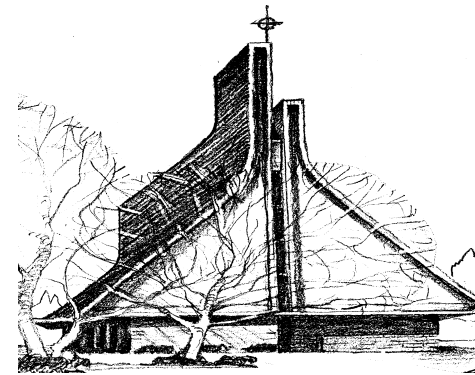


NORTHMINSTER NEWS

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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



VACATION BIBLE SCHOOL

"The Man Who Saw Jesus"

June 13 - 17, 2011

5:00 - 8:00 PM

Always the best week of summer!

Ages 4 through 6th Grade, come join us for fun games, crafts, music, skits and ice cream along with learning some of the greatest stories ever told from the New Testament. The program is free and a light supper is served each evening. For more information or to register, call 487-5192.

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Message from Pastor Jack

Dear Northminster Church family,

I wanted to take some time in this newsletter to share with you some important things. Very soon we will be beginning to re-establish the "half-minute for mission" segment of our worship service for communication and mission information. As you may know, the half-minute for mission experience got totally out of hand with half-minutes for mission in double digits, as many as 5-10 each Sunday, more than half of which were done without prior notice and many lasted not only longer than a half-minute but even into the 5 and 10 minute categories. As a result, our worship services often ended well past the prescribed time, to many people's chagrin. We all think the half-minutes for mission are important communications and want to include them in the latter portion of our worship experience. To do this, there are things we must do together to ensure the success of this important venture. No later than Wednesday of the week you want to have a half-minute for mission, please let the Church Office know of your intent. Give Debbie, also, at least a paragraph of supporting information for your half-minute for mission that people can read on that Sunday morning so that your half-minute for mission is brief. Think also about a supporting projection on the wall that will illuminate the congregation to your half-minute for mission and, remember, a picture is often worth a thousand words. Please don't even bother to ask on a Sunday morning if you can have a half-minute for mission if you haven't made arrangements with the Church Office for doing so. The answer will have to be no for the sake of the total worship experience. Because you will make these arrangements and provide the support information for the bulletin, we will have a wonderful experience, and great sharing, during this important time. As usual, whacky costumes and creative approaches to this 30 second experience are welcome and I will reserve the right to make light of your efforts. Let's have fun with this communication together.

Here is the second item that needs to be addressed. We are blessed with a wonderful web-site. Some of you visit it often but if you have not, you would enjoy doing so. Our Church has contracted with Matt Nigro at Powertie Marketing, to work on the web-site and they are experts. For a while Linda Wolfe, who was active on the Session, was the liaison to her son and his company for the Church regarding web-site issues. She is still willing to do that but she is no longer on the Session and is, therefore, not as conversant with Church programming as she was in those days. We need a person or two from the Church family to help us get important communications to our web-site as an important step in communicating Northminster activities in that most important way. Many, many people get their information these days through web-sites and we want to make sure we are effective in providing them an understanding of who we are. If you know something about this web-site subject and/or are willing to help formulate this communication, please let me know and I would be glad to talk to you about it. Our contract with a web-site expert means that that kind of expertise is not needed by you. Nonetheless, you would learn a lot about this subject and would be making a valuable and important contribution to your Lord and your Church. I hope I hear from you if you have any interest in making a contribution on this important subject.

Yours in Christ,

Jack

NPC Newsletter May, 2011 - Allergies & Asthma

NURSE'S NOTES FROM THE PARISH NURSE

It's Spring. It's Sneezin' Season and the Allergies Are in Bloom Again

Soon we should be getting daily reports of the pollen counts. The "high" for trees for the day, at the time of this writing, is mulberry. We have "quite a few of those" in this area. And grass is "moderate". Just try to avoid that one. The Allergy Report is on the back page of Our Region section of the Sac. Bee, with the Weather.

The immune system controls how the body defends itself. Example - if you have an allergy to pollen, your immune system identifies pollen as an invader or allergen. The immune system overreacts by producing antibodies called Immunoglobulin E (IgE). These antibodies travel to cells that release chemicals, causing an allergic reaction. This reaction usually causes symptoms in the nose, lungs, throat, sinuses, ears, lining of the stomach or on the skin.

Each type of IgE is specific to a certain type of allergen. Persons with only one type of IgE are allergic to only one allergen while those with many types of IgE antibodies would react to multiple allergens.

Some substances trigger allergies & others do not. Some people have allergic reactions while others do not. Family history of allergies is the single most important risk factor.

Allergic rhinitis may be seasonal or year-round. Seasonal allergy, often called "hay fever", typically occurs in the spring, summer or fall. Symptoms include sneezing, stuffy or runny nose & itching in the nose, eyes or on the roof of the mouth. When symptoms are year-round, they may be caused by exposure to indoor allergens such as dust mites, indoor molds or pets.

Asthma is a chronic lung disease characterized by coughing, chest tightness, shortness of breath & wheezing. Up to 78% of those with asthma also have allergic rhinitis. The role of allergy in asthma is greater in children than in adults. In asthma inflamed airways become narrowed, making it more difficult to breathe. Inhaling allergens may cause increased swelling of airway lining & further narrowing of air passages.

Food allergies may cause severe & possibly life-threatening reactions. The most common triggers are the proteins in cow's milk, eggs, peanuts, wheat, soy, fish, shellfish & tree nuts.

Anaphylaxis is a serious allergic reaction that comes on quickly, causing mild to severe symptoms that affect various parts of the body. Symptoms include a feeling of warmth, flushing, tingling in the mouth, a red, itchy rash or hives. Other symptoms may include feelings of light-headedness, shortness of breath, throat tightness, swelling & obstruction of the airways, anxiety, loss of consciousness & shock. Without immediate treatment with an injection of epinephrine (adrenalin), anaphylaxis may be fatal. Those who know they have such severe allergies to food, medications, insect stings or exposure to latex should carry an "epi-pen" (a pre-filled syringe) for use in such emergencies.

www.aaaai.org/patients/publicedmat/tips/whatisallergicreaction.stm

FOUNDATION DONATIONS RECEIVED

Foundation Names Remembered

Howard Varnum
Ken Hasebrock
Larry Huggett
Dick Pyers

FREE MONEY TO HELP OUR YOUTH!

You can donate 3% of your supermarket shopping dollars to Northminster's Youth Activities.

If you shop at SaveMart, Raley's or BelAir, you can earn money for Northminster and it costs you nothing and it costs the church nothing.

Here is how it works:

Obtain a S.H.A.R.E.S. card for SaveMart or a QUALITY OF LIFE card for Raley's and BelAir.

Each time you shop, have the cashier scan the card and the register automatically determines the eligible items. (Certain items such as postage stamps, money orders, gift cards, Lotto, etc. are excluded.)

3% of eligible purchases are donated to our account.

It is that easy!

To obtain your cards please contact Vanessa Evans, George MacMurphey or the Church office.

CENTS-ABILITY

Every coin you place into the Cents-ability banks helps! For example: the money collected at Northminster goes to the Sacramento and Stockton Presbytery Hunger Action group. A church within these presbyteries may apply for a grant up to \$1500 to use for a hunger program. One such church, Bethany Presbyterian, received \$1,000 in 2010 for groceries. Located in a poor section of Sacramento, the South Sacramento Interfaith Partnership Food Closet gives emergency food relief once a month for about 5,000 people. Bethany is a member church and distribution center.

Look for the Cents-ability banks at all our functions where food is served, even our social hour after church. Every coin helps!

Since the last newsletter \$30.37 has been collected at Northminster.

SOUPER SENIORS MAY 4TH AT NOON

Patricia Johnson, Senior Archivist, will speak on her duties as an Archivist and the importance of keeping an accurate record of the history of the Sacramento area. Come join us on the 1st Wednesday of the month at noon for soup, fellowship and interesting subjects like this one.

Presbyterian Women in the Presbytery of Sacramento **PW Herald**

Volume XVIII, Issue 2

Spring, 2011

Presbyterian Women in the Presbytery of Sacramento

invites you to attend the

Spring Gathering

Saturday, May 14, 2011

9:30 a.m. to 1:30 p.m.

Carmichael Presbyterian Church

5645 Marconi Avenue, Carmichael 95608 486-9081

Theme: Grow Christ's Church Deep and Wide —

Embracing Change With Faith and Hope

Special Emphasis: Addressing Hunger Issues

- Welcome and Extending Hospitality - Carmichael PW Moderator
- Lighting the Christ Candle and Opening Prayer - PWP Moderator
- Presentation of Guest Speaker - Shelley Lafferty
David Gist, California Representative of Bread for the World
BFW is a national collective Christian voice urging our nation's decision makers to end hunger at home and abroad.
(See fuller bio sketch on next page.)
- Fellowship, Blessing and Lunch
- PWP Business Meeting -
- Installation of Officers – Nancy Clegg, Hunger Action Enabler
- Worship - planned by Carmichael PW
Closing Words, Benediction with Safe Travel Blessings

Opportunity Table (aka Pink Elephant Tent) will be provided so bring an item or two—and plan to choose one, too. This will benefit a local mission project.

For luncheon reservations please call Liz Hiller at 916-487-5418 or email Carolyn McGregor at sabrina53@earthlink.net **by May 9, 2011**. Please give your name (s) and the number for lunch at \$7.00 each. Childcare available if noted at time of making reservation. Bring bagged lunch for child (ren).

Let's each one bring at least one other person from our churches.

THE BEST THING ABOUT SUMMER IS.....

WESTMINSTER WOODS

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 and a week of pure summer adventure.

We have a goal for every child of Northminster to attend camp this summer.

If you are a parent, please pick up a schedule of camp dates in our Church office. We provide scholarships for all the children and youth of Northminster to attend camp. We want your children to have the life memories of a week at Westminster Woods!

INVEST IN A CHILD GOING TO CAMP

Northminster has a long generous history in investing in our children and youth. If you would like to make a donation to help a child of this congregation go to Westminster Woods, the Christian Education Committee invites you to make a donation to the Bob McLean Campership Fund of our foundation. If you have questions, please contact our Camp Registrar, Carol Welker; Elder, Lloy Harris or Pastor Jeanie.

REBECCA CIRCLE

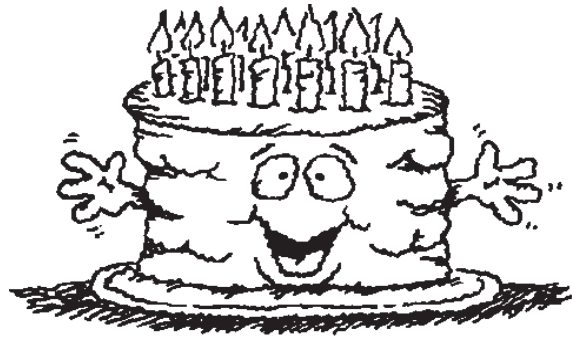
Next meeting will be May 10, 2011, at 11:00 AM in the Social Hall. Please bring a sack lunch and a coffee mug. We will study Lesson 9 "Journey Into the New Jerusalem". Pastor Jeanie Shaw will lead this discussion. The hostesses are Mercedes Grosen and Dorothy Varnum. Roll call discussion will be "I remember Mama". All women are invited to join us.

Ruth Bell

CAN YOU HELP KEEP OUR SANCTUARY LOOKING BEAUTIFUL?

It is time to, once again, put out a plea for people to sign up in the narthex to bring a plant or bouquet of flowers some Sunday morning to put on the stand next to the Lectern. There are some openings in May as well as the rest of the year. Please think of any special occasion that you could share with us in this manner. Barbara Brautigam will call you the week before to remind you and find out what you want put in the bulletin. Trader Joe's has a wide variety of plants and flowers from which to choose. Thanks in advance for your service in this manner.

Sue Ann Lehmkuhl



Look Who's Having a Birthday!

Bill Marr	May 1
Charlie Duncan	May 4
Jon Cecchettini	May 6
Lexi Landon	May 8
Chris Stringer	May 9
Loretta Landers	May 11
Bridget McGinnis	May 12
Jean Evans	May 13
Beth DePuy	May 15
Shirley Duncan	May 15
Alice Worsley	May 15
Florida Stringer	May 20
Tom Grosen	May 21
Victoria Roff	May 23
Rick McGinnis	May 25
David Tate	May 26
Barry Stanhope	May 27
Tylar Binning	May 28
Walt Kerfoot	May 28
Steve Marks	May 28
Olive Bridges	May 29
Dorothy Blodgett	May 31

BLOOD DRIVE
 SUNDAY, MAY 1ST
 8:30 A.M. - 12:30 P.M.
 Drop by Donors can come
 between 11:00A.M. and 12:30 P.M.
 Appointments can now be made.
 Please call Pearl Beavers

VACATION BIBLE SCHOOL NEEDS YOUR HELP

The dates for Vacation Bible School this summer is set for June 13-17 from 5:00 PM - 8:00 PM. We need adult mentors in specific areas of the program. We still have openings for adult mentors in the 1st, 3rd and 5th/6th grade classes. Please call Millie Payne for more information or to sign-up.

POTENTIAL NEW MEMBER LUNCHEON

For those interested in learning more about membership in Northminster Presbyterian Church, a luncheon will be served after worship on Sunday, May 15th, in the library. For more information, call the Church office or speak to Pastor Jack or Pastor Jeanie or Barbara Brautigam.

Dear Northminster Family,

Thank you for the many cards and consoling thoughts as well as your attendance at the uplifting memorial service for Howard. It all helps to make our loss more bearable.

Dorothy Varnum and Family



VERY IMPORTANT DATES

Youth Group Wednesdays @ 6:30 PM - 7:30 PM
 Confirmation Class Sundays after Worship
 VBS Counselor Trainings - May 1, 15, 22 @ 5-8 PM
 Praise Band Field Trip to Concert - May 8th
 Confirmation Service, Dinner & Dance - June 12
 Vacation Bible School - June 13-17 @ 5-8 PM

GOD'S HOUSE

It has come to my attention as the Youth Deacon representing our Buildings and Grounds Committee that there has become a real problem with garbage and such being left behind on the playground, grass areas and classrooms. As someone who is led by parents at home to always pick up behind myself and help clean house, I understand the importance of it and value keeping a neat and tidy house. As a youth who loves to hang out with my friends and have a good time, I also understand how sometimes it is easy to get caught up in a moment of fun and forget to pick up when the fun is over! If we all make an extra special effort to pick up behind ourselves and others, we will not only take pride in the beauty of our surroundings, but, we will also be helping to keep "God's House" clean and tidy. So next time you are on the playground or at youth group, take that couple extra seconds to make sure you have cleaned up behind yourself and others.

Thank you Kindly,

Jacob Smith

HEIFTER INTERNATIONAL SUNDAY MAY 22ND

Please invite friends and family to Sunday Worship and the Hot Dog Luncheon May 22, 2011, to help raise funds for this very worthy organization. We have enjoyed a longstanding relationship with Heifer for many years through the Hunger Committee here at Northminster Presbyterian Church.

About Heifer

Heifer is different. Heifer works.

Heifer International is a global non-profit with a proven solution to ending hunger and poverty in a sustainable way. Heifer helps empower millions of families to lift them out of poverty and hunger to self-reliance through gifts of livestock, seeds and trees and extensive training, which provides a multiplying source of food and income.

Heifer's mission to end hunger:

Heifer envisions... A world of communities living together in peace and equitably sharing the resources of a healthy planet.

Heifer's mission is... To work with communities to end hunger and poverty and to care for the Earth.

Heifer's strategy is... To Pass on the Gift. As people share their animals' offspring with others-along with their knowledge, resources and skills-an expanding network of hope, dignity and self-reliance is created that reaches around the globe.

Heifer's history... This simple idea of giving families a source of food rather than short-term relief-a cow not a cup-caught on and has continued for more than 65 years. Today, millions of families have been given gifts of self-reliance and hope.