

# Grapevine

## From the Pastor's Desk

Without doubt Christ Jesus was inspiring and a source of joy and hope to his followers. However the Lord challenged the preconceived ideas of the Messiah, his followers accepted his teaching and directions as well as they could. After all, this was God's promised One who would restore not only Israel but lead all peoples, cf. "...one like a son of man... given dominion and glory and a kingdom, that all peoples, nations, and languages should serve him..." (Daniel 7:14). And of equal attraction to his wisdom was his devoted care that was both corporate and personal.

With such great hope, even if it was not clear how Jesus would accomplish this, imagine their sudden devastation at his crucifixion and death. Jesus' kingship was not just a 'pleasant possibility,' which if it did not come to pass would leave his followers unfazed so they carried on their lives. Every spoken word he uttered brought a refreshing, wise, insightful, and hope-filled way to live. To follow Jesus' teaching was to begin this way of life, but the full appearance of such a world required Jesus to overcome all other less-worthy governments. But then to see him, the One so clearly gifted by God to lead, having died on a cross brought them shock, fear, heartbreak, grief, anger and depression. "How

could God allow this Messiah of hope to be so brutally killed?", they would ask. It is truly amazing, given all this, to read of the strength and courage of the women who sought his body on Easter morning... when they witnessed God's almighty power that would restore again all their hopes.

"I have seen the Lord!", Mary Magdalene announced to the other disciples. For Mary, as well as the others disciples who encountered the risen Messiah, their joy was truly immeasurable. All those that resisted God's Messiah had not been able to thwart God's promise to rescue nor Isaiah's hope spoken centuries earlier,

*"As they entered the tomb, they saw a young man, dressed in a white robe... he said to them, 'Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised!'"*

(Mark 16:5-6)

cf. "Your dead will live... You who lie in the dust, awake and shout for joy!" (Isaiah 26:19). With death no longer a weapon or threat of God's enemies, Jesus now lived again, forever. And each disciple could again experience the personal care of Jesus and unlimited time with him.

Though we were born on this side of Jesus' cross, the joy of his first disciples can be ours. When we hear Jesus' words and love we, too, can be inspired to follow him just as they were. Every Easter Sunday is also our opportunity to rejoice with them that God's promise to rescue the world has been fulfilled!

/Pastor Martin

## Worship Schedule

### Lenten Sermon Series

*"Lent through the Psalms"*

March 3  
"Our Foremost Endeavor"  
Psalm 63

March 10  
"Living Boldly"  
Psalm 23

March 17  
"Deep Needs"  
Psalm 130

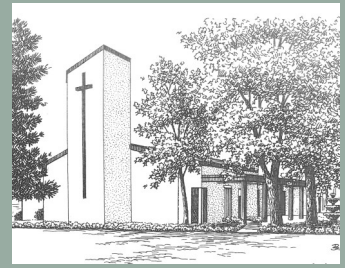
March 24  
"Thanksgiving for Light"  
Psalm 118

March 28  
Maundy Thursday  
"The Lord Listens"  
Psalm 116

March 29  
Good Friday  
"He Has Done It"  
Psalm 22

March 31  
Easter Sunday  
"Raised, As He Said"

# Going On Around Northkirk



## Let's Restart Game Night!

Now that the holidays are over, it's time to restart Game Night! We will meet Monday, March 4 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

## Hey, It's Lent!

We've been in Lent a couple of weeks now, and Northkirk has several big events coming up. There's new member classes on March 3<sup>rd</sup> and March 10<sup>th</sup> after church, followed by the Easter Egg hunt which we are doing jointly with other tenants here at Northkirk on Saturday, March 23<sup>rd</sup>. Then comes Easter week. Palm Sunday is on March 24<sup>th</sup>, which includes receiving our new members and then a Palm Sunday potluck after church. Maundy Thursday (March 28<sup>th</sup>) and Good Friday services (March 29<sup>th</sup>) follow that week, followed by our Easter Sunday service on March 31<sup>st</sup>.

-Daniel Beauvais

## Spring Craft Fair

Our Northkirk Church spring boutique is scheduled for Saturday, April 27, from 9 AM to 2 PM. If you'd like to be a vendor and are willing to serve on the committee, your space will be free. We are charging \$50 for a 12 x 12 space if the application and payment are received by April 1, 2024. After that date, the price will go up to \$65 per space. If you know someone who might be interested they can contact Abby for an application or talk to me. We are currently looking for a food vendor to sell hot lunch items.

-Chris Maitlen





**\$5**

**lunch**

includes pizza slice,  
chips, and drink



**\$5**

**wristband**

includes activities  
listed below

# THE GREAT *Hopping*

Jumper

Movies

Meet the Easter Bunny!

Crafts

Egg Hunt

Games



**SATURDAY, MARCH 23RD**

**10:00 AM TO 2:00 PM**

**EGG HUNT BEGINS PROMPTLY AT 10:30 AM**

**NORTHKIRK CHURCH**

**9101 19TH ST., CUCAMONGA 91701**



# Moms of Preschoolers



Mops had a busy month. Our first meeting was Spa Day. One of our mommas led a class on yoga/stretching. Manicure supplies were provided, make-up ideas and a wonderful morning of sharing and laughter.

Our second meeting hosted a guest speaker-Alicia from Rancho Counseling. Her talk was on Marriage and Communication and generated questions, ideas, and insights.

Mops says thank you for supporting our fundraisers. We generated a \$50 donation from the Spot Café in Claremont this month and \$125 from BJs last month. On Saturday, April 13<sup>th</sup> from 8am-12pm, Chris Maitlen is hosting a yard sale at her home in Alta Loma and offering table space to our Mops group. Our talented Chris will be selling her hand-crafted jewelry and donating a portion of sales to Mops. Chris will also have other creatives selling their handmade items so be sure to stop by that morning. Please contact Teri Smits or Chris Maitlen to arrange donations. Due to lack of storage, if you have

items to donate you will NEED to contact Chris Maitlen for the heads up and bring them over around 7am the morning of the yard sale.

We will not accept computers, TVs, printers, large furniture, or clothing, and that includes shoes. We recommend kitchen items, tools, toys, games, decorative items, or books school/office/art/craft supplies.

Northkirk's next Craft Boutique is April 27<sup>th</sup> and Mops will have a table there too. Their table is Make a Succulent Pot. For a donation, participants will be supplied with soil, a pot, succulents and tools to create a potted plant to take home. They are seeking donations of any small pots/jars suitable for using that morning. You can bring them to church anytime.

Lastly, we are asking for prayers for Vanessa Van Holland, a Mops momma who attended Mops last year. She needed surgery this year so she did not return but during her procedure, doctors discovered she has thyroid cancer. Surgery was performed on her thyroid but doctors still detect cancer markers so she needs to undergo radiation and chemo. Thank you for keeping her in your prayers. We have reached out to her for any needs or support she may need.

-Teri Smits

# Spring Up!

There I was walking down the horse trail, with Gypsy Rose leading the way. Innocently, mulling over in my mind, the beauty of the walk, the warm sunshine, the flowers busting out with blooms, when in a second, I was jerked to the ground in a full forward “face plant” fall, as if I was sliding into first base! Gypsy was gone, in a mad dash for whatever critter she had seen, probably a squirrel, rabbit or cat, all of which are her arch nemeses, and I was grounded flat. Getting up, brushing off the dirt and gravel, I surveyed my injuries. Thankfully, I wasn’t missing teeth, but I did feel a bloodied lip, a bump under my eye, and skinned hands and knees. Finding Gypsy, I realized I still had about 2 miles to go to get home. I stopped in at a nearby park, to at least wash up, so I didn’t completely look like the loser of a fight. Yes, unfortunately, I have had a couple of these falls, usually instigated by my canine buddies, but falling is something we really don’t want nor have to do . . .

According to the CDC, *“falls are common and costly, especially among Americans 65 and older. But falls are preventable and do not have to be an inevitable part of aging.”* Falls are the leading cause of injury and injury death in this age group. One out of every 5 falls, results with a broken bone or a head injury, 95% of hip fractures are caused by falling, usually by falling sideways. Women fall more than men and account for at least 75% of all hip fractures. Certainly, these are not pleasant statistics, but they also are not the end of the story or the unavoidable outcome.

Falls are not a normal part of aging. You can indeed stay up on your feet and avoid the risk of falling. CDC recommends at least 4 things you can do to prevent falling. **First of all**, talk with your health provider if you’re worried about falling. Check any medicines or over the counter products that could make you sleepy or dizzy, causing you to fall. Check your Vit D level to make sure you have adequate reserve to maintain bone, muscle and nerve health. Make sure you are eating enough protein to keep healthy muscles. Good protein sources,

in addition to grass fed meats, are wild fish, beans of all kinds, an assortment of vegetables, nuts and seeds. **Secondly**, exercise. Lack of exercise and movement leads to weakness and increases your chance of falling. Exercise improves your balance and strength, making your legs and core a much better base of support. Exercise and developing strength will improve your confidence against falling or if you do fall, you will be able to get up. Tai chi is a great exercise for anyone of any age to improve balance and strength, as well as chair yoga. Chair yoga is a form of gentle yoga that involves seated postures and sometimes standing postures that use a chair for balance. An April 2019 systemic review of research published in the *International Journal of Behavioral Nutrition and Physical Activity* found that muscle strength, flexibility and balance was improved with chair yoga. It also cited that chair yoga reduced chronic pain, and improved mental health and sleep.

**Thirdly**, have your eyes and feet checked. Cataracts and glaucoma, as well as not having the right prescription for eyeglasses, can limit your vision. Certain neuropathies or foot deformities may make it difficult to walk well, so make sure you have proper footwear to stay safe. **And finally**, make your home safe. Remove things you may trip over, like small throw rugs that can slip. Keep items you often use in cabinets you can reach easily without a step stool. Improve lighting in your home, as well as putting a night light in your bathroom. Utilize assistive devices as needed, grab bars in the tub or shower or next to the toilet are helpful, as well as non-slip mats in the bath. Walkers or canes can also be utilized to give confidence with walking.

And note to myself, be mindful of your pets. I have since modified my way of walking Gypsy, she has to be by my side and not ahead of me. And with Spring on the way, more walks and hikes ahead, I want to be on the **Upside** of life!

-Mary S. Brown



# HEALTHY LIVING

**FAITH**

**FELLOWSHIP**

**FITNESS**

**FOOD**



## Spring Asparagus

### Ingredients

- 1-1/2 pounds fresh asparagus, trimmed and cut into 2-inch pieces
- 2 small tomatoes, cut into wedges
- 3 tablespoons cider vinegar
- 3/4 teaspoon Worcestershire sauce
- 1/3 cup sugar
- 1 tablespoon grated onion
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/3 cup canola oil
- 1/3 cup sliced almonds, toasted
- 1/3 cup crumbled bleu cheese, optional

### Directions

1. In a large saucepan, bring 1 cup water to a boil. Add asparagus; cook, covered, until crisp-tender, 3-5 minutes. Drain; place in a large bowl. Add tomatoes; cover and keep warm.
2. Place vinegar, Worcestershire sauce, sugar, onion, salt, and paprika in a blender; cover and process until smooth. While processing, gradually add oil in a steady stream. Toss with asparagus mixture. Top with almonds and, if desired, cheese.

### Nutrition Facts

3/4 cup: 154 calories, 11g fat (1g saturated fat), 0 cholesterol, 159mg sodium, 12g carbohydrate (10g sugars, 1g fiber) 2g protein.

**Diabetic Exchanges:** 2 fat, 1 vegetable, 1/2 starch.

Source: [www.tasteofhome.com](http://www.tasteofhome.com)

This fresh and colorful side dish is delicious served warm or cold. I get lots of compliments on the homemade dressing.  
-Millie Vickery, Lena, Illinois

# HEALTHY LIVING

**FAITH**

**FELLOWSHIP**

**FITNESS**

**FOOD**

In Consumer Reports February 2024, there is an article titled “ How to Eat Less Plastic”. What a surprising title! It states that when we buy foods at our stores, the unexpected ingredient in our food is called a plasticizer- a chemical used to make plastic more flexible and durable. Plasticizers-the most common of which are called phthalates-show up inside almost all of us, right along with bisphenols like BPA. These have been linked to a long list of health concerns even at low levels. Consumer Reports has been investigating this for the last 25 years and they checked a wide variety of foods. They found phthalates in almost every food they tested, often at high levels and no one particular type of food was more likely than another to have them. Our bodies are pretty good at eliminating bisphenols and phthalates from our systems but our constant exposure to them means that they enter our blood and tissue almost as quickly as they are eliminated. The problem with these chemicals is they can disrupt hormones that contribute to diabetes, obesity, cardiovascular disease, certain cancers, birth defects, infertility and neurodevelopmental disorders.

The article offers a few suggestions on how to get less plastic in our food and environment.

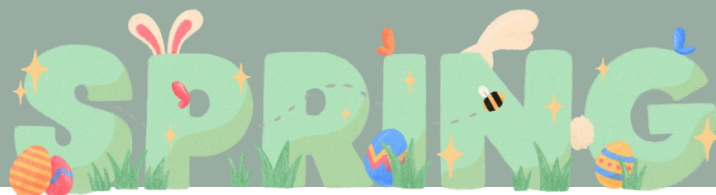
1. Avoid plastic food storage containers. If you do use them, don't heat them in a microwave. You can see CR's top picks for steel and glass containers at [CR.org/foodstorage](https://www.consumerreports.org/foodstorage).
2. Steer clear of fast foods. CR tests found some of the highest levels of plasticizers in fast food. They don't know why but one theory is fast food is prepared by people wearing vinyl gloves which have some of the highest levels of these chemicals.
3. Limit high-fat food. Higher levels of plasticizers are found in higher fat content foods.
4. Eat fresh, minimally processed food.
5. Choose wood, stainless steel and silicone for kitchen tools.
6. Use water bottles made of glass or steel.

We are also exposed in our environments. Here are suggestions to reduce the chemicals:

1. Go fragrance-free in soaps, cosmetics, and cleaners.
2. Open your windows. Ventilation is important as phthalates can accumulate in furniture, shower curtains, flooring and household dust. Vacuum with a window open.
3. Refuse paper receipts. Go for digital ones. Thermal paper receipts (they are a little glossy) are often coated in bisphenols.
4. Limit your use of vinyl. Choose alternate materials for shower curtains, flooring, car interiors and clothing.

-Teri Smits

# Session Highlights



Pastor Martin talked about needing someone to provide pulpit supply for his first Sunday off, March 17<sup>th</sup>. Pastor and our Worship, Music, and Arts committee have a list of potential candidates.

Pastor also introduced an opportunity for service within our presbytery. The El Buen Pastor Church, a Hispanic congregation within our presbytery served by Lazaro Silva, will have its support funding end in April. This creates an opportunity for other churches to step in and continue to meet community needs. It was thought that our best way to help would be with food donations (we're awesome at that already). We decided that the Missions Committee will determine the split of food between SOVA and The Home of Neighborly Service.

The idea of doing a joint Easter Egg hunt, sponsored by Northkirk, R4C and the ID church was presented. More planning and coordination is needed, but it was agreed to pursue the effort.

## So, how does the Church Look?

Well, we got the painting of the church done. Doesn't it look great? Great thanks to Abby, Steve and Terry who were here to help steer the job. They also were essential in getting the bee disaster fixed. Some 10,000 to 15,000 bees had moved into the steeple and were safely escorted out.

The problem here, though, is that the Christmas Gift generated about \$9000 for the job, leaving us about \$500 short. The exorcism of the bees cost about another \$2000. So we are still a little short to pay for the job. If needed, we can pull the money from other ministries, but you can still help out with the painting job, all help is appreciated. Just mark your donation as PAINT.

### Average Attendance for Online & In-Person Worship Services for March:

Facebook live:	3 viewers
YouTube live:	3 viewers
In-Person:	74 attendees
Cadence:	9 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!

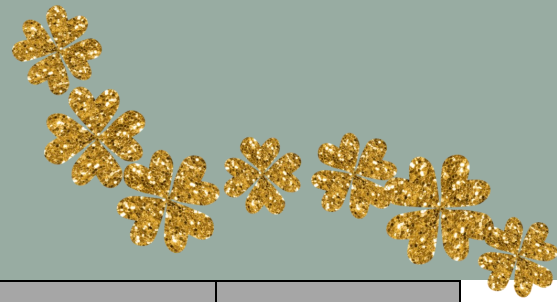
Call Abby Thomas,  
Office Manager @  
909-989-4919





# Treasurer's Report

Treasurer's Report as of January 31, 2024  
Emily Scholz, Church Treasurer



Operational Budget	January Budget	January Actual	Year to Date Budget	Year to Date Actual
Giving/Receipts	16,419.86	16,258.34	16,419.86	16,258.34
Expenses	24,271.71	20,832.26	24,271.71	20,832.26
Net Operating Surplus/Deficit	-7,851.85	-4,573.92	-7,851.85	-4,573.92

The net operating deficit is subsidized by saving reserves and investment funds. The session has budgeted a total of \$87,622.87 to be withdrawn from our investments this year. Stewardship/Finance has set a goal of \$80,000 and has been approved by session to withdraw this year. We have not withdrawn any funds in January. 8.3% of the year has passed. Plans are to withdraw \$16,000 in February to pay our extra expenses.

If anyone has questions or comments regarding our budget, bank balances or investments, please contact the church office at 909-989-4919 and your questions will be forwarded to our church treasurer or to someone on the stewardship/finance team.

-Emily Scholz

## 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.

## Senior Tax Moments

As many of us have reached our Golden Years it may be time to consider ways to help our church and save money on taxes. While we were working, we may have had a retirement account which sheltered some of our wages. That account may have found its way to an IRA (Individual Retirement Account). Now that we have reached the age of Mandatory Distribution (RMD) the government requires us to withdraw a portion of that money each year. And pay taxes. Maybe not. We can move part or all the Mandatory Distribution from our IRA to a Qualified Charity (Northkirk Presbyterian Church) and not pay taxes on the money. The limit is \$100,000 for each person per year and the money must go from the IRA directly to the charity. This reduces our income before our taxes are calculated and the money is from our top tax bracket. It also can reduce our taxable Social Security and Medicare payments.

There are a few details to work out. Abby can provide the information for the church and your IRA trustee can arrange for the transfer. If you have any questions, I would be happy to help.

-Steve Hanson





# EASTER EGGS NEEDED

**WE NEED PREFILLED EASTER EGGS  
FOR OUR EGG HUNT ON MARCH 23!  
PLEASE BRING THEM BY THE OFFICE OR  
LEAVE THEM IN THE SANCTUARY BY  
MARCH 20**

*Thank You!*



# MARCH EVENT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25 Worship Service 9:30 am Congregational mtg. 10:30 am	26	27 Prayer Part. 9 am	28 Men's Bible St. 7:30 am Via Zoom Pastor's Bible Study 4:30 pm	29 Cadence Study 4 pm Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	1 Youth Group 7:30 pm	2
3 Communion Worship Service 9:30 am New Member's Class 11 am	4	5 Prayer Part. 9 am	6 Men's Bible St. 7:30 am CoCo's (Haven)	7 MomCo 9 am Cadence Study 4 pm Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	8 Youth Group 7:30 pm	9 Campus Work Day 8 am Writer's Group Via Zoom 1pm
10 Worship Service 9:30 am New Member's Class 11 am	11	12 Prayer Part. 9 am Deacon mtg. 6:30 pm	13 Men's Bible St. 7:30 am Via Zoom	14 Caring Crafters 2 pm Cadence Study 4 pm Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	15 Youth Group 7:30 pm	16
17 Worship Service 9:30 am Pulpit Supply <b>HAPPY ST. PATRICK'S DAY</b>	18	19 Prayer Part. 9 am Session mtg. 6:30 pm	20 Men's Bible St. 7:30 am Via Zoom	21 MomCo 9 am Cadence Study 4 pm Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	22 Youth Group 7:30 pm	23 Egg Hunt Festivities 10 am Writer's Group Via Zoom 1pm
24 Worship Service 9:30 am 3D Study 11 am	25 <b>HOLY WEEK</b> 	26	27 Men's Bible St. 7:30 am Via Zoom Pastor's Bible Study 4:30 pm	28 Caring Crafters 2pm Maundy Thursday Service 7 pm	29 Good Friday Service 7 pm	30
31 Easter Worship Service 9:30 am 	1	2	3	4	5	6 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 Baird Hall, contact Martin Smith 909-285-2130

*Happy Birthday!*

Ruth Lee  
Tom Allbaugh  
Tom Emick  
Thelma Campbell  
Kim Wallace

03/07  
03/12  
03/14  
03/18  
03/22

*Happy Anniversary!*

Dean & Dawn Collins  
Tom & Paula Emick  
Susan & Guy Sharra

03/03  
03/21  
03/30