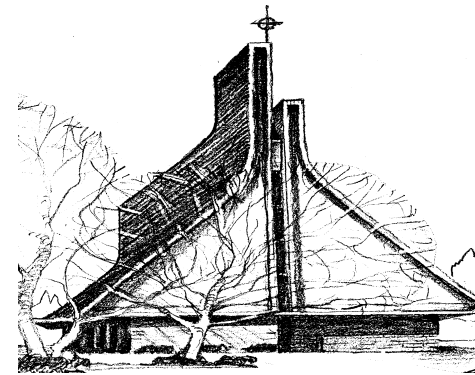


NORTHMINSTER NEWS

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Northminster Presbyterian Church
3235 Pope Ave.
Sacramento, CA 95821
(916) 487-5192

E-mail: mailnorthminster@yahoo.com

Web Site: northminsteronline.org

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



**St. Patrick's Day
NO TALENT SHOW
Wednesday, March 17th
5:00 Dinner & Show**

Join us for our annual No Talent Show, an evening of extraordinary talent and, well, talent in the making. Our Talent Scout is already bragging, in good Irish Fashion, about our acts.....Vera Refnes, Jesse Smith, Charlie Duncan, Ken Collins, the Tagues and the Youth Praise Band, to name drop a few....

The dinner of corned beef and cabbage, or a vegetarian option, and the show is \$10.00. The show will benefit our Youth Mission trip that leaves the following week!

All those with talent, and those who don't, are invited to call our Talent Scout, Debbie Smith, at 487-5192!

Northminster Presbyterian Church
3235 Pope Avenue
Sacramento, CA 95821

Office Hours 9:30 am – 4:00 pm Mon – Fri
Phone (916) 487-5192
Fax (916) 487-8259
EmailAddress = mailnorthminster@yahoo.com

NURSE’S NOTES FROM THE PARISH NURSE

IT’S ONLY A LITTLE BIT! IS THAT TOO MUCH TO ASK?

March is National Nutrition Month.

“Moderation in all things” is an old saying. We now live in an age of excess. We have gotten use to being able to overindulge. We have hot dog & watermelon eating contests & double-double hamburgers. Many things that were occasional special treats in the past are taken for granted today as necessities.

“Going on a diet” means doing things differently. But change is always difficult, even when it’s change for the better. Modification may be a bit easier. We could each improve our health by making even slight modifications in the way we do things. And if we recognized the connection between making those modifications & feeling better, we might be motivated to keep on or even increase doing those things.

We are inundated with information in the media about how to take good care of ourselves & about good nutrition. There are “hearers of the word” who “just do it”, & there are “hearers only”, & then there are those who have already stopped reading this article because they don’t even want to hear it.

Genesis 1:11 – God said, “Let the land burst forth with every sort of grass and seed bearing plant. And let there be trees that grow seed-bearing fruit.”

Genesis 1:29 – And God said, “I have given you the seed-bearing plants throughout the earth and all the fruit trees for your food.”

The closer we can stay to food in its natural state the more we will benefit. That is the way we were designed. Juice is a good thing, but there are many things it is not.

Some people don’t want to hear about the need to exercise. (Here’s a secret – good posture is the best from of exercise) During the 1940s the mantra in gym class was, “Head up, chin in, chest up, shoulders back, tummy in, tail tucked under”. As we get older we tend to give in to the pull of gravity in each of these areas. That affects our spirits, too. The more we let our body sag the more our spirits sag. “Chin up” used to be frequent advice for someone who was feeling “down”. “Rainy days & Mondays” & cloudy winter days seem to have a negative effect on many people’s moods; so much so that it has been given a name, “SAD – Seasonal Affective Disorder”. They have even invented floor lamps that simulate sunlight. (Not the same as “sun lamps”).

Wearing bright colors in the winter can sometimes help, too. That can be especially important out-of-doors as it makes a person easier for drivers to see in cloudy or rainy weather, especially at dawn or dusk.

(Now, if I could just make myself do all that I wouldn’t have to post this on my bathroom mirror & recite it every morning.)

March 3 there is to be a Wellness Fair at Eskaton Village, 3939 Walnut, Carmichael 12:30-2:30.

SOUPER SENIORS MOVES TO THE 2ND WED., MARCH 10, NOT THE FIRST, NO SOUP, DESSERT ONLY!

You’ll have to wait a week for the next gathering of our SOUPer SENIORS and remember to come at 1PM instead of noon. Better have a little bite of something, too, because this one time only, we’ll offer no soup, just dessert.

We’re doing this to accommodate the tight schedule of our special speaker, Sea Captain Carl Smith, #1 son of our own Bob and Marion Smith. Carl is in command of a new oil drilling ship (you may have them called “oil rigs”). He recently brought the massive vessel to the Gulf of Mexico from Singapore by way of Mauritius, an island off the east coast of Africa and Trinidad. The ship is designed to work in deep water (8,000 ft) with a work force of 160. His story should relight all our childhood dreams of life on the bounding main.

Carl is a graduate of the Coast Guard Academy, retired as a USCG Commander and has been working in the off-shore oil industry for the last 15 years.

So, gather up friends and neighbors for this truly different kind of SOUPer SENIORS get-together with all the usual attractions – except the soup.

But remember, March 10th, the second Wed. of the month, not the first one, at 1 PM.

College Group News

On Friday, March 26th, our College Group will be attending a conference at Sac State on Human Trafficking, entitled Hidden In Plain Sight. The conference will focus on human slavery as it exists today and working to create models to eradicate this sinful practice.

Pastor Jeanie attended a briefing last week on Human Trafficking sponsored by Congressman Dan Lungren, Sheriff McGinnis and the Ambassador from Mexico and learned that Sacramento is one of the top five cities in our nation for human trafficking.

The Collegians will be sponsored by our Mission Committee. Norm Root and Kay Muther will be attending as Adult Mentors.

THE RISING FUND

Some years ago, at the suggestion of Bob Smith and the Visioning Committee, the Session created a new giving opportunity dubbed the **Northminster Rising Fund** aimed at amassing the financial resources needed to provide new staff to help Northminster "Rise Again". The effort was very successful in that enough money was accumulated over several years to hire Pastor Jeanie Shaw part-time in 2006, and finally full time in 2007. The rest is history. With a full time Director of Evangelism and Family Ministries, we now have an active and growing youth ministry in our midst and a growing number of new members who are bringing new dimensions and energy to our congregational life.

Each year since we hired Pastor Jeanie full time, we have used all funds received from the Rising Fund to help defray the cost of her salary, benefits and expenses. Since 2008 we have shown the income from the Rising Fund and the related payroll and other expenses for our Director of Evangelism and Family Ministries in our annual operating budget because they are part of the true cost of our ongoing operations. In a letter dated October 26, 2009, the Stewardship & Evangelism elders asked our congregation "to prayerfully consider giving [in addition to the General Fund] to the **Northminster Rising Fund** – which we will again use to augment our regular operating budget by funding our Director of Evangelism and Family Ministries (The Rev. Jeanie Shaw) and many of the new growth-oriented transformational activities into which she is leading us."

The 2010 operating budget approved by the Session on December 15th included planned income from the Rising Fund of \$49,928, which is a portion of the budgeted cost of our Director of Evangelism and Family Ministries. As we are growing so fast now, the Session will re-evaluate the Rising Fund and its use each year.

PER CAPITA

Per Capita funding is how Presbyterians mutually share the costs of operating the governing bodies at the local (i.e., presbytery), regional (i.e., synod), and national (i.e., general assembly) levels. *Per Capita* funding is a fundamental way in which all of the nearly 11,000 congregations and governing bodies of the Presbyterian Church (U.S.A.) are connected and participate in the work of the wider church.

The Westminster Confession says, "all believers are, therefore, under obligation to sustain the ordinances of the Christian religion where they are already established, and to contribute by their prayers, gifts, and personal efforts to the extension of the Kingdom of God throughout the whole earth" (6.058).

For 2010, the *per capita* cost is \$22.00 for the Sacramento Presbytery. Thus, each congregation in the presbytery is expected to pay to the presbytery \$22.00 for each member of their congregation. Thus, for a family of four, Northminster would pay \$22 if only one parent is a member, \$44 if both parents but neither child is a member, or \$88 if both parents and both children are members.

In order to help balance our 2010 budget your Session agreed to ask each member of our congregation to pay his/her part of our *per capita* obligation.

N.O.W. Northminster On Wednesdays! March 3, 10, and 24

5:00 to 6:00

CHILDREN'S CHOIR Directed by Florida Stringer

Children are invited to join us for our March series
and will be singing on Easter!

YOUTH PRAISE TEAM Directed by Sandy Tague

Rock out in Praise with this wonderful team!

CONFIRMATION CLASS Pastors Jack and Jeanie
Learn about what it means to follow God in your life!

ADULT CLASS
Extraordinary Video Study

6:00 to 6:45 DINNER IN THE SOCIAL HALL!

6:45 to 7:45
YOUTH GROUP Get psyched about our Mission trips!

HIS BANNER OVER US IS LOVE Taught by Peggy Prior
All children are invited to join this class creating beautiful
Lenten Banners.

ADULT CLASS Genesis Of Christianity Video
This class will be focusing on the Axial Age of human
awareness toward religion.

NORTHMINSTER YOUTH GROUP MISSION, CAMPS AND TRIPS 2010

SPRING MISSION MYSTERY TRIP March 26 to April 2

Journey with God into the unknown. Here are four clues:

We will be serving Presbyterian Mission,

We will be driving to our destination

We will not be leaving the United States.

It will be the best trip of your life!

CONFIRMATION BARBECUE, DANCE AND SERVICE

4:00 Sunday, May 23

COUNSELOR TRAINING FOR VBS

Wednesday, June 2, 9, 16 and Sunday, June 13

VACATION BIBLE SCHOOL June 14 to 18

YOUTH GROUP KICK-OFF TRIP Saturday, June 19

This trip is the kick-off of our new year. Our destination will be announced in June.

MISSION TRIP Northern California VBS June 27 to July 3

We will be leading a VBS trip for under-served churches in Northern California. You must have participated as a Counselor in our VBS to go on this trip.

MUSIC CAMP July 5 to 9

WESTMINSTER WOODS SUMMER CAMP July 11 to 17

The Presbyterian Church is blessed with an amazing Camp and Conference Center in the heart of the redwoods near the Pacific Ocean. The camp will be a highlight, not only of the summer, but of your life.

TRIENNIUM (Taylor, Joe, Jesse, Jacob and Jon)

July 20 to 24

COWBOY CAMP July 23, 24 and 25 TENTATIVE

BACKPACK TRIP August 8 to 14

MISSION NEWS

LOCAL MISSION Homelessness, Dyer Kelly & Brown Bag

This month our Mission Committee will be collecting Granola Bars for our neighborhood school, Dyer Kelly! There will be a basket in the back of our Narthex to receive your donations!

Our monthly Brown Bag Food Program will be collecting canned food for our food program on Wednesday March 10th. We would love your help. Volunteers can contact Liz Moese at 489-7982.

And, Northminster will be joining other congregations in Sacramento in raising \$400.00 to be matched by \$1.6 million in Federal Stimulus funds. The program is titled "1 Day to Prevent Homelessness", and 100% of the monies donated will be utilized by homeless persons in the Sacramento region administered by The Sacramento Regional Foundation. One-time donations may be made to Northminster Presbyterian Church with a check notation of "1 Day To End Homelessness".

NATIONAL MISSION Mission Trip to Texas City

Join us April 25 to May 1 as we make a difference! Our adult team will be re-building houses destroyed by Hurricane Gustav and Ivan on the Gulf Coast as partners with Presbyterian Disaster Assistance. The trip will cost approximately \$600.00 per person. For details, please contact Liz Moese (489-7982) or Beth DePuy (331-5810). We need all skill levels of workers! Join us! We would love to have you!

WORLD MISSION Trubeck Trio Benefit for Haiti

On Saturday, April 10th, at 7:00 PM our Mission Committee will be sponsoring a Benefit Concert for the Presbyterian Disaster Assistance for Haiti. The concert will feature the Trubeck Trio, an extremely talented group of musicians for Northern California. The Quartet features first violinist, 14 year old prodigy, Ray Anthony; 13 year old Cellist Rachael Baek, and 15 year old Violist Camillie Getz and 15 year old Violinist Nicole Hwang. The Musicians are donating their time to help the people of Haiti. Tickets will be \$20.00



Look Who's Having
a Birthday!

Jack Ferris	March 4
Jeremy Saraos	March 8
Ruth Bell	March 10
Carol Welker	March 12
Bob Balkow	March 14
Merlyn Van Regenmorter	March 14
Sarah McGrew	March 15
Barbara Monge	March 15
Dick Pyers	March 15
Winta Solomon	March 18
Alice Felker	March 19
Alice Pyers	March 19
Wendy Banks	March 23
Clair Yagel	March 25
Kerry Banks	March 26
Arlyn Uslan	March 27
Betty VanDerKamp	March 28
Rory McGinnis	March 30

CROP WALK

In 2009, 25 organizations raised \$25,444.77. Northminster placed in the top 10 three times. We were the 6th largest contributor, raising \$1,865. We had the 6th largest number of walkers. Tyanne Keeton was the 5th highest individual money raiser to the walk. This year the walk will be on October 10, 2010. The routes have changed now and it will be almost 5K or the executive walk around the park. Money raised goes to feed hungry people; 25% stays local. Remember to mark your calendars for 10/10/10!

Tyanne Keeton

TO ALL TRAVELERS, ARMCHAIR & OTHERWISE:

Did you miss us in January?
Come visit the lands we saw on our 21 day cruise of the Mediterranean. Our digital slide show includes the Pyramids, Ephesus, Casablanca, Malta, Madeira, The Canary Islands and Spain.

We will have a "hymn sing" prior to the showing for those who enjoy it.

SINGING	6:30p
SHOW	7:00p
REFRESHMENTS	7:30p
DATE	Friday, March 26
PLACE	Northminster Church Chapel

Bert & Nancy Seymour

LENTEN THANKS

What a wonderful tradition Northminster has to welcome in the Lenten Season! The Mardi Gras service with our very own Dixie Minsters, was a perfect lead-in to Our Mardi Gras Luncheon. I would like to thank those people who contributed to that special time. Charmaine Ward was at the piano playing New Orleans jazz. Opal Collins and Alice Pyers made the redbeans and rice and Sheree Banez and Dean Masias served it. Beth DePuy was responsible for the corn bread muffins made by: The Muthers, Carol Link, Barbara Chance, Mary Balkow, Larry & Carol Mustain and Beth DePuy. Also, thanks to Peggy Prior for the red velvet cake baked by: Tylar Binning, Vanessa Evans, The Landon Family, Taylor Tague, Stephanie Saunders and Peggy Prior and was cut by Sharon Underhill. Our clean-up committee was led by Lynda Languasco. Other special helpers were my daughter and granddaughter, Dana and Courtney Pomeroy. Blessings from Sue Ann Lehmkuhl to my family and to all of you who chose to start your Lenten Journey at NPC!

Sue Ann Lehmkuhl

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) March 3, 10, 24

5:00 PM - Children's Choir, taught by Florida Stringer
Youth Praise Team
Youth Confirmation Class
Adult Class

6:00 PM - Dinner
6:45 PM - "The Banner of God Is Over Us" for K-6th grade, taught by Peggy Prior
Youth group
Adult Class "Genesis of Christianity", taught by Jim Jordan & Barry Stanhope



VERY IMPORTANT DATES

March 3, 10, 24 - N.O.W. Youth Group 6:45-7:45 PM
(We need all parents & youth at the March 3rd youth group!)

March 6 - Mission Trip Garage Sale Fundraiser

March 7 - Mission Trip Car Wash Fundraiser

March 17 - St. Patrick's Day No Talent Show

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

WHAT GIFT WILL YOU BRING?

Get ready, because very soon we will be embarking on our “Magical Mystery Mission Trip!” How exciting it is to think about and wonder where we will be going and what we will be doing. Romans 12:6-8 says: “We have different gifts, according to the grace given us. If a man’s gift is prophesying, let him use it in proportion to his faith. If it is serving, let him serve; if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully.” One of the most exciting things I’ve witnessed on a mission trip is all the different gifts and talents each youth brings to the table. Each and every youth has their own unique gift they bring and use on the mission trip. With the mission trip fast approaching, we should all start to think about how we can serve God best on this trip and what gift we will bring faithfully, generously, diligently, mercifully and cheerfully.

Debbie Smith, High School Sunday School Teacher

WESTMINSTER WOODS

July 11 to July 17

Imagine Summer Camp..... The joy-filled shouts of 4th through 6th graders cheering Robin Hood in Sherwood Forest, the gnarly adventures on the ropes course for our Junior High Students in Buccaneer Camp, the tender relationship between counselors and our youngest 2nd through 4th grade campers as they share the wonder of Adventure Camp and, of course, the wild, rowdy, soul piercing energy of High School Camp. Westminster Woods is a true gift of our Presbyterian Church!

Every summer our children and youth come back from a week at the Woods with a deeper understanding of God’s great love and memories from a week of pure summer adventure.

We have a goal for every child of Northminster to attend camp. Cost is \$550.00 this summer: Our Camp Ministries will pay one third of the cost, fundraisers (recycling & Raley’s cards) will pay an additional third and we ask families to pay the last third! And, if you need additional help, please talk to Pastor Jeanie. We want EVERY child of our congregation to have this lifetime memory.

INVEST IN A CHILD GOING TO CAMP

Northminster has a long generous history in investing in our children and youth. Members and friends who would like to sponsor a child to Summer Camp or Triennium, we invite you to make a \$170.00 contribution and you will enable one of the Northminster youth to have a lifetime memory!