



THE MISSION BELL

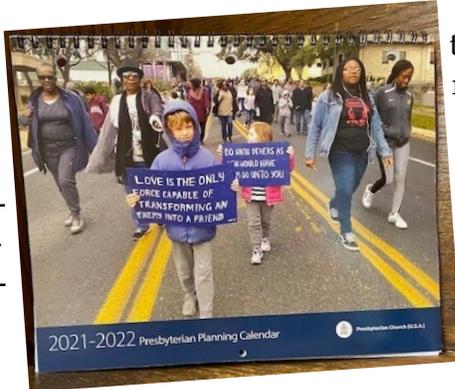
CARMICHAEL PRESBYTERIAN CHURCH

September 2021

Volume LXI Number 8

CPC Featured in 2021-2022 Presbyterian Planning Calendar

Thanks to the outstanding photography skills of Sharon MacLean, CPC is again featured in the Presbyterian Planning Calendar, which is distributed to churches



throughout our denomination. The team putting together the 2021-2022 edition requested photos showing how

(Continued on page 3)

Sunday Worship Experiences

In-Person Worship 8:45 a.m. in McMillen Hall

Praise God with music and the power of spoken word. Face coverings are required in accordance with current guidance from Sacramento County. Childcare is not available at this time.



Live Stream Worship 10:00 a.m. on YouTube

A blend of traditional and contemporary music styles with pre-recorded videos providing an opportunity for our faith community to participate in ways that bring new life to the Word. Go to <https://www.youtube.com/user/carmichaelpres/> or search for "carmichaelpres" on the YouTube app or your Smart TV. Plus, watch recordings of past worship services any time.



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Pastor Keith L. DeVries Writes:

“One Step Forward, Two Steps Back”

Ministry during this long season of COVID-19 continues to be a roller coaster ride. Just when I start to think that we are out of the woods with reduced severity and number of cases, the Delta variant changes everything. Mask wearing

is again mandated even for those who are vaccinated, social distancing is again recommended, and hospitals are again struggling to treat an influx of patients. On the positive side, schools have reopened for in-person learning, CPC is holding in-person worship services

on Sundays in McMillen Hall, and the church office is again open Monday through Friday. In addition, some groups have resumed meeting on our campus, while others are continuing to meet via Zoom. Through all of the ups and downs and ever-changing guidance, CPC’s approach has been to move forward with caution. We are following CDC, State, and County recommendations, encouraging

everyone to get vaccinated, requiring masks indoors, and taking all measures to gather in the safest possible ways.

CPC took a big step forward recently as the County of Sacramento finally approved the permits which allow us to



“Ministry during this long season of COVID-19 continues to be a roller coaster ride....”

install a new heating and air conditioning system (HVAC) in the sanctuary. Upon completion of this project, we will be able to move in-person worship back into the sanc-

tuary for the first time since March of 2020. Thanks to everyone who contributed to help fund this project! In addition to the HVAC and ventilation upgrades, we are also upgrading the sanctuary audio and video systems so we can continue to provide live stream worship in conjunction with in-person worship. We are eager and excited to welcome you all back into the sanctuary in the near future.

After more than 18 months, the Sanctuary Choir met in mid-August for fellowship and pizza and to get reacquainted after such a long time apart. They hope to be singing in worship before the end of the year. Education Division is developing plans for in-person Sunday School, and plans are underway for modified Harvest Festival and Alternative Gift Market events. As we continue on this roller coaster ride, all plans are, of course, subject to change.

Our faith community seeks to engage with our neighbors in new ways, too. World Relief is hosting pop up vaccination clinics on our campus in partnership with Walmart pharmacy, as we work to get everyone vaccinated, and make connections with our neighbors in the Afghan community. The Robertson House (on the northern edge of CPC’s property) has been leased to Carmichael HART (Homeless Assistance Resource Team). HART is in the final stages of remodeling the house to serve as transitional housing for up to four men.

CPC continues to meet the challenges of ministry in the name of Jesus Christ in this season of change and upheaval. This season has given us an opportunity to review how we worship and connect with
(Continued on page 3)

... Planning Calendar ...

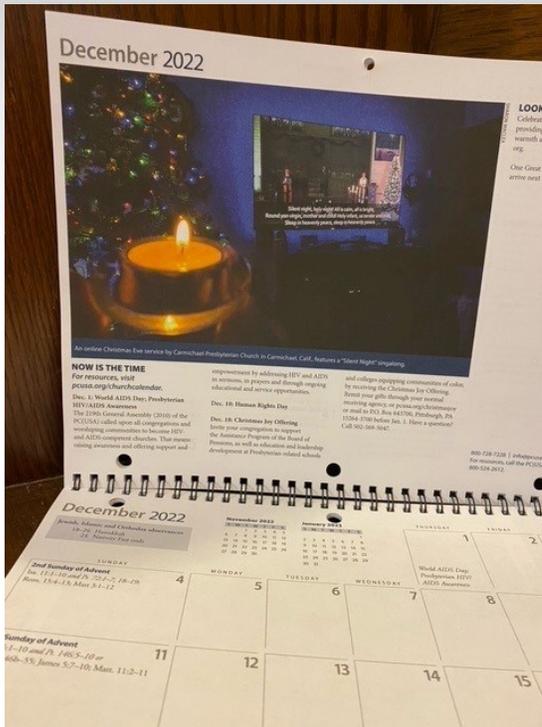
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churches are carrying out their commitment to Matthew 25 in the midst of a pandemic.

Bruce and Sharon MacLean submitted several photos showing different ways we worshiped, ministered, and fellowshiped during 2020. A beautiful photo of the

online Christmas Eve service was selected for the December 2022 page.

Copies of the 2021-2022 calendar have been ordered and will be available in the church office. The calendars include lectionary readings, liturgical days, liturgical colors, and PC (USA) resource information.



A photo of CPC's online Christmas Eve service by Sharon MacLean is featured in the 2021-2022 Presbyterian Planning Calendar.

... From Pastor Keith ...

(Continued from page 2)

our community and our world. We are currently completing the three-year process of reducing the size of session and the board of deacons, finding new ways to serve our community, evaluating how and when we worship, and revamping our youth programs. And although it feels like we are taking two steps back for every step forward, I would like to think that with God's help, we are taking only one step back for every two steps forward. May God continue to bless our witness to the God of love and grace made known to us in Jesus Christ as we continue on this crazy roller coaster ride together.

Blessings of peace and wholeness to you all,

Pastor Keith

COVID-19 Vaccination Clinic at CPC



We are excited to partner with World Relief to host a pop-up vaccination clinic for our neighbors. Our goal is to provide a safe and welcoming place for the women of the Refugee English Language Program to get vaccinated and we are excited to also provide vaccines in

our community for anyone else who still needs to be vaccinated against COVID-19.

The first clinic was held on August 28. The second will be Saturday, September 25 at CPC from 10:00 a.m. to 3:00 p.m.. If you would like to volunteer to greet guests or help with registration (pen and paper) please contact **Jami and Mike McCray** (jamike608@gmail.com).

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From Pastor Ivan N. Herman:
"I'm Biased"

Luke 18 tells the story of Jesus arriving in Jericho, and a man, blind and begging by the side of road cries out, "Jesus, Son of David, show me mercy!" Those leading the procession told him to hush up, but he shouted even louder, "Jesus, Son of David, have mercy on me!" When the blind man stood before him, Jesus asked, "What do you want me to do for you?"

What an odd question for Jesus to ask! Isn't it obvious? Isn't it self-evident? Isn't it (not literally, but metaphorically) staring him in the face? No, it isn't obvious. There are a lot of people who don't want to (metaphorically) see. Sometimes – quite often, really – we are the ones. We can't see what we don't want to see. Our biases get in the way, surrounding us like a high wall, trapping us in ignorance, deception, and illusion. No amount of reasoning and argument will get through to us. We need to understand how our biases blind us in order for us to break down the walls so that we might see what is true.

While on my morning

walks, I'm usually kept company by audiobooks or podcasts. In my ears recently has been Brian McLaren, a theologian and faculty member with

cians and con artists often speak lies and truth with equal confidence, telling me what I want to hear so that I will do what they desire.

A prayer for Conspiracy Bias, as heard on Episode 6, Season 2 of "Learning How to See."

Companion who walks with me in light and darkness, help me guard my heart from stories and theories that cast me as an innocent victim or virtuous hero, while simultaneously casting someone else as villain or enemy. Instead, help me join your cosmic conspiracy of kindness, justice, joy, and peace for all, seeing myself and all my neighbors as equal beneficiaries of your boundless, merciful love.

the Center for Action and Contemplation, who has produced a podcast series, "Learning How to See with Brian McLaren." Over a series of episodes he and his colleagues explore thirteen different biases that influence the way we perceive or fail to perceive our lives. Here are a few examples:

Confidence Bias: I am attracted to confidence, even if it is false. I often prefer the bold lie to the hesitant truth. Politi-

Catastrophe or Normalcy Bias: I remember dramatic catastrophes but don't notice gradual decline (or improvement). Our brains are biologically hardwired to operate with the assumption that tomorrow will be just like today, and we grieve when what is "normal" gets disrupted.

Contact Bias: When I don't have intense and sustained personal contact with "the other," my prejudices and false assumptions go unchallenged. Surrounding ourselves (and filling our social media feed) with like-

minded people from the same culture, age group, and ethnicity is comfortable and it reinforces this bias.

Cash Bias: It's hard for me to see something when my way of making a living requires me not to see it. Beyond the paycheck it also applies to our way of life. This bias reveals why we decry climate change, yet still burn fossil

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Gratitude Rather Than Worry

by Misty Dunn, Stephen Minister/Leader

I recently read a message in the *Upper Room* that resonated with me: Anxious thoughts and gratitude can't occupy our thoughts at the same time. I've

heard before that instead of worrying, give your troubles

to God. Paul wrote in his letter to the Philippians (chapter 4: 6-7), "Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made know to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." Thanking God for always being with me, prompts me to remember God's promises that have been fulfilled. Replacing my worrisome thoughts with gratitude causes me to change my attitude and actively look for things that I am grateful for.

Thinking about gratitude rather than worrying has led me to even look at the pandemic differently. Instead of worrying about all the possible disasters, uncertainties, and restrictions that the pandemic has brought, I decided to look for what I could be grateful for. What things are you grateful

for even with the pandemic? Have you found more time for hobbies? More time to grow spiritually? I think we can all agree that we now have a

heightened appreciation for face-to-face times with family and friends – hugs – singing together – fewer illnesses because we're all wearing masks – relaxed dress code for zoom meetings and no travel time to get to meetings. I also found that with fewer distractions or demands on my time, I enjoyed learning new things.

So, I leave you this challenge: Discover what you are grateful for. What has the pandemic allowed you to see more clearly? What do you now appreciate more?

However, maybe your life is really challenging now and you find it difficult to stop worrying. Jesus recognized that our life would be full of

trouble and we would need to lean on Him. He said, "Come to me, all you who are weary and carrying heavy burdens, and I will give you rest." (Matthew 11: 28) You might find the rest Jesus promises and the peace that surpasses all understanding with the help of a Stephen Minister. A Stephen Minister has been trained to offer confidential support on a one-to-one basis as long as the person needs. A Stephen Minister is someone who listens to you each week as you talk about your problems, explore your options, brainstorm, vent or cry as needed, and who offers the love and grace of Jesus Christ. For more information about receiving care from a Stephen Minister or to learn more about becoming a Stephen Minister, contact one of the Stephen Leaders:

Kelly Holland , Mary Thomas Len Tozier, John Wallace, or Misty Dunn .

... from Pastor Ivan ...

(Continued from page 4)

fuels driving to work, heating and cooling our homes for comfort, and traveling for leisure.

Conspiracy Bias: Under stress or shame, our brains are attracted to stories that relieve us, exonerate us, or portray us as innocent victims of malicious conspirators.

It is easy to point out where these biases show up in others, but you only make progress in seeing truth when you can identify them in yourself.



Presbyterian Women Fall Gathering and PW Bible Study: *What My Grandmothers Taught Me*

by Kathy Daigle

We hope we will be able to gather to begin our new PW Bible Study with **Pastor Keith** on Thursday, September 16, at 10 a.m. in McMillen Hall. Stay tuned! In this year's intriguing Bible Study by Merryl Blair, we will learn from the women in Matthew's genealogy of Jesus. We will learn from the tales of the grandmothers. In the first chapter of the Gospel of Matthew, we are being invited into the family stories that helped shape Jesus.

I wonder how Jesus might have heard these stories. Who were his grandmothers and great grandmothers? And what did they teach him? Have you ever thought about that? As we enter into these stories together, think about your own grandmothers and your family stories. How did they impact you and influence your life? Matthew has named these women for a reason.

Their stories will lead us into the Gospel, into the Good News about Jesus Christ.

Lesson One: Family Trees

Scripture: Matthew 1, "Abraham was the father of Isaac, and Isaac, the father of Jacob, and Jacob the father of Judah and his brothers ..."

Family stories shape our sense of

identity. Matthew begins his Gospel with a list of Jesus' ancestors. In this list we find the names of some rather unusual women—Jesus' grandmothers. Why are these women in the list and what does their inclusion have to say about the coming Messiah? What might Matthew be teaching us through their stories? Genealogies were a common way of telling a certain kind of story in the ancient Near East. Matthew's original audience would have known exactly

what they were hearing and would have recognized echoes of ancient stories with each name.

Opening Prayer

*Creating and loving God,
As we read your Word together, may we allow it to read us.*

As we enter into your Story, may we understand our own stories with more clarity and wisdom.

Help us to remember that you have always worked through the lives of ordinary women and men, with all their faults and failings—people like us.

We bring our ordinary lives before you today. Transform our expectations, so that as we study stories of the past, we may be open to your extraordinary future. Amen.

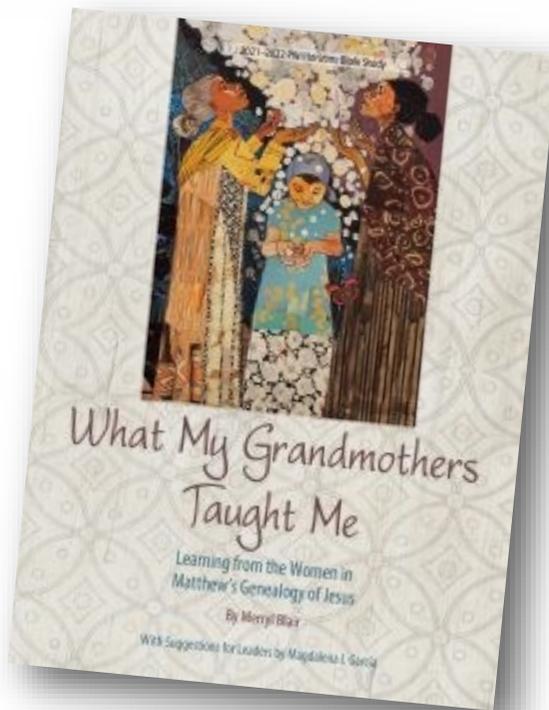
PW Bible Study Books

The Bible Study books will be available for \$12 at the September 16 PW Gathering or at the CPC office.

PW Circles

We meet monthly in small group circles for 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

(Continued on page 7)



SAVE THE DATE



Alternative Gift Market

BIG Two-Day Celebration

November 6 & 7

**Hundreds of NEW GIFT items
From 17 Countries**

... Presbyterian Women ...

(Continued from page 6)

Circle, plus a PW Circle that gathers to sew lap quilts for emancipated foster youth and seniors in care facilities.

PW Pastor's Bible Study

Pastor Keith DeVries leads the monthly PW Bible Study, sharing insights with us on the second Thursdays of most months at 9:30 a.m. All are welcome. This last year we met on Zoom, and we are likely to have Zoom meetings this year, too.

Join Us

Do you want to learn more? You are welcome as a guest at any PW Circle meeting. Please contact Olene Chard for more information about PW.

In Our Church Family



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

† The family of **Frances Messenger**, who passed away on August 1.

Notes of Thanks



To my beloved church family:

Thank you so much for all the messages, calls, cards, meals, AND prayers sent to Dave and me during my recent health crisis. You have sustained us. We extend our heartfelt gratitude.

Lisa Benadom

I would like to thank my Church Family for all their prayers and get well cards. I know that with God's help I am getting better and stronger each day. Mostly I thank my wife, Doris, who has been there whenever I needed her help!!!

Thanks and Blessings,
Bob Beckert

Food Closet Update

From the beginning of the pandemic, the Food Closet has continued to serve families in our community who are in need. Though many seniors could not continue to volunteer, others who were suddenly not working stepped forward to help. Through a campaign on Nextdoor Carmichael over 30 neighbors were also called to volunteer. The current team now consists of every age group from teens to spry seniors over 90. We still have a few vacant time slots, so if you have two spare hours during the week, please call **Brenda Mock** to join a wonderful cause.



Food Closet van. We have a pallet lifter in the warehouse, so you don't have to lift heavy loads. Driving is done early in the morning, so you still have time to get to work or to your other

daily projects.

The other BIG need is for egg cartons. We need dozen cartons that are not plastic. You can drop them off at the church office or the food closet.



**CELEBRATE SACRAMENTO'S
MOST BELOVED EVENT**

**RUN TO FEED
THE HUNGRY®**

THANKSGIVING DAY 2021

BENEFITING  SACRAMENTO
Food Bank
& Family
SERVICES

Register today @ www.runtofeedthehungry.com

SAVE THE DATE

**THANKSGIVING DAY
NOVEMBER 25, 2021**

Join us on Thanksgiving Day for Run to Feed the Hungry benefiting the Sacramento Food Bank and Family Services.

There are several ways to participate: run/walk starting from the CPC parking lot, run/walk the course in East Sacramento, and help fundraise.

Look for more information in next month's *Mission Bell*, on social media, and in the *eParish Notes*.

*If you have any questions,
contact Anne Parker (anne@sparkinn.com).*

Scuttlebutt

News from CPC's Mariner Ships

Clipper Ship

Skippers: Charlene Lee and Thelma Wever

Companionship

Skippers: Hal & Sharleen Millering

On August 7 the Companionship met in the Gathering Place at CPC among tables covered with seashells, Mardi Gras beads, and lovely beach decor: thanks to **Sharleen Millering** for the vacation atmosphere! After a few minutes of greeting each other and a brief business meeting, we moved to the buffet table to sample a salad from every family: pasta salads, fruit salads, corn and bean salad, a variety of green salads, and homegrown zucchini topped with cheese and prosciutto. It was wonderful to sample all these healthy options!

Following dinner, we moved to a rectangle of tables so we could all see and hear each other, and it was time for vacation stories: best vacation, worst vacation, and funniest vacation story. Foreign stories took place in Germany, Africa, and Italy, US stories in the Grand Canyon, the east coast (trying to see the fall colors), Midwest thunderstorms, and hostels in a variety of cities. There were tent trailer stories and a variety of stories in camping vehicles. There was even one story located on Tom

Sawyer Island in Disneyland.

Following the story telling we celebrated summer with hot fudge-hot caramel sundaes ... with whipped cream and a cherry on top!

Our next meeting will be on September 11, possibly a visit to the Fine Arts Center on Gibbons, details to follow. If you'd like to visit our ship, please call our Lookout **Sharlene St. Clair**.

Friendship

Skipper: Monica Dahlberg

Holy Scow

Skippers: Paul & Lynn Shultz

Lifeboat

Skipper: Anne Parker

Nautilus

Skippers: Emily Moulton, Carol Misquez, and Jane Swenson

Part of the Nautilus

Crew motored over to **Tom & Brenda Mock's** Ice Cream Parlor for a Sundae Party on Saturday. We all

tossed calorie count to the wind and splurged on huge bowls of ice cream, fruit, sauces, nuts, and whipped cream on top. Everyone described their favorite ice cream brand and flavor and how they like it served. **Wayne & Barbara Reimers** got a big laugh as they described their love of Mocha Almond flavor. The laugh came when they described how Wayne buys the cheap ½ gallon Sunnyside brand and Barbara buys the expensive Baskin Robbins



Ice cream was the theme of the Nautilus ship's July meeting as members ate and shared stories about their favorite flavors.

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... More Scuttlebutt ...

(Continued from page 9)

quarts, and no one better touch the other's supply.

Emily Moulton lusts after Dryer's Mint Chocolate Chip with cold Hershey's Chocolate Syrup on top. **Tom Mock** goes for any brand of Neapolitan just as long as there is a lot of it. Everyone reminisced about how you use to be able to cut it from a block and you would have a chocolate, vanilla, strawberry serving.

Donna Ross just buys plain old Dryers Vanilla, but **Howard** said she makes it special, buy making homemade fruit sauce for toppings. Depending on the season it can be anything from peaches to blueberries, but always delicious. **Jan Olson** always looks forward to the Christmas season, so she can have her favorite Peppermint flavored ice cream. The best is at Leatherby's because they put little chunks of peppermint candy in it. **Brenda Mock** usually orders Strawberry and prefers it to have chunks of real strawberries in it. Everyone chimed in on the newest ice cream product, Outshine Bars. For those not up on the latest, a box was passed around and everyone shared their favorite flavor. Pineapple, Peach and Coconut were described in detail.

Plans were made for our next get together. Our annual Bocce Ball Tournament will be

Saturday, September 4 at the new courts in Carmichael Park. Italian colors are encouraged.

If you are looking for a lively social group, give a call to **Harvey Swenson**. He'll pass the word to the Skippers: **Jane Swenson, Emily Moulton and Carl Misquez**.

Skipjacks

Skipper: Margo Scandella

The Loomis Flower Farm

was the site of the Garden Strings serenade on Saturday, July 24, when some of us drove up for brunch and music. Seated in the shady grounds of the café were

Carolee Roach with her sister and brother in law, **Debbie Cameron, Carolyn Biggers, Diane Instness, Bob & Doris Beckert, and Glenn**, Margo's son. Playing the cello in the string ensemble was **Margo Scandella**. In addition to the

obvious pleasures of dining under the trees listening to light classics was the opportunity to taste wine, shop in the nursery or indoor gift shop, or walk the trails of the sculpture garden. These were all within a few steps of the parking lot. It was a delightful way to spend a summer morning.

Later, in the morning of August 14, some of the more adventurous members joined



The Skipjacks enjoyed brunch, fellowship, and beautiful music at the Loomis Flower Farm in July.

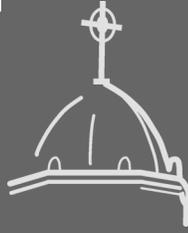


leader **Clark Smith** for a lesson in bocce at the Carmichael Park courts. They all were able to win a game or two. A half time in the shade on benches provided a place for pleasant conversation, then it was back to the courts for another game.

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
Office after-hours line	916-486-1406
Health Ministry	916-486-0604
Stephen Ministry	916-486-0604
Food Closet	916-483-9232
Fax	916-486-3771

To leave a voice mail message for a staff person when the office is closed, dial 916-486-9081. When the machine answers your call, dial the person's extension.

Keith DeVries	203	Paul Shultz	205
Ivan Herman	202	Karen Gray	201
Julie Ueltzen	200	Lisa Torgerson	204
Randy Benfield	208	Ron Morris	206

via e-mail:

Keith DeVries	keith@carmichaelpres.org
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Karen Gray	karen@carmichaelpres.org
Paul Shultz	paul@carmichaelpres.org
Ron Morris	ron@carmichaelpres.org
Lisa Torgerson	lisa@carmichaelpres.org

Or link to email through our website: www.carmichaelpres.org

Our CPC Staff

Remembering that the members of Carmichael Presbyterian Church are the ministers and missionaries of our faith community, our Pastoral Staff and Support Team provide leadership and specialized ministries.

The Rev. Keith L. DeVries

The Rev. Ivan N. Herman

Randy Benfield,
Director of Music

Trina Spivack, Accompanist

Jenny DeVries,
Contemporary Worship
Leader

Tammy Sigl,
Interim Bell Choir Director

Lisa Torgerson,
Children's Ministry Director

Paul & Mary Camozzi,
Childcare Providers

Karen Gray, Pastors' Secretary

Julie Ueltzen,
Church Secretary

Paul Shultz,
Financial Administrator

Ron Morris,
Maintenance Manager

Christian Bolen, Custodian

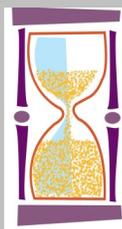
Lisa Levering,
Wedding Coordinator

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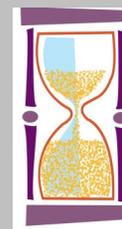
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MISSION BELL DEADLINES



September 13
for the October newsletter



October 11
for the November newsletter

Submit articles to: Amy Lerseth, *Mission Bell* Editor at
amylerseth@buzzoates.com

Please avoid sending submissions in ALL CAPS.
Your editor thanks you!