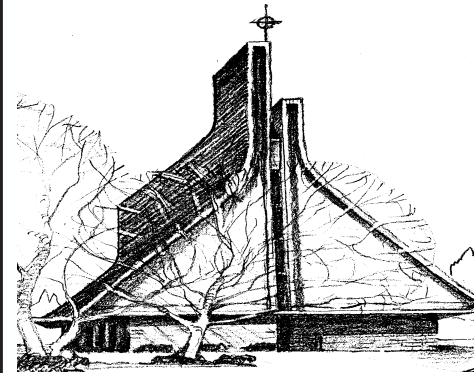


# NORTHMINSTER NEWS

VOLUME 58

ISSUE 01

JANUARY 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

## NORTHMINSTER PRESBYTERIAN CHURCH

### CHRISTMAS WISH TREE

Once Again Is Generous To

21 Boys and Girls

Thank you



The Mission Committee wishes to thank the people who took a name or two from our "Giving Tree". Twenty one children from the Jedediah Smith School area were made happy on Christmas morning because of your thoughtful generosity. Northminster is truly a giving, caring and loving mission oriented group of God's people! Thank you again.

Gerri Urban

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Northminster Family and Friends,

I'm sitting here with my pencil in hand to write a letter to the folks of Northminster Presbyterian Church and other readers of our monthly newsletter. I enjoy this monthly opportunity to communicate a spiritual message to each of you but it is a strange time to be writing this letter. We have not actually celebrated the fullness of Advent or had any of our Christmas oriented experiences such as our 5PM and 10PM Christmas Eve Services and the Christmas Day Service. By the time you read this newsletter, these activities will be behind us. This having been said, I will talk about the Christmas just past.

It is my hope and prayer that every member of the Church family will have added a nice group of wonderful warm memories to the Christmas archives because of what has taken place during Christmas 2011. After all, Christmas memories are some of our fondest and warmest, in many cases. I'm also acutely aware that even the Christmas holidays, as special as they are, are not overly positive to many, many people. It can be a struggle sometimes to get through the strong feelings associated with any holiday and perhaps especially Christmas with all of the expectations that are there and all the ways we have added busyness to this time of year. So, between fatigue and letdown, it can sometimes be a rough experience together with a joyful one. The first feeling we might identify is that slight feeling of relief that all of the busyness of the last month is behind us and the warm memories will be joined by bills which have not yet arrived and since the bills are not here, the warm memories make it a perfect experience.

So, what should we hold tight to as we think back on the Christmas that has just happened? We can let the truth of what has been celebrated, the great birth of Jesus Christ and the meaning of that event. While it is important to celebrate the birth of Jesus in Bethlehem in a manger 2000 years ago, His re-birth in our hearts each year is the most important element of Christmas. With that joy in our hearts we begin to look forward to the year 2012. We will be moving into a year that will culminate in the election of a new President or the continuation of the current one. That selection process will have a lot of challenges to us as we think about our role as Christians and citizens in this incredibly wonderful country. We will want to encrypt ourselves to cast our vote with some preparation and as much wisdom as we can muster. We also recognize that, especially in California and even more especially in Sacramento, the economy has not been a particularly strong and positive thing. Anticipated cuts by our State to programs and services normally supported by the State, including education and other necessary State funded activities are anticipated to be deep with tremendous influence on each of our lives, either directly or indirectly. These are just a few things that make 2012 somewhat uncertain.

Christmas and our Christian faith reminds us, in the midst of uncertainty, that there is in our faith the light of wonder that what we have celebrated in December through the Advent and Christmas Season in Jesus Christ is an important faith fact in the uncertainties we face. The Gospel of John reminds us that at Christmas the Word of God became flesh, a human being, born as a baby who grew to maturity and loved God and everyone he met with an incredible love. John also tells us that that same Jesus is the light of the world intended to illuminate even the most uncertain circumstances and darkest realities. Though the world does not always perceive the light of Jesus, nonetheless, nothing has ever overcome it and we know that the light of Bethlehem will always shine brightly.

As we approach 2012 and a brand new year, let's take the feelings of Christmas into this entire year and even beyond. If during this year you feel you are against the wall and are experiencing some uncertainty and sometimes even the way forward seems dark, let the light of wonder shine upon you and in you and call upon it and use it as a faith tool to address your life circumstances. When things are beautiful, sunny, rosy and enjoyable, remember also to express gratitude for those kinds of blessings and express it to the one born in a manger so long ago whose spirit remains alive and among us and in the world. In short, Merry Christmas, Happy New Year and let the light of God fill your heart this year with wonder and joy.

Yours in Christ,

Jack

## **SUPER SENIORS**

**HEALTH ISSUES FACING CALIFORNIA**

**DR. DON LYMAN**

**DEPARTMENT OF HEALTH**

**STATE OF CALIFORNIA**

**January 4th, 12:00 Noon**

Join us for the first gathering of the new year  
and a “super” group of Seniors as we tackle the issues facing our State.

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## **CONGREGATION ANNUAL MEETING AND CHILI LUNCHEON**

Time to get out your favorite chili recipe and set an  
appointment with your  
crock pot/soup pot for January 29th.  
Please catch me (Bonnie Simmons) after church or call me  
if you are able to provide either chili or an  
alternative soup.

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### **Have You Seen...???**

For four weeks I have searched every nook, cranny and open space at Northminster for the Christmas Story weaving our member Arlyn Uslan made. I have not found it anywhere on the church campus. This weaving has been hung in our sanctuary narthex during the Advent/Christmas seasons for many years. It is a very special gift of time and talent from Arlyn.

PLEASE, please if you know where this hanging was put when it was taken down in January 2011 tell the church office 916-487-5192, where it was put away. If, per chance, you find it off campus...please return it - No Questions Asked. If you know where it is on campus and you cannot reach it...please tell the office or Liz...I am willing to climb or crawl or reach to get it.

Thank you for your help in finding this missing treasure.

Liz Moese, one very anxious, perplexed Northminsterite.

## NURSE'S NOTES FROM THE PARISH NURSE

Happy New You

So, how are you feeling today? Did you have happy holidays? How could we not when we are surrounded by "more than we could ask, or even think". It was difficult not to over-indulge. Even our best friends tried to "lead us into temptation"

Did you take in more calories than you needed? Are you glad you did that? Maybe not? Are you going to continue to do that? Eating is essential to life, but overeating is hazardous to your health. And it is difficult to limit ourselves when we are doing something we enjoy. We eat for many more reasons than just to satisfy our hunger. Some people eat when they are depressed or sad, some eat when they are angry or stressed, some eat when they are happy & celebrating, and some people eat when they are "all of the above". Without realizing it, we can find ourselves taking in more than a reasonable number of calories. Sweet & salty snacks are usually the greatest offenders in "mindless eating". Before we realize it we have filled our stomachs with high-calorie, low-nutrition junk food & then are not even hungry for food that would be healthy for us. "Only You Can Prevent Forest Fires". Only you can modify/stop/reverse unhealthy practices. "Mindful eating" includes a lot more than what we're eating. It means also thinking about how much we're eating and why we're eating it. It also means savoring (paying attention) to the color & texture & consistency as well as the flavor/taste. It can also include being grateful for the food we have. What do you remember about the meals you had yesterday? The attitude we bring to the table with us can make every meal a gift to remember, because every meal is a gift.

Have you ever thought about why certain foods ripen at certain times of the year? It is because they contain the vitamins & minerals we need at that time. Oranges at Christmas time, apples in the fall. In our society, we can get almost anything at almost anytime because we can transport foods safely from other areas where they are "in season". One of the "selling points" for farmers' markets is that the locally grown foods are the foods we need at this time in this area. Each food has different vitamins & minerals. That is why a variety is needed to provide a well-balanced diet.

Proteins, fats, carbohydrates and fiber are all important in varying amounts. Fats should be kept to a minimum. The hazards of a high fat diet are well publicized. Manufactures spend lots of money advertising their processed foods, but fresh fruits & vegetable do not get much attention in the media except on cooking shows because no company profits from their sale. Some people even say they don't know how to prepare fresh fruits & veggies since they don't come with directions on the package. Washing before preparation is almost always a good idea. Hints such as slicing broccoli stems on a slant can mean making more use of the product which means getting more food for the money. An amazing amount of our time is devoted to the selection, preparation & consumption of food. Giving God thanks for the abundance we have should be part of every meal. And sharing with others is God's command. Matthew 25: 40 & 45.

## Presbyterian Women in the Presbytery of Sacramento

***Gathering Special!***  
***Get the date on your calendar!***

Presbyterian Women  
in the Presbytery of Sacramento  
invites 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***  
***Psalm 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. Plans and excitement about Churchwide in July will be the "talk of the town".

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

Call the Celtic Cross Church Office to make your reservation.

## NEW FELLOWSHIP/COFFEE TIME SCHEDULING

Your Membership Committee has decided to share the wealth. For too long, the opportunity to serve our church by handling the Fellowship/Coffee Time has been held by too few. These groups have been stalwart, but others need to be drawn into this vital area of service on an occasional basis. Charlie Duncan has volunteered to schedule and Charlie Braden has agreed to remind by phone. Betty Van Der Kamp will train those new to our kitchen. This should begin in January, so be ready for a phone call asking you to be on Charlie's Coffee List!! Your cooperation is deeply appreciated.

Thank you,

Barbara Brautigam, Membership Chairperson

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## Special Offering to Benefit Deacons Fund

The NPC Deacon's is funded through donations and not part of the general budget. Members and friends have the opportunity twice annually to donate to your Board of Deacons: January and July are set aside for 2012.

The Deacons continue to support efforts such as: Parish nurse reimbursement for mileage, 100 of Birthday cards, communion elements, landscape contributions, donations for mission and outreach to name a few.

Donations can be made at any time when clearly marked Board of Deacons Fund, but we count on the 2 special offerings to determine the budget.

On behalf of Carol Brown, treasurer and the entire Board of Deacons, I thank you for your support.

Pearl Beavers Moderator 2011

## REBECCA CIRCLE: TUESDAY, JANUARY 10, 2012

Rebecca Circle is a group of around 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 Jini Dunham, lesson 5 on the Beatitudes. A moment for mission will be given by Betty Van Der Kamp. Hostesses are Carol Link and Millie Payne. Be sure to mark your new calendar.

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## BROWN BAG UPDATE

On the second Wednesday morning of each month, the Northminster Brown Bag team gathers to put together bags of food for low-income seniors or disabled people. At present, we have 65 clients on our list, and with the economic problems in our city, more come to sign up each month. We receive the bulk of our food from Sacramento Emergency Foodlink and the USDA, but a significant portion comes from donations from our congregation. Our church family has been generous, but we can use more! Canned foods, especially fruit and meat, as well as brown grocery bags in good condition, may be left in the narthex before or after church. We have six to eight volunteers preparing and distributing bags each month, but some of our stalwarts have retired. We need more help! This is a very fulfilling ministry and a lot of fun, too. If you are interested, give me a call. We are exploring the possibility of doing this twice per month, and that means even more help is needed.

Stan Muther



**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 Burghgrave	Jan. 16
Gerry Halley	Jan. 16
Kay Messmer	Jan. 17
Paul Emery	Jan. 18
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
Caitlin Lauterbach	Jan. 26
Nancy McColl	Jan. 26
Mary Woods	Jan. 29
Deanne Brown	Jan. 30

**OLD CHRISTMAS CARDS**

One of the popular crafts at our Advent Faire is making new cards from old Christmas cards. If you have any cards you are not saving, please package them and leave them in the Church office or in the Narthex on Sundays. Please mark them "Advent Faire"

Thank you, Jean Evans

When I express gratitude for the musical and liturgical gifts shared at Northminster at the 10 PM Candlelight/ Communion service, I know I speak for many. Thank you all who participated and gave such an awesome spiritual experience to many.

Barbara Brautigam

**BLOOD BANK**

Please don't forget to give to our blood bank this winter. The Church's blood bank account # is 5444.

**THANK YOU**

Thanks so very much for each of you who prayed for me and for every act of kindness.

Jean Harper

**THANK YOU**

Carole Stewart's granddaughter, Kaitlin Stewart, graduated this month Magna Cum Laude from Sacramento Sate University. She wishes to thank the church for helping her financially with her school expenses so she could realize her goals.

Carole Stewart

**GA PER CAPITA**

Per Capita is the responsible way of sharing the costs that equitably belong to the whole Presbyterian Church community expressing the essential unity of the church. The payment of the Per Capita apportionment can be seen as a sign of healthy relationships within the church giving tangible witness to the unity and wholeness promised to us in Jesus Christ. It has been the tradition of Northminster members to pay their individual Per Capita and then some above and beyond. This would be greatly appreciated. The Per Capita amount is \$22.25 per person. Please make checks payable to Northminster Presbyterian Church and we will pass it along to the GA.

**CENTSABILITY TOTAL FOR DECEMBER**

\$32.19

**Northminster Presbyterian Church Memorial Donations Received**

Avery Woodward  
Janet Bullock  
Beth Whiting  
Eleanor Danker  
Luella McInnes Merrill



**YOUTH GROUP WEDNESDAY NIGHTS 6:30 PM**

**(John 9:1-3)**

As he passed by, he saw a man blind from birth. And his disciples asked him, "Rabbi, who sinned, this man or his parents that he was born blind?" Jesus answered, "It was not that this man sinned or his parents, but that works of God might be displayed in him."

Everyone is born different, and God shines his light on them in all different ways. Everyone is uniquely his own, and is a servant for God. God puts us on this earth for many different ways. God puts us on this earth for many different talents and abilities, and we all use them differently to help better the world and the lives of others.

Zac Sergio



Northminster Youth Praise Band use their talents to spread God's Word through music.

## SERVING OUR NATION

As the American Flag is lowered in Iraq, we remember all the men and women who have served 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. Millie Payne is our Military Family Support Coordinator. Know that Millie would love to know your concerns.

**Jonathan Lawson**, grandson of Lynda Languasco had big news. Jonathan and his wife Jamey are stationed in Hawaii, where Jonathon is an airplane mechanic working on drones and is stationed in HAWAII!!!

Captain **Jason Kappes**, son of Steve Kappes, recipient of the Bronze Star, is safely back stateside after his second tour of Iraq and was home for Christmas! Jason and Jen are stationed in Georgia.

**Jessica Trimble**, granddaughter of Iris Trimble, has been deployed to Iraq. Her husband and sons are in Texas.

Richard and Camille report that their son, Airborne Ranger **Alex Cable**, of the First Ranger Battalion is on duty, stationed in Georgia.

Navy Hospital Corpsman Second Class **Justin C. Gunn**, son of Charles and Jessica Gunn and grandson of Ruth Gunn, has been honorably discharged and is beginning classes at University of Maryland.

Chaplin **Dan Link**, son of Carol Link, is currently serving as a Navy Chaplain. He is back from a year in Afghanistan, where he supported the troops and led the troops in mission service.

Pat Smith has the Northminster record for the most family members serving in our Military. Grandson, **Michael Smith**, is in Boot Camp and will be transferred to the Mandarin Chinese interpreter school. One of Pat's 14 great grandchildren! Great granddaughter, **Ashley Giacomia** is in South Carolina, at Boot Camp

Millie Payne's grandson, **Todd McNelis**, is serving in the Air Force like his grandfather and he is stationed at Hill Air Force Base in Salt Lake City, Utah.

Parish Nurse, Barbara Chance's 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.

**Brett Abbamonte**, nephew of David Yagel, is currently a F 18 Hornet pilot, supplying the troops and preparing for his second tour of Afghanistan.

Dorothy and Jim Blodgett's nephew, **Erik Halverson**, is in the Air Force currently serving in Afghanistan, teaching Mechanics.

## A MISSION WEEK IN THE LIFE OF NORTHMINSTER

It all started with the Christmas Giving Tree at the Alternative Christmas Gift Market. Members "adopted" a child whose name was given to us by Social Worker, Rachel Webb, daughter of Pearl Beavers. Our generous congregation provided personal and wonderful gifts for 21 children!

On Wednesday, our mighty Brown Bag volunteers packed bags for 60 seniors who need food. Food Link supplements the gifts of church members and each recipient is greeted by name, given three bags of food plus a bag of potatoes, a beautiful yummy snack and occasionally books, clothes and toiletries. If you would like to join this great group of volunteers, contact Stan Muther!

On Thursday, Pastor Jeanie accompanied Dyer Kelly School Counselor, Paco Martinez, to Sports Authority and Barnes and Noble where they loaded down the car with soccer balls, basketballs and books to ensure that every single child at the Dwyer Kelly School received a Christmas Gift!

On Friday Night, our Hunger Committee led by Dianne Hylton had a simple meal of soup prepared by Opal Collins, and then packed food bags from food purchased by our Hunger Committee. Every week, our Hunger Committee hosts a Harvest Table with home grown veggies and breads. Donations from the Harvest Table support hunger ministries all year long including the 65 food baskets that our Youth Group delivered on Saturday with the help of Larry Mustain, Dick Cochran and Jeff Smith.

In 2011, the Hunger Committee also gave financial donations to Bread for the World, Carmichael Presbyterian Church Food Closet, Loaves and Fishes, North Highlands Food Ministry, St. Matthews food closet, Union Gospel Mission and Dyer Kelly, plus they had two special fundraising projects raising money for Heifer Project International and Crop Walk.

Following the Hunger Dinner, our Christian Education Committee unveiled this year's Jesus' Birthday Party with the telling of the Christmas story. Brittney Cecchetti, Phillip Cook and their three-week old daughter, Sophie, played Joseph, Mary & Baby Jesus. David Richwine was unforgettable as the Angel Gabriel, and our Children's Choir, Children's Orchestra and our Youth Praise Band supplied the music. At the end of the service, guests laid presents at the manger of our Lord. All those gifts have been given to families in need.

One week, 21 gifts, 180 brown bags, 65 food baskets, countless gifts to help those in need. Joy to the world, the Savior's come!

## Meet your Deacon, Jacob Smith



Eighteen-year-old Jacob Smith was born on June 16, 1993, right here at Sutter Memorial Hospital. He is a senior at El Camino High School where he is a ROP student in the Medical Assistance program. This enables him to intern at Med 7 on Manzanita on Mon, Tues, Thurs and Friday afternoons. Next year, Jacob plans to attend ARC and begin his studies to become a RN. His parents, Jeff and Debbie Smith and brother Jesse are no strangers to any of us as they are all active in many church activities.

Jacob loves sports and played football at El Camino until he got a bad knee injury in his sophomore year one week before opening day. He then switched his efforts to a very successful swimming endeavor and ended his year in the district finals, coming in 8th all-round in the 50 freestyle. During the summer months, you'll find him traveling to the best waves to surf or to the beaches for volleyball. In the winter months, he is an avid skier; video taping his gnarly jumps, grinds and 360s, which he then sets to music and posts on You Tube. His favorite vacation spot is Dillon's Beach where his family loves to camp, often with four other families. It's there that he gets his fill of surfing, volleyball, campfires and the company of good friends and family.

When it comes to math, Jacob is a whiz, which Debbie says he must have inherited from his grandpa (Not his parents)! His favorite subjects in school are Economics and Medical Assisting. He likes to read Mitch Albom books and he loves going to all types of movies including comedy, drama and action. Now, here is something not too many of us know about Jacob! He is a thrift store junky! He loves to shop on weekends with his friends Maegan and Zac at various thrift stores around town. His best buy to date was a light weight ski jacket for \$3.00 that sells in the stores for \$100!

Jacob has compassion for the sick and elderly. He is very passionate about raising money for Alzheimer's since his grandpa has it. He put together a team of friends and family for the walk in Sacramento this year and raised over \$300. He is very loving and attentive when going to visit his grandpa in the nursing home. He took care of Beth Whiting for 2 years by spending every Saturday morning with her. He took her shopping, to the doctor and hair appointments, went out to lunch with her and cleaned her house. You might find Jacob helping Nurse Barbara with the blood pressure program on some Sundays. His compassion for the sick and elderly will make him a great nurse.

Does Jacob have a favorite room in the house? Of course - the pantry - which needs to be replenished often! After all, he is a growing teen!

All little kids love Jacob - he is like a magnet. He has an 8-year-old friend who calls him over for play dates. His most recent kid gig was playing Santa Claus at a Christmas party where the kids sat on his lap and answered the usual Santa questions: Have you been good? What would you like for Christmas? He then gave them all a small present and they were happy kids. He looks forward to counseling at VBS every year and is often found in the pulpit telling the Bible stories or reading the Scripture as they are acted out.

Jacob works with the deacons by coordinating the youth activities. He has organized two youth work days which included painting the church kitchen, helping with general cleaning and trimming the oleander bushes along the driveway. He has also attended many mission trips with the youth group.

Jacob owns a 1970 El Camino and it is the love of his life! Every spare chance or change he gets goes into working on his car. If you ask him to open his hood and look at the engine, he will entertain you at great length as to what he's done to improve it!

As a congregation, we are proud of this fine, outstanding young man for his contributions to our church and to the community. When you see him, share some appreciative words, shake his hand or give him a hug! We wish him the best in his future endeavors wherever God leads.

# N.O.W.

(Northminster on Wednesday)

January 18 - February 8

5:00 PM

ADULT CLASS

CHILDREN'S CLASS

6:00 PM

DINNER

6:30 PM

ADULT CLASS

CHILDREN'S CLASS

YOUTH GROUP