

Just for **KIDS**

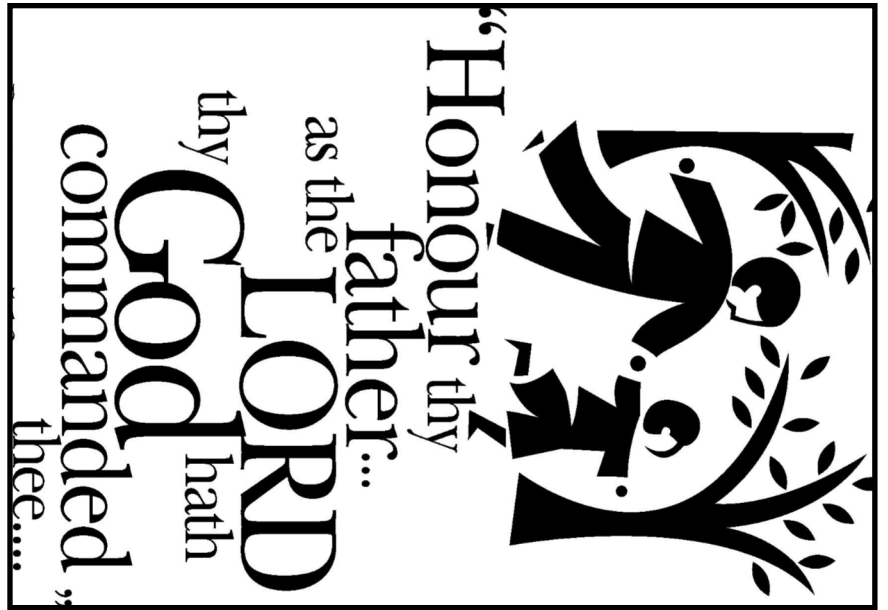
Fathers and Sons of the Bible

Proverbs 13:1 says,
 "A wise son heeds his father's instruction."

In the puzzle below, find and circle the names of these fathers and their sons from the Old Testament. Names may be forward, backward, diagonal, → ← ↓ ↑ ↘ ↙ up or down. Circle them.

- | | | | | |
|------|---------|---------|----------|----------|
| ADAM | JAPHETH | ISHMAEL | JUDAH | JOSEPH |
| CAIN | ELKANAH | ISAAC | LEVI | MANASSEH |
| ABEL | SAMUEL | ESAU | GAD | EPHRAIM |
| SETH | AARON | JACOB | NAPHTALI | SAUL |
| NOAH | NADAB | REUBEN | SIMEON | JONATHAN |
| HAM | HUR | DAN | ISSACHAR | DAVID |
| SHEM | CALEB | ASHER | ZEBULUN | SOLOMON |
| | ABRAHAM | | BENJAMIN | |

M A N A S S E H E S A U A W
 I B I D O H S I S S A U L R
 A E A A L A E O N H E E E D
 R L C V O O T M I S U H V I
 H A M I M N H S L M S F I T
 P H R D O I M S A A R O N T
 E L K A N A H S T U U D A N
 C G A D H I O N H J U J D A
 I S S A C H A R P A H A A H
 T M R M C C K E A P A C B T
 O B E N J A M I N H D O E A
 A I S H M A E L R E U B E N
 N O E M I S S N O T J L S O
 C A L E B I T E O H E U K J
 J O S E P H E N U L U B E Z



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Stretch out your hands!

During these pandemic days (which hopefully will be coming to a semi-conclusion soon), I have been reading from a devotional book called “The One Year Book of Encouragement” by Harold Myra. He shares some thoughts from Henri Nouwen on prayer.



Nouwen says: “To pray is to live.” The inverse is equally true: “To live is to pray.”

Nouwen says that prayer is acceptance. “When we pray, we are standing with our hands open to the world. We know that God will show Godself in the nature that surrounds us, in the people we meet, in the situations we run into.”

To live in prayer is to become alert. We ask, “What is happening now that shows God’s engagement with me? What is the Holy Spirit whispering? In whom do I see signals of God’s grace? If I were to fully do what the Spirit wants right now, what would it be?”

At the same time, prayer is costly.

Nouwen tells us that prayer requires our confession that we are limited and weak. He advises, “Whenever you pray, you profess that you are not God and that you wouldn’t want to be, that you haven’t reached your goal yet, and that you never will in this life, that you must constantly stretch out your hands and wait again for the gift which gives new life.”

Nobody likes to admit that they are weak or unable to achieve their goals on their own – it seems like such an un-American concept. Yet, when we pray, we are acknowledging that we are not in control – God is. So I pray that you will stretch out your hands and wait again for the gift that brings new life.

Peace,



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

First Presbyterian Church Financial Statement / April 2021 General Operating Budget

Balance (03/31/2021)	\$	35,911.79
Receipts (April 2021)		39,782.63
Disbursements (April 2021)		57,968.40
Balance (04/30/2021)		<u>\$17,726.02</u>

In the May newsletter, we outlined guidelines established in preparation for our return to in-person services on June 13. At their meeting on May 19, Session updated those guidelines and the summarized list follows:



The Good News of First Presbyterian Church for June 2021

Before coming to church:

- ◆ Do a self-assessment of your health.

Upon arrival:

- ◆ Enter using the Atrium doors.
- ◆ Masks are required, sanitize your hands.
- ◆ Maintain social distance at your discretion.
- ◆ Proceed to the sanctuary, social hall or multi-purpose room.
- ◆ Place offering and prayer requests in baskets near the welcome desk.
- ◆ Take bulletins by the door.

During the service:

- ◆ The congregation is invited to sing one congregational hymn at the conclusion of the service. Liturgical responses will be solos or small groups singing with masks.
- ◆ The choir will wear masks.
- ◆ Children will stay in their seats for Children’s Time.
- ◆ For communion, we will use pre-made, sealed packets of wafers and juice.

After the service:

- ◆ Ushers will dismiss the pews individually.

For those who are not ready to worship in person just yet:

- ◆ Services will be livestreamed to our YouTube Channel.
- ◆ The service will also be available on FM Channel 88.5.

You can see the full *Guidelines for Attending Worship* on our website at:
https://fpcrochester.org/s/Guidelines-for-attending-worship_Revised-20210519.

Children Welcome at Worship!

The CE Committee is excited to invite families back to in-person worship starting June 13. Children of all ages will remain with their families during the entire worship service as there will be no nursery staff for child care over the summer. Families are invited to worship in the sanctuary, the social hall or the multi-purpose room, which have video broadcasts available!

The multi-purpose room will have a few large sensory toys, some books, as well as a coloring station where children can creatively express themselves. Families with toddlers are welcome to utilize the nursery, which will be open for parents to stay with their toddlers (audio of the service is available in the nursery). Take-home worship bags are also available to help occupy children.





Christian Education & Youth Group News

Susanna Stone, Coordinator of Youth and Christian Education

The month of May meant the end of much of our CE and youth programming. We are hopeful that when programming kicks off again in the fall that we will be able to meet in person! Here are the May highlights:

- **Confirmation** was celebrated on May 23. Four youth were confirmed during the Sunday worship service and were later presented with their prayer shawls and a pre-packaged treat. May God bless these special young people!
- "**Celebration Sunday**" was also held on May 23. While there was no big gathering in the social hall, children in Pre-k through Grade 5 who participated in the One Room Zoom Sunday School received a certificate and small gift, delivered by members of the CE Committee.
- **Youth Group** continued to meet, though the weather was uncooperative and two of our May meetings were held online. We were, however, able to meet in-person a few times, enjoy some fun and games, and share God's love with each other. May 26 was the last youth group meeting until September, though monthly youth group outings will be held over the summer. More details to come!
- Virtual **Sunday School** ended at the end of May. Zoom Sunday School had been held each Sunday at 9:30 am in two groups: Pre-k through 5th grade and middle/high school. Over the summer families are invited to watch a weekly short Sunday School video with the week's Bible story, reflection, and a craft idea. Those videos are posted each Sunday at 9am on YouTube.

There is one more CE celebration left: **Graduation Sunday, June 5, at 10:00 a.m.**

Make sure to watch the church service to celebrate the FPC seniors as they begin a new chapter in their lives.

Many thanks to all of the children and youth who participated in our programs during this unprecedented school year. Thank you to all the volunteers who make our programs successful and to the entire FPC congregation who continues to fervently support CE and youth programming.

Happy Summer,

Susanna



FPC VBS 2021 Compassion Camp

FPC VBS will take place on **Monday-Thursday, August 2-5** from **9:30-11:30 am**. We are **planning** on holding an in-person, mostly outdoors VBS, though our plans may change if the public health situation changes. However, we are hopeful that we can meet in person.

VBS is open to all children (not just FPC families) ages 3 through 5th Grade (school grade based on 2021-22 school year). Our 2021 VBS theme is: *Compassion Camp, Changing the World with Loving Kindness* and we will be exploring different Bible stories which showcase examples of compassion, kindness, friendliness, and love. VBS costs \$10/child, with a maximum \$25/family. Scholarships are available.



VBS registration is available now by going to: tinyurl.com/FPCVBS21

Please contact Susanna with any questions OR if you are interested in volunteering for VBS 2021!



Summer Group Walks Returning

Mark Mueller, Walk Coordinator

Summer is finally here, and that means it's time again for some fun group walks. Mark Mueller will be partnering with the parish nursing program to lead a series of family-friendly group walks this summer. The walks will start at 1 p.m. on the fourth Sundays of July and August. Don't forget to bring a hat and water and wear sunscreen! If the activity needs to be cancelled, a message will be left on the church's answering machine. This is a fun way to get outdoors, learn some local history, and spend time with other church members. Please feel free to invite your friends to come along. If you have questions, contact Mark at markmueller@chartermi.net.



Save the Dates:

The first walk is scheduled for **Sunday, July 25, 2021, at 1:00 p.m.**

We will tour Silver Lake, and talk about the past, present and future of Silver Lake. We will also talk about the giant Canada goose. In the 1950s, the giant Canada goose was declared extinct. However, a small population in Rochester, Minnesota, was rediscovered by biologists in 1962.

Meet at the Three Links Park parking lot (840 7th Street NE) located by the Silver Lake swimming pool.

The second walk is scheduled for **Sunday, August 22, 2021, at 1:00 p.m.**

Before Rochester was known as the medical city, it was known as the mill city. We will explore the area below the Silver Lake dam and talk about the mills that once flourished in Rochester. We will check out Thompson Mill Race Park.

The meeting place for the August walk will be announced later.



June is Alzheimer's Disease Awareness Month

Ariel Boswell, Parish Nursing Program

Most of us have loved ones whose lives have been affected by Alzheimer's. In June we remember those struggling with this disease and those who love and care for them. In 2020 as many as 5.8 million people were living with Alzheimer's Disease, which develops when proteins in the brain don't behave correctly, causing deposits and tangles that kill and injure cells. Genetics, lifestyle, and most significantly, increasing age are among the complexity of causes. Warning signs include memory loss that disrupts daily life, changes in mood, personality or behavior, trouble handling money, decreased judgment, and misplacing things and being unable to retrace one's steps to find them. We can reduce our risk by not smoking, practicing good oral hygiene, managing high blood pressure, high cholesterol and diabetes, maintaining healthy weight, getting enough sleep, staying involved and drinking only in moderation.

There is no cure for Alzheimer's, but there are promising clinical trials, cognition improving medications, and medications to help with psychosis and sleep. Alzheimer's can be incredibly draining and isolating for caregivers who can benefit from support groups, respite programs, and friend and family assistance.

June is a great month to reach out, love and offer support to those affected by Alzheimer's.

Sources: CDC, Mayo, AARP "The Alzheimer's Drugs Showing Early Promise"

Good News of First Presbyterian Church — 6 — June 2021

Transportation Available

Judy Kruesel and Tony Smithson,
Deacon Transportation Committee

As we return to in-person worship on June 13, the Board of Deacons would like to remind our members that taxi transportation to and from church is available by using a voucher (available from your Deacon visitor if you are a Care Member, or in the office.) These vouchers are available for transportation to and from church services; to Festival of Music events; for Bible and current events studies; for funerals; and to PW Circle meetings. These transportation vouchers are part of the Deacons' mission at First Presbyterian Church, and available thanks to generous donations from our members. To arrange a pick-up for church, call **Med City Taxi (282-8294, or 282-TAXI)**. See you at church!



Important usher news: you are needed!

Titus Evans, Jr., Usher Coordinator

Over the past few years our usher teams have become depleted due to attrition from transfers, deaths, moving, and aging. Almost all usher crews are short-handed, well below the ideal number of eight members per team. Our church needs enough members on each team to cover absences and to provide security in the atrium and west entrances during services. We need at least 22 new ushers and three new head ushers. Ushers serve for one service one Sunday a month. Head ushers serve each Sunday for one month.



It is not appropriate to come Sunday after Sunday and always expect someone to wait on us without some contribution of our own. Our Church is not a hotel or a catering business where others are at our command for service. We are in the active process of witnessing and serving.

The story was once told of a senior church member in another church who addressed the congregation because no one was willing to serve as a teacher for a particular Sunday School class. He said that he felt his granddaughter, who would be in that class, was entitled to learn the story of Jesus Christ and to be taught how to be a good Christian. He said that apparently many others did not feel this was important enough for them to consider being a teacher. He clearly and very directly expressed his disappointment. Soon there were several volunteers for this class.

When we say "We need ushers," this is not about someone else's problem. It is our problem. Everyone should consider being an usher. Without many volunteers stepping forward, we will be less able to serve those who come to worship with us.

Many who are already ushers find this is relatively easy, fun and rewarding. We enjoy meeting our team members and take pride in seeing the services go smoothly. As usher coordinator, I have enjoyed watching the usher team members bond and work together. We are the hosts for the congregation and are privileged to serve.

So ... to get more out of this than you put in, please step up and contact Titus or Carol Evans (282-9938 or evans.carol@FPCRochester.org) or sign up in the office. Even if you simply be at the entrance and hand out bulletins, you can serve.

Good News of First Presbyterian Church — 7 — June 2021



Cuba

Our church is a member of the Cuba Partner Network because of our partnership with the church in Jaguey Grande. Life in the Presbyterian-Reformed Church in Cuba (IPRC) is challenging for pastors, their parishioners, and the people they serve. Cuban churches are facing an unprecedented financial crisis given the effects of the pandemic, layered on top of economic devastation resulting from the interruption of family remittances, the collapse of tourism, and the sting of augmented US sanctions. Churches are coming to their synod for financial help to cover expenses and to bring pastors' salaries up to the government-mandated minimum. The Cuban Partners Network decided to seek funds to assist congregations and continue the church's outreach. Churches are also encouraged to plant gardens if they have room. Matanzas Seminary has a large garden they use to feed students as well as sharing any surplus with the neighborhood.

FPC sent \$2,000 to the Synod for assistance and \$1,000 to Jaguey Grande to support their breakfast project for the elderly.

Continued on page 9 ...

UPDATE: Bdecan Presbyterian Church Ministry Team, *Marylynn Aalderks*

Thank you for the support you continue to provide for the members of the Bdecan Presbyterian Church in North. We recently contacted Rosie Helland, the youth and outreach pastor, and she identified some of the biggest needs for the members of the Bdecan Church. Funds to purchase winter boots and snow pants for the children were identified as the most significant need. People often donate coats, hats and mittens, but the mission team ends up purchasing winter boots and snow pants for the clothing pantry. These are distributed late in the fall first to children of the church and then to other children in the immediate area. Last winter was brutally cold and next winter will likely be extremely cold with high winds.

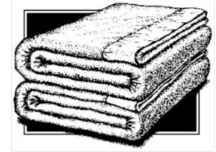
Funds also are needed for hygiene items like soap, shampoo/conditioner, tooth paste and tooth brushes. In previous years we provided kits for children going away to residential schools, but all kids can benefit from hygiene supplies. This year, these supplies will be distributed through the food pantry.

Financial assistance is also a necessity. The pantry has increased their support from 20 or 25 families to over 80 families a month during the COVID pandemic.

Donations for the Bdecan Church can be sent to FPC with "Bdecan Ministry" in the memo line. Please designate if you want your funds to be used for winter clothing, hygiene items, the food pantry or "where needed."



The Bible study for 2021-2022 is "What My Grandmothers Taught Me: Learning from the Women in Matthew's Genealogy of Jesus." Each circle has a copy. If anyone wants an individual copy, contact your circle leader or Peg Parsons (282-4013) by June 15. The \$10 cost is due in September.



Check your storage cupboards! Do you have an extra blanket? Children and adults in the Bdecan church and other members of the Spirit Lake Nation in North Dakota are in need of blankets for the winter. New and laundered, gently used blankets of any size are welcome. Please bring blankets to the church by August 15. They will be taken to Bdecan in September.

"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope." Romans 15:13

Mission Committee News, *Sylvia Swede*

Honduras

Continued from Page 8 ...

In November, seven months into total economic shutdown, Honduras was slammed by two record-breaking hurricanes in one week. Vulnerable neighborhoods were underwater for days and layers of mud deposits still remain in some places. Some urban neighborhoods have been turned into tent cities. The United Nations World Food Programme estimates that a third of the population will experience severe hunger next year.

Presbyterian leaders in the Honduran church began planning after the first hurricane without having any idea whether they would be able to afford to donate even one bag of food or one dose of medicine. The Presbyterian Church of Honduras expected to serve one community with maybe 100 bags of food and a medical clinic. With the collaboration and commitment of over 50 volunteers and several US donors including Presbyterian Disaster Assistance, the church has distributed more than 1,500 bags of food, held two clinics, and is planning on holding two more clinics. The effort is transforming the church.

Dori Hjalmanson, our mission worker in Honduras, says, "It can seem that because we have needs and scarce economic resources that we have nothing to give anyone else. But the truth is, we create abundance by bravely participating in God's work and saying 'yes' to the call."

MISSION

MISSION
CONTINUED



On Sunday, June 6, we will recognize and celebrate the following high school graduates, most of whom were confirmed as eighth graders at First Presbyterian Church in 2017.

KYLE DOPPLER
LUKE DRAKE
ELLIOT MAHON
GRAFTON PARLETTE

KATE PEDELTY
RYAN PERKINS
TYRAH ROSTAD



2017 CONFIRMATION CLASS

Additionally, we congratulate the following for the graduation milestones they have accomplished in the past year:

JOE DOPPLER

June 2021—MBA, focus in Healthcare Administration
St. Mary's University of Minnesota

THOMAS J. KLUCK

December 2020—Master of Science, Forensic Psychology
Arizona State University

JESSICA K. PEDELTY

May 2021—Bachelor's Degree, Natural Sciences
South Dakota State University

Congratulations!



On Sunday, May 23, we welcomed the 2021 Confirmation Class pictured here with Revs. Jay Rowland and T.J. Parlette and consisting of Jonas Braun, Thomson Parlette, Jacob Wobig and Calista Younge, as the newest members of our congregation. Next month we will include excerpts from their *Statements of Faith* in this publication. Kudos to this fine group of young people!

Among our church family

JUNE BIRTHDAYS ...

June 10—*Ralph Spiekerman*, 92
 June 15—*Don Cain*, 94

June 17—*Virginia Christiansen*, 93
 June 19—*Ruth Huizenga*, 91

... CELEBRATIONS ...

Congratulations to *Elmer and Mary VanDerHeyden*, who celebrate their 67th wedding anniversary on June 5.
 Congratulations to *Dan and Suzanne Tolman*, who celebrate their 64th wedding anniversary on June 8.
 Congratulations to *Ron and Nancy Kreinbring*, who celebrate their 53rd wedding anniversary on June 8.
 Congratulations to *John and Elaine Griffith*, who celebrate their 57th wedding anniversary on June 10.
 Congratulations to *Titus and Carol Evans*, who celebrate their 57th wedding anniversary on June 13.
 Congratulations to *Jim and Jean Miner*, who celebrate their 60th wedding anniversary on June 14.
 Congratulations to *John and Judith Thistle*, who celebrate their 61st wedding anniversary on June 18.
 Congratulations to *James and Sandra Walker*, who celebrate their 55th wedding anniversary on June 18.
 Congratulations to *Robert and Gretchen MacCarty*, who celebrate their 54th wedding anniversary on June 24.
 Congratulations to *Jay and Carolyn Beck*, who celebrate their 55th wedding anniversary on June 25.

... AND CONDOLENCES

We extend our sympathy to **T.J., Juliet, Grafton and Thomson Parlette** on the death of T.J.'s mother, *Barbara "Bonnie" Parlette* on May 4 in Florida.

First Presbyterian Church
 512 3rd Street SW / Rochester, MN 55902
 507-282-1618 / www.FPCRochester.org / web@FPCRochester.org

Senior Pastor: Rev. T.J. Parlette
 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
 Education: a weekly video with a Bible story is available on YouTube.
 Office hours: Monday through Thursday, 9:00 a.m. to 4:00 p.m.
 Ring the bell or call the office at 282-1618 for entry into the church.

Member: Presbyterian Church USA