



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 6

June 2011

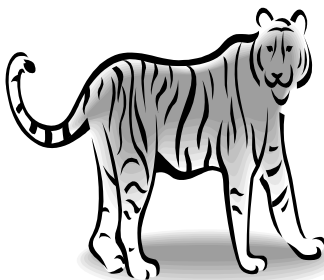
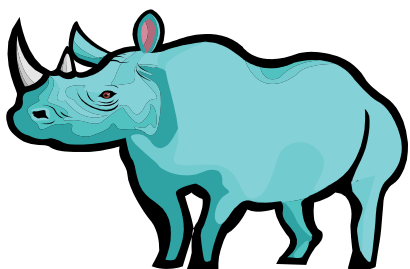
PLAN ON ATTENDING VBS, JULY 18-22, 9am-12pm

Kids will go wild for “KINGDOM OF THE SON,”

Vacation Bible School. A safari theme makes for great adventure.

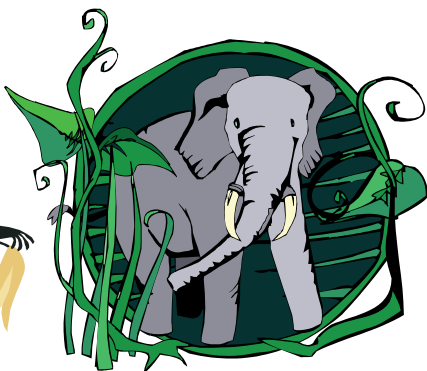
Children will learn the Lord’s Prayer with songs, games, stories and snacks. Jump on the caravan and join the fun.

We’re looking for volunteers to lead, teach or prepare snacks for this fun annual event for our church kids and those in the community-at-large. If you can volunteer one day...that’s great! And if you can volunteer the whole week? We’d love it. The kids would appreciate it, too. Please contact Anita Juan at 675-0697 or Andrea Bakke at 679-3249.



Inside this issue:

Pastor’s Pen	2
Imbach’s Outbox	3
Matt’s Corner	4
Random Reflections	5
Stewardship	6
Faithfully Fit	7
Summer Happenings	8
Special Dates/Prayers	9



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



E-Mail: wpc@whidbeypres.org
Website: www.whidbeypres.org

It's change-over month! That's right! June!

The school year finishes up (the 22nd) and summer vacation season begins. The sanctuary choir sings the grand finale and begins a welcomed summer break (the 12th). The summer worship schedule begins (the 19th) with the two services moving up one hour and the early (8:30am) service moving to Heritage Hall to share a breakfast fellowship before worship. New Elders and Deacons are ordained and installed to office (the 12th), meeting with the Session and Board of Deacons, respectively for a "hand-over" of responsibilities and ministry. Tall Timber Ranch kicks off a full summer schedule of camping for kids and adults. And a new members' class (Fellowship 101) meets to discover what it means to be part of Christ's church here (the 18th).



With the changing of the seasons – yes, eventually the sun does come out to play! – we will often shift our attitude as well. After all, it's vacation time! We'd really rather play than work. We'd really rather kick back than keep our shoulder to the wheel and all that stuff. Sun and sky and sea and sails and kayaks and mountains and trails and campgrounds and beaches all become strong competitors for our attention. We are drawn to attend to ourselves more – with family outings, walks on the beach, and just being lazy in the sun. That's a good thing because we all need times of re-creation, refreshment, and renewal. The Sunday School teachers, choir members and outgoing officers are all thankful for a time of rest. We want to slip the shift lever into "coasting" mode.

That's why this is an important time to pay attention... and not just while driving because there are so many other cars on the road. This is still a time to feed our souls with spiritual food, to worship and to wonder. It is a time when travelers drop in to fellowship and to worship with us... needing our attention and welcome. It's a time when children make the rounds of various Vacation Bible School programs in town, offering a respite for their parents and a time of spiritual learning for tomorrow's leaders. Growing and learning has not stopped just because the last school bell has rung. And Jesus is very much at work in our worship and fellowship life every day. One thing that Jesus will always do when we gather is to show up and be with us.

So, put your "ears" on. Tune in – pray daily. Watch and listen for him. Be ready to share with those who need him. The Kingdom work is ongoing, and the hope for which people are looking is in your hands. Be ready, and be generous in your sharing.

- Pastor Dave



NEW MEMBERS CLASS



If you are thinking about membership at Whidbey Presbyterian Church, or if you are interested in learning more about the church in general, you might wish to attend the New Members Class which will be offered:

Saturday, June 18, 2011
 9:00 A.M.—2:00 P.M.
 Heritage Hall

Lunch and child care will be provided. Please give us the names and ages of children requiring care. All are welcome!!!

Collision Insurance: DON'T FORGET TO SIGN UP!...

We've recently experienced some "collisions" between groups arriving at the church expecting to use a certain room or space only to find another group there, too. The laws of physics prevail... two different bodies cannot occupy the same space at the same time!

That's why our Office Manager, Connie Jones, has a sign-up calendar! And that's why it is so important that you make use of it when scheduling a meeting, activity or event. Please **arrange for meeting room needs in advance!** If you have not signed up with her you may not get to use the space even though you might have used it before.

Thanks for helping us all work more smoothly together.



- Pastor Dave

By Kurt Imbach

I was struck recently with the truth of Psalm 51:11. "Do not cast me away from your presence, and take not your Holy Spirit from me".

There are numerous thoughts for reflection in that verse, but the one which stood out for me was the use of the Holy Spirit and presence of God as synonyms. The Hebrew use of parallelism as common poetic device (much as we would use rhyme) makes the point even more strongly.

In simplest terms, we can therefore think of the Holy Spirit as the presence of God with us. The New Testament makes the same point when Jesus breathed on the disciples and invited them to "receive the Holy Spirit" and coupled with that, His promise to be "with you always".

Our theological definitions and our ways of teaching/talking about the Holy Spirit have seemed more to confuse than to clarify our thinking. The first makes the thought of relationship with God more remote and difficult, almost antiseptic, the second makes it too folksy, unrealistic, even misleading.

It has helped me in my sense of relationship with God to watch for any sign of activity of the Holy Spirit in and around me and when aware of it, recognize it to be an authentic experience of God Himself. If that can be so, then I experience God whenever I experience any work of the Holy Spirit such as love, joy, hope, comfort, fellowship, peace, prompting, inspiration, motivation, hunger for God, transformative changes, assurance, awe and worship, insight, sense of right and wrong, of call and direction, etc. All of these are activities of the Holy Spirit and when I experience these (either in receiving or giving) I have had an experience with God Himself. The intangible, invisible God has now become more personal, real, detectable and authentic. Thanks be to God for His presence, the gift of His Holy Spirit which we can actually experience.



We recognize and honor all of our church members and family members, who graduated with the Class of 2011.

Stephanie King

Granddaughter of Bill & Lois LaBarge
Juanita High School
Rotary Scholarship
University of Washington

Janis Lussmyer

WPC Member
Certificate in Lay Ministry
Whitworth University

Emily Maas

Great Granddaughter of Dorothy Bradfield
Bakersfield High School

Ashley Smith

Daughter of Bob & Terry Smith
B.A. in Theology, Minor in Biblical Languages & Certificate for Ministry
Whitworth University

Jennifer Kuhn Spencer

Daughter of Bill & Joyce Kuhn
U. of W. School of Nursing
B.S. in Nursing

Aaron Pavlakos

Great Grandson of Helen Stimple
H.M. Jackson High School
National Scholastic Art & Writing Composition Award
Presented at Carnegie Hall

Heather Anderson

Granddaughter of Marilyn Arnsberger
San Diego State
B.A. in Architecture
Entering Masters Program at Cal-Poly Tech

Blake C. Schulle

Grandson of Marlis Schulle
Oak Harbor High School



You may have looked at the author of this article and asked yourself, “Who is this man?” Or you may have thought, “The name sounds familiar, but I’m still not sure who he is…” Well, let me introduce myself.

My name is Matt Nienhuis and I am the Interim Youth Director here at WPC. I have attended this church for several years now and, because of my strong passion for youth ministry, I have worked alongside Justin Ross and other members of the ministry staff since 2008. I have been fortunate enough to have had countless opportunities to help with youth programs, both on Wednesday evenings for youth group and mission trips that have gone as far as California. Without taking away from the marvelous things God had used Justin for in his 9 ½ years on the Island, I have worked and prepared all these years for a moment like this. Most importantly, in my time spent with the youth, I have personally witnessed tremendous growth and maturity take place.

During recent months, the kids have raised concerns about the state of the youth group. Will their next leader be laid back? Would they still be able to go to Tall Timber? (This is one of the highlights of the year for them.) It has been an anxious time for them as they await the new youth director.

So, where do I start? Where do *we* start? How can we carry this generation through this period of uncertainty, after 9 ½ years of relatively solid direction? Well, I think the right place to start is not necessarily with the ministry program but with the kids themselves.

I am a strong supporter of relational ministry, and have found what is truly important to the kids is friendship. We can describe the love of Christ to them until we are blue in the face, but unless we are able to express an *authentic* concern for who they are as a person, it is all for not.

This authenticity goes hand-in-hand with our friendship. I think it is safe to say every human being can tell when a conversation turns from real interest to objective. I can also say from firsthand experience that a Biblical lesson we create for them means much more than a pre-planned curriculum based study, and they can instantly tell them apart. What kids want are *our* words, *our* thoughts, and *our* love.

I know I have just thrown a lot at you all, and you may or may not still be following. Beginning with myself and eventually speaking on the subject of authenticity, I cannot blame you if you got lost along the way.

Life can be just as confusing. One day, we may be relaxing on a sandy beach, with gentle waves cooling us off from the afternoon sun and the next day we are doing all we can to keep our eyes dry in the pouring rain.

We have no idea when the new, permanent youth director will be hired. Our youth know even less about the situation and may be wondering where in the world I am guiding them as I take the reins for a while.

Getting the youth program dialed back in is undeniably vital. However, rather than focus all of our attention on that process and have the kids meet us where we end up, why not meet them where they are at right now, in the same way Jesus has met us? We are all in this chapter together and we are all part of a beautiful ministry years in the making. I think this is as good a time as any to let the younger generation know that they are cared for where they are at and will be taken care of for years to come.

“Set on God”

Random Reflections
Random Reflections
Random Reflections

Providentially Speaking

By Janis Lussmyer

A meditation on I Peter 1:21 that I wrote back in April 2009 catches my eye. For reasons unknown, it “feels” right for the May 2011 *Log*. “Set on God” needs revision, of that I am sure, but exactly what it needs I do not know. So I boot up my laptop and start to work. The writing gradually takes its “*Log*” shape, and I send it in the day before the April 20 deadline.

On Easter Sunday and on Mother’s Day, I sit up and take notice at the New Testament reading, which includes verse 21 of I Peter 1: “Through him [Jesus] you have come to trust in God, who raised him from the dead and gave him glory, so that our faith and hope are set on God.” I start to wonder just how random my selection of that verse and meditation for the *Log* was.

I don’t know about you, but my life usually feels pretty random. However, I have found that as I pay attention, I see little “coincidences” happening all the time. No, God is not manipulating me like a marionette by pulling strings so I will go there, do that, write this. What I envision is our patient, loving Father dipping His hand into life’s pool and gently rippling the waters into concentric circles of providence. And sometimes we get to see the ripples.

A spiritual mentor once said to me, “Ask God what He wants to teach you in this situation.” In the asking is the acknowledgement of His action. Maybe God wants to underscore how tenderly He loves me. Perhaps He is highlighting a sin I have not confessed. Maybe He wants me to trust Him more.

The recent repetitions of I Peter 1:21 give me an extra moment of wonder at God’s behind-the-scenes presence in our lives. He takes what seem like random moments to us and infuses them with his providence.

COMPASSION

Caring for

Others, not

Motivated by condescending

Pity but

Acting in mercy,

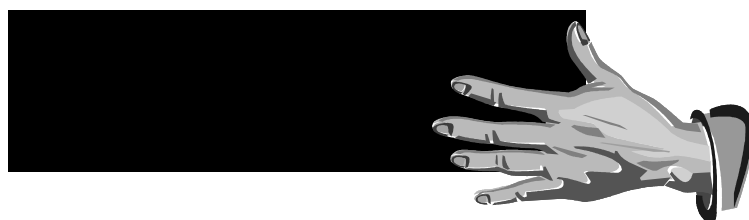
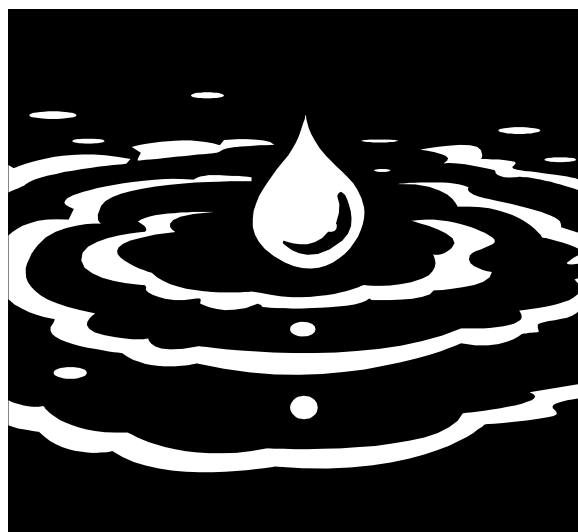
Showing Jesus’

Sinless love

In action

On others’ behalf

Now.



. News Flash!! We are pleased to soon offer you to the opportunity to give your contributions to our Church through Electronic Funds Transfer (EFT). EFT allows you to have your contributions automatically withdrawn from your checking or savings account on a date specified by you.

How does it work?

By completing a special authorization form, the Church will receive your contributions through an electronic bank transfer. You specify the amount and the frequency of your gifts. The transaction will appear on your bank statement the day after the transaction is initiated by the Church. Your contributions will be posted to your giving statement at the Church, just as they are now.

Why would I want to contribute through EFT?

1. You will no longer need to write a check for your contribution.
2. When you're out of town, the church will still receive your contribution.
3. Our Church's cash flow will be stable due to receiving regular contributions.
4. It eliminates the possibility of lost, stolen or forged checks. Plus your personal information (address, phone number, & bank account numbers) remains private.

It's convenient! Most members are already familiar with EFT, as they use it to pay their mortgage, insurance payments, auto loans, -- or receive their Social Security checks or payroll checks automatically into their checking accounts.

What do I need to do?

Complete the authorization form that will soon be available in our office or on the Church's Website, choose the frequency of your giving (semi-monthly or monthly on the 5th or 20th), attach a voided check, and return to Connie in the office. That's it!

Who do I talk to, if I have questions?

Please call Gaye Litka, our Church Treasurer, for more information. 675-9474.

Deacon Information removed prior to publishing.

Healthy eating doesn't have to mean an empty wallet....

Although higher fuel prices and bad weather around the nation are raising the cost of foods, we can still stick to our goal of being healthier by choosing a wide variety of budget-friendly strategies. Here's how:

1. Get them fresh, frozen or canned – but get them

Plain frozen vegetables and fruits are often cheaper than fresh and are quick and easy to prepare. For instance, fresh green beans cost \$1.03 per cup, while frozen whole green beans ring up at only \$0.57 per cup.

Frozen vegetables can be steamed in minutes with little preparation. Frozen produce is as nutritious as fresh and will keep in the freezer for several months without going bad.

Canned vegetables and fruits can cost even less, but be sure to look for those packed in juice or water, not high-sodium brine or sugar-rich syrups.

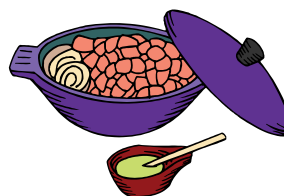
2. Shop sales and seasons

Imported or unusual foods and out-of-season produce hike up the grocery bills. An imported kiwi fruit will cost \$0.82 cents per cup, while a seasonal U.S.-grown apple costs only \$0.28 cents per cup.

Take advantage of weekly and seasonal specials to stretch your fruit and vegetable dollar. Spring is a great time to look for fresh strawberries (especially the local ones from Bell's Farm), but wait for mid-summer for fresh blueberries or melons.

3. Plan and prepare

A grocery list means you're less likely to fill the cart with impulse purchases and unhealthy choices. Plan what you'd like to eat for a week with some staple and think in general terms:



and un-recipes

- **Monday:** Bean and veggie chili, corn bread
- **Tuesday:** Baked potato topped with leftover chili and side salad
- **Wednesday:** 3 oz. fish, steamed vegetables, rice
- **Thursday:** Stir fry veggies with lean beef or chicken and leftover rice
- **Friday:** Low sodium canned minestrone soup with added frozen vegetables and whole-wheat bread and reduced fat cheese.

Use your list, but select the specifics when you're at the store so you can take advantage of specials.

Another tip: Try cooking a few dishes from scratch to stretch your dollar. For example, frozen French fries cost \$0.41 per serving. For half that price you can have a fresh potato ready to eat in minutes. You'll save fat, salt and money. And when you do cook, double the recipe and freeze meal-sized portions of leftovers to save time and money.

4. Lighten up on meats

Choosing leaner meats and substituting plant sources of protein can mean serious savings. For example, a high fat sirloin steak averages \$5.67 per pound, while lean boneless chicken breast costs \$3.21 per pound. Compare that with \$1.25 per pound for dried kidney beans.

You can make these savings add up even more – and reduce your risk of many cancers – by following the American Institute for Cancer Research's way of eating: Let meat take up one-third or less of your plate. Fill 2/3 or more with vegetables, fruits, whole grains and legumes.

Other ways to cut your food budget while maintaining your healthy eating habits include...

- Planting a vege- _____ table garden.
- Packing a healthy snack to avoid the temptation to buy pricy, often less healthy, commercial snacks.
- Eating first. Grocery shopping on an empty stomach increases the chance that you'll impulsively buy more food than you need.

If you're planning to shop at the local farmers market, wait until later when sellers may cut a deal on produce.

Summer Worship Schedule

Don't miss out!! Remember the Summer Worship Schedule changes on June 19th. Contemporary Worship and Adult Sunday School are at 8:30 am. The Traditional Worship Service follows at 10:00 am.

We will miss our full choir, but anticipate summer song and music from local artists.

The June schedule includes:

19 June: "The Four Tenors", a vocal quartet.

26 June: McKenna Peckenpaugh, a vocal soloist from First Methodist Church.

If you would like to share your God given musical talent during the summer interim, this is the time to reserve a date to share your music. To learn more details with how to become an active participant in this Summer Music Ministry Opportunity, call, WPC Music Director, Sarah Russell at (360)929-4845 or send an email to: sarah@whidbeypres.org.



Faith Fun and Fellowship

Mariner's Baseball

A game plan just for you...

When: July 30th

Where: Safeco Field

Time: Bus leaves WPC 10:00 am

Cost: Game tickets \$15; share cost of transportation (\$30-\$35 ea.)

Signup Deadline: June 26th; Checks payable to Pauline Williams.

No refunds.



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!!



June 5: Parish 3
Deacon Heather Habeeb

June 12: Parish 4
Deacon Ruth Lindenstein

June 19: Parish 5
Deacon Noreen Warnock

June 26: Parish 6
Deacon Joan Burns

Birthday and Anniversary Information Removed Prior to Publishing.

Prayers for Our Military....

Prayer list:

Rev. Dan Link, Navy Chaplain

Mike Porter, stationed in Afghanistan

Greg Clown, stationed in Turkey



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

Church Members

Ernie Freitas
Harold Hart
Anna Elliot
Bill Hughes
Gladys Barber
Chris Layport
Mike Sullivan
Larry Young
Helen Bonham
Bebe Gholston



Church Members' Families and Friends

Deana Mitchell *Former member*
Janna Kintzley *Former member*
Margie Ervine *Former member*
Mark Anderson *Marilyn Arnsberger's
son*
Frances Knaack-Day

This month, for information regarding prayer requests or the Prayer Team please contact: Carolyn Gordanier or call the church office 679-3579.