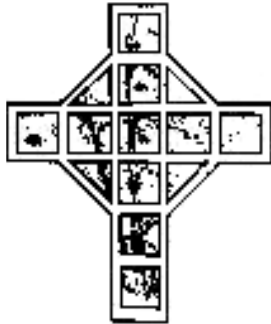


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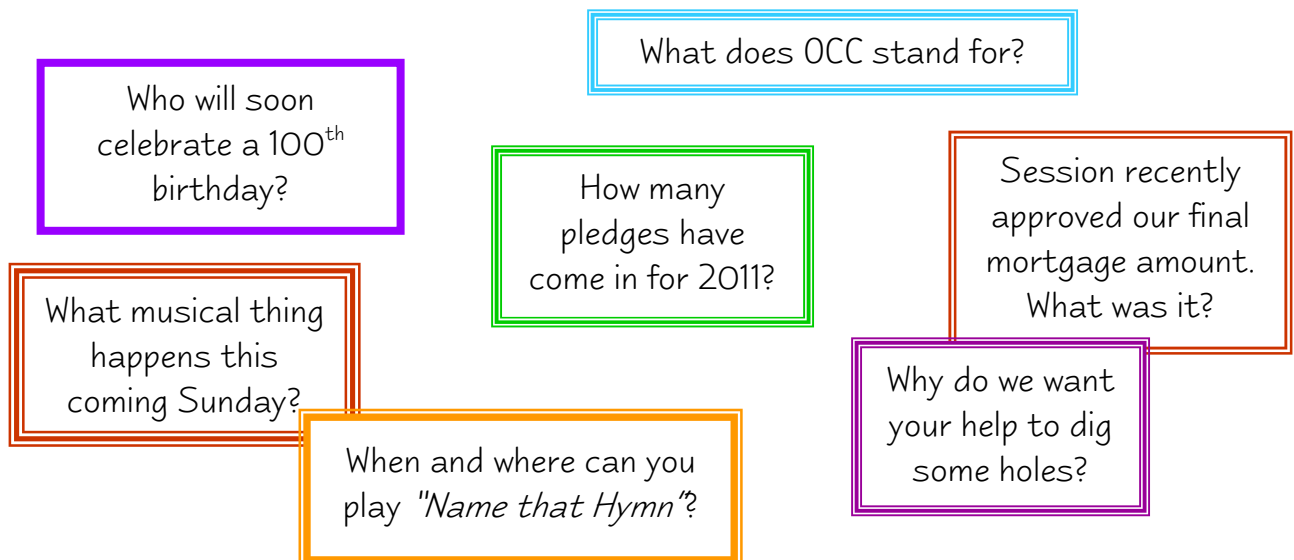
Website: www.wpcoly.org



The Triangle

November 2nd, 2010

Answers Can Be Found in This Triangle



PASTORS' CORNER
The Rev. Christine T. Long

I belong to a book club that meets monthly. We read books on parenting and family. We most often read books about relationships, communicating, and behavior. This fall we are reading *In Defense of Food* by Michael Pollan. Pollan also authored *The Omnivore's Dilemma* which I noticed was popular among colleges this year as a required text for incoming freshman. We thought reading *In Defense of Food* would help us explore caring about the physical life and health of our children and families.

Pollan's goal is "to help us reclaim our health and happiness as eaters." He declares sharply, "The rise of nutritionism reflects legitimate concerns that the American diet, which is well on its way to becoming the world's diet, has changed in ways that are making us increasingly sick and fat." Pollan asserts that the industrialization of our food has exposed us to large amounts of processed foods which have been shown to be linked with chronic diseases like diabetes, heart disease, and even cancer. This book is interesting, easy to read, but quite a challenge. It is hard to swallow Pollan's claim that our nation is in a food and diet crisis. I respect that much of his motivation is to help consumers have healthy, kindly grown food choices.

For me personally, there is a spiritual component for reading this book. Many of you know that because of past health struggles I have had to put a lot of effort into my diet. When I had to change a lot of things I was overwhelmed and discouraged. What helped me find joy and hope in the midst of struggling with food restrictions and finding new culinary choices was the notion that taking care of my body could be a spiritual exercise. I began to see that in taking care of my body I felt stronger, better, more clear-headed, and spiritually peaceful. I learned that the body, mind, and spirit are woven together and affect one another.

Our Creator calls us to regard our body as a temple, "Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body." *1 Corinthians 6:19-20*. Thankfully, we have God near to us who guides us as we learn to care for the precious flesh and bones we have been given. Consider how the Psalmist thanks God for abundance, "The eyes of all look to you, and you give them their food in due season. You open your hand, satisfying the desire of every living thing." *Psalms 145:15-16*

Be blessed in your own journey of understanding the connections of your body, mind, and spirit. May you feel the presence of God in the making, eating, and sharing of your meals. "So whether you eat or drink, or whatever you do, do everything for the glory of God." *1 Corinthians 10:31*. Here are some scripture for further consideration: Genesis 1:28-29, Proverbs 3:7-8, Proverbs 14:30, Luke 24:41-42, Romans 12:1.

Blessings, *Christine*

Calendar for This Week and Next

SUNDAY, NOVEMBER 7

9:00 & 11:15am Worship
9:45am Sunday School for all ages
12:30pm Youth Group

MONDAY, NOVEMBER 8

1:00pm Grief Support Group (lib)
4:30pm Stephen Ministries (rm 7)
5:00pm Nominating Comm (lib)

TUESDAY, NOVEMBER 9

7:30am Men's Breakfast @ I-HOP
10:00am Horizon Bible Study (chapel)
6:00pm TuesdayNightTogether
6:30pm Chapel décor group (rm 11)
7:00pm Bell Choir rehearsal

WEDNESDAY, NOVEMBER 10

10:00am Bible Study (chapel)
12 noon Chapel décor (chapel)
7:00pm Department meetings

THURSDAY, NOVEMBER 11

(Veterans' Day – office closed)
9:30am "Sew Happy" Quilters
7:00pm Chancel Choir rehearsal

FRIDAY, NOVEMBER 12

9:15am Book Group (library)

SATURDAY, NOVEMBER 13

8:00am Men's Breakfast (FH)
6:00pm Variety Show (see page 4)

SUNDAY, NOVEMBER 14

9:00am Worship
9:45am Sunday School for all ages
11:15am Worship
12:30pm Youth Group outing
1:00pm Golden Delicious lunch at Pellegrino's (please sign up)

MONDAY, NOVEMBER 15

12 noon Triangle articles due
7:00pm Rachel Circle

TUESDAY, NOVEMBER 16

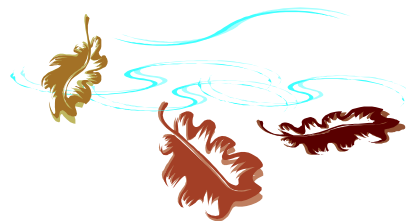
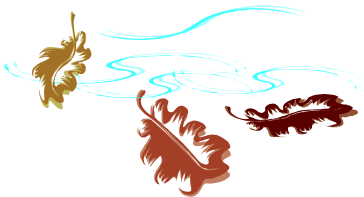
7:30am Men's Breakfast @ I-HOP
9:30am Elizabeth Circle (FH)
11:00am Mary-Martha Circle
6:00pm Naomi Circle (library)
7:00pm Adult Ed Committee
7:00pm Bell Choir rehearsal

WEDNESDAY, NOVEMBER 17

9:30am Triangle folding (library)
10:00am Bible Study (chapel)
7:00pm Session (chapel)
7:00pm Deacons (library)

THURSDAY, NOVEMBER 18

9:30am "Sew Happy" Quilters
1:00pm Dorcas Circle
6:00pm Praise Team rehearsal
7:00pm Chancel Choir rehearsal



CHRISTIAN EDUCATION UPDATE . . .

Please note these dates and events for your calendar:

Sunday, November 28th

Between 1st and 2nd services there will be Advent Crafts in the CE wing.

Sundays, December 5th & 12th

There will be no grade school Sunday School.

We are hoping this can be a practice time if we are able to put together a Children's Christmas Program. Watch for more information.

Preschool children, Youth Sunday School, and Adult Classes: Please check with your teachers as to when the fall quarter classes will end.

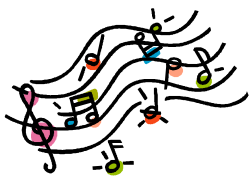


To all those volunteers we have asked (many of you many times) and all of those who have said yes (over a hundred of you) during this last four months to keep the CE programs going during this interim time, we are very grateful for your support, you are very much appreciated!!! Blessings.

Sandy Crouch and Greg Burkhart, CE Elders

CHOIR NOTES . . .

HymnFest 2010 is upon us! That's right, Westminster Presbyterian Church is going to be holding a HymnFest this coming Sunday, November 7 at both services. Just to give a bit of info about our HymnFest – our main purpose is to celebrate the many ways in which hymns can be used in our service.



We will be singing many familiar hymns, but we will also be using them throughout the service in a variety of ways- not just during the appointed time for a hymn. There will also be a chance to let us know what your favorite hymns are that you would like to sing. So, bring your voices this weekend and be prepared to sing!

All-Church Variety Show

The 12th Annual All-Church Variety Show is coming soon – Saturday, November 13 at 6:00pm. Childcare will be provided. We invite one and all! This annual tradition has become a favorite event for many at WPC. From story-telling to banjo strumming, from singing to comedy routines, and audience participation games to the ever-popular “Name that Hymn!” Come join the fun for the whole family! All proceeds from the show go directly to the Special Music Fund which supports the music department at WPC (hiring musicians at Christmas, Easter and other special occasions, purchase of choir stoles, etc.). There is still time to sign up if you're interested in being in the show. Contact Terry Shaw or fill out the bright yellow form in the literature racks.

Terry Shaw, Westminster's Director of Music
wpcmusic@msn.com

ANOTHER THANKS TO OUR GENEROUS CONGREGATION

As we have begun to use our new space in Fellowship Hall, Preschool, and Chapel, we once again reflect on the faith and generosity of you, the donors who have made Westminster's Fulfilling the Vision Campaign a reality. As Pastor David recently commented, this is a space for faith, fellowship and blessings – God brightens the space.

The Chapel space is very conducive to meetings with good lighting and comfortable chairs and tables – rumor has it that groups are looking forward to coming to their meetings! Gathering after church in the Fellowship Hall is truly a time for fellowship and as some have said, “not merely grabbing a cookie and heading out the door”. The space has also been tested by some rowdy sports events during TNTs and has held up well! The preschool space is “nice and big and cheerful” with low windows so the children can look outside. Parents are very attracted to the space especially with the kitchen for cooking projects and the child-friendly bathrooms.

On October 20th, the Session approved a final mortgage in the amount of \$930,000, payable over 25 years. Total construction costs are estimated to be finalized at about \$2,309,000. We were able to pay over \$1.3 million towards this project from our fundraising efforts and the sale of property. This means our mortgage payment is projected to be approximately \$6,000/month – which is less than our last mortgage payment. And we have the opportunity to refinance at no charge if we raise more money to pay down the mortgage. Way to go!

We applaud your courage in giving to this important milestone in our church's evolution. In tough economic times, you stepped up to help fulfill our vision. We are thankful for your generosity.

We have now completed our work as a Fellowship Hall Fundraising Committee and feel blessed to have been a part of this project.

*Marv Ryser, Linda Greenly, Kimberly Ellwanger, Shirley Sawdon, Paul Taylor
Jay Williams and Frank Sanborn (liaison to Building Committee)*

2011 PLEDGE DRIVE UPDATE . . .

**As of Tuesday, November 2, we have received 109 pledges
totaling \$309,138.00
towards our goal of \$519,219.00.**

Thanks so much to those of you who have already pledged! To those that have not yet made a financial commitment for 2011, please consider doing so. Pledging enables the Finance Committee to plan an accurate budget for 2011. 100% participation is a great goal and is needed to meet our proposed budget and to continue the missions we have here at Westminster. Pledges of any amount are greatly appreciated! If you need a pledge card, please notify the church office and they will send you one.

Year-round Stewardship Committee: *Carl Harris, Julie Johnson,
Kathy Marshall, Ron Stoker and Eden Teachout*

BUILDINGS & GROUNDS DEPARTMENT NEWS AND NOTES

Thanks! We wish to express a big THANK YOU to the thirty-six hardy souls who turned out for the church work party on Saturday, October 23rd. This was one of the largest groups of volunteers in recent years, the weather was fine and much worthwhile work was accomplished. Special thanks to those who brought tools and trailers and provided the refreshments. It was great to see families working together.

Maple trees: There is an urgent need for further labor and assistance in digging holes to plant the Japanese maple trees that have been moved to their approximate final location. If you have time to help with this before Saturday, November 13th, please call Ernie at 456-4137.

Chairs available: In the transition from using the church's old tables and chairs to the new ones in the fellowship hall, there are about 48 of the old metal folding chairs that are excess and taking up needed storage space. If anyone would like to purchase such chairs, they are being offered for \$3.00 each or a set of four for \$10.00. Sale would be on a first-come first-served basis and proceeds would go to the purchase of other needed items. Contact any member of Buildings & Grounds or the church office if interested.

Ernie Petermann, for the Buildings & Grounds Department

FOR AND ABOUT OUR CHURCH FAMILY . . .

A special thank you from my family for all your support in so many ways. Karl's service was wonderful, Christine. The refreshments from my circle were lovely, including the valuable help in the fellowship hall from so many. Bless you all.

Barbara Soderberg and family

Please join us in celebrating the birthday of long-time Westminster member, Vivian Larsen. Vivian will be 100 Tuesday, November 23rd. The Larsen family moved to Olympia in 1946 and joined Westminster in 1947.



There will be an open house at the home of Gerrit and Betty Stoker (10133 Martin Way E, Olympia) from 2:00-4:00pm Sunday, November 21st. Come and wish Vivian a happy birthday!!

New Member Class: We will be scheduling a New Member class in the next several weeks. We typically offer the class on a Saturday from 9:30am until around 2:30pm. Lunch is provided. If you would like to participate in the class, please let one of our pastors know or you may call the church office. You are also invited to indicate your interest on the back of a Friendship Card in worship. It would be helpful to know if there are Saturdays you are not available.

OPERATION CHRISTMAS CHILD IS BACK!

Our church is again participating in Operation Christmas Child (OCC) this year. This is a program of packing shoeboxes with small toys, school supplies, hygiene products etc. for needy children throughout the world. Added later at the processing center is Christian literature with the clear message of the gospel, the story of Jesus Christ. To help with delivery costs, a \$7 donation per box is requested.



OCC pamphlets explaining all the details, along with empty shoeboxes will be available in the narthex on the Sunday, November 7th. We will collect filled boxes on Sundays, November 14th and 21st. Let's start Christmas a little early this year by lifting the spirits of a needy child in a faraway land.

Jennifer and Karen Crooks, Operation Christmas Child Coordinators

CAMP QUIXOTE UPDATE . . .

Thank you to all of you that helped with Camp Quixote during their stay at Westminster Presbyterian Church (WPC) this summer. Many of you served at the Host table, provided food and supplies, helped with the moves, hired Camp members, etc. The Camp enjoyed their 90 days with us and we are thankful we could obey the call of Jesus to love our neighbors in this way.

The Camp is now located at the First United Methodist Church of Olympia, 1224 Legion Way SE. The Camp needs people to serve at the Host table, to assist with supplies and employment. You can sign up for a Host table shift through the Westminster Website <http://www.wpcoly.org> at the Camp Quixote tab. Ongoing supply needs include: **Coffee Creamer; Instant Soup & Noodles; Granola Bars; Sleeping Bags; Flashlights; Batteries; Tarps and Plastic Ware.**

WPC and River Ridge Covenant members provided Sunday night meals to camp residents in Room 12 and then in our new Fellowship Hall – each location with their own challenges! Thanks to all who generously shared their abundance in this way and who took the time to care for our brothers and sisters by the simple act of sharing a meal.

Luci Kegley & Jane Jones, for Westminster's Mission & Fellowship Department and Camp Quixote

27TH ANNUAL INTERFAITH THANKSGIVING



"A Celebration of the Whole Human Family"

Sunday, November 21, 2:30pm, Tumwater United Methodist Church
1401 Lake Park Drive SW, Tumwater WA 98512

Music, words, and songs of many faiths / Children and people of all faiths welcome
Reception with light refreshments following / Offering for the YWCA "Other Bank"

You may contact Interfaith Works at (360) 357-7224; www.interfaith-works.org.



Daylight Saving Time ends Sunday, November 7th. Remember to set your clocks back one hour.

WORSHIP ATTENDANCE:

October 24 – 159

October 31 – 202 (60 at 9:00am)

GREETERS FOR NOVEMBER:

Tom and Dian Rolfs



Pastor: **David Kegley**

dkegley@wpcoly.org

Associate Pastor: **Christine Long**

ctlong@wpcoly.org

Director of Music Ministries: **Terry Shaw**

wpcmusic@msn.com

Director of Family Ministries: (position vacant)

Youth Ministry Coordinator: **Katrina Riippa**

KaRiippa@gmail.com

THE TRIANGLE is published the 1st and 3rd Tuesday of each month.
The next article deadline is Monday, November 15th before noon.

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