

THE P.L.A.N.

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

September
2017



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

Dear friends,

It feels like I just wrote the last one of these, the one for August. Where does the time go?

I have that feeling more and more these days. I'm not sure why. I have lots of thoughts about it. Is it because I'm doing more? Is it because the kids are doing more? Is it because I've got too much to do? Is it that I'm not efficient enough, or doing things well enough? Is it that life is harder now? Is it that I'm getting, gasp, dare I say it, **old**?

I honestly don't know what it is.

I honestly know that it **is**.

So, what am I to do about it?

I think I'm going to slow down. I think I'm going to remember that here is a Biblical mandate to slow down, to rest, to take time away. Sabbath, the 7th day, is designed to be that day, and to provide that time and space. So, God knew that I, and we, would need this space and time.

I'm going to take God up on it. It's going to be painful. I'm going to have to change my patterns of work and time. I'm going to have to challenge myself to not simply fill that time in with other things, things that aren't restful, or playful. It is my hope that by marking the time, I will enjoy it more, experience it more fully, and be exhausted by it less.

If you feel like the time is going too quickly, I invite you to join me in trying to mark the time differently. Keep in mind, that it's only been 500 years since the Reformation, 110 years since this incarnation of First Presbyterian was founded, and 55 years since we moved out here to South Carbon. If those feel like they've gone by too quickly, perhaps, just perhaps, it's time to take some time.

In Christ,

Wade



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Pray for those serving in the armed forces:

- ✚ Army:
Doug Carlile
Sean Richey
- ✚ Coast Guard:
Charles Fosse
- ✚ Marines:
Austin Reach
Kaleb Selock-recruit

If you have a service member that you would like to add to this prayer list, please contact your Deacon or the church office.

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
- Edinburrrough Seminary

Pray for our collegians:

- Danielle Markland
- Emily Wallace
- Gus 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

Pray for these concerns of members and friends of our church family: Betty Ridgley, Cindy Burroughs, Claire Kreutzer, David's grandsons' parents and grandparents, Fran Giles, Georgia Ruhe, Groenewold Van Dyk family, Jeanette & Ron Bowman, John & Jean Johnson, John Van Dyk, Kelly Jones, Laurel Thomas, Mary Kucharik, Pam & Roger Hendricks, Peggy Wiley, Shirley Mitchell, Susan Harbison, Ruth Blackburn, Vivian Crofts, Gene Stiman, Deanna Myers, Granger's student Zach, 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, the poor, job seekers, our General Assembly PC (USA), Compassion Children, Co-moderators of PC(USA), our nation and new leaders, our military, our world, POW's, peace around the world, Session, our church, end to wars, Zambia, Egypt, Syria, refugee situation around the world.

Someone remembers, Someone cares

Your name is whispered in someone's prayers

-Author unknown

Praise and Thanksgiving: Georgia Ruhe is 100 years old this month, John Van Dyk's good test results, for Jesus's miracles, Solar Eclipse,

Condolences: family of Kelly Jo Calvert, Pastor James and family for loss of his Aunt.

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



Georgia Ruhe
3203 Zeller Ave. Apt C
Marion, IL 62959
997-7933

Roger & Pam Hendricks
445 Park Lane
Herrin, IL 62948
942-5863

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

Betty Ridgley
400 E. Reichert Drive #B
Marion, IL 62959
998-8893

Shirley Mitchell
3293 Zeller Ave.
Apt B
Marion, IL 62959
993-0091

Fran Giles
Manor Court
Carbondale, IL 62901
457-2892

Larry Van Meter
735 Crestwood Drive
Marion, IL 62959
995-9611

Thank you to those who volunteered to prepare, serve and clean up after the meal at the Lighthouse Shelter on August 22. Those volunteers were Tim Van Roekel, Yvonne & Dan Whitfield and Lee Thompson.



Thank you Church Family,
You were all so wonderful during the time of dads passing. We are truly blessed to be a part of this congregation. The service was wonderful as was the meal. Heartfelt thanks to all. It means more than you know.
Love, Denise & Scott, Dave & Kathy

100 Years Old!

Georgia Ruhe will be celebrating her 100th birthday on Sept. 19, 2017.
To help her celebrate you can call her, send her a note or card.
Her address and telephone number is in the above "Home Ministry".

CPR AED CLASS

There will be a CPR AED class held at 1st Presbyterian, 1200 S. Carbon. Marion, on Saturday, September 30, 2017 beginning at 9 am. Our church's AED has recently been repaired and is fully certified now so it is a good idea to train a pool of individuals who can use it when or if necessary. CPR training and certification is also very important for our church family.

Bob Loftus from John A. Logan College will be our instructor. There is a \$10 fee for each participant. Susie Selock is the contact person for this. If the money for the registration is an issue, arrangements can be made.

We need to have at least 8 people but not more than 20 people registered for this training.

Note from Health Ministries Team:

People are being trained in MBSR around the world. This could be useful material if set in the context of our faithlife. For example, where you read "happiness" you might substitute "a grateful heart." Or "Pay careful attention to things around us" could be interpreted as "recognizing with gratitude that all these things are gifts from God."

Look for a bulletin board on stress and a more detailed handout on the Health Ministries table in September.

More about Mindfulness

You can learn how to create a moment of joy, a feeling of happiness, at any time of the day.

Mindfulness is the energy that helps us recognize the conditions of happiness that are already present in our lives. You don't have to wait ten years to experience this happiness. It is present in every moment of your daily life. There are those of us who are alive but don't know it. But when you breathe in, and you are aware of your in-breath, you touch the miracle of being alive. That is why mindfulness is a source of happiness and joy.

Most people are forgetful; they are not really there a lot of the time. Their mind is caught in their worries, their fears, their anger, and their regrets, and they are not mindful of being there. That state of being is called forgetfulness—you are there but you are not there. You are caught in the past or in the future. You are not there in the present moment, living your life deeply. That is forgetfulness.

The opposite of forgetfulness is mindfulness. Mindfulness is when you are truly there, mind and body together. You breathe in and out mindfully, you bring your mind back to your body, and you are there. When your mind is there with your body, you are established in the present moment. Then you can recognize the many conditions of happiness that are in you and around you, and happiness just comes naturally.

Mindfulness practice should be enjoyable, not work or effort. Do you have to make an effort to breathe in? You don't need to make an effort. To breathe in, you just breathe in. Suppose you are with a group of people contemplating a beautiful sunset. Do you have to make an effort to enjoy the beautiful sunset? No, you don't have to make any effort. You just enjoy it.

(continued on page 5)

The same thing is true with your breath. Allow your breath to take place. Become aware of it and enjoy it. Effortlessness. Enjoyment. The same thing is true with walking mindfully. Every step you take is enjoyable. Every step helps you to touch the wonders of life, in yourself and around you. Every step is peace. Every step is joy. That is possible.

During the time you are practicing mindfulness, you stop talking—not only the talking outside, but the talking inside. The talking inside is the thinking, the mental discourse that goes on and on and on inside. Real silence is the cessation of talking—of both the mouth and of the mind. This is not the kind of silence that oppresses us. It is a very elegant kind of silence, a very powerful kind of silence. It is the silence that heals and nourishes us.

Mindfulness gives birth to joy and happiness. Another source of happiness is concentration. The energy of mindfulness carries within it the energy of concentration. When you are aware of something, such as a flower, and can maintain that awareness, we say that you are concentrated on the flower. When your mindfulness becomes powerful, your concentration becomes powerful, and when you are fully concentrated, you have a chance to make a breakthrough, to achieve insight. If you meditate on a cloud, you can get insight into the nature of the cloud. Or you can meditate on a pebble, and if you have enough mindfulness and concentration, you can see into the nature of the pebble. You can meditate on a person, and if you have enough mindfulness and concentration, you can make a breakthrough and understand the nature of that person. You can meditate on yourself, or your anger, or your fear, or your joy, or your peace.

When your mindfulness becomes powerful, your concentration becomes powerful, and when you are fully concentrated, you have a chance to make a breakthrough, to achieve insight.

Anything can be the object of your meditation, and with the powerful energy of concentration, you can make a breakthrough and develop insight. It's like a magnifying glass concentrating the light of the sun. If you put the point of concentrated light on a piece of paper, it will burn. Similarly, when your mindfulness and concentration are powerful, your insight will liberate you from fear, anger, and despair, and bring you true joy, true peace, and true happiness.

When you contemplate the big, full sunrise, the more mindful and concentrated you are, the more the beauty of the sunrise is revealed to you. Suppose you are offered a cup of tea, very fragrant, very good tea. If your mind is distracted, you cannot really enjoy the tea. You have to be mindful of the tea, you have to be concentrated on it, so the tea can reveal its fragrance and wonder to you. That is why mindfulness and concentration are such sources of happiness. That's why a good practitioner knows how to create a moment of joy, a feeling of happiness, at any time of the day.

taken from <https://www.mindful.org/five-steps-to-mindfulness>

Submitted by Susan Van Dyk



Christian Education

September 2017

What are Spiritual Practices? A practice and attitude for the sake of exposing us to the person and work of Jesus Christ. Knowing that we need to change and finding ways to immerse ourselves to be transformed by Christ. This change takes work.

Start by observing the Lord's Day to include a celebration by being a part of a worship service. The service should include prayer that has confession and request for guidance, spiritual direction, and submission of self.

Study and learn through attending such as Sunday School and Bible or book studies. Read and meditate. As you study and meditate, journal your feelings and write out your prayers. Have quiet time, complete silence and solitude. For some fasting may be added to deepen the mediation.



As in worship, share with those around you. Join a group for breakfast and stay after worship for the fellowship. Communicate with those around you. Find out who they are and who you are.

Give of yourself. Help a neighbor in need or volunteer in service to a community project. Not only give of yourself but maybe of your finances as well. Submit yourself to all these actions and discover that this is all a part of evangelism and will draw you closer to God. Find ways to live simpler and you may find all the above even easier to accomplish and to live and finding new ways that God may be calling you to service. Continue to pray all kinds of prayers .



Tim Van Roekel, Elder for Christian Education

2017 Deacons Care List

Deacon	Member		
Bob Ames	Tom Carlile Jean Harvey Deana Shaw Joy Kee	Jim, Kathy DeYoung Justin, Susan Harbison Gayla, Ryan Martini Gene, Landa Stettler	Shawna Donovan John, Jean Johnson Lydia, Oliver Shaw
Cindy Burroughs	Jeff Hale Vivian Crofts J. R. Russell	Ron, Jeanette Bowman Julia Pfeiffer-Scherrer Peggy Wiley	Lance, Claire Kreutzer Suzanne Kerley
Kathy DeYoung	Colleen Ames Lanita Ames Debbi Little	Clara Lee Buschschulte John Atkinson Shirley Mitchell	Mark, Andrea Wallace, family Kelly Jones Tate, Rachel Wright, family
Claire Kreutzer	Mona Odum Fran Giles Denise Robison Margaret High	Ron, Sally Campbell Cindy Burroughs Loren, Debbie Taylor Dan, Susie Selock	Roger, Pam Hendricks Jason, Alycia Stephenson, family Groenewold Van Dyk family
Mary Kucharik	Gene Stiman Granger Odum Laurel Tomas	Bob, Marna Ames Tim Van Roekel Marlene Sheruda Larry Van Meter	Jennifer Kerley Kevin, Kelly Rathunde John, Susan Van Dyk Jaye Van Zile
Ron Campbell	Rick Flanagan Max Martini Gina Stettler	David & Kathy Smits Tom & Mary Kucharik Ray Presley, Mary Lindley	Jack, Kay Holderfield Chris, Wendy Evans, family Bill, Nancy Wheatley
Sue Van Dyk	Cindy Fields Judith Fosse Gus Martini Georgia Ruhe	Tom, Jocelyn Logan Tonya, Jared Ramey Betty Ridgley Laura Kucharik	Wade Halva, Laurie Fields, family Dan, Yvonne Whitfield Bill Mommson



Session Notes

by Jean Johnson
Clerk of Session



The Session met Tuesday, August 8 at 6:00 p.m. Rev. Halva opened the meeting with prayer. Elders present were Tom Kucharik, Tim Van Roekel, Wendy Evans, Gayla Martini and Jean Johnson. Elder Myrna Ames was excused. The printed agenda was approved.

Rev. Halva advised that the Deacons had met on Monday 8/7/17 and decided to hold their meetings on 1st Tuesday of each month. No session action was needed on this report.

The minutes of the June 11 regular meeting, the June 25 congregational meeting and the July 25, electronic session had previously been viewed on line. They were approved as printed.

Treasurer and Elder Jean Johnson advised that, as in months past, our monthly expenses have been more than our income. Our regular income for July was \$6,997.64 and expenses were \$10,883.61 giving us a loss of \$3,885.97. The difference has again been covered by our savings. Our Balance Sheet as of July 31, 2017 total assets were \$173,180.47.

Elders assigned to assist with Pastoral Care for September Gayla Martini and for October will be Tom Kucharik.

Pastor's report for June and July listed all the many activities in which he has participated since last session meeting which included pastoral visits and calls, weekly book study, continued teaching of confirmation class, and celebrating communion on June 4 and July 9, baptized Catherine Fields Halva on 6/25 and celebrated the life and resurrection of Darrel Smiths on 6/19.

Rev. Halva also advised that this fall has significant historical anniversaries. It is 500th Anniversary of Luther nailing the 95 theses to the doors in Wittenburg at the end of October as well as the 110th anniversary of the founding of this congregation at the beginning of November. He would like to see more of our members adding to the timelines in the fellowship hall. He will be adding more displays to the timeline and hopes that members will populate the timeline with significant events and see how they tie together with the history of the world and our church.

Rev. Laura Fields Halva will be installed at the Harrisburg church on Sunday, September 24 at 4 in the afternoon. Our congregation is invited to the service. Rev. Halva plans on taking the week of October 23 – 27 as vacation but will preach on Sunday 22nd and Sunday 29th.

Informational reports, written and oral, were received from the committees. All reports were discussed and approved by the Elders.

Other actions taken by session included:

1. Set date for beginning of the new Sunday School year and recognition of teachers on Sunday, Sept. 10, 2017.
2. Agreed to donate our extra microwave and extra old mugs to Marion Soup Kitchen
3. Next stated session meeting will be Tuesday, September 12 at 6:00 p.m.

ARE YOU A REASON, A SEASON, OR A LIFETIME?

People come into your life for a reason, a season or a lifetime. When you figure out which one it is, you will know what to do for each person. When someone is in your life for a **REASON**...it is usually to meet a need you have expressed. They have come to assist you through difficulty, to provide you with guidance, and support, to aid you physically, emotionally, or spiritually. They may seem like a godsend, and they are! They are there for the reason you need them to be. Then, without any wrong doing on your part, or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled, their work is done. The prayer you have sent up has been answered. And now it is time to move on.

When people come into your life for a **SEASON**...it is because your turn has come to share, grow, or learn. They bring you experience of peace, or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it, it is real!! But only for a season.

LIFETIME...relationships teach you lifetime lessons, things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person, and put what you have learned to use in all other relationships and areas of your life.

It is said that love is blind but friendship is Clairvoyant.

THANK YOU FOR BEING A PART OF MY LIFE!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Author unknown

Submitted by Katherine DeYoung



HEALTHY RECIPE FOR SEPTEMBER

Salmon Noodle Bowl



Prep Time : 8 minutes

Cook Time: 20 minutes

Yield: (2) 2 1/4 cup servings

Ingredients

4oz whole wheat spaghetti 5 oz asparagus cut in thirds
 Cooking spray 1 6oz salmon fillet, skin off, cut into 8 pieces
 1 Tbl toasted sesame oil Zest and juice of 1-2 limes (3 Tablespoons)
 1/4 tsp kosher salt 1/4 tsp fresh pepper
 4oz cucumber, skin on, cut into medium pieces
 1/2 small avocado, cut into bite size pieces

How to Make it

Step 1: Cook the noodles in boiling water until soft (about 8 minutes). Transfer to a strainer. Add asparagus to same boiling water. Cook until al dente (about 2 minutes); rinse under cold water

Step 2: Heat a grill pan or skillet over medium-high heat. Coat lightly with cooking spray. Cook the salmon until cooked through, turning pieces (about 2-3 minutes per side). Reserve.

Step 3: Make the vinaigrette: whisk together sesame oil, lime zest and juice, salt and pepper in a small bowl. Combine the noodles, asparagus, and vinaigrette in a medium serving bowl.

Step 4: Add the cucumber and avocado; toss to coat. Just before serving, add salmon. Serve warm or at room temperature.

Tomato Cucumber Salad

2-3 large tomatoes, chopped 1-2 cucumbers, chopped
 1/4 cup red onion, minced 8 oz. crumbled feta
 2 T. red wine vinegar 1-2 T. olive oil
 Sprinkle of black pepper



Toss to combine. Chill

Do you have a recipe to share? Please submit one for all to enjoy it!

Car Wash
Saturday, September 16, 2017
10 AM to 2 PM
At Boyton Street Community Center
501 W. Boyton Street, Marion, Illinois

Sponsored by: Youth of Boyton Street Community Center
Proceeds go to Marion Medical Mission for building a shallow
water well in the African countries of Malawi, Tanzania and
Zambia

We need \$400 to build one well that will provide safe drinking
water to 150 people who live in remote villages.





Reminders



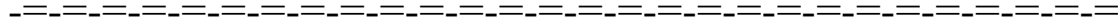
KROGER CARDS

The Kroger Community rewards program is in effect and there is no need to sign up yearly anymore.

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

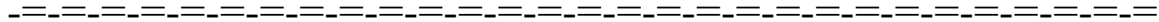
Once you are signed up you can check the bottom of your Kroger receipt to see if your purchase amount is benefitting this church. If that is not listed, you may need to sign up online at Kroger.com.

In July of 2017 we received a check from Kroger for \$169.76.



From your Health Ministry Team:

The next Red Cross Blood Drive to be held at our church will occur in October 2017. For those of you who are regular donors, hopefully this will help you plan your giving.



Email addresses for the church and Pastor Halva:

office@marionpresbyterian.org

lee@marionpresbyterian.org

Wade@marionpresbyterian.org

or

pastor@marionpresbyterian.org

OUR SCHEDULE!

Thursday 7th: 6:00pm ADK (retired teachers group) will again be using our fellowship hall for their once -a-month meeting held on the first Thursday of each month from September thru May.

Monday 18 through Friday 22: It is our opportunity to represent 1st Presbyterian Church by working in the Marion Soup Kitchen. The work is easy and very rewarding. If you are able, please volunteer. The sign up sheet is on the “service” board in the fellowship hall.



SUNDAYS AND DURING THE FELLOWSHIP HOUR

3rd: The Worship Committee meets.

10th: Deacons will meet.

17th: There will be a blood pressure screening sponsored by the Health Ministry during the fellowship hour.

MEETINGS THROUGH THE WEEK

Tue 12: 6:00pm Session meets.

Sat 16: 8:00am Presbyterian Men meeting at IHOP.

Mon 18: 5:00pm Health Ministry meeting.
6:30pm Cancer Support group meeting.

Thu 21: 6:00pm Social Justice group meeting.

Sat. 30: 9:00am CPR AED Class

WEEKLY CLASSES AND ACTIVITIES

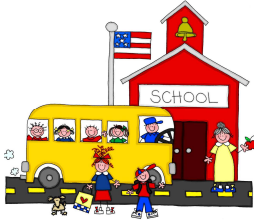
Tuesdays: 11:00 am Tuesday Prayer Group at the home of Jean Johnson.

Wednesdays: 10:00am Book Study. 6:00pm Choir.

Thursdays: 10:00am Exercise Class. 3:30pm Tai Chi.

Birthdays: 9th Lanita Ames, 12th Tom Kucharik, 14th Lee Thompson,
15th Cindy Burroughs, 19th Georgia Ruhe & Laurie Fields, 21st Justin Harbison

Anniversaries: 1st David & Kathy Smits



September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Worship Committee	4 	5 10:00am Deacons meet 11am Prayer Group at Jean's home	6 10am Book Study 6pm Choir	7 10am Exercise Class 3:30pm Tai Chi 6pm ADK	8	9
10	11	12 11am Prayer Group at Jean's home 6pm Session	13 10am Book Study 6pm Choir	14 10am Exercise Class 3:30pm Tai Chi	15	16 8am Presbyterian Men 10am-2pm Car Wash at Boyton St. Community Center
17 Blood Pressure Check	18 5PM Health Ministry 6:30pm Cancer Support	19 11am Prayer Group at Jean's home	20 10am Book Study 6pm Choir	21 10am Exercise Class 3:30pm Tai Chi	22	23
SOUP KITCHEN WEEK						
24 Outdoor Service Communion Fish Fry	25	26 11am Prayer Group at Jean's home	27 10am Book Study 6pm Choir	28 10am Exercise Class 3:30pm Tai Chi	29	30 9am CPR AED Class



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