



waymarks

October

2007

The Newsletter of Plymouth Congregational Church, UCC

Rev. F. Vernon Wright V., Minister

MUSINGS FROM THE MINISTER

By Rev. F. Vernon Wright

There's a host of new things going on at Plymouth! We have a wonderful classical service and a One Room Sunday School at 9:00, lively fellowship between 10:00-10:30, engaging study for adults with two classes from 10:30-10:59, Workshop Rotation Sunday School from 10:30-11:30 and a contemporary worship service from 11:00-12:00. So far attendance is up over all and we have over 27 people involved in Adult Education. People arriving at 10:30 are likely to experience energy levels as a tangible current of laughter and excitement as they experience the ending of fellowship and the beginning of adult education. I must say I am proud of Plymouth for doing these new things- for her bravery and grace and especially for all her hard work and enthusiasm.

Mark and Jill Van Alstyne, members of the worship committee, evangelism and outreach committee, Plymouth staff, members of the Board, and our teachers, both of children and adults, have been working at a furious pace. They have all poured their hearts and souls into this ministry. There is much more joy to be shared. Church is a participatory sport, so if you've enjoyed what you've seen and wish to get involved, please don't be shy. If every member and friend of Plymouth found something that they could do for just five minutes, Plymouth would be bustling, indeed. Our office and each of our deacons and officers (Marca Gibson, Marcia Warner, Mary Simmons, Lois Steinbeck, Julie Dalsolio, Joy Bruck, Gus Byrom) have ideas, so give them or us a call.

Some have said a church is a "Band of Many Persons." For others it is a gathering of people seeking friendship with God and one another. Marca Gibson, our deacon of Business Affairs, describes the Church as a tree. The roots of the tree extend down to the "ground of being" or God which nourishes the tree. The trunk is the structure of the church, in terms of both the physical plant and the by-laws as governed by the board and the staff. The committees are like the branches, and the tree leaves are all the concrete tasks as carried out by the many, many volunteers of the church. Sometimes as a task ends the leaf falls, only to be replaced by a new leaf. In any case, the leaves are where the light of God is turned into energy and verve for the rest of the church.

Thank you to all of you who have helped make all of these new things a success. Please be aware, though, that there are many places for leaves to flourish. Your involvement will make the tree of Plymouth strong and lovely. Thank you Plymouth for your bold witness. Thank you God for the grace to see us through.

ANNOUNCEMENTS

WOMEN'S FELLOWSHIP

Please join us on Wednesday, October 10th at 10 a.m., in the Fireside Room, for a time of reflection, sharing and fellowship.

On Tuesday, October 23rd, we will be having our social gathering at the Overland Express Restaurant, 2250 11th Avenue at 11:30 a.m.

Mark your calendars for the Second Wednesday and Fourth Tuesday of each month and join us when you can for a time of fellowship. If you have any questions, call Mary Barrett 442-1472 or Carolyn Miller 442-223 or the church office.

HABITAT FOR HUMANITY

Please join us at 8:30 a.m. on Saturday, October 13 to help in constructing a home for Habitat for Humanity. We'll meet at the building site at the corner of Billings Avenue and Oregon Street, north of Eagles Manor.

MISSING

Our aluminum ladder, usually stored under the coat rack downstairs, is missing. If you borrowed it, could you please return it? Thanks.

PLYMOUTH'S ACADEMY FOR THE MIND

Each Sunday morning, from 10:30 to 11 a.m., Plymouth offers adult education classes. To date we have had Rev. Steve Moody teaching a Bible study class, and Doug Mitchell and Diego Rivas presenting on global warming. Kim Abbott, Field Organizer for Montana Human Rights Network, will present on U.S. and Mexican border issues.

NEWS FROM THE PEWS

PRAYERS OF PEACE AND HEALING

Bev Harriott, Jack and Laurel Wilson, Gary Demaree, Stan Howard, Dave Brown, Terri Barraugh, Marty Walker, and Rosemary McWilliam - Betty Barraugh's sister

WOULD LOVE A VISIT

Vince Holmquist and Doug Ferris at the Big Sky Care Center

Margaret Jeffries, and Peg Rule at the Waterford

Jean Howlett and Ida Holmquist at Hunter's Pointe

Doug Demaree at the Evergreen in Clancy

Betty Sando at Sonheaven Assisted Living

Dorothy McClellan at Cooney Convalescent Home

CONGRATULATIONS

Julie Demaree and Anna Segali Demaree upon their union

CONDOLENCES

To **Carol McKerrow** upon the death of her sister-in-law, **Kathy McKerrow Ferguson**

MODERATOR'S REPORT

BY GUS BYROM

SECOND SERVICE HAS ARRIVED - WHOLE NEW FALL PROGRAM

Our new voyage has been launched! Thanks to the incredible work of Marcia Warner, Jay Shelden, Jeannine Nelson, Anita Bangert, Mark and Jill Van Alstyne, Bruce Capdeville, Peggy Coggeshall, Reverend Wright, and many, many others, our two services have been well attended. Deep thanks to all the members of Plymouth for everyone's support!

The choir has been wonderful and many favorable remarks have been received about the Van Alstyne's, accompanied by Marca Gibson, performance during the second service. The two Adult Education classes have been well attended.

PLYMOUTH'S COMMITTEES

Fall is the time to reconstitute our committees. Many of our committees are in need of new membership as they seek to carry out Plymouth's mission. After having served many years, some committee chairs have expressed a desire to move on to other areas. Please think where the Lord is calling you to "pitch in" and help. More information will be forthcoming.

POSSIBLE FINANCIAL ADVISORY COMMITTEE

As an outgrowth of the "North Forty" group discussions, under the leadership of Joy Bruck, the Board is exploring recommending to the Congregation the creation of a new committee that will focus on the long-range financial status and assets of Plymouth. More to come!

Effective September 1, Lynn Koch stepped down as Plymouth's Rental Property Manager. Lynn has provided extremely valuable service to Plymouth in this capacity for several years. Andy Onushko has agreed to take Lynn's place. Our thanks to you both!

CHRISTIAN EDUCATION

BY LOIS STEINBECK

NURSERY HELP WANTED

If you like infants and toddlers and can work Sundays, Plymouth Church has a job for you! Plymouth needs a nursery care attendant for the second service.

If you are interested, please write a letter to Peggy Coggeshall, Director of Christian Education. List your experiences and training for the position. Send the letter to Peggy in care of Plymouth Church at 400 South Oakes or bring the letter to the church office. All letters are due to Peggy by October 5 and the position will be filled by October 14. Starting pay is \$7.50 per hour. Work hours are from 10:15 until a short time after the conclusion of the second service, which would usually be between noon and 12:30.

We look forward to hearing from you!

PLYMOUTH SUPPORTS ROCK CONCERT

Plymouth Church, in collaboration with youth ministries of other Helena churches, helped sponsor a Christian rock concert on August 24 with funds from a donation made to Christian Education. Remedy Drive, a rock band of four brothers, played in the Memorial Park band shell, with opening acts by local Christian groups. The concert was open and free to the public. Between 250 and 300 people attended.

The concert was great and the music was terrific. The band came offstage after the concert, talked with audience members, and particularly interacted with the young folks who were there.

OCTOBER BIRTHDAYS AND ANNIVERSARIES

10/01 Brad Culver	10/09 Elaine Messmer
10/03 Carly Culver	10/12 Luanne Reid
10/04 Ida Holmquist	10/13 Cathy Campbell
10/05 Kimball Schultz	10/15 John Cox
10/06 Morris Pietz	10/17 Jill Nelson
10/07 Jean Goetz	10/17 John Barfknecht
10/07 Mark Van Alstyne	10/19 Ryan Messmer
10/08 Carol Dunkle	10/26 Ed Canty
10/08 Jennifer Waddell	10/30 Michaela Crawford
10/08 Megan Wheeler	10/30 Quincey Schneider
10/09 Marcia Lauer	10/31 Milli Wittman

Happy Birthday and Congratulations!

If you celebrated a birthday or special occasion this month and your name was overlooked, please call the office so our information can be updated.

SOCIAL JUSTICE / MISSION OUTREACH

BY FLORENCE MAYER

COMMITTEE CHAIR

After serving many years, Florence Mayer has stepped down from chairmanship of the Social Justice committee. Many, many thanks to Florence for all the significant work she and her committee have accomplished during the last years! Florence will continue to help on our coffee sales and to assist when she and Dick are in town.

HABITAT FOR HUMANITY

Plymouth's day is scheduled for Saturday, October 13. Come and learn a new skill and help build a home for a family in Helena.

MISSION MONEY JARS

It is time to collect the mission money jars. The money is used for outreach in Helena. Please pick up a new jar at the table in the Narthex. We will collect it some time next spring.

NEIGHBORS IN NEED SPECIAL MISSION OFFERING

The Neighbors in Need Special Mission Offering will be held on October 7.

Plymouth's Staff

Leatrice Lily, Choir Director
Richard McWilliams, Custodian
Peggy Coggeshall, Director of Education
Anne Wheeler, Financial Assistant
Renee Boundy, Middle School Youth Group Advisor
Rev. F. Vernon Wright V, Minister
Carly Culver, Nursery Attendant
Ann Moody, Organist
Lynn Bolin, Parish Nurse
Joan Young, Secretary
Open, Senior High Youth Group Advisor

Plymouth's Officers

Immediate Past Moderator – Robie Culver
Moderator – Gus Byrom
Vice-Moderator – Joy Bruck
Secretary – Giles Walker
Treasurer & Deacon of Business Affairs – Marca Gibson
Deacon of Education – Lois Steinbeck
Deacon of Evangelism and Outreach – Mary Simmons
Deacon of Fellowship – open
Deacon of Stewardship – Julie DalSoglio
Deacon of Worship – Marcia Warner

PARISH HEALTH MINISTRY

BY LYNN BOLIN, PARISH NURSE

ANTIOXIDANTS

You may have heard that antioxidants, such as vitamin C and E, carotene, lycopene, and lutein, may play a role in helping to prevent diseases such as cancer, cardiovascular disease, Alzheimer's disease and macular degeneration. If you are looking to prevent these diseases by taking antioxidant supplements, recent research indicates that it's unlikely you'll experience much benefit and it's possible that some supplements could be harmful.

Fortunately, research is also increasingly showing that you can reap potential health benefits of antioxidant intake by eating a diet rich in antioxidant-containing foods. As a bonus, foods high in antioxidants typically offer many other health benefits, as well.

Antioxidants are thought to be helpful because they can neutralize free radicals, which are toxic by-products of natural cell metabolism. Free radicals can also be introduced into the body by exposure to certain substances such as cigarette smoke, sunlight or pesticides.

Although free radicals perform some useful immune functions, in excess or in the wrong place, they can damage healthy cells through a process called oxidation. Oxidation is thought to be a factor in the development of certain diseases. Overall free radicals do far more harm than they do good.

Our bodies naturally produce antioxidants and are quite effective at neutralizing free radicals. But this process isn't 100 percent effective and its effectiveness declines with age.

One reason foods appear to be a better choice than supplements is that foods contain an unmatched array of antioxidant substances. A supplement may contain a single type of antioxidant or several. However foods contain thousands of types of antioxidants. Also foods higher in antioxidants are often plant-based and offer health benefits in addition to their antioxidant content (such as fiber, protein, other vitamins and minerals; and they are low in saturated fat and cholesterol).

Foods rich in antioxidants include: berries (blueberries, raspberries, strawberries, black berries and cranberries), beans (red, kidney, pinto and black beans), fruits (apples with skin, avocados, cherries, green and red pears, fresh or dried plums, pineapple, oranges, and kiwi), vegetables (artichokes, spinach, red cabbage, red and white potatoes (with peel), sweet potatoes and broccoli), beverages (green tea, coffee, red wine and many fruit juices), nuts (walnuts, pistachios, pecans, hazel nuts, and almonds), herbs (ground cloves, cinnamon, ginger dried oregano leaf, and turmeric powder), grains (oat-based products are the highest), and dessert (dark chocolate ranks as high or higher than most fruits and vegetables).

(Taken from an article on Antioxidants in the September 2007 Mayo Clinic Health Letter)

OFFICE ASSISTANCE

Monday through Friday
10:00 a.m. to 2:00 p.m.

EMAIL ADDRESSES

Rev. Wright: plymouthchurchucc@juno.com
Financial Assistant: pccfinance@juno.com
Secretary: pccsecretary@juno.com

www.plymouthmontana.org

MONEY MATTERS

BY MARCA GIBSON

PLYMOUTH FINANCIAL INFORMATION

AS OF AUGUST 31, 2007

Percentage of Year Completed:	67%
Percentage of Pledges Received:	66%

Thank you all so very much! Your gifts make all things possible!

It is WONDERFUL that we made it through summer without a shortfall – Let's keep up the good work!

Operating Account Balance:	\$ 21,676
Average Monthly Expenses:	\$ 14,436
Months of expenses available in cash:	1.5

YEAR TO DATE	
Total pledges received:	\$ 73,697
Plus other income (includes restricted giving):	\$ 46,584
Total Income:	\$120,281
Less total operating expenses:	- 106,604
Net income as of August 31:	\$ 13,677
Less transfers to restricted accounts:	- 5,195
Net cash flow for general operations:	\$ 8,482

TREE OF LIFE AT PLYMOUTH

Our upcoming stewardship efforts will focus on the importance of ALL forms of giving – not only financially, but also in terms of our time and talents. Please visit Plymouth's "Tree of Life," in the upstairs Fireside Room. It will help us all visualize the activities and missions at Plymouth and how each of us can play a vital part. So, feel your passion, assess your skills, and search your heart – In giving, we experience spiritual nourishment, fellowship, and joy in life!

BOUNDLESS GRATITUDE

To **Anne Wheeler** for her years of dedicated, exemplary service to Plymouth. Anne has submitted her resignation in order to open doors to other opportunities in her personal and professional life. Please drop by the office or give Anne a call to let her know how much we appreciate her and to wish her well on her future endeavors. Thank you so much, Anne! We will miss you!

FINANCIAL ASSISTANT OPENING

We are seeking a qualified individual with experience in QuickBooks, and preferably with experience in church accounting. If you are such a person or know someone who may be interested, please call Rev. Vern Wright at the church, 442-9883, or Treasurer Marca Gibson at 443-8001.

COLUMBARIUM

The Annual Meeting of the Columbarium Subcommittee will be held at the Fireside Room in the Church at 10 AM on November 27th. We will be discussing what has been happening during 2007 and what needs we have in the future.

Coming in October

October 7 – UCC 50th Year Celebration

October 13 – Habitat for Humanity

October 25 – Harvest Dinner

October 28 – Children’s Costume Carnival

The ministry of Plymouth Congregational Church is to nurture our congregation and the wider community with acts of love and a vision of God’s image in all things.

Check here _____ and return if you no longer wish to receive this mailing.

RETURN SERVICE REQUESTED

Plymouth Congregational Church
400 S. Oakes
Helena, MT 59601
(406) 442 9883

