

THE NORTHERN LIGHT

SUMMER 2013

ISSUE 6

A Word from the Pastor . . .

Summer break is about to begin for those on the school calendar. Our two daughters look forward to the summer in part because they get to spend much of their time at their grandparents' house in Barboursville, West Virginia. Sarah and I miss them, but also get a chance to experience silence for stretches of longer than 27 seconds at a time. It is a welcome change of pace.

It isn't just the end of a school year for some. For several families in our congregation, June is a time to celebrate graduation. We congratulate Eric Barga, Xavier Cost, Dylan Hooper, and Michael Knotts who graduate from high school this year. We also congratulate Tim Spoon and Jon Veith who are celebrating the completion of their undergraduate degrees. We are proud of you and celebrate with you. We'll be recognizing them during worship on June 2nd with a graduation gift for each one of them.

I want to make sure you also know that there will be no Sunday worship service during the summer...no wait, that's not true.

Of course we will be worshipping through the summer! Though our choir and bell choir will not be singing/ringing on Sundays for the next three months, we will still be worshipping just as we do every Sunday. We hope to see you with us. When you are in town we want you to be at Northminster on Sunday. Our worship is made better by your presence alongside us as we glorify God. If you haven't been to worship in a while we (the congregation and I) would love to see you back here in the sanctuary at 10AM every Sunday.

If you haven't been because of an illness or a pastoral care need, please let me know so that we can provide you with care and support. We are all part of the Body of Christ whether we can be in worship or not, but we enjoy seeing your face at church when we can.

(continued on next page)



Summer

SUNDAY WORSHIP 10:00 A.M.

400 Villa Road

Springfield, Ohio 45503

PHONE: 937-399-0838

FAX: 937-629-0881

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

Mike Ahern

Organist

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

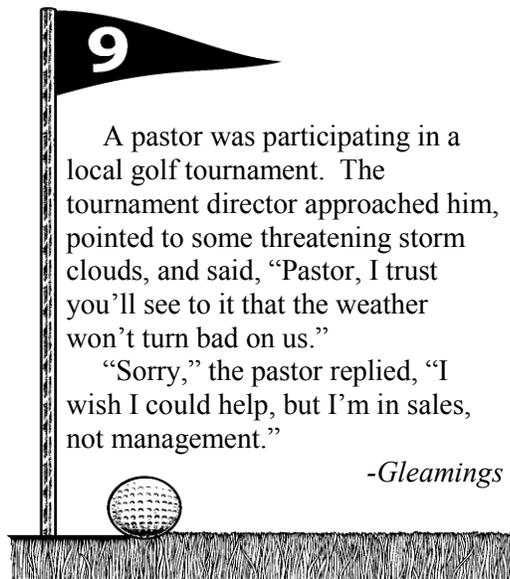
Pastor's Page continued

If you can't make it to worship please notify me so that we can bring you home communion. You are no less a part of our life as a church just because you are physically unable to be present. For the rest who are physically able, we will see you in the pews and the chairs soon.

Don't get me wrong, attendance throughout this year has been good. We would like to keep it that way.

So remember this summer to wear sunscreen, drink plenty of water, and get up and come to Northminster to celebrate the love of Jesus Christ for you and for the entire world. See you soon.

Dwight



-Gleanings



Summer Office Hours
Begin June 3rd
 Monday, Tuesday,
 Thursday and Friday
 8:00 a.m. to 12:00 noon

The office manager is in the church office on Monday, Tuesday, Thursday and Friday.
 The bookkeeper maintains office hours on Monday and Thursday.

Questions please call: 399-0838



WELCOME NEW ORGANIST

Mike Ahern, a native Springfielder and our new organist, has his mother to thank for his love of music. He is the second of eight children. His mother, wanting a musician in the family, enrolled Mike in a series of organ lessons at the old Springfield YWCA. He then went on to study organ with Marilyn Little at the Moeller music store until he graduated from high school. Along the way, Mike also studied piano and violin, but he says he was fascinated with the idea of using his hands and his feet to make music! Mike graduated from Bowling Green State University with a degree in business, but he continued his organ studies while he was at BGSU. Mike says he is an accountant by profession, but it is his vocation to be an organist.

After college, Mike lived in Detroit, Denver and Kansas City. He has worked in several different settings, including in a psychiatric unit! He returned to Springfield in the mid-1980s to work at Speco/Kelsey Hayes. He currently works as an accountant for the Clark County Board of Mental Disabilities at TAC Industries.

Mike has played the organ at many different churches in Springfield, usually as a substitute. He is delighted to come to play at Northminster as our regular organist. He is excited to be with us, to participate in our worship and to enhance our experience with his music! He has already taken advantage of the opportunity to expand his musical horizons: he attended Bell Choir rehearsal and has been enticed to play hand bells for the very first time! We are so happy to welcome him to be part of our Northminster family.

*Diana Schneider, Chair
 Music and Worship Committee*

Session Highlights

The Session met in regular stated meeting May 21, 2013. The Moderator, Rev. Dwight McCormick, opened the meeting at 7:00 PM, with Scripture reading and prayer.

This was the “new/old” session meeting, meaning that the members of the class of 2013 were in attendance, but not voting. The class of 2013 (Jim Griffin, Terry Rigio, Emily Spriggs, and Lois Shroyer) were thanked for their service, and the class of 2016 (Carl Ahlm, Julie Griffin, Terry Rigio, and Chuck Vanarsdall) were welcomed to their work. Lois Shroyer will continue serving as clerk of session, even though she is no longer a “sitting elder.”

Session met with and received into membership Sharon Hoyle (a member of the former First United Presbyterian Church) and Michelle Rhoads and her daughter Gabrielle (members of the former Oakland Presbyterian Church). They will be publicly received during worship on May 26.

Rev. McCormick presented and session approved participating in a study/program titled “Unbinding the Gospel,” that is designed to deepen the participants’ discipleship and to equip them to share their faith with others. Session members will begin this study process this summer and then will share it with congregation members beginning in the fall or winter.

Finance Committee: The printed financial report and balance sheet shows that total income for January through April was \$61,346 and total expenses were \$ 64,019, producing a deficit of \$ 2,673. Session approved the request from the Finance Committee to add Bud Graves to the list of those authorized to sign checks for the church.

The next stated meeting of Session is June 18, 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



“The pessimist complains about the wind;
the optimist expects it to change;
the realist adjusts the sails.”

-William Arthur Ward

CHURCH CORPORATION

President	Kent Sherry
Vice President	Bill Carpenter
Clerk of Session	Lois Shroyer
Treasurer	Bill Harrison



Elders

Class of 2014

Bill Carpenter
Jim Cutler
Don Hughes
Denise Molnar

Class of 2015

Kevin Creager
Susan Dersch
Diana Schneider
Bob Triebelhorn

Class of 2016

Carl Ahlm
Julie Griffin
Terry Rigio
Charles Vanarsdall

Deacons

Class of 2014

Rob Adams
LeaAnn Hoefler
Nate Smith

Class of 2015

Mark Brush
Ruth George
June Hughes

Class of 2016

Dee Ahlm
Emily Aldginer
Joe Stalder

HEALTH NEWS from . . .
the Parish Nurse Nancy Jean Graves
June 2013

VOLUNTEERING IS GOOD FOR YOUR HEALTH



A recent study on the health benefits of volunteering reveals that it not only improves self-esteem and combats social isolation, it also reduces the impact of stress on the body, lowering blood pressure and even bolstering the immune system. In a review of volunteering and mortality among older adults, volunteering was linked to lower mortality rates among the elderly.

Other potential benefits of volunteering includes enhanced image of older adults in society, improved personal self-regard, increased mental functioning and reduced self-concern.

Volunteering also helps people deal with the inevitable losses that occur with age, such as retirement, loss of social contacts, death of friends, or relatives, and geographic separation from adult children and grandchildren.

These benefits are not just related to our seniors. The health benefits of doing good things for others are similar to those experienced by anyone who practices yoga, spirituality and meditation, namely a slowing down of heart rate and a decrease in blood pressure. Others have likened the feel-good experience of volunteering or “helper’s high” to that of a “runner high” that is experienced by distance runners.

Even beyond the health benefits, volunteers say that their activities help them with their interpersonal skills, such as understanding people better, motivating others and dealing with difficult situations. Additionally, volunteering can help develop better communication skills and increased knowledge about issues related to their volunteering.

So, get out there and offer your services to the hospitals, nursing homes, humane society, church, child advocacy, literacy or school programs. Volunteering produces a “win-win” situation by not only benefiting society but also the person volunteering!

July 2013

PRESCRIPTION DRUG ABUSE IN THE ELDERLY

Older individuals are at risk for drug abuse. They take more potentially addictive medications than any other age group. Prescription drug abuse is difficult to detect in the elderly. Symptoms of drug abuse such as forgetfulness and irritability may be dismissed as the person “just getting old.”

With age, the liver becomes less efficient at filtering out medications from the body. Because of this slowed drug metabolism, an older person may get addicted or suffer serious side effects at lower doses than a younger person would. These side effects include falls that can lead to debilitating fractures and an early death.

Older people are more likely to get prescriptions for two leading types of drugs with potential for addiction: opioid (pain relievers) and benzodiazepines (nerve/anxiety pills). Opioids which include oxycodone (OxyContin), oxycodone/acetaminophen (Percocet), and hydrocodone (Vicodin). However, a person who takes pain medication for a legitimate ailment or injury has a slim chance of developing an addiction. The risk increases when opioids are given to someone who has a personal or family history of addiction or has a psychological disorder.

Other potentially addictive medications are benzodiazepines such as alprazolam (Xanax), clonazepam (Klonopin), diazepam (Valium), and lorazepam (Ativan). Doctors commonly use these drugs to treat anxiety, panic attacks, insomnia, and acute stress reactions to traumatic experiences, such as the death of a spouse.

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HEALTH NEWS *continued***July 2013****PRESCRIPTION DRUG ABUSE IN THE ELDERLY**

When used properly, addiction is usually not a problem. But taking larger doses or even typical dosages on a daily basis for an extended amount of time can easily lead to tolerance, and an individual will soon need larger doses to get the desired effect.

God Bless,
Lisa Mayhugh, MSN, RN

August 2013**COMPARTMENT SYNDROME**

Compartment syndrome is a condition caused by an increase in pressure within a space or compartment within the body. After an injury, blood and body fluids build up inside the injured space, creating surmounting pressure that cannot escape. This results in decreased blood flow to the damaged area that can lead to tissue death, loss of a limb, or even death.

Common causes of compartment syndrome are bone fractures, especially in the arm or leg, as well as crush injuries, burns, and bandages or casts that are applied too tightly. Symptoms often occur suddenly after an injury and present an increase in pain or pain that is more intense than is expected for the injury. Numbness and tingling of the extremity may also be present as increasing pressure affects surrounding nerves. These symptoms along with the nature of the injury help to diagnose this condition in many cases. Definitive diagnosis may require direct measurement of pressure with a sterile needle attached to a monitoring device.

Treatment for compartment syndrome focuses on reducing the pressure and may be as simple as removing a cast or rewrapping a bandage. Placing the body part at or below heart level encourages blood flow to the affected area. Surgical release of pressure with an incision is often required in acute circumstances to avoid loss of limb or tissue death. Prevention or early detection of compartment syndrome is critical for a positive outcome of this condition.

Submitted by:
Cynda Whitacre, RN
Ref: WebMD 10/2012@webmd.com

***Thank you to:***

Ed Generous for his effort in cleaning out the garage on the church property and for serving as Northminster's unofficial "church photographer." Ed has been faithful to document the activities that take place at the church by displaying photos on the bulletin board in the Narthex. If you've enjoyed viewing these pictures, express your thanks to Ed!

Paul Good for moving the location of the mailbox, down the driveway, closer to the church, at the request of the mail lady.

Chuck Mansfield for repairing the leak in the canopy over the front entrance.

Dottie Good and *Diana Schneider* for their volunteer work in the church office.

Donna and *Don Rankin*, *Anne* and *David Hines*, *Marge Sumpf* and *Sue Stucky* for their help with the monthly newsletter.

Have a great summer!

Ladies & Gentlemen!

Now is the time for spring cleaning because . . .

It's the Presbyterian Women's Yard Sale

Saturday, June 8, 2013

9 AM to 2 PM



Yes, ladies and gentlemen, now is the time to clean out garages, basements, and attics for good, clean clothing in all sizes (especially children's), kitchen items, glassware, small appliances, tools, paperback books, pictures, toys, records, tapes, linens, drapes, bedding, and jewelry. Any effort on your part to make the item look saleable will be appreciated. PLEASE--No hardback books or magazines.

LAST DAY FOR DONATIONS IS THURSDAY, JUNE 6! Items will be accepted beginning Monday, June 3 at 10:00 AM in the Community Room, or they can be brought to the church anytime during office hours.

Many men and women volunteers are needed to help sort and price items and to work the day of the sale. We also need a cleanup crew. Please let us know when you can work by filling out the donation sheet. Donation sheets may be turned in to the church office or placed in the collection plate. For additional information contact Ruth Martin 323-2252 or June Hughes 323-6957.

****DONATION SHEET****

NAME: _____ PHONE: _____

Circle time when you can work the day of the sale, Saturday, June 8, 2013.

8:30 - 10:30

10:30 - 12:30

12:30 - 2:00

We will be pricing and sorting June 3 through June 7. What day and time can you help?

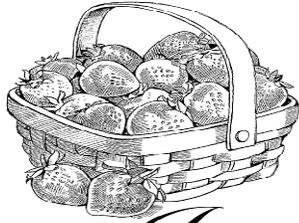
We will need a clean up crew (men always appreciated!)

If a monetary gift is more convenient for you,
please complete this form and return it in an envelope to Northminster Church.

Thank you.

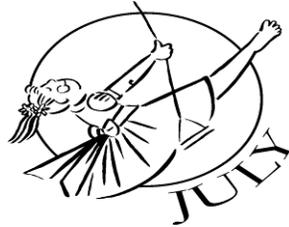
NAME _____ AMOUNT \$ _____

SUMMER BIRTHDAYS



June

<i>Kaila Hoefer</i>	June 3
<i>Jackson Smith</i>	June 4
<i>Lydia Smith-Lockwood</i>	June 4
<i>Don Hughes</i>	June 5
<i>Jack Dern</i>	June 7
<i>Donna Rankin</i>	June 7
<i>Cindy Ater</i>	June 14
<i>Bea Buckhold</i>	June 15
<i>Charles Vanarsdall</i>	June 16
<i>Art Hoefer</i>	June 17
<i>Ron Montgomery</i>	June 17
<i>Adam Veith</i>	June 17
<i>Ellen Smith</i>	June 19
<i>Jim Twiggs</i>	June 19
<i>Dick Krichbaum</i>	June 21
<i>Betty Bross</i>	June 27



<i>David Asper</i>	July 1
<i>Paul Good</i>	July 1
<i>Lisa Mansfield</i>	July 3
<i>Jacob Sherry</i>	July 3
<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>Elinor Morgan</i>	July 10
<i>Wayne Schatz</i>	July 11
<i>Dottie Good</i>	July 15
<i>Bertha Melton</i>	July 16
<i>Don Rankin</i>	July 21
<i>David Hines</i>	July 23
<i>Linda Vanarsdall</i>	July 25
<i>Sue Stuckey</i>	July 28
<i>Gail Davis</i>	July 30
<i>Ed Generous</i>	July 30
<i>Sue Creager</i>	July 31



<i>Lee Jordan</i>	August 2
<i>Joan Locher</i>	August 3
<i>Debbie Spoon</i>	August 7
<i>Claire Spriggs</i>	August 7
<i>Bob Triebelhorn</i>	August 12
<i>Sara Arnott</i>	August 13
<i>Jim Cutler</i>	August 13
<i>Jenna Twiggs</i>	August 13
<i>Julie Griffin</i>	August 14
<i>Karen Schatz</i>	August 14
<i>Liz Torok</i>	August 15
<i>Marge Stumpf</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>Lenoard Taylor</i>	August 26
<i>Jonathan Veith</i>	August 26
<i>Sharon Stout</i>	August 31

Summer Calendar

June

- 1 Pancake Breakfast
- 2 Recognition of Graduates
- 2 Blood Pressure Screening
- 4 P.W. Board Meeting
- 6 Springfield Dulcimer Club 6 pm
- 8 PW Yard Sale
- 15 Clifton Ave. Breakfast
- 16 Father's Day
- 18 Men's Breakfast 7 am (Perkins)
- 18 Finance 6 pm
- 18 Session Meeting 7 pm
- 24 Remembrance Quilt Guild 6:30 pm

July

- 4 Independence Day—Office Closed
- 5 Office Closed
- 6 Pancake Breakfast
- 7 Blood Pressure Screening
- 9 Property Committee 7 pm
- 12 Equality Springfield Yard Sale
- 13 Equality Springfield Yard Sale
- 14 Communion
- 16 Men's Breakfast 7 am (Perkins)
- 20 Clifton Ave. Breakfast

August

- 1 Springfield Dulcimer Club 6 pm
- 3 Pancake Breakfast
- 4 Blood Pressure Screening
- 8 Mission Committee 6:30 pm
- 17 Clifton Ave. Breakfast
- 19 Newsletter Deadline
- 20 Men's Breakfast 7 am (Perkins)
- 20 Finance Meeting 6 pm
- 20 Session Meeting
- 26 Remembrance Quilt Guild 6:30 pm
- 28 Mail Newsletter 9:30 am

Summer Lectionary Readings

Sunday, June 2**Recognition of Graduates**

1 Kings 18:20-21 (22-29), 30-39
Psalm 96; Galatians 1:1-12; Luke 7:1-10

Sunday, June 9

1 Kings 17:8-16 (17-24); *Psalm 146*
 Galatians 1:11-24; Luke 7:11-17

Sunday, June 16**Father's Day**

1 Kings 21:1-10 (11-14), 15-21a
Psalm 5:1-8; Galatians 2:15-21; Luke 7:36—8:3

Sunday, June 23

1 Kings 19:1-4 (5-7), 8-15a; *Psalm 42* and *43*
 Galatians 3:23-29, Luke 8:26-39

Sunday, June 30

2 Kings 2:1-2, 6-14; *Psalm 77:1-2, 11-20*
 Galatians 5:1, 13-25; Luke 9:51-62

Sunday, July 7

2 Kings 5:1-14; *Psalm 30*
 Galatians 6:(1-6) 7-16; Luke 10:1-11, 16-20

Sunday, July 14**Communion**

Amos 7:7-17; *Psalm 82*
 Colossians 1:1-14; Luke 10:25-37

Sunday, July 21

Amos 8:1-12; *Psalm 52*
 Colossians 1:15-28; Luke 10:38-42

Sunday, July 28

Hosea 1:2-10; *Psalm 85*
 Colossians 2:6-15 (16-19); Luke 11:1-13

Sunday, August 4

Hosea 11:1-11; *Psalm 107:1-9, 43*
 Colossians 3:1-11; Luke 12:13-21

Sunday, August 11

Isaiah 1:1, 10-20; *Psalm 50:1-8, 22-23*
 Hebrews 11:1-3, 8-16; Luke 12:32-40

Sunday, August 18

Isaiah 5:1-7; *Psalm 80:1-2, 8-19*
 Hebrews 11:29—12:2; Luke 12:49-56

Sunday, August 25

Jeremiah 1:4-10; *Psalm 71:1-6*
 Hebrews 12:18-29; Luke 13:10-17

Parable of the Four Sons in Search of a Pear Tree

A man who had four sons wanted his sons to learn not to judge things too quickly. So he sent them each on a quest, in turn, to go and look at a pear tree that was a great distance away.

The first son went in winter, the second in spring, the third in summer, and the youngest in the fall. When they had all gone and come back, he called the four together to describe the tree.

The first son said that the tree was ugly, bent, and twisted. The second son said no, it was covered with green buds and full of promise.

The third son disagreed; he said it was laden with blossoms that smelled so sweet and looked so beautiful, the most graceful thing he had ever seen.

The youngest disagreed with all of them; he said it was ripe and drooping with fruit, full of life and fulfillment.

The man then explained to his sons that they were all right, because they had each seen only one season in the tree's life. He told them that you can not judge a tree, or a person, by only one season. The essence of who they are and the pleasure, joy, and love that comes from a life can only be measured at the end of all its seasons.

If you give up when it's winter, you will miss the promise of your spring, the beauty of your summer, the fulfillment of your fall. Don't let the pain of one season destroy the joy of all the rest.



For Everything There is a Season

-via Lois Ward
Gleanings
 Longmont, CO

The Joyful Noiseletter/June/July 2007

NORTHMINSTER
PRESBYTERIAN CHURCH

400 Villa Road
Springfield, Ohio 45503



THE NORTHERN LIGHT
Issue 6



Summer 2013

- June 2** **Recognition of Graduates**
June 8 **PW Yard Sale**
June 16 **Father's Day**
July 4 **Independence Day**
 Office Closed
July 14 **Communion**



Do not be conformed to this world,
but be transformed by the renewing of your minds,
so that you may discern what is the will of God—
what is good and acceptable and perfect.

Romans 12:2

NORTHMINSTER'S PURPOSE STATEMENT

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