

South Park Presbyterian Church  
1501 30th Street  
Rock Island, IL 61201-3797

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### SPY (South Park Youth)

At SPY we have enjoyed a fun-filled winter, and look forward to a great spring. During the past few months we have prepared and served dinner at the Rock Island Family Christian Care Center, enjoyed a night of bowling, and thrown a Christmas party at which we studied and discussed the transformative power of Christ's love.

With Winter Break coming up at Augustana, we will be away for three weeks. However, when school resumes SPY will be back in force: we have a trip planned to Snow Star on Jan. 18, and on Jan. 31, we

will meet at PepsiCo Recreational Center for a night of gym games, fellowship, and study.

We appreciate your continued support, and look forward to continuing our ministry here at South Park Church. We wish all at the church a blessed beginning to the New Year. Stay warm!

Peace,  
*Adam Langdon and  
Brittany Delcourt*

### January 2009 Acolyte Schedule

January 4	Dietrich and Ryan
January 11	Meghan and Atticus
January 18	Isaac and Ethan
January 25	Dietrich and Sam

Church Office: 786-6466 Fax: 786-6470 Pastor Kenn's Cell No: (309) 339-1870  
Pastor Kenn Shedenhelm's Church Email address: [kenns@spchurchqc.org](mailto:kenns@spchurchqc.org)  
Pastor Kenn Shedenhelm's Personal Email address: [sherrykenn@yahoo.com](mailto:sherrykenn@yahoo.com)  
Administrative Secretary Email: [donnab@spchurchqc.org](mailto:donnab@spchurchqc.org) Website: [www.spchurchqc.org](http://www.spchurchqc.org)  
Church Office Hours: Monday - Friday, 8:00-4:00 p.m.

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No Subscription Charge to members and friends

SOUTH PARK PRESBYTERIAN CHURCH

# TOUCHPOINTS

VOLUME 25, ISSUE 12

DECEMBER 18, 2008



## Christmas

It's Christmas again now.

Christmas of 2008, and I can't help but think of Christmases past. There was the year that a friend of the family gave me a Betty Crocker cookbook (and I was a 12-year old boy at that). There was the year when my father insisted on getting me a shotgun instead of the bowling ball and bag that I wanted. There was the year when Sherry and I gave our granddaughter so many presents that she took a nap in the middle of opening them.

There was the year when I discovered that other families didn't get drunk on Christmas, and there were all the Christmases in retailing ...when the shoppers mercifully quit coming.

Christmases past - mine weren't fairytales - and this Christmas is rather unusual in its own right. With one foot in Peoria and one foot in Rock Island, Sherry and I are in transition.

Things are a little unsettling and we pray that our home will sell, but thanks to one of our saints from SPPC, we have a wonderful place to lay our heads, and thanks to some dear friends in Peoria, we look forward to a wonderful Christmas Day.

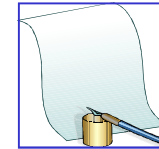
I remember our last Christmas with my brother Randy. I remember Christmas at the time of Sherry's stem-cell transplant, and I will always remember this Christmas... but it's the Christmases of tomorrow that I'm excited about.

I look forward to coming Christmases with my growing family, and I look forward to coming Christmases with my growing South Park Presbyterian Church family ...for we will grow.

We will grow in numbers, we will grow in faith, we will grow older together, we will grow closer together, and we will have the joy of watching our children grow.

Yes, I am excited about our future together, and I pray that Sherry and I will have a place called "home" next year.

May God bless and comfort each of you, *PK, Sherry, and Nikki*



From the  
*Pastor's Pen*

## Touchpoints Publication Schedule

Next Touchpoints will be mailed on Thursday, January 29. The deadline for articles to be submitted is Sun., Jan. 25.

### Church Services Schedule

(see enclosed January calendar for all events)

Church Office Hours: Mon.-Fri., 8:00-4:00

#### Sunday, January 4

Communion  
Parish Nurse  
9:00 Church School  
9:00 Church School  
10:00 Worship Service Sanctuary  
**Adult & Youth Choirs meet for rehearsal every Sunday morning at 8:45 (except for Jan. 4)**

#### Wednesdays, January 7, 14, 21, 28

11:00 Mid-week Worship Service

#### Sunday, January 11

9:00 Church School  
10:00 Worship Service Sanctuary

#### Sunday, January 18

Churches United Food Pantry  
Parish Nurse  
9:00 Church School  
10:00 Worship Service  
4:00 Installation Service for  
Pastor Kenn Shedenhelm

#### Sunday, January 25

Recycling  
9:00 Church School  
10:00 Worship Service Sanctuary  
with Congregational Meeting following service

Touchpoints Deadline

*The Presbytery of Great Rivers  
and the Session  
and Congregation of  
South Park Presbyterian Church  
Rock Island, Illinois*

*Cordially invite you to attend*

*The installation of  
The Rev. Dr. Kenn Shedenhelm  
as the Pastor of this Church*

*Service of Installation  
is to be held on  
Sunday, January 18, 2009  
4:00 P.M.*

*at  
South Park Presbyterian Church  
1501 30th Street  
Rock Island, Illinois*

### South Park Church Annual Meeting

**Sunday  
January 25, 2009  
11:00 a.m.**

(Immediately following morning service)

## Church Events Calendar

### Week of December 21 - December 27

**Mon., Dec. 22**  
1:30 PW Coordinating Team  
6:30 Session  
**Wed., Dec. 24**  
Office closes at noon  
5:00 Family Service  
11:00 Candlelight/Communion  
**Thurs., Dec. 25**  
*Christmas Day*  
Office Closed  
**Fri., Dec. 26**  
Office Closed

### Week of December 28 - January 3

**Mon., Dec. 29**  
9:00 Foot Clinic  
**Wed., Dec. 31**  
Office closes at noon  
**Thurs., Jan 1**  
*New Year's Day*  
**Fri., Jan 2**  
Office Closed

### Week of January 4 - January 10

**Mon., Jan. 5**  
3:00 Personnel  
7:00 C.E.  
**Tues., Jan. 6**  
9:30 Circle of Virtue  
1:00 Vision Council  
1:30 Fellowship  
3:00 Tutoring (and every Tues.)  
6:30 Handbells (and every Tues.)  
7:00 Membership Development  
**Thurs., Jan. 8**  
10:00 PP&E  
10:00 Bible Study in Fellowship Hall  
(and every Thurs.)

**Sat., Jan. 10**

### Week of January 11 - January 17

**Mon., Jan. 12**  
4:00 WEM  
7:00 Worship/Music  
**Tues., Jan. 13**  
10:00 Worship at Friendship Manor  
1:00 Finance  
7:00 Circle of Love  
7:30 Covenant to Care

**Wed., Jan. 14**

### Week of January 18 - January 24

**Mon., Jan. 19**  
1:00 Prayer Shawl Ministry  
**Wed., Jan. 21**  
5:00 Meal Site  
**Thurs., Jan. 22**  
7:00 Deacons

### Week of January 25 - January 31

**Mon., Jan. 26**  
1:30 PW Coordinating Team  
6:30 Session  
**Tues., Jan. 27**  
7:30 Covenant to Care  
**Thurs., Jan. 29**  
Touchpoints mailed

**December  
Data**

#### Sunday Attendance:

	Nov. 30	Dec. 7	Dec. 14
10:00 Service	119	115	132

#### Income:

<b>Nov. 30</b>	\$ 4,460.10
<b>Dec. 7</b>	\$ 5,582.00
<b>Dec. 14</b>	\$ 4,720.50
<b>Food Pantry for Nov 30-Dec 14</b>	\$ 137.50



#### Telephone Number Change:

**Penny (Kitchen) Foy**  
309-558-0576

#### Address Change

Helen Sears  
Friendship Manor  
1209 21st Ave.  
Rock Island, IL 61201  
309-732-3027

#### New Members:

<b>Atticus Garrison</b> #6 Hillcrest Ct Rock Island, IL 61201	<b>Molly Pearson</b> 8522 55th St Coal Valley, IL 61240
<b>Jacob Reed</b> 1806 E 5th St Coal Valley, IL 61240	<b>Charlie Sparkman</b> 4403 13th St Rock Island, IL 61201

**Baptisms:** Kaden Cirks (son of Taryn Johnson, our Sunday Morning Nursery Attendant); Atticus Garrison; Charlie Sparkman

**Deaths:** Marion Sullivan-Larson

**Meal Site** - Thank you to those who provided food and helped serve at the Meal Site on Wed., December 17. There will be a sign up sheet in the Parlor in January if you would like to help provide food for the January 21 Meal Site.

**Food Safety - Fight Obesity**

The major health threat from food has been regulated by the Pure Food and Drug Act and the Meat Inspection Act. Food-born pathogens still cause about 5,000 deaths

by Joanne Stice

per year in the United States. The most rapidly growing food-related threat to health today is not microbes, but over consumption of calories, sugar, salt and unhealthy fat. In the US nearly a third of adults are obese.

Unhealthy diet and physical inactivity are second to tobacco as underlying causes of death.

Leading causes of disability-adjusted life include high blood pressure, overweight, high cholesterol, and low intake of fruits and vegetables. Governments have been slow to use effective public policy to protect people from diet-related chronic diseases.

**Improving Nutritional Profile of Foods:**

Trans fat poses more cardiovascular disease risk than saturated fat from butter and other saturated fats. Trans fat increases low-density lipoprotein (LDL) and decreases high-density lipoprotein (HDL) cholesterol. Reducing 2% of calorie intake of trans fat can reduce the nonfatal heart attack or death from coronary heart disease by 6 to 22%. The US Food and Drug Administration (FDA) requires labeling of trans fat. Labeling is not required in restaurants and consumers cannot choose to avoid trans fats while dining out.

Two more challenging and important items to reduce are sodium and sugar. Americans consume nearly twice the maximum recommended daily intake of 2300 mg of sodium. Reducing sodium in foods would help people that have hypertension. Processed and restaurant foods account for 77% of salt consumption. In 2006

the American Medical Association called for 50% sodium decrease over the next 10 years in processed foods, fast-food products and other restaurant-served foods.

Added sugar in prepared foods should be reduced. Children in the US now consume twice the proportion with sugared drinks. Reversing the increasing intake of sugar is important in decreasing calories.

**Making Nutrition Information Available:**

Since 1994 the US has required standardized Nutrition Facts panels on all packaged foods. The labels present the number of calories and amounts of key nutrients per serving, including percentage of daily recommended allowance. In the US, about one-third of calories come from foods prepared away from home. Many chain restaurants either fail to provide nutrition information or do so inconveniently on the websites, tray liners, or food wrappers where it is observed by less than 5% of customers. Some cities have passed regulations to post current calorie amounts on menus.

**Limit the Opportunity to Sell Unhealthy**

**Foods:** Alcohol and tobacco have been limited as to where they can be sold but not unhealthy foods. Fruits and vegetables, the most healthiest foods, are among the most expensive. Other unhealthy energy-dense foods are inexpensive. Switching from whole to 1% can save calories and fat consumption.

**Modern Food Supply:** Food prepared today contains too much salt, fat, sugar and calories. Also, there is too much of these foods available. The result of consuming these foods has caused increases of obesity, diabetes, and heart disease and strokes.

**Time to start the new year off by becoming more active and eating healthier.**

Joanne Stice, Parish Nurse

**Points of Interest**

**Circle of Virtue** - will be meeting on Tues., Jan. 6, at 9:30 a.m. in the church Fellowship Hall. *Maxine Patterson*

**Book Club** - For the month of January, the Book Club will meet on Sat., Jan. 10, 9:30 a.m., in the church Library. Our book for discussion will be The Color of Law by Mark Gimenez. Call Dorothy Meyer, 793-1323, if you have any questions. Everyone is welcome.

**No V.I.P. in January** - the next meeting will be on Tues., Feb. 24, '09. *VIP/D. & B. Berg*

**Covenant to Care** - We will meet on **Tues., Jan. 13, 7:30 p.m.**, at Jerry & Donna Schroeder's home and **Tues., Jan. 27, 7:30 p.m.** at Margaret Grossman's home. We are continuing our Adventures in Bible Studies on Matthew led by scholar, Jeff Cavins. If any questions, please call Brenda Thompson, 788-7769.

**Presbyterian Women** - Thank you for your generous support of Presbyterian Women's Thank Offering. \$867.00 has been given to special projects selected by PW.

There will be no Mission Work Day on Jan. 1, 2009. We will meet on Feb. 5, 2009, 9:30 a.m. to work on mission projects. *Harriet Plutz, Moderator*

**Church Women United** - Plan on attending the Winter Retreat - *The Power of a Godly Woman* - on Tues., Jan. 13, 10:00 a.m.-2:00 p.m., at Second Baptist Church, 919 6th Ave., Rock Island.

**Bible Study** - Beginning on Thurs., Jan. 8, Pastor Kenn Shedenhelm will be leading a Bible Study. It will be held each week at 10:00 a.m. in the Fellowship Hall at church.

**Church Officers Elected  
December 14, 2008**

**Board of Session**

**Class of 2009**

Frank Brooks

**Class of 2011:**

Gary Hendren  
Terry Langston  
Marilyn Sale  
John Terry

**Board of Deacons**

**Class of 2009:**

Ruth Bennett  
Marilyn Terry

**Class of 2011:**

Joanna Brooks  
Becky Deopere  
Sue Gordon  
Dorothy Hall  
Lori Kieffer-Garrison  
Shirley Suarez





### ♪ After the Festival ♪

We have been blessed with the celebration of the birth of our Savior. Advent and Christmas permit each of us to examine our relationship with Christ and make our New Year's resolutions to deepen our relationship with Him and everyone we meet in this next year.

Red letter days leave in their wake, days that may be dull and uninteresting, or days that are downright comfortable because they are not spent in preparation for a special event. So are the days following the Christmas season. Now is the time to enjoy routine, or to try some of the programs that the busy fall has crowded out: the hymn sings, sitting with your family around the hearth reading from the Bible, remembering the beautiful music from our choir and the great stories told by our pastor. How dear to the family is a night at home together, after many evenings away from it. How good is the regular service after hours of preparation spent for the special one.

Thank you choir members for your dedication to this special celebration.

Enjoy the next few weeks, then, for - perhaps it is cruel to remind you - Easter is just around the corner.

Come and be a part of our music ministry here at South Park.

*Kenn Logan, Director of Music*

**Unity Service** - On Mon., Jan. 19, there will be a Unity Worship Service at 7:00 p.m. at the St. Pius Church in Rock Island. Pastor Kenn Shedenhelm will be preaching the message at this service. Please join others in the community for this time of unified worship.

### Making the Most of 2009

*(An Important Invitation to All SPPC Members)*

Although I haven't had the pleasure of meeting most of you yet, I am very pleased with the members whom I have already met and worked. The depth of commitment and the breadth of talent that we have at South Park are second-to-none. You are grateful, I know, for those who decorate and maintain our building, for those who minister to the young people we tutor and the young people who "drop-in" after school each day. Wednesday night I hope to serve food at our Meal site and I publicly thank those who work almost anonymously to serve God's people in this ministry. We have the wherewithal to be a vibrant force for Christ in QCA for a long time to come, but we can only be our best if we work together.

I am committed to being the best pastor I can be for you, and I will always listen to your concerns and speak the truth in love when I speak. I will work hard to develop my own gifts and to equip our Session and Board of Deacons for their own ministries. If I do what I do well, our ministry will gain energy and we may see an upturn in membership, attendance, involvement, and giving...but what I can accomplish pales in comparison to what we can accomplish together in the new year. As you ponder your own service to God and make your own resolutions, please consider some of the ways in which you can significantly help South Park Presbyterian Church, as we love one another and serve Christ together. In 2009 will you be willing...

1. to pray for your staff and your elected leaders. Prayer works;
  2. to attend every church event that you can. Showing up is 1/2 the battle;
- (cont. on pg. 5 (Making the Most of 2009))*

**Dear South Park Members** - Thank you for the toilet paper recently donated to the pantry. You have made our Saturday pantry clients very happy! We so appreciate your partnership.

*Church of Peace Pantry Staff*

**With My Thanks** - I say "thank you" to the Deacons for the "goodie" bag I received. I thoroughly enjoyed it.

*Vivian Feddersen*

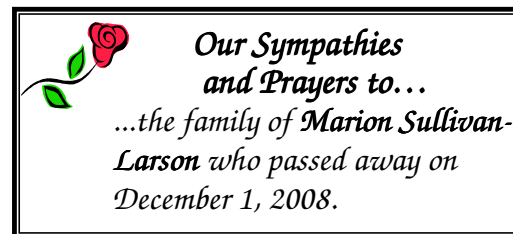
**Thank You** - We who shared the loving, splendid life of Gladys Gage were comforted by the outpouring of friends at her memorial service, and by the generous memorial contributions.

The Rev. Kenn Shedenhelm rose to the challenge of a eulogy for a woman he had never met. Kenn Logan, minister of music, arranged a moving program that presented Gladys' choice of music on his piano; our granddaughter, Jane Stout, and her violin; and friend Rose Andresen, Gladys' favored vocalist.

We are grateful to June LeBow and her Deacons for the luncheon.

I try to atone for my failure in the service to cite, First Corinthians, 13th Chapter, as the touchstone of Gladys' loving life.

Love and peace to all,  
*Dick Gage for Douglas, Suzann, Rebecca and Laura*



*(Cont. from pg 4 (Making the Most of 2009))*

3. to pledge and fulfill your pledge. Commitment is one of the cornerstones of family life;
4. to give financially in bolder ways. The Bible says God loves a "cheerful giver," so give that amount that sets you free from guilt or regret-either one;
5. to get involved in deeper and more frequent ways. Some of you can sing, some of you can cook, some of you are very good with groups, some of you are leaders, some of you are workers, some of you have a fondness for finance, others for personnel, etc., and we need every one of you;
6. to share your excitement with others. If you feel a positive energy in what we're doing or a certain rightness in what we're doing, share your enthusiasm with others. Invite them to come and see;
7. to help us continue to heal old wounds and get beyond old hurts. The merger in particular took a lot of energy and it left a lot of scars. Please reach out to any South Park Presbyterian Church member who got caught up in that ordeal and invite them to come and see what God is doing in our midst;
8. to invite your own family, friends and neighbors to visit us. Bring them. Invite them to join us for special events- Christmas is a great opportunity.

There are many other ways of getting involved and of ministering, but the point is clear: if every South Park Presbyterian Church member would commit to spiritual growth, joy invitation, and bold stewardship, 2009 will be all that it can possibly be for Christ. Please consider where you can make your best contribution to our family life. See you Christmas Eve - Children's Pageant at 5:00 - a creative message about an inn-keeper's 2nd chance - Candlelight and Communion at 11:00 p.m.

*Shalom, PK*