



The Good News

of First Presbyterian Church

for March 2019

“If you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness.” (Isaiah 58.10 NRSV)

Lenten activities offer times for study, reflection, worship

The Lenten season has traditionally been a time when Christians attend to the cultivation of the things of the spirit. For many of us there are too few opportunities to slow down and reflect upon the direction of our hectic, consumer-driven existence. The season of Lent invites us to take time to attend to those aspects of our lives that we often neglect.

During the time between now and Easter, April 21 we invite you to join in these activities:

- ▶ *Ash Wednesday service of communion and imposition of ashes March 6 at 6:30 p.m.*
- ▶ *Morning worship on Sundays at 8:30 and 11 a.m.*
- ▶ *Bible study on Wednesdays from 6:30-8 p.m.*
- ▶ *Organ recital series Wednesdays from 12:15-12:45 p.m.*
- ▶ *Choir Cantata on March 17 at 8:30 and 11 a.m.*
- ▶ *Worship/Communion on Maundy Thursday at 7 p.m.*
- ▶ *Easter worship on April 21 at 8:30 and 11 a.m.*

Chancel Choir presents “The Gift of Life” by John Rutter

The Chancel Choir and church orchestra will lead us in Lenten worship March 17 at both 8:30 and 11 a.m. services with famous English composer John Rutter’s “The Gift of Life – Six Canticles of Creation.”

Underwritten by a memorial to former Chancel Choir member **John Tillotson** by his late wife **Linda Tillotson**, we honor Linda’s request for a John Rutter Cantata that “includes a tenor solo” as John, as many know, was a long time faithful tenor in our choir.

The movements include

1. *O all ye Works of the Lord*, based on the Benedicite and the familiar Old Hundredth Doxology
2. *The Tree of Life*, which was sung as a part of the Lessons and Carols Service last December
3. *Hymn to the Creator of Light*
4. *O Lord, how Manifold are thy Works*, based on Psalm 104
5. *The Gift of Each Day* and
6. *Believe in Life*, both movements with original texts by John Rutter

Please invite others to join us in worship March 17!

A Festival of Music welcomes Bemidji State University Choir

Time: Sunday, March 24 at 4 p.m.

Place: First Presbyterian Church sanctuary

FESTIVAL
OF MUSIC



The Bemidji Choir, founded in 1937 by Carl O. Thompson, is the premier ensemble at Bemidji State University. Membership is by audition and is open to all majors.

The Bemidji Choir has been accepted by audition to perform at numerous state and regional conventions, including the

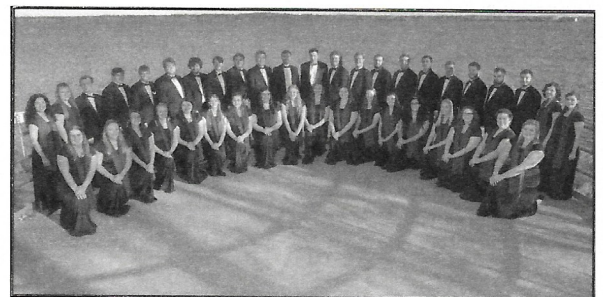
2003 ACDA National Convention in New York City. The choir has also gained an international reputation for excellence, representing the United States five times at the international choral festival, The Europa Cantat in France, Austria, Belgium, Switzerland, and Spain; and at the Zimriya, the World Assembly of Choirs in Israel.

Each year the Bemidji Choir takes a regional tour during the spring semester, and an international tour every three years. This year, the choir is traveling to Latvia and Estonia in May.

Dr. Dwight Jilek is the director of Choral Activities at Bemidji State University and conducts the Bemidji Choir, Chamber singers, Damenstimmen Women’s Chorus and Musikanten Men’s Chorus. He also teaches conducting, choral literature, and choral arranging.

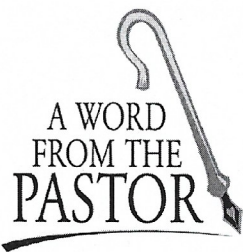
The concert is open to the public and will be followed by a reception in the atrium. There is no admission fee, but a freewill offering will be accepted.

~ Connie Larson and Britta Youmans / FOM



Bemidji State University Concert Choir
in concert

First Presbyterian Church
March 24 / 4 p.m.



by Rev. T. J. Parlette

March 2019

Falling temperatures and deep snow often provoke deep thoughts. I wonder if any of you have ever thought deeply about what you would want your epitaph to be.

I recently read a story about a newspaper columnist in the southern Ohio area who decided to write a column about epitaphs. So he posed the question, "What would you want written on your tombstone?" to several local celebrities in the Ohio-Kentucky area. He was surprised by the wit and sincerity of the various responses.

Ira Joe Fisher, a local weatherman, wrote a humorous couple of lines that went like this:

*"He wanted the mind of Plato,
the heart and soul of Socrates,*

But his life was more of a tribute to Ol' Mediocrites."

Paul Knue, the editor of the Cincinnati Post, couldn't make up his mind about what to write until after he and his family went away for a weekend trip. When he returned, he knew he wanted an epitaph that reflected the importance of his family in his life. He chose just two words:

"He cared."

But the most sweetly whimsical message was from Charlie Mecham, former head of Taft Broadcasting. His epitaph said:

*"Dear God,
Thanks for letting me visit.
I had a wonderful time."*

In these days of polar vortex and never-ending snow, may we all remember to give thanks for the blessings God gives us.

Peace, *T. J.*

Take "Note"

Please mark Friday, May 3 on your calendars as the evening to celebrate the 28 years Lee Afdahl has lead us in music at First Presbyterian. Yes, Lee is retiring!

Reservations will be taken ONLY on Sundays beginning March 17 until April 14. When registering, in the atrium, you will be given more information. Arrival time on May 3 is 5:30 p.m., dinner at 6:00, and the program at 7:30. Child care will NOT be offered during the celebration evening for Lee's retirement.

If you are not available for dinner, you are welcome to come to the program (we will still need your name/s). We so look forward to seeing everyone!

*~ Connie Polk and Jan Hosier /
Co-Chairs of Retirement Committee*

Stewardship Alive!

Counting Blessings

Numbered lists grab our attention. In the checkout aisle or on the internet, we gravitate toward headings such as "10 ways to lose weight by summer!" or "3 simple steps to acing that test!"

Ancient Jewish sages urged people to count out and speak at least 100 blessings, or statements of gratitude, each day. What would happen if we intentionally listed 100 blessings daily? Can you imagine?!

What if the first blessing we counted was simply the day itself? "Thank you, God, for this brand new day!" "Bless my use of this day, Lord, that I might glorify you." Scripture encourages such awareness and promises an additional blessing in return: "Teach us to number our days, that we may gain a heart of wisdom" (Psalm 92.12, NIV).

~ Heidi Mann / NewsletterNewsletter

Financial Statement January 2019

General Operating Budget

Balance (1/1/2019)	\$ 56,777.99
Receipts (January)	+ 81,367.99
Disbursements (January)	- 54,604.41
Balance (1/31/19)	\$ 83,541.57



First Presbyterian Church
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The Good News is published the first of each month for members and friends of First Presbyterian Church (FPC).

The newsletter tells the story of the church, promotes its programs, and publicizes opportunities to live out one's faith.

Deadline for submission of material is the fifteenth of the preceding month.

Church Staff

Pastor	Thomas J. (T.J.) Parlette
Associate Pastor	Jay P. Rowland
Director of Music	Lee J. Afdahl
Coordinator of Youth and Christian Education	Susanna L. Stone
Office Administrator	Susan K. Kruger
Facility Manager	Harry E. Coleman
Custodian	Tyler Sczurek
Part-time music assistants	Katie Kuisle (Calvin and Cherub Choirs) Janine Yanisch (First Players)
Part-time custodians/security	Vera Brooks, Sally Evans, Tami Rinn
Child Care Workers	Esther Lebron, Margie Schaaf, Brenda Thorson
Newsletter Editor	Carol J. Evans
Parish Associates	Roger Ring, Carol Shaffer, James Walker

Sunday services of worship at 8:30 and 11 a.m.

Education classes: Sundays at 9:40 a.m.

Office hours: Monday-Thursday, 7:30 a.m.-4 p.m.;
Friday, 7:30 a.m.-3 p.m.; Saturday, 9:30 a.m.-noon

**The mission of the First Presbyterian Church of Rochester
is to reflect God's love for all people
by proclaiming the Gospel of Jesus Christ.**

Shrove Tuesday pancake supper marks beginning of Lent

Join us March 5 from 5:30 to 6:30 p.m. for our annual Shrove Tuesday pancake supper when we celebrate "getting the fat out" before we begin the season of Lent. We'll have delicious pancakes and sausage, not to mention wonderful fellowship! See you there!

No reservations are necessary and there's nothing for you to bring. The supper is sponsored by the Welcoming and Nurturing Committee.

~ Welcoming and Nurturing Committee



Celebrate St. Patrick's Day with an Irish-themed dinner on Wednesday, March 13, from 5:30-6:30 p.m.

Join us in the social hall March 13 from 5:30-6:30 p.m. 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; sign up after church services on March 3 and 10 or contact the church office to sign up!

~ Susanna Stone / Christian Education Committee

Save March 23 for FPC Women's Retreat

**Bread of Life:
Taste and see that the Lord is good.**

The 2019 PW Women's Retreat will be Saturday, March 23 at Assisi Heights. Come for a time of spiritual refreshment and good fellowship in the inspiring environs of the Assisi community. The cost is \$25, which includes lunch. Registrations forms will be in the office, fill one out and leave it with a check for \$25 made out to Presbyterian Women in the PW box in the office.

Director of Music Search Committee continues progress

Greetings from the members of the search committee. Our work is progressing on schedule and we are very happy with the number and skills represented in the candidate pool.

The committee is now narrowing the pool of applicants by assessing their skills and our expectations for the next Director of Music. We hope to initiate telephone conferences with selected candidates soon.

The committee is very blessed to have individuals who are dedicated to insuring the voices of the congregation are part of the selection process. If you have anything you would like the committee to consider, please contact a committee member with those considerations.

The selection process will include a multifaceted series of interviews, reviews and reference checks. I believe the committee is on target to meet our goal of naming the new Director of Music by the end of May, as outlined in the previous newsletter.

As we proceed with the process, please remember that a large part of our task involves managing confidential information. Data such as who the candidates are, and even the number of candidates, is restricted and confidential. We will share what we can with the congregation as the selection process progresses.

As the search committee proceeds with deliberations, we ask for your continued prayers. It will take all of us working collaboratively with the next Director of Music to sustain and advance our programs and the mission of our Lord.

Members of the search committee are **Chris Boswell, Jeremy Braun, Lettie Eckberg, Jan Hosier, Dwight Jennings, T.J. Parlette, Karen Sessler and Dee Tiedeman.**

Sincerely,

Dr. Dwight L. Jennings / Search Committee Chair

We need your help for housing the Bemidji State University Choir

The Festival of Music Committee is asking for help to host home stays for the 40-member Bemidji Choir after their concert at our church on March 24. They will need to be picked up on Sunday after their dinner and returned on Monday morning after breakfast. There will be a sign-up between church services starting on March 3. Your help in housing the choir will be greatly appreciated.

If you have any questions please talk to **Lee Afdahl** (282-1618) or **Jan Hosier** (507-202-1859).

Ash Wednesday prayer

Merciful God, you called us forth from the dust of the earth; you claimed us for Christ in the waters of baptism. Look upon us as we enter these Forty Days bearing the mark of ashes, and bless our journey through the desert of Lent to the font of rebirth. May our fasting be hunger for justice; our alms, a making of peace; our prayer, the chant of humble and grateful hearts.

~ Catholic Household Blessings and Prayers

Channel One promotes Minnesota FoodShare

This year's Minnesota FoodShare March Campaign is here! Every March, the community comes together to collect food and funds to keep the shelves at the Channel One Supplemental Food Shelf stocked. This is the largest food and fund drive Channel One hosts each year. First Presbyterian Church has always been a big contributor to the success of the campaign.

Minnesota FoodShare traces beginnings to 1982

Minnesota FoodShare, a major program of the Greater Minneapolis Council of Churches (GMCC), began its work in 1982, with a campaign advanced by congregations to restock food shelves in the 7-county Twin Cities Metropolitan Area. The effort was so successful, and the need was so evident, that it became a statewide program just one year later.

Today, the Minnesota FoodShare March Campaign brings together various Minnesota organizations, businesses, and places of worship to help keep 300 food shelves statewide stocked throughout the year. The March Campaign is the largest grassroots food and fund drive in the state, having raised \$7.9 million dollars and 5.2 million pounds of food in 2016, the most successful campaign in its 34-year history.

We envision a Minnesota where all residents have access to healthy food and no one suffers from hunger. The March Campaign addresses those issues directly, and we'd love to have you join the fight against hunger. By increasing awareness and advocating for long-term solutions to hunger in our communities, together we can meet the needs of those who need it most.

(from Minnesota FoodShare website)

Please join us as we partner with other caring people in the Rochester area to help alleviate hunger. Checks can be made out to the church, designating it for Channel One, and placed in the offering plate any Sunday in March or sent to the church office. Non-perishable food items can be placed in the Channel One barrel in the foyer. Because of the limitations set by an incentive fund and challenge, April 2 is the deadline for this year's donations.



Celebrate our Easter Garden with a donation of \$15. To contribute, put your check (note for Easter flowers) in the offering plate or mail it to the church office. Following Easter services the Deacons will deliver the plants to our C.A.R.E. members.



**Calling all FPC families and VBS volunteers:
VBS will be back at FPC in 2019!**

**Vacation Bible School:
Who is My Neighbor? Learning to Love Like Jesus
Monday, June 10-Friday, June 14, from 6-8 p.m.**

New this year: Intergenerational VBS!

Vacation Bible School will be open for ALL, from the youngest to the oldest. There will be traditional VBS programming for youth entering kindergarten-grade 5, while adults will have separate educational offerings, and middle and high school youth will have an opportunity to assist with VBS and have time for fellowship with each other.

Save the date: VBS on Monday, June 10-Friday, June 14 from 6-8 p.m. with 30 minutes of snacks and group fellowship each night from 8-8:30 p.m.

Sitter Service breaks record!

Our February 8 sitter service broke previous attendance records with 20 kids! This ministry continues to be a blessing to children, parents and sitters every month. Thanks to **Cindy Kunzman** and **Sarah Edgerton** for leading and thanks to all the volunteers, to parents who trust us with your children and to the kids who bless us with their energy and joy.

The next Sitter Service will be March 8 from 5:30 to 9:30 p.m. with sign-up in the church atrium on Sunday, March 3 or by contacting the church office or **Sarah Edgerton** (edgerton.sarah@gmail.com or 507-536-9637) or **Cindy Kunzman** (xiandikunzman@aol.com or 507-421-5055) by Tuesday, March 6.

~ Allyson Maurer / Welcoming and Nurturing Committee

FPC parish nursing co-sponsors "5 Wishes Advanced Directives" workshop

Our church is again partnering with the Kasson Parish Nurses to offer a workshop on "5 Wishes Advanced Directives." The workshop will be at St. John's Lutheran Church in Kasson (301 8th Ave NW, Kasson) on Sunday, March 10 from 1-2:30 p.m.

The 5 wishes is a user-friendly advanced directive to help guide your family members regarding end-of-life decisions. If you have a chance, let me know if you are coming at fpcparishnursing@gmail.com so I will know to look for you.

If you can't make it to the meeting, but would like a booklet, please send me an email at arbugosh@gmail.com and I can get you a copy and help explain it as needed. There is a \$2 fee for the booklet.

~ Ariel Boswell / FPC Parish Nursing coordinator



March Youth Group News

Despite the frigid temperatures, constant snowfall, and many snow days, the FPC Youth Group has had another busy month!

Susanna Stone
Coordinator of Youth
& Christian Education

The youth prepared and presented a Minute for Mission for the annual CWS Blanket Program on Blanket Sunday, they assembled 42 Valentine's Day-themed mailbox stuffers for the families at Ronald McDonald House, they made valentines for each other, played many games, and had fun!

The youth also enjoyed the snow during the annual winter outing to Ironwood Springs for snow tubing, followed by lunch at Pizza Ranch.

March promises to be another exciting month for the Youth Group as they attend the Ash Wednesday service together and work on planning some upcoming spring activities and events!

Fasting makes sense if it really chips away at our security and, as a consequence, benefits someone else, if it helps us cultivate the style of the good Samaritan, who bent down to his brother in need and took care of him.

~ Pope Francis

Adult education ~ Sundays / 9:40-10:45 a.m.

Members have asked for in-depth studies and here are several great opportunities covering a wide variety of topics and interests!

Bible Study (South Fireside)	The Kerygma Class continues a study of <i>The Jesus Movement and the World of the Early Church</i> . The class is led by Jane Goodfriend and Ruth Walts .
Current Issues (Lounge)	<i>Current Events: Clipped from the papers</i> is the theme for the 2018-2019 year. The discussion is led by Al Depman .

Bible Study ~ Wednesdays / 6:30-7:30 p.m.

Bible Study (Sheldon Jackson Lounge)	<p style="text-align: center;">March 6</p> <p style="text-align: center;">Ash Wednesday worship service with communion and imposition of ashes</p> <p style="text-align: center;">March 13 - April 17</p> <p style="text-align: center;">A Lenten Study led by Rev. T. J. Parlette <i>Simon Peter: Flawed but Faithful Disciple</i> by Adam Hamilton</p>
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Ministry of Music

Lee Afdahl, Director of Music
Katie Kuisle, Cherub and Calvin Choirs
Janine Yanisch, First Players

FOM sponsors Lenten recital series

During the 2019 Lenten season, First Presbyterian Church is again sponsoring organ recitals each Wednesday from 12:15 – 12:45 p.m. in the sanctuary. Everyone is welcome!

Recitalists in March are

March 13	Graeme Shields Peace Evangelical Lutheran Church South Haven, Michigan Tyler Pimm St. Peter Catholic Parish / Ashton, Wisconsin
March 20	Brian Williams , Director of Music and Arts Calvary Episcopal Church / Rochester, Minnesota
March 27	Ruth Benning , organist Our Savior's Lutheran Church / Rochester, Minnesota



Singing and ringing schedule for March

	8:30	11:00	Both
March 3.	Chancel Choir	Calvin Choir	Jubilate Deo
March 6.	Ash Wednesday / 6:30 p.m. (Chancel Choir sings)		
March 10.	Chancel Choir	Cherub Choir	Joyous Praise
March 17.	Choir Cantata <i>"The Gift of Life"</i> by John Rutter Chancel Choir, soloists, orchestra		
March 24.	Chancel Choir	Special Music	No bells today
March 31.	Special Music	Chancel Choir	Jubilate Deo

Singers and players for the cantata are reminded of their rehearsal on Saturday, March 16, 9:30 a.m. for orchestra joined by the choir at 10 a.m.

First Players schedules concert at Homestead on March 4



Janine Yanisch
First Players
Director

The First Players Concert Band is happy to be performing in the **1900 Building at The Homestead** on Monday, March 4 at 6:30 p.m. They will be playing a variety of music including jazz, pop, Rock Around the Clock, and some movie music.

In April we will be hosting the Southeast MN Youth Orchestra Chamber Strings group at our April 22 concert.

First Players would like to increase its numbers next year. If you know of anyone who would benefit from being part of this great program, please contact Janine, or help yourself to a First Players brochure found in the office.

Many thanks for your support of this music program!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">LENTEN SHARING CALENDAR</p> <p>For the 70th Anniversary of One Great of Sharing, use this Giving Calendar based on the edition from over 20 years ago! Each day at or after a meal time, gather around this activity. Consider the reflection, say a prayer or drop a coin (a unit) in a jar or your OGHS fish bank, and end with the closing prayer.</p>			<p align="center">Ash Wednesday</p> <p>Give 2 units for every disease a member of your family has been immunized against.</p>	There are over 500,000 homeless people in the U.S. Give 10 units if you own your own home.	In Kenya, many women must carry water an average of 4½ hours a day. Give 4 units for every faucet in your house.	Give 2 units for every item you bought last week that was not a basic necessity.
March 10-16	Flashback: Twenty years ago, the number of homeless people in the U.S. was estimated to be 600,000 to 3 million! Say a prayer for those without homes tonight. Give one unit for every electrical outlet in the room you are currently in. Give 3 units for each bed in your house.		In the mid-1990s. OGHS provided hoes for farmers in Cambodia. Give 1 unit for each non-electric garden tool you own.	In Tanzania, children walk many miles barefoot to go to school. Give 2 units for each pair of shoes you own.	More than half of the world's refugees are children, and many of them are orphans. Give 5 units for every living parent or grandparent you have.	Poor sanitation is a primary cause of waterborne diseases. Give 3 units for each time you flush a toilet today.
March 17-23	Flashback: The number of women who die each year from causes related to child bearing is less than half of what it was in the 1990s.	Say a prayer of thanks for better health-care and improved health around the world.	Give 2 units for every year you have gone to school.	Give 5 units for every family car, and 2 units for every scooter, wagon, bicycle or skateboard your family owns.	Homeless people often have no place to keep food. Give 1 unit for every time you open your refrigerator door today.	Give 2 units for every hour you watched TV last week.
March 24-30	Flashback: On Saturday, April 15, 1949, a radio special encouraged people to give time and money to help the hurt, hungry, and poor of the world after the devastating effects of war. That has become the OGHS we know today!		Blankets are used in South Africa as coats, for wrapping children, for sleeping and for shelter. Give 2 units for every blanket in your house.	Refugees have to flee without notice. For every family member you could contact by phone within an hour give 3 units.	Give 4 units for every load of laundry your family washed this week.	Give 4 units for every year you have lived in your home.
March 31 - April 6	Flashback: In 1984, there were 10.7 million refugees. 35 years later, there are now 25.4 million.	Say a prayer for peace and for those fleeing their home to find peace.	In Sri Lanka, some people may wait months to hear from loved ones. Give 4 units for each phone in your house.	Give 2 units for every computer, television or tablet your family owns.	If you have never been jailed without legal representation, give 10 units.	Give 2 units for every room in your house.
April 7 - 13	Flashback: In 1996, this calendar suggested giving 2 units for every "computer game, video game or video movie!" How times have changed!	Give 2 units for every green vegetable you have eaten in the past week.	OGHS gifts bought weaving equipment to help young Turkish people earn a living. Give 2 units for every sweater you own.	Give 1 unit for every electrical appliance in your kitchen and bathroom, from toasters to hair dryers.	Palestinian refugees have learned to use sewing machines thanks to OGHS. Give 2 units for every item in your closet that you have not worn recently.	Give 1 unit for every item you eat or drink that needed water for its preparation or cooking today.
April 14-20 Holy Week	Flashback: Thanks to conservation efforts, the U.S. uses less water today than in 1970, even though there are more people and businesses!	Say a prayer each time you turn on the faucet today!	Most refugees would return home if there were peace and safety there. Give an amount to show your appreciation for peace.	Maundy Thursday Give 10 units if your house stays warm and dry in winter.	American pets often eat better than many children in the developing worlds. Give 5 units for each pet your family owns.	OGHS often provides medicine. Give 1 unit for every bottle of medicine in your home.
<p align="center"><i>Daily closing prayer:</i></p> <p>God, you give us many blessings, to celebrate and share; Friends and homes and healthy food, and those who for us care. For those who are in need, provide; For those alone, peace; Lord, use our hands, our feet, our hearts, to serve the "least of these." God, guide our lives, so we may be disciples of your Son. And may your Spirit through us flow, until the day is done. Amen.</p> <p align="center"><i>Holy Week</i></p> <p align="center">Bring your One Great Hour of Sharing banks to your Sunday School class on Palm Sunday or anytime following that. The offering will be taken during Maundy Thursday worship on April 18.</p>						



PRESBYTERIAN
WOMEN

News from Presbyterian Women

* *Sylvia Swede, facilitator*

Circles continue in March. New members are always welcome. Join us for fellowship, prayer, and Bible study. The 2018-2019 Horizons Bible study is

God's Promise: I Am with You.

Esther Circle: March 18 at 1 p.m. in the lounge.

Hostesses: **Martha Sessler** and **Kioymi Takekawa**.

Devotions: **Marcia Dollerschell**. We will have a guest speaker. Please bring your items for the Bdecan / North Dakota mission project.

Priscilla Circle: March 20 at 9:15 a.m. in the lounge.

Hostesses: **LaDonna Fay** and **Marilynn Aalderks**.

Devotions: **Heide Buettner**. Program: **Heide Buettner** (Bible Study). Project: Channel One

Ruth Circle: March 16 at 10 a.m. in the lounge. Hostess: **Marion Pitts**. Devotions: **Lea Jennings**. Program: **Laury Schalau** (lesson #7 in the Bible Study *God's Promise, I Am With You*).

Prayer Shawl Ministry meets the second Thursday of each month at 1 p.m. the lounge. Join us Thursday, March 14 for knitting, crocheting and fellowship! Please contact **Elizabeth Remfert** or **Susie McClocklin** if you or someone you know would find comfort from a prayer shawl.

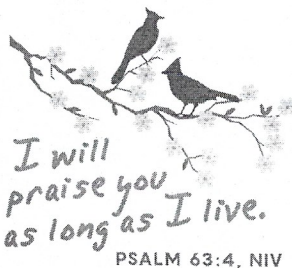
World Day of Prayer convenes March 1 at Gloria Dei Lutheran Church

Join other Christian women at World Day of Prayer at Gloria Dei Lutheran Church (1212 12th Avenue NW). Come for coffee and fellowship at 9:30 a.m. followed by the worship service at 10 a.m.

Calling all crafters!

Crafters Group will meet Wednesday, March 20, at 3 p.m. in the social hall. Come join us as we make seasonal greeting cards for our C.A.R.E. members of the congregation. The design and all materials are provided.

~ *Mary Huie (282-9712) / Crafters coordinator*



Church Family News

Anniversary

Congratulations to **Clayton** and **Jackie Moen**, who will celebrate their 51st wedding anniversary March 16.

Birthdays

Happy Birthday to **Shirley Gove**, who will celebrate her 98th birthday March 1.

Happy Birthday to **Robert Kyle**, who will celebrate his 91st birthday March 17.

Happy Birthday to **Ruby Rose**, who will celebrate her 97th birthday March 17.

Happy Birthday to **Dan Moore**, who will celebrate his 93rd birthday March 21.

Happy Birthday to **Charles Smyrk**, who will celebrate his 91st birthday March 21.

Deaths

We extend our condolences to **Jodi Tollefson** on the death of her son, **Andreas Tollefson**, February 5.

We extend our condolences to **Char Ellefson** and **Scott Ellefson** on the death of Char's husband and Scott's father, **David Herman Ellefson**, February 7.

We extend our condolences to **Linda Schroeter** on the death of her husband, **Arnold Lee Schroeter**, February 14.

from the FPC Parish Nursing program

Care for Your Kidneys



March is National Kidney Month. I love kidneys - the kidneys are silent, invisible on the outside, and critical to our health as they filter waste out of our blood. They remind me of the quiet, dedicated members of our church who do

so much good behind the scenes. I Corinthians 12:22 reminds us "...the parts of the body which seem to be weaker are indispensable."

Unfortunately we usually don't think about our kidneys until they have problems. The National Kidney Foundation recommends seven things to keep those kidneys working.

First, get tested for heart disease and kidney disease.

Second, eat a healthy diet with many fruits, vegetables, Omega 3's, and low in the saturated fats and cholesterol that affect our vessels.

Third, exercise to strengthen your heart and control weight.

Fourth, if you have high cholesterol, take action to correct that and save those blood vessels.

Fifth, control high blood pressure to protect your kidneys.

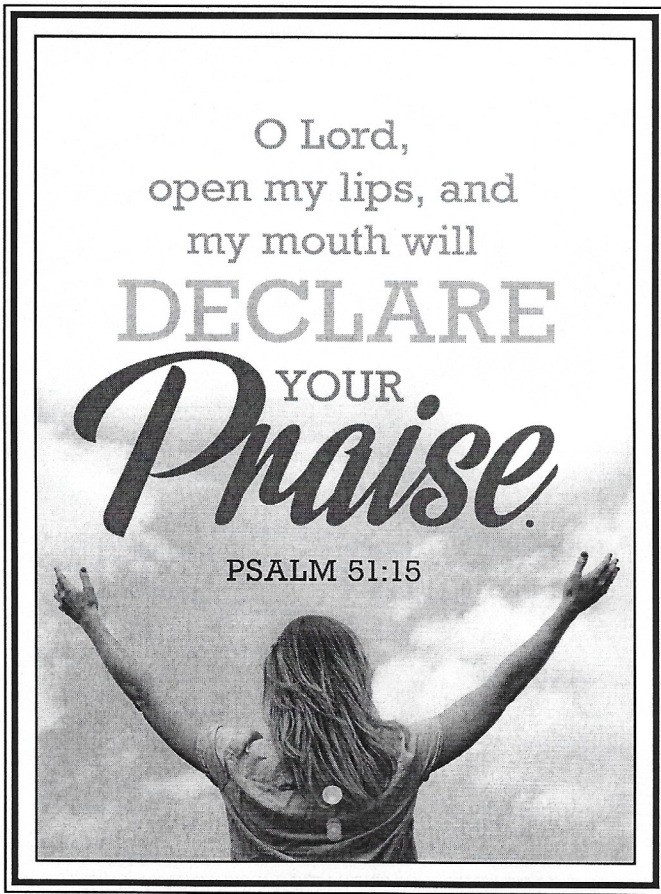
Sixth, take action to avoid or control diabetes.

And **most importantly**, if you smoke, quit smoking! Smoking hardens those delicate blood vessels in the heart and kidneys.

In March, take a moment to appreciate your kidneys, and make changes to take care of them.

~ *Ariel Boswell / FPC Parish Nursing coordinator*

Grace to you and peace from God our Father and the Lord Jesus Christ.



First Presbyterian Church
 P. O. Box 906
 Rochester, Minnesota 55903-0906

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March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday morning schedule Worship at 8:30 and 11 a.m. Sunday school / all ages at 9:40 a.m. Cherub Choir at 10:20 a.m. Calvin Choir at 9:40 a.m.			Wednesday youth schedule 4:15 p.m. Alleluia Ringers (grades 2-5) 5:00 p.m. Youth Choir (grades 6-12) 5:45 p.m. Middle/High School youth 7:00 p.m. J Praise bells (intergenerational)		1 9:30 AM CWU World Day of Prayer @Gloria Dei Lutheran No school-PD/Work day	2
3 Communion Worship (8:30 & 11 a.m.) Jubilato Deo (both) 8:30 AM Chancel Choir sings 9:30 AM Blood Pressure readings 11:00 AM Calvin Choir sings	4 FPC@Community Food Response 6:30 PM First Players Concert Band performs at The Homestead	5 Most committees meet/ check w/lead elder 9:30 AM Staff meeting 11:00 AM Grief Support Grp 7:00 PM Deacons/south fireside	6 1:00 PM Charter House worship and communion 6:30 PM Chancel/Yth Chr sings 6:30 PM Worship w/communion, imposition of ashes 6:30 PM Youth attend Ash Wednesday 7:30 PM J Praise Bells gr 6 - adults rehearsal	7 6:15 PM JubilatoDeo Bells 7:30 PM Chancel Choir	8 5:30 PM Sitter Service (5:30-9:30 p.m.) No school-PD/Work day	9 9:00 AM Presbytery meeting (Korean Presbyterian Church) Set clocks ahead 1 hour t...
10 Worship (8:30 & 11 a.m.) Joyous Praise rings (both) 8:30 AM Chancel Choir sings 11:00 AM Cherub Choir sings 1:00 PM 5 Advanced Directives/ Kasson MN	11 March is Minnesota FoodShare month	12 9:30 AM Staff meeting 1:30 PM Kitchen Guild 7:15 PM FOM Cnte/north fireside	13 12:15 PM Lenten recital/ Shields & Pimm 5:30 PM St. Pat's Day supper 6:30 PM Bible Study (led by TJParlette)	14 1:00 PM Prayer Shawl Group 6:15 PM JubilatoDeo Bells 7:30 PM Chancel Choir	15 Newsletter items due Don't explain your philosophy; embody it. (Epictetus)	16 9:30 AM Cantata/orchestra rehearses 10:00 AM Cantata/Chancel Choir/ orchestra rehearse 10:00 AM Ruth Circle/lounge
17 Choir Cantata Worship (8:30 & 11 a.m.) Chancel Choir sings (both) Orchestra (both)	18 1:00 PM Esther Circle/ lounge	19 9:30 AM Staff meeting 7:00 PM Session/Fireside Rm	20 9:15 AM Priscilla Circle/lounge 12:15 PM Lenten recital/B Williams 3:00 PM Crafters Group/SHall 6:30 PM Bible Study (led by TJParlette)	21 6:15 PM JubilatoDeo Bells 7:30 PM Chancel Choir	22 No school-PD/Work day	23 9:00 AM PW Women's Retreat @ Assisi Hgts (9 a.m.-4 p.m.)
24 Worship (8:30 & 11 a.m.) 8:30 AM Chancel Choir sings 4:00 PM FOM/Bemidji State Concert Choir	25 No school/flex conference day	26 9:30 AM Staff meeting 1:00 PM Chancel Guild	27 NO choir/bells/youth activities 12:15 PM Lenten recital/R Benning 6:30 PM Bible Study (led by TJParlette)	28 Mail quarterly statements 6:15 PM JubilatoDeo Bells 7:30 PM Chancel Choir	29 No school/Spring Break (3/27-3/29/2019)	30
31 Worship (8:30 & 11 a.m.) Jubilato Deo (both) 11:00 AM Chancel Choir sings	<p>"I've long since stopped feeling guilty about taking 'being' time; it's something we all need for our spiritual health, and often we don't take enough of it." ~ Madeleine L'Engle</p>					