



# The Waltham Courier

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A Family Journal

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## The Pastor's Pen

At the time of your reading this Patty and I will have just arrived in our new home in North Utica, Illinois still recovering from the shock of our move. We will most likely be arranging furniture, and looking for boxes that we would consider priorities to find and open, and trying to acclimate the dogs to their new home and surroundings. At the time of my writing this I am sitting in my cleaned out office, trying to grasp the sobering thought that I am truly leaving the community that I have lived and ministered in for the past 22 years, most recently serving the High Woods Reformed Church for nine years. Patty has lived in this community for 18 years and worked at the Kingston Hospital for 16 and half years. Her last day was Friday January 15<sup>th</sup> and a lot of goodbyes were shared. My final sermon will be delivered Sunday January 24, 2010 with an anticipated crowd of a 100 or more well wishers attending. That is almost twice the normal attendance for High Woods. And again many more goodbyes to be shared.

Patty and I are feeling the gamut of emotions that comes from uprooting and moving on. The sadness, memories, and dreams that now come to a close. The overwhelming emotion right now is that we just wish this part was over and we were there already. (As you read this that wish will have been granted) We really would rather not see another box – and why do we have this anyway? We are finding things

we forgot we had – and at times never knew we had – as well as the flood of memories gone by.

We also didn't realize just how many friends we had – as they all now try to have us out for a farewell dinner or lunch. We have run out of free evenings as well as the energy to be up that late. As they say "Moving is truly very stressful" we just didn't know how stressful till now. Thank God for friends who pull us away from the stress of the packing to relax and remember it will all be okay.

As excited as we are about a new life, creating new dreams and Ministry in Waltham we also have our anxieties and worries, all of which will pass with time. We hope you will please bear with us for the next few months as we find our way and learn of the joys of the Waltham community.

You may notice that we are a bit out of sorts and disorganized (although Patty would say that about me anyway) more so than usual, but this will all pass as we begin to settle in. Please pray for us in this transitional phase. There is much to learn and much to be done, and we truly are looking forward to being a part of the Waltham Church family and your ministry with the community.

We look forward to seeing you all very soon.

Howard & Patty

## COMMITTEE REPORTS SESSION

The session of the Waltham Presbyterian Church of Utica, IL held a regular meeting on January 10, 2010 at 11:35 in the upper lounge of the church. Members present - Moderator Pastor Peder Carlson, Ralph Freebairn, Eileen Hagenbuch, Bev Scharlau, Bruce Brown, Kyle Videgar, Bonnie Walsh, Clerk Ida Brown and Treasurer Dena Ficek. It was approved to allow the Trustees to open a Menards account with a limit of \$200 per purchase (other than current expenses associated with preparing the manse for the new pastor). Dave Deutsch, as head of Trustees, will be the authorized user of the account.

It was approved to use money raised for the purpose of refurbishing the manse. Any additional funds will come from memorial funds.

After discussion, the 2010 budget was approved.

Dena was authorized to set up a separate account for the Special Building Fund. The annual congregational meeting will be called for February 21.

The next session meeting is scheduled for February 11<sup>th</sup> at 8 PM following committee meetings at 7.

Session assignments for committees are as follows:

Eileen Hagenbuch – Christian Education  
Bonnie Walsh – Stewardship and Finance  
Bruce Brown – Trustees and S & F  
Kyle Videgar – Music and Worship and S & F  
Bev Scharlau – Mission  
Ralph Freebairn – Deacons

The meeting was adjourned at 12:50.  
Ida Brown Clerk of Session

## DEACONS

All Deacons present, except Marlene and Nancy.

We finalized a Deacon at the Door schedule for 2010. We discussed the upcoming Lenten Season. Pastor Howard is in favor of Waltham taking part in the Wednesday Ecumenical Services. The Deacons will be the pot luck committee when Waltham is host. We looked over the Annual Report for 2009. It will be turned in to Session. We reviewed the Deacon Fund. We have received money from Session, from the Raymond Jones Memorial and from a private donation. Many Thank-Yous to all who have contributed. We are continuing to fine tune the way in which we use this money. We will post this information as soon as it is approved. January communion count was 60.

## PRESBYTERIAN WOMEN



P.W. plan to meet February 25<sup>th</sup> at 9 a.m. If the weather is bad, we will cancel. Do continue to read the book of Joshua as we continue with that study.

## CHRISTIAN EDUCATION

Children will sing in Church on Feb. 21. Discussed VBS. Annual Report was submitted.

## TRUSTEES

Members present were Jeff Ficek, Steve Pillion, Dave Deutsch. Our session rep is Bruce Brown. Work on the manse is the main focus of the trustees, although a coupling for the circulating pump on the sanctuary loop was replaced earlier this month.

All the carpets have been removed and the oak floors sanded and sealed. Most of the

trustees manned the floor sanders over a long weekend. All the nail holes in the walls have been patched and are ready to paint. Bev Scharlau has removed the strips of wallpaper that remained in the living room. The lower walls did not have wallpaper on them after all. Thanks, Bev! There is still a self stick border to remove on the kitchen soffits. The kitchen sink and drain pipes were replaced by Jeff and Ben Ficek. They also enclosed the lower flight of steps to the basement. All the ceiling tiles have been removed in the basement to allow thorough cleaning above, thanks mostly to Jeff and Kim Bernabei. The kitchen floor tiles have been laid and grouted. Rainbow has just started cleaning, and they are running a large HEPA fan in the basement continuously to try to suck in all the allergens. The goal is for them to finish cleaning by Wednesday, the 20th. After that we will need lots of people with paint brushes and rollers. There are 14 gallons of paint to apply. We have purchased lots of new rollers and some paint brushes, but please bring your favorite brush and roller handle. Please use the utility sink in the basement for cleaning brushes, not the new kitchen sink! It would also be good to bring a short step ladder. We will be painting all the ceilings white first. I have rosin paper to cover the newly sealed floors, but bring a drop cloth if you have one.

Pastor Howard and Patty may be here January 28th or so. After they settle in we can make plans for a deck to the north of the manse and a wood burner of some type in the living room. It's not an issue for our insurance company as long as we follow a check sheet they sent us to ensure a proper installation.

Effective March 1, it was voted to have Ron Chalus as the trustee chair as this is his last year as a trustee.

## MUSIC & WORSHIP

At the January meeting, members Kyle Videgar, Katie Videgar, Ellen Wilson, and JanEdgcomb were present. We discussed information for our annual report and welcomed new members Kyle and Jan. Ellen regretfully submitted her resignation to concentrate on her new duties as a deacon.

We also discussed the possibility of special music for Sunday, Feb. 7 since it will be Pastor Howard's first Sunday. If anyone is interested or has suggestions, please contact a member of the Music and Worship committee.

## BENEVOLENCE FUND

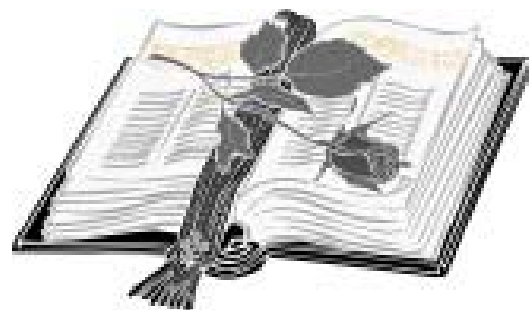
Balance is \$7058.20.

Linda Chalus, Benevolence Treasurer

## MEMORIAL FUND

Memorials have been received for Raymond Jones, Bernardine Johnson, and Catherine Halle.

Joyce Anderson, Memorial Treasurer



**TREASURER'S REPORT**

PADS: checked & covered

<b>Treasurer's Report as of January 21, 2010</b>			
Total Receipts		\$12,848.94	
Total Disbursements		-\$6,924.39	
<b>Net</b>		\$5,924.55	
<b>Account Balances:</b>			
General Fund		\$19,015.76	
Special Building		\$3,019.15	
Manse Fund		\$4,256.83	
Youth Account		\$430.00	
Sunday School Account		\$357.60	
<b>Total</b>		\$27,079.34	
<b>General Fund owes:</b>			
Special Building		\$12,500.00	
Memorial Fund		\$3,000.00	
<b>Total</b>		\$15,500.00	
\$3500.00 was paid back to Special Building in January 2010			
Dena Ficek, Treasurer			

2010 Budget approved by Session (with adjustments)  
 No Mission money requests  
 Bev Scharlau will talk about need to do Hygiene Kits for Church World Service on Jan. 17.  
**Please join us in doing God's work. Mission Committee needs one more committee member. We meet one Thurs. each month. Please contact Relynn Olivero (224-4877), if you can help out.**  
 PADS  
 We are again serving meals at PADS on the 2<sup>nd</sup> Wed. of the month. Please consider signing up to help with the food or to serve. The dates are, 2/10, 3/10, 4/14.

**Offering Envelopes**

We have extra Offering Envelopes for 2010. If you would like one, contact Kathie Kleckner or Lois Edgcomb. .

**MISSION**

Members present at Jan. 14 meeting: Relynn Olivero, Maxine Cole, Kathy Fox, Bev Scharlau  
 Nov. 2009 donations received: \$1171.00  
 Nov. 2009 monthly giving: no disbursements  
 Dec. 2009 donations received: \$1587.00  
 Extra money from C. Kennedy Estate: \$347.27  
 Total \$1934.27  
 Dec. giving – Relynn Olivero reimbursed – gift card \$100  
 Minute for Mission: Relynn Olivero on Jan 24; Food Pantry needs for the month of Feb.

**Food Pantry**  
 The Mission Committee is working with the Food Pantry is make sure that they have enough of certain food items on hand. Each month they will be asking for a certain type of food. That does not mean you cannot give other items; only that the designated item is in short supply at the Pantry. **For the month of February, the Pantry is asking for canned vegetables.** Thank-you  
 The Illinois Valley Food Pantry wish to express their sincere gratitude for 32 lbs. of food received on 12/18/09.

**Help Needed**

Stefanie Sebastian is trying to finish her schooling at Educators of Beauty 122 Wright St., LaSalle. She needs to complete a certain number of each type of treatment. She works Tues. – Sat. Call 815-223-7326 to request Stefanie. Besides shampoos, cuts, & color, she does manicures, pedicures, facials & waxing. Price sheets are available in the church narthex. Please give her your support.

## Thank-you

Dear Friends of Waltham Church:  
The Jones family would like to thank everyone who helped with Raymond's service in any way. We thank you for the cards, hugs, delicious food, prayers, monetary contributions, nursing home visits and all of your support during the last several months. It is a blessing to experience the warmth of your Christian love as you minister to our family and each other. May God bless you as you continue your mission to be the family of God to the families in our community.  
The Jones Family

Thank-you to all who have helped with readying the manse. It is a thank-you to all who have helped whether it be by giving a donation or by giving of your time. A lot of hours have gone into pulling up carpet, painting, cleaning the oven and putting down tiles, to name just a few jobs. Diana has sent pictures to Pastor Howard & Patty. They are very appreciative of all the hard work. Thanks again!

## FEBRUARY ANNIVERSARIES

- |    |                           |
|----|---------------------------|
| 10 | Mr. & Mrs. Fred Blue      |
| 21 | Mr. & Mrs. Harold Kinzer* |
| 24 | Mr. & Mrs. Warren Munson  |

## FEBRUARY BIRTHDAYS

- |   |   |
|---|---|
| 1 | Kevin Cole<br>Stephan Tomaseski                                   |
| 2 | Grace Hendrix   |
| 3 | Nick Barto<br>Linda Gage<br>Carol Kleckner                        |
| 4 | Dula Mae Carder*<br>Donald Finley<br>Rachel Foster<br>Dale Wilson |
| 5 | Carol Freebairn   |
| 6 | John Munson   |

- |    |   |
|----|---|
| 9  | Mason Hagenbuch<br>Pat McManiman<br>Gary Setchell<br>Emily Backus |
| 10 | Maxine Cole*  |
| 12 | Joshua Brown  |
| 13 | Paige Lilian Tomaseski  |
| 15 | Kristen English Bailey  |
| 17 | Ida Brown<br>Karson Sundberg                                      |
| 18 | Drew Depenbrock   |
| 19 | Sarah Schweers  |
| 21 | Waynea Finley   |
| 22 | David Young-Gaul<br>Karson Sundberg                               |
| 23 | Laura Hagenbuch<br>Isabella Hagenbuch                             |
| 24 | Sabrina Bedenko<br>Eric Mertes                                    |
| 25 | Christine Finley<br>Johanna Munson<br>Rev. Larry Green            |
| 26 | Shanna Lukas<br>AnnMarie Depenbrock                               |
| 27 | Malcolm Whipple*<br>Karissa Insco                                 |
| 28 | Jillian Csutoras<br>Tom Walsh                                     |

If your birthday or anniversary does not appear in the Courier, please let me know. Put name month & day in writing on my desk or in the secretary's mailbox. I will gladly put it in. Thanks, Kathie

## **Grocery Shopping with Food Allergies by Jen Lane**

Grocery shopping with food allergies is a difficult process. Any pre-packaged food item can contain one or more allergens. Every single label must be closely examined each time a food is considered for purchase, no matter how many times it's been safely used in the past. Companies and ingredients

change constantly. A food that was dairy free one week may have milk in it the next. Allergens go under many different names and hide in many places. A good place to look is the allergen statement in bold print, However you still have to examine the label for hidden milk. For example, milk is listed as whey, casein, caseinate, caramel color, artificial butter flavor, etc. A food does not have to be listed as an allergen if it is part of natural flavors, caramel color, or seasonings.

Foods that you wouldn't expect to contain milk often do, such as caramel coloring in breads, baked beans, or soy sauce. Caramel coloring can be made from milk, sugar, or wheat, so unless you've contacted the manufacturer, it needs to be avoided for people who avoid milk or gluten. Finding "safe" foods is a matter of extensive label reading, and knowing where to get the products you are looking for. For example, to get the rice "cheese" slices that are safe for Mandie I have to go up to Whole Foods. To get a butter substitute free of palm, sunflower, dairy, or safflower I have to either get the Aldi's brand tub spread or the Blue Bonnet Light sticks. To get the soy sour cream, cream cheese, yogurt, and "ice cream" I have to go to Kroger's. To get safe tortilla chips we go to Handy Foods. Also, labels contain warnings such as "made in a facility that processes", or "made on shared equipment", or "may contain" all of which need to be avoided even if the allergen in question is not present. The ONLY way to guarantee a food does not have your allergens or is not cross-contaminated is to grow your own and prepare it all from scratch. Food is not the only place that allergens hide. Soaps, shampoos, air fresheners, toothpastes, medicines, and cleaning products all contain potential allergens. Lactose is an extremely common base for most homeopathic and mainstream medicines. Strawberry is a common flavor in children's medicines.

Milk, chamomile, palm, and sunflower oil are in many soaps, shampoos, air fresheners, and lotions. People allergic to citrus have to avoid many cleaning products due to orange or lemon being included. People allergic to legumes must avoid all vanilla extracts and make their own or buy very pure vanilla because the vanilla flavoring comes from fenugreek, which is a legume. When purchasing a food for an allergic person, use the rule of threes. Read the label **before** you put it in your cart, **before** you put it in your pantry, and **before** you open it. This will help decrease skipping something in the fine print. The next time you go grocery shopping examine your food labels. I'll bet you never knew what is in your food!

Dear Friends and Family,

I will be participating in the Food Allergy & Anaphylaxis Network's (FAAN's) Walk for Food Allergy: Moving Toward a Cure. The event will be held on September 25, 2010, at Lincoln Park in Chicago, IL. The FAAN Walk for Food Allergy is designed to raise funds to find a cure for food allergy and to educate others. We had a great time last year, and are looking forward to walking again this year as part of Team Illinois Valley Food Allergy Support. If you'd like to help, you can either join us on our walk and in raising money, or you can join as a Virtual Walker instead.

We are currently selling Bergner's Community Day coupon booklets at \$5 each (the booklet contains a \$10 off coupon, plus six 20% off tiered coupons, a 30% off Early Bird coupon, plus special deals you can only get with the booklet.) If we can sell 50 of these booklets we can earn a percentage of the booklet sales that the associates in the store sell! We are also planning another Rummage and Bake Sale, and perhaps a Car Wash. We will decide on the dates and locations for these soon. If any of you have ANY fundraiser ideas, please let me know! We have 9 months to raise the money, so

please help us reach our goal.

Please support my fundraising efforts with a donation. Your tax-deductible donation will make a difference in the lives of many! It is faster and easier than ever to support this great cause; you can make your online donation by simply clicking on the link at the bottom of this message. If you prefer, you can send your tax-deductible contribution to me (make check payable to FAAN), and I will send it in.

Any amount, large or small, helps FAAN continue Moving Toward a Cure! I greatly appreciate your support and will keep you posted on my progress. Thank you very much, Jen

[Click here to visit my personal page.](#)

If the text above does not appear as a clickable link, you can visit the web address: [http://www.foodallergywalk.org/site/TR/2010Walk/2010Walks?px=1790621&pg=personal&fr\\_id=1430&et=ljC\\_Qk2-7lrAe2Ti5Mg1pA..&s\\_tafId=21741](http://www.foodallergywalk.org/site/TR/2010Walk/2010Walks?px=1790621&pg=personal&fr_id=1430&et=ljC_Qk2-7lrAe2Ti5Mg1pA..&s_tafId=21741)

[Click here to view the team page for Illinois Valley Food Allergy Support](#)

If the text above does not appear as a clickable link, you can visit the web address: [http://www.foodallergywalk.org/site/TR/2010Walk/2010Walks?team\\_id=57900&pg=team&fr\\_id=1430&et=hgWU2swK\\_UGFMc9mT31WMQ..&s\\_tafId=21741](http://www.foodallergywalk.org/site/TR/2010Walk/2010Walks?team_id=57900&pg=team&fr_id=1430&et=hgWU2swK_UGFMc9mT31WMQ..&s_tafId=21741)

#### LECTIONARY for the LORD'S DAY

Feb. 7 5<sup>th</sup> Sun. in Ordinary Time

Isa. 6: 1-8 Ps. 138  
1 Cor. 15: 1-11 Luke 5: 1-11

Feb. 14 Transfiguration of the Lord

Exod. 34:29-35 Ps. 99  
2 Cor. 3:12-4:2 Luke 9:28 -36

Feb. 17 Ash Wednesday

Joel 2: 1-2, 12-17 Ps. 51: 1-17  
2 Cor. 5: 20b-6:10 Matt. 6: 1-6, 16-21

Feb. 21 1<sup>st</sup> Sunday in Lent

Deut. 26: 1-11 Ps. 91: 1-2, 9-16  
Rom. 10: 8b-13 Luke 4: 1-13

Feb. 28 2<sup>nd</sup> Sunday in Lent

Gen. 15: 1-12, 17-18 Ps. 27  
Phil. 3: 17-4:1 Luke 13: 31-35

#### Mail or e-mail ???

Session will continue to explore whether or not we will mail out Couriers. Our Bulk Mail permit will expire in May. The Post Office did not know how much it will cost to renew it yet. We must mail at least 200 copies to qualify for this.

At the current postal rates, it would cost us \$0.88 for the 1<sup>st</sup> oz, and \$0.17 for each extra oz. to mail without the special rate. Having already paid the bulk rate, it costs us about \$80 to mail each month's Couriers.

Please remember to let us know if your mailing address, phone number, or e-mail address changes. We work hard to keep all of our members informed. There will be lots of upcoming news with the arrival of Pastor Howard and Patty. Please make sure we can contact you.

#### CUB SCOUTS

Feb. 4 - 6:30 pm Pack and Den Meetings at Waltham Church.

Each Den will have a separate meeting to work on advancement.

Feb. 12 - 6:30pm - Pinewood Derby

Feb. 18 - Visit to the Boy Scout Museum in Ottawa. Meet at the museum at 6:30 pm.



## BOY SCOUTS

Feb. 2 - 7pm – Troop meeting  
Feb. 3 – 7pm – TLC Meeting  
Feb. 16 – 7pm – Troop Meeting  
Feb. 17 – 7pm – Troop Committee Meeting  
Feb. 19-21 – Winter Camping at Ingersoll  
Feb. 23 – 7pm – Troop Meeting

March 6 – Chili Supper

**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.**

## MISSING

Don't forget to check the kitchen for any of your dishes that may be left from funerals or potlucks.

Malcolm found us a written copy of Pastor Carlson's 12 Days of Christmas Sermon. The partridge in the pear tree is Jesus Christ. Two turtle doves are the Old & New Testament. Three French hens stood for faith, hope and love. Four calling birds are the four gospels; Matthew, Mark, Luke and John. The five golden rings recalled the Torah or Law, the 1<sup>st</sup> 5 books of the Old Testament. The six geese a-laying stood for the six days of creation. Seven swans swimming represented the sevenfold gifts of the Holy Spirit: prophesy, serving, teaching, exhortation, contribution, leadership, and mercy. The eight maid a-milking were the 8 beatitudes.

Nine ladies dancing were the nine fruits of the Holy Spirit; Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

The ten lords a-leaping were the Ten Commandments.

The eleven pipers piping stood for the 11 faithful disciples.

The twelve drummers drumming symbolized the 12 points of belief in the Apostles' Creed.

## **Do you love me? Feed my sheep.**

(John 21: 15-19)

2010 One Great Hour of Sharing offering has traditionally been collected on Palm Sunday which is March 28.

## **2010 Lenten Ecumenical Services**

Feb. 24 at Waltham  
March 3 at St. Paul Episcopal  
March 10 at Zion UCC  
March 17 at Spring Valley UCC  
March 24 at Trinity UCC  
6pm Soup, salad, & dessert 7pm worship