



Please don't throw me away.  
If you no longer read me, or I am being delivered by mistake, please call the office 513-661-3745 or email [eboylespsp@fuse.net](mailto:eboylespsp@fuse.net) Thank you.



ALL ITEMS FOR THE SEPTEMBER ISSUE DUE BY AUGUST 21

For current announcements and the latest issue of the Spire newsletter  
[www.stpeterandstpaulucc.org](http://www.stpeterandstpaulucc.org)



Save the date September 10!  
Applefest/Pig Roast



PLEASE TRY OUR NEW  
DIAL A DEVOTION NUMBER  
-new inspirational message  
7 days a week.  
426-8957

**CHURCH STAFF**  
Pastor  
**Rev. J. Martin Westermeyer**  
E-mail: [pastorspsp@zoomtown.com](mailto:pastorspsp@zoomtown.com)  
Choir Director: **Bob Dominique**  
Custodian: **David Clark**  
Organist: **Terri Smith**  
Office Mgr : **Erika Boyle**  
E-mail: [eboylespsp@fuse.net](mailto:eboylespsp@fuse.net)  
Church School Coordinator: **Tammi Hart**  
E-mail: [Tammihart@yahoo.com](mailto:Tammihart@yahoo.com)  
Treasurer: **Kent Claudy**



The church is an organization of volunteers. While there are certain people in the church who are paid for their talents and services, the real work and mission of the church is done by the members, the volunteers. The church's future is based on the service of volunteers who do the work that is the church's mission.

It is always difficult to get individuals to run for an elected position (like Council) or serve on a committee/department. The impassioned plea is given that it is everyone's responsibility to do his or her part in the life of the church. This is a difficult task because folks aren't willing to run for Council or serve on a committee/department.

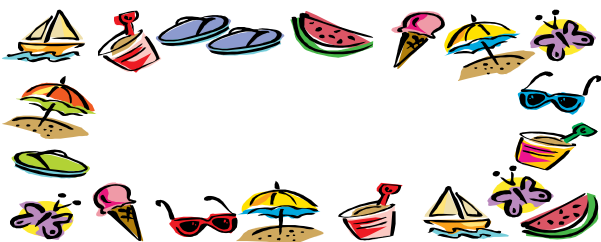
Vacation Bible School (VBS) is happening in July. The VBS program is coordinated by staff, but is run by YOU, the volunteers. Individuals who step forward every year to be sure that the young people in our church and community are able to know about God and Jesus Christ.

Volunteers are essential in ALL the areas of the church's life. We must be willing to do our part. We need to share our skills/talents and time to keep the work of the church alive. Everything in the life of the church depends on individuals who step forward and give of themselves.

Don't think that someone else can do the task that you can do and probably do better. Think about the spirit that you possess and how you can share that with others. Together, let us commit ourselves to sharing the Good News through our work.

Continue to share the faith - see you in church!

*Pastor Marty*



We express sympathy to the family and friends of the following:

**Funerals**  
**Ervin W. Cook,**

who entered into God's Eternal Kingdom on June 12, 2011. Service was held on June 29, 2011. Pastor Marty officiated. Erv is the father of Nancy Dornette and grandfather of Polly Dornette and great-grandfather of Eli.

**Robert C. Schlesselman**, who entered into God's Eternal Kingdom on June 21, 2011. Service was held on June 29, 2011. Pastor Marty officiated. Bob is the husband of Dottie.

**Shirley R. Knopf**, who entered into God's Eternal Kingdom on June 15, 2011. Service was held on July 1, 2011 at St. Peter & St. Paul UCC. Pastor Marty officiated. Shirley is the wife of Henry and mother of Rick, Dave and Larry Knopf.

**Shirley A. Meyer**, who entered into God's Eternal Kingdom on July 2, 2011. Service was held on July 7, 2011. Pastor Marty officiated

**Donald C. Kirby**, who entered into God's Eternal Kingdom on July 10, 2011. Service was held July 15, 2011. Pastor Marty officiated. Don is the husband of Violet Kirby and father of Debra Myers.



**Tami Frank and Paul Walker** were married at St. Peter & St. Paul UCC on Saturday, July 9, 2011. Pastor Marty officiated.



## BAPTISM SERVICES

**Mitchell, Conner and Morgan Sauerwein** were Baptized at the 8:00 AM Chapel service on Sunday, July 10, 2011. Pastor Marty officiated. They are the children of Jodi & Roger Sauerwein, grandchildren of Donna & Joe Kattus, great-grandchildren of Charlotte & Joe Gobich.

**Jack David Papin** was Baptized following Worship on Sunday, July 17, 2011. Pastor Marty officiated. Jack is the son of Katie & Josh Papin, brother of Max, grandson of Sue & David Papin, great-grandson of Lolly Papin.

## PR Person Needed

The church is seeking someone who is interested in assisting in getting information about the church out into the community. This would include coordinating in house publications, the signage out front, newspaper ads/pr and electronic information to inform folks of church activities.

If you are interested in this out-reach ministry of St. Peter & St. Paul UCC, please contact Pastor Marty, 513.661.3745 or [pastorspsp@zoomtown.com](mailto:pastorspsp@zoomtown.com)

### Lay School Training Program of Church Leadership

The "Lay School Training Program of Church Leadership" is gearing up the new program year. As you may or may not know, Mike Murphy has completed one year of this 3 year program.

The fall term begins September 13<sup>th</sup> and runs every other Saturday through December 17<sup>th</sup>. Two courses are being offered are: Christian Education, led by JoAnne Orihood and a Presbyterian instructor yet to be named, and Worship and Sacraments, led by the

Rev. Lou Izor and Rev. Kathy Barlow Westmoreland.

The classes meet at the SONKA office in Centerville. The morning class is from 10:00 am – Noon and the afternoon class is from 1:00 – 3:00 pm.

If you are interested, see Pastor Marty for more information or speak to Mike Murphy about his experience(s). Applications are needed by late July or early August.



### Manna Food Pantry

931 McPherson Ave. 45205, 921-5344. MAILING ADDRESS PO BOX 5141 45205. Manna Outreach, Inc. opened its doors in 1998. Each year, the need for help increases and our services are used by more families in need of food. The Manna Food Pantry is located on McPherson in Price Hill.

Volunteers from the community, area agencies, and supportive churches, staff and run the food pantry for those in need. Manna assists OVER 500 families each month. Church members: AUGUST need is canned fruit and vegetables.



Did you know that we are involved with GFS (Gordon Foods)?

If you are in the store purchasing items, fill out a form and get a card that will eventually bring money back to St. Peter & St. Paul. Every penny counts. If you forget, mention St. Peter & St. Paul's name, and the clerk will credit our account.



**Kroger gift cards are still sold in the church office.** Please continue to reload your existing Kroger cards. The church makes \$\$\$ on your use of them.



**PAPER RETRIEVER  
PAPER RECYCLING BIN**

**We want ALL your:**  
 • Newspaper • Envelopes •  
 Magazines • Folders • Office  
 and School Papers • Fax  
 and Copy Paper • Shopping

Catalogs • Colored Paper • Mail

**Please do NOT include:**

• Plastic • Metals • Trash • Glass

**Recycling is Good for the Environment:**

Saves the landfill from hundreds of thousands of cartridges. Don't forget to save your used printer cartridges for us. We can send them in for recycling, saving landfill space as well as to make money for the church. We will get \$3 or more for each one. Ask your friends and families to save them. Any kinds are accepted as long as they are no larger than the size of an adult's hand.



We



We are excited to invite, you and your congregation, to participate in the 2011 "Crossing Bridges;" CROP walk to stop hunger (See enclosed brochure.) This fundraising walk will be held October 2, 2011. All of us, including numerous; churches from our area, will gather at St. John's UCC, 415 Park. Ave, Newport Kentucky. Registration is at 1:30 pm. and the walk commences at 2 pm. The route will take us through Newport, across the Taylor/Southgate Bridge;; wind through beautiful downtown Cincinnati and back across the Purple People Bridge, returning to St, John's. The significance of this being a 3 mile trek, is to show people the average length thousands of people walk, each day just to receive clean water. What impact will this have on our church members, "crossing bridges", to bring awareness to those in need, and to be a part of the solution to those in Cincinnati and around the world.

Three local agencies, Manna Food Pantry in Price Hill, and Westfed Food Pantry and My Neighbor's Place, both in Westwood, will be recipients of 25% of the money raised by participating west side churches.

If your church is interested in being a part of this year's CROP walk, an informational meeting is being held on August 31, 7 pm. at St. John's UCC in Newport. Please RSVP to Carol at 513- 598-6345 if you will be in attendance. Walker and promotional materials will be available at this meeting as well as information for you to encourage your congregation to be a part of this important ministry. If you would like to learn more about CROP, visit the website at [www.cropwalk.org](http://www.cropwalk.org) Thank you for helping to end hunger one step at a time, Westside CROP Coordinators: Carol DeGreg Jenny Partridge



*Special thanks to those who generously donated supplies for use here at church!!! Some folks are known and some are*

*anonymous but we appreciate you ALL! Especially L Sparks, L Spraul, N Krailler*

Also a round of applause for Aaron Westermeyer who subbed in for our regular grasscutting volunteer, Bob Cheeseman, while Bob's shoulder was healing. Well done Aaron!

Also thanks to mom Annie for removing the many weeds from around the church entrance-it looks MUCH BETTER thanks to you.

*Nancy and Paul Dornette want to thank the good people of St. Peter and St. Paul for all their phone calls, cards, condolences and prayers in the loss of Nancy's Dad Ervin Cook.*

*It really means so much to have such a wonderful church family. Special thanks to Pastor Marty for the great job he did at the service and just being there whenever needed. After the service, there were several people that came up and said "your Pastor did a wonderful job". We think so too. THANKS!!!!*



Eating healthy on a budget can seem difficult; but it can be done! Being creative can help you stick to your budget and incorporate nutritious foods into your diet.

Try to incorporate some of these healthy foods under \$1 into your weekly menu planning.

### 1. Apples

**Great for:** Snacks, green salads, main dish salads, and fruit salads.

**What's a serving?** 1 large apple.

**Price per serving:** About \$1. Apples sell for about \$1.99 per pound, and an extra large crisp apple weighs about 1/2 pound.

**Nutrition Info per serving:** About 118 calories, 5.5 grams fiber, 18% Daily Value for vitamin C, and 7% Daily Value for potassium.

### 2. Bananas

**Great for:** Snacks and fruit salads, yogurt parfaits, and smoothies.

**What's a serving?** 1 banana.

**Price per serving:** About 45 cents. Bananas sell for about \$0.89 per pound, and a large banana weighs about 1/2 pound

**Nutrition Info per serving:** About 121 calories, 3.5 grams fiber, 14% Daily Value for potassium (487 mg), 20% Daily Value for vitamin C.

### 3. Baby Carrots (in bags)

**Great for:** Snacks, casseroles, stews, veggie platters, and side dishes.

**What's a serving?** About 1/2 cup or 2 ounces raw.

**Price per serving:** 19 cents. A 16-ounce bag costs about \$1 on sale and contains about 8 servings (2 ounces each).

**Nutrition Info per serving:** About 21 calories, 2 grams of fiber, and 166% Daily Value for vitamin A.

### 4. Canned Beans

**Great for:** Green salads, casseroles, stews, and chili. Types of beans range from 50% less sodium kidney beans and black beans to white beans and garbanzo beans.

**What's a serving?** Each can contains about 3.5 (1/2-cup) servings.

**Price per serving:** About 28 cents. You can buy a 15-ounce can for about \$1 on sale.

**Nutrition Info per serving:** About 108 calories

(for kidney beans), 7 grams protein, 7 grams fiber, 12% Daily Value for folate, 8% Daily Value for iron and 9% Daily Value for potassium

### 5. Canned Tomatoes

**Great for:** Italian and Mexican recipes, chili, stew, and casseroles. Flavor options range from no-salt-added sliced stewed tomatoes to diced tomatoes with garlic and olive oil.

**What's a serving?** One can contains about 3.5 (1/2-cup) servings.

**Price per serving:** About 28 cents. You can buy a 14.5-ounce can for about \$1 on sale (often less for store brands).

**Nutrition Info per serving:** About 20 calories, 1 gram fiber, 7% Daily Value of potassium, and 19% Daily Value of vitamin C.

### 6. Oranges (extra large navel oranges)

**Great for:** Snacks, green salads, and fruit salads.

**What's a serving?** 1 large or extra large orange.

**Price per serving:** 40 cents for a large orange and 79 cents for an extra large orange. Oranges sell for around \$0.79 per pound, and a large orange is about 1/2 pound, whereas an extra large orange is about 1 pound.

**Nutrition Info per serving:** (for an 8 ounce orange): About 86 calories, 4.5 grams fiber, 5 % Daily Value for vitamin A, 163 % Daily Value vitamin C, 14 % Daily Value for folate, 7 % Daily Value for calcium, and 10% Daily Value %for potassium.

### 7. Pears

**Great for:** Snacks, as an appetizer with cheese, green salads, and fruit salads.

**What's a serving?** 1 large pear

**Price per serving:** about 45 cents for a large pear. Pears sell for about \$0.90 per pound, and a large pear weighs about 1/2 pound.

**Nutrition Info per serving:** About 133 calories, 7 grams of fiber, 16% Daily Value for vitamin C, and 8% for potassium.

### 8. Lentils (dry)

**Great for:** Soups and stews, cold bean salads, and casseroles.

**What's a serving?** 2 ounces (dry)

**Price per serving:** 14 cents. A 16 ounce bag sells for \$1.12 (on sale) and contains eight servings.

**Nutrition Info per serving:** 200 calories, 15 grams protein, 17 grams fiber, 24% Daily Value

for Iron, 17 % Daily Value for magnesium, 16% Daily Value for potassium, and 68% Daily Value for folate.

### 9. Pearl Barley (dry)

**Great for:** Soups and stews, cold salads, and casseroles.

**What's a serving?** 2 ounces (dry)

**Price per serving:** About 12 cents. A 16 ounce bag of dry pearl barley sells for about \$0.94 and contains about 8 servings.

**Nutrition Info per serving:** 200 calories, 9 grams fiber, 6 grams protein, 8% Daily Value for iron, and 11% Daily Value for magnesium.

### 10. Yogurt (plain, lowfat, or fat-free)

**Great for:** Smoothies, yogurt parfait, dips, and dressings.

**What's a serving?** An 8-ounce or 6-ounce container is usually a serving.

**Price per serving:** 60 cents. This is usually the price for an 8-ounce container of plain fat-free yogurt.

**Nutrition Info per serving:** (for 8 ounces of fat-free plain yogurt): 127 calories, 13 grams of protein, 45% Daily Value for calcium, 11% Daily Value for magnesium, 17% Daily Value for potassium, and 7% Daily Value for folate.

### 11. Eggs

**Great for:** omelets, hardboiled, salads

**What's a serving?** 1 medium egg (Limit egg yolks to more than four yolks per week)

**Price per serving:** about 13 cents per egg

**Nutrition Info per serving:** 63 calories, 4g fat, 186mg cholesterol, 62mg sodium, 0g carbohydrates, 6g protein

### 12. Broccoli

**Great for:** steamed as a side dish, tossed in salads, mixed in brown rice or whole wheat pasta dishes, a snack with veggie dip

**What's a serving?** 1 cup raw, ½ cup cooked

**Price per serving:** about 45 cents per serving (\$1.79 per crown, each crown has approximately 4 servings)

**Nutrition Info per serving (raw):** 20 calories, 0g fat, 0mg cholesterol, 19mg sodium, 4g carbohydrates, 2g protein, 43% Daily Value of Vitamin A, 110% Daily Value of Vitamin C

### 13. Sweet Potato

**Great for:** baked, mashed, steamed

**What's a serving?** 1 medium potato (150g-no skin)

**Price per serving:** about 50 cents per potato

**Nutrition Info per serving:** 115 calories, 0g fat, 0mg cholesterol, 41 mg sodium, 27 g carbohydrates, 4g fiber, 2 g protein, 475 % Daily Value of Vitamin A, 32 % Daily Value of Vitamin C

### 14. Brown Rice

**Great for:** stir fry, steamed with veggies

**What's a serving?** ½ cup cooked

**Price per serving:** about 10 cents per serving (\$1.99/bag, about 20 servings per bag)

**Nutrition Info per serving:** 109 calories, 1g fat, 0mg cholesterol, 5 mg sodium, 23 g carbohydrates, 2g fiber, 3g protein

### 15. Snap Peas

**Great for:** snacking, mixed into brown rice or whole wheat pasta dishes

**What's a serving?** ½ cup cooked or 1 cup raw

**Price per serving:** about 25 cents per serving (99 cents/lb)

**Nutrition Info per serving (cooked):** 34 calories, 0g fat, 0mg cholesterol, 3 mg sodium, 6 g carbohydrates, 2g fiber, 3g protein, 64 % Daily Value of Vitamin C, 16 % Daily Value of Vitamin A, 10 % Daily Value of Iron

### 16. Green Tea

**Great for:** cold or hot beverage

**What's a serving?** 1 tea bag brewed in 1 cup of water

**Price per serving:** about 13 cents per bag (\$2.50 for a box of 20 bags)

**Nutrition Info per serving:** numerous antioxidants, 0 calories, 0mg sodium

### 17. Oats

**Great for:** hot oatmeal, baking

**What's a serving?** ½ cup cooked

**Price per serving:** about 18 cents per serving

**Nutrition Info per serving:** 83 calories, 2g fat, 0mg cholesterol, 5 mg sodium, 14 g carbohydrates, 2g fiber, 3g protein

### 18. Spinach

**Great for:** tossed salads, steamed as a side dish

**What's a serving?** 1 cup raw or ½ cup cooked

**Price per serving:** about 80 cents per serving (based on a \$2.39 pre-packaged bag with 3 servings; \*each serving will be cheaper when purchasing fresh spinach instead of pre-packaged)

**Nutrition Info per serving (raw):** 7 calories, 0g fat, 0mg cholesterol, 24 mg sodium, 1g carbohydrate, 1g fiber, 1g protein, 56 % Daily Value of Vitamin A, 2 % Daily Value of Folate, 181 % Daily Value of Vitamin K, 5 % Daily Value of Iron, 3% Daily Value of Calcium

*American Heart Association*



**APPLEFEST**

September 10<sup>th</sup> we will be holding our first APPLEFEST . We are in need of your help.

There is a job for everyone. Any time that you can give is greatly appreciated.

Please see Jo Ann Iames, Michelle Daniels or Bobbie Morgan

Thanks from the APPLESFEST committee



The Property Department apologizes for, and hopes you will bear with us, the delay in repairing the air conditioning in the sanctuary. Beginning July 18, Carr Electric will be rewiring the thermostats to register heat and air. The following Monday, July 25,

the custom valves we have been waiting for, will be replaced. We should return to the sanctuary in the next two or three weeks. In the meantime, services will be held in the Fellowship Hall which has air conditioning.

Due to a lightening strike, ADT has had to work on several problems replacing burned out fixtures and wiring. The organ, which was also affected, has been repaired. We are hoping to file a claim with the insurance company for this occurrence.

We hope you will continue to bring in your papers and magazines. We appreciate all those who contribute.

**September 18**



September 18 is our Church Family's Picnic Day. Right after Church the Picnic will get underway.

God's Spirit will as always Will be with us that day.

Raffles and games and food we say, We hope each and every one will stay.

Remember, you can even Volunteer Hooray Just sign the Sheet Please Don't Delay.

Thanks

Joyce and Lonnie Black.



**ELECTRONIC DONATING HAS ARRIVED !!!!**

You now have the option of making your donations to church electronically. If you choose to participate, you simply fill out a form designating how much you want to give to each of the various church funds, such as Current Fund, Mission Fund, and others. Donations are automatically transferred from your bank account on the 15<sup>th</sup> of each month until you decide to stop or make changes. In addition, you can designate annual gifts to funds such as Christmas, Easter, Thanksgiving, and more. Forms are available in the church office and should be returned in a sealed envelope marked "Treasurer". For more information, please contact Kent Claudy, 574-4548.



Saturday, July 16 the cut-ups prepared and served lunch to 160 people at the Vine Street Soup Kitchen. We served a hot dog on a bun, macaroni and cheese, baked beans, a green salad, and a 5-ounce fruit cup. Last month we served 246 people, so we now cook to feed 260 people. Leftover food will be used the

next week for lunches. Many adults and children in our nation do not have enough food each week in must go hungry. Sometimes money earned is not spent wisely and unnecessary purchases are made instead of food. Many times there's just not enough money. No one in the United States, who is willing to work, should have to send their children to bed hungry, but I'm sure it happens all over our city and state every day. In our small way, we offer our neighbors a good lunch on the third Saturday of each month. Thank you church members and friends, for your support and participation in keeping this ministry strong. I'm sure that we have provided food for some families to enjoy, who might not have had enough food for that day, and would have had to send their children and themselves to bed hungry.

Thank you and God bless,  
Donna & Jack Kohlmeyer & Joan Maegley



### MATRIMATES & MORE

Our annual picnic was held on Friday July 15. Hamburgers, brats and all the trimmings were fixed by the food committee (the officers). Our business meeting was short

and sweet, we collected money to purchase back to school supplies for Camp Washington. Don't forget the Covedale show on August 7th 2 PM, Joanne will have the tickets available that day. Our annual "trading bingo" provided a fun evening. Our next meeting will be on Friday August 19. Our entertainment that evening will be "Traveling" presented by Carol Westermeyer. Don't belong but want to come that evening? please see an officer: Joanne or Ken Claudy, Dee Erhardt, Nancy or John Cusick.

### Back to School Ministry 2011.

Washington UCC. 2011 to 2012 school year

#### OPTIONS AVAILABLE IN THIS MINISTRY:

- 1) Collect and deliver basic school supplies: wide-ruled spiral notebooks, loose-leaf paper, primary tablets, folders, colored pencils, scissors, binders, rulers, markers, and pens.
- 2) Purchase personal care items. Tooth brushes, towels, shampoo, soap, washcloths, and combs.
- 3) Sponsor a child (or a family of children): This will require that you supply socks, underwear, shoes, a clothing outfit, and personal care supplies for each child. We will assign a child (or more, if you choose) to you. You may choose to:
  - A) Take the child shopping.
  - B) Shop for the child and deliver the items to the church for delivery to the child.
  - C) Send \$75 for sponsorship of a child to Washington UCC and we will do the shopping for you.

Washington UCC **will provide** a backpack for each child.

**All donated items must be at St. Peter and Paul by July 31**

### LAYMAN'S 10 COMMANDMENTS

For the month of August the Elementary and Preschool children will be learning about the Miracles of Jesus.

The Youth class will continue lessons on the Parables that will be taught at VBS.

- ✚ Shocking Servant (Forgiveness)
- ✚ Warmest Welcome (Grace)
- ✚ Master's Money (Faithfulness)

### Usage of a Home Gym





Here is a fun site to visit on your birthday-enjoy  
[www.birthverse.com](http://www.birthverse.com).

Apologies to anyone we might have missed  
 Please notify church office of any omissions.

8/1 Tricia Ludeke	8/17 Judy Schmalfuss	8/24 Ruth Jansen
8/2 Nathan Morgan	8/18 Norma Fitch	8/24 Patricia Morris
8/2 Lori Woodard	8/20 Steven Bozich	8/25 Raymond Atkinson
8/3 Ruth Ann Mallot	8/20 Melba Cassidy	8/26 Gladys Glassmeyer
8/3 Lolly Papin	8/20 Dianna James	8/26 Jim Pierce
8/4 Jim Wagner	8/20 Paul	8/26 Joan Martin-
8/5 Joyce Black	Middendorf III	Trester
8/7 Angela Appleby	8/20 Katie Papin	8/27 Bob Keely
8/7 Janie James	8/21 Jonathan Deifel	8/27 Tyler Woodard
8/9 Sheila Traut	8/22 Paul Staley	8/28 Sean Gum
8/12 Donald Traut	8/23 Hanna Heilmann	8/28 Chris Kohlmeyer
8/13 Dorothy Bertsche	8/23 Louise Lane	8/29 Patti Johnson
8/13 Meghan Ryan	8/23 Justin Morgan	
	8/24 Bill Dunnett	

*8/2 Joan & Tom Trame*

*8/3 Ginger & Bob Cheeseman Jr.*

*8/14 Tom & Sherry Moore*

*8/17 James & Sheryl Gum*

*8/18 Janette & David Clark*

*8/19 Carol Westermeyer & Robert Stenton*

*8/22 Dave & Sue Papin*

St. Peter & St. Paul United Church of Christ  
3001 Queen City Avenue  
Cincinnati, OH 45238-2432

***THE SPIRE SEPTEMBER 2011***

**RETURN SERVICE REQUESTED**



[www.stpeterandstpaulucc.org](http://www.stpeterandstpaulucc.org)

***Sunday & Special Events in AUGUST/SEPTEMBER***

Every Sunday	Chape Service 8 am, Bible Study, 9:00 AM Gathering Time & Announcements, 10:00 AM Traditional/Blended Worship follows Gathering Time
--------------	--

**Sunday & Special Events in August-September 2011**

- Sunday, August 7: Communion Celebrated.  
Group to Covedale Theater for "Crazy for You".
- Friday, August 19: M&M's
- Saturday, August 20: Soup Kitchen.
- Sunday, August 28: Rev. Michelle Torigian Installation @ St. Paul UCC, OBR.