



# Parksider

Volume 18, Issue 1

February 2012

Parkside Community Church  
United Church of Christ  
916-421-0492

5700 S. Land Park Dr.  
Sacramento, CA 95822

Website  
[www.parksideucc.org](http://www.parksideucc.org)

E-mail  
[parksideucc@sbcglobal.net](mailto:parksideucc@sbcglobal.net)

Interim Minister  
Rev. Derril E. Peabody

Faith Community Nurse  
Becky Anton, RN, MSN

Sunday Worship &  
Youth Study  
10:30 A.M.

Sunday Adult Study  
(September - May)  
9 A.M.

Office Hours  
Monday—Thursday  
9:00 A.M.—1:00 P.M.

## **Parkside Retreat Reflections**

The 2<sup>nd</sup> Parkside Community, UCC retreat is history. There were over eighty people in attendance as we began with a wonderful chili-stew-soup luncheon. The food was homemade and “Parkside good”. First, Moderator Charlotte Williams reported that the nominating committee is about to finalize the choices for search committee members. Plans are to introduce the persons on Sunday Jan 29<sup>th</sup>, during worship.

While we nibbled on cakes, cookies, & cupcakes, Rev. Derril began his opening remarks by giving us the differing characteristics and expectation of three groups of churches by attendance in Sunday worship.

“Family-churches”: those with fewer than 50 in average attendance in worship.

“Pastoral churches”: those churches with between 75-125 in average attendance in worship.

“Program churches”: those churches with between 100-200 in average attendance in worship.

His focus was on the expectations (sometimes unrealistic) a congregation places on pastors, spouses and families.

Following his informative presentation, Rev. Derril led the group through a workshop to find a consensus on the 12 most important aspects of ministry for Parkside Community, UCC. Every table picked a facilitator. Each table picked their most important 12 aspects of ministry; the entire group selected the 12 most important aspects of ministry. These 12, not ranked, ended up being all important to those who attended.

These 12 complete the following sentence:

“Parkside Community Church, UCC, above all, needs to...

Help people develop their spiritual life.

Offer an effective preacher/speaker.

Listen to each other.

Make sure all our commissions are effective

Have a strong commitment to educational ministry.

Work regularly bringing new members into the church.

Work as a team

Communicate well with each other.

Be effective in attracting and working with families & children

Acceptance of all people with divergent views.

Plan and offer great worship experiences

Be a compassionate & caring church.

## Greetings... from your Interim Minister!

### ***"It's Soup!"***

Many of you have heard me tell the story; Living in a two story home, my bedroom was on the upper story. After hours of cooking vegetables and meat, my Mom would stir the pot for the final time and then yell from the kitchen: "It's soup!" Following that great smell, I bounded down the stairs. It was a good moment.

Well, participants of Parkside should feel great too! It, too, is a good moment for Parksidiers. The search committee is "soup" so to speak. You have nominated, and on Sunday, January 29<sup>th</sup>, will introduce and affirm members to represent Parkside on its search to find a settled Pastor. The Sunday special event will be followed with another: our fifth Sunday potluck where Soup will probably be the order of the day, rather than the exception. That, too, will be a good moment!

In the next few weeks the committee will be putting together the Parkside Community, UCC profile to present nationwide to many candidates looking for a church. Remember to give them plenty of room and plenty of time. Don't pressure them with lots of questions. They cannot hurry this process. Hurrying only brings on anxiety. Give them time to meet and get to know each other and ultimately bond. When they distribute the church profile and start receiving applicants, confidentiality will be the norm. They will report to the church council and the congregation when they feel it is necessary. Trust them to do the job we have asked them to do. Thank you.

In the meantime, let's help make Parkside even stronger. See you Sunday....



Rev. Derril

## **Please Hold in Your Prayers:**

### For Healing:

Maurico Arquisola	Shelly Myers
Eve Taylor Bizzel	Dakota Neal
Hope Caldwell	Ulysses Passion
Betty Carper	Planteen Family
Rose Casteel	Lupe Salgada
Khadyjah Fofanah & Jem Martin	Schierenberg /Jaime Family
Beulah Gilevich	Rev. Linda Schneider
Lindy Grey	Betty Sharp
Karen Jaime	Simpson Family
Ginny Leonard	Pat Smith
Mason Lozano	Barbara Toland
The Marks Family	Patricia Weedon
Kelle Marshall	Kelly Wilson
Brook McCalister	Eric Young
Mary McCree	Steve Yun
John Myers	

### Moms to be:

\* Khadyja Fofanah

### For Our Greater Community:

- \* SSIP Food Closet
- \* Our troops throughout the world
- \* US and CA Economy
- \* Our returning veterans
- \* The people of Japan
- \* No. & So. Korea, Palestine/Israel, & the Sudan,
- \* Libya, the people of Christchurch, New Zealand
- \* The victims of natural disasters

### For Those Traveling:

- Jim Guida



February:

- 1 Barbara Maier
- 2 Lamaia Coleman
- 8 Amanda Luther
- 8 Rosie Wise
- 9 Afshin Coleman
- 2 Norma Killion
- 14 Natividad Ursos
- 16 Elvie Watts
- 17 Kenni Litts
- 19 Joe Ochoa
- 22 Nina Planteen
- 22 Marianne Vuckovich
- 24 George Baladjay
- 27 Roger DeLacey
- 28 Marilyn Mills
- 29 Karl Hilgert

**Teachers Still Needed for Youth Sunday School**

Teachers are still needed for all levels. No special training or knowledge is required - only a servant's heart and a desire to make a difference at Parkside Church. The commitment is usually for three Sundays of the month when class is held. As part of our "Safe Campus" policy, all teachers must be fingerprinted. The fee for fingerprinting can be reimbursed by the church. If you are interested, please contact Jim Guida at:

[jimguida@sbcglobal.net](mailto:jimguida@sbcglobal.net)



**Recycle for the Choir**

The church collects plastic bottles, glass and aluminum cans for the Choir fund. There is a recycle box in the Social Hall or if there is too much, bring your recycles to the choir room. All glass bottles, plastic milk bottles, and drink bottles are welcome. No tin cans please.

**THANKS and KUDOS!**

Thank you to everyone who contributed to the SSIP Can Tree! It was filled to the top by Christmas Eve! Those cans were much needed in January at the Food Closet. Please don't stop now—the need is still great! Keep the contributions coming!



**2011-12 Financial Report**

(As of 12/31/11)

	Budget	Actual	Percent
YTD Income	\$262,876	\$128,589	48.9%
YTD Expenses	\$278,054	\$154,275	55.5%
YTD Difference	-\$15,178	-\$25,686	-6.6%

No doubt about it...Times are tough for everyone. How can you help? There is a little-known fund called "Community Assistance," also known as the Pastor's Discretionary Fund. If you would like to donate and help someone in need, include "Community Assistance" in the Memo section of your check. May God bless your faithfulness.

**Quality of Life Cards for Bel Air, Raleys and Nob Hill**

Thank you for using your Quality of Life Card whenever you shop at Bel Air, Raleys or Nob Hill. For the year 2011, Parkside Church received \$746.80 because you used your cards!! That is \$29.14 more than last year!

Thank you and please continue to use your card whenever you go to these stores. This is an ongoing fundraiser that you can participate with just a swipe of your card.

Parkside also participates in the SHARE program with Save Mart Stores. It is the same idea. When you swipe your card, a portion of your total that you are paying for the things you bought goes to Parkside Church. So far we haven't received an amount from the SHARE program. I know there aren't many Save Mart's in our area. If you think you will shop at a Save Mart whenever you go out of town, please ask for a card. Every bit helps Parkside.

If you need a Quality of Life card or a SHARE card, please see Carol or Amanda Luther.

Thank you for all you do for Parkside!!

Carol Luther  
Coordinator for Quality of Life Cards and SHARE Cards.

# February at Parkside

## **E-Waste Fundraising Drive**

We are still looking for motivated individuals and/or groups to walk the neighborhoods immediately surrounding Parkside Church to hand out door flyer advertisements. On February 4<sup>th</sup> we'd like to fill one (or more) bins to earn even more money than we did in September. This will require delivering more flyers to more houses. We've got 5 more areas we'd like to see covered over the next week. We can give you a map and flyers, and you can cover your area at your convenience. Please see Trina or Craig after church or call us at 429-1521. You can also talk to us to arrange a free and friendly pick up of your e-waste.

***This fundraiser will benefit both Parkside and the Families for Costa Rica.***

There is still a collection container in the Multi-Purpose Hall for any of your broken small household electrics/electronics if you're ready to discard them now. If you have big items (TVs, computers, etc.) you'd like picked up, you don't have to wait until February 4<sup>th</sup>. Call Craig and Trina Chalmers (429-1521) to arrange for your items to be picked up.

**Please note: televisions and computer monitors require special handling. Please contact us if you have these items to drop off.**



## **Inquiry Class Forming**

Are you or someone you know interested in becoming a member of Parkside Community, UCC? Inquiry classes are forming and scheduled for 9am on Feb 5<sup>th</sup> and Feb 12<sup>th</sup> with New member Sunday scheduled for February 12<sup>th</sup> during worship!



## **Souper Sunday is Back!!**

This is Parkside's third year of offering crocks of soup for sale in the Multipurpose Hall during fellowship hour after worship. The remaining dates for this year are:



**February 5th**

**March 4th**

**\$3.00 for a 12oz. Container to take home**

**Mark your calendar to make sure you get some delicious homemade soup—it warms the body and soul!**

## **Empowering the Teacher**

**Sunday, February 5th, 2012**

Parkside Community UCC will present a workshop to help you teach Sunday school with authority. If you have ever thought about teaching Sunday school or even if you've been teaching for years and years, this workshop is for you! The workshop will be taught by Rosie Wise, Sunday school teacher, retired public school teacher, wife, mother and grandmother. The guiding verse is II Timothy 1:7 For God did not give us a sense of timidity, but of power and love and self-control.

The workshop will meet in room 1, after church, from 12:00 to 1:00. Pray for the workshop and that God will speak and lead people to come. Open to adults and youth. If you have specific questions you want addressed, please mention them when you sign up. Please sign up with Rosie via email or by phone at [all2wise@citlink.net](mailto:all2wise@citlink.net) 916-683-9137, or call the church office at 916-421-0492.



## **Come and Help Sort Cans for the SSIP food closet!**

**Sunday Feb 5th after church - either outside or in fellowship hall. Pizza will be provided and plan to sort for a couple hours before the Super Bowl.**



# February at Parkside

Parkside Community Church and Vitas Innovative Hospice Care presents...



## “Understanding Hospice”

**February 12, 2012, 12:30pm to 2:00pm light lunch**  
**Parkside Community Church, 5700 S. Land Park Drive**  
**Sacramento, CA 95822, (916) 421-0492**



This Workshop gives a basic overview of hospice. It will address the difference between palliative and curative care and will describe how hospice is structured to meet the needs of terminally ill people and their families. It will also include education about physical, emotional and spiritual aspects encountered during the final season of life. Participants will be better equipped to advocate for and support others and be more capable of making their own end of life decisions. This workshop will be facilitated by Chaplain Christine Pobanz-Stelter from Vitas Innovative Hospice Care.

**RSVP by February 9th to the church office (916) 421-0492**

### *Ladies Valentine Gathering*

Ladies,

Let's get together for lunch on Tuesday, February 14. We can gather at Marie Callender's which is just a skip and a jump from church or my all time favorite Casa Garden. Let me know if you plan on going and which venue you prefer as soon as possible and I'll try and book us a spot. What could be sweeter than a group of fun-loving women sitting, eating, chit-chatting and laughing?

Looking forward to hearing from you.

OXOX,

Eva

916-691-9751 or

[eAmago2u@yahoo.com](mailto:eAmago2u@yahoo.com)



### *Marys & Marthas Date Change & Field Trip*

The Marys and Marthas **will not** be meeting on February 6th. They voted to make a field trip to the Crocker Museum on Monday, February 20, President's Day. We will have a group rate of \$7 per person. We will meet at Parkside south parking lot at 9:30 am and carpool to the Crocker for the 10:00 opening time. We will tour the museum and then have lunch in the Crocker Café. Please sign up by calling the office or watch for the sign-up sheet at coffee hour. For further questions call Becky at 996-6518. Go to: [www.crockierartmuseum.org](http://www.crockierartmuseum.org) to see current exhibits.



### **God is Still Speaking—Are You Listening? (Part 2)**

This Sunday morning Bible Study continues at 9:00am in the church library. Everyone is welcome!

January 29, 2012 – *The Ethiopian Eunuch*

Bible Reading: Acts 8:26-40

February 5, 2012 – *Everyone Gets to Grow and Change:*

*Paul's Conversion*, Bible Reading: Acts 9:1-31

February 12, 2012 – *Diversity Training: Peter and Cornelius*

Bible Reading: Acts 10:1-48

February 19, 2012 – *Jail Break: Peter's Great Escape*

Bible Reading: Acts 12:1-24

February 26, 2012 – *Growing Pains: It Takes All Kinds to Be the*

*Church*, Bible Reading: Acts 15:1-41

Traditionally, Parkside UCC rotates with other SSIP churches for Ash Wednesday and Good Friday services. The pastors from SSIP churches share in the worship experience and their congregations are encouraged to attend.



This year the Ash Wednesday Service will be held at the Sacramento Japanese Methodist Church, on February 22, at 7pm.

The church is located at:  
 6929 Franklin Blvd.  
 Sacramento, CA 95823  
 (916) 421-1017

# FEBRUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5-9am Adult Bible Study 10:30am-Worship and Youth Study <i>Souper Sunday!</i> Empowering the Teacher Workshop—12noon Inquiry Class 9am KIDS Can sorting 12noon	6-10am-AI-Anon 5:30pm -Sign Chi Do 6:30pm & 7:45pm - AA 6:30pm-Tai Chi Mission&Service6pm	7 8:45am-Yoga 1pm-Nurse in office 6:30pm-EA Meeting Balance&Mobility—3pm Good News—6:30pm	1 8am-Prayer Circle 9:15am-Yoga 6:30pm-AA Mtg. Finance—9pm	2-9:30am-Tai Chi 10am & 6:30pm-AA Mtg. 10am-AI-Anon Mtg. 6:15pm Bell Choir 7:30pm - Choir Balance&Mobility—3pm Fellowship—5pm	3 6:30pm-AA Mtg.	4 8:30am-AA Mtg. 10am-AA Mtg. E-Waste Fundraiser 9am
12-9am Adult Bible Study 10:30am-Worship and Youth Study—New Member Sunday! 11:45am Healing Service Hospice Workshop—12:30pm Inquiry Class 9am	13 10am-AI-Anon 5:30pm -Sign Chi Do 6:30pm & 7:45pm - AA 6:30pm-Tai Chi	14-8:45am-Yoga 1pm-Nurse in office 6:30pm-EA Meeting Balance&Mobility—3pm Ladies Valentine Lunch Council - 7pm	8 8am-Prayer Circle 9:15am-Yoga 6:30pm-AA Mtg.	9-9:30am-Tai Chi 10am & 6:30pm-AA Mtg. 10am-AI-Anon Mtg. 6:15pm Bell Choir 7:30pm - Choir Balance&Mobility—3pm	10 6:30pm-AA Mtg.	11 8:30am-AA Mtg. 10am-AA Mtg.
19 9am Adult Bible Study 10:30am-Worship and Youth Study CESG—12pm Baby Shower—12pm	20-10am-AI-Anon 5:30pm -Sign Chi Do 6:30pm & 7:45pm - AA 6:30pm-Tai Chi Marys&Marthas 9:30am Office Closed for President's Day	21-8:45am-Yoga 1pm-Nurse in office 6:30pm-EA Meeting Balance&Mobility—3pm Health Ministry—5:30pm	15 8am-Prayer Circle 9:15am-Yoga 6:30pm-AA Mtg.	16-9:30am-Tai Chi 10am & 6:30pm-AA Mtg. 10am-AI-Anon Mtg. 6:15pm Bell Choir 7:30pm - Choir Balance&Mobility—3pm	17 6:30pm-AA Mtg.	18 8:30am-AA Mtg. 10am-AA Mtg.
26 9am Adult Bible Study 10:30am - Worship and Youth Study	27 10am-AI-Anon 5:30pm -Sign Chi Do 6:30pm & 7:45pm - AA 6:30pm-Tai Chi	28-8:45am-Yoga 1pm-Nurse in office 6:30pm-EA Meeting Balance&Mobility—3pm Lenten Series Study—6:30-8pm	22 8am-Prayer Circle 9:15am-Yoga 6:30pm-AA Mtg. Ash Wednesday Service at Japanese UMC - 7pm	23-9:30am-Tai Chi 10am & 6:30pm-AA Mtg. 10am-AI-Anon Mtg. 6:15pm Bell Choir 7:30pm - Choir Balance&Mobility—3pm Worship—5:30pm	24 6:30pm-AA Mtg.	25 8:30am-AA Mtg. 10am-AA Mtg.

## February Volunteers

DATE	KEY MASTER	USHER	GREETER	LITURGIST	COUNTERS	CPR
2/5	Bob Finch				Norma Killion Mary Mena	Lauren Marasigan-Quintero
2/12	Bob Finch				Ed Anton Dave Sabiston	Beth Lee
2/19	Bob Finch				Leslie Addiego Lauren Marasigan-Quintero	Becky Anton
2/26	Bob Finch				Craig Chalmers Sarah Swaney	Marilyn Wright

**Hospitality Team Captains:** Sherry Waggoner

**Team:** Leslie Addiego, Nancy Clemons, Sharon Erman, James & Jeanne Flanigan, Florence Montrond

**Nursery Care Backup:** (5) Marilyn Wright (12) Loretta Hom (19) Becky Anton (26) Amanda Luther

**Youth Leader:** Jim Guida

**THANK YOU** to those who volunteer to help with these tasks. If you are unable to participate, please arrange for a substitute. If you cannot find a substitute as key master, greeter, usher or liturgist, please contact **Bob Finch**. If you are unable to find a substitute as a counter, please contact **Lamaia Coleman** and if you are unable to participate as the CPR volunteer, please contact **Becky Anton**. As a reminder, the duties of each of these tasks are explained in the blue Lay Assistant binder located in the cupboard in the back of the sanctuary.

## So...How DOES it Add Up?

For the 2012-2014 Capital Fund Campaign we asked, you pledged or gave and God blessed us richly. The goal of the Capital Fund Campaign was to obtain pledges of at least \$40,000 per year, totaling \$120,000 over the life of the campaign. We far exceeded our goal.

### Capital Fund Campaign Tally

One-Time Giving: \$22,000

Annual Giving: \$45,180

Three Year Total for Annual Giving: \$135,540.00

Three Year Total Including One-Time Giving: \$157,540.00

Many thanks to the Capital Fund Campaign committee for all of their efforts and to all who were able to contribute and pledge to this Campaign. However, keep in mind that the campaign has not necessarily ended. It is ongoing and fluid. Additional pledges are encouraged. If not needed for immediate needs, such as mortgage payments or maintenance on the legacy facility, they will be used to pay down the mortgage principal on the Sanctuary building.

## February at Parkside

### JOIN SIGN CHI DO CLASSES

Health Ministry is restarting the Sign Chi Do classes beginning on Monday, January 23 at 5:30 PM. We will meet weekly and in our first class we will start learning the "Irish Blessing." Sign Chi Do is a combination of Sign language and Tai Chi. It is an exercise program that helps connect your brain pathways with movement. It is especially helpful in recovery from strokes and reduce Parkinson's symptoms. We also find it very relaxing and a prayerful stress reducer. We also may learn more about how the brain helps us to connect through the rest of our body from the creator Dr. Ann Borick, D.O. Come check this out with Becky Anton, Carolyn Huizar & Bob Finch.



### You're Invited to a Baby Shower!

*Please join us on February 19th, in the Multi-Purpose Hall after worship.  
Come celebrate the new addition with cake and presents!*

Proud parents = Jem Martin and Khadyjah (Khady) Fofanah

Due Date = February 23, 2012

Registered at = Babies R Us and Target

There will be a money tree for any monetary donations with a card to sign.  
If you have any questions, please contact Amanda Luther or Margaret Brown.

## Coming in March



### Game Night

**Saturday, March 17th from 7:00 - 9:00 p.m., in the Parkside Multi-purpose Hall**

Bring your favorite game to play with fellow Parksiders.

Fun, "green" treats will be provided to help celebrate St. Patrick's Day!

**Any questions, please see Amanda or Margaret.**



### **Feed your passion for ministry at Church Day!**

The next Church Day will be **Saturday, March 3, 2012, at First Congregational UCC in Palo Alto**. Registration will begin at 8:30 a.m. The program for the day will begin at 9 a.m. and end at approximately 4 p.m. (Come early and enjoy fellowship and refreshments!)

Church Day is an event unique to the Northern California Nevada Conference UCC. Its purpose is to bring together lay persons and authorized ministers to learn, share and grow in fellowship and leadership ability. Our conference theme: *Rhythm of Abundance: Worshipping, Connecting, Learning, Serving and Giving* provides a structure for the wide range of experiences offered at Church Day.

Attendees of all Church Day happenings gather at Noon for a delicious lunch and fellowship.

Authorized ministers may fulfill the continuing education requirement for Boundary Training on Church Day. On March 3, the Basic Boundary Training course meeting the 6-hour renewal of the requirement will be held from 9am-4pm.

Church Day participants may choose two 1 ½ hour workshops to attend during the day. Workshops scheduled to be offered on March 3 include:

- Creating an Environment with Accessibility for All
- Faith Community Nursing for Your Church
- Reflections on Stewardship
- Using UCC *Faith Practices* Resources
- Great Ideas for Using UCC Worship and Music Resources

Go to <http://www.ncncucc.org/>, click on "Happenings" and scroll down to "Church Day" for updates and to register for Church Day. Youth and adults may register online for all Church Day activities, as well as for child care (ages 0-12 years).

For additional information contact Barbara Broadbent, Associate Conference Minister for Leadership Development, at 510-247-8996, or [bbroadbent@ncncucc.org](mailto:bbroadbent@ncncucc.org).

# Parkside Life

## Costa Rica Bathroom Project is Complete!



Over the first half of 2011, Parkside raised \$6,846 to build new bathrooms at the School at Chocolate Corner, outside of San Jose, Costa Rica. The school serves a poor region of the Central Valley, which includes many immigrants from Nicaragua, looking for work. For many of the children, the School provides the one daily meal, of which they can be certain.

When our Mission team worked at the school in January 2011, we saw that the three toilets barely functioned. Our members avoided using them. When we learned that over 300 children and the faculty at the school depended on the bathrooms, we decided to help.

Through fundraising, the matching gift of a Friend of Parkside, and an excellent concert provided by Janet Remy, we raised more than the \$4,000 initial estimate for new bathrooms. Our friends at Ruta Verde, Jose' and William Vargas, worked as our agents, to insure the money got to the school and was well spent.

At Chocolate Corner, the School Board found funding to pay for labor to construct the new restrooms. The Parents and principal, encouraged by our contribution, raised funds to refurbish the existing bathrooms.

Parkside contributed \$4,800 toward the bathrooms. The remaining \$2,046 will purchase school uniforms for children at



Chocolate Corner and on the Osa Peninsula, where we also performed service work.

We at Parkside can be very proud that we have helped children and families in one of the poorer areas of our hemisphere have healthier lives.



## South Sacramento Interfaith Partnership

### SSIP NEWS

At the January SSIP Board meeting new officers were elected for the 2012 year.

#### The new officers are:

Chair Georgianne Becker  
Faith Presbyterian Church

Co-Chair Margaret Brown  
Parkside Community UCC

Vice Chair vacant

Secretary Shirley Manning  
Centennial UMC

Treasurer Diane Rooker

#### Members at Large on the Executive Committee

Frank Allen St. Anthony Catholic Parish

Cliff Bales Centennial UMC

Joyce Brinsky Wesley UMC

#### Pastor at Large

Rev. Carol Breubaker – Walton Faith UCC

The Board is made up of three representatives designated by each member church, two church members and the pastor.

A budget was adopted of \$106,000 which is \$24,000 more than last year's budget. The increased number of people needing food and higher utility costs and higher gasoline prices have caused the budget increase. Our major source of income is from member churches and supportive individuals. This support will be needed more than ever this year.

Last month the Food Closet provided food for more than 800 families, 7,900 people. Food moves off the shelves very quickly. Last year the Kids Can donations lasted into March and April, this year they will be gone in February. Churches are encouraged to have creative food drives.

Our new building continues to work well. A new awning has been installed over the sidewalk so that people lining up waiting for food can be out of the sun and rain.

Thank you to all who support this community outreach program. Many support us with volunteer hours, money, food, and prayers.

## **Parkside Mission Trip Scholarship Fund**

This June, Parkside members will travel to Costa Rica for Parkside's Mission trip. This is the fourth time that Parkside has sent a Mission Team, to work on service projects in that nation. In previous years, members have helped in the town of Guadalupe, on the Osa Peninsula, in south west Costa Rica. This trip will focus on service in the Central Valley. We will have an opportunity to visit the school in Chocolate Corner, where we painted rooms last year, and where our congregation and friends have funded new bathrooms for the children.

This coming trip is unique, in that we are focusing on including youth from Parkside. This will be an opportunity for them to experience helping others through service work, such as painting and assisting in construction. It also will include opportunities to learn about rainforest ecosystems in Central America, and see the Costa Rican efforts to restore and preserve their environment and natural gifts.

This opportunity, to help others and better understand how to preserve God's earth, is expensive for families, with at least one parent and children participating. Our youth and parents have been fundraising, with car washes and a talent show. There will be other events coming up. Even with these efforts, family participation is a financial stretch. In past years, some Parkside members have donated to help members participate in our Mission Trips. This year, scholarship funding would be helpful in financing youth participation. If you would care to help with the cost of our youth helping on the Mission Trip, and learning from Costa Rican environmental efforts, please contact Reverend Derril.



# HEALTH MINISTRY



## Hospice

As we move toward Lent, Health Ministry wants to focus on Hospice and our understanding of what it offers to families. We were very pleased with the workshop that Christine Pobanz-Stelter gave us on Advance Directives.

We hope you are working on your Advance Directives and we will be setting up a Question and Answer Session after church soon and also to offer witnessing if that is needed.

Christine will be presenting "Understanding Hospice" on February 12 and then a Grief Series during Lent.

Hospice serves individuals and their families when one member is facing a life-threatening illness. Hospice care is primarily provided in the home, where people have the loving support of their family and friends. The primary goal is to help people spend their time living as fully as they can, in their own familiar, comfortable surroundings, and in the company of family and friends. Hospice care neither hastens nor postpones death, but affirms life, emphasizing quality, not length. Hospice empowers people to live with dignity, alert and pain-free, while involving families and loved ones in giving care.

Hospice provides medical, psychosocial, social, spiritual and volunteer services. The hospice is staffed by an interdisciplinary team including doctors, nurses, social workers, counselors, chaplains, volunteers, nursing assistants and pharmacists. Bereavement care is also available. Hospice is covered by Medicare, Medi-Cal and most private insurance programs.

In recent years, many hospice care programs added palliative care to their names to reflect the range of care and services they provide as hospice care and palliative care share the same core values and philosophies. Defined by the World Health Organization in 1990, palliative care seeks to address not only physical pain, but also emotional social, and spiritual pain to achieve the best possible quality of life for patients and their families. Palliative care extends the principles of hospice care to a broader population that could benefit from receiving this type of care earlier in their illness or disease process. To better serve individuals who have advanced illness or are terminally ill and their families, many hospice programs encourage access to care earlier in the illness or disease process. Health care professionals who specialize in hospice and palliative care work closely with staff and volunteers to address all of the symptoms of illness, with the aim of promoting comfort and dignity.

We live our days as God's saints, with the precious assurance of living our eternity with Him and all of our brothers and sisters in Christ. This understanding helps

us to better understand the nature of our life as well as our death.

These words also give us hope when we or a loved one are dying. It is important to remember that Jesus has conquered death and the grave, but that sickness, suffering, and death are a very real and difficult experience for us. Persons who are dying may experience different reactions to dying, and need our support and care through their struggles.

St. Paul speaks to us in these words, "...if only for this life we have hope in Christ, we are to be pitied more than all men" (1 Corinthians 15:19). Jesus is present and helps us in every way in our living and in our dying. May we share this hope and comfort as we minister to one another.

From "Seasons for Wholeness", Ruth Dannkanich Daumer, MSN, RN

**"We have made death into a technological and management issue and robbed it of its holy significance and dignity...which diminishes us all."**

Rachel Naomi Remens, MD

Co-founder Commonwealth, UCSF Medical School

***"We make a living by what we get, but we make a life by what we give."***

**-Norman MacEwan**

### ***Lenten Grief Series: Begins February 28th***

While grief and loss are parts of natural life, they are often portrayed as something aberrant or strange, something to be avoided. We are to be stoic and have control over our emotions. We are led to believe that we should be able to deal with loss and simply move on. We then miss out on the gifts which grief and loss have to offer; these negative assumptions prevent us from the healthy, life-giving process of grieving.

During this five-week series we will explore various aspects of grief to better understand the process, its purpose and its many facets, as well as to explore the Spiritual journey which it offers.

WE INVITE YOU to join us at Parkside Community Church for five Tuesdays beginning February 28<sup>th</sup> through March 27<sup>th</sup> from 6:30-8:00pm. Invite a friend or neighbor to attend. This series will be led by Chaplain Christine Pobanz-Stelter from VITAS Innovative Hospice Care.

Please call the church office at (916) 421- 0492 by February 26<sup>th</sup> to let us know if you plan to attend.



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United Church of Christ

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Interim Minister  
Rev. Derril E. Peabody

