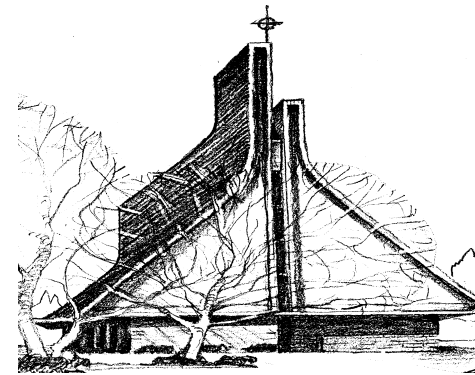


NORTHMINSTER NEWS

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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

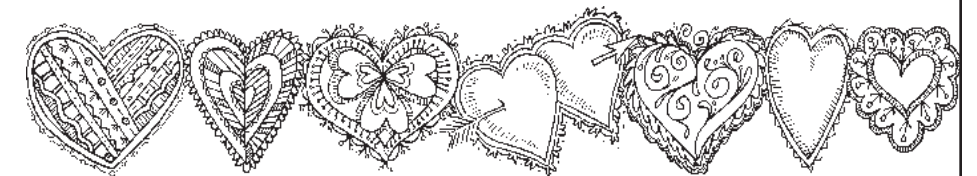
Rev. Jeanie Shaw

Sunday Worship Service 9:55 AM



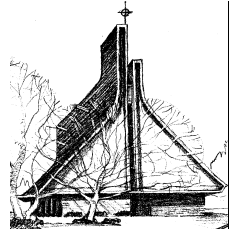
VALENTINE LUNCHEON FEBRUARY 13, 2011

Our Youth will be hosting a very special Valentine Luncheon to help them with the fund-raising for the Mission Trips to Nashville, TN and San Francisco this year. Look for the youth table after worship on Sunday's to purchase your ticket. With the purchase of your ticket, you will not only be helping to send a youth on a mission trip, but you will also get to enjoy a lovely lunch prepared and served by them and listen to the tunes of some very talented youth musicians while eating. The youth are already working very hard to make this a wonderful experience for you! Make sure to purchase your ticket today!



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Message from Pastor Jack

Dear Northminster Church family,

As most of you know, on Tuesday afternoons at 1:00PM, I meet with members of the Church family and others who are interested in looking at the Lectionary passages to be used in worship the following Sunday. Some of our regulars belong to other churches, and that is wonderful, and all of the churches represented follow the Lectionary so we have a great time. As always, I invite you to that gathering if you feel it would help you in worship the next Sunday.

Yesterday, the Lectionary passage was Matthew 5:1-12, a portion of scriptures sometimes known as the “Beatitudes”. The Beatitudes represent a compilation of many of Jesus’ teachings and are honored by scholars and all Christians as a wonderful representation of the thinking of Jesus and the teaching that evolves from his thinking through the Bible to us. The Beatitudes tend to turn the world upside down and compare worldly thinking to heavenly thinking. We can always count on Jesus to understand the world perfectly but always point us towards God and the “kingdom of heaven”. That kingdom is where the Lord’s work is done perfectly on earth as it is in heaven. It is difficult for us, sometimes as world-bound humans, to fully appreciate this heavenly kingdom. It is, however, our goal.

Unfortunately, last Tuesday I only got to the first Beatitude and we spent the entire hour and a half on it. The one I came loaded for bear to discuss, I never got to. It is Verse 9 of Matthew 5 and reads, “blessed are the peacemakers, for they shall be called children of God.” Of all of the Beatitudes, perhaps because of the longing I often feel and see in our flocks’ hearts, the one about peacemaking really hits home. Surely, in every aspect of life, individually and as a Church family, there is no more urgent or pressing need than for PEACE. Therefore, there is no more urgent challenge from our Lord than the one that goes: “Blessed are the peacemakers, for they shall be called children of God.” I have a friend who says this phrase, ironically, is by far the most disturbing sentence Jesus ever spoke. What he means is that this Beatitude forces us to be able to face all of the ugly questions of conflict and strife, of violence and division in our own little worlds as well as the world out there beyond us.

That world is often torn asunder with strife and fear and even war. The challenge Jesus offers is not an easy task or solution. It would have been simple if Jesus Christ had said: “blessed are the peaceful”, or “blessed are the peace lovers”. To be a peace lover is fairly easy, it is passive and appealing and there is not much cost to it but what Christ is saying is not that at all. The word he uses is peacemaker and that is active, indeed, about as active as any word can possibly be. What Jesus is suggesting is that peace in the Middle East or in Africa or in Korea or anywhere else troubled by conflict begins within each of us and, therefore, much closer to home. Being a peacemaker can challenge us to make peace between ourselves and our spouse or our children or our friends or our neighbors. That job of peacemaking, to be accomplished, needs our attention and hard work.

The Good News of Jesus Christ is, of course, that we do not have to worry anymore about trying somehow to make our peace with God. Jesus has already made that peace for us there on the cross. That is the reason the angels sang, “Peace on Earth” on the night Jesus was born. Christ is the real peacemaker, the healer, the comforter and he comes to us in Word and Sacrament with the assurance of grace and the sure knowledge that he not only cares and loves us but offers us peace with God as a free and gracious gift. Jesus is the answer to our need for full acceptance just as we are, no matter who we are. If and as we can receive that unconditional love and acceptance and then offer it to one another, those closest to us and those furthest away, in every sense of that understanding. We live as Christ lived, by example, and challenges us to live. Is it an easy thing? No, it is not, but very worthwhile. Let us all remind ourselves every day in all of our relationships that, indeed, “blessed are the peacemakers”, for they shall be called children of God. I am looking forward to us continuing to live this truth together in the grace it represents.

Yours in Christ,

Jack



LENT IS SOON UPON US!

Easter is held on the first Sunday after the date of the first full moon that occurs on or after March 21st. And so Easter falls on April 24th this year and Lent will start on Ash Wednesday, March 9th. Here at NPC we usher in this Lenten Season with a Mardi Gras celebration on Sunday, March 6th. Our worship that day will feature traditional jazz music by a youth band, TNT (The New Traditional), and the service will be followed by a lunch of red beans and rice, corn bread and red velvet cake. This is a perfect time to invite neighbors and friends to come and celebrate this special season with us. We can’t depend on the weather at that time of year so our lunch will be served in the library and we can eat at tables set up in the chapel and the social hall. What a great time to visit with each other and our guests as we prepare to enter the 40 days that lead up to the events of Holy Week that culminate on Easter.

SueAnn Lehmkuhl, Fellowship Elder

REBECCA CIRCLE

The January meeting went well with 18 members and 1 guest present. We celebrated 6 birthdays with great exuberance. This was a remarkable experience.

Next meeting will be February 8 at 11:00 A.M. in the social hall. Please bring a sack lunch and your own coffee mug. Kay Messmer will lead the study lesson chapter 6, “Journeys Through Revelation: Apocalyptic Hope for Today”. Lynda Languasco and Carol Link will be the hostesses. All women are encouraged to attend.

Ruth Bell

FOUNDATION DONATIONS RECEIVED

Foundation Name Remembered

13 donations made to Jim Moese

MILITARY FAMILY SUPPORT GROUP Military Family Luncheon on Feb 27th!

We invite all families of active military members to join us for a luncheon and coffee following worship on February 27th. Millie Payne will be our facilitator as we share the stories of our family members. RSVP with Millie 486-0231!

SERVING OUR NATION

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

Jonathan Lawson, Grandson of Lynda Languasco had big news. Jonathan proposed after Christmas to his high school sweetheart, Jamey Nuckels. They will be married at Northminster on May 21st. He will be training in Arizona as an Airplane mechanic. Working on drones and will be stationed in HAWAII!!!

Great news from the Cable family! Richard and Camille report that their son Airborne Ranger **Alex Cable** of the First Ranger Battalion is back overseas! We all have cherished Roco's prayers for his brother each Sunday!

Navy Hospital Corpsman Second Class **Justin C. Gunn**, Son of Charles and Jessica Gunn and Grandson of Ruth Gunn is back from Afghanistan and currently stationed in Okinawa, Japan with the 3rd Marine Corps Reconnaissance Battalion.

Chaplain Dan Link, son of Carol Link is currently serving as a Navy Chaplain in Afghanistan and conducting three worship services a day. Dan will hopefully be able to join his wife Barbara and their daughter Hannah, for Easter.

Captain Jason Kappes, Son of Steve Kappes, recipient of the Bronze Star, is serving on his second tour in Iraq, and looking forward to going on a cruise with his bride when he is next on leave.

Michael Smith, Grandson of our Pat Smith, is currently stationed in Japan with the Navy, and enjoying being a Father in the Navy, one of Pat's 14 Great Grand Children!

Jessica Trimble is in Georgia finishing her pre-deployment training and is back in Texas. She will be deployed to Afghanistan in May.

Millie Payne's Grandson **Todd McNelis** serving in the Air Force like his Grandfather, is stationed at Hill Air Force Base in Salt Lake City.

Parish Nurse Barbara Chance Grandson **Tyler Chance** plays lead trumpet for the US Marine Corps Band and is stationed in San Diego!. Barbara's nephew, US Air Force Colonel **Mark Chance** is a commander at Elmendorf AFB in Alaska.

Dave Yagel's nephew, Capt. **Brett Abbamonte**, USMC, just returned from a seven month deployment providing close air support to our troops in Afghanistan. He piloted F-18 Hornets from our carrier USS Harry S. Truman just off the coast of Pakistan. As a Christmas gift for his 200-member squadron, Brett made a video that includes helmet-cam and other video taken on the carrier and from the cockpit of several F-18's. If you would like to see the 30-minute video, please see Dave.

Wise Health Care Consumer Tips

February is Wise Health Care Consumer Month.

Here are some of the many tips given on web site www.aipm.net/wise/healthysavings

Utilize Nurse Advice Lines. Most health care systems & an increasing number of insurance companies have them, & even some cell phone companies.

Take part in free or low cost screenings and clinical trials. Studies like the Women's Health Initiative give good supervision & follow-up, many times even closer than primary care providers. Our knowledge base grows thanks to participants.

Walk-in clinics can be cheaper than emergency departments & will refer the person to an ER if necessary, or prevent a trip to the ER if it is not necessary.

Document your concern with a timeline & influencing factors, when & how it began, sudden or slow onset, what helps, what makes it worse. Tell him/her your existing conditions. Only you know that. The more information you provide the better the doctor's chance of making the right diagnosis & recommendations.

Keep an updated list of all the remedies you take, prescription, over-the-counter, herbals & vitamins, etc. Update the list every time you add, subtract or change any.

Know what the meds are & why you're taking them. Take as directed!

Borrow Durable Medical Equipment vs buying or accepting new equipment provided by some insurance coverage. It may be "free" to you but it runs up the overall cost of medical care nationwide to accept new items. Items that have been donated to the church's DME closet have been wiped down with Lysol & checked for any maintenance needs when they are donated or returned after being borrowed.

Can you email your doctor? It may save you the cost of an office visit.

Check to see if the lab test that was ordered requires you to fast before the test.

Dress for the test. Will you have to disrobe/uncover any area? Blood draw/x-ray?

If test results indicate a need for immediate, radical intervention, ask for a repeat of the test to validate the results before undergoing a risky or emergency procedure.

Need medical supplies? Ask your Parish Nurse before purchasing. Many appliances & disposable items have been donated & are available.

If a new medicine is ordered ask for samples to test its effect before buying a supply. Most pharmacies will not take meds back, even if never opened.

Ask the prescribing physician to write the drug by its generic name. Pharmacists must fill 'script as written unless it says "or the generic equivalent".

Ask if the med could be ordered in double strength & pills split to reduce the cost.

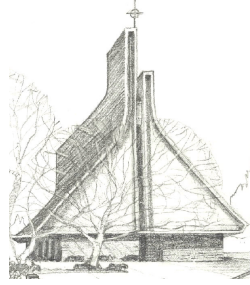
Mail-order pharmacy may be cheaper, but don't run out before ordering more.

Take the whole bottle when traveling. Label contains name, dose, doctor's ph #, pharmacy ph #, refills, warnings, etc. Great info to have in an emergency.

Take a friend to the doctor – with you. Anxiety causes "hearing impairment". Take "another set of ears" to verify that you heard what you think you heard. Try to get it in writing so you can refer back to it. Doctors should learn to do that. It helps.

Make a plan. Don't wait until you get sick. Know what is available to you.

Your body is God's temple. Take care of it. You are ultimately responsible for it.



Northminster Presbyterian Church
Stewardship & Evangelism
January 21st 2011

Stewardship Stew

(The latest tidbits of tasty morsels on stewardship)

Per Capita funding is how Presbyterians mutually share the operating expenses of 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. *Per Capita* funding pays the administrative costs that enable the Presbyterian Church (USA) to perform our evangelism and mission activities.

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 2011 the *per capita* cost is \$22.00 for the Sacramento presbytery. So each congregation in the presbytery is obligated to pay to the presbytery \$22 for each member of their congregation. Thus, for a family of four, Northminster pays \$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 2011 budget, your Stewardship and Evangelism committee is asking each member of our congregation to pay his/her part of our *per capita* obligation. Please use the blue Per Capita Apportionment envelope in your box of giving envelopes if you have one. If not, please use any envelope and clearly write "per capita" on it. In this difficult economy, you may want to pay the *per capita* for someone who can't afford to do so.

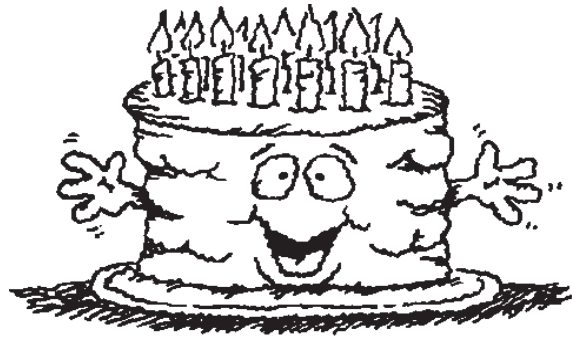
On another matter, if you have not yet received your 2010 Contribution Statement through 12-31-10, please contact Carol Stanhope, our Financial Secretary, to be sure she has your correct mailing address.

COLLEGE NEWS!

Samantha Davies is an upperclassman! A Junior 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 just shy of graduating from American River College where she is majoring in Business Administration. Vanessa volunteers in her Mom Leslie's Sunday School class almost every Sunday and serves on our Christian Education Committee. *Kaitlin and Sarah Haack*, both Music majors at American River College. Both women have been wonderful additions to our music life at Northminster. Kaitlin is a Percussionist, and Sarah is a flutist. *Holly Link* is living in Santa Cruz, and taking classes at the University for her degree in Early Childhood Education.

Keele Shaw-Connelly is a Sophomore at Santa Clara University and the Volunteer Coordinator of a Homeless program feeding the hungry. She spent most of her Christmas Vacation volunteering painting a church in Lima, Peru. She is in the midst of deciding between a double major in Spanish and Chemistry or Physics. *Carolyn Sweeny* is a Sophomore at American River and loves her classes. She has a job at Emighs Hardware as a clerk. Look for her in her Emighs blue shirt!

Monica Van Regemorter is a Sophomore at American River and has the unbelievable gift of being able to carpool with her parents to campus (Translation....she does not have to walk 10 miles from the parking lot to her classes!) Monica will be majoring in Education.



Look Who's Having a Birthday!

Tyanne Keeton	Feb. 1
Sally Raye	Feb. 5
Dorothy Huggett	Feb. 6
Ros Johnson	Feb. 6
Nora Birkenstock	Feb. 11
Liz Moese	Feb. 11
Jeanie Shaw	Feb. 11
Ken Collins	Feb. 15
Vera Refnes	Feb. 17
Lillian Woodward	Feb. 19
Stan Muther	Feb. 20
Phil Refnes	Feb. 20
Lisa Kappes	Feb. 21
Jean Brown	Feb. 24
Joan Kerfoot	Feb. 24
Lynda Languasco	Feb. 26

USHERS & GREETERS

If you would like to be an usher or a greeter, please call Jean Evans. You will probably be asked to do this about once every two months. We wish to hear from our youth also.



BLOOD DRIVE
COMING UP ON
MAY 1ST
LOOK FOR MORE DETAILS
NEXT MONTH!

KITCHEN REMODELING
February 17th-24th.

We will have a make-shift kitchen area set up in the corner of the social hall next to the sink & faucet with tables to work on and all the necessary kitchen supplies. Sorry for the inconvenience!

THANK YOU

Thank you for the generous donations of toys and clothing to children in need from my school community (Jed Smith). I was blessed to be able to visit each child's home with your wonderful gifts. The looks on the faces of the kids and parents confirmed that the holiday season truly should be about giving. Thank you for keeping this Spirit alive.

Sincerely,
Rachel Webb

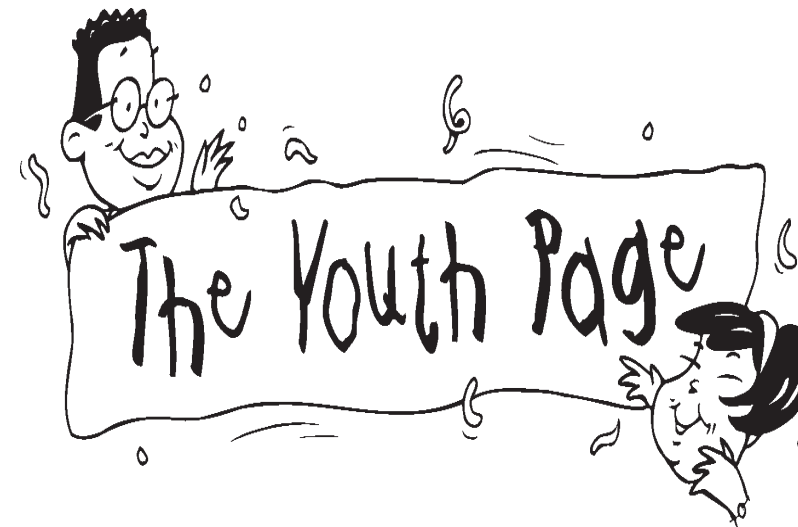
THANK YOU

Avery says "Thank you" to the carolers for coming by in December. He looked forward to their coming and enjoyed the beautiful singing so much and says, same as last year, it was the best present he received.

Lillian & Avery Woodward

CROPWALK

In the 2010 Cropwalk 182 walkers raised \$24,327.58 to date and there is still more money coming in. Thank you to everyone who walked and contributed to the 2010 walk. Mark you calendars for the 2011 walk on October 9th!



VERY IMPORTANT DATES

Wednesday Nights Jan. 12-Feb. 2:

5:00 PM Youth Drama Club

6:30 PM Youth Group

February 11 - Youth Dance

February 13 - Valentine Lunch Fundraiser

February 21 - Youth Ski Trip

February 25 - Grapefruit Mission

March 5 - Yard Sale Fundraiser

March 13 - Car Wash Fundraiser

March 17 - No Talent Show

NEW YOUTH DRAMA TEAM

I am very excited to announce the beginning of a youth drama team here at Northminster. It has been my dream to start one ever since my return from Triennium. What I experienced at Triennium is something that I would love for everyone to experience. Along with their awesome praise band, like we already have here, they had a drama team that always portrayed the Scripture lesson we were receiving at worship in the form of drama. It is my hope that with the start of our own youth drama team that you will begin to see more of that in our worship service. Another great addition that you will begin to see more of in our worship service coming from our drama team is "Energizers". These are simple dances created for a large crowd to help in getting you energized to praise God. I hope that you are all as excited as I am about getting to see some of these new things in our worship service. Oh yea, and I almost forgot to mention the drama team will be putting on a production for Lent called "The Conspicuous Cross" on Friday, April 8th. It is a story about carrying the cross of Jesus and we look forward to sharing it with you all.

Jesse Smith, Youth Drama Team Leader

Join us in making a difference!

ADULT MISSION TRIP NASHVILLE TENNESSEE

Trip dates: April 10 to 16th

Information Meeting 11:30 Sunday, Feb 6th in the Chapel!

Whenever there is a disaster anywhere in the world, the Presbyterians are poised to immediately respond with medical help, emergency aid, water and food. If long term assistance is needed, the Presbyterians turn to Presbyterian Disaster Assistance to bring in volunteers to serve under an umbrella of social workers, contractors and legal counsel to rebuild, repair and give hope to families that have lost their homes. Northminster teams have served in New Orleans and Galveston and will be heading to Nashville this April to work on our 9th house in 5 years! We will be having an informational meeting on Sunday, Feb. 6th for anyone interested! We need all skill levels from praying, painting, cooking, organizing, wall boarding, framing, mudding, roofing, and measuring! For more information, please call Beth DePuy or Kay Muther!

YOUTH MISSION TRIP NASHVILLE TENNESSEE

Trip Dates: April 16 to 22nd

Commitment Sunday for sign up and deposit is Sun. Feb 20

Our Youth have led our Congregation in Mission and have made a huge difference in our nation rebuilding a home destroyed by Hurricane Katrina in New Orleans and painting a church in Chinle, Arizona. This year we will be following our Adult trip to Nashville, and working on the house the adults worked on the week before. The youth have our secret weapon, contractor and member Don Havis who will be working with the Youth to give them the building skills needed for our project. A non refundable deposit and parental commitment letter is due on Feb 20th.

ONE DAY MISSION TO ESPARTO COMMUNITY PRESBYTERIAN

Calling all handymen and woman! As part of our Mission trip training, we will be heading to the Esparto Community for a one day Mission at the Community Presbyterian Church. We need anyone with fix it, build it and repair it skills to help! Contact Pastor Jeanie

BROWN BAG UPDATE

The Brown Bag program is a long standing and successful local mission project here at Northminster. Once a month, on the second Wednesday, we hand out bags of food to needy individuals. Right now we serve 40 people, and in the past we have helped as many as 60. The food comes from two sources: Donations of canned goods from our congregation, and deliveries from Sacramento Emergency Foodlink. Look in the Sunday bulletin—you'll find a request for cans of meat, vegetables, soup, or fruit. Feel free to bring any type on any Sunday—we'll sort them out! There is a donation basket in the narthex. The congregation has been generous, but we can use more. Remember, the more you donate, the more we can give to these needy people. We can also use donations of brown grocery bags with handles, plastic bread wrappers, and other plastic bags. If you want to help put the food in the bags and distribute them, come to the social hall on second Wednesdays at 9:30 a.m. We'll find something for you to do!

Stan Muther, (new) Brown Bag Coordinator

BOOK BAG MISSION PROJECT

If you have some cotton fabric but have no particular project for using it, here is a great idea. Last year Wendy Beals was a part of a medical mission group called, "Beyond Partnership." They went to Nicaragua where they treated many people; they also gave a gift to each person. Wendy will not be going back to Nicaragua this year, but would like to help in some way. I suggested making book bags for the children & that idea was accepted by "Beyond Partnership." Beyond Partnership will leave in April for Nicaragua so that gives us a few weeks to do some sewing. The method I use is cutting the fabric 36" x 14" with 16" handles (grograin ribbon works well). Hem each 14" end; fold the 36" in half & seam each side; add the handles, turn inside out & Ta Da you have a bag! If you have another way to make the bag, please use it. As long as all the bags are the same size when they are finished, they will be fine. We would like to make several hundred bags. When they are finished we would like to add a note (in Spanish) to each bag. It will say something such as, "This is for you from a friend in California." Pastor Jeanie is preparing some suggestions for these personal messages. Peggy Prior & our Sunday school teachers have agreed to work with our youth on writing the notes. This project has the approval of the mission & Christian Education Committees. In February & March, we will have a table set up after church for display & to receive bags. Please see Wendy Beals or Jean Evans for any questions or suggestions & the cutoff date. Thank you!

Jean Evans



SOUP-ER SENIORS FEBRUARY 2ND AT NOON

Valentines & sesquicentennials, come enjoy soup & fun as we celebrate our valentines and hear about the events leading to President Lincoln's political campaign of 1860 that made possible his inauguration as President 150 years ago! David Bradford, editor of "Vote Lincoln", will talk about the biography and what led him to this restoration task. Was it politics as usual 150 years ago?