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Bishop Gene Robinson

**Moon Lecture Series Begins
Friday, August 12, with
Bishop Gene Robinson &
Singer Jennifer Knapp**



Singer Jennifer Knapp

The next series of Moon Lectures begins this month, bringing dynamic speakers and liberal Christian authors and musicians to the Sacramento community to speak to important ethical issues of our time. All lectures will start at 7:30pm and will last approximately one hour, with a twenty-minute Q&A to follow. Lectures with musical performers will add approximately one hour to the program. Check the website for the schedule of speakers and their biographies.

Tickets are \$150 for the series of seven lectures. Individuals lectures are \$25 (students, \$15).
Purchase tickets at www.stmarksumc.com



Building Community Together

On Sunday, September 11, Christians, Muslims and others will gather at St. Mark's at 4:30pm for a time of prayer and sharing in a meal and healing conversation. Plan now to be part of this community building event. Watch for more information in the next few weeks.

Patter from the Pastor *by Rev. Alan Jones, Pastor*



I am enjoying getting to know the amazing people of St. Mark's, but of course challenged to remember hundreds of new names! I find it's much easier to remember people when you know something more about the person with the name. So at a church meeting this week I asked everyone to say where they were

born as well as their name. Of the twelve people in the room only two were born in the Sacramento area; two were born outside the United States and most were born thousands of miles away from the room where we were sitting.

We live in exciting times of diversity. Linda and I felt God's 'touch and welcome' as we moved into our new home and our next-door-neighbors came to greet us. Amazingly, they were the Bulaya family—long time St. Mark's members, who are from Congo. Our neighborhoods, our schools and our working places are a rich resource of people from a myriad of cultures, races and language groups.

Some of you have commented on my British accent, and find yourself wondering what it will mean to have a British-born pastor in leadership. Diversity of cultures brings new opportunities for all of us! Having spent most of my adult life in cross-cultural situations, and knowing little else, I love the incredible opportunities given to me to know and understand people who are different from me in lots of different ways. It is in music, in foods, in customs and in people's ways of being in the world. As I engage people whose ways are different than my own, I actually discover new realities about myself. When I visited Korea I came to the conclusion that somewhere along the line I must have been Korean, because the food tasted so good! Having lived in two African

countries I have repeatedly, as a "stranger," found my soul singing as I have been received into homes as an honored guest. Having built strong relationships with the Turkish Muslim community, I found myself having a sense of "going home" as I arrived in Izmir and Istanbul just a few weeks ago. Linda and I lived in a Tongan home for several months and found ourselves deeply humbled by the love that was extended to us.

I like the saying "home is where the heart is." In the life of faith, the heart is always ready to be open. When Jesus spoke about love of God and neighbor as the "basics" of the religious life, I think he was talking about openness, and a willingness to grow and change as we encounter God and each other.

I celebrate that the Sacramento community is richly diverse. Less than half of us are "non-Hispanic white" —whatever that may mean. 20% of our community was born outside the U.S. Amazingly, 29% of us use a language other than English in our homes (in California, as a whole, this number is 42%). We are African American, African, Asian, multiple race, Native American, Latino, Caucasian, and others ...and our many languages provide wonderful windows into different world-views.

An old adage says that "11:00 on Sunday morning is the most segregated hour of the week." Some church growth experts actively encourage churches to be homogenous so they can grow in numbers. I adamantly disagree! The more we keep receiving the gift of the unique cultures and experiences of each person, the more we grow in spiritual depth, and thus grow as a community of faith. Actively embracing diversity is not an obligation or something we "should" do. It is an extraordinary, generous gift of the soul. The gift brings laughter and love, and the hopeful promise of peace in the world.

Thanks be to God for the gift of St. Mark's and the community we share.

Remember In Prayer

Susanna Aaltonen
(Blythe Muraki's friend)
Nancy Aldrich
Paul Allen
Sue Bailey
Vern Bailey (Joy's Father)
Ginny Baldauf
Maurice Brown
Doug Cole
Celina Davin
Frank Davin
Carolynn Goetze
Jack Hamm
Jack Hamm's niece's family
Jennine Jones

Olivia Jones
Joyner Family
Mary Kasai
Bob Kelgord
Sarah Kelly & Beth Treat
Agnes Lappia
Ceasar Llorente & family
Dave MacMurdo & family
Bob McKibben
Dorrie Moon
Bill Moore
Deanna Paulo's sister
Betty Perricone
Jimmie Poxon
Phyllis Pratt

Sharon Richmond
Florence Rudig
Dick Smith (Anne's husband)
Tiffani Spencer
Karine Swineheart
Betty Youngren



United Methodist Women Undertake Project for UMCOR

As announced in the July *Markings* the UMW is sponsoring the collection of layette kits for UMCOR (United Methodist Committee on Relief). We are pleased with the response - our little cradle and basket in the narthex is beginning to fill up with infant size onesies, soft receiving blankets and other needed items. In addition, we've received some much appreciated checks. These funds will be used to purchase items to complete the kits. We'll be collecting the basic supplies for a new baby's needs throughout the month of August. The kits will be sent with the UMW Conference Mission Team to UMCOR's distribution center in Salt Lake City early in September, where they will be packaged up and sent to places that have been affected by natural disasters, such as Haiti, Japan and US flood and tornado zones and other countries as well. Any item listed below would be most welcome. If you wish to donate, please make your check payable to St. Mark's UMW and designate it: Layette Kit. As we continue to gather these necessary items for newborns, we say in advance, thank you for your support.

Layette Kit

- **6 cloth diapers** pre-folded or plain diapers only; no disposable diapers
- **2 shirts** undershirts or onesies
- **2 wash cloths** infant size only; no adult wash cloths
- **2 gowns or sleepers**
- **2 diaper pins** must have protective plastic closures; no regular safety pins
- **1 sweater or jacket** must open from the front may be hand knitted, crocheted or sewn; hooded sweatshirts are acceptable
- **2 receiving blankets** 30" x 30" or 30" x 32" sizes only; no crib blankets please

Important Notes:

- All items must be new.
- Do not wash any of the items, as they will be considered used.



Literacy Little League Extends Thanks to St. Mark's

St. Mark's Mission in Action Committee has sponsored the Literacy Little League reading tutoring program at Edison School for many years. With the help of St. Mark's supportive staff and church member Doris



Olson, we hold our annual recognition lunch and fall training in the Fireside Room. Several of our long time loyal reading volunteers are from St. Mark's. Our students have blossomed under their skillful attention and loving care.

For those of you not acquainted with this successful reading program, now in its 16th year, we offer coffee, cake, materials and training for the coming school year on Wednesday, September 14, at 2:30pm, in the Fireside Room. Returning tutors will be scheduled and can preview a new set of paper back books that we may wish to use.

Tutors come one day a week for about an hour. Literacy Little League is unique in that it offers tutors a chance to connect with one student while reading and discussing fun and interesting books. Please contact Dorothy Marshall, Psychologist (retired) San Juan Unified School District; Coordinator Literacy Little League at 916-488-2578, email: dorothy@csus.edu

In Memoriam

We extend our love and sympathy to the family and friends of these who have died:



....Ralph Joyner, a long-time member of St. Mark's, who passed on July 16. His memorial service will be on Saturday, August 13, at 1:00pm, here in the Sanctuary.

....Dorothy MacMurdo, wife of St. Mark's founding pastor, Dave MacMurdo, and long-time beloved member of the congregation, who passed on July 25. Her memorial service will be held on Saturday, July 30, at 11:00am in the Sanctuary.

A reception in MacMurdo Hall will follow each memorial service. Continue to keep their families and loved ones in your prayers.

Recipe in Demand

At the recent reception to welcome Pastor Alan and Linda, there were many requests for the recipe for the chicken salad. Doug Cole has graciously submitted it for all to enjoy.



Doug's Chinese Chicken Salad (Serves 4)

Ingredients

- 3 tablespoons hoisin sauce
- 2 tablespoons peanut butter
- 2 teaspoons brown sugar
- 3/4 teaspoon hot chili paste (scale to desired heat)
- 1 teaspoon grated fresh ginger
- 3 tablespoons rice wine vinegar
- 1 tablespoon sesame oil
- 1 pound skinless, boneless chicken breast halves
- 16 (3.5 inch square) wonton wrappers, cut in strips
- 4 cups romaine lettuce – washed, dried and cut into small strips
- 2 cups shredded carrots
- 1 bunch green onions, chopped
- 1/4 cup chopped fresh cilantro
- 1/4 cup dried onion flakes
- 1 tablespoon of dried thyme
- 1 tablespoon of dried oregano
- 1 tablespoon of salt
- 1 tablespoon of pepper

Directions

1. To prepare the dressing, whisk together the hoisin sauce, peanut butter, brown sugar, chili paste, ginger, vinegar and sesame oil.
2. Poach chicken in water with dried onion flakes, dried thyme, dried oregano, salt, pepper. Remove from poaching liquid when done. (Poaching liquid can be saved and frozen for soup!) Allow chicken to cool and chop into small pieces.
3. Heat Olive Oil in deep frying pan (about 3 inches) to 325 degrees. Fry wonton strips in batches being careful not to overcrowd the pan. Remove as soon as they turn lightly brown and hold shape when removed from the oil (about 30 – 60 seconds) to paper towel lined tray to drain. Lightly salt while hot.
4. In a large bowl, combine the chicken, lettuce, carrots, green onions and cilantro. Toss with dressing, top with fried wonton strips and serve.

Gently Used Items Needed

St. Mark's Presents *Bravo Bach* will be holding a "white elephant" sale on Saturday, August 20, 7:00am-12:00noon at Central United Methodist Church at 5265 H St., Sacramento.

If you have gently used items, kitchen items, etc. and collectibles that you would like to donate, please contact Jack Miller at jacvoice@aol.com. Items can be dropped off at the sale location on Friday, August 19, from 5:00-7:00pm, or you may arrange to bring them to St. Mark's a few days before the sale, if you make prior arrangements with Jack Miller. Please do not include clothing items. This is a fund-raiser for our Bravo Bach Festival.



St. Mark's Hosts Family Promise

We will be hosting Family Promise guests September 18-25. Watch for sign-ups to help with evening meals, hosting and overnight stays. For more information, call Sharon Meyers, 961-0229 or Joyce Estes, 481-0418.

Second Sunday Art Gallery

St. Mark's Second Sunday Art Gallery will open on Sunday, August 14, featuring the art of Paul Matthew Dessau. Paul grew up in Carmichael, currently lives in the Sierra foothills, and has created art since childhood. He is an artist who creates mostly collage portraits from archival magazine scrap. Often, the magazine relates to the person depicted. He has worked from life and photographs. He will create collages of people chosen by patrons. The initial design for these collages is hand drawn.

Nowadays, too much emphasis is placed on mechanical and electronic means of art production and many have lost sight of the reward of applying observation coupled with hand-eye coordination. Paul works "gadget free." Paul has taken studio art classes in college and has a bachelor's degree in mechanical engineering. Website: www.pauldessaufineart.com



Knife & Fork Luncheon

The Knife & Fork Group will have lunch at IHOP, 2035 Arden Way, Sacramento, on Thursday, Aug. 4. Meet in Room E-5 (Library) to carpool to the restaurant. Please RSVP to 481-0418. Join us!

Financial Snapshot as of June 30, 2011

2011 Annual Budget		765,888	
<u>May, 2011</u>	Month	YTD	% of Budget
Income	47,874	340,969	45%
Expense	59,249	334,260	44%
Balance	-11,375	6,709	



APPORTIONMENT ITEMS	Annual Apportionment	Amount Paid from Regular General Budget Funds	Amount Paid from Special Gifts/Offerings	Remaining Due	Percent Paid
Annual Conference Ministries	61,537	20,509	360	40,668	34%
Clergy Pension & Benefits	45,665	29,801	61	15,803	65%
World Service	14,398	0	4,933	9,465	34%
Black College Fund	1,940	0	882	1,058	45%
Africa University Fund	434	0	434	0	100%
Episcopal Fund	4,041	0		4,041	0%
General Administration Fund	1,571	0		1,571	0%
Interdenominational Coop Fund	379	0		379	0%
Ministerial Education	4,864	0	1,187	3,677	24%
Jurisdictional Conf Admin Fund	515	0	200	315	39%
Jurisdictional Korean Mission Fund	276	0	200	76	72%
TOTALS	135,620	50,310	8,257	77,053	43%

Want more information? Attend the Finance Meeting on August 16.

Help Haiti by John & Miriam McCormack, Co-Chairs of St. Mark's Ministry in Action Commission

The devastating January, 2010, earthquake in Haiti was one of the worst disasters in the Western Hemisphere in many years, with 300,000 deaths and millions displaced and homeless. Bill Borah will soon join other United Methodist Volunteers in Mission already on the ground in Haiti, making his third trip to continue rebuilding after the earthquake. Bill is a licensed contractor whose expertise is recognized as vital to the rebuilding underway there. We are asking for donations of funds with a targeted goal of \$15,000 to support our work in Haiti.



In addition to supporting Bill's work, money will be used to provide travel and housing for a St. Mark's-based UM-Volunteer in Mission team to Haiti in October. Projected expenses per volunteer are



\$1400-\$1700, depending on air fare. Funds will also support the Haitian Methodist Thomas School Lunch Program, providing nutritious meals to hungry school children at \$1.50 per day. This program was begun by Bill's first team in February, 2011.

Information on the Haiti mission, with pictures, may be found on the poster in the narthex or you may contact Bill Borah directly. Please make a generous contribution to support this life-transforming work by placing a check payable to St. Mark's UMC, marked "Haiti Mission" in the Sunday offering plate. In doing so, we continue a 60 year-old tradition at St. Mark's of being "the hands and feet of God" in this world. To prime the pump, as of this publication date, members of the Finance Committee and Ministry in Action Commission have pledged \$1820 to this Haiti Project.



Staying on Your Feet by Pam Taylor, R.N., Faith Community Nurse

This month, there are informational "tidbits" pertaining to the prevention of falls. Also, please note some opportunities throughout *Markings* to attend events designed to improve balance and safety.

Tidbit #1 Why are falls a health concern?

The #1 cause of accidental death, hospital admission or emergency room visits in Sacramento County for those aged 65 years and older is unintentional falling.

Tidbit #2 What are some reasons falls happen?

There are many reasons. Some are:

- Not feeling well
- Vision problems
- Medication side effects such as dizziness, sleepiness, weakness or confusion
- Environmental hazards such as slippery floors or rugs, obstacles in walk ways, and even pets that are standing or laying "under foot"
- Poor lighting or darkness

Tidbit #3 What are some environmental things that can be done to prevent falling in my home?

- Have good lighting—including the use of night lights and lighting timers and motion sensors.
- Slippery throw rugs are a hazard—rubber mats are a good alternative or rugs that will not slip.
- Using chairs with arm rests to help with balance when standing up. Make sure chairs will stay in place and not roll away when sitting down or getting up. Non-skid pads can be put on the legs of chairs.
- Stairways can be less of a hazard if there is a hand railing and non-slip treads.
- Have all pathways and walkways clear so there are no obstacles in the way.

Tidbit #4 – What are some personal factors to consider when thinking about supporting balance and safety wherever I am?

- Do you wear shoes with backs and shoes or socks with non-skid soles?
- Do you turn on lights when entering a dark space?
- Are you engaged in some form(s) of exercise to build and maintain your strength?
- Are you eating nutritiously and maintaining fluid intake to prevent dehydration (especially with the hotter weather)?
- When was your last eye check-up to evaluate your vision?
- if you are experiencing any light-headedness, dizziness, confusion, or sleepiness, you can check with the pharmacist and your doctor about the medications you take
- Do you have a cell phone or life line that you keep with you in case you do need to call for help?
- Could you benefit from using assistive devices such as a cane or walker and are they appropriately fitted for your size?



Seminar Series: A Matter of Balance

Tuesdays and Thursdays,
Beginning August 2 10:15am–12:15pm
Eskaton Community Services Center
8525 Madison Avenue, Suite 150
Fair Oaks, CA 95628

This award-winning, four-week workshop is for those who have already experienced a fall or are having balance difficulty. This special series comes from Boston University. *Space limited. Reservations are required. Call Eskaton Senior Connection (916) 334-1072 or (888) 334-3490.*

First Steps: Gaining Better Balance

Tuesday, August 23, 1:00– 2:30pm
El Dorado Hills Senior Center
990 Lassen Lane, El Dorado Hills, CA 95762

This introductory session features discussion of core concepts from the Matter of Balance series, with exercises to improve gait and balance. All fitness levels. Wear clothing comfortable for movement. Eskaton Senior Connection (916) 334-1072 or (888) 334-3490.

12 Days in August to Meet & Greet

Join us for a **Meet & Greet** with Pastor Alan Jones and his wife, Linda Pickens-Jones, at the homes of these in St. Mark's Community who have graciously made their homes available for a morning or evening of telling your stories and sharing your experiences. Come, join the conversation and give Pastor Alan and Linda a warm, heartfelt, St. Mark's welcome! Please sign-up in the Lobby on Sunday.



Day	Date	Time	Host Name	Address
Fri.	Aug. 5	7:00pm	Darrell & DeeAnn Schmucker	420 Claydon Way, Sacramento 95864
Sat.	Aug. 6	10:00am	John & Miriam McCormack	5801 Shepard Ave., Sacramento 95819
Wed.	Aug. 10	10:00am	Keith & Rosemary Erlewine	1830 Maple Glen Rd., Sacramento 95864
Mon.	Aug. 15	7:00pm	Richard & Margie Shunk	1729 Pinion Dr., Roseville 95747
Tue.	Aug. 16	7:00pm	John & Carol Klein	3220 Bonita Dr., Sacramento 95821
Wed.	Aug. 17	7:00pm	Barry White & Simon Vu	4506 Bantam Way, Elk Grove 95758
Fri.	Aug. 19	10:00am	Marion Dodd	4210 Zephyr Way, Sacramento 95821
Sat.	Aug. 20	3:00pm	Kris & Monica Jackson-Russo (GLBTI potluck BBQ)	2714 Silvertrail Lane, Elk Grove 95624
Thu.	Aug. 25	10:00am	Joanna Ballard	6236 Valor Way, Carmichael 95608
Sat.	Aug. 27	10:00am	Jeanine Perry & Lily Andrews	4743 Hixon Circle, Carmichael 95608
Mon.	Aug. 29	7:00pm	Doug & Nancy Nos	3124 Clairidge Way, Sacramento 95821
Tue.	Aug. 30	7:00pm	Rex Bennett & Otto DeLeon	14 Ardea Place, Sacramento 95835

Summer Movie of the Week Class

The Summer Movie of the Week class has the films rolling. The class meets in Room E-26 (Fireside) at 9:30am on Sunday mornings. View the movie at home in advance of the class session and note any moral, ethical or religious issues and come prepared to discuss your favorite scenes or big beefs. Check the church website for a review of each movie. Below is the schedule of the remaining movies so that you can prepare for class.



Date	Leader	Title	MPAA Rating
7/31	Don Fado	<i>The Adjustment Bureau</i>	PG-13
8/7	Linda Bond	<i>The Shawshank Redemption</i>	R
8/14	Paul Trauger	<i>Black Swan</i>	R

25th Anniversary August Peace Event

No more Hiroshimas. No More Nagasakis
Sunday, August 7, 2011, 4:00-6:00pm
Secretary of State Auditorium, 1500 11th St., Sacramento
Free parking across the street, close to public transit
3:30 pm: Doors open to browse displays
For more information: JoAnn Fuller (916) 536-9956
joannfuller44@gmail. Com www.AugustPeaceEvent.org.
Free admission. Donations welcome.

Program featuring:

- Hibakusha Jack Dairiki, a survivor of the bombings. People like Mr. Dairiki have played a critical role in arms reduction.
- The story of "Sadako and the Thousand Cranes" performed by the Crane Culture Theater
- Music, poetry—and more—in this inspirational family program

A Personal Note of Gratitude

After passing out at the 9:30 worship service on July 3rd for the third time in three years, Pam Taylor, our Faith Community Nurse, told me she thought the cause was my medications. When I asked the doctor, he finally agreed, so we are experimenting now, after several tests have been taken.

Thanks to the United Methodist Women's Beulah Grant, we have Pam on our church staff with her medical nursing knowledge and concerns.

Iola Halligan



All Church-Camp

What Happens at All-Church Camp

This year there have been some changes to the schedule as you might remember it. Not enough to confuse those who have been attending over time, but enough to enhance what has happened in the past and respond to some suggestions made during last year's camp. The suggestion was made to end the camp with a worship service, but not wanting to get too far away from what might be expected on Sunday morning, we decided to go with two services and give everybody more opportunity to

MEET GOD ON THE MOUNTAIN

Sat. 10:00am	People on hand to provide you with a warm welcome and your registration materials.
Sat. 12:00pm	Lunch will be served
Sat. 1:15 pm	Child Care check-in begins for those up to 6th grade
Sat. 1:30pm	Linda will begin her presentation.
Sat. 2:45 pm	Break-out Groups form to discuss Linda's talk
Sat. 3:15 pm	Break-out groups will reconvene to discuss responses.
Sat. 3:45 pm	Child Care check-out
Sat. 4:00pm	Free Time to relax, explore, play games, swim.
Sat. 6:00pm	Dinner is served.
Sat. 7:30pm	Gather for a welcome, informational presentation and connecting activity.
Sat. 8:30pm	Adjourn for dancing and ice cream.
Sat. 10:00pm	Time for ALL QUIET in the camp.
Sun. 7:00am	For the early risers, a focus thought and a meditative moment.
Sun. 8:00am	Breakfast is served.
Sun. 10:00am	Worship service with music, homily and communion.
Sun. 11:00am	A short break to gather your thoughts, relax, and fellowship.
Sun. 12:00pm	Lunch is served.
Sun. 12:45pm	Child Care check-in begins for those up to 6th grade
Sun. 1:00pm	Spiritual Growth Group I offered for your spiritual development.
Sun. 2:00pm	Spiritual Growth Group II offered for your spiritual development.
Sun. 3:00pm	Free Time to relax, explore, play games, swim and prepare for the Talent Show.
Sun. 3:15pm	Child Care check-out
Sun. 6:00pm	BBQ Chicken Dinner.
Sun. 7:30pm	Talent Show.
Sun. 9:00pm	Camp Fire (weather permitting), singing, and s'mores
Sun. 10:00pm	Time again for ALL QUIET.
Mon. 7:00am	For the early risers, another focus thought and meditative moment.
Mon. 8:00am	Having Gotten Up, time to Eat Up.
Mon. 9:00am	Clean Up & Pack Up.
Mon. 10:00am	Gather Up for a second worship service with music, message, testimonials, reflections, and Circle Up for Prayer.
Mon. 11:00am	Evaluations for the weekend are handed out, completed and turned in.
Mon. 12:00pm	And with a tearful reluctance, we say good-bye as you Giddy Up.

Now that might be TMI for some of you, especially those who have experienced A-CC before, but one of the evaluations asked that more scheduling information be provided. We trust the above is enough to get you interested in experiencing first hand this truly wonderful weekend. If, however, you still have some questions about what goes on all weekend, stop by the table on the patio and talk with someone who has been there, or maybe better yet, a friend who attended last year and could be the enthusiastic endorsement you need to get you to attend this year. It's a full weekend, but not so busy you won't have time to enjoy fun, food, fellowship and faith.

Remember, September 3-5, All-Church Camp. Registration materials will be appearing soon.

MEET GOD ON THE MOUNTAIN



How Close Do You Want Your Comforts?

This year, the accommodations options have been narrowed a bit. That doesn't mean you have to lose weight to qualify, just that it will be easier to make a decision about where to lay your head.

- For those who prefer their comforts close at hand, there are seventeen cabins that can sleep up to twelve. Each cabin is divided into two rooms with restroom and shower on each side
- For those who prefer to bring their own comforts with them, a small number of RV sites are available.
- And for those who really want to camp and don't mind a short walk (depending on where they pitch their tent), a large number of tent sites are scattered throughout the park area in close proximity to the bath house, the cafeteria and other points of interest.

See. It really is easy to choose how close you want your comforts to be. The easier choice, however, is to be at All-Church Camp this Labor Day Weekend, September 3-5.

For information about our speaker, please see page 5 on reverse.

Wednesday Night Prayer Group

St. Mark's is starting a weekly prayer and praise group to pray for and with each other. The format will be informal and no one is required to "pray out loud!"

This group will meet on Wednesday evenings at 7:30pm in the Prayer Room, and is led by Rev. Pat Pitzer. You can come every week, once a month, or drop in as you are able. Please note: the group is taking a break on Aug. 3.

If you have concerns for which you would like the group to pray, please stop by the Prayer Room and write them on the pad provided.



2nd Annual Fall Prevention Community Event

Saturday, September 24, 9:00am– 3:30pm
Samuel C. Pannell Meadowview Community Center
2450 Meadowview Road, Sacramento, CA.

Advance Reservations required. Call *Area 4 Agency on Aging* at (916) 486-1876. Space is limited and last year this event was filled. The event is FREE. Focus is to present information on balance, home modification and nutrition, free vision screening, balance testing, prescription reviews, and hands-on demonstrations.



Bereavement Group

St. Mark's Bereavement Group usually meets in the Prayer Room every third Saturday of the month from 10:00am to 12:00pm. For August, the meeting has been changed to the second Saturday, Aug. 13. Some of you have experienced your losses very recently (spouses, children, parents, family members...), and for others, it has been awhile, but there is no timeline on the grief experience. Ruth Reynolds, a trained Spiritual



Director, is the coordinator of this group, and she offers a great deal of experience and compassion. If you are able to attend, or if you have questions regarding the group, please e-mail her at ruthbranch@sbcglobal.net.

Food for the Body, Food for the Soul

Our guest speaker at this year's All-Church Camp, Reverend Linda Kelly-Baker, said she has had two lives. You can decide which one you would like to see in evidence at camp this year, but it would be nice to see a bit of both.



In her "first life", Rev. Linda received a degree in Home Economics from University of Nevada at Reno, went on to become a registered dietician and worked with Native Americans.

Her "second life" may have begun earlier than her entry into San Francisco Theological Seminary, but in 1991 she left SFTS with a Masters of Divinity and served as: a pastor at Red Bluff UMC, a quarter-time Pastor for Urban Ministries at First UMC, Sacramento leading the congregation in their work and relationship with their homeless neighbors, and more recently six years at Rancho Cordova UMC.

Her next congregation numbered 600-800 poor and homeless persons in Friendship Park at Loaves & Fishes. Given her compassion for the poor, Rev. Linda, in 2001, at the invitation of Loaves & Fishes and as an affiliate of the United Methodist Church, founded Side-By-Side Ministries. As the founding Director, she managed this ministry that provides spiritual companionship for people who are homeless and is a resource for faith communities desiring to deepen their compassion for those who live on the margins of society. Linda and her volunteers provided compassionate listening, spiritual direction, morning prayer, retreats, weddings, and memorial services for the homeless community.

Rev. Linda has served the homeless community for more than 10 years and offers workshops and experiences to faith based groups, conducting immersion experiences, workshops, listening companion training and preaching for interested people of faith. She believes that living our faith by being a compassionate presence is the work of the spirit of God.

Side-By-Side's mission is to break barriers, misconceptions, and fears in order to encourage true community; something all of us can use some help with, regardless of "our" community. In Rev. Linda we have someone who can show us how. As a trained and experienced spiritual director and retreat leader you should envision a wonderful weekend of true community building as we Meet God on the Mountain.

But wait, another chapter is beginning for Linda. Recently, in June at the Annual Conference, Linda was selected to be the new pastor at Hope United Methodist Church in Sacramento.

So come, meet God, and Rev. Linda at Capital Mountain Camp, Labor Day Weekend, Sept. 3-5, in Weimar, CA.

More All-Church Camp info on next page