

Westminster Presbyterian Church - July 2015 Messenger



1 Peter 4:9

Be generous with the different things God gave you, passing them around so all get in on it: if words, let it be God's words; if help, let it be God's hearty help. That way, God's bright presence will be evident in everything through Jesus, and he'll get all the credit as the One mighty in everything-encores to the end of time. Oh, yes!

(The Message)

Radical Hospitality! This is one of the driving principals of our vision for Westminster! We're building on where we are already strong and as we get ready for the hot days of July, I want us to consider just a few of the genuine ways that we are already hospitable. Our hospitality begins before you even walk in the doors with the great efforts of our Property committee on our grounds that welcome you to the building. I offer special thanks to Tom and Georgene Arthur who have adopted the back entrance to the church and have worked almost on a daily basis to make it beautiful for the community to enjoy. Deep appreciation to Larry Skeries who designed our prayer garden at the front entrance and he keeps a watchful eye on this gift to us. I also thank Steve Grimm and Rick Gorman who give volunteer hours each week to mow the grass (it is growing fast this summer, have you noticed?) and trim those edges!

And then there is coffee! We have an amazing hospitality team who set up a flawless system which ensures that coffee is ready for you early on Sunday mornings and also made fresh for the contemporary service which begins at 11:15. So to those early risers: Marie & Dan Hills, Stewart Grapp, Kevin Andriano, Brenda Northey and Bruce Jacobs thank you! To our contemporary team: Alex & Kerri Powell and Mike & Angie Andrews, you are all appreciated!

Be generous with the gifts God gave you is Peter's command to us from his first letter, we are stronger as a faith community when we can be obedient to this command. The list can go on and on of all the ways we presently are generous and as we move forward even more steps towards deeper hospitality will appear! Pray for our implementation teams and reserve Sunday, September 13 on your calendar for our launch Sunday celebration, we'll have one service at 10 am as we worship together.

With deep gratitude and great hope,
Pastor Tricia



WORSHIP

Sermon Series FRESH AIR continues

July 5	<i>Fresh Air: Joseph's Strength</i>	Genesis 50:15 - 21
July 12	<i>Fresh Air: Ezekiel's Valley</i>	Ezekiel 37:1 - 14
July 19	<i>Fresh Air: Jesus' Test</i>	Mark 1:9 - 13
July 26	<i>Fresh Air: Peter's Praise</i>	Acts 2:14 - 33

BBQ & Blessings



Join us on Wednesday evenings thru July 22 for a fun picnic dinner and fellowship followed by rejuvenating worship. Dinner will be at 5:15 pm with Worship at 6:00 pm in the Sanctuary.

Donations accepted towards the cost of the meal and reservations are encouraged. For planning purposes, please sign up in the Welcome Center each week or call the office to add your name to the list. Childcare will be available.

July, 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 27, July 5 - Matthew 22:39 NIV

"Love your neighbor as yourself."

Week 28, July 12 - Philippians 4:6 NIV

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Week 29, July 19 - Philippians 4:7 NIV

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Week 30, July 26 - Proverbs 30:5, ESV

"Every word of God proves true; he is a shield to those who take refuge in him."

Music Ministry

Welcome to Westminster Presbyterian Church! If you would like to become involved with Music at Westminster, please call the office and ask for Neil Forsythe, or email me at neil@wpcw.org. Thank you!

Worship With us Sundays at: 9:00 am for Traditional Worship and 11:15 am for Contemporary Worship

Special music for our services this month:

July 5	9:00 am 11:15 am	Sanctuary Shared Life Center	Amy Greve, Clarinet Worship Team
July 12	9:00 am 11:15 am	Sanctuary Shared Life Center	Jocelyn Roof, Violin Worship Team
July 19	9:00 am 11:15 am	Sanctuary Shared Life Center	Katie Yarwood, Flute Worship Team
July 26	9:00 am 11:15 am	Sanctuary Shared Life Center	Neal Petersen Worship Team



FORMATION

Wes Pres Youth

Our senior highs and leaders have returned from our mission trip to Copperhill, TN. I feel as though I am a proud and bragging parent, however our group represented Westminster, their families and themselves very well.

In 95+ degree weather, this group built a porch with railings and roofed it, built a handicap ramp and landscaped around it, dug post holes and constructed all for our new friend Patricia Jaques. Patricia became a deaf mute because of a stroke and during our time with her, she taught our youth how to sign language so they could communicate.

We saw God working in so many ways during our trip; in us, through us, but more importantly we were on the receiving end of His love and grace in so many ways.

On behalf of our group, I would like to thank our church family for your prayers and support. You all helped make this trip possible in so many ways.

I also want to thank Dee Jordan for being the other half of our adult team. Dee was amazing in guiding and support our youth during our week in Copperhill.

Below is a photo of our group presenting Patricia Jaques a quilt made by our own "Piecemakers". They were kind enough to donate a beautiful quilt and we know that Patricia will feel the love that went into making this quilt and remember our time with her.



Junior high Great Escape

Our Great Escape trip is fast approaching so I thought it would be helpful to remind you of times, dates and things that you will need to bring with you.

The junior highs will depart for Green Lake, WI on Monday, July 13.

- 7:15 am: Be at the church's front parking lot to load the trailer and vehicles
- 7:40 am: We will circle, pray and say our goodbyes
- 8:00 am: Load the vehicles and leave for Green Lake, WI.

We will return to the church **back parking lot** by the garage on July 19 at approximately 1:00 pm. (There will be a wedding being held on our return.)

If you did not get a packing list at our last meeting, please see me or email me and I will give you one.

If you have any other questions, please contact Scott Cose at the church office.

Fusion

Our Fusion group will be gathering on July 23. Be looking for more information in the coming week!

Peace,
Scott Cose

Wes Pres Kids



VBS 2015 was a huge success!

We had **96 children** attend VBS this year. We had a wonderful time learning about God's Plan for us. We enjoyed watching the Professor and his assistant, Sally (pictured in the middle of the group), perform various science experiments for us, illustrating our Spark Principle of the Day. We also got to participate in experiments during our Bible Story time and our Mission Focus time. We learned so many neat things! We

couldn't wait to go home and show our families. We had fun making 3-D art and spinning tops in crafts. We loved all the fun snacks we got to create and all the games we played.

We raised money for the **Medical School at the Protestant University of the Congo**, located in the capital city of Kinshasa. We made a goal of raising \$500 by the end of week. All the kids emptied out their piggy banks and were so eager to put their money in the offering buckets each day. A couple of the older girls even opened a lemonade stand one afternoon to raise money for the University. They raised over \$60 selling lemonade! By Friday we had well exceeded our goal by raising **\$626.48** to send to the University in the Congo, in order for the school to buy new medical equipment.

Everything went smoothly. The kids had fun and all the volunteers did an excellent job leading. A HUGE THANK YOU to those who donated items, money or their time. It was a great week.

Mark your calendars:

Summer Sunday School--July 12, July 19, July 26

1st-5th grade meet on the 3rd floor in the Drama Room. Preschool and Kindergarten meet on the 1st floor in the Kindergarten Room.

Get Ready! The Kickoff Night for Wednesday night programming is **August 26**. We will celebrate and get our year started with an Orientation and Dessert Bar in the Shared Life Center.

Regularly scheduled Wednesday night classes and programming start the following week on September 2. Stay tuned for more info about these upcoming events!

Each month I am going to feature a bulletin board that I have designed somewhere in the church. I spend a lot of time creating these and I think they are so cute but I'm afraid that very few people see some of them because not everybody has a reason to go into all the areas where the bulletin boards are located. I want everybody to see them and enjoy them. I am going to include a picture in each newsletter, along with a short description of the bulletin board and where it is located. I encourage you to go explore your church and find each bulletin board each month and check it out if you have not already seen it.

July Bulletin Board of the Month



I wanted a summer theme to liven things up. I had a great time making the ice cream cones, cupcakes and lollipops for this bulletin board. This cute creation can be found on the 3rd floor, in Room 300, which is also known as the Drama Room. This room is being used for Summer Sunday School and is also used for 2nd grade Sunday School and Wednesday night activities during the program year. Feel free to go take a look.

Alisa Engelhardt



Adult Sunday School Opportunities:

SUMMER SUNDAY LEARNING AT WESTMINSTER

Our adult summer Sunday school opportunities continue on July 12, 19 and 26. (No SS on July 5)
5) Two classes from which to choose:

Confirmation for Adults - Using *A Brief Statement of Faith* curriculum, this course focuses on the Reformed theological foundations for how we approach the scriptures, prayer and church structures. Lots of time for questions and discussions will be encouraged! Come and deepen your understanding with renewal of your mind and heart! A participant guide is available for \$5.00 each from the office or in class.

Location - Room 216

Facilitators - John Butler and Clair Hein

Fresh Air -An opportunity to explore the Sermon text each Sunday which draws from the book *Fresh Air, The Holy Spirit for an Inspired Life* by professor Jack Levison. Each Sunday features a clip from Levison on video which helps focus the discussion for the day. This class also features some time to reflect on your experience with the text *40 Days with the Holy Spirit*, also by Levison. The Holy Spirit is typically the most perplexing aspect of the Trinity so come and draw closer to de-programing the Holy Spirit in your life. Come and be renewed! Purchase one or both texts from the church office or in class for \$10.00 each.

Location - Chapel

Facilitator - Pastor Tricia and Friends

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.

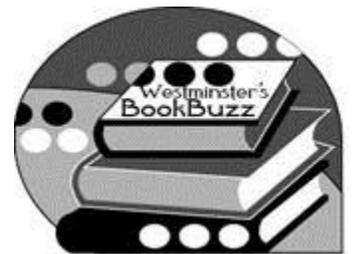
Centering Prayer

Meets Tuesday and Thursday mornings at 8:30 am in the Chapel. Wednesday evening Centering Prayer group meets at 6:45 pm in the Chapel.

Church Bookies

We had a successful first book club gathering this past June with seven in attendance. Our next gathering will be on July 19 at 7:00 pm in the adult library, led by Mabel Rempe.

The July book to read is *Goldfinch* by Donna Tartt, a Pulitzer Prize winner for fiction. This book is available from Amazon for \$10.72, and also available at Barnes and Noble and the public libraries.



All women are welcome! We look forward to seeing you on the 19th. Co-Leaders - Cindy Harmon and Sandy Lewis.

Looking ahead:

August 16 at 7:00 pm: *Primates of Park Avenue*. Adventures inside the secret sisterhood of Manhattan moms by Dr. Wednesday Martin, \$15.60 on Amazon.

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.

Westminster Gone Camping! July 26 - 31, 2015 at Gull Point State Park

For those attending this wonderful week, please note that we will have a planning meeting at 6:00 pm on July 12 in the Shared Life Center. Please contact Bruce Rempe with any questions at (bruce@rempefamily.net or 319-342-3564)



RESOURCES

June Update

May did bring spring flowers and our finances brightened a bit for the month. Total Revenues were nearly \$65,000 for the month compared to \$46,000 last year. That brought our year to date revenues to \$309,000 compared to \$323,000 last year. Thanks for your faithful giving as we approach the summer months.

Our dedicated staff has also worked hard to hold the line on expenses. For the month expenses totaled \$58,000 compared to \$66,000 last year. Year to date expenses total \$310,000 compared to \$350,000 last year. Much of that reduction is due to the Senior Pastor vacancy, but not all of it.

In summary, our revenues exceeded expenses for the first 5 months by \$2,200. If we add in 5 months of the budgeted reserve for the Senior Pastor vacancy, expenses would exceed revenues by \$22,000. This is slightly better than our financial position last year when expenses exceeding revenues by \$27,000 after 5 months.

We are now heading into the summer months with families gone on vacation and enjoying other weekend activities. During this time our revenues typically decline....unfortunately our expenses remain fairly steady. We still have salaries, utilities and many other fixed expenses to cover during these months. Before you head off for your summer fun, please remember to send in your gift to your church, or you can sign up for e-pledging and let the computer do it for you.

Submitted by,
Joe Vich
Finance Committee Chair



Stewardship thought for the month of June

As we enter another summer season, your Stewardship team is starting to plan for this year's campaign to support Westminster's mission and programming. The Stewardship Team is asking for your input. We have setup a short survey that we are asking members to review and complete. The survey is on the internet at the web address <https://www.surveymonkey.com/r/WPCWLOOSTEWARDSHIP2015>.

This is a brief questionnaire and should only take you only a few minutes to complete. If you do not have web access we will 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. Thank you in advance for assisting in our Church's success.

John Speas
2015 Stewardship Chair



MISSION

Free Community Breakfast - Saturday, July 11

You are invited to attend! Please 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. Breakfast begins at 8:00 am.

Note: July's breakfast is moved out one week because of the holiday.

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 and 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

Spinach and Cranberry Stuffed Salmon

Eat like a centenarian with this heart healthy dish. Our spinach and cranberry stuffed salmon is great way to incorporate two power foods into your diet that help improve your mood.

Ingredients

- 1 lb. of Salmon fillets
- ½ cup of fresh spinach leaves
- 3 - 4 fresh basil leaves chopped
- 1 tsp lemon zest
- 1 clove of garlic minced
- 2 T raisins chopped
- 2 T nuts chopped (pecans, walnuts or almonds are recommended)
- 1 tsp of dried oregano
- 1 T Dijon Mustard
- ½ cup breadcrumbs



Directions

1. Sauté the spinach, lemon zest, and garlic until spinach is wilted.
2. Combine the raisins, nuts, basil, and oregano leaves in a small bowl. Add the wilted spinach mixture to the small bowl and combine.
3. Cut a pocket horizontally into each salmon fillet. Stuff each pocket with about 2 tablespoons of the combined mixture.
4. Spread 1 tablespoon of Dijon mustard on the salmon and finish by sprinkling breadcrumbs on top of each fillet.
5. Place salmon on non-stick baking sheet or backing sheet lined with oven safe paper and bake for 20 minutes at 375° F or until fillets are fully cooked.



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 |
| ___ Cane | ___ Crutches |
| ___ Bed Rails | ___ Shower Chair |
| ___ Bathtub Grab Bar | ___ Other |

Prayer Shawl Ministry

To date, 493 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. However, in July we will not meet because several members will be camping at Lake Okoboji. Come join us on August 24 to ask God's blessing on prayer shawls and for fun conversation.

Judy Morris,
Parish Nurse

Consequences of High Blood Pressure

American Heart Association | American Stroke Association

High blood pressure (HBP) can injure or kill you. When high blood pressure is uncontrolled, it can lead to:

- STROKE**
HBP damages arteries that burst or clog more easily.
77% of people who have a first stroke have HBP.
HBP increases your stroke risk by four to six times.
- VISION LOSS**
HBP can strain the vessels in the eyes.
- HEART ATTACK**
HBP damages arteries that can become blocked.
69% of people who have a first heart attack have HBP.
- HEART FAILURE**
HBP can cause the heart to enlarge and fail to supply blood to the body.
75% of people with congestive heart failure have HBP.
- KIDNEY DISEASE/FAILURE**
HBP can cause arteries around the kidneys to narrow, weaken or harden so the kidneys lose their ability to filter blood.
HBP is the second-leading cause of kidney failure.
- ERECTILE DYSFUNCTION**
HBP leads to erectile dysfunction because of reduced blood flow throughout the body.

These conditions can happen over several years, but they can be prevented by controlling blood pressure.

Did You Know?

- At 50, total life expectancy is five years longer for people with normal blood pressure.
- The estimated cost of HBP in 2010 (the most-recent statistics available) is \$46.4 billion.

For more information
heart.org/bloodpressure

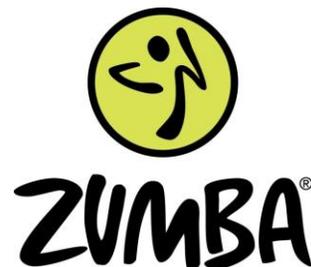
Check. Change. Control.™

© 2014 American Heart Association 514 228002

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

On Friday, July 17 we will depart from the church at 10:30 am and drive to Dyersville to enjoy lunch and then visit and learn about the Basilica of St. Francis Xavier. The building is located at 104 3rd St. SW.

A side note support for this event comes from Darlene Peterson who has visited the Basilica previously. Known as the Pope's Church, this example of medieval Gothic architecture was designated a basilica in 1956. It is home to 5,000 parishioners. It has 212-foot twin spires and 64 stained-glass windows. The interior decoration was completely repainted and restored 2000-2001, and new 24 carat gold and silver leaf was applied. Above the Altar is an 1873, wood carved crucifix, from the Old Francis Xavier Church, which formerly stood to the south of the Basilica. The crucifix was made by an early parishioner from a walnut tree on his farm. A guided tour is scheduled for 1:30 pm.

At 11:30, we will have lunch together, ordering from the menu at the Country Junction restaurant. The facility is at the corner of Highway 20 and 913 15 Ave. SE on the right going north.

RSVP to Sally by July 9 at sally@wpcw.org or 234-5501. If you are willing to drive, please let her know.

LOOKING AHEAD! As of this publication, we are attempting to reschedule our trip to the Buffalo Ranch and for another trip, planning a drive to Dubuque to view The Titanic exhibit at the National Mississippi River Museum and Aquarium. It's a 5,000-square foot exhibit featuring all aspects of the Titanic -- from ship building to ship wrecking. In October we will travel to the Amana Colonies to watch the play, "The Church Basement Ladies In: The Last 'Potluck' Supper". Details will be shared in future newsletters. *So much to look forward to!*

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 and view the calendar from our homepage.

June Session Meeting Minutes

The Session voted to add their monthly meeting minutes to the newsletter for your review. This gives you the opportunity to see what the committees discuss each month and how they help to make important decisions regarding your church. Simply click this link to view. June [Session Minutes](#)

Thank You!

To my Church family,

Thank you so much for your prayers, good thoughts and cards as I am healing. I look forward to being in church soon. I am so grateful for my church family.

Thieleane Raecker

In Sympathy

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

- Doc (Francis) Winter and his family on the passing of his wife, Dorothy.
 - Ryan Malecek and his family on the passing of his grandmother, Selma Malecek.
 - Kevin Andriano and his family on the passing of his mother, Nellie Mender.
 - Janice Niederhauser, Michael Troudt, Ron Troudt, Karen Slessor, Diana Arter, Mary Ann Pryor, Sarah (Niederhauser) Alberts and their family on the passing of their father and grandfather, Robert Troudt.
-