

# ***Mini SEED***

This edition is a simple attempt to get out the information collected and submitted, hence the name, Mini-SEED.

Thank you, Daune McCulloch for volunteering to be our new SEED editor beginning next month with our March 2010 edition

Now while we rejoice that Daune McCulloch has agreed to be our new SEED editor, let's make sure that she has something to edit! Teams, Committees, Council, individuals all need to create the articles for Daune to edit. You have to do more than say "let's have something in the SEED". You need to write the article and send it to the office for it to get edited and included.

## **How Much?**

At one time candles were made of beeswax. They burned brightly and smokeless, sometimes casting off a faint essence that betrayed their origin. Churches loved them and incorporated them into their rubrics for proper worship. The foul and lesser based oil, paraffin, or other man-made variants were inferior and deemed unsuitable. Eventually the necessities of economy eroded the orthodoxy. Candles started appearing that contained only 51% beeswax. While making concessions for frugality, those splitting hairs could still claim adherence to the former standards of quality and purity. Further refinements in the lesser materials allowed the arguments to be successful in overcoming their detractors. After all, what is the candles function or purpose? I posit this scenario and seek to import its application to this communication instrument, our SEED. Over the past several months of my direct knowledge and participation, at least 51% (and closer to almost 90%) of the articles and information included came from Robin or myself. That cannot and will not continue. So, the question I pose: what is this newsletter's function or purpose?

Notices and articles should be streaming in from all our Teams, committees, Council and our membership. We should be deluging our editor with an abundance of articles. Especially with the start of a new editor, we should seek to make her job easier. We don't have any writers or reporters except for you. I believe we should seek to supply our editor with more than sufficient information (by the 20<sup>th</sup> of the month deadline) for her to easily edit and assemble our SEED.

The SEED's purpose is not to just look good and be published. Its purpose is to aid and assist in our communication. That purpose can only be accomplished with your assistance and action.

# Tai Chi for Health/ Arthritis

Simple, safe, and effective

## What Is Tai Chi?

Tai Chi, which originated in ancient China, is practiced throughout the world as an effective exercise for health. Tai Chi consists of fluid, gentle movements that are relaxed and slow in tempo. It can be practiced almost anywhere and is a suitable form of exercise for just about anyone.

## How Does It Work?

Health and exercise experts advise that an exercise program, including one for people with arthritis, should incorporate exercises that improve muscular strength, flexibility, and fitness. Tai Chi is proven to improve all of these components. It also has many additional benefits including improved relaxation, balance, posture, and immunity.

Improved muscle strength, which reduces pain, is important for supporting and protecting joints.

Improved flexibility helps reduce pain and stiffness, enabling you to move more easily.

Improved stamina or fitness is important for overall health and proper function of heart, lungs, and muscles. For people with arthritis, doing every-day tasks such as climbing stairs or walking to the shops will be easier with good stamina.

Improved balance: Tai Chi movements emphasize the importance of weight transference, which helps balance and prevents falls.

Tai Chi is designed to enhance Qi (chi). Traditional Chinese medicine believes that Qi is the life energy essential to good health and longevity.

## What Are the Benefits?

Tai Chi is enjoyable and has been shown to improve many aspects of health. Tai Chi:

- ◆Helps to relieve pain and stiffness
- ◆Relieves stress
- ◆Improves concentration
- ◆Improves balance
- ◆Improves posture
- ◆Improves heart and lung function
- ◆Enhances the flow of Qi
- ◆Integrates body and mind

**Tai Chi “for Arthritis” Program**

Tai Chi has been known in China for centuries to be effective for arthritis. There are different forms of Tai Chi, so a specially designed program accessible to people with arthritis has many advantages.

In 1997, Dr Paul Lam led a team of Tai Chi and medical experts to design this program based on **Sun style Tai Chi**. It is easy to learn, safe and effective. Sun style contains powerful Qigong exercises to enhance healing, agile steps to improve mobility, and much depth to hold the learner's interest.

A recent randomized study (2001) conducted by three universities in Korea has shown the program to relieve pain, to improve quality of life, and to be safe.

### **Tai Chi Classes**

◆**Level I** includes warm-up, cool-down, Qigong exercises, special precautions, and a 12 movement set.

◆**Level II** adds 19 movements for a richer experience.

◆**Level III** adds 9 additional movements.

◆**Ongoing** builds additional skill and knowledge while providing a group experience and incentive to practice.

◆**Private lessons** are available.

**We'll re-start the Thursday night class (6:30-7:30) on February 4, to try to build up some additional enrollment. People may also still join the Wednesday morning class (10:00-11:00).**

If people have questions, they can call me at 217-222-8965 or email me at [taichi@adams.net](mailto:taichi@adams.net).

### **Christ Lutheran Church Report of the Annual Meeting January 24, 2010**

President Stuart Peters called the meeting to order at 9:15 A.M. and we began with prayer

#### **Old Business:**

1. Minutes of the previous meeting and submitted reports were approved.

**Ministry Teams:** submitted written reports and were thanked for their work throughout the year.

#### **Nominated and Elected to the Congregational Council were:**

1. Dick Tabb will serve from 2010 & 2011.
2. Bruce Holderbaum, Tom Holte, Sue McLennan, and Jim Bailey will serve from 2010 - 2011-2012.
3. Outgoing Council members Bonnie Conover, Bruce Holderbaum, Trish Santos, Bonnie Scranton, Joan Kammerlohr and Stuart Peters were thanked for their service.

#### **New Business:**

1. The Nominating committee for 2011 are Dick Tabb and Sue McLennan (Council members) and Pat Bell, Crystal Burnett, and Trish Santos of the congregation.
2. Daune McCulloch has volunteered to help put the Seed together each month.
3. Bonnie Scranton, Trish Santos, and Bill Wolters agreed to be on the Auditing committee.

#### **Discussion and adoption of the budget of 2010:**

1. Pastor Balaban explained the expenses of calling a new Pastor. He thinks the expense of finding, calling, and moving the new Pastor and family will run about \$20,000. This amount is not in the budget. Some fund-raising will need to be done led by the call committee and the Church Council.
2. Other questions answered included: ELW copy expenses, the reimbursable balances, Money designated for the Unmet Needs, and the witness budget.
3. The Financial Secretary needs to be a voting member or an employee. Robin will continue in that position only for \$2500.
4. Misty Coyle has volunteered to the worship folder and some additional secretarial work. Other helpers are also needed.
5. A question regarding if we could save money by having only one worship. Pastor said doing it for budget reasons would probably end up costing us more (because of losing members) than the savings of (basically) a keyboardist's salary. If our goal was congregational unity, that could be achieved if properly planned.
6. Motion was made by the Church Council to combine the operating budget and Building budget as one unified budget. The motion passed (not unanimously).
7. The 2010 combined budget was adopted.

### **Congregational Membership**

1. We had a net gain of two, with 331 baptized and 250 confirmed members.
2. The Council should annually review these numbers.

The meeting adjourned at 10:15, with prayer.

### **What Does this Mean?**

We passed a new budget at the Annual meeting. This is not news, we pass budgets every year. Some, like this one, are a bit more dramatic than other budgets. A few times we have rejoiced to be able to build and add ministries thru our funding of the budgets we have approved. Unfortunately, this was the other kind.

Now: What does this mean?

I think it means several things, including:

1. We all will need to take personal responsibility for our office, our ministries and our activities.
2. We are going to need to be more accepting and intentional about being invitational, better about hospitality and evangelism, more intentional about fund raising and stewardship - and - "doing many things differently".
3. This interim period may take longer than originally planned.
4. Call Committee – their work will also take longer to accomplish.
5. (fill in the blank)

I have been in other churches that have gone thru even worse situations that we are facing now. We can and will get thru this. We will be a stronger church for our efforts. While this interim and calling process may take longer than originally intended, we will accomplish our tasks.

What does this mean? It means we all need to pray and get involved in the mission and ministry of Christ Lutheran.

## **What needs to be done in the office?**

Answering the telephone  
Open, sort and distributing the mail (especially the bills)  
Receiving and replying emails  
Ordering supplies (janitorial, altar, office, church, etc.)  
Recording records (worship, baptisms, new members)  
Greeting visitors to our facilities  
Maintaining “office hours”  
Other “miscellaneous” duties (Team minutes, sending Readers their lessons, etc.)  
Thanks to Misty for volunteering to do our worship folder and to Daune to be our newsletter editor, but as you can see, there is much more help needed.

## **Call Committee**

Good news – at the February 9<sup>th</sup> Council meeting the 6 members will be appointed! They will then begin the process of getting ready to interview potential candidate. Some of their preparation time will include preparing informational packets, deciding how they will interview (will they go to hear/see the candidate, set up telephone interviews, what will be their decision making process, how will they host our candidate and more).

FYI – I have use the singular “candidate” because in our process, we look at one candidate at a time.

Not so good news - We have to find ways to fund their efforts. It will cost us - beyond the budget - for everything they will do (I estimated at the Annual meeting cost of ~ \$20k). This includes minor costs like copying information forms and presentation materials for prospective candidates, to the costs involved with interviewing (possibly traveling to see the prospect as well as inviting them to interview here), to the major costs of moving the called pastor and family.

If we are lucky and the candidate lives in Payson or even Ursa, then the costs will be minor. More likely the candidate will live in another part of the state or in a different part of the country. Accordingly our costs will increase. Maybe we can use “frequent flyer miles” or other ways to lessen the funds needed? I can tell you that the “hard” dollars to raise are the first ones for expenses. When we get to the point of issuing a call, the funds for moving the pastor and family to come here are much easier to raise.

## **Books & Brew**

Let's meet at HyVee, Tuesday, Feb. 23<sup>rd</sup>, at 6 PM. Our book selection of the month is “The Guernsey Literary & Potato Peel Pie Society” by Mary Ann Shaffer and Annie Barrows.

## **Thanks**

Thanks so much for the generous monetary gift at Christmastime . . . it's great to be a part of such a giving and caring family! Have a wonderful 2010! –

Peggy Bailey

We would like to thank everyone for their thoughts, prayers, and cards for Alec during his recent surgery. Thanks be to God, all went well and he is now on the road to recovery. God has blessed us all with a wonderful family at Christ Lutheran who's love and concern for us and everyone is never ending and very much appreciated.

Reth & Jennifer Stollberg, Alec Rettenmrier

Thank you for my surprising and generous gift at Christmas. I carried it (and Robin's) around for several days (not knowing what it was). Imagine my shock, surprise and delight (and relief that I hadn't misplaced them!), when I opened the card and saw your gift. Thank you again!

Pastor Paul

### **Mugs and dishes**

Fellowship is requesting members to donate mugs (coffee/tea) and Corelle dishes to the church. This will help in two important ways: reduce the amount of foam and/or paper ware used; reduce what we purchase. So . . .

If you have some mugs that you are will to part with, please bring them in and we will put them to good use. On Sunday mornings and at other events we will use them as much as possible.

If you have any Corelle that you can part with, please bring it in. We are not looking to "match" any pattern. Most of our dinners and events could easily be handled by a few dozen plates and bowls (any size). Platters to snack plates, soup bowls to servers, we can use them all.

On Sunday's we'll load up the dishwasher instead of filling up the garbage can – and save!

### **Valentine Day Worship**

Maybe you've heard, we are planning something a bit different on Feb. 14<sup>th</sup>?

We are inviting our neighborhood to a special worship/learning/fellowship event! Once a month we hope to have a special event where we can invite our neighbors (and you, of course, can come and invite your friends). 8 AM worship will continue to be a traditional ELW worship, but the 10:30 worship will change to reflect the theme of the day and coordinate with the Learning Ministry's event and the Fellowship Team's focus.

Come and worship, come and learn, come and get together – come and help us grow!

### **Lent**

Ash Wednesday is just a few weeks away (2/17<sup>th</sup>). This will be our most liturgical worship and will be in the sanctuary. While the exact details of the worship have not been decided, it will be based on liturgies provided by our ELCA Global Missionaries. The "other" Wednesday's of Lent will be a study in the Fellowship Hall using the "newer" version of "JC Superstar".

### **Palm Sunday**

In worship we will begin in the Fellowship Hall and then process into our sanctuary with our palms. The worship will also include a reading of the Passion Narrative. As we leave worship we will be offered a cut nail or “spike” to remind us of the upcoming crucifixion.

### **Maunday/Thursday 6 PM**

We will celebrate this evening by a combination worship and meal in the Fellowship Hall. Following our pot luck dinner and table communion, we will enter the sanctuary for the striping of the altar (in preparation for Good Friday/Tenebrae).

### **Good Friday/Tenebrae 7 PM**

This dramatic worship will be in our sanctuary. The theme of this year’s worship will be “The Sounds of the Passion”.

Thanks to the Fellowship Team, Soup Suppers will be enjoyed each of the Wednesdays of Lent (including Ash Wednesday), starting at 6 PM. The studies will begin at 6:30 PM.

## **EASTER**

At 8 and 10:30 AM, we will celebrate the resurrection of our Lord with all the “bells and whistles” of our liturgy and our specially decorated sanctuary.

### **Holy Hilarity – 2<sup>nd</sup> Sunday of Easter**

In another of our special “combination” events, we will again be inviting our community to join us. While 8 AM worship will stay ELW traditional, the 10:30 worship will add laughter (or, at least we hope that will be the case!) More details will follow, but mark your calendars now for this special worship opportunity!

### **Checks, Requests and Reimbursement process**

One change that will soon be noticed – Robin is not in the office to cut checks like she used to be. Which also means, you cannot request a check and expect to get immediately (say, the next day or even that week). Our Financial Secretary will come into the office about 2 times a month. Especially as we are working out the process, it will probably take at least 2 weeks to get requested checks. The process so far:

1. Fill out a check request form (on the bulletin board and in the top right hand drawer of the office desk) and put it in the Treasurer’s mailbox.
2. When Robin comes in to do her the reports, she will also cut checks.
3. One of the signers (our church officers) will come in, sign the prepared checks and distribute them (mainly to the mailboxes).
4. Those without mailboxes will need to get your checks from Pastor.

## Happy Birthday

February	2	Arif Tayyab	13	Aidan Roche
	3	Dylan Probert	14	Peggy Bailey
	4	Jerry Shackelford		Randy Osterbur
	5	Ethan Wolf	20	Hila Leenerts
		David Tooke		Amanda Bolte
	7	Paul Schwartzkopf II	23	Hayley Simpson
		Daune McCulloch	26	Taylor Kruse
	9	Anne Conover Alford	27	Bill Wolters
		Alison Osterbur		
	11	Joanne Brubaker		
	12	Joe Brinkman		

## Happy Anniversary

February	5	Bob and Esther Hufendick
	12	Jerry and Mary Shank
	19	Jim and Mindy Wolf

## February Events and Schedule

3 <sup>rd</sup>	3 PM – Family Resource Coordinators Mgt	13 <sup>th</sup> Team	10 AM Learning	9:30 Adult Forum
	5-7 PM – Snowball Mgt.	14 <sup>th</sup>	Special Valentine’s Worship and Fellowship	6 PM Confirmation
	5:45- 6:45 Music lessons in Sanctuary		8 & 10:30 AM Worships (SCS during 10:30)	22 <sup>nd</sup>
	6 PM – Worship Training		9:30 Adult Forum	23 <sup>rd</sup>
	7 PM - Choir		6 PM Confirmation	
4 <sup>th</sup>		15 <sup>th</sup>		24 <sup>th</sup> 5:45-6:45 – Music Lessons in the Sanctuary
5 <sup>th</sup>		16 <sup>th</sup>		
6 <sup>th</sup>		17 <sup>th</sup>	<b>ASH WEDNESDAY</b>	6 PM – Soup Supper
7 <sup>th</sup>	8 & 10:30 AM Worships (SCS during 10:30)		5:45-6:45 – Music Lessons in Lounge	Study
	9:30 Adult Forum		6 PM – Soup Supper	
	6 PM Confirmation		7 PM - Ash Wednesday Worship	25 <sup>th</sup>
8 <sup>th</sup>				26 <sup>th</sup>
9 <sup>th</sup> Eat	9 AM Women Meet &	18 <sup>th</sup> Team	6 PM Fellowship	
	6:30 Council	19 <sup>th</sup>		27 <sup>th</sup>
10 <sup>th</sup> Troop	6-7 PM Girl Scout			
	5:45-6:45 – Music Lessons in the Sanctuary	20 <sup>th</sup>		28 <sup>th</sup> 8 & 10:30 AM Worships (SCS during 10:30)
	7 PM - Choir	21 <sup>st</sup>		9:30 Adult Forum
11 <sup>th</sup>			8 & 10:30 AM Worships (SCS during 10:30)	6 PM Confirmation
12 <sup>th</sup>				6- 8 PM Financial Peace Seminar

## SCHEDULE FOR WORSHIP LEADERS - February 2010

	Feb 7	Feb 14	Feb 21	Feb 28
<b>Assisting Minister</b> 8:00 AM	Joan Larnar	Pat Bell	Bonnie Scranton	Sue Reeder
10:30 AM	Misty Coyle	Jim Bailey	Crystal Bernett	Sue Reeder
<b>USHER</b> 8:00 AM	Bonnie Scranton	Stu Bell	Bill Wolters	Dick Tabb
10:30 AM	Dave Tooke	Nick Kruse	Jim Bailey	Cheryl Brinkman
<b>READER</b> 8:00 AM	Ron Larnar	Jennifer Fantz	Tom Holte	Sue Tabb
10:30 AM	Sue McLennan	Trish Santos	Samantha Stollberg	Richard Klusmeyer
<b>ACOLYTE</b> 10:30 AM	Reed Haubrich	Kara Wolf	Ian Jones	Dylan Probert
<b>GREETERS</b> 8:00 AM	Virgene Gilkerson	Dick & Sue Tabb	Tom & Nora Holte	Ron & Joan Larnar
10:30 AM	Crystal Bernett	Joe & Cheryl Brinkman	Daune & David McCullough	Kaye Marshall
<b>DEACON</b> 8:00 AM	Ron Larnar	Bruce Holderbaum	Jennifer Fantz	Bonnie Scranton
10:30 AM	Crystal Bernett	Barb Rhinberger	Wayne McLennan	Reth Stollberg
<b>SOUND</b> 8:00 AM	Bruce Holderbaum	Bill Wolters	Kathy Wolters	Bonnie Scranton
10:30 AM	Bruce Holderbaum	Olin Shuler	Stuart Peters	Bonnie Scranton