

Grapevine

A Minister's Moment

However, when the Spirit of Truth comes, he will guide you in all truth. He won't speak on his own but will say whatever he hears and will proclaim to you what is to come. John 16:13 CEB



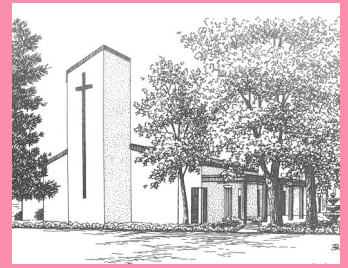
"April showers bring May flowers", as the saying goes, unless of course you live in Southern California where you never know what you'll get, including this year, rain in April.

That's the thing about weather, as advanced as we get technologically, there is still uncertainty in predicting what is going to happen when. I'm going to date myself, but as a teenager, there was a popular song titled "It Never Rains in Southern California." It's a song about someone coming to L.A. and trying to make it big, thinking it was going to go one way and it doesn't. The person fails and so it's a song about uncertainty and disappointment. We've spent some time this Easter season talking about people's discouragement and fear in how things happened with Jesus, whether it was the disciples in the upper room or the disciples on the road to Emmaus.

As Northkirk looks toward the 2-year mark since Pastor Martin left, the PNC is finalizing the Ministry Discernment Profile (MDP) which outlines the congregation's mission, vision, and leadership goals in searching for a new pastor. After approval by the Presbytery Committee on Ministry, it will be downloaded on the PC(USA) website and the hunt for a match begins. Having been through this search process both as a congregant and a pastor, I understand the feelings of uncertainty, and discouragement that can arise. I also recognize the frustration with this lengthy process. One other thing I do know, is that with God in the midst, Northkirk can accomplish all it that is needed through the Holy Spirit. As we enter the season of Pentecost, as was in the case of the early church, let us be mindful of and draw upon the power of the Holy Spirit, as we are guided in God's way. Shalom aleichem,
Pastor Claire



GOING ON AROUND NORTHKIRK



Welcome...Back... Again

Pastor Claire's current contract as our transitional Pastor ends June 1. But she has graciously agreed to extend her service here from July 1 to October 31. "But what about June" you might ask. Pastor has multiple vacations planned for June and we wish her a peaceful time off. Pastor will not be under contract with Northkirk for June, so we will need to rely on the Presbytery for pastoral support.

What this also means is that Pastor Claire has gone from a 3-month commitment to Northkirk after Pastor Martin left to 2 years - from November 1 of 2024 to October 31 of 2026. Thanks to Pastor Claire for her dedication, time and faith in all of us while she put her retirement on hold. It also means that this will be Pastor's last extension, so while we all wish for her to stay, the path of change is coming again.

Small Groups are continuing!

We have several Small Groups that are going to be reading the next book in James Bryan Smith's Apprentice Series. The groups will be reading, "The Good and Beautiful Life". Contact Pastor Claire, Thelma Campbell or Dan Beauvais for more information.

Small Group Potluck Dinner

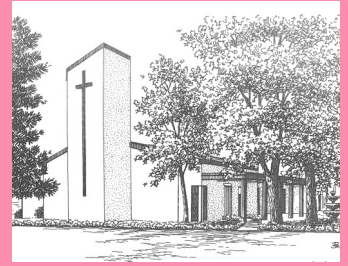
Wednesday, May 20th 5:30-7:30 PM in Baird Hall at Northkirk. Everyone welcome! We will be sharing a meal and sharing our stories and learnings about our experience being part of a small group and also about the study. Even if you weren't part of a group last time, please join us and learn more about it.

Pentecost and NK's Birthday

On Sunday, May 24th we will be celebrating Pentecost as well as Northkirk's birthday! Don't forget to wear red and join us for birthday cake after the service.



GOING ON AROUND NORTHKIRK



Session Highlights

Welcome to Northkirk

Session met and approved Rudy Escalera and Ngaire Simmons into membership. We are blessed to have these two wonderful people join the Northkirk family. Rudy has been super active, even serving as worship assistant already, while we all know Ngaire and are familiar with her Girl Scouts Gold project creating our weekly nametags.

Pastor Stuff

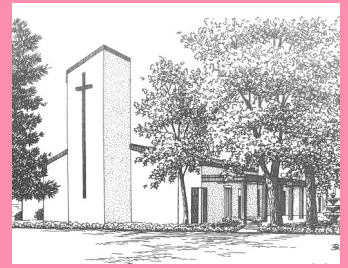
The big news here is that Northkirk and Pastor Claire have entered into a final Pastoral Relationship Covenant. More details can be found in another article, but Pastor Claire will continue as our transitional pastor from July 1 to October 31. She would like to have a Lenten Study Group potluck on Wednesday, May 20 at 5:30 in Baird Hall. This is open to everyone, it's a chance to see our Lent groups and hear about their experiences.

Worship

The Music, Worship and Arts committee has requested to purchase (to be made by Facilities) an AED. It's a defibrillator that goes into businesses for health emergencies. The idea to purchase one is about a year old, but we finally found one that seems right for us. The MWA committee has also requested a special offering to help fund the purchase of an expansion to our sound board (huh?). Basically, we need more channels to support the additional microphones which we have. This is important as we continue to stream our services and provide Northkirk's service for those that are at home.



GOING ON AROUND NORTHKIRK

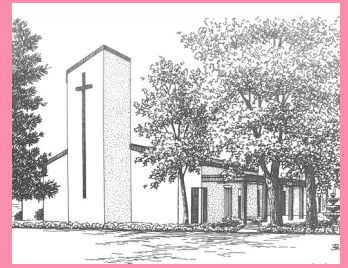


Holy Week

Thank you all that helped decorate and get Northkirk ready for Palm Sunday, Holy Week, and Easter! A big thanks to those that helped clean up afterwards as well. We couldn't have done it without our volunteers!



GOING ON AROUND NORTHKIRK



66ers Baseball Outing 2026

The Inland Empire 66ers hosted their Faith and Family Night this year on Friday, April 24th. The 66ers won 3-2 with several homeruns against the Stockton Ports (Athletics MiLB). We had approximately 30 attendees representing Northkirk, up from about 20 attendees last year. There were fireworks, \$1 hot dogs, praise music, an opening prayer, and more! The kids were able to get free face painting by the 66ers dancers and there were bounce houses open for most of the game for only \$2. Northkirk was even featured on the



HEALTHY LIVING

FAITH

FELLOWSHIP

FITNESS

FOOD

As summer approaches, staying hydrated becomes even more important—especially for seniors. Older adults are at a higher risk of dehydration due to factors like medication side effects, chronic health conditions, and even cognitive decline. In fact, dehydration in seniors has been linked to higher risks of complications and even mortality.

As we prepare for the heat of summer, it's crucial to start thinking about ways to stay cool and hydrated. Here are some tips to help seniors beat the heat and stay healthy as temperatures rise.

1. Prioritize Water Intake

It may seem like a no-brainer, but drinking enough water throughout the day is essential. Aim for at least 7 cups of fluids every 24 hours. If you or a loved one have trouble remembering to drink, set a timer or use a water bottle with hourly markers.

Limit your alcohol and caffeine intake, as they can increase dehydration. For those who find plain water boring, try infusing it with fruit like berries, citrus, or cucumber, or even herbs like basil or mint. This can make drinking water more enjoyable without adding sugar or artificial flavors.

2. Eat Water-Rich Foods

Hydration isn't just about drinking water. Many fruits and vegetables contain high amounts of water and can help keep you hydrated. Watermelon, cucumber, oranges, and strawberries are great options. Even dairy products like yogurt and milk provide hydration.

Frozen fruit or homemade popsicles made from fruit juice or yogurt are delicious and hydrating snacks that also cool you off on hot days.

3. Stay Cool Indoors

Use blinds or curtains to block out the sun, which

can reduce indoor heat by up to 77%, according to the Department of Energy. Fans and air conditioning can also help maintain a comfortable, cool temperature at home.

If your home lacks air conditioning, try creating a cross-breeze by opening windows and using fans. Make sure to avoid excessive heat exposure during the hottest part of the day, usually from 10 AM to 4 PM.

4. Take Cool Showers or Baths

A cool shower or bath is one of the quickest ways to lower your body temperature. If you're not in the mood for a full shower, try placing a cool washcloth on your forehead, neck, or wrists. These areas of the body are great for cooling down quickly.

5. Hydrate with Electrolytes

While water is essential, it's also important to replenish lost electrolytes, especially after sweating. Try drinking coconut water or electrolyte-enriched drinks that don't have added sugar. In some cases, seniors may need to drink a mix of water and an electrolyte solution to maintain proper fluid balance.

Recognizing Dehydration in Seniors

Whether it's due to forgetfulness or dementia, many older adults don't know they need to drink more water until early signs of dehydration begin. Monitor your loved one and look for these common signs and symptoms of dehydration. These include:

- Dry or wrinkled skin
- Fatigue or confusion
- Sunken eyes
- Rapid heartbeat or low blood pressure
- Dizziness or lightheadedness

Source: HMGhealthcare.com



HEALTHY LIVING

FAITH

FELLOWSHIP

FITNESS

FOOD

Sometimes, plain water can get boring. Try mixing fruits and/or herbs into your water to create exciting new flavors. Just in time for the summer heat!

In a large pitcher, place the desired combination of fruits and/or herbs. Add ice and fill pitcher with 5 cups of water. A water infuser pitcher is recommended but not necessary. See suggested combinations below.

Mango, Raspberry, Ginger:

- 1 mango Peeled and cubed
- 1/2 pint raspberries
- 1 (2-inch) fresh ginger peeled and thinly sliced

Pineapple, Coconut, and Lime:

- 1 cup fresh or frozen pineapple chunks
- 1 cup fresh or frozen coconut chunks
- 1 lime thinly sliced

Blueberry, Lemon, and Rosemary:

- 1/2 pint blueberries, muddled
- 1 lemon thinly sliced
- 4 sprigs fresh rosemary

Blackberries, Orange, and Ginger:

- 1/2 pint blackberries
- 1 orange thinly sliced
- 1 (2-inch) fresh ginger peeled and thinly sliced

Honeydew, Cucumber, and Mint:

- 1/2 cup honeydew cubes
- 1 cucumber thinly sliced
- 10 fresh mint leaves, torn



Watermelon Rosemary Water

Add 1 cup cubed watermelon and 2 sprigs fresh rosemary to 10 cups of water in a pitcher and refrigerate overnight before serving to infuse flavors.



Low Carb Watermelonade

Puree 2 cups cubed watermelon and mix with 4 cups water and 2 scoops sugar free lemonade electrolyte powder. Pour over ice in individual glasses.





HAPPY
Mother's Day

“You should be known for the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.”

1 Peter 3:4



MOMCO OF NORTHKIRK

“A MOM COMMUNITY”

The theme was “Exercise!” for MomCo’s April 1st meeting and the mamas did it with certified Jazzercise Instructor Ashley. She gave us all a free class right there in our own Baird Hall! We moved the tables and chairs to the side and got up & moved to fast and fun bouncing music. This was MomCo’s annual “Self-Care” meeting and it was all focused on the wonderful benefit of exercise. MomCo of Northkirk has featured Ashley and her Jazzercise in the past, and were so blessed to have her return.

If you are interested in more information on her training classes, go to: ranchojazzercise@gmail.com or call (951) 445-1136.



The April 15th MomCo meeting had their devotional time about a faith journey focusing in the book of John 20:19-29 with “Doubting Thomas” after the Easter Resurrection. We also looked at the other places in John 11:14 and 14:1 where Thomas also shows up. We studied how a faith journey can be deeply personal and transformative when developing a relationship with God, and realizing that no two spiritual paths are identical - and how it’s often supported by a community and by shared stories. The rest of the meeting centered around

Leadership discussion and brain-

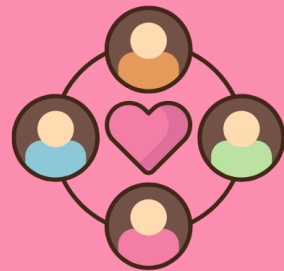
storming ideas for next year (Sept-May). There was an open roundtable format talking about routine updates, strategic direction, expected changes, and setting goals for increased marketing, among other things. The MomCo of Northkirk annual charter membership fee was paid to MomCo headquarters in Denver and next year’s MomCo of Northkirk will have a “Trio of 3” Leaders: Celeste Peralta, Liz Goddard and Katherine Wallin.

Northkirk’s MomCo Wednesday meetings are the 1st and 3rd of every month from Sept. to end of May. The MomCo moms are always so very appreciative to all of Northkirk for the help they receive to meet the needs of families in our community. Please let any moms with young children know of this ministry at Northkirk.

-Nancy Kwedar



DEACON'S CORNER



Warmth and Comfort

April showers bring May flowers. With Jesus it's always flowers. Not the dark dreary rains of April. With Jesus, we always look and feel our best, even when things don't go our way. Believing and accepting Jesus in our life means he will take care of us forever. Isaiah 41:10; He always gives us comfort whether it's with friends, family, or pets. We are truly blessed by his warmth and love.

-Submitted by: Marty Sortillon



*Do not fear
For I am with you
Do not be dismayed
For I am your God
I will strengthen you
I will help you
I will hold you
With my righteous right hand
Isaiah 41:10*



MAY EVENT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 Prayer Mtg. 9 am (Rm. 2) Worship Service 9:30 am	27	28 Deacons Mtg. 6:15 pm	29 Bible Study 7:30 am (Pastor's Office)	30 Bell Choir 5:30 pm Vocal Choir 6:30 pm	1 Youth Group 7:30 pm	2 Campus Work Day 8am 
3 Prayer Mtg. 9 am (Rm. 2) Worship Service 9:30 am	4	5 Prayer Part. 9 am	6 Bible Study 7:30 am (Coco's) MomCo 9 am	7 Caring Crafters 2 pm Bell Choir 5:30 pm Vocal Choir 6:30 pm	8 Youth Group 7:30 pm	9
10 Prayer Mtg. 9 am (Rm. 2) Worship Service 9:30 am	11	12 Prayer Part. 9 am Committee Night 6:30 pm	13 Bible Study 7:30 am (Pastor's Office)	14 Bell Choir 5:30 pm Vocal Choir 6:30 pm	15 Youth Group 7:30 pm	16
17 Prayer Mtg. 9 am (Rm. 2) Worship Service 9:30 am	18	19 Prayer Part. 9 am Session Mtg. 6:30 pm	20 Bible Study 7:30 am (Pastor's Office) MomCo 9 am	21 Caring Crafters 2 pm Bell Choir 5:30 pm Vocal Choir 6:30 pm	22 Youth Group 7:30 pm	23
24 Prayer Mtg. 9 am (Rm. 2) Pentecost Worship Service 9:30 am	25 Office Closed	26 Deacons Mtg. 6:15 pm	27 Bible Study 7:30 am (Pastor's Office)	28 Bell Choir 5:30 pm Vocal Choir 6:30 pm	29 Youth Group 7:30 pm	30
31 Prayer Mtg. 9 am (Rm. 2) Worship Service 9:30 am	1 Office Closed	2 Office Closed	3 Office Closed Bible Study 7:30 am (Coco's)	4 Office Closed	5 Youth Group 7:30 pm	6 Campus Work Day 8am 

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!

Mary S. Brown	5/02
Alan Simmons	5/19
Ngaire Simmons	5/23
Debbie Bruce	5/25
Jodie Stahl	5/27

Happy Anniversary!

Please contact the office if you have a May anniversary



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 Music Director	Abby Thomas northkirkoffice@northkirk.org Saw Shein sawmoonlight@yahoo.com
Accompanist	Harold Willome hwillome@northkirk.org

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

May Prayer Calendar

26 Discipleship	27 Beverly & Frank Wiltse	28 Wong Family	29 Pilar Yarur	30 Judy & Allison Amos	1 James Beagle	2 Holiness & Protection
3 God’s Glory	4 Daniel & Evelyn Beauvais	5 Tim Best	6 Joyce Brand	7 Mary S. Brown	8 Debbie Bruce	9 Hope & Courage
10 Peace & Comfort	11 Allison Burgess	12 Nona Cabral	13 David Campbell	14 Thelma & Ronn Campbell	15 Clonts Family	16 Love & Compassion
17 Guidance & Direction	18 Dean & Dawn Collins	19 Catherine Crook	20 Violet De Leon	21 Cherry Dobbs	22 Tom & Paula Emick	23 Growth & Transformation
24 Spread of the Gospel	25 Carol Entler	26 Escalera Family	27 Yen Evans	28 Jose & Susan Fernandez	29 Cynthia Freymueller	30 Wisdom
31 Understanding	1 Goddard Family	2 Glen & Grace Gonzales	3 Ed Hambly	4 Steve & Kathi Hanson	5 Loretta Hauk	6 Forgiveness

Deacon of the Month:
 Marty Sortillon