



October 3, 2026

Opening Hymn	<i>Holy Holy Holy</i>	Praise Team
Welcome		Benji Ferguson
Ministry Celebration	Ladies Who Lunch	Laura Meert & Pat Moran
Offering Call		Bobby Peña
Offertory	<i>The Heart of Worship</i> by Redman, arr. Hayes	Brenda Weiss Piano
His Word	Deuteronomy 30:19-20	Benjamin Dittmar
Prayer		Sheri Fayard
Homily	Still Alive	Jeff Carlson
Ordinance of Humility		
Praise Song	<i>Jesus Paid It All</i>	Praise Team
Communion Service		
Closing Hymn	<i>Great Is Thy Faithfulness</i>	Praise Team
Postlude	<i>Toccata</i> by Frescobaldi-Cassadó	Corbin Weiss, Cello Brenda Weiss, Piano

Sunset Tonight: 6:47 pm

Sunset Next Friday: 6:38 pm

Praise Team: Guitar and Vocal-Benji Ferguson; Cello-Corbin Weiss
Piano-Brenda Weiss

Church Family Giving Update

	Through Sept 30, 2026	YTD as of Sept 30, 2026
Contributions	\$44,820	\$452,722
Budget	\$58,244	\$570,225
Shortfall / Gain	-\$13,424	-\$117,503

Sanctuary Flowers The flowers today are in celebration of our son Uche's 32nd birthday. We give God thanks for His amazing grace and abundant blessings upon our family. ~ The Eke Family

We have been blessed with wonderful pastors who lovingly care for and serve our congregation. They give tirelessly without the thought of reward. October is Pastor Appreciation Month. While we should be showing our gratitude for our pastors all year long, please make a special effort to show them how much you appreciate them and their service throughout this month.

Mom's Night Out Any and all Mamas are invited for a night off with other ladies! Come create and relax with us at Petroglyph Pottery in Roseville on Oct 14 at 5:30pm as we paint, snack, and discuss our mom-life topic: "Mess or Masterpiece?" Text Pastor Melissa to hold your spot: 253-261-5043.

Thank You Church Family for your loving support for the Neal and Harrell families as we grieve the passing of our beloved Micah Harrell. Your kind words have made this difficult time more bearable. God bless you all! ~ Karen Neal

Married Couples Ministry is launching at Carmichael! All married couples are welcome to join the journey of growing stronger together in Jesus. Our kickoff event is a fully catered Prayer Breakfast on Sunday, October 4, at 10am in the Fellowship Hall (childcare is provided on site.) Text Pastor Melissa to register today 254-261-5043.

Ladies Who Lunch Join us for our Fall Roundup Luncheon on Thursday, Oct 8 at 11am in the Fellowship Hall. Share fun, food, and friends. Sign up today at the Ministry Desk and bring a friend. The more the merrier. For more info: Pat Moran 650-492-3677 or Laura Meert 916-412-4650

Preschool Playgroup meets for Wed morning playdates and Sun family field trips. The next family field trip is Sun, Oct 4, 10am at the train museum in downtown Sacramento. This is a great chance for families of younger kids to get connected and build community. Check the Family Life Calendar for more events! Contact Autumn Sauder for info: 530-966-4680.

NCC Family Ministries Relationship Workshop (Oct 16-17): Dr. Bryan Cafferky of Loma Linda University is presenting a free four-part seminar, "Untangling Our Relationships: Finding Healing With Abraham's Family." Discover practical tools to understand family dynamics, resolve troublesome conflicts, and bring healing to your home. Free meals are included, featuring a Friday evening soup supper and a Saturday haystack lunch between sessions.

If you would like to schedule an appointment with Pastor Jeff Carlson, you can call or text him directly at 253-709-6202.

POTLUCK HELP NEEDED We need **3–5 teams** willing to coordinate a church potluck twice a year. For several years, John Guynn has faithfully served as our potluck coordinator while also serving as our kitchen coordinator. He's now officially retired from potluck duty! So, if we want to keep enjoying potlucks at Carmichael, **we need your help!** Interested? Have a team ready to serve? Please contact the church office.

The Carmichael Community Services Food Pantry made an incredible impact on September 30, serving 394 families (1,778 individuals). The month of September was a record month, with 1,893 families (8,439 individuals) receiving food.

Community Services Needs Strong Volunteers to help load cars on Wednesdays from 11:00 am to 12:00 pm. Thanksgiving food distribution is on Wednesday, November 18 and manpower will definitely be needed starting at 11:00 am.

Community Services is collecting empty, dozen-size egg cartons for our food pantry. If you have any to spare, please drop them off in the red wagon in the church lobby. Thank you!

Flower Dedication If you would like to dedicate sanctuary flowers to a special person or occasion, there are only three dates left in 2026: October 24, 31 and November 28. You can write your name on the flower calendar which is on the bulletin board in the church lobby, or you can call or email the front office and Kimberly will add your name to the calendar.

Get Updates If you would like to receive text message updates, text: **carmsda** to 833-269-6332. You can also text **High School** or **CCK** (Carmichael Cares for Kids, our family and children's ministry) to the same number to get specific announcements for those groups.

Stay In The Loop To subscribe to our weekly newsletter, please go to: <https://bit.ly/3ZvPKDZ>

Scripture Reading Volunteers Needed A vital part of our worship service is the reading of scripture. We are looking for a variety of people to read scripture from week to week to highlight different voices and varying ages. Children, youth, and adults can all participate in this piece of the service. This can be individuals or families together. Scripture reading is a simple and meaningful way to step onto the stage and be part of our worship experience. If you are interested, please contact Barbara Nahorney at nahorney@mycci.net to get on the schedule. If you feel like you need a little coaching or guidance, we're happy to help, just let us know.

Looking Ahead

SABBATH	October 3
11:00 am	Communion: Jeff Carlson Pathfinder Camporee (Leoni Meadows)
SUNDAY	October 4
10:00 am	PreSchool Playdate Family Field Trip (Train Museum)
10:30 am	Marriage Ministry Welcome Brunch (Fellowship Hall) Pathfinder Camporee (Leoni Meadows)
MONDAY	October 5
6:00 pm	Exercise Class (Youth Chapel)
WEDNESDAY	October 7
6:00 pm	Wednesday Night Youth Group (Youth Chapel)
8:30 am	Community Food Distribution (Fellowship Hall)
5:30 pm	Exercise Class (Youth Chapel)
6:00 pm	Wednesday Night Youth Group (Youth Chapel)
7:00 pm	Choir Rehearsal (Choir Room - Rose Court)
THURSDAY	October 8
11:00 am	Ladies Who Lunch (Fellowship Hall)
SABBATH	October 10
11:00 am	Sermon: Benji Ferguson

All church programs are live-streamed and recorded. Each can be viewed live, or at any time, on our website or on YouTube at carmsda.org

ABOUT US

Pastors

Lead Pastor	Jeff Carlson	253-709-6202	jcarlson@carmsda.org
Youth Pastor	Benji Ferguson	612-481-3843	bferguson@carmsda.org
Children/Family Life	Melissa Howell	253-261-5043	mhowell@carmsda.org
Discipleship/Outreach	Pedro Trinidad	925-951-7041	ptrinidad@carmsda.org

To schedule a meeting with one of our pastors, please text or email using the information above.

Church Staff

Administrative Assistant	Kimberly Jones	916-487-8684	office@carmsda.org
Treasurer	Adam Piersanti	916-487-8684	treasurer@carmsda.org
Assistant Treasurer	Isidro Valdes Sr.	916-487-8684	i.valdessr@carmsda.org

Church Officers

Head Elder	Bobby Peña	916-730-5191	bpena@bp3.com
Co-Head Deacon	Dietmar Grellmann	916-719-2738	dgrellmann@calhospital.org
Co-Head Deacon	Greg Fayard	916-837-1865	gregfayard@yahoo.com
Co-Head Deaconess	Denise Aylsworth	916- 505-6838	bumponthehill@sbcglobal.net
Co-Head Deaconess	Ashley Jarcevic	916-342-2509	ashley.jay1216@gmail.com
Church Clerk	Kimberly Jones	916-487-8684	office@carmsda.org

Sacramento Adventist Academy

Principal	Matthew Jakobsons	916-481-2300
School Board Vice Chair	Barry van Iderstein	916-508-8388

<https://sacaa.org>
info@sacaa.org

For facility emergencies, contact Gary Tarvin 279-226-6482
Physical Plant Assistant: Michele Reedy 916-803-4745
Community Services Director: Judy Wong 916-342-5145

facebook.com/carmsda
www.carmsda.org
instagram.com/carm_sda
[YouTube.com/carmsda](https://youtube.com/carmsda)
[Online Giving www.carmsda.org/give](https://www.carmsda.org/give)



*“Two are
better..
than one..”
Ecclesiastes 4:9*



**MARRIED COUPLES
MINISTRY**
GROWING TOGETHER IN CHRIST
CARMICHAEL
SEVENTH DAY ADVENTIST CHURCH

*Stronger Together
in His Purpose* ♥

Prayer Breakfast

You Are Invited

 **Sunday, October 4, 2026**

 **10:00 AM - 12:00 PM**

 **Carmichael SDA Church Fellowship Hall**

 **On site child care provided**

Family Life Events Calendar Fall 2026

Sept 8 - CCK Soccer Begins: 6:00-7:15pm at SAA
 Sept 13 - CCK Soccer: 6:00-7:15pm at SAA
 Sept 16 - Preschool Playdate: Rancho Cordova Children's Museum, 10am
 Sept 18 - Adventurer/SS Teacher Dedication Dinner/Swim Party, 5:30p Howell Home
 Sept 19 - ADVENTURERS Begins: "God's Aloha Luau" - 2pm Youth Chapel
 Sept 19 - Men's Ministry: "The Lone Wolf" - Lunch 1pm, Meeting 2pm, FSH
 Sept 20 - CCK Soccer: 6:00-7:15pm at SAA
 Sept 25 - **Family Friday:** "The Amazing Race"- Vespers/Dinner 5-8pm FSH
 Sept 27 - CCK Glow-in-the-Dark Soccer: 6-7:30pm at SAA
 Sept 29 - Moms Night Out: "Empty Piñata" - El Tapatio, 6:30pm



Oct 1 - Family Home Worship Groups Launch
 Oct 4 - Preschool Family Field Trip: Train Museum, Downtown Sac, 10am
 Oct 4 - Marriage Ministry Welcome Brunch -10:30am, Fellowship Hall (FSH)
 Oct 14 - Mom's Night Out: "Mess or Masterpiece?" - Petroglyph Pottery 5:30pm
 Oct 17 - ADVENTURERS: "Parrot Paradise" - 2pm Youth Chapel
 Oct 23 - Marriage Ministry: Meeting and Dinner, 6-8pm Fireside Room
 *Oct 24 or 25 - **CCK Barn Party & Costume Contest:** *Down on the Farm!*- TBD
 Oct 28 - Preschool Playdate: Fairytale Town, 10am
 Oct 30 - **Family Friday:** Rose Court Campfire Vespers/Dinner, 5:30pm
 Oct 31 - Men's Ministry: "High-Wire Artist: Balance & Burnout" - 2pm Fireside Room

Nov 1 - Family Gratitude Challenge Begins: "30 Days of Thanks"
 Nov 6 - **Women's Summit:** "Come to the Table" Session 1 & Dinner - 6pm FSH
 Nov 7 - **Women's Summit:** "Come to the Table" Session 2 - 2pm FSH
 Nov 8 - Family Mini-Golf Event: Golfland/Sunsplash, 3:30-6pm
 Nov 11 - Preschool Playdate: Effie Yeaw Nature Center, 10am
 Nov 13 - **Family Friday:** Gratitude Feast & Vespers, 6-8pm FSH
 Nov 14 - ADVENTURERS: "Lego Extravaganza" - 2pm Youth Chapel
 Nov 14 - Dad's Night Bowling: Bowlero in Roseville, 7-9pm
 Nov 18 - Mom's Night: "Feast or Famine" - PF Chang's, 6pm
 Nov 20 - Marriage Ministry: Meeting and Dinner, 6-8pm Fireside Room
 Nov 21 - Men's Ministry: "No-Shave November: Men's Health" - 2pm Fireside Room
 Nov 22 - Preschool Family Field Trip: Aerospace Museum, 10am

Dec 1 - Christmas Family Service Project Begins: Holiday Adoption Program
 Dec 3 - Team Setup for Night in Bethlehem, 5:30pm FSH
 Dec 5 - **NIGHT IN BETHLEHEM:** Event One, 5:30-9pm FSH
 Dec 6 - **NIGHT IN BETHLEHEM:** Event Two, 3-6pm FSH
 Dec 9 - Mom's Pajama Party & Christmas Gift Games, 5:30pm Grellmann Home
 Dec 16 - CCK Gingerbread House Party & Movie Night, 5:30pm FSH
 Dec 19 - Marriage Ministry Christmas Party, 6-8pm FSH

Save the Date:!!! **LEONI MEADOWS FAMILY RETREAT:** March 5-7, 2027

Contact: Pastor Melissa Howell 253-261-5043

HOWDY

LADIES WHO LUNCH

Presents a Fall Roundup Luncheon

Thursday, October 8, 11 a.m.

Carmichael SDA Churh Fellowship Hall

4694 Pasadena Avenue, Sacramento

Questions?

Laura Meert 916-412-4650

Pat Moran 650-492-3677



Mom's
NIGHT OUT

Mess or Masterpiece

Wednesday
October 14
5:30pm - 7:30pm


Petroglyph - Roseville
2030 Douglas Blvd.
Roseville, CA 95661

RSVP with Pastor Melissa (253) 261-5043

 Northern California Conference of Seventh-day Adventists Family Ministries
and the Carmichael SDA Church present



Untangling

OUR RELATIONSHIPS

Finding Healing with Abraham's Family

**OCT
16 & 17
2026**



UNTANGLING OUR
RELATIONSHIPS

Guest Speaker

DR. BRYAN CAFFERKY

PhD (Marriage and Family Therapy),
MDiv (emphasis in Family Ministry);
Licensed Marriage and Family
Therapist (CA); AAMFT Approved
Supervisor; Certified Family Life
Educator; 10+ years performing/
teaching Improvisational Theater

untanglingourrelationships
@gmail | Instagram | .com



Discover how God can help you bring healing and restoration to your family.

Dissect the troublesome relational dynamics that hurt Abraham's family and unlock refreshing possibilities for our current relationships.

This seminar offers a compelling new paradigm to explain why families act the way they do. You'll walk away with practical tools to untangle those tricky relationships, which then allows you to begin reweaving the fabric of your family.

Acquire practical tools to help you navigate tricky family dynamics and avoid common relational pitfalls.

WEEKEND SCHEDULE for parents

Soup Supper | 5:30 p.m.

Friday Night | 6:00-8:00 p.m.

Abraham's Family Trouble

Learn to "read" a family genogram to track various behaviors across four generations in Abraham's family.

Sabbath Morning Service | 11:00 a.m.

Rail Meat

Explore Galatians 5:22-23 focusing on the last fruit of the spirit (self-control) as it relates to changing family dynamics.

Fellowship Lunch to follow

Sabbath Afternoon #1 | 2:00 p.m.

Trapping Ourselves in Troublesome Triangles

Learn the roles we play in relational triangles—Is there a better way?

Sabbath Afternoon #2 | 3:30 p.m.

Stable/Unstable Triangles and Where to Find Them

Understand how triangles keep anxiety stuck in the family. Is it "me" or is it the triangle?

nccsda.com/children-family

Carmichael SDA Church

4600 Winding Way | Sacramento, CA 95841

3RD ANNUAL ENDING HOMELESSNESS SUMMIT

Sabbath | November 14, 2026
3:00-6:00 p.m.

GUEST SPEAKER

Kevin Nye

Housing Director
YouthLink, Minneapolis



Sponsored by the
Northern California Conference
of Seventh-day Adventists
Ending Homelessness
Initiative Ministry
nccsda.com/end-homelessness

Carmichael
SDA Church
4600
Winding Way
Sacramento

LOVE THY UNHOUSED NEIGHBOR