



MARCH

NORTHMINSTER

NEWS 2009

Follow in the Foot Steps of Lewis and Clark, by Car

Norman and Ann Root did just that. They spent 10 weeks trekking along both sides of the Missouri and Columbia Rivers, from St. Louis to Astoria and back during 2006, the 200th anniversary year of the Expedition's home coming.

Norman will present a slide show and souvenirs displaying this exciting adventure at The Men's Club on March 17, starting around 7:00p.m. Everyone is invited. So come join in with the Corps of Discovery while Norman re-lives the momentous expedition.

Ready to do Some Spring Cleaning?

We would like to collect 2 items that are constantly needed by Loaves & Fishes. They are coffee mugs and large size bath towels that are still in usable condition. We will have tables set up on Sunday, March 8th and March 15th, before and after Church.

The Evans Family

n.o.w.

Northminster On Wednesdays **5 Wednesdays during Lent**

N.O.W. will begin on Wednesday, March 4th and continue through April 4th. There will be 2 sessions of classes for you to choose from: 5:00 to 6:00, then break for community dinner and a second session of classes from 6:30 to 7:30. Participants are welcome to sign up for one session or both! We are asking that you be willing to try to make a commitment for the 5 weeks and we encourage you to register for your classes in the Church office or at the N.O.W. table on Sunday morning.

5:00 to 6:00 N.O.W. I

Adult Class: **Beginnings** Judi Raymore
For those of you who have clamored for a class taught by Judi, here it is!
This class is an introductory class to the Bible, for those with little or no Bible experience as well as those who want a broad overview of God's Word including: structure and content of the Bible, how the Bible was recorded, the Basic history underlying the Biblical events, the major themes of the Bible and materials for personal study of the Bible.

Children's Choir Sandy Tague
Great fun, lots of smiles and the lovely goal of singing on Palm Sunday! And, did we mention that these 5 weeks would be really, really fun?

6:00 to 6:30 Dinner in Fellowship Hall (donations accepted)

6:30 to 7:30 N. O. W. II

Youth Group Debbie Smith and Pastor Jeanie
Wild games, great friends, and drama! Join us!

Adult Class: **The Messiah** Judi Raymore
This class will investigate the Biblical texts that Handel chose for his masterpiece, as well as reflect on how the music elaborates on those passages.

Adult Class: **Fireside Chat** Pastor Jack Raymore
This class is wide open. Picture sitting around the fireplace in the library, talking about any issue of the day, and having our Pastor weave us into a life of faith. Any and all questions of faith, politics, science, our world and, of course, sports are in order. Hold onto your hat....this will be a great class!

SOUPER SENIOR PRESENTS
AUTHOR
MARILYN REYNOLDS on

The Writing Life!

Wednesday, March 4

12:00

Marilyn Reynolds is a parent, teacher, speaker and author and had no idea about being a writer until she was in her late twenties and then it took her another twenty years to begin to submit her writing for publication. Since then she has written numerous articles as well as ten books on very difficult teen issues including pregnancy, rape, racism, abortion, school failure, lack of family support, sexual identity crises, sexual abstinence, and mixed race Heritage.

Marilyn has become a national speaker on censorship and intellectual freedom since one of her books was put on the banned book list.

Currently she is working on a book entitled, "Over 70 and I Don't Mean Miles Per Hour."

Marilyn is married to our Choir Director Michael Reynolds and is the grandmother of five grandchildren!

JOIN US FOR SOUP, SALAD, GREAT COMPANY AND A PHENOMENAL SPEAKER!

STEWARDSHIP & EVANGELISM

This article is intended to answer your questions about our **Northminster Rising Fund**. If it doesn't, please contact Steve Brown or Dave Yagel.

Our Northminster Rising Fund is somewhat like the building funds that some churches use to augment their regular operating budgets when they are building new facilities. Your Visioning Committee, some years ago, suggested creating the Rising Fund to augment our regular operating budget by explicitly supporting the extra costs of our new church growth and transformation activities.

Last year, your Session decided to change our Director of Evangelism and Family Ministries position from part-time to full-time and to ask you to make a two-year commitment in addition to your regular pledge to support the cost during 2008 and 2009 of making the position full-time. It was expected that the growth during 2008 and 2009 in our congregation and regular pledging that supports our annual budget would be sufficient to cover the additional staffing costs in 2010 and beyond.

2009 will be the second year we see the benefits of having a full-time Director of Evangelism and Family Ministries. Your Visioning Committee recently highlighted many of those benefits.

Unfortunately, some of the 62 Rising Fund pledges we received last year were unclear as to whether they were for both years. If you are again pledging to the Rising Fund in 2009 but did not clearly say so on your regular pledge card this year, please submit a separate pledge card for the Rising Fund.

For those who did not pledge to the Rising Fund in 2008, please consider doing so for 2009. As a previous newsletter article explained, several significant income sources in our 2008 budget are not available for 2009. So, if you haven't done so already and feel called by the Holy Spirit to do so, please make a separate pledge to the Rising Fund.

You can pledge to the Rising Fund by writing "2009 Rising Fund" on a regular pledge card (which is available in the Narthex and the church office). Please help your Session plan and budget our activities and programs for next year by submitting your Rising Fund pledge card as soon as possible.

Thank you for supporting Northminster through your time, talents and treasure.

Dave Yagel

Chair, Stewardship & Evangelism

Words from Pastor Jack

Well, the attendance for last Sunday's Mardi Gras celebration, in preparation for Ash Wednesday, Lent and Easter, was 274 people. From any perspective, that is an amazing amount of people to come to Northminster Presbyterian Church for worship. I am as sure as I can be that it is a record, unmatched, for many years and I am altogether sure that it is the most people I have ever seen in the Sanctuary on Sunday morning. They always say that the best way to measure effective worship can be to measure attendance at that worship. To be sure, it is not a perfect way. For example, a lot fewer than 274 were at worship the Sundays before our Mardi Gras celebration and it is somewhat likely that our attendance will drop from that high perch in the Sundays of Lent and probably even Easter. The truth is, though, that worship at Northminster Presbyterian Church has attracted more and more people in the last few years and is rising gradually and steadily.

It was some years ago that our Visioning Committee, Session and congregation began to establish the "Rising Fund".. The Rising Fund has been with us now for most of four years. When it began, we had no idea how exactly the fund would be used. In recent days, we are absolutely sure how the fund will be used. It will be used to establish and keep the position of Director of Outreach and Family Ministries occupied ably by the Reverend Jeanie Shaw, known to all of us as "Pastor Jeanie".. From the moment this position was established, God has blessed the Rising Fund and the staff position in a multitude of ways. Jeanie has helped us "fish for people" in the ways the scriptures have always challenged us to do. The Mardi Gras Sunday was a perfect example of this. There were among us many guests, a good deal of whom were invited individually by members of our Church family to attend and join with us in worship and celebration. It is absolutely true that the most effective means of evangelism is a personal invitation to attend church and worship the Lord Jesus Christ in spirit and in truth.

Last Sunday the worship was enhanced by many participants. Some members who participated have been such for over 50 years. Others who participated were in the midst of contemplating joining Northminster Presbyterian Church; most of the participants fell somewhere in between these two extremes. The use of drama, special music, color, lights and the reading and proclamation of the Word of God faithfully and effectively marked last Sunday's service. Those same things mark most of our worship and ensure that our worship will be powerful and faithful with a high degree of participation by members of our Church family, both young and mature.

You will be hearing more about the Rising Fund in this newsheet and for the rest of this year. That is because the Rising Fund is so important to our congregational life. If you have not given to the Rising Fund, a gift clearly designated to the Rising Fund will be extremely beneficial in the year 2009. It will help continue to build the momentum and effective worship and work of Northminster Presbyterian Church. I have no doubt that you will be warmed if you offer such a gift.

You will be warmed by your Church's faithfulness and effectiveness in service to God and our community and beyond. The intent of my letter to you is to commend the Rising Fund to your attention and response. Please give the idea of a gift to it some prayer and thought and respond as you feel the spirit would suggest. In any event, let us enjoy the Lenten experience that lies before us fully and completely with all the worship and work that it calls us to do together.

Yours in Christ,

Jack

YOUTH HAPPENINGS

Thanks to all your support, the youth raised \$1,500.00 towards the mission trip to Camp Mattole at the Valentine Luncheon. You can look forward to some more fundraisers this month. March 22nd will be the car wash after Church, there will be a garage sale (the date is still being determined) and don't miss out on the fantastic Dinner and Lenten Drama the youth will be performing on March 27th at 6:00pm.

The youth also enjoyed their winter outing up at Soda Springs on Feb. 16th. Some skied, some snowboarded and a few just enjoyed the great tube run. It was a great day, enjoyed by all!

With a full week out of school during President's week for the youth who are in the San Juan School District, we just had to make sure and involve them in a little community service. The youth arrived in the church parking lot at 7:00am, Feb. 20 and filled up 2 cars that drove them out to Bob and Marion Smith's house where they gladly picked grapefruit and had a great time doing it! We have some outstanding YOUTH here at Northminster with GREAT BIG HEARTS!



**CALLING ALL singers and storytellers,
poets and pundits, musicians and magicians,
gymnasts and jokesters.**

**Whatever your talent (or no talent), whether
pre school or retired, we want you!**

Join us for a dinner to celebrate

Saint Patrick's Day

Friday, March 13

6:00 pm

No Talent Show

\$10.00 dinner (\$20.00 for a family)

For a great Saint Pat's meal!

Sponsored by the CE Committee

COLLEGE NEWS!

We have five Northminster students who are currently studying in college and one student who has just joined the Navy. Here is an update!

Michelle Van Regenmorter is a junior at Azusa Pacific University in Southern California where she is majoring in Math and Physics. She is busy tutoring underclass students and working as a Teachers Assistant for the math department.

Holly Link is majoring in Liberal Arts at American River College and plans to go to San Francisco State next year.

Samantha Davies is a freshman at the University of Great Falls in Montana where she garnered a soccer scholarship as Keeper! Sam is double majoring in Criminal Justice and Paralegal!

Vanessa Evans is a Junior at American River College where she is majoring in Business Administration. Currently she is really enjoying her Women In History Course! Vanessa volunteers in her Mom Leslie's Sunday School class almost every Sunday!

All five of our collegians have benefited from the Curt Smith Scholarship which helps students of Northminster with monies for textbooks! Thank you Bob and Marion Smith!

SERVING IN OUR MILITARY

In our prayers as a Church family we will want to remember the sons and daughters of our Church family serving in the military as well as overseas.

Chaplain Dan Link, son of Carol Link, is currently serving as a Navy Chaplain in Diego Garcia. Chaplain Dan was here on leave during the memorial for Owen Blackburn. Dan and Bill grew up together at Rancho Cordova Church.

Scott Draper left for Basic training in Great Lakes Naval Base last Wednesday. He will be returning home this July to marry his Fiancé, Brittney Cecchitini, who will also be joining the Navy this July.

Jason Kappes, Son of Steve Kappes, is serving in Baghdad. Jason was home for Christmas and Steve introduced him during our Christmas Eve service!

Kili Lyle, Granddaughter of Pat Smith, is serving in Washington State and will be mustering out in a few days to pursue a nursing degree when she completes her service to the Army.

Emily Hernandez, daughter of Barry Philbain, recently gave birth to her first child, daughter Magdalina and will be moving to Georgia to join her husband Zeke who is still serving in Iraq.

Nick Trimble, who like his Grandfather, Fred, is serving in the United States Air Force in North Dakota at the Grand Forks Air Force Base. Specialist Trimble works as an Electronic Mechanic for the cockpit.

Gregory Deger, Grandson of Lillian and Avery Woodward, is currently finishing his military training at Fort Benning, Georgia. Gregory has been serving as a Police Officer in Santa Clara. He will be deployed to Afghanistan when he finishes his training.

Jonathan Lawson, Grandson of Lynda Languasco, has joined the Army and will leave for his Basic Training this March.

Keep these precious ones in your prayers.

NURSE'S NOTES FROM THE PARISH NURSE

Are You 18 Years of Age or Older?

If so, you should have an Advance Directive (AD). When admitted to a hospital the facility is required to ask if you have an AD. If so, it should be attached to the chart that will be created for your admission. Even though you may have one already on file with the hospital, it is wise to take a copy with you to be added to the papers when you are admitted. (**NOTE** - A hospital admission may be elective or result from an emergency!)

If you have an AD it is a good idea to have copies in many places such as the freezer of your home refrigerator, the glove compartment of the car, with your primary care provider, but most of all with the person you have chosen to be the spokesperson for you if you should become unable to speak for yourself. That person is known as your agent for health care decisions and is someone with whom you have discussed your values and wishes, & who has agreed to advocate on your behalf to see that your desires are honored as far as possible. An alternate agent is important if the primary agent is unavailable.

To avoid confusion & conflict, persons who will be directly affected by your decisions if you become unable to speak for yourself might also benefit from having a copy.

If, on the other hand, you do not have an AD, the time of a hospital admission is not the best time to begin the process of creating one. The creation of an AD is a process which is best done with consideration & over time. It is an action too easily postponed and too often done at a time of stress, which may not lead to the best decisions.

Forms and information are available through the church office from the parish nurse.

Macular Degeneration

Adult Macular Degeneration (AMD) is the leading cause of blindness in America. It results from changes to the *macula*, a portion of the retina that is responsible for clear, sharp vision, and is located at the back of the eye.

Most people with macular degeneration have the dry form for which there is no known treatment. The less common wet form may respond to laser procedures, if diagnosed & treated early.

Some common symptoms are a gradual loss of ability to see objects clearly, distorted vision, a gradual loss of color vision & a dark or empty area in the center of vision.

If you experience any of these symptoms, contact your doctor of optometry immediately for a comprehensive examination.

Central vision that is lost to macular degeneration cannot be restored. However, low vision devices such as telescopic & microscopic lenses can be prescribed to make the most out of remaining vision.

Recent research indicates certain vitamins & minerals may help prevent or slow the progression of macular degeneration. Ask your doctor of optometry about these. After age 60, an annual, comprehensive eye examination is important to maintain eye health.

“I lift up my eyes to You, to You whose throne is in heaven”. Psalm 123:1

MARCH BIRTHDAYS!

Jack Ferris	March 4
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
John Vicars	March 16
Winta Solomon	March 18
Alice Felker	March 19
Alice Pyers	March 19
Kimberly Ayers	March 25
Clair Yagel	March 25
Kerry Banks	March 26
Kevin Davies	March 26
Arlyn Uslan	March 27

*Join us for a luncheon honoring
Dorothy Harper
and her years of ministry at the
Rancho Cordova Presbyterian Church
11:30 Sunday, March 8th, 2009,
Northminster Presbyterian Church
3235 Pope Avenue
Sacramento, CA 95821
RSVP Carol Link 722-0410 or
Peggy Prior 967-3281*

The Deacons are here for you. We are working to communicate more effectively with our Church family members. A Deacon will be in touch with you as we become aware of your needs. If you know of someone who is ill or is distressed in anyway and would like to be contacted by a Northminster family member, please let the Church office know.

Thank you for all the cards, calls and especially all the PRAYERS. I know they have helped greatly in my rapid recovery to date.

Jack Ferris

“Lent is a time to take the time to let the power of our faith story take hold of us.” What joy we had in welcoming in our Lenten Season with Mardi Gras Sunday! The Sacramento Banjo Band was a treat during our worship service. Then we were able to meet and greet friends and guests at our New Orleans luncheon that followed. Our many thanks go out to all of those who supplied food , the red beans and rice or jambalaya, the corn bread muffins and the red velvet cake along with a goodly supply of drinks. How

fortunate we at Northminster are to have so many willing hands! May the celebration we had bring to each of you a “time to allow a fresh new taste of God” into our lives.

Sue Ann Lehmkuhl