

PresbyNews

Sharing and celebrating the people and events in the life of Faith Presbyterian Church
916) 428-3439, www.faithpresby.org, 625 Florin Road, Sacramento, CA 95831

Volume 33, No. 14 Sept. 2, 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.

September 7
Food Closet Sunday

September 9
“Munchies 7-8:45 pm

September 10
“Crew” 7-8:45 pm

September 12-14
All Church Retreat

September 17
Medieval Christianity
7pm

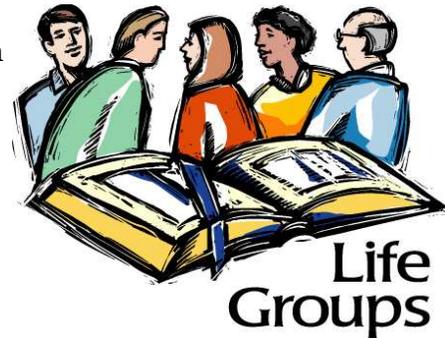
September 20
Youth Ministries Retreat

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

Top 10 Misconceptions About Life Groups @ Faith

(Which we'd really like to clear up for you right here and now)

As you may know, Life Groups are small groups of people here at Faith which meet weekly to build friendships, study scripture, pray together, often eat good food, and grow in Christian faith. Currently at Faith we have about 20 groups, each consisting of anywhere from 3-12 people. While a growing number of people are joining Life Groups, perhaps you are somebody who, for whatever reason, has yet to give Life Groups a try. The following are ten of the top reasons why some people have not joined a Life Group. Maybe you can find your reason on this list.



Misconception #10 -Life Groups are a life sentence. If you join one you're in forever. (Not true. No ball and chain here. While it's true that many life group members keep coming back year after year, ongoing participation is always voluntary.)

Misconception #9 - Life Groups are for women. Not true. While we do have some women's groups, many of our groups are mixed, and four of our current groups are for men only. Choose the group that works best for you.

Misconception #8 - Life Groups are for people who really know the Bible. Not true. In fact, if you are somebody who has a lot to learn about God's Word, you'll fit right in. Life Groups are for people who want to deepen their understanding of scripture.

Misconception #7 - If I'm in a Life Group, I'm going to have to bare my soul. Not true. Of course, some people do find these groups to be great places to openly share the joys and struggles of life. But such sharing is always voluntary and people are never pushed to share beyond their own comfort level.

Continued on next page

Misconception #6 - Life Groups are all cliques. *Not true. While it's true that some Life Groups get so large that adding more people becomes difficult, all of our Life Groups are open groups and aim to welcome in new people.*

Misconception #5- Life Groups are bad for my diet. *Actually this one may be true! Many Life Groups do often enjoy good food together when they meet. How many diets has this actually ruined? We're not entirely sure. Some people have apparently been willing to make the sacrifice.*

Misconception #4 – Life Groups are only for certain ages. *Not true. We have people who are 12 and participate in Life Groups. We also have people who are in their 90's and participate. No one yet who's over 100, but we're hoping to change that!*

Misconception #3 – Life Groups promote gossip. *Again, not true. In fact Life Groups have adopted the Las Vegas philosophy: "What happens in Life Group stays in Life Group." We really work hard to respect confidentiality and, thereby, promote trust. (By the way, as far as we know, the Las Vegas similarities to Life Groups ends there.)*

Misconception #2 – There are only certain times you can join a Life Group. *Not true. Some Life Groups do take a break for a summer, so there are fewer options at that time of year. But you can join a group at any time. Either contact the group leader of your choice, or speak to one of our pastors about helping you to connect to a group.*

Misconception #1 – Life Groups are only for certain types of people. *Actually, we believe that anybody who is interested in growing in their Christian faith can benefit in tremendous ways from joining one of these groups and developing trusting friendships with others who share that desire to know God in deeper ways.*

If you haven't already done so, now is a great time to consider joining a Life Group as they all gear back up again for the fall. Want to try one out? Check out the list here of current groups to see which one might best meet your needs. We'll be taking sign ups these next few Sunday mornings. You can also speak to one of our pastors if you have more questions or want help connecting to a group that would be a good fit.

Current Life Groups at Faith

- Sunday Morning mixed (10:30 @ church)
- Sunday morning high school (during worship)
- Sunday morning jr. high (during worship)
- Sunday evening women (7:00 in a home)
- Monday afternoon men (1:30 @ church)
- Tuesday morning men (6:30 @ coffee shop)
- Tuesday evening mixed (7:30 in a home)
- Tuesday evening women (7:00 in a home)
- Tuesday evening mixed (7:30 in a home)
- Wednesday morning men (6:30 coffee shop)
- Wednesday evening mixed (7:00 in a home)
- Wednesday evening women (7:00 in a home in Elk Grove)
- Thursday morning men (7:00 downtown)
- Thursday morning women (9:30 @ church)
- Thursday afternoon older adults – mixed (2:00 @ church)
- Thursday afternoon women (5:00 in a home)
- Thursday evening mixed (7:00 in a home)
- Thursday afternoon women (1:00 in a home)
- Thursday evening women (7:00 in a home)
- Thursday evening college group (7:00 in a home)
- Young adults group (time and place t.b.a.)

ARCO Games for 2008-2009



We need concession stand volunteers (21 years and older) to help out at the following Sacramento Kings games. The proceeds help support Faith's youth groups. Interested in helping? Contact Paul Keller at 392-0304.

Sunday, Nov 9, 2008, Golden State, 6pm
Saturday, December 6, 2008, Denver, 7pm
Sunday, December 28, 2008, Boston, 6pm
Sunday, January 11, 2009, Dallas, 6pm
Sunday, February 1, 2009, Oklahoma, 6pm
Friday, February 27, 2009, L.A. Clippers, 7pm
Sunday, March 8, 2009, Denver, 6pm
Sunday, March 22, 2009, Philadelphia, 6pm

What I Learned When the Plate Passed

Having grown up in the church, there are a lot of memories I have as a kid coming every Sunday morning with my parents to worship. Most of those memories are very positive, for which I'm grateful.



One of the things I clearly recall each week in worship was the time for offering. Much like we do it here at Faith, in my church there would always come a time in the service when the offering plates were passed. And for as long as I can remember, my parents had their offering ready, waiting in hand. Sometimes my little brother and I would fight to see who got to put it in the plate that week as it passed by. When we were old enough, we had our own offering to give.

My mom and dad never made a big deal about it. It wasn't a show. And I don't ever remember them telling us how much they gave each week. I just remember that they gave. Every week, faithfully, consistently, they brought a portion of what the Lord has blessed them with and they offered it back to Him. And I noticed. And it made an impression on me.

Just this week somebody commented to me how wonderful it is to be a part of congregation here at Faith full of people who, just like my parents, give so faithfully and consistently. Without hesitation, I had to agree. It's true. There are so many people here at Faith who, week in and week out, year in and year out, continue to give joyfully to Christ's work.

This has been made strikingly evident this year as we find ourselves, as a country and a community, in the midst of difficult economic times. Many people, many of us, are having to make do with less than we did even just a year ago. And yet, in spite of those circumstances, the giving here at Faith has not only remained constant, but has continued to increase. Again, I think it's many, many of you who faithfully, and without any fanfare, continue to respond to God in gratitude by sharing generously what has been placed in your hands.

As one of your pastors, let me commend you. You are such an encouragement to me. And though I don't know what any one person here at Faith gives, I have no doubt that many of you give sacrificially and generously. I know many of you give out of great compassion. Because of that, I hope you get to see, as I get to see, how God takes those gifts and uses them to transform lives in this world. He does, you know. Every week.

I thank God that I get to serve a congregation like this one, a congregation where every week, when the plate is passed, I continue to learn, like I did when I was a kid, from the generosity of those next to me in the pews.

I look forward to worshipping with you this Sunday!

Grace & Peace –

Jeff

What is Godly Play?



After a year of planning and prayer, we are excited to introduce Godly Play this fall. Godly play is a method of Christian education and spiritual direction for children ages 2-12. The goal of Godly Play is to teach children the art of using religious language-parable, sacred story, silence, and liturgical action- to help them become more fully aware of the mystery of God's presence in their lives. The goal is to focus clearly and deeply on the child's spirituality. Godly Play is not a "rote" or "transfer" method of teaching and learning. It is an experiential,

"discovery" method, which engages the whole child –hands, hearts, minds, senses, and intuition.

Godly Play uses craft activities, but not in the traditional sense. Rather than create a specific project, the children create an expressive response to the story. The children have the opportunity to enter the story wonder about it and then create meaning for their own lives.

Would you like to know more?

Come to our Godly Play Open House

When: Sunday, September 28

At: 10:15-11:00 or 12:15-1:00

Where: In Room 5

Please join us – you will experience Godly Play firsthand and you will be touched in indescribable ways!



A special thank you to:

Nick and Katie Kolitsos, John Warren, Janet Leader, Maria Rodriguez, Sarah Jimenez, John Popham, Don Lewis, Ann Johnson, Andeen Lovett, Pam Rock, Tyler Rock, Christine Mendoza, Gail Kinkennon, Vicky Chastain, Shari Reyes, Ileana Maestas, Cathy Healow, Danny Healow, Skyler Brown, Sierra Brown, Nate Barton, Samantha Brophy, Natalie Reyes, Lisa Teixeira, Ms. Lisa, Preston Tucker, Megan Kinkennon, Lindsey Kammier, Gianina Parente, Liz Blomberg, Marina Chastain for making a difference in the children's lives. As a parent and as the Children's Director, I cannot thank you enough!
Ms. Melinda



Dear Faith Family

The time has finally come! After four years of seminary, two years of waiting, much hard work and lots and lots of prayers (many of them from all of you) I am pleased to say that I have received a call as Associate Pastor of St James Presbyterian Church in Jenks, Oklahoma.

Where the heck is Jenks you may ask? How will a true blue California girl survive in Oklahoma? And what about those tornados!?

Well, is Jenks just over the river, (literally) from Tulsa. Jenks is a suburb of Tulsa much like Elk Grove is to Sacramento. Tulsa, unlike most of the country, has not been hit by the slump in the housing market and is continuing to grow with new homes and businesses everywhere. As you can imagine, this means tremendous opportunities for outreach in the Church.

St James itself will be celebrating their 25th anniversary shortly after I arrive. It is a congregation of about 400 members and I am finding many similarities to Faith in the way it is changing as it grows and reaches out to the community. I will be their 1st associate and both they and I are excited about creating my job description together. In addition to assisting the head of staff with worship, visitation, committees and such, my main focuses will be on youth, young adults, mission and community. Was this job made for me or what?



*The next step in the process are my trials of ordination, (sounds a bit ominous doesn't it?) This is the Presbytery's opportunity to examine me, one more time, before they approve me for ordination. This will occur at the Presbytery meeting on September 20th at Northminster Presbyterian Church. Once they have voted me ready, it's on to the actual ordination! Pending Presbytery approval, the ordination will be here at **Faith on September 28th at 5pm** and I hope as many of my Faith family will be there as possible.*

Lastly, I wanted to take this opportunity to thank all of you for the love, support and prayers that my Faith family has given me, not only over the last 6 years but over a lifetime. I can honestly say that I am who and where I am today because of what you all have unselfishly and unconditionally given me. My saddest moment will undoubtedly be when I must finally check my name off of the Faith membership roles, but I do so knowing a part of my heart will always be here in Sacramento with you. I hope all of you will be able to join me for worship and celebration on September 28th!

*With abundant gratitude and love,
Cheryl*

Oh, and about those tornados, I'm thinking that finding the nearest storm shelter is definitely on my to-do list.



Time & Talents Offering September 2008 ~ Ministry Opportunities



Ministry Opportunity	Date(s) Needed	Approx. Time Commitment	Committee/Coordinator/Contact
Conference Hosts 2-3 women needed to assist at the "Becoming the Women You Want to Be" conference at Freemont Presbyterian Church.	October 18 th & 19 th (Saturday & Sunday)	4hrs each day	<u>Adult Education</u> Ilah Turner 916-206-4016
Loaves & Fishes People over 15 yrs old needed the second Monday every month to help prepare &/or serve meals to the homeless	Begin immediately the second Monday of the month – sign up for one month or as many as you are able	Meal preparation: 7:15AM (3-4 hrs) Serving Meals 10:45AM (3-4 hrs)	<u>Mission</u> Bob Connett 916-421-0430 (bobnlen@yahoo.com)
Family Promise People needed throughout the week at the church, for multiple tasks: set up, interacting w/families, laundry, dinner team, overnight team, etc.	Sunday 9/21 – Saturday 9/27	Most tasks: 2 hrs Overnight team (two people each night) 10 hrs	<u>Mission</u> Sue Hooper 916-939-7633 Cynthia Crow 916-392-9141

Healthy Ministry

DO THIS NOW FOR LESS PAIN LATER

Know those little aches and pains you feel in the morning? You could do something right now to keep them from getting worse when you're older. Just jump to it. Okay, you don't have to literally jump. But do be active. People who pick up their feet and commit to regular aerobic exercise have much less muscle and joint pain as they age.

How much less? A 14-year study that followed a healthy over-60 crowd found that consistent exercise--be it running, biking, swimming, dancing, or brisk walking--led to as much as 25 percent less musculoskeletal pain down the road. Yes, even the high-impact runners. Researchers aren't sure why, but they suspect that exercise's endorphin release may play a role.



Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept. 7 Food Closet Sunday (we need brown bags too!) Youth Committee, 12:15 pm Youth Group parents dessert at Vaughn's, 7 pm	8 Loaves & Fishes, 7 & 11 am Crafter's Club, 1 pm Session, 7 pm	9 Women's Bible Study Fellowship (BSF), 9 am-noon Munchies (Junior High youth group), 7-8:45 pm	10 Stated Session meeting, 7 pm Crew (Senior High youth group), 7-8:45 pm	11 Choir rehearsal, 7 pm	12 All-church retreat, Zephyr Point at Lake Tahoe	13 All-church retreat, Zephyr Point at Lake Tahoe <i>Presby News</i> deadline
14 All-church retreat, Zephyr Point at Lake Tahoe Deacons, 12:15 pm Korean Church celebration, 5-7 pm Youth Advisors, 7 pm	15 Crafter's Club, 1 pm Personnel, 7 pm Mission, 7 pm	16 BSF, 9 am-noon Munchies, 7-8:45 pm	17 Medieval Christianity, 2 pm Crew, 7-8:45 pm	18 Choir rehearsal, 7 pm	19	20 Youth Ministries retreat, all day at Tatro's Presbytery meeting, 9 am At Northgate PC
Family Promise Week Sept. 21 @ 5 pm - Sept. 28 @ 9 am						
21 Jr.-Sr. High small group study, noon Lay Ministry, noon Family Night, 5:30 pm	22 Crafter's Club, 1 pm Outreach, 6 pm	23	24	25 Choir rehearsal, 7 pm	26	27 <i>Presby News</i> deadline
28 Cheryl Finch ordination, 5 pm Strathdee Concert at Fremont PC, 6 pm	29 Crafter's Club, 1 pm	30 BSF, 9 am-noon Munchies, 7-8:45 pm	Oct. 1 Crew, 7-8:45 pm	2 Choir rehearsal, 7 pm	3	4

*Each Sunday worship services are held at 9 and 11 am. Children's Church and Sunday School for Preschool-5th grade are held during both services. Junior High Life Group meets during the 9 am service; Senior High Life Group meets during both services. Adult Sunday School begins at 10:15 am.

Helpers this Month

	September 7	September 14	September 21	September 28
Worship Service	9:00am	9:00am	9:00am	9:00am
Worship Assistant	Hal Turner	Dorin McDaniel	Mike Nichols	Helen Frisch
Ushers	Walt & Doran McDaniel	Jim & Betty Park	John & Sally Ravas	Bob McCarroll Ken Finch
Greeters	Kurt & Madeline Carpenter	Patrice & Terry Mangum	John & Sally Ravas	Bob & Georgianne Becker
Sound	Bill Baker	Don Sperling	David Nash	David Nash
Coffee Preparers	Jim & Batty Park	Bob & Geaorgianne Becker	Mike Hankey	Tom & Julie Busch
Acolytes				
Worship Service	11:00am	11:00am	11:00am	11:00am
Worship Assistant	Chuck Bell	Frank Abbott	Glenda Arellano	Rick Crow
Ushers	David Nash Lori Glasgow	Rick & Cynthia Crow	Dick & Betty McClure	Dick & Mary Patterson
Greeters	Jean & Bruce Kern	Dick & Betty McClure	Jim & Barbara Tracy	Bill & Dee Nichols
Sound	Joe Parente	Kevin Roberson	Ken Finch	Carroll Collier
Coffee Servers	Margaret Finch Mary Masterson	Paul & Betty Keller	Dave & Teri Williamson	Pat & Kitty Tatro
Tellers	Kitty Tatro Jarvis Arellano	Barbaba Powell Marvette Swayzer	Helen Christenson Marilyn Becker	Bob Connett Dick McClure
Acolytes				