

Perspectives

LAGUNA NIGUEL PRESBYTERIAN CHURCH

MARCH / APRIL 2011

Welcome New Members!

Please welcome our newest members of Laguna Niguel Presbyterian Church.

Gina Stewart

Being raised Catholic Gina had a love/hate relationship with religion and God. She struggled with her faith all her life. This past year Gina has become a serious student of the Bible (with Bible groups here at LNPC). She is an avid reader and has discovered the greatest book ever written. Gina has met the most wonderful people here at LNPC, people of faith, who have enabled her to strengthen her own faith, by attending this church and walking securely on the path to Christ.

Gina comes to us by way of Pasadena. Where she met and married her husband George in 1985. They have two beautiful daughters and two beautiful grandchildren. Gina is a retired speech pathologist.

Jessica, West, Austin & Cole Koenen

The Koenens are originally from the East Coast, where West and Jessica met in New York City. They moved to Los Angeles in 2003 where they both worked

while West graduated with his EMBA (Executive Master of Business Administration degree) from UCLA in 2005. They moved to Laguna Niguel 3½ years ago before their sons Austin and Cole were born. They love living in El Niguel Height's community where they have met so many nice families including the Spalding's who introduced them to LNPC.

Their goal is to broaden the wonderful community and introduce their family to a spiritually rich life as well as joining Laguna Niguel Presbyterian Church.

Harry & Arlene Lindsey

Harry & Arlene married in April of 1993 after both were widowed. Harry has two adult sons and a daughter and Arlene has one adult daughter. They are both retired. Harry retired from sheet metal work in 1984 and Arlene from paralegal in trust and probate law. Harry is now enjoying photography during his retirement. They moved to Laguna Niguel in December 2008. They started attending Laguna Niguel Presbyterian Church in October of 2010.

(*No Photos Available)

Inside This Issue

- 1 **Welcome New Members!**
- 2 **Website Power**
(www.lnpc.org)
LNPC News
- 3 **A Message from Randy**
- 4 **Emily's Desk**
Sharing Our Caring
- 5 **Health Ministries**
Sharing Our Caring cont.
- 6 **Children's Ministries**
LNPC News cont.
- 7 **Birthdays & Anniversaries**
LNPC News cont.

Inserts:

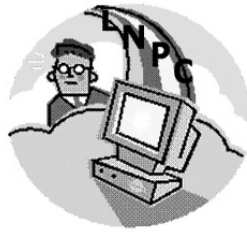
Calendar

Youth Calendar

Laguna Niguel
PRESBYTERIAN
CHURCH

Website Power (www.lnpc.org)

Please take advantage of the LNPC website to plan your activities or catch up on services you might have missed! Or share our experiences with friends or family. Every week we upload the following:



Music (.mp3) highlights of the Sanctuary service, including the prelude, anthem, musical offerings and the postlude.

Sermon (.mp3) in full.
The Sunday bulletin in .pdf format (including the announcements)

In addition you will find the church calendar posted for the next two

months, and other interesting information.

That's right – you can catch the choir or Pastor Randy's sermon from home, or download the church bulletin if you missed church! The website is normally updated by 12:00 noon on the Monday following. We will also make available a CD-ROM of the entire sanctuary worship upon request (249-1218).

By accessing the archives on the site, you also have the ability to browse music, sermons and bulletins for the past five years!

That is correct – we have a complete archive of every single service for the past five years on line. And it is easy to find – from the home page look on the left-hand side for a menu that will take you to one of three pages: "Music," Sermons," or "Bulletins."

You will also find video of some special events. For example, all of the musical numbers from the Christmas Worship Festival are archived on the site.

The website URL is WWW.LNPC.ORG.



LNPC News

Corks

Children's Ministry is collecting corks for a Palm Sunday craft. There will be a basket in the entry of Gard Hall. We would appreciate all donations.

Easter Basket

Items for the Camp Pendleton's Mommy & Me Program will be collected from March 20 to April 3. Even though Easter is April 24 their Easter parties will be the week of April 11-15. Please bring coloring



books, crayons, small toys, stuffed animals, candy, artificial grass and empty or filled Easter baskets to Gard Hall or the Narthex. Toys must be safe for children under age 3. Due to possible allergies candies may not contain peanuts. Feel Free on April 3 to join us in Gard Hall after Sunday services to assemble Easter baskets. For more information please contact Margaret Lee at (949) 230-8999 or Beverly Lee at (949) 249-9277.

Attention LNPC Women

Our Spring Fashion Show & Luncheon will be Saturday, May 7, at El Niguel Country Club. The Fashion Show committee has

begun working on this fun event.

We need your help to participate on the committee, which meets every Saturday morning 9-10 am, or to contribute various items for our Silent Auction. All proceeds go to support various LNPC & other local charitable projects. Contact JoAnn Renning at (949) 362-8270 for more information!



Photo Directory

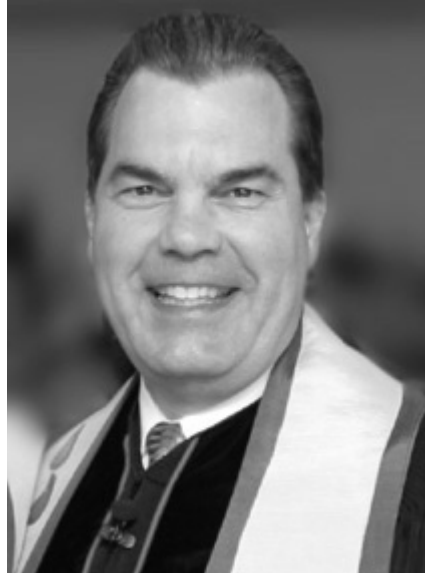
There will be make-up photos on Friday, March 18 from 11 am to 4 pm
(Continued on page 5)

A Message from Randy

We had an exciting Congregational Meeting last Sunday. Wow! It was a joy to witness LNPC's commitment to mission and rejoice in the \$150,000 our church invested in mission opportunities and partnerships this past year! When Elder Randy Free shared the mission expenditures from both the operating budget (\$43,000) and the dedicated accounts (\$107,000), we all set in awe. In the second year of a national recession, members and mission teams kept other people's needs as a focus of their financial contributions and support.

Randy Free shared LNPC mission dollars were divided into three mission areas: (1) World and National mission, (2) Community Outreach, and (3) Support of Those in Need. Of course, these dollars only represent a portion of our church's commitment to Christ's work in the world. If we could account for the number of volunteer hours of donated time by men, women, families, and children from our church, all would see even a greater commitment of our church's passion for mission. Truly, it would be a better representation our church's total commitment of time, talent, and treasure engaged in Christ's mission in the world.

In part we experienced this at the Congregational Brunch that followed the Congregational Meeting. Connections Ministry Team Leader, Karen Skinner, honored those who have given their time



Dr. Randall Steele

and talents in mission and ministry this past year. Could you believe the number of people involved and engaged in ministry! There were people standing up at every table when recognized for their investment and contribution. It was a beautiful and empowering picture of Christ at work through each and every member.

LNPC's vision and mission were clearly demonstrated this past weekend. We remain called to develop fully devoted followers of Jesus, who are called to share their gifts in mission to the world. To be sure, much more could be done and many more people could be involved in this endeavor. In a word, "We have only begun!" As we continue to make this vision and mission a priority, I believe we will continue to grow in our corporate,

community impact and in the number of people sharing their passion and gifts.

We are all in the process of becoming what we envision. Thank you to all who share in this vision and for your ministry and work this past year. I am excited to see what God will do in 2011!

If the church desires to speak a relevant, transforming message today as well as in the future, it must encourage, support, and equip men, women, and families to live their Christian faith in the arenas of their daily work, neighborhoods, schools, market places, and spheres of influence. The key for a relevant church is to develop ongoing strategies for effective ministry that puts the primary emphasis on the ministry of the laity.

We are off to a good start! And even the recession cannot thwart God's Spirit at work in the world through us! God bless you all and thank you for your witness of Christ to the world.

In Christ's love,

A handwritten signature in black ink that reads "Randy". The signature is written in a cursive, flowing style.

SHARING *Our Caring*

Deaths

Margery Wilson

01-25-2011

At Home

Askari Family; Jean Bassett; Chris Berry; Lynn Bible; Ceanne Curwen; Michael Duran; Rose Erickson; Ethel Janik; Angie & Bob Kimberly; Hope & Howard Lane; Carol Larson; Paul Lyons; Elizabeth Macaulay; Judy Mangan; Tay McClellan & Brice Yoder; Minton Paul; Connie Peace; Ron Pearce; Marjorie Phillips; Bob Pierson; David Ross; Dory & Wally Sargent; Irene Vorland; and Valerie Weber.

In Health Care Facilities / Hospital

Andy Logan

Family/Friends

Cheryl Abraham (Tony Abraham's sister); Jenna Aldridge (Ehlers family friend); Bruce Beckwith (Gerald Alm's nephew); Erin Blute (Cindy Jannard's friend); Valerie Brown (Zink family friend); Harold Bullard (Khalifa family friend); Lori Cacioppo (Nancy LeBlanc's friend); Dave Campman (Chuck Campman's brother); Carol & Elaine (Joan Eaton's daughters); Michael Carney (Lorena Neufeld's son-in-law); Jeanne Case (Cindy Jannard's mother); Castrodale family (Nancy & John Humphrey's family); Mitch & Kristine Chausse (Steele's family); Curt Des Voigine (Patti Brotherton's father); Jim Easton (Sloan Purcell's father); Janet Faunce (Wright's sister); Maxine Fry (Gary Fry's Mother); Mary Beth Gallagher (Barbara Kaloci's friend); Marcy Gehrke (Linda Bare's friend); Robin Griffen (Carol Durst's friend); Corey Hess (Grandson of Pease's); Dustin Hess (Pease's grandson); Edith Hopper (Chloe & Margo's grandmother); Mike Khamis (Minton Paul's friend); Pam Lauer (Nancy Humphrey's friend); Clarine Lim-Hardesty (Brian Lim's sister); Ron Ludwig (Joseph & Sloan Purcell's father); Suzanne Miranda (Claudia Peltier's sister); Peggy Mott (Jeanne Bodell's neighbor); Jack Mount (Bare family friend); Palmer Family (Kaufer family friend); Christian Pappas (Blaisdell family friend); Kathy Parkhurst (Lisa Blaisdell's mother); Darryl Paulson (Clement family friend); Gina Perella (John Humphrey's friend); Lori Petrucci (Nancy Humphrey's sister); Georgia Photopulos (Chris Mounce's sister); Anthony Purcell (Joseph Purcell's brother); Lori Rettig (Steve and Anu Rettig's sister-in-law); Tanya Rice (Scott & Kristen Spalding's stepsister); Lisa Robinson (Dee Sarrubi's daughter); Stephen Roebuck (Kathleen Roebuck's son); Rick Rossetti (Eileen Green's friend); Darren Rusli (Vickie Lao's friend); Janice Saenz (friend of Biggars); Helen Smillie (Audrey Hart's friend); Alma Smith (Eileen Green's mother); Paul Strickler family (Joe & Carolyn Ditto's uncle); John Stritch (Janice and Fred Ehlers' friend); Carol Thomas (Lisa Favor's aunt); Dee Dee Vasquez (Lisa Favor's cousin); Rita & Norv Wenner (Marilyn Odgers' friend); Yvonne Woodhouse (Audrey Hart's family member); and Craig Wright (Gary & Los Wright's son).

(Continued on page 5)

Emily's Desk

This spring we expect visitors as we prepare for EASTER: the day of Resurrection! Let's keep our eyes and hearts open to welcome them. Special thanks those who are involved in Connecting Ministry Teams who are especially involved in welcoming.



Rev. Emily McColl

Connecting focus area includes Worship Ministry Teams for both the Offering and Worship in the Sanctuary at 10 am. They include greeters and ushers, pencils in the pews, banners and other decorations on into responding to the attendance cards with Christ Note post cards. They even plan the Visitors Tea and the New Member events. The gift of hospitality is evident in the many who serve as volunteers in this area. This year we hope to exceed in number and in quality the wonderful accomplishment of 2010.

For worship, we have the chancel guild which sets the environments for worship and the liturgical colors and parameters, and the music teams and planning teams which prepare for each worship service, including Ash Wednesday and the services of Holy Week.

Included in fellowship activities are our delightful all church brunches. Friends are made and first contacts grow into stronger connection among us in these meals—long a tradition at LNPC. So many of you are a part of this, and we are grateful for your faithfulness.

As we discussed at the annual meeting, we have over 150 volunteers in these areas and there is always room for more. We can also use those who are gifted with organization, as it is quite a challenge to stay abreast of the planning. At any rate, we hope you are both welcomed and welcoming, smiles on your faces and joy in your hearts. For this is the first manifestation of God's kingdom on earth among us—in worship and fellowship here at LNPC!

Reminder: If you are having surgery or have a crisis, please call the church office or your deacon. We will ask if you would like this need to be confidential or shared and we would like to walk alongside you and strengthen you in prayer in these times. When one person cares for another, Christ is there. When the church, through faith together cares, the Holy Spirit is there growing us all into the image of our Lord. To God be the glory!

HEALTH *Ministries*

The Buzz on Vitamin D

Vitamin D, which your body creates through sun exposure, helps you absorb calcium and prevents the brittle-bone disease osteoporosis. But with a host of new research linking vitamin D deficiency to other conditions, the nutrient's potential benefits have multiplied, says Gerard Mullin, M.D., associate professor of medicine at Johns Hopkins Medical School.

A European study of 752 women age 75 and older, published in *Neurology*, found that participants with low vitamin D levels performed worse on cognitive function tests than those with normal vitamin D levels. Another study, of 3,400 men and women 65 and older, published in the *Journal of the American Geriatrics Society*; found that participants with vitamin D deficiency were three times more likely to die of coronary heart disease than those with adequate levels of the vitamin. Other studies have linked vitamin D deficiency to some cancers.

As you age, your skin becomes less adept at converting ultraviolet light from the sun into vitamin D. Most vitamins and Calcium contain Vitamin D. You can ask your doctor for a blood test to check your vitamin D levels. If deficient, take a supplement and aim for 800 IU of vitamin D a day.

Let's Look at Carbohydrates

All carbohydrates are not the same. Some provide a quick burst of energy (useful before a workout, for instance) the major downside: the energy surge tends to fade quickly, and you may feel your need to eat again soon for another "pick-me-up." Other carbs work more gradually. You won't get the energy spike you do with quick-release carbs, but you'll get a steady level of energy that's sustained over several hours. These carbs are more likely to carry you from one meal to the next.

Here are common food sources of each type of carbohydrate. **QUICK-RELEASE:** Shredded wheat, corn flakes, white rice, white bread, corn chips, mashed potatoes, raisins, carrots, bananas, dates. **GRADUAL-RELEASE:** All-bran cereals, rye or wheat bread, pasta, whole milk, yogurt, apples, peanuts.

Sharing Our Caring *(Continued from page 4)*

Service in the Military & Mission (Church Contact)

L/cpl. Kevin Alsop (Zink); Spc. Josh Berryhill (Stidham); Ltjg. Christopher Bowie (Kamariotakis); Lt. Col. Al DiNicola (DiNicola); Spc. Geoffrey Gloeckler Chatten (Gloeckler); Lance Corporal Kenneth Koch (Ruddiman); Ens. Duncan Andrew McColl; and Lt. Col. Lisa Tice (Hansen).

Adult Education Classes

Drop-In Bible Study – Sunday mornings at 8:45 am in the Conference Room. Are you ready for the last days? Hear Jesus' comments. Reviews are presented by DVDs or LNPC Ministers; always including group discussions.

Pastor's Bible Study Brunch – Tuesdays, 10:30 am in the Conference Room.

Pastor's Evening Bible Study – Wednesdays, 7 pm in the Conference Room. On break for the Lenten season. The last class is March 8 and will resume on April 26.

Bible 101: The Greatest Story Told for You! Lead by Rev. Emily McColl.

God's story and yours meets Tuesdays at 7 pm and Wednesdays at 9:30 am. This week: "Daniel: Staying Power." Bring your Bibles and your questions!

The Message – A story of Jesus told in the language of today! Join Jim and Jackie Settles in a relaxed small group setting at 4 pm on Mondays, just 3 minutes up the hill. Call (949) 499-2421 for directions.

The Gospel of Luke – Lead by Jean Shelton & Karen Vassey. Tuesdays from 2 pm-3:30 pm in Gard Hall B. On break for Lenten season. The last class will be March 8 returning on April 26. Join us.

LNPC News *(Continued from page 2)*

Helping Hands Ministry

Helping Hands needs Help(ers). If you have talents in any of the following areas, we can use you: carpentry, plumbing, electrical, lifting, assembly, disassembling, changing light bulbs, household chores, etc. We have a number of parishioners who need assistance. Contact Sam Johnson at 661-2818.



(Continued on page 6)

CHILDREN'S *Ministries*



Save the Date! Vacation Bible Camp July 11-July 15

VBC Burger Bash Sunday-July 17

VBC KICK OFF DAY for sign ups for campers & volunteers will be Sunday, March 27. Sign up sheets will be at the VBC Table on the patio after church. Come join the FUN of PandaMania!



The Market Place

Next Market Place is scheduled for Sunday, May 1!

In Sunday School the teachers are given the opportunity to reward their students with special coins to spend at "The Market Place." The Market Place is an ancient storefront out on the patio filled with child friendly goodies such as pencils, books, games, puzzles, jewelry and small toys. Coins are rewarded for:

- Bringing their Bibles to Sunday School
- Exceptional behavior
- Good attendance

Pathfinders: "Faith Studios"... Lights. Camera. Action!

It's not too late to come and bring your friends & neighbors and join the fun! February 9-May 25.



Welcome to Faith Studios, a place where kids learn about faith from the heroes of Hebrews. Join our crew each week as we

tackle the ins and outs of movie making. Guess the Movie Treat, act out the Screen Play (Bible story), place a star on the Walk of Faith, experiment with Movie Science, and create a fun craft in Design Studios.

In addition to our Faith Studios program we will be getting ready for our Palm Sunday Pageant that will tell the story of "The Week that Changed the World." The children will re-enact the last week of Jesus' life. What a wonderful way to begin Holy Week by keeping us all focused on the true gift of Christ's sacrifice.



Children kindergarten through 5th grade meet on Wednesday afternoons from 3:30 to 5:15 pm for Bible stories, recreation, snacks, music and crafts.

Cost is \$25 a child, \$40 for 2, and \$50 a family.

LNPC News

(Continued from page 5)

and on Saturday, March 19 from 9:30 am to 5 pm. Contact Karen Skinner at (949) 218-2505.

Grief Support

Meets Fridays from 1 pm - 2:30 pm in the conference room. For more information, contact Margaret Lee at (949) 230-8999. There will be no meetings on March 18 or April 22.

Solicitors

Attention congregation and staff, if you notice any solicitors on LNPC campus, please direct them to the church pastoral hotline at (949) 249-1218 option 1 or to contact the church office at (949) 249-1218, Monday - Friday, 8:30 am - 5 pm. Sunday is reserved as a day of Worship. Ministry should be conducted during the week, unless an emergency.

South County Outreach

SCO needs canned fruit, jelly, pancake mix, syrup and cereal. The non-food items are shampoo and conditioner. Thank you for your wonderful support. Together We Can Make a Difference!

Lenten

Bible Series

Life happens, and in each of our lives we recognize there have been times when we have been hurt by other people, times we have hurt ourselves, and, if we are honest, times we have hurt others. As a result, we all end up carrying some sort of a hurt, a hang-up, or a



Lenten Bible Study

(Continued on page 7)

LNPC News

(Continued from page 6)

habit that inhibits us from living abundantly in God's grace and love. This year's Lenten study we will focus on God's answer in Jesus Christ to our debilitating hurts, hang-ups, and habits and the freedom that is ours when we choose to accept Christ's healing in each of these behaviors. The study will begin on **Wednesday evening, March 16 at 7 pm. If you would like to join us for dinner at 6:15 pm. (before the study), you may sign up on Sundays or call the church office.** Come for dinner and the study, or come just for the study. Either way, enrich your understanding of Christ's work in your life and his power to transform your life.

2011 Holy Week Schedule

Palm Sunday – April 17 Palm Sunday Pageant

10:00 am – Worship in the Sanctuary
10:00 am – Offering – Gard Hall A

Maundy Thursday — April 21

7:30 pm – Candlelight Hand Washing Service & Communion

Good Friday— April 22 Music and Meditation on Christ's Death

7:30 pm – Candlelight Tenebrae Service of Darkness

Easter Sunday — April 24 Celebration of Christ's Resurrection

10:00 am – Sanctuary Easter Service
10:00 am – The Offering Easter Service

Thank you!

Laguna Niguel Presbyterian Church received a couple of thank you letters from the community. Thank you to everyone in the congregation for all your hard work.



The Adopt-a-Family program was a huge success this year, thanks to you! 1,057 local families applied

for holiday assistance this past year and because of you we were able to meet the need. Thanksgiving meals were provided to 737 families; 829 families received Christmas meals and 2,467 children received toys. Again, thank you for your thoughtfulness and generosity you've shown toward your neighbors in need.

Thank you, Ken Carpenter



The Board of Trustees of Capistrano Unified School District, at its meeting

held on February 8, accepted with thanks and appreciation your gift of classroom supplies donated to the district to be used at San Juan Elementary.

Please accept my personal thanks and appreciation.

Sincerely, Ronald N. Lebs



**Laguna Niguel
Presbyterian Church**

30071 Ivy Glenn Drive
Laguna Niguel, California 92677
(949) 249-1218
Fax (949) 249-1599
Youth (949) 249-1191
www.lnpc.org

**RETURN SERVICE
REQUESTED**

NON-PROFIT ORG
U S POSTAGE
PAID
Laguna Niguel, CA
Permit #552

Perspectives

Editor Jennifer Rickard
Layout Design Dené Glamuzina

Laguna Niguel Presbyterian Church

Church Office: (949) 249-1218

When prompted, dial staff member's extension number
to leave a message. Ext.

- Pastor Dr. Randall Steele x211
- Associate Pastor Rev. Emily McColl x212
- Parish Associate Rev. Gary Mills
- Volunteer Lay Pastor for Caring Ministries . . Margaret Lee
- Pastor Emeritus Dr. H. Kenneth McCullen
- Office Administrator Jennifer Rickard x213
- Office Assistant Claudia Vitalich x210
- Director of Music Ministries Dr. Binh Vu x219
- Assistant Music Minister Lee Lee Truong x219
- Organist Suk Choi
- Co-Director of Children's Ministries Janice Ehlers x220
- Co-Director of Children's Ministries Stacy Podres x220
- Director of Youth Ministries John Denton x223
- Sexton Nacho Calata



**One Hour of Worship
One Hour of Personal Growth
One Hour of Service
— EVERY WEEK —**

**See how this changes
your life!**