

*Out* OUT  
**SPEAK OUT**  
OUT OUT

***Congregational Vitality Assessment Survey***

The **Strategic Planning Task Force** is charged with assessing the needs of our congregation while addressing the issues we face as we overcome the disruption of the past 2 years along with reduced income, growing inflation, and changes in our demographics.

**What do we want this church to look like?  
We need to hear your voices.**

Please access the survey at  
**<https://www.surveymonkey.com/r/FPCROCHESTERMN>**



*Gabe Perkins, Lead Elder*  
(507) 273-1271



First Presbyterian Church  
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Rochester, Minnesota 55902  
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# The Good News of First Presbyterian Church for July 2022

## PASTOR'S QUILL

### “A Season of Hope”



One of the journals I subscribe to is an interesting quarterly publication called “*Plough*.” In the most recent Summer 2022 issue, there was an article called “*Radical Hope*” by Peter Leithart, the President of Theopolis Institute for Biblical, Liturgical, and Cultural Studies in Birmingham, Alabama. It was based on material from his upcoming book “*God of Hope*.” In this article, Leithart makes some interesting observations about the way this world is headed. He makes the provocative statement that: “Worlds die. Ours may be dying. But the crises of the past three years aren’t isolated.”(1)

He then traces major events in human history from the Exodus, the fall of the Roman Empire, the Age of Discovery, through to the French and Russian Revolutions, all the way up to our present days. Worlds, empires and ways of life are continually dying and rising again.

Leithart sums up our postmodern mood by saying:

“Anxiety isn’t new. In the West, the cultural mood has been shading to black for some time. Hope has been in retreat: perhaps ironically, in the relative stability and prosperity that existed before the pandemic and the war, we were already an anxious bunch, as evinced by our taste for dystopian films and novels.

This perpetual anxiety’s other side is what medieval thinkers called “*acedia*.” As Paul Griffiths writes, *acedia*

“is the mark of those sufficiently habituated to looking at nothing that when they look at something – and most especially the Lord, the supreme object of delight – they can only sigh, shake their head, and close their eyes... Long looking at nothing saps the energy and dulls the perceptions so that when sinners are faced with something, they lack the energy to respond to it with joy.”(2)

Leithart then says some interesting things about hope, reminding us that:

“Hope takes risks; it risks disappointment. Hope is too frightening. *Acedia* evades the pain of hope by hoping for nothing. *Acedia* is the dreary, blank-eyed “whatever” that follows the collapse of our ancestors’ dreams of liberation and progress. It’s the postmodern mood rising from the smoking ruins of the modern eschatologies that have organized Western life for several centuries.”(3)

Hope is what the church is all about – hope is our brand, to use our modern lingo. Hope is what we are known for, or should be known for.

So, in the face of the world dying, at least the world as we have known it, dying and rising as something new – it is the task of Christians to nourish hope. Churches must become communities that cultivate radical hope.

We have a number of tools at our disposal to accomplish this task. All of the church’s ministries and activities express and nourish hope. The Word, read and proclaimed, nourishes hope. Prayer nourishes hope. Singing and making music nourish hope. Baptism and the Lord’s Supper nourish hope.

As Peter Leithart closes his article: “How do churches nourish hope in an age when worlds are ending? By staying close to Jesus, our hope of glory. Simple as that.”(4)

My prayer is that this summer will be a season of hope for us all.

Peace,

Peter J. Leithart, “*Radical Hope*”, *Plough Quarterly*, Summer 2022, No.32, p24.

Ibid... p27-28.

Ibid... p28.

Ibid... p30.

Contact: Parlette. TJ@FPCRochester.org

Phone: (814) 715-0290

Summer Group Walk @ Cascade Lake Park  
July 24 – 1000 p.m. See page 7 for details.



3 10:00 a.m. Worship & Communion In-Person & Livestreamed	4 Church office is closed	5 12:15 p.m. Downtown Organ Recital featuring Lee Adfahl Trinity Lutheran Church	6 6:30—8:00 p.m. Adult Bible Study	7	8	1	2
10 10:00 a.m. Worship In-Person & Livestreamed	11 7:00 a.m. Mutch Party on the north end of the parking lot	12 12:15 p.m. Downtown Organ Recital featuring Lee Adfahl Trinity Lutheran Church	13 1:00 p.m. Prayer Shawl Group 3:00 p.m. Anti-Racism Discussion Group	14	15		16 8:00 a.m. Bdecan Mission team leaves for Tokio, ND—returning July 13
17 10:00 a.m. Worship In-Person & Livestreamed Lunch & Presentation	18 12 noon— Youth Outing—tubing on the Koot River	19	20 1:00 PM Medical Missions 6:30—8:00 p.m. Adult Bible Study	21	22		23 2:00 p.m. Rinsless Car Wash Demonstration
24 10:00 a.m. Worship In-Person & Livestreamed	25	26	27	28	29		30
31 10:00 a.m. Worship In-Person & Livestreamed							



Though our weekly programming is on vacation during the summer, the CE Committee was busy with a variety of events and activities.

- “**Grad Sunday**” was held **June 5**. We recognized our four high school graduates, **Cameron Domnick, Josh Ellefson, Kenneth Harrer, and Ethan Hunter**. We also celebrated the accomplishments of many others who graduated from college, graduate school, or other programs.
- On **June 8, Youth Group** had its first summer outing when we ventured to Bowlocity. We bowled, played laser tag, had fun with arcade games, and shared many laughs. The time FLEW by! Our next Youth Group outing will be river tubing on the Root River on July 18
- **Vacation Bible School** was held from **June 13-16**. We had a great time at VBS Compassion Camp! We spent four mornings learning about who needs our compassion and how to show compassion to others and ourselves. We heard Bible stories, led by **Carol Schaffer**; sang songs and played instruments, led by **Sarah Stender**; played games, made crafts; and ate delicious and nutritious snacks, served by **Susie McClockin, Marion Pitts, Sara Kluck, and Cindy Kunzman**. Many thanks to all who attended and those who helped out with VBS!

My hope is that all FPC families are able to rest and recharge during July. Stay healthy and have fun this summer!

Happy July,

*Susanna*



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

First Presbyterian Church	
Financial Statement / May 2022	
General Operating Budget	
Balance (04/30/2022)	\$ 36,956.69
Receipts (May 2022)	49,849.55
Disbursements (May 2022)	66,219.93
Balance (05/31/2022)	\$ <u>20,586.31</u>

**Youth Group River Tubing Outing: Monday, July 18\*, 12-5:30 p.m.**

*\*This activity is weather-dependent so the date MAY change.  
The rain date is **Thursday, July 21, 12-5:30 p.m.**  
River conditions may also require us to postpone this outing.\**

Calling all students *entering* grades 6-12! Join us for our July Youth Group outing as we head to the Root River in Lanesboro to do some river tubing with Root River Outfitters! We'll be river tubing on **Monday, July 18** from **12 –\*5:30 p.m. (return time is approximate)**.

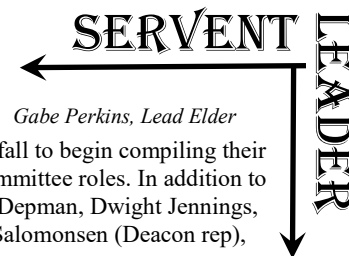
We'll meet at the church at 12 noon to carpool to Lanesboro and go river tubing. We will return to church when we're done (with possibly an ice cream stop on the way home). Return time is approximate as the duration of our tubing trip will depend on river conditions. More details (including what/what not to bring) will be sent closer to the date. Cost: \$15; scholarships available!

- **DRIVERS NEEDED!** If you are able to drive some youth to and/or from Lanesboro, please let Susanna know!
- **CHAPERONES NEEDED!** If you would like to accompany us on this outing, we'd love to have you join us! Please let Susanna know!

**Please register to attend: <https://tinyurl.com/FPCJuly22>**



**Nominating Committee to Convene**



*Gabe Perkins, Lead Elder*

The Nominating Committee is meeting in late summer/early fall to begin compiling their list of who might serve in elder, deacon, and Endowment Committee roles. In addition to Gabe Perkins, the lead elder, the committee consists of Barb Depman, Dwight Jennings, Lea Jennings, Casey Lenn, Katie Lenn, Shelley Steger, Bev Salomonsen (Deacon rep), and two Elder representatives yet to be determined.

If you have ever considered serving in a leadership position, please reach out to Gabe or another committee member! Terms are usually for three years. If you see one of the committee at church, please don't run away – they are talking to **you** because **your name** has come up as a **leader and valuable congregation member**. Please prayerfully consider serving our church community in a leadership role. **You are wanted and needed!**

## The Health Benefits of Walking

*Ariel Boswell, Parish Nurse*

“I walk before the Lord in the land of the living.”

Psalms 116:9 RSV

This summer, Mark Mueller will again be leading a couple walks. While the routes are yet to be finalized, they are planned on Sundays, July, 24 and August 28, at 1 p.m. Mark’s walks are always a fun way to exercise, learn and fellowship with others! I have learned many interesting things and found new places to hike from going on Mark’s walks!

When you look up the word “walk” in the Bible, there are many verses, most talking about walking metaphorically - walking in the Spirit, in integrity, in the name of God, and by faith, rather than with wicked men. Our spiritual walk is something we must choose and practice every day for spiritual health; in the same way we should walk each day for physical health.



How should we walk?

We should walk head up, shoulders and back relaxed, swinging arms, abdominal muscles slightly tight, and smoothly rolling heel to toe. We should work up to 30 minutes of activity/day (but if you haven’t walked for awhile start at 5 minutes!)

What are the benefits of walking?

Walking is low-impact on joints and one of the most sustainable forms of exercise.

- It helps strengthen immune system, bones and muscles.
- It maintains a healthy weight and prevents and manages chronic diseases.
- It increases energy and improves mood, cognition and sleep.
- It reduces stress and tension and boosts creativity.



What should I bring when walking?

Always bring water. A pedometer or other exercise measuring device can provide added motivation. If walking in sun, bring a hat and sunscreen. Bug spray may be helpful depending on mosquitos and ticks on your route. Consider bringing a friend for conversation and accountability.



Make sure to get out and enjoy some walks this summer!

Resource: <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261>

## A Summer Group Walk ...

*Mark Mueller*



For the **July Group Walk**, we will be exploring Cascade Lake Park.

A lot has changed since we last visited this park in August of 2016. The walk will start at **1 p.m. on Sunday, July 24**. The location is 88 23rd Avenue SW, Rochester, MN.

Cascade Lake Park is located behind the Shorewood Senior Campus. Meet by the upside down trees (you’ll know it when you see it). As always don’t forget to bring a hat and water and wear sunscreen!

This is a fun way to get outdoors, learn some local history, spend some time with friends and make some new friends. We will check out the beach, the latest additions to the park, and try to figure out the Pillar Sundial. We might look for trolls under the bridges too... If you have any questions, contact Mark at [markmueller@chartermi.net](mailto:markmueller@chartermi.net).

PLEASE invite a friend.

**We hope to see you!**  
**We hope to see you!**  
**... and A Car Wash**

Join us Saturday July 23 at 2 pm in the FPC parking lot. Mark Mueller will be demonstrating how to perform a rinseless car wash.

**What is a rinseless car wash?**

A rinseless car wash is a method to wash a car using only a few gallons of water, and a few other basic items. It is safe for your vehicle’s finish and is a convenient, simple, and economical way to clean the exterior of your car.

There will be plenty of opportunities for actual hands-on experience performing a proper rinseless wash. We might even wash **YOUR** car.

If you have any questions, contact Mark at [markmueller@chartermi.net](mailto:markmueller@chartermi.net).



# MISSION

## Misión Peniel - Immokalee, Florida

*Fabian Luna, Mission Committee*

Join the Mission Committee on Sunday, July 17, after worship in sponsoring and welcoming guests Ruth DeYoe and Lupita Vazquez from **Misión Peniel** and **Cultivate Abundance** in Immokalee, Florida. Lunch from the Canadian Honker, including meat croissants, salad, chips, dessert and beverages will be provided. The committee is accepting a free will offering.

Come and hear what the Mission Committee and church volunteers have done to support the Mexican, Haitian and Guatemalan workers in Immokalee, Florida. Ruth and Lupita will present a video and slide show on all that has been continuing to be done in Immokalee. This informational meeting with lunch will help educate the congregation and invited guests by showing what their donations have done.

Please RSVP to the church office (507) 282-1628 or to Fabian and Nadine Luna by July 14. Fabian and Nadine will be in the atrium before and after worship services on July 3 and July 10 to take reservations or you can call Fabian at (507) 250-0822 or Nadine at (507) 250-4305.

## Bdecan Presbyterian Church - Tokio, North Dakota

*Marylynn Aalderks, Mission Committee*

The FPC Bdecan Team would like to thank the congregation for their generous donations. Donated funds will be put to good use providing warm winter clothing for children, food for families and school supplies. The children and their parents and grandmothers really appreciate the kindness and big hearts of the FPC congregation for mission work!!

When this newsletter is delivered to you the first week in July, the Bdecan VBS team will be making final preparations for their trip to North Dakota. They are planning on leaving on July 9 and will return on July 13. They really look forward to seeing children and family members they have not visited since 2019. They will be providing a church worship service, lunch and afternoon activities on Sunday, July 10. On Monday and Tuesday, they will be offering a VBS program for the children while providing a nutritious breakfast and lunch both days.

Please keep the team in your prayers as they travel and provide VBS. Thanks again for your kind generosity!

### THE 2022 BDECAN MISSION TEAM

*Marylynn Aalderks, Larry Boutelle, Kayleen Geiger, Ginger Kirby,  
Mike McDonough, Marion Pitts and Vicki Wintheiser.*

## A Special Invitation to the Women of FPC:

*Sylvia Swede, Facilitator of Presbyterian Women*



### Let's Get Together!

*You're invited  
to the*

*71<sup>st</sup> Medical Missions  
Summer Coffee*

*Wednesday, July 20, 1-3 PM*

*First Presbyterian Church  
Social Hall*

*Speaker: Trent Fluegel,  
Housing Resource Coordinator for  
Olmsted County*

*"Homelessness"*

*Organizers: Holly Ebel and Sandra Carroll  
Enjoy dessert and Fellowship  
Bring a friend!*

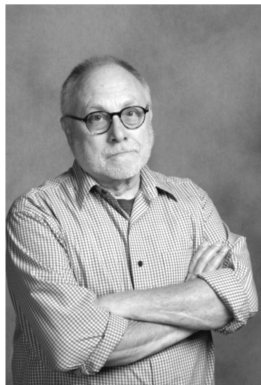


PRESBYTERIAN  
WOMEN

Submitted by Lea B. Jennings

## Albert Depman

(perhaps better known as



“Al”) grew up on the east coast, in South New Jersey, during the 1950's and 60's. His father was a descendant of German immigrants and his mother was second generation Italian. Al's genetic perspective: “So, the hot blood and cold blood have been at war ever since birth.” Growing up in a good Catholic Family, he attended parochial schools as an elementary student. For high school graduation. Al received his first communion and was confirmed per the Dioceses of New Jersey. He was accepted for academic studies at the University of Notre Dame, South Bend, Indiana. Unfortunately, due to a lack of trust in Church leadership, Al's religious journey went on hold for many years.

Al obtained his Bachelor's Degree in Creative Writing at Notre Dame and then worked at McDonald's for ten years. He finally ended up at Prudential Financial and Insurance, finding his calling as a training manager. He married Barb, the love of his life, in 1988. Barb brought Al back into the church-going habit and, after settling in Rochester, they discovered First Presbyterian Church. Al and Barb have three children— AJ, Jeanne and Ethan who all participated in FPC Youth Ministry activities. Grandchildren have arrived and allow Al and Barb to embrace new roles as Grandma and Grandpa. The Depmans are cat people: “**All of us.**”

First Presbyterian Church has been a central part of Al's adult life since 1994. He has served on the Session for several terms and currently is a member of the Personnel & Administration, Stewardship and Finance, and Endowment Committees. Al is now the FPC Treasurer. His passions include the Sunday morning adult “Current Events” discussion class, which he has been trying to facilitate for 27 years, and the Wednesday evening adult Bible study, which continues through the summer. As a leader, Al's goal is to facilitate our beliefs, assist others in becoming more articulate about FPC beliefs and adhere to the Stephen Covey habit of “Seek first to understand, then to be understood.”

In the sports arena, Al was the FPC softball team pitcher prior to the pandemic era. His wife, Barb, has participated in multiple Hungarian mission trips and his family has been very involved in the FPC Music Ministry. As a Rochester resident, Al participates in the Rochester Post Bulletin Guest Columnist program and he has walked a PB paper route for many years. Al finds it rewarding to be among fellow church members who are passionate about music, mission and Christian Education, areas which are outside of his “talent pool.”

First Presbyterian is truly grateful for Al's dedication to member leadership and his insight and talents.



### BIRTHDAYS ...

July 4—**Char Davis**, 94July 14—**Robert Pettit**, 93July 7—**Mary Sheridan**, 93July 22—**Naomi Spiekerman**, 92

### ... CELEBRATIONS ...

Congratulations to **Douglas & Joyce Nelson**, who celebrate their 61st wedding anniversary on July 8.

Congratulations to **Ralph & Naomi Spiekerman**, who celebrate their 69th wedding anniversary on July 12.

Congratulations to **Donald and Ardith Ottman**, who celebrate their 65th wedding anniversary on July 19.

Congratulations to **Antonio & Frances Gomez**, who celebrate their 57th wedding anniversary on July 24.

Congratulations to **Dale & Jane Goodfriend**, who celebrate their 57th wedding anniversary on July 24.

Congratulations to **Dudley & Peg Parsons**, who celebrate their 57th wedding anniversary on July 24.

Congratulations to **James & Janiece Claire**, who celebrate their 57th wedding anniversary on July 31.

### ... AND CONDOLENCES

We extend our sympathy to the family and friends of **Joan Rockwell** who died on June 23.

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**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 a.m. in person and livestreamed 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