



1300 N Street
Sacramento, CA 95814
916-442-8939

'ROUND ABOUT

Congregational meeting Feb. 28

Annual reports will be distributed after services on Feb. 14 and the Congregational meeting is slated for Feb. 28.

The annual event begins with a pot luck breakfast, at 9:30 a.m. in the Social Hall, the Congregational meeting starts at 10 a.m. and will conclude in time for all to attend 11 a.m. service.

There is NO 9 a.m. service on this date.

Members preparing for Lent, COW

Westminster is offering many ways to make your Lenten season more meaningful this year. Whether you partake in a special Ash Wednesday programs, read the lovely devotional filled with essays on faith and life written by church members or attend special adult classes addressing societal and personal challenges, there are many ways to be involved.

The Music at Noon concert on Feb. 10 will feature music and poetry. Five poetry pieces will be read on the themes of time, death and hope in eternal life. Poets will in-

clude T.S. Eliot, Emily Bronte, Mary Oliver and Billy Collins. The poetry will be interspersed with music performed by cellist Jia-mo Chen and pianist John Cozza. The imposition of ashes will be available after the program.

That night our Connecting on Wednesday program begins with a community dinner at 5:30 p.m. in the social hall, followed by an Ash Wednesday worship service at 6:30 p.m. and at 7 p.m. the classes will begin, running through March 16.

We're thrilled Marilyn McEntyre, See LENT, page 5

Retreat focuses on ways Westminster can serve

By Phillip Reese
Stewardship ministry

At our January retreat, your deacons and elders huddled amid the Sierra foothills at Mercy Center Auburn to think about the coming year. We spent a lot of time talking about what makes Westminster unique - and how we can use all the good things particular to Westminster to further the Gospel. A few things that were mentioned often:

Our location: We are in the center of the Sacramento region. Our proximity to the Capitol and long history of activism and charity gives us a chance to affect change. Far more people pass by our church most days than similar congregations in Citrus Heights, Davis or Galt, granting us a special opportunity to make an impression. Downtown is at the cusp of a revitalization with the arena going up. More people, particularly young adults, are choosing to live near us. We have a chance to reach out and help them follow Christ.

Our theological and social diversity: We live in an increasingly polarized, even tribal society. Sadly, it's becoming easier to make an accurate guess about some-



Photo courtesy Steve McGough

Chuck Nicol, Denise Jones, Robin Thompson and Paul Maltby have a lively discussion at the deacons and elder retreat.

one's economic status or their political affiliation based on their ZIP code. But Westminster draws its members from downtown to Roseville and everywhere in between. We attract worshipers who run businesses, heal

- See SERVE, page 5

Wes' Wonderings

Finding joy, reason to prepare for Easter this Lent

Ash Wednesday? Yuck! You're probably thinking that there are better things to do than contemplate your mortality. Who wants to reflect on the passage of time, aging and death? Who wants to be reminded that "you are dust and to dust you shall return?" Just writing these sentences makes me want to plop down on the couch with a cold one and tune out to some mindless TV. Nothing like some mid-winter denial!

The Christian season of Lent begins on February 10 with Ash Wednesday. In Lent we prepare for the celebration of Easter with 40 days of self-examination, prayer and penitence. Ash Wednesday welcomes you to Lent like cold water splashed in your face welcomes you to the morning from a night of sleeping. Not very pleasant but invigorating and necessary if it's time to get going.

Ultimately, our Ash Wednesday activities and whole season of Lent have one purpose--cause us to consider fully our limitations as humans so that we can more fully place our trust and dependence upon God. When we do this, Easter's celebration is more exuberant. After all, resurrection can only come through the ashes of death.

Fellow lonesome valley sojourner,
Wes



Generous support closes budget deficit gap

In December, session let everyone know about a \$40,000 budget deficit at Westminster for 2016. We asked for your help in closing this gap. You responded! The church received an additional \$28,000 in new and revised pledges over just a few weeks. Because of your generosity, session was able to pass a 2016 budget with some trims, but no major cuts to mission or services. Thank you so much!

Westminster's 2016 leaders are named by Session

Christian Education

Kace Schwarm

Administration -

Deborah MacMillan

Stewardship -

Phillip Reese

Worship -

Jan Sharpless (chair), Steve McGough

Mission Outreach -

Chuck Nicol

Membership

Robyn Cox (chair), Beverley Jumper

Personnel

Elizabeth Meyer (chair), Maria Thomas

Nominating Committee

Phillip Reese

President of Corporation

Deborah MacMillan

Treasurer of Corporation

Debbie Davis

Secretary of Corporation

Sharyl Stevens

Presbytery Commissioners -

Sharyl Stevens, Steve McGough, Diane Houle, Gordon Zerkel

February's scripture readings

February 7

Transfiguration of the Lord Sunday

Exodus 34:29-35

Psalms 99

2 Corinthians 3:12-4:2

Luke 9:28-36

That's Just Super

February 14

1st Sunday in Lent

Deuteronomy 26:1-11

Psalms 91:1-2, 9-16

Romans 10:8b-13

Luke 4:1-13

Feast or Fast?

February 21

2nd Sunday in Lent

Genesis 15:1-12, 17-28

Psalms 27

Philippians 3:17-4:1

Luke 13:31-35

Don't Let Your Babies Grow Up to Be Prophets

February 28

3rd Sunday in Lent

Isaiah 55:1-9

Psalms 63:1-8

1 Corinthians 10:1-13

Luke 13:1-9

Cool Refreshment

Ministries

Soup and movie night Feb. 5

Plan to attend Movie Night for Soup at Six on Friday, February 5 at 6 p.m. in the Club Room. Everyone is invited to this PWOV event.

Enjoy a choice of two soups and then relax with lemonade and popcorn while seeing the engaging film, "Chocolat".

Cost is \$5, payable at the door.

Please make reservations by calling the church office at 442-8939. Childcare provided, bring a sack meal for your child.

PRESBYTERIAN WOMEN OF WESTMINSTER FEBRUARY CIRCLE MEETINGS

Circle	Date	Time	Place
Mary/Martha	2-22	7:00 pm	Club Room
Sophia	2-23	10:00 am	Barbara Black
Esther/Ruth	2-7	12:30 pm	Club Room
The Searchers	2-9	11:30 am	Library
Hannah	2-4	6:30 pm	Serra Room

All women in the church are invited to join a Circle for Bible study, fellowship and fun. Call Sharyl Stevens at 942-9534 or Mary Jane Root at 362-8485 for additional information.

Thursday morning Bible study group welcomes all

Please join us on Thursday mornings for breakfast and Bible study! We meet at the Waffle Square Restaurant at the corner of 10th and S streets in Sacramento, and free on-site parking is available.

Our study of the Bible takes place from 8 to 9 a.m., and we generally arrive a bit earlier to order breakfast.

In February we will start reading the Book of Jonah and expect to dedicate two weeks to it: Feb. 4 and 11. The next study subject following Jonah has not yet been determined.

We're a welcoming group and here are answers to questions that some newcomers may have.

Who is welcome? Anyone who wants to study the Bible with others in a casual environment over breakfast.

How is breakfast handled? Individual checks: we each order and pay for what we want from the restaurant's menu.

What do I need to bring? Bring one or more Bibles. We take turns reading, as we move through the Bible text, and we sometimes compare different translations. You may wish to bring paper and pen, if you think you will take notes.

Do I need to read ahead of time? It is usually



Members of the Thursday morning Bible study group include, from left to right: Steve McGough, Richard Pearson, Gail La Fortune, Jerry Frink, Carol Merritt, Charma Thomas, and Jill Sherrill. Not pictured: Samuel Ruacho

helpful to read ahead of time, but is not required, nor necessarily expected.

Should I be concerned, if I have never attended a Bible study class? Not at all! We are each reading the Bible as if for the first time, looking for new insights in and about the texts, and application to our lives today.

Westminster's Thursday morning Bible study started in the 1960s and has been continually active since then. Currently, there are eight active members. Please join us!

If you have any questions, please contact Steve McGough at 916-392-2172, or email at scmcgough@sbcglobal.net.

Youth Happenings

New workers overseeing Westminster's busy nursery program

Breanna Ramirez has been hired as our new infant room teacher. She has a calming presence and a great love for young children. She has been working with children as a career since she graduated from high school.

Breanna was raised in a Christian household and church. She lives in Sacramento and is "mom" to an active three-month old chocolate Labrador Retriever.

On weekdays Breanna works fulltime at Apple A Day Preschool in Carmichael.

Additionally, we have hired Veronica Vaughan as an on-call employee to assist as needed in the nursery and/or preschool. Veronica accepted Christ at age fifteen and has been involved in church life ever since. Her home church is 14th Avenue Baptist where she has served eight years in the nursery and is involved in their creative arts ministry. Besides earning her associate degree in Early Childhood Education, she has lots of experience working with children including her three month old son, Vincent. Veronica enjoys supporting children in their learning and spiritual development.

These dependable workers allows us to offer the popular Nursery and toddler programs on Sundays, while parents attend Sunday services. Please stop in and say hello to Breanna and Veronica and offer a warm Westminster welcome to them.



Molly is always happy jumping in the ball pit in the nursery room.



Theo checks for "mail" in the playhouse on Sunday.

William Land program seeks helpers

For over a decade, Westminster members have volunteered at William Land School, which was established over 100 years ago and is located at 12th and V streets downtown. Westminster has provided classroom tutors, readers for an annual reading day, and a field trip to the Lawrence Hall of Science for 5th graders. We have also sponsored various arts programs, culminating in an end-of-year concert at Westminster.

There are many opportunities for members of our congregation to engage in this service. We need to hear from you if you are interested in:

- working as a classroom tutor a couple hours a week
- participating as a reader at the Westminster Reads Day in March
- helping with the field trip to Lawrence Hall of Science in late May,
- assisting with the concert at Westminster

Please contact Peter Winslow pkwinslow@gmail.com or Terry Farmer tfarm44@sbcglobal.net.

Children invited to sing Easter song

Children and youth will sing the beautiful Easter song *Yours Today* at both services on Easter Sunday, March 27. To get ready, Lee Hoffman will practice with the kids every Sunday through March 20 during Sunday School class times in the usual classes for the 9 and 11 a.m. services. Ability to carry a tune is a plus; all are welcome. Questions? Contact Lee at choir@westminsac.org.



Finding joy in prayer partnerships

Prayer partners,

Don't know what happened, exactly, to 2015, but here we go! As we begin this next chapter, I find myself reflecting a little on some of the wonderful things that have brightened my life.

I am especially enjoying some "right on" one-liners from Adair Lara, an author who contributed poignant hilarity through the San Francisco chronicle some years back. And while "If God had wanted us to be nice to one another in cars, he wouldn't have invented traffic" made me laugh, I really liked "Your

family is like your hair after the rain. You can't do a thing with them."

Our Westminster family is, you might say, our family of choice. And I suspect it's another one of those 'the more you give, the more you get back' life situations. So lets take advantage of our prayer partnerships to share life, to ask for support and share the joys...growing together in the sunshine of God's love.

Blessings,
Robyn

LENT - from page 1

who helped launch our Lord Teach Us to Pray program in September, will be leading a class along with her husband, John McEntyre, on "Reclaiming the Common Good."

They'll discuss whether a vision of the common good can withstand, and even in any sense triumph, in a world of rampant ownership, private agendas, and competition.

Pastor Wes will be leading a series

"Now I See" that will reflect on transformational moments in film.

There will also be an art class for kindergarten through sixth graders and, as always, childcare is available for infants and toddlers (but please let us know in advance so we will be adequately staffed.)

Each Wednesday we will also be offering a meal at 5:30 for all ages..

Additional adult classes on "Praying Our Way Toward Easter" will be offered n Sundays, at 10

a.m., led by John Stevens from Feb. 14 through mid-March.

At the same time there will also be new member classes, starting Feb. 14, for anyone interested in exploring membership at Westminster.

The devotionals to guide your Lenten journey are available after Sunday services, at the Wednesday classes and at the office. Please take one and if you'd like to share with others, additional copies are available for your outreach.

SERVE - from page 1

the sick, teach children - and who sleep under the stars most nights. Likewise, from a theological perspective, we have members who draw inspiration from the teachings of Billy Graham and others who draw inspiration from Bishop John Shelby Spong - and probably a few that look to both, at different times. In short, this is a sanctuary for rich or poor, straight or gay, young or old; a place that is more interested in helping people find their way to Christ than in making everyone affirm a long list of particular beliefs.

Our music and youth ministries: Session members talked about the wonderful blessings of our music ministry. We bring in scores of people each week to our Music at Noon

program, including many people who otherwise don't set foot inside a church. Our choir, praise band and other musicians provide an experience every week that is rare in most churches. Likewise, our children's program is excellent. So many of our children want to go to church each Sunday, where they receive love and great religious education. This is not common to all churches, and we are thankful.

One question for Session this year is how we can use these things - and the many others -- that are



Sharing thoughts about Westminster's role was the retreat focus.

unique to Westminster to further the work of Christ. We welcome your input!

Please feel free to contact any of the newly-selected church leaders, listed on page 2, and share your thoughts about our church activities and community.

Growing and sharing with our newest members



THE MCCARTHY FAMILY

Rob, Amy, Mandy(10), Henry(8), Millie(5) McCarthy transferred to Westminster from Southminster Presbyterian Church in Boise, ID. Since July they've lived in Granite Bay and love the outdoors (camping, hiking, running, biking etc).

Amy grew up Russian Orthodox in Berkeley CA and Rob was a Methodist in Keynsham, England. Rob is an engineering manager at Hewlett Packard Enterprise in Roseville. Amy is currently seeking a job as a software developer. They found Westminster through their friends Angie and Lidia Barbosa, also from Southminster in Boise

The whole family has been a great addition, even stepping up to light the Advent wreath one Sunday, and the children are fun and a joy in our youth activities. Welcome aboard.

TIM MORRIS

Tim Morris grew up in an evangelical missionary family. His earliest memories are of life in Zambia. He moved back to the U.S. when he was 6 years old and the sudden change in the level of technology caused him to be fascinated by technology and science.

His pursuit of a scientific education led him to begin questioning some of the fundamentalist views he had been taught. After years in an evangelical church, Tim finally found peace when he finally accepted his doubts. Ironically, Tim feels that his faith is stronger than ever now that he acknowledges his doubts. Welcome!



DAVID BARNITZ

David left the Presbyterian church 50 years ago, but has been an enthusiastic returnee since joining in November. He began, and now leads, the Progressive Forums the first Sunday of every month. He is an avid dog lover who still misses his Standard Poodle Miles, but as a neighbor, and now member of Westminster, he's been very active and a great addition for all of us.



THE MORGANS

In January it was a joy to welcome Brian Morgan and Veronica Bravo as members, and the same day their girls, Sofia and Camila were baptized in the church. They have been active with meeting member needs and even participating in Winter Sanctuary. So glad you're with us.



HEALTH MINISTRY

Fall prevention plans, services available

By Jean Harlow, MSN, RN
Faith Community Nurse

When I was a child, I spoke like a child, I thought like a child, I fell like a child. Now that I am an adult and an elder, I may continue to enjoy some of my “childlike” ways - except for the falling. I now have much further to fall before I hit the floor or pavement and my bones are not as resilient as when I really was a child.

Is this a reality for you or a loved one? What can you do to help yourself and others? There are several excellent pamphlets in our Health Resource Center on the first floor. These pamphlets are for you to take and use. One of them is a safety check list to prevent falls. Some of the recommendations are familiar to you – keep a lamp or light switch you can easily reach without getting out of bed; use night lights in the bedroom, bathroom, and hallways; keep a flashlight handy; and turn lights on when entering the house at night and when going down hallways.

The theme is having adequate light wherever you are in your home, garage, yard, or sidewalk. Other recommendations include grab bars, hand rails on both sides of stairs, removing all extraneous clutter, and keeping telephone and electric cords out of pathways. Common sense ideas – yet too often forgotten.

A critical aspect of fall prevention is movement. The more we move -walk, use light weights to keep our upper body strong, and participate in yoga or Tai Chi classes the more we strengthen our body. The City of Sacramento Parks and Recreation Department has many inexpensive classes at senior centers or parks. They include using strengthening exercises from

seated positions or standing positions. I have a list of these also. Another very important fall prevention plan is to use assistive devices as needed – canes and walkers provide more stability than holding onto furniture or the wall as you walk.

What if you do fall? Do you know how to get up safely from the floor or ground? Do you wear a lifeline device? Can you reach a phone to call 911?

Phillips Lifeline has just added another service to help us be safer so we can continue to be independent in our own homes and while out and about. A land line phone is not necessary since a cell phone can be used to connect with the lifeline staff. Phillips has had in-the-home solutions for years as well as the auto alert (“I’ve fallen and I can’t get up”). Now they have added an on-the-go solution. This service is available when you are at home AND away from your home - 24 hours a day/365 days a year. It also includes the auto alert feature that automatically calls for help if a fall is detected. I have coupons that can save you activation fees and shipping fees. If the date on the coupon has expired, please let me know and I will call Phillips Lifeline as they have indicated they will honor requests from health professionals for the discounted prices.

Pick up these brochures. You and your loved ones will have greater peace of mind. When your family asks what you would like as a birthday or Christmas gift, consider asking for a subscription to one of these services or other safety features in your home. We as elders are often difficult to buy gifts for. This is a way your families can help you to be safer – wherever you are. Have a happy and a safe 2016.

Love and blessings

Jean

January Session meeting results in the following actions:

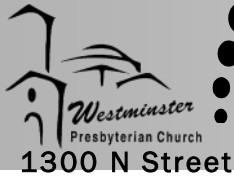
Approved 2016 budget
Approved a financial audit
Approved opening a bank account at American River Bank to accommodate direct deposit for employees.
Approved replacing two computer servers.
Approved repairing roof leak under terra cotta tile on the Northwest corner of church.
Approved taking \$1,500 from the 2015 Christmas Eve

offering (total offering was \$3,025.11) to fund Winter Sanctuary for the 2016-17 season.

Approved allowing smoke break in parking lot for Winter Sanctuary guests on a trial basis.

Approved serving wine along with grape juice for communion on a permanent basis.

Set the Annual Congregational Meeting for Feb. 28, 9:30 a.m.



1300 N Street

Sacramento, CA 95814

916-442-8939

'ROUND ABOUT

FEBRUARY, 2016

RETURN SERVICE REQUESTED

TIME DATED MATERIAL

www.westminsac.org

Our Mission Statement:

Westminster is a welcoming, inclusive community of faith, following Christ's example by supporting spiritual growth, serving others, and promoting peace and justice.

www.westminsac.org

916-442-8939

communications@westminsac.org

Population program

The Peace and Justice forum welcomes Karen Pitts from the Committee for a Sustainable World Population on Sunday, Feb. 14th, at 12:30 p.m. in the Club Room. Sponsored by the Sierra Club, Karen's presentation is titled "Population Growth Impacts and Solutions" and will include statistics and information on the food supply, the depletion of our energy, elimination of child marriage and the expected 70% increase in world population by the year 2050. All are welcome to attend.

Sweet - and ethical - treats sold on Feb. 14

Treat your loved ones (and yourself) to a perfect Valentine's Day treat! On Sunday, Feb. 14, after each service, the Presbyterian Women of Westminster will be hosting a Fair Trade sale. They will have their regular, fair-trade delicious coffee, tea, hot cocoa mix and those scrumptious chocolate bars.

But since there's never enough love on Valentine's Day there are also a limited number of small boxes of dark chocolate hearts! How perfect is that? Buy a bag. Give it, share it, keep some for yourself. But however you share, just enjoy knowing it's all for a good cause.

