

COMMITTEE REPORTS SESSION

The session of the Waltham Presbyterian Church of Utica, IL held a regular meeting on May 13, 2010 at 8:24 in the upper lounge of the church. Members present - Moderator Pastor Howard Smith, Ralph Freebairn, Bev Scharlau, Bruce Brown, Bonnie Walsh, Eileen Hagenbuch, Kyle Videgar, and Clerk Ida Brown.

The minutes of the previous meeting were approved.

A motion to serve Communion by intinction at the Fourth of July service was approved.

The trustees have a bid of \$1,700 to install a water purification system in the Church that will treat the Church and the manse. Doing so will get the sulphur and iron out and extend the life of the plumbing. A motion was approved to purchase the system using memorial funds.

Rachel Van Drimmelen will be going on a mission trip to Puerto Rico in June. She will speak to the congregation about her upcoming trip. A motion was approved to allow a free will offering to be received.

If anyone is interested in receiving a ½ tuition scholarship to Stronghold they need to contact a member of the session.

A motion was approved for the Baby Bottle offering to be collected on Father's Day.

The pastor's report was received and approved.

A motion was approved for the upcoming wedding of Steve Wilson and Rachel Quinn for August 28, 2010.

Kati Hagenbuch has volunteered to serve on the Christian Education Committee.

The next session meeting is scheduled for June 10th at 8 PM following committee meetings at 7.

The meeting was adjourned at 10:41.

Ida Brown, Clerk of Session

DEACONS

Present: Ralph Freebairn, Tom Walsh, Carol Shaver, Kathie Kleckner, Lois Edgcomb, Roberta Brown, & Ellen Wilson

We talked about the Deacon Prayer List. We would like to hear updates on those people. We also talked about the possibility of doing an on-line prayer list and maybe a phone tree.

Communion schedule for June, July & August was discussed. Communion will be by intinction at the July 4th Picnic and August will be Communion breakfast. We are asking people to sign up for Coffee/Juice in the summer.

TRUSTEES

Present: Steve Pillion, Ron Chalus, Jeff Ficek, Dave Deutsch

Discussed roof replacement. We have 2 bids on the way and are seeking a third. We want to compare warranties as well as price. We have 2 bids to patch, stripe & seal the parking lot for \$2,300 and \$3,400.

A system to remove sulfur and iron from the church and manse water will cost \$1,700. This is a well known system that uses no chemicals.

MUSIC & WORSHIP

Present: Mary Small, Ross Wilson, Jan Edgcomb, Linda Chalus, & Katie Videgar

We discussed possible volunteers to provide music throughout the summer months. More volunteers are always welcome and appreciated. Having volunteers provide music is a great way to help the church save money! Pulpit Supply will be needed for the weeks of Aug. 16-22 and Sept. 13-19.

CHRISTIAN EDUCATION

Graduates & teachers appreciation on May 16.
 Last Sunday School on May 16.
 Sunday School donated to Sunset Gap.
 Kids sang May 2.
 Liturgist is taken care of for May.
 One baptism in April, Colin Sebastian
 Need teachers for next Sunday School year.
 Infor has been received for Stronghold.
 Sent to Session to clear for announcement.
 Will put a list together for VBS needs. Next VBS meeting May 23 after Church.

MISSION

Members present: Bev Scharlau, Kathy Fox, Maxine Cole
 April 2010 Donations received: \$1206
 April 2010 Monthly giving: 00
 Balance on hand April 30th: \$9792.20
 Budgeted money to be sent in May:
 IL Valley Food Pantry: \$600
 PADS: \$500
 Sunset Gap: \$300
 Grief Camp: \$300
 June Food Pantry Items: Pastas & Sauces
 May Minute for Mission: Marlene Moshage on Abigail Women's Clinic baby bottle fundraiser

STEWARDSHIP & FINANCE

Present: Bonnie Walsh, Kyle Videgar & Dena Ficek
 Discussed the need to repair the flat part of the church roof before damage continues and causes higher costs. Damage is worse than originally thought.
 Recommendation is to repair now. Different funding options to provide the necessary money were discussed and the committee recommends using the new Covenant Building Fund.

YOUTH GROUP

Seven members of our youth group met with Pastor Howard on May 16. Summer schedules & activities were planned. They also discussed Bible passages with Pastor Howard.
 The next get together is planned for Sun. June 6 at 5pm in the Fellowship Hall. Plan to join us and bring a friend with you.

PRESBYTERIAN WOMEN



All women are invited to join us Thursday, June 24th at the I & M Canal Visitors Center in LaSalle on First & Rt. 351. We will have breakfast 9 a.m. Sign-up on the narthex bulletin board by Sunday, June 20th!
 THANK YOU to all who participated in the collection of layette & toddler clothing for Sunset Gap in Tennessee. See the display of hand made and purchased items on the tables in the narthex. We pray they will bring joy to those less fortunate than we are - Praise God for your generosity!!

THANK-YOU

Waltham Church,
 Thank you for giving me the gift of a blue t-shirt for my Graduation.
 Thanks again,
 Heather Kiner

GRADUATES

On Sun., May 16 Waltham honoured it's graduates. Please see the insert for a complete list.

Treasurer's Report as of May 20, 2010

Total Receipts	\$53,572.80
Total Disbursements	<u>-\$51,434.86</u>
Net Receipts	\$2,137.94

Account Balances:

General Fund	\$13,156.22
Special Building	\$543.59
Manse Fund	\$2,367.68
Youth Account	\$430.00
Sunday School Account	<u>\$397.61</u>
Total	\$16,895.10

General Fund owes:

Special Building	\$10,000.00
Memorial Fund	<u>\$3,000.00</u>
Total	\$13,000.00

Dena Ficek, Treasurer

Per capita

\$34.64 per member; \$6720.16 total from church; received to date ~ \$2,129.56

BENEVOLENCE FUND

Balance is \$10,768.02

Linda Chalus, Benevolence Treasurer

ABIGAIL WOMEN'S CLINIC

Waltham is taking part in the 9th Baby Bottles with Change for Life. Pick up a baby bottle in the narthex to fill with change. Please return the bottle on Father's Day, June 20.

Abigail Women's Clinic at 728 Main Street, Mendota is a non-profit, non-denominational Christian pro-life ministry. They do free, confidential pregnancy testing, ultrasounds and post abortion counseling. They offer maternity & baby clothing plus accessories. A mobile unit takes their

services to Princeton, Peru, Oglesby and Ottawa. For more information, call 815-538-3044.

Church Directory

With a new pastor, not to mention all our new babies, Waltham is in need of an updated Church Directory. Session has asked Lifetouch to look at possible dates to schedule the photo sessions. We are in need of a committee to coordinate the compiling of the book. Please contact a Session member or the office (667-4611) if you would be willing to help.

Help Needed

- We are in need of people to sign up for Coffee and Juice for the summer. Remember treats are optional. Donations of coffee and jugs of juice are welcome, as are cups.
- Liturgists are always needed. Please feel free to sign up. The secretary will print you up the Call to Worship and the prayer and scripture ahead of time.
- Music & Worship is looking for piano, organ or guitar players for summer worship. They would also welcome any special music or singing. There is a sign-up sheet or contact the office.

**DON'T FORGET – 9 AM WORSHIP
JUNE 6 – SEPTEMBER 5**

A special thanks to all who help make the church run so well. You may not think you are doing much, but everyone doing a little piece gets the whole puzzle put together quickly. Thanks

A special thanks was given to our Sunday School Teachers on May 16. Your work is very much appreciated.

Mission Trip – Rachel VanDrimmelen

On June 7th I will be leaving for a mission trip to Puerto Rico. I learned about this trip through a friend affiliated with Area One Youth Ministries. I will be one of 20 missionaries going to Puerto Rico. While in Puerto Rico, we will be working with the First Baptist Churches of CorMa (Corporacion Milagros del Amor). We will be working with the homeless, helping with GED courses for adults and youth, fixing houses, helping with the elderly and disabled, spending time with children whose parents are in prison, victims of abuse and other special projects they will have for us to work on. We will be working in the city of Caguas which is about 30 minutes from San Juan.

THANK YOU

To Rev. Smith, Kathie and all the ladies who provided the luncheon for Mom’s service, Thank-you You made a difficult day better. The service was personal. The food was delicious.
Jean, Barb, Mary Ellen & Family

CONGRADULATIONS

Congratulations to Joshua Brown on receiving an Army Achievement Medal. Well done. Waltham is proud of you.

BOY SCOUTS



Scout Museum 100 Year Homecoming,
Thurs.-Sun. 6/16-6/13

Sat. 6/19 – Day Activity- Canoe Trip

FOOD PANTRY

Items for the month of June are pastas & sauces.

How Much Do You Know About Food Allergy and Celiac?

(Information from foodallergy.org and livingwithout.com)

- 1.) How does food allergy differ from food intolerance?
 - a) Food intolerance does not involve the immune system
 - b) Food intolerance is not life threatening
 - c) Food intolerance is not real
 - d) Food intolerance is not serious

Answer: a & b – symptoms may include abdominal cramps, bloating, and diarrhea

- 2.) Food allergy occurs when . . .
 - a) The immune system mistakenly attacks a food protein
 - b) The immune system mistakenly attacks a pollen grain
 - c) The immune system goes haywire
 - d) The immune system is working properly

Answer: a

- 3.) What are the top eight food allergies in America?
 - a) Milk, soy, egg, wheat, chocolate, treenut, fish, and pears
 - b) Milk, soy, egg, broccoli, peanut, treenut, seafood, & peas
 - c) Milk, soy, egg, wheat, peanut, treenut, fish, and shellfish
 - d) Milk, clams, fish, peanut, sunflower, palm, coconut & nuts

Answer: milk, soy, egg, wheat, peanut, treenut, fish, & shellfish. Canada’s are the same with the addition of sesame and sulfites.

4.) Approximately how many Americans suffer from food allergies?

- a) 5 million
- b) 12 million
- c) 20 million
- d) 30 million

Answer: b) 12 million, or 4% of the population, which includes one in 17 children ages three and under

5.) What are the top five causes of anaphylaxis?

- a) Food, drugs, alcohol, and gluten
- b) Food, medication, latex, and chemicals
- c) Medication, latex, insect stings, and alcohol
- d) Food, medication, insect stings, and latex

Answer: d)

6.) How long after ingestion of an allergen can anaphylaxis occur?

- a) 2 minutes to 5 minutes
- b) 2 minutes to 30 minutes
- c) 2 minutes to 2 hours
- d) 2 minutes to 2 days

Answer: c)

7.) What are the symptoms of anaphylaxis?

- a) Tingling sensation, itching, metallic taste in the mouth
- b) Hives, sensation of warmth,
- c) Wheezing, difficulty breathing, coughing
- d) Vomiting, diarrhea, cramping

Answer: All of the above are potential symptoms, which if untreated can lead to drop in blood pressure, loss of consciousness, and possibly death

8.) Celiac disease is an intolerance to . . .

- a) Gluten
- b) Wheat
- c) Rice
- d) Corn

Answer: a) gluten, which is found in wheat, barley, and rye

9.) Celiac Disease affects how many people in the US?

- a) 1 in 10
- b) 1 in 100
- c) 1 in 1,000
- d) 1 in 10,00

Answer: b) 1 in 100, most of which are undiagnosed

10.) What are some symptoms of celiac disease?

- a) Vitamin deficiency, migraine, anemia
- b) Stomach cramps, bloating, weight gain
- c) Chronic fatigue, depression, weight loss
- d) Bone and joint pain, diarrhea, infertility

Answer: All of the above are possible symptoms, though celiac disease is often silent and symptomless, causing damage with no visible signs.

I am selling teal ribbons for \$1 each to help raise money for our family to walk with the Illinois Valley Food Allergy Support Team in the FAAN Walk for Food Allergy in Chicago on October 17th. Please see me if you'd like to purchase one to help support our team and show your support for and awareness of food allergies. More information about our team will follow in a future article. Thank you, Jen Lane

Corn Dog Nuggets (free of gluten, dairy, soy, egg, nuts)

2/3 cup cornmeal

1 ½ tsp. baking powder

2 Tbsp. sugar

2 Tbsp. olive oil (or other safe oil)

1 lb. safe hot dogs

½ cup soy flour

½ cup garbanzo bean flour (or 1 cup gluten free flour blend of choice)

1 tsp. salt
 ¾ cup almond, hemp, or rice milk (or any milk of choice)
 1 Tbsp. flax meal
 3 Tbsp. hot water
 Hot oil to fry dogs in

Combine flax meal and water, and set aside for 5 minutes or until gelled. Mix cornmeal, flour blend, baking powder, salt, and sugar. Add milk of choice and gelled flax mixture. Combine into a semi-thick batter. Dry hotdogs, and cut into thirds. Coat each hotdog in batter and fry in oil until golden brown. Drain and cool on a paper towel. This is one of my kids' favorite meals – especially when we combine it with homemade fries baked in the oven.

LECTIONARY for the LORD'S DAY June 6 – 10th Sunday in Ordinary Time

1 Kings 17:8-16 Ps. 146
 Gal. 1:11-24 Luke 7:11-17

June 13 – 11th Sunday in Ordinary Time

1 Kings 21:1-10,15-21a Ps. 5:1-8
 Gal. 2:15-21 Luke 7:36-8:3

June 20 – 12th Sunday in Ordinary Time

1 Kings 19:1-4,8-15a Ps. 42 & 43
 Gal. 3:23-29 Luke 8:26-39

June 27 – 13th Sunday in Ordinary Time

2 Kings 2:1-2,6-14 Ps.77:1-2,11-20
 Gal. 5:1,13-25 Luke 9:51-62

JUNE ANNIVERSARIES

1 Mr. & Mrs. Ron Chalus
 4 Mr. & Mrs. Paul Young
 8 Mr. & Mrs. Jeff Ficek
 12 Mr. & Mrs. Albert Hagenbuch
 14 Mr. & Mrs. Gary Small
 Mr. & Mrs. Alex Murfey
 16 Mr. & Mrs. Norman Videgar
 17 Mr. & Mrs. Tom Small
 20 Mr. & Mrs. Robert Funk

21 Mr. & Mrs. Kyle Videgar
 22 Mr. & Mrs. Donald Finley
 28 Mr. & Mrs. John Kinzer

JUNE BIRTHDAYS

1 Ethel Anderson*
 2 Caleb Gage
 3 Lori Munson
 4 Elizabeth Brown
 Linda Robinson
 Megan Small
 Hunter Lane
 6 James Wilson
 7 June Freebairn*
 8 Rev. Glen Hallead
 Shannon Brown
 9 Douglas Hagenbuch
 Emma Pillion
 16 Kenneth Kinzer*
 Gail Munson
 19 Dan Edgcomb
 Nancy Tuftie
 20 Juanita Edgcomb
 22 Jessica Small
 John Small
 23 Noah Olivero
 26 Kalli Steele
 Jalen Depenbrock
 27 Jacob Small
 28 Rita Van Drimmelen
 29 Jackie Bailey
 Jodie Foster
 Sandy Wood
 Sara Moshage
 30 Leila Croissant

PLACES TO GO, THINGS TO DO Scrapbooking

All scrapbookers and family historians are invited to the church Sat., June 5. Doors open at 10:30am. There is usually someone here until around 7pm. Come and go as you need to. Bring snacks and a small donation to the church. Bring friends. Not sure what we are doing, stop in for a visit. Any questions talk to Kathie at 815-667-4611.

Breakfast

Campfire Pancake Breakfast will be held at Sky Dive Chicago, 3215 E 1969th Rd, Ottawa. On Sat. June 12, breakfast will be served from 7am-11am. On Sun., June 13, they will serve from 8am –noon. Tickets are \$7 for adults and \$4 for children 10 and under.

VBS

Vacation Bible School will run the week of June 21-25. Everyone will gather in the Sanctuary at 5pm. A light supper will be served. The activities should finish up around 8pm. Please call the office if you can help in any way, especially with the meal. (815) 667-4611