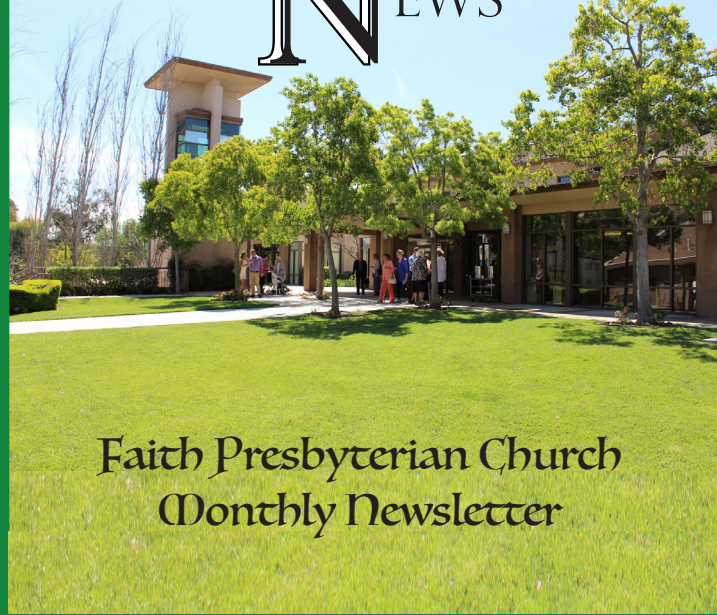


FAITH FAMILY NEWS



Faith Presbyterian Church Monthly Newsletter

Campus ministries, counselors join to tackle mental health

By Giovanna Dell'Orto, Kathryn Post
Religion News Service
June 2022

As student anxiety skyrockets, campus ministries are trying to help by not only offering the comforts of faith and community, but also creating collaborations with mental health professionals.

On Ivy League campuses, large public institutions and faith-based colleges, chaplains and psychologists are teaming up, informed by abundant research showing religion and spirituality can ease mental distress by providing group support and boosting personal resilience.

“We’re good partners, and routinely refer back and forth,” said Calvin Chin, Princeton University’s director of counseling and psychological services, which a third of students use. “We’re really thinking holistically about how to support a student, what they need to lead successful and satisfying lives.”

On a spring Saturday afternoon close to finals week, Sadaf Shier, the Muslim chaplain at the University of St. Thomas in St. Paul, oversaw a celebration for the end of Ramadan where students of all faiths, or none, did stress-reducing activities like flowerpot painting and henna hand decorating.

Shier and the university’s Protestant pastor, Neil Ellingson, mingled with dozens of students on the lawn outside the Catholic chapel.

“My major engagement is providing a climate where students feel their religious identity is legitimate,” Shier said. “That’s directly supporting mental health.”

Ellingson also saw a direct connection between faith and mental health: Belief in a higher being leads students to feel that “you’re loved by the cosmos and you matter in this big sense.”

But he added the challenge is to broaden ministry’s outreach. “Students who tend to come through the door are already plugged in. How do you connect with those who aren’t?” he said. “At the time when students need this stuff the most, they’re not seeking it.”

The need is indeed critical. In December (2021), halfway through the first academic year when most colleges returned to in-person instruction, the U.S. surgeon general issued an advisory on the country’s youth mental health crisis. It found everything from sadness to suicide plans increased by more than 40% in the decade before COVID-19 — and that the pandemic’s further impact was “devastating.”

Counselors are seeing distress become more widespread and more severe — particularly anxiety, which overtook stress and depression among students, according to the Association for University and College Counseling Center Directors.

“Our faculty say ... students seem much more overwhelmed, to be carrying a lot more anxiety,” especially about coping with demands and social interactions, said Cindy Bruns, director of counseling and licensed psychologist at Central Washington University.

continued on page 9

MEETINGS of OUR FELLOWSHIP GROUPS

Book Study
Every Tuesday of the Month
7:00pm on ZOOM

Wednesday Bible Study
FPC, Room #2 at noon - 1:00pm

Tuesday Eves
Second Saturday of the Month
February 11th
FPC, Library at 2:00pm

Women's Circle
Thursday, February 9th
FPC, Room #3 at 10:00am

Women's Group Bible Study
Third Saturday of the Month
February 18th
FPC, Library at 3:00pm

THIS IS US

Faith Presbyterian Church gathers in the College Area from all across San Diego. We desire to embody beloved community. We are diverse. We are people of color, white, gay, straight, married, single, parents, old, young, and with various abilities. We share a common life characterized by concern for justice, delight in education, and excellence in music through all stages of life. We carry living traditions with us as we grow in faith, with the triune God as our best expression.



2023 Focus:

*earth care
and
mental health*



The Deacons are continuing to collect recycling. Please contact Nancy Flynn at (619) 813-7063 or email at esch46@hotmail.com to make arrangements for her to meet you in the church parking lot.

The money goes directly to the Deacons' fund.

Aluminum cans - Plastic bottles - Glass bottles (CRV) - Water jugs

Faith Family Life

DEATHS

Betty Jean Bruha
Jean, a long-time member, died
November 22nd, 2022.

Sanctuary Flowers for 2023
The 2023 Flower Chart
is posted on the bulletin
board in the Narthex and is
ready for sign-ups for 2023.



Do you have a new address or telephone number? Please send any changes to the office before February 12th. Our 2023 Telephone Directory will be published at the end of February, 2023.

DATES TO REMEMBER

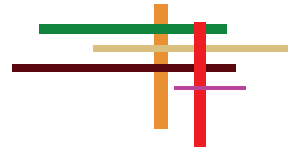
February 12th - Deacons Meeting - 11am, Room #2
February 16th - Newsletter Deadline
February 19th - Session Meeting - 11am, Room #2
February 22nd - Ash Wednesday - 12-12:30pm, Sanctuary
February 26th - First Sunday of Lent

Church Office Hours
Monday - Thursday
9:00am - 12:00noon, 1:00pm - 4:00pm
Please note that office is closed on Fridays

FEBRUARY BIRTHDAYS

LeRoy Lafferty - 3rd
Helen Hoyle - 6th
Harold Martyn - 6th
Lou Castillo - 6th
Terry Powers - 7th
Ruth Morrison - 15th
Jill Gustafson - 21st
Monica Radcliffe - 27th
Elizabeth Van Boskirk - 27th

If you would like to see your birthday listed in the newsletter with just the day, not the year, please email that information to Joe Rodriguez (jcr14@att.net).



Big blue recycling bin is for recyclable materials only. Please do not put any trash in this one. Thank you for your cooperation.

COME, TRY OUR
WEDNESDAY BIBLE STUDY
12:00pm in Room #2
LED BY PASTOR SAM

Financial Report

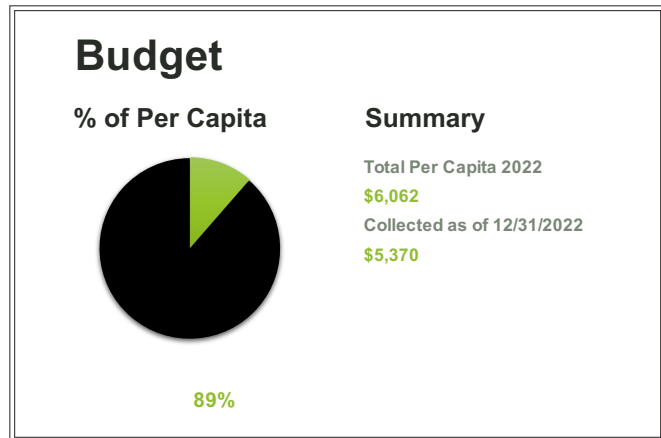
December 31, 2022

Envelope Offering for December 2022 was \$29,639.00

Envelope Offering monthly budget 2022 is \$21,658.67 per month

Per Capita as of 12/31/2022

Per Capita of \$2,160.00 was collected in the month of December.
Please pay your Per Capita, it is \$42.00 per member for 2023.



As of August 1, 2022 the mortgage balance is \$754,131.79

Giving Statements for 2022 and envelopes for 2023 are now available. Please use the envelopes to make the counters' job easier. For questions contact Beverly Martyn at 619-582-2186.

SERMONS FEBRUARY

SEARCHING FOR WHOLENESS

A Series in the Gospel of Mark

In the Gospel of Mark, Jesus announces the good news that the reign of God has arrived (1:14-15). Is this announcement still good and timely news for us today? The reign of God means liberation, healing, and wholeness for individuals and communities. Jesus invites anyone who will listen to join him in witnessing the reign of God. Ched Myers has observed, "Mark's Gospel...is a story by, about, and for those committed to God's work of justice, compassion, and liberation in the world." The Gospel of Mark is the oldest and shortest of the four gospels in the New Testament. In this sermon series, we will explore Jesus as the physician and the church as a field hospital.

- | | | | |
|---------------|---|---|--------------|
| February 5th | Guest Preacher: Frances Lin, Stated Clerk of the San Diego Presbytery | | |
| February 12th | Pastor Sam | <i>The Great Physician</i> | Mark 2:13-17 |
| February 19th | Pastor Sam | <i>A Field Hospital</i> | Mark 3:7-19 |
| February 22nd | Pastor Sam | <i>"Do You Not Understand?" (Ash Wednesday)</i> | Mark 4:1-20 |
| February 26th | Pastor Sam | <i>Calming Storms - Within and Without</i> | Mark 4:35-41 |

THE WOMEN'S RETREAT



Fourteen ladies gathered on a recent Saturday for an all day retreat led by Mary Elva Smith. The morning included sharing reflections on the theme from Ecclesiastes: "To everything there is a season, a time for every purpose under heaven." After a tasty "agape lunch" prepared by Mary-Margaret Allen, Jill Gustafson led the group in creating neck cozies. It was a special time of fellowship and inspiration.

HERE'S A HAPPY GROUP!

Church in Context:

Listening, learning, and growing together
with leaders from around San Diego

4th Sundays, 11am, Room

February 26th: Border Church, Rev. Dr. Seth

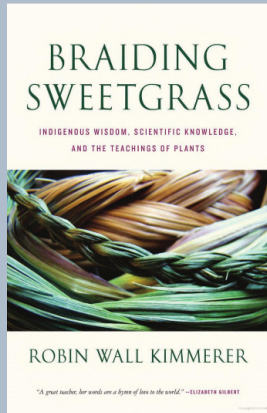
Border Church is a nonsectarian
Christian ministry centered
in the celebration of an
open-table communion
on the U.S.-Mexico border



Church in Context
listening, learning,
growing together

February 26, 11am
Border Church
Rev. Dr. Seth Clark

Continuing in February



The book study will continue with the book
*Braiding Sweetgrass: Indigenous Wisdom,
Scientific Knowledge, and the Teaching of Plants*
By Robin Wall Kimmerer

You're invited!

The weekly book study continues on **Tuesday at 7pm on Zoom.**

From the back cover: “Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we’ve forgotten how to hear their voices. In reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return.”

Robin Wall Kimmerer is a mother, scientist, decorated professor, and enrolled member of the Citizen Potawatomi Nation. She is the author of *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teaching of Plants* and *Gathering Moss: A Natural and Cultural History of Mosses*. She lives in Syracuse, New York, where she is a SUNY Distinguished Teaching Professor of Environmental Biology, and the founder and director of the Center for Native Peoples and the Environment.

Work Party

on January 21st





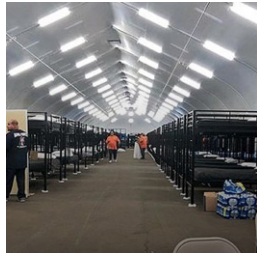
Daily prayer support and Bible study



Clothing room for men, women and children



Hygiene kits



Temporary shelter needs: call 2-1-1 San Diego



Toys-for-Tots and backpacks for back-to-school



Bus passes for the first days of work

Restoring Lives by

Job seeking assistance: New Day helps people get back on track with their employment search, helping clients secure personal identification documents and providing access to computers for employment searches.



Grocery bags of food for individuals and families



Specialized work attire for new jobs

Meeting basic needs: The ministry supports individuals and families in need by distributing groceries, clothing, snacks and hygiene kits. Clients are met in a one-on-one personal environment.



Assistance obtaining prescriptions and reading glasses

Personal prayer support: New Day staff and volunteers meet individually with clients, taking the time to listen to the details of their individual situation and challenges and offer prayer support in addition to the more concrete solutions.



New Day Urban Ministries, previously known as Presbyterian Urban Ministry, is an ongoing mission and outreach for Faith Presbyterian Church.

New Day restores lives by equipping those in need to move forward with hope by providing essential services to the homeless, urban poor, veterans and those recently released from prison in a safe, home-like setting where people are treated with dignity, respect and compassion.

Together with the congregation, Faith's Board of Deacons supports a coordinated outreach to the community through a liaison with New Day. Throughout the year, the Deacons gather items needed by New Day.



Giving thanks for New Day Urban Ministries and Raul Palomino, who visited to share and update us on ways to participate and support in ministry!

CAMPUS MINISTRIES... continued from page 1

By fostering supportive community events where students can relearn to socialize in real life and not in always-curated social media — a skill often lost in pandemic isolation — campus ministries can have a big impact.

At Yale University, Omer Bajwa, an imam and director of Muslim life, has seen a dramatic increase in attendance at Friday prayers and Ramadan events compared to pre-pandemic times. While he said the class of 2025 has nearly double the usual number of self-identifying Muslim students, he believes attendance is also driven by how relevant chaplains have become.

“We are trained to be good listeners, to ask reflective questions, to engage with people where they are,” Bajwa said.

Across the country at the University of Southern California, home to 50,000 enrolled students, record numbers showed up at spirituality and wellness events — at Shabbat dinners, Buddhist meditations, Catholic Masses and pet therapy sessions.

“We had 250 kids come out to pet two therapy dogs. We normally get 20 kids,” said Varun Soni, dean of religious life. “They were so desperate to be with each other within a context of meaning-making, that suddenly religious and spiritual life boomed in the fall.”

Even before the pandemic, despair seemed to mark Generation Z, whose members were born roughly between 1997 and 2012.

“Students were no longer asking me, ‘How should I live?’ They started asking me, ‘Why should I live?’” Soni said.

Chaplains and counselors have been teaming up for years, he said, but even though USC bolstered its wellness team by adding 60 new counselors since 2008, appointment wait times remain around three weeks.

Still, chaplains and psychologists are quick to emphasize that one can’t replace the other — especially since demand is so high. By serving as students’ long-term mentors, chaplains can free up counseling to deal with critical care like panic attacks and suicidal thoughts.

The Newman Center at the University of Nebraska, Omaha, offers game nights and dances and also pays for weekly student counseling sessions at its residence hall, which is open to non-Catholics, too.

“We aren’t just an activity center, we want to be a place for people to ask the big questions,” said its director, the Rev. Dan Andrews. “Not to have answers is a root cause of the anxiety they’re experiencing.”

David deBoer, director of counseling at Loyola’s wellness center, sees in that soul-searching the special role of campus ministry.

“Campus ministry can engage students to a more existential level, gets at more profound questions that mental health language has limitations for,” he says. For example, a chaplain can help reconcile the dissonance that traditionally educated Muslim or Catholic students might feel if developing a sexual orientation or gender identity not welcomed by their faith, he added.

continued on page 10

The Maeda Family is moving to Hawaii

Cara Ann has accepted a position at Hilo Coast United Church of Christ on the Big Island as their pastor! In mid-February, the family will be moving to a small town 15 minutes from Hilo, named Honomu, and will be living at the parsonage on the church grounds. This beautiful church has about 60 members and is nestled on a 3-acre lot with a lot of greenery and fruit trees all around the property. The church was started by a missionary from Japan over 100 years ago and continues to honor their Japanese roots and culture. The family is excited for this move but sad to leave the many people who have been “our San Diego family” for the last 20 years.

The family asks for your prayers for this move and a smooth transition into a new position. After the move, their new address will be updated with the church office.



“Thank you, Faith Family, for your continued support and love for our family! We will truly miss this wonderful congregation and we will come back to visit soon. You are also welcome to come visit us on the Big Island! With our love and blessings,” The Maeda Ohana



← Pictures of Hilo Coast United Church of Christ

CAMPUS MINISTRIES... continued from page 9

Many experts argue that therapy should assess students’ engagement with spirituality as an overall part of their identity. It would help uncover potential coping mechanisms, said David Hodge, professor in the school of social work at Arizona State University.

It also prevents misdiagnosing them — a Catholic student who just received the sacrament of reconciliation might say “I’m OK with dying” but not be suicidal, said Charis Davidson, a professor and public health researcher at Mercy College.

Her studies found that collaborations between campus ministry and counseling are still “definitely the exception” at public universities, but that the current crisis might bring more together.

Also crucial is to broaden the outreach to students reluctant to approach faith leaders. Vanessa Gomez Brake, a secular humanist and the associate dean of religious and spiritual life at USC, said expanding spiritual wellness offerings for religious and nonreligious students alike should become the priority for campus ministry.

This year, for example, she partnered with the counseling center to launch a group for those processing pandemic-related grief.

At the University of Wisconsin, Madison, the Catholic student center tried to keep as many community programs going as possible even during the pandemic’s darkest moments, said its director, the Rev. Eric Nielsen.

“I had an atheist come in who wanted to just hang out,” he recalled, adding the student said it helped him feel a bit less depressed.

At the recent Eid celebration at the University of St. Thomas, three students worked the table offering glitter, decals and ribbons to decorate mason jars and hijabs. Salma Nadir, a graduating senior and secretary of the Muslim Student Association, said Shier, the chaplain, “saved us so many times” with events like this that foster a welcoming community.

“It’s been good for my stress, to be able to talk with new people,” first-year student Arianna Norals agreed.

Children of the LIGHT

This craft celebrates that now we are light in the Lord (see Ephesians 5:8).

What you need:

- A gallon zip-top plastic bag
- Permanent markers (dark colors)
- Black construction paper
- White cardstock
- Scissors

What you do:

1. Draw a self-portrait on the outside of the bag. Add details.
2. Insert the black paper and set the bag flat on a table. It should be tough to see your picture now.
3. On the white cardstock, draw a picture of a flashlight with a long beam of light coming out. Color the flashlight but leave the beam white.
4. Cut out the flashlight and light beam. Place them in the bag, over the black paper. When the white beam covers the black background under your picture, you can see your self-portrait clearly.



The light of forgiveness

The Lord is full of mercy and light. What happens when we confess our sins to God?

Directions:

Use the coded shapes to fill in the blanks and complete 1 John 1:7-9, NIV.



But if we _____ in the _____, as he is in the _____,
 we have _____ with one another, and the _____
 of Jesus, his Son, _____ us from all sin. If we claim to be
 without sin, we deceive ourselves and the _____ is not in us.
 If we _____ our sins, he is _____ and just and will
 _____ us our sins and purify us from all unrighteousness.

1 JOHN 1:7-9, NIV

Answer: walk, light, light, fellowship, blood, purifies, truth, confess, faithful, forgive

FAITH PRESBYTERIAN CHURCH

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RETURN SERVICE REQUESTED

FAITH PRESBYTERIAN CHURCH

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Director of Music Ministry: Joe Rodriguez
Media Director: Stephen Dichiera
Preschool Director: Nancy McGeath
Custodian: Agustin Urueta
Sexton: Robin Craig
Office Administrator: Lou Castillo
Newsletter Editor: Joe Rodriguez

GIVE THANKS TO
THE LORD, FOR
HE IS GOOD.
HIS LOVE ENDURES
FOREVER.
PSALM 136:1

Send all submissions to
Joe Rodriguez, editor
jcr14@att.net

DEADLINE FOR
NEXT
MONTH



FEB
16