
Faith Presbyterian Church

PRESBY NEWS

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625 Florin Rd., Sacramento, CA 95831 (916) 428-3439 www.faithpresby.org

Sunday Services 9 and 11 a.m.

August 1st is Hope Sunday

The leadership of Faith recently decided to make a long term partnership through World Vision with the Abaya community in Southern Ethiopia. This is an exciting step in our growing efforts to show the compassion of Christ to the poorest of the poor in our world and, in doing so, meet Christ through those same people. Sunday, August 1st, has been designated as Hope Sunday. That morning we will hold a grand celebration in worship to kick off this long-term partnership. This will be a Sunday morning you will not want to miss! Spread the word!



All Church Fall Retreat At Zephyr Point, Lake Tahoe September 10-12, 2010

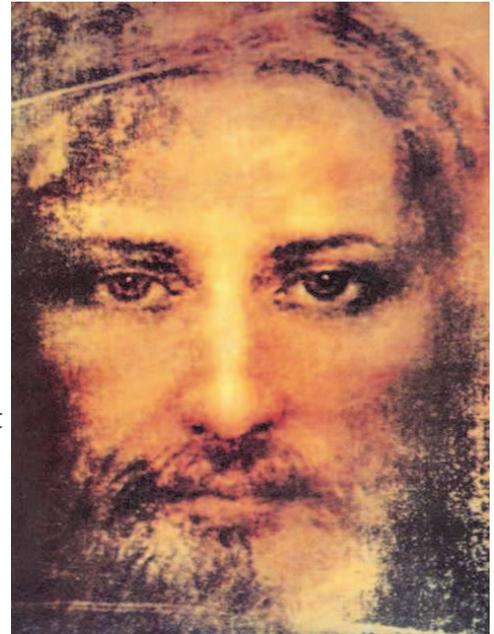
Don't miss one of the true highlights of the church year – three refreshing days with some of the best people you'll ever meet in one of the most gorgeous places you'll ever stay. We've got programs for children, youth, adults, and even nursery care. Pick up a registration form at the Church. Money tight? Speak confidentially to one of our pastors about a scholarship.

Don't miss out!



Would You Like Your Life To Look More Like Jesus?

Over this last year each member of our pastoral staff started something called discipleship “triad.” Perhaps you have heard this strange name mentioned around the church these past months. Essentially, triads are the gathering of three (hence the name) people who meet together for 12-18 months on a journey of putting on the character of Christ (that is, become more like Jesus). The hope for these groups is that they can help us move from being people who believe in Jesus to become people who follow Jesus in all aspects of our lives.



Here is a brief picture of what these Triads look like:

- Shared leadership: Triads are not “led” by any one person, but they are an experience in which three people enter together as fellow pilgrims.
- Curriculum: Triads are guided by a “curriculum” which, in turn, guides us through scripture. The goal is not to master concepts but to be “formed” in faith.
- Vulnerability: One of the reasons for meeting together in groups of three is that we yearn to develop a deeper vulnerability and authenticity with our brothers and sisters in Christ. The small size of these group makes this possible.
- Prayer: A big part of the Triad commitment is to be in prayer for each other.
- Commitment to future leadership: Each member of a Triad promises to work to gather a new group of three after the completion of the current group so that the commitment to discipleship will spread throughout the congregation and beyond.

Time Frame: A significant time commitment is involved. Each Triad member commits 1- 2 hours each week to meeting together with the group. In addition – triad members commit 4 to 6 hours a week for additional study and prayer. Each Triad consults to pick its own best time to meet, preferably in a home.

Perhaps an experience like this is just what you have been longing for? Perhaps you have had a desire to grow in your intimacy with Christ but weren’t sure where to turn. If so, perhaps you want to consider helping to begin a triad of your own? If so, please join us at an informational gathering on Wednesday, August 11th at 7pm at the church. At that time we will explain the process and goals of these triads in more detail, and you will have an opportunity to talk with some of the twelve people who have participated in this practice for over that last year or so. By coming to this meeting you will not commit to being in a Triad. The meeting is simply to learn more. If you would like to attend the meeting, or have questions before doing so, please contact either pastor Jeff Chapman or Jim Zazzera today.

Faith on Parade



Faith Church was well represented at the Spirit of the Pocket Parade on Saturday, July 3rd. We had marchers showing our many different age groups --- from 5 – 85. We let our light shine in the Greenhaven/Pocket community. There were signs inviting people to come check out our church and signs telling others of the many mission activities we engage in. A big thank you to Sue Potter for recruiting marchers and organizing the group.

Faith @ the Movies Begins this Week!



Plan on spending Wednesday nights with a movie and a bit of popcorn this July! The films are free and will start at 7pm each Wednesday evening. The showing is held in the sanctuary and is followed by a very brief discussion time. Come and enjoy a summer evening with friends!

July 7 – *Up*

In this not-just-for-kids animated film, 78-year-old Carl Fredricksen sets out to fulfill his lifelong dream to see the wilds of South America. But he learns he is not alone on his journey when he discovers 8 year old Russell is a stowaway on his trip.

July 14 – *The Blind Side*

The story of Michael Oher, a homeless and traumatized boy who finds a new life through school and family and football with the help of a determined and caring woman.

July 21 – *Under The Same Moon (LA misma luna)*

This movie tells the parallel stories of nine-year-old Carlitos and his mother, Rosario, who live on opposite sides of the U.S./Mexico border. Unexpected circumstances drive both Rosario and Carlitos to embark on their own journeys in a desperate attempt to reunite. Along the way, mother and son face challenges and obstacles but never lose hope that they will one day be together again.

July 28 – *Invictus*

Nelson Mandela, in his first term as the South African President, initiates a unique venture to unite the apartheid-torn land: enlist the national rugby team on a mission to win the Rugby World Cup.

Get to know your Deacon

This month, our featured deacon is Marianne Jenkins (Parish 8). Marianne has been a member of Faith for three years, and a deacon for one year. She works as a Cardio Vascular Tech in Mercy San Juan's open heart surgery unit. Marianne offers compassion and caring to her patients and also brings those traits to being a deacon at Faith!

Marianne loves crafts, and is an avid reader. She is also madly in love with her one year old grandson, Elijah! She has two grown sons who she loves very much...

When asked what her biggest challenge is as a deacon, Marianne replied, "My parish started on the smaller side, and with the new people coming to Faith, has grown quickly. Some folks have not given their phone number to the church yet – I'd like to encourage them to contact me, or the office. I want my parish to know that I am here for them."

What does being a deacon mean to you?

"Being able to help others enables me to feel closer to God. I love serving others!"

You can reach Marianne at 916-212-8111, or email her at mjenkins419@comcast.net



Stay tuned for more deacon updates!

God Bless!

Welcome Whitworth Walter Vaughn!



We're excited to introduce you to Whitworth Walter Vaughn, son of Pastors Patrick and Quinn Vaughn, born May 16, 2010. Many of you have been asking about the origins of "Baby V's" name... Whitworth was named after Patrick's great great great grandfather George Frederick Whitworth and Walter Peter Forsyth, Quinn's mom's favorite grandfather. Here's a little information about them.

In 1853, George Whitworth, a minister in the Ohio Valley, set off for the Western frontier to establish a college that would provide "learning of the high-

est grade." Of the 50 families who joined this mission trek to the Northwest, only Whitworth's made it to Oregon. It was 30 years before he was able to revive his dream of establishing a college.

In 1883, Whitworth founded Sumner Academy in a village of the same name in Washington Territory. Seven years later, the school was incorporated as Whitworth College. The catalog from that year further defined the vision: "It is intended to give both sexes a thorough course of education equal to that of our best Eastern colleges, guarding well the moral and religious life of the students, ever directing them in pursuit of that learning and culture of mind and heart that make the finished scholar. This institution is well fitted for this, being under the control and direction of the Presbyterian Church. While it is denominational, it does not aim to be sectarian, opening its doors to all lovers of truth and learning." In 1899, the college had outgrown the rural community of Sumner and moved to Tacoma. Fifteen years later, when Spokane developer Jay P. Graves offered land in his Country Homes Estates, Whitworth moved once more. In September 1914, classes began in Spokane.

Walter Peter Forsyth was born 1890 in Chicago but moved with family to Seattle.

A consummate gentlemen's salesman known widely as one of the best Toast Masters (a man good with his words and friendship), he was an avid baseball fan, holding season tickets to the first Major League Baseball team, the Seattle Pilots. Walter attended the Congregational Church in Seattle where Quinn's parents were married. He was a good athlete (boxer and bowler) but most importantly he was, in Quinn's mom's estimation, the best grandfather a person could have.



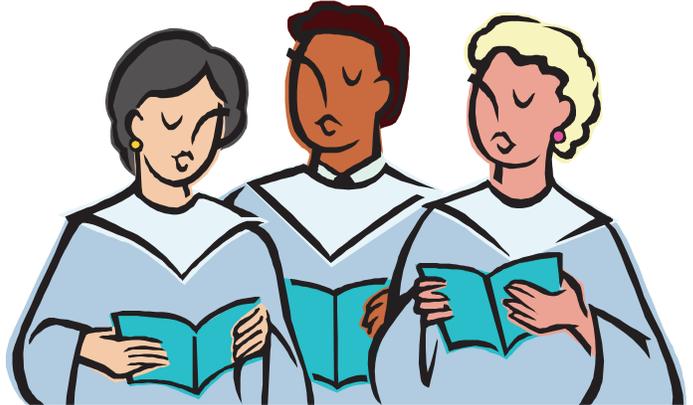
Thank You Faith Musicians!!!!

Special thanks to all who have contributed to the Ministry of Music at Faith Presbyterian. Your gifts of time and talent have truly inspired us throughout the year:

**Betsy Butler - Director of Music Ministry and
Thomas Stahl - Organist/Accompanist**

Participants in Faith Chancel Choir and Festival Choir 2009-2010

Chris Becker, Rene Beers, Patti Bill, Gary Cash, Lois Chan, Lenore Connett, Bob Connett, Virgie Cornelius, Joe De Illy, Dick Dyer, Sally Evey, Don Fleharty, Dian Frye, Joann Helmich, Judy Hey, Ellen Holgren, Bob Holgren, Lesley James, Bruce Kern, Sue Kim, Sharon Kincaid, Jennifer Kincaid, Claire Leader, David Leader, Harry Lewis, Julie McAllister, Dennis Merwin, Nancy Mitchell, Brenda Norris, Kathy Pehrson, Dan Pehrson, Ken Pisor, Liz Shahbazian, Jan Slipe, Betty Star-Joyal, Pat Tatro, Johanna Thommen, Lillian Thurston, Carolyn Tillman, Dorothy Vaughn, Bill Welch, Rick Williams, Trish Woods



Faith Worship Band

Brien Bell, Esther Chapman, Jenny may, Lori Nichols, Mike Nichols, Sheri Peifer, Jon Cash, Terry Mangum, Marty McAllister

Instrumentalists and Soloists

Gayle Alexis, Nancy Hom, Lindsay Kammeier, Jennifer Kincaid, Jeff May, Winona Miles, Rachel Pisor, Martha Smith, Barbara Tracy, Lillian Waters, Dick West

Faith Bluegrass Band

Willis Ackman, Brad Johnson, Hal Johnson, Jenny May

Faith Brass Band, directed by Dennis Merwin

Bob Holmgren, Ellen Holmgren, Tom McDuffie, Fred Noteware, Dan Pehrson, Steve Rock

Young Faith Singers, directed by Melody Tactaquin

Noel Chapman, Kimberly Evans, Caitlyn Evans, Mallory Hubler, James Kitchell, Jacqueline Laybourn, Kaylah Miller, Nya Mitchell, Isabel Selling, Katie Teixeira, Margaux Warren

Keep Skin Beautiful with a Few Shaves of This

Be it to summer drinks, crisp salads, or sandwich spreads, adding a few shaves of this could be good news for your skin: lemon zest. A compound in lemon peels appears to help ward a common skin cancer--squamous cell carcinoma (SCC--by up to 34%. And it's all thanks to a citrus compound called d-Limonene.

Look to Lemons

D-Limonene seems to help keep skin cancer cells from growing and multiplying. And you can find plenty of the stuff in citrus peels; d-Limonene makes up more than 90% of citrus--peel oil. In a study of people who lived in sunny Arizona, those who consumed the most citrus zest had the lowest rates of

SCC. And the more lemon, orange, and grapefruit zest the people consumed, the more they were protected from SCC.

A Common Cancer

Skin cancer is the most common cancer: more than 2 million people in the United States are diagnosed with it each year. SCC is a type of non-melanoma skin cancer. It's highly treatable if it's diagnosed and treated early.



“When Did We See You?”

Adult Sunday School Class Continues

This Sunday School class will include Biblical reflections on hunger and poverty and local speakers who will connect us with their ministries with the hungry and homeless in Sacramento. Please plan on being there: Sundays at 10:15 a.m.- 10:55 a.m. - Room 2

July 11	Speaker from <i>Sacramento Steps Forward</i>
July 18	<i>And God Saw that It Was Good</i> Facilitator: Rudy Buehler
July 25	Speaker from <i>Loaves and Fishes</i> : Janet Green
August 1	Speaker from <i>Women’s Empowerment</i> :: Michelle DeSart
August 8	Speaker from <i>Cottage Housing</i>
August 15	<i>Hunger No More</i> Facilitator: Rudy Buehler
August 22	Sister Claire Graham: Sisters of Social Service
August 29	<i>Go And Do Likewise</i> Facilitators: Rudy Buehler, Jenny May, Jim Zazzera
September 5	Speaker Cindy Burger from <i>Grace in Action</i>

Spotlight on California Emergency Foodlink



Dexter McNamara from California Emergency Foodlink shared information about his organization during the “When Did We See You?” adult Sunday school series being held this summer to help the congregation learn about homelessness and hunger in Sacramento.

California Emergency Foodlink, Sacramento County’s Official Food Bank, was founded in 1992 with the mission of finding sensible solutions to hunger that effectively address its root causes: poverty and joblessness. To accomplish its mission, Foodlink has implemented a mission strategy of building better communities by providing jobs, preventing hunger and training for the future. At no charge to recipient agencies, Foodlink delivers more than 120 million pounds of food per year throughout California. In Sacramento Innerfaith Foodlink provides food to over 100 different food banks serving approximately 70,000 people each month.

Foodlink welcomes volunteers this summer to help glean fruits and vegetables from local fields early Thursday mornings. Please call 916-387-9000 if you’d like more information, or check out the organization’s website at www.foodlink.org.

Adult Discussion Group Starts in September

Each year, beginning in September, we feature an adult discussion group on the first Wednesday of each month at 2pm. The book we will be reading this year is *Soul Survivor* by Philip Yancey.

Publishers Weekly commented this way about the book: “Fans of Yancey’s bestseller *What’s So Amazing About Grace?* may not know what to do with this book. In some ways, it is his darkest work ever, chronicling his own lover’s quarrel with the institutional church specifically, the church of his childhood that promulgated racism and practiced a pharisaic legalism. In other ways, this book is one of his most hopeful, for in it he charts a spiritual path through all of the muck made by organized religion. As guides, he looks to “a baker’s dozen” of thinkers, writers, doctors and activists who have taught him about Christianity.”

