

Winter/Spring 2010

PROGRAMS

RBCPC



One-Time Offerings

CPR Certification Class

This class teaches basic life-saving techniques including how to relieve an obstructed airway for both adults and infants. Instruction on the use of our AED (automatic external defibrillator) is included. Upon completing this certification class and passing a skills test, participants will receive a certification card from the American Heart Association. Class is taught by accredited AHA instructors. Pre-registration is required. Cost: \$25. Contact Parish Nurses, (858) 487-0811, ext. 272 or parishnurse@roadrunner.com.

Saturday, March 20

9 a.m. - 1:30 p.m.

Room 221 & 223

Bible Study and Adult Discipleship

RBCPC Faith Partners

Growing deeper in faith and friendship, a resource for personal discipleship. What is a Faith Partner? A person you invite into your life, your story, and the things you hold most dear – learning from each other's perspective on faith and life. Ask a friend, a co-worker, someone from your small group or Bible study! Resources found at: www.rbcpc.org/faith-partners. Suggested scripture studies and book resources will be updated monthly and posted on the website. Hard copies available upon request. These resources are just suggested – feel free to create your own journey – the greatest value is in the 'partner!' Contacts: Scott Schimmel: scott.schimmel@gmail.com, Carrie Schimmel: carrie.schimmel@gmail.com, or Rochelle Castillo: rochelle@rbcpc.org.

Faith + Business @ RBCPC

Join us as we seek to integrate faith into decisions made in the workplace. Meet other Christians in business, and inspire each other to become intentional spiritual leaders. Contact: Scott Schimmel: schimmel.scott@gmail.com.

Tues., 3/16, 4/13, 5/11, 6/15

7 p.m. – 8:30 p.m.

Room 50

The Bible Discovery Class

This class is open to anyone interested in an in-depth study of the books of the Bible in chronological order. This Winter, our study continues with the Old Testament study of David. Slides, maps, and discussions of the historical context are used to amplify the scriptures. Newcomers are welcome!

Instructor: Kay Phillips.

Sundays ongoing

8:30 – 9:30 a.m.

Room 50

Sundays ongoing

9:50 – 10:50 a.m.

Room 50

Community Bible Study (CBS) for Men—Monday evenings

An interdenominational Bible study for men of all backgrounds and with all levels of Bible knowledge. We will continue to study the Gospel of Luke. A \$25 registration fee is requested. Contact: Mike Snodgrass, (858) 486-1180, email mjsnodgrass@sbcglobal.net.

Mondays through 5/24/10

6:55 – 8:30 p.m.

Sanctuary

Community Bible Study (CBS) for Women—Monday evenings

An interdenominational Bible study for women. Come explore The Gospel of Luke, the most universal of the four gospels.

A \$25 registration fee is requested. Contact: Darlynn Barrie, email rbarrie1@cox.net.

Mondays through 5/24/10

6:55 – 8:30 p.m.

Chapel

Community Bible Study (CBS) for Women—Thursday morning

Come find answers and fellowship as we study the Book of New Beginnings: Genesis. An excellent children's Bible Study program is provided for ages 2-5, and Nursery care is available for infants/toddlers.

A \$25 registration fee is requested, \$10 cost per child. Contact: Maddy Grauman, (760) 738-5122, or use mail-in enrollment form found in office.

Thursdays through 5/13/10 9:15 – 11:15 a.m. Chapel

Renovation of the Heart

Join us in studying Dallas Willard's, "Renovation of the Heart." It is a book that has helped many learn about the centrality of spiritual formation for the disciple of Jesus. Willard attempts to identify the various components of our inner life in order that the disciple might more fully surrender to Christ. The class format will place an emphasis on smaller discussion groups. To register, go to

<http://thehsus.com/roth/>.

Every other Wed, beg. Feb. 24 6:30p.m. – 8:00p.m. Lower Fireside

Windjammers

With Christ as our Pilot, the Bible our compass and the church our anchor, we are a fellowship group for both couples and singles. Our ministry also includes fundraising and outreach projects. Contact: Polly Purcifull, (858) 487-9002, pwpurcifull@aol.com.

2nd Friday of the Month 6:30 p.m. Fellowship Center

Primetime

Join us as the Senior Ministry presents this 8 week series of food, fun and entertainment—music, speakers and more. For info/questions contact Bill Stanley, (858) 716-1348, email bjayhawks@san.rr.com. For event reservations, contact the Welcome Center (858) 487-0811.

Thursdays, ongoing 10:30 a.m. - 12:30 Fellowship Center

Crossroads Class for New Members

For individuals considering membership or desiring to "refresh" what it means to be a part of the RBCPC family of faith. During the six-week series you will have an opportunity to: meet pastors, staff, and ministry leaders; learn about different aspects of our church such as Missions and Small Groups; meet other new members; and share in the vision of how we join in ministry with Jesus.

Coordinator: Rochelle Castillo, rcastillo@rbpc.org, (858) 487-0811, ext. 213 or Lisa Belding, ext. 283.

Spring Class, Tuesdays 5/4 – 6/8 6:45 – 8:15 p.m. Room 260

Wisdom for the Journey: How to Live As a Christian in a Messed-Up World

At one point Peter insisted that he was not a follower of Jesus. But after the resurrection, he persistently affirmed Jesus as the Christ. Drawing on his own experiences with Jesus, Peter tells us in his two epistles how to remain steadfast in faith in trying times. We will also address: 1) How to stand fast in the grace of God, 2) Are we in the end times? and 3) Will Christ return soon? Join Dr. Bob Lauer in an intensive study of 1 and 2 Peter.

Sundays 10:00 – 11:00 a.m. Room 254 & 255

Wednesdays 4:15 – 5:15 p.m. Room 222 & 224

Grace Bible Study

We will be doing a book study of "Bad Girls of the Bible" by Liz Curtis Higgs. If you will be joining us, please buy your copy of the book from Amazon.com. Also, participants need to be on the group's email list for schedule updates. Schedule varies, call first.

Study Leader: Cec Chafin. Contact: Deb Bleile (858) 676-0202.

Serendipity

A Bible study class for women of all ages and backgrounds that features music, sharing and inspiration followed by small group discussions. Our first study will be “The Story of Scripture”—12 sessions to help you put the story of God and his people together so you’ll know how all the people and parts fit. We’ll follow with a Cynthia Heald study—“Becoming a Woman of Simplicity” which offers practical, real-life counsel from scripture, so that you can experience the freedom to live with the quiet confidence God intended. Contact: Linda Allen (858) 487-1667, email lindainpoway@yahoo.com.

Tuesdays, 1/5/10-5/4/10 9:30 – 11:00 a.m. Room 231

Women’s Christian Book Club

Ongoing discussions of Christian literature. See weekly Sunday bulletin for this month’s date and time. No RSVP required. Contact: Ellen Norton, (858) 883-2460, ellen.norton10@yahoo.com. Meet in Church Library.

Men’s Thursday Morning Bible Study

Here we will study a range of topics using assorted media to facilitate the program. Donations are appreciated to cover the cost of materials. Current topic is: King David. Come join us to seek God’s next great adventure in life, warm to a new relationship with Jesus and men just like you.

www.rbcpc.org/mens-ministries/.

Contact Tom Hurn, hurntg@cox.net or 858-486-4351.

Thursdays 6:00 – 7:30 a.m. Fellowship Center

Prayer Opportunities

Soaking in God’s Presence

Soak in God’s presence is a time we set aside to quiet ourselves and devote our attention to God, to listen to his voice, and receive from him. Worship music is played and Scripture is read as prayer ministers circulate and pray for those present. Facilitator: Mary Jo Coffee.

Ongoing, 2nd Saturday 7:15 p.m. Room 50

Prayer Meetings

Please join the Prayer team for any of the following:

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| 1. Wednesdays, 8:30 – 9:30 a.m., led by Prayer Team | Library |
| 2. Saturdays, 5:30 – 5:45 p.m., led by Marty Klusmeier | Library |
| 3. Sundays, 7:30 – 8:15 a.m., led by Prayer Team | Chapel |

Women’s Cancer Prayer Group

Any woman with cancer or recovering from cancer is invited to join our group at any time. We share our hopes and fears and uplift each other in prayer! Facilitator: Susie Hovey, (858) 486-3380, mshovey@cox.net.

1st and 3rd Fridays 9:00 – 10:30a.m. Room 220

Personal Development & Outreach

2009-2010 Concert Series

The RBCPC Concert Series is an outreach ministry and all events are open to the public. We are excited to announce the Organ Fireworks (March 14), Night Blooming Jazzmen (May 2) and our Spring Potpourri Concert (June 6). For more information call the church office at 487-0811 or visit www.rbcpc.org/concert-series.

Fitness Ministry

This one-hour class will engage your mind, body and spirit. Please bring your own yoga mat or towel. Childcare is available. Instructor: Carolyn Burdette, certified fitness instructor. This season, our instructor will offer a different class focus for each session. See schedule below:

Praise Pilates		
Mondays ongoing	9:00 – 10:00 a.m.	Fellowship Center
Yoga for Yahweh		
Fridays ongoing	9:00 – 10:00 a.m.	Fellowship Center

Knit Pickers

Learn to knit in a fun, relaxed atmosphere while participating in an important outreach project for the larger community. All skill levels welcome. Email for current meeting location to

wildroseterrace@yahoo.com. Instructor: Peg Williams.

Tuesdays	6:30 – 8:00 p.m.	Location TBA
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Quilting Basics and Tied in Prayer Ministry

Learn quilting basics and enjoy fellowship with others at the same time. This class builds your skills by teaching different techniques and providing hands-on demonstrations each week. All skill levels welcome. Instructor: Kathy Wesley

Wednesdays	6:30 – 8:30 p.m.	Room 222 & 224
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Family

MOPS (Mothers of Preschoolers)

Join us two days a month for the 2009 -2010 school year starting in September. Our theme is "Together on Planet Mom." Registration required. Contact: Cory Schaller, (858) 442-6108, email corydiane@hotmail.com.

Wednesdays	9:00 – 11:15 a.m.	Fellowship Center
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MOMSNext

Looking to connect with other Moms of elementary aged kids? MOMSnext is a ministry of MOPS international, providing an open, accepting place for all mothers of school-aged kids to come, just as they are, to experience authentic community, personal growth, practical help and spiritual help. Contact Sheri Woodley at 487-0811 (ext 219).

Moms Book Study

Join other moms in reading through a great book with thoughtful discussions: Raising Self Reliant Children in a Self-Indulgent World . RSVP to NikkibChung@gmail.com.

Tuesdays, beg. 1/26/10	8:45-9:45 a.m.	Room 50
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Moms in Touch Prayer Group

Question: Do you ever feel like raising your kids well is out of your control? Answer: Join other moms and pray for them together. For information email Carrie.Schimmel@gmail.com.

Mondays, beg. 1/25/10

8:45-9:45 a.m.

Room 50

Healing

Divorce Care

If you are going through a separation or divorce, you will receive important information as well as be nurtured and supported through this difficult time. This group takes a practical and spiritual approach in through this painful transition. You'll learn how to deal with the pain of the past and look forward to rebuilding your life. To preregister, contact Coreen Gardella, 858-342-2758 or cgardella@san.rr.com.

Thursdays, beg. 3/4/10

6:30-8:00 p.m.

Room 256-257

Grief Recovery Support Group

An ongoing grief support group that understands the pain involved in the loss of someone close.

Although it may be difficult for you to feel optimistic about the future, there is no need for you to grieve alone. \$15 materials fee. Facilitator: Karen Bassett, (760) 743-2056, email rickbassett@cox.net or Sally Welty, (858)485-1859.

2nd and 4th Sundays

4:00-5:00 p.m.

Library

NAMI Family-to-Family

The NAMI (National Alliance for the Mentally Ill) Family-to-Family Education Program is a 12 week course for families and friends of individuals with a severe brain disorder (mental illness). The curriculum focuses on the illnesses of schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, and obsessive-compulsive disorder (OCD). Course topics include: the biology of the brain; brain research; clinical treatment of these major illnesses; problem solving; coping and communication skills; and rehabilitation services. Pre-registration required.

Facilitator: Ellie Taylor, (858)485-0703, email etaylor2@san.rr.com.

Wednesdays

7:00 – 9:30 p.m.

Library

NAMI Support Group

This ongoing support group is a safe place to share helpful information, gain knowledge of community support systems, and share methods of dealing with issues and concerns encountered with loved ones with a brain disorder.

Facilitator: Ellie Taylor, (858)485-0703, etaylor2@san.rr.com.

3rd Tuesdays

7:00 – 8:30 p.m.

Room 231

Compulsive Eaters Anonymous (CEA)

If you are tired of the hold that food has on you, or tired of feeling out of control, come to CEA and start feeling better! Membership is anonymous and the results are life-changing.

Thursdays

7:00 – 9:00 pm

Room 221

Stephen Ministry Training

A Stephen Minister is an individual who has the gift of compassion and is willing to develop the skill sets to become competent in care giving in a one on one relationship with a hurting individual. It is Christ-centered, confidential support for our church and community. We minister to those experiencing different types of grief, depression, anxiety, family issues and various crises of life. You will receive 50 hours of professional training and the materials to become an effective Stephen Minister. Pre-registration required. Please call Dee Crimmel, Stephen Ministry, at (858) 487-0811, ext. 260 to schedule an interview. Training begins every September.

Instructors: Drs. Bob and Jeanette Lauer and Dee Crimmel.

Wednesday Night Suppers

Come join us for fun and fellowship on Wednesday evenings, for a buffet-style supper. Take advantage of a mid-week cooking break and enjoy delicious food and great fellowship. The cost is \$7.50 for adults, \$5.00 for ages 6-15, \$2.00 for ages 4-5, free for ages 3 and under, or \$20.00 per family.

Wednesdays 1/13 – 3/24

5:30 – 6:45 p.m.

Fellowship Center

Genesis Series Small Groups

At RBCPC, we believe that participation in the small group experience is the main vehicle for transformation. The Small Group Ministry team's intention is that all will have this opportunity. We are dedicated to assisting individuals as well as small groups in working toward this goal. New small groups forming for this study series on Sunday mornings and Wednesday evenings. No reservations are necessary, just show up and join us!

Sundays

8:30-9:30 p.m.

Room 254

Wednesdays

6:45-8:00 p.m.

Room 221