

## Westminster Presbyterian Church

1285 3rd Ave SE, Cedar Rapids, IA 52403

319-366-7185

319-366-7187 (Fax)

www.crwpc.org

### Office Hours

Monday - Thursday

8:30 a.m. to 4:30 p.m.

Friday

8:30 a.m. - 3:00 p.m.

### Worship Times

#### Sunday

8:00 a.m. traditional service in the Chapel

9:00 a.m. contemporary service in the Family Life Center

11:00 a.m. traditional service in the Sanctuary

Communion is served on the first weekend of each month.

Head of Staff, Rev. Dr. Katie Hopper: revdrkatie@crwpc.org

Associate Pastor Jim Langley: jlangley@crwpc.org

Director of Christian Education, A.J. Plummer: cedirector@crwpc.org

Director of Student Ministries, Stan Letscher: studentministries@crwpc.org

Finance Manager, Larry Bachman: lbachman@crwpc.org

Church Secretary, Christina Anderson: westmin@crwpc.org



### THOUGHTS FROM THE HEART OF PASTOR KATIE

The traditions and history of St. Valentine's Day are too lengthy to detail in The Voice, but there are some neat web sites which detail both the history and legends of this special day, including Christian appropriations of an ancient Roman tradition that occurred the middle of February each year. So, just use your favorite search engine and type in "History of St. Valentine's Day."

The question for us this month is: *Will we remember to send God a valentine, too?* Obviously, we're not talking about the kind you can send by mail, e-mail, overnight delivery, or through a florist. But the heavenly store for valentines we can send to God is open with many options for your choosing; and further, this special store is open all year! The items below cost very little in monetary terms, but need our commitments of care, time, compassion, and energy. In fact, the only payment asked for is a desire to love and serve Jesus Christ by serving others.

So if you are interested in giving God a valentine this year, cruise on over to your Bible and browse through Isaiah 58, Romans 12, and Colossians 3:12-17. Here you will find a list of different kinds of valentines that are always available for us to send to God:

- making our whole life an act of daily worship for God;
- renewing our minds through worship, Bible study, and healthy activities – spiritual, physical, and mental;
- having an attitude which is not conceited or judgmental towards others;
- seeking and making use of the gifts of discernment, encouragement, material giving, teaching, interpreting, and showing mercy;
- honoring others as we would like to be honored;
- loving others as ourselves;
- being an example to others through being faithful in prayer, being joyful and hopeful, and being patient in affliction;
- sharing with those in need and practicing hospitality;
- blessing and praying for those who have wronged you;
- being happy for those blessed with good fortune and grieving with those who grieve;
- associating with those whom the world does not love;
- not seeking revenge – even if we are in the right;
- forgiving as God has forgiven us;
- feeding, giving drink, and being kind to enemies;
- fighting evil with good;
- wearing compassion, kindness, and grace as we would our favorite clothes;

These are valentines that God would love to receive at anytime during the year! Happy Valentine's Day and may God's gracious and merciful love rest upon you throughout the entire year.

Blessings and love,  
*Pastor Katie*

WESTMINSTER PRESBYTERIAN CHURCH  
THE VOICE OF WESTMINSTER  
A MONTHLY NEWS PUBLICATION  
1285 Third Avenue South East  
Cedar Rapids, Iowa 52403-4084  
PHONE: 319-366-7185  
Fax: 319-366-7187  
E-Mail: westmin@crwpc.org  
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## JOTTINGS FROM PASTOR JIM

*“Then a lawyer stood up to test Jesus. ‘Teacher, what must I do to inherit eternal life?’ Jesus replied, ‘What is written in the law?’ And the lawyer said, ‘Love the Lord your God with all your heart, soul, mind and strength; and love your neighbor as yourself.’ Jesus replied, ‘You have given the right answer; do this, and you will live.’” (Luke 10.25-28)*

Familiar words...simple words – “Love God with all your heart, soul, mind and strength; and love your neighbor as yourself” – and yet so difficult to master. While we have come to call this passage the Greatest Commandment, it’s really three commands: love God, love your neighbor, and love yourself. Sounds easy enough...but how often we get them wrong!

If we leave out “love God”, we forget that the act of worship is our highest calling. We neglect the most important person in our life. We forget to share our highest hopes and greatest needs with the One who is the very source of our being; the One who knows us as we are and loves us anyway, who always hears and cares and acts on our behalf.

If we leave out “love your neighbor”, we can use it as a way to rationalize prejudice and poverty and even war. We turn people into objects to be used as we see fit and for our own ends. All our good works become nothing more than social service programs that offer ‘hand-outs’, instead of ‘hands up’ to a new and better way of life. We leave those we serve in darkness when we could be leading them into the light of Christ’s grace and love. We offer bread that will last for a day, when we could be sharing the bread of eternal life.

If we leave out “love yourself”, it becomes easy to let ourselves be used as doormats and objects, rather than seeing ourselves as children of God, loved and treasured by our Creator. We forget that God doesn’t make junk and that we really are wonderful, worthy, and worthwhile.

This Greatest Commandment Jesus offers isn’t just the way to eternal life. For the body of Christ, the Church, it should be our way of life each day! People today yearn for a place where they can channel their love of God into praise and worship and mission, where they know they will be loved as they are, and where they are encouraged to care for themselves and their relationships. My challenge to us this year as Christ’s people, is to practice what Jesus preached and what we believe, and to live more fully the Greatest Commandment: to love God, love our neighbors, and love ourselves. Just think what a great year it could be if we do!

*Pastor Jim*



## GOLDEN ANNIVERSARY CELEBRATION ROSES



On February 12<sup>th</sup>, We will kick off a special new tradition for our church family. Many of you will recall that when a precious new baby is born into our church family, we celebrate with the placing of a single red rose on the front corner of the Communion Table. This is a very special thanks to God for the gift of another child. Our pastor in her last call started an additional tradition that provided for a single yellow or golden rose to be placed the same way for each 50<sup>th</sup> Wedding anniversary in our church family. Our pastor feels that it is important to recognize the gift of unconditional love and grace that is represented in 50 years of marriage with this Anniversary rose celebration. We need to know how many of you have achieved this wonderful landmark in marriage so we can have a huge bunch of yellow roses on our first Sunday of celebration. Even if you are widowed or a widower and you achieved this landmark occasion, let the office know so we can celebrate this, too. Those of you who have not reached 50 years but are reaching it this year need to turn your names into the office so that the Sunday closest to your anniversary we can recognize this wonderful blessing. Help us make this a special new tradition for Westminster Presbyterian Church and let us witness to the young couples how special it can be to be faithful and loving through a lifetime.

## WORSHIP VOLUNTEERS FOR FEBRUARY 2012

### 8:00 a.m. Greeters/Usher

February 5 Bob & Carol Ferguson  
February 12 Don & Sherryl Hoepfner  
February 19 J.P. & Becky Ranck  
February 26 Jack & Nancy Haney

### 9:00 a.m. Greeters/Ushers

February 5 John & Lisa Conkling  
February 12 Suzanne Coleman & Jacob Alff  
February 19 Brian & Cheanne Cosgrove  
February 26 Linda Cosgrove & Savannah Cosgrove

### 11:00 a.m. Head Usher

Scott Olson

### 11:00 a.m. Greeters

February 5 Joanne Koza & Janet Shaff  
February 12 Berta Mullin & Eileen Naber  
February 19 Chuck & Mary Jo Crull  
February 26 Laura Koontz & Judy Poduska

### 11:00 a.m. Ushers

February 5 John Henderson, Jean Kenison, Flora Kitzman, Chuck & Dee Davis  
February 12 Jim & Cheryl Shanklin, Berta Mullin, Tony & Sue Huebsch  
February 19 Pat Teig, Claudia Warfel, Dale Weiske, Jack & Joyce Sedlacek  
February 26 Chuck & Dee Davis, David Basler, Herb & Carm Hammerberg

### Offering Stewards

February 5 Larry Cooper & Mark Johnson  
February 6 Martha Griffith  
February 12 Kathie Lane & Tim Stolba  
February 13 Connie Hayes  
February 19 Karol Cooper & Laurie Mead  
February 21 David Basler  
February 26 David Basler & Mike Zimmermann  
February 27 Pat Teig

### Nursery Volunteers

To Be Announced

### Computer at 9:00 Service

February 5 Jacob Alff  
February 12 Chad Gammon  
February 19 Doug Wagner  
February 26 Dale Morgan

### Liturgist

February 5 Phyllis Lindsay  
February 12 David Marner  
February 19 Rebecca Mumaw  
February 26 Loren Neubauer

### Handicap Host / Flower Delivery

February 5 Glenn Lane  
February 12 Stephanie Martinez  
February 19 Nancy Ritter  
February 26 Tricia Brown

### Coffee Hosts

February 5 Bryan & Nancy Hawkins  
February 12 Abbie Smith & John Henderson  
February 19 Flora Kitzman & Lorraine Worsfold  
February 26 Dick & Sandy Shoemaker

### 9:00 a.m. Communion Servers

Connie Hayes & Nancy Haney

### 9:00 a.m. Communion Servers

Brian Cosgrove, David Marner, Tim Stolba, Steve Allard

### 11:00 a.m. Communion Servers

Gingie Hunstad, Jim Shanklin, Cheryl Shanklin, Carm Hammerberg, Marcia Elhart, Laura Koontz, Mark Johnson, Bob Warner, Beth Roof

### Communion Prep

Phil Brooks, John & Lisa Conkling

### Communion Clean Up

Linda Cosgrove, Tim Winegarden, Dick Trotter

## SCHEDULED TO SERVE AND CAN'T MAKE IT?

If you are scheduled to serve on a Sunday and cannot serve on your scheduled day, **please find a replacement or someone to switch with you.** Please let the Church Office know of any changes by Thursday of each week to ensure that it is printed correctly in the bulletin. If you have any questions regarding the schedule, please call the Church Office at 366-7185 or email Christina at westmin@crwpc.org. Thank you for your willingness to serve!

## STUDENT MINISTRIES NEWS

### Confirmation Class

Confirmation Class meets in Classroom 3 on Sunday mornings from 10-11 a.m. Topics for the month of February include: February 5<sup>th</sup> – How do I stop doing things I know I shouldn't do? (Exploring the consequences of our actions and God's gift of free will); February 12<sup>th</sup> – No Confirmation Class (Annual Meeting); February 19<sup>th</sup> – What does it mean to be born again? (A look at God's transforming power and what it means for our lives); February 26<sup>th</sup> – What if my friends aren't Christians? (A look at Jesus' love and compassion and acceptance of all people)

### Emmaus

Senior High Sunday School meets on Sunday mornings from 10-11 a.m. On Sunday February 5<sup>th</sup>, we will be viewing and discussing the music video "Falling on Everything" by I Am Terrified as we talk about God's Sovereignty. On Sunday February 12<sup>th</sup>, there is no Sunday School due to the Annual Meeting. On Sunday February 19<sup>th</sup>, there will be no Sunday school due to our High School weekend retreat. On Sunday February 26<sup>th</sup>, we will start watching the movie "Walk To Remember" as we begin a four week Bible Study on the movie.

**Senior High Students:** Please join us for the Super Bowl Party on Sunday evening February 5<sup>th</sup> from 5-8:30 pm. Hosted by John & Lisa Conkling at their home (407 Rockvalley Dr. SW, Cedar Rapids). Students, please bring a snack or other food item to share with the group.

Senior High (Emmaus) Meets on Sunday Evenings from 6:30-8 pm. The following are the topics we will be discussing during February: Sunday, February 12<sup>th</sup>, What does God want from us (Ezekiel 11:14-21); February 26<sup>th</sup>, Are there idols in your heart? (Ezekiel 14:1-5)

Senior High Students: If you haven't already signed up for the weekend retreat taking place February 17-19<sup>th</sup>, please get a permission slip and get your money turned in by Sunday, February 12<sup>th</sup>. The cost for the weekend retreat is \$50. If you have questions, please see Stan.

High School Students, please join us on Friday, March 4<sup>th</sup> for Shamrock Around The Clock-a city-wide scavenger hunt using a St. Patrick's Day theme. The event will be taking place from 6:30-pm -12am and during the evening we will be meeting up with other youth groups at a secret location. There is no cost for this event! Please see Stan to sign-up if you are interested.

### Enter Active

Middle School Students: Please join us on Wednesdays in February as we continue with our Bible Study, The Gospel According to The Simpsons. We will be discussing the following topics this month: What is a Soul? (Psalm 42:1-6 & 1 Corinthians 15:51-55); Little Sins & Big Sins (Exodus 20:15 & Romans 2:21-23); Lead Us Not Into Temptation (Proverbs 6:32-33 & James 1:12-16); How We See The Bible (Psalm 119:103-106 & 2 Timothy 3:14-17); Calling & Tradition (Deuteronomy 10:19 & 1 Corinthians 12:4-7).

### "COLLEGE AGE" DINNER WITH PASTOR KATIE

Our college age folks will be meeting with Pastor Katie for dinner and fellowship and prayer at Ruby Tuesday's on February 23<sup>rd</sup> at 9:00 p.m. Come share the happenings and plan other fun and spiritual events!



## CHURCH CHATTER FOR CHILDREN

### Toy Give-Away

This year, as we prepare for the Toy Give-Away in December, we will be setting aside specific months in order to ask for specific age-related toys as well as wrapping supplies. **In February**, we will be collecting 10-12 year old boy and girl toys as well as scotch tape. *For 2012, we are encouraging the congregation to please consider donating new toys.* Much of the time spent preparing for the Give-Away is allocated to sorting through toys that are not in good enough condition or do not work! Please help us by checking all toys prior to donating them if they are in gently used condition.

### Logos Ash Wednesday Potluck

Mark your calendars for Wednesday, February 22<sup>nd</sup> for our annual Logos Ash Wednesday Potluck. **The whole family is invited for this very special event**, and we hope you will be able to join us! Families are invited asked to bring a side dish or salad. Our wonderful Logos cooks will provide the main dish and desserts.

### Logos Scheduled Cancellation

Just a reminder that there will be no Logos on Wednesday, February 8<sup>th</sup> in order to accommodate a regularly scheduled Logos Ministry Team Meeting at 5:00 P.M. Logos will resume the following week.

### Mr. A.J.'s \$5 Footlong Challenge

It's a new semester and that means that all children can begin their work again of memorizing bible verses as they work toward earning a lunch visit with Mr. A.J. and a Subway sandwich. If your child has yet to memorize a verse, please encourage them to do so. Their shepherds are more than willing to help them as well!

### The Whisper: An e-newsletter of Christian Nurture

This past Fall, an e-newsletter was started specifically for the children's portion of the Christian Education program here at Westminster. If you are interested in receiving this bi-monthly e-mail, please contact the office to be added to the list and reap the benefits of staying informed in the life and work of our congregation.



### YOUNG MOM'S GROUP

Young mom's or mom's with young children are invited to join us each month on the 3<sup>rd</sup> Thursday at 4:30 p.m. as Pastor Katie leads in a bible study. We are now viewing and discussing *The Power of a Positive Mom*. Childcare is provided during this study so we hope you will join for this time of fellowship and as we spiritually grow together.

## ASH WEDNESDAY SERVICES

We would like to challenge the whole congregation to attend the Ash Wednesday service this year. On the 22<sup>nd</sup>, of February, the Season of Lent begins with our personal meditation on the brevity of this life and the depth of the meaning of Christ's sacrifice that purchased our salvation. It is difficult for us to fully grasp the meaning of Easter and the empty cross, unless we spend time in repentance, in reflection, in mourning that the sins of the world demanded such a cost.

Ash Wednesday services are meditative and this year will be done in a Taizé form which has very simple meditative music and lots of candle light. We will gather at 7:00 p.m. in the Sanctuary to receive our ashes and enter Lent in prayer and meditation. Join us for this deeply spiritual service.

## LENTEN WREATH DEVOTIONAL LEADERS NEEDED

Beginning Sunday the 26<sup>th</sup> of February we will be adding something very special to the worship services for Lent. Like the advent candles and devotions that are done by families and clusters of good friends each Sunday of advent, we will be using a crown of thorns-like wreath and 5 purple, one red, and one white candle for Lent. Instead of lighting them each week. We will extinguish one each week with appropriate readings. Please see Pastor Katie or call the office to sign up and be given the readings.

## CELEBRATE THE GIFTS OF WOMEN SUNDAY

March 4<sup>th</sup> we will be having one service at 10:00 a.m. in the sanctuary and the women of our church will be leading worship. If you are interested in a part in the service, please call Pastor Katie. Details for this special day will be forthcoming in the bulletins.

## ADULT MISSION TRIP MEETING

On February 12<sup>th</sup> at 9:15 a.m. prior to the ONE service at 10:00 a.m., we will have an initial meeting regarding an adult mission trip to Joplin, MO. As you may recall, Joplin experienced major tornado devastation last year. Lots of groups from MO helped us rebuild our city after the 2008 flood and they now need our help! Most of the work is construction and rebuilding. Bring your calendars so that if you can help we can pick the most likely dates. I will cover accommodations, costs, preparation of meals, and try to answer any question you may have.

*Loren Neubauer*



PLEASE JOIN US IN OUR  
"WALK TO JERUSALEM"



All members of Westminster are invited to join forces and "Walk to Jerusalem". This is a 12-week exercise and spiritual program to promote physical and spiritual well-being. The goal is for the congregation as a group to accumulate enough miles of exercise to walk from Cedar Rapids to Jerusalem by Easter. Participating will not only benefit you personally, but will help Iowa's initiative to become the healthiest state by 2016. Sign up at our designated table after services or call Christina at the Church Office at 366-7185.

### An Update!

At the end of February, we had over 1,500 miles logged in our goal to reach Jerusalem by Easter. Keep up the amazing work and don't forget to please **put your name on your log sheets** before turning them in!



## LOAVES AND FISHES FOOD PANTRY NEEDS:

JANUARY - TOMATO SOUP, PEARS, MIXED VEGETABLES, SALT & PEPPER,  
SHAVING CRÈME & RAZORS  
CANNED & BOXED FOOD; NO JARS PLEASE. STANDARD SIZE CANS,  
AS MOST OF OUR GUESTS WALK TO THE PANTRY.  
TOILET PAPER & PERSONAL PRODUCTS ALWAYS NEEDED.

## COUPON-EXTRAVAGANZA!

Venture out and jump on the extreme couponing band wagon with Loaves & Fishes! It's free and it will help with next year's food budget. Drop off any coupons you clip in the Loaves & Fishes Food Baskets located in the Large Parlor or outside the Family Life Center. Thank you!

## CLOTHING DONATIONS

Any clothing donations are greatly appreciated for the Mission House. If you donate adult clothing, please drop it off in the Loaves & Fishes Food Baskets in the Large Parlor or outside the F.L.C. Children's clothing can go into the gray bin at the bottom of the stairs off the main foyer. Please help the volunteers at the Mission House by putting the clothing in the appropriate bins.

## LIFE GROUP NEWS FROM PASTOR JIM

How is it with your spirit this year? Have you taken on any new spiritual disciplines for 2012? If you'd like help in growing and nurturing your spirit, consider joining one of Westminster's LIFE Groups. LIFE Groups are small groups of fellow "travelers" who have committed to meeting regularly for prayer, study, and encouragement.

One of life's challenges today is finding a community where you can go deeper in your faith and share with one another your joys and burdens. This is the role of a small group. Some groups meet here at church, others meet in homes or at restaurants. Some study scripture, others use a DVD based curriculum, book or something developed by the group's leader.

There's a group out there that's right for you, so get involved by talking to Pastor Jim on a Sunday morning or calling him at the Church Office. Or, you can always email him at [jlanglej@crwpc.org](mailto:jlanglej@crwpc.org).

## UNDIES SUNDAYS IN FEBRUARY!

Kids' Closet loves to add a little extra to each bundle of clothes that go out and new underwear and socks is always very much appreciated! Our partner, Christ Episcopal Church will have a sock drive this month and we would like to add underwear to the shelves. There will be a collection box by the Church Office for new children's underwear (boys & girls), size 2T - 16. Thank you for helping to keep our local missions alive!

## !!NEW MEMBERS!!

Please update your guidebook and directories with information on our new members!

**Lisa Dean** - 3541 Redbud Rd NE, Cedar Rapids, IA 52402 - 350-9029 - [lisadeanOZ@yahoo.com](mailto:lisadeanOZ@yahoo.com)

**Sharon Reeves** - 143 37th St NE #4, Cedar Rapids, IA 52402 - 286-0316 - [skrstak@mchsi.com](mailto:skrstak@mchsi.com)

**Susan Lewis** - 6813 Stonybrook Ln NE, Cedar Rapids, IA 52402 - 378-1088

## SESSION MINUTES FROM JANUARY 17TH MEETING

At 6:30pm on the 17<sup>th</sup> of January, we lit the Christ candle and led by Pastor Katie the Session meeting opened with song and a prayer. A quorum was declared and Session approved the minutes from the prior meetings, including special meetings to welcome new members. In addition, a special session meeting to discuss the 2012 budget was called for January 31<sup>st</sup>, the Annual Meeting date was set for February 12<sup>th</sup>, and the Congregational Meeting was set for May 6<sup>th</sup>.

While December was a strong month for giving, we still ended up in the red for 2011. Current indications are we have significant ground to make up in anticipation of the 2012 budget, and the Finance Committee and the Session are keeping a close eye on things after having asked for each committee to trim from their budgets.

Session also approved:

- \* Curricula for the remainder of the school year for our students
- \* Pastor Katie to lead an 8-week Bible Study—"The Power of a Positive Mom"
- \* An ad hoc committee to be formed to examine additional revenue options for the church through use of our facility for events ranging from concerts to receptions

Finally, we have received numerous furniture donations for the Coffee House, which will replace the library. After having discussed the decline in interest in the library, Session decided, and the Library leadership agreed, that we could use the space more effectively by turning it into a Coffee House (Keurig and Mr. Coffee with flavored syrups and creams), with fewer, but more recently printed books, and magazines relevant to modern Christianity and Presbyterianism.

After gathering prayer concerns, Session was led in prayer by Pastor Katie and adjourned to serve the Lord at 7:33pm.

Respectfully submitted,  
Doug Wagner,  
Clerk of Session

### REDUCE, REUSE, RECYCLE=STEWARDSHIP

Did you hear the news that we no longer have to set up an appointment to recycle household hazardous materials at the Solid Waste Agency? Thank goodness! Now it is easy to take oil-based paints, stains and paint thinner, household cleaners, aerosol cans, lawn and garden chemicals, and other hazardous waste products to the County Home Road facility for recycling. Hours are 7 a.m. to 4:30 p.m. Monday through Saturday. Never pour household hazardous materials down a storm sewer, basement drain, in a ditch or on the ground. Items dropped off are inspected, and those that can still be used are placed in the Swap Shop, and are available free to Linn County residents. Materials there include paint, cleansers, and automotive products.

Both Solid Waste sites are also the places to take all your used CFL bulbs, batteries, electronics (TVs, computer monitors, hard drives, iPods/MP3 players, video gaming systems, VCRs and DVD players), old bicycles, etc.

Please remember to put used needles and syringes in a laundry bottle with original lid and take them to either Solid Waste site.

Some recent statistics: average amount of waste per day per person in US 1960—2.7 pounds; average amount in US 2000—4.7 pounds; in 2009—4.3 pounds. We are making progress, but not enough. Recovery rates for bottles and cans in Iowa—88% aluminum cans, 76% PET (polyethylene terephthalate=plastic) bottles, 92% glass bottles.

Please help God's earth!

*Marilyn Lodge*

## HEALTH IS IN THE AIR AT WESTMINSTER! A HEALTH MINISTRIES ARTICLE BY DEBRA SALZ STEENBLOCK

Governor Terry Branstad announced a plan to make Iowa the Healthiest State by the year 2016. According to the 2010 Gallup-Healthways Well-Being Index®, Iowa currently ranks as the 19th healthiest state in the nation. Although that puts Iowa in the top half, there is room for improvement. Today, Iowa scores well on emotional health, physical health and access to basics such as safe surroundings, financial resources, strong community and health care services. Progress needs to be made on healthy behaviors such as exercise and eating habits, as well as improving overall work environments. An exciting component of this initiative is the vision to transform 10 Iowa communities into Blue Zones Communities. What are Blue Zones®? They are the healthiest, happiest, longest-living cultures on earth. As Westministerians, we have an opportunity to support our community to be one of the 'chosen cities' in Iowa. The Health Ministries Team encourages you and your entire family to do 3 simple things to start off 2012 right:

1. Sign up to take an active part in our Walk to Jerusalem by signing up at the church.
2. Go online to commit to our community's Blue Zone project at [www.GetActiveCR.com](http://www.GetActiveCR.com)
3. Save the date to Donate Blood at our Annual Blood Drive on Wednesday, April 18<sup>th</sup> from 2:00-6:30 PM!

**As a thank you for agreeing to do these 3 things, the Health Ministries Committee wants to share 9 things you can do daily that will improve your well-being and extend your longevity:**

1. **Move Naturally**- We can get more physical activity naturally if we live in walkable communities, de-convenience our homes and grow gardens.
2. **Know your Purpose** - People who know why they wake up in the morning live up to seven years longer than those who don't.
3. **Down Shift**- To reverse inflammation related to every major age-related disease, find time each day to meditate, nap, pray or enjoy a happy hour.
4. **80% Rule** - It takes your stomach 20 minutes to tell your brain it is full causing most people to accidentally overeat; so stop when you feel 80% full.
5. **Plant Slant** - Eat mostly a plant-based diet that is heavy on beans, nuts, and green plants. This is consistent with the USDA's MyPlate recommendations to make fruits, vegetables and grains the majority of your intake.
6. **Wine at 5** - If you have a healthy relationship to alcohol, one to two glasses of wine daily could help add years to your life, especially when consumed with a healthy diet.
7. **Family First** - Living in a thriving family is worth a half a dozen extra years of life expectancy. Invest time in your kids, nurture a monogamous relationship and keep your aging parents nearby.
8. **Belong** - Reconnect, reconnect or explore a new faith-based community. No matter which faith, studies found that people who show up to their faith community four times a month live an extra 4-14 years.
9. **Right Tribe** - Your friends have a long-term impact on your well-being. Expanding your social circle to include healthy-minded, supportive people might be the most powerful thing you can do to add years to your life.



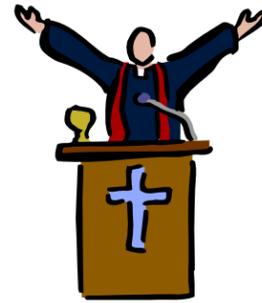
### *From the Knitting Basket...*

Each prayer shawl and baby shawl begins with knitting just one stitch followed by another and then another. Our group of knitters and crocheters work diligently on projects for members of our church and community throughout the year. Many times we don't personally know the recipient, but that doesn't matter to us. It's that gesture of comfort, compassion and love given in God's name that spurs us on. But we don't all have to be knitters to make a difference. Simply offering a small gesture of kindness to a friend, co-worker, or stranger for no other reason than to touch them with God's love can make a difference. Hold a door open for another. Be a courteous driver. Invite a harried shopper to go before you at the cash register. And, giving simple encouragement is one way we can spread love to everyone we meet. Each kindness we can offer will wrap someone else in God's love, just like the simple stitches of a prayer shawl.

*Lynda Smith*

## FEBRUARY BIRTHDAYS

- |                       |                     |
|-----------------------|---------------------|
| 1 Alex Meyer          | 17 Marilyn Philipp  |
| 2 Steve Allard        | 17 Patti Horton     |
| 2 Nancy Ritter        | 17 Ruth Nash        |
| 3 Marilyn Weems       | 17 Ruth Chipokas    |
| 4 Anneliese Tisdale   | 18 Myrna Conderman  |
| 4 Tamene Gelashe      | 18 Dale Crosier     |
| 5 Tom Scoville        | 18 Claudia Warfel   |
| 5 Tony Farrington     | 18 Jennifer Lee     |
| 6 Robert Ferguson     | 19 Peggy Hungerford |
| 6 Lois Kahler         | 19 Jill Skogman     |
| 6 Jourdan Jiruska     | 19 Beth Steine      |
| 6 Rich Ripley         | 19 Maggie Davis     |
| 6 Benjamin Wilding    | 19 Maxwell Bjornsen |
| 7 Catharine Johnson   | 21 Jeanne Pinckney  |
| 8 Jennifer Holmes     | 21 Adelyn Tomas     |
| 9 Erin O'Dell         | 22 Drew Skogman     |
| 10 Gary Tomas         | 23 McKenna Wilson   |
| 10 Ann Haars          | 24 April Davis      |
| 11 Joseph Ironside    | 24 Randy Walton     |
| 11 Paula Maddy        | 24 Abby Farrington  |
| 11 Carrie Schuettpelz | 24 Madison Cabbage  |
| 12 Darlene Cox        | 25 Eunice King      |
| 13 Sally Wagner       | 25 Nancy Krauth     |
| 13 Brian Cosgrove     | 25 Heidi Vancura    |
| 13 Larry Howe         | 25 Barbara Peterson |
| 13 Jenna Alff         | 26 Keelan Elliott   |
| 14 Anne Bluder        | 26 Britt Edwards    |
| 14 Bryan Dowd         | 26 Laurel Gammon    |
| 15 Savannah Cosgrove  | 27 Mackenzie Hayes  |
| 15 James McWhinney    | 28 Bruce Philipp    |
| 15 John Cummings      | 28 Braden Miller    |
| 15 Gary Owens         | 29 Martha Wilding   |
| 16 David Chadima      | 29 Tom Ervin        |
| 16 Scott Bemus        |                     |
| 16 Tom Tamlyn         |                     |
| 16 Solange Banner     |                     |
| 16 Hunter Kalous      |                     |



### WORSHIP SERVICES

**Sunday, February 5th - Communion**  
 All Services - Rev. Dr. Katie Hopper  
 "Five Practices of Fruitful Congregations:  
 Risk Taking Mission and Service"

**Sunday, February 12th**  
 One Service - Pastor Jim Langley  
 "Five Practices of Fruitful Congregations:  
 Extravagant Generosity"  
 Text: Romans 12.2-8; Mark 14.3-9

**Sunday, February 19th**  
 All Services - Rev. Dr. Katie Hopper  
 "Beliefs That Live: The Apostle's Creed -  
 I Believe in God the Father Almighty"

**Sunday, February 26th**  
 All Services - Rev. Dr. Katie Hopper  
 Beliefs That Live: The Apostle's Creed -

### NEW INCLEMENT WEATHER POLICY

If the Cedar Rapids Public Schools are closed due to inclement weather, the Church Office will also be closed. This is to ensure the safety of our congregation and staff.

### SPECIAL OFFICE HOURS

The Church Office will be closed on Monday, February 20th for President's Day.

### PW CIRCLE NEWS

**Martha/Ruth Circle** will meet on Wednesday, February 15th at 9:30 a.m. in the Small Parlor. Guests are always welcome to join us for this time of fellowship.

**Naomi/Esther Circle** will meet on Friday, February 17th at 9:30 a.m. in the Small Parlor. Guests are always welcome!

# February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7:30 am Men's Breakfast  WNA 7:00 pm Men's Small Grp	2  4:30 pm Kids' Closet	3 <b>Pastoral Staff Sabbath</b> 9:30 am Women @ the Well  <b>Student Ski Trip</b> 6:00 pm Wedding Rehearsal/ Dinner (Chp/MPR)	4 10:00 am Presbytery Mtg 10:00 am Kids' Closet
5  SMA 6:00 pm Stephen Ministry 6:30 pm Emmaus 8:00 pm Perpetual Life	6	7 9:00 am Pastoral Staff Mtg 9:30 am Bible Study 10:00 am Staff Mtg 3:30 pm Loaves & Fishes 6:00 pm Student Min Mtg 7:00 pm Deacons	8 7:30 am Men's Breakfast 9:15 am CR Child's Theatre 9:30 am 3rd Ave Churches WNA - No Logos 5:00 pm Logos MT Mtg 7:00 pm Men's Small Grp	9 9:15 am Kindred Spirits	10 <b>Pastoral Staff Sabbath</b> 9:30 am Women @ the Well	11
12 <b>ONE Service at 10:00 a.m.</b> <b>Golden Anniversary</b> <b>Celebration</b> 11:00 am Annual Meeting/ FLC 6:00 pm Stephen Ministry 6:30 pm Emmaus 8:00 pm Perpetual Life Grp	13  5:30 pm Adult Ed Meeting 6:30 pm Invitation to	14 9:00 am Pastoral Staff Mtg 9:30 am Bible Study 10:00 am Staff Mtg 3:30 pm Loaves & Fishes 5:30 pm CMT Mtg 6:30 p.m. Mission Mtg	15 7:30 am Men's Breakfast 9:30 am Martha/Ruth  WNA - No Logos 6:30 pm Cong. Life Mtg 7:00 pm Men's Small Grp	16  <b>Newsletter Deadline</b>  4:30 pm Young Mom's Bible Study 5:30 pm Health Ministries	17 <b>Pastoral Staff Sabbath</b> 9:30 am Women @ the Well 9:30 am Naomi/Esther	18  <b>High School Retreat</b>
19  SMA 6:00 pm Stephen Ministry 6:30 pm Emmaus 8:00 pm Perpetual Life Grp	20  <b>President's Day</b>  <b>Office Closed</b> 4:30 pm Finance Meeting	21 9:00 am Pastoral Staff Mtg 9:30 am Bible Study 10:00 am Staff Mtg 3:30 pm Loaves & Fishes	22 <b>Ash Wednesday</b> 7:30 am Men's Breakfast  WNA 6:00 pm Logos Potluck 7:00 pm Men's Small Grp ? 7:00 pm Worship Service	23 9:15 am Kindred Spirits  5:15 pm Foundation Mtg 9:00 pm College Aged Din  Proof Newsletter	24 <b>Pastoral Staff Sabbath</b> 9:30 am Women @ the Well  <b>Students 30 Hour Famine</b> <b>Stephen Ministry Retreat</b>  Print Newsletter	25  <b>Students 30 Hour Famine</b>
26 <b>1st Sunday in Lent</b>  SMA 6:30 pm Emmaus 8:00 pm Perpetual Life Grp	27  6:00 pm Worship Design 6:30 pm Invitation to John Mail Newsletter	28 9:00 am Pastoral Staff Mtg 9:30 am Bible Study 10:00 am Staff Mtg 3:30 pm Loaves & Fishes	29 7:30 am Men's Breakfast  WNA 7:00 pm Men's Small Grp	<div style="border: 2px solid black; padding: 5px;"> <p><b>WNA - Wednesday Night Activities</b></p> <p>4:00 pm: Logos                      6:30 pm: Middle School EnterActive                      6:30 pm: Minster Bells                      7:30 pm: Chancel Choir</p> </div>		

### SMA—Sunday Morning Activities

- 8:00 am: Worship in the Chapel
- 8:30 am: Breakfast
- 9:00 am: Worship in the FLC
- 10:00 am: New Member Class
- 10:00 am: Sunday School
- 11:00 am: Worship in the Sanctuary

February 16th is the deadline for the March Newsletter. Contact Christina in the office or email your information to [westmin@crwpc.org](mailto:westmin@crwpc.org).