

# COMMUNITY PRESS

A PUBLICATION OF COMMUNITY PRESBYTERIAN CHURCH  
ROCHESTER, MN

August is a special time in the life of Community Presbyterian! We have opportunities to build relationships with each other as we attend and/or volunteer at Faith Camp: God in Creation, August 8-11. We have an opportunity for food, fun and fellowship at the Annual Church Picnic Potluck on August 14. We have the opportunity to take care of our space and the space of the Children's Place Nursery School by helping paint classrooms on August 6. We have the opportunity to grow as we read and discuss Fully Awake and Truly Alive. And plans are being made for fun things in September and October. So many opportunities!

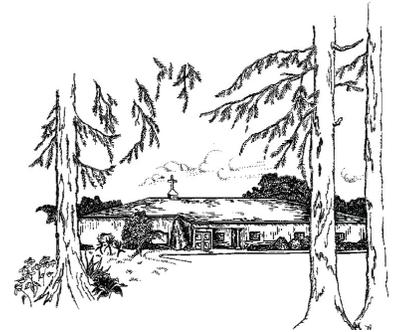
So, now is the time to look at your calendar and plan when you will engage with the community at Community Presbyterian Church!

It's an exciting time! Don't miss it!



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**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 \* 3705 55th Street NW \* Rochester, MN 55901 \* 507-280-9291 \* [www.cpcrochester.org](http://www.cpcrochester.org)*

AUGUST 2016

# COMMUNITY PRESBYTERIAN CHURCH 2016 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.

<u>Class of 2016</u>	Bruce Felger Stacy Kopecky Amy Anderson	Building and Grounds Membership Personnel
<u>Class of 2017</u>	Ronda Marshall Mark Neville Amanda Ross	Finance and Stewardship Clerk Christian Education
<u>Class of 2018</u>	Dave Copeland Ivy Pillers Ellen Warner	Nominating Mission Worship and Music

### 2016 Nominating Committee

Bruce Bigelow, Ann Hesley, Mary Alice Richardson, and Mary Meyer

Deacon representative: Peggy McCarty, Ruling Elder: Dave Copeland, Stacy Kopecky

## Deacons

The Board of Deacons is 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. Deacons provide meals and transportation, among other requested needs. They maintain the Prayer Chain. Deacons are elected in classes of two for three years.

<u>Class of 2016</u>	<u>Class of 2017</u>	<u>Class of 2018</u>
Louis Bouchard Judy Leal	Peggy McCarty Bernie Nicholson	Carol Bigelow Jennifer Hall

Pastor/Head of Staff  
Choir Director  
Pianist  
Pianist  
Bell Choir Director  
Office Manager  
Custodian

### **Ministers to the world**

Rev. Laurene M. Lafontaine  
Meg Britain  
Laurie Priniski  
Glenna Muir  
Judy Kereakos  
Stephanie Pasch  
Carrie Fletcher

### **Congregation Members**

## MUSINGS FROM PASTOR LAURENE



Fully awake and truly alive! There is nothing quite like spending a week in the bucolic setting on the Isle of Iona to reawaken the one's sense of life and purpose. Being relatively cutoff from the daily news headlines, voice mail and email as a result of very limited internet access, was more of a challenge than I had anticipated. Since I used my iPhone as my camera, I became aware of just how many times I unconsciously checked my email. After a couple days, I found myself able to relax and totally enjoy the beauty and people on Iona. My purpose of this vacation was to reconnect spiritually in a place long known for being "what the Celts call 'a thin place,' where heaven and earth seem to touch." The founder of Iona and a Church of Scotland minister, Rev. "George MacLeod described Iona as a "thin place" - only a tissue paper separating the material from the spiritual."

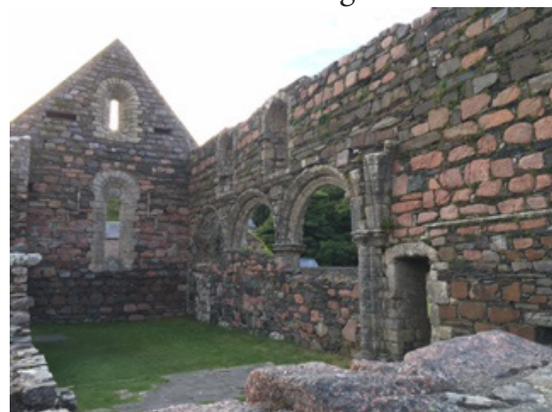
He founded it as an international ecumenical fellowship guided by four emphases: mission, political involvement, a ministry of healing, and worship. His efforts helped restored the Abbey (pictured to the right from Dun-I, highest place on the Island) where daily morning and evening worship occurs.

It was such joy to worship as a participant and to experience the wildly creative expressions of the worship leaders from the Iona community and young adult volunteers.

What struck me was the intensity of their commitment to social justice and peace. Quite honestly, it took me back a couple decades to when churches in the PCUSA and other mainline denominations were as fired up. It did give me a deep sense of hope. I do wondered about the state of the social justice and peace movements within the US.

Along with worship, the highlight of the week was exploring the island. Only 3 miles long and a mile wide, I was sure that I could get to all the "must see" places. Unfortunately, I failed to account for the rugged terrain. It was a great week of being physically active and not uncommon to have walked 20,000 steps daily. The rugged beauty of Iona, with sheep literally everywhere the eye could see, was inspiring. Plus I don't think I have ever seen so many variations of the color green.

The enduring presence of faithful people through the centuries was a reminder that our lives of faith exist as a result of those who have gone before us. St. Columba brought Christianity to Scotland and Northern England



Iona Nunnery ruins

in 563 CE. Seeing the ruins of the nunnery which was destroyed along with almost all the buildings on Iona as a result of Scottish Reformation, was a reminder of the impact of religious conflicts throughout human existence, which have caused pain, suffering and destruction of human lives, all done in the name of God. The hope is that someday, soon, we can learn how to live together as a global community with numerous expressions of faith. I was surprised to see so much plant life within the cracks of the bricks in nunnery, it was a hopeful sign that life continues to grow around the foundation of faith, and often in the least likely places. I wish you well.

Peace,  
Pastor Laurene

## WORSHIP AND MUSIC



### 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](mailto:office@cpcrochester.org) or check out Sign Up Genius.

- 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 worshipping.
- Sanctuary Flowers providers provide flowers for Sunday morning worship
- Fellowship-time refreshment hosts provide treats after Sunday worship.

### Save the Date... September 11

#### Outdoor Service

Bring a Friend Sunday

Special Music

and a Pancake Breakfast



Bring a  
Friend

## CHRISTIAN EDUCATION



### Last Call for Summer Reading!

The Library Promotion Project will come to its conclusion by Labor Day. All special books from the Narthex and Library exhibits will return to the shelves.

Thank you to all who have used the books from the exhibits. After Labor Day, books may be checked out from the Library, to be returned in four weeks. Keep Reading!



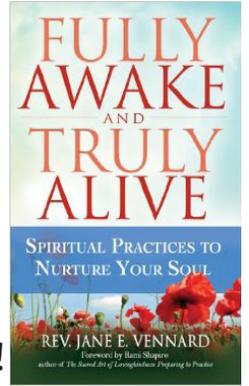


**Congregational Summer Reading  
Fully Awake and Truly Alive**

**Read** Fully Awake and Truly Alive in July!

**Discuss** Fully Awake and Truly Alive in August!

**Live** Fully Awake and Truly Alive in the months to come!



In June and the beginning of July, Pastor Laurene used this book as a resource in a special sermon series. Many members purchased their own copy and have read it! There is also a copy in the library. Now it's your turn to engage with her discussing this life-changing book! There will be three book discussion group meeting times: Sunday morning, 10:45 am and Wednesday at 1:00 pm and 6:30 pm.  
Sun, Aug 7th at 10:45 am, Wed, Aug 17th at 1:00 pm and 6:30 pm, discussion of themes in ch. 1-4  
Sun, Aug 21st at 10:45 am, Wed, Aug 24th at 1:00 pm and 6:30 pm, discussion of themes in ch. 5-8

MEMBERSHIP



**Annual Picnic  
Potluck**

**SUNDAY, AUGUST 14, 2016  
4 PM – 7 PM @CPC**

Hamburgers, Hot Dogs, Plates, Utensils, and Beverages provided.  
Please bring lawn chairs, yard games, and a dish to pass if you choose.

Last name: A-L bring salad/side  
AND  
M-Z bring dessert

Sign up TODAY!

[Office@cpcrochester.org](mailto:Office@cpcrochester.org) or 280-9291

In the narthex or call Stacy

# CHRISTIAN EDUCATION: FAITH CAMP

Monday, August 8th - Thursday, August 11th  
5:30 pm - 8:00 pm

You are invited to join us as we learn about our connection with God through the elements of creation: earth, air, fire and water!



Share a meal together! Group singing!  
Enjoy age-appropriate learning!  
Activities and Games for the kids!  
Spirituality and Wellness program for Adults!  
Finish the evening with a closing for all involved!

### **Interested in volunteering or registering**

For more information, contact the church office: 507-280-9291,  
office@cpcrochester.org or www.cpcrochester.org  
3705 55th Street NW, Rochester, MN 55901

### ***Faith Camp's Spirituality and Wellness Program*** **6:45 pm - 8:00 pm**

This week, we are focusing on our connection with God through the elements of creation: earth, air, fire and water. You are invited to join us as we seek to deepen our sense of our own spirituality, experience healing and wellness, and connection with one another. Our evening sessions will be engaging, informative and interactive.

Monday, August 8th	Donna Magtibay, MSN, RN, Mayo Clinic	Energy/Reiki
Tuesday, August 9th	Diane Anderson, Instructor at Mayo Clinic	Drumming
Wednesday, August 10th	Kim Edens, MS, RD, LD, Mayo Clinic	Breathing and Yoga
Thursday, August 11th	Rick Morris, Sierra Club	Healing aspects of Water

Invite your friends to this wonderful program. If you want to attend Faith Camp, the suggested donation is \$10.00 or if you only want to attend Spiritual and Wellness Program, the suggested donation is \$5.00. For more information or questions, please call Pastor Laurene 507-421-4970.

**Faith Camp is coming! We need help with supplies!**  
**Please drop off donations at the church as soon as possible! Thanks!**

We are looking for: paper plates, balloons, popsicle sticks, white, blue, red, yellow and orange tissue paper and streamers, flameless candles, and clear glass votive cups (or baby food jars), paper towel tubes or wrapping paper tubes, pipe cleaners, metal washers, and assorted ribbons.

## Spotlight on Pastor Laurene Lafontaine

We see her every Sunday. We know her profession. We know where she lives. We know her friend Gypsy. But who is she, really? Pastor Laurene loves to cook, bake and have dinner parties, enjoys woodworking, learning to carve wood, bicycling, being out in nature, animals, board games and hiking. She enjoys being on the water so looks forward to going up north in the near future to explore and hopes to canoe the boundary waters.

Laurene is the oldest of her 3 half-siblings, was raised in Spokane, Washington, and her grandparents and great-aunt Florence were deeply influential. She fondly remembers picking huckleberries and camping in Northern Idaho, and going clamming for razor-back clams on the Washington coast with her grandparents and great-aunt. A good student, she was also quite an athlete, active in most sports, her favorites being basketball and fast pitch softball. She attended Whitworth College on a basketball scholarship and also played on their fast pitch softball team. Having grown up unchurched, it was at Whitworth that she became acquainted with Christianity and at 21 years old, she was baptised when she joined First Presbyterian Church, Spokane.

Between college and seminary, she spent a twenty-one months as the Youth Group Coordinator and Junior High Ministry Intern at the Lake Grove Presbyterian Church in Lake Oswego, a suburb of Portland. It was here that she received her "Call" to the ministry and chose Princeton Theological Seminary for her Masters of Divinity studies. After graduating from Princeton in May of 1987, she worked in the Seminary cafeteria for six weeks and then spent the remainder of the summer exploring the United States driving from Princeton north to Toronto, heading south from Canada through the middle of the US to Albuquerque, Phoenix, San Francisco, Portland, Spokane and eventually moving to Denver, Colorado where she began a two year post graduate internship and residency Advanced CPE program in the fall of 1987.

The chaplaincy training program gave Laurene an opportunity to learn about and serve on the Behavioral Medicine units: adult psychiatric, chemical dependency and eating disorders; and women's health. Her residency year was spent at the University of Colorado Health Sciences Center on the burn unit, neuro, surgery and psychiatric emergency room units. It was an intense learning and training experience, which continues to influence her ministry.

Laurene has served in a variety of ministry settings: AIDS/HIV ministry, LGBT civil rights organizing, teaching, coaching and directing the community service program at a local college preparatory high school, serving as an interim associate pastor, stated supply pastor, youth director, contract grant writer and even as a coffee barista at the National Renewable Energy Lab in Golden, CO. We know from her sermons, the work she did during all the years until 2010 when the Presbyterian Church finally made it possible for Laurene to be an installed pastor of a church.

Laurene came to CPC in 2013. Transitions are always difficult. During this past year, when the development project just west of our property in our neighborhood was being discussed at city council, this gave her an opportunity to build relationships with the community beyond our membership. And her creative ideas are building programs within the church which we hope will help the church grow.

Having a social life for members of the clergy is not easy. They should not have close friends within their own congregations. Laurene's move to Pine Island has given her new neighbors to become friends with and an atmosphere where she can have her own life, striving for a healthy balance between work and social activities. Laurene recently became a volunteer with Camp Companion, a local animal rescue organization, has joined a local Drumming Circle and is joining a local bicycle group for group rides.

Laurene just returned from a vacation in Scotland, spending the first week on the Isle of Iona, the birthplace of Christianity in Scotland and Northern England, and Presbyterianism through the work of John Knox in the mid 16th century. This was followed by a week with friends in Glasgow including the opportunity to preach in one of their churches. We should hear more about this experience in the days ahead. Laurene also looks to the future saying she is convinced CPC's best days are ahead.



**Laurene standing near the bay where St. Columba landed in 563 on the southern end of the Isle of Iona.**

## BUILDING AND GROUNDS

### Come Grow With Us



Susurrus

[soo-sur-uh s]

noun, plural susurruses.

a soft murmuring or rustling sound;  
whisper.

Are you familiar with the sound the wind makes as it goes through tall grass? Susurrus? I encourage you to come to the garden and listen.

-Carole Kinion Copeland

### Painting Party - August 6

**Come and help paint the classrooms at CPC!**

**RSVP to Bruce Felger**



## CELEBRATIONS AND KUDOS

Please pick up a written copy of the newsletter for birthdays and anniversaries.



Congrats to Jane Burgstaler who got a Best of Show ribbon for her Rabbits!

Congrats to Meg Britain! She was named as the new choir director at Lourdes High School!

## PRESBYTERIAN WOMEN



### Presbyterian Women:

#### Are you interested in finding out more about Jesus?

The Presbyterian Women of First Presbyterian Church invite you to join in for an introductory session on the Horizons Bible Study for 2016-17, "Who is Jesus? What a Difference a Lens Makes" The Rev. Susan Li is leading us in this opportunity on Saturday, Sept. 17 at 10:00 A.M. at FPC in the social hall. We hope you can join us! If you have any questions, please call the FPC office at 282-1618.

## AROUND THE CHURCH



Pastor Laurene is looking for two comfortable chairs for her office. If you happen to have two matching chairs that you would be willing to donate to the church, please talk to Pastor Laurene!



### When to Call a Pastor

Since our pastor is not omniscient and since hospitals no longer notify pastors when their church members are in the hospital, here are some guidelines of when to call!

- Before going to the hospital or when there is illness or hospitalization.
- When someone is dying or a death has occurred.
- When a baby is born or adopted.
- When there is a wedding to be planned.
- When you would like to talk or pray about an important decision.
- When you or someone you know is in need of spiritual help.
- When you are unhappy about the church or something that happened in the church.
- When you are facing a serious family problem.
- When someone is interested in the church.

**Pastor can be reached at 507-421-4970 (cell) or by calling the office 507-280-9291  
or by email: [pastor@cpcrochester.org](mailto:pastor@cpcrochester.org).**



ROCHESTER SYMPHONY ORCHESTRA & CHORALE

and



34th INFANTRY DIVISION "RED BULL" BAND

## ECHOES OF 9/11

2016 marks the 15th anniversary of the 9/11 attacks. To commemorate this historic event, honor its victims and pay tribute to the magnificent valor of America's first responders, the Rochester Symphony Chorale in cooperation with the 34th Infantry Division "Red Bull" Band of the Minnesota Army National Guard will present a public concert on September 10, 2016.

**You are invited to sing with us!**

Rehearsals: Aug 1, 8, 15, 22, 28 and Sept 1 and 8, all 7-9pm at Gloria Dei Lutheran Church (singers are required to attend a minimum of 4 of the 7 rehearsals)

Dress Rehearsal: September 10, 10am—Mayo Civic Center Auditorium

Performance: September 10, 2pm—Mayo Civic Center Auditorium

Program will include:

The Star Spangled Banner  
 Flanders Field  
 A Hymn for the Lost and the Living  
 The Testament of Freedom  
 The Promise of Living from *The Tender Land*

The Battle Hymn of the Republic  
 America the Beautiful  
 Sounding of Taps  
 Hymn to the Fallen  
 The Stars and Stripes Forever

To sign up, visit [rochestersymphony.org](http://rochestersymphony.org), email [info@rochestersymphony.org](mailto:info@rochestersymphony.org), or call 507.286.8742.

Rochester Symphony Chorale  
 &  
 The 34th Infantry Division "Red Bull" Band  
 present

# ECHOES OF 9/11

*A concert to honor the heroes & commemorate the tragedies on the 15th anniversary of September 11, 2001*  
 Hosted by Tom Overlie

Saturday | September 10, 2016 | 2:00pm  
 Mayo Civic Center Auditorium

**EVENT IS FREE AND OPEN TO THE PUBLIC**

With participation and support from:

Mayor Ardell Brede Gold Cross Ambulance Service

9/11 Commemorative Stained Glass Window by Mike and Stephanie Podulke on display at Mayo Civic Center

**August 23 & 24, 2016**  
 Canadian Honker Events  
 at Apache  
 1517 16th St. SW  
 Rochester MN

Kick-off Dinner Tuesday, August 23, 2016  
 Social at 5, Dinner at 6, Presentation at 6:30

**"The Music of Our Life"**

Join us for dinner and an inspiring presentation by Jeanie Brindley-Barnett. Jeanie is a leading teaching artist in the field of Arts and Aging. Through singing and socialization, people find purpose, joy and a sense of belonging. Jeanie is the Music Director of Giving Voice, a new chorus for those with Alzheimer's and their caregivers. In 2005, she created MacPhail Music for Life™ (MMFL), a pioneering music education program for older adults.

Tickets are \$25 for the Kick-off Dinner event. Limited seating is available and tickets must be purchased in advance.

**EXPO - Wed. August 24, 2016 from 9 am to 3 pm**  
 Providing education, support, resources and advocacy to empower caregivers and those in their care.

Expo includes:

- Speakers from 9 am - 3 pm (such topics as: What to do until help arrives; GLBT in caregiving; Grieving; Senior Scams; Ease into Caregiving; Caregiving Struggles and Strategies; Caregiving Realization and Realities; Dealing with Common Caregiving Challenges; Nursing home/Assisted Living vs. In home care; Palliative Care and others). CEU's available for professional caregivers.
- Community Resources including Vendor Exhibits from 11 am - 3:30 pm (vendors include Homecare agencies, hospice care, transportation services, chore services, Dementia services, legal assistance, home delivered meals, Falls prevention, Physical therapy, PCA services, Medical equipment and many others)
- And lots of Caregiver Networking

Tickets are only \$20 (Light breakfast and lunch included) available at

115 NE 1st Ave., Rochester 507-288-5191 [www.RochesterSA.org](http://www.RochesterSA.org)  
 1130 1/2 7th St NW, Ste 205, Rochester 507-285-5272 [www.elder-network.org](http://www.elder-network.org)  
 4600 18th Ave. NW Rochester 507-287-2010 [www.familyservicerochester.org](http://www.familyservicerochester.org)

# August 2016 - Community Presbyterian's Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Office Closed 9:00am Med City Driving	<b>2</b> 9:00am Med City Driving 6:00pm Brain Injury Support Group 6:00pm Christian Education Meeting 7:00pm Elders Planning Meeting 7:30pm Membership Meeting	<b>3</b> 6:30am Prayer Group at Madonna Towers 9:00am Med City Driving 12:00pm Bulletin info due	<b>4</b> 9:00am Med City Driving	<b>5</b> 9:00am Med City Driving	<b>6</b> Painting Party!
<b>7</b> 9:30am Worship with Communion 10:30am Fellowship 10:45am Book Discussion: Fully Awake and Truly Alive 1:00pm Deacons	<b>8</b> 9:00am Med City Driving 5:30pm Faith Camp	<b>9</b> 9:00am Med City Driving 5:30pm Faith Camp	<b>10</b> 6:30am Prayer Group 9:00am Med City Driving 12:00pm Bulletin info due 5:30pm Med City Driving 5:30pm Faith Camp	<b>11</b> 9:00am Med City Driving 5:30pm Faith Camp	<b>12</b> 9:00am Med City Driving 7:00pm AS Support Group in Library	<b>13</b>
<b>14</b> <b>Channel One</b> 9:30am Worship 10:30am Fellowship 4:00pm Congregational Picnic	<b>15</b>	<b>16</b> 5:30pm Committees: Finance & Stewardship, Building & Grounds	<b>17</b> 6:30am Prayer Group 12:00pm Bulletin info due	<b>18</b>	<b>19</b>	<b>20</b> 12:00pm Newsletter articles due
<b>21</b> <b>Noisy Can</b> 9:30am Worship 10:30am Fellowship	<b>22</b>	<b>23</b> 7:00pm Session Meeting	<b>24</b> 6:30am Prayer Group 12:00pm Bulletin info due	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b> 9:30am Worship 10:30am Fellowship	<b>29</b>	<b>30</b>	<b>31</b> 6:30am Prayer Group 12:00pm Bulletin info due			

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

**Put these dates on your calendar!**

**August 6 - Painting Party**

**August 8- August 11 Faith Camp**

**August 14 Congregational Picnic**

**A full calendar can always be found  
on the CPC website!  
[www.cpcrochester.org](http://www.cpcrochester.org)**

