

NORTHMINSTER PRESBYTERIAN CHURCH

THE NORTHERN LIGHT

SUMMER 2008

ISSUE



In the Good Old Summertime

In the summertime,
we can practice learning how to
listen to God all around us in creation.

Hear His love in the beauty of the setting sun.

Hear His joy with you in the power of an evening
thunderstorm booming around your house.

Hear His forgiveness in the smile of a lost-found friend.

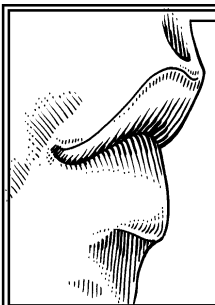
What does God long to hear from us?

*O*bedience, surrender, gratitude of spirit.

Practice praising God this summer.

His smile is overwhelming to your heart.

-Pastor Edward H. Slate
in *Parish, the Thought*
newsletter of Ewart (MI) UMC
From *The Joyful Noiseletter*
June-July 2008



O LORD, OPEN MY LIPS,
AND MY MOUTH WILL
DECLARE YOUR PRAISE

PSALM 51:15, NRSV

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
Dawn White	Organist
Susan Dersch	Youth Directors
Mark Brush	
Howard Garrett	Adult Ministry
Dick White	
Dwilla Cramer	Presbyterian Women
Joan Generous	
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



SUMMER BIRTHDAYS



June



<i>Alex Creager</i>	June 1
<i>Kaila Hoefler</i>	June 3
<i>Don Hughes</i>	June 5
<i>Marie Arnold</i>	June 6
<i>Jack Dern</i>	June 7
<i>Donna Rankin</i>	June 7
<i>Betty Miller</i>	June 13
<i>Cindy Ater</i>	June 14
<i>Bea Buckhold</i>	June 15
<i>Bill Buckhold</i>	June 15
<i>Art Hoefler</i>	June 17
<i>Ron Montgomery</i>	June 17
<i>Adam Veith</i>	June 17
<i>Jim Twiggs</i>	June 19
<i>Aaron Zeeb</i>	June 19
<i>Dick Krichbaum</i>	June 21
<i>Ruth Grover</i>	June 22
<i>Kyle Foster</i>	June 26

July

<i>David Asper</i>	July 1
<i>Paul Good</i>	July 1
<i>Scott Ziesmer</i>	July 1
<i>Tom Graven</i>	July 2
<i>Lisa Mansfield</i>	July 3
<i>Ann Petticrew</i>	July 4
<i>Kathy Maurer</i>	July 6
<i>Ruth Mosie</i>	July 7
<i>Sarah McCormick</i>	July 8
<i>Marguerite Thompson</i>	July 9
<i>Joan Generous</i>	July 10
<i>Debbie Heida</i>	July 11
<i>Wayne Schatz</i>	July 11
<i>Dottie Good</i>	July 15
<i>Bertha Melton</i>	July 16
<i>Eileen Gorby</i>	July 17
<i>Donna Gammill</i>	July 21
<i>Don Rankin</i>	July 21
<i>David Hines</i>	July 23
<i>Tom Martin</i>	July 23
<i>Ellie McCormick</i>	July 29
<i>Gail Davis</i>	July 30
<i>Tim Foster</i>	July 30
<i>Ed Generous</i>	July 30
<i>Sue Creager</i>	July 31



AUGUST

<i>Michael Knotts</i>	August 1
<i>Joan Locher</i>	August 3
<i>Robert Aker</i>	August 5
<i>Debbie Spoon</i>	August 7
<i>Claire Spriggs</i>	August 7
<i>Xavier Cost</i>	August 9
<i>Tricia Foster</i>	August 12
<i>Kevin Knotts</i>	August 12

<i>Jenna Twiggs</i>	August 13
<i>Julie Griffin</i>	August 14
<i>Karen Schatz</i>	August 14
<i>Joe Bindley</i>	August 15
<i>Liz Torok</i>	August 15
<i>Kathie Ziesmer</i>	August 18
<i>Emily Aldinger</i>	August 20
<i>Bill Benston</i>	August 24
<i>Bill Chesnut</i>	August 26
<i>Jonathan Veith</i>	August 26
<i>Sharon Stout</i>	August 31

A BIG Thank You to our Newsletter team for their help with stapling, folding, sorting, and transporting the newsletter to the post office for mailing. We couldn't do it without YOU!

ENJOY YOUR SUMMER!

- Virginia Phillips, Chair
- Martha Clement
- Richard Clement
- Burt McKaig
- Don Rankin
- Donna Rankin
- Wayne Schatz
- Karen Schatz
- Liz Torok
- Pete Torok



Did You Know?

Alex Creager will be working for Youth Works this summer in Hamlin, West Virginia as a site director for church youth groups that will be volunteering for a week at a time. In September he leaves to work in Northern Ireland. He has been chosen to work there with the Presbyterian Youth as volunteers for one year. He will be responsible for raising funds for this mission trip.

**SUMMER OFFICE HOURS
Begin Thursday, June 5, 2008**

- Monday 8:00 AM to 12:00 NOON
- Tuesday 8:00 AM to 12:00 NOON
- Wednesday Office Closed
- Thursday 8:00 AM to 12:00 NOON
- Friday 8:00 AM to 12:00 NOON



**PANCAKE BREAKFAST
Continues During the Summer**



PANCAKES!

- JUNE 7
- JULY 5
- AUGUST 2

The first Saturday of each month join us for pancakes at Northminster from 8:00 to 11:00 a.m. Come enjoy a delicious breakfast and warm fellowship!

MEN'S BREAKFAST

The next Men's Breakfast will be held on **Tuesday, June 24th** at 7:00AM at Perkins Restaurant on N. Limestone Street. Call John Roberts (964-9659) for additional information. The group plans to continue meeting during the summer.

AVM—Adult Visionary Ministry

Saturday, June 14 join the AVM for a Cook-Out and Picnic at the Shelter House on the hill at 12:00 noon. AVM will furnish the meat and drinks. Everyone is asked to bring a covered dish to share (vegetable or a salad). Contact Howard Garrett or Dick White, AVM Associates for additional information.



AVM Advisory Committee Meeting

The AVM Advisory Committee will meet on **Monday, June 9** at 10:00 a.m. at the church for a planning meeting for the next six months (July—December).



LECTIONARY READINGS

Sunday, June 1

9th Sunday in Ordinary Time
 Genesis 6:9-22, 7:24, 8:14-19; *Psalm 46*
 Romans 1:16-17, 3:22b-28 (29-31)
 Matthew 7:21-29

Sunday, June 8

10th Sunday in Ordinary Time
 Genesis 12:1-9; *Psalm 33:1-12*
 Romans 4:13-25; Matthew 9:9-13, 18-26

Sunday, June 15

11th Sunday in Ordinary Time
 Genesis 18:1-15 (21:1-7); *Psalm 116:1-2, 12-19*
 Romans 5:1-8; Matthew 9:35—10:8 (9-23)

Sunday, June 22

12th Sunday in Ordinary Time
 Genesis 21:8-21; *Psalm 86:1-10, 16-17*
 Romans 6:1b-11; Matthew 10:24-39

Sunday, June 29

13th Sunday in Ordinary Time
 Genesis 22:1-14; *Psalm 13*; Romans 6:12-23
 Matthew 10:40-42

Sunday, July 6

14th Sunday in Ordinary Time
 Genesis 24:34-38; 42-49; 58-67;
Psalm 45:10-17 or Song of Solomon 2:8-13
 Romans 7:15-25a; Matthew 11:16-19, 25-30

Sunday, July 13

15th Sunday in Ordinary Time
 Genesis 25:19-34; *Psalm 119:105-112*
 Romans 8:1-11; Matthew 13:1-9, 18-23

Sunday, July 20

16th Sunday in Ordinary Time
 Genesis 28:10-19a; *Psalm 139:1-12; 23-24*
 Romans 8:12-25; Matthew 13:24-30, 36-43

Sunday, July 27

17th Sunday in Ordinary Time
 Genesis 29:15-28; *Psalm 105:1-11, 45b or*
Psalm 128; Romans 8:26-39; Matt. 13:31-33; 44-52

Sunday, August 3

18th Sunday in Ordinary Time
 Genesis 32:22-31; *Psalm 17:1-7, 15*
 Romans 9:1-5; Matthew 14:13-21

Sunday, August 10

19th Sunday in Ordinary Time
 Genesis 37:1-4, 12-28
Psalm 105:1-6, 16-22, 45b, Romans 10:5-15;
 Matthew 14:22-33

Sunday, August 17

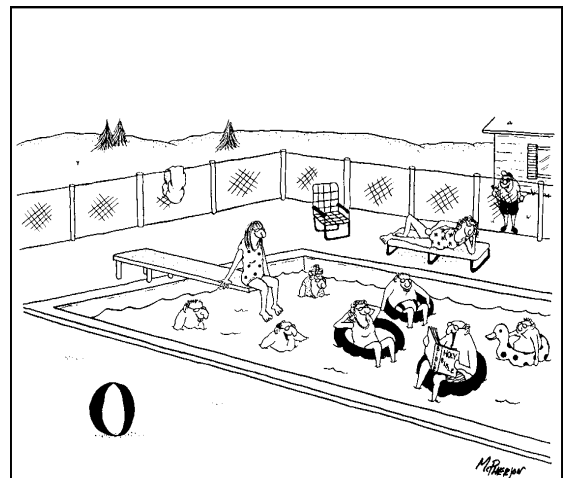
20th Sunday in Ordinary Time
 Genesis 45:1-15; *Psalm 133*
 Romans 11:1-2a, 29-32;
 Matthew 15:(10-20) 21-28

Sunday, August 24

21st Sunday in Ordinary Time
 Exodus 1:8—2:10; *Psalm 124*
 Romans 12:1-8; Matthew 16:13-20

Sunday, August 31

22nd Sunday in Ordinary Time
 Exodus 3:1-15; *Psalm 105:1-6, 23-26, 45c*
 Romans 12:9-21; Matthew 16:21-28



The Wagners struck upon a sure-fire way to get the neighbors together for an hour of Bible study.

**Remember the Food Pantry this Summer . . .
Hunger never takes a vacation.**



I want to remind all of us that the food pantry at Christ Episcopal Church is in need of our on-going support. Summer can be a time of heavier demand on the pantry, as children who through the school year receive lunch and perhaps breakfast at school are at home and dependent on their families' limited resources. So as we're shopping for our family picnics, reunions, etc., let's remember to buy a few extra items for our "neighbors in need."

Suggested items:

- ~ dry cereal
- ~ powdered milk (in 1 quart packages if possible)
- ~peanut butter
- ~jelly
- ~crackers
- ~canned meats/tuna
- ~dry or canned pasta and sauces
- ~canned fruits and vegetables

Please place items in the grocery cart in the corner of the Family Room. Thank You!

-Lois Shroyer

HUGGING

Hugging is healthy. It helps the body's immunity system; it keeps you healthier, it cures depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug.

Hugging is all natural, it is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100% wholesome.

Hugging is practically perfect. There are no movable parts, no batteries to wear out, no periodic check-ups, low energy consumption, high energy yield, inflation proof, non-fattening, no monthly payments, no insurance requirements, theft proof, non-taxable, non-polluting and, of course, fully returnable.

-Author Unknown

Church Corporation

Kent Sherry	President
Lois Shroyer	Clerk of Session
Bill Harrison	Treasurer



Session

Class of 2009

Butch Dodds
Bud Graves
Gary Molnar
John Roberts
Kent Sherry

Class of 2010

Jim Griffin
Diana Harrison
Lois Shroyer
Emily Spriggs
Jim Twiggs

Class of 2011

Sally Asper
Cindy Ater
Bill Chesnut
Paul Good
Carol Emerich

Deacons

Class of 2009

Marcia Barga
Elise Spriggs
Marta Stalder

Class of 2010

Mark Brush
Joan Garrett
Greg Veith

Class of 2011

LeaAnn Hoefler
Chuck Mansfield
Ron Montgomery

HEALTH NEWS *from the Parish Nurse . . .****Nancy Jean Graves*****June 2008****SPARKLERS**

There's no such thing as an innocent firework. Sparklers, long thought of as a way to involve children safely in pyrotechnics, cause over 50% of firework related injuries. Over 10,000 firework accidents are treated each year in emergency rooms, half of those during June and July. Half of all injuries are to children under the age of 16.

Sparklers cause more injuries than air-bombs, bangers, rockets and Roman candles combined. Few adults realize that a sparkler burns at 1800 degrees F, hot enough to melt gold and they stay hot a long time after burning out. Three sparklers burning together generate the same heat as a blow torch.

The American Academy of Pediatrics states: Children and their families should be counseled to attend public fireworks displays rather than purchase fireworks for home use.

Some safety rules concerning sparklers:

1. Do not give sparklers to children under five years old.
2. Store in a closed box in a cool, dry place.
3. Light one at a time and wear gloves.
4. Never hold a baby or a child with a sparkler in your hand.
5. Plunge finished sparklers into a bucket of water as soon as they burn out.
6. Don't take sparklers to public displays where it is too crowded to use them safely.

From: National Campaign for Firework Safety



Submitted by: Mary Caputo, RN
Saint Teresa RC Church

Presbyterian

Co-Moderators
Dwillla Cramer
Joan Generous

Secretary
Anne Hines

Treasurer
Ruth Martin



ESTHER CIRCLE

Leader: Ruth George
Meets 2nd Monday

Esther Circle does not meet during the summer. Mark your calendar for our next meeting on Monday, September 8, 2008. Enjoy your summer!

MARY-MARTHA CIRCLE

Leader: Ruth Martin
Meets 3rd Wednesday

Mary-Martha Circle will not meet during the months of June, July, or August. Our next meeting will be Wednesday, September 17, 2008.

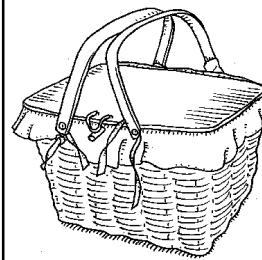
REBEKAH/SARAH CIRCLE

Leader: Joyce Carpenter
Meets 2nd Thursday

Rebekah/Sarah Circle will not be meeting during the summer months. Our next meeting will be Thursday, September 11, 2008.

~ ~ ~

*I praise you, because I am fearfully
and wonderfully made;
your works are wonderful,
I know that full well.
Psalm 139:14*



**PW PICNIC
and BLIND AUCTION**
All women are welcome
and invited to
attend the
Presbyterian Women's

Inside Picnic and Blind Auction
on **Thursday, June 12** at 12:00 noon.
Please bring your favorite salad to share
and a "treasure" for the blind auction.
Drinks and dessert will be furnished.
Look for the sign-up sheet posted
in the family room.
For additional information
contact Dwillla Cramer 399-3935.



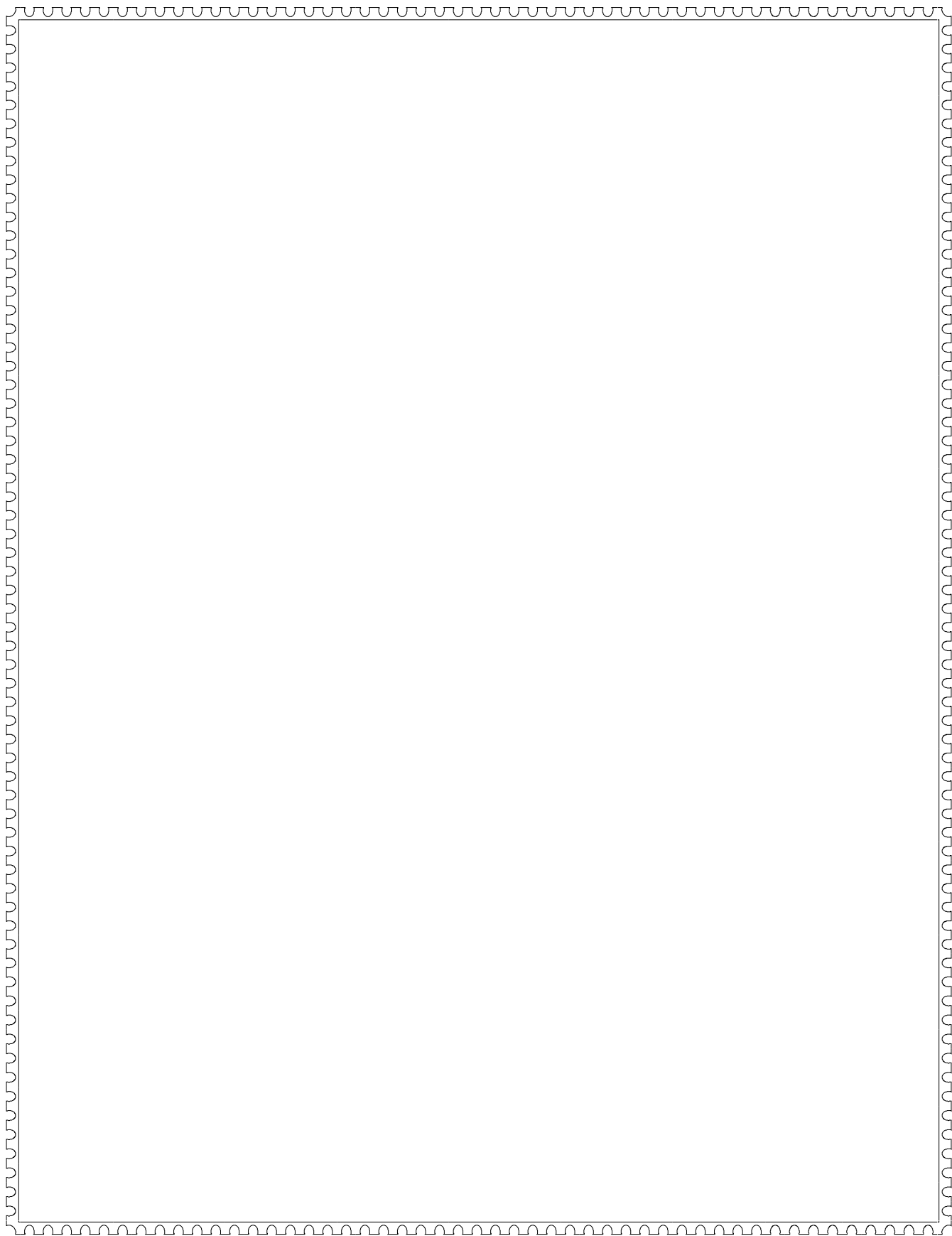
BOARD MEETING

SUMMER PW BOARD MEETINGS

✍ **Monday, June 2 at 10:00 AM**

NO JULY MEETING

✍ **Monday, August 4 at 10:00 AM**



HEALTH NEWS from the Parish Nurse . . .**Nancy Jean Graves**

July 2008

FOOTCARE

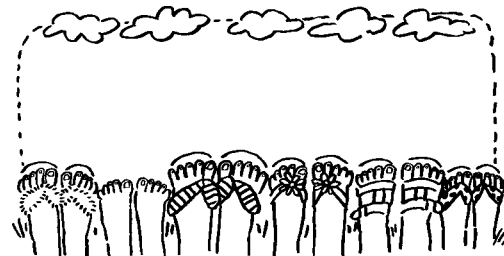
Three out of four Americans experience serious foot problems in their lifetime. Only a small percentage is born with problems. It is neglect and a lack of awareness of proper care, including ill fitting shoes that bring on problems. Walking is the best exercise for your feet. Your feet mirror your general health. Conditions such as arthritis, diabetes, nerve and circulatory disorders can show their initial symptoms in the feet. So, foot ailments can be your first sign of more serious medical problems.

General foot care tips for all feet:

- Wash your feet daily, rinse off all soap and dry thoroughly, especially between the toes.
- Trim nails straight across and not too short. Do not cut or dig at corners. Diabetics should NEVER cut their own toenails and should see a podiatrist on a regular basis.
- Do not trim, shave or use over-the-counter medicines to dissolve corns or calluses.
- Wear clean socks or stockings and change them daily. Do not wear any that are too short or too tight.
- Wear shoes that fit.

Some people's feet sweat more than others and are more prone to athlete's foot. These tips may help: Wear shoes made of leather or canvas, not synthetics. Sandals are good unless you are a diabetic. Switch shoes from day to day. Use foot powder. See your doctor if severe problems persist. Walking barefoot can cause plantar warts, the virus enters through a cut on your foot. If you are a diabetic, you need to take extra care with your feet everyday for cuts, sores, redness, and swelling. The smallest problem can become a HUGE problem for you overnight. Always wear shoes and socks to protect your feet. Also, protect your feet from hot and cold. Circulation problems are huge problems for diabetics. Always call your doctor for any problems or questions right away. Remember, you only have TWO feet, take care of them.

Submitted by: Lisa Mayhugh, RN
Information taken from Foot.com



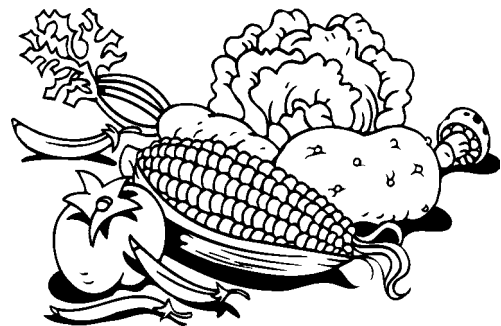
HEALTH NEWS from the Parish Nurse . . .**Nancy Jean Graves****August 2008****ARE ORGANIC FOODS WORTH THE PRICE?**

Organic fruits and vegetables are grown without synthetic pesticides, synthetic fertilizers, or sewage sludge and haven't been genetically engineered or irradiated. About three quarters of conventionally grown fruits and vegetables contain tiny amounts of pesticides and may contain more than one pesticide. According to a 2002 study by Consumers Union and the Organic Materials Review Institute of Eugene, Oregon, only about one in four organic fruits and vegetables contained a pesticide. It is never 100% free of pesticides because of background contamination in the soil and pesticide drift in the wind.

There is no good evidence that organic fruits and vegetables are more nutritious than those conventionally grown. However, some fruits and vegetables are more likely to have a higher percentage of pesticide than others. According to the Environmental Working Group, these fruits and vegetables are the ones with the highest pesticide content (The Dirty Dozen): Peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, grapes (imported), spinach, lettuce and potatoes. These contain the least pesticides (The Consistently Clean): Papaya, broccoli, cabbage, bananas, kiwi, sweet peas (frozen) asparagus, mango, pineapples, sweet corn (frozen) avocado, and onions. You might choose to choose more of these. Cost can be a factor in shopping so you may wish to make your choices based on these findings. The bottom line, however, is that we are better off eating fruits and vegetables with small amounts of pesticides than not eating fruits and vegetables because we are afraid of contamination. Many other choices in our lives play a much more significant role in our overall health.

So enjoy the wonderful variety of colors and flavors of the many fruits and vegetables that are available to keep your body healthy.

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



NORTHMINSTER
PRESBYTERIAN CHURCH

400 Villa Road
Springfield, Ohio 45503



THE NORTHERN LIGHT

Return Service Requested

Issue 6

NON PROFIT ORGANIZATION
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SUMMER 2008

June 6/7	Relay for Life
June 7	Pancake Breakfast
June 12	PW Picnic/Blind Auction
June 14	AVM Cook-Out/Picnic
June 15	Fathers' Day
June 17	Session Meeting
June 24	Men's Breakfast Meeting



NORTHMINSTER'S VISION STATEMENT
REJOICE! RENEW! REACHOUT!

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