

Sunday Services
9:00 and 11:00

Sunday School P-5th:
9 and 11

6th – 8th Grade: 9 am
9th – 12th Grade: 11 am
Adult Class: 10 – 11

Nov. 16
Youth Committee meeting
12:15-2:15

Nov. 17
Staff Retreat

Nov 19
P.W. Meeting
10:30

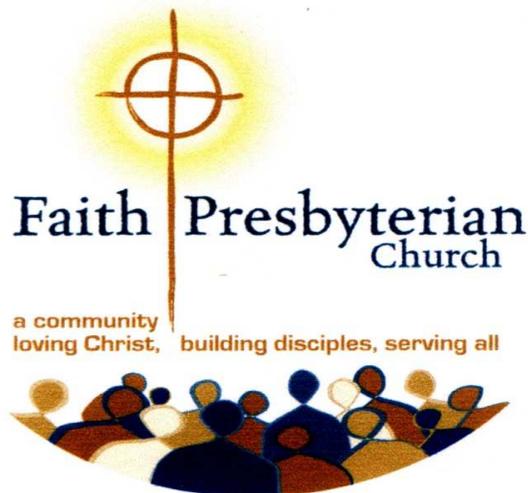
Nov. 23
Small group Sunday
Faith Family Night
5:15-7:30

Dec 14 to Dec 21
Family Promise

*The PresbyNews is published
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*Please send your submissions to
Editor Jim Park at
JamesPark02@comcast.net*

*Or, drop off articles/photos in the
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Pastors Jeff Chapman, Jim Zazzera, Patrick & Quinn Vaughn

Next PresbyNews Dead-
lines November 23, De-
cember 7, December 21

Just Christmas

The College Group is a small group with a big heart for those who suffer from preventable injustices like hunger and poverty. We long to follow Jesus' call to "Pick up your Cross daily and follow me" (Luke 9), to one day hear Jesus say to us, "I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me." (Matt 25:31-40), to do justly, love mercy and walk humbly with our God (Micah 6:8) and to live into the fact that God has chosen for us of loosing the chains of injustice and providing means to life's basic needs (Isaiah 58).

One tangible way we desire to participate in this mission of God's is by hosting a *Greater Gift Table* which we will call "**Just Christmas**" in our Narthex for 3 Sunday's (November 23rd, 30th, and Dec. 7th). For more information on a Greater Gift or to get a sneak peak at some of the items which will be for sale go to www.serrv.org. If you would like to help us host the table please contact Pastor Quinn.

As missionaries we as the College group have three desires. One- To provide an opportunity for all of you, our brothers and sisters at Faith, to directly support artisans and farmers around the world who employ their God given skills to provide daily sustenance for their families and communities and need folks like us to buy their products. Two - To provide an opportunity for each of us to consider the power of our purchases for Christmas. With our gift buying we can uphold the Godly standards of Transparency and long term relationships, fair pay labor, employee empowerment in decision making, equal opportunity for women, environmental integrity in production, respect for cultural identity, reasonable working conditions, child protection from exploitation and life sustaining payment for products. Three – To provide literature & resources to help our community consider and adopt lives that are simple, less cluttered and more concerned about relational connections.

Come visit us at the Just Christmas Table starting November 23rd.
We will only be able to accept cash and checks.

Hilde Thanks Faith!

I want to thank my friends at Faith Church for the prayers, cards, visits and for the help provided during the time of my convalescents from surgery.

It is hard to describe how much it means to me to feel surrounded by people who care and love. Faith Church is truly a Faith Family, and I am proud to be part of it.

In Christian Love,

Hilde Tetlow



Thank You!!

Thanking the Sanctuary Volunteers

Faith should give a big thank you to several persons who have been voluntarily doing maintenance in the sanctuary on a weekly basis. Every Sunday when we come to church, we presume the sanctuary will be clean, the pencils sharpened and everything in order. What really happens is that we have many volunteers working hard to keep the areas cleaned every week. They work with our hired maintenance personnel to sort out the pews.

Let's thank the following persons for their help over the past several months: Ruth Collier, Marthe Sweet, Andeen Lovett, Nancy Mitchell, Mary Patterson, Mary Masterson and all others who have helped over the last year.

Pastor's Column

I don't want to be an "us" or a "them"



Last night I found myself talking about another congregation and ever so subtly criticizing the kind of ministry they were doing. I made myself an "us" and that congregation a "them." During this election season I have at times let healthy discussion lapse into unjust criticism of candidates and positions. I made myself an "us" and those with whom I disagreed a "them." I am hurt when people assume things about me because of who I am related to or what I do. I do not like being a "them." I grow angry when people categorize me because of a point of view they hear me articulate but don't really take time to hear. I do not like being a "them."

Far from being part of a category, a movement, an organization, or a demographic – God "numbers every hair on our head," and "created us in God's image." We are unique, beloved individuals to God, not categories. To God, we are neither "us" nor "." While God knows our beliefs and relationships and celebrates what we know and who we love – God does not define us by these things. According to the Apostle Paul, we are neither "Jew or Greek, male or female, slave or free..." When God looks at us God does not see Republicans and Democrats, Presbyterians and Baptists, Americans and Koreans, teenagers and toddlers. God sees Jim and Sarah and Ahmad and Franz and Biate and Francesca and Amir and Habiba and Yuri and Akihiko. No "us" or "them," all of us unique but part of God's beloved creation.

It is not accidental that the ultimate revelation of God's presence didn't come in some dramatic, earth shaking happening, but in the birth of a child. Jesus came for "us," whoever that "us" is. Jesus came for "them," however we would like to distance ourselves from others. *I try to remember that.* I try to see the face of Jesus in every person. Some days I do better than others. Maybe also you might see Jesus' face in mine.

Pastor Jim Zazzera

Health Ministries: The Fruit That Fights The Flu

Once November hits, the rest of the year is a giant sprint to the Dick Clark ball-dropping finishline. Here's the game plan for keeping healthy through it.

Start by getting a FLU SHOT. Then, buy yourself a bag of apples and munch away. The quercetin in apples may help bolster your immune system during vulnerable times.

Boon to Immunity Yep. Apples (and red onions, broccoli, and tea) are great sources of quercetin--a flavonoid that may stave off the influenza virus when the body is under stress. In a recent animal study, quercetin did just that. The normal dip in immunity that comes with physical fatigue was pretty much cancelled out by the flavonoid.

If it works as well in humans, quercetin could help power the body through both physical and psychological stress.

Children's Ministry

How Can I Help My Child Take the Sunday Message Home?



The Children's Ministry's goal is to equip you, the parents, to be able to communicate better with your child about God.

Fact: If your child attends **every Sunday for an entire year**, we have approximately 34 hours to teach your child about God. We all know that few families are able to attend 100% of the time. So, our time with your child is even more limited.

However, if you spend fifteen minutes a day, reading and talking about God you will end up spending 91 hours each year making a difference in your child's life. The seeds you plant today will bear amazing fruits in the years to come.

Clearly as parents you have much more time to devote to helping your children deepen their relationship with God. Each Sunday morning, we prayerfully consider the lessons we are presenting to the children. Both in Godly Play and Children's Worship we have take home materials for you. With Godly Play, there is a lesson overview with some tips for you to further discuss the story with your child. In Children's Worship, we have a bulletin with questions to ponder and a devotional on the back. We encourage all families to take advantage of these materials.

Also, we have a growing collection of resources in the Children's Library located in my office, room 6. Please feel free to check out books and/or videos for your family to use throughout the week. The children that have already have used the library have expressed great joy and gratitude. We also have a computer set-up with the Bible stories and activities to help children of all ages better understand God's word.

There is truly nothing more exciting than when a child has an "ah ha" moment. The Children's Ministry Team looks forward to hearing about your child's "ah-ha" moments. We hope there are many of them!

With Grace,
Ms. Melinda

P. S. **Fall Retreat Found Item**- I have an adult jean shirt that says "US Naval Academy". If this is your shirt, I would love for you to have it back, please contact me.

Presbyterian Women Meeting

P.W. is meeting on Wednesday November 19
Bible Study at 10:00 am , Luncheon at 11:30 am
Bring a sandwich.



Did You Know Faith Has a Campership Fund To Help With Retreats & Camps? Here's How to apply...



We want you to know that we have a commitment here at Faith to do everything we can to ensure that lack of finances never stands in the way of individuals or families participating in the ministries of this congregation. For that reason, the Faith Campership Fund was established years ago to defray the cost of ministry events (e.g. camps, retreats, special events) when needed. This fund exists primarily because of generous donations given at Faith's annual Fall Harvest Dinner (we raised over \$5000 this year!). Also, individuals regularly make donations to the fund.

If you would like to apply for a scholarship for a particular event, you can pick up a form from our office manager, Kristi Kampel, in the church office. As you apply, we ask that you are aware of the following.

Because of limited funds, we may only be able to honor part of your request.

It is our policy to not give scholarships to cover the entire event. We ask that individuals try to pay at least half the cost. If that is not possible, we ask that you at least pay whatever deposit has been set for the event. Again, please try to pay as much of the full cost as you possibly can. Our fund is limited and we want there to be resources left for everybody to take advantage of throughout the year.

Some individuals choose to "borrow" from the fund and pay back into it in the future as their circumstances allow them to do so. We welcome this.

Please check with other sources for scholarship assistance. For instance, if you are sending campers to Westminster Woods, know that the Woods has a scholarship fund to help individuals attend camp. Other sponsoring organizations may have similar funds.

Once you fill out the form, please return it to our office manager, Kristi Kampel, in the church office. One of our pastors will give final approval. Please know that this information is held in confidence.

Family Promise Week is 12/14 to 12/21

Come join us as we provide hospitality to our guest families. Do you like to cook, play games, chat with our families, or "camp out" at the church? Do you like to set up for the families or take down at the end of the week? You can sign up for those activities on the whiteboard. The board is on the wall across from the office. You can sign up for dinner, evening activity and overnight teams, set up, take down, laundry, transporting mattresses to the next church and to be a Team Leader. We will take sign-ups in the Narthex on 11/16 and 11/23 after first and second services. If you have questions call Cynthia Crow (392-9141) or Sue Hooper (393-2633).

Meet Faith's Newest Members!



Rick & Kathy Stern

Kathy is a native of Sacramento and Rick grew up in Fresno before joining the military. They traveled to several places around the country and Europe with the Air Force before Rick retired and they moved back here to Sacramento in 1992. They have one Son, Sam who is 20. Currently Kathy works as an elementary teacher and Rick is working as a contractor to the State's Office of Homeland Security. In her spare time Kathy enjoys gardening, cycling and tennis. Rick likes to cook, bicycle and motorcycle riding, fantasy football and he also enjoys a cigar in the backyard while their dogs play.

Wendy Benjamin

Wendy was born and lived in Dallas, TX. She was living in the Los Angeles area before moving to Sacramento in 1995. Wendy works as an attorney, she and her husband Steve, have their own law practice in Sacramento-Arden area. They have 15 year old twin daughters Alyssa & Cassandra. Wendy in her spare time likes to read, play piano, exercise and watch movies. She was a member here at Faith back in 1996, she transferred to Peace Presbyterian when her family moved to Elk Grove, but has decided to come back to Faith Church. She's excited to be back and is looking forward to all the fellowship opportunities, service and education.



Kristi Kampel

Kristi was born and raised in the SF Bay Area and spent much of her adult life there. She is married to Alan Kampel, and they have lived in Sacramento since 2004. They have three children, Jessica 25, Monica 20 and Joey 18 and two grandchildren Alissa and Josiah. Kristi works full time as an Office Manger here at Faith Church. Some things Kristi really enjoys doing in her spare time are reading, music and dancing, working in her yard and just hanging out at home with family.