



# THE LINKAGE

## Calendar Reminders

Sept. 25

**Wear ORANGE - stop trafficking!** See <http://endviolence.UN.org>

Sept. 28

**Native American Day**

**CHECK OUT OUR  
2019-20 PROGRAM  
CALENDAR INSIDE &  
SAVE THE DATES!!!**

October

**Domestic Violence  
Awareness Month**

Oct. 17

Next Door Solutions  
cordially invites you to our  
annual **Light Up the  
Night** event. Tickets  
available on line for this  
worthy fund raiser.  
[developmwnts@nextdoor.org](mailto:developmwnts@nextdoor.org)

**October 19 , 2019**

**PWP FALL  
GATHERING**

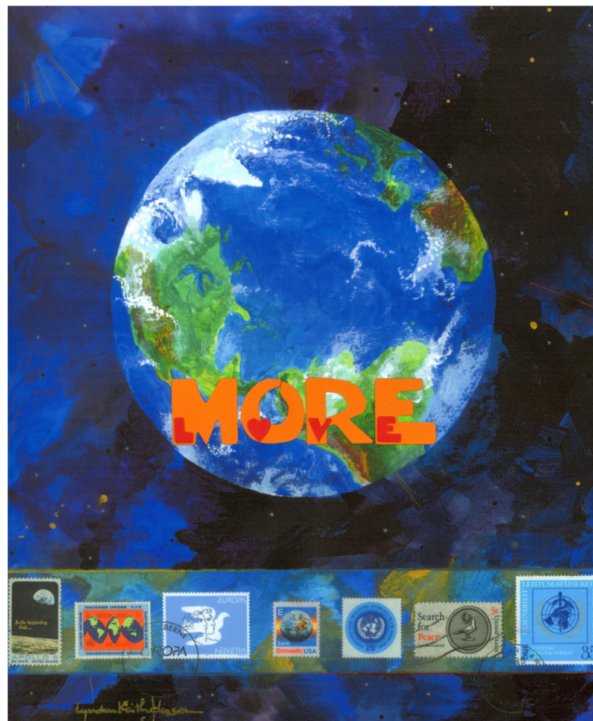
**9:30AM - 2:30 PM**

**SUNNYVALE**

**SEE DETAILS INSIDE**

**“On Aging Gracefully”**

## “Now Is the Time”



## PWP Theme this year

LOOKING AT WOMEN’S ISSUES IN MANY WAYS—  
SISTERHOOD CONNECTIONS TO HELP US GROW IN  
OUR FAITH AND REACH OUT TO OUR COMMUNITIES.  
WE HOPE TO HAVE YOU JOIN US IN WORK THIS YEAR.  
YOUR COORDINATING TEAM.

# Aging Gracefully

## *Challenges of Mind Body and Spirit*

### Sunnyvale PW hosts a Special Event with PWP of San Jose

Saturday, October 19 9:30-2:30  
728 W. Fremont Ave.

The Program includes these gifted guests speaking on the following topics:

#### "Positive Mental Health: Emotional & Brain Wellness in Your Vintage Years"

Dr. Francine Toder, Ph.D., is an emeritus faculty member of California State University, Sacramento, and a clinical psychologist retired from private practice. She is the author of *The Vintage Years: Finding your Inner Artist (Writer, Musician, Visual Artist) After Sixty*. Her most recent book is *Inward Traveler: 51 Ways to Explore the World Mindfully*. Her extensive writing on diverse topics appears in magazines, professional journals, newspapers, blog sites, and as edited book chapters. She resides in the San Francisco Bay area.

#### "Navigating Life's Changes with Social Support"

Vivian Silva, M.S.W., is a social worker, gerontologist, and educator who works part-time at the senior centers in Sunnyvale and Cupertino. Thirteen years ago, she piloted the Care Management Program for Sunnyvale and continues to design and facilitate support groups for Cupertino. Her passion for movies and photography inspired her to make a documentary about a 5-generation family of females, ages 8 to 103.

#### "Unlimited Grace/Profound Revelation"

Rev. Dr. Elizabeth "Libby" Boatwright, D.Min is an Ordained Pastor of the Presbyterian Church, U.S.A., a Parish Associate at Sunnyvale Presbyterian, a Certified Financial Planner, and a Board-Certified Chaplain with Advanced Certification in Palliative Care and Hospice. Much of her current research and writing involves goals of care and end of life planning. She serves on the board of Sunnyvale Life, advocating for affordable senior housing. Libby is married to Frank, and has two grown sons, Floyd and Stephen, and two un-grown grandsons, Simon and Peter.

Reservation information and menu choices for lunch next page.

Cost: \$10 no lunch and \$25.00 with lunch

## Aging Gracefully

*Challenges of Mind Body and Spirit*

### Registration:

Write your check to: Sunnyvale Presbyterian Church

Memo Line: Payment for PW October Workshop

Select number of the box lunch you wish from below & write it on ticket reservation - Chips & cookie included in box.

Mail your form and check to:

Sunnyvale PW Treasurer

1149 Plum Ave.

Sunnyvale, CA. 94087

For questions, call Suzi Sohn at 408-732-5011.

First Name\*

Last Name\*

Phone Number

Email Address\*

Select Ticket\*

- ☐ With Lunch: \$25  
☐ Without Lunch: \$10

Affiliation\*

Other

- ☐ Sunnyvale Presbyterian  
☐ Other - Please enter here:

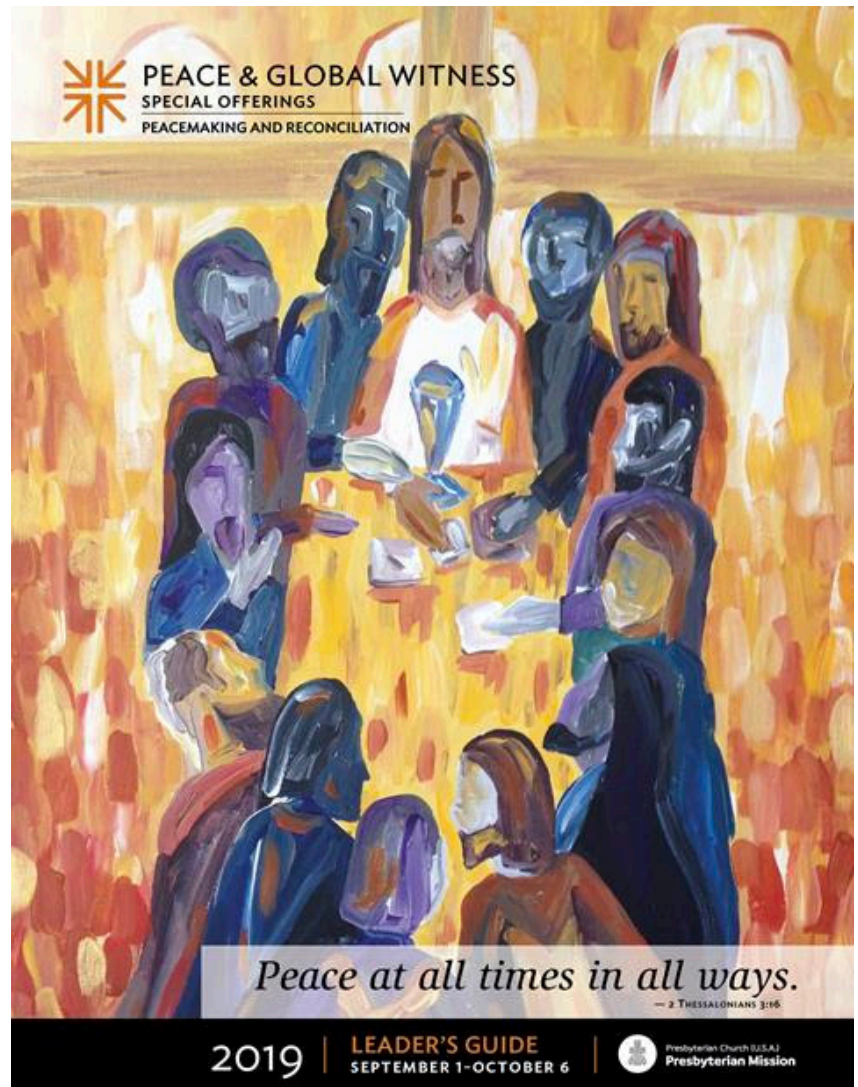
### Sandwiches -

1. Turkey & Avocado with cheese on multigrain bread
  2. Artisan Ham & Brie with cranberries on focaccia bread
  3. California Veggie with cheese on multigrain bread
  4. Tuna Salad on sour dough bread
- OR
5. Spring Salad - walnuts, apples, feta, dried cranberries

## PWP Treasurer's Report

As of the end of August, the Presbyterian Women in the Presbytery of San Jose had a bank balance (checking and savings) of \$9028.04. The budget for 2019 is \$2050.00.

Income is from Presbyterian Women in congregations and undesignated savings. Our expenses include activity/program costs as well as significant donations to Emmaus House and Lifted Spirits/Front Door Communities. Donations to Presbyterian Women in the Presbytery of San Jose are always welcome and can be sent to Carol Holsinger at 190 East O'Keefe Street #9, Menlo Park, CA 94025.



## DON'T FORGET TO CHECK ON RESOURCES ...

PW website: [www.presbyterianwomen.org](http://www.presbyterianwomen.org)

YouTube: [www.youtube.com/presbyterianwomen](http://www.youtube.com/presbyterianwomen)

Facebook: search for "Presbyterian Women in the PC(USA)"

## PWP PROGRAM CALENDAR 2019-2020

**Gathering Theme for the Year: “Now Is The Time”**

**OCTOBER 19, 2019 (Saturday) SPECIAL FALL GATHERING—“Aging Gracefully”**  
Sunnyvale

A joint EVENT with Sunnyvale PW will focus on mental, physical and spiritual challenges with three gifted speakers. Flyer will have details for lunch reservations. 9:30 p.m. – 2:30 p.m.

**JANUARY 5, 2020 (Sunday)**  
Stone Church of Willow Glen

**WINTER GATHERING - EPIPHANY TEA - “Time to Look Ahead”**

Annual beginning to the new year with a Taizé worship experience of music, chanting, and readings in the candle-lit sanctuary. Preceded by a lovely tea. 2:00 – 4:00 p.m.

**March 28, 2020 (Saturday)**  
Los Gatos

**ANNUAL GATHERING - “Women’s Achievements Over Time”**

Program will include a look at where Presbyterian Women stood on the Suffrage movement & an inspirational speaker 2:00 - 4:00 p.m.



**MAY 7, 2020 (Thursday)**

**ANNUAL Together In Action**

**Literacy Day at Backrodt Elementary School 10:00-12:00**



### **Additional Reminders:**

**MONDAY January 26, 10:00 - 12:00 PWP Coordinating Team meeting** at Rosaleen’s home 1228 Rodney Dr. San Jose. RSVP to her at [rmgzisch@gmail.com](mailto:rmgzisch@gmail.com)

**MONDAY June 1 10:00 - 3:00 PM PWP Planning Retreat** at Stone Church & a salad lunch will be provided. All are welcome ! RSVP 408-723-8456

**Deadline for articles for the *Linkage* are Nov. 1, Feb. 1 & June 1**

**Questions regards the program??? Contact Moderator Rosaleen Zisch at [rmgzisch@gmail.com](mailto:rmgzisch@gmail.com)**





**Support**  
**Healthy Seminarians – Healthy Church nonprofit**  
**(a PW 2018 Thank Offering Grant recipient)**

***“Running so others can stay in the race to which God has called them!”***

We are being invited to join the co-founders of Healthy Seminarians – Healthy Church, Karen Hagan Webster (who grew up in and was ordained at Stone Church and is a PW Honorary Life Member in honor and memory of her mother Linda Hagan) and her husband, Travis, as they train for and run their first 50k trail ultramarathon. Miles for Ministry is a fundraiser for HSHC, a 501(c)(3) non-profit which was founded in 2012, became a validated ministry of Trinity Presbytery (SC) in 2014, and is currently housed at Columbia Theological Seminary (CTS) in Decatur, GA. Donations received from this fundraiser will allow HSHC to continue improving the health and wellbeing of seminarians, clergy, and congregations through education, research, and advocacy. More specifically, it will allow HSHC to expand their outreach to seminary students and will help them to publish their health-oriented curricula, which can be used in both seminary and congregational settings.

**Examples of HSHC’s work in action:**

- **(New this fall!) “Prepare & Share” @ Columbia Theological Seminary (Decatur, GA):** practicing conscious eating is important for many reasons – physical, mental, and emotional wellbeing, concern for environmental and ecological welfare, compassion for animals, resisting consumerism, or just curiosity and variety! HSHC will be supporting participants who are seeking to make and sustain healthier food practices by facilitating a health-focused meal-sharing program.
- **Regional and national speaking opportunities:** in February 2019, Karen and Travis were workshop presenters at “Care of Souls: *The Cura Animarium*,” a joint conference of the C.G. Jung Institute of Seattle and the Washington Pastoral Counseling Association in Tacoma, WA. Their topic was “Caring for the Souls of Clergy & Seminarians: The Unique Challenges and Opportunities.” In October 2019, they will present a workshop, “Why Are Clergy So Unhealthy? Constructively Engaging Pastoral Wellness Challenges” at the Association for Clinical Pastoral Education regional conference in Hendersonville, NC.
- **Presbyterian Women 2018 Thank Offering Grant Recipient:** through this grant, HSHC helped to establish six garden plots for local refugee families to grow their own food on lawn space in front of Columbia Presbyterian Church (CPC) in Decatur, GA. This project is a collaborative effort of HSHC, CPC, and Global Growers Network, a local non-profit active in environmentally sensitive food production, CSA administration, and education. This grant also paid for a young Presbyterian student to intern with HSHC during 2018-2019. We are thrilled that she is able to continue interning with us this academic school year due to the generosity of our donors.

If you or somebody you know would consider a gift of any amount in honor of the 31 miles Karen and Travis will be running on October 5, please visit: [www.healthyseminarians-healthychurch.org/HSHC50K](http://www.healthyseminarians-healthychurch.org/HSHC50K), or contact them via e-mail ([thehshc@gmail.com](mailto:thehshc@gmail.com)) or phone (470-228-1682).

"Karen Hagan Webster has always been a woman with a unique spirit that God has put on a journey blessed with a variety of paths. I got to watch her grow up at Stone Church before she she took on the world. It is my privilege to endorse her and Travis as they take part in the ultra marathon on Oct. 5, 2019!"

- Rosaleen Zisch



## Front Door Communities

Helping Our Homeless Neighbors

There is always a need for donations to the Lifted Spirits Boutique. Homeless women are welcomed three days a week at the former First Presbyterian Church (49 No. 4th Street.) The women are served a hot meal and have other activities including a shopping trip to the boutique. They could use clothing donations such as jeans, slacks, blouses, t-shirts, sweaters, jackets, dresses, scarves, belts, jewelry, purses, shoes. All items clean and in good repair, please. Toiletries are needed and volunteers to help in specific areas. Contact Interim Facility Director Rev. Paula Kelso at 408-600-6654 or [frontdoorcomsj@gmail.com](mailto:frontdoorcomsj@gmail.com)

## Interested in Learning a New Skill?

Don't forget that you can help your church prepare for any kind of a disaster. Apply yourself or encourage a woman in your congregation to complete the paperwork to become a PW Disaster Preparation Trainer. Remember, we need 20 women to apply for a trainer to come conduct a training in the Bay Area. For more information and the application go to the Presbyterian Women's website and type "pw pda" or "Disaster Preparedness" in the Search box.

PW San Francisco Presbytery would like to see this happen. Let me know if you decide to sign up and we might make it happen!!!! [rmgzisch@gmail.com](mailto:rmgzisch@gmail.com)  
[www.presbyterianwomen.org](http://www.presbyterianwomen.org)

## The PW Purpose



Forgiven and freed by God in Jesus Christ, and empowered by the Holy Spirit, we commit ourselves to nurture our faith through prayer and Bible study, to support the mission of the church worldwide, to work for justice and peace, and to build an inclusive, caring community of women that strengthens the Presbyterian Church (U.S.A.) and witnesses to the promise of God's kingdom.



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