He Ain’t Heavy

The road is long
With many a winding turn
That leads us to who knows where
Who knows where
But I’m strong
Strong enough to carry him
He ain’t heavy, he’s my brother

So on we go
His welfare is of my concern
No burden is he to bear
We’ll get there
For I know
He would not encumber me
He ain’t heavy, he’s my brother

- By Bobby Scott and Bob Russell

I was in high school when I first heard The Hollies sing He Ain’t Heavy He’s My Brother. A few years later, Neil Diamond covered it and more recently Rufus Wainwright.

I have always felt that it is one of the most profoundly Christian songs I have ever heard. I did a little research and uncovered several different stories claiming to explain the song’s origin.

In 1884, Scottish pastor James Wells wrote a book titled The Parables of Jesus. In it, he tells the story of a little girl carrying a big baby boy. Seeing her struggling, someone asked if she wasn’t tired. With surprise she replied: “No, he’s not heavy; he’s my brother.”

In the U.S. at Father Flanagan’s Home for Boys, an orphanage in Omaha, Nebraska they adopted as its image and logo a picture of a boy carrying a younger boy on his back, captioned “He ain’t heavy, Father... he’s my brother!”

Fall Picnic

Tacos and music help launch new church year

TOP: A young boy wipes his face while eating watermelon at the Piedmont Community Church fall picnic Sunday, September 9, in Piedmont Park.
ABOVE: Dr. Bill McNabb enjoys conversation while singer Mitch Polzack provides entertainment.

See ‘HEAVY’, Next Page
Our 2019 pledge campaign titled, *Because of You*, has begun and will run through October 21.

This campaign recognizes that the many ministries and missions of Piedmont Community Church are possible only with your financial support.

We will hear from church members each Sunday throughout the month of October, sharing their impactful, personal experiences during worship.

Our pledge is a reflection of God’s blessings to us. By returning a percentage of our income for His work, we express gratitude.

We ask that you prayerfully consider your gift and return your pledge card before October 14. Cards were mailed the last week of September.

If you did not receive a card, they are available in the narthex, in the church office and online at PiedmontChurch.org

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They felt it epitomized the importance of their residents caring for each other and having someone care about them.

Paul says in his letter to the Galatians “Bear one another’s burdens.” That truly is the job of every Christian.

What is amazing is that we find out when we do, that we are not weighed down or worn out but are actually spiritually refreshed by helping other people.

I’m sure each of us have had the experience of extending yourself in service or support of another and having that experience turn out to be a blessing in our life.

Jesus said, “Come to me all you who are weary and carry heavy burdens and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in heart and you will find rest for your souls.” Jesus invites us to trade in our heavy burdens for his yoke – which is light and fits well.

He assures us that when we reach out our hand to lift our brother or sister up, even carry them for a while, we will not find our lives burdened or exhausted but spiritually refreshed.

Basically Jesus is saying to us “He ain’t heavy, he’s your brother.”

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In the September edition of *The Messenger*, church member Lois Reed was featured for her enthusiastic responses during worship. Readers responded online with personal messages to Lois.

**Elizabeth Becker:** This is fantastic. What a wonderful soul to have in our midst! Amen!

**Janet Mendenhall:** Thank you, Lois, for sharing your life story with your congregation. I appreciate your kind greetings on Sundays when I attend. It is a joy to share your Christian enthusiasm. May God continue to bless you.

**Jack Kustron:** Amen Lois, AMEN!

**Marilouise (Polly) Jackson:** Thank you, Lois, for your AMENs & for your life story. I needed to become aware of your life & love. You are doing a world of good in our church & in the world. Thank you for your comments about your life & your love of God. They stirred my heart & soul! I will look for you after church.

**Elaine Howett:** You are a beautiful lady Miss Lois, in so many ways. The life you live is an example for all of us and has no boundaries. Love and thanks to you.
Welcome Home
An Overture to Christmas is December 8, 9

■ BY PATRICIA LEICHER

Piedmont Community Church is delighted to announce its annual splendid evening of music and hospitality to begin the Christmas season. This year’s theme is ‘Welcome Home.’

The music, presented by full choir and 36 piece orchestra, will explore many of the concepts of home which play a role in our experience of Christmas. There will be new music composed and orchestrated by Dr. Stephen Main and carols for the audience to sing.

The concerts will be followed by a gourmet reception with food and wine to share with family and friends.

What’s New?
This year the concerts will be Saturday, December 8 and Sunday, December 9. We anticipate that moving the traditional Friday concert to Saturday will enable more people to attend.

What’s the Same?
Ticket prices remain the same as the last few years. General admission tickets are $40 and reserved seating is $125. Tickets will go on sale on November 1.

There will be a purchase link at PiedmontChurch.org, which will take you to Eventbrite. Tickets will also be on sale in the courtyard between the 9 am and 10:30 am services and after the 10:30 am service on Sundays beginning November 4.

You can also mail a check to the Piedmont Church office indicating which performance you want to attend and receive your tickets by mail.

Save the date and plan to share in this wonderful Christmas tradition.
Harvest Dinner Is October 18

Loaves and Fishes will provide a sumptuous autumn feast Thursday, October at 6:30 pm in the Guild Hall. Visitors and new members are especially encouraged to attend. This is an opportunity to make new friends and experience the best of Christian fellowship.

Sign up at the Deacons’ table before or after church services, or email Jean at Jean@PiedmontChurch.org. Cost is $15 for adults before October 14, $20 after. Children 10 to 17, $5. Children under 10, free - served macaroni and cheese. To volunteer, contact Steve Wuebbens at sawuebbens@gmail.com

Piedmont in Piedmont
Wine Tasting event set for October 26

We invite you to join us for fun and fellowship. Hosts are Mike and Gwendolyn Osborn and Dr. Bill McNabb. Appetizers will be served.

The Piedmont region of Northern Italy is home to some of the world’s greatest wines. We will be sampling Nebbiolo, Dolcetto, Barbera and some interesting white wines as well in this tasting.

October 26, beginning at 7:30 pm in Guild Hall. Cost is $40 per person.
For tickets, contact Jean at Jean@PiedmontChurch.org or (510) 547-5700 or send a check marked ‘Wine Tasting’ to Toni c/o the church. Sign ups will be available after worship as well beginning September 30.

Faith Network Tutors Needed

Become a reading or math tutor to Oakland’s second graders who have fallen behind. If your schedule doesn’t permit, consider being a substitute a few times a year. No experience necessary.

Faith Network provides the training at 2633 Telegraph Avenue #412, Oakland.

Succeeding by Reading: September 25, 3 - 5:30 pm.
Path2Math: October 11, 3:30-7 pm. Contact Linda at lindamcclain@me.com
October Adult Education Series Studies Church Creed

Beginning Sunday, October 7, Dr. Don Ashburn will lead a 4-week adult education series on “Putting our Creed in Context.” As part of our ongoing “engagement” process, one topic has come up repeatedly when people are asked what draws them to Piedmont Community Church – our Creed.

Written in 1910, our Creed expresses a common understanding of what drew people to do something almost unheard of at that time: to establish a “nondenominational” church. Even so, in using the word, they turned to a very old term, deriving from the Latin word Credo, meaning “I believe.”

This places our own Creed within a long line of Christian statements of faith – ranging from ones we may all know, like the Apostle’s Creed; to ones we may not, like the Westminster Confession. In this series of classes, we will look at the meaning of Christian creeds, and place ours within that tradition, as well as within its own historical context. No preparation needed.

Light refreshments will be served, and childcare is available.

Classes will meet in the Kettlewell Room from 9 - 9:45 am on the following Sundays: October 7, 14, 21 and 28.

For more information, contact Don Ashburn at: don@piedmontchurch.org, or 510-547-5700, ext. 105.

Dogs Stroll for Strive in Piedmont Community Park

_Fundraiser will support job-training programs for low-income adults_

Dogs and their families and friends can help raise money to support job-training programs on Saturday, October 6 in Piedmont Park.

That’s when the Strive for Change Foundation organization’s first annual “Dogs Stroll for Strive” event will be held to supports its funding of job-training programs in Alameda and Contra Costa counties for low-income adults with barriers to employment.

Piedmont Church member Kim Kellogg is the Board president of the Strive for Change Foundation, which was founded by Piedmont resident Les Ellis in 2006.

The event in Piedmont Park will be held from 9 - 11 am. The Stroll begins promptly at 9 am with a short stroll around the park (less than ½ mile).

It will be followed at 9:45 am by dog/owner contests and prizes, a raffle and refreshments provided by the Piedmont Boy Scouts. Contests include: Best Dog Costume; Best Matching Outfits for dog/owner; Dog/Owner Look-Alike; and Dog Trick.

Advance registration is $20 per dog or $30 per family with multiple dogs. Visit striveforchangefoundation.org or contact strivedogstroll@gmail.com

New Community Prayer Boxes

We have installed prayer boxes at the main entrance and in the breezeway.

Our congregation, and the wider Piedmont community, is invited to write down their joys and concerns, so that members of the staff and our Prayer Circle can pray for them.

All prayer requests can be either anonymous or not, and they are confidential. If you’d like a member of the clergy to reach out to you, please indicate that on the card.

‘Come And See’ Guides New Members

If you’re interested in learning more about Piedmont Community Church, or you would like to become a member, you are invited to attend an upcoming Come and See gathering.

This is a chance for you to learn more about the church, to share your faith journey and to explore what it means to be a member of the congregation.

Upcoming gatherings will be Sunday, October 14, 11:30 am - 12:30 pm; Tuesday, October 16, 7 - 8 pm; and Saturday, October 20, 9 - 10 am.

You need only attend one meeting. If you can’t make the gathering, you can arrange to meet Dr. Don Ashburn at another time.

New members will be received at the 10:30 am worship service on Sunday, November 4.

For more information, contact Don at Don@PiedmontChurch.org, or (510) 547-5700, ext. 105
KIDZ Club

BY LESLIE QUANTZ

We will serve lemonade and cookies in the courtyard after the 10:30 am service on October 21 as a fundraiser for the International Justice Mission (IJM) and the fight to end slavery.

Slavery does exist. IJM is the largest international anti-slavery organization. There are more than 45 million people, many of them children, who are being bought, sold, and used against their will. If solving this problem seems too big for IJM to handle alone, you’re right. IJM and KIDZ Club need you to help end slavery. Contact Leslie Quantz at Leslie@PiedmontChurch.org or (510) 547-5700, ext. 109.

Interfaith and Intrafaith

As I write, two Abrahamic faith traditions are celebrating holy days.

For Jews, it’s Rosh Hashana, the start of the New Year, followed by Yom Kippur, the Day of Atonement.

For Muslims, it’s Ashura, which falls 10 days after the start of their New Year.

Coincidentally, I had a very engaging talk with the national director of an organization called the United Religions Initiative (URI). URI promotes interfaith dialogue around the world, and is a network for members of different faith traditions to work together on common causes. I look forward to exploring such interfaith opportunities for Piedmont Church in coming months. It’s important work.

But, I was reminded again that it is not solely between religions where we find conflict today; it’s not just “interfaith.” It’s also within religions, or “intrafaith.”

We’ve seen this as Christians, when we have disagreements among ourselves. But, recently, I was struck by something I read on a friend’s Facebook page.

Her name is Maha, and she is the Director of the Islamic Networks Group (ING). Her job is to promote interfaith dialogue, and some of you have been to presentations ING has done over the years at Piedmont Church. Maha posted something that seemed innocuous, at least to this Christian.

As a Sunni Muslim, she wished blessings on Shia Muslims on the day of Ashura. Then, all hell broke loose! In response, to Maha, Sunnis posted comments blasting Shiites as “apostates,” and Shiites labelled Sunnis “murderers” – all because of historical factors that cause these two branches of Islam to understand and celebrate this holy day completely differently.

In brief, Sunnis see Ashura as a celebration of Moses and the people of Israel escaping slavery in Egypt, while Shiites see it as the anniversary of when prophet Muhammad’s grandson, Husseyn, was brutally killed by Sunnis, which eventually led to the separation between two branches of the same faith.

I don’t know whether Maha had any idea she’d be starting a social media war by posting a heartfelt blessing, but I do like what she posted in response. I’ll share it here:

Interfaith work goes hand in hand with intrafaith. Should you really be building relations with Christians and Jews when you can’t tolerate Shias, Sunnis, Ahmadis, Ismailis and other Muslim groups? You don’t have to embrace other religions or other religious interpretations but at least respect people’s choices. We were all born with the same human dignity. Islam also teaches free will and that diversity is part of God’s Divine Will and Wisdom. Try to submit to God’s Will and get along with people. Don’t conflate the actions of a few fanatics with an entire faith, religion, sect or group.

I couldn’t have said it better myself.

Hershey To Visit Piedmont Church

Terry Hershey is an inspirational speaker, humorist, author and Protestant minister.

Terry will preach Everybody Has a Hungry Heart October 21 and will present a Piedmont Forum titled Finding Sacred Places at the church in the sanctuary, 6 pm, that evening.

Watch your weekly email and the church bulletin for further details.

‘Just Breathe’ Classes In Chapel

BY SARA HIRSCH

No dogma or agenda and open to everyone in this sweet room in the heart of Piedmont.

Find the silence between the noise in this class designed to guide you through silent meditation. Each class will start with gentle stretches for 15 minutes followed by breathing exercises. Prepared to meditate, either sitting in a chair or on the floor, the next 20 minutes will be silent.

Bring a sticky mat if you plan to be on the floor (there is carpet in the chapel) and a pillow if you plan to sit on a chair. Tuesdays at 5:30 pm.

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I couldn’t have said it better myself.
Thanks to those who have volunteered to help build our new Media Ministry Team. We can use a few more hands to help with audio recording, video recording and (soon) video live streaming worship services. No experience necessary, but you should enjoy playing with gadgets. Contact Michael Barber at Michael@PiedmontChurch.org, or see him in the back of the sanctuary after worship.

Tiny Time Commitments

Many of our volunteer activities take minimal time and effort.

**USHER OR GREET** at the 10:30 am service (simple training sessions available). Check your calendar and sign up after church.

**PROVIDE A MEAL** through our Food Angels for a member going through a difficult time. Contact Linda Rice at ljrice@sbcglobal.net

**HELP IN THE KITCHEN** with our volunteer cooking crew, Loaves and Fishes. Contact Steve Wuebbens at sawuebbens@gmail.com

Worship Video Online

Our full worship services, including music, sermons and congregational singing, are now available as videos at PiedmontChurch.org

Our worship videos are viewed nearly 1,000 times each week on our website and social media, providing access to our music and message to a wider audience.

Parish Register

On July 27, **Shanna Farrell and Eric Rheinheimer** had twins, a boy named Eden and a girl named Evelyn.

**Month of Sundays**

Each Sunday, we gather to celebrate our faith and our friendships during worship at 9 and 10:30 am.

October 7
Sermon Series Continues
Going Against The Grain - Real Life Teachings From The Sermon On The Mount
Part 5 – I Feel Earthquakes More Than They Happen
Matthew 6:25-7:5

October 14
Sermon Series Continues
Going Against The Grain
Part 6 – Honest Asking
Matthew 7:6-11

October 21
Rev. Terry Hershey, preaching
Everybody Has a hungry Heart
John 6: 35, 41-51

October 28
Sermon Series Continues
Going Against The Grain
Part 7 - Everest of Ethics
Matthew 7:13-23

Sunday School

Our October Digging into Discipleship lessons:

October 7 – God Sends Manna and Quail (Exodus 16:1-35), “God is loyal, so we’re loyal.”

October 14 - Moses Sees God’s Holiness (Exodus 33–34), “God is special, and he has the ability to change us.”

October 21 - God Makes the Sun Stand Still (Joshua 10:1-15), “God is our defender, so we defend others.”

October 28 - God Speaks to Samuel (1 Samuel 3), “God speaks, so we listen for Him.”

Contact Leslie Quantz with questions at Leslie@PiedmontChurch.org or (510) 547.5700 ext.109)

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**OCTOBER CALENDAR**

**Monday, October 1** – Board of Deacons, 7 pm, Guild Parlor

**Wednesday, October 3** – Coffee and Conversation for Seniors, 9:30 am – 11:30 am, Guild Parlor

**Saturday, October 6** – Project Peace Community Service Day, 9am - noon
Volunteer to Serve Lunch with CityTeam (ages 12 and over), 11 am – 2 pm, 722 Washington St., Oakland
Volunteer to Serve Dinner with CityTeam (ages 14 and over), 5 pm – 7 pm, 722 Washington St., Oakland

**Sunday, October 7** – Communion Sunday
Adult Studies, 9 am – 9:45 am, Kettlewell Room
New Member Class, 11:30 am – 12:30 pm

**Monday, October 8** – Needles and Hooks Shared Interest Group, 2 - 4 pm, Guild Parlor
Board of Trustees, 7 pm, Guild Parlor

**Sunday, October 14** – Adult Studies, 9 - 9:45 am, Kettlewell Room

**Monday, October 15** – Board of Christian Education, 6:45 pm, Guild Parlor
MAT, 7 pm, Staff Workroom

**Tuesday, October 16** – New Member Class, 11:30 am – 12:30 pm

**Wednesday, October 17** – Coffee and Conversation for Seniors, 9:30 am – 11:30 am, Guild Parlor

**Thursday, October 18** – Harvest Dinner, 6:30 pm, Guild Hall

**Friday, October 19** – KIDZ Club, 3:30 pm, Youth Room

**Saturday, October 20** – New Member Class, 11:30 am – 12:30 pm

**Sunday, October 21** – Adult Studies, 9 - 9:45 am, Kettlewell Room

**RECURRING EVENTS**

**Sundays**
Children’s Sunday School, 10:30am, Christian Education Building
Journey (High School Sunday School), 10:30 am, Youth Room
Confirmation, 11:30 am, Youth Room
Rock, 5pm, Youth Room

**Mondays**
Piedmont Gardens Bible Study, 10 am, Piedmont Gardens
Spiritual Formation Group, 4:30 pm, Guild Parlor

**Tuesdays**
Rock Pizza Lunch, Youth Room
Just Breathe, 5:30 pm, Chapel
Handbells, 6:30 pm, Clara Barton Room
Small Group Bible Study, 7 pm, home of Bob and Judy Wright
- Call Judy Wright (510) 325-3083 or Dottie Hutch (203) 500-9097

**Wednesdays**
LiveWire, 2:15 – 3:30 pm, Youth Room
Chancel Choir, 7:30 pm, Lindamood Choir Room

**Thursdays**
Women’s Bible Study, 10 am Guild Parlor
Walking Together, 7 pm, Guild Parlor

**Saturdays**
Men’s Bible Study, 7:30 am, Founders Room