August Scriptures and Preachers:

**August 6:**
Rev. Dr. Eunbee Ham preaching  
Communion Sunday  
Hiroshima Day  
Acts 16:9-15  
Psalm 30:11-12  
“Find Me in the River”

**August 13:**
Rev. Rola Al Ashkar preaching  
Healing Sunday  
Psalm 85:8-13  
1 Kings 19:9-18  
“What Are You Doing Here, Elijah?”

**August 20:**
Rev. April Alkema preaching

**August 27:**
Rev. Rola Al Ashkar preaching  
Isaiah 51:1-6  
Romans 12:1-8  
“Do Not Be Conformed; Be Transformed”

**INSIDE THIS ISSUE:**
A Word from Rola -2  
Important Dates - 3  
Music At Noon Schedule - 3  
Bible Study Schedule - 3  
Guest Preacher Bios - 4  
PWOW Equal Exchange - 5  
Office Closure & Staff Training - 5  
What Happened to Children's Time to Shine - 6  
Prayers for the Mission Team - 6  
Session Highlights - 7  
Did You Ever Wonder? - 8  
Life of the Church - 9  
Mercer Fund -10
A Word From Rola

July was a busy month! We said farewell to Lee on July 2, heard Betsy preach and commission the youth for service on July 9, gathered together in Land Park on July 15 for food and fellowship, celebrated Bob Fernandez’s 67th ordination anniversary on July 16, and hosted Eventide church and the denomination’s mission Co-workers in Central Africa on July 23, we are ready to greet August with a deep breath and a slower pace.

As temperatures reach their peak and energies wind down, the activity at the church is back to a somehow regular rhythm. Meanwhile, our Respite Center received 38 guests escaping the heat and seeking relief towards the end of July, the highest number of guests we have received so far! It is a privilege to serve our community in this capacity, but also a challenge. We have been making appeals throughout the month of July to help fund this ministry and other ministries associated with food insecurity and received a lot of donations; thank you so much for your bigheartedness and generosity. I encourage you to give a couple of hours of your time, even if for one time, to volunteer at the Respite Center and offer a cup of coffee, a word of encouragement, or a smile to a sibling in need.

On a different note, I am excited to welcome two colleagues and friends who will preach for us during the month of August. Rev. Dr. Eunbee Ham and Rev. April Alkema, on Aug 6 and 20, respectively. Check out their bios on page 4! I know many of you are gone on vacations and other planned trips during the month of August, and others appreciate the convenience of watching the worship service on YouTube from the comfort of your couch (and air conditioning), but I am hoping to see many of you with us in person, especially those we haven’t seen in a while!

Wishing you all a restorative month, I know I am looking forward to some sense of normalcy as well as some rest and rejuvenation. August is a month of harvest, so I hope you can take time this month to relish the bounty of fresh fruits and vegetables at the local farmers' markets, take a morning walk to enjoy the fresh crisp breeze, or an evening stroll by the American River, and nourish your soul with gratitude for the abundance that surrounds us.

See you in church,

Rola

"Be steadfast and persevering, my beloved siblings, fully engaged in the work of Jesus"

-1 Corinthians 15:58
**Draw the Circle Wide**

Generations of Presbyterians have met in circles to support one another, engage in mission activities, and study the Bible. Westminster’s three active circles would love to share that fellowship with everyone. If interested, please feel free to attend a meeting or if you would like more information, please call the church office at 916-442-8939 and we can put you in touch with a Circle moderator.

**Esther/Ruth Circle**
August 6
12:30 pm in the Club Room

**Mary/Martha Circle**
August 21
1:30 pm in the Sierra Room

**Hannah Circle**
Will not be meeting for the rest of Summer.

---

**Important Dates In August**

**Aug. 6** - *Communion Sunday*  
- Hiroshima Day

**Aug. 13** - *Healing Sunday*  
- PWOW Equal Exchange

**Aug. 18** - Office Closes at 1 pm for staff training

**Aug. 20** - September Newsletter Submission Deadline

---

**Aug. 2** - Robin Fisher, Soprano; Shinae Kim, Pianist

**Aug. 9** - Pianist Jason Sia

**Aug. 16** - “Trio 7”: Guitarists Matthew Grasso, Miyan Grasso, & Harry Stoddard

**Aug. 23** - Cap-Radio’s Pianist Jennifer Reason & Friends

---

*Join us every Wednesday at Noon for the concert series designed for local artists, and the needs of those who desire beauty and tranquility in the middle of their day.*

---

**Aug. 2** - Robin Fisher, Soprano; Shinae Kim, Pianist

**Aug. 9** - Pianist Jason Sia

**Aug. 16** - “Trio 7”: Guitarists Matthew Grasso, Miyan Grasso, & Harry Stoddard

**Aug. 23** - Cap-Radio’s Pianist Jennifer Reason & Friends

---

*Join us every Wednesday at Noon for the concert series designed for local artists, and the needs of those who desire beauty and tranquility in the middle of their day.*
“Then I will give you shepherds after my own heart, who will lead you with knowledge and understanding.” - Jeremiah 3:15

Guest Preachers in August

Born in South Korea to Presbyterian missionary parents, Rev. Dr. Eunbee Ham spent much of her childhood living interculturally, including in the Philippines and Mexico. She received her MDiv and MA in Youth Ministry at Princeton Theological Seminary. She earned her doctorate in Pastoral Counseling at Emory University, where her research explored how race, class, culture, gender, and spirituality affect identity formation. Eunbee currently serves as the Associate Pastor at Davis Community Church, where her passion is to integrate her pastoral, theological, and clinical training to interpret the Christian gospel in creative and honest ways for issues most pressing for us today.

Rev. April Alkema earned a B.A. in Biblical and Religious Studies in 2007 at Fresno Pacific University, followed by an M.A. at Fuller Seminary in 2011, where she explored the intersection of theology, spirituality and art. In the years following, April spent time serving on the staff at Woven Community Church and University Presbyterian Church, and teaching Biblical Studies at Fresno Pacific. April earned an MDiv in 2019 and was ordained in March 2020, in the first few weeks of the pandemic lockdown. She founded a NWC, Inhabit Arts Collaborative, in 2021. As of August 2023, she has relocated to Sacramento for a chaplain residency at UC Davis Medical Center. As a pastor, April seeks to accompany people on their own spiritual journeys, cultivate authentic community, and connect the heart and mind in the life of faith. Her work is grounded in her love of contemplative spirituality, learning and teaching, interfaith relationships, and the arts. During her free time, April loves to get out on the water, practice yoga, travel with friends and read contemporary fiction.
Back in Stock at Equal Exchange
We have Olive Oil for sale again! Thank you to everyone who has been waiting patiently for us to have this popular cooking item back in stock. Why not try the “Marvelous Marinade” recipe (shown below), which is said to taste especially great with organic chicken! We’ve also replenished our supply of yummy Caramel Crunch, Mint, and Infused Orange dark chocolate bars. They remain a bargain at only $3 each. Remember that this chocolate is very sensitive to the heat, so don’t leave it in the car! Hope to see you at our next sale on August 13.
~ Lynne & Maryann

Marvelous Marinade
Ingredients:
- 1/3 c. Equal Exchange Organic
- Extra Virgin Olive Oil
- 1 tbsp. sesame oil
- 1/2 c. brown sugar
- 2 tsp honey
- 2/3 c. balsamic vinegar
- 1/3 c. soy sauce
- 5 cloves crushed garlic
- 1 tsp. ground black pepper
- 1/2 tsp. oregano

Instructions:
Whisk ingredients together.

Recipe courtesy of Esther West, Equal Exchange Community Sales Rep.

Office Closure
We are closing the office at 1 pm on Friday, August 18, as staff and Elders of the church will attend a training workshop on Saturday, August 19.

Intersectional Leadership Workshop
August 19, 10 am to 3 pm
This will be a comprehensive interactive workshop designed to support our church in a deeper understanding of the complex themes surrounding race, gender, sexuality, age, class and other forms of identity and how it impacts our interactions and therefore ministry.

The structure of the workshop will be outlined by the following principles:

Justice: a functional definition of intersectionality, learning how individuals can experience multiple forms of oppression and discrimination based on their intersecting identities.

Equity: We will work to understand power and dismantle the dynamics that keep us separate.

Diversity: We will unpack implicit biases, stereotypes and prejudices and how they often impact our interactions. Through a combination of interactive exercises and group discussions, we will learn how to identify and challenge our potential biases.

Inclusion: Producing a context where everyone present is supported to experience a sense of belonging to the group and has the opportunity to make a meaningful contribution.
“Let the children come to me, and do not hinder them, for to such belongs the kingdom of God”
- Luke 18:16

Children & Youth Corner

**What Happened to the Children’s Time to Shine?**

Before he retired, Wes, Rola and I decided to discontinue the children’s sermon during the 11 am service. We made this decision in consultation with the Worship Team and the CE Committee for a number of reasons, some based on Christian educational theory and some based on the specifics of our congregation and the sequence of worship. The children’s sermon is an odd bird that many ministers dread. It is difficult to write and deliver because the minister has two audiences – the children and the adult congregation. They cannot tailor their content or language completely to children as Sunday School teachers can. Distilling a scripture passage and creating a five-minute interaction that makes sense to children and adults can be the most challenging part of the service.

The children’s sermon can make some children nervous or confused. While it is important for church leaders to interact with children on a regular basis, having those interactions on the equivalent of a stage in front of a congregation of strangers and their parents is not the ideal setting. Researchers have found that when the minister asks a child a question and their response elicits a laugh from the congregation, the child may think they have said something dumb or done something wrong. They often hesitate to speak up again. The adults may find the children’s comments charming, but the congregation’s reactions can be difficult for a child to interpret.

We want children to develop a love of worship and to be present in worship during meaningful rituals. In our new schedule, children come to Sunday School at the beginning of the service and then come back into worship after the sermon for congregational hymns, prayers of the people and The Lord’s Prayer, the offering, and once a month communion. We hope that we can develop more opportunities for intergenerational worship within the 11 am service to strengthen our children’s faith foundation.

~ Betsy

**Prayers for the Mission Team to Metlakatla, Alaska**

Westminster’s own Milly McCarthy and 30 other participants from our Presbytery Churches: Shepherd of the Sierra, Davis Community, Faith, Bethany, and Eventide NWC are going on a work and cultural immersion trip to Metlakatla from August 3 - 12. This is the 11th year of our presbytery’s partnership with the T’simshian Tribe and a combined Youth and Adult trip. Please keep the team in your prayers as they serve in Alaska.
Session Updates

Session Highlights
Session approved a policy that requires all animals be leashed and on the ground or secured in a carrier.

Mission Outreach voted to support the Presbyterian church of Miniara in North Lebanon in their back to school campaign.

Revised Animal Policy

Emotional Support Animals (ESAs) and Service Dogs
There will be no restrictions on facility access for certificated Emotional Support Animals (ESAs) or service dogs.

Other Dogs
Ushers will direct owners to sit in the back two rows in the Sanctuary/Social Hall. When the 9 a.m. service is held outside in the courtyard, owners will be directed to sit in the covered breezeway.

Dogs will not be permitted in any place where food is being served. When food is served outside in the courtyard, owners will be directed to keep their pets in the covered breezeway away from where food is being served.

Other Guidance
All dogs, including ESA’s and service dogs must be leashed. They should remain on the ground or in a carrier and are not permitted to sit or be placed on the pew bench.

Other animals brought to the facility must be either leashed or secured in a carrier. As with service dogs/other dogs, they should remain on the ground or in a carrier and not sit on the pew bench.

Ushers, leaders of church activities and church staff have the discretion to deny entry to the facility to persons not following these guidelines, or if an animal appears sick or diseased.
Did You Ever Wonder...

Did you ever wonder why we have a pulpit? Why our church has two? Why the primary pulpit has a “lid”? Here are some quick answers!

The use of electronic amplification with microphones is a fairly new phenomenon in the life of the church. My great-grandfather Ware, a Methodist minister at a large church in Brooklyn, had to retire from that congregation in 1871 when his voice “gave out.” Back in the 1820s, scientists of the time had begun serious efforts to develop an amplification device, but it was decades before the first true microphone was patented in 1876. More time passed before microphone technology advanced sufficiently to make amplification attractive for use in churches. In the 1920s, microphone systems were installed in some churches, but their utilization was not widespread until the 1940s. Classic church architectural design harks back to a time long before electronic amplification was available and centers on helping the congregation hear important Bible readings and sermons.

The Pulpit
The pulpit is a practical innovation that was designed to make it easier to hear the sermon. When talk is delivered from a higher point, the sound carries down into the congregation and it is easier for them to hear what is being said. It is also easier for everyone to see the speaker in an elevated pulpit.

Two Pulpits
Large churches like ours generally have two pulpits. Why? Some experts say that the two pulpits (or pulpit and lectern) are present to show the difference between the word of God and the human word. The Scripture is read at the lectern while the sermon is preached from the pulpit.

The “Lid”
The “lid” hanging above the pulpit is a soundboard, an acoustical device that helps direct sound out into the room. In our church we have an amplification system, but we maintain the pulpit and sound board, not only as beautiful architectural features, but as a place from which the sermon can be given for all to more readily see and hear, especially when the congregation is full or when the choir is present.

~ Elizabeth Ware
Rola did a great job summarizing all that happened during July, but below is a more detailed version of what the youth did during their service trip!

During the third week of July, Westminster sent Milly McCarthy, Campbell Fulton, Henry McCarthy, Linnea Fulton, and Betsy Nix to work with the Sierra Service Project throughout Del Norte County. The group slept on the floor of Crescent City United Methodist Church. Our group was assigned to work groups with people from Faith Presbyterian here in Sacramento and Methodist churches from Turlock, Thousand Oaks, and Camarillo in Southern California. Henry and Linnea constructed a deck after moving tons of sand, Betsy helped build an accessibility ramp, Milly and Campbell painted a child care center, built garden boxes, and mulched beds in a food forest. All the teams came together to pull invasive European beach grass from Tolowa Dunes and clear trails in Jedediah Smith Redwood State Park. Each day during lunch, we enjoyed a "spiritual sandwich" in our work groups. After dinner, we had another intergenerational program before the youth-led devotion at the end of the day. The costs for the entire cohort were covered entirely, thanks to Westminster's support. We thank you for your donations to Westminster Baristas and the Talent Show to support another group trip next summer!
Mercer Fund

As Westminster's Wednesday Respite Center approaches its first anniversary, Mission Outreach is asking for contributions to the Mercer Fund, which has become the primary funding source for this vital mission. Respite provides temporary shelter weekly, especially in extreme summer and winter weather, in conjunction with several other downtown churches. During COVID, the Mercer Fund was instrumental in bridging the gap when the local food banks were overwhelmed by the increased demands. The need was so great during that time that we made special appeals for contributions to the Mercer Fund during the summer. Since Mission Outreach decided to support Respite through the Fund, supplies, and equipment upgrades, including a commercial coffee maker, coffee supplies, bottled water, snacks, and sandwiches from Sam's Market, have been purchased to provide Respite with further nutrition. The Fund also provides Sam's Market emergency vouchers to those visiting Westminster for food aid when Respite is not open. The sandwiches and vouchers serve those in need and support an essential business in our community. For all those who have given to the Mercer fund in the past, thank you for your support. Please note 'Mercer Fund' on your check or online contribution for those who want to support the Respite Center financially. Thank you!