

First Presbyterian Church

601 Pine Street, Klamath Falls, Oregon 97601 July 2018

Musings from Pastor John

Summer was just around the corner. According to people in the know, summer arrived as of June 21st. "What is just around the corner" is interesting in that we don't always know what it will look like, feel like or be like. This is my first summer in Klamath Falls. I have an idea of what is coming, but until I experience it, what's coming is people's understanding, my speculation or even my imagination.

Here is a bit of fantastic news concerning "corners" or what is coming. Someone is already there waiting for you. That someone loves you and cares about you more than you love and care about yourself. That someone wants the very best for you. It is God's Spirit.

Proverbs 3:5-7 ⁵Trust in the LORD with all your heart and lean not on your own understanding; ⁶in all your ways submit to him, and he will make your paths straight. ⁷Do not be wise in your own eyes; fear the LORD and shun evil.

Folks, if this is true, then what is coming has great possibilities of being amazing. God is saying, as you trust me and as you put your hope in me, your path, which you cannot always discern or know where it will turn

next, will be made straight for you. The promise comes with the admonishment to not put all your eggs in the basket of "your understanding or your wisdom," but rather with fear reverence and respect Yahweh. In essence God is saying, if you will believe and trust in my way, you will live the very best life possible.

As the summer continues to unfold, as your life continues to unfold, how much trust are you going to put in God? How is it different than a year ago?

You and I are going to have to decide how much of this promise we are going to invest in. Trust is always the activation of and the putting into practice what you deeply believe.

Trusting the Holy Spirit who lives in me, is the ongoing journey of practicing one of my favorite phrases... Your way Yahweh!

I have an experiment I want you to try with me this summer. Each day as you wake up speak to God: "Your way Yahweh." At lunch time make part of your thanking God for the food you are about to eat, "Your way Yahweh." And finally, as you go to bed exclaim to God, "Your way Yahweh." I would love to hear how this experiment is going for you and how it



affects your days and your nights. In those three words you are summarizing Proverbs 3:5-7. We memorized these three verses several months ago. It wouldn't be a bad thing to refresh your mind, heart and soul with those words.

May the goodness of God follow you where ever you are and wherever you go.

In God's grip,

Pastor John

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The Clean-Up Day was a huge success thanks to 25 people who came that day and those who worked earlier. A big THANK YOU goes to Suzanne Bocchi for the sign-up sheets and the beautiful message in church about caring for God's house.

Those who helped and their jobs follow: Mike/ Shelley/Skeiler Freirich, gentle pruning, cleaning up outside on several sides of the building, and hauling debris away in a trailer; Suzanne Bocchi, Thelma Cox, Deb Johnson, painting of an office in the balcony; Jeff and Karolyn Newsom and Jeff with Don Boyd for prep work and painting the rails by the ramp in the Fellowship Hall, and other parts of the railing plus that by the stairs. Lee and Gay Woods, Dave and Carol Pollard, finished painting of the railing by the ramp in the Fellowship Hall after moving and cleaning under the pew.

Kitchen cleaning of ovens, walls and cabinets was by Patti Schultz and refrigerator interiors by Linda Houser. Gena Starr brushed down walls and

ceilings to remove spider webs upstairs and downstairs. Terry Mumford and Judy West cleaned the library, including all the shelves. Doug Bright and Sherrill Boyd worked outside. Windows and screens outside on Pine Street and the outside Fellowship Hall windows were done by Jim Stewart. Inside windows downstairs in Fellowship Hall, the nursery and both bathrooms were done by Ted Stagner and Don Boyd. Connie Bright cleaned sills and brick in Fellowship Hall, plus cleaning under the refrigerator and its exterior.

This group moved around so much they'll have to tell you all they did—Ted Stagner, John Mumford, Ron Cox, and Bill Brown. One job was installing new fluorescent lights and giving the light fixture covers to Reen Stagner to clean.

Connie and Reen also cleaned other items in the Fellowship Hall.

Scott Senter and Anne Weaver had each signed up for specific jobs, but ended up being site managers or traffic directors.

We are very grateful for all who came, including each of the ones who had not signed up. Yes, we were able to keep them busy also!

As a church family, this day was a special way to show our love and caring about our church home and God's house.

Thank you all!

Organized by the Physical Resource Team

WELL DONE,
—GOOD—
AND
faithful
SERVANT(S)

Matthew 25:23

All Church Clean-Up & Work Day was a total success!

Thank you everyone!

Announcements & Events



Today, July 1st,
following our 9:30 a.m.
Church service we invite you to our
Annual All-Church BBQ & Picnic
at Moore Park.

Tri-tip & Hot Dogs
are furnished.

If your last name begins with A-M,
please bring a side dish/salad/fruit.

If your last name begins with N-Z,
please bring a dessert.

It will be lots of fun!



Young Adult Get Together
(50 and younger)
Sunday, July 15th
4:30-6:30 p.m.
Pot-luck dinner
Childcare provided



We are looking for people who God is calling,
whispering to, nudging to become part of our
prayer ministry here at FPC.

Our hope is to have pairs of people after each
worship service to pray for people.

The question is not, am I gifted at praying for
people, but do I want to help, bless and see
God touch people's lives through prayer.

Praying for people is asking for God's best for
their lives. God takes over from there and
does all the heavy lifting as to how our prayers
are answered.

Our initial training will be on Sunday, July 8th
from 5:00 to 8:00 p.m.

VBS. Was. Amazing

We had about thirty-five kids who heard the story of Peter being accepted, protected, saved, and forgiven by Jesus. The kids had an awesome worship experience with some of our musicians from the Praise Team playing along. Reen Stagner and her middle-

school actors provided a skit/lesson about Peter each day. Our great bunch of FPC volunteers greeted, prepared and served the meals, facilitated the games, led the crafts, and worked behind the scenes. Our church family really stepped up to provide a great experience for kids from

FPC and even some from other churches. We had some un-churched friends who also heard the gospel and was able to see God at work at VBS! Thank you to our parents, staff, volunteers, prayer warriors and community for helping make Camp VBS a success!

And the kids said:

“It was fun there were a lot of fun activities and the games were awesome.” – Jace Mengis

“It us the best camp in the world full of crafts, games and education of the Bible” -Gavin Reed

“I like the beginning where you got to talk and play and at the end where you got to talk and play.” – Kayden Stewart

“It was fun because we learned about Peter and Jesus and about walking on the water. Another thing I liked about VBS was doing the crafts” – Oliver Kern



“At Camp VBS my favorite was having popcorn and painting.” -Jamisen Mengis

VBS 2018 Volunteers & Children



And there were many more volunteers, these are just the ones that we could catch!

We  Our
Volunteers

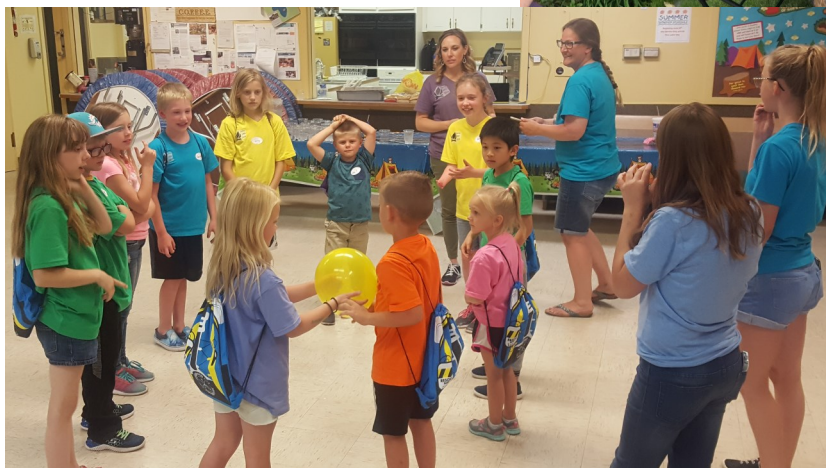
V B S 2018 Worship, Lessons & Skits



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V B S 2018 Crafts & Games



Children's Sermon

Two of our values and priorities at FPC are for our worship services to honor and glorify God to the very best of our abilities and for our children to be ministered to in the most effective ways possible.

From out of both of these priorities our staff, children's ministry, worship committee and our session have been wrestling with the question: "What are the best ways for our children to discover, experience and grow in their relationship with Jesus Christ?"

The following are some of the concerns that we have addressed recently which Pastor John spoke about during our congregational meeting in January.

- It is nice for the Pastor to have a connection with the young ones in the congregation, but two minutes up in front of the sanctuary is not the place to establish or nurture a real connection. What we hope is that Pastor John can connect with our children at King's Kids, VBS, or special activities like bowling or hiking. There will be a lot of new activities happening for the children following the summer school break... stay tuned.
- The children's sermon is either about the sermon topic for worship or it is about the lesson the children will learn in Children's Church. The topic from Children's Church would make the most sense for our kids, but would not flow with the rest of our worship service. The sermon theme would not be best for the children as it doesn't support what they are going to hear in Children's Church.
- While some of the children are comfortable up front, many others are not. Some parents felt it was quite challenging to have their children involved and interested.
- Children's sermons end up putting kids "on display" while we enjoy how cute they are and how they "say the darndest things." **We enjoy** seeing and hearing them, but is this the purpose and a reason to keep having them come up front?
- Teaching to such a diverse range of ages is difficult. Some of the children who come forward for the Children's Sermon are two years old and some are as old as fifth grade. The "sermon" is not as helpful (for the children's education) as the more extensive and age-appropriate lesson downstairs in Children's Church.
- **We as adults receive a sermon that is appropriate in length and content. We want the very same to be true for our children in Children's Church.**
- If we really want to enjoy the children, you could volunteer at VBS (like so many of you did!), Sunday school or the upcoming King's Kids. Get to know the kids and connect with them as they develop a relationship with their Savior and become young disciples.

We will continue to involve our children in the worship service through leading in prayer, read or memorize Scripture, present a song, take communion and enjoy fellowship with the church family.

We want to reiterate that our Children's Ministry will continue to find ways to keep our kids involved in the worship service while making sure that Children's Church provides fun, engaging classes that include Bible-based lessons, crafts, games, laughter and love. Our purpose is to help children discover Christ and develop a relationship with Him.

"I have no greater joy than to hear that my children are walking in the truth" 3 John 4

Pastor John and Mary Kern would be glad to discuss any other questions or concerns you may have concerning the Children's sermon, just contact us at childrensministry@klamathfpc.com or 541-892-1696 and we would arrange to meet with you.

Sew Teach Me

A free, non-profit program to teach basic sewing skills to 8-18 year olds.

The concept behind the program is a one-on-one mentoring between student and volunteer mentor.

Lesson 1: Introduction to sewing machine

Lesson 2: Make a Pillowcase

Lesson 3: Make a Tool Caddy

Lesson 4: Make a Pillow Pal

The summer session will be Thursdays, 10:00-12:00.

The dates are August 2, 9, 16, and 23.

Location: Klamath Lutheran Church, 1175 Crescent Ave.

Registration for the August session is [July 2](#).
To register, contact Maryann Lundin at: lundinbm@gmail.com.

There is more information on their website at: www.sewteachme.org.



Why I love America: By Grace Preedy Barnes

I was born into an immigrant family; English father, American mother. My grandparents and parents were missionaries to China. My parents grew up in China separately and later in life went back to China as missionaries, met and married.

We moved 31 times before I was three. That same year our family traveled by boat to spend Christmas in the US and England on a furlough. The first boat stop was in Manila on Pearl Harbor Day. The crew got scared and dumped us and our luggage on the dock and we were stranded for three years.

God protected us in amazing ways during WWII. Finally release came to our family and we traveled to the US and England and back to China. We children went to British boarding school till the Communists took over China. All missionaries were kicked out. I was 12. Our family went to England, but our father was held back by the Communists for three years. After further British boarding school education, our mother and we four kids traveled to the US and settled in California. I went right into a Christian high school.

Father was released and eventually joined us. Our parents decided that is was best for us to live in the US. And in my senior year, I wrote in my Bible, "Here I am, send me!" Wow! I sure didn't know what that would mean for my future. By that time I had traveled and moved so much and had lived in five homelands. I felt I didn't really belong anywhere.

Here are a few of the amazing opportunities I have had since living and working in the US.

- 1) A college education focused on youth which led to working with Young Life.
- 2) Continued higher education, becoming a professor and traveling to 50 countries over 25 years, and
- 3) The calling to God's Kingdom work with churches and other ministries across the country.

I now believe I belong everywhere! America is beautiful to me. I believe we are all blessed!



Donate



Giving to our First Presbyterian Church got started before our streets were paved, before we even had stop signs here in Klamath Falls!

Parishioners may have given silver certificates, green cash or even an occasional steer or lamb.

We still depend upon faithful giving to FPC for our daily needs and our future programs.

Today, giving has become much easier. Whether you are in Plush, Oregon or just sitting on your plush recliner, online giving is here.

We accept your online gifts via our website, by way of PayPal. Go to www.KlamathFPC.com and choose "Donate". If you have a PayPal account, you can schedule your gifting to FPC.

We do prefer silver certificates (haha) and in today's fast paced world, we have caught up to technology at your fingertips.

Here's a summary of where we stand financially for the 2nd quarter and year to date:

	2nd Qtr	YTD
Income:	\$107,480	\$218,965
Expense:	-99,965	-202,744
Net:	\$ 7,515	\$ 16,221



Martha Washington was featured on three different silver certificates. The note pictured above is a \$1 silver certificate from 1886.
<http://www.antiquemoney.com/value-of-1-silver-certificate/>

Sunshine & Sleep

How did you spend summer solstice: all 15 hrs. and 16 min. of it? My guess is probably not by sleeping, after all, who wants to sleep away all that sunshine! But sleep remains one of the important building blocks of a healthy lifestyle and much research has been done on why that is so. According to researchers at Duke University, sleeplessness takes a particularly hard toll on women. They exhibit greater psychological stress, depression, hostility and anger. And in a study of 71,000 female nurses that slept five hours or less per night, they were found to be 45% more likely to have heart problems while those that slept six hours had just a 20% risk.

So are you getting enough sleep? Do you...

- Wake up tired in the morning?
 - Need a nap in the afternoon?
 - Fall asleep watching TV?
 - Have frequent small accidents at home or large ones on the road?
 - Have trouble focusing on the job?
 - Find yourself sleepy after lunch?
 - Have trouble figuring the correct change from a purchase?
 - Feel irritable or depressed most of the time?
 - Feel like you're not getting anything done?
 - Drink alcohol to get to sleep?
 - Drink several cups of coffee or energy drinks to stay awake?
 - Have difficulty falling asleep or staying asleep?
- If you answered yes to more

than three of these questions, you may not be getting the kind of sleep you need to support good health.

Researchers are only beginning to understand how poor sleep affects our body. For example, too little sleep can cause weight gain. Researchers at England's Warwick School of Medicine who studied 28,000 adults and 15,000 children found that not getting enough sleep almost doubled the risk of obesity even in children as young as five!

Not enough sleep can also take a toll on one's immune system and in fact, getting fewer than six hours of sleep can raise your risk of viral infection by 50%! At the height of flu season, this can be especially important.

Lack of sleep can raise your blood levels of inflammatory markers such as CRP, a substance that increases the risk of cardiovascular disease. But this chronic inflammation can have other negative effects such as a precursor to cancer, heart attack, stroke and premature aging.

On a positive note, however, we can take steps to improve our sleep. For example, the half-life of caffeine is six hours. It lingers in your body all day so limiting caffeine to the morning hours may be helpful.

Thanks to Dr A's Habits of Health for study synopses.

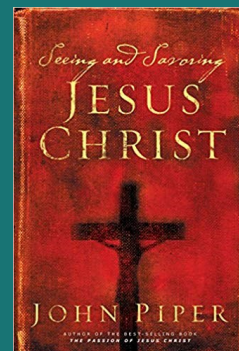
By Valerie Picard
Independent Health Coach
Optavia #25540301

New from the Library



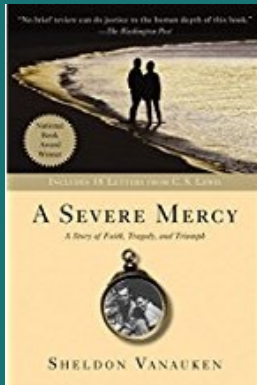
What Falls from the Sky: How I Disconnected From the Internet and Reconnected With the God Who Made the Clouds By: Esther Emery

What Falls from the Sky is Esther's fiercely honest, piercingly poetic account of a year without Internet - 365 days away from the good, the bad, and the ugly of our digital lives - in one woman's desperate attempt at a reset. Esther faces her addiction to electronica, her illusion of self-importance, and her longing to return to simpler days, but then the unexpected happens. Her experiment in analog is hijacked by a spiritual awakening, and Esther finds herself suddenly, inexplicably drawn to the faith she had rejected for so long.



Seeing and Savoring Jesus Christ (Revised Edition)
Who is Jesus Christ? You've never met him in person, and you don't know anyone who has. But there is a way to know who he is.

How? Jesus Christ—the divine Person revealed in the Bible—has a unique excellence and a spiritual beauty that speaks directly to our souls and says, "Yes, this is truth." It's like seeing the sun and knowing that it is light, or tasting honey and knowing that it is sweet.



**A Severe Mercy—
By Sheldon Vanauken**

A heart-rending love story described by its author as “the spiritual autobiography of a love rather than of the lovers” about the author’s marriage and search for faith. Vanauken chronicles the birth of a powerful pagan love borne out of the relationship he shares with his wife, Davy, and describes the growth of their relationship and the dreams that they share. A beloved, profoundly moving account of the author’s marriage, the couple’s search for faith and friendship with C. S. Lewis, and a spiritual strength that sustained Vanauken after his wife’s untimely death. Replete with 18 letters from C.S. Lewis, *A Severe Mercy* addresses some of the universal questions that surround faith—the existence of God and the reasons behind tragedy.

All information and pictures on these books came from *Amazon.com*

Pastor John opened the regular meeting of session with prayer. Elders joined him in reading the current memory verse, Romans 13:15. Dave Pollard shared his faith story. The elders discussed “Enlarge Your Soul Through Grief and Loss,” chapter 5 of Emotionally Healthy Spirituality with personal experiences of growing in times of grief or loss.

The following items were brought before Session for information and/or action:

Training with Lt. Rob Reynolds will occur either July 8th or 15th at 11:00 a.m.

Discussions are ongoing with a graphic artist concerning the updated FPC logo.

There will be a review of the decision to suspend the children’s sermon at the July Session meeting.

The following were recommended as new covenant partners: C. J. Riley, Robert and Angela Clements, Belinda Scalas, Brandy Crockett, Ethan DuBois. They will be received by the congregation on June 17th. C.J. Riley will be baptized.

New elders and deacons will be installed on July 1st.

Elder/deacon training will be held July 14th, 9:30 a.m.-12:30 p.m.

To accommodate participation in Third Thursday downtown in the summer months, Session meetings have been changed to July 12th and August 23rd.

John will be on vacation July 23-August 5.

John will be participating in continuing education August 7-12.

A second young adult gathering will be on July 16th 4:30-6:30. First one was very successful.

John and elders expressed thanks to outgoing elders Don and Keith for their service on Session.

Incoming elder Belinda Scalas will be the chair of the personnel committee.

FPC was named as the beneficiary

of a life insurance policy from Dorothy Proctor. This generous gift of \$63,000 will be distributed in monthly payments over 72 months. It was recommended that this gift be treated as a memorial and that discussion be held at the July Session meeting of ways to use it.

Priority projects for physical resources include: 1) bathroom remodels, 2) lighting upfront, 3) kitchen updates, 4) sanctuary cooling.

There is a need to have a knowledgeable committee discussing any kitchen remodel.

There will be a church work party June 23.

Discussions are being held concerning the necessity for an AED unit in the church and appropriate training.

Westminster Church in Medford is planting a church in Ashland and asking other churches to partner with them.

Jonna Reeder will be here September (23-24).

Worship committee is recommending purchase of a portable baptistry, in order to have baptism by immersion for those who desire that. Issues of weight and storage are being investigated.

A potential consultant has been contacted to ensure FPC updated employee handbook is aligned with current Oregon Employment Statutes.

Reports were given by these committees and minutes of their meetings are available upon request: Finance, Physical Resources, Worship, Missions, and Personnel.

A recommendation was made for offering a position to a candidate for youth director, pending acceptable background and reference check and timeline for transition into the position.

The next regular meeting is Thursday, July 12th 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.

By Gay Woods
Clerk of Session

First Presbyterian Church
601 Pine Street
Klamath Falls, OR 97601

Return Service Requested

FPC Elders

Heidi Neel Biggs
Thelma Cox
Barb Dehlinger
Dave Pollard
Craig Rappe'
Belinda Scalas
Andrew Smith
Laura Stewart
Mitch Stokes
Keith Stone
Rich Touslee
Gay Woods

FPC Deacons

Randy Clark
Bryan Coe
Charlie Dehlinger
Denny Fullerton
Bill Kennedy
Emily Mengis
Terrie Mumford
Valerie Picard
Brooke Smith
Judy Swan
Lee Woods

Contacts at FPC

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Kris Bienz - Financial Secretary
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Susan Scrimsher - Choir Director
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Mary Kern - Praise Team Director
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Belinda Reno - Administrative Assist.
breno@klamathfpc.com

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A Covenant Order of
Evangelical Presbyterians



Summertime
Services
9:30

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