

Grace Notes

Community of Grace Presbyterian Church

February 2009

February Highlights

[Community Food Co-op Comes to COG.](#) Beginning this month, we will begin hosting a community food co-op in our gym on the third Saturday of each month. All our members along with the community at large are invited to participate. John and Shelley Horel provide the details here.

[COG Represented at Presbytery.](#) Elaine Nordberg reminds us about the structure of our connectional church and reviews the docket for this month's meeting.

Our Church Community

[Session Notes.](#) Here you will find the notes from the January 20 Session meeting.

[Presbyterian Links.](#) Here is a listing of helpful links for those who are interested in our denomination's work at the national level, including what Presbyterians believe.

[Church Officers.](#) Here you will find a listing of the current elders and deacons.

Children & Youth

[Albertson's Partner Cards.](#) When properly linked, 4% of your grocery purchases can be donated to COG youth programs by Albertsons when you use your preferred card. Lorrie describes how in this article.

[LaserQuest Night.](#) On Feb 15 our youth are scheduled for a session at LaserQuest. Come join the fun...just for the sheer fun of it!

[H₂O Challenge.](#) The H₂O Challenge begins on Feb 18 and ends with a 30-hour fast on Feb 28. Are you up for the challenge?

[Youth Participants Named.](#) Listed here is our Confirmation Class of 2009. Prayers are requested as these six partners begin their journey. Also listed are the participants in the summer Wind Rivers Mission Trip and the spring Amor Ministries trip.

[Children's Programs.](#) Suggestions for helping parents talk with their children about Lent and Easter are provided. We are looking for a coordinator for the annual Easter Egg Hunt. ACTS kids are invited to meet with the Jr. and Sr. High youth on Feb 28 to learn about water needs around the world.

Adult & Family

[Crossroads Items of the Month.](#) In February the Crossroads Urban Center is asking for individual size drinks and snack items for the homeless. For their thrift store they need bathroom items, including towels, rugs, and shower curtains.

[Presbyterian Women.](#) Four programs are now scheduled in the next two months.

[February Prayer Calendar.](#) Prayers from the hearts of our members. *“Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.” James 5:16*

**Thanks to XMISSION for providing our church
with free internet access and a website.**



Community Food Co-op Comes to COG by John and Shelley Horel
Co-op Team Leaders

For several years, the Community Food Co-op of Utah has been providing quality, healthy food at substantial savings to Wasatch Front residents. We joined the Co-Op eight months ago and have been picking up our order from Hilltop Methodist in Sandy. There are now so many people from throughout the south end of the Salt Lake Valley participating in the Co-op at Hilltop, that we recognized the need to start another distribution site in Sandy. We were greatly encouraged by the support for this idea from Dede Carpenter, members of Session, and the Co-op staff.

The Food Co-op is for everyone: singles, small or large families, your neighbors, and the general public from all walks of life. The goals of the Co-op are:

- 1) to reduce hunger in Utah by providing a consistent way for people (particularly the working poor and those on limited fixed incomes) to stretch their grocery budgets while being able to afford quality, healthy food; and
- 2) to build community by bringing people of ALL backgrounds together to collectively save money, consume more conscientiously, and break down barriers that keep us apart.

The Community Food Co-op is open to all people willing to work together to make our community a better place for everyone regardless of gender, class, race or ethnicity, politics, or religion. A question asked by several people during the COG kickoff on January 24 was: who benefits by our congregation's participation in the Co-op? Foremost, everyone who purchases food at the discounted prices does. Second, local growers, bakers, merchants, and distributors do. In addition, through the collaborative order each month from everyone in the Co-op, Crossroads Urban Center is able to obtain greater savings for their food purchases for the needy. Finally, we expect the entire COG congregation is going to benefit a great deal, simply by sharing our facilities once a month with our community.

So, how does it work? There are Co-op newspapers in the narthex that include all the info you need, or look online at <http://crossroads-u-c.org/cfc/>. If you are ready to start this month, make sure you place your order by mail, fax, or phone by February 6. Be sure to indicate that you will pick up your items at COG. You then need to pick up your items between 10-11 AM on Saturday, February 21 in the gym.

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We also need volunteers each month to help pick up the food at the warehouse, unload it, help people obtain their food, and clean up the gym. Thank you to those who have already signed up! Nearly all volunteers are needed between 9 and 11:30 AM once a month--the dates for the entire year have already been determined. Call (523-9298) or email us (shorel@qwest.net) if you can help. As a member of the Co-op you are expected to provide a couple hours each month of volunteer activity (this includes any church activities as well as helping with the Co-op at COG). There is also a one-time free-will small charge to join the Co-op.

If you would like more information, drop John or Shelly an email or give them a call.

COG Represented at Presbytery

by Elaine Nordberg

Presbytery Elder Commissioner

EDITOR'S NOTE: COG is represented at the Utah Presbytery by Elaine Nordberg and, soon, by our pastor. This representation is required for Presbyterian churches with fewer than 500 members. Elaine has served in this volunteer position for the past year, and we appreciate her service in this important capacity.

The Presbytery of Utah consists of 23 Presbyterian (USA) churches in Utah and one Presbyterian (USA) church from Preston, Idaho. These meetings are held three times a year—February, May, and October—at different churches within the Presbytery.



The next stated meeting of Presbytery will be on February 21 at Cottonwood Presbyterian. This will be an all day meeting with lunch served by the host church. Meetings are opened with prayer, worship, celebration of the Lord's Supper, and a sermon. Docket items will include the election of new committee members, Synod commissioners, and General Assembly commissioners. Reports will be received regarding ministers within the Presbytery, and candidates for ministry, all serving with the support and guidance of Presbytery. The 2009 budget will be approved, with the "per capita" (charge to local churches for each member) set at \$35.80.

It is important to remember that we members of COG are also members of a much wider church, expressed in our denomination at the state level (Presbytery), regional level (Synod of the Rocky Mountains), and the national level (General Assembly).

Our Church Community

Session Notes *(Meeting of January 20, 2009)*

by Dave Adamson
Elder

1. Session members began with a reflection on the transition currently in progress. It was felt that the transition is going well so far with no major problems. It was reported that we have pulpit supply scheduled for every Sunday through the end of February.
2. The Treasurer's Report and balance sheet were reviewed. At a special called Session meeting on January 8 a revised budget was developed with reductions intended to bring our budget in line with the pledges received this year. A final update of the 2009 church budget approved by Session in that meeting was distributed. Along with a presentation on the 2009 budget, a voluntary contribution to defray the cost of "per capita" will be sought at the congregational meeting.
3. There was a discussion on the transition from Starbucks coffee service to something less expensive. No decision was made at this meeting, but several options are being considered. This topic will be included in the Congregational meeting of January 25.
4. There was a suggestion that a Stewardship Team be formed when the interim pastor is in place. David Henry indicated that PC(USA) also has materials to assist churches with stewardship.
5. Kelly Harris reported that 14 applications were received for the position of interim

pastor, and the committee has narrowed that number to four. Subsequently that number has been reduced to two.

6. Tim Fluetsch was unanimously elected as treasurer for 2009. The annual statistical report was approved. A joint meeting with the Board of Deacons has been scheduled for Tuesday, February 3. The annual report from PW was distributed to Session members.

Presbyterian Links

Here are some helpful links for those who are interested in our denomination's work at the national level:

Home Page, PCUSA (www.pcusa.org)

Presbyterian 101 [Facts about Presbyterians] (www.pcusa.org/101)

Expressing Our Faith: National and International Service

(www.pcusa.org/navigation/mission.htm)

What Presbyterians Believe (www.pcusa.org/catech/studycat.htm)

Church Officers

Board of Deacons

Deacons Moderator: Lisa Wiscomb

Class of 2009

Randy Carter
Dave Fry
Barb Gentry
Lori Packard
Sharon Riley
Wes Starkenburg

Class of 2010

Cynthia Alex
Debbie Bybee
Denise Harris
Brooke Holyoak
Tom Keene
Bonnie Sackett

Class of 2011

Kim Beaslin
Elaine Nordberg
Linda Page
Lisa Wiscomb

Session

Acting Session Moderator: Rev. David Henry

Recording Secretary: Jane Cooper

Class of 2009

Tim Fluetsch
Dave Adamson

Class of 2010

Pat Holmes
Chuck Stolfa

Class of 2011

Kelly Harris
Debbie Colt

Children & Youth

Albertson's Partner Cards

by Lorrie Gaffney

Area Director of Children and Youth

Did you know that when you shop at Albertson's, 4% of what you purchase is given to the church for our children and youth programs? If you have not linked your preferred Albertson's card, please take a moment to do it.

Here's how:

1. Log on to: www.albertsons.com; enter zip code; choose "In Community" (blue line on bottom right); select *Community Partners* logo; enter Preferred Card number/phone number (call customer service below if you can't find your card); enter COG Partner ID# **49000112353**
2. **Or** simply call customer service at **1-877-932-7948** – they will quickly link you!

If you already have an Albertson's preferred card with Community of Grace linked as a partner, THANK YOU! Please re-link today! Questions? Contact Lorrie Gaffney or Sandy Growe at 943-4043.

LaserQuest Night

by Lorrie Gaffney

Area Director of Children and Youth

Youth at COG and their friends are invited to an evening at LaserQuest on February 15.

Cost is \$25 per person, and is scheduled from 6 pm to midnight. Location is 7202 So. 900 East. To sign up or ask questions, contact Heidi Carter or Debbie Colt. Space is limited to 35, so a \$20 check reserves your space. (NOTE: be sure you have a COG liability form on file, can be downloaded from the website.)



H₂O Challenge

The H₂O Challenge begins on Feb. 18 and ends with our 30-Hour Fast Feb. 28-29.

Think "**Fast**" and think 5:00 am breakfast at Denny's, H₂O Challenge Concert, 10,000 something project, facts on the way YOU will be making a difference.

Take a math and science lesson at www.onedollarwater.com and find out the value of the dollar or watch their video:

http://www.youtube.com/watch?v=rpmv6DakMhY&url=http://www.onedollarwater.com/video&feature=player_embedded



PARASITES SUCK
WWW.ONEDOLLARWATER.COM

- 1.1 Billion people lack access to clean water.
- Women and children walk 4 hours to get dirty water.
- Preventable water related diseases kill **one child every 15 seconds.**
- That's 10,000 every day (and that's just the children).

Take the H₂O Challenge!

THE H₂O CHALLENGE

- Make water your only beverage for just 2 weeks.
- Save money you would usually spend on beverages and collect it in a special cup.
- After 2 weeks, use the money you saved to give someone clean water for a lifetime.

ARE YOU UP FOR THE CHALLENGE? [GO >>](#)

Confirmation 2009

Please pray for the following teams to grow and become closer to Jesus as they learn and serve others. May they be blessed and discover in new and powerful ways that Christ is truly alive and that his spirit is love!

Confirmand

Austin Carter
Jacob Fluetsch
Jackie Goodman
Erick Larsen
Bianca Overstreet
Marilize VanDerWalt

Mentor

Bill Cooper
Matt Smith
Nancy Halden
John Horel
Becky Osuchowski
Paula Burns-McEvoy



Wind Rivers Mission Trip June 21-27

Head leader: Gerald VanCampen
Leader: Minerva Overstreet
Support chaperones: Linda Tyrell, Matt Gentilcore
Erin Van Campen



Bianca Overstreet
Cameron Tyrell

Hannu VanDerWalt
Mailize VanDerWalt
Jacob Fluetsch

Amor Ministries Mission Trip April 9-14

Lorrie Gaffney: Coord. Leader
Emerick Chow: Building Leader
Dave Gaffney
Garland Davis
Jackie Goodman
Bruce Goodman
Amie Boyer
Sara Boyer

Taylor Thurman
Daphne Mendez
Matthew Mendez
Minerva Overstreet
Bianca Overstreet
Judy Smith
Sarika Khanwilkar



Children's Ministry

Talking with Children about Lent and Easter

Think about it. It is only a few short months between the birth of Jesus and the crucifixion and resurrection. Think about what they may seem like to children who are very literal in thinking.



PC(USA) Ideas Magazine shares a story of a seven year old child who attended worship with her grandma on Christmas Eve. The beauty of the manger with a little baby enthralled the little girl. The next time the little girl attended the church it was Maundy Thursday, a time when we remember Jesus washing the disciples feet just prior to his last supper with his friends. At the communion table the child turned to her grandma and wailed "grandma, they're going to kill and eat the baby Jesus! He was just born! Well, I'm not eating!"

It is so important to take time to walk through the liturgical year, the seasons that point to the life, death and resurrection of Jesus. Lent with the opportunity to talk about Ash Wednesday and it's reminder of death, burial and how it is not the end for Jesus or for us. This would be a good time to focus on prayer and perhaps memorizing the Lord's Prayer. Eat pretzels and talk about the way they were designed to symbolize hands crossed over the chest in prayer. There is a wonderful procession downtown each Good Friday that involves walking several blocks, singing and remembering Jesus final days. Saturday is a day for our little ones to remind us of the bright joy of resurrection as we watch them dashing about looking for Easter eggs. Celebrate on Saturday and Sunday in worship. Resurrection is new life for all of us. Every day is a new day to rejoice in Jesus' presence with us forever!

Easter Egg hunt will be here before we know it. We need a Easter Egg Hunt Coordinator! This is a fun and easy way to invite others into our church for the adventure of an Egg Hunt and then for worship on Sunday. Please contact Lorrie Gaffney right away so we can make sure this event continues! Lorrie and team will be in Mexico building a home this Easter but will provide support and prayers for a joyous celebration.



ACTS acting, caring, telling, sharing: 5th/6th graders are invited to join the Jr. and Sr. High on Sat. Feb. 28 (time TBD) in learning about water needs around the world and sharing a message to our congregation with a 10,000 project! Be creative and have fun sharing an important message! Check the sign up table for other ways to be involved in making a difference during our H2O challenge and Fast.

Adult & Family

Crossroads Items of the Month for February

Food Pantry: individual size drinks and snack items for the homeless (granola bars, crackers, raisins, etc.)

Thrift Store: bathroom items including towels, rugs and shower curtains

Presbyterian Women

by Sue Bennett
Presbyterian Women

Chocolate Night. Join us Monday, February 2nd, for a night of chocolate demonstrations and samples at Orson Gygi (3500 So. 300 West). Carpooling from COG will be provided. We will be leaving at 6:30 p.m. Presentation is scheduled to last from 7 pm to 8:30 pm. Cost is \$2 per person. Sign up in the Narthex.

Craft Night. February 24 the craft night this month, join us to learn to knit.

Drought-safe Gardens. On March 2 a guest speaker will teach us how to have a beautiful, drought-loving garden here in Utah.

Seeking Shalom. On March 13 join us for a human rights celebration at Centenary United Methodist (1740 S. 500 East). The program is called "Seeking Shalom," and is scheduled from 9:30 am to 1:00 pm. RSVP to Barbara Stone at 262-1109.

February Prayer Calendar

by Millie Nielsen
Prayer Coordinator

1. Through worship and sacrament today, may I ponder the gifts of your faithfulness and reach out to help others.
2. I give thanks for the commitment of Dede and Lorrie in leading us as we carry out our ministry at Community of Grace.
3. Thank you God for the prayers and support of our deacons at Community of Grace.
4. Lord, move me to reach out to those who need food and vitamins.
5. God of love, give me the grace to resist unfaithfulness in all its forms.
6. Oh God of all seasons and senses, grant me your sense of timing to submit gracefully and rejoice quietly in the turn of the seasons.
7. Bless our sister church in Kenya and bless our relationship with their members.
8. Lord, through our worship today, help me to long for a life with Jesus and to place that longing at the center of myself.
9. In this season of short days and long nights, of gray and white and cold, teach me the lessons of waiting: of the snow joining the mystery of seeds growing in their sleep.
10. Lord, make me faithful in small things as well as in big things.
11. Bless New Beginnings church as it reaches out to people in the south and west area of the Salt Lake valley.
12. Today I pray for all who are in the war zones of the world.
13. Lord, bring your peace and comfort to those who are mentally ill.
14. On this Valentine day, may I show my love and caring to others.
15. Faithful God, may worship today bring me thankfulness that you invite me home into your presence and remind me of your hope for my life.
16. Lord, I thank you for our president and for past presidents of the United States and I thank you that I can participate in our government by voting.
17. Fill our session members with your Holy Spirit as they make decisions for our church.
18. Lord, open my eyes that I may see you at work in the events of my life.
19. God, deliver me from the tight, troubling places of my life, and help me run to your refuge.
20. Almighty God, move the leaders of the world to desire to strive for peace.
21. God, I pray for your strength to bring success to those who are fighting addictions.
22. Thank you, God, for the ministries at Community of Grace of Christian Education and of music.
23. Lord, bring comfort to all who are ill and suffering.

24. Dear God, show me what I can take up for Lent in order to become the person you want me to be.
25. Father God, I cannot do a Lenten journey on my own. Be part of my day, my work, my family, all that I do, so that I might have peace in you.
26. During this season of sacrifice, enable me to sacrifice time, possessions, and securities.
27. Lord, help me to rid my heart of the clutter that hinders my love and actions for you.
28. God, give me the grace to find the best way for me to participate in the 30 hour fast this weekend.

