

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 32, No. 6 March 17, 2009

**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.

The Presby News is published monthly by a team of volunteer writers. Please send your submissions to
Editor Jim Park at
JamesParko2@comcast.net
Or drop off articles/photos in the church office.

**ARCO March 22 @
6:00pm**

**March 27 @ 7:00am
Ecumenical Breakfast
At St. Anthony**

**March 29 Family
Night**

**April 3 @ 7:00am
Ecumenical Breakfast
at Faith**

**April 3-5 Jr High @
Westminster Woods**

PresbyNews Moving to Once A Month Also...New E-mail Communication to Come!

Because of some cost savings steps our leadership is trying to take this new year, we have been exploring ways we can maintain regular communication with the church community but cut our costs in doing so. Here's what we came up with.

Beginning in March, the PresbyNews, Faith's newsletter which has previously been sent out twice a month, will now only be mailed out once a month. However, even though you will receive PresbyNews less frequently, we hope that what you do receive will be enhanced. The Newsletter will arrive at your home towards the end of each month and will not only continue to include all its regular features (e.g. pastor's columns, health updates, celebrations of God's work among us, details bios of new members and leaders among us, etc.), but will also include details about the life of the church for that whole *next* month.

Please note that the deadline for submitting articles or announcements to PresbyNews will now be on the **third Sunday of every month**. For the March issue, therefore, the deadline is March 15th. If you miss that deadline, you'll have to wait until April 19th to submit your piece.

With this reduction, we do recognize that we will compromise the regular communication we have become accustomed to. To make up for that, we are about to begin a regular e-mail mini-newsletter which will go out *every* week. Beginning Monday, March 16th, and every Monday after that, we will send out something we are calling "The Top 5 @ Faith". It will include the top five things we want to make you aware of that week. These might be special events or programs, celebrations coming up in worship, opportunities or needs, etc. Many of these things will, of course, continue to be highlighted in our weekly worship bulletin.

Our hope, then, is that every Monday you will receive in your e-mail inbox reminders about what of note is happening in our Faith community that week. If, after the 16th, you don't receive The Top 5 @ Faith, but would like to, please contact Kristi Kampel in the church office to make sure we have your correct e-mail address.

Communication here at Faith is very important to us. We hope these steps will not only help us save our financial resources to be used for other avenues, but will also enhance our ability to keep everybody well informed. If you have any questions or concerns about any of this, please don't hesitate to contact us in the church office. Thank you.

Pastor Quinn's Column



Read Matthew 25:34-40

The question this passage asks us is. *when you saw the hungry did you feed them, the thirsty...did you give them something to drink, the stranger...did you invite them in, the naked...did you clothe them, the sick...did you look after them, the prisoner...did you visit?*

I am a long ways off to being able to say *Yes*. I don't help and serve people like that.

I know I am in good company but not every one is where I am. Some of you are models for me. You are well on your way to being able to say *Yes* because you love in action. But even you

would say there is more do to. So, we are on the road together of becoming more and more like Jesus who lived *Yes*.

But, can we really live *Yes* like Jesus?

Jesus lived a life of helping and serving...or did he?

I am coming to see that Jesus didn't live a life of helping and serving he lived a life of relating and loving. I think this distinction is helping me to take the next step.

What I mean is, Jesus didn't go around searching for people to help and serve. Rather he related and loved to all with whom he came into contact; especially those whom most people over looked, *the least of these*. And he charges those who follow him to do the same; that must mean ***we can do the same***.

Who are *the least of these* that Jesus was speaking about?

Well, when you think of people whom you know need help, who comes to mind? Those who wear very visibly their wounds right - the homeless in Sacramento, the abused wife, the crack addict in San Fran. Often we call these people "those less fortunate".

But here in lies the difference between helping vs. relating and loving.

Helping and Serving

When I start from the place of seeing people as "less fortunate" I move forward on my own two feet, with my own brain power, and with pity. When I start from the place of, "that person is less fortunate than me and I need to help them" I see other's neediness but fail to recognize my own. They become projects and I am the manager. From this place I can only send the message that my **service is a project** or a "have" helping and giving to the "have nots."

Relating and Loving

Jesus doesn't ask us to help or serve the least of these, he asks us, like he did, to relate to and love them.

We do this in humility.

Jesus entered into their lives, he didn't diagnose from afar. He humbled himself and walked amongst the people. He didn't see *the least of these* as "the less fortunate" or the "have nots" he saw them as fellow humans.

Humility shines light on our attempts to appear successful and put-together. Humility puts into question our lofty ideas about how *we can help* "those less fortunate" and calls us to live in the truth that we also carry wounds but "Like cancer, these wounds are harder to detect." In humility we discover that we are closer to their reality than the one in which we have been living. In humility we discover that we are not the solution to broken people's problems (we are broken people too!) but rather the God who humbled Himself and walked amongst us is the solution. Because Jesus feed the hungry, gave drink to the thirsty, invited in the stranger, clothed the naked, comforted the sick and visited the prisoner we can too. And the good news is that we are not bringing Jesus to them ourselves...he is already there; we are trusting that truth in action so that they can taste, see and feel him.



2009 Schedule of Lent

Lent is the 40-day period of renewal and preparation before Easter. It begins on Ash Wednesday. For hundreds of years, Lent has been an important season for Christians to meditate, study, pray, participate in spiritual disciplines, and renew their vows to the Lord as they strive to increase their understanding of Christ's sacrifice and resurrection. Our hope is that you, and others you might invite, would participate fully in the Lenten activities we have scheduled here at Faith. This year, our focus here at Faith will be continuing our journey towards living lives that look like Jesus. May God renew us and prepare us to celebrate again all he did for us on the cross and at the empty tomb!

Offering (at least) 1% of Your Day, Each Day, to Time Alone With God

We are all invited to commit 1% of each day (that's about 15 minutes) in Lent to spending time alone with God through prayer and scripture. We have provided a devotional called *Renovation of the Heart in Daily Practice* as a guide. It will be on sale here at the church. There are also daily scripture readings in the weekly Next Step for you to follow. We hope you'll join us for this amazing opportunity!

Sunday Morning Adult Education Opportunities

The Way of Forgiveness – A 3 week class reflecting on the meaning of forgiveness. (Begins February 22nd)
Rediscovering the Apostle Paul – An 8-week class facilitated by Pastor Jim Zazzera (Begins March 15th)
Sunday morning adult classes are always held in Room 2 between services (10:10-10:55 a.m.)

A Worship Experience of Lent – Filling Our Sails With The Wind of God's Grace

A time of worship, teaching, reflection, and the celebration of the Lord's Supper.
We will be working our way through some of the core spiritual disciplines of the Christian life.
-Wednesdays, 7:00-8:15 p.m., March 4, 11, 18, 25 & April 1
Facilitated by Pastors Jeff Chapman & Jim Zazzera

Ecumenical Prayer Breakfast – New This Year!

We will join with St. Anthony's Catholic Church this year in two prayer breakfasts. Join us March 27th (at St. Anthony's) and April 3rd (at Faith) from 7:00-8:00 a.m. for food, fellowship and worship.

Palm/Passion Sunday Worship

Sunday, April 5th, 9:00 & 11:00

Maundy Thursday Dinner & Worship

Thursday, April 9th, 7:00 p.m. (All-church dinner at 6:00 in Link Hall)

Good Friday Prayer Vigil & Good Friday Community Worship

Individuals will be invited to come to Faith on Good Friday (April 10th) and participate in a self-guided time of prayer and meditation (we'll have resources) from 7:00 a.m. until 7:00 p.m. Then, all are invited back for a service of healing and wholeness which pastor Joan Stock will lead at 7:00 p.m. that evening.

Easter Sunday Worship is Sunday, April 12th!!

Easter Sunrise service this year at 7:00 a.m. here on the church patio (with fellowship and food to follow!).
Easter Services at 9:00 & 11:00 in the Faith Sanctuary

Family Promise Week Is 3/22 To 3/29

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 at the church.

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 3/8 after first and second services. If you have questions call Cynthia Crow (3929141) or Sue Hooper (3932633).

Time & Talents Offering

Ministry Opportunity	Date(s) Needed	Approx. Time Commitment	Committee/Coordinator/Contact
<p>Cook for Faith Four people who enjoy cooking needed to prepare lunch for the "Look at Faith" class attendees, once a quarter</p>	<p>Next class: Sunday 4/19/2009</p>	<p>2-3 hours (preparation, set-up, & clean-up)</p>	<p><u>Lay Ministry</u> Kristi Kampel 916-428-3439</p>
<p>Link Hall Welcome Center Assistants Five people needed to answer the telephone, greet visitors, minimal computer work, and help in the office as needed</p>	<p>Beginning immediately</p>	<p>Mon – Fri 9:00am - 1:00pm <u>or</u> 1:00pm – 4:00pm (select one day or various days monthly- as your schedule permits)</p>	<p>Kristi Kampel 916-428-3439</p>

Be a Compassion Weekend Project Leader!

The Compassion Weekend team has selected, with some input from the congregation, pastors, youth groups, and children, a wide variety of service projects for this year's Compassion Weekend scheduled for Saturday, May 2 and Sunday, May 3. Now we need Project Leaders (and/or Co-Leaders) to execute these projects. What's involved?

- A few meetings between now and May 2 with the CW committee
- Recruiting volunteers (that's the easy part) with the committee's help
- Coordination with the agency/community partner
- Gathering needed supplies (not all projects will need supplies)
- A few hours of awesome service on May 2 or 3

This would be a great opportunity for a Life Group -- share in a project's leadership duties! If you are interested in being a service leader or co-leader, stop by the Welcome Center table in the narthex after worship services on Sunday, March 8 or 15, see our list of proposed projects and decide how you'd like to help.



Just Neighbors

“Love your neighbor as yourself.” These five simple words are one of Scripture’s most basic commands. As a result, people of faith have a responsibility to serve their neighbors and care for them – for any and all of God’s children, especially those in need. However, sometimes the needs around us are so overwhelming that it is difficult to know how to respond, how to make difference, how to live out that call to service. Just Neighbors provides that next step.

Just Neighbors, a program of Family Promise, is a unique interactive multimedia curriculum designed to educate a congregation about poverty, motivate them to greater service and empower them to advocate on behalf of our neighbors in need. Set up in nine thematic sessions, each Just Neighbors session focuses on various aspects that our brothers and sisters in poverty face on a daily basis, including employment and wage issues, the housing crisis, making ends meet financially, the effects of poverty on children, while also introducing ways to act in order to alleviate these problems.

The Just Neighbors program will be presented at St. Anthony’s Catholic Church and they have invited members of Faith to join them in this educational experience. If you are unable to commit to the entire 9 weeks, you are welcome to attend those which you are able to make.

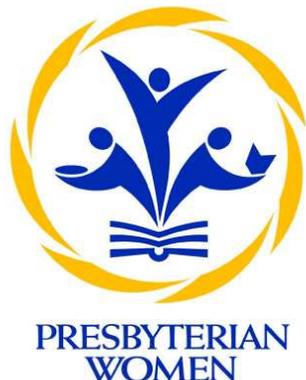
Each session will last about an hour and will be held in the dining room area of the Memorial Center. The sessions will be held on the following Wednesdays at 7:30 p.m.:

- March 18: Session 1 - Who Is My Neighbor?
- March 25: No meeting (We are having a parish mission).
- April 1: Session 2 - Making Ends Meet
- April 8: Session 3 - What Would You Choose?
- April 15: Session 4 - Does Working Work?
- April 22: Session 5 - Housing Matters
- April 29: Session 6 - Prejudice, Privilege and Poverty
- May 6: Session 7 - Our Children, Our Future
- May 13: Session 8 - Justice For All?

Food Closet Needs Increase



Food Closet is now serving 4,000 clients per month, a 13% increase over last year. This need makes your cash and food donations more important than ever. Pick up a donation bag in the narthex any Sunday and fill it with staple foods. In addition to the increasing number of clients, the Health Department is now requiring an annual fee and has required Food Closet to purchase Commercial Refrigerators. As in the picture here, they are excellent but costly. Admiring them are volunteers Jean Chew, Jennifer Smith and Betty Park



Presbyterian Women

We're gonna double your pleasure,
double your fun.
We're gonna have two meetings
instead of just one.

There will be special meeting on Saturday March 14th starting at 9:00 am. All PW members are invited plus all the women who work so they can see what PW does. Fruit, muffins and coffee will be served..
Regular meeting will be March the 25th.
Mary Nabers

Starve for Food so that Others won't Starve to Death!

Assuming it takes you two minutes to read this insert, 36 children under the age of five will have died by the time you have finished. 36 CHILDREN. And those deaths are from hunger, poverty, and hunger-related diseases – all completely preventable. The good news is that our youth group continues to do something about it by participating in **World Vision's 30 Hour Famine**.

The problem is huge, but the solution is not. Just \$30 a month –roughly \$1 a day – can help feed and care for a child in most developing countries. And the great news is; last year 29,000 children were dying a day of hunger related causes, this year it is 26,000. What we do is making an impact but the fight isn't over.

As students go 30 hours without food (starting Friday March 6th at school and ending March 7th with a Break-fast communion service) they'll get a taste of what it's like to be hungry, ll the while reaching out to others in need. And as they do that, their compassion will grow: for people around the world, and right here at home.

Please help our youth group by: praying for the Famine participants, and for those they're working to save, supporting Famine participants with a donation. It's through your gifts that lives are changed forever, and joining us for the Break-fast Communion Service at 6:00pm on March 7th.

Blanket Drive for 30 Hour Famine

Munchies and Crew are busy preparing for the 30 Hour Famine March 6 & 7 at the church. This is a worldwide event where youth fast for 30 hours and collect donations from sponsors to raise awareness about hunger and poverty.

In addition to working toward raising \$7000 to help feed and care for children, the youth will be connecting with the local homeless population during the Famine, including feeding them and taking part in fellowship with them. We'd also like to take them blankets - and that's where you can come in. Over the next few weeks, we'll be collecting any used or new blankets from the congregation. Just bring them to church and we'll have a box in the narthex.

Any questions, contact Sarah Jimenez, Youth Service Project Coordinator, at (916) 376.7079 or sarahjimenez@hotmail.com.

“Understanding the Stock Market Crisis” March 24, 7:00pm in the sanctuary

Frustration from the stock market losses of the past year causes anger and fear regarding personal investments. Faith's very own John Liddle, a financial consultant for 24 years, will tell the story of what happened to the markets, how the situation developed, and strategies for recovery. Topics discussed will include diversification, asset allocation, a general market review, and the Government's grand plan for economic recovery. Come, bring your questions and get some answers. Contact Jim Tracy at 428-0311 or email james.tracy09@comcast.net.

SSIP FOOD CLOSET

South Sacramento Interfaith Partnership (SSIP) is an emergency food closet located at Bethany Presbyterian, 5625 24th Street, Sacramento-95822.

There are 17 member congregations in SSIP. They are Bethany and Faith Presbyterian, Centennial, Chinese, Florin, Hope, Oak Park, Sacramento Japanese, and Wesley United Methodist, Faith and Parkside Community United Church of Christ, Chinese Community, Fruitridge Christian Disciples of Christ, Lutheran Church of the Master, Prince of Peace, St. Anthony Church, and Unitarian Universalist Community.

Hungry people in the zip codes of 95822, 23, 24, 26, 28, 31, and 32 may receive food. They can get food once per month. They receive enough food for 3 days--9 meals for every member of their family

In a recent month the food closet gave out 2450 meals for adults, 130 for infants and 1601 for children. This is a total of almost 4200 meals and the numbers are going up.

Ways to be Involved

You can bring a bag of food(canned meat or fish, canned beans, tomato products, fruit vegetables soup, cereal, pastas, rice, baby food ,top ramen, peanut butter(16 oz.) and sauces) to church the 2nd Sunday of the month.

You can talk to Betty or Jim Park about helping with the daily pick-ups of food donated by local grocery stores

You can volunteer at the food closet. It is open M-F--9:00 a.m. to 11:30. The phone number is 428-5290.

You can donate money. \$30 will allow them to purchase 200 lbs of food.

Faith has long been supportive of SSIP food closet. In this time of ever greater need, of more and more people losing jobs, of more and more hungry people, please continue to help if you are able---with your time or money or food donations.

Thanks for all you have done and are doing.

There is going to be another bluegrass gospel concert at Faith – March 20 (7:30 pm, Friday evening)

Opening the concert is our own - Jenny May & the Faith Bluegrass Band (Willis Ackman, Arnie Gamble, Brad Johnson, Hal Johnson & Dave Rietz)

One of the most exciting new bands to emerge on the national bluegrass scene in the new millennium, NewFound Road. They are the headliner for the evening. They specialize in a powerfully streamlined sound delivered with heartfelt honesty & passion. The bands' three equally capable, yet distinct vocalists, who are also formidable instrumentalists & songwriters, ensure that each song is executed with both emotion & precision, be it a bluesy solo vocal, soaring three part harmony, or a solemn a cappella gospel treatment. NewFound Road is contemporary bluegrass at its most soulful & sincere but with fire & intensity as well. The band's deep roots are in gospel music.

Faith Women's Retreat Opens Commuter Spaces

The Women's Retreat scheduled for February 27 thru March 1st has 10 commuter slots available. Commuter attendees will pay \$90 which covers all the retreat sessions and five meals at the Retreat Center. These participants are responsible for their lodging and first priority will be given to those on the waiting list. For those who have paid their deposit, the remainder of the registration fee is due now. The retreat location is the Mercy Retreat Center in Auburn. Any questions, please contact Ilah Turner at 206-4016.

Faith Women's Book Club Update ... When is the last time you read a good book? Come share your ideas. For convenience, we have an afternoon as well as an evening meeting.

Afternoon Club ... The afternoon club meets at 1:00 pm in the afternoon on the third Monday.

March 16th "Alchemist" by Paulo Coelho

April 20th "The Guernsey literary & Potato Peel Pie Society" by Mary Ann Shaffer and Annie Barrows

May 18th "The Glass Castle : A Memoir" by Jeannette Walls

Contact Marthe Sweet if you would like further information marthesweet@sbcglobal.net or 427-1783.

Evening Club ... The evening group has changed its meeting dates. In a survey it was discovered that more people could attend on the 4th Monday of the month. Because of the holiday the May meeting will still be on the 3rd Monday. Below is the schedule for the remainder of this year's calendar.

March 23rd "Alchemist" by Paulo Coelho

April 27th "Water for Elephants" by Sara Gruen

May 18th "The Glass Castle : A Memoir" by Jeannette Walls

If you want to receive further information via e-mail, please send your request to ilah_turner@sbcglobal.net



WHICH IS BETTER STEAMED OR RAW?

Nothing could be healthier for your heart than a plateful of raw veggies, right?

Actually, a little steam treatment could be even better. New research suggests that steaming might improve the cholesterol-lowering capabilities of certain produce.

Lost In Digestion

When researchers tested the digestive effects of both raw and steamed veggies--beets, orka, carrots, eggplant, green beans, asparagus, and cauliflower--something interesting happened. It's not clear why, but the steamed veggies did a better job of binding to the acids. And that's a good thing. It means more bile acids get excreted, which in turn means the liver needs more bad LDL cholesterol to make bile--which means there's less LDL circulating in your body.

Veggie Contingency Plan

Raw or steamed, your goal is to eat at least five servings of vegetables every day.

Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb. 22 Youth Small Group Sunday Greeter Training—10:10 am & 12:10 pm Session special meeting, 12:30 pm Meetings: Lay Ministry, CE Youth, 13:30 pm Faith Family Night 5:15-7:30 pm	23 Crafter's Club, 1 pm	24 BSF, 9 am-noon Understanding World Religions class, 7 pm NO MUNCHIES MEETING	25 PW Bible Study 10:30 am, Lunch 11:30 am Ash Wednesday: Dinner 6 pm, Worship 7 pm Urban Plunge meeting, 7 pm NO CREW MEETING	26 Choir rehearsal, 7 pm	27 Women's Retreat, Feb. 27-Mar. 1	28 <i>Presby News</i> deadline tomorrow
March 1 Food Closet Sunday Mission Trip information meeting, 10 am, room 4	2 Crafter's Club, 1 pm Outreach meeting, 6:30 pm Adult CE meeting, 7 pm	3 BSF, 9 am-noon Munchies, 7-8:45 pm Understanding World Religions class, 7 pm	4 Older Adult Discussion Group, 2 pm Lenten Service, 7 pm Crew, 7:30 pm	5 Choir rehearsal, 7 pm	6 30-Hour Famine begins	7 30-Hour Famine ends Spring forward tonight (more daylight!!!)
8 Deacons, 12:15 ARCO 6 pm Youth Advisors, 7 pm	9 Loaves & Fishes, 7 am & 11 am Crafter's Club, 1 pm Session, 7 pm	10 BSF, 9 am-noon Munchies, 7-8:45 pm Understanding World Religions, 7 pm	11 Lenten Service, 7 pm Crew, 7-8:45 pm	12 Choir rehearsal, 7 pm	13	14 <i>Presby News</i> deadline tomorrow
15 Noon - Lay ministry meeting CE Youth meeting	16 Crafter's Club, 1 pm Meetings: Personnel, 6 pm Fellowship, 7 pm Mission, 7 pm	17 BSF, 9 am-noon Munchies, 7-8:45 pm Understanding World Religions, 7 pm	18 Lenten Service, 7 pm Crew, 7:30 pm	19 Choir rehearsal, 7 pm	20	21

*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 Class is from 10:15- 10:55 am in room 2.