

PresbyNews

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www.faithpresby.org

Pastor Jeff Chapman
Associate Pastors Jim Zazzera,
Patrick Vaughn, Quinn Vaughn
Next PresbyNews Deadline: March 7

Lent at Faith

February 17 Ash Wednesday Dinner at 6:00pm
Worship at 6:45pm

March 28 A Walk Through Jerusalem

April 1 6:00pm Maundy Thursday Dinner and
Worship at 7:45pm

April 2 Good Friday Prayer Vigil at Faith from
7:00am to 7:00pm

April 4 Easter Services at 7:00am in the patio
with food and fellowship to follow. Regular
services at 9:00am and 11:00am



A Message from Joan Stock

Friends, I want to let you know that I am planning to move to Pilgrim Place in Claremont at the end of the year. This is a retirement village for people who have served the church operated by the United Church of Christ. It has three levels of care and encourages a close knit community. It was a hard decision to leave my friends and church community in Sacramento but for this stage of my life it seems like a good fit for me. I came to Faith about 14 years ago and have loved my relationship with you all. I especially enjoy these last years as your parish associate. We will have many months to continue our journey together in Christ but wanted to personally let you know of my future plans.

In Christ's love, Joan



Pastor's Message

I Am A Failure at Prayer

Author & Pastor Babara Brown Taylor, in her book An Altar in the World writes:

I am a failure at prayer....I would rather show someone my checkbook stubs than talk about my prayer life. I would rather confess that I am a rotten godmother, that I struggle with my weight, that I fear I am overly fond of Bombay Sapphire gin martinis than confess that I am a prayer-weaking.

Somehow these words resonate with me. So often I feel like a “failure at prayer.” And in these season of Lent, as I challenge my self (I wonder if God is challenging me...maybe not) to take up some new prayer discipline, I fear that my best efforts will fall short. My times of silence get interrupted by a desire for a Ritz cracker, my scripture reading seems hurried, I feel so overwhelmed by things I can't even bring them to God, and I fill up my time with the trivial.

I do think we need to continually seek times of openness to God, I do think we need to “make room for God” with our prayer, but perhaps we can be a bit more gentle with ourselves. We take on prayer as if it was some marathon training. We look at spiritual discipline as if any work we do actually makes God “show up.” We compare ourselves to the unrealistic images we have of a “saintly life.” *It is no wonder we feel like failures.*

Barbara Brown Taylor suggests two possibilities that might help us: 1) That “prayer is more than my idea of prayer” and 2) that some of what we already do in our lives may constitute genuine prayer. Maybe much of what you and I already do in our every-day lives really is prayer: things like fretting over people who you know who are in trouble or struggling; remembering people you love when you go to bed at night; going out in your backyard just to look at a particularly beautiful tree, or staying in the shower a little extra time just to feel the grief of a day that didn't quite go as you had hoped. Prayer, she says, is anything you can do to wake up to the presence of God, no matter where you are or what you are doing.

Others have had a similar insight. A man named Brother Lawrence, a seventeenth-century French monk put it this way,

The Lord does not really lay any great burden on us. He only wants you to recall Him to mind as often as possible, to pour out your adoration on Him, to pray for His grace. Offer Him your sorrows. Return from time to time to Him, and quietly, purely thank Him for the benefit He has given you in knowing Him....Over and over again, in the midst of business, every moment if you can, just offer Him your heart....Do not get weighted down with a lot of rules, or forms, or ways; act with faith - just come.

Maybe that is all that prayer is. Act with faith. Just come. By God's grace, I can do that.

Peace (& Grace),
Jim

2010 Church Co-Ed Adult Softball League

The church co-ed adult softball league that we have been participating in for many years is set to start up again with games starting on Tuesday, April 27th. The games are played on Tuesday nights and the league lasts approximately 10 weeks. You have to be 18 years or older to play. The league consists of churches in the Sacramento area and is a fun league to play in. The cost is \$25.00 per player which covers entry fee and new game balls. If you are interested in playing please contact Pat Tatro, phone 393-4734 or email Ptatro@sierraselect.com.

Raley's Quality of Life Program

We just received a check for \$243.72 from Raley's thanks to those of you using your yellow Quality of Life cards. This with only 150 cards issued. Think what we could do if each and every one of our Faith families had a card. If you do not have a card, please contact either

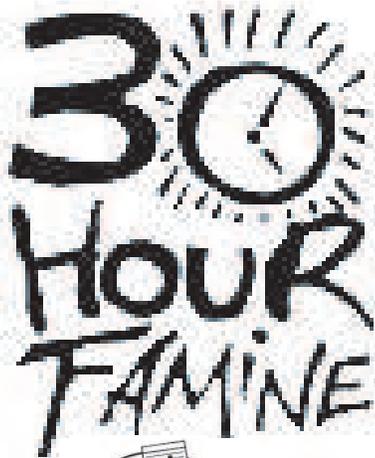
Marthe Sweet at 427-1783 or

marthesweet@sbcglobal.net or

Kristi Kampel at 428-3439 or kkampel@faithpresby.org

All the monies we receive help pay for children's and adult's camps or retreats. Our totals for the Quality of Life Program follow:

January 2010:	\$99.90
Quarter to Date:	\$99.90
Total to Date:	\$343.62



Faith Youth Need Your Help to Fight Hunger

Today 25,000 kids under the age of 5 will die – most of them from preventable causes like hunger, poverty, and disease. 13,000 kids under age 5 will die from causes related to hunger. That's one child every seven

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cause



onds. Something is seriously wrong with this picture. Nobody should die because of an empty stomach.

The youth in our church will help save lives on February 26 and 27 by going without food for 30 hours. They will be "locked in" at the church with Pastors Patrick and Quinn and the youth advisors. They'll participate in learning activities and games that focus on the children of Ethiopia. They'll be out in the community on Saturday distributing hot soup, bread, and socks to Sacramento's homeless. And they'll be hungry the entire time.

This year the adults in the congregation can also fast for 30 hours on their own and raise funds in solidarity with the youth (if you are interested, contact Rudy Buehler for details).

How can you help their cause? Just sponsor one or more of the participating youth. Look for them in the narthex and courtyard before and after Sunday services before February 26. Every \$30 they raise can help feed and care for a child for a month. If a youth gets just 12 people to give them \$30 each, they could help feed and care for a child for a whole year.

Presbyterian Women Meeting Wednesday, February 24

Bible Study is at 10:00 am

Luncheon is provided at 11:30 am

Our speaker is Ted Ward, who is from Ronald McDonald House.

Our February Mission Project is bring any of the following items to the meeting for Ronald McDonald House.

Paper towels, paper napkins, Top Ramen noodles, powdered laundry detergent, and plastic containers w/lids.

All women are invited



How to Serve Faith Church

That's an easy one: join the PresbyNews editing team. You assemble the articles that members turn in into a reasonably good looking newsletter. Your turn comes once every 8 weeks. Kinda fun, actually. You do need a computer and internet access.

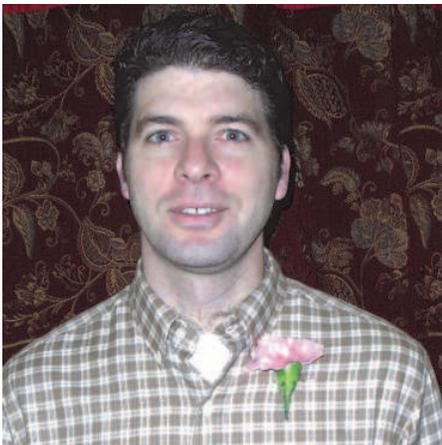
Contact Jim Park at

jamespark02@comcast.net

Meet Faith's New Members

Steve & Julie Taranto

Steve and Julie are both from various areas of Northern California. Steve works as a branch manager for Restaurant Depot, a food supply company to restaurants. Julie is the owner and an instructor of Stroller Strides and is "Mommy Extraordinaire". They have two sons, Ryan and Jeffrey. They both love spending their free time with the boys; Julie likes scrapbooking and laundry, (ha ha). Steve likes to work on projects around the house and also enjoys reading. They love the friendliness, hospitality and teaching here at Faith and think this is a great church home for their family.



Matthew Garber

Matthew has spent most of his time in Northern California. He works as a State Attorney. In his spare time he enjoys building furniture and home improvements. Faith was recommended to him by a friend, he has gone to church off and on all of his life, but this is the first time he has ever become involved or joined as a member.

Georgina Borton

Georgina lived in Pittsburgh, Pennsylvania until 1993 when she moved to California. Her work these days is to be a really good retiree! She enjoys gardening, volunteering as a docent at the zoo and also takes music lessons. Friends recommended Faith and after visiting several times she felt at home and she really enjoys the sermons.



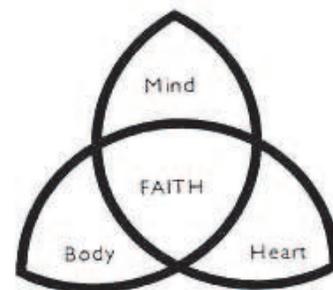
Renee Beers

Renee lived her first 16 years in Indonesia, 6 years in the Netherlands and has lived in the US since 1956. She is currently taking adult night classes and is learning to use computer programs for photos and recording. Renee is also learning to use the Q-Cord Digital Guitar. She enjoys, sewing, painting and jewelry making. She was brought to Faith through friends.

Health Issues

BURN MORE FAT with THESE BREAKFAST FOODS

You can give your body a little fat-burning advantage by including items like these in your morning meal : eggs, yogurt, and whole-grain cereal. Breakfast is the most important meal of the day if you're trying to control your appetite and loose weight, but these three items in particular have been credited with extra fat-burning and pound-dropping powers in recent studies.



HOW THEY HELP

Eggs: When people on low-calorie diets ate two scrambled eggs with toast and jam for breakfast, they lost 65 % more weight than the dieters who started their day with a bagel and cream cheese. The protein in eggs probably helps control appetite, so people eat less.

Yogurt: Calcium and other helpful compounds in yogurt may help stop at storage and turn up fat burn. In one study, obese people on reduced-calories lost 61% more overall--and even more belly fat--when they ate three 6-ounce servings of yogurt every day.

Welcome Center Helpers Can Answer Your Questions!

If you visit our church on weekdays there is usually an assistant at the welcome table in the Link Hall lobby to greet you and help with your questions. These volunteers are a great resource for all of us. They also take on administrative tasks which helps us with day to day operations.

But on Sundays we have not provided the opportunity for visitors and those who regularly attend our services to have their questions answered. We now have an assistant available at the Narthex Welcome Center after each service. Stop by with your questions about our church. If we don't have the answer right away, we will submit your question to the person that can best help you. If you are new to our church, we have a welcome packet waiting for you. Just look for the "Ask Me" sign.

There are numerous pamphlets describing the many ministries of Faith Presbyterian Church which can be found on the wall display at both Welcome Centers. In the Narthex the previous sermons and care notes are also available. Please feel free to help yourself at any time.

Save the Date - Summer Mission Trip!!!!

You've heard about them, you might have even participated in a one yourself. Now it's time to make plans to go!

If you want to experience an amazing week of service, fellowship, and fun set aside the **first week of August (1st-7th)** to join others at Faith on the **Summer Mission Trip!** The Mission Team is meeting as we speak to determine the location of this year's trip. Adults and teens may participate (check with Rudy Buehler about teen age requirements).

You'll help fundraise as a group and pay a small amount of your own money. But it's so worthwhile! It might even be life-changing for you. Just ask anyone who has ever gone on a Faith mission trip! So save the date and stay turned to the Presby News, church website, and Sunday bulletin to find out more details.

Compassion Weekend Needs Project Leaders

On Saturday, April 24 and Sunday, April 25 the Faith community will participate in a weekend of service activities both at the church and out in the Sacramento community. Everyone is encouraged to participate in Compassion Weekend. You can even invite friends, co-workers and neighbors to join in on the fun.

The Compassion Weekend Team has solicited project ideas from the congregation and researched needs in the community. This year, to support our church mission focus on hunger and homelessness in Sacramento, many of the proposed projects will address those issues.

On Sunday, February 21 a list of **proposed projects** will be available in the narthex and on the church website (go to the Compassion Weekend link on the home page www.faithpresby.org). Read through the projects and prayerfully consider them.

The first step in determining what projects Faith will choose for Compassion Weekend will be to sign up leaders for each of the projects. Project Leader can be individuals (adults or teens), Life Groups, other groups in the church (PW or Mariners, for example), or two or three friends who want to co-lead a project. All project leaders will have the support of the Compassion Weekend Team to help with planning and logistics.

If you have an idea for a project that you don't see on this list and want to lead it, just talk to the CW Team and we'll add it to the list. Serving as a Project Leader is a great way to be involved in Compassion Weekend, serve the community, make some new friends, and have a great time!

Volunteer to be a Project Leader on the Compassion Weekend by adding your name to the sign-up board in the narthex (you'll have until March 7). Only those proposed projects with Project Leaders will be part of Compassion Weekend. Questions? Contact DiAnne Brown at 395-6129 for more information or to volunteer to be a Project Leader.

Local Mission Focus Update

Serving Sacramento's Hungry and Homeless

Faith's Mission Team has been updating the congregation about our plans for our global mission focus (Ethiopia) but what's going on with our local mission focus?

Last year the Faith congregation chose to focus on homelessness and hunger in Sacramento as its local mission focus. Since then the Mission Team has been doing a great deal of behind the scenes work to prepare. Our first step was to identify what we as a congregation are already doing in those areas and with which agencies/non profit organizations we are partnering on a regular basis. Those include Family Promise, Loaves and Fishes, South Sacramento Interfaith Partnership Food Closet, and Rebuilding Together.

Our next step was to research the Sacramento region to assess the current resources (what agencies/organizations are serving the hungry and homeless and how they are doing it) and to see what gaps need to be filled and how we might partner with some of these organizations. Nearly 30 organizations or grassroots efforts to address hunger and homelessness were identified in our area!

The Mission Team chose to use Compassion Weekend as a vehicle to partner with some of the identified community organizations to see how we as a congregation might best fit with what these groups are already doing. We hope that by doing a project with them, God will lead us to form new long-term partnerships with one or more local organizations to help fight hunger and homelessness in Sacramento.

If you are interested in getting involved and checking out some of these efforts, the Mission Team encourages you to sign up for a Compassion Weekend project. For details about proposed projects, look for information in the church narthex or go to www.faithpresby.org and link to Compassion Weekend on the home page.



Faith Youth Groups Help Food Closet Grow

On Tuesday, February 2 and Wednesday, February 3, Faith Youth Group members and advisors went out into the dark, cold (and slightly drizzling) nights to pick lemons, grapefruit, and oranges so that needy Sacramento families could enjoy fresh citrus to eat. Thanks so much to all the kids and advisors who participated in our Faith in Action night and to the Faith families and friends who generously donated the fruit from their trees. Approximately 15 boxes and 30 bags of fruit were delivered to the South Sacramento Interfaith Partnership Food Closet. A special thanks to Pam Rock and Erwina Bush for assisting with loading and delivery, and to Nugget and Bel Air markets for donating boxes and bags.

Two from Faith Attend World Mission Celebration

More than 700 Presbyterians passionate about mission attended World Mission Challenge '09 in Cincinnati, Ohio, Oct. 22-24. Among those attending were Faith Mission Team members Paul Keller and DiAnne Brown.

"I am convinced that more Presbyterians are deeply engaged in world mission than ever before in the history of our church," said Hunter Farrell, director of Presbyterian World Mission attendees.

Gathering under the theme, "Branches of the Same Vine," the Celebration reflected the diversity and breadth of Presbyterian mission work. "Educate, connect and send forth" was the engine that drove World Mission Celebration '09. Five plenary sessions highlighted the marvelous ways God is at work in the world through Presbyterian mission. PCUSA missionaries in the Americas, Europe, Africa, Asia and the Pacific, and the Middle East spoke about the work they are doing in these parts of the world.

While at the Conference Paul and DiAnne attended small group workshops focused on tools, resources and sharing experiences for mission involvement. They also had opportunities to meet and talk with missionaries serving throughout the world and to share ideas with mission team members from PCUSA churches across the United States.

"We had a great time and came back with so many good ideas to engage in mission activities," said Paul. "It was good to see what our denomination (PCUSA) is doing in the mission field and how we might be able to partner with them."

Next Family Promise Week is March 7 – March 13

You can sign up for our next week of Family Promise on the whiteboard on the wall opposite the church office. Volunteers are needed for dinner, evening activity, overnight teams, set up and take down teams, laundry and Transporting mattresses to the next church.. If necessary, we will take sign-ups in the narthex on February 28 after the 1st and 2nd services.

If you have not volunteered but are interested, talk to someone who has or team up with them. If you have questions, call Cynthia Crow 392-9141 or Kelly Latimer 684-0811