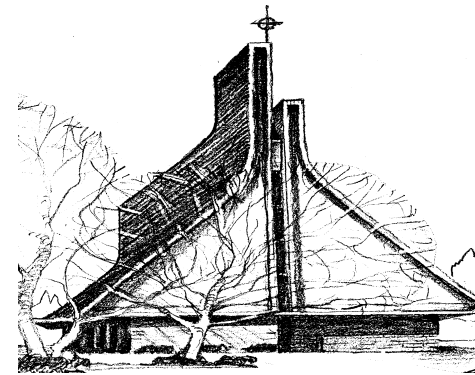


NORTHMINSTER NEWS

VOLUME 56

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MAY 2010



Northminster Presbyterian Church
3235 Pope Ave.
Sacramento, CA 95821
(916) 487-5192

E-mail: mailnorthminster@yahoo.com

Web Site: northminsteronline.org

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

PENTECOST IS COMING!

Northminster will be celebrating the Liturgical day of Pentecost on Sunday, May 23. The word Pentecost comes from the word in ancient Greek meaning "the fiftieth day" and falls fifty days after the celebration of Easter Day. Christians celebrate Pentecost as the birthday of the Christian Church, the day described by Luke in the second chapter of Acts when the Spirit of God descended like the rush of a mighty wind, touching each disciple as tongues of flames enabling the disciples to speak in every language of the world. The disciples were gathered in Jerusalem for the Jewish festival of Pentecost, fifty days after the Jewish celebration of the Exodus event, a day marked by Moses giving the Israelites the Ten Commandments.

We invite all members and friends to wear red, as a symbol of Pentecost, to worship on May 23!



A VERY SPECIAL INVITATION

The Session of Northminster Presbyterian Church invites you to the Service of Worship
Celebrating the Confirmation of

Peter Brown

Erika Haack

Josh Masias

Bridget McGinnis

Gabby Saraos

Zac Sergio

Angel Wright

Four O'clock, Sunday, May 23, 2010

Northminster Presbyterian Church

3235 Pope Avenue

Sacramento, CA 95821

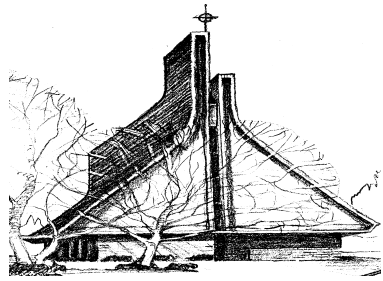
A Dinner and Dance will follow the Service

RSVP 487-5192



Northminster Presbyterian Church
3235 Pope Avenue
Sacramento, CA 95821

Office Hours 9:30 am – 4:00 pm Mon – Fri
Phone (916) 487-5192
Fax (916) 487-8259
Email Address = mailnorthminster@yahoo.com



To Northminster Church family:

Message from Pastor Jack

As you glance through your May Newsletter, you will be acquainted with many wonderful opportunities for the Northminster Presbyterian Church family to worship and work in May and beyond. No doubt the highlight of May will be our celebration of Pentecost. That celebration revolves around God's gift of the third person of the trinity, the holy spirit. The Holy Spirit is truly an incredible gift. It was natural, almost inevitable, to compare the spirit of God with the wind, as expressed in the Old Testament. In the Hebrew tongue, the same term was used for both wind and spirit. The word stood, in fact, for three things. It meant breath, that most impalpable part of existence, the breath of life. It also meant the desert wind, the wind that tore violently across the land with primal energy and elemental force. Thirdly, it meant the spirit of God, the supernatural power that sweeps across the ages, that bursts into history and takes possession of the lives of people who seek it.

In the Gospel of John the Third Chapter, Jesus is in the company of Nicodemus on the Mount of Olives. It was night, with the moon riding high above Jerusalem and driven clouds moving across the face of the moon. The wind blowing up from the valley was stirring the branches and rustling the leaves of the Olive trees. In that setting Jesus spoke to Nicodemus about the work of God in the soul and about new birth, that is, how God could take a life that was conscious of failure and emptiness; dissatisfaction and sin; then transform it and make it full, strong, vital and victorious. Of course, Nicodemus did not understand. Remember, Nicodemus was an accredited leader and yet Jesus' talk about the Holy Spirit was beyond him. So Jesus took an illustration and did not have to search far for his illustration that night. It was the wind there asking to be used. Listen to the wind, Nicodemus! Listen to the sound! You can hear its sound, the night is full of it, you can hark to it in the tops of the trees. But where that sound comes from and where it is going, no man knows. Now Nicodemus, Jesus said, the spirit of God is just like that, invisible yet unmistakable, impalpable yet full of power, able to do wondrous things for you if only you will stand in its path and turn your face to it and open your life to its influence. Just listen to the wind, Nicodemus! Listen to the wind! Jesus offers Nicodemus good advice for all of us.

The Holy Spirit is a wind that blows and is ceaseless in its action. The Holy Spirit available to Nicodemus is available to you and me in our time and place. The fact of the Holy Spirit is never changing. The way the Holy Spirit expresses himself is forever changing. As we move through May and the celebrations that lead to our Pentecost experience for this year, let us stay in touch with the words that Jesus challenges Nicodemus with. Let us look for the affects of the Holy Spirit. Let us attune ourselves to our lives, both individually and as a church, so that in that tuning we are aware of the presence of God blowing among us and blowing within us. That presence of God in the Holy Spirit is, after all, our best hope for understanding and power and vitality in our lives. As we find ourselves looking for God, God will be found. And as we find him in all the ways he presents himself to us through his Spirit, we will find ourselves learning and growing and serving more effectively. In all the celebration that marks Pentecost, that learning and growing and serving is the ultimate goal. I invite each of you to walk through May and Pentecost alive to the spirit and expecting powerful and wonderful things as a result. It should be exciting. I am looking forward to it, I hope you are.

Yours in Christ,

Jack

SOUPER SENIORS RETURNS TO FIRST WEDNESDAY: MAY 5 AT NOON!

FUN **FELLOWSHIP SOUP**

**THE KID'S MYSTERY MISSION TRIP WORKED SO WELL,
WE'LL HAVE A MYSTERY PROGRAM.**

COME AND BE SURPRISED WITH THE REST OF US.

CHARLIE SEZ: "TRUST ME!"

FOUNDATION DONATIONS RECEIVED

Remembered By

Iris Trimble
Rosemary McLean
Barbara Bayard
Phyllis Tieck
Carol Link
Frankie Cunningham
George & Janet MacMurphey
Marge Brownell
Marge Brownell
Frankie Cunningham

Foundation Name

Luella Merrill
Luella Merrill
Luella Merrill
Luella Merrill
Luella Merrill
Luella Merrill
Gene Geery
Naomi Clemons
Jim Clements
Jim Clements

NURSE’S NOTES FROM THE PARISH NURSE

May is Celiac Disease Awareness Month

At least one member of our congregation has Celiac Disease. Experts estimate that the percentage of the general population in the U.S. who has celiac disease is as high as 1%, & that it is significantly under-diagnosed in this country.

Celiac disease can be defined as a permanent intolerance to proteins found in wheat, rye & barley. The key to confirming the diagnosis is a small intestinal biopsy, & the subsequent clinical response to a gluten-free diet. People can have other medical problems, besides celiac disease, when they eat wheat & related proteins. Wheat allergy is one of the top 8 food allergies in the U.S. Wheat is one of the last foods to be introduced to newborns. Gluten intolerance can produce some of the same symptoms, but wheat allergy & gluten intolerance are thought NOT to cause permanent damage. As with lactose intolerance, symptoms caused by these disorders usually disappear with removal of these substances from the diet.

Celiac disease is an autoimmune condition, where the body’s immune system starts attacking normal tissue, such as intestinal tissue, in response to eating gluten. People with celiac disease are at risk for mal-absorption of food causing nutritional deficiencies and are at increased risk to develop GI cancers, in particular, lymphomas.

While wheat allergy & gluten-intolerance may be treated with similar diets, the person with celiac disease needs to self-monitor for nutritional deficiencies, other autoimmune diseases & GI cancers.

As the disease becomes more well recognized, there is an increasing number of products on the market labeled as “gluten-free”, “free of gluten”, “without gluten”, or “no gluten”. Labeling is **voluntary** & may be done only if the food bearing the label meets the proposed regulatory definition. The initial labeling law regarding “gluten-free” was enacted in 2004 & was to have been finalized by August, 2008. According to the American Celiac Disease Alliance the rule has not yet been finalized as of Apr, 2010.

Lyme Disease

Lyme Disease is one of many tick-borne diseases & incidence rises in the summer.

Lyme disease (LD) is a bacterial infection caused by a spirochete. It has been in the U.S. for over 100 years. LD is a clinical diagnosis based on signs/symptoms (S/S) & other factors, e.g. exposure in endemic areas, history of tick bite, response to treatment & test results. S/S usually starts with flu-like symptoms such as fatigue, headache, muscle aches & fever. The patient may notice an enlarging rash days to weeks after a tick bite. Early symptoms may go unnoticed or quickly disappear, & multi-systemic problems may occur later. Because LD can imitate other diseases, it is sometimes misdiagnosed.

Avoid tick-infested areas, avoid sitting directly on the ground, stay on the center of paths, wear light-colored, long pants & long sleeves in order to see ticks on clothing. Tuck shirt into pants & pants into socks. Use EPA-approved tick repellants & wash off repellent when returning inside. Do frequent tick checks including naked full-body exam when returning inside.

Per Capita

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 2010 the *per capita* cost is \$22.00 for the Sacramento Presbytery. Each congregation in the presbytery must 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 2010 budget, your Session has agreed to ask each member of our congregation to pay his/her part of our *per capita* obligation.

ALL CHURCH SPRING POT-LUCK SPONSORED BY THE ENVANGELISM AND STEWARDSHIP COMMITTEE SUNDY, MAY 23 IMMEDIATELY FOLLOWING WORSHIP

Bring your favorite salad or main dish or dessert and share the good news and exciting happenings at Northminster during the first third of 2010.

Good news travels fast! Several Session Committees and Church organizations will share their many successful experiences and accomplishments so far this year.

Come and celebrate our Church’s progress.

WORD FROM THE PEW

We have champions in our midst! Steve Brown has competed in Long Range Full Bore Target Shooting since 2002. The sport involves targets at the 800, 900 and 1,000 yard range with iron sights. Last month Steve placed 6th in the California Championships! Steve manages the Wild Sports Store in Orangevale.

Larry Mustain just competed in the SIRS Bowling Tournament in Reno. The Championships will be in Roseville this May. Larry won the State Championship 3 years ago, so Larry has a reputation to uphold! As tough as the competition is for SIRS, Larry's biggest competition is his grandson, Jason, who loves to beat his grandpa!

Jesse Smith is a starter for the El Camino Freshman Baseball team. Jesse plays left field for the Eagles. Joining Jesse as an El Camino starter is Michelle Tafoya who plays on the Freshman Women's Soccer Team! Also an Eagle, Brenden See is running the mile for the track team. Brenden is running 8 miles a day. Jody says he comes home and devours EVERYTHING after practice. Accolades to Taylor Tague whose Bella Vista Marching Band and Auxiliary continues to win awards. She is a mallet specialist.

Also running track is Auston Tague. He runs the 400 meter, 4x4 relay and the long jump for Carnage Middle School. 5th grader Kelly See is playing outfield and second on the Carmichael Girls Softball team. Congrats to Erika Haack whose Arcade Middle School Basketball team made it to the Championships. Her team took the Silver!

On the Collegiate level, Miles Bennett-Smith is playing Club Soccer for Stanford University. Miles broke his leg during the tryouts, and still made the team!

The author of the book of Hebrews challenges us to always, "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us."

(Hebrews 12: verse 1.) The race the writer is describing is the race of a life lived in faith, where the runner, "fixes his or her eyes on Jesus. What a blessing that our Church family included so many witnesses, not only here at Northminster but on ball fields, tracks and courts through-out Sacramento.

Blessings on you all as you, "Run the race!"

Pastor Jeanie

SESSION NOTES

Session Highlights from April 27, 2010, Meeting

- Four new members were received by Session: Leslie Evans, Ken Holden, Mary Holden and Peggy Osborn.
- Session approved Christian Education's request for a Youth Activity trip to a River Cats game on August 27. No cost involved – tickets donated by Raley's
- Session approved Christian Education's request for Cowboy Camp on June 11, 12 and 13 at Norm Root's Double R Ranch for fathers, sons, men and boys.
- Heifer (Hotdog) Sunday is May 16.
- Vacation Bible Dates: June 14 thru 18. Music Camp: July 5 thru 9.
- Deacon Moderator reported they are planning a Blood Drive Mobile Unit some time this fall.
- Approximate Working Capital: \$28,422.00

REMINDER: A STEWARDSHIP POTLUCK is scheduled for May 23rd – please plan to attend.

ALSO, on May 23rd at 4:00 PM, there will be a **Service of Worship celebrating the Confirmation Class of 2010** with dinner to follow. We look forward to seeing you there.

ISB INTERFAITH SERVICE BUREAU

In conjunction with RCCTV
(Religious Coalition for Cable Television)

Presents:

ANNUAL

“Power of One” HONORS BANQUET

KEYNOTE SPEAKER: BEN WAGNER
U.S. Attorney, Eastern District of California

Thursday, May 6th, 5:00 PM - 8:30 PM
Congregation B'nai Israel
3600 Riverside Blvd, Sacramento 95818

Tickets \$100 ~ Table Sponsorship \$1000 ~ Event Underwriting \$1500 & up

For information, contact the ISB: Phone (916)448-2212 or Email, marilyn@isbsacramento.org

Rebecca Circle

April, not too bad! 5 absentees of 23 members, 78.26%. Some Rebeccas wore socks that didn't match, but no one cared. (Real friends don't care if your socks don't match!) Jean H. read from the Mission Yearbook of Prayer and The Rev. Jeanie Shaw presented the lesson. Thanks to both of them.

Next meeting is on Tuesday, May 11, at 11:00 AM, in the social hall. Bring a sack lunch and your own coffee mug. Dessert will be provided. Be prepared for a discussion of "Joshua, A Journey of Faith", Chapter 8. There will be an "Open Mic" during lunch. Plan to share a poem or short story. All women are encouraged to attend.



NPC Bike Club

Our next bike ride will be May 15, leaving the CSUS Aquatic Center (near Hazel and the Bike Trail) at 8:00am. This will be an EASY RIDE around Lake Natomas and should take about 2 hours. There is free parking at either CSUS Aquatic Center or overflow at the Fish Hatchery. A light snack will be provided. Riders not attending will be docked 5 points.

As of now the only point deductions have been to Team Stanhope - 3 points for flagrant drafting. ALL LEVELS of cyclists are welcome. Bikes are available for the bikeless. Please call Brad (916-889-3657) for more details or help with logistics.

COWBOY CAMP

Calling all Father, Sons, Men and Boys!

June 11, 12 and 13th

Norm Root has invited all guys in our Church to come up to his Double R Ranch in Shasta. The Double R Ranch is a historic working cattle ranch on 2,000 acres of absolute drop dead gorgeous country, tucked in the valley below Mt. Shasta. Cow-hands Pastor Jack Raymore and Dick Cochran will be doing the devotionals around the campfire.

We will be repairing the fence lines by horseback and after we are back at the ranch we will be trying our hands at fishing and lassoing. The cost will be \$35.00 per person which includes all food and gas for drivers. We will be leaving on Friday and returning Sunday early afternoon.

We will be camping, so bring your tents. Additional tents will be provided for those city slickers who don't own one. Cowboy boots and hats are optional!

Register with Debbie in the office. 487-5192.

Questions about the ranch, please call Head Cowboy Norm Root at 483-8669.

DEADLINE FOR REGISTRATION IS JUNE 1st

WESTMINSTER WOODS

July 11 to July 17

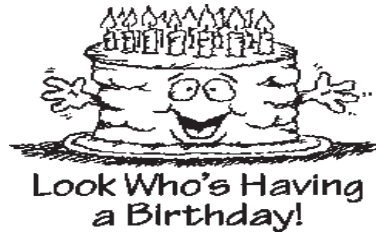
Imagine Summer Camp.....The joy-filled shouts of 4th through 6th graders cheering Robin Hood in Sherwood Forest, the gnarly adventures on the ropes course for our Junior High Students in Buccaneer Camp, the tender relationship between counselors and our youngest 2nd through 4th grade campers as they share the wonder of Adventure Camp and, of course, the wild, rowdy, soul piercing energy of High School Camp. Westminster Woods is a true gift of our Presbyterian Church!

Every summer our children and youth come back from a week at the Woods with a deeper understanding of God's great love and memories from a week of pure summer adventure.

We have a goal for every child of Northminster to attend camp. Cost is \$550.00 this summer: Our Camp Ministries will pay one third of the cost, fundraisers (recycling & Raley's cards) will pay an additional third and we ask families to pay the last third! And, if you need additional help, please talk to Pastor Jeanie. We want EVERY child of our congregation to have this life-time memory.

INVEST IN A CHILD GOING TO CAMP

Northminster has a long generous history in investing in our children and youth. Members and friends who would like to sponsor a child to Summer Camp or Triennium, we invite you to make a \$170.00 contribution and you will enable one of the Northminster youth to have a life-time memory!



CROPWALK

25% of crop money raised stays local. In 2009 the Carmichael Food Bank got some of that money. They served 22,255 people, 5,344 families and 299,295 meals. Remember the walk is 10-10-10 and hunger is growing.

Tyanne Keeton

Dear Ones In Christ,

Thank you all so much as you pray and care for many and especially Larry at this time. Your prayers are working as new medicines are going to start tomorrow. Pray for success and healing. Thank you Barbara for your calls and encouragement and all the cards with wishes for the both of us. Also, son, Kim needs God's help in getting a job.

God Love You All,
Dorothy Huggett

MISSION FAIRE SUNDAY, MAY 16, 2010 FOLLOWING WORSHIP

Find out where our mission outreach is at work - here in our community and around the world.

Enjoy your "Hot Dog for Heifer Int'l." lunch then stop by the displays.

Questions - ideas - volunteers - all are welcome!

HONORING GRADUATES

If you have a graduating senior from high school, college or undergraduate, please call the Church Office at 487-5192. At the moment, we are unaware of any graduating students from Northminster and want to make sure we don't miss anyone!

Christian Education Committee

CHRISTIAN EDUCATION AT NORTHMINSTER

WOMEN'S BIBLE STUDY

3rd Tuesday of the month at 7:00 PM

Led by The Rev. Jeanie Shaw

Calling all women! This is an incredible study of Joshua and we invite you to join us on this journey of understanding!

TUESDAY BREAKFAST BIBLE STUDY

Tuesdays at 7:30 AM

Early Birds take note! Join us at 7:30 in our Library for hot cinnamon rolls and coffee, great fellowship and the joy of beginning the day in God's most Holy Word!

LECTIONARY BIBLE STUDY

Tuesdays at 1:00 PM

Led by The Rev. Jack Raymore

Pastor Jack leads us in understanding the lectionary readings of the week. Great discussions, thoughtful questions, humorous debates and always yummy snacks!

LYDIA AND REBECCA CIRCLES

Rebecca Circle meets on the second Tuesday of the month at 11:00 AM.

Lydia Circle meets on the second Thursday of the month at 10:00 AM.

Both groups will be studying the Horizons book "Joshua, A Journey of Faith".

N.O.W. (Northminster on Wednesdays) April 21- May 12

Come join us for an evening of Christian Education classes for all ages. First set of classes start at 5:00 PM, with dinner at 6:00 PM and second set of classes start at 6:45 PM and end at 7:45 PM.

| | |
|------------------|--------|
| Bill Marr | May 1 |
| Charlie Duncan | May 4 |
| Ed Payne | May 4 |
| Sheila White | May 4 |
| Jon Cecchetti | May 6 |
| Brittney Draper | May 8 |
| Lexi Landon | May 8 |
| Loretta Landers | May 11 |
| Bridget McGinnis | May 12 |
| Jean Evans | May 13 |
| Beth DePuy | May 15 |
| Shirley Duncan | May 15 |
| Alice Worsley | May 15 |
| Tom Grosen | May 21 |
| Rick McGinnis | May 25 |
| David Tate | May 26 |
| Barry Stanhope | May 27 |
| Tylar Binning | May 28 |
| Walter Kerfoot | May 28 |
| Olive Bridges | May 29 |
| Dorothy Blodgett | May 31 |

WHERE? You are invited to come to
3124 Brophy Dr.
Sacramento, CA 95821

WHEN? Saturday, May 29th from 11:30am-1pm

WHAT? Light refreshments will be given unto you.
Surprises? Prizes?
(Please, no gifts & carpool if you can)

FROM: The 3 Geminis,
Barry Stanhope, Victoria Roff and
Olive Bridges.

Please RSVP @ 483-5665 (Answering Machine) by
Tuesday, May 25th, Thank you!



Mark your calendars
now!!

VACATION BIBLE SCHOOL

June 14th - 18th
5:30 - 8:00 P.M..

*Dinner, Crafts, Games,
Music, Skits*

Age 4 through 6th Grade

Call for more information: **487-5192**

VERY IMPORTANT DATES

Confirmation Barbecue, Dance & Service: May 23

Counselor Training for VBS: June 2, 9, 13

Father & Son Cowboy Camp: June 11-13

Vacation Bible School: June 14 - 18

Youth Group Kick-off Trip: June 19

Summer Mission Trip: June 27- July 3

Music Camp: July 5-9

Westminster Woods Summer Camp: July 11-17

Triennium: July 19-24

Cowboy Camp: July 23-25

Backpack Trip: August 8-14

