



THE MISSION BELL

CARMICHAEL PRESBYTERIAN CHURCH

August 2024

Volume LXIV Number 7

Carmichael Food Closet Makes Changes

by Barbara Farley

As the Food Closet begins its 51st year of serving the Carmichael Community we have made some changes. In January, **Megan Dye** took on the responsibilities of Operations Manager. Megan has a gift for organization and has brought

many changes that have increased our efficiency and improved our service to the many families



The "farm cart" allows families to choose produce items they will enjoy.

(Continued on page 3)

who depend on the food we distribute to them.

During an audit in March by the Sacra-

Summer Art Show: "Celebrating Ann and 80 Years of Art"

by Lori Keeney

Our featured summer artist is **Ann Kerr**. As many know, Ann grew up at CPC along with her parents, **Bill and**



The art of Ann Kerr is featured in the DeVries Gathering Place Art Gallery this summer.

Cathy Levering. With children and grandchildren, there have been four generations of Ann's family in our

church family over the years. This show title was chosen because of Ann's 80th birthday in July. To celebrate, we have included various years of multi-media art.

Ann has always had a creative streak, starting when she was very young. Her art is as compelling as her life's story. In college, *(Continued on page 4)*

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Building a Real Welcome Insert

From Pastor Ivan N. Herman:
“Truly Free Food”

Sharing food is a deeply cultural and spiritual experience. We don't eat just to fuel the body (though with two active teenagers in my home, I know it certainly is that, too). Breaking bread at the table is a way of creating community and nourishing the spirit.

Jesus ate meals with his friends and followers, and he fed those who were hungry. In the Gospel of John, he referred to himself as the bread of life (6:25) and the true vine (15:1). On the very same night he was arrested he spoke of his own body and blood as bread and wine as he shared a meal with his disciples. For some, the Lord's Supper is a meal that is a physical reminder of Jesus, while for others it is an invitation to participate in the faithfulness, righteousness, and discipleship of spiritual life in him.

The theology within the Lord's Supper is vast. Wars have been fought over its meaning and over who and who cannot participate in this sacred meal. The Presbyterian Church (U.S.A.) has come to embrace the practice of an open table. The PC(USA) Directory for

Worship states, “The opportunity to eat and drink with Christ is not a right bestowed upon the worthy, but a privilege given to the undeserving who come in faith, repentance, and love. All who come to the table

“Hear, everyone who thirsts: come the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without price.”

Isaiah 55:1-2 (NRSVUE)

are offered the bread and cup, regardless of their age or understanding.”

If an invitation to the most sacred meal of the Christian tradition is extended without regard to one's worthiness, preparedness, or understanding, then this spiritual practice can guide how our Food Closet goes about its distribution of meals every day. I commend to you the article by Barbara Farley in this newsletter that describes how we continue to expand food distribution and break down barriers to its access. “The Lord's Supper also reflects our

calling to feed others as we have been fed, and offers a foretaste of that heavenly banquet...” (W-3.0409)

Sara Miles, a memoirist and theologian tells of her spiritual transformation from eating a piece of bread and taking a sip of wine in her 2007 memoir *Take This Bread: A Radical Conversion*. She started a food pantry at St. Gregory of Nyssa Episcopal Church in San Francisco and served thousands of people from the very same communion table where she first experienced that Eucharistic conversion. Miles tells the story of her struggle with reconciling the methods of food distribution with the meaning of it. “It was a spiritual question: Who were we for? And, at the heart of it: What was the meaning of feeding people?” After limiting the amount of food she was giving to individuals, she realized the problem was not with those who had need, but with the limited supply. As she sought more food for the food pantry she was asked by a supplier if she knew that folks were double-dipping, going to more than one pantry. She responded, “feed my sheep, feed my sheep... [Jesus] didn't say, ‘Feed my sheep after you check their ID.’” (pg. 150).

... Food Closet ...

(Continued from page 1)

mentto Food Bank and Family Services, our main source of food, we were asked if we would be willing to become a

TEFAP, The Emergency Food Assistance Program, distributor. This is a gov-

ernment program that distributes surplus food products to Food Closets like ours. The Food Closet

Leadership Team investigated and discussed the possibilities and decided that even with some additional paperwork we would be able to provide higher quality and more variety of foods to our guests if we became a TEFAP Food Closet. On June 5 more than 50 Food Closet volunteers met with Max Meyer from the Sacramento Food Bank to hear about TEFAP. On June 10 we started the new distribution. One of the requirements of TEFAP is that we have no barriers to accessing the food. Phone ordering is considered a barrier, so we phased out our

call-in system during June. Many of the faithful phone volunteers have now joined either a morning or afternoon shift and help us with food distribution.

Our volunteers are very excited about the changes and feel we are doing a better job of food distribution.



Volunteers check in guests and help load bags of groceries into vehicles on Food Closet distribution days.

The Food Closet distributes food on Mondays, Tuesdays and Thursdays from 1:30 to 2:00 p.m. and Thursday evenings from 6:00 to 7:00 p.m.

The AM volunteer shift is from 8:30 to 10:30 a.m. Monday, Tuesday and Thursday – these volunteers accept and sort food donations from the Sacramento Food Bank and local grocery stores.

The PM volunteer shift is from 12:30 to 2:30 p.m. Monday, Tuesday and Thursday or 5:00 to 7:15 p.m. Thursday evenings – these volunteers distribute food to people who walk or

drive up.

We can always use new volunteers. To request information on how you can help, email carmfc5645@gmail.com.

We are grateful to the many members of CPC and people from the community who donate money for the support of the Food Closet. A lot of the food we distribute is surplus food we receive at no cost, but we do have to buy some foods to assure that we are giving a balanced diet. We spent over \$10,000 on milk and eggs in 2023. Supporters can also make food donations. Watch for a food-of-the-month in the *Mission Bell* and weekly *Parish Notes* each week. For August, our food is 12-16 ounce jars of peanut butter. Look for a basket in the Narthex on Sunday mornings to receive your donations.

Thank you for the many years of faithful support to this ministry that helps us fulfill the Matthew 25 mandate to feed the hungry.

THE MISSION BELL

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... Summer Art Show ...

(Continued from page 1)

she lost her eyesight, and had to have corneal transplants. This exhibit is a wonderful testament to human courage and determination, as well as the miracle of modern science.

Ann's love of sharing her passion for art has been evident throughout the years:

as an art teacher for grades 1-8 in various schools, as an art docent trainer, as a board member for several arts organizations in our community including Kingsley/Crocker Art Museum, and the California Art Education Association. You can still see her artwork on display locally, too.

You are invited to our Artist Reception on Saturday, August 10 from 4:00 to 6:00 p.m. in the DeVries Gathering Place Gallery. Please join us. Ann will speak about her creative life journey, inspiration, her art history, and what she is doing now. There will be light snacks, re-

freshments and plenty of time to talk to our special artist and dear friend to many. If you are interested in helping the Art

Committee, please contact Kathy Daigle at kathydaigle@comcast.net.

We hope you enjoy the lovely artwork on display, including paintings, drawings, and

photography spanning many artistic decades (1958–2024). While you're viewing

the show, try to find the oldest piece of art on display in this show entitled "Travel Dog."



Some of the pieces included in the current art show featuring Ann Kerr are: (clockwise from top) "Ann," "Lemons in Blue," and "Pink and Orange Flowers."



Coming Soon to CPC – Building a Real Welcome for All God's People



Look for the flyer inserted in this *Mission Bell* to invite friends to join you at our upcoming CPC event on Saturday, August 24—*Building a Real Welcome for All God's People: LGBTQIA+People and the Church*. Invite your family, friends, and neighbors! You don't have to be Presbyterian to attend.

You can easily register online any time or register in person following worship on Sunday, August 4 or 11 in the DeVries Gathering Place.

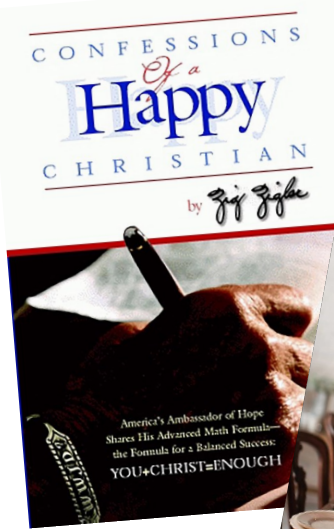
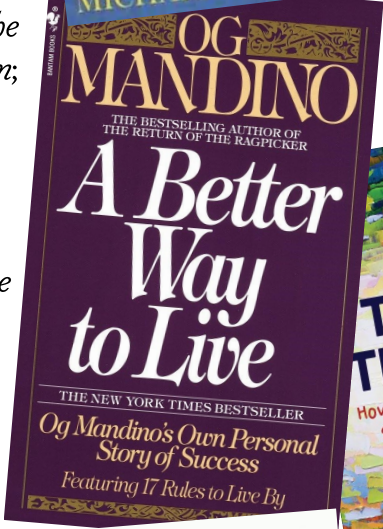
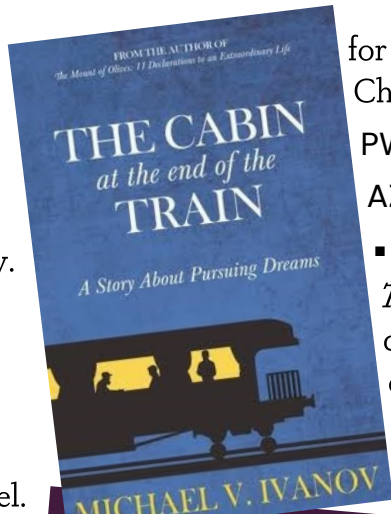
Library Corner What's New?

by Doris Beckert, Church Librarian

Five new paperbacks have been purchased over the last couple of months for the church library. Does one of these titles pique your interest?

SUCCESS

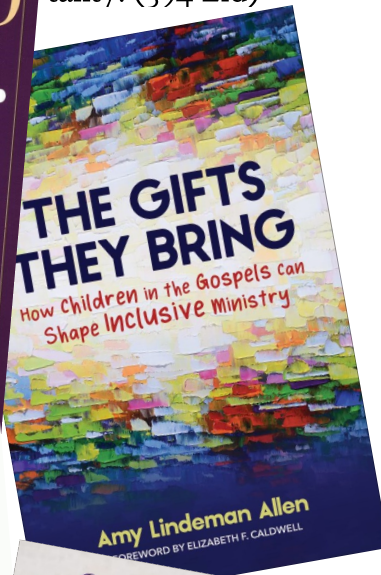
- Ivanov, Michael. *The Cabin at the end of the Train*; a story about pursuing dreams. (Fiction Iva) If you liked *The Shack*, this is for you. The author's note after the end cited the next two books as influencing his thinking.
- Mandino, Og. *A Better Way to Live*; Mandino's own personal story of success, featuring 17 rules to live by. (158.1 Man)
- Zigler, Zig. *Confessions of a Happy Christian* (248.4861) His formula



for success is: You + Christ = Enough.

PW HORIZONS MAGAZINE REVIEWS

- Allen, Amy. *The Gifts They Bring*; how children in the Gospels can shape inclusive ministry. (259 All)
- Eidson, Kara. *Stay Awhile*; Advent lessons in divine hospitality. (394 Eid)



A Change in Sanctuary Flowers



After 20+ years of providing flowers to CPC and the Carmichael community, Bettay's Flowers closed at the end of June. We are grateful for our partnership with Bettay's and wish them all the best in retirement.

We are also grateful for a new partnership with Madison Avenue Florist to provide bouquets for Sunday worship services. To keep up with rising costs, the price to donate flowers is increasing to \$50 per bouquet or \$100 for both bouquets. Signing up is still easy to do! Go to <https://www.signupgenius.com/go/20FoE4BA4AE29A5FE3-46395523-sanctuary> and choose an open date at least one week in advance. Fill in the information and submit your payment to CPC with "flowers" in the memo line. Or, call the church office and we'll be glad to help you sign up over the phone.

This is a meaningful way to remember a loved one or celebrate a special occasion. All donors and honorees are listed in the *Parish Notes*. You may keep the flowers after worship or have our Deacons deliver them to someone in need of cheer.

Love One Another

by Misty Dunn, Stephen Minister/Leader

Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God.

-1 John 4:7

How do you demonstrate that you love God and love one another? Many of us may feel awkward when we are told that we should talk to others (especially those we don't know well) about God. Our *actions* however, may be more powerful than spouting off verses from the Bible. What kind of actions? Anything from greeting someone with a sincere, warm smile, reaching out to someone who is lonely or downhearted, calling, sending a card or visiting someone who doesn't get out of their home much, knitting or crocheting a prayer shawl, donating food or working at the food closet, etc., etc.! There is a myriad of ways that we each can show others that God loves them.

One important and easy way to show God's love is to listen. Margaret Wheatley explains, *"Listening is such a simple act. It requires us to be present, and that takes practice, but we don't have to do anything else. We don't have to advise, or coach, or sound wise. We just have to be willing to sit there and listen."* We don't even have

to say much, and usually it's better if we don't. It is helpful to acknowledge that what they're going through is hard, and that we're here for them, and that may be all we need to say. Lis-



tening nonjudgmentally with an open, compassionate heart is all that is needed.

Another small but meaningful way to show love is to be kind to others—it doesn't have to be difficult, expensive, or time-consuming. Just ask yourself what gift of time, what meaningful gesture, or what word might help the other person. Think about how your friends have helped you and then be that kind of friend to someone else in need. In fact, if

you've been feeling "down" or lonely, you may find that being a listening ear or a consoling presence for someone else may be the very activity you need to make you feel better as well!

Remember that Stephen Ministry is an important way we at CPC care for one another. We now have four new Stephen Ministers who have already completed 50 hours of training and who are each committed to providing confidential, one-to-one care, prayer, and support to someone who is going through a difficult time. *Could this be helpful for YOU or someone you know?*

Are you grieving the death of a loved one, a job loss, a debilitating illness, or problems in a relationship? Is pressure or stress affecting your health, your attitude, or your relationships with your family and friends? Would you like to have someone to talk to, just to help you get through the next few months? Stephen Ministers are available as long as needed to help you work through life's difficulties and to give you a safe, confidential place to vent your troubles.

We sometimes forget that we are not alone. Anyone who believes in Jesus as our Savior, is never alone. Promises through-

(Continued on page 7)

Children's & Youth Ministry

by Michael Lombrano, Children's & Youth Ministry Director

UPPER ROOM OPEN HOURS

Last day of our Upper Room open hours is on Tuesday, August 6! Thank you, everyone, for joining during this time. I hope to do it again next year!

ROCK CLIMBING

Youth Rock climbing is happening on August 12! We will be bouldering at the Granite Arch Climbing center from 10:00 a.m. - 12:00 p.m. The price is \$17 for entry and \$5 for climbing shoes (which are required). If you have your own, then you are welcome to bring them! I have PLENTY of climbing chalk that I am bringing so you won't have to worry about that. There is a waiver to fill out on their website. If you are going, please be sure to fill that out!

BACK TO SCHOOL

In September we will be having a back to school event so be on the lookout for more information coming soon!



Vacation Bible School was lots of fun! Thanks to everyone who helped and attended!

A Note of Thanks



Dear CPC family,
Your many expressions of love these past weeks have been deeply

appreciated. Thank you for sharing with Phil these many years of friendship and service.

Jimmi Mishler

MISSION BELL DEADLINE

10th of each month for the following month's issue



Submit articles to
Karen Gray at
karen@carmichaelpres.org
or mail/drop off a hard copy in the church office.

... Stephen Ministry ...

(Continued from page 6)

out the Bible attest to this. God is above us, Jesus walks beside us, and the Holy Spirit is within us. In addition to this, we are always accompanied by other believers, family, and friends, who are walking alongside us. We forget this important resource sometimes when we're lonely, afraid, or overwhelmed by life's challenges. We tend to think that we have to do everything by ourselves, be strong, and not let others see that we're hurting. However, God does not want us to live that way! God wants us to reach out to other people to offer and to receive help as needed.

If you find yourself either needing a Stephen Minister to walk alongside you in your time of difficulty, or you believe a friend or colleague could benefit from one, call the confidential line (916-486-0604) or contact one of the pastors or Stephen Leaders for more information: **Mary Thomas, John Wallace, Len Tozier, or Misty Dunn.**

Scuttlebutt

News from CPC's Marinerships

Companionship

A grateful group of Companionship members scuttled into **Tim and Barbara Farley's** cool and spacious family room on a very hot July 6 for their regular July meeting. We were grateful for the variety of cold drinks awaiting us. Hostess **Barbara** suggested we begin with a "round robin" on the topic "What's New?" which provoked an interesting variety of responses ranging from successful recuperations to upcoming joint replacements, spilled insecticide tales, upcoming wedding in North Carolina, drying out flooded homes, vacation reports, etc.

We were delighted to see **Terry Barto** up and about and **Joan Hurlock**, too. We missed **Karen Banker** (in Seattle), **Dave Studer** (COVID), and several others.

The Farleys and co-hosts **Hal and Sharleen Millering** prepared a tasty meal of Greek salad, fruit salad, veggie platter and long hot dogs (grilled by team Tim and Hal) with short buns which was enjoyed by all. The food finale was a patriotic red, white and blue cake and a bubbly drink served by Barbara in special glasses.

Terry Barto, co-skipper, gave a short business report that we would have no meeting in

August and no soup deliveries in July and August. **Elayne Anderson** reported that there's a healthy balance in our bank account. Our next meeting will be on Saturday, September 7, at **Dave & Nancy Studer's** home to include games of Mexican Train and a taco bar.

As is our cherished tradition, we concluded our celebration of our country's birthday by taking turns reading the Declaration of Independence. We enjoyed watching a clip from the musical "Hamilton" of King George's singing "You'll Be Back," followed by Kate Smith singing "God Bless America" with Companions joining in on the chorus.

Skipjacks

"On the road again..."

Three carloads of Skipjacks took three different routes but all ended up close to the same time at Putah Creek Café in Winters for lunch one June morning. Situated in the heart of the historic district, this restaurant shared the area with Buckhorn and other attractive restaurants. We would have liked exploring

the town and park, but we were pressed for time to make our next appointment.

Driving ten miles on winding roads through croplands and quaint towns, we finally found **Taber Ranch Winery** on County Road 81 in Capay, the site of our reserved wine tasting.

Hostess **Lisa Torgerson** poured us six wines, from Sauvignon Blanc to Merlot, and all from the local vineyard. Lisa told us that the homestead dates back to the 1860s and is the site of their event center. The structure for our wine tasting, however, was built in 2018. There is indoor as well as outdoor covered seating and an expanse of lawn with picnic tables. Taber was an oasis in the middle of pastures and orchards, and was a very pleasant spot to aim for on a warm summer day.

Other optional activities in June and July were: "42nd Street" at Music Circus, Chautauqua Playhouse, and fireworks at La Sierra. A Fourth of July BBQ was cancelled. Sadly, the memorial service of **Phil Mishler** and the celebration of life for **Steve Harrison** also occurred during this time and were attended by shipmates.

And lastly, for several of our members, we pray for safe travels across the country and the world.



Skipjack Carolyn Biggers enjoys wine tasting at Taber Ranch with server and hostess Lisa Torgerson.

Improve Your Health—Join the Choir!

by Keith Atwater, Music Director

Our Sanctuary Choir returns from our summer hiatus in late August. All are welcome to give our choir a try! We'll have our first rehearsal/mini-retreat on Saturday, August 24 from 2:30 to 4:15 p.m. at the Unitarian Universalist Society at 2425 Sierra Blvd. in Sacramento.



The Waterfall Singers join the Sanctuary Choir for a beautiful anthem in April 2024.

But why join our choir, you ask? In addition to joyfully serving God and our church family, there are several positive benefits. An article on the *Sing Up Foundation* website provides scientific evidence of the positive benefits of singing on the body, mind, and spirit.

The body: Singing strengthens the immune system and lessens the likelihood of bacteria flourishing in your lungs. Singing improves breathing. When you sing, you learn to breathe well, use your diaphragm and increase your oxygen intake and lung capacity. This improved breathing and knowledge of the breath can also help deal with anxiety and

panic attacks. Singing is an aerobic activity and increases your overall health as you take in more oxygen, leading to increased alertness. One study showed that the more you sing, the faster you can relax after stress. Singing also helps with pain. In studies conducted with

people suffering chronic pain, singing has been shown to alleviate pain symptoms for up to 6 months.

The mind: Singing is a mindful activity. It allows you to live completely in the moment, distracting your mind from negative thoughts, focusing on the sound, the action, the breathing, the feeling and the pleasure of song. Singing boosts confidence. The release of endorphins gives singers a positive feeling and an energy boost. The act of learning a new skill, improving and being part of a group also builds confidence and self-esteem.”

The spirit: “Singing enhances feelings of trust and bonding

which can reduce depression and loneliness. It is an intimate activity that connects singers and listeners. Research has even shown that group singing synchronizes the heartbeats of those people singing together.

Singing together creates a strong sense of community and social inclusion. Having a support system where you feel loved, esteemed and valued improves your

overall physical and mental health, and encourages positive behavior patterns. Research with *The Choir With No Name*, a homelessness charity, found 60% of participants in a singing group went on to volunteer, get a job, or move in to more stable accommodation.”

With all these positive effects, no wonder old the hymn asks: “How can I (you!) keep from singing?”

Want to join? Have questions? Contact **Keith Atwater**, Music Director at music@carmichaelpres.org or 916-486-9081.

Source: <https://www.singupfoundation.org/singing-health>

Sundays @ CPC

In-Person & Live Stream Worship @ 10:00 a.m.

A blend of traditional and contemporary music styles provide bring new life to the Word. Worship in the Sanctuary or join online. Go to youtube.com/@carmichaelpres or search for “carmichaelpres” on the YouTube app or your Smart TV.



Children's Sunday School @ 10:15 a.m.

All children are welcome and encouraged to attend worship. Following the Time for Young People, kids age 4-5th grade are dismissed to their class. Nursery care for infants through age 3 is available throughout the morning.



Coffee Fellowship & Youth Bible Study @ 11:00 a.m.

Enjoy a cup of coffee and a cookie while you browse the Art Exhibit in the DeVries Gathering Place or chat with friends old and new following worship. Youth in 6th-12th grade can join Youth Bible study in the Upper Rooms.



Follow CPC on Social Media



Facebook

<https://www.facebook.com/carmichaelpres>

OR

Join our Facebook Group
“Friends of Carmichael
Presbyterian Church”



Instagram

[@carmichaelpresbyterian](https://www.instagram.com/carmichaelpresbyterian)



**And be sure to check
out our website**

www.carmichaelpres.org

Our CPC Staff

The Rev. Keith L. DeVries
 The Rev. Ivan N. Herman
 Keith Atwater, Music Director
 Rick Schlosser,
 Organist & Interim Bell Choir
 Director
 Michael Lombrano,
 Children's & Youth Ministry
 Director
 Paul & Mary Camozzi,
 Childcare Providers
 Karen Gray,
 Executive Assistant
 Julie Ueltzen,
 Church Secretary
 Paul Shultz,
 Financial Administrator
 Ron Morris,
 Maintenance Manager
 Christian Bolen, Custodian
 Megan Dye,
 Food Closet
 Operations Manager
 Gabe Bisho, Pianist
 Will Condrey, Drummer
 Michael Schwab, Guitarist
 Merlyn Van Regenmorter,
 Bassist
 Steve Parker, Bruce MacLean,
 Michael Gray, Noor Bitar,
 Avonlee Janik, and
 David Stoffel,
 Audio/Video Technicians

Our Mission

Responding to God's love through
 Jesus Christ, we:

- Welcome all
- Nurture relationships
- Grow in faith together
- Connect with and serve our community and the world



Contact Us



by phone:

CPC Office	916-486-9081
Stephen Ministry	916-486-0604
Food Closet	916-483-9232

Extensions:

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Ivan Herman	202	Michael Lombrano	207
Paul Shultz	205	Ron Morris	206
Karen Gray	201	Keith Atwater	208

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Ron Morris	ron@carmichaelpres.org
Keith Atwater	music@carmichaelpres.org
Rick Schlosser	rick@carmichaelpres.org

The church office is open Monday-Friday 9:00 a.m.-3:00 p.m.





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You're Invited!

Building a Real Welcome for All God's People

LGBTQIA+ People and the Church

Saturday, August 24

9:00 a.m.–2:15 p.m.

(Check in & continental breakfast begin at 8:30 a.m.)

Explore biblical and theological foundations and receive practical help to improve your own and your church's full embrace of LGBTQIA+ people.

We'll consider how we as Presbyterians have historically thought about issues of sexual orientation and gender identity, and how we have changed and acted in recent years. We'll dig into the Bible and theology, and see ways we may need to dig deeper in how we think and speak about diverse identities. And we'll work together to identify particular acts of hospitality, creativity, and witness, where we can use words and deeds to strengthen our congregations and our common life for all people.

Led by: Rev. Brian D. Ellison,
Executive Director, Covenant Network of Presbyterians
Rev. Alex Vaiz,
Assistant Minister at Sierra Vista Community Church

Registration: \$10 (includes lunch) <https://tinyurl.com/welcomecpc>
Please register by August 16 (late registration & walk-ins also welcome)
Registration fee waivers available upon request.
Can't make it in person? Register to watch online for free.

Location: Carmichael Presbyterian Church
5645 Marconi Avenue in Carmichael
(parking at rear of church campus)

Questions? Contact the church office at 916-486-9081 or
Kathy Lewis at kathyblewis@att.net.

Brian will also preach at Carmichael Presbyterian Church
on Sunday, August 25 at 10:00 am
and lead an adult education discussion following the worship service.

Hosted by Carmichael Presbyterian Church

5645 Marconi Ave. • Carmichael, CA 95608 • 916-486-9081 • www.carmichaelpres.org

