

How we stay in touch in this time of social distancing

We don't know how long social distancing will last, but we will let you know when we start scheduling meetings and events again. In the meantime, we'll keep you informed through various options, including:

- ⇒ **Sunday bulletins and sermons on our web page.** Go to www.FPCRochester.org. In the blue banner, highlight [WORSHIP] and follow >SERMONS or >BULLETINS. Below the option you choose, click on [READ MORE] and then [DOWNLOAD PDF].
- ⇒ **Sunday worship.** We present Sunday worship with T.J., Jay, and John at 10 a.m. on YouTube and Facebook. The pre-recorded service premieres at 10 a.m. each Sunday. If you miss it, you can view it later via access through our web page.
- ⇒ **Prayer requests.** Because we pre-record the Sunday service, prayer requests should be e-mailed to either Rev. Parlette (Parlette.TJ@fpcrochester.org) or Rev. Rowland (Rowland.Jay@fpcrochester.org) by Thursday noon.
- ⇒ **How do I access the services?** The easiest way is through our church's web page:
 - 1) Go to www.FPCRochester.org. You may need to click on "First Presbyterian Church—located near Mayo Clinic." Wait until the FPC page loads.
 - 2) There should be a red banner that appears across the top of the page. There is sometimes a delay before it loads. Click on the red banner to go to the church's YouTube channel. Available service uploads will appear on your screen. Click on the service you would like to watch.

First Presbyterian Church

512 3rd Street SW / Rochester, MN 55902

507-282-1618 / www.FPCRochester.org / web@FPCRochester.org

Senior Pastor: Rev. T.J. Parlett

Associate Pastor: Rev. Jay P. Rowland

Director of Music: John E. Stender

Coordinator of Youth and Christian Education: Susanna L. Stone

Sunday worship at 10 a.m. on YouTube and Facebook

Education classes: Sunday School One Room Zoom at 9:30 a.m.;

A weekly video with a Bible story is also available on YouTube.

Office hours: Mondays & Wednesdays, 8:30 a.m. to 4:00 p.m.

Call the office at 282-1618 for entry into the church

Member: Presbyterian Church USA



The Good News of First Presbyterian Church For November 2020

A message from Rev. T.J. Parlette

Well, it's November, probably my favorite month. I like October a lot with the changing leaves, the crispness of the air and of course Halloween! But November is always special to me. And not just because it's my birthday month (November 1st I turned 57 years young!) November also contains my favorite holiday – Thanksgiving! And at the end of the month, we start the Advent season – the beginning of the church liturgical year.

This will no doubt be a different kind of Advent this year. We have a few surprises for you that we will set before you when we work out some more details, but there is no doubt our circumstances this year will change. But that's not always a bad thing.

Ken Lindner is CEO of Ken Lindner and Associates and the author of the book *Crunch Time: 8 Steps to Making the Right Life Decisions at the Right Time* (2004). He is also a championship Paddle Tennis player.

A few years ago, Ken's team lost in the final round of a national Paddle Tennis tournament. Ken was determined to learn from this disappointment. So he decided to go up into the stands and watch the winning team play a few rounds.

Ken got an entirely different view of the game and of his opponents when he saw them play from up in the stands. From up there, he could see **the Big Picture**. He recognized the other team's techniques, their strategy, their weaknesses. As Ken sat there and soaked up a whole new perspective on his opponent's game, he realized that he could apply this wisdom to every part of his life. As he writes in his book *Crunch Time*, "The lesson was: Far too often, while fighting our day-to-day battles on the ground, we never look beyond ourselves, or the immediate moment, situation, need or craving at hand. Therefore, we fail to view things from the fuller, richer, wider context of **the Big Picture**."

Maybe that's the way to approach Advent this year. Maybe this is the year to look beyond ourselves and our current circumstances and try to view the fuller, richer, wider context of God's **Bigger Picture**. Sometimes it's good to shake up our established routines and traditions so we can appreciate them in a new way. We won't be doing Thanksgiving, Advent or Christmas in exactly the same way this year. But we can still appreciate the spirit of the season – giving thanks to God, anticipating the arrival of Jesus Christ, and celebrating the incarnation of God born into our world in the most humble of circumstances.

Blessings and Peace to you all!

Contact: Parlette.TJ@FPCRochester.org
Phone: (814) 715-0290



We do not lose heart.

A message from Rev. Jay Rowland

The strange October weather of recent weeks seems to me to be nature's way of perhaps encouraging us to hunker down in preparation of more challenging days to come.

As this relentless covid19 marathon extends into the coming winter it seems to me our task is to summon any and all spiritual resources we can. As we continue to endure isolation of varying degrees, it's critically important to find resources to help lighten the ongoing burden of isolation.

I'd like to suggest one spiritual resource in particular. We all have access to it. It does not require an internet connection. It's something that most of us have already developed regardless of age or experience. Perhaps the best thing about it is that the more we recognize it within us the more it enables us to persevere in spite of whatever may be threatening us on any given day.

The spiritual resource I have in mind is resilience.

There isn't space here to explore this sufficiently with you now. The most important thing for now is to realize that you are resilient. Resilience is in you. With the space left I'd like to share one of the exercises I recently did with the clergy cohort group I'm in. I invite you to contemplate, journal, talk with a friend or relative, over the phone or in your quarantine "pod" the following scripture: *2 Corinthians 4:7-10, 16. Ask God for new insights as you read it a couple of times. What does this passage say to you today? How might this text apply to your life today? Then contemplate the following: a. what does resilience look like? b. one thing I'm learning/I've learned about resilience is ____ . I hope this helps you discover the reservoir of resilience within you. To be continued ...*

Contact: Rowland.Jay@FPCRochester.org
Phone: (507) 990-1367

Handling Hard Holidays

The pandemic has everyone reevaluating their travel and holiday plans. Families that once had enormous gatherings may scale down. Some may choose to stay home. Others are facing altered holiday gatherings due to the loss of a family member or change in finances.

1. Don't deny the need to adapt; look at what has changed and how that needs to affect your plans.
2. Do not ignore negative feelings. Acknowledge anger, disappoint and sadness you may be feeling. Write them down, talk about them with others, and move forward, recognizing that grief is a process.
3. Use thoughtful creativity to create safe holiday community and make new traditions. A few ideas: Smaller gatherings, FaceTime dining, masks, drive-thru holiday meals and visits, trying new recipes, trying a new cuisine, sending letters to people about why you are thankful for them, or eating socially distanced outdoors if visiting a warm place (or if we have a heat wave)

"More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us."

Romans 5:3-5 RSV

Let our hearts be full of gratitude and the Spirit's love in the midst of this, a challenging holiday season.

Arial Boswell, Parish Nursing Program



Stewardship 2021 needs your support

It's THAT time again! "WHAT time?" you ask. Time to consider where you belong in the life, work and support of First Presbyterian Church.

For 2021 we are combining the general budget and mission budget into one unified budget serving all areas of our church activities. We estimate committees will ask for about \$853,000 for 2021, a modest increase of 1.5% over 2020.

Please prayerfully consider the part you play in our ability to "reflect God's love for all people by proclaiming the Gospel of Jesus Christ" and respond accordingly. We ask that your pledge be returned either by mail to the church office or by e-mail to Cindy.Kunzman@fpcrochester.org by the end of November.

To learn about some areas your pledge supports, watch the stewardship videos being shown prior to our worship service each Sunday morning at 10 a.m. on the church's web page (fpcrochester.org).

Thank you!



Music Program

John Stender, Director of Music
Katie Kuisle, Calvin and Cherub Choir director
Janine Yanisch, First Players

I am grateful for the musical opportunities that seem to be no less relevant (perhaps they are more so) in these latter months of the year. We are lucky to have had Brady Zimmerman join us in a pilot version of a Music Ministry Internship. I hope you'll have good opportunity to get to know Brady soon, and I'm grateful for his including some introduction in this newsletter.

I really want to thank Janine Yanisch and Katie Kuisle for the continued care-filled effort they are putting into adapting and innovating for the benefit of our young musician community. Making opportunities to grow in even small ways and chances to play or study together are valuable and spirited- especially at this time. Thank you ladies for your leadership and what you're doing!

At the same time... I can't help but offer a thought that may be less popular. As I prepare and think about what we can offer musically and seek after little ways to keep pushing the envelope for worship in digital formats, I also find myself trying to remember that less can be more. This continued period of fasting and Sabbath due to our not being able to engage in community in preferred formats can offer new perspective. Less may be less, but sometimes less can be done better. I'm not saying I won't be looking for festivity, but I will attempt to consider the simpler side of things, too. Whatever the case, I will look forward to whatever connections we may make to one another in pursuing worship for the most wonderful time of the year. Pandemic or not, Christ did come for us and scripture is not reduced by our present suffering.

Introducing...

Hello, my name is Brady Zimmerman. I am a senior at Schaeffer Academy. Making music has always been a passion of mine. I have taken piano lessons for about 13 years, during which time I was always infatuated with organ/church worship. About 3 years ago, I decided to start taking organ lessons with Mr. Lee Afdahl. My favorite piano piece is *Hungarian Rhapsody No. 6* by Liszt, and my favorite organ piece is *Passacaglia and Fugue in C Minor* by J.S. Bach. As to non-related music facts about myself, I enjoy reading ancient literature, playing tennis, and baking cookies with my sister. I'm excited to share my passion with this congregation as well as learn and grow myself!



Christian Education & Youth Group News

Susanna Stone, Coordinator of Youth and Christian Education



Fall is certainly here! Though the church building remains closed through the end of the year, we are pleased to provide new Christian Education and Youth Group programming. See below for details!

NEW! Live Zoom Sunday School! Every **Sunday morning at 9:30 am** children in Pre-k through 5th grade have been gathering virtually for a "One Room Zoom Sunday School." Each week we meet for about 15 minutes and have a "Show and Tell" activity, reading from the Bible, discussion based on the week's Bible reading, and live fellowship with one another. It's been awesome seeing the kids' faces and marveling at how much they have grown since I have last seen them in person! The Zoom link is sent out via email, so if you are not on the Sunday School email list, please let me (Susanna) know.

Sunday School Video option: For families who cannot attend the live Zoom Sunday School, short (<5 minute) videos with each week's Bible lesson and discussion questions are being recorded and uploaded to a private YouTube page. Contact me for the link to the videos.

Advent Creation / December Sunday School supplies: While we will not be having our traditional in-person Advent Creation event on the Sunday after Thanksgiving, we will be offering "do it at home" Advent Creation kits! Pick up will be later this month with more details sent to the Sunday School email list and pasted in the weekly email newsletter. WE will also include Sunday School supplies for the month of December.

Adult Bible Study: Al Depman continues to send out a creative, thought-provoking, enjoyable weekly email with a short Bible Study topic (and many funny comics). The Bible Study group is meeting in the Social Hall alternatively with an adult Sunday School current events discussion that meets via Zoom. Please contact Susanna or Al if you'd like to be included in the emails or for the group discussion.

Youth Group:

The Youth Group (Grades 6-12) has been blessed with beautiful weather for our socially-distant, face mask-wearing, in-person meetings this fall. We were even able to sneak in our annual outing to Northwoods Orchard while the trees were beautiful and the weather was warm. With the cooler temperatures, more inconsistent weather, and earlier sunset times, we will be altering how we offer Youth Group. To stay up-to-date on Youth Group planning, join the Youth Group email list. Emails are only sent when activities are planned and to communicate any changes/cancellations (expect less than one per week).

As always, please get in touch with any needs, questions, or concerns you may have.

Thanks for the memories ♦♦♦

A Day to Remember: November 1

Each year in October or November we remember our loved ones who passed away during the preceding year. We acknowledge and celebrate their lives with us, and know that even as they gave of themselves during their lifetime, so even now they continue to be a part of us.

On November 1, we will remember with love and affection these members and loved ones who have passed away since October 2019:

Lyle E. Abrahamson	Margaret Weaver Harris	Jennie Morgan Orvis
Clement Oko Akogyeram	Jean Catherine Johnson	Frederick John Service
Helmut Buettner	William J. Johnson	Alan Davies Sessler
Carolyn Kay Burt	David Otto Lewis	Thomas T. Takekawa
Barbara Marie Cain	Carol Shirley McDonough	Alfred LaVerne Thedens
Shirley Reys Gove	Donald Cristner McIlrath	
Marilyn Ruth Haglund	Beverly Jorgenson Olander	

Endowment Fund: using your blessings to serve future generations

All we own, plus the earth and life itself, are given to us by God. This stewardship brings with it a responsibility that we, as giving Christians, use our blessings wisely.

The Endowment Fund was established to encourage wise stewardship and to promote special giving to First Presbyterian Church; to provide access to earnings from endowment funds for the financial support of special ministries, education, and capital improvements not within the normal budget of the church; and to provide a financially stable vehicle to receive and invest proceeds derived from gifts and bequests to the funds.

In the past year the Endowment Fund received a donation from Dwight Jones and donations in honor of Carol Evans retirement.

Since October 2019 the Endowment Fund has provided:

Support for confirmation program from the McIlrath Confirmation Fund
“Home Touch” and cards for C.A.R.E. members from the Wise Cheer Fund

Columbarium: place of the dove

From early Christian times churches have maintained an area of the church for interring the remains of members and loved ones. The First Presbyterian Church Columbarium was dedicated in May 1991 in memory of Jacqueline Beth Goodyear. One hundred twelve of the 192 niches have been reserved.

In the past year, we held committal services for Helmut Buettner, Barbara Cain, David Lewis, Beverly Olander, Jennie Orvis, and Alan Sessler.



Memorial and Special Tribute Fund: a chance to remember and honor

Our Memorial and Special Tribute Fund consists of money given to the church either in memory of a member or friend of the church or in honor of a special person or event. The money is used for special needs and projects. Since November 2019 we have received undesignated gifts in memory of these members and friends :

Lyle Abrahamson	Charley Kunzman	Thomas Takekawa
Clement Akogyeram	David Lewis	John Service
Helmut Buettner	Carol McDonough	James Walts
Margaret Harris	Beverly Olander	
Tom Hosier	Alan Sessler	

and in honor of ~

Lyle and Zoe Abrahamson

During this time, we designated Memorial and Special Tribute Funds for:

Alzheimer's Association
in memory Barbara Cain

Capital Maintenance Fund and Channel One
in memory of David Lewis

Choir Cantata “Te Deum”
in memory of Georgia Scholz

Deacons Fund
in memory of David Ellefson, David Lewis, Ben Sanderson

Endowment Fund (permanent)
in honor of Carol Evans

Habitat for Humanity and Music Fund
in memory of Helmut Buettner

Kitchen Fund
in memory of Paul Wacker

Recording equipment for Sunday services
in memory of Terri Hannam Ellefson, John Guy, Dwight Higgins,
Faye Loessin, Patricia Rowland, and Joyce Talen

Support for FPC members affected by COVID
in memory Alan Sessler

If you have questions about the Memorial Fund or the Endowment Fund, any member of the Endowment Committee would be happy to talk with you. Committee members are Ken Boyer, Mark Keller, Cindy Kunzman, T. J. Parlette, James Sessler, and Tim Smith.



News from Presbyterian Women

Sylvia Swede, Coordinator

◆ Rejoice in Hope!

... is the theme for the for the 2021 *Churchwide Gathering of Presbyterian Women* scheduled for August 5-8 in St. Louis, Missouri.

◆ Circle News

Esther Circle, Priscilla Circle, and the Prayer Shawl Ministry have all met on the church patio, but the weather is now discouraging that. The social hall is available for meetings. Church guidelines state that group size is limited to 15 and masks and social distancing are required.

Because of the pandemic, regular meeting dates, place, and time might change. For the latest information, call one of the circle leaders:

Esther Circle: Margie Schaaf (990-5972) or Alice Kerr (358-5840)

Priscilla Circle: Bev Lewis (288-8959)

Ruth Circle: Phyllis Schmid (529-3834) or Mary Huie (282-9712)

Prayer Shawl Ministry: Susie McClocklin (398-8828)

New members are always welcome to participate in any of the activities.

For your calendars ~

- ◆ Priscilla Circle will meet Wednesday, November 18 at 9:30 a.m. in the Social Hall
- ◆ Ruth Circle will meet on Saturday, November 21 from 9:45 a.m. until noon via Zoom
- ◆ Prayer Shawl Ministry will meet Wednesday, November 11 at 1:00 p.m. in Social Hall



A heartfelt "Thank you!"

Thank you to everyone who contributed to my "purse", sent cards and gifts, and made my drive through party so special. A special shout out goes to Ginger Kirby for her mad decorating skills!

I can't begin to express my appreciation to the entire congregation because, from my first day on December 22, 1997, I was made to feel I was part of the FPC family. We have been there for each other for the happy times and the sad times, and it has meant so very much to me. I may be retiring, but I am not forfeiting my place in the FPC family. When the world turns right side up again, as the old song says:

I'll be seeing you in all the old familiar places...

Sue Kruger



Anniversaries

Congratulations to **Tom and Marilyn Kelly Theismann**, who will celebrate their 53rd wedding anniversary on November 18.

Birthdays

Happy Birthday to ...

Joanne Curnutt, who will celebrate her 93rd birthday - November 8.

Naomi Hysell, who will celebrate her 102nd birthday - November 22

Elaine Davis, who will celebrate her 94th birthday - November 23.

Betty Dobyys, who will celebrate her 94th birthday - November 25.

Warren Potter, who will celebrate his 93rd birthday - November 30.

VISITING ANGELS

Visiting Angels Home Care has been providing "in-home" care and support for Rochester area seniors and their families since 2009. Most recently they have collaborated with 125 Live to provide monthly educational programs, and are now opening these sessions to the public. Upcoming sessions include:

> November 4: *Helping to Understand Dementia*

> December 2: *Visiting Angels Holiday Christmas Party*

These session are available via ZOOM [Code 820 5692 8897]

First Presbyterian Church

Financial Statement / September 2020

Balance (8/31/20)	\$64,181.30
Receipts (September 2020)	36,167.31
Disbursements (September 2020)	<u>60,677.99</u>
Balance (8/31/20)	<u>\$36,367.31</u>