

# Grapevine

## A Minister's Moment

*And it came to pass, that, as he was praying in a certain place... one of his disciples said Lord, teach us to pray. And he said unto them, when you pray, say, Our Father who art in heaven...Luke 11:1-2*



As you know my dad passed away last week after steady physical decline over the past 2 years. While it was difficult to witness, there were also beautiful moments between us that allowed me to be filled with gratitude even in the midst of his suffering. One such

moment was every time I would say goodbye to him, I would anoint him with oil, say a prayer, and then we would say the Lord's Prayer together. My family has a long tradition of saying the Lord's Prayer. It was part of our bedtime ritual as children for our parents to come tuck us in and hear our prayers. Besides the common "Now I lay me...", we also learned and recited the Lord's Prayer from an early age. Growing up Episcopalian, we used "trespasses" instead of "debts", so after being a Presbyterian now for over 35 years, I found myself adjusting back to saying "trespasses" with my dad. It felt familiar and comforting.

The day my dad died, I came home from church only to get a call from my sister letting me know of his passing. I didn't really know what to do with myself. I did not feel much of anything, which is not like me. I just was kind of numb. That afternoon, I

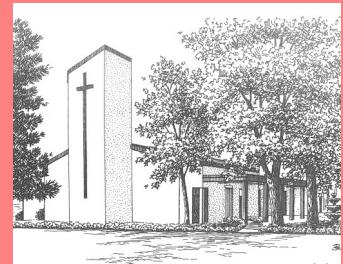
had planned to go to the Installation of a colleague at First Pres San Bernardino, but now was unsure whether to still attend. After a lot of back and forth in my mind I decided it might be the perfect thing for me to just be able to go and worship, to be a "person in the pew", instead of the pastor, and so I went. The service was lovely, full of good music, bagpipes, and beauty. But still I was emotionless, until...we recited the Lord's Prayer together as a congregation. The tears began to flow as I remembered back a week previously, saying goodbye to my dad, anointing him with oil, and saying the Lord's Prayer with him. After the prayer was over, my dad gave thanks to God for his children and all the love and care he had received from all of us over the last months. That ended up being the last time I was to see him this side of heaven.

What is my learning from all of this? Oh, so much there's not enough room either here or in my mind yet to process it all. But one take-away I guess is gratitude for the ritual and tradition of saying the "prayer that Jesus taught us" with my parents growing up and in the final days of my dad's life. Many thanks to you all for your support these last months.

Peace,  
Pastor Claire



# GOING ON AROUND NORTHKIRK



## Committee Nights

WE NEED YOU to come join us at committee night!!! Come out and check out our committees – see what's going on, and join in. We need everyone's help to make Northkirk a vibrant congregation. We meet the second Tuesday of the month, that's February 10<sup>th</sup> at 6:30 in the sanctuary.

## Session Highlights

January's session approved an upcoming congregational meeting on February 22<sup>nd</sup> for the presentation of Northkirk's Annual Report. We will try to have the report available on February 15<sup>th</sup> so you can read ahead. Session also approved Northkirk's participation in the San Bernardino 66ers "Faith and Family Night" at the ballpark on April 24<sup>th</sup>. This will be a fun game to attend. Talk to Abby in the office for info and tickets.

Session also approved a Prayer group to meet every Sunday before worship service. All are invited to attend. Prayer starts at 9am, right before service. We pray for our God, our church and our community. We meet in room 2.

Pastor Claire would like to get people involved in a Lenten small group study. The small groups will meet once a week, regularly, with group availability at different places, different times, and with different leaders. This is a powerful experience and we urge everyone to get involved. Pastor will also be on vacation March 9<sup>th</sup> through the 16<sup>th</sup>.

Daniel Beauvais

## Ash Wednesday

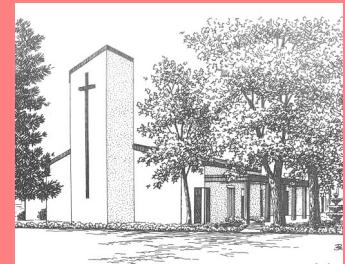
Ash Wednesday marks the start of the season in the church year known as Lent.

Lent is a time to prepare for the celebration of Easter and to renew our life in the mystery of the saving death and resurrection of Jesus Christ. We begin this holy season by acknowledging our need for repentance, and for the mercy and forgiveness proclaimed in the gospel of Jesus Christ. During this time, we use symbols and rituals that have a rich history which are rooted in Jewish tradition and the early church. For that reason, we symbolize the season of Lent with purple, ashes, palms, communion, and the cross. Our special worship services on Ash Wednesday, Palm Sunday, Maundy Thursday, and Good Friday, lead us on a journey to the cross and ultimately to the empty tomb and the great resurrection celebration of Easter.

We begin our journey to Easter with the sign of ashes, a biblical symbol of mourning and penitence. This ancient sign speaks of the fragility of human life and marks the sorrow and regret of the community of faith where we remember our wrongs before God and our human mortality. The service focuses on both themes, helping us to realize that both have been overcome through the death and resurrection of Jesus Christ. During the Ash Wednesday service, the pastor lightly marks the sign of the cross with ashes onto the foreheads of worshipers. The use of ashes as a sign of mortality and repentance has a long history in Jewish and Christian worship. Historically, ashes signified purification and sorrow for sins. This year Ash Wednesday will be February 18th at 6:00 pm with Communion and the imposition of ashes. We hope you will join us for this meaningful service as we begin the season of Lent with the sign of ashes and join together at the Lord's Table.



# GOING ON AROUND NORTHKIRK



## What the Heck is Per Capita?

This year's Per Capita is \$44 per member. What's per capita? The presbyterian church is created with different governing levels. Immediately above our local church is the Riverside Presbytery which is made up of about 20 local presbyterian churches in the Inland Empire. Above that is the Synod of Southern California, which is made up by a half-dozen or so presbyteries. Above that is General Assembly, which meets every other year at a conference. Each group helps determine policies and actions to help the local churches. They also administer things like Presbyterian Disaster Assistance to help those in need. They also help us in finding a new pastor and (or an interim, like Pastor Claire) when needed. These "higher bodies" are funded thru our Per Capita. We are requested to give \$44 per member of the church, so our per capita this year is \$4092. If you wish to donate to Per Capita, just mark it on your check or envelope. Otherwise, we pull the funds from our "general" funds.

Thank You

-Daniel Beauvais

## Annual Egg Hunt

We will host our annual Easter Egg Hunt on March 21st at 10am. We need your help collecting filled plastic eggs. Eggs can be left in the office at your convenience. We also need volunteers to help spread the eggs, monitor the jumper, and help with craft tables. If you're interested, please contact Abby in the office.



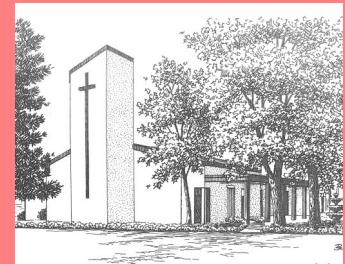
## MomCo Fundraiser

The Richie's Dine Out fundraiser for MomCo was a great success! We appreciate everyone that was able to participate!

-Liz Goddard



# GOING ON AROUND NORTHKIRK



## Sign-Up for a Lenten Small Group!

We are reading *Good and Beautiful God:  
Falling in Love with the God Jesus Knows*

by James Brian Smith

Books are available on Amazon  
or at Church for \$13.00

### Monday Night 7:00-8:30 PM

Ronn & Thelma Campbell's Home  
15218 Hawk St.  
Fontana, CA 92336  
Contact- Thelma (909) 969-1720

### Wednesday Morning 9:00-10:30 AM

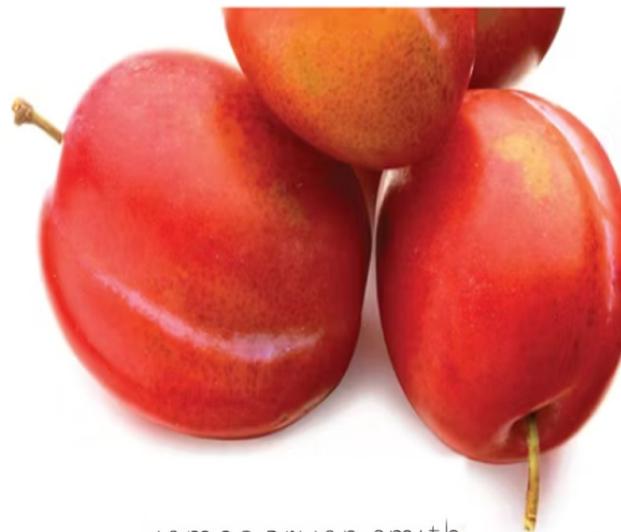
Dan and Evelyn Beauvais' Home  
12356 Thistle Dr.  
Rancho Cucamonga, CA 91739  
Contact-Daniel (909)559-4689

### Thursday Morning 10:00-11:30 AM

Teri Smits' Home  
10458 Vivienda St.  
Alta Loma, CA 91737  
Contact-Teri (909) 227-8068

### Friday Evening 4:00-5:30 PM

Mary Brown's Home  
8774 Monte Vista St.  
Alta Loma, CA 91701  
Contact- Mary (909) 900-9531



james bryan smith

the good and beautiful

GOD

FALLING IN LOVE WITH  
THE GOD JESUS KNOWS



Northkirk

Presents

# BASEBALL

*Outing*

FRIDAY  
**24**  
APRIL

@  
**6:35PM**

**I.E. 66ERS**  **STOCKTON PORTS**

**TICKETS \$12, PARKING \$10**

A sign up sheet is available at the back of the sanctuary  
Please call the office  
for tickets or more information.

# HEALTHY LIVING

FAITH

FELLOWSHIP

FITNESS

FOOD

## Slow-Cooker Split Pea Soup



Photo & Recipe: [www.tasteofhome.com](http://www.tasteofhome.com)

### Ingredients

- 1 package (16 ounces) dried green split peas, rinsed
- 2 cups cubed fully cooked ham (or leftover ham bone from holidays)
- 1 large onion, chopped
- 1 cup julienned or chopped carrots
- 3 garlic cloves, minced
- 1/2 teaspoon dried rosemary, crushed
- 1/2 teaspoon dried thyme
- 1 carton (32 ounces) reduced-sodium chicken broth
- 2 cups water

### Directions

1. In a 4- or 5-qt. slow cooker, combine all ingredients. Cover and cook on low 8-10 hours or until peas are tender.

### Nutrition Facts

1 cup: 266 calories, 2g fat (1g saturated fat), 21mg cholesterol, 728mg sodium, 40g carbohydrate (7g sugars, 15g fiber), 23g protein.

**Diabetic exchanges:** 2-1/2 starch, 2 lean meat.

Makes 8 servings (2 quarts)

*“Excellent basic recipe for a perfect soup for cold winter nights. You can add different seasonings and ingredients accordingly. I like it with celeriac added and also some caraway and dill seed for a more Scandinavian touch. Also a dab of wholegrain mustard in the soup bowl and good rye bread croutons raise the game exceedingly well!” -Reviewer*



# HEALTHY LIVING

FAITH

FELLOWSHIP

FITNESS

FOOD

Source: Southern California News Group, Evidence of Polyphenols' Benefits Grows  
by LeeAnn Weintraub, Registered Dietician

Sunday, December 14, 2025, Section C

## Benefits of Polyphenols Especially during Winter Months

What are polyphenols? They are bioactive compounds in plants that serve to protect them from environmental stress. In foods, they often show up in pigments, aromas and flavors that make fruits and vegetables so distinctive. They are not considered essential nutrients but they interact with the body in meaningful ways. They influence inflammatory pathways, support blood vessel function and help gut microbiome produce beneficial metabolites.

There have been studies that show a polyphenol rich diet and cardiovascular heart health are connected. Certain polyphenols act as antioxidants and help calm inflammation in the body which may support a stronger, more resilient immune system.

So, what foods contain polyphenols? Coffee, tea, cocoa, fruits and vegetables, extra virgin olive oil, nuts and seeds like almonds, walnuts and flaxseeds, and herbs and spices such as cinnamon, turmeric, ginger, oregano, cloves and thyme. Build meals around whole grains like oats, barley, quinoa, and farro.

For winter months, soups contain polyphenol-rich ingredients that are delicious and help strengthen the immune system to help combat cold and flu season. Stay healthy and well!

The author can be reached at [RD@halfacup.com](mailto:RD@halfacup.com)

-Teri Smits



# MOMCO OF NORTHKIRK

## “A MOM COMMUNITY”

MomCo of Northkirk's January meeting was filled with wonderful sharing, fantastic breakfast food, and a session of telling their own tales of "shortcuts". Those shortcuts are also known as "hacks" - ways of trimming busy days using quick and clever timesavers. Examples of their hacks that maximize efficiency were: batching similar tasks to reduce doing things twice, following a "two-minute rule" to handle small tasks immediately, meal prep, setting out clothes the night before, and cleaning as you go.

One of the hacks was shared by MomCo member, April, whose family time includes board games each evening which includes all the children of the house regardless of their age. She gave us a print-out that listed her favorite games, including some digital games and links to game groups. She even had samples of kids' board games to pass out to us! What a fun and inspiring hack that was! Our leader, Katherine, also shared child workbooks for Science and Physics from the publisher "Genius Lab for Kids".

There was also a hack about getting kids to eat more vegetables and how to make those vegetables fun and tasty. An article was passed out explaining all the differences of fats (good and bad) and of sugars (good and bad). This food hack also suggested soups (and adding vegetables to the soups). And how to grow a small garden with the kids to teach them how vegetables grow and how to prepare them for consumption. These hacks were a great way for our MomCo group to welcome in the new year!



Our next meeting will consist of creating Vision Boards, an annual favorite! MomCo Wednesday meetings are the first and third of every month, from September through May. MomCo continues to say 'Thank You' to Northkirk for all the support.

-Nancy Kwedar



FREE  
Event



Fire  
Engine  
ME171

# THE GREAT Hoppening

Jumper

Egg Hunt

Vendors

Goodie  
Bags

Crafts

**SATURDAY, MARCH 21ST**

10:00 AM

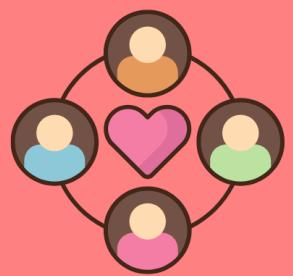
EGG HUNT BEGINS PROMPTLY AT 10:30 AM

**NORTHKIRK CHURCH**

9101 19TH ST., CUCAMONGA 91701



# DEACON'S CORNER



## One Solitary Life

He was born in an obscure village, the child of a peasant woman.

He grew up in still another village,

Where he worked in a carpenter shop until he was thirty.

Then for three years he was an itinerant preacher.

He never wrote a book. He never held an office.

He never had a family or owned a house.

He didn't go to college. He never visited a big city.

He never traveled two hundred miles from the place where he was born.

He did not of the things one usually associated with greatness.

He had no credentials but himself.

He was only thirty-three when the tide of public opinion turned against him.

His friends ran away.

He was turned over to his enemies and went through the mockery of a trial.

He was nailed to a cross between two thieves.

While he was dying, his executioners gambled for his clothing,

The only property he has on earth.

When he was dead, he was laid in a borrowed grave, through the pity of a friend.

Nineteen centuries have come and gone.

Today he is the central figure of the human race and the leader of mankind's progress.

All the armies that ever marched, all the navies that ever sailed,

All the parliaments that ever sat, all the kings that ever reigned, put together, have not affected the life of the man on this earth as that ONE SOLITARY LIFE.

-Written by: Pastor Gary Putnam

-Submitted by: Marilyn Switzer



# FEBRUARY EVENT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Prayer Mtg. 9 am (Rm. 2)  Communion Worship Service 9:30 am  	2  	3 Prayer Part. 9 am	4 Bible Study 7:30 am (Coco's)  MomCo 9 am	5	6 Youth Group 7:30 pm	7 Campus Work Day 8 am  
8 Prayer Mtg. 9 am (Rm. 2)  Worship Service 9:30 am	9	10 Prayer Part. 9 am  Committee Night 6:30 pm	11 Bible Study 7:30 am (Pastor's Office)	12 Caring Crafters 2 pm  Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	13 Youth Group 7:30 pm	14
15 Prayer Mtg. 9 am (Rm. 2)  Worship Service 9:30 am	16 NK Office Closed  	17 Prayer Part. 9 am  Session Mtg. 6:30 pm  	18 Bible Study 7:30 am (Pastor's Office)  MomCo 9 am  Ash Wednesday Service 6 pm	19	20 Youth Group 7:30 pm	21
22 Prayer Mtg. 9 am (Rm. 2)  Worship Service 9:30 am  Congregational Mtg. 11:00 am	23	24 Prayer Part. 9 am	25 Bible Study 7:30 am (Pastor's Office)	26 Caring Crafters 2 pm  Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	27 Youth Group 7:30 pm	28

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 Pastor's Office, Contact Terry Switzer. First Wednesday of the month meets at CoCo's on Baseline and Haven.

Prayer Meeting Sunday, 9 am, Room 2.

3D Study - Sunday, 11 am contact Claire Schlegel 909-240-8049 \*On Break\*

Happy Birthday!

Jo Simmons  
Nancy Michalski  
Sam Clonts  
Gary Wallace  
Pilar Yarur Aguad

2/03  
2/04  
2/18  
2/25  
2/28

Happy Anniversary!

Gary & Kim Wallace 2/11  
Daniel & Evelyn Beauvais 2/14



Northkirk is collecting **Nonperishable Goods** for Inland Valley Hope Partners and for The Home of Neighborly Service in San Bernardino.

Hope Partners has a warehouse where low-income and homeless people of the Inland Valley can receive nonperishable food items.

**You can also drop off grocery gift cards in the Northkirk office.**

## Northkirk Presbyterian Church

9101 19th Street  
Rancho Cucamonga, CA 91701  
(909)989-4919  
Www.northkirk.org  
northkirkoffice@northkirk.org

### Transitional Pastor

Rev. Claire Schlegel  
cschlegel@northkirk.org

### Office Manager &Grapevine Editor Custodian

Abby Thomas  
northkirkoffice@northkirk.org  
Pilar Yarur

*“Living out God’s Love as we gather together and reach out.”*

## February Prayer Calendar

1 Discipleship	2 Catherine Crook	3 Violet De Leon	4 Cherry Dobbs	5 Tom & Paula Emick	6 Carol Entler	7 Holiness & Protection
8 God’s Glory	9 Escalera Family	10 Yen Evans	11 Jose & Susan Fernandez	12 Cynthia Freymueller	13 Goddard Family	14 Hope & Courage
15 Peace & Comfort	16 Glen & Grace Gonzales	17 Ed Hambly	18 Steve & Kathi Hanson	19 Loretta Hauk	20 Sharon Hayden	21 Love & Compassion
22 Guidance & Direction	23 Biju & Anu Jacob	24 Caruna Jacob	25 Missy James	26 Carol Jenne	27 Janet & Leon Kardux	28 Growth & Transformation

**Deacon of the Month:**  
Sharon Hayden