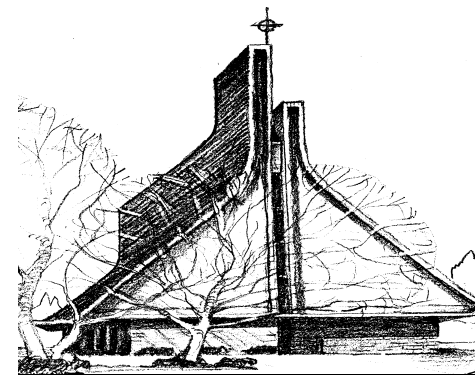


NORTHMINSTER NEWS

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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

2010 Small Group Gatherings

Pastors Jack Raymore and Jeanie Shaw will be hosting the Northminster Small Group Gatherings during the month of October.

The sign-up calendar for host/hostess will be available Sunday, August 1 and 8. Please look for our sign-up table outside of our Sanctuary during our fellowship/coffee time. More information/details will be provided by our

Stewardship Committee.


If you have any questions regarding sign-ups, please contact Darlene Edwards.

Thank you very much!



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1 9:55a Worship- Communion 11a Fellowship Blood Pressure Screen.	2 9:30a Quilters	3 7:30a Breakfast study 9-11a Parish Nurse on campus 6:00p Personnel Meets 7:00p Worship Com. Meets	4 10-12 Parish Nurse on Campus 7P Book Study	5 10a Nimble Thimbles	6	7
8 8:45a Hunger Com. 9:55a Worship 11a Fellowship 11a CE Meets 11:30a New Member Lunch & Class	9 9:30a Quilters 1p Mello Milers 7p Vision Task Force	10 7:30a Breakfast Study 9-11a Parish Nurse on Campus 6:30p Deacons	11 9:30a Healing Prayer Ministry 10-12a Parish Nurse on campus 10a Brown Bag program 7p Book Study	12	13	14
15 9:55a Worship 11:00a Triennium Presentation 11a Fellowship 12n Finance Meets 6:35 Stewardship Meets	16 9:30a Quilters 2:00p Membership Com. Meets	17 7:30a Breakfast Study 9-11a Parish Nurse on campus 1:30p Bldg & Grounds Meets	18 10-12a Parish Nurse on campus 7p Book Study	19 10a Nimble Thimbles	20 Youth Group Fifties Night @ Church	21 Nina Beaumont Memorial Service
22 9:55a Worship 11a Fellowship	23 9:30a Quilters	24 7:30a Breakfast study 9-11a Parish Nurse on campus 7p Session	25 10-12a Parish Nurse on Campus	26	27 Youth Group RiverCat's Game	28
29 9:55a Worship & Healing 11a Fellowship	30 9:30a Quilters	31 7:30a Breakfast Study 9-11a Parish Nurse on campus				

Music Update

It's been about five years since we started the process of integrating contemporary worship songs, sometimes called "praise music", into our Sunday services. Every year about this time I like to see how things are going. First of all, as many of you know, I don't like the term "praise music". Many, many traditional hymns are songs of praise, too, and many contemporary songs are more than just praise. We've now introduced thirty to forty new songs. Some have been easy to sing and some have tricky rhythms and have been less successful. In general, though, the congregation has been accepting and lots of you really like many of these songs. What most of you probably do not realize is that much of what we have been doing would be considered "old music" by those involved in contemporary worship services. In other words, you won't often hear these songs on Christian radio. We're going to do something about that! Listen for new songs like "Mighty to Save" and "You Are So Good To Me" in the next couple of months. There is some good music out there. And don't worry—we're not eliminating the ones that we have been singing successfully. Just do me the personal favor of trying the new ones. Actually, just sing every song and hymn in the service with enthusiasm and I'll be happy!

Stan Muther, Praise Team Leader

FOUNDATION DONATIONS RECEIVED

Remembered By

Peggy Sheaffer
Marge Brownell
Marge Brownell
Iris Trimble
Marie Balding
Jack Ferris
George & Janet MacMurphey
Helen Moore
Helen Moore
Joe & Doris Chez
Phyllis Tieck
Carol Link
O.C. Bridges
Marge Brownell

Foundation Name

Nina Beaumont
Evelyn Aldendorf
Nina Beaumont
Nina Beaumont
Nina Beaumont
Nina Beaumont
Gene & Lois Geery
Nina Beaumont
Ed Payne
Ed Payne
Ed Payne
Ed Payne
Ed Payne
Ed Payne

NURSE'S NOTES FROM THE PARISH NURSE

August is Leukemia & Lymphoma Awareness Month

The blood stream contains, among other things, red blood cells & white blood cells. There are 5 different kinds of white cells. A rise or fall of any one type of white blood cell can help the doctor diagnose a problem. A bacterial infection can cause a rise in one type of white cell, & helps the doctor decide if an antibiotic is appropriate. Together with the usual symptoms, a complete blood count can also help to diagnose leukemia. White blood cells are made in the bone marrow & sent out into the blood stream when they are mature. In leukemia the cells are sent out in ever-increasingly immature states and are thus unable to do what white cells are supposed to do. Leukemia can be either acute or chronic & is referred to bone marrow cancer or cancer of the blood. Treatment usually involves blood transfusions and may require radiation &/or chemotherapy.

Lymphoma is a group of blood cancers that develop in the lymphatic system. The lymphatic system is that which collects fluid from the tissues & brings it back into the circulatory system. Hodgkin's

lymphoma & non-Hodgkin lymphoma (NHL) are the 2 main types of lymphoma. Like leukemia, they are considered blood cancers, can be detected by blood counts & may be treated with transfusions, chemo or radiation.

Signs & symptoms of low-grade fever, unexplained weight loss, tiredness or shortness of breath are common to many illnesses but should be reported to a healthcare provider if they persist. If one or more blood cell count is higher or lower than normal the doctor will try to determine the reason. About 5 percent of healthy people will have test results that are outside the expected range for the given test. Also, several non-cancerous conditions may cause blood cell counts to be higher or lower than expected.

See www.leukemia-lymphoma.org for more info.

Pray for the many members of our congregation and their families who are living with leukemia, lymphoma & other types of cancer.

August is Cataract Awareness Month

See www.geteyesmart.org/eyesmart/diseases for information about

Cataracts, Detached & Torn Retina, Floaters & flashes,
Glaucoma, Macular degeneration (AMD) &
Refractive Errors (those problems which cause us to need glasses)

Psalms 141:8 – My eyes are fixed on You, O Sovereign Lord.

NPC Financial Matters

During this past month, the Treasurer, the Finance Committee and the Session have been struggling with cash flow problems in meeting the monthly payroll and other recurring church financial obligations. At its meeting on July 27, the Session felt it was important to share this information with the congregation.

Northminster maintains operating cash reserves in two separate accounts. All of our day-to-day business is done through our Bank of America checking account. We also have an additional interest-bearing cash reserve account with the Synod of the Pacific. At the present time our Bank of America balance is approximately \$35,000. Our July payroll will require a little over \$20,000. In addition we have several thousand dollars worth of the usual utility bills that roll in at the end of the month. We started the year with a Synod Custodial Account balance of \$45,000. Because of transfers to our checking account to cover cash needs, we currently have a balance of about \$18,000. From January 1 through June 30, our total income from all sources was about \$205,000 while our expenditures have totaled nearly \$227,000. We have been transferring money from the Synod Account, as well as accumulated Foundation Endowment earnings to, cover our shortfall.

What is our problem? In a nutshell:

1. Our Pledged and Unpledged gifts are under our budget plan by \$13,000
2. Our actual expenditures at the end of June are \$6,500 over budget

That is nearly a \$20,000 problem that must be dealt with. It should be stressed that we are not in immediate danger of being unable to meet our current financial obligations. Rather, our cash reserves have decreased to levels that leave little room to handle unexpected expenses for the rest of the year.

The Session is carefully examining its spending needs for the balance of the year with an eye toward thoughtful use of our financial resources.

You can help by maintaining your Estimate of Giving and/or your Rising Fund pledges current. Your efforts to maintain your Stewardship commitments current will help us get through this difficult period.

Ken Collins
Finance Committee

SOUP-ER SENIORS

The Soup-er Seniors will get off to an early start on Wednesday, Sept. 1st. So mark that date on your calendar and plan on being in the social hall at noon for fellowship, fun, food and a fantastic program. The year will continue on the first Wednesday of every month at noon and end in a flourish with the June talent show!

We have so many willing volunteers this year that I would like to name some of them as they are what make this program at Northminster so outstanding. We have soup and songs with Jack Carey, magic and/or jokes from Joe Chez and Cliff Lester, medical advice from Barbara Chance, decorations done by Peggy Sheaffer and table settings by Tom and Mercedes Grosen. The soup servers, salad and dessert team are Jan DeMassey and Allie Kinnaird. And, we're most grateful to the clean-up twosome of Victoria Roff and Betty Van Der Kamp. So be sure to thank these special people when you next see them. We'll look forward to seeing YOU at Soup-er Seniors on Sept. 1st!

Sue Ann Lehmkuhl
Fellowship Elder

HEALING AND WHOLENESS SERVICE CHANGE

Beginning September 19, the Healing and Wholeness Service following the regular service will occur on the third Sunday of each month. This is a change from the fourth Sunday. This change has been instituted to avoid conflicts with the orchestra, which plays on the fourth Sunday. Please mark your calendars!

Stan Muther, Worship Chair

NORTHMINSTER WOMEN

From time to time in the Northminster newsletters or the Sunday bulletins you will see news of the Lydia Circle or the Rebecca Circle. You may wonder who these people are. First, let me tell you who they are NOT! They are NOT part of a secret sorority. You do not have to be invited to join. Your daddy does not have to be wealthy. You do not need a user ID, or a password, or a PIN number or your social security number. They just need YOU.

Now let me tell you who they ARE! Not many years ago most women were stay-at-home moms, soccer moms, you know. By the Presbyterian rules women could not serve as either elders or as members of a major committee. They had their missionary societies and could be deacons, because that was "women's work". While Bible study was always included there, was one thing they could not do. They could not PRAY. The minister had to be called in to lead them in prayer!

In order to fulfill their longing to play a more active role in the overall mission of the church, women world-wide formed the UPW (United Presbyterian Women) for study, mission giving and church-wide concerns. Many women joined the UPW as soon as they became affiliated with the church. In order to work more efficiently the members were divided into smaller groups or "circles". At one time Northminster had 6 circles which met monthly. In addition there was a "gathering", a monthly meeting of the combined circles.

As the women were permitted, more involvement in church-wide activities and other opportunities evolved. Many also joined the work force. It became difficult to find enough officers to meet the national criteria. Finally at Northminster a decision was made to withdraw officially from UPW but to maintain 2 circles: Lydia and Rebecca. Their mission? Bible study of course, plus an opportunity for all women to form a common bond, to share their experiences and concerns and to strengthen their resolve to help others and to reinforce their faith.

A new motto has surfaced. "Get Your Bible Off Its Printed Page and Get It Into Your Hearts".

It is anticipated that the two circles will unite for the Sept. meeting. At that time the 2010-2011 study of Revelations will be introduced. Attendance is growing. Watch for further announcements and plan to join.

Ruth Gunn



Look Who's Having a Birthday!

Carol Mustain	Aug. 1
Elaine McKim	Aug. 6
Ray Dunham	Aug. 10
Larry Huggett	Aug. 10
Jennifer Drury	Aug. 12
Lois Parrish	Aug. 19
David Arendt	Aug. 21
Millie Payne	Aug. 21
Carol Link	Aug. 30
Janet MacMurphey	Aug. 31

TRIENNIUM PRESENTATION

Mark your calendars for August 15th, to stay after the worship service and listen to the youth as they present what they experienced at Triennium.

CROPWALK

Remember 10/10/10, the day to help stop hunger one step at a time. Please join us for the 63rd annual cropwalk. Each crop committee selects local food banks and each of those recipients receive 25% of the money raised. In 2010 those recipients included; Carmichael Food Bank, St. Matthews Food Closet, South Sacramento Interfaith Partnership and River City Food Bank.

FREE BUNK BED

If you have a young person or a youth on their way to college, Mary Holden has a very nifty bunk bed for you! It is a bunk bed on top with a full size desk and shelves underneath, perfect for a dorm room! Please contact Mary Holden or call the Church Office if you are interested.



PRESBYTERIAN YOUTH CONFERENCE TRIENNIUM

I feel so very blessed at this moment for the opportunity I had to attend Triennium. I really had no idea what to expect when I arrived there and now I am so excited about what I experienced along with the youth of our Church and Presbytery.

The best thing about Triennium was definitely the worship service. We listened to some really fantastic speakers like The Rev. Graham Baird & The Rev. Tony Campollo. The theme for the week was "For such a time as this" and the sermons in worship really made the youth think about how they may be "called" by God. I think each of our youth came away with a realization of how important their generation is to our world and made them think about what they can do as a Christian in God's service to make this world a better place.

In small groups we studied the book of Esther along with some stories of Jesus. Small groups are a time when the scriptures of the day could be re-enforced with the youth but also a time for them to get to know and bond with other youth (each youth was placed in a small group where there was no one from their own Presbytery). It was a time for them to open up and share experiences and opinions.

I think what surprised me the most about Triennium was how open, honest & loving every bit of the 5,000 youth were. Hugs were in no short of supply! Hello's and introductions were a given on an elevator or a line. God's presence and love was indeed upon us all!

There is so much more I could share with you but it is difficult to do in one article, so I suggest each of you plan to attend the Triennium Presentation on August 15th right after the Church service. All I can say is how inspired I feel today because of what I experienced at Triennium and look forward to sending another batch of our youth in 2013!

VERY IMPORTANT DATES

Triennium Presentation: August 15

Youth Group 50's night: August 20

RiverCats Game: August 27

Rally Sunday!: Sept. 12

N.O.W. Begins: Sept. 15