



PARKSIDER

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

www.parksideuucc.org
parksideuucc@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

The “Christmas Season” always has a way of sneaking up on us, doesn’t it?

But that’s just the thing! In the Church, Christmas doesn’t start until Christmas Day, and it lasts for 12 days until Epiphany, on January 6. The *Season of Advent* begins four Sundays before Christmas, so the first Sunday is November 29 this year. And that really is sneaking up on us!

In this regard, I think we have a lot to learn from those old familiar Christmas carols. “The Twelve Days of Christmas” reminds us that this holiday isn’t just one day, (but neither is it the consumerist shopping spree taking place continuously for two months prior). “Joy to the World” though, that one might actually best get at the meaning of Advent. Remember that line, “Let every heart prepare him room”? This is what Advent is all about! Advent is a time of spiritual preparation, preparing our hearts for Christmas—both getting into the spirit of a festive holiday, and more traditionally preparing our hearts to welcome Jesus once again.

And Advent is going to be our theme for December’s Small Group gatherings. I’ve passed along some thematic conversation starters to your Group Leaders to use. And I include them here for your own meditation in advance of your Group’s meeting:

- ◆ How do you prepare for Christmas?
- ◆ How are material preparations different from spiritual preparations?
- ◆ How might they be the same?
- ◆ What about if (for whatever reason) Christmas does not feel holly-jolly for you or others?
- ◆ Where do you see echoes of the story of Jesus’ birth in the world around you? (Whether in examples of ‘light in the darkness’ or in struggles of families seeking shelter and peace...)

Also, I have a number of copies of this year’s UCC Advent devotional, *Wonder*. You might find it to be a nice practice to read a passage each day of this Advent season. So please come to our Sunday morning 9am Bible Study to get yours.

Finally, after worship each Sunday in Advent there will be some special congregational activities going on. Please stick around to take part.

- Sunday, November 29: Fifth Sunday Potluck
- Sunday, December 6: Holiday Boutique and Youth Concert
- Sunday, December 13: Congregational Budget Meeting

- Sunday, December 20: Caroling to Seniors

And of course, we'll have a wonderful, heart-felt, all-ages worship service on Christmas Eve, complete with kids in Nativity costumes, our terrific choir singing, and a closing candlelit rendition of "Silent Night." "All is calm, all is bright" sounds like a great mantra for the whole season to me...

- Thursday, December 24: Christmas Eve Service at 7pm

My prayer is that this season may be for you a true time of spiritual preparation, abundant blessing, and unbounded generosity. I'll see you in church.

In God's peace,
Rev. Elizabeth



Please help out Loaves & Fishes and WEAVE this Christmas season with gifts for those less fortunate. Here is how you can help these organizations.

Loaves & Fishes is collecting Christmas stockings filled with items to be distributed to the homeless. Get a Christmas stocking about 14 inches long and 6 inches wide and fill with the following items:

- Gift Card (McDonalds, Target, Safeway, etc.) *for guest emergency services*
- One pair of new socks, one size fits all
- One set of stretch/knit hat and gloves
- Disposable razors
- A pair of shoelaces
- Lip moisturizers
- Toothbrush and toothpaste
- Hand Sanitizer
- Travel-size toiletry items (lotions, Vaseline, conditioners, shampoos)
- Playing Cards

You can drop off the filled stockings in the multipurpose hall at Parkside until December 20, and we will make sure it gets to Loaves & Fishes.

WEAVE is collecting new unwrapped toys and gifts to give to those in need. They are collecting various items that include:

- Toys- **No** play weapons
- Clothing including undergarments
- Purses/bags
- Bath and beauty products
- Kitchen items
- Books

You can drop off the gifts in the multipurpose hall at Parkside by Sunday December 13, and we will make sure it gets to Weave.

Help those in need have a merry and joyous Christmas this year!



- 1 Becky Anton
- 2 Henry Bohunek
- 5 Alex Vuckovich
- 6 Chloe Simpson
- 7 Anne Miller
- 13 Pep Baladjay
- 14 Violet Duffy
- 15 Jaine Congjuico
- 15 Thelma Davidson
- 17 George Marks
- 18 Katrina Arquisola
- 19 Margie Fair
- 20 Mia Simon
- 24 Bill Kilpatrick
- 25 Bob Simon
- 26 Edith Johnson
- 30 Pat Howe
- 31 Iris Dimond

Bible Study!

We 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)!

Ministry with Young(ish) Adults and Families

PLAY Group: Parkside Little-ones And You

This informal play group for kids 3-and-under and their families meets monthly on a Saturday 10-11:30am in the church backyard. Contact Rev. Elizabeth for more info.

Family Fellowship

This group for all families with kids who are still growing up meets for connection, play, and food on first Wednesdays 6-7:30pm in the church backyard. Contact Rev. Bonnie for more info at bonnie.rambob.parkside@gmail.com.

Young(ish) Adults

This group of 20-40-somethings gathers for spiritual conversation and fun on third Wednesdays 7-8:30pm at the Old Soul Co., 3434 Broadway. Contact Rev. Bonnie for more info at bonnie.rambob.parkside@gmail.com.

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
The Benfield Family
Bob Berbec
Peter Berbec
Susanna Heckman
Ben & Loretta Hom
Shirley Kammeyer

Kenni Litts
Phyllis Martin
Claudia McLarty
Gwen Peabody
Beverly Plummer
Iris Pobanz
The Schierenberg Family

Paul Schierenberg
Betty Sharp
Mark Watson
Allen Wilson

For Our Greater Community

- * Those suffering from inequality
- * Those affected by natural disasters
- * Those with Addiction
- * Food banks

- * Those called to serve our country
- * Those affected by disease and illness
- * Those in need of shelter

For Our Homebound

Edith Johnson
Chonnie Mahoney
Florence Montrond
Nina Planteen
Sally Scott



Parkside's Fair Trade
HOLIDAY BOUTIQUE

LOCAL CRAFTS

Charitable Giving Opportunities

FAIR TRADE GIFTS

Children's Activities

SOUP & BAKED GOODS

SAT **DEC 5** 9AM - 4 PM
SUN **DEC 6** NOON - 2 PM

SUN
DEC 6
2 PM

Sacramento Youth Band
HOLIDAY JAZZ CONCERT



TICKETS \$10 GENERAL UNDER 12 FREE | TO PURCHASE IN ADVANCE:
CALL 916.421.0492 OR EMAIL PARKSIDEUCC@SBCGLOBAL.NET



Advent Season

Special Holiday Raffle: A loving gift to help raise funds for Parkside.

We are grateful to Sheila Sabiston for donating her exquisite, embroidered, hand-tied quilt of many colors. Sheila's beautiful queen sized quilt features a unique, custom design of interesting patterns, ribbons, and impeccable stitch work. The quilt would make a lovely addition to your home or a special legacy gift for a loved one. Raffle tickets are on sale now in the MPH! Ticket donation: \$5.00 each, 3 for \$10.00, 7 for \$20.00. Drawing to be held at Parkside on December 13 at 12:30 PM.

Marys & Marthas

The holiday luncheon will be Monday, December 14 at 1:15pm at Casa Garden. All church women are invited to participate in a festive holiday luncheon. The cost of the lunch is \$18.60 and includes taxes and gratuities. The Casa Garden Restaurant supports the Sacramento Children's Home. The menu choices this year are *Citrus Herb Chicken with Roasted Brussels Sprouts or Crab Louie Salad, a Chief's Choice Vegetarian Selection.*

All entries come with beverages and Candy Cane Cheesecake. A reservation list will be kept in the Church office and available after Church on November 29 and December 6. We have reserved twenty-five places.

This now annual lunch together has become a time of good fellowship and a good meal supporting a good cause.

Caroling To Parksiders

On **December 20**, immediately after worship Health and Wellness Ministry will provide a light lunch before Caroling for our Homebound members and local residential facilities. This is an Annual Holiday Outing that has proven to bring Joy and Connections to our members who are no longer able to attend church activities. We encourage you to join in the FUN and Holiday Spirit. Please call the church office 421-0492 or find **Donna Spencer** with the clipboard during fellowship after worship to sign-up and let us know how much food to order. Contact Becky Anton 996-6518 for further information. See you there!

Christmas Eve Service at 7pm

South Sacramento Interfaith Partnership News Submitted by Margaret Brown

Thank you to all who gave generously so that we could provide meat for families at Thanksgiving. Every family received a turkey or chicken as a result of your donation. Each family also received some holiday food to go with the meat. We hope Christmas goes as well.

KIDS CAN The KIDS CAN drive was a big success for the SSIP Food Closet. WE participated with 27 schools. Watching all the boxes arriving at various storage locations was amazing. Hopefully this supply will help us through the holidays and into the new year. Many thanks to Gerry Monterrubio from St. Anthony’s Parish who organized the whole campaign. The picking up of boxes was a special challenge. Gerry did a great job of seeing that the job got done. “Thank you” to all the people who stepped up to help by distributing materials and by picking up the heavy boxes and unloading then in storage areas. The Food Closet is blessed with many volunteers willing to help.

THE NUMBERS The SSIP Food Closet and other food closets in the area have been seeing a decline in the numbers of people coming for food. In October we provided food for 5,852 people in 1,422 families. That is about a 30% decrease from last year at this time. With a few exceptions those who come requesting food are kind caring people. It is heartwarming to see how they share with others in many ways as they wait for food.

FOLLOW UP TO THE LONG RANGE PLANNING In August the Board adopted five recommendations from our Long Range Planning team. Now work has begun on our computer system and website, a policy manual and employee relations. A Development Committee has met twice to examine issues of church membership in the partnership, funding and finances. It is good to see the energy and concern regarding our joint mission together.

OUTREACH The SSIP Food Closet will have an information table at the Parkside UCC Holiday Boutique, Dec. 5, 9:00 to 4:00. We will also be selling Tote Bags (\$2 or 3 for \$5) and taking donations. Perhaps we could do this at other churches too.



Holiday Greetings, Loyal Supporters,

We have had an exciting year here at SSIP Food Closet, one that has included many “firsts”.

- We now “shop” at the Sacramento Food Bank and Family Services for our produce, dairy, eggs and non-perishables, and we receive these items free or at deeply discounted prices.
- We receive fewer, but larger, shipments of USDA-allotted food, stored in our new storage shed (which many of you helped us to acquire).
- We created a Contingency Fund for emergencies.
- We established a Long-Range Committee that set short and long-term goals which we are already beginning to implement.
- This year we were also blessed with our new Food Closet Coordinator, Lori Sugar, who comes to us with a deep well of energy and experience.

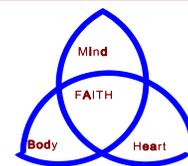
What **isn’t** a “first” this year is the ongoing need of our Sacramento neighbors. The SSIP Food Closet provides food to an average of 6,500 people, including 2,505 children, 328 infants, 3,549 adults and 530 seniors.

In view of this great need, we come to the end of 2015 feeling much the same way we did when we started this year: continually grateful for the generous support of corporate, church and individual donors. We receive substantial and sustaining donations of food from Nugget, Safeway and Trader Joe’s; from our member churches; and from concerned individuals in our community. And how can we possibly say enough about our over 100 volunteers and supporters who share so much- food and cash donations, as well as volunteer hours, muscle and goodwill? We could not serve our hungry neighbors were it not for you and your loving support and generosity. Thank you.

Won’t you please consider an end-of-the-year gift to SSIP to enable us to continue our mission of feeding the hungry.

May your Holidays be filled with blessings and peace,
Janet Sather, SSIP Board Chair

HEALTH MINISTRY



World Aids Day

Although its official annual observance is December 1, each day a person in the world is living with HIV is a World AIDS Day. World AIDS Day is held on December first each year and December is AIDS Awareness Month. This is a time when we remember people who have died from AIDS-related illnesses and people who are living with HIV; a time to give thanks for the progress that has been made and to reflect on what still needs to be done. It is an opportunity for people around the world to unite to eradicate AIDS and show support for people living with HIV. It is a time to commit anew to ensuring that no one is left behind.

HIV and AIDS cut across all boundaries. Parents, grandparents, aunts, uncles, brothers, sisters, children. Members of communities and congregations.

37 million people are living globally with HIV; 2 million people became newly infected this year; 1.2 million died from AIDS related diseases.

22 million people living with HIV are still not accessing treatment. Among children the coverage is much lower; Half of all people living with HIV are unaware of their status;

Adolescents, migrants, refugees, people uprooted by disasters, those working away from home, people with disabilities, sex workers, victims of violence and abuse, orphaned children, children on the move, men who have sex with men, injecting drug users, transgender people, women and young girls, and aboriginal people are all particularly vulnerable.

HIV disease has a well-documented progression. Untreated, HIV is almost universally fatal because it eventually overwhelms the immune system—resulting in acquired immunodeficiency syndrome (AIDS). HIV treatment helps people at all stages of the disease, and treatment can slow or prevent progression from one stage to the next. CDC recommends that health care providers test everyone between the ages of 13 and 64 at least once as part of routine health care. **One in eight people in the United States who have HIV do not know they are infected. A person can transmit HIV to others during any stage** Some of the same successful medicines prescribed for the treatment of HIV can also be prescribed for its prevention. Pre-exposure prophylaxis, or PrEP, can lower the risk of getting HIV by taking a pill every day. The CDC recommends it **for people who do not** have HIV but who are at substantial risk of getting it. The FDA approved this medication in 2012 and still there are many who are not aware of this resource including physicians and nurses. The CDC has a Campaign “We Can Stop HIV One Conversation at a Time” encouraging open conversations with family and friends. Our own UCC has HIV/AIDS curriculum, you tube videos, worship materials and other resources available at www.ucc.org/ucan. UCC’s campaign is:

Getting to ZERO

Zero new infections

Zero AIDS-related deaths

Zero stigma and discrimination

This information was obtained from the United Church of Christ www.ucc.org/ucan, the CDC, Centers for Disease Control and Prevention www.cdc.gov, and Balm in Gilead www.balmingilead.org

Lord, let us pray for a world where all people have the equal opportunity to grow, develop, flourish, work and enjoy prosperous and fulfilling lives, supported by laws, policies and programs that respect their human rights and address the social determinants of health and well-being.

Lord, let’s us pray for a world where all people, living with or without HIV, are able to live their lives to the fullest, from birth to adulthood and into old age, free from discrimination and with dignity and equality

See your physician for testing or at the LGBT Center at 19th and L St. The National Week of Prayer for the Healing of AIDS is March 6-13, 2016.