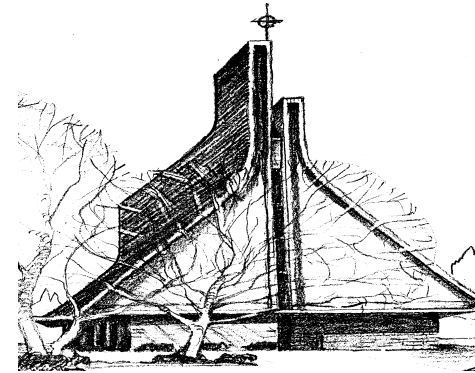


NORTHMINSTER NEWS

VOLUME 57

ISSUE 1

JANUARY 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



YOU ARE ALL INVITED TO.....

N.O.W.

(Northminster on Wednesdays)

Come join us on Wednesday nights at Northminster for an evening of fellowship. We offer classes and activities for all ages and all are welcome!

January 11 - February 2

5:00 PM

Adult Bible Study "The Prodigal Son" by Dick Cochran
Children's Art
Youth Drama Team

6:00 PM

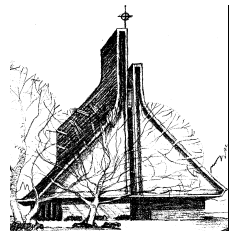
Dinner

6:30 PM

Adult Bible Study "Eating Better in 2011" by Judi Raymore
Children's Music
Youth Group

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Message from Pastor Jack

Dear Northminster Church family,

As I sit here in my office at the end of the year 2010 and the year 2011 on the horizon, I am preparing for tonight's Session meeting. This specific Session meeting towards the end of the year is a particular favorite of mine for many reasons. Normally the budget issues for the coming year are resolved and we have some sense of our way forward. This is basically true this year, although our budget can afford very few changes for the coming year as a result of the stewardship drive. The drive showed the effects of the economy on all of us. We are living in a very difficult economy and that difficulty is felt in many ways. Some of us are unemployed and others under-employed at the moment. Even those of us who are employed have faced decreases in hours and wages and all of us have been influenced by this troubling economy, either directly or indirectly. Your generosity in remembering God and your Church in this environment is appreciated by me and all your leaders. It is very likely that some radical changes will need to be made in the coming year but we will prayerfully and thoughtfully consider what these may be. Again, I speak for your leaders as I thank you for your generosity in these troubled economic times.

On a more positive note, tonight we will also hear the Christian Faith Journey statements on the part of our officers elect. It is a wonderful group. Joining us as Elders will be: Charles Braden, Dick Cochran, Bobbie Price, Taylor Tague, Jennifer Taylor and Bill Wirt. I want to highlight Taylor Tague as a young person willing to serve God and her Church family as an Elder. In addition, we will be ordaining Taylor Tague, Charles Braden, Dick Cochran, Bobbie Price and Bill Wirt and installing Jennifer Taylor as Jennifer has already been ordained. Ordination is set apart for a specific opportunity, and once ordained, one remains ordained for life. We will also hear the Christian Faith Journey statements of Deacons elect: Carol Brown, Vera Refnes, Jacob Smith and Jeff Smith. I want to highlight Jacob Smith as another young person willing to serve in the capacity of Deacon in the kingdom and at Northminster Presbyterian Church. Along with Jacob we will be ordaining: Carol Brown, Vera Refnes and Jeff Smith as Deacons and they will remain ordained for life.

With officers and leaders of this spiritual depth and gifts and talents, as exemplified by the names above, Northminster Presbyterian Church should be in a wonderful position to continue, with enthusiasm and energy, the direction of our Church and service to the Lord Jesus Christ. We are a growing congregation and that growth is especially evidenced in the young families with children and teenagers that have become a part of our lives and are beginning to involve themselves in the Church and commit to membership in our Church family. This growth challenges us to work together as a Church family for the Lord and the mission to which we are called. Working together does not happen automatically but is the result of Christians getting to know each other and learning about each other as Christians and as people. Northminster Presbyterian Church will be best served as we build on the inter-generational nature of our current Church family and find ways for all generations to be together and learn about each other and work together for the Lord and his purposes. I think working with another person is a wonderful way for relationships to grow. I pray that whatever generation we may represent, we will develop relationships especially as a result of the mission for Jesus Christ we undertake individually and side by side with one another. In short, tremendous blessings and wonderful opportunities lay in front of us in the year 2011 and beyond. Let us prayerfully and enthusiastically look forward to all God intends in our future together.

Yours in Christ,

Jack

REBECCA CIRCLE

December meeting went well with 16 members and 1 guest present. In spite of dire warnings against becoming ill on the second Tuesday, 7 members had the audacity to call in sick! You know who you are!

Next meeting will be Jan. 11 at 11 AM in the social hall. Please bring a sack lunch and your own coffee mug. Judi Raymore will lead the study, lesson five of "Journeys Through Revelation: Apocalyptic Hope for Today". Millie Payne and Betty VanDerKamp will be hostesses. All women are encouraged to attend.

Ruth Gunn

FOUNDATION DONATIONS RECEIVED

Foundation Name Remembered

Carol Ann Pflug

Robert Smith

Fred Trimble

Jim Moese

Joe Chez

CHRISTMAS MISSION AT NORTHMINSTER

**We join a church to make an authentic and life-giving difference in our lives.
At Northminster, Mission is a priority. We prayerfully give to support and transform the
lives of those in need in our neighborhood, nation and world.
Here is a sampling of our Mission outreach this Christmas season.**

CHRISTMAS FOOD BASKETS

Our Northminster Hunger Committee and Youth delivered 60 baskets of food to families of our local elementary school, Dyer Kelly.

THE GIVING TREE

Northminster members and friends adopted 24 children currently under the care of a Social Worker. Presents were colorfully wrapped with love and were delivered to children!

DYER KELLY SCHOOL OPERATION CHRISTMAS

Northminster is blessed by an extraordinary relationship with our neighborhood school. 44 Presents were delivered to the school for children who would otherwise not receive any gifts this Christmas!

CAPS AND SCARFS

Northminster knitters, crocheters and crafters have been busy creating caps, scarves and hats given to Volunteers Of America.

QUILTERS

Our Quilters have created 19 beautiful quilts this December for Seniors living in a Safe House for the Abused Elderly. Our Quilters meet at 10:00 on Mondays! Come and Quilt!

INTER-FAITH SERVICE BUREAU

The Sacramento Inter-faith Service Bureau is one of the oldest Faith Collations in our nation working to build understanding and trust among peoples of faith.

SUPPORT TO OUR TROOPS

Our Sunday School Classes adopted Soldiers serving under the command of Captain Jason Kappes, son of Steve Kappes. Christmas Cards were sent to all the troops under his command with letters of gratitude and hope!

LOVE LETTERS TO OUR HOMEBOUND

Our Sunday High School class sent Christmas cards and letters to our members who are homebound. Our Youth also went Christmas Caroling for a La Posada to our Northminster neighbors!

NATIONAL DISASTER ASSISTANCE AND WORLD-WIDE MISSION

Our Congregation Pledges a Mission gift each year to the World-wide Mission of the Presbyterian Church. Our Mission teams have seen first-hand the work of Presbyterians in the aftermath of national disasters, offering immediate aid to families following the hurricanes in the Gulf Coast and flooding in the Midwest. Our Church also runs, Clinics, Hospitals, Schools, Colleges, Universities and Seminaries around the world providing life-giving support to those in need.

Nurse's Notes from the Parish Nurse

WHAT'S THE DIFFERENCE

Essential Tremor

Essential tremor (ET) is a neurological disorder of unknown origin in which individuals exhibit a rhythmic trembling of the hands, head, legs, trunk and/or voice. It can afflict persons of any age, gender and race, and in the majority of cases, it is inherited. About 4-6 million people in the US are afflicted with ET. Although more commonly seen in older adults, ET can begin as early as birth. The age of onset, body part(s) affected and the severity of the tremors differ from patient to patient, even within a family. The difference between patients holds true for benefits received from drug or surgical therapy as well.

The tremor or shaking of the voice or body part can be observed when the person is maintaining a certain position or when in motion. ET differs from Parkinson's disease in that the tremor of Parkinson's disease usually involves a limb at rest. Therefore, treatment for the two disorders is quite different. Although essential tremor is not life threatening, it can cause difficulty in performing activities of daily living such as writing, eating, drinking, etc. as well as embarrassment in the presence of others. Tremors can worsen with stress (which causes the release of adrenaline) or with stimulants known to cause tremors, such as caffeine and ephedrine (an ingredient in some medicines).

Some drugs used to treat other diseases have proven somewhat helpful to patients with ET, but no one drug has been developed specifically for the disorder. Certain surgical techniques have been used with varying success.

Parkinson's Disease

Parkinson's Disease (PD) is a slowly progressive disorder of the central nervous system affecting movement, muscle control and balance resulting in tremors and weakness. Signs and symptoms develop gradually, typically beginning with trembling in one hand. There is no specific test for the disease, which makes diagnosis difficult.

The loss of one of the major chemicals in the brain which helps the body respond to stress is the primary defect in PD. By the time signs of the disease become obvious there is an 80-90% loss of the cells producing the needed chemical. The disease is not life threatening but can significantly impair quality of life as well as survival. At this time there is no known cure, but patients adequately treated with medication and exercise can live long and productive lives.

The majority of people affected by PD are over 50 when diagnosed but it is appearing in increasing numbers in individuals under 40.

Treatment is very individualized. Goals of treatment are to relieve disabilities while minimizing side effects of medications. The decision to treat with pharmacologic agents must include consideration of the balance between the benefits and side-effects of the drugs as well as their cost.

As with most diseases, there are many organizations concerned with Parkinson's Disease. When making donations to any organization make sure it is the organization which deals specifically with the aspects about which you are most concerned!



*“Be still before the Lord,
and wait patiently for him.”
Psalm 37:7*

An open invitation to: all Northminster members and friends

From: the Christian Education/Adult education sub-committee
Ellen Cochran, Jan DeMassey, Peggy Prior, Judi Raymore,
Nancy Seymour and Jeanie Shaw

On: January 9, 2011 – after worship – in the Social Hall

We would like to invite everyone to join us in making 2011 “Northminster’s Year of the Bible”. We have met through this past fall; prayed, laughed, inspired each other and concluded that we want to sponsor an audacious goal: that everyone in the Northminster community be “in the Word” in 2011. We want to inspire you to make “Space For God” in your busy lives. We would like to encourage you to make a pledge to do the following:

- to grow the habit of reading your Bible every day: to be connected to the Word
- to always keep your Bible open, where you can see it all the time
- to read at least a verse every day, and hopefully more
- to grow the practice of daily prayer, to be connected to God
- to pray at least a sentence – in your car, at the kitchen sink, on a walk - anywhere!
- to become connected to a Christian learning community – Circles, Lectionary Study, Genesis of Christianity, Tuesday Breakfast Bible Study, Women’s Bible Studies, N.O.W.
- or start your own!

Many of you are doing all or some of these things already, but none of us do these things enough. Your Bible may look like this!



If it does – do you want to learn how to dig into it more deeply?

Your prayer life may be rich and full. But if it is not all you long for, if you want your prayers to be somehow “more”- we would like to help.

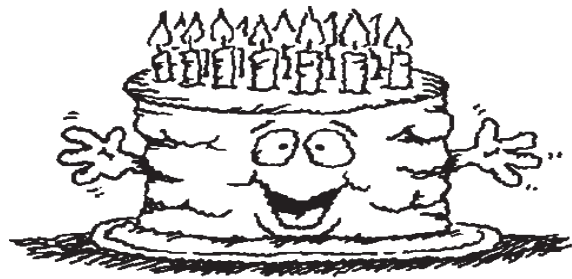
You may meet often with a Christian learning community; you may not belong to one at all. You may have pressing reasons why you cannot belong to one now, but know in your heart that it’s important to make that connection. How can you make that happen?

We would like to begin this “Year of the Bible” with a celebration on Epiphany Sunday, January 9, 2011. The special worship service that day will reflect our wishes to begin this year’s emphasis on Bible reading, prayer and connecting to a learning community. Of course, we hope that once you “grow” these habits, the following years will be full of “Space for God”, too!

On January 9, 2011, there will be a “Making Space for God Faire” after church, in the Fellowship Hall, with exhibits to show you some possible ways you can make these connections in your life, to deepen your ties to the Word of God, to prayer and to other Christian believers.

Please make plans to join us that day! Please invite others to do so, too!

(continued on next page)



Look Who's Having a Birthday!

Margaret Taylor	Jan. 1
Marie Balding	Jan. 3
Janie Brake	Jan. 3
Jim Jordan	Jan. 7
Michelle Marks	Jan. 7
Claire Drury	Jan. 12
Mary Ann Burghrave	Jan. 16
Gerry Halley	Jan. 16
Kay Messmer	Jan. 17
Bryce Jope	Jan. 18
Mary Braden	Jan. 20
Merle Whiting	Jan. 20
Sally Coyle	Jan. 21
Carol Stanhope	Jan. 21
Bobbie Price	Jan. 24
Gerri Urban	Jan. 25
Nancy McColl	Jan. 26
Mary Woods	Jan. 29
Deanne Brown	Jan. 30

Thank you

I would like to thank the Carolers for coming out to my home and singing to me. It was very much appreciated.

Debra Keeton

THANK YOU

For all of your thoughts and prayers Jim and I are truly grateful.

Liz Moese

NEW MEMBER LUNCHEON/RETREAT

January 23rd after worship

All those interested in becoming a member of our congregation may call the Church office or speak with Barbara Brautigam.

A warm welcome awaits you!

The Membership Committee

PRESBYTERIANS TODAY

Many thanks are due to Carol Link for using funds from the Chuck Link Memorial Fund to purchase 100 copies of the special issue of Presbyterians Today: An introduction to all things Presbyterian.

A copy of this very special issue will be given to all new members of our congregation and/or to those who wish to learn more about our demonimation. Barbara Brautigam has these magazines.

Thank you Carol Link!

The Membership Committee

REMINDER

The Per Capita amount is \$22.00.



VERY IMPORTANT DATES

Wednesday Nights Jan. 12-Feb. 2:

5:00 PM Youth Drama Club

6:30 PM Youth Group

February 13 - Valentine Lunch Fundraiser

February 21 - Youth Ski Trip

A CHRISTMAS TRADITION

Christmas - the most wonderful time of the year. Everyone has their lights up, their decorations out and the Christmas spirit in their hearts. Everyone has special traditions but one of my favorites is going to the Christmas eve service. I love playing and performing with the candle-light dancers. But, most of all, I love the feeling I get when everyone stands in a big circle with one small candle. It's a tradition that brings my family together and fills each and everyone of us with the love of Christ.

Taylor Tague