

# Grapevine

## *A Minister's Moment*

*Let the countryside and everything in it celebrate!  
Then all the trees of the forest too will shout out joyfully. Psalm 96:12*



As you may know I recently had some time off and while I was gone, I went on vacation for a week to Florida. As is often the case, while I'm gone, no one watered the flowers on my porch. It did not

help that it was 95-100 degrees during that time. So, I came home to see dead flowers. Or were they? Ever the optimist, I began watering them and pruned them back a bit and yeah, they're still dead. Just kidding. Only mostly dead.

As I write this, we are in Holy Week, the journey to the cross and tomb and looking ahead to Jesus' resurrection on Sunday. During Lent, some of us have been reading *The Good and Beautiful God*, others have added another discipline into their schedule, and others may be fasting from something. In other words, this Lenten time has been a time of introspection, a time of pruning so to speak, where we may have been challenged

and hopefully uplifted. Times of pruning in our lives, whether by choice or circumstance out of our control, are not always comfortable. As people of faith, however, we know they are not only opportunities to grow, but also times where we can hold on to the hope we have in Christ. And that is what the Resurrection teaches us. When all seems lost, when hope is gone, there is new life waiting. When I pruned my seemingly dead flowers back, I could see that the stems were still green and alive. There was the hope of new life. I'm not sure how long it will take for them to come back and I'm not sure how much patience I have waiting for them to recover but I am going to hold on for today. No matter what is going on in your life this Easter season, my prayer for you is that you may grasp the hope we have in new life and celebrate!

Pastor Claire



# *Northkirk*

H O L Y  
W E E K  
S E R V I C E S

MARCH 29 | 9:30AM

PALM SUNDAY

APRIL 2 | 5:30PM

MAUNDY THURSDAY SOUP SUPPER

APRIL 2 | 7PM

MAUNDY THURSDAY

APRIL 3 | 6PM

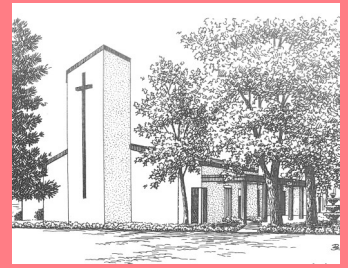
GOOD FRIDAY

APRIL 5 | 9:30AM

EASTER SUNDAY



# GOING ON AROUND NORTHKIRK



## Holy Week

We will host a Soup Supper on Maundy Thursday, April 2nd in Baird Hall at 5:30 pm. Service will be at 7pm. Good Friday service will be on Friday, April 3rd at 6pm. Easter is on Sunday, April 5th. Please bring flowers from home for flowering of the cross. Invite friends and family to our Holy Week services, we look forward to seeing some new faces!



## Committee Nights

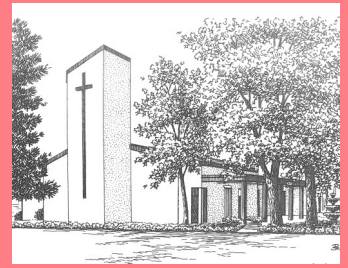
WE NEED YOU to come join us at committee night!!! Come out and check out our committees – see what's going on, and join in. We need everyone's help to make Northkirk a vibrant congregation. We meet the second Tuesday of the month, that's April 14<sup>th</sup> at 6:30 in the sanctuary.

## Annual Great Hopping Egg Hunt

We hosted our annual Egg Hunt on Saturday, March 21st and had a wonderful turn out of families and volunteers. We had 75-100 families in attendance. There were plenty of crafts for the kids to do, the Easter Bunny was there, and so was a Rancho Cucamonga Fire Truck! A vendor, Sweet Dough Cinna-Rolls, was also selling gourmet cinnamon rolls. Thank you all to those who volunteered and donated towards this event. We couldn't have done it without you!



# GOING ON AROUND NORTHKIRK



## Change of Bylaws Congregational Meeting

~ April 12th ~

There will be a congregational meeting on April 12<sup>th</sup> immediately following worship in order to change the church bylaws. All bylaw changes need to be approved by the congregation. Northkirk would like to change the number of elders that are elected from nine to a minimum of seven.

The proposed text change is

**Section 1:** The Session shall have authority over all of the affairs and activities of this Church, both spiritual and corporate, except in such matters, which, by the Constitution or these bylaws, are specifically accorded to the pastor, the congregation, or a higher Judicatory. The Session shall be comprised of **at least nine** Ruling Elders and the Pastor, who serves as Moderator.

changes to

**Section 1:** The Session shall have authority over all of the affairs and activities of this Church, both spiritual and corporate, except in such matters, which, by the Constitution or these bylaws, are specifically accorded to the pastor, the congregation, or a higher Judicatory. The Session shall be comprised of a **minimum of seven** Ruling Elders and the Pastor, who serves as Moderator.

Thank you  
Daniel Beauvais & Joyce Brand (Co-Clerks)

## New Members Class Sunday, April 19th

Come find out more about our congregation at our new member class being held after service on April 19th from 10:45am -12:30pm in Pastor Claire's office.

## Welcome Saw Shein! NK's Music Director

SawLah Shein was born and grew up in Myanmar, also known as Burma. Saw is a graduate of Rangoon University and has a Master of Divinity, (M.Div) degree from Burma Institute of Theology, Rangoon, Burma. He earned an S.T.M (Master of Sacred Theology) in New Testament Studies and Church Music from Yale Divinity School, and also studied at Princeton and Claremont Graduate University. He has worked as an organist at Upland First Presbyterian Church, Music Director at Northkirk Presbyterian Church and Hemet First Pres., and as the Contemporary Music Leader at Magnolia Pres. Saw enjoys music, spicy food and traveling.



Northkirk

Presents

**BASEBALL**

*Outing*



FRIDAY  
**24**  
APRIL

@  
**6:35PM**

**I.E. 66ERS**

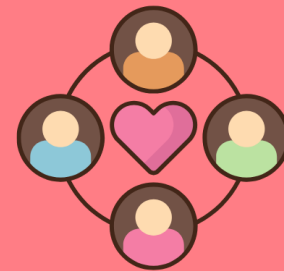
**VS**

**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.

# DEACON'S CORNER



## Putnam's Guide to Understanding the Old Testament

Listed are 10 brief passages which are keys to grasping the major themes of the Old Testament. Do not try to read the Old Testament from Genesis through Malachi, or you will doze off in Leviticus.

1. The Creation Mystery - Genesis 1:1-2:4a, 2:4b-5  
(Compare and contrast these two accounts. What is really being said?)
2. The Promise to Abraham - Genesis 12:1-17:21  
(Key: Three parts of covenant in Genesis 12:1-3 that still shapes events in the Middle East today.)
3. The Sinai Covenant: Moses and the Ten Commandments - Exodus 19:16-20:17
4. Samson: The Old Testament Rocky - Judges 13:1-16:31
5. Saul and David - 1 Samuel 9:1-10:16, 11:1-11 (Pro-Monarchy)
6. Psalms - 1, 8, 22, 23, 24, 51, 121, 139, 150
7. Amos: Harsh Words In A Smooth Season - Amos
8. Ruth (The key to understanding Ruth is found in 4:22. The Great King David is not "racially pure")
9. Jonah: Man For Himself, Missionary for God (Read the whole book to discover it's not a story about a fish) - Jonah
10. The New Covenant of the heart, Not the Law - Jeremiah 31:31-34
11. The Joseph Epic - Genesis 37-50  
(For "extra credit", you may read this story of Joseph and his brothers. This is part soap opera, part textbook on sibling rivalry, part story of redemption. Key verse: 50:20)

-Written by: Pastor Gary Putnam

-Submitted by: Marilyn Switzer



# HEALTHY LIVING

FAITH

FELLOWSHIP

FITNESS

FOOD

## Spring Asparagus



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

## Directions

1. In a large saucepan, bring 1 cup water to a boil. Add asparagus; cook, covered, until crisp-tender, 3-5 minutes. Drain; place in a large bowl. Add tomatoes; cover and keep warm.
2. Place vinegar, Worcestershire sauce, sugar, onion, salt and paprika in a blender; cover and process until smooth. While processing, gradually add oil in a steady stream. Toss with asparagus mixture. Top with almonds and, if desired, cheese.

## Nutrition Facts

3/4 cup: 154 calories, 11g fat (1g saturated fat), 0 cholesterol, 159mg sodium, 12g carbohydrate (10g sugars, 1g fiber), 2g protein.

**Diabetic Exchanges:** 2 fat, 1 vegetable, 1/2 starch

Makes 8 servings

## Ingredients

- 1-1/2 pounds fresh asparagus, trimmed and cut into 2-inch pieces
- 2 small tomatoes, cut into wedges
- 3 tablespoons cider vinegar
- 3/4 teaspoon Worcestershire sauce
- 1/3 cup sugar
- 1 tablespoon grated onion
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/3 cup canola oil
- 1/3 cup sliced almonds, toasted
- 1/3 cup crumbled blue cheese, optional



**A M A Z I N G!** I've served this a number of times and everyone always asks for the recipe. Love it!  
-Review



# HEALTHY LIVING

**FAITH**

**FELLOWSHIP**

**FITNESS**

**FOOD**

After 50, it's more important than ever that you are eating well to get adequate nutrients. As we age, our weakening immune systems and other factors make us more prone to chronic conditions, falls, hospital stays, and illness. Proper nutrition can help to prevent—or diminish the dangers—of these age-related risks. Use the tips below to help make healthy eating choices this year, even if you're on a tight budget.

## **Know what a healthy plate looks like and follow recommended servings**

Filling your plate with the right food is key, especially if you're age 50+. Healthy eating means a focus on the major food groups—fruits, vegetables, protein, dairy, and whole grains—and the recommended daily serving size for each.

The MyPlate Plan, created by the U.S. Department of Agriculture (USDA), is a free resource that helps you see how the food groups should stack up based on your sex, height, weight, and level of physical activity.

## **Choose food based on important nutrients**

Protein, Vitamin B12, Folate/folic acid, Calcium, Vitamin D, Potassium, Magnesium, Fiber, Omega-3 fatty acids

## **Stay hydrated**

Water is an especially important nutrient because many medications can increase your chances of dehydration. Plus, one of the key minerals we need, fiber, absorbs water. That means you need to drink fluids consistently throughout the day to stay properly hydrated. The National Academy of Medicine recommends a daily fluid intake of about 13 cups and 9 cups for healthy men and women age 51 and older, respectively.

## **Read nutrition labels**

It's always best to buy fresh protein, dairy, and produce when you can. But when you opt for packaged foods, look for items that are lower in fat, added sugar, and sodium. Buy spices instead of salt to season your food, and choose a natural sweetener, like Stevia, instead of sugar.

## **Stretch your food budget**

There are state and federal programs that can help you pay for groceries, including the Supplemental Nutrition Assistance Program (SNAP) and food delivery services like Meals on Wheels. SNAP also now covers eligible food items purchased from most online grocery delivery programs.

Source: National Council on Aging



# MOMCO OF NORTHKIRK

## “A MOM COMMUNITY”

The March meetings for MomCo were full of fun and sharing and the second meeting was extra special with a very unique guest speaker! Each MomCo year (Sept-May), they feature 2-3 guest visitors or speakers and this time it was an Attorney whose expertise is in keeping families safe, especially families with young children. Attorney Andrew Wallin has over 16 years experience, which includes 11 years as a San Bernardino Public Defender (and is still a valuable consultant for them), and then was the representative lawyer for one of the area's largest car insurance companies. Now, he has his own private practice with 4 staff on board, including another lawyer partner. He is also a beloved member of Northkirk and is MomCo Coordinator Leader Katherine's husband and father of our church's treasured preschoolers Eddie and Arthur.

Andy's presentation was phenomenal. You could hear a pin drop while everyone intently listened to his talk while he gave his experience, using current statistics, helpful tips, many examples, and of course his deep wisdom. He does have a presence about him! Oh, and did I mention he is so very caring and patient while showing his passion for helping families! Our MomCo meeting was blessed to have him.



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

-Nancy Kwedar



**Northkirk Presbyterian MomCo**

# Richie's Night!

## FUNDRAISER

Get together with friends and family  
for some good ol' country cookin' for a cause  
at Richie's Real American Diner!



Wednesday, April 29, 2026

8:00am – 9:00pm



20% of the sale of all meals at regular price  
will benefit your organization!

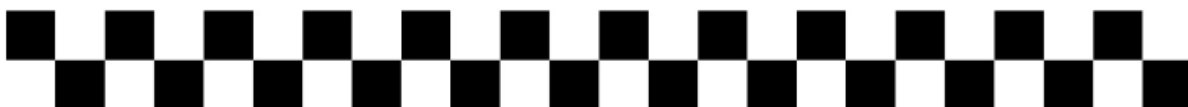
Not valid with any other discounts or coupons. Not valid on  
the purchase of gift cards or alcoholic beverages.

BRING THIS FLYER TO THE EVENT AND PRESENT WHEN ORDERING!



**VICTORIA GARDENS**

8039 Monet Avenue • Rancho Cucamonga, CA  
909-899-8101



# APRIL EVENT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Prayer Mtg. 9 am (Rm. 2)  Palm Sunday Service 9:30 am	30	31	1  Bible Study 7:30 am (Coco's)  MomCo 9 am	2  Soup Supper 5:30 pm  Maundy Thursday Svc. 7:00 pm	3  Good Friday Svc. 6:00 pm  	4
5 Prayer Mtg. 9 am (Rm. 2)  Easter Worship Service 9:30 am	6	7  Prayer Part. 9 am	8  Bible Study 7:30 am (Pastor's Office)	9  Caring Crafters 2 pm  Bell Choir 5:30 pm  Vocal Choir 6:30 pm	10  Youth Group 7:30 pm	11  Campus Work Day 8am  
12 Prayer Mtg. 9 am (Rm. 2)  Worship Service 9:30 am	13	14  Prayer Part. 9 am  Committee Night 6:30 pm	15  Bible Study 7:30 am (Pastor's Office)  MomCo 9 am	16  Bell Choir 5:30 pm  Vocal Choir 6:30 pm	17  Youth Group 7:30 pm	18
19 Prayer Mtg. 9 am (Rm. 2)  Worship Service 9:30 am	20	21  Prayer Part. 9 am  Session Mtg. 6:30 pm	22  Bible Study 7:30 am (Pastor's Office)	23  Caring Crafters 2 pm  Bell Choir 5:30 pm  Vocal Choir 6:30 pm	24  NK Baseball Outing 6:35 pm  Youth Group 7:30 pm	25
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  







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!*

 Norm Balders 4/02  
 Margaret Merhoff 4/07  
 Tom Stahl 4/08  
 Grace Gonzales 4/11  
 Trudy Milne 4/18  
 David Milne 4/25

*Happy Anniversary!*

Allison & Al Burgess 4/01  
 Malcolm & Nancy Slack 4/03  
 Nancy & Eric Michalski 4/04  
 Jo & Alan Simmons 4/06



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

<b>Transitional Pastor</b>	Rev. Claire Schlegel cschlegel@northkirk.org
<b>Office Manager &amp; Grapevine Editor Music Director</b>	Abby Thomas northkirkoffice@northkirk.org Saw Shein sawmoonlight@yahoo.com
<b>Accompanist</b>	Harold Willome hwillome@northkirk.org

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

## April Prayer Calendar

29 Wisdom	30 Simmons Family	31 Malcolm & Nancy Slack	1 Liza Slaughter	2 Teri Smits	3 Marty & Terri Sortillon	4 Spread of the Gospel
5 God’s Glory	6 Tom & Jodie Stahl	7 Phil & Laura Stephenson	8 Yoko Sweede	9 Marilyn & Terry Switzer	10 Jo & Paul Syiem	11 Hope & Courage
12 Peace & Comfort	13 Holly Teixeira	14 Harry & Lovie Thomas	15 Sheri Tracy	16 David Van Curen	17 Janice & Sarah Vance	18 Love & Compassion
19 Guidance & Direction	20 Joan Vanecek	21 Tolwe Wah	22 Kim & Gary Wallace	23 Wallin Family	24 Harold Willome	25 Growth & Transformation
26 Discipleship	27 Beverly & Frank Wiltse	28 Wong Family	29 Pilar Yarur	30 Judy & Allison Amos	1 James Beagle	2 Holiness & Protection

**Deacon of the Month:**  
Missy James