



The CLARION

NEWSLETTER OF THE CARMICHAEL SEVENTH-DAY ADVENTIST CHURCH

www.carmsda.org | Fall 2009

Pathfinder Club Makes A Comeback

By Edwin Garcia



In a testament to the increasing numbers of children attending Carmichael Church and adults eager to be their mentors, the Pathfinder Club has restarted, a full decade after the program ceased to operate.

Some 20 children ages 10 to 15 have joined the club, which is led by first-time director Keith Anthony, a married father of two small kids who are too young to be Pathfinders but felt compelled to take on the challenge.

“When I found out it had been 10 years since the Pathfinders were active here at Carmichael, I felt the need to do this,” said Anthony, who belonged to a club led by his father in Chicago 30 years ago.

“The children need more than church to see Jesus,” Anthony said.

The Pathfinder ministry, a worldwide Adventist scouting organization that traces its roots to the early 1900s, encourages young people to forge a closer relationship with Christ by teaching leadership skills, promoting community involvement and hosting a variety of recreational activities, including camping.

Continued on page 4

Committee Narrows List of Youth Pastor Candidates

The search for a new youth pastor, which initially focused on about a dozen potential candidates from across the nation, is progressing steadily, according to church officials who said they hope to fill the position within the next few months.

When the search committee first met, in September, it considered names suggested by pastors Keith Jacobson, Dan Wysong, elders and others. About a month later, further vetting and contacts with the dozen or so people brought the list of potential candidates down to four.

Committee members have realized there isn't a large pool of youth pastors seeking new assignments.

While youth pastors typically minister almost exclusively to teenagers, Carmichael Church is hoping to find someone who can reach children in their pre-teen years to “keep them interested” in attending church, said Elder Rick Campbell. That way, the children can look forward to joining the youth program when they are high school age.

“Basically what we're looking for is somebody who can really energize our youth and really encourage the pre-youth age people,” added Campbell, a member of the search committee.

The new pastor will replace Marco Quarteroli who left in August to study at the Seventh-day Adventist Theological Seminary at Andrews University, sponsored by the Northern California Conference. Since then, the position leading Carmichael's youth program has been filled temporarily by Pastor Wysong.

The committee members have not set a date for when they hope to complete their work. But, Campbell said, “the sooner the better.”

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Prayer

CERTAINTY OF GOD

By Bud Roberts

Dear Heavenly Father,

"Jesus Christ is the same yesterday, today, and forever." Heb. 13:8. This promise, O Lord, is so precious and meaningful to me. Just to know Your presence is always with me gives me courage. Your faithfulness in granting eternal salvation, and every blessing of life, strengthens my faith. Your holiness and perfectness drive me to allow You to live Your holy life in me. Your redemptive power assures me that the gift of salvation is mine for the accepting. Your ability to bring beauty out of ashes causes me to rise above the disappointments and defeats of life. Knowing that You have always been this way and will always remain this way, brings the assurance I need every day in life's journey. Thank You for Your love, expressed on the cross for me. Because You do not change, I can live boldly in this glorious truth. Thank you, Jesus.

Amen

Bud Roberts
Retired Pastor



New Committee Boosts Church Ministry

By Edwin Garcia

Take a close look at the new list of church officers that the congregation recently approved by unanimous vote: You'll notice a vast difference in the way members are chosen to serve in the various departments at Carmichael Church.

First off, the group that places members in positions has shed its old name – Nominating Committee – in favor of a name that reflects its new purpose, Ministry Development Committee.

Whereas the old committee chose people to serve in their positions for one year, the new committee assigns members to a post indefinitely, or until further notice.

The changes reflect the pastoral staff's desire to help each member find meaningful ministry opportunities as opposed to filling a set list of church offices. And that, says Associate Pastor Dan Wysong, "hopefully means that we'll be able to spend time not just appointing, but equipping, evaluating and developing new ministries as well."

Ministry Development Committee members were chosen in the same way as the traditional Nominating Committee – they were selected by a large committee, then approved by a vote of the entire church.

The Ministry Development Committee met throughout the summer and into the fall, but didn't disband when its report was submitted to the congregation Oct. 10. Pastor Wysong, who serves as the committee's pastoral advisor, envisions the group meeting monthly to plan additional ministry areas and develop an evaluation process to ensure the ministry is a good fit for the people serving in the positions.

Among the new ministries being considered: a worship planning team, a new member/visitor welcome ministry and an outreach ministry.

"Our goal is to involve all members in a role that they have a passion for," said committee member Debbie Comm. "This is different than just an ability to serve," she adds. "Over time, if people's true interest could be identified, we could have involvement driven by the member's true desire to serve where their interest is. We hope to eventually help members identify what that is."

The committee purposely did not attach the typical one-year end date to office holders. "We're hoping to shift our attitudes away from these being institutional appointments and towards them being ministry callings," Pastor Wysong said.

"If God is calling you to serve in a position, 365 days is a somewhat artificial term. We'd like people to keep serving until they feel called to do something else." Or, conversely, he adds, the evaluation process may prompt changes that are beneficial to the officeholder or that particular ministry.

Pastor Wysong firmly believes that even if a person's name is not on the Ministry Development Committee report, that person is still called to a ministry, whether it already exists or needs to be launched.

"If you feel called to begin some sort of new ministry, or would like to be involved in a ministry the church already has going, please contact us," Pastor Wysong says. "You are going to be far happier and more effective serving with the gifts God has given you, in the place God has given you a passion for, than anywhere else. And while our job is helping facilitate that process for the whole church, no one knows better than you where and what God is calling you to do."

Committee members are: Dan Carr, Carole Clark, Debbie Comm, Karyn Davis, Rita Duncan, Edwin Garcia, Jeff Mock, Perry Rogers and Kathi Westcott.

DOWN THE PEW

Doris Morgan Devotes Expertise to CHIP Program

By Edwin Garcia

Doris Morgan was a registered nurse for three decades when she decided to go back to school for her master's in public health.

Unlike some other nurses who pursue advanced degrees, Morgan wasn't after a higher position at the workplace, or a better compensation package when she graduated from Loma Linda University two years ago.

"I knew I wanted to use the degree in the Lord's service," she said. "I had done lots of studying and research about the different health programs our church has." More specifically, she says: "I decided I wanted to reach the public with our health message."

She found her calling by leading out in our denomination's CHIP program at several churches. In September and October, she organized the program at her own Carmichael Church.

It didn't take long to realize the 16-session program, formally called Coronary Health Improvement Project, would be an overwhelming success. Although she expected 50 participants to sign up, a total of 60 did, including several at the last minute.

"That tells me there are lots of people needing the education we have to offer," Morgan said. "We could have easily filled this class for 100."

Morgan opens each program then invites guests to the podium to talk about health-related issues including exercise, diet and healthy living. Participants also sample tasty food and take recipes home.

She is grateful for the more than three dozen church volunteers who assisted her. "Many have given many, many hours of volunteer service to help make this program a success."

The community health program teaches people healthy habits that lower cholesterol and improve blood pressure.

Morgan, whose maiden last name is Kinsey, was born in Louisiana, the



daughter of a well-known Baptist preacher, and had taught Sunday school beginning at age 10, studying with books such as "The Great Controversy" and "Bible Stories," without knowing they were connected to the Seventh-day Adventist Church.

While attending a regional university she was introduced to Adventism by a computer science major who also was the driver of a truck who transported college students every night to a summer-long evangelism series held in a tent. The couple married, moved to Keene, Texas, and enrolled at Southwestern Adventist College, where she graduated a registered nurse.

They later moved to the San Jose area, and after a divorce she spent nearly 20 years working as a nurse while raising three children, putting them through Rio Lindo Academy, and watching two of them graduate from Pacific Union College.

"I wanted my children educated in the Lord's schools," she says.

After signing the last tuition check, she did something she had always dreamed of: went to Kiev, Ukraine, as a missionary. She taught health classes

in an unheated classroom that had puddles on the floor. "It changed by life forever," Morgan says. "I learned how to survive with a lot less."

A year after returning to Sacramento she married Arlyn Morgan, a retired computer engineer, and continued to work in public health nursing. She also spent much time studying about the various health improvement programs offered at Adventist institutions.

Morgan recently lost her job when the company she worked for went into downsizing mode and laid off all its nurses.

But her job loss was also the church's gain – what she now calls "perfect timing" – because she was able to dedicate much more time to the CHIP program.

The program was scheduled to hold its graduation Nov. 1, featuring a "great potluck," Morgan says.

Despite the hard work that it takes to produce a CHIP program, Morgan, thanks to her dedicated volunteers, is more than willing to repeat the health ministry.

"I'd be happy to do it again," she says, "if the church wants it done."

Catching Up

By Eleanor Morrison

Midori Yoshimura is spending her college year at the Adventist College, Sagunto, Spain. Her brother **William** is attending Pacific Union College.

Elyse Mack is attending Universidad Adventista del Plata Adventist College, Argentina. She is majoring in Spanish and Graphic Arts Design.

Amy Oliver has completed her ER residency in the Chicago area and is now practicing at Kaiser Permanente Sacramento Medical Center, in the same Emergency Room where her father, **Dr. Don Oliver**, practiced for many years

Bety and Terry Walter appeared on the morning television show “Sacramento & Co.” on News 10, on Oct. 13, to promote “Food that Delights.” The cookbook, as well as a golf tournament earlier this year, raises money for research into Frontotemporal Dementias (FTD). The fundraising also benefits public awareness campaigns on FTD, the group of degenerative brain disorders that have claimed the lives of five of their family members. Cookbooks can be purchased for \$20, including shipping, by writing to: Walter Charitable Fund, P.O. Box 2650, Fair Oaks, CA 95628.

Carmichael Members Involved in Missions

Lizabeth Dolwig presented motivational meetings in San Ramon in September and plans to go to Africa in January.

David Morgan of Los Medicos Voladores, or Flying Doctors, traveled to Sonora and Mulege, Mexico, in October. That was the pilot-doctor’s 86th mission to provide care to people who don’t have easy access to physicians.

Pathfinder Club Makes A Comeback – Continued from Page 1

The Carmichael Church has a rich history of the Pathfinder ministry as evidenced in the glass case at the foyer of the fellowship hall, which contains numerous trophies and other mementos dating back to the 1980s.

Parents and the church staff are thrilled that the club is back.

“It is just a fantastic experience for the kids,” said Carmichael Lead Pastor Keith Jacobson, himself a former Pathfinder. “Having Pathfinders at Carmichael is an additional emphasis on family life ministry.”

In addition to Anthony, staff members include Robert and Amber George, and Mike and Kimberly Jones. Pastor Marit Case serves as the club advisor.

At the first meeting of the new club Sept. 19 in the Fireside Room, 16 gleeful Pathfinders crowded around a table to decide which specialties to work on

during their twice-a-month meetings.

They chose 24 specialties, or honors, each of which comes with a lesson, a test, and – after successfully mastering the topic – a badge to sew onto their uniform. Among the 24 honors they selected: shoe repair, skateboarding, model railroad, tree climbing and fossils.

Anthony also announced some of the club’s weekend outings to take place over the next several months: Trips to a Redwood forest near Mt. Lassen, a caving expedition, a pinewood derby car competition, rock climbing in Yosemite and a bike-a-thon.

“I think I’m going to have a great time,” said Jakob Wilson, age 10.

Anyone interested in joining the club should contact Keith Anthony at: keith@carmichaelpathfinders.org or 916-995-5803.



Pathfinder Director Keith Anthony, right, announces the formation of the Pathfinder club, accompanied by Pastor Marit Case, Adventurer Club Director Kim Sumida, and regional coordinators from the Northern California Conference.

Special Thanks

Thanks to those who prepared the summer issue of
The Clarion for mailing:

Ivy Baughman, Lois Diminyatz, Ella Henson, Wil Kramer, Rosie Lind, Bill Morrison, Evie Nash, Gladys and James Nick, Sharon Straub, Steven Straub, and James and Carolyn Reece.

Looking Back at Lake Tahoe Camp Meeting

By Virginia Rose

As the time grew near for this summer's Lake Tahoe Camp Meeting, our planning committee was a little nervous. We weren't sure what to expect. Would we be bulging at the seams with people who normally attend Redwood Camp Meeting, which was canceled this year?

As the gates opened, it was wonderful to see campers arriving from Oregon, Idaho, Utah, Nevada and California (even Southern California). Fortunately, Dallen Rose and his locating team found campsites for all!

We were spiritually fed by four pastors: Lee Venden telling us that It's All About Jesus, Terry Mason giving the morning devotional and seminar on Confidence of Salvation, and the Holy Spirit and God's People. Gregg Hamilton presented current Religious Liberty issues, and Jim Redfield lead a discussion each day on Forgiveness.

Carmichael members Linda and Dan Carr did a great job leading out in the kindergarten division. (Lots of busy little ones to work with twice daily).

Carmichael member Ed Lindsey and his co-worker Christian, brought up the ABC bookmobile, food, CDs, etc. Can you imagine driving the bookmobile and another large truck filled with many

cases of goodies over the Echo Summit to provide fun for the shoppers?

Steve Allred, youth pastor at Central Church, and several of his teens came up for the week to lead out with the junior/earliteens.

Carmichael member and camp meeting committee member, James Freeman, was a key player! James figured out a complete network to bring lights and power to all the children's division tents, the ABC tent, the large main tent (many strings of bulbs that lights a tent seating 1,000 people), the food service area, ministry lane canopies, seminar tents, etc. He upgraded the old system with a new panel eliminating power failures.

We were especially thankful and appreciative for all the division leaders who presented such spiritual meetings and fun activities for the kids.

On Thursday we saw dark threatening rain clouds, which prompted the postponement of the teen luau, and a crash course for committee members who learned how to dump water off the large meeting tents (when the heavy weight of the rain water gathers at the edges of the tents it can tear the canvas.) So, standing under the tents, we raised our metal chairs, pushed

up the canvas and released the water. Good thing camp coordinator Al Tilstra reminded us to not use the leg end of the chair – holes in the canvas would NOT be a good thing in a storm!

Fortunately, the rain was intermittent during the day and the luau took place on Friday, but we ended up calling off the canoe race.

The Lake Tahoe Camp Meeting was sponsored by the Nevada/Utah Conference for about 17 years until it became a financial burden and ceased operation in the summer of 2000. Since then, a dedicated committee of about 10 lay persons from "their side of the mountain and our side of the mountain" have planned and operated the camp meeting independently from the conference without any financial support. This has been a faith ministry and God has truly blessed in many ways!

God's presence was definitely felt during the week again this summer—wonderful meetings surrounded by the quietness of a beautiful forest. See you there next year? The camp meeting will be Aug. 2-7, 2010.

Virginia Rose is in charge of reservations and her husband Dallen Rose oversees locating for the Lake Tahoe Camp Meeting Committee.

Children's Church

Bobby Peña leads song service at the outdoor Children's Church where Dan and Heather Wysong performed an entertaining skit.



Upcoming Children's Activities

By Sheri Fayard

Children's Church, Sabbath, Nov. 14th

This day is Adventurer/Pathfinder Sabbath, and afterward, children ages 0-12 are invited to the youth chapel for their own worship (those under 6 are required to bring a parent). For more information contact Sheri Fayard, at gsfayard@surewest.net.

CCK Christmas Party, Saturday Dec. 19th

Dozens of children will enjoy the Veggie Tales movie "Saint Nicholas, a Story of Joyful Giving," which will be shown in the Fellowship Hall in the evening. Watch for fliers and keep your eye on the church bulletin for details. For more information contact Sheri Fayard, at gsfayard@surewest.net

CCK Playgroup, Twice a Month

Every 1st and 3rd Monday, the Wire Choir Sabbath School room transforms into a playhouse for small children. The playgroup is open to all children and their siblings, ages 0 to 5. Contact Heather Wysong at heatherwysong@hotmail.com or Fang Fang Ng, at jiangfff@yahoo.com.

Adventurer Club

The Adventurer Club, open to kids ages 4-9, meets on the second Sabbath of each month from 4 to 6 p.m. (except December). For more information contact Director Kim Sumida at: sumidafamily@gmail.com.

Pathfinder Club

Our new Pathfinder Club meets the second Sabbath of the month (except December) and during a weekday too, in the Fellowship Hall. Open to youths age 10-15 (grades 5 to 10). For more information contact director Keith Anthony at: keith@carmichaelpathfinders.org.

Carmichael Cares for Kids at Tahoe

Dozens of children and their families enjoyed the Annual CCK Tahoe Camping and Sabbath Potluck at Lake Tahoe on July 25th.





*Church Summer
Picnic at
Gibbons Park*



Well over 100 church members, guests and pets turned out to the annual summer picnic at Gibbons Park near the church on August 22nd.

Mission Opportunity at Home: Our Church's Tuition Assistance Program

The economy has adversely affected many of our church families, which makes it more difficult for parents to continue to enroll their children at Sacramento Adventist Academy. In times like these, the work of our Tuition Assistance Committee is all the greater. This year, it has committed to raising money to sponsor 25 students, which is a 60 percent increase over last year.

The Clarion caught up with the committee's Louise Laing to learn more about how the committee works:

CLARION: When did the committee initiate its effort?

LL: The current Tuition Assistance Program started in 2001 under Pastor Glen Sayers' leadership, with Vi Wesner chairing the committee. For eight years, Vi was the anchor of what became the Tuition Assistance Committee. She deserves great credit, as I have transitioned into her shoes and aspire to have her level of visible passion for this program.

CLARION: How many students received help last year?

LL: Fourteen youth were sponsored; in years past, 19 were sponsored.

CLARION: Who serves on the committee?

LL: We have six members along with our wonderful Pastor Marit Case. The members are: Dr. Peter Berbon, Dr. Frank Godfrey, Louise Laing, Barbara Nahorney and Vi Wesner.

CLARION: How do you select which students receive help?

LL: We prepare for the upcoming school year by first notifying our members – who may need tuition assistance – of the due date for the application process via the spring *Clarion* edition and multiple weekly church bulletin announcements.

Our committee's initial meeting occurs in early June where we review the applications. With prayerful

consideration and according to individual family needs, we look at a student's grades, make sure they have been active in local church attendance for at least six months, and then we determine our monthly commitment to partially assist with student tuition. Parents are responsible for a portion of the tuition. All the money that comes to the committee goes directly to the students' tuition. This financial assistance is separate from the school subsidy that our church gives to SAA for belonging to the school's constituency.

CLARION: How do you raise money?

LL: Individual church members contribute to the fund with their donations that are specifically earmarked for Tuition Assistance. The church bolsters this fund by providing us with half of the offerings collected during the weekly children's story. In the budget we handle, we see historical trends and consider future contributions that will occur throughout the upcoming school year. Sometimes family circumstances change in mid-year, which necessitates additional meetings so the committee can find a way to provide additional funds for the students.

CLARION: How helpful have church members been toward this effort?

LL: Historically, our church members are wonderful in their support of this program. Despite the recession, we have not seen a drop in their contributions. Many of our members are on fixed incomes and are faithful with their support. We praise God for our church family support of the Tuition Assistance Program. We have always met our obligations and recognize that this year will be our most challenging year and anticipate this to be a trend over the next four to five years.

CLARION: Tell us about the philosophy of the committee's members.

LL: Each committee member is strongly committed to the need for Christian education and we don't want any child to be denied this blessing. With that in mind, we step out in faith and move forward in our belief that our church members share in the value of this mission.

CLARION: Anything else you'd like to add?

LL: Most of our students move on to our universities and eventually graduate and serve in their communities, with some of them returning to our very own church. Having a Christian education strengthens our future families.



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Youth Raise Money and Awareness Over World Hunger

Hoping to draw attention to famine and starvation across the globe, a sizeable group of church teenagers fasted for more than a day and raised in excess of \$5,000 to help feed 15 children for a year.

A total of 28 youths participated in the annual 30 Hour Famine over the summer, an international youth movement headed by World Vision.

“We only did this for 30 hours but people do this everyday of their lives,” said Andrew Leslie. “You think about how it must feel for them, every day of their lives.”

The famine began on a Friday afternoon and continued into Sabbath, when the youths prepared 50 peanut butter and jelly sandwiches and delivered them to the indigent at Capitol Park in downtown Sacramento.



What was it like making sandwiches and not being able to eat them? “You wanted to lick your fingers but you couldn’t,” said Ashley Aylsworth.

After distributing sandwiches, the group knocked on house doors asking for canned food or money.

Finally, at 7 p.m., the youths broke their fast 30 hours after it had started, by enjoying a spaghetti dinner at church.

“The greatest benefit was that we were actively doing something to help people,” said interim Youth Pastor Dan Wysong.

Community Service Seeks Volunteers

By Diane Leslie

We are continuing to serve more than 60 families each week through Community Service. Thank you to those who are bringing in food donations, as well as grocery shopping bags (especially paper), and egg cartons. We are seeking to increase our base of volunteers, including those who can only help occasionally, as needed, or “on call.” The help is most needed on Tuesdays, from 9 a.m. to 3 p.m., and Wednesdays, from 8

a.m. to 1p.m. If you are interested in giving us a hand, please call Diane Leslie at 916-402-6942.

Our waiting room remodeling project is nearing completion, to include carpet and paint, as well as a water cooler! It will be a much more pleasant place for our clients, as they wait to be served.



Sacramento Adventist Academy

First Grade Class Wins First Place in the Old Auburn Pumpkin Farm Scarecrow Contest!

Ten orange-faced scarecrows depicting historical characters from US history was the theme for this year's display. Those characters included Benjamin Franklin, George Washington, Harriet Tubman and Florence Nightingale. Each first grade student received a blue ribbon and a teddy bear. The prize to the class was \$500.

Don't Miss SAA's Christmas Music Programs

Dec. 5 K-6 Christmas Music Program, 4 pm
Dec. 6 7-12 Christmas Music Program, 5:30 pm
More information coming soon...

MUST SELL – ANY OFFER CONSIDERED:

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Contributors Wanted

The *Clarion* is seeking additional writers to help produce upcoming issues. If you're interested in reporting and writing about our church events and people, we encourage you to get in touch with us at: carmichaelclarion@gmail.com. Edwin Garcia, editor.

Adventist Health Job Opportunities

Available openings include several I.T. positions and business support. Visit the jobs page at: www.adventisthealth.org.

Looking for A Job

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ANNOUNCEMENTS

By Patty Marchal, Church Board Clerk and Eleanor Morrison

Births

Cason Bruce Laing,
June 27, 2009
Nickolas Jonathan Kanas,
Sept. 13, 2009

New Members

Helen Ball
Deborah Butler
Kristopher Cabreira
Janis Campbell
Steven Carlson
Sue Carlson
Brittany (Collins) Cheney
James Cheney
Malinda Haro
Patti Hopmann
Tom Hopmann
Ashley Kaster
Beverly Sievers

By Baptism

Nathan Carr
Uche Eke
Jennifer Wilcox-Young
James Lee Young

Weddings

Ryan Lamb & Inessa
Kisakova, June 7, 2009,
at South Lake Tahoe
Paul and Holly (Kampf)
Robins, July 25, 2009,
in Sacramento
Ashley Megan Fujikawa &
Brandon Michael
Grainger, Sept. 5, 2009,
in Gold River
Jason Uyeyama &
Mari Shironishi,
Summer 2009

At Rest

Clotilde Chairez, July 8
Gloria Luppens, July 12
Gloria Yaw, July 12
Sue Holley, Aug. 12
Lillian Heinrichs, Aug. 30
Kai Pihl, Sept. 11

DATES TO REMEMBER

Thanksgiving Luncheon

November 21
immediately following
the church service.

Thanksgiving Music Program

November 21
Song list includes:
*Then Will the Very Rocks
Cry Out, Thanks be to
God, Crown Him with
Many Crowns and Sheep
May Safely Graze*

SAA Christmas Programs

December 5
Kindergarten-Sixth Grade
December 6
Academy Youth

Women of Faith

December 4-5
Arco Arena
For ticket info contact
Laura Meert, 916-722-1617

SAGE Sandhill Crane Tour

December 6 near Lodi.
Carpools leave from
church parking lot, dinner
in Elk Grove upon the
return. Cost: \$8. Contact
Lorene Soderstrom:
916-067-6178 or lorene.
soder@comcast.net.

Traditional Christmas Candlelight Program

December 18, evening.
Arladell Nelson, director
Choir, orchestra and
soloists present the
Messiah.

LOOKING FOR HELP

Mary Lloyd is collecting
items for Care Bags, which
are in need of small items
such as combs, brushes,
toothpaste and small toys.

❖ **Green Bean Almondine** ❖

CHIPs Recipe, The Optimal Diet ©2009

- 2 cups – green beans, fresh or frozen
- 1/2 teaspoon – thyme
- 1/2 cup – bell pepper, red, finely diced
- 1 tablespoon – almonds, slivered, slightly toasted

Directions:

1. Simmer green beans in a bit of water until crisp-tender
2. Drain water
3. Add thyme and red pepper to green beans. Cover and allow to steam for a couple of minutes.
4. Place steamed beans in a bowl.
5. Mix in almonds and salt to taste. Serve immediately.

Preparation time: 20 minutes. Serves 4.

2009 SUNSETS



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NOVEMBER

Friday, 6th 5:04 pm
Saturday, 7th 5:03 pm
Friday, 13th 4:57 pm
Saturday, 14th 4:56 pm
Friday, 20th 4:53 pm
Saturday, 21st 4:52 pm
Friday, 27th 4:49 pm
Saturday, 28th 4:49 pm

DECEMBER

Friday, 4th 4:48 pm
Saturday, 5th 4:48 pm
Friday, 11th 4:48 pm
Saturday, 12th 4:48 pm
Friday, 18th 4:50 pm
Saturday, 19th 4:51 pm
Friday, 25th 4:54 pm
Saturday, 26th 4:54 pm

Sundown times courtesy of the Northern California Conference Web site.



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CHURCH *calendar*

COMMITTEES

Committee Meeting Dates are Subject to Change, check with the Church Office

- Finance Committee Meeting** 7:00 p.m. Second Monday of the month
- Elders' Meeting** 6:30 p.m. Last Monday of the month
- Church Board Meeting** 7:30 p.m. Last Monday of the month
- Church Business Meeting** Quarterly as announced

WEEKLY SCHEDULE

- Sunday 6:00 p.m. Chronic Illness Support (*1st & 3rd Sundays of the month, Lori Jackson's home*)
- Tuesday 10:30 a.m. Women's Bible/Prayer Group (*Earliteen Room*)
 7:30 p.m. Men's Bible Study Group (*Fireside Room*)
- Wednesday 12:00-3:00 p.m. . . . Quilt Club (*2nd Wednesday of the month*)
 9:00 a.m. Community Service
- Sabbath 9:30 a.m. Sabbath School
 10:45 a.m. Worship Service

"I really want us to be Adventists, and not Madventists."

*– Pastor Marc Woodson
 August 15, 2009 Sermon at Carmichael*

The **CLARION**

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Send us information about your important events, contact the church office at 916-487-8684, or Edwin Garcia at carmichaelclarion@gmail.com.