

The Monarch butterfly is the symbol of the Presbytery of San Jose

# The Monarch Messenger

## The Newsletter of The Presbytery of San Jose

Serving Presbyterians in San Benito, Santa Clara, Santa Cruz, and Monterey Counties

888 No. First St., Suite 320, San Jose CA 95112 • (408) 279-0220 • www.sanjosepby.org • Vol. 31 • Issue 2 • March -April, 2010



The Rev. Ben Daniel, author

### BEN DANIELS SOON TO BE PUBLISHED AUTHOR

*"Neighbor: Christian Encounters With 'Illegal' Immigration"*

Westminster John Knox Press

(Available August 16, 2010; you can pre-order on *Amazon.com* today.)

Ben Daniel is a the pastor of Foothill Presbyterian Church in San Jose.

"I'm thrilled that the folks at Westminster John Knox took a chance on a rookie author like me to write a book on an issue as important as immigration, and I'm happy that my book will be part of ongoing conversations about how Christians will respond--not just to "immigration" as a set of issues--

but also, and more importantly, to immigrants as people" said Ben.

Using a blend of travel narrative, interviews, theological insight, and biblical scholarship, Daniel tackles the controversial issues that surround undocumented migration in the United States by taking the reader to the spiritual, legal, and geographical front lines of the immigration debate. Here, the political becomes personal and "talking points" have a human face. The result of this journey is a compelling argument that encourages Christians to meet undocumented migrants as neighbors and as friends. Study questions are included.

Ben has served on the board of Presbyterian Border Ministries and is a regular contributor to UPI's online religion and spirituality forum, as well as KQED FM, the largest NPR affiliate in the United States. He is a graduate of Westmont College and Princeton Theological Seminary.



### Keeping Tahoe Blue and Creation Green

Pat Magee of Stone Church, will be one of the speakers of the "Way-Points" program "Keeping Tahoe Blue and Creation Green" for "spiritual travelers" planned at Zephyr Point, Lake Tahoe Presbyterian Conference Center July 6 -11. The conference promises to tackle environmental issues of the lake basin and beyond. Pat's session is on "Christian Stewardship in the 21st Century: Economics and Ecology." For complete details about this educational and recreational gathering, go to: [www.zephyrpoint.org](http://www.zephyrpoint.org).

**JOIN US** for the next  
**Presbytery Meeting**

**Sat., April 10, 9 a.m. - 1 p.m.**  
**Saratoga Presbyterian Church**  
20455 Herriman Avenue, Saratoga, CA 95070

- **Child Care available IF reservations are made prior to April 5. Call Saratoga office at (408) 867-0144**
- **Lunch will be served after the meeting by church volunteers**
- **Health And Wellness Workshop following lunch:**

**HAVE A HEALTHY BODY**

**This mini-workshop focuses on "Healthy Body." Hilleguus Faber, a member of Stone Church, will give a short introduction to the topic and then lead us in some exercise exercises for warming up, flexibility, balance, strength and coordination. Healthy body...healthy food...healthy you! Healthy body...healthy food...healthy you!**

For more information about the Saratoga Church go to: [www.saratogapres.org](http://www.saratogapres.org)



### Mandated Reporter and Abuse/Misconduct Prevention Training

For: Ministers of Word and Sacrament, Elders, Deacons and Youth and Children's Ministry Directors

1. **Saturday, April 24, 10:00-3:00 p.m.**, First Church Monterey, 501 El Dorado St., Monterey 93940

and 2. **Saturday, May 15, 10:00-3:00 p.m.**

Union Presbyterian Church, 858 University Ave., Los Altos 94024, Los Altos

**Please RSVP that you're attending** to Natasha at the Presbytery office: [Natasha@sanjosepby.org](mailto:Natasha@sanjosepby.org) or phone 408/ 279 - 0220



Presbyterian Women

## "Beyond Boundaries... Beyond Belief"

*Can that be? Come and see!*

PRESBYTERIAN  
WOMEN

Presbyterian Women in the Pres-  
bytery of San Jose invite all  
women of the Presbytery to a day

away at their Annual Spiritual Nurture Retreat to be held  
this year (the 7th one) in the mountain setting of **St. An-  
drew Presbyterian Church in Aptos.** The date is **Sat-  
urday, May 1, 2010 from 9 a.m. - 2:30 p.m.**

Leading us in the exploration of the theme "Beyond  
Boundaries...Beyond Belief" will be Mary Elva  
Smith. Mary Elva served as Director of Women's Pro-  
gram for the PCUSA in Louisville and is currently serving  
as an interim presbytery executive. The day will include  
time for conversation, renewing old friendships and mak-  
ing new ones, as we reflect on our personal belief sys-  
tems and how they give shape to our lives and guide  
what we do and who we are.

**Registration information is available from Claudia  
Hamm at 408-356-6665 or e-mail  
jnchamm@gmail.com.**

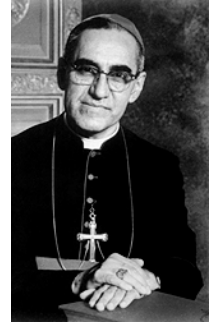
Come and see! "Beyond Boundaries..Beyond Belief"!

- **Claudia Hamm**, Moderator  
Presbyterian Women in the Presbytery of San Jose

## Stanford Students Traveling to El Salvador with United Campus Christian Ministry

During the third week of March, nine Stanford students and I  
traveled to El Salvador as the culmination of a class on Lib-  
eration Theology. Among many other things, we will be com-  
memorating the 30<sup>th</sup> anniversary of the assassination of  
Archbishop Romero by a Salvadoran death squad.

We have been reading Liberation Theol-  
ogy, An Introduction by Robert McAfee  
Brown and many of the essential writings  
of Gustavo Gutierrez, the progenitor of  
liberation theology. This class and trip are  
the result of the beneficent confluence of  
faith and circumstances (a.k.a. miracles)  
that have allowed for the students to re-  
ceive course credit, funding through many  
sources including Stanford University and  
United Campus Christian Ministry, piggy-  
backing on a delegation with South Bay  
Sanctuary Covenant, a professor through  
the Religious Studies department willing  
to teach the class, and the foremost inter-  
national expert on human rights violations  
in El Salvador speaking in class and trav-  
eling to El Salvador with us.

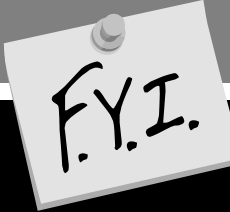


"In the name of  
God, and in the  
name of this  
suffering people  
whose laments  
rise to heaven  
each day more  
tumultuously, I  
beg you, I ask  
you, I order you  
in the name of  
God: Stop the  
repression!"

In the words of the Salvadoran people,  
Presente,

**The Rev. Geoff Browning**  
Peacemaking Advocate

**Archbishop  
Romero**



- To receive the MONARCH MESSENGER via email, contact Natasha Jackson at [natasha@sanjosepby.org](mailto:natasha@sanjosepby.org)**
- 2010 Presbytery Meetings:**
  - Sat., June 5 at Wastsonville United
  - Sat., Sept. 25 at Christ Community Church, Milpitas
  - Sat., Nov. 20 at First Presbyterian Church of San Jose
- Visit the General Assembly 2010 website at: <http://www.pcusa.org/ga219/>**



## You're invited for an evening of contemplative prayer

**April 26 at 7:30 (refreshments at 7:15)**

Sunnyvale Church, F'ship Hall  
Sponsored by the P & SJ of the S'vale Pres.  
Church.

728 W. Fremont Ave., Sunnyvale  
featuring  
Fr Cyprian Consiglio, a semi-hermit Condolese monk  
"The Universal Call to Contemplation."  
share reflections on living a contemplative life of spirituality.  
Free of charge.

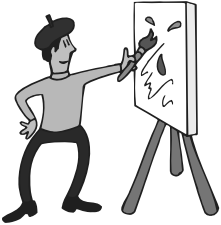
Author of Prayer in the Cave of the Heart: The Universal  
Call to Contemplation



## HEALTHY BITS AND BITES

### HAVE A HEALTHY BODY

At the April 10th Presbytery meeting at the Saratoga Church, the Health and Wellness Task Force continues its mini-workshops that are presented during lunch time following the meeting. This mini-workshop focuses on "Healthy Body." **Hilleguus Faber**, a member of Stone Church, will give a short introduction to the topic and then lead us in some exercises for warming up, flexibility, balance, strength and coordination. Healthy body...healthy food...healthy you! See you there.



### WANTED: A LOGO FOR THE HEALTH AND WELLNESS TASK FORCE

This is for all you artists and wanna-be artists: **The Health and Wellness Task Force** is in need of a logo. Are you the person to design it? Let your imaginations soar keeping in mind the health and wellness aspects. Submit designs to **Judy Lococo** ([judy@firstsia.com](mailto:judy@firstsia.com)) or mail it to her attention at Presbytery of San Jose, 888 N. First St., Suite D, San Jose, CA 95112.

### The Practice of Eating Less

When *Rumi's Four Essential Practices: Ecstatic Body, Awakened Soul*, by Will Johnson, came across my path, I decided to see if any of his practices would be particularly beneficial for me!

From the book:

*From its range of tastes, smells, and the flavors that ensue, to its ability to transform the discomforting signals of hunger into sensations of satiety, food gives us pleasure. The preparation of food, the sharing of it with others, the sitting down to eat it – all of it gives us pleasure. After all, we don't eat to be sad; we eat and drink to be merry, and so whenever humans gather together to celebrate, they most often do so around a table of delicious and carefully prepared food and drink. Food gives us pleasure, but it also gives us problems. Rumi would never ask us to forego the pleasure of the food we eat . . . Beyond the pleasure of the chocolate in the mouth (and yes, it is pleasurable), there's an even greater pleasure to be found, Rumi tells us, and that pleasure arises though fasting.*

Johnson shares with us that Rumi's practice of fasting can include making the choice to eat less. Recent studies have shown that lower caloric intake on a regular, daily basis results in a longer, healthier life – and weight loss. Eating less, or conscious eating, can also mean less time spent preparing meals, less indigestion, and more time for contemplation on the abundance and supply the Universe has given us.

In our home, besides continuing to make thoughtful choices about *what* we eat, we decided to try a new *way* of eating. We prepare enough food for two meals at a time and divide it up, putting enough for the second meal into attractive glass storage containers. We beautifully arrange the remaining food on *dessert* plates rather than dinner plates, and have found the quantity to be enough to satisfy our appetites, especially if we take our time eating.

### EATING LESS (con't)

After one or two meals in this fashion, we've become accustomed to the smaller servings. I have greater joy than ever in preparing these meals, and gratitude for the abundance we enjoy – while eating less. (Maybe I'll lose some excess weight over time, too!) Whether as a spiritual discipline or as a weight control strategy, consciously eating less can be very good for you!

This article came from the *Health & Spirituality e-newsletter*. For fun, take the weight-loss Self Test at [Spirituality-Health.com](http://Spirituality-Health.com)

## Torture is a Moral Issue

The Peace and Justice Task Force is encouraging congregations to show a new, revised version of the 20-minute video **Ending U.S.-Sponsored Torture Forever** and use a corresponding discussion guide which can be downloaded from the [NRCAT.ORG](http://NRCAT.ORG) website. The video is produced by the National Religious Campaign Against Torture. For more information you can visit their web site. The Task Force concurs the video is well done and contains important information. The video can be viewed and a DVD can be purchased (\$5) at their site.

Jim Hagan  
Peace & Justice Task Force

## Presbytery of San José



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The Monarch Messenger, the  
newsletter of the Presbytery  
of San Jose is published 5  
times each year: January,  
March, May, September, and  
November, for the 45 congregations located in this four-county area.

### NEXT DEADLINE:

The deadline for submission  
of articles for the NEXT issue  
(May, 2010) of the Monarch  
Messenger newsletter is May  
17, 2010.

## The Mission and Vision of the Presbytery of San Jose

Called by God as a governing body of the Presbyterian Church (USA), the Presbytery of San José exists to serve and be a resource for the health and growth of the Presbyterian congregations within our four counties.

### Our Vision is:

- To support our congregations in reaching out to all people in the name of Jesus Christ
- To challenge a diverse community to hold fast to the foundations of our faith
- To build a diverse community unified by the unique gifts of the Holy Spirit for the great work of the church.