

# PresbyNews

(916) 428-3439, www.faithpresby.org, 625 Florin Road, Sacramento, CA 95831  
**Volume 33, No.11 July 8, 2008**

***Sunday Services:  
9:00 and 11:00 a.m.***

***Sunday School:  
Preschool-5th grades  
9 & 11 a.m.  
6th thru 8th grades  
9 am  
9th thru 12th grade  
9, 11 a.m.  
Adult Class 10-11 a.m.***

***Sunday July 13  
Acoustics Improvement Forum  
After 1st service—Link Hall  
After 2nd service—Sanctuary***

***July 15 and 22, August 5  
Tuesdays /Hot Summer Nights  
Youth group for junior and senior  
high students  
7—8:45 pm***

***Wednesdays July 16 and 23  
Faith at the Movies***

***Thursday July 24 9am  
Jr. Hi Breakfast at Vaughn's***

***Thursday July 31 9 am  
Jr. & Sr. Hi Breakfast at Vaughn's***

***August 3-9  
All Church Mission Trip***

***The Presby News is published  
biweekly  
by a team of volunteer writers.  
Please send your submissions to  
Editor Jim Park at  
JamesPark02@comcast.net  
Or drop off articles/photos in the  
church office.***

## God at the Movies



This popular program allows us to have a new look at the grace of God.

**Three July Wednesdays 7—9pm**

**July 9<sup>th</sup> Enchanted**

**July 16<sup>th</sup> Amazing Grace**

**July 23 Bella.**

**A flyer in the narthex gives details of these PG & PG-13 movies.**



The Rev. Stephen Moon, pastor of the Korean Vision Church, worshiped with the Faith congregation on July 6 along with his wife Grace, daughter Erica and son Eugene. The Vision Church meets in Faith's sanctuary Sunday afternoons.

## **Barbara Louise Wieman**

Barbara Wieman is a native of Missouri but has spent much of her life in Colorado and right here in California.. She lives in the Greenhaven area and teaches piano. In her spare time, she likes to travel, reading, and playing the piano.

She came to Faith church because she gave piono recitals here and got to know the staff and liked Pastor Jeff.



## **Robert L. Bacon and Terri Brennan Bacon**

Bob and Terri Bacon live in Elk Grove where they follow many interests in their retirement years. He retired from the San Jose Fire Department and she is a retired tour director. She says she plans tours for family and friends now. Bob enjoys cooking, doing digital photography and driving his Miata MX-5. Terri likes to visit grandchildren, gardening, leading or taking Bible study classes and taking road trips with the Sacramento Miata Club. Both say they came to Faith church because Ivy Adell Lambert invited them to attend.



## **Sarah Jimenez**

Sarah grew up in the small San Joaquin Valley town of Reedley near Fresno. She went to college in Los Angeles for four years. She presently works in public relations for a non-profit organization. She enjoys running (a new activity for her), scrapbooking and reading. When she and her husband moved from Fresno to Sacramento, they just had to attend Faith Church because husband Rudy Buehler is a son of former pastor Peter Buehler.



## **Lee, Erwina and Emily Bush**

Lee grew up in Dixon and graduated from CSU Sacramento (Sac State). He is the president of USI Northern California, a commercial insurance brokerage located in Stockton. He enjoys golf and camping. Erwina was a first grade teacher, now a stay-at-home mom. She does volunteer work, drives car pools, teaches 3<sup>rd</sup> grade art docent, & manages a volleyball team. They came to Faith because of Erwina's attendance at Bible Study Fellowship (BSF), which meets at Faith on Tuesdays. She heard Pastor Jeff speak and also was drawn by the warmth and caring manner of Faith's members, as well as Faith's involvement in a number of outreach ministries.



## One Less Saturday Night Decision

Some of the hardest decisions I make are on Saturday nights. Often those decisions are made as I wander the aisles of Blockbuster. So many choices! And so many different people to please at home! Sometimes, honestly, I'll end up carrying around four or five videos while I weigh the options of how I want to spend these two hours in front of my television screen.

There was a time many years ago in my life when one of my Saturday night decisions was always how I was going to spend Sunday morning. Having grown up in a family that went to worship most every week, I carried with me to college this sense that church was where I was supposed to be on Sunday mornings. The problem was, some weekends I just didn't feel like going to church. Some Sunday mornings, more attractive options presented themselves. (Truth be told, a few more hours with my pillow was one of the more popular options in those days!)

However, at some point along the way (this was, by the way, before I became a pastor) I came to the place where I realized that worship with God's people on Sunday mornings was one appointment in my weekly calendar that I was not willing to skip. Frankly, I couldn't afford to miss worship. So much in my life, I realized, depended on this time to gather with the church.

Many of you, I know, have come to that same place. Of all the decisions you may still on Saturday nights, you aren't deciding each week whether or not you will go to church. Unless you're sick or out of town, you just come. Rain or shine, whether you feel like it or not, regardless of who is preaching or singing, you just come. Like me, it's just too valuable an appointment to miss.

For some of you, however, this still may be a weekly decision every Saturday night: "Should we go to church tomorrow or not?" So, to those of you in this place, let me offer you a few words of encouragement and challenge. I truly do believe that it is of great benefit to us all to make our Sunday morning gathering at Faith the most important event on our weekly calendars. And if *you* would make this commitment, I can't imagine you would ever regret it.

Here are just a few reasons why:

**Corporate worship encourages us in our faith.** The Christian life, faithfully practiced, is hard. There is no other way to say it. Loving God first and loving others (even our enemies!) as much as we love ourselves is not easy. Neither is learning to be a good steward of all God has placed in our hands. Even just remembering that we are loved and forgiven by God in a world which gives us the opposite message is hard enough. Frankly, I don't know how any Christian goes much more than a week without gathering together with other Christians to share in this difficult journey.

**2. Nobody wants to miss major family celebrations.** At Faith we are a family, brothers and sisters in Christ. And as a family we have major family celebrations, most of which happen on – you guessed it! – Sunday morning. Communion, you might say, is our big family feast, with Christ as our host. Baptisms, ordinations, prayers of commissioning, welcoming in new members, and a host of other events are also highlights. When you miss these events, sadly you miss major milestones in the life together of our family.

**A great deal of direction is set on Sunday mornings.** Right now, for instance, we are working together on Sunday mornings through some very difficult questions of faith and doubt. Many of you have shared with me that God has been using this series to really help you grow in your faith. This is not unique. For we are always working through some important teaching on Sunday mornings which is meant to help set the direction for our lives, individually and as a community. If you are not here to share in that teaching, perhaps you run the danger of missing out in ways the rest of us are moving forward.

Let me put it as simply as I can. When new members join our church, one of the things I tell them that it is my hope that they would make a commitment to being here with us in worship *every* Sunday. "Unless you are sick or out of town," I say, "we hope you will be here."

*Continued on next page*



## ***Pastor Jim Zazzera Has Been at Faith 5 Years!***

This July marks the fifth year of Pastor Jim's ministry here at Faith, a term longer than any other current member of our staff. In those years, Jim has been, among other things, a source of stability and leadership during this season of tremendous transition. His leadership in worship, deacons, adult education and mission areas of our church has been invaluable. If you haven't already done so, you may want to take a moment to personally express your appreciation to Jim, for all the ways God uses him as a faithful pastor in our community.

### **Summer Mission Trip Coming Up Soon**

We'll be sending a team to Tijuana, Mexico, to work with City of Angels ministry and build homes and work at their orphanage. Participants will travel to Mexico by bus. No passports are needed but volunteers under the age of 18 need a certified copy of their birth certificate and a picture ID. Cost is \$225 per person. Contact Georgianne Becker at 393-5906 for more information.



#### ***Pastor Jeff's column continued***

If that is not already a commitment you have made, I would ask the same of you. Yes, I believe you miss a great deal when you choose to stay home or hit the golf course instead of joining us for worship. But also, *we* miss out. Remember, you have a part to play in this family which *nobody else* can play, something to offer in worship which *nobody else* can offer. You need to be here, *and* we need you here!

Plus, if Sunday morning in church is just a habit, it's one less decision you'll have to make on Saturday night when deciding which video to take home from Blockbuster can be difficult enough.

I really do look forward to worshipping with you this coming Sunday!

Grace & Peace,

Jeff

P.S. – When I visit our homebound members I often hear from them how hard it is to have to miss being with the rest of us on Sunday mornings. Something most of us take for granted has now, because of health reasons, been taken away from them and they deeply miss it. This is another reason why I am grateful for our shuttle ministry and the work of our deacons, both of which work hard to include these brothers and sisters in the regular life and worship of Faith.



## Family Promise Enjoys our Hospitality

Faith hosted the Family Promise program during the week of June 15<sup>th</sup>. We started on Father's Day with 4 families (including 4 fathers) who enjoyed a delicious Tri-tip barbecue. Thank you to the Sunday team for starting the week off in style: Mike and Loriel Nichols, Gayle Alexis, Patrick and Quinn Vaughn, the Popham family, Jane Owen and Michelle Sweeting.

The Monday team provided enchiladas and the guests were taken to a River Cats game after dinner. Thank you to: Donna Touros, Shari Reyes, Paul and Betty Keller, Sally Ravas, Janet Leader, Glenda Arellano and Nancy Arkelian. The River Cats organization in the past has sponsored free admittance to our guests as well as financial support to the program.

The families enjoyed pizza on Tuesday and a special dinner guest was Marina, the caseworker at the Day Center. Marina is a part time paid employee who meets with the guests weekly and helps them set goals for themselves and encourages them to meet those goals. She also helps them manage their finances as they have to save 70% of their income while in the program. Thanks to the Tuesday team: Carol Frank, Ilah Turner, Kristi Kampel, Rhonda Trejo, the Chapman Family, Margi Willey and Chuck Bell.

Wednesday's summer menu was barbecued chicken and the team included: Gwen Markuson, Laurie Rapiere, Sarah Jimenez, the McAllisters, Dan Morris and John and Margaux Warren.

Thursday's dinner of Lasagna was provided by one of our life groups consisting of Marthe Sweet, Lois Chan, Mary Nabors, Winona Miles and Ruth Collier. The Bilbos supervised the fellowship/activities time and Georgianne Becker handled the over night duties.

Friday's team consisted of Mary Masterson, Marlene Calbo, Dan and Christa Morris, the Tracys, Chuck Bell and Margi Willey. Chuck, Janiece and Margi also cooked a hot breakfast on Saturday morning.

Saturday's team served Nachos and a movie after dinner. Those involved were Debbie Barton, Barbara and Bert Brown, Virgie Cornelius, Joyce Hathaway and Gary and Alyssa Cash.

As always behind the scenes we have our set/up take/down crew of: Roy Bagby, Jeff Brown, John Warren, Jim Tracy, the Kincaids, Cathy and Danny Healow. Jo Thommen organized her laundry crew: Andeen Lovett, Kathy Ellis, Julia King, Ann Johnson and Erwina Bush. Bert Brown delivered the mattresses to Sierra Arden Church of Christ and Glenda did the grocery shopping with the help of her granddaughters, Amy & Jill.

If you would like to participate in this ministry to homeless families, please check out the whiteboard outside the church office. We divide our volunteers into daily teams with a Team Leader. The Team Leader job is not hard (contact your team, open the church at 5:00 and help out a little bit.) We are always looking for team leaders. .

**Next Family Promise week of September 21st**



## May 28th Presbyterian Women Installation



On May 28th, P.W. held its installation of new officers. A dear friend of Barbara Tracy's, Janet Arunyakasem, who was the lead teacher at Martin Luther King's day care program when Barbara was principle, did the honors. Lighting of the candles started with Barbara Tracy, Moderator, Ardith Ramsdell, Vice Moderator, Kathy Pehrson. Secretary, Ruth Collier, Treasurer. The service was enlightening to all of us.



*New Officers above,  
from left: Barbara  
Tracy, Moderator, Ar-  
dith Ramsdell, Vice  
Moderator, Kathy  
Pehrson Secretary,  
Ruth Collier, Treasurer*

The P.W. Board was also recognized:  
Marilyn Becker  
& Mary Patterson--Mission  
Andeen Lovett--Sunshine  
Kitty Tatro--Editor/Publisher  
Hilde Tetlow--Bazaar  
Virgie Cornelius--Hostess  
Marlene Calbo--Devotions  
Flo Rieber--Name tags  
Mary Nabers--Publicity/callers



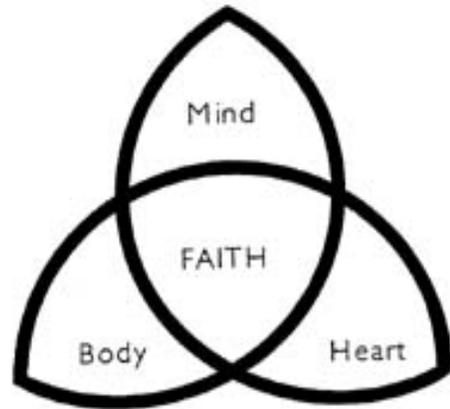
*Board above, from left: Barbara Tracy, Virgie Cornelius, Hilde Tet-  
low, Mary Nabers, Marilyn Becker, Mary Patterson, Joyce Hatha-  
way, Marlene Calbo, and Kitty Tatro.*

## SIX FOODS THAT KNEES DIG

For more youthful knee joints--or anything that bends--consider what's in your kitchen.

These six foods could be your best medicine:

berries,  
ginger,  
avocado,  
flaxseeds, ,  
omega-3-rich fish, and  
soy.



Research shows they help stifle joint-damaging inflammation, according to John La Puma, M.D., author of ChefMD: The Big Book of Culinary Medicine.

### On Your Menu

Try the joint-friendly daily meal plan:

whole-grain cereal or oatmeal with berries for breakfast, a turkey and avocado sandwich or soy burger for lunch, a handful of walnuts or flaxseeds for a snack, and wild salmon or tilapia or dinner.

## Time and Talent Opportunities for July

Ministry Opportunity	Date(s) Needed	Approx. Time Commitment	Committee/Coordinator/Contact
Volunteer needed to pick up Nugget bread Saturday mornings (9:00am) and take it to the Salvation Army at 16th and D street downtown.	Saturday mornings	One hour	Betty Park 916-442-4152 (She will train and provide relief when the volunteer cannot do the pick up.)