



THE MISSION BELL

CARMICHAEL PRESBYTERIAN CHURCH

September 2024

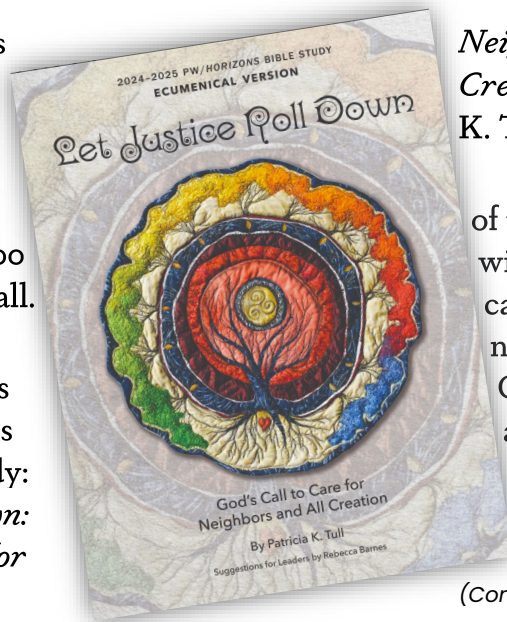
Volume LXIV Number 8

Presbyterian Women Kick Off New Bible Study

by Terry Sakuda

All are invited as CPC's Presbyterian Women gather to begin a new Bible study on Thursday, September 19 at 10:00 a.m. in McMillen Hall.

Pastor Keith DeVries will lead us in Lesson One of this year's *Horizons* study: *Let Justice Roll Down: God's Call to Care for*



Neighbors and All Creation by Patricia K. Tull.

In the nine lessons of the Bible study, we will discuss the call to care for neighbors and God's creation with all our hearts, with particular care for society's least powerful mem-

(Continued on page 3)

Mission Update

by Barbara Farley

Thank you to all who brought jars of peanut butter to church during August. With your help our shelves are nearly full of peanut butter. In September

we are asking you to donate cans of soup. Bring them with you to church or leave them in the church office during the week. As always, we need egg cartons (one dozen cardboard



only) and paper grocery bags.

Carmichael Presbyterian (CPC) has been a part of Carmichael HART since it formed eight years ago. Because of this relationship Robertson House on the back of our property is a transitional house for up to four homeless men in Carmichael, (Continued on page 4)

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From Pastor Keith L. DeVries:

“Building a Real Welcome for All God’s Children”

I write this article just hours before CPC hosts a workshop called “Building a Real Welcome for All God’s People: LGBTQIA+ People and the Church,” led by the Rev. Brian D. Ellison, Executive Director of Covenant Network of Presbyterians and the Rev. Alex Vaiz, a board member of Covenant Network and Assistant Minister at Sierra Vista Community Church in Sacramento.

This workshop provides a wonderful opportunity to live into our calling as Christians to love God with our heart, soul, mind, and entire being, and to love our neighbor as ourselves. It seems simple on the surface but is so much more challenging to put into action. Jesus knew this when he replied to the Pharisees’ question in Matthew’s gospel:

“Teacher, which commandment in the law is the greatest?” [Jesus] said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang

all the Law and the Prophets.”

(Matthew 22:36-40)

CPC’s history of concern about inclusion and welcoming all of God’s children goes back at least 40 years to the early 1980s when Pastor Merrill Follansbee from our presbytery and his wife, Muriel Follansbee, who was very active at CPC, along with their friend, Jean Hansen, founded the local

“... love God with our heart, soul, mind, and entire being, and ... love our neighbor as ourselves. It seems simple on the surface but is so much more challenging to put into action.”

chapter of PFLAG (Parents, Families, and Friends of Lesbians and Gays), meeting in CPC’s chapel starting in 1982. PFLAG Sacramento is still active and supportive of the LGBTQIA+ community today.

More recently, our church has intentionally focused on welcoming and loving all of our neighbors for the past several years. We formed an Inclusion Task Force which continues its work to address the concerns

and needs of many of our members, families, friends, and neighbors. We hosted book studies, discussed topics of inclusion in adult education classes, and listened as people courageously shared their pain and stories of exclusion within the Church and society. We have also attempted to remind all of God’s people that they are welcome at CPC. You may have

noticed the rainbow flag “All Are Welcome” signs around CPC’s campus and new signage on several of our restrooms designating them as “all gender,” realizing that the simplest gesture can sometimes speak volumes about how we care for one another.

The workshop that many people have spent many months preparing for is

yet another step in our journey of welcoming and inclusion, of loving God with our entire being, and loving our neighbors as ourselves. Please keep CPC and all of us in your prayers as we continue to journey together “doing justice, loving kindness, and walking humbly with our God.” (Micah 6:8 paraphrase)

Blessings for the journey,

Pastor Keith

... Presbyterian Women ...

(Continued from page 1)

bers who are disproportionately impacted by unjust systems. We will learn that in God's first instructions to the nation of Israel we hear "you shall not pervert the justice due to the poor" (Exodus 23:6); in Moses' final speech at the promised land's border, he reiterated, "Justice, and only justice, you shall pursue." (Deuteronomy 16:20); and from Amos, the earliest recorded prophet, "Let justice roll down like waters, and righteousness like an overflowing stream" (Amos 5:24). Scripture reminds us that we are called to speak out to urge our society to act for just transitions in this fast-changing world.

Lesson One: Environmental Justice

Scripture: Ezekiel 33:21; 34:8; 17; 18-19

Main Idea: *We protect the created world we share and need from environmental degradation and destruction.*

In this lesson we will read about Ezekiel's struggle with Judah's leaders' moral failures to protect the nation of Judah which resulted in conquests and ecological harm. Scripture tells us that this ecological harm resulted in polluting the waters, lack of food and water, classism and racism. Further,

Ezekiel accuses some not only of pushing others aside, but also of carelessly destroying the environment. Ezekiel asserted that God will "judge between rams and goats," protecting the weak from the strong.



Lesson One in this year's PW Bible study focuses on environmental justice.

PW Bible Study Books

If you are interested in obtaining the Bible study book, please contact Terry Sakuda at (571) 205-8055 or terry.sakuda@yahoo.com The Bible Study books are now available for \$11.50 in the Church Office and will also be available to purchase at the September 19, 2024 PW Gathering.

PW Pastor's Bible Study

Starting in October, Pastor Keith will lead the monthly PW Bible Study Lesson, sharing insights with us on the sec-

ond Thursday of the month at 10:00 a.m. from through May on Zoom. All are welcome. Contact **Karen Gray** in the church office to receive the Zoom link.

PW Circles

We meet monthly in small group circles in person for continued Bible study, prayer, fellowship, mission and to nurture our faith as we share with one another. We also share reflections, fellowship and prayers. We have a morning and an afternoon PW Circle on the third Thursday during the months of October through May. If you have any questions about this Bible Study or about the Naomi Circle or Mary Martha Circle you can contact **Bonnie Hard** for Naomi Circle and **Kathy Daigle** or **Lisa Benadom** for Mary Martha Circle.

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... Mission Updates ...

(Continued from page 1)

our showers are used every Saturday, and sandwiches are



made every Thursday for distribution to the homeless.

In addition to these activities, Carmichael HART has a relationship with the McKinney Vento program in the San Juan Unified School District. This is a government supported program that provides services to homeless families and allows children to stay in their home school even when they are no longer able to live in that school's attendance area. Carmichael HART has done food drives and supported health fairs. At this time of year, we support a backpack drive. The Mission Division used some of its funds combined with back-to-school sales to purchase backpacks and school supplies. In August, our youth distribut-

ed all the supplies that were purchased into backpacks and individual supply bags that were delivered to the McKinney Vento office at Garfield School. What a joy it is to

In August, CPC's youth partnered with Carmichael HART to fill backpacks with donated school supplies to be given to students in need.



see the happy faces of children getting ready for school with new supplies that help them be

a part of the excitement of the first day of school. It is your support of the CPC budget that allows us "to do unto others" and live out the Matthew 25 mandate.

Family Promise is another program that CPC has supported since it began serving families in Sacramento in 2001. Before COVID, many of you came to the church once every three months to help us provide food and other services to the four families who stayed in our Sunday School rooms for one week. Now the housing is being done at Safe Harbor in three tiny homes. Instead of hosting families at our church we now host activities at the Safe Harbor during what used to be our week to host here at CPC. Watch for opportunities to host a brunch or dinner and/or help with home and yard maintenance during the week of September 15-21, 2024.

Waterfall Singers



5th grade are invited and encouraged to join in the fun. Practices will be on Sunday mornings immediately after church beginning September 22 in Room 104.

It's time at last! It's time for the Waterfall Singers to gather once again to sing, dance, play instruments and worship God through music. All children from kindergarten to

Children's & Youth Ministry

by Michael Lombrano, Children's & Youth Ministry Director

Unicorn Battle:

Who: EVERYONE in the family (including parents) *If you are younger than 3 years old, you should probably watch from the sidelines

When: Saturday, September 28 at 11:00 a.m.

Where: William B. Pond Park (at Walnut Picnic area specifically, see map)



What: Unicorn Battle is an all-out COLOR WAR. We will be putting the Red, Yellow, Blue, and Green teams against each other. The battle starts with colored water. We will be getting SOAKED so be sure to wear an appropriate bathing suit. We also recommend wearing a white shirt over your suit because after getting soaked we will commence with the COLOR WAR. The goal is to cover the other teams in more of your color than their color on you.

Cost: \$7 to park but that's it!

FAQ: Does the color stain? No, or at least it is not supposed to. We will be using Color Blaze powder that is

found on Amazon. In my personal experience, it has always come out in the wash.

What is it made from?

Color Blaze powder is made with cornstarch, baking soda, and we will cut it with rice flour. If you have allergies to these things, you may want to keep your distance.

Can I bring a friend? YES!

Harvest Festival :

If you or someone you know would like to volunteer for the Harvest Festival on October 30, please let Michael Lombrano know. OR if you would like to add your car to

our Trunk or Treat list, please Let Michael know as well (michael@carmichaelpres.org or 916-486-9081)!

New Youth Bible Study:

We are kicking off a new Bible study for our youths on Sunday mornings. We will be diving deep into all the Minor Prophets of the Bible, looking at how these ancient prophets are still relevant in our world today as well as how their prophecies came to fruition across Biblical history. We are starting this new series off on Sunday, September 8 after service.

CPC
Children
and Youth
Fall Events

September
UNICORN
BATTLE
SEPTEMBER 28



October
Harvest
Festival
October 30



November
SCAVENGER
GAMES 2.0
NOVEMBER 9



Memorial and Honorary Gifts

These are the persons in whose name memorial gifts were made during the first and second quarter of 2024, along with the donors and the designated use of those gifts.

THOSE REMEMBERED/HONORED DONORS

DESIGNATIONS

Skip, Bob & Mike Seekins	Scott Seekins (January, February, March, April, May, and June)	Parking Lot
Bob Beckert	Bette Johnson	Music Department
	Carol Hayes	Music Department
	Carol Dobler	Music Department
	Lisa and David Benadom	Music Department
	Eric and Sandra Kay Torguson	Music Department
	Gordon & Carolyn McGregor	Music Department
	Janann Poteet	Music Department
	Janice Olsen	Music Department
	John and Kate Erlich	Music Department
	Len Tozier	Parking Lot
	Norman & Shirley Steinbach	Music Department
	Phil and Jimmi Mishler	Music Department
	Skipjacks	Parking Lot
	Misty and Bill Dunn	Parking Lot
Kristel DeVries	Bette Johnson	Food Closet
	John and Kate Erlich	VBS
	Bill and Misty Dunn	Parking Lot
	Jeannie Graham	Undesignated
	Carol Dobler	Undesignated
	Kiran Lanfranchi-Rizzardi	Undesignated
Jane Swenson	Carol Hayes	Undesignated
	Gordon & Carolyn McGregor	Undesignated
	Howard and Donna Ross	Food Closet
	John and Kate Erlich	Art Committee
	John and Linda Rowland	Undesignated
	Wallace and Janet Ross	Food Closet
	Bette Johnson	Undesignated
Phil Mishler	Lisa and David Benadom	Undesignated
	Harry and Carol Jones	Undesignated
	Gordon & Carolyn McGregor	Music Department

(Continued on page 7)

Do You Remember?

Do you remember the last children's Christmas Pageant at CPC? Do you remember the smiles, the costumes (oh, those little sheep!), the sweet sounds of children singing Away in the Manger, the corny jokes, and the message of love that was shared? That was five years ago!

So let's do it again! If your child or grandchild or neighbor or ... would like to participate in this year's pageant, please contact Kathy Phillips (jphillipsk@sbcglobal.net) by September 15. Because several years slipped by without any children's Christmas program, we are happy to find ways for older youth who are interested to be part of the experience, too.



In Our Church Family



Please lift up in prayer these members of our church family who have recently lost loved ones:

- † The family of **Ian Young**, CPC's assistant/associate pastor from 1961-1973, who passed away on August 20
- † **Donna Ross** and family on the loss of her husband, **Howard Ross**, on August 7

... Memorial and Honorary Gifts ...

(Continued from page 6)

THOSE REMEMBERED/HONORED DONORS

Phil Mishler

Harold & Myrtle Garfield
 Janice Olsen
 John and Kate Erlich
 Sandra Arute
 Bette Johnson

Francis and Edward Gordon

Janice Kay Nielsen

Helene Crowley

Gordon & Carolyn McGregor

Barbara Krefting

Gordon & Carolyn McGregor
 Harry and Carol Jones

Carol Conoley

Len Tozier

Ginny Rodgers

Bill & Misty Dunn

DESIGNATIONS

Food Closet
 Food Closet
 Music Department
 Food Closet
 Undesignated

Parking Lot

Undesignated

Undesignated
 Undesignated

Parking Lot

Parking Lot

All of Us Are One in Christ

by Misty Dunn, Stephen Minister/Leader

There is no longer Jew or Greek; there is no longer slave or free; there is no longer male and female, for all of you are one in Christ Jesus. (Galatians 3:28)

Jesus' focus was all about healing people in body and soul, helping them to be in right relationship with God, with everyone having equal access to God. Much of the New Testament's parables, stories or messages serve to remind us of that.

The message in Galatians 3:23-28, celebrated and shared by Christ-followers, is that in Christ Jesus we are all children of God through faith. God's love is available for everyone. No limitations. No fine print. There are no limits imposed by race, gender, national origin, favorite color, or food preference. Nothing and no way.

Likewise, Luke 14: 18-21 describes a master who invites many people to his banquet and they send flimsy excuses as to why they can't attend. The

master then sends his servants out to every part of the town to invite the poor, crippled, blind, and lame—basically all those that society considered marginalized, invisible, to share in the feast. This is what Jesus invites



us to do, to include all kinds of people into our circle, to include all those whom it would be easy to overlook.

How do we carry this out in our daily lives?

We can demonstrate God's inclusive love by our thoughtfulness and kindness, accepting and encouraging the people of all walks of life around us. We demonstrate God's love and justice by speaking up for someone who is bullied or said to be "less than" and not deserving of God's love. We can strive to have grace and patience when we're stressed and anxious, even if we need to withdraw from a "toxic" situation for a time. Not everyone interprets the Bible the same way or may believe in Christ, so actively arguing our viewpoint isn't as powerful as openheartedly showing God's love

for those who are "othered." This is always appropriate and what Christ calls us to do.

This was the same message even in the 16th century. Teresa of Ávila wrote:

"Christ has no body now but yours, no hands, no feet on earth but yours,

yours are the eyes through which he looks with compassion on this world.

Yours are the feet with which he walks to do good.

Yours are the hands with which he blesses all the world.

Christ has no body now on earth but yours."

Let's continue to put our love into action! As Peter Scholtes' song reminds us, "They'll know we are Christians by our love, by our love. Yes, they'll know we are Christians by our love."

We also need to show love and kindness to ourselves. This means taking care of our physical body as well as our mental, emotional, and spiritual well-being. Talking to someone about how you're feeling may be an important way of taking care of yourself. If you've been struggling with life's challenges like the loss of a loved one, loss of or uncertain employment, chronic illness, or painful relationships, accepting a Stephen
(Continued on page 10)

Scuttlebutt

News from CPC's Marinerships

Nautilus

Nautilus members boarded the Good Ship Parlor in August for potluck salads and tall tales, hosted by **Liliane Morin** and **Kathie Goheen**. The dozen participants provided an amazing and tasty assortment of salads and an equally amazing collection of lies and truths for the "truth or lie" activity wherein each person had to tell one lie about themselves and two things that were true. The group then had to guess which was which. It was a bit unnerving to realize how good our shipmates were at telling lies! A fun game for all.

Nautilus mourns the loss of two long-standing crew and friends who passed away recently; **Jane Swenson**, in June, and **Howard Ross**, in August. They both contributed greatly to Nautilus and the church for many years and will be sorely missed.

Skipjacks

An old-fashioned ice cream social was the theme of the August gathering of Skipjacks. **Dick and Carole Jacobi** were our hosts at their Oakmont home in our own private meeting room.



Skipjacks celebrated summer with an ice cream social and game night in August.

Margo Scandella opened the meeting with a devotional poem written by **Tony Perrou** on Friendship. Skipper **Carolee Roach** reviewed all the up-

coming programs for the year. It was noted that the September meeting date was changed from the printed sheet to Friday, September 6, at 10 a.m. It will be held in the church library, with librarian **Doris Beckert** highlighting some of

the more unusual items, and members giving short book talks.

Carolee reported on **Steve Harrison's** memorial at the family's Fort Bragg house. **Bep van der Mik** was absent due to continuing her monthlong 90th birthday celebration with family at Lake Tahoe. Dick told us of following the Perrou's cross country trip on his devices. **Terry Sakuda** described her Mississippi River boat trip.

"Let the Games begin!"

This was not the Olympics, but
(Continued on page 10)



Nautilus ship members gathered in the church Parlor for food, fun, and fellowship in August.

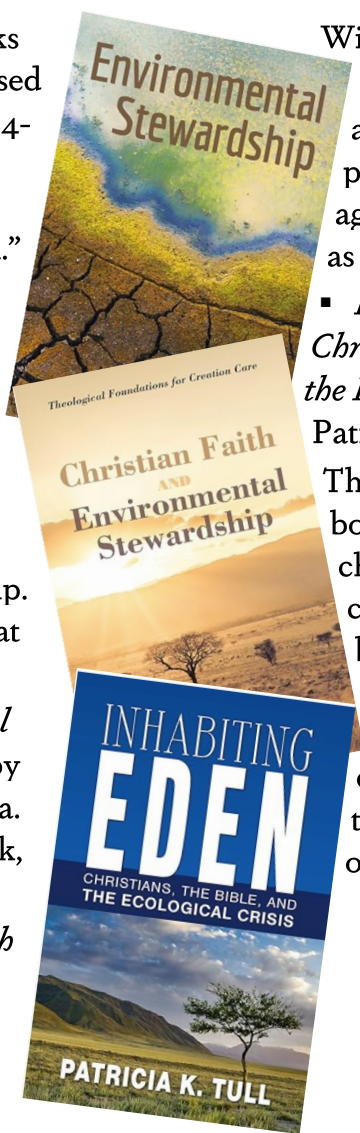
Library Corner

Supporting PW Bible Study

by Doris Beckert, Church Librarian

Two new books have been purchased to support the 2024-2025 PW Bible Study topic: "Let Justice Roll Down." These books were selected from the list in the *Horizons* magazine study book. The subject of the books is environmental stewardship. They are shelved at 261.836 .

- *Environmental Stewardship*, by Jochem Douma. Wipf and Stock, 2015.
- *Christian Faith and Environmental Stewardship*, by Daniel Lagat.



Wipf and Stock, 2019.

In addition, the library also contains a book purchased a few years ago which is also listed as a study resource.

- *Inhabiting Eden ; Christians, the Bible, and the Ecological Crisis*, by Patricia Tull. WJK, 2012.

These and many more books are available to check out from your church library. The library is open on Sunday mornings or you can get a key from the church office during the week, depending on availability.

... Scuttlebutt ...

(Continued from page 9)

card games. One table was headed by gamester **Gail Jenkins**. There were many questions about procedure, but **Carolyn Biggers** won and **Margo Scandella** and **Jimmi Mishler** tied for second place. The other table played **Debbie Cameron's** game Apples To Apples, which involved the judge choosing which word on your cards most closely resembled the word on the primary card. For example, the word on the card to be matched was "perfect," the three other players pulled from their hand "Dallas Cowboys," "ballerina," and "cow pie." Ballerina won.

Finally, the time came for our orders of ice cream. Choices were, chocolate, vanilla, strawberry, mint chocolate, and spumoni. Every flavor was served, but the most popular was spumoni. This ended the warm summer afternoon on a cool (and high) note.

... Stephen Ministry ...

(Continued from page 8)

Minister may be just what you need. CPC has several Stephen Ministers who have been trained with 50+ hours of Christian care-giving, confidential nonjudgmental, empathetic listening, who are ready to walk alongside you as you explore ways to make your life better. This care goes on for as long as the individual needs it, meeting weekly, one-to-one, for about an hour each week.

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: **Len Tozier**, **Misty Dunn**, **Mary Thomas**, or **John Wallace**.

Our CPC Staff

The Rev. Keith L. DeVries
 The Rev. Ivan N. Herman
 Keith Atwater, Music 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
 Noor Bitar, Michael Gray,
 Bruce MacLean, Steve Parker,
 Kiyu Romais, 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
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Keith DeVries	203	Julie Ueltzen	200
Ivan Herman	202	Michael Lombrano	207
Paul Shultz	205	Ron Morris	206
Karen Gray	201	Keith Atwater	208

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

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.





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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 Waterfall Singers & Youth Bible Study 11:00 a.m.

Visit and enjoy a cup of coffee and a cookie while you browse the Art Exhibit in the Gathering Place or chat with friends old and new following worship.

Children in Kindergarten through 5th grade can join CPC's children's choir, Waterfall Singers.

Youth in 6th through 12th grade are encouraged to come to the Upper Rooms (youth rooms) for Bible study.

