

First Presbyterian Church

601 Pine Street, Klamath Falls, Oregon 97601 August 2018



Musings from Pastor

*Prayer.... "Dear God,
So far today. I've done all
right. I haven't gossiped.
I haven't lost my temper.
I haven't been greedy,
grumpy, nasty, selfish or
over indulgent. I'm very
thankful for that. But in a few
minutes, God, I'm going to
get out of bed and from then
on, I'm going to need a lot
more help. Amen."*

Can I get an Amen to this prayer? The truth of this prayer is remarkable. I don't know about you, but when I venture out on my own and I am absent minded about my need for God, it is remarkable in a negative way how quickly "my will and myself" becomes my first and last thoughts. I become a disaster waiting to happen without much delay.

The "help" this prayer is asking of God comes in many ways. One resource I've been working on and I've asked you last month to consider as an experiment is giving your day to God with just these three words: "Your way Yahweh". Several of you have met me in the hallway at FPC and with a

twinkle in your eyes, you spoke those words to me. I'm delighted you are paying attention and desiring to give your day and your life into the hands of our God.

This simple expression is our relinquishing control over our day. And it is asking God to take the steering wheel and lead us. Here is the experi-



ment I want to encourage to try again.

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 know, some of you are thinking, "Pastor John, they are not magical words." And if you thought this, you would be absolutely correct. But when we say them with the conviction that God is listening and the Spirit is now guiding us. They remind us of the truth of who is in charge (God) and our need for "the one in charge" to be the one leading us.

I would love to hear how this experiment is going for you. How it effects your days and your nights.

May the God of hope fill you full you with all joy and peace as you trust in him. So that you will overflow with hope through the power of the Holy Spirit. (Romans 15:13)

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

Pastor John

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Announcements & Events



Beginning September 9th

Time: 5:30- 7:30 p.m.

Place: FPC

Led by Steve Van Buren and Pastor John

This eight-week course (meeting on the 2nd and 4th Sundays) is designed to:

- help us slow down our lives in order to develop a deeper personal relationship with Jesus.
- help us to grow in learning to love God well, love ourselves well and love others well.

We know that:

- an estimated 85% of Christians feel stuck in their relationship with Christ.
- only 1 in 4 Christians study the Bible to discover God's will for their lives.
- followers of Jesus that are deeply changed will then have a powerful, long-term impact on our world.

So, you are invited to join us in a truly incredible experience that can transform us and then can be taken into our world that is crying out for our Loving God.

Announcements & Events

COME MEET OUR NEW YOUTH DIRECTOR

Luke Wehr!



Sunday, July 29th
families with **Middle**
and **High School** kids
are invited to a
Meet-and-Greet
after the 9:30 service
in the Fellowship Hall
to meet Luke Wehr.

This is a chance for
Luke to discuss and
plan Youth Group activities and special
events with kids and their families.

Hope to see you there!

WaterWorksPark

Children's Ministry is planning a Trip to the
Redding Water Slides: Tuesday, August 7th.

We will leave at 8:00 a.m. from the church and get
back around 5:00 p.m.

Children under 2 years: free.

Children under 48 inches: \$18.95.

Children 48 inches and over: \$22.95.

Scholarships available if cost is an issue.

Please let us know if you want to send your kids
or volunteer to drive.

Contact Mary Kern

at: childrensministry@klamathfpc.com



Young Adult
Get Together
(50 and younger)

Sunday,
August 12th

4:30-6:30 p.m.

Pot-luck dinner

Childcare provided

FRANKLIN GRAHAM DECISION AMERICA *Pacific Northwest Tour*

Wednesday,
August 1st
7:30 p.m.

Jackson County Fairgrounds

Come for an exciting evening of music,
prayer, and a powerful message of hope.

FREE ADMISSION | 7:30 P.M.

DecisionPacificNW.com

A ministry of
BILLY GRAHAM
Evangelistic Association
Always Good News.

Introducing Luke Wehr - Youth Director

Dear FPC Family,

I am humbled and excited as we start this journey together. I strongly believe that God has huge and meaningful plans for the youth of the Klamath Basin and I believe that FPC's youth will be a big part of that. Because the position of Youth Director has been vacant for so long, we are starting the process of growing a youth group some what from scratch. This will be a challenge, but I am believing on God that our church is more than up to the task. There will be a large amount of planning, praying, and experimenting in the next few month and I beg your patience and grace as we work to find the best system for us. But before I get to that let me tell you bit about myself.

I am the proud husband of my wife Sarah, and the proud father to three amazing children. Millicent who is 8, Gary who is 7 and George who is almost 10 months. This is my first position in vocational ministry, but I have worked hard to get here. I have spent the better part of the last decade serving in the U.S. Army as a Field Artilleryman. My service took me away from Klamath Falls, where I was born and raised, to Fort Sill, Oklahoma, Fort Bliss, Texas and Fort Polk, Louisiana. In August of last year my time was up, and I was able to move back home. I quickly began pursuing a ministry position here in Klamath not sure that I would find one.



After months of looking I still had not found a church that was the right fit. I was seriously thinking about looking out of town and out of state when I was contacted by an FPC member about this opening. In my short time with this church I have felt very blessed by you and I can't wait for our relationships to grow as time goes on.

Now that I officially have the position the planning has truly begun. There are several things on the agenda just to get the Youth Group rolling again. Because the church has been without a youth director for so long we are at a point where we are almost starting from scratch. What that means is we will need

large amounts of input from members of the church, especially youth and their parents, on how to move forward **(this is why it would be a good idea to show up to the meet and greet on July 29th.)** We have to figure out what day of the week we are planning on meeting, what room we are going to meet in, and I am still trying to figure out who the youth in the church actually are. That being said, I am not without a vision.

My vision for the youth of FPC is that we will see each other as a small set of the larger Christian youth of the Klamath Basin, and that our youth group will be a place of true discipleship for the young people of our church. I want

Luke Wehr (continued)

every event, meeting and program we plan, with the firm understanding that we are a light to the world around us, and that we can evangelize simply by being like Christ at all times. Or another way to put it, **we can spread the message of the Gospel by loving God, loving ourselves and loving others as Christ loved us.**

I also want to create a learning environment for the young men and women of this church that helps them understand who the Father is, who the Son is, who the Holy Spirit is, and how they are the same and different. I hope that they will gain a true understanding of the Gospel and how it relates to who they are in Christ. Most of all I hope they gain an understanding of how truly loved they are by their Creator, so that when they graduate from high school they continue on in their relationship with Him and continue to stay active in a church.

Of course none of this can be done by just me. I know that the Holy Spirit will be there leading us, but I also hope that the members of this church will be involved as well. Of course I need the support of the parents, but I also hope that members who are not parents of middle school and high school students will be involved as well. The church's future, both our local church and the Christian Church as a whole, need young people strong in the faith to continue on the legacy of Christ after we have passed away. I firmly believe that this is not only the job of a Youth Director, pastor or the parents,

but of every adult believer. So if you are feeling called to be involved, please let me know.

Church, we are so fortunate to be in this position. We have a lot of work and a lot of blessings ahead of us. As we prepare for the fall here are a few things you can pray for specifically. Pray for the Holy Spirit to guide and direct me as the Youth Director. Pray the He moves in our youth, and that He can press on their hearts a desire to come to youth group and learn. Pray that the church and staff can have unity beyond explanation so that conflict doesn't prevent us from glorifying the Lord. And pray against the enemy who

wants the youth of this basin to stay unchurched and in the dark.

Thank you again for being so accepting of our family. We are beyond excited to walk down this road with you, and cannot wait to see how the Lord will move in this church for His glory!

In Christ,

Luke Wehr



Children's Ministry



King's Kids is our mid-week program for preschool and elementary ages. This is a chance for our kids to have fellowship with members of their church family while they learn about Jesus and grow closer to Him.

King's Kids runs from 5:15 to 7:15 for preschoolers through 5th graders on Wednesday evenings. Every week we provide Bible lessons that meet kids where they are in their growth and development.

Our Wednesday evenings are packed with:

- Exciting worship with music and skits
- A healthy dinner with fellowship
- Fun games and engaging crafts
- A relevant Bible lesson and application.



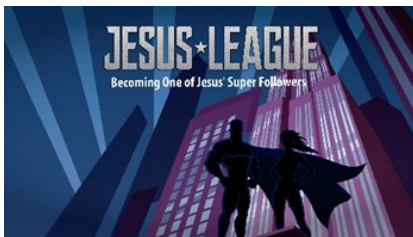
Parent Meeting

Our first Wednesday meeting on September 12th will be a time for parents and volunteers to meet and discuss King's Kids. During this time we will have the kids watch a movie. This gives the adults time to be trained and empowered to lead before getting up in front of the kids. We want our volunteers to feel comfortable and joyful while leading!

Volunteering

Our program is reliant upon our church family to volunteer their time and gifts in the KidMin program. We believe that God calls and equips us to serve his kingdom! If you are interested in serving in Children's Ministry, we are delighted! Please consider the following:

- *Pray about it.* Ask God where He wants you to be His hands and feet. God made you special and has a plan for you!
- *Try it.* Come to King's Kids or Sunday School to help or just observe and see if it is the right fit for you.
- *Pray about it again.* "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you." Matthew 7:7

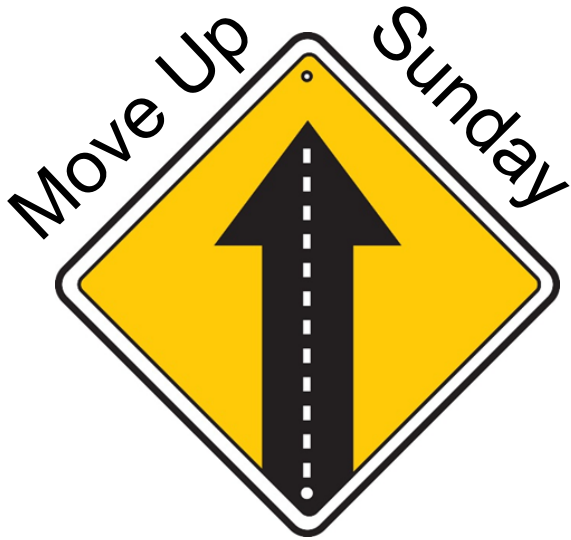


King's Kids Fall Curriculum

This superhero themed curriculum will take a look at several people in the Bible who followed Jesus and set an example for us to become a "super follower" of Jesus too.

Contact Mary Kern for more info: childrensministry@klamathfpc.com or 541-892-1696

Children's Ministry (continued)



September 16th is our *Move Up* day for Sunday School. This is the time that some of our kids transition to the next stage of ministry for their age/grade level. It is important that our children are in age-appropriate classes receiving lessons that are designed for their hearts and minds.

Preschool/Kindergarten Class: Age 3 and up (if they are potty-trained.) If they are still working on potty-training, they will stay in the toddler room where the staff can assist with bathrooms.

1st through 3rd Grade Class: Those who graduated from the pre/K class get to *move up* and join in the fun with the lower elementary ages.

4th and 5th Grade Class: We welcome back the 5th graders and are happy that the 4th graders are *moving up* into this class!

***Those children who are under 3 years old will stay in the Toddler Room until his/her 3rd birthday. This is appropriate for their age, development, and safety. Once they are 3 and potty-trained, we are excited to have them move up into the preschool class!

Sunday School Curriculum 2018-2019

DIG IN curriculum provides creative, multisensory teaching that immerses your kids in deep Bible learning, helping them to know Jesus personally and grow in relationship with him.



DIG IN
CREATING DEEPER BIBLE EXPERIENCES FOR KIDS

Contact Mary Kern for more info: childrensministry@klamathfpc.com or 541-892-1696

Are you Mindful? By Valerie Picard-Health Coach

Are you mindful? Do you *practice* it? Do you know why you probably should be? According to one of our local Certified Personal Trainers, Kim Carson; science and medicine are beginning to recognize the importance of “being in the moment.” Kim defines mindfulness as a “state of mind of open attention to each moment.” She illustrates it by creating the image of a 3 year old sweeping the floor; “engaged, present-right here, right now; not living in the past or projecting into the future.” When was the last time you could say you were so engaged that your mind was laser focused on the task at hand; no wandering thoughts, no self talk, no chatter?

The science behind mindfulness is probably in its infancy but what we do know is that it can be the antidote for stress. The CDC reports that stress is the major contributing factor in the six leading causes of death; cancer, CV disease, accidental injuries, respiratory disease, suicide and liver cirrhosis. OSHA determined that 90% of all visits to our PCP's were for stress related complaints! And Mayo Clinic's research demonstrates that mindfulness reduces stress, anxiety

and depression. Knowing the importance of being mindful is just the first step, putting it into practice is the next! Viktor Frankl, Australian neurologist, psychiatrist and Holocaust survivor writes, “Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” WHAT? Simply put, the only thing we can change is our mind and in any given circumstance there is a pause which allows for choice.

Calling into play the ability to choose well is a result of being mindful and happily enough, mindfulness is a skill that can be learned. Try this “Basic Relaxation Breath Exercise” (MBSR) “Stand, sit or lay, tall in your spine. Inhale and exhale through your nose only; mouth closed. Slowly inhale and inflate belly through the inhale; exhale slowly through your nose letting the belly deflate or fall; repeat. With each breath; try to make the exhale a little bit longer and a little bit slower until the exhale is twice as long as the naturally-paced inhale.” The vibration from sound can help elicit relaxation; try a mantra, chant, humming

and singing. And one can't overlook the importance of a healthy lifestyle; diet, exercise, rest, pleasure and sociability in its role for creating mindfulness.

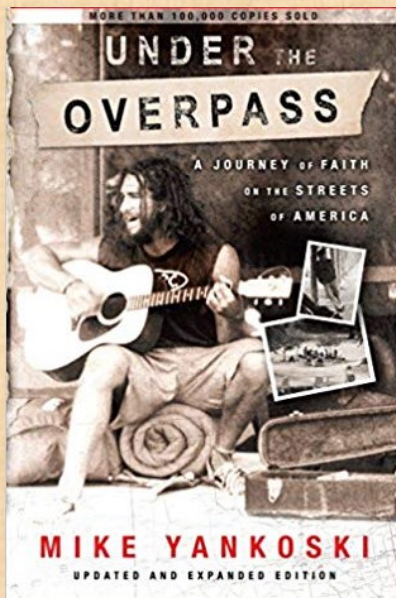
“Meditation can actually transform your brain”; Jon Kabat-Zinn, PhD. The practice of mindfulness can be enriched with the use of meditation which increases calmness and relaxation, improves psychological balance, aids in coping with illness and enhances well-being. Develop a regular meditation practice by starting with one minute a day and increase to ten minutes a day. Be patient, the brain is a muscle that needs practice to improve! Recognize that you may initially find you are bored, emotional, fall asleep or contemplate the problems of the day. When that happens just notice the thoughts and let them go bringing your attention back to creating that quiet, peaceful space.

Mindfulness and meditation may “feed” your brain just as healthy food, an active lifestyle and restorative sleep are the backbone of a healthy body.

Curious to try but need a little coaching; try www.calm.com.

New at the Church Library

Book



Ever Wonder What it Would Be Like to Live Homeless?

Mike Yankoski did more than just wonder. By his own choice, Mike's life went from upper-middle class plush to scum-of-the-earth repulsive overnight. With only a backpack, a sleeping bag and a guitar, Mike and his traveling companion, Sam, set out to experience life on the streets in six different cities—from Washington D.C. to San Diego—and they put themselves to the test. For more than five months the pair experienced firsthand the extreme pains of hunger, the constant uncertainty and danger of living on the streets, exhaustion, depression, and social rejection—and all of this by their own choice. They wanted to find out if their faith was real, if they could actually be the Christians they said they were apart from the comforts they'd always known...to discover first hand what it means to be homeless in America. What you encounter in these pages will radically alter how you see your world—and may even change your life.

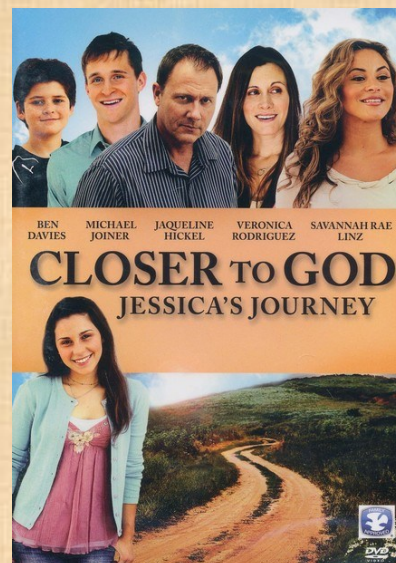
Amazon.com

DVD's



The inspiring true story behind Christian band MercyMe's beloved, chart topping song that brings ultimate hope to so many with the power of true love and forgiveness.

Amazon.com



After being in remission for two years, Jessica Donaldson's cancer is back. She decides that she wants to *live* life before she dies, but her overprotective mother can't let go. When Jessica's estranged grandfather returns, will he be able to earn his daughter's forgiveness *and* help his granddaughter before her time runs out? Dove approved (12+). 85 minutes.

Christianbook.com

Senior's Page



Every month, usually on the 3rd Monday, the seniors get together for a pot-luck lunch in the Fellowship Hall. You will find the upcoming dates & schedules below:

August 15th - chicken will be provided - please bring side dishes, salads, or desserts. Our speaker will be: Nicki Holmes (Thelma Cox's daughter). Nicki has worked with the Department of Human Services at Aging with People with Disabilities for more than 10 years. She has been part of the Adult Protective Services Unit, both as an investigator and now the Supervisor of the unit. She will share a lot of helpful information.

September 24th - (the 4th Monday) - normal potluck featuring fall harvest dishes. Our speaker will be from Frontier Fellowship.

October 15th - normal potluck - our speaker will be Allyson Smith from Crystal Terrace Senior Living.

Our guest speakers are able to give us all kinds of helpful day to day living ideas, as well as missionary topics and are always informative.

Hope to see you there!

Barb Dehlinger & Belinda Reno

Session Meeting Summary

7/12/2018

Pastor John opened the meeting with prayer. The elders read aloud Proverbs 3:5-7. Gay Woods shared her faith story. "Discover the Rhythms of the Daily Office and Sabbath," chapter 6 of Emotionally Healthy Spirituality, was discussed with personal reflection on how to practice daily office and Sabbath in our lives in order to "reorient our lives around Jesus" by protecting personal time with him.

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

- Deacons will give a Minute for Ministry presentation on August 12th.
- A date for training with Lt. Rob Reynolds on safety in the event of an attack is being confirmed.
- Designs for an FPC logo were presented and will be refined.
- The endowment committee will be asked to meet to discuss potential uses for available funds.
- No repaving of O'Hair's parking lot is needed at this time.
- It was decided that because the doors into the church are glass, it likely would be irrelevant to remotely lock them. Therefore there will be no further pursuit of purchasing remote locks.
- Discussion is continuing on the possibility of purchasing a portable baptistry.
- An AED unit will be purchased for the church and appropriate people will be trained in its use.
- Further investigation is being made concerning the return of original FPC membership books.
- Discussion is continuing on ways to use the memorial donation from Dorothy Proctor in a way that honors Dorothy and meets needs in the church.
- There is both regret and satisfaction being expressed about the lack of children's sermon. It was agreed that there is a need to involve children in more visible ways in the worship service and doing things such as recognizing birthdays, making a school honor roll, etc.
- The personnel handbook is being updated with the assistance of a consultant.
- John's installation will be during the worship service on August 26th with cake served downstairs after the service.
- John has vacation/continuing education July 23-August 12. Preaching the 3 Sundays in his absence will be Kent Berry, Steve Van Buren, and Rob Devens
- Mary Kerns and Luke Wehr will attend a youth conference in Medford August 9-10
- Plans are in place for a welcoming time for Luke Wehr, youth ministry director, on July 29th.
- FPC is doing well. No changes were made to the budget. VENMO is a new vehicle for donating to the church with no charge to the church.
- Plans are being made for a ministry fair in the fall.
- Moses Lake Presbyterian youth group and counselors will spend the night of July 29th at FPC.
- Reports were given by these committees: Deacons, Finance, Budget, Physical Resources, Worship, Missions, and Children's Ministry. Minutes of their meetings are available upon request.

The next regular meeting is Thursday, August 23rd 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

First Presbyterian Church
601 Pine Street
Klamath Falls, OR 97601

Return Service Requested

FPC Elders

Heidi Neel Biggs
Thelma Cox
Barb Dehlinger
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

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Sheryl O'Neal - MOPS

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Kris Bienz - Financial Secretary

kbienz@klamathfpc.com

Susan Scrimsher - Choir Director

s scrimsher@klamathfpc.com

Mary Kern - Praise Team Director

maryekern@hotmail.com

Belinda Reno - Administrative Assist.

breno@klamathfpc.com

WEBSITE:

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601 Pine Street
Klamath Falls, Oregon 97601
(541) 884-7781



A Covenant Order of
Evangelical Presbyterians



Summertime
Services
9:30

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