May 5 - First Adult Education Class  
May 7 - CASH drop off  
May 9 - Mother’s Day  
May 17 - Taxes Due!  
May 23 - Pentecost Sunday  
May 26 - Last Adult Education Class  
May 27 - First meeting of ĕama yoga at 5:30pm in courtyard  
May 30 - Office closed in observance of Memorial Day  

Meet Our A/V Technician!  
Christine Richers is an audio engineer with a background in live events audio, audio mixing, and recording. In the past, they have worked at several music venues in Sacramento, as well as the Mondavi Center for the Performing Arts in Davis. Christine is grateful for the opportunity to help Westminster Presbyterian Church with their in-person and livestreamed services.
May scripture readings, sermon titles & themes

May 2
5th Sunday of Easter
Psalm 22:25-31
1 John 4:7-21
God is What?

May 9
6th Sunday of Easter
1 John 5:1-6,
John 15:9-17
The Love God Commandment

May 16
7th Sunday of Easter
John 17:6-19
Psalm 1
Happy Camp

May 23
Pentecost Sunday
John 16:7-14
Acts 2:1-13
Has the Advocate Come Yet?

May 30
Trinity Sunday & Jazz Sunday
Isaiah 6:1-8
Psalm 29
John 3:1-8
A Rainbow of Chaos

Adult Education Class
Wednesdays, May 5 - May 26

Ministry Assistant Rola Al Ashkar will be leading discussions around the book “Faith After Doubt: Why Your Beliefs Stopped Working and What to Do About It” by Brian D. McLaren. You do NOT have to read the book to join the discussion! “I have heard in many of your comments the topic of doubt popping up again and again and I would like to engage in this struggle about faith and doubt together with you.”

In part one, the author explores doubt as loss, then as loneliness, crisis, doorway then growth. In part two, he talks about doubt as descent, doubt as dissent, doubt as love and then a human problem, and finally faith, beliefs and revolutionary love. Part three includes: communities of harmony, theologies of harmony, spiritualties of harmony, harmony as a survival strategy and a civilization in doubt.

If you would like to purchase the book, you may find it here: https://us.macmillan.com/books/9781250262776
John Siden's family thanks all those who were part of the planning of, and participated in John's memorial service. The service reflected John's life as he lived it with sorrow at times, but usually with joy. Westminster brought new understanding to his faith which he appreciated. We know this was not an easy service to prepare for in the midst of the pandemic, but staff and others did amazing things. We received many compliments from those who watched the service. We will never be able to thank you all enough for providing such a loving and caring service with music to bind it all together. We also thank you for the many cards, flowers, and gifts we received. We definitely felt loved and cared for by all of you. Thank you all for all you have offered.

- Sharon Siden and family

Dear Pastor Wesley & Westminster Community,

Thank you for your gift of $10,500. With your help, we continue to find innovative ways to provide opportunities for women to find recession resistant employment. You are an important part of our thoughtful community. Together, we continue to empower women in Sacramento with the tools they need to rise from homelessness. We are always so impressed with the goodness of the volunteers from Westminster and the leadership over the years. Thank you for the generous gift! It supports women experiencing homelessness rebuild their lives and create more promising future for their children and our community!

- Lisa Culp, Women’s Empowerment

Dear Pastor Wes & Friends,

We cannot begin to thank you, the church leaders and your congregation for the incredible $27,000 gift. What an amazing legacy to leave behind – I am sure Beth would be thrilled that this gift will be providing 13,500 meals to families facing hunger. We are so grateful for your constant kindness and compassion.

With gratitude,
Erika Fatula, River City Food Bank
From the Pastor

One summer between semesters in college, I read Jack Kerouac’s *On the Road*. I loved it. This description of his carefree journeys across the country looking for thrills and intellectual/literary stimulation made me imagine myself, in the backseat of his car as it hurdles down Route 66, reading poems by Walt Whitman and touching the heart of America. It inspired me to take my own journeys by automobile across the country, though my adventures never seemed to be as exciting as Kerouac’s; rigorous spontaneity is apparently not one of my gifts.

For the Christian, the Feast of Pentecost marks the beginning of a journey. During the Easter season, we have witnessed the resurrected Christ in the joy of our coming together again for in-person worship, in the springtime renewal of the earth, in our hope for increased community health as more and more people get vaccinated, and in our raised awareness of inequities in society that need to be remedied.

Pentecost celebrates the fire that ignited the first disciples to take their Easter experience into the world, to transform it. Likewise, we will join together at on Pentecost Sunday, May 23, to open ourselves to the Spirit’s cleansing and healing power, so that we might also begin our journey as God’s ministers of reconciliation into a world deeply estranged from God’s *shalom*. If you’re able to worship with us in person on that day, please wear the color red—red dresses, ties, pants, hats, blouses, etc. The liturgical color for Pentecost is red and the redder the better, as far as I am concerned.

The following Sunday, on May 30, we’ll be celebrating Jazz Sunday. Trumpeter Grady Flamm, currently studying at the USC Thornton School of Music, will lead a band of Rio Americano High School jazz band alumni/ae in our worship service as we celebrate Trinity Sunday in the church’s liturgical calendar.

Eastertide blessings,

Wes
Spring Cleaning is Upon Us - Donate to CASH

Community Against Sexual Harm uses every donation received. Any clothing, socks, hats, shoes, purses, backpacks, jewelry, books, art supplies, packaged snack items you no longer want or need will help restore the dignity and self-respect of CASH clients who have been victims of trafficking. Please drop the items off at the church BY MAY 7 so they can be distributed before Mother's Day. If you need items picked up leave a message for Roberta Franklin with the Church Office. Thank you!

CASH Update!

Great news - Community Against Sexual Harm (CASH) has worked hard with other community groups including others we support (WEAVE, Opening Doors) for the passage of a ordinance that targets sex trafficking by cracking down on massage facilities that are really fronts for human sex trafficking. Rather than arresting the victims of trafficking, the illicit behavior will be addressed with enforcement of new operating standards for the massage facilities. CASH provides services to women previously trapped in the sex industry. Terri Galvan is head of CASH and has spoken at Westminster on two separate occasions at the request of PWOW.

Report of CASH meeting
by Roberta Franklin

On March 31, 2021 Roberta Franklin and Rola Al Ashkar delivered the Going house sale $3000 check to Community Against Sexual Harm. It was received with great gratitude and appreciation! Roberta and Rola received a tour of the CASH facilities including the clothing closet that is available to all of its clients, the program rooms, and food facilities. Its mission is the get women who have been trafficked off the street into housing and provide food and clothing as needed. It provides training and education programs to position its client escape addictions and become employable and employed. It has done great work in the justice system to keep the trafficking victims out of custody and in programs to eliminate/minimize criminal punishment.

Several specific ways Westminster can provide additional help were discussed. She thought Rola's ideas about a yoga and/or belly dancing class are great. CASH has a van to transport its clients. The social Hall would probably be the best place. We talked about use of the patio area as a drop in location to provide some food and beverages and make sure anyone stopping by is signed into the Sac City and Sac County system for receipt of services. This would involve a person with a laptop to the necessary checking, signing up etc. These would, of course, only be options once the pandemic is over.
Who is Wanda and why does Wanda wander? Wanda is a curious person who wonders about both small and large things. Wanda could be anyone...Wanda could be you - or your secret self!

Each month Wanda will pose a question for our readers to wonder about. Have you ever sat on a bench in Capitol Park and watched the birds congregate on the bell tower of WPC? How many of those birds do you think could fit on those tiles? Just wondering...

Mother’s Day with Equal Exchange

Remember your mom on Mother’s Day (May 9) with a bag of Equal Exchange regular ($8) or decaf ($9) coffee, box of regular or herbal tea ($4), bar of dark or milk chocolate ($3), or bottle of olive oil ($14)! Especially popular lately is Sister’s Blend ground coffee ($10), described by one user as a “beautiful, rich coffee. Not too dark, not too light, and strong notes of chocolate.” Also, on sale in May are several Dark Chocolate with Caramel Crunch ($1), Dark Chocolate Panama Extra ($2), and Dark Chocolate with Mint ($2) bars. Passed their “best by” dates, these bars are normally still good to eat or use in a dessert such as homemade chocolate almond ice cream (recipe below). If you have any questions or wish to purchase Equal Exchange items, please contact Lynne Stevenson at LStevenson249@mail.com or Maryann Hopson at maryann.hopson@gmail.com. Thank you for supporting this important ministry!

Chocolate Almond Ice Cream

**Ingredients**

- 2 cups light cream, chilled
- 1 cup whole milk, chilled
- 3/4 cup sugar
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract (optional)
- 1 Equal Exchange Organic Panama Extra Dark Chocolate bar (chopped)
- 1/2 cup almonds (chopped)

**Directions**

Place ingredients in a medium mixing bowl (except for chocolate and almonds), and combine until well blended. Pour into ice cream freezer bowl, turn the machine on and let mix until mixture thickens, about 20-25 minutes. During last 5 minutes of freezing, add chopped chocolate and almonds to the mixture. Transfer ice cream to an airtight container and place in freezer until firm, about 2 hours. Makes ten ½-cup servings.
This Is How It Always is  
by Laurie Frankel  

This novel, about an endearingly quirky family is both entertaining and informative. There are plenty of funny and heartwarming moments as the family navigates issues that arise around the youngest child’s gender identity. Although this is a work of fiction, the author was able to draw from her own life experiences as the parent of a transgender child. I give it 5 stars.

- Judy Bittinger

Free Tax Assistance

Did you know that our **deadline for filing 2020 tax returns was extended to May 17**?

Under the Volunteer Income Tax Assistance (VITA) program Marc Narlesky is providing free tax preparation for church members who qualify. The Internal Revenue Service’s (IRS’s) VITA program offers free basic tax return preparation to qualified individuals.

The VITA program has operated for over 50 years, offering free tax help to:

- People who generally make $57,000 or less
- Persons with disabilities; and
- Limited English-speaking taxpayers
- Those who need assistance in preparing their own tax returns.

Marc has worked at the Franchise Tax Board for over 30 years and would like to use his expertise to “give back.” He has volunteered in the VITA program for the last two years and he is ready to help you with your taxes. For more information contact Marc at 916.204.4759 or narlesky@aol.com.
A Word from Rola

When I first joined Westminster, I didn’t know the first four months would be so eventful! By the time you are reading this, I will have already been ordained. What a journey it has been!

A great shout out to all those who made the service happen. The worship committee and especially Judy Foote and Jan Sharpless, deacons, ushers, and office and worship staff were all instrumental in planning and organizing the ordination service. Thank you everyone!

I was ordained as an Evangelist and New Worshipping community organizer. The next step is to launch the community. And as I wrote earlier, I am aiming for the month of May.

May 27th, 2021 will be our first meeting as an ĩama yoga community. Our meetings will take place every Thursday at 5:30 PM in the courtyard. I have been dreaming about this for a long time now, and it is thrilling and scary. There is still a lot to be figured out, but I am hopeful that things will fall in place. Please continue to pray for this initiative and for God to send the people who need it most.

I also want to announce a fun low impact stretching class for senior citizens in the courtyard. Please email me on iama.yoga.sac@gmail.com if you’d like to attend a weekly class like that and let me know what your best days and times are. It would be a good way for me to meet some of you, and I promise, your body will thank you.

I am excited about the coming few months, and hopefully about the return of our regular activities as a congregation. It has been so lovely to meet some of you in person, and am very grateful for the warmth and hospitality you’ve shown. There are still some faces that I’ve only seen on Zoom, and I am looking forward to meeting all of you.

Westminster, God has amazing things in store for us and I am honored to walk alongside you all in this journey.

Salaam,

Rola

IMPORTANT 2021 CROP WALK INFORMATION

Dear Sacramento Community CROP Hunger Walk Supporters,

The Sacramento Crop Walk Committee would like to thank you for your ongoing support of CROP Hunger Walk over the past 49 years. Your participation in the Walk and donations have helped millions of people around the World, in the US, and here locally, in the City of Sacramento.

For 2021, the Sacramento Crop Walk is scheduled as totally virtual for the week of
May 29th thru June 5th! Also, all Walk registration/pledges/donations and financial money collections, will be accepted online at [https://www.crophungerwalk.org/sacramentoca/](https://www.crophungerwalk.org/sacramentoca/). When asked for your team please select Westminster Presbyterian Church, Sacramento and then click on donate button. Or if you would like to write a check please make it out to CWS/CROP and either drop it off at the church office or mail it to Judi Valleley. The suggestion is to walk safely, anytime, anywhere, and any distance, during the week that is convenient to you, your family, or small group.

**Church World Services (CWS)**

Church World Service was born in 1946, in the aftermath of World War II. Seventeen denominations came together to form an agency "to do in partnership what none of us could hope to do as well alone." The mission: Feed the hungry, clothe the naked, heal the sick, comfort the aged, shelter the homeless. Since that time, CWS has expanded its scope and mission to include: Community led Development (food security, nutrition, water, sanitation and hygiene), Refugee and Immigrant Support, COVID Response, Climate Change, and Disasters that occur here in the US and around the World. In order to grow their mission, CWS provides organizational support to all CROP Walks around the County. For more information visit: [https://cwsglobal.org/](https://cwsglobal.org/)

**Sacramento Community CROP Hunger Walk....**

Remember the Walk is totally virtual and scheduled for the week of May 29th thru June 5th! Walk safely, anytime, anywhere, and any distance, during the week that is convenient to you, your family, or small group.

All Walk registration/pledges/donations and financial money collections, will be accepted at: [www.crophungerwalk.org/sacramentoca/](https://www.crophungerwalk.org/sacramentoca/) or by check. (Note: Of the funds collected 75% will go to CWS and 25% to SSIP)

Thank you for your kindness, help, and support!!
May, 2021

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.

One Great Hour of Sharing

Thank you to everyone who donated to One Great Hour of Sharing. With your generous gifts, we collected $5,588.44! Each gift to One Great Hour of Sharing supports efforts to relieve hunger through the Presbyterian Hunger Program (PHP), promote development through the Presbyterian Committee on the Self-Development of People (SDOP), and assist in areas of disaster through Presbyterian Disaster Assistance (PDA). Thank you for making the world a better place!