



CROSS CURRENTS

May, 2024

Alpine Community Church (UCC), Alpine CA

Vol. 35 No. 05

Asking for Volunteers Works!!!

Sometimes it seems the same people are forever doing most of the work for many church events --- but it doesn't always have to be that way. When I was planning to visit the grandkids in Florida at Thanksgiving, I asked for volunteers to help with picking up food for the Blessing Box while we were gone. Right after church, two wonderful ladies – Cheryl Traverse and Jan Welch came forward and said they would manage the box for me. And did they ever!! Cheryl and Jan committed themselves to going to Bethel Church on Thursday and picking up food from the food bank and then storing it in the office during the week and keeping food supplied for those in need during the week.

Both Cheryl and Jan kept us supplied with food while we were gone, and Cheryl has adopted this as her mission for our church. She is now going to Bethel and two other churches which support Food Banks that deliver from downtown San Diego. They both go to the VFW on Wednesdays and Fridays and pick up food for seniors donated by local markets. Cheryl has added a refrigerator to her patio and keeps perishables cold throughout the week --- and has expanded her mission to picking up food for her neighbors each week. She checks the Blessing Box nearly every day to keep it stocked. She even cleaned and lined the shelves of the box!

The Blessing Box has been well received by the Alpine community. Thanks to generous donations from so many members (thank you to the Poindexters and Jean Bennett) and access to the Food banks, we are keeping the Blessing box available throughout the week.

Next time someone asks for volunteers, consider answering! It may become a passion for you. It takes the whole community to make a difference!



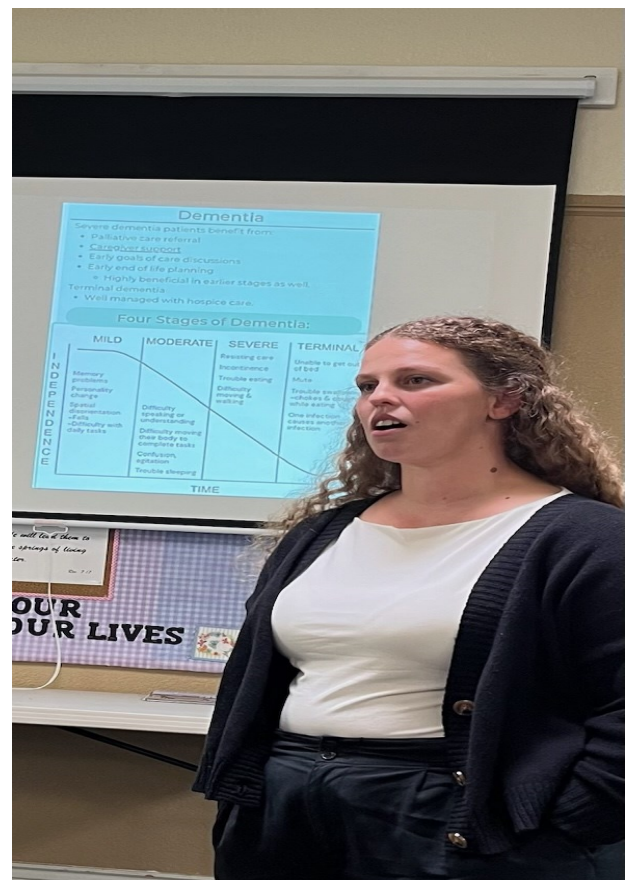
Women's Guild News

Our speakers for the Guild meeting on 4/13 were our friends Julie Dye and Shannon Larson from the Senior Resource Center of Sharp Grossmont Hospital.

The topic was Dementia, how to recognize it and how it affects different parts of the brain. Each person is different, there are some new medicines which can slow Alzheimers down, but no cure yet. Parkinsons is also a type of Dementia and can be helped by some new neurological procedures that can correct some of the tremors of a Parkinsons patient. They said a care giver or the person themselves could call the Senior Resource Center at (619) 740-4214 to ask any questions you may have for the care of a patient or help with a problem.

We had breakfast thanks to Barbara Nelson, Cheryl Worland and Louise Fuller. We had a short meeting and Donna Boyer did the devotions.

Our next meeting will be May 11th and our speaker will be from The Village of Promise (a group that supports kids of parents who are incarcerated). We hope you can join us.



Message from the Interim Designated Senior Pastor



Dear Alpine Community Church Family,

As the beauty of spring envelops us with its warmth and colors, and terrible pollen (!) I wanted to take a moment to express my heartfelt gratitude to each one of you for making our community such a welcoming and supportive place. We are grateful for the presence of a new church in our buildings as well as the new traffic from other local events. We thank Ray for his diligence and hard work.

I want to express how proud I am of the incredible work that this community continually engages in regarding food and assistance for the unhoused. Our PB&J events are a success, and I am so proud to serve a church that tricks people into thinking we are bigger than what we are. Not to mention your supporting one another through challenging times, or simply coming together in worship, your dedication to making a positive impact is truly inspiring. Springtime serves as a reminder of renewal and growth, and I believe our community embodies these qualities perfectly. With each passing day, we see seeds of kindness and compassion blooming within our midst, creating a tapestry of love and unity that is truly, truly, special.

I also want to extend a heartfelt thank you for embracing my family's presence within the church. As parents to a lively 8-month-old girl, attending church services can sometimes be a bit... melodious, shall we say. Your understanding and acceptance of her joyful noises mean more to us than words can express. Your patience and encouragement remind us that this community is not just a gathering of individuals, but a family bound together by love and understanding.

And with that said, I want to conclude my comments with a prayer:

Dear Lord,

We come before you today with heavy hearts, seeking your comfort and healing grace for our dear Ruby. We lift her up to you, knowing that you are a God of compassion and mercy, and that you hold her in the palm of your hand. Surround Ruby with your love, Lord, and grant her the strength and courage to face each day with hope and resilience. May your healing touch be upon her, bringing comfort to her body, mind, and spirit.

Amen.

Thank you, Alpine Community Church, for being a beacon of light in our lives.

With warmest regards,

Jamall

Message from the Moderator....



Do you have any old computer equipment, televisions, telephones, or electronic notepads around home just collecting dust? You can de-clutter your space by bringing them to the church on May 18, from 9:00 am to 2:00 pm and recycle them for **FREE!**

The Alpine Community Church is partnering with the non-profit organization Computers 2 Kids (C2K) for this “Spring Cleaning” recycling event. We invite the entire Community to donate their used electronic equipment by bringing it to the ACC parking lot on May 18. At the end of the event, we will transport the items to the Computers2Kids warehouse in San Diego where they will reuse and recycle the electronics. **All items storing personal data will be sanitized in compliance with the Department of Defense Sanitization Standards as outlined in the National Industrial Security Program Operating Manual.**

C2K wants all children and their families, regardless of their economic status, to be computer literate and have equal access to technology and the crucial educational, occupational, and financial resources that technology can provide. C2K accomplishes this through its Technology Assistance Program that recycles and refurbishes used computers and delivers them to low-income families throughout San Diego County. There is no charge to the donor and C2K provides tax receipts upon request.

This event is another way we can help the community and at the same time help families in need throughout San Diego County. So please, pick up a flyer in the church office, gather up your electronics, and bring them to the church parking lot between 9 am and 2 pm on Saturday, May 18. Tell your friends and neighbors too, this event is for the entire community!

The flyer is titled "Free Electronics Recycling" and features a central graphic of a green recycling bin filled with various electronic devices. The text is organized into several sections: a top header with the title and a call to action, a list of accepted items, a "When" and "Where" section, and a "Data Security" section. The bottom of the flyer includes contact information and a logo for Computers 2 Kids' 20th Anniversary.

Can You Imagine Even One Day **NOT** Having Access To A Computer?

Free Electronics Recycling

Donate today and help a child living without home access to technology continue their online schooling

C2K accepts all working and nonworking electronics including:

- Computers, Laptops, Gaming Systems (CHROMEBOOKS, APPLE & PCs)
- Monitors (any size)
- Keyboards, Mice
- Printers, Copiers
- Fax, Scanners
- Servers, Server Racks
- Routers, Switches, Network Components
- Televisions
- Radios, Stereo Equipment
- Speakers
- Cell Phones, Land Phones
- VCRs, DVRs, Recorders
- Projectors, Smart Screens
- Miscellaneous Cords
- Software, Hardware
- Ink and Toner Cartridges (new)
- Tablets (iPads, Androids)

When:
Saturday - May 18, 2024
9:00 am - 2:00 pm

Where:
Alpine Community Church
2225 W. Victoria Drive

DATA SECURITY
All items storing personal data will be sanitized in compliance with the Department of Defense Sanitization Standards as outlined in the National Industrial Security Program Operating Manual DoD 5220.22-M.

There is no charge to the donor and C2K provides tax receipts upon request.

QUESTIONS? Call C2K at (858) 200-9791 or email us at: info@c2sdk.org.

20th ANNIVERSARY **COMPUTERS 2 KIDS** 2004 - 2024

In God We Trust



In God We trust, shouldn't be seen as just a phrase we see on the back of money. Sadly, for too many people these days, it is. However, as we see conflicts rage around the world, and hate growing stronger it is more important than ever to trust in God.

Our country is seeing a great divide among many people. Christianity preaches love understanding and compassion. These are the fundamentals of any great religion. Our world is being pulled into what seems like a dark metaphorical hole by those who wish for us to turn away from God and

His love. Yet, when we give up on God, we find ourselves giving up on love. Without love, how can any society thrive?

If we want our nation and our world to heal from the wounds that now inflict it, we must search for the hand of Jesus, and call out His name. We must see all people in the world as our brothers in Christ. In God's world there is no room for "us versus them." If Jesus intended for us to love each other, then that is what we must do. It is the only way He will ever come out of the darkness into the light. We must trust in God more than ever before and it seems we need Him more than ever before. Will we be led out of this darkness before it's too late? Or does God want to test our faith by leading us through the deepest, darkest wilderness where we are left crying out for Him? God only knows what will happen next. Therefore, why would we trust anyone else?

TRUSTEES REPORT

The Trustees have some exciting news to share with the congregation.

An opportunity presented itself to Alpine Community Church and effective April 28th we have a new church that will be making our beautiful Church Campus its new home. Pilgrim Presbyterian Church (PPC), which has been meeting in Lakeside for a number of years, will be holding church services and Sunday School at our property. On Sundays PPC will have 2 worship services, one at 10:45AM and one at 6:00PM. They will also be having Sunday School classes at about 12:30PM following their morning worship service. The Sunday School classes will take place in the sanctuary and in Fuller Hall. PPC will also be having a Bible Study class in Fuller Hall on Thursday evening at 6:00PM. We are so excited about this fantastic opportunity to share our facility with another church and we want them to feel special and encourage all church members to welcome them with open arms.

Also, the Trustees have adopted a new policy of allowing FREE use of our facilities to certain Non Profit and community groups in hopes of getting ACC some positive exposure in the community. In February we allowed a Senior Exercise class with 20 participants to meet in Fuller Hall on Fridays. A week ago the Alpine Pageant Ambassadors held their Queen Bee Brunch in Fuller Hall, this was attended by about 50 people from the community. There are several other events already scheduled in the coming months.

What we have to realize is that Alpine Community Church IS having a positive impact in the community and who knows, maybe we may even see some growth as a result of this exposure. Even if we don't see any growth, just think, we are doing something positive for the community and for non profit groups who are unable to pay the rental fees charged at other facilities around Alpine.

The Trustees are very excited about our facility being used by more people as any use of our property will have a positive impact on our presence in Alpine. Any resident of Alpine who now drives by our parking lot and sees it full of cars almost all day on Sundays and sees the many uses of our property throughout the week will see that we are an alive and vibrant church! What a great way to let the people of Alpine know who we are.

Again, please welcome ANY users of our property with open arms and help them any way you can!

Dementia Prevention

SHARP

How to improve brain function
& reduce the risk of Dementia?



Exercise & Get a Hobby

Actions to Take:

1. Exercise
 - a. 150 minutes per week
 - b. Balance training 1-3 times per week
 - c. Muscle strengthening 20-30 minutes per week
2. Have a Hobby
3. Eat Well
 - a. It's more important to eat enough than to diet
 - b. A diet with lots of fruits & vegetables is beneficial.
4. Social Support
 - a. Social network, community engagement & socialization increase our brain function.



Goals for Your Community

Advocating for yourself and your community may decrease up to 40% of Dementias.

- Decrease malnutrition / food poverty
- Avoid excessive alcohol intake > 1-2 drinks per day
- Address obesity and control blood sugar (diabetes)
- Control blood pressure and cholesterol levels
- Prevent falls and head injuries
- Diagnose and treat depression
- Promote higher levels of education
- Address hearing impairment – get hearing checked & get those hearing aids.
- Promote social support and address isolation/loneliness
- Promote movement and reduce physical inactivity
- Promote sleep
- Reduce exposure to second-hand smoke and air pollution

Start by reaching out to trusted Community Resources on the next page.

Dementia Resources

Keywords to ask about:

- Care Coordination
- Case Management
- Caregiver Support
- Palliative Care
- Respite Care
- Life planning
- Financial & Legal planning / assistance

Sharp Community Resource Center (619) 740-4214	Free. Not just for Sharp patients...anyone can call or visit and benefit from resources!
Southern Caregiver Resource Center (858) 268-4432 1-800-827-1008	Specialize in caregiver support & respite care.
San Diego Alzheimer's Project 1-800-339-4661	www.sdalzheimersproject.org Part of San Diego County's Aging & Independence Services (AIS)
Your physician and health insurance	Request referral to neurologist for dementia evaluation / diagnosis. Request information / referrals to case management or care coordination.
Elder Law & Advocacy (619) 235-4357 (858) 565-1392	Legal assistance, Living will, Health Care & Medical Insurance Issues, Housing Issues and more...

References

Aimes, David. "Dementia Prevention, Intervention, and Care: 2020 Report of The Lancet Commission - The Lancet." The Lancet, [www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30367-6/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30367-6/fulltext). Accessed 14 Apr. 2024.

Neel, Ian. (2024, February 15). Screening Guidelines for Cognitive Impairment. SGH Multidisciplinary Grand Rounds 2024, A Virtual Event.

Care and Prayer List

Alpine Community Church Care & Prayer List

Please call or send a greeting card to someone on the list, your thoughtfulness will be appreciated. Names will be removed when it is unknown if the need for prayer still exists. If you have family or friends in need of prayer,

Art Leys

George & Judy Doble

Dan Foster

Debbie Hames

Ruby Hayworth

Tatty Fenton

J. J. Jacoby

Carlene Jones

Steven, Lois, Ester, Norm, Mary

Lori Lopo

McIntosh Family

Amy Renner

Chrissy Stewart

Rachel Swanson

Adelai Traverse

Sue Truscott

Phyllis Yount

Military

Police Officers

Firefighters

Birthdays and Anniversaries

MAY BIRTHDAY WISHES:

MAUZY, Stacy	05/02
TRAVERSE, Cheryl	05/05
HAMES, Debbie	05/31
PRICE, Megan	05/31

MAY ANNIVERSARIES:

O'NEAL, Dee Ann	05/10
POINDEXTER, Rob & Darlene	05/16
FENTON, Tatty	05/17
REUTER, Hans & Anne	05/22
FREEMAN, Vicki	05/23
KRANTZ, Marcella	05/29
CROTEAU, Normand & Esther	05/30

Church Office Hours

We can be reached by telephone at (619) 445-2110, or by e-mail at acc1894@acc.sdcoxmail.com. Office hours are Monday – Friday from 9am until noon. Even if we are not here in the office after noon, you can slip envelopes, messages & requests through the mail slot in the office's front door. *Thank You, Denise*

Please send articles and pictures for the Cross Currents to:

Cross Currents Editor:
Email: pamelaennis@cox.net

Pamela Ennis
Cell Phone: (619) 249-3739

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pastor Ben & Pilgrim Presbyterian Church to have 11am & 5pm services	ACSL Book Study 10:30-11:30 FH B.S. TROOP 105	CHOIR 7-8:30p	1 5:30p – AA Fuller Hall	2 Pilgrim Presbyterian Bible Study	3	4 Kathy Foster Pageant Ambassadors Class 7:00 PM AA
5 9:00a ACC Worship ACSL 11-1 (Fuller Hall)	6 ACSL Book Study 10:30-11:30 FH B.S. TROOP 105	7 CHOIR 7-8:30p	8 5:30p – AA Fuller Hall	9 Pilgrim Presbyterian Bible Study	10	11 GUILD Mtg 9:30am 7:00 PM AA
12 9:00aACC Worship 10:30a DEACON's ACSL 11-1 (Fuller Hall)	13 ACSL Book Study 10:30-11:30 FH B.S. TROOP 105 6:30p TRUSTEES	14 CHOIR 7-8:30p	15 5:30p – AA Fuller Hall	16 Pilgrim Presbyterian Bible Study	17	18 Queen Bee Brunch 9-3p in Fuller Hall 7:00 PM AA
19 9:00a ACC Worship ACSL 11-1 (FH) 10:30AM CABINET	20 ACSL Book Study 10:30-11:30 FH B.S. TROOP 105	21 CHOIR 7-8:30p	22 5:30p – AA Fuller Hall	23 Pilgrim Presbyterian Bible Study ACSL Movie Nite 5:30?	24	25 7:00 PM AA
26 9:00 AM ACC Worship ACSL 11-1 (FH)	27 ACSL Book Study 10:30-11:30 FH B.S. TROOP 105	28 Choir 7-8:30	29 5:30p – AA Fuller Hall	30 Pilgrim Presbyterian Bible Study	31	
	Office closed on 5/27/24 (Memorial Day)					

Mission Statement

Our Mission as the Alpine Community Church is to serve God by creating an environment of fellowship following the teachings of Jesus Christ. We minister to the needs of our congregation and community, motivating ourselves with love, faith and hope.

Join us for Worship

In person in our sanctuary at 9:00 AM Sunday Mornings

Also on **Facebook** and **Youtube** (links found on alpineucc.org)

ALPINE COMMUNITY CHURCH

United Church of Christ
2225 W. Victoria Drive
P.O. Box 212
Alpine, CA 91903-0212
Return Service Requested



CROSS CURRENTS

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