



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
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Sunday Services:
9:00 and 11:00 a.m.
(except Compassion Weekend)

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.

May 31
Pentecost
Deacon & Elder
Ordination

June 5—6 Men's and Boys'
Retreat

June 6 Working Presbyter-
ian Women 9—11am

June 7 Food Closet Sunday

June 14—21
Family Promise

June 21 Blood Drive

June 24 PW Bible Study &
Meeting—Sack Lunch

June 28 Family Night

The Presby News is published
monthly by a team of volun-
teer writers. Please send your
submissions to
Editor Jim Park at
JamesParko2@comcast.net



Faith in Action! Youth Sunday turned out to be a perfect day for our World Vision Child Sponsorship group picture. About half of our child sponsors at Faith are in the picture.....A great big "free hug" to all of you.

Sign Up Now for This Year's Fall Retreat September 11—13



Sign-ups for this year's fall retreat are now taking place through June 7. This year's retreat will feature Dave Rohrer from University Presbyterian Church in Washington. More information on both him and his theme, "Into His Hands." are available in the narthex, and Patrick and Quinn are excited about having him with us. We will also have programs for everyone in the family. Infants, children, and youth will all have their own leadership and programs.

You can reserve a spot for yourself if you place a deposit now, and you can save money if your registration is paid in full by August 10. Again information on the cost and housing options is available in the narthex. Of course, finances should not keep anyone from attending this event. If you need financial assistance, don't hesitate to contact one of our pastors today. If you need more information, feel free to contact Barbara Tracy for program questions or Jim Tracy for registration questions at 428-0311.

What Are Those Elders Up to Now?

Highlights from May's Session Meeting



The following are some of the decisions which were made this month at Session (elder board) and some of the areas of ministry which were celebrated. We hope you share in the enthusiasm of Session in all that God is doing in our midst. As a reminder, Session meetings are held the 2nd Monday of each month at 7:00 p.m. here at church. Unless otherwise determined, they are open meetings and church members are always encouraged to come listen in. We'll even share our snacks!

Prayer before Business! The meeting opened with a time of devotion spent sharing praise for how God has worked in our lives of faith at Faith and in prayer for events and people in need. There was lots of celebration around Compassion Weekend!

Vision Action Plan Being Developed - Brand New "Core Curriculum" Presented - The vision for Faith has been in place for several years now. We believe we are called to be a "community loving Christ, building disciples, serving all." This vision guides us in all we do. Currently, the Session is working on determining exactly how we are to see this vision lived out. In other words, what is it we can do to help foster this vision in our midst. We spent time at this meeting talking specifically about what it means to be a "community building disciples" and how we can promote that here at Faith. One way we potentially see that happening is the possible creation of a "core curriculum" of courses and growth experiences we would offer here at Faith that would cover areas like an introduction to the Bible, basic Christian theology, spiritual disciples, etc. We're really trying to think about how we can help people grow as disciples whose lives continue to resemble, more and more, Christ.

Realignment in Property Management - The Session spent some time reviewing the

Thomas Stahl Joins the Faith Staff!

In April our Session, at the recommendation of our Personnel Committee, hired Thomas Stahl on our staff as our permanent accompanist. While Thomas has served here the past two years on a contract basis, both he and our leadership felt led to work out a more permanent relationship. We are thrilled with the beautiful music Thomas provides here in worship Sunday after Sunday, music which helps all of us worship God. When you get a chance, please take a moment to welcome Thomas to the Faith staff.

Pastor's Column

What's Coming Up in Worship?

There are some exciting events coming up in worship. Look forward to the following in the coming weeks...

—Ordination Sunday is May 24th – Our new elders and deacons will be ordained. This is a wonderful celebration as we affirm those God has called as servant leaders in our midst!

—Baptism Sunday/Pentecost is May 31st – This is one of the most important celebrations of the church year as we not only celebrate the coming of God's Spirit into the world at Pentecost, but we baptize members of our own community. Between 10-15 people will be baptized that morning, and all of us who have been baptized in the past will have an opportunity to publicly re-affirm our baptismal vows, a practice that has been extraordinarily valuable for many of us in the past.

—New Sermon Series this Summer – Our pastoral staff will be preaching through the book of James this summer, beginning June 14th. This is a marvelous book full of practical wisdom and guidance for our life in Christ.



Thanks for Your Compassion!

Our second Compassion Weekend was a great success, despite the rainy weather which led to the cancellation (or postponement) of four of our projects. Over 200 people participated and our community and world were touched by our efforts. A special thanks to:

- Everyone who participated, who donated money or items, or prayed for the weekend's participants
- Faith's Session for approving this awesome weekend of service again and for all of our pastors for their support and participation.
- The CW steering committee: Andeen Lovett, Jeff Simington, Gary Cash, John Brophy, Melinda Lewis, Debbi Larson
- St. Anthony's parish for their participation
- Our hard-working Project Leaders: John Brophy, Sierra Brown, Donna Touros, Joyce Hathaway, CJ & Amber Keasey, Quinn Vaughn, Jean Kern, Alice Parente and life group, Pam Rock, Gary Cash, Bob Johnson, Glenda Arellano & life group, Amy Bush, Cathy Healow, Kristi Kampel, John Noe, Tammi Whitted & life group, Walt & Doran McDaniel, Lara Roach, Kent Kim, Andeen Lovett, Erin Clay, and all their spouses and children who helped whether they wanted to or not!
- Skyler Brown for videotaping the projects
- And a very special thanks to Barbara Tracy for going to all the project locations, taking pictures,

Faith's List Offers Members Way to "Share All Things in Common"

Four-year-old Rayne Keasey was eager to start riding a bike, but her parents, Amber and C.J., weren't sure how a new bicycle would fit in their budget. Enter Sally Vigen, who just happened to have a very gently used little girl's bicycle in her garage. "I've had it hanging in the rafters since my daughter, Amy, grew out of it," said Sally. "It is a very nice bike and I'm so glad it could be used by a family who really needed it."

This is just one of the happy endings coming from Faith's List, a new offering on the church website where church members can post items, services and jobs they need or have to offer. Drawn from Acts 4, "they shared all things in common," Faith's List is one of the ways our church is helping its members support one another during this difficult economy.

"It's kind of like Craig's List, but no money changes hands (unless, of course, it's a hired job) and it's designed specifically for church members to help other church members," said DiAnne Brown, who is helping to coordinate the site. "You might also say it's consistent with our 'green' efforts because it provides a venue for us to give things to those who need them rather than throwing those items in the trash."

Have you checked out Faith's List recently? Here are just a few things you'll find:

- A two-door metal closet, six feet tall, and a wood garage storage shelving unit
- Two Graco playpens
- Several high-level job openings at Nehemiah Corporation
- Needed items such as a magnifying desk lamp and a waterproof tarp.



Why not post your items on Faith's List today? Here's how:

To post:

E-mail your posting to: Faithslist@faithpresby.org

Include your name and contact information (phone or e-mail).

E-mail again when you want to take your post off the site.

To check out Faith's List (first time users): Go to: www.faithpresby.org/user/php Register under "user login." You'll receive an e-mail telling you how to activate your account. Wait a day, then log on to the same site with your user name and password. You'll have access to Faith's List (under the "Our Community" tab) as well as the rest of Faith's website. Remember, when you want to see Faith's list, always use: www.faithpresby.org/user/php. This page is only available to registered users in the Faith community

Questions? Contact DiAnne Brown, 395-6129 or Sierraskymktg@netscape.net

Our Fun 'n Faith Co-Ed Slow Pitch Softball Team

is off to a good start with 2 wins and 0 losses. Come on out and join our faithful fans to cheer us on! All games are played on Tuesdays at Reichmuth field, on the corner of Gloria and 43rd, behind the Fire Station. Hope to see you there! Shari Reyes

5-19-09 6:00 p.m.	Faith vs. Capitol City
5-26-09 8:00 p.m.	Faith vs. Paradise Baptist
6-02-09 6:00 p.m.	Faith vs. Antioch Progressive
6-09-09 6:00 p.m.	Faith vs. Trinity Episcopal
6-23-09 8:00 p.m.	Faith vs. Trinity Episcopal
6-30-09 6:00 p.m.	Faith vs. Twenty-Fourth Street Baptist
7-14-09	Playoff games

Did You Get Your Top 5 @ Faith?

If you didn't get our e-letter this week, let us know. We may not have your correct e-mail address. The *Top 5 @ Faith* comes out every Monday and lists the week's Look for the *Top 5 @ Faith* every Monday!

PRESBYTERIAN WOMEN NEWS

Presbyterian Women

Wednesday May 27

1. Bible Study at 10:00 am
2. Luncheon at 11:30 am Brown Bag
3. Installation of New Officers by Pastor Quinn Vaughan
4. Bazaar Items

All women are invited to attend

Working Presbyterian Women

Saturday June 6

We will have a second meeting of Presbyterian Women, for women who work. The meeting will be Saturday June 6th starting at 9:00 am. Fruit, muffins and beverages will be served.

Our program will be "Cure Arthritis Now". The speaker is Quaint Brylski. She will show us how to use walking sticks.

Jared Boxes



The P.W. ladies are completing Jared boxes. PW donated 52 individual gift boxes filled with books, puzzles, games, etc. for the youngsters who are patients at Sutter Memorial Hospital. Cathy Healow for more information.

Fabric Needed

The Tracys will be serving as camp directors at Rotary's Youth Leadership Camp this summer and are collecting remnants of fabric to support that effort.

If you have fabric stored away that you thought you would use but never have, this is your opportunity to clean out your closet, make some space, and help Rotary with one of its youth projects. Anything $\frac{3}{4}$ yard or bigger is welcome.

Just bring it on or before May 31 and put it in the PresbyWomen box in the narthex.. Call Barbara Tracy at 428-0311 if you have questions

Food Card Ministry Seeded With Generous \$1000 Gift – We could use more!

One of our responses to the recession has been to create an account here at church of gift cards to local grocery stores for church members who may be a little short at some point. Recently, a Faith member anonymously gave \$1000 to seed this fund. We also have learned that if we buy a certain amount of gift cards we can receive additional cards at no extra cost. For instance, if we purchase \$5000 in gift cards from Bel Air, they will give us an additional \$300 in complementary gift cards. We'd love to be able to get more bang for our buck here. So, if you're willing to contribute this fund, please contact the church office. And if you know of families or individuals in the church who need a little extra help with groceries some month, please encourage them to speak confidentially to one of our pastors about a grocery gift card.

For Those Who Have Never Been Baptized

(And Even For Those Who Have)

Baptism Sunday is May 31st!!

An incredibly exciting event in the life of our congregation is coming this May 31st. That day is Pentecost Sunday, the day we celebrate the coming of the Holy Spirit to earth and the birth of the church. It's also the annual date when we take time to focus some of our worship on the gift of the sacrament of baptism. Many of you have already participated in this annual celebration where not only are people baptized but others have the opportunity to re-affirm baptismal vows taken long ago.

Oftentimes there are people who have been active in the life of the church but who have never been baptized or have never had their children baptized (in the Presbyterian tradition, we baptize children of believers as well as adult believers). Part of the reason for this is often that many people simply don't understand baptism and/or they don't know how to go about getting baptized.

On top of this, there are many of us who were baptized many, many years ago. Some of us even before we can remember. And so since our baptism is so distant we may feel we have lost connection with the event and we long to re-experience our baptism in some way. Maybe you have felt that way.

Baptism Sunday addresses both of these.

On that day we would like to offer to baptize those who are ready to make a commitment of their life to Jesus Christ as Lord and Savior but who have not already been baptized. We would also welcome parents who are already committed followers of Jesus Christ to have their children baptized at that same time.

And for those of us who are already baptized? Well, we will offer the wonderfully rich (and woefully underutilized) practice of re-affirming our baptismal vows. This is a practice which many of our Christian brothers and sisters regularly utilize (including our Ethiopian Orthodox friends), but is often neglected in our modern protestant congregations.

All in all, we think that this Baptism Sunday promises once again to be a wonderful celebration in the life of our community here at Faith. **If you would like to explore baptism that day for yourself or for your children, please contact Pastor Jeff Chapman here at church (428-3439 or jchapman@faithpresby.org).** We will hold a baptism class on Wednesday evening, May 27th, for all those who would like to be baptized or have their children baptized. This will be an opportunity for us to explore the meaning and significance of this wonderful sacrament.



Turn Back the Clock with This Calorie Trick



If you'd like to look and feel better with each passing year, here's how to do it.

Leave a spoonful here and there. Switch to low-cal this and that. Skip a snack now and then. And just eat a little lighter.

Research suggests that a diet with roughly 30 percent fewer calories than a typical Western diet could reduce certain signs of aging.

Light(ish) Eaters Live Longer

No one suggests people starve themselves, but we all know that the typical Western diet has ballooned out of control, with massive portion sizes becoming the norm. New research on calorie restriction suggests that, to live longer, we need to head back in the other direction. When researchers recently compared a group of light eaters with a group of heavier eaters, the light eaters came out ahead on important markers of aging.

Simple Living June 2009 - Save Money and the Earth

How? Making your own cleaning products! This month we share with you some cleaning product recipes. If you want to dive in on your own, we recommend *Readers Digest's Homemade: 702 Ways To Save Money And The Earth* © 2007.

Why make homemade cleaning products?

You'll save money. It may not seem like much for each individual item as you buy it, but a few dollars here and there add up. And a few dollars saved here and there adds up too!

Product	Store Price	Homemade	Savings
Windex window cleaner (26 oz)	\$3.39	\$0.15	95%
Pledge lemon furniture spray -12.5	\$3.79	\$2.08	45%
Lysol Bathroom Cleaner (29.3 oz)	\$3.19	\$0.15	95%

As Christians, our purchasing decisions are not to be based on what is cheapest but on what is just and faithful. *"No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money."* (Matthew 6:24) The amazing thing is we can serve the Lord and be good stewards of our money at the same time.

You'll save the earth. Not only are commercial products pumped full of man-made chemicals that pollute our water sources and bodies but they are stored in bottles that we throw away (or recycle at best). We can reduce the amount of useless, environment-damaging waste we produce. When God created everything it was deemed good! (Genesis 1) The plants, animals, waters and humans all were to work in harmony. We not only have the ability but the responsibility to be good stewards of this earth for the sake of all life!

Basic Window and Glass Cleaner

1. Mix the ingredients in the gallon container.
2. Fill the spray bottle and use on windows and glass
3. Dry glass with crumpled newspaper for added shine.
You can make a smaller batch in a quart spray bottle mixing $\frac{1}{4}$ c. vinegar with enough water to fill the bottle.

by

Lemon Oil Furniture Polish

1. Combine the oil and lemon juice in the spray bottle.
2. Apply a small amount of polish to soft flannel cloth or chamois, and apply evenly over wood surface.
3. Use a clean, dry flannel cloth to buff and polish.

Tough Multipurpose Cleaner

1. Combine the ingredients in the spray bottle and shake well before each use.
2. Spray on countertops, kitchen appliances and fixtures.
3. Wipe down with a clean cloth or damp sponge.
Can be used on painted and tile surfaces as well.

Happy creating! Christine M., Claire P., and Quinn V.

New Members



Harry & Norma Lewis have lived in California for most of their lives, but have spent a great deal of time living abroad as well. They spent several years in North China and Tokyo, Japan. Both are retired and enjoy reading, discussing politics and Norma likes to surf the internet. When looking for a new church, they came to Faith, and were pleased to find such great people, great preaching and music.

Kristen and Kaleigh Gordon ⇨

Kristen Gordon was born and raised here in California and currently lives in Elk Grove, with her daughter Kaleigh. She works for Wells Fargo Bank as a VP in the Commercial Insurance division. Kristen loves to travel and spend quality time with Kaleigh. Kristen learned about Faith Church last year, intrigued by an article in the Sacramento Bee about Compassion Weekend. She's decided to visit and has been attending ever since.



Dawn Vollmar was born in Hawaii, lived in Arizona, Virginia, and Japan before moving to Southern California in 1973. She has two children, daughter, Madison, and son Mike. Dawn works at an elementary school, as a Science Technology Coordinator. In her spare time she loves knitting, reading and napping ☺ Dawn also loves watching her daughter fence, watching and listening to her son's band play. A friend told her about Faith Church, thinking that she might like it, and she did!

Steve & Sandra Harper have lived in several states across the country, including Colorado, Texas, and New Mexico. Steve also spent time in Germany. They have two daughters, Sienna and Sydney. Steve is currently working as an engineer, and in his spare time he enjoys playing with his kids, traveling and photography. Sandra works as a Teacher's Assistant; she also attends college while being mother to two beautiful girls and wife to Steve. She loves anything fun and adventurous, loves family time and writing.

Mark & Jillian Hubler

Jillian was born and raised here in Sacramento and has lived here all her life. Mark was born and raised in Iowa then moved to Maryland. He came to California to attend college and has been here ever since. Mark and Jillian have three daughters, Malbry, Briana and Keeleigh. Jillian is a stay-at-home mom and attends Sac City College. She also enjoys trips to the local library, reading, finding treasures at antique and thrift shops, and decorating her new home. Mark has worked in the grocery industry for almost twenty years. He loves coaching his daughter's soccer teams, working in the yard, family time and hockey. They moved here to the Pocket Area in August. It was very important for them to find a comfortable and welcoming place to worship and they have found that here at Faith.

Mark, Mallory, Jillian Hubler

