

NORTHMINSTER PRESBYTERIAN CHURCH

THE NORTHERN LIGHT

SUMMER 2009

ISSUE 6



Will Smith has a song from 1991 called "Summertime." It's a pop/rap song describing all the things that define summer for so many folks off from school and who have shifted to a more relaxed mode. Some of those activities are no doubt part of our summer routine: Cookouts, waxing cars, buying new summer clothes.

There is a mystique to summer especially for those within the school systems. It's a much needed three month break that goes by too quickly. For churches though, ministry and worship continue during the summer. In fact we will be working during the summer to plan for the 2010 church year. Committees will be meeting to outline goals to plan for the budget and the ministry of Northminster as we move forward.

I invite you to pray for the folks who have agreed to serve God through being elders and deacons at the church as they work to help follow the leadership of the Holy Spirit at all times-but especially over the next several months. We need God's wisdom to work through them and all of us to develop and *follow* a plan for the ministry to which we've all been called. Ideally once a plan is formed and implemented-it is revisited every year to measure progress and update the goals.

A planning team has been chosen to begin conversations with you in the congregation. They are using a book called Holy Conversations to help discern God's guidance for the church at this time in this place. Watch for the opportunities to engage in these discussions and pray about how you might bring your gifts to the ministry here at Northminster. We're not looking to establish "gripe sessions." Instead we're looking for earnest insights into how we, as this particular part of the Body of Christ, can proclaim the good news of God's grace-hence the term "Holy Conversations."

It is an exciting time for us and one in which we can rejoice. It is time for us to become focused on who God is calling us to be, and how God is calling us to serve. So please pray often-without ceasing-even that God will continue to shape the service and ministry of Northminster Presbyterian.

I remind us to sign up for the workday of one ministry to which we've been called: the June 20th workday at the Habitat for Humanity Apostle Build. Talk with Carol Emerich for details.

Yours in Christ,
Dwight



SUNDAY WORSHIP 10:00A.M.

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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
Ruth George	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



<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
<i>Karen Hunter</i>	June 30

<i>David Asper</i>	July 1
<i>Paul Good</i>	July 1
<i>Scott Ziesmer</i>	July 1
<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>Lawton Strawsburg</i>	July 25
<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>Michael Knotts</i>	August 1
<i>Joan Locher</i>	August 3
<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>Dee Ahlm</i>	August 21
<i>Carl Ahlm</i>	August 22
<i>Bill Benston</i>	August 24
<i>Bill Chesnut</i>	August 26
<i>Jonathan Veith</i>	August 26
<i>Sharon Stout</i>	August 31

**Lectionary Readings****Sunday, June 7** *Trinity Sunday*

Isaiah 6:1-8; *Psalm 29*; Romans 8:12-17;
John 3:1-17

Sunday, June 14

1 Samuel 15:34-16:13; *Psalm 20*
2 Corinthians 5:6-10 (11-13) 14-17;
Mark 4:26-34

Sunday, June 21 *Father's Day/Communion*

1 Samuel 17:(1a, 4-11, 19-23) 32-49 and
Psalm 9:9-20; or 1 Samuel 17:57-18:5, 10-16
and *Psalm 133*; 2 Corinthians 6:1-13;
Mark 4:35-41

Communion Servers

Cindy Ater
Jim Griffin
Diana Harrison
LeaAnn Hoefler
Chuck Mansfield
Kent Sherry

**Sunday, June 28**

2 Samuel 1:1,17-27; *Psalm 130*;
2 Corinthians 8:7-15; Mark 5:21-43

Sunday, July 5

2 Samuel 5:1-5, 9-10; *Psalm 48*
2 Corinthians 12:2-10; Mark 6:1-13

Sunday, July 12

2 Samuel 6:1-5; 12b-19; *Psalm 24*
Ephesians 1:3-14; Mark 6:14-29

Sunday, July 19

2 Samuel 7:1-14a; *Psalm 89:20-37*;
Ephesians 2:11-22; Mark 6:30-34, 53-56

Sunday, July 26

2 Samuel 11:1-15; *Psalm 14*; Ephesians 3:14-21
John 6:1-21

Sunday, August 2

2 Samuel 11:26-12:13a; *Psalm 51:1-12*
Ephesians 4:1-16; John 6:24-35

Sunday, August 9

2 Samuel 18:5-9, 15, 31-33; *Psalm 130*
Ephesians 4:25-5:2; John 6:35, 41-51

Sunday, August 16

1 Kings 2:10-12, 3:3-14; *Psalm 111*
Ephesians 5:15-20; John 6:51-58

Sunday, August 23

1 Kings 8:(1, 6, 10-11) 22-30, 41-43; *Psalm 84*
Ephesians 6:10-20; John 6:56-69

Sunday, August 30

Song of Solomon 2:8-13; *Psalm 45:1-2, 6-9*
James 1:17-27; Mark 7:1-8, 14-15, 21-23

Summer Usher Schedule

June 7	Roy and Ruth Martin
June 14	Roy and Ruth Martin
June 21	Dave and Anne Hines
June 28	Dave and Anne Hines
July 5	Bill and Cindy Chesnut
July 12	Bill and Cindy Chesnut
July 19	Chuck and Lisa Mansfield
July 26	Chuck and Lisa Mansfield
August 2	Roy and Ruth Martin
August 9	Roy and Ruth Martin
August 16	Dave and Anne Hines
August 23	Dave and Anne Hines
August 30	Art and LeaAnn Hoefler
September 6	Art and LeaAnn Hoefler

Summer Greeter Schedule

June 7	Jack and Ruth Dern
June 14	Gail Davis and Dick White
June 21	Doris DeMers and Diana Schneider
June 28	Bill and Cindy Chesnut
July 5	Dick and Jane Johnson
July 12	Burt McKaig and Ruth George
July 19	Marcia and Eric Barga
July 26	Bill and Diana Harrison
August 2	Ed and Joan Generous
August 9	Sharon Jenkins and Toni Conway
August 16	George and Janet Digel-Koerner
August 23	John and Maggie Roberts
August 30	Kevin and Sue Creager
September 6	Joe Bindley and Ron Montgomery

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

June 2009

RANDOM THOUGHTS ON HURT, ANGER, AND FORGIVENESS

Hurt and anger are meant to be fleeting emotions, not permanent fixtures. Forgiveness does not mean forgetting or denying that painful things occurred. Focusing too much attention on a hurt makes it stronger and forms a habit that can be difficult to break. Life may not be perfect, but you can learn to suffer less, you can learn to forgive and to heal. Being hurt is not a sign of weakness, stupidity, or lack of self-esteem. Hurt is a normal and difficult aspect of all our lives. Anger can be a wonderful short-term solution to your life's difficulties, yet it is rarely a good long-term solution to painful events.

Most offenses are committed without the intent to hurt someone personally. We know we are focusing too much on the personal when we feel angry long after the specific hurt has occurred. There is no single right way to explain why things are the way they are. Remember that feeling hurt does not mean that someone meant to hurt you. When we blame someone for our troubles, we remain stuck in the past and extend the pain. When we blame another person for how we feel, we grant them the power to regulate our emotions. Holding people accountable for their actions is not the same as blaming them for how you feel.

From: Forgive for Good By: Dr. Fred Luskin

*Submitted by: Mary Caputo, R.N.
St. Theresa Church*

July 2009

WHAT'S HAPPENED TO MY TOENAILS?

Fungal infection of the nails is common. The main concern is nail discoloration (usually yellow) and changes in nail texture and growth. Nails become crumbly, break easily, and grow irregularly. The fungus grows in the nail bed where the nail meets the skin, and does not spread to internal organs. These infections are not commonly contagious. Nail fungus grows more often in people with weaker immune systems. However, there is currently no known way to boost immune systems to make these infections less likely.

Here are some suggestions that may help prevent fungal infections:

1. Keep your feet dry.
2. Avoid nonporous, closed shoes made of synthetic material.
3. Wear absorbent socks.
4. Wear waterproof sandals when in public showers.

Fungal infection may be very hard to eliminate. Oral medications are available but must be taken consistently for months to be effective. These medications also have many potential side effects to other body organs, especially liver, skin and bone, and require periodic blood tests to assure safety. Unfortunately, anti-fungal creams applied to the nail are generally ineffective. Doctors generally recommend treating these infections only if they cause secondary problems such as pain, recurring ingrown toenails or bacterial infections of the nail or skin.

*Submitted by: Sue Markley, R.N.
Urbana United Methodist Church*

HEALTH NEWS
from the Parish Nurse . . .
Nancy Jean Graves
August 2009
LUNG CANCER

Lung cancer is a disease of uncontrolled cell growth in the tissues of the lung. It is the most common cause of cancer related death in men and the second most common cause of cancer death in women and is responsible for 1.3 million deaths worldwide annually.

The most common symptoms of lung cancer are shortness of breath, coughing (including coughing up blood) and weight loss. Other signs and symptoms may include shortness of breath, wheezing, chest pain or pain in the abdomen, fatigue, loss of appetite, hoarse voice, or difficulty swallowing.

Lung cancer is usually identified by chest X-ray and computed tomography (CT Scan) and then confirmed with a biopsy. Treatment options include surgery, chemotherapy and radiotherapy. Treatment varies depending on the type of cancer cell, the stage or degree of spread and the patient's performance status.

The main causes of lung cancer include carcinogens (such as those in tobacco smoke), ionizing radiation, and viral infection. The lungs are also a common place for metastasis from other tumors in the body. Smoking, particularly of cigarettes, is by far the main contributor to lung cancer. The length of time a person smokes as well as the amount smoked increases the chance of developing lung cancer. Passive smoking (the inhalation of smoke from another's smoking) is a cause of lung cancer in nonsmokers. Worldwide almost 90% of lung cancer deaths are caused by smoking. Cigarette smoke contains over 60 known carcinogens and additionally nicotine appears to depress the immune response to malignant growths in exposed tissue. Radon and asbestos also are contributors to lung cancer.

Prevention is the most cost-effective means of fighting lung cancer. Eliminating tobacco smoking is a primary goal in the prevention of lung cancer with smoking cessation the important tool in this process. California has taken the lead in banning smoking in public establishments. Other states are also implementing similar plans. It is important to note that studies involving the long-term use of supplemental multivitamins did not reduce the risk of lung cancer and in at least one study found that long-term intake of high doses of vitamin E supplement may even increase the risk of lung cancer in smokers. It is up to each of us to choose to be smoke free and to strive for a clean environment in which to live and work.

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



“A friend loves
AT ALL TIMES.”

PROVERBS 17:17. NRSV

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



P.W. ANNUAL PICNIC

The annual P.W. picnic and blind auction will be held at the church on **Thursday, June 11** at 12:00 noon. This event is always a lot of fun and this year the P.W. board is furnishing the food for

the picnic. All that attendees need to bring is an item or two for the auction. The proceeds of the auction will go to the Interfaith Hospitality Network. So look around in your house for a white elephant that would appeal to someone else and mark your calendars for some fun and good food!

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. Call or see Marcia or Andy Barga (399-9839) for more information.



Summer Craig House Dates

Monday, June 22
Monday, July 27
Monday, August 24

☺Circle Meetings

Northminster's Women's Circles will not meet during the summer. Regular meetings will resume in September.

NEW DVD in the LIBRARY

Gary and Denise Molnar have given a new DVD to Northminster's library. The DVD titled Dog Days of Summer is a coming of age story about two young boys. It is a PG movie (although not rated) and is being marketed to the "Christian" community. One of the writers, Chris Waild, is a 2000 graduate of North High School and Chris Molnar was involved with the production as Unit Production Coordinator. It is also available for sale at Walmart. Check it out!

Summer Office Hours Begin Monday, June 1st

Monday	8:00 a.m. to 12:00 noon
Tuesday	8:00 a.m. to 12:00 noon
Wednesday	Office Closed
Thursday	8:00 a.m. to 12:00 noon
Friday	8:00 a.m. to 12:00 noon

Pancake Breakfast

Continues During the Summer

JUNE 6
JULY 4
AUGUST 1



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

The AVM Advisory Board Meeting will be **Tuesday, June 9** at 10:00 a.m.

AVM Day Trip to Bear Creek

The Adult Visionary Ministry has a day trip planned to Bear Creek Farm, Indiana on **Wednesday, June 10th** for a performance by the Guy Lombardo Orchestra. Cost for lunch and the show is \$30 and is payable upon registration to Dick White. We will leave the church at 9:30 a.m. If you need a ride, please indicate so by your name on the sign-up sheet. If you are able to drive, please contact Dick White (399-7305) or Howard Garrett (390-3194).

Session Highlights

The Session met in Regular stated meeting May 19, 2009 at 7:00 PM, beginning in the sanctuary for a devotional reading, a time of prayer, and the singing of a hymn then returning to the Family Room. Session agreed to participate in an on-line leadership/officer training program titled "Opening Doors to Discipleship." This resource is free to us as members of the Presbyterian Church (USA).

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

The Pastor reported that Ruth George has agreed to take over operation of the library and that he still needs one more person to serve on the Planning Committee. He asked that the committees of Session meet in June to plan for June 2009 through June 2010, to set 3 main goals and to determine the cost of meeting those goals, and to have this information to the Finance Committee by the end of July.

Property Committee: Elder Paul Good reported that the drainage around the building is still a problem. Paul Gamble (who did the grading work last fall) will dig out a clogged drain (at no additional cost to Northminster) sometime this summer.

Elder Kent Sherry reported for the Finance Committee that finances through April were essentially on budget.

It was reported for Christian Education that the end of the program year will be marked by Teacher Recognition during worship on May 31st, Pentecost Sunday. Retiring Session members and Deacons will also be recognized at that service. Session approved the curriculum for the children and youth Sunday school classes.

Rev. McCormick relayed an invitation from Central Christian Church for Northminster children (and adult volunteers) to participate in Vacation Bible School at their facility July 13 through 17. Session approved sharing this information in the bulletin and newsletter.

Elders Jim Griffin and Carol Emerich (Mission and Outreach) reported on the Apostle Build Project. Northminster's work day has been rescheduled for June 20th. The committee is considering ideas for a fundraising event to take place before the end of June. Elder Emily Spriggs reported that the annual "Relay for Life" will take place June 5th and 6th, luminaries are available for \$10.00 each, and this year's theme is "Pirates of the Cure-i-bian."

The next stated meeting of Session is June 16, 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.



Church Corporation

Kent Sherry **President**
 Chuck Mansfield **Vice President**
 Lois Shroyer **Clerk of Session**
 Bill Harrison **Treasurer**

Session

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

Class 2012

Marcia Barga
 Kevin Creager
 Susan Dersch
 Diana Schneider
 Kent Sherry

Deacons

Class of 2010

Mark Brush
 Joan Garrett
 Greg Veith

Class of 2011

LeaAnn Hoefler
 Chuck Mansfield
 Ron Montgomery

Class of 2012

Bill Benston
 Tricia Foster
 Elise Spriggs

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PRESBYTERIAN CHURCH

400 Villa Road
Springfield, Ohio 45503



THE NORTHERN LIGHT
Issue 6

NON PROFIT ORGANIZATION
U.S. POSTAGE PAID
SPRINGFIELD, OHIO
PERMIT NO. 75

Return Service Requested



Summer 2009

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|----------------|----------------------------------|
| June 1 | Summer Office Hours Begin |
| June 10 | AVM Bear Creek |
| June 11 | PW Picnic |
| June 16 | Session Meeting |
| June 16 | Men's Breakfast |
| June 20 | Apostle Build Work Day |
| June 21 | Father's Day/Communion |



NORTHMINSTER'S VISION STATEMENT
REJOICE! RENEW! REACHOUT!

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