

ADVOCATE

First Presbyterian Church
41 West College Avenue
Westerville, Ohio 43081-2103
614-882-3155 Phone 614-882-2421 Fax
www.westervillefirstpresbyterian.org

October 2019

New Hymnal Dedication Sunday, November 3



Last month, we dedicated new pew Bibles. Next month, we will dedicate our new worship hymnals. Thanks to the work of the Worship and Music Committee and the donations of many, we have new hymnals for our worship service. On November 3, we will introduce *Glory to God*, the new Presbyterian Hymnal to our worship.

This new hymnal has many more hymns than our current one and includes all our favorites from the old hymnal. Also, the new hymnal adds both all-time favorites that didn't fit in the old hymnal and new hymns that have been written since the old hymnal was printed. We will be introducing the new hymns slowly, giving ourselves a chance to learn and appreciate them. They will make a nice complement to our new pew Bibles, and both will enhance our worship of God.

Sundays in October

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|-------------------|--|
| October 6 | World Communion Sunday “Teeny, Tiny Faith”
Peacemaking Offering |
| October 13 | “Finding Our Way Home”
CROP Walk Sunday |
| October 20 | “Watch Your Faith Grow”
Evening Concert at St. Paul AME Church |
| October 27 | Reformation Sunday Guest Preacher: Steve Hong,
Chaplain at OSU Hospitals |

FINDING COMFORT IN DISCOMFORT: IDENTITY. POWER. PRIVILEGE.	
	KEYNOTE SPEAKER DANIEL JUDAY
	SPEAKER/LISTENER/CONNECTOR
	SATURDAY, OCTOBER 12TH, 9AM-1PM THE POINT AT OTTERBEIN UNIVERSITY 60 COLLEGEVIEW RD. WESTERVILLE, OH 43081

Symposium:
Finding Comfort in Discomfort
Saturday, October 12, 9 am – 1 pm

This symposium, “Finding Comfort in Discomfort: Identity. Power, Privilege. Finding my place and respecting yours,” is sponsored by St. Matthew's Episcopal Church, Otterbein Office of Social Justice & Activism, and The Martin Luther King Jr. Legacy Project. It will be held at The Point, 60 Collegeview Road, Westerville (not far from the Westerville Senior Center and the main fire station). The cost is \$20. Questions? Ask Mary Lee Jones.

Booklet on Volunteer and Mission Opportunities

The Outreach Committee has compiled a booklet describing 16 opportunities for volunteering or supporting missions that have a direct or indirect connection to First Presbyterian Church. These opportunities range from joining Fabrics of Faith, to volunteering with hospice, to supporting the Presbyterian Disaster Assistance. Short descriptions are provided, plus contact information to find out more. You can get your free copy of the booklet at the Gathering Place or the church library (2nd floor).

Thank you to the Outreach Committee for compiling this booklet (especially Bill McCormick)!

First Presbyterian to Host Dancers for Dinner
Tuesday, October 1

At the request of the Westerville Rotary Club, we will be hosting a meal for a dance troop from Mexico. The dancers are from the Casa Hogar Los Angelitos children’s home in Manzanillo, Mexico. This home is one of the Rotary’s service projects. The dance troop is coming here to give several area performances over the last days of September and the first days of October. We will host them for dinner towards the end of their trip, on Tuesday, October 1. If you would like to help serve the dinner, please contact Sharon Davis. If you would like to see the dance troop perform, contact the Westerville Rotary.

Having Fun at the Clippers' Game!

On Sunday, August 11, about 40 members and friends from First Presbyterian made their annual trek to a Clippers' game. They clearly had a good time!



Communion Volunteer Opportunity

The Worship Committee is seeking volunteers to prepare and set up communion for the current church year. Our congregation celebrates communion the first Sunday of each month and an additional three to four times during Advent and Lent. The preparation and set-up works best if two people, a couple or two individuals, complete the needed tasks. Please check your calendar and sign up for the date that fits your schedule. Instructions and training for first-time volunteers will be provided. There is a sign-up sheet in the notebook in the Gathering Room. If you have any questions or need more information, please contact Linda Backus.

Crop Walk

Sunday, October 13, 2pm

This year's annual CROP WALK provides hunger relief (emergency supplies, self-development of people, gardening supplies, water retention) to poor people around the world and will be held on Sunday, October 13, at 2 pm. Twenty-five percent of the money raised goes to Westerville's WARM, so we hope you will be generous as you pledge to support one of our walkers. If you pay by check, make the check out to First Presbyterian Church and mark CROP on the memo line.



Along with your financial support, we also hope that you will be able to join the dozen or so people currently planning to walk. If you would like to walk, see Bob Place for a pledge packet. Walkers will gather at 1:30 - 1:45pm at the Methodist Office across the street from the Worthington Fire Dept. at the corner of Schrock Road and High Street (just north on High St. from the center of Old Worthington). Walkers can choose between a 1-mile walk up and down High Street and a 5-mile more-scenic loop that goes through Old Worthington and down to the Olentangy River before returning to the starting location. See you on October 13!

Outreach

Pike County Food Pantry, Thornville Clothes Closet, and Rehoboth Used Clothing are the three places that receive the food, clothing, toys, household, and other items that are donated by the members and friends of this congregation.

Each of these places is different from the other two. Similarities are that they all are run by volunteers, they distribute these donated items free to all, and their "customers" are in need and are very appreciative of the help our congregation sends them. They all cannot thank you enough. Keep up the good work!! Thank you!

Sharon and John Davis

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 on 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 November 13 dinner 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 worthwhile church outreach!



WARM Annual Thanksgiving Blessing- 2019

Each Thanksgiving, Westerville Area Resource Ministry (WARM) organizes a Thanksgiving food drive to provide Thanksgiving dinner for more than 300 Westerville area families in need. Our church, with the help of our Outreach Committee, has been a strong supporter of this worthy project since WARM started it more than two decades ago.

WARM requests delivery of the items to its warehouse between 10/29 and 11/12, so please make sure your items are at the church any time prior to 11/11. Place the items on the lower level near the south entrance, down the steps near the Pike County outreach food pantry items. A sign will be in place. Please label your bag as a WARM donation.

WARM requests purchase of nine non-perishable items (fit in one paper grocery bag and cost about \$20/bag). Donations of less than a full bag are welcome. WARM will make up individual bags from these donations. Your donations will be delivered to WARM on Tuesday, November 12, by a member of the Outreach Committee.

WARM also suggests a \$5 donation (more is welcome if one is able) to defray costs of perishable fruits and vegetables and a gift certificate to purchase meat. These monetary donations can be made by cash or check and placed in the offering plate or sent to the Church Treasurer, Barb Klingman, with appropriate designation. A single check will then be sent to WARM designated specifically for this event. WARM will allow each family to choose its meat and other items by either purchasing them from Ohio Food Banks, selecting from ongoing donations of fresh fruit and vegetables received throughout the year, and/or directly purchasing them from a supermarket with a gift certificate.

List of items for the non-perishable Thanksgiving bag:

- Brown sugar (1 – two-pound bag)!!!
- Baked beans (2 – 28-ounce cans)
- Mini marshmallows (1 bag)
- Canned Yams (1 – 40-ounce can)
- Coffee (10-12 ounce can or bag)
- Stove Top stuffing (1 box)
- Cranberry sauce (2 cans)
- Packaged turkey gravy (2 packets)
- Chicken broth (1 – 32-ounce box)

Thank you for support of this worthy project.

Outreach Committee

Men's Choir Concert at St. Paul's AME Church

Sunday, October 20, 4pm

Last spring, the Men's Choir of St. Paul's AME Church in Columbus came to Westerville to sing and share a meal with our church. Now St. Paul's has invited us to join them at their church for another concert and meal. The concert is at 4:00 p.m. with a dinner following. While there is unlimited space for the concert, the dinner space is limited to 40. Also, to make transportation easier, we are borrowing a bus from Central College Presbyterian Church. It will take 30 of us down to the concert and dinner.

In our sign-up book are two lists. One is for the bus, limited to 30 people. The bus will board promptly at 3:00 p.m., and all bus riders will stay for dinner. The second list is for the ten other dinner spaces that are available for people who drive down to the concert and stay for dinner. Others are welcome to drive down and attend just the concert. There is no cost for the concert, the dinner, or the bus.

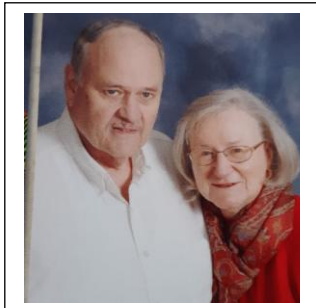
Thanks to our Membership, Events, and Evangelism Committee, and to our hosts at St. Paul's for putting this together!

MEMBERSHIP, EVANGELISM AND EVENTS COMMITTEE OCTOBER ACTIVITIES

1. Saturday, October 12, 9:00am. Men's Breakfast with speakers Sue and Ken Bonvallet. A great breakfast and wonderful time for fellowship!
2. Saturday, October 19, 10:00am. Golf Outing at Big Walnut Golf Course and lunch at the Nortons' Cabin.
3. Sunday, October 20, 4:00pm-7:00pm. Concert and dinner at the AME Church. (Bus will leave from our church at 3:00pm.)

**SIGN UP IN THE GATHERING PLACE TO ATTEND AS MANY OF THESE
ACTIVITIES AS YOU CAN TO ENJOY GOOD FOOD, GOOD SPEAKERS, GREAT
MUSIC, FELLOWSHIP, AND FUN!**

Introducing Newly Elected Deacon Linda Backus



My husband, Tim Backus, and I joined First Presbyterian in the spring of 2016. We both retired in 2015 and relocated to Genoa Township after working in Milwaukee, WI, for 25 years. My career as a medical librarian found me working for The Medical College of Wisconsin. In the past two churches where we were members, I served as Elder for a total of 13 years.

After visiting a few Presbyterian churches in the area, we decided that First Presbyterian was our choice. We were drawn by the warm, friendly atmosphere that greeted us every time we visited. I regularly attend Tuesday Morning Bible Study, Book Lovers Group, Fabrics of Faith, and the Quilting Group, and I am a member of the Worship Committee and Health Ministry Team. We also enjoy the fellowship with the monthly Dine Out Group and Dine with Nine. My other interests include spending time with our two dogs and cat, gardening, cooking, quilting and sewing, reading, cross stitch, needlepoint, and crossword puzzles.

It is a personal joy to serve on the Board of Deacons for the next three years.



Fabrics of Faith Meeting Monday, October 21, 1pm

Everyone is welcome to our next Fabrics of Faith gathering on October 21 at 1:00 in Fellowship Hall. When we meet, people do needlework, share completed projects, or watch others work. We chat and laugh and enjoy fellowship, whether working or not. It's fun!

You don't have to have a project in hand; you don't have to know how to do one. We have materials; just bring yourself and a smile. Mark your calendar and plan to join us: October 21, 1:00 pm. Please contact Beckey Stamm to get more information or to say you'll be there. And men—you're invited, too!

Ladies' Night Out **Tuesday, October 8, 6:30 pm**

The October Ladies Night Out will be at the Rusty Bucket (614-890-3663), 400 Polaris Parkway, near the intersection with Cleveland Avenue. We are meeting on the second Tuesday to avoid the traffic caused by the Otterbein debate on October 15. All women of the church and their friends are welcome. Please contact Diana to tell her you are coming.



Dine-Out Group **Thursday, October 3, 6:30 pm**

On **THURSDAY**, October 3 (note different day of the week and different week), we will gather at **6:30 pm** at **Bru Burger**, 691 N. Cleveland Ave., Westerville, 43082 (614-918-8680; north of Westerville on the west side of Cleveland Ave. just south of Polaris Pkwy). Everyone is welcome. These dinners definitely help us get to know each other better. Bru Burger has appetizers, salads, and sandwiches in addition to a variety of burgers. It is moderately priced. Check their website for complete menu offerings. Please let Jim Hines or Bob Place know whether you can attend.

Vegetarian Dining

Along with “regular” Dine with 9 groups and a Dine Out group, our church offers a dining opportunity for people who are vegetarians or who would like to see what tasty treats people eat when they don’t eat meat.

A year ago, 15 people enjoyed these gatherings: laughing, chatting, sharing ideas, and—oh, yes, eating meatless meals. As of this writing, we have 22 people on the “interested-in-Vegetarian Dining” list. We gather in Fellowship Hall on a day when most of those interested can attend. We’ll announce the date for our first dinner this year when we have it.

Please note: we’re not weird (or *too* weird); we don’t expect people to forego meat for always; actually, few of us are really vegetarians. But we do enjoy the tasty and nutritious meals that result from the variety of dishes we share. You will, too.... If you’re curious but not committed, that’s ok! Come to see what we’re about. So call Beckey Stamm now.

Youth Activities



Discovery Zone

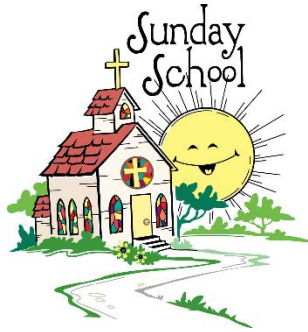
Wednesdays, starting October 2, 5-7 pm

Our Discovery Zone will be starting up October 2, 5-7pm. Come join us as we engage in Bible study, fun, and a meal. The program is for children ages preschool through 5th grade. Adults are welcome to join us for dinner at 6:30pm. This year our program will feature the “Growing in Grace and Gratitude” lesson plan from the Presbyterian curriculum. We hope to see you and your kids as we learn about God and enjoy time in God’s presence.



Jesus and Me (J.A.M) during the Sunday services

Our Sunday School program for children ages kindergarten through 5th grade has begun. This year, we are engaging in the *Deep Blue* Curriculum in which we will learn how to be good neighbors and community members according to God’s word. On the 2nd, 3rd, and 4th Sundays of each month, please bring your child with you into the service, and we will move upstairs following the children’s message. We also invite you to bring your child on the 1st (and 5th) Sundays of the month so he or she can experience communion (1st Sunday) and a full worship service. We have activity bags to help the children stay engaged during the service, and we encourage you to quietly explain the parts of the service and the importance of worship in our lives. We look forward to seeing you and your children this year!



Sunday School

Adults and Youth, Sundays, 9:15 am

Sunday School for adults and youth starts at 9:00 on Sunday mornings. We have adult Sunday School in our library (2nd floor by the elevator) and a class for adults with special needs starting in October in the Heart Room. Childcare is provided in our nursery. Our middle and high school youth are invited to meet for Sunday School in their recently renovated classroom at this time also. Please join us and learn more about what it means to live as Christ calls us.



Kids, Youth, and Family Sign-up Sheet:

Greeters, Acolytes, Readers

We recognize that, although our children will grow into the church of tomorrow, they are also part of the church today. We want to make sure they feel included by offering several options for community participation and service:

- For our young families, we ask that two children sign up to greet other children each Sunday before worship. We will need a child (and parent) at each entrance to our sanctuary to pass out the activity bags and welcome children and their families.
- Children 3rd through 5th grades can be acolytes (lighting our worship candles) for the opening of worship, beginning Sunday, October 13. We will have a training session for acolytes and parents on Sunday, October 6, at 11:30 a.m. in the sanctuary. Even if your child or grandchild previously has been an acolyte, we still want them to attend this training. This is an important opportunity for your child to participate in the life of our church and does require some advance knowledge of what they will be doing. If you cannot make this training event, but your child wants to be an acolyte, please call Rev. Gauen to set up a separate training session. You may sign up for acolyte training by

completing the form in the Sign-up Book in the Gathering Place, calling the church office, or emailing Rev. Gauen at pastormark@fpcw.us.

- Our middle and high school youth can sign up to lead the children's focus or read for our opening once a month.

Our youth have so much to offer our church, and we want them to know that they are just as much a part of our community as our liturgists, elders, deacons, and ushers. Please see the sign-up book in the Gathering Place (main lobby of the church) to reserve your child's spot. Look under the acolytes tab. Thank you so much for being a part of our church family.



Family Fun at Lynd's Farm **Sunday, October 13, 5pm**

All families and kids are welcome to join us for a family fun night at Lynd's Farm at 9090 Morse Rd., Pataskala 43062. We will meet at the farm at 5pm on October 13 for a group photo before enjoying the activities. They may include pumpkin picking (price varies), wagon rides (\$3), a corn maze (\$11), and other fun. Families are asked to pay for themselves. Come and enjoy a great time. For more information, please contact Heather Hicks.



Halloween Parade and Party **Sunday, October 27, 4:45pm**

All families and those who are young at heart, please come for a Halloween parade and party on October 27. We will meet in the church parking lot at 4:45pm and head to Edgewood Manor of Westerville. Everyone (including adults), please come dressed in a costume that is appropriate for wearing around young children. We will process with silly Halloween music around to the residents, especially those who cannot leave their rooms. Around 5:30ish we will return to the church for pizza and Halloween fun. We look forward to seeing everyone there.

Upcoming Fun Activities

Children and Families

Please mark your calendars and join us. (more information in November/December *Advocates*)



October 13, 5pm Lynd's Farm
October 27, 4:45pm Halloween Parade and Party
November 10, 5pm Pie Baking for Pike County
December 7, 10am-2pm Pageant Practice and
Advent Workshop (visit from Santa)
December 8, 6pm Dinner and pageant

Youth Group

Our middle and high school age group has some fun things planned for this year. Please come and join us for fun and fellowship.

October 13- Crop walk (afternoon)
October 27- Family Halloween Costume Parade and Party 4:45pm
November 3- Hiking and Plogging at Highbanks
November 17- Friendsgiving & Sardines
December 7- Help with Advent workshop (10am-2pm)
December 8- Help with Christmas pageant

Staying in Touch

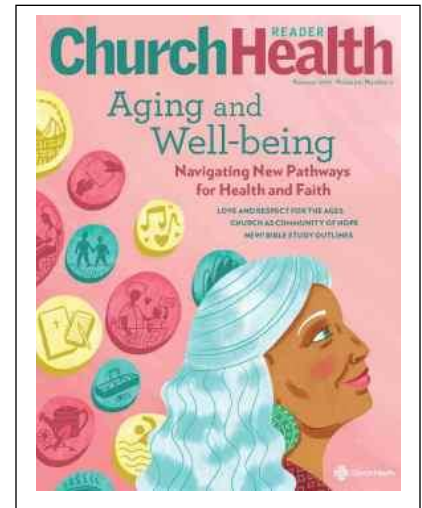


Do you have a college student or another family member who is far from home and would like to hear from church members? Please send his or her name and whatever contact information is comfortable to Linda Barr. We'll share this information in the *Advocate* (the version that goes to members' homes, not this web version). That way, church members can send a birthday card, a short note, and so on.

Tips from the Health Ministry Team

The church's Health Ministry Team has purchased a subscription to the *Church Health Reader*, a wonderful quarterly publication that we have added to our lending library. Topics include living with pain, caregiver care, staying active, and more. The magazines are available in the Gathering Place, in a rack across from the office desk. You can also go online to www.chreader.org.

You are welcome to take a copy home, but since we have a limited number of copies, we ask that you return it to the rack when finished. Be sure to visit our rack for other publications on healthy living. Below is one of the helpful articles from the *Church Health Reader*:



Meal Planning and Prepping Tips

The key to cooking consistently healthy food on a smart budget is planning and preparation. Instead of worrying about every day's exact menu down to the serving size, meal planning can simply be a way to ensure that you've got pantry, fridge, and freezer staples on hand to whip up healthy, well-balanced meals. Saving yourself or your family from having to resort to take-out or restaurant meals will be a boon for your budget and your health goals!

- **Schedule** a weekly trip to the grocery store or explore curb-side pickup or online ordering with delivery to save time.
- **Shop your pantry first.** Base your weekly recipes on what you've already got on hand to save time and money.
- **Prepare** a grocery list that has specific recipes in mind and stick to it.
- **Come** home with more than a bag of good intentions! Chop those vegetables up and store in containers ready for use. Plan to use them on nights when you are pressed for time.
- **Establish** theme nights to help with planning and variety. Have a healthy pizza night, a slow-cooker day, or a soup and sandwich night.
- **Pick up** broccoli slaw for salads. Broccoli slaw is precut, tastes great, and keeps well.
- **Make** a simple vegetable soup. Freeze soup in zip-top bags lying flat on a cookie sheet. This will stack easily, and the soup is healthier than canned soup.
- **Cook** shelf-stable spaghetti squash and serve with pasta sauce for a quick Italian dish.
- **Precook** staple ingredients for a veggie bowl. Include a grain, such as quinoa, couscous, or brown rice. Precook a vegetable, such as roasted broccoli. Or dig into the frozen veggies you keep stocked in your freezer.
- **Supplement** precooked grains and veggies with an easy protein, such as boiled egg or cheese. Voila! You have a healthy meal!

If it's a challenge to carve out time for meal planning and prepping, consider turning it into a treat. Take your meal prep time to listen to that podcast you've been saving or the audiobook you borrowed from the library. Invite a friend over for fellowship in the kitchen while you both tackle your meal preps, or even claim the meal planning and prep time as much-needed alone time! Whatever your strategy is, your budget and your health will thank you.

Nutrition Health Fair

Sunday, October 27

after the service

What should I eat? Healthy food choices are needed for proper growth and development and to prevent various health conditions throughout one's life. Deciding which foods to choose can be very confusing and stressful. Today's article will look at two guidelines.

Healthy Plate

The *2015–2020 Dietary Guidelines for Americans*, from the USDA, recommends that people aged 2 years or older follow a healthy eating pattern that includes the following:

- A variety of fruits, especially whole fruits, and vegetables- dark green, red and orange, legumes (beans and peas), starchy, and other
- Whole grains
- Fat-free and low-fat dairy products- including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods- including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products
- Healthy oils



These guidelines also recommend that individuals limit calories from solid fats and added sugars and reduce sodium intake.¹

Whole-Foods, Plant-Based

A *whole-foods, plant-based (WFPB) diet* is an evidence-based, healthy alternative.² However, *WFPB is not necessarily vegan or vegetarian*. Here are some guidelines:

- Emphasize whole, minimally processed foods
- Limit or avoid animal products
- Focus on plants, including vegetables, fruits, whole grains, legumes, seeds, and nuts, which should make up the majority of what you eat
- Exclude refined foods, such as added sugars, white flour and processed oils
- Pay special attention to food quality, with many proponents of the WFPB diet promoting locally sourced, organic food whenever possible

Evidence supporting a WFPB diet can be found in the *China Study*.³ The study's primary conclusion is that a whole-food, plant-based diet, low in fat and high in fiber, prevents and may reverse many of the diseases we struggle with today.

The Health Ministry Team does not endorse any specific diet but aims to give you some basic information to help meet your nutritional needs. To learn more of what nutrition your body needs as you age, please join us on **Sunday, October 27**, right after the service in the Knox Meeting Room for a **Nutrition Health Fair!**

¹ <https://www.choosemyplate.gov/snapshot-2015-2020-dietary-guidelines-americans#elements>

² <https://www.healthline.com/nutrition/plant-based-diet-guide#overview>

³ <https://nutritionstudies.org/the-china-study/>

Adapted (slightly) from *The Presbyterian Outlook*

Hymn Society Tournament Reveals 'Greatest Hymn of All Time'



“Holy, Holy, Holy!” has been chosen in a March Madness-like tournament as “the greatest hymn of all time.” The Hymn Society in the United States and Canada announced the winner on July 18, the last day of its annual conference in Dallas.

“Some matchups were real nail-biters, while in others one hymn blew its opposition out of the water!” reads a Thursday post on the society’s Facebook page. “Yesterday was the final round and we can safely say that the Greatest Hymn of All Time — as chosen by you — is: ‘Holy, Holy Holy’!!!”

More than 800 people, mostly members of the 1,200-member Hymn Society, voted on the society’s website, on Facebook, and in the last rounds, in person at the conference during the competition that featured brackets similar to the springtime NCAA basketball tradition. Hymn experts said it was fitting, if not surprising, that “[Holy, Holy, Holy!](#)” — which trounced “Amazing Grace,” 70% to 30% in the second round — defeated its musical challengers.

Christopher Phillips, author of the 2018 book *The Hymnal: A Reading History*, said, “‘Holy, Holy, Holy!’ is something of a natural champion among hymns of various eras. The words and music have a stately, majestic quality, something many worshippers want to associate with the traditional hymn repertoire.”

Phillips, a professor at Lafayette College in Easton, Pennsylvania, added that the hymn’s tune by English clergyman John B. Dykes is one of the 19th century’s best. The words by Anglican bishop Reginald Heber, he said, “are an elegant way of affirming the basic belief in the Trinity that unites most Christian denominations regardless of other doctrinal differences.” The hymn begins with the words “Holy, holy, holy! Lord God Almighty!” and ends with “God in three Persons, blessed Trinity!”

Eileen Guenther, church music professor at Washington’s Wesley Theological Seminary, said, “I think what it really speaks to is our quest today for the past.” She added that people may have voted for “Holy, Holy, Holy!” because they recalled singing it as children.

“So having a hymn of long-time history, deep roots probably makes sense for a questionnaire right now,” said Guenther. “And my guess is if that same questionnaire happened another time, that we would get an entirely different response.”

Written by Adelle M. Banks, Religion News Service; Submitted by Janet Withers

Who God Uses

The next time you feel like God can't use you, just remember...

- Noah was a drunk
- Abraham was too old
- Isaac was a daydreamer
- Jacob was a liar
- Leah was ugly
- Joseph was abused
- Moses had a stuttering problem
- Gideon was afraid
- Samson was a womanizer
- Rahab was a prostitute
- Jeremiah and Timothy were too young
- David had an affair and was a murderer
- Elijah was suicidal
- Isaiah preached naked
- Jonah ran from God
- Naomi was a widow
- Job went bankrupt
- John the Baptist ate bugs
- Peter denied Christ
- The Disciples fell asleep while praying
- Martha worried about everything
- The Samaritan woman was divorced, more than once
- Zaccheus was too small
- Paul was too religious
- Timothy had an ulcer...and
- Lazarus was dead!



No more excuses now. God can use you to your full potential. Besides, you aren't the message; you are just the messenger!

Gathered by Bev Etling in her visits
to small churches this summer

Readers: please do share other poems or short articles that will help inform or uplift us! Send them to lindabarr27@yahoo.com.

ADULT EDUCATION CLASSES AT FIRST PRESBYTERIAN			
Activity	When	Where	What
Tuesday Morning Bible Study	Tuesdays, 9:30-11:00 a.m.	Knox Meeting Room	<u>The Book of Matthew</u> . Join us as we explore the first book of the New Testament, where we find the Beatitudes and the Great Commission. Led by Rev. Gauen.
4th Monday Discussion Group	4 th Mondays, 7:30 – 9:00 p.m.	Knox Meeting Room	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 fourth Monday, October 28. Led by Rev. Gauen.
Sunday Seminar (formerly called the Library Class)	Sunday Mornings 9:00-10:00 a.m.	Library	The Sunday Adult Class is studying the book <i>Holy Envy: Finding God in the Faith of Others</i> , by Barbara Brown Taylor.
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. Please join us on October 17. Led by Elaine Foley.

Adult Growth and Development



Pastor's Page

"Bless the Lord, O my soul, and all that is within me, bless God's holy name."
- Psalm 103:1

Dear Friends:

Have you ever blessed God? How would you do it if you could? In I Chronicles 29, King David tells the people to *"bless the Lord your God."* This instruction is given in the middle of worship and the people did just that...they blessed God. They bowed their heads, prostrated their bodies, and offered sacrifices to the Lord. Blessing God did not involve mere words, it was words with action...words of thanks, bowed heads, and offerings of sacrifice.

David placed blessing God in the midst of worship...it is part of the way we show our devotion to God...and for David, blessing included making an offering to God. Christian author Frank Schaeffer writes, *"...our offering is a part of the worship service. The moment we open our pocket books and check books is probably the most self-sacrificial moment of giving in the entire worship service--it is the moment when we prove true our confessions of the lips, when we walk the talk."*

Of course, the people were only blessing God because they knew how much God had blessed them first. As David says to God, *"Who am I, and what is my people that we should be able to make this offering? For all things come from you, and of your own we have given to you."* They knew that what they offered was out of the blessings that God had given to them.

Each fall, we ask our members and friends to make a pledge of financial support for the upcoming year. The pledge allows the Session to plan for the coming year...but our pledge is more than a planning tool. Our pledge is our chance to bless God...to offer ourselves and our resources to God as an act of praise. In pledging, we recognize how God has blessed us. Our pledges and the offerings they represent are part of our worship of God. That is why our Session will be asking you to make your pledge this month, and that is why we will dedicate our pledges on Sunday, November 10. I invite all our members to pledge and to make offerings to our God...and to bless God as much as we have been blessed.

Yours in Christ,

A handwritten signature in black ink that reads "Mark L. Gaver". The signature is written in a cursive, flowing style.

Presbytery duties for October:

- October 3 - I will chair a meeting of the Ministry Initiatives Board, which is charged to develop new ministry opportunities for the Presbytery.*
- October 7 - I will be meeting on a sub-committee of the Presbytery that is charged with developing a new mission statement.*
- October 8 - In 2020 our Presbytery will host the national General Assembly of the Presbyterian Church (U.S.A.). I will be meeting to make advance plans for that gathering.*
- October 15 - I will attend a meeting of the Presbytery Coordinating Team to plan the November Presbytery meeting.*