

THE P.L.A.N.

P.
Presbyterian
L.
Life
A.
Action
N.
Newsletter

February
2017



Church Office
hours:
Tuesday,
Wednesday,
Thursday
8am—1:00pm

Dear friends,

By now I'm finally writing '20167' on things. Well, mostly. And this changing of the years made me notice something. This is our 110th year as a congregation. And so, I pulled out the centennial booklet, made before I arrived, made in 2007, and I started to read. I found out all sorts of things when I started to read. And in 2017, I want to share them all with you. Poor you, your pastor is a history buff. I also want you to share our history with me, and with one another.

We start off right before the last time the Cubs won the World Series, which makes for a fun bracket around things. We start in 1907, they win the Series in 1908, we turn 110 in 2017, right after they win in 2016. I'm sure there are some Cardinals fans who can point out some intervening wins in there. I thought those were fun. We start in 1907, but we're not the first Presbyterian church in Marion. For that you go back much farther. More on that later.

We're founded in 1907, and Ruth Blackburn, Jaye's mother, Cindy's grandmother, and Susan's great-grandmother, is born in 1911. Vivian Crofts is born in 1916. Russia is still ruled by the Romanovs. Teddy Roosevelt was president, and in 1907-1908 honorary president of the American School Hygiene Association.

Things were rather different then. Marion was a small town. There was no interstate, there was no VA, there was no USP. The church building would eventually be built downtown, north of the square on Market St. It doesn't look anything like the building. Baseball players weren't among the top wage earners in the country. Lots of things were different.

While we're good at looking for different, I'd rather have us spend this year looking at what's the same. What's been a constant in the life of First Presbyterian Church of Marion, Illinois? What drives us, moves us, lasts beyond us, is carried by those who have gone before us and those who will come after us? What is it that is at the core of our response to the Gospel of Jesus Christ?

In year 110, I invite you to explore our history, not so much in terms of years and events, but in terms of theology and mission, of worship and ministry, of Good News, even in hard times.

In Christ,
Wade

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Please remember these members & friends with your prayers, cards and calls:

Georgia Ruhe
3203 Zeller Ave. Apt C
Marion, IL 62959

Peggy Wiley
505 Rushing Drive, #46
Carterville, IL 62918
(618) 997-0948

Fran Giles
Manor Court
Carbondale, IL 62901

Darrel Smits
Parkway Manor
Marion, IL 62959

Jan Collins
1126 Burnett Ave.
Ames, Ia 50010
(618) 694-4058

Pray for those serving in the armed forces:

✚ Army:
Aaron Anderson
Jeff Marlow
John Paul Henry
Mitch Boatright
Sean Richey
Doug Carlile

✚ Coast Guard:
Charles Fosse

✚ Navy:
Josiah Grimes

✚ Marines:
Scott Miller
Austin Reach
Kaleb Selock-
recruit

✚ Air Force :
Amy Childers
Tim Springer

Pray for these Missions:

Campus ministries
Marion Medical Mission
Camp Carew
Habitat for Humanity
Hospitality House
Marion Ministerial
Alliance
Embangweni Hospital in
Malawi
Wlm. County Child
Advocacy Center
Hospice of So. Illinois
Lighthouse Shelter
YAV
Lithuania College
Edinburrugh Seminary

Pray for our collegians:

Danielle Markland
Gus, Max, Ryan Martini
Lanita Ames

Pray for our missionaries:

Ben & Tricia
Groenewold Van Dyk
Sabrina Evans
John Van Dyk
Tom & Jocelyn Logan

Pastor's Address:

Rev. Wade Halva and Rev. Laurie Fields
daughters: Madeline and Catherine
Fields Halva

1713 Redbud
Marion, IL 62959
email: wade@fields-halva.org
laurie@fields-halva.org

Wade Cell: (618) 751-1410
Laurie's Cell: (618) 751-1419



In Our Prayers

Pray for these concerns of members and friends of our church family: Betty Ridgley, Cindy Burroughs, Dan Selock, Darrel Smits, Fran Giles, Gayla Martini, Georgia Ruhe, Jeanette & Ron Bowman, John & Jean Johnson, Pam & Roger Hendricks, Peggy Wiley, Peregrine, Shirley Mitchell, Susan Harbison, Ruth Blackburn, Vivian Crofts, Bob Gullo and son Kenny, Marcie Oertell, Loren Taylor, all those with cancer, the hungry, homeless, those in shelters, protection for our police, those who are ill or in pain, AIDS & HIV families, homebound or hospitalized, caregivers, the unemployed, job seekers, our General Assembly PC (USA), our nation and new leaders, our military, POW, peace around the world, Session, our church, end to wars, Zambia, Egypt, Syria.

Someone remembers, Someone cares

Your name is whispered in someone's prayers

-Author unknown

Praise and Thanksgiving: Successful trip to Florida for Faith in 3D, our newly installed officers for 2017.

Condolences: to the family and friends of Bob Reimer,

HEALTH MINISTRY

Health Benefits of Drinking Water

Water is the main component of the human body. In fact, the body is composed of between 55 and 78 percent water, depending on body size. Adequate and regular water consumption has numerous health benefits. As an added plus, it has no calories, fat, carbohydrates or sugar.

The amount of water you consume everyday **plays an important role in maintaining a healthy body**. Experts recommend drinking eight to 10 glasses of water each day to maintain good health.

Furthermore, the Institute of Medicine has determined the adequate intake of total beverage per day to be about three liters or 13 cups for men and 2.2 liters or nine cups for women.

Water helps keep the body well hydrated, which is essential because almost every cell in the body needs water to function properly.

Relieves Fatigue

[If you often feel tired](#), there is a high chance that it could be due to inadequate consumption of water which makes the body function less efficiently. In fact, fatigue is one of the first signs of dehydration.

When there is less water in the body, there is a drop of blood volume which causes the heart to work harder to pump oxygenated blood out in the bloodstream, and other major organs also work less efficiently. Thus, drinking adequate water can help your body function better and reduce fatigue.

Improves Mood

Research indicates that mild dehydration (even one or two percent lower hydration level of hydration than optimal) can negatively affect your mood and ability to think.

A small study conducted on 25 women and published in the Journal of Nutrition found that being dehydrated can take a toll on your mood and cognitive function. The color of your urine is a good indicator of your level of hydration. The lighter the color the better the level of hydration and vice versa.

Treats Headaches and Migraines

If you have a headache or migraine, the first thing that you can do to get some relief is drink plenty of water. Headaches and migraines are often caused by dehydration.

In a study published in the European Journal of Neurology, researchers found that increasing water intake helped reduce the total number of hours and intensity of headaches in the study participants.

Helps in Digestion

Water improves the functioning of the gastrointestinal tract. This helps in digestion. Drinking sufficient water boosts your metabolism and helps the body properly break down food. This helps your digestive system work well and promotes regular bowel movements. Warm water, in particular, is good for digestive health.

HEALTH MINISTRY

Aids Weight Loss

In a clinical trial, scientists found that drinking two eight-ounce glasses of water prior to meals can help suppress appetite and hence support your weight loss efforts. When you drink water, it fills your stomach and reduces the tendency to eat more. Plus, it helps increase the rate at which the body burns fat, and promotes the breakdown and elimination of fat cells.

Calorie-free water is also a great replacement for high-calorie drinks like alcohol, sugary fizzy drinks and sodas that often contribute to weight gain.

Flushes Out Toxins

Water is an excellent detoxifier as it helps flush out toxins from your body and get rid of waste primarily through sweat and urine. It also promotes kidney function and reduces kidney stones by diluting the salts and minerals in urine that cause kidney stones.

Though you need to drink adequate amounts of water throughout the day, experts warn against drinking too much water (although uncommon still, it is possible) as it may reduce your kidneys' ability to filter out waste. Thus, it is recommended to drink the amount of water your body requires. As the amount of water required by the body tends to differ from one person to another, it is usually suggested to drink to your thirst, and also include other fluids and foods with high water content in your diet.

Regulates Body Temperature

An ample amount of water in the body helps regulate body temperature. The thermal properties of water and its ability to release heat from the body when sweat evaporates from the surface of the skin greatly helps maintain an even body temperature.

A well-regulated body temperature also will make you feel more energetic when exercising. Water also helps keep your joints and muscles lubricated, thus preventing cramps and sprains.

Promotes Healthy Skin

Water keeps the body well hydrated and improves capillary blood flow, which promotes healthier and younger-looking skin. Water helps replenish skin tissues, moisturizes skin and increases the elasticity in your skin.

When the body gets enough water, your skin will feel moisturized and it will look fresh, soft, glowing and smooth. Also, water helps prevent and treat soft lines, scars, acne, wrinkles and other aging symptoms.

<http://www.top10homeremedies.com/>

Submitted by Susan Van Dyk



Christian Education

I have had to opportunity over the last few months to start the process of revising and updating our Church's Policy and Procedure Manual. Not only has the process been a challenge but also enlightening for me. I have looked at the Church only a section at a time such as a member in the congregation, as a part of the choir, a member of a Sunday School Class, a Deacon, and also as an Elder. To see parts of the Church I usually don't connect with such as weddings and funerals or the nursery attendant. Reviewing and getting input from others as to what should make up our policies and procedures, has been educational and enjoyable. Developing and rewriting policies and procedures was a big part of my job as a manager in healthcare, a part of my job that I liked, so this process has been somewhat enjoyable.

What does this have to do with Christian Education? What does writing procedures have to do with church? We claim to be a denomination that does things decently and in order. Not sure I completely agree that is a good thing but writing and having policies and procedures to follow is doing things decently and in order. Hopefully they are seen as guides and still allow members to think for themselves and apply their own Christian beliefs. Having guides to follow makes jobs easier, especially for someone doing something for the first time, but we also do not want to get into a rut of that we have always done it that way and not allow for changes in our congregation, in our world, and what we are about. We need to allow for and encourage growth in the faith even through a church procedure.

Remember the New Year's Resolution, "Get Spiritually Fit". Even in our lives we need to update and amend what we do each and every day so we do not get in a rut and become complacent. We need routines in our lives but not so much that we miss an opportunity to grow in our faith by helping one another, to be flexible, to reach out to somebody in need.

Tim Van Roekel, Elder for Christian Education





Reminders



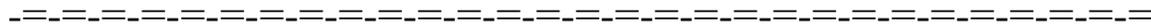
KROGER CARDS

The Kroger Community rewards program is in effect.

If you do not have a Kroger Plus card, you can get one at the service desk at any Kroger store.

Once you are signed up you can check the bottom of your Kroger receipt to see if your purchase amount is benefitting this church. If that is not listed, you may need to renew and sign up again.

In December of 2016 we received a check from Kroger for \$179.39

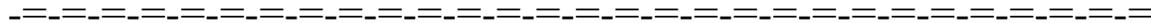


Sign up sheet for Fellowship Hour and Clean Up

Each Sunday following the Worship Service, there is a light snack and drink offering for everyone. Any donation from the food categories of sweets, fruits, cheese, veggies or salty items would be welcome.

Please notice the sign up sheets on the bulletin board in the Fellowship Hall for both food donation or kitchen clean up following the light meal (Green Team).

All volunteers are appreciated.



Email addresses for the church and Pastor Halva:

office@marionpresbyterian.org

lee@marionpresbyterian.org

Wade@marionpresbyterian.org

or

pastor@marionpresbyterian.org



Announcement for the Ladies

Tuesday Prayer Group.

This group has been a fixture in our First Presbyterian Community for many years. We are guided in our prayers and devotional by Jean Johnson. Presently we are meeting at her home. This is an ecumenical group. Originally with members from Zion UCC joining us. Having lost several members in the past few years; Kay Pape, JoLinda Reimer, and Caroline Smith, we are now opening this group up to all women of our church as our PW has been disbanded for the time being. We are meeting at the home of Jean Johnson at 11:30 for a prayer session and book study with lunch. We are about to start to read "What's so Amazing about Grace?" by Philip Yancy. Come and join us. Try us out. Bring your own lunch. We are a small group of seven at present. There is room for more.

Per Capita Fee...

This year 1st Presbyterian of Marion pays a Per Capita fee of \$40.00 to Presbyterian Church USA for each member of the church.

If each member would contribute their share (\$40.00) to 1st Presbyterian of Marion,

it would save this church \$3160.00 for 2017.

Finance Committee

THANK YOU NOTES



Dear Friends in Christ,

Thank you for your gift of \$380.00. **Your support makes a difference!** Marion Medical Mission will use 100% of your donation to build shallow wells in Malawi, Tanzania, or Zambia.

In sub-Sahara Africa, the largest source of disease is unsafe drinking water. According to UNICEF. One in five children die before their fifth birthday because they lack potable water. Providing water that is safe to drink brings life to the villagers. Safe drinking water means healthier people who can work longer in their fields producing more food resulting in less starvation.

From September 1st, 2016 to the end of November, 2,732 Shallow Wells were built, providing an estimated 409,800 of the extreme poor (245,880 children) with a sustainable source of safe drinking water. Only through your donations and God's blessings can this be done.

The Shallow Well is inexpensive to build and can be placed in the most remote areas. A well can be easily maintained by the local village people and is a necessity even the extreme poor can afford to maintain.

Help us tell this extraordinary story. Churches, Sunday School classes, small groups, families and individuals are the strength and heart of Marion Medical Mission. If you know of anyone who would be interested, please pass along their contact information.

Uchindami Kwa Chiuta
(Glory Be to God)
Tom Logan, President

Found a Girl



A boy says, "Daddy, Daddy, I want to get married!"

The father says, "For that son, you have to have a boy and a girl."

The son says, "I've found a girl."

"Who?"

"My grandmother."

"Let me get this straight," the father says. "You want to marry my mother? You can't do that."

"Well, why not?" the son says. "You married mine!"

ETS: A Seminary in the Deep South

by John Van Dyk

Question: Why would anyone—such as the Van Dyk's—leave the bracing Illinois January winter behind in order to trek all the way south to where the palm trees wave in the breeze and the orange blossoms waft their sweet fragrance? The weather, you say? Hmm . . . Well, yes, the thermometer does exert a strong pull (more so for me than for Susan, if truth be told). But it's not just sunny skies, puffy clouds, pretty flowers and colorful birds that send us southwards. What really motivates us is the presence of a small—but growing—Reformed seminary, located in Edinburg, a suburb of McAllen in the Rio Grande Valley, a stone's throw from the border with Mexico.

So hey, what's so special about ETS (Edinburg Theological Seminary)? Several factors stand out. First, ETS serves a primarily Latino population on both sides of the border. While not formally associated with a church, ETS has robust connections with the National Presbyterian Church, the largest Presbyterian denomination in Mexico. Our Board chairman, for example, lives in Mexico and plays a major role in the ecclesiastical hierarchy. Several of our students are also much involved in the work of the NPC.

A second factor, however, is more important by far: it's the ETS vision. We do not simply prepare candidates for ministry, missions, church planting, or evangelism. Many rank-and-file seminaries do just that. We're glad they do, of course, because there can be no surplus of folks able and willing to share the good news. What's different about ETS is its strong emphasis on the importance of worldviews. Most of our students already are trained pastors, church planters, and teachers. So why do they risk life and limb, as well as their last peso, to come to ETS for further graduate study and learn about the hidden power of worldviews? They come because they have caught a glimpse of a deep biblical truth: the people of God, whether pastor or parishioner, cannot be satisfied with a gospel that promises no more than a train ride to heaven. Following Jesus cannot be merely a matter of attending church or living a good upright moral life—important though these be—while at the same time be deaf to the cries of the poor, the hungry, the prisoner, the orphan and widow, the marginalized and the powerless, and, indeed, be blind to the continuing destruction and pollution of God's wonderful creation. Students come to ETS because they want to know more about the ways in which our worldview controls our daily Christian practice and sets our priorities.

Here's the cruncher: Two worldviews dominate the Christian church worldwide. One of them, the most common one, divides life into two disconnected compartments: (a) a spiritual part of church attendance, devotions, Bible reading and religion, and (b) a so-called secular part, consisting of pretty well everything else: science and technology, politics, economic systems, the university scene, climate issues, and a comfortable consumerist life style. This worldview teaches that Christ came to save us from hell so we can go to heaven. It identifies the Kingdom of God as some kind of distant future reality. It allows us to leave the problems of the world unaddressed.

The other worldview—emphasized at ETS—takes its cue from John 3: 16 -17: God sent his Son not to condemn, but to save the world. Not just souls or individual folks, but all of creation and everything in it. God sent his Son to reconcile and restore all things (whether in heaven or on earth) to the Father (Col. 1:19-20). And we, followers of Jesus, are called to be his co-laborers, in everything we do. Our job is to prophetically challenge distortions wherever we find them.

(continued on page 10)



Thursdays beginning February 2nd: Kathy DeYoung will again lead an exercise class for those with health problems or those with none that simply want to be healthy. This class includes chair exercising and would benefit those suffering from arthritis, fibromyalgia and other medical issues. Kathy has completed her AED/CPR training and is not a certified trainer.

Questions? Please contact Kathy at 993-2368 or 969-0203.



Sunday 5th: Souper Bowl of Caring Sunday. All monetary and non perishable food donations can be brought into the church and donate to feed those in need.



Monday 20th through Friday 24th. Our opportunity to work in the Marion Ministerial Alliance Soup Kitchen. The sign up sheet is on the "Service" bulletin board in the fellowship hall. Please volunteer if you are able.

ETS: A Seminary in the Deep South continued from page 9

Students come to ETS to learn how to be in the restoration business. They want to know: How does our faith affect our careers, our jobs, our life style choices, our finances, our understanding of social justice and creation care, our approach to minorities and marginalized groups, and our view of the role of the church? These questions transcend theology. Of course, ETS, like any seminary, offers programs in theology and Scripture interpretation. But the kind of theology we espouse and how we interpret Scripture, too, are controlled by our prior worldview.

ETS invites students to examine their often unexamined worldviews, and, in so doing, equip them to be a brighter light in a dark world. No easy task! But one we take on with energy and commitment, confidently counting on the Spirit to clear the way.

2017 ORDAINED AND INSTALLED ELDERS AND DEACONS

ELDERS

Tim Van Roekel	Christian Education
Jean Johnson	Finance/Stewardship, Clerk of Session
Marna Ames	Spiritual Life
Wendy Evans	Mission/ Evangelism
Tom Kucharik	Properties/ Building and Grounds
Gayla Martini	Worship

DEACONS

Cindy Burroughs	Susan Van Dyk
Bob Ames	Kathy De Young
Ron Campbell	Claire Kreutzer
Mary Kucharik	

Pastor: Wade Halva

Director of Music: Granger Odum

Accompanist: Mary Kucharik, Susan Van Dyk

Secretary: Lee Thompson

Nursery Worker: Lydia Moore



Birthdays: 1st Claire Wallace, 2nd Kay Holderfield,
9th Mary Kucharik, 17th Andrea Wallace, 20th John Johnson,
25th Mary Lindley

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10am Book Study 4pm SHARKs 6pm Choir	2 10am Exercise Class 3:30pm Tai Chi 5pm ADK	3	4
5 SOUPER BOWL OF CARING Congregational meeting	6	7 11:30am Prayer Group at home of Jean Johnson	8 10am Book Study 4pm SHARKs 6pm Choir	9 10am Exercise Class 3:30pm Tai Chi	10	11
12 Deacons	13	14 11:30am Prayer Group at home of Jean Johnson 6pm Session PLAN deadline	15 10am Book Study 4pm SHARKs 6pm Choir	16 10am Exercise Class 3:30pm Tai Chi 6pm Social Justice	17	18 8AM Presbyterian Men meeting
19 Blood Pressure Screening	20 5pm Health Ministry 6:30pm Cancer Support	21 11:30am Prayer Group at home of Jean Johnson	22 10am Book Study 4pm SHARKs 6pm Choir	23 10am Exercise Class 3:30pm Tai Chi	24	25
SOUP KITCHEN WEEK						
26	27	28 11:30am Prayer Group at home of Jean Johnson				



First Presbyterian Church

A Century to Celebrate . . . A Future to Fulfill



1200 South Carbon Street • Marion, Illinois 62959 • (618) 993-3640 • office@marionpresbyterian.org

Online: www.marionpresbyterian.org

Sunday School: 9:00am

Worship Service: 10:30am