

# First Presbyterian Church

601 Pine Street, Klamath Falls, Oregon 97601 September 2018



Have you been to the doctor of late? Going to the doctor seems a pretty normal part of our world. Why do you go? Any number of reasons: possibly for a yearly checkup, something doesn't feel right, our body hurts and is not getting better. Hopefully we have a doctor we trust who is seeking for our best interest. After listening to you, understanding your history and performing some sort of evaluation your doctor provides you a diagnosis and maybe even a prescription. He explains to you how the medicine works and benefits and hopefully the liabilities.

Does your doctor give out prescriptions and diagnoses whimsically or just because they are in a strange mood? Obviously, they would not be in practice very long if that were the case. What they prescribe is meant to be purposeful and life giving. It is in response to a need our body has. It is given to us to heal or correct what is wrong with the intention that we have a long and fruitful life. What would you say to someone who has a diagnosis, a health plan, or

## Pastor John's Musing....

much needed prescription in hand from a doctor that would make their life so much better, but they ignore it and the plan winds up on a shelf? Some would call that person a wee bit foolish.

I would like you to think of God as 'the doctor' or 'the great physician' who wants the very best for us. He knows you better than you know yourself. Out of His concern, care and love for us comes God's word in scripture. This is His diagnosis and prescription for how to live the very best and most meaningful life. We can practice His health plan through times alone, in Sunday morning worship, small groups and study groups. The wisest response would be to follow God's best for us rather than ignoring His advice, putting it on the shelf or walking away.

We have a new study group entitled:

***Emotionally Healthy Spirituality***  
**beginning Sunday,**  
**September 9<sup>th</sup> 5:30-7:30.**

This study is one of the ways we can experience God's best for our lives. It will also help us grow in loving God, loving others and loving ourselves well. This study will be team taught by Pastor John and

Steve Van Buren.

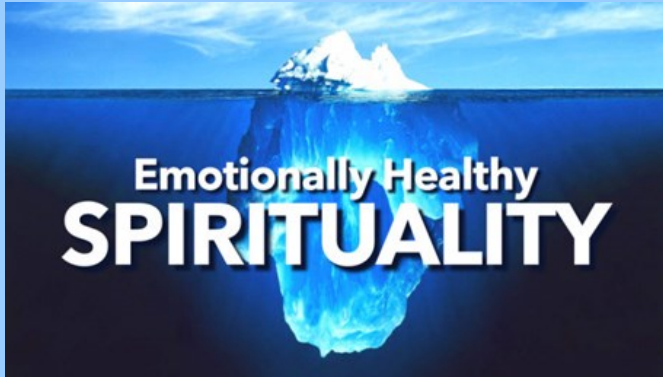
As we begin our journey of "Emotionally Healthy Spirituality" together, we are going to discover both what ails relationships and life and what sustains and breathes life into us. As we follow God we will discover life at its very best. His prescription for life that none can surpass.

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

Pastor John

Table of Contents	Page
Pastor John's Musing...	1
New Sunday Evening Discipleship Class Ministry Fair Evening Worship Service	2
Quick Outline of New Classes Traditional Choir MOPS VENMO-giving app Men's Bible Study	3
Youth Group	4-5
Children's Ministry	6-7
Health Tips - Sleep Chili Cook-Off Young Adult Get Together	8
Library News	9
Women's Ministry	10-11
Contact Information	12

## Announcements & Events



**Beginning September 9<sup>th</sup>**

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

**Place: FPC**

**Led by Steve Van Buren and  
Pastor John**

*The Books included are: Emotionally Healthy Spirituality, Workbook, and Devotional.  
The cost is \$27.00 a set and there are scholarships available. We would love to have you attend this 8 week course.*

This eight-week course (meeting on the 2<sup>nd</sup> and 4<sup>th</sup> 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.

### **FPC Ministry Fair, September 9th**

During our monthly brunch, four of our ministries will be hosting booths where you can learn more about Women's, Children's, Youth and Christian Education Ministries. Booths will be set up around the Fellowship Hall where you can visit each, get some finger foods, and learn about some great ways to help or participate in what FPC has to offer.



FIRST PRESBYTERIAN CHURCH



**evening  
worship**

WORSHIP, PRAISE, AND FOOD

**SEPTEMBER 29, 2018**

FROM 4:00PM-5:00PM

WITH SONGS BY HILLSONG,  
ALL SONS AND DAUGHTERS,  
AND ELEVATION WORSHIP

## Quick Outline of New Classes & Groups

- **September 2** - Youth Group Sundays 2:00-4:00 p.m. See page 4.
- **September 5** - Praise Team (P.T.) & Traditional Choir (T.C.) Practices Wednesdays, P.T. 5:30-6:30 p.m., T.C. 6:30-8:00 p.m.
- **September 9** - **Two Sunday Services begin: 9:00 Contemporary & 11:00 Traditional** and there will be brunch between services with a Ministry Fair.
- **September 9** - Emotionally Healthy Spirituality, Sunday, 5:30-7:30 p.m. See page 2.
- **September 10** - Men's Ministry Bible Study continues Mondays 6:30 - 8:00 p.m.
- **September 11** - MOPS (Mothers of Preschoolers) Tuesday, 9:00-11:30 a.m. See below.
- **September 11** - Women's Evening Bible Study Tuesday, 5:30-7:30 p.m. See pages 10 & 11
- **September 12th** - Women's Morning Bible Study Wednesday, 9:00-11:00 a.m. See pages 10 & 11.
- **September 12th** - King's Kids begins Wednesday, 5:15-7:15 p.m. See page 6.
- **September 16th** - Young Adult Get Together, Sunday, 5:30-7:30 p.m. See page 8.
- **September 23rd** - Memorial for Bill Creswell, 4:00 p.m. Reception to follow.
- **September 24th** - Senior Luncheon, 12:00 p.m. See page 11.
- **September 29th** - Evening Worship Service Saturday, 4:00-5:00 p.m.
- **October 28th** - **Save the date!** Youth & Children's Sunday, Chili Cook-off and Harvest Party! See page 8.



Traditional  
Choir

The Traditional Choir is open to all volunteers seeking an opportunity to use your musicianship skills on Sunday mornings. Rehearsals for this choir begin Wednesday, September 5th from 6:30-8:00 p.m.

If you are interested in joining this education based (as well as fun ensemble) call Susan Scrimsher at (541) 892-5553. Your talents can make a difference in the 11:00 worship service.

*For you, O Lord, have made me glad by your work; at the works of your hands I sing for Joy.  
Psalm 92:4*

2018-19 **MOPS**  
International Theme  
Find Your Fire



MOPS (Mothers of Preschoolers) will have their first meeting of the 2018/19 program year on Tuesday, September 11th at 9:00 a.m. in the FPC Fellowship Hall.

Theme Verse:

"Never let the fire go out ... When you hope, be joyful. When you suffer, be patient. When you pray, be faithful. Share with God's people who are in need. Welcome others into your homes." Romans 12:11-13 (NIRV 1998)

**VENMO is here!!**

This is an app you can download and use to donate funds to FPC. Just locate us within the app with the name "FPC". The beauty of VENMO is that there is no charge to FPC or you!

If you have questions or problems using this app, please contact Kris Bienz our Financial Secretary in the office at (541) 884-7781.

Men's Ministry at FPC

Our Men's Group Bible Study continues to grow. Join us every Monday evening from 6:30-8:00 p.m. in the Fellowship Hall. Please call Doug Barnes at (909) 754-2326 if you have any questions.

# Youth Group



cheered with each other as they went down the zip line, and played together in the pool. Not to mention zipping down a very long and steep slip-n-slide! Overall, it was time well spent for everyone involved, and I look forward to more activities like this in the future.

Our next event happened on Monday the 27<sup>th</sup> of August. The youth, children, and their families were invited to the Epicenter for bowling and fun.

Hello FPC,

This month we had two events that went amazing. First, we had a great meeting with youth and parents on Sunday the 29<sup>th</sup> of July. It was great to meet parents and their high school and middle school aged kids! I was able to express my immediate vision for the youth group, and we nailed down a time to have youth group each week.

**Starting on September 9<sup>th</sup> we will be meeting from 2 to 4 p.m. each Sunday in the Fellowship Hall.** I just want to say thank you again to all the families that made it a priority to be at this meeting. I really appreciated the feedback I got, and after talking to Pastor John, we believe that quarterly or

biannually meetings like this will be very helpful to communicate and improve the youth group as a whole. More information on future meetings will be in upcoming newsletters, bulletins, Facebook page and FPC website.

We also had a very successful day at camp on the 7<sup>th</sup> of August. Because of the fires in Northern California, we were unable to go to the water slides in Redding as planned, **so we took the children and youth to Mountain Lakes Bible Camp, near Lake of the Woods.** I believe this was all in God's plan, because we had such great fellowship. **All the kids from ages 5 to 18 participated in activities together.** They encouraged each other up the climbing wall,

Remember that the **first meeting of the FPC youth group is September 9<sup>th</sup> from 2 to 4 p.m.** I am still looking for students that want to be involved in the worship team (instrumentalist, vocalists, and tech), as well as adults, even if you don't have a kid in the youth group, that want to be involved as leaders. I would love to have enough adult leaders involved that we can have small groups and Bible studies that happen outside of our normal meeting time.

Thank you for your continued prayers and emotional support, we are going to need a lot more as we kick things off this fall.

In Christ,

Luke Wehr  
Youth Director

# August Youth & Children Activities



# King's Kids



King's Kids is our mid-week program for preschool and elementary ages. Our first meeting is Wednesday, September 12<sup>th</sup>. Come join us for dinner, fun, and fellowship from 5:15-7:15. Parents and volunteers will also have a meeting/training on this evening.



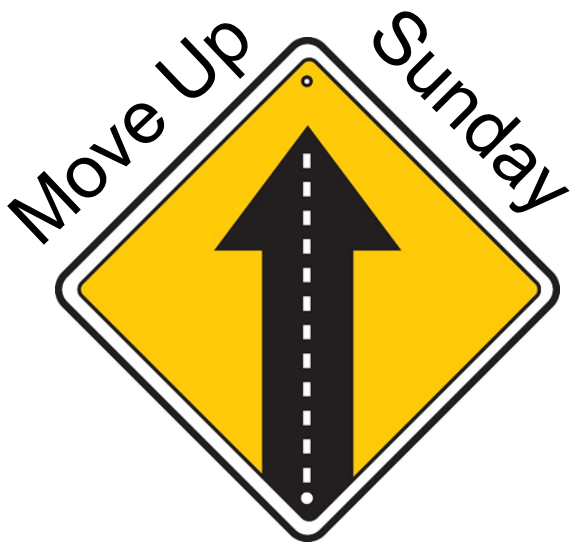
## King's Kids Fall Curriculum

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](mailto:childrensministry@klamathfpc.com) or 541-892-1696

## S.W.A.P. STUDENTS.WITH.A.PURPOSE

We are so excited to invite kids in middle and high school to serve this church body. They model the behavior of Christian brothers and sisters while assisting younger kids during the church service, Sunday School, King's Kids, and in the community. We will have a S.W.A.P. training on Sunday, Sept. 16<sup>th</sup> during the first service at 9:00. We hope that you are as excited about serving as we are. We are sure that you will do well with the responsibilities and show FPC just how amazing our youth students are!



September 16<sup>th</sup> 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.

## 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](mailto:childrensministry@klamathfpc.com) or 541-892-1696

## Volunteering

Our program relies 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!  
We are delighted by your interested in serving in Children's Ministry.

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

## Healthy Sleep - Part 1

I thought the subject of sleep might be covered in two issues so here is the first:

While we all enjoy getting enough of it, sleep seems to be the first thing sacrificed in busy times. According to researchers at Duke University, sleeplessness takes a particularly hard toll on women. They exhibit greater psychological stress, depression, hostility and anger. 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 a 20% greater 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?  
Have difficulty 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! The reason being, when your body is sleep-deprived, it secretes excess ghrelin, a hormone that increases appetite and reduces leptin, the hormone that tells us to stop eating. Lack of sleep also

disturbs dopamine and serotonin levels which create feelings of comfort and satisfaction. 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%! That is because your immune system needs sleep in order to repair and recharge. Heading into flu season, a strong immune system is 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.

Scary statistics! Next month we will learn ways to promote sleep and thereby reduce your risk of cancer, heart disease, stroke and more!

Valerie Picard  
Health Coach



**Save the Date!** October 28th will be an exciting day! Not only is it Youth and Children's Sunday, but we also have the Chili Cook-off and Harvest Party. There will be one service at 10:00 that will be led by the children and youth. After the service we will all share chili and cornbread before the kids run off to enjoy a harvest party.

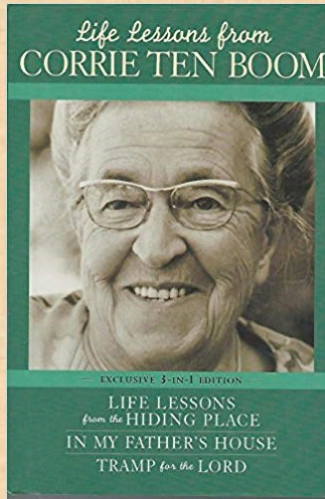
If you are interested in coordinating the chili cook-off, please contact the church office at (541) 884-7781. Thank you!



**Young Adult  
Get Together  
(50 and younger)  
Sunday,  
September 16th  
4:30-6:30 p.m.  
Pot-luck dinner  
Childcare provided  
Sign-up sheet for potluck item  
is in the Narthex.**



## New at the Church Library



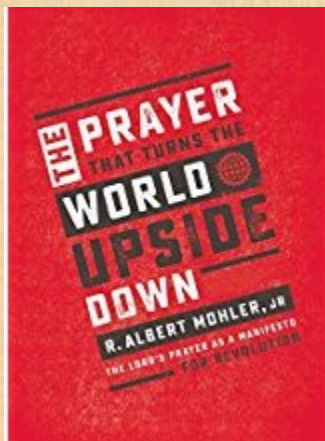
Life Lessons From Corrie Ten Boom: ( Life Lessons from the Hiding Place / In My Father's House / Tramp for the Lord )

by [Pam Rosewell Moore](#) (Author), [Corrie TenBoom](#) (Author)

[Amazon.com](#)

**“Our Father, who art in heaven....”**

The opening words of the Lord’s Prayer have become so familiar that we often speak them without a thought, sometimes without any awareness that we are speaking at all. But to the disciples who first heard these words from Jesus, the prayer was a



of

thunderbolt, a radical new way to pray that changed them and the course of history. Far from a safe series of comforting words, the Lord’s Prayer makes extraordinary claims, topples every earthly power, and announces God’s reign over all things in heaven and on earth. In this groundbreaking new book, R. Albert Mohler Jr. recaptures the urgency and transformational nature of the prayer, revealing once again its remarkable, world-upending power. Step by step, phrase by phrase, *The Prayer that Turns the World Upside Down* explains what these words mean and how we are to pray them.

The Lord’s Prayer is the most powerful prayer in the Bible, taught by Jesus to those closest to him. We desperately need to relearn its power and practice. *The Prayer that Turns the World Upside Down* shows us how.



*God’s Book of Days: a record of the past, present, and future of every soul. Some say it’s myth, some say it’s real, hidden somewhere on earth. If Cameron Vaux can’t find it, he’ll lose everything.*

**James L. Rubart is the bestselling, four-time Christy Award-winning author of nine novels, and has won numerous other accolades for his unique, mind-bending stories.**

About BOOK OF DAYS:

*“When you start losing your mind ... you must find the Book of Days.”*

When his dying father speaks those words, Cameron brushes it off. Lose his mind at twenty-five? Find a book that doesn’t exist? Sorry. Just a product of his dad’s dementia. But now, eight years after his father’s death, it’s happening. Chunks of Cameron’s memories are just—gone.

Desperate, Cameron vows to fulfill his dad’s last request, and find the Book of Days. But when a clue leads him to Three Peaks, Oregon, Cameron realizes he’s stepped into a labyrinth of deadly secrets.

With mind slipping, Cameron finds that friends might be enemies, and the one person he can’t stand might be his greatest ally in his search for healing.

But there are others seeking the Book. Others will stop at nothing to get it. And they’re closer than Cameron imagines ... [Amazon.com](#)

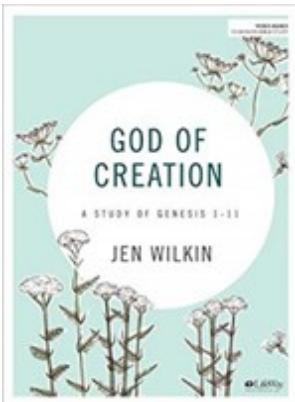
# FPC Women's Ministry



## Why have a women's ministry?

- To help churches grow numerically and spiritually.
- To help women feel accepted when they join your church.
- To open the door to meaningful relationships.
- To encourage women to discover, develop, and use their spiritual gifts.
- To minister to today's woman.
- To provide vision and networking for both in reach and outreach ministries.
- To offer "woman-to-woman" understanding.
- To encourage spiritually older women to mentor (teach) spiritually younger women.
- To follow Jesus' example of ministry to and with women.
- To help women fight spiritual battles.
- To affect families as women's lives are drawn closer to Christ.

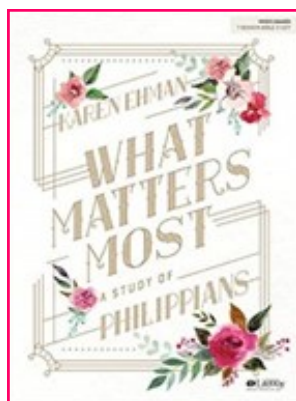
If you would like to be a part of our Women's Ministry, we invite you to join us as we kick off the fall with our 2018-2019 Bible Studies. We have a Bible Study on Tuesday evenings from 5:30-7pm and on Wednesday mornings from 9-11am.



We will kick off our Fall Bible Study on September 11/12<sup>th</sup> thru November 13/14<sup>th</sup> with; "**God of Creation**" by Jen Wilkin. This is a study of Genesis 1-11. The opening lines and chapters of Genesis teach us fundamental truths about God. We watch Him bring light after darkness, order after chaos, and rest after toil - all through the power of His Word.

Over ten sessions, this study seeks to teach us some of the most foundational truths about God.

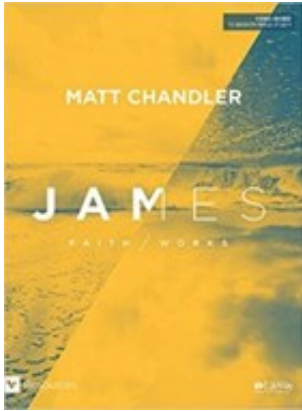
We are planning to have a Christmas study. We will surprise you with this. We haven't made this decision yet. 😊



Starting on January 8/9<sup>th</sup> thru February 19/20<sup>th</sup>, our study will be "**What Matters Most**" by Karen Ehman. This is a Study of Philippians. The world has always been full of trials, disappointments, temptations, fractured friendships, and financial hardships. Yet Paul's letter to the Philippians claims we can discover contentment and joy in the midst of it all by prioritizing what matters most—Christ.

Over 7 sessions, study the ever-relevant Letter of Philippians to deepen your relationship with Jesus, turn your worries into worship, and develop gospel-centered tools for navigating relational conflict and thriving in Christian love.

## FPC Women's Ministry (continued)



The Spring Bible Study will go from February 26/27th - May 28/29<sup>th</sup>. We will be studying "**James**", by Matt Chandler.

### Faith Works

James had a unique earthly relationship with Jesus, but his letter clarifies what the Christian life should look like for us all. The Book of James is filled with practical wisdom for Christians, calling us to live out genuine faith through good works, but it is also rooted in rich theology. Perhaps more than any other book in the New Testament, James emphasizes the application of Christian belief.

This 13-session study examines the core message of James: the relationship between faith and works. In our own ability, we cannot stand in the face of adversity. Without faith we could never find the strength to trust God. We would never be able to see above the trials we meet and to keep our eyes focused on the King while counting our trials as joy. This is the essence of James. We don't work to be saved; we work because we are saved. Faith apart from works can never be sustained.

We hope you are praying for the women of this ministry and know we are always praying for you too. Please come join us. For more information, contact Thelma Cox at 541-892-5064 or Maggie Huntley at 541-892-1571.

## Senior's Ministry

The Senior's of FPC enjoy a luncheon every month usually on the third Monday. Our August speaker was Nicki Holmes (Ron & Thelma Cox's daughter). She has worked for DHS (Oregon Department of Human Services) in the Seniors and Disabled Department for over 10 years. Nicki gave us a lot of very helpful information mostly regarding elder abuse and how to report it if you notice something not quite right or out of the ordinary.

Our luncheons are pot-luck style and there is always plenty of food to share.



Our September Senior Luncheon will be on the 4th Monday, September 24th. We will have another special speaker; one of our Missionaries! Please join us! And really, you don't need to be a senior to join in the fun! Barb Dehlinger & Belinda Reno



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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  
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

Pastor John Geiter - [jgeiter@klamathfpc.com](mailto:jgeiter@klamathfpc.com)

Luke Wehr - Youth Director

Youth website: <http://www.klamathfpc.com/our-ministries/youth/lwehr05@gmail.com>

Mary Kern - Children's Ministry Director

[Childrensministry@klamathfpc.com](mailto:Childrensministry@klamathfpc.com)

Ashley Bocchi - Nursery & Toddler Room Coordinator

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Sheryl O'Neal - MOPS

[sheryloneal27@gmail.com](mailto:sheryloneal27@gmail.com)

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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](mailto:breno@klamathfpc.com)

WEBSITE:

[www.klamathfpc.com](http://www.klamathfpc.com)  
601 Pine Street  
Klamath Falls, Oregon 97601  
(541) 884-7781



The last summertime  
service is September 2nd  
at 9:30.

Beginning September 9th  
The time of services are:  
9:00 Contemporary  
11:00 Traditional



A Covenant Order of  
Evangelical Presbyterians