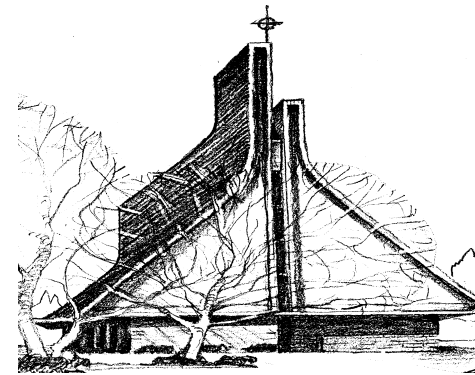


NORTHMINSTER NEWS

VOLUME 57

ISSUE 4

APRIL 2011



Northminster Presbyterian Church

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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

Sunday Worship Service 9:55 AM



At Northminster

April 17th – April 24th, 2011

PALM SUNDAY April 17th 9:55 AM

Children waving palms and singing (joined by our handbell choir) trumpet the joyous pageantry of Jesus' entry into Jerusalem. Come help us celebrate.

MAUNDY THURSDAY April 21st 6:30 PM

Participate in a Seder meal and small group communion service to commemorate and celebrate the Last Supper. Join us in this time of fellowship and reflection. Our chancel and handbell choirs will provide music.

GOOD FRIDAY April 22nd 7:00 PM

In our Good Friday service we remember the sacrifice of Jesus on the cross through candles, darkness and music. We invite you to join us for our deeply moving *Tenebrae* service.



EASTER SUNDAY April 24th

Early Son-Rise Service 7:00 AM

Hear our youth praise band at this very inspirational service.

Traditional Service 9:55 AM

Come help us celebrate this glorious Resurrection Day with our orchestra and chancel and handbell choirs leading us in joyous, inspirational praise and traditional music.

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Message from Pastor Jack

Dear Northminster Church family,

One of the opportunities, indeed, one of the honors of being a pastor, is the celebration of worship that constitutes a Memorial Service offered to God as one of God's chosen children claims the reward offered graciously and freely to all and received through faith. People who live their lives as disciples of Jesus Christ, are people of the resurrection. In the short time since the year 2011 has begun, Jim Moese, Howard Varnum, Ken Hassebrock and Dick Pyers have died and claimed the inheritance that is eternal life. As I watched all of the ways God touched each family and our Church family during these grief days, I marvel at God's power to offer comfort, support and even encouragement to all people who turn to God in those precious and powerful moments of grief and loss. I wonder, often, how people who are trying to work their way through this existence of ours with all of its challenges and occasions for death, grief and loss, manage without faith to sustain them. I don't mean that in any judgmental way but I do rejoice that in Christ there is help for all of life's circumstances, especially the death of a loved one or for that matter, any death. God is good, especially in those moments.

All of this helpful faith begins with God's initiative in offering us, by grace, a gift we could never earn or purchase. It is the gift of salvation and eternal life. These precious gifts are not cheap by any means, for they involve the death of Jesus the Christ and that death was powerfully expensive. On the other hand, Christ's gift to us in death and God's gift to us in resurrecting Jesus from the dead, is a free gift from our point of view and, like all gifts, our only response can be to accept it, believe it and live it completely. In the next few weeks as we continue our journey through Lent to Holy Week, there will be opportunities for our worship to help center us and focus us as people of the resurrection.

Our Holy Week Services will begin with a Psalm Sunday celebration, April 17th at 9:55AM, as we remember again Jesus' entry into Jerusalem to begin the last week of his earthly life. There is some celebration involved but towards the end of the celebration, Jesus weeps over Jerusalem and all that they will miss if they miss or misunderstand that last week and its significance. On Maundy Thursday, April 21st at 6:30PM, we will gather in small groups to remember the meal Jesus shared with his disciples to prepare him for his physical absence and spiritual presence, thereafter. It will be a small group experience and we will try to capture a flavor of the Passover Seder Service, which was the context of Jesus' worship 2000 years ago with his disciples. The final cup at that Seder, Jesus took in his hand and blessed it along with some of the unleavened bread and told them it was his blood and his body given for them. He changed that cup's meaning forever for Christians, in my opinion. The next day, on Good Friday, April 22nd at 7:00PM, we will gather to remember each of Jesus' last words on the cross, the cross he was asked to bear and be crucified upon. Through music, appropriate scriptures, prayer and meditation we will be returned to the foot of that cross. Jesus' death was for our sins and it was a powerful and effective gift to offer. That's why we call it Good Friday.

At the culmination of Easter Week and the beginning of the Good News for all time, comes Easter Sunday morning. We will have two services. One, near Sunrise and another at our typical 9:55AM worship hour. The tone of this worship will be celebration with joy and gratitude for incredible and wonderful reality of a resurrection. Jesus left his tomb by the grace of the Father and lives with us now in the world as Spirit. This incredible message is the foundation for each and all memorial services that ever take place as the Christian is involved in leaving this earth and finding a place in heaven. I am glad that we will have these worship services available to us to lay the foundation for a deep and abiding faith in Jesus Christ and his death and resurrection. I hope I see you somewhere along the way during these worship experiences. They can bring a very important perspective to us as we attempt to live our lives, not by sight but by faith. This is a faith, not so much in ourselves or anything else less than the Lord Jesus Christ, but in our complete faith in Jesus. That is where our faith is best placed. Happy Easter!

Jack



SPRING IS HERE!
TIME FOR THE ALL-CHURCH
POT-LUCK LUNCHEON
SUNDAY, APRIL 3



THERE WILL BE A SHORT
STEWARDSHIP PRESENTATION AT THE
CONCLUSION OF THE WORSHIP SERVICE
FOLLOWED BY THE POT-LUCK.

EACH FAMILY SHOULD BRING
A HOT DISH OR SALAD OR DESSERT
TO SHARE.

COME AND HEAR THE GOOD NEWS
ABOUT SOME OF OUR SUCCESSFUL
EXPERIENCES AND ACCOMPLISHMENTS
IN RECENT MONTHS.

ENJOY FOOD, FELLOWSHIP, MUSIC AND CELEBRATION!

SPONSORED BY THE STEWARDSHIP & EVANGILISM COMMITTEE

FOUNDATION DONATIONS RECEIVED

Foundation Names Remembered

Howard Varnum
Ken Hassebrock
Larry Huggett

FREE MONEY TO HELP OUR YOUTH!

You can donate 3% of your supermarket shopping dollars to Northminster's Youth Activities.

If you shop at SaveMart, Raley's or BelAir, you can earn money for Northminster and it costs you nothing and it costs the church nothing.

Here is how it works:

Obtain a S.H.A.R.E.S. card for SaveMart or a QUALITY OF LIFE card for Raley's and BelAir.

Each time you shop, have the cashier scan the card and the register automatically determines the eligible items. (Certain items such as postage stamps, money orders, gift cards, Lotto, etc. are excluded.)

3% of eligible purchases are donated to our account.

It is that easy!

To obtain your cards please contact Vanessa Evans, George MacMurphey or the Church office.

CENTS-ABILITY

Every coin you place into the Cents-ability banks helps! For example: the money collected at Northminster goes to the Sacramento and Stockton Presbytery Hunger Action group. A church within these presbyteries may apply for a grant up to \$1500 to use for a hunger program. One such church, Bethany Presbyterian, received \$1,000 in 2010 for groceries. Located in a poor section of Sacramento, the South Sacramento Interfaith Partnership Food Closet gives emergency food relief once a month for about 5,000 people. Bethany is a member church and distribution center.

Look for the Cents-ability banks at all our functions where food is served, even our social hour after church. Every coin helps!

Since the last newsletter \$42.67 has been collected at Northminster.

PALMS, EASTER CROSS FLOWERS AND EASTER LILIES

Potted palms are needed to decorate the sanctuary for Palm Sunday. They may be brought to the church sometime during the week before April 17 and picked up after the Palm Sunday service.

It has become a tradition at Northminster to decorate a cross with flowers on Easter morning. If you have flowers in your yard, please bring a few to share on Easter morning. If you have questions, please call Dorothy Blodgett.

Purchasing Easter lilies in memory of loved ones to decorate our sanctuary on Easter morning is another one of our wonderful traditions at Northminster. If you are interested in donating money for lilies, look for the form to fill out upcoming Sunday bulletins.

NURSE'S NOTES FROM THE PARISH NURSE

WHAT IS CELIAC DISEASE, & WHY SHOULD I CARE

May is National Celiac Disease Awareness Month. You may or may not have heard of Celiac Disease or Sprue, but you will probably hear more & more about Gluten Intolerance. There is even a billboard in town that refers to it. Many products now prominently display that they are gluten-free. All of this seems to hint at the possibility that there may be more people with the disorder than the 1% known to be affected.

Celiac disease (CD) can develop at any point in life from infancy to late adulthood. It is most common in Caucasians & found more often in women than in men. Those with family members with celiac disease are at greater risk. The cause is unknown, but it is an inherited autoimmune disease that results in damage to the lining of the small intestine from eating gluten & other proteins in wheat, barley, rye & possibly oats. That is a broad spectrum of food the average person consumes! And it includes not just bread & crackers & the like. Read the label. If the label includes wheat, barley, rye, malt or oats the food contains gluten. A nutritious diet can still be achieved with fresh fruits & vegetables, brown rice, dairy products, meat/fish/poultry, eggs & gluten-free grains such as buckwheat, cornmeal & quinoa. If a supplement is recommended make sure it is gluten-free. Simply eliminating these substances from the diet usually makes the affected person feel better.

The small intestine is lined with finger-like projections called villi whose job is the absorption of nutrients. Untreated by diet change these projections become flattened & lose their ability to absorb protein, fats, carbohydrates, vitamins & minerals, so all body systems may be affected.

Signs & symptoms vary making diagnosis difficult. Some people with the disorder have diarrhea, some have constipation, some have no bowel irregularities, but these problems lead to abdominal pain, distention, etc, loss of appetite, nausea & vomiting with eventual weight loss & development of bone & joint pain. Other diseases associated with CD may be anemia, lactose intolerance, thyroid disease & others.

www.capwiz.com/celiac/home & www.aarp.org/adamcontent/celiac-disease-sprue

Although stress was not mentioned in the information on the websites used for this information, stressful times in one's life are often followed by physical disorders.

See: Hans Selye, M.D. The Stress of Life, McGraw-Hill 1956.

While the King James' Version often uses "bowels" to refer to reproduction, the word is also used to mean pity or the seat of kindness, as well as the physical organ. Job (who had maximum stress in his life) 30:27 – "My bowels boiled, & rested not; the days of affliction prevented me". Colossian 3:12 – "Put on therefore, as the elect of God, holy & beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;..."

Memorial Tree

Psalms 116:15 – "Precious in the sight of the Lord is the death of His saints".

The little Memory Tree is an opportunity to remember our friends and family members and to thank God for having shared them with us. May it be a blessing to all who remember those whose names are placed here like blossoms on a tree & as the fruits of the Spirit.

Fruits of the Spirit – Galatians 5:22-23. Gifts of the Spirit – I Corinthians 12:4-11

When the Holy Spirit touches our lives and transforms us, we, in turn, touch the lives of others. The people represented by the doves on this tree have touched our lives and we take each opportunity to remember them and thank them for being who they were, and to say we miss them.

Ecclesiastes 12:6-7 – "Remember your Creator now while you are young, before the silver cord of life snaps, and the golden bowl is broken... and the spirit returns to God who gave it". The Living Bible

It is a precious promise that we have from God that the godly who die shall rest in peace. (See Isaiah 57:1-2)

The Memorial tree is prominently placed in the narthex on specified Sundays of the year.

SUNDAY SCHOOL NEWS

Thank you for your response for the call of teachers and substitute positions. We could use a few more "friend makers" for God to cover summer session and, of course, add to VBS list of acquired teachers. Sunday School is held year round.

Our division of classes is as follows:

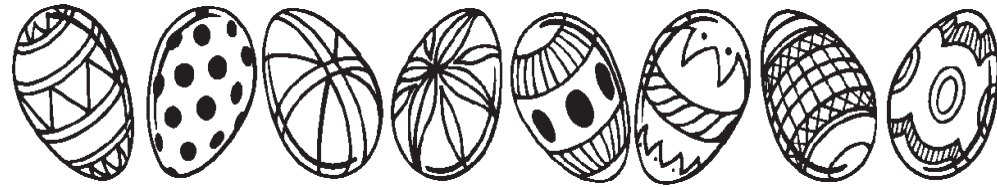
K - 3 graders

4 - 6 graders

7 - 8 graders (new need for fall)

9-12 graders

Please contact Peggy Prior, Lloy Harris or Pastor Jeanie to volunteer, or call the Church office.



CHILDREN'S EASTER EGG HUNT APRIL 24TH AT 11:30 AM

Following Worship and Sunday School

FOR: 6th graders to the very young.

Each child to bring a basket or we will
provide one for you.

NORTHMINSTER PEACE AWARD

Do you know a high school senior who has been active in building bridges between different cultures, races, genders, ages or faiths? He or she could be involved in tutoring, peer counseling, environmental or justice issues or any other activities seeking to heal divisions in our community or the world. If you know of such a person, you are encouraged to invite them to apply for the Northminster Peace Award. Flyers and applications are available in the church office. Deadline for applications is April 15.

OFFICERS FOR 2012

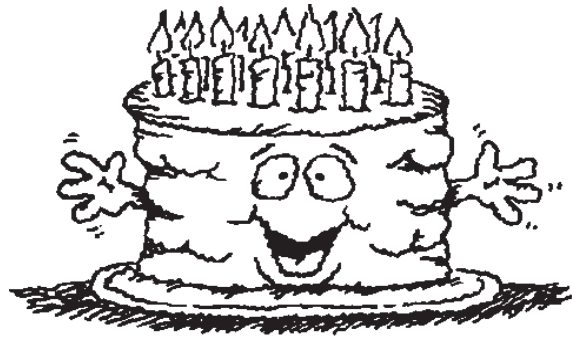
Your Nominating Committee has started meeting in order to present to the congregation in October a slate of 5 Elders and 4 Deacons for the upcoming year of 2012. These people would be expected to serve a term of three years. Each of the committee chairs and group leaders in our church will be contacted to see if they have suggestions to give to the Nominating Committee. We would also like anyone in the congregation who feels they know of someone who would make an excellent leader for the coming years to contact us by calling one of us. It would be convenient for us if you would ask that person if they might be interested in serving before you give us their name. You may also volunteer yourself if you would be interested in being considered for one of the officer positions. Thank you for your consideration in this matter.

Your Nomination Committee: Sue Ann Lehmkuhl-Chair, Charles Braden, Mayre Burnside, Beth DePuy, Lynda Languasco, Dean Masias, Carol Mustain and Debbie Smith

REBECCA CIRCLE

Next meeting will be Tuesday, April 12, 2011 at 11:00 AM in the Socail Hall. Please bring a sack lunch and a coffee mug. We will study Lesson 8, "The Empire Has Fallen, Evacuate Now"! from the Journeys Through Revelation Apocalyptic Hope for Today. The hostesses are Marian Reagor and Jean Harper. All women are invited to join us.

Ruth Bell



Look Who's Having a Birthday!

Edward Gibson	April 2
Keele Shaw-Connelly	April 2
Roxy Burgess	April 5
Monica Van Regenmorter	April 9
Gloria Ford	April 11
Abbie Kappes	April 11
Ray Beals	April 14
Lucy Webb	April 16
Gwen Owens	April 17
Dean Masias	April 20
Sue Ann Lehmkuhl	April 21
Lucille Lodewyk	April 25
Ruby Webb	April 25
Gabby Saraos	April 26
Aidan Brown	April 26
Mildred Hassebrock	April 27
Michaela Pope	April 27
David Richwine	April 28
Karla Cave	April 30

BLOOD DRIVE
 SUNDAY, MAY 1ST
 8:30 A.M. - 12:30 P.M.
 Appointments can now be made.
 Please call Pearl Beavers

SAVE THE DATE
APRIL 2, 2011
 9 AM – 2 PM
ALL-CHURCH CLEAN-UP DAY

TREE REMOVAL
 The tree behind the recycling shed is full of mistletoe and is dying. Steve Kappes and Barry Stanhope have volunteered to remove the tree. If you have any questions regarding the removal of this tree, please contact Bill Welker or Steve Kappes.

Dear Northminster Family,

Thank you for all the nice cards and well-wishes that helped me celebrate my recent birthday! It was such a joy to hear from all of you.

Thank you also for the wonderful picture of all the ladies! They all still look like their same, sweet selves!

Del and I so valued our many years of fellowship at Northminster and we cherished all the dear friendships we made there.

I miss you and wish for you all of God's richest blessings in the years to come.

Jill LeClaire

NEWSILVERWARE
 A set of silverware has been placed in the newly re-modeled kitchen in memory of Nina Beaumont by the ladies of Nimble Thimbles.



VERY IMPORTANT DATES

- April 3 - Book Sale
- April 3 - Confirmation Class begins
- April 8 - Lenten Drama "The Conspicuous Cross"
- April 16-20 - Youth Mission Trip
- April 20 - Practice for Son-Rise Service

CONFIRMATION CLASS

Are you a teen who is interested in learning more about Christ's love for you and are curious about what it means to be baptized and join the Church? Well, if you are, then this is the class for you! Pastor Jack and Jeanie will team up to teach you all about these subjects. Even if you've already been baptized and are just looking for a refresher course, Pastor Jack and Jeanie would like to also extend an invitation to you to come join the class. Classes will begin on April 3rd after worship and Sunday School. Please call the Church office if you have any questions or would like to join the class.

MISSION TRIPS

Create A Family Disaster Plan

- _ Discuss with your family why you need to prepare for disaster.
- _ Discuss the types of disasters that are most likely to happen, and what to do
- _ Make sure everyone knows where to find your disaster supply kit
- _ Make Go kits for each person in advance so that you just pick up the bag and GO!
- _ Determine the best escape routes from your home. Identify two escape routes.
- _ Pick two places to meet:
 - _ Right outside your home in case of a sudden emergency, like a fire.
 - _ Outside your neighborhood in case you can't return home.
 - _ Ask an out-of-state friend to be your "family contact."
- _ Plan to take care of your pets.
- _ Practice your evacuation routes, Duck, Cover and Hold, and Stop Drop and Roll drills
- _ Create emergency identification cards for each of your family members.
- _ Find out about the disaster plans at your workplace, children's school or daycare
- _ Make copies of important documents and inventory valuables. Put them on a thumb drive, and keep copies in a safe deposit box or with someone outside of the area.
- _ Organize your neighbors

A Survival Kit at home includes:

- Water: one gallon / person / day,
- Dry and canned food: 7 day supply
- Paper plates and cups
- Flashlight and extra batteries
- First Aid kit larger, soap
- Whistle to signal for help
- N95 mask to help filter the air
- Moist towelettes, and toilet paper
- Garbage bags and plastic ties
- Wrench or pliers to turn off utilities
- Radio battery-powered or hand crank
- Manual can opener for canned food
- Plastic sheeting and duct tape
- Important family documents
- Medications for 7 days
- Pet food and carrier
- Get extra food for neighbor
- Consider getting a weapon
- Basic hand tools
- \$200 cash

A Go Bag for each person includes:

- Gloves,
- Flashlight
- Swiss knife
- Blanket
- Plastic cover
- Whistle
- Energy bars
- Water bottle
- Medications
- Small first aid kit
- Moist towelettes
- Toilet paper
- Plastic bags
- N95 mask
- Matches
- Purell
- Soap
- Batteries
- Rope
- \$50 cash

ADULT MISSION TRIP TO NASHVILLE

Our Adult Mission Trip will be heading to Nashville, Tennessee, on Sunday, April 10th to re-build a home destroyed by the severe flooding of last year. We will be serving with the Presbyterian Disaster Relief, who have been on the ground since the flooding, re-building homes, helping families and providing immediate assistance. Please keep our Northminster Team in your prayers: Pastor Jeanie Shaw; Trip Coordinators Kay Muther and Beth DePuy; Lynda Languasco, David Yagel, Wendy Beals, Dick and Ellen Cochran and our fearless contractor, Don Havis!

This will be the fourth consecutive mission trip for Kay, Lynda, David and Don; and number 3 for Beth DePuy! Word has it that the team might even take a night off to see the Grand Ole Opry!

YOUTH MISSION TRIP TO SAN FRANCISCO

19 Youth and 6 Chaperones will be leaving on the night of April 16th for our Mission Trip to San Francisco. The Youth will be staying at The Presbyterian Church in Chinatown, the oldest Asian American Christian congregation in North America. Founded in 1853, the Church is in the heart of Chinatown. Our Youth will be serving the homeless as well as doing some work projects for the Church. Additionally, our Youth Team will be working at the Cameron House, founded in 1874, its initial purpose was to intervene on behalf of young Asian immigrant females who had become vulnerable upon arrival in the United States. These women and girls were smuggled into the United States and were bought and sold into prostitution or domestic work, as property which became known as the "yellow slave trade".

The mission of The Cameron House services has evolved over the years resulting in an agency that is a comprehensive family service organization serving low income Asian immigrants, youth and families in San Francisco.

MISSION NEWS

WORD FROM THE PEW

Last Thursday, Millie Payne joined Phyllis Tieck in San Francisco for the production of “Private Lives” by Neil Howard at the Douglas Morrison Theatre. Phyllis’s son, Donald, was the Sound Designer for the show and is a real “Who’s Who” in the Bay Area theatre crowd, serving as composer and sound designer for over 40 productions. For “Private Lives,” Donald came home to Sacramento and taped his mother playing the piano and used her music for the sound track for the production. It was a huge deal, a wonderful tribute from a son to his mother! The beautiful Grand piano gracing our sanctuary was given in memory of Phyllis husband,

We have two stars at El Camino High School! Senior Dylan Vogel and Junior Zac Sergio were both presented with the prestigious BIONIC Award, an award that honors their character and citizenship.

When Charlie Duncan was courting the lovely Shirley Dale some 62 years ago, he would take his gal to Frank Fats. Last week, on their 60th Anniversary, Charlie took Shirley back to Frank Fats to celebrate! Not many folks would know the history of Frank Fats like Charlie who worked as the Historian for our Sacramento Bee, and Shirley who worked for Legislator Jean Moorehead would know the Old Sac tradition of drafting a “Bill on a Napkin” from Frank Fats. There are a lot of those napkins framed in Sacramento!

We always like to recognize our members that are serving in the greater Sacramento Community. Elder Judy Simpson, Chair of our Visioning Committee, is the Newsletter Editor for The Casa Garden Restaurant benefiting the Sacramento Children’s Home. Judy’s grandson, Mark, competed in the Junior Olympics last year in Sacramento and just jumped 42 feet 10 inches in the Triple Jump!

The Countdown for the Commissioning of the USS William B. McLean by our own Margaret Taylor is less than a month away. Margaret is creating a quilt that will be permanently displayed on the ship! The quilt is framed in the McLean tartan and the center of the quilt depicts the sidewinder missile that Margaret’s uncle invented. The Quilters meet every Monday morning, feel free to drop in if you would like to see the quilt before it is “shipped” out!

And, on the Tsunami front.....Bert and Nancy Seymour were on a cruise in Hawaii when the Tsunami hit. Evidently it passed under the boat in the middle of the night with nary a ripple. The wave does not form the deadly wall until it hits the shallows of land. And they had a special tour of the island with our own Jan DeMassey who moved to Hawaii in February.

Here is an abridged report from the Presbyterian Church Mission website:

The Presbyterian Church (U.S.A.) mission work began in Japan in 1959. During the next 40 years many other denominational mission boards and societies initiated mission work in the country. Out of these efforts in education, social work and medical service, as well as preaching, emerged independent Japanese churches and eventually the United Church of Christ in Japan and the Korean Christian Church in Japan. Today the Presbyterian Church (U.S.A.) works with partners and Presbyterian mission personnel who are involved in evangelism, theological education higher education, and youth and women ministries.

From Asia Rural Institute (ARI): ARI, a training center, has suffered considerable damage and may be in need of re-building, there were no injuries. Water on some parts of ARI has been off but on at other parts. All buildings have been damaged badly as well as the livestock facilities. It is hard to determine the extent of the damage everywhere until the aftershocks have stopped and ARI has a chance to look around completely. One of the hardest hit buildings is the Koinonia building which is the main building or the “heart of ARI” where classes, meetings, gatherings, etc., are held. They cannot get into the building now with all the broken glass from the windows and plaster from the roof. Plaster from the ceilings has fallen in many of the other buildings. Everyone spent the night in the cafeteria with no electricity as there was concern as to the safety of the dorms with plaster falling from the ceilings. Right now they are deciding as to whether they should evacuate or not. There is concern for the radiation leakage from the fire of the Fukushima Nuclear Power Plant 100 kilometers away. Someone at ARI heard on the news that the government officials have been advising everyone to evacuate if they are 100 to 200 kilometers from Fukushima. (People near the plant have already been evacuated.) Half of the ARI staff and volunteers have already left and more are leaving.

From Yodogawa Christian Hospital in Osaka: Thank you so very much for your kind words and prayers. Thankfully, our hospital patients and staff and their families are all safe but our heart aches as the earthquake disasters are spreading in other parts of Japan. We are praying for God’s protection and comfort over those people in the earthquake affected areas. He is our refuge and fortress. Would you please pass this message to our PC(USA) partners and we truly appreciate your continuing prayers for us all.

Sincerely in Christ,
Masaaki Mukubo, Superintendent

Elder Bobby Price, Chair of our Mission Committee invites anyone who would like to donate to the Presbyterian Disaster Assistance for Japan may do so through Northminster Presbyterian Church or Presbyterian Church USA, P.O. Box 653700, Pittsburgh, PA 15264-3700

100% of your donation will go directly to the Disaster Areas.