

News & Views

Northminster Presbyterian Church 1660 Kessler Blvd. East Dr.
Indianapolis, IN 46220 317-251-9489 www.northminster-indy.org

NORTHMINSTER PRESBYTERIAN CHURCH

JUNE 2010

Northminster's VBS 2010: The Miracles of Jesus

BY DEBBIE BULLOFF, CHRISTIAN EDUCATION DIRECTOR



Vacation Bible School will be held Monday, June 14-Thursday, June 17, from 5:45p.m.– 8:00p.m. for ages 4 (by April 1st) through middle school age. Our theme this year is *The Miracles of Jesus*. Come see water turn to wine, see Jesus feed the 5000, watch the paralyzed man walk, and Lazarus rise from the dead! Children will hear stories each evening, then participate in crafts, music, parade building, snack time, video time and outdoor games. We are planning our 5th annual Handmade Parade and there will be water fun again this year! This annual **free** event is a center-

piece of our Church School year.

If you are interested in volunteering to help with drama, crews, crafts, video, parade, or music, contact Debbie Bulloff at 251-9489, ext. 16. or at dbulloff@northminster-indy.org. Children need to register by June 6 and on-line registration is available through www.northminster-indy.org.

There will be a VBS Leader meeting on Sunday June 6, at 10:00 a.m. in the Board Room.

VBS is in need of 125 yellow cupcakes, **not iced**. Please bring the cupcakes to church by June 6, wrapped

for the freezer and labeled "VBS 2010" and with the quantity clearly marked. Let Debbie Bulloff know if you can help with cupcakes.

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Our Vision

Inspired by the Holy Spirit, we celebrate God's love and follow Christ's teachings to seek, serve and embrace.

seek, serve and embrace



Pastoral pondering . . .

BY RUTH CHADWICK MOORE, ASSOCIATE PASTOR



Well it's summer time and the living is supposed to be easy right? Things do slow down at church and in our lives in the summer. Many of our teams and officer groups do not meet in June or July, our Sound and Spirit concerts are done for the season, the choir takes a much needed break, graduation parties are over for the most part, and children are looking forward to camp while families make vacation plans.

Of course there is still a lot going on at NPC in the summer. We are kicking off the *Our Future is Now* campaign on June 8th with an IG-NITE dinner and gathering. And of course, we will continue with great worship every Sunday so you won't want to stay home! Look also for: Children's Church activities, a mission trip to Mexico to help our sister congregation complete their sanctuary, trips to Montreat's Music and Worship Conference and Massanetta middle school conferences. And we can't forget our spectacular Vacation Bible School, "The Miracles of Jesus" in the evenings on June 14-June 17. Come and join in all the fun!

But did you know many people visit churches in the summer to "check

them out"? It is important for us to be on the lookout for visitors who are church shopping in the summer months. We need to be open and friendly and make sure they know what a vibrant church we are and where they can fit in and be a part of NPC. We will continue to plan excellent worship services that glorify God and continue to have fellowship time during the 10:00 hour. If you see a person checking things out, go up to him/her and introduce yourself to them and volunteer to show them around our fantastic facility. Tell them about the exciting mission work we are doing this summer. Introduce them to our Children's Church program on Sunday mornings. Share a glass of lemonade. Be the hospitable and friendly people that you are. And then introduce visitors to me so I can meet them and welcome them. As people of God we are called to be in the hospitality business – so let's make that our priority for the summer months.

Thanks and see you in church,

Ruth

Seminary Graduation

Megan Remtema, who is a candidate for ordination in the PCUSA, and under the care of our session, graduated from McCormick Theological Seminary on Saturday, May 15. Megan is looking for a call. She is the daughter of member Jinnie Smith and the stepdaughter of the late Ron Smith who was our interim pastor before Teri Thomas came as head of staff.

June Sundays at 9 & 11 a.m.

June 6

Guest Preacher: Rabbi Jon Adler
Rabbi Adler is Rabbi of the Indianapolis Hebrew Congregation, a Reformed synagogue on Meridian St. Rabbi Adler is even preaching on a communion Sunday – he is a brave man!

June 13

Ruth Moore is preaching. The theme is choosing justice. Humans have a capacity for both good and evil. We will discuss that human condition as well as challenge ourselves to seek congruity amongst our faith, our words and our actions.

June 20

Ruth Moore is preaching. Being in God's presence is today's theme. Each of us encounters fear-filled moments of insecurity or risk that keep us from living courageously and faithfully in God's ways. Where can we find the comforting and empowering voice of God that gives us strength to do God's work?

June 27

Guest Preacher:
Iman Michael Saahir
Michael Saahir is Iman of the Nur-Allah Islamic Center on E. 46th St. in Indianapolis. Iman Saahir will preach on what Christians and Muslims have in common – come and hear on the 27th.

Welcome New Members

BY RUTH CHADWICK MOORE, ASSOCIATE PASTOR

Please welcome these new members. Their pictures can be found on the bulletin board as you come down the steps from the sanctuary and into the Gathering Place.

Victor and Girtha Perkins

Girtha is an editor and Victor is a sales manager. They come to us from a sister Presbyterian Church and both have been elders and served on many committees. Girtha has already joined the Communications Team and Victor plans to serve on the Congregational Life Team.

Jason Teising and Emily Giltner-Teising

Emily is a dentist and Jason is a network administrator. They were married at NPC. Long-time member, Gerri Giltner is Emily's grandmother and Jack Pickering was her grandfather. Emily and Jason are the parents of 3 year old, Noland and 1 year old, Eli.

Abby Eaton and Aaron Eberhard

Abby and Aaron are to be married at NPC in September. Abby is a chiropractor and Aaron is in sales and completing a master's degree in accounting. Aaron is from the town of LaGrange, Indiana, where Pastor Ruth's husband, Mark grew up. Aaron's grandfather and Mark's father drove a truck together. It's a very small world!

Molly Fenneman

Molly is a nurse practitioner and has attended Northminster for many years. We are excited she felt ready to transfer her membership. Molly has served the church as an elder and deacon and is already a member of NPC's Circle 3.

Ruth Stilwell

Ruth is a retired teacher and lives at The Forum. She too has been coming to Northminster for many years and we're glad she felt like it was the right time to transfer her membership. Ruth was already a part of our church family - now she just made it official. Ruth has served the church as an elder.

Grace Edwards

Grace is a retired teacher. She is transferring her membership from a sister Presbyterian Church. Grace is a deacon and former Sunday School teacher and has already volunteered to help with NPC's Vacation Bible School.



Congratulations Graduates! High School Graduates

Corrine Larew graduated from Lawrence North HS with top honors! She plans to attend Rose-Hulman and major in chemistry.

Andrew Neitzel graduated from Fishers HS. Next year he will attend Ball State Univ. to major in criminal justice/criminology.

Liz Nelson graduated from North Central HS & plans to attend Ivy Tech in January and go into a career in social services.

What do Deacons do?

The Deacons raised over \$2,000 in one week with their Community Yard Sale and Plant/Flower Sale – way to go Deacons! These two fundraisers were just a week apart and yet the Deacons stepped up. Due to rainy weather the Yard Sale had to be held inside this year, but since we have the new Gathering Place that was not a problem, and we welcomed hundreds of people into our new space. The Deacons also had help from the E-Team (Evangelism) and the Green Stewardship Group in promoting the event, by getting a fire truck to visit, and making rain barrels and composters.

The monies raised go to Deacon projects like the Honors Dinner the Deacons held in May for the children of School 55 who were on the Honor Roll for the entire year. We took the children to JT South's for a lovely dinner of barbecue and corn on the cob and had a fantastic time. Thank you for supporting the ministries of your Deacons.

Victoria Eder graduated from Broad Ripple HS and was awarded an Indy Academic All-Star Award! She plans to attend IU in the fall.

Chloe Holewinski graduated from Brebeuf Jesuit Preparatory School and will attend Miami University in Ohio.

(See pg. 4 for a list of college grads)

Mission: from the Green Stewardship Group

BY NANCY MORITZ, CHAIRMAN



The bike racks that Northminster earned by having the most WALBICUS participants last fall are now in place. We are grateful to Indianapolis Green Congregations for sponsoring WALBICUS, Health by Design for donating the bike racks, Bicycle Garage Indy/BikePort for providing the racks, and Building and Grounds for overseeing installation. The new

racks are at the front and back of the building. Bring your bike to church—don't wait for another WALBICUS Sunday.

Energy costs make up a significant part of the church budget; please save money and energy by turning off lights as you leave a room.

Are you interested in joining the Green Stewardship Group? We would like to have new members. For more information, please contact

Nancy Moritz (579-0648) or any member of the group.



Outreach: You're a Cool Drink of Water!

Do you like being outside? Making other people happy? Spreading the word of Jesus and the church in an easy and fun way? Then join us for distributing water on the Monon Trail in Broad Ripple! The Northminster E-team has been enjoying this ministry – and we need more help to continue it. Our next water distribution date will be **Sunday, June 13, 12n – 3pm**. If you're interested and available – for just an hour or two on either date – please contact Jennifer Dzwonar at Jennifer.dzwonar@borshoff.biz or

585-8474. Bring your family and friends. No one is too young or old for this *refreshing* ministry!



Photos from water distribution 2009



Congratulations College Graduates!

Meredith Haag graduated from DePauw Univ. with a major in Sociology and a minor in Psychology.

Evan Mannweiler graduated from IU with a BA in Journalism and a BFA in Printmaking.

Eric Mannweiler graduated from IU with a degree in Percussion Music from Latin American & Caribbean Cultures.

Jimmy Moehring graduated cum laude from Ball State Univ. with a BS in Architecture.

Claire Larew graduated from **Rose-Hulman with a Mechanical Engineering major and an Economics minor.**

Courtney Haag graduated from the **Univ. of Kentucky with a degree in**

Family Sciences and a minor in Psychology.

Ellen Mail graduated from DePauw Univ. with a Biology major.

Anne Mail graduated from DePauw University.

Claire Simmons, due to changing majors, Claire will graduate next December, from Purdue with a BS in Nursing.

Mission and outreach

BY MAUREEN PURCELL, MISSION TEAM

Learn to say YES - June 6

I am not quite ready to tell you the year. It would be far too painful. I will tell you it was in the middle of the last century. Eisenhower was President. My dad asked me to help him out in his medical office, stuffing envelopes.

"It's propaganda," he said, when I asked about the letter I was putting into his monthly statements to all of his patients.

It was the beginning of a movement to build a new county hospital. The following Halloween, my friend and I dressed up as a nurse and patient, wearing signs that read "I need a good hospital!" I was the patient and walked the long Halloween parade on crutches borrowed from the "bad" one. Four years later, I represented my dad at the ground breaking.

That was my first volunteer experience and the beginning of a career. As in all jobs, I've loved some things and truly disliked others. For years I enjoyed being told what to do (give a party for special needs kids, wear a Frosty costume for Christmas at the Zoo, sell raffle tickets at a fundraiser) but with time and experience, graduated to planning events and creating budgets. A lot of times, I took leadership opportunities simply because it was my turn. This is a sticky wicket for most folks and a deal breaker for others. That's when the committed volunteer hears "you just need to know when to say no." Saying "no" sometimes is fine, if there are others to say "yes."

I was once told you should never give away what you do for a living. This came from an artist friend who was only allowed to claim his materials on his taxes, not his talent. Pardon the pun, but I never bought into that. Lawyers, property managers, teachers, business executives, event planners, sales clerks, nurses, writers, parents managing households and children, even artists, can ALL share what they do for a living. AND each person can test the waters of a new experience, as well; learn fundraising, learn to install siding, learn to drive the church van, learn to *step out of what you think you need to do every day* and do something for someone else. You can learn to pray. That's what I did before I learned the Mission Team budget!

Traditionally Elders and Deacons run things, set up fundraisers and dates for building Habitat Houses and passing out water on the Monon, delivering flowers to the homebound, cleaning the sanctuary or plant beds, distributing your abundant financial gifts, chairing Teams. But YOU don't need to wait to be called on the phone or to be ordained. YOU can Seek, Serve and Embrace in hundreds of ways at any time.

On June 6th from 10 a.m. to 11 a.m., the Gathering Place will feature a kind of volunteer fair. All those committees and Teams (what is the E Team?) will be at tables ready to answer your questions and share information about what they do.

WATCHOUT!

A list of mission events & volunteer opportunities at Northminster and in the community.

- **Damien Center**
26 North Arsenal. Many and varied: fundraising events, food pantry assistance, receptionist, data entry, paperwork, phone calls, staffing at health fairs, Center tour guides, assisting testers with paperwork for walk-ins. For more info call Sandy Windsor at 632-0123, ext. 236.
- **Wheeler Mission:**
All 3 locations need volunteers for tasks at various times. Check the Mission Team board for more information.
- **Habitat for Humanity Restore**
Volunteers needed:
Tuesday–Friday: 10 am - 6 pm
Saturday: 9 am - 2 pm
Contact Jessica Conway at jconway@indyhabitat.org.
- **Gleaners Pantry Partners**
needs to fill four 2-hour slots per week at Southwest Community Cupboard. Contact Debbie Wilson at wilson@gleaners.org.
- Drivers needed to restock pantries. Contact: Mike Miller at mmiller@gleaners.org. Check schedule on the Mission board across from the chapel.



Education for all ages

BY DEBBIE BULLOFF, CHRISTIAN EDUCATION DIRECTOR

Needed: Summer Church School Teachers & Helpers!!

Summer Church School began on May 30. We are in need of Nursery, Toddler, Preschool and Children's Church teachers and helpers for the summer months. We have a wonderful, relaxed time with plenty of fun. Our curriculum is very teacher-friendly. Please check your calendars and plan to join the children of our congregation at either

9:00 a.m. or 11:00 a.m. as they continue their faith journeys. Let Debbie Bulloff know of your availability. There is a sign-up calendar available on the bulletin board across from the Choir Room or you may email Debbie at dbulloff@northminster-indy.org.

For your health information—Sleep Apnea

BY LIZ NETERVAL, PARISH NURSE

The Greek word "apnea" literally means "without breath." There are three types of apnea:

Obstructive sleep apnea (OSA) occurs when the soft tissue of the pharynx relaxes and blocks the flow of air in the upper respiratory tract. This prevents breathing until low levels of oxygen in the blood cause a person to respond by waking up and taking a deep, snorting breath.

Central sleep apnea is a rare type of sleep apnea where the region of the brain and nerves that regulate breathing do not function normally and cause breathing to be impaired.

Mixed sleep apnea begins with a loss of breathing effort but ends with symptoms of obstruction. Individuals experience a combination of obstructive sleep apnea and central sleep apnea.

With each apnea event, the brain briefly arouses people in order for them to resume breathing, but consequently sleep is extremely fragmented and of poor quality. According to the NIH (National Institutes of Health) the hallmark symptom of the disorder is excessive daytime sleepi-

ness. Additional symptoms of sleep apnea include restless sleep, loud snoring (with periods of silence followed by gasps), falling asleep during the day, morning headaches, trouble concentrating, irritability, forgetfulness, mood or behavior changes, anxiety, and depression. Sleep apnea is more likely to occur in men than women, and in people who are overweight or obese. Not everyone who has these symptoms will have sleep apnea, but it is recommended that people who are experiencing even a few of these symptoms visit their doctor for evaluation.

Untreated, sleep apnea can be life threatening. Excessive daytime sleepiness can cause people to fall asleep at inappropriate times, such as while driving. Sleep apnea also appears to put individuals at risk for stroke and is associated with coronary heart disease, heart failure, irregular heartbeat, heart attack, and high blood pressure. Although there is no cure for sleep apnea, there are many treatment options you and your physician can discuss.

Church School in June

As we enter the Season after Pentecost, we'll consider God's wise ways of knowledge and caring.

May 30

Focus Scripture:

Proverbs 8: 1-4

The children will read and dance with God as we celebrate creation and our part in it.

June 6

Focus Scripture:

1Kings 17:8-16, (17-24)

This story invites us to wonder about God's power to save, at work among us. How can we be God's hands & feet in the world and act with compassion for the sake of others?

June 13

Focus Scripture:

1Kings 21:1-10, (11-14), 15-21a.

The story of Elijah & King Ahab. What does it mean that God cares about our actions and expects us to act in ways that are just? How will we choose justice?

June 20

Focus Scripture:

1Kings 19:1-4, (5-7), 8-15a

Elijah journeys into the wilderness to seek help & guidance from God. How can we turn our whole selves towards God.

June 27

Focus Scripture:

2Kings 2:1-2, 6-14

Learn how we can pass on the stories, traditions and visions to others. What is God's call for us?

What's happening?

With groups and individuals . . .

Older Adult Ministries

The OAM will be meeting at noon on Thursday, June 3rd with a lunch prepared by Barbara Mohr. After lunch, we'll work on a charming and loving gift design. These "Patterns for Living" messages can be sent to friends and neighbors, especially to someone to whom you want to send your caring thoughts. They're fun and easy to assemble—a good chance to "work and chat!" We would love to see new faces. If you need a ride, please call Carol Campbell at 776-2700 to arrange transportation. RSVP your lunch reservation no later than noon on Tuesday, June 1st.

Tandem Group will meet in Summer months

The Tandem group (a social group for persons ages 70-90's) has decided to continue meeting on the 3rd Tuesday of month during the summer months. Mark the following dates on your calendar and join them at 11:30 a.m. at the Castleton MCL: June 15, July 20, Aug 17 and Sept 21.

Kitchen towels & potholders needed

We need some new towels and potholders for our 1st floor kitchen. The ones we have always seem to go missing! We could also use some aluminum foil and plastic bags—sandwich size and larger—for the upstairs kitchen. Sometimes there are goodies to take home with us! So if you have some extra supplies at home we could use them. Please bring them to the church office.

North'Stars July outing

Pack up you lawn chairs and picnic suppers to join the North'Stars for a free concert in the Holliday Park Summer Series on Thursday, July 22. The picnicking will begin anytime after 5:30 p.m., and the jazz group, Convergence, will perform beginning at 7 p.m. The event is cancelled in case of rain. Questions? Call Lowell and Pennie Lumley at 549-2864.

Summer Communion

Thank you to everyone who served Communion this fall, winter and spring. As we move into summer, we will have Communion by Intinction at both services on the first Sunday of the months of June, July, August and September. Enclosed with this issue of News and Views is a signup sheet. Please take a few minutes to prayerfully consider volunteering for one of these Sundays. Then fill out the sheet and return it to the church office by Sunday, May 16. If you prefer, you can e-mail your availability to Bobbie Cann at bcann@sbcglobal.net.

(YES, continued from pg. 4)

Please spend some time browsing and commit yourself to leaving your name and phone number with one Team or for one event. We could all use your help. Northminster is a volunteer organization with a mission statement: Seek, Serve, Embrace. Those are not three separate things. A congregation of Christians will do them in tandem. Give away what you do for a living: your love. (FYI, the costume gig remains my favorite volunteer job, but that's for another time – or maybe I can reprise the role for Vacation Bible School?) Join me!

Youth Fellowship activities

June 6

Regular Youth Fellowship 6-8pm.

June 13

Regular Youth Fellowship 6-8pm
We'll help prepare for VBS & you'll get a Dairy Queen Treat!
VBS is 6/14 – 6/17 (Mon -Thurs)
Come and get involved!

June 19

The Great Train Depot Robbery of 1895!

Meet at church at 11:00am. We'll take the church bus to Linden, IN to witness a re-enactment of the Great Train Depot Robbery of 1895. This is a family friendly event for all ages. We'll stop at the Lindy Freeze for lunch and ice cream! The outdoor drama starts at 2pm. We plan to return around 5pm.

Adult Tickets: \$5

Kids under 14: \$2

and includes admission to the museum. Bring money for admission, lunch and souvenirs. Contact Mike Shannon at mshannon@miller-eads.com for more info

June 20

Father's Day!

No Youth Fellowship
Celebrate your Dad!!!

June 27

No Youth Fellowship

July 4

No Youth Fellowship

July 5

Fun Monday activity!!



seek, serve and embrace

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JUNE 2010

www.What'sOnOurWebsite?:

NPC Youth for Hire & Pastor Teri's blog from Africa



Need a summer sitter? An extra set of hands around the house?

Northminster's youth are willing and eager to help you with that project you've been putting off for far too

long. From the home page (www.northminster-indy.org), hover over the "ABOUT" drop-down menu and select "Employment." Northminster youth have described their time and talents and listed their contact information. If you have information you'd like to add to the page, contact Susan Glant.



(Pastor Teri, on safari in Africa)

Check the home page often for updates to track Teri's travels; she's updating her blog from afar as often as she is able. Click "Pastor Teri's blog" on the left side of the screen to read her thought-provoking entries.

Sound & Spirit 2009-2010: another successful season comes to a close

Sound & Spirit capped off a successful season of concerts with Folk Songs and Spirituals on May 16th. The Northminster Choirs, Director John Wright and guest artists Randall Frieling, Marko Petriëæ and John Wesley Wright gave a performance that moved both body and spirit. It was a fitting ending to an outstanding season. Whether measured by attendance, musical quality or the diversity of the music presented, this was *Sound & Spirit's* best year yet. The *Sound & Spirit* Committee is now planning next year's season and seeking financial support to continue the series.

Sound & Spirit's 2009-2010 season solidified Northminster's reputa-

tion in the community as a welcoming place to experience performances that feed the soul and move the spirit. With the Ronen Chamber Ensemble's "Timeless Inspirations," the traditional Irish jigs and reels of Bua, the Chancel Choir's folksongs and spirituals, great works for choir and orchestra and the hard-driving rhythms of award winning bluegrass band Blue Highway, the year's programming appealed to a variety of musical tastes. *Sound & Spirit's* free concerts, always an important part of our congregational life, sought, served and embraced members of the greater community. The new Gathering Place provided wonderful opportunities for Northminster members to enjoy fellowship and reach out to

visitors during intermission and after concerts.

Sound & Spirit is grateful to those whose financial contributions made the 2009-2010 season possible. A few years ago, *Sound & Spirit* received a significant contribution from the Joan Fortune Fund. Combined with the annual gifts of Northminster members and other friends of music, those funds allowed *Sound & Spirit* to produce the musical events that so many have enjoyed. The gift from the Joan Fortune Fund is now almost depleted. The *Sound & Spirit* committee encourages those who would like to see the series continue to consider making a financial contribution to *Sound & Spirit*.