



# WESTMINSTER PRESBYTERIAN CHURCH



Published Biweekly

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### *An Evening Lenten Program for Families -- Fellowship, Food, & Fun!*

There are only two Wednesdays remaining in the series - 3/5 & 3/12. Join us for some or all of the activities tonight and next Wednesday night! This program includes: Junior Choir, children's program, fellowship dinner, adult Bible study, crafts and fun for children ages four-years-old to fifth grade, and a nursery for children three-years-old and younger.

**4:00-4:45 p.m.** - We start with Junior Choir in the Music Room at 4:00. The children will sing for 11:00 worship on Palm Sunday.

**4:45-5:30 p.m.** - Children's classes and activities. Arrive at 4:45 or go straight from Junior Choir to these activities.

**5:30-6:15 p.m.** - Stay for dinner, or arrive in time for dinner. Nothing to bring, but reservations are a must. Please sign up in the Holderness Mission Center or call Barb Schmidt in the church office (489-4974). Adult dinner is only \$8, children \$5 (under 4 are free), max/family is \$26.

**6:15-7:15 p.m.** - After dinner there is something for everyone! Adults will find the class on the Lord's Prayer very meaningful (Music Room), children can enjoy crafts and activities taking place in the Youth Suite, and there will be a nursery for infants through 3-years-old.

***Come for some, come for all, or come when you can! You will enjoy fellowship and enrichment with your church family. Be a part of it!***

Would you like to help clean up after a Wednesday evening dinner? The Fellowship Committee needs a few volunteers for next Wednesday (March 12th) to spend a half hour at 6 p.m. cleaning up after dinner. It is a great way to meet others at WPC!

To volunteer, contact Holly ([hschmidt@nc.rr.com](mailto:hschmidt@nc.rr.com)).

### **Retirement Celebration for Paul Ransford**

On Sunday, March 30th, Westminster will celebrate Paul Ransford's retirement. Paul will preach at both morning worship services. In addition, plan to join us in the Sanctuary immediately after 11 o'clock worship for a brief presentation honoring Paul and his service to WPC, followed by a catered barbeque and chicken lunch in the Courtyard. These are special events you won't want to miss!

***Please call the church office (489-4974) to let us know if you're staying for lunch. See you on the 30th!!***

In honor of Paul's service to us, we will be making a congregational memory book for him similar to the one given to Haywood and Mary. This month, please stop by the church office and write a brief message to Paul using the pens and cards provided. If you have a 4" x 6" (or smaller) photo that you would like to include, please do so at that time by putting it in an envelope (we'll provide that as well as the pens and cards) with your message and leaving it in the designated box in the church office. Please identify the people in the photograph on the outside of the envelope.

If the photo you'd like to submit is in digital format, please email it, along with a note identifying the people in it, to Jan McCallum ([happygirljan@juno.com](mailto:happygirljan@juno.com)) by March 25th. [NOTE: If you choose this option, you will still need to stop by the office to write your message and put it in an envelope with your name on it.]

If you do not have a photograph to submit, please write your message anyway and stop by Fellowship Hall after morning worship services on Easter Sunday to have your photo taken.



**Daylight Saving Time  
begins on March 9th.**

**Remember to set your clocks  
ahead one hour before you go  
to bed on Saturday night!**



- + **Marcia Anders** asks for prayers for her sister, Nancy Ward, who will have shoulder surgery this month. Nancy is also the caregiver for their aging mother.
- + **Julie Beckwith** is continuing to receive IV antibiotics at home (for at least 4 more weeks) as treatment for an infection.
- + **Mitch Dozier's** mother, Fran, is in treatment for cancer.
- + **Kathy Irwin** asks for prayers for her friend, Kelly Lane, who is suffering from a spinal column injury.
- + **Ann Lehew's** brother, David Gordon, is being treated for a recurrence of cancer.
- + **Quinn McFall**, who has been visiting WPC, asks for prayers for her friend, Jen Streicker. Jen became critically ill while traveling in Ohio. She has been diagnosed with cancer and lost the twins she was carrying. She was moved to Duke University Medical Center last week, where she is alert and doing better. Please keep the Streickers and McFalls in your prayers.
- + **Martha McKee's** father, Duncan McKee, died on February 25th.
- + **Binkie Moore** is in Duke University Medical Center.
- + **Kirsten Overholt** asks for prayers for her father, Arch Sweeney, who is in poor health and has been hospitalized in St. Petersburg, Florida.
- + **Alison Spransy** asks for prayers for her niece, Margaret, and her husband, Jeff Samuel. Jeff is recovering from serious injuries he sustained while serving in Iraq.
- + **Will Stokes**, son of **Lucy & Bill Stokes**, had shoulder surgery on February 7th.
- + **Mary Beck Sutton** is in India with students from Duke university's Fuqua School of Business. They cherish your prayers as they travel March 3-16.
- + **Loma Young** asks for prayers for her niece, Glenda Wickstrom, who continues to struggle with health concerns.

## ★ Celebration ★

+ Congratulations to the **WPC Men's basketball** team who won their division! Members of the team are: **Darren Skeen (captain), John Anton, Jim Anton, Anthony Dilweg, Mark Easley, Paul Garcia, John Graham, Matt Graham, Brian Hanczaryk, John High, John Lockhead, Jeff Laufenberg, and Neil McElroy.**



## "NURSE'S NOTES" by Kay Wellemeyer

March is National Colorectal Cancer Awareness Month. Colon, rectum, stool, cancer – these are words we don't like to say, or even think about. Yet colorectal cancer is the third most common cancer in men and women (what do you think are the first two?)

First, a little anatomy. Colorectal cancer is a term used to refer to cancer that develops in the colon or the rectum. The colon and rectum are parts of the digestive system, which is also called the gastrointestinal, or GI, system. The digestive system processes food for energy and rids the body of solid waste matter (fecal matter or stool).

After food is chewed and swallowed, it travels through the esophagus to the stomach. There it is partly broken down and then sent to the small intestine, also known as the small bowel. The small intestine continues breaking down the food and absorbs most of the nutrients. The small bowel joins the colon in the right lower abdomen. The colon (also called the large bowel or large intestine) is a muscular tube about 5 feet long. The colon continues to absorb water and mineral nutrients from the food matter and serves as a storage place for waste matter. The waste matter left after this process (stool) goes into the rectum, the final 6 inches of the digestive system. From there it passes out of the body through the anus.

Colon cancer often arises from polyps, which are small growths on the inner wall of the colon or rectum. These polyps are mostly benign, but some can become cancer. Those who are at higher risk for colorectal cancer are people over 50, those with family history of colorectal cancer, and those who have ulcerative colitis or Crohn's disease. People who eat a diet high in fat and low in calcium, folate, and fiber, and those who smoke may also be at increased risk.

The best means of prevention is to remove polyps, hopefully before they become cancerous. This can be done through screening tests such as sigmoidoscopy and colonoscopy. If cancer is present, the earlier it is found the more effective the treatment will be. Each of us should talk to our primary care physician, who will look at our personal risk factors and decide what tests best fit our needs. By age 50, the American Cancer Society recommends that everyone begins screening tests for colorectal cancer.

*(Continued on page 3)*



*“The test of our progress is not whether we add more to the abundance of those who have too much... It is whether we provide enough for those who have too little.”*

— Franklin Delano Roosevelt

There are 825 million people who go to bed hungry and thirsty every night. They are people just like us, but because of poverty, they must walk about 4.8 miles to accomplish the most basic tasks, including getting food and water.

**The 2008 Durham CROP Walk will be held on Palm Sunday, March 16th.**

We challenge all of Westminster to be involved in the fight against hunger by participating in some way in the CROP Walk. You may walk, sponsor a walker, or make an online donation at [www.durhamcropwalk.org](http://www.durhamcropwalk.org). Sign-ups for walkers will be available before and after Sunday services this week. To make an online donation go to the website, click on “Contribute” and follow the prompts until you get to “Join a Team.” A dropdown will appear where you may select “Westminster.” Please encourage your family and friends to do the same!

The day of the walk, all Westminster walkers should meet on the stairs of Duke Chapel at 2:00 p.m. to register. The walk will step off at 2:30 p.m.

Thanks for your participation and for taking this “step” to end world hunger! Remember: **We walk because they walk.**

**“NURSE’S NOTES”**

Continued from page 2

The symptoms of colorectal cancer can include: change in bowel habits, i.e. diarrhea or constipation, blood (bright red or very dark) in stool, stools that are narrower than usual, gas pains, feeling full or bloated, losing weight without trying, and feeling tired. Usually these symptoms are not due to cancer, but you should consult your physician.

Beside the removal of polyps as a preventive measure, we should be sure to exercise and eat an adequate amount of fruits and vegetables, whole grain foods, and limit intake of high fat foods. So, if you have not yet discussed your risk factors for colorectal cancer with your physician, please make an appointment to do so this month. Let us not allow our fear or dislike of the subject be the reason that one of us dies early.

(P.S. - The most common cancer in men and women is lung cancer, with prostate and breast following second.)



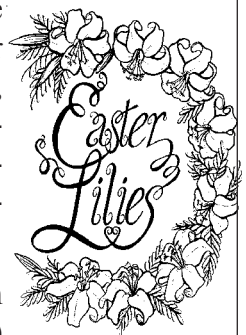
MANY THANKS...

...to everyone who supported our annual February Pancake Breakfast and Basket Raffle. Thank you for purchasing basket raffle tickets, coming to eat with us, and sharing the activities of the morning. Hats off to Jon and Debra DuBose for providing the pancake mix, syrup, and sausage! Dennis Cullen spent the entire morning cooking the delicious pancakes. The Westminster Advisory Board took care of all the planning, set-up, and clean-up. It took many individuals to create such a successful and fun event.

This fundraiser earned over \$3,700 that will be used to maintain and update Westminster’s playground. A playground space like ours requires much in the way of funds each year just for maintenance. New equipment will need to be purchased over time. Thank you so much for sharing in this endeavor with us by supporting the Pancake Breakfast!

It’s time to donate Easter Lilies in honor or memory of your loved one(s). These lilies will be placed in the Sanctuary for the morning services on Easter Sunday, and the dedications will appear in the Easter bulletin. Donation forms are available on the information table in the Mission Center hallway.

All forms should be turned in by March 9th. Call the church office (489-4974) for more information.



**Book Club Interest Meeting**

Are you interested in participating in a book club here at WPC? If so, please join us for a brief organizational meeting in the Parlor on Sunday, April 6th, immediately following 11 a.m. worship. Are you interested but unable to attend the April 6th meeting? Call Barbara Penick (490-0819) or the church office (489-4974) to let us know. We hope to see you on the 6th!



H O L Y · W E E K

**Palm/Passion Sunday  
March 16th**

Palm Sunday services will begin with the children's Palm Sunday Parade. Children will gather ten minutes before each service in the courtyard to receive palms for the parade. We will form a parade line and march into the Sanctuary waving palms and carrying the "fish banks" for One Great Hour of Sharing. COME! Don't miss the parade!

**Maundy Thursday Service  
March 20th - 7:30 PM**

One of the most impressive services we have is our annual Maundy Thursday service, which is held on the Thursday evening before Easter. Using Scripture and music, this service is designed to remind us of the last days of Jesus' life. We begin in light and end in darkness and silence. This is an excellent way to prepare for Easter.

**Good Friday  
March 21st, 12 noon - 2:30 p.m.**

Monica will play music for meditation and reflection in the Sanctuary from 12-2:30 p.m. on Good Friday. Please plan to make this part of your Lenten experience. A sheet of suggested Scripture readings will also be available in the Narthex.

**Easter Morning  
March 23rd**

Two identical services at 8:30 a.m. and 11:00 a.m.; no Sunday School classes on Easter Sunday. Join us for the **Easter Brunch** festivities in the Fellowship Hall. The brunch is a covered dish affair that begins at 9:30 a.m. and is finished in time for the 11:00 service. Please bring a dish to share. There will also be an Easter Egg Hunt for preschoolers - rain or shine.

**The Chancel Choir** will sing and the **Brass Ensemble** will play at both services. We will celebrate Easter morning with music, prayer, Scripture, and thoughts about what it means to be an Easter People.

**Easter Offering:** This year's Easter Offering will be divided equally between One Great Hour of Sharing (our denominational hunger offering) and Durham Nativity School.



**CHRISTIAN EDUCATION**

**NEW ADULT SUNDAY SCHOOL CLASS**

The Christian Education Committee is excited to announce WPC's newest offering to our adult Sunday School curriculum. The Present Word class is now being offered at an earlier hour (in addition to its regular time)! This class was designed with choir members, Sunday School teachers, and early risers in mind. However, everyone is invited to Room 205 of the Holderness Mission Center at 8:40 a.m. each Sunday morning to study with Richard Draffin and Michael Bunch. You will enjoy learning and fellowship at a convenient time and be able to get to choir or teaching afterwards. The class will begin in April.

To register, contact Nancy Rozak ([nancy@wpcdurham.org](mailto:nancy@wpcdurham.org) or 489-4974).



**Vacation Church School  
June 16th - 20th, 2008  
"Seek, Love, & Walk"**

Register now for Vacation Church School 2008! Registration forms are available on the information table in the Holderness Mission Center hallway.

Please remember: This is a collaborative effort involving four other churches, and registration is on a "first come, first served" basis. Questions? Contact Nancy Rozak (489-4974).

**2008 Women's Spring Retreat  
Jubilee Retreat Center, Abingdon, VA**

This retreat promises to be a wonderful event. The theme is "Come to the Water...and Drink." (The woman at the well - John 4:4-42.)

Fran Ruggles Albro will be our guest leader. She is a retreat and workshop facilitator, spiritual formation educator, certified spiritual director, and she works for Hospice of Virginia.

Register now! Brochures are available on the information table in the Holderness Mission Center. Please join us for Scripture, prayer, music, fellowship, reflection, stories, games, laughter, tears, and rest. For more information, please contact Pat Walchenbach (383-2601), Susan Landis (641-0646), or Suzanne Graham (967-3008).

## Deacons' Corner

Wouldn't you like to stock your freezer with healthy meals for your family... and have time to help others in the congregation... and time to socialize with other church members? Here is your chance to do all of the above in one fun evening! The Congregational Care Committee is hosting a Dream Dinners event at Sutton Station on Monday, March 17th, at 6:30 p.m. You can make a selection of meals for your family and donate one dinner to the Congregational Care committee. By having frozen items available at the church, the Congregational Care Team can respond more quickly to the needs of our church members when illnesses or other emergencies arise.

Please join us by registering at Dream Dinners. New customers are welcomed to try our introductory offer of three meals (6-servings each) for \$49.95; return customers can order as many meals as they wish over 36 servings. To register for the introductory offer, please call the store directly (484-9555). Returning guests may logon to [www.dreamdinners.com](http://www.dreamdinners.com), select the 6:30 p.m. session on March 17th, and enter the password - WPC. Select your meals and proceed to checkout! Space is limited so register soon! Please contact Anne Vann (493-0001) for more information.



## URBAN MINISTRIES OF DURHAM

### *Empty Bowls Benefit*

**Thursday, March 6th, 5:30 to 8:30 p.m.**  
**The Durham Armory, 220 Foster Street**

Help UMD fight hunger in our community! Join us for a meal of gourmet soups from Durham's hottest restaurants, fresh-baked bread and desserts from local businesses and community partners. Enjoy live jazz and help our local celebrity judges declare "The Best Soup in Durham." Take home a keepsake pottery bowl from local potters associated with Claymakers and Clayworks.

Soups provided by: Blu Seafood and Bar, Fairview Dining Room at the Washington Duke Inn, Pao Lim Asian Bistro, Six Plates Wine Bar, Symposium Cafe, Watts Grocery, and Whole Foods Market Cafe.

Tickets (available at the door): \$30/person, \$20/person for family of 3 or more, \$15/person for the meal only.



**CHECK OUT THIS OPPORTUNITY!**

### Volunteer Tutors Needed

The Achievement Academy is a daily, year-round school for students who have dropped out of high school. The students work to achieve their North Carolina High School Equivalency Diploma and reach college level for college placement testing. The Academy also helps its students through their post-secondary education.

Tutors are needed to work one-on-one with very motivated students in the subject areas of Reading, Literature, Social Studies, Science, Writing or Math. Tutors can volunteer a couple of hours a week (usually 10 a.m. to 12 noon or 2:30 p.m. to 4 p.m.) on any day(s) convenient for them.

If you are interested and/or have questions, feel free to contact Westminster member and Achievement Academy tutor Frances Anton at 490-5202 or call Achievement Academy director Sandee Washington at 286-1914. You can also visit their website ([www.achievedurham.org](http://www.achievedurham.org)).



## NEW HOPE CAMP & CONFERENCE CENTER

### March Madness at New Hope Camp

Would it not be madness to think that we could get 75 people with paint scrapers in hand at New Hope Camp on March 15? There are several buildings here that scream for a coat of paint. Come out and help us prepare these buildings for the coat of paint they scream for. We will feed you lunch and you will leave with the satisfaction of knowing that New Hope Camp will shine because you were there. Come join the madness. Call the camp office (942-4716) for details. Many hands make short work of a big job!

### April 12 Camp Fest 2008

Mark your calendar for April 12th. We're making plans for the annual NHCCC **Camp Fest 2008 Auction and Appetizers** event. It will be held from 6-9 p.m. in the Camp Dining Hall. **New this year** - each \$20 admission ticket will go towards buying one new chair for the Dining Hall. Come enjoy the appetizers, wine, desserts, and the silent and live auctions. **We could also use your help.** We need auction donations as well as volunteers to help organize the auction, food, and to help set up and work the night of the auction. Please contact the camp office (942-4716) to volunteer.

Westminster Presbyterian Church  
 3639 Old Chapel Hill Road  
 Durham, NC 27707

Non-Profit Organization  
 U.S. Postage Paid  
 Permit No. 760

Phone: 919-489-4974  
 Fax: 919-493-4553  
 Website: [www.wpcdurham.org](http://www.wpcdurham.org)



## New Singles' Lunch Group

The Fellowship Committee, with the help of Barbara Fletcher and Betty Berghaus, invite you to join a 'Settled Singles' Lunch Group, which will meet on the Second Sunday of each month.

**When:** Sunday, March 9, following 11:00 a.m. worship

**Where:** Nantucket Grill at Sutton Station on Fayetteville Road, Durham

**What:** A casual lunch with other Westminster singles

The goal of this group will be to gather at least once each month on the second Sundays, and if there is interest, add other group activities (day or evening) to the calendar.

Please bring your calendar and sign up to 'host' a month: Your responsibility would be to meet and greet at Nantucket, pass out nametags, and be the go-to person for questions. Pretty simple!

Questions?

Please contact Holly Schmidt ([hschmidt@nc.rr.com](mailto:hschmidt@nc.rr.com)) or Barbara Fletcher ([barbara@wpcdurham.org](mailto:barbara@wpcdurham.org)).

## Lenten



## Lunches

*Only Two More Lunches Remaining in the Series*

**Westminster will host the Lenten Luncheon on March 5th.** Join us for lunch at 11:45 a.m. in the Fellowship Hall. A brief worship service will begin at 12:30 p.m. in the Sanctuary.

The last luncheon of this series will be on March 12th at Epworth United Methodist Church and will follow the same schedule as above.

## Preaching Schedule

**March 9, 2008 - Fifth Sunday of Lent**

**Preacher:** Betty Berghaus

**Title:** "Back to Life"

**Texts:** Ezekiel 37:1, 7-14; John 11:1-6, 17-45

**March 16, 2008 - Palm Sunday**

**Preacher:** Betty Berghaus

**Title:** "From Parade to Cross"

**Texts:** Matthew 21:1-11, 26:14 - 27:66

## Responsibilities for March 9 - 16, 2008

ACOLYTES	NURSERY	USHERS
<b>03/09</b> Will & Jack Dozier <b>03/16</b> Allie & Madison Ruffing	<b>Nursery Coordinator for March</b> - Vicki Skeen <b>03/09</b> 8:30 - <i>Infants &amp; Toddlers</i> - Pat Walchenbach 2-5 - Jamie & Anthony Dilweg 11:00 - <i>Infants &amp; Toddlers</i> - Julie & Edward Hardison 2-3 - Diane Kelly 4-5 - Tiffany & Lia Price	<b>03/09</b> 8:30 - Dottie Bartholomay, Ron & Becky Sale, and John Gunter 11:00 - Jeff Sutton, Bill & Barb Burig, Meg Yarbrough, and Natalie Wolf
<b>LECTORS</b> <b>03/09</b> 8:30 - Bill Bartholomay 11:00 - Rebecca Mattern <b>03/16</b> 8:30 - Jim Maxwell 11:00 - Youth		<b>03/16</b> 8:30 - <i>Infants &amp; Toddlers</i> - Alexandra Morris 2-5 - Michael & Karis Jackson 11:00 - <i>Infants &amp; Toddlers</i> - Julie Fishell & Abbey Billman 2-3 - Carol & Paige Holmes 4-5 - Jack & Amy Davis
<b>ELDER GREETERS</b> <b>03/09</b> 8:30 - Sue McCaughan 11:00 - Joe Osowski <b>03/16</b> 8:30 - Jim Maxwell 11:00 - Eileen McAvoy		<b>SOUND TECHNICIANS</b> <b>03/09</b> 8:30 - Dorene Palermo 11:00 - Bob Kennedy <b>03/16</b> 8:30 - Dorene Palermo 11:00 - Bob Kennedy
<b>OFFERING COUNTERS</b> <b>03/09</b> Dene & Michael Reich <b>03/16</b> Cindy & Jaco Mouton		