

## 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

10:30 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



September 2011

Volume 26, Issue 9

### Thoughts From the Heart

First, I want to say thank you for the wonderful and loving welcome I have received from the church family. The flowers that arrived on my first Monday morning from the church and from the PNC were a first in 27 years of ministry, and they touched me deeply. I am thrilled to be your new pastor and am really enjoying getting to know you and our shut-ins. I am grateful to the elders that have stepped forward to help me with home communions so I can get to know and love our shut-ins. I am also grateful to the youth and others who helped me unload when I arrived. We are going to have fun doing ministry together in this place.

There is an abundance of material and advice about “how to be a church”. And much of this well-intended information of so-called Christian products make promises to better our lives together as congregations by raising more money, recruiting more members, improving our facilities and properties, or enhancing small group ministries.

I’ve noticed that the Bible does not speak much about these things. The first Christians were basically devoted to gathering for worship and the Lord’s Supper, to listen to the Apostles’ teachings about Jesus, caring for one another’s spiritual and physical needs, and sharing the good news of the Gospel. The prophet Isaiah brought words of the Lord to the people of Israel to renew their concern for those hurting and in need and for worship and keeping the Sabbath. The writer of the book of Hebrews admonishes his readers to get back to these very things, spoken in the books of Acts and Isaiah, as many were about to face again possible persecution and want because of their faith and were being tempted to fall away from the church because of their fear.

So just what is a church supposed to be—regardless of worship style, denominational ties, number of members, or size of it’s program? In a church newsletter I recently received from an area colleague, there is a description of “church” printed from Fieldstrong Presbyterian Church in Mooresville, North Carolina. I commend this for your reading and consideration.

#### *What is a Church?*

*A fellowship against loneliness.*

*A hospital for healing souls.*

*A school instructing those who would learn of God.*

*An encouragement to walkers in the Way of Christ.*

*A practice field for patience and compassion.*

*A classroom of truth.*

*A laboratory of life.*

*A family that accepts and loves us.*

*An internship for minister-members.*

*A hospitable door.*

*A herald of Good News, joyful news, hopeful news, helpful news.*

*A time-out corner.*

*A resting place.*

*A bath for washing away guilt.*

*A reflecting pool.*

*A kneeling bench.*

*A table where God feeds us.*

*A garden where God comes looking for us.*

*A rescue mission where God finds us.*

May it so be with us.

Lovingly,

*Pastor Katie*

RETURN SERVICE REQUESTED

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1285 Third Avenue South East

Cedar Rapids, Iowa 52403-4084

A MONTHLY NEWS PUBLICATION

THE VOICE OF WESTMINSTER

WESTMINSTER PRESBYTERIAN CHURCH

Non-Profit Org.  
U.S. Postage  
PAID  
Cedar Rapids  
Iowa  
PERMIT NO. 139

## JOTTINGS FROM PASTOR JIM

I've been thinking a lot lately about the idea of community. "Community" is one of the big buzzwords in the church today. It's also a word with a whole lot of different meanings...even in the church. Is it our neighborhood, or a group of friends, or a bunch of people with similar interests? Is community a place or an intention? And what does "community" mean when we put the word "faith" in front of it? What does it mean to say that Westminster is a "faith community" and not just another community organization?

Well, essentially, it means that we choose, as the center of our faith, the person of Jesus Christ. To be a "faith community" – a Christian community – means we seek to be a community that reflects Jesus...that seeks to live life together in such a way that we are recognized by the larger world as being like Jesus.

So, where do we discover what community looks like? Where can we learn to be in community? (Now, if you know me, you know that I'm passionate about the importance of small groups, so you already know where I'm going with this!) I would hold up for you that one of the best places to learn about community is to become part of one of Westminster's intentional communities that we call LIFE Groups. We celebrate Rally Sunday and the kickoff of the new program year on Sept. 11<sup>th</sup>, so this is my plug for Westminster's small group program! We currently have 9 groups with almost 100 members, but I'd like to see us go even bigger!

LIFE Groups are groups of three to twelve people who meet together regularly to explore their faith, life and discipleship. In a LIFE Group, the members of the group commit to helping each other Live In Faith Everyday (LIFE). LIFE Groups are the perfect place to connect with God and others at the same time. The mission of Westminster's LIFE Groups is to build community in the church as we help you grow in your faith and become transformed believers who model Christ-like values and whose lives motivate others to do the same. This is only accomplished as we reach out to one another, care for one another, and, really, do life together.

If you're interested in finding a group and becoming part of a LIFE Group community, talk to me after worship some Sunday or email me at the church ([jlangle@crwpc.org](mailto:jlangle@crwpc.org)). You can also call the Church Office at 366-7185. I'm also looking for new group leaders, so if you're interested in starting a group, I want to talk to you!

Peace!  
*Pastor Jim*

## RALLY DAY WORSHIP & POTLUCK

Follow the yellow brick road and join us in the land of Oz on **Sunday, September 11th** as we kick off the new program year and discover, through the Wizard of Oz, the importance of being life-long learners when it comes to our Christian faith. We'll have **one combined service at 10:00 a.m.** in the Sanctuary followed by a church-wide potluck in the Family Life Center. Come find out more about the spiritual growth opportunities for children and adults that will be offered in the coming year!

**For the potluck:** If your last name begins with **A through I**, please bring a **salad or vegetable** dish; **J through R** please bring a **main dish**; and **S through Z** please bring a **dessert**. Deacons will be on hand that Sunday morning to help make room in the refrigerators or ovens for your dishes. Since there is "no place like home", join us at your church home on Sunday, September 11th and let's celebrate like the family we are!

## COLLEGE AGE DINNER WITH PASTOR KATIE

A popular ministry in past churches for Pastor Katie has been the college age dinner with the pastor. This group has served to bridge the gap that happens once our young people graduate from High School and begin to outgrow the youth group and find nothing else to keep them in the church. It has proven to be successful in retaining our young adults through this ambiguous time in their lives. Pastor Katie will meet with them at 9:00 pm for a late dinner on the last Thursday night of each month. That seems to work best for our current college age group of young adults. The first meeting will be on September 29<sup>th</sup> at 9pm at Buffalo Wild Wings on the West Side.

## WORSHIP VOLUNTEERS FOR SEPTEMBER 2011

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

September 4 Connie Hayes & Darwin Busch  
September 11 Bob & Carol Ferguson  
September 18 Jack & Nancy Haney  
September 25 Don & Sherryl Hoepfner

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

September 4 Adrienne Walls & Gayle Elliot  
September 11 Ted & Lois Kahler  
September 18 Dave & Linda Cosgrove  
September 25 Garland & Jackie Alff

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

Scott Olson

### 11:00 a.m. Greeters

September 4 Luman Colton & Peggy Crawford  
September 11 Bill & Kay Clark  
September 18 Donelle Daugherty & Fran Hanzel Johnson  
September 25 Laura Koontz & Joanne Koza

### 11:00 a.m. Ushers

September 4 Jerry & Donelle Daugherty, Tamene Gelashe, Herb & Carm Hammerberg  
September 11 Luman Colton, Nick Groves, Bryan Hawkins, Gary & Vicki Owens  
September 18 Dick Trotter, Betty VanFossen, Velma Kintzel, Jim & Cheryl Shanklin  
September 25 Jean Kenison, Flora Kitzman, Laura Koontz, Berta Mullin, Eileen Naber

### Offering Stewards

September 4 Marcia Elhart & Jenna Alff  
September 6 Connie Hayes  
September 11 Brian Cosgrove & Mark Johnson  
September 12 Martha Griffith  
September 18 Doug Wagner & Jackie Alff  
September 19 Dick Cornish  
September 25 Laurie Mead & Deanna Long  
September 26 David Basler

### Nursery Volunteers

9:00 a.m.  
September 4 Jacqueline Fashimpaur  
September 11 Tricia Brown  
September 18 Kim Langley  
September 25 Katie Carfizzi

### 10:00 a.m.

September 4 Shelly Teberg  
September 11 Andrea Schoenbeck  
September 18 TBA  
September 25 Alisa Shields

### 11:00 a.m.

September 4 Jenna Teberg  
September 11 Bill Wilding  
September 18 Lauren Zimmermann  
September 25 Molly & Megan Teberg

### Computer at 9:00 Service

September 4 Doug Wagner  
September 11 Julio Martinez  
September 18 Jacob Alff  
September 25 Brad Lock

### Liturgist

September 4 Kim Langley  
September 11 Alisa Shields  
September 18 Dale Crosier  
September 25 Signe Munson

### Handicap Host / Flower Delivery

September 4 Andrea Schoenbeck  
September 11 Michelle Wagner  
September 18 Randy Walton  
September 25 Bob Warner

### Coffee Hosts

September 4 Bryan & Nancy Hawkins  
September 11 Berta Mullin & Flora Kitzman  
September 18 Jerry & Donelle Daugherty  
September 25 Jack & Joyce Sedlacek

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

Tim Stolba, Rich Ripley, Adrienne Walls, Deb Sprague

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

David Basler, Mark Tyler, Barb Moss, Chuck & Mary Jo Crull, Martha Wilding, Dale Weiske, John Swanson, John Ruth

### Communion Prep

Peggy Hungerford, Marion Engel, Nancy Hawkins

### Communion Clean Up

Larry & Karol Cooper

### 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](mailto:westmin@crwpc.org). Thank you for your willingness to serve!

## STUDENT MINISTRIES NEWS

### Confirmation

Members of the congregation, please be aware that you may be approached by an eighth grader asking you to be a mentor for them this year as they prepare to be confirmed in the spring. Each Confirmand will be required to select a member of the church who is not related to their family to be a mentor. The mentor will meet with their student for lunch or dinner to share their faith journey and will also participate with them in the second day of the Confirmation Retreat. The mentor will also attend Session the Tuesday before Confirmation, at which time their Confirmand will present their creeds they will have created during the Retreat.

There will also be an informational meeting held on Sunday, September 18th at 10:00 a.m. in the Family Life Center. This meeting is for anyone with seventh or eighth graders participating in Confirmation this year. Confirmation begins on Sunday, September 25th during the Sunday School hour in Classroom 3 (lower level) and will be led by Pastor Jim, Jackie Alff, and Doug Wagner. Please make sure to let Stan know if your student will be involved in Confirmation this year by September 18th!

### EnterActive

EnterActive (grades 6th through 8th) meets on Wednesdays from 6:30 to 8:00 p.m. for a time of fellowship, games, worship, and God's Word. Starting September 7th, we will be looking at a 7-week series entitled "Holy Space," which will explore creative ways of worshipping together from declaration to praise.

### Emmaus

On Sunday, September 11th, we will be having a YouTube Night to kick off the year! I am asking that each student submit 2 YouTube videos to share with the group. One video should show a message that Jesus would want to share with others, and the other video can be the funniest thing you've ever seen. Please be sure to pick videos that are appropriate to show to your peers. If you have a question about a video you want to show, please ask Stan to review it. Videos will be voted on and prizes will be awarded!

On Sunday mornings beginning September 18th, we will be exploring the top 13 questions about God. Hard questions, solid answers, rock-solid faith. Jesus didn't duck challenging questions. He didn't have to, and neither do we. Please join us if you're in 9th through 12th grade!

On Sunday evenings beginning September 18th, we will begin a series entitled "In Pursuit of Jesus". Through this series of studies we will be looking more closely at why we follow Jesus and gain a deeper desire to follow Him more. We'll see you there!

*Stan Letscher*

### A NOTE FROM SHELBY LEEPER

WPC,

Thank you so much for helping to provide me the opportunity to go to Camp Wyoming this past summer. It might have been my greatest experience yet to grow in faith! I know that camp has not been seen the last of me!

A special thank-you to A.J. and Pastor Jim for the recommendations for LIT Camp. I met some absolutely amazing people and without your help, I might not have been able to experience what I did at camp this year. I'm having camp withdrawals just now writing this!

From the bottom of my heart, thank you again.

Sincerely,  
Shelby Leeper



## CHURCH CHATTER FOR CHILDREN

### Two BIG Thank-You's

A BIG thank you goes out to every single soul who helped with our three Village Clean-Up days this summer! Because of each of your commitments, our Sunday School rooms have never looked more organized. Another BIG thank you goes out to all those volunteers who helped make our Crocodile Dock VBS such a success! We really rocked that dock! Thanks for your continued passion for our Children's program at Westminster!

### Logos Kick-Off Registration Banquet

It's that time of year again for...you guessed it...Logos!!! Logos is one of our Wednesday night youth programs for kids Kindergarten through 5<sup>th</sup> grade. If you're new to the church or you've been a member forever, come to our Kick-off Registration Banquet on Wednesday, September 21<sup>st</sup> from 6-7 P.M. to register your child and learn more about what this year has in store. If you plan to be in attendance, please RSVP to [cedirector@crwpc.org](mailto:cedirector@crwpc.org) or by contacting the Church Office. We'll be seeing you!

### Have YOU Donated Yet???

Well, what are you waiting for? Have you donated new or gently used toys yet for our congregation's annual toy drive? If not, please consider doing so. We've been collecting them all summer long and have been doing a great job so far! For those who have helped, keep up the great work! Don't forget that each toy you donate goes directly to a child for Christmas. Help us make this year's Toy Drive a success! We are also always in need of wrapping paper, bows, tags, and batteries!



## From the Knitting Basket...

In my knitting basket is a book "Knit Together – Discover God's Pattern for Your Life" written by Debbie Macomber. (Excerpt in Guideposts, September 2007) She shares tips on how God's handiwork created each of us for a purpose.

One example is to take it stitch by stitch. Some very experienced knitters only make simple scarves and hats. Larger, more difficult projects seem overwhelming, daunting, and unattainable. But, all patterns are based on a single stitch. If you do a little bit every day, stitch by stitch, row by row, correcting mistakes as you go, you'll be surprised how much you'll accomplish. I don't need to point out this is also true in many other aspects of our lives, especially our faith. We get there one stitch at a time. The next time life seems overwhelming....ask God to help you take little steps to reach your goal.

*Linda Smith*

### REMEMBER, REFLECT, RESPECT A SPECIAL 9/11 MEMORIAL

Join us at 2:00 p.m. on Sunday, September 11th at the Veteran's Memorial Baseball Stadium for a special worship service to remember the past, reflect the present, and respect those who serve for the future. This is a free event and open to the public, so we welcome you and the whole family to join us!

## NEIGHBORHOOD MEAL & ENRICHMENT PROGRAM

Summer 2011 has been a big season for Neighborhood Meals. Through July, 10,816 meals were prepared. (August statistics will be available this month.) We wish to express our appreciation to the supporting churches, individuals, and local businesses for their financial support, volunteer hours, and in-kind contributions. We could not offer this service without you and we hope for your continued support in 2012.

Our sincere thanks -- N.M.E.P. Board of Directors

## Grace Notes

### MEET OUR NEW DIRECTOR OF MUSIC MINISTRIES & CONDUCTOR OF THE CHANCEL CHOIR!

I first heard God's call in my life when I was 15. I was at church camp at Pictured Rocks (Monticello) and canoeing down the Wapsi river. I came home from camp that summer and told my parents I wanted to be a minister. Of course, the summer before, I had been at music camp and came home telling Mom & Dad that I wanted to be a professional musician. It wasn't until 1996 that I realized God was calling me to do both music and ministry.

I grew up playing flute and some piano, and of course singing whenever and wherever I could. I switched instruments in high school to French horn and went on to major in horn at the University of Iowa. I graduated with a Bachelor of Music with a K-12 teaching certificate in 1993. I began teaching middle school band in Oxford Junction and Lost Nation. Then God became more persistent in calling me to music ministry. I went to seminary the fall of 1997 and graduated in May 2000 from Boston University School of Theology with a Master of Sacred Music emphasis in choral conducting.

From there, God led me to several churches: Timonium United Methodist Church in Maryland, Church of the Messiah and Powell United Methodist in the suburbs of Columbus, OH, and now to Westminster Presbyterian Church.

I am United Methodist by heritage. I live with my 5 cats, no not a typo, that's five. They are all rescues from various places and shelters. I truly love all types of music, except for some heavy metal. I'm also an avid runner – although lately I've not been able to run due to some knee problems. I did my first ½ marathon in May 2010. The full marathon is scheduled for 2012 after my knee is healed.

Oh, one last note, because this always comes up – at last count, I play 24 instruments. Basically any instrument besides strings/guitar. I only own seven.

Blessings!  
Melissa

### BLOOD PRESSURE CHECKS

On the first Sunday of each month, the Health Ministries Committee sponsors free blood pressure checks. You can get your blood pressure checked after the 9:00 a.m. service in the hall outside the Family Life Center, or after the 11:00 a.m. service in the Large Parlor.

We are in need of volunteers to take blood pressures. The volunteers don't have to be nurses, but do need to have an understanding of blood pressures and be able to do some simple education about hypertension. If you can help, please contact Linda Smith at 393-1266.



### LOAVES AND FISHES FOOD PANTRY NEEDS:

SEPTEMBER - BOXED POTATOES, CORN, MAYONNAISE, BEAN w/ BACON SOUP, LOTION, HAIR BRUSHES

CANNED & BOXED FOOD; NO JARS PLEASE. STANDARD SIZE CANS,  
AS MOST OF OUR GUESTS WALK TO THE PANTRY.  
TOILET PAPER & PERSONAL PRODUCTS ALWAYS NEEDED.

### LOAVES & FISHES FOOD PANTRY BED & BATH GIVEAWAY

Thank you to all who contributed to the pantry's bed & bath giveaway. Because of your generosity we were able to help 75 families. Items given away were sheets, pillows, pillow cases, comforters, towels, wash clothes, laundry bags, bath soap, and laundry soap. When we held this event before, we served 45 families and ran out of items. This time we had something for everyone who came.

One item we needed more of was king size sheets. You may question why someone who can afford a king size bed needs free bedding. In many cases, a whole family is sleeping in one bed. Their need is great, and they were most appreciative of anything we could do for them.

We will have another blanket giveaway in November when the weather turns cold. Our next Bed & Bath giveaway will be in the spring. Please keep us in mind when stores have white sales. You can bring items to be given away at any time and we will gladly store them. Thank you again for your continued support of this important ministry

**In August We Served:** 21 Adults & 50 Kids

**Next Clothing Give Aways:** Thurs., Sept. 1st at 4:30 p.m. & Sat., Sept. 3rd at 10:00 a.m.

**September Donation Requests:** Diapers sizes 4 & 5 and paper sacks/bags with handles

We collect clothing for babies through size 14/16 or boys and girls. We accept new & gently used clothing. There is always a great need for jeans and new underwear.

Please leave donations at the bottom of the basement stairs.



Kid's Closet  
Connection

### PRAYER LIST

In our most recent weeks at Westminster, Pastor Katie has added a Prayer List to our weekly worship bulletin. This prayer list includes people who the congregation and friends of the congregation have added to our prayers. There are five categories: Celebrations, On-going Concerns, Recent Concerns, Military Service, and Expectant Mothers. We need your help to keep this list as up to date and accurate as possible. We want to know when our babies are born so that we can order a rose with a pink or blue bow for the communion table. We also want to be able to have the congregation take this prayer list home and keep it with their Bible and daily devotional material so that we can truly be a church family that holds each other in prayer.

### PASTORAL CARE

Pastor Katie is very interested in getting to know her church family and making sure that all pastoral care needs are being met. She has been seeing four shut-ins each Thursday and bringing them Home Communion with different Elders as her partners. She has also made hospital visits and a couple of home visits when invited or where there is a need. She would like the congregation's help in identifying those with pastoral care needs. If you know of someone who would benefit from a pastoral visit or that someone is in the hospital, she would rather hear twenty times about someone than miss them. Care for our church family is one of her highest priorities. So, please call the Church Office or Pastor Katie's cell phone number if you know of anyone in need of a visit.

**INSTALLATION OF REV. DR. KATIE HOPPER  
AS HEAD OF STAFF OF WESTMINSTER PRESBYTERIAN CHURCH  
SEPTEMBER 25TH AT 4:00 P.M.**

The commission will be the following:

**Commission for the Presbytery of East Iowa**

Elder Larry Lamont—Moderator Presbytery of East Iowa  
Rev. Dr. Jimmy Hopper—Preaching—Pastor of FPC, Danville, IL, P.S.E.I. (Katie's Husband)  
Rev. Cindy Bean—To Charge Pastor—Stated Clerk, P.S.E.I. (Presbytery of Southeastern Illinois)  
Rev. Kitch Shatzer—To Charge Congregation—Pastor, Ainsworth Community Church  
Elder Helen Bury—First Presbyterian Church, Danville, IL.  
Elder John Swanson—Westminster Presbyterian Church, Cedar Rapids, IA  
Rev. Heather Carver Hayes—First Presbyterian Church, Cedar Rapids, IA

Please join us as Pastor Katie and the congregation each make vows of commitment to ministry together.



**“GETTING IT ALL TOGETHER”**

The **S.A.M. Fall Bus Trip** is scheduled for October 20<sup>th</sup>. Sign-up for the bus trip will begin on August 27<sup>th</sup>/28<sup>th</sup>. We are going to the John Deere Assembly Plant in Waterloo to see that division “getting all the parts together” to complete a John Deere tractor. (**Note: No open toe shoes**) This will be a guided tour via tram. We then will go to Oelwein to visit the Hub City Heritage Corporation Railway Museum. From there we will proceed to the Homestead Restaurant in Independence for lunch. In Independence a local “step-on” guide will take us on an interesting detailed tour of Independence. We are leaving Westminster at 6:45 a.m. and returning at 4:30 p.m. (See the handout at the display table for an exact schedule.) Please plan to **pay when you make your reservation** so that we have a firm number for the tour company. The trip is planned for participants of **all ages** and the event is **not limited to WPC members**, so invite a friend (or friends) and join us for a day of fun. Mark your calendars now!

**REDUCE, REUSE, RECYCLE=STEWARDSHIP**

With fall planting of perennials around the corner, I would like to remind you not to throw your plastic plant pots in the recycling. Because of the dirt and fertilizer in them, even if you rinse them, recycling will not accept them. Please take them to Lowe's or to Culver's Nursery where they will recycle them for you.

As you buy products like pens, flashlights, batteries, toys, etc, you will notice that there is a cardboard/chipboard backing with a clear plastic formed over the object. Most of the time that plastic does not have a recycling number, so you will need to separate the cardboard backing and recycle it, throwing the plastic in the garbage. It may seem like a small thing, but think of toys and gifts at birthdays and Christmas, and the cardboard adds up to a large amount that should not go to the landfill.

At a recent event held at Westminster, many of those present were not from the church and were not aware of our recycling policy. If you see plastic recyclable cups being thrown away instead of being put into the recycling containers, please mention it to the person. You will be a steward for the church and the earth!

Please remember that if you cannot recycle your old batteries yourself, talk to me at church or call 364-2301, and I will take care of it for you. They are some of the most toxic items to go into the landfill. Also please remember to take all old prescription and other medications to Hy-Vee and other pharmacies for proper disposal.

Thanks for your stewardship.

*Marilyn Lodge*

**SPICE UP YOUR HEALTH: NEW REASONS TO SEASON!  
A Health Ministries Article  
By Joyce Sankey, R.D., L.D.**

The US Dietary Guidelines 2010 now recommend cutting sodium intake to 1500 mg for most Americans. Increased sodium intake is linked to a higher risk of high blood pressure, heart attacks, and strokes and can also boost the risk of osteoporosis, kidney stones, and stomach cancer. Many people are willing to cut out the salt they add to food but not the flavor!

An easy way to flavor foods without adding salt is to use spices. Current research shows that a number of spices are similar to fruits and vegetables in their antioxidant activity. Using foods rich in antioxidants may reduce the risk of a number of chronic diseases. Antioxidants are extraordinary workhorses in our bodies. Studies suggest they provide a wide range of benefits including supporting our immune system and reducing inflammation which may be the first step in many chronic diseases.

Lets take a look at some common household spices and their potential health benefits:

**Cinnamon:** 1 tsp has more antioxidant potential than ½ cup of blueberries. May help with blood sugar regulation. Use a tsp daily in cereal, coffee, cocoa, on toast and fruit.

**Ginger:** may help with stomach upset and muscle pain. Use as desired with fruit dishes, beets, rice pudding, in tea hot or cold.

**Oregano:** great in most dishes involving tomato products. Try adding to tomato soup. May help inhibit bacterial growth and inflammation.

**Red Peppers:** may curb hunger and increase metabolism briefly. Try ground red pepper, crushed red pepper or paprika in guacamole, hummus, on pizza or any other food that needs a “kick”.

**Rosemary:** may inhibit inflammation and improve mental functions; add to stews, soups roasted chicken, or brush the tops of ready to bake rolls with olive oil and sprinkle on crushed Rosemary Leaves before baking.

**Thyme:** may reduce cell damage caused by free radical. Add to scrambled eggs, potatoes, tomatoes or meat dishes

**Yellow Curry/Cumin:** may help reduce inflammation, increase mental function, and heart health. Add to rice other Indian style dishes.

For more information and additional recipes go to: [www.spicesforhealth.com](http://www.spicesforhealth.com). The site has a link to research conducted for McCormick Science Institute on health benefits of spices.

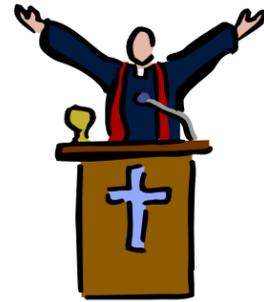
Live Flavorfully!

**ADVENT DEVOTIONALS**

This year our church family will be invited to participate in the writing of the devotionals to be used during the season of Advent. Pastor Katie would like to create an Advent book that will include the worship services for the season of Advent and a devotional written by a member of the congregation for each day of Advent. There will also be special Advent service information for home worship around the Advent wreath for our families. Beginning the first Sunday in September, Pastor Katie will be circulating a clipboard with scriptures for the Advent book. Individuals or families may sign up for one of these scriptures. You will be emailed or mailed a copy of what you selected and be asked to return your short, one to two paragraphs, devotional by October 15<sup>th</sup>. Reading devotionals created by our church family will be touching and add to the depth of our observance of Advent. We invite you to take part in this special opportunity. Each family will receive a complete booklet mid-November and a copy will be provided in the pews that will remain in the pews throughout the season of Advent.

## SEPTEMBER BIRTHDAYS

01	Edie Hembree	14	Ed Winter
01	Wendell Snow	14	Gary Teig
01	Scott Cornish	15	Brandis Negrin
02	David Loomis	17	Don McDill
02	John McCrane II	17	CJ Sturbaum-Anderson
03	Jacob Alff		
04	Robert Current	18	Kelly Cubbage
04	Dorothy Benesh	18	Steven Sankey
04	Bryan Hawkins	18	Jenny Titus
04	Marcia Elhart	18	Benjamin Lee
04	Marybrent Debth	19	Sandy Shoemaker
04	Lisa Conkling	19	Alex Philpott
04	Sara Estle	21	Donna Gladhill
04	Mike Daughtery	22	Laura Koontz
05	Bill Altorfer	22	Beth Roof
05	Angela Fowler	22	Matt Weems
05	James Ngombwa	22	Tricia Brown
06	Tim Ironside	23	Don Thomas
06	Becky Ranck	24	Carolyn Wilson
06	Kathie Lane	24	Melissa McCracken
06	Cheanne Cosgrove		
06	Kaitlin Kalous	24	Doug Wagner
08	Kellar Elliott	25	Todd Pearson
08	Barb Mumford	25	Debra Salz-Steenblock
08	Amy Jo Tubbs		
09	Bill Clark	25	Susan Kibui
09	Jan Kosowski	26	James Cubbage
09	James Walker	26	Maggie Wright
10	Scott MacTaggart	27	Alice Crosier
10	Eileen Naber	27	Bob Moore
10	Sandra Etter Johnson	28	Peggy Crawford
10	Christopher Van Horn	28	Tyler Crawford
10	Christopher Van Horn	29	Marilyn Alford
12	Glenn Bender	29	Robert Allsop
12	Hailey Voyek	29	David Keeran
13	Cynthia Davisson	29	Mike Canning
13	Amy Kobb	30	Elise Hataway



### WORSHIP SERVICES

**Saturday, September 4th - Communion**

All Services - Pastor Katie Hopper  
 "We Are a Family"  
 Text: Ephesians 4:1-6

**Saturday, September 11th**

All Services - Pastor Katie Hopper  
 "Growing in Relationship with Christ: The Gospel According to the Wizard of Oz"  
 Text: Matthew 22:36-40

**Saturday, September 18th**

All Services - Pastor Jim Langley  
 "Nurtured Toward Maturity"  
 Text: 1 Corinthians 3.1-11

**Saturday, September 25th**

All Services - Pastor Katie Hopper  
 "Equipped to Share God's Love"  
 Text: Mark 1:14-20

### PW CIRCLE NEWS

**Martha/Ruth Circle** will meet on Wednesday, September 21st at 9:30 a.m. at Perkins on Collins Rd. Please join us. Guests are always welcome!

**Naomi/Esther Circle** will meet on Friday, September 16th at 9:30 a.m. in the Atrium for a potluck brunch. Please bring a breakfast "goodie" to share and we will enjoy a time of fellowship as our new church year begins.

# September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 4:30 pm Kids' Closet	2 Pastoral Staff's Sabbath	3 10:00 am Kids' Closet
4 SMA 6:30 pm Emmaus 8:00 pm Perpetual Life Grp	5 <b>Labor Day</b> <b>Office Closed</b>	6 9:00 am Staff Meeting 10:00 am Pastor Staff Mtg 7:00 pm Deacons Mtg	7 7:30 am Men's Breakfast 9:30 am 3rd Ave Churches 5:30 pm Logos MT Mtg WNA	8	9 Pastoral Staff's Sabbath 9:15 am Women at the Well	10
11 <b>Rally Sunday</b> One Service at 10:00 a.m. 11:00 am Potluck in FLC 2:00 pm 9/11 Mem. Service at Vet's Stadium 6:30 pm Emmaus 8:00 pm Perpetual Life Grp	12 5:30 pm Adult Education	13 9:00 am Staff Meeting 10:00 am Pastor Staff Mtg 5:30 pm Children's MT Mtg	14 7:30 am Men's Breakfast WNA	15 5:30 pm Health Ministries	16 Pastoral Staff's Sabbath 9:15 am Women at the Well 9:30 am Naomi/Esther <b>Newsletter Deadline</b>	17
18 SMA 6:30 pm Emmaus 8:00 pm Perpetual Life Grp	19 4:30 pm Finance Meeting	20 9:00 am Staff Meeting 10:00 am Pastor Staff Mtg 6:30 pm Session	21 7:30 am Men's Breakfast 9:30 am Martha/Ruth Circle 6:00 pm Logos Opening Banquet	22	23 Pastoral Staff's Sabbath 9:15 am Women at the Well	24
25 SMA 4:00 pm Pastor Katie's Installation 6:30 pm Emmaus	26 7:00 pm Property Meeting	27 9:00 am Staff Meeting 10:00 am Pastor Staff Mtg 6:30 pm Worship Mtg	28 7:30 am Men's Breakfast 4:30 pm Stewardship 5:30 pm Logos Training Mtg 6:30 pm Cong. Life Mtg WNA	29 Proof Newsletter Print Newsletter Mail Newsletter	30 Pastoral Staff's Sabbath 9:15 am Women at the Well 6:00 pm Officer's Retreat	

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

### OFFICE HOURS

The Church Office will be closed on Monday, September 5th in observance of Labor Day.

### DON'T FORGET!

There will be one service held on Rally Day, Sunday, September 11th, at 10:00 a.m., in the Sanctuary, followed by a church wide potluck in the F.L.C. You won't want to miss it!