

NORTHMINSTER PRESBYTERIAN CHURCH

THE NORTHERN LIGHT

MARCH 2010

ISSUE 3



*Pastor's
Message
for Lent*

There's an old joke that says if Moses' sister Miriam had been leading the Israelites through the wilderness they would have only been in the desert for 40 days rather than 40 years because she wouldn't have been too proud to ask for directions. Along with the Israelites, we have another wilderness story from the Gospels of Mark, Matthew and Luke that involve Jesus' temptation by the

devil. The wilderness stories in Scripture connect with our stories of wandering in the wilderness of life. Our calling is to be aware of the presence of God even in the wilderness, perhaps especially in the wilderness.

Lent is the time in which we examine this wilderness experience with God and emerge on the other side of it with renewed hope. The Rev. Dr. Barbara Brown Taylor said, in a recent sermon called "The Wilderness Exam," the following:

What I want to focus on... is where the test took place--the wilderness--because I have an idea that every one of us has already been there. Maybe it just looked like a hospital waiting room to you, or the sheets on a cheap motel bed after you got kicked out of your house, or maybe it looked like the parking lot where you couldn't find your car on the day you lost your job. It may even have been a kind of desert in the middle of your own chest, where you begged for a word from God and heard nothing but the wheezing bellows of your own breath.

Wildernesses comes in so many shapes and sizes that the only way you can really tell you are in one is to look around for what you normally count on to save your life and come up empty. No food. No earthly power. No special protection--just a Bible-quoting devil and a whole bunch of sand.

Taylor says that this isn't bad news because by the example of Jesus' wilderness experience we know that he was led into the wilderness by the Spirit, that he was full of the Holy Spirit when he was there, and that even though he was famished and lived on nothing to eat for a period of time that he made it through with God's help. Again from Dr. Taylor:

(continued on next page)

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	
Debbie Spoon	
Dick White	Adult Ministry
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

Pastor's Message for Lent Continued

What did that long, famishing stretch in the wilderness do to Jesus? It freed him--from all devilish attempts to distract him from his true purpose, from hungry craving for things with no power to give him life, from any illusion he might have had that God would make his choices for him. After 40 days in the wilderness, Jesus had not only learned to manage his appetites; he had also learned to trust the Spirit that had led him there to lead him out again, with the kind of clarity and grit he could not have found anywhere else.

I pray that we all can trust the Holy Spirit to lead us into, through, and out of any wilderness in our lives and to bring us clarity and hope after having been through it. Please continue to reflect on the wilderness journey through Palm Sunday. Do so knowing that the joy of The Resurrection is how the story ends and begins after the wilderness.

Dwight

PRESBYTERIAN DISASTER ASSISTANCE

Gift of the Heart Kits

Colossians 3:12 says: "As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience." As part of our Christian faith we are seeking to put into action compassion and kindness for those suffering in Haiti. We're inviting you to put together Gifts of the Heart Kits to send as part of the relief efforts in Haiti. Presbyterian Disaster Assistance along with Church World Service has given us the information we need to put together the kits. Please pick up a Ziploc bag (at the church) with the information you need to assemble the kits. Please choose one or more of the kits you would like to put together, purchase and assemble the kit(s), and return them to the church by Easter Sunday, April 4th. We will incorporate the kits into the offering portion of our worship on Easter Sunday and mail them during the week of April 4th. Thank you for your generosity in this mission work.

Session Highlights

The Session met in regular stated meeting February 16 at 7:00 PM in the Family Room.

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

The Pastor reported that he is planning to take vacation April 11 through 17 and to attend a continuing education event May 17 through 21.

Session approved giving the congregation the opportunity to participate in a "hands on" mission project during Lent as a way to offer assistance to the earthquake survivors in Haiti. Gift of the Heart Kits will be collected during Lent, dedicated on Easter Sunday, and shipped to Church World Service.

Members of the Strategic Planning Committee led a discussion with the Session on "the already and the not yet" as a continuation of its information gathering from all segments of the congregation.

It was confirmed that this year we will not hold an Easter sunrise service and breakfast (which have been poorly attended in recent years). As an alternative, Northminster will host the Oakland and Covenant congregations for a picnic lunch on Pentecost Sunday.

Elder Jim Twiggs reported for the Finance Committee that total income for January was \$19,069 and total expenses were \$23,140, producing a deficit of \$4,071. He noted that there were three pay periods in January, contributing to the deficit.

Elder Cindy Ater, co-chair of the Christian Education Committee, reported that they are planning to cooperate with Covenant and Oakland in holding Vacation Bible School. She also noted that the CE committee needs more members.

The next stated meeting of Session is March 16, 2010 at 7:00 PM, with committees meeting at 6:00 PM.

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

Lois Shroyer, Clerk



Lectionary Readings

Sunday, March 7

3rd Sunday in Lent

Isaiah 55:1-9; *Psalm 63:1-8*

1 Corinthians 10:1-13; Luke 13:1-9

Sunday, March 14

4th Sunday in Lent

Joshua 5:9-12; *Psalm 32*

2 Corinthians 5:16-21; Luke 15:1-3, 11b-32

Sunday, March 21

5th Sunday in Lent

Isaiah 43:16-21; *Psalm 126*

Philippians 3:4b-14; John 12:1-8

Sunday, March 28

Passion/Palm Sunday

(Holy Week begins)

Luke 19:28-40

Psalm 118:1-2, 19-29

Isaiah 50:4-9a

Psalm 31:9-16

Philippians 2:5-11

Luke 22:14—23:56 *or*

Luke 23:1-49



Monday of Holy Week

Isaiah 42:1-9; *Psalm 36:5-11*

Hebrews 9:11-15; John 12:1-11

Tuesday of Holy Week

Isaiah 49:1-7; *Psalm 71:1-14*

1 Corinthians 1:18-31; John 12:20-36

Wednesday of Holy Week

Isaiah 50:4-9a; *Psalm 70*

Hebrews 12:1-3; John 13:21-32

Maundy Thursday

Exodus 12:1-4 (5-10), 11-14

Psalm 116:1-2, 12-19; 1 Corinthians 11:23-26

John 13:1-17, 31b-35

Good Friday

Isaiah 52:13 — 53:12; *Psalm 22*

Hebrews 10:16-25 *or* Hebrews 4:14-16, 5:7-9

John 18:1 — 19:42

**21st Century
Evangelism Event**

Unlike anything you've imagined . . . powerful, prophetic, passionate and practical. Nationally-known leaders and local resources. Presented by a coalition of evangelical pastors and laypeople from the Miami Valley & Cincinnati Presbyteries and the Tri-State area.

1 DAY — Saturday, March 13

9:15 am — 4:15 pm

(8:30 am registration/continental breakfast)

1 PLACE — Lebanon, OH

Lebanon Presbyterian Church

123 N. East Street (513) 932-2751

1 LOW PRICE — \$20 per person

Includes box lunch and materials

Save \$15 if you *register by March 1*

\$15 per person for groups of 8 or more.

***REGISTER FOR CHILD CARE for infants
& preschool children (nominal fee).***

Questions: Lebanon PC (513) 932-2751

Registration Questions: EMI (513) 742-1100

(toll free) (800) 364-4769

REGISTER ONLINE www.equippingministries.org



'NO FEAR' evangelism that *fits*.

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>Toni Conway</i>	March 16
<i>Sheila 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 Donovan</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



The Library Committee has purchased a large, Random House Webster's unabridged Dictionary in memory of Gail Davis' son, Art. (November 10, 1948—February 20, 2007) Art enjoyed the study of words and always had a pocket dictionary with him. Thanks to the friends who donated to the Library Fund in Art's memory.

Just a Reminder

OUTSIDE WORK DAY

Mark your calendar now!!!

APRIL 17th - 9 AM

Back-up weather date April 24th.

We NEED your help!!!

Lunch Served

Hamburgers and Hot Dogs

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

Meets 2nd Monday

Leader: Ruth George

Esther Circle will not meet during the month of March.
Our next meeting will be **Monday, April 12th.**

MARY-MARTHA CIRCLE

Meets 3rd Friday

Leader: Ruth Martin

Mary-Martha Circle will meet at the church on
Friday, March 19th at 10:30 a.m.

REBEKAH/SARAH CIRCLE

Meets 2nd Thursday

Leader: Joyce Carpenter

Rebekah/Sarah Circle will meet at the church on
Thursday, March 11 at 12:00 noon.
Hostess: Joan Garrett

PW BOARD MEETING
Monday, March 1st
10:00 AM



CRAIG HOUSE MEALS

PW will provide an evening meal for 12 men living at Craig House, a homeless shelter for men, on **Monday, March 22.** If you are interested in providing either a **meat, vegetable, salad** or **dessert**, please sign-up on the sheet located on the bulletin board in the Family Room. Your donation 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.

BAZAAR WORKSHOP

The Bazaar Workshop will resume meeting on Tuesday mornings from 9:00 a.m. until 12:00 noon in the Community Room of the church beginning **Tuesday, March 2.** (*weather permitting*) If you are free at this time, why not consider joining us for fellowship and craft making? No experience necessary. For additional information contact Joan Generous (969-8130) or Barb Aker (399-3967).

HEALTH NEWS
from the Parish Nurse
Nancy Jean Graves
March 2010
BENEFITS of YOGA

Yoga is often compared to a big tree with eight limbs, each limb representing a branch of yoga. Only one of these branches is asana (postures) the type of yoga that most of us in the United States are familiar with. Some of the other branches are pranayama (breath control), dhyana (meditations), and dharana (concentration).

Yoga has long been associated with Hindu religious traditions. It is true that yoga emerged from India as a set of practices with spiritual content. However, it is not married to any particular religious tradition.

Some benefits of yoga are: 1) Increased flexibility by increasing lubrication of the joints, ligaments and tendons; 2) Massaging of all organs and internal glands of the body; 3) Detoxification and excellent toning of the muscles. All of which can lead to more strength and better posture.

Yoga improves lung capacity and leads to less stress and more calm. Yoga's anti-stress benefits are a host of bio-chemical responses. There is a decrease in catecholamine, the hormone produced by the adrenal glands in response to stress. Lowering levels of the hormones-neurotransmitters, norepinephrine and epinephrine—creates a feeling of calm. Some research points to a boost in the hormone oxytocin. This is the so-called trust and bonding hormone that is associated with feeling relaxed and connected to others. Recently researches have begun exploring the effects of yoga on depression, a benefit that may result from yoga boosting oxygen levels to the brain.

Yoga has been known to lower blood pressure and slow the heart rate. And yoga has been associated with decreased cholesterol and triglyceride levels as well as a boost in the immune system.

Some studies have suggested that yoga may have a positive effect on learning and memory. Other researchers have been studying whether yoga can slow the aging process, increase a person's sense of self-acceptance, and improve energy levels.

Submitted by:
Janet Baer LMT, RYT

AVM (Adult Visionary Ministry)

The "Visionaries"

The Alan Gresik Swing Shift Orchestra

Kuss Auditorium

Friday, March 26, 2010

8:00 PM



There is still time to make your reservation with the AVM for an evening of music performed by the Alan Gresik Swing Shift Orchestra. This is a Big Band sound featuring music from the 1930's and 1940's. Our kind of music! The Performing Arts Center is offering a senior discount for this performance at a price of \$20 per person. To receive this discount we need to have at least 15 or more people to sign-up for this event. Regular price is \$24. There is a no refund policy. **Tickets are still available.** Contact Dick White (AVM associate) or Joan Garrett (secretary) for additional information. Sign-up sheets are posted in the Family Room and the Narthex.

NOTES of THANKS

Northminster Friends,
 Thank you so much for the care package! I really look forward to getting them. I can't tell you how good it feels to know that there are people there that care about me! Thanks so much! I can't wait until I can see you again!
Love, Emily Aldinger

Dear Northminster,
 Thank you so much for the beautiful care package! It was such a beautiful gift to receive just in time for the new semester! I am sure the pencils and high-lighters will come in handy when taking notes. The coins will help pay for laundry and the hot cocoa will definitely keep me warm during the winter months here in the District.
 I miss you all!
Love, Jessica Lau

Northminster Presbyterian Deacons:
 Thank you for the Christmas gift package. I appreciate all of the helpful things in it for me to use as a college student. I especially like the snacks that are in it.
Thanks again, Jonathan Veith

NORTHMINSTER
PRESBYTERIAN CHURCH

400 Villa Road
Springfield, Ohio 45503



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Issue 3

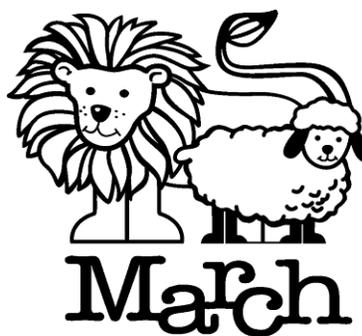
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March 2010

- | | |
|-----------------|--------------------------------|
| March 6 | Pancake Breakfast |
| March 16 | Men's Breakfast |
| March 16 | Session Meeting |
| March 22 | Deadline for Newsletter |
| March 28 | Palm Sunday |

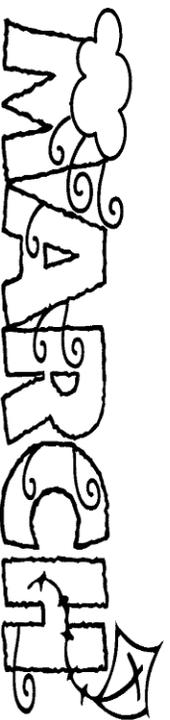


NORTHMINSTER'S VISION STATEMENT
REJOICE! RENEW! REACHOUT!

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

March 2010

Northminster Presbyterian Church
www.northminsterspringfield.org



Sun Mon Tue Wed Thu Fri Sat

	1 9:30 YWM Meeting 10:00 PW Board	2 9:00 Bazaar Workshop	3 6:00 Bell Choir 7:00 Boy Scouts 7:15 Choir	4	5	6 8:00 Pancake Breakfast
7 3rd Sunday in Lent Blood Pressure Screening	8 10:00 AVM Advisory Board	9 9:00 Bazaar Workshop	10 6:00 Bell Choir 7:00 Boy Scouts 7:15 Choir	11 12:00 Rebekah/ Sarah Circle	12	13
14 4th Sunday in Lent 4:30 Youth Group	15	16 7 am Men's Breakfast 9 am Bazaar Workshop 6 pm Administration 6 pm Finance 7 pm Session	17 6:00 Bell Choir 7:00 Boy Scouts 7:15 Choir	18	19 10:30 Mary- Martha Circle	20 9:30 Youth helping @ Clifton Ave. Church of God Food Pantry 11:00 Presbyterianism 101
21 5th Sunday in Lent	22 6:30 Remembrance Quilt Guild NEWSLETTER DEADLINE	23 9:00 Bazaar Workshop	24 6:00 Bell Choir 7:00 Boy Scouts 7:15 Choir	25	26 8:00 AVM Clark State Alan Gresik Swing Shift Orchestra	27
28 Palm Sunday Youth Hosting Cafe 4:30 Youth Group	29	30 9:00 Bazaar Workshop	31 9:30 Mail Newsletter 6:00 Bell Choir 7:00 Boy Scouts 7:15 Choir			