

# Steepleviews

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

Website: [www.fccfrankfort.org](http://www.fccfrankfort.org)  
Rev. Dinah Haag: [haagdinah@gmail.com](mailto:haagdinah@gmail.com)  
Church office: [secretary431@gmail.com](mailto:secretary431@gmail.com)

## August 2013 Anniversaries & Birthdays

- 01 Joel & Saskia Buzzell
- 02 Madalyn Alphord  
Randy Gilbert
- 05 Cara Chicky  
Ella Whiting  
Peggy & Phil Deloria
- 06 Brandon Nostrandt
- 07 Bill & Julie Hirschfeld
- 08 Debi Kennedy  
Tom Marshall
- 09 Andrew Dougherty  
Cary & Eric Buzzell
- 11 Mary Jane Murray  
Dale & Polly Herscher
- 13 Polly Herscher  
Don Setterbo
- 15 Ella Bright
- 17 Jeryl Colby  
Andy Mollema
- 18 Lynn Buzzell  
Becky & Joe Hubbard
- 19 Jeanne McMillan  
Katie Condon
- 20 Jordin Gilbert Kelly
- 21 Cherie Hunt
- 22 Beverly Augustine
- 25 Brad Chicky  
Asher King  
Ryan & Tricia Strom
- 26 Lauren Church
- 28 Ann & Paul Osborn
- 30 Robin MacKenzie  
Isaac McKinnon  
Carolyn & Jim Lalas
- 31 Lucas Bright  
Dru Milliron  
Jackie & Tom Richmond

## Catch These Coming Events!

- August 1–8** Pastor Dinah on Vacation
- August 02** Benzie Home Health Care Walkathon
- August 13** Flotilla, Floortilla, Decktilla Party
- August 17** Beach Bums Game
- August 24** Three Husbands on the Loose & Church Picnic



### The Annual Flotilla Party

is slated for Wednesday, Aug. 13 at the usual time of 5:17 p.m. We'll gather on the sandbar in front of Grants and Mollemas on Crystal Lake. In case of poor weather, we'll gather on the deck at Judy Grant's home. If you'd like to go but

don't have a water means of transportation, there will be a sign-up sheet in the church Dining Room. Most folks bring their own beverage and a snack to pass. Hope to see you all there!



# Pastor's Page

OF THE SKILLS required of an ordained minister, blessing a meal was the one I had the least aptitude for. It felt like a predictable ritual, one that did not change my world or improve my work. I felt that it didn't apply to real life. But in recent years I have come to see that I was wrong. A prayer — any prayer, even the simple act of saying grace before dinner — doesn't happen outside life, but helps us more fully enter it.

In order to say grace, you have to stop doing other things. You have to stop talking, planning, going. As the Buddhist bumper sticker says, don't just do something — sit there!

Saying grace invites you to just be present: See the color of the radish in your salad, smell the soap on your hands, notice the texture of the tablecloth, and hear your own, or your own child's, breathing. Even in as mundane a moment as this, the astonishing richness of human life is laid before you. If you are safe from danger, sheltered from the elements, and not alone, grace gives you a chance, crucial moment in which to know it.

"OK," you might be saying. "That sounds very nice, but what am I supposed to say?" Excellent question. You may not have to say anything. It might be enough just to be silent and breathe. Here's a story I wish I had heard when I was figuring out how to pray. Franciscan friar and author Richard Rohr once told me about a rabbi who explained the Jewish prohibition against speaking or writing the name of God, lest it be taken in vain. "Many think it's actually impossible to speak or write the true name of God," the rabbi said. "Because the name of God is the sound of breathing. Breathing in...breathing out." Father Richard and the rabbi were quiet for a minute. They heard themselves breathing. They heard each other breathing. And they smiled.

The essence of grace is so uncomplicated: just your breath, moving into your body and flowing out again. It's the first thing every human being does upon being born, and the last. There's no correct way to breathe, whether it's in the church,

the synagogue, the mosque, or the coffee shop; down the street or across the ocean. In our time, the moment of silence has become a common code for public prayers. But silence isn't a mere absence of words, not just the inoffensive ritual of last resort. The best thing about silent prayer is that it is never actually silent.

During a service, the moment of silence is when the sounds of life take over: Babies and digestive systems gurgle, sinuses tickle and noses sniffle, a faraway dog begins to bark, and an ambulance howls from the street outside the sanctuary. The moment stretches. The dog barks again. Our neighbors in the pews inhale and exhale, saying the true name of God the only way there is to say it. Amen.

Such moments remind me of when my children were little, and we'd pause during our occasional walks in the woods. We'd lie down beneath the trees and be still, listening to the leaves shifting and rustling overhead, to the imperious cry of a northern cardinal (WHEE-err-err-Wrr WIT WIT). In the spaces between sounds, we could hear ourselves, and each other, breathing.

As you sit at your dinner table, your inhaled breath can pick up a few words and bring them forth as grace: For the food before us and the friends beside us and the love that surrounds us. For these thy gifts we are about to enjoy, let us be truly grateful. A spoken prayer declares aloud what is implicit in the breath: the sacredness of ordinary life and the splendor of ordinary love. You can say grace before every meal, or only in times of special thanksgiving. You can use words, or you can sit there without saying anything.

And maybe it won't happen every single time, but it will happen: In some ordinary moment of ordinary prayer, you will experience the extraordinary form of gladness that is indistinguishable from gratitude.

*Article by Kate Braestrup, community minister, a law-enforcement chaplain, and the author of several books, discovered in the November 2012 edition of Real Simple.*

Don't forget to visit our web page! It can change at a moment's notice. [fccfrankfort.org](http://fccfrankfort.org)



- Mary Reed on the birth of her new great-grandson, Miles Robert McCaskill. He was born on June 28. Congrats, GG!
- Maggie Baker on the birth of her new granddaughter, Calista Rose.
- The newest edition to the Zylstra family: Elaina Joy, Born July 6th, 6lb 15 oz.
- The Ruddy and Brown families on the arrival of Finley Ann, born July 23 and weighing in at 7 lbs. 9 oz.
- The Baptism of Amelia Jane Whisner on July 27, granddaughter of Mac and Marilyn, who came all the way from Peru.
- The Baptism of Spencer Hamilton Bell on July 1 at his family cottage.



Our sympathies to the families of Lorraine Krieger, mother of Kathy Crosby, the Deloria's friend, Maureen Belden, Judy Welch's cousin, Mike Codden, Susan Lavender's uncle Hubert Lavender and Lynn Buzzell's mother, Darlene Heniser.



Let's Bum It Together!  
Sun. Aug. 17 at 5:05 p.m.

at Wuerfel Park in Traverse City.

They will be playing the Lake Erie Crushers. Lawn seating is just \$5, which gives us more space to move around and visit and room for kids to run around a bit. So bring your chair and a snack to share (not ice chests or hard-sided coolers). Beverages in glass bottles and cans are not allowed to be brought in, but adult beverages can be purchased at the park. There is no limit to the number of people we can bring, but we need to give them a number the day before the game, so a sign-up will be in the church Dining Room. Go Bums!

## Three Husbands on the Loose and Potluck Picnic Sunday

Our favorite trio returns to lead our worship service on Sunday, Aug. 24. Tell your friends, and bring your Amens, because it will be a great time of singing beginning at 10:30 a.m.! Then we'll have a picnic potluck. The Church will provide grilled chicken, table service and drinks.

Come and bring your friends, a dish to pass and stay for the fellowship!!





# Council Notes

## There were 10 Council members at the July 09, 2014 Council meeting.

Treasurer's Report: Jim MacKenzie

Income for June: \$ 9,320.47

Expenses for June: \$ 7,273.92

YTD Expenses: \$52,568.88

YTD Income: \$46,965.07

YTD Budget: \$50,263.70

Memorials: Judy Welch

In June there were no donations to the Memorial or CIF accounts.

Missions: Treasurer's Report

Undesignated Mission income of \$500.21 and BACN designed income of \$20.00 were received from the congregational offerings. The investment fund provided an additional \$400.00 of income and Brawner/Missions provided \$200.00 of income. Checks were written to all our designated mission supports and to NACCC for the normal amounts. We made \$100.00 disbursements to BHHC, Community Spirit and the Pastor's Discretionary Fund from investment monies and an additional \$100.00 to the Pastor's Discretionary Fund from Brawner/Missions. The Missions account retained \$100.00 from the \$400.00 investment monies and \$100.00 from the Brawner/Missions monies to cover any shortfalls. Included in the off budget transactions were the \$58,000.00 income to the general fund and the subsequent \$38,000.00 expense to R.W. Baird. Investment Fund disbursements as of July 8, 2014, were reviewed and explained. For the month of June, \$1,397.95 of investment money was expended in Missions, \$200.00 in Building Maintenance, and \$675.00 in Education for a total of \$2,272.95 in investment expenditures.

Outreach: Judy Grant

1) the 4th of July Hot Dog Sale was a huge success despite the bun shortage; 2) the July 22 Block Party is now in the planning stages; 3) the Flotilla is scheduled for August 13; and 4) a

possible outing to a Beach bums baseball game for later in August is in the discussion stage.

Pastor's Report:

Report was submitted to those present.

Property: John Walthorn

The cabinets and drawers have arrived and installed for the secretary's office; the old brackets were removed and Andrea Frost painted.

By-Laws, Finance & Stewardship, Historian, Nominating, Personnel, Religious Education, Women's Fellowship and Worship:

no reports

Unfinished Business: none

New Business: none

Respectfully submitted,  
Ann Osborn, Church Council Clerk

## Update on the Tom Little Documentary...

Update on the PBS "Hard Places" documentary: Producer, Dan Swinton, reports that the documentary is still in the hands of the editor. They anticipate a premiere release in the Albany area in mid-October. The specific date and venue should be in my September newsletter update.

## Thank you also....

- To whoever weed whacked around the trees earlier this summer. You were a God-send!
- The Robinson grandkids who put up the posters for this summer's big events: Carlisle, Peyton, Kyah, Reagan.
- To all who helped out with the Block Party. The rain held off and it was a great evening with great folks.

## A Multitude of Gratitude goes to

- Bill Hirschfeld on filling the pulpit July 27.
- All who stepped in to fill all the tasks that needed attending while Pastor Dinah was on vacation.
- Jim Buzzell for replacing some steeple light bulbs and putting on the lower sanctuary screens.
- Jerry Zwart for scraping, priming and painting the parsonage garage doors and door trim.
- For the tears that were undoubtedly shed by Robin MacKenzie as she chopped onions for the Koegel hot dog sale.
- All who helped with the Koegel sale and all who were in the 4th of July parade. It was the best ever!
- To all the "Special Music" folks that played and sang for us.
- All who helped with attending the flock at Mary Reed's house and for Jerry Zwart for finishing the job.
- Ron Phillips, his friend Steve, and Bill Frostic for another superb job on building cabinets for the secretary's office. Many hours of planning have resulted in another beautiful addition to ease the work from that office.
- Andrea Frost for repainting a wall in that office, too.
- Dan Nostrandt for helping to move the heavy furniture in that office.
- Myra Elias and Judson Rath for recycling the pop cans from the 4th of July.

## Please Remember in Prayer

Ernie Balcueva  
Ed Baldwin  
Joanne Brown  
Robin Brunette  
Peggy Burns  
Ben Buzzell  
Helen Carter  
Doris Clark  
Rob Conrad  
Betty Croft  
Gerry Dodson  
Monte Finkhaus  
Bill Frary  
Melissa Franklin  
David Frost  
Carolyn Hershey  
Lucy House  
Melinda  
Klockziehm  
Lee Kneisel  
Phyllis Kuhlman  
Jill Levis  
Erika Lewis  
Elise Lundy  
Justus MacKenzie

Ray Miehle  
Donna Phillips  
Signe Ruddy  
Doc Wagner  
Tom Wenn

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

Maureen Belden  
Mike Codden  
Megan Edmund  
Darlene Heniser  
Lorraine Krieger  
Hubert Lavender  
Dick LoCicero  
Curtis Schmidt

### Those serving in the Military:

Cody Bates  
Matt Conrad  
Ryan Kingsinger  
Mike Porter  
Clark Robinson  
Ryan Ruddy

## August is First Congregational Church's Flower People Appreciation Month.



To all who take care  
of the gardens and to  
those who donate  
arrangements on the  
Altar, thank you very  
much!!

**The John L. Mulvaney Foundation, the Father Lovett Foundation and another caring family** will match all gifts to BACN, dollar for dollar, during BACN's **"Match" Campaign** made before August 31, 2014 up to \$45,000! Success will mean hundreds of children will be provided healthy nutritious foods, families will have warmth next winter and every Neighbor will have access to basic education, and job skills opportunities. Please consider a gift and help your Neighbor!



### **We got mail:**

The family of Ted Smeltzer wish to thank everyone for their kindness and support during this time of loss.

Love to you all,  
Jill & Family



### **Juvenile Diabetes Walk-A-Thon**

On September 6, 2014, Candace Nostrandt will be walking in the JDRF Walk -a-thon in support of a local 18 year old boy named Zac Paris. He is a type 1 diabetic and would love to see a cure in his lifetime. If you would like to donate to this worthy cause, please contact Candace @ 231-651-9781 or 352-7909, or sign up in the Dining Room.



### **Benzie Home Health Care's Annual Walk-a-Thon**

will take place on **Saturday, August 2** from 7-11 a.m. Show your support by walking, running, jogging, biking, or donating to this great organization.

For years folks have walked the shores of Crystal Lake, enjoyed a delicious brunch, and have made a difference in the life's of Benzie County seniors. For more information, contact Kris Dykstra at 352-6159, or Benzie Home Health Care at 325-0138 or [bcsbhhc@sbcglobal.net](mailto:bcsbhhc@sbcglobal.net)

**If you would like to sponsor** any of the many volunteers you can call the church office between 10:00 a.m. and 3:00 p.m. @ 231-352-7909 and we can get you signed up.

### **Good Grief...**


The Monthly Grief Support Group will meet on Sun. Aug. 3 at Trinity Lutheran at 3:00 p.m. The topic this month is "One Is a Whole Number: Being Comfortable Being Single."

The weekly Grief Support Group continues to meet at 11:00 a.m. – noon every Friday, except the first Friday of the month at Paul Oliver Memorial Hospital.

Grief is not that part of our journeys that needs be travelled alone.

# First Congregational Church of Frankfort

## August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>					1 5:00 p.m. Marshall – Ikens Wedding  Joel Buzzell & Saskia Van Wolferen	2 8:00 a.m. Benzie Home Health Care Walkathon  Maldalyn Alphord Randy Gilbert
Pastor Dinah on vacation						
3 10:30 a.m. Worship Rev. Michael Grajcar, preaching	4	5  Cara Chicky Ella Whiting Peggy & Phil Deloria	6  Brandon Nostrandt	7 9:30 a.m. Yoga  Bill & Julie Hirschfeld	8  Debi Kennedy Tom Marshall	9 7:30 p.m. Norris Vow Renewal  Andrew Dougherty Cary & Eric Buzzell
Pastor Dinah on vacation						
10 10:30 a.m. Worship Communion	11  Mary Jane Murray Dale & Polly Herscher	12	13 5:17 p.m. Flotilla Party  Polly Herscher Don Setterbo	14 9:30 a.m. Yoga	15 Methodist Church Pig Roast  Ella Bright	16
17 10:30 a.m. Worship  2:00 2:45 p.m. Care Facility Worship  Jeryl Colby Andy Mollema	18  Lynn Buzzell Becky & Joe Hubbard	19  Katie Condon Jeanne McMillan	20  Jordin Kelly	21 9:30 a.m. Yoga  Cherie Hunt	22  Beverly Augustine	23
24 10:30 a.m. Worship, 3 Husbands on the Loose & Picnic Potluck	25 Brad Chicky Asher King Ryan & Tricia Strom  Lucas Bright Dru Milliron Jackie & Tom Richmond	26  Lauren Church	27  7	28 9:30 a.m. Yoga  Ann & Paul Osborn	29	30  Robin MacKenzie Isaac McKinnnon- Ryan Carolyn & Jim Lalas
31 BACN Bacon Cook-off						

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Date	Greeters/Ushers <i>Head Usher: Bill Hirschfeld</i>	
3	Judy Grant, Nancy Marshall Andy & 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!)
10	Billee & Ron Wardwell, Betty & Fred Milliron	
17	Mac & Marilyn Whisner, Bob & Sue King	
24	Jean & Larry Neuhardt Bob & Jan Condon	
31	Bill & Julie Hirschfeld, Mary Bateman and Mary Ann Harness	