

Grapevine

A Minister's Moment

"Glory to God, who is able to do far beyond all that we could ask or imagine by his power at work with us."

Ephesians 3:20 CEB

As I've mentioned previously it has been a joy to serve as your Bridge Pastor these past 6 months. My responsibilities in that role were to provide stability and worship, preach, administer the Sacraments, and pastoral care on an emergency basis. Beginning in June, with the approval of the Presbytery's Committee on Ministry, I will move into a different kind of role; that of Transitional Pastor for the next year. While continuing to do the above, I will assist you all in reflection and perhaps reassessment of who you are as Northkirk Presbyterian Church while looking at the programs and systems of how Northkirk currently lives out God's call and to what and to whom God may be calling you in the future. To that end, the goals of a Transitional Pastor (as outlined by the Presbytery) are to:

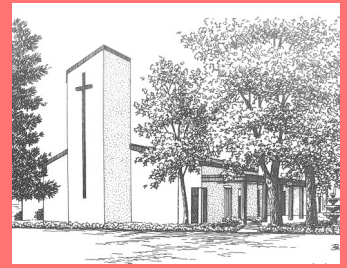
- Assist the Session and congregation in the process of transition related to the ending of the previous pastoral relationship
- Address any issues or conflicts existing within the congregation
- Establish short-term goals to accomplish during the transition period
- Facilitate a mission study and develop long-term goals for ministry

- Prepare the congregation for the arrival of the next installed pastor
- Encourage the congregation and church leadership to be receptive to change
- Assist the session and congregation in addressing the following Focus Points of interim ministry:
 - Heritage
 - Connection
 - Mission
 - Leadership
 - Future

This seems like a tall order, doesn't it? I will be spending time fleshing out what each of these categories entail in the next months. I have had a week of training some years ago and will be attending a second week of training in July. Of course, working together with Session, Deacons, and the congregation and more importantly with the help of the Holy Spirit, I am convinced that this will be a fruitful, beneficial, and perhaps stretching time in the life of Northkirk.

May God continue to guide us in the good work to come,
Pastor Claire

GOING ON AROUND NORTHKIRK



Committee Nights

Northkirk is re-stating committee nights starting June 10. What's committee night? It was something we did pre-covid where all standing committees (CE, Music Worship and Arts, Buildings and Grounds, Stewardship, Missions and Membership) meet on one night, the second Tuesday of the month. We start in the sanctuary with a brief time together then break out into individual committees. This method has several advantages: 1) The Pastor gets to sit in on more committee meetings in one night 2) Everyone knows when the committees meet 3) Allows for more committees working together and coordinating events. Session will continue to meet on the third Tuesday and Deacons will begin meeting on the fourth Tuesday.

This is also a chance for members of the congregation to join a committee and see where you can apply your talents and spiritual gifts towards Northkirk and the Lord. So if you want to join a committee or just want to listen in, you are welcome to come. We're starting Tuesday, June 10, 7pm in the sanctuary.

Transitional Pastor Claire

Good News!!! Pastor Claire has agreed to move from Emergency Response Pastor and become Northkirk's Transitional Pastor (Transitional is the new and improved term for what we called Interim in the past). Pastor Claire has agreed on a one-year contract starting June 2nd, 2025 until June 1st 2026. This is great news for Northkirk.

Pastor's current contract as Emergency Responder runs through May 11th. Pastor will then enjoy some time off from May 12th to June 1st, then restart as our Transitional Pastor on June 2nd. I use different terms here because the focus of the job changes. As an Emergency Responder, her job was to essentially, hold-our-hands and keep Northkirk running. As our Transitional Pastor, she will be preparing us to find a new, regular full-time Pastor. This may require some changes in how we do things, but change is essential to make Northkirk appealing for a new Pastor. As our transitional Pastor, Pastor Claire is not eligible to become our full-time Pastor. She has also assured me she does not want the long-term commitment of the full-time job.

We are blessed to have Pastor Claire staying on. Be prepared for change. Be prepared for more of Pastor's leadership and insight. Please refer any questions about this process to any session member.

MOMCO OF NORTHKIRK

“A MOM COMMUNITY”

MomCo of Northkirk had two meetings in April and also participated in Northkirk's Spring Boutique featuring their fantastic homemade 3-D printed toys for sale. The colorful toys were so unique that they generated many comments from all the shoppers. The MomCo moms continue to come up with a variety of new ideas!



The April 16th MomCo meeting featured the theme, “SelfCare”. Each year, they have one meeting with this theme. This year, instructor Ashley from Enlightened Learning Club, provided a 30-minute Jazzercise Class for the moms, encouraging them to start a good exercise routine with this full body workout. It was a very special meeting to be able to experience an exercise class right here in Baird Hall! Ashley holds her classes here in Rancho Cucamonga, so for more information, contact Mentor Mom Nancy Kwedar.

On the two April MomCo Adventure Days (on the “other” Wednesdays), the moms boarded a train in Claremont for an adventure. They had so much fun they did it again two weeks later!

MomCo meets the 1st & 3rd Wednesdays at 9:00am in Baird Hall through the month of May and then will start up again in September. On Saturday May 3rd, Katherine Wallin, will host a BBQ for all the MomCo moms at her and her husband's home.

Please let any moms with young children know of this vital ministry at Northkirk. MomCo continues to say ‘Thank You’ to Northkirk for all the support over these past 10 years.

-Nancy Kwedar (mentor mom)



NORTHKIRK HISTORY CORNER



Have you ever noticed the building at the very back of our church property near the wash? This is a Scout House belonging to Backpacking Troop 634. This Scout House is used by Boy Scouts, Cub Scouts and a Boy Scout troop with female members. The building has been on our property for approximately 20 years.

Northkirk church worked with Troop 634 allowing them to build on our church property. The scout troop covered the cost of erecting the building and paying for the cost of construction. The troop pays rent of \$1 per year to Northkirk per Boy Scout rules.

Having the scout troop meet on our property has blessed us over the years. They have attended our church services on Scout Sunday, helped on Saturday work parties, and have chosen to make improvements on Northkirk property as part of their Eagle Scout projects. Many of the projects have been mentioned in past Grapevine history articles.

Northkirk has been proud to provide and support this wonderful opportunity for scouts to meet in a dedicated scout house on our property.

-Teri Smits



HEALTHY LIVING

FAITH

FELLOWSHIP

FITNESS

FOOD

Have You Received Your Shingles Vaccine?

Source: "Shingles Vaccine May Cut Dementia Risk"

By Nidhi Subbaraman

Wall Street Journal, April 24, 2025

Personal Journal section

Why get the Shingrix vaccine? What is it? The virus called varicella zoster is what causes chicken pox in children and triggers shingles in adults. Getting shingles can be very painful, last a long time, and cause side effects.

As a deacon, one of the people I called was Cheryl Combie. I was shocked to hear about her terrible ordeal with shingles which landed on her head and face. I have her permission to share her story. She said that she was in so much pain for over a year. She said she also looked like a monster because the rash and hives were on her face. She didn't go out except for doctor appointments. The shingles symptoms finally went away but in their place she suffers from neuropathy. In our many conversations, she told me emphatically to go get the Shingrix shot which is in two visits and I did because I was so alarmed at how much she was suffering. I have to be honest, the side effects of the vaccine can be very uncomfortable. I suffered from pain at the vaccine site and headaches for a few days. I was nervous to get the second dose but it was easy with no side effects.

Now, new research is coming out that there is another advantage to getting the Shingrix vaccine. Several studies suggest that the vaccine reduces the risk of dementia.

The US Centers for Disease Control and Prevention recommends the Shingrix vaccine for people over 50 and older. Recent studies on the vaccine are showing an 18% reduction in the chance of getting dementia for those who are vaccinated vs. those who are not. Scientists agree more studies are needed for now but it is a good idea to get this vaccine. Ask Cheryl Combie if you are not sure yet.

-Teri Smits

HEALTHY LIVING

FAITH

FELLOWSHIP

FITNESS

FOOD

Remember This

"Where did I put my keys?" I wondered out loud. I just had them, obviously, to get into the house. I began to retrace my steps, looking fervently in every spot I thought I had been. Yes, at times, I wonder am I losing it? Why is it so hard to remember such a small thing as the place where I laid my keys? Only to find out in a few minutes, the keys were in my purse! Yes, sometimes my actions are automatic responses, that I don't really pay attention to, until I need to do so. But still I wonder, am I losing my mind?

Memory is how your brain processes and stores information. Primarily, it happens in the hippocampus of our brain, but also involves many other connected brain regions. Memory types are sensory, short term and long term. Sensory memory comes from hearing, touching, smelling, tasting and seeing, and is stored only for a couple of seconds. Short term memory is a temporary storage space, holding information for a few seconds to minutes, and long-term memory is mostly a permanent storage space, in which information is held for years. Our memory works by gathering information from our environment, then encoding that information, and next, organizing and storing the translated information. Lastly, retrieval is done when you select and find the stored information you want to remember. This is all accomplished by the coordinated efforts of the neurons, the neurotransmitters, synapses and regions of the brain, like the temporal lobes, the cerebellum, the parietal lobes, and the prefrontal and sensory cortex. Truly, memory is a wonderful feature from our Creator God!

Genetics can affect memory in the way your brain develops and works with the instructions your genes provide. Some conditions that affect how well memory works happen are due to genetic changes or mutations, but genes are not necessarily your destiny, as your lived experiences influence your genes and body function as well.

Reminder →

HEALTHY LIVING

FAITH

FELLOWSHIP

FITNESS

FOOD

Remember This (Continued)

So how can I keep my memory sharp? First of all, be physically active every day. This activity raises blood flow to the brain as well as the whole body. At least 150 minutes a week of moderate aerobic activity, such as brisk walking is beneficial, and can even be broken up with a few 10 minutes walks throughout the day. Engage in activities like crossword puzzles, reading, playing games, learning to play a musical instrument, developing a new hobby or volunteering at church, a local school or community group. Social interaction wards off depression and stress which can contribute to memory loss, so spend time with others. Do your best to stay organized, utilize planners and notebooks to keep track of events, and place essential items (like keys) in a set place in your home. Limit distractions, stop multi-tasking, focus on what you're trying to remember. Get at least 7-9 hours of sleep on a regular basis, making sleep a priority. Eat real food, fruits, vegetables, whole grains, fish, beans and white meats. Be sure to include also healthy fats like avocados, nuts and seeds as well as fermented foods for healthy gut microbiome. Have your Vitamin D and B12 level checked as these nutrient deficiencies can affect memory as well. Keep blood pressure controlled, as well as diabetes or any pre diabetic state.

Remember this, cognitive decline and memory loss is not an evitable part of aging. But it does require us to be proactive, and primarily to make more effort into what we put on the end of our forks. Check out Dr. Dale Bredesen's research and book *The End of Alzheimer's* for more information. Boost your brain power today!

-Mary S. Brown

Reminder! →

SESSION HIGHLIGHTS

BY CLERK OF SESSION: DANIEL BEAUVAIS

Session discussed in length the Transitional Pastoral Relationship Covenant with Pastor Claire. The covenant came from a template supplied by the presbytery and modified for Northkirk's needs. Session approved the terms of the contract which was negotiated between Pastor Claire and the Transitional Pastor Team. This has brought Pastor Claire back for the next year.

Session also discussed changing back to having a committee night. This will be the second Tuesday night of the month, with Deacons moving to the fourth Tuesday of the month. Please see the other article in this month's Grapevine for more details, but we hope this stimulates more interest and activity in our committees.

In the Standing Committees, we will have a Congregational Meeting on June 15th to elect a new set of deacons (3) and one new elder. Missions reported that the Blood drive produced 12 pints of blood (12 donors) which fundraised \$120 for our Easter Egg Hunt. Buildings and Grounds is planning two big paint days on June 6th and 7th. We encourage as many volunteers as possible to come out and assist Legacy School, one of our tenants, paint the CE wing. They will paint, but need Northkirk's help to get the job done.

Blessings,

Daniel Beauvais

School Supply Drive

We will begin collecting school supplies for our local schools. These school supplies go to help the students and families that cannot purchase them themselves.

Last year, we were able to donate many backpacks, notebooks, and supplies to Carnelian Elementary and Hermosa Elementary. The school office was so grateful to have these items on hand for the students in need. Please leave your donations in the baskets in Baird Hall or with Abby in the office. Thank you all for donating!

Items include:

- Backpacks
- Glue Sticks
- Earbuds/headphones
- Fine point black markers



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

Facebook live:	4 viewers
YouTube live:	4 viewers
In-Person:	64 attendees



Treasurer's Report

Treasurer's Report as of March 31, 2025

Emily Scholz, Church Treasurer



Operational Budget	March Budget	March Actual	Year to Date Budget	Year to Date Actual
Giving/Receipts	18,768.00	22,208.88	56,304.00	53,999.62
Expenses	22,323.60	18,044.90	66,754.80	66,643.21
Net Operating Surplus/Deficit	-3,555.60	4,163.98	-10,450.80	-12,643.59

I'm pleased to report that March was a positive month for income and expenses.

The net operating deficit is subsidized by saving reserves and investment funds. The session has budgeted a total of \$67,373.10 to be withdrawn from our investments this year. Stewardship/Finance has set a goal of \$55,000 and approved by session to withdraw this year. We have withdrawn nothing so far this year.

If anyone has questions or comments regarding our budget, loan balances, 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

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

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!

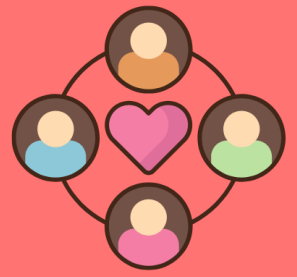
Call Abby Thomas,
Office Manager @
909-989-4919

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.

DEACON'S CORNER



Volunteering

You may feel that you don't have the extra time to volunteer. Studies have shown that volunteering not only helps others, but also helps the person who volunteers. It makes the person that volunteers feel good about themselves and leads to better physical and mental health. It also lowers the mortality rates of those who volunteer more than those who do not.

There are many ways to be of service. Northkirk has many of those ways. Volunteer requests can be found in both the bulletin and the Grapevine.

Volunteering doesn't have to be a major undertaking and some things can even be done at home like knitting, crocheting, or writing cards to our members that are homebound and cannot attend church personally. Do you have a special skill or ability that can be of help? Think about it and put it to good use.

The most important factor is to find opportunities that align with your values and passion because those will have the most meaning for you. There are many benefits to the volunteer; connecting with others, making friends, providing a sense of purpose, and bringing fun and happiness into their life.

-Sharon Hayden

Meet Your Northkirk Deacons

Class of 2026-27

Sue Sharra – Flock 2

Sharon Hayden – Flock 4

JD Parvin/Missy James – Flock 6

Class of 2025-26

Marty Sortillon – Flock 8

Kathi Hanson – Flock 9

Marilyn/Terry Switzer – Flock 1

Class of 2024-25

Paula Emick – Flock 7

Debbie Bruce – Flock 5

Evelyn Beauvais – Flock 3

If you do not have a deacon and would like one, please contact Marilyn Switzer.

MAY EVENT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 Worship Service 9:30 am 3D Study 11 am	28	29 Prayer Part. 9 am	30 Bible Study 7:30 am Pastor's Office	1 Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	2 Youth Group 7:30 pm	3
4 Worship Service 9:30 am 3D Study 11 am	5	6 Prayer Part. 9 am	7 Bible Study 7:30 am Coco's MomCo 9 am	8 Caring Crafters 2 pm Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	9 Youth Group 7:30 pm	10 Work Day 8 am Writer's Group Via Zoom 11:30 am
11 Worship Service 9:30 am <i>Mother's Day</i>	12	13 Prayer Part. 9 am Deacons Mtg. 6:30 pm	14 Bible Study 7:30 am Pastor's Office	15 Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	16 Youth Group 7:30 pm	17
18 Worship Service 9:30 am	19	20 Prayer Part. 9 am Session Mtg. 6:45 pm	21 Bible Study 7:30 am Pastor's Office MomCo 9 am	22 Caring Crafters 2 pm Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	23 Youth Group 7:30 pm	24 Writer's Group Via Zoom 11:30 am
25 Worship Service 9:30 am	26 Office Closed  MEMORIAL DAY	27 Prayer Part. 9 am	28 Bible Study 7:30 am Pastor's Office	29 Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	30 Youth Group 7:30 pm	31

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.

3D Study - Sunday, 11 am contact Claire Schlegel 909-240-8049

Happy Birthday!

Mary Brown	05/02
Chris Maitlen	05/07
Aline Sardao	05/10
Carrie Baird	05/16
Lee Rash	05/18
Alan Simmons	05/19
Ngair Simmons	05/23
Debbie Bruce	05/25
Jodie Stahl	05/27

Happy Anniversary!

None this month. Please contact the office if you have a May anniversary.



During the month of **May** Northkirk is collecting **Cereal** for Inland Valley Hope Partners and to 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

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.”*

May Prayer Calendar

27 Rancho Cucamonga	28 Holly Teixeira	29 Lovie Thomas	30 David Van Curen	1 Janice & Sarah Vance	2 Joan Vanecek	3 World Leaders
4 God’s Glory	5 Diane Vaughn	6 Gary & Kim Wallace	7 Wallin Family	8 Jun Wang	9 Helena Werner	10 Hope and Courage
11 Peace and Comfort	12 Connie West	13 Harold Willome	14 Beverly Wiltse	15 Corey & Margie Wong, & Family	16 Pilar Yarur Aguad	17 Love and Compassion
18 Guidance and Direction	19 Tom Allbaugh	20 Cynthia Alvarez	21 Allison Amos	22 Judy Amos	23 James Beagle	24 Growth and Transformation
25 Wisdom and Understanding	26 Daniel & Evelyn Beauvais	27 Tim Best	28 Joyce Brand	29 Mary S. Brown	30 Debbie Bruce	31 Forgiveness

Deacon of the Month:
Debbie Bruce