

NORTHMINSTER PRESBYTERIAN CHURCH

THE NORTHERN LIGHT

OCTOBER 2008

ISSUE 8



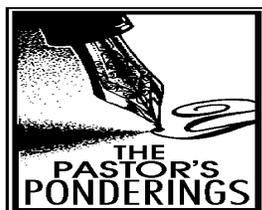
Falling down. It makes you feel a bit helpless really - the moment you realize that your feet have left the ground and your backside and your back are hitting the floor. It's a bit shocking. In addition to the physical jolt, one's pride aches and your thoughts start to race.

I fell in church a few weeks ago during the children's sermon which was HILARIOUS. (me falling down not the children's sermon) My pride was all that was hurt. I learned that for future reference better instructions are to be given in advance.

I fell later that day as well while I was clearing a tree that fell onto our roof and against our house. A neighbor was climbing one of the limbs to place a strap around it so we could pull the tree off of the house with his four-wheeler. The tree then fell towards me along with my neighbor and in that moment I debated whether to try to break his fall, try to move, and wondered what was going to happen to me - all in the span of about three seconds. The tree and my neighbor cleared my head but I fell to the ground for a second time - thankful again that no one was seriously injured.

Our lives at all times are more at the mercy of the forces that act on us from the outside than we may be willing to admit. We are vulnerable as human beings - some of us more than others. At all moments our lives also are in the hands of a Sovereign God who loves us dearly. We may find ourselves, at moments, feeling a bit helpless and have a realization that what is about to happen is going to hurt - and still be unable to change it. Our faith in Jesus Christ though gives you and me the assurance that God is with us before we fall, while we fall, and after we fall to help us pick ourselves up, dust ourselves off, and move forward. My prayer is that we can all feel secure and firmly grounded in the knowledge that we are SO loved by Jesus Christ.

Dwight McCormick II, Pastor



SUNDAY WORSHIP 10:00A.M.

400 Villa Road

Springfield, Ohio 45503

PHONE: 937-399-0838

FAX: 937-629-0881

nrthmnstr@sbcglobal.net

www.northminsterspringfield.org

PASTORS

Dwight McCormick II, Pastor
W. Franklin Sparks, Pastor Emeritus

CHURCH STAFF

- | | |
|-------------------|---------------------------|
| Deana Knotts | Office Manager |
| Gay Steiner | Bookkeeper |
| Lydia C. Smith | Director of Music |
| Kristina Ahlstrom | Organist |
| Susan Dersch | Youth Directors |
| Mark Brush | |
| Howard Garrett | Adult Ministry |
| Dick White | |
| Dwilla Cramer | Presbyterian Women |
| Joan Generous | |
| Mark Brush | Custodian |
| Nancy Jean Graves | Parish Nurse |
| Virginia Phillips | Librarian |
| Bill Harrison | Treasurer |

The Northern Light is published monthly September thru May with one summer issue.

If there is an omission or an error, please contact the editor so a correction can be made.

Thank You

Deana Knotts, Newsletter Editor

**Continue to Remember
the Food Pantry this Fall**

Thanks to everyone who contributed items for the Christ Episcopal Food Pantry this past month. There were three boxes of food that were delivered to the pantry on September 17. The Pantry and its clients are very grateful for your generosity. Requests for assistance from the Pantry continue to grow, so let's try to "grow" our donations too.

Suggested items:

- Dry cereal, 15 or 20 oz. packages
- Powdered milk (in 1 quart packages if possible)
- Peanut butter, 18 oz. size
- Saltine crackers
- Canned tuna, 6 oz. size
- Boxed macaroni and cheese dinners
- Canned fruits and vegetables
- Canned soups
- Canned pork and beans

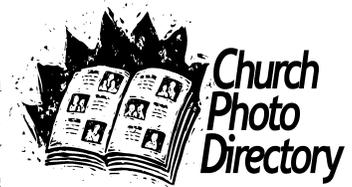
The Christ Episcopal Pantry doesn't distribute staples such as flour, sugar, or cooking oil, so please don't bring these items. Please place donations in the grocery cart in the corner of the Family Room. Thank you for your continued support.

HAPPY BIRTHDAY!

<i>Rob Adams</i>	October 1
<i>Ruth George</i>	October 3
<i>Benny George</i>	October 4
<i>Chuck Mansfield</i>	October 5
<i>John Buckhold</i>	October 7
<i>Joyce Everly</i>	October 9
<i>Virginia Phillips</i>	October 11
<i>Greg Veith</i>	October 11
<i>Susan Dersch</i>	October 12
<i>Kent Sherry</i>	October 12
<i>Carol Emerich</i>	October 13
<i>Mary Haley</i>	October 16
<i>Ken Arnold</i>	October 19
<i>Barbara Benston</i>	October 20
<i>Charlie Myers</i>	October 23
<i>Sophie Spriggs</i>	October 23
<i>Ann Grieser</i>	October 25
<i>Robbie Aldinger</i>	October 28
<i>Irene Hughes</i>	October 28
<i>Dick White</i>	October 28
<i>Joshua Cooke</i>	October 29

**NEW PICTORIAL
DIRECTORY**

A new pictorial directory is in the works for Northminster. Doris DeMers has graciously agreed to chair/coordinate this endeavor as she did five years ago. Sue Creager is the Layout Coordinator and would like help with gathering candid photos of our church life. If folks could give her a few photos of events, clubs, trips, and other work that has been photographed in the past six months or take any new photos, that would be great.



The dates to be photographed will be:

Thursday	October 16	3:00 pm to 9:00 pm
Friday	October 17	3:00 pm to 9:00 pm
Saturday	October 18	10:00 am to 4:00 pm

For an appointment call: Maggie Roberts 964-9659.

Doris DeMers, Directory Chair/Coordinator
Maggie Roberts, Appointment Coordinator
Sue Creager, Layout Coordinator
BettyLou Graven, Publicity Coordinator

WEEKLY BIBLE STUDY

We will be offering a weekly Bible Study this fall. The study will focus on the scriptures we use in worship. Look for sign-up sheets in the Narthex and the Family Room. Depending on interest, there will be a daytime and/or evening group. Attendance at every session is not required to participate and there will be no HOMEWORK! This summer we had an interesting and lively class. Sign-up soon! Contact Sharon Stout for additional information.

AVM ANNUAL DAY of RENEWAL

Wednesday, October 8th the AVM will hold its **Annual Day of Renewal**. The day will begin at 9:30 a.m. with coffee and doughnuts. The program will begin at 10:00 and be led by Pastor McCormick. We will break for lunch at noon and conclude the day with Communion.

The AVM will be hosting a **Harvest Dinner** on **Thursday, October 23** at 6:00 p.m. The cost is \$10 per person and includes a baked steak dinner and entertainment. Sign-up sheets will be posted in the early part of October.

For additional information on any "Visionary" activity, contact Howard Garrett or Dick White, AVM Associates.



Worship Committee

Music & Worship Committee

Gary Molnar-Chair

Joan Garrett	Julie Griffin
Anne Hines	Pastor McCormick
Jane Johnson	Diana Schneider
Lydia Smith	Sharon Stout
Dawn White	

October Lectionary Readings

Sunday, October 5

World Communion Sunday

Exodus 20:1-4, 7-9, 12-20; *Psalm 19*
Philippians 3:4b-14; Matthew 21:33-46

Sunday, October 12

28th Sunday in Ordinary Time

Exodus 32:1-14; *Psalm 106:1-6, 19-23*
Philippians 4:1-9; Matthew 22:1-14

Sunday, October 19

29th Sunday in Ordinary Time

Exodus 33:12-23; *Psalm 99*
1 Thessalonians 1:1-10; Matthew 22:15-22

Sunday, October 26

30th Sunday in Ordinary Time

Deuteronomy 34:1-12; *Psalm 90:1-6, 13-17*
1 Thessalonians 2:1-8; Matthew 22:34-46

FALL CAMPFIRE

A fall campfire is scheduled for **Sunday, October 5th** at **6:00 p.m.** at the shelter house behind the church. Hot dogs and beverages will be provided by the Music/Worship Committee. Those attending are asked to bring a covered dish to share. Join us for an evening of food, fun, fellowship and music!



**MUSIC/WORSHIP
COMMITTEE MEETING
Wednesday, October 1 @ 6 PM**

Dear Northminster Presbyterian Church,

Thank you so much for your generous donation in helping me become a Young Adult Volunteer for the upcoming year. Because of your help I've raise over \$5000 already and am leaving for northern Ireland September 1. I have been partnered with Whitehouse Presbyterian Church in Belfast. Through them I will be doing a lot of work with the youth at the church. I will have the opportunity to work with two large youth groups, one male and one female. Along with assisting with the youth groups, I will be helping the church introduce the Christian faith to adults who are new to it or don't know much about it and will be helping them to develop a new group that introduces the Christian faith to youth who have not had much exposure to Christian faith and love. I will also have the opportunity to be a part of some of the activities and groups for the seniors at the church.

Whitehouse is a very active church and I have been lucky enough to have been placed there. In 2002, the church was burned down by an arson attack and since then they have worked hard for peace and community reconciliation. I am excited to see how I can help them this year and I know I will learn a lot from the people there. This is going to be an amazing year for me.

I honestly was scared about raising the money for my year of service. I didn't know how I was going to be able to get enough donations. But as soon as I began telling people what I was doing, I was blessed with support. I am especially thankful for Northminster's large donation to help send me. As soon as I found out how much Northminster was willing to give to help me work in Belfast for a year, my anxieties and worries went away. Your outpouring of help and support means the world to me. I would not be able to serve in Belfast this year without your support. I am extremely fortunate to have so many people around me care for me and what I am doing. Thank you so much.

My apartment address in Belfast:
28 Skegoniell Drive
Belfast BT17 3FY
Northern Ireland

You can reach me by e-mail:
creageralex@yahoo.com

I will try to keep you updated as much as I can.

With much gratitude,
Alex Creager

HEALTH NEWS *from the Parish Nurse . . .****Nancy Jean Graves*****October 2008****FIBER—EVERYBODY NEEDS IT**

Fiber plays a very important role in digestive tract health. It comes from plant sources and can be either soluble or insoluble. Both kinds of fiber are good for you. It keeps digested foods bulky and soft and moves food along the digestive tract slowly and steadily. It is the fiber, that directs the traffic flow of the carbohydrates to either the glycogen (sugar) storage or fat, which regulates metabolism and stabilizes blood glucose levels. Fiber has little nutritional value but is important in determining future weight gain, blood cholesterol levels and other risk factors for heart disease and diabetes. Fiber makes you feel full, gives you all day energy and keeps your intestinal tract functioning properly.

Women need 25-35 grams of fiber daily. Men need 30-40 grams daily. Insoluble fiber, the kind that doesn't dissolve easily in water and is not broken down by intestinal bacteria, is found in grapefruit, oranges, grapes, raisins, dried fruit, sweet potatoes, peas, zucchini and especially in whole wheat or whole grain bread. Soluble fiber, which does dissolve in water, is found mostly in grains such as oats, barley, rye, beans, lentils and some cereals. Check the labels on the foods you buy and see how much fiber you are getting for each serving.

Fruits and vegetables, whole grains and nuts all supply fiber in varying amounts. Remember that now the recommended number of servings for fruit and vegetables in the food pyramid has increased to 8-10 servings a day. Nuts supply good oils as well as fiber. 24 almonds supply 5 grams of fiber, 30 peanuts supply 5.5 grams of fiber. Just remember nuts have a lot of calories so you can't eat the whole can. Along with the fiber, it is also important to have protein and drink plenty of water. Try to get 10 grams of fiber at each meal by eating a rainbow of colored fruits and vegetables and including some whole grain sources. Your digestive tract will thank you, you may lower your risk for heart disease and diabetes, and you will have energy to work and enjoy each day.

Submitted by: Sue Markley
Parish Nurse, Urbana United Methodist Church

Presbyterian Women

Faith, Fellowship and Fun with a Circle of Friends.
All are welcome to participate.

Co-Moderators
Dwillia Cramer & Joan Generous

Secretary
Anne Hines

Treasurer
Ruth Martin



ESTHER CIRCLE

Leader: Ruth George
Meets 2nd Monday

Esther Circle will meet on **Monday, October 13** at 7:15 p.m. at the church.

Hostesses: Anne Hines and Emily Spriggs
Program: Sparks' Trip to Europe

Esther Circle will also meet on **Thursday, October 30** at 6:00 p.m. at the church to make Buckeyes for the bazaar.

Hostesses: Bea Buckhold and Ruth George

MARY-MARTHA CIRCLE

Leader: Ruth Martin
Meets 3rd Wednesday

Mary-Martha Circle will meet on **Wednesday, October 15** at 10:30 a.m. at the church.

REBEKAH/SARAH CIRCLE

Leader: Joyce Carpenter
Meets 2nd Thursday

Rebekah/Sarah Circle will meet on **Thursday, October 9** at 12:00 noon at the church.

Hostess: Ardyth Kunkle



PW BOARD MEETING
Monday, October 6
10:00 AM

Craig House Meals

On the 4th Monday of each month, PW delivers an evening meal for 12 men living at Craig House, a homeless shelter for men. If you would like to help by providing either a **meat, vegetable, salad or dessert**, please sign-up on the sheet located on the bulletin board in the Family Room. Your donations may be brought to the church on the Sunday before or picked up at your home. **This month's meal date is Monday, October 27.** Call or see Marcia or Andy Barga (399-9839) for more information.

CHRISTMAS BAZAAR
Saturday, November 1
Northminster's annual Christmas Bazaar and Bake Sale is just around the corner. There are several ways you can get involved! Even if you can't bake or sew, or work the day of the bazaar, we can use your help with the set-up. We will begin setting up tables on Monday, October 27 at 6:30 p.m. We will continue to set-up areas and hang signs on Tuesday, October 28 thru Friday, October 31 from 10:00 a.m. until 2:00 p.m. each day.



The *Second Time Round Shop* will be accepting donations beginning Tuesday, October 28 thru Friday, October 31 from 10:00 a.m. until 2:00 p.m.

Handcrafted items should be brought to the church Thursday, October 30 or Friday, October 31 until 2:00 p.m.

If you are donating *baked goods* for the bazaar, they may be brought to the church anytime Friday, October 31 until 3:00 p.m. and no later than 8:30 Saturday morning of the bazaar.



NORTHMINSTER PRESBYTERIAN CHURCH

Christmas Bazaar and Bake Sale

Saturday, November 1, 2008

9:00 A.M. to 3:00 P.M.

We invite you, your family, friends, and neighbors to this wonderful all-church event.

**Drawing at 2:30
on day of bazaar.
One drawing for
each item.**



**Hand Made Quilt
Stained Glass Angel
Hand Painted Watercolor Paint-
ing**

Items will be on display as they are finished.

Raffle tickets will be available in

The items we have for sale are made by the women and men of the church. We will have some items donated by friends and family. The craft workshop ladies have been very busy making handcrafted items. We invite all ladies of the church to join us on Tuesdays from 9:00 a.m. to 12:00 noon. We really need your help! If you have a hand made item you would like to donate, please bring it to the church office or contact Barb Aker 399-3967 or Joan Generous 969-8130.

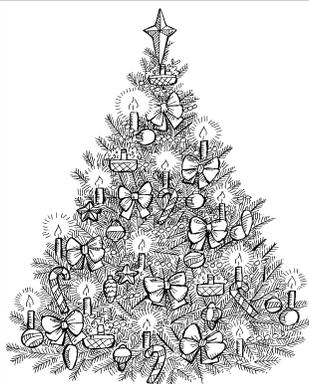
This is a very BIG job.

**Now...you may ask how all of this
will be accomplished...**

**WE NEED YOUR HELP IN MANY
WAYS.**

Please consider signing up to help.

*Yours in Christian Fellowship,
Dwillia Cramer 399-3935*



- √ Bake Sale
- √ Tree Trims
- √ Kids' Korner
- √ Needlework
- √ Thanksgiving Decorations

√ Second Time Around Shop

Most Needlework and Items Hand Made

**Pancake
Breakfast**
7:30 am
to
10:00 am

**Café
Noel
Lunch**
11:30 am
to
1:30 pm



October 2008

Northminster Presbyterian Church

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:00 Music/Worship 7:00 Boy Scouts 7:15 Choir	2 6:00 Girl Scouts	3	4 8:00 Pancake Breakfast
5 World Communion 6:00 Campfire at the Shelter house	6 9:30 YWM Lunch 10:00 PW Board Mtg 6:30 Administration	7 9:00 Bazaar Wrkshp 6:30 Grandview Condo Mtg.	8 9:30 AVM Annual Day of Renewal 6:00 Bell Choir 7:00 Boy Scouts 7:15 Choir	9 12:00 Rebekah/Sarah Circle 6:00 Girl Scouts	10	11
12	13 10:00 AVM Board Mtg 7:15 Esther Circle	14 9:00 Bazaar Wrkshp 7:00 Green Lawn III Condo Mtg.	15 10:30 Mary-Martha Circle 6:00 Bell Choir 7:00 Boy Scouts 7:15 Choir	16 3:00 to 9:00 Pictorial Directory 6:00 Girl Scouts	17 3:00 to 9:00 Pictorial Directory	18 10:00 to 4:00 Pictorial Directory
19	20 Deadline for November Newsletter	21 9:00 Bazaar Wrkshp 7:00 Session	22 6:00 Bell Choir 7:00 Boy Scouts 7:15 Choir	23 6:00 AVM Harvest Dinner 6:00 Girl Scouts	24 Red Hat Club	25
26	27 6:30 Set-up for Bazaar 6:30 Quilt Guild Meeting in the Lower Level Community Rm	28 10:00 Set-up for Bazaar 7:00 Cub Pack	29 9:30 Mail Newsletter 10:00 Set-up for Bazaar 6:00 Bell Choir 7:00 Boy Scouts 7:15 Choir	30 10:00 Set-up for Bazaar 6:00 Esther Circle Making Buckeyes 6:00 Girl Scouts	31 10:00 Set-up for Bazaar	

NORTHMINSTER
PRESBYTERIAN CHURCH

400 Villa Road
Springfield, Ohio 45503



THE NORTHERN LIGHT

Return Service Requested

Issue 8

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PERMIT NO. 75



October 2008

October 4	Pancake Breakfast
October 5	World Communion Sunday Campfire
October 8	AVM Annual Day of Renewal
October 21	Session Meeting
October 23	AVM Harvest Dinner

NORTHMINSTER'S VISION STATEMENT

REJOICE! RENEW! REACHOUT!

A church family that lives and shares its Christian faith by rejoicing, renewing and reaching out!