

# First Presbyterian Church

601 Pine Street, Klamath Falls, Oregon 97601

May 2018

## Musings from Pastor John

In 2006 a medical study revealed that close to 600,000 people had heart bypass surgery that year. Post surgery, these patients were counseled that they must change their lifestyle in terms of smoking, drinking and diet. They must exercise regularly and work toward reducing stress in their life. *In a blunt sort of way, the doctors are saying 'change or die'.*

You would think that most people would heed the doctor's voice and change their lifestyle. The study discovered that over the next two years ninety percent of these heart patients made no noticeable changes in their lifestyle. How does that strike you? Though they knew that their lifestyle was causing them damage and even death, they continued living in their harmful habits.

The obvious questions to be asked are:

- "Am I (are you) choosing life?"
- Are we seeking to change our life in such a way that our life will thrive and flourish?
- Or are we continuing to live in our destructive and harmful habits?

In Deuteronomy 30 Moses is on the eve of his death and Israel is on the threshold of

entering the Promised Land.

He goes to great length to describe for Israel the blessings of following God and the curses of following the gods of their neighbors. Moses concludes his conversation in verse 19, by calling on Israel to:

*"Choose life, so that you and your children may live."*



The statement still rings true today: Are you choosing life in God?

One of the ways (and there are many ways) we choose life with God is by paying attention to what God is doing in the midst of our life. (We called them God moments in a recent sermon)

- Here are three questions to ponder: How have you noticed God in your life of late?
- Are you becoming more aware of God's presence and his nudges in your life?
- What are you doing in response to noticing God and his nudges?

Asking and answering these questions are going to help determine if our lives are flourishing and thriving with God. They are not intended to be legalistic in nature or guilt inducing, but hopefully life-giving and life freeing.

My greatest hope is that we as a church and we as individuals will learn to choose life with God by *experiencing God in the here and now.*

Moreover, that by this *experiencing God* in the here and now, we will be people who love God well, love ourselves well and love others well.

May you grow in choosing life with God and may you become more acutely aware of his presence and his love for you.

In God's grip,  
His is the strong one,

Pastor John

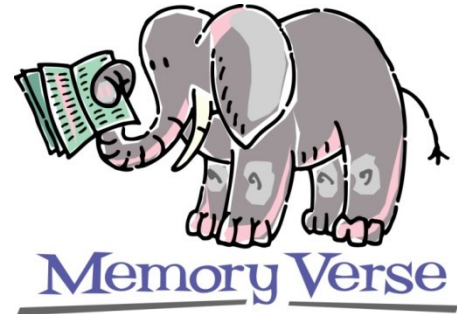
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# Children's Ministry

Children's Ministry will accept Pastor John's challenge to learn some important Scripture verses!

We will start in May during Children's Church. Here is the first verse:



"Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead." 1 Peter 1:3 NIV



Our praise and worship time with the kids downstairs has been going well! We have CD's available with all the songs we sing during Children's Church. Pick up a CD at the check-out desk!

**Save this date!**

Mark your calendars for Vacation Bible School this summer. We will have **Camp VBS** June 18<sup>th</sup> through the 21<sup>st</sup> (Monday through Thursday).



# Announcements & Events



Young Adult Gathering  
(50 and younger)  
Sunday, June 10th  
*(Have we got a deal for you!)*  
4:30-6:30 p.m.  
Dinner & Childcare provided

- Are you looking for a way to connect with each other?
- We hope to have this gathering as a once a month event.
- Help us come up with a better group name!

## Pardon Our Dust



Pardon our dust, and the remodel mess in the upstairs bathrooms. The handicapped bathroom access project is underway. We could use help with clean-up at the end of each day's work and it would really be appreciated. Contact John Mumford (541) 363-9085 or Scott Dickson (541) 882-9633 for information on work days and timing. John is a new member of the Physical Resource team and Scott Dickson recently joined up again and both men are bringing new knowledge and skills to the group.

If you can help the Physical Resource Team with clean-up or with the many ongoing projects, please contact one of the members listed above or any of the other members which include: Don Boyd, Ron Cox, Jeff Boersma, Scott Senter, Jeff Newsom, Jim & Laura Stewart, and Anne Weaver. Thank you.



*The Next  
New Member's Class:  
Sunday, May 20th  
5:00-7:00 p.m.*

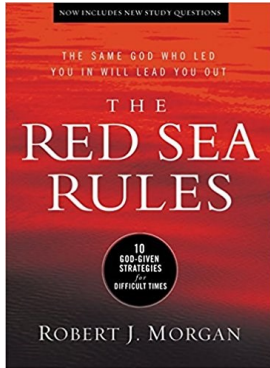
*Please let us know you are interested in this class. Sign up on the weekly connection card or in the foyer.*

*LifeTouch*

Connecting You through Family Photography

Thanks everyone for participating with our new church directories! It is so nice to have everyone's pictures with their names and addresses. This helps us get to know each other as well! Many thanks!

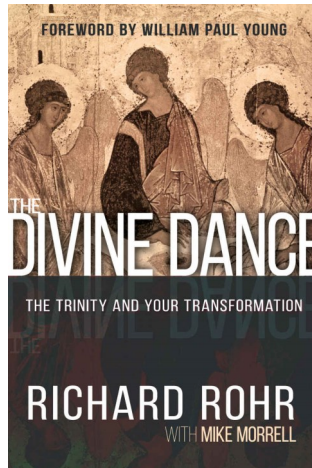
**The Red Sea Rules**  
by Robert J. Morgan



Life is hard, especially for Christians. It is certain that we will face difficulties, and that God will allow them, as He allowed the Israelites to become trapped between Pharaoh's rushing armies and the uncrossable Red Sea. But just as certain is the fact that the same God who led us in will lead us out. As *The Red Sea Rules* makes comfortingly clear, He *is* in control. Using the Israelites' story in Exodus 14 as an example, Robert Morgan offers ten sound strategies for moving from fear to faith. Just as Moses and the Israelites found themselves caught between "the devil and the deep Red Sea," so are we sometimes overwhelmed by life's problems. *The Red Sea Rules* reveals that even in the midst of seemingly impossible situations God promises to make a way for us. His loving guidance will protect us through danger, illness, marital strife, financial problems, or whatever challenges Satan places in our path.

Everything on this page was found on Amazon.com

**The Divine Dance**  
by Richard Rohr

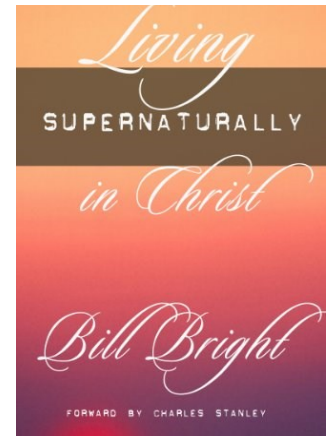


The Trinity is supposed to be the central, foundational doctrine of our entire Christian belief system, yet we're often told that we shouldn't attempt to understand it because it is a 'mystery'. Should we presume to try to breach this mystery? If we could, how would it transform our relationship with God and renew our lives? The word Trinity is not found in the New Testament-

it wasn't until the third century that early Christian father Tertullian coined it-but the idea of Father, Son, and Holy Spirit was present in Jesus' life and teachings and from the very beginning of the Christian experience. In the pages of this book, internationally recognized teacher Richard Rohr circles around this most paradoxical idea as he explores the nature of God circling around being an apt metaphor for this mystery we're trying to apprehend.

Four-disc set includes six "When Calls The Heart" telefilms "Lost & Found," "A Telling Silence," "The Dance," "Second Chances," "Change of Heart," and "Rules of Engagement," plus the original 2013 made-for-TV movie "When Calls The Heart."

**Living Supernaturally in Christ**  
by Bill Bright



We are in a place of highest privilege. Each of us can live a life of love, meaning and purpose. Yet most of us never experience a life of incredible adventure. Instead, worries, fears and difficult circumstances rule our emotions and diminish our hopes and dreams. But there is an answer...

Jesus promises us a supernatural life. It is freely given to any child of God who loves, trusts and obeys Him. *In Living Supernaturally in Christ*, Bill Bright provides five essential steps that any believer can take to enjoy heavenly benefits on earth. You can discover...

- The key to your supernatural life
- The spiritual benefits you have inherited
- The power that can transform your life
- The victory promised to those who are in Christ

## Six Meals versus Three Meals

Does your typical eating plan look something like this? Coffee or mocha, bagel or doughnut for breakfast, fast food for lunch, snack before dinner (chips, crackers or the like) and then a large dinner before bed? If so, you are not alone! It is no wonder that coffee shops and fast food chains are flourishing; our schedules are just crazy aren't they? But let's break down how this eating pattern affects your health.

The bad guy in this "diet" is the processed, high glycemic foods which cause blood sugar to rise which causes what to rise? Insulin. What follows then? The insulin causes the blood sugar to plummet which causes what? Cravings for more sugar and calories which leads to a see-saw pattern that leads to further poor health and obesity. The elevated insulin which follows eating your typical breakfast or fast food causes our body to use *glucose* for fuel rather than a mix of glucose and fat. And when that excess of fuel is not used up, what happens? It becomes stored as fat!

And getting back to that typical day, a huge meal before bedtime keeps you in fat storage mode which disrupts sleep which leads to poorer eating habits and you guessed it, more weight gain. Researchers did a

study a while back in which 2 groups of individuals ate the same foods and the same calories, only one group ate 3 times per day while the other ate every 3 hours. Who lost the most weight? Right, the group that consumed smaller more frequent meals was not only more satisfied but their blood sugar remained steady which in turn led to fewer cravings. In this same study, the researchers found that after 2 weeks, the folks that ate every 3 hours had lowered their blood cholesterol by 15% and blood insulin by almost 28%.



So the big take away, when we eat regularly we are sending a signal to our brain that we don't need to store calories as fat whereas when we skip meals, we are sending the opposite message. The keys to weight loss are:

- Master the amount of food you eat; use smaller plates and fill your plate with half fruit and veggies, 1/4 protein and 1/4 starch
- Strive for quality in the food you eat

(low glycemic carbs, healthy fats, high quality protein)

- Fuel your body every 2-3 hours; *portion controlled* breakfast, lunch and dinner and a healthy balanced snack between meals. While it may seem you are eating more, you are in fact eating less as your level of satiety (feeling full) will be higher.

So knowing your goals, creating a plan, consistently eating breakfast and fueling your body every 2-3 hours are some important cornerstones of health but there are many more to come!

Valerie Picard  
Independent  
Certified Health  
Coach with  
Optavia



# MAY 2018

## Visitation Schedules week of:

May 7	Woods	892-4925
May 14	Boys	884-3507
May 21	Pollards	281-8075
May 28	Judy Swan	884-7306

EOD - Rich Touslee    EOD: Keith Stone    EOD: Craig Rappe    EOD: Heidi Biggs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 5:30-7:00pm Women's Bible Study  6:00 Worship Committee	<b>2</b> 9:00-11:00am Women's Bible Study 10:45-12:00 Staff meet 3:00 Women's Prayer 5:30-7:00 Praise Team 6:30 Choir Practice	<b>3</b> 8:00 Physical Resources	<b>4</b> 10:00-5:00 OMTA (Oregon Music Teachers Assoc.) <b>Lifetouch Pictures 12:00-7:00 p.m.</b>	<b>5</b> 10:00-5:00 OMTA (Oregon Music Teachers Assoc.) <b>Lifetouch Pictures 9:00-4:00 p.m.</b>
<b>6</b> Pastor John 9:00 Contemporary 11:00 Traditional	<b>7</b> 6:30-8:00pm Men's Bible Study 6:30 Bell Choir	<b>8</b> 5:30-7:00pm Women's Bible Study	<b>9</b> 9:00-11:00am Women's Bible Study 10:45-12:00 Staff meet 3:00 Women's Prayer 5:30-7:00 Praise Team 6:30 Choir Practice	<b>10</b> 1:30 Mission Committee	<b>11</b> 9:00 -11:00 Library Committee	<b>12</b>  <b>1:00 p.m. Steve Schultz Memorial</b>
<b>13</b> Pastor John 9:00 Contemporary 11:00 Traditional  <b>Happy Mothers Day!</b>	<b>14</b> 6:30-8:00pm Men's Bible Study 6:30 Bell Choir	<b>15</b> 5:30-7:00pm Women's Bible Study	<b>16</b> 9:00-11:00am Women's Bible Study 10:45-12:00 Staff meet 3:00 Women's Prayer 5:30-7:00 Praise Team 6:30 Choir Practice	<b>17</b> 6:30-8:30 Bell Choir Practice  6:45 Session Meeting	<b>18</b> 9:00 -11:00 Library Committee	<b>19</b>
<b>20</b> Pastor John 9:00 Contemporary <b>Brunch</b> 11:00 Traditional <b>4:30-6:30 Young Adults 7:00-8:30 Bell Choir Concert</b>	<b>21</b> 6:30-8:00pm Men's Bible Study	<b>22</b> 5:30-7:00pm Women's Bible Study	<b>23</b> 9:00-11:00am Women's Bible Study 10:45-12:00 Staff meet 3:00 Women's Prayer 5:30-7:00 Praise Team 6:30 Choir Practice	<b>24</b>	<b>25</b> 9:00 -11:00 Library Committee	<b>26</b>
<b>27</b> Pastor John 9:00 Contemporary 11:00 Traditional	<b>28</b> <b>Memorial Day-Office Closed</b>	<b>29</b> 5:30-7:00pm Women's Bible Study	<b>30</b> 9:00-11:00am Women's Bible Study 10:45-12:00 Staff meet 3:00 Women's Prayer 5:30-7:00 Praise Team 6:30 Choir Practice	<b>31</b>	<b>June 1</b>	<b>June 2</b>  <b>Congregational Meeting tomorrow June 3rd</b> 

# Session Meeting Summary

## Session Meeting Summary 4/19/2018

Pastor John opened the regular meeting of session with prayer and reading 1 Peter 1:3. Rich Touslee shared his faith story. The elders discussed Chapter 3, "Going Back in Order to Go Forward," from Emotionally Healthy Spirituality. Our birth families shape our spiritual lives. It is healthy to understand how our histories might hinder or nurture our growth and experience with God.

The ECO 2017 Ministry Information Form, giving data on the church over the past year, has been completed and sent to the national office. A copy is provided for each elder. A copy is available in the church office if others would like to review it.

Jessica Smith of Children's Evangelism Fellowship will speak briefly to the church on May 20<sup>th</sup>.

Keith has talked with Lt. Rob Reynolds about providing a presentation between services on what to do in the event of a threat at church. Keith and John will set a date and time.

Laura presented a design concept for the church tagline, "Growing Deeper, Reaching Wider." Laura will work

with a local graphic artist to develop a design proposal for session to review.

John is proposing identifying and training several prayer teams (a man and a woman) to pray with congregants after services.

It was agreed that every other chair in the back row of the church should be removed allowing for people in wheelchairs and their companions to sit without having to move chairs around. A sign will be posted indicating the area is for those with disabilities.

John will be attending the ECO Presbytery meeting in Yakima May 4<sup>th</sup> and 5<sup>th</sup>.

Megan Finney has volunteered to be the pianist 3 Sundays a month. Another person will be sought to play on the remaining Sundays.

Session approved the finance committee's recommendation to allow each staff member with continuing education to put up to \$3,000 total into a restricted account for future conferences from money remaining at the year end in their continuing education budget.

The cost of installing a remote control lock on the front doors of the

church is being investigated as well as possible grant options for funding it.

Rich Touslee is working with congregants to create teams of ushers with a team leader to be trained and to be responsible for ushering duties regularly on designated Sundays each month.

The nominating committee has several individuals who have agreed to be nominated to serve as elders or deacons. There is still a need for 1 more elder and 1 more deacon.

The meeting was closed in prayer for the church in general as well as for specific concerns and praises.

Next regular meeting is Thursday, May 17<sup>th</sup> at 6:45 pm. Meetings are open. If there are items a person would like Session to address, please contact an elder in the week prior.

Gay Woods  
Clerk of  
Session



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601 Pine Street, Klamath  
Falls, Oregon 97601

Return Service Requested

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FPC Elders

Heidi Neel Biggs  
Don Boyd  
Barb Dehlinger  
Dave Pollard  
Craig Rappe'  
Andrew Smith  
Laura Stewart  
Mitch Stokes  
Keith Stone  
Rich Touslee  
Gay Woods

FPC Deacons

Randy Clark  
Bryan Coe  
Charlie Dehlinger  
Denny Fullerton  
Bill Kennedy  
Janell Knutson  
Terrie Mumford  
Sharon Nelson  
Brooke Smith  
Judy Swan  
Lee Woods

Contacts at FPC

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Karli Fussell - Women's Ministry  
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Sheryl O'Neal - MOPS  
sheryloneal27@gmail.com

Kris Bienz - Financial Secretary  
kbienz@klamathfpc.com

Susan Scrimsher - Choir Director  
sscrimsher@klamathfpc.com

Mary Kern - Praise Team Director  
maryekern@hotmail.com

Belinda Reno - Administrative Assist.  
breno@klamathfpc.com

WEBSITE:

www.KlamathFPC.com  
601 Pine Street  
Klamath Falls, Oregon 97601  
(541) 884-7781



A Covenant Order of  
Evangelical Presbyterians



Sunday services:

9:00 Contemporary with  
Praise Team and Band

11:00 Traditional with  
Choir and Pipe Organ

We look forward to  
sharing the Lord's Word  
and song with you!