



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 8, Issue 2

February 2012



Congregational Prayer Workshop

February 18, 9am-Noon, in Heritage Hall

Join us at a special, guided prayer workshop that will focus our Lenten journey toward the great celebration of Christ's resurrection. This event will lay the foundation of a journey that continues for the 40 days of Lent. In the journey we will use a specially written just-for-us series of prayer exercises and discussions developed by Rev. Dianna Kunce and Rev. Denise Easter of Renewal Ministries Northwest, a mission and ministry partner of our presbytery.

Plan now to grow deeper in your faith. Let us know you'll be there by calling the church office (360.679.3579) and adding your name to the list of attendees. We'll see you there!

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“Lenten Engagement - Spiritual Disciplines for Life”

“Set aside your own desires so that you will become patient and godly, gladly letting God have his way with you. The more you go on in this way, the more you will grow strong spiritually and become faithful and useful to our Lord Jesus Christ.”

(2 Peter 1:6.8 LB)

The season of Lent is a time for prayer and reflection, of confession and self-sacrifice; a time to “ready ourselves” to, once again, meet our risen Lord on Easter Sunday.

On Saturday, February 18 from 9:00 a.m. – 12:00 p.m. we will gather together in the sanctuary as a community to prepare for our journey through Lent. At this “mini retreat” you will be introduced to the theme for our Lenten Devotional Guide, *“Lenten Engagement – Spiritual Disciplines for Life.”* This guide is available for individuals and small groups.

During the retreat you will receive Biblical teaching on *“The Way of Jesus.”* We will explore some of the spiritual disciplines that aided Jesus in his fellowship with his father and helped him discern his Father’s instruction for daily life. After each teaching you will be given “prayer exercises” to aid you spending some time alone with God.

We invite everyone to participate in this time of learning and prayer as we enter a new season of spiritual life. Life Groups and other small groups will be joining in the ongoing study noted above. If you are not in a Life Group you may follow the guide individually or be part of newly formed small groups just for this season. If you would like to be part of a new group for these seven weeks of study and prayer, please contact Kurt Imbach, Director of Adult Fellowships, at the church (360-679-3579).

- Pastor Dave



Sweetheart Banquet

When: Saturday, February 11, 2012

Where: Heritage Hall

To RSVP, call the Church Office: (360-679-3579)

Limited seating, so hurry!

Celebrate Valentine's Day in style! Enjoy a lovely four-course meal provided by our youth group! Appetizers from 6-6:30pm with dinner to follow. Any free-will donations go towards the youth group's spring mission trip.



By Dave Templin

Paying attention. That was pretty important during the several days just before I am writing this message. It was the time of the “big storm” – the relentless snow and ice that made national news as they created treacherous highways and runways, sidewalks and stairways. If you wanted to get out and move around you had to pay attention to what you were doing at every moment... and watch out for the other guy, too!



Pay attention! When the storms of life batter our spirits, freezing our faith and blanketing our best intentions with a blizzard of distractions and excuses... that’s when we want to pay even more attention to God’s presence in our life.

Have you noticed how, when we are coming from a “mountain-top” experience with God – like the joy and wonder of Christmas celebrations of the birth of our Savior – that the next steps always seem to lead us downward into the valley? Following Christmas joy is a season that seems all too ho-hum-back-to-work and business-as-usual. Following the resolute promise to oneself to do better with the new year comes too soon the binge, the splurge, the forgetfulness, the slippage of intention. You could call it inattention. Now, more than ever, is the time to *pay* attention.

Nurturing our spiritual life calls for our attention. It is an on-going process of life. So we now arrive at a special time to dig back into prayer and rekindle our sense of the presence of God. February 18 – a Saturday – from 9am to noon, we will gather in Heritage Hall for a prayer retreat led by the Rev. Dianna Kunce and the Rev. Denise Easter of Renewal Ministries Northwest, a ministry partner of our presbytery. It will be a spiritually enriching time as we begin a journey through the “valley” of the season of Lent – a time to grow in faith as we pay attention to God’s presence and leading in our church and our personal lives.

I’m feeling the storms of life swirling around. I need to pay more attention to the Light and the Hope of my life. Please plan now to join me in the journey with our Lord.

- Pastor Dave

Dinner and Annual Congregational Business Meeting

Sunday Evening, February 12

Potluck Dinner at 5pm, Business Meeting at 6pm

Join together for a great time of fellowship, worship and celebration of the work God is doing in and through the Whidbey Presbyterian congregation!

Bring a hot dish, salad or dessert. Please let your Deacon know if you plan to attend.

Business items include:

Receiving the 2011 Annual Report

Hearing some of the many ways God is at work among us

Electing Ruling Elders and Deacons to lead the congregation

Ruling Elder nominees, class of 2015:

Bebe Gholston, Janis Lussmyer, Sarah Templin, and Priscilla Wilbur

Deacon nominee, class of 2013 (filling a vacant, unexpired term):

Lois Imbach

Deacon nominees, class of 2015:

Carol Chaplin, Marilyn Koetje, and Dorothy Waite

Reviewing the 2012 budget established by the Stewardship Team

Celebrating the blessings of God poured out among us for ministry and service

Voting on the 2012 compensation for our pastor

And any other regular business to come before the congregation



This is an important meeting for all members of Whidbey Presbyterian Church! Plan now to be there!

By Kurt Imbach



It is important that I keep you apprised of the development of the “Community Response” movement within WPC. I do this not only because you need to know in order to be aware of what God is doing, but I do it also because it excites me as much as anything I have ever been involved with in a church setting.

I have seen it grow and take shape from a germ –sized concept three years ago when we began to talk about becoming a “community church” whatever that might mean. I can remember our fledgling feelers put out to increase our image in our community, from new signs, making church activities available out on the street in “take a flyer” form, to holding community picnics, etc. Not much ever came of those efforts. But we kept on talking, as church staff and within Life Groups and elsewhere. So the concern was kept alive and in a sense became part of our DNA.

Now, as we have seen Deacons fund use multiply exponentially in the past year and a half, we have been pushed toward other solutions. I remember preaching a sermon last summer on the feeding of the 5000, and the cryptic response of Jesus to the disciples’ expression of crowd hunger. It was simply “you feed them”. I could not get away from that statement, and I remember coming to the conclusion (and sharing that with the deacons) that we need to either do what we do better, or stay the same, or get out of it entirely. We needed to make that choice. That led to a decision to call upon any who might be interested in the issues to come together and do the evaluative research upon which to make a good decision.

When that invitation went out, nearly 30 people responded, with enthusiasm, concern, and commitment. We have continued to meet since then, and to shorten the story, our research has followed three main directions;

- Should we do what we do now through the Blue House ministry? How can we do it better?**
- How can we partner with other organizations, Churches and otherwise, so as to maximize the effect of what we do?**
- How can we use our magnificent kitchen and Heritage Hall facility to better advantage? Is God calling us to a larger ministry?**

As time went on we addressed #1 by adding volunteers to handle this ministry (it was simply overwhelming our office staff). We now have 3 regular volunteers and three more who are understudies. We have limited available time to 1:00 – 3:00 Mon. – Thurs. This is more controllable. We have standardized procedures, are developing boundaries and parameters, keeping good records so as to limit repeats, are conducting in-depth interviews so as to understand situations, are including spiritual ministry (prayer with people), and trying to have two people conduct each interview. At our last meeting we had two visitors from another church come because of their having heard of what we are doing, and we were able to exchange best practices with them

We have made contact with Interfaith Alliance as a way of response to the second direction. Joan Klope will meet with them regularly to coordinate our efforts. This is mostly gathering of supplies with which to support Help House. Norm McCrea is on the leadership board of Opportunity Council to coordinate our efforts with them. Our use of Oak Hall for transitional housing is an expression of that link.

We are discussing a variety of ways in which we can use the kitchen. We are contacting other churches to see what they do so that anything we would do would fit in with what exists now. Two of us are at work each week now to help the Reformed Church in the serving of a weekly hot meal. But what seems to be a manageable first step for us came as an idea from the deacons to provide sack lunches. We have made contact with His Place (a thrift store located at Midway and Pioneer) and worked out an arrangement with them to be our distributors. They already are providing clothing products to crisis families. This could all be in place within the next month.

So, much is happening. God is doing it. We are simply helping it take shape. And it is a wonderful thing! You might want to help?



By Bethany Popkes

Mrs. Whitsell made learning fun with games and teaching us new songs while she played piano at the same time. During a game, my partner, Kyle, and I had different ideas on which seat around the circle was best. In a mad dash, we each bolted to what we thought were the best place to sit. I turned to look back and make sure he was following me and when I turned back, my head collided with the piano corner.



Most of that day has begun to blur, details fuzzy after so many years. But one thing I will never forget is the look on Justin's face when I sat across from him, submitting to Kyle's choice in seating rather than the piano. Justin, sitting on his knees across the circle from me, turned white, jaw dropped, as he slowly raised his hand to point across the circle at me.

"I'm fine," I declared, as the blood gushed from my head and onto my shirt. In my foolishness, I failed to realize the depth of the cut and serious nature of head injuries. It ended up taking multiple stitches and created a scar that has lasted a lifetime.

And yet, I declared myself as "fine".

When I'm honest, I think most of us do this in our faith life as well. We minimize the pain, the blood, the horror, the hurt, the brokenness, and sin of life. We declare "I'm fine," and continue on in our lives, covering our stitches and limping along to "walk it off" in denial of our injuries. We use foundation to cover the red spots and highlight the good to make everything appear to be idyllic in our world.

Then I read the story of the Prodigal Son in Luke 15. It's a welcome home party. Jon Acuff writes, "The father doesn't throw him a 'you never left' party. He doesn't call the servants excitedly to get things ready for the 'everything is fine' party. Not at all, he makes a point of saying, 'Let's have a feast and celebrate. For this son of mine was dead and is alive again; he was lost and is found.'" The reason to celebrate was not that things were perfect. The hopelessness of being lost and dead was part of what made the reality of being found and alive so bright and true and undeniable.

Author Chris Cleave wrote a book titled [Little Bee](#). In it, a young Nigerian refugee named Little Bee pleads with us: "I ask you right here please agree with me that a scar is never ugly. That is what the scar makers want us to think. But you and I, we must make an agreement to defy them. We must see all scars as beauty. Okay? This will be our secret. Because take it from me, a scar does not form on the dying. A scar means, I survived."

I don't know everyone's story in this congregation and I am not advocating for a congregation-wide "look how bad my past was" contest or telling you that "if you want an even bigger party, create a bigger mess first!" I do feel there are situations, relationships, and places where it is inappropriate to dump your baggage and show your scars.

Stop putting makeup over your black eyes. Stop wearing long pants to cover your scrapped knees. It's OK for scars to be painful. Admitting the things you did and the hurts that were done to you doesn't add more failure to your life. It means you survived. Welcome home.



By Marilyn Arnsberger, Moderator

Did you know that there are at least 14 women at Whidbey Presbyterian Church who are quilters? Quilters are a dedicated group who enjoy making quilts for family and friends, and for children and adults who need a warm and comforting quilt to help them through a difficult time in their lives.

Many of these fourteen women are active in Presbyterian Women, many are active members of the island Quilters on the Rock, others have occasionally joined with the quilt guild as they met in Heritage Hall to make quilts donated to Margie's House, the Cancer Care unit at Whidbey Hospital, CADA, foster children, and Big Brothers & Big Sisters.

One of the most meaningful groups for whom quilts are made are the wounded military men and women who are hospitalized at Madigan Army Hospital.

On Saturday, February 18, from 10am-3pm, there will be a workshop in Heritage Hall to make red, white, and blue HERO QUILTS. Any and all are welcomed to join in this effort, members or non-members of Quilters on the Rock, wives of military personnel who would like to participate. For those who do not sew, there is a need for "runners" for "pressers". Pre-cut fabrics will be "sew-ready". Donations of red-white-blue cotton fabrics are welcomed. We will hope to have some results to display on the Sunday following the workshop.

So bring your sack lunch, join with Presbyterian Women Quilters and others for a time of fun, fellowship, and service.



PHOTO HISTORY PROJECT

Do you have photos of WPC's history or people that you can share? Carol Knaack and Dorothy Waite are working on a project to visually document our history. We are looking for historical photos that would help with this project. If you have digital photos, we will provide a flash drive for transfer. If you have print photos, we will scan them and return them to you unharmed. Please contact Dorothy Waite at 679-2800 or dswaite@mac.com.

By Joan Klope

What's for Breakfast?

When it comes to eating, breakfast is the most important meal of your day. But rather than attempting to power your day by grabbing a muffin at Whidbey Coffee (considered a “naked carbohydrate” when not paired with a healthy protein like an egg or slice of ham), give this meal the attention it deserves.



Here are four don'ts regarding the most important meal of the day:

Don't skip it

Eating breakfast helps jump-start your metabolism after it slows down during your sleep. Not only that, but eating breakfast is an important tool in maintaining weight loss. So don't wait until lunch to grab some nourishment; eat a filling, healthy meal early in the day to keep your energy up, brain on, and weight loss goals in check.

Don't delay

The best time to eat breakfast is within an hour of waking up, so don't delay! Unless, of course, you are working out first, in which case you should make sure you fuel up with a light and healthy pre-workout snack before you go. Afterward, be sure to eat a protein- and carbohydrate-filled breakfast 30 minutes to two hours after a workout in order to fuel your body the right way.

Don't forget the fiber (and protein)

Filling up on fiber and protein helps keep you full long into the morning. Instead of grabbing a sugary pastry, which will only leave you feeling hungry sooner, and maybe even cranky and sluggish, eat a breakfast high in fiber and lean protein.

Don't go overboard with your caffeine

Studies have shown that a cup of coffee a day can do a lot--like reduce the chances of disease and help your memory--but you shouldn't drink too much. Stick to one or two cups to keep from feeling jittery, anxious, or developing high blood pressure. If breakfast is normally a two-cup affair for you, consider switching your second cup to an antioxidant-loaded green tea, instead.

This and other great eating ideas are regular topics at WPC's Faithfully Fit meetings. Come join us at Whidbey Coffee on Tuesdays at 4:00 p.m. You'll be part of a supportive, fun group who focus on healthy eating and regular exercise. If you have questions contact Joan Klope at 672.5200 or Marcia Townsend at 240.0167.

Thank You

We want to thank all of you for your prayers, cards, calls and love given to us with Mom's passing.

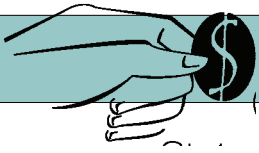
Thank you to Pastor Dave for your steadfast support during Mom's last days and your wonderful service for her. Psalm 23 was a great favorite of hers and you gave a very memorable sermon about it.

To John Juan, thank you for your gift of “The Lost Chord” solo, Mom's favorite, at her service. To Sharon Burge, Sarah Russell and the choir for the beautiful music, thank you. I will never think of rain as anything but “Healing Rain” after hearing the choir sing it.

To Ruth Lindenstein, Pauline Williams and Donna Fraser and the ladies of WPC for the reception after the service. The food was wonderful and I could not imagine getting through the day without your love and support. God is truly alive and well at Whidbey Presbyterian.

In His Love,
Cori and Jim Siggins





By JR Russell

The 2012 Stewardship Campaign was once again remarkably successful. YOUR incredible generosity allowed the Stewardship Team to draft a projected budget for 2012 that has already been provisionally approved by Session on 21 January 2012.

The projected 2012 budget is optimistic, far-reaching, aggressive and fulfilling in its contributions to the missions this congregation supports. The generous giving of all the members Whidbey Presbyterian Church is an inspirational testament of Christian Stewardship. This generosity will enable the congregation to once again proceed forward with our projected budget.

***Some budget information removed prior to publishing to the website. For questions please call the church office 679-3579.

'Per Capita' (in simple terms) is each individual's annual dues to Presbytery. This year's WPC apportionment is \$49.83 per member.

God Bless all of you for your support AND when you get a chance say thanks to Jim Peterson, Bobbie Tedrow, Gaye Litka and Connie Jones for all they have done for WPC on the Stewardship Drive & Budget Process.



Deacons' Fund Update

As of January 25, 2012, the balance was \$2,418.54 in the Deacons' Fund. During the month of January, \$759.53 was distributed. gas , night's lodging, food , gift boxes, were helped. Parishioners contributed any. Deacons' offering envelopes are gifts. Please keep this ministry in your come the past month. Thanks to all who have answered the call, enabling us to serve those less fortunate.



Homeless Outreach

Individuals in need of assistance for and partial rent deposits or utilities a total of \$741.00 to the fund in January placed in the back of the pews for your prayers and pray for those who have

Q & A

By Janis Lussmyer

I've been asking the wrong questions.

"What do I want?" is the question our culture promotes. If my needs are met, if my desires are satisfied, if

I get what I want—well, according to our self-absorbed Western civilization of the 21st century—then I will be happy . . . and isn't happiness the real goal in life?

As a Christian, I supposedly know to put others first. However, *"What do you want?"* yields other-absorption. While I may know my own needs, I can only second-guess yours. And often yours trump mine. But at least *"What do you want?"* seems a little less self-centered than *"What do I want?"*

Here is the right question: *"What does God want?"* Charles Sheldon's late nineteenth century book, *In His Footsteps*, asked the question in another way: *"What would Jesus do?"*

General answers to *"What does God want?"* are easy enough to recite: love, repentance, and forgiveness, to name a few. The less obvious answers to *"What would Jesus do?"* concern how to live out those answers in real life. Mother Teresa, in her work with the poor, sick, and downtrodden, was a role model for the less obvious answers. I always wondered how the incredibly devoted Sisters of Charity could work in such deplorable, hopeless conditions without burning out. The answer lies in the question, *"What does God want?"*



Stephen MINISTRY

Say Yes

"It sounds like you have been through a lot of life changes. Would you be interested in having a Stephen Minister?"

It's a good thing I thought twice because my first thought was to say no. After all, I had weathered plenty of hard times on my own before. But a millisecond later it hit me with a flash: I could say yes. Ministry was being offered, and I could receive it.

I have never once regretted saying yes.

Say yes to Stephen Ministry today.

Library Corner - What's new at the WPC Library

Find inspiration in the WPC library for the New Year! Several new items are available (listed below) along with classic titles. Check out is self-serve; just remove the 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

Journey to Joy: a Memoir

by Betty Cranmer and Cynthia Karnoscak Wigdahl



Heaven is for Real: a Little Boy's Astounding Story of His Trip to Heaven and Back

by Todd Burpo

Getting to the Heart of Interfaith: the Eye-opening, Hope-filled Friendship of a Pastor, a Rabbi & a Sheikh

By Don Mackenzie

The Original Jesus: The Life and Vision of a Revolutionary

by N. T. Wright

Love Wins: A Book About Heaven, Hell, and the Fate of Every Person Who Ever Lived

by Rob Bell

Bible Verses for Busy Women: a Guide for Moments of Stress, Joy, and Contemplation

by Linda Stueve

Joy Breaks: 90 Devotions to Celebrate, Simplify, and Add

by Patsy Clairmont

Laughter to Your Life

Joy breaks for Couples: Devotions to Celebrate Marriage

by Larry Crabb

Resolution for Men

by Stephen Kendrick

Resolution for Women

by Priscilla Shirer



Caregiver's Survival Guide: How to Stay Healthy When Your Loved One is Sick

by Kay Strom

Advent Conspiracy: Can Christmas Still Change the World

by Rick McKinley

Then Sings My Soul: 150 of the World's Greatest Hymn Stories

by Robert Morgan

Table Talk: 365 Ways to Reclaim the Family Dinner Hour

by Steve Bennett

TEEN

Losers Club: Lessons From the Least Likely Heroes of the Bible

by Jeff Kinley

Never the Same: Stories of Those Who Encountered Jesus

by Steven James

Don't Check Your Brains at the Door

by Josh McDowell

God's Little Devotional Book for Graduates



Have recommendations for the church library? Please contact Becky Bolte or Nancy Hodges Hughes, church librarians.

By Norm McCrea

Community Response Ministry

The WPC Outreach Team with your help has touched lives in so many ways the past year.

Who did we see?

We saw:

The disabled; the jobless; the under employed; the homeless; the addicted; the debt ridden; the convicted; the left behind; the evicted; the clueless and the abused

What we have done and what we can do:

I. Love them as they are a non-repeatable miracle of God!

II. Listen as their life depends on it.

III. Give a helping hand!

A. Pray for their physical, mental and spiritual needs.

B. Give them directions toward help.

C. Meet an immediate need, such as:

1. Food: give a food voucher, a shoe box of ready-to-eat food, give directions to Help House and to churches that give free meals, shop for them.

2. Gas: gas vouchers for doctor appointments; important meetings (ie. court dates, job interviews); to leave town; to get to a new job.

3. Shelter: welcome families to Oak Hall, check with Opportunity Council; motel/hotel stays; tent space at City Beach Park; reconciliation with family members.

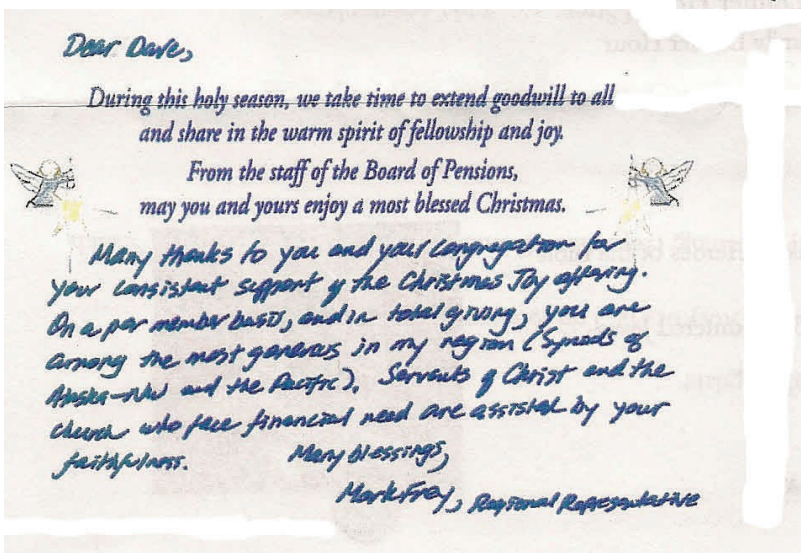
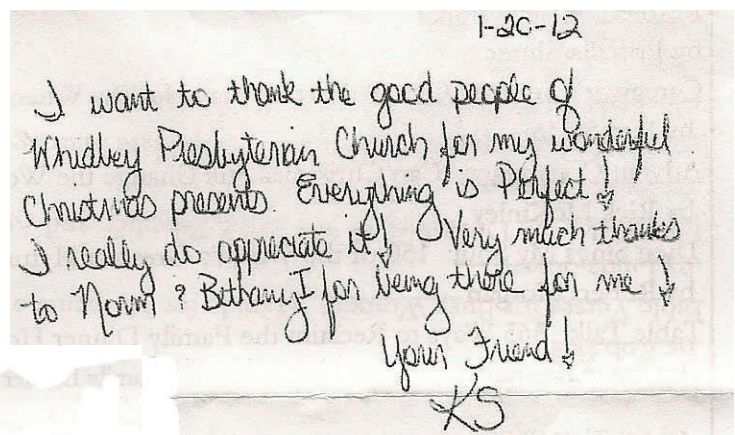
4. Pay a small bill or a part of a bill—to get them over the hump. Send payment to landlord, power company, etc. Sometimes coordinate with other churches for matching funds.

5. Give a Bible when requested.

6. Send them off with a blessing.

What God saw!

The crying, suffering children made in His image!



Blessings of the New Year and thanks for your generous gift to the 2011 Christmas Joy Offering!