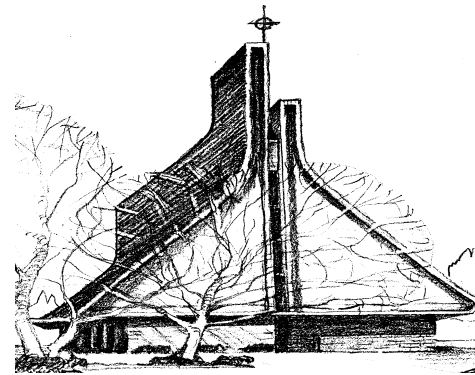


# NORTHMINSTER NEWS

VOLUME 56

ISSUE 2

FEBRUARY 2010



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The Northminster News is published monthly with the assistance of Northminster Presbyterian Church volunteers.

Deadlines for articles are due by the 3rd Monday of each month. Articles received past the deadline will be included in the following month's edition. All articles are welcomed and encouraged, but may be edited for length and clarity.

Pastors:

Rev. Jack Raymore

Rev. Jeanie Shaw

## MARDI GRAS CELEBRATION SUNDAY, FEBRUARY 14!

Sunday, February 14, is the last Sunday before Lent and at Northminster, it is our tradition to host a Mardi Gras Jazz Service and New Orleans Luncheon! Mark your calendars, and better yet, invite all your friends and family to join us at 10:00 A.M. as we celebrate the day with the sounds of The Dixie Minsters!

With all the mission trips we have had to New Orleans, we have some local experts on New Orleans fare. Get ready for some Red Beans and Rice, Jambalaya, and, of course, yummy Red Velvet Cake! If you would like to participate in planning our Mardi Gras feast, please contact Sue Ann Lehmkuhl.

Every year we crown a Marti Gras King and Queen. If you have someone you would like to nominate to rule for an afternoon, please contact Pastor Jeanie.



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### *Words from Pastor Jack*

Well, as I sit here in my office, raindrops are falling on the roof and every evening when I get home and turn on my favorite local news, I am reminded that we are getting the rain we need and, more importantly, there is a lot of snow in the mountains. The snow and the rain both mean water and we all need water to survive. This makes me grateful for the rain, the cold and the snow in one portion of my psyche. In the other portion, I wish it was sunny and warm as everyone told me it would be in California. And, mostly it is. After all, we would not know what warm was if we did not have cold to compare it to. A look at the calendar tells me that it is time for the February newsletter and I will be writing my portion of it thinking about Lent and Easter. That is because Ash Wednesday will be February 17<sup>th</sup> and we will begin the Lenten journey for 2010 for all of us at Northminster Presbyterian Church. Lent and Easter can help conjure thoughts of spring and renewal. Perhaps you need those thoughts as much as I do in the present climate. So, here goes!

Maybe you know that Sundays are not counted in the total of the 40 days of Lent. Even during Lent, Sunday is celebrated as resurrection day and, thus, a day of praise and thanksgiving within the larger context of Lent. Falling within the season of Lent, however, these Sundays do have a special focus and significance. The Sunday scripture readings during Lent give us an opportunity for serious reflection on our spiritual needs and the opportunity given during this special season to turn, in a new way, toward God and prepare for the coming crucifixion/resurrection observance in Holy Week and on Easter Sunday morning. This reflection and self-examination is always guided by our trust in the resurrection of the crucified one, our Lord and Savior, Jesus Christ. Beginning with Ash Wednesday, and the special service we will enjoy here at the Church on February 17<sup>th</sup>, we reflect on our fallibility and our need for forgiveness and the power of the resurrection of Jesus Christ. Lent is especially significant for the formation of the community of faith that arises from Jesus' act of love in his death and resurrection. Through this act Jesus brings new life to us as individuals and also as Christ's body, Christ's church. It is my hope that Lenten worship will be there for a source of hope for our gathered reality as the church, as well as a time of earnest reflection for each of us.

In other portions of our newsletter you will read about our Mardi Gras Sunday celebration on the 14<sup>th</sup> of February. This special worship service which, will emphasize jazz music and exciting worship, will be followed with an Ash Wednesday service that will emphasize personal reflection. The earliest Lenten traditions we know about speak of a time of fasting and preparation that marked a Lenten perspective. These sacrificial acts are still central to Lenten observation. Added to this idea of sacrificial lifestyle will be the idea of the addition of some act of spiritual enrichment to our lives during Lent. At the Ash Wednesday service, those who wish it will have an opportunity to be crossed with ashes and be exposed to numerous special spiritual growth opportunities. I invite you, and even challenge you, to be at the Ash Wednesday service ready to add to your life journey a special Christian spiritual opportunity and discipline yourself to it during the period of Lent. All of us can benefit from more prayer, more Bible study and more acts of Christian service added to our lifestyle. Come to the Ash Wednesday Service on February 17<sup>th</sup> at 7:00PM and choose one or more of the opportunities with which you will become acquainted. As the rain stops and the snow melts and we move into this period of Lent and Easter, may God be with you in a special way and may the renewal that spring brings to so many elements of this world be a time of renewal for each of you as well. I am looking forward to seeing you during this Lent and Easter special time.

*Jack*

## REBECCA CIRCLE

In spite of an early storm 12 members and 2 guests attended the October meeting. With a membership roll of 17, that's 70.59%, not bad! One ill, three storm-stayed and one "I forgot". (You know who you are!) When the two guests said, "I want to be a part of this group", it became 14 members present and a membership roll of 19. That's 73.68% - a gain of 3.09%!

Come November, 16 members and 2 guests attended. (Two ill, one no excuse!) With the roll of 19, it becomes 84.21%, pretty good! One guest said, "I want to be a part of this group" and it became 17 of 20 or 85%. See how that works?

Attendance held steady in December, membership of 20, 17 in attendance for 85%. Now January, 17 members, 3 guests. Same 85% until 2 guests echoed, "I want to be a part of this group" making 19 of 22 or 86.34%! Of course, if YOU had attended and joined YOU could have raised it to 20 of 23 or 86.96%. Furthermore, if YOU had brought the friend YOU always intended to bring, the tally would have risen to 21 of 24, or 87.5%. Wow! Wow! Wow!

Next meeting, Feb. 9, 11 AM, in the Social Hall. We shall continue the study of Joshua, "Understanding the Faith", Chap. 5. Study Leader, Judi Raymore. Bring your lunch and your own coffee mug. Hostess, Virginia Dunham. Be prepared to share your jokes and short stories as we turn on that "open" mic. All women are encouraged to attend.

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## FOUNDATION DONATIONS RECEIVED

### Remembered By

Janet MacMurphey

Glen & Lynne Cunningham

George Nelson

Dolores Amlin

Bobby Boozer

### Foundation Name

Gene & Lois Geery

Jim Banks

Joyce Sowers

Joyce Sowers

Joe Chez

## NURSE'S NOTES FROM THE PARISH NURSE

The Bill Was For How Much???

Even if you have health care insurance, getting medical care costs money. If you have access to an Advice Nurse, make use of that resource. Advice nurses that are employed by health care systems or associated organizations, like some insurance companies, & even some phone companies, have approved protocols for answering specific questions. The most important question is usually, "Should I be seen by a doctor?" Sometimes that question can even be answered by referring to a self-care manual, especially one provided by your health care system or insurance company.

There are certain things that should never be ignored or delayed, including, but not limited to signs of a heart attack or brain attack (stroke). The cause of a loss of consciousness should always be investigated. It is too often discounted or excuses made for not seeking the cause. Persons involved in traffic or other kinds of accidents often decline examination or treatment because they may feel "OK", because the body & brain "want to be OK". The physical & mental effects of the accident are not always immediately apparent to the victim.

One of the first questions asked of a person seeking medical care is about their insurance coverage. Not surprisingly then, one of a person's first thoughts when there is a need to decide to seek medical care is the cost. There will be a \$ cost, if not to the individual, then to society. But the non-\$ cost may be even higher. If a person is "a danger to himself or others", whether it is a physical or a mental illness, the cost to society can be very high. So money is not the only issue.

When the issue is not life-threatening & is subject to decision-making, thoughtful consideration & perhaps a bit of research are in order.

When seeking medical attention, the provider is obligated to make an effort to diagnose & treat the complaint. A simple visit to the doctor often/usually leads to laboratory and other tests and to prescriptions for medications and other types of treatments.

There are, in fact, many things we can do to care for ourselves. Again, make use of common sense self-care manuals and the "advice centers". Especially those that are part of your health care system. They are the ones that can guide you through your system, and the ones your care provider will respond to most readily.

The Power of Prayer – see James 5:13-18

I Thessalonians 5:17

I Timothy 2:1

Matthew 7:7-11, Matthew 21:21-22

Mark 11:24-26, Luke 10:34, John 9:24-2

See also [www.aipm.net/wise](http://www.aipm.net/wise) Wise Health consumer – 101 Ways to Lower HC Costs and [www.HealthyLife.com](http://www.HealthyLife.com)

## BIG THINGS HAPPENING FOR SOUPer SENIORS ON FEB. 3<sup>RD</sup> AND MARCH 10<sup>TH</sup>

You'll have to pay attention to keep up with SOUPer SENIORS for the next couple of months. On February 3<sup>rd</sup>, the first Wednesday, as usual, the program will involve 19<sup>th</sup> and 20<sup>th</sup> century baseball in Sacramento. Alan O'Connor, a fan of, of all things, baseball, but mainly of teams calling Sacramento home, will share his considerable research with us. Of course, there will be the usual Home Run Soup and the other attractions you've come to expect, starting at noon on the third of February.

### CAPT. CARL SMITH TO SPEAK IN MARCH

In March, we'll be moving our meeting for one time only to the second Wednesday, March 10<sup>th</sup>, because our special guest just can't be here on the 1<sup>st</sup> Wednesday, and he's a Captain, and NOBODY crosses a Captain. Our very special speaker will be Capt. Carl Smith, son of Bob and Marion Smith. Carl has spent the past several months skippering a massive oil rig from the South Pacific, around the tip of Africa to its new home in the Gulf of Mexico. We've been trying to schedule Capt. Carl for several months, and finally decided to take him when the next time he visits his folks. He has a fascinating story to tell. You'll be hearing more about this in the weeks ahead, but mark your calendar NOW.

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## TAKE-A-LOOK AND TEACH EVENT

Have you ever considered joining a team that loves children of all ages, with the goal in mind of passing on the Bible stories we all learned in Sunday school? We have a dedicated team for you to join! Come to the library and signup with our team after talking to our teachers about their classroom of kids and the curriculum and their hopes for our young people at N.P.C. You will be inspired! Christian Education happens year round for us. This presentation will be after church in the library on Feb. 21 at 11:30 A.M.

## **ASH WEDNESDAY SERVICE**

**7:00 P.M. Wed., Feb 17th**

**The Rev. Dr. Toby Nelson**

**Finding Heaven in the Midst of Haiti.**

**The Rev. Dr. Toby Nelson is the**

**Senior Chaplain/ Mental Health**

**Disaster Medical Assistant Team CA 6**

**that is attached to HHS and Homeland Security**

**of the United States of America**

**Rev. Nelson just returned from serving in Haiti and will be sharing his experiences. Rev. Nelson has served at Ground Zero, and in the Super Dome following Hurricane Katrina.**

**A Presbyterian Pastor,**

**Rev. Nelson, is currently serving as Police Chaplain to the Grass Valley Police and Sheriff Departments.**

**A dessert reception will follow**

**Sponsored by the Northminster Mission Committee**

## **YOUTH MISSION TRIP**

**With the approval of Session, our youth will be exploring Gods unfolding grace this Spring as they embark on their Mission trip over Spring break, March 26 to April 2. They will be participating in a Mystery Trip, where their destination and type of service will be a total surprise each day. Leaders Debbie Smith and Pastor Jeanie hope that the trip will help our youth understand their daily dependence on God and that the trip will help each of our students grow in their faith and trust of God. The only clues that they have given the youth is that we will be driving and that the Mission will be serving Presbyterian connected Mission efforts.**

**Although the trip will be on a shoestring budget, the Leadership Team of our Christian Education and Evangelism Committee believes that it is essential that our youth work for the privilege of serving. We look forward with the approval of session, to have a car wash this Spring. Members can also see our youth in action as our servers for our youth Mission Luncheon on Sunday, Feb 7<sup>th</sup>. Look forward, to seeing our youth working hard for the opportunity to serve in our Lord's name! The rest of the funding will be from budgeted monies, memorial funds and from the youth themselves.**

**VALENTINE MISSION LUNCHEON**  
**SEND A VALENTINE ON A**  
**MAGICAL MYSTERY TOUR MISSION TRIP**  
**SUNDAY, FEBRUARY 7TH**  
**11:30 A.M.**  
**TO BENEFIT YOUR PALETTE AND**  
**THE YOUTH MISSION TRIP!**  
**TICKETS \$10.00**

This year our Youth Mission Trip is called “The Magical Mystery Tour Mission Trip” because that’s exactly what it is.....A Mystery.....Top Secret.....Only Pastor Jeanie and a few other important leaders in Christian Education know where the youth are going this year. All I can tell you is, the youth will be serving many Presbyterys and some other well deserving charities. By purchasing a lunch ticket, you will be helping to send a youth on this very exciting opportunity to serve others in Christ. With a youth group that has grown by leaps and bounds, we are looking at sending over 20 youth on this mission trip! The youth are ready to serve you a lunch you won’t forget and would love your support. Just to make sure you purchase a ticket and put this luncheon on your calendar, (yes, we know it is Super Bowl Sunday, we promise to have you out on time to watch it!). Here is a taste of what is to come!



All accompanied by live music! Tickets will be available following Church at our Youth Table!

**LORD, WHEN WAS IT THAT WE SAW YOU?**

Northminster Presbyterian Church has a passionate and long history of our involvement in helping others in our community, in our nation and in our world. Our Mission Committee has programs that touch the lives of people locally, from our neighborhood school to our food programs; nationally, like our mission trips to help re-build homes in New Orleans and our work in Chinle, Arizona, to our work globally through the work of our Presbyterian Church and our partners.

On January 12, a powerful earthquake hit approximately ten miles from the capital of Haiti, Port-au-Prince. An earthquake of this magnitude would be devastating to any city, but in one of the poorest countries in the Western hemisphere, its effects are catastrophic. Millions of people have been affected by this disaster and tens of thousands—possibly hundreds of thousands—are feared dead. With many of the established sources of safety and security demolished—churches, schools, hospitals and government buildings—survivors are searching for signs of hope and help.

The Presbyterian Church (U.S.A.) is responding through Presbyterian Disaster Assistance (PDA). PDA is rushing an initial \$100,000 from One Great Hour of Sharing and designated funds to provide immediate emergency relief to the affected people. Funds are being sent through our ecumenical and local partners working in Haiti.

Presbyterian World Mission is gathering information on the **safety and status of our mission personnel** and ecumenical partners in the area. For updates on the earthquake and the church’s response, please visit the **PDA Web site**. Financial support for relief efforts can be designated to DR000064.

Gifts can also be made by phone at (800) 872-3283, weekdays between 8 a.m. and 6 p.m. (EST), and checks can be mailed to:

Presbyterian Disaster Assistance, P.O. Box 643700, Pittsburgh, PA 15264-3700.

**What you can do**

As God’s people, we are called to stand in the “GAP”— **GIVE, ACT, PRAY.**

**Give** - Financial support for relief efforts **can be made online** and designated to DR000064. Your gifts, combined with those of others, provide a visible and tangible demonstration of God’s care in the midst of this tragedy. Recovery will be a difficult and long process, but Presbyterian Disaster Assistance has, time and time again, modeled a faithful response over the long haul.

**Act** - Congregations and individuals can put together hygiene kits and baby kits to be distributed through Church World Service. For information, **visit the PDA Web site.**

**Pray** - Join with others in lifting up the people of Haiti and those seeking to provide aid in this critical time. As the eyes of the world turn to Haiti, let us join our hearts in prayer:

*God of compassion, please watch over the people of Haiti and weave out of these terrible events wonders of goodness and grace. Surround those who have been affected by tragedy with a sense of your present love and hold them in faith. Though they are lost in grief, may they find you and be comforted; guide us as a church to find ways of providing assistance that heals wounds and gives hope. Help us to remember that when one of your children suffers we all suffer. Through Jesus Christ who was dead, but lives and rules this world with you. Amen.*

Bruce Reyes-Chow, Moderator of the 218th General Assembly (2008), Presbyterian Church (U.S.A.)  
 Gradye Parsons, Stated Clerk, Presbyterian Church (U.S.A.)  
 Linda Valentine, Executive Director, General Assembly Mission Council, Presbyterian Church (U.S.A.)



Look Who's Having  
a Birthday!

Tyanne Keeton	Feb. 1
Sally Raye	Feb. 5
Dorothy Huggett	Feb. 6
Barney Campbell	Feb. 9
Nora Birkenstock	Feb. 11
Liz Moese	Feb. 11
Jeanie Shaw	Feb. 11
Ken Collins	Feb. 15
Lillian Woodward	Feb. 19
Stan Muther	Feb. 20
Lisa Balbas-Kappes	Feb. 21
Jean Brown	Feb. 24
Joan Kerfoot	Feb. 24
Lynda Languasco	Feb. 26
Markus Naray	Feb. 27

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**RANCHO DEL PASO HISTORICAL SOCIETY**

All are cordially invited to attend a general meeting of the Rancho del Paso Historical Society, Wednesday, February 3 at 10:00 A.M.. The meeting will be held in the Chapel. The topic of the day will be, "How the Rancho looked in the first half of the 20th century."

The presenters will be : Margaret Fish Smith, Al Larkin and Bob Fox. They know what it was like then, as they lived in this time of growth. It may bring some fond memories back to you ,too.

**THANKYOU**

Thank you Northminster friends for your cards, caring, prayers and visits. My best Christmas gift was the carolers coming to sing - that was wonderful! It all helps so much. Happy New Year and thank you again.

Avery Woodward

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**THANKYOU**

Thank you carolers, you were so wonderful and everyone enjoyed the sounds of Christmas! The cookies and flowers are greatly appreciated.

Barney & Elnor Campbell

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**ZEPHYR POINT**

Zephyr Point will be hosting a Couples' Weekend on February 5-7. Ken and Mari Harrower will be the leaders at this very special couples retreat. For more information on this event, stop by the office to pickup a brochure or go to [www.zephyrpoint.org](http://www.zephyrpoint.org).

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**PRESBYTERIAN WOMEN  
"WINTER GATHERING"**

Presbyterian Women in the Presbytery of Sacramento invites you to attend the "Winter Gathering" on Saturday, February 14, from 9:30 A.M. to 2:30 P.M. at Celtic Cross Presbyterian Church in Citrus Heights.

The theme will be "Servant Leadership".

For reservations please call Karen Sturdevant at (917)967-3519 or the church office at (916)967-1414 by Wednesday, February 10th. Please give your name(s) and the number for lunch (lunch will be \$7.00 each). Child care is available if noted at the time of making your reservation. Bring a bagged lunch for your child(ren).

**Mission Focus** - this Gathering will be to bring women and children socks and underwear (all sizes) and personal hygiene articles like soap, shampoo, etc.

**CHRISTIAN EDUCATION AT NORTHMINSTER**

**WOMEN'S BIBLE STUDY**

3rd Tuesday of the month at 7:00 PM

Led by The Rev. Jeanie Shaw

Calling all women! This is an incredible study of Joshua and we invite you to join us on this journey of understanding!

**TUESDAY BREAKFAST BIBLE STUDY**

Tuesdays at 7:30 AM

Early Birds take note! Join us at 7:30 in our Library for hot cinnamon rolls and coffee, great fellowship and the joy of beginning the day in God's most holy Word!

**LECTIONARY BIBLE STUDY**

Tuesdays 1:00 PM

Led by The Rev. Jack Raymore

Pastor Jack leads us in understanding the lectionary readings of the week. Great discussions, thoughtful questions, humorous debates and always yummy snacks!

**LYDIA AND REBECCA CIRCLES**

Rebecca Circle meets on the second Tuesday of the month at 11:00 AM.

Lydia Circle meets on the second Thursday of the month at 10:00 AM.

Both groups will be studying the Horizons book "Joshua, A Journey of Faith".

**SUNDAY MORNING BIBLE STUDY**

Sundays 8:45 - 9:30 AM

Led by Judi Raymore

We all couldn't wait 'til Judi retired so we could bask in her amazing classes. This is a sacred way to begin the Sabbath. The class is called "Paths to Prayer".

**N.O.W. (Northminster on Wednesdays) Feb. 24 - March 24**

(The current session Of N.O.W. will end on Feb. 10th.)

5:00 PM - "The Banner of God Is Over Us" for K-6th grade, taught by Peggy Prior  
Youth Praise Band  
Youth Confirmation Class  
Adult Class "Respectable Sin" Part 2, taught by Ellen Cochran

6:00 PM - Dinner  
6:30 PM - Children's Choir (7:00 PM Children's Choir ends & Fun W/ Music Starts)  
Youth group  
Adult Class "Christian Parenting", taught by Judi Raymore  
Adult Class "Genesis of Christianity", taught by Jim Jordan & Barry Stanhope



## **SETTING THE TREND**

Have you ever been in a situation where you should do something that others may think is totally nerdy or just not cool? Well, this is a story about just that.

A few years ago, my mom worked with children in the Autism class at Arcade Middle School where I was then in the 8<sup>th</sup> grade. For this reason I got to know the children with Autism very well and went to do many activities with them throughout the school year. At times, I would even try to socialize with them at lunch and sit with them in the lunch room. At first, most of the kids at school thought I was out of my mind and not being very cool, but as I continued to do this, at the end of the school year the Autism class was overflowing with kids that wanted to help. Kids would say hello to them in the hallways instead of making fun of them or just ignoring them.

You see, sometimes you just have to take the bold step forward to do what's right and not worry about whether other kids will think it is cool or not. Be the trendsetter that makes it a "cool" thing to help others less fortunate than yourself. You might even be rewarded for your efforts like I was at the graduation ceremonies. The teacher of the Autism class gave me an award for showing leadership and compassion in helping the kids in the class learn social skills. As I came back to my seat after receiving the award, a boy next to me said "That was so cool"!

By Jacob Smith

## **VERY IMPORTANT DATES**

February 3, 10, 24 - N.O.W. Youth Group 6:30-7:30 PM

February 7 - Mission Trip Valentine Lunch Fundraiser after Church

February 15 - Youth Group Ski Trip to Soda Springs

March 6 - Mission Trip Garage Sale Fundraiser

March 7 - Mission Trip Car Wash Fundraiser

March - No Talent Show (more info to come)

Spring Break March 26 - April 2 - Magical Mystery Tour Mission Trip!