

THE CHURCHMOUSE

March 2022

Windsor Presbyterian Church

To the Flock . . .



During Lent this year, our focus will be on what it means to follow Jesus. In faith, as in all things, we can tend to get complacent, comfortable with the ways things are. But Jesus calls us to get up, to rise from our comfort and to follow in his ways.

It is rarely easy and always challenges our assumptions. The rewards are greater than we can imagine—this abundant, new life-from-above, eternal living Jesus keeps offering in John's gospel.

Will you follow? It's a very personal question and demands we weigh the costs. How do we know what it means to follow, really follow Jesus? Throughout the ages, one way the church has helped people answer this question is by training people in spiritual practices, also called disciplines. These practices help us to strengthen our "following Jesus muscles." When we spend time with God in prayer, contemplation, scripture and the like, we begin to learn the ways of God. As some have put it, practice forms us more and more in the likeness of Jesus. In other

words, our minds and our character begin to reshape, be reformed more and more in the likeness of Christ.

There are many different kinds of spiritual practice. Some are practices of disengagement which are more contemplative and have an inward focus. Other are practices of engagement which are more active, requiring outward focus,



and relationship. Each week of

interaction

Lent, we will introduce one spiritual practice. At

Windsor on Wednesdays (**WOW**), you will learn about the spiritual practice and have an opportunity to try some different ways of doing the practice. You will be encouraged to spend a little time each day practicing the discipline. (See also Cindy's article on p. 3.)

To experience the fullness of what we are trying to do as a congregation this Lent, I would highly encourage you to come to WOW and also to our **Saturday Lenten EvenSong** services on zoom. (See also Natalie's article on p. 2.) As we worship together, we will engage the practice in a contemplative worship setting. Then during **Sunday morn**ing worship, we will reflect on how the practice—how we have experienced it during the last few days and how it has formed and changed our life of faith over time. My hope is that these exercises will begin to change and strengthen us as God's people, God's church in this neighborhood and for the world.

So I hope you will join in our Lenten journey this year at WOW, at home, in EvenSong and in worship to get out of your comfort zone and get on the road to following Jesus.

~ continued on p. 3

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By Natalie Steenson

Jesus asks us, "Will you follow?" This Lent, we will be taking a journey to deepen our walk with Jesus. We, as disciples, like the twelve, have to take up our cross and follow him. Lent is a time to reflect, to let go, and to repent; and it is a time to study and practice new disciplines. During each of the 6 weeks of Lent in WOW, Evensong and Sunday worship, we will focus on one spiritual discipline to learn, experience and explore together in a variety of ways. The spiritual disciplines or practices we will consider are: prayer, service, generosity, study of scriptures, fasting, and solitude.



Linoleum block print artwork by Elizabeth Steele Halstead

Let us all be transfixed and transformed by our Lenten journey. Will you follow Jesus? In John 8:12 it says, Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."

Thin Place

by Adam Russell, Casey Corum, Taylor Leonhardt

This is a thin place, This is where You meet with us. This is sacred space, This is where you meet with us.

Holy ground, we are standing on holy ground, Just by being here with You. You are never far away, mountain high or darkest day, Deep in doubt or filled with faith, You walk with us along the way. This is where You meet with us

Will You Follow? - Cindy Ray



By Cindy Ray

Wednesday, March 2, is Ash Wednesday. We are going to have a wonderful theme his year. "**Will you follow?**" One of the activities we will participate in is exploring spiritual practices or disciplines. Each week will be a new practice.

Spiritual practices help us to come closer to being one with Christ. Most of us don't feel we have the time to have a spiritual practice or discipline that includes a certain amount of time each day in the practice. Here are some questions and answers that might help.

What is a spiritual practice?



A spiritual practice is an activity you perform regularly and with intention—prayer, *lectio divina* (divine study of scripture) centering prayer, art, and many more. You spend the time engaging in the practice getting closer to God.

How long must I perform this practice each day?

You start out small. A spiritual practice is similar to exercising. You don't start big but, rather small. You could spend as little as a minute at first. Then you could increase that time to 2, 5, 10 minutes. You can engage in the practice several times a day.

I have heard that you have to put aside all that is going on in your mind. I can never do this, so I am not sure if I would be fit for spiritual practice.

No one can just set aside their mind's activities, or at least not usually. You relax, try to set aside your thoughts, and when you inadvertently leave the practice for your thoughts which have taken over, you gently return and let the thoughts go to the best of your ability. Continue relaxed and watch these thoughts go by like boats going down a river.

How would I learn the practices?

We will be working with several during Lent. The first one is centering prayer. We will learn it on Wednesday at WOW, use it as a part of worship in EvenSong, and then reflect on it Sunday. In any case, we will have the opportunity to try out several practices.

Join us during Lent as we work to become more at one with our God.

May God be with each of us as we enter Lent and journey to the cross.

To the Flock

~ continued from page 1

Windsor Presbyterian Dream Team

As we head into this centennial year at WPC, we are going to be dreaming and planning for the future of the congregation. The Spirit is moving and I am so excited

to see what the mission and ministries of this tenacious, scrappy group of Jesus followers will be. If you are a dreamer and would like to help imagine the church's future, we are putting together a team of folks to discern together, with the Holy Spirit's leading, how this faith community can live into the



vital future God is calling us toward. This group will begin by attending the workshops being offered by our Presbytery this year. Please see the article on page 5 for more and let us know if you feel called to this!

hamail



Worship & Media - Jody Cox

We certainly didn't start the year the way many of us hoped. With increases in COVID cases, we once again needed to scale back worship in the sanctuary. We have suspended communion and fellowship during this time to ensure the health of our congregation. The task force team will continue to monitor and advise when we feel safe to resume more in person activities. So, in the meantime, we will be thankful we can worship together in other ways.

If you have any thoughts or ideas about worship opportunities, don't hesitate to reach out to me.



Richard shows Sue how to Zoom worship

Worship in Lent

Ash Wednesday

 12:00 p.m. In-Person & Zoom Worship using the worship link



 6:00 p.m. WOW Ash
Wednesday Worship and Lent Discipline Introduction using the WOW link

Every Wednesday

 6:00 p.m. WOW Lent Disciplines using the WOW link

Every Saturday

 6:00 p.m. Lent EvenSong using the WOW link

Every Sunday

10:30 a.m. Lent Worship In-Person & Zoom

3/2 Ash Wednesday Worship in March John 10:1-18 The Gate & The Good Shepherd 3/6 **1st Sunday in Lent** John 11:1-44 Raising Lazarus **Spiritual Practice: Prayer** 2nd Sunday in Lent 3/13 John 13:1-17 Footwashing **Spiritual Practice: Service 3rd Sunday in Lent** 3/20 John 14:1-21 The Way, the Truth, the Life **Spiritual Practice: Generosity** 3/27 4th Sunday in Lent John 18:12-40 Peter's Denial **Spiritual Practice: Scripture**

The Churchmouse



Conference on Climate Change

Calling all Presbyterians to an ecumenical conference on climate change sponsored by Heartland in Clive and Trinity United in Indianola on April 22-23 at Heartland Presbyterian. The theme is "For the Love of All Creation: Church and Climate Change." Rooted in deep concerns that the church has been culpable in its theology, biblical interpretation, and ethical behavior for the challenges of climate change in today's world, the conference explores the call to be seized by love for all creation. (See below.)

Re-Formation of the Congregation



Windsor is putting together a 5-10 person team to participate in a four-part seminar on revitalizing and reforming our congregations, sponsored by the Prospect Hill, North Central, and Des Moines Presbyteries. The purpose is to equip church leaders and pastors

for ministry in this rapidly changing time and help them strengthen their local church's worship, witness, and engagement in God's mission. If you would like to learn more about this opportunity and be part of our team, contact Shamaine, Angie, or the office. The first session is March 26, followed by July 9, September 24 and November 18-19 at locations to be determined that are central to participants.

Presbyterian Women

Our PW group will meet on Saturday, March 19, at 10:00 in Ward Hall to study and learn about Bathsheba, who isn't even named in Matthew's genealogy. She's just identified at the wife of Uriah. She appears to be silent and powerless, but she finds her voice and exhibits an ability to influence Kings. Join us!

The month of March brings to mind the old saying, "in like a lion, out like a lamb." Remember that? Thinking about the lion and the lamb led me to the Bible and Chapter 5 of Revelations. Our Lord and Savior is described as the Lion of Judah, the only one who has the authority and right to take up God's judgment on



His people. Jesus is also called the Lamb of God who took away our sins so we can share in His ultimate victory. Praise and Honor and Glory and Power for ever and ever to the Lion and the Lamb, Jesus Christ.



Congregational Care & Fellowship - Sue Cooper



New Baby!

Bryan and Alyssa Ferguson have a beautiful addition to their family! Meet **Bennett Isaiah**, weighing in at 9 lbs. 2 oz. They are looking forward to making beautiful memories with brothers Connor (5) and Eli (2).





Benefit Concert for Crossroads of Iowa



Crossroads of Iowa presents **ClearJoy** in an evening of Celtic music. It will be held at Windsor Presbyterian Church on Saturday, March 12, at 7:00 p.m.. A freewill offering will be received. ClearJoy features musicians Elaina and Anna Steenson.

Dwight Tomes and Jim Newsom will display their photography, and Linda Newsom will show her portraits.

As a not-for-profit organization, **Crossroads of Iowa** develops exceptional programs for women, including those in jail or prison, with a focus on mental wellness using a holistic approach. Ruth Hardin is the executive director.

Wednesday Social

Our next gathering will be on Wednesday, March 9, at 3:30 p.m. at Opa! It is located near the UPS store at 2800 University Ave. in WDM. Please RSVP to Ruth (ruth.crossroads@gmail.com) by Monday, March 7, if you are able to attend. All are welcome!



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
- 29 Lillian Hinschberger
- 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 Prayer Requests: Mickey Starr (Jayne O), Rev. Jim Goodrich (Dick W)

Continuing Prayers: Brad Behrens, Phyllis Bryan, Jim & Georgia Burnes, Jean Carlston, Dick Cox, Wanda Hill, Eric Lawlor, Maurice Lubalo, Virginia Nichols, Barb Pomeroy, Steve Pope, Sandi Ryan, Leon Sanderson, Judy Teig

Friends of the Church: Kayla (treatment for MS) and Marvin (Angie K), Bruce Baker (Gloria Ashby's brother-in-law), Nancy Jo Baker (Barb P), Jean Bower,

Vickie Brown, Gisma Butras (Esther C), Linda Christiansen (Angie K), Barb Dally (Laura W), Donna Eckham, Norma Grinstead (Linda Newsom), Anna Krull (Jayne & Dwight), Ken Lee (Laura W), David Leitch, Chris McDougal Family, Derek Mullennax (Ruth H), the Ray Family, Rachel Snyder (Steensons), Betsy (Ruth H), Susie Anderson, Jasper & Quincy (Kings)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2	2022					
Regular Sunday Schedule: 9:00 a.m. Orthodox Church (Lower Level) 10:30 a.m. Worship Fellowship	Regular Monday Schedule: Pastor's Day Off	Regular Tuesday Schedule: 9:30 a.m. Bible Study		Monthly Events: 1st Thursday—CFUM Meal 1st Thursday—Uke Jam 3rd Saturday—PW Meeting 1st & 2nd Thurs.—DJ Coffee		
Study Trip to Israel & Palestine March 3-16		1	2 Ash Wednesday 12:00 p.m. Ash Wednesday Worship 6:00 WOW Lent Discipline: Prayer	3 12:00 CFUM Meal Prep 7:00 p.m. Uke Jam	4 World Day of Prayer	⁵ 6:00 p.m. Lent EvenSong
6 1st Sunday in Lent: Prayer	7	8	9 6:00 WOW Lent Discipline: Service	10	11	12 6:00 p.m. Lent EvenSong 7:00 p.m. ClearJoy Concert
13 2nd Sunday in Lent: Service	14	15	16 6:00 WOW Lent Discipline: Generosity	17	18	19 10:00 PW (WH) 6:00 p.m. Lent EvenSong
20 3rd Sunday in Lent: Generosity	21 Newsletter Articles Due	22	23 6:00 WOW Lent Discipline: Scripture	24	25	26 10:00 PW (WH) 6:00 p.m. Lent EvenSong
27 4th Sunday in Lent: Scripture	28	29	30 6:00 WOW Lent Discipline: Fasting	4/7 4/10 4/14	in April: Thur. CFUM I Sun. Palm S Thur. Maundy Sun. Easter	unday



Mission & Stewardship - Rich Teig

A characteristic of Windsor Presbyterian Church is that we support mission, locally and through the PC USA. The first Thursday of each month volunteers donate food and time to prepare 130 meals for CFUM. Each month people in our church donate dollars to the DMARC Food Pantry. Most months of the year our church donates to local non-profit organizations that are helping persons in need. In February we paid \$150 to DMARC for dues and sent \$250 to Central Iowa Shelter and Services. This shelter provides meals and support services to help homeless adults move toward self-sufficiency.



In a recent Des Moines Register a guest column by Michelle Book, the president and CEO of the Food Bank of Iowa, explained why food pantries will be seeing more people in 2022.

The Federal Emergency Allotment is ending and SNAP benefits will fall back to pre-pandemic levels. Ms. Book says, "In fact, it will be devastating for 300,000 lowans facing food insecurity – a third of whom are children." The DMARC Food Pantry has been receiving significant donations from Windsor Presbyterian. This food pantry has 14 locations plus mobile units in the metro area.



If you watched the Super Bowl you know that Joe Burrow is the quarterback for the Cincinnati Bengals. Joe Burrow used his platform to encourage donations to food pantries. In December, he donated a pair of his orange and green cleats to be used to raise money for food pantries, including his hometown Athens County Food Pantry. Burrow said "Coming from Southeast Ohio ... the poverty rate is almost two times the national average. There are kids in Athens and Athens County who go home to not a lot of food on the table." Follow Joe Burrow's play call and donate to the DMARC Food Pantry.

Souper Bowl Offering

Session Highlights - Angie King

Session met on February 10 and we were delighted to welcome our new members, Laura W, Beth S, and Kaitlin M, our first youth elder.

The new elders will participate in a training session, after which they will meet with the Session for what's called an examination, which is a conversation with each person individually about their faith journeys and thoughts on becoming an elder. When that process is completed, an installation service will be held at Sunday worship, and Laura, Beth, and Kaitlin will officially be on Session.

Our Formation time centered on Matthew 20: 25-28 and the concept of service. Jesus came not too be served, but to serve. We are called to follow his example and serve others, not to have authority over them and not to serve ourselves. We discussed how these words impact us as elders in the church and what it means to be an elder.

Jody is spearheading our 100-Year Celebration team



and is having a meeting the first week of March. If anyone would like to join in the planning, contact Jody.

The Personnel Committee is writing job de-

scriptions for the new communications position and will conduct interviews. They are also working on finalizing the responsibilities for Cindy Ray's parish associate position.

Shamaine, Ron, and Dwight travel to Israel and Palestine March 3-16 on a mission study trip sponsored through the Presbytery. What a journey that will be! We wish you safe travels and can't wait to hear a full and complete report, with Dwight's pictures, of course. Lots of learning lies ahead for Windsor folks coming from you three after this incredible adventure. Godspeed.

Finance & Personnel - Richard Ankeney



Total income for January was \$5,198.34 below budget at \$9,051.66, and total expenses were \$286.77 above budget at \$14,536.77, for a net loss of \$5,485.11 for the month. The cold temperatures and higher natural gas prices, along with the expected post-holiday decline in contributions, are the main factors in the monthly loss.

The smoke detectors throughout the building will need to be replaced in the

coming year due to their age, with an approximate replacement cost of \$3,500 - \$4,000. Any additional contributions to help cover the cost and lessen the pressure on the Operating Fund will be greatly appreciated.

Thank You!

Financial Report 2022	January 2022	1-Month Budget	Year-to-Date Actual	Year-to-Date Budget
General Contributions	7,226.66	12,216.67	5,576.00	12,216.67
Operating Income	1,825.00	2,033.33	1,825.00	2,033.33
Operating Expenses	14,536.77	14,250.00	14,536.77	14,250.00
Net Gain (Loss)	(5,485.11)	_	(7,135.77)	—
Capital Income	35.00	—	35.00	—
Capital Expenses	25.44		25.44	
Net Gain (Loss)	9.56	—	9.56	—

Classic Christian Disciplines for Growing in Faith

Inward focused practices of prayer, meditation, fasting and study of God's word.

Outward focused practices include solitude, submission, hospitality, service and simplicity.

Corporate Practices include worship, confession, fellowship, discernment and celebration.



This Lent, we will learn together at WOW, experience together during EvenSong worship and reflect together during our corporate worship service as we practice and are formed by some of these practices.

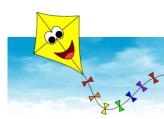
Men's Second Saturday Breakfast

We would like to start a monthly men's breakfast, so please put the second Saturday of April on your calendar for the first of these gatherings and pull out your best pancake recipe! Please talk with Angie, Ron or Shamaine if you would like to help out or find out more.

New Custodian

Duda, our custodian of many years, has now retired. Starting in February, Duda's daughter-inlaw, Cynthia Plavulj, has taken her place. We are thankful that the position is staying "all in the family."





Misc . . .

Prayer of St. Patrick

I arise today Through the strength of heaven; Light of the sun, Splendor of fire, Speed of lightning, Swiftness of the wind, Depth of the sea, Stability of the earth, Firmness of the rock.

I arise today Through God's strength to pilot me; God's might to uphold me, God's wisdom to guide me, God's eye to look before me, God's ear to hear me, God's word to speak for me, God's hand to guard me, God's hand to guard me, God's shield to protect me, God's shield to protect me, God's hosts to save me Afar and anear, Alone or in a multitude.

Christ shield me today Against wounding Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ on my right, Christ on my left, Christ when I live down, Christ when I sit down, Christ in the heart of everyone who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in the eye that sees me, Christ in the ear that hears me.

> I arise today Through the mighty strength Of the Lord of creation.



These Days

Copies of the spring "These Days" devotionals are now available on the table outside the sanctuary. You are welcome to take one for your personal use. They have been paid for, but if you would like to reimburse the church, the cost is approximately \$4 per copy.





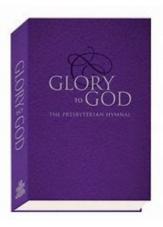
Mr. Rogers Day

TV's Mr. Rogers Day is Sunday, March 20. Fred Rogers was an ordained minister of the word and sacrament in the PC(USA). He was a notable public figure whose work around peace and reconciliation is worth remembering.

Rogers was also a pioneer in the world of Christian education and formation of young children. March 20th was his birthday and the day that the PC(USA) has chosen to highlight all we can learn from his work.



My Favorite Hymn - Lori Pope



This month Lori Pope shares some of her favorite hymns with us.

Tune in to God

It wasn't exactly a new years resolution, but I decided I was long overdue to grow and mature more in my spirituality. Between illness and age we never know how much time we have left. I told my-

self going forward, I will start saying "Yes" more often. Ping! An email popped up from the church asking me if I would write about my favorite hymn. There goes God's sense of humor again! My mom and Steve are great writers, but I am not. Mistakenly, without much thought or prayer, I responded "Yes" in accordance with my new agreement.

Much to my dismay, I realized I didn't even have a favorite hymn other than "Here I Am," which Curt had previously written so eloquently about. Many other WPC members also had written beautiful articles describing hymns they love with a passion. So what now?

I foraged through the blue book and considered: <u>One</u> <u>Day at a Time, Just a Closer Walk with Thee, Down to</u> <u>the River to Pray & I Have Decided to Follow Jesus</u>, amongst multiple others. Now I've gone full swing between having not one favorite, to having multiple contenders!

Later that evening, while making chicken enchilada's, I decided to listen to Utubes Greatest Hymns. I found myself dancing & singing along with <u>Standing On the</u> <u>Promises</u>, which continued swirling through my mind all night long. I think for me, my "favorite" hymn will continually shift depending on what's happening in my life. This is the one for now.

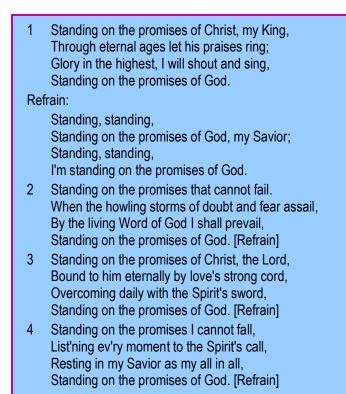
We are blessed to be held by an eternal God who offers eternal promises for those who believe in Him. "I am the Lord your God and I never change" (Malachi 3:6). Whatever issues we're dealing with, there's a promise in the Bible to overcome it! It touches my heart deeply that we can read and claim thousands of promises from our creator/Heavenly Father. The scope of promises reach far and wide encompassing sickness, strength, protection, blessings, hope, peace, fear, supplying our needs, ETC... and FORGIVENESS of SINS and ETERNAL LIFE with HIM. WOW!

ART AR

It's fascinating to see God at work. "I will guide you along the best pathway for your life. I will advise you and watch over you" (Psalm 32:8). God's goodness and promises continue on & on. "Nothing can separate you from God's love" (Rom 8:39). I like to seek out promises related to current situations and copy the promise onto a note card or sticky note, then place it in a prominent location, such as my mirror, computer, refrigerator, or steering wheel to review. I believe them and praise God NOW for fulfilling these promises.

Promises we can count on. Just as we know the sun rises in the East and sets in the West, we can count on God's promises until the day of His return...which, by the way, is ANOTHER PROMISE! "Jesus is coming soon" (Rev.22:20).

Enjoy standing on the promises until then!





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THE RESUTERY DES MOINES **Return Service Requested**

We're on the Web! www.windsorpc.org



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

Like us on Facebook!

<u>Staff</u>

Shamaine Chambers King, Pastor Ann McGowan, Administrative Assistant Natalie Steenson, Director of Music, Worship & Arts Jim Behrens, Organist Deb Hibbert, Accountant Cynthia Plavulj, Custodian

Session

Sue Cooper (2022), Congregational Care & Fellowship Rich Teig (2022), Mission & Stewardship Jody Cox (2023), Worship & Media Angie King (2023), Christian Formation Kaitlin Mogle (2023), Youth Elder-elect Richard Ankeney (2024), Finance & Personnel Beth Schmitz (2025), Elder-elect Laura Ward (2025), Elder-elect Dwight Tomes, Clerk of Session

Deacons

Cindy Ray (2022), Moderator Laura Ward (2022) Beth Mogle (2023) Judy Teig (2023) Gloria Ashby (2024) Mary Willson (2024)

