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# Presbyterian Post

**Frame Memorial Presbyterian Church**

1300 Main Street • Stevens Point, Wisconsin 54481

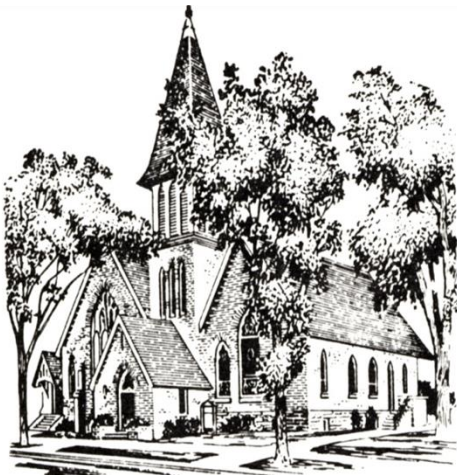
715.341.3040 • [office@framepres.org](mailto:office@framepres.org)

Pastor E-mail • [pastor@framepres.org](mailto:pastor@framepres.org)



## CHURCH STAFF

Pastor: The Rev. Dr. Susan Gilbert Zencka  
Music Director: William Weinmann  
Youth Leaders: Sondra Reynolds, Susan Barrett  
Church Secretary: Kristin Carlson



December 2019 – January 2020



# Christmas Services

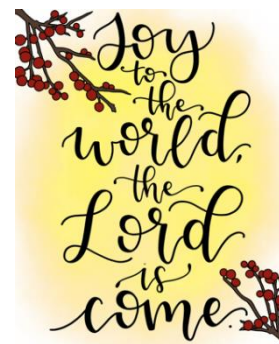
Worship with the Kat Trio  
Sunday, December 8 ♦ 9:30 a.m.

Lessons and Carols  
Sunday, December 15 ♦ 9:30 a.m.

Christmas Eve Family Service  
Monday, December 24 ♦ 4:00 p.m.

Christmas Eve Candlelight Communion Service  
Monday, December 24 ♦ 9:00 p.m.

Dear Friends,



Joy to the world! It is the 300<sup>th</sup> anniversary this year of this beloved Christmas carol, and so this carol will be part of our services in Advent. And, we will be enjoying some special music each week as well.

- Sunday December 1, Northwoods Brass, the UWSP brass ensemble, will be in worship with us, joining in our hymns.
- Sunday, December 8, the Kat Trio will be leading our worship and including a mini-concert during the service instead of a sermon while I will be in Boston studying how to use Internal Family Systems to help people with issues around Shame, Anxiety, and Depression.
- Sunday, December 15, will be our Lessons and Carols service, highlighting some of the themes in Joy to the World.
- Saturday, December 21, Danny Mitchell will be at Frame for another *Music on a Mission* concert along with David Hastings, Cully Swansen, and Ryan Korb. Thanks to Danny, Frame has been able to give tens of thousands of dollars more to non-profit organizations in Portage County over the years. His generosity creates the opportunity for others to be generous. This year, we have sponsors who are paying the musicians—many thanks to those Frame folks who have stepped forward to help make this concert possible. Raising these funds is a wonderful way to head into Christmas.

After Christmas, in the new year, we'll be having two opportunities to think about what we believe and how our faith goes beyond belief. In worship, January 5-February 16, we be having a series of sermons on "Reconstructing Christianity" looking at some of the major theological concepts that have come through the years, and taking a fresh look how some of these ideas came into being, and how we understand them now. Some of the topics could include Atonement, Forgiveness, Non-violence, Original Sin, Salvation, Prayer? What are topics you'd like to explore?

Also during that time, we'll have an Adult Education video discussion class called "Beyond Belief" which will include video clips of the late Marcus Borg, who was a fascinating and well-respected theologian, and time for discussion. We'll meet 11:30 a.m. – 12:30 p.m. on Sunday morning January 5 (and if the folks who gather would like to shift the time a little, we'll decide that together in the first session). The series is produced by an excellent adult ed organization called "Living the Questions."

May the journey of Advent, Christmas, and Epiphany lead us all into a New Year of intention, generosity, and joy,

Peace,

# What is “Internal Family Systems” and Why Has Rev. Zencka Been Studying It?



One of the main reasons I went into ministry was the hope that I could help people in the living of their lives. I knew that everyone has “stuff”—we have issues, or habits, or mental illness, or circumstances that come along in life and present challenges. And faith—the trust that God is with us in these challenges—is one of the resources that helps us through the hard days. But sometimes we need a little help from someone else—after all, Jesus helped people find healing and transformation. But for years, not only did I struggle with not being able to make change happen in my own life, but I didn’t really have much in the way of tools to help other people. I had compassion, I could be present with people, but I wanted to do more to be able to help people with the everyday challenges we all have.

Internal Family Systems is an understanding of personality and a method of counseling. It rests on the assumption that people are basically whole and that our internal systems will tend toward health when possible. And IFS trusts people to understand themselves. In other words, it doesn’t see people as being broken and needing to be diagnosed and fixed; instead, it assumes that difficulties in life are normal, and that with a little (trained) guidance, people can work out their challenges in healthy ways. IFS is about courage, compassion, curiosity, and connection. It is about accepting ourselves and helping our inner systems to heal.

Internal Family Systems is different than other approaches in some significant ways. Just as Jesus reached out to people on the margins of society, welcoming and healing them, in IFS all the parts of our inner selves are welcomed and loved, so that healing and transformation can happen. I have been studying Internal Family Systems so that I can more effectively help people. We all have challenges in life. Everyone develops some bad habits, or some unhelpful strategies, and often these develop early in life when we don’t have the wisdom or ability to understand some of what happens in the world. IFS helps us to use our own insights, and our compassion, courage, and curiosity to look inside ourselves, listen deeply, love ourselves, release burdens, reclaim strengths, and realign our systems to respond to the leadership of our deepest, truest self—the part of us that comes from God. IFS is grounded in spirituality and trusts in the power of compassion to effect healing. It is a powerful method of healing and transformation.

Having completed the basic level (level one) of Internal Family Systems training, I am now qualified to use IFS in counseling with people. Having seen the power of IFS in my own life and with others, I have had a deep sense of call to further work with IFS so I have invested my vacation time and over \$10,000 of my own money to advance my training. I have taken a level two training to deepen my understanding and skills. In December, I will be taking another level two course, one focusing on shame, anxiety, and depression—because so many of us find ourselves dealing with these issues. And in 2020, I’ll be taking a level two course on working with couples. I am excited to be learning ways to share in the healing ministry that is part of what Jesus did, and what we all need, so that we can love ourselves and others more fully, and have the peace Jesus promised. Please contact me for more information—I love working with people in IFS!

## FRAME MEMORIAL PRESBYTERIAN CHURCH PRESENTS: MUSIC ON A MISSION

FEATURING  
DANNY MITCHELL



SATURDAY, DECEMBER 21st  
7:30 pm

FRAME MEMORIAL PRESBYTERIAN CHURCH  
1300 Main St, Stevens Point WI

BUY TICKETS ONLINE AT  
[www.dannymitchellmusic.com](http://www.dannymitchellmusic.com)

LOCAL TICKET OUTLETS:  
Frame Memorial Church (715) 341-3040  
Heid Music Stevens Point (715) 423-1000  
\$20 Adults / \$15 Students & Youth  
General Admission, All Ages Welcome



## Deacon's Corner

### FOOD DRIVE



As we gather with friends and family during the holidays, we hope you will continue to support both of our local food pantries during the Holidays. Just place your food donations on the pew in the hall and the Deacons will deliver! The Cupboard at UWSP will be open and accessible to students throughout their break and into next semester. Donations made on the first Sunday of the month go to the Cupboard. Contributions for Operation Bootstrap will continue on the remaining Sundays of the month. There will be an increased need as children are home from school on Winter Break and guests will be visiting around the table. As always, you can leave your food donations in the pew in the hallway and we'll see that everything gets to where it does the most good. **Your generosity makes a difference! Thank you!**

### HOLIDAY BASKETS



Deacons will be "Wrapping Up" the Holiday Basket ministry in December and delivering them to families soon after. Each basket includes a gift for every child, gift certificates for food and paper products for all family members. Formal collections ended in November, but donations can still be made to help us meet our goal. Please make your check payable to Frame Church, and be sure to put "Holiday Baskets" on the memo line. Please know how much your thoughtfulness is appreciated. You have helped make Christmas brighter for many in Portage County.



## Frame Fellowship Hour

### ◆ Fellowship Hour Invitation and Fourth Sunday Fellowship ◆

The Fellowship Committee offers a weekly invitation to get to know each other better over beverages and refreshments in the downstairs fellowship hall following worship. We welcome volunteers to host a Fellowship Hour and are available to assist if needed. You will see the sign-up sheets in the narthex along with basic instructions and contact information for committee members if you have questions. Each month on the Fourth Sunday we invite you to provide a treat but we handle all the set-up, serving, and clean up. To make this more fun, we create a theme for Fourth Sunday Fellowship dates and here are the details for the next two months:

### ◆ Fourth Sunday Fellowship – December 22 ◆

With so many special foods enjoyed around the holidays, our theme for December is "Holiday Favorites"—whatever you most enjoy for snacks at this time of year. Is it sweet, savory, salty, fruity? Cookies, fruit, pretzels, popcorn, nuts, quick breads, party mix, bars, ethnic favorites, cheese & sausage, crackers & dip, or something else? We will again offer a simple holiday craft project for those who wish to participate. So, pick out your favorite snack to bring and join us for great fellowship and fun on the 22<sup>nd</sup>!

### ◆ Fourth Sunday Fellowship – January 26 ◆

The Fellowship Committee announces a new theme for the first month of 2020—"Favorite Flavors". What is your favorite—peppermint, vanilla, almond, maple, lemon...? We invite you to bring something in your favorite flavor to share. Whether a treat from your kitchen, the bakery or store, all flavors and people are welcome at Fellowship Hour. Please join us on the 26<sup>th</sup>!





# December



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 am - Worship 10:30 am - Fellowship 11:00 am - New Member Class	2	3 6:30 pm - Mission Committee	4 3:15 pm - Youth Group 7:00 pm - Choir Practice	5 3:00 pm - Habitat for Humanity 7:00 pm - Master Chorale Dress Rehearsal	6 7:00 pm - Wisconsin Master Chorale Christmas Concert	7
8 9:30 am - Worship (Kat Trio) 10:30 am - Fellowship	9 5:30 - 8:30 pm - Hometown Childrens' Center Christmas Concert and Reception	10 6:00 pm - Session Meeting	11 3:15 pm - Youth Group 7:00 pm - Choir Practice	12 9:30 am - Presbyterian Women 4:00 pm - Frame Feeds FULL MOON	13	14
15 9:30 am - Worship (Lessons + Carols) 10:30 am - Fellowship	16	17 5:30 - 7:30 pm - Supper Club	18 9:00 am - 8:00 pm - Holiday Baskets 3:15 pm - Youth Group 7:00 pm - Choir Practice	19 1:30 pm - Stephen Ministry	20 5:00 - 8:00 pm - Holiday Baskets	21 9:00 am - 1:00 pm - Holiday Baskets 7:30 pm - Music on a Mission — Danny Mitchell WINTER SOLSTICE
22 9:30 am - Worship 10:30 am - Fourth Sunday Fellowship	23	24 4:00 pm - Family Service 9:00 pm - Christmas Eve Candlelight Communion Service CHRISTMAS EVE	25 CHRISTMAS DAY	26 NEW MOON	27	28
29 9:30 am - Worship 10:30 am - Fellowship	30	31 NEW YEAR'S EVE	Notes:			



# January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:			1 NEW YEAR'S DAY	2 9:30 am - Presbyterian Women 3:00 pm - Habitat for Humanity	3	4
5 9:30 am - Worship 10:30 am - Fellowship	6	7	8 3:15 pm - Youth Group 7:00 pm - Choir Practice	9 4:00 pm - Frame Feeds	10 FULL MOON	11
12 9:30 am - Worship 10:30 am - Fellowship	13	14	15 3:15 pm - Youth Group 7:00 pm - Choir Practice	16	17	18 PRESBYTERIAN POST SUBMISSIONS DUE
19 9:30 am - Worship 10:30 am - Fellowship	20 MLK DAY	21 5:30 - 7:30 pm - Supper Club	22 3:15 pm - Youth Group 7:00 pm - Choir Practice	23 9:00 am - Over-the-Speed-Limit @ Park Ridge Family Restaurant	24 NEW MOON	25
25 9:30 am - Worship 10:30 am - Fourth Sunday Fellowship	27	28	29 3:15 pm - Youth Group 7:00 pm - Choir Practice	30	31	



## December

1 Donna Marx  
 3 Charmian Fournier  
 4 Christine Laird  
 5 Patricia Lemke  
 Reghan Robinson  
 13 Ella Bancker  
 15 Diane Dieterich  
 Ric Walters  
 16 Patricia O'Donnell  
 17 Phylis Makhholm  
 Aiden Martinsen  
 18 Chloe Bancker  
 Caitlyn Rockman  
 19 Ken Hoerter  
 Ethel Lehman  
 20 Mary Williams  
 22 Burdette Eagon  
 26 Nancy Page  
 7 Karen Henneghan  
 28 Bernice Zakrzewski  
 29 Alice Nixon  
 30 Breanna Helmski  
 Susan Zencka

## January

9 Juliet Bork  
 Kole Kaster  
 11 Richard Marquard  
 Cynny Porter  
 John Reynolds  
 12 Susan LeBow  
 15 Blaine Bancker  
 16 Amy Higgins  
 Bob Knowlton  
 17 Jack Porter  
 20 Teresa Timerman  
 23 Lorry Walters  
 24 Kyle Kaster  
 Clare Mossak  
 Sondra Reynolds  
 25 Margaret Faber  
 26 Dennis Klawitter  
 27 Karen Aldinger  
 28 Allen Rasmussen  
 30 Carter Higgins

## Upcoming Frame Feeds

Please support our next two Frame Feeds at the Place of Peace, located at the downtown Mission Church, 1948 Church Street, on the second Thursdays of each month.

**FOR OUR DECEMBER FRAME FEEDS (ON THURSDAY, DECEMBER 12), WE WILL BE PURCHASING PIZZAS WITH YOUR GENEROUS DONATIONS. THANK YOU!**

Date: Thursday, January 9, 2020  
 Menu: Sloppy Joe's  
 Macaroni and Cheese  
 Green Salad  
 Fresh Fruit  
 Cookies and Bars



*\*The Sloppy Joe's recipe will be located below our sign-up sheet on the door next to the main office. Baking pans are located in the kitchen.*

There are three ways you can help make Frame Feeds a success in December and January:

1. **Help Serve**—please be at Place of Peace by 4:00 p.m. (meals are served at 5:00 p.m.).
2. **Buy or Prepare Food**—please sign up on the sign-up outside the church office. You may drop off labeled food items at Frame by 12:00 noon on the day of Frame Feeds (on the back kitchen counter or in the back refrigerator). We will return your containers to the back counter in the kitchen after our service. Please remember to pick them up.
3. **Donate Money**—if you would like to donate money for food items, please contact the church office OR put your donation in an envelope in the church offering plate on Sundays (please label *Frame Feeds*). We would be happy to purchase items for you.

PLEASE SIGN UP ON THE SHEET OUTSIDE THE MAIN OFFICE.  
 PLACE ITEMS ON THE BACK COUNTER IN THE KITCHEN OR IN THE BACK REFRIGERATOR.  
 PLEASE LABEL YOUR ITEMS "FRAME FEEDS."

*Thank you for your generous donations!*

**Questions: please contact Liz Kammer or Kim Marshall**



# Recycling Continues at Frame



The Green Team collects batteries, cell phones, eyeglasses and ink cartridges for recycling or refurbishing. If you have any of these items, save them from the landfill and bring them to Frame.

When batteries begin to rot away in landfill sites, chemicals may leak into the ground, which can cause soil and water pollution. We take your batteries to Batteries Plus, where it costs \$1 per pound to recycle them (the least expensive place we've found). When you drop off your batteries, consider dropping something in the donation box to help us cover the recycling cost.

We take your donated cell phones to AT&T, where they're used for the nonprofit Cell Phone for Soldiers program.

We drop off your donated eyeglasses at the *Wisconsin Lions Recycling Center* located at Camp Rosholt near *Stevens Point*. There they are inspected, cleaned, the prescriptions read, and then packaged for use on *eyeglass missions*.

The office takes care of recycling the ink cartridges, for a credit to purchase office supplies.

Thanks for continuing to bring these items to Frame for recycling! The collection bins are at the entrance to the sanctuary.

*Respectfully submitted,*



# Youth Group

Our Youth Group continues to go strong as we approach 2020!

The youth have a Mario Kart/Christmas Party planned for December 11<sup>th</sup>. The students were excited to coordinate this effort with minimal adult help. Our goal is to provide them opportunities to plan and lead activities a few times going into the new year

We will finish out the year with gift wrapping for Operation Bootstrap on December 18<sup>th</sup>.

Look for the Youth Stock Sale to come in February as we gear up our fundraising efforts for our *2020 Youth Mission Trip* to Detroit.

Youth group will not meet during Christmas Break (December 25<sup>th</sup> or January 1<sup>st</sup>) and will resume regular meeting on January 8<sup>th</sup>.

We will be needing meals again starting January 8<sup>th</sup> so if anyone is willing and able to help please let us know at [frameyouthgroup@gmail.com](mailto:frameyouthgroup@gmail.com).

Thanks to everyone who has provided support and food for our group this year!

*Thanks for your continued support of our outstanding youth!*

*Sondra Reynolds and Susan Barrett*



## Presbyterian Women – December 12 and January 2



Presbyterian Women will meet on Thursday, December 12 at 9:30 a.m. in Fellowship Hall to discussion Lesson 4 of our Bible Study. Our Bible Study this year is "Love Carved in Stone," a fresh look at the Ten Commandments by Eugenia Anne Gamble. Devotions and a business meeting will follow our discussion. We will then enjoy luncheon together. We will meet again on Thursday, January 2 to discuss Lesson 5—this meeting will conclude with coffee and rolls. *All women of Frame are welcome.*

## Supper Club – December 17 and January 21



Rising Sand Organics group offers a free community meal at Frame Church on the *third Tuesday* of each month. In December, the meal will be on Tuesday the 17th and in January on the 21st. These meals offer a chance to meet new people and enjoy a free dinner. They are wonderful offering to our community. *Please come and support this worthy event!*

## Over the Speed Limit – January 23



Over the Speed Limit (for seniors) will resume in January—meeting for breakfast at 9:00 a.m. on Thursday, January 23 at the Park Ridge Family Restaurant (at the Blue Top). All those who are free at this time are welcome to join. Please sign up on the sheet outside of the church office so that we know how many places to reserve. *We hope to see you there!*



## STEWARDSHIP AT FRAME MEMORIAL PRESBYTERIAN CHURCH

Please remember to submit your 2020 Pledge Cards before December 31st.  
**Your support of Frame is critical for our future!**

## THE SESSION

Rev. Dr. Susan Gilbert Zencka (Moderator);  
Vicky Billings (Clerk of Session); Patty Dreier (Treasurer)

### Class of 2019

Vicky Billings  
Charm Fournier  
Ned Grossnickle  
Scott Page

### Class of 2020

Brenda Breitner  
Dale Quick  
Marsha Sowle  
Jon Reynolds

### Class of 2021

Lance Broecker  
Tate Bruckhart  
Dan Dieterich  
Cathy Scheder

## BOARD OF DEACONS

### Class of 2019

Susan DeMuth  
Liz Kammer  
Adrienne Kaster  
Gretchen Steinmetz

### Class of 2020

Carol Colby  
Judy Mabie  
Leslie McClain  
Nancy Page

### Class of 2021

Jo Lewis  
Jen Lindsey  
James Lueptow  
Kathy Lueptow

## MISSION STATEMENT

We, the congregation of Frame Memorial Presbyterian Church of Stevens Point, Wisconsin welcome all who believe in Jesus Christ as Lord and Savior to join us in worship and celebration—center of our faith community. We deny no one full participation in the life and leadership of the church on the basis of race, ethnic origin, worldly condition, age, gender, gender orientation, or any other particular of his or her humanity. We believe the errors of society which have resulted in oppression and despair are not the ways of God. And we seek not to judge our sisters and brothers in our journey of faith. Instead we seek enlightenment about the ways in which we can offer our support and our love to all children of God.

**Office Telephone: 715.341.3040**

**Office Email: [office@framepres.org](mailto:office@framepres.org)**

**Pastor Email: [pastor@framepres.org](mailto:pastor@framepres.org)**

**Office Hours: Monday–Thursday, 9:30 a.m. – 3:30 p.m.**

**[www.framepres.org](http://www.framepres.org)**