

Grapevine

From the Pastor's Desk

Happy New Year! Already? Didn't we just have one of those? We're almost a quarter way through the 21st century... Wow! Now, the positive view taken at a new calendar is that each year brings an opportunity to start over. Where is the Lord inviting us to start over? How about making our relationship with the risen Lord our *highest* priority?

Wouldn't it be comforting to know that we could tell others we actually know Jesus? Our family and friends may view us as "religious" or

intent on doing what is good and right. But what if they viewed us as *walking* with Jesus every day? Having that kind of relationship with Christ would change the way we think, our response to the unexpected of daily life, and actions we decide to take. It's a challenge Jesus invites us to begin when he says, "Follow me!"

In these weeks before Lent we will start over by taking in the Gospel of Mark. Mark's gospel is

blunt, to the point about God's Messiah now come, and introduces us to Jesus. Let's watch how our heavenly Father leads Jesus to reveal His own heart. And it is important to remember that multiple sources of the early church tell us that Mark's source was Peter's sermons. So, what we read are echoes of Peter's memories and

"The time is fulfilled, and the kingdom of God has come near..."

Mark 1:15

teaching of the Jesus he knew now *risen*. Coming to know Jesus transformed Peter and it will do the same to us. We change from a person that wants to know God and do good into a person that walks with God and brings God everywhere we are led. Imagine if 2024 yields such a transformation in us... because this is just what Christ desires for us.

It's a new year! What a gift to seek the Lord together and have the encouragement of one another. I'm excited at what the Lord will do in us and am walking right alongside with you.
/Pastor Martin

Worship Schedule

Winter Sermon Series

"God's Son Our Transformation"

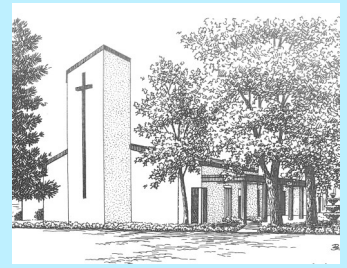
January 7
"People Get Ready"
Mark 1:1-8

January 14
"My Beloved Son"
Mark 1:14-18

January 21
"Believe the Good News..."
Mark 1:14-18

January 28
"A New Teaching"
Mark 1:21-28

Going On Around Northkirk



Christmas Giving

Thank you all who have donated that extra gift under the tree for Northkirk. We had a great response, over \$5000 (exact number to come) which will go to painting the church. While some gifts are financial, we also had an outpouring of help and support for our Advent events. We also need to thank all you who have kept Northkirk in your prayers, especially our Prayer Partners who pray for our church and congregation every Tuesday. Thank you all for the continued support of the mission of Northkirk.

-Daniel Beauvais

Breakfast with Santa

The breakfast was yummy, but Santa was the big draw for the day. Approximately 115 people were served breakfast, not to mention a wave of volunteers. We made about \$350 that will be headed to the Christmas Gift and the painting of our sanctuary, but the real prize was all the great outreach to the community. Thank you to all that helped to make this day so successful.



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





The
SPOT
Café

Restaurant Fundraiser

**FEBRUARY 8, 2024
THURSDAY**

4:00 PM – 8:00PM

435 W FOOTHILL BLVD, CLAREMONT, CA 91711

(909) 447-4223

WWW.THESPOTCAFE.COM

Valid on take out, online and dine in orders.

Must show this flyer when ordering or picking up



THE MOMCO
BY MOPS INTERNATIONAL

**40% OF THE PROCEEDS
WILL BE DONATED TO
MOMCO.**





Aging Well



Every step is a crispy crunch as Gypsy Rose and I make our way along the park pathway covered with large brown leaves. Gypsy is busy pursuing various smells hidden beneath the leaves, but I am preoccupied with my thoughts. It has been such a beautiful Fall, so many trees transformed into vibrant colors of gold, amber, crimson orange and radiant red. And yet, other trees end up with all their leaves just turning brown and blowing off in the wind, without out any splash of color. As I continue to crunch my way through the leaves, I wonder. Is my life showing brilliant hues of transformation or am I more like the brown, dried up leaves about my feet?

Aging affects us all, even from our moment of birth. Living involves growing, changing, adapting, and time that can never be turned back again. Our bodies show the effects of time, like the lines in the tree stump that point to the age of the tree. With every new year, we can propose particular resolutions or goals to slow down that aging process, but often those plans end up short lived or forgotten. So how do we embrace the goodness of every day in the acceptance of our life and being that God has given to us?

First of all, practice gratitude. Be grateful for the body God has given you as His vessel of beauty and grace. Care for it well, with daily movement, stretching and exercise. Nurture it with the real food of the earth, with colorful vegetables and fruits, healthy meats and proteins. Hydrate it with plenty of water. Be sure to allow time for rest and sleep, which brings rejuvenation to your body for the following day.

Secondly, remember the importance of being in relationship with others. Look for those opportunities to meet new neighbors, to set aside time to “just hang out” with friends, or volunteer with a church event or social or perhaps, a charity organization. Appreciate diversity in your relationships, listening and learning from those who may be of a different cultural, political or religious background.

Finally, instead of resolutions this year, think rather of rhythms for the new year. How can I live in such a way as to cause me less stress, angst and worry? How can I be more in sync with the lifestyle of Jesus? A recent article by Abby Perry in *Christianity Today*, December 2023, offered these thoughts:

Instead of

What will I accomplish?
How many things can I say “yes” to?
When will I get everything done?
What demands my attention?
How can I create a perfect plan?

Try

How will I prioritize rest?
What should I say “no” to?
Who can I ask for help?
What matters most to me?
How can I build meaningful habits?

Walking home from the park, along sidewalks plastered with golden leaves, I realized I wanted to be a “colorful leaf,” in the reality version of the older me. Aging isn’t about my permanent laugh lines, or wrinkles, or my “highlighted” graying hair, but rather, how am I letting God transform me?

-Mary S. Brown

Session Highlights

There are just a few highlights this month. The biggest event was nominating and installing Nona Cabral to be an Elder. Nona will head up the Christian Education Committee. The Annual Congregational Meeting for the Annual Report is set for February 25th. The Spring Boutique is set for April 27th. The Blessed Yard Event has been cancelled for the time being. Also, the church has a new website. It is focused on visitors looking for a worship home.

Finally, as we move into a new year, thanks to all who helped out with both Northkirk's mission and the bigger mission of the church. Whether its praying for our church, helping out on work days, flipping pancakes, or singing in the choir, it takes all of us to make the Northkirk body to work.



Average Attendance for Online & In-Person Worship Services for December:

Facebook live:	4 viewers
YouTube live:	5 viewers
In-Person:	80 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

HEALTHY LIVING

FAITH

FELLOWSHIP

FITNESS

FOOD



Cream of Turkey and Wild Rice Soup

Ingredients

- 1 tablespoon extra-virgin olive oil
- 2 cups sliced mushrooms, (about 4 ounces)
- ¾ cup chopped celery
- ¾ cup chopped carrots
- ¼ cup chopped shallots
- ¼ cup all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 4 cups reduced-sodium chicken broth
- 1 cup quick-cooking or instant wild rice
- 3 cups shredded cooked turkey or chicken
- ½ cup reduced-fat sour cream
- 2 tablespoons chopped fresh parsley

Nutrition Facts

Serving Size: 1 ¾ cups, Yields: 4 servings

Calories: 378, Fat: 11g, Carbs: 29g, Protein: 37g

This is one of the BEST soups I have ever had. The only change was that I made my own broth. I threw in two handfuls of baby spinach leaves at the way end. Super fast to the table and the family loved it.

—Reviewer

Directions

1. Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots; cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper; cook, stirring, for 2 minutes more.
2. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey (or chicken), sour cream and parsley; cook until heated through, about 2 minutes more.

Recipe Notes

To poach chicken breasts, place boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 12 minutes.

Source: www.eatingwell.com

Growing Older and Feeling Colder?

Tips to Stay Warm This Winter



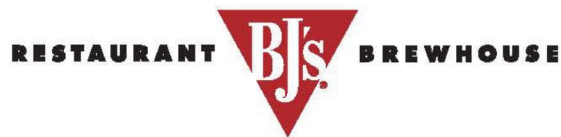
While cold sensitivity could possibly be a sign of a health problem, such as hypertension or diabetes, many healthy adults also find their winters feeling colder as they age.

Studies show that older adults tend to have slightly lower body temperatures than younger adults. Over time, your body is less able to regulate its own temperature. The fat layer under your skin may thin as you age, making you less able to conserve body heat. Your blood circulation—especially in your hands and feet—can also decrease as your blood vessels lose elasticity.

If your body is unable to generate enough heat to keep you warm, it's important to find other ways of staying at a safe and comfortable temperature this winter. There are simple ways to keep yourself warm this season:

- **Keep your heater on.** While it might be tempting to save on heating costs, be sure to set your heat to at least 68°F. If you're worried about your heating bills, close the vents and doors to rooms you aren't using. You can also insulate drafty windows and doors to help keep the cold air out.
- **Dress warmly.** Remember to dress in warm layers, even when you are staying inside. Socks, gloves, and hats are especially important when venturing outside, as you lose more blood circulation in your extremities.
- **Maintain a healthy weight.** If you are underweight, you could have less body fat under your skin to keep you warm. Talk with your doctor about a healthy weight for your body, and make sure to eat enough food to stay healthy.

While aging adults often experience increased sensitivity to the cold, it usually does not require immediate medical assistance. However, pay attention to the symptoms of hypothermia, as older adults are at an increased risk. While hypothermia typically occurs in very cold temperatures, even cool temperatures can be dangerous to a person who is exposed to the cold for an extended period of time. And, if your feet and hands are much colder than the rest of your body, or your fingers and toes go numb or change colors, talk to your doctor. This usually indicates Raynaud's Phenomenon, a condition that is often mild and harmless but could also be a symptom of something more serious.



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

Date: Jan 18, 2024

Time: 11:00AM to 11:00PM

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

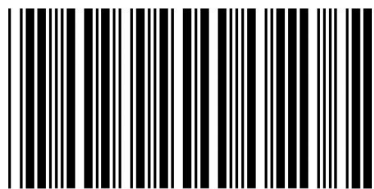
**WITH EACH FLYER PRESENTED DURING THIS FUNDRAISING EVENT, BJ's WILL DONATE
20% OF FOOD AND SOFT BEVERAGE SALES TO THE DESIGNATED ORGANIZATION!**

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.

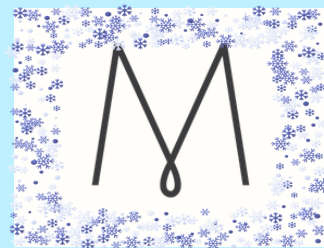


J A N 6 2 3

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.



Moms of Preschoolers



Mops met twice in December and we had good turn-outs despite cold and flu season. Pastor Martin gave a wonderful Christmas message at the first meeting of the month. The moms always look forward to hearing from him. We also made Cookies in a Jar and were able to give one to each of our childcare workers as well as having one for each of our moms.

Our second meeting was our Christmas party with beautiful decorations provided by our wonderful Co-Coordinator Bailey May. She planned games and a fun gift exchange. Mentor Mom Nancy Kwedar gave a fascinating and inspirational devotional on gratitude.

Our Mops group has a fundraiser planned for Thursday, January 18 at BJ's Restaurant and Brewhouse. Watch for flyers

and thank you for support! Our moms use funds raised to help with childcare costs and they are also proposing to set aside some funds to help moms attend the 2024 Mops Convention in September in Chicago. We already have two moms who have purchased tickets to attend. They are hoping for assistance with airfare and hotel costs.

If you know of any moms with children ages 0-5 years old that have Thursday mornings free, please tell them about our wonderful ministry here at Northkirk.

Thank you to Northkirk for your continued support of our Mops program!

-Teri Smits



Treasurer's Report

Treasurer's Report as of November 30, 2023

Emily Scholz, Church Treasurer

Operational Budget	November Budget	November Actual	Year to Date Budget	Year to Date Actual
Giving/Receipts	15,609.44	17,265.62	171,703.90	180,138.24
Expenses	22,911.34	20,061.96	252,024.27	238,392.33
Net Operating Surplus/Deficit	-7,301.90	-2,796.34	-80,320.77	-58,254.09

The net operating deficit is subsidized by saving reserves and investment funds. The session has budgeted a total of \$82,667.67 to be withdrawn from our investments this year. We have withdrawn \$55,000, which is 67% of our budgeted total. 92% of the year has passed. Our November income was over the budgeted income which is a blessing.

A detailed report will be provided in our Annual Report for 2023 showing the year end balances. 2023 has been kind with regard to our investment funds.

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.




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.



JANUARY EVENT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Worship Service 9:30 am	1 	2 Prayer Part. 9 am	3 Men's Bible St. 7:30 am CoCo's (Haven)	4 Cadence Study 4 pm Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	5 Youth Group 7:30 pm	6
7 Worship Service 9:30 am 3D Study 11 am	8	9 Prayer Part. 9 am Deacon mtg. 6:30 pm	10 Men's Bible St. 7:30 am Via Zoom Pastor's Bible Study 4:30 pm	11 Caring Crafters 2 pm Cadence Study 4 pm Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	12 Youth Group 7:30 pm	13 Campus Work Day 8 am
14 Worship Service 9:30 am 3D Study 11 am	15	16 Prayer Part. 9 am Session mtg. 6:30 pm	17 Men's Bible St. 7:30 am Via Zoom	18 MomCo 9 am Cadence Study 4 pm Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	19 Youth Group 7:30 pm	20
21 Worship Service 9:30 am 3D Study 11 am	22	23 Prayer Part. 9 am	24 Men's Bible St. 7:30 am Via Zoom Pastor's Bible Study 4:30 pm	25 Caring Crafters 2 pm Cadence Study 4 pm Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	26 Youth Group 7:30 pm	27
28 Worship Service 9:30 am 3D Study 11 am	29	30 Prayer Part. 9 am	31 Men's Bible St. 7:30 am Via Zoom	1 MomCo 9 am Cadence Study 4 pm Handbells 5:30 pm Choir 6:30 pm Praise Band 7:30 pm	2 Youth Group 7:30 pm	3 Campus Work Day 8 am