**

<table>
<thead>
<tr>
<th>Service</th>
<th>Attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 AM Worship</td>
<td>190</td>
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<tr>
<td>5:30 PM SpiritSong Service</td>
<td>29</td>
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<tr>
<td>7:00 PM Evenlight Service</td>
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<td>7:00 PM Wednesday Meditation</td>
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<tr>
<td>Sunday School Children</td>
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<td>Sunday School Youth (in service)</td>
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<tr>
<td>Evening Youth Group</td>
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</tr>
</tbody>
</table>

**Total General Offering** $6,008.65

Memorial Gifts:
- In Memory of Waneta Follett $25.00
- In Memory of Waneta Follett $1,280.00
- In Memory of Heather Kenney $10,000.00

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### CHURCH STAFF

- Robert M. Bock
  - Senior Pastor
- Louise Sloan Goben
  - Associate Pastor
- Alfredo Gomez
  - Pastor, Spanish Speaking Congregation
- Jennifer Le’au
  - Interim Director of Children’s Ministries
- Jeremy Gillett
  - Director of Youth Ministries
- Tyana Parr
  - Director of Children’s/Youth Choirs
- Joshua Elson
  - Music Director
- David Rigsby
  - Organist
- Christine Karasseferian
  - Director of Finance
- Gillian Bonacci
  - Church Administrator
- Gabriela Dorantes
  - Administrative Assistant
- Terri Burton
  - Church Publications
- Michele Amundsen
  - Wedding Director
- Elmer Maldonado
  - Building & Grounds Superintendent
- Miriam Mancilla
  - Director of Christian Nursery School
- Greg Kirkland
  - Media Director

### VOLUNTEER STAFF

- Craig Brooks, Jordon Goldschmidt, Janette Jara
- Tom Louie, Susan Marble, Jeff McFadden, Denise Ovaldson

### SOUND TECHNICIANS

- Luis Oliart
  - Security

### IN MEMORIAM

- Earle Immel
  - Minister of Music Emeritus
- Merle E. Fish, Jr.
  - Minister Emeritus
THINK GREEN! PLEASE RECYCLE!

NOTE: If you would like to receive this newsletter via Email, which saves on printing/mailing costs and is better for the environment, please contact us. Annual subscription cost for first class mail version is $24.

First Christian News
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Margaret Defibaugh Cathy Melendez
Fern Donald Chuck Mont
Jean Johnson Wanda Kanoy
Helen Scarna Kay Smith
Betty Van Zanten Shirley McClure
Deborah Wheeler Virginia Stebbins
Cindy Kaller

Sunday Preview
July 15–Christmas in July

10:00 am Rodney Gould (O)
Janet Bruce (C)
5:30 pm Fred Sloan
7:00 pm Aliza Ramos

Diaconate:
Joan Norland
Toni Rossi
Chris Carson
Deb Carson
Gaye Coffman
Ian Williamson
Stacey Constantine
Denise Bourne
Larry Brown

Upcoming Diaconate:
July 22 David Olsen & Scott Riley
July 29 YOUTH
August 5 Jeff McFadden & Jennifer McFadden
August 12 Loretta Rodriguez & Joe Vallero