Community Press

A publication of Community Presbyterian Church
Rochester, MN

You are invited to the Annual CPC picnic on August 16 at 4:30 pm!

This year's picnic features a potluck with grilled hamburgers and hotdogs. Dinner will be served at 5 pm. Plates, utensils, and drinks will be provided. A free will offering will be accepted to cover the cost of the main dish. Please bring a dish to pass. Sign up in the narthex to bring appetizers, side dishes, or desserts.

Don't miss this opportunity to enjoy fun, food, and fellowship! Bring your lawn chairs and a favorite backyard game to play. Sign up in the narthex.

We also invite our neighborhood friends and our Children's Place friends to join us on this fun day. This will be a great opportunity to get to know each other better.

Community Presbyterian is "an open-hearted, open-minded Christian community sharing a ministry of faith, hope and love."

Community Presbyterian Church is a proud member of the Presbyterian Church USA (PCUSA). We were founded by a group of Rochesterites who were committed to building a church based on the simple idea that Christians should be "open-hearted, open-minded." We're located at 3705 55th Street NW, just across from Sam's Club. Join us for worship at 9:30 Sunday mornings! You are welcome to join us on this journey of faith!

Community Presbyterian Church 2015 Leadership

Session

The Session is the governing board of the church. It consists of nine ruling elders, elected in classes of three, for three years. Much of the business of the church is conducted through committees. Each ruling elder chairs one of the committees. The Pastor, who is a teaching elder and moderator of Session, is an ex-officio member of every committee.

Class of 2015	Ellen Warner	Worship and Music
	Mary Meyer	Nominating
	Ivy Pillers	Mission
Class of 2016	Bruce Felger	Building and Grounds
	Stacy Kopecky	Membership
	Amy Anderson	Personnel
Class of 2017	Ronda Marshall	Finance and Stewardship
	Mark Neville	Clerk
	Amanda Ross	Christian Education

2015 Nominating Committee

Bruce Bigelow, Judy Leal, Katie Marker, Mary Alice Richardson
Deacon representative: Peggy McCarty, Ruling Elders: Mark Neville & Mary Meyer

Deacons

The Board of Deacons are responsible for ministering to all those who are in need, to the sick, to the friendless, and to all those who may be in distress. They provide meals and transportation, among other requested needs. They maintain the Prayer Chain. Deacons are elected in classes of two for three years.

Class of 2015	Class of 2016	Class of 2017
Carol Bigelow	Louis Bouchard	Peggy McCarty
Linda Overton	Ellie Hauser	Bernie Nicholson

Pastor/Head of Staff	Rev. Laurene M. Lafontaine
Choir Director	Meg Britain
Pianist	Laurie Priniski
Pianist	Glenna Muir
Bell Choir Director	Judy Kereakos
Office Manager	Stephanie Pasch

Ministers to the world **Congregation Members**

Musings from pastor Laurene

Driving westward across the last few miles of Nebraska into Colorado, I wasn't really listening to the radio playing in the background; it had already been a long travel day with some 200 miles still to go. But a story of a young boy asking fear to step aside so that he could finally dive off the diving board after days of being scared definitely caught my attention. My first thoughts were "wow, what if we could really redirect counterproductive fear by simply acknowledging it and then asking it to step aside? Could you imagine the ramifications for our own lives, let alone for our own faith community, our city, country and global community?"

Tuning back to the radio conversation, Pete Docter, the director and co-writer of the new Disney-Pixar animated film "Inside Out" went on to tell NPR's Terry Gross that "this young boy, whose father was a one of the film's technical directors, had been really struggling to make his first dive off the diving board during his swimming lessons. The board was too high, he was too scare. This young man along with the rest of the families and friends of the film's production staff were treated to a test screening of "Inside Out." After seeing the film, he went to his lesson, asked fear to step aside and dove off the diving board."

"Inside Out" is a delightfully enlightening film chronicling the move of 11 year old Riley and her family from Minnesota to San Francisco. The film portrays the coinciding stories of external reality of the family's move and the internal interplay of Riley's emotions trying to figure out how best to navigate a new city, house, and school. The five characters, Joy, Sadness, Fear, Anger and Disgust, play an important role in a multi-faceted story of the human mind. The science behind the film is excellent. The consultants included psychology professors, Dacher Keltner, Ph.D., UC Berkeley and Paul Ekman, Ph.D., of UC San Francisco, and Richard Schwartz, Ph.D., founding developer of Internal Family Systems, all of whom are doing significant work in the area of emotional/social psychology and healing from trauma.

There is a profound relationship between the psychology of personality and the theological understanding of who we are and what does it mean to be created in the image of God. For example, let's revisit the emotion of fear. We know that fear being one of the most primal and hard-wired emotions, has played an important role in our survival. Fear's job is to keep us safe by alerting us to possible danger whether it be people, things and/or situations that have the potential to hurt us and immediately giving us possible responses like fight, flight, freeze or flee. Physiologically, our bodies kick into the reaction phase in a mere seconds, yet when we have the presence of mind to take a breath and acknowledge the fear, we can have options with how to respond.

Given that we are no longer chased by large saber-toothed cats, this hard-wired emotion can be unconsciously projected onto others all too easily. Fear is the major source of what ails our society. Fear essentially blocks faith. It also divides us. Fear is the opposite of love, it fuels hate, bigotry and prejudice. Fear sees the other person who does not look, think or act like us as a possible threat. And if that understanding is supported by a specific ideology, fear is expressed by the dehumanization of the other. It also keeps us from seeing the possibilities outside the realm of our experience. Many people hate change because it shifts from a known experience into the unknown, which quite frankly scares us because we don't know who we are within that particular context.

Yet, God is continually inviting us to "fear not" or "not to be afraid." Throughout the scriptures, these phrases are found abundantly more often than "love one another." There is something cut and dried about being told not feel or live out of fear. Is it that easy? Obviously, it is not. What often happens is that we end up feel guilty, creating a crisis of faith. So what if instead, we simply acknowledge the fear and thoughtfully respond instead of react? What if we try to understand what is causing us to be afraid? What if we embrace the fear and other emotions as a learning opportunity so that our faith can be fully present? One of the ideas which I am going to more fully explore during my study leave is the relationship between the fear/faith struggle of an individual and how that struggle is played out in the collective church. My sense is that the most of the present day Church, perhaps ours as well, struggles with faithfully living into the fullness and abundance of God's Spirit. What a fabulous opportunity to acknowledge and embrace our collective fear and let it be transformed into a more life-giving faith! Meanwhile, go see "Inside Out" if you have chance. I will be curious to hear your thoughts.

Peace,
Pastor Laurene

Worship

Your help is needed for Worship!

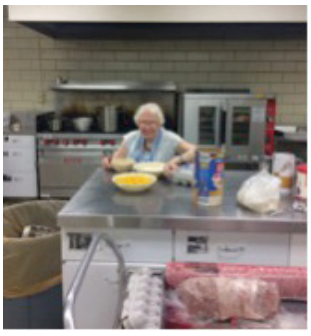
Our Worship Volunteers create a warm, welcoming, and orderly environment so the focus of our worship services can remain on worship. Volunteering for one of our Worship Teams as an Assistant, Greeter, or Liturgist is an important way to contribute to the CPC community. A sign-up sheet is in the Narthex, or email Stephanie at office@cpcrochester.org.

- Worship Assistants assist with set up before worship and collect the offering during the service.
- A Liturgist provides worship leadership during the service
- A Greeter greets everyone before the service, counts and records number of people worshiping.
- Sanctuary Flowers providers provide flowers for Sunday morning worship
- Fellowship-time refreshment hosts provide treats after Sunday worship.

Mission

Call to the Kitchen and Dining Room

Opportunity knocks for those who are willing to cut apples, make meatloaf, serve a meal or even bake some brownies! September 12 is CPC's next volunteer day to serve the Saturday Noon Meal at Christ United Methodist Church. Sign up for this event is in the narthex. If you have done it before, we hope to see you again. If you have never helped, we would love to have you join us! No experience or expertise is required, just a warm heart and willing hands! If you have questions contact Ivy Pillers. Take a gander at some of our prior volunteers in action!



Membership/ fellowship events

Fun was had by all at the Berne Pizza night in July! The group enjoyed pizza, some music and fellowship time together!

Upcoming Membership/Fellowship Events

August 16 - Church picnic at Community Presbyterian
Come enjoy your CPC friends, the neighbors, and the Children's Place crew. Watch the bulletin and e-blast for more information

August 20 - An Evening at the Art Center,
Meet at 6:30

September 13 - Outdoor Worship with Brass, Etc!, Pancake Breakfast with Pancakes, Etc! and the Founders Program

Come Grow With Us
CPC Garden Report, May 2015
By Carole Kinnion Copeland

One must have faith in the soil, the rain, the sun
and that spring always follows winter.

Planting canna rhizomes requires faith. These seemingly lifeless brown rhizomes contain flowering plants that can grow up to 10 feet. Recently Bob Smith, one of "God's little helpers,"planted the round canna bed by the dancing figure sculptures. Bob originally received these rhizomes about 25 to 30 years ago. He says the success is based on good soil, lots of moisture, and plenty of sunshine. Thank you Bob for your donation of Cannas and your time to plant them. We will enjoy watching them grow and bloom.

Another recent addition to the church's Garden of Life are some beautiful yellow Asiatic lilies donated by Carol Bigelow in memory of her mother, Helen Jensen. Carol remembers how much her mother enjoyed seeing lilies outside her kitchen window. Thank you, Carol, for your gift of lilies.

Gardening requires faith, but it also requires us to be good stewards. We need to be mindful of taking good care of our church property, our landscape, and our gardens.

Come grow with us, be "God's little helper," and be good stewards of our church grounds and gardens. If you are interested in helping with the church gardens, please contact Carole Kinion Copeland at 990-0544.

We welcome all who wish to contribute planting materials, resources of time, talents, and dollars to help maintain our gardens. We need more helpers and funds for landscape maintenance, too. Let's be faithful together.

Thanks for a great week at IVBS!

Kids Pool Event
Sunday, August 2nd 1:00 pm
$4 per person
Kasson Aquatic Center
201 7th St NW, Kasson, MN 55944
Meet at the Aquatic Center
(Cancelled if there is rain)

Welcome to CPC

New member Meg B. is a hairstylist, substitute teacher, choir director, vocal coach, school-age youth supervisor, and assistant Somerby Day Camp supervisor in Rochester, Byron, and Kasson. She has a Cosmetology license and received a B.S. in Vocal Music Education from Winona State in December. In addition to multi-tasking, Meg Britain is a full time Mom to her 6-year old son, Tristan, and a dedicated Green Bay Packers Fan!

Tristan is in kindergarten at Byron. He received awards in Citizenship, Responsibility, Honesty, Caring, and being Respectful to his Peers and Teachers. Tristan plays baseball and helps his mom around the house. His current aspiration is to be a police officer to help people in need.

New member Marcia B is a nurse practitioner in the Department of Surgery at Mayo Clinic. Marcia's father is a retired Lutheran minister. She graduated from Lutheran (Liberal Arts), Mennonite (Nursing), and Catholic (Nursing) colleges and completed a terminal degree in nursing at the University of Minnesota. In her free time, she enjoys being a grandma, family time, traveling, cooking, baseball and concerts/art fairs/theatre.

Presbyterian Women

Save the date! September 15, 7:00 pm

PW will meet at CPC and view one of Anita Gutschick's Women of the Bible series. Anita has performed one-woman plays about Biblical women for 20 years. She performed at the PW Triennium in Minneapolis in June, 2015. If you have questions or need a ride, please contact Margie.

MEMBER SPOTLIGHT BY MARGARET NELSON

Duane O has been opening the door and greeting church members on Sunday mornings since way back in the 1960s when he was a member of First Presbyterian in Rochester. He was one of the Founding Members of CPC.

But Duane's life began some years before CPC. He was born in St. Cloud, MN, October 23, 1920. He attended school there until his mother died when he was eight and his sister, Shirley, was two. Two small children were more than his dad could handle, so Shirley was raised by their grandmother, and Duane went to live with his aunt and uncle on a dairy farm, where they milked 60 cows with milking machines though the farm had no electricity. (Ask Duane how they managed this.)

Many years later, his father married a fine Catholic woman who raised Duane's half-brother, Tom, to be a priest. Father Tom lives in Kimball, north of the Cities. He and Duane are close and get together both here and in Kimball several times a year.

Following high school graduation in Mound, MN, Duane, anxious to serve his country, joined the Navy. Immediately after Pearl Harbor, he found himself spending six weeks circling the Hawaiian islands to be sure no other attacks were planned. He spent the next several years in the South Pacific.

After the war, Duane worked in a filling station in St. Louis Park. One of his customers was a girl named Joan Snyder. One day he asked if she'd like to go to a movie... and in1948, they were married. Duane and Joan bought a house in St. Louis Park and had three children: Launie, Kevin, and Susie. At six months, Susie had bacterial meningitis and now lives in a REM Home.

Duane went to work with Burroughs Business Machines in St. Paul, continuing with Burroughs when they moved to Rochester in 1960, for a total of 34 years when he retired in 1981. Duane planned to just relax in retirement until Joan told him to get out of the house, "You're driving me crazy!" she said. He took a part-time job driving the bus for Central Lutheran School, assuming that in a couple of years Joan would get used to having him around. Thirty-two years later he retired from that job.

Now Duane volunteers two days a week with the Rochester School System's Alternative Learning Center overseeing the students who run the kitchen at lunchtime. Duane has great empathy with the students there who have many kinds of problems. He said he asked one boy recently where he would have dinner that night, and the reply was, "I don't even know where I'm going to sleep tonight."

Duane concluded, "There is one thing I do **not** do. I do not go to high schools to talk about the War. I want people to remember that the World War II Vets are the reason we live in this free country today."

Celebrating Senior Moments

Parishioners Duane Olson and Margaret Nelson were surprised with a 95th birthday cake after worship April 19.

"It was the surprise of my life," Duane said, noting that Margaret always brags about being older than him "until October, when I catch up!"

"A talisman rose, my absolute favorite, plus a cake noting our advanced age, was the culmination of a week of celebrating," Margaret said. "I'll expect a repeat for my 100th!" she warned.

Mary Alice Richardson and Stacy Kopecky organized the cake and celebration. Duane and Margaret were honored with roses during the worship and recognized as treasures of CPC.

The Return of the Prodigal Tables

There aren't a lot of mysteries in the day-to-day operation of the church office. Sure, there's the divine mystery of the Trinity and the ongoing puzzle of how to make two-sided copies on the copy machine, but otherwise it's pretty uneventful.

Until Tuesday, April 21, when two folding tables showed up at the front door. "It's miraculous. It's just miraculous," said handbell director Judy K.
According to Judy, in 2012, "around garage sale time," all eight of CPC's handbell tables disappeared from the storeroom. At that time, they were not locked up, and no one saw them leave the building. "During the summer, we waited and thought, well, maybe when someone's garage sale is over, they will return them," Judy said. By September, six of the tables did return, appearing propped against the front door. The tables had no explanation for their whereabouts and declined comment for this story.

Replacement costs are about $200 per table, "Which was not in the budget, of course," Judy said. The ringers purchased one bigger plastic table instead.

"That's three years ago, and we haven't thought about the other two tables since," Judy said. "We always said they went on vacation!" The fact that the tables reappeared, and that they showed up on the same day Judy planned to work on handbell music, is just a miracle, she said. "Wait 'til I tell the ringers!"

The wandering tables are now locked up with their six brother tables, and Judy is considering having motion-detecting lights, security cameras, and easily-irritated crocodiles installed to protect them in the future.

"This has really made my day," Judy said. "We are grateful."

Walk for Hunger
October 4, 2015

CPC will participate in the annual Church World Service sponsored CROP walk which raises money for the hungry of the world. There are many ways you can contribute including walking the walk yourself, making a donation to someone who is walking, help raise money by asking others to contribute, volunteer on the day of the walk, pray for the CROP Hunger Walk and those who are poor and hungry. Please consider joining those of all ages from our congregation who make this annual walk to raise money and awareness of hunger issues. Let's have a big turnout from CPC this year!

Community Presbyterian Church
3705 55th Street NW
Rochester, MN 55901

Keep these dates in mind!

August 2	Kids Pool Event
August 14-15	Session Retreat
August 16	Church Picnic
August 20	An Evening at the Art Center
September 13	Outdoor Worship with Brass, Etc! and Pancakes, Etc!

A full calendar can always be found on the CPC website!
www.cpcrochester.org

Today was the absolute worst day ever
And don't try to convince me that
There's something good in every day
Because, when you take a closer look,
This world is a pretty evil place.
Even if
Some goodness does shine through once in a while
Satisfaction and happiness don't last.
And it's not true that
It's all in the mind and heart
Because
True happiness can be obtained
Only if one's surroundings are good
It's not true that good exists
I'm sure you can agree that
The reality
Creates
My attitude
It's all beyond my control
And you'll never in a million years hear me say that
Today was a good day

Now read from bottom to top

This poem was written by Chanie Gorkin, an 11th grader.