

First Presbyterian Church

601 Pine Street, Klamath Falls, Oregon 97601 June 2018

Musings from Pastor John

We have just spent four Sundays talking about prayer. In light of that, I'm hoping you are praying a little bit more. Okay, full discloser: I'm hoping you are praying much more! If you're still not convinced of the importance of prayer, here are six more reasons it's "prayer time".

1- You wake up feeling rested, only to realize your alarm went off an hour ago.

2- And of course, none of the clean clothes you were able to find match.

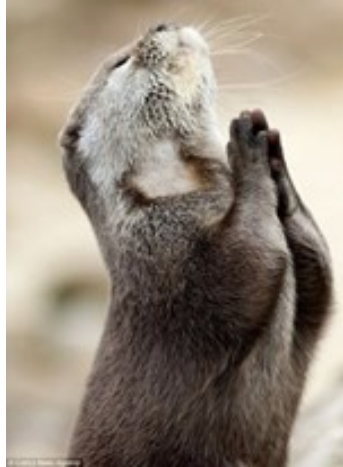
3- You are now late for an important meeting and as you leave your house, you notice strange fluid is dripping and pooling under your car.

4- Later that day as you go to pay bills, you discover your toddler has been playing hide and seek with the checkbook.

5- As your new in-laws come to the door, your dog is throwing up.

6- Your toilet's overflowing, but at least you found the checkbook.

I know, maybe there are better reasons to pray than these, but they are not a bad starting point. If we will take the time to notice, life has a way of showing us that we need someone far greater, stronger, wiser, and smarter than we are. You may be thinking of a person in your



life, but I'm referring to God the Father, Son and Spirit. God's desire is that we would make prayer "more like a steering wheel and less like a spare tire". (thank you Corrie Ten Boom)

Last Sunday, (May 20th) we had ten people come forward for prayer after our two worship services. Each person came with their own desires, needs and hopes. I can't promise what God will do for those requests. What I can promise is, He listened intently and His answers to our prayers will be His best for our best.

We are in the process of creating prayer teams to pray with people after our worship services. If you have an interest or God is nudging you, please sign up in the church lobby or on the bulletin connection tear-off cards. My hope is to have at least four different teams for each of our two worship services.

We will be having training in the near future.

May God continue to have His hand in and on your life. He is as close as your next breath.

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

Pastor John



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June 18th through 21st

Monday – Thursday

5:30-7:30 P.M.

Healthy dinner at 5:00

All kids entering kindergarten all the way through those just finishing fifth grade are invited for the adventure of the summer!



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



Join us for
dinner!

- Are you looking for a way to connect with each other?
- We hope to have this gathering as a once a month event.

Childcare
provided!

THANKS to those who see a need at FPC and help get it done.

- Flower planting by Belinda Scalas and Denny Fullerton
- Getting a ladder and window wash supplies to clean the plexi-glass cover on the stained glass windows at the rear of the sanctuary by Don Boyd and Ron Cox

These are just two of the recently finished jobs, and there are others going on now.



There is a Work Party Morning scheduled for Saturday, June 23, beginning at 9 a.m. and going on until about noon. This is when outside clean-up, some window washing, and some inside jobs get done. There will be a to-do list available that day.

It's more fun with more people and a great way to get better acquainted.

♥ By Anne Weaver

Private
Event

Sunday Parking at the Elk's Lodge

Please honor the Elk's Lodge when they have events and their no parking signs are in place.

Thank you

“Let Us Sing... Let Us Make a Joyful Noise...”

O come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!

Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!

Members of the congregation have noticed and have been asking why the Praise Team looks different. God is working and moving in our church. Like most changes, it isn't always easy for people, but we have been praying about what God wants for this service, and we feel led in this direction. How does God want to be worshipped? So often we make it about what we want, what we like, and how worship feels for us. There is more to worship than how we feel and what our preferences are. This has been a difficult change for me too because I like worship to be comfortable and suited to my preferences and style. But God doesn't always want me to be comfortable! He wants to change me, mold me and make me into a disciple. So much growth comes from change.

Psalm 100: 1 & 2
Shout for joy to the Lord, all the earth.
Worship the Lord with gladness; come before him with joyful songs.



Psalm 51 doesn't say to sing to the Lord because we like the way it feels or sounds. We shouldn't make a joyful noise because the songs are powerful or fun to sing. We are told to sing and make a joyful noise because "the Lord is a great God, and a great King above all gods." Worship is about God.

There were songs that were sung at a recent worship conference that I didn't know or didn't care for, but the Spirit guided me to a place where I could still praise God *because He is worthy of my praise!!!* I listened or just spoke the words – God heard and was pleased no matter how it sounded, and He worked and moved my heart towards Him (even if I hadn't ever heard the songs before.)

Please let God speak through our praise and worship songs whether you know them or not. Our goal as worship leaders is to lead the congregation

in meaningful worship. We don't expect to make everyone happy with our song choices, but we know God is happy when we make a joyful noise (even though I hadn't heard the songs before).

Please also be praying for both Sunday morning services. God has a direction for us, but it isn't always the direction we are comfortable going and God's timing can be so different than ours. God is alive in us. He is alive in our worship as well.

– Mary Kern



SING PRAISES TO HIM;
TELL OF ALL HIS WONDERFUL WORKS.

PSALM 105:2

Let All People Praise Him

From the April 2018 newsletter:

Contemporary worship is different in every church. Sometimes the songs are more contemporary in style. Other times it means singing updated versions of older songs or hymns. For some people it means singing songs straight from contemporary radio. Here at FPC we try to sing all these styles of songs during our 9:00 worship service.

Other differences in contemporary praise worship can be what the worship team looks like. FPC has had a large Praise Team for over a decade that has been dedicated to leading worship on Sunday mornings.

We will now be having smaller worship teams leading several times a month. This allows us to sing all styles of contemporary worship songs with different singers and leaders. The larger Praise Team is still able to sing songs that we all love and know well. The smaller groups will be able to sing more contemporary radio songs and teach us new songs.

We hope that you appreciate that at FPC we value praise music and strive to create a meaningful worship experience for all who attend our 9:00 service.

- Mary Kern



Announcement!

Our annual church BBQ and Picnic is coming the first Sunday in July, which is July 1st! Same place, same time: Moore Park following the church service.

There will be more announcements before the BBQ to let everyone know what we can bring. Don't forget to invite friends, neighbors, and family!

Water - Nature's Gift

1) Water increases metabolic function as every function in the body takes place in water.

2) Improves liver and kidney function. One of the primary functions of the liver is to metabolize stored fat into usable energy for the body. However, if the kidneys are not functioning up to par, then some of the work is passed on to the liver. As a result, less fat is metabolized and remains stored in the body. And water assists kidneys to filter and eliminate metabolic byproducts.

3) It decreases fluid retention. If the body receives plenty of water, it will be able to release stored water (fluid retention). As kidneys excrete water, so goes excess sodium which also helps reduce fluid retention.

4) Water removes toxins and other unhealthy substances stored in fat cells.

5) It helps maintain proper muscle tone by giving muscles their natural ability to contract.

6) It helps prevent sagging skin by plumping cells and leaving skin clearer and more resilient.

7) Helps relieve constipation.

And the symptoms of too little water (dehydration)?

Fatigue, headache, dry mouth, decreased urination, muscle weakness, dizziness, lightheadedness and lastly thirst...but remember if you feel thirsty you are already becoming dehydrated!

With temperatures heating up, increasing fluids is an important habit of health and living at higher altitudes can also increase our need for hydration. Try to pick three or four times during the day to drink a BIG glass of water and then continue to sip in between. Obviously, stopping a few hours before bedtime will make your sleep more enjoyable!

You might have heard that there are health benefits to drinking cold water vs. room temperature water. Many experts lean towards cold water as evidence suggests that drinking cold water can burn more calories. However, if your preference runs to tepid and you find you drink more water at room temperature, then no need to change what works. Make your first goal to hit 64 ounces and if you can then 1/2 your bodyweight in ounces up to 100 oz. Try adding some fresh fruit slices or perhaps cucumber for "spa water" or try one of the many additives to flavor your water. The bottom line, maintaining adequate hydration does a body good.

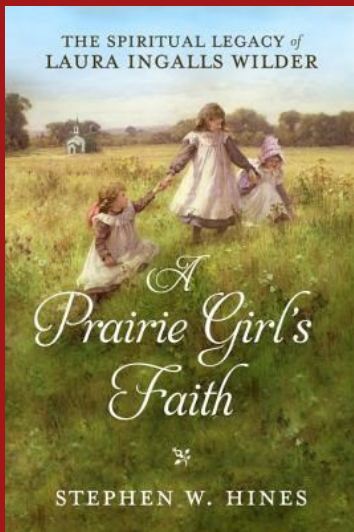
Valerie Picard
Independent Certified Health
Coach with Optavia #25540301

New from the Library



Auggie Pullman suffers from a severe facial deformity that has prevented him from attending a regular school. However, he is set to start a traditional school for the start of his fifth grade year. As his teachers and peers struggle to accept him, Auggie teaches them that he was born to make a difference. He doesn't let his deformity define who he is and who he will become. His attitude and zest for life teaches others about acceptance and the uniqueness of every individual. DVD [Amazon.com](https://www.amazon.com)

Visit your church library and be surprised at all the Christian Titles and Family books and DVD's.



A Prairie Girl's Faith provides the first extended, in depth discussion of the Christian faith of one of America's most beloved pioneer women-- Laura Ingalls Wilder. Although the faith of the Ingalls' family pervades books in the Little House series, the more specific details of Laura's faith have never been fully explored. It took extraordinary pluck for anyone to survive the harshness of frontier life--from the heartbreak of sudden crop losses to murderous storms to unrelenting loneliness. This book reveals how in surviving, the brave Laura drew not just on her character, but found encouragement, strength, and hope in her relationship with God. Amazon.com

Session Meeting Summary May 17, 2018

Pastor John opened the regular meeting of session with prayer and reading Psalm 25:4-5. Laura Stewart shared her faith story. The elders discussed Chapter 4, "Journey Through the Wall," chapter 4 of Emotionally Healthy Spirituality with personal experiences of going through the wall shared. Everyone has different intensities of "walls" in our lives.

On June 24th at 11:00 a.m., after the blended service, Lt. Rob Reynolds will provide training for the congregation on what to do in the event of a threat in the church.

Laura is continuing to pursue contact with a graphic artist for design of an updated FPC logo.

John reported on the Northwest Presbytery meeting he attended in Yakima where presentations focused on what millennials value.

John reported on the continuing education class on leadership that he attended in Atlanta. Discussions were held about how change takes place through stages of denial, resistance, exploration, and commitment.

John will be on vacation June 20-26. Rob Devens will preach.

New members class on May 20th (5 in the class)

Summer worship will be one service from 9:30-10:45 June 24th through Labor Day.

Expenses and income are on track for this time of year. We need to be aware we have a deficit budget and therefore still need to watch expenses. Physical resources committee is finishing the men's bath-

room to make it handicap accessible. There is no money currently budgeted to make the women's restroom handicap accessible. Endowment funding might be used. Physical resources will consult an engineer for estimated costs of making the women's bathroom handicap accessible and possibly for expanding size.

Physical resources is pursuing estimates for the cost of a remote control for front door and for purchasing an AED unit for the church.

Worship committee is continuing to develop teams of ushers for worship services.

The three members of the sound crew attended a conference on church sound which they found valuable.

Personnel committee is reviewing resumes for the youth director position, but have not yet found the right person.

Election of new elders and deacons will be between first and second service on June 3rd. The nominees for elders are: Rob Devens, Thelma Cox, Belinda Scalas, Andrew Smith (currently serving) and for deacons are: Brooke Smith, Bill Kennedy, Valerie Picard, Emily Mengis. There is one vacant deacon position for which there is no nominee.

Next regular meeting is Thursday, June 14th at 6:45 p.m. 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

601 Pine Street, Klamath
Falls, Oregon 97601

Return Service Requested

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

Pastor John Geiter -
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Mary Kern -Children's Ministry Director
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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:

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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!