

THE P.L.A.N.

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



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

Dear friends,

Each year we journey through Lent. Certain things we associate with Lent – purple, slow, mournful music, ashes, and a banishing of the ‘alleluias.’ We think about giving things up – giving up happy, cheerful, chocolate, coffee, or other vices.

Lent is more than things we give up. Lent is really about us walking with Christ towards Jerusalem. It is filled with symbols. Lent is 40 days, which remembers the 40 years in the wilderness of the exodus and the 40 days that Jesus spends in the wilderness following his baptism. Lent doesn’t have Sundays, at least not as a part of the official 40 days, for each Sunday we gather is a ‘little Easter,’ a celebration of the resurrection, and Lent is not about resurrection.

Lent is about the wilderness. Except that’s to quite right either. Lent is about the journey. That’s probably closer. In Lent, we journey with Jesus, from the out and about, from the small towns, miracles, and teachings, from the shore and from the mount, and towards Jerusalem. We move from the places like Nazareth, Bethlehem, and Samaria, towards Jerusalem, towards the temple, towards the palace, towards the seat of government. Jesus moves from his birth to his death, and along the way, journeys from country to city, from fishermen and flocks to tax collectors and temple elders.

Who do we encounter on this journey? We find people called to follow Jesus, men and women who need healing, we find people who want to hear good news, who are fed by the thousands. We find blind, lame, sick, and even dying. We find those who are desperate, for themselves and for those they love. We find those who are desperate to retain their power and their influence, and those who want to believe that salvation is at hand. We find people who seek Jesus out in the middle of the night, who climb trees to see him, and who invite him over for dinner. We find those who will wash his feet, and those who will resist Jesus washing their feet. We find ourselves on this journey.

Once again, we invite you to journey with Jesus. Again, we invite us to journey with Jesus, and to bump into all the people that Jesus does. Come along, bump into us, the hungry and the disciples, those who long for healing for ourselves and those we love. Come along with us, through our wilderness, towards the promise of the kingdom. Come with us, and let us come with you, that we may all walk with Christ.

In Christ,

Wade

Inside this issue:

Prayer Page	2
Health Ministry	3
Health Ministry Closet	4
Christian Ed	5
Reminders	6
Lenten Services	7
Upcoming Events	8
Calendar	9

**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, Jan Collins-flu, Jaye Van Zile-flu, Jeanette & Ron Bowman, John & Jean Johnson, Pam & Roger Hendricks, Peggy Wiley, Peregrine, Shirley Mitchell, Susan Harbison, Ruth Blackburn, Tricia & Benjamin will need a new home next year, Vivian Crofts, 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, refugee situation.

*Someone remembers, Someone cares*

*Your name is whispered in someone's prayers*

*-Author unknown*

**Praise and Thanksgiving:** Amber Browning-normal biopsy.

**Condolences:** Family of Mike Goeb.

## HEALTH MINISTRY

### Health Benefits of Eating Vegetables

Eating more fresh vegetable is one of the simplest choices you can make to improve your overall health. A vegetable-rich diet can help protect you from arthritis, heart disease, stroke, dementia, cancer and can even help slow down your body's aging process. A recent study found that people who consume seven or more portions of vegetables and fruit a day have a 42 percent lower risk of dying from any cause, compared to those who eat less than one portion—and vegetables have the greatest impact.<sup>1</sup>

#### Could Vegetables Be the REAL Comfort Foods?

Move over mac-and-cheese... vegetables are the REAL comfort foods, with nutrients that actually improve your resilience to stress. Eating vegetables helps replenish your magnesium and vitamin C, which can be depleted by stress. Vegetables also provide you with omega-3 fats and B vitamins, proven to help reduce anxiety and depression. The vitamin K in veggies helps reduce inflammation in your body, which stress can aggravate.<sup>3</sup>

Green leafy vegetables, such as kale, spinach, and Swiss chard, are loaded with magnesium, which helps balance your cortisol, one of your "stress hormones." Magnesium and potassium relax blood vessels, helping keep your blood pressure low.<sup>4</sup> Magnesium also plays an important role in calcium absorption, helping you maintain good muscle and nerve function and a healthy immune system. Low magnesium levels have been linked with anxiety disorders and migraines, both of which are typically aggravated by stress.<sup>5</sup>

Avocados are one of the best stress-busting foods you can eat, replete with potassium, glutathione, healthy fats, and more folate than any other fruit. Folate is extremely important for your brain. Asparagus is also rich in folate.



## Christian Education

With computers now a days we have access to many resources. Some we do have to be wary of but a good many can help us in our search for "Spiritual Fitness". Here are a few that I have found helpful.

- Our Church Website is: [www.marionpresbyterian.org](http://www.marionpresbyterian.org)
- for current updates click on [About Us](#) and then on [Current News](#)
- For Bible search go to <https://www.biblegateway.com/>
- For Bible reading and study plans go to <http://www.biblestudytools.com/>
- For Our Daily Bread Devotional go to <https://odb.org/>
- For the Today Devotional go to <http://info.backtogod.net/free-devotion>
- For the Presbyterian Church USA website go to [www.pcusa.org](http://www.pcusa.org)
- For the Synod of Lincoln Trails go to [www.lincolntrails.org](http://www.lincolntrails.org)
- For the Presbytery of Southeastern Illinois go to [www.psei.net](http://www.psei.net)

Maybe you have another site or two that you like. Let me know and I will share. My e-mail is [vanroekel49@gmail.com](mailto:vanroekel49@gmail.com).

As I work on the website I am in need of pictures and we can always use an article or two. We hope to make the site a place to share information of happenings within the Church and our mission and evangelism work. Go through the site and let me know what you think and suggestions of what we need.

We will also be circulating consent forms for using pictures on the web site and other publications within the Church. We hope you will sign the forms and you may also indicate that you do not want any pictures used.

Tim Van Roekel, Elder for Christian Education





*Reminders*



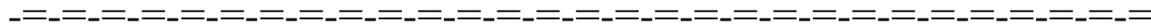
**KROGER CARDS**

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

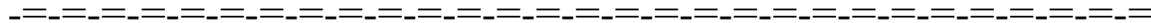


**Sign up sheet for Fellowship Hour and Clean Up**

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

## LENTON MIDWEEK SERVICES and GOOD FRIDAY

Tuesdays: 5:30 Soup and Bread Supper 6:30pm Ecumenical Worship

March 1	Ash Wednesday	Here: 4-7pm Open Service
March 7	Week One	Community of Christ Church
March 14	Week Two	1 <sup>st</sup> Presbyterian Church
March 21	Week Three	St. Joseph Catholic Church
March 28	Week Four	Our Redeemer Lutheran Church
April 4	Week Five	Zion United Church of Christ
April 9-15	Holy Week	
April 14	Good Friday	1 <sup>st</sup> United Methodist at Noon



## HEALTH MINISTRY CLOSET

Do you need to borrow home medical equipment?

The Health Ministries Committee keeps a closet of supplies available to members or others. You may contact a member of the Health Ministries Committee to check out items. Please sign a waiver form from the pocket on the Health supplies door (end of the hall, past the Pastor's Study).

Following is a partial list of supplies:

Bed rails

Belts - to steady or help transfer a patient

Bladder control products

Canes - in all sizes, some with 1 foot, with 4 feet, some are adjustable for height

Commode

Crutches - elbow and underarm, some adjustable

Toilet supports - to help patient "lift off"

Walkers - wheels, no wheels, seats, no seats, adjustable, not adjustable

Waterproof pads

Wheelchair





Wed 1: 4pm to 7pm Open Service.



Saturday 11: 4pm—7pm Spaghetti with meatballs, salad, dessert, drink dinner. \$8.50 per plate or \$25.00 per family. Come and enjoy a spaghetti dinner and listen to live music.



Sunday 12: Daylight Savings Time begins. Don't forget to set your clocks forward 1 hour on Saturday (11th) at bedtime.



Wed 14: 5:30pm Lenten Meal of Soup and Bread, 6:30 Worship Service here.

Thu 16: 6:00pm Social Justice meeting.

Sat 18: 8:00am The Presbyterian Men will meet at the Marion IHOP.

Sun 19: There will be Blood Pressure Monitoring during the fellowship hour for those interested.



Mon 20: First Day of Spring.

5:00pm Health Ministry Meeting.

6:30 Cancer Support Group.

**Weekly classes/activities for everyone:**

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

Wednesdays: 10am Book Study. 4:00PM SHARK'S group. 6:00pm Choir.

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



**Birthdays:** 6th Ray Presley, 8th Jocelyn Logan, 19th Denise Robison & Ben Groenewold Van Dyk, 21st Yvonne Whitfield, 23rd Tricia Groenewold Van Dyk, 24th Mona Odum & Susie Selock

**March 2017**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1  <b>ASH WED.</b> 4-7 Open Service 10am Book Study 4pm SHARKs 6pm Choir	2 10am Exercise Class 3:30pm Tai Chi 5pm ADK	3	4
5 Worship Com.	6	7 11:00am Prayer Group at Jean Johnsons' home	8 10am Book Study 4pm SHARKs 6pm Choir	9 10am Exercise Class 3:30pm Tai Chi	10	11 4-7pm Spaghetti Dinner 
12 Deacons mtg. Daylight savi time begins 	13	14 11:00am Prayer Group at Jean Johnsons' home 5:30pm Lenten Service & meal here	15 10am Book Study 4pm SHARKs 6pm Choir	16 10am Exercise Class 3:30pm Tai Chi 6pm Social Justice Group	17	18 8am Pres. Men meeting at IHOP
19 Blood Pressure Screening	20 5pm Health Ministry 6:30pm Cancer Support	21 11:00am Prayer Group at Jean Johnsons' home PLAN deadline	22 10am Book Study 4pm SHARKs 6pm Choir	23 10am Exercise Class 3:30pm Tai Chi	24	25
26	27	28 11:00am Prayer Group at Jean Johnsons' home	29 10am Book Study 4pm SHARKs 6pm Choir	30 10am Exercise Class 3:30pm Tai Chi	31	



**First Presbyterian Church**

*A Century to Celebrate . . . A Future to Fulfill*



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Online: [www.marionpresbyterian.org](http://www.marionpresbyterian.org)

**Sunday School:** 9:00am

**Worship Service:** 10:30am