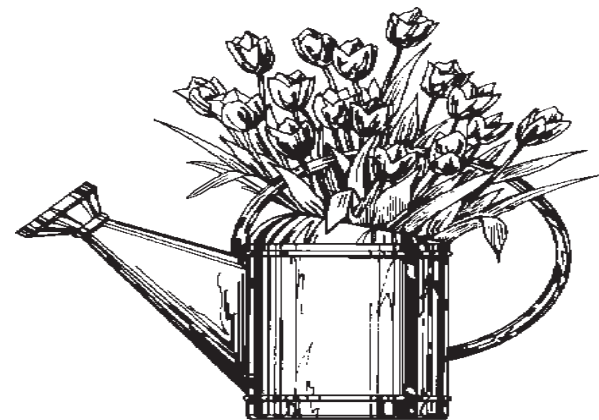


# **NORTHMINSTER NEWS 2009**

**Calling all kids! It's time for our annual "Easter Egg Hunt". By the direction of Nancy McColl and some youth volunteers (hiding the eggs) the activity will begin right after Church on Easter Sunday. Don't forget to bring your baskets!**



**APRIL**

Northminster Presbyterian Church  
3235 Pope Ave.  
Sacramento, CA 95821

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

## Palm Sunday and Holy Week Services

### **PALMSUNDAY April 5, 9:55 a.m.**

Join us for a parade before the service, then the joyous celebration with children waving palms, the choir and bells processing, children's choir singing, and dancers dancing as we proceed into Holy Week.

### **MAUNDY THURSDAY April 9, 6:30 p.m.**

A quiet and introspective service. We sit around tables, enjoy a light supper, and participate in prayer and communion. The choir and bells present musical offerings. This year, the church will provide all the food. No need to bring anything but yourself.

### **GOOD FRIDAY April 10, 7:00 p.m.**

Come to the Tenebrae service. The chancel choir will sing the Service of Darkness by Dale Wood. Candles and dancers help us move from Lent toward Easter.

**EASTER SUNRISE SERVICE April 12, 6:30 a.m. at East Lawn (5757 Greenback Lane)** Join us for this very inspirational service.

### **EASTER MORNING SERVICE April 12, 9:55 a.m.**

We celebrate the Resurrection of Jesus Christ with choir, bells, praise band, brass quartet, and organ! A special service for a special day.

## Ministry Opportunity Available

Are you interested in helping to prepare the elements for communion? If so, please contact Deacon Nancy Seymour at 925-4887.

### April Birthday Report

Edward Gibson	April 2
Keele Shaw-Connelly	April 2
Roxy Burgess	April 5
Kim Mathes	April 6
Monica Van Regenmorter	April 9
Scott Draper	April 10
Gloria Ford	April 11
Abby Kappes	April 11
James Moese	April 11
Ray Beals	April 14
Lucy Webb	April 16
Florence Hoort	April 17
Gwen Owens	April 17
CarolAnn Pflug	April 23
Ruby Webb	April 25
Lucille Lodewyk	April 25
Gabby Banez	April 26
Michaela Pope	April 27
Mildred Hassebrock	April 27
David Richwine	April 28
Karla Cave	April 30

The all member subscription for Presbyterians Today has been cancelled. We are, however, still receiving 10 copies that will be in our Church library for you to check out. Also, you should be receiving a statement in the mail very soon, giving you a chance to re-new your subscription.



This year the per capita, per person is \$22.00.

I was overwhelmed by the love and concern shown to me by my Northminster family after my accident. Many heartfelt thanks for prayer, cards, calls and visits that has encouraged me during my recovery.

Marie Balding

# **SOUPER SENIORS TAKE A STAR TREK WED. APRIL 1**

**Bill Roughdon of the AeroSpace Museum at McClellan Park, will visit SOUPER SENIORS Wed. April First to tell about new exhibit at the facility on Watt Avenue. We'll hear about the exciting exhibit, displayed in cooperation with NASA, all this summer.**

**The usual luscious soup and fixin's some foolishness, lots of visiting and more. Bring a friend or two. It all starts at noon on April 1st in the Social Hall, and you can bet there'll be a few unexpected things going on, too.**

## **NURSE'S NOTES FROM THE PARISH NURSE**

### **Multiple Sclerosis (MS)**

Multiple Sclerosis (MS) is a neurological disorder diagnosed in over 350,000 persons in the United States today. Yet much is still to be learned. MS is signified by more than one (multiple) area of inflammation & scarring of the myelin in the brain & spinal cord. Myelin is the tissue that covers and protects nerve fibers. When such damage occurs, communication along nerve fibers is disrupted & the person experiences varying degrees of neurological impairment depending on the location & extent of the scarring. There is no known cure for MS at this time, but much can be done to make life easier.

MS has not been proven to be hereditary, however a "hereditary predisposition" may exist when there is a family history. MS is considered to be an "autoimmune" disease, in which, for unknown reasons, the body's immune system begins to attack normal body tissue, in this case, cells that make myelin. It is more frequently diagnosed in women, in Whites, in patients between ages 16-60, & in North America & Europe. It is neither contagious nor fatal but tends to affect the quality of life.

Diagnosis of MS is difficult as symptoms are vague, and tests such as MRI's may be negative. Symptoms may include numbness, tingling, or fatigue, & will not be seen on diagnostic tests. If symptoms persist they should not be ignored, but keep in mind that sometimes MS requires years to diagnose. The rate of progress of the illness is unpredictable & varies with the individual. A well balanced diet may help reduce fatigue, improve bladder & bowel problems, increase energy, prevent bone loss & positively impact mental & emotional health, including memory & concentration..

Early treatment makes a difference as it seems to delay disability presumably by decreasing the injury to the nervous system. Drugs in current use include Avonex, Betaseron, Copaxone, or Novantrone. Some people find benefit from a combination of drugs and alternative healing modalities. Alternative/complementary medicine places emphasis on the "whole" person & views health as a complex product of mind, body & spirit as well as physical & social environment. The concept of "wholeness" means recognizing that the mind and the spirit have a powerful effect on how the body functions.

A merry heart doeth good like a medicine: but a broken spirit drieth the bones. Proverbs 17:22

Pleasant words are as an honeycomb, sweet to the soul, & health to the bones. Proverbs 16:24

## *Words from Pastor Jack*

I wonder if you know what the most important day of the year is. I know you are going to suggest that it is my birthday, yes, me, Jack Raymore; my birthday. I can only imagine how important that day is to you but, nonetheless, it is not the most important day of the year. What might it be? Well, I will give you a hint. The answer is in Psalm 118. You might take a minute to read it in its entirety, it's not too long. A second hint; the most important day of the year is also God's favorite day. I can tell you this is true unequivocally and without hesitation, at least as much as I can do that on any subject.

Maybe you are going to suggest to me that it's Sunday morning, or Friday, as in thanks goodness it's Friday. Two good choices but also not quite true, at least from the Psalm 118 perspective. Take a close look at verse 24 and you will have it. The answer: "this day".

You see, we trust that God did work in our lives and in our world yesterday. That makes it an important day. We know God wants to work in our life tomorrow and no doubt will. That makes tomorrow an important day. But, the only day God can work in our life is today. The only day we can better the past or prepare for the future is today. Listen to this statement; "our Lord knows the most important period of time is always 'the now'". Jesus knows that your now will soon become your yesterday and that if you live each now well, you will have no regrets. He also knows that your nows determine your future and that when the future becomes now, it will be good if you have lived each past moment well.

I hope you served God yesterday. I pray you will serve God tomorrow. But the only day you can serve God is today. Today is the only day we can enjoy. You can enjoy yesterday, sure it has its memories but it is only a memory. You can enjoy tomorrow, it is only a possibility. You can really only enjoy today. For these reasons, I believe that today is the most important day of the year or any year and also God's favorite. God just loves to be active in our lives and in our world. The best activity God can offer is offered today. This day is filled with possibilities, utilize them well and enjoy fully the gift each day represents as we live them one day at a time. And, above all, happy Easter, which brings the meaning of resurrection and eternal life as the focus of each and every day as we live them.

Happy Easter,

*Jack*

## NPC BIKE RIDE

**DATE:** April 18th

**TIME:** 10:30a.m.

**PLACE:** Nimbus Flats Park

(Adjacent to CSUS Aquatic Center at Lake Natomas)

John and Peggy Prior have graciously offered to host bikers to a pizza snack after the ride.

The main ride will be around Lake Natomas. It should take about 1 1/2 hours.

We suggest that riders park free at the Fish Hatchery and ride into Nimbus Flats Park.  
The cost for parking at Nimbus Flats Park is \$5.00.

All levels of bikers are welcome! This will be an easy ride.

RSVP not required, but suggested.

Subject to rescheduling if it rains.

Call Brad Gunn if you need bikes transported or for more details at 889-3657.

**VACATION BIBLE SCHOOL  
THE GREATEST STORY EVER TOLD!**

**JUNE 8 to 12  
5:30 to 8:00 PM**

Calling all kids of all ages! We are having an amazing week of hearing the greatest stories ever told! Join us for games, crafts, stories, ice cream, hugs, dinner, wild songs, ponies, skits, drama, and wild fun all about how much God loves us!

**If you are a kid, ages 4 to 12**

Sign up and come! We have included a registration form!

**If you are a big type kid, Middle School and High School**

We want you as a Counselor or Co Counselor. It will be the biggest blast you have all summer! No Kidding! Talk to Jeanie

**If you are an adult type kid**

We want you as a volunteer, helping our counselors, crafts, whipping up famous Northminster famous dinners for four nights in a row, flipping burgers for our big gala BAR B Q finale on Friday Night, or dishing out Ice Cream for our Ice Cream Sundae Sunday!

**AND EVERYONE ELSE!**

Here is the most important job of all....we need all of Gods people to pray that this vacation Bible school will be graced by your spirit, filled with your love and a place where all of us might come to grow in our faith.

**VACATION BIBLE SCHOOL REGISTRATION FORM**

NAME: \_\_\_\_\_

PARENTS NAMES: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_

AGE: \_\_\_\_\_ GRADE IN SCHOOL NEXT FALL \_\_\_\_\_

ADULTS PERMITTED TO PICK YOU UP

\_\_\_\_\_

T SHIRT SIZE \_\_\_\_\_

ALLERGIES OR MEDICAL CONDITIONS:

\_\_\_\_\_

## **ADULT MISSION TRIP TO NEW ORLEANS**

**This marks the third year that our Church has sent a delegation to Slidell; Louisiana to help re-build homes in the wake of Hurricane Katrina. Our Church works in partnership with Presbyterian Outreach, a ministry created by the Vision of members of the Slidell Presbyterian Church in the days following the storm. In the last three years, Presbyterian Community Outreach has housed hundreds of volunteer groups completing 27 re-builds. PCO works in partnership with the Presbyterian Disaster Assistance of our denomination and Presbyterians have responded magnanimously, sending over 20,000 volunteers to help with hurricane relief on and along the Gulf Coast.**

**The story of the PCOs creation is a story of faith. When Katrina made landfall, it swept through New Orleans creating an 8 foot surge tide which swept through Slidell, creating the second worst natural disaster in our nation's history. When the tide waters receded, the levees broke, inundating New Orleans. Thousands of New Orleans residents fled to high ground and the city of Slidell had no water, electricity, banks, gasoline, city services or police cars. The Elders from First Presbyterian went by rowboat to all the members' homes, checking to make sure that the members made it through the storm.**

**Two months later, a Presbyterian Church in Kansas sent down a delegation bringing tools and any other necessary supplies. The Session of the Church gave the Slidell Church the monies that they had saved for their building fund and Presbyterian Outreach was born.**

**The first year, our Youth painted the home of Miss Alma and our Quilters crafted a quilt which we presented to her the following year.**

**Our second year we sent our first delegation of adults and we worked on a number of projects including a home for Mrs. Hall and an accountants office on Old Spanish Trail. The accountant had all his tax**

**records destroyed by Katrina. In the stress filled months that followed, he had to re-create the tax and financial documents for all his clients so that they could re-build their homes. The stress was so terrible that he suffered a massive stroke and lost the ability to talk and walk. Our re-build enabled him to rent out his office space. We also helped the Archie family frame their home so that their 100 year old father could move out of his FEMA trailer. In the process of working on their home we met his granddaughter who got Leukemia from the formaldehyde in the carpets of her re-built home. Don, Ken and Larry laid out new wood floors.**

**This year our team painted the home of Rocina whose home was damaged by Katrina and took a devastating hit with Hurricane Gustav. We visited all our friends from the projects for the last two years and shared a street party with the Archie family. Don, Larry and Jim built a set of stairs and we painted their storage shed and railings for their wheelchair ramp. Mr. Archie celebrated his 101st birthday this year!**

**There is such truth to the statement it is more blessed to give than receive. All of us who have served in New Orleans know the gift of helping and the extraordinary grace of cherished friends in Slidell!**

**Jeanie Shaw**