

NORTHMINSTER PRESBYTERIAN CHURCH

THE NORTHERN LIGHT

JANUARY 2010

ISSUE 1



New Year's Message

FROM THE PASTOR

Happy 2010! Are we excited about what God might do in the coming year? Or are we just thinking.....same old stuff different day? I encourage us to imagine ourselves or pray ourselves into the former rather than the latter of the two.

January 6th marks a holiday observed within the Christian tradition but not within wider culture. The holiday is Epiphany. It celebrates the day when Jesus' birth was revealed to the Magi or as they are traditionally called the "wise men." Only Luke and Matthew tell of the event but convey the message that Jesus is savior to all people in the world. In other words, God had not only brought salvation to the Jews but also to Gentiles, to all people. For us in the current day it does not seem quite as big a deal as it would have to the people at the time the Gospels were written.

In ancient culture this was stretching the beliefs of the emerging faith communities. These believers were often made up of Jewish converts who sometimes struggled with how they were to observe Christian discipleship. The message that Jesus' birth meant salvation for Jew and Gentile would have pushed the boundaries of expectation and acceptance within ancient tradition.

Fast forward several thousand years later and I ask, "What would the radical message of the gospel be for us? What boundaries does the Good News of Jesus Christ push in our lives?"

Do we hold piety and morality as the center of our faith? Or are we open to a new revelation from Jesus that the love of God is bigger than we could ever grasp and that it may call us into some uncomfortable places? Certainly, we don't have to throw out either one. But what is our focus and how might God be asking us to shift it? What is possible for Jesus to do through you and me at this time and in this place? What is God going to do next? It remains to be seen. Let's agree to listen and follow as Jesus calls us into the New Year with eyes to see and ears to hear. Help us with your Grace dear God.

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 Debbie Spoon	Youth Directors
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

HAPPY BIRTHDAY TO:

<i>LeaAnn Hoefer</i>	January 2
<i>Helen Roe</i>	January 2
<i>Denise Molnar</i>	January 4
<i>Doris DeMers</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>Russell DesCombes</i>	January 15
<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

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



The **deadline for individual committee reports** for the Annual Report will be **Monday, January 11, 2010.** We would like to have the report ready for people to pick up on Sunday, January 24th, one week prior to the meeting.

The *Annual Congregational Meeting* is scheduled for ***Sunday, January 31st*** immediately following worship. The purpose of the meeting is to: Receive reports of the boards, committees and organizations of the church.

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 2010 per capita amount is \$24.75 per member.** The per capita amount did not increase for 2010. 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.



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*“Three daily reminders: Have the courage to say no. Have the courage to face the truth. Have the courage to do the right thing because it is right.”*

-Mark Twain  
via *Apple Seeds*

From “*The Joyful Noiseletter,*” January 2010

**Youth Group Meetings**

|                                               |           |
|-----------------------------------------------|-----------|
| Sunday, January 10                            | 4:30 p.m. |
| <i>Youth Group Meeting at the church</i>      |           |
| Saturday, January 16                          | 9:30 a.m. |
| <i>Clifton Ave. Church of God Food Pantry</i> |           |
| Sunday, January 24                            | 4:30 p.m. |
| <i>Youth Group Meeting at the church</i>      |           |
| Sunday, January 31                            | 9:30 a.m. |
| <i>Youth Hosting Cafe</i>                     |           |

**Lectionary Readings**

**Sunday, January 3, 2010**

*2nd Sunday after Christmas*

Jeremiah 31:7-14; *Psalm 147:12-20*;  
Ephesians 1:3-14; John 1: (1-9) 10-18

**Wednesday, January 6, 2010**

*Epiphany of the Lord*

Isaiah 60:1-6; *Psalm 72:1-7, 10-14*  
Ephesians 3:1-12; Matthew 2:1-12

**Sunday, January 10, 2010**

*Baptism of the Lord*

Isaiah 43:1-7; *Psalm 29*; Acts 8:14-17  
Luke 3:15-17, 21-22

**Sunday, January 17, 2010**

*2nd Sunday in Ordinary Time*

Isaiah 62:1-5; *Psalm 36:5-10*  
1 Corinthians 12:1-11; John 2:1-11

**Sunday, January 24, 2010**

*3rd Sunday in Ordinary Time*

Nehemiah 8:1-3, 5-6, 8-10; *Psalm 19*  
1 Corinthians 12:12-31a; Luke 4:14-21

**Sunday, January 31, 2010**

*4th Sunday in Ordinary Time*

Jeremiah 1:4-10; *Psalm 71:1-6*  
1 Corinthians 13:1-13, Luke 4:21-30



**The Greatness of Serving with Love**

“Everybody can be great, because everybody can serve. You don’t need to have a college degree to serve. You don’t have to make your subject and your verb agree to serve. You don’t have to know about Plato and Aristotle to serve. You don’t have to know Einstein’s theory of relativity to serve. You don’t have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace, a soul generated by love.”

-Dr. Martin Luther King, Jr.  
via Lois Ward  
Longmont, CO

*The Joyful Noiseletter, Jan. 2010*

**Presbyterian Women**

The women’s circles at Northminster do not meet during the month of January but will resume their monthly meetings in February.

P.W. made donations to the following organizations with proceeds from their 2009 fundraisers: The Christmas Bazaar and the Spaghetti Dinner.

- Salvation Army \$ 500.00
- Interfaith Hospitality Network 500.00
- Red Cross 150.00
- Christ Episcopal Food Pantry 300.00 Additional Amt.
- Christ Episcopal Food Pantry 1200.00 Budgeted Amt.

There will be a meal delivered to **Craig House**, a homeless shelter for men, on Monday, **January 25th**. If you would like to donate a meat, salad, vegetable or dessert for this meal, locate the sign-up sheet in the Family Room. Your donation may be brought to the church the Sunday before or picked up at your home. Contact Marcia or Andy Barga for additional information 399-9839.

**The Already and Not Yet**

Northminster’s Strategic Planning Committee, which has been meeting since September, is preparing to approach the congregation about where Northminster is and where the congregation wants to go with regard to our church and our relationship with God. The book, *Holy Conversations: Strategic Planning as a Spiritual Practice for Congregations*, has been read, reviewed and discussed. The committee has also reviewed the outcomes of past planning efforts. We realize that rather than starting from scratch, we can build on what we as a congregation have already done.

The result of these efforts has led us to focus on five areas previously identified: Worship, Leadership, Personal Growth and Faith, Growth in Faith and Action, and Nurturing. The committee will be approaching the congregation through various means in the upcoming months as we seek to gather further information to help direct our church up the road towards spiritual growth.

*Kevin Creager, Chair*  
*Susan Dersch*  
*Diana Harrison*  
*Maggie Roberts*  
*Diane Schneider*



**HEALTH NEWS**  
*from the Parish Nurse . .*  
**Nancy Jean Graves**  
**January 2010**  
**WHY DO WE OVEREAT?**

Why is it so hard to stop eating? It all begins in your brain when dopamine, a neurotransmitter that conveys messages from one nerve cell to another, spikes and focuses our attention on a food because of some cue in our environment. A cue could be a location, a time of day, a picture or a sign, anything that stimulates brain activity. Then your working memory begins to think about what pleasure that gave and you want the food. Studies have shown that if you combine sugar and fat that the dopamine stays elevated in the brain and you want more even if your calorie needs have been satisfied. It becomes even more complex the more multi-sensory the food. For example, in an ice cream Sunday there is sugar, fat and cold and then Reese's peanut butter chips and chocolate sauce. Cookie crumbles add even more aroma and texture. (Are you salivating yet?) So the yearning for that food and the dopamine in the brain stay activated and we get captured. After this brain arousal, a person must either distract themselves with something more important or consume it and then there is release. The food industry creates dishes that hit three points of the compass: sugar, fat and salt, so people will keep coming back for more. Then if the food is available everywhere you are and you enjoy it with your friends and advertising makes it appear even more appealing, it becomes very hard to resist.

What can we do to halt overeating? Plan meals and snacks ahead, then block out other thoughts of food. Pick foods that occur in nature: whole grains, fruits and vegetables, low fat proteins and use small amounts of fat. Recognize emotions that lead to overeating and seize control. Turn off the image of a trigger food before you think about eating it. Pair up an ugly image with an unhealthy food. Rehearse what to do instead of eating.

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

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PRESBYTERIAN CHURCH

400 Villa Road  
Springfield, Ohio 45503



**THE NORTHERN LIGHT**  
*Issue 1*

NON PROFIT ORGANIZATION  
**U.S. POSTAGE PAID**  
SPRINGFIELD, OHIO  
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## January 2010

- January 1**      **New Year's Day - Office Closed**
- January 2**      **Pancake Breakfast (Our 100th!)**  
Proceeds from this breakfast will help  
support Mission and Youth programs
- January 11**     **Deadline for Annual Report**
- January 18**     **Martin Luther King, Jr. Day - Office Open**
- January 19**     **Men's Breakfast**
- January 19**     **Session Meeting**
- January 31**     **Annual Congregational Meeting**

*"Be at war with your vices, at peace with your neighbors,  
and let every New Year find you a better person."*

-Benjamin Franklin  
*Poor Richard's Almanac*

# January 2010

Northminster Presbyterian Church



**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

|                                                                          |                                                                                                                           |                                                                         |                                                                                |    |                                      |                                                                            |
|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------------|----|--------------------------------------|----------------------------------------------------------------------------|
|                                                                          |                                                                                                                           |                                                                         |                                                                                |    | 1<br>New Year's Day<br>Office Closed | 2<br>8:00 Pancake<br>Breakfast<br>(Our 100th!)                             |
| 3<br>Blood Pressure<br>Screening                                         | 4<br>9:30 YWM Meeting<br>and Luncheon                                                                                     | 5                                                                       | 6<br>6:00 Bell Choir<br>7:00 Boy Scouts<br>7:15 Choir                          | 7  | 8                                    | 9                                                                          |
| 10<br>4:30 Youth Group                                                   | 11<br>10:00 AVM Board<br>6:00 Finance<br>6:00 Study Group<br><br><b>DEADLINE for<br/>ANNUAL REPORT</b>                    | 12                                                                      | 13<br>6:00 Bell Choir<br>7:00 Boy Scouts<br>7:15 Choir                         | 14 | 15                                   | 16<br>9:30 Youth help @<br>Clifton Ave.<br>Church of<br>God Food<br>Pantry |
| 17                                                                       | 18<br>Martin Luther King, Jr.<br>Day - Office Open<br><br>6:00 Study Group<br><br><b>Deadline for<br/>Feb. Newsletter</b> | 19<br>7am Men's<br>Breakfast @<br>Perkins<br><br>7pm Session<br>Meeting | 20<br>6:00 Bell Choir<br>7:00 Boy Scouts<br>7:15 Choir                         | 21 | 22                                   | 23                                                                         |
| 24<br>4:30 Youth Group                                                   | 25<br>6:00 Study Group                                                                                                    | 26                                                                      | 27<br>9:30 Mail Newsletter<br>6:00 Bell Choir<br>7:00 Boy Scouts<br>7:15 Choir | 28 | 29                                   | 30                                                                         |
| 31<br><b>Annual<br/>Congregational<br/>Meeting</b><br>Youth Hosting Cafe |                                                                                                                           |                                                                         |                                                                                |    |                                      |                                                                            |