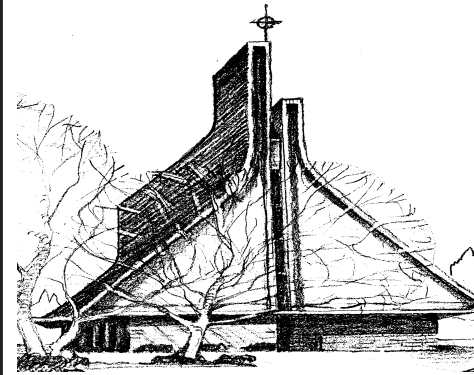


NORTHMINSTER NEWS

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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

Sunday Worship Service 9:55 AM

SUMMER MUSIC SERIES CONTINUES

Join us for music-filled worship followed by a patio concert featuring a diverse selection of bands and orchestras. Bring a picnic lunch, enjoy a cool lemonade, join in community fellowship and get your feet tapping and your spirit soaring at Northminster Presbyterian Church this summer!

JULY 31

THE DIXIEMINSTERS

Get ready for the great sounds of Dixieland Jazz featuring our own Heidi and Merlyn Van Regenmorter, Stan Muther, Kris and Taylor Tague, Vera Refnes and Ken Collins.

AUGUST 7

CAMELLIA STRING QUARTET

Welcome the renowned Camellia String Quartet. Their "Touch of Class" Makes this a special occasion indeed. Under the direction of retired Concert Master of the Camellia Symphony, violinist Ellen Cochran.

AUGUST 14

SIMPLE FOLK

We are proud to host Simple Folk, a six-piece Bluegrass and Gospel Band that's near and dear to us, as band leader, Steve White, is Church member Charlie Braden's son!

AUGUST 21

BEL TEMPO HANDBELL CHOIR

Bel Tempo, directed by Mary Balkow, is a community hand bell choir that is 'truly world renowned'. They will be performing some of the favorites from their concert series. Join us for their first outdoor concert!

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I have been spending a lot of time this summer on the theme of Discipleship.
What does it mean to be a disciple of Jesus?

The Gospel writer, Matthew, gives us an understanding of Jesus calling his disciples to "Follow Him." We all know the story from Matthew 4, Jesus is walking along the shores of Lake Galilee when he sees two brothers, Simon and Peter, and he says a mere three words, "Come, follow me." Immediately they drop their nets right where they are and follow him. Moving on, Jesus sees another set of brothers, James and John, who were with their father Zebedee. When Jesus calls them, they too immediately leave and follow him.

I am always awed at their response. It was so quick. They just drop their nets and leave. I just can't imagine how they follow him so quickly. Just going on vacation for a week takes an enormous amount of effort. Calling the Sacramento Bee, finding a house sitter to care for my dog and cat and parrot and the chickens. Making sure all the bills are paid. And that's just for a week away!

And those disciples just dropped their nets and followed him. So simple. So how do we in our complicated lives follow him? How do we take seriously becoming a disciple?

In Matthew's Gospel, Jesus shares a story inviting the disciples to feed the hungry, give a drink to those who are thirsty, clothes to those who need them, care for those who are sick, lonely and in prison. (Matthew 25: 31-46) In the Gospel of John, Jesus tells the disciples, "A new command I give you, love one another as I have loved you, so you must love one another (John 13:34)

So, to be His modern day disciples, we must love one another, care for those who need help and most importantly, we must read and study and know the Word of God.

Blessings as you work to be His Disciple.

Pastor Jeanie



ALLIE KINNAIRD

MEET YOUR DEACONS!

Two days before we celebrate the birth of Christ, on Dec. 23rd, the world was blessed with the arrival of one of our outstanding deacons, Allie Kinnaird! Her husband, John, is also very involved in happenings at our church! Allie is the mother of Ray Beals who is married to our mission-minded Wendy. They have two sons, Tylar and Chad. Allie and John have two more sons and a daughter, Mike, Dave, and Kattie. They are fortunate to have them living close by in Roseville, Rocklin and Grass Valley. Altogether there are 7 children who call them Grandma and Grandpa!

From where does Allie hail? Well, hold on to your hat, here we go! She was born in Fort Fairfield, Maine and lived across the border in New Brunswick much of her early years, as her Dad was in the military and then helped in designing aircraft. Her Canadian grandparents were potato farmers. Can you picture Allie picking potatoes and being paid by the barrel, milking cows, or (her favorite) horseback riding? She would do anything possible to get out of doing housework! Her dad's family was from Oklahoma, where her grandfather was a dentist. Most of them moved to California in the early 40's. Allie has lived in California, Washington, Oregon, Kansas, Maine, Alaska, Montreal, Quebec, New Brunswick and has visited many other states.

Allie is retired from the State of California where she worked at DMV as a Motor Vehicle Tech.

Now, picture this! (This author found her life most fascinating!) In the late 60's, Allie moved with her first husband to British Columbia where she worked on a 65,000 acre cattle ranch. She got to be the horse wrangler on a number of round-ups. She LOVED It, even though she heard from strained muscles she didn't know she had! There were 2-3 horses for each cowboy and they traded horses every 2-3 hours, depending on the terrain. To care for these horses, she saddled the fresh ones and rubbed down and cooled off the tired ones. The most exciting part of her job was bringing the bulls down from the winter pasture, being very careful not to get them upset with her! Can't you just see her helping with roundups, giving calf vaccinations and being back in the saddle at dawn? What a cowgal!

Allie loves many kinds of music, but she listens to a lot of country music (surprised?) and Christian music. She also likes to read mysteries and recently has discovered Jan Karon's Mitford series in our church library.

Allie and John came to Northminster six years ago as a result of son Ray meeting Pastor Jack at Fort Sutter while working on a project together. She loves the way members care for each other and strive to serve the Lord. Her tasks as a Deacon have included helping with Memorial Services, being on the Evangelism and Membership Committee, taking care of sending birthday cards, making caring calls to home bound members and preparing the elements for communion where she feels a special closeness to our Lord. You will also find Allie and John often preparing coffee for our fellowship time. Allie says that her service has benefited her more than anyone else and she loves being a part of Jesus' ministry. We all love her willing contributions, often behind the scenes, and we feel blessed and honored to have her serve as one of our deacons. Take a moment to thank Allie for her continued service to our church and to her Lord!

SOUPER SENIOR'S REPORT

With service from many volunteers, the NPC seniors enjoyed another year of food, fellowship, programs and local talent shows. Those interested in extending their service to give another year to Souper Seniors only turned up two people who were willing to continue. So it seems that the end has come for this program that was created, started and run by Shirley and Charlie Duncan for so many years. Many of you will miss the monthly gathering, so perhaps there will be something else created in the future to take its place. Ideas are always welcome along with the necessary volunteers willing to lead, serve and contribute to make these new programs possible.

Sue Ann Lehmkuhl
Fellowship Chairman

DEACONS' FUND BENEFITS LANDSCAPE

The NPC Board of Deacons approved continued funding towards the purchase of plants for the Main Entrance area in memory of former Deacon, Carol Ann Pflug, who diligently worked to improve the landscape even while in poor health prior to her death in 2010. Dick Cochran has been advised of available funds since he is currently tending that area (Have you noticed the improvement?) The Board determined this a fitting tribute to a lady who wasn't afraid to get her hands dirty and provide us with years of plants/flowers.

ARE YOU DOING YOUR SHARE?

"There was an old woman who lived in a shoe, she had so many children she didn't know what to do -" With a little modification, this rhyme could apply to our custodial staff. "There were custodial workers who worked at the church, they had so many tasks they were often left in the lurch!"

If you get something out, please put it away before leaving the room/campus. Make certain your used paper towels find their way into the trash can. Likewise, your used beverage cups, napkins and paper plates.

Please make arrangements before Sunday morning to secure the items you need and replace them before going home. If we all do our share no one will be overburdened.

Praise God and help out!

NPC Personnel Committee

PS - Please, no beverage bottles, capped or uncapped in the Sanctuary!

CALLING ALL WOMEN! A BIBLE STUDY OF THE BEATITUDES

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.*
- Blessed are those who mourn, for they will be comforted.*
- Blessed are the meek, for they will inherit the earth.*
- Blessed are those who hunger and thirst for righteousness, for they will be filled.*
- Blessed are the merciful, for they will be shown mercy.*
- Blessed are the pure in heart, for they will see God.*
- Blessed are the peacemakers, for they will be called children of God.*
- Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.*

This fall, Northminster Women's Circles will be studying the Beatitudes, the lyrical words of Jesus from the Sermon on the Mount. We invite all women to join us for an overview of the Horizon Bible Study, "Confessing the Beatitudes" by Margaret Aymer. The Rev Jeanie Shaw will be leading the overview.

Date: Saturday, August 27, 2011
Place: Northminster Church in the social hall
Time: 9:30 a.m. to 11:00 a.m.
RSVP Debbie at the Church office at 487-5192

Watch for more details in the coming weeks.

NURSE'S NOTES FROM THE PARISH NURSE

Just Be Patient

Waiting is difficult in almost all circumstances. This is an age of instant gratification. As the child in "Family Circus" said, "The microwave takes too long". When we are waiting to see the doctor, waiting is about the last thing we want to be doing. When we are waiting for the results of a test, the waiting seems endless, as it does when waiting for someone to answer the patient call bell. "That's why they're called Patients". "Patience is a virtue" because it is not an instinct. Ask any hungry or uncomfortable baby.

When our need is finally addressed we often find we are not as prepared as we thought we were to do our part in getting the need met.

A frequent complaint is that doctors do not spend enough time with the patient. The ideal situation is that a visit to the doctor should be a team effort. The doctor will never know as much about the patient as the patient knows about him/herself. The patient has an obligation to bring & relay the information the doctor will need to make the best recommendations. Too many people take too many drugs for the doctor to remember the drugs the patient is currently taking. The doctor cannot know how the patient feels unless the patient describes the feelings.

There are certain questions doctors, or other primary care providers (PCPs) like Nurse Practitioners or Physicians' Assistants, will ask to get the information they need. If the patient has such information ready they can maximize the efficiency of the limited time with the PCP. Is the problem pain? What kind of pain? Where is it? Is it sharp or dull or a constant ache? What helps? What makes it worse? When did it begin? A day or date is important here. Was it yesterday, last week, last month? Can you think of anything it might be related to? Did you start a new medicine, try a new restaurant, eat a new food, start a new exercise? What have you done so far to help yourself before you resorted to going to the doctor?

Being able to answer these questions is a good reason for journaling. Having a Health Record Notebook is a very good idea. Having an abbreviated form to take along on a doctor visit can be very helpful. If you had the current problem before, it can be very helpful to be a "good historian" (that's a medical term). Could this issue be related to a previous experience? The doctor might be able to make a connection.

Today's State of the Art (another medical term) contains so many tests and treatments it makes us think there isn't anything that can't be done. Not so. There are many problems medical science has yet to learn how to diagnose & treat. Many things can resolve without treatment & we may never know what brought the problem about in the first place. The ancient recommendation was "First Do No Harm", the modern equivalent is, "If it ain't broke, don't try to fix it", 'cause you might just make it worse. Not everything is a crisis. Some things get better without intervention. But when your quality of life is being seriously affected, gather & organize all the related information you can and seek medical attention. The PCP will need all the pertinent details to make the best plan. So stay focused.

YOUTH SUMMER MISSION

This summer, we are focusing on discipleship, growing and sharing our faith. Our youth served as counselors for our Vacation Bible School at Northminster in June. The last week of June, we had nine youth travel to the Countryside Presbyterian Church and serve as counselors, teachers, craft leaders and game leaders for their Pioneer Days Summer Camp. Our Youth camped at the Free Heart Ranch owned by Elders in the Esparto Church. Pastor Pamela McNally Anderson had the highest praise for our youth. One of the Elders actually cried when the youth left Esparto. Thanks to: Tylar Binning, Sabrina and Brenda Evans, Erika and Sarah Haack, Danny Albonico, Chelsea Lopez, Gabby Saraos and Brittany Schneider. Thanks to Wendy and Ray Beals and Leslie Evans who served as chaperones.

This last week, another team of youth led the summer camp for the Redwoods Presbytery Camp Mattole in the northernmost corner of California's Lost Coast. (Just try finding Mattole on a map!) Eight of our youth ran the whole camp for the children of the north coast towns, doubling the number of children from last year. Because of the economic hardships of the north coast communities, there are no youth to run the camp. Pastor Dan Price could not believe what an incredible job our youth did in bringing the love of Jesus Christ, the leadership and the phenomenal program to their camp. Pastor Dan was very clear that if our youth had not come, there would not have been a camp. Thanks to Sarah and Erika Haack, Tylar Binning, Sabrina Evans, Chelsea Lopez, Brendan See, and Danny and Steven Albonico for their faithful service! Huge thanks to Wendy Beals, who drove and served as our cook and camp nurse, and Bonnie and Doran Simmons who drove all the way to Mattole to help transport our youth home!

Thanks to Ken and Opal Collins, Bill and Vivian Wirt, Tylar Binning, and Stan and Kay Muther for their donations to enable our youth to serve as disciples in both Esparto and Mattole.



Look Who's Having a Birthday!

Carol Mustain	Aug. 1
Elaine McKim	Aug. 6
Ray Dunham	Aug. 10
Jennifer Drury	Aug. 12
Tianna Lauterbach	Aug. 13
Lois Parrish	Aug. 19
David Arendt	Aug. 21
Millie Payne	Aug. 21
Carol Link	Aug. 30
Janet MacMurphey	Aug. 31

MARK YOUR CALENDARS!
CROPWALK
 SUNDAY, OCTOBER 9, 2011
 12:30 PM
 ON THE CAPITOL STEPS



VERY IMPORTANT DATES

- Every Wednesday night is Youth Group!
- Wednesday August 10th - Youth Work Day at NPC
- Friday Water Skiing @ Folsom Lake - Aug. 12
- Sunday, September 11th - Rally Sunday!
- Saturday, September TBA - Esparto Workday Campout

Dear Members of Northminster,

We are so thankful for your loving note. Just knowing we are in your thoughts and prayers gives us great comfort and strength. Please know, all of you who are praying for us, we feel so blessed.

Lovingly,
Lorraine & Don Brink

THANK YOU

To all of you who have called, signed/sent cards, and/or prayed for my recovery - **THANK YOU ENORMOUSLY!** I have been bedridden for the past four weeks because I have a herniated disk in my lower back. I am now under the care of a neurosurgeon. I hope to see each of you soon!

Yours in Christ,
Dave Yagel

Praise God From Whom All Blessings Flow!

The youth program we have here at Northminster is a true blessing from God. I arrived on the scene of this Church 8 years ago in hopes of finding a good Christian education program for my two young sons. However, what I found was a handful of children and 1 Sunday School class for all ages. My husband, Jeff and I enjoyed Pastor Jack's sermon so much that we decided to give Northminster another try. It was in the balcony that God talked to me and said "Stay, you can help". I listened to the voice of God and have done my best over the past 8 years to help by teaching Sunday School and help in the planning of programs. It wasn't long after that, The Rev. Jeanie Shaw came into the picture. She was also led here by God and has worked tirelessly to reach out into our community and grow the Church and the youth program. Now, we have 5 classes on Sunday mornings for children, a youth group that meets regularly on Wednesday evenings and a wide variety of mission programs for our youth. God has answered the prayers of this Church and blessed us with youth galore! Christian Education has called this year "The Year of Discipleship". The teachers and youth leaders are teaching the youth to be leaders in the Church. It is with such great mission programs like VBS, Esparto & Camp Mattole that help to teach and make these youth great leaders in our Church and in our community. These are only a few examples of the leader teaching programs we offer. There are so many more programs we do year round here at Northminster. With youth galore comes the responsibility of coming up with adult mentors galore! It also gives us the tasks of coming up with the money to support the youth program & people to help organize programs. If you are interested in helping or finding out how you can support our youth program, please don't hesitate to give the Church office a call. Remember, these youth are a blessing from God; praise God!

Debbie Smith, Sunday School Teacher of High School Class

YOUTH WATERSKI DAY AT FOLSOM LAKE

AUGUST 12, 2011

WHERE: Meet in the Church parking lot at noon on Friday, August 12 to carpool out to Folsom Lake.

BRING: Signed permission slip
\$10 to cover the cost of gas and entrance
Towel & Sunscreen
Drinks & snacks for yourself

RSVP: To the Church office by August 5

Join us for a fun day on the water at Folsom Lake thanks to Steve and Lisa Kappes who are hosting this very fun event with their ski boat "Looney Tunes". We will have a spot on the beach near the Granite Bay Launch where we can swim, play volleyball & other fun games and take turns going out on the boat to ski, tube or just ride along!