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# The Waltham Courier

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A Family Journal

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*From The*

*Pastor's Desk . . .*

What causes ulcers?

When we read carefully, just as when we consider different aspects of life carefully, we learn. Before we make decisions, it's important for us to check the facts and sources of information and not simply believe something someone said. Making decisions is similar to reading the instructions before we start a big assembly program.

A case in point is the peptic ulcer. Yes, that's what I wrote, the peptic ulcer. Those pesky ulcers have been bothering us for centuries. I remember as a really young person during my father's visits with folk, I often listened to the litany of issues concerning ulcers and how people had to change their lifestyles. Quoting a medical statement, in the early 1900's, "Ulcers (were) believed to be caused by stress and dietary factors. Treatment focused on hospitalization, bed rest, and prescription of special bland foods. Later, gastric acid (was) blamed for ulcer disease. Antacids and medications that block acid production (became) the standard of therapy. Despite this treatment, there (was and) is a high recurrence of ulcers." So instead of treating the ulcers, the best accepted treatment was to alter a person's life so that stress

and acid laden foods would be removed from the diet. The best hope was to bring some moments of rest while treating the symptoms, not the ulcers.

Then came along a couple Australia doctors in 1982. Robin Warren and Barry Marshall thought that there had to be something causing peptic ulcers besides hearsay. They first noticed the presence of a particular bacterium, *Helicobacter pylori* (*H.pylori*) with the ulcers. The story goes that they ran scientific reproducible experiments on themselves with the bacterium and antibiotics. It was amazing. All the best treatment for years simply had been wrong. They determined that it is a bacterium and not stress or diet which caused ulcers. Interestingly enough, the medical community simply didn't want to accept the findings.

In 1995, thirteen years after the discovery, the National Institute of Health in the United States reported that, "Data show that about 75 percent of ulcer patients are still treated primarily with antisecretory medications, and only 5 percent receive antibiotic therapy. Consumer research by the American Digestive Health Foundation finds that nearly 90 percent of ulcer sufferers are unaware that *H. pylori* causes ulcers. In fact, nearly 90 percent of those with ulcers blame their ulcers on stress or worry, and 60 percent point to diet.

Two weeks ago I was spoke to a half dozen 18 to 22 year old youths. These are folk who were all born after doctors Warren and Marshall had made their discoveries. Guess what these young adults said

caused ulcers? Everyone of them stated that ulcers were caused by stress and acid in the stomach.

People are really wonderful. We have all kinds of interesting ideas and thoughts. Some thoughts are based on facts. Many of our thoughts are based on our preconceived or most convenient results for us. Life is just that way. It pays to investigate, study, check things out.

Blessings in Christ  
Roy C. Backus, PhD.

Further information can be found at:  
Karolinska Institutet, Library, P.O.Box 200, S-171  
77 Stockholm, Sweden. E-mail: info@kib.ki.se  
and:

Munnangi S. and Sonnenberg A. Time Trends of Physician Visits and Treatment Patterns of Peptic Ulcer Disease in the United States. *Arch Intern Med.* vol. 175, July 14, 1997. pp 1489-94.

*Helicobacter pylori* in Peptic Ulcer Disease, National Institutes of Health Consensus Development Panel on *Helicobacter pylori* in Peptic Ulcer Disease, *Journal of the American Medical Association.* Volume 272, no. 1. July 6, 1994

### **Just a little public service reminder:**

Recently we've had a few glitches in our mailings. This is attributed to several circumstances all happening at the same time. First, we've updated our computer and computer system. This requires a lot of creativity, because information often ends up in different places on the new computer and system. Second, Chris broke her wrist. This made us get

additional emergency help to get the job done.

### **New Adult Sunday School:**

Beginning the first Sunday in May, Pastor Backus will start a Through the Bible Study. Each week a book of the Bible will be presented in outline with selective important texts chosen. The purpose is to get a quick survey of the Bible while learning how to read different kinds of biblical literature in its original context. You can come in any Sunday and have a new insight into God's Word for you.



## **PRESBYTERIAN** **WOMEN**

*P.W. will meet Thursday, May 22nd at 9 a.m. in Fellowship Hall.* We invite all women to join us as we continue to study God's word. We praise God for Lois Edgcomb as she is leading us thru our Bible Study this year. Janet Small and Marilyn Laatz will serve as hostesses. We will receive our annual Birthday offering. The Birthday offering began in 1922 and in 2008 is titled - LIGHT WILL BREAK FORTH.

Up to 5 recipients are given grants each year. This year only 2 grants were approved so that each project would be better impacted. The Presbyterian Church of Congo and the Presbyterian Church of Kinshasa in the Democratic Republic of Congo and the other, Lakeview Presbyterian Church Weekday School Restoration, New Orleans. These two ministries are involved in education, healing, hospitality and nutrition. Because of the change in the value of money since 1922 - we are encouraged each person give 10 cents for each year lived (or \$10.00 if she prefers not to reveal her age). The goal for 2008 Birthday Offering is \$1.2 million.

*am will begin on Sunday, June 1<sup>st</sup> and continue through Sunday, August 30<sup>th</sup>. Make a note of it!*

*P.W. cont'd . . .*

**NETWORKERS MOTHER'S DAY PROJECT**

We no longer sew the mosquito nets for Africa, but raise funds for them to make them there thru Mothers' Day cards available to us free. See Bev Scharlau if you are interested in cards to send to your loved ones explaining that funds have been sent for this project.

**P.W. OF THE SYNOD  
OF LINCOLN TRAILS GATHERING**

The synod gathering is May 30-June 1, 2008 at Millikin University, Decatur, IL. All rooms are air conditioned. Registration is due May 1st or increases after that date. More information and registration form is on the narthex bulletin board.

**COLLECTION FOR SUNSET GAP**

The suggested list of layette items is now posted on the Narthex bulletin board. We are also collecting gently used clothing items for young children. Deadline for this collection is May 18th. We will then display the items for all to see. We are grateful for the church school children's contribution towards this collection and to Janet Small for organizing and purchasing.

**NOTES**

There is a small box in the narthex that has misc newspaper clippings in it.

These clippings came from Alice Fredericks and feature some of our members and families.

She would like you to help yourself to them.

So please do ...

**SUMMER WORSHIP hours 8:00 am & 10:00**

**THANK YOU'S**

I would like to Thank everyone who remembered me with cards and the lovely plant. They made my days happier.

God Bless,  
Florence Charnesky

**DECORATING COMMITTEE**

We were very happy with the response to the Easter Lily/Spring Bulb sign up. We would like to try the same type of sign up for Christmas Poinsettias, offering a choice of red or white flowers.

We appreciated the flowers in honor of Katie Brubaker. If anyone would like to donate flowers during the year, we would be happy to accept them. Please let someone on the committee know, so that we can have a stand ready and unlock the Church door if necessary. Let Chris Finley know the details by Fri., so that she can print it in the Sunday Bulletin.

We have tightened up our guidelines for roses for new babies. The rose will be for the parents only. The parents need not be members, but must regularly attend Waltham Church. The committee will purchase the rose; just let us know ahead of time. Let Chris know the details for the Bulletin.

Kathie Kleckner                      Dena Ficek

MaryAnn Small      Janet Small

Linda Chalus                      Wendy Olivero

Indianapolis, Indiana. Grades 7 through High School are invited to participate in this Mission Trip. Please contact Eric Mertes for more information.

**MEETINGS**

*All Committee Meetings will be Tuesday, May 13<sup>th</sup> at 7:00 pm. Plan to attend your respective meeting!*

Session will meet on Tuesday, May 6<sup>th</sup> at 7:30 pm.

**THINGS TO DO ...**

***OLD WALTHAM CHURCH MONUMENT***

Committee

Scott Freebairn

Kyle Videgar

Malcolm Whipple

Raymond Jones

*The old Waltham Church has a place in history. Keep their memory alive.*

The church lot is holy ground that supported a majestic church, a buggy shed and a manse. It served Waltham families through joyous times and sorrow for 99 years. Decisions made in the mid twentieth century doomed the “auld Scot church”, a division of the old and new.

As a committee we are seeking free will donations to purchase a \$2500 stone monument to be placed by the session. No names will be added, church locations and dates only.

To donate to this monument please make your check out to the Waltham Presbyterian Church. In the memo line you must write, “Old Church Memorial”, so that the correct account will be credited.

**YOUTH MISSION TRIP**

Youth mission trip is July 20-26 — Mission Indy,

**CHANGE FOR LIFE**

Annual Baby-Bottle Fundraiser  
Abigail Women’s Clinic, Mendota

Dear Friends in Christ,

Once again, we have th opportunity to help support the Chirstian mission of Abigail Women’s Clinic of Mendota. This well-organized life-affirming organization offers multiple services and support to pregnant women in need in our Illinois Valley community. Clinets are provided assistance at no charge. Please take a moment after worship on Mother’s Day to pick up a Baby Bottle. Use it to collect your small change and then return it to church on Father’s Day. Last year we provided the clinic with a donation of over \$250.00 that was greatly appreciated. Let’s do just as well this year or EVEN BETTER! Please direct an question to Deacon Marlene Moshage.

THANKS SO MUCH!

***JOYFUL, JOYFUL WE ADORE  
THEE....Christians UNITE and CELEBRATE!***

***Second Annual Community PENTECOST  
Celebration, Sunday, May 18, 2008***

***Jubilant Worship in Praise and Song - 3 PM  
Ice Cream Social and Family Fellowship - 4PM***

BOYLE PARK in downtown Hennepin (right across from the County Courthouse)

Dear Friends,

Here's a wonderful opportunity to enjoy a Sunday afternoon in the park with family and friends. Please join us for praise, prayer, song and good times. Bring a blanket or lawn chair (there are numerous picnic tables available as well). Join in song with the Massed choir, enjoy ministry "puppet style", meet and greet fellow Illinois Valley Christians, create a mouth watering ice cream sundae! Participate in community service by bringing a non-perishable food item to donate to the Putnam County Food Pantry. Don't miss out on a SUPER SUNDAY! HOPE TO SEE YOU THERE!

Any questions, see Marlene Moshage - Waltham's rep on the Ecumenical Planning Committee

## **MEETING REPORTS** **SESSION**

The session of the Waltham Presbyterian Church of Utica, IL held a regular meeting on April 10th at 7:30 pm in the upper lounge of the Church. The meeting was opened with prayer by the Rev. Dr. Backus. All members were present.

Communion was served.

Mae Elizabeth Hagenbuch was baptized on 13 April, 2008.

A motion was made and seconded to reactivate Jackie Jones-Bailey's membership. The motion carried.

A motion was made and seconded to allow the Lewis wedding in the church on 7 June, 2008. The motion carried.

A motion was made and seconded to pay Albert Hagenbuch \$70.00 to complete the wireless internet hookup. The motion carried.

A motion was made and seconded to have a special offering for Githiga Children's home. The motion carried.

A motion was made and seconded to approve Rev. Backus' EBE of \$105.41 and mileage of \$564.08 for the period 21 February through 14 March. The motion carried.

A motion was made and seconded to revise the approval for the use of the Church by the Boy Scouts for Eagle Scout Ceremonies from April 19th and 26th to April 27th and May 10th. The motion carried.

A motion was made and seconded to revise the proposal for the pastor housing allowance and schedule additional "town meetings" for April 20 and 27th with a decision on the vote to made after the meetings. The motion carried.

A motion was made and seconded to have the next session meeting on 6 May at 7:30. The motion carried.

It was moved, seconded, and carried to adjourn at 9:27 pm. The meeting was closed with prayer by Rev. Dr. Backus.

## **CHRISTIAN EDUCATION**

Christian Education Meeting:

***Graduation Sunday and Teacher Appreciation Sunday is May 18<sup>th</sup>***. Contact Sharon Reel (815-538-1947) by May 11<sup>th</sup> with the names of graduates to be recognized and their t-shirt sizes.

Seasons of the Spirit curriculum will be ordered for Summer Sunday School material.

Teachers and helpers are still needed for Vacation Bible School, June 16-20, 2008. There will be a meeting for the teachers on Sunday, June 1<sup>st</sup> between the church services.

## **MEMORIAL FUND**

Memorial has been received for Katie Brubaker.

Joyce Anderson, Memorial Treasurer

**BENEVOLENCE FUND**

Benevolence Balance	\$ 12,068.30
One Great HS Offering	\$ 413.00
Youth Fish Boxes	\$ 74.75

Linda Chalus, Benevolence  
Treasurer

**TRUSTEES**

No report received for this publication.

**DEACONS**

No report received for this publication.

**MISSION COMMITTEE**

No report received for this publication.

**YOUTH**

No report received for this publication.

**STEWARDSHIP & FINANCE**

No report received for this publication.

**TREASURER’S REPORT**

No report received for this publication.

**Scout Master Bob’s Corner**

**Upcoming Events**

- April 22 – Troop Meeting 7:00 P.M.
- April 27 – Nick Moshage’s Eagle Scout Court of Honor at Waltham Presbyterian Church
- April 29 – Troop Meeting 7:00 P.M.
- May 2-4 – Pathways Campout
- May 6 – Troop Meeting 7:00 P.M.
- May 7 – TLC Meeting 7:00 P.M.
- May 10 – AT Trail Hike at Matthesian State Park
- May 13 – Troop Meeting 7:00 P.M.
- May 14 – Troop Committee Meeting 7:00 P.M.
- May; 16-18 - Order of the Arrow Spring Conclave at Ingersoll Scout Reservation
- May 18 – Pierce Province’s Eagle Scout Court of Honor at Waltham Presbyterian Church
- May 20 – Troop Meeting 7:00 P.M.
- May 27 – Troop Meeting 7:00 P.M.
- May 30-June 1 – Troop Campout – AT Trail 10 mile Hike

We have been advertising the nation wide Appleaseed Program. It is a civilian rifle marksmanship program. Eight scouts and four leaders participated in the program on April 19th and 20th. Josh Papineau qualified for Expert Rifleman and Jon Papineau qualified for Marksman.

There will be another Appleaseed Program at the end of May in Bloomington and September at the Buffalo Rock Shooter Supply. For more information contact Jon Papineau. Thank you to all who attended.

**Troop 797 is preparing for two high adventure trips this coming summer.**

**The first trip will be June 15-28 to the AT Trail. They will be hiking from Thornton’s Gap to Harper’s Ferry. They are also planning a day trip to Washington D.C.**

**The second trip will be Aug. 2-8 to Cache Lake in Canada.**

Troop 97 meets every Tuesday night at the Waltham Presbyterian Church. Contact Ralph Moshage at 667-

4511 or Ross Wilson at 434-1469 for information about the troop.

**NURSERY VOLUNTEERS**

April 2008

May 4

Amy Ploch  
Valerie Blue  
Kaitlyn Small

May 11

Ann Backus  
Lois Edgcomb  
Joshua Brown

May 18

Phyllis Mertes  
Tony Mertes

May 25

Albert Hagenbuch  
Relynn Olivero  
Nathan Olivero

**MAY ANNIVERSARIES**

- 1 Mr. & Mrs. Tim Mertes
- 4 Mr. & Mrs. Phil Klein
- 7 Mr. & Mrs. Christopher Freeman
- 13 Mr. & Mrs. David Deutsch
- 19 Mr. & Mrs. Richard Leonard
- 21 Rev. & Mrs. Lawrence Athorn
- 22 Mr. & Mrs. John Thomson
- 24 Mr. & Mrs. Daniel Munson
- 25 Mr. & Mrs. Shannon Brown
- 27 Mr. & Mrs. Stephan Tomeseski
- 30 Mr. & Mrs. Brad Mital

**MAY BIRTHDAYS**

- 1 Dayne Chalus Leonard
- 3 Jack Harrison Kinzer  
Jane Young
- 5 Thomas Allen Freeman  
Heidi Hughes Hendrix  
Sandy Ostrowski
- 6 Tristan Chapman
- 7 Nicholas Fox  
Relynn Olivero
- 8 Janet Delaney
- 11 Jon Fox
- 12 Doug Edgcomb
- 14 Maria Mertes
- 15 Gary Baker
- 16 Paige Leonard  
Karly Rae Reel
- 17 Ellen Wilson
- 18 Tim Wilson
- 19 Leonard Edgcomb
- 21 Tom Small  
Dave Edgcomb, Jr.  
Diane Wilson
- 22 Joyce Anderson  
Barbara Small
- 23 Gary Small
- 24 Shawn Baker  
Valerie Blue  
Raynette Mason
- 25 Mary Small  
Florence Charneskey\*
- 29 Eileen Hagenbuch  
Nicholas Daniel Edgcomb
- 31 Travis Hagenbuch

***Please leave a note on the office desk if there are additions/corrections to the Birthday and Anniversary list.***

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WPC new email address:

[walthamchurch@pcwildblue.com](mailto:walthamchurch@pcwildblue.com)

Make a note of it!

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## **TEXTS AND SERMONS**

### **MAY 2008**

We are continuing to look at the letters by the Apostle Paul. His advice and direction were both critical in the early years of the Church. He deals with practical problems in local congregations and encourages us to keep our eyes on Christ in all our lives.

#### **May 4: The Seventh Sunday of Easter**

Call to Worship: Psalm 68:1-10  
The First Lesson: John 17:1-11  
The Second Lesson: 1 Peter 4:12-14 & 5:6-11  
The Sermon: "The Best Place to Worry"

#### **May 11: Pentecost Sunday: Mothers' Day: Wear Red!**

Call to Worship: Psalm 104:24-34  
The First Lesson: John 7:37-39  
The Second Lesson: 1 Corinthians 12:3b-13  
The Sermon: "The Body and the Spirit"

#### **May 18: Trinity Sunday**

Call to Worship: Psalm 8  
The First Lesson: Matthew 18:16-20  
The Second Lesson: 2 Corinthians 13:11-13  
The Sermon: "The Final Word"

#### **May 25: The Eighth Sunday in Ordinary Time**

Call to Worship: Psalm 131  
The First Lesson: Matthew 6:24-34  
The Second Lesson: 1 Corinthians 4:1-5  
The Sermon: "The Rules of Judgment"