



THE Apostles' CREED



I BELIEVE **IN GOD**,
the Father almighty,
maker of heaven and earth;



in **JESUS CHRIST**
his only Son our Lord;

who was conceived by
the HOLY GHOST,
born of the Virgin Mary,

suffered under Pontius Pilate,

WAS CRUCIFIED,
dead, and buried.
He descended into hell.

THE THIRD DAY

he rose again from the dead.

HE ASCENDED

into heaven, and sitteth on the right hand of God the Father almighty.
From thence he shall come to judge the quick and the dead.

I believe in the **HOLY GHOST,** THE HOLY CATHOLIC CHURCH,
the communion of saints,

THE FORGIVENESS of sins, *& the*
the resurrection OF THE BODY, **LIFE everlasting.**
amen.



From the Pastor's Pen...

Shortly after I decided to minor in religion in college, I took a theology course taught by the legendary F. Dale Bruner. Dr. Bruner's courses were limited to 15 students so that we could all sit around one table together. The texts were chosen to keep instruction simple, using the basics of the Reformed faith – the Bible, a creed, and John Calvin's Institutes of the Christian Religion. Every class session consisted of a one paragraph summary of one of the main points of the week's readings, including whether we agreed or disagreed with the point, and the support for our argument. We would then spend the class time debating those points.

I'll never forget the week one of my classmates, Ryan, objected to the entire Apostles' Creed. What followed was, for me, an eye-opening debate about the place of creeds in the church.

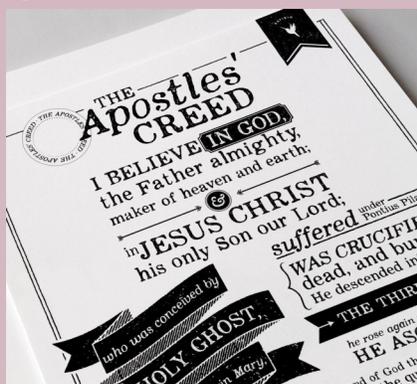
Perhaps, like me, you grew up reciting the Apostle's Creed every week. I remember the pastors of my home church, standing before the congregation, lifting their arms to invite the congregation to begin, "Please join me now in saying what it is we believe, using the Apostles' Creed." For me, it was as much a part of my church experience as the children's sermon, the choir anthem, the hymn singing, and the prayers.

Ryan, however, was a born again Christian who attended a non-creedal church. Or, filtered through my limited experience at the time, he didn't grow up in church and wor-

shipped at a non-denominational church.

"How can someone else tell you what you believe!" I remember him passionately insisting. "It's my faith!" he said. "Only I know what I believe!"

Over twenty-four years later, I still remember Dr. Bruner's quiet yet firm response. "Yes, Ryan, that is true. But once you believe, you take your place in the body of Christ. The Apostles' Creed isn't about what you believe. It's about what we believe together, as disciples of the risen



Lord. It's important to know what we believe."

Since its earliest use in the mid-second century AD, the Apostles' Creed has been used as the most universal and fundamental summary of what the Christian church believes. As Justo Gonzalez writes in his study book, *The Apostles' Creed for Today*, "It reminds us of some of the central points of the gospel and invites us to count ourselves among the many throughout the generations who have expressed their faith in its words."

When I join in affirming my faith with the company of the faithful, I am

mindful that it includes the spiritual foreparents in my faith. Those women and men who taught me about Jesus at Sunday school and VBS, who visited my home during my mother's recovery from surgery, who brought casseroles and prayers when my grandparents died, who stood next to me every week in worship and recited these words. In saying these words, I join with the faithful.

And I now almost always think of my classmate Ryan. Certainly, the creed expresses the faith of the church. Yes, in large part, that is my faith. But there is also something else brewing within my soul, something else I'm working out. As I journey through this life with my Bible in hand, surrounded by this great company, I long for the space to express my doubts about what it is the church believes. For Ryan, this came in the usual tricky phrases... the virgin Mary... descended into hell... the holy catholic church. Like many, he struggled with those words. I struggle with the exclusion of the healings, teachings, and life of Jesus.

This fall, we invite you to explore what we mean when we say what we believe, using the words of the Apostles' Creed. In our weekly worship, on GiFT Sundays, at one of our many studies being offered, in Faith Connection Tuesday afternoons (Kindergarten-5th grade), Wednesday evenings (middle and high school), and Sunday mornings at 11 (pre-school). Please now join us as we explore what it is we believe.

~ Rev. Dr. Melodie Jones Pointon



Deacon's Corner

We need your help with our Deacon Ministry!

The ministry of the Deacons is one of compassion, empathy, and nurture.

While there are a few things that only actively serving Deacons can do, there are many ways that all members of our community can care for one another.

The Deacons are organizing these roles and now need your help to better serve the needs of our congregation! Here are three areas we'd like you to consider helping us with:

Adopt-a-member Program

Visitation and companionship for our members that live in retirement homes or in their own homes, and are limited in getting to church. Currently, we have a list of 40 members or households that we feel we could outreach with a type of ongoing visitation. This would include visiting them in their homes 4 times/year with an occasional phone call or note mailed in the in-between months. Two of these visits would include delivering holiday flowers to them after Christmas and Easter. Wouldn't you like to help brighten someone's day with a light-hearted visit! If interested in visiting one member throughout the year, please contact

Pam Schumacher at 402-450-0482 or Cathy Duling at 402-981-2340.

Transportation and Coffee

The Deacons are currently transporting 4 people every Sunday to the 9:00am church service. There would be opportunities to transport more if we had more volunteers to schedule throughout the month.

If transportation isn't your thing, you might like to consider helping serve coffee at our coffee bar! We serve coffee between services from 10:00-11:00. The directions are available and easy to do. There is always someone around that can help guide you on your first time serving coffee! It's a great way to meet and greet people and share our hospitality with everyone!

Have questions, or want to volunteer sometime throughout the year? Please call Anna Meier at 402-540-6840.

Funeral Luncheons

If you would be willing to be called to help serve at funerals at the church, or provide a salad or dessert donation to help with the luncheon, volunteers are always welcomed. If you'd like more information or want to help out, call Beth Loyd at 402-483-4306, or Susan Taylor at 402-617-8414.

EASTRIDGE WALKING THE NEIGHBORHOOD

We have completed the circle. On August 27, 2017 I gave a Moment for Mission asking for people to walk the Eastridge neighborhood with me and pray for our neighbors. On Tuesday, September 5 we started at the north parking lot on Sunrise Road and finished 10 months later by walking Rainer Dr. on July 3, 2018. Last August I gave out 12 copies of Mark Batterson's "Draw the Circle." We followed his example of walking around a crack house in DC which God eventually enabled him to buy and use for God's teaching purpose. Batterson followed the example of Honi who sat in a circle and prayed for rain.

Thank you to my husband Bryce, who walked through the cold and heat with me. Because of him and Carolyn Brandle who walked when I couldn't we only missed one Tuesday in 10 months. Also thank you to these individuals who participated: Susan Taylor, Nancy Brumbaugh, Anna Meier, Jen Olsen, Sheila and Hanna Schumacher, Carolyn Brandle, Chris Hansen and daughter, Shirlette Hershiser, Carol Ripley, and Pastor Melodie Jones Pointon with Eli Pointon.

We were pleased to see and talk to members of Berean, St. Theresa's, St. Joseph's, and Lutheran churches near and far. We were accepted by all and many neighbors talked with us. We told

them about our Huxtable Lounge that is available for their use and to watch for activities to which they will be invited.

One neighbor asked us to pray for Norman who lived on the corner next to us. Norman had refused to let him talk anymore about the salvation of Jesus while he was dying of cancer. We stood there and prayed that instant for Norman and not long after we heard he had passed away.

We wait to see how this 10 months of walking and praying for our neighbors will change and grow Eastridge Presbyterian church. Our purpose was to offer Jesus to our neighbors.

~Sandra Hilsabeck



GiFT goes into its third year!

Did you know that Eastridge's GiFT program was featured in the cover story of the most recent edition of *Presbyterians Today*? Check out a reprinted excerpt highlighting our program on p. 10 of this newsletter, or read the whole article here: <https://www.presbyterianmission.org/story/pt-0818-greatends/>

GiFT is a core ministry of Eastridge Presbyterian Church, wildly creative, and daringly intergenerational. On the second Sunday of each month, we invite people of all ages to Grow in Faith Together.

Who is GiFT for?

For everyone: For Singles, couples, moms and dads, college students, teenagers, kids, grandmas and grandpas, empty nesters, newcomers, working people, retired people, people with pets, and for those without. In short: for everyone (did we say that already?).

What are the goals of GiFT?

GiFT reclaims God's intent for faith to be shared in community and across generations. Through an experience of families learning together, sharing faith, praying together, serving and celebrating rituals and traditions, GiFT helps connect families and individuals who want to spend more quality time together. GiFT builds relationships between the generations and fosters teamwork across the congregation. By sharing our faith stories and learning from each other, we Grow in Faith Together.

What does a GiFT Sunday look like?

Whether you usually attend the first or the second service, we invite you to join us during the fellowship hour from 10-11 am in the welcome center. Tasty treats and healthy refreshments are provided!

At the heart of a GiFT Sunday is a fun interactive experience that centers around central events of our faith story and engages all ages. GiFT also offers practical ways to nurture the faith of families and individuals in our daily lives.

Come and join us as we kick off the new school year with our first GiFT Sunday on September 9th!

GiFT Theme 2018-2019:

CREED: What We Mean When We Say What We Believe

The Theme for our GiFT year 2018-19 will center on the Creed.



It is an invitation to discover what we believe, and don't believe, and to figure out who we are and how to live, both personally as well as a community.

Our main focus throughout the year will be on the Apostles' Creed. It is widely used in both Protestant and Catholic communities around the world, and states the most basic things Christians believe.

After that, we will take a closer look at the Nicene Creed, which dates back to the 4th century. It is the creed that is affirmed by most

churches in the world.

In the new year, we will turn to more contemporary expressions of our shared faith.

September 9	Apostles' Creed I - "Credo": What I (Don't) Believe About God
October 14	Apostles' Creed II - Jesus: Crucified and Risen
November 11	Apostles' Creed III - The Spirit and the Saints Followed by the Thanksgiving meal
December 9th	Nicene Creed: The Other Ancient Creed

Photos from our recent Food Pantry picnic:





MUSIC NEWS: The Music Ministry is excited to be resuming rehearsals after a well deserved summer off. We are eager to be preparing music that fills the soul, centers the mind, and enhances the Scripture each Sunday. The Kirk Ringers, Chancel Choir, and Praise Band are always welcoming new members! Ask Brian

Lew for more information about joining the Kirk Ringers or Chancel Choir. For information about joining the Praise Band, reach out to Will McGuire.

Kirk Ringers will rehearse weekly on Tuesdays from 6:30pm-7:30 in the Music Room beginning on Tuesday, August 21st. **Chancel Choir** will begin our weekly rehearsals on Wednesday, August 22nd in the sanctuary from 7:00pm-8:15. **Praise Band** rehearses on Tuesday evenings from 7:00pm-8:30.



Welcome Travis Worsham, Interim Organist!

Travis will be serving as Interim Organist at our 9 am worship service beginning this September. Currently a Doctor of Music Arts student in Piano Performance at UNL, Travis has experience in

piano, organ, and other keyboard instruments. He first played for worship at Chalk Bluff Baptist Church in Waco, Texas, while attending Baylor University. He holds both a Bachelor's and a Master's Degree in Piano Performance. During his time in Lincoln, he has played at worship services at Berean, Plymouth UCC, and Westminster Presbyterian.

Please help us welcome Travis to Eastridge!



Eastridge would like to thank **Patty Niemann** for her years of service and dedication to leading worship as she prepares for retirement at the end of August. She has served in many capacities such as Interim Music Director, Organist/Pianist, Choir Accompanist, and Music Coordinator. There was a reception on Sunday, August 12 to celebrate Patty's retirement. A note from Patty follows below.

To my wonderful EPC church family ...

I'm feeling truly blessed by all of the well wishes, hugs and kind words shared with me as my retirement was celebrated this past Sunday. Special thanks to those who lovingly planned this celebration and included some of my favorite sweet treats for everyone to enjoy.

I'm also feeling extremely humbled by the addition of the "Patty Niemann Music Fund" which will help support various aspects of our church's music ministry. This kind and loving gesture has had a huge impact on my heart and soul. I want to express my sincere thanks to those who thought of the idea and to each of you who contributed to this fund.

It has been my joy and pleasure to have praised and glorified God with all of you as I served as EPC's organist, pianist and music coordinator. Roger and I look forward to continuing to praise and glorify God with each of you through the "music" of our lives but at a slower and more relaxed pace. Jeremiah 29:11

With love and gratitude,

Patty

(photos at right of Patty and Diane Worrell Eaton taken August 12)

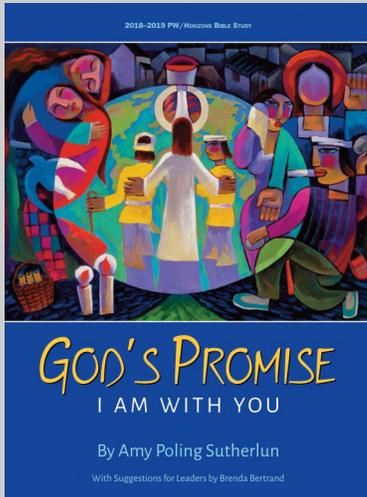


EASTRIDGE

Presbyterian Church



Please remember the church in your giving/pledged giving this summer! Thank you for your continued stewardship!



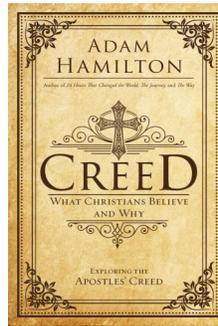
Eastridge Presbyterian Women
Fall is fast approaching and the church will be even more active. This season why not join a circle of women studying the Bible, praying together and reaching out to one another? Eastridge offers EPW

(Eastridge Presbyterian Women). Meeting the first Wednesday of the month, four different circles of women meet either morning, afternoon or evening. On the third Wednesday you can join all of the circles in the Huxtable Lounge for lunch and a speaker. Interested? (And we hope you are!) Call Carolyn Olsen at 402 488 3506.



NEW MUSIC MINISTRY GROUP TO BEGIN THIS FALL

Beginning this fall, our EPC music ministry will be adding a new singing opportunity to the list of our volunteer music offerings. The "Eastridge Hospice Singers" will be available to visit those in hospice care and bring love, care and concern through the gift of music. Interested singers from Eastridge and the Lincoln community are invited to attend an informational meeting on Thursday, September 27 at 7:00pm in Huxtable Lounge. For more information or to express interest in this group, contact Patty Niemann at 402-432-8353 or pniemann54@gmail.com.



Monday Night Bible Study meets from 6:30 - 7:30pm each week starting September 10.

We will be studying Adam Hamilton's new study: *Creed: What Christians Believe and Why*.

We're all searching. Sometimes the search is easy: simply type a question and the answer pops up. But sometimes our questions are complicated, and the answers are difficult to see and harder to articulate. How do we discover and examine the truths that give meaning and purpose to life?

Adam Hamilton believes that powerful answers to many of our complicated questions are contained in the Apostles' Creed, an early statement of foundational Christian beliefs. In *Creed*, he explores not only what Christians believe, but also why they believe, and why it matters, which in turn leads readers to confront and examine their own core beliefs and go beyond reciting the Creed's familiar words.



In anticipation of the birth of Pastor Thomas' third child, the personnel committee approved the following parental leave request:

Pastor Thomas will be on parental leave for four weeks from the date of birth, at which point he will return for a four day work week until mid-November (he will take Mondays and Fridays off). The personnel committee is pleased to be able to honor the policy set in place by Homestead Presbytery, totaling 6 weeks of parental leave following the birth of a child.

Beginning August 1, Rev. Dr. John Duling will be providing counseling, pastoral care and visitation, support for our Stephen Ministers. Rev. Dr. Duling was approved by the session in the spring of 2016 as our Parish Associate Pastor, and has been serving as the Interim Pastor at First Presbyterian Church, Beatrice. His one year contract will cover Rev. Dummermuth's parental leave, as well as Rev. Dr. Jones Pointon's sabbatical (tentatively scheduled for early 2019).



Session Highlights for June 21, 2018

Consent Agenda

Session Minutes for May 17, 2018 with one clarification. Deb Stickney was also present during the meeting.

Special Congregational Meeting Minutes for May 27, 2018

Affirm that communion was served at 9:00 and 11:00 AM services on June 3, 2018

Remove Michael Gollehon from member rolls, Deceased June 19, 2018

Acknowledge email vote to transfer cemetery plots to Thin Oo and Kyaw Gaw (Ja Woo) (approved)

Acknowledge that Rev. Thomas Dummermuth officiat-

ed at the wedding of Michael Borland and Mary Amen on June 16, 2018.

Motions:

It was moved, seconded and approved to have \$3000 from the June Lyman Memorial fund to have Mary Pipher come to Eastridge to present regarding her recent Book Women Rowing North – Navigating Life's currents and Flourishing as we Age. This is scheduled for January 15, 2019. It is not just for Women.

It was moved seconded and approved to request Presbytery funds to bring Debby Irving to Eastridge this fall. The event will include other churches and anyone who requests to come. This will be promoted throughout the Presbytery.

Upcoming Author Events at Eastridge:



Debby Irving's *Waking Up White* will be the basis of a workshop that Eastridge is hosting this fall on racism and identity. More info to come!

In January, we'll host **Mary Pipher** as she speaks about her book, *Women Rowing North*. Plan to join us at 2:00 pm on Saturday, January 19... the week Mary's book comes out! Francie and Finch bookstore will be selling copies in the Welcome Center that afternoon.



Adult Bible Study: Our **Wednesday morning Bible study group** will begin one of the Apostles' Creeds studies in September. Date to begin still to be determined, as we are completing Trevor Hudson's *Pauses for Pentecost* study. Our Bible study group meets year-round in the Conference Room on Wednesdays at 10:30 am. Contact the church office for more information!





Eastridge Presbyterian Church Book Club has released the list of picks for 2018-2019! See below for the selections. We'll meet in Huxtable or the Conference Room each month, with discussion and refreshments. List is also available on the church website.

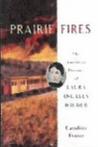
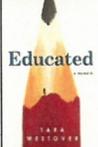
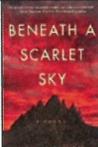
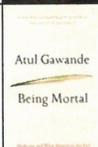
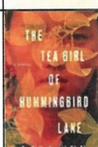
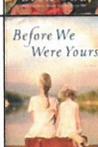


Chair Yoga (sponsored by Aging Partners) is beginning this fall at Eastridge! Wednesdays from 1:30-2:30 pm, September 5 through November 21, in

the church narthex. Chair yoga is suitable for all ages, fitness levels and physical conditions. To register, call the Aging Partners Fitness Center at 402-441-7575.

Tai Chi Classes (sponsored by Aging Partners) is beginning at Eastridge on Mondays and Thursdays from 1:30—2:30 pm, September 17 through December 13, also in the church narthex. Call 402-441-7575 to register.

Please contact the church office for more information.

September 10		Lilac Girls , by Martha Hall Kelly
October 8		The Underground Railroad , by Colson Whitehead
November 12		Prairie Fires: The American Dreams of Laura Ingalls Wilder , by Caroline Fraser
January 14		The Rosie Project , by Graeme Simsion
February 11		Educated: A Memoir , by Tara Westover
March 11		Beneath a Scarlet Sky , by Mark Sullivan
April 8		Being Mortal , by Atul Gawande
May 13		The Tea Girl of Hummingbird Lane by Lisa See
June 10		Before We Were Yours , by Lisa Wingate

Join Pastor Melodie for a Biblically based study of the **Apostles' Creed** this fall! "When We Say What We Believe" is a six week study drawing from several resources. No book or other supplies necessary; you may prefer to bring your own Bible.

Tuesday, September 4 - Tuesday, October 9, from 4:30 pm - 5:30 pm in the Huxtable Lounge.

OR

Wednesday, October 3 - Wednesday, November 14 (not October 31), from 6 pm - 7 pm in the Huxtable Lounge.





A recent excerpt from an article in *Presbyterians Today*, “The Great Ends of the Church”, on our GiFT program

The shelter, nurture and spiritual fellowship of the children of God

On the second Sunday of every month, the congregation of Eastridge Presbyterian Church in Lincoln, Nebraska, gathers at 9 a.m. to participate in GiFT (Growing in Faith Together). GiFT features a learning activity, followed by a time of fellowship and then a shared meal. According to a brochure publicizing the program, the morning “reclaims God’s intent for faith to be shared in community and across generations.”



The Rev. Thomas Dummermuth, the associate pastor at Eastridge, helped start the intergenerational program in 2016. The idea grew out of several continuing education experiences with Vibrant Faith (vibrantfaith.org).

“What has been practiced in small churches for a long time had fallen aside in many midsize and larger churches, where faith formation often happens solely in ‘age-appropriate’ groups,” said Dummermuth.

Each season of GiFT focuses on different themes. The 2016–17 season was titled “Justice and Service,” addressing themes such as home and shelter and “love thy neighbor.” The 2017–18 season was about “Life-Giving Rhythms,” and focused on how and why the church celebrates holidays and seasons such as Pentecost, All Saints’ Day, Advent and Holy Week. Next season, GiFT will center on creeds and confessions, Dummermuth says.

“What I love about it,” he added, “is that it has us learning together. It gives us a main thread that we follow throughout the year with different activities.”

Tip: Create ways for young and old to learn together by holding a special Sunday educational event such as Eastridge’s GiFT program. Or perhaps create mentoring opportunities by teaming older members of the congregation with children. Hold special mentoring activities such as sharing stories over ice cream. Encourage young and old to pray for each other and even write letters to one another. Yes, write — not email.



MINISTRY WITH CHILDREN

Faith Connection for Preschool Children: Beginning September 9th, the preschool education class will resume. Over the past year, we have learned that more of our younger children attend the 11am worship service. Because of this, the preschool school class will meet during the 11am service. The children will begin their time in worship with their family. Following the Worship Connection, they will be invited to join their teachers for a Bible lesson that will include age appropriate activities. Their class will meet through the conclusion of worship.

Faith Connection for Elementary Children:

The Faith Connection program for our elementary age children will resume on Tuesday, September 4th. This is an after-school program that allows us two hours with our children to build relationships and develop faith. On Tuesday afternoons, we begin with some free play time, have a snack, engage in Bible study with age appropriate activities, and provide worship education. To assist families in participating in this ministry opportunity, we will provide transportation from school to the church. The Tuesday afternoon schedule begins with the completion of the school day and concludes at 5:30pm.

Acolytes: We will continue with acolytes during the worship services. This fall we will add acolytes to the 11am service. If you have a 2nd through 5th grade student that would like to be part of worship as an acolyte during ei-

ther worship service, please contact Kris Adler-Brammer in the church office.

“Pray”-Ground: The Pray-Ground is an area in the front corner of our sanctuary specifically set aside for young children during our worship services. It consists of a rug, small tables with child-sized chairs, coloring sheets, crayons, blocks, books and soft toys. We invite those bringing small children to worship to sit with their families in the chairs, pews, or on the rug with our youngest worshippers. In order to help our youngest children know how to

worship in the space, we will incorporate opportunities for them to learn how to worship in this space.

Children’s Book Club:

This year we will begin a book club for the preschool and elementary age children. This will be a time where the children will gather to explore/read a book, learn how the book relates to our faith teachings, and then will engage in an activity to help them remember those lessons. Please watch church publica-

tions and emails for announcements about time and date.

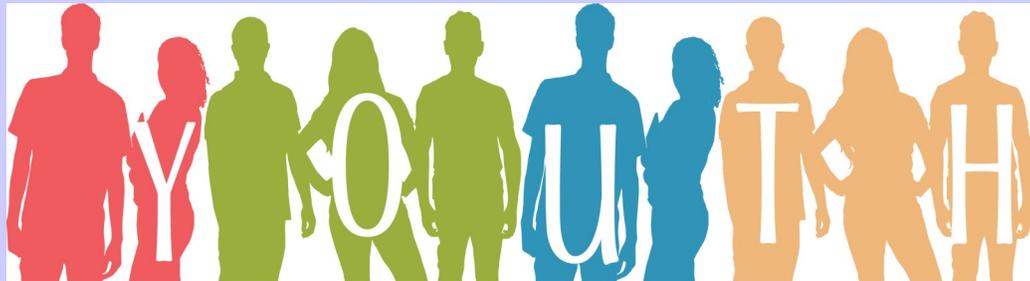
Popcorn Theology: We can learn a lot from the movies we watch; especially children’s movies. On occasion, we will offer movie watching opportunities for our preschool and elementary aged children. Following the movie, we will take some time to talk about how this movie might impact our faith and how we can live out that faith. Please watch church publications and emails for announcements about time and date.





MINISTRY WITH YOUTH

Faith Connection for Youth: Youth programming will resume on Wednesday, September 5th. We will continue to meet from 5:30pm to 7:30pm. Our first gathering of the year will be a parent/youth gathering. For this school year, our time together will include dinner, recreation, fellowship, and study. While we are continuing with our Wednesday evening gathering time, we will implement some new activities into that time frame:



Class dinners – On three occasions throughout the school year, we will look for church members who are willing to host a specific grade in their home for dinner. In addition to dinner and fellowship, we will have a short devotion led by the hosts.

VOLUNTEERS NEEDED:

We have some wonderful opportunities in place for our children and youth coming this fall. In order for these opportunities to happen, we need volunteers!! Our volunteer opportunities vary in commitment and preparation. We will need:

Teachers – prepare and teach a lesson

Youth Group advisors – lead recreation, prepare and teach a lesson/activity

Transportation drivers – bring children from school to the church for afterschool programming

Snack/meal Providers – prepare a snack for the afterschool program or provide dinner for the youth group

Popcorn theology – We can learn a lot from the movies! If you watch, these usually always have a lesson for us. Several times throughout our year, we will look at some of the movies we watch and see what they might be teaching us about our faith.

Book Club – For any youth who enjoy reading (and might have time to read for enjoyment), we will explore the opportunity of reading a book together. Because this may not be of interest

to all, the meeting times for this will be outside of the regular youth group meetings. Once interest can be gaged, we will develop a time for this.

A full schedule for the youth and their activities will be handed out at the parent/youth gathering. For those who may not be able to attend, the schedule will be mailed out to you.

If you would like additional information about what these opportunities mean or if you would like to volunteer, please talk with Shirlette Hershiser, Jen Olsen or Kris Adler-Brammer.





Spiritual Direction

Rev. Dr. John J. Duling has been an ordained Presbyterian Pastor for 43 yrs. He received his Bachelor of Education from the University of Alaska, Fairbanks in 1971 and attended San Francisco Theological Seminary and received a Master of Divinity Degree in 1974 and was ordained in 1975. John's interest in Spiritual Formation began during his doctoral studies at Bethany Seminary in 1991. Duling became a certified Spiritual Director upon completing the Seeking the Spirit Within Spiritual Director Formation Program of the ELCA. In addition, John received a Spiritual Formation Certificate in 2004 from Columbia Seminary.

What We Offer

Formal Individual Spiritual Direction
Group Spiritual Direction
Retreats

Exploration of Spiritual Exercises

Centering Prayer
Lectio Divina
Welcoming Prayer
Journaling
Mandalas
Prayer with Music
Prayer with Poetry
Prayer companionship
Workshops
Spiritual Formation
Sabbath Living

What is Spiritual Direction?

"Most people would agree that spiritual direction means companionship with another person or group through which the Holy One shines with wisdom, encouragement and discernment. Some, however, expect this companionship to be of a professional nature, with a trained, supervised, and perhaps even certified spiritual director. Others see it as spontaneous

and gifted, strongly resisting signs of professionalization.

Spiritual guidance can happen authentically in a vast variety of forms. The many forms can be divided into major groups: Formal spiritual direction and informal spiritual companionship.

Formal spiritual direction includes relationships that are explicitly defined as spiritual direction with a clear separation of roles between spiritual director and spiritual directee. Meetings are usually scheduled in advance on a regular basis, and a spiritual directee normally has only one formal director."

Gerald May, MD. Excerpted from Shalem News, Volume xxii, No. 1 Winter 1998 "Varieties"



General Assembly Perspectives by John Duling

I had the opportunity to be a delegate to the 223rd General Assembly in St. Louis this past June. I was assigned to the Theological Issues and Church Growth Committee. Some of the highlights from that committee were:

Reports of the New Worshipping Communities that are emerging across the denomination. It is a new form of evangelism to reach people for Christ that is not the traditional new church development.

A letter will accompany the Book of Confessions on the Belhar Confession. This letter specifies why this confession is timely and a helpful tool for study.

Likewise, another similar addition for study is a copy of the Letters from the Birmingham Prison by Dr. Martin Luther King Jr. It was

exciting to see a swelling of enthusiasm around these letters such that they could become the seed if not the source for a new Confession for the Book of Confessions

I came from General Assembly with a positive confidence that this denomination is heading toward a future with Christ as Head of the Church. One evidence of that is the Way Forward Commission that espouses the vision of the church to be prayerful, courageous, united, serving and alive. Each of these visions spells out specifics for a future to which this denomination is hoping to become.

Finally, one evidence of the unity of our denomination is that no one has threatened to leave the denomination! I was humbled to see how people of diverse views could be at the same "table" to talk and convey opposing views, but still respect the other person in Christ. This is seen in a major overture to divest from all investments in fossil fuel indus-

tries. Rather, it was voted that we stay in dialog with these industries and seek accountability for the reduction of any carbon footprints. This holds the fossil fuel companies accountable. But we are still at the table to talk and listen.

One major accomplishment was during a marathon session in which we received a report on the Middle East. We received the report at 11:45 PM (Yawn!) Amazingly, we discussed, debated, and voted on recommendations in just a little over 30 minutes and it was done! Even the Stated Clerk was impressed and said that this was perhaps the quickest that such a controversial issue was dealt with respectfully and efficiently. And all still remained at the Table and did not leave.

Overall, I believe the one major positive "take away" is how we can talk and debate and still come to a resolution as church of Jesus Christ Who alone is Head of the Church.



Upcoming and ongoing Outreach events at Eastridge:

- Meet the Missionaries in Africa, August 19

Sharon and Lynn Kandel, Presbyterian mission co-workers and Regional Liaisons for the Horn of Africa, will be worshipping at Eastridge and sharing their stories.

- The Peace and Global Witness Offering, October 7

This special offering of the Presbyterian Church USA, which promotes the Peace of Christ by ad-

ressing systems of injustice around the world, will be received on World Communion Sunday. One fourth of the offering is re-



tained by local congregations, and for several years Eastridge has used our portion to support the spring Peacemaking Workshop at First United Methodist Church.

- Intergenerational Mission Event Sunday, October 28

Chapter 25 (formerly known as Kids Against Hunger) will bring supplies and equipment to Eastridge Presbyterian Church for us to assemble packets of nutritionally-complete meals to feed hungry people here in Lincoln as well as around the world. The process will begin at 10 am and end at 1 pm. At any one time we need twenty volunteers, so stay for a while after the early service or linger after the second service. Children as young as 5 can help!

Some thoughts from our Choral Scholars:



From Joel Brown:

To me, being a Choral Scholar fulfills two needs within oneself: A need to share music and faith with others, and a need for community. In the years I've sang at Eastridge, the music has always been such a joy to produce, and I credit this in part to the people and community we have. If you're off at college, you can have friends, involvement, and opportunities at your fingertips on campus. With that in mind, I believe that there's value in searching for a place to get involved off-campus too. Finding such an outlet can open up so many

chances for fellowship, growth, and learning, and I hope that this can be seen in our Choral Scholars! On top of the always appreciative financial assistance, singing here at Eastridge has given me another family to spend time with, and many chances to share my musical gifts with those who love to listen.



From Sarah Dyer:

When I first became a choral scholar, I was unaware of just how many opportunities I would be receiving. Every semester, I am able to perform a solo piece that I have been working on or sing in a duet or trio with my other fellow scholars. Being able to perform such powerful and faith filled songs for the congre-

gation has been some of my favorite college memories. I am also extremely grateful for the Choral Scholar program because without it, I would have never met such amazing people! I would consider the Eastridge Choir to be my second family. The constant, love, support, and affirmation I receive from them every time we meet makes me want to continue to work and perform to the best of my ability. I am fortunate enough to have been singing in the choir for two years now and even when given the opportunity to sing elsewhere, I have chosen to remain at Eastridge because of this outstanding community.





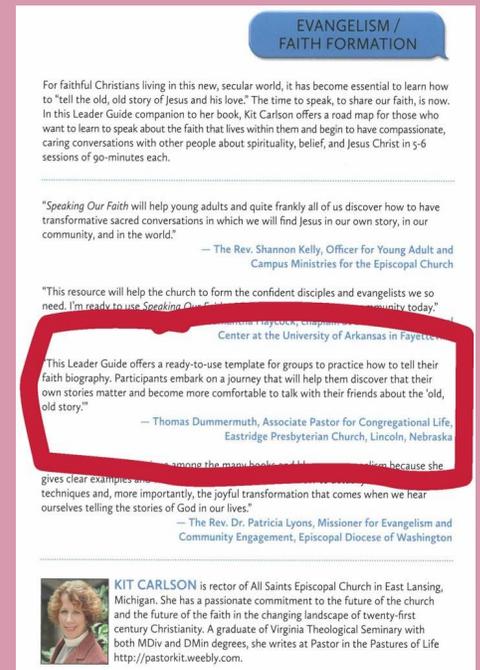
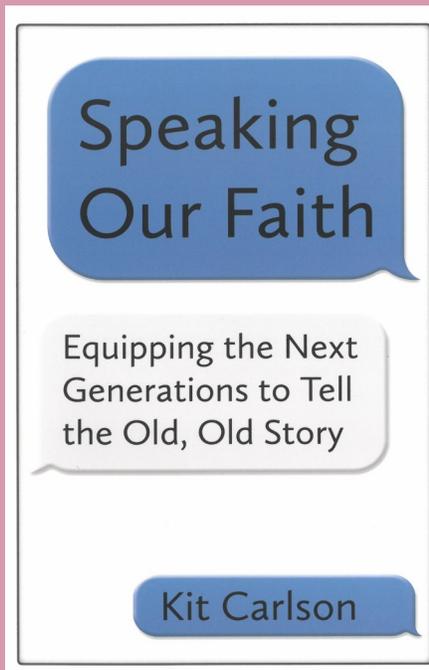
Eastridge leaders and members in the media:

Eastridge member Sandra Hilsabeck was recently in the local news for her involvement in supporting foster care. "Supporting" is putting it mildly: Sandy rappelled down the side of the Cornhusker Marriott to bring attention to the needs of foster children, in her support of Christian Heritage. Learn more at <http://www.chne.org/>.

Eastridge Pastors in print! We may read what Rev Dr. Melodie Jones Pointon and Rev. Thomas Dummeruth have to say to the EPC community in our monthly newsletter and weekly Lamp, but they have also had a wider audience this past year.

Pastor Melodie had an essay printed online at www.nextchurch.net. You can find Pastor Melodie's essay by going to : <https://nextchurch.net/exegeting-culture-ministry/>.

Pastor Thomas' blurb praising a study was featured on the back panel of said publication (cover and back are shown at right):



Outreach Committee's Back to School project: Thanks to Carol McClain for all of her work in organizing this mission. On Monday Jo Bateman and Carol delivered 4 large totes and two bags of school supplies, personal hygiene items and donated shoes to the school. Be assured the staff who received them were overjoyed and grateful. Thanks also to Heather Douglas and Susan Budler for their assistance in picking up the items from Scheels,

which included 16 pairs of new shoes, 26 packs of athletic socks, and some anti bacterial foot spray.

Eastridge had received \$230 to be used toward this project in addition to the supply donations. Thank you again to all who helped and/or contributed to this worthwhile project!



CHURCH RECORD UPDATING: Did you know you can update your phone number, address, and other personal information in our church record-keeping software on your own? Just go to the church website, click on "Member Weblinks" at the bottom of the page, and then "Member Log-in" and you'll be led through the process. When you are into the system, click on the "Home" pull-down menu, then "My Profile" to make changes (using the pencil icons). An email will then be sent to the church office notifying us to update. The update isn't instant! Someone has to be in the office to click on the update and upload. Thank you for helping us keep our records current!

CONTACT information



EASTRIDGE

Presbyterian Church



Eastridge Ladies Night Out meets for Breakfast and a Stroll!

Come and meet us at Piedmont Bistro to try out their breakfast menu. After we dine, those who are interested are invited on a short walk through the Piedmont neighborhood. Saturday, August 25, 8:30 am at Piedmont Bistro. Call Christi 402-805-4031 for more info.



Former Eastridge member **Phil Graff** at work at a senior care center in Sedalia, Missouri, his new home. We wish Phil the best in his future endeavors!

ANOTHER WAY TO GIVE:

Text Giving! Now an option at Eastridge. Text *EASTRIDGE* to 73254



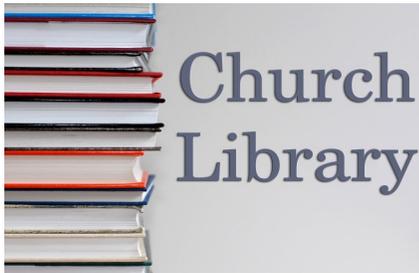
Trailblazers are ready for a new year of activities! Yearbooks will be available soon. Our first event is September 21st. Contact the office for more info!



Join us for a day full of family, friends, food, and fun! From sand volleyball and tie-dye crafts to hay-rack rides and hammocks, there's something for

everyone in the family to enjoy. This FREE event includes lunch, a t-shirt with reservation, special events, and live entertainment. Help us celebrate 60 years of connecting with God and others in the majesty of his creation! August 25. Register today at www.calvincrest.org/funday

Eastridge Presbyterian Church Library: Our library materials are all on the library computer catalog and ready to be checked out and used. There are over 3,000 titles/items on the shelves. The process for checkout is on the computer desk. Come in and explore what our library has to offer!



Thanks to the church members that helped volunteer this past school year at the **Lefler Food Market**. If you would like to volunteer again for the new school year or would like to become a new volunteer, please contact Susan Budler (sbudler1@unl.edu) and we will get you on the schedule.



FOOD PANTRY SUGGESTIONS: Ready-to-eat meals: Chef Boyardee, beef stew, boxed cereal, mayonnaise, cooking oil, flour, sugar, toothbrushes/toothpaste, laundry detergent, dish soap. Also, we could use any fresh produce from your garden!

Confirmation begins again September 12, at 6:30 pm in M12 (weekly). The first monthly Mentor-Student meeting will be on September 23 at 10:00 am (monthly). Students and mentors, get ready for a year of learning, growing, and fellowship!



Our New Confirmation Students



Upcoming **New Member** Orientation is tentatively scheduled for September 30. Please let the office know if you are interested!



Ministry for Adults:

Adult Bible Studies
 Chancel Choir
 Christmas Cantata
 The Gathering Place
 EPC Book Club
 EPW Gatherings
 Eastridge Hospice Singers
 Food Pantry
 GiFT Sunday
 Kirk Ringers

Ladies Night Out
 Meals on Wheels
 Men's Fellowship Breakfast Group
 Men's Tuesday Morning Bible Study
 Prayer Shawl Group
 Stephen Ministry
 Trailblazers
 Wednesday Morning Small Group
 Wednesday Worship in Advent
 Wednesday Worship in Lent
 Women's Circle Groups



Ministry for Youth:

Book Club
 Chancel Choir
 Confirmation Class
 Faith Connection for Youth
 Serve at The Gathering Place
 Food Pantry

GiFT Sunday
 Kirk Ringers
 Worship in Advent
 Worship in Lent



Ministry for Children:

Acolytes
 Children's Music
 Children's Sermon
 Faith Connection for Pre-school Children
 Faith Connection for Elementary Children

GiFT Sunday
 "Pray"ground
 Worship in Advent and Lent



Ministry for Everyone:

GiFT Sunday
 Sunday morning Worship
 Volunteer Opportunities

Worship in Advent
 Worship in Lent





Programming Schedule for 2018/2019



KEY

- A-MINISTRY FOR ADULTS
- Y-MINISTRY FOR YOUTH
- C-MINISTRY FOR CHILDREN
- E-MINISTRY FOR EVERYONE
- W-MINISTRY FOR WOMEN
- M-MINISTRY FOR MEN



Worship, Learn, Serve
W, L, S
WORSHIP
Learn
SERVE

Date and time

Age group (key on each page)

Kirk Ringers	W		Tuesdays at 6:30 pm	A, Y
Ladies Night Out	L		Usually last Friday of the month	W
Meals on Wheels	S		Call the office to volunteer!	A
Men's Fellowship Breakfast Group	L, S		Wednesday mornings at 6am	M
Men's Tuesday Morning Bible Study	L, S		Every Tuesday at 7am	M
"Pray"ground	W		During worship services	C
Prayer Shawl Group	W, S		Wednesdays	A
Soup Suppers during Advent and Lent	S		6:00 pm prior to worship	E
Stephen Ministry	S		Contact the church office for more information	A
Trailblazers	L, S		3rd Friday of the month except summer months	A
Vacation Bible School	W, L, S		Usually the first week in June	E
Wednesday Worship in Advent and Lent	W, L		6:30pm during Advent & Lent	E
Women's Circle Groups	L		First Wednesday of the month; times vary, except summer	W
Youth—Faith Connection	W, L		Wednesdays during the school year	Y
Youth — Book Club	W, L		TBD	Y

EASTRIDGE
Presbyterian Church



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Lincoln NE 68510

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