



FIRST PRESBYTERIAN CHURCH

FORUMS@FIRST

featuring Channel One

22 MARCH 2022

7:00PM

512 3RD ST SW

www.fpcrochester.org



As part of Food Insecurity Awareness month, we welcome Jessica Sund, Director of Development at Channel One Food Bank. Channel One's mission is to strengthen food access and build healthy communities with a vision that every community in our region is food secure. Channel One serves people experiencing hunger in 14 counties in southeastern Minnesota and western Wisconsin.

Brad Kluck, Social Concerns committee



In the morning
you shall see the
glory of the LORD.

Exodus 16:7



First Presbyterian Church
512 3rd Street SW
Rochester, Minnesota 55902
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March 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



- 1 _____ Deacons Meeting 7:00 p.m.
- 2 _____ **ASH WEDNESDAY**
- _____ Wednesday Youth Activities 4:45-8:00 p.m.
- _____ Ash Wednesday Evening Service 7:00 p.m.
- 3 _____ Bell and Choir Rehearsals 6:00-8:30 p.m.
- 6 _____ Worship & Communion 8:30 & 11:00 a.m.
- _____ Sunday school & fellowship hour 9:30-10:50 a.m.
- _____ † Medical Benevolence Foundation presentation
- _____ Worship Livestreamed 11:00 a.m.
- 9 _____ Prayer Shawl Group 1:00 p.m.
- _____ Wednesday youth & music activities 4:45-8:00 p.m.
- _____ Lenten Evening Prayer Service 6:00 p.m.
- _____ Lenten Bible Study 6:30 p.m.
- 10 _____ Bell and Choir Rehearsals 6:00-8:30 p.m.
- 11 _____ Sitter Service 5:30-9:30 p.m.
- 13 _____ Worship 8:30 & 11:00 a.m.
- _____ Sunday school & fellowship hour 9:30-10:50 a.m.
- _____ Worship Livestreamed 11:00 a.m.
- 14 _____ Esther Circle 1:30 p.m.
- 15 _____ Session Meeting 7:00 p.m.
- 16 _____ Priscilla Circle..... 9:15 a.m.
- _____ Crafters Group 3:00 p.m.
- _____ Wednesday youth & music activities 4:45-8:00 p.m.
- _____ St. Patrick's Day Dinner..... 5:00-6:00 p.m.
- _____ Lenten Evening Prayer Service 6:00 p.m.
- _____ Lenten Bible Study 6:30 p.m.
- 17 _____ Bell and Choir Rehearsals 6:00-8:30 p.m.
- 19 _____ Ruth Circle 10:00 a.m.
- 20 _____ Worship 8:30 & 11:00 a.m.
- _____ Sunday school & fellowship hour 9:30-10:50 a.m.
- _____ † Charles Frost presentation
- _____ Worship Livestreamed 11:00 a.m.
- 22 _____ Forum@First: ChannelOne 7:00 p.m.
- 23 _____ Wednesday youth & music activities 4:45-8:00 p.m.
- _____ Lenten Evening Prayer Service 6:00 p.m.
- _____ Lenten Bible Study 6:30 p.m.
- 24 _____ Bell and Choir Rehearsals 6:00-8:30 p.m.
- 27 _____ Worship 8:30 & 11:00 a.m.
- _____ Sunday school & fellowship hour 9:30-10:50 a.m.
- _____ Worship Livestreamed 11:00 a.m.
- 30 _____ Wednesday youth & music activities 4:45-8:00 p.m.
- _____ Lenten Evening Prayer Service 6:00 p.m.
- _____ Lenten Bible Study 6:30 p.m.
- 31 _____ Bell and Choir Rehearsals 6:00-8:30 p.m.



The Good News

of First Presbyterian Church
for March 2022

PASTOR'S QUILL

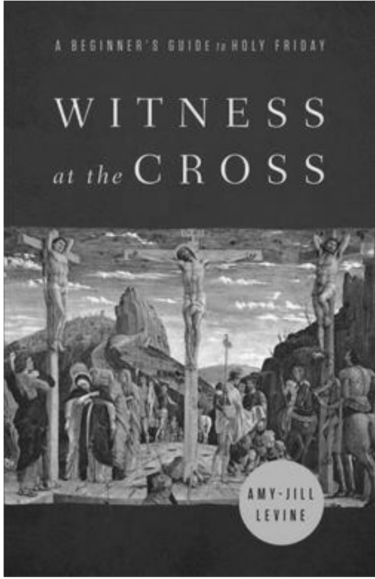
Well, by the time you read this, we will be on the cusp of the Lenten season – with Ash Wednesday on March 2nd. I hope you will consider joining us for our special Lenten study this year. We will be working through a new study from Dr. Amy-Jill Levine. She is one of the top scholars in both Jewish and Christian studies working right now. We will be using her new book, *Witness at the Cross*.

This six-part study will focus on the people who were gathered at the cross during the crucifixion – the Bystanders and Scoffers, the Other Victims, the Soldiers, the Beloved Disciple, The Women and Joseph of Arimathea and Nicodemus. It is a scholarly study, but not unmanageable. I hope you will consider joining us.

The study will begin on March 9th and continue through April 13th. We will meet at 6:30 in the Lounge, right after our Lenten Prayer service concludes. The book is available in the church office for \$12.00. We have 20 copies on hand, so reserve yours today!

Peace be with you – and I look forward to walking through the Lenten season with you in what appears to be under more normal; circumstances this year (I hope!)

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



Lenten Bible Study

Wednesdays
beginning March 9
6:30 p.m.
Sheldon Jackson Lounge

Study Guide: *Witness at the Cross*

Copies are available
in the church office
for \$12.00



A Message from Rev. Jay Rowland Pauline Boss and the Concept of Ambiguous Loss

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

In January, I heard an interview on MPR with Pauline Boss, professor emeritus at the University of Minnesota, about her book, *The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change*. I was surprised to hear closure referred to as a myth and I was intrigued by the term ambiguous loss, especially given all that we've experienced during this pandemic. Ever since then, I've wanted to introduce others to her work.

"With ambiguous loss, there's really no possibility of closure," Boss says. "Not even, in fact, resolution, whichever word you prefer to use." Everyone, whether we've lost a loved one to the coronavirus or not, has experienced a loss during the pandemic: loss of a job, of community, of a routine, of a milestone celebration. Boss coined the term "ambiguous loss" to describe this experience. "Not everyone has had a death," Boss says, "but everyone has lost something."

One of the hardest losses we've faced is the loss of certainty--or better said, chronic uncertainty. Boss advises us to be explicit with ourselves about what we've lost. Even if you have not lost a loved one to COVID, your losses are still painful and meaningful. Naming the loss helps ground our emotions which helps us cope.

And when it comes to coping, resilience is a key characteristic. Boss defines resilience as the tolerance of ambiguity. One way to increase tolerance of uncertainty and ambiguity, Boss says, is to make a concentrated effort to relinquish control. Right. But how? Understand that the human brain isn't good at handling uncertainty, Boss says, and use that to your advantage. To be in a state of prolonged uncertainty is extremely stressful, Boss says. But rather than seeing our brains' natural reaction to uncertainty as an obstacle, try to take it as "something that can get us out of routines that we may have held for decades or years -- and that's not always bad," Boss says.

"What we know now is that the search for meaning is critical in situations of loss, clear or ambiguous, and in situations of trauma. ... We see that all the time, where people who have terrible things happen to them then transform it into something that may help others. That's a way of finding meaning in meaninglessness." Clearly there's more to all of this than can be covered here but I hope there's something here that might encourage you. I trust that God is able and willing to help us discover meaning that will help us not only to cope as this pandemic continues but to grow more resilient and compassionate along the way.

Sources: "How to deal with (even more) COVID uncertainty" by Allie Volpe, 12.13.2021 Vox.com, and "On Being with Krista Tippett" <https://onbeing.org/programs/pauline-boss-navigating-loss-without-closure/#transcript>



Christian Education & Youth Group News

Susanna Stone, Coordinator of Youth
and Christian Education

We are excited to be back in person and pleased to provide the following programming:

- **Sunday School** goes from 9:40-10:50AM each Sunday morning for children age 3-adults.
- **Youth Group** (Grades 6-12) will begin meeting IN-PERSON from 5:45-7:00PM on Wednesdays beginning March 2. Join us for dinner, fellowship, and fun! Friends are always welcome to join us!
- **Annual Christian Education St. Patrick's Day Dinner**

Wednesday, March 16, 5-6 pm

Join us in the Social Hall for an Irish-themed dinner, sponsored by the Christian Education Committee. Come celebrate St. Patrick's Day with your church community, dine on delicious food, and enjoy the fellowship with one another. All ages are welcome!

→ Sign-ups are requested. To sign up, visit: <https://tinyurl.com/FPC2022> or contact the church office.

FPC **Vacation Bible School** will be Monday-Thursday, June 13-16, from 9:00-11:30AM. The 2022 VBS theme is *Compassion Camp, Changing the World with Loving Kindness*, and we will explore different Bible stories which showcase examples of compassion, kindness, friendship, and love. VBS is open to children entering Kindergarten through 5th grade.

Special Note: In addition to VBS, John Stender is organizing an arts camp in the afternoons during the same week as VBS. The Music, Arts, and Drama 'Camp' will be Monday-Thursday, June 13-16, from 12:30-4:00PM, providing a new opportunity for the FPC community to join together to invest in and invite young people from the whole Rochester area who are interested in music, art, poetry, and movement. Children attending both VBS and Music, Arts, and Drama Camp will be provided lunch from 11:30AM-12:30PM and can enjoy a full day of programming at FPC!

Contact: Stone.Susanna@FPCRochester.org
Phone: (507) 282-1618

Save the Date

Vacation Bible School:

Compassion Camp, Changing the World with Loving Kindness
Monday, June 13-Thursday, June 16
9:00-11:30AM

Registration will open soon!

VOLUNTEERS WILL BE NEEDED! Please contact Susanna if you are interested in volunteering for VBS.



Music Ministry

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



Perhaps you are aware of Susan Palo Cherwien's recent death. Susan was a prolific hymn-writer and servant of the church in many ways. She was the spouse of David Cherwien, organist at Mount Olive Lutheran Church in Minneapolis (where Paul Manz preceded him). In our *Glory to God* hymnal, only three of Susan's hymn texts are found. You can find numerous articles about her life and her work from the past several months and you can even view her liturgically and musically rich funeral service (as I did) on YouTube. I look forward to focusing on a couple of Susan's texts during the season of Lent. In particular, one that was included in her service is found at GTG #785: "In Deepest Night."

*In deepest night, in darkest days,
when harps are hung, no songs we raise,
when silence must suffice as praise,
yet sounding in us quietly there is the song of God. (stanza 1)*

The timely encouragement of this stanza (and others) has stuck with me since viewing the service. One reason I bring it up is because of the weight of grief that Susan's earthly passing has been for the church music community at large. Another reason I bring it up is because my best introduction to Susan's writing was at the recommendation and lending of her 2009 publication, *From Glory Into Glory*, by a good friend and colleague of mine—Charles Frost.

Charlie remains one of Sarah's and my closest acquaintances from our time in South Carolina. Charlie is organist at First Presbyterian Church on Hilton Head Island, served formerly at Sea Island Presbyterian Church in Beaufort, and was a member of the *Glory to God* Hymnal Committee. I accompanied Charlie's auditioned choir, the Sea Island Chamber Singers, for a number of their concerts and hold those people and those experiences dear. I will always value Charlie's model collegiality, wisdom, and care, as a church musician and hospitable friend. Charlie is an ardent proponent of organ music by African-American composers, a beloved choral conductor and organ recitalist, and he serves on the board of the Hilton Head Symphony and the Beaufort orchestra. He's an avid cyclist and foolishly devoted to the Dallas Cowboys.

I am very much looking forward to welcoming Charlie to join us at FPC this month (see next page.) I am very grateful that the Endowment Committee has made Sheldon Jackson Lectureship funds available to make Charlie's visit possible, and I am grateful to the Worship and Music Committee for supporting and sponsoring Charlie's time with us. He will participate and collaborate in music ensemble rehearsals on March 23rd and 24th and will join me to collaborate for our Midweek Lenten Prayer Service on March 23rd and for worship on Sunday, March 20th.

Additionally, Charlie will present on the hymnal during the education hour that Sunday. Don't miss this opportunity to engage with the hymnal (already nearly a decade old!) in perhaps new and thoughtful ways- it is our most valued worship resource. Charlie will provide behind-the-scenes insight on how the hymnal committee worked and made their informed decisions as well as highlight special resources and their creative uses. At the same time, Charlie has served as a church musician in Presbyterian Churches (exclusively) for his entire life. His perspective and caring personal interest regarding worship, the diversity and inclusivity of what we sing and how we gather, and his hope for the church and the engaged participation of all its members is a story well worth your time. Please plan to join us to celebrate *Glory To God* and our mutual life of worship and faith which it seeks to elevate! Or in the words of Susan Palo Cherwien: "Rise, remember well the future God has called us to receive; present by God's loving nurture, Spiritured then let us live..." (GTG #536, "Rise, O Church, like Christ Arisen")

John Stender, Director of Music
stender.john@fpcrochester.org



Charles Frost coming to FPC

Dee Tiedeman, Worship & Music Committee

Have you ever wondered how hymns are chosen for our hymnal or how our hymnal has changed to reflect our modern time? A lot of hard work goes into that!

Charles Frost, a member of the committee that edited our newest hymnal, *Glory to God*. We invite everyone to join us on **Sunday, March 20, from 9:40 - 10:50 a.m.** in the Social Hall to hear about Charlie's experiences on the *Glory to God* committee and his perspective on using our most cherished tool for devotion and worship.



Poisoning Prevention

— Ariel Boswell, Parish Nurse

In March, we commemorate Poisoning Prevention week.

1. If you are concerned about poisoning, don't delay - call 1-800-222-1222. Better safe than sorry!
2. 93% of exposures happen in the home: 45% involve kids <6, and 83% swallow something.
3. Medication used incorrectly can be poisonous! Know your medicines and side effects (or your loved one's if you are a caregiver), keep a current list, keep medicines locked up and out of reach of children, and call the number above if a medication was not taken as directed or too much was taken.
4. Household cleaners are a leading cause of poisonings. Keep them in the original containers, keep them out of reach of children, don't mix them, use as directed with eye/skin protection, and don't use them to wash fruits and vegetables.
5. Hand sanitizer incidents have gone up (imagine that!) Don't make your own, keep out of reach of kids, don't use on pets, keep away from flames, and use in a ventilated area. Remember, pretty or scented ones can appear delicious to kids.
6. Make sure carbon monoxide and smoke detectors are present and working.

Remember: an ounce of prevention is worth a pint of cure when it comes to poisoning. Get out your locks and step-ladders to keep your loved ones safe!

Source: Health Resources & Services Administration





– Sylvia Swede, coordinator

PW Synod Gathering June 16-19

Women of the Synod of Lakes and Prairies will gather at the Hilton Garden Inn in Sioux City, Iowa, June 16-19. The theme for the Gathering is “PW: Better Together. Tied Together with Love.” (Ecclesiastes 4:12). Registrations are due by May 15. Circle leaders have a packet. Contact Sylvia Swede if you would like a copy. I hope we will have a good delegation of FPC women. PW-FPC has money in its budget to help with registration. The amount given to each attendee will depend on the number attending.

Ever Wanted to Go to Armenia?

Last year we gave money to support the Sevan Rehab Center for Children. This is a project of the Jinishian Memorial Program (PC/USA). Interested parties are invited “on a journey of outreach and culture to Armenia, a hidden gem nestled in the Caucasus highlands.” The cost is \$1,900 per person for **land only** (includes food, housing, and all in-country transportation). Registration is due by July 1. The trip goes from October 1-10. For more information, contact Eliza.Minasyan@pcusa.org

The Season of Lent begins on March 2

This Lenten Season, in the Gospel readings from Luke, we are invited to follow Jesus in his journey to Jerusalem, where his death and resurrection usher in God’s new era of mercy and forgiveness. By “sticking close to Jesus,” we receive the gift of faith in the new life offered to us—a life of service and advocacy on behalf of all those in need.

~ Bread for the World

O God, grant us faith to trust that, in Christ's death and resurrection, all the forces of evil have been overcome. During these days of Lent, may we be strengthened by your Spirit, so that we might serve you by helping those who suffer... Amen.

Circles

- ✂ **Prayer Shawl Group** meets on Wednesday, March 9 @ 1:00 p.m.
- ✂ **Esther Circle** meets on Monday, March 14 @ 1:30 p.m..
- ✂ **Priscilla Circle** meets on Wednesday, March 16 @ 9:15 a.m.
- ✂ **Ruth Circle** meets on Saturday, March 19 @ 10:00 a.m.

First Presbyterian Church	
Financial Statement / January 2022	
General Operating Budget	
Balance (01/01/2022)	\$ 0.00
Receipts (January 2022)	133,657.03
Disbursements (January 2022)	71,051.48
Balance (01/31/2022)	<u>\$ 62,605.55</u>

DEACONS TRANSPORTATION FUND

Tony Smithson, Board of Deacons

The Deacons, in collaboration with MedCity Taxi, provide vouchers to cover transportation costs to and from church-related activities. Vouchers are available in the church office or from Tony Smithson. Members unable to use a city bus because of physical or mental disability can apply to use the ZIPS service, which requires a separate application. Transportation using the ZIPS service costs \$3 per ride and the Deacons will pay the cost for trips to church-related activities. For more information, contact Tony at (507) 269-1303 or judytonysmithson@yahoo.com.

MISSION TEAM PLANNING FOR VBS @ BDECAN

Maryllynn Aalderks, Mission Committee

The FPC Bdecan VBS planning committee has been meeting to decide on ways that we can continue to be in contact with the Bdecan Church. In late January, we sent Valentine coloring sheets for kids to color and give to their moms or grandmas. In February, we sent Bible study activity booklets (with puzzles and games) and three craft activities to be used on Wednesday nights during Lent while the adults do a Bible study led by Rosie Helland (using Bible study books we sent to the church last year). We will continue to keep in contact with the church each month this winter.

Because COVID numbers are finally going down in Rochester, and also in the county where the Spirit Lake Nation in North Dakota is, we are cautiously optimistic that we may be able to send a small or medium-sized mission team to Bdecan this year depending on what the COVID situation is this summer and fall. Maryllynn Aalderks will be contacting people who had planned on going in 2020 to see how many people might be interested in providing VBS this summer or fall. One area of concern is that, although all the adults are vaccinated, the children are not.

The members of the Bdecan Presbyterian Church really appreciate the continued support and friendship that First Presbyterian Church has shown them since we first took a mission trip to provide vacation Bible school in 2015!

The Bdecan VBS Planning Committee consists of Maryllynn Aalderks, Vicki Wintheiser, Jane Hallman and Cindy Kunzman



Spotlight on ...

What We Believe

Submitted by Lea B. Jennings

Mark Mueller was born and raised in Rochester, MN, the son of a Lutheran mother and a Presbyterian father. One could say a “Presbylutheran” as featured on “The Simpsons” cartoon. Mark’s father grew up attending First Presbyterian Church in Hayfield and that is where Mark was baptized. Shortly afterward, his parents transferred their membership to FPC.

Having attended Sunday School regularly, Mark was confirmed at FPC and graduated from John Marshall High School in 1981. He married his wife, Michelle, in 1989 and they continue to live in Rochester with many canine friends. Mark did not worship regularly for 23 years. He reports “wandering in the wilderness” and eventually driving a Subaru Wilderness (go figure).

Unfortunately, Mark’s father passed away in 2004. During the FPC funeral preparations, Mark met Rev. Jay Rowland, who made a good impression, and, after losing her husband, Mark’s mom, who did not drive, needed a ride to church. Being the best of sons, Mark agreed to drive his mom to church, and much to his surprise, he enjoyed engaging in formal worship once more and appreciated other church staff, including Rev. Neal Lloyd and Director of Music Lee Afdahl. Mark also joined the Wednesday adult Bible study, led by Al Depman, and met some wonderful and interesting people.

Mark has been an active leader at FPC, serving as an elder and providing committee leadership. He has taught classes, and ushered and led worship with Bible storytelling, all thoroughly enjoyed by the congregation. He loves the meaningful worship services, excellent sermons, marvelous music and the wonderful people he has met.

Two of Mark’s favorite ministries are the summer group walks, which he leads and narrates, and Sitter Service. Mark describes Sitter Service as a “Win-Win-Win” program. The kids love it, the parents love it and the sitters love it. Besides that, he is now able to greet children by name when he sees them, and the kids know his name, too!

Mark states that his faith rests on two main pillars: the starting point for everything is his belief that God is sovereign, creating a foundation for all else to make sense. The second pillar is best explained by noted theologian Karl Barth, who wrote the volumes *Church Dogmatics, 1932-1967*. When asked to sum up his life’s work and most important theology, Barth replied, “In the words of a song my mother used to sing to me, ‘Jesus loves me this I know, for the Bible tells me so.’”

Mark Mueller, FPC is **truly grateful** for your membership and ministry.

Thank you!



Mark describes the various elements of the Presbyterian symbol during a summer group walk.

Celebrating

Birthdays ...

- ⁰⁴ Jim Miner (83), James Talen (87), & James Walker (82)
- ⁰⁹ Isabelle Dyck (91)
- ¹⁷ Bob Kyle (94) & Evelyn Oftedahl (89)
- ²¹ Dan Moore (96)
- ²² Marcia Dollerschell (83)
- ²⁴ Lowell Meyer (83)
- ²⁷ Marilyn McKay (86)
- ²⁸ Jon Closson (85)
- ³¹ Ron MacKenzie (84)

Anniversary ...

- ¹⁶ Clayton and Jackie Moen (54)



We extend our condolences to the family and friends of ~

Mary Joann Curnutt, who died February 5, 2022;
Edward G. Lufkin, who died February 10, 2022; and
Ruby M. Rose, who died February 11, 2022.

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 8:30 & 11:00 a.m. in-person;
service livestreamed at 11:00 a.m. on YouTube (channel fpcrochester.org)
Education & Fellowship Hour: 9:40 a.m.

A weekly video with Bible Story is available on YouTube.
In-person music education for ages 4-12th grade on Sundays and Wednesday evenings.
Office hours: Monday through Thursday, 9:00 a.m. – 4:00 p.m.

Member: Presbyterian Church USA