



THE MISSION BELL

CARMICHAEL PRESBYTERIAN CHURCH

October 2022

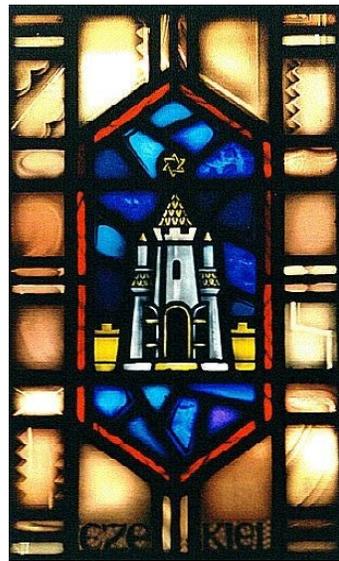
Volume LXII Number 9

Gathering Place Art Exhibit: Windows to the Soul

by Kathy Daigle

The Art Committee is excited to bring to life many of our stained-glass windows in CPC's Chapel and Sanctuary. This show features the photography of **Phil Mishler**, plus the history of these windows, thanks to research by **Jimmi Mishler**.

This art show displays 18 of over 38 stained-glass windows,



The "Ezekiel" window is featured in the current art show.

mostly representing those from the Old Testament in the Sanctuary. There is wonderful detail about the Sanctuary's "Rose" window, along with the recently re-designed Sanctuary entry door "Thanksgiving & Praise" stained-glass windows Our Chapel's Old and New Testament stained-
(Continued on page 3)

A Bit of Centennial History

by Karen Orlando

What is a church if not a place to worship God, a place to grow and experience God's grace, and a place to celebrate the milestones of our lives.

As it was with Carmi-



Photo courtesy of Red Hughes
Glenn Hughes and Evelyn Clark in 1927, the first couple to be married at Carmichael Community Church.

chael Community Church with a newly dedicated sanctuary in 1927. On December 26, 1927, Evelyn Clark and Glenn Hughes were married. This was the first wedding in the little

church. Even in California, flowers are not easy to find at Christmas, but Mrs. George Baldwin found enough rose petals in various yards, so Evelyn Clark walked down the aisle on the bride's traditional flower strewn path. The Clark family arrived in Carmichael in 1920 from South Dakota. They eventually settled on a parcel with
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Pastor Keith L. DeVries Writes: "Thank You and Welcome!"

As a reminder that we live in a world of change and transition, just a few weeks after asking for our patience with

the music director search process, **Dave Studer** introduced our new Music Director, **Keith Atwater**.

Keith has served in music leadership for several churches in the area, including Our Saviour Episcopal Church in Placerville, the Unitarian Universalist Society, and Auburn United Church of Christ. He also served as CPC's Music

Director in the 1980s - and we are glad to welcome him back! Starting in mid-October, Keith will lead our Sanctuary Choir, our Praise Music Team and oversee CPC's music ministries.

Dave also announced our new organist, **Rick Schlosser**, who starts in October as well. Rick has more than 40 years of church music experience as an organist, minister of music, and choral conductor throughout Northern California. His energy and understanding of a

variety of church music make him a welcome addition to our music staff. Keith and Rick

know each other and have collaborated in the past and are excited about



Clockwise from top: Matthew Major (bass guitar), Keith Atwater (Music Director), and Michael Schwab (lead guitar) are some of the newest additions to CPC's music team.

their new roles at CPC.

In addition, my wife, **Jenny DeVries**, is our new Bell Choir Director. Jenny brings decades of English Handbell experience as both a ringer and director and is delighted with her new role. In August, we welcomed to the music team **Matthew Major** on bass guitar and **Michael Schwab** on guitar. They bring their talents alongside **Gabe Bisho** on piano and **Will Condrey** on drums to round out our five new music staff members. All

of this, plus the Waterfall Singers (our Kindergarten through 5th grade children) resumed singing under the direction of **Nancy Studer**, accompanied and assisted by **Kathy Phillips**. It is a joyful time for our worship life together.

I want to give a big "*shout out*" to all of our faithful musi-

cians, and especially those who have provided amazing leadership during this season of change in our music program. I am especially grateful for **Gabe Bisho**, **Will Condrey**, **Paul Zeman**, **Trina Spivack**, **Gayle Litz**, **Beth Lindley**, **Karen Gray**, **Julie Ueltzen**, **Claire Artsky**, **Laura Leek**, **Tara Calderon**, and **Susan Herman**.

I also thank our amazing tech team: **Steve Parker**, **Bruce MacLean**, **Mike Gray**, **Josh Keaney**, **David Stoffel**, **Noor Bitar**, and **Avonlee**

Janik. You have all been present and patient as we rebuild our worship service, experiment with different musical styles, and provide meaningful worship for in person and online worshipers alike.

I look forward to the changes to come as these wonderful musicians collaborate and share their immense talents with each other and with all of us as together we sing praises and worship our God. May it be so,

... Windows to the Soul ...

(Continued from page 1)

glass windows and the “Rivers of Life” windows are also showcased.

This show will run through early January 2023. We hope

you will enjoy learning more about our beautiful stained-glass windows and all that we have planned to enhance your experience. You will be invited to not only view the photographs of the windows but also to take

time to visit each of these windows in

the Sanctuary and our Chapel.

Phil and Jimmi Mishler arrived at Carmichael Presbyterian Church in 1957, fresh from Texas. Soon they became involved in choir, church school programs, and Mari-nership fellowship. Both are



“Rivers of Life” window in the Chapel and the “Daniel” window in the Sanctuary are just a two of the windows included in the current art exhibit featuring photographs by Phil Mishler and research by Jimmi Mishler.

ordained Elders and have chaired numerous CPC committees.

A credentialed public-school teacher, Jimmi twice served as CPC’s Director of

Chris-
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She al-
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in 1988
until
she re-
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2019.
A grad-
uate of
Sacra-
mento
State
College
(now
CSUS),
Phil
was

one of the first computer pro-grammers for the state of Cali-fornia. He remained involved in IT throughout his career. He also has had a lifelong interest in photography.

As part of the Heritage Committee’s preparation for

CPC’s 75th anniversary, Phil took photos of our beautiful stained-glass windows. Then a slide show was produced, with audio using a script writ-ten years earlier by then **Pas-tor Pyron McMillen**, re-searched and enhanced by Jimmi.

CPC’s stained-glass win-dows, with their figures and symbols, tell an amazing story of faith and determination. **Pastor Keith** noted in a recent sermon that in our lives we are surrounded by a great cloud of witnesses. When we look at our Sanctuary windows, we can see this great cloud of wit-nesses.

The Art Committee thanks Phil & Jimmi for this lovely show, as well as **Clair Daugh-erty**, who found a way to uniquely mat and frame Phil’s photographs. We hope you all will enjoy this “Windows to the Soul” art show, which will lead us into our CPC Centen-nial Celebration year in 2023.

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... Centennial History ...

(Continued from page 1)

orange trees that the current Milagro Center occupies.

Glenn came to Sacramento in 1923 also

from South Dakota where he was a friend of the family. Glenn told the story of standing with Bill, Evelyn's father, when the Clark family home was under construction.

It was there he asked Bill for Evelyn's hand in marriage. Glenn said that his father-in-law

was so stunned he nearly fell into the open basement. A few months later, Carmichael Community Church had its first wedding.

Meet **Red Hughes**, the 93-year-old son of Evelyn and Glenn. I had the opportunity to sit down with Red in his Carmichael home on a hot August day to talk about his life, family, and recollections of Carmichael Community Church. Red and his sister grew up on California Ave. His father, Glenn, operated the Sunnydale Garage at Califor-



Photo by Karen Orlando

Red Hughes (above) recalls growing up in Carmichael, including his father operating the Sunnydale Garage (right) and his time at Carmichael Community Church.

nia Ave and Fair Oaks. His mother worked at Hales Department Store on 9th and K St. His family were charter members of the church.

Red drove the church bus "Ermintrude" when it was time for Christmas Caroling in the later 40's while his grandfather dressed as Santa. When the chapel



Photo courtesy of Red Hughes

was built, he hauled in the dirt, while Drew and Jim Dickson were the masons and Drew did all the wood carving.

Red and his wife Marilyn were married in 1951. He joked that his was a three-denomination wedding. At the time he was working as a Methodist choir director, he was married by a Presbyterian minister, James Comfort Smith, at a Baptist church because the chapel at Carmichael Community Church was too small. They moved into a

small apartment on the Pe-fley's property on Palm. Red was in the Navy and eventually became the band director at El Camino High School, having a long career in the San Juan Unified School District. A moment of pride was taking his El Camino Band to the 1960 Olympics at Squaw Valley. The school borrowed enough warm boots so that all the band members would have dry feet for the snowy

event. Red met Walt Disney who orchestrated the opening ceremonies, and a few of his band students made it on the cover of *Life* magazine. While Red and his wife joined the Unitarian Church upon the return from the Navy, he's stayed

connected to CPC through his deep roots in the community.

Sitting in Red's kitchen, listening to the many stories of his life, I'm reminded what church is: life! It's Red's life embedded in the history of Carmichael Community Church when his parents became the first couple to be married on Marconi Ave. It's all our lives. God's hand shaping our lives and intertwining our history as we worship together and serve together at Carmichael Presbyterian Church.

Memorial and Honorary Gifts

These are the persons in whose name memorial gifts were made during the first and second quarter of 2022, along with the donors and the designated use of those gifts.

<u>THOSE REMEMBERED/HONORED</u>	<u>DONORS</u>	<u>DESIGNATIONS</u>
Skip, Bob & Mike Seekins	Scott Seekins (January, February, March April, and May)	Parking Lot
Skip, Bob & Mike Seekins	Scott Seekins (June)	Centennial Fund
Dorothy Woodstrom	Karl Johnsrud Donna & Howard Ross Bette Johnson Nautilus Marinersip	Undesignated Food Closet Undesignated Food Closet
Ron Dobler	Sandra Brown Marie Segur John & Andrea Heckenlively	Undesignated Undesignated Undesignated
Dennis Marks	Clipper Marinersip Janann Poteet Paul & Lynn Shultz Barbara Sebastian Len Tozier Bill & Misty Dunn	Undesignated Food Closet Undesignated Undesignated Parking Lot Parking Lot
Dennis and Nancy Marks	Dwight & Barbara Beattie Karla Curran	Undesignated Undesignated
Viki Tozier	Susan Williamson Janann Poteet Kathy Phillips Bette Johnson Gordon & Carolyn McGregor Paul & Lynn Shultz Tim & Barbara Farley Harry & Carol Jones Melinda Burton Joy Jones Lisa Benadom Lisa Levering Kathleen Leahy Michael & Karen Gray and Family Arnold Fuson	Undesignated Choir Fund Undesignated Undesignated Undesignated Undesignated Mission Fund Undesignated Undesignated Undesignated Undesignated Undesignated Undesignated Undesignated Undesignated Undesignated Stephen Ministry

(Continued on page 6)

...Memorial and Honorary Gifts ...

(Continued from page 5)

<u>THOSE REMEMBERED/HONORED</u>	<u>DONORS</u>	<u>DESIGNATIONS</u>
Viki Tozier	Bill & Misty Dunn Ed & Maxine Johnston	Parking Lot Undesignated
Mary Torgerson	Susan Williamson	Undesignated
Jack Roach	Marie Segur	Food Closet
Gary Lee	Pamela Loomis Karen & Stephen Loomis	Food Closet Undesignated
Tom Hill	Susan Williamson Janann Poteet Len Tozier	Undesignated Choir Fund Parking Lot
Carol Corbett	Betty Bailey	Undesignated
Mike Aretsky	Kathy Phillips Paul & Lynn Shultz Carolee Roach Tim & Barbara Farley Lisa Benadom Bill & Misty Dunn	Undesignated Undesignated Undesignated Mission Fund Undesignated Parking Lot
In Honor of Randy & Marsha Benfield	Diane Carney	Food Closet
Ruth Duncan	Bette Johnson	Food Closet
Dave Segur	Gordon & Carolyn McGregor Carolee Roach Len Tozier Genevieve Varnum Dwight & Barbara Beattie Harry & Carol Jones Prestige Cleaners Employees Kathy Douglas Lisa Levering Mel Majesty Bill & Misty Dunn Paul & Lynn Shultz John Cameron Lisa Benadom Wayne & Barbara Reimers Don Cox	Food Closet Undesignated Parking Lot Undesignated Undesignated Food Closet Food Closet Undesignated Undesignated Choir Fund Parking Lot Undesignated Choir Fund Choir Fund Undesignated Food Closet

(Continued on page 7)

...Memorial and Honorary Gifts ...

(Continued from page 6)

<u>THOSE REMEMBERED/HONORED</u>	<u>DONORS</u>	<u>DESIGNATIONS</u>
Shirley Weber	Jo Anne Weber	Undesignated
Walter Arute	Betty & Dave Bailey	Undesignated
Judi Flint	Judy Crackel	Undesignated
Simon Van Der Mik	Bep Van Der Mik	Food Closet
Char Bergsten	Charleen Lee	Bell Choir
	Suzanne Bryant & Family	Choir Fund
	Marv Bergsten & Family	Choir Fund
	Diane & Lloyd Danielson	Choir Fund
	Lisa Benadom	Choir Fund
	Don Andersen	Choir Fund
Laura Bergsten	Suzanne Bryant & Family	Choir Fund
	Marv Bergsten & Family	Choir Fund
	Diane & Lloyd Danielson	Choir Fund
	Lisa Benadom	Choir Fund
	Don Andersen	Choir Fund

SAVE THE DATE



Alternative Gift Market

November 5 & 6

Hundreds of NEW GIFT items From 17 Countries
12 Non-Profit Agencies Helping Folks Locally & Around the World

Christmas Gift Ministry a Gift to Many

by Julie Ueltzen

To some, it may seem far too soon to start thinking about Christmas. For the Deacons, Christmas starts in September each year, and doesn't slow down until all the gifts from the Christmas Gift Ministry are delivered, just in time for Christmas. To date, the Deacons Gift Ministry has occurred for FIFTY YEARS. In 2022, the CPC Deacons celebrate the 51st year of one of their key ministries.

In Christmases past, and prior to the remodel of McMillen Hall, boxes upon boxes of both food and gifts would be laid out across the floor, with family boxes numbered and prepared for delivery. Once gifts arrived at CPC, custodial staff and young adults from the church would sleep in McMillen Hall to keep the plethora of gifts safe. Gifts for as many 90

families, totaling 496 people one year, covered the hall and were later delivered to grateful families.

Following the construction of the Mission Building, the Gift Ministry relocated their preparations into the warehouse portion of the Food Closet. Tables lined the floors,

and boxes covered tabletops, with overflow below. As the Food Closet demand increased, the setup moved yet again into the Howard Crowley Room.

Though the ministry had a very humble beginning, serv-

By 1992, Carmichael Elementary School, the Salvation Army, Church World Service (serving refugee families) and members of CPC referred families to take part in the program. In 2010, five area elementary schools participated, and still participate - Cameron Ranch, Carmichael, Deterding, Del Paso Manor and Whitney, plus Family Promise, Carmichael Presbyterian Preschool and CPC. In 2018, Marvin Marshall Early Childhood Education joined the list of schools served.

In 2015 another major shift occurred when the Deacons decided that instead of providing a pre-made food box, including all the fixings for a ham

dinner, each family would receive a \$60 gift card to purchase their own special Christmas dinner. This change also lessened the workload on the Deacons who previously ordered, sorted, packed & delivered food boxes for each family.

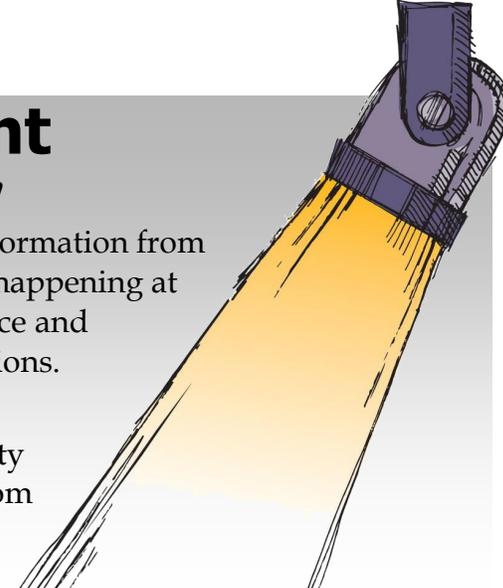
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ing only 6 families, its reach has drastically expanded over the years. Families range in size from 2-10 family members, aged from yet-to-be-born to the mid-80s, sometimes living in cars or transitional housing, and some have been members of our own congregation.

Session Spotlight

by Linda Hatch, Clerk of Session



A note from your clerk of session: I am now including more information from the monthly session meetings to keep you informed about what’s happening at CPC. If you have questions, you may contact me or the church office and we’ll put you in touch with the right person to answer those questions.

Here are the highlights from the August Session Meeting:

1) CPC received a thank you notes from the Sacramento County Extended Foster Care/Independent Living Program and from the Presbyterian Historical Society for our donations.

2) Session received the following financial reports:

General Fund Report

Income June 2022	\$57,343.25
Income YTD	410,056.02
Expense June 2022	65,016.39
Expense YTD	404,660.01

21st Century Report

Income June 2022	\$190.55
Income YTD	4,788.62

General Fund Report

Income July 2022	\$74,028.17
Income YTD	528,385.91
Expense July 2022	56,961.11
Expense YTD	461,621.12

21st Century Report

Income July 2022	\$16.07
Income YTD	4,804.69

Parking Lot Fund \$228,309.97 (as of 8/31/22)

3) Session approved expenditure up to \$28,000 for parking lot asphalt repairs from the Operating Reserve Fund. Those repairs included repaving and restriping the lower parking lot and filling in two sinkholes.

... Christmas Gift Ministry...

(Continued from page 8)

Despite the pandemic, skipping the Deacons Gift Ministry in 2020 was not ever an option. Yet again, time to pivot. That year families received gift cards only, rather than church members & friends doing the shopping for individual items.

As we look forward to the upcoming Christmas season and another year of the Deacons Gift Ministry, we hope that CPC is also anticipating

another wonderful year of a program that has helped THOUSANDS of families over the past 50 years, and into the next 50 years. The Deacons are thoroughly grateful for the CPC’s active involvement with the ministry, and the plethora of members who have stepped up to coordinate the program including **Chris Beeby, Karen Gray, Bill & Misty Dunn, Stacey Sawyer, Julie Ueltzen, Hal & Sharleen Millering & Terry Sakuda.**

Families are already being recruited from area schools & Family Promise, with signups to “adopt” families beginning the first weekend of November! Christmas is coming – SOON! Be prepared to take part yet again in one of the great ministries of Carmichael Presbyterian Church, because this ministry is not possible without the help of our amazing church family. So Merry Christmas – already!

The After People: God-Given Help

by Misty Dunn Stephen Minister/Leader

Some people mistakenly think that they aren't a strong enough Christian if they have to ask for help. However, God wants us to pray, turn to other Christians for support, and not struggle alone.

God helps people through their problems by offering resources—one of those resources is a caring Stephen Minister to help them. Stephen Ministry offers folks who are struggling with a special need (both in CPC and the wider community) someone who has been trained as a Stephen Minister to offer them not advice or counsel, but Christian support and care.

Basically, a Stephen Minister is somebody who's there to walk along beside you, offering free and confidential support. They're going to be there, metaphorically holding your hand the whole way. If you want to talk with them, you can. If you just need to sit there and cry, that's fine. If you want prayer, they'll pray; but they're *not* going to come and hit you over the head with a Bible. Some people call Stephen Ministers, *the After People*, because they are there *after* whatever disaster hits them personally, to help them pick up the pieces and figure out how to move forward, for as long *after* as is needed.

After 50 hours of training, a Stephen Minister is assigned

to only one care receiver at a time and meets with the care receiver for an average of about an hour each week. The Stephen Minister offers confidential care, comfort, encouragement, and support, listens nonjudgmentally, allowing their care receiver to vent, or brainstorm options. Stephen Ministers also meet twice

monthly for peer supervision and continuing education. The quality of training Stephen Ministers and Leaders receive is outstanding. Stephen Ministers have found the training invaluable and many use the listening skills they learned at work or with friends and family.

(Continued on page 11)

Stephen Ministers: The After People

People often ask, "What exactly is a Stephen Minister?" One way to put it is that Stephen Ministers are the *After People*.

Stephen Ministers are there:

- ... *after* the phone call you hoped you'd never get.
- ... *after* the funeral, when everyone has left and the emotions you've held at bay come crashing in on you.
- ... *after* the relationship falls apart and the bottom falls out of your life.
- ... *after* the doctor says, "I'm sorry, but there's nothing more we can do."
- ... *after* the nursing home director shakes your hand and says, "Welcome to your new home."
- ... *after* the last child honks the horn, waves, and drives away—and the house suddenly seems empty.
- ... *after* the gavel comes down, the handcuffs go on, and your loved one is led away.
- ... *after* the baby arrives, demanding more of you than you ever dreamed possible.
- ... *after* you find a pink slip with your final paycheck.
- ... *after* your family and friends have heard your story one too many times, but you still need to talk it out.

Stephen Ministers are the After People. They are ready to come alongside you—or your friends, neighbors, coworkers, or relatives—and provide comfort and support for as long *after* as needed.

www.stephenministries.org

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... The After People ...

(Continued from page 10)

We are planning to offer a Stephen Ministry training class in January of 2023. Please consider whether God is calling you to this ministry. Please read *Stephen Ministry: The After People* and consider whether this ministry is something that could help you or someone you know through a difficult situation. Or, whether this description fits what you might feel a calling to offer. In either case, please talk to one of the pastors or contact one of the Stephen Ministry Leaders: **Kelly Holland, Mary Thomas, John Wallace, or Misty Dunn.**

**MISSION BELL
DEADLINES
10TH OF EACH
MONTH
FOR THE
FOLLOWING
MONTH'S ISSUE**



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

Library Corner

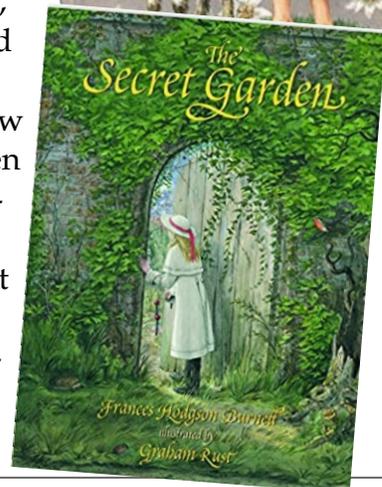
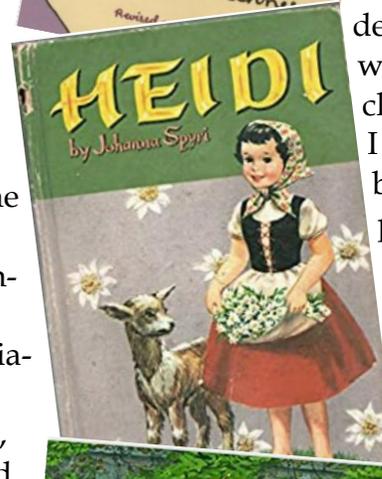
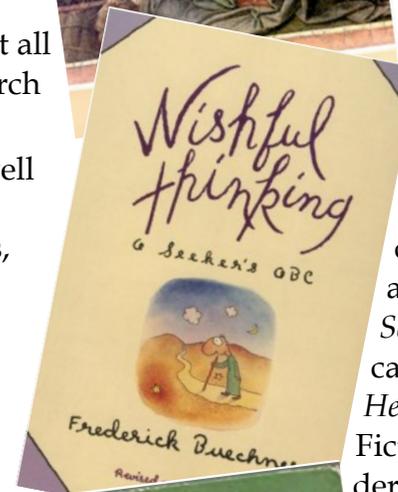
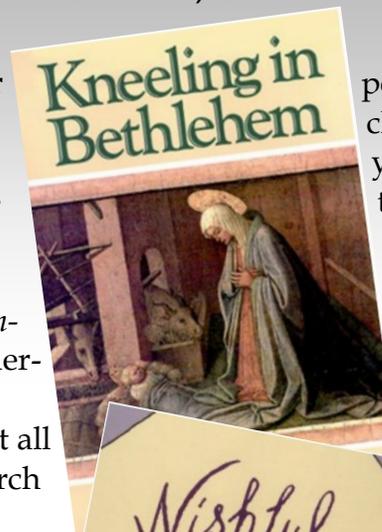
by Doris Beckert, CPC Librarian

In last month's Mission Bell, **Pastor Keith** revealed his three worn and favorite books: 1) the Bible 2) *Kneeling in Bethlehem* by Ann Weems, and 3) *Wishful Thinking* by Frederick Buechner. I am happy to report that all three are in the church library.

Pastor Ivan is well read, preaches thoughtful sermons, and writes book reviews.

We at CPC are blessed to have these two pastors who are readers and who are supportive of the church library .

In addition, some Presbytery leaders during a recent committee meeting voiced their appreciation of the author Frederick Buechner, who recently passed away. Pastor Keith also had written how he was blessed when reading that theologian's books. I am happy to report that our library has several titles by Buechner.



A local newspaper featured an article on cherishing your worn out and tattered favorite books because they are physical reminders of memorable moments with beloved people.

(Remind you of Keith's article?)

For me, two of my favorite childhood books are *Heidi* and *The Secret Garden*. You can find my copy of *Heidi* on the Youth Fiction shelves under Spyri. It was my wish to share this classic with others. I was transported to beautiful places, past times, and strong characters.

What is your favorite book or the one that most inspired you?

Write a few words to let me know and I'll mention it in my next column.

Faith Comes Alive

2023 Stewardship Campaign

"Great is Thy Faithfulness"

In 1923, the great hymn "Great is Thy Faithfulness" was written as a poem by Thomas O. Chisolm who was inspired by Lamentations 3:22-23. He sent his poem to William Runyan, who set it to music, and the song became a popular church hymn.

*Great is thy faithfulness! Great is thy faithfulness!
Morning by morning new mercies I see;
all I have needed thy hand hath provided.
Great is thy faithfulness, Lord, unto me!*

Who knew that during that same year, 1923, a group of women and men would start a Sunday School for their children that has grown to be a thriving church, Carmichael Presbyterian Church, living the Gospel message and praising God with this hymn we still sing today.

The Carmichael pioneers of faith, our church predecessors, lived through wars, economic depression and recessions, social upheaval and a growing and changing world. Most recently, we lived through a pandemic and, just like our predecessors, we have continued to praise and minister to each other and the community without missing a beat.

The challenges and changes we face as a church and as a world in 2023 and beyond can be daunting, but we know we can stand as one in faith to minister and praise. God's providence in 1923 and the ensuing years filled with unimaginable challenges provided the foundation to carry us through with grace and love to today.

Let us honor the generations of church pioneers who have led us to this moment, at this time, by boldly stepping forward in faith to provide a portion of our income and dedicate our time in 2023.

The Stewardship Committee will provide more information about the 2023 Stewardship Campaign in the next several weeks through the *Mission Bell*, letters and emails, and the weekly *Parish Notes*. So, keep an eye out for more communication on the campaign. Please save November 20 as Commitment Sunday.

Faith is Alive in each one of us. It is our commitment to deepening that faith, sharing God's love, and supporting each other that serves as our foundation.

"The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness."

Lamentations 3:22-23

RUN TO FEED THE HUNGRY

THANKSGIVING DAY 2022

Join us as we gather on Thanksgiving morning to run through the streets of Carmichael to support Sacramento Food Bank and Family Services.

Many of our participants will walk, rather than run, and we might even have a stroller or two in our midst. We would love to have you join us!

Who: All are welcome

What: Run to Feed the Hungry 5K run/walk

When: Thanksgiving morning, November 24, 2022

Gather at 8:45 a.m., start the run/walk at 9:00 a.m.

Where: Meet in the back parking lot of Carmichael Presbyterian Church. We will run/walk through the streets of Carmichael to Ancil Hoffman Park and back to the church parking lot.

Why: Raise money for Sacramento Food Bank and Family Services, meet new people, and enjoy fellowship with others.

How: Register online at www.runtofeethehungry.com. You can join the Carmichael Presbyterian Church team or participate as an individual. If you choose not to join the team, please contact Anne Parker at anne@sparkinn.com. Don't want to walk/run? You can also contribute toward the team's \$1000 fundraising goal.

Questions? Contact the church office at 916-486-9081 or carmichaelpres@gmail.com



Carmichael Presbyterian Church's team gets ready to participate in the 2021 Run to Feed the Hungry

Help Us Keep in Touch!



If you've moved or changed your contact information, be sure to let the church office know! Just contact **Julie Ueltzen**, Church Secretary by leaving a voicemail message at 916-486-9081, ext. 200 OR emailing carmichaelpres@gmail.com OR sending a note to CPC, 5645 Marconi Ave., Carmichael, CA 95608-4498. We'll keep you up to date!

Opportunity Knocks

by Sharon MacLean, Engagement Coordinator

Hello CPC family! Fall is finally upon us and the holidays are just around the corner, which means there are a lot of ways you can get plugged into the life of the church - either in easy, one-time activities or in ongoing ways.

Friendship Sunday, which was on September 11, was a huge success. Lots of people checked out the various ministries and areas to volunteer or be involved. I hope you were able to come and see where you might fit in. But if not, here are many available opportunities plus a few photos.

If you're interested in getting involved and want more details, please reach out to me; I will fill you in and get you connected.

Deacons: Provide transportation to/from church periodically; Ushering during Sunday worship—at least once every other month.

Education/Youth: Fill in occasionally as a middle and high school Sunday School teacher at 11:00 a.m.

Food Closet: Monday, Tuesday, Thursday, Friday morning/afternoon and Saturday shifts answering phones or distributing food; Thursday 5:30-7:30 p.m. shift; food pick-up drivers.

Membership & Outreach: Greeters to welcome worshippers before church (9:45-10:00 am); volunteers to help with the Harvest Festival on October 26.



Mission and HART: Saturday shower ministry; Thursday homeless lunches; monthly SOS meal; help plan/serve at Alternative Gift Market on November 5-6.

Buildings & Grounds: Discuss and prioritize campus needs; help with campus projects and upkeep; investigate possibilities for solar at CPC.

Fellowship & Nurture: Health Ministry Committee; Fellowship with a Mariner group; Presbyterian Women (PW) Bible Study; Women's Bible Study small groups (day or evening); Men's fellowship prayer on Zoom; Prayer Shawl Ministry.

Worship: Sanctuary Choir; Lay Leaders; sharing your Faith Stories; join the handbell choir; help with holiday decoration of the sanctuary.

Nominating Committee: If you would like to volunteer on a specific division or committee and not be tied to a three year commitment as an Elder/Deacon, the Nominating Committee can help get you plugged in.

Tech Team: Work approximately twice monthly for worship services and occasionally for memorials or weddings managing sound, video, and/or live streaming. Must be computer literate, and familiar with Microsoft Windows. Training provided for this paid position.

Miscellaneous: Matthew 25 team; Earth Care team.

PRAY: Pray for those on the prayer list in the *Parish Notes* and ePrayer; pray for CPC members and staff; pray for our community, country, and world.

Look for the "Opportunity Knocks" table after worship once a month with current opportunities for involvement. Please stop by or call/text/email

bruce.sharonmac@gmail.com.

I'm happy to help you find a place to get involved and connect you with any of the leaders of specific ministries.

Sundays @ CPC

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

A blend of traditional and contemporary music styles provide an opportunity to bring new life to the Word. Go to <https://www.youtube.com/c/carmichaelpres> or search for “carmichaelpres” on the YouTube app or your Smart TV. Plus, watch recordings of past worship services any time.



Sunday School 10:15 a.m.

All children are welcome and encouraged to attend worship. Kids age 4-5th grade are dismissed to their class following the pastor’s Time for Young People.



Coffee Fellowship Waterfall Singers

Middle & High School Sunday School 11:00 a.m.

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



Children in Kindergarten through 5th grade can join CPC’s children’s choir, Waterfall Singers. The group sings during worship about once a month.

Youth in 6th through 12th grade are encouraged to come to the Upper Rooms (youth rooms) for a brief lesson followed by time to play and hang out with friends.



An Amazing Transformation

Feedback from Afghan Women in World Relief ESL & Health Classes 2021-2022

Recently World Relief (the refugee resettlement agency we partner with) shared responses they received from Afghan women who participated in their online English and health classes during 2021-22. Most of the women were pre-literate when they started but were able to navigate their computers and Zoom (with help from World Relief) in their twice weekly English classes and weekly integration classes (which included health, nutrition, birth control, safety, transportation and navigating our Sacramento world).

The responses showed that the women were able to absorb (and share) the information they learned with friends and family (even in Afghanistan), to navigate their own health care, and sign up for adult education classes. But the most impressive takeaway is that in the beginning they often felt helpless because they couldn't understand a lot that was going on around them, and now they have confidence in themselves and aspirations – to learn more English, to get their driver's licenses, or to get a job! Below is a sampling of their answers, in-

cluding a few from women who had CPC volunteers coming to their doorsteps weekly to teach their Pre-K children.



If you would like to see the whole survey, please contact **Kathy Lewis** at kathyblewis@att.net, and she will be happy to share with you.

- I have confidence now to go shopping by myself. For six years I wouldn't go. My husband always told me to go, but I would stay in the car. Now I go and tell him to stay in the car.
- The parenting topic was really helpful for me, I didn't know most of things even though I am a parent. I learned that the husband should help the wife with raising the kids and be a partner with her. Culturally the husbands are not helpful and it's a shame if they help but I learned that it's not shameful, and it's

important to help your wife with the kids.

- I learned about transportation, and I told my sons about how to ride the bus. They didn't know and I taught them how after I learned in class.
- I learned how to do the car seat. Before I didn't care if it was twisted or put in wrong but after class, I make sure it is put in right. I even taught my neighbor, and she was laughing at me that now that I have a class I know lots of things.
- When I used to go to the store, I would just put all the money on the counter and have the worker take the correct amount, now I can count the money and give it myself without help.
- I felt like a blind person, now I feel like I have eyes and ears and I can understand. I went to the doctor, and I could tell him what was going on with me and my level of pain.
- My kids loved meeting with their teacher. At the beginning they didn't like it, but now they wait every week for the teacher. They loved the coloring and learning their ABC's.
- My child learned a lot too. Now they know colors and

(Continued on page 17)

Where Do Deacons Funds Go?

You've seen those envelopes along with the others in your pledge envelope box. They are collected on Communion Sunday once a month "to aid the distressed and afflicted of the Church community." Just what is done with this income which can average \$1,000 a month?



In addition to the regular line item in the church budget for carrying on the work of Deacons, such as Communion

and fellowship supplies, there are these discretionary funds.

The *Book of Order* states that Deacons should care "for the poor, the hungry, the sick, the lost, the friendless, the oppressed, those burdened by unjust policies or structures, or anyone in distress."

Churches can assume other duties assigned by the session. Our Board of Deacons abides by these words.

The main thing the funds go toward is to assist families in need in the community. These are on an as-needed basis, not on a regular basis. Examples are: gas, rent, utilities, and emergency housing. The Deacon's Fund provides individuals up to \$100 for utility assistance or \$50 gasoline cards every six months.

Housing assistance can also be provided on occasion. The Deacons Fund recently helped a family who lost the first and last months' rent they paid in a scam.

Deacons are discussing other ways to use the Deacons Fund including transportation services, house cleaning/yard work, and Presbyterian Disaster Assistance.

... Transformation ...

(Continued from page 16)

- letters and many songs.
- My husband was helpful at the beginning. At the beginning I would call him at work, and he would help me through the phone. My kids would help me figure out my homework. Now I can do it all by myself.
 - I want to be like Najla (*Afghan translator*), I want to be like you, I want to be someone who can teach and translate and have all the knowledge you have.
 - I had an appointment with my eye doctor, and I had to read the letters uppercase and lowercase and I could do it. I felt like I was graduating from college.
 - I had some guests coming over and they needed the address. My son went fast to call my husband to ask

for the address, but I told him no, don't call. I know the address. My son said, "really mom, you know?" and I said yes, I know. I felt really proud of myself.

- I got my permit last week and I wouldn't have been able to do it without this class because you encouraged us so much to practice and to do something for ourselves. This was something really important for me. My husband is really supportive of me, but this class encouraged me to get my permit. I forget my depression when I'm in the class.
- I took my son to the emergency room last week, and I was able to answer a few of the questions when they asked, and I felt so happy that I could do that. I couldn't do that before.

Presbyterian Women Bible Study *Celebrating Sabbath* Continues with Lesson 2: Sabbath and Creation

by Terry Sakuda

Thank you, **Pastor Keith**, for introducing us to Lesson 1 of our study at the Fall Event. You challenged us to examine our own beliefs about Sabbath. None of those in attendance described Sabbath as a “celebration.” Yet the author of our study does exactly that. She describes Sabbath as accepting God’s gift of rest and delight! We appreciated Keith’s candor in revealing his own struggles with the subject. After all, Sunday is a workday for him! He finds himself tied to his “to do” list and “screen” time. Sound familiar? The study promises to provide a time of growth and joy for us all.

During our Fall event we also had the great pleasure of presenting **Lisa Benadom** with an Honorary Life Membership Award. Congratulations, Lisa, for your hard work and dedication to CPC Presbyterian Women. **Karen Orlando** is also an honorary recipient of this award. She will receive her award at a later date.

In Lesson 2 we will explore

Sabbath and Creation. Our author, Rev. Dr. Carol Bechtel, observes that the first creation story describes God’s delight in the exquisite work of creation. Everything is good! But after six days, even God takes a break. What does this rhythm of work and rest have to say to our “24/7” culture? What are we missing when we ignore Sabbath the “crown of creation?”

One of the things we miss is an invitation to deeper friendship with God. This is a friendship that can only happen if we are willing to check our work at the door of Sabbath’s “cathedral in time.” While the Bible recognizes that some work cannot be put on pause, all of us can carve out some time to accept God’s invitation to Sabbath. It may take practice but learning to celebrate Sabbath is a lot like learning to walk. We try; we fall; we get up again. Though everyone’s walk is different, all of us can make space for a Sabbath that connects us with God, communi-

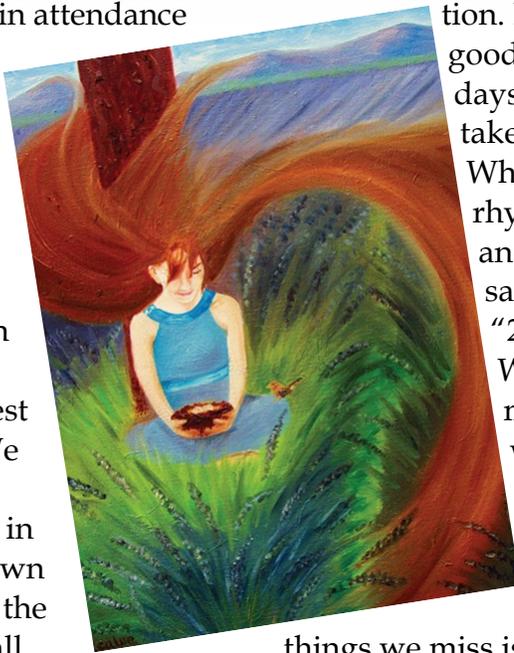
ty, and the rest of creation.

Intrigued? You are welcome to join us in exploring *Celebrating Sabbath: Accepting God’s gift of Rest and Delight*. Pastor Keith leads a monthly PW Bible Study on the second Thursday of most months at 10:00 a.m. via Zoom. The exception is December when the Zoom meeting will take place on the first Thursday. Contact **Karen Gray** in the church office to receive notifications. You may also visit a PW Circle. Circles meet on the third Thursday of the month. Naomi Circle meets at 9:30 a.m. in the Parlor (Leader, **Bonnie Hard**) and Mary Martha Circle at 1:00 p.m. in the Gathering Place (Co-Leaders, **Lisa Benadom** and **Kathy Daigle**).

If you would like a Bible Study Guide, please contact **Terry Sakuda** (terry.sakuda@yahoo.com). The cost is \$12.00.

Another opportunity to become involved with PW is Dorcas Circle which is a World Service Sewing Circle. They meet on the first Tuesday of each month October through May in the Howard Crowley Room from 9:30 a.m. to 11:30 a.m. unless otherwise scheduled. For more infor-

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Special Presentations for Special Recognition

Honorary Life Memberships of Presbyterian Women in the Presbyterian Church (U.S.A.) were recently given to **Lisa Benadom** and **Karen Orlando** in recognition of their commitment to Christ and the mission of the church. Through this we offer thanks for their faithful service and welcome them to a select group who have been so honored over several generations. The contribution made in their honor will support training women for future leadership in the church.

The Honorary Life Membership pin's design was adopted in celebration of the coming together of PW from the former UPC in the U.S.A. and the PC (U.S.). The symbolism is described in this manner:

- The caring, supportive hands represent women who seek to build an inclusive community of Presbyterian Women.
- The leaf represents growth of our personal and corporate response to Jesus Christ as we nurture our faith.
- The dove indicates our work for peace in our own lives and throughout the world, shown in the globe.
- At the center of the design is the cross, by which our sins are forgiven and we are freed to live in Christ who is at the center of our own lives.
- The overall design is of the butterfly, a symbol of newness in Christ and emergence of new creation, Presbyterian Women.



May you wear your pin with the assurance that you are a very special part of the caring and supportive community known as Presbyterian Women. We are indeed full of love and gratitude for you both and your continuing service to PW and the congregation of Carmichael Presbyterian Church.

.. PW Bible Study ...

(Continued from page 18)

Information contact **Carolyn McGregor**.

Author, Carol Bechtel, invites us to pray, "Stop within the circle of time called Sabbath. Set aside your responsibilities, they will wait. Abide with the Lord of the Sabbath and learn how to celebrate. Amen."

Donate Sanctuary Flowers



You can donate flowers to adorn our Sanctuary during worship on Sundays! The cost is \$35 for one bouquet or \$70 for both bouquets. It's easy to do: Go to <https://www.signupgenius.com/go/20F0E4BA4AE29A5FE3-sanctuary> to choose an open date at least one week in advance. Fill in the information requested and submit your payment to CPC with "flowers" in the memo line.

Or, call the church office and we'll be glad to help you sign up over the phone.

This is a meaningful way to remember a loved one or celebrate a special occasion. All donors and the people you choose to recognize will be listed in that Sunday's eParish Notes.

You can choose to take the flowers home after worship or have our Deacons deliver them to someone in need of a bit of cheer.

Scuttlebutt

News from CPC's Mariner Ships

Companionship

On September 3 the Companionship met in the Gathering Place for a delightful evening with the Nautilus ship. Co-skippers **Brenda Mock and Jan Olsen** started the meeting with a fun game inviting us to raise our hands if we were native Californians, or born east of the Mississippi, had traveled in Africa, or were grandpar-



Companionship and Nautilus held a joint meeting in September including a devotional by **Marti Wallace** (top) and a presentation on health care preparedness by **Jan Olson** (bottom).

ents or GREAT-grandparents (**Carol and Harry Jones!**). Jan shared stories about the CPC youth group when she was a teenager, and Brenda told about her Thanksgiving Day wedding at CPC, including climbing into an olive tree for a photograph!

Marti Wallace then gave a lovely devotional based on Kathleen Norris's book *Amazing Grace*. It included a memorable anecdote of a burglar scared off by a Benedictine

monk with a six-shooter and the thief's vivid response. In His own way, God calls us to our senses and helps us return to a place of righteousness.

Dinner was next: a potluck of El Pollo Loco chicken and a variety of delicious salads.

Jan provided us with a form to complete with our medical history and an index card to jot down your questions and concerns in advance. It was an excellent presentation.

Thank you, Nautilus, for a fun and educational meeting!

Nautilus

On a hot Labor Day weekend evening, Nautilus and the Companionship hustled into the friendly and cool Gathering Place for a combined activity. For some, it was a first chance to meet some CPC people; for others, an opportunity to see old friends in person after two years of separation. The five tables were thoughtfully arranged to assure maximum mixing of the crews of the two ships.

In addition to the great time we had socializing and eating Nautilus chicken and Companionship salads and yummy desserts, **Marti Wallace** provided an inspirational devotional.

After dinner, **Jan Olson** asked some group questions, including how many were California natives (a huge majority), and how many were born east of the Mississippi (including Ohio, for the geographically impaired). **Jim Marshall** was born in Shanghai, China, which is both east

Our program for the evening was presented

ed by **Jan Olson**. A retired nurse and former head of the health center at American River College, Jan presented a plan for how to prepare for a doctor's appointment or any kind of medical emergency. Since insurance companies only allow for a 20-minute appointment, being prepared with a list of medications, procedures, symptoms, and questions can make your doctor's visit much more successful.

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... More Scuttlebutt ...

(Continued from page 20)

and west of the Mississippi. In response to a question, he explained that he was born there because that's where his mother was at the time. The devotion of both ships to the work of the church was highlighted by the many – another clear majority – raised hands indicating we had served as CPC deacons and/or elders. We also discovered that we had fewer grandkids in total than might be expected, though **Dick and Charlotte Frink** have tried hard to increase the number.

Then Jan, a registered nurse and former American River College teacher, presented a very useful program

on how to be a good partner with doctors and medical care systems in general. She emphasized writing down and making readily available to emergency personnel and others important medical information and the value of writing questions down to give to health care providers during appointments.

(Sharlene St. Clair revealed an instance when she included a reminder to return a grocery item in the card presented to her befuddled physician.) There followed a lively discussion, attesting to the importance of Jan's presentation.

It was a fun and interesting evening, bringing back memories of "fleet cruises" from decades past when all Mariner ships got together. Thanks, co-skippers Jan, Brenda, and the Companionship crew for a wonderful evening.

Skipjacks

We met in September to hear: "WWII memories of a very young girl who lived in Holland at that time."



Bep van der Mik (top) shared stories of her childhood in Holland during World War II at the Skipjacks' September meeting.

That was **Bep van der Mik**, our newest member. She hosted us in her home and provided refreshments of Dutch almond cookies, cream puffs, and coffee.

After a record-breaking short business meeting, Bep presented her talk. She first gave some background about her hometown of Zwolle, first settled in the 9th century, by the North Sea. She showed a map of Holland along with several other photos of landmarks.

Then she launched into a description of her family (in which she was the youngest of seven siblings), her parents' bakery, and their house. Because her brother Jan was in the resistance and was wanted

by the Nazis, the house was often searched and the family questioned. A German officer was quartered in one of the bedrooms to be ready if Jan returned home. One time Bep and her sister smelled chicken being cooked in the officer's small kitchen. He offered some to them, but hungry as they were, they declined because it was unthinkable to accept anything from the enemy. The family got their news from BBC on a radio hidden in a secret compartment at the bottom of the linen closet,

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2022 Friendship Sunday Wrap-Up

Following church on Sunday, September 11, Carmichael Presbyterian Church ("CPC") members and friends took advantage of Friendship Sunday in McMillen Hall and pre-

viewed upcoming CPC activities. Participants added toppings to create do-it-yourself ice cream sundaes while visiting displays from many CPC ministries and programs.

At the event, we previewed our upcoming Centennial events and adult education offerings. Membership provided an opportunity to replace name tags and sign up for Ask the Pastor gatherings and new members classes. Outreach shared information about CPC's Harvest Festival, our Run to Feed the Hungry team, and our Afghan refugee ministry. Mission shared information about the Food Closet and Supper on Saturday. Visitors to the Fellowship and Nurture tables learned about a wide variety of ministries, including the Art Committee, Prayer Shawl Ministry, Family Advent Event, Presbyterian Women, Stephen Ministry, and marinerships!

Deacons demonstrated all

the ways they care for our church, including their calling and visiting ministry for mem-



bers who are no longer

able to get out and about as well as their transportation ministry for those who can't otherwise get to church. Nominating Committee provided encouragement to "answer the call" when they reach out for nominations for deacons and elders (and more). Worship signed up children for Water-

fall Singers and provided sign-up opportunities for a variety of activities that support Sunday services. Visitors to the Administration display learned about already scheduled events to celebrate our 100th anniversary in 2023.

People signed up for activities and events of interest and learned more about CPC as they circulated among the tables while adding toppings to their ice cream.

Congratulations to the winners of the bingo mixer prize. By completing the bingo sheet with information about CPC ministries, **Doris Beckert** won a Bella Bru gift certificate and **Shay Keaney** won brightly colored clay craft materials. Congratulations Doris and Shay!

We hope that your interest in serving or participating in CPC ministries at CPC was whetted by Friendship Sunday!

... End of the Scuttlebutt ...

(Continued from page 21)

and they would listen to it whenever the German left the house in the evening. If he returned early, they quickly hid the radio again before the officer entered the house. Jan was eventually arrested, placed in a concentration camp, sent to Hamburg where he escaped, and went to a safe house in Dresden. Bep's father, uncle, sister, and employees were arrested and taken away to prison, but were released when Canada liberated the country in 1945. There were many more stories and details that we found riveting. Bep was a first hand witness of vivid war time experiences, and we thank her for generously sharing them with us.

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

Keith Atwater, Music Director

Rick Schlosser, Organist

Jenny DeVries,
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

Gabe Bisho, Pianist

Will Condrey, Drummer

Matthew Major, Bassist

Michael Schwab, Guitarist

Steve Parker, Bruce MacLean,

Michael Gray, Noor Bitar,

Josh Keaney, Avonlee Janik,

and Dave Stoffel,

Audio/Video Technicians

Lisa Levering,
Wedding Coordinator

Our Mission

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

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



Contact Us



by phone:

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

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
Ron Morris	206	Keith Atwater	208

via e-mail:

Keith DeVries	keith@carmichaelpres.org
Ivan Herman	ivan@carmichaelpres.org
Julie Ueltzen	carmichaelpres@gmail.com
Karen Gray	karen@carmichaelpres.org
Paul Shultz	paul@carmichaelpres.org
Ron Morris	ron@carmichaelpres.org
Lisa Torgerson	lisa@carmichaelpres.org
Keith Atwater	music@carmichaelpres.org

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



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