

# Steepleviews

First Congregational Church of Frankfort  
431 Forest Ave.  
Frankfort, MI 49635 (231) 352-7909

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## May 2019 Anniversaries & Birthdays

- 01 Kerry Buzzell  
Jackson Deloria  
Tyler Grant  
Dylan Prance-Jewell
- 02 Michael Grant  
Julie Hirschfeld
- 03 Mary Bateman  
Mariah Manning  
Beth McNamara  
Candace Nostrandt
- 5 Betty Webb  
Janet Pomerleau
- 6 Mary Dykstra  
Leo Hughes  
Serenity Schulz
- 07 Liam Condon  
Bob King
- 08 Jacob Grant  
Gail Nugent
- 9 John Henry  
Alma House  
Chia Yang
- 10 Michael Mendoza
- 13 Marijke Church
- 19 Tommy Mendoza  
Dawn Schulz  
Molly & Scott Harrison
- 20 Jared & Jordin Kelly
- 21 Becky & Matt Addis
- 22 Michael Elwell
- 24 Emilie Lepke  
Katherine & Randy Johnson
- 27 Donna Phillips  
Faith & Jack Dulaney
- 28 Andy & Marti Mollema
- 29 Randy Johnson  
Julie Morris  
Sean Morris

## Catch These Coming Events!

- May 03 The Gathering: Walthorns
- May 07 Dine out for BACN  
Bonhoeffer Book Study
- May 12 Mother's Day
- May 19 Benzie County Baccalaureate
- May 25 Roy Acklin Cel. Of Life
- May 26 Sunday School Sunday
- May 27 Memorial Day

## The Gathering

It's been a long winter;  
it's long overdue, so put

Friday, May 3,

6:00 p.m.

on you calendar. Bring your own  
beverage and a something to share  
and meet up at John and Kathy  
Walthorn's house (896 Bellows Ave.)





I think one of the hardest areas of life is what we can or think we should do when it comes to grieving and being with someone who has recently lost a close person to death—whether it's a physical death, a divorce, a family separation or other situation where what once was is no longer. It's hard to sit with someone in pain, thinking that we should have some wise counsel to offer, when really, words can be either ineffectual or even painful.

It's hard, too, because we have to watch our own energy and spiritual situation. People in pain—perhaps rightfully so—take energy from us, and if we give too much of ourselves away, then what good are we to our own selves? That's why children aren't the only ones who need a village to help them.

When I came across the little snippet below, I knew it was one of those gold nuggets of 'how to do life.'

When Gene Kelly's wife Jeanne Coyne died, Gene withdrew from everyone and shut himself up in a back room of his house. One

night, there was a knock at the kitchen door. When Gene didn't answer, the caller kept knocking.

"There's nobody home," said Gene.  
"I know. That's why I came to be with you."  
When Gene opened the door, it was Fred Astaire. He'd brought sodas and sandwiches. The two of them sat together all night long, without saying a word. Several years earlier, when Fred's wife had died, Gene had done the same thing.

It's our time, not necessarily our words, that are so valuable. Watching a movie or ball game together, going for a drive together, reading a newspaper with a friend over coffee are really big things that not only help the person in pain, but help our own selves in learning and growing things we maybe never anticipated.

So don't hesitate to be that silent friend, even if it feels a little uncomfortable. In the life of a believer, it will get better. It always will. Happy Spring, everyone! Pastor Dinah

### **Service Opportunity!**

Have an extra half hour or hour? Want to do a little something for the church that is low pressure and requires little expertise? We have a job for you! The space for our paper records is running out, and we need people willing to scan documents so that we can "release" some of the paper back to the earth. If you are interested and able, let Administrative Assistant Katherine or Pastor Dinah know.

You don't have a soul.  
You are a soul.  
You have a body.  
C.S. Lewis

## Special Services

**The Benzie County Baccalaureate Service** will be held Sunday, May 19 at St. Andrew's Presbyterian Church at 2:00 p.m.

**Roy Acklin's Celebration of Life** will be held Saturday, May 25 at Jowett Family Funeral Home at 1:00 p.m.

**Lois Martindale's Celebration of Life** will be held Saturday, June 1 at Frankfort Congregational Church, 1:00 p.m.

All are welcome to attend any and all of these services.

## MUDLOVE.COM

If you want to buy some handmade pottery and want to check out one of the top ten places to do that, you will find **MudLOVE** ranked at Number 9. MudLOVE started in 2009 in a small garage, a box of clay, an old stamp set, and a dream to create handmade pottery that could help to support projects to bring clean water to Africa. This company partners with Water for Good. Every time someone buys a piece of pottery, someone in need gets a week of clean water. MudLOVE offers a variety of items from pottery to bracelets. All items are created using the

highest quality techniques and materials.

URL:

Mudlove.com



## A New Book Study

will begin Tuesday, May 7 at 7:00 p.m. in the Church Parlor. The Cost of Discipleship by Dietrich Bonhoeffer is a classic in Christian theology and books are available at the church along with a reading list for each of the four weeks of study.

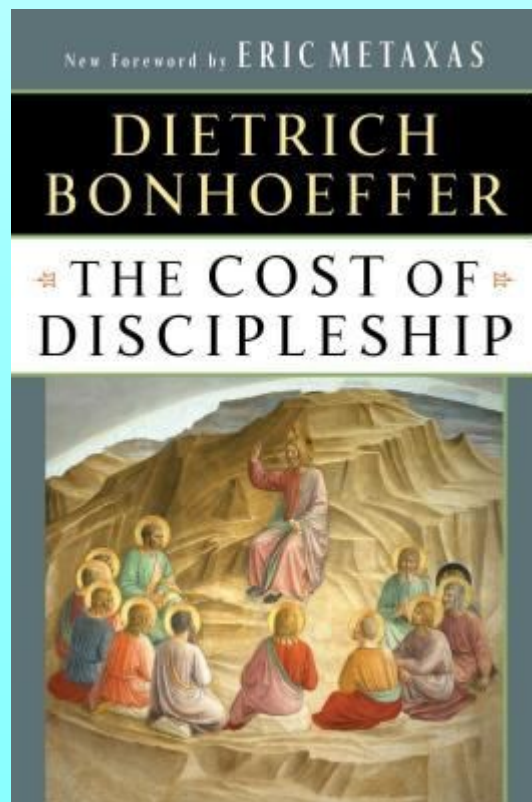
There is a free electronic version (.pdf) available at

[http://www.cycledoctoralfactec.com/uploads/7/9/0/7/7907144/%](http://www.cycledoctoralfactec.com/uploads/7/9/0/7/7907144/%5Bdietrich_bonhoeffer%5D_the_cost_of_discipleship_bokos-z1_.pdf)

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This version allows for larger print. If that doesn't work for you, Pastor Dinah can send the electronic version to you. Just let her know.







The Journey Program is a FREE 10-week group exercise program for newly diagnosed cancer patients, those undergoing treatment, in remission, and up to two years post treatment. The program was established for cancer patients who have become chronically fatigued or de-conditioned from various treatments or disease symptoms.

Upon acceptance into the program, participants meet twice each week for an hour. Each class is intended to improve overall strength and increased muscle mass, cardiovascular endurance (energy!), balance and posture

Classes currently available are at:

- Battle Fitness, 2692 M-37, Traverse City (231)-276-2494
- Betsie Hosick Health & Fitness Center  
102 Airport Road, Frankfort  
(231) 276-2494
- Body Balance of Suttons Bay, 99 4th St, Suttons Bay, MI

For more information or to register for the program, visit [thejourneyprogramtc.com](http://thejourneyprogramtc.com) or for more information call 231-276-2494.

## Low Dose CT for Lung Cancer Screening Now available at Accredited Sites

(Publication of GT Radiologists June 2015)

The radiology departments and Grand Traverse Radiologists announced designations as lung cancer screening centers for Munson Medical Center, Munson Health Care Cadillac Hospital, Kalkaska Memorial Health Center and Paul Oliver Memorial Hospital. There are computer tomography (CT) scanners at all of these sites.

The big news is that Medicare will cover one low dose lung cancer screening CT per year for those between 55-77 years of age. This is the first time that Medicare has covered lung cancer screening. As with so many things, early detection can save a life and reduce treatment protocols.

For more information regarding Medicare coverage of screening for lung cancer with low dose CT, visit: <https://www.cms.gov/newsroom/press-releases/national-coverage-determination-ncd-screening-lung-cancer-low-dose-computed-tomography-ldct>

This information was brought to us from Anne Kaminski of Copemish whose husband passed away from lung cancer in 2017. She also provided a copy of the article which was given to her by Paul Oliver Memorial Hospital. Additional copies available in the church office.

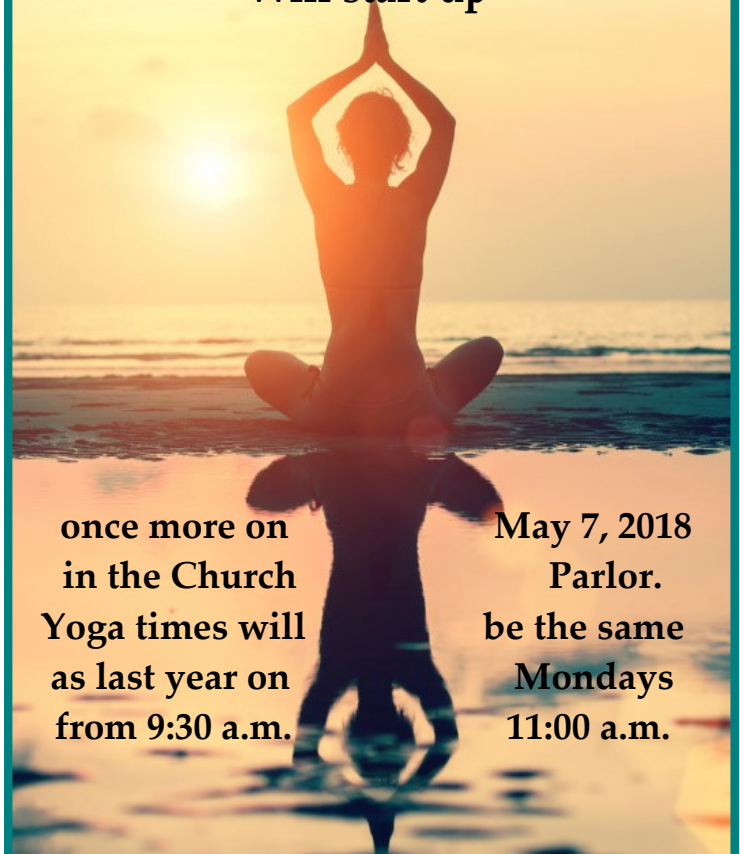


- Keith & Mary Ann Harness, Bill & Julie Hirschfeld, Pat Kinske, Ann & Paul Osborn, Jean and Larry Neuhardt and everyone else for putting on a lovely funeral luncheon after Albie Elias's Celebration of Life. What a great team, and all lovingly arranged.
- Jim MacKenzie for draining the church hot water heater. It's amazing, over the lifetime of a water heater, how much sand and stuff gets inside these things!
- Robin MacKenzie for coming to the rescue with the after church sandwiches when Pastor Dinah was sick. It was a last minute effort, and truly appreciated. Thank you, too, to Al Bryant for stepping up into the pulpit to read the sermon and do communion that same weekend. It is true that we are all ministers to one another.
- Marti Mollema for adding new mulch to the front church gardens and spraying for the deer.
- Serenity Schulz for your great rendition of "Country Gardens" during the offertory on April 7th. It was fun to hear something so familiar and so well done!
- Robin MacKenzie coming to save the day with soup and salad for Bill's Bible Study. Feeding hearts and bellies is always good caring for the family.



- To Bennett Schmitt and the Alma College Model United Nations team for winning the highest awards at their conference — for 23 years in a row! Ben has been involved with Model UN for eight years (four years in high school and four years in college.) Ben and his team represented three countries and all three won the top award, a record that has been repeated just four times in the Conferences 90+ years.
- And to Bennett Schmitt on his graduation from Alma College, April 20th. Such an exciting and rewarding time for Bennett and all who love him!

## Yoga with Jane Schulz Will start up



**once more on  
in the Church  
Yoga times will  
as last year on  
from 9:30 a.m.**

**May 7, 2018  
Parlor.  
be the same  
Mondays  
11:00 a.m.**

# Thank You

from  
**Water For Good  
Organization**

Thank you for your monthly commitment to the people of the Central African Republic. As you know, we could not do the work we do without the generosity of people like you. 2019 is an exciting time as we drill 120 wells and wrapping those into our maintenance program. Thank you for partnering with us. Becky



## May is First Congregational Church's Sunday School Teacher Appreciation Month

Join us in thanking our amazing Sunday School Teachers for all their loving time spent with our youth on May 26th during the Worship Service.

# Please Remember in Prayer

Michael Berghash  
Nena Bonderenko  
Judy Calhoun  
Judy Furber  
SherryGigous&Home  
Pauline Grigg  
Bonnie Heaney  
Pat Hessler  
Allen Hosko  
Christine Johnson  
Jen Kennedy  
Shirley Kerr  
Charles Kinney  
Becky Kleyn  
Robert Knop  
Jim Lalas  
Susan Lavender  
JosephMacKenzie  
Michelle Master  
Leslie McElduff  
Andy Mollema  
Dave Monteith  
Donna Phillips  
Ron Phillips  
Chris Porter  
Paul Robinson  
John Ruckrich  
Linda Schweyer  
PeytonSchindler  
Kim Scripps  
Dori Turner  
Judy Chick Walton

### The Families of

Kathy Blake  
Peter Gaylord  
Liz Gottlieb  
Marian Gyr  
Ann Johnson  
Patty Palmer  
Connie Phillips

### Senior Living:

*Orchard House*  
Pat Hessler  
Susie Vigland  
*The Homesteader*  
Moore Peregrine  
Bea Stone  
*The Maples*  
Karen Collins  
Jan Condon  
Danielle Gardner  
Gladys Wilson  
*Paul Oliver Living*  
Betty Kroft

### Military

Matthew Conrad  
Cheyenne Dubois  
Mike Kinney  
Clark Robinson  
Ryan Ruddy



## Dine Out For Benzie Area Christian Neighbors

at Platte River Inn in Honor &  
The Roadhouse in  
Benzonia on Tuesday,  
May 7th and 10% of  
your dinner bill will  
be donated to BACN.







**..MAY..**  
**First Congregational Church of Frankfort**  
**April 2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Kerry Buzzell            Jackson Deloria            Tyler Grant            Dylan Jewell</p>	<p>1            9:45 a.m., 6:00 p.m.            MOBBI Classes            4:00 p.m.            Worship Mtg.            7:30 p.m.            Choir Rehearsal</p>	<p>2            9:30 a.m. Yoga            1:30 &amp; 2:30 p.m.            MOBBI Classes            4:00 p.m.            Outreach Mtg            Michael Grant            Julie Hirschfeld</p>	<p>3            6:00 p.m.            The Gathering at            The Walthorns</p>	<p>4            Mary Bateman            Mariah Manning            Beth McNamara            Candace            Nostrandt</p>
<p>5            9:30 a.m.            Choir Rehearsal            10:30 a.m.            Worship,            &amp; Sunday School            Betty Webb            Janet Pomerleau</p>	<p>6            9:30 a.m. Yoga            6:00 p.m.            MOBBI Class            Mary Dykstra            Leo Hughes            Serenity Schulz</p>	<p>7            9:30, 1:30, 2:30 p.m.            MOBBI Classes            7:00 p.m.            Book Study            Liam Condon            Bob King            Dine Out For BACN</p>	<p>8            9:45 a.m., 6:00 p.m.            MOBBI Classes            4:00 p.m.            Council Mtg.            7:30 p.m.            Choir Rehearsal</p>	<p>9            9:30 a.m. Yoga            1:30 &amp; 2:30 p.m.            MOBBI Classes            11:30 a.m.            Ministerial Assoc.            John Henry            Alma House            Chia Yang</p>	10	11
<p>12            Happy Mothers Day!            9:30 a.m.            Choir Rehearsal            10:30 a.m.            Worship &amp;</p>	<p>13            9:30 a.m. Yoga            6:00 p.m.            MOBBI Class            Marijke Church</p>	<p>14            9:30, 1:30, 2:30            MOBBI Classes            4:00 p.m.            Property Meeting            7:00 p.m.            Book Study</p>	<p>15            9:45 a.m., 6:00 p.m.            MOBBI Classes            1:00 p.m.            BC3 in Dining Rm.            7:30 p.m.            Choir Rehearsal</p>	<p>16            9:30 a.m. Yoga            1:30 &amp; 2:30 p.m.            MOBBI Classes</p>	17	18
<p>19            9:30 a.m.            Choir Rehearsal            10:30 a.m.            Worship,            &amp; Sunday School            2:00 p.m.            Baccalaureate,            St. Andrews            2:00 &amp; 2:45 p.m.            Nursing Care            Worship</p>	<p>20            9:30 a.m. Yoga            6:00 p.m.            MOBBI Class            Tommy Mendoza            Dawn Schulz            Molly &amp; Scott            Harrison            Jared &amp; Jordin            Kelly</p>	<p>21            9:30, 1:30, 2:30 p.m.            MOBBI Classes            7:00 p.m.            Book Study            Becky &amp; Matt Addis</p>	<p>22            9:30 a.m. Human            Services Collab.            9:45 a.m., 6:00 p.m.            MOBBI Classes            7:30 p.m. No            Choir Rehearsal            Michael Elwell</p>	<p>23            9:30 a.m. Yoga            1:30 &amp; 2:30 p.m.            MOBBI Classes</p>	<p>24            Emilie Lepke            Randy &amp;            Katherine Johnson</p>	<p>25            9:00-3:00 p.m.            Candace            Nostrandt            Bridal Shower            1:00 p.m.            Roy Acklin            Celebration            of Life</p>
<p>26            9:30 a.m.            Choir Rehearsal            10:30 a.m.            Worship,            &amp; Sunday School</p>	<p>27            9:30 a.m. Yoga            6:00 p.m.            MOBBI Class            Memorial Day            Donna Phillips            Faith &amp; Jack            Dulaney</p>	<p>28            9:30, 1:30, 2:30 p.m.            MOBBI Classes            7:00 p.m.            Book Study            Andy &amp; Marti            Mollema</p>	<p>29            9:45 a.m. 6:00 p.m.            MOBBI Class            4:00 p.m.            Mission's Meeting            7:30 p.m. Choir            Randy Johnson            Julie Morris            Sean Morris</p>	<p>30            9:30 a.m. Yoga            1:30 &amp; 2:30 p.m.            MOBBI Classes</p>	<p>31  </p>	<p>June 1            1:00 p.m.            Lois Martindale            Celebration of            Life at FCCF</p>

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 431 Forest Avenue  
 Frankfort, MI 49635



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