



# THE MISSION BELL

CARMICHAEL PRESBYTERIAN CHURCH

May 2026

Volume LXVI Number 4

## Paving the Way Progress!

Right on schedule, crews rolled into CPC's parking lot on Monday, April 6 and began their work.

Brick planters, concrete wheel stops, old asphalt, trees, and

even a long-neglected basketball court were

reduced to piles of rubble. A long line of trucks hauled away

tons of debris.

Over the course of

the next couple of weeks, excavators picked old irri-

gation pipes, rocks, and assorted stuff out  
*(Continued on page 3)*



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## Carmichael Kiwanis Big Band Concert Sunday, May 24 McMillen Hall



If you haven't experienced the Carmichael Kiwanis Big Band playing at CPC on Memorial Day Weekend, you have missed a really fun event!

This year, under the leadership of Michael Koons, the band will perform a concert of toe-tapping music in McMillen Hall after worship.

Big band, patriotic, blues, and more—performed by 18 people from all over the county, including multiple singers!

*Invite friends to join you for church & afterwards for a wonderful experience!!*



## From Pastor Keith A Quarter of a Century

I write this just a few days after celebrating 25 years of faithful service and partnership in ministry with you. It is a relationship that started about 26 years ago when I received a phone call from **Dick Gronhovd**, a pastor/colleague/mentor/and friend, who told me he had been praying and felt led to ask if I might consider a call to serve at Carmichael Presbyterian as co-pastor with **Jim Clark**, a close friend of Dick's. I was perfectly happy in Vallejo, serving Community Presbyterian Church and had no desire to uproot our family and move, but... I'm not one to say no, so I agreed to talk with the chair of the pastor search committee—**Dave Studer**.

We began the process of exchanging information; I sent Dave my PIF/Pastoral Information Form/resumé, and Dave sent me information about CPC in what was known as a CIF/Church Information Form/the church's resumé. After a few months of back-and-forth communication and a drive by on the way to Lake Tahoe, I heard nothing for about a month. I assumed

that the committee had moved on and so would I, and then... I heard from Dave again. Apparently, one of the candi-



*“I look back with profound gratitude for each and every one of you, the faithful members and friends of CPC ...”*

dates was no longer in the mix and the committee wanted to have an in-person interview with me, which led to coffee and conversation with Pastor Jim Clark, about what a co-pastor model might look like. Soon after the pastor search committee came to hear me preach and lead worship in Vallejo, and well... what seems like just a little while

later, we are celebrating 25 years together in Carmichael. It has truly been a blessing for the DeVries family to be part of this family for a quarter of a century—WOW! That seems like a really long time when you say it like that. We have been through so much together. We have shared life with all its ups and downs, joy and sadness; walked through seasons of good health and bad health, sorrow and grief, struggles and challenges, and a centennial celebration for the ages.

So, it is with mixed emotions, and with much prayer and discernment that I have decided to retire at the end of August 2027. Following my return from sabbatical on September 8, 2026, and honoring the sabbatical requirement to return to my current position for one more year, I will continue to partner with you in ministry and service while CPC's leadership begins the process of planning for a future without me as your pastor. In the coming months we will have many opportunities to share stories, laugh, pray, and reminisce  
*(Continued on page 3)*

## ... Parking Lot ...

(Continued from page 1)

of the dirt while bulldozers and steamrollers created a smooth, flat surface. Solar installers connected the circuit breakers and infrastructure that will be needed when the panels are placed.

So far, construction is on schedule to be finished by the end of July. In the meantime, the Food Closet has modified their

drive through route so they can continue serving families in need. Folks coming to CPC

for meetings, dinners, events, or worship are finding parking in the front semicircle, in the Oak Plaza office park just east

the “99-cent Lot” behind the Food Closet.

**Bruce MacLean** has posted some great “bird’s eye view” videos from his drone on CPC’s Facebook page and **Steve Parker** has included some time lapse footage before worship services in person and on YouTube.

Thank you to all who contributed to the “Paving the Way to Welcome All” capital campaign to

help CPC create a safe, accessible, and welcoming area for everyone.



of the Sanctuary, in the lower parking lot at the back of the CPC campus, near the Food Closet, and on

## ... from Pastor Keith ...

(Continued from page 2)

about two-and-a-half-plus decades of serving Jesus Christ in this community as partners in ministry, and hopefully find time for a cup of coffee or a visit in my office.

I look back with profound gratitude for each and every one of you, the faithful members and friends of CPC, who have served and are serving

as elders, deacons, and committee members, and for a staff that is exceptional and caring in every way and every day. I cannot imagine taking this journey without the support of my family, our daughters Kristel (who entered the church triumphant much to soon), Kaylan, and her husband Drew, and of course the love of my life, Jenny, who has put up with me, loved me,

laughed with me, and partnered with me in ministry through nearly 45 years of ordained ministry.

Thank you all for being such a blessing to the DeVries family.

You are beloved. My cup runneth over with gratitude,

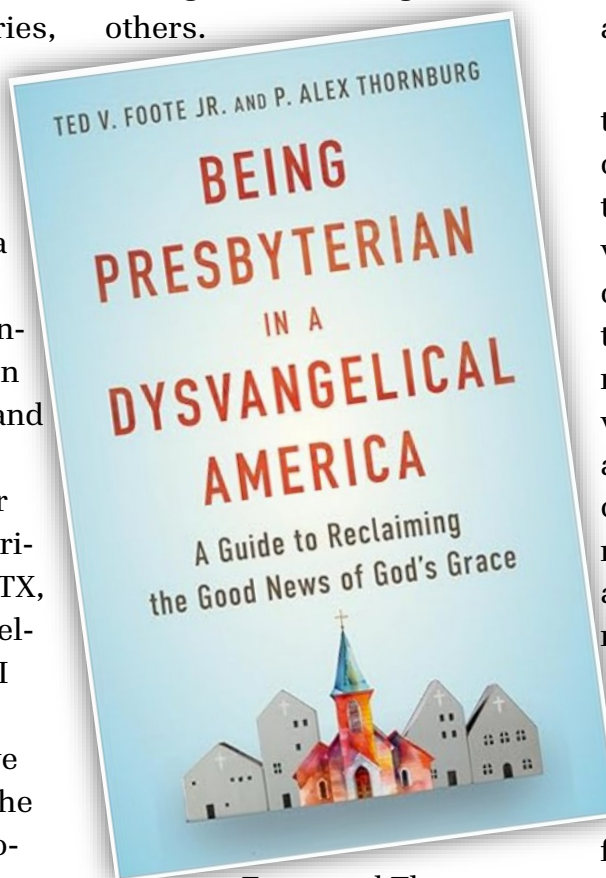
*Pastor Keith*

## Pastor Ivan Writes: Being Presbyterian

Sometimes when folks hear I grew up as a child of Southern Baptist missionaries, I get asked, “Well, how did you become a Presbyterian?” When I’m not cheeky with my answer (“I finally saw the light!”, “I married a Presbyterian, so...”, “I was predestined...”), I might honestly say I’m still working on it. I became one at age 22, and I’m still learning to be one. About six months after joining University Presbyterian Church in San Antonio, TX, they called me to be ruling elder. “Me? An elder? At 23? I can barely spell Presibtryan!” Someone gave me wise counsel and said the best way to learn was by doing.

Along with my first *Book of Order* came a little tongue-in-cheek book co-written by a professor at Austin Seminary (Ted V. Foote, Jr.) and a pastor (P. Alex Thornburg), *Being Presbyterian in the Bible Belt: A Theological Survival Guide for Youth, Parents, & Other Confused Presbyterians* (Geneva Press, 2000). It introduced me to basics of Reformed theology and how such theological convictions are distinct from so many of the culturally dominant---and sometimes toxic---ways of

thinking. I have used it time and again, and have gifted it to others.



Foote and Thornburg now have returned with fresh urgency to affirm the heart of Reformed theology and what it means to be truly evangelical in a time of theological and cultural distortion. With clarity, compassion, and a touch of humor, *Being Presbyterian in a Dysvangelical America* equips readers to name what feels wrong, rediscover what is right, and live into a gospel that is still good news for all. (They coined the term *dysvangelical* to describe how some prominent and popular forms of theological

thinking have become distorted, dysfunctional, dystopian, and far from good news.)

It is impossible to ignore the many loud voices who claim to speak for God with the absolute certainty and divisive rhetoric that has become the playbook for Christian nationalism. To help readers counter this overwhelming narrative, Foote and Thornburg provide an accessible, faithful alternative rooted in the core Presbyterian convictions of grace, community, humility, and ongoing reform. This is the message to speak loudly in our time: not one of fear and exclusion, but a living, evolving faith that proclaims the wide welcome of God’s grace.

The Mission Division invites you to join them in studying parts of this book on Sundays, May 3, 10, 17 (and maybe beyond!). Books can be found at major online retailers, or you can purchase them for \$18 from the church office or from me. I look forward to having some insightful discussions together about what it means to continue *Being Presbyterian* in our current cultural, political, and social context.

# 2026 Women's Retreat

by Sharon MacLean

Calling all ladies! You are invited to join us September 18-20 at the beautiful Zephyr Point Presbyterian Conference Center in Lake Tahoe for our annual Women's Retreat. Registration is now open. You may register online at <https://carmichaelpres.org/event/womens-retreat/> or pick up a form in the church office during the week or at the registration table during coffee fellowship on Sundays.

This year's theme is "Come to Me" based on Matthew 11:28. The focus will be on how we can find rest and peace with Jesus Christ, despite the difficulties in our world and the ever-present division that is always before us. Our speaker will be **Pastor Cathy Lovejoy** from Shepherd of the Sierra Presbyterian Church in Loomis, CA.

The cost is \$225 per person, which includes accommodation, meals, and activities. For women ages 18 and up. Carpooling is available. So, plan to join us for a refreshing and fun weekend, and feel free to invite a friend or relative. If cost is a factor or you have any questions, please reach out to **Sharon MacLean** at [sharmac617@gmail.com](mailto:sharmac617@gmail.com).



*Pastor Cathy Lovejoy is the speaker for the 2026 CPC Women's Retreat.*



*CPC's 2025 Women's Retreat was a wonderful time of connecting at Zephyr Point Presbyterian Conference Center in Lake Tahoe.*



## Brag on Your Grad



We are planning to recognize high school and college graduates during worship on May 17 when we also present quilts to graduating high school seniors. Graduates will also be listed in the June Mission Bell.

If you know a graduate who should be included, please give their name, relationship to you, school and degree (if applicable) to **Karen Gray** (916-486-9081 or [ka-ren@carmichaelpres.org](mailto:karen@carmichaelpres.org)) by May 10.

### 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.

# Heritage Sunday

May 31 is Heritage Sunday, when we celebrate our history by honoring those members who have contributed so much to CPC for so many years. We gratefully honor members who have reached 40, 45, 50, and 60 years of membership, plus those who have been CPC members for over 50, over 60 year, and even over 70 years. We also welcome those newest to our church family, having joined in the past year.

## Over 70 Years

(joined 1950-1956)

Carolyn McGregor

## Over 60 Years

(joined 1957-1965)

Bill Baker

Karla Curran

Betty Ekstedt

Margaret Herman

Carol Honnold

Ann Kerr

Marcia Law

Gordon McGregor

Jimmi Mishler

Marie Segur

Hazel Smith

Doreen Wilson

## 60 Year Members

(joined in 1966)

Ann Kelly

Janete Stoker

## Over 50 Years

(joined 1967-1975)

Jim & Barbara Andras

Doris Beckert

Don Cox

Don Drudik

Linda Gracey

Patti Grimm

Carol Hayes

Barbara Hussey

Dick & Carole Jacobi

Carol Jones

Elizabeth Marty

Janice Olsen



Janet Olson

Joyce Purvis

Wayne & Barbara Reimers

Ed & Janice Saunders

Kathy Shay

Paul & Lynn Shultz

Deborah Sneed

Bep van der Mik

## 55 Year Member

(joined in 1971)

Bob Brumm

## 50 Year Members

(joined in 1976)

Karen Banker

Sue Bowington

Harvey Swenson

Keith & Betty Tronson

## 45 Year Members

(joined in 1981)

Lisa Benadom

Jeannie Graham

Sally Ann Hitchcock

David McVey

Polly Murphy Jones

Bonnie Paxton

Carolee Roach

## 40 Year Member

(joined in 1986)

Julie Leporiere

## New Members

(joined May 1, 2025-April 30, 2026)

Ben & Clarissa French

Josh & Bree Galbraith

Richard Kilpatrick

Juan Lopez

Carl & Toni Perricone

Antonio Perricone

Trevor & Sara Petersen

Larry Smith

Karen Yellman

It's not too late to sign up for the  
**All Church Campout and Day Trip**

Join us for a weekend among the trees and in the water.  
Relax, enjoy, commune with nature and church family.  
Play games, swim, bring a paddle board or a kayak.

**When:** Friday, June 26, 2026 3:00pm - Sunday, June 28, 2026 1:00pm

**Where:** Scotts Flat Lake (Approx. 60 minutes from CPC)

**Cost:** \$30 per person. The cost includes s'mores and Sunday breakfast.

New to CPC? This is a great way to meet other people and families.

Been at CPC a while? Come, relax in nature with your church family!

Deposits of \$10 per family are due by June 1 to reserve your spot. The balance will be due June 19.

Contact Anne Parker at

[anne@sparkinn.com](mailto:anne@sparkinn.com) to reserve your spot before space fills up.

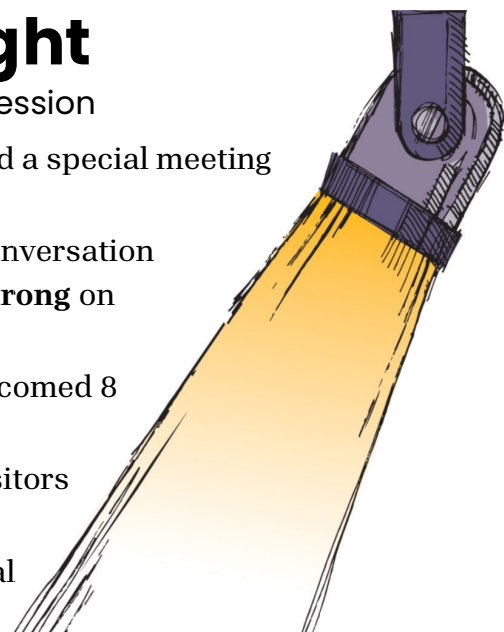


## Session Spotlight

by Mary MacDonald, Clerk of Session

CPC's Session met for their regular meeting on March 17 and a special meeting on March 21. Key points of the meetings were:

- North Central California Presbytery hosted a dessert and conversation with PC(USA) General Assembly Co-Moderator **CeCe Armstrong** on Tuesday, March 24 at 7:00 p.m. in McMillen Hall.
- At the March 21 special meeting, Session examined and welcomed 8 new members.
- During construction of the parking lot, the traffic flow for visitors to the Food Closet will be redirected.
- Administration Division continues work on both the financial review and update to the Safety Plan.



# Presbyterian Women Finding Resilience, Joy and Our Identity in Jesus Christ Study Continues

by Lisa Benadom

We've come to the end of our 2025/2026 Bible study during which we have examined biblical stories of resilience, joy, and discovering identity in Christ juxtaposed with our own experiences of rediscovering our belief and faith in the source of our joy, identity, and resilience. Our final lesson is "When You Are Walking with Jesus: The Road to Emmaus." The scripture focus is Luke 24:13-35. The main idea of the lesson is that Jesus did not abandon his followers; we are not alone, for the Spirit of God is always with us.

How fitting it is that an entire section of the study has been on finding resilience. PW at Carmichael Presbyterian Church has modeled resilience. We have embraced technology, providing a monthly pastor-led Bible study via Zoom so that all, newcomers and veterans alike, may be a part of PW. If you would like to join us for the Zoom meeting on Thursday, May 14 at 10:00 a.m. which will focus on Lesson 9

of our study, please contact **Karen Gray** in the church office and she will be happy to provide you with the link.



Presbyterian Women will explore Lesson Nine "When You Are Walking With Jesus: The Road to Emmaus" in Finding Resilience, Joy and Our Identity in Jesus Christ during May.

We continue with our traditional Circle meeting although the experience is slightly different from years past. Currently we have just one vibrant Circle, Mary Martha Circle, that has given women a time of fellowship, mission, Bible study, and JOY! Who knows what the future holds? We will put that in God's capable hands.

In the months ahead, *Mission Bell* articles will introduce you to our PW Bible

Study for 2026/2027. The study is entitled *United Through Christ, Bound to Each Other – Paul's First Letter to the Corinthians*. Monthly pastor-led Zoom meetings are held on the second Thursday of each month September through May at 10:00 a.m. Our Mary Martha Circle meetings will focus on the Bible study and will also provide a monthly mission, a time of fellowship, and prayer. We meet on the third Thursday of the month from 1:00 to 3:00 p.m. If you would like more information about our Circle, please contact me, **Lisa Benadom**, [lbenadom@comcast.net](mailto:lbenadom@comcast.net) OR contact my co-leader, **Kathy Daigle**, at [kathypdaigle@gmail.com](mailto:kathypdaigle@gmail.com).

CPC Presbyterian Women have a longstanding cherished tradition of sponsoring an Advent gathering featuring the marvelous El Camino High School Madrigal Choir. Plans are for this tradition to continue. Dorcas Circle, our World Service Sewing Circle, generally meets once a month to work on sewing and quilting projects. If you would like more information, please con-

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# Library Corner

## Reading Recommendations

by Doris Beckert

Upon recommendation from an avid reader, as well as a favorable review in PW's magazine *Horizons*, I purchased for the church library fiction shelves *The Frozen River* by Ariel Lawhon. This is an 18<sup>th</sup> century murder mystery, and one woman's quest for justice in a small town in Maine. Whose body was found when the spring's warmth thawed the frozen river?

The doors will be closing soon on the Presbytery Resource Center, and I was invited to have first choice of books to add to CPC's library. Each

month I will be describing 5-6 books that were retrieved and added to CPC's inventory. This month's selections are mostly social justice titles.

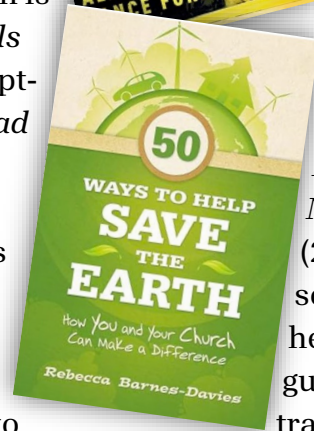
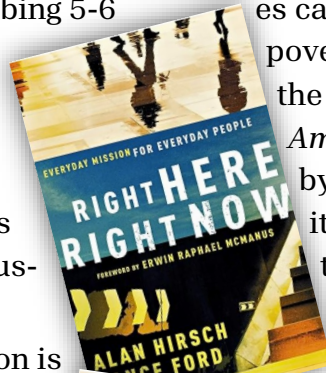
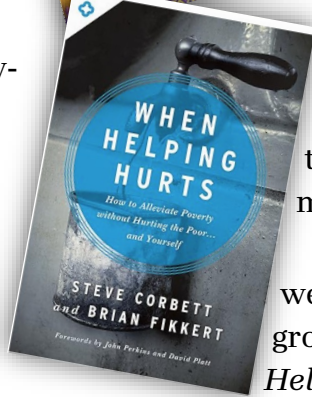
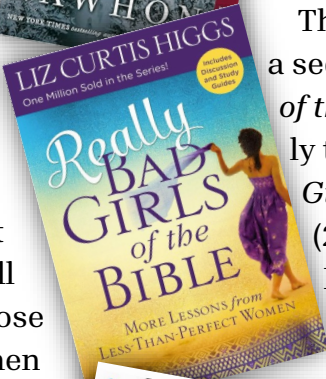
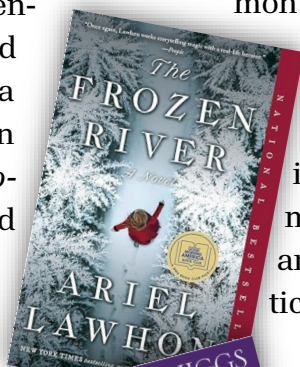
The one exception is a sequel to *Bad Girls of the Bible*. It is aptly titled *Really Bad Girls of the Bible* (220.92) Author Liz Curtis Higgs writes that these are leftovers that couldn't fit into her first book. (Were there really THAT many bad girls??)

Two books on poverty were added to our small group in 261.8. *When Helping Hurts* by Steve Corbett, is about how church-

es can help alleviate poverty without hurting the poor. *Poverty In America, a Handbook*, by John Iceland is in its 3<sup>rd</sup> edition. It takes a broader approach: causes, measuring, characteristics, policy.

A book on missions in the church is *Right Here, Right Now* by Alan Kirsch (266). A glance at the some of the chapter headings look intriguing: Putting the extra in ordinary, When things go wrong in the suburbs, Rediscovering the joy of hospitality.

And finally, *50 Ways to Help Save the Earth* by Rebecca Barnes-Davies (261.8). Under broad topics like energy, agriculture, transportation, water, and wilderness, Barnes gives specific suggestions on how to accomplish better stewardship of the earth. For example, in the wilderness & land chapter, she lists: plant trees, learn local land use, purchase fair trade items, leave no trace. And for each listing there are action items and real examples from churches.



## ...Presbyterian Women ...

(Continued from page 8)

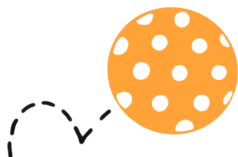
tact **Carolyn McGregor** at [sabrina53@earthlink.net](mailto:sabrina53@earthlink.net). Gratefully, this tradition has continued and using their talents, members of Dorcas Circle have created and shared beautiful pieces of art through their quilts.

TRADITION! I can head the Fiddler playing! Presbyterian Women (PW) at Carmichael Presbyterian Church – although the packaging may change, the tradition continues! We would love to have you be a part of PW in whatever way the Spirit leads!

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

by Michael Lombrano, Children's & Youth Ministry Director

## Youth ODBAL Tournament:



If you've ever wished ping pong had more running in-

involved, this one's for you. On May 8 at 6:00 p.m., we're hosting an ODBAL tournament with Faith Presbyterian Church. Never heard of ODBAL? Think ping pong, but with no net and no standing still. It's fast, it's chaotic, and it's fun. We'll have snacks, music, good company, and plenty of rounds to play.

Fair warning: this event is pretty much all ODBAL all evening, so if you're not into the game or being around people playing it, it might not be your scene. But if you're ready to move, compete, and hang out, come join us.

## Youth Sunday:



On Sunday, May 17 at 10:00 a.m., we're turning the service over to our

youth. Youth Sunday is a time when children and

youth read scripture, offer prayers, and shape the flow of worship alongside our congregation. Come ready to worship and to see what our students have to say.

## All Church Picnic:



Thank you for your flexibility in re-scheduling

our All Church Picnic. Join us after Youth Sunday on May 17, from 12:00-2:00 p.m. for an afternoon of fresh air, fun, and community! After service, grab a bag lunch, a water bottle, change into your park clothes, and head over to Ancil Hoffman Park for our All Church Picnic (formerly known as Kite Day).

We'll bring large containers of water along with kites and sports balls ready to go. Come fly a kite, kick a ball around, eat lunch, and simply enjoy some good conversation under the open sky. **Sara Petersen** will lead children's yoga at 1:00 p.m. This is a wonderful chance to slow down, soak up some sunshine, and enjoy the company of our church. We hope to see you there!

## Vacation Bible School:



Registration is open for Vacation Bible School! Our theme is Rainforest Falls: Exploring the Nature of God. We will be meeting at the church July 13-17 from 9:00 a.m. – 12:00 p.m. each day! Students in Pre-school up to 6th grade are welcome. And, there are volunteer spots available for 7th-12th graders. Kids will have time to sing and dance, worship God, hear stories from the Bible and bring them to life, do crafts that tie into God's magnificent creation, and of course, enjoy snack time! The cost is \$20 per child, and scholarships are available upon request.

Register at <https://carmichaelpresbyterian.breezechms.com/form/0789c36531> or scan the QR code.

Questions about any of CPC's children's and youth programs? Contact **Michael Lombrano** at [michael@carmichaelpres.org](mailto:michael@carmichaelpres.org)



# The Healthy Perspective

## A Closer Look at Seed Oils & Alternatives

by Mary Miller, Parish Nurse

### History of Seed Oils in Our Diet

Seed oils, often referred to as the "Hateful Eight," include canola, soybean, corn, cottonseed, sunflower, safflower,

grape-seed, and rice bran oils. This is a controversial subject, but from a health standpoint, avoidance is recommended.

The extraction process for seed oils involves intensive processing methods. These

methods include the use of high heat, which can cause the oils to become rancid, as well as chemical solvents and deodorization to make the oils suitable for consumption.

Seed oils originated as by-

products of manufacturing during the Industrial Revolution and were not initially intended for culinary use. By the mid-1900s, these oils became common ingredients in

though this claim lacks strong scientific support. More recent research suggests that seed oils may pose considerable health risks.



### *Mediterranean Chicken Thighs*

This recipe can be made with four chicken thighs or breasts, preferably with skin, and works well with whole chicken. As always, adjust ingredient measurements to your taste.

- 1 tablespoon turmeric
- ½ tablespoon cumin
- 1 teaspoon garlic powder
- 1 tablespoon fresh garlic
- 1 teaspoon onion powder
- Juice of 1 lemon (add the squeezed halves to the pan)
- Salt and pepper to taste
- Olive oil or avocado oil

Preheat oven to 425°F. Combine all ingredients in a bowl, adding enough oil to coat the chicken. Massage the mixture thoroughly. Cook for 30 minutes, then check the internal temperature. It should reach 165°F; if not, continue cooking until the proper temperature is achieved.

packaged foods, significantly altering the Western diet. This shift is considered the largest dietary change over the past 150 years. The food industry favors seed oils due to their low cost and used to promote them as "heart healthy,"

### Health Implications of Seed Oils

Seed oils are rich in polyunsaturated fatty acids, particularly linoleic acid, which accounts for over half of the composition of most seed oils. (Continued on page 12)

# Fourth of July Parade – Save the Date

by Anne Parker

In 2023, CPC participated in the Carmichael Elks’ Fourth of July Parade in honor of our centennial celebrations. It has been a few years, and we want to do it again! Once again, we will have a tractor pulling a trailer, but this year the trailer will be filled with PEOPLE of the church rather than a replica of the church. We will have seats for 12-15 people on the trailer. Additionally, members and friends of CPC can walk alongside the trailer.

Our theme will be “Planting Seeds of Faith” and will honor the Carmichael Food Closet, the CPC Community Garden, and will include rainbows to symbolize welcome to and inclusion of the LGBTQIA+ community. The float will be decorated with plants, flowers, and rainbows.

In addition to our parade float, we will once again host our watch party near the corner of Marconi and Fair Oaks with covered canopies for shade.

We hope you will join us and invite friends to join as we decorate the trailer, sit on the trailer, walk in the parade, or cheer on from the watch party.

Please contact Anne Parker at 916-798-5153 or [anne@sparkinn.com](mailto:anne@sparkinn.com) if you have a source for either obtaining hay bales or receiving hay bales after the parade, if you want to ride in the trailer, walk in the parade, have flowers (real or fake) you can grow or share for decorations, or if you want to help decorate the trailer.



## ... Healthy Perspective ...

(Continued from page 11)

Linoleic acid can accumulate in the body over time, potentially increasing the risk of chronic health conditions.

**Fat Cell Expansion:** Excessive consumption of linoleic acid causes fat cells to grow beyond healthy size.

**Release of Fatty Acids:** Enlarged fat cells release excess fatty acids into the bloodstream.

**Triggering of Inflammation:** The release of fatty acids triggers inflammation, a natural response to cellular stress.

### Metabolic Disruption:

Chronic inflammation can signal insulin resistance, making it difficult for cells to absorb glucose and raising blood sugar levels.

**Increased Risk of Chronic Diseases:** Prolonged insulin resistance can lead to chronic conditions such as type 2 diabetes, heart disease, and other illnesses.

### **Choosing Better Oils: Olive Oil and Avocado Oil**

Olive and avocado oils are not seed oils; they are derived from fruit and undergo less

processing. These oils contain significantly less linoleic acid—about 10%. When selecting these oils, it is important to be mindful of sourcing, as the market is largely unregulated. Studies show that more than 75% of store brands labeled as olive oil may actually contain soybean, canola, or other oils. The best option is to choose cold-pressed, extra virgin varieties stored in dark containers, preferably glass. (Referenced from *Heart and Soul* article: The Complete List of Seed Oils to Avoid)

# Scuttlebutt

## News from CPC's Marinerships

### Companionship

April 4 was Game Day for the Companionship and a good time was had by all. We met in the DeVries Gathering

It made for a lively game!

As the games concluded we snacked on veggies, cook-

fall that afternoon and ended up going to the ER instead. We are keeping all these friends in our prayers, and

special prayers for **Wayne and Linda Williams** as Wayne recovers from a stroke and

Linda is caring for him.

Our next meeting will be a Kentucky Derby party at the Studers' house. If you'd like to visit our ship, please contact our Lookout **Sharlene St. Clair**.

### Skipjacks

A touch of spring on a rainy April Saturday....that was **Jan Olsen's** annual brunch. On the menu were quiches, potatoes, green salad with strawberries and bacon, scones, muffins, fresh fruit, and orange juice, all put together by our hostess. Free-sias and bunnies on the mantle and fine china on the dining table set the stage for thirteen members to enjoy Jan's hospitality.

Chaplain **Glenda Perrou** read "Compliments" from Da-

*(Continued on page 14)*



*Companionship members took on a board game challenge at their April meeting.*

Place, and after a brief business meeting, our hosts **Bonnie Logan** and **Debbie Nordeen** explained the challenge at each table. Most of us were familiar with the card game Uno, the spelling game Scrabble and the tower building game Jenga, but Taboo was new to most of us! It's a team-based game where one player tries to get their team to guess a given word without speaking forbidden (taboo) words listed on the card. There's also a timer involved that's controlled by the opposing team.

ies, Easter candies and beet hummus: excellent snacks! Many thanks to **Burt Logan** and **Brian Nordeen** who were also hosts and did a lot of the work to get the event planned, setup and who worked the game tables during the event.

We missed **Elayne and Randy Anderson, Terry Bar-to, Dave Beeby, Kathy Dagle, Jenny DeVries, Tim Farley, Nina and Wayne Henley, Joan Hurlock, Duane Johnson, and Priscilla Maurer-man. Carol Jones** had been planning to join us but had a

# Wednesday Dinner

Everyone is invited to enjoy a meal and conversation together on Wednesday evenings in McMillen Hall starting at 6:00 p.m. through the first part of June. Enjoy a delicious dinner for \$7 per person with a \$25 max per family and/or pizza for \$1 per slice. Youth Group for grades 6-12 meets from 6:30-8:00 p.m. and the Sanctuary Choir rehearses starting at 7:00 p.m.

We are always looking for enthusiastic volunteers to help with set up, clean up, making pizzas, and preparing meals. Cooks can choose the menu and are reimbursed for food expenses. You can volunteer every week, just once, or as your schedule allows. Interested? Contact **Pastor Ivan** at 916-486-9081 or [ivan@carmichael-pres.org](mailto:ivan@carmichael-pres.org) or **Lynette Ledesma** at [catcmom@gmail.com](mailto:catcmom@gmail.com) and they will be glad to find a spot for you.



## ... More Scuttlebutt ...

(Continued from page 13)

vid Dendy's book, *Seeing God at Work Every Day*, which encouraged praising people more.

**Doris Beckert** immediately complimented Glenda on her good choice of devotional.



Foster Children program and fine-tuned our planning calendar, and decided to have a July gathering on the 11<sup>th</sup> with a potluck at Carolyn's house.



Skipjacks entered an item in the live auction on April 26: a dinner for 8 to be held at **Bette**



Our prayer requests included **Pattie Shaw's** great-grand-daughter **Charlotte Syres**, **Carolyn Biggers' sons**, and **Dick Jacobi**.

We voted to donate, once again, to the Emancipation of

**Johnson's** home at a date and with a menu of the bidders' choice. Bette and Pattie are heading up this ship project.

**SUNRISE  
SENIOR  
LIVING**  
is hosting  
**coffee  
fellowship on  
May 31 in the  
DeVries  
Gathering  
Place**

~~~~~  
Please stop by  
their information  
table  
after church to  
find out more  
about  
their facility and  
services.

# CPC Staff

The Rev. Keith L. DeVries

The Rev. Ivan N. Herman

Keith Atwater, Music Director

Michael Lombroso,  
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 Lombroso | 207 |
| Paul Shultz   | 205 | Ron Morris       | 206 |
| Karen Gray    | 201 | Keith Atwater    | 208 |

### via e-mail:

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



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## TIME VALUE MAIL

# 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.



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## 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.



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## 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.

