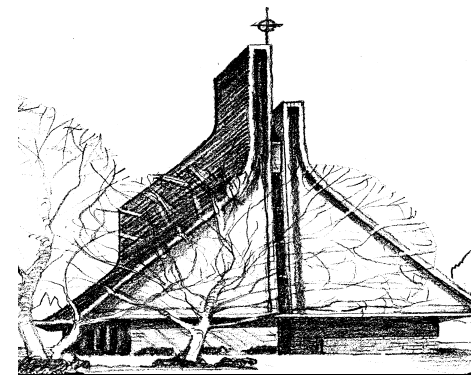


# NORTHMINSTER NEWS

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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

## NOW

Northminster on Wednesdays!  
Sept. 15 - Oct. 6

Come join us on Wednesday evenings. We will have 2 sets of classes to include all ages and a dinner in between. The meal is free, however, we ask for donations to help with dinner. Don't miss out on this great opportunity to grow spiritually and enjoy fellowship with your Church family.

5:15 PM - 6:00 PM

R.O.C. (Rythm, Orff, Chimes) for children of all ages.  
Teacher, Florida Stringer

What does the Bible Say?.... Adult Bible Study  
Teacher, Judi Raymore

6:00 PM - 6:30 PM

Dinner in the Social Hall

6:30 PM - 7:15 PM

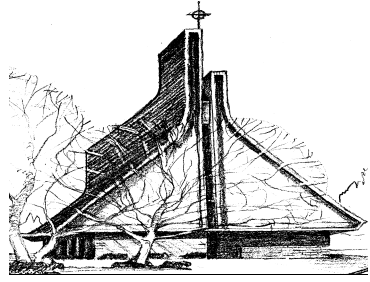
Children's Choir  
Teacher, Florida Stringer

Youth Group

Adult Class "Building Connected Families"  
Teacher, Judi Raymore

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A message from Pastor Jack Raymore

To: Northminster Church family

Maybe, like me, you remember how it was beginning in grade school when your class went out to the playground during recess. In my years, the two biggest guys on the playground were named Doug and Sam. They were always the captains for whatever teams being selected for that day's activity, often dodgeball or kickball, and later basketball. They would stand together and one by one the rest of us would sort of stand around and hope that one of them would choose us for their team. As you can guess, I was often the last to be chosen, if at all, as I remember it. I do remember the glow of affirmation when, usually, eventually, I was selected. They would usually call their selection by name, if they knew it, and for that moment you knew you were wanted.

It can be a big lonesome world as we experience it these days, even though those playground selections are a distant memory. It is still easy to feel left out, unchosen and forgotten. The good news of Jesus Christ, and the gospel it represents, is very helpful to us in these moments. The truth is, God is always choosing a team and He has chosen you and me and, in absolute likelihood, He is calling our name as well. Ephesians 1:3-6 says, "Blessed be the God and Father of our Lord Jesus Christ who has blessed us in Christ with every spiritual blessing in the heavenly places." It goes on to say that God chooses us in Him even before the foundation of the world. My only response can be, WOW! We are chosen!

As we say goodbye to August and enter September, life for many of us changes in terms of its pace and productivity. Summer at Northminster Presbyterian Church was marked by many wonderful activities, not the least of which was the invitation offered to various groups to play at our worship service and share their talents with us following. Although I was away, I was told that lots of folks stayed around after worship in order to be with God, each other and the musicians, in some wonderful moments. There were also special Bible and music camps and even mission excursions. Lots of you I know took time, as I did, during the summer for special travel to special places with special people. There are things from now on that will keep us more rooted to Sacramento, in many cases. Hopefully that will certainly be true of me.

One important thing for us to remember at all times, and especially when things are hectic and we feel the challenge of the pace of life, is that, in all that we do, we are involved as we are as Christians because we were chosen by God. That doesn't just mean chosen to be a part of the specific activities of Northminster Presbyterian Church. Remember, the church is not a place to which we go, the church is what we are. We are the church at work, involved in group activities and even in leisure. God chooses our work and our activities just as surely as he chooses us and calls us by name, as happened to me so many years ago in an almost forgotten church playground. Called by name! It doesn't get any better than that. I am looking forward to seeing you this fall. We are the church.

Yours in Christ,

*Jack*

## BUILDINGS & GROUNDS COMMITTEE MEMBERS

The year is just a little over the half way point and I would like to say to all the committee members thanks for all that you have done here on the campus of Northminster Presbyterian Church. We have completed numerous small jobs that have been required of our committee, some taking several hours, others that were accomplished in just an hour or so. Our Committee is made up of Bryce Jope, Ken Collins, Dave Yagel, Bill Welker, Bob Balkow, Lynda Languasco, Carol Ann Pflug, Steve Kappes and Rick Landon.

A special note of appreciation to both Bryce Jope and Carol Ann Pflug for the many hours they put in helping in the garden area and working on the general landscaping.

Again, thanks to all of you for making this an enjoyable committee to represent.

Bill Welker

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## FOUNDATION DONATIONS RECEIVED

### Remembered By

Frances Cunningham  
Marge Parker  
Dick & Alice Pyers  
Pat & Vick Dervain  
Carol Welker  
James H. Shelton Jr.  
Judith Perry-Shelton  
Jean Evans  
John Prior  
Charles & Danalee  
Peggy Sheaffer  
Dick & Alice Pyers  
Marie Balding  
Marie Balding  
Carol Link  
Carol Link  
Marge Brownell  
Frances Cunningham

### Foundation Name

Ed Payne  
Ed Payne  
Ed Payne  
Ed Payne  
Ed Payne  
Ed Payne  
Ed Payne  
Ed Payne  
Ed Payne  
Ed Payne  
Tom Harper  
Nina Beaumont  
Nina Beaumont  
Tom Harper  
Nina Beaumont  
Tom Harper  
Tom Harper  
Tom Harper

The  
**LECTIONARY BIBLE STUDY**  
is coming back. Tuesday, September 7<sup>th</sup> at  
1:00 PM, Jack will resume this amazing time of learning and discussing scriptures  
for the following Sunday's worship service. The scriptures we will be discussing on  
September 7<sup>th</sup> are:  
**Jeremiah 4:11-12 and 22-28**  
**Psalm 14**  
**I Timothy 1:12-17**  
**Luke 15:1-10**  
We look forward to seeing you!

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## **Blood Drive is on Schedule for October 24** **8:30-12:30**

All of you healthy members and friends of NPC are invited to make a truly life-saving donation to Sacramento Blood Source' Mobil Unit brought right here to our campus for your convenience. Appointments can be scheduled starting at 8:30AM with the final appointments at 12:30 PM.

This event is sponsored by your Board of Deacons with Pearl Beavers as your contact person.

Anyone over the age of 16 is eligible to donate and one of our youth, Joe Brown, is currently a regular donor.

In the weeks ahead you will hear from friends whose lives have been saved because of blood donations. If you want to schedule a specific time (like before worship) or if you want to schedule with your friends or family, call Pearl. The schedule will soon be posted following worship.

\*\* Each donor will receive a \$30 meal voucher for Hornblower Yachts on the Sacramento River

Any questions: [www.bloodsource.org](http://www.bloodsource.org) or 800 995-4420

## **Greetings from your Choir Director!**

I'm so privileged and blessed to be your choir director here at Northminster Presbyterian Church! Since starting in January of this year, I've learned **so** much about directing choirs and leading the congregation in worship. I pray you have been blessed by an amazing season of Lent, Easter and special services like Music Sunday and our Summer Music Series.

We also had a great time during Music Camp week, which was the week of June 21-27, 2010. We were blessed with 30 children participating in the program and 25 in the Sunday performance of 100% Chance of Rain. During that time, I was unable to join the children on this Sunday due to a death in the family but I was assured that our congregation was blessed with beautiful and energized music from our children and instrumentalists. And, did you know that Jeanie Shaw was our script writer? My deepest apologies that this was not acknowledged in the bulletin. We are so blessed and uplifted by her creative ways! My gratitude goes out to all the many volunteers, parents, youth helpers and teachers who made the event a success! Specifically, I'd like to publicly say thank you to Ellen Cochran who stepped up to direct the program in my absence on Sunday.

In early August, I was blessed to attend the choral director's conference "Tuning @ Tahoe" held at Zephyr Point. It was a **great** time of learning, fellowship and singing with other choral music directors from California, Oregon, Colorado and Idaho. The faculty and staff (including our very own Beth DePuy, overseeing the music store) were wonderful and taught us about vocal production, choral music selection, helping our choirs excel to the next level, and there was even a ministry content to the classes. This proved to be an invaluable conference and I'm already looking forward to attending next year! I'm expecting to begin implementing all I've learned during this new season of choral music at Northminster.

I've had the joy of working with some great people and children in our Chancel and children's choirs. We've done some collaborative work together, including our bell choirs and instrumentalists. I am so excited that our season will be beginning again in September:

**Chancel Choir:** Starting September 9, 2010, on Thursday nights at 7 P.M., , the choir will have its first rehearsal of the season. I invite you to join us for a great night of singing and fellowship—no commitment necessary! We're a fun group, and we enjoy singing music that we hope glorifies God and at the same time, uplifts you, the congregation. Even further, we hope that our music also reaches our community and we are planning on a few outreach events this fall/winter (more information to come!). Even if you don't know much about music, I would be glad to talk with you prior to that night. I am also willing to give you an assessment of your musicianship skills and personally help you through your first few weeks in the choir. Contact me anytime via email at [floridastringer@gmail.com](mailto:floridastringer@gmail.com) or phone at (916) 224-1843.

**Children's Music:** Starting September 15, 2010, on Wednesday nights at 5:15-6 P.M., children of all ages will be beginning a new music class during Northminster on Wednesdays (N.O.W.), called Children's R.O.C. ("Rhythm, Orff, and Chimes"). After dinner, the Children's Choir will meet from 6:30-7:15 P.M.. and will be beginning to learn music for the coming fall and Christmas seasons. Contact me with any questions.

May the Lord richly bless you in your worship and serving of Him!

In Christ,  
Florida Stringer

# SOUP-ER SENIORS

The Soup-er Seniors will get off to an early start on Wednesday, Sept. 1st. Mark that date on your calendar and plan on being in the social hall at noon for fellowship, fun, food and a fantastic program. The year will continue on the first Wednesday of every month at noon and end in a flourish with the June talent show!

To get Soup-er Seniors off to a great start we will welcome back our popular May speaker, Susan Maxwell Skinner. She will return with her acclaimed presentation about her years covering Princess Diana as part of the Buckingham Palace Press Corps. Everyone is welcome, regardless of age.

Sue Ann Lehmkuhl  
Fellowship Elder

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## HEALING AND WHOLENESS SERVICE CHANGE

Beginning September 19, the Healing and Wholeness Service following the regular service will occur on the third Sunday of each month. This is a change from the fourth Sunday. This change has been instituted to avoid conflicts with the orchestra, which plays on the fourth Sunday. Please mark your calendars!

Stan Muther, Worship Chair

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## NORTHMINSTER WOMEN

Shape up, women! There's going to be A GATHERING and you are all invited! That means the members of Lydia and Rebecca Circles are going to join hands for one big happy circle! This will take place Sept 14, 11 AM, in the social hall. Bring a sack lunch and your own coffee mug. Dessert will be provided by the Lydias. By popular demand, Pastor Jack will be back to introduce the 2010-2011 study, "Journeys Through Revelation: Apocalyptic Hope for Today". Study books may be obtained from the circle leaders or the church office. Cost \$8.00. Interested in joining? Visitors always welcome!

Ruth Gunn

## NURSE'S NOTES FROM THE PARISH NURSE

### September is Prostate Cancer Awareness Month

So, it is again time for men over 50 & men over 40 with a family history of prostate cancer or those who are African American to get screened. (Testicular cancer is more common in younger men.)

The update about prostate cancer is that it is important to know the test used to determine the PSA. There are 2 types of tests now in use. The standard for the test which has been used the longest is 4. The standard for the newer test may be 20% less! Several diseases have more than 1 test method with each having a different range for "normal". Both patient & doctor should know which test is being used to correctly interpret the results. A test result of over 4 (or maybe even less, depending on the type of test) should lead to further testing, such as biopsy.

The prostate gland tends to enlarge with age. If the cells overgrow the gland can become a tumor & can cause urinary difficulties. Tumor cells can change & become cancer cells. As with most other diseases, early diagnosis & treatment are important. Surgery is usually the first treatment of choice. If more than the gland itself is involved even surgery may not be an option. If the cancer is not recognized early enough surgery may not result in a cure & radiation by means of implantation of radio-active "seeds", may be necessary. (These "seeds" have been used in the treatment of cancer of female reproductive organs for over 50 years). Hormonal treatment may also be needed as some tumors are hormone-dependent. Follow-up care is essential as the cancer could spread & show up even 15-20 years later. Surgery, radiation & chemo/hormonal therapy usually result in not only urinary problems but difficulties with libido & sexual function as the prostate is part of the reproductive system. Medical care is usually best given by a urologist.

Prostate cancer is generally slow growing & may give no symptoms in the early stages, so an annual PSA test & "active surveillance", perhaps including a biopsy, may be the easiest &/or the only means of early detection. The web site used for this Prostate Cancer information is [www.zerocancer.org/site](http://www.zerocancer.org/site).

There is a Prostate Cancer Support group that meets monthly on the third Thursday. The meetings alternate between Mercy San Juan Medical Plaza (odd months) & UCD Cancer Center Aud. (even months) (*See flyer on office window*)

**Free Screenings** – Please see flyer on office window.

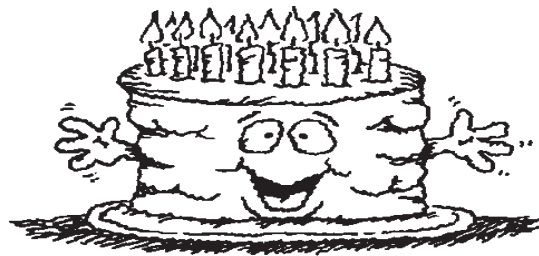
Pray for the many men in the NPC family who have or had prostate cancer.

Many thanks to the families who were willing to share their personal experiences. bc

John 2:21 – "In speaking of 'the temple', Jesus made allusion to His body".

I Corinthians 6:19 – "Do you not know that your body is the temple of the Holy Spirit which you have been given by God & which now lives in you? You do not "belong" to yourselves because you have been bought at a great price; therefore, glorify God in your bodies".

Take care of your body. It is a gift from God.



## Look Who's Having a Birthday!

Marian Reagor	Sept. 2
Peter Brown	Sept. 3
Norman Root	Sept. 3
Vanessa Evans	Sept. 4
Barbara Brautigam	Sept. 5
Marge Parker	Sept. 5
Bonnie Simmons	Sept. 5
Pat Smith	Sept. 5
Margery Brownell	Sept. 6
Harriette Gibson	Sept. 6
Avery Woodward	Sept. 6
Virginia Dunham	Sept. 7
Vergie Dunn	Sept. 9
Michelle Van Regenmorter	Sept. 11
Nadine Gamet	Sept. 12
June Melville	Sept. 12
Lois Burke	Sept. 15
Taylor Tague	Sept. 15
Bill Welker	Sept. 21
Mars Burnside	Sept. 24
Pat Driscoll	Sept. 26
Ruth Gunn	Sept. 26
Frankie Cunningham	Sept. 27
Howard Varnum	Sept. 27
Rene Burghgrave	Sept. 29
Jack Carey	Sept. 29
Judy Simpson	Sept. 29
Peggy Sheaffer	Sept. 30

### CROPWALK

The Cropwalk is a 7 mile walk through downtown and the Land Park area of Sacramento, or the "executive walk" around the State Capitol. 25% of the money raised stays local. Do you know someone who lost a job or a home who is using a food bank? That's where the 25% goes. We are trying to end hunger one step at a time, please join us.

### RUTH GUNN'S SPECIAL DAY

We will be celebrating Ruth Gunn's 90th birthday on September 18 from 5 - 7:30 pm at Ruth Gunn's house. All Northminster friends are invited. RSVP suggested but not necessary. Parts of Ruth's house are under construction so please wear hard hats if available. Light fare will be served. In addition, Northminster will be honoring Ruth at the Social Hour following church service on September 19. (Thanks to Lynne Cunningham)

### ALL CHURCH CLEAN UP DAY

There will be an all church clean up day on Saturday, October 2nd so please make sure to mark your calendars now and look for the sign-up to come out sometime this month.

### CHANTEUSES WOMEN'S CHOIR

Fall Concert  
Songs & Spirituals from Americana  
and  
The Old West  
Saturday, October 16, 2010  
7:00 PM  
Northminster Presbyterian Church  
Admission: \$15.00 at the door

Chanteuses is a non-profit arts organization dedicated to bringing choral and other music to the Sacramento community through concerts and community events. The choir includes Northminster's very own, Florida Stringer!



### VERY IMPORTANT DATES

Rally Sunday!: Sept. 12

N.O.W. Begins: Sept. 15

Holyween: Oct. 31

## Rally Sunday, September 12th

Rally Sunday is one of the best Sunday's of the whole year! Not only do we get to watch as our young people are promoted to a new level of Christian Education learning with Bibles & Certificates, but we also get to enjoy a delicious ice cream social after Church. This year we encourage you to pack a picnic lunch & plan to stick around, as we will also have the Youth Praise Band playing songs on the patio after Church. What better way to kick-off the beginning of our Christian Education year?

## 50's Night End of Summer Party

As an end of the summer youth group party, we held a 50's night "Drive In at Northminster" here at the Church on Friday, August 20<sup>th</sup>. The evening started with our normal fun youth group games, then Pastor Jack gave us a really great message about how we are chosen by God and after that we got our creative juices flowing as we each built a car to watch the movie in made of cardboard, duck tape and paint. It was a lot of fun to see the different styles and artistry put into each vehicle. Right before the movie we had some contests like soda pop chugging, goldfish eating & bubble gum blowing. There were even some youth who braved to finish the words to some old 50's music as it was played and cut off. After it got dark we all settled into our cars on the lawn to watch the movie "Grease". It was a fun way to finish off summer! We were reminded by our teacher, Debbie, how youth group friends and it's advisors are always here for us to support us and help us as a church family throughout the year and that we should remember to call upon each other when needed. That's what it's all about!

Jacob Smith

## **Local Mission Emphasis For September**

Dyer Kelly School

Needed: Granola Bars  
Backpacks  
School Supplies

Leave them in the special  
marked box in the Narthex  
on Sunday mornings when  
you come to worship!

## **International Mission Emphasis For September**

Presbyterian Disaster Assistance (PDA)

Our September communion offering is designated to PDA. PDA is already at work helping victims around the world during their time of need caused by massive flooding and destructive fires. We can help through our donations. All funds received in this offering go directly to aid. Make your check payable to Northminster Presbyterian Church and mark the lower left corner for PDA.