



Steepleviews



First Congregational Church of Frankfort
431 Forest Ave.
Frankfort, MI 49635 (231) 352-7909

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Church office: secretary431@gmail.com

February 2015

Anniversaries & Birthdays

- 1 Oliver Simmons
- 3 David Koenig
- 4 Ryan Strom
- 6 Evin Elias
Peggy & Ralph Jackson
- 7 Norma Bruinsma
Marty Davis
- 10 Lori Dougherty
Leslie McElduff
- 11 Steve Jackson
- 12 Owen Chownyk
- 13 Colton Prance-Jewell
Paul A. Robinson
Bob & Jan Condon
- 14 Molly Frostic
- 15 Amy King
- 16 Lacey Deloria
- 17 Sharon Grajcar
- 18 Judy Grant
Suzy Middleton
- 20 Kati Prance
Hannah Nostrandt
Mary Yang
- 23 Mark Haigh
- 25 Linda Davis
Freddie Kolehmainen
Cooper Rath
- 27 Phil Deloria
Kris Dykstra
Josie Mendoza
Bill & Molly Frostic
Michael & Sharon Grajcar

Catch These Coming Events!

- Feb. 1 Communion Sunday**
- Feb. 8 Council Commissioning**
- Feb. 14 Happy Valentine's Day**
- Feb. 18 Ash Wednesday Service**
- Feb. 26 Al's Academy**

And In Case You Didn't Know:

- Feb. 2 Groundhog Day AND
Heavenly Hash Day
- Feb. 3 Carrot Cake Day
- Feb. 4 Thank a Mailperson Day
- Feb. 8 Boy Scout's Day AND
Kite Flying Day
- Feb. 11 Peppermint Patty Day
- Feb. 13 Blame Someone Else Day
- Feb. 14 Ferris Wheel Day AND
Organ Donor's Day
- Feb. 15 Gum Drop Day AND
Single's Awareness Day
- Feb. 16 Presidents' Day AND
Do a Grouch a Favor Day
- Feb. 17 Random Acts of Kindness Day
- Feb. 20 Love Your Pet Day
- Feb. 26 Tell a Fairy Tale Day
- Feb. 28 Tooth Fairy Day

**Now don't you feel better
knowing all that?**

Pastor's Page

For centuries, people of many faith backgrounds have given up certain things for specified periods of time. Lent has long been favored as a time to do this, because of its framework of 40 days, plus Sundays. The "desire" to take on such discipline is that it can draw us closer to God and at the same time, deepen our faith.

Too often, such self-denial has a reputation of being hard, severe, boring and irrelevant to our modern lives. As is so often the case, such perceptions are fatal to the desired deepening of faith and closeness with God.

So try some of these possibilities by Phil Ressler. Not only are they relevant, they are life-giving, transforming and far more positive than merely giving up chocolate or caffeine. So treat yourself to something good for you: one or a half dozen. If you make it to Easter with such a resolve, and you feel like sharing the outcomes, I'd love to hear them!

- Guilt – I am loved by Jesus and he has forgiven my sins. Today is a new day and the past is behind.
- Fear – God is on my side. In him I am more than a conqueror. (see Romans 8)
- The need to please everyone – I can't please everyone anyway. There is only one I need to strive to please.
- Envy – I am blessed. My value is not found in my possessions, but in my relationship with my Heavenly Father.
- Impatience – God's timing is the perfect timing.
- Sense of entitlement – The world does not owe me anything. God does not owe me anything. I live in humility and grace.
- Bitterness and Resentment – The only person I am hurting by holding on to these is myself.

- Blame – I am not going to pass the buck. I will take responsibility for my actions.
- Gossip and Negativity – I will put the best construction on everything when it comes to other people. I will also minimize my contact with people who are negative and toxic bringing other people down.
- Comparison – I have my own unique contribution to make and there is no one else like me.
- Fear of failure – You don't succeed without experiencing failure. Just make sure you fail forward.
- A spirit of poverty – Believe with God that there is always more than enough and never a lack
- Feelings of unworthiness – You are fearfully and wonderfully made by your creator. (see Psalm 139)
- Doubt – Believe God has a plan for you that is beyond anything you could imagine. The future is brighter than you could ever realize.
- Self-pity – God comforts us in our sorrow so that we can comfort others with the comfort we ourselves have received from God.
- Retirement – As long as you are still breathing, you are here for a reason. You have a purpose to influence others for Christ. That does not come to an end until the day we die.
- Excuses – A wise man once said, if you need an excuse, any excuse will do.
- Lack of counsel – Wise decisions are rarely made in a vacuum.
- Pride – Blessed are the humble.
- Worry – God is in control and worrying will not help.

As we get ready to enter into this holy season, know that we go together.

In Christ, Pastor Dinah



Congratulations

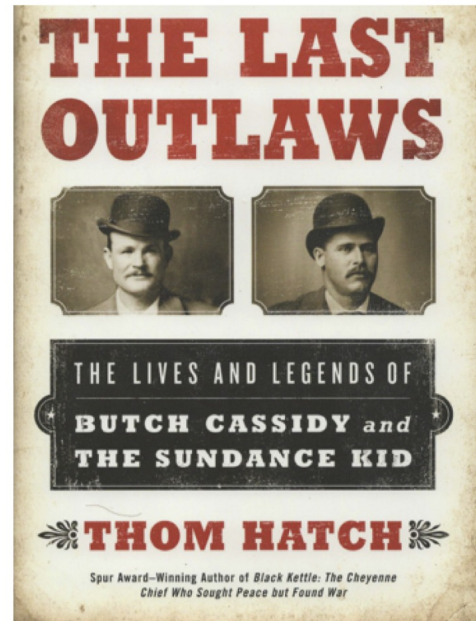
Paul Robinson got first in the spelling bee for his grade and second overall beating out quite a few eighth graders! Good show, Paul!



PBS will be putting out a statement soon on the Hard Places website saying that due to the current political instability and terrorist attacks on Non-Government Organizations (NGOs) personnel

and projects in Afghanistan, the Little family has asked the (PBS) to shelve the documentary in its current draft form until a more suitable time for its completion and public viewing.

Al's Academy
Thu. Feb. 26, 5:30 p.m.
Free Dinner and Program
Frankfort Congregational Church
431 Forest Ave.
All Pardner's Welcome



Thank You to

- Mary Ann Harness, Marti Mollema, Jean Neuhardt, Ann Osborn and Judy Welch for de-decorating the sanctuary from Christmas.
- Maggie Baker and Marti Mollema for changing over our dining room to reflect a Happy Valentines' Day theme.
- Al Bryant for a excellent Academy on the Marx Brothers.
- Andrea Frost for shedding light in the pastor's office and disposing of the old bulbs. Yay!
- Candace Nostrandt for putting the church kitchen back together. It's amazing how many things seem to find their way out of "home."

Council Notes

There were 12 Council members at the January 07, 2015 Council Meeting.

Treasurer's Report:

Income for December: **\$ 19,131.15**

Expenses for December: **\$ 8,070.41**

YTD Expenses: \$100,102.11

YTD Income: \$101,015.31

Investments:

Denis Crosby: 1) the balance in the Investment Fund is \$667,077.00; 2) the Committee approved \$33,000.00 for disbursement to Property/ Building, Missions and Christian Education for 2015; 3) no changes are anticipated for 2015; and 4) there will be a meeting with R.W. Baird at the start of the February 11 Council meeting.

Memorials:

Judy Welch: During the month of December, \$450.00 was given to the Memorial Fund.

Missions:

The total donation to our supported Missions for December was \$1,098.50.

Nominating:

Myra Elias – the new slate of Council member for 2015 include: Andrea Frost, Andy Mollema, Candace Nostrandt and Chris Porter (serving as Treasurer). There is one change in the existing Council: Al Bryant will serve as Financial Secretary with Judy Welch serving as Assistant Financial Secretary.

Outreach:

Judy Grant: 1) the Caroling at POMH and the Maples with the party following at the Phillip's home was great; 2) the Christmas Pageant was a huge success; and 3) 28 letters were sent out to those who had lost loved ones in 2014.

Property:

John Walthorn: The pine tree removal in front of the Church is on hold.

Worship:

Ann Osborn: 1) the decorations in the Sanctuary have been taken down; 2) Full Communion will be Sunday, February 1; and 3) discussion has begun for the Lenten and Easter season with two services scheduled for Ash Wednesday, February 18th.

Historian:

Al Bryant: 1) with the new photocopier installed, it will now be possible to scan the Women's Fellowship notes in preparation for our sesquicentennial; 2) the quilt that was sent to us in error has found its correct home; and 3) upcoming Al's Academy topics" the Marx Brothers in January, Butch Cassidy and the Sundance Kid in February, and Original Hoarders in March.

By-Laws, Finance & Stewardship, Personnel, Religious Education and Women's Fellowship:
no reports

Pastor's Report:

Report was submitted. Added to the report was 1) a request that the Christmas Eve collection donations go to Missions and 2) we now have a video projector which was used in linking us with Lee Kneisel's memorial service.

Unfinished Business:

Proposed 2015 Budget (\$108,299.00): Following discussion, addressing, and making the changes/ reductions the Council needed to bring the Budget back in line with previous years, the motion was made by Denis Crosby that the revised 2015 Budget of \$101,711.00 be approved; Jim Buzzell seconded. Approved.

New Business:

Council Commissioning: to be held at the Sunday, February 8th service.

Respectfully submitted,
Ann Osborn, Church Council Clerk



Thank You

**February is
First Congregational Church's
Council Appreciation Month!**

Thank you Al Bryant, Jim Buzzell,
Denis Crosby, Myra Elias, Judy
Grant, Mary Ann Harness,
Jim MacKenzie, John McElduff,
Leslie McElduff,
Larry Neuhardt, Ann Osborn,
Mary Reed, Signe Ruddy,
John Walthorn and Judy Welch
for your willingness to serve this
church family on the Council
last year.

May God bless each of you with a
sense of a job well-done.

Re-Run: Al's Academy

will revisit the program of
Lizzie Borden, on Thursday,
February 12th at
4:00 p.m. at the
Benzonia Museum.



If you missed it
before, now is your
chance to shine
light on the dark
and mysterious
circumstances.

For more information,
call Al at 231-871-1119.

**Please Remember
in Prayer**

Liz Acklin
Arthur Berry
Donna Blough
Joanne Brown
Robin Brunette
Abby Burgess
Katie Burns
Ginny Costworth
Steve Elrick
Ben Evans
Abby Gartland
Tyler Grant
Katy Gunning
Sandy Jackson
Sue King
Evie Knotnerus
Carolyn Lalas
Beverly Matthews
Stephen Napper
Cheryl Noll
Kendra Nuske
Katie Polermo

Katy Reed
Ward Van Houten
Kay Van Order
Bonnie Warren

**Our Prayers are
extended to the
families of:**

Larry Abbott
Joyce Benson
Bob Fisher
Colin Hayward
Dan Longstreet
Dorothy Mix
Glori Padgett
Dale Stratton
Maggie VanDolah

**Those serving in
the Military:**

Matt Conrad
Ryan Kingsinger
Clark Robinson

**Dine Out For
Benzie Area
Christian Neighbors**

at **Mayfair Tavern** in Elberta or
Geno's Sports Bar and Grill in
Thompsonville, on Tuesday,
February 3rd and

10% of your
dinner bill will
be donated to
BACN.



What your friends with cancer want you to know (but are afraid to say)

People with cancer are supposed to be *heroic*. We *fight* a disease that terrifies everyone. We are *strong* because we endure treatments that can feel worse than the actual malignancies. We are *brave* because our lab tests come back with news we don't want to hear. **The reality of life with cancer** is very different from the image we try to portray. Our fight is simply a willingness to go through treatment because, frankly, the alternative sucks. Strength? We endure pain and sickness for the chance to feel normal down the road. Brave? We build up an emotional tolerance and acceptance of things we can't change. Faith kicks in to take care of the rest. The truth is that if someone you love has cancer, they probably won't be completely open about what they're going through because they're trying so hard to be strong. For you. However, **if they could be truly honest and vulnerable, they would tell you:**

1. **Don't wait on me to call you if I need anything.** Please call me every once in a while and set up a date and time to come over. I know you told me to call if I ever needed anything, but it's weird asking others to spend time with me or help me with stuff I used to be able to do on my own. It makes me feel weak and needy, and I'm also afraid you'll say "no."
2. **Let me experience real emotions.** Even though cancer and its treatments can sometimes influence my outlook, I still have normal moods and feelings in response to life events. If I'm angry or upset, accept that something made me mad and don't write it off as the disease. I need to experience and express real emotions and not have them minimized or brushed off.
3. **Ask me "what's up" rather than "how do you feel."** Let's talk about life and what's been happening rather than focusing on my illness.
4. **Forgive me.** There will be times when the illness and its treatment make me "not myself." I may be forgetful, abrupt or hurtful. None of this is deliberate. Please don't take it personally, and please forgive me.
5. **Just listen.** I'm doing my very best to be brave and strong, but I have moments when I need to fall apart. Just listen and don't offer solutions. A good cry releases a lot.



6. **Take pictures of us.** I may fuss about a photo, but a snapshot of us can help get me through tough times. A photo is a reminder that someone thinks I'm important and worth remembering. Don't let me say "I don't want you to remember me like this" when treatment leaves me bald or scarred. This is me, who I am RIGHT NOW. Embrace the now with me.

7. **I need a little time alone.** A few points ago I was talking about how much I need to spend time with you, and now I'm telling you to go away. I love you, but sometimes I need a little solitude. It gives me the chance to take off the brave face I've been wearing too long, and the silence can be soothing.

8. **My family needs friends.** Parenting is hard enough when your body is healthy; it becomes even more challenging when you're managing a cancer diagnosis with the day-to-day needs of your family. My children, who aren't mature enough to understand what I'm going through, still need to go to school, do homework, play sports, and hang out with friends. Car-pooling and play dates are sanity-savers for me. Take my kids. Please. My spouse could also benefit from a little time with friends. Grab lunch or play a round of golf together. I take comfort in knowing you care about the people I love.

9. **I want you to reduce your cancer risk.** I don't want you to go through this. While some cancers strike out of the blue, many can be prevented with just a few lifestyle changes – stop smoking, lose extra weight, protect your skin from sun damage, and watch what you eat. Please go see a doctor for regular check-ups and demand follow-up whenever pain, bleeding or unusual lumps show up. Many people can live long and fulfilling lives if this disease is discovered in its early stages. I want you to have a long and fulfilling life.

10. **Take nothing for granted.** Enjoy the life you have right now. Take time to jump in puddles, hug the kids, and feel the wind on your face. Marvel at this amazing world God created, and thank Him for bringing us together. While we may not be thankful for my cancer, we need to be grateful for the physicians and treatments that give me the chance to fight this thing. And if there ever comes a time when the treatments no longer work, please know that I will always be grateful for having lived my life with you in it. I hope you feel the same about me.

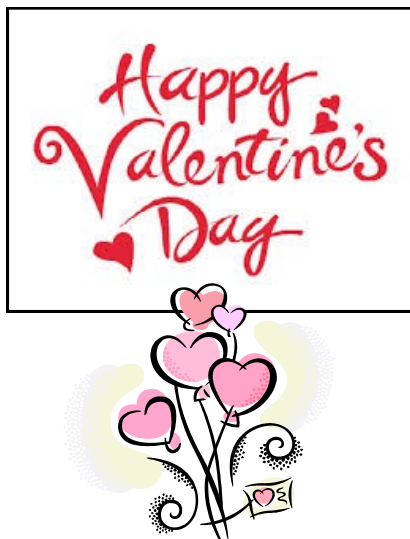
First Congregational Church of Frankfort

February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>10:30 a.m. Worship & Sunday School, Communion</div> <div>Souper Bowl of Caring Sunday</div> <div>Oliver Simmons</div>	<div>2</div> <div>1:00 p.m. BalA VisX Group Class</div>	<div>3</div> <div>Eat Out for BACN Geno's & Mayfair</div> <div>David Koenig</div>	<div>4</div> <div>4:00 p.m. Worship Committee</div> <div>Ryan Strom</div>	<div>5</div> <div>9:00 a.m. Yoga 5:15 p.m. Outreach Committee 7:30 p.m. Choir</div>	<div>6</div> <div>Evin Elias Peggy & Ralph Jackson</div>	<div>7</div> <div>Norma Bruinsma Marty Davis</div>
<div>8</div> <div>10:30 a.m. Worship & Sunday School & Council Commissioning</div>	<div>9</div> <div>1:00 p.m. BalA VisX Group Class</div>	<div>10</div> <div>4:00 p.m. Property Committee</div> <div>Lori Dougherty Leslie McElduff</div>	<div>11</div> <div>4:00 p.m. Council Meeting</div> <div>Steve Jackson</div>	<div>12</div> <div>9:00 a.m. Yoga 4:00 p.m. Lizzie Borden Revisited, Al Bryant at Benz. Museum 7:30 p.m. Choir</div> <div>Owen Chownyk</div>	<div>13</div> <div>Colton Prance- Jewell Paul A. Robinson Bob & Jan Condon</div>	<div>14</div> <div>Happy Valentine's Day!</div> <div></div> <div>Molly Frostic</div>
<div>15</div> <div>10:30 a.m. Worship & Sunday School</div> <div>Amy King</div>	<div>16</div> <div>1:00 p.m. BalA VisX Group Class President's Day</div> <div>Lacey Deloria</div>	<div>17</div> <div>Sharon Grajcar</div>	<div>18</div> <div>12:00 p.m. & 5:30 p.m. Ash Wednesday Service</div> <div>Judy Grant Suzy Middleton</div>	<div>19</div> <div>9:00 a.m. Yoga 11:30 a.m. Ministerial Association Meeting 7:30 p.m. Choir</div>	<div>20</div> <div>Kati Prance Hannah Nostrandt Mary Yang</div>	<div>21</div>
<div>22</div> <div>10:30 a.m. Worship & Sunday School</div>	<div>23</div> <div>1:00 p.m. BalA VisX Group Class Mark Haigh</div>	<div>24</div>	<div>25</div> <div>Linda Davis Freddie Kolehmainen Cooper Rath</div>	<div>26</div> <div>9:00 a.m. Yoga 5:30 p.m. Dinner & Al's Academy 7:30 p.m. Choir</div>	<div>27</div> <div>Phil Deloria Kris Dykstra Josie Mendoza Bill & Molly Frostic Michael & Sharon Grajcar</div>	<div>28</div> <div></div>

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Date	Greeters/Ushers <i>Head Usher:</i> Kathy Walthorn	
1	Candace Nostrandt, Larry Neuhardt, Sue King and Marti Mollema	Greeter and Ushers: Please arrive at church by <u>10:00 a.m.</u> ready to greet and welcome all who come to worship. (Greeters and Ushers are the front line people in welcoming visitors and new church family members!)
8	Betty & Fred Milliron, John & Leslie McElduff	
15	Bill & Julie Hirschfeld, Bob Conrad and Connie Bennehoff	
22	John & Kathy Walthorn, Donna & Ron Phillips	