



**WESTMINSTER  
PRESBYTERIAN**  
C - H - U - R - C - H

**August 2015  
Messenger**



I'm writing from the shores of Lake Okoboji in our great state of Iowa! Our Westminster Goes Camping experience has been truly a joyful week! 52 Happy Campers have met each morning for a hot breakfast, word for the day, devotion and inspiration. For those under 18, inspiration has come through recreational activities led by Brady Rempe, Scott Cose and Alisa Engelhardt. The adults have remained around the tables in the lodge as we've considered a Biblical verse for the day and had opportunity to build our knowledge of each other and most importantly God's

transformation of our lives.

Transformation is a powerful word and one that we need to keep in focus as we live as the communal body of Christ into the season ahead. August brings thoughts of last days of vacation, school bells and the NFL pre-season. For Westminster, our pre-season will include 4 quarters, a halftime and an overtime as we consider in our preaching series what Believe, Become, Belong and Build have to do with our future. The Vision team which began in the summer of 2013 has worked faithfully to listen to congregational feedback and with Session approval is ready to launch our vision on Sunday, September 13. Rev. Dr. Bill Wilson (Director of the Center for Healthy Churches) will be our guest preacher and it is my sincere prayer that you will make every effort to be present in Worship for our combined service at 10 am. We'll then have a celebratory lunch together, ministry fair of opportunities for the future and activities for the children.

It is an exciting time to be on the team at Westminster, get out your gear and get in the game as we strengthen our spirit and knowledge of the Vision plan in this month of August!

With great hope,  
Pastor Tricia

## **PNC Update**

The Pastor Nominating Committee has been extremely busy over the last several months. After completing the Ministry information Form and getting it approved by the Session, it was submitted to the Presbyterian Church USA. They have sent us 56 total Pastor Information Forms (PIF) of candidates who most closely matched our criteria. In addition, we have received 13 PIFs from candidates directly.

Of course, reading the PIF forms is only the beginning. To better understand the candidates, we have looked at their current church's website, Facebook pages, Google searches, and when possible, listened to or watched sermons from many sources. The process is exhausting in one sense and exhilarating in another. Exhausting in that to find a lot of information requires a good bit of sleuthing in many cases to find good and accurate information. Exhilarating because we have seen lots of interesting websites and programs which indicate the Presbyterian Church is alive and well.

All nine members of the committee have spent an incredible amount of time looking, reading, thinking and praying. Our conversations have demonstrated the exciting diversity of the committee you elected as we have shown a wide range of reactions to each of the candidates. We have now gone through the process of reducing the field of candidates to six finalists. We will begin phone interviews with these people in early August. Our plan is to further reduce the pool following these calls and then check references and schedule personal interviews.

We have made real progress, but still have important work to do. We continue to ask for your patience and your prayers as God reveals the wonderful plan for Westminster.

Jean and Geof  
PNC Co-chairs



# WORSHIP

## Sermon Series

Hebrews 4 Quarters towards an Abundant Life (overtime bonus on September 6!)

August 2	1st Quarter	<i>Believe = Imprint for Your Life</i>	Hebrews 1:1-4
August 9	2nd Quarter	<i>Become = A Spirit of Possibility</i>	Hebrews 2:10-18
August 16 Guest Preacher Rev. David Feltman	Halftime	<i>The Why of Being Connected</i>	1 Corinthians 12:12-31
August 23	3rd Quarter	<i>Belong = Opening the Gate for Life</i>	Hebrews 4:14-5:10
August 30	4th Quarter	<i>Build = Transformation from the Outer Court to the Inner One</i>	Hebrews 9:1-14
September 6	Overtime	<i>Forward in Faith</i>	Hebrews 11:1-16, 12:1-2

## August, 2015 Bible Verses

The following verses are to encourage your heart as you deepen your knowledge and love of God. You can pick up the full schedule of verses in the church office.

### Week 31, August 2 - 1 Corinthians 10:31, NIV

*"So whether you eat or drink or whatever you do, do it all for the glory of God."*

### Week 32, August 9 - Genesis 1:1, ESV

*"In the beginning, God created the heavens and the earth."*

### Week 33, August 16 - Psalm 19:1, NIV

*"The heavens declare the glory of God; the skies proclaim the work of his hands."*

### Week 34, August 23 - Psalm 1:6, ESV

*"The LORD knows the way of the righteous, but the way of the wicked will perish."*

### Week 35, August 30 - Isaiah 43:1, ESV

*"... Thus says the LORD ... Fear not, for I have redeemed you; I have called you by name, you are mine."*

## Music Ministry

Greetings Westminster Presbyterian Church! Autumn is almost upon us, and that heralds the beginning of a new Chancel Choir season! Come and join this extraordinary and fun weekly group that helps lead the congregation in worship! We sing a variety of sacred styles ranging from classical to gospel to contemporary Christian, and everything in between. Our rehearsals will begin on Wednesday, August 26 at 7:30, after the Discovery Night Kickoff event. Subsequent rehearsals will be on Wednesdays at 7:30pm-9:00pm and at 8:20 on the Sunday mornings that we sing. Rehearsals take place in the Adult Choir room. Contact: Neil Forsythe, [neil@wpcw.org](mailto:neil@wpcw.org). See you there!

### Worship With us Sundays at:

9:00 am for Traditional Worship & 11:15 am for Contemporary Worship

### Special music for our services this month:

August 2	9:00 am 11:15 am	Sanctuary Shared Life Center	Bekah Brainard, cello Worship Team
August 9	9:00 am 11:15 am	Sanctuary Shared Life Center	Amy Knoll, soloist Worship Team
August 16	9:00 am	Sanctuary	Kristin Petersen & Grace Sliger, duet

	11:15 am	Shared Life Center	Worship Team
August 23	9:00 am 11:15 am	Sanctuary Shared Life Center	"4 Rascals and a Tale" Worship Team
August 30	9:00 am 11:15 am	Sanctuary Shared Life Center	TBA Worship Team



## FORMATION

### Wes Pres Youth

#### Youth Fundraiser

Our youth will be participating in a fundraiser August 1 and 2. We will be cleaning Lincoln Park for this year's Irish Fest. If you have not notified Scott that you will be helping, please contact him or please show up at one of the following times:

Saturday, August 1 at 6:30 am

Sunday, August 2 at 6:30 am

Sunday August 2 at 6:30 pm

We will be meeting in the First Presbyterian Church parking lot, across from the park at 6:15 am. All supplies will be provided for us but if you would like to bring gloves, please do so. Each time we meet, we should be done in about an hour. If you have any questions, please contact Scott Cose at 234-5501 or 290-9630.



#### Junior highs

Our junior highs just completed a week at Great Escape in Green Lake, Wisconsin. We had a wonderful week filled with many memories and spiritual moments! We had 27 junior highs attend this year's camp along with 3 adults who helped lead our youth throughout the week. I want to thank Alisa Engelhardt, Susan Larsen and Bruce Jacobs for taking a week to be with our youth and help make it a trip they will always remember.

#### Discovery Night Kick off and Confirmation meeting - August 26

Youth, we will have our Wednesday Night Kick off on August 26 at 6:30 pm. Junior highs - we will have a meeting for confirmation in the Chapel at 7:00 pm and then return to the SLC for ice cream.

Senior highs - we will meet at 7:30 pm in the Loft for a short gathering to talk about the coming year! I look forward to seeing you all!!!

Peace,  
Scott Cose

### Wes Pres Kids

Several of our youth from Westminster have taken the opportunity to attend Camp Wyoming this

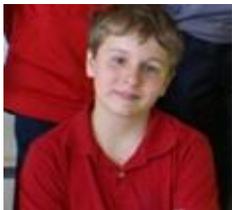
summer. They had a great time and learned so much. If you have never been, you are strongly encouraged to give it a try next summer. It's a wonderful experience.



Kaylynn Garrison likes to attend the M.A.D. camps. M.A.D. stands for Music, Arts and Drama. Kaylynn attended last year and learned about set design. This year at camp she learned about costuming and got to participate in the production of Willy Wonka. Her favorite activity while at camp is the Creek Stomping. She really enjoys learning the Bible Stories while on the Night Walk. She loves making new friends and keeping in touch with them via email. She will definitely continue to go back to Camp Wyoming for as long as she can. Kaylynn enjoyed her experience so much that she has already recommended Camp Wyoming to her friends. Her tip to others is to run "super-duper fast" during the Alien Attack!



Laura Rempe attended the Pioneer Camp, which allows the children to experience team-building, canoeing, kayaking, and caving. Campers even get the opportunity to cook meals over a fire like early Pioneers. Laura's favorite activities while at camp were the songs, the Creek Stomping, and the water activities on hot days. She enjoyed the Bible studies with her counselors, getting together as a big group with all the other campers at the end of the day for a campfire, the really good food, the two funny counselors who were both named Jake, the hike to Horse Thief Cave and the Christ Walk on the last day of camp. She made lots of new friends during her week at camp and even got to see a friend that she made at camp last summer. Laura definitely recommends Camp Wyoming to other kids.



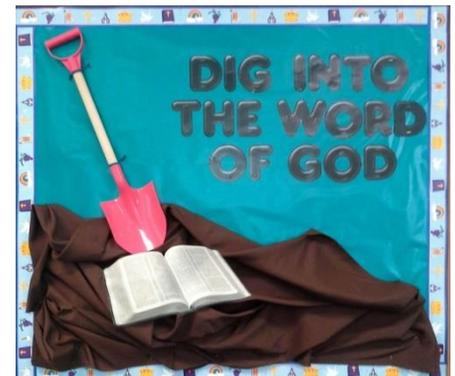
Preston Zingg attended camp for the first time ever this summer! He attended the Pioneer camp just like Laura did. Preston's favorite activity was the Paint War, which is a version of Capture the Flag, only messier. He also very much enjoyed the message he learned during the week. Preston learned that God has a path for each of us, even though we can't see it. The campers got to go through a maze to help illustrate the point. Preston made a lot of new friends while at camp. He and the rest of the boys in his cabin kept antagonizing the girls in the other cabins, until the girls had finally had enough. Preston's cabin got a mysterious note delivered to them threatening revenge by the girls. He definitely encourages future campers to tell their counselor about any such notes they may receive. The boys were unprepared for the girls' attack and got sung out of bed the next morning! Don't worry, though, the boys got the girls back before the week was over. Preston definitely recommends the Camp Wyoming experience to anyone who is thinking about going. He says that if he goes back to any camp next summer, it will be Camp Wyoming.



Layton Ritter just attended camp at the end of July so I did not get a chance to talk to him about his wonderful experiences. Be sure to ask him how much fun he had next time you see him!

### Bulletin Board of the Month

This month's featured bulletin board can be found in Room 216 on the main floor of the church. If you don't participate in any of the groups or meetings that take place in this room, you should definitely make it a point to go down the hall before or after church services and check this out for yourself. This picture definitely doesn't do this bulletin board justice. I have had a small toy shovel in the craft supply room ever since I started working here. I just knew it would be the perfect prop for a 3-dimensional bulletin board. I used a piece of fabric to represent the dirt. I printed out a picture of the Bible, and it appears to jump right off the background at you.

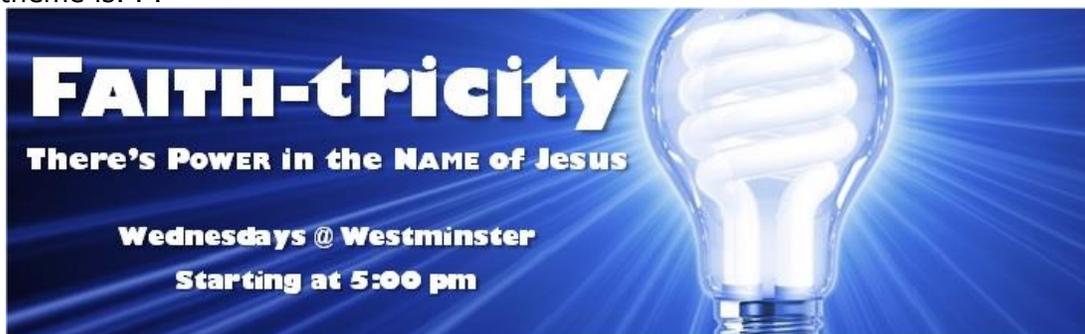


Mark your calendars. . .

There is NO Sunday School the month of August.

Are you ready? It is almost time to start up Wednesday Night programming again!

This year's theme is. . .



August 26 is the Kickoff night for our Wednesday night programming. Come celebrate with us at 6:30 pm as we indulge in ice cream sundaes. Hear about what we have in store for our children this year, what they will be learning about, what the schedule will look like each Wednesday night and ask any questions you might have.

September 2 starts our regularly scheduled Wednesday night meal, classes, and programming. The cost of the meal will be increasing this year. The meal will now cost \$3.00 per person. The meal is served from 5:00-6:00 pm. The classes and programming run from 6:00-7:15 pm.

September 20 regular Sunday School will be resuming for all ages.

Alisa Engelhardt



## Adult Sunday School Opportunities:

### Special Thanks!

A sincere Thank You to all who taught our summer Sunday school classes over the past 8 weeks. It is always enriching to connect with each other and learn from each other. Our autumn session will begin on September 20.

## Weekday Adult Opportunities

### Mondays

**Bible Study for Women:** Rev. Cathy Young leads a weekly, in-depth Bible study for women from 9:00 to 10 am on Mondays in the Shared Life Center. All women of Westminster and the wider Cedar Valley are invited to attend the study. The group will work its way through the four New Testament gospels, beginning with Matthew. Women are asked to bring their favorite Bible.

**When:** Monday's at 9:00 am. **Where:** Shared Life Center. **Facilitator:** Rev Cathy Young

**Bible Study for Men:** Join us on Monday's at 9:00 am in Room 216. The men read, of course, but also discuss the implication to their faith walk. Open to those men who can spare an hour of time to grow together with other individuals striving for growth. Coffee and treats are also included. The important challenge for the members is to be open and share together. Disciple learning is their goal. Join us as time permits. **When:** Monday's at 9:00 am. **Where:** Room 216. **Facilitator:** John Butler.

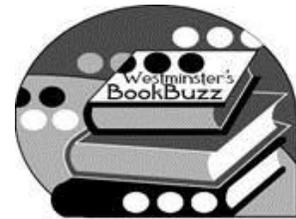
**Sweet Hour of Prayer:** Join with us in the Chapel to review prayer joys and concerns of our extended church family. All are welcome. **When:** Mondays at 1:30 pm. **Where:** Chapel.

### **Centering Prayer**

Meets Tuesday and Thursday mornings at 8:30 am in the Chapel and Wednesday evenings at 6:00 pm in the Chapel.

## Church Bookies

All women are welcome to join us as we meet again on August 16 at 7:00 pm in the adult library. Our August book is *Primates of Park Avenue*. Adventures inside the secret sisterhood of Manhattan moms by Dr. Wednesday Martin, \$15.60 on Amazon. We look forward to seeing you on the 16th. Co-Leaders - Cindy Harmon and Sandy Lewis.



### Looking ahead:

**September 20 at 7:00 pm:** *My Stroke of Insight: A Brain Scientist's Personal Journey* by Jill Bolte Taylor \$8.75 on Amazon.

All are available in an audio version.



## RESOURCES

### Stewardship thought for the month

As we experience another summer season, your Stewardship team is starting to plan for this year's challenge to support Westminster's mission and programming. The Stewardship Team is asking for your input. We have setup a short survey, which will only take you a few minutes, which we are asking members to review and complete.

The survey is on our website home page at [www.wpcw.org](http://www.wpcw.org) or you can use the web address <https://www.surveymonkey.com/r/WPCWLOOSTEWARDSHIP2015>. If you do not have web access we have paper versions available at the Church office.

The Stewardship Team is hoping to receive some constructive feedback to help guide our campaigns this year and in the future. The survey will be live until August 31, so please take those 5 minutes to complete it during the month of August. Thank you in advance for assisting in our Church's success.

John Speas  
2016 Stewardship Chair



## MISSION

### Feed My Starving Children Update

It is already August and our packing event for FEED MY STARVING CHILDREN will soon be here. We will be packing October 12, 13 and 14 with 3 packing sessions each day. More information on packing times will be forthcoming.



Please make plans to volunteer to pack food. We also will need help with set-up and break down.

Currently we have raised \$29,125 of the needed \$33,000. Please keep on collecting quarters, or consider making a donation to support this worthy cause. We will plan to dedicate our fundraising the last Sunday of August.

Thank you Westminster for your support,  
Marv DeWaard (on behalf of the Mission Committee)

### Free Community Breakfast - Saturday, August 1, 8:00 am

You are invited to attend! Let people of the community know about this gathering each month. Invite them to join us for a time of devotion and a wonderful home cooked breakfast.

## Women of Westminster: Save the Date!

"Seeking to put God's love into action" is the force behind our next women's work day with the Habit for Humanity. We are looking for 4-6 women to assist from 8:30 am - 3:00 pm on Saturday, September 12. No special skills are needed. Daughters who are 16 or older are welcome to be part of our team. This project is a great way to support self-sufficiency through independent home ownership as we work side-by-side with the partnering family. If you are unable to volunteer, a hostess to assist with lunch for the volunteers would also be greatly appreciated. Look for an additional update as the September date draws closer. For more information contact Mary Lisa Mueller at 319-239-7586.

## Personal Care Drive

It's time again for the Northeast Iowa Food Bank's Personal Care Drive! Did you know that pantries are often in short supply of personal care items and clients are unable to purchase these items with SNAP benefits (food stamps)? Low-income households struggle to purchase these basic necessities.

From August 2 until August 16, collection bins will be found throughout the church to place your donations. Requested items for the Personal Care Drive include:

toilet paper   soap   shampoo   toothbrushes   toothpaste   boxes of tissue

Thank you for your support!

## Westminster Scrip Cards

Scrip cards are available at WPC to make your shopping life much easier! Scrip cards are pre-loaded cards that you can buy here at church to use while shopping or to give or send as gift cards. If you are shopping in stores or online, we have a card that matches your needs.

A financial portion of every card's value goes back to Westminster! Anywhere from 2% all the way up to 14% of each card benefits the church. Buy a \$100 card from Old Navy and the church gets \$14.00 and you get all of the \$100 to spend! Grab your checkbooks and look for the Scrip table between services this Sunday. We have a list of all the cards and their percentages and we can special order cards for you if you don't see them on the list.

Support the church and get your shopping done the easy way with Scrip cards. Available on Sunday's between services.



# CARE



### ***Peaches in Raspberry Yogurt Sauce***

Eating the Blue Zones way does not mean you have to deprive yourself. Treat yourself to a delicious dessert inspired by flavors from Loma Linda, CA with our recipe for peaches in raspberry yogurt sauce.

Makes 4 Servings  
Ingredients

- ***4 fresh ripe peaches or nectarines, preferably freestone peaches***
- ***1 cup frozen unsweetened raspberries***
- ***½ cup non-fat yogurt, unsweetened or vanilla flavored***
- ***1 T sugar or honey***
- ***1 T of orange liqueur (optional)***
- ***fresh mint***

## Directions

1. Split peaches or nectarines in half.
2. Mash raspberries with the back of a spoon or potato masher.
3. Add liqueur (optional), yogurt and honey to mashed raspberries.
4. Divide peaches into individual dishes and spoon yogurt sauce over the top.
5. Garnish with whole raspberries and fresh mint.

## Medical Equipment Lending Program

The Deacons have adopted a Medical Equipment Lending Program. A few of each item listed below would be held in a closet to be loaned on a short term basis to Westminster members. Should you have any items that we can use, please contact the church office at 234-5501. Thank you!

___ Wheel Chair	___ Walker	___ Bed Rails
___ Cane	___ Crutches	___ Bathtub Grab Bar
___ Shower Chair	___ Other	

## Prayer Shawl Ministry

Almost 500 prayer shawls have been given to members of our congregation and to people all over the United States. Westminster has a wonderful group of knitters and crochet people. Usually we meet the 4th Monday of the month. Come join us on August 24 to ask God's blessing on prayer shawls and for fun conversation.

Judy Morris,  
Parish Nurse

Dear Sam,

I thought we were in this together, but apparently I was wrong.

You've been ignoring me for a while. We don't go for walks as often as we used to. You barely eat anything green anymore. And you don't realize the daily pressure you put me under. It's just too much.

**I QUIT!**

Sincerely,

Your Heart

Don't let your heart quit on you. If you are living with high blood pressure, just knowing and doing the minimum isn't enough.

Uncontrolled high blood pressure could lead to stroke, heart attack or death. Get yours to a healthy range before it's too late.

Find out how at [heart.org/BloodPressure](http://heart.org/BloodPressure)



Check. Change. **Control.**™



## Zumba!

Bring a friend and see what it's all about! These classes are for all fitness levels! Don't worry about keeping up ... you just go at your own pace!

Classes offered are Monday's 5:15 pm - 6, Thursdays 4:15 pm - 5, and Saturday's 8:30 am - 9:15 (coffee time starts at 8:15). Cost is only \$2 per class. No need to sign up, just join us when you can. All are welcome!

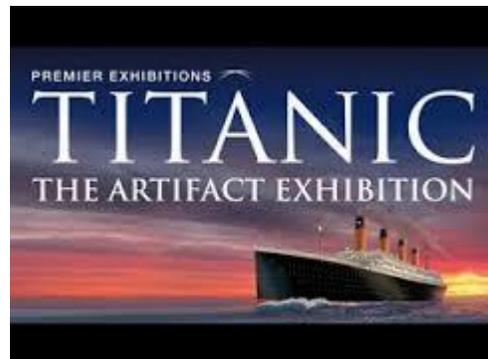
## Over 60 Fellowship

**National Mississippi River Museum & Aquarium in Dubuque**

**August 12, 2015**

**Depart at 9:00 am from Church**

We will begin our day at the National Mississippi River Museum & Aquarium in Dubuque where we will have an opportunity to enjoy a self-guided tour of the campus. We will then lunch together at the River's Edge Cafe and at 12:15 have our tour of the *Titanic: The Artifact Exhibition*.



This tour takes you on a journey back in time to experience the legend of *Titanic*

like never before. The galleries in this fascinating Exhibition feature real artifacts recovered from the ocean floor along with room re-creations and personal stories. Engineering, physics and social studies are all addressed as you explore the science of *Titanic*. **Cost per person for the tour/exhibit is \$16.50. Lunch will be a separate cost.**

Please **RSVP by August 10** and pay the \$16.50 fee as we are required to pay for the exhibit in one check.

### **Looking Ahead!**

September 18 is our rescheduled visit to the Hawkeye Buffalo Ranch in Fredericksburg.

## Presbyterian Women

Our sewing group, the Piecemakers, meets each Thursday from 9:00 am to noon. We make quilts, lap robes and children's clothing for mission. Fellowship is the main by-product. We need seamstresses who can sew children's clothing. We have material, patterns and sewing machines. We need YOU. We welcome new members, regardless of their sewing ability or age. Stop by to inquire about our special group of ladies.

No PW meetings or gatherings in June, July or August.

## Westminster Church Calendar

To view all the events happening at Westminster, click on [www.wpcw.org](http://www.wpcw.org) and view the calendar from our homepage.

## Session Meeting Minutes

The Session did not meet in July, therefore no minutes to share.

## In Sympathy

Our deepest sympathies go to the following families on the loss of their loved one:

-Bob Hellman and his family on the passing of his sister, Mary Kay Hellman

-Joyce Brandhorst and her family on the passing of her uncle and Westminster member Bob Bradshaw

## Opportunity at Wartburg College

The Wartburg College International Programs office is currently seeking friendship families for 35 new international students arriving at Wartburg at the end of August. Friendship families do not house or act as advisers or financial sponsors to the students. They simply meet with their student(s) throughout the

year to share meals, or participate in a variety of cultural or other activities. As you know, our students come from many different religious and non-religious traditions and we trust that you will respect and support those diverse traditions. This is a wonderful program that has the potential to enrich the lives of both you and the student. We hope that you consider this opportunity!

For more information visit [www.wartburg.edu/intlprog](http://www.wartburg.edu/intlprog) or 319-352-8745. You may also email Wendy Mohlis, Friendship Family Coord., at [wendy.mohlis@wartburg.edu](mailto:wendy.mohlis@wartburg.edu)

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Westminster Presbyterian Church - Waterloo

