

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. 18 Oct. 14, 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.

October 21
General Assembly Forum

October 26
Budget Forum after
each service

Faith Family Night,
5:15 pm

November 2
Commitment Sunday

All-Church Photo,
10:15 am

November 9
Town Hall Meeting,
noon

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.

All-Church Photo Nov. 2

Mark your calendars and plan to join us at 10:15 a.m. in the Faith Sanctuary for our all-church photo. We want you in this picture which will hang for the coming years in our Narthex!



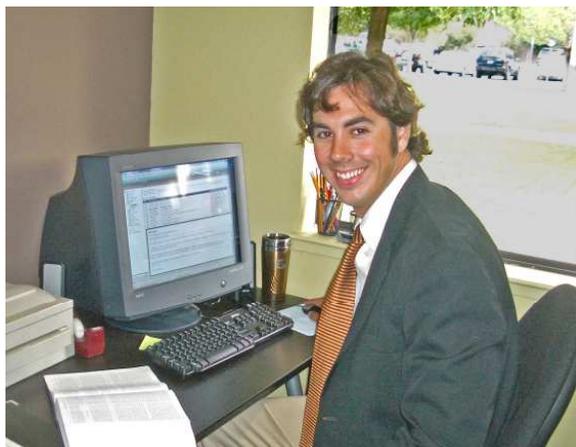
Thank you from the Chapmans!

How overwhelmed we were with the kindness, love and generosity of this congregation on Sunday, October 5th, as you gathered to wish us God's blessings on our journey to Ethiopia and back again. So many times in this whole process of adoption we have said to one another how deeply we thank God for calling us to be a part of this community at Faith. As we said publicly that day, we would not be entering into this endeavor if it were not for the support of this congregation. We imagine that other families, like us, wonder how they could possibly raise kids apart from the support of this church. When you read this we will be in Ethiopia meeting our new children and preparing to bring them home. If you'd like to read up on how things are going, feel free to visit a blog we set up with daily entries, photos, etc. You can find it at <http://TheChapman6.blogspot.com> Again, know that your prayers, blessings and support have meant the world to us.

Yours in Christ, Jeff & Esther

Pastor's Column

The Heart of Confession



Confession, why do we do it every Sunday? Is it to remind me how awful I am? Is God's mercy and grace only available if I repent? Why do we do it at the beginning, it's such a downer after singing? Am I only acceptable before God if I confess my shortcomings?

Have you ever asked a question like this or wondered what's up with confession. If you have I'm sure you're not alone. About confession John Calvin writes, "It makes a great difference whether you teach forgiveness of sins as deserved by just and full contrition, which the sinner can never perform; or whether you [direct] him to hunger and thirst after God's mercy to show him . . . where he ought to

seek refreshment, rest and freedom . . ." (Institutes on Christian Religion 3.4.3). Say what?

What John Calvin is saying is extremely important for us as we understand the role of confession in our worship. Confession or as he refers to it as "full contrition", is not what earns us God's grace and forgiveness. We don't confess, repent, come to God with a contrite heart, or ask for forgiveness in order to earn God's grace and forgiveness. Just as Romans 3:23 reminds us we all are sinners and fall short of the glory of God. We can't earn God's love, even by confessing when we have messed up. Sounds like very bad news doesn't it? Especially in a world where you've got to earn everything and notch up achievements to receive rewards.

The amazing truth of the gospel is that this isn't bad news. That is what John Calvin is getting at when he places the emphasis in confession on "[directing] him/her to hunger and thirst after God's mercy". You see confession isn't about highlighting our faults. Confession is all about putting the spotlight on God's grace. God can't wait to forgive us and it's not because of anything we have done. It is a free gift received through faith and guaranteed by Christ. Ephesians 2:8-9, "For by grace you have been saved through faith, and this is not your own doing; it is the gift of God--not the result of works, so that no one may boast." Confession isn't to make us feel bad about ourselves. Confession directs our attention toward the grace and love of God that is deeper and wider than we can imagine.

When we say, "Lord Jesus Christ, Son of God, have mercy on me, a sinner", we are directed to the one place where we can find total acceptance. We find the one place where there awaits true refreshment, rest and freedom. The one line prayer above is commonly known as the Jesus prayer that goes back to the sixth century. This week when you are in need of a little grace, a touch of mercy, or forgiveness, when things seem spinning out of control, when the shadow of shame or guilt sets in try repeating to yourself that simple prayer of confession, "Lord Jesus Christ, Son of God, have mercy on me, a sinner". Slow your breathing. Breathe out with each phrase and pause to breathe in deeply before uttering the next. Find a closet at work or close your office door, pull over, or hide in the bathroom from your kids close your eyes and direct yourself to the Lord Jesus Christ who offers you refreshment, rest, and freedom. You don't have to wait till Sunday for confession but if you it will be waiting for you directing you to the incredible free gift of God's grace, reminding you of the refreshment, rest and freedom God has to offer that doesn't need to be earned just sought after.

Grace and Peace,
Patrick

Compassion Weekend: We're Doing It Again!



One weekend next Spring we will cancel our regular worship services, shut down all church programs, and invite everyone to worship God through service in the community. Compassion Weekend returns to Faith! So much positive feedback was received from the congregation and the community that Faith's Session and leaders approved a second Compassion Weekend for Saturday May 2 and Sunday May 3, 2009.

Last year, at the end of Compassion Weekend, over 300 volunteers participated in 14 service projects. One million stitches were knitted; 30 blankets made; 200 flowers planted; 400 portions of food made and distributed to 34 people; \$4100 was spent on military families in the form of food, supplies, and gift cards; 45 gallons of paint was used; 123 55-gallon bags of garbage was collected; 1,000 education kits were assembled; 900 prizes were given out to needy kids; and 30 oak trees were planted. God was surely pleased with all that we did.

Our first step in planning 2009 Compassion Weekend is to come up with our service projects. We can choose to do some of the same projects we did last year or come up with new ones. But, like last year, we want these principles to guide our project choices:

- ⇒ The service projects must address actual needs
- ⇒ There must be ample opportunity for broad scale volunteer involvement
- ⇒ Those doing the serving actively engage with those being served
- ⇒ There must be activities for all age groups
- ⇒ There must be opportunities for long-term support and involvement

Projects can be scheduled for a couple hours either on the morning or afternoon of May 2 (Saturday) or May 3 (Sunday), or both mornings, both afternoons, or all day on one or both days. It's up to you. The more projects we have, the more opportunities we have to serve.

So think about what you'd like to do, or how you are already volunteering your time, and if that could become a Compassion Weekend service project. Contact DiAnne Brown with your ideas at 395-6129 or Sierraskymktg@netscape.net. And reserve time on May 2 and 3 to serve your community!

Women's Book Club Selections

Here's an update for all the Faithful readers amongst us. The Women's Book Club has some interesting books selected to review. This might help some of you while shopping for holiday giving. Our next three selections are: "The Zookeeper's Wife: A War Story" by Diane Ackerman (November), "Exile" by Richard North Paterson (January), "The Friday Night Knitters Club" By Kate Jacobs (February).

Benefit Scheduled for Senior Center

Everyone is welcome to attend a benefit for the Senior Center of Elk Grove, Saturday, November 8th from 9 am to 3 pm and Sunday November 9th from noon to 3 pm. We'll have crafts, raffle prizes, baked goods, Entertainment books, special treasures, Santa and Mrs. Claus. The Senior Center of Elk Grove is located at 8830 Sharkey Ave., Elk Grove, (916) 685-3160.



THE GREATEST THING ABOUT APPLES

For a quick and healthy snack you can't go wrong grabbing one of this season's freshest apples. But put the peeler away!!! Because if you pitch the skin, you're ditching some pretty great things---like cancer-fighting compounds called triterpenoids. What are those you ask?

GOTTA GET YOUR TRITERS

Triterpenoids are powerful compounds that have shown strong anticancer potential against breast, liver and colon cancer. And Red Delicious apples have triters in their peels. The peel also posses most of the apple's fiber. So grab one wash it well, and eat it whole.

HOW DO YOU LIKE THEM APPLES?

We already love apples for their low-calorie, high fiber, healthy snack appeal. There are a million more reasons to munch on them. Here are a few:

1. Better breathing.
2. Weight loss.
3. Healthier colon.

Find Out What's Happening in the Presbyterian Church (USA)

At the national gathering of our denomination this past June (called General Assembly), some historic and controversial decisions were made that are now being debated and prayerfully considered by local congregations and presbyteries across the country. The Sacramento Presbytery sent four commissioners to take part in that General Assembly. They will be here at Faith for an open forum on Tuesday, October 21st at 7p.m. in our sanctuary. We encourage you to join us for this time as we seek to understand the decisions that were made. There will be a time for Q & A. All are welcome.

Recent Break-In at Church

We have recently had a problem with cars being broken into here in the church parking lot. When parking at the church, we recommend that you do not leave valuables in sight in your car. Also, during the week it's wise to park in a part of the parking lot which can be seen from the office windows. Your car will be safer there because it is more in view. We don't anticipate this being a huge problem, but want to be safe nonetheless.

Presbyterian Women Upcoming Events



The next P.W. meeting will be held on Oct. 22, with Bible Study at 10 am followed by lunch at 11:30. The guest speaker will be from Wind Youth Center. All women of the church are invited. The Presbytery-wide Fall Gathering will be at Faith Church on Saturday, October 25 from 9 am--2:30 p.m. The theme of the event is "Trust" with speaker Rev. Gary Cox, Associate Pastor of Westminster Presbyterian. Luncheon cost is \$7.00. Contact Kitty Tatro 393-4734 for reservations. Again, all women of the church are invited.

Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct. 19 Lay Ministry committee, noon Deacons meeting, 12:45	20 Crafter's Club, 1 pm Committees: Personnel 6:30 pm, Fellowship 7 pm, Mission 7 pm	21 BSF, 9 am-noon General Assembly Forum Munchies (Junior High youth group), 7-8:45 pm	22 PW Bible Study 10:30 am, lunch 11:30 Middle Ages Christianity, 2 pm Companions in Christ, 7 pm Crew 7-8:45 pm	23 Choir rehearsal, 7 pm	24	25 PW Fall gathering, 9 am to 3 pm <i>Presby News</i> deadline
26 Budget forum after each service Youth stewardship class, 9:30 am Look at Faith class, 12:30 Faith Family Night, 5:15 pm	27 Crafter's Club, 1 pm Committee: Worship, 7 pm	28 BSF, 9 am-noon Munchies, 7-8:45 pm	29 Middle Ages Christianity, 2 pm Crew, 7-8:45 pm Companions in Christ, 7 pm	30 Choir rehearsal, 7 pm	31	Nov. 1 Daylight Savings Time ends: fall back!
2 Commitment Sunday Food Closet Sunday All-church photo, 10:15 am	3 Crafter's Club, 1 pm Committee: Adult Christian Ed, 7 pm Mission Task Force, 7 pm	4 BSF, 9 am-noon Munchies, 7-8:45 pm	5 Middle Ages Christianity, 2 pm Prayer gathering, 6 pm Crew, 7-8:45 pm Companions in Christ, 7 pm	6 Choir rehearsal, 7 pm	7	8 <i>Presby News</i> deadline Junior High Westminster Woods November Bash, Fri.-Sun.
9 Town Hall meeting, noon ARCO, 6 pm	10 Loaves & Fishes, 7 and 11 am Crafter's Club, 1 pm Session, 7 pm	11 BSF, 9 am-noon Munchies, 7-8:45 pm	12 Middle Ages Christianity, 2 pm Crew, 7-8:45 pm Companions in Christ, 7 pm	13 Choir rehearsal, 7 pm	14	15

*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.

2008 Harvest Dinner

