

THE P.L.A.N.

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

**JUNE**  
**2018**



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

Dear friends,

We are now suddenly, according to the thermometer, in full on summer. I think we had a day or two of spring in there somewhere. For many of us, the summer changes things. We spend more time outside. We bemoan the heat, instead of the cold. We enjoy long days, full of sunshine.

Each summer, the radio industry comes out with, creates, or otherwise promotes, a song of the summer. That song is heard throughout parties, on the radio, and on TV. Different genres of music pick different songs, but there is a sound a song, or several, that kind of encapsulates in our memory that summer. You may remember some summer songs from your youth. Our girls now know the sounds

of each of their summer swim seasons by the music that was playing during meets and practice, and respond with joy and dancing when those songs come on, even, or rather, especially, in the backseat of the car.

This summer, we'll be taking a page from the music industry's playbook. We won't be using autotune, or backup singers, or multiple tracks laid down on top of one another. We won't need to hire a team of sound engineers. What we're going to do is look at, every so carefully, those songs that have been a part of shaping our faith. We'll look at hymn writers, like Isaac Watts and Fanny Crosby, and we'll look at events, like baptism or communion, or seasons of time, like Christmas and Easter, or even types of music, like spirituals or chant.

Along the way, we'll sing songs you love to sing, hopefully a lot of them, and introduce you to new music by artists you say you like, although in the case of Watts, it's just new to you music, since he wrote primarily in the 18th century. We hope you'll enjoy singing loudly familiar and beloved songs, and we hope you'll find some new favorites, or at least some that may grow on you. We'll give you some background, like it's American Top 40, and tell you some of the stories behind the songs and their creators.

And in all of this, we hope that while you sing along that you will reminisce. We want you to remember what the songs mean to you, and why. We want you to be able to put into words what these songs meant or mean, what they got you through, or who taught them to you. We want to know what makes **these** songs special to you, and we want you to hear what makes them special to the church, both those in the pews next to you, and the church universal.

We want you to start thinking about one thing as we go into the summer. If **you** were putting together a hymnal, what hymn would be on the first page? What hymn would set the tone for the entire rest of the book? What hymn would you want people to open the book to and think, Ah, so that's what this is about?" Get your #1 hymn and the reason why to me, and you may see it reappear in worship this summer.

Here's to long days, lots of light, and the songs that live in our memories.

In Christ, Wade

Inside this issue:

Prayer Page	2
Home Ministry Thank You	3
Christian Ed	4
Reminders	5
Recipes for May	6
Health Ministry	7
Artwork display	8
Our Schedule	9
Worship Planning	10
Note about the fall	11
Calendar	12



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

- ✠ Army:  
Sean Richey
- ✠ 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 & Roger Burroughs, Erwin & Colleen Echavez, Fran Giles, Georgia Ruhe, Jeanette & Ron Bowman, Jaye Van Zile, John & Jean Johnson, John Atkinson, Judith Fosse, Loren Taylor, Pam & Roger Hendricks, Peggy Wiley, Mark & Catherine Stokes, Ruth Blackburn, Shirley Mitchell, Susan Harbison, Suzanne Kerley, Vivian Crofts, Gene Stiman, those in shelters, those who are ill or in pain, those who are traveling, AIDS & HIV families, homebound or hospitalized, caregivers, the unemployed, the poor, our General Assembly PC (USA), Compassion Children, Co-moderators of PC(USA), our nation and leaders, our military, our world, POW's, peace around the world, prisons overcrowded, Session, our church, end to wars, Hawaii, 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:** The Groenewold Van Dyk family came home to visit, clean drinking water, Mary Kucharik had a good report from Oncologist, Deanna Myers had a good report from doctor.

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

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

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

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



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

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

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



**Thank you** Susie Selock, Mary Kucharik and Kay Holderfield for working in the office the 4th week of April while Lee was away.

**Thank you** to Claire Kreitzer, Tim Van Roekel, Clara Lee Buschschulte, Shaylee Hileman, Mona Odum, and Bill Momensen for helping to prepare and serve a supper of meatloaf, mashed potatoes, corn and green beans, fruit salad and miscellaneous deserts for the 30 plus residents of the Lighthouse Shelter on Tuesday April 24, 2018. We had a good time preparing, serving and cleaning up. Thank you all. **Our next opportunity to serve is June 26, 2018.** This is a great local mission. Thanks to all.



**Thank You** Loren Taylor for the landscaping you provided to the garden area. Everything looks so nicely trimmed.

I want to thank everyone at First Presbyterian Church that I attend on Carbon Street, Marion, IL. For their prayers and concerns for me. I hope to get back soon. I'm much better but not completely back to normal.

Thanks again.

Bless all of you  
Shirley Mitchell



is here. Church camp, fairs, family reunions and other activities. As usual we went from winter right into summer. Lawn mowing and pulling weeds. Enjoying a variety of flowers. Small vegetable garden planted.

Properties is planning an outside work day on June 23, 2018. If you can't work outside I am sure there is a closet that needs cleaning. Summer is a good time to review and organize our classrooms. Thank you for helping.

Summer is a good time to find a book to read. Get a glass of lemonade and a comfortable chair and enjoy.

Any ideas of new opportunities to study. Have thought of starting an evening Bible and/or book study. Would you like to help lead a Sunday School class or work with the SHARKs kids next school year. We welcome your help.

**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.

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 April 2018 we received a check from Kroger for \$119.34. 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.

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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.

# Recipes for June

Submitted by Susan Van Dyk

## Roasted Cauliflower

About 7 cups cauliflower florets  
Toss to coat in about 3 tablespoons of olive oil  
Toss with:

- 1 cup bread crumbs
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- About 1/2 a cup grated parmesan cheese

Bake on a greased cookie sheet at 425 °  
Stir after about 10 minutes, and bake for another 10 minutes.

This recipe is one of Laurel's discoveries.



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## ANNUAL CHURCH-WIDE PICNIC

Where: at the Selocks' home on the Lake of Egypt  
When: Sunday June 10th following worship  
Dan and Susie will provide hamburgers, hot dogs and drinks.  
Please bring a dish to share.



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## COMPASSION CHILD SPONSORSHIP

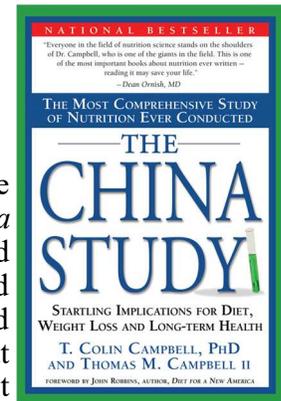
The opportunity to sponsor a Compassion Child will be available until Sunday, June 10th.  
If you wish to partner with other individuals to help with the monthly \$38 and write the letters, this is an option.



Looking for something to read?

### The China Study

In 2005, T. Colin Campbell, PhD and his son Thomas M. Campbell, MD, shared the China Project findings along with additional research with the world in *The China Study*. This groundbreaking book examined the connection between nutrition and heart disease, diabetes, and cancer and the source of nutritional confusion produced by powerful lobbies, government entities, and opportunistic scientists. The revised and expanded edition includes new content, statistics, research and information about the changing medical system and how patients stand to benefit from a surging interest in plant-based nutrition. *The China Study* is hailed as one of the most important books about diet and health ever written.



### 1983-84 Survey

Sixty five counties in rural China were selected for study and the dietary, lifestyle and disease characteristics of populations of each county were compared. Within each of the 65 counties, 2 villages were selected and 50 families in each were randomly chosen for study. One adult from each household (half men and half women), 6500 for the entire survey, participated. Blood, urine and food samples were obtained for later analysis, while questionnaire and 3-day diet information was recorded. A total of 367 items of information on these 6500 families eventually were judged to be reliable. These 1983-84 diet and lifestyle data included the 1973-75 mortality rates for about 4 dozen different kinds of cancers and other diseases. The data was published in the following monograph: Chen, J., Campbell, T.C., Li, J., Peto, R. *Diet, Lifestyle and Mortality in China. A Study of the Characteristics of 65 Chinese Counties*. A joint publication of: Oxford University Press, Cornell University Press and The People's Medical Publishing House, 1990.

### 1989-90 Survey

The same counties and individuals surveyed in 1983-84 were re-surveyed in 1989-90, with the addition of 20 new counties in mainland China and Taiwan, and 20 additional families per county, thus yielding 10,200 total adults and their families. A large amount of socioeconomic information also was collected. These data were combined with new mortality data for 1986-88, using the most recent disease classification scheme (International Classification of Disease, Edition 9). The data was published in the following monograph: Chen, J., Peto, R. Pan, W., Liu, B., Campbell, T.C. *Mortality, Biochemistry, Diet and Lifestyle in Rural China. Geographic study of 69 counties in Mainland China and 16 areas in Taiwan*. Oxford University Press, 2006.

### Research Results

Researchers found that diseases more common in Western countries clustered together. Data analyses led them to conclude that these diseases might be attributed to nutritional extravagance, while those illnesses more common in poorer areas of the world were likely owing to nutritional inadequacy and poor sanitation. Other findings highlighted distinctions in disease outcomes relative to intakes of plant vs. animal-based foods. After detailed analyses, the consistency of these results led researchers to conclude that overall, the closer people came to an all plant-based diet, the lower their risk for chronic disease.

<https://nutritionstudies.org/the-china-study/>



Please join us for:

An Evening  
with the Artist.

A faith journey through Art  
Featuring the work of  
Ms. Tonya Ramey  
Proceeds from the sale  
Of her artwork will be shared  
between the artist and Marion  
Medical Mission

Friday, June 8, 2018

6:30-8pm

1st Presbyterian Church  
1200 S. Carbon, Marion IL



**Tue 4:** American Red Cross Blood drive here from 2:00 -6:00pm.

**Fri 8th:** 6:30—8:00pm Artwork: a faith journey through art by Tonya Ramey. Proceeds from the sale will be shared with the Marion Medical Mission.

**Sun 10th:** The annual church-wide Selocks' Picnic at their home on the Lake of Egypt. The Selocks will provide hamburger, hot dogs and drinks. Please bring a side dish or dessert.

**Mon 18th through Friday 22nd:** Our opportunity to work in the MMA Soup Kitchen. The volunteer sign-up sheet is on the “service” board in the fellowship hall. Please represent 1st Presbyterian Church by volunteering if you are able.

**Tue 19th:** PLAN deadline. All articles, items of interest, calendar items, etc. are due in the office.

**Tue 26th:** 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. Please volunteer if you are able.

### SUNDAYS AND DURING THE FELLOWSHIP HOUR

**3rd** The Worship Committee will meet during the fellowship hour.

**17th Father's Day!** There will be a blood pressure check during the fellowship hour sponsored by the Health Ministry.

### MEETINGS THROUGH THE WEEK

**Every Saturday:** 12:00—1:00 Debtors Anonymous meeting.

**Tue 12th:** 10:00am Deacons meeting. 6:00pm Session meeting.

**Sat 16th:** 8:00am Presbyterian Men meet at IHOP in Marion.

**Mon 18th:** 5:00pm Health Ministry meeting. 6:30pm Cancer Support Group meeting.

### WEEKLY CLASSES AND ACTIVITIES

**Tuesdays :** 11:00am Tuesday Prayer Group meets at the church. Please bring a lunch and join us.

**Wednesdays:** 10:00am Book Study. 5:30pm Choir.

**Saturdays:** A Debtors Anonymous Group will hold their meetings here from noon until 1:00pm.

Summer Worship Calendar

**June 3, 2018**

2nd Sunday After Pentecost

Kids lead worship

175 - Seek Ye First

The disciples song (kids)

When I needed a Neighbor (kids+ congregation)

My roots go down (kids)

727 - The Servant Song

**June 10, 2018**

3rd Sunday After Pentecost

Isaac Watts

32 – I Sing the Mighty Power of God

585 PsalterHymnal - Let Children Hear the Mighty Deeds

687 – Our God Our Help in ages Past (choir)

803 – My Shepherd will Supply My Need

265 – Jesus Shall Reign Where'er the Sun

**June 17, 2018**

4th Sunday After Pentecost

Benjamin and Tricia will lead worship

**June 24, 2018**

5th Sunday After Pentecost

Fanny Crosby

634 – To God be the Glory

550R – Saved By Grace

327R – Jesus is tenderly calling (choir)

106R – Praise Him, Praise Him

839 – Blessed Assurance



It is hard to believe that I have been here for 9 Easters now. There have been weddings and funerals, baptisms and confirmations. We have prayed together, laughed together, and cried together.

Yet, I am getting tired and worn down. I can tell that I'm not at my best, and that it takes me longer to recover. So, taking the advice that God gives the people of Israel, the session and I are preparing for me to be on a sabbatical this fall. I'll be out of the pulpit and traveling the region in worship and in recreation in August, September and October.

The church (you all), will continue to be the people of God , proclaiming the good news of God. You'll have help, in familiar faces and in some new faces in worship leadership and pastoral care. And you'll have each other, and the opportunity to share your gifts with one another in new ways. You'll hear the Gospel in new ways from new people. And you'll be the church in new ways.

Then we'll come back together and we'll be the church together. We'll be the church rested and recharged, and ready for the next thing, ready to tell the story of the coming of the child once more, and to see how that child changes things.

I'm thankful for your generosity and care in allowing me this sabbatical time away, and grateful that you will be the church, as you have been, as you are, and as you will be. You'll get more details on coverage and such as we get closer to the time, and we all know that in this, as in all things, we remain in the hands of God.

In Christ,

Wade

PS – As a side note, a part of sabbatical covenants is the understanding that sabbaticals are designed for the long term health and relationship between congregation and pastor. To this end, the explicit understanding is that we, pastor and congregation, covenant to be in ministry together for at least a year following the end of the sabbatical. Consider this half-time.



**Birthdays:** 1st Liam Wallace & Mark Wallace, 6th Betty Ridgley, 21st Sofia Stephenson & Judith Fosse, 25th David Smits & Gayla Martini, 28th Trilby C. Evans, 30th Dan Whitfield & Tim Van Roekel

**Anniversaries:** 10th Tom & Jocelyn Logan, 13th John & Susan Van Dyk, 20th Kay & Jack Holderfield, 26th Wade Halva & Laurie Fields

## June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 12:00—noon Debtors Anonymous
3 Worship Com.	4 2-6pm American Red Cross Blood Drive 	5 11am Prayer Group	6 10am Book Study 5:30 Choir	7	8 6:30-8pm Artwork by Tonya Ramey	9 12:00—noon Debtors Anonymous
10  Annual Selock Picnic at LOE	11	12 10am Deacons 11am Prayer Group 6pm Session	13 10am Book Study 5:30 Choir	14	15	16 8:30am Pres. Men meeting  12:00—noon Debtors Anonymous
17  Father's Day Blood Pressure check	18 5pm Health Ministry 6:30pm Cancer Support	19 11am Prayer Group PLAN deadline	20 10am Book Study 5:30 Choir	21	22	23 12:00—noon Debtors Anonymous
<b>SOUP KITCHEN WEEK</b>						
24	25	26 11am Prayer Group  Lighthouse Shelter Meal	27 10am Book Study 5:30 Choir	28	29	30 12:00—noon Debtors Anonymous



### *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