

FIRST PRESBYTERIAN CHURCH

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Return Service Requested



February 2010

Volume 2

Gulf Coast Mission Trip to Houma, LA



**January
2010**

FIRST PRESBYTERIAN CHURCH



Fargo, North Dakota

Upcoming Events:

February 7
Youth Sunday
Home Communion
Training

February 14
Health Fair
Blood Drive
Pancake Breakfast

February 17
Ash Wednesday

February 21
Congregational
Meeting

THE MESSENGER

A Publication of First Presbyterian Church, Fargo, North Dakota ~ www.firstpresfargo.org

Worship in February

Impacting Locally

It is our vision as a church to have an impact—to bring a more visible expression of God's desire for our community to fruition. How can we help the Fargo-Moorhead area more reflect God's love, justice and peace?



In worship in late January and continuing through February 14th, we have been and will be exploring issues identified by community leaders.

February 7th Youth Sunday

Youth will design and lead the worship services and will speak about youth issues and concerns.

February 14th Older Adult Concerns

The fastest growing population in the area is people over 65. What challenges and opportunities does this bring to our community?

Lent

Our focus during Lent will be prayer of all types; praying in all kinds of situations; praying with our focus upon ourselves and others; praying when our hearts are full and when they are empty.

Ash Wednesday, February 17th at 7:00pm

This worship marks the beginning of the 40 day journey with Christ to the cross. It will involve the imposition of ashes and the Lord's Supper!

February 21st Prayer: Moving Outward: When Others

Need Help

February 28th Prayer: Moving Outward: When Others

Need to be Healed

This time of worship will involve an Iona Healing Service. The Iona Community Book of Worship says,

"We are invited to open our hearts to Jesus and let His love into the most painful places of our lives whether in body, mind or spirit. We then may begin to see our fragility and brokenness in a new light, not as aspects of ourselves of which we should be ashamed but in fact as ways through which Christ will come closer to us. There is nothing that God considers too trivial or too shameful to help us with. Our healing may not involve a cure, nor may our burden be taken away, but Christ will give us a new strength to bear it. And the things that cause us and other people to be hurt often require a political solution arising out of our prayer. Action and prayer belong together."

Adult Education

Sundays

The Narcissism Epidemic

On Sunday mornings in meeting rooms 2 and 3, Dr. Bruce Maylath continues his study on the book, *The Narcissism Epidemic: Living in the Age of Entitlement*, and on Wednesday, February 3 and 10, different spiritual practices will be discussed.

Celtic Christian Spirituality

Sundays, February 7-28

Walk into any big bookstore and you are likely to find a sizeable collection of books with “Celtic” in the title. It is easy to see why this field is of interest to so many people. The colorful landscapes of Ireland and Scotland beckon Americans who trace their ancestry there. The literature of Celtic Christianity has a rich tradition of prayers to God in everyday life, of appreciation for the natural world in all its power and beauty, of saints whose lives and actions inspire devotion, of poetry that speaks truth.

This class will explore the colorful landscape of Celtic Christianity: its history, its significant people and its practices.



Wednesdays

Great Prayers of the Bible

On Wednesdays, beginning February 17, a new class on the Great Prayers of the Bible begins. “We’ve got a long way to go to be able to pray with the courage of Abraham or the passion of Moses.” This is a study of who God is and how God responds to our petitions in prayer. Come and join us during the Wednesdays of Lent to discover ways to improve your prayer life by using biblical models given to us.

Caring Ministries

Health Fair

Our annual Health Fair is being planned for Sunday, February 14th from 9:30-10:30am. Yes, it is Valentine’s Day—what a great way to remember your heart and what you need to do to keep it healthy. The theme for the Health Fair is Heart Health. There will be information about food, exercise, how to handle stress and more. Mark your calendar so you don’t miss out on this event and the neat prizes.

Blood Drive

We will also be having a Blood Drive the same day as the Health Fair. The hours will be from 8:00am-12:00pm. WE will be having only two drives this year so let’s make a really good showing this time. The United Blood Service has had a hard winter; there has been a high demand for blood.

Hospital Visitation

The Board of Deacons wishes to expand hospital visitation coverage on the weekends. Currently, our pastors visit Monday through Friday, leaving the weekends open. We would like to encourage the weekends to be filled by members of the church. We are the church together, and ask you to consider volunteering to help visit your fellow church members in the hospital. You may wish to visit on your own or with a friend or spouse. Pastor Mary will give you tips on visitation and walk you through the simple procedure of obtaining the names of those in the hospital. Please give this your consideration and sign up at the Volunteer Opportunities Board in the foyer.

Home Communion

For those elders and deacons (past and present) who would like to help bring communion to our church members unable to attend worship, there will be a training session on Sundays, January 31 or February 7. PICK ONE OF THESE SESSIONS. They will be identical. It is not too late to join us. You may sign up at the volunteer opportunity board or plan to meet us at 10:00 a.m. in the Jennie Roberts Room on January 31 or February 7.

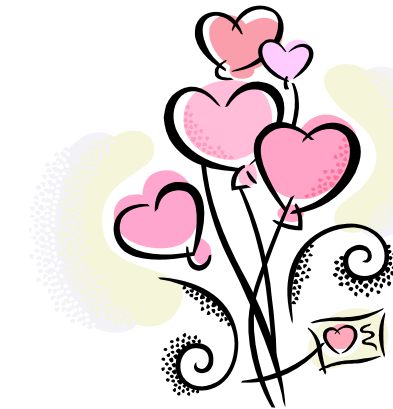
We plan to bring communion around Easter, Christmas and World Communion Sunday.

Green Mail

We have begun to provide more church communications in electronic format. Please let us know if you would prefer to receive the Messenger, the seasonal brochure, your contribution statements, and other church publications in your e-mail inbox. Electronic communications reduce postage, paper and printing costs and cut down on waste. Go green!

For the Record in January

Weddings: Lori Miller and Jeff Cline were married in the Sanctuary January 1st. **Kia Thrasher and Ben Hanna** were married in the Sanctuary January 2nd.



Weather Cancellations

If inclement weather forces cancellations of services/events, the information will be posted on the following:

www.firstpresfargo.org

in-forum.com

WDAY - TV & radio

KVLY - TV

KFGO - radio

If Fargo Public Schools close or cancel activities because of weather, First Presbyterian Church will automatically follow their decision.

Church Staff

The Rev. Dr. Stephen A. Shive	Pastor/Head of Staff
The Rev. Mary Jo E. Holtey	Associate Pastor for Congregational Nurture
The Rev. Dr. Steve Kisslinger	Parish Associate
The Rev. Emery Roy	Pastor Emeritus
Penny Andrist	Co-Coordinator of Children’s Ministry
Gail Benson	Co-Coordinator of Children’s Ministry
Ansley Cameron	Youth Director/UCM Downtown Coordinator
Laura Caroon	Communications Specialist
Dr. David Fandrich	Director of Music
Rick Fiebiger	Facility Manager
Carolyn Hensrud	Interim Organist
Julie Jensen	Part-time Custodian
Diana Peterson	Receptionist
John Smith	Part-time Custodian
Bonnie Stam	Nursery Staff
Mary Wittenberg	Business Manager

Office Hours

Mon-Thu 8:30am-5pm
Fri 9am-1pm

Deadlines

Deadline for March Messenger article submission is Wednesday, February 17. Please e-mail articles to Laura Caroon: lcaroon@firstpresfargo.org

The Session

Marty Hoag, Personnel; **Candy Cox**, Fellowship & Events; **David Stastny**, Building & Grounds; **Mary Stahl & Jocie Iszler**, Management & Finance; **Greg Post & Vicki Laraway**, Worship; **Ray Bauske, Alexa Mazaheri** (youth) & **Shila Tobosa**, Spiritual Nurture & Education; **Jim Johnson & David Johnson**, Support & Endowment; **Mike Lochow**, Communications; **Mary Simle & Bruce Maylath**, Mission

Board of Deacons

Marion Anderson, Penny Andrist, Chad Backes, Dick Blaine, Sue Cacioppo, Anne Durbin, Kate Frappier, Nan Froelich, Patricia Gilbertson, Krista Johnson, Barb Kessel, Christine Kloubec, Jeff Olson, Kendrick Pifer (youth), **Georgia Resell, Joe Stanley, Phyllis Sunderland, Paula Thomas, Brad Zietz**

Gracia Fulwiler, Health Ministries Coordinator

Young Adults

GroundWork: Spirituality and Bible Study for Young People

SeeYouWednesday has expanded beyond lunch. GroundWork, the spirituality and Bible discussion group for people 18-29, has resumed at 6:05 p.m. on Wednesdays at First Presbyterian Church. The informal, free-flowing discussion is led by Bruce Maylath, a professor from NDSU's English Department. Whether you're currently a student or not, you're invited to join us.

If you have time, come as well for supper at 5:15 (just \$4 with student ID), and then stay for the Soul Space celebration worship service at 6:55. Check it out at seeyouwednesday.org and soulspaceatfirstpres.blogspot.com.



www.seeyouwednesday.org

YOUTH @ First

Confirmation Bible Study for Eighth Graders

Starting February 14 and running for six weeks, the eighth graders will meet at 9:30-10:30. This is an intense biblical study of the journey of salvation history from Abraham and Sarah to Jesus Christ and the words of the Apostle Paul to the Early Church. All eighth graders planning on confirmation next year are asked to participate. This biblical preparation will be helpful as the class discerns as 9th graders what it means to be a disciple of Jesus Christ.

Check out the youth blog for the latest info:

<http://youthatfirstpres.blogspot.com>

Balance the 2010 Budget

Thank you to those of you who have already contributed and/or increased your pledge toward this goal. It's not too late to join with other members in "Balancing the 2010 Budget." Additional contributions and/or pledges are still needed.

Receptionist Volunteers

Would you be willing to serve as a substitute for the volunteer receptionist team? You could be asked to substitute when the regular volunteer is unable to be there. Hours are usually 1 – 4pm and training is provided. Contact Diana at the front desk if interested.

Mission

Group returns from Houma

The mission group of eight returned home on January 24 after an enriching, empowering and enchanting week in the Bayou. We worked on three different homes that had been severely damaged by Hurricane Gustav. We were warmly welcomed by members and friends of Bayou Blue Presbyterian and by PDA's Camp Good Earth. We took a jaw-dropping tour of New Orleans' 9th ward still devastated after Hurricane Katrina. There was time for fun, finding souvenirs in the French Quarter, eating shrimp and crawfish at Big Al's and learning how to dance Cajun-style. Our thanks to all of you for your prayers and financial support which made this mission opportunity possible!

Haiti: Ways to Help!

PC(USA) Mission Partners—Please pray for them.

Sharyn Babe, the PC(USA) mission worker closest to the earthquake's epicenter, and her husband, Rodney, have communicated that Sharyn was hospitalized. Mark Hare, the other PC(USA) mission worker in Haiti, and his wife, Jenny, live in Papay, a town about 100 miles from the epicenter. The Hares have told Presbyterian World Mission that Papay did not receive major damage and that they are safe.

Presbyterian Disaster Assistance—already mobilized.

PDA has rushed an additional \$100,000 from One Great Hour of Sharing and designated funds to help provide immediate emergency relief to the affected people. Funds are being sent through our ecumenical and local partners working in Haiti.

Checks can be made out to First Presbyterian Church and will be forwarded to PDA's efforts in Haiti.

See our website for current happenings and resources!

<http://www.firstpresfargo.org>



Pesos in Your Pocket?

When you return from a trip to Mexico with pesos in your pocket, bring them to the Peso Pot in the church office. All pesos will go to support ministries in San Miguel, Mexico.



Mardi Gras Pancakes

We will celebrate Mardi Gras a little early this year. Please join us after Legacy Worship on February 14 for a pancake lunch. This is a fundraiser for the Houma ministry and will give the group that has just returned an opportunity to share with you the highlights of their trip. Please bring your appetite to Celebration Hall and join us for this fun event.

Holy Buckets

During February we will be collecting toiletry items for local shelters, including soap, shampoo, combs, deodorant, razors, shaving cream, tissue packets, tooth brushes and paste. These are all daily use items that we take for granted. Let's help the shelter provide these much needed items to their residents. There are green buckets in the Gathering Space to receive your donations. Thanks to all who donated diapers for the YWCA and other children's agencies.

Nurse's Notes

Gracia Fulwiler, RN, Parish Nurse

Your Best Heart Attack Prevention Plan

Dr. Agatston stresses lifestyle changes to all his patients, beginning with exercising regularly and maintaining a healthy weight. Although he developed the South Beach Diet—a meal plan that is rich in heart-healthy foods—to help his patients slim down and control cholesterol, he's open to any weight loss plan so long as it follows these principles:

1. Load up on good carbs (whole grains and a variety of fruits and vegetables) instead of bad carbs (white bread, pretzels, cakes, and other highly processed foods that have been stripped of fiber and nutrients).
2. Eat primarily unsaturated fats, low-fat dairy, and lean sources of protein.
3. Get an even bigger heart boost by eating at least two weekly servings of fatty fish such as tuna, salmon or mackerel.
4. Add these especially heart-healthy foods: apples, oat bran, legumes and in moderation, red wine, nuts and monounsaturated fats such as olive and canola oils.

From: Prevention, Feb 2007, p.159.

**FIRST
PRESBYTERIAN
CHURCH**



February 2010

SUN	MON	TUE	WED	THU	FRI	SAT
	1 8am Men's Breakfast 1pm Music Club 5:15pm Mission 7pm B&G	2 9:00am Staff 5:15pm Personnel 6:30pm NA	3 <i>See Regular Wednesday Schedule</i>	4 7pm FM Camera Club	5	6
7 <i>See Regular Sunday Schedule</i> 10am Home Communion Training	8 8am Men's Breakfast	9 10:30am PW Board 1:00pm Staff 6:30pm NA 7pm Deacons	10 <i>See Regular Wednesday Schedule</i>	11 9am PW Bible Study Leaders 5pm CUFH	12	13
14 <i>See Regular Sunday Schedule</i> Health Fair Blood Drive 12pm Pancake Breakfast	15 8am Men's Breakfast 6:30pm Session	16 PW Circles 1:00pm Staff 6:30pm NA	17 <i>See Regular Wednesday Schedule</i> 8am March Messenger Deadline	18 10am Music Club Board 12pm S & E 7pm FM Camera Club	19 12pm M&F	20 11:30am NA
21 <i>See Regular Sunday Schedule</i> 12pm Congregational Meeting	22 8am Men's Breakfast	23 9am Mission Sewing 12pm Nokomis Board 1:00pm Staff 6:30pm NA 7:00pm Worship Comm	24 <i>See Regular Wednesday Schedule</i> 12:30pm Messenger Volunteers	25	26	27
28 <i>See Regular Sunday Schedule</i> Lay Staff Appreciation Week 12pm Potluck						

Regular Sunday Schedule

- 9:00am Sanctuary Worship Service
Adult Choir Rehearsal
- 9:30am Quest for Kids
- 9:45am Fellowship/Coffee
- 9:50am Adult Education
- 10:45am Legacy Worship Service
- 12:00pm Fellowship
- 6:30pm Narcotics Anonymous

Wednesdays @ First Schedule

- 9:30am Noteables
- 11:00am Collegiate Lunch
- 5:15pm Dinner
- 5:35pm 3-6 Handbell Choir
Brass Ensemble
- 6:05pm K-2 Choir Rehearsal
3-6 Choir Rehearsal
7-12 Choir Rehearsal
Adult Education
Confirmation
- 6:55pm Soul Space
- 7:30pm Adult Handbell Rehearsal
- 7:35pm Youth Groups