



# ***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.

**Volume 6, Issue 10**

**October 2010**

## **FALL CLEAN UP DAY to take place Oct. 9th 9am – 12 pm, Rain or Shine**

Can you spare some time on Saturday, October 9th to help clean up the church yard and gardens in preparation of winter?

The large overgrown shrubs around the Blue House will be removed prior to Cleanup Day. Stephanie Williams has agreed to be the "go to" person who will design and coordinate new plantings around our church grounds to provide a unified landscape. If you wish to donate shrubs or plants please give Stephanie a call: 360-678-1338

### **The following is what we would like to accomplish:**

- Remove fence that separates the Blue House from Oak Hall
- Install three window wells around the church (window sills at ground level are rotting)
- Weed, trim, and prepare flower beds for planting
- Rake leaves
- Power wash and treat walkways, ramp and stairs
- Set splash blocks under the downspouts of the Blue House
- Repair root damaged blacktop near the Blue House
- Install a drip proof surface over entry to office



Bring your favorite tools: shovels (many), trowels, rakes, brooms, clippers, trimmers, power washers, garden sprayers, wheelbarrows, hammers, saws, etc.

Doughnuts and other essentials will be provided.

Thanks. See you on the 9th.

Mel Edstrom, Building and Grounds

## **L u n c h V o l u n t e e r s**

It's October and we at WPC are helping serve lunch at the Senior Center again. We only do Wednesdays in October but are still volunteering. Several other local churches have stopped helping but the assistance is still needed and it's fun.

Each Wednesday in October, three or four folk

(men and women) are needed at 11:15 am to approximately 12:30 pm to get the lunch out and to clear after. Then we may eat lunch there ourselves.

The sign-up sheet is on the PW bulletin board in Heritage Hall (to the left as you enter the main room.)

Thank you!  
Suzanne McCrea

### **Inside this issue:**

Pastor's Pen	2
Imbach's Outbox	3
Justin's Corner	4
PW/Stewardship	5
Stephen Ministry	6
Random Reflections	6
Cookie Schedule	6
Words, etc./Faithfully Fit	7
Library Corner	8
Wills & Endowment	9
WPColor!	10
Birthdays/Military/Prayer List	11
WPC Staff/Deacons/Elders	12

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“For in [Christ] all the fullness of God was pleased to dwell, and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by *making peace through the blood of his cross.*” (Col. 1:19-20)



“Making Peace... through the blood of his cross.”

These days we hear in the news a lot about peace negotiations, peace processes and certain groups of peacekeepers at work in various nations and regions of the world. These are laudable efforts at helping the peoples of the world live in some measure of safety and mutual respect for one another. Success is achieved through negotiated settlements or agreements often of a very tenuous nature as the underlying enmity between some peoples is not fully addressed or healed. “At least they are not shooting at each other now,” we say. But true reconciliation remains elusive and distant. Herein lies the distinct difference between “*peacekeeping*” and “*peacemaking*.” *Peacekeeping* is accomplished – often by a third party – when hostile actions between two combatants cease. *Peacemaking* occurs when the combatants are reconciled each to the other... when each is fundamentally moved to truly care for and work toward the betterment of the other, even at personal cost. This is about a change of heart and mind and relationship. Consider our relationship with our Creator God...

As the Apostle Paul states in his letter to the Colossians, it is God who makes the move to heal the breach between God and us... right from the beginning... because he loves us. This is no third-party intervention. It is a costly sacrifice undertaken by God himself because God loves us so much that he would, in God the Son, die to reconcile us to himself.

This, then, is the kind of love for neighbor – friend and enemy alike – to which we are called if we are to be *peacemakers* more than just *peacekeepers*. It means caring for the other person just as much as we might care for ourselves. It means sacrificial giving of ourselves as we seek to encourage the conditions and provide the resources by which people are reconciled to God and to one another. God seeks to work through us as agents of his reconciliation, providing not only safety for those physically or mentally endangered but also a healing of relationships leading to a genuine change of heart toward God and toward others.

This is what the annual Peacemaking Offering is about... providing resources and creating the conditions for individuals, families and peoples that will bring God’s peace... a change of heart and mind and life that sets us free to love one another as God loves us. As God loves us so generously, let us likewise generously love others by the way we use the many resources God has provided.

- Pastor Dave

**Please add...**

Music Director Sarah Russell’s church email address:  
sarah@whidbeypres.org

The last digit of Gladys Barber’s telephone number:  
279-0741



**...to your August 2010 Directory.**

by Kurt Imbach

In the wake of the 9/11 anniversary and related flap over the mosque, let me add one more plea for an end to discrimination. The problem, of course, has always been with us. The sordid, embarrassing, dehumanizing stack of evidence keeps building from all directions taking forms of violence, caricature, ill-advised humor and insensitivity. It is directed against innumerable targets.

This time, the middle easterner; other times it has been the African-American, the Latino, Native American, Asian, Jew, women, those who are too large, or small, the poor, the disabled, the easterner, southerner, Canadian, the newcomer and the everyone else!

Can we just stop it? Drop it? Oh, we can't just yet, I have forgotten one more that should be mentioned (even shouted,) because it may be the one most shown at WPC. I take my life in hand and say it, age discrimination. We see it in reactions to crying babies, restless kids, scary teenagers, uncommitted young adults, mid-life crisis beleaguered adults and Alzheimer humor for the rest. We also notice it in statements that we "have got to get younger" (and how does one do that!) and "I look around church and all I see is a sea of gray" (I who am without feel slighted with the reference to gray, and am considering establishing another minority group!)

Well, I just want to say this about that.

1.) Is there something wrong with those over 70 that we don't need any more of them? I

personally see WPC to be filled with a cruise shipload of veritable living saints, inspirations, models of spirituality and hard-working contributors in every area.

2.) We have added a lot of great people of all ages in the last five to 10 years and it has not hurt the church at all.

3.) If we were to take another look at our church demographics, we would find that there are roughly 25 members who are high school and younger, 20-30 who are young adults, military or away at college (ages 25-40), 85 from 40-65 or 70, and about 50-60 older than that. I could break down the "above 40" group into more specific data, but I am sure to cause some hard feelings that would only ramp up the barrier feelings. That is not too bad a mix given Island life.

4.) As for needing to focus on certain target niches for our future, let's face it, our kids will likely leave after high school for military, college or jobs, and most young families are here only briefly, military, and societal mobility.

The fact is, our future is in whom God brings our way, as visitors, or in our individual contacts outside of church. It will not matter who they are, how they look, how old they are, how long they will be here nor what they can do for us. "It is what it is," "people are people" each one counts, and they count equally, in Abe's view, God's sight and hopefully, ours.



## HOW TO PRAY FOR THE WORLD

(from Kingdom Without Borders by Adeney)



### PRAY:

- for God's grace to go to those who suffered loss of loved ones and property, that those who were deeply traumatized would be ministered to and to those that are displaced from their homes would find a solution to their housing problems.
- that those that are in camps would be adequately provided for, and that those, like women and children, who are vulnerable to attack from wicked people would be protected
- that Christians would arise and be sacrificially involved in effective service
- that the church would revive to truly bring glory to God through our actions and our witness to Christ
- that God would guide each one of us individually about how we are going to be involved in the process of the healing of the land
- for the process of relief and rehabilitation, for groups involved in this, especially Christian organizations and churches, and for the government authorities who are responsible for administering those areas
- that corruption, waste and lack of planning would be minimized
- for our political leaders that make policies that affect the healing process
- that there would be adequate supplies and funding for the huge task of rebuilding the nation
- that through this tragedy, peace would be restored to our nation
- that God's glory would shine through to our nation as it never has been before

by Justin Ross

With an incredible kick off to the school year this month, I've procrastinated a little more than I should on writing this article. So sitting here late at night, I am thinking about rain. I've just begun to hear the familiar beat of raindrops on the roof. It's been a long time since I just sat and listened to the rain.

I wonder why God didn't design things in such a way that it would just rain for an hour every day?

Right before I got married, in the fall of 2004, I took a trip down through Central America for a few weeks. While hanging out on the beach in a hippy surfing village on the Caribbean Sea in Costa Rica, I was renting a room from this really nice lady. It was right on the sand, less than 50 yards from the ocean with a view that is indescribable - for six bucks a night.

This lady tells everyone as you walk into the living room to check in that you should plan for rain around the same time every afternoon. It took two days for me to realize how accurate this was. At the same time every day, it would pour. After about 20 minutes, the rain would go away for another 24 hours. On the third day, my evening plans included meeting up with some other travelers at the next village up the beach. Since it had already rained, that possibility never even entered my mind.

After eating whole fish and local vegetables, it began to thunder and in just a few minutes, the sky released a fury of rain as hard as I have ever seen. I hung out at the bar of that restaurant with some other folks as long as we could and the storm only grew worse. We decided to brave it and walked out towards the beach to make the trek back, which was less than a mile. That lasted about a minute. Wet sand was sticking to our feet, sand was being blown in our faces and the rain was falling so hard it actually hurt. We returned to the restaurant, soaking wet, and called a cab.

Doesn't it seem like it would be more efficient if it rained at a set time everyday? Then you could plan your day around the rain; and the earth would never see drought. (The weather people would also have a better chance of being accurate).

**But it doesn't work that way.**

**Rain is random.**

**It comes.**

**It goes.**

**It doesn't rain enough.**

**It rains too much.**

Maybe God is reminding us that He does more than just deliver goods. Consider the lilies of the field. God takes care of them, provides for them. This care and provision seems to be bigger than delivering the goods (e.g. rain) like Fed Ex.

God cares for the lilies by providing rain "randomly" so that the plants can grow and strengthen. Sometimes the best way to grow is to be stretched or challenged. Sometimes growth comes through crisis. Sometimes growth comes through a gentle mist of happiness.

When God provides, He does more than deliver the goods. We live in a beautiful tension between God's desire to reveal his will to his children and His kids living by faith and trust. It is in this tension where we grow.

**God is growing us.**

**God provides for us.**

**And His timing is always perfect.**

So, the rain continues to fall and it is way past my bedtime. This sound I have been listening to and thinking about is also going to ensure I sleep really well tonight.

**Rain. It's a beautiful thing.**

Come enjoy our new co-moderator. Oct. 21st, Carol Chaplin will tell an interesting part of her life and inspire us to record some of our own lives. Lunch will start at noon. Please bring your own sack lunch and dessert will be provided; we have great hostesses.

Our study of Revelations has started. Kurt Imbach's group meets the first Thurs., Oct. 7th at 10:30 am in the Blue House. Margie Winters study group meets Oct. 21st at 10 am. If you would like a study book, please contact Ruth Lindenstein.

Boutique Workshops are up and running! This month, we meet Oct. 14th and Oct. 28th from 10 am to 2 pm. Bring your lunch and I'll make dessert.

And finally; Presbyterian Women of the Presbytery are meeting at St. James of P.C. in Bellingham on Tues., Oct. 12th, 9:30 am to 2:30 pm. Our speakers are Peter and Mary Vander Veen. They have worked with children in Iraq. We will car pool. Please call Suzanne McCrea at 675-6884 before Oct. 7th if you are interested in attending.

We are blessed - please share,  
Suzanne McCrea

### October SCHEDULE:

Oct. 7th	10:30 am Bible Study (BH)
Oct. 12th	NPSP-PW Fall Gathering (Bellingham)
Oct. 14th	Boutique Workshop, 10 am - 2 pm (HH)
Oct. 21st	PW Meeting, 12 pm - 2 pm (HH)
Oct. 28th	Boutique Workshop, 10 am - 2 pm (HH)



## STEWARDSHIP TEAM

The month of October will see the opening of the 2010-11 Stewardship Campaign. While the Stewardship Committee is feverishly working the budget, the congregation can anticipate the kick off for the campaign on Inspiration Sunday, Oct. 31. On Nov. 7 we will all receive our pledge packets. Included will be helpful information in making your pledge. Then, on Consecration Sunday, Nov. 14, plan to present your pledge to support the mission of our church.

### Financial Report as of 8.31.2010

Information removed prior to publishing to the website.

Please contact the church office 679-3579 for more information.

## GIVE A LITTLE BIT

You helped a lot of people this summer through generous Deacons Fund donations. Funds are low because of this. Please continue to help single moms, families of five and disabled individuals by putting your contribution into a "Deacons Fund" envelope found in the back of the pews or by marking your checks "Deacons Fund."

**Shoebox Ministry:** In September, three shoeboxes filled with necessities such as food and toiletries were given to people in need of assistance. Thanks, Life Group!



by Janis Lussmyer

Bitterness filled me as I listened to the prayer request for the doctor's wife who would be alone with her three children for a few weeks while her husband went on a missions trip. "Big deal," I thought to myself, "just fourteen days or so and then your husband comes home."

The year was, I believe, 1995. I was four years into single parenting, my children now ten and thirteen. That morning I felt very sorry for myself and very envious of intact families. Lonely years loomed before me.

I clung to God. The psalms were my heart's desperate cry. At our small church, there were some lovely people who reached out to me and my children, blessing us with their friendship and their tangible expressions of Christ's love. Over the years I found myself offering ministries that I needed: organizing and training small group leaders, promoting affiliation with Stephen Ministry (that effort was unsuccessful), teaching a Sunday School class for single parents, starting Divorce-Care at our church. Ministering to receive the ministry I needed but which was otherwise not available was not ideal, but it was better, I guess, than lying down in defeat.

Since then - last night again, in fact, after putting this memory to words - I have repented of my self-pity and the bitterness that choked joy out of my life. True, it's easier to see God's hand in retrospect. He got me and my children through those difficult years. He can get you through your lonely and terribly hard times as well. The wonderful news is that ministries of compassion are already in place to help you here at Whidbey Presbyterian Church.



To talk with a Stephen Minister, please contact Anita Juan (679-0697,)

Bebe Gholston (679-2117) or Pastor Dave (679-3579.)

## Yellow Monkeys and Music

by Janis Lussmyer

When the music starts, my fifteen-month-old grandson, who has Down Syndrome, comes alive. His blue eyes twinkle. He kicks his legs and waves his arms. He smiles and squeals and wiggles. He is a picture of joy and a lesson in delight.

Benjamin's taste in music is not yet discerning. A memory chip playing a tinny melody from his interactive toys or his mama leading the worship team in praise or his daddy making up a silly song are all catalysts for his wholehearted, whole body response.

Music motivates Benjamin and engages his whole being. Put music and his yellow monkey together, and happiness is guaranteed. He sits on the floor, arm with monkey out to the side, watching it twist and turn as he holds it by its tiny, floppy arm and pivots his wrist. When the music stops, he starts it up again, using the yellow monkey to activate the buttons, keyboard, and levers of his LeapFrog music table.

He makes his own music as well, trying out the range of his voice and all the wonderful sounds he can make, everything from squeals to laughter to "ahs" and "blahs" and snorts and roars and buzzing bubbles.

Benjamin's delight in music is pure praise. He rocks to the love of his Heavenly Father. He shouts his joyful noises to the Lord. In him I see what it is to abandon oneself to Joy.

I want to worship so wholeheartedly, too, but probably without the yellow monkey.



Random Reflections  
Random Reflections

### • 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!!

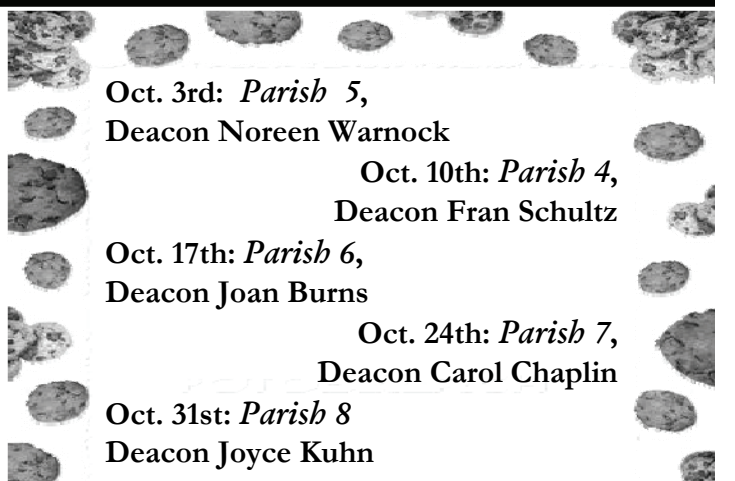
Oct. 3rd: *Parish 5,*  
Deacon Noreen Warnock

Oct. 10th: *Parish 4,*  
Deacon Fran Schultz

Oct. 17th: *Parish 6,*  
Deacon Joan Burns

Oct. 24th: *Parish 7,*  
Deacon Carol Chaplin

Oct. 31st: *Parish 8*  
Deacon Joyce Kuhn



## ATTENTION GARDENERS:

Leaves that gather in the Fellowship Hall Stairwell are being collected regularly and bagged. If you could use this as mulch, please notify the church office (679-3579) and return the taken bag after emptied.



# Faithfully **F**it

by Joan Bay Klope

My daughter Megan is a third grade school teacher in Yakima and this year's theme is "Big Plans!" Her inspiration comes from a best-selling children's book by Bob Shea aptly titled, *Big Plans*, and features a very little (and rather naughty boy) who has big ideas--emboldened by an even bigger personality.

To piggyback just a little on my daughter's big plans for her class of 24 little third graders, the Faithfully Fit small group, which meets at the church every Tuesday at 4:00 p.m., has big plans as well!

### A New Direction

Months ago we organized our small group around the *Prism Weight-loss Plan*. It has proven to be a very successful experience for several women as they have lost the weight they desired as well as improved their health by lowering their cholesterol counts, blood pressure, blood sugar levels and more.

The program has also enlightened us about the role food plays in our everyday lives and we can see the results in the food choices now available at our potlucks and coffee times. Fruits, vegetables and cheeses supplement our usual selection of sweets. Responses from church family members tell us these additions are welcome indeed.

The *Prism Plan* is also rigorous and demanding beyond what many believe they can sustain over the long haul and in cooperation with family members. Some have stepped away from the program and our small group. This has become a growing concern.

After gathering feedback from previous members and prayerfully considering how to support dietary health and the emotional journeys most people will experience during a lifetime of purposeful eating, we will continue to

support those who want to follow the Prism Plan. We are broadening our offerings to include other weight-loss plans as well.

### Fit For My King

Sheri Rose Shepherd has written an excellent 30-day diet plan and devotional book titled, *Fit for My King*, and **we will begin the study Tuesday, October 5th**. There are several things that excite us about this book.

First, the cost is substantially lower at \$14.99. Second, working through the materials is far less time consuming. Best of all, the eating guidelines are compatible with all that we've learned through the Prism program but less legalistic, emphasizing grace and practical information regarding nutrition, exercise and rest.

### Benefits are Enormous

According to Shepherd, there are many benefits to paying daily attention to your nutrition, exercise and rest. To begin with, people in ministry will experience less emotion and physical burnout with improved health. Church members will also enjoy their golden years even more and bring greater glory to God, attracting in unique ways people who wonder what living life as a Christian is all about.

So we welcome past and future members to Faithfully Fit. We're new and improved. We're expanding our activities to include varied weight-loss programs, recipe sharing and outings. Best of all, we're a caring group of people who enjoy each other's company and look to expand our love and commitment to others interested in nutrition and improving health.

The Faithfully Fit small group meets at 4 p.m., every Tuesday, at the church. The program is one hour. If you have questions, call Marcia Townsend at 240-0167 or Joan Bay Klope at 675-3817.

New titles can be found in the library or on the new book cart in Heritage Hall. Check out is self-serve; just remove the book card from the pocket, sign it and indicate a due date of one month from the current date, leave the card in the box and take the item with you.

**CHILDREN'S BOOKS AND MEDIA**

- Bible for Toddlers, by Laura Derico C 220.9 Bib
- Little Snowgirl: An Old Russian Tale, by Carolyn Croll E Cro
- Jingle: The Christmas Clown, by Tomie DePaola E DeP
- Great Escape: Exodus 2:1-15:1 for Children, by Mary Warren E War
- Jungle is Jumping C CD Jun
- Walt Disney's The Jungle Book C DVD Wal

**NONFICTION**

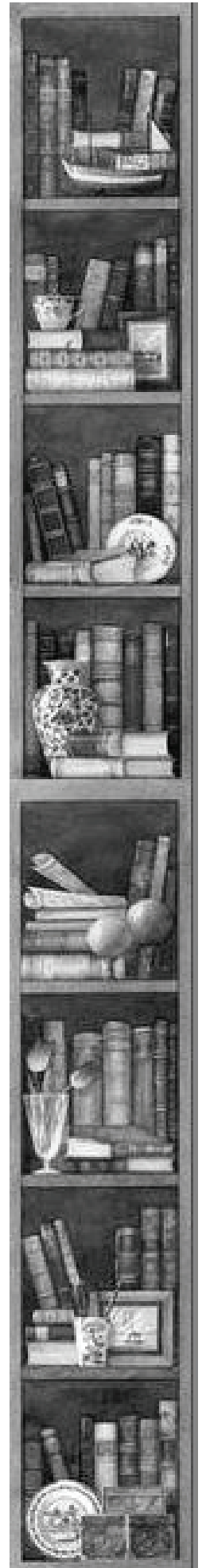
- In the Steps of St. Paul, by H. V. Morton 227 Mor
- Best Christian Writing 230 Bes
- Puget Sound Parables, by Kenneth Smith 232.9 Smi
- Obituary Theology: Reformed Doctrine of Dying and Death, by  
Vernon G. Elgin 236.1 Elg
- Grand Miracle: Devotional for the Days of Advent Based on  
Thoughts of C. S. Lewis 242.332 Hec
- Transforming Your Temperament, by Tim LaHaye 248.4 LaH
- Hope When You're Hurting: Answers to Four Questions Hurting  
People Ask, by Lawrence Crabb 253.5 Cra
- Jungle Pilot: The Gripping Story of the Life and Witness of Nate  
Saint, Martyred Missionary to Ecuador, by Russell Hitt 266 Hit
- Master Plan of Evangelism, by Robert Coleman 269.2 Col
- Unbinding the Gospel: Real Life Evangelism, by Martha Reese 269.2 Ree
- What Everyone Needs to Know about Islam, by John Esposito 297 Esp
- Dick and Jane: Pre-marriage Discussion with Youth and Others,  
By Kenneth Smith YA 259.13

**FICTION**

- Home to Holly Springs (Father Tim series), by Jan Karon Fic Kar
- The Shack, by William P Young Fic You

**MOVIES**

- Bad Girls of the Bible and What We Can Learn from Them DVD Hig
- Slightly Bad Girls of the Bible DVD Hig
- Unveiling Mary Magdalene DVD Hig



Other library news: Church librarians, Nancy Hodges Hughes and Becky Bolte, hosted the North Puget Sound Chapter of the Pacific Northwest Association of Church Librarians on Sept. 18th in Heritage Hall. Eleven members shared information about the PNACL conference held this past summer in Yakima and planned upcoming quarterly programs.

***Something to think about – from your Wills/Endowment Committee***

Most of us spend a great deal of time making plans for our future, yet many of us have not taken the time to plan for what happens to our property and other blessings after our lifetime. No one knows why we procrastinate over such an important issue. Estate planning is not an unmanageable task, yet some may avoid it because it makes our mortality a reality. Ask yourself the following questions to get a start on planning your estate.

**1.) *Do you have a current will or trust?*** These documents are the way you legally specify who gets what from your estate.

**2.) *If you have a will or trust, have you reviewed it within the last 5 years?*** Change in net worth, a move to another state, deaths and births, other changes in your family, and changes in the law are all events that may cause your estate plan to be out-of-date. Reviewing your papers every few years will assure that your plan is kept up-to-date.

**3.) *Have you made a list of all your assets and liabilities?*** The list will be helpful for the executor of your estate. The difference between your assets and liabilities, minus taxes, fees, and costs, is what your beneficiaries will receive. How your property is held, for example, as community property, in joint tenancy, or in trust, will also make a difference in your planning. Also, depending upon the size of your estate, bequests to a charitable organization such as Whidbey Presbyterian Church may reduce the estate tax your estate would have to pay.

**4.) *Do you have an updated durable power of attorney for both legal and medical purposes?*** Who would make decisions concerning your legal or medical affairs in the event that you were mentally or physically disabled and unable to make your own decisions? You generally would want to make it possible for a trusted family member or close friend to act on your behalf in that event. Recent changes in the law require that many of these documents be updated.

**5.) *Have you named charitable beneficiaries to receive a gift from your estate?*** This is your opportunity to make a charitable gift that reflects your charitable intentions. You may designate a specific amount for Whidbey Presbyterian or a percentage of the estate. The gift can be given outright to the church to be used as determined by Session or you can name a cherished program or mission of the church to be supported throughout the coming years through an ongoing endowment or memorial fund administered by the Whidbey Presbyterian Church Wills/Endowment Committee.

Contact a member of your **Wills/Endowment Committee** if you have questions. (Von Summers, Don Ingram, Fred Smith, Mike Sullivan, Tom Asmus, Will Williams or Jim Kotschwar)