

First Presbyterian Church

601 Pine Street, Klamath Falls, Oregon 97601 October 2018



“You've got to go out on a limb sometimes because that's where the fruit is.”

Will Rogers and Mark Twain are both given responsibility for saying this quote or one similar to it.

As a young boy, I lived this statement quite literally climbing and picking apples and other assorted fruit from trees in my parent's backyard. It always seemed that the best fruit was just on the edge of safety. There were even a few times when my father had to rescue me out one of our trees. It seemed like there was an inherent risk involved if I wanted to pick and harvest the best fruit. Likewise, this is true regarding the Kingdom of God. There is often a need to go out on the limb to harvest the fruit.

Pastor John's Musing....

Jesus calls us to live a life that risks for His Kingdom. It's never “risk” for risk sake, but for the “fruit” of His kingdom. Whether Jesus was telling the Pharisees the truth about their lives which helped the people know how to genuinely follow God, rescuing the woman caught in adultery, taking his disciples on trips into Samaria or Peter walking on the water...Jesus lived risking for the Kingdom and called His disciples to do the same. If you recall from some of our sermons, we are the disciples now.

In what ways are you “risking” for God's Kingdom? What might it look like to you? Risk taking for the Kingdom of God may look very different for each of us, as one person's “area of risk: is another person's “area of comfort”. Risking for God requires stepping out in trust that God will be there, give you strength, provide for your needs, and will catch you if you fall.

Here are a few opportunities at FPC:

- ⇒ Your “Neighborhood Project” Get to know, pray for and love your neighbors
- ⇒ Volunteer to help with Youth group, see Luke Wehr
- ⇒ Volunteer to help with King's Kids, see Mary Kern
- ⇒ Join the choir, see Susan Scrimsher
- ⇒ Join the “tech” team for worship, see Andrew Smith or Pastor John
- ⇒ Give toward our bathroom renovation project. More information forthcoming.
- ⇒ Start a small group, see Gay Woods.

May God be so near and dear to you and me that we will, with a smile on our face and joy in our hearts, take both little and big risks for His Kingdom.

Pastor John

KIDMIN AT FPC

Our mid-week program is going well so far! Fun games, relevant Bible lessons and a great meal make Wednesday nights awesome.

If you are interested in registering your kids from preschool to 5th grade, there are registration forms downstairs at the check-out desk, on the website, or you can contact Mary Kern. If your kid is in the 6th grade or older and would like to help, let Mary know. We are so excited to be learning about the Jesus League and learning to follow Jesus.....and inviting others to join too.



For the Safety and Security of the Children at FPC

We are reserving the downstairs hallway and bathroom for the parents, staff, and volunteers who have *background checks through FPC*. We humbly ask that you use the upstairs bathroom during the 9:00 contemporary service. It is our mission to provide a safe, fun, loving, atmosphere in our Children's wing during Sunday school hours. The more traffic in the hallway, the harder it is to keep track of the kids. We also want to make sure that there are no adults alone in the bathroom with our children. For more information contact Mary Kern:

maryekern@hotmail.com. (Sunday School hours are 8:45-10:20)



Remodeling Project

New Bathrooms are Coming!

Maybe you have already heard the news?

- FPC is renovating the main floor women's bathroom to have two new stalls (with fans) and creating an ADA approved (wheelchair accessible) bathroom across the hallway.
- ◊ The men's bathroom will be completed as well.
- The cost of this renovation is estimated close to \$45,000 to be completed through ZCS Engineering and Architecture.

Here is where we need your help:

We have \$21,000 from our endowment for this project. Our hope is to raise the balance (\$24,000) during the month of October.

- We would ask you to pray about what your contribution might be toward this renovation.
- We would ask that this giving would be above and beyond any of your regular giving to the church.

Pastor John and your Session



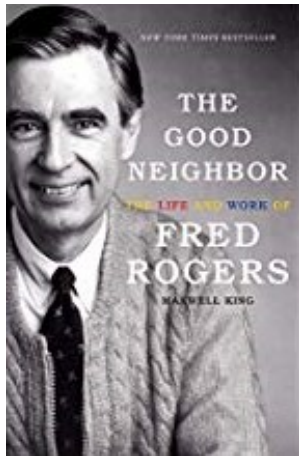
The Contemporary Worship Service is a beautiful time to praise God through song, pray together, hear a message and have fellowship.

It is hard to write an article for the newsletter that fully explains the intentions of the worship committee, the staff, and the work of the Holy Spirit.

Please join us on Sunday, October 7th at 4:00 PM in the Fireside Room to discuss the changes that have been made to our worship service.

This discussion will answer your questions regarding these changes and can give you more insight as to why specific changes have been made. Change can be difficult, and when we do not know the motives and reasoning, it can be even harder to understand and accept.





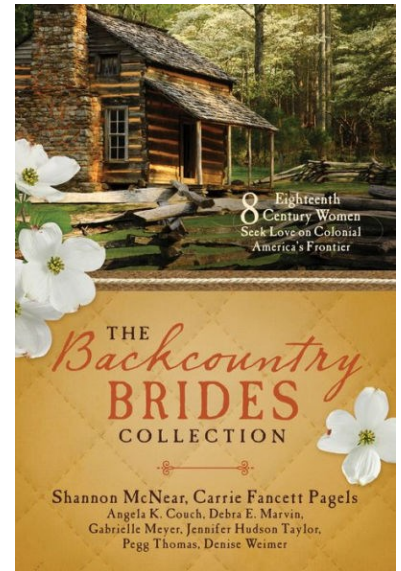
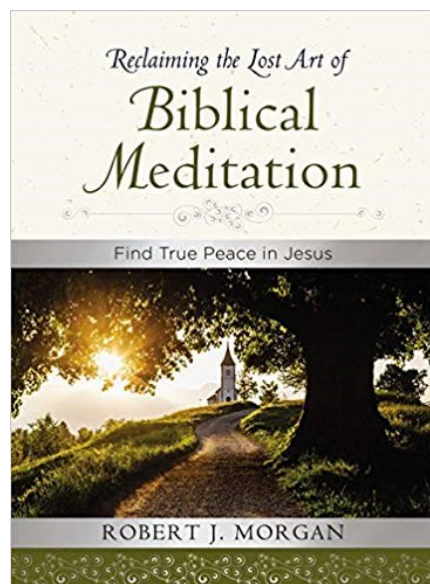
Fred Rogers (1928–2003) was an enormously influential figure in the history of television and in the lives of tens of millions of children. As the creator and star of *Mister Rogers' Neighborhood*, he was a champion of compassion, equality, and kindness. Rogers was fiercely devoted to children and to taking their fears, concerns, and questions about the world seriously.

The Good Neighbor, the first full-length biography of Fred Rogers, tells the story of this utterly unique and enduring American icon. Drawing on original interviews, oral histories, and archival documents, Maxwell King traces Rogers's personal, professional, and artistic life through decades of work, including a surprising decision to walk away from the show to make television for adults, only to return to the neighborhood with increasingly sophisticated episodes, written in collaboration with experts on childhood development. An engaging story, rich in detail, *The Good Neighbor* is the definitive portrait of a beloved figure, cherished by multiple generations. [Amazon.com](#)

New at the Library

Do you long to deepen your intimacy with the Lord? To find a sense of soul-steadying peace? To develop emotional strength? Then you will need to pause long enough to be still and know He is God. Trusted Pastor Robert Morgan leads us through a journey into biblical meditation, which, he says, is *thinkingScripture* - no just *reading* Scripture or studying Scripture or even thinking *about* Scripture - but *thinkingScripture*, contemplating, visualizing, and personifying the precious truths God has given us.

The practice is as easy and portable as your brain, as available as your imagination, as near as your Bible, and the benefits are immediate. As you ponder, picture, and personalize God's Word, you begin looking at life through His lens, viewing the world from His perspective. And as your thoughts become happier and holier and brighter, so do you. [Amazon.com](#)



[Amazon.com](#)

Our Library has several of these fiction books about Christian romance in the old west.

Operation Christmas Child



OCC is a wonderful outreach ministry to be part of! Next Tuesday, October 2nd at 10:00, please plan to meet in the Library to fold some shoeboxes for this wonderful outreach.

Also plan for Saturday, November 3rd, to meet in the Fellowship Hall at 9:00 to pack the boxes for shipping "Among the Nations" to children. Questions? Call Betty Dickson at: (541) 882-9633



JUST FOR THE SUPER SENIORS!!

We have programs planned through January, programs that might be fun for everyone. We have a good meal, much fellowship and a bit of a program that might make you want to do something, you know...exercise, eat better...visit someone in an assisted living or other facilities.

We all have the things that we do. So join us on the **THIRD MONDAY** for some Facts, Fun, and Fellowship at 11:30 or so, we try to eat about noon or just after and then have a program from 12:30 or so.

October we'll be hearing about Crystal Terrace Senior Living with Allison Smith. She'll let us know what they offer and why that may be a good option for some of us as we age. Most of us probably know folks who live there and are enjoying the many offerings.

November we won't be having Lions and Tigers and Bears, O My! However, we might have a picture of an animal or two. Our very own Denny Fullerton just came back from Africa, saw lots of critters including getting up close and personal with Gorillas. There may be a couple of guests with her, so come and hear about her grand adventure.

December is typically a fun luncheon with time for singing carols. We may even have a school group come and lead us in a few carols. Hopefully, everyone will bring a small gift, and we'll do a gift exchange. Holidays are to be enjoyed, and we'll certainly give it our best.

January we will have Leonard and Iva Jane Will's daughter, speaking about the program; Home Instead Senior Care. An arrangement that helps keep Seniors in their homes with some ongoing care there. This program may be of interest to many of us and has been quite successful.

If you need a ride, call the Church Office, at (541) 884-7781, we will have someone give you a lift. Bring a casserole, a salad or a dessert if you can to share.

Pastor Barb Dehlinger

Ministry Fair & Finger Food Brunch

October 14th

Between services

Join us!



**Young Adult Get Together
(50 and younger)
3rd Sunday of each month!
October 21st 4:30-6:30 p.m.
Pot-luck dinner and
Childcare is provided.**



THE COLLECTIVE
FPC's Combined Youth Group
Christ Centered Fellowship
for Middle & High Schoolers
601 Pine St
Klamath Falls
Sundays 2 PM - 4 PM

f KlamathFPCyouth @klamathfpcyouth

Healthy Sleep - Part 2

Are you a lark or an owl? Regarding sleep, if you prefer to be active and alert in the early morning, you are a lark, whereas the owl prefers to stay up late and be active into the evening hours. Also, it really doesn't matter if you are an owl or a lark as long as you are getting the needed 6-7 hours of sleep. Here are some other tips for getting quality shut-eye from Dr. Wayne Scott Anderson:

- Set a bedtime and stick with it; even over the weekend!
- Limit caffeine after the noon hour.
- Avoid eating a big meal within three hours of bedtime.
- Avoid napping unless it is a short "power nap".
- Decrease stimulation by lowering the lights including turning off electronic devices a half hour before bedtime.
- Eliminate cell phone use.
- Limit fluids two hours before bed
- Avoid exercise two hours before bed
- Avoid alcohol one and half hours before bed as it is a stimulant, you may fall asleep quickly but likely will awaken later.
- Prepare tomorrow's "to do" list well before bedtime to prevent waking up in the night worrying about it!
- Make your bedroom as calming as possible which means pets and children in their own beds!
- A hot bath or shower before bedtime can help

you become sleepy as your body temperature falls. Socks can help dilate the blood vessels in your feet and help you relax

- Once in bed, try meditating, breathing exercises or reading a relaxing book for a short time to encourage sleep.

Some other ideas for sleep involve creating a comforting environment in your bedroom such as:

- Choosing a soothing color either a soft pastel such as light blue or green, pink, lavender or ivory or choose a richer deep tone such as medium to dark green, chocolate brown or rich tans.
- Put lights on a dimmer switch and use the lowest setting. Avoid fluorescent bulbs in the bedroom.
- Once lights are out, make sure the room is entirely dark devoid of moonlight, street lights, glowing clocks and other electrical devices.
- Try aromatherapy scents such as chamomile, jasmine, lavender, neroli, rose, sandalwood or sweet marjoram. Add the essential oils to a dispenser or on a handkerchief to slip inside your pillow.
- Choose a mattress that is right for you, one that allows your spine to be aligned neutrally with your pillow.
- Make sure your bed doesn't get too hot or too cold at night. Avoid

electric blankets as they can interfere with sleep.

- Cool the bedroom to 68 degrees or lower with adequate ventilation.
- Declutter your bedroom so that you are ready to relax once your head hits the pillow.

Every once in a while, even the best efforts to conjure sleep do not work. When that happens, do not lie in bed for more than twenty minutes instead get up and do something, i.e., read or take a bath then try again. Get up at the scheduled time the next morning even if you are feeling tired. Chances are better that the next night you will get back to a good night's sleep.

If your goal is to try to make the evening routine as calming as possible to facilitate sleep, what can be done to make waking up in the morning more pleasant? You might consider a Dawn Simulator clock. Rather than being startled by an alarm, try awakening to a soft light that gradually increases in intensity. As the sun hits your eyes, it sends a message to your brain to reduce Melatonin production thereby preparing your body to wake naturally.

What tips can you incorporate to help you slip off into a deep, restorative sleep? Your body, your family and your boss will thank you!

Valerie Picard
Health Coach



Session Meeting Summary

9/20/2018

Pastor John opened the meeting with prayer. The elders reflected on Galatians 5:6. "Grow into an Emotionally Mature Adult," chapter 7 of Emotionally Healthy Spirituality, was discussed with personal reflection on connecting with and respecting people as "made in the image of God."

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

- Monthly Minute for Ministry – Endowment (Mitch) 10/7
- Monthly Minute for Ministry – MOPS 10/14
- Training with Lt. Rob Reynolds - 9/30 What to do in the event of an attack.
- Potential responsibilities of a church security team might include: secure doors, have a plan for safe exiting and safe gathering places, maintain awareness of people coming and going during church, know location of AED machine and persons who can operate it, lock the church at the end of services.
- Ideas for a church logo were presented. A final rendering will be ready next month.
- AED unit has been purchased. Those who have already been trained to use AED will be identified and additional training will be provided for others as needed.
- A proposal for a kitchen remodel using funds available from the Dorothy Proctor memorial is being included as part of long-range planning for the entire church building.
- Fall ministry fair was reviewed with the following observations:
 - * There was contact with the different ministries.
 - * Although there was not enough seating for everyone, it encouraged more mingling.
 - * Using long tables encouraged mingling more than using round ones.
 - * Food was served faster with the 4 tables spread around the room.
- A pamphlet is being prepared which will provide information on ways to volunteer.
- A schedule of building use fees was updated and approved.
- FPC Child Protection Policy was approved
- Session is having a retreat on September 22nd to discuss dreams for our church and how our vision/mission becomes part of the culture at FPC.
- Most elders will attend a joint meeting with Session from Westminster Church of Medford (Mission Affinity Group) on October 13 from 10:00-3:00.
- Discussed the article of "Why We Go to Church...or Do Not" and ways to respond to findings.
- John will be on vacation October 23-29. Youth Sunday is October 28.
- ECO National Gathering is January 28-31 in Colorado Springs. (John will attend.)
- A plan and bid for the bathroom remodel to be paid in part with endowment funds was approved. A challenge will be made to the congregation to match this money with a special offering during the month of October.
- A physical resources vision committee has been established. It is recommended the architect who developed the bathroom remodel plan be invited to work with the vision committee in discussions of potential improvements throughout the church.
- An idea for a gift bag for visitors was presented for discussion. Money is budgeted under congregational life to support this.
- Reports were given by these committees: Deacons, Lay Pastor, Finance, Physical Resources, Worship, and Missions. Minutes of their meetings are available upon request.

The next regular meeting is Thursday, October 18th 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
Rich Touslee
Gay Woods



A Covenant Order of
Evangelical Presbyterians

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
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

Ashley Bocchi - Nursery & Toddler
Room Coordinator
bocchiak@gmail.com

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

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



The time of services are:
9:00 Contemporary
11:00 Traditional

NEW WEBSITE:
www.klamathfpc.com

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