



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

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 Rochester, MN  
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**A Festival of Music presents ...**

**Saturday, April 9th – 7:00 p.m.**  
**Luther College Concert Band**  
*Concert at 7:00 p.m., no tickets with freewill donations accepted.*

Luther's oldest touring ensemble will visit First Presbyterian Church to offer an afternoon workshop for area band students and a public concert. For information or to register (or volunteer) for the workshop and dinner, please contact Janine Yanisch or John Stender.

**Sunday, April 24th – 4:00 p.m.**  
**Twin Cities Trumpet Ensemble**  
*Concert at 4:00 p.m., no tickets with freewill donations accepted.*

Rescheduled from April 2021, this concert will be a sight and sound to behold. More than 2 dozen brass instrumentalists will offer a varied program of well-known folk tunes, an arrangement of the Hallelujah Chorale, favorite fanfares and marches, and more! Please visit [tctrumpets.org](http://tctrumpets.org) for more information on the ensemble.

**LUTHER COLLEGE**  
 ROCKFORD, IOWA

**SPRING TOUR 2022**  
 First Presbyterian Church  
 April 9, 2022, 7:00 PM  
 512 3rd St SW  
 Rochester, MN

*No Tolls Required  
 Freewill Donations Requested*

**Concert**  
 BAND  
 CONY NEAR | CONDUCTOR

**CS** Cassell Productions

April 2022						
S	M	T	W	T	F	S
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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30



# The Good News

of First Presbyterian Church  
for April 2022


PASTOR'S QUILL



- 3 \_\_\_\_\_ Worship & Communion ..... **8:30 & 11:00 a.m.**  
 Sunday school & fellowship hour ..... **9:30-10:50 a.m.**  
 Worship Livestreamed ..... **11:00 a.m.**
- 6 \_\_\_\_\_ 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.**
- 7 \_\_\_\_\_ Bell and Choir Rehearsals ..... **6:00-8:30 p.m.**
- 8 \_\_\_\_\_ Sitter Service ..... **5:30-9:30 p.m.**
- 9 \_\_\_\_\_ A Festival of Music ..... **7:00 p.m.**
- 10 \_\_\_\_\_ Worship ..... **8:30 & 11:00 a.m.**  
 Sunday school & fellowship hour ..... **9:30-10:50 a.m.**  
 Worship Livestreamed ..... **11:00 a.m.**
- 11 \_\_\_\_\_ Esther Circle ..... **1:00 p.m.**
- 13 \_\_\_\_\_ 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.**
- 14 \_\_\_\_\_ Maundy Thursday / Communion ..... **7:00 p.m.**
- 15 \_\_\_\_\_ Good Friday (Tenebrae) ..... **7:00 p.m.**
- 17 \_\_\_\_\_ Worship ..... **8:30 & 11:00 a.m.**  
 Easter Brunch ..... **9:00-11:00 a.m.**  
 Worship Livestreamed ..... **11:00 a.m.**
- 19 \_\_\_\_\_ Session Meeting ..... **7:00 p.m.**
- 20 \_\_\_\_\_ Priscilla Circle ..... **9:15 a.m.**  
 Youth Group to the Movies ..... **2:45-5:00 p.m.**  
 Wednesday youth music activities ..... **4:45-8:00 p.m.**  
 Adult Bible Study ..... **6:30 p.m.**
- 21 \_\_\_\_\_ Bell and Choir Rehearsals ..... **6:00-8:30 p.m.**
- 23 \_\_\_\_\_ Ruth Circle ..... **10:00 a.m.**
- 24 \_\_\_\_\_ Worship ..... **8:30 & 11:00 a.m.**  
 Sunday school & fellowship hour ..... **9:30-10:50 a.m.**  
 Worship Livestreamed ..... **11:00 a.m.**  
 A Festival of Music ..... **4:00 p.m.**
- 27 \_\_\_\_\_ Wednesday youth & music activities .... **4:45-8:00 p.m.**  
 Adult Bible Study ..... **6:30 p.m.**
- 28 \_\_\_\_\_ Bell and Choir Rehearsals ..... **6:00-8:30 p.m.**

**T**his time of year, all eyes turn toward Easter and our Celebration of the Resurrection of the Lord! Holy Week kicks off on Palm Sunday, April 10th, with a focus on Jesus’ triumphal entry into Jerusalem. However, the boisterous “Hosannas” suddenly turn menacing as the week goes on. On Thursday April 14th, we will gather in the sanctuary at 7:00 p.m. for communion in remembrance of Jesus’ Last Supper with his disciples on the eve of his crucifixion. On Good Friday at 7:00pm, we will sit in the gathering darkness as we remember the story of how Jesus was crucified at the place called Golgotha. On Saturday, we will anticipate the glory of Easter as we gather for the annual Easter Egg Extravaganza. And on Easter Sunday, April 17th, we will celebrate the Resurrection of our Lord at both the 8:30 and the 11:00 a.m. services with liturgy, music and lots of flowers! And this year, we celebrate the return of a beloved tradition – Easter Brunch – in the Social Hall, served from 9:00am-11:00 a.m. We need lots of help to serve this meal, so please consider signing up to help out by visiting our website and finding the SignUp Genius page.

One other thing to look forward to: The Worship and Music committee has designated Sunday, May 1st, as Health Workers Appreciation Sunday! We will be taking some time to remember and thank all those involved in the Healthcare field for their above and beyond efforts over the last couple of years. They are always in our prayers, but on May 1st we will have a “Thank You” banner flying and offer some special prayers and music in their honor. I hope you will join us and maybe invite someone involved in this field to come along to worship with you!

Peace, 



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



## A Message from Rev. Jay Rowland

### Seeing the Image of God in Others

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

I receive weekly email reflections from a Christian writer and teacher named Rick Lawrence. Last week's reflection was an excerpt from a new book he co-wrote, *The Suicide Solution: Finding Your Way Out of the Darkness*. I adapted it to fit this space:

Therese Borchard, founder of *Project Beyond Blue*, an online community for people who struggle with chronic depression and anxiety, recalls what psychiatrist Dr. Karl Menninger said when he was asked "What would you advise a person to do if that person felt a nervous breakdown coming on?" Menninger, she says, replied: "Leave your house, find someone in need, and do something to help that person."

The physical act of helping someone—even something that seems trivial or small—generates depression-altering energy. Sonja Lyubomirsky, a psychology professor at the University of California who studies this, was surprised at people who dismiss the positive outcome because "you might feel good for ten minutes." But her studies tell her "depressed individuals need to increase positive emotions in their life, even a minute here and there." Many have discovered that it makes all the difference in the world. Do your own research. What kind of difference does it make? Find out for yourself:

- Find a cause or an outreach or a "people group" that captures your attention, locate a community organization that serves that passion and volunteer.
- Give from your maturity and expertise as a mentor.
- Contact a school to find volunteer opportunities.
- Join friends and neighbors in a community project.
- Start or join a book or film club.
- Offer to teach (or ask to learn) a skill.
- Audition for community theater or performance groups.
- Give back to first responders and military personnel.
- Uplift the impact of social media by using it to bless others.
- Brainstorm your own ideas ...

Or this: Next time you're out and about at the grocery store or the bank or waiting before a doctor or dentist or other appointment, or whenever you're out walking or driving or just loitering, practice *relational generosity*. That means, to put it bluntly, "look for the lurking beauty in the people you encounter even when the ugly seems dominant." Make a conscious effort to see the image of God in others (*use your imagination*). Jesus teaches that this increases our awareness of God's presence in ourselves (Matthew 5:7).

But don't take Jesus' word for it—do your own research. Test it out. Take notes. Collect data. Then call me or email me or catch me at church and report what you discover.

Speaking of research, in an online survey of more than four thousand adults in the United Kingdom, two-thirds (63 percent) of the respondents said "being kind to others has a positive impact on their mental health." And in a systematic review of existing

(Continued on page 5)



### **Easter Egg Event: Saturday, April 17, 9:30-11 am**

Join us the Saturday before Easter (Saturday, April 17) for the annual FPC Easter Egg Event! Children through 5<sup>th</sup> grade are invited. No registration required.



The morning will start with crafts and games. We'll then listen to the Easter story and end the morning with the famous Easter egg hunt!

Kids should bring a basket to fill with eggs, candy, and prizes.

Parents and grandparents are encouraged to attend with the children, especially children pre-school age and younger.

### **Easter Brunch: Sunday, April 17, 9-11 am**

*Egg bake, sausage, fruit, breads, coffee, and fellowship!*

Join us at starting at **9 a.m.** in the social hall on Easter Sunday for the annual Easter Brunch. Proceeds from a freewill offering will be donated to Channel One Regional Food Bank.



Easter Sunday  
*Brunch*

**We need your help** especially with volunteers to serve brunch and volunteers for set-up and clean-up. If you are interested in volunteering please contact Susanna or visit the Easter Brunch Sign-up Genius: <https://tinyurl.com/FPCEaster22>

We are also in need of donations of food for the brunch. Visit the Sign-up Genius at to see what foods we are looking for.

If you have any questions about Easter Brunch, please contact Susanna ([stone.susanna@fpcrochester.org](mailto:stone.susanna@fpcrochester.org)).

(Continued from page 4)

research on the link between outward-looking behaviors and psychological health, a team of academics found that kindness toward others had a clear correlation with mental well-being. Find out for yourself. Imagine that this is a "prescription" written specifically for you by Jesus himself. Jesus knows all about our mental, emotional and spiritual anguish and he would do anything to deliver us from it. Take him up on his offer.

## Christian Education & Youth Group News

Susanna Stone, Coordinator of Youth and Christian Education



March kept the youth group busy, even with a week off for spring break! We celebrated Ash Wednesday together with Lenten trivia and devotions, reflected on the season of Lent, spent time playing games together, and also happily served at the annual CE St. Patrick's Day dinner.

The FPC Youth Group will meet 3 times in April: April 4, 13, and 27 from 5:45-7:00 pm.

We will also have a very \*special\* outing on April 20 (no regular Youth Group meeting that day.) Any youth in grades 6-12 are welcome to join us!

### Youth Group Outing: Wednesday, April 20, 3 pm

For youth grades 6-12 with no school on **Wednesday, April 20**, join us at Marcus Wehrenberg Cinema (4340 Maine Ave SE, Rochester, MN 55904) for a PRIVATE showing of the movie *Sonic 2!* The movie is free, but bring money for your own snacks and drinks. Friends are welcome, but required to register to attend!

We will have the theater all to ourselves, but we can only have a limited number of people attend. If you are interested in attending, please fill out the form at:

<https://tinyurl.com/FPCYG22>

**VBS is back at FPC!** We are excited to announce the return of IN-PERSON VBS for 2022. FPC VBS 2022 will take place on Monday-Thursday, June 13-16, from 9:00-11:30 am.

VBS is open to all children (not just FPC families) Kindergarten-5th Grade (school grade based on 2022-23 school year). Our 2022 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/FPCVBS22](https://tinyurl.com/FPCVBS22)

As an added bonus, sign-up for the FPC Music, Art, and Drama Camp, to be held over the same days in the afternoon for a full-day experience. Children attending both camps will have lunch and time to eat and play before the afternoon camp designed for all ages. Contact John Stender for more details on registration or volunteering for the 2022 FPC Music, Art, and Drama Camp.

### **Vacation Bible School: Volunteers Needed!**

VBS requires at least 25 volunteers to work smoothly and we are looking to build our VBS volunteer team NOW! You can be as involved as you like, from leading a group, supporting a leader, providing snacks, or being a shepherd and making sure the children get to where they need to go. You can volunteer for all four days or only one day; for the whole morning or just one hour. If you enjoy working with the children of the church and are interested in assisting VBS in any way, please let Susanna know: [stone.susanna@fprochester.org](mailto:stone.susanna@fprochester.org)

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

## Save the Dates

### Vacation Bible School:

Compassion Camp: *Changing the World with Loving Kindness*  
Monday, June 13 — Thursday, June 16  
9:00 — 11:30 a.m.



### New for Youth This Year



### Summer Music, Art, and Drama Camp

Monday, June 13—Thursday, June 16  
12:30 p.m. — 4:00 p.m.

## April is CBD Awareness Month

— Ariel Boswell, Parish Nurse

**Belief:** Hemp, marijuana, and CBD are all the same.

**Fact:** Hemp is a plant once used to make rope and now used for multiple industrial uses. It contains many chemicals, including CBD (aka cannabidiol) and THC (aka tetrahydrocannabinol). Hemp plants that contain higher proportions of THC (>.3%) are marijuana plants.

**Belief:** CBD can get you high.

**Fact:** CBD is not psychoactive. CBD should not get you high, as it is a different chemical than THC, the active ingredient in marijuana.

**Belief:** CBD can cure everything.

**Fact:** CBD has been shown to be effective in certain seizure disorders when prescribed and monitored appropriately. Research is ongoing into other benefits and diseases. It can make you sleepy, but it lasts too long in your system to be recommended as a sleep aid.

**Belief:** CBD is always safe and well regulated.

**Fact:** CBD is treated like dietary supplements and vitamins rather than prescription medications. The government depends on the manufacturer giving fair and honest information and quality review and only intervenes if there is a problem. There is no guarantee about contamination.

**Belief:** CBD is the same as medical marijuana.

**Fact:** Medical marijuana is like no medical marijuana; it has THC (and can create a "high") as well as less concentrated CBD. To get medical marijuana, you have to get a prescription from a licensed prescriber. CBD is available without a prescription.

**Belief:** Recreational marijuana is less dangerous than alcohol.

**Fact:** Neither are healthful. It's easier to overdose on alcohol than on marijuana. Consuming marijuana increases risk of a car accident by 83% while alcohol increases risk by 2200%. Neither is recommended during pregnancy. Illegal use of marijuana can lead to devastating personal and legal consequences. Marijuana can cause vomiting syndromes, psychosis, and possibly lead to lung cancer. Alcohol can contribute to poisoning, pancreatitis, psychiatric disturbance, and several cancers.

When it comes to choosing medications and other substances, Paul put it best: "Look carefully then how you walk, not as unwise men but as wise" (*Ephesians 5:15 RSV*).

Resources: *Mayo Clinic Q&A on CBD* by Michael Schuh, *Healthination* from GoodRX, & American Addiction Centers





– Sylvia Swede, coordinator

**Help for Ukrainian Refugees via NOROC**

PW has sent \$500 to NOROC to help with their work with refugees. NOROC works with orphaned and abandoned children in Tulcea County, Romania, which is only 20 miles from the closest Ukrainian border crossing. The number of unaccompanied children arriving as refugees increases daily. Some are being housed in the state orphanage center where NOROC works until other arrangements can be made. The Romanian children with whom NOROC works regularly are also being helped to process the reality of a war so close to their doorstep. NOROC and its network of friends are housing, feeding, and transporting their Ukrainian neighbors in need. Our own Prayer Shawl Ministry has sent 19 prayer squares and an assortment of 28 shawls and blankets.

**Synod Gathering of Presbyterian Women—June 16-19**

Registrations for the Synod Gathering are due by May 15. If you need a registration booklet, contact Sylvia at sylviaswede2@gmail.com. PW has money to help with registration, the amount depending on the number attending. Please let Peg Parsons know when you register. Join FPC friends and other Presbyterian women from the Synod of Lakes and Prairies at the Hilton Garden Inn in Sioux City, Iowa, for an inspirational time.

*He is not here, He goes before -  
No tomb could hold Him, Weep no more.  
O joyful word, My heart o'erflows;  
Lord, help me follow where He goes.  
~ Charlotte A. Swede*

**Easter blessings to all ~**

**Circles**

- ✂ **Esther Circle** meets on Monday, April 11 @ 1:30 p.m..
- ✂ **Prayer Shawl Group** meets on Wednesday, April 13 @ 1:00 p.m.
- ✂ **Priscilla Circle** meets on Wednesday, April 20 @ 9:15 a.m.
- ✂ **Ruth Circle** meets on Saturday, April 23 @ 10:00 a.m.

<b>First Presbyterian Church</b>	
Financial Statement / February 2022	
General Operating Budget	
Balance (01/31/2022)	\$ 62,605.55
Receipts (February 2022)	47,839.46
Disbursements (February 2022)	<u>56,061.04</u>
Balance (02/28/2022)	<u>\$ 54,383.97</u>

**ONE GREAT HOUR OF SHARING**

*Marylynn Alderks, Mission Committee*

Around the world, millions of people lack access to sustainable food sources, clean water, sanitation, education, and opportunity. The three programs supported by One Great Hour of Sharing (OGHS) — **Presbyterian Disaster Assistance, the Presbyterian Hunger Program, and Self-Development of People** — all work in different ways to serve individuals and communities in need. From initial disaster response to ongoing community development, their work fits together to provide people with safety, sustenance, and hope.

Received during the season of Lent (March 2 – April 17), each gift to OGHS helps to improve the lives of people in these challenging situations. The OGHS Offering provides us a way to share God’s love with our neighbors in need. In fact, OGHS is the single, largest way that Presbyterians come together every year to work for a better world.

One Great Hour of Sharing makes a difference in the world.

*Information from the PCUSA.*

**MEDICAL BENEVOLENCE FOUNDATION**

*Phyllis Schmid, Mission Committee*

A mission doctor of the PC(USA) in 1962 identified the need for medical mission work on a global scale.

In 1963, the Medical Benevolence Foundation or MBF was established. MBF is an independent non-profit working in partnership with individuals and churches throughout the United States to equip mission partners in developing countries to proclaim the gospel through medical missions ministry. The goal of MBF is to give hope and healing to the poor around the globe and create long-term self sufficiency.

FPC has had a long-standing relationship with MBF. We have been involved primarily with the countries of Haiti and Malawi, although MBF is also working in Kenya, Democratic Republic of Congo, and Egypt. In the last year, we have supported Hospital Sainte-Croix in Haiti with donations toward a new generator, as well as mobile clinics. Another priority is providing money for nursing scholarships to increase the health care workforce in Haiti. In Malawi, the mission committee has provided support for the work of Dr. Beth Stuebing Adams. She moved to Malawi with her husband and three children last year to start a surgical residency program for local physicians.

Globally in 2021, MBF hospitals provided 624,976 outpatient visits, 75,548 inpatient visits, and delivered 25,865 babies. There were also over 800 new nurses graduating from a variety of nursing programs. The nursing school in Haiti (FSIL) now has graduate level programs for nurse practitioners.

Thank you to everyone for the support of the mission committee that will enable this important work to continue.

Answer: "LORD, our Lord, how majestic is your name in all the earth!" Psalm 8:1, NIV

## Spotlight on ...

# Ariel Boswell

is an awesome member of First Presbyterian Church, busily balancing her marriage to Chris, a doctor, and beautiful children Savannah and Noah, with pet ownership and her work as a registered nurse. Ariel was born in Colorado and lived in California and Texas while growing up. Her parents were previously Lutheran, nurturing and teaching Ariel about Jesus. She proceeded with baptism at age ten in the Christian Missionary Alliance Church. Ariel was enrolled at Christian schools for 8.5 years and then attended Davidson College, a liberal arts college affiliated with the Presbyterian Church (USA) in Davidson, North Carolina. Ariel appreciated the school's strong Christian heritage. While a student there, she met Christopher (Chris) Boswell, a Baptist boy from Virginia, at a Christian Fellowship meeting, and the rest is history! Prior to graduation, Ariel completed an anthropology honors thesis on Latino Churches.

Ariel and Chris were married in 2009, Chris was accepted at Mayo Medical School, and the newlyweds moved to Rochester. Chris has a musical talent for handbells, and FPC Director of Music Emeritus Lee Afdahl had a magnetic handbell resumé. Ariel and Chris also had best friends, Nicole and Chris Person-Rennell, affiliated with FPC who invited them to visit. The Boswells visited one other church, then made the commitment to join First Presbyterian. Ariel was asked to become a deacon in 2010 and was honored to serve.

Ariel has worked as a registered nurse at Mayo Clinic since 2012 and offered to create the FPC Parish Nurse program in 2014. Services include monthly blood pressure screenings, healthcare education and monthly Parish Nurse updates published in this newsletter "The Good News of First Presbyterian Church." Ariel is also very active in "Side by Side," a Bible study group for wives of medical staff and has led Bible studies for several years, along with teaching English to other wives. Ariel loves meeting brilliant Asian women from Japan and Korea.

Ariel is totally involved and supportive of Christian Education at FPC, including teaching Sunday School. She actively leads care in the nursery and by co-coordinating its staff. She enjoys playing the flute and participating in Joyous Praise or Jubilate Deo Handbell choirs. Although she did not grow up with traditional worship, Ariel greatly appreciates the FPC worship services. She also enjoys the beauty of the stained glass windows, the focus on art and music, and commitment to social justice. Pre-COVID, she loved community dinners and having Savannah and Noah participate in sitter service. The church has become family for the Boswells, providing love and support during health struggles. And like many congregational members, Ariel is grateful for the parking lot.

Thank you, Ariel, for sharing so much time and talent at FPC!



The Boswell Family enjoying fellowship at the St. Patrick's Day dinner.

Submitted by Lea B. Jennings

# What We Believe

## Celebrate ...

our Easter Garden with a donation of \$15. To contribute, put "Easter Flowers" in the memo line on your check and leave in the offering plate or send to the church office. Following the Easter services, the Deacons will deliver the plants to our C.A.R.E. members.



## BIRTHDAYS ...

- 07 Shirley Service (83)
- 08 Ingrid Neel (81)
- 17 Joyce Nelson (84)
- 21 Clyde Newton (97) & Dudley Parsons (83)

## Spring's Beauty

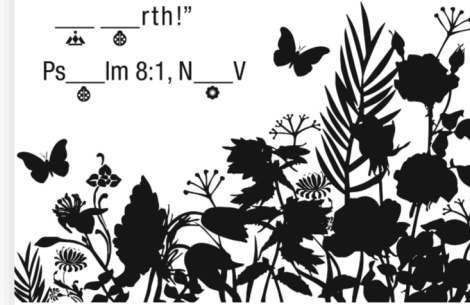
During springtime, the beauty of God's creation emerges in many ways.

Directions: Use the vowel code below to complete Psalm 8:1, NIV.

A= E= I= O= U=

"L\_\_RD, \_\_ r L\_\_rd, h\_\_w  
 m\_\_j\_\_st\_\_c \_\_s y\_\_r  
 n\_\_m\_\_n \_\_ll th\_\_  
 \_\_rth!"  
 Ps\_\_lm 8:1, N\_\_V

Answer found on page 8.



**First Presbyterian Church**  
 512 3rd Street SW / Rochester, MN 55902  
 507-282-1618 / [www.FPCRochester.org](http://www.FPCRochester.org) / [web@FPCRochester.org](mailto: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 4-12<sup>th</sup> grade on Sundays and Wednesday evenings.  
 Office hours: Monday through Thursday, 9:00 a.m. – 4:00 p.m.

Member: Presbyterian Church USA