



# *The Log*

The mission of the Whidbey Presbyterian Church is to be a faithful witness to our Lord Jesus Christ and His eternal love. We glorify God above all and trust the Holy Spirit for guidance in our service to God.

**F**aithfully **F**it!

Volume 6, Issue 8 August 2010

## Calorie is NOT a Dirty Word

by Joan Bay Klope

Who likes to talk about calories? Those of us who are participating in the Faithfully Fit small group (formally known as Prism) do it regularly and we have a confession: it's fun during those times we are feeling successful. It's frustrating when we've gained weight or can't seem to lose those last five pounds.

Any calorie discussion worth its weight requires answers to some essential questions:

- **How many calories can I eat and maintain a healthy weight?**
- **If I want to lose weight, how many calories can I eat each day?**
- **Do I really know how many calories I'm taking in daily?**

There are many reasons why people overeat and gain weight, but the most basic reason is a simple one. We're eating more calories than we're burning! The many options and adjustments that can be made are topics we cover in our small group and you

are invited to join us. We meet Tuesdays at noon in the Blue House and offer both healthy information and positive support.

A pound of body fat equates to approximately 3500 calories, so if you have a calorie deficit of 500 calories (meaning you burn 500 calories more than you eat each day) you will lose approximately one pound each week. Thankfully, some fairly painless adjustments in your life can help you slash excess calories. Here are 10 ways to cut 500 calories a day:

1. **Get enough sleep.** A lack of sleep increases snacking, new research from the University of Chicago shows. People who only got 5 ½ hours of sleep snacked throughout the day. Aim for 8 hours in a 24-hour period.
2. **Get in tune with your tummy.** Eat more slowly, pay attention to how full you feel, and put down your fork when you're satisfied. Resign from the Clean Plate Club.

see 10 WAYS, page 3

10 AM

**PW BOUTIQUE  
WORKSHOP HH  
AUG. 12TH & 26TH**

**DIVORCE** *Care*

will begin Sept. 7th, 7pm in the Blue House. Please contact Cori Siggins if you are interested in helping with it.

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### Are you knee deep in paper?



Great! **Shred Fest 2010** is right around the corner! Grab a piece of paper from a pile stashed in one of your closets to mark Wed., Sept. 29th, as the day you become one step closer to being more organized. Details to follow in upcoming issue.

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by Kurt Imbach

You may have heard the term “Unbinding the Gospel” being bandied about WPC recently. You will, trust me, be hearing a lot more. I imagine you wish you knew what it is all about.

It is the title of a book of research into cause for the enormous decline in membership in churches of “mainline” denominations. Over 1200 interviews were conducted and five major denominations supported the project.

In a sentence, the researcher concluded that we are not sharing our faith very effectively. In fact, the dreaded e-word was actually investigated. **HOLD ON NOW! DON'T LEAVE ME YET!** Just hear me out.

Last fall, Pastor Dave met with a pilot group to go through the book. It was done very successfully. The Men's Breakfast study also attempted it, but rather disastrously. Several life groups are working through it now, ours has just finished. The plan is for the whole church to work with it during Lent of 2011.

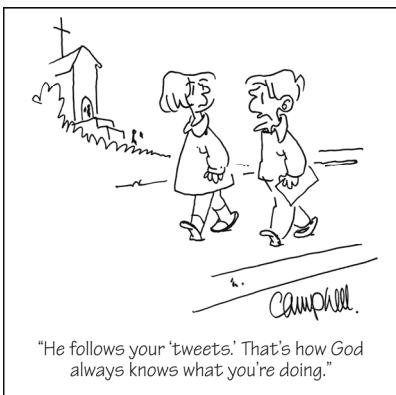
Let me share a few impressions. We, too, had a powerful abhorrence of the very word “evangelism.” We all had bad memories and images of people, methods and motivations (guilt.) It was nearly impossible for us to proceed. I suspect that only our strong bond as a life group kept us going.

But another strong impression was in the facing of facts. The mainline churches are in serious decline and we couldn't help but be curious as to why. Some churches are growing but others are not. We realized that we had to address that issue.

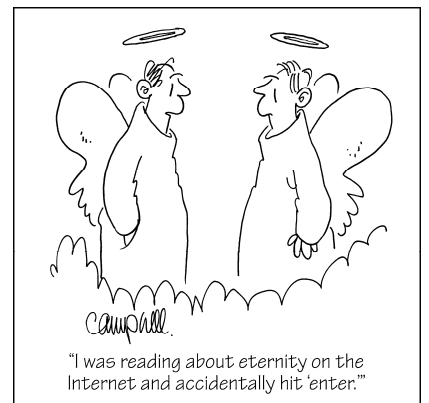
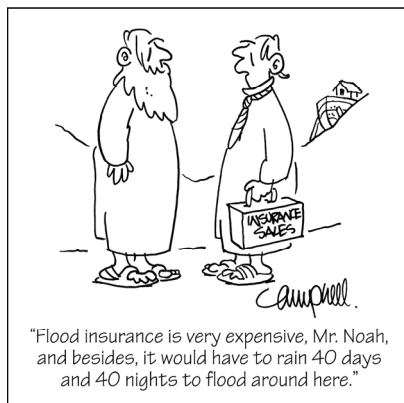
A third impression was the realization that it is all about relationships, the Trinity, the community of believers and us with the world around us. At WPC, we are familiar with that language.

But the strongest impression was in a redefinition of what sharing of faith is. It is simply learning to talk about what is important, exciting or happening to us today. It is no different from being able to talk about the Mariners, Seahawks, pets, growing things, birds, fishing, golf, news items or the weather. We ought to be able to talk about spiritual things as easily. What are we learning, what has just happened as we went through a serious circumstance, what exciting event have we witnessed, act of love shown or someone helped. This is, after all, a big part of who we are. It is now going door-to-door, selling a pre-packaged information bundle, listing key beliefs or thinking we need to answer all questions. It is just being able to carry on normal conversations with people about what is of interest to us. We don't even have to create opportunities. God does that. One of our group said with obvious relief, “If that is all it is, I can do that!” We all can.

A final observation has to do with the new, real discussions we had had as a group, talking of issues that were prompted by our study. And it was very apparent that the Holy Spirit had been talking to each of us and leading us in a variety of new directions.



**SPRINKLES  
FOR  
FOLLY  
KITCHEN**



by Justin Ross

We have only been back from San Francisco for a couple of days and I am pretty sure everyone is still recovering from the week of mission work and service we had last week.

It was an amazing and very packed week. We were all stretched, challenged and invited to see more Jesus and less of ourselves. The week was filled with work projects, kids camp, prayer walks, music, games and new friendships.

We each left at the end of the week with a long list of stories and experiences. Many we will share and a few that will forever be "you just had to be there" moments.

We spent the week sleeping on the floor of a Sunday School classroom. (I'm sure it will be back to

normal after they repaint and replace the carpet.)

We learned that summer in San Francisco is much colder than Whidbey, even this year when our summer has not been all that warm.

And I am sure we all brought home a suitcase full of thick fog because it seems to cover everything in the city.

To all of you who donated to our trip and prayed for us while we were away, thanks so much for your investment in this trip and the support of youth ministry in this church. We trust that the things learned and realized on this trip will last a lifetime.

**No doubt, last week was long: Driving through the night (twice!) Sleeping on the floor. Waking up at 6:30 am. Showering four times in eight days.**

What exactly was I thinking? I am not 22 anymore.

Then I think about the dinner conversation, the nightly worship, the church group time and the times of selfless service. I cannot keep from smiling.

Because I love those teenagers and I trust they need me in their life speaking the truth of the Gospel and words of encouragement.

That makes it all worth it.

And just thinking about it makes me ready to do it all over again. After I take a nap. - Justin

**Why limit Justin's words to just one corner?**

Check out Justin's online Bible study at the following blog address or email him.

[Justin@whidbeypres.org](mailto:Justin@whidbeypres.org)

[www.wpcblog.com](http://www.wpcblog.com)



## 10 WAYS

from page 1

**3. Limit your salad toppings.** A big salad may seem healthy, but all those specialty items (like caramelized nuts, bacon, croutons and cheese crumbles) really add calories. Pile on the fresh veggies and chose a low-fat, low-sugar dressing...and use it sparingly!

**4. Use smaller plates.** Swap your 12-inch plate for a 10-inch one. You'll eat 20 to 25 % less and save up to 500 calories if you fill the plate no higher than 1 ½ inches. You won't feel any less full, either, researches say.

**5. Count your chips and crackers.** Eating from a bag or box is WAY too tempting to eat until you hit the bottom. Look on the nutritional information label and allow yourself only one serving.

**6. Skip the whip.** Many desserts and beverages include whipped cream and syrups. Just say no and enjoy the calorie savings.

**7. Kick the soda habit.** A 12-oz soft drink has 150 to 180 calories. Two a day amounts to 360 calories! Quench your thirst with water and feel better in the process.

**8. Clean house.** Tidy up 2 ½ hours and burn 510 calories.

**9. Check the number of servings in a dish.** The calorie count on a menu for shrimp fried rice, for example, may say 350 calories per serving, but what's placed in front of you may be 4 servings. Split your order with 3 friends and save 1,050 calories!

**10. Go window shopping.** Whether you buy anything or not, an afternoon of walking around and trying on clothes can burn 580 calories.

If you have any questions or would like additional information about becoming Faithfully Fit, contact Marcia Townsend at (360) 240-0167 or Joan Bay Klope at (360) 675-3817.

by Lora Burge

I've looked at a lot of pictures, heard stories, gotten hugs, given hugs, been given flowers and food, cried and laughed in the past number of weeks. It's been a one of a kind month to say the least. Certainly, it's not how I envisioned the month of July going. Nor is it what I thought I was coming home for this summer.

Life is unexpected, unplanned, unpromised. Here on earth there are no guarantees. No promises as to how long we'll have to experience this great creation called Earth. For some people, this is very scary. As Christians, I hope we realize it doesn't need to be. This is just a faded and dusty reflection of what is to come. In a way, this life is the pregame show.

And so my brother has beat us. Don't worry - this is normal. He always wins. Of

course in some ways, I wish he were still here. But the reality is he has *gained* eternity. His earthly life is finished. He'll never sit on our couch, ride a bike or play the trumpet again. That is a profoundly tough realization. But think of where he is - in God's glory. Forever. No pain. No cough. No meds or treatments. We had hoped for an extended and renewed earthly life for him after transplant. Instead, the hope that trumps all hopes - that of eternal life - was to be Ryan's instead.

And this, friends, is why we do VBS, Sunday School, youth group, mission trips, discipleship classes, and much, much more. We try to declare and participate here and now in the Kingdom that is yet to come. We are practicing for the day when all we will do is delight and celebrate in the very presence of God.



## STEWARDSHIP TEAM

Information removed prior to publishing to the website. Please contact the church office 679-3579 for more information.



*Per Capita apportionment is \$49.35 per member per year.*

Shoebox  
Ministry

For the month of August, four shoeboxes were donated. Thanks to the following people for their expert shoebox stuffing skills: M. Arnsberger, Dillys, Eerkes, Elliots, Ernsts, Grimshaws, Porters and Summers. These gifts, containing food and other essentials, are given to people needing assistance.

## A REPORT FROM GENERATIONS COMMITTEE

(FROM THE PROJECT MANAGER'S POINT OF VIEW)



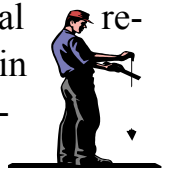
Session listened to the Sunday school teacher's urgent request for more light and ventilation in the ground floor classrooms of Heritage Hall. On May 18, Session approved \$—— and charged the Generations Committee with completing a, "**Sunshine Project**' before Vacation Bible School starts on July 26." How does an unfunded idea turn into real windows and doors? There are three interrelated elements to every project - *cost*, *quality*, and *time*. Project Managers know they can only emphasize any two of the three for their clients.

Generations asked me to serve as Project Manager for the undertaking. Since this is a modest amount of money for such a big remodel, careful attention to planning, scheduling, and building was essential. First, I completed all documents including: a comprehensive scope-of-work, necessary engineering, complete plans and specifications, and a detailed schedule of events. While two of our Life Groups led a fund raising campaign, I hired a structural engineer and secured the necessary permits from Labor & Industry and the city. The congregation's response was generous and an inspiration to all those directly involved. Once funded, I selected a short list of three contractors and awarded a fixed fee contract (the most cost effective) to the successful bidder. Recruiting a Job Superintendent and volunteers for selected tasks also served to reduce costs, stretching our limited resources even further. The preparation phase was completed after Sunday school workers emptied cabinets, volunteers removed furniture, and the fire alarm company deactivated the east end fire alarm pull boxes. It was June 22, 2010.



Then work began in earnest. It was July 20 when the contractor finished and the dust settled. Volunteers, bless them, returned to prime and paint walls, wash windows, shampoo carpets, and replace furniture. The space, complete with sunshine and ventilation, was returned to Christian Ed on July 22, 2010. Total cost was \$17,800 upon completion of the operations phase.

Due to the combined efforts of many groups and individuals working in mutual respect and harmony one with another, the children now have a friendlier atmosphere in which to meet. I wish to thank the Session for their vision, the Life Groups and congregation for the funding, Piazza Construction for a job well done, our own superintendent and volunteers who selflessly contributed their time and talent. Regarding Sunshine Project's *cost*, *quality*, and *time* elements, Whidbey Presbyterian Church defied the laws of project management. We got all three!



Respectfully submitted,  
Charles Gordanier, WPC PM

### • Coffee Fellowship Schedule •

Here is the list of Parish numbers and the weeks of responsibility. You can learn the number of your Parish by checking the Church Directory and looking for the number just preceding your name or call the church office.

Please remember to label your package of treats with its contents, date baked and the word "Deacons." Leave them at the Blue House or put them into the freezer in HH. Thank You!!

August 1st: <i>Parish 4</i> , Deacon Fran Schultz
August 8th: <i>Parish 5</i> , Deacon Noreen Warnock
August 15th: <i>Parish 1</i> , Deacon Carolyn Lesh
August 22nd: <i>Parish 7</i> , Deacon Carol Chaplin
August 29th: <i>Parish 6</i> Joan Burns

Jesus wept because his friend Lazarus died. He wept even though He knew He would see Lazarus very soon - when He raised him from the dead.

Jesus sweated blood in Gethsemane. It was no simple thing to lay down His life, giving up all rights to Himself because that is what God required.

Jesus suffered excruciating physical, emotional, and spiritual pain on the cross. He knew the meaning of agony.

Jesus understands. He won't condemn us for our emotions. He knows the hollows of grief. He is big enough to lean on during our shock, our anger, our bargaining, our depression, and our acceptance.

But sometimes it helps to have a listening human ear as well. Mourning and healing can take a very long time. The road to wholeness is found in the company of Christ and the presence of friends who love and pray and listen.



**To talk with a Stephen Minister, please contact Anita Juan**

**Bebe Gholston or Pastor Dave (679-3579.)**

**Heaven** by *Janis Lussmyer*

*Random Reflections*  
**Random Reflections**

I have a vision of heaven.

Heaven is the place of being with our loving Father. It is the place for God's whole family to gather. It is the place of deep relationships and genuine love.

Heaven is the place in which we fully live our potential. The gifts from the Father, finally unfettered from earthly sin and supernatural evil, are opened, lived, and shared as He intended.

Heaven is the place where humility becomes honest and natural as we worship and serve and enjoy the company of our Creator. Humility's counterfeit - groveling shame - has been shed. Our sense of self-importance and selfish pride also have been left behind. Now we live in the presence of Love deeply enough to live the great paradox perfectly: self-abandonment and precious individuality.

Heaven is the place of perpetual surprise and indescribable delight. It is the home our hearts long for. It is what God has always desired for all of His creation.

Heaven is our hope and God's promise.

**To All of our extended Church Family,** \_\_\_\_\_

There truly are not enough words to express our heartfelt gratitude to all of our extended family here at Whidbey Presbyterian Church. The challenging time of Ryan's hospitalization culminating in his complete healing when he returned to be with his Heavenly Father showed us how blessed we are to be part of this church family. Your continuous prayers, ever flowing river of food, words of encouragement through cards and phone calls plus many, many hugs have carried us through this most difficult time. Now we start the long journey of finding a "new" normal for our lives without Ryan physically present but know his spirit will live on in our hearts each and every day until we join him in heaven. Again, thank you for all your love and support.

\_\_\_\_\_ **Blessings to all of you-----Lynn, Sharon and Lora**