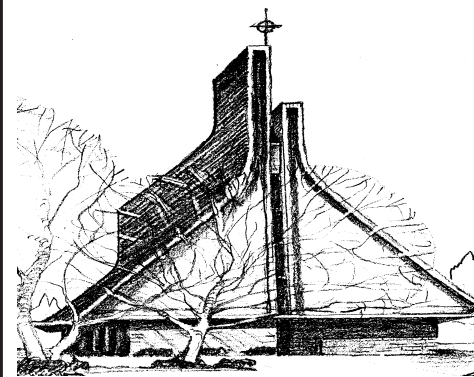


NORTHMINSTER NEWS

VOLUME 58

ISSUE 02

FEBRUARY 2012



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.

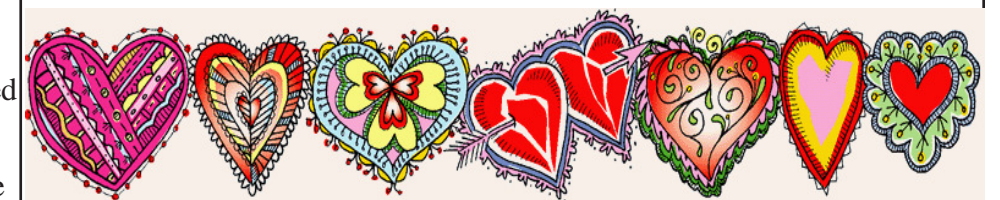
Pastors:
Rev. Jack Raymore
Rev. Jeanie Shaw

Sunday Worship Service 9:55 AM



The annual Ash Wednesday Service is set for February 22nd at 7 PM in the Sanctuary. This traditional beginning for the Lenten Season is marked by individual re-dedication for those who wish it. A ceremony of ashes will be offered and other opportunities for re-dedication. Suggestions will be made for personal spiritual growth to be adopted by worshipers during the Lenten Season. Wonderful music, prayerful activity, Biblical meditation and other surprises will mark this service. Hope to see you there.

Pastor Jack

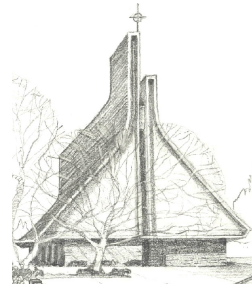


SEND A VALENTINE ON MISSION

Valentines Day is coming and it should send shivers down your spine in remembering the fantastic service and food you received at our own Northminster Restaurant. All the proceeds will go to help fund our Youth Mission Trips this year. Mark your calendars for February 12 right after worship! Cost will be \$10.00 and it is guaranteed to be terrific!

Northminster Presbyterian Church
3235 Pope Avenue
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Northminster Presbyterian Church
Stewardship & Evangelism
 January 26, 2012

Northminster Presbyterian Church
 Stewardship & Evangelism
 January 23, 2012

Special Congregation Meeting Vote Results

Do you have expertise making video recordings?

Your Stewardship & Evangelism (S&E) committee is forming a small team (3-5 people) to document the use of our time and talent in our many Northminster ministries. We are seeking people who are experienced, available and interested in making short video recordings of representative activities of the many groups (e.g., quilters, Sunday School classes, Super Seniors, Brown Baggers, Hunger Committee, Youth and Adult Mission Trippers, etc.) who carry out our ministries. Of course, we will continue to record (through video recordings and still photos) our major ministry activities (e.g., N.O.W., Easter events, VBS, Music Camp, Youth Service, Advent events, etc.) We plan to use these recordings to create one or several DVDs like we used during our October small group meetings in 2009 and 2010, and for other publicity as well.

If you are interested in being on this team, please contact Dave Yagel or Debbie Smith in the Church Office. You do not need to have video recording equipment, but if you do, please let us know.

COURAGEOUS IS COMING

Northminster will be presenting an outstanding Movie and Bible Study entitled *Courageous*, featuring first responders to emergencies and the commitment that they have not only to their community but to God and their families. We invite you to spread the word about this extraordinary study. It all begins on March 8th!

Motion 1 Passed	Motion 2 Failed	Motion 3 Passed
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Due to the length of the meeting, seventeen (17) people departed before voting formally began, but submitted written ballots, thinking that they would be counted. Those ballots were counted after the results of the one hundred (100) people who stayed until the end of the meeting were presented by the three vote counters. The results of the seventeen who left early would not have changed the result from the one hundred who stayed because of the sizable margins of the vote. The detailed count for each motion follows.

Motion 1	Total	Yes	No	Abstain	Not Voted
Formal Vote	100	70	24	5	1
Early Depart	17	12	2	3	0
Total	117	82	26	8	1
		70%	22%	7%	1%
Motion 2	Total	Yes	No	Abstain	Not Voted
Formal Vote	100	29	67	2	2
Early Depart	17	8	5	4	0
Total	117	37	72	6	2
		32%	62%	5%	2%
Motion 3	Total	Yes	No	Abstain	Not Voted
Formal Vote	100	92	4	1	3
Early Depart	17	15	1	1	0
Total	117	107	5	2	3
		91%	4%	2%	3%

NOTES FROM PASTOR JEANIE

One of the responsibilities of the ordained ministry in the Presbyterian Church is to dedicate at least two weeks a year to furthering our academic pursuits. For the last few years, I have spent my study time immersed in the beautiful Spanish language, trying to get my old brain wrapped around their five past tenses and the absolutely impossible subjunctive. This year I spent two weeks at a Spanish language school in a small coastal village in Nicaragua, living, breathing and surfing in Spanish.

The last time I had visited Nicaragua was over twenty years ago as a member of a team from Sacramento Presbytery. We were guests of the Protestant Churches of Nicaragua and served during the day on an agricultural project in Managua . It was during the war and times were very, very hard. There was water for maybe an hour a day and electricity only occasionally. Roads were mostly impassable as the bricks had been pried from the streets for barricades. At twilight, doors were shut and families hunkered down in darkened homes for the dangerous nights of war.

Twenty years later, there is fresh water, electricity and hope. Children play in the streets and doors are wide open at night so families can visit each other freely. Television is still a rarity and as I walked down cobbled streets I could see families in open doorways, laughing, telling stories and playing charades. Peace allows those things.

They had never known a woman pastor back then and I was invited to preach at a Moravian Church. The Rev. Norman Bent translated my sermon, sentence by sentence. As I walked home from the church in my clerical collar, children looked at me wide-eyed and asked, "Papa?" Someday, someday, maybe that subjunctive will finally make it through my brain and I will be able to preach in Spanish and give thanks for the blessing that peace brings to all of God's children.

This last weekend, I had the honor of being deployed to training on Crisis Intervention for the Presbyterian Disaster Assistance National Response Team. We were in Jacksonville, Florida, a beautiful place, I hear..... The schedule was so intense I was lucky to walk around the parking lot during a short break. The Presbyterian Disaster Assistance National Response Team will deploy a team of five or six members immediately after a disaster strikes our nation to support the local Presbytery and their churches. Following the San Bruno PG&E explosion and the wildfires in Southern California, PDA teams were deployed for pastoral support. The Presbyterians are known for their commitment to long term recovery, a mission that our congregation has experienced as we have helped re-build homes in the Gulf communities hit by Hurricane Katrina and Ike. The work of healing and recovery begins immediately with pastoral support of our Church. It is an example of what it means to be the Body of Christ in a Connectional Church.

I am blessed to be yours, IN CHRIST

Pastor Jeanie

Presbyterian Women in the Presbytery of Sacramento

Gathering Special!
Get the date on your calendar!

Presbyterian Women
in the Presbytery of Sacramento
invite you to attend the

Winter Gathering

Saturday, February 11, 2012

9:30 AM to 2:20 PM

Celtic Cross Presbyterian Church
5839 Dewey Drive, Citrus Heights, CA 95621
(916) 967-1414

Theme: River of Hope
Psalms 46:4, 5

This program will feature Norma Sherman of the Native American USA Contingency Global Exchange. She will share her travels and stories of this Native American Outreach experience.

More information will be sent in January...just begin to plan for this Gathering now.

Leadership Resources has been busy planning a great day - you won't want to miss it!

Call the Celtic Cross Church Office to make your reservation.

NEWS FROM THE PEW

For those of you who are autograph seekers, you might want to score one from our own Bill Welker who made headline news the day after Christmas when he was interviewed by a number of channels regarding our bronze plaque that was ripped from our Sanctuary wall on Christmas Eve day. We first saw that it was gone when we were setting up our living manger for the 5:00 Christmas Eve service. As we were organizing the sheep, goat and donkey, as if they can BE organized, we noticed the gaping hole where the plaque marking the dedication of our Sanctuary should have been. I made a quick call to the Editor of the Sacramento Bee who put out the word and the television crews descended on our campus. As chair of Building and Grounds, Bill met each TV crew, shared the pain of being vandalized on Christmas Eve and was truly a "star!" The next day he received a call that the plaque had been recovered and he re-installed the plaque with screws that go almost to the pulpit. We are not going to lose the plaque again, that's for sure! Way to go, Elder Bill!

Pastor Jeanie

REBECCA CIRCLE, TUESDAY, FEBRUARY 14, 2012

Rebecca Circle is a group of about 20 women who gather for lunch, fellowship, relaxation and spiritual uplifting on the 2nd Tuesday of each month from 11:00 to 12:30 in the Social Hall. Bring a lunch and coffee mug. Dessert and drink will be provided. Bible Study leader will be Pastor Jeanie, Lesson 6 on the Beatitudes. A Moment for Mission will be given by Marion Reagor. Hostesses are Lynda Languasco and Mercedes Grosen. Be sure to mark your calendar. All women are welcome.

SUPER SENIORS
WED, FEBRUARY 1
HIGH NOON



Join us for a truly Super bunch of Seniors for soup salad and a great speaker! Our speaker will be Court Artist Vicki Ellen Behringer! Vickie is one of the most respected court artists in our nation. She has served as court artist for many of the trials we have followed the last 20 years: Michael Jackson, The Polly Klauss trial, The Yosemite murders, The Good Guys trial and the Scott Peterson trial. Vickie will be bringing a number of her sketches from these trials as well as her stories and memories. This is a not to be missed luncheon. Bring your neighbors as well as a donation for our yummy soup and salad lunch!

MISSION UPDATE

Northminster is committed to serving those in need in our neighborhood, nation and in the world. Here are ways that we have helped this last month.

NEIGHBORHOOD OUTREACH

Our Brown Bag Food Program, under the direction of Stan Muther, prepares three bags of food for 60 of our neighborhood seniors. We can always use your help on the second Wednesdays of each month at 9:30.

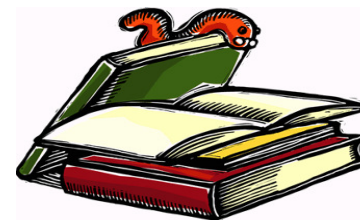
During the Christmas Season we provided every child at Dyer Kelly School a Christmas gift. Our Hunger Committee and our Youth delivered over 60 Christmas Food baskets to needy families in this neighborhood.

NATIONAL MISSION

Our Mission Committee will be sponsoring an Adult Mission Trip the week of April 15 to 22 to re-build homes destroyed by the disastrous storms last year. The Presbyterian Disaster Assistance of which our Pastor Jeanie is a national member, is often the first on the ground, helping survivors of tornados, fires, floods or hurricanes. God has a way of directing us to exactly where we are needed, utilizing the gifts of those on our team. Even if you have never thought about going on a mission trip..... pray about joining us. Beth DePuy and Kay Muther will be glad to share information!

WORLD MISSION

Presbyterian Disaster Assistance (PDA) works with and enables congregations like Northminster to bring the healing love of Christ and hope to survivors caught in the chaos of disaster. The Presbyterians have been on the ground for Kenyans refugees, victims of Hurricane Fillipe in Mexico, flooding in Mozambique, giving food and water to survivors of tsunamis in Indonesia and the Ring of Fire, and supporting victims in Darfur, giving true meaning to being a part of the Body Of Christ. 100% of our General Mission gifts of our congregation goes directly to those in need.

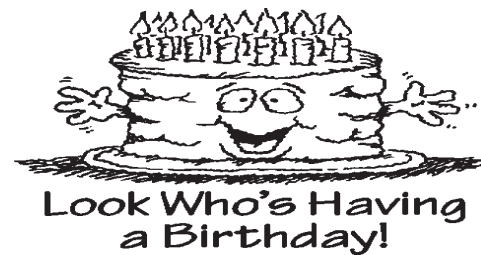


Used Book Sale

Annual Book Sale to benefit our Youth in Mission will be held on February 12th. If you would like your books to go to a great cause, we invite you to drop them off in the Church Office.

Our Adult Mission Trip will be hosting a yard sale to end all yard sales on Saturday, March 10th. We would love all your junk! Thank you.





Tyanne Keeton	Feb. 1
Sally Raye	Feb. 5
Roz 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
Lynda Languasco	Feb. 26

DIRECTORY CHANGES & UPDATES

Coghill, David
 2532 Michelle Drive
 Sacramento, CA 95821
 515-8459

Beals, Ray and Wendy
 628-9947/698-4024

Kabler, Ellen
 3412 Humboldt Way
 Sacramento, CA 95864
 359-0145

LeFevre, Jamie
 11340 Gold Country Blvd.
 Gold River, CA 95670
 802-4880

Lasiter, Nellie
 4233 Brookhill Drive
 Fair Oaks, CA 95628
 967-0989



YOUTH GROUP WEDNESDAY NIGHTS 6:30 PM

A REVIEW OF NEW YEAR'S EVE YOUTH PARTY

We started the evening with some fun get to know you games that taught us a little something new about each other. It was fun learning things we didn't know about each other! Pastor Jack then taught us the story of Zaccheus and Jesus choosing to come to his home even though he was perceived as a greedy, bad man. Periodically throughout the evening we broke into small groups led by Pastor Jack, Debbie Smith, Sheree Banez and Darlene Edwards where we discussed important things like how others perceive us and how we perceive ourselves. Everybody brought snacks and drinks to share so during break times we would munch and socialize with each other. The highlight of the evening was game time. We played everybody's favorite, dodge ball! When midnight came and we cheered in New Year's (a day early!), together and shared our New Year's resolutions, no one wanted to go home because we were having such a good time. It is programs like these that bring us together as a youth group to teach us about God's love and his plan for each of us. I know I speak for us all when I say thank you to those leaders who put together this wonderful evening of learning and fun for us youth.



Jesse Smith

Northminster Presbyterian Church:

Thank you for bringing happiness to 20 children who may not have otherwise received gifts this holiday season. What a beautiful thing, to give to others, to bring joy to others. I can tell you the smiles were huge as I delivered the beautiful packages before Christmas. Thank you.

Rachel Webb (on behalf of the Jed Smith School families)

CENTSABILITY TOTAL FOR JANUARY
 \$18.92

CROPWALK

The Crop Walk Committee Chair for 2011, Diane Reubenstein, passed away shortly after the walk. The committee never realized how much Diane did. Things are slowly getting back on track. As of December 31, 2011, nine to ten churches have raised \$17,000! There is more to be counted. The 2012 date has not been finalized but the walk will be in October again. The Crop Walk Committee will make the 2012 walk in memory of Diane Reubenstein.

Tyanne Keeton

**Northminster Presbyterian Church
 Memorial & Special Donations Received**

**Norm Root
 Don Brink
 Bill Marr
 Joe Chez**

NURSE'S NOTES FROM THE PARISH NURSE

Renal Failure (per request)

The kidneys, along with the liver are vital organs. The liver processes what comes into the body and the kidneys help retain essentials and get rid of the waste products. The kidneys do a great deal more than that. The kidneys also provide hormones necessary to regulate blood pressure and red blood cell production. If the kidneys lose their ability to filter out waste, extra fluid, toxins, and even excess levels of necessary minerals, these substances build up in the blood, and without treatment would eventually cause death.

There are two types of renal failure, acute and chronic. If the kidney is damaged over time by disease, such as diabetes, the result can be chronic kidney failure. Acute RF occurs indirectly such as by blockage, as with a kidney stone. If the urine cannot pass out of the kidney it becomes swollen with fluid.

Signs and symptoms of acute renal failure depend on the severity and cause. Symptoms include fluid retention, internal bleeding, confusion, seizures & coma.

With chronic renal failure (CRF) symptoms may not become obvious until the kidneys have lost 80% or more of their normal function. At this stage symptoms may appear such as abnormal urine tests, increased blood pressure, unexplained weight loss, anemia, nausea, vomiting, metallic taste, loss of appetite, shortness of breath, chest pains, numbness, tingling, easy bruising, fatigue, headache, decreased urine output, muscle twitches & cramps, bone weakening, bleeding in the gastrointestinal tract, yellowish-brown skin color, unusual itching, excess fluid retention, confusion, seizures & coma. Diagnosis depends on lab results, especially creatinine level. Creatinine is a normal molecule in the muscles. The normally functioning kidney should remove creatinine from the blood and expel it. An increase in serum creatinine is often the first sign of kidney failure and can occur even before the person feels sick.

Treatment - Most of the time the kidneys will regain at least part of their function if the cause is corrected. In some cases Acute Renal Failure is so severe that dialysis with an artificial kidney machine is necessary. Dialysis can be withdrawn as kidney function returns. With CRF also, the underlying disease needs to be treated. Hypertensive patients need to take their medications and diabetic patients need to control their blood sugars. If the kidneys are so damaged conservative treatment is no longer an option dialysis or transplantation are the options. Hemodialysis is a frequent, routine flushing of the circulatory system through a dialysis machine at a center that performs that procedure. Peritoneal dialysis can be done at home by the patient, with assistance, with personal equipment that does not require a visit to a center. Organ transplants usually require immunosuppressant anti-rejection drugs to help the body accept the foreign tissue. And the recipient should never be given immunization injections such as flu shots!!

Getting to Know our Deacon, Jeff Smith



Yes, we have two Smith deacons who are father and son! You learned all about son Jacob last month and now it is dad's turn. Jeff was born in San Francisco on June 19th, 1964. Most of you know his wife and the boys' mom, Debbie, who can always be found in the Church Office welcoming you at the desk with a smile, or answering with a cheery voice on the phone. Yes, she is our Church's Administrative Assistant. Jeff and Debbie's youngest son, Jesse, is active in the youth group and serves in the Youth Praise Band. Prediction: Someday, Jesse, too, will find himself serving in a leadership capacity at Northminster!

Jeff works as a painter for the Sacramento City School District where you'll find him painting such things as the alphabet in the kindergarten area, basketball courts, hop scotch, half circles for door safety, etc. He is also kept busy with graffiti removal! He worked many times at Einstein Middle School where Ellen Cochran was teaching before they knew each other! Small world! Jeff also does house painting on the side and is a perfectionist on any job he does. He supervised a crew of youth painters on the Mystery Mission Trip and the painting of our Church kitchen. Debbie says, no matter what task he does, including such things as doing the laundry or cooking, it is always a job well done! (He qualifies for the great husband award!)

At Northminster, Jeff works with the Buildings and Grounds Committee for the Deacons and has also been very involved in the youth program, chaperoning on many events like back-packing, mission trips and lock-ins. One of his most memorable moments was when he had to step into the Jesus Birthday party play because the lead actor didn't show up. He was the Inn Keeper and performed at the Academy Award level!

Jeff does not let any grass grow under his feet! He still plays baseball on the 51's Team in the Men's Senior League. What position? You name it - pitcher, short stop, 2nd baseman and outfielder. He is also an avid skier. If there is powder on the slopes, so is Jeff! (Slow going this year - huh?) You can find him on most Saturdays on the golf course at Haggin Oaks and he plays Disk Golf every chance he gets. Jeff doesn't drive anywhere if he can just ride his bike or long board to his destination. About the only time you'll find him sitting still is if the San Diego Chargers or the San Francisco Giants are on TV! A big fan of both!

Family time is the most important thing in Jeff's life. He is very involved in raising his boys. He has coached many of their sports' teams and chaperoned many field trips. He always makes sure the family sits together at dinner time, even when life is super busy as he loves to talk about their day. He also is always ready to play a game, go to a play, a concert, or some type of entertainment together. Debbie says that he may look rough and tough on the outside but he is actually a big marshmallow!

Now here is a tid-bit about Jeff that you might not know! He has taken up the ukulele, after receiving one from Debbie for their 21st anniversary last October, and rarely puts it down! His repertoire now includes, "Jesus Loves the Little Children" and "The B-I-B-L-E" which he has played while Debbie sings with the children in their Sunday School Class. O.K. Stan . . . do Praise Bands ever use ukuleles?

If Jeff is a marshmallow and Debbie is the chocolate and Jesse and Jacob are the graham crackers, we have wonderful s'mores! This is what Northminster needs - s'more wonderful Christian families like the Smiths. The next time you see them, stop them and thank them for the meaningful and worthwhile service they are all giving to our Church family as well as to our mission work.

Northminster Family and Friends,

It was ten years ago but it seems like yesterday. Judi and I got out of an airplane in Sacramento, California, and it was the first time either one of us had been west of the Mississippi River and to begin a wonderful adventure. We were met by Dick Pyers and his wonderful warm smile and a gift of flowers to go with it. After that I was introduced to the rest of the Pulpit Nominating Committee for Northminster Presbyterian Church, an incredibly warm and wonderful group of people. Lynne and Glen Cunningham could not be with us but offered the use of their house for a week. According to the will of God and in due season, that group offered us a call to become only the fourth pastor for the Northminster Presbyterian Church. This year I passed my predecessor, Bryon Nelson and also Ken Winters as I moved into my 10th year at Northminster. Byron was about 9 years and Ken much the same. The legendary Reverend Robert McLean set the bar pretty high for all of us for his more than 25 years and because of his incredible ministry. The Pulpit Committee shared with me many things about Northminster Church those ten years ago and, added to the normal joys and opportunities of ministry, was a need to look seriously at our Church with an eye towards some transformational activities. Northminster had some wonderful strengths but, for whatever reason, there were relatively few children, youth and young adults in the mix.

We believe God would stand ready to bless our efforts if we rolled up our sleeves, prayed daily, worshiped faithfully, learned what the scriptures had to say about discipleship and adjust ourselves for some new ways to answer the opportunities and challenges that lay before us. Northminster Presbyterian Church has enjoyed more than 55 years of faithful service and has a wonderful history to be joyful about. I do believe that in the last ten years Northminster has become markedly different and most people celebrate those changes and the people that have come to be a part of our Church family and continue to build in the present and for the future. I think that future is bright and calling to us in a variety of ways. There have been 55 plus wonderful years but, in some ways, the best is yet to be.

I mention all this because at Tuesday night's Session meeting, I shared with them my desire that they call a Congregational Meeting to vote to petition The Sacramento Presbytery to dissolve the relationship that exists between me and you as your pastor. I do this with a strong sense of appreciation for the wonderful time we have had in serving the Lord in this place. We have done it in a variety of ways and we have done it with faithfulness and a sense of sharing the work of God as the people of God. There are many things to celebrate and I will spend lots of time doing so. Highlights of that celebration, as I think it through, will be your incredible generosity to me and my family. The house-warming gift, which didn't just warm the house but threatened to burn it down, was so gracious and unexpected; the trip to Hawaii, also unexpected, but the most wonderful vacation Judi and I have ever enjoyed, without any exceptions; the Habitat house we built together, paying for and constructing it, almost every nail that was driven during those hectic days of construction was driven in the rain, sometimes drizzles, but often more than that; the day we handed the keys to the Caceras family that would own the home, the sun shined and I know God was smiling. Before that He just wanted to see if we had the tenacity to brave the rain and we did. There are a thousand other memories but my space in this newsletter is relatively brief.

So, with a great deal of gratitude for our life together, I write about the end of this "called" experience among you. I will be leaving the Church either the beginning of March or possibly at the end of the Lenten and Easter Season (mid-April). There are certain plans in the making that would dictate me being here through Easter. As soon as those plans become more clear, the Session will be calling you together to make the request that I spoke of earlier.

In the mean time, my Executive Assistant, Darlene Edwards, will be busy making appointments for you to see me in my office for individual opportunities to share our thoughts and memories about the last ten years. I know enough to know that not all of you will be interested in doing that, but if you are, I will be interested in spending that precious time with you one on one and individually. You know by now that I am not much for parties or celebrations where I am in any way the center of attention. On the other hand, I would seek precious time with you individually if you are interested or willing. Mobility for me is a continuing challenge, so the best place for that, from my point of view, would be in my office at the Church. If you would want to suggest some other approach, I will try to be responsive. This letter is getting too long but I want to end it with one final expression of gratitude to God for the time I spent among you. My gratitude to God stands beside my gratitude to each of you for the chance to work with you in God's Kingdom and this little portion of it at Northminster Presbyterian Church. You will never be forgotten.

Yours in Christ,

Jack