

THE NORTHERN LIGHT

MARCH 2009

ISSUE 3



Lent is upon us. As a reminder, Lent is a 40-day liturgical season that begins on Ash Wednesday and concludes at the Great Vigil of Easter. Sundays are not included in the 40-day count because every Sunday is a joyful celebration of Jesus' resurrection. Lent has long been a tradition in the Christian Church, and it is thought that the tradition of the

40 days recalls the 40 days Jesus spent in the wilderness, fasting and being tempted by Satan (Matthew 4:1-11). Lent is considered a time of penance and discipline.

Traditionally, Christians, as a symbol of repentance and of remembering the suffering of Christ, have made it a practice to "give up something for Lent." An additional way to practice Lent is to **ADD** a spiritual discipline to our daily routine—one that we do not already practice.

We may commit to read a Psalm or two each day during Lent, or read the four Gospels a few chapters per day. Maybe we choose to pray at a specific time and place to honor God. It doesn't have to be elaborate or grandiose. One favorite prayer of mine is suggested by Anne LaMotte, a Christian writer and humorist, who frequently utters the simple prayer "HELP! HELP! HELP!" Even the practice of silence in our frequently noisy lives can help us experience the Presence of God in the Holy Spirit.

I encourage us all to find a practice that will help us repent from that which breaks relationships—with God, with self, and with others. That is the definition of sin—anything that we participate in that contributes to broken relationships.

Lord please help us all to repent from our sins and turn to you by observing spiritual practices. Guide our discipleship so that we may grow ever more able to love one another as you love all of humanity. Amen.

-Dwight



SUNDAY WORSHIP 10:00A.M.

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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>Catherine Ricketts</i>	March 2
<i>Josh Twiggs</i>	March 4
<i>James Smith</i>	March 5
<i>Emily Spriggs</i>	March 6
<i>BettyLou Graven</i>	March 9
<i>Nicole Roberts</i>	March 9
<i>Ruth McAdams</i>	March 10
<i>Lucille Arthur</i>	March 12
<i>Ralph Watson</i>	March 13
<i>Toni Conway</i>	March 16
<i>Shelia Carpenter</i>	March 17
<i>Laura Heida</i>	March 18
<i>Jason Spoon</i>	March 18
<i>Priscilla Cooke</i>	March 19
<i>Amy Yeagle</i>	March 21
<i>Bud Graves</i>	March 24
<i>Carol Sparks</i>	March 24
<i>Dave Long</i>	March 25
<i>Megan Knotts</i>	March 26
<i>Carol Spurgin</i>	March 27

ANNUAL MEN'S RETREAT

March 6th and 7th, 2009 at Kirkmont Center (east of Bellefontaine, Ohio, in the Presbytery of the Miami Valley) This year's topic: "The History of Jesus Revisited with emphasis on forgiveness of sins and love of enemies. The retreat leader will be the Rev. Dr. David Hawley, pastor of the Indian Hill Episc/Presby Church of Cincinnati.

Further information is available at www.kirkmontcenter.org or by calling 937-593-2141. Registration fee for meals, overnight and program is \$70 or \$45 for commuters. Lodging in beautiful Croft House.

Per Capita

Per Capita offerings are still being collected. This is a \$24.75 per member donation that funds the work of our Presbytery. Please pay this amount per the number of members in your family who are members of the church. The blue envelope marked "Per Capita" is in your envelope box. To learn more about what per capita funds do, visit www.pcusa.org.

Apostles' Build Project

The Apostles' Build Project 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. Groundbreaking will be **Saturday, March 7, 2009 at 12:00 noon (1170 South Bell Avenue)** with building starting the following Saturday. Our church will be helping to build a Saturday in the spring. **Habitat for Humanity coin boxes are due by March 15th.**

**AVM Adult Visionary Ministry
"The Visionaries"**

AVM will visit the Clifton Opera House on **Saturday, March 14, 2009**. This is a special program presented by the Banjo-rama. The program starts at 1:00 p.m. with the doors opening at 12:30 p.m. Admission is donation only. These are banjo players from all over the United States who gather in Springfield for their National Convention. What a way to end the week!

We will meet at the church parking lot at 12:00 noon to carpool. After the show, we plan to stop at the Cracker Barrel Restaurant for a late lunch/early dinner.

**Looking ahead to April:**

Our Annual day of Reflection is planned for Tuesday, April 7th. Our day will begin at 9:30 a.m. with coffee and donuts in the Family Room. The program, led by Pastor McCormick, will begin at 10:00 a.m. We will break for lunch at noon and conclude with the serving of Communion.

Thursday, April 23 we will meet at the church at 9:30 a.m. to travel to the Air Force Museum for a tour and lunch.

If you need transportation to an event, please indicate so on the sign-up sheet. For additional information on any "Visionary" activity, contact Howard Garrett 390-3194 or Dick White 399-7305, AVM Associates.



Worship Committee

Music & Worship Committee Gary Molnar-Chair

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

Lectionary Readings for March

1st Sunday in Lent

Genesis 9:8-17; Psalm 25:1-10
1 Peter 3:18-22; Mark 1:9-15

2nd Sunday in Lent

Genesis 17:1-7, 15-16; Psalm 22:23-31;
Romans 4:13-25; Mark 8:31-38

3rd Sunday in Lent

Exodus 20:1-17; Psalm 19
1 Corinthians 1:18-25; John 2:13-22

4th Sunday in Lent

Numbers 21:4-9; Psalm 107:1-3, 17-22
Ephesians 2:1-10; John 3:14-21

5th Sunday in Lent

Jeremiah 31:31-34; Psalm 51:1-12 or
Psalm 119:9-16; Hebrews 5:5-10;
John 12:20-33



USHER SCHEDULE

March 1	Art & LeaAnn Hoefler
March 8	Art & LeaAnn Hoefler
March 15	Bill & Barbara Benston
March 22	Bill & Barbara Benston
March 29	Steve & Kathie Harbaugh
April 5	Steve & Kathie Harbaugh
April 12	Joe Bindley & Phil Kunkle
April 19	Joe Bindley & Phil Kunkle
April 26	Jim & Julie Griffin



Order Form for Easter Flowers

You may choose from the following variety of spring flowers to help decorate the Worship Area for Easter. The Easter flowers this year are again being ordered through Zonta International and proceeds from the sales will go toward service projects. The types of flowers available are listed below. Please indicate the plant(s) you would like to order and how many.

Azaleas	_____	\$13.50
Daffodils	_____	10.00
Tulips	_____	10.00
Hyacinths	_____	10.00
Lilies	_____	10.00
Pansy Basket	_____	10.00

Your Name _____

(as you would like it to appear in the bulletin)

In memory of _____

or _____

In honor of _____

(circle your choice)



EASTER

Your payment will confirm your order.

Please make your check payable to *Northminster Presbyterian Church* with a memo "Easter Flower." You may place your order in the offering plate or send it to the church office.

Deadline for ordering flowers is March 15, 2009

SUMMER ART CAMP

Kirkmont Center - August 3-7, 2009

Summer Art Camp is designed for single adults or couples, families with children or youth from Grade 7 completed to 12. Young children may attend with parental supervision. Bring your own materials and work in the media of your choice. Kirkmont Center has many photo opportunities and also has a potter's wheel and kiln. Indoor workspace will be available as well as an optional, daily art critique. "Campers" may give demonstrations of their favorite techniques to help each other with problems and share ideas.

Art Camp Fees include art and camp activities for children, housing, lifeguard for swimming & canoeing, meals & snacks, shared demonstrations, work space, and use of a potter's wheel and kiln.

For church members from Cincinnati, Maumee Valley, Miami Valley and Scioto Valley Presbyteries:

- Adults and Youth Grade 7-12 completed @ \$285 per person
- Youth Grade 6 or under @ \$135
- Maximum per family @ \$700

Participants with or without a church affiliation:

- Adults and Youth Grade 7-12 Completed @ \$335 per person
- Youth Grade 6 or under @ \$185

Housing will be provided in Cabents, Croft House or Goodrich Lodge. Building photos and descriptions may be found on the web-site: www.kirkmontcenter.com. Phone: 937-593-2141 or 1-800-572-1747.

Art Camp is designed for all artists of: Carving (wood or stone), drawing, fabrics, film, glassware, jewelry making, painting, photography, pottery, and sculpture to have time to relax and do their own works of art.

Explore 277 acres of grassland, ponds, wetlands and woodland; hike, meditate and gain inspiration for the artist within. Enjoy campfires, canoeing, fishing, swimming or wading in the pool, walking the labyrinth and nature trails.

Questions?

**Contact Woody Amidon 937-599-3763
sylvan1934@yahoo.com**

HEALTH NEWS *from the Parish Nurse . .* **Nancy Jean Graves** **March 2009** **DIABETES**

There are two types of diabetes: Type 1 and Type 2. Most people have Type 2. There is also a pre-diabetic state where your blood sugar is high normal. People may have this for several years before they develop diabetes. Sometimes people with Type 2 live for years without realizing that they have the disease. Type 2 diabetes results from insulin resistance (the body has enough insulin but does not use it properly).

While people with diabetes can exhibit noticeable symptoms such as frequent urination, blurred vision and excessive thirst, most people diagnosed with Type 2 do not show these overt warning signs as they develop the disease. Often, Type 2 diabetes only becomes evident when people develop one or more of its serious complications such as heart disease, stroke, kidney disease, eye damage, and nerve damage that can lead to amputations.

The first treatment for Type 2 diabetes is often meal planning for blood sugar control, weight loss, and exercising. Sometimes these measures are not enough to bring blood sugars down near the normal range. The next step is taking a medicine that lowers blood glucose levels.

Type 2 diabetes is usually treated with oral meds but sometimes insulin has to be added especially later in the disease process. There are many oral meds that are now used and many types of insulin. Insulin can be given by manual injection or an insulin pump. The most important thing to do is see your physician regularly and stay on the treatment plan they prescribe for you. www.diabetes.org.

Submitted by:
Lisa Mayhugh, RN



Presbyterian Women

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

Co-Moderators.....Dwilla Cramer & Joan Generous
Secretary..... Anne Hines
Treasurer.....Ruth Martin



ESTHER CIRCLE

Leader: Ruth George

Meets 2nd Monday

Esther Circle will meet on **Monday, March 9th** at 7:15 p.m. at the church.

Hostesses: Susan Dersch and Carol Emerich

MARY-MARTHA CIRCLE

Leader: Ruth Martin

Meets 3rd Wednesday

Mary-Martha Circle will meet on **March 18h** at 10:30 a.m. at the church.

REBEKAH/SARAH CIRCLE

Leader: Joyce Carpenter

Meets 2nd Thursday

Rebekah/Sarah Circle will meet on **Thursday, March 12th** at 12:00 noon.

Hostesses: Betty Thomas and Irene Hughes

PW BOARD MEETING

Monday, March 2 @ 10:00 AM

Bazaar Workshop will resume on Tuesdays (weather permitting) beginning **March 3rd** from 9:00 a.m. until 12:00 noon in the lower level Community Room. Join us as we prepare for the annual bazaar in November.

UPCOMING DATES

April 17.....Celebration Dinner
June 11.....Picnic/Blind Auction
Sept. 17.....Spaghetti Supper
Nov. 7.....Christmas Bazaar
Dec. 10.....AVM/PW Christmas Dinner

Session Highlights

The Session met in Regular stated meeting February 17, 2009 at 7:00 PM, beginning in the sanctuary for a time of prayer, then returning to the Family Room.

The first item of business was the continuing conversation growing out of the book Holy Conversations (which describes conducting strategic planning as a spiritual practice for congregations). Session members brought their suggestions for those congregation members who should be asked to serve on the "planning committee." A list was compiled from these suggestions, and six persons from the list will be asked to serve along with the Pastor on this important committee.

Then the Session received reports from the Pastor and most of the committees of Session.

The Pastor reported that he officiated at the funeral service for Jenna Ann Griffin (infant daughter of Andrew and Amy Griffin, and granddaughter of Jim and Julie Griffin) on February 5, 2009, and at the funeral service for Olivia Ann Westerfield (infant daughter and granddaughter of friends of the congregation) on February 15, 2009.

Property Committee: the Moderator reported that a \$600 repair to the furnace was incurred due to last week's windstorm and that this cost is not covered by insurance, as it is below the deductible.

Elder Jim Twiggs reported that the Finance Committee was pleased and grateful that several members have given an "extra \$100" toward meeting the projected budget deficit (as was suggested at the January Congregational meeting).

The Pastor reported for the Worship Committee that Northminster will host the combined (Covenant, Oakland, and Northminster) Maundy Thursday service on April 9, 2009.

Session re-elected Bill Harrison as Church Treasurer for 2009, also elected Kent Sherry and Chuck Mansfield as President and Vice-President (respectively) of the Corporation for 2009, and also elected Lois Shroyer as Clerk of Session for 2009.

The next stated meeting of the Session is March 17, 2009 at 7:00 PM.

Please continue to pray for the Pastor and Session as we try to serve this congregation and our Lord Jesus Christ.

NORTHMINSTER
PRESBYTERIAN CHURCH

400 Villa Road
Springfield, Ohio 45503



THE NORTHERN LIGHT

Return Service Requested

Issue 3

NON PROFIT ORGANIZATION
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March 2009

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|-----------------|---|
| March 1 | Blood Pressure Screening |
| | 1st Sunday in Lent |
| March 7 | Pancake Breakfast |
| | Apostles' Build Project Groundbreaking |
| March 14 | AVM Clifton Opera House |
| March 17 | Session Meeting |

NORTHMINSTER'S VISION STATEMENT
REJOICE! RENEW! REACHOUT!

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

March 2009

Northminster Presbyterian Church



Sun

Mon

Tue

Wed

Thu

Fri

Sat

1 Blood Pressure Screening	2 9:30 YWM Mtg. 10:00 PW Board 6:30 Book Study	3 9:00 Bazaar Wrkshp 6:30 Girl Scouts	4 6:00 Music and Worship 7:00 Boy Scouts 7:15 Choir	5	6	7 8:00 Pancake Breakfast 12:00 Apostles' Build Project Groundbreaking
8	9 10:00 AVM Bd Mtg 6:00 Finance 6:30 Book Study 7:15 Esther Circle	10 9:00 Bazaar Wrkshp 6:30 Administration	11 6:00 Bell Choir 7:00 Boy Scouts 7:15 Choir	12 12:00 Rebekah/Sarah Circle	13	14 10:00 Youth help @ Clifton Ave Church of God Food Pantry AVM Clifton Opera House
15 4:30 Youth Hang Out Night at the church	16 NEWSLETTER DEADLINE 1:30 Property Mtg. 6:30 Book Study 8:00 Deacon Mtg.	17 9:00 Bazaar Wrkshp 7:00 Session Meeting	18 10:30 Mary/Martha Circle 6:00 Bell Choir 7:00 Boy Scouts 7:15 Choir	19	20	21
22	23 6:30 Book Study 6:30 Quilt Guild	24 9:00 Bazaar Wrkshp 6:30 Girl Scouts	25 9:30 Mail Newsletter 6:00 Bell Choir 7:00 Boy Scouts 7:15 Choir	26	27	28 Youth Group Laser Tag
29 Youth hosting Café 4:30 Youth Hang Out Night at the church	30 6:30 Book Study	31 9:00 Bazaar Wrkshp 7:00 Cub Pack				