

## 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

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

Church Secretary, Christina Anderson: westmin@crwpc.org

Finance Manager, Larry Bachman: lbachman@crwpc.org

Director of Music Ministries, Melissa Emerson: memerson@crwpc.org



May 2012

Issue 5

### THOUGHTS FROM THE HEART OF PASTOR KATIE

To the Members and Friends of Westminster Presbyterian Church

It is with a sad heart and great disappointment that I must write to say goodbye as I now believe it to be God's leading and will for me to accept the call as Interim Pastor at First Presbyterian Church, Monticello, Illinois. In my nine months as your Head of Staff, I have grown to love so many of you and treasure the time and relationships and ministry that we have shared together.

It is no secret that I came into the church at a very difficult time in its history. There were long term staffing issues pre-dating my call at WPC that should have been resolved prior to my arrival. There was already a split in the church, of sorts, because of two distinctive types of worship services that needed, from the beginning, to have the planning and leadership shared by both pastors. There was also the normal downturn in finances that all denominations are feeling in these times and in this economy. This was rolled together with some rather over the top behavior that resulted in labeling and innuendo concerning the new pastor's character, personhood, and motives that has largely gone unchecked.

So as a pastor of nearly 28 years, I decided to let God make the call on whether I had been called to WPC for a short period of service to accomplish some limited, but nevertheless, important aspects of ministry in partnership with the congregation. At the same time, however, it needs to be stressed that there still remain issues within this special part of the body of Christ needing to be dealt with that simply scape-goating the pastor cannot resolve. Your Session is making plans for how to positively and proactively address this need within the congregation in the months ahead.

I do rejoice in the ministries I believe we have either begun, shared or participated in together since last August: the training and now commissioning of 14 Stephen Ministers and one Stephen Leader just last Sunday. They have worked hard and along with the Deacons will assure that our shut-ins as well as any church member – young or old – will have readily available pastoral care, someone to listen, or provide prayer and/or home communion during any of life's difficult circumstances or transitions. It was my great joy to re-establish with numerous church elders regular home communion to our 48, now 41, shut-ins.

With much love and care, we have said goodbye to seven of our dear departed saints now in our Father's house and also celebrated the marriages in two of our precious families. It has meant so much to me how the church membership has welcomed and received my pastoral care during the many hospital and surgery visits and home visits too numerous to count. Together we established a monthly College Ministry that A.J. has graciously agreed to continue. We also celebrated in worship the baptizing of several of our precious babies and also added prayer concerns and celebrations to our weekly worship intended to bind us together as a church family. Other activities initiated include the Golden Anniversary roses, the Blue Christmas Service, and the service of Healing and Wholeness where members could be anointed with oil and prayed for or on behalf of someone else. Last Fall, I attempted to meet and get to know our Senior High Youth and was available at various times outside of the church when one of them needed pastoral care, encouragement, or someone to listen. I am also thankful to have been invited to get to serve as a teacher and table parent in the Logos program as well as having fun helping as a personal shopper at the annual Toy give away. During Lent, the pastor and numerous church men brought the Living Last Supper to Westminster which was well received.

In the community I enjoyed representing WPC in both Rotary and PEO and being invited to speak at a wonderful forum of Coe College students, some of whom have attended worship at WPC since. So it is not without heartbreak to leave so many of you even having been at WPC for such a short time, people that I have grown to love and cherish in ministry here.

But the congregation must also be aware of intense pain that has been caused to your new pastor which has made it impossible for me to continue serving here and maintain my own health and spiritual well-being. I will continue to hold Westminster in my prayers and in my heart as I do genuinely forgive those who have made personal attacks either verbally, via email, Facebook, have passed emails not written to them or wrote hurtful messages on the register of attendance or even on the prayer papers nailed to the cross during Lent, or accused me of playing favorites with different groups in the church - especially after over 25 years of extensive youth ministry - to say the pastor did not care about the church youth or children. It has also been distressing that the pastor's motives, character, personal appearance, and even places of upbringing and origin have been maligned in such a short time after her arrival. I pray that whatever caused these reactions will be quickly relieved by God's calling me back to Illinois.

And please know that to those of you who sought to give me courage and strength in the face of such adversity - the choir, the Stephen Ministers, the Widows group, and so many others - I consider you to be God's angels in my life and I will love you always. I know that God has plans for the future and welfare for WPC, which is why I say "adios," instead of goodbye, which in Spanish means "to God" and to Christ's care. For our Lord's Son is the only true Shepherd of the sheep and will continue to love and provide care and grace for you.

With regret but also much love, I remain sincerely yours,  
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



## CHRISTIAN EDUCATION NEWS

### 3<sup>rd</sup> Grade Bible Presentations

All 3<sup>rd</sup> Graders are invited to receive a bible from their family at Westminster on **Sunday, May 6<sup>th</sup> at either the 9 or 11 A.M. worship service.** A postcard was sent out to each 3<sup>rd</sup> grader's family. If you have a third grade student and did not receive the postcard in the mail, please contact A.J. in the office to reserve your spot.

### Logos Evaluation Session

All Logos leaders and parents are encouraged to attend our Logos end of the year evaluation on Wednesday, May 2<sup>nd</sup> from 5:30-6:30. This is the most important evaluation session of the year, and the Logos Ministry Team encourages each and every parent and leader to join us. *Goodies from Kathie's Pies will be provided!!*

### C.E. Teams Retreat

Just a reminder to all members of the C.E. Ministry Teams: our first annual C.E. wide retreat will be on Saturday, May 5<sup>th</sup> from 9:00 A.M. to 2:00 P.M. Lunch will be provided. If you serve on a C.E. Ministry Team (Adult, Student, Children's, or Logos) and have not yet expressed an interest in attending this event, please do so to A.J. We will be discussing a myriad of items from spiritual gifts to the organizational structure of the C.E. program.

### Graduation Sunday

We will be celebrating the graduation of our students on Sunday, May 20<sup>th</sup> at the 9:00 A.M. service. A reception will follow. If you have a student who is graduating from High School or College this year, please contact Wendy Marner as soon as possible.

### Last Day of Sunday School

The last day of Sunday School for the 2011-2012 program year will be on Sunday, May 20<sup>th</sup>. If you have not joined us in awhile, please plan on joining us before the year is out. Christian Education continues to be a valued and important part of the life and work of Westminster Presbyterian Church. All we're missing is you!

### Help us prepare for the 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 May, we will be collecting 3-6 year old boy and girl toys as well as boxes and wrapping paper.** *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.

### A.J. On Vacation

A.J. will be out of the country May 7<sup>th</sup> to May 19<sup>th</sup> and will not be available. If you have any pressing concerns, please let A.J. know before he leaves or call the Church Office while he is gone. He will be able to communicate through email when internet access is available.

## WORSHIP VOLUNTEERS FOR MAY 2012

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

May 6 Becky Ranck  
May 13 Maggie York & Connie Hayes  
May 20 Bob & Carol Ferguson  
May 27 One Service at 10:30 a.m.

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

May 6 Suzanne Coleman & Jacob Alff  
May 13 Brian & Cheanne Cosgrove  
May 20 Linda & Savannah Cosgrove  
May 27 One Service at 10:00 a.m.

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

Scott Olson

### 11:00 a.m. Greeters

May 6 Berta Mullin & Eileen Naber  
May 13 Janet Shaff & Judy Poduska  
May 20 Kent Steenblock & Debra Salz-Steenblock  
May 27 Richard & Sandy Shoemaker (10:30 a.m.)

### 11:00 a.m. Ushers

May 6 Jack & Joyce Sedlacek, Berta Mullin, Jim & Cheryl Shanklin  
May 13 Pat Teig, Claudia Warfel, Dale Weiske, Bob & Joan Zirbel  
May 20 Chuck & Dee Davis, David Basler, Herb & Carm Hammerberg  
May 27 John Henderson, Jean Kenison, Flora Kitzman, Bryan & Nancy Hawkins (10:30 a.m.)

### Offering Stewards

May 6 Martha Wilding & Mary Johnson  
May 7 David Basler  
May 13 Karol Cooper & David Basler  
May 14 Ed Brunsting  
May 20 Deanna Long & David Jiruska  
May 21 Martha Griffith  
May 27 Mike Zimmermann & Brian Cosgrove  
May 29 Connie Hayes

### 9:00 a.m. Nursery Volunteers

May 6 Tricia Brown  
May 13 Julie Sturbaum

May 20 TBA

May 27 One Service at 10:30 a.m.

### 11:00 a.m. Nursery Attendant

May 6 Marcia Elhart  
May 13 Bill Wilding  
May 20 Alisa Shields  
May 27 Sherry Weiske (10:30 a.m.)

### Computer at 9:00 Service

May 6 Jacob Alff  
May 13 Chad Gammon  
May 20 Doug Wagner  
May 27 One Service at 10:30 a.m.

### Liturgist

May 6 Phyllis Lindsay  
May 13 David Marner  
May 20 Rebecca Mumaw  
May 27 Loren Nuebauer (10:30 a.m.)

### Coffee Hosts

May 6 Claudia Warfel & Abbie Smith  
May 13 Bryan & Nancy Hawkins  
May 20 John Henderson & Flora Kitzman  
May 27 Pat Teig & Cheryl Shanklin (10:30 a.m.)

### 8:00 a.m. Communion Servers

Jim Patterson & Ruth Nash

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

Leanne Leeper, Connie Ripley, Dale & Louise Morgan

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

David Basler, Barb Moss, Mary Jo Crull, Linda Smith, Martha Wilding, Dale Weiske, John Swanson, Kathie Lane, Randy Walton

### 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. Thank you for your willingness to serve!

## TEN TIPS TO HELP MANAGE YOUR BLOOD PRESSURE

A HEALTH MINISTRIES ARTICLE

BY LINDA SMITH

High blood pressure affects 1 out of 3 people in the US. Many people don't even know they have it! Most of the time there are no symptoms. It has been dubbed the "silent killer". Ideally our blood vessels are soft and elastic, but high blood pressure damages the vessels and over time they become stiff and inflexible. This makes the heart work harder to deliver oxygen to vital organs and over time can lead to STROKE, TIA, HEART ATTACK, HEART FAILURE, BLINDNESS, KIDNEY FAILURE, and PERIPHERAL ARTERY DISEASE. So what can we do to help our doctor control our blood pressure?

1. Be patient. It takes time working with your doctor to find the right combination of medications.
2. Use a pillbox that has spaces for 7 days of medication. Take your medicine at the same time every day. Never skip your medication.
3. Know what medicine you are taking and why. Always carry a current list of all medications in your wallet. That includes any over-the-counter medications you take too!
4. Take your blood pressure periodically. If it is consistently greater than 140/90 call your doctor.
5. Eat a healthy diet. Reduce your use of table salt and processed foods. Talk to a dietitian about the DASH diet. (DASH stands for Dietary Approach to Stop Hypertension)
6. Ask your doctor about developing an exercise program. Choose an activity that is fun for you.
7. Lose extra pounds. Extra weight increases the workload on your heart. Losing weight also helps increase the effectiveness of your medications. Even 10 lbs can help!
8. Alcohol can be both good and bad for your health. In small amounts, it can possibly lower your blood pressure slightly. But the protective benefit is lost if women drink more than 1 drink/day and men more than 2 drinks/day. And, if you don't drink alcohol, there's no benefit in starting.
9. Stop smoking! Smoking constricts your blood vessels making it harder for your heart to do its job.
10. Reduce your stress. Talk through problems with a friend or pastor. Don't over schedule yourself. Plan a quiet time each day for relaxation. Pray a prayer of gratitude daily. It helps us recognize all the positives in our lives. And God likes it, too!
11. Change is not easy. We all know that! So give yourself some slack. Start with one small change. When that becomes a habit make another small change. Gradually you will see progress and success.

### STEWARDSHIP=REDUCE, REUSE, RECYCLE

Please remember the special recycling days (May 12—large item drop-off and May 19—hazardous household waste) that I wrote about last month. More information is at [www.CleanUpCR.com](http://www.CleanUpCR.com).

With spring planting ongoing, please remember to take your plastic plant containers to Culver's or Lowe's for recycling. Culver's will also take grass seed, fertilizer and other yard material sacks. Never put the plant containers in the recycling. They are contaminated with plant chemicals and do not go through normal recycling.

Please be diligent about using your reusable bags for groceries and store purchases. If you must use plastic bags, please recycle them at the various stores that do so. Fourteen plastic bags contain enough petroleum to drive a car a mile. And we are wasting gas on bags!! Americans throw about away about 380 million plastic bags a year. At church, please put your plastic bags in the Loaves and Fishes carts instead of the garbage.

Each ton of recycled paper can save 17 trees, 380 gallons of oil, 3 cubic yards of landfill space, 4000 kilowatts of energy, and 7000 gallons of water. This represents a 64% energy savings, a 58% water savings, and 60 pounds less of air pollution.

Are you doing your part? If you don't have recycling at your apartment or condo, a short drive to City Carton near Hawkeye Downs will let you recycle everything you could in a curby. As the *Gazette* reported on April 8, recycling isn't difficult, it is just a matter of getting into a routine of doing it. After that, you won't be able to not recycle!

A reminder: if you host a gathering at Westminster, please do not let anyone bring styrofoam to use. Paper is ok, washing your own dishes is best.

Enjoy God's beautiful earth!

*Marilyn Lodge*



### "WALK TO JERUSALEM"

The Health Ministries Team wishes to thank all the participants in our first, very successful, "Walk to Jerusalem".

Not only did we reach our goal (6,450 miles from C.R. to Jerusalem) but actually walked a total of 9,600 miles. Way to go!!!!

Glen Lane logged the most miles. Congratulations Glen!!

73 members participated and they are all listed below:

Jimmy Bassett	Peggy Hungerford	Erin O'Dell
Marge Bjornsen	Gingie Hunstad	Jan Perkins
John Carver	Truman & Catharine Johnson	Connie Ripley
Suzanne Coleman	Laura Koontz	Beth Roof
John & Lisa Conkling	Jan Kosowski	John & Judy Ruth
Sherry Cornish	Pat Kudart	Joyce Sankey
David Cosgrove	Glenn & Kathie Lane	Liz Sankey
Dale & Alice Crosier	Jennifer Lee	Julie Schlader
Mary Jo Crull	The Leeper Family	Jim & Janet Shaff
Don Damsteegt	Phyllis Lindsay	DJ & Abbie Smith
Jack & Nancy Evans	Peggy Loomis	John & Sherry Swanson
Bob & Carol Ferguson	Dave Marner	Gary & Pat Teig
The Gammon Family	Roxi McCrane	Don Thomas
Tamene Gelashe	Lindsay Meade	McKayle Wilmitt
David Cochenouer	Bob Moran	Dale & Sherry Weiske
Jerry Hewitt	Ed & Barb Mumford	Tim & Sue Winegarden
Patti Horton	Vic & Jan Naxera	
Tony Huebsch	Loren & Val Nuebauer	

Thank you all for helping to make this a huge success! Whatever form of exercise you did, keep doing it! We will be healthier in both mind and spirit!!

Health Ministries Team

## Thank You's

We would like to thank Glenn & Kathie Lane for cleaning up the front flower bed. They did a wonderful job and it looks great!

We would also like to thank Jacob Alff & Steve Allard for mowing and trimming the grass on the Church property. Your help is greatly appreciated!

Thank you to everyone who helped with this year's Blood Drive. It was very successful in part to all the volunteers who donated their time to help and to those who donated!

### HELP US SAVE POSTAGE

During this time of financial hardship, we ask that if you have e-mail access, to please opt to receive the monthly newsletter via email. If we can cut down on the amount of newsletters we send each month, this will considerably cut down what we spend on postage. Contact Christina in the Church Office to receive your monthly newsletter electronically.

**A NOTE FROM CARL ANDERSON**

Greetings from Ohio!

I'm thrilled to announce that I will be the next Pastor at First Presbyterian Church of Plattsmouth, NE starting in May. Natalie, the girls (Lainey & Halle) and I are ecstatic! Thank you for being a part of my journey and I trust that God will reunite us someday. If you're ever in the Omaha area, please look me up. I'd love to catch up. I don't have a NE number yet, but feel free to email me at baldguyCarl@gmail.com or find me on FB. Please keep us in your prayers as we begin this next step in our adventure. For anyone who is interested, I'll be ordained and installed Sunday afternoon, May 6th at 2:00 p.m. And you're invited to be a part of the celebration! Again, I am eternally grateful for the way God used Westminster in preparing me for this moment. My prayers are with you, as always. May God continue to use you in amazing ways.

*Carl Anderson*

**LOAVES AND FISHES FOOD PANTRY NEEDS:**

**MAY - WHITE NAVY/PINTO BEANS, FRUIT COCKTAIL, CORN BREAD, DISH LIQUID CANNED & BOXED FOOD; NO JARS PLEASE. STANDARD SIZE CANS, AS MOST OF OUR GUESTS WALK TO THE PANTRY. TOILET PAPER & PERSONAL PRODUCTS ALWAYS NEEDED.**



**PW CIRCLE NEWS**

**Martha/Ruth Circle** will join Naomi/Esther Circle on Friday, May 18th at 9:30 a.m. for a potluck brunch. Egg casseroles will be provided but everyone is asked to bring a side dish to share. Look to future newsletters and bulletins about summer meetings!

**Naomi/Esther Circle** will meet on Friday, May 18th at 9:30 a.m. in the Small Parlor. Please join us for this time of fellowship!



Author Debbie Macomber talks about God's plan for our lives in her book, "Knit Together". She discusses finding our purpose. God creates each of us with a purpose and plan for our lives. Some people are born with a passion for something. For most of us, however, God puts desires in our hearts through our dreams and passions. He uses conversations with other people to plant the seed of our purpose and guide us toward our purpose. We have to use our brains as well as our hearts to discover the pattern God has set for us.

This drive to discover our purpose and path is especially prominent for our new graduates. But it is valid for us during many phases of our lives. Debbie encourages us to read Psalm 139 to understand God's complete knowledge of us and the purpose He has for us. "O Lord, you have searched me and you know me." (Psalm 139:1) God knows our heart.

From the moment each of us is created, God has a purpose for us. We were knit together in our mothers' womb (Psalm 139:13). He wants the best for us. He wants us to use our gifts. But He doesn't just hand over successes. There will be ups and downs, twists and turns along our path. We will have to work hard. At times, we will have doubts. God will use these troubling moments to bring us closer to Him. "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

*Linda Smith*

# May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 am Pastoral Staff Mtg 9:30 am Bible Study 10:00 am Staff Mtg 3:30 pm Loaves & Fishes  7:00 pm Deacons	2 7:30 am Men's Breakfast 9:30 am 3rd Ave Churches  WNA 5:30 pm Logos Meeting	3   4:30 pm Kids' Closet 5:15 pm Foundation Mtg	4 <b>Pastoral Staff Sabbath</b> 9:30 am Women @ the Well	5 10:00 am Kids' Closet 9:00 am CE Retreat
6 SMA <b>3rd Grade Bible Presentations</b> 12:00 pm Congregational Mtg in Sanctuary 6:30 pm Emmaus	7	8 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	9 7:30 am Men's Breakfast 9:15 am CR Child's Theatre  PW Mtg WNA 7:00 pm Men's Small Grp	10 9:15 am Kindred Spirits   7:00 pm Young Adult Lf Grp	11 <b>Pastoral Staff Sabbath</b> 9:30 am Women @ the Well	12
13 <b>Mother's Day</b>  SMA  6:30 pm Emmaus	14 9:00 am SAM Mtg   4:30 pm Finance Meeting 5:30 pm Adult Ed Mtg 6:30 pm Communications	15 9:00 am Pastoral Staff Mtg 9:30 am Bible Study 10:00 am Staff Mtg 3:30 pm Loaves & Fishes  6:30 pm Session Meeting	16 7:30 am Men's Breakfast 9:30 am Martha/Ruth  WNA 7:00 pm Men's Small Grp  <b>Newsletter Deadline</b>	17   4:30 pm Young Moms Grp 5:30 pm Health Ministries 9:00 pm College Age Dinner	18 <b>Pastoral Staff Sabbath</b> 9:30 am Women @ the Well 9:30 am Naomi/Esther	19 9:00 am Recital Rehearsal (Titus)
20 <b>Music App. Sunday</b> SMA  2:00 p.m. Recital (Titus) 5:00 pm Mariners Potluck 6:30 pm Emmaus	21	22 9:00 am Pastoral Staff Mtg 9:30 am Bible Study 10:00 am Staff Mtg 3:30 pm Loaves & Fishes	23 7:30 am Men's Breakfast  WNA 6:30 pm Cong. Life Mtg 7:00 pm Men's Small Grp	24 9:15 am Kindred Spirits   7:00 pm Young Adult Lf Grp	25 <b>Pastoral Staff Sabbath</b> 9:30 am Women @ the Well   Proof Newsletter	26
27 <b>Pentecost</b>  One Service at 10:30 am  6:30 pm Emmaus	28 <b>Memorial Day</b>  <b>Church Office Closed</b>	29 9:00 am Pastoral Staff Mtg 9:30 am Bible Study 10:00 am Staff Mtg 3:30 pm Loaves & Fishes  Print Newsletter	30 7:30 am Men's Breakfast  WNA 7:00 pm Men's Small Grp  Mail Newsletter	31		

**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

**WNA - Wednesday Night Activities**  
6:30 pm: Middle School EnterActive  
6:30 pm: Minster Bells  
7:30 pm: Chancel Choir

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