



Grapevine

From the Pastor's Desk

So much of our entertainment is based in ideal settings of kinds of community, or at least the best community we might hope for given the reality of life today. In most stories or plots there is a group who support one another – a family, a work group, or friends – and they face life's unpredictable challenges or dangers together day-by-day. These hurdles or crises come and danger is evident, often common to what we as an audience have experience or fear. It's typically the community who rescue or preserve the one or ones in danger.

Such stories are ideal in the sense that characters find survival through a faithful group of care. A moral or lesson is essentially conveyed, including that community can prevent tragedy. Northkirk is such a community. Following Christ Jesus together we're gifted with one another so that when life's unexpected arises, we have one another to survive. Surprisingly, many of our neighbors, though, are not aware that they also can share in the safety of the Lord's flocks.

I'm not surprised that Hollywood hasn't made a series

about the value of a church community. We know religion and politics are usually avoided in our mainstream entertainment. And, perhaps, showing an ideal congregation would appear unbelievable or un-relatable. And that would be true. Like any work environment or other group, congregations also are not perfect. Yet, the care we offer one another in the Lord's flocks is remarkable because it reveals the truth and goodness of God in the face of real drama, bringing real hope and care.

In the absence of a Hollywood series the next best thing are stories of our congregational life which we can share with our neighbors. Not everyone has what we enjoy together. When we share the real challenges we face, and tell our neighbors how

"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." (John 8:12)

we help one another within Northkirk, others may wish they could have what we do. And, with such sharing we can invite them to come meet those who have cared for us in our time of need. We all long for the safety God intends us to have in the care of one another.

/Pastor Martin

Worship Schedule

May Sermon Series

"God's Son, Our Transformation"

May 5

"Caring with Trust"
Mark 6:33-44

May 12

"Honoring God with Our Heart"
Mark 7:1-13

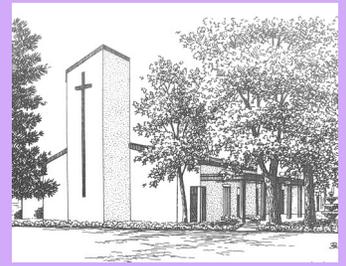
May 19

"Knowing and Following"
Mark 8:27-38

May 26

"Trust and Prayer"
Mark 9:14-29

GOING ON AROUND NORTHKIRK



Join us for Game Night!

We will meet Monday, June 3 at 7 pm in Baird Hall to have some fun and fellowship.

Everyone is welcome, so come on out! Contact Evelyn Beauvais with any questions.

-Daniel Beauvais

The Future of the East Lot

The “East Lot” is the piece of land our church owns on the other side of the wash. The “original” plan was to use this land as a parking lot some day in the future. An East Lot committee was created about four years ago to determine the disposition of the property. After significant discussion, they recommended selling this land. It has been a bit of a burden of both time, effort and money over the years.

Session recently decided to create a new committee to try and accomplish this. If you would like to help out and serve on this “Future of East Lot committee”, or even if you just have some real estate knowledge that you could share, please contact myself or a member of Session for more information. Thank You.

-Daniel Beauvais

Spring Craft Fair

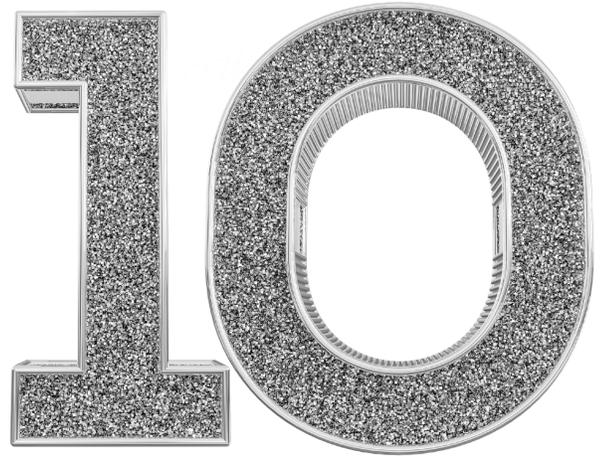
Our Northkirk Church spring boutique on Saturday, April 27 went great. We had a wonderful turn out from vendors and shoppers. The weather was nice and everyone enjoyed the raffles. We look forward to our next boutique event, “Northkirk’s Christmas Artisan Marketplace” on November 23.



CONGRATULATIONS ON A DECADE!

Thank you, Pastor Martin!

April 21st brought a special celebration to Northkirk. It was time to celebrate Pastor Martin's 10th year at Northkirk. Pastor started at Northkirk on April 1st, 2014. Its been an eventful decade and we have been truly blessed to have Pastor Martin lead us. Thanks also to Lorraine for her wonderful service and membership here. We have been blessed.



COMMUNITY OUTREACH



Reaching out into the community to bless others

This year our church has agreed to help new parents at Camp Pendleton. This will be part of their Navy/Marine Corp Relief Society. Recently, they have set up a program to teach successful parenting and baby care.

We want to bless these parents with a bag of goodies for the babies. Our goal is 20 bags and we will present them in early fall. Like our feeding the needy program our church does so well, we will collect different items each month: February and March = done!

April: bibs and mittens (still need)

May: crib sheets

June: hooded towels, face cloths

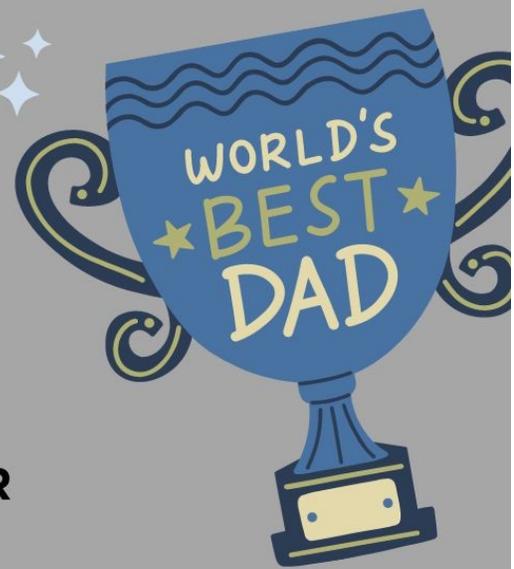
July: soft toys with sewn-in eyes

Any month – diapers

Our Caring Crafters will be providing hand-made Afghans and baby hats.

A HUGE thank-you to the wonderful person who donated 120 onesies/outfits. Adorable!

Please shop for these inexpensive items so we can make this project a success. Drop off items at church any time. Any questions? Please contact Nancy Slack.



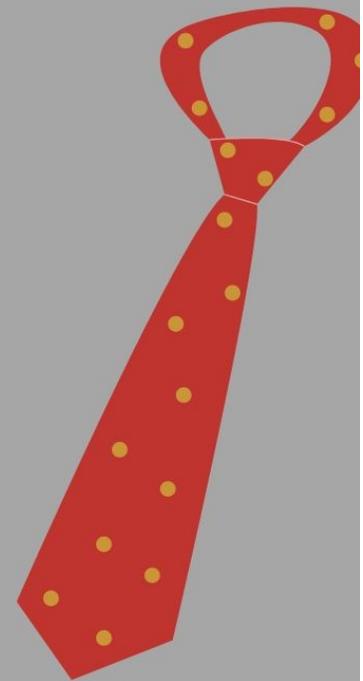
IT'S TIME TO SUBMIT YOUR



STORIES



WE WANT YOUR "DAD STORIES." WE WILL SHARE SOME DURING SERVICE ON FATHER'S DAY. WE WILL PUBLISH STORIES IN A HANDOUT TO BE ENJOYED FOR FATHER'S DAY. PLEASE SUBMIT YOUR STORY (500 WORD MAX.) BY JUNE 10TH. YOU CAN HAND THEM IN TO THE OFFICE OR EMAIL THEM TO ABBY AT NORTHKIRKOFFICE@NORTHKIRK.ORG. THANK YOU!



MUSIC, WORSHIP, AND ARTS



Making Music Can Protect Your Brain

Singing with a group or playing an instrument as you get older has been linked to better scores on executive function tests, according to a study. The researchers say that renewing an earlier-in life musical interest could be beneficial, too.

Source: International Journal of Geriatric Psychiatry, Jan. 28, 2024.

-Teri Smits

Windsong Sounds of Music

Come see the Windsong Southland Chorale and Bells of Windsong perform their "Sounds of Music" on June 2nd at 4:00pm. They will be playing at Claremont United Church of Christ at 233 Harrison Ave., Claremont, CA 91711. The cost is \$20 per person or \$40 per family. Please purchase tickets at www.windsongsouthlandchorale.org.

Let's Make Music! 🎵

Are you interested in music and want to keep your mind sharp? We have singing and musical instrument playing opportunities at Northkirk through our Praise Band, choir, and bell choir. Please call the church office or see Thelma Campbell for more information. Everyone is welcome to join us!

Music
PRACTICE

THURSDAYS
HAND BELL CHOIR 5:30 PM
VOCAL CHOIR 6:30 PM
PRAISE BAND 7:30 PM

A collage of various musical instruments including a guitar, violin, trumpet, and drums, with the text "Music PRACTICE" and a list of activities. The background is a light blue gradient. The instruments are arranged in a cluster on the right side of the image. The text "Music" is in a large, orange, cursive font, and "PRACTICE" is in a smaller, orange, sans-serif font below it. Below the text, there is a list of activities for Thursdays: "HAND BELL CHOIR 5:30 PM", "VOCAL CHOIR 6:30 PM", and "PRAISE BAND 7:30 PM".

SAVOR



*“Go then, eat your bread in happiness,
and drink your wine with a cheerful heart,
for God has already approved your works.”*
(Ecclesiastes 9:7)

I don't know about you, but I enjoy good company and food. Recently, I had that pleasurable activity, as I walked along the beach of Crystal Cove with my girlfriends and then had lunch at the Beachcomber Restaurant. The meal became an experience as conversation went back and forth between us, as well as colorful salads, warm soup and a panini sandwich. I was not only **savoring** the moment but also the food, with all of the different flavors. I was reminded of what I had heard in a medical conference I attended earlier this year. One of the most important parts of the healthy Mediterranean diet is to slow down with eating, and take the time to really taste and **savor** your food. Conversation with others actually helps that process as well. When I had heard that, I was immediately reminded of how God reminds us to actually taste all his goodness (Psalm 34:8). In fact, food

and fellowship are hallmarks of the festivals recorded in Scripture.

So why do we even have such a thing as “fast food?” That concept is contrary to how our body digests food. Stretch receptors in the stomach are activated as it fills with food or water, which signal the brain through the vagus nerve which connects the gut and brain. Hormonal signals then are released partially as the digested food enters the small intestine. One of those hormones, leptin, can enhance the feeling of fullness and interact with the neurotransmitter dopamine in the brain to produce the feeling of pleasure after eating. Eating too quickly bypasses this intricate hormonal cross talk system to actually work. It takes about 20 minutes from the start of the meal for the brain to send out the signals of fullness and satisfaction. When we rush this process or “wolf down the food,” we are forcing our gastrointestinal system to deal with things before its prepared. We end up eating more, and since the food isn't well digested, we get large lumps of food in our stomach that just sit there and play into bloating, gas and indigestion.

Savoring food, eating slower not only enhances digestion, but helps with either losing weight or maintaining weight, having a steady blood sugar, and a lower blood pressure. Plus, actually enjoying the aroma and tasting the flavors is all pleasurable. Meal times need to have conversation, so set aside time for a meal together, sitting down at the table, without smart phones or other distractions, as the TV news. Pay attention to what your eating, and see if you can actually taste the flavors and spices, as well as identify the textures of the food. Know that in doing so, you are not only doing your body a favor, but you are participating in the goodness of God that He so wants you to enjoy and **savor!**

-Mary S. Brown

HEALTHY LIVING

FAITH

FELLOWSHIP

FITNESS

FOOD



Garlic Asiago Cauliflower Rice

Ingredients

- 1 medium head cauliflower
- 2 tablespoons unsalted butter
- 1 tablespoon extra virgin olive oil
- 1-1/2 teaspoons garlic-herb seasoning blend
- 1/2 cup finely grated Asiago cheese

Directions

1. Using a box grater or a food processor fitted with the steel blade, finely shred cauliflower (about 6 cups).
2. In a large cast-iron or other heavy skillet, heat butter, oil and seasoning blend over medium-high heat. When butter is melted, stir in cauliflower, working in batches if necessary. Cook, uncovered, until tender, 10-15 minutes, stirring occasionally. Stir in cheese.

Nutrition Facts

2/3 cup: 112 calories, 9g fat (4g saturated fat), 18mg cholesterol, 103mg sodium, 5g carbohydrate (2g sugars, 2g fiber) 4g protein.

Diabetic Exchanges: 2fat, 1 vegetable

Source: www.tasteofhome.com Photo: www.leencuisine.com

HEALTHY LIVING

FAITH

FELLOWSHIP

FITNESS

FOOD

Health advice from various **Consumer Reports: On Health** newsletters:

Benefits of standing up- Take a 2 minutes break from sitting every half hour. It can improve the body's use of amino acids that are key for building and maintaining muscle.

(Source-Journal of American College of Cardiology, 12/6/22)

Resist the urge to add salt to your foods during mealtimes. Avoiding salt during most meals was associated with a 23% lower risk of heart attack, heart failure, or stroke compared with people who always salted their food.

(Source-Journal of Applied Physiology, 8/11/22)

Secret to a happier day-reach out to a friend daily. Doing that can increase well-being and cut stress.

(Source-Communication Research, 1/27/23)

Enjoy your coffee!-Sipping 2 to 3 cups daily of coffee made with ground coffee (like filtered coffee and cappuccinos) was associated with a 27% lower risk of dying over 12 years than drinking no coffee. The polyphenols in coffee may protect cells from damage and improve gut microbiome.

(Source-European Journal of Preventative Cardiology, 9/27/22)

-Teri Smits



Treasurer's Report

Treasurer's Report as of February 29, 2024
Emily Scholz, Church Treasurer



Operational Budget	February Budget	February Actual	Year to Date Budget	Year to Date Actual
Giving/Receipts	16,419.86	16,385.31	32,839.72	32,643.38
Expenses	24,271.71	20,301.87	48,543.42	41,135.13
Net Operating Surplus/Deficit	-7,851.85	-3,916.56	-15,703.70	-8,491.35

Treasure our Treasurer!

Numbers are not everyone's favorite sport. But, oh, where would we be without these gifts in the body of Christ? Emily Scholz stepped into a second career voluntarily after retirement to serve the Lord and his flock. One can appreciate with twenty years experience, Emily brings accumulated knowledge and history that support our Session decisions.

As part of our Finance and Stewardship committee, this ministry team ensures that our use of congregational giving, campus partner and other rental fees, and other income is properly accounted, invested, and reported to Session and us all. This is important work as it maintains our congregational non-profit requirement status. F&S ensure that our processes are safe, including checks and balances, which are reviewed.

Our congregational giving goes out to many recipients, including missions giving and our employees. Our congregational payments to fund internal and external ministries all pass through Emily's careful eyes. Of course California maintains laws regarding pay and safety. And so, Emily is also part of our Personnel Committee and ensures we are in compliance with ever-changing regulations.

Emily does more than numbers, though... such as Caring Crafters, handbell choir, serving as a Worship Assistant, contributing food articles to our Grapevine, and on occasion preaching. Even outside of Northkirk her servant heart continues... but this is for another article. When you see Emily and her caring smile, be sure to thank the Lord for her and to thank her as well!

Northkirk Elders Area of Responsibility

Dan Beauvais – Clerk Of Session
Nona Cabral – Christian Education
Steven Hanson – Facilities and Grounds
Jo Simmons – Membership and Fellowship
Tom Stahl – Missions and Evangelism
Thelma Campbell – Music, Worship and Arts
Alan Simmons – Stewardship and Finance
Chris Maitlen – Northkirk Community Coordinator
Joyce Brand – Personnel

Electronic Giving Accounts

events@northkirk.org
mops@northkirk.org
giving@northkirk.org
theatre@northkirk.org
loveoffering@northkirk.org

These may be used with Zelle. Currently mops@northkirk.org can be used with Venmo, the other accounts cannot.



SESSION HIGHLIGHTS

Session did some heavy lifting with some weighty issues in April. Some upcoming events were talked about the Spring Boutique on April 28th, the Spring Follies on May 11th, Mother's Day on May 12th and Pentecost on May 19th.

First came the subject of the East Lot. This is the piece of land our church owns on the other side of the wash. The previous East Lot committee recommended selling this land. Session decided to create a new committee to try and accomplish this.

Session has been struggling with various procedures and policies, so it was decided to review the churches policies and procedures. They were distributed to the various committees who will work on them the next couple of months.

Session approved a new renter. One-Plus Academy will be using our campus over the summer. They are a tutoring group that will be using 2 or 3 classrooms every day. Last month, the Legacy learning group was approved to start using our facility in the fall. This month, they requested to use our facility to have a parking lot sale and to use the funds to help pay for painting our building. Thanks Legacy!

Blessings
Daniel Beauvais

Average Attendance for Online & In-Person Worship Services for April:

Facebook live:	8 viewers
YouTube live:	8 viewers
In-Person:	62 attendees
Cadence:	12 viewers



Facility Rental

Northkirk often rents its facilities to individuals and community groups for meetings, recitals, concerts, receptions and more!

If you know of anyone who is looking for a facility, have them call the office. Abby will be happy to work with them to make sure their event is successful!

Call Abby Thomas,
Office Manager @
909-989-4919





Thank You Mom

What do you have from your mother or that reminds you of your mother? Please send a 2 paragraph note and photo to Abby in our office for our "Mother's Day Mementos". Please have your submissions to Abby by Tuesday, May 7th.

MOMS OF PRESCHOOLERS



MOPS' regular April 4th meeting theme was "Elementary School Readiness". We started with a delicious breakfast, hot coffee & tea, and warmed up by talking with friends on that cold winter morning. Then, mentor mom Teri Smits was our speaker, bringing 22 years of experience teaching Kindergarten in one of our local public schools. Wow, she sure knew her stuff! Such wonderful tips & pointers, clear understanding, valuable clues, and great advice for these young moms of preschoolers. Tons of helpful suggestions! Thank you Teri for sharing your expertise. One of our MOPS' saying is: "Better Moms make a Better World", and Teri sure gave them wonderful insight into that at the meeting!

The MOPS families had a special Friday Night BBQ at leader Bailey's house here in Rancho Cucamonga on April 12th. They all got to meet the husbands and the older-aged kids who are normally in school during our Thurs meeting time. Everyone got along great and Bailey even had a mini-bouncy house in her backyard. What a joyful special time!

The April 18th meeting was "Share Your Skill" with all the young moms (and mentors!) sharing the expert things they have learned over the years. Lots of helpful tips, amazing abilities and interesting ideas! At the meeting, the leaders announced the big MOPS International "Theme Reveal" for next Sept 2024-2025. It will be called "Wild Hope", with 3 sub-themes: "Be Open to Receive" (Mark 10:51), "Build Endurance" (Romans 5:3-5) and finally "Live Passionately" (Jeremiah 29:13).

The Craft Fair ended up the month of April as our MOPS of Northkirk group hosted a craft table making succulent planters. All the needed items were in a line, on a long table, starting with the empty pot, then soil and gravel, and ending with succulent clippings expertly placed making an artistic planter. Headed up by our own MOPS mom Brisa who does this for a living, along with our moms volunteering. The moms called it a "Succulent Bar". Cute idea & great hit!

Thank you Northkirk for each month supporting all these talented, gifted and dear moms - and the entire MOPS program. It's been a vital community ministry of which you all have been an important part. MOPS is so very grateful to you. What a journey!

-Nancy Kwedar (mentor mom)

NORTHKIRK HISTORY CORNER

In my time as a neighboring pastor in Upland, I developed a very special friendship with the people of Northkirk and I would like to share a little of that story.

Barbara and I and our daughters moved to Upland in 1989. I was the pastor of the Upland Presbyterian Church and, by virtue of our location in Riverside Presbytery, a member of the "West-end" cluster of churches, which included Northkirk. The cluster was virtually defunct when clergy and laity of the several churches met and decided there was a lot that we could and should be doing to promote our churches and their mutual ministries. That really started my friendship with so many wonderful people including Dick Green, the wise, gentle pastor of Northkirk Church.

About 15 of us used to meet monthly for breakfast. We would plan various events and share the joys and concerns of each church and, in the process, we became aware of each other's personal interests. About the time I learned of Dick Green's love of nature, especially birds, I was passing out little walnut crosses that were made in my shop. I told him I had given away hundreds of these little crosses and that I had just finished making a very large cross for Hart Fellowship Hall at the Upland Church. That's when he said Northkirk was wanting a large cross in the chancel of their church and would I be interested in helping make that happen? The cross needed to be made of red oak to match the pews and other furniture and I had a lot of oak left after the project in Hart Hall and I thought to myself, "This must be a God thing!"

I believe the cross was a "God thing" for a number of reasons. First, it was beyond my skill level to build! It was very challenging to bring the arms of the cross together in a set of complicated joints that met in the center. More than that, I remember the serene joy I felt as I worked on the cross. It was as if the Lord Jesus, himself a carpenter, was saying, "Gary, you can do this. I want this cross to bless many, many people in my

name!" And then, when it was completed and we hung it in the sanctuary and people saw it and appreciated it, I was deeply grateful.

After Dick and Deena moved to Idaho and you installed the new pastor, Karen Greschel, I thought to myself, "Thank you, God, you have given Northkirk another great pastor." Then, after her most untimely death and, in the midst of the grief that the people of Northkirk were experiencing, I was asked to step in to the role of temporary interim and to try to bring a measure of healing to the church. That period of some six months were among the most special in my years of ministry. People were very responsive, kind and generous. Before each Sunday service I met with a group of people who would lift the church and me in prayer and then I would take my place in the chancel close to the cross. Still caught up in the power of those prayers, the cross would remind me of that time years earlier when I was building it and sensed the presence of Christ and his comforting words, "Gary, you can do this." Only now, there was a specific call: "You can console these people. Let them know I am in charge and give them a sense of hope in my name." And then I would think about Dick and Karen and my prayer warriors and I would glance at that large, oak cross and prayerfully say, "Yes, Lord. Yes I can. Thanks be to God!"

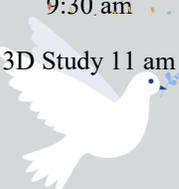
May the chancel cross remind us of the man who went to the cross for us that we might know the depth of God's love for us all.

-Pastor Gary Hindman

Every month I hope to highlight the many loving touches that so many have donated to make our church the wonderful place it is to gather and worship. I will be seeking out longtime members for information and ideas for future articles. If you want something featured or if you can clarify anything I have stated, please reach out to me at 909-227-8068 or tsmitstmits@aol.com

-Teri Smits

MAY EVENT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 Worship Service 9:30 am Pulpit Supply	29	30 Prayer Part. 9 am	1 Bible Study 7:30 am CoCo's (Haven)	2 MomCo 9 am Cadence Study 4 pm Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	3 Youth Group 7:30 pm	4
5 Communion Worship Service 9:30 am 3D Study 11 am	6 Game Night 7 pm	7 Prayer Part. 9 am	8 Bible Study 7:30 am Via Zoom Pastor's Bible Study 4:30 pm	9 Caring Crafters 2 pm Cadence Study 4 pm Praise Band 6:30 pm	10 Youth Group 7:30 pm	11 Writer's Group Via Zoom 11:30am
12 Worship Service 9:30 am 3D Study 11 am 	13	14 Prayer Part. 9 am Deacon mtg. 6:30 pm	15 Bible Study 7:30 am Via Zoom	16 MomCo 9 am Cadence Study 4 pm Praise Band 6:30 pm	17 Youth Group 7:30 pm	18 Elder-Deacon Training 9-11 am
19 Worship Service 9:30 am 3D Study 11 am 	20	21 Prayer Part. 9 am Session mtg. 6:30 pm	22 Bible Study 7:30 am Via Zoom Pastor's Bible Study 4:30 pm	23 Caring Crafters 2 pm Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	24 Youth Group 7:30 pm	25 Writer's Group Via Zoom 11:30am
26 Worship Service 9:30 am 3D Study 11 am	27	28 Prayer Part. 9 am	29 Bible Study 7:30 am Via Zoom	30 Cadence Study 4 pm Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	31 Youth Group 7:30 pm	1 Campus Work Day 8 am

Prayer Partners Tuesday, 9 am, Mary Lee's home. Call Mary Lee with prayer requests or to be part of the group.

Bible Study at 7:30 am Via Zoom, Contact Terry Switzer. First Wednesday of the month meets at CoCo's on Baseline and Haven.

3D Study - Sunday, 11 am contact Martin Smith 909-285-2130

Pastor's Bible Study, 2nd and 4th Wednesday, 4:30pm
Pastor's office, contact Martin Smith 909-285-2130

Happy Birthday!

Norman Balders 05/02
Chris Maitlen 05/07
Aline Sardao 05/10
Carrie Baird 05/16
Lee Rash 05/18
Alan Simmons 05/19

Richard Brown 05/21
Ngairé Simmons 05/23
Tim Atherton 05/24
Debbie Bruce 05/25
Jodie Stahl 05/27