



THE CHURCHMOUSE

Windsor Presbyterian Church

March 2021



To the Flock . . .

March.

It has been a year.

Last March, with my jaw freshly unwired and a mouth full of broken teeth, I was just beginning to step back into some leadership at the church. We were hearing about the COVID virus, but it had not yet affected our daily living.

When we went into lockdown, so much changed. And none of it easy.

After a year of smaller circles and keeping our distance, most of us are in our habits and routines now, but we have felt bored and out of energy, afraid and uncertain, angry and resigned. We have all this grief and we feel so alone. It is difficult to put the jumble of feelings, into words but recently I was introduced to the term **acedia**¹, which aptly describes what so many have been experiencing.

A 5th century monk, John Cassian, wrote that someone in the grip of acedia feels “such bodily listlessness and yawning hunger as though he were worn by a long journey or a prolonged fast. Next he glances about and sighs that no one is coming to see him. Constantly in and out of his cell, he looks at the sun as if it were too slow in setting.”

Sound familiar? The conditions of monastic life, social and spacial isolation, gave rise to these feelings which didn't affect those living in community. The “Noonday demon,” as the monks called it, produced a strange and paradoxical mix of listlessness, anxiety and inability to concentrate.

The lockdown, social distancing, the barrage of news, changed habits and routines, and working and worshipping from home create an environment not unlike the isolation of monks. It is no wonder we are all feeling such strange and contradictory emotions, acedia.

Lent: We will be in the season of Lent for all of March, and just as we know Easter is coming,

there is also a sense that the weight of COVID isolation is beginning to ease up. A growing number of folks are getting vaccinated and the numbers of cases and deaths aren't rising at the moment. We have been waiting, yearning for so much, and now there is hope, and hope is a mighty tonic.

A little bird suggested I reprint a mouse article from a few years back about giving up apathy for Lent. And while many of those ideas are still useful today, I think this Lent might be well spent in **Acedia Rehab**. We do rehabilitation exercises when we have had an injury, surgery, or long illness. Lenten exercises feel tailor-made for getting ready to re-enter community and emerge from our season of acedia.

While Lenten practices are usually meant to slow us down and help us disengage from the hustle of life, perhaps this year they can strengthen our spiritual muscles to get us ready to re-engage. In doing them, we put aside our normal concerns to notice and rest in God's love. Traditionally Lenten practices include prayer, meditation on God's word, journaling, acts of compassion, fasting.... They don't need to be complicated. Just like rehab exercises, do them every day—in small doses, multiple kinds, multiple times a day.

Following Jesus is not easy—it takes constant attention and practice—but it is always worth it! As you practice Lent this year, may you know God's presence and grace, and may you look forward in hope for what is to come.

Shamaine

¹ The following comes from Acedia: the lost name for the emotion we're all feeling right now by Julien-Pier Belanger



Worship & Media - Jody Cox

It is great that we can continue to worship with each other each week during these difficult times. There are so many opportunities to share worship, music, fellowship, bible study, prayer and just conversation. Be sure to check out all the options available in the Windsor Weekly.

We have all heard of "empowerment" but have you ever heard of "inpowerment?" Empowerment seems to come from someone else, at their discretion. Having "inpowerment" is one who derives strength from God's power within themselves. His power is available all day, every day. "For God gave us a spirit not of fear but of power and love and self-control." 2 Timothy 1:7

The spirit that is given is one of power, love and self-control. So now what? When faced with a tough situation or awkward moment, take a deep breath and think "I have the power and exhale with love. This is you exercising your self-control. It sounds simple but often, sim-

ple works. Walk with "inpowerment." Remember two little letters sometimes makes a big difference.

Sacrament of Communion

We have scheduled the sacrament of communion at least once a month during the year. It is on the first Sundays of each month or on special days on the church calendar. Notice of communion will be communicated to the congregation so that you will have time to prepare spiritually. Until we are able to worship together in person, you will need to have your own elements—bread, cracker, wine, juice, whatever you have—for our Zoom worship. We will have communion every Sunday in Lent.

L Words for Lent

During Lent we are concentrating on the gospel of Luke. Each week during worship we will focus on one "L" word to match Lent and Luke. These words are underlined in the box below.

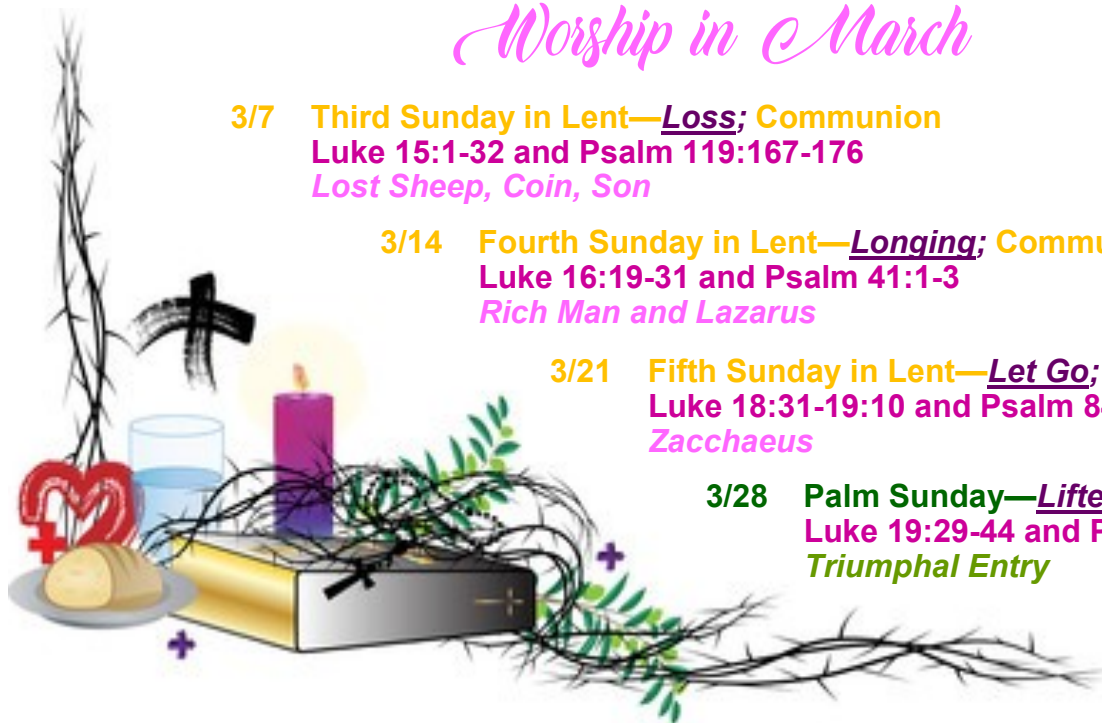
Worship in March

3/7 Third Sunday in Lent—Loss; Communion
Luke 15:1-32 and Psalm 119:167-176
Lost Sheep, Coin, Son

3/14 Fourth Sunday in Lent—Longing; Communion
Luke 16:19-31 and Psalm 41:1-3
Rich Man and Lazarus

3/21 Fifth Sunday in Lent—Let Go; Communion
Luke 18:31-19:10 and Psalm 84:1-4, 10-12
Zacchaeus

3/28 Palm Sunday—Lifted; Communion
Luke 19:29-44 and Psalm 118:19-23
Triumphal Entry



Lenten Faith We Sing - Jim Behrens



During Lent there are many hymns that can bring renewed thoughts to us about the ultimate sacrifice Christ made for each of us. Some hymns speak to us specifically about Christ on the cross, while others are helpful in moving us to reflect on our sins and contemplate changes we need to make in our lives.

Many of the hymns appropriate for Lent are found universally in hymnals of many denominations, but hymnals are usually organized differently from one to the next. For example, some Lutheran hymnals begin with hymns adhering chronologically to the church year, beginning with Advent, then Christmas, Epiphany, Lent, etc., but ending with hymns listed by topic such as Peti-

tion and Intercession. Others organize their hymnals by topic throughout, with categories such as Opening of Worship, Life of Christ, the Living Church, Walking with God, the Word, Lord's Supper, Discipleship, etc. "In our Glory to God" hymnal the Lenten hymns are found primarily in the section "Jesus Christ: Passion and Death."

The following are some of the hymns that we often think of during Lent and Holy Week, but there are many other fine hymns, too. Some of these we will use this season, but you are encouraged to let one of the musicians or the pastor know if you have one not on the list which you'd like to sing. Lent is a great time to strengthen your faith through singing! Please sing!

Lead me to Calvary
What Wondrous Love is This
Were you There?
O Sacred Head, now Wounded
When I survey the Wondrous Cross
At the Cross
In the Cross of Christ I Glory
There is Power in the Blood
There is a Redeemer
There is a Fountain
Something for Thee
Must Jesus Bear the Cross Alone



Beneath the Cross of Jesus
Near the Cross
Stay with Me
My Song is Love Unknown
Jesus Keep me Near the Cross
Go to Dark Gethsemane
Jesus, Take us to the Mountain
Alas! And did my Savior Bleed
Hosanna, Loud Hosanna
Ride On! Ride On in Majesty!
O Lamb of God Most Holy
There is a Balm in Gilead

Jesus, Keep Me Near the Cross — Our Faith in Song



The people of God throughout the ages have written music to express the Christian faith in poetic and musical ways that continue to touch listeners, singers and musicians throughout time.

During Lent we would like for you to share with us the songs of the faith that have particularly touched you, deepened and enriched your faith as it relates to our Lenten journey of following Jesus to the cross. Or if there are words and/or phrases of songs that are deeply meaningful, we would like you to share those as well.

Near the end of Lent, we will be sharing those words, phrases, songs into something unique and creative that reflects "Our Faith in Song."

~ Natalie Steenson



Christian Formation - Angie King

Once upon a time, I'm told, there was an active Presbyterian Women's group at Windsor. The PW curriculum for the fall is: "What My Grandmothers Taught Me: Learning from the Women in Matthew's Genealogy of Jesus." A brief glance at it intrigues me. Laura Ward, Beth Mogle, and I are the Christian Formation team. We will be meeting to discuss PW, as well as getting our three young women confirmed and holding a new members class.

At this time of year, people often ask others what they're giving up for Lent. I want to share a piece I found that provides possible answers to that question:

Suggested things to GIVE and GIVE UP during Lent

Give thanks
Give compliments
Give forgiveness
Give encouragement
Give hope
Give attention to virtue
Give time to prayer
Give respect
Give help
Give time to God

Give up complaining
Give up harsh judgments
Give up revenge
Give up negativism
Give up despair
Give up sin
Give up wasting your time
Give up prejudice
Give up selfishness
Give up what keeps you
from God

Session Highlights - Angie King



The whole Session was present on February 11, including elder-elect Don Beeson. The first order of business was electing our commissioners to the Presbytery meetings for the year. They are as follows: February 13, Ron; May 10, Angie; August 21, Rich; November 9, Sue and Angie. Ron, Cindy and Dwight attend the meetings, as well, due to the positions each holds in the Presbytery. When, not IF, but WHEN, life returns to normal and we're able to gather together, Windsor hopes to host one of the meetings.

For our Session formation, we talked about communion in a time of lament. Three questions were discussed:

- 1) During times of separation from loved ones, how have you felt Christ's presence?
- 2) What holy symbols have brought you joy and hope in the midst of lament?
- 3) Think about times that you have celebrated the Lord's supper. What ways caused you to feel closer to God?

We adopted the Communion schedule for the rest of the year.



Session approved the Finance and Personnel Committee's proposed slate of Officers of the Corporation. Our new officers are: President, Richard Ankeny; Vice President, Angie King; Treasurer, Ron Grohe; Secretary, Dwight Tomes; Assistant Treasurers: Beth Adams, Nancy Baker, Helen Jones, Nancy Snyder,

We spent some time talking about the importance of bringing new people into our church and finding new and different ways to share our worship and our mission, so we can continue to be God's Light on the corner of 63rd and University.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2021						
Regular Sunday Schedule: 10:00 AM Virtual Fellowship 10:30 AM Virtual Worship with Communion 7:00 PM Lenten Vespers Service	Regular Monday Schedule: 9:30 AM Bible Study 11:00 Staff Meeting		Regular Wednesday Schedule: 6:00 WOW 7:00 Choir Tone-Up	Monthly Events: 1st Thur. CFUM <i>(No EvenSong This Month)</i> 3rd Thur Uke Jam & Sing-Along	Regular Friday Schedule: 5:30 PM Happy Hour	
	1	2	3 WOW Choir	4 12:00 CFUM Meal Prep 4:30 PM CFUM Meal Served	5 5:30 Happy Hour	6
7  7 PM Lenten Vespers	8 Bible Study Staff Meeting	9	10 WOW Choir	11 4:30 Session Meeting	12	13 
14  7 PM Lenten Vespers	15 Bible Study Staff Meeting	16	17 WOW Choir	18 7:00 Uke Jam & Sing-Along	19	20 
S p r i n g B r e a k						
21  7 PM Lenten Vespers Food Pantry Sunday	22 Bible Study Staff Meeting Newsletter Articles Due	23	24 WOW Choir	25	26	27
28  7 PM Lenten Vespers	29	30	31 WOW Choir	Coming in April: 4/1 Thur. CFUM Dinner Maundy Thursday 4/4 Sun. Easter		



Congregational Care & Fellowship - Sue Cooper

COVID Vaccinations

If you are 65 and older and having trouble scheduling a vaccine, please reach out to Heather Carlson. As a teacher, she is often updated with the latest vaccination efforts and information. She is familiar with how to register for a vaccine and is also available if you may need a ride (she is available most afternoons and most weekends). If you let her know your information in advance (name, phone number, email, address and basic health info) she can work on scheduling one for you as she receives the latest information. Please contact her via text or phone at (515) 802-2889 or by email: heathercrawfordcarlson@gmail.com.

Update from the McKennas

Josh is interning as a pastor at Forest Larger Parish Presbyterian Church, three small churches that combined a few years back to form one church with three locations and three services (one is meeting in person due to COVID, and the rest are viewing online). We're in Wabeno, Wisconsin, a town of 1,200 people in the middle of a national forest. We're about an hour from the nearest Walmart or Target or significant grocery store, so that's been a fun adventure so far! Truly though, it's beautiful here, and we're so excited to get to camping and hiking when the weather warms up.



Josh is doing well here and they have been very complimentary of the sermons he's given so far. We're still getting to know everyone. The church's music director is teaching Anastasia piano and I'm getting involved in the puppet ministry.

The manse they provided for us is like a mansion, a sprawling 4-bedroom house that would seem huge even if we hadn't just moved from an RV!

All the Best,
Joselynn and the girls (and a very busy Josh)

March

Birthdays

- 1 Andrew Wade
- 4 Jim Behrens
- 7 Heather Carlson
- 7 Janice Swanson
- 9 Bob Ray
- 10 Sabine Carlson
- 14 Don Hunt
- 18 Elaina Steenson
- 21 Anita Behrens
- 29 Deb Hibbert
- 30 Helen Jones
- 31 Erich Hinschberger

Anniversaries

- 1 Chuck & Phyllis Bryan
- 21 Stephen & Shamaine Chambers King
- 25 Andrew & Brook Wade

(Let the office know if we are missing your birthday or anniversary.)



(To add or remove a name, contact the church office.)

Recent Prayers: Keith Baker, Bob Cooper, Anna White, Karen Damron (Dick Woods' sister), Family of Albert Pagel (Natalie Steenson's uncle), Chuck Bryan's brother and other family members

Continuing Prayers: Keith & Nancy Baker, Phyllis Bryan, Jim & Georgia Burnes, Jean Carlston, Dick Cox, Wanda Hill, Eric Lawlor, Virginia Nichols, Steve Pope

Friends of the Church: Kayla and Marvin (Angie King), Nancy Jo Baker (Barb Pomeroy), Jean Bower, Vickie Brown, Gisma Butras (Esther Chol),

Jody Cox's mother, Will Cox, Darrel Cox, Donna Eckham, Norma Grinstead (Linda Newsom), Linda Hohertz (Dick Cox), Kathy King (Stephen's mother), Anna Krull (Jayne Owen & Dwight Tomes), Ken Lee (Laura Ward), David Leitch, Chris McDougal Family, Janet Miller (former member), Derek Mullennax (Ruth Hardin), the Ray Family, Don Yost (Pam Lawlor's father), Susie Anderson, Jasper & Quincy (Kings)

Personnel & Finance - Ron Grohe



Financially, January was not a good month for Windsor. For the Operating Account, Net Income was \$4,800 below budget. Total Income (\$6,295) was \$7,100 under budget, while Total Expenses (\$11,111) were \$2,300 under

budget. For Income, General Contributions were \$7,300 less than budget and for Expenses, all categories were below budget.

In comparison, last year's January results were very similar except that expenses then were about \$2,000 more than this year for the month. It appears that, after a great, contributory month in December, we are all taking a break before we step up our giving for this year. In 2020, we bounced back nicely in February and I feel that we will do that again in February, 2021.

The Capital Account was almost at break-even for February with little activity.

There is no further information to impart regarding the sale of our land south of University as we move closer to the end of the due diligence period which will be the middle of March.



The per capita amount for 2021 is \$45, the same as last year. This is a set amount a congregation pays to the

larger Presbyterian Church (USA) on a yearly basis. We pay this amount for each member in our congregation.

Every Presbyterian shares in the benefit of the PC(USA)'s ministries, so every Presbyterian is asked to share the expenses associated with coordinating and performing the functions of that system. The amount is a combined request from a congregation's presbytery, synod, and the General Assembly.

The Session invites you to designate payment to assist with our annual payment if you so desire.

Financial Report 2021	January 2021	1-Month Budget	Year-to-Date Actual	Year-to-Date Budget
General Contributions	3,900.00	11,208.33	3,900.00	11,208.33
Operating Income	2,395.00	2,166.67	2,395.00	2,166.67
Operating Expenses	11,111.46	13,375.00	11,111.46	13,375.00
Net Gain (Loss)	(4,816.46)	—	(4,816.46)	—
Capital Income	—	—	—	—
Capital Expenses	31.80	—	31.80	—
Net Gain (Loss)	(31.80)	—	(31.80)	—



Don't forget to turn your clocks AHEAD an hour before going to bed on Saturday, March 14. You don't want to miss a minute of worship on Sunday morning!



Mission & Stewardship - Rich Teig

In February we received a letter from the DMARC Food Pantry Network thanking us for our generous support during 2020. The letter reported that “Together, we assisted 58,707 unique individuals who made a total of 177,799 visits to the DMARC Food Pantry Network this past year.” Our specific donation totals were shown as \$5,900 and 198 food and personal care items. Our contributions in support of basic human needs were greatly appreciated.

During the past month WPC has donated \$250 to each of two local mission organizations that are helping the homeless. With sub-zero temperatures the Mission Team felt the need to do something for these people now.

- * First, we have supported Central Iowa Shelter and Services for several years. This organization provides shelter, meals and supportive services. They have 19 rooms for veterans, 150 beds for individuals, and 38 apartments for families. They provide a health clinic, a clothing closet and access to shower/laundry facilities. In 2020 they served 2,323 people.
- * The second \$250 was to an organization we have not supported for a few years. It is Joppa, with headquarters at 2326 Euclid in Des Moines. However, their services are provided to individuals wherever the homeless are living. Trained individuals visit on average 194 people living under bridges, in tents or in vehicles. Joppa relies on private gifts to fill

gaps and meet the needs of the homeless. They have helped more than 400 individuals get off the streets, over 80% of whom remain in housing today.



Turning from our past donations to the future, we are now in the season of Lent. This is the time of the year that we collect the **One Great Hour of Sharing** (OGHS) donations. **OGHS is the single, largest way that Presbyterians come together every year to work for a better world.** Each gift to OGHS helps to improve the lives of people experiencing hunger, disaster or other challenging situations. Last year Windsor Presbyterian did not meet our budget goal (\$1500), due to the disruption caused by the pandemic last spring. Hopefully, we will do better this year. Those of you who have a box of offering envelopes will have an OGHS envelope in the box. Special OGHS envelopes will be mailed to you later, or you can simply designate a portion of your regular offering for OGHS.

World Day of Prayer March 5

Growing in faith as part of a faith community is integral to life with Presbyterian Women and the Presbyterian Church (U.S.A.). In addition to Presbyterian worship and participation in PW, many Presbyterian Women groups and individuals nurture their faith ecumenically through World Day of Prayer.

World Day of Prayer is a global, ecumenical movement of Christian women who pray and act for peace and justice. On the first Friday of March every year, Presbyterian Women join their prayers and voices with women in more than 170 countries and regions. Each year, a different country that participates in World Day of Prayer serves as host country, writing the worship materials and compiling resources about their region's culture, history and faith traditions to educate women in other parts of the world. As women unite in prayer—asking God to relieve suffering, bring healing, mend brokenness, overcome barriers and bring peace, justice and well-being—they give to an offering that funds grants for the host country. Through World Day of Prayer, women affirm that prayer and action are inseparable and have immeasurable influence in the world.

(taken from the PCUSA website)

Think Spring - Cindy Ray



What an interesting time of year this is. It is Lent now, a season that seems cold, dark, and lonely. We need to cultivate some discipline during this six weeks to help guide our lives, and hopefully it will be one that can stick afterwards and make our lives better. Often we just choose to not eat chocolate and then binge on it on Easter, which might be a good reason for not doing that.

Lent is a reflective time, too, when we pay special attention to devotions. Maybe you could almost compare Lent to New Year's because we sort of make resolutions, only we, or at least I do, feel guilty if I don't live into the discipline I was trying to cultivate. For instance, I did a 21-day fast devotional lately, only I really did not fast. I feel as if I've let myself down, but I can still reflect on the plan, to be found on a Bible app You Version.

However, there is another side to this time of year, and that is the hope. The sun, when it shines, is warmer. The bare ground is beginning to appear, and with it hints of green. The temperatures are warmer—a welcome relief from the weather we have just witnessed.

Maybe there is a reason for all of this? Maybe we have the reflective period of cultivating discipline and the broad hints of spring to help us know that, though sometimes the cultivation of our new discipline is hard, there is hope of a brighter time to come. Maybe this is how Jesus felt as he headed for the cross. He knew there were very hard and painful times ahead both for himself and for his followers, yet he knew that what he was about to experience would bring new hope into the world.

Think Spring! Think Hope!

Speaking of Hope . . .

As we start planning for what comes next, we need some small groups of folks who will help us think through what we want our church (worship, technology, serving in the neighborhood, fellowship, pastoral care, learning...) to be like in this coming season.

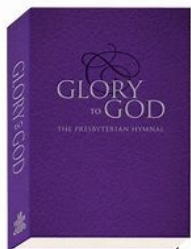
Can you imagine where we might be a year from now?

Wow! If this sounds exciting to you, or if you have any thoughts and ideas, please talk with anyone on the session (see back page for the list of those members).





My Favorite Hymn - Ann Beeson



Do you have a favorite hymn that you would like to share with the congregation? If so, please email the church office and tell us why it is special to you. You can write it yourself or talk to Ann McGowan and she will write it. This month Ann Beeson shares two of her favorite hymns with us.

I Need Thee Every Hour

To select one favorite hymn is so difficult because I have a list of 24 favorites. But since I need to limit, I'll say that "I Need Thee Every Hour" is especially true, now with all the problems in the world and in our daily lives caused by COVID. Yes, I need thee every hour in joy or pain...oh bless me now, my Savior, I come to thee.

History (taken from *hymnary.org*)

The words to the verses of this hymn were written in 1872 by Annie Sherwood Hawks, who was born in Hoosick, NY, May 28, 1835. Her hymns were contributed to many popular Sunday school hymnbooks. The refrain and the tune were written by Robert Lowry, who was born in Philadelphia, March 12, 1826. His fondness

for music was exhibited in his earliest years. At the age of twenty-two he entered upon the work of the ministry.

This Is My Father's World

Another favorite of mine is "This Is My Father's World," and to my listening ears, all nature sings and round me rings the music of the spheres...I rest me in the thought of rocks and trees of skies and seas. His hand the wonders wrought.

There are so many words of wisdom in these hymns that comfort me in times of stress, doubt, and fear.

History (taken from *hymnary.org*)

Maltbie D. Babcock (b. NY, 1858; d. Italy, 1901) graduated from Syracuse University, NY, and Auburn Theological Seminary (now associated with Union Theological Seminary in New York) and became a Presbyterian minister. He served the Brown Memorial Presbyterian Church in Baltimore and the Brick Presbyterian Church in New York City. Franklin L. Sheppard (b. PA, 1852; d. PA, 1930) arranged the tune and published it in the Presbyterian church school hymnal *Alleluia* (1915).

Glory To God #735

- 1 I need thee every hour, most gracious Lord;
no tender voice like thine can peace afford.

Refrain:

I need thee, O I need thee, every hour I need thee!
O bless me now, my Savior—I come to thee!

- 2 I need thee every hour; stay thou near by;
Temptations lose their power when thou art nigh.

Refrain

- 3 I need thee every hour; teach me thy will,
And thy rich promises in me fulfill.

Refrain

- 4 I need thee every hour, Most Holy One;
O make me think indeed, thou blessed Son.

Glory To God #370

- 1 This is my Father's world,
and to my listening ears
all nature sings, and round me rings
the music of the spheres.
This is my Father's world;
I rest me in the thought
of rocks and tress, of skies and seas,
his hand the wonders wrought.
- 2 This is my Father's world.
O, let me ne'er forget
That though the wrong seems oft so strong,
God is the ruler yet.
This is my Father's world.
The battle is not done:
Jesus who died shall be satisfied,
and earth and heaven be one.



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We're on the Web!
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It is the mission of Windsor Presbyterian Church to be a warm, supporting family for worshipping God, learning and practicing Christ's teachings, and sharing Christ's good news with others.

Like us on Facebook!

Staff

Shamaine Chambers King, Pastor
Ann McGowan, Administrative Assistant
Natalie Steenson, Director of Music, Worship & Arts
Jim Behrens, Organist
Deb Hibbert, Accountant
Duda Plavulj, Custodian
Michal King & Kaitlin Mogle, Children's Ministries

Session

Richard Ankeney (2021), Buildings & Grounds
Ron Grohe (2021), Personnel & Finance
Sue Cooper (2022), Congregational Care & Fellowship
Rich Teig (2022), Mission & Stewardship
Jody Cox (2023), Worship & Media
Angie King (2023), Christian Formation
Don Beeson
Dwight Tomes, Clerk of Session

Deacons

Donna Dickerson (2021)
Curt Weatherby (2021)
Gloria Ashby (2022)
Cindy Ray (2022), Moderator
Laura Ward (2022)
Mary Willson (2022)
Beth Mogle (2023)
Judy Teig (2023)

Create
LENTEN VESPERS
in me

**Sunday Lenten
Vespers Services**

Please join us each Sunday through
Lent for prayer, scripture,
poems, and readings.

We meet at 7 PM using the
worship Zoom link.