

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. to 3:00 p.m.

Worship Times

Saturday

5:30 p.m. casual service in the Atrium

Sunday

9:00 a.m. contemporary service in the F.L.C.

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

Pastor Don Houdeshell: pastor@crwpc.org

Associate Pastor Jim Langley: jlangley@crwpc.org

Christian Education Director: cedirector@crwpc.org

Director of Student Ministries, Leah Romanelli: lromanelli@crwpc.org

Business Manager, Marilyn Shoger: mshoger@crwpc.org

Church Secretary, Christina Anderson: westmin@crwpc.org



June 2010

Volume 25, Issue 6

SUN SAFETY

A HEALTH MINISTRIES ARTICLE BY

DEBRA SALZ

We all need some sun exposure; it's our primary source of vitamin D, which helps us absorb calcium for stronger, healthier bones. But it doesn't take much time in the sun for most people to get the vitamin D they need, and unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and even cancer. Even people in their twenties can develop skin cancer.

Facts About Sun Exposure:

Sunlight contains three types of ultraviolet rays: UVA, UVB, and UVC.

UVA rays cause skin aging and wrinkling and contribute to skin cancer, such as melanoma.

UVB rays are also dangerous, causing sunburns, cataracts and immune system damage. They also contribute to skin cancer.

What's important is to protect your family from exposure to UVA and UVB, the rays that cause skin damage. With the right precautions, we can all safely play in the sun. Here are the most effective strategies:

Avoid the Strongest Rays of the Day

First, avoid being in the sun for prolonged times when it's highest overhead and therefore the strongest (normally from 10:00 AM until 4:00 PM in the northern hemisphere). Most sun damage occurs as a result of incidental exposure during day-to-day activities, not at the beach. Even on cloudy, cool, or overcast days, UV rays travel through the clouds and reflect off sand, water, and even concrete.

Cover Up

One of the best ways to protect your family from the sun is to cover up and shield skin from UV rays. Ensure that clothes will screen out harmful UV rays by placing your hand inside the garments and making sure you can't see it through them.

Use Sunscreen Consistently

Lots of good sunscreens are available. What matters most in a sunscreen is the degree of protection from UV rays it provides. When faced with the overwhelming sea of sunscreen choices at drugstores, concentrate on the SPF (sun protection factor) numbers on the labels. Choose a sunscreen that states on the label that it protects against both UVA and UVB rays (referred to as "broad-spectrum" sunscreen). To avoid possible skin allergy, avoid sunscreens with PABA, and if someone has sensitive skin, look for a product with the active ingredient titanium dioxide (a chemical-free block). For sunscreen to do its job, it must be applied correctly, so be sure to read and apply according to directions.

Use Protective Eyewear for Kids

Sun exposure damages the eyes as well as the skin. Even 1 day in the sun can result in a burned cornea. Cumulative exposure can lead to cataracts later in life. The best way to protect eyes is to wear sunglasses. Not all sunglasses provide the same level of ultraviolet protection; purchase sunglasses with labels ensuring that they provide 100% UV protection.

Double-Check Medications

Some medications increase the skin's sensitivity to UV rays. As a result, skin that tends not to burn easily can develop severe sunburn in just minutes when taking certain medications. Ask your doctor or pharmacist if any prescription and over-the-counter medications you or someone you love is taking can increase sun sensitivity.

The Health Ministries Committee encourages you to Be Sun-Safe this Summer!

RETURN SERVICE REQUESTED

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Fax: 319-366-7187

PHONE: 319-366-7185

1285 Third Avenue South East

Cedar Rapids, Iowa 52403-4084

A MONTHLY NEWS PUBLICATION

THE VOICE OF WESTMINSTER

WESTMINSTER PRESBYTERIAN CHURCH

Non-Profit Org.
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PASTORAL PREFACE

It has been a long, long time since Westminster Presbyterian Church has had a change of pastors. Westminster has been blessed by long and fruitful partnerships with its pastors in the mission of the church and the ministry of Jesus Christ. Two pastors served for a combined 45 years. Wow! Pastor John Woods was WPC's pastor and head of staff for thirty years, 1956 -1985. Pastor Herb Isenberg served more recently as pastor for fifteen years, 1995-2010. Between the two long-term pastorates, Pastor Bob Larson served for six years, 1987-1993. The average tenure of the last three pastors, then, is 17 years. There were a couple of years between Rev. Larson's departure and Rev. Isenberg's arrival. My assumption is that Westminster was served by an interim pastor or supply pastors during 1993-1995. If that is the case, *it has been a long, long time* since Westminster Presbyterian Church has had an opportunity to engage in interim ministry.

What is interim ministry? What are the tasks to be accomplished in a time of transition? Intentional interim ministry has been around for about thirty years now. Interim ministry surfaced as a way to help congregations take a fresh look at the past, present, and future. Interim ministry prompts a church to ask, "Who are we?" (identity) and, "Where are we going?" (mission) This foundational work prepares the church for calling its next pastor and beginning a new chapter in the church's life and ministry.

The five developmental tasks of interim ministry will form the broad outline of my work with you as your interim minister. Those five tasks are: 1) Coming to Terms with History; 2) Discovering a New Identity; 3) Leadership Changes During an Interim; 4) Renewing Denominational Linkages; 5) Commitment to New Directions in Ministry. During the summer months, I'll be addressing those developmental tasks biblically and theologically in some of my sermons. So, if you want to learn more about interim ministry and help facilitate it in this time of transition, stay tuned. More is to be revealed.

Julie and I are delighted to be with you during this time of transition. Westminster is the fourth congregation I've served as an interim. Westminster is a great church with a solid reputation. I look forward to the adventure as we move forward, by God's grace, in this journey together.

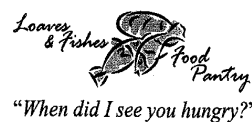
Faithfully,
Don Houdeshell



S.A.M. FALL BUS TRIP

Senior Adult Ministries is planning to take you on another fun adventure. Watch for details in the WPC Newsletter and Sunday bulletins!

June 16th is the deadline for the July Newsletter. Contact Christina in the office or email your information to westmin@crwpc.org.



LOAVES AND FISHES FOOD PANTRY NEEDS:

JUNE - PORK & BEANS AND PEACHES
JULY - TUNA & PEARS

WESTMINSTER LIFE GROUPS

"LIFE Groups" is the name of Westminster's small group ministry program. LIFE is an acronym for Living In Faith Everyday, which is what these groups help us do. Westminster has LIFE Groups that meet in a variety of locations at a variety of times. Some meet weekly; some meet every other week. Each group has its own focus, from book discussions, to Bible studies, to women's and men's groups. To learn more about joining a LIFE group, please contact Kay Basler at 550-2614 or email her at ksbangel@mchsi.com, or you can contact Pastor Jim for more information by emailing him at jlangley@crwpc.org or by calling the Church Office at 366-7185.

LIFE GROUP LEADERS WANTED!!

Do you have a passion for spiritual growth? Are you kind and compassionate? Would you be willing to give up a couple of hours each week to help other members of the Westminster family grow in their faith, while growing in faith yourself? If so, please let Pastor Jim or Kay Basler know! We are always looking for new leaders for our LIFE Groups. Training will be offered, so sign up today!

WORSHIP VOLUNTEERS FOR JUNE 2010

Saturday, 5:30 p.m. Greeters/Ushers

June 20 Jack Brokaw
June 27 Andrea Schoenbeck

9:00 a.m. Greeters/Ushers

June 6 David & Linda Cosgrove
June 13 Tim & Renee Isenberg
June 20 Ted & Lois Kahler
June 27 Dave & Leanne Leeper

10:30 a.m. Head Usher

Jerry Daugherty

10:30 a.m. Greeters

June 6 Dale & Sherry Weisker
June 13 Leah Romanelli & Wendy Thomas
June 20 Ed & Ardyce Brunsting
June 27 Barb Schultz & Chuck Davis

10:30 a.m. Ushers

June 6 David Basler, Luman Colton, Bruce Crawford, Ed & Ardyce Brunsting
June 13 Ted Kahler, Jean Kenison, Flora Kitzman, Carl & Velma Kintzel
June 20 Jim & Cheryl Shankling, Dee Davis, Herb & Carm Hammerberg
June 27 Donelle Daugherty, Betty VanFossen, Berta Mullin, Signe Munson & Debra Salz Steenblock

Offering Stewards

June 1 Kathryn Phares
June 6 Doug Wagner & Mike Zimmermann
June 7 David Marner
June 13 Butch Hataway & Jackie Alff
June 14 Martha Griffith
June 20 Marcia Elhart & Dale Crosier
June 21 Connie Hayes
June 27 Tim Stolba & Rich Ripley
June 28 Pat Teig

Nursery Volunteers

9:00 a.m.
June 6 Wreccie Marner
June 13 Jessie Alff
June 20 Tricia Brown & Hailey Voyek
June 27 Jordan Entsminger
10:30 a.m.
June 6 Paula Maddy
June 13 Lauren Zimmermann

Handicap Host / Flower Delivery

June 6 Eileen Naber
June 13 Marion Engel
June 20 Judy Ruth
June 27 Carol Ferguson

Coffee Hosts

June 6 Cheryl Shanklin & Alice Snarskis
June 13 Jerry & Donelle Daugherty
June 20 Bryan & Nancy Hawkins
June 27 Herb & Carm Hammerberg

9:00 a.m. Communion Servers

Ted & Lois Kahler, Deb Sprague, Adrienne Walls

11:00 a.m. Communion Servers

Darlene Cox, Joanne Koza, Signe Munson, Marcia Elhart, Martha Wilding, Sue Winegarden, Jennifer Edwards, Marion Engel, Carol Ferguson

Current Deacons

Tricia Brown
Katie Carfizzi (youth)
Linda Cosgrove
Jennifer Edwards
Marion Engel
Carol Ferguson
Fran Hanzel Johnson
Ted Kahler
Lois Kahler
Kirk Lampe
Glenn Lane
Stephanie Martinez
Signe Munson
Eileen Naber
Vicki Owens
Nancy Ritter
Deb Sprague
Pat Thies
Randy Walton
Bob Warner
Tim Winegarden

Current Elders

Jackie Alff
Jenna Alff (youth)
David Basler
Dale Crosier
Marcia Elhart
Butch Hataway
Kathie Lane
David Marner
Tom Read
Debbie Richardson
Rich Ripley
Jim Sankey
Tim Stolba
John Swanson
Doug Wagner
Martha Wilding
Sue Winegarden
Mike Zimmermann

If you 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!

REDUCE, REUSE, RECYCLE=STEWARDSHIP

This month I have odds and ends about safe ideas to use in your home instead of chemicals. The first comes from the *New York Times* via the Iowa Retired Teachers Newsletter. "Defog your bathroom mirror by rubbing a cucumber slice along the mirror"

Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean. It will remove years of tarnish and bring back the shine, nor will it leave streaks." (Keep these tips until cucumber season!)

The second is from *Natural Healthy Home Cleaning Tips* on the internet. "Clean your ceramic tiles with a solution of 1/4-cup vinegar to one-gallon warm water. If the grout between your tiles is looking hard, dip a toothbrush in full strength vinegar and gently scrub. Get rid of that nasty, grimy dirt that builds up around the faucets by soaking paper towels in full strength vinegar and wrapping them around the fixtures. Let sit for one hour, and then clean as usual."

From the *Cedar Rapids Gazette*: To keep weeds from growing between the cracks of a sidewalk, pour boiling water on them. Keep the kettle close to the ground to avoid splashing yourself or any nearby plants you want to keep.

The *Gazette* had an article on April 22 about City Carton offering single-stream recycling to area businesses. That means that the businesses do not have to separate their recycling, but can co-mingle them as we do at home. If you have a business that currently wants to increase their recycling, this can be a great way to help the planet. It's cheaper too—only \$25 per ton as opposed to \$35 per ton to the landfill! Places like the Marriott Hotel are now recycling plastics as well as paper and cardboard. "Water bottles and other plastics from guest rooms, banquets and the kitchen that previously went to the landfill are now recycled."

"For the beauty of the earth..."
Marilyn Lodge

FINANCE CORNER

April was our best month this year. The general contributions were \$46,178. Now we just need to stay at reaching our budget each month. Your monetary support is greatly appreciated.

<u>General Contributions thru April 30, 2010</u>	
Amount Budgeted	\$ 183,228
Amount Received	<u>172,810</u>
Deficit	\$ -10,418

One Great Hour of Sharing	1,430
Deacons Fund Donations	2,898

The Presbyterian Women donated \$600.00 to the church to fix the hot water line to the wash machine and the small kitchen off the large parlor. Thank you, PW.

We made another payment on the New Addition Loan. The new balance is \$149,475. If all goes well, we can have this paid off by November of 2011 or earlier.

Marilynn Shoger

NEIGHBORHOOD MEAL & ENRICHMENT PROGRAM

The N.M.E.P. 2010 summer lunch program will begin on June 14th. There are a number of volunteer time slots yet to be filled. Your help is **needed and appreciated**. The sign-up boards are available downstairs at St. Paul's or you may call Ruth Nash (366-0036) or Mary Jo Crull (364-3682) with a date when you are able to volunteer. Thank you.



GRADUATION SUNDAY

Please join us on June 13th at the 11:00 a.m. service to honor our 2010 high school and college graduates!!

Jacob Alff (Jefferson High School)
Casey Dawson (Jefferson High School)
Brandon Lewin (Jefferson High School)
Elizabeth Sankey (Kennedy High School)
Logan Grado (Xavier High School)
Jaqueline Noble (Marion High School)
Carly Warner (Washington High School)
Anna Hardin (Kennedy High School)
Brennon Palmer (Washington High School)
Steve Sankey (Westminster College)
Stewart Sankey (Kirkwood Community College)
James Walker (University of Iowa)

Congratulations!!!

HOW IS GOD CALLING YOU TO RESPOND?

We are called to be disciples! If you think about it, a disciple's primary relationship is not with any particular congregation but with Jesus Christ. The congregation is simply the means through which we grow in faith and proclaim the good news. So

- **Giving is important!** How we steward the finances that God has entrusted to us will have a huge impact on our discipleship.
 - **The questions you ask yourself** will shape the way you think about money, possessions, time and talent.

One's attitude towards giving comes from looking inside the heart. Do you give reluctantly, out of obligation or from the heart? And I am *not* talking about just financial resources. Many of us are blessed in so many ways! How do you feel God is calling you to respond to those blessings?

This is an important time as new deacons and elders have just been ordained and installed here at Westminster. These are people who have been called into service by God (discipleship). He did not pick up the phone and call these individuals himself, however His disciples did. We all have opportunities to serve as disciples. Where are you called to serve?

Please take time to reflect on your "spiritual checkbook" and respond to your your blessings. In the words of Pastor Houdeshell, "When God calls, be sure to answer the phone!"

WE NEED YOUR CLOTHES!!

The Kids' Closet has taken off since the weather has gotten warm and we always need kids' clothes (clean, good shape, baby-kid size 14/16). You should see the smiles a new pair of shorts can bring! Kids' Closet is open will be open June 3rd & 5th, July 8th & 10 and August 5th & 7th. Teams of parent/child can be involved in the distribution. Consider making this a real hands-on ministry for your children by becoming involved!

CHRISTMAS TOY GIVE-AWAY (YES, CHRISTMAS!)

For the past six years our Children's Ministry has reached out to our neighbors with the gift of Christmas toys. Last year by the first of December we had very few toys collected and talked about cancelling the project. Well, the congregation came through with the biggest give-away ever! **But** we don't want to be in that position again this December. Toys can be brought to the church at any time. And remember, the project this summer at all those great garage sales!

MARINERS POTLUCK WITH PASTOR DON & JULIE HOUESHELL

We invite you to join us after church on June 13th in the Family Life Center for fellowship and a short program. Meat, potatoes, and a drink will be provided. Sign up sheets are available after each worship service. Bring a salad, vegetable or dessert dish, or just yourselves! Friends and families are welcome to join us. The Mariners will be honoring the Congenials and will help anyone who may need a ride.

SUMMER WORSHIP & OFFICE SCHEDULE

The weekend of Saturday, June 5th and Sunday, June 6th, we will make the transition to our summer worship schedule. On Saturday, June 5th at 5:30 p.m. we will begin our Saturday evening services for the summer. These services are informal in nature, but they are still a very worshipful time. On Sunday, June 6th, we will begin our summer schedule of two services – one at 9:00 a.m. in the Family Life Center and the second at 10:30 a.m. in the Sanctuary. Beginning the first week of June, the Church Office will close at 3:00 p.m. on Fridays.

JUNE BIRTHDAYS

1 Trisha Olson	13 Bonnie Keiper
1 Dennis Gladhill	14 Bill Cumberland
2 Sharon Colton	14 Rick Whiteaker
2 Darald Schultz	14 Sandra Yarrington
2 Stu Peterson	14 Trenton Debth
2 Matt Owens	14 Dallas Kibbe
3 Chuck Crull	14 Barb Read
3 Debbie Meyer	14 Audrey Peterson
3 Linda Ponder	15 Jean Brown
3 Amanda McClintock	15 Harlene Woodson
4 Allison Canning	17 Gloria Kromminga
5 Janice Byers	17 Kasi Bilyeu
5 Sarah Weems	17 Nicholas Shanklin
5 Megan Weems	18 Chuck Grado
5 Ben Fashimpaur	18 Eileen Goodwin
5 Sherryl Hoepfner	19 Melvin Galbraith
5 Brady McCrane	20 Terry Perkins
6 Vicky MacTaggart	21 Owen Hilbert
6 Rich Dengler	23 Diane Brooks
7 Terry Tiede	24 Pam Feerer
7 Jim Tisdale	24 Steve Ponder
7 Carol Laube	24 Audrey Roof
7 David Laube	25 Audrey Batchelor
8 Deborah Ironside	25 Allen Boyd
9 Kathy Moore	25 Jersey Bilyeu
9 Jerry Owen	26 Michael Brooks
9 Randy Van Horn	26 Marc Holley
10 Angi Greeno	26 David Basler
10 Thad Marner	27 Stephanie Lane
10 Karen Carver	28 Renee Isenberg
10 David McFarland	29 Joan Chadima
11 Warren Feerer	29 Joyce Sankey
11 Christine Young	30 James Debth
12 Rose Ann Vondracek	30 Meagan Estle
	30 Michelle Zazza



WORSHIP SERVICES

Sunday, June 5th & 6th - Communion

All Services - Pastor Jim Langley
 "Being an Intentional Church"
 Text: Acts 2:36-47; Luke 10:27;
 Matthew 28.19-20

Sunday, June 12th & 13th -

All Services - Pastor Jim Langley
 "Being an Intentional Church: Worship"
 Text: John 4.7-24

Sunday, June 19th & 20th -

All Services - Pastor Don Houdeshell
 "The Compassion Department"
 Text: Luke 7:11-17

Sunday, June 26th & 27th -

All Services - Pastor Don Houdeshell
 "Saving the Sabbath"
 Text: Luke 10:38-42

CHRISTIAN EDUCATION NEWS

Sunday School

Thank you to everyone who shared their time and faith with the children this year. So many people were involved over the year to help our kids grow in their faith and love for God.

Vacation Bible School

This summer we will be having a **Family VBS** at the park! Join us for an evening of fun for the whole family August 1st through the 4th, from 6:00 to 8:30 p.m. at Bever Park in the Red Oak Pavilion. Watch for more information and sign up this month!

Summer Camp

We have 18 children and youth attending camp this summer. We are happy to pay a portion of their camp fee and pray that they have a faith-building time at camp!

E-NEWSLETTER

If you are interested in receiving the newsletter by email instead of a hard copy by mail, please contact Christina in the Church Office at 366-7185 or westmin@crwpc.org.

SECOND ANNUAL LEGACY SOCIETY RECEPTION

Attendance doubled this year at the second Legacy Society reception with almost 50 people present. The event was held at the Cedar Rapids Country Club on the 20th of May. Pastor Don and his wife, Julie, were in attendance.

Jack Evans gave an excellent review of how the foundation has evolved over the years. A number of people mentioned their plans for inclusion of the Westminster Presbyterian Church Foundation in their will. The purpose of the Legacy Society is to encourage such plans.

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 am Staff Meeting	2 7:30 am Men's Breakfast 9:15 am C.R. Child's Theatre	3 4:30 pm Kids' Closet 5:30 pm Tri-T in FLC	4 9:30 am Women At the Well Wedding Rehearsal in Sanct.	5 10:00 am Kids' Closet 4:30 pm Wedding in Sanctuary
6 9:00 am Worship in FLC 10:30 am Worship in Sanct. 6:00 pm Y.O.M. 6:30 pm Emmaus	7 9:30 am S.A.M. Meeting 9:00 am CE Curriculum Plan 6:00 pm Mission Dinner	8 10:00 am Staff Meeting 9:00 am CE Curriculum Plan 7:00 pm Y.E.S. Life Group	9 7:30 am Men's Breakfast 9:00 am CE Curriculum Plan 6:00 pm EnterActive	10 9:15 am Kindred Spirits	11	12 5:30 pm Worship in Atrium
13 9:00 am Worship in FLC 10:30 am Worship in Sanct. 12:00 pm Mariners Potluck 6:00 pm Y.O.M. @ Leah's 6:30 pm Emmaus @ Leah's	14	15 10:00 am Staff Meeting 4:45 pm Stewardship Mtg	16 7:30 am Men's Breakfast Newsletter Deadline 6:00 pm EnterActive @	17	18	19 5:30 pm Worship in Atrium
20 9:00 am Worship in FLC 10:30 am Worship in Sanct. 6:00 pm Y.O.M. 6:30 pm Emmaus	21 6:00 pm Mission Dinner	22 10:00 am Staff Meeting 7:00 pm Y.E.S. Life Group	23 7:30 am Men's Breakfast 6:00 pm EnterActive	24 9:15 am Kindred Spirits	25 Wedding Rehearsal Proof Newsletter	26 4:00 pm Wedding in Sanctuary 5:30 pm Worship in Atrium
27 9:00 am Worship in FLC 10:30 am Worship in Sanct. 6:00 pm Y.O.M. 6:30 pm Emmaus	28 6:00 pm Mission Dinner Print Newsletter	29 10:00 am Staff Meeting Mail Newsletter	30 7:30 am Men's Breakfast 6:00 pm EnterActive			

CIRCLE NEWS

Martha/Ruth Circle will meet on Wednesday, June 16th at 9:30 a.m. at Java Creek Café, located at 588 Boyson Rd NE. Please join us for this time of fellowship!

VOLUNTEERS NEEDED!

Volunteers are needed to help re-seal the church roof over the Sanctuary on July 18th & 19th. Call Truman Johnson at 393-5546 or Jackie Alff at 365-9330 if you can help!

A CALL TO COMPASSION

One of the responsibilities of Deacons in the church is to offer the support and compassion of Jesus Christ to those who are unable to attend worship due to physical ailments or the general aging process. Deacons visit as often as they are able, but at least once or twice a month. They provide a way for those who can't get out to worship or other church events to remain connected to the life of the church. Through the compassion and ministry Deacons provide, they become the tangible presence of Jesus Christ in the life of someone in need. If you know of an individual or couple who might benefit from having a Deacon, please contact the Church Office or Pastor Jim at jlanglely@crwpc.org.