

THE P.L.A.N.

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

**December**  
**2018**



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

Dear friends,

As I write this we're heading into that busy holiday time of the year. Thanksgiving is 3 days away (how did that happen?), and we're down to 30 days to Christmas. And there's lots of things going on, as it seems there always are.

What comes with holidays like these are not just traditions, but rituals. Things that carry more weight than just 'we've always done it this way,' and things that take on meaning of their own. As I begin to think about it, tradition often seems passive to me. 'We've never done it that way before' often gets said by people who've never done it, while rituals

demand participation to have meaning. While we might go along with a tradition for the sake of the tradition, or not rocking the boat, we don't really get the power of ritual unless we've been a part of the ritual or we are a part of the ritual.

For instance, turkey and stuffing is a tradition in my home, and has been at least since I was a child at Thanksgiving. Actually, to get that right, stuffing and turkey, for turkey is merely a stuffing delivery device is a tradition. The ritual, however, is the making of the stuffing, the spicing, the tasting, the going through 9 spoons so that the girls can each offer their input on the flavor. The recipe and the inclusion on the table are the tradition. The ritual that adds the meaning is that this is what we do together – we craft the stuffing, chopping, stirring, tasting, spicing, tasting, spicing, tasting....

In the church's worshipping life, we also have traditions and rituals, and sometimes, like stuffing, they overlap. We light Advent candles. For you, are they ritual, tradition, or both? We sing Advent and Christmas carols. Ritual, tradition, both? How about the colors of the paraments? The hanging of the greens? Chili supper? Holding a candle while singing Silent Night in a darkened sanctuary?

This season, I'd invite you to consider both tradition and ritual, and begin to decipher what your rituals are, the events and actions that bring and add meaning to the celebrations in which we are partaking. What are your rituals? Tell us all, and invite us in, as together we move to celebrate the birth of the Child, and give thanks.

In Christ,  
Wade

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# In Our Prayers

**Pray for those serving in the armed forces:**

- ✠ Army:  
Sean Richey  
Erwin Echavez
- ✠ Coast Guard:  
Charles Fosse
- ✠ Marines:  
Austin Reach  
Kaleb Selock  
Jacob Selock

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
- Edinburrugh Seminary

**Pray for our missionaries:**

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

**Pray for our collegians:**

- Danielle Markland
- Emily Wallace
- Gus Martini
- Lanita Ames

**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, Fran Giles, Jeanette & Ron Bowman, Jaye Van Zile, Jean Harvey, John & Kelly Atkinson, Kay Holderfield, Laurel Evans (traveling), Loren & Debbie Taylor, Pam & Roger Hendricks, Peggy Wiley, Mark & Catherine Stokes, Mary Kucharik, Ruth Blackburn, Shirley Mitchell, Susan Harbison, Vivian Crofts, Gene Stiman, Janice West (brother I hospice), Laura Kucharik, Yvonne Whitfield, Ron Campbells' mother & step-father, those in shelters, those who are ill or in pain, AIDS & HIV families, holiday travelers, homebound or hospitalized, caregivers, the unemployed, the poor, our General Assembly PC(USA), MMM Team 1 & 2, Compassion Children, our nation and leaders, our military, our world, POW's, migrant caravan, fires, victims & firefighters in CA, peace around the world, prisons overcrowded, Session, our church, end to wars, Puerto Rico, Zambia, Egypt, Syria, refugee situation around the world.

*Someone remembers, Someone cares*

*Your name is whispered in someone's prayers*

*-Author unknown*

**THANKSGIVING:** Kay Holderfield healing from surgery, Benjamin Groenewold Van Dyk passed his dissertation defense.

**CONDOLENCES:** Jean Harvey for the loss of her son, shooting victims in PA, victims of California fires.

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

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



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

**Fran Giles**  
701 S. Oakland Ave  
Carbondale, IL 62901  
457-2892

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

**Vivian Crofts**  
304 N. Mechanic St.  
Marion, IL 62959

**Shirley Mitchell**  
505 Rushing Road  
Carterville, IL 62918  
998-8950



**An Invitation:**

The Tuesday Morning Study and Prayer Group would like to host our annual Christmas Luncheon on Saturday, December 8 at the home of Jean Johnson. EVERYONE is invited! We will meet at 11:00, share coffee, tea, holiday goodies, sing carols, play games and celebrate the anniversary of the birth of our Lord and Savior, Jesus Christ!

If possible for you, please bring a serving of your favorite holiday goody to share with everyone and items of non-perishable food or cleaning supplies for Marion Soup Kitchen.

Please try and be with us.



Here we are in the Advent Season. How will you prepare and how will you change your life this year? Will you keep yourself from stressing out preparing for "Christmas"? Advent is a season of preparation. Will you prepare for the coming of the "child"? Our Christ? Jesus? Or will you get sidetracked with putting up the right decorations, shopping for the perfect gift, cooking a great meal, or so many other earthly things that take us away from Advent and the true meaning of Christmas. To help you stay on track attend a Faith Development class such as Sunday School or the Book Study or a prayer group. Use one of the provided Advent Daily Devotionals while you drink your coffee in the mornings to start your day on a positive note with an uplifting thought and prayer. Is there a shut-in or someone who just doesn't get out much that you can visit. Pick up the phone and make a call to a distant acquaintance, mail a card. Join us at SHARKs for a song, discussion, a prayer, and a meal. Come out with us for caroling. Little things help others that may be struggling to get through the holidays.

As we go into the New Year we want with Christen Education to continue to nurture and uplift our Church family. You may hear us refer to Sunday School as Faith Development. Faith is strengthened through education of reading, studying, listening, and sharing. We each have something to share, and to be able to share, we need to be around others, and be open to the idea that those around us need to also share with us as we listen. Continue to read and study to strengthen your faith. We do have study classes, book studies, prayer groups and other opportunities to help us to find ways that scripture can be opened up in our lives.

I don't normally do New Year's resolutions but in this society of physical fitness and healthy lifestyles, why not resolve to become "spiritually fit".



*Tim Van Roekel, Elder for Christian Education*



## *Reminders*



### KROGER CARDS

The Kroger Community rewards program is in effect and there is no need to sign up yearly anymore. Our Non-Profit Organization number has changed to **RC564** if you need to contact the Community Rewards program for any reason.

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 2018 we received a check from Kroger for \$111.30. It all adds up!

#### **Email addresses for the church and Pastor Halva:**

office@marionpresbyterian.org

lee@marionpresbyterian.org

Wade@marionpresbyterian.org or

pastor@marionpresbyterian.org



#### **What is AmazonSmile?**

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at [smile.amazon.com](https://smile.amazon.com), you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support.

To shop at AmazonSmile simply go to [smile.amazon.com](https://smile.amazon.com) from the web browser on your computer or mobile device. You may also want to add a bookmark to [smile.amazon.com](https://smile.amazon.com) to make it even easier to return and start your shopping at AmazonSmile.

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

You use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

On your first visit to AmazonSmile [smile.amazon.com](https://smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. Your selection is remembered, and then every eligible purchase you make at [smile.amazon.com](https://smile.amazon.com) will result in a donation.

Submitted by Susan Van Dyk

### Mushroom Wild Rice Soup

Simmer until done, more than an hour.

1 C wild rice mix

1/2 C white wine

4 C stock

1 t. thyme

1/2 t. salt/pepper



Fry 1 box of mushrooms in 2 T. olive oil. Remove.

Fry 2 C chopped celery and 1 chopped onion in 2 T olive oil. Remove.

Melt 2 T butter. Add 2 T flour. Stir in 1/3 C milk. Add the mushrooms, celery and onion. Gently stir into the cooked wild rice concoction. Add 1/3 C cream, 2 T lemon juice (optional) and 1/2 package cream cheese. Serve when cream cheese has melted.



**Thank you** to those who volunteered and worked in the Marion Ministerial Alliance Soup Kitchen representing First Presbyterian Church. Those volunteers were: Susie Selock, Ron Campbell, Kelly Jones, Sally Campbell, Jeanette Bowman, Susan Van Dyk , Wils Evans, Ralph Thompson, Clara Lee Buschschulte, Tim Van Roekel, Cindy Fields, Madeline Fields Halva, Catherine Fields Halva, Claire Kreutzer and Landa Stettler.

Dear First Presbyterian Church,

Thank you for allowing MHS to use your parking lot for our annual homecoming parade.

Laney Olson  
MHS Student Council President

Thank You for being a shining star in my life,

When we are in trouble we want to go home. That is why I came to you. You have been such a blessing to me.

Love, Barbara (Vaughan)

Dear friends at First Pres --

I cannot thank you all enough for helping us make the MMM Chili Supper such a huge success! You guys are incredible and really exemplify the meaning of "church family." Please share my gratitude with the Van Dykes, Yvonne Whitfield and everyone else who helped cook, setup, cleanup and publicize. We raised almost \$3,000 and had a LOT of great team building and relationship building. We couldn't have done it without all of you!

Kimberly

## Oral health: A window to your overall health

*Your oral health is more important than you might realize. Get the facts about how the health of your mouth, teeth and gums can affect your general health.*

[By Mayo Clinic Staff](#)

Did you know that your oral health offers clues about your overall health — or that problems in your mouth can affect the rest of your body? Protect yourself by learning more about the connection between your oral health and overall health.

### What's the connection between oral health and overall health?

Like many areas of the body, your mouth is teeming with bacteria — most of them harmless. Normally the body's natural defenses and good oral health care, such as daily brushing and flossing, can keep these bacteria under control. However, without proper oral hygiene, bacteria can reach levels that might lead to oral infections, such as tooth decay and gum disease.

In addition, certain medications — such as decongestants, antihistamines, painkillers, diuretics and antidepressants — can reduce saliva flow. Saliva washes away food and neutralizes acids produced by bacteria in the mouth, helping to protect you from microbial invasion or overgrowth that might lead to disease.

Studies also suggest that oral bacteria and the inflammation associated with periodontitis — a severe form of gum disease — might play a role in some diseases. In addition, certain diseases, such as diabetes and HIV/AIDS, can lower the body's resistance to infection, making oral health problems more severe.

### What conditions may be linked to oral health?

Your oral health might contribute to various diseases and conditions, including:

- **Endocarditis.** Endocarditis is an infection of the inner lining of your heart (endocardium). Endocarditis typically occurs when bacteria or other germs from another part of your body, such as your mouth, spread through your bloodstream and attach to damaged areas in your heart.
- **Cardiovascular disease.** Some research suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections that oral bacteria can cause.

**Pregnancy and birth.** Periodontitis has been linked to premature birth and low birth weight.

Certain conditions also might affect your oral health, including:

- **Diabetes.** Diabetes reduces the body's resistance to infection — putting the gums at risk. Gum disease appears to be more frequent and severe among people who have diabetes. Research shows that people who have gum disease have a harder time controlling their blood sugar levels, and that regular periodontal care can improve diabetes control.
- **HIV/AIDS.** Oral problems, such as painful mucosal lesions, are common in people who have HIV/AIDS.
- **Osteoporosis.** Osteoporosis — which causes bones to become weak and brittle — might be linked with periodontal bone loss and tooth loss. Drugs used to treat osteoporosis carry a small risk of damage to the bones of the jaw.

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**Alzheimer's disease.** Worsening oral health is seen as Alzheimer's disease progresses.

Other conditions that might be linked to oral health include eating disorders, rheumatoid arthritis, head and neck cancers, and Sjogren's syndrome — an immune system disorder that causes dry mouth.

Because of these potential links, tell your dentist if you're taking any medications or have had any changes in your overall health — especially if you've had any recent illnesses or you have a chronic condition, such as diabetes.

### **How can I protect my oral health?**

To protect your oral health, practice good oral hygiene every day. For example:

- Brush your teeth at least twice a day with fluoride toothpaste.
- Floss daily.
- Eat a healthy diet and limit between-meal snacks.
- Replace your toothbrush every three to four months or sooner if bristles are frayed.
- Schedule regular dental checkups and cleanings.

Avoid tobacco use.

Also, contact your dentist as soon as an oral health problem arises. Taking care of your oral health is an investment in your overall health.

from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475>



## SESSION NOTES



**OPENING PRAYER** was given by Rev. Wade Halva at 6:00 P.M. Elders present were Susie Selock, Tom Kucharik, Tim VanRoekel, Jean Johnson and Gayla Martini. Elder Loren Taylor was excused.

**AGENDA** was approved as prepared.

**DEACON'S REPORT**

No written report was available at this time but Rev. Halva advised that Deacons had met Tuesday, November 13<sup>th</sup>. Deacons are caring for several of our members in their time of need. They also are making plans for Advent celebrations including Hanging of the Greens on Nov. 25<sup>th</sup> and Christmas Caroling on Dec. 19<sup>th</sup>.

**FINANCIAL REPORTS** for month of October 2018 were reviewed. These reports showed following:

Income for the month	\$ 5,877.79
Less designated donations	- 779.00 (not available for general expenses)
Less expenses for the month	- <u>10,032.10</u>
Loss for the month	\$ - 4,933.31

This loss, as in previous months, was covered by our savings.

October 31, 2018 balance sheet shows our total current assets as \$183,726.28. Much of this is not available to help with expenses as it is invested in Bonds and designated for specific projects such as Bible School, Youth missions and Scholarships.

Session requested that the treasurer report our monthly figures each month in the bulletin as well as in the monthly PLAN in order to keep the membership informed.

Clerk reported receiving correspondence from County Assessor requesting conformation that the church is still eligible for Non-Homestead Exemption of property taxes. Session requested that the Clerk complete the form and submit it as in years past.

**Pastoral report from pastor's sabbatical** was reviewed and discussed.

**REPORT OF COMMITTEES:**

**Christian Education** written report was reviewed by Elder Tim Van Roekel.

The new banners for display used terms "Faith Development instead of Sunday School. CE feels that this change could promote new interest in our Sunday School programs. Session agreed.

(Continued on page 11)

## SESSION NOTES

continued

**Financial Stewardship** had no further reported than figures shown above.

**Stewardship/Mission** had no report at this time.

**Properties/Building & Grounds** written report was reviewed by Elder Tom Kucharik.

Three bids for cleaning of church have been received. After reviewing the proposals, session chose to use Kelley Jones and John Atkinson for six month period at \$10.00 per hour for each person.

Committee will make list of duties and time sheet to be followed by Kelley and John.

The 3 new banners display centers have been prepared and are being used. Session requested that the Holy Week Calendar banner be ordered.

Plaque for Ken & Elinor King Memorial bench has been attached but not yet placed in the prayer garden.

New data needs to be obtained to reconsider Solar Power for our building.

**Spiritual Life and Fellowship** Committees written report was reviewed by Elder Susie Selock.

**Spiritual Life committee** has revised the membership list for the small prayer books. They are preparing ten new prayer books and will also have new inserts for members' older prayer books.

**Health Ministry committee** will host Red Cross Blood Drive on Monday, 11/19/18 from 2 to 6 PM. The Cancer Support is still meeting on the 1<sup>st</sup> Monday of each month at 6:30 PM. The committee also delivered a lift chair to Suzanne Kerley (donated by Georgia Ruhe's family).

**Social Justice Team** has not met for some time but plan on getting started again on Tuesday evenings. One program will be Gun Safety presentation by Jane Otte.

**Fellowship Committee** reports that the weekly fellowship hour food is going well. The committee needs help with food for upcoming events: Marion Medical Chili Supper (11/18/18) needs desserts and chili toppers, like cheese and crackers. Also, members will be asked to bring chili to go into our community chili pot for the Hanging of the Greens (11/25/18).

**Worship Committee** oral report was given by Elder Gayla Martini. She is planning Minute for Missions in future to inform congregation of our mission projects. Also the possible of new in house directory creation will be reviewed.

### **Building usage requests:**

1 Presbytery of SE IL requested to use church for Small Church Forum meetings four times in 2019. These will be on Wednesdays from noon to two p.m. March 27, May 15, September 11 and November 6. Request was made by Bill McLean. Session approved.

2 Bridge club of SI requested use of building on Tuesdays from 11:30 to 4:00. Margaret High will be contact person for this group. Session approved

## OUR SCHEDULE!

**Sat 8:** 11:00am Christmas Luncheon at the home of Jean Johnson. (Invitation on page 3).

**Tue 18:** PLAN deadline. All articles, items of interest, calendar items, etc. are due in the office.

**Mon 24: Christmas Eve.** There will be a 7pm Candlelight Service with Communion.

**Tue 25: Christmas Day.**

This would be the day that we sign up to prepare & serve the meal at the Lighthouse Shelter. Since it is Christmas day, the invitation is out for anyone who would like to serve or volunteer to help that day. Please talk to Tim Van Roekel if you have any questions.

**Mon 31:** New Years Eve.

### SUNDAYS INCLUDING FELLOWSHIP HOUR

**2:** The Worship Committee will meet during the fellowship hour.

**9:** There will be a blood pressure check during the fellowship hour sponsored by our Health Ministry.

**23:** Christmas Joy Offering

### NON-CHURCH RELATED MEETINGS THROUGH THE WEEK

**Tuesdays:** 12:30 to 4:00pm Bridge Club meets.

**Saturdays:** 12:00—1:00 Debtors Anonymous meeting.

**Thu 6:** 6:00pm ADK group meets.

### OUR WEEKLY AND MONTHLY MEETINGS AND ACTIVITIES

**Tuesdays :** 11:00am Tuesday Prayer Group will meet at the home of Jean Johnson. Please bring a sack lunch and join them.

**Wednesdays:** 10:00am The book study group will meet.

4:00pm SHARK's group meets.

5:30pm Choir practice. All are welcome to join.

**Tue 11:** 10:00am Deacons meeting. 6:00pm Session meeting.

**Sat 15:** 8:00am Presbyterian Men meeting.

**Mon 17:** 5:00pm Health Ministry meeting. 6:30pm Cancer Support Group meeting.



**Birthdays:** 8th Ralph Thompson, 9th Ron Bowman, 14th Ryan Martini, 15th Lance Kreutzer, 16th Alycia Stephenson, 20th Shawna Donovan-Vaughn, 22nd Rick Flanagan, 26th Ron Campbell

**Anniversaries:** 5th Ralph & Lee Thompson

**December 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 12-1pm Debtors Anon.
2 Worship Committee	3	4 10am Prayer Group 12:30-4pm Bridge Club	5 10am Book Study 4pm SHARKs 6pm Choir	6 6:00pm ADK	7	8 11am Xmas Luncheon at Jean's home  12-1pm Debtors Anon.
9 Blood Pressure check	10	11 10am Deacons 11am Prayer Group 12:30-4pm Bridge Club 6pm Session	12  10am Book Study 4pm SHARKs 6pm Choir	13	14	15 8am Pres. Men meeting  12-1pm Debtors Anon.
16	17 5pm Health Ministry 6:30pm Cancer Support Group	18 10am Prayer Group 12:30-4pm Bridge Club PLAN DEADLINE	19 10am Book Study 4pm SHARKs 6pm Choir	20	21	22  12-1pm Debtors Anon.
23 Christmas Joy Offering	24 Christmas Eve 7pm Candle- light Service COMMUNION	25 Christmas Day 	26  4pm SHARKs 6pm Choir	27	28	29  12-1pm Debtors Anon.
30	31 New Years Eve 					



**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