

NORTHMINSTER PRESBYTERIAN CHURCH

# THE NORTHERN LIGHT

FEBRUARY 2013

ISSUE 2

## *A Word from the Pastor . . .*

I want to invite you to attend our combined worship service at Covenant Presbyterian Church Wednesday February 13<sup>th</sup>, 2013 at 7PM. We join every year with Covenant Presbyterian to observe the imposition of ashes on our forehead and celebrate communion.

In addition, this year rather than having a Maundy Thursday worship we will be having a Good Friday worship service on March 29<sup>th</sup>, 2013 at 7PM here at Northminster Presbyterian Church. It is our hope that Covenant Presbyterian Church will join us for this worship service. Please mark these dates on your calendar and plan to attend. I will be preaching the sermon this year at the Ash Wednesday service.

The observance of Ash Wednesday marks the beginning of the 40 days of Lent. During Lent we are invited to observe spiritual disciplines of daily prayer, scripture reading, and fasting. Please start thinking now about how you may alter your behavior during Lent. If you begin to plan now, when Ash Wednesday arrives you will be ready to enter the discipline required for the observance. I will join you in this process.

I remember the first time I participated in an Ash Wednesday worship service. After the pastor put the ashes on me I thought "I have a cross shaped smudge on my forehead. I hope I remember to wipe them off before I go to the store later."

Some responses to the ash cross are surface like mine at that time. Other possible surface responses I can guess by seeing the eyes of those who come forward for the imposition of ashes in the shape of a cross on their forehead. They are:

"Will it mess up my hair?"

"What will my makeup look like?"

"It's weird having the preacher touch my forehead."

"I hope those onions I ate aren't as strong as I think they were. Did I brush my teeth?"

"Wow, am I supposed to feel depressed?"

(continued on next page)



SUNDAY WORSHIP 10:00 A.M.

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Springfield, Ohio 45503

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office@northminsterspringfield.org  
www.northminsterspringfield.org

## PASTORS

Dwight McCormick II  
W. Franklin Sparks

Pastor  
Pastor Emeritus

## CHURCH STAFF

Deana Knotts

Office Manager

Gay Steiner

Financial Secretary

Bill Harrison

Treasurer

Greg Veith

Custodian

Lydia Smith-Lockwood

Director of Music

Dwight & Sarah McCormick  
Nate & Kate Smith

Youth Leaders

Joan Generous  
June Hughes

Presbyterian Women

Nancy Jean Graves  
Ruth George

Parish Nurse  
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 Page continued)

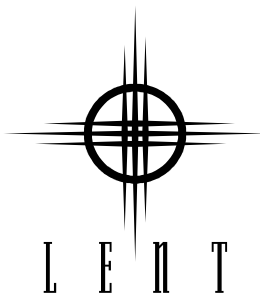
Some responses are a bit deeper and get closer to what we are to do on Ash Wednesday and the forty days that follow.

"What can I give up for forty days that shows God how much I appreciate being loved and forgiven?" "What does it mean that I am dust and to dust I shall return? Is it that I am mortal and my life will one day end so I am invited to show gratitude for how many days I have left?" "How can I honor God by adding a spiritual practice during this time leading up to Easter?"

Whatever response we have to the imposition of ashes during worship, it is our response to the actual cross that changes us. During Lent we are given such a chance to respond. We are invited during the forty days to be mindful of the sacrifice not only of Jesus' life to demonstrate his love for humanity, but the sacrifice it takes for us to love others in Christ's name. It takes a good deal of strength to love. God will nurture and sustain us in our efforts if we seek help from the Holy Spirit.

Even if you don't attend the Ash Wednesday worship service please give thought to what you may do as a sign of your devotion to God during Lent. I will do the same. The salvation given to us in Christ Jesus will sustain us during the forty days and at all times. Won't you walk this path of discipleship alongside me?

*Dwight*



## LENTEN FEASTING and FASTING

*Fast from gossip;*  
*Feast on the Gospels.*  
*Fast from junk foods;*  
*Feast on the Bread of Life.*  
*Fast from bad news;*  
*Feast on "The Good News."*  
*Fast from darkness;*  
*Feast on the Light.*  
*Fast from the secular;*  
*Feast on the sacred.*  
*Fast from despair;*  
*Feast on hope.*  
*Fast from revenge;*  
*Feast on forgiveness.*  
*Fast from tears of sorrow;*  
*Feast on tears of joy.*  
*Fast from getting;*  
*Feast on giving.*  
*Fast from complexities;*  
*Feast on simplicities.*  
*Fast from horror;*  
*Feast on humor.*  
*Fast from listlessness;*  
*Feast on laughter.*

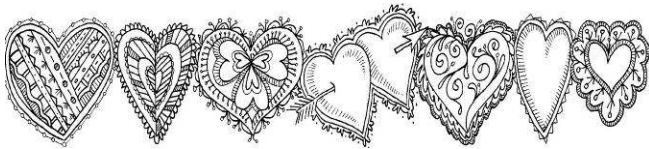
-Rev. James A Gillespie  
*The Joyful Noiseletter*

# Presbyterian Women

Faith, Fellowship and Fun  
with a Circle of Friends.

All are welcome to participate.

Co-Moderators.....Joan Generous & June Hughes  
Secretary..... Anne Hines  
Treasurer.....Ruth Martin



## ESTHER CIRCLE

**Leader: Cindy Chesnut**

*Meets 2nd Monday*

**Meeting Date: Monday, February 11th**

**Time:** 7:15 p.m.

**Place:** Church

**Hostesses:** Terry Rigio and Cindy Chesnut

## RUTH CIRCLE

**Leader: Gail Davis**

**Secretary: June Hughes**

**Treasurer: Joan Garrett**

*Meets 2nd Thursday*

**Meeting Date: Thursday, February 14th**

Ruth Circle will meet Thursday, February 14th at 11AM at Northminster Church. June Hughes and Joyce Carpenter are hostesses and have the program. Please bring a sack lunch. Dessert and beverage will be furnished.

Questions: Gail Davis 390-2527



### ***Looking Ahead to March***

Mark you calendars  
crafty ladies!

The **Bazaar Workshop** is  
scheduled to begin meeting  
(weather permitting)  
the first Tuesday of March  
**(March 5th)**

at 9AM in the lower level  
Community Room.  
Questions: Joan Generous  
969-8130



## **HEALTH NEWS**

*from the Parish Nurse . . . Nancy Jean Graves*

**February 2013**

### **PLANTAR FASCIITIS**

Plantar fasciitis is inflammation of the thick band of tissue (fascia) on the bottom of the foot. This tissue runs from the heel bone to the toes and creates the arch of the foot. It becomes inflamed when it is overstretched or overworked. Issues contributing to plantar fasciitis include flat or high arches, long distance running especially on uneven surfaces, sudden weight gain or obesity, tight Achilles tendon or shoes with poor or no arch support.

Heel pain may be dull or sharp, aching, or burning. It is worse when first getting out of bed, after prolonged standing or sitting, climbing stairs or intense activity. Pain may develop slowly over time or may appear suddenly.

Plantar fasciitis almost always resolves with conservative treatment. Over-the-counter anti-inflammatory medicine will help, as will heel and foot stretching and foot stretching exercises. Wearing shoes with good support that keep the heel slightly higher than the toes is recommended. Applying ice twice daily, resting as is possible for a week and heel pads in your shoes will also help.

If these methods don't relieve the pain, wearing a splint, having custom esthetics made or steroid injections may be necessary. Treatment can last for months or years and symptoms can recur. In extreme circumstances, surgery may be needed.

Submitted by: Mary Caputo, RN  
St. Teresa Church

# FEBRUARY

**Happy Birthday to:**

<i>Jim Arnott</i>	February 2
<i>Lilly Adams</i>	February 3
<i>Harry Lemon</i>	February 5
<i>Maggie Roberts</i>	February 5
<i>Karen Veith</i>	February 17
<i>Martha Clement</i>	February 22
<i>Dick Ater</i>	February 25
<i>Nancy Jean Graves</i>	February 26
<i>Ruth Martin</i>	February 28

***A Note of Thanks***

Bud Graves and family would like to thank Northminster members and friends for the food, cards, calls, prayers, flowers, and their presence at the memorial service for Nancy Louise Graves.

**ADULT FORUM SCHEDULE**

**February 3**

**Great Ends of the Church:**

*Promotion of Social Righteousness*

Leaders:

Diana Schneider & Bob Triebelhorn

**February 10**

**Great Ends of the Church:**

*Exhibition of the Kingdom of God to the World*

Leaders:

Bill Carpenter & Denise Molnar

A six week Lenten Bible Study  
 "Learning Forgiveness, A Lenten Study"  
 from *The Thoughtful Christian*  
 will begin on February 17th and run through  
 Palm Sunday, March 24th.

The Adult Forum meets after worship  
 at 11:15 AM in the Loft.

***Session Highlights***

The Session met in regular stated meeting January 15, 2013. The Moderator, Rev. Dwight McCormick, opened the meeting at 7:00 PM, with Scripture reading and prayer.

Session met with Ms. Elinor Morgan, who wishes to join Northminster by transfer of letter from Faith United (formerly Central United) Methodist Church. Session approved, and she will be publicly received during worship on February 17<sup>th</sup>.

Finance Committee: the printed financial report and balance sheet shows that total income for January 1 through December 31 was \$182,341 and total expenses were \$195,678, producing a deficit of \$13,337.

Session approved the following communion dates presented by the Worship Committee: March 31, May 19, July 14, September 8, October 6, November 17, and December 15.

The Property Committee reported plans for installing a spotlight trained on the stained glass window and an additional floodlight for the parking lot. These lights will be paid for from the Burt McKaig bequest.

Session gave permission for a local group of young improv performers to use the sanctuary/family room on April 13<sup>th</sup> at 7:30 to produce a show. Fifty percent of the proceeds will go to a mission project. The request was relayed by Rev. McCormick.

The next stated meeting of Session is February 19, 2013 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.

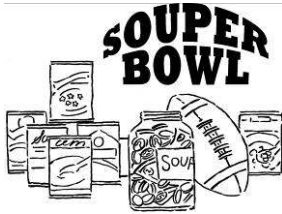
- Lois Shroyer, Clerk

## Mission Committee News

### ***Thank You!***

Thanks to all in the congregation who supported the Advent collection of toiletry items for Oesterlen Services for Youth and the Christmas Joy offering. A thank you note from Oesterlen is posted on the bulletin board in the Narthex.

Thanks also to those who support the Clifton Avenue Church of God by giving to the Deacons' food drives and by giving your time and talent when we serve breakfast there. Your contributions truly help others in our community!



### ***Sunday, February 3<sup>rd</sup>***

As you prepare for the big game on February 3<sup>rd</sup>, please add soup to your grocery list. Bring your soup donation to worship that morning and place it in the grocery cart. These will be given to the Clifton Avenue Church of God.

### ***Additional Support for Oesterlen Services for Youth***

Oesterlen can use Box Tops for Education and Labels for Education to obtain needed supplies for their programs. Saving these labels for Oesterlen is a way to support them that has no monetary cost to our congregation. Lists of products that have these box tops/labels are included in this newsletter. We know some of you are saving these for your children or grandchildren's school, but we are sure there are others who are not. Please review the lists to see what products you use. Cut out and collect the needed portion and bring them to the church. We will have boxes for each and will announce the location via future newsletters and in the bulletin.

*If you want to know more about these programs, you can pull up their websites:*

*Box Tops for Education: [www.btfe.com](http://www.btfe.com)*

*Labels for Education: [www.labelsforeducation.com](http://www.labelsforeducation.com)*

### ***Clark County Community Habitat for Humanity***

The local Habitat for Humanity affiliate met its 12/31/12 deadline of obtaining Certificates of Occupancy for all its homes being built as part of the Neighborhood Stabilization Program. Thanks to those who volunteered from Northminster! Watch the newsletter and bulletin for future work days.

*Submitted by: Susan Dersch, Committee Chair*

#### **Breakfast Crew for Clifton Ave. Church of God—February 16, 2013**

##### **Team One**

**Leader:** Bob Triebelhorn

**Crew:** Kevin Creager   Anne Hines   Emily Spriggs

Ruth George   Dave Hines   Adam Stout



## Order Form for Easter Lilies

Since Zonta has decided not to hold their Easter flower sale this year, we have made arrangements with Nett's Florist to provide Easter Lilies for the sanctuary for Easter Sunday.



If you would like to order an Easter Lily for the sanctuary for Easter Sunday worship, please complete the order form below.

**Easter Lily** \_\_\_\_\_ **\$17.00 each**

**Your name**

\_\_\_\_\_

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

IN MEMORY OF

or \_\_\_\_\_

IN HONOR OF

(circle your choice)

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 10, 2013



# EASTER

## **C.A.F.E.**

### **Coffee and Fellowship Express**

A Mission of Our Church

#### **Guidelines and Information about Hosting Café'**

Café preparation starts at 8:45 a.m. on Sunday. Plug in the coffee maker and prepare the Café for choir members who arrive about 9:00 a.m. They may want a cup of coffee. Instructions for the coffee maker are posted on the wall next to the coffee maker in the kitchen.

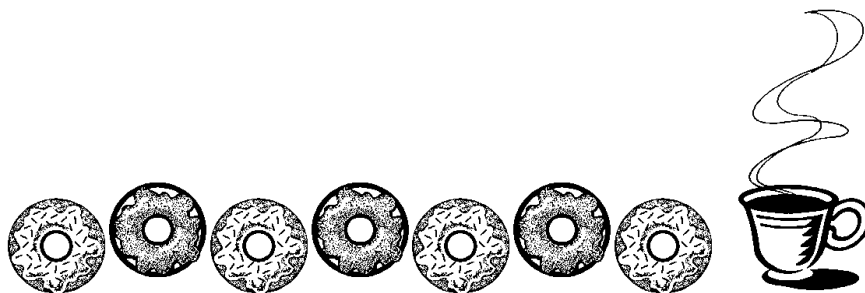
Put out juices and milk for the children. Have finger foods such as cheese cubes, crackers, donuts, cookies, seedless grapes, raisins, sliced apples, sliced pineapple, orange slices, nuts, or other fruits in season. There are trays, plates, and baskets for your use or you may use your own. Tablecloths are available also. The cost of the food is about \$20.

Have a basket for donations. You may use the donations to offset the cost of the Café or you may turn them in to the office as a donation. Put in an envelope and mark it CAFÉ.

If you use the church's items, please wash and put away. The tablecloth should be washed and returned.

At the end of Café, please rinse out all of the coffee utensils and put away.

For additional information or questions, please contact Tom Stout, Café Coordinator.



**Lectionary Readings for February**

**Sunday, February 3**

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

**Sunday, February 10**

*Transfiguration of the Lord*  
 Exodus 34:29-35; *Psalm 99*  
 2 Corinthians 3:12—4:2; Luke 9:28-36 (37-43)

**Wednesday, February 13**

*Ash Wednesday*  
 Joel 2:1-2, 12-17 or Isaiah 58:1-12  
*Psalm 51:1-17*; 2 Corinthians 5:20b—6:10  
 Matthew 6:1-6, 16-21

**Sunday, February 17**

*1st Sunday in Lent*  
 Deuteronomy 26:1-11; *Psalm 91:1-2, 9-16*  
 Romans 10:8b-13; Luke 4:1-13

**Sunday, February 24**

*2nd Sunday in Lent*  
 Genesis 15:1-12, 17-18; *Psalm 27*  
 Philippians 3:17—4:1; Luke 13:31-35



**Communion  
 Schedule**

**2013 COMMUNION SCHEDULE**

February 13.....	Ash Wednesday
March 31.....	Easter Sunday
May 19.....	Pentecost
July 14.....	.....
September 8.....	.....
October 6.....	World Communion Sunday
November 17.....	.....
December 15.....	.....



**ASH WEDNESDAY**

**WORSHIP**

**February 13th**

A service to begin Lent

to be held @

**Covenant**

**Presbyterian Church**

**7PM**



Rev. Dwight McCormick II

will be preaching.

A combined service  
 with Covenant and  
 Northminster  
 Presbyterian Churches.


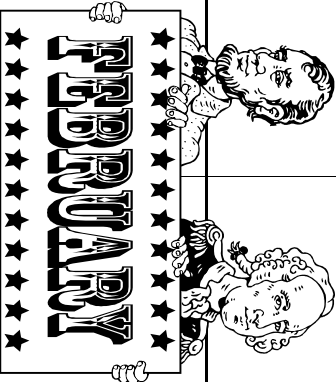




# February 2013

Northminster Presbyterian Church  
[www.northministerspringfield.org](http://www.northministerspringfield.org)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 8:00 Pancake Breakfast Groundhog Day
3 <b>Blood Pressure Screening</b>	4 9:30 Young Woman's Mission 10:00 P.W. Board	5 6:30 Christian Ed.	6 6:00 Bell Choir 7:00 Youth First 7:15 Choir	7 6:00 Springfield Dulcimer Club	8	9 9:00 Presbytery Meeting @ Northminster
10	11 6:30 Deacon Meeting 7:15 Esther Circle	12	13 7pm Youth First	14 11:00 Ruth Circle	15	16 8:00 Clifton Ave. Breakfast
17 <b>1st Sunday in Lent</b>	18 Presidents' Day Office Open	19 7a Men's Breakfast @ Perkins N. Limestone 6:00 Finance 7:00 Session	20 6:00 Bell Choir 7:00 Youth First 7:15 Choir	21  Valentine's Day	22	23
24 <b>2nd Sunday in Lent</b>	25 6:30 Remembrance Quilt Guild	26	27 9:15 Mail Newsletter 6:00 Bell Choir 7:00 Youth First 7:15 Choir	28 6:30 Mission Committee Meeting		

NORTHMINSTER  
PRESBYTERIAN CHURCH

400 Villa Road  
Springfield, Ohio 45503



**THE NORTHERN LIGHT**  
*Issue 2*

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

*Return Service Requested*



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## February 2013

February 2	Pancake Breakfast
February 9	Presbytery Meeting @ Northminster
February 13	Ash Wednesday Service @ Covenant 7PM
February 16	Clifton Ave. Breakfast
February 18	Presidents' Day—Office Open
February 19	Session Meeting



**Cast your cares on the LORD,  
and he will sustain you;**  
Psalm 55:22

### NORTHMINSTER'S PURPOSE STATEMENT

Northminster Presbyterian Church will develop disciples of Jesus Christ and learn to follow the way of Jesus.