

# *The* LANTERN

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**Thursday, July 1, 2010**



## *Spiritual Apps* *for the Life You've Always Wanted!*

### **Summer 2010 Sermon and Study Series**

This summer Pastor Bruce will lead us in an 8-week series through “spiritual apps” – a study of practices to help us grow in our relationship with Jesus. The intent is to explain what these “apps” are, provide ways to try them out, and discover what works for you as you incorporate them in your every day life.

*The Life You've Always Wanted*, by John Ortberg, is suggested for companion reading along with the sermons. The discussion guides will engage discussion from all three sources: the book, weekly sermons, and scripture references.

This series is designed to be highly accessible and mobile – take it with you! All you need is your iphone/blackberry/ipad, and you will be able to receive:

- Sermon
- Podcast
- Scripture (iBible or YouVersion)
- Study Guide
- Blog access

All links to the above resources available at: [www.rbcpc.org/spiritual-apps/](http://www.rbcpc.org/spiritual-apps/)

Stay connected while on vacation!

## **The Treasure Box**

*Order by Sunday, July 18, Cost \$30.*

*Deacon Sponsored.* Quality food for less! Take advantage of this on-going program for yourself or as a blessing for someone else.

Order your box with cash or check at the Deacons Table in the Courtyard, or on-line

[www.rbcpc.org/the-treasure-box](http://www.rbcpc.org/the-treasure-box). Contact (760) 737-8339.

## **Grief Recovery Support Group**

*Sunday, July 11 and 25, 4 - 5 p.m., Room 181.* Contact Karen Bassett, (760) 743-2056 or Sally Welty, (858) 485-1859.

## **Women's Cancer Prayer Group**

*1st and 3rd Friday, 9:00 - 10:30 a.m., Room 220.*

Contact Susie Hovey, [mshovey@cox.net](mailto:mshovey@cox.net), (858) 486-3380.

## **Self-Defense Training**

*Saturday, July 31, 2 - 4 p.m., Free. Register today!*

Self-defense training for young women from teens to college age (12-20 yrs.). Register for the workshops on-line at

[www.temas.org/keepsafe](http://www.temas.org/keepsafe). Limited space, only 50 per class.

## **Heartstrings**

*Saturday, July 3, 9:00 - 11:00 p.m., Room 220.*

Join us to knit/crochet newborn beanies, blankets and more. All skill levels welcome. Contact Cyndi Nolan, (858) 484 -4674

or [www.rbcpc.org/heartstrings-hugs-from-the-heart](http://www.rbcpc.org/heartstrings-hugs-from-the-heart).

## **Windjammers Prayer Shawl Ministry**

This ministry has continued to grow and touches the hearts of many people. However, we still need more prayer shawls. To

join in this effort contact Polly Purcifull, (858) 487-9002.

## **Helping Hands**

Is the water dripping? We can correct this and also help with carpentry, electrical, and computer problems.

Call (858) 487-0811, ext. 239.

## **Women's Christian Book Club**

*Tuesday, July 20, 7 - 8:30 p.m., Room 181.*

*The God Cookie* by Geoffrey Wood. Contact Ellen Norton, [ellen.norton10@yahoo.com](mailto:ellen.norton10@yahoo.com).

## **Resale Shops**

Support the Resale Shops by donating clothing and furniture. We will gladly pick up furniture items. All that we make goes directly to support the many wonderful missions at RBCPC. For questions or to arrange for a pick up, contact Gayle Marrett, (858) 486-5023. [www.rbcpc.org/resale-shop](http://www.rbcpc.org/resale-shop)

## **Griefshare**

*Your Journey from Mourning to Joy*, will be offered to members, friends, and neighbors of the RBCPC who have experienced loss of a loved one. The class/support group, sponsored by the Deacons, begins *Sat., Sept. 11, 8:30 - 12 p.m.* and continues weekly with Sunday sessions, *3 - 5 p.m. beginning Sept. 19 - Nov. 7.* All meetings are at RBCPC. For information or registration contact Karen Bassett, (760) 743-2056, [rickbassett@cox.net](mailto:rickbassett@cox.net), or Sally Welty, [swelty@san.rr.com](mailto:swelty@san.rr.com).

## **Savvy Travelers**

*July 20* - Visit the lovely Wayfarer's Chapel in Palos Verdes, have lunch at a Long Beach marina restaurant, and take a gondola ride through the canals of Long Beach's Naples area. Visit the courtyard or contact Kay and Jim McClain, (858) 451-3569.

## **CPR Certification Class**

*Saturday, September 18, 9 a.m. - 1:30 p.m. - \$25.* Receive training in adult and infant CPR and response to choking. Instruction included in the use of the AED (automated external defibrillator). Reservations are required. Contact the parish nurse, [parishnurse@roadrunner.com](mailto:parishnurse@roadrunner.com), (858) 487-0811, ext. 272.

## **Summer Choir Returning Soon**

*All are welcome on July 11 (8:30), 18 (11:30) and 25 (8:30).* Gather in the adult choir room LL30, ½ hour prior to the service time. You'll get acquainted with the Chancel Choir, prepare that morning's anthem, and join in leading worship. Contact Amy Wazny, (858) 487-0811, ext. 288, [awazny@rbcpc.org](mailto:awazny@rbcpc.org).

## **Concert In Worship**

Traditional worshipers at *8:30 and 11:30, Sunday, August 1*, will enjoy a treat when the RBCPC Concert Committee sponsors the Los Angeles piano-violin duo Duane Funderburk and Alex Russell. These fine sacred musicians offered such deep, beautiful music at their concert last season that the committee invited them back to share with YOU in worship. Don't miss them!