



# Chapel Chimes

727 T Street, Sacramento, CA • October 2025

Dear Friends,

When my BFF from seminary days, Pastor Sheri Edwards, visited me in mid-September, we attended a special screening of the final *Downton Abbey* movie dressed in vintage clothes. No one else in the theater lobby was wearing a fancy hat and long gloves or sparkling costume jewelry, but we felt it only proper to dress the part as we bade farewell to the *Downton Abbey* characters we've known since January 2011. It was a grand movie! During Sheri's visit, we ate and laughed lots, and talked about our lives as you can with a dear friend. We also shared our deep concern about current events in our country and the world. Sheri tries to figure out what's going on and how to respond by reading lots of disturbing internet news. I stay informed while also managing my intake of horrific stories and vitriolic posts. Because for some of us, the fear that the world is just too full of trouble and that we can't do much of anything about it is so intense that it can rule, and ruin, our lives.

Talking with Sheri about how scary the world is right now I was reminded of a book by Gareth Higgins, *How Not to Be Afraid: Seven Ways to Live When Everything Seems Terrifying*. Higgins grew up in Belfast during the Troubles in northern Ireland. He led a peacebuilding community in northern Ireland and helped found the Wild Goose Festival, a story-driven festival in North Carolina based in faith-inspired social justice. In a chapter on Fear of the World, Higgins quotes psychologist Steven Pinker who says that:

*there are two ways to understand the world: a constant drip of anecdotes about the worst things that have happened anywhere on the planet in the previous hour, or a bird's-eye view of the grand developments that are transforming the human condition. The first is called 'the news,' and for your wisdom and mental health I recommend balancing it with the second.*

Too much exposure to the world's shadows can overwhelm us. For those of us who are afraid of the world right now, we may not have enough positive input. It's not that creative activism and transformation aren't happening, it's that they're drowned out by stories of destruction. The suffering and violence we hear about are absolutely real, and horrific. But if our response to them is only fear and

anxiety, we may be stunned into inaction and despair. Higgins notes that when we look at the ways and reasons why violence reduces, we can gain not only hope but empowerment.

Here's a timely takeaway from Higgins: "Violence reduces when women are empowered." In order to cultivate peace, one response to increased political and worldwide violence would be to work to promote women's voices, support women's equity, become educated about gender violence and learn how to decrease it.

I'm grateful that the Presbyterian Church (U.S.A.) affirms God's gifting and equipping women and men for all types of ministry. These days there is a church movement in America that promotes gender inequality. Lifting texts from Scripture to support this hierarchical agenda, men seek to subjugate their wives and deny their civil rights, even the right to vote. Doug Wilson, founding pastor of Communion of Reformed Evangelical Churches (CREC) is a leader of this movement. Pete Hegseth, current US secretary of defense, is a member of a CREC church in Tennessee, and a CREC church is now in Washington DC. We need not be afraid, but must be informed, about harmful movements like CREC that claim to be Christian but promote doctrine contrary to the teachings of Jesus Christ who welcomed women as his followers and sent them to declare the news of His resurrection. May God likewise send us to transform and heal the world.

- Pastor Sarah



# News

## September Report from Session

The September 11, 2025, meeting of the Session was held at Parkview. The following actions were discussed and/or voted on:



- Session voted unanimously to accept the membership of Maria Mar at the September 21, 2025, worship service. She will be welcomed at the coffee hour following the service.
- Session approved removal of metal gate outside the nursery and replacing it with a removable baby gate as mandated by the Fire Marshall's inspection on 9/25.
- There was discussion of offering the following classes after worship services:
  1. Cooking Classes (Haruko Sakakibara and Judy Fukuman)
  2. Calligraphy Class taught by Miyo Uchida.
- Discussion of purchasing bibles for youth and the pews.
- Jana Nakase-Lee was acknowledged and thanked for recommending the showing of the film "Israelism," which was well received.
- Discussion to apply for NCCP 2025 Mission Grant to help the local immigrant community.

Submitted by: Terri Bowman, Clerk of Session  
Session members: Jody Brown, Judy Fukuman, Donna Komure-Toyama, Aki Kumagai, Jana Nakase-Lee, Gary Younglove

## Run for a Safe Haven is October 25

Please join the "Friends of Parkview" Team and run/walk on October 25 to raise money for My Sister's House. My Sister's House serves Asian and Pacific Islander and other under-served women and children impacted by domestic violence, sexual assault, and human trafficking by providing a culturally appropriate and responsive safe haven, job training, and community services. Go to <https://raceroster.com/events/2025/107658/run-for-a-safe-haven-runwalk-2025> to register for the event. Join the "Friends of Parkview" team and get a \$5 discount.



## Volunteer Spotlight: Dave McGill

*Parkview is fueled by its volunteers, many working behind the scenes to keep the church going.*

Dave serves as worship leader, sound system operator, parking attendant as well as on the coffee time team. He is everywhere, often on short notice, volunteering whenever something needs to get done. Thanks, Dave, for all you do for Parkview!



## Welcome, Maria Mar!

During worship service on September 21, Parkview's newest member, Maria Mar, was welcomed by the church family. Parkview's session met with Maria on September 11 to hear about her faith journey, and the elders were delighted to vote to receive Maria as an active member of our church. A longtime Presbyterian, Maria currently serves as the Treasurer for our North Central California Presbytery.



## Financial Report as of September 30, 2025:

	September	Total Yr 2025
Income:	\$13,325.26	\$139,970.43
Expenses:	\$17,626.10	\$159,930.10
<b>Difference:</b>		<b>(\$19,959.67)</b>

# News

## The Beautification of Parkview Continues!

Stan Umeda put on his artist and woodworking hat to refurbish the signs for the Kansha and Heiwa buildings. It was no easy task. The signs were not only weather worn but had also split. Using the tools in his workshop, Stan glued the pieces back together, repainted the lettering, and varnished the pieces. When it came to reinstalling the signs, Stan housed them in boxes that have UV-protection on the clear coverings. He also added Parkview's signature wooden roofs. What an artistic flourish! Here are a couple of images of the process:



*Thank you, Stan!*

## Inside Stan's Workshop

Dave McGill recently had the opportunity to visit Stan Umeda's home workshop. "Awesome," is how Dave described it. The photo below shows Stan holding one of his favorite tools - a Japanese woodworking chisel. "He has an entire kit!" Dave said and went on to write, "His shop is so well planned and organized. It's a trophy! Stan was again our coach and mentor as we cleaned out the church for garbage hauling." The clean-up crew consisted of Phillip Chew, Russ Hart, Donna Komure-Toyama, Dave McGill, Ben Pryor, Jonathan Sakakibara, Stan Umeda, and William Yee.



# Upcoming Events

## YES Creates Greeting Cards

During a recent worship service, children and youth went to YES to create greeting cards to send to beloved Parkview family members. Aren't they just beautiful?! Many thanks to Lynn Yamamoto for guiding the cardmaking.



## Special Workshop on Drugs Slated for Oct 19.

Please join us on October 19 from 11:45am - 12:30pm when OmniYouth will present a special workshop in the social hall after coffee hour: "Myth or Fact? The Truth About Drugs" interactive game-show format highlights surprising and little-known facts about:



- Today's marijuana, vaping, and opioids.
- The unique effect on teens' brains and their mental health.
- How to resist peer pressure.

This presentation is suitable for all ages. Youth and their families and friends are encouraged to attend this fun, informative program. Everyone is welcome!



## Mariners Fundraiser a Great Success!

The Mariners Movie night on September 27 was a big success. There were thirty-five people in attendance who enjoyed the award-winning movies, delicious food, and fellowship. Parkview raised \$1460 and collected 59 cereal boxes. The money and cereal boxes were donated to SSIP Food Closet. Many thanks to all the volunteers who prepared food and to the donors!

- Submitted by The Mariners  
Rick & Irene Uno  
Skippers



## 4th Annual Thanksgiving Showtime Scheduled!

The fun time will be back on November 16, from 11:15 am - 12:15 pm! During previous showtimes, we have enjoyed singing, poetry recitations, instrumental music performances, and various other interesting presentations, reflecting the abundance of creativity and talent among our Parkview community. Let's have another successful one! It will help generate our Autumn Thanksgiving gifts to God. Each performance is about five minutes. Please write your interest to [sakakibarabaruko@gmail.com](mailto:sakakibarabaruko@gmail.com) to secure your entry for the programming. Deadline is November 2. Thanks!



- Submitted by Haruko Sakakibara

# Upcoming Events

## Worship with Us In Person or Online:

You can access login info for worship services and online meetings as well as worship programs at <https://parkviewpc.org/>.

### Oct: Kris on Vacation.

Kris, our office manager, is in Japan on vacation this October.

- For office needs, email [Pastor Sarah](mailto:Pastor Sarah).
- To add/correct weekly email information, email [Judy Yee](mailto:Judy Yee).



### Oct 5: Worship Service. 10 am. Communion will be celebrated.

Worship Leader: Sue Goodwin  
Japanese Reader: Miyo Uchida  
Pianist: Nancy Arata-Fong  
Communion Elders: Steve Hanway, Irene Uno  
YES: Ben Pryor, Kishwer Vikaas  
Online Moderator/Greeter: Lois Van Beers  
Sound System: Dave McGill  
Parking: Gary Younglove  
Ushers: Mieko Davis, William Yee  
Greeters: Ian Davis, Mieko Davis  
Altar Flowers: Ian & Mieko Davis

### Oct 6: No Embodied Listening. Rev. Rola at a conference.

### Oct 7: No Gentle Yoga. Rev. Rola at a conference.

### Oct 7: Bible Study. 6 pm via Zoom.

### Oct 7: Prayer Team Meeting. 7:15 pm via Zoom.

### Oct 8: Pastor Sarah on Vacation. Thru Oct 11.

### Oct 8: Choir Practice. 7 pm. in the social hall.

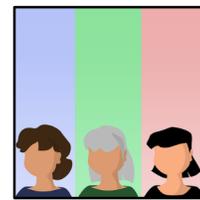
### Oct 9: Hatha-Vinyasa Practice. 6 pm in the social hall.

### Oct 12: Worship Service. 10 am.

Worship Leader: Haruko Sakakibara  
Japanese Reader: Miko Kumagai  
Pianist: Janet Hill  
YES: Jana Nakase-Lee, Lynn Yamamoto  
Online Moderator/Greeter: Lori Hart  
Sound System: Cathy Nishizaki  
Parking: Tak Fukuman  
Ushers: Diane Younglove, Gary Younglove  
Greeters: Maurine Huang, Sachiko Yoshikawa  
Altar Flowers: Jonathan & Haruko Sakakibara

### Oct 12: PPW General Meeting.

After worship service in the sanctuary and online.  
Zoom ID: <https://us02web.zoom.us/j/83605035525>.



### Oct 13: No Embodied Listening. Rev. Rola at work at PC USA national office.

### Oct 14: No Gentle Yoga. Rev. Rola at work at PC USA national office.

### Oct 14: Bible Study. 6:30 pm via Zoom.

### Oct 15: Choir Practice. 7 pm. in the social hall.

### Oct 16: Session Meeting. 5:30 pm. in the pastor's office.

### Oct 16: Hatha-Vinyasa Practice. 6 pm in the social hall.

### Oct 18: No Kings II Rally. 10 am - noon.

At the Capitol. Parking at church on first come, first served basis. [Click here](#) for more information on this action to save democracy.



# Upcoming Events

**Oct 18: Manzanar Baseball Grand Opening Doubleheader.** Limited seats available. Website for registration and to donate: <https://www.mzbbp.org/event-list>.



**Oct 19: Worship Service.** 10 am.  
Worship Leader: Christine Umeda  
Japanese Reader: Mieko Davis  
Pianist: Haruko Sakakibara  
Online Moderator/Greeter: Aki Kumagai  
Sound System: Jonathan Sakakibara  
Parking: Dave McGill  
Ushers: Betsy Eskridge,  
Donna Komure-Toyama  
Greeters: Tia Kilpatrick, Luyan Tang  
Altar Flowers: Stan & Christine Umeda

**Oct 19: Coffee Time.**  
After worship service.  
Many thanks to Nancy Arata-Fong, Russ Hart, and Titus Toyama.



**Oct 19: Special Workshop on Drugs.** 11:45 am.  
See [page 4](#).



**Oct 20: No Embodied Listening.** Rev. Rola on continuing education.

**Oct 21: No Gentle Yoga.** Rev. Rola on continuing education.

**Oct 21: Bible Study.** 6 pm via Zoom.

**Oct 22: Choir Practice.** 7 pm in the social hall.

**Oct 23: No Hatha-Vinyasa Practice.** Rev. Rola on continuing education.

**Oct 26: Worship Service.** 10 am.  
Worship Leader: Jonathan Sakakibara  
Japanese Reader: Michael Wright  
Pianist: Nancy Arata-Fong  
YES: Julie Chew, Cathy Nishizaki  
Online Moderator/Greeter: Judy Yee  
Sound System: Liam Wright  
Parking: Phillip Chew  
Ushers: Carla Hart, Lynn Yamamoto  
Greeters: Pattie Hashimoto, Gary Younglove  
Altar Flowers: Jerry & Marilyn Champa

**Oct 27: Embodied Listening.** 6:30 pm in the social hall.

**Oct 28: Gentle Yoga.** 10 am in the social hall.

**Oct 28: Bible Study.** 6 pm via Zoom.

**Oct 29: Choir Practice.** 7 pm. in the social hall.

**Oct 30: Hatha-Vinyasa Practice.** 6 pm in the social hall.

**Nov 2: Newsletter Deadline.** 5 pm. Email photos and/or articles (350 word max.) to [officemanager@parkviewpc.org](mailto:officemanager@parkviewpc.org) for inclusion in the November *Chapel Chimes*. Note special date.

**Nov 3: Pastor Sarah on Vacation.**  
Thru Nov 11.

Save the Dates!

**Nov 09: Cooking Class.**  
See attached flyer.

**Nov 13: Session Meeting.**

**Nov 16: Thanksgiving Showtime.**

**Nov 17: PPC Legacy Meeting.**

**Nov 27: Thanksgiving Day.**

**Nov 30: Due date to register for the Christmas Luncheon.** See attached flyer.

**Dec 07: Christmas Luncheon.**



# Thank You for Your Support!

## Thank You for Your Support!

Many thanks to all of you who contribute to Parkview through your generous pledged offerings! Additionally, thanks so much to the following for their generous special donations. Acknowledgment letters and postings in the *Chapel Chimes* may be in reverse order. Thank you for your patience. Contact [officemanager@parkviewpc.org](mailto:officemanager@parkviewpc.org) with any questions.

**In Celebration of Bill Nagata's 80<sup>th</sup> Birthday:** Phil & Julie Chew

**In Celebration of Ken Okawara's 100<sup>th</sup> Birthday:** Phil & Julie Chew

**In Memory of Eiko Fujiwara:** Brian & Leah (Fujiwara) Kanegawa

**In Support of PPW:** Dave McGill

**Aloha Offering:** Jerry & Marilyn Champa, Phil & Julie Chew

## How to Donate:



**In Person:** You may drop off your donation during worship service.

**By Mail:** Make checks payable to Parkview Presbyterian Church. Please do not send cash.

**Online:** Please go to <https://www.parkviewpc.org/>, click on the "Support Parkview" tab, and select "General Fund." Use the Notes section to provide additional information about your donation, i.e. "in memory of" or "xx fund." You can use a credit card or bank transfer; donate one time only or set up regular donations. Thank you for your generosity.

## Cooking Classes are coming soon!!

Lets' grow our repertoire for the church pot-luck!!!



**11.9** California Rolls

Garlic Chicken

**1.11** Open Inari

Cucumber Salad

**4.12** Spam Musubi

and a side dish

### Instructors :

Haruko Sakakibara on 11/9 and 1/11 and Judy Fukuman on 4/12

**Fees:** \$5 per a lesson (Money left after purchasing the ingredients will be donated to church general fund.)

### Applications:

Please inform Donna, Haruko, Judy F. or Miko if you want to attend by a week prior to each class. Please bring the fee on the day.

### Time:

11:15 (or as soon as the service ends) to 1:30 (maybe extended to 2:00)

### Preparations:

Please wear an apron and wash your hands clean to attend. All the ingredients will be provided. (Light lunch will be made together.)



## Parkview Christmas Party

Sunday, December 7, 2025, 1:00 pm

**Aviator's Restaurant**  
6151 Freeport Blvd.  
Sacramento, CA

**Cost:** \$36 per adult \$18 for children (6-12) Free for 5 and under

**By November 30<sup>th</sup>:** please sign up and pay.

1. **To sign up:** text, email or fill out and mail the form below to Lynn Yamamoto:
  - o Text: (916) 402-5241
  - o Email: [yamamoly@sbcglobal.net](mailto:yamamoly@sbcglobal.net)
  - o Mail: 3521 E Curtis Dr, Sacramento, CA 95818
2. **To make a payment:** Make check payable to **Parkview Presbyterian Women**. Write "Christmas Luncheon" in the message line. Mail check to Lynn at address above.

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### Parkview Christmas Luncheon 2025

Name: \_\_\_\_\_

Please list the names of each of your guests.

\_\_\_\_\_

Number of adults (\$36/person) \_\_\_\_\_

Number of children (age 6-12, \$18/child) \_\_\_\_\_

Number of children (5 & under, Free) \_\_\_\_\_

Grand Total \$ \_\_\_\_\_

