



FIRST PRESS

First Press is a monthly publication of First Presbyterian Church, Lawrence, KS
www.firstpreslawrence.org

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A community of disciples who celebrate God's inclusive love by ministering to one another and the world.

In reading the news reports about the Presbyterian Church earlier this week (which can be found at <http://www.pcusa.org/news/>), I found a story about Alice Winters, one of the best known international missionary workers for the PCUSA. I have gotten to know Alice a bit over the years. In addition to sharing a name, we also shared a congregation. Alice counts as one of her "home" churches, the Northwood Presbyterian in Maryland, a church I served several years ago. We would see one another from time to time at the General Assembly and other denominational events. Alice recently retired after 35 years of service as a theological educator in Colombia, primarily at The Reformed University of Colombia. She is one of the living saints of our faith tradition.

At the beginning of the article, she told a poignant story. She was asked by one of my students if it was true that a man had walked on the moon. "Yes," I told him, "it was true." "But how is that possible?" he exclaimed, "The moon is so small!" That little bit of insight prompted Alice to incorporate some science in the study of theology.

What caught my eye in the story of Alice's work, was her comments about what we gain as Presbyterians from participating in our denomination's mission work. We tend to think that those who serve in foreign lands are sent out. Seldom do we take time to understand that we have a lot to gain from the people Alice and other Christian missionaries share life with.

Among the things she shared in response to the question were, a different perspective about theological reflection and biblical study from sisters and brothers who ask far different questions about faith than we do; a discovery of how our missionary personnel are involved in the lives of faithful Christians in a remarkably different culture from our own; how they teach health and disaster response, and facilitate self-support projects for rural and urban communities around the world; and how the churches in many countries carry out their ministries while being a religious minority in so many parts of the world.

As the Church in North America experiences some tremendous changes – including a loss of privilege and status in our society – we can watch with wonder how it is growing, transforming and blossoming in other parts of God's world.

One the first Sunday in October every year, churches from around the world share in World Communion Sunday. As we break bread at communion

A Monthly Publication of First Presbyterian Church

Lawrence, KS

October, 2015

Worship Plans

- October 4** World Communion Sunday, “Let My People Go”
Exodus 1:8-14, 3:1-15
- October 11** “The Second Law”
Deuteronomy 6:4-9 and Mark 12:28-31
- October 18** Music Appreciation Sunday
with special offerings by our Children’s, Bell and Chancel Choirs
Ruth 1:1-17. Mary Newberg Gale preaching.
- October 25** Reformation Sunday. “David, the Shepherd Boy Who Becomes King”
2 Samuel 5:1-5, 6:1-5 and Psalm 150

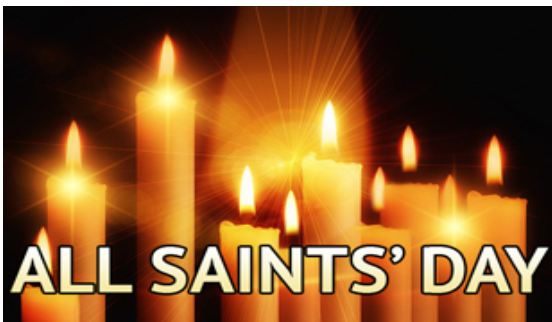
Congregational Meeting October 20, 2015

The Session has called the Fall Meeting of the Congregation for October 20, following the 11:00 service of worship. The purpose of the meeting is to elect new church officers, hear an update on 2015 church budget, and to approve changes to the FPC Endowment.

The Congregational Nominating Committee has been hard at work throughout the summer, seeking members to fulfill the roles of Elders, Deacons and Trustees. They will also be asking members to serve on next year’s Nominating Committee. We thank all of those who have stepped up to serve for the coming year.

This past spring, members of the Session, the Endowment, and the Finance and Stewardship committee met with the regional representative for the Presbyterian Foundation. Following her counsel, we are reviewing and updating our Endowment Fund By-Laws and the Investment Policy. We will share with the congregation some of those changes as a first reading, with anticipation of approving the changes at the Annual Meeting in February.

Names for All Saints prayer



As we gather for our communion prayer on November 1, All Saints Sunday, we include the names of within our families and congregation who have died since last year’s All Saints service. If you have a family member you would like to include in the pray, please let

New to First Presbyterian Church?

Our Fall Inquirers’ and New Members Classes will take place on October 15 and 22. Set in a comfortable, informal setting, these classes offer conversation lead by our pastors, about our church, its history and mission, and about our Presbyterian tradition. The evening includes a light supper. We gather from 6:00 to 7:45. If you would like more information or to reserve a place in the class, please contact the church office at 843-4171, or at fpcadministrator@sunflower.com





October 11 at Noon in Fellowship Hall

The Fellowship Committee invites the congregation and friends to Oktoberfest. Celebrate the fall season together and enjoy food, conversation and friendship.

Fellowship Committee will provide all food and beverages for everyone - so come and enjoy!
Free will offering baskets will be available.

Menu includes:

Brats, hotdogs, sauerkraut, condiments, potato salad, potato chips, pasta salad, baked beans, cupcakes, apples and coffee, water and tea

To help with planning, please sign up on the friendship pad with the number attending or call the church office at 785-843-4171 or email fpcadministrator@sunflower.com

Help for Willow Domestic Violence Shelter

The Mission and Witness Committee has been meeting face-to-face over the past few months with representatives of several local social service agencies. Being mindful of the responsibility for good stewardship of our resources, this approach has allowed committee members to learn, ask questions and reflect on how we can best respond to the needs in our community.

October is Domestic Violence Awareness Month and one of the agencies the committee met with is the Willow Domestic Violence Center. Their mission is to: “to restore the health and safety of people who have experienced domestic violence or human trafficking by providing safety, education and advocacy in Douglas, Franklin and Jefferson counties.” The Willow was the first domestic violence center in Kansas, opening in 1976. Today they receive upwards of 2700 crisis and referral calls per year, provide shelter for 250-300 adults and children annually, in addition to offering services and outreach to over 1700 community members throughout the three county area. Services include: a 30 bed safe shelter; 24 hour crisis hotline; children services; court advocacy; youth violence prevention; human trafficking; and community education.

In recognition of Domestic Violence Awareness Month, the Mission and Witness committee is asking the congregation's support by collecting needed items from the Willow wish list. Urgent needs are donations of personal hygiene products (shampoo including “tearless” baby shampoo; adult and children’s body wash; hair conditioner; feminine hygiene products; deodorant; diapers sizes 3, 4 and 5.

Donated items will be collected on October 25th. A special container will be in the Narthex beginning October 18th, but you can start collecting items now! Thank you.

FPC Adult Ministry NEWS

Resuming September 13 - Earl Huyser's class in the Chapel.

We are delighted to have Earl back at the podium in the chapel, with this fall's topic focusing on the way the Hebrew Scriptures were composed, as seen from history and archeology. Dr. Huyser will examine what can be learned about the writing of the Old Testament by exploring the lives and contributions to our knowledge of some of the main personalities we find in the Old Testament such as Moses, David, Elijah, Jeremiah, Ezra and several of the prophets as well as the source of such books as Psalms and Proverbs.

In the Fireside Room - Christianity After Religion

Mary Newberg Gale and James Gale are facilitating conversations in response to DVD series based on book "Christianity After Religion", by Diana Butler Bass. August 23, 30, Sept 6, 13, 20. The class has offered insight and lively discussion. We are always educated and entertained by The Pastors Gale!

In the Fireside Room, Beginning September 27, and continuing Oct 4, 11, 18. **Linda Upstill** (back by popular demand!) will be presenting on **Spirit, Health and Wholeness - Real Life, Real Choices** - We plan our career goals, vacations, and even when to have children, but we often don't consider healthcare planning. Understanding the choices offered in healthcare today is vitally important. Preparing before a crisis is a gift of love to your family. Join us as we share information regarding various topics and choices. Each class will have time for questions and discussion. Linda Upstill is a member of FPC, the Chair of the Lawrence Area Coalition to Honor End-of-Life Choices (CHEC)

In the Library, beginning September 13, the Contemporary Issues class will begin a study of "*Short Stories: The Enigmatic Parables of a Controversial Rabbi*", by Amy Jill Levine, a Conservative Jew teaching New Testament at Vanderbilt Seminary. The format of the class will be shared facilitation by participants. (Levine was 2003 Lawrence Theologian in Residence/Visiting Scholar in Religion.) Conversation on this book will continue through Oct. 11 and continue after the series on mental illness.

Coming Soon - so mark your calendar!

- October 18 through Nov. 8, (four weeks) **a series on mental illness** and how we can be supportive as a faith community and/or individuals.
- Later in the Fall, the class will continue with Levine OR begin "Christ Actually: The Son of God for the Secular Age", by John Carroll and facilitated by Kent Winters-Hazelton.


Other Opportunities to consider:

- "How to Read the Bible" a Kerygma series, facilitated by Rod Nitz (rodnitz2@gmail.com) will be at a time other than Sunday mornings. This series requires approx. 1 hr 15" for each of the 8 sessions with a commitment to make every session, if at all possible.
- "Solidarity Ethics: Transformation in a Globalized World", by Rebecca Todd Peters, is a book that argues for a "new model for how people of faith in the first world can live with integrity in the midst of global injustice and shape a more just future." Discussion will be facilitated by Linda Watts and is open to anyone interested. The first meeting will be Mon., Sept. 28, 7:30 p.m. The meetings will be held at Bob Tryanski (btryanski@mac.com) and Hannah Briton's home, 2000 Alabama St. Please contact if coming.

Children and Youth at FPC

First 5 Years

The First 5 Years program will have a fundraising opportunity with Pizza Hut all day Monday, October 12th. You may dine in, carry out, or have pizza delivered from the 6th Street or 23rd Street locations. Please present the ticket below at time of payment for our program to receive credit. You may also order and pay online using the code 1005. This code may also be used online at over 1200 locations nationwide, so please feel free to share with your out of town families. Our program will receive 10% to 20% of sales to go towards are scholarship program. Thank you for your support!



WE'LL MAKE THE PIZZA

YOU MAKE THE DIFFERENCE

BRING IN THIS FLYER AND UP TO 20% OF YOUR PURCHASE* WILL GO TOWARDS A GREAT CAUSE

PROCEEDS GO TO
FIRST PRESBYTERIAN CHURCH
FIRST 5 YEARS

WHEN:
 MONDAY, OCTOBER 12TH, 2015 **ALL DAY!**


LOCATIONS: LAWRENCE, KS
 4651 W. 6TH STREET 785-843-2211
 600 W. 23RD STREET 785-843-3000

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*Restrictions apply. Check store for details. This offer is valid for **Dine-in, Delivery or Carryout** (where services available) only for specified dates and times and at specified locations. Fundraiser donation good on regular priced purchases only. Not valid on alcohol, tax and delivery charges. Coupons or other offers not valid. ©2015 Pizza Hut, Inc.

RESTAURANT COUPON CODE: 1005



YOUTH GROUP NEWS

Youth group is for youth 6th - 12th grades and meets following the 11 am worship. We alternate service, fun, study, and fellowship as we learn to journey together as disciples of God.

October 4th – We'll have lunch at the church, along with games and fellowship before we join the community to participate in the Crop Walk at Westside Presbyterian Church on Kasold. Youth can be picked up from that location. 12-3:30pm

October 18th - We'll have lunch, fellowship, devotion and games at the church. 12-2pm

You can follow us on social media at:
Twitter – FPCLawksYouth
Instagram - FPCLawksYouth

No teenagers at your house? No worries. We encourage your involvement in the lives of our Youth:

- Prepare lunches for Youth Group - go to <http://www.signupgenius.com/go/20f0d4ba9ac23a7ff2-meal>
- Be a Prayer Partner by praying for and with our youth and their family
- Help with projects throughout the year.

Opportunities for us to share our blessings...

CROP WALK 2015: In times of disaster, and in the daily struggle of impoverished people to build viable lives, your participation in Crop Walk makes a difference. The walk supports the life saving work of Church World Service (CWS) around the world, and provides assistance to hunger programs in our own community. 25% of the funds raised will remain in Lawrence to benefit LINK and the Jubilee Cafe. This year's Crop Walk will be held on October 4 at **Westside Presbyterian Church**. Registration begins at 1:00 and the Walk will begin at 2:00 p.m. We need Walkers. And our Walkers need sponsors. You may sign up as a walker or sponsor at the table in the narthex. **To smooth the overall process, please turn in your payments by October 4.** Checks should be made payable to CWS/CROP. Thank you for your participation.



As part of its commitment to increase support for local mission activities, the Mission and Witness Committee will be piloting a new project this fall in partnership with **eBay Giving Works**. Integrated into eBay's regular buying and selling platform, Giving Works makes it easy for people to support important causes, both in the U.S. and abroad. It enables sellers to donate a portion of their sales and buyers to shop while supporting their favorite charities — all the while giving nonprofits an opportunity to engage new supporters. For our first giving works project, we invite you to donate small electronic items, such as cell phones, digital cameras, game boys, and computer software disks to be listed on FPC's Giving Works website. All proceeds raised will go to support local mission projects and FPC youth programs.



Deacon's Love Fund

Our Deacon's outreach fund (also called the Love Fund) has reached a critical level. This fund is earmarked for community assistance; most particularly rent and utilities assistance. Pastor Mary receives referrals from social service case workers and together they attempt to meet the need of clients.



Toward the end of June both state and federal assistance funds begin to run out. Thus the requests to our fund increase in July and August. We were able to assist 36 households with nearly \$5,500 in

funding for those two months. That's an amazing gift to struggling families. Unfortunately, our gifts to the Deacon's Fund have dropped off in the last few months. We are currently unable to assist with any requests. FPC has a long history of generous outreach into the Lawrence/Douglas County community. Please prayerfully consider making an offering to the Deacon's Love Fund so we can continue one element of that important work.

The lasting value in a gift of peace

The Presbyterian Peacemaking & Global Witness Offering turns our thoughts turn to the meaning of peace in our world. To fully understand the value of peace, we must also understand the cost of conflict, and the many forms it can take.



SPECIAL OFFERINGS
PEACE & GLOBAL WITNESS

Conflict can be individual: 1 in 4 children has been physically abused.

Conflict can be collective: Up to 70% of women experience violence in their lifetimes.

Conflict can be international: Conflict and political violence are on the rise in 48 countries.

Conflict can be historical: Structural racism creates long-term deficits of opportunity.

Conflict can be contemporary: Human trafficking and forced labor affect 3 of every 1,000 people in the world today.

To help address these diverse challenges, the Peace & Global Witness Offering, collected each year on World Communion Sunday, supports a range of ministries devoted to peacemaking and reconciliation. This includes bearing witness in communities of conflict around the world, hosting education programs to raise awareness, driving local peacemaking efforts, offering catalyst support to our mission co-workers, and much more.

Imagine what a gift it is to those who have been hurt, in both their spirit and their community, to find a lasting peace and resolve conflict in its many forms. A gift to the Peace & Global Witness Offering enables our denomination to promote the Peace of Christ by addressing systems of injustice across the world, and in our own community. Special envelopes for this offering are available in the worship bulletins, the welcome kiosk, and the church office.

Per Capita

Our per capita offering helps support the work of the Presbytery of Northern Kansas, the Synod of Mid-America, and the General Assembly.



Each church in our presbytery is assessed \$30 per member to finance this work. Here at FPC, we encourage our members to help offset this assessment in our church budget. If you have not contributed your per capita for 2015 yet, please send a check to the church, or place it in the offering plate, or donate on line at our church website, FPCLawrence.org.

Update Beyond Our First Fruits

In August we received additional pledges toward *Beyond Our First Fruits* campaign in the amount of \$19,130.00 from 39 individuals / families. Thank you to everyone for faithful giving in support of our congregation's ministry to each other and the community.



ANNOUNCING!!! PW NEEDS YOUR HELP!

Presbyterian Women of FPC has been accepted into Dillon's Community Rewards Program! This is a community give-back program designed for non-profit organizations. PRESBYTERIAN WOMEN OF 1ST PRESBYTERIAN CHURCH can receive cash rewards for purchases participants make by using their registered Dillon's Plus card (gasoline rewards will not be affected). Everyone's participation will enable PW to continue mission work and to purchase special items like blinds, nursery items and other things needed for our church.



TO PARTICIPATE IN THE COMMUNITY REWARDS PROGRAM you need 3 things:

- A Plus card (available at any store by asking an associate)
- A valid email address (can be obtained from an online service)

A personalized account on the Dillon's website www.Dillons.com/communityrewards

TO ENROLL IN THE COMMUNITY REWARDS PROGRAM:

Visit the Dillon's Community Rewards website at www.Dillons.com/communityrewards

1. Sign in OR Create an account (see below to create an account)
2. Click on "Enroll Now"
3. Enter the 5-digit NPO 68370

Select PRESBYTERIAN WOMEN OF 1ST PRESBYTERIAN CHURCH and click on "Enroll"

TO CREATE AN ONLINE ACCOUNT AT OUR WEBSITE:

Visit Dillon's Community Rewards website at www.Dillons.com/communityrewards Click on "Register"

1. Enter your email address, password, zip code (select preferred store) and check the box if you desire to receive email communication from us
2. Click on "Create Account" at the bottom of the page



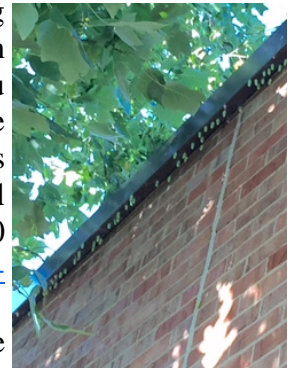
You will receive an email confirmation in your email inbox; to activate your account click on the link in the body of the email and enter your sign in information to confirm.

For assistance setting up an online account or with general questions, contact Rachel Lindbloom at rlindlo@yahoo.com or 785-841-7690



Butterfly/Pollinator Garden

One of the goals of the EcoTeam is to "embrace concrete actions that reduce human ecological impact on the earth and contribute to justice for people and web of life affected by environmental degradation." Having the garden has demonstrated one way to do this that will, hopefully, encourage others to plant their own gardens and nurture pollinators which are increasingly at risk. Many folk, including myself, have appreciated the Monarch butterfly life cycle observed as the fourth generation of Monarchs emerge and begin their journey to Mexico. This is a special generation since they live for six to eight months until they again get ready to undertake the return migration through Kansas to Canada (two generations) and then the third generation back to Kansas and region. It has been the overuse of pesticides/herbicides that is causing much of the problem. This much we know from our reading and listening to Chip Taylor of the KU Monarch Watch when he made his presentation to those in the FPC Earth Care Forum in January, 2015. If any of you reading this want to establish a garden at your home and appreciate the Monarch's life cycle as they eat, grow, and metamorphose into a chrysalis - contact the EcoTeam. (How many chrysalis were attached to the wall and eave of FPC? It was like a row of jeweled lanterns. I counted over 50 and I know I missed many.) More information is at <http://www.monarch-butterfly.com/monarch-butterflies-facts.html#sthash.CTMLYubw.dpuf>.



The Eco Team was most grateful to the many folks who have honored Sue Givens with a gift to our team. Sue was very instrumental in the creation of our garden and we look forward to all the new ways we can use the \$1600.00 we have received in the garden and in other Eco Team projects. Thank you!

Super Moon Showing

On September 27 the Eco Team is hosting an opportunity to watch the full "Blood Moon" and total lunar eclipse. If you would like to join them for this viewing, please contact Gaye and Tom Groene at 785-842-1417 for the particulars. This event is - of course - dependent on great, or at least clear, weather!

October 25 EcoTrek to KU Fitch Natural History Reservation

Stan and Jan Roth will be facilitating the fall EcoTrek. The location is north/northeast of the Lawrence Municipal Airport. Carpooling will be at the Tanger Mall in north Lawrence at 3:00 p.m. If possible, sign up in narthex or contact Roth's (sdroth@ku.edu or jroth@ku.edu - 843-4764). All are invited to bring a sack meal, if interested...binoculars and sturdy shoes are suggested. The trails are accessible and families are encouraged to participate in what promises to be a beautiful fall outing.

FPC Member to present at the U.S. Department of State on "Climate Change and Religion"

Professor Alice Bean, department of Physics and Astronomy at KU, will do a presentation on Tuesday, October 6 at 7:00 pm in the Lawrence Public Library Auditorium. This talk will focus on the United Nations Framework Convention on Climate Change Conference meeting in December, also called the 2015 Paris Climate Conference, which aims to achieve agreement among 195 parties, including the U.S. to keep global warming below 2 degrees C.

2016 Earth Care Forums Need Your Input

The EcoTeam will be planning the annual five week series during January/February and need your suggestions for topics/speakers. Please contact Rich Givens (richardsgivens@gmail.com) with your ideas.

Looking into Alternative Energy Options at FPC

At the encouragement of the Eco Team the FPC Trustees invited two local firms, Cromwell Solar and Good Energy Solutions, to make presentations on the cost and feasibility for installation of photoelectric panels on the roof of the church and also to install LED lighting throughout the church. We are now in the process of determining what our savings might be by using these energy efficient options. Then we will compare that with the cost of installation and purchase. Appreciation was expressed to the Trustees by the Team for their willingness to meet with these companies and become educated in the area of solar panel usage.

EcoTeam and LETUS Activities

The EcoTeam is one of seven "green" teams involved in the Lawrence Ecology Teams United in Sustainability (LETUS). LETUS is interfaith with Jewish, Catholic, Protestant representation.

CLIMATE ART PROJECT will involve artists, individuals, and organizations who will plan and locate artists and storytellers to be involved. The goal is to share art and stories about climate change with multiple audiences. The first exhibit is scheduled to take place at the Lawrence Percolator in April. Any FPC member interested in participating, please contact Lora Jost (lorajost@hotmail.com) for more information and with any questions. Collaboration of artistic expression is encouraged, i.e. storytelling, poetry, scientist, music, etc. An example might be music that expresses earth care or a poetic response to a painting.

POPE FRANCIS'S ENCYCLICAL: ON CARE FOR OUR COMMON HOME is being suggested as a study for faith communities. Public conversations will be also scheduled with panel response and invitation to critique and comment on the Encyclical. In addition, a date will be set for public reading of the Encyclical in its entirety.

LAWRENCE CLIMATE HUB, a bi-weekly publication with earth care calendar, Showcase of an environmental organization, and resources will resume by October.

Justice Matters

We are kicking off our second year as a member congregation of Justice Matters this October. FPC's Justice Matters Team leaders will be contacting the congregation to invite you to attend a house meeting to reflect on the issues we have chosen to address in the Lawrence community. Rather than taking on new issues this year, the Justice Matters Board has recommended we continue work in the three areas of Mental Illness, Housing, and Children's issues. At the house meetings you'll have a chance to get caught up on our work in these areas, and on the work still to do.

I encourage you to prayerfully consider attending a house meeting and to be in prayer for our Justice Matters Team leaders: Claire Harding, Rod Nitz, Sarah Freese, Jim Rumsey, Linda Watts, Thad Holcombe and Rich Givens.

If you are interested in learning more you can contact any Team leader or contact Pastor Mary directly.

FPC Spirit, Health and Wholeness

October is **National Breast Cancer Awareness Month (NBCAM)**. Since the program began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined. This is exciting progress, but there are still women who do not take advantage of early detection at all, and others who do not get screening mammograms and clinical breast exams at regular intervals. Did you know?



- Women age 65 and older are less likely to get mammograms than younger women, even though breast cancer risk increases with age.
- If all women age 40 and older took advantage of early detection methods breast cancer death rates would drop much further, up to 30 percent.
- The key to mammography screening is that it be done routinely – once is not enough. Join with your Parish Nurse Ministry to encourage the women in your life to get mammograms on a regular basis!

Lifestyle Habits to Keep Your Brain Healthy - 8 tips to give your brain a boost

How healthy is your brain? You might not think about it much, but over time your lifestyle habits can have an impact on your brain. What you eat and drink and the activities you engage in make a difference. Here's what you can do to keep your brain healthy.

1. Sleep well. Getting regular and restful sleep is essential for brain health. Studies suggest that the process of sleep actually restores and repairs the brain and helps it to function better. The National Sleep Foundation recommends that adults get 7 to 9 hours of sleep each night. Brief naps in the afternoon can help too.

2. Eat a whole foods, plant-based diet. Studies suggest that food choices significantly impact brain health. Both specific nutrients and overall dietary patterns have long-term effects on memory function as you age. Research suggests that a whole foods, plant-based diet low in saturated fat and processed foods is best for your brain and overall health.

3. Exercise your body for brain health. Exercising on a regular basis can improve memory, learning ability, and prevent or delay mental decline that comes with aging. New research suggests that both aerobic exercise and resistance training performed regularly can help maintain your ability to think and remember as you age.

4. Combine healthy behaviors. Adopting one healthy habit is a good start to protect your brain. Combining multiple healthy behaviors like a healthy diet, regular exercise, and adequate sleep does more for your brain than just one of these alone. If you need help with developing healthy habits, a healthcare professional such as a physician, nurse, or wellness coach can help.

5. Stimulate the brain. Your brain likes to have fun. Make time to play board games, do crossword puzzles, dance, read, and be social. Studies show that activities like these help keep the brain stimulated, improve recall, and prevent age-related memory loss.

6. Spend time in nature. Getting out in the great outdoors can benefit mood, health, and overall well-being. Studies show that too much time indoors can prevent you from enjoying the benefits breathing fresh air and spending time in natural settings. Get outside for at least a few hours a week for a brisk walk, fresh air, and a quiet, natural environment.

7. What to leave out. While there are many things you can do to keep your brain

healthy, there are some things you should avoid. Don't smoke. Limit or avoid alcohol. Tobacco use and alcohol have both been linked to dementia and age-related memory loss.

8. See a doctor. Regular check-ups are important for mental and physical health. See a doctor to discuss preventive measures for brain health.

While there are many things in life that you can't control, you can choose to eat healthy, exercise regularly, get enough sleep, and practice other healthy habits that will protect your brain.

Hospital visits: Please remember we like to visit you in the hospital and provide our caring support...but, we need to know your "legal" name. If we know you by a nickname we cannot find you in the hospital, they only know you by your "legal" name. If you or family members contact the Church please make sure they tell us your "legal" name. If the Church office is closed, please contact the pastors! Thanks!

Remember, Blood Pressure Checks will be Sunday, October 4th in the Library.

GOOD HEALTH from your Parish Nurse Ministry!

Presbyterian Women's Fall Rummage Sale

On October 5 we will begin collecting your donations. Your help is needed in organizing the sale on Wednesday evening, Oct. 7 (8:00-9:30 p.m.) and Thursday, Oct. 8 during the day (8:00-4:00 p.m.). Due to the popularity of the Preview Sale Night last spring, we will repeat that this fall on Thurs. evening. During the day, sale volunteers can purchase first-pick items at higher prices. The public will be invited to shop from 5:00-7:00 p.m. Thurs. night. We will also be selling during the day on Friday, Oct. 9 (8:00-4:00 p.m.) and Saturday, Oct. 10 (8:00-12:00). The bag sale will begin at 11:00 a.m. on Saturday. Assistance is needed for cleaning up after the sale too.

A sign-up sheet is posted on the PW bulletin board outside the main office at the church. You may contact your Circle Representative or Carol Kyner (856-1683) to sign up or to see what you can do to help. Presbyterian Women's cookbooks will be available for sale at \$10 each.

We will be accepting donations of clean clothing, shoes, books, DVDs, CDs, toys, house wares, small appliances, sports equipment, arts and crafts supplies, and lots more. We can not accept large pieces of furniture or television sets.

Thank you for your support for the fall rummage sale! Your donations make it possible for PW to extend a helping hand to our community!



Calendar for October

Thursday, October 1

8:30AM First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 5 Day
 Small World Classes
 2:00 Congregational Care Meeting
 6:00 Alcoholics Anonymous (& 8:00PM)
 Girl Scout Troop 7547
 6:30 Trustee Meeting

Friday, October 2

6:00PM Al-Anon Meeting
 Alcoholics Anonymous (& 8:00PM)

Saturday, October 3

9:30AM PW Executive Board Meeting
 6:00PM Alcoholics Anonymous (& 8:00PM)

Sunday, October 4

8:00AM Parish Nurse Blood Pressure Readings
 Sunday Morning Childcare
 8:30 Service of Reflection
 9:45 Children's Sunday School
 Contemporary Issues Class
 Dr. Huyser's Class
 10:00 Fellowship Time
 11:00 Service for the Lord's Day
 2:00PM CROP Walk
 6:00PM Alcoholics Anonymous (& 8:00PM)

Monday, October 5

8:00AM Fall Rummage Sale - Collection
 8:30 First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 3/5 Day
 6:00 Alcoholics Anonymous (& 8:00PM)
 Westminster Ringers
 6:30 Bear Den - Pack 3059
 Girl Scout Service Unit Meetings
 Wolf Den - Pack 3059
 7:00 Troop 59 Committee Meetings

Tuesday, October 6

8:00AM Fall Rummage Sale - Collection
 8:30 First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 5 Day
 Small World Classes
 1:30 FPC Staff Meeting
 6:00 Alcoholics Anonymous (& 8:00PM)
 6:30 Webelos Den - Pack 3059

Wednesday, October 7

8:00AM Fall Rummage Sale - Collection
 8:30 First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 3/5 Day
 6:00 Alcoholics Anonymous (& 8:00PM)
 7:00 Chancel Choir Rehearsal
 Finance Review Meeting
 7:30 Troop 59 Meeting

Thursday, October 8

8:00AM Fall Rummage Sale Set Up
 8:30 First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 5 Day
 Small World Classes
 5:00 Fall Rummage Sale - Premier Sale
 6:00 Alcoholics Anonymous (& 8:00PM)
 6:30 Justice Matters House Meeting
 7:00 Pack 3059 Leadership Meeting

Friday, October 9

8:00AM Fall Rummage Sale
 8:30 First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 3/5 Day
 12:00PM First 5 Years Fun Filled Fridays
 6:00 Al-Anon Meeting
 Alcoholics Anonymous (& 8:00PM)

Saturday, October 10

8:00AM Fall Rummage Sale
 6:00PM Alcoholics Anonymous (& 8:00PM)

Sunday, October 11

8:00AM Popcorn Sales
 Sunday Morning Childcare
 8:30 Service of Reflection
 9:45 Children's Sunday School
 Contemporary Issues Class
 Dr. Huyser's Class
 10:00 Fellowship Time

11:00 Service for the Lord's Day

12:00PM Youth Group
 6:00PM Alcoholics Anonymous (& 8:00PM)

Monday, October 12

8:30AM First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 3/5 Day
 6:00 Alcoholics Anonymous (& 8:00PM)
 Westminster Ringers
 6:30 Ben Den - Pack 3059
 First 5 Years Staff Meeting
 Wolf Den - Pack 3059

Tuesday, October 13

8:30AM First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 5 Day
 1:30 FPC Staff Meeting
 6:00 Alcoholics Anonymous (& 8:00PM)
 6:30 Session Meeting
 Webelos Den - Pack 3059

Wednesday, October 14

8:30AM First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 3/5 Day
 MOPS
 5:30 Music Staff Meeting
 6:00 Alcoholics Anonymous (& 8:00PM)
 7:00 Ashura Imam Hussain Ceremony
 Chancel Choir Rehearsal
 7:30 Troop 59 Scout Meeting

Thursday, October 15

8:30 First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 5 Day
 Small World Classes
 6:00 Alcoholics Anonymous (& 8:00PM)
 Boy Scout District Committee Meeting
 Girl Scout Troop 7547
 7:00 Ashura Imam Hussain Ceremony

Friday, October 16

8:30 First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 3/5 Day
 12:00PM PEO Luncheon
 6:00 Al-Anon Meeting
 Alcoholics Anonymous (& 8:00PM)
 7:00 Ashura Imam Hussain Ceremony

Saturday, October 17

3:30PM Simply AA Anniversary Meeting
 6:00 Alcoholics Anonymous (& 8:00PM)
 7:00 Ashura Imam Hussain Ceremony

Sunday, October 18

8:00AM Sunday Morning Childcare
 8:30 Service of Reflection
 9:45 Children's Sunday School
 Contemporary Issues Class
 Dr. Huyser's Class
 10:00 Fellowship Time
 11:00 Service for the Lord's Day
 12:00PM Youth Group
 Congregational Meeting
 6:00 Alcoholics Anonymous (& 8:00PM)
 7:00 Ashura Imam Hussain Ceremony

Monday, October 19

8:30AM First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 3/5 Day
 First 5 Years Picture Day
 4:15 Communications Committee
 6:00 Alcoholics Anonymous (& 8:00PM)
 Westminster Ringers
 6:30 Pack 3059 Meetings
 7:00 Ashura Imam Hussain Ceremony

Tuesday, October 20

8:30AM First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 5 Day
 First 5 Years Picture Day
 Small World Classes
 11:30 Small World Board Meeting
 1:30 FPC Staff Meeting
 2:00 Parkinson's Support Group
 6:00 Alcoholics Anonymous (& 8:00PM)
 Deacon Meeting
 6:30 Webelos Pack 3059

7:00 Ashura Imam Hussain Ceremony

Wednesday, October 21

8:30AM First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 3/5 Day
 1:30 PW Martha Circle
 6:00 Alcoholics Anonymous (& 8:00PM)
 7:00 Ashura Imam Hussain Ceremony
 Chancel Choir Rehearsal
 7:30 Troop 59 Scout Meeting

Thursday, October 22

8:30AM First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 5 Day
 Small World Classes
 6:00 Alcoholics Anonymous
 7:00 Ashura Imam Hussain Ceremony
 8:00 Alcoholics Anonymous

Friday, October 23

8:30AM First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 3/5 Day
 6:00 Al-Anon Meeting
 Alcoholics Anonymous (& 8:00PM)
 7:00 Ashura Imam Hussain Ceremony

Saturday, October 24

1:00PM Music Clubhouse Recitals
 6:00 Alcoholics Anonymous (& 8:00PM)
 7:00 Ashura Imam Hussain Ceremony

Sunday, October 25

8:00AM Sunday Morning Childcare
 8:30 Service of Reflection
 9:45 Children's Sunday School
 Contemporary Issues Class
 Dr. Huyser's Class
 10:00 Fellowship Time
 11:00 Service for the Lord's Day
 12:00PM Youth Group
 Congregational Meeting

6:00 Alcoholics Anonymous (& 8:00PM)
 7:00 Ashura Imam Hussain Ceremony

Monday, October 26

8:30AM First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 3/5 Day
 6:00PM Alcoholics Anonymous (& 8:00PM)
 Westminster Ringers Rehearsal
 Bear Den - Pack 3059
 Wolf Den - Pack 3059
 7:00 Ashura Imam Hussain Ceremony

Tuesday, October 27

8:30AM First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 5 Day
 Small World
 9:30 Newsletter Prep & Mail
 1:30PM FPC Staff Meeting
 6:00PM Alcoholics Anonymous (& 8:00PM)
 6:30 Webelos Pack 3059
 7:00 Ashura Imam Hussain Ceremony
 First 5 Years Board Meeting
 Mission and Witness Committee

Wednesday, October 28

8:30AM First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 3/5 Day
 6:00PM Alcoholics Anonymous (& 8:00PM)
 7:00 Chancel Choir Rehearsal
 7:30 Troop 59 Scout Meeting

Thursday, October 29

8:30AM First 5 Years Before School Care
 Small World Halloween Assembly
 9:00 First 5 Years & Lunch Bunch - 5 Day
 Small World Classes
 6:00PM Alcoholics Anonymous (& 8:00PM)

Friday, October 30

8:30AM First 5 Years Before School Care
 9:00 First 5 Years & Lunch Bunch - 3/5 Day
 2:00PM Memorial Service - Shirley McKee
 2:30 Memorial Reception
 6:00 Al-Anon Meeting
 Alcoholics Anonymous (& 8:00PM)

Saturday, October 31

6:00PM Alcoholics Anonymous (& 8:00PM)



- 1 Gilbert Osburn
Britton Zuccarelli
- 2 Jeri Busch
Evelyn Tryanski
- 4 Sarah Marlow-Wamsley
Charlotte Richardson
- 5 Web Golden
Emily Johnson
- 6 Isabella Guthrie
- 7 Ruth Ann Swander
- 9 Faye Young
Chuck Woodling
G.R. Laughlin
Taylor Mitchell
- 10 Lydia Evans
Ruth Hughes
Andrew Schoneweis
- 11 Jack Caywood

- 12 Beverly Dolezal
Judy Lebestky
Laura Gentry
Emily Laughlin
- 13 Jo Doles
D. Phil Kim
Michael Wright
Dina Evans
- 15 Sandee Crowther
Carly McAlister-Harms
- 16 Cora Cowan
Diana Schoneweis
Naima Nganga
- 18 Beth Young
Chase Hofer
- 20 Margie Koeppe
- 21 Marian Russell
Martha Rose

- 22 Diane Zinn
John Mitchell
Thomas Lushington
- 23 Ruth Hiss
Kim McLain
Anthony Richardson
Dante Smith Evans
- 25 Trevor Lindemyer
- 26 George Crump
Paul Laird
- 27 Jenna Sheldon-
Sherman
Cierra Campbell
- 30 Patricia Montgomery
Nancy Jaeger
Carolyn Hughes
- 31 Seung-Jae Hwang
Jaina Poettker

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 - Last day to submit articles October 16
 - Folded and mailed October 27

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