



# ***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*

Volume 7, Issue 11

November 2011



## Inside this issue:

Pastor's Pen	2
Imbach's Outbox	3
b   LOG	4
Faithfully Fit	5
Stewardship	6
Holiday Boutique	7
Random Reflections	8
Happenings	9
Newsworthy Notes	10

**Fall Back to Pacific Standard Time November 6th**

1148 SE 8th Ave  
Oak Harbor, WA 98277  
Phone: 360-679-3579



E-Mail: [wpc@whidbeypres.org](mailto:wpc@whidbeypres.org)  
Website: [www.whidbeypres.org](http://www.whidbeypres.org)

By Dave Templin

A couple Sundays ago I preached from Matthew's account of the Pharisees trying to trap Jesus. They asked him if it was lawful (the Law of Moses) to pay taxes to the Roman emperor or not. Had Jesus answered, "yes," they would have denounced him as a rabbi because he favored a conquering Rome, not God's Israel. Had he answered, "no," they would have slipped word to the Roman authorities bringing about Jesus' arrest for refusal to yield to the Roman occupiers.



But Jesus asked them to show him the coin used to pay the Roman census tax. One was produced, whereupon he asked them whose likeness and whose title was found upon the coin. It was the emperor's, of course. And Jesus responded, "So, give to the emperor the things that are the emperor's, and to God the things that are God's."

In our modern-day nation with its general sense of separating the church from the state, that seems to make a great deal of sense. It's almost too easy an answer. In our day and nation, the original intent of this law was to prevent the state from making any state-sponsored, state-mandated religion.

In Jesus' time the Roman emperor was considered, at least by the Romans, to *be* god already. So there is a major theological issue for Jesus and the Jews here. Is the emperor god? Or is Yahweh, the Lord of Abraham, Isaac and Jacob the one true God? It's a high-stakes question for people for whom their nation was founded, promised and called into being, by none other than the Almighty God.

What we can read here and elsewhere in Scripture is that we have a legitimate obligation to our national duties.

At the same time, we have an absolute obligation to God. In other words, our duty to God exceeds all other duties. If God, by definition, is to be God, God must be the final authority in all of life. This means the whole of human life is God's affair. Indeed, we might very well be carrying out our duty to God (love God *and* love your neighbor) when we care for the needs of neighbors less fortunate by paying taxes to the state in support of any of a number of services provided for them! The state might thus be seen to be a servant of God in compassion for our neighbor.

Sometimes it is a hard call to know exactly what to do. What is clear is that Caesar's image was stamped on the denarius, but God's image and likeness is stamped on every human being, men and women, all called to love and serve God and each other. However we carry that out, it needs to be done humbly and in a charitable spirit, as if for Jesus himself.



Mary and I would like to thank the congregation for all the prayers, cards and other support bestowed on us during Mary's diagnosis, surgery and recovery. Mary is doing well and will begin cardiac rehab on October 24th. Thanks be to God.

Herm & Mary Eerkes



Whidbey Presbyterian Church

Wednesday, November 23rd

7 pm

By Kurt Imbach



NEXT STEP-----

As you might imagine, the change of weather and seasons is forcing the Oak Harbor homeless crisis into avalanche mode. We had seven parties in for help just this Monday. We have been talking about this for some time, our Deacon's Fund giving has risen amazingly, and we have a cadre of volunteers here at the church in the afternoons to respond as best we can.

I know that many of you in Life Groups (Pauline Williams), Imbach, and Young Adults have been talking about how we should handle this, with suggestions ranging from ending this ministry (hopeless) to using our Heritage Hall kitchen to better advantage, to cooperation with other churches. All of these options need to be considered, as well as many more. Many of you have read or are reading the book "When Helping Hurts" which takes the discussion far beyond anything we have discussed so far. I do see it as a "must read" for anyone wishing to know more about this ministry.

Therefore I am calling together all who would like to share input, creatively reconsider the role of WPC, or simply would like to know more about this issue to come to Heritage Hall at 3:30 P.M. on November 8 for a Next Step Exploration meeting. We will take a look at the mounting problem facts, the present WPC response and policies, the possible new directions, etc. I urge you to come if this resonates with you, to urge others of whom you are aware have expressed concerns or interest to come as well.

This is a call to prayerful guidance, to action, to creativity, and to united response. The concern has been percolating for a long time now, winter is coming on, and we need all the resources which might be available. Please join us!

**Deacons' Fund Update**

As of October 25, 2011, the balance was \$1010.52 in the Deacons' Fund. During the month of October, \$985.64 was distributed. Individuals in need of assistance for gas , night's lodging, food , gift boxes, and partial rent deposits or utilities were helped. Parishioners contributed a total of \$1515.00 to the fund in October. Deacons' offering envelopes are placed in the back of the pews for your gifts. Please keep this ministry in your prayers and pray for those who have come the past month. Thanks to all who have answered the call, enabling us to serve those less fortunate.

Hours of Operation  
Monday-Friday  
1-3 pm



Outreach Volunteers  
Norm McCrea  
Dick Gholston  
Bethany Ingram

By Bethany Popkes

I love Fall.

*For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted...*

*-Ecclesiastes 3:1-2*

Every Fall I get into this sentimental mood. There's something about the crispness in the air, the crunching of the leaves beneath my feet, the artistry of the light hitting the rustic colored trees, the pumpkin-spiced lattes, apple cider, and visits to the orchards and pumpkin patches. It does something inside of me. It brings a stillness and calm that invite reflection, sentiment, and Sabbath.

Autumn. It's a season of beauty and elegant grace. Yet, I often forget that it is also a season of decline and loss. "My delight in the autumn colors is always tinged with melancholy, a sense of impending loss that is only heightened by the beauty all around," writes Parker Palmer. The sun sets earlier, precious hours of daylight are lost for this Iowa girl. The light is weaker, a dulling of the summer's blaze. Summer's abundance of leaves fall to the earth in a myriad of colors, leaves die with autumn's brush.

And yet, nature does not mourn the coming of winter, but instead prepares for new life. It scatters the seeds that come spring will burst forth into new life. There is inherently a paradox, an absurd contradiction within fall. The paradox of dying and seeding—of living and dying within the same framework and cycle. It is the gospel message—new life brought forth from death.

The hope I see within autumn—that new life is planted in death—is easy to see when enhanced by the visual glory of fall. And yet I wonder if we're able to see this notion within the rest of our lives. Could death hold a beauty that "we—who fear death, who find it ugly and obscene—cannot see?" (Parker Palmer) How do we seek to understand autumn's witness to Christ, to death and beauty viewed as partners, joined together in a profound paradox?

May God be gracious to you, and may God be gracious to me as we discover what seems opposite—death and resurrection—joined together in Christ and overflowing into our lives.



Photo Credit to Matt Nienhuis

By Joan Bay Klope

The Faithfully Fit small group continues to meet each week on Tuesdays at 4:00 pm., usually at the Whidbey Coffee meeting room. If you have nutrition questions, would like to learn more about ways to exercise during the upcoming fall and winter months, need weight-loss support, or simply want to join a fun and caring group of people for an hour of great fellowship, we encourage you to join us!

**Contacts:**

Joan Bay Klope 360.672.5200

Marcia Townsend 206.295.4963

Check out our Facebook page!

**Five Tasty Ways Fiber  
Can Help You Lose Weight**

By Nicci Micco, *Living Well Magazine*

**Upcoming Event:**

**Preparing Healthy Breads and Soups**

Saturday, December 10.

9:00 am – 1:00 pm

WPC Kitchen



You gotta love fiber. Not only does it keep your GI system running smoothly and your heart healthy, it can also keep you from outgrowing your pants! Yes, fiber is a well-known natural slimming aid. It helps you feel full and has no calories. If you fill up on high-fiber foods you can more easily crowd out less-healthy foods. The recommended daily value for fiber is 25 g. Of course, this is one nutrient for which more (from whole foods) is better.

You can boost your intake by making simple trades that, at the end of the day, really add up. Here are five swaps that will boost your daily fiber intake by 20 grams.

**At breakfast...**

*Instead of:* A cup of **orange juice** (112 calories, 0.5 g fiber)

*Choose this:* A large **orange** (86 calories, 4 g fiber)

*You gain:* 3-plus grams of fiber.

*Bonus:* Eating whole fruits requires you to chew (gulping down juice doesn't) and this also helps you feel full.

**For a mid-morning snack...**

*Instead of:* A medium **banana** (105 calories, 3 g fiber)

*Choose this:* 1 cup of **raspberries** (64 calories, 8 g fiber)

*You gain:* 5 g fiber

*Bonus:* Raspberries contain ellagic acid, a compound with anti-cancer properties.

**At lunch...**

*Instead of:* A side of **rice** (121 calories, 0.3 g fiber per 1/2 cup)

*Choose this:* A side of **black beans** (114 calories, 7.5 g fiber per 1/2 cup)

*You gain:* 7 g fiber

*Bonus:* Beans also provide protein, another nutrient that's been shown to be particularly satisfying.

**When the afternoon munchies strike...**

*Instead of:* 1 oz. of **pretzels** (108 calories, 1 g fiber)

*Choose this:* 12 **baby carrots** plus 2 tablespoons of hummus (89 calories, 4 g fiber)

*You gain:* 3 g fiber

*Bonus:* Beta carotene, the pigment that makes carrots orange, is a powerful antioxidant and a precursor to the active form of vitamin A, a nutrient that helps keep your immune system healthy.

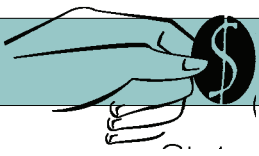
**For dinner....**

*Instead of:* **White pasta with red sauce** (212 calories, 2 g fiber)

*Choose this:* **Whole-wheat pasta topped with 1/2 cup mixed veggies and sauce** (174 calories, 4 g fiber per cup)

*You gain:* 2 g fiber

*Bonus:* Trace minerals—such as magnesium, a nutrient needed for a healthy metabolism—that are removed when grains are refined.



By JR Russell

As I am typing this, I am staring at the 2012 budget. Once again it is very ambitious and aggressive, which is fantastic. The next step is to raise the money to put these programs into action.

By the time you read this, I will have stood in front of you at a Sunday service to kick off our Stewardship Drive for 2012. I am certainly aware of the fact that times are tough which is all the more reason to give! When I look at just how generous this congregation is, I am amazed and proud to be associated with it. Our 'Little White Church on the Hill' contributes to over 20 ministries and we are still pushing to do more. From our young folks like Alex & Zach to the REAL old people like Dick Gholston & Bob Fraser, this church works hard and gives like no other. We have some aggressive plans for 2012 and beyond and we will need your financial help. I know I can count on you!

**EFT JUST DO IT! J:** Member contributions to our Church through Electronic Fund Transfer (EFT) continues to grow. EFT is easy, and is paying huge dividends in ease and accuracy of accounting. EFT allows you to have your contributions automatically withdrawn from your checking or savings account on a date specified by you. I will continue to urge you all to take advantage of the cost saving function. If you want to know how effective it is, just ask Gaye, Connie or Charles to get a better understanding of just how much EFT eases things!

#### Why would you want to contribute through EFT?

You will no longer need to write a check for your contribution

When you are out of town, the church will still receive your contribution!

Our cash flow be more stable due to receipt of regular contributions

We eliminate the possibility of lost/stolen/misplaced checks.

Your personal information (address/phone number & bank account information remains private.

Please feel free to talk to Gaye Litka, our Church Treasurer, for more information. 675-9474

---

## Your Legacy

A charitable bequest in your will provides an opportunity for you to support the ministry and mission of **WHIDBEY PRESBYTERIAN CHURCH** in ways that may not have been possible during your lifetime. Consider the advantages of giving to the Church through your will:

Your assets remain in your control during your lifetime and you can modify your bequest from time to time to address changing circumstances.

You can specify that the funds be used or placed in an endowment for a specific area of our church's work or make an unrestricted gift.

If your estate would be subject to state or federal estate tax, your bequest to the Church would reduce the size of the taxable estate.

Most of us hope to leave the world at least a little better than we found it. By having a will, and including the church in that will, you can do that. What we believe and what we own can be passed on, at least in part, to the people and Church we love and support. All it takes is some planning to assure that this is done according to your wishes.

Contact a member of your **Wills/Endowment Committee** if you have questions. We will be happy to assist in any way that we can. (Jim Kotschwar, pres., Will Williams, Tom Asmus, Von Summers, Charles Gordanier, Don Ingram, Fred Smith, Kent Williams, Barrett Taft, JR Russell).



# Holiday Boutique

The Annual BOUTIQUE is an all-church event, sponsored and coordinated by the women of the church.

Toddler Learning Center, Help House, Scholarships for our local Presbyterian youth, the Presbyterian Hunger Fund...these are but a few of the local, national and international projects funded by purchases at the Boutique.

Many thanks to the men and women who contribute their time and talents to the success of this annual event.

Set-up for the boutique will be Friday, November 11, from 10 am until 2 pm. Please bring your arts and crafts at that time. Baked goods may be brought in on Friday or before 9 am on Saturday morning.

SEE YOU THERE!!!



Saturday, November 12, 9 am-2pm

- B** - Bakery, Bags and Bibs for Babies.
- O** - Outstanding hand-thrown pottery, hand-crafted articles of wood, and carefully nurtured plants.
- U** - Unique holiday décor.
- T** - Tasty cakes, cookies, pies, fudge and sugared pecans.
- I** - Incredible gifts galore for mom and dad, the kids, and more!
- Q** - Quilts, Quilts, Quilts and Quilts.
- U** - Undeniably and unequivocally the most scrumptiously delicious cinnamon rolls.
- E** - Extraordinarily beautiful placemats, knit hats, scarves and mittens.

• 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!!



**November**

- Nov. 6th: Parish 7  
Deacon Joyce Kuhn
- Nov. 13th: Parish 8  
Deacon Carol Chaplin
- Nov. 20th: Parish 9  
Deacon Barbara Link
- Nov. 27th: Parish 1  
Deacon Ruth Lindenstien

## Giving Thanks

---

By Janis Lussmyer

I learned via Facebook post the other day that *stressed* spelled backwards is *desserts*, which explains my losing battle with cappuccino chocolate chip frozen yogurt.

So when are we not stressed? (If you answer “never,” I don’t believe you.) Even the apostle Paul experienced stress. You know, little things like being whipped, shipwrecked, imprisoned. Yet, he says, “. . . I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything, through Christ who gives me strength.” (Philippians 4:11-13, *NLT*)

Instead of stressing out over his stressful circumstances, Paul gave thanks. His advice still rings true: “Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.” (1 Thessalonians 5:18, *NLT*)

When I’m stressed, I tend to complain. Or have a pity party. Or eat too much cappuccino chocolate chip frozen yogurt. But instead of following the letter trail from *stressed* to *desserts*, perhaps I should follow Paul’s example: being content and giving thanks.



## STEPHEN MINISTRY

A poor substitute for compassion and action, sentimentality cushions its messengers against suffering.

Sentimentality takes real-life, inexplicable trauma and softens it through its rosy lenses, not for the sake of the real people involved in the real trauma, but for the sake of the messenger’s own personal comfort.

Sentimentality believes there are always explanations and always fairy tale endings for every situation a Christian faces, so if your “happily ever after” doesn’t happen, you must not be a true believer.

***Christ does not call us to sentimentality. He calls us to compassion and action.***

Sentimentality sees the pain of a couple who have lost a child and tells them that God must have needed their little angel in heaven. Compassion cries with them.

In its sonorous tones, sentimentality tells the devastated that God only allows what He knows they can bear. Compassion offers loving presence instead of wounding words.

Sentimentality offers explanations. Compassion offers safe haven for those who suffer.

Jesus never said our lives would be perfect or easy or free from pain. He did say, however, that He would be with us no matter what. And He is.

**Believing Jesus’ promise of presence, Stephen Ministers stand ready to put compassion into action.**

Encounter **VERGE** with a team from your church

## NEXT Gen Ministry

with Dr. Rodger Nishioka



Dr. Nishioka, professor at Columbia Seminary, is a premier practitioner and scholar for NEXT Generation ministries.

Saturday,  
**NOVEMBER 19, 2011**  
10 a.m. - 3 p.m.

**Community Church of Seattle**  
3727 240th St. SE, Bothell, WA

REGISTER NOW AT:  
[www.npspresbyterians.net/verge2011](http://www.npspresbyterians.net/verge2011)

**\$10 INCLUDES LUNCH**

**VERGE**  
IGNITING AN UNEXPECTED LEADERSHIP

North Puget Sound Presbytery  
1010 E. Casino Rd.  
Everett, WA 98201  
[www.npspresbytery.net](http://www.npspresbytery.net)



### WPC Family Snow Camp At Tall Timber Ranch

January 27th-29th


Fellowship, Fun and SnOW! A special time with our church family.

Cost includes meals starting with Friday dinner through Sunday Brunch.

Cabins: \$70 per person; half price for ages 5-10  
Schulze Center or Cedar House: \$78 per person; half price kids (under 10 kids are free)

Questions? Pauline Williams has answers at 675-8653.

## From Scripture Reading to Scripture *Proclamation*





Saturday, Nov. 5th 9 am to 12 pm

Explore Ways to reclaim the power of presenting scripture in worship, Sunday School & Bible Studies. Participants will work with a variety of passages in a variety of ways —enacting, narrating, singing, or imaging.

Phone: 360-679-3579 to register.

### Christmas Cookies!

The holidays are a busy time of year. Save yourself some time and support the youth group at the same time! Order your Christmas Cut-out Cookies from a student and we'll bake them for you!

**Pre-order between Nov. 9-20 and we'll bake them Dec. 3.**

Pick up (Sunday, Dec 4, at church) or  
Delivery option available.

Contact any youth group student for pricing, ordering, and cookie options.

Proceeds will go toward our Spring Mission Trip to San Francisco.



## MUSIC MINISTRY



### CHILDREN'S CHOIR

Good News! The WPC Sunday School Children will sing on Sunday, November 13th for both worship services with the Praise Team & Chancel Choir! At the 9:30 Contemporary Worship Service, just prior to departing for Sunday school, the children will sing during the "Children's Message" of the worship service. They'll also sing the same song during the "Anthem" of the 11:00 Traditional Worship Service.

On Sunday, November 13th the children should sit with their Sunday school teachers prior to the start of each worship service. At the appropriate time they will be guided to stand on the steps in front of the chancel. Afterwards, they will be dismissed to join their teachers or parents.

Thanks for supporting your child with this Music Ministry opportunity!

Sarah Russell

"Night of the Father's Love" – The awe and mystery of God with us, written as a Christmas Musical Celebration by composer Pepper Choplin, will be shared by the Chancel Choir, narrators & featured soloist on Sunday,

December 18<sup>th</sup> at the 10:00 am Worship Service.



## **Library Corner - What's New at the WPC Library**

Need a good book to read as you settle in to a comfortable chair by a warm fire? Some new titles in the library are listed below and can be found on the wooden library cart. 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.

### **NONFICTION**

Faith Club: a Muslim, a Christian, a Jew – three women search for understanding, by Ranya Idliby

Integrity: a commentary on the book of Philippians, by Earl Palmer

Christian Book of Why, by John McCollister

Quest of the Historical Jesus, by Albert Schweitzer

Ten Commandments from the Back Side, by J. E. Kalas

God's Little Devotional Book for Men

Cool Drink of Water: inspiring true stories to refresh your spirit

Seeking Enlightenment Hat by Hat: a skeptic's path to religion, by Nevada Barr

True Faith and How I Found It: the story of a remarkable conversion, by Samuel McGerald

Speaking the Truth in Love: how to be an assertive Christian, by Ruth Koch

Best of Max Lucado: a classic collection

Essentials in Ministry, by Brian Broderson

Homestead: Modern pioneers pursuing the edge of possibility, by Jane Kirkpatrick

Heaven's Heroes: real like stories from history's greatest missionaries, by David Shibley

### **FICTION**

Under the Cajun Moon, by Mindy Clark

Family Patterns (Patchwork mysteries; 1), by Kristin Eckhardt

(Watch for additional titles in the Patchwork Mysteries Series from *Guidebooks* – WPC library has a subscription)

If you need assistance with library materials, please contact Becky Bolte or Nancy Hodges Hughes, church librarians.

## **SAIL and Beyond**

The SAIL, Stay Active and Independent for Life, class finished with graduation on October 11<sup>th</sup>. Forty-five people from our congregation attended some or all of the five sessions, 10 received certificates for having attended all of the classes. It was wonderful to hear from some of the participants exactly how this information has impacted their lives. It may be as simple as installing night lights or replacing "throw" rugs or not wearing unsafe "slippers". Some participants are installing railings on stairs and grab bars in their bathrooms. Much of the information we received was common sense but don't we need to be reminded to stay off ladders when we're past our nimble and invincible years? Some of us needed to hear that.

The class was so successful and informative that many of the participants asked for additional information and training to help them lead healthier and safer lives. So, in conjunction with Whidbey General Hospital, we're offering a CPR (Cardio Pulmonary Resuscitation) class on November 15<sup>th</sup>.

This class is for anyone that wants to have more knowledge about how to possibly be of assistance to a family member, friend, acquaintance or stranger that may be in cardiac distress. Robert May, a paramedic and our instructor, emphasized that you don't have to actually perform CPR to save a life; you can be a coach, you can instruct a more physically active person, call 911 or work with someone else as a team member. CPR has changed many times and the most recent form of CPR does not include mouth-to-mouth contact. We will not be down on the floor doing physical work; this form of instruction is really geared to helping us learn what to do and not necessarily doing it ourselves.

The CPR class is scheduled for Nov. 15<sup>th</sup> from 10:00 to 11:00 a.m. in Heritage Hall. Come and learn more about being an active participant in keeping ourselves and others active and independent, and alive. For more information and to let us know you will attend this one day class, call me, Joyce Kuhn, at 279-9801 or leave your name at the church office.