



# FIRST PRESBYTERIAN CHURCH

601 Pine Street  
Klamath Falls, Oregon 97601  
April 2019

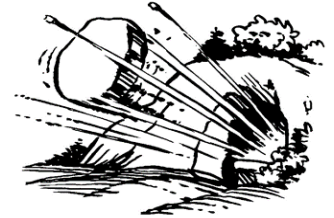
**GROWING DEEPER. REACHING WIDER.**

## Easter... On the horizon!

Pastor John's Musings...

I love the seasons of the Church calendar. They help provide us with a sense of rhythm for life. It seems like just yesterday we were full throttle in Advent and Christmas.

Now, we are in the midst of Lent and fast approaching Holy Week and Easter.



Lent, is a 40-day period of time that leads us to the Cross and Resurrection of our savior Jesus. These 40 days represent the time Jesus spent in the desert overcoming temptation by Satan. They are essentially 46 days - as we do not count the Sundays that fall within the season of Lent - they are considered "remembrance of Christ's resurrection days". The period of Lent is preparation, of soul searching and repentance which is all looking toward the incredible gift of our savior in His death and resurrection. Historically and currently many churches encourage people to make space in their lives in preparation for Holy Week. Historically Christians have fasted, abstained and repented during this season. I want to invite you to consider how you might participate in one or more of these spiritual disciplines over the next couple of weeks.

**Please remember, we don't participate in these spiritual disciplines to earn favor with God. Rather they help create space to recognize God, to hear God and to follow after God.**

Lastly, as Easter and our celebration of Christ Jesus' resurrection draws near, will you prayerfully ask God whom you might invite to church who might not normally attend?

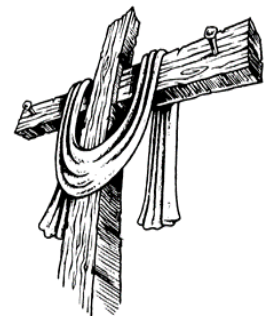
Holy Week Schedule:

Maundy Thursday: 6:30 p.m. "A Living Lord's Supper"

Easter Sunday: 9:00 a.m. Contemporary worship service

11:00 a.m. Traditional worship service

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



Pastor John



Delores & Louis Holzgang have moved away due to health concerns and to be near family, **but they really miss the special feeling of being part of FPC.**

Louis has advanced dementia and Delores needs to be by his side at all times. Delores really misses her friends here at FPC and she still enjoys reading our Newsletter every month to see what everyone is doing and all the activities we have going on.



If you are a friend of Delores and would like to reach out to encourage and comfort her, this is her contact information: 4851 Main St., Apt. 215 Springfield, OR 97478. Her phone number is 541-654-8995. She would be delighted to hear from you!

Heartwood Life Group  
(Young Adults under 50)

Sunday, April 28th  
4:30-6:30 p.m.

Kids Welcome  
RSVP to Jon & Jaimie Fitch  
(805) 550-8497  
(Location to be determined)

Operation Christmas Child  
Tea

You are  
Invited!

\*Free\*

Sunday, April 7th, 2019  
3:00 - 5:00 p.m.  
Fellowship Hall



### Financial Snapshot

Each month we are going to post FPC's income and expenses. This information will be featured so that we can stay informed of our church's finances. A big "Thank you" to those who have begun giving an additional \$15 a month to help with our deficit budget. If you are able, please join us in contributing \$15 a month beyond what you normally give. It will make all the difference through out the year.

#### Monthly Snapshot

Feb	Income	Expense	+/-
2018	\$28,459	\$34,799	(\$6,340)
2019	\$28,305	\$39,284	(\$10,979)

#### Yearly Snapshot

Jan-Feb	Income	Expense	+/-
2018	\$86,343	\$70,113	\$16,230
2019	\$80,060	\$77,065	\$2,995



Our Memory Verse:

Psalm 17: 7-8

*<sup>7</sup> Show the wonder of your great love, you who save by your right hand those who take refuge in you from their foes. <sup>8</sup> Keep me as the apple of your eye; hide me in the shadow of your wings.*



# Holy week



4/18/19:

4/21/19:

## Mundy Thursday Easter services

SERVICE 6:30 PM

9:00 AND 11:00 AM



### The Collective (Youth)

- We continue to work on summer camp fundraising
- We had a successful Bingo Night with King's Kids



**What's Ahead for the Collective:**  
Soup Supper camp fundraiser  
April 17<sup>th</sup>

### Messages for the next few weeks:

- 4/03 - Deliverance Week 2, Abraham, Sarah, and Isaac
- 4/10 - Deliverance Week 3, Joseph's Brothers
- 4/24 - Deliverance Week 4, The Exodus



### Prayers to consider

- Pray for a specific student
- Pray for growth and extended reach
- Pray for changed lives



N G O		
31	46	61
32	47	62
33	48	63
34	49	64
35	50	65
36	51	66
37	52	67
38	53	68
39	54	69
40	55	70
41	56	71
42	57	72
43	58	73
44	59	74
45	60	75



# Bingo Night



*Bingo Night was a successful fundraiser and a whole lot of fun! Payton Mengis, Niki Reed, Zach Kern and the Coe family all won the raffle and took home amazing baskets. Barb and Charlie Dehlinger won the grand prize basket which was full of gift cards valued over \$120. Through donations, ticket sales, and raffle tickets, the kids made over \$650! Thank you to everyone who attended and helped out!*





Fun for all ages.



The kids worked hard.



Great Prizes!



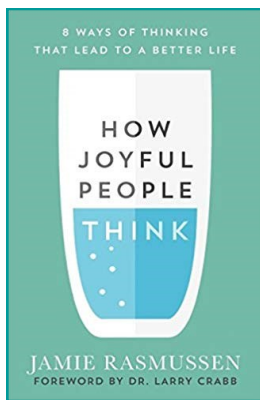




**New Men's Group  
2nd & 4th Thursdays  
with Pastor John**

**April 11th  
&  
April 25th**

**Meeting in the  
Fellowship Hall**



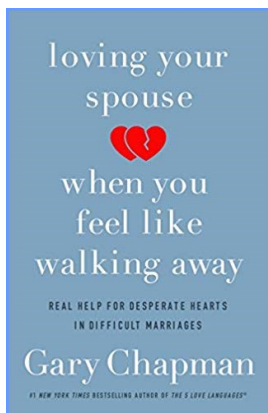
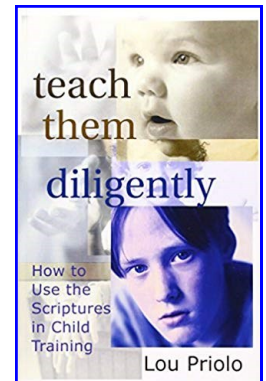
### New at your Church Library

“In this insightful unpacking of Philippians 4:8, Pastor Jamie Rasmussen shows readers how to focus their thoughts and attention on the things in life that God has declared will make a meaningful impact on both a person's outlook and experience. It's the kind of thinking that has the power to change us, pointing us away from self-pity, anger, and resentment and toward contentment and personal peace, which helps us get the most out of life.”

*Amazon.com*

“Most of today's Christian parenting resources fail to emphasize what is perhaps the most important aspect of true biblical parenting. That is, how to relate the Bible to the raising of our children in actual, practical ways. Whatever else you are doing to equip your children, do you really know how to use the Bible for doctrine, reproof, correction, and instruction in righteousness with your children? In *Teach Them Diligently* Lou Priolo has given a tool that will strengthen you in this vital area.”

*Amazon.com*



“*Loving Your Spouse When You Feel Like Walking Away*, the revised and updated edition of the award-winning *Desperate Marriages*, teaches you how to:

- Recognize and reject the myths that hold you captive
- Better understand your spouse's behavior
- Take responsibility for your own thoughts, feelings, and actions

Make choices that can have a lasting, positive impact on you and your spouse. An experienced marriage and family counselor, Gary Chapman speaks to those whose spouse is any of the following: irresponsible, a workaholic, controlling, uncommunicative, verbally abusive, physically abusive...”

*Amazon.com*



## Health by Valerie Picard

Does your typical eating plan look something like this?

Coffee or latte, bagel or doughnut for breakfast, fast food for lunch, snack before dinner (chips, crackers or the like) and then a large dinner before bed? If so, you are not alone! It is no wonder that coffee shops and fast food chains are flourishing; our schedules are just crazy aren't they? But let's break down how this eating pattern affects your health.

The bad guy in this "diet" is the processed, high glycemic foods that causes blood sugar to rise; which in turn causes the release of insulin. The insulin causes the blood sugar to drop as supposed to as long as the blood sugar levels tend not to be high and sustained. If the pattern of high glycemic foods throughout the day is continued day in and day out, then excess glucose and carbohydrates are eventually laid down as fat. Our bodies can only use so much "energy" at a time!

Another common eating pattern is eating a huge meal before bedtime which keeps you in fat storage mode which not only disrupts sleep but it leads to poorer eating habits and you guessed it, more weight gain. Researchers did a study a while back in which 2 groups of individuals ate the same foods and the same calories, only one group ate 3 times/day while the other ate every 3 hours. Who lost the most weight? Right, the group that consumed smaller more frequent meals was not only more satisfied but their blood sugar remained steady which in turn led to fewer cravings. In this same study, the researchers found that after 2 weeks, the folks that ate every 3 hours had lowered their blood cholesterol by 15% and blood insulin by almost 28%.

So the big take away, when we eat regularly; , we are sending a signal to our brain that we don't need to store calories as fat whereas when we skip meals, we are sending the opposite message. The keys to weight loss are:

- Master the amount of food you eat; use smaller plates and fill your plate with half fruit

- and veggies, 1/4 protein and 1/4 starch
- Strive for quality in the food you eat (low glycemic carbs, healthy fats, high quality protein)
- Fuel your body every 2-3 hours; *portion controlled* breakfast, lunch and dinner and a healthy balanced snack between meals. While it may seem you are eating more, you are in fact eating less as your level of satiety (feeling full) will be higher.

So knowing your goals, creating a plan, consistently eating breakfast and fueling your body every 2-3 hours are some important cornerstones of health but there are many more to come!



### A NOTE OF



FPC received a "thank you" note from Thrive Church for the Warming Center. (note is also posted on the bulletin board)

"Every Life is a Story, Thank You for Being Part of Theirs"

"We cannot begin to express what your donation meant to the Warming Center guests and volunteers. Thank you from deep within our hearts."

Kevin Drake  
Thrive Church Warming Center

There are a lot of other contributors to this mission and included is First Presbyterian Church.

Thank you FPC!

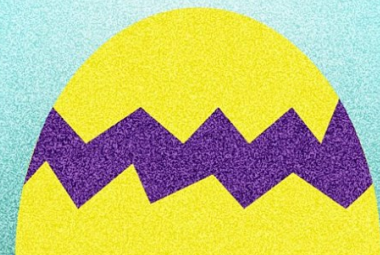
King's Kids is going to be a blast this month as we continue our superhero lessons. Check out the schedule for April:

- 4/4 Lesson- Local Heroes
- 4/10 Lesson- With Great Power
- 4/17 No King's Kids- Soup Supper
- 4/24 Lesson Review- Game Night



Make sure you are at church on Sunday, April 14th. We will have our kids' Easter program between services. Our program is about discovering the real meaning of Easter and how to celebrate the season. Don't miss it!

**YOU CAN'T HAVE  
EASTER  
WITHOUT...**





**SOUP SUPPER FUNDRAISER  
ON WEDNESDAY,  
APRIL 17TH 6:00 TO 7:30**



Want to continue helping our children and youth raise money for church camp and Operation Christmas Child? We have an amazing night planned for April 17th that will include dinner, dessert and entertainment. Tickets are \$12 and will be sold before and after church services in April.

The Good News Club (GNC) at Conger is going well. We have had 35 students turn in permission slips, and our attendance has averaged 22 kids per week! Bibles have been given out to at least 15 kids who have never heard or read about the promise of salvation.

The GNC has been a way to bring the Gospel into the lives of unchurched kids from our community. Praise God for the support we have gotten from members of FPC and the staff at Conger. This ministry is an amazing outreach for Klamath Falls. Thank you for your continued effort to support this ministry through donating funds, volunteering and praying.

-Mary Kern



### Kitchen Remodel Update

Over the last month work has begun on cleaning and organizing the kitchen in preparation for remodel work. You may have noticed the “free” table at our last brunch in the Fellowship Hall. Much of what was given away were items that have been left in the kitchen after fellowship events over the last decade, and some small appliances that were not practical in the kitchen. The kitchen is now organized to where we can easily move everything out when the time to remodel comes.

FPC’s long-range vision committee has been working with ZCS Engineering to coordinate upcoming remodel work, and ensure we understand what is required in undertaking remodeling in a 63 year old building. We have received a few reports; one with areas of the church that have shown the presence of asbestos and lead, the other a code review for the kitchen remodel. We are now aware of how we will need to proceed with the kitchen remodel in order to adequately address these items.

In the next few months we will be working with ZCS to clarify any questions we have about the code review, and reaching out to the tradespeople who will be contracting with us for plumbing and electrical work. Following that we will work on a schedule for the remodel in coordination with construction and trades. It is our hope that the remodel can be completed over the summer when the kitchen is not used as much.

Submitted by Belinda Scalas, for the Kitchen Remodel Committee

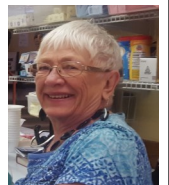
3/21/2019



### Seniors of FPC

**Join us for the next Senior Luncheon  
April 15th at noon in the Fellowship Hall.**

**The ham will be provided,  
please bring side dishes or desserts.**





## Session Summary March 21, 2019

The Session of First Presbyterian Church met on the evening of 3/21/2019. There were 8 members present, two absent and the newly elected folks who will join the Session on July 1 were also in attendance. The meeting was moderated by Pastor John Geiter. Thelma Cox was acting Clerk.

After our usual opening with prayer and study the minutes of the two previous meetings were approved. The FPC Safety Plan was discussed, we have about half the desired signups for the safety team. It was decided that in collaboration with other downtown churches, assistance and guidance from the Klamath Falls City Police will be requested. The list of people who are qualified to use the AED was discussed, a protocol is being developed.

It was moved, seconded and passed (MSP) to accept the reorganization of the structure of the Physical Resources Long Range Planning and Physical Resources committee so that they can work more efficiently.

It was MSP that the Kitchen Committee could begin the planned kitchen renovation. It was also MSP to add replacing the windows in the Kitchen to this project.

The resignation of Kermit Houser as President of FPC Corporation and Chair of Finance Committee as of April 1, 2019 was accepted.

The Easter Week Schedule was reviewed, there will be a "Living Last Supper" on Maundy Thursday. The Session meeting scheduled for that week was moved to 4/23/2019.

Don Boyd will go ahead and dispose of the piano in the Fellowship Hall the donation plate that is on this piano will be retained.

The usual written reports were accepted.

The New Visitors gift packages are ready for distribution.

The meeting closed with prayer.

Barb Dehlinger, Elder



*Our deepest condolences to the family of  
Sandy Nyback-Smith  
Sandy's memorial service will be at the  
Klamath Basin Community Center  
707 High Street on Sunday,  
April 7th at 1:00.*

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

Contacts at FPC

Pastor John Geiter -  
 jgeiter@klamathfpc.com  
 Luke Wehr - Youth Director  
 lwehr05@gmail.com  
 Youth website:  
<http://www.klamathfpc.com/ourministries/youth/>  
 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 - Admin. Assist.  
 breno@klamathfpc.com  
 (prayer requests)  
 contact@klamathfpc.com  
 601 Pine Street  
 Klamath Falls, Oregon 97601  
 (541) 884-7781



**WEBSITE:**  
**www.klamathfpc.com**

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

<b>Table of Contents</b>	Page
Pastor John's Musings.....	1
We Are Family .....	2
Heartwood Life Group (under 50)	
Operation Christmas Child - Tea	
Financial Snap Shot	
Memory Verse	
Holy Week - Maundy Thursday - Easter.	3
The Collective (Youth)	
BINGO update .....	4-5
New Men's Group .....	6
New at our church Library	
Health by Valerie Picard .....	7
Note of Thanks	
King's Kids .....	8
Soup Supper Fundraiser for Children ....	9
Good News Club	
Kitchen Remodel Update .....	10
Senior Luncheon	
Session Summary .....	11
Condolences	
FPC information .....	12



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