

# ADVOCATE

First Presbyterian Church  
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February 2019

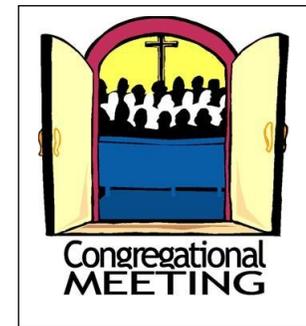
## **Annual Meeting Sunday, February 24 11:15 a.m. – Following the Worship Service**

At our Annual Meeting, our congregation gathers to review the year past and to look forward to the year to come. This year, we will also have an update on the status of the 29 West property. In addition, we will receive the 2019 operating budget and vote on the terms of call for our pastor.

Members are asked to come to this meeting; visitors and guests are welcome to attend as well.

Following the meeting our youth invite everyone to attend their annual Spaghetti Dinner in the Fellowship Room.

**Copies of the 2018 Annual Report will be available at the church beginning on Sunday, Feb. 10.**



## **2019 Per Capita**

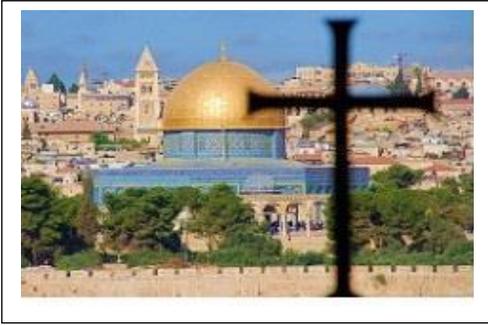
*Part of the glue that has held Presbyterians together for 275 years*

*Per capita* is a set amount of money per member that congregations pay to the larger Presbyterian Church (U.S.A.) to share the administrative expenses of the General Assembly, Synod, and Presbytery. Congregations have been contributing *per capita* since 1734. This year our church will pay \$35.75 per member (*per capita*).

The Session encourages those of us who are able to contribute the *per capita* amount for our own membership. Doing so allows the Session to use more of our financial resources for mission, programs, and operating expenses. To contribute the \$35.75 *per capita* amount for your membership, just write 'per capita' on your check.

# WALK TO JERUSALEM

## January 13 – April 21, 2019



Join us (and the church's Health Ministry Team) on a virtual journey to Jerusalem! We plan to get there by Easter by walking, running, biking, swimming, or exercising. If we add all our miles together, we should reach Jerusalem by Easter, April 21. Let's begin this imaginary 6629 mile journey.

Keep track of your mileage and turn it in weekly by posting on the log sheet at the church or by emailing

Kim Hunt. Include your email address on the signup sheet so we can email you weekly updates.

Below are weekly devotions for February to help guide you on your journey. They are taken from the *Church Health Reader* (St. John Providence Health System).

### Week 1, February 1-9

#### Plotting the Journey

*In his heart a man plans his course, but the Lord determines his steps.* Proverbs 16:9

It was one of those long automobile rides through Tennessee on Interstate 75. The triptik did not indicate any detours or road construction, but the large orange "detour" sign and the accompanying orange barrels were unavoidable. The course had been smooth and sleek up to this point, with nicely angled roads and well-planned rest stops. The detour would delay our arrival and change our plans. We exited the freeway and found ourselves on a narrow winding road dripping with fresh mountain streams, fringed with delightful wild flowers of purple hues, bright yellows, and soft magenta. The turns in the road were hard and narrow, and the prospect of an unseen approaching car suddenly appearing on one of those hard turns kept us alert and expectant. But the flowers were beautiful, and the streams refreshing even though the road was difficult. The road was also quite brief. It seemed as if time stood still as we focused on the beauty and the winding road. In a minute, we were back on the superhighway. The drone of the wide, paved road lulled us into a senseless stupor of grey cement, blurry green forests, and flashy billboards. We struggled to keep awake.

As you walk this week, let your senses come alive as you ponder God's creation and creativity.

Questions to ponder: Am I taking the time to see and appreciate the people, things, and blessings in my life, or am I riding the superhighway?  
How do I handle detours along the way? Am I flexible to change or very rigid?

## Week 2, February 10-16

### Where Am I Going?

*I press toward the goal for the prize of the upward call of God in Christ Jesus. Phil 3:14*

Are we almost there? Are we really going to Jerusalem? How much longer before we get there? Are you sure we're heading in the right direction? These questions may bring to mind memories of past journeys traveled as a child or with children. Most of us know what it's like to be the child and the adult in such a situation. As a child, we must trust that the adult really knows the way. As an adult, we must press on toward the goal, knowing that if we follow the map and continue to travel, we will eventually reach our goal. Having a goal helps us to continue until we reach the prize or destination.

Your physical goal this week may be to walk 2 miles—or 5 miles—or 50 miles. Having that goal helps us to continue on. Your spiritual goal may be to read the Word of God daily, pray daily, or memorize a Bible verse. The deeper spiritual goal may be to have a deeper personal relationship with Jesus, to confront each other in a kinder and more loving manner, or to forgive someone. The ultimate spiritual goal is to become more Christ-like in our everyday encounters with people and society.

Questions to ponder: Do I have physical and spiritual goals for this week? For my life?  
What is one thing I can do to help achieve my physical goal? My spiritual goal?



## Week 3, February 17-23

### Walking Cheerleaders

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Hebrews 12:1*

Being the mother of a cross country runner, I know what it is like to be in the “cloud of witnesses” that cheers on the runners. The runners disappear in a flash after they emerge from woody trails, but I am told that a familiar face—an encouraging “Go, Dave”—or a thumbs up gesture is energizing to the runner. Likewise, surrounding ourselves with encouragers and being encouragers ourselves is uplifting to our spirits and helps us continue on the course set before us. It has been said that there are no “lone ranger” Christians. We need each other. Walking with a companion makes the walk seem much shorter. This week as you walk, think also about that “great cloud of witnesses” in heaven—cheering you on to run the race and persevere in your faith.

Questions to ponder: How can I encourage someone in his or her faith this week?  
Do I have someone in my life with whom I can share deep spiritual thoughts, hopes, and desires? If not, is there someone I know who might be willing to share his or her spiritual journey with me?

## Week 4, February 24-March 2

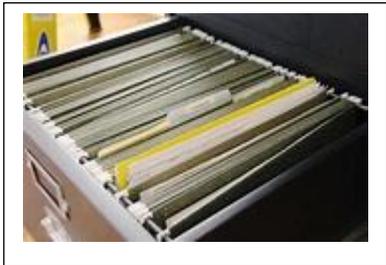
### What Kind of Walker Am I?

*Praise the Lord, O my soul;  
All my inmost being,  
Praise his holy name,  
Praise the Lord, O my soul,  
And forget not all his benefits—  
Who forgives all your sins and heals all your diseases,  
Who satisfies your desires with good things  
So that your youth is renewed like the eagle's.*  
Psalm 103:1-3, 5

When was the last time you walked with a spring in your step? Was there a reason for that feeling of joyous abandon while you walked? Perhaps you just received an “A” on a difficult exam, or maybe it was news of a baby’s birth, or maybe your soccer team won the championship, or you were offered a much-needed job. While you walk this week, dwell on the verses from Psalm 1-3. We have many reasons to rejoice and praise God. He forgives all our sins and heals our diseases. He satisfies our desires with good things so that our youth is renewed like the eagle’s. Now that is a reason to rejoice!

Questions to ponder: What are some of the benefits of following God?  
Think of some good things God has given to you... the things that made you walk with a spring in your step.

## Mailbox System to Change



As of February 1, the wooden box of mail slots in the Knox Meeting Room will be removed and replaced with a file folder mail system. Each person and organization needing a mail reception place at the church will have a hanging folder in the file cabinet. The current wooden box of mail slots now sits on this file cabinet. After February 1, recipients can get their mail by opening the top drawer of the file cabinet, finding their folder, and removing their mail. Those wishing to deliver mail or other

items can do the same thing: open the top drawer of the file cabinet, find the appropriate folder or folders, and deposit any mail items there.

The reasons for this change are two-fold: First, more mail recipients can be accommodated with the folder system than with the mail slots. Second, the file cabinet will allow for a “cleaner” look for our Knox Meeting Room.

## Directory Corrections

If there are any errors in the new church directory, please list them in the binder in the Gathering Place. The Deacons will soon distribute a list of these corrections so we each can make them in our copies of the directory.

### **Ladies Night Out** **Tuesday, February 19, 6:30 pm**

In February, we're meeting at Giammarco's. It's on Chandler Court, off Rte 3 (aka State Street and Westerville Road), just north of Kroger's and Meijer's. The food is Italian and delicious! All women of the church—and their friends--are welcome. Please contact Diana Westfall to tell her you are coming. We do have fun!



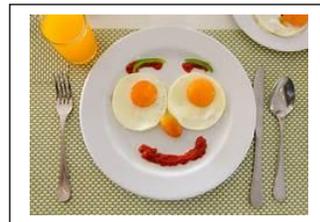
### **Friday Dine-Out Group** **Friday, February 8, 6:30 pm**

Dine-Out for February will be on February 8 at 6:30. We will be dining at DON TEQUILA (formerly El Rancho Alegre) at 6211 Cleveland Ave. The restaurant is just south of the Home Depot and next door to McDonald's I-270 on Cleveland Avenue - just south of I-270. We've dined at El Rancho Alegre a number of times and have always enjoyed the food and service. The new owners appear to have a menu very similar to the former owners. Contact Jim Hines to let him know whether you are coming.

# Men's Breakfast

## February 16, 9:30 am

Men, mark your calendars! The next Men's Breakfast will be on Saturday, February 16, beginning at 9:30. Our program will present Church Google, a directory of goods and services offered by our congregation. (See below.) A sign-up sheet for the breakfast will be in the binder in the Gathering Place. Women are welcome, too!



## Directory of Goods and Services Offered by Our Congregation

Many among us provide goods and services. Others are consumers of these goods and services and would like to know if someone in our congregation offers what they wish to buy.

The Membership, Evangelism and Events Committee (MEE) is organizing a Directory of Goods and Services offered by persons in our congregation. The Directory will be presented at the Men's Breakfast on February 16, and our "vendors" are asked to attend and describe their offerings.

To be listed in this Directory, provide the following information and give it to Jack Anderson (church mailbox or e-mail is fine). We will update the directory periodically.

Describe Goods or Services \_\_\_\_\_

Your name \_\_\_\_\_

Company Name (if applicable) \_\_\_\_\_

Phone number(s) \_\_\_\_\_

e-mail address \_\_\_\_\_

# February Health Ministry Message

## Heart Disease

February is National Heart Month. Do you know the warning signs of heart problems? It is a matter of life or death that you do. Some heart attacks are sudden and intense, and no one doubts what is happening. But most heart attacks start slowly with mild pain or discomfort. Often people aren't sure what is happening and wait too long before calling for help.

### **Know the Signs and Symptoms of a Heart Attack**

- \* Uncomfortable pressure, squeezing, fullness, or pain in the center of your chest. It may last a few minutes or go away and come back.
- \* Pain or discomfort in one or both arms, the back, neck, jaw, or stomach
- \* Shortness of breath, with or without chest discomfort
- \* Other signs and symptoms can include breaking out in a cold sweat, feeling nauseous, or becoming light headed.

If you have any of these symptoms, DON'T WAIT. CALL 911 and get to a hospital as soon as possible.

### **Understand Risk Factors**

Did you know that cardiovascular disease and strokes kill more women than men? Men *and* women, what are you doing to protect your heart? First, understand the risk factors we can control, such as high blood pressure, smoking, high cholesterol, and lack of regular physical exercise. Some factors we can't control, such as age, gender, and family history.

Here are five numbers that we all should know to help avoid heart disease:

1. What is your total cholesterol level?
2. What is your HDL? (good cholesterol)
3. What is your blood pressure? If you have a history of elevated BP, do you monitor your BP at home? If on medications for BP, do you take them as prescribed?
4. What is your blood sugar level?
5. What is your body mass index?

Knowing these numbers can help us work with our healthcare providers to determine our risk for cardiovascular disease.

This information is from the American Heart Association.

FYI: The Health Ministry Team meets on the third Monday of the month from 7-8 pm in the Knox Conference Room (main floor). You are welcome to come!

Here's a heart-friendly recipe:

## Southwestern Chopped Chicken Salad

Salad ingredients:

6 cups chopped romaine lettuce	1/2 red onion diced
6 cups cubed cooked chicken	3/4 cup cheddar cheese
1 and 1/2 cups corn	1 cup crushed tortilla chips
1 and 1/2 cups black beans	handful chopped cilantro
2 tomatoes diced	1 avocado diced

Dressing:

3 tablespoon extra virgin olive oil	1/2 cup plain Greek yogurt (Non fat)
2 teaspoons honey	2 teaspoons apple cider vinegar
1 teaspoon minced garlic	2 heaping tsps. taco seasoning
juice of a lime	1/2 jalapeno, finely diced

Directions:

Add all salad ingredients in large bowl. (If not serving right away, hold on the tortilla chips so they will stay crisp.) Whisk the dressing ingredients together except for the salt. Taste to see if salt is needed. Spoon dressing over salad. Then give everything a big toss. Serve cold.

## Youth Groups



### J.A.M: Jesus and Me During the Sunday Service

J.A.M is a great opportunity for the children of our church to learn more about God. It can be difficult to get to church activities during the week, but attending during our Sunday worship service is sometimes easier as it comes on the weekend.

Please join us for worship at 10:15 am. There are fun bags for the children to engage in until the Children's Focus. After this time in the service, the children will be taken up to our play room for a lesson. You may pick your child(ren) up after the service.

This year, we are learning stories from the beginning to the end of the Bible in their written order. The kids have already enjoyed the well-known stories of Adam and Eve and Noah. Please bring your child(ren) to share in this fun time together



## Discovery Zone

### Wednesdays, starting at 4:45 pm

Discovery Zone is a wonderful place for the children of our church to learn about team-work and have some fun while we learn about God and all God's amazing works. This year we are learning about what it means to be part of a team, whether it's a sports team or a family team. We all have to work together.

We start our program at 5 pm by practicing for our spring musical. Then we slow down by practicing simple meditation exercises with Qigong at 5:30pm. Bible Study begins at 6pm and we serve a hearty, healthy meal at 6:30pm which parents and guests are welcome to enjoy. As we get into the colder months, please remember that we will not meet if Westerville schools are closed due to weather.

Please join us Wednesday evenings for a fun-filled time. We can't wait to see you there!

## Youth Fellowship and Confirmation

### Youth Fellowship in February

February 3	10:00-Noon	Sub Sandwich preparation and distribution
February 17	11:30-1:30	Youth Fellowship Luncheon-Prep Spaghetti Lunch
February 24	10:00 -1:30	Spaghetti Luncheon

### Confirmation in February:

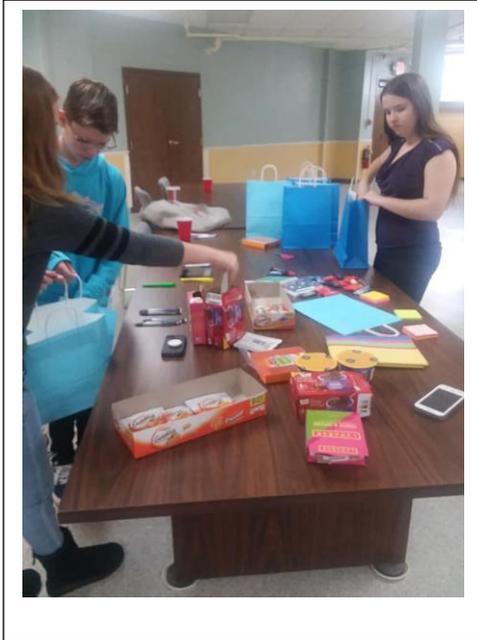
Feb. 10	11:30-12:30	Confirmation Class
Feb. 17	11:30-1:30	Confirmation Class (combined with Youth Fellowship Luncheon)

## Spaghetti Dinner

Don't forget our annual Spaghetti Dinner on February 24<sup>th</sup> at noon, following the annual meeting. This is a fundraiser for our youth to go on mission trips and summer camps. Cost is \$8 per meal. Gluten free options will be available to those with gluten issues. Take out boxes will also be available. Please come and support our youth.

## Photos from the Youth Group

In January, under the guidance of Lizzie Gauen, the Youth Group put together some colorful bags of back-to-school goodies for our college students. The Youth Group usually meets every other Sunday after the service.



## Vegetarian Dine with Nine Group Saturday, February 2, 6:00 p.m.

Looking for new food ideas? Tired of pizza? Join our Vegetarian Dine with Nine Group. We have a couple of true vegetarians—but the rest of us just like to see what tasty treats people eat when they don't eat meat.

Twelve to sixteen people participate, and it's always a good time. Since we meet in Fellowship Hall, we can grow by many more! YOU could be one!

Please note: we're not weird (or *too* weird); we don't expect people to forego meat for always. But we enjoy the delicious and nutritious meals that result from the variety of dishes we bring to each dinner. Check out the recipe on the next page!

Our next dinner is Saturday, February 2, at 6:00, in Fellowship Hall. Please join us! For more information, contact Beckey Stamm. You'll be in for a treat. (Did I say that the people are great, too?)



Here's one example of the delicious food we eat at the Vegetarian Dine with Nine Group:

## Sweet Potato Crescent Roll Recipe

We brought these rolls for the Vegetarian Dine with Nine Group dinner in December. The original recipe was published by Betty Crocker in 1966, and my mother made them for Thanksgiving or Christmas or both almost every year after that. Brad Gamble

### Ingredients:

1 package active dry yeast  
1-1/2 cup warm water (105 to 115 degrees)  
1/3 cup sugar  
1-1/4 teaspoon salt  
2/3 cup shortening (I usually use butter)  
2 eggs  
1 cup lukewarm mashed sweet potatoes  
7 to 7-1/2 cups all-purpose flour  
Softened butter to coat dough

In a mixing bowl, dissolve the yeast in the warm water. Stir in the sugar, salt, shortening, eggs, mashed sweet potato, and half the flour. Mix in the remaining flour until the dough is easy to handle. Turn out the dough onto a lightly floured surface and knead until the dough is smooth and elastic (about 5 minutes). Place the dough in a bowl and lightly coat with softened butter. Cover with plastic wrap and refrigerate for at least 2 hours. To form the rolls, about 2 hours before baking, cut dough into quarters. Roll each quarter into a circle about 1/4 inch thick. Coat the dough with softened butter. Cut each circle into 18 wedges (like cutting a pie). Roll up each wedge starting from the wide end. Place each roll on a baking sheet with the point of the dough wedge on the underside. Let rise in a warm place for 1-2 hours. Preheat oven to 350 degrees. Bake rolls until lightly browned (15 to 20 minutes).

The original recipe called for cutting the dough into halves and cutting each half into 16 rolls, but this makes very large rolls, and my mother preferred smaller ones. She put 36 rolls on one baking sheet. When you do this, the rolls tend to expand together, and you have to pull them apart after baking. You could put just 18 rolls on each baking sheet.

The dough can be refrigerated for more than 2 hours. My mother usually made the dough the day before baking and refrigerated it overnight. The dough can also be frozen. It tends to be gooey. I found that a half recipe is about right to make with the dough cycle in our bread machine, which saves trying to knead it by hand. I made a vegan version (no eggs or dairy) of these rolls by substituting canola oil for the butter and Bob' Red Mill brand egg replacer for the eggs.

# Adult Growth and Development

ADULT EDUCATION CLASSES AT FIRST PRESBYTERIAN			
Activity	When	Where	What
<b>Tuesday Morning Bible Study</b>	Tuesdays, 9:30-11:00 a.m.	<b>Knox Meeting Room</b>	“Just What does the Lord Require? A Study of the Book of Micah” This winter we are taking a look at this fabulous Old Testament Book.
<b>4<sup>th</sup> Monday Discussion</b>	4 <sup>th</sup> Mondays, 7:30 – 9:00 p.m.	<b>Knox Meeting Room</b>	We will take a look at the cultural divide in our country through the book, <i>Strangers in Their Own Land</i> by Allie Hochschild.
<b>Sunday Seminar (formerly called the Library Class)</b>	Sunday Mornings 9:00-10:00 a.m.	<b>Knox Meeting Room</b>	The Sunday Adult Class is examining Bart Ehrman's book, <i>Misquoting Jesus</i> , an overview of textual criticism of the Bible.
<b>Circle 4 Women</b>	3 <sup>rd</sup> Thursdays, 11:00 a.m.	<b>Knox Meeting Room</b>	Our Presbyterian Women’s Group meets monthly for fellowship and Bible study. Join us for our next gathering on February 21, 2019.

## Rev. Gauen’s Presbytery Schedule for February:

In November 2018, Rev. Gauen was elected at Vice-Moderator of the Presbytery of Scioto Valley. He began his term in January 2019 and attended his first meeting as a member of the Coordinating Council, the board that sets the agenda for the Presbytery meetings. He also attended an orientation session on moderating Presbytery meetings. In February Rev. Gauen will attend the Presbytery Meeting, which will be held on February 19 at the Worthington Presbyterian Church. Rev. Gauen will not moderate that meeting (unless something happens to the Moderator), but will observe the moderator as part of his learning process. Rev. Gauen will also chair the Mission Initiatives Committee, which will hold its first meeting in February.



## Pastor's Page

Dear Friends:

*For your steadfast love is before my eyes, and I walk in faithfulness to you.*

– Psalm 26:3

I hope you are aware of the good work that our Health Ministries Team is doing for our church and community. They have been active over the last year promoting healthy lifestyle choices. Their latest idea is called a “Walk to Jerusalem,” whereby they are encouraging us to improve our health by getting out and walking (or running, biking, or swimming). We have been asked to keep track of the miles we travel (or the amount of time we exercise) and share that with the HMT. They will add up the miles that all of us walk over the next three months with the goal that together we can cover the distance from Westerville to Jerusalem.

As many of you know, Kathy and I are walkers/hikers. We take walks in the evening around our local park or through our neighborhood. We go hiking in our Metro Parks on the weekends. We even plan our vacations around where might be a good place to hike. So it shouldn't surprise anyone that we are signed up and adding our miles to all of yours to get us to Jerusalem.

Walking has many documented health benefits—you can lose that excess weight, strengthen your heart, lower your blood pressure, improve your cholesterol, and even improve how well your brain works. These are all good reasons to join in the “Walk.”

I want to suggest another benefit of walking—that is the spiritual benefit. Pastoral Counselor William Martin wrote, *“Take a walk and think of nothing. Fill your mind only with the natural things you encounter on your walk: flowers, birds, trees. God's Spirit will work best when you rest.”* He wrote this to be a spiritual exercise for pastors, but I think it can work for everyone. All of us need to disengage with our hectic lives and find rest in a walk. To spend time letting go of the stresses, the worries, the troubles of your life is a gift that God offers us. The time we spend emptying ourselves of the worries of the day is time that we can allow God's Spirit to enter in.

Our HMT has also recognized the spiritual dimension of our “Walk to Jerusalem,” and it is providing us with a weekly devotion in the *Advocate* to ponder while we walk. I hope that everyone will take advantage of this prompting to walk for your physical—and spiritual--health.

And if you can't walk, then perhaps you can make some time to let God's Spirit work in your life in some other way. The Lord knows we all need that.

Yours in Christ,

A handwritten signature in cursive script that reads "Mark L. Lauer". The ink is dark and the signature is fluid and legible.

Mark