

**Sunday Services**  
**9:00 and 11:00**

**Sunday School P-5<sup>th</sup>: 9 and 11**

**6<sup>th</sup> – 8<sup>th</sup> Grade: 9 am**  
**9<sup>th</sup> – 12<sup>th</sup> Grade: 11 am**  
**Adult Class: 10 – 11**

**March 14**

**Guest Mission Speaker: Kimberly  
Claire (Pisor)**

**March 24**

**PW Guest Speaker: Ted Robinson**

**March 28**

**Passover Seder for Faith Family  
Night**

**April 21**

**Family Promise Founder Visit**

**April 24-25**

**Compassion Weekend**

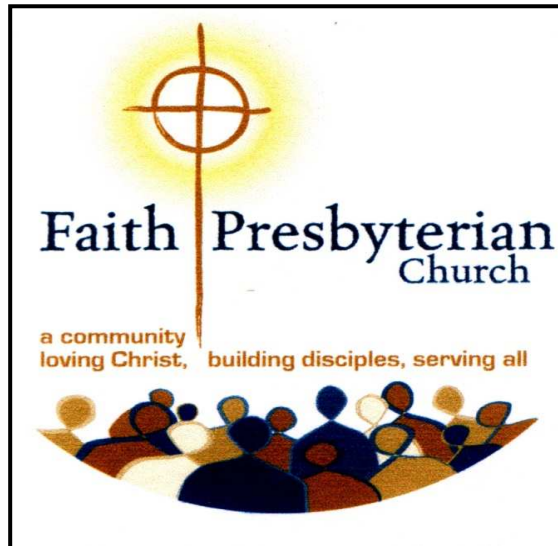
**August 1 - 7**

**Summer Mission Trip**

*The PresbyNews is published monthly  
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*Please send your submissions to Editor  
Jim Park at  
[JamesPark02@comcast.net](mailto:JamesPark02@comcast.net)*

*Or, drop off articles/photos in the  
church office.*



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**Pastor Jeff Chapman  
Associate Pastors  
Jim Zazzera,  
Patrick Vaughn, Quinn  
Vaughn**

**Next PresbyNews Deadline  
March 21**



## **Another 30 Hour Famine Completed!**

For more than 12 years, the youth of Faith Presbyterian have been doing their best to fight the global food crisis. February 26-27 was no different:

More than 35 teenagers and 10 adults participated in World Vision's "30-Hour Famine." The entire group fasted for 30 hours while asking sponsors to donate to the cause of world hunger.

And what a great year it was! The youth raised nearly \$7,000 to help fight hunger in Ethiopia. In the 12 years Faith's youth have participated in the famine, more than \$60,000 has been raised!

See Page 3 for the whole story!

# UPCOMING EVENTS!

## 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 (1<sup>st</sup>-7<sup>th</sup>)** 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 tuned to the Presby News, church website, and Sunday bulletin to find out more details.

### Presbyterian Women

Wanna spend an afternoon doing something fun and different? Presbyterian Women are breaking with tradition and inviting THE MEN of the congregation to our monthly luncheon. We are having a Guest Speaker, Ted Robinson, USNR Retired. Just to peak your interest: He is speaking on "JFK as a young Naval Officer and My Tent Mate". Commander Robinson is in demand as a guest speaker. His tales of growing up in the Great Depression, rescuing John F. Kennedy after the P.T.-109 incident and other triumphs and tragedies in World War Two, are history brought to life by a man who not only witnessed but survived these dramatic events. Wednesday March the 24th. Lunch is @ 11:30 am. Hope many men will attend.

**Mission Speaker:** Kimberly Claire (Pisor) from Scum of the Earth Church in Denver, CO

Kimberly grew up here at Faith and now works in the heart of Denver reaching out to people struggling with their faith and struggling to fit in society.

Kimberly will speak about her amazing experiences in Denver and where she sees God at work in her ministry.

This is a great opportunity to hear about Kimberly's work and get a sneak peek about what our Mission team will face this summer on our annual mission trip.

**Sunday, March 14th after each service in Link Hall.**

# 30-Hour Famine 2010

By: Rudy Buehler

For more than 12 years, the youth of Faith Presbyterian have been doing their best to fight the global food crisis. February 26-27 was no different. More than 35 teenagers and 10 adults participated in World Vision's "30-Hour Famine." The entire group fasted for 30 hours while asking sponsors to donate to the cause of world hunger. And what a great year it was! The youth raised nearly \$7,000 to help fight hunger in Ethiopia. In the 12 years Faith's youth have participated in the famine, more than \$60,000 has been raised!

While the youth were fasting, the entire group spent the night at the church. We played a big team-building game called "Tribe" and learned more about the global food crisis. On the morning of the 27<sup>th</sup>, we served up more than 100 bowls of hot soup and servings of sliced bread to the local homeless population. Not only that but we also handed out new pairs of socks. Many of the people we met were especially pleased for this because their feet were soaking wet after the downpour from the night before. One man immediately began to put on the new socks before our very eyes! In speaking with the people we came across, many youth commented about how they gained something from the experience as well. They saw Christ's face in the people they served. After we returned to church, many spoke about how appreciative they were of the blessings in their lives and how much more devoted they are to helping in the future.

We finally ended the fast by celebrating the Lord's Supper and ended the evening with a feast of lasagna and good old macaroni-and-cheese. It was a perfect way to wrap up a fulfilling 30 hours!

All the members of our youth group worked hard to find sponsors and were so pleased that so many people were willing to donate on Sundays. High Schoolers Sam Brophy and AJ Coupal raised almost \$600 each! They would like to thank the entire congregation for their ongoing support of the 30-Hour Famine and of the participants.



## **Family Promise Founder comes to Sacramento**

A Madison Avenue executive, **Karen Olson**, stopped to buy a sandwich for a homeless woman in New York City. Soon she and her two young sons began frequent trips to New York to hand out sandwiches to the homeless. After learning that there were many homeless families, Karen approached religious congregations to make their empty buildings at night available to homeless families and thus gave birth to Family Promise. That was 22 years ago. Family Promise has grown to over 150 affiliates throughout America. Over 250,000 people have found temporary homes and communities of compassion in Family Promise. Sixty percent of the guests in Family Promise have been children. The vision of Family Promise is "a nation in which every family has a home, a livelihood, and the chance to build a better future together."

Karen Olson, the founder, is coming to Sacramento to attend the 5th Anniversary Celebration of Family Promise of Sacramento. Karen is an inspirational speaker who will challenge us to continue to do the good work we are doing and to be aware of new possibilities of service. The celebration is Wednesday, April 21, 2010 at The Dante Club, 2330 Fair Oaks Blvd. There are no host cocktails at 6 p.m. with dinner at 6:30 p.m. A donation of \$50 per person is requested. Lisa Ling, well-known journalist who produced the segment on homelessness in Sacramento for the Oprah Show, will be emcee. For more information contact Cynthia Crow (392-9141, [cynthiacrow@sbcglobal.net](mailto:cynthiacrow@sbcglobal.net)) or Kelly Latimer (684-0811, [kelly13680@surewest.net](mailto:kelly13680@surewest.net)) the coordinators for Family Promise at Faith Presbyterian Church.

## **Passover Seder Scheduled for Palm Sunday**

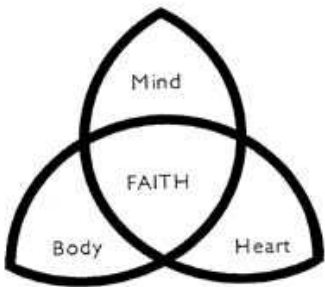
On Palm Sunday at 5:15 p.m. we will have a meal with elements of the Passover Seder for Faith Family Night. The entire congregation is welcome to attend and encouraged to sign up in advance (in the Welcome Center) so we can prepare enough food. Please join us in Link Hall for this special event on Sunday, March 28.

## **25 Projects Set for Compassion Weekend!**

Thank you, Project Leaders! You volunteered to lead 25 projects for Compassion Weekend, April 24 and 25. The congregation will have the opportunity to sign up for projects starting Easter Sunday. Until then, look over the list of scheduled projects and see what you'd like to do. Projects are for all ages. Some projects already have dates and times scheduled, the rest will be determined before the end of the month. Questions? Contact DiAnne Brown at 395-6129

	<b>April 4</b>	<b>April 11</b>	<b>April 18</b>	<b>April 25</b>
<b>Worship Service</b>	9:00am Easter	9:00am	9:00am	9:00am
<b>Worship Assistant</b>	Dorie McDaniel	Sheri Peifer	Claire Leader	Dave Nefski
<b>Ushers</b>	Jon Coupal Alisha Harshfield	Kent Kim Linda Jacobs	Bill & Em Baker	Chuck Bell Don Flaherty
<b>Greeters</b>	Terry & Patrice Mangum	Bob & Tanya Anderson	Carol & Howard Frank	Don Flehraty Sharon Lee Kincaid
<b>Sound</b>	Bill Baker	Don Sperling	David Nash	Rick Hom
Coffee Preparers	Donna Touros	Mike & Connor Hankey	Denise Fass Janet Sather	Kathy Ellis Marianne Jenkins
<b>Worship Service</b>	<b>11:00am</b>	<b>11:00am</b>	<b>11:00am</b>	<b>11:00am</b>
<b>Worship Assistant</b>	Chuck Bell	Rebecca Westmore	Nancy Remley- Johnson	LeNore Connett
<b>Ushers</b>	Brian & Allison Reynolds	Deborah Dunn John Liddle	Lori Rapier Cary Kincaid	Dick & Mary Patterson
<b>Greeters</b>	Charlie Tucker Sharon Vollstedt	Alicia Harschfield Julia King	Dick & Betty McClure	Jim & Barbara Tracy
<b>Sound</b>	Joe Parente	Lauren Michelson	Ken Finch	Carroll Collier
Coffee Preparers	Roy Bagby	Tom & Julie Busch	Greg & Lori Rapier	Victoria Jane Tam Erwina Bush
Tellers	Barbara Powell Marvette Swayzer	Helen Christenson Marilyn Becker	Bob Connett Dick McClure	Kitty Tatro Jarvis Arellano

### Lose Fat Just by Standing???



Your body might be able to break down fat better if you do this one simple thing:

*Stand more.*

A small study suggests that when people sit around too much, enzymes that help break down fat are practically turned off. Bad news not just for your waist but also for your heart and artery health. The solution? Fidget, pace, get up, get down. Do whatever you have to do to move those legs of yours. Often.

### The Daily Lowdown

Unfortunately, daily low-intensity activity--everyday stuff like walking to the bus stop, pinning the laundry on the line or pushing the lawn mower--is going the way of poodle skirts and fuzzy dice, thanks to desk jobs, the internet, and 500-channel TVs.

But your body needs not only a formal workout routine but a high percentage of everyday movement, too. So try these tips for making your days more active:

1. Be a multi-tasker.
2. Bounce that knee.
3. Try shorter workouts if you don't have time for longer ones.
4. Turn your commute into a work out.

# Loaves & Fishes Wish List – Please Donate!

## Maryhouse

Deodorant  
Diapers size 4,5,6  
Super Tampons, Maxi Pads

## Friendship Park

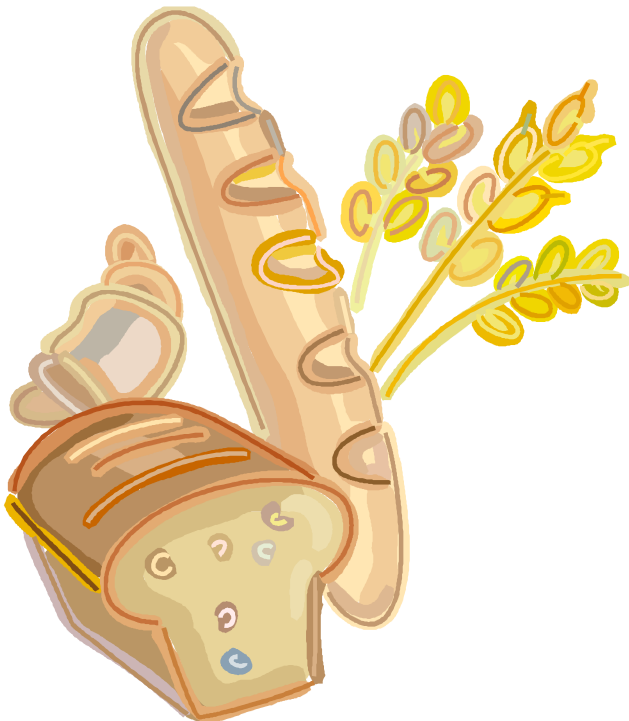
Men's White Socks  
Men's Coats, jackets, sweatshirts  
New or gently used shoes  
Winter hats and gloves  
Rain ponchos  
Sleeping bags and blankets  
Backpacks  
Toilet paper

## Mustard Seed School

Belts  
Underwear 4T, 5T, 6T  
School uniforms (navy slacks, white shirts)



The above items can be delivered to **Loaves & Fishes Warehouse** at 1321 North C Street, Sacramento, Mon.-Fri. 7 a.m. to 2:30 p.m.



**Compassion Weekend 2010  
Scheduled Projects April 24-25**

<b>Project</b>	<b>Partner Agency</b>	<b>Description</b>	<b>Project Leader(s)</b>	<b>Location/Day</b>
Raise funds for to shelter pets owned by the homeless	Loaves and Fishes Animal Shelter program	Hold a carwash	Jenny May's small group (Munchies)	Faith parking lot
Refurbish house	Rebuilding Together	Do light repairs, painting, landscaping	John Brophy	South Sacramento Saturday 9-3
Celebration Meal in Link Hall or outside, depending on weather		Help with food prep, set up and clean up Sunday afternoon, April 25	Mike Hankey	Faith Church Sunday afternoon
Assemble "Grace Bags" for homeless		Assemble bags with hygiene supplies, water, etc. to distribute to the congregation for Sacramento's homeless; write notes of encouragement	Sunday night Life Group Marianne Jenkins	Faith Church
Visit seniors	Eskaton and Bruceville Terrace senior facilities	Provide entertainment, conversation, games, and/or treats	Lissette Arias	Eskaton (Florin Rd.) and Bruceville Terrace Saturday and Sunday
Knitting		Knit scarves, blankets, hats	Jan Sperling	Faith Church Saturday and Sunday
Work in garden	Soil Born Farms	Plant, weed garden. Produce grown there goes to Farmer's Markets in low-income neighborhoods	Sue Potter	Off-site (Rancho Cordova) Saturday 9-12:30
Sacramento Northern Bike Trail clean up	City of Sacramento, "14 Miles of Service"	Remove litter, invasive plants, prune shrubs	Monday Night Life Group Kim Char	Robla Community park Saturday 8-noon, lunch at 12:30
Light carpentry work	Cottage Housing ( <i>Transitional housing for adults at Quinn Cottages, Families &amp; Children at Serna</i> )	Air conditioner units for each cottage need to be framed outside	Laurie Richardson	Quinn Cottages, downtown Sacramento Sunday
Repair dining tables	Wellspring Women's Center	Sand and varnish dining tables	Tuesday Morning Life Group Jeff Brown	Wellspring Women's Center
Prep and serve lunch	St. John's Shelter ( <i>Provides 90 day emergency shelter services to women with children or single women</i> )	Prep and serve lunch	Tuesday night Life Group Kitty Tatro	St. John's Shelter Sunday, 10-12:30

Prep and serve lunch	Loaves and Fishes	Serve Saturday and/or Sunday lunch	CW Team	
Sort donations	St. John's Shelter	Go to the donation center to sort and hang donated items	CW Team	St. John's Shelter
Hold a Bake Sale	Share Our Strength - Great American Bake Sale	Bake cookies, cakes, etc. Funds raised go to pay for local after-school and summer nutrition programs	Melinda Lewis	Outside Bel Air or Nugget stores
Bag rice	South Sacramento Interfaith Partnership Food Closet	Measure and bag rice for needy Sacramento residents	Melinda Lewis	Faith Church
Cook a meal for teens	WIND Youth Center <i>(Day center and 16-bed shelter for homeless or at-risk adolescents)</i>	Purchase food and prepare a meal for 15 teens, eat with them	Thursday Night Life Group Jennifer Smith	WIND Youth Center
Clean gutters, repair fences	Diogenes Youth Center <i>(Emergency shelter for youth 12-17 years old, transitional youth living for 16-21 years old)</i>	Three houses owned by this agency need light maintenance and repair/clean up	Wednesday Night Life Group Dave & Janet Leader	
Prep meals	Meals on Wheels <i>(Prepares and delivers meals to homebound seniors)</i>	Prep meals and prepare box lunches	Glenda's Life Group Glenda Arellano	West Sacramento
Plant Trees	Sacramento Tree Foundation	Plant trees in designated area	CW Team	To be determined
Make t-shirt dress for Ethiopian girls		Sew t-shirts into dresses and add decorations	Ilena Maestas	Faith Church
Trash pick-up		Pick up trash	Mark Hubler	Garcia Bend Park and along the Sacramento River
Make school kits	World Vision	Assemble school kits for needy kids in the United States	Donna Touros	Faith Church
Light repairs around the house		Help one of Faith's seniors with repairs around her home	Jane Owen's Life Group Jane Owen	Greenhaven/Pocket home
Craft Prep	Very Special Arts	Cut, paste, assemble supplies for festival	Alice Parente's Life Group Alice Parente	Faith Church Saturday afternoon
Vehicle Safety Inspection		Check cars for safety	Gary Cash	Faith parking lot



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