



October 2015

PARKSIDER

Parkside Community Church
United Church of Christ
5700 S. Land Park Dr.
Sacramento, CA 95822
916-421-0492

www.parksideucc.org
parksideucc@sbcglobal.net

Sunday Worship & Youth Study
10:30 AM

Minister
Rev. Elizabeth Griswold

Children & Youth Ministry
Coordinator
Bonnie Rambob

Three-Way Covenant Minister
Rev. Denise Leopold

Faith Community Nurse
Becky Anton, RN, MSN

Choir Director
Eric Stetson

Organist
Janet Ramey

Nursery Attendants
Megan Fulmer, Leticia Miner

Administrative Assistant
Eva Amago

Office Hours
Tuesday - Thursday
10 AM - 2 PM

NEWSLETTER DEADLINE:
15th of each month

October may often bring to mind pumpkins, and fall, and Halloween (and CROP Walk!). But more than anything, this year, to me it means the beginning of Parkside's Small Groups ministry. This month we kick off this program that will offer the chance for all of us to be part of something bigger than ourselves—that at the same time offers so much support for us, in our spirituality and in our daily lives.

Each Parksider has been invited to join one of these groups that will meet monthly in the home of one of our designated hosts. The group will be led by a trained Leader who is volunteering her/his time to shepherd and lead the group in discussion, prayer, and care for one another. Sessions have been scheduled across a variety of days and times, and will take place around the city, so hopefully we can accommodate everyone.

If you haven't signed up for a group yet, don't hesitate! If you want to invite your family, friends, and co-workers, please do! If you think this is a wonderful opportunity for Parksiders to come together to learn, build relationships, strengthen our spirituality, and understand how we can better love our God, our neighbors, and ourselves, you're right!

The poem that follows this article is a modern take on the Good Samaritan parable Jesus tells in the tenth chapter of the Gospel of Luke. When a lawyer asks Jesus, "What must I do to inherit eternal life?" Jesus agrees that the correct answer can be found in Scripture: "You shall love the LORD your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." I took great delight this summer in turning that answer (which Jesus similarly refers to as the greatest commandments in Matthew 22) into a six-part sermon series. We examined loving God with our whole mind, heart, and soul; loving ourselves; and finally, loving our neighbors (as exemplified by the Good Samaritan).

In that scenario in Luke 10, the lawyer asks Jesus the famous follow-up question, "And who is my neighbor?" And Jesus answers with the Good Samaritan parable. This well-known tale involves a traveler robbed and left for dead, who is ignored by religious officials until someone (a Samaritan) hated by the Jews (who would be Jesus' listeners) turns out to be the gallant hero who cares for the victim generously and selflessly.

Does this sound familiar? Because you've read the Bible? Or because you've read the news? Our neighbors left by the roadside today could be homeless folks and refugees. Our contemporary

"No matter who you are, or where you are on life's journey, you are welcome here."

Samaritans ostracized for religion, race or sexual orientation could be Muslims, African-Americans, or LGBT folks. There are other ways to re-imagine this story as well, of course, and Canadian Mennonite writer Ruth Johnston does just that in her poem re-printed here.

As we are called in this season to come together in Small Groups that will help us in our journey to love God, our neighbors, and ourselves, may we take inspiration from such poetry that shows the power of simple words and actions in daily life...and may we live out such transformation whether we find ourselves in the part of the victim or the hero.

In God's deep and abiding peace,
Rev. Elizabeth

The Good Samaritan

Now on the way from "Elk Grove" to "Sacramento"
a young mother was assaulted by poverty, by fear, by depression,
by her husband's unfaithfulness.

She was left abandoned, her children fatherless,
Her privacy bartered in exchange for a welfare check.

Too weary to go on, she lay, waiting for help.

Some good church people came by and said,
"Get up and get going,
God loves you, so you shouldn't worry."

Some nice community people remained aloof and whispered,
"Don't play with her children.
She's on welfare, you know."

Then a neighbor from up the street came in,
a neighbor with a history that others whispered about,
an outcast who had no husband
and whose children named no father.

She didn't give advice and so in a subtle way, condemn.
She said, instead, "Come and have coffee with me,"
and, "Let's go shopping today"
and "Show me how you made that casserole."

In doing so she helped to bind the wounds,
and restore faith and self-esteem,
until the young mother was able to be on her way again.

"How do I join this church?!"

If that question has entered your mind, or you simply want to learn more about Parkside, please join in the next series of our **Inquirers Class**. We'll gather in the pastor's office.

October 4, after worship: Come share your own faith journey and learn more about Parkside and our denomination, the United Church of Christ

October 18, after worship: Learn about what being a member of Parkside entails

At your convenience: Schedule a 20-minute meeting with Rev. Elizabeth to get better acquainted and ask any lingering questions

November 1: Join the church in a simple ceremony during worship



- 3 Karen Harris
- 4 Sallie Gordon
- 5 Patty Pacheco
- 9 Beth Lee
- 15 Stephanie Dickinson
- 18 Barbara Schierenberg
- 20 Pat Marshall
- 22 Steve Benfield
- 23 Cindy Thyfault
- 24 Rodger Luther
- 24 Hunter Owens
- 28 Craig Chalmers
- 28 Nancy Jepsen
- 31 Leslie Addiego

Perk-side Café

Please, stop by the café before worship on Sundays and order a coffee, Italian soda or Chosen Frozen. Choose from 18 different syrups to create your own delicious drink. By supporting Parkside, you support our young adults.

Thank you!

Bible Study!

On October 4, we are going to begin an ongoing practice of weekly Bible Study before Sunday worship.

We will meet at 9am in the Multi-Purpose Hall.

We may delve into weekly readings to be used in the service, or explore seasonal devotionals together, or enter into in-depth studies of certain books or themes.

See Rev. Elizabeth for the current topic, or just show up on Sundays. All are welcome (including daily scripture readers and those whose Bibles have grown very dusty)!

Care Notes are available on the racks in the MPH and restrooms. These notes may help support you and/or someone you know during the sometimes difficult times in your life.

Please Hold in Your Prayers:



For Healing

- | | | |
|---------------------|-------------------|-------------------------|
| Mark Bean | Ben & Loretta Hom | The Schierenberg Family |
| The Benfield Family | Kenni Litts | Paul Schierenberg |
| Bob Berbec | Phyllis Martin | Betty Sharp |
| Peter Berbec | Claudia McLarty | Mark Watson |
| Susan Berbec | Gwen Peabody | Allen Wilson |
| Susanna Heckman | Beverly Plummer | |

For Our Greater Community

For Our Homebound

- | | | | |
|---------------------------------------|---|-----------------|-------------------|
| * Those suffering from inequality | * Those called to serve our country | Thelma Davidson | Florence Montrond |
| * Those affected by natural disasters | * Those affected by disease and illness | Edith Johnson | Nina Planteen |
| * Those with Addiction | * Those in need of shelter | Chonnie Mahoney | Sally Scott |
| * Food banks | | | |



ENDING HUNGER ONE STEP AT A TIME – CROP HUNGER WALK!

CROPWALK 2015- Sunday, October 11, 1pm

West Steps of the State Capitol

The Church World Services annual interfaith community event is held in nearly 2,000 cities in the US. CROP Hunger walks raise nearly \$16 million making a difference for people in need in Sacramento County and in over 80 countries worldwide.

Please consider walking the 2 mile event on Sunday, October 11 to raise money for the hungry. Walkers register with Bob Simon at 691-9751 or Roger DeLacey at 202-2266. Packets include information and an envelope to raise money for the event. Get friends, family and the community to sponsor you to raise money for this annual fundraiser for Church World Service. We need people to walk the day of the event - so even if you don't collect money for the event, plan to walk!

Join us for CPR on Saturday, October 3 at Parkside

Parkside will offer CPR re-certification and certification for those who are interested in new certification. Marge Doyle our instructor, who we have used for several years, is a certified instructor. The class will take place in the **Multi-Purpose Hall from 8:00 AM to 4:00 PM**. A continental breakfast and lunch will be provided. Fees are \$25 for Parkside and Community registrants will be \$40. Health Ministries will subsidize the program.

To register, call the church office 421-0492 or Becky Anton, Faith Community Nurse at 996-6518.

sacramento Valley Association

The Fall Gathering is scheduled for Saturday, October 17, here at Parkside UCC in Sacramento. The Gathering will run from 10:00 AM to 3:00 PM. Our Theme is SVA 21, the SVA in the 21st Century. The registration will remain at \$10. Child care will be available, but we will need advance notification to get a head count. More information later.

Mike Hill
SVA Moderator
775-722-6890

NCNC Church Day

October 24, 2015 is a day to join other Northern California Churches to experience worship and workshops for enhancing your knowledge and support of the work you can do at Parkside as well as networking and Fellowship. All are invited, laypersons who are interested in the wider UCC Church. This is an opportunity to meet and get acquainted with our new Conference Minister, Rev. Diane Weibel. Lunch and childcare will be provided. It will take place at the UCC San Mateo Church from 9AM to 4PM. The workshops include: Effective Church Websites. San Francisco Night Ministry, Church Growth: New Member Retention, Church Growth: Youth Discipleship, Tech Tools for Ministry, Developing a Your Safe Church Policy, Boundary Training and More.....

Registration \$15 - www.ncncucc.org/church-day-boundary-training-2015-registration

For more information see Rev. Elizabeth or Becky Anton

South Sacramento Interfaith Partnership (SSIP) News

Margaret Brown

Margarettown7415@sbcglobal.net

Our Food Closet continues to do amazing work. In August emergency food was provided for 6,413 people in 1,582 households. This number is actually a decrease of 900 people from this time last year. We hope this trend continues and indicates an improvement in our local economy. Other food closets in the area are expressing a similar decrease. However, 1,582 families is still a lot of people in need.

Your support makes a big difference. As in our personal households, the Food Closet recently experienced some major and somewhat unexpected expenses. A commercial freezer had to be replaced. The SSIP Van needed \$1,000 worth of repairs and work. Because of your faithful support we were able to do these things and meet all this month's operating expenses and still have a balance that will cover another two months or more. Thank you for your support!

SSIP is participating in two community events. We work with about twenty five schools in the KCRA3's KIDS CAN food drive. We are also walking together in the Sacramento CROP WALK To End Hunger on October 11th. There will be walkers from the member churches of SSIP. Please do what you can to support these worthy efforts.

What is Needed Now!

September and October are difficult months to keep enough food on SSIP's shelves. We currently need canned vegetables, canned soup and canned protein such as tuna, chicken, beans, etc. We also need peanut butter to share with families with children. Continue to bring us your paper and plastic grocery bags and egg cartons. We put them to good use.

Upcoming Parkside Opportunity

ALTERNATIVE GIFT FAIR

Saturday, December 5, 9am-4pm
Sunday, December 6, after church



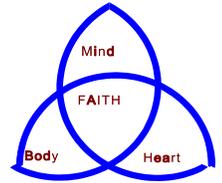
The Alternative Gift Fair will take the best of our past boutiques and add new events, items and opportunities. The plan is to add a number of booths selling fairly traded gift possibilities from non-profit agencies that extend helping hands locally and globally. Space will be offered to provide information, accept donations and sell items that support the organizations.

The event will still include our own Parkside craft and resale booth. Local crafts and vendors will still be able to rent space and sell their own gift items. Our famous soup and bread lunch will occur on both days. No Parkside event would be complete without dessert and a bake sale. It's still tentative, but Sunday just might include a special concert.

There are lots of opportunities to be a part of this event. You can help at a booth, donate craft items, homemade soup, and/or baked goods.

Plan on attending and having an enjoyable time. For questions, suggestions and to volunteer, speak with Margaret Brown at church or by calling 443-2971.

HEALTH MINISTRY



FallProof™

A multidimensional approach to the assessment and treatment of balance-related problems
Developed at the Center for Successful Aging, California State University, Fullerton

Benefits:

The FallProof™ program has been proven to reduce the risk of falling in participants who've completed one or more rotations of the program.

The goal of FallProof™ is to deliver:

- Improved postural alignment
- Increased limits of stability
- Improved integration of sensory information
- Increased confidence
- Improved performance of activities of daily life
- Heightened awareness of risk factors and circumstances
- Improved walking ability
- Improved ability to recover from loss of balance

Features:

Structured and progressive program of activities specifically designed to address the multiple dimensions that contribute to balance and mobility.

- Screening with Pre- and Post Assessment Testing
- Center of Gravity Control Training
- Multisensory Training
- Postural Strategy Training
- Gait Pattern Enhancement Variation Training
- Strength & Flexibility Training

Eligibility:

- Community dwelling
- Able to safely walk a distance of 200 feet without the use of any assistive device (cane or walker)
- No memory loss or cognitive impairment likely to adversely impact judgment and/or decision-making abilities
- No unstable medical condition (e.g., uncontrolled diabetes, cardiovascular disease, high blood pressure, or asthma)

1. Beginner FallProof class: Mondays and Wednesdays, 3:30pm-4:30pm: Meets twice a week for four(4) weeks, or a total of eight(8) sessions. 60-minute, progressively challenging class. In other words, people should commit to attending all eight sessions. \$99 for small group, specialized balance training. \$75 for anyone who has taken the class before. Pre- and post-assessments done first and last day of class for 2 hours on those days. Min: 8 people. Max: 15. Must be able to walk 200 feet without use of assistive device.

Monday, October 5 - Wednesday, October 28

2. Intermediate FallProof classes: Friday mornings, 8:00am-9:30am. Ongoing class but people are asked to commit (pay for) one month at a time. \$8/class. Minimum 5 people. Only requirement is a completion of the four-week beginner level FallProof class.

Friday, October 9

Register with Kelly Ward at 916-821-5715