

# NORTHMINSTER



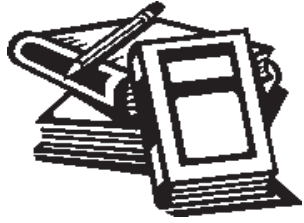
# NEWS

2009

UPCOMING EVENTS: Souper Seniors, Wed. June 3  
Graduates' Bruncheon, June 7  
Vacation Bible School, June 8 - 12  
VBS Sunday, June 14  
Mello Milers Troll Knoll Trip, June 9  
Music Camp, July 6 - 10  
Musical Sunday, July 12

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## Scholarships available for Northminster Students

Students who have participated in educational programs, youth activities or the music program at Northminster can request Curt Smith Scholarships. The \$500 scholarships are for recent high school graduates entering college or students who have received scholarships in the past and are continuing their studies. To be eligible, you must be registered for 12 or more units of credit at a college or university for the fall term.

To obtain a scholarship grant, **send a letter to the Northminster Foundation at the church.** Tell them the name of the institution you will attend, how many units you are registered for and how you have participated in the life and ministry of Northminster. Entering students must be younger than 24 years of age.

If you have previously received a Curt Smith Scholarship, you are eligible for a new \$500 grant. Just tell us the name of the school you will be attending this fall and the number hours you are registered for. We would also appreciate knowing how previous Curt Smith Scholarships have helped you.

Thanks to all the thoughts, cards, calls and prayers of the people of Northminster. I am now well enough to be dismissed from the hospice program. One of the greatest joys I have is being able to again share in worship with the loving, caring Northminster family.

Bob Smith

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“I was overwhelmed by the get-well cards, phone calls and visits received from many of you, while recuperating after surgery. Being in your thoughts and prayers meant a lot to me. I feel blessed being a part of a wonderful Church family!”

Nellie Lasiter

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### “PASSING ON THE GIFT”

Thanks to your generous gifts, \$508 was raised at the Heifer International luncheon May 17th. Northminster will be able to “pass on the gift” of a heifer to a family in need some place in the world. A big thank you to all.

The Hunger Committee

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Dear Friends –

When I am creaky and weary, all I have to do is look at my basket overflowing with thoughtful, cute and blessed cards. I have received so many, and also many phone calls, to bolster my spirit and remind me that God’s people are good. Bless all of you for helping in my recovery. I especially want to thank Barbara Chance for her visits and advice. On one trip to the hospital, she brought a Nimble Thimble quilt – such a delight!

In Christ’s name,  
Jean Evans

## NURSE'S NOTES FROM THE PARISH NURSE

### June is National Awareness Month for Scleroderma, Scoliosis & Myasthenia Gravis, as well as Vision Research Month.

At least 5 members of our church family have or had 1 or another of these conditions in the last 10 years, so it's appropriate that we be "aware" of them.

They all have web sites for more information.

*Scleroderma* means "hardening of the skin". It is characterized by diffuse fibrosis of the skin & internal organs. Although uncommon, it is distributed world wide & affects women more than men by 3:1. Onset usually occurs between ages 30-50. It is considered to be autoimmune (along with 17 other diseases). Affected tissues include skin, blood vessels, lungs, kidneys & other organs. Initial signs usually include thickening of the skin, followed by areas of swelling then shrinkage with the skin becoming taut, shiny & increasingly pigmented. Skin tightness may limit mobility, particularly of face & hands. Internal organ involvement may result in difficulty swallowing, shortness of breath on exertion, & disorders of the heart; gastro intestinal & kidney problems may develop. The disease is usually progressive but many patients have a normal life span. Treatment with med. is based on signs & symptoms (S/S). Physical Therapy is an important part of management, & skin moistures are necessary to maintain function as elasticity cannot be regained once lost.

*Myasthenia Gravis* is also an autoimmune disease. At least 2 members of our church family have had MG. It is a chronic, neuromuscular disease with fatigue & severe weakness of skeletal muscles characterized by periods of remission & exacerbation. Mild forms of the disorder exist. Weakness may remain limited to a few muscle groups, especially ocular muscles, or may become generalized with all muscles becoming weak, limiting vital functions & shortening life span.

*Scoliosis* is a lateral curvature of the spine, usually diagnosed in adolescence with girls affected more than boys 8:1. As the curvature of the spinal column develops the muscles & ligaments shorten on the concave side of the curve and deformities of the vertebral column & ribs develop causing one-sided compression of the vertebral bodies. If it is the lumbar spine which first curves in one direction the individual tends to make a compensating shift in the thoracic spine to keep themselves erect. In severe cases pain may be caused by pressure on the ribs or the crest of the hip bone. Shortness of breath may result from decreased chest expansion and gastro-intestinal disturbances due to crowding of the abdominal organs. At least 2 of our church family women have this.

*Vision Research Month* – At least 2 of the men of the church have had a treatment for macular degeneration which has dramatically improved their vision. The treatment involves intra-vitreous injection of bevacizumab (trade name Avastin). The drug is used to inhibit the growth of blood vessels where their development causes problems. Not infrequently when a drug is approved for use in one condition it proves to be helpful in other conditions, as it has in this case. The FDA term is "off label" usage. Once the drug has proven its value in the new area it is given FDA approval for that use as well.

"Bear one another's burdens, and so fulfil the law of Christ." Galatians 6:2'



June 8 to 12

### ADULT VACATION BIBLE SCHOOL

It's not just for children! There are opportunities for adults, also - you may attend either or both groups.

### PARENTING CLASS

5:30 TO 6:20 PM

"Growing Connected Families"

All are welcome - parents, grandparents, anyone who's interested.

### DINNER

6:20 PM (Free!)

### OLD TESTAMENT HEROES BIBLE STUDY

7:00 to 8:00 PM

"Noah, Moses, Daniel and Jonah"

Study the same people the children are learning about!

Both classes will be taught by Judi Raymore.



**WED. JUNE 3, SOUPER SENIORS  
PRESENT OUR BI-ANNUAL  
SERENDIPITY TALENT EVENT**

You won't want to miss this talent extravaganza. You'll enjoy the return of the song stylings of *Carole Stewart*; *Joe Chez* will thrill us with his prestidigitatory wizardry, Golden-Voiced *Michael Reynolds* will introduce us to *Lydia, the Tatooned Lady*, in addition to *Edward Gibson, Barbara Chance, Bob Balkow, Charlie Duncan* and many more surprises.

Soup is served about noon with salad and/or dessert in our Social Hall. Rent a bus and gather up the whole neighborhood. Everyone is welcome at

**SOUPER SENIORS,  
WED, JUNE 3<sup>rd</sup>**

**IF THERE IS AN EMERGENCY,  
WHO DO WE CALL???**

The Membership Committee is asking your help by providing the Church Office with an updated Emergency Contact Information Form.

A blank Emergency Contact Information Form will be an insert in the July Newsletter.

Please fill out the form with the necessary information and return the form to Darlene at the Church Office by July 31<sup>st</sup>.

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**NEWSLETTER BY EMAIL**

Just in case you missed the newsletter with sign-ups to get your newsletter by email, here is is again! If you are interested in receiving your newsletter by email the process is simple. Just email Debbie at the Church office and let her know. The office email address is: [mailnorthminster@yahoo.com](mailto:mailnorthminster@yahoo.com)



## MELLO MILERS

**Mello - Milers will be taking a one-day trip to Troll Knoll in June. The area is about 20 acres of natural gardens in Penn Valley. There have been "write-ups" in the Sacramento Bee talking about the unusual gardens. We will be leaving on June 9 at 8:00 AM from the Church parking lot. If you are interested in joining us, please contact Marge Brownell at 489-3071.**



Jean Arendt	June 1
Kathy Cooper	June 1
Lynne Cunningham	June 1
Medora Allen	June 3
Steve Brown	June 6
Ron Taylor	June 8
Linda Wolfe	June 8
Heidi Van Regenmorter	June 9
Julie Marr	June 10
Bert Seymour	June 12
Clair Allen	June 15
Jacob Smith	June 16
Jeff Smith	June 19
Ann Root	June 21
Joe Brown	June 22
Abi Landon	June 23
Madelon Walker	June 27
Opal Collins	June 20

## *Words from Pastor Jack*

Dear Northminster family,

There is something wonderful about small groups of people meeting together. One of the things I have seen disappear from our culture in America is the family meal. During my childhood, although I didn't always appreciate it at the time, the Raymores gathered together for a family dinner as a rule, and the exceptions to that rule were few. This is mostly because my mother demanded the family be together at that time, gently, but firmly. In retrospect, I am glad she did. Later in high school and in college because lecture classes tended to be large and, therefore, unwieldy for conversation and personal reflection, we often broke into smaller groups in order to handle the lecture presentations.

All this is meant to identify how strongly I feel about small groups as an effective way for communication and education to take place in a church of 250 members. Yes, that is how large we are and how important it is that we meet in smaller groups periodically. Therefore, Darlene Edwards and others on the staff are joining with me to divide our Church family into small groups for conversation, communication and education this fall. Many of you will remember this is the third time I organized this effort. I did it when I first came in order to get to know you and for you to get to know me and then I did it again as part of my personal contribution to that year's stewardship effort. There are numerous needs for us to get together in small groups this fall. The general umbrella would be stewardship in its broadest interpretation and there are some specifics that have to do with that umbrella.

It is very unlikely that Northminster Presbyterian Church can continue in its current budgeting pattern. Many resources available to us this year to help balance our budget between income and expenditures will not be available in 2010. People tell me I have not done enough to speak about this reality. Well, here it is. **THE BRIDGE IS OUT UP AHEAD AND WE CANNOT CONTINUE IN OUR PRESENT PATTERENS.** Our Church has enjoyed a great deal of momentum with wonderful programming for our spiritual growth and those of members of our community and increased outreach to members and community in various forms. The result is increase in all of the ways a church might measure itself. There are more programs, greater attendance at those programs and also at our various worship experiences and marvelous financial support by our congregation for all of this. A part of that momentum has involved our Visioning

Committee talking about our facilities and how they support or challenge the various Church programs. There are numerous things we are unable to do effectively because of the limitations in our facilities. It is, for instance, very difficult to serve a meal cooked in our kitchen for the kind of numbers who are supporting our programming. The Visioning Committee is looking at that, and other facility questions, as well as the whole future of our church. There is much for us to talk about in the small groups being planned for the fall, and this will probably be the most effective way for that talk to take place. You will be hearing from Darlene about the chance to host one of these gatherings, either at your home or here on our Church campus. You will also hear about the chance to participate in them. If you are interested in hosting, please let Darlene know at the Church office on 487-5192 or at her home on 575-9397. In order for our groups to stay small and effective, we will need quite a few hosts. I hope you will be moved by the spirit to respond to this opportunity.

This letter is getting long, so I will close it now. I want you to know I am praying for and looking forward to the small groups that will be gathering. The last note I want to hit about these groups is this: These groups will be an opportunity for you to give good feedback and your perspective on your Church to me and to the rest of the Church leaders. In the end, your feedback joins our ability to discover what Jesus Christ wants us to be and do at this time and place as the most important goals of our present and future. Please come to the small group meeting and come ready to be heard and to hear. As always, let me tell you what a joy it is to be your partner in ministry at Northminster Presbyterian Church.

Yours in Christ,

*Jack*