

THE P.L.A.N.

P.
Presbyterian
L.
Life
A.
Action
N.
Newsletter

April
2017



Church Office
hours:
Tuesday,
Wednesday,
Thursday
8am—1:00pm

Dear friends,

There is this odd challenge to writing the pastor's page in the newsletter. I am required each time to look somehow into the future, a week, 2 weeks, a month, and to think about what it is we'll be doing together in that time, and how, possibly, I might speak to that, and to us. Sometimes, my crystal ball gets cloudy.

This month, my crystal ball is cloudy. We're in the middle of Lent, and Easter is coming. We're in the middle of March, and we have April showers as I write this. And this winter, well, the less said the better. It feels like we're betwixt and between.

If I'm being honest, though, this isn't a new feeling or a new situation. I'm often betwixt and between. We're planning for Easter while we journey through Lent. We're planning for Lent while we're in Advent, and we're planning for Advent in the early fall. It's a part of the process, and it's necessary, or at least necessary as long as the congregation wants worship that is well done, and newsletters that come out before the fact.

It also requires us to live in the future, and often, in so doing, we miss the present. I journeyed through Lent two months ago. Right now I'm in Easter. I'm looking towards Pentecost and this summer's worship. And we still have weeks of Community Lenten Services.

This is how we are. It makes us look back and wonder where the time went, how the kids grew so quickly, and how we got this old. And this is a part of the story as well. It is the story of a people who waited between the visible acts of God with Abraham and Sarah, Moses, Deborah, David, and many others, and a land under the control of Rome. It is the story of disciples who follow Jesus to Jerusalem, and see an arrest and death on Friday, live through a Saturday, and cannot imagine ahead to Sunday. It is the story of a people who tell of Christ and his ascension, and wonder about his return. It is our story.

In invite you into the in between space where we spend much of our lives. I invite you into the time between where we are, and where we're going, as well as where we've been. Step into the time in between, where we can see all stories, where we're never too far away, and where it is all happening, swirling around us. Step into the story, and see what you hear, and how God is at work around us.

In Christ,
Wade

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Please remember these members & friends with your prayers, cards and calls:

Georgia Ruhe
3203 Zeller Ave. Apt C
Marion, IL 62959

Peggy Wiley
505 Rushing Drive, #46
Carterville, IL 62918
(618) 997-0948

Fran Giles
Manor Court
Carbondale, IL 62901

Darrel Smits
Parkway Manor
Marion, IL 62959

Jan Collins
1126 Burnett Ave.
Ames, Ia 50010
(618) 694-4058

Pray for those serving in the armed forces:

✠ Army:
Aaron Anderson
Jeff Marlow
John Paul Henry
Mitch Boatright
Sean Richey
Doug Carlile

✠ Coast Guard:
Charles Fosse

✠ Navy:
Josiah Grimes

✠ Marines:
Scott Miller
Austin Reach
Kaleb Selock-
recruit

✠ Air Force :
Amy Childers
Tim Springer

Pray for these Missions:

Campus ministries
Marion Medical Mission
Camp Carew
Habitat for Humanity
Hospitality House
Marion Ministerial
Alliance
Embangweni Hospital in
Malawi
Wlm. County Child
Advocacy Center
Hospice of So. Illinois
Lighthouse Shelter
YAV
Lithuania College
Edinburrugh Seminary

Pray for our collegians:

Danielle Markland
Gus, Max, Ryan Martini
Lanita Ames

Pray for our missionaries:

Ben & Tricia
Groenewold Van Dyk
Sabrina Evans
John Van Dyk
Tom & Jocelyn Logan

Pastor's Address:

Rev. Wade Halva and Rev. Laurie Fields
daughters: Madeline and Catherine
Fields Halva

1713 Redbud
Marion, IL 62959
email: wade@fields-halva.org
laurie@fields-halva.org

Wade Cell: (618) 751-1410
Laurie's Cell: (618) 751-1419



In Our Prayers

Pray for these concerns of members and friends of our church family: Betty Ridgley, Cindy Burroughs, Claire Kreutzer, Clara Lee Buschschulte, Darrel Smits, Fran Giles, Georgia Ruhe, Groenewold Van Dyk family, Jeanette & Ron Bowman, John & Jean Johnson, Kelly Jones' family, Larry Van Meter, Pam & Roger Hendricks, Peggy Wiley, Susan Harbison, Ruth Blackburn, Tim Van Roekel, Vivian Crofts, Wil's finger, Gene Stiman, Deanna Myers, Laurie Fields' job search, Phyllis & Ted, Roxanne Powers, Stephen & Phyllis, Marlin Otte, all those with cancer, the hungry, homeless, those in shelters, protection for our police, those who are ill or in pain, AIDS & HIV families, homebound or hospitalized, caregivers, the unemployed, the poor, job seekers, our General Assembly PC (USA), our nation and new leaders, our military, POW, peace around the world, Session, our church, end to wars, Zambia, Egypt, Syria, refugee situation around the world.

Someone remembers, Someone cares

Your name is whispered in someone's prayers

-Author unknown

Praise and Thanksgiving: Kelly's baptism, Mary K. good medical test results, Lenten services, Shirley Mitchell is better, C J Rubright had successful surgery and is healing.

Larry Van Meter is in Herrin Hospital room 234-1. He is in intense rehab and the family requests no visitors. You may send cards to the hospital at 201 S. 14th Street, Herrin IL 62948 or his home 735 Crestwood Drive, Marion IL 62959

HEALTH MINISTRY

How Much Sleep Is Enough?

The amount of sleep you need each day will change over the course of your life. Although sleep needs vary from person to person, the chart below shows general recommendations for different age groups.

Age	Recommended Amount of Sleep
Newborns	16—18 hours a day
Preschool-aged children	11-12 hours a day
School-aged children	At least 10 hours a day
Teens	9-10 hours a day
Adults (including the elderly)	7-8 hours a day

If you routinely lose sleep or choose to sleep less than needed, the sleep loss adds up. You can't really make up for lost sleep. Some people sleep more on their days off than on work days. They also may go to bed later and get up later on days off. Sleeping more on days off might be a sign that you aren't getting enough sleep. Although extra sleep on days off might help you feel better, it can upset your body's sleep-wake rhythm.

Bad sleep habits and long-term sleep loss will affect your health. If you're worried about whether you're getting enough sleep, try using a sleep diary for a couple of weeks. Write down how much you sleep each night, how alert and rested you feel in the morning, and how sleepy you feel during the day.

Sleeping when your body is ready to sleep also is very important. Sleep deficiency can affect people even when they sleep the total number of hours recommended for their age group. For example, people whose sleep is out of sync with their body clocks (such as shift workers) or routinely interrupted (such as caregivers or emergency responders) might need to pay special attention to their sleep needs.

<https://www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch>

HEALTH MINISTRY

Recipe for April

Asparagus with garlic



Rate of difficulty: simple, quick

1 bunch of asparagus* - snap off the bottom end as far down as you can, discard the bottom, wash the top part, drain. cut into 2-inch pieces

garlic - 2 cloves: slice, mince or chop; or used 1 teaspoon minced garlic from a jar

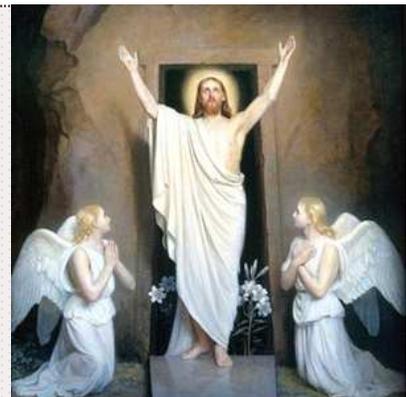
2-3 Tablespoons olive oil*

Fry the garlic and asparagus in the olive oil until it is crisp-tender, stirring frequently. Or you can fry it longer if you like your vegetables softer.

*If you use organic asparagus and organic extra-virgin olive oil, this recipe is both healthier and more expensive.

Tomb, thou shalt not hold Him longer;
Death is strong, but Life is stronger;
Stronger than the dark, the light;
Stronger than the wrong, the right...

~Phillips Brooks, "An Easter Carol"



See the land, her Easter keeping,
Rises as her Maker rose.
Seeds, so long in darkness sleeping,
Burst at last from winter snows.
Earth with heaven above rejoices...
~Charles Kingsley



Christian Education



A while back I was with another member and we were trying to locate an item that was somewhere in the Church building. We did find whatever it was we were looking for. During that search we came across a couple of places in the building, including the library, that were not so neat and tidy, just a little clutter, and a comment was made that it was a shame that our dedicated space for worship looked so unkempt and unreligious. I also know we have several closets that are not neat and orderly but we can close those doors. Or can we?

Yes, it is a shame we don't keep the entire building neat and clean in all areas all the time. We are dealing with a lot of activities and a lot of different people, and sometimes we go right from one program into another without a lot of time in between. I know for myself I can be working on several projects in my home shop and the shop gets rather messy and disorderly. I finally have to stop and clean it up and put my tools back where they belong. Then even one day when I was cleaning my shop I got a call to go walking with a friend. I went walking. The shop could wait. Sometimes our Church closets can wait.

It is not a tragedy that we don't always have our dedicated worship spaces neat and clean because we are not always neat and clean ourselves even though we are a temple because we have the Holy Spirit in us. Do we really want others to think that we are perfect at all times or should we let others see that we have our imperfections. We all have closets at Church, at home, within ourselves, that we try to keep the doors closed to. Just when we think we have it all hidden, somebody sees us do or say something we should not have done or said. Then they visit our Church and we try to convince them we are perfect, but they really know us outside the building where we have opened a closet door. Why should they want to come "worship" with us, the perfect, when they know we aren't and that they know they are not perfect either. Wouldn't they be more comfortable in a Church with a little clutter and with kids that can run around barefoot.



My house is fairly neat and orderly, but it is also comfortable. I may have a stack of newspapers waiting to be taken out or some mail to still be sorted laying in my living room. You are still welcome to drop by and visit and I think you may even feel at home.

Are we a Church that anyone can drop by and still feel comfortable and at home in? I hope that is what we want as a Church. Doesn't mean we shouldn't try to clean up the library. As we clean the Church of clutter, lets free our hearts of clutter as well. Let's all continue to worship and study the Word of God.

Tim Van Roekel, Elder for Christian Education



Reminders



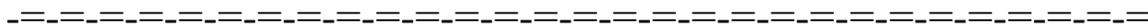
KROGER CARDS

The Kroger Community rewards program is in effect.

If you do not have a Kroger Plus card, you can get one at the service desk at any Kroger store.

Once you are signed up you can check the bottom of your Kroger receipt to see if your purchase amount is benefitting this church. If that is not listed, you may need to renew and sign up again.

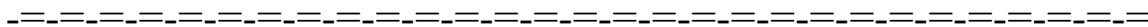
In March of 2017 we received a check from Kroger for \$175.88.



From your Health Ministry Team:

The next Red Cross Blood Drive to be held at our church will occur in October 2017. For those of you who are regular donors, hopefully this will help you plan your giving.

Also, the Health Ministry is in the process of updating our AED machine so presently it is not available. We need volunteers interested in being trained on how to use the AED machine once it is operable again. We'll be offering training on that as well as on CPR in the near future. If you are interested in attending this training which hopefully will happen together, please let Susie Selock know.



Email addresses for the church and Pastor Halva:

office@marionpresbyterian.org

lee@marionpresbyterian.org

Wade@marionpresbyterian.org

or

pastor@marionpresbyterian.org

THANK YOU NOTES



Thank You to those who represented First Presbyterian by working in the Marion Ministerial Alliance Soup Kitchen in February. Those volunteers were: Claire Kreutzer, John & Susan Van Dyk, Wils Evans, Ralph Thompson, Dee Segers, Landa Stettler, Loren Taylor, Tim Van Roekel, and Clara Lee Buschschulte.



Lighthouse Shelter

Thank you to Landa Stettler, Tim Van Roekel, Mona Odum and Lee Thompson for helping to serve a supper of Ham & Beans, Cornbread, Green Salad, Fruit Salad, and Cake at the Lighthouse Shelter on Tuesday February 28, 2017. We had a good time preparing, serving and cleaning up. Thank you all. **Our next opportunity to serve is April 25, 2017.** This is a great local mission that provides help to those that need a little uplifting.



Dear Friends in Christ,

Thank you for your gift of \$136.00. **Your support make a difference!** Marion Medical Mission will use 100% of your donation where it is most needed in the mission field in Africa.

In sub-Saharan Africa, the largest source of disease is unsafe drinking water. According to UNICEF, 1 in 5 children die before their 5th birthday because they lack potable water. Providing water that is safe to drink brings life to the villagers. Safe drinking water means healthier people who can work longer in their fields producing more food resulting in less starvation.

From Sept. 1, 2016 to the end of November, 2,732 Shallow Wells were built providing an estimated 409,800 of the extreme poor (245,880 children) with a sustainable source of safe drinking water. Only through your donations and God's blessings can this be done.

The Shallow Well is inexpensive to build and can be placed in the most remote areas. A well can be easily maintained by the local village people and is a necessity even the extreme poor can afford to maintain.

Help us tell this extraordinary story. Churches, Sunday School classes, small groups, families and individuals are the strength and heart of Marion Medical Mission. If you know of anyone who would be interested, please pass along their contact information.

Uchindami Kwa Chiuta (Glory Be to God)

Tom Logan, President

WORSHIP CALENDAR

April 2, 2017 Fifth Sunday of Lent

Luke 18:31-19:10

To See and Be Seen

April 9, 2017 Palm Sunday

Luke 19:29-44

Even the Stones

April 13, 2017 Maundy Thursday @ 7:30 pm

Luke 22:1-27 Last Supper

Cantata

April 16, 2017 First Sunday of Easter

Sunrise Service at 7:30 am, Worship at 10:30 am

Luke 24:1-12

Empty

April 23, 2017 Second Sunday of Easter

Luke 24:13-35

Hearing Anew

April 30, 2017 Third Sunday of Easter

5th Sunday Music Service



HOLY WEEK EVENTS



Sun 9: Palm Sunday with communion.



Thu 13: 7:30pm Maundy Thursday service with communion.



Fri 14th: Good Friday.

The service is at noon at the 1st United Methodist Church.



Sat. 15: 7:30pm Easter Vigil led by Granger Odum.
Weather permitting, this will begin outdoors.



Sunday 16: EASTER. One Great Hour of Sharing.

7:30am Sunrise Service with Communion.

10:30am Regular Service with Communion.

MEETINGS

Tue 11: 6:00pm Session meeting.

Sat 15: 8:00am Presbyterian Men meeting at IHOP.

Mon 17: 5:00pm Health Ministry meeting.
6:30pm Cancer Support group meeting.

Thu 20: 6:00pm Social Justice group meeting.

Mon 24: Soup Kitchen Volunteer Appreciation. 1:30—3:00pm at the Marion Ministerial Alliance. All of the volunteers that worked in the Soup Kitchen are invited. If you would like to attend, please call the office at 993-3640 so that an approximate head count can be provided to J. R. Russell.

Tue 25: Our opportunity to prepare and serve the meal at the Lighthouse Shelter.

WEEKLY CLASSES AND ACTIVITIES

Tuesdays: 11:00 am Tuesday Prayer Group at the home of Jean Johnson.

Wednesdays: 10:00am Book Study. 4:00PM SHARK'S (student) group.
6:00pm Choir.

Thursdays: 10:00am Exercise Class. 3:30pm Tai Chi.



Birthdays: 5th Wade Halva & Laurel Thomas, 9th Mishona Grimes, 22nd Lucas Wright, 24th Fran Giles, Suzanne Kerley, 28th Daryl Reid, 30th Tonya Ramey
Anniversaries: 1st Chris & Wendy Evans, 22nd Ray Presley & Mary Lindley

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Worship Committee	3	4 11:00 am Prayer Group at Jean's home 5:30 Lenten Service @ Zion Church	5 10am Book Study 4pm SHARK's 6pm Choir	6 10am Exercise Class 3:30 Tai Chi 5pm ADK	7	8
9 Palm Sunday Deacons mtg. COMMUNION	10	11 11:00am Prayer Group 6pm Session	12 10am Book Study 4pm SHARK's 6pm Choir	13 10am Exercise Class 3:30 Tai Chi 7:30 Maunder Thursday with COMMUNION	14 Good Friday Noon at 1st United Methodist	15 8am Pres. Men at IHOP 7:30pm Easter Vigil
16 EASTER 7am Sunrise & 10:30am Services COMMUNION	17 5pm Health Ministry 6:30pm Cancer Support Group	18 11:00am Prayer Group PLAN deadline	19 10am Book Study NO SHARK's 6pm Choir	20 10am Exercise Class 3:30 Tai Chi 6pm Social Justice Group	21	22
23	24 Soup Kitchen Volunteer Appreciation 1:30 -3pm at the Alliance	25 11:00am Prayer Group Lighthouse Meal	26 10am Book Study 4pm SHARK's 6pm Choir	27 10am Exercise Class 3:30 Tai Chi	28	29
30 5th Sunday Music Service						



First Presbyterian Church

A Century to Celebrate . . . A Future to Fulfill



1200 South Carbon Street • Marion, Illinois 62959 • (618) 993-3640 • office@marionpresbyterian.org

Online: www.marionpresbyterian.org

Sunday School: 9:00am

Worship Service: 10:30am



It's time to order Easter Lilies in memory of or to the honor of your family, loved ones, and friends. Please complete the order form on or before April 9th. The lilies will adorn our sanctuary Easter Sunday after which they may be donated or taken by the purchaser after the worship service April 16. The cost is \$7.50. Please make your checks payable to the church and give your check and order form to Landa Stettler or the office.

Name _____ Phone No. _____

Number of Plants Ordered at \$7.50 each _____

TOTAL _____

Donate to shut-ins I will pick up Easter Day

In Memory of

In Honor of _____

