



# THE MISSION BELL

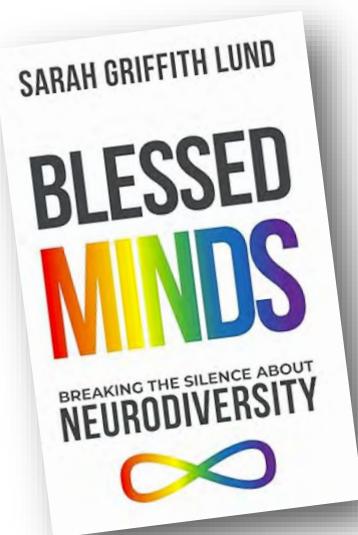
CARMICHAEL PRESBYTERIAN CHURCH

February 2026

Volume LXVI Number 1

## Lenten Book Study

Join us this Lent for a Sunday morning book study on **Blessed Minds: Breaking the Silence About Neurodiversity** by the Rev. Dr. Sarah Griffith Lund. Together we will explore faith, mental health, and the sacred worth of every mind. This book will help us embrace the gifts of neu-



rodiversity so our church can continue

to grow as a place of belonging for all. Books will be available (\$15 suggested donation) before the beginning of the study in the church office or from **Pastor Ivan**. We hope to have Sarah join us by Zoom as we begin this study together. Exact dates coming soon!

## Celebrating 25 Years of CPC Art Committee: Created and Collected Works

by Kathy Daigle

It is with great joy that we present this 25th Anniversary CPC Art Show. It is filled with art to delight you. You will see artwork by some members—



CPC Art Committee members Lori Keeney, Clair Daugherty and Sheila Jacobs hang "Garrett's Favorite"—an oil painting by his father Darrell Torgerson.

past and present—to art we love and acquired for our own personal collection. We hope you enjoy the colors, beauty and eclectic nature of the art in this show.

(Continued on page 3)

## Inside This Issue:

From Pastor Keith	2
Ash Wednesday Worship	2
From Pastor Ivan	4
Opportunities to Serve	5
In Our Church Family	5
The Healthy Perspective	6
Supporting Independence	8
Ask the Pastor	8
Children's & Youth Ministry	9
Presbyterian Women	10
Library Corner	11
Memorial & Honoring Gifts	12
Senior Care Workshop	13
Planting Seeds of Faith	14
2026 Women's Retreat	14
Scuttlebutt	15
Our Mission	19

## **From Pastor Keith Thank You!**

As is often the case, we don't say "thank you" nearly enough to our staff members who are employed by you, the members and friends of CPC. These staff members keep CPC humming, providing a wealth of experience and expertise as they faithfully facilitate and support the mission and ministry of Carmichael Presbyterian Church. Your staff consists of some individuals who work just a few hours a week,

some who are employed half time, and some who are full-time. During worship on January 25, **Dave Studer** and **Rodney Dahlberg**, representing the Personnel Committee, expressed our profound appreciation for all that they do. Your current staff represent more than 288 years of faithful service:

Office Staff: **Karen Gray**, **Julie Ueltzen**, **Paul Shultz**

Children's and Youth

Ministry Staff: **Michael Lombrano**, **Mary and Paul Camozzi**

Music Staff: **Keith Atwater**, **Heidi Van Regenmorter**, **Merlyn Van Regenmorter**, **Gabe Bisho**, and **Will Condrey**

Audio/Video Tech Staff: **Steve Parker**, **Bruce MacLean**, **Mike Gray**, **Noor Bitar**, **Avonlee Janik**, and **Kiyo Romais**

Maintenance Staff: **Ron Morris** and **Christian Bolen**

Food Closet Staff: **John Busath**

Pastoral Staff: **Keith DeVries** and **Ivan Herman**

Substitutes: **Sharon MacLean** (office) and **Trina Spivack** (music).

With appreciation and gratitude for selflessly contributing to the life and ministry of CPC, we simply say...

THANK YOU!

*Pastor Keith*

*"These staff members keep CPC humming, providing a wealth of experience and expertise as they faithfully facilitate and support the mission and ministry of Carmichael Presbyterian Church."*



**ASH WEDNESDAY**  
**WORSHIP**

**February 18**  
**7:00 p.m.**

This contemplative service begins the Lenten season with the imposition of ashes and the Lord's Supper.

The service will also be livestreamed at <https://www.youtube.com/user/carmichaelpres/>

Childcare is provided.

# ...Art Show ...

(Continued from page 1)

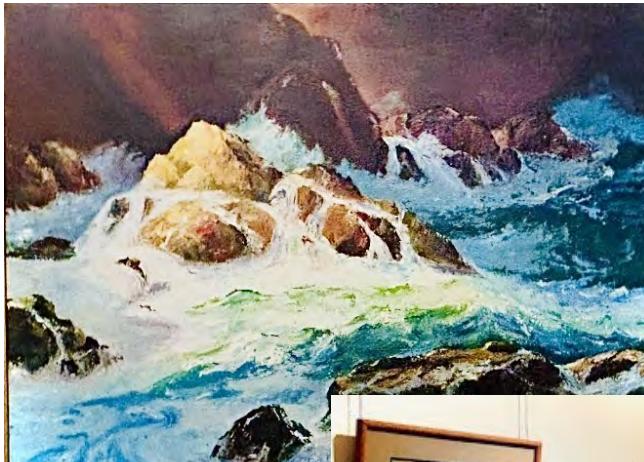
The CPC Art Committee was formed after the DeVries Gathering Place was remodeled. That was one of the upgrades envisioned during our initial 'Legacy of Faith' capital campaign more than 25 years ago. Once the new Gathering Place was completed, it seemed like a perfect space for an art gallery.

That idea was born as we began to brainstorm a few challenges and opportunities. The acoustics of the space were noisy and the walls were bare. We wanted to attract more people to CPC through outreach. And CPC had a wealth of artistic talent in our congregation.

We had just completed a Revisioning Plan that looked at how CPC could meet the needs of the broader Carmichael community. One of the findings was that we as a church could connect to the greater Sacramento region through the arts. Second Saturday art openings were quite popular then—and people would likely attend art events

at CPC.

So, we began brainstorm-



Top: "Rocks" by Joan McMurray (oil on canvas)  
Right: The unity candle holder that was designed and made for CPC by David Mauerman and a photo of Dave by taken by Clair Daugherty. Dave is glazing one of Chris Thompson's bowls—part of "A Thousand Bowls to Feed the Hungry" that were created by Chris for his master's project at CSUS.



ing possibilities. **Mary Kay Exstrom**, a gifted artist and long-time CPC member, knew we had a number of artists in our congregation, so she volunteered to contact them and coordinate a CPC art show.

**Darrell Torgerson, Priscilla Mauerman, Faye White, Kathy Daigle, Russ Franson, Mary Kay Exstrom**, and others were part of this first CPC Art Committee.

And that is how our story began. Through the years, we

have hosted a plethora of art shows, showcasing the talents of many artists. From paintings, drawings and mixed media to photography, woodworking, pottery, sculptures, stained glass, quilts, and other fiber arts.

Some shows featured the art of our children and youth. Other shows involved CPC activities like building kites for CPC's annual Kite Day.

We also invited local artists to participate in two *Plein Air* days on church grounds, coordinated by **Sheila Jacobs**. These pieces were featured during CPC's Centennial Celebration in 2023. And we mounted shows inspired by poems from **Ann Weems** and **Karen Ganon**.

During the pandemic we didn't stop. Every Sunday, we produced weekly five minute art shows at the end of each online Sunday service run (62 of them), thanks to **Lori Keeney** and the whole Art Committee. Art at CPC has been a wonderful legacy, which continues today.

We hope you enjoy our 25th Anniversary show.

**Pastor Ivan Writes:**

# **The Power of Congregation-Based Community Organizing**

What do a Catholic priest, a Jewish rabbi, a Unitarian pastor, an interfaith chaplain, and a Presbyterian pastor have in common? Plenty! And we might all be found sitting at a lunch table at a Sacramento ACT (Area Congregations Together) for a quarterly gathering discussing the shared needs of our communities. In the past couple of years

SacACT has held candidate forums for San Juan Unified School Board elections, provided Know Your Rights trainings to immigrants and faith communities, and rallied to support legislation protecting renters and increasing affordable housing in California. As immigration enforcement raids continue to generate fear in many communities, SacACT continues to host monthly multi-faith prayer vigils outside the John Moss

Federal Building in Sacramento where many people have been detained. At December's vigil a couple of Presbyterian ruling and teaching elders

who are Japanese American citizens shared their stories of detention during WWII. As Presbyterians, we believe faith is not only something we confess on

Sacramento ACT, an affiliate of PICO California and a part of the Faith in Action Network, since very early in its work. Community organizing brings leaders of congregations, labor, and concerned citizens together to act on the shared conviction that equity, justice, and fair inclusion must drive public policy. Rather than using charity or direct service, CBCO focuses on building long-term relationships and developing leaders who can address the root causes of injustice. Sacramento ACT, has practiced this approach for decades, organizing across lines of race, income, and denomination to create real change.

What makes community organizing especially powerful for a PC(USA) congregation is its deep alignment with our theology. We believe God works through covenantal relationships, discernment in community, and shared leadership. It is slow, relational work, and it asks us to listen deeply to our neighbors' stories. It transforms frustration into faithful action. Community organizing reminds us that congregations are not power-  
*(Continued on page 5)*

***"Congregation-Based Community Organizing ... is one of the most effective ways that communities of faith have embodied that calling."***



Sunday, but something we live out together at work, home, school, and in the public square. Congregation-Based Community Organizing (CBCO) is one of the most effective ways that communities of faith have embodied that calling, and here in our region, Sacramento ACT offers a powerful example of what faithful, organized communities can accomplish.

Carmichael Presbyterian Church has been a part of

# **Mission Division Update**

## **Opportunities to Serve**

by Barbara Farley

In January and February Carmichael HART (Homeless Assistance Resource Team) is providing a morning respite on Mondays and Wednesdays from 9:00 a.m. to 1:00 p.m. On Mondays faith communities in Carmichael provide breakfast, take out lunches, and showers at CPC. On Wednesdays Congregation Beth Shalom on El Camino Avenue provides the location for the same services without showers.

Each faith community hosts at least two days of service to our unhoused neighbors in Carmichael. CPC's turns are Mondays, February 16 and 23.

Our congregation will provide volunteers to help prepare and serve breakfast, bag lunches, supervise showers, and provide hospitality. We need at least 12 to 14 people to volunteer for a shift from 8:30 a.m. to 11:00 a.m. or 10:30 a.m. to 1:00 p.m. There will be sign-up opportunities in the DeVries Gathering Place on Sundays in February.

Please note that February 16 is Presidents Day. Those of you who are working may want to share your time off that day and be a part of mission project in our community. Sign up in the DeVries Gathering Place or contact **Barbara Farley** at [b\\_farley@sbcglobal.net](mailto:b_farley@sbcglobal.net).

### **... From Pastor Ivan ...**

*(Continued from page 4)*

less in the face of complex social challenges. When we organize, we amplify our moral voice and live out Micah's call "to do justice, love kindness, and walk humbly with our God."

Further Reading:

- The Presbyterian Hunger Program recently released an 8-page guide to Congregation Based Community Organizing: <https://tinyurl.com/28996kn8>
- Sacramento ACT: [www.sacact.org](http://www.sacact.org)
- Faith In Action Network: <https://faithinaction.org>

## **In Our Church Family**

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



† **Dani Romais** and family on the loss of her brother, **Andre Kioshima**, on December 4.

† **Harvey Swenson** and family on the loss of his brother, **Stephen Swenson**, on December 11.

† **Lynette Ledesma** and family on the loss of her beloved family member, **Elma Cataluña**.

† **Justin & Caron Treon** and family on the loss of Justin's grandmother, **Nella Sorrenti**, on January 20.

### **MISSION BELL DEADLINE**

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



Submit articles to  
Karen Gray at  
[karen@carmichaelpres.org](mailto:karen@carmichaelpres.org)  
or mail/drop off a hard copy  
in the church office.

# The Healthy Perspective

by Mary Miller, Health Ministry

The saying “we are what we eat” is increasingly relevant, as many foods contain ingredients that strain our immune systems before any visible symptoms arise. There are simple changes we can make to improve our health and manage chronic pain.

Experiencing infertility brought significant emotional and physical challenges into my life, affecting my wellbeing and sense of hope. My experience with infertility, however, shaped my passion for

this subject. Despite trying various treatments and receiving a diagnosis without options beyond western fertility interventions, nothing worked until I changed my diet to high protein, low carbohydrates, and no sugar (similar to the Atkins Diet). As a result, I conceived naturally multiple times and had my daughter at forty. Although this method may not suit everyone facing infertility, it

shows that diet affects health now and in the future.

## Vocabulary

**Immune System:** The immune system is the body's complex network of cells, tissues, and organs that work together to defend against harmful invaders like bacte-

ria, viruses, and toxins. It recognizes and attacks these foreign substances to help keep us healthy and prevent illness.

**Autoimmune related conditions:** While these are often

not triggered by diet, knowing how food choices may affect them can help manage health and possibly lower risk.

## Ranch Dressing Mix

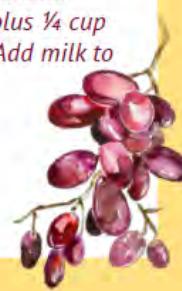
### INGREDIENTS

1 cup of Buttermilk Powder  
1/4 cup Dried Parsley  
2 Tbsp Dried Garlic Powder  
2 Tbsp Dried Onion Powder  
2 Tbsp Dehydrated Minced Onion  
2 Tbsp Dehydrated Dill  
2 Tbsp Smoked Paprika  
1 Tbsp finely ground salt  
1 tsp Black Pepper  
Cayenne pepper to taste (optional)

Combine all ingredients. You can use this to replace Hidden Valley Ranch dressing mix in any recipe.

### To make dressing:

Combine equal amounts of sour cream and avocado mayonnaise. (about 1 cup) plus 1/4 cup of ranch mix (more or less to taste). Add milk to your desired consistency.



ria, viruses, and toxins. It recognizes and attacks these foreign substances to help keep us healthy and prevent illness.

## Autoimmune Response

An autoimmune response occurs when the immune system mistakenly targets and attacks the body's own healthy cells, tissues, or organs. Instead of only defending against harmful invaders like bacteria and viruses, the

immune system becomes confused and treats normal body components as threats. This can lead to chronic inflammation and a range of health problems, often resulting in ongoing pain or discomfort.

**Autoimmune related conditions:** While these are often not triggered by diet, knowing how food choices may affect them can help manage health and possibly lower risk.

Each of these conditions reflects the immune system's confusion, treating normal parts of the body as threats. Understanding the range of autoimmune diseases highlights why informed choices—such as adjusting diet—may help manage symptoms or support overall wellbeing can effectively help manage the pain and daily suffering we experience: This is not a com-

*(Continued on page 7)*

# ... Healthy Perspective ...

(Continued from page 6)  
prehensive list.

**Rheumatoid Arthritis:** A condition that targets the joints, causing pain, swelling, and stiffness.

**Type 1 Diabetes:** An autoimmune disorder where the immune system destroys insulin-producing cells in the pancreas.

**Multiple Sclerosis:** The immune system attacks nerve cells, resulting in muscle weakness and coordination problems.

**Lupus:** A disease affecting many body systems, including skin, joints, kidneys, and blood cells.

**Hashimoto's Thyroiditis:** The immune system damages the thyroid gland, often leading to hypothyroidism.

**Celiac Disease:** An immune reaction to gluten that damages the small intestine.

**Psoriasis:** The immune system causes the rapid growth of skin cells, leading to scaly patches and inflammation.

## Avoiding Ultra-Processed Food

Ultra-processed foods often contain high levels of additives, preservatives, sugar, and unhealthy fats, which can contribute to inflammation and may exacerbate symptoms associated with autoimmune diseases. By limiting these foods and opting for more natural, whole food options, individuals can help their bodies maintain a balanced immune response and potentially reduce discomfort. I will be defining ingredients that we see on our labels that we don't understand but for this article, the simple take is: ***if you don't know what it is don't eat it.***

**Faith Leaders Support for Opiate Death Reduction**

### Access to Harm Reduction Supplies:

Recently we installed a new Overdose Aid Kit located near the window of the Carmichael Food Closet. The kit includes Narcan (naloxone), a medication that can reverse

the effects of an opioid overdose and help restore breathing until emergency services arrive. Narcan is a nasal spray that will not cause harm or have any effect on someone

who has not taken opioids (such as fentanyl). It also includes fentanyl test strips.

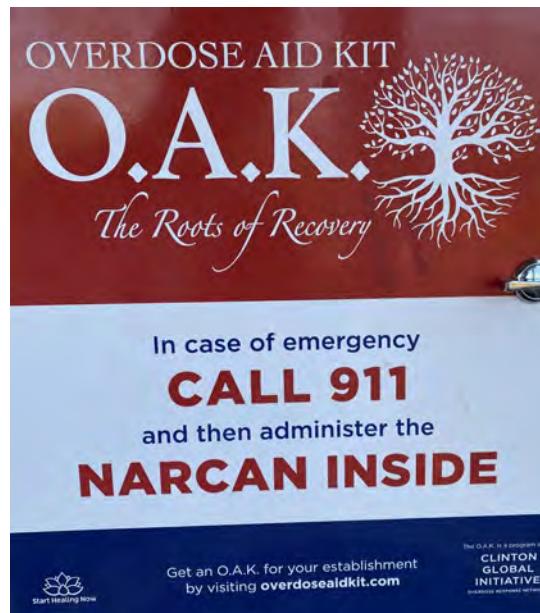
Making this kit publicly available supports harm reduction, safety, and care for neighbors who may be at risk. The Narcan inside is free for the taking and will be refilled regularly. Please help spread the word so others know this critical resource is available when it's needed most.

Many thanks go to Ruling Elder **Rebecca Parker** for participating in the Opiate Death Reduction Program, a year-long program for faith leaders

to learn about addiction, overdose, and recovery. The program and the California Department of Health Services ensure that the box can be kept filled at no cost.

### Gathering Community Readiness Information:

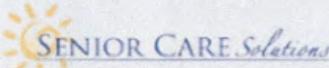
The faith leaders' program is committed to supporting faith communities that participate in the Opiate Death Reduction initiative. To effectively pro-



An overdose aid kit containing free Narcan and fentanyl test strips has been installed near the Food Closet.

# Caregiver Action & Resource Education Series

In Person Event -Carmichael



got questions?  
**ASK THE PASTOR!**

New to Carmichael Presbyterian Church and curious what we're all about? **Ask the pastor!**

Been here a while but still curious? **Ask the pastor!**

Meet other curious folks for an informal chat with Pastor Keith

**Sunday, March 8 at 11:15 a.m.**

in the Parlor

Questions? Contact Julie Ueltzen at  
916-486-9081 or  
[carmichaelpres@gmail.com](mailto:carmichaelpres@gmail.com)

## Supporting Independence

Alzheimer's Association

Wednesday,  
February 11, 2026  
2:00pm-3:30pm

Carmichael Presbyterian Church  
5645 Marconi Ave.,  
Carmichael, CA, 95608

**REGISTER TODAY**

[tinyurl.com/CARES021126](http://tinyurl.com/CARES021126)

or call Senior Care Solutions at  
(916) 965-5565



got questions?  
**ASK THE PASTOR!**

New to Carmichael Presbyterian Church and curious what we're all about? **Ask the pastor!**

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## ... Healthy Perspective ...

*(Continued from page 7)*

vide this support, the program requires details about each church community's preparedness to engage in Narcan training, perspectives toward addiction, and awareness of local resources for detoxification and treatment.

**Congregational Attitude and Knowledge Survey:** A survey is available to gather information about congregants' attitudes and understanding of addiction and opiates. Please use the QR code to access a brief survey regarding your views on addiction and your knowledge of opiates. The program director will use the responses from this survey to create a tailored plan for Carmichael Presbyterian Church, in collaboration with CPC's representatives, **Rebecca Parker and Mary Miller.**



# What's Up in Children's & Youth Ministry?

by Michael Lombrano, Children's & Youth Ministry Director

## Youth Event

All 6th-12th graders are invited to our annual late night RIDICULOUSNESS on February 27! Westminster Presbyterian Church (in downtown Sacramento) is hosting the event from 7:00 p.m.-11:00 p.m. We will meet at 6:20 p.m. in the CPC parking lot and drive together. We should be back to the CPC parking lot around 11:30 p.m. The cost is \$5 at the door. You can pre-register, using the QR code. Registering in advance helps us estimate how much food & supplies to buy.



## Children's Event

Did you know we have a playground at CPC? It is completely enclosed, has lots of room to run and play, and some picnic tables. On Saturday, February 28,



all families are invited to join us for Picnic and Play from 11:00 a.m.-1:00 p.m. We will provide drinks but ask that you bring your own lunch. We hope to see you there!

## Summer Camp

Registration for Summer Camp at Westminster Woods is open now. Go to [westminsterwoods.org](http://westminsterwoods.org) to register. Due to the incredible generosity of our community at the Planting Seeds of Faith Auction, we are able to provide scholarships for our students. If you have a student



*(Continued on page 11)*

# Continuing Finding Resilience, Joy and Our Identity in Jesus Christ

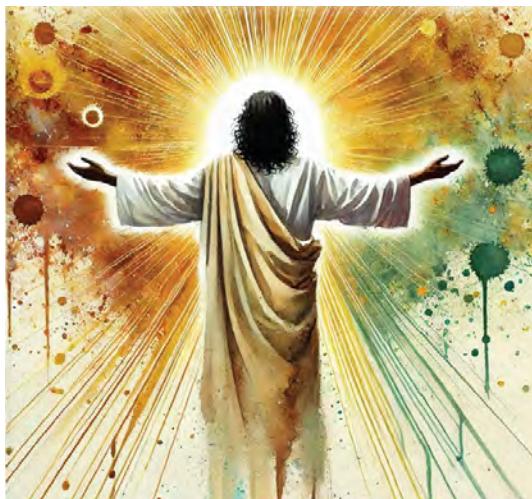
by Terry Sakuda

During our Study of Lessons 1 through 5 we reflected on Mary Magdalene the Tower, Mary of a Certain Village, Jesus is Tested, The Prodigal Child and The Gift of the Poor Woman. This month we continue our study with Lesson Six, "Finding Our Joy in Christ: I will Say it Again, Rejoice," based on Philippians 4:1-23.

The main idea of this study is that Christian joy emerges from a deep belief that God is good, and God reigns forever.

We will learn that contrary to what many people believe, joy is more than an emotion. Christian joy emerges from a deep belief that God is good, and God reigns forever for we can do all things through Jesus Christ. We will explore ways of finding joy in a chaotic world and examine how concerns and anxiety can keep us from experiencing calm and peace. We will learn that throughout history some cultures, societies, and religious traditions have controlled activities that can provide joy such as dancing or playing music. Finally, we will discuss Paul's feelings of joy

that are described in scripture.



*Presbyterian Women will explore Lesson Six: "Finding Our Joy in Christ: I will Say it Again, Rejoice" in Finding Resilience, Joy and Our Identity in Jesus Christ during February.*

## PW Bible Study Books

There are still a couple of Bible Study Books available in the church office. If you are interested in obtaining one, please contact **Terry Sakuda** at [terry.sakuda@yahoo.com](mailto:terry.sakuda@yahoo.com).

## PW Pastor's Bible Study

Pastor **Keith DeVries** will lead the Lesson 6 in our Bible Study 6 via Zoom, sharing insights with us on Thursday, February 12 at 10:00 a.m. All are welcome. If you wish to attend on the second Thursday of each month through May, please contact **Karen**

Gray in the church office for the Zoom link. These meetings are very informative and provide for very discussions.

## PW Circles

Presbyterian Women's Circles meet monthly in small group circles for continued Bible study, prayer, fellowship, mission, and to nurture our faith as we share with one another.

Mary Martha Circle meets every third Thursday at 1:00 p.m. from October through May. If you have any questions about the Bible Study or about Mary Martha Circle, you can contact **Kathy Daigle** ([kathypdaigle777@gmail.com](mailto:kathypdaigle777@gmail.com)) or **Lisa Benadom** ([ibenadom@comcast.net](mailto:ibenadom@comcast.net).)

Dorcas Circle, our World Service Sewing Circle, meets on the first Tuesday of the month at 9:30 a.m. If you are interested in joining this sewing circle, please contact **Carylyn MacGregor** ([sabrina53@earthlink.net](mailto:sabrina53@earthlink.net).)

If you are interested in a new PW circle that would meet in the evening or after Sunday Service, please con-  
(Continued on page 11)

# ... Children & Youth ...

(Continued from page 9)

who would like to receive a camp scholarship, all we ask is:

- That you and/or your student donate an item to the auction
- That you and/or your student help serve on the day of the auction

Camp dates are:

**Camp Heartwood** (Secular Summer Camp for ages 9-16)

Session 1: 6/22-6/27

Session 2: 6/29-7/4

Session 3: 7/6-7/11

**Camp Soulspring** (Christian Summer Camp for ages 8-17):

**Session 5: 7/19-7/24\***

Session 6: 7/26-7/31

\*We recommend Session 5: 7/19-7-24. **Michael Lombrano** will be a counselor this week.

If you have questions or concerns about these events, or children's and youth ministry in general, please contact Michael Lombrano at [michael@carmichaelpres.org](mailto:michael@carmichaelpres.org).

## ... PW ...

(Continued from page 10)

tact **Rae-Nani Stokes** at [rae-nani@hotmail.com](mailto:rae-nani@hotmail.com).

## Library Corner Recent Additions

by Doris Beckert

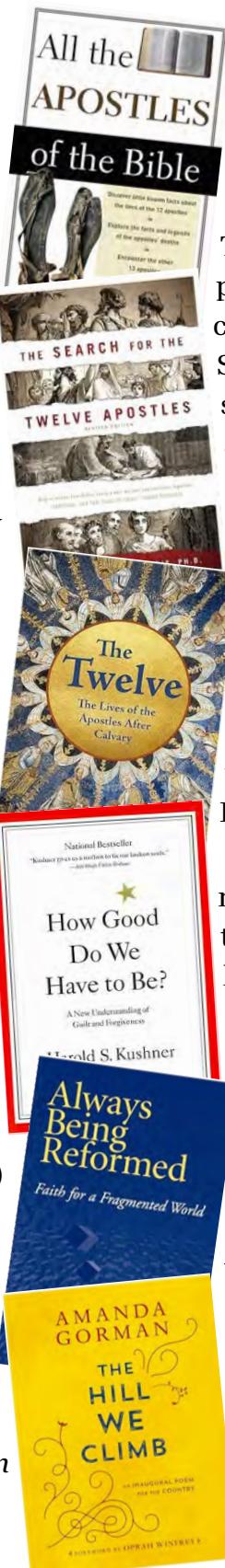
This month, I share another group of donations from the collection of **Dave Beeby**. Three have to do with the apostles and are all labeled 225.9:

- *All the Apostles of the Bible* by Herbert Lockyer
- *The Search for the Twelve Apostles* by William S. McBirnie
- *The Twelve: The Lives of the Apostles After Calvary* by C. Bernard Ruffin

Two are by Harold Kushner, a Jewish rabbi, who is known for his popular *When Bad Things Happen to Good People*:

- *How Good Do We Have to Be?* (296.7)
- *To Life!* (296)

And lastly, Shirley Guthrie's *Always Being Reformed* (230.5) is a follow up to his (that's right) *Christian Doctrine*.



Another donor, **Kathy Lewin**, gave two books to the library:

- *Compassion, Davis, CA* by David Breaux (248.8)

This is a compilation of people's definitions of compassion from June to September 2009. His reason was to increase awareness and to be of selfless service. Includes photos.

- *The Hill We Climb* by Amanda Gorman (811)

This is the complete text of the poem she wrote and read at the inauguration of President Joe Biden in 2021.

These books and many more are available for you to check out! The church library is open on Sunday mornings and during church office hours. You can also find a complete listing of available books at <https://www.librarything.com/catalog/carmichaelpres>

# Memorial & Honoring Gifts

These are the persons in whose name memorial gifts were made during 2025, along with the donors and the designated use of those gifts. We are grateful for these donors and the saints whom they remember and honor.

## THOSE REMEMBERED

**Joan Bristow**

**Brian Benadom**

**Jane Swenson**

**Joy Jones**

**Birgitta & Russ Ellis**

**Nonie French-Parker**

**Howard Ross**

**Harry Lindley**

**Dean Shaver**

**Jean Ehmann**

**Jim Marshall**

**Laurie White**

**Lisa Levering**

## DONORS

**Lisa Benadom**

**Lisa Benadom**

**Nautilus**

**Lisa Benadom**

**Len Tozier**

**Christopher Ellis**

**John & Marsha French**

**Kathy Moody**

**Laura Alarcon & Gary Cooper**

**Stephen & Sandra Deross**

**Robert & Georgianna Kriss**

**Len Tozier**

**Todd & Erin Grimm**

**Nautilus**

**Beth Lindley**

**Companionship**

**Len Tozier**

**Lynda Parker**

**Nautilus**

**Wayne & Barbara Reimers**

**Susan Fishel**

**Paul & Lynn Shultz**

**Len Tozier**

**NL & CH Dodson**

**Lisa Benadom**

**Carol Tucker**

## DESIGNATIONS

Undesignated

Undesignated

Parking Lot

Undesignated

Parking Lot

Undesignated

Undesignated

Undesignated

Undesignated

Undesignated

Parking Lot

Food Closet

Parking Lot

Food Closet

Parking Lot

Parking Lot

Parking Lot

Music Department

Parking Lot

Food Closet

Parking Lot

Parking Lot

Parking Lot

Undesignated

Undesignated

*(Continued on page 13)*

# ... Memorial & Honoring Gifts ...

(Continued from page 12)

## THOSE REMEMBERED

**Lisa Levering**

**Daniel Diehl**

## DONORS

**Kathy Lewis**

**Bill & Misty Dunn**

**Harry & Carol Jones**

**Casey & Laura Triggs**

**David & Jill Wolfe**

**Bobbi Whisenhunt**

**Katherine Krafcik**

**Paul & Therese Price**

**Peter Spil & Virginia Holder**

**David & Sharon Caraccio**

**James Walker**

**Dave Atkinson**

**Holly Walker-Shaw**

## DESIGNATIONS

Food Closet

Parking Lot

Food Closet

These persons were honored with gifts made during 2025:

## THOSE HONORED

**Barbara Laughton**

**David & Phyllis Brewer**

## DONORS

**Judi Stewart**

**Christa Brewer**

## DESIGNATIONS

Music Department

Parking Lot

## SENIOR CARE WORKSHOP

SATURDAY, MARCH 28, 2026

9:00 a.m.-3:00 p.m.

McMillen Hall



Mark your calendar for an informative workshop presented by

**IN YOUR HOME CARE**

A variety of topics will be covered, including:

Estate Planning

Elder Fraud

Private Care Giving

Long Term Care

Hospice

Health and Wellness Area

Rest Area for Care Givers

Raffle

Also check out:

Contact Kathy Lewin at [klslewin@sbcglobal.net](mailto:klslewin@sbcglobal.net) for more information

22<sup>nd</sup>  
**Planting Seeds  
of Faith** 

Luncheon & Auction

**Sunday, April 26  
11:30 a.m.**

McMillen Hall

**Plan to Attend,  
Invite Your Friends &  
Donate an Auction Item!**



## **2026 Women's Retreat – Mark Your Calendar**

Calling all ladies – while you're planning your year on your new 2026 calendars, mark yours for **September 18-20** and plan to join us at the beautiful Zephyr Point Presbyterian Conference Center in Lake Tahoe for CPC's annual Women's Retreat.



*The 2025 Women's Retreat was filled with laughter, learning, and lakeside lounging at the beautiful Zephyr Point Conference Center in Lake Tahoe.*

The retreat is a wonderful weekend full of activities, study, worship, relaxation, and fellowship with an amazing group of women (ages 18 and up). Invite a friend or relative. The cost, theme and speaker are to be determined. If you have any questions at all, please reach out to **Sharon MacLean** at [sharma-c617@gmail.com](mailto:sharma-c617@gmail.com).

# Scuttlebutt

## News from CPC's Marinerships

### Companionship

On December 6 fourteen intrepid Companionshippers met at **Nancy and Dave Studer's** house to bundle up in our cars and head out to do some Christmas caroling. The weather was brisk but the cars were cozy and so were our destinations. Accompanied by Nancy and Jenny **DeVries** on guitars we visited the Memory Care unit at Eskaton, and Atria on Fair Oaks Boulevard, and the home of **Dave Beeby**. It was great to see some of our favorite CPC friends everywhere we went.

Back at the Studer's house we snacked on an array of delicious appetizers and yummy desserts and munched through our business meeting.

On January 3 the Companionship met in the DeVries Gathering Place for our first meeting



of the New Year. Our outgoing Skippers **Marti Wallace** and **Sharlene St. Clair** started the meeting by thanking **Terry Barto** and **Chris Beeby** for providing snacks. Our Captain Nancy Studer led the installation of our new officers and the tying-on ceremony welcoming new members **Debbie and Brian Nordeen**.

Our new officers are Skippers **Hal and Sharleen Millering**, First Mates **Nancy Studer and Bonnie Logan**, Pursers **Randy and Elayne Anderson**, Logkeeper **Chris Beeby**, Chaplain **Carol Jones**, Lookout **Sharlene St. Clair**, and Historians **Marti Wallace** and **Sharlene St. Clair**. We took turns lighting a candle for

each Companionship family and sang "Blessed Be the Tie That Binds."

We spent most of our business meeting suggesting and discussing events for 2026. We sang "Happy Birthday" to **Priscilla Mauerman** and sent future Happy Birthday greetings to **Jenny DeVries** for January 26.

Concluding our meeting we snacked on Terry's delicious homemade holiday cookies and visited while waiting for our Trivia host ... who accidentally went to the Beebys' house instead of coming to CPC. We have rescheduled this event for February!

If you would like to visit our ship, please contact our Lookout Sharlene St. Clair.

### Holy Scow

November 8, 2025, saw seven members of the Holy Scow Marinership headed to



*Holy Scow enjoyed a delicious dinner with the DeVries' in November and a festive Christmas celebration in December.*

*(Continued on page 16)*

# ... Scuttlebutt ...

*(Continued from page 15)*

downtown Sacramento to visit the Time of Remembrance (TOR) permanent exhibit at the California Museum. The TOR exhibit presents the story and history of the internment of Japanese Americans during World War II. Our guide was Marielle Tsukamoto who was interred along with her parents in Jerome, Arkansas for about four years. While the majority of internees lost everything while they were imprisoned, the Tsukamoto family was fortunate enough to have been befriended by Bob Fletcher who farmed their strawberry farm in Florin,

California. He paid all their bills and property taxes. When the family was released and returned to Florin (South Sacramento) their home and farm were waiting for them. Everyone left with a new appreciation of a piece of our history.

At the Planting Seeds of Faith Auction last spring we were the successful bidders for dinner at the DeVries' home. So just two days after the museum outing ten of us were treated to a delightful evening of delicious food, great conversations, and wonderful fellowship with **Keith and Jenny DeVries**. As Jenny

toiled in the kitchen, Keith delivered appetizers, soup, and salad to our table in their backyard. The weather

was perfect as we noshed our way through all three courses and accompanying wine choices.

We were then invited inside for the amazing main course of pork Wellington followed by a scrumptious dessert of apple cobbler and ice cream. We all agreed this was an event worth repeating and plan to bid often and high at the next auction!

The afternoon of December 6 found a group of us in the DeVries Gathering Place for our annual Christmas celebration with frivolity, food, and fellowship,

## Mothership

Mothership wrapped up 2025 with a full and festive calendar, packed with oppor-



Mothership members ended 2025 with opportunities to connect, celebrate, and serve together.

tunities to connect, celebrate, and serve together. In November, we ventured out to try the new Gami Burger restaur-  
*(Continued on page 17)*

# ... Scuttlebutt ...

(Continued from page 16)

rant at the corner of Arden and Fair Oaks. Reviews were mixed, but the company made it worthwhile! After dinner, we headed to El Camino High School to see *Seussical the Musical*. A few other CPC members joined us for the meal, and once at the show we ran into even more familiar CPC faces, bringing our group of theatergoers to a total of 16. Later that month, we planned a Pride 5K walk in celebration of LGBTQIA+ pride and allyship, and in support of Transgender Awareness Week. Following the walk, several members rolled up their sleeves in the Food Closet, helping to sort the impressive number of boxes donated through the Kids Can Drive.

In December, the CPC Community Advent Event offered a wonderful opportunity to craft, chat, and enjoy one another's company. **Lynette Ledesma** and **Julie Ueltzen** entertained us with a spirited karaoke performance of "Grandma Got Run Over by a Reindeer" and we all had fun taking silly photos. On the final Wednesday Works of the

year, **Rae-Nani Stokes** organized a special Christmas Shop where kids in our group could choose gifts to give to their moms. The children were delighted to give their moms a present, and the hardworking moms were just as happy to find a gift under the tree with their name on it.

We closed out the year with a Pizza and Game Night that delivered plenty of laugh-



The Nautilus crew met for the first time with their new shipmates from Clipper Ship in January to share lunch and plan their program year.

ter. **Elizabeth Phillips** introduced us to the fast-paced party game *Quick, Quick, Quick*, and the rapid-fire questions and hilarious answers kept everyone laughing well into the night. It was the perfect way to end 2025, together and joyful, and already looking forward to what comes next.

Feb	Wayne & Barbara
Mar	Thelma Weyers
April	Harvey Swenson
May	Judy & Terry
June	Jan Olson
July	Barbara & Kathy
Aug	Bob & Carol
Sep	Emily Moulton
Oct	Carol Moulton
Nov	Arleta Lawson
Dec	Ray Collison
Jan 2027	Carol Dubler

## Nautilus

January was the first planning meeting for the "New Nautilus" ship. The full parlor included previous Clipper Ship crew and new members **Karen and Ted Yellman**, as well as previous members **Jim and Ethyl Coe**. **Harvey Swenson** began the meeting with prayer. Our first business item was ship officer responsibilities. Following that,

**Barbara Reimers** explained the year's activity schedule.

Harvey agreed to fill the job of Skipper, which is now primarily a communication liaison. The hosts for each month will be in charge of that entire meeting. **Terry Sweeney** agreed to take the Log-keeper position, which will involve writing Scuttlebutt

articles for the *Mission Bell*. The final position, Purser, has not yet been filled.

With the aid of an information board and Post-it

(Continued on page 18)

# ...More Scuttlebutt ...

*(Continued from page 17)*

notes (see photo), Barbara explained the activities process. Designated hosts may schedule any event that fits the needs of a majority of members, and hosts are free to communicate with other hosts to change months or co-hosts.

Based on the limited space in the parlor and poor acoustics there, a post-meeting decision was made to have meetings in the DeVries Gathering Place. However, the change requires that we meet every second

Saturday rather than the first, except for special events such as the annual Planting Seeds of Faith auction. **Barbara and Wayne Reimers** will host in February.

It was a great turnout and wonderful to see how well new shipmates interacted.

## Skipjacks

It promises to be a good year for Skipjacks. The planning meeting in January at **Pattie Shaw's** beautifully decorated house resulted in a list of many interesting programs to come.

**Skipper Debbie Cameron**

created a spreadsheet of the 12 months with spaces for volunteers to sign up to plan a program for the month of their choice. They will decide on a theme and come up with an activity, and Debbie will facilitate room reservations. This is a departure from our past



*Skipjacks planned their 2026 programs and shared favorite Christmas ornaments at their January meeting.*

method of assigning just one First Mate to handle the programs for the entire year. We felt that this was too big of a job for one person. By the end of the meeting, all but two months were filled. On the docket so far are our traditional events: White Elephant Auction, Christmas Dinner

Out, Split Pea Soup, and 4th of July Potluck. Other possibilities are bingo, arts and crafts projects, and who knows what else. We look forward to engaging, informative, or entertaining programs in 2026.

A side-light of the afternoon was the showing of our favorite Christmas decoration or ornament and why it was special for us. Some of those shared were: a musical snow globe nativity, Charlie Brown bell ringers, banner from the '70s with "w" and "o" added to "men," and a Texas Santa with cowboy boots.

Pattie rewarded us for our laborious planning by serving cookies and Santa mugs of hot chocolate with marshmallows and sprinkles. **Doris Beckert** and **Jimmi Mishler** shared the prize for the most correct answers (16 out of 20) in a Christmas Carol word puzzle (example: colorless Yuletide: "White Christmas").

Footnote: Patti would be able to open a collectibles shop if only she could part with her dolls, reindeer, teddy bears, bunnies, nativity sets (15), cookie jars, wall art, doll house, and more. Oh, and she has 5 fluffy live cats.

# 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**,  
Administrative Assistant

**Paul Shultz**,  
Financial Administrator

**Ron Morris**,  
Maintenance Manager

**Christian Bolen**, Custodian

**John Busath**,  
Food Closet Warehouse  
Manager

**Heidi Van Regenmorter**,  
Organist

**Gabe Bisho**, Pianist

**Will Condrey**, Drummer

**Merlyn Van Regenmorter**,  
Bassist

**Noor Bitar**, **Michael Gray**,  
**Bruce MacLean**,  
**Steve Parker**, **Kiyo Romais**,  
and **Avonlee Janik**,  
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:

916-486-9081

### Extensions:

Keith DeVries	203	Julie Ueltzen	200
Ivan Herman	202	Michael Lombrano	207
Paul Shultz	205	Ron Morris	206
Karen Gray	201	Keith Atwater	208

### via e-mail:

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Karen Gray	karen@carmichaelpres.org
Paul Shultz	paul@carmichaelpres.org
Ron Morris	ron@carmichaelpres.org
Keith Atwater	music@carmichaelpres.org

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





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## **Sundays @ CPC**

### **In-Person & Live Stream Worship**

**10:00 a.m.**

A blend of traditional and contemporary music styles bring new life to the Word. Worship in the Sanctuary or join online. Go to [youtube.com/@carmichaelpres](https://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 4-5<sup>th</sup> grade are dismissed to their classes.

Preschool through 2nd grade students experience Bible stories through Godly Play. Kids in 3rd-5th grade learn together using lectionary-based Whirl curriculum.

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 DeVries Gathering Place or chat with friends old and new following worship.

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

Youth in 6<sup>th</sup> through 12<sup>th</sup> grade are encouraged to come to Room 204 for Bible study.

