

THE NORTHERN LIGHT

JANUARY 2009

ISSUE 1



MARTIN LUTHER KING, JR.

This month we celebrate Martin Luther King, Jr. Day. It is in honor of the birthday of the great Civil Rights champion who was assassinated in 1968. I appreciate the holiday because it reminds me not to forget my own racism and the continuing racism that exists within our culture.

This New Year marks too the inauguration of the first mixed race President of the United States. To imagine this happening is to realize that some of the dream Dr. King spoke about in Washington D.C. forty years ago has become reality.

The dream that was spoken about was one where all of God's children joined hands and sang together, "Free at last, free at last, thank God almighty we are free at last."

The vision of many people of all different backgrounds joining together is like that of the Kingdom of God. In God's reality we are not all so white, we are not all so well scrubbed, and so well educated. In the Kingdom of God, we are all on equal footing and standing in the same need of God's grace to save us and to empower us. The good news is that Jesus is giving us this grace day after day, moment by moment.

I invite us all to pray that God will redeem those parts of us that can sometimes seek to limit God's love to include only those who we believe are "worthy." In addition then, it is my hope that God will lead us into a more generous way of being.

Dwight

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**

Mark Brush **Custodian**

Lydia C. Smith **Director of Music**

Kristina Ahlstrom **Organist**

Mark Brush **Youth Directors**

Susan Dersch

Howard Garrett **Adult Ministry**

Dick White

Dwilla Cramer **Presbyterian Women**

Joan Generous

Nancy Jean Graves **Parish Nurse**

Virginia Phillips **Librarian**

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

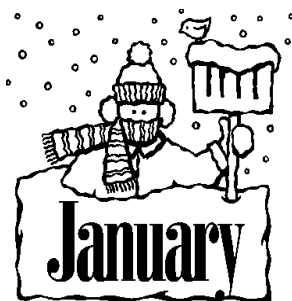
If there is an omission or an error, please contact the editor so a correction can be made.

Thank You

Deana Knotts, Newsletter Editor

HAPPY BIRTHDAY TO:

<i>LeaAnn Hoefer</i>	January 2
<i>Helen Roe</i>	January 2
<i>Denise Molnar</i>	January 4
<i>Doris De Mers</i>	January 5
<i>Norine Kmett</i>	January 5
<i>Deana Knotts</i>	January 5
<i>Gary Molnar</i>	January 7
<i>Pam Long</i>	January 8
<i>Kathryn Spurgin</i>	January 8
<i>Butch Dodds</i>	January 10
<i>Frank Sparks</i>	January 10
<i>Wayne Maurer</i>	January 17
<i>Jean Myers</i>	January 17
<i>Phoebe McCormick</i>	January 18
<i>Elise Spriggs</i>	January 18
<i>John King</i>	January 19
<i>Barb Aker</i>	January 20
<i>John Roberts</i>	January 21
<i>Jim Griffin</i>	January 22
<i>Roy Martin</i>	January 26
<i>Cindy Chesnut</i>	January 27
<i>Mindy Twiggs</i>	January 29
<i>Janet Digel-Koerner</i>	January 30



New Address for:

Mary Haley
Sterling House
Apt. 138
 3270 Middle Urbana Road
 Springfield, OH 45502

**ANNUAL REPORT
 DATES AND
 DEADLINES**
 ANNUAL
 CONGREGATIONAL
 MEETING



The **deadline for individual committee reports** for the Annual Report will be **Wednesday, December 31, 2008**. Pastor McCormick wants the report printed and ready for people to pick up on Sunday, January 11th.

The *Annual Congregational Meeting* is scheduled for **Sunday, January 25th** immediately following worship. The purpose of the meeting is to: Receive reports of the boards, committees and organizations and review and receive the Budget for 2009, as approved by the Session.

PER CAPITA AND INITIAL OFFERING

Each year Northminster pays a per capita amount based on the number of members in the congregation. This money is used to support the work of the Presbyterian Church's governing bodies - the Presbytery, the Synod, and the General Assembly. **The 2009 per capita amount is \$24.75 per member**. When members pay their own per capita apportionment, this amount need not come from the church's operating budget. The per capita envelope (blue) is included in the box with your offering envelopes.

The Initial Offering envelope (yellow) is also included in the offering envelope box. This offering is used to help cover the cost of the envelopes each year.



Words to Start the New Year

"Shut off the future as tightly as the past. The future is today; there is no tomorrow. Waste of energy, mental distress, nervous worries, all dog the steps of a person who is anxious about the future. The best possible way to prepare for tomorrow is to concentrate with all your intelligence, all your enthusiasm, on doing today's work superbly today."

-Sir William Osler
 Via Apple Seeds



Worship Committee

Music & Worship Committee Gary Molnar-Chair

Kristina Ahlstrom Joan Garrett
Julie Griffin Anne Hines
Pastor McCormick Jane Johnson
Diana Schneider Lydia Smith

Sunday, January 4

2nd Sunday after Christmas

Epiphany Sunday

Isaiah 60:1-6; *Psalm* 72:1-7, 10-14

Ephesians 3:1-12; Matthew 2:1-12

Sunday, January 11

Baptism of the Lord

Communion

Genesis 1:1-5; *Psalm* 29; Acts 19:1-7

Mark 1:4-11

Sunday, January 18

2nd Sunday in Ordinary Time

1 Samuel 3:1-10 (11-20); *Psalm* 139:1-6, 13-18

1 Corinthians 6:12-20; John 1:43-51

Sunday, January 25

3rd Sunday in Ordinary Time

Jonah 3:1-5,10 *Psalm* 62:5-12;

1 Corinthians 7:29-31; Mark 1:14-20

COMMUNION DATES for 2009

January 11.....*Baptism of the Lord*
February 22.....*Transfiguration of the Lord*
April 5.....*Palm Sunday*
May 31.....*Pentecost*
June 21.....*Father's Day*
October 4.....*World Communion Sunday*
November 22.....*Christ the King Sunday*
December 24.....*Christmas Eve*

Apostle Build Project

The Apostle Built Partners Program is beginning to take shape! The new partner family has been selected and will be working with Habitat and the partner churches to build their new home. The tentative start date is set for Saturday, March 14, 2009 with a ground breaking ceremony the week before. Our church will be building in mid-April. We will be creating a "team" of volunteers. You need not have any experience but will receive construction supervision and training on the job site. If you are interested in volunteering and/or making a donation to help finance our partner share, you may contact Carol Emerich at 323-1961.

AVM Adult Visionary Ministry "The Visionaries"

Calendar for January—June 2009

- January 22** Crazy Bridge
Thursday Hot Chocolate and Cookies
1:00 p.m. at the church
- February 13** 1st Quarter Birthday Party
Friday and Bingo
1:00 p.m. at the church
- March 21** Clifton Opera House
Saturday Meet for Dinner at
5:00 p.m. at Cracker Barrel
- April 23** I-MAX Theater
Thursday Tour Air Force Museum
Meet at the church at
9:30 a.m.
- May 12** 12:15 Lunch at Bradfield's
Tuesday 2nd Quarter Birthday Party
- June** Trip to Bear Creek, Indiana
Details to be Announced

For additional information on any "Visionary" activity, contact Howard Garrett 390-3194 or Dick White 399-7305, AVM Associates.

*Sign-up sheets for events will be posted in the Family Room.
Please indicate on the sign-up sheet if you will need transportation to an event.*

NORTHMINSTER'S YOUTH

*Bowling News*

Our youthful kegglers had a great time at Northridge Lanes November 23rd...and so did some of the "older" folks! Dwight, Sarah, Chloe and Phoebe were able to join the youth group as were Laura and Aiden. Everyone had a great time! Tim held the high score for two of three games he rolled with 188 and 161. Dwight was the third high scorer, with 140 for his second. Joshilyn's top score of 130 put her in fourth position. Among the youngest kegglers, Chloe held high honors with a score of 104. Way to go!!

Babysitting Adventures

Six of our church's children joined the teens on Saturday, December 6th for craft activities, games, cookie decorating, a movie and lunch. Many thanks to Josh, Kaila and Robbie for helping make the day fun for Ellen, Madalyn, Chloe, Phoebe, Breana and Payne. We made angel, snowflake and star Christmas ornaments and played a number of games, including Mother May I, a definite favorite. Pictures are posted in the narthex! Many thanks to Mindy and Jenna Twiggs for coordinating!

NOTE: Donations given for the babysitting went to the Clifton Avenue Church of God food pantry.

THANK YOU!

To all who gave a donation to the youth group's food drive. We believe you met the challenge! Before and after pictures are posted in the Narthex, so you can decide for yourself.

All the food was delivered to the pantry and will be used to meet the increasing need the pantry is seeing. When we made the delivery, we learned that the Urban Light Ministry's food pantry had closed in November. The youth continue to help with the food pantry on the 2nd Saturday of each month.

*Upcoming Youth Group Events***Saturday, January 10th****Help at the Food Pantry****Church of God on Clifton Avenue**

The pantry hours are 10-11:30 a.m.

Please arrive by 9:45 a.m.

Sunday, January 25th— 4:30-6:30**Hang Out Night at the Church**

Meet in the Loft for dinner and more.

NOTE: We will not be working at the HomeFest this year.

Saturday, February 14th**Help at the Food Pantry****Church of God on Clifton Avenue****Winter Fun!****Saturday, February 21st****Tubing at Mad River Mountain**

Debbie Spoon is organizing and details will be in the February newsletter.

For additional information about youth group activities, contact Mark Brush 399-5012 or Susan Dersch 629-0792, Youth Directors.

HEALTH NEWS
from the Parish Nurse . .
Nancy Jean Graves
January 2009

ATTITUDE and YOUR HEALTH

You may not realize it, but how you react to the person who cuts you off in traffic or the boss who continually increases your work load may well determine the length and quality of your life. Your attitude has a huge impact on your stress level. The better your attitude, the lower your level of stress will tend to be. Improving your attitude is possible, but like all things that are worthwhile, it takes some effort. Here are some tips to help you improve your attitude and thereby decrease your stress level.

MAKE QUIET TIME A PRIORITY. When you are constantly on the run, it becomes easier for you to become overwhelmed, increasing your stress, intensifying your mood and detracting from your attitude. Getting up 15 minutes earlier or making a point to set aside 10-30 minutes a day to relax, refocus and reflect can greatly improve your attitude.

START YOUR DAY WITH THANKS. Before you get out of bed in the morning, before you even open your eyes, spend a couple of minutes counting your blessings. If you can count 10-25 blessings in your life every morning, you will start your day out on a strong note. During stressful times of day, make an effort to remember one or two of your blessings and see how your attitude becomes affected.

FORGIVE AND FORGET. Make a mental effort to “blow off” situations that normally would set you off. Busy traffic, large crowds and distractions commonly cause attitudes to sour and behavior to suffer. The next time something fuels your fire of anger, stop and consider if it is really worth the energy you are putting into getting mad over it. Most times you will find the answer to be “no.”

AVOID NEGATIVE THINKING. Worrying and complaining are common in our society today. Unfortunately, neither one produces a whole lot of good in and of themselves. When you find yourself worrying and complaining, take a moment and count your blessings once more. Most things we worry about never come to be, and much of what we complain about isn’t as bad as we would like to think, leaving us with a great deal of time and effort that could be spent in much more constructive ways.

SPEND YOUR TIME WITH “PICK-ME-UPS.” Everyone has friends and family that seem to naturally make us feel better. Simply talking to them for even brief periods of time lifts our spirits and causes us to have a better outlook on life. Then, let them rub off on you so you can become a “pick-me-up” to others.

GO TO YOUR HAPPY PLACE. Thinking about an upcoming vacation can quickly improve your attitude and mood. A favorite get-a-away or a location with many special memories will lighten your heart every time it comes to mind. When you start to notice your attitude turning sour, take yourself on a mental mini-vacation to your special place. Further help yourself by putting a picture of your special place on the mirror in your bathroom or on you computer screen at work, or even on the dash of your car. Every time you look at it you will be reminded of better days and brighter memories.

Improving your attitude will make a substantial impact on improving your health. Want to improve the world around you? Begin using these simple steps for yourself and then teach them to your family and friends. You will quickly discover that a positive attitude is contagious.

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Submitted by: Mary Caputo, R.N.
 Parish Nurse
 St. Theresa Catholic Church



NORTHMINSTER
PRESBYTERIAN CHURCH

400 Villa Road
Springfield, Ohio 45503



THE NORTHERN LIGHT
Return Service Requested
Issue 1

NON PROFIT ORGANIZATION
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January 2009

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| January 1 | New Year's Day Office Closed |
| January 3 | Pancake Breakfast |
| January 19 | Martin Luther King, Jr. Day Office Open |
| January 20 | Session Meeting |
| January 22 | AVM Crazy Bridge |
| January 25 | Annual Congregational Meeting |



NORTHMINSTER'S VISION STATEMENT
REJOICE! RENEW! REACHOUT!

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

January 2009

Northminster Presbyterian Church

Sun Mon Tue Wed Thu Fri Sat



					1 New Year's Day Office Closed	2	3 8:00 Pancake Breakfast
4	5 9:30 YWM Lunch 10:00 PW Board	6 6:30 Girl Scouts	7 6:00 Bell Choir 7:00 Boy Scouts 7:15 Choir	8	9	10 10:00 Youth help @ Clifton Avenue Church of God Food Pantry	
11 Communion	12 10:00 AVM Advisory Board Meeting	13	14 6:00 Music/Worship 7:00 Boy Scouts 7:15 Choir	15	16	17	
18	19 DEADLINE FOR NEWSLETTER Martin Luther King, Jr. Day—office open	20 7:00 Men's Breakfast @ Perkins N. Lmstne 6:30 Girl Scouts 7:00 Session Meeting	21 6:00 Bell Choir 7:00 Boy Scouts 7:15 Choir	22 1:00 AVM Crazy Bridge	23	24	
25 Annual Congregational Meeting Youth Hang Out Night at the Church	26 6:30 Quilt Guild 7:00 Cub Pack	27	28 9:30 Mail Newsletter 6:00 Bell Choir 7:00 Boy Scouts 7:15 Choir	29	30	31	