

Start Saving!

Vacation Bible School is just right around the corner and **we need your help!** Please bring the following items to the church to help us with our craft projects: egg cartons (12 count) both paper and plastic and paper towel tubes.

A Big Thank You!

Thank you to all the children and youth that helped us worship God in such extraordinary ways on Youth Sunday! We had more than 60 children and youth involved in the planning, preparation, and/or leading of the worship service. What a blessing each and every one of you is to our congregation and community.

We also couldn't have done Youth Sunday without the parent support. Thank you for driving your children to the rehearsal, helping them practice their parts, getting them to youth group, and most importantly ensuring they arrived for the worship service.



Thanks for Giving Blood!

A big thank you to everyone who took the time to donate blood on May 9th. We registered 24 donors and collected 22 units. Two of the donors were "first-timers." If you were unable to donate this time, you will have another chance on October 10th. Sally Evey



Two New Ways to Keep your Mind Sharp

The power to keep your memory sharper than an iron Chef's knives could come from two humble places: caffeine and algae. New research showed that these two simple weapons may be important in helping you keep Alzheimer's disease or more common age-related minimal cognitive dysfunction (memory failure) at bay or reverse some of its changes.

Caffeine. When rodents with symptoms of Alzheimer's were fed 500 milligrams of caffeine a day (about 5 cups of regular coffee), not only did they do better on memory and thinking tests, but also their brains had a 50% reduction in beta-amyloid protein, a compound that collects in your brain and tangles up your ability to think. (No word on whether they started buying stock at Starbucks.) This research confirmed what has been found in large studies of humans: That 6 or more cups a day decreases the risk of memory loss by more than 40%.

DHA, the key omega-3 in fish oil--and the key fat in your brain (yes, we are all fatheads: 60% of our brains are structural fat, and 50% of that is DHA.) So it makes sense that when people with memory complaints took 900 milligrams of DHA from algae, they made fewer mistakes in memory test than they did before taking supplements. In fact, they made as few mistakes as some one 7 years younger would have. Other DHA research hasn't shown such dramatic benefits yet, but there are plenty of other good reasons to take the supplement. It can help prevent the most common kind of vision loss in older age--that from macular degeneration.

Meet Faith's New Members



Stephen & Carlene Mauch have lived most of their lives in Sacramento and are parents of two adult sons. Stephen manages a local public agency that works with the CA Dept. of Food & Agriculture and county agricultural commissioners. Carlene works as a Marriage & Family Therapist at Solace Counseling Center. In their spare time Stephen is learning to play guitar and he likes to read. Carlene likes to read, walking, spending time with family and friends. She is pursuing an interest in horses and will be beginning riding lessons soon. They both wanted to find a church they could connect with and was in the community which they live.

Denise Nishimi has lived in the Sacramento area since 1990. She is a member of the PGA and a golf professional (instructor), presently not affiliated with a golf course. She is married and a mom of two daughters, Kaitlyn and Madie. In her spare time she obviously likes golf, but also enjoys reading, sewing, other crafts and her family loves to travel together. She was looking for a church with a positive and active environment for her two daughters and she is happy to be at Faith where she says "actions speak louder than words"



Wilma Cornelius was brought to Faith Church through her Mother, Virgie, and has been attending for sometime. She is busy attending school and enjoys family and friends in her spare time.

Elliot Robinson has spent most of his years between the Bay Area and Sacramento. He currently works as a Printing Press Operator for an international paper. He enjoys watching movies, listening to music, watching football with family friends, playing video games with his nephew and spending time with his wife. He came to Faith Church through a friend at work and gained a desire to find out who God is, what He is about and where he fits in.



Elizabeth Pearson is a returning member. Welcome back!



Welcome Baby Vaughn!

Patrick and Quinn Vaughn welcomed Whitworth Walter Vaughn on Sunday, May 16 at 10 p.m. He weighed 7 lbs. and 9 oz. and is 20 1/2 inches long. Congratulations!!!



Senior Resource Fair

Saturday, June 5 9:30am – 1:00pm, St. Anthony Parish

- Free Blood Pressure Check
- Free Glucose Check
- Free Hearing Tests
- Free Foot Exams
- Free Memory Testing
- Free Massage Therapy Sessions
- Free Legal Questions Answered

Agencies/Non-Profit Organizations such as Home Health and In-Home Care Agencies, Assisted Living, Senior Legal Services, Podiatrist, etc. Sponsored by Primrose & St. Anthony Parish. For more information: 392-3510



S.S.I.P. Fundraising Dinner Held

About 30 folks from Faith attended the May 12th S.S.I.P. fundraising dinner along with more than 200 members of other South-Area churches. An excellent roast beef and chicken meal was served, followed by tasty cake dessert. Several thousand dollars were raised which will move closer the construction of a new Food Closet at Bethany Presbyterian, replacing the tiny, inadequate current quarters. The Board can now begin to negotiate with contractors. Construction cannot begin too soon for the many volunteers who keep the Food Closet running.



Presbyterian Women to Install New Officers

Presbyterian Women will meet on Wednesday, May 26 to install new officers. Bible study will be at 10 am followed by lunch (brown bag) at 11:30. All women are invited.

High School Students Confirmed



The following students were recently confirmed at Faith. From left to right: Sophia Bagby, Sierra Brown, Jordan Larson, Samantha Brophy, Patrick Bush, Cate Whidby, Jazmine Fortes, and Sarah Ainsworth. Congratulations!

Dear Faith Family –

It is with sadness that I want to inform you that John Morton, a long time member of Faith, passed away on May 10th. John and Mary were active members of this congregation for many years. Mary passed away in 2005 and shortly after that John went to live in an assisted care facility in Elk Grove. Not long ago, John moved to the Bay Area to be closer to his daughter, Kathleen, and her family. John passed away Monday morning, May 10th, after a series of strokes. There will be a family gathering to celebrate his life this summer in Washington. Notes or remembrances can be sent to John's daughter at:

Kathleen Shambaugh, 30 Matisse Court, Pleasant Hill, CA 94523

*Please keep John's family in your prayers. I know that they have been grateful for those of you who have continued to care for John even after he was unable to participate much in the activities of the church. Our deacons, in particular, have been a great source of support.
Grace and Peace, Jeff*



Volunteer Opportunities in Sacramento

Serving the Homeless and Hungry

During Compassion Weekend volunteers had the opportunity to partner with many organizations in the Sacramento area serving the homeless and/or hungry. If you'd like to do more, please consider volunteering with one of the following:

Cottage Housing, Inc.

Please contact Jennifer Walten at (916)-971-1566 ext. 12 or jwalten@cottagehousing.org
Volunteer opportunities include: youth mentoring, after-school tutoring, gardening and craft activities, and more!
Go to: www.cottagehousing.org to read a full list of opportunities.

Family Promise

Family Promise needs volunteers to help answer phones, provide transportation for job interviews, and help kids with homework. Please contact at (916) 443-3107 to see how you can help.

Loaves & Fishes

Please contact Sandy, Volunteer Coordinator, Monday through Thursday, 9:00am to 1:00pm. Every Thursday at 10:00 am, the Volunteer Coordinator gives an informational talk and a tour of all the Loaves & Fishes programs. This Volunteer Orientation is open to all who come. This same tour is available on the first Saturday of each month by appointment only and begins at 9:00 am. Phone: (916) 446-0874. Email: volunteer@SacLoaves.org

Sacramento Area Emergency Housing

Interested volunteers are welcome to fill out our online volunteer application, but there will be a delay of approximately one month before you will be able to begin volunteering. Fill out the online application here: app.etapestry.com. Volunteers are needed in many areas, including: fundraisers, improvement projects, teaching knitting and crocheting classes as well as projects including Girls Night In and Family Fun Fridays. Read a complete list of volunteer opportunities here: www.saehc.org. Please email volunteer@saehc.org or call (916) 454-2120 x302 for more information or to set an appointment time to meet with the agency's volunteer coordinator.

Salvation Army

Volunteers are needed to teach Life Skills Classes (i.e. budgeting, writing resumes, parenting, etc) at their Transitional Housing Shelter – Center of Hope. Days and times vary. Please call (916) 442-0331 for more information. For additional opportunities, please contact Ava Simpson at (916) 563-3732 or email her at ava.simpson@usw.salvationarmy.org Opportunities include: providing and preparing food, making blankets, help with bulk mailings, food box packing, sorting and distributing Christmas food, toys and coats, and other “working with your hands” projects.

St. John's Shelter for Women & Children

For those interested in volunteering at St. John's, volunteer orientations are on the first and third Saturday of each month, at 10:00 am. Please call Rachele Burton at (916) 453-1482 ext. 23 or email her at rburton@stjohnsshelter.org. For a list of more volunteer opportunities, please visit: www.stjohnsshelter.org

Wellspring Women's Center

Those interested in volunteering should contact volunteer coordinator Sister Jane McKirchy at wellspring-women@comcast.net Volunteers are needed in a number of different areas, including: program volunteers, project volunteers, special events fundraising and Christmas Store volunteers. Visit: www.wellspringwomen.org for a complete list of volunteer positions.

WIND Youth Services

Volunteers can help in two different areas. The WIND Center: seeking volunteers with teaching experience to assist in their school program, which teaches kids aging from 7th through 12th grade. The WIND Youth Shelter: seeking volunteers to help in preparing lunch or dinner meals, for up to 20 kids. To volunteer, please contact Amy Ifurung at (916) 561-2424.

Women's Empowerment

Contact Michelle DeSart at (916) 669-2307 for volunteer opportunities or visit www.womens-empowerment.org to read more about specific volunteer opportunities. Tasks include: event organizer, teacher and small group facilitator, computer technician and job mentor. Access the volunteer form here: www.womens-empowerment.org