



# ***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.

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January 2011



## **Muffin tins help reduce muffin tops**

*by Joan Klope*

If you are like a whole lot of us, the Christmas holiday was filled with fun, food, family and friends! What a blessing to freely celebrate the birth of our Savior! We're thankful for the memories.

Perhaps the waistbands on your pants are also a bit too tight as well. If you're starting 2011 with the hope of improving your comfort AND health, we point you to a simple tool: a muffin tin.

**1. Built-in Portion Control** The growing size of meal portions in the past couple decades coincides with the steady rise in obesity in America. One way to fight escalating portions is to prepare your meals in the muffin tin. Be it mini-sized meatloaf or chocolate cake, the muffin tin creates built-in portion control helping you stay on good terms with the scale.

**2. Save Energy** Using a muffin tray can slash cooking time by up to half. Not only will this get food to the table quicker, but it will also result in an energy savings. For example, if you divide the batter for a pumpkin loaf among muffin trays, cooking time decreases by 30 to 50 percent.

**3. Better Lunches** Smaller food items cooked using the muffin tin can make preparing lunches easier. You can bake up a batch of mini-salmon cakes on Sunday and you can have a week's worth of calorie-controlled portions.

**4. Improved Taste** Cooking items in smaller portions decreases the risk of food drying out. So using your muffin tin could improve taste by keeping food moist longer than food baked in loaf pans.

see 'Salmon' on page 4

## **An Epiphany Open House**

**You are invited to an open house at the Pastor's home** on January 9th, the first Sunday after Epiphany. Stop in any time between 1pm and 4pm for refreshments and fellowship. No gifts, please. Just bring the warmth of your smile and spirit to share with everyone. We look forward to seeing you!

Pastor Dave and Becky **T**emplin

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“Again Jesus spoke to them, saying, ‘I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.’” (Jn. 8:12 NRSV)

These words from John’s Gospel lead us forward into 2011. We’ve just celebrated again the birth of Jesus, the Light of the World. In these weeks and months ahead we will continue to learn about him and about how this Light desires to grow in our lives. And, we will continue in responding to that Light in our lives by allowing him to shine out through us to others.



During the past several weeks, Christ’s light has shone through your ministry and caring for many people in our local community and beyond. In a time of great economic stress you have given generously to help meet the needs of others... gifts of clothes and food and children’s toys for families going without, many food “baskets” for the hungry in our community, offerings to assist in education for ethnic minorities and meeting basic needs of housing and health care for retired pastors and their families. You are supporting the ongoing ministry of our Deacons’ Fund providing emergency gasoline for people to get to work and obtain other basic needs of warm, safe, and dry shelter. You have helped neighbors in need with home repairs, the home-bound and hurting with a comforting and caring presence. Even when the needs seemed to expand beyond our planning for available resources, God has moved through you to make his love known... right down to teddy bears for each of the young children on our Angel Tree.

Thank you! You have helped hundreds of people not only to meet their basic needs but also to receive a clear witness of God’s love in the generosity of your actions and your attitude.

Thank you!...to all who planned, organized, and communicated these efforts that have borne witness of our Lord in our community and our world.

Thank you!... to the leaders and presenters of music and the many other activities that got us ready to celebrate Christ’s birth... the families lighting the Advent candles, ... all our musicians who blessed our worship services with their gifts of instrument and song... the teachers faithfully telling again the story of the birth of our Savior,... the ushers and greeters and Deacons and all who work every week in those often unnoticed but important tasks that support the fellowship and worship of this faith community.

In all that you do and say, tell the good news... that Jesus is born, the Light of the World has come and our salvation is at hand!

- Pastor Dave



**There’s still time to register for WPC’s Tall Timber Family Snow Camp!**

Jan. 28th - Jan. 30th

Deadline for payments is Jan.16th.

Scholarships available.

Make checks payable to “WPC” noting “Tall Timber deposit” on the memo line.

Contact Pauline Williams with any questions at (360) 675-8653.

by Kurt Imbach

As I write this, it occurs to me again that the whole concept of Christmas gifts needs to be reworked! The commercial emphasis, though adding to a festive mood, is pushed to the point of making one feel personally responsible for rescuing the American economy by participating in the spending frenzy.

Then there is the sense of obligation from the peer pressure of what others are doing within a social circle and the impossibility of withholding even though one may not feel particularly generous toward some of the people involved.

Of course, then there is the racking of brain in the recall exercise of reconstructing of events a year ago in order to determine to whom we would therefore owe a gift this year. And there are those on our list who simply have no possible use for anything else one might be giving them. Any gift given would just be clutter.

Into that milieu of conflicting emotions that so damage a proper Christmas feeling I received a refreshing jolt of joy reality this week that brought healthy perspective.

One jolt came from our Men's Breakfast Fellowship which while discussing some ideas for possible giving projects, were made aware of the need of one family which owed but \$1600 to complete mortgage owed on their home. Due to a number of unfortunate complications, they were not able to make progress on reducing that debt. The men had not even made a decision to work on that but within three days individual responses had met that need. The joy generated by that generosity did a lot to restore awareness of what gifts can do.

A similar experience was more personal. Justin and Nicole were selling their car to upgrade in anticipation of their growing family. We decided to buy it in order to upgrade our own car situation (if you have seen my car you understand.) But one thing my Camry had was a great track record of dependability. When it became expendable I was able, through one of Norm McCrea's innumerable contacts with needy people, to give my working car to a family that desperately needed transportation. To be able to deliver that car to good hands, see the gratitude, meet a huge need and generate an overflow of Christmas spirit within me, just demonstrated one more time that, without a doubt, it is "more blessed to give than to receive." Thank you Jesus, for your unspeakable gift.

## Words, etc.

I wish to extend a belated, but still valid, message to all those who have shown the love of God to me after LaWayne's home-going. He was a special person to everyone he met. I thank each of you for your expressions of sympathy and caring. God bless you!

Love,  
Dorothy



by Justin Ross

There is a clip from a pretty popular comedy movie where the main character only prays to “baby Jesus” because the Christmas baby Jesus is his favorite.

Interested in watching the clip I am referring to? Type this into your web browser: [bit.ly/fGyrYT](http://bit.ly/fGyrYT)

That is very silly depiction of what might be some profound truth, especially during these 12 days of Christmas.

We, too, can be comfortable with the baby Jesus. A baby can be efficiently manipulated and molded into our agendas and expectations, our hopes and dreams. The wise men may have brought gifts to a child; we sometimes bring lists. How often do we assume that the baby Jesus grows up to be Father Christmas, capable of managing our prob-

lems by our timeline in our way?

Like this YouTube clip, it's easy for us to see anything we want in that manger. Some may see Jesus as a mystery while others see their best buddy. Jesus can be seen as the source of the prosperity gospel and in solidarity with the poor. Jesus can be viewed as permissive and wrathful. Some may see no more than a historical figure while others see no more than an imaginary friend.

This is the reason I think the church calendar is more important than ever. We live in an era where people's assumptions about the Christian story are limited or non-existent.

And so, this Christmas I hope we all approach the manger with fresh eyes.

This baby has something to say about himself.

The challenge for the guy in the video - and all of us - is to accept the fact that the baby grows up.

We start with the manger yet we recognize that we cannot stay there. Jesus' call to, “Follow me,” bids us to walk away from the manger to discover a Jesus who chooses to define himself. And maybe that's where we might struggle a bit.

This year, I long to celebrate the real Christmas and the real Jesus. May we journey together, sharing with one another our own glimpses of the real Jesus as we celebrate the biggest thing God could have ever done.

#### 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@whidbepres.org](mailto:Justin@whidbepres.org)  
[www.wpcblog.com](http://www.wpcblog.com)



## Salmon

from page 1

### Ingredients:

- 2/3 cup dry red lentils
- 2 shallots, chopped
- 2 garlic cloves, chopped
- 1/2 tsp cumin seeds
- 6 oz. can sockeye or pink salmon
- 1 tbsp horseradish
- 2 large eggs
- 2 tbsp fresh dill
- 1/2 cup bread crumbs
- Salt and pepper, to taste

**5. Variety** From mini-pizzas to a low-fat panna cotta, and even muffins, there is no shortage of recipes that can be adapted for use in the muffin tin. Try your favorites and see if smaller is better.

Here's one to get you started:

### Salmon Lentil Cakes

#### Directions:

- Preheat oven to 375°F.
- In a saucepan, bring lentils and 1 1/2 cups water to a boil. Reduce heat and simmer until lentils have become tender and water has mostly been absorbed,

about 10 minutes.

- As lentils cook, heat 2 teaspoons of oil in a skillet and cook shallots for 2 minutes. Stir in garlic and cumin seeds and cook 1 minute more.
- Mash lentils with a fork or potato masher and combine with shallot mixture: salmon, horseradish, eggs, dill, bread crumbs, salt and pepper.
- Divide mixture among 10 lightly greased or paper lined muffin cups and bake for 20 minutes, or until set and slightly golden on top. Let cool before unmolding. Enjoy!



*Monday, December 13, 2010*

Please contact the office for more information.

### **Holiday Meals**

Thanks to your generous contributions, Whidbey Presbyterian Church provided \$1174.92 for Thanksgiving and Christmas meals as of Nov. 22nd. Twenty meals were retained by our church for the Deacon's Fund and 56 were given to Help House for distribution. This annual tradition has once again shown that we as individuals, and as a congregation, can make a difference in the lives of people in our community. We continued to receive donations

through Sunday, Dec. 19<sup>th</sup> for Christmas meals. Thanks be to God.

### **Deacons' Fund update**

The month of December brought many people to the church office looking for financial assistance. \$496.99 was given from your gifts to help some of these folks, \$140 being for gas vouchers. Additionally, two food vouchers were distributed along with two shoeboxes of essentials that a Life Group supplied (thanks!) As of Dec.22nd, \$1968.41 remains in the Deacons' Fund.

## Presbyter an Women

### **December SCHEDULE:**

- Jan. 6th      10:30 am Bible Study (BH)
- Jan. 20th     12 pm PW Gathering
- Jan. 20th     10 am Bible Study (BH)

Presbyterian Women had a busy 2010 and 2011 looks busy too. The Bible study for January is Lesson 4 for the first Thursday group. We will catch up later. The third Thursday group is on Lesson 5 and will meet Jan. 20th at 10 am. Kurt's study ladies will meet Jan. 6th (the last day of Christmas) at 10:30 am.

Our regular meeting is Jan. 20th starting at noon. Bring a sack lunch and dessert will be provided. The program is "Women of the Bible" - a DVD by an amazing actress. During the business meeting, we will make budget decisions. If there is snow, the regular meeting will be canceled.

Happy New Year,  
Suzanne McCrea

by Janis Lussmyer

Have you ever looked up “resolution” in a dictionary? There are lots of definitions.

Have you ever made a resolution that you broke? You are in good company.

Have you ever experienced the resolution of a conflict? It’s hard to describe the ensuing relief and peace.

Here is a different sort of resolution for the New Year, definition number ten in Dictionary.com: “reduction to a simpler form; conversion.” Sometimes when we strip away the busyness of life, we find peace. Sometimes we find the emotional pain we’ve been running from.

If you are running from pain, it may be time to contact a Stephen Minister. That’s a resolution worth keeping.

## resolution (n.)



To talk with a Stephen Minister, please contact Anita Juan,  
Bebe Gholston or Pastor Dave (679-3579.)

The Movement of His Mercy

Random Reflections  
Random Reflections

by Janis Lussmyer

On November 10th, I was on the last leg of my journey to see my family in Oklahoma. In a Southwest Airlines Boeing 737 at 30,000 feet, I was finally ready to forgive.

A gentle inner nudge from God led me to take out my travel-size journal. The words flowed easily, sealing a forgiveness I had desired but been unable to conjure on my own. I wrote a brief letter:

*... It's taken me these seven years to realize and accept that what you did . . . was out of good intentions. I cannot deny that your actions caused me intense suffering. But God has brought healing in my life these past two years since I left Kansas and He's impressed upon me that it is time to forgive. I forgive you. . . .*

Before I could finish writing, the flight attendant announced our imminent arrival in Tulsa. I returned pen and journal to my purse and settled in for the landing, my heart at peace.

Today - November 30--my letter, carefully typed and finished, will make its flight to the couple in Gem, Kansas with whom my soul has finally reconciled. I do not understand how God worked this inner miracle, only that He intervened imperceptibly and gently with an unexpected movement of His mercy.

### • 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!!



Jan. 2nd: Parish 8  
Deacon Joyce Kuhn  
Jan. 9th: Parish 9,  
Deacon Sarah Templin  
Jan. 16th: Parish 1,  
Deacon Carolyn Lesh  
Jan. 23rd : Parish 2,  
Deacon Lois Imbach  
Jan. 30th: Parish 3,  
Deacon Heather Habeeb

Call the church office for more information on Birthdays and Anniversaries.



*Prayers for Our Military....*

Updates to the prayer list:

Rev. Dan Link, Navy Chaplain, stationed at NAS Whidbey

Megan McKinley, Navy Corpsman, stationed at NAS Whidbey

Sgt. Solomon Gholston, stationed in Iraq

*As always, prayers for those keeping the home fires burning...*



*Church members*

Gladys Barber

Ernie Freitas

Harold Hart

Anna Elliot

Bill Hughes



*Church members' families and friends*

Deana Mitchell *Former member*

Ron Thomas *Ed Thomas' son*

Mary Book *Ed Thomas' mother*

Janna Kintzley *Former member*

Margie Ervine *Former member*

Mark Anderson *Marilyn Arnsberger's son*

Randy Tedrow *Bobbie Tedrow's son*

Brian Anderson *Marilyn Arnsberger's grandson*

Raine Barber *Gladys Barber's daughter-in-law*

Frances Knaack-Day

**For information regarding prayer requests or the Prayer Team please contact:  
Carolyn Gordanier or Carol Chaplin**