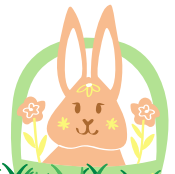


# The Penny Post



Northbrae Community Church

April 2025

## Celebrating Community in April

### Holy Week & Easter Celebrations

#### Palm Sunday Service

Sunday, April 13, 10:30 AM

Will include palm frond waving as you are able and willing.

#### Maundy Thursday

Thursday, April 17, 6:00 PM Soup Supper

7:00 PM Maundy Thursday Ritual with Communion

If you can bring a pot of soup to this event, please notify Carolyn Rosin at [carolynrosin@yahoo.com](mailto:carolynrosin@yahoo.com). From now until Maundy Thursday, there will be a box in the church entrance where you may place prayers to be used during the Maundy Thursday Service.

#### Egg Dye and Dinner

Friday, April 18, 6:00 PM

We will have an adult egg-dyeing event in the Northbrae kitchen. You can bring children to supervise. We will have hundreds of eggs to dye for the Egg Hunt on Sunday morning. You may bring your own dozen BOILED eggs. We'll order pizza, dye eggs, and enjoy a dinner together. Bring salads to share.



#### Easter Sunday – April 20th

10:00 am Egg Hunt on Front Lawn

10:30 am Easter Service in Chapel



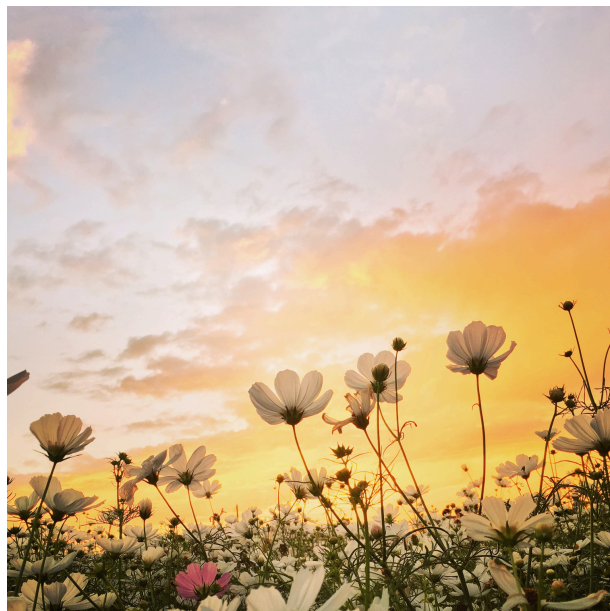
As spring arrives (even in California), we watch the earth wake up from winter and burst forth with new life. As buds blossom and new leaves appear, we are reminded of the sacred cycles of renewal that exist within and around us. Across faith traditions, spring is a season of regeneration, hope, and transformation—a time when we witness the mystery of life which continues, even after the coldest and darkest days of winter.

During a recent worship service, Sarah Vig captured the essence of spring when she sang “Wick,” a song from *The Secret Garden*, a Broadway musical that speaks to the power of unseen life stirring beneath the surface:

“When a thing is wick, it has a life about it,  
Now, maybe not a life like you and me,  
But somewhere there's a single streak of green inside it  
Come and let me show you what I mean....

When a thing is wick, it has a light around it  
Maybe not a light that you can see  
But hiding down below a spark's asleep inside it  
Waiting for the right time to be seen

You clear away the dead parts  
So the tender buds can form  
Loosen up the earth and let the roots get warm...”



These lyrics remind us that renewal often begins unseen, as a hidden impulse to grow. When nurtured, it blossoms into something beautiful. Just as a neglected garden can be brought back to life with care and attention, so too can our spirits be renewed through love, faith, and community.

As we celebrate the Easter season, we honor the mystery of new life emerging from death. We affirm that renewal is possible—that we, like the earth, are made for regeneration and growth.

The words of Isaiah echo this theme: “See, I am doing a new thing! Now it springs up; do you not perceive it?” (Isaiah 43:19). This scripture calls us to open our eyes and hearts to the new beginnings unfolding before us, whether in nature, in community, or within our own spirits.

As we celebrate this sacred season together, let’s embrace the “wick” within us—the spark of the spirit which longs to grow. May we nurture it with kindness, prayer, action, and compassion. May we trust that as the Spirit is invited to blossom within our lives and the Northbrae community, we will be able to bring strength and inspiration to friends, neighbors and strangers in a world that desperately needs the presence of the Spirit who brings justice and peace.

May it be so, Christy



**Northbrae  
Community &  
Church**



## Stress Reduction Sound Bath

2nd Thursdays 7:30pm-9pm

starting April 10th in the Chapel

\$45 general admission; \$30 for Northbrae members

Step out of the noise of daily life and into a sacred sanctuary of sound. Once a month, under the glow of stunning stained-glass windows in our peaceful, non-denominational church, we gather to rest, receive, and return to ourselves.

This immersive sound bath is more than just a chance to relax—it's a monthly ritual for nervous system nourishment and soul restoration.

Led by Certified Mindfulness Meditation Teacher Erica Skone-Rees and musicians Bryce Mulholland and Shannon Hopkins, each session begins with a gentle grounding meditation and flows into a sonic journey designed to move your brain into the restorative theta state.

Let the healing tones of crystal and Tibetan singing bowls, guzheng (Chinese harp), steel hand pans, acoustic guitar, Koshi bells, and ancient drums surround and soothe you.

The vibrations help lower stress hormones, calm the mind, and invite deep inner peace.

This is your invitation to...

- Step into stillness and let your nervous system settle.
- Ease the weight of stress stored in your body and mind.
- Experience the harmony of sound and science—where ancient tones meet modern healing.
- Settle into this sanctuary and experience deep rest and renewal.

What to Bring: anything that helps you feel cozy and supported-

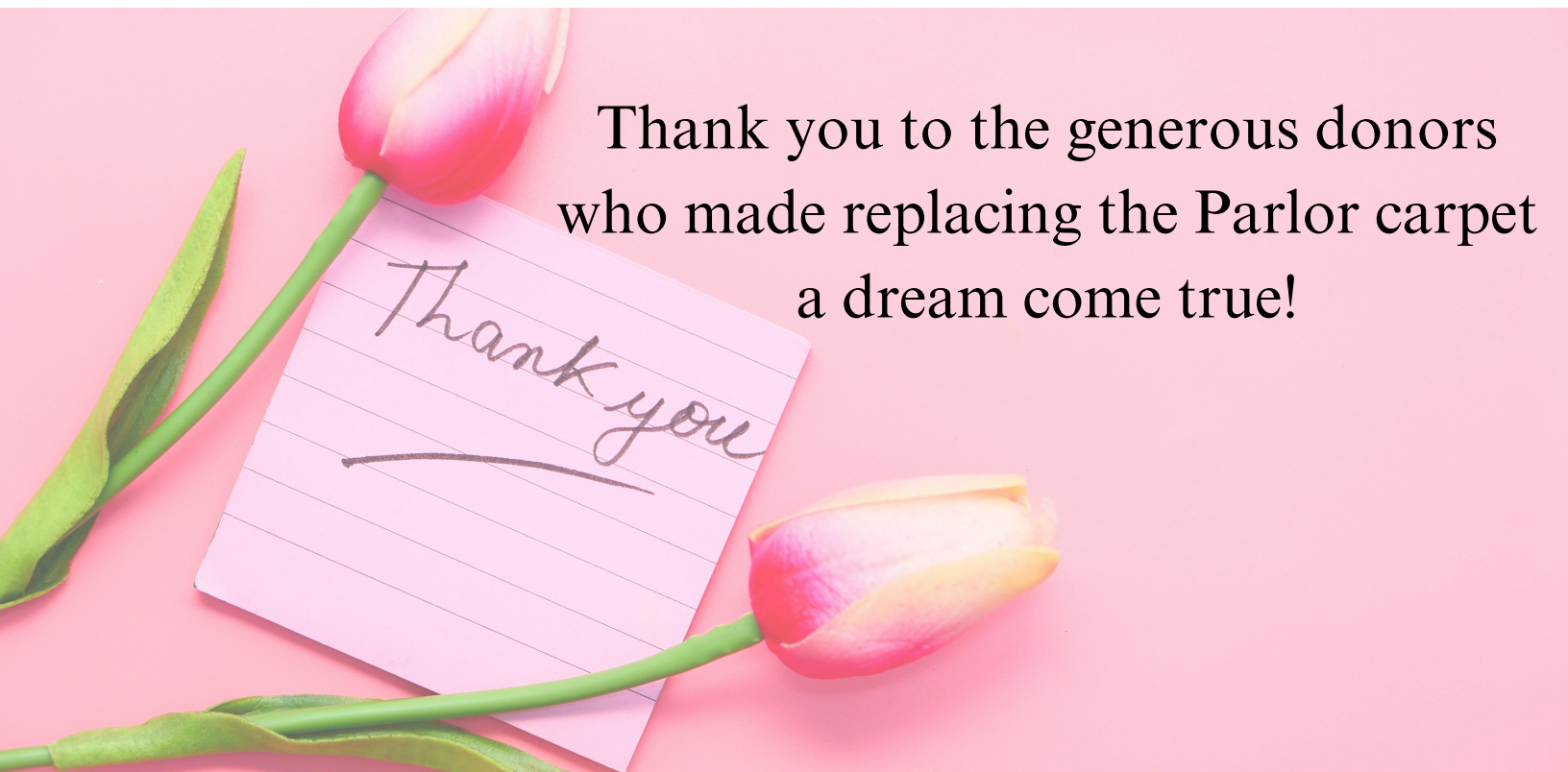
- A yoga mat or camping pad
- A blanket, pillow, or bolster
- An eye mask or scarf if you like to block out light
- Wear comfortable clothing, warm layers & socks
- Water bottle, and anything else to make your experience more restful



You're welcome to lie down, sit up, or quietly move during the sound bath—whatever feels wise for your body. If you need to stretch, shift positions, or step out, we simply ask that you move toward the back or along the sides to help maintain a peaceful space for others.

This is your time to rest and receive in a way that honors your body's needs.





Thank you to the generous donors  
who made replacing the Parlor carpet  
a dream come true!

## Prayer for Peace

During this time of chaos, violence and anxiety in our country and across the globe, we affirm the Easter promise that new life will emerge in unexpected times and places. We affirm that peace and justice will prevail and be born anew over and over again in the hearts and lives of individuals, communities and nations.

Let us join together in a Prayer for Peace during this Easter time.  
(The author is unknown, but the source is Ruth Brayton.)

Let us pray  
That strength and courage abundant  
be given to all  
Who work for a world of reason and understanding,  
That the good that lies in every person's heart  
May day by day be magnified,  
That people will come to see more clearly  
Not that which divides them  
But that which unites them,  
That the blessings of Peace be ours,  
The Peace to build and grow,  
To live in harmony and sympathy with others,  
And to plan for the future with confidence.





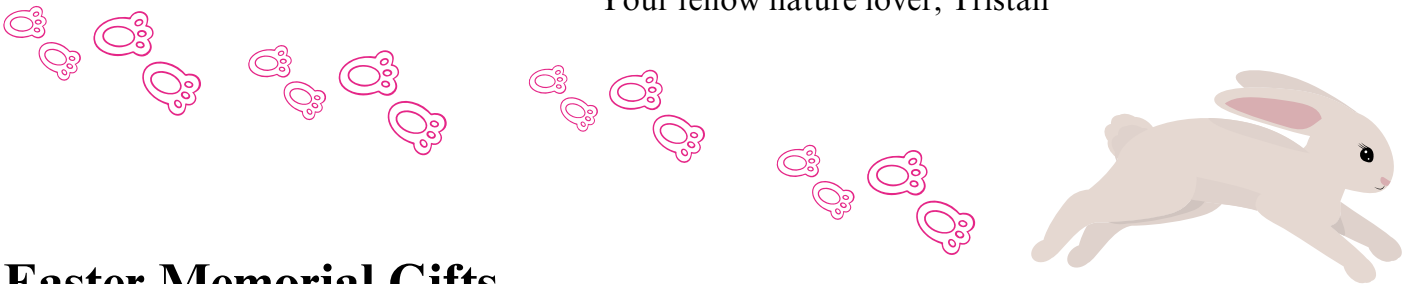


## Our Mighty Metasequoia



Better known as a dawn redwood, the species was once one of the most widespread tree species in the Northern Hemisphere (during the Tertiary period). Scientists had identified fossil remains of this redwood in North America, Asia and Greenland and had concluded that it must have been extinct for millions of years. However, in 1944, a Chinese forester found an enormous dawn redwood in the Sichuan province of China. In 1948, a small group—partially financed by Save the Redwoods League and including future League President Ralph Chaney—traveled to south-central China and found a few thousand of the trees growing in lowland canyons. Villagers in the Sichuan region were using the foliage for cattle fodder and the wood for bridges and other construction. The dawn redwood tree, thought to have been extinct for 20 million years, now had living representatives known to the world. To the Chinese people, the dawn redwood is second only to the panda as a conservation icon. Every time we admire this glorious tree, let us be reminded of the beauty and wonder throughout Northbrae.

Your fellow nature lover, Tristan



## Easter Memorial Gifts

The form below is for Easter Memorial gifts.

Easter flowers will be purchased to decorate the Chapel for Easter.

All Easter Memorial Gifts will be published in a future worship bulletin.

Your gifts are appreciated.

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Enclosed is an Easter Memorial Gift of \$\_\_\_\_\_.00

In memory of \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_, \_\_\_\_\_

