



# The Good News

## of First Presbyterian Church for May 2018

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*"But these are written that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name."*

John 20:31 [NIV]

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*You too can be part of the Mission Team*

### **Mission Team returns to Spirit Lake Indian Reservation**

For the fourth year the Bdecan VBS team is planning to provide Vacation Bible School (VBS) to the children of the Bdecan Church on the Spirit Lake Reservation in North Dakota. This year's trip will run from July 10 through July 15. The VBS lessons will be about Leah and Rachel, the Tower of Babel, and the woman who washed Jesus' feet with her tears.

Now we need your help. Last year when we were in North Dakota we talked with Joe Obermeyer, the youth pastor, and the women of the church and asked them what the children most need. They told us they always need school supplies and warm winter clothing. Often coats, hats and mittens are donated, but not snow pants, boots, shoes, underwear and socks. They asked if funds could be provided to help purchase these items so each child in the church could receive the clothing they need in their size.

The children's parents do not own cars, so the children MUST take the bus to get to school. It is cold and very windy in northern North Dakota making warm winter clothes a necessity. Many of the children already struggle to keep up with their classes and we do not want them to fall farther behind due to missing school because it is too cold to wait outside for the bus. The Bdecan Church really encourages the children of the church to go to school.

We are going to have a box in the atrium in June and are asking for donations of pencils, crayons, glue sticks, rulers, markers, colored pencils, scissors, notebooks, folders and erasers. We would also be happy to receive donations of underwear and socks for school aged children (both boys and girls).

In addition, if anyone is willing to donate money to the Bdecan project, we would send that money to the Bdecan Mission Project to be used to buy the snow pants, shoes and boots the kids so badly need when they stand outside and wait for the school bus in the winter.

First Presbyterian Church has been incredibly generous in supporting our ministry there. We thank all the members of First Presbyterian Church for their kind support for this mission project.

*~Marylynn Aalderks / Bdecan Mission Team*

### **Worship set for 9:30 a.m. during the summer**

Several years ago we asked the congregation about their preferred hours for summer worship services. A large majority of respondents preferred one service in the summer and suggested a number of times. After a lot of discussion about the merits of the front-runners 9 a.m. or 9:30 a.m., the Worship and Music Committee voted for 9 a.m. and that's when we worshiped three summers ago.

In response to a number of requests, the Worship and Music Committee then reconsidered the options and chose to hold worship services at 9:30 a.m. the last three summers. Services will be at that same time this summer! The 9:30 a.m. hour will go from Memorial Day Sunday (May 27) through Labor Day Sunday (September 2).

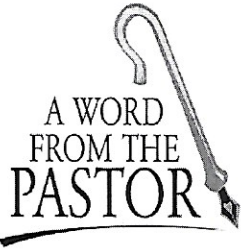
The nursery will be staffed from 9:15-11 a.m. and Kids Zone for children through third grade will be offered during the service. Parents are also welcome to keep their children with them in worship for the entire hour. Coffee and donuts will be available at 9 a.m. before the service and again after the service.



### **Come celebrate with us Sunday, May 20**

On Sunday, May 20 from 9:45-10:45 a.m., everyone is invited to the social hall for a celebration hosted by the Christian Education Committee.

- † Come celebrate another wonderful program year.
- † Come enjoy refreshments.
- † Come enjoy fellowship with other church members, students, teachers and parents.
- † Come celebrate our Christian Education, youth and music ministries and participants! PreK-5th grade students will receive certificates and our volunteers and teachers will be appreciated.



May 2018

by Rev. T. J. Parlette

Over the last two months, we have had some very interesting discussions centered on Debby Irving's book "Waking Up White." Thank you to everyone who read the book and joined the discussion around the difficult and at times uncomfortable topic of systemic racism. In our final discussion time on May 13 (9:45 in the lounge), we will discuss the final four sections of the book, including "Leaving My Comfort Zone," "Inner Walk," "Outer Walk" and "Reclaiming My Humanity." These sections are found on pages 159-251. Even if you were not able to join us for the first two discussions, I'm sure you will be able to jump in and join the conversation. Hope to see you there!

Peace, T. J.



### Vacation Bible School / part 1: Registration is now open

VBS will be held June 11-15 from 9 a.m.-noon and is open to children entering kindergarten through 5th grade (based on 2018-19 school year). To double your fun invite your friends to join you.

**Registration has begun!** Stop by the church office for a registration form. Cost: \$20/child, maximum \$50/family. Scholarships are available! Contact Susanna for any questions: [stone.susanna@fpcrochester.org](mailto:stone.susanna@fpcrochester.org)

### Vacation Bible School / part 2: Your help is 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 five days or only one day; for all three hours or just one hour. If you enjoy working with the youth of the church and are interested in assisting VBS in any way, please let Susanna know ([stone.susanna@fpcrochester.org](mailto:stone.susanna@fpcrochester.org)).

## Stewardship Alive!

Joy is prayer

*Joy is strength. Joy is love. Joy is a net of love by which you can catch souls. God loves a cheerful giver. One gives most who gives with joy. The best way to show our gratitude to God and people is to accept everything with joy.*

*A joyful heart is the inevitable results of a heart burning with love. Never let anything so fill you with sorrow as to make you forget the joy of the Christ risen.*

(Mother Teresa)

### Financial Statement / March 2018

#### General Operating Budget

Balance (2/28/18)	\$ 88,133.15
Receipts (March)	+ 84,112.01
Disbursements (March)	- 59,117.78
Balance (3/31/18)	\$ 113,127.38



First Presbyterian Church  
512 SW 3rd Street  
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FAX: 507/288-0809; e-mail: [RochesterFPC@msn.com](mailto:RochesterFPC@msn.com)

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	Bob R. Schalau
Music Assistant	Kathleen M. Kuisle
Part-time custodians/security	Vera Brooks, Sally Evans, Jason Kluck, Tami Rinn
Child Care Workers	Esther Lebron, Margie Schaaf, Taylor Smith, Brenda Thorson
Newsletter Editor	Carol J. Evans
Parish Associates	Anneliese Opitz, Roger Ring, Carol Shaffer, James Walker

Sunday services of worship at 8:30 and 11 a.m. (May 6, 13, 20)

Sunday service of worship at 9:30 a.m. (May 27)

Education classes: Sundays at 9:40 a.m. through May 20

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

Visit our WEB site at [www.FPCRochester.org](http://www.FPCRochester.org).

**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.**

## Pentecost Offering supports children at risk, youth programs

The ministries supported by the Pentecost Offering teach young people to make faith, fellowship, and service part of their lives. Your gift to the Pentecost Offering supports programs as diverse and unique as the young people they serve and unites young people in Christ and inspires them to share their faith, ideas, and unique gifts with the church and the world.

### Programs with global reach:

25% of the offering supports young adult volunteer experiences around the world. The Pentecost Offering provides young adults the opportunity to serve alongside communities while sharing the word of God. Your support makes it possible for volunteers to dedicate a full year of service for an experience that inspires for a lifetime.

### Programs with local focus:

40% of the offering stays with our congregation, helping youth in our community. In recent years we have dedicated FPC's 40% of the offering to the Boys and Girls Club, Crisis Nursery, or Friendship Place.

### Programs with sustained impact:

35% goes to ministries with youth and for children at risk. Supported almost entirely by the Pentecost Offering, ministries with youth provides vital programs for a critical age group. This ministry acknowledges and celebrates youth as the keepers of God's world, capable of serving as agents of healing and leaders along the path of Jesus through events like the Presbyterian Youth Triennium. The Presbyterian Mission Agency represents and advocates for children around the world. This vital work seeks a quality education for all children, nurturing them in mind, body, and spirit.

We will receive and dedicate the offering on Pentecost Sunday, May 20 although you can contribute through the end of June by putting your donation in the offering plate (marked for "Pentecost") or mailing it to the church office.

Please give generously. Your dollars do make a difference!

## Is there a graduate in your house?



In the June issue of the Good News we'll list our high school and college graduates of 2018.

If you or your child will be graduating, or graduated mid-year, please let us know by calling the church office (282-1618) or e-mailing us ([fpc\\_carol@hotmail.com](mailto:fpc_carol@hotmail.com)).

We will honor our graduates during worship on Sunday, June 3 and at a reception sponsored by the Christian Education Committee following the service. Come wish our graduates well!



## Calling all gardeners: we need your help watering the flowers

With the coming of spring (soon, we hope), we are again planning on planting pots of flowers to brighten the entrances to the church.

If anyone is willing to take a week this summer to water and fertilize the pots around the church and under the northeast and northwest signs, please contact **Judy Felten** (282-7128 or [JFeltenJAX@aol.com](mailto:JFeltenJAX@aol.com)).

This will probably start the beginning of June and last until mid-September, depending on early frosts. Last summer we had six helpers and we ended up taking 2-3 weeks each spread out over the summer.

Thank you for considering this opportunity.

~ Judy Felten / Master Gardener

## Friendship Place serves students in Meadow Park area

Friendship Place continues to have a successful year with its afterschool program and tutoring at night. Children who attend the after school program on Wednesdays enjoy food provided by PW. We try to introduce them to new, healthy foods as well as providing the fruits and vegetables they enjoy.

We have between twenty and thirty students coming for tutoring each Wednesday night and we are pleased to see the progress they are making. Many of the older boys, as well as the girls, now take their education very seriously. Recently one of our evening students won a runner-up scholarship in the Beat the Odds competition. Now a student at RCTC, she is interested in becoming a health services professional. We can always use more tutors, and we encourage you to try helping out on a Wednesday night from 7 p.m. to 8:30 p.m.

We are currently working on a grant that would allow us to expand the raised gardens behind the back fence. Last summer several families from the Meadow Park apartment complex grew food in raised gardens and were pleased with the produce. Grant funding would allow us to construct more gardens for the families in the apartments as well as offering classes in nutrition and food preparation.

**There is going to be a fundraiser to benefit Friendship Place on Monday, May 7 from 4 p.m. to 8 p.m. at Chipotle at 1201 South Broadway Suite 60.** Pick up a flyer in the church office, show it on your smartphone or tell the cashier you're supporting Friendship Place. Fifty percent of the proceeds will be donated to Friendship Place. We were very grateful that our previous fundraiser at Pizza Ranch was well attended by members of First Presbyterian. We hope to see you at Chipotle on May 7!

Many thanks to the members of First Presbyterian Church for their continued support and to all the volunteers who have worked at Friendship Place over the years, some of whom have been there from the earliest days. It's always rewarding when our students from those early days drop in to tell us what a difference we have made in their lives.

~ Jane Goodfriend



## Ministry of Music

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

"Music comes from an icicle as it melts,  
to live again as spring water."  
(William Arthur Ward)



from the Youth Group

### Dear FPC church family,

Thank you SO much for your support, food, and time in helping make the Easter Brunch such a success. Over 120 people joined us for brunch and \$1010 was raised in donations from those attending the brunch. The youth group will be using that money to complete a series of service projects over the next few months. We couldn't have done this without your love and support. Thank you so much!

~ The FPC Youth Group

Singing and ringing schedule for May			
	8:30	11:00	Both
May 6	Chancel Choir	Cherub Choir	Joyous Praise
May 13	Chancel Choir	Calvin Choir	Alleluia Rngrs
	May 17 / Thursday • Jubilate Deo WILL rehearse followed by an end-of-year get-together. • NO rehearsal for Chancel Choir		
May 20	Chancel Choir		Jubilate Deo
	May 24 / Thursday • NO rehearsal for Jubilate Deo • Chancel Choir will have an end-of-year picnic.		
May 27	Summer schedule begins May 27 One service at 9:30 a.m. Chancel Choir		

## Opportunities abound for adult study, discussion

<b>Adult education ~ Sundays / 9:40-10:40 a.m.</b> Members have asked for in-depth studies and here are several great opportunities covering a wide variety of topics and interests!	
<b>Bible Study (South Fireside)</b>	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.
<b>Current Issues (Lounge)</b>	May 6 and 20 <i>Current Events: Beyond the Headlines</i> May 13 A discussion of <i>Growing Up White</i> (pages 149-251) by Debby Irving led by T. J. Parlette. See you in September!
<b>Bible Study ~ Wednesdays / 6:30-7:45 p.m.</b>	
<b>Bible Study (Sheldon Jackson Lounge)</b>	May 2, 9, 16, 23, 30 Topic: <i>The Apocrypha of Jesus</i> Wednesday programs are over for the year, but Bible Study will continue on an every-other-week schedule beginning in June. The Bible study is led by Al Depman.



## May Youth Group News

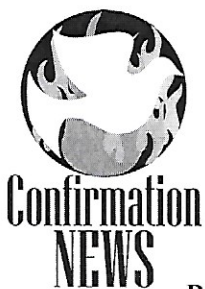
Susanna Stone  
Coordinator of Youth & Christian Education

It's hard to believe the school year has gone by so quickly, but we are in our last month of youth group meetings for the 2017-18 school year. We will be staying busy this last month working on a variety of service projects, including tending to the youth group garden on the east side of the church building. Our last official youth group meeting for the school year will be May 30. Over the summer we will have monthly youth group outings and other sporadic get-togethers.

*All youth in grades 6-12 are welcome to join us on Wednesdays from 5:45-7:00 p.m. for food, fellowship, and fun! We will meet 5 times in May: May 2, 9, 16, 23, and 30.*

**Like us on Facebook!** Stay up to date on all youth group activities by checking out the youth group Facebook page: @RochPresYouthGroup

**Save the Date:** All youth entering 6th -12th grade for the 2018-19 school year (Yes, that means current 5th graders!) are invited to an end of the year FPC youth group outing on Friday, June 8. Details and times are being set and will be communicated once finalized.



## Confirmation Class of 2018 write Faith Statements

The Confirmation Class of 2018 – **Clara Braun, Cameron Domnick and Josh Ellefson** – will be received into membership during worship on Sunday, May 13 at 11 a.m.

Each year the goal of Confirmation is to help students begin to live out their faith in a church community. Over the course of the year we talk about different aspects of faith and church, including the Presbyterian denomination – its history, worship traditions, sacraments, organization and form of government.

We also discuss important stories, people and events in the Bible. Each student participates in worship as acolyte and also through completing a handful of *Sermon Notes* worksheets in which they formally analyze sermons. They also attended Session meetings and the Annual Meeting. All in all, the idea is to provide experiences and information to help students *begin* shaping their faith and growing in their understanding of FPC and church in general.

As always, the “final project” for each student is to compose a faith statement indicating what he or she believes at this moment in their life. Here are excerpts of their statements.

**Clara Braun:** *I believe that church is a place where children-elders can come to worship and learn about faith. I believe the church can help us learn about God. I believe the church helps bring families together and is a place to meet new people. I believe the church supports the members of our church and others outside of church. I want to be active and a member of this church because I want to help more.*

**Cameron Domnick:** *I believe that church is a place to become closer to the Lord. I believe the church can give people an education on the Bible. I believe the church will do good things for the community. I believe the church does great things through mission. I want to be active and a member of this church because I have grown up knowing God through this church.*

**Josh Ellefson:** *I believe that church is where people go to practice religion. I believe the church can ... make people feel secure and welcome. I believe the church shows people that religion is a good thing. I believe the church does good things especially for people who don't have a lot in their lives. I want to be active and a member of this church because I think it would be important.*

The class was examined and formally received into membership by the Session on Tuesday, April 17.

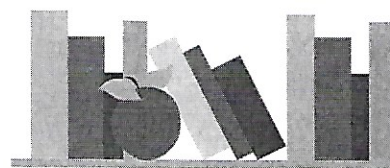
~ Rev. Jay Rowland / Associate Pastor

## New Books added to church library in May

Here are some great new books in the church library to guide your spiritual journey during these Great 50 Days of Easter/Eastertide and Pentecost:

- ***Easter Earthquake: How Resurrection Shakes Our World*** by James Harnish examines what difference Christ's resurrection makes in our lives.
- ***Beyond Death: What Jesus Revealed about Eternal Life*** by Flora Slosson Wuellner sheds light on what Jesus revealed about eternal life. Each chapter opens with a quotation from Jesus and develops the implications of those words, and closes with a guided meditation.
- ***Pauses for Pentecost: 50 Words for Easter People***, by Trevor Hudson leads readers to focus on one word and scripture verse each day. He invites us to pause for just a few minutes to read the brief daily reflection and do a simple practice.
- ***Sabbath Keeping*** by Donna E. Schaper is a collection of ten meditations exploring different ways to think of and practice Sabbath such as Sabbath & Music, Sabbath & the Body, Sabbath & Prayer, Focus & Decluttering, Sabbath & Memory, Sabbath as the Relinquishing of Power, and Sabbath as Civil Disobedience.
- ***For Sabbath's Sake, Embracing Your Need for Rest, Worship, and Community*** by J. Dana Trent traces the rich history of Sabbath, helps readers find ways to overcome barriers to this spiritual practice, and offers achievable ways to build Sabbath into modern life.
- ***Spoken into Being-Divine Encounters through Story*** by Michael Williams shows how storytelling helps us make sense of our lives, the world around us, and God. When we tell stories, we speak a world into being just as God did in the creation accounts in Genesis. Employing poetry, personal narrative, and retellings of biblical stories, the author reveals the spiritual power of narrative as a way to encounter the divine presence anew.
- ***The Sacred Slow. A Holy Departure from Fast Faith*** by Alicia Britt Chole offers 52 devotionals featuring a short but unexpected reading and two options for application.

~ Jay Rowland



# Officers and Committee members for 2018

4/18/18

Pastor: Rev. Thomas J. (T.J.) Parlette  
Associate Pastor: Rev. Jay P. Rowland

Director of Music: Lee J. Afdahl  
Coordinator of Youth and Christian Education: Susanna L. Stone

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## Committee Key:

Sessional members  
Congregational members  
Staff personnel

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## Building/Grounds Committee

Ron Kreinbring(Lead Elder)  
Brent Kaslow  
Brad Narr  
Chris Bauch  
Jay Beck  
Peter Brooks  
John Kruesel  
Larry Shannon  
Harry Coleman  
T. J. Parlette

## Education/Youth Committee

Mark Mueller(Lead Elder)  
Lucinda Cutrer  
Joe Doppler  
Lea Jennings  
Jean Marvin  
Susan McClocklin  
Grafton Parlette  
Cindy Pauley  
Marion Pitts  
Margie Schaaf  
Dan Wentz  
Susanna Stone  
Jay Rowland

## Mission Committee

Fabian Luna (Lead Elder)  
Phyllis Schmid  
Marylynn Aalderks  
Douglas (Rusty) Brown  
Jon Closson  
LaDonna Fay  
Eileen Hay  
Dwight Jones  
Sylvia Swede  
Britta Youmans  
T.J. Parlette

## Personnel/Administration Committee

Karen Sessler (Lead Elder)  
James Talen  
Al Depman  
Dwight Jennings  
Gabe Perkins  
T.J. Parlette

## Social Concerns Committee

Tom Pileggi (Lead Elder)  
Michael Cutrer  
Ken Aalderks  
Casey Clements  
Al Dollerschell  
Isabelle Dyck  
Michael McDonough  
Ruth Saling  
Karen Sessler  
Jay Youmans  
T.J. Parlette

## Stewardship/Finance Committee

Ken Boyer (Lead Elder)  
Sarah Edgerton  
Carol Evans  
T.J. Parlette

## Welcoming/Nurturing Committee

Allyson Maurer (Lead Elder)  
Gregg Erickson  
Holly Ebel  
Sally Evans  
Gayle Jones  
Lowell Meyer  
Patti Meyer  
Jane Murl  
Jay Rowland

## Worship/Music Committee

Sharon Nichols (Lead Elder)  
James Sessler  
Judy Felten (Chancel Gld Liaison)  
Judy Smithson  
Paul Steger  
Melody Tiedeman  
Lee Afdahl  
T.J. Parlette

## Endowment Committee

(Special committee of Session)  
Ken Boyer (Lead Elder)  
Allyson Maurer  
James Sessler  
James Talen  
Eric Sorenson  
Tim Smith  
Carol Evans  
T. J. Parlette

## Nominating Committee

(Committee of the congregation)  
Karen Sessler (Elder/moderator)  
Joe Doppler  
Lucinda Cutrer  
Tammy Buchanan  
Katie Lenn  
Terry Narr  
Jason Wobig  
Melissa Wobig  
Shelley Steger (Deacon Representative)

Clerk of Session: Cindy Kunzman  
Treasurer: Carol Evans



The Session of First Presbyterian Church usually meets the third Tuesday of each month at 7 p.m. Members of the congregation are invited to attend.

Most committees meet the first Tuesday of each month. If you would like to attend a committee meeting, please contact the lead elder of the committee for meeting time and location.

**First Presbyterian Church  
Rochester, Minnesota**



## News from Presbyterian Women

✱ *Sylvia Swede, facilitator*

**PRESBYTERIAN WOMEN** Circles always welcome visitors and new members! Join us for fellowship, prayer, and Bible study.

*Esther Circle:* May 21 at 12 p.m. at the home of **Barb Boyer** for a potluck lunch. Please bring a dish to pass, as well as your calendar. Cohostesses: **Barb Boyer** and **Sandy Carroll**. Devotions: **Marcia Dollerschell**.

*Priscilla Circle:* May 16 at 11 a.m. for a salad luncheon at the home of **Terri Narr**. Cohostess: **Melissa Walk**.

*Ruth Circle:* May 19 at 10 a.m. in the lounge. The lesson will be presented by **Phyllis Schmid** (#9 in the Bible Study, *Cloud of Witnesses*)

*Prayer Shawl Ministry:* Join us Thursday, May 10 at 1 p.m. in the lounge for an afternoon of knitting, crocheting and fellowship! Contact **Elizabeth Remfert** (269-5272) or **Susie McClocklin** (288-7772) for more information.

Twenty-eight women enjoyed the women's retreat at Eagle Bluff March 16-18. Many thanks to the planning committee: **Karen Sessler**, **Lea Jennings**, **Elizabeth Remfert**, **Ruth Saling**, **Sara Kluck**, **Susie McClocklin**, and **Cindy Kunzman**.

## May is FPC's month to provide supplies for Ronald McDonald House

May is FPC's month to provide paper products and other needed items for Ronald McDonald House. A list of needed items and a box in which to put your contributions are in the foyer. To make your shopping easier, you can also download the Wish List from the House's website - [rmhmn.org](http://rmhmn.org). Donations of Wish List items save the House thousands of dollars each year. Because of your generosity, families are provided with the comforts of home in their times of need.

## Medical Missions Coffee May 10 features report on Tanzania

Don't forget the Medical Missions Coffee on May 10 from 1-3 p.m. at the home of **Alice Kerr**. **Alice** and **Barb Boyer**, who were Global Volunteers in Tanzania in March, will share their experiences working with the local people to help children reach their full potential. Enjoy dessert and fellowship and learn about Global Volunteers!

**The Bible study for 2018-2019 is "God's Promise: I Am With You" about God's promises to be with us in good times and bad and to never forsake us, through examples in the Old and New Testaments.**

## Church Family News

### Anniversaries

Congratulations to **Robert** and **Cynthia Sannes** who will celebrate their 53rd wedding anniversary May 15.

Congratulations to **Robert** and **Ann Groover** who will celebrate their 54th wedding anniversary May 23.

Congratulations to **Thomas** and **Kiyomi Takekawa** who will celebrate their 52nd wedding anniversary May 23.

### Birthdays

Happy Birthday to **Pauli Krieger** who will celebrate her 90th birthday May 4.

Happy Birthday to **Lonnie Martin** who will celebrate her 94th birthday May 10.

Happy Birthday to **Melvin Hicks** who will celebrate his 92nd birthday May 29.

## Crafters Group welcomes young and old!

The Crafter's Group will meet at 3 p.m. on Wednesday, May 16. Join us for fellowship and fun as we make cards for our C.A.R.E. members. All card making supplies are provided. Contact **Mary Huie** (282-9712) with any questions.

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

from the FPC Parish Nursing program

## May: Watch Out for Your Eyes



May is Healthy Vision month, a great time to think about the importance of our sight. Even Jesus reminded us to take care of our eyes: "The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of

darkness..." (Matthew 6:22-23 ESV).

How can you take care of your eyes?

The first step is to know your family history. Many conditions such as macular degeneration, glaucoma and retinal dystrophies are passed down through the family. Knowing your family history will help you and your doctor develop a plan to "keep an eye on things."

Secondly, it is important to get regular dilated eye exams. Drops are administered that dilate the pupil, allowing doctors a good look at the back of the eye. Doctors can look for cancer and complications from diabetes, high blood pressure, and many other conditions that can affect vision. Although not as fun as picking out glasses, the dilated eye exam is the most important part of an eye visit.

Finally, take care of your eyes by wearing sunglasses which protect against UV light. UV light exposure can lead to cataracts, macular degeneration (damage to the retina that affects central vision), and pterygium, tissue growth on the white part of the eye that affects the curve of the eyeball.

This May, take a look at how you are caring for your eyes!

~ *Ariel Boswell* / *FPC Parish Nursing Advisory Council*

First Presbyterian Church  
P. O. Box 906  
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*May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.*  
*Romans 15:13*

## May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sunday schedule</b> <b>May 6, 13, 20</b> Worship at 8:30 and 11 a.m. Sunday school / all ages at 9:40 a.m. <b>May 20</b> Celebration Sunday for all ages at 9:40 a.m.		<b>1</b> Most committees meet/ check w/lead elder 9:30 AM Staff meeting 11:00 AM Grief Support Grp 7:00 PM Deacons/south fireside	<b>2</b> Bells/choir/youth grps - as usual FPC@Friendship Place 1:00 PM Charter House worship and communion 6:30 PM Bible Study/lounge	<b>3</b> 6:15 PM JubilateDeo Bells 7:30 PM Chancel Choir	<b>4</b>	<b>5</b>
<b>6</b> Worship (8:30 & 11 a.m.) Communion Joyous Praise rings (both) 8:30 AM Chancel/Yth Chr sings 9:30 AM Blood Pressure/Parish Nursing 11:00 AM Cherub Choir sings	<b>7</b> Fundraiser @Chipotle for Friendship Place (4-8 p.m.) FPC@Community Food Response	<b>8</b> 9:30 AM Staff meeting 4:00 PM Presbytery/ Westminster 7:15 PM FOM Cmte/north fireside	<b>9</b> Bells/choir/youth grps - as usual FPC@Friendship Place 1:00 PM Kitchen Guild 6:30 PM Bible Study/ lounge	<b>10</b> Ascension of the Lord 1:00 PM Prayer Shawl Group 1:00 PM PW/MedMissions Coffee @A Kerr 6:15 PM JubilateDeo Bells 7:30 PM Chancel Choir	<b>11</b> 5:30 PM Sitter Service (5:30-9:30 p.m.)	<b>12</b> 11:00 AM Memorial Service/Omer Burgert
<b>13</b> <b>Mother's Day</b> Worship (8:30 & 11 a.m.) Alleluia Rngs rings (both) 8:30 AM Chancel/Yth Chr sings 11:00 AM Calvin Choir sings 11:00 AM Confirmation & Reception	<b>14</b>	<b>15</b> Newsletter items due Real Estate taxes due May 15 9:30 AM Staff meeting 7:00 PM Session/Fireside Rm	<b>16</b> Bells/choir/youth grps - as usual FPC@Friendship Place 11:00 AM Priscilla Circle brunch 3:00 PM Crafters Group/SHall 6:30 PM Bible Study/lounge	<b>17</b> NO Chancel Choir 6:15 PM Jubilate Deo rehearse and picnic	<b>18</b>	<b>19</b> 10:00 AM Ruth Circle/ lounge
<b>20</b> <b>Celebration Sunday</b> <b>Pentecost &amp; Offering</b> Worship (8:30 & 11 a.m.) Jubilate Deo (both) 8:30 AM Chancel/Yth Chr sings 9:40 AM Time to celebrate/social hall	<b>21</b> 12:00 PM Esther Circle potluck	<b>22</b> 9:30 AM Staff meeting	<b>23</b> FPC@Friendship Place 5:45 PM Middle/High School youth 6:30 PM Bible Study/lounge	<b>24</b> 6:30 PM Chancel Choir picnic	<b>25</b> Mail newsletter	<b>26</b>
<b>We think good ideas to death, when we should be acting them to life. (Brian &amp; Jett)</b>						
<b>27</b> <b>Trinity Sunday</b> <b>Worship - 9:30 a.m.</b> 9:30 AM Chancel/Yth Chr sings	<b>28</b> Memorial Day (Observed)  No school/Memorial D. Church closed	<b>29</b> 9:30 AM Staff meeting 1:00 PM Chancel Guild	<b>30</b> FPC@Friendship Place 5:45 PM Middle/High School youth 6:30 PM Bible Study/ lounge	<b>31</b> <b>Wednesday youth schedule / May 2, 9, 16</b> 4:15 p.m. Alleluia Ringers (grades 2-5) 5:00 p.m. Youth Choir (grades 6-12) 5:45 p.m. Middle and High School youth 7:00 p.m. Joyous Praise bells (intergenerational)		