

COMMUNITY PRESS

A PUBLICATION OF COMMUNITY PRESBYTERIAN CHURCH



A HARBINGER OF THINGS TO COME (HOPEFULLY)

MARCH 2014

Community Presbyterian Church

Church Leadership

Session

The Session is the governing board of the church. It consists of nine elders, elected in classes of three, for three years. Much of the business of the church is conducted on committees. Each elder chairs one of the committees.

Class of 2014

Shannon Bennett

Ronda Marshall

Darlene Lucas

Committee Chair

Christian Education

Finance

Stated Clerk

Meets

3rd Tuesday at 5:00 pm

3rd Monday at 7:00 pm

Class of 2015

Ellen Warner

Mary Meyer

Mary Alice Richardson

Worship and Music

Nominating

Mission

2nd Monday (even months) at 7:00 pm

2nd Tuesday at 7:00 pm

3rd Wednesday at 9:00 am

Class of 2016

Bruce Felger

Stacy Kopecky

Randy Huston

Building and Grounds

Membership

Personnel

2nd Monday (odd months) at 5:30 pm

1st Monday at 6:30 pm

1st Tuesday at 5:30 pm

2014 Nominating Committee

Bruce Bigelow, Nancy Massaro, Amanda Ross, Collen Webbles,
Deacon representative Linda Overton, Mary Alice Richardson, Mary Meyer

Deacons

The Board of Deacons is responsible for ministering to all those who are in need, to the sick, to the friendless, and to all those who may be in distress. They provide meals, transportation, among other requested needs. They maintain the Prayer Chain. Deacons are elected in classes of two, for three years.

Class of 2014

Lois Nicholson

Gwen Riffin

Class of 2015

Carol Bigelow

Linda Overton

Class of 2016

Louis Bouchard

open

Staff

Pastor
Director of Choir & Christian Ed
Church Administrator
Bell Choir Director/Pianist
Pianist
Ministers to the World

Rev. Laurene M. Lafontaine
Denise Swinbank

Judy Kereakos
Laurie Priniski
Congregation Members



Musings from Pastor Laurene

Lent is a wonderful opportunity to focus on our own spirituality and faith. It is a time of preparing our hearts and minds for the celebration of the Risen Jesus Easter morning. Using the spiritual practices of prayer, meditation and fasting and intentionally taking the time each of the 40 days to reflect on our own spiritual lives, we can discover what is life-giving as well as identify the practices, attitudes and activities that keep us from fully experiencing God's spirit. It is a season of renewal as we come to know God more deeply and intimately. This renewal impacts the sense of who we are, how we are in relationship with others and how we experience our faith corporately.

Lent can be seen as a time of letting go, of abstaining from something, or of sadness as we contemplate the sacrifice of Jesus. The Lenten practice of giving up something has its roots in the early church with the practice of fasting and prayer for the 40 days prior to Easter.

The importance of 40 days is found in scripture. Moses, prior to receiving the 10 commandments on Mt Sinai, went without food and water for 40 days in preparation. (Exodus 34:28) and Elijah, walked 40 days and night to the mountain of God, Mt Horeb, also known as Mt. Sinai (1 Kings 19:8), and Jesus fasted and prayed in the wilderness for 40 days before beginning his public ministry (Matthew 4:2). This concept of fasting over the centuries evolved from a complete fast to the practice of giving up meat on Fridays for Lent.

As we begin this Lenten journey together, let be mindful of the spiritual opportunity this time affords us. We as Presbyterians are not mandated or required to practice Lent in a specific manner. It is truly shaped by the intent and desire of each person. Some people choose to give up a food item or habit, some choose to take on a practice such as dedicating specific hours to volunteering or even, a practice that benefits their own spiritual and physical health. Regardless the choice, the intention is spiritual transformation.

Lent also holds the hope in our part of the world of spring. The mounds of snow and ice giving away to warmth, renewal, new growth, flowers and color. Lent prepares us for new life in Christ and the new life we experience in and through this community of faith. May our hearts and minds be ready to receive the renewing warmth of God in Jesus Christ who walks with us every day!

Peace, Laurene



To the Class of 2013 church officers & treasurer,
CPC cannot thank you enough for your years of service. Thank you for sharing your time, talent and energy in helping making our church what it is today!

Elders - Mark Pillars, Aaron Simms, Guy Vig, and Jean Abels

Deacons – Connie Holst, Wendy DeGuise and Jeff Swinbank

Treasurer – Doug Marker

February Birthdays

2nd Elissa Burgstaler
3rd Dave Anderson
8th Apryl Falk
9th Harry Samways
10th Laurene Lafontaine
12th Julie Smitherman
17th Lyle Rozeboom
Dawn Winkels-Blasus
19th Gwen Riffin
25th Ashley Koehler
28th Jennifer Hall



March Birthdays

5th Ann Simms
10th Ivy Pillers
11th Maggie Hall
Katherine Ross
12th Amy Anderson
14th Dan Hill
Liz Koehler
15th Don Nicholson
22nd Bonnie Kinion
24th Judy Pucci
25th Paul Remtema
Aaron Simms

C E L E B R A T I O N S



happy anniversary

Anniversaries

February 28th
March 13th
March 26th

Kim Nickander and Dan Schaub
Kelly & Matt Herbst
Carole Kinion and Dave Copeland

Community Press

Editor/Writer
Writers

Rev. Laurene Lafontaine
Denise Swinbank
Stacy Kopecky
Mary Alice Richardson
Ellen Warner
Judy Kereakos

Community Presbyterian Church

Pastor
Director of Choir & CE
Bell Choir Director/Pianist
Pianist
Ministers to the world

Rev. Laurene M. Lafontaine
Denise Swinbank
Judy Kereakos
Laurie Priniski
Congregation Members

Community Presbyterian Church

3705 55th St, NW, Rochester, MN 55901
507-280-9291 (off) 303-521-2967 (pastor)
email: office@cpcrochester.org
www.cpcrochester.org



WOMEN OF THE CHURCH

Friday, March 7th, we will celebrate World Day of Prayer at Bethel Lutheran Church at 9 am.

The March meeting will be held Tuesday, March 11th, 12:30 PM. We will hear about Seasons Hospice from our speaker, Rev. Carol Shaffer.

Join us for either or both of these events. For more information, contact Nancy Massaro. (287-6514).



Denise Swinbank

Director of Children
and Youth Ministries
Choir Director

Important Dates

| | |
|----------|-----------------------------------|
| March 2 | Sunday School |
| March 9 | Children's choir & Sunday School |
| March 16 | Sunday School |
| March 23 | All Church Talent Show & Luncheon |
| March 30 | Spring Break-No Sunday School |
| April 6 | Spring Break- No Sunday School |

We look forward to the following activities with your children and youth.

March 9 the Children's choir is joining the Adult choir in the singing of "Jesus Loves Me". Maggie Hall is accompanying us on saxophone and Judy K. is our pianist. Please have your child at CPC on March 9 at 8:45 to rehearse with Maggie, Judy and the choir. This promises to be an amazing piece!

I have placed a number of small manipulatives in a plastic box that will be available for use during the worship service by any of our kids who would like to try them out. PLEASE return the items to the box following the service. Thanks!

I have also included a children's worship bulletin in the color packets each week that follow the Bible readings for that week.

During Sunday School in March, we are studying the Kings of Israel that followed King Saul and King David.

For the All Church Talent Show on March 23rd at 10:00 am, the children and youth will be servers during the show. There will be job opportunities for everyone.

See you all at CPC!

Denise S.

Director of Children and Youth Ministries



Noisy Collection money was put to good use on February 9 as our Sunday School children and youth went shopping for Ronald McDonald House. We ask the House for special requests and this year, it was fresh bread, fruits and vegetables. We delivered the groceries to the House and were given a tour of the lower level.

Thank you to the parents and High Schoolers who were drivers and shopping supervisors. We purchased \$200 worth of groceries using funds from the Noisy Collection and coupons supplied by Mary Meyer. This is a favorite mission project for our children and youth and a huge blessing the families who must stay long term at Ronald McDonald House.

Sunday School students preparing valentines for Seniors and Singles at CPC



Shopping for the Ronald McDonald House





Ordinary Time in the Liturgical Year

by Ellen Warner

Ordinary time is anything but ordinary in the church calendar. It encompasses the part of the Christian year that does not fall into the seasons of Lent/Easter and Advent/Christmas. Ordinary time is the largest season of the liturgical year – approximately 34 weeks. The color representing ordinary time is green.

CPC has only one set of banners for ordinary time. These were handmade by Gail Elliott many years ago

and currently hang in the Great Room. The Worship & Music Committee is seeking to increase the number of ordinary time banners in the church collection. Please contact Ellen Warner or any Worship & Music Committee member if you would like to purchase one to honor a loved one with memorial funds, if you have the talent to make some, or wish to contribute in another way.



WHY I SING IN THE CPC CHOIR

**Singing in the choir allows me to praise God the way I want to.*

**My mother told me, "You have been blessed with a talent for music, but it isn't a gift until you share it with others."*

"The jokes Denise tells before every choir rehearsal."

Blessed are those who dwell in thy house, ever singing thy praise!

Psalms 84:4

In addition to a love of music and singing, there are a variety of reasons that choir members choose to participate. We will be sharing "Why We Sing" with you over the next few months.

Ellen Warner, Worship and Music Committee Chair



PLANS FOR THE SUMMER MUSIC PROGRAM AT CPC IN 2014

by Judy Kereakos

Although the scenes we see outside our window don't lead us to think of summer, CPC's Worship and Music Committee will soon be making plans for our Summer Music Program.

Members of our congregation and the Rochester community have blessed our summer worship services for many years. The committee is always eager to include new talents as well.

If in the next months you have a suggestion to make for vocalists, instrumentalists or groups from your friends and acquaintances to share their talents on the Summer Music Program, please provide contact information to Judy Kereakos.

A LOOK AT CPC MISSION FOR 2014 AND 2013

by Mary Alice Richardson

2014

The Mission Committee has met and determined that the mission focus for this year will be mainly on hunger issues. CPC has supported the Channel One Gardens for 2 years and will again support the gardens by paying the costs of tilling the land and supplying water for the garden. It is a joy to see the gardens grow each year and to see the gardeners hard at work producing produce to help them meet their family food needs and provide healthy food for their families.

Channel One has thanked us on behalf of the gardeners many times. Here are the comments from last spring. "Last year (2012), all of the lots were full. We had 3 new families start last spring. With how our weather started in the spring (with a blizzard in May) the plots got started later, and with a much shorter growing season. The plots were productive, but not like they have been in the past."

If you are near the gardens this year (and there will be gardens), please take time to greet the gardeners. You might even offer to help them weed.

NOON MEAL

The next Noon Meal is April 12. The sign up sheet will be in the Narthex March 16. We need cooks and servers. Come if you haven't come before and those who have come before please come again.

BACKPACK PROGRAM

We are continuing to support the backpack program through Channel One. Please check out Stacy's article in this newsletter on what is being done. Part of the Mission funds will be used to purchase fruit and other special needs throughout the year. Thanks to all who help with the backpacks.

SOUPER BOWL SUNDAY

Souper Bowl Sunday 2014 was such a success, even though the Denver Broncos were not at their best. You donated 318 cans of soup, a new record. The Spirit Award was given to the youth

who collected 172 cans. Thanks to Denise and Jennifer, our cheerleaders who kept the cans a' coming.

AIFC

We will continue to contribute to the AIFC through Goodness in a Pack later this year. In the meantime, look for sales on toothpaste, toiletries, socks and mittens and other items. We will provide a box to collect those items. We will be putting a list together shortly. The need of these families is great and the gratitude that they have for what we give them is far greater. We are thinking of taking a group of CPC'ers up to see the center during the summer.

CROP Walk

The CROP Walk will be on Oct. 5 in the afternoon. We have participated in this for over 15 years. It raises funds for both Channel One and Church World Mission. That is another way we will be helping those who hunger both here and around the world. Last year, we had walkers from age 9 and up, raising \$360.00. This year, we will raise even more money and have many more CPC Walkers. Pastor Laurene will be joining the CROP Walk Steering Committee and helping us expand our efforts in this area. More details will follow, but mark this on your calendars now.

NAMI

We have decided not to participate as a church in the NAMI Walk this year as it occurs at the same time as the CROP Walk that we have long supported. We encourage anyone who wants to walk in the NAMI Walk to do so and to contribute to NAMI. Everyone is touched by mental illness in some way. It is an excellent program in our community. Tammy Rider is very active in the program.

(cont from page 7)

CPC Mission in 2013

We would like to thank the congregation for the wonderful support of mission in many forms. Last year, you contributed to the Presbyterian Disaster Assistance Fund in response to the typhoon that devastated the Philippines and to the tornadoes that caused such damage in the Midwest. You donated to the Medical Benevolence Fund and to the Theological Educational Fund.

You contributed to local mission through The Boys and Girls Club of Rochester, Saturday Noon Meal by cooking, serving and subsidizing some of the costs of the meals and to Mission 21, an advocacy center for child victims of sex trafficking and their families. You contributed to Legal Assistance of Olmsted County that provides legal representation to people who cannot afford an attorney.

You helped Clearwater Forest Presbyterian Camp meet some of its needs. Many of us have enjoyed spending time at Clearwater. You contributed to Goodness in a Pack for the American Indian Center. We packed 42 boxes. The children and adults were so appreciative. It was heart-warming to see what joy you gave to them.

You also provided gifts for our Adopt-a-Families; meeting needs for a family with 4 children, a mother who is working two jobs, and a father who is receiving treatment for his problems, as well as 2 single people. You will read their thank you note in this newsletter. You have also supported Channel One in many ways, including filling the barrel all year long. **Thanks to you, we are a church making a real difference in many lives, locally, nationally and internationally.**

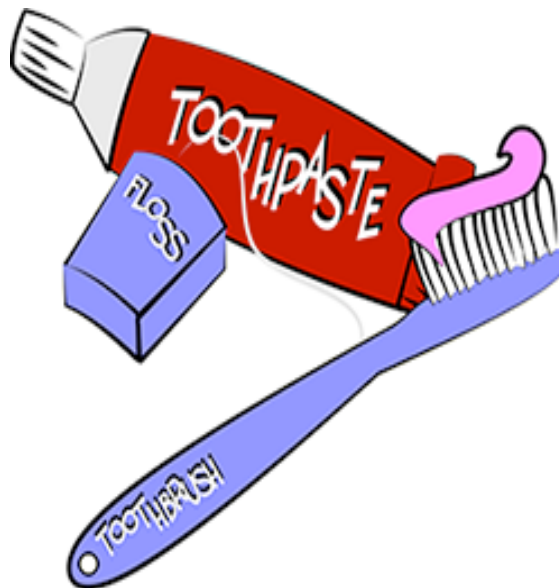
February is Dental Health Month!

Thank you to

Dr. Sawyer and Dr. Steele, Circle Drive Dental,
Dr. Hagstrom, Valhalla Dental Building, and
the staff at Gentling Dental!

Their donations of toothbrushes, toothpaste
and dental flossers are going to the children
we serve at Longfellow School.

Our Sunday School children and youth
will pack these items, which will be then
included in the backpacks this month.





CPC TALENT SHOW
Sunday, March 23rd after worship
Lunch will be provided
Sign up your act in the narthex
A freewill offering will be taken
to benefit the Bell Choirs

Talent Show Acts

The CPC Talent Show is open to all ages. Start thinking about what you and your family would like to do for the an event. It can be singing, dancing, doing magic, performing ...there are so many ways you can be involved.

Best Supporting Actors for Shopping/Culinary Talent

If your talent is baking or shopping, you can also perform for the Talent Show! We are looking for donations of deli ham and turkey, bars/desserts, and fruit for the luncheon during the Show! Let your culinary talents amaze everyone!

**SIGN UP IN THE NARTHEX WITH YOUR ACT
OR THE SHARING OF YOUR CULINARY TALENT!**



March Fellowship with Friends
Casual Coffee Time
Saturday, March 15th
10:00 AM Panera North



Saturday Noon Meal

The next chance to help with the Saturday Noon Meal is April 11th, 2014.

Anyone interesting in helping with the "sought-after" CPC meatloaf can help cook during the morning shift or if you would like to help serve and cleanup, please stop by for a couple hours around 11:00 am.

If cooking at home is easier, you could prepare brownies for the dessert. CPC is also known for the delicious brownies.

Sign up in the narthex!

CPC's 2nd Annual Spring Food Drive Benefitting Longfellow School's Food for Friends Backpack Program

MARCH 2-16, 2014

The following Items are needed

Peanut Butter – 16 oz plastic jar

Rice – 1 pound bag

Easy Mac – 2.05 individual containers

Crackers – Standard box of Ritz or Club

Pudding cups - 4 packs of individual servings

See narthex for size samples and donation bins.

Thank you for supporting this mission project.



Worship Volunteers Needed

Our Worship Volunteers create a warm, welcoming, and orderly environment so that the focus of our worship services can remain on worship. Currently, we are dangerously low on volunteers for the Sunday worship service. Volunteering for one of our Worship Teams is a very important and wonderful way to share your gifts and talents in worship.

Please consider volunteering specifically as a Worship Assistant, Greeter, or Liturgist. Sign up in narthex.

If you would like to be a liturgist but are unsure about doing it, Pastor Laurene will be leading a liturgist/worship leader training for children, youth and adults. Watch the eblast and church bulletin for upcoming details!

Drivers Wanted

The deacons are putting together a list of people who are able to provide transportation to those who are not able to drive themselves. This could involve taking people to doctor appointments, hair care appointments, or shopping.

This could include being available during weekday work hours and Sunday morning for persons needing to go to church. If you would like to contribute, please contact Louis at louisjbouchard@charter.net or at 507-282-7756.



CONGRATULATIONS



Peggy Pillers and her friends at her T&T (tie and talk) party In December, They made 14 blankets for Project Linus this year.

Peggy has made these blankets for past 5 years, which she has given to Interfaith Hospitality, Women's Shelter and Saturday Noon Meal.

Way to go, Peggy!

The Hall Family at a recent Karate Tournament taking home the hardware!



Jennifer is a green belt with purple stripe and got 1st place for form.



Jackson is a brown belt and got a medal for sparring.

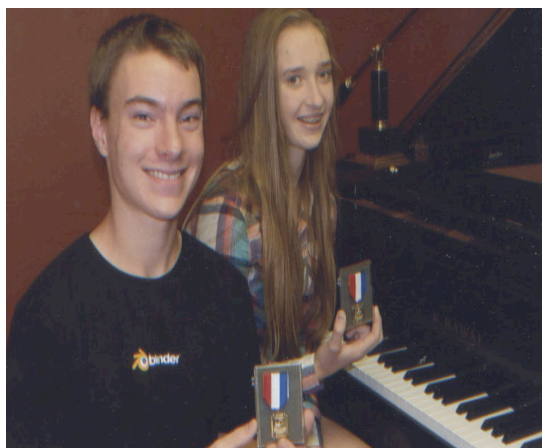
Abby is a red belt with brown stripe and she got 1st place in form and 1st place in sparring.



CONGRATULATIONS

Congratulations to Judy Kereakos who has been named co-chair of the 50th Anniversary Celebration of the Rochester Music Guild. The Guild is an organization, which was founded in 1963 with the express purpose of promoting and enhancing music enrichment in our community. Judy has been past president and currently serves on the Guild's Board of Directors as Historian

Judy will be taking a leave of absence from the end of March through July in order to dedicate the necessary time and energy for the 50th Anniversary celebration.



Congratulations to Peggy Pillers seen here in the Post Bulletin photo with Bridger Herman. Both were recently awarded the Paderewski Gold Medal from the National Guild of Piano Teachers, a division of the American College of Musicians.

They earned their medals by performing a national or international program of 10 to 20 memorized pieces each year for 10 years. They logged more than 1,200 piano lessons, 3,000 hours of practice, have entered 700 contests and performed in more than 100 recitals and public performances.

(Post-Bulletin Feb. 21, 20140)

Congratulations to Tommy Powell who was one of 21 Post Bulletin carriers chosen as an "honor carrier." These 21 carriers were selected based upon their high achievement in Teamwork, Accountability, Responsibility, Positive Attitude and Sales Results!



Tommy Powell
Rochester

There are so amazing people at CPC! Is there someone you would like to have recognized? If so, please email Pastor Laurene with the details at lafontaine@cpcrochester.org!

Book Discussion Group

Finish the winter with some good reading. We have three months left in this season and look forward to some good discussions.

March 23 "Handle With Care" by Jodi Picoult

April 27 "The Memory Keeper's Daughter" by Kim Edwards

May 25 "The Shoemaker's Wife" by Adriana Trigiani

We welcome one-time readers if there's one book you particularly want to discuss. Meet with us in the church library at 5 p.m. on the above-mentioned dates. Contact Gwen Riffin at 251-7874 or gwenrig@live.com if you have questions.

Grief Support Group

If you are struggling with the grief of a loved one, you are invited to attend the newly formed support group here at CPC on Wednesday afternoons at 2:00 pm, beginning March 12th.

Losing someone or something you love or care deeply about is very painful. You may experience all kinds of difficult emotions and it may feel like the pain and sadness you're experiencing will never let up. These are normal reactions to a significant loss. Coming together to share your grief and the awareness that you are not alone can be a healing experience. Please join us.

If you have any questions or concerns, please give Pastor Laurene a call 303-521-2967 or send her an email to pastor@cpcrochester.org. If you need a ride, please contact Louis at louisbouchard@charter.net or at 507-282-7756.

March 2014 Worship Schedule

| Date | Worship Assistants | Greeter | Liturgist | Nurse Attendant | Library |
|-------------|---------------------------|-----------------------|--------------------------|------------------------|-----------------|
| Mar 2nd | Shannon Bennett | Mary Alice Richardson | Shannon Bennett | Tabitha Harland | Barb Madsen |
| Mar 9th | | | Guy Vig | Tabitha Harland | |
| Mar 16th | | | Nancy Massaro | Tabitha Harland | Margaret Nelson |
| Mar 23rd | Peggy McCarty | | Peggy McCarty | Tabitha Harland | Judi Berg |
| Mar 30th | | | Haley Huston & Abby Hall | Tabitha Harland | Judy Pucci |

**Please contact the church office
if you are interested in helping with
Sunday morning worship service.**

507-280-9291 or office@cpcrochester.org. Thank you!

MARCH 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---------------------|--------------------------------|--|
| | | | | | | 1 10 a Aikido |
| Communion 2 Food Drive 9:30 a Worship 10:45 a Christian Ed | 3 6:30 p Membership 7:30 p Aikido | 4 5:30 p Personnel 6:00 p Brain Injury Grp | 5 Noon Bulletin Info due 6:30 a Prayer 1:00 Longfellow 6:00 p Choir 7:00 p Worship Ash Wednesday | 6 7:30 p Aikido | 7 | 8 9 a Presbytery Mtg Golden Valley 10 a Aikido |
| Channel One 9 Food Drive 9:30 a Worship 10:45 a Christian Ed 10:45 a Ringtones | 10 5:30 p Bldg/Grounds 7:30 p Aikido | 11 10:00 a Staff 12:30 p PW | 12 Noon Bulletin Info due 6:30 a Prayer 1:00 Longfellow 2:00 p Grief Support Group 7:15 p Choir | 13 7:30 p Aikido | 14 7:00 p AS Support Grp | 15 No Aikido |
| Noisy Can 16 Food Drive 9:30 a Worship 10:45 a Christian Ed 10:45 a Ringtones | 17 7:00 p Finance 7:30 p Aikido | 18 5:00 p Christian Ed | 19 Noon Bulletin Info due 6:30 a Prayer 1:00 Longfellow 7:15 p Choir | 20 7:30 p Aikido | 21 | 22 10 a Aikido |
| Food Drive 23 9:30 a Worship 10:45 a CPC Talent Show & Luncheon | 24 7:30 p Aikido | 25 10:00 a Staff 7:00 p Session | 26 Noon Bulletin Info due 6:30 a Prayer 2:00 p Grief Support Group 7:15 p Choir | 27 7:30 p Aikido | 28 | 29 No Aikido |
| Spring Break 30 9:30 a Worship No Christian Ed | 31 7:30 p Aikido | Prayer Group meets at Madonna Towers PW Women of the Church will meet at Nancy Massaro's home Grief Support Group meets bi-weekly in the CPC Library The Spring Food Drive benefits the Longfellow Backpack Project Community Presbyterian Church 507-280-9291 office@cpcrochester.org Pastor Laurene Lafontaine 303-521-2967 lafontaine@cpcrochester.org | | | | |

Community Presbyterian Church
3705 55th Street NW
Rochester, MN 55901

**CPC's 2nd Annual Spring Food Drive
Benefitting Longfellow School's Food
for Friends Backpack Program
MARCH 2-16, 2014**

The following items are needed

- Peanut Butter – 16 oz plastic jar
- Rice – 1 pound bag
- Easy Mac – 2.05 individual containers
- Crackers – Standard box of Ritz or Club
- Pudding cups - 4 packs of individual servings

See narthex for size samples and donation bins.
Thank you for supporting this mission project.

