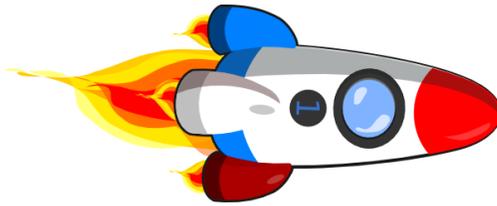


ADVOCATE

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June 2019



Vacation Bible School Monday-Friday, June 17-21

Come and join us on a grand adventure into the cosmos as we celebrate the amazing universe that God has created. We will hold our program June 17-21, 9am to 12:30pm. Lunch will be served at 12:15pm, and all parents/grandparents/guardians are welcome to join us for both our lunch and closing. Cost is \$25 for non-members and \$20 for members. Additional children will receive a discounted price, so please bring a friend to share in this marvelous adventure.

Gifts Showing Gratitude for Service!



When elders and deacons retire at the end of their terms, Rev. Gauen gives them each a small gift, a token of their service to the church. Three deacons retired this year. Mark thanked each with appropriate keepsakes from his drawer of treasures. Penny Epley was given a plaque with a verse from Hebrews and was noted for her hospitality. Dorothy Driskell received a framed verse from Philippians and thanks for bringing us the AME church choir. Kim Hunt received a walking stick to remind her of our walk to Jerusalem.

For the retiring elders, Matt Borth received an aquarium net and a passage from the Gospel of Mark relating to fishers of men. Both should be helpful in Matt's work with the seafood industry. Doug Dunlope received a screwdriver and a verse from Ecclesiastes, commemorating his work on the building project.

Many thanks to all of those retiring—and to the new elders and deacons who have answered the church's call to serve!

Map to Outdoor Worship Service
June 16, 2019 10:30 a.m.
Antrim Shelter, Heritage Park



Plan now to attend our Outdoor Worship Service on **Sunday, June 16**. Instead of worshipping in our sanctuary, we will worship at the Antrim Shelter in Heritage Park on West Main Street in Westerville. This beautiful park allows us to experience God in a different setting. Worship will start at 10:30 a.m. (15 minutes later than our usual starting time in order to allow people time to travel from church to the park, if necessary), and we'll have a potluck picnic lunch afterwards. Bring lawn chairs for sitting, if you wish, and a dish to share for the picnic. Child care will be provided for the little ones. See you there!

Reverend Kristin Schutte

March 8, 1947-May 15, 2019

Our good friend and our Parish Associate, Rev. Kristin Schutte, died on Wednesday, May 15. A Memorial Service for Kristin was held on May 25 here at First Presbyterian. Kristin has been a member of this church since 1983, leaving when she was ordained as a minister in the Presbyterian Church (USA) in 2006. She served two yoked parishes on the east side of Columbus before retiring and returning to First Presbyterian. Kristin served as a back-up for pastoral care for Pastor Gauen and led the annual Women's Retreat each spring. The photo below shows Kristin, front and center, and other women of our church at the 2012 retreat.

Pastor Gauen was asked to share some remarks about Kristin at the May Presbytery meeting. Here is what he said:

I come before you in the most difficult of circumstances—to announce the unexpected death of our colleague and my friend, Kristin Schutte, last Wednesday. I have heard it said that when someone dies, a hole is left in the world. If this is so, then Kristin's death leaves many holes.



She was Parish Associate at Westerville First Presbyterian, which was her home church before she followed God's call to the ministry in the early 2000s. In fact, she was scheduled to preach for me next month. She was also planning a women's retreat in June for Westerville First and Condit Churches. She served on the Older Adult Ministry Committee of the Presbytery. She served on the Operations Commission and the Care of Church Professionals Task Team of the Presbytery and on the Nominating Committee. She was also the leader of the Westerville Chapter of Eastern Star. Lots of holes that will need to be filled.

But the hole that is going to be hardest to fill is the hole in my heart; in many of our hearts. For Kristin was a friend in ministry to me and to so many others here in central Ohio. We will miss her. We will miss her enthusiasm for all things Presbyterian. If our Presbytery had a cheerleading squad, she would certainly be on it. What is more, Kristin was everyone's greatest supporter. She heaped praises on everyone. She always spoke in glowing terms of the people she worked with throughout the Presbytery. She would do the same for the churches she visited, always sharing with me where she had been and what wonderful thing she had discovered about that church. I know that I will miss that, as I will miss her.

We will say goodbye to Kristin on Saturday, May 25, at 10:30 a.m. at First Presbyterian Church in Westerville. You are all welcome to join us.

Ladies' Night Out

June 18, 6:30 pm



The June Ladies Night Out will be at Carrabba's Italian Grill, 8460 Lyra Drive, off Polaris Parkway (880-2426). All women of the church—and their friends--are welcome. Please contact Diana Westfall to tell her you are coming. We do have fun!



Dine-Out Group

Friday, June 14, 6:30 pm

Dine Out friends! On Friday, June 14, we will gather at O'Charley's, 1425 Polaris Pkwy. Everyone is welcome. The restaurant is located on the south side of Polaris Parkway, two lights west of the I-71 overpass. O'Charley's has a standard American menu and is moderately priced. Check its website for complete menu offerings. Please let Jim Hines or Bob Place know if you can attend. Hope you can join us. We have a great time catching up with each other.

JUNE 28! 'Ring Our Bell'

For the last few years, our church has offered children and families the opportunity to 'Ring Our Bell' on each Westerville Uptown Fourth Friday evening. Some volunteers pass out coupons to interested families, while others greet the children and show them how to ring the bell. This simple activity has raised community awareness of our church, not to mention providing a good social time for our members. Here, a thrilled Everett Etling rings the bell.



'Ring Our Bell' will continue each 4th Friday throughout the summer months: June 28, July 26, and August 23, 6-8 pm. If you can volunteer for a couple hours on any of those dates, please contact Jack Anderson.



Parents Round Table

Saturday, July 27, 1:00-2:00 pm

Calling ALL parents! Come and join us for a round table discussion about our ministry and how it affects you and your children. You are your child's best teacher, and we want to help equip you with the necessary tools and skills to help your child grow to love and have faith in God. We want our program to offer opportunities for you and your child(ren) to engage with one another, build relationships, and explore the amazing gift that God has offered us in Jesus Christ. The world can be a scary place, but the church is one of very few places where your child can learn some of the coping skills necessary for dealing with the stresses of our modern world. Please join us in helping to make decisions for our program so that we can be sure to offer you the best possible resources and support systems.

We will meet on Saturday, July 27, at the church from 1:00 to 2:00 pm. Child care will be provided. If you are unable to attend, we would still appreciate our input. Please contact Rev. Heather Hicks at your convenience.



Summer Cookout and Water Play

August 3, 12 pm – 3 pm

Heather Hicks will host a cookout and water play party at her home on August 3. All families are welcome to attend. Please bring a dish to share. We will provide the meat and veggie burgers (on a separate grill). The kids can bring a change of clothes and water toys to splash and have fun. We will have water tables, squirt guns, water balloons, etc, for a day of good food and water fun.

Mark your calendars for August 3 at 12pm-3pm.

Treasures Available (These Cats Need a Home)

Eureka! Worship Committee members discovered many wooden Cat's Meow replicas of our church, pictured here, while cleaning closets during our renovation. A collector's item, for sure!



These replicas will be available for a free-will donation in the Gathering Place. Also available are a few 50th anniversary church plates. Get them while they last!

Help Needed for the Manna Café Project

After four years of coordinating Manna Café dinners, Glenna and John Cameron are planning to retire at the end of this calendar year. The last dinner they will oversee is November 13. If you think you might be interested in coordinating these dinners, Glenna or John (or Sharon Davis) would be happy to talk with you.

Recipes, shopping lists, sign-up sheets, and other written suggestions are available to assist you. Hands-on experience during the August 21 and November 13 dinners this year can also be provided. Coordination of the dinners can be split up among interested parties if it is not possible for someone to undertake all four dinners in one year.

You will be very glad you decided to help with this very worthwhile church outreach!

Farmers' Market Saturday, June 22

Many of you know about the Farmers' Market held every Saturday morning in Westerville during the summer. Usually the Market is held on Grove Street in front of Towers Hall next to the Otterbein Campus. However, on Saturday, June 22, the Market will move to the city parking lot just east of our church. In order to help the city with this move, First Presbyterian Church will loan its east parking lot for the use of the vendors at the Market. Thus, our east parking lot will be unavailable on Saturday, June 22, from 7 a.m. – 1 p.m. We will keep our south parking lot open for our use that morning. The Market will return to its Grove Street location on June 29.

Healthy Minds, Bodies, and Spirits

The Health Ministry Team has offered many events to promote our congregation's health—mind, body, and spirit: We discussed sadness in winter; we walked (and biked and swam—and prayed) our way to Jerusalem; we relaxed with a glimpse of meditation, Tai Chi, and Qigong; and we are reading/meditating/praying our way through the Bible!

There are ongoing opportunities for all of us with Qigong on Tuesdays (5:30-6:30) or Wednesdays (1:00-2:00), Yoga on Mondays and Thursdays (10:30-11:30), and Bible verse reading daily! You are invited to these activities—and more that Health Ministry has to offer.

We wish for all of us good health—body, mind, and spirit.

See below for more helpful tips from the Health Ministry Team:

Tips for How to Use Crutches

If you've never used crutches before, here are some key tricks to using them correctly. First, using crutches requires good upper body strength and flexibility. It also requires the injury to be isolated to a single leg. Patients with an injured arm or two injured legs usually require another type of support.

Tip 1: Sizing the crutches.

They should be 1" to 2" below the armpit when you are standing straight. The handles should be at hip height, so that your elbows are slightly bent when grasping them.

Tip 2: Checking the padding and grips.

The crutches should have ample cushion on the armpit, grips, and especially the base that contacts the floor. The cushions can be replaced by a medical supply store if they become worn. Otherwise, you will soon feel the pain!

Tip 3: Getting up from a chair.

Place both crutches on the affected side. That is, if you injured your right leg, grasp both crutches by the handle with your right hand. Grasp the arm of the chair with your other hand. Place your weight on your uninjured leg and push up with your arms.

Tip 4: Walking with crutches.

Move both crutches together a short distance in front of you (about 18"). While supporting yourself with your hands, allow your body to swing forward as if you were going to step on the injured leg. Instead, rest your weight on the crutch handles. Do not allow the crutch top to touch your armpit; support your body with your hands.

Tip 5: Going upstairs.

Option 1: Stand close to the step, and place the crutches on ground level. With your weight on the crutches, move the uninjured foot up to the step. Then bring the crutches up to the step level. Repeat, taking one step at a time and resting between steps.

Option 2: If there is a handrail, hold both crutches in one hand, and hold the handrail with the other hand. Again, lead with the uninjured leg.

Tip 6: Going downstairs.

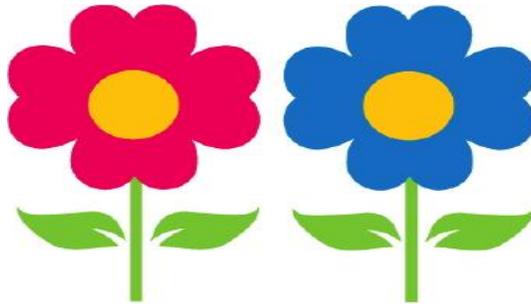
Non-weight bearing: Position the crutches in front of you on the next lower step. Use them to support yourself as you hold the foot of the injured leg up in front of you and hop down each step on your good leg. If there is a handrail, hold it with one hand and the crutches with your other hand. You might have someone assist you at first, especially if you don't have good upper body strength.

Some weight bearing: If the doctor says you can briefly bear weight on the injured leg, place the crutches on the next lower step and step down with the injured leg. Quickly bring down your good leg. Take one step at a time and rest between steps.

Tip 7: Protecting your armpits.

Don't let your armpits rest on the crutches, even while taking a break.

Provided by the Health Ministry Team, taken from *How to use Crutches, Canes, and Walkers*, OrthoInfo, American Academy of Orthopedic Surgeons, February 2015



You Can Donate Flowers For Our Worship Service

Donating flowers is an opportunity to remember loved ones, to celebrate special occasions, and to provide beauty to our sanctuary during the worship service. The sign-up book is located in the Gathering Area. There are several available dates coming up in July and August. Thank you.

ADULT EDUCATION CLASSES AT FIRST PRESBYTERIAN			
Activity	When	Where	What
Tuesday Morning Bible Study	Tuesdays, 9:30-11:00 a.m.	Knox Meeting Room	The Tuesday Bible Study will be on recess for the month of June. We will resume on Tuesday, July 9, with a study on "The Fruits of the Spirit," led by Rev. Gauen.
4th Monday Discussion Group	4 th Mondays, 7:30 – 9:00 p.m.	Rev. Gruen's office	We are examining the cultural divide in our country through the book, <i>Strangers in Their Own Land</i> by Allie Hochschild. This month, the class will be held on the third Monday, June 17, in Rev. Gauen's office.
Sunday Seminar (formerly called the Library Class)	Sunday Mornings 9:00-10:00 a.m.	Library	The Sunday Adult Class is on recess for the summer. Watch for information about upcoming topics this fall.
Circle 4 Women	3 rd Thursdays, 11:00 a.m.	Knox Meeting Room	Our Presbyterian Women's Group meets monthly for fellowship and Bible study. We are off for the summer but will resume again on the third Thursday of September.

Adult Growth and Development

Presbytery of Scioto Valley

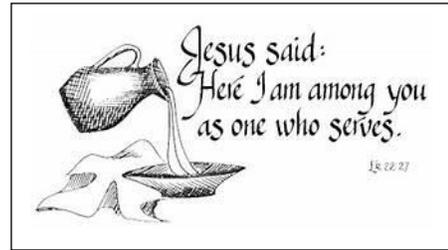
ANNUAL MISSION TRIP

Scioto Valley's annual Mission Work Trip for Adults is being planned for the week of October 27- November 2, working with the Presbyterian Disaster Assistance (PDA) in Wilmington, NC. Our presbytery mission work team, which is limited to 25 adults, will be doing recovery and rebuilding work in response to destruction from Hurricane Florence in 2018. Applications will be available soon on the presbytery's web-site: psvonline.org.

For questions, email: Jeannie@psvonline.org



Pastor's Page



Dear Friends:

Every spring, First Presbyterian Church elects officers to be our servant leaders. This past April, we elected Debby Nealer-Bice and Brad Gamble as new ruling elders and Wayne Springer, Melodi Baltzer, and Linda Backus as new deacons. They will be installed during worship on June 2. I ask that you surround them with your prayers as they begin their ministry on behalf of this congregation. As these leaders begin their terms of service, so ends the terms of two elders and three deacons. I would like to thank these retiring officers for their gifts of time and talent to this church.

Matt Borth: Matt has served three years on the Session as elder for the Membership, Events and Evangelism Committee. With his background in the food industry, Matt helped us with our Concert/Dinner events the last couple of years. He also served as our lay preacher at Laity Sunday last fall.

Doug Dunlope: Doug is finishing up six years on the Session, where he chaired the Administrative Services Committee. Doug was instrumental in guiding us through the Master Plan and Building Addition. He also pushed for a review of all our service contracts to see if we are getting the best value for our dollar.

Penny Epley: Penny stepped up to complete a deacon term last spring, and in this past year she has been committed to being a top-notch deacon to those on her parish list. She has also pitched in to help with the many deacon projects over this past year.

Dorothy Driskell: Dorothy is completing six years in the role of deacon, and during that time she sought to be a great deacon to her parish list. Dorothy suffered the death of her husband, Jerry, a year ago, but has used her own difficulties to help the deacons build a grief ministry for our church.

Kim Hunt: Kim is concluding her second full term as a deacon. In addition to caring for those on her parish list, Kim has filled the position of secretary for the deacons as well. Kim went the extra mile this past year to help all of us "Walk to Jerusalem" to improve our physical and spiritual health.

While these five officers have now left behind their official duties, they do not leave behind their ordination as ruling elders and deacons. And in that capacity, we will continue to draw upon their wisdom, energy, and faithfulness.

Yours in Christ,