



Faith Presbyterian Church

PRESBY NEWS

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625 Florin Rd., Sacramento, CA 95831 (916) 428-3439 www.faithpresby.org

Sunday Services 9 and 11 a.m.

To Our Faith Family,

We would like to thank you for your support and prayers during our time in Ethiopia. From the minute we left the ground at the Sacramento Airport, we began reading all of the written prayer cards. Christine and Quinn put them together in beautiful packages with our own candle to light. The three of us shared the prayer cards and were deeply moved by your love for us, the people in Ethiopia, and God. In our individual times we lit each of our own candles knowing that we were together with you in spirit despite the distance which separated us. Your prayers carried us through a vibrant time of experiencing God's work in Ethiopia. Besides a few minor ailments, we all come back in good health and great spirits eager to share our pictures, stories, and information.

*With God's Love,
Jeff, Walt, and Maria*

Come to the Baby Shower!



Baby Vaughn will soon be here

We invite you to join in the cheer

A shower is planned for the 2nd of May
We sincerely hope you can be part of the day

Your love and prayers are all the Vaughn's need
But we know Faith members are generous, indeed

**You're welcome to donate to a giving tree
Which really would help this new family of three**

**Quinn & Patrick look forward to seeing you all
For the shower at 12:15 p.m. in Link Hall.**

*Baby Shower for Quinn, Patrick and Baby Vaughn
Sunday, May 2, 12:15 p.m. in Link Hall*

Pardon our dust!

Exciting New Sanctuary Renovations are on the Way!

Our Sanctuary was completed in 1992, with at that time state-of-the-art audio equipment. Since then the equipment became obsolete. Session appointed Wally Smith Chairperson of a new Acoustic and Audio Committee to evaluate the overall system and acoustics in the Sanctuary.

Wally assembled a group comprising of Dave Anders, Pat Beal, Ken Finch, David Nash, Joe Parente, Ken Pisor, Dave Williamson (Property Maintenance Elder) and Rick Crow (Worship Elder). Wally summoned the support of experts in the field of Acoustics and Sound Engineering to help analyze what would be necessary to make the spoken word clearer to the congregation, in addition to music.



The group realized that what came from the speakers bounced off the back wall of the Sanctuary and became a room of echoed noise. Experts indicated that by placing sound channeling on the back wall (carpet like material) and acoustic panels in strategic locations throughout the Sanctuary would reduce the distortion from echo. Contractors added the acoustic treatment without compromising the aesthetic quality of the Sanctuary with terrific results. When hearing the spoken word now, the words don't all run together due to echo.

Next, the electronics. New professional grade amplifiers, speakers and mixers were purchased and installed for a quality system that should last for years. Andy Field of Substrate Engineering engineered and installed the current equipment with outstanding results. We also installed Choir mics, and purchased a new portable sound system for the Faith Praise Band, which is also utilized at remote locations like the Faith Family Retreat at Lake Tahoe, and in our courtyard for special services like Easter Sunrise Service.

However after a short period of time, the group realized we outgrew the console that Ken Pisor hand built that housed the Sanctuary electronic equipment. With the addition of recording the sermons digitally and placing on our website, we realized we needed an area to house more than one person. Future initiatives like web-casting worship services and projecting video would require 2 persons at a time operating the system(s). In March Session unanimously voted to move the current equipment into the Cry Room.

Over the next several weeks the current Cry Room will be modified, installing a 3 stage window that will open in the place of the current window, a new electrical box, and a new equipment rack and workspace. When completed the new "Faith Media Center" will be a hub for all audio, video and webcasting. This will open up the current space between the next to last pew. The pew will be moved inward from the middle isle to fill the space and add more wheelchair handicap space. The migration of the audio system out of the Sanctuary will also eliminate line-of-site obstacles in the last two rows of the left side of the Sanctuary, and eliminate any distractions the audio ops cause.

Session agreed that there is a high priority to maintain a Cry Room as we attract new young families. The current name tag closet will undergo construction adding a new window, wall treatment, installation of a speaker and other amenities so the congregation has a quiet haven to meditate when necessary. The project will bring Faith's Media Center into the 21st Century and in line with the new media and technologies available. The entire project will take several phases and expected completion date is mid-late May. If you have any questions about the project speak with Wally Smith for details.

Compassion Weekend

Saturday, April 24 and Sunday, April 25

Sign up for projects before and after Sunday services



Outdoor Projects

- Carwash (at Faith) to raise funds for Loaves & Fishes animal shelter, Saturday 1-4, all ages
- Bike trail clean-up (Sacramento Northern Bike Trail): remove litter, invasive plants or prune shrubs, carpool from Faith or meet at Robla Community Park (North Sacramento), Saturday 8:30-12:30, all ages, permission slips for those under 18

Trash pick-up at Garcia Bend Park, meet at the park, all ages, Sunday 1-3

Sorting/Gathering

- Assemble "Grace Bags" for the homeless (at Faith): Add hygiene items and snacks to bags, all ages, Sunday 10:30-12:30
- Bag rice and beans for SSIP food closet (at Faith): Measure 2-cup portions and put in zip-lock baggies, all ages, Saturday 9-noon

Sort clothing donations at St. John's Shelter donation center on Power Inn Road, ages 12 and up, Sunday 10-1

Crafts

- Knit hats/scarves for local shelter residents (at Faith), drop in anytime and knit as long as you want, all ages, Saturday 9-4, Sunday 9-4
- Sew t-shirt dresses for Ethiopian girls (at Faith): add fabric skirts to t-shirts, ages 12 and up, Sunday noon-3
- Assemble and prepare craft items for Very Special Arts festival (at Faith), all ages, Saturday 1-4

Write and decorate notes of encouragement to go inside Grace Bags, all ages, Sunday 9-11

Food-Related

- Serve food at Loaves & Fishes, ages 16 or older, Saturday or Sunday 10:30-1:30
- Help with our Celebration Meal (at Faith): set-up and/or take down tables & chairs, serve food, ages 12 and up, Sunday 2-6
- Distribute bags of food to the needy at Sacramento Food Bank's mobile food distribution (at Del Paso Union Baptist Church), ages 12 and up, Saturday 7:45-11:15
- Bake sale to raise funds for school lunch programs: bake cookies, cupcakes, brownies or cookie bars at home, help bag and price bake sale items, work at the sale table, all ages, Prep: Saturday 10-noon, Sale: Saturday 1-3
Prep food at Meals on Wheels facility in West Sacramento, ages 14 and older, Saturday and Sunday 8-noon

Building/Repairing

- Refurbish a house for a low-income older adult through Rebuilding Together (Colonial Heights neighborhood): wash interior walls and doors, prep for painting, interior and exterior painting, install kitchen cabinets, repair garage door, repair fencing, etc., ages 16 and up, Saturday 9-4

Repairs at Quinn Cottages (downtown Sacramento): nail molding around the outside of air conditioning units to create a frame, ages 16 and up, Sunday 9-noon

Miscellaneous

- Visit older adults (Eskaton and Bruceville Terrace), Saturday and Sunday, 9-noon and 1-3, indicate what you'd like to do while there, all ages

Inspect vehicles for safety: you should know something about auto mechanics to work this project, ages 18 and up

Projects that will be done entirely by Life Groups and need no additional volunteers: preparing and serving lunch at WIND Youth Center, preparing and serving lunch at St. John's Shelter, sanding dining tables at Wellspring Women's Center, repairs at Diogenes Youth Center houses.

FAMILY PROMISE NEWS



Family Promise arrived at Faith again on March 7th with 80 volunteers to welcome them! With that number of volunteers it really demonstrates how the people at Faith care and want to help the homeless of Sacramento.

There were three families in the program in March: Laura and her son Dane, Isaac and his three girls, Tayanna, Isanni and Isashanae, and Anjelah and her three children, Eric, Justis, and Destiny.

In this newsletter, I wanted to highlight one of the important jobs, “Sleepover” and share with you the responses of one of our regular sleepover volunteers, Chuck Bell.

I asked Chuck the following questions:

How do you see Christ present in Family Promise? “I feel Christ’s presence in the following ways: we are servants and hosts that provide charity, mercy, and friendship, to our guests and the guests provide the gracious response of kindness and gratitude. This mutual relationship demonstrates the connection Christ spoke of when he said that we are to love God and love our neighbors as ourselves.”

What makes you give up your warm bed to stay over with the families? “Several things: the church is one of my warm beds; I’m glad it has become a warm bed for our guests; I enjoy camping; I’ve slept at the church more than I’ve slept in any other place except my own homes; and, it’s really a lot of fun camping.”

Why do you feel Family Promise is an important ministry for Faith Church? “Family Promise is an important ministry because it is the closest example of the hospitality Jesus calls us to provide; it stretches us to see that unfamiliar neighbor; it calls us to exhibit Christ-like qualities of kindness, gentleness, humility, and servanthood in a very practical way; and, God always pays back rewards for our gracious responses to our neighbors.”

“On a personal note, my faith is always strengthened because every mission opportunity, whether at the church overnight or somewhere else (summer mission trips in particular) God always speaks to me through the witness of those I have been privileged to serve. Always.”

Thank you to everyone at Faith whose efforts make this ministry work so well. All of our volunteer jobs for Family Promise are important and need your commitment if you are willing. Our guests will arrive again the week of May 30th through June 6th. The white board is in the hallway and ready for you to sign up! Thanks again - Kelly Latimer

BENEFIT CONCERT FOR HAITI

featuring The Trubaek Quartet

Camille Getz, Nicole Hwang, Rachel Baek, and
Ray Anthony Trujillo
Hosted by Camille Getz and Nicole Hwang

April 17, 7:00 pm
Northminster Presbyterian Church
Tickets \$20 Students \$10

Guest appearance by award-winning young musician
Eunghee Cho
Limited seating For tickets, call (916) 487-5192
Northminster Presbyterian Church
3234 Pope Ave, Sacramento, CA 95821

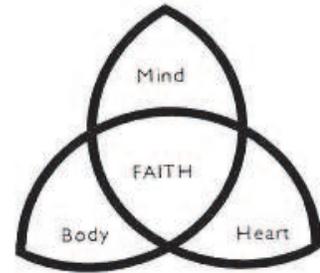


The Exercise That's Best for Blood Sugar

Which exercise is best for blood sugar, walking or jogging?

The answer might surprise you...

In a recent study, walking briskly for 30 minutes five times a week appeared to be more effective than jogging when it came to lowering diabetes risk.



Pick a Winner

Okay, so walking definitely has its merits. But so does running, swimming, hiking and biking. The kind of exercise that is best for you is something that you will do consistently--whatever it may be. Just cover all the bases; you need a mix of strength, stamina, and flexibility training in your routine.

Walk it off

As for walking vs. running: both improves insulin sensitivity, which helps your body use glucose efficiently. But in a study, walking improved pancreatic function more than running did for a group of middle-aged, overweight, sedentary folks with high cholesterol. Why? Researchers suspect moderate-intensity exercise ramps up fat burning more than vigorous-intensity exercise--and that could explain the results.



Kims Donate Palms

Faith Church must again thank Kent and Sue Kim for their palms we used for Palm Sunday. They have supplied Faith with those palms for several years from their yard. They are always so appreciated.