

THE P.L.A.N.

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

August
2017



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

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Dear friends,

As many of you know, the school year is no longer what it once was. Marion schools will go back on August 16th. The start has moved earlier and earlier over the past years, and the days of starting school after Labor day seem to be a fond memory. This schedule impacts a lot of things around us, even if we don't have kids in the school district or in schools. It impacts when churches schedule mission trips and VBS, and when youth trips can be. It changes when school supplies are needed and when they go on sale. It changes the traffic patterns along Main street and up and down Carbon.

The cycles of education changes how we drive around town, how we schedule our time, and how much time we have to do things. It isn't just our traffic patterns and our time that it changes. Education fundamentally changes how we approach the world. Presbyterians have long valued education for precisely this reason, and education has been at the core of our mission and our ministry for a long time.

One of the pieces that I enjoy about our ministry and mission here is that we have a commitment to education as well. The history of our congregation is fraught with education. In the early days of the 20th century, there were 200 people in Sunday School! Our congregation hosted the hearing impaired school in the past, afterschool programming and adult literacy programs. And we spend a good amount of time in education, for our children, our youth, and our adults. We study the Bible, we study the confessions, we study other faiths, and we study books about faith.

And that study, that education, changes things. As we grow in faith, we see the world differently, and we move through the world differently. We learn about one another, and see each other differently. We study, and as we are educated, our path through the world changes. Just as school being in session changes how we navigate the world, our own education in faith changes how we navigate through the world.

As they go back to school, I invite you to join us in our own studies this fall and throughout the years ahead. Join us for Sunday School, as we read a book, or as we take a hike, a bike ride, or a trip to the soup kitchen. Join us, and see how the world changes as we go back to learn more.

In Christ,
Wade



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, Fran Giles, Georgia Ruhe, Groenewold Van Dyk family traveling, Jeanette & Ron Bowman, John & Jean Johnson, John Van Dyk, Laurel Thomas, Mary Kucharik, Pam & Roger Hendricks, Peggy Wiley, Shirley Mitchell, Susan Harbison, Ruth Blackburn, Vivian Crofts, Gene Stiman, Deanna Myers, Roxanne & John Powers, Gayla's mother, Melissa Miller, Shawn: 20 y/o with liver problems C.J. Rubright, 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 around the world, 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: Ella Kerley-Suzanne's new granddaughter, Mama and Papa Evans, Laurel Evans at camp in Monmouth.

Condolences: Susie Selock and family on the loss of her sister Phyllis.

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 all of our volunteers who represented First Presbyterian at the Marion Ministerial Alliance Soup Kitchen. Those volunteers were: Susie Selock, Ron Campbell, Landa Stettler, Loren Taylor, Laurie Fields, Madeline & Catherine Fields Halva, Tim Van Roekel, Clara Lee Buschsulte, Ralph Thompson, Dee Segers, Jaye Van Zile, Lauren & Claire Lambert, Jeanette Bowman, John & Susan Van Dyk, Miriam Groenewold Van Dyk and Wild Evans.

To all those who sent cards and expressed well-wishes for our recent 50th anniversary, thank you so much. It is great to belong to this family of faith!

The Lord is good!

100 Years Old!

Georgia Ruhe will be celebrating her 100th birthday on Sept. 19, 2017. If you would like to send her a note or card, her address is: 3203 Zeller Apt. C., Marion, IL 62959

Let's shower her with cards and notes!

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.

Mindfulness-Based Stress Reduction - Topic Overview**What is mindfulness-based stress reduction (MBSR)?**

MBSR is a program that helps you learn to calm your mind and body to help you cope with illness, pain, and stress.

MBSR teaches "mindfulness," which is a focus only on things happening in the present moment. Mindfulness is not a time to "zone out" or "space out" but is rather a time to purposefully pay attention and be aware of your surroundings, your emotions, your thoughts, and how your body feels. For example, you may sit quietly and notice your emotions. You might focus only on the sounds around you or how your food tastes and smells. When you are mindful, you do just one thing and you pay close attention to that one thing.

Another important part of mindfulness is to not judge the present moment. This is because judgments may lead you to dwell on (or "get stuck" thinking about) bad situations, feelings, or thoughts. And dwelling on the past does not help you accept or solve problems. It just brings you down.

By training your mind to focus only on the present, you learn not to get lost in regrets from the past or worries about the future. Letting go of such thoughts may help you worry less and accept things as they are. Mindfulness teaches you to be in control of your mind so that your mind doesn't control you.

(continued on page 5)

How does MBSR work?

To help you focus your mind on the present, a class in MBSR usually teaches you to:

- Focus your attention on your entire body, starting with your feet and ending at your head. As you do this "body scan," you might note places where you're tense or have pain. You might notice how your belly rises and falls as you breathe.
- Focus on thoughts and distractions that run through your mind, but don't judge them. For example, you might notice that a thought about work comes to your mind. Rather than worry about your thought, simply note the thought ("work") and feeling ("worry") without dwelling on them. Then turn your attention back to the present moment. It is common for the mind to wander when a person begins to practice mindfulness. If that happens to you, it's okay. Keep trying. This is why mindfulness is called a practice-it takes practice to not judge your feelings and thoughts. It takes practice to stay in the present moment.

Practice [yoga](#) breathing exercises, stretches, and poses to strengthen and relax muscles.

Try MBSR on your own

- When you go outside, take a few deep breaths. What's the air like? Is it warm or cold? How does the warmth or chill feel on your body? Try to accept that feeling and not resist it. Notice any plants, their colors, and the contrast of those colors against the sky and clouds.
- Eat a meal in silence. Don't do anything but focus on your food. Smell your food before eating it. Notice what your food looks like. Eat slowly, and savor each bite. What flavors do you taste?
- When you can, take some time at the beginning of your day to sit alone and think. Focus on your breathing. Gaze out the window, and listen to the sounds outdoors. Or take a slow walk by yourself. Count your steps while you breathe in and out.
- If you can do this at work, try to stop for a few moments each hour. Note how your body feels. Let yourself regroup and let your mind settle before you return to what you were doing.

If you struggle with [anxiety](#) or "worry thoughts," imagine your mind as a blue sky and your worry thoughts as clouds. Now imagine those worry thoughts floating across your mind's sky, almost the same as you would watch clouds float across the sky. Do not judge or resist your thoughts. Just let them pass by as you watch.

How effective is MBSR?

Studies show that MBSR can [reduce stress](#) and help people relax. Studies of people who have [type 2 diabetes](#), [rheumatoid arthritis](#), [heart disease](#), [chronic pain](#), and other problems show that MBSR helped some people cope better with symptoms and improved their quality of life.

Research also shows that MBSR helped people [sleep](#) better and feel less anxious, and it helped ease [depression symptoms](#). In some people, MBSR also helped improve [blood sugar](#) and [blood pressure](#).

Taking part in MBSR has been linked to positive changes in the areas of the [brain](#) that affect how you pay attention, how you feel, and how you think.

<http://www.webmd.com/balance/tc/mindfulness-based-stress-reduction-topic-overview#1>

Submitted by Susan Van Dyk



Christian Education



It has been a hot July and no doubt August won't be much cooler. Does the heat give you the blahs? It has me this year. I try to stay busy with friends by visiting, walking at the mall, drinking coffee at McDonalds, and other activities to keep focused. It got too hot to go on bike rides, but we did try.



Sometimes the best thing we can do is listen. It does not take a lot of energy to listen to others and you could be providing a benefit. If you have the blahs, they might also and by visiting, walking or drinking coffee with someone you may lift them out of their low and in so doing you may lift your spirits a little without even trying. It is like that unsolicited smile, that is contagious. Remember a smile does not take a lot of energy even in a fit of blahs. We can force a warm greeting to someone and make their day and then they make your day with a smile or greeting in return.

What will you do. Stay in your own little funk or reach out and be nice to someone even when you don't feel like it. I have tried to stay positive and mostly have been nice. Wade gave me a little sign he found in the process of cleaning out Ken's house and gave it to me. It said: "I am trouble, but extremely worth it."



So lend an ear. Be aware of those around you that may be in a worse mood than you and give them your time even when you don't feel like it. You can help them by listening and will help yourself in the process.

Tim Van Roekel, Elder for Christian Education

Statements of Faith

Laurel Evans

I believe that there is a God who is Creator, and that that God is loving, protective, and careful. I think that God watches everything in the universe carefully and stays by its side all the time, and that I have felt that. I think that God is too big to be confined to one religion, because most religions agree on a few basic things, and because I trust that God can exist in paradoxes and contradictions, outside our understanding. I also believe that there is a Holy Spirit, that that spirit is joyful, comforting, supporting, and understands all of our emotions. I believe that Jesus is God's son, who came to Earth and was killed for our salvation. I accept that I do not understand, cannot understand, and will not understand God fully in this lifetime.

Madeline's Statement of Faith - 6-4-17

I use God for the Triune God.

I believe in the Triune God three in one and one in three, equal in power and glory, always creating, redeeming, and sustaining.

I believe in a God that makes everyone in God's image.

I believe that humans will never be able to truly understand, define, or explain God because God is simply too great for us to understand.

I think that God leads by example and wants us to follow and do as God does.

I believe in a God that does not make mistakes and always has a more creative way to do God's will.

I believe in a patient and loving God who always has time for everyone.

I believe in a God who is a unifier, not a divider. A God who erases human boundaries. A God who colors outside of human-drawn lines. A God who loves the outcast and the one that casts out.

I am of the opinion that God does not want us to shame people into being good, for we should follow God out of faith and love and not out of fear, so we should not force anyone else to follow in fear.

I believe that God saves whoever God wants to save and it does not matter who you are.

My faith in God tells me that God created everything, and my trust in science tells me how God did it.

Therefore I am glad that my church that welcomes people of all genders, skin colors, and sexualities.

I am glad that my church does not discriminate based on skin color

I am glad that my church believes that God loves all of God's children.

I am glad that my church preaches that you do not have to earn the love of God.

I am glad that my church is not afraid to continue to ask questions, instead of pretending that we already know everything about God.

I believe in the Great I AM.

I believe that our Creator gave us free will, even when we pull away from Yahweh in sin. I think that Yahweh is sad when we sin and pull away, but delights when we draw closer in love.

I believe that the one Jesus called Abba does not favor one people over another, because everyone is a child of Abba.

I believe that our Creator gave us the 10 Commandments to guide us in living wholly with our Creator and Creation.

(continued on page 8)

Statements of Faith continued

I believe in the Risen Christ who redeemed the world.

I believe Jesus is the Son of God, fully human and fully God.

I believe Jesus came to redeem the world.

I believe he died and was raised and will come again.

I believe in a Jesus who ate with sinners, healed lepers, consulted with women, and chatted with tax collectors.

I believe in a Jesus who wasn't afraid enough to back down from taking on the sins of the world and that his love for us strengthened him.

I believe in a Jesus who loved the little children and the not so little children.

Therefore I am glad that my church that does not insist upon the children being in a separate part of worship.

I believe in the Holy Spirit.

I believe in a Holy Spirit that breaks down the human barriers like languages through events like Pentecost.

I believe in a Holy Spirit who inspires us read and study the bible, thinking and talking about it, in community, while continuing to share the good news with the world.

I believe in a Holy Spirit who brings us back to God, even as we continue to sin against God.

I believe that the bible is inspired by God, not the literal word of God. Humans have a nasty way of getting these things wrong and using 'God's Word' to do what they want in a way that benefits them.

I believe that the church is called to spread the gospel to the world.

I believe that the church is called to baptise in the name of the Yahweh, Jesus, and the Holy Spirit.

I believe that the church is called to set God's table and invite God's people to the table to share in sacred Communion.

Therefore I am called to mission, as one of God's children to serve God's children.

I am called to feed the hungry, clothe the naked, take care of the sick, and spread the gospel.

I am called to welcome the outcasts, making a place at the table for them, and listening with an open mind to their stories.

I think that the church, (and therefore me, as a member of the church) is called to see the face of Christ in everyone that the members of the church meet.

Garlic String Beans

Sauté:

2 T. olive oil

4 cloves garlic, minced

4 C. green beans, fresh or frozen

Bring to a boil:

1/2 t. thyme

1/2 t. garlic salt

pepper

2 C. stock or water



Add to the beans/garlic and simmer about 20 minutes or until tender.

Add a squeeze of lemon juice and toss.

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

August Worship Calendar

August 6, 2017

Great Ends of the Church - the promotion of social righteousness
Promotion of Righteousness (Social)
Luke 3:10-14, Matthew 5:38-48 Give him one cloak if you have two
Matthew 5:41 Walk a mile in his shoes
John 15:12-25 Greater love has no one than this
Acts 4 Stephen
John 8:1-11 (12-20) Stopping the woman being stoned
Matthew 6:1-6 Not as the hypocrites do
Job 1 upright before God

August 13, 2017

Great Ends of the Church the exhibition of the Kingdom of Heaven to the world.
Kingdom of Heaven
Matthew 6:9-15 Lord's prayer
Revelation 21 New Jerusalem
John 18:33-37 My kingdom is not on earth
I Samuel 8 We want a king!

August 20, 2017

Great Ends of the Church
Proclamation and Righteousness
Matthew 5 Sermon on the mount
Matthew 9:1-13, Luke 5:17-32, 7:36-48 "Sins are forgiven"
Matthew 6:1-6 Not as the hypocrites do

August 27, 2017

Great Ends of the Church
Worship and Truth
Revelation 4 Holy, Holy, Holy
John 4 we worship on that mountain
Psalm 8
Mark 4:1-11 Temptation of Jesus



Reminders



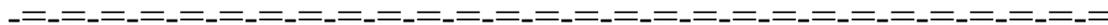
KROGER CARDS

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

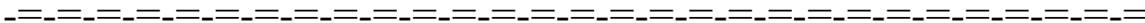


From your Health Ministry Team:

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.



Also, the Health Ministry is in the process of updating our AED machine . We need volunteers interested in being trained on how to use the AED machine once it is operable again. We are offering training on that as well as on CPR Saturday September 30 at 9am. If you are interested in attending this training, please let Susie Selock know. There is a \$10 fee for this class, if that is a problem, please speak with Susie .



Email addresses for the church and Pastor Halva:

office@marionpresbyterian.org

lee@marionpresbyterian.org

Wade@marionpresbyterian.org

or

pastor@marionpresbyterian.org



Tuesday 8th: 4:00—10:00pm The sanctuary, fellowship hall, classrooms and kitchen will be unavailable due to a wedding at that time.

Session will meet at 6:00pm but will come in through the west end doors.

Saturday 12th: 1:00—4:00pm. 50th anniversary celebration for Dan & Susie Selock!
Everyone is welcome; finger foods will be provided.

You can RSVP to sselock@hotmail.com. The Selocks request no gifts please!

Tuesday 22nd: It is our opportunity to prepare and serve the meal at the Lighthouse Shelter.
The sign up sheet is on the “service” board in the fellowship hall.

SUNDAYS AND DURING THE FELLOWSHIP HOUR

6th: The Worship Committee meets.

20th: There will be a blood pressure screening sponsored by the Health Ministry during the fellowship hour.

MEETINGS THROUGH THE WEEK

Tue 8: 10:00am Deacons meeting (date changed from Sunday 13th).
6:00pm Session meets.

Sat 19: 8:00am Presbyterian Men meeting at IHOP.

Thu 17: 6:00pm Social Justice group meeting.

Mon 21: 5:00pm Health Ministry meeting.
6:30pm Cancer Support group meeting.

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: 1st Emily Wallace & Wils Evans, 5th John Van Dyk, 10th Granger Odum & Katherine Kerley, 15th Chris Evans & Jennifer Kerley, 16th Max Martini, 28th Jaye Van Zile.

Anniversaries: 7th Justin & Susan Harbison, 12th Ben & Tricia Groenewold Van Dy, & Dan & Susie Selock, 14th Bob & Marna Ames

August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00am Prayer Group at the home of Jean Johnson	2 10:00am Book Study 6:00pm Choir	3 10:00am Exercise Class 3:30pm Tai Chi	4	5
6 Worship Committee mtg.	7	8 10:00am Deacons 11:00am Prayer Group at Jeans 6:00pm Session 4-10pm Wedding	9 10:00am Book Study 6:00pm Choir	10 3:30pm Tai Chi	11	12  1 to 4:00pm Selock's 50th Anniversary Party
13	14	15 11:00am Prayer Group at Jeans PLAN deadline	16 10:00am Book Study 6:00pm Choir	17 10:00am Exercise Class 3:30pm Tai Chi 6:00pm Social Justice Group	18	19 8:00am Presbyterian Men meet at IHOP
20 Blood Pressure Screening	21 5:00pm Health Ministry mtg. 6:30pm Cancer Support Group	22 11:00am Prayer Group at Jeans Lighthouse Meal	23 10:00am Book Study 6:00pm Choir	24 10:00am Exercise Class 3:30pm Tai Chi	25	26
27	28	29 11:00am Prayer Group at Jeans	30 10:00am Book Study 6:00pm Choir	31 10:00am Exercise Class 3:30pm Tai Chi		



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