

# Grapevine

## *A Minister's Moment*

*"Rejoice always, pray without ceasing, give thanks in all circumstances  
for this is the will of God concerning you"*

1 Thessalonians 5: 16-18

As many of you are aware, I love to travel and in 2022, I was able to take a trip to the UK. While my friend and I knew the general area where we were staying, and had a few places we definitely wanted to see, we spent much of our time just exploring the English countryside. Since we were driving (yes it was scary) and relying on GPS, as is often happens we found ourselves lost several times. As harrowing as that was, what was interesting about those times was often those were some of the most precious finds.

One such time was when we were on our way to the Beatrix Potter house and found ourselves by accident in the Yorkshire Dales, home of James Herriot, 120 km from our destination. Realizing our mistake, we pulled over in front of this little country church. I got out to take a picture and saw that the church was open. It turns out the church was no longer in service, as is the case for many of England's churches, but was part of a trust dedicated to preserving historical church buildings.

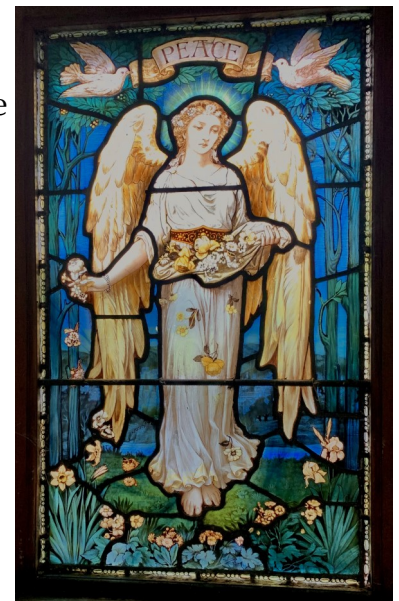
As I opened the heavy, worn wooden door, I entered the small narthex and turned to my right to see the most exquisite angel window done in a golden yellow stained glass. I truly felt like God had given us a lovely gift in that moment and I felt filled with gratitude and love.

As we walked through admiring this little country church though, I couldn't help but feel sad that like so many of England's churches, this one had been abandoned. Why? Because not many people go to church anymore in England and I suspect there is also a shortage of pastors, or vicars, as they call them.

Life has a habit of throwing us curve balls, which at times can make us feel lost and not so hopeful. However, scripture tells us that no matter what is going on in our lives and in the world around us, we must always find reason to rejoice. With

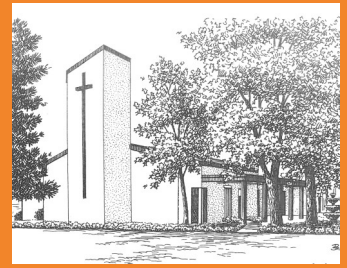
Thanksgiving approaching, may we not forget to take time to rejoice, pray, and give thanks for God and all that God has done for us both large and small. It might be something as small as an angel window in an abandoned church on a small country road while lost in the Yorkshire Dales.

Giving thanks for all of you,  
Pastor Claire





# GOING ON AROUND NORTHKIRK



## Trunk or Treat

Northkirk hosted Trunk or Treat on Wednesday, October 22nd. We had over 150 kids this year despite the colder weather. We had approximately 23 trunks passing out candy and goodies. There were 150 goodie bags prepared with bracelets, vendor coupons (Rainforest Café, Raising Canes, Handels, Brusters, and more!), Christian bookmarks and games, and more! Several vendors attended including Rolling Pit BBQ, Margaritas Tamales, and FJ Kettle Corn. There were cupcakes and cookies to decorate and a jumper for the kiddos. Trunk or Treat was a great success and we couldn't have done it without you. We look forward to next year!

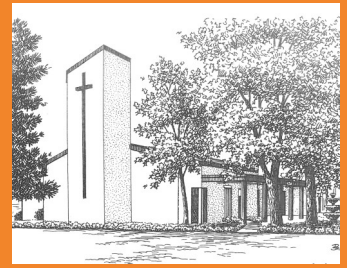


## World Series Watch Party & Potluck

Northkirk hosted a Game 2 World Series Watch Party and Potluck in Baird Hall on Saturday, October 25th. Dodgers won 5-1, and ultimately won the World Series in Toronto after playing 7 games. We had chili cheese dip, pizza, rice Krispies, and more! We hope to host more Watch Party/Potlucks in the future. It was a lot of fun!



# GOING ON AROUND NORTHKIRK



## Session Highlights

In a somewhat uneventful meeting, there were only a handful of topics discussed. Facilities informed us that our tenant, R4C, has decided to put down roots here and would like to add a couple of containers for their storage. The Boy Scouts will also add a storage container for their gear next to the Scout House. Christian Education expressed their need for Sunday school teachers. If we want to grow and get families, we do need help with the youth – even one week a month is helpful. See Nona Cabral for more details.

It was mentioned we need more participation in Committee Nights. It is helpful to get EVERYONE'S inputs to help determine where our church is headed. Your opinions matter!

Blessings,  
Daniel Beauvais  
Clerk of Session

## 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 November 11<sup>th</sup> at 6:30 in the sanctuary.



## Christmas Events Coming Up

**Nov. 29, 4pm:** Hanging of the Greens & Potluck

**Dec. 6, 4pm:** Arise Handbell Choir

**Dec. 13:** Tentative Caroling Event

**Dec. 24, 4pm:** Christmas Eve Service

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

Facebook live:	4 viewers
YouTube live:	7 viewers
In-Person:	69 attendees





# MOMCO OF NORTHKIRK

## “A MOM COMMUNITY”

MomCo is up and running, having met four times since our start up in September. We have a smaller but enthusiastic group this year dedicated to all that MomCo offers. One of our favorite meetings was one we had in September called “Speed Friending”. We lined up chairs facing each other in two rows, and moms chose a chair, then a timer was set. Each pair of moms had 5 to 7 minutes to talk, sharing interests and information about themselves. When time was up, one row moves a chair over so everyone had someone new to meet. The hour flew by fast and close bonds were quickly made.

In October, we were honored to have former MomCo mom Brisa Sifuentes return with her fun October craft. She has a succulent business and she showed us how to decorate mini pumpkins with moss and succulent trimmings from around our Northkirk grounds.

Our first meeting in November will be spent packing Operation Christmas Child Boxes which happens to be a MomCo philanthropy.

Our fundraiser coordinator, Liz Goddard, has been busy setting up restaurant fundraisers. So far, we’ve earned \$57.98 from Chick-Fil-A, \$76.84 from The Habit, and \$27.33 from Red Robin. By the time you read this, MomCo will have hosted two more fundraisers at Vince’s Spaghetti and Richie’s Diner. The next fundraiser is planned for November 5th at BJ’s.

MomCo moms have been brainstorming ideas to get the word out about our wonderful group for more moms to join. MomCo hosted a trunk at our Trunk or Treat event. They passed out treats for moms along with an invitation to join MomCo, as well as goodies for the kids.

MomCo would like to thank everyone who supports our fundraisers and for allowing our group to meet at Northkirk.

-Teri Smits





# JOIN US FOR A DELICIOUS WAY TO **RAISE MONEY!**

**Date:** Nov 05, 2025

**Time:** 11:00AM to 10:00PM

**For Dine In, Takeout or Curbside at this BJ's Location:**

11520 4th Street  
Rancho Cucamonga, CA 91730  
909-581-6750

Enjoy delicious food in a fun atmosphere along with your family  
and friends while earning funds in support of:

## **MomCo Fundraiser**

**WITH EACH FLYER PRESENTED DURING THIS FUNDRAISING EVENT, BJ's WILL DONATE  
20% OF FOOD AND SOFT BEVERAGE SALES TO THE DESIGNATED ORGANIZATION!**

**VISIT US IN PERSON, ORDER ONLINE OR PLACE A TAKE-OUT ORDER**

**When dining in:** Present this flyer to your server at any time during your meal.

**When ordering online:** Enter the 6-digit fundraiser code below at the time of checkout.

**When placing a take-out order:** Present this flyer to a BJ's team member upon your arrival.



**N O V 8 4 5**

Valid for dine in, takeout or curbside when applicable. Not valid toward alcoholic beverages, Happy Hour specials or for delivery orders.  
Please do not distribute flyers on site during the event.





# HEALTHY LIVING

FAITH

FELLOWSHIP

FITNESS

FOOD

## Slow-Cooker Turkey Breast Directions



1. Brush turkey with oil.
2. Combine the garlic, seasoned salt, paprika, Italian seasoning and pepper; rub over turkey.
3. Transfer to a 6 qt. slow cooker; add water.
4. Cover and cook on low for 5-6 hours or until tender.

## Nutrition Facts

4 ounces cooked turkey: 173 calories, 2g fat (0 saturated fat), 100mg cholesterol, 171mg sodium, 0 carbohydrate (0 sugars, 0 fiber), 36g protein. **Diabetic exchanges:** 4 lean meat. Makes 14 servings

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

## Ingredients

- 1 bone-in turkey breast (6 to 7 pounds), skin removed
- 1 tablespoon olive oil
- 1 teaspoon dried minced garlic
- 1 teaspoon seasoned salt
- 1 teaspoon paprika
- 1 teaspoon Italian seasoning
- 1 teaspoon pepper
- 1/2 cup water

## Slow-Cooker Turkey Breast Variations

- Skip the seasoning mixture listed above, and instead make a fresh rub with minced fresh parsley, minced garlic cloves, grated lemon zest and lemon-pepper seasoning. Rub mixture all over oiled turkey breast, then add water and cook as desired.
- For exceptionally juicy meat, use both butter and cream cheese in the herb-studded rub. A must-try!
- Use leftovers for a turkey sandwich, turkey pot pie, or turkey shepherd's pie.



# HEALTHY LIVING

**FAITH**

**FELLOWSHIP**

**FITNESS**

**FOOD**

## Simple Steps to Prevent Dementia

Dr. Tom Frieden is the former director of Centers for Disease Control and Prevention and the author of the article printed in the Wall Street Journal on Saturday, October 11, 2025. His beloved grandmother lived independently into her 90s but was terrified of getting dementia which she eventually did. This happened to her in the early 1990s when not much was known about dementia but now Dr. Frieden has learned more about dementia prevention and shared it.

- 1) High blood pressure substantially increases dementia risk. He says two-thirds of Americans have it. He suggests keeping BP below 130/80 using medication and a low-sodium, potassium enriched diet.
- 2) Keeping cholesterol in check is essential. Eat foods like olive oil, nuts and fish. He says standards say it should be below 150 or 120 but he wishes his grandmother's was below 70.
- 3) Do not smoke. His grandmother started smoking at 65 thinking at that late stage in life, it would not catch up with her.
- 4) His grandmother was sedentary. He says physical activity is the closest thing to a miracle drug. It reduces the risk of dementia, cancer, heart disease and diabetes. Four brisk walks a week for 30 minutes can work wonders.
- 5) Poor sleep increases dementia risk. He says a regular sleep schedule, a dark and cool bedroom, avoiding caffeine and nicotine close to bedtime all help to get good sleep. Managing stress through relaxation techniques and minimizing screen time before bed helps too.
- 6) Correct any vision and hearing loss.
- 7) We need comprehensive primary care focused on prevention. And when it comes to aging, personal responsibility matters.

As an aside, so many studies on aging say people who belong to a church or religious organization always tend to do better in all areas of life compared to those who don't. Come to Northkirk Church and thrive!

-Teri Smits



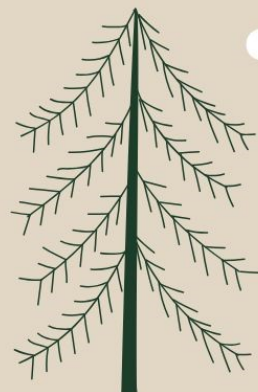


NOVEMBER 29 | 4 PM

# HANGING OF *the Greens*

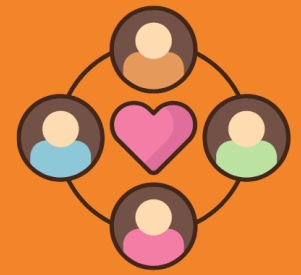


JOIN US IN DECORATING THE  
SANCTUARY WITH A  
POTLUCK DINNER  
AFTERWARDS!





# DEACON'S CORNER



Being a deacon isn't just a church job - it's a way of living. With Thanksgiving around the corner, it is the perfect time for everyone to practice simple acts of kindness. You don't need a special title to serve others. The goal is to show love and care to those around you. One easy way to start is to look for people who are lonely or having a hard time. The cooler, shorter days of November can feel long for those who are sick or homebound. You can call that person just to chat, or offer to share a meal with them. Small personal acts of care show people that they are not forgotten.

If there is someone in the community or within our congregation that the deacons need to know about, please reach out to any deacon, the pastor or notify the church office and we can work together to help with the needs.

Do something nice for someone today. Together we can make this world a better place -one person at a time.

-Dawn Collins, November Deacon on call

If you are affected by the government shutdown, nonperishable items are available in Baird Hall and you may contact your Deacon to request other items.

Nonperishable donations are welcome in the baskets in Baird Hall. Suggestions are listed below. Monetary donations to the Deacon Family Fund allow the Deacons to assist families and individuals during times of need.

- ◇ Canned Vegetables & Fruit
- ◇ Broth (Chicken and Beef)
- ◇ Instant Mashed Potatoes
- ◇ Cans or Jars of Gravy
- ◇ Canned or Dry Beans
- ◇ Rice
- ◇ Canned Soups
- ◇ Canned Pastas (Chef Boyardee, etc.)
- ◇ Canned Meats (Spam, Tuna, etc.)
- ◇ Nuts
- ◇ Dried Fruits
- ◇ Pasta & Pasta Sauce
- ◇ Protein Bars & Shakes
- ◇ Peanut Butter
- ◇ Beef Jerky
- ◇ Macaroni and Cheese
- ◇ Apple Sauce



# HAPPENING IN NOVEMBER

## NOVEMBER 1 CAMPUS WORK DAY

8-11am: General campus cleanup, repairs, and preparation for upcoming work.

## NOVEMBER 10 CONCRETE REPAIR

All Day: Repair being done near the office and office patio walkway. Classrooms will have access.

## NOVEMBER 17 ASPHALT REPAIR

All Day: Repair being done by the office and mailbox. Classrooms will have access.

## NOVEMBER 24-25 PARKING LOT

All Day: The parking lot will be sealed and striped. There will be no access to Northkirk these days. Please observe all signs and coned off areas. Do not plan to be on campus these days.

## NOVEMBER 29 HANGING OF THE GREENS & POTLUCK

4-7pm: Annual decorating of the sanctuary and outdoor area for the Christmas season. We will have a potluck meal afterwards. This is fun for all members and church partners. Come join us!

**THANK YOU FOR YOUR PATIENCE  
AND UNDERSTANDING!**





# NOVEMBER EVENT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 Worship Service 9:30 am	27	28 Prayer Part. 9 am	29 Bible Study (Pastor's Office) 7:30 am	30 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
2 Communion Worship Service 9:30 am	3	4 Prayer Part. 9 am	5 Bible Study (Coco's) 7:30 am  MomCo 9 am  MomCo BJ's Fundraiser	6	7 Youth Group 7:30 pm	8
9 Worship Service 9:30 am	10 Nk Concrete Repairs	11 Prayer Part. 9 am  Committee Night 6:30 pm	12 Bible Study (Pastor's Office) 7:30 am	13 Caring Crafters 2 pm  Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	14 Youth Group 7:30 pm	15
16 Worship Service 9:30 am	17 NK Asphalt Repairs	18 Prayer Part. 9 am  Session 6:30 pm  Deacons Mtg. 6:30 pm	19 Bible Study (Pastor's Office) 7:30 am  MomCo 9 am	20	21 Youth Group 7:30 pm	22
23 Worship Service 9:30 am  Congregational Meeting 11:00am	24 NK Closed	25 NK Closed  Prayer Part. 9 am	26 Bible Study (Pastor's Office) 7:30 am	27 NK Office Closed  	28 NK Office Closed  Youth Group 7:30 pm	29  Hanging of the Greens & Potluck 4 pm
30 Worship Service 9:30 am  Advent Begins	1	2	3	4	5 Youth Group 7:30 pm	6 Campus Work Day 8 am  Arise Handbells 4pm

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 \*On Break\*

*Happy Birthday!*

Joyce Brand  
Allison Burgess  
Connor McQuerrey

11/01  
11/24  
11/27

*Happy Anniversary!*

None for this month. Contact the office if you would like us to post your anniversary.



During the month of **November** Northkirk is collecting **Canned Goods** 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.**

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### Custodian

Pilar Yarur

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

## November Prayer Calendar

26 God’s Will	27 Caruna Jacob	28 Missy James	29 Carol Jenne	30 Janet & Leon Kardux	31 Nancy Kwedar	1 Unity Amid Diversity
2 God’s Glory	3 Mary Lee & Scarlett	4 Ruth Lee	5 John Leongson	6 Richard & Kathy McElvany	7 Eric & Nancy Michalski	8 Hope & Courage
9 Peace & Comfort	10 Marion Mildon	11 Trudy Milne	12 Cathy Moody	13 Jerry Otten	14 Jay Parvin	15 Love & Compassion
16 Guidance & Direction	17 Rebecca Peters	18 Ron Purcell	19 Bob & Pat Reed	20 Sally Richards	21 Judy Ross	22 Growth & Transformation
23 Discipleship	24 Winnie Sage	25 Wendy Salisbury	26 Schlegel Family	27 John & Ramona Schneider	28 Emily Scholz	29 Holiness & Protection
30 Wisdom	1 Sue Sharra	2 Simmons Family	3 Malcolm & Nancy Slack	4 Liza Slaughter	5 Teri Smits	6 Spread of the Gospel

**Deacon of the Month:**  
Dawn Collins