



We will be marking **Juneteenth** with a special worship service on **Sunday, June 19th at 10:00 a.m.** Join us for an informative liturgy and Gospel music led by **Robert Robinson** and other guest musicians!

### Summer Worship Schedule

From Memorial Day Sunday through Labor Day Sunday, we will worship on Sunday mornings at 10:00 a.m. Nursery and childcare will be provided for infants through third graders. Coffee, fresh fruit and donuts will be available both before (beginning at 9:30 a.m.) and after the service.

The office is open from 9:00 a.m. - 4 p.m. Monday thru Thursday, and closed on Friday and Saturday.

**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 10:00 a.m. in-person and  
 livestreamed on YouTube ([channel fpcrochester.org](https://channel.fpcrochester.org))  
 Office hours: Monday through Thursday, 9:00 a.m. – 4:00 p.m.

Member: Presbyterian Church USA



If we live by the  
**SPIRIT,**  
 let us also keep  
 in step with the  
**SPIRIT.**  
 GALATIANS 5:25, ESV



**First Presbyterian Church**  
**512 3rd Street SW**  
**Rochester, Minnesota 55902**  
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# The Good News of First Presbyterian Church for June 2022

## PASTOR'S QUILL



There's a lot happening around the church as we wrap up this program year. Recognition of our graduates is coming up on June 5<sup>th</sup>; Caroline Kirby and Robert Kohnert are getting married on June 11<sup>th</sup>; and Vacation Bible School and the new Music, Arts and Drama Camp is on deck for June 13<sup>th</sup>-16<sup>th</sup>.

In addition, I'd like to take a moment to highlight our special service coming up on June 19<sup>th</sup>. You're probably aware that "Juneteenth" is an important holiday for the African-American community. This year, we will be marking Juneteenth with a special worship service at 10:00 a.m. featuring liturgy designed to explain the origins of Juneteenth, as well as excerpts from Martin Luther King Jr.'s "*Letter from Birmingham City Jail*." To round out the service, we will have a gospel combo of regional musicians with Minnesota's own gospel legend Robert Robinson to lead our music.

In my experience, for many years the African-American community has celebrated Juneteenth as the official end of slavery. The White community has been largely supportive, but has not really participated in the celebration. And that's too bad. We should – we should all celebrate Juneteenth because it marks an official end to a dark chapter in our country's history.

I don't mean to suggest that racism came to an end with Juneteenth – it certainly hasn't. Racism, inequality and inequity are still with us and we should recognize that and work towards true "justice and equity" for everyone.

But celebrating Juneteenth isn't just a "Black" thing. It should be an "American" thing. The end of slavery as a legal system in the United States is worth celebrating by all Americans of every color and race and national origin. This brings us one step closer to being who we say we are when we say "everyone was created equal."

So I hope to see you on Juneteenth for some inspiring words and some uplifting music.

Peace, 

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

5 10:00 a.m. Worship & Communion In-Person & Livestreamed	6	7 10:00 a.m.—Noon Youth Group Outing 4:00—7:00 p.m. Committee Meetings— Check with your lead elder 7:00 p.m. Deacon's Meeting	8 1:00 p.m. Prayer Shawl Group 6:30—8:00 p.m. Adult Bible Study	9	10	11
12 10:00 a.m. Worship In-Person & Livestreamed	13	14	15	16	17	18
19 10:00 a.m. Worship In-Person & Livestreamed	20 Church office is closed	21 7:00 p.m. Session	22 6:30—8:00 p.m. Adult Bible Study	23	24	25
26 10:00 a.m. Worship In-Person & Livestreamed	27	28	29	30		





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

I find myself wondering about joy a lot lately.

I experience joy as distinct from feeling happy. Feeling happy often depends upon external action or outcome. Not so with joy. The more I reflect on joy the more I understand joy as a spiritual quality—an interior space. Happiness comes and goes. Joy is possible even when happiness is not.

I'm not an opponent of happiness. I want happiness just like we all do for ourselves and others and that's as it should be. But obviously there are moments and times in life, years perhaps, when that's just not possible or appropriate. I don't see life as good or bad based on what is or isn't happening. Life is life. Into every life comes good and bad. Henri Nouwen observed "joy does not simply happen to us. We have to choose joy and keep choosing it every day." I agree. But how? Especially living here in the troubling 2020s.

For help I look to Jesus. I don't see Jesus in the Gospels going around telling people to be happy or even to choose joy. I do see Jesus pointing out reservoirs of joy available to anyone and everyone regardless of current circumstances. Jesus reveals the kingdom of God right here, right now. Perhaps that's what drew crowds to Jesus. And yet we know that plenty of people stayed away for their own reasons then and now.

Spirituality and meditation teacher Tara Brach notes that we live in a time when more and more people are living in a sort of trance, spending much time and attention and thought on what's wrong and what's missing from their life. It's become so easy to live in the "if only" (life will be good if only \_\_\_\_\_). As a result, many are missing from their own life, preoccupied with the if/only rather than the what is. For many, life is a problem to be endured ... until solved. That's not the life I believe God intends and created for us.

Brach says that when our life is dependent upon things being a certain way, we're in trouble. This doesn't mean we should ignore painful facts of our life. But our capacity to choose joy is not even possible if we're unaware of our blind spots. I believe we can learn and develop a heart-space within ourselves "where everything that is ... is welcome" (Dorothy Hunt). It seems to me that Jesus was all about helping us develop that heart-space within ourselves. Many prefer to go their own way, chasing the "if only" life. I've chased that life and it leads many different directions but life and joy wasn't in any of them. I'm learning to follow Jesus into life on life's terms rather than my own. It's hard. There are more questions than answers along the way. But there's also a depth to life and joy that's worth the struggle. Even life here in the 2020s.

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



# Music Ministry

John Stender, Director of Music  
Janine Yanisch, First Players Bands  
Brady Zimmerman, Music Ministry Intern

**It's** a great joy and benefit to me that I am just one church musician among many. First Presbyterian is blessed by the creative gifts and eager spirits of so many church musicians—a body of people comprised of pre-schoolers, octogenarians, and everyone in between. Don't exclude the congregation from this definition—when we are engaged in worship together, we are all church musicians in one way or another. My paycheck, my passion, the fact that I am called to be your cantor set me apart, sure. However, aside from the administrative sorts of things I need to spend some of my time on for our whole music ministry, I don't consider myself in the driver's seat. Chancel Choir members will tell you that I consider the choir to be the best stop on the organ. And the organ is but one instrument of praise in our arsenal—piano, handbells, saxophones, and more, oh my!

This is a point worth making often. Celebration Sunday (May 22) was a helpful reminder to me of the village of musicians that make the musical sound of our worship the thank-offering and proclamation that it is. Be sure to make note of the tapestry of music ministry participants through the past year and remember this: worship doesn't happen in a vacuum. It requires a careful ordering of multiple personalities, individual and collective perspective and experience, a willingness to navigate attitude, taste, necessity, desire of opinion, and listening hearts.

These are excellent reasons why I always look forward to summertime in the church. FPC, like so many congregations, has a great tradition of volunteerism when it comes to summer music offerings. As always, I am looking forward to the work of encouraging and collaborating with soloists, small groups, nurturing young musicians' skills through VBS and our Music/Arts/Drama Camp and private lessons, and walk-in summer choir opportunities.

On the Music Community bulletin board in the downstairs hallway of the church, I have posted sign-up sheets for summer music opportunities. I'd like to highlight the short-prep 'walk-in' choir sign up sheet for everyone, whether you're a 60 year member of the Chancel Choir or you just enjoy singing—please consider joining these opportunities in June, July, and August to prepare an anthem and sing it on the same Sunday morning. I look forward to those youth offerings of VBS and Music/Arts/Drama Camp. Please spread the word, invite youth whom you are connected with, and encourage anyone and everyone to take us up on these supremely affordable and wonderful experiences.

Singingly yours,



# Christian Education & Youth Group News

Susanna Stone, Coordinator of Youth and Christian Education



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

The month of May meant the end of the program year for many of our Christian Education and youth programs.

Here are some highlights:

**"Celebration Sunday"** was held on **May 22**. We were finally able to gather in person in the Social Hall to celebrate the children, youth, and adults who participated or volunteered in our Christian Education and music programs. It was exciting to be able to gather together again and celebrate the end of the program year.

On **May 25, Youth Group** had its last regular meeting until September. May was a great month for Youth Group as we celebrated "May the Forth" (for two weeks!), enjoyed the First Players concert and picnic, and were able to enjoy some outdoor fun at last.

The last Sunday School video was posted to the FPC YouTube page on **May 29**. Many thanks to those who viewed those videos during a time of virtual Sunday School. The videos will remain available for viewing anytime on the FPC YouTube page.

There is one more CE celebration left: **Graduation Sunday, June 5**. Join us as we 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 program year. A special 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

## Youth Group Outing Bowlocity

**Tuesday, June 7, 10am-12pm**

Calling all students *entering* grades 6-12! Join us for our first Youth Group outing of the summer as we head to Bowlocity for some bowling, laser tag, and games! Invite your friends and come hang out with us! Cost: \$15, scholarships available. Please bring your own money for snacks and drinks.

Please register to attend:

<https://tinyurl.com/FPCYGBowl22>



# VBS 2022 - Register Now!

FPC VBS will take place **IN-PERSON**  
Monday thru Thursday, June 13-16 — 9:00-11:30 am.

We still have spots available!

VBS is open to all children (not just FPC families) *entering* kindergarten thru 5th grade (based on 2022-23 school year). Our 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, friendliness, and love. The cost is \$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) ]

### EXTRA EXTRA...



As an added bonus, sign-up to participate in the FPC Arts Camp, held the same days in the afternoon for a full-day experience. Participants attending both camps will have time to eat lunch and play before the afternoon M/A/D Camp. Contact John Stender for more details about the 2022 FPC Music / Arts / Drama Camp.



M/A/D Camp registration is available by going to:

[ <https://forms.gle/HNrbJgSWgqgScfvJ9> ]

### 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 at [ [stone.susanna@fpcrochester.org](mailto:stone.susanna@fpcrochester.org) ]



– Sylvia Swede, coordinator

### Let's Get Together

For two years we have not been able to get together for our annual summer coffee, but join others in 2022 for the 71st Medical Missions Coffee on July 20 in the social hall at church. Enjoy fellowship and dessert beginning at 1 PM with a speaker at 1:45. Our speaker this year will be Trent Fluegel, the Housing Resource Coordinator for Olmsted County. Trent will speak about "Homelessness." Who are the homeless? (You might be surprised). What resources are available? What can we do? Mark your calendar and bring a friend.

### Chrysalis 2022

Chrysalis's summer experience at Clearwater Forest will be held August 18-21 with an optional gardening/quilting day on August 17. There are a range of fitness activities, workshops, discussions, and nature hikes. The speaker is Katie Estes, a pastor at First Presbyterian Church, Green Bay, Wisconsin, Contact Jean Abels (abelsjean@gmail.com) for details.

### Synod of Lakes and Prairies Women's Gathering

Heide Buettner, LaDonna Fay, Jane Hallman, Peg Parsons, Phyllis Schmid, and Sylvia Swede will join other Presbyterian women from Minnesota, Iowa, Nebraska, North and South Dakota, and Wisconsin June 16-19 in Sioux City, Iowa. The theme is "Better Together - Tied Together with Love" (Ecclesiastes 4: 12). The worship leader is the Rev. Danelle Crawford McKinney, a member of the Sisseton Wahpeton Oyate and a member of the non-geographic Dakota Presbytery. She works at the Haskell Indian Nations University in Lawrence, Kansas.

### Join Us in Addressing Racism in Rochester and Beyond

Rev. Carol Shaffer

Our congregation's anti-racism group will meet the second Wednesday of each month from 3-4:30 p.m. beginning June 8 in the church's Sheldon Jackson lounge. You are welcome to join us. In June, we will read and discuss the article "In That Very Northern City" by Chad Montrie. Feel free to e-mail Carol Shaffer to request a copy: rev.carol.shaffer@gmail.com.

In the months to come, we plan to read and discuss Chad Montrie's recently published book, *Whiteness in Plain View: Racial Exclusion in Minnesota*. We also plan to study some of the resources Rev. Anna Flores Kendig, the presbytery's anti-racism coordinator, has developed. Together, we will discern how God is calling us to learn, grow, and change as we do this work.

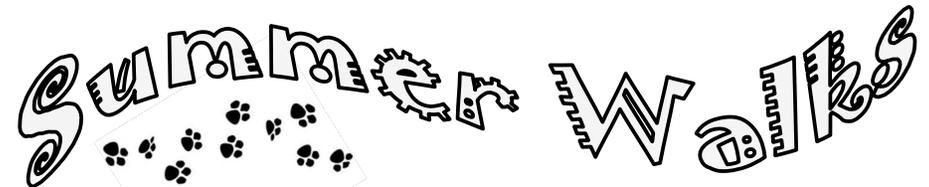
### Scleroderma Awareness

– Ariel Boswell, Parish Nurse

Scleroderma or Systemic Sclerosis (SSc) is a rare, challenging cluster of disorders. Scleroderma literally means "hard skin," and many patients experience hard, tightened skin in their face, hands and bodies. This disease develops when increased amounts of collagen, the protein that makes hair and nails, are deposited in skin and other organs. Scleroderma results from combinations of genes, environmental triggers, and autoimmune reactivity. In addition to changes in appearance, scleroderma can cause Raynaud's syndrome (reduced blood flow in fingers in cold weather), pulmonary fibrosis that causes shortness of breath and reduced exercise tolerance, heart arrhythmias, joint aches and disability, GI issues, and kidney failure. Medications and therapies are used to treat affected organs, and immunosuppressants can be used; sometimes organ or bone marrow transplants are needed. Scleroderma may ease after a time and patients may experience a plateau or remission in symptoms. For a personal account of this condition, I recommend *Does this Hospital Gown Come with Sequins?* By Lisa Goodman-Helfand, a harrowing yet entertaining first-hand account of a woman with scleroderma and her rough year of hospitalization, therapy, recovery and parenthood.

Resources: Mayo Clinic "Scleroderma" and Factsheet from the National Scleroderma Association

Resources: Mayo Clinic "Scleroderma", and Factsheet from the National Scleroderma Association



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 1:00 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 these dates:

The first walk is scheduled for:

**Sunday, July 24, 2022 — 1:00 p.m.**

The second walk is scheduled for:

**Sunday, August 28, 2022. — 1:00 p.m.**



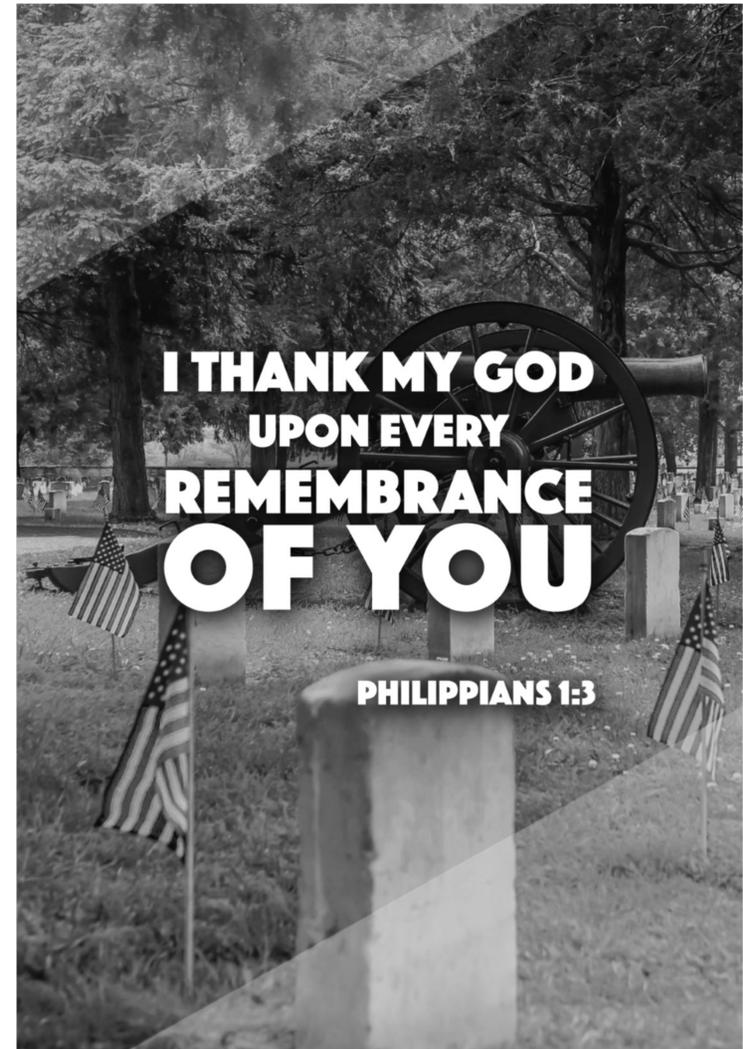
## Mission Committee—Update on Bdecan

*Marylynn Aalderks*

First Presbyterian Church is planning to send a mission team to Bdecan Presbyterian Church this summer! Those planning to go on the mission trip in July are Marion Pitts, Ginger Kirby, Michael McDonough, Vicki Wintheiser, Kaylene Geiger (a friend of Vicki Wintheiser), Jean Abels, and Marylynn Aalderks. **We continue to carefully monitor the Covid 19** situation. The team plans to leave on Saturday, July 9th. We will lead the worship service at the Bdecan Church on Sunday morning, July 10th. During the afternoon, the adults and kids will participate in activities that will introduce them to the Vacation Bible School program on Monday and Tuesday, July 11th and 12th. This will include Bible stories, VBS songs, crafts, games and more! We will return to Rochester on Wednesday, July 13th. We ask that you remember our team in your prayers!

There will be a special offering opportunity from May 15th through June 30th to donate funds for winter clothing for the Bdecan children, food for the food pantry and school supplies. Please write “**Bdecan Special Offering**” in the memo line of your check and drop it in the offering plate or mail it to FPC. The people of the Bdecan Church really appreciate the help that First Presbyterian Church provides.

In addition, for anyone who likes to shop, there is a brightly colored box in the church office for you to donate school supplies for us to take to the Bdecan Church. Please drop off tablets of paper, folders, crayons, pencils, erasers, pens, colored markers and children’s scissors by June 30th. Your donations will be very much appreciated!!



## Staying Alive with AEDs

Harry Coleman recently replaced the pads and batteries in our AED so let’s review this important lifesaving device. Under Minnesota’s Good Samaritan law, people at the scene of an emergency have a duty to obtain and provide help as much as they reasonably can without endangering themselves or others and they are protected from liability. Several members of our congregation have had loved ones’ lives saved by CPR and AEDs.

### What is an AED?

AED stands for Automated External Defibrillator. “Automated“ means it automatically analyzes the heart rhythm and gives instructions, “external” means it is outside someone’s chest, and “defibrillator“ means it can electrically restart someone’s heart.

### Where is our AED?

Our AED is centrally located in the at the end of the main coat rack adjacent to the Sheldon Jackson Lounge.

### What is CPR?

CPR stands for cardiopulmonary resuscitation, using chest compressions and breaths to help keep someone’s brain and organs alive if their heart stops. As the CDC notes “You don’t need a special certification or formal training to perform CPR, but you do need education.”

Compressions can be done without breaths and should be in the center of the chest, 100-120 /minute, or in time to the fitting BeeGees hit “Staying Alive.” CPR is scary and physically challenging but saves lives, particularly when combined with an AED. To gain more confidence and learn CPR, the Red Cross website offers several local options.

(Continued on page 13)

## Situation

Pat I. Ent collapses in the social hall during an event and, astoundingly, there are no medical personnel present. What should you do?!

- 1) Stay calm. Determine unresponsiveness by shaking and speaking to Pat.
- 2) Call 911 or have someone do so to get help on the way and make sure the first responders can get into the building.
- 3) Grab (or have someone grab) the AED. An alarm **will** sound but will not notify anyone so do still call 911!
- 4) Open Pat’s airway by tilting his/her chin up.
- 5) Check Pat’s neck for a pulse. If no pulse, start compressions and turn on AED. Continue CPR until the AED tells you to stop or a trained rescuer takes over.
- 6) Expose Pat’s chest skin (remove clothing and hair as needed) and attach the sticky pads of the AED following the diagram. You will need to stop CPR while the AED analyzes the rhythm.
- 7) If a shock is advised, make sure no one is touching Pat and no personal oxygen is nearby before pressing the shock button.
- 8) Follow the directions from the AED and 911 dispatcher until EMTs arrive.

Reference:

See our AED in action here: <https://youtu.be/e2W7X5y5HG8>

<https://www.cdc.gov/heartdisease/cpr.htm>

<https://www.mayoclinic.org/diseases-conditions/heart-arrhythmia/in-depth/automated-external-defibrillators/art-20043909>

<https://www.revisor.mn.gov/statutes/cite/604a.01>



# What We Believe

*Submitted by Lea B. Jennings*

**Bev Lewis** grew up in Park Forest, Illinois in Cook County.

The village was originally designed as a community for veterans returning home after World War II. Given the desire for a house of worship, the Protestant churches opted to join together and form a United Protestant Church until individual churches could be built. Bev was baptized as a baby, and attended confirmation classes on Sunday evenings for two years. The United Protestant Church led discussions of different religions and is the background for Bev's ecumenical thinking. Bev's family moved when she was in high school and they then joined a Methodist Church.

Following high school, Bev was accepted at Iowa State University and moved to Ames, Iowa. She attended a local Presbyterian church in Ames. Bev completed her education in mathematics, got a job as a programmer at IBM and moved to Rochester, Minnesota. In 1970, she met Dave Lewis, an IBM engineer and the two were married in 1973. Two daughters were born, Jeni and Debbi and Bev stayed at home with the girls who were active in the FPC youth programs and music ministry. Unfortunately, after many years of marriage, Dave passed away and Bev was widowed in April 2020.



Bev and husband, Dave, overlooking the Mississippi

For over 30 years, Bev has been an active volunteer with the Rochester Public Schools, the 4-H program, Channel One, Community Food Response and Friendship Place. Time spent with her daughters in 4-H and their school was priceless. Bev is now a 50-year member of FPC! She has taught Sunday School, served as an elder and a deacon and has been a member of the Welcoming and Nurturing and the Social Concerns Committees. She is an active participant in the prayer shawl ministry and helps monthly with the card crafters group. Bev has also supported Presbyterian Women through Priscilla Circle and started our Kitchen Guild. Her efforts and insights were critical during the most recent kitchen renovation. Bev has kept busy throughout the years supporting her daughters participation in hand bells and choir, and maintaining robes. In 2001, she went on an international mission trip to teach Vacation Bible School at our sister church in Hungary. Recently, she has volunteered for Sitter Service.

Bev, we are grateful for your membership, wisdom and countless contributions over the years.

# Celebrations

## Among our Church Family

### CELEBRATING BIRTHDAYS

- <sup>10</sup> Carol Evans (85) & Ralph Spiekerman (93)
- <sup>12</sup> Nancy MacKenzie (83)
- <sup>15</sup> Don Cain (95)
- <sup>17</sup> Virginia Christiansen (94) & Gretchen Sandvik (82)
- <sup>24</sup> Johnson Thistle (83)
- <sup>29</sup> Lynn Ferschweiler (81), Donna Lee (89) & Nancy Nock (86)

### CELEBRATING ANNIVERSARIES

- <sup>05</sup> Elmer & Mary VanDerHeyden (68)
- <sup>08</sup> Dan & Suzanne Tolman (65)  
Ron & Nancy Kreinbring (54)
- <sup>13</sup> Titus & Carol Evans (61)
- <sup>14</sup> Jim & Jean Miner (61)
- <sup>18</sup> Johnson & Judith Thistle (62)  
James & Sandra Walker (56)
- <sup>24</sup> Robert & Gretchen MacCarty (55)
- <sup>25</sup> Jay & Carolyn Beck (56)

### First Presbyterian Church Financial Statement / April 2022 General Operating Budget

Balance (03/31/2022)	\$ 47,606.63
Receipts (April 2022)	52,178.60
Disbursements (April 2022)	62,837.41
Balance (04/30/2022)	\$ <u>36,947.82</u>