



PRAISE THE LORD!

First Presbyterian Church
512 3rd Street SW
Rochester, Minnesota 55902
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2021

Group Walk — Sunday, August 22, 2021 — 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.



Don't forget a hat and water and wear sunscreen! This is a fun way to get outdoors, learn some local history, and spend time with other church members. Invite your friends to come along.

Please meet at the far west end of the Northbrook Shopping Center (aka River Center) parking lot.

Questions: Contact Mark Mueller at markmueller@chartermi.net.

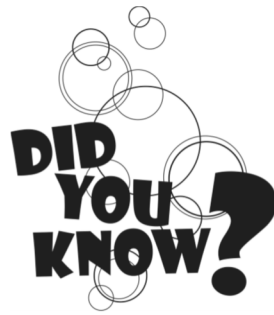




Watch each week
for the
*Stained Glass
Window*

... a look at what
is happening around
First Presbyterian
Church ...

Available on Sundays, this
publication outlines
important news items for
the following week. Please
feel free to pick up new and
prior copies in the atrium.



**MARKING OUR
JOURNEY TOGETHER**



This community bulletin board includes pictures
that highlight activities, opportunities and other
news from members of our church family. The
entire space is a work in progress and depends
on input from YOU! Please let Cindy in the office
know if you have news items or would like to see
something posted on the board.

GOOD NEWS IN BRIEF

Are you subscribed to the *Good News in Brief*? This weekly email comes
right to your inbox, usually on Friday afternoon, but sometimes as early as
Thursday and sometimes as late as Saturday. It provides an overview of
events happening at or around the church each week. You can sign up on
our church website or by calling the church office.

First Presbyterian Church	
Financial Statement / June 2021	
General Operating Budget	
Balance (05/31/2021)	\$ 33,595.34
Receipts (June 2021)	64,365.05
Disbursements (June 2021)	<u>61,636.53</u>
Balance (06/30/2021)	<u>\$ 36,323.86</u>

The Good News
of First Presbyterian Church
for August 2021

Thine Be the Glory

I enjoy unpacking “churchy” words, i.e., words most commonly encountered in church but rarely (if ever) used in everyday conversation. One of my favorite things to do with confirmation classes is to stop and ask, “Do you know what that word means?” Here’s a good one: the word *glory*. Whenever I read or hear the word *glory* associated with the Lord, my mind goes blank. But it’s an important and oft-used word in the Bible and I don’t want the idea of the glory of the Lord to leave anyone’s mind blank. It should put our imaginations into overdrive. Whenever I look up at the stars in the sky on a clear night, especially out in the country or wilderness, the awe I feel is what comes closest to what I think the word and the idea of the glory of the Lord should convey. I could say the same about the feeling I have when standing on a cliff above Lake Superior or on the shore as waves crash against solid rock, or standing close enough to feel and hear the pounding surf of either ocean, Pacific or Atlantic. I hope this offers something you can connect with next time you encounter the word *glory*, or at least stir your own imagination. Then we can better glorify the Lord ourselves!



Rowland Jay

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



Music Ministry

John Stender, Director of Music
Katie Kuisle, Calvin & Cherub Choirs
Janine Yanisch, First Players Bands
Nathan Elsbernd, Music Ministry Intern

*Praise the Lord with tambourine and dance; praise God with strings and pipe!
Praise the Lord with resounding cymbals; praise God with loud-clanging cymbals!
Let everything that has breath praise the Lord! Hallelujah!*

- Psalm 150:4-6

*And David and all the house of Israel were celebrating before the Lord,
with songs and lyres and harps and tambourines and castanets and cymbals. And
David danced before the Lord with all his might. And David was wearing a linen
ephod. So David and all the house of Israel brought up the ark of the Lord with
shouting and with the sound of the horn.*

- 2 Samuel 6:5, 13-14

These two are perhaps the most commonly known biblical references to musical and artistic offerings in worship of God thanks to Psalm 150's brevity and Kevin Bacon's passionate delivery of the latter in the movie, *Footloose*. There are many other instances in scripture where we can note the pleasure that God receives and the grace that God offers when music, singing, and creative worship is done in God's name.

And so, it's exciting to be executing plans for preparing music for worship. Summer choir and handbell opportunities have become a reality! Thanks be to God! And, planning for the fall and winter are in full swing! Still, together we must continue praying for positive progress regarding vaccine eligibility of young people and continued mitigation of spread and infection in the coming months.

Another musical opportunity has begun that I want everyone to know about. Last month a small group of FPC and Rochester community members gathered for a Drum Circle!

DRUM CIRCLE

We plan to host the next Drum Circle on Thursday, August 12, from 6-8 p.m.

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There are many cities in the country that boast community Drum Circle traditions. I enjoyed experiencing this in Asheville, NC. That's a very artsy town, of course, which supports all the current trends in dining, brewing, art-making, community building, etc. In several ways, I think Rochester is in nascent stages of expanding into that kind of town. Arts are on the rise here in grand variety.

When Jay and TJ asked from the pulpit earlier this summer, "What can we do as a church, what do we as a church need to do in response to social justice consciousness after George Floyd in the

following year?" – I decided a Drum Circle might be a great way to do something creative, something musical, and something that promotes community. It's an offering of the church purely as an outreach and welcome.

The thing about the Drum Circle philosophy is that it is all-inclusive. No skill is required to join 'the beat.' No judgment, criticism, or quality control is even in the consciousness of all involved—every individual's expression of something rhythmic on a percussion instrument is valid, true, and welcomed. Emotion can be expressed, stress can be reduced, togetherness is easily felt and appreciated! You don't even have to own a drum- we have a stockpile and we're ready to share. We will have a couple local percussionist 'facilitators' joining us to help foster a foundation of a beat that can be improvised upon.

I think that the congregation of First Presbyterian Church has a healthy history of supporting the liturgical arts in worship and promoting quality performance of classical and sacred music. I also think there will always be opportunity to improve how we turn that investment into hospitality and invitation to our worship and fellowship. We can also never neglect to reach out to the community and humbly encourage those around us to learn to deeply value the same things we do.

Some folks may not be willing to grab a pew on a Sunday morning in order to learn about our fellowship and build their faith. Perhaps inviting folks to drum with us for a few hours on the front steps is a comfortable 'way in' to a new community for some. Who knows? If all we achieve is the start of a non-violent, inclusive community tradition — we will not have failed: for every good gift is from above, and where two or three are gathered in God's name, God is there among them.

John Stender, Director of Music

Looking for a few Good Players!

Janine Yanisch

We are looking for more students to participate in the First Players program, and particularly First Players Band Camp.

If you know of any instrumentalists who have played for a year or more, **Band Camp** is for them! Camp dates are August 23-27, from 9:00 a.m.-noon each day. There will be fun and games, snacks, and of course, lots of music. The more, the merrier! (COVID precautions **will** be taken.)

The First Players Band program starts soon after the beginning of school, so spread the word about our great *Beginning Band* program, as well as the *Concert Band* program (for more experienced players). It would be fabulous if we could double our numbers from last year, and engage more students in this healthy and fun program!



Catching Up with Lee Afdahl

Cindy Kunzman

Recently, Lee Afdahl, Director of Music Emeritus, reached out to let me know that he will be playing a noonday organ recital at Trinity Lutheran Church, across the street from FPC, on August 10, 2021 at 12:15 p.m. I had a chance to catch up with him about life after retirement.

GNB—What are your thoughts on retirement -- expectations? surprises? disappointments?

I am enjoying the freedom to choose my schedule. It holds true what other retirees say, ‘how did I get all this done when I was working too?’ I thought I would be subbing for my colleagues in the area much more, but I have only played one funeral, and a series of recordings for another church’s online worship in two years.

GNB—What keeps you most busy?

As you know, we live on a ranch with acres of lawn and perennials, three retired show horses, two show dogs, 12 koi in the pond, etc. so there is never a lack of things to do. These days we spend most of our time on the road with dog shows. Our two English Setters, Douglas and Belle, have been shown nearly every week-end all summer. The dog shows have opened up with the rest of the country, with safety protocols in place — spectators not allowed except owners and handlers. This is a campaign year for Belle, so lots of shows. Because of the pandemic, the famous Westminster Show in New York was postponed from February to June, and relocated from Madison Square Garden to the Lyndhurst Mansion and grounds in Tarrytown, NY. Both of our Setters were shown there. Belle actually beat the number one (by points) in the country on the day before Westminster at an English Setter Speciality in Norwalk, CT. At Westminster, she won a preferred select bitch, in others words, second to the number one female. We plan to attend the English Setter nationals in Seattle in September. If this is “her time” we want to make it possible for her.

Retirement affords me the opportunity to join in this hobby as I have week-ends free!

GNB—How do you like to spend free time?

What free time? You know I like to be busy and organized! I did just return from teaching at the National Seminar for Handbell Musicians of America. I head the team teaching conducting certification. It’s a joy to continue daily piano practice, preparing for the noon day organ recital at Trinity Lutheran, and teaching organ for the Scholarship Program of the SE MN Chapter of the American Guild of Organists.

GNB—What are you currently reading?

I just finished reading David Michael’s biography of Eleanor Roosevelt entitled *Eleanor*.

GNB—Do you have any new publications you can tell us about?

I have two new handbell pieces published by Beckenhurst Press. *Hope for Reconciliation* was commissioned by Carmel Daveson of the Handbell Society of Australasia. She is a tireless worker for the rights of all people, especially those marginalized in our world. Little did I anticipate the title to be of such significance with the unrest in our country. The other is *Carillon Passacaglia*, based on the chime theme specifically written for the Mayo Carillon in the Plummer Tower. Both pieces were debuted to the community with the virtual spring concert of Rochester Area Handbells under the direction of Paul Kingsbury.

GNB—Have you picked up any new hobbies?

Not much time for additional hobbies, except to say that it is great to have more time to exercise daily and get more use of my bicycle.



Youth

& Christian Education

August Youth Outings

☞ **River Tubing on the Root River**

Date & Time: TBA

☞ **Movie Night at the Kellers**

Wednesday, August 25, evening
(rain date: Thursday August 26)

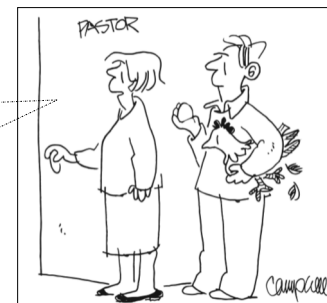
Adult Bible Study and Current Events Discussions
will resume in September.



Susanna

Susanna Stone, Coordinator of Youth and Christian Education
stone.susanna@fprochester.org

“Ed here has a question about the origin of life.”



Continued from page 8, *Catching Up with Lee Afdahl*

GNB—I know you welcomed a new grandson into your family last year. Tell me about him.

Grandson Leo is now 18 months old. We as a family are all vaccinated and we enjoy our times with him. He and his parents live in Golden Valley, Minnesota, so we are in the area! The first year of his life, we rarely saw him, except to greet him and his parents through an open door, and masked. Leo has adapted readily to actually seeing people’s faces and smiles, and interacts well with others.





Exciting News!! A new church directory is on the horizon! It has been six years since we have had a directory published, and it is time to see some updated pictures! A Universal Church Directories photographer will be at the church Tuesday, October 26th through Saturday, October 30th to take photos. Tentative times are 2 – 8:30 p.m. on weekdays and 10 a.m. to 4 p.m. on Saturday. Every family or

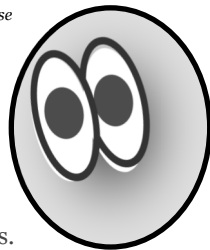
individual photographed by Universal will receive a complimentary 8×10 portrait and directory. Universal provides a complete professional studio right at church. You will have the opportunity to purchase additional portraits and enjoy a variety of backgrounds, poses, portrait sizes, frames and finishes. Scheduling will become available at a later date with options to sign up online or at church. Please contact Nicole Thoreson at nicoleyounge@hotmail.com or (507) 923-1860 with questions and/or concerns.

Nicole Thoreson
Welcoming & Nurturing Committee

Contact Lens Health Awareness

An estimated 45 million people wear contact lenses in the United States, and about 2/3 are women. They are a convenient way to correct vision. Children can wear contacts starting at 8, and older adults can use multi focal contacts in order to correct both close and distant vision. But of course putting something in our eyes can affect our eye health. How can we keep our eyes corrected, comfortable and healthy?

Ariel Boswell, Parish Nurse



- 1) Wash wash wash your hands before inserting or removing contacts. This greatly reduces the risk of getting an irritant or infection.
- 2) Don't sleep in your contacts unless recommended by your doctor, and even then be aware of the risks. Sleeping in your contacts increases the risk of microbial keratitis by 6-8 times. Microbial keratitis is a serious corneal infection.
- 3) Keep contacts away from water - avoid showering, swimming or hot-tubbing in contacts. Exposing contacts to water increases risk of eye infection from Acanthamoeba, an amoeba that lives in water (even treated water!). Also, never store or clean contacts with water (or saliva!).
- 4) Remember to ALWAYS CRD - clean, rinse, disinfect! Change your case every 3-6 months and don't top off solution.
- 5) For improved comfort, replace your contacts when you're supposed to, control your allergies, and use the solution recommended by your provider.
- 6) Finally, let's talk hair and makeup. Put on soft contacts before applying makeup and hard contacts after applying makeup. Use hairspray before contacts and close your eyes for a few seconds even after you're done. Don't use lash-extending mascara, as fibers can irritate eyes. Remove contacts before removing makeup.

Resources: CDC, Rochester University Medical Center

Mission Fundraiser Sale

Sally Brooks and Judy Kruesel

The PW Rummage Sale will finally take place this fall — dates yet to be determined, and subject to change if safety becomes a concern! We have decided not to accept additional clothing due to space constraints. Watch for updates and a *Sign-up Genius* option to get involved! Many thanks for everyone's donations, patience, and storage flexibility during these many months of COVID restrictions! Looking forward to a great Mission Fundraiser and good old Presbyterian fellowship!



\$5,490 distributed for Mission Projects

Sylvia Swede, coordinator

On July 8, officers, circle chairs, and organizers met and selected recipients for mission money from PW pledges. PW continues to support the education of two students in Niger and six in Haiti (\$1,290) as well as the following:

Local mission projects:

- ✔ **Hawthorne Helps — \$300**
Help supply the “store” in Hawthorne School, where immigrants learning English and other skills select needed diapers, hygiene items, and cleaning supplies
- ✔ **Women’s Center at Adult/Teen Challenge — \$300**
Help women overcome addiction
- ✔ **Community Food Response — \$100**
Money for supplies and other non-food needs
- ✔ **Channel One Food Bank — \$500**
Help lessen food insecurity

National mission projects:

- ✔ **Casa de Esperanza, TX — \$500**
Border ministry for families—funds provide early childhood education and summer enrichment programs for school age children
- ✔ **Kemmerer Village, Assumption, IL — \$500**
Child care agency which welcomes visitors from all over who are in the area
- ✔ **Presbyterian Disaster Assistance — \$500**
Help for disasters in the United States

International mission projects:

- ✔ **NOROC, Romania — \$500**
Help orphaned and abandoned children grow into healthy, contributing citizens
Carol & Richard Schemp, former FPC members, are currently co-workers there.
- ✔ **Sevan Rehabilitation Center for Children with Disabilities, Armenia — \$500**
Improve the quality of life for disabled children
- ✔ **Presbyterian Disaster Assistance — \$500**
Help for disasters around the world

Thank you, women of FPC, for your generosity!

Online Churchwide Gathering Event

“Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of saints; extend hospitality to strangers.”

Romans 12:12-13

Because the in-person 2021 Churchwide Gathering was cancelled, an online gathering event will take place on August 5 from 4-6 p.m. Easter time via Zoom and livestreamed on the Presbyterian Women’s Facebook page. Join with Presbyterian Women for worship and inspiring speakers, for a time of rejoicing and renewal, and to celebrate all that PW is and does in the world. Details are available at https://www.presbyterianwomen.org/what_we_do/build-community/churchwide-gathering/



BIRTHDAYS ...

August 19—**Dan Tolman**, 90

August 22 —**Warren Fay**, 92

... CELEBRATIONS ...

- Congratulations to **John & Suzanne Dinusson**, who celebrate their 51st wedding anniversary on August 1.
- Congratulations to **William & Judy Smithson**, who celebrate their 58th wedding anniversary on August 3.
- Congratulations to **James & Judy Seuxard**, who celebrate their 56th wedding anniversary on August 7.
- Congratulations to **Frank & Lynda Sharbrough**, who celebrate their 60th wedding anniversary on August 12.
- Congratulations to **Allen & Marcia Dollerschell**, who celebrate their 59th wedding anniversary on August 18.
- Congratulations to **Neil & Marilyn McKay**, who celebrate their 65th wedding anniversary on August 19.
- Congratulations to **Ron & Nancy MacKenzie**, who celebrate their 59th wedding anniversary on August 25.
- Congratulations to **Warren & Mary Potter**, who celebrate their 70th wedding anniversary on August 27.
- Congratulations to **John & Ann Mitchell**, who celebrate their 61st wedding anniversary on August 27.
- Congratulations to **Harry & Ingrid Neel**, who celebrate their 57th wedding anniversary on August 29.

... AND CONDOLENCES

We extend our sympathy to Connie Smyrk and her family on the death of **Charles Smyrk**, who died on July 15.



Adopt-A-Tree

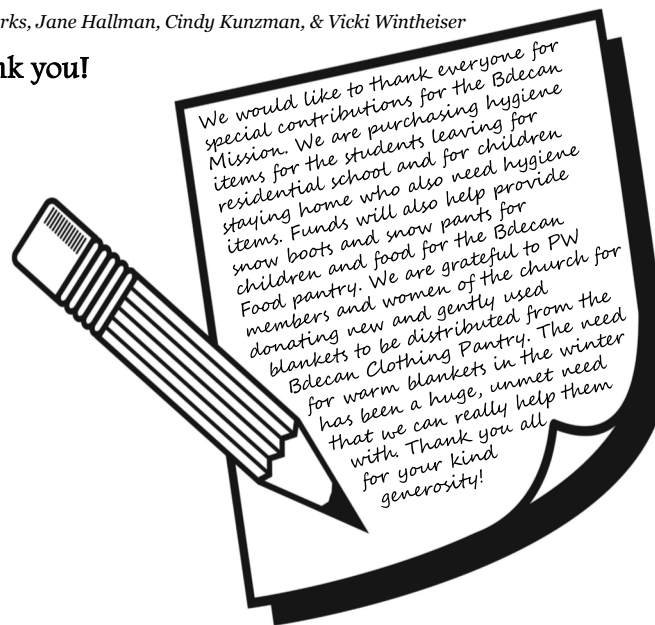


We have individuals or groups taking care of the flowers around the building and the northeast marquee. Others take care of the north and west boulevard around the parking lot. Still a third group drops in to care for the Columbarium. The east side of the building feels a bit lonely and neglected.

*Are you the one who will trim, tend
and nurture the shrubs and trees
on the east side of our building?
Are you?*

Maryllynn Aalderks, Jane Hallman, Cindy Kunzman, & Vicki Wintheiser

Thank you!



We would like to thank everyone for special contributions for the Bdecan Mission. We are purchasing hygiene items for the students leaving for residential school and for children staying home who also need hygiene items. Funds will also help provide snow boots and snow pants for children and food for the Bdecan Food pantry. We are grateful to PW members and women of the church for donating new and gently used blankets to be distributed from the Bdecan Clothing Pantry. The need for warm blankets in the winter has been a huge, unmet need that we can really help them with. Thank you all for your kind generosity!

Legislative Wrap-Up: What happened at the Capitol? A Faith Perspective

Join the Joint Religious Legislative Coalition, local congregations, faith leaders and community organizations to hear about policy changes to help struggling Minnesotans and our neighbors in need – and learn more about how the process works. Anne Krisnik, JRLC Executive Director, will share new laws impacting housing, emergency shelter, safety net programs and more.

Date: Thursday, August 5 from 6:30 – 8 PM at Mount Olive Lutheran Church, 2830 18th Ave NW, Rochester, MN 55901.

RSVP to 612-230-3232 or Joan Miltenberger, Statewide Organizer, at jmiltnerberger@jrlc.org to ensure space for social distancing.

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. in-person and 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