

# NEWS ON HIGH

High Street Presbyterian Church  
PO Box 18917  
Oakland, CA 94619

A publication of  
**High Street Presbyterian Church**



ADDRESS SERVICE REQUESTED



**Sunday Bible School:** at 9:15 AM  
**Worship:** Sundays at 10:00 AM  
**Bible Study:** Wednesdays at 7 PM.  
**Prayer:** Fridays at 7:00 PM  
**Join us for Worship!!!!**

**Every 1st Sunday of the month** - Join us in Worship and the celebration of the Lord's Supper. During coffee hour, we have Salad Sunday in the Fellowship Hall ending with a zesty Bible Study by groups.

Pastor: Rev. Linda Gruel

A New Grid For Us Editor: Manú Sikahall MD

As we enter into autumn and the planning for the holidays are on us, we as a church are reminded that we are living a bless-me moment. Proverbs 22:2 tell us that at the end of the day, God is the God of rich and poor alike. Both will look to God either in gratitude for what they have or for help in getting what they lack. This verse levels the playing field to help rich and poor alike to see each other at eye level and in compassion.

Hope that doesn't quit is given to us in Mark 7:24-37. A Syro-Phoenician woman, an outsider per Jewish customs and culture, is the only person who wins an argument with Jesus in the whole scripture. It is hope that doesn't quit. This woman's actions seem to say to us "I will be what you said, but just heal my child. I know my place. It may be under the table, but maybe, just maybe, you will prepare a table for her in the presence of our enemies. Maybe this is the only time when under the table is honorable."

In the midst of our rigidity to change, our inability to surrender to Christ, and rejection to be molded to God's heart hurts us. We can neither grow nor understand what we have to do if we take it into our own hands to decide who is and who is not worthy of the healing and redeeming grace of God.

We, at High Street Presbyterian Church, understand about a hope that doesn't quit, but we have a hard time letting Jesus defer and diffuse the differences we artificially create. There is an effort that produces great results -- it is the effort to be in the presence of God. When you feel that faith and hope have quit you, the presence of God has no equal. Because of the presence of God, it was all right for Moses to stutter and be a basket case and for Esther to admit that she was a Jewish person in the kingdom of Xerxes.

Things may not happen our way, no matter how hard we try and how carefully we've planned. The story of the Syro-Phoenician woman tells us not only that hope will put up with a put-down but also that Jesus will make a way. The mother doesn't quit; and the Son of God will not quit either. Let's walk together during our beloved church's transformational time while our personal lives boundaries are expanded due to our committed decision to walk with Jesus.

Rev. Linda Gruel

**THE INVITATION.** A nurse in the pediatric ward, before listening to the hearts of little children, put the stethoscope in your ears and let them hear their hearts beating. His eyes always sparkled with wonder, but the best response was a boy named David four years old carefully put the stethoscope in his ears and placed the disk over his heart. "Listen," he said. "What do you think it is?" He thought a little boy and kept hearing the mysterious tap - tap on your chest. Then his face began to shine and with a big smile asked, "Is Jesus knocking?"

### CORN TORTILLA CHICKEN LASAGNA

By Carmy Davis

- 36 corn tortillas (6 inches)
- 6 cups cubed cooked chicken breast
- 2 cans (one 28 ounces, one 16 ounces) kidney beans, rinsed and drained
- 3 jars (16 ounces each) salsa
- 3 cups (24 ounces) sour cream
- 3 large green peppers, chopped
- 3 cans (3.8 ounces each) sliced ripe olives, drained
- 3 cups (12 ounces) shredded Monterey Jack Cheese
- 3 cups (12 ounces) shredded cheddar cheese

In each of two **greased** 13-in.x9-in.x2in. Baking dishes, arrange tortillas. Top each with 1 cup chicken, 2/3 cup kidney beans, 1 cup salsa, 1/2 cup sour cream, 1/2 cup green pepper, about 1/3 cup olives, 1/2 cup Monterey Jack Cheese and 1/2 cup cheddar cheese. Repeat layers twice. Cover and bake at 350° for 25 minutes. Uncover; bake 10-15 minutes longer or until the cheese is melted. Let stand 10 minutes before serving. Yield: 2 casseroles (12 serving each).



Lift up persons and their families who are dealing with addictions. When times are hard temptations grow more alluring and difficult to resist. Pray for God's protection around us all.

Share your prayers, needs and stories. Send them to 9470 Mountain Boulevard Oakland, CA 94605, or email address [lola07bunny@aol.com](mailto:lola07bunny@aol.com), or drop them at the church. I would love to include them when the newsletter is release.

### PRAYER REQUESTS: PRAISE THE LORD!

- Lift up Tina Sullivan for continued healing following surgery.
- Lift up Dolores as she deals with her eye sight and doctor's visits.
- Praise the Lord for families at High Street Presbyterian Church.
- Lift up Terry Pratt with his back problem and for continued healing from cancer. May he be a cancer conqueror.
- Praise the Lord for Janette's son's visit from Missouri. Traveling mercies in their return home.
- Lift up all children in Oakland to be in safe places.
- Pray to rid the neighborhood violence and youth continued grace.
- Praise pastor Marcus ministry.
- Lift up our president and world leaders as they strive to make hard decisions for the betterment of the people. 1 Timothy 2:1-2 "I urge, then, first of all, that requests, prayers intercession and thanksgiving be made for everyone – for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior."
- Lift up families who lost loved ones. Pray for God's continued grace.
- Praise for our new treasurer, Silvia Alvarado.
- Lift up all job seekers as they look for jobs.
- Pray for Edie, Tomas and Silvia as they seek God's guidance and decision in their jobs.

## A BIBLICAL PROMENADE

The Old Testament traces the plan of God from the creation of the world until about 400 years before Christ. The historical books show the birth, growth, development and discipline of God's covenant people, Israel. After 400 years of slavery in Egypt, God set in the land of Canaan, where they eventually established their kingdom. Poetic books capture the emotions and the heartbeats of men and women who lived during this period of history, and the prophetic books record the insistent call of God to his people for it to become a pious life has left.

### OLD TESTAMENT:

It has HISTORICAL books (17) divide as

#### 1. PENTATEUCH (5):

Genesis, Exodus, Leviticus, Numbers, Deuteronomy

#### 2. HISTORICAL (12):

Joshua, Judges, Ruth, 1 & 2 Samuel, 1 & 2 Kings, 1 & 2 Chronicles, Ezra, Nehemiah, Esther

#### POETIC BOOKS (5):

Job, Psalms, Proverbs, Ecclesiastes, Song of Songs

#### PROPHETICAL BOOKS (17):

##### 1. MAJOR (5):

Isaiah, Jeremiah, Lamentations, Ezekiel, Daniel

##### 2. MINOR (12)

Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah, Malachi

Overall contains of 39 books.

**THE LORD IS MY SHEPHERD.** A Sunday school teacher decided that her class memorizes the most quoted passage from the Bible, Psalm 23. It gave the children a month to memorize the chapter. Rickie was thrilled with his work, but found it hard to remember the Psalm. After much patience, he could barely recite the first sentence. The day the children would recite the psalm in front of the congregation, Rickie was very nervous. When it came, approached the microphone and said proudly, "The Lord is my shepherd, and that is all I need." So be it for us all!

## SLOW ME DOWN, LORD

By Carmy Davis

Well, I have had it, Lord. I am sitting here,

The victim of another year –

Another winter, another spring –

Lord! I have lived too fast to see a thing.

Rushing here and rushing there,

Where did it get me, Lord? Nowhere!

Another year, but no more wise –

I must look foolish in your eyes.

So Lord, I am slowing down right now,

Trying to find some peace, somehow.

I want to see and touch and taste

The things I just rushed by in haste.

I want some time for rest and quiet,

So slow me down, Lord. Help me try it.

I want to really live each day.

So next year I can smile and say:

“Well, I have made it, Lord. I am sitting here

On friendly terms with life this year –

Another summer, another fall –

Lord! I slowed down and lived it all.

And strangest thing, to my surprise

When my ‘old’ life got down to size,

The good (there was some) stood the test

And Lord, I will never miss the rest.”

And if that’s what I am saying then

I will never rush through life again,

So slow me down, Lord, help me to see...

And thank you kindly for loving me.

**STAFF**

Linda Gruel, Pastor  
Bob Forsberg, Parish Associate  
Silvia Alvarado, Treasurer  
Fred McGlothin, Pianist  
Marian Eddens, Music Director  
Walter Beck, Greeter

**DEACONS**

Dolores Sullivan  
Marjorie Stewart  
Janette Tomlinson  
Connie Coto

*--- Session Meets October 11th, after worship ---*

*-- Session Meets November 15th, after worship--*

Janet Kirk  
Anora Shaw  
Tomás Morales  
Veronica Moreno  
Silvia Alvarado  
The HIGH STREET PRESBYTERIAN CHURCH GOSPEL CHOIR  
is glad to announce its first GOSPEL CHOIR CONCERT  
on October 24th at 4:00 p.m. at High Street Presbyterian Church  
Donations: \$10 per person.(concert and food include.)  
Building Maintenance Fundraising.

Work with them. There is a genuine desire to make God's love and grace be known because they are living witnesses of that love.

COME AND DO NOT FORGET BRING YOUR WALLET!!!  
with our best crochet, needlework, painting, etc.  
find something precious that can't walk away from. Be ready. We are back  
Special Christmas presents. You may be needing something special for you or  
Presbyterian Church ladies' hands are busy creating homemade unique &  
We are preparing for sale our best homemade arts & crafts. Our High Street

ANNUAL BAZAAR SALE—ARTS & CRAFTS—DECEMBER 5-6

**The Servant Church**

We were saddened when we learned that Dolores Huerta Learning Academy was closing its doors last May. We felt deeply for the children who would find themselves in a new school, in bigger classrooms, deprived of personal attention due to the larger number of students in each classroom, and different rules and objectives. We heard about parents being upset, but nothing could save the school from closing. The charter was lost for good.

We praised God when Aspire Public Schools took interest in having its charter school, ERES Academy, where Dolores Huerta Learning Academy had resided. We were glad children will be educated in our property and that our church will be somewhat part of the life of the school by sharing our space for teaching and recreation.

Aspire Public Schools changed the look of the former Christian Education building painting it in a bright blue with yellow highlights - the colors of their schools. Although we were quietly disappointed, we said nothing because the benefit of having the school weighed more than our preference in colors for our buildings. And that this showed that the organization is serious and defined in its goals.

We agreed to sign a use contract for a term of 5 years commencing July 1, 2009 and ending July 31, 2014. Also, we agreed that ERES Academy will share the costs of electricity, gas, and paper supplies such as, but not limited to, paper towels, toilet paper and hand soap.

Being the servant church challenges us to get involved in this ministry as well as practice forbearance knowing that children are being educated and that our church is aiding to this purpose. We are to have patience when things aren't where we were used to have them or when the tables aren't in their usual place. We are to remember what brought us to this moment, and where we are heading.

Today, we praise God for this turn of events so favorable to the children in our community and that ERES Academy is proving to be an organized and goal oriented organization interested in providing a well-rounded education for our children.

**THANKSGIVING DINNER Sunday, November 29th 2009, 2 PM**

## A BIBLICAL PROMENADE

The New Testament continues the development of God's program, since the birth of Jesus until the end of the first century Christ. The registration of the unique words and deeds of Jesus has been preserved in the four Gospels. After Jesus' ascension, his followers spread the Good News of his message (Acts) One of the followers, Paul of Tarsus, wrote at least thirteen letters to churches and individuals, providing lots of encouragement and instruction. The nine books final containing practical help for the followers of Jesus Christ. Overall contains 27 books.

### NEW TESTAMENT: HISTORICAL (5):

Matthew, Mark, Luke, John, Acts

### PAUL'S LETTERS TO THE CHURCH (9):

Romans, 1 & 2 Corinthians, Galatians, Ephesians, Philippians, Colossians, 1 & 2 Thessalonians

### PAUL'S LETTERS TO INDIVIDUALS (4):

1 & 2 Timothy, Titus, Philemon

### NOT PAUL'S LETTERS (8):

Hebrews, James, 1 & 2 Peter, 1, 2, & 3 John, Jude  
and Revelation

Mark Your

Gospel Choir

Concert

October 24th, 2009 - 4:00 p.m.<sup>6</sup>

Jazz Vesper

November 29th, 2009

5:00 p.m.

## October Birthdays!!!

- 1 Janet Kirk
- 2 Dolores Sullivan
- 8 Maka Anyanwu
- 20 Paul Schultz
- 25 Adrienne Sullivan
- 26 Rosaline Omozurike (Linda Enebly's mother)



*Praise for the birthday celebrations of the  
month October and November*

## ~~November Birthdays~~

- 8 Roni Moreno
- 13 Diane Rodriguez (Gerry's daughter)
- 14 Vinicio Alvarado
- 15 Xahil Coto (Connie's son)
- 15 Richard Davis
- 15 Jeffrey Enebly
- 16 Nneka Anyanwu
- 17 Halim Coto (Connie's Daughter)
- 18 Roy Kirk
- 25 Gregory Dickerson (Edna's grandson)
- 26 Paul Jaun
- 28 Portia Mitchell (Adrienne Sullivan's daughter)

Visit our website [www.highstreetpresbyterian.com](http://www.highstreetpresbyterian.com)

or email us at

**highstreetpres@yahoo.com**

We would love to hear from you!

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·Avoid touching your eyes, nose or mouth. Germs spread this way.

·Try to avoid close contact with sick people.

IF YOU ARE SICK:

·Cover your nose and mouth with tissue when you cough or sneeze. Throw the tissue in the trash after use it.

·Wash your hands often with soap and water, especially after you cough or sneeze.\*

·Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

·Keep away from others as much as possible to keep from making others sick.

·Avoid normal activities, including work, school, travel, shopping, social events, and public gatherings.

·Be prepared to stay home for a week or so; a supply of over-the counter medicines, alcohol-based hand rubs, tissues and other related items might be useful and help avoid the need to make trips out in public while you are sick and contagious.

\*Washing your hands often will help protect you from germs. Wash with soap and water. CDC recommends that when you wash your hands –with soap and warm water--that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used, but remember it is not a substitute of soap and water.

Influenza virus can survive on environmental surfaces, such as books or doorknobs, and can infect a person for 2 to 8 hours after being deposited on the surface. It is destroyed by heat. In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents, iodine-based antiseptics, alcohol are effective against human influenza viruses. To prevent the spread, it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label. Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first. Linens (such as bed sheets and towels) should be washed by using household laundry soap and tumbled dry on a hot setting. Individuals should avoid “hugging” laundry prior to washing it to prevent contaminating themselves. Individuals should wash their hands with soap and water after handling dirty laundry. More? <http://www.cdc.gov/swineflu>.



## 2009 H<sup>1</sup>N<sup>1</sup> FLU (SWINE FLU) AND YOU

MD

This virus was first detected in people in the United States. This virus is contagious and is spreading from person to person. It has ranged from mild to severe. The virus is also known as “swine flu” because laboratory testing of the genes in this new virus were very similar to those of the viruses that normally occur in pigs (swine) in North America. Most people who have become ill with this new virus have recovered without requiring treatment. The symptoms in people include fever, cough, sore throat, runny and stuffy nose, body aches, headache, chills, and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Severe illnesses and death have occurred as a result of illness associated with this virus. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred. One thing that appears to be different from seasonal influenza is that adults older than 64 years do not yet appear to be at increased risk of 2009 H<sup>1</sup>N<sup>1</sup> related complications thus far. Centers for Disease Control and Prevention (CDC) laboratory studies have shown that no children and very few adults younger than 60 years old have existing antibody to 2009 H<sup>1</sup>N<sup>1</sup> flu virus; however, about one-third of adults older than 60 may have antibodies against this virus. The information analyzed by CDC supports the conclusion that 2009 H<sup>1</sup>N<sup>1</sup> flu has caused greater disease burden in people younger than 25 years of age than older people. At this time, there are few cases and few deaths reported in people older than 64 years old, which is unusual when compared with seasonal flu. However, pregnancy, and other previously recognized high risk medical conditions from seasonal influenza appear to be associated with increased risk of complications from this 2009 H<sup>1</sup>N<sup>1</sup>. These underlying conditions include asthma, diabetes, suppressed immune systems, heart disease, kidney disease, neurocognitive and neuromuscular disorders and pregnancy. People with 2009 H<sup>1</sup>N<sup>1</sup> flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems. Vaccine is currently in production in Europe and will be ready for the public in the United States in the middle of October.

### STEPS TO PROTECT YOUR HEALTH:

·Wash your hands often with soap and water, especially when you prepare meals and use the bathroom. Alcohol-based hand cleaners are also effective, **but not substitute of soap and water.**\*

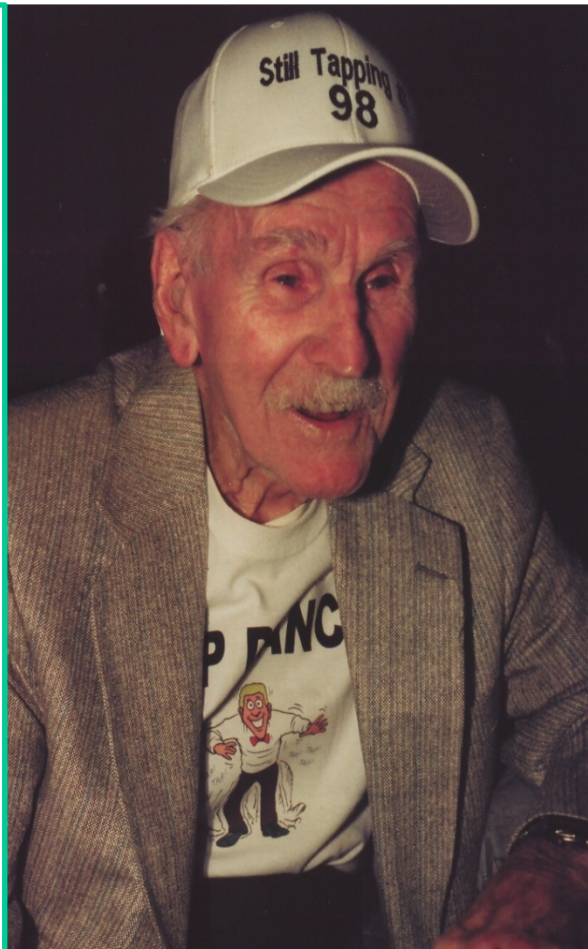
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## I ASK THE LORD

By Rev. Linda Gruel

A Sunday worship in August was like any other; yet at the passing of the peace, Gene Evans held me by my arms and looking into my eyes said, "Hey, I have a prayer that I'd like to share with the church." Gene is our tap dancer, singer, and vivacious brother in Christ who we mistakenly thought was in the Navy while during the bombing of Pearl Harbor. Gene was part of the entertaining personnel and not in the Navy, who faced close-hand a bombing attack.

We were not prepared for Gene's overpowering and heart-moving prayer. Gene stood and reflectively shared a hymn that he had made into a personal prayer. We felt his heart and faith as he spoke these words:



**I asked the Lord to comfort me when things weren't going my way;  
And He said to me, "I will comfort you and I'll lift your cares away."  
I asked the Lord to walk with me, when darkness was all that I knew;  
And He said to me "Never be afraid, and I will see you through."  
I didn't ask for riches, but He gave me wealth untold,  
The moon and the stars, the sun in the sky, and He gave me eyes to behold.  
I thank the Lord for everything, and I count all my blessings each day;  
For He came to me when I needed Him, I only had to pray.  
And He will come to you, if you ask Him to,  
For He's only a prayer away!**

*(Words & Music by Johnny Lange and Jimmy Duncan)*

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Gene's voice slowed as he led us into his trust of God when he said, "I asked the Lord to walk with me." He gathered a gulp of air and meditatively took us to the next line. Brightly, he told us how he felt God's answer and assurance to "Never be afraid, and I will see you through." His eyes set in a distance as if seeing or remembering all the things God has done with him as he said, "I thank the Lord for everything, and I count all my blessings each day; for he came to me when I needed Him, I only had to pray." Then he turned his eyes to us. We were spellbound by this living testimony of trust and comfort. We barely breathed. We were carried into every heartfelt word of his prayer.

I couldn't help but feel tears welling up in my eyes. I gulped for air a couple of times and looked around. I was not the only one being moved by Gene's prayer. When he pointed at us saying, "And **He will come to you, if you ask Him** to, for He's **only a prayer away!**" We sighed feeling our chest become tight and loaded with emotions. We had no doubt that Gene was giving us God in a real way through something we had never thought of – through a hymn.

Gene's voice would pause and slowed leading us into his trust to God when he said "I ask the Lord to walk with me." He would gather a gulp of air and meditatively took us to the next line. Brightly, he walked us into how he felt God's answer and assurance to "never be afraid, and I will see you through." His eyes set in a distance as if seeing or remembering all the things God has done with him said "I thank the Lord for everything, and I count all my blessings each day; for he came to me when I needed Him, **I only had to pray.**" Then turned his eyes to us. We were spellbound by this living testimony of trust and comfort. We barely breathed. We were held into every heartfelt word of his prayer.

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# The Chancel Guild of High Street Presbyterian Church

## Cream Cheese Cake (serves 12)

By Carol Berkheiser

½ cube Butter (⅛ lb.) melt in top of double boiler roll

14 Graham crackers and mix with melted butter. Save a few crumbs for top of cake.

Add ¼ Tsp. Cinnamon to Graham cracker and butter mixture. Press into bottom of 8 inch spring back removable bottom pan.

Beat 4 eggs together with 12 oz. Cream Cheese

½ cup of White Sugar

1 tsp. Vanilla

½ tsp. Lemon Juice

Beat above mixture until very smooth. Put into crust and bake in preheated oven 375° F 20 min. Cool one hour and spread mixture below on top of cake while still in pan.

1 cup of Sour Cream

1 tsp. Vanilla

3 tsp. White sugar

Return to 375° F oven for 6 min. Remove from oven, sprinkle with remaining Graham cracker crumbs, loosen around edge and remove sides of pan. Cut as a pie and serve on lace doily.

**From:** High Street Presbyterian <highstpres@yahoo.com>

**Subject:** IT'S VERY URGENT

**To:**

**Date:** Wednesday, September 2, 2009, 7:06 AM

**Good Morning,**

**Hope you are doing well together with your family, I am currently in London for a lucrative business yesterday, Unfortunately for me, my money was stolen in my hotel room and they made away with my wallet (which included my cash, diary and credit cards). I am so confused right now and didnt bring my phone here, Please can you send me 1300 pounds today, As soon as i get home i would refund it immediately. Please get back to me so i can give you the details where to send the money to. Hope to hear from you soon.**

**Linda Gruel  
Pastor.**

### **NO EXCEPTION**

High Street Presbyterian Church's email box was compromised and the above email was sent to someone. We do not keep addresses in the account and this may have been the reason that few of the email addresses received a similar communication. I understand that the amount of money varied from one communication to another. Also there were incongruities such as the horrendous grammar and the bogus lucrative business in London. My work as the pastor at High Street Presbyterian isn't about lucrative business, least of all in London. It played to your sympathy from the start when it mentioned that I was stranded and without money in a foreign land. It caused concern and confusion to a few of you because we had just met or talked over the phone.

I take this opportunity to say that I will work hard to make riches in heaven, right here in Oakland at High Street Presbyterian Church where God has called me to work. Thank you for your concern and even irritation about this assault to our email address and your privacy. Please note that we have a new email address highstreetpres@yahoo.com. Let's stay vigilant together of any abuses via email or any other form.