

THE P.L.A.N.

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

**January**  
**2017**



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

Dear friends,

The birth of a child changes a lot of things. Even getting to that point changes a lot of things. Relationships change, bodies change. Cravings change, expectations change, hopes and dreams change. That's for our "normal" babies, as if there is such a thing. That's not for this Child that we've been talking about so much lately.

This Child changes things, too. This child, welcomed by Anna and Simeon at his bris, on the eighty day, changes things. He goes from his bris, the traditional Jewish covenantal ceremony for baby boys, to his baptism, which becomes the traditional Christian covenantal ceremony for all believers as we enter into the life of faith. This child went to worship on the Sabbath, on our Saturday, as was the tradition according to the pattern set in Genesis. And this Child was raised from the dead on what we now celebrate as the Lord's day, the first day of the week, Sunday, on which we gather to worship. This Child reinterprets the old familiar passages of Scripture into the ways that we now follow, and reminds us of passages that we have not been good at following.

Now the Child is born once more. Over the next days, weeks, and months, we will journey and grow with this child, from his presentation in the temple, to his baptism, to his life and ministry, and then, ultimately, his death and resurrection. What will the Child change in us this year? How will we hear the story differently this time through this narrative?

As each child in our families is different, each appearance of this Child in our lives is different. As our children teach us different things, one patience, another excitement, one joy, another endurance, the Child teaches us different things. I wonder what the Child will teach us this year. As we go into the new year, it is my hope that we will greet the new Child who comes to save us, and hear in the old, old story, a new thing for us, for our lives, our families, and our world.

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, Bob Reimer, Cindy Burroughs, Dan Selock, Darrel Smits, Fran Giles, Gayla Martini, Georgia Ruhe, Jeanette & Ron Bowman, John & Jean Johnson, Pam & Roger Hendricks, Peggy Wiley, Rick Flanagan, Shirley Mitchell, Susan Harbison, Ruth Blackburn, Vivian Crofts, Ron Campbell's Mother, C J Lindley, Phyllis & Hal Landry, youth trip to Florida, safe travel through the holidays, 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, 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.

*Someone remembers, Someone cares*

*Your name is whispered in someone's prayers*

*-Author unknown*

**Praise and Thanksgiving:** for our Church family, for the gift of the child, God's blessings, Uncle Will is coming.

## HEALTH MINISTRY

### Healthy Winter Eating Tips

In the wintertime, we often feel cold and more dry. Our skin gets dry, our sinuses begin to dry out, and even our joints dry out. As a result, the mucus membranes in the body start to become irritated and produce more mucus—and mucus is a breeding ground for colds, flu, and bacteria, says John Douillard, founder of LifeSpa.com. But don't worry—nature provides the antidote for all this dryness in the harvest of the foods we eat, Douillard explains.

From November to February, you want to eat more nuts, seeds, grains, soups, stews ... higher protein, higher fat foods that are more dense and more insulating for the body. We're supposed to gain a pound or two in winter as part of our insulation," he says.

Below, Douillard recommends 5 types of foods that will help you warm up for winter, avoid getting sick, improve digestion.

#### 1. "Underground" veggies

All the squashes, beets, carrots, potatoes, and sweet potatoes that grow underground all summer are heavy and more dense, which make them ideal for this season, Douillard explains. Nutrient-dense root veggies are also rich in fiber, minerals, vitamin A, and vitamin C, and loaded with antioxidants, all of which help support winter nutrition.

#### 2. More fat

During the winter months, a higher-fat diet provides insulation along with the nutrients you need to repair, rebuild, and rejuvenate before nature's new year come spring. Migrating cold-water fish from Alaska have a lot of really important essential fatty acids, like omega-3. Also try cooking with more olive oil, coconut oil, butter, and ghee during the fall and winter months.

#### 3. More protein

If you're not a vegetarian, it's good to eat a little bit more animal meat this time of year (it doesn't need to be more than 10 percent of your diet). This helps you meet your requirement for more protein in winter. You could also meet this requirement with whey protein powders, nuts, seeds, Spirulina, yogurt, and eggs. Proteins are the building blocks for the body, and during the winter, these are essential nutrients for structural strength, skin health, immunity, and more.

#### 4. Fermented foods

Fermentation, which was meant to preserve veggies for the winter, supports gut microbial immunity during the winter months. Fermented foods also warm the body—a welcome benefit in the wintertime. Try eating more fermented cheese, yogurt, and sauerkraut.

#### 5. More fiber

Fiber-rich foods are abundant in the fall and winter to support better intestinal health. You can get your fiber from wheat, seeds, most grains, rye, and rice. There's an enzyme called amylase that increases in the body in fall and winter and helps you break down and utilize wheat. Apples also have a lot of fiber.

by **Larissa Carlson and John Douillard**

<http://www.yogajournal.com/health/ayurveda-101-5-foods-to-eat-fall-winter/>

Submitted by Susan Van Dyk

## Christian Education

Here it is. January 2017. Another Year gone by. Did you do everything you wanted to do in 2016? Or do you have regrets? If you start this year out with regrets about last year, they will only build and consume you. As much as we hear about time travel, I do not believe it is possible. What is done is done. We cannot go back and fix anything from the past. All we can do is go forward, and keep trying. We can try to redo and do better at what lies ahead of us. Don't live with the regrets from the past. They are gone. Work around them and keep going forward. Do something now to make a difference now. Don't wait anymore. Get up and go. Do it.

Remember the New Year's Resolution, "Get Spiritually Fit".

I was sitting in my recliner, 8:30 in the evening, had comfortable clothes on, TV on for background noise, reading a book, relaxed, enjoying my time. The phone rings. Dan just got a call from someone at the Church that the urinal was running. Dan had just got home. The main question was, can it be shut off? Yes. I explained how. I volunteered to go out to the Church and shut it off. Was much easier for me to go than for Dan to come back in from the lake. Dan said he would call back after trying to talk the person at the Church through how to shut the urinal off. A couple of phone calls and all was taken care for the evening. The urinal quit running. We will be able to safely put it off until in the morning in our regular routines of the next day. We did not have to or need to get up and go back out.

I would have gotten up and gone. It would not have bothered me. I did things like that quite often in my career as a maintenance manager. It is something I can and will do. I would do the same if someone called and needed a cup of coffee and an ear. Even at 8:30 in the evening. The urinal could have been left and run all night. The Church would not have flooded. However, the effect on our water bill would have been noticeable.

So, someone calls at 8:30 in the evening wanting to go and get a cup of coffee. You are comfortable. They could wait and you would meet for breakfast in the morning and talk then. Much less intrusive. A lot more convenient. But what was their "water bill"? What else might have been going on in their lives that didn't seem important to your comfort at the time. What would have been missed.





*Reminders*



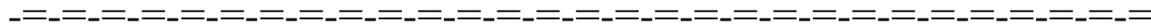
**KROGER CARDS**

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 December of 2016 we received a check from Kroger for \$179.39

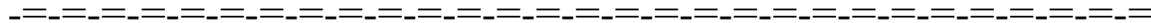


**Sign up sheet for Fellowship Hour and Clean Up**

Each Sunday following the Worship Service, there is a light snack and drink offering for everyone. Any donation from the food categories of sweets, fruits, cheese, veggies or salty items would be welcome.

Please notice the sign up sheets on the bulletin board in the Fellowship Hall for both food donation or kitchen clean up following the light meal (Green Team).

All volunteers are appreciated.



**Email addresses for the church and Pastor Halva:**

office@marionpresbyterian.org

lee@marionpresbyterian.org

Wade@marionpresbyterian.org

or

pastor@marionpresbyterian.org

## UPCOMING EVENTS

**On Tuesdays** of the month at 11:30am is the Prayer Group that was meeting at the church but will now meet at the home of Jean Johnson. Everyone is welcome, just bring a sack lunch and join in.

**Tuesday January 16:** 6:30pm Cancer Support Group will meet and feature the special guest speaker Debbie Hunter who works for Hospice of Southern Illinois. Her topic is “My Story” and she will talk about her experience caring for her husband who died from cancer.

**Thursday January 19:** 6:00pm is the meeting of the Social Justice group.

## Men of the Church

The Men of the Church will continue to meet through 2017 at 8:00 AM on the third Saturday of each month. We are currently meeting at the Subway within the Wal Mart Store. We are looking for other venues. Men, come and join us and bring a friend. Any questions contact Tim, Tom or John.



# MEETINGS

## THANK YOU NOTES



Dear friends in Christ:

Thank you for your gifts of \$25.00 and \$25.00. **Your support makes a difference!** Marion Medical Mission will use 100% of your donation towards Malawi hunger relief.

In the Central Region of Malawi, Marion Medical Mission partners with the Synod of Nkhoma Church of Central Africa Presbyterian. Working directly with Rev. Kachipapa, the General Secretary, the Traditional Authorities, and rural Congregations 2,424 households (an estimated 14,544 people) have been identified in urgent need of food support.

The cost comes to \$20 per 110 pound bag of maize distributed—enough to feed an average Malawian family for a month. Only together can we be who we were created to be. Only together can we make a difference. Together the impossible is possible. Apart the possible is impossible.

Uchindami Kwa Chiuta (Glory Be to God)

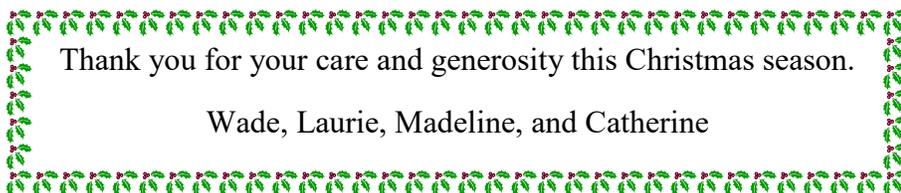
Tom Logan, President

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**Thank you** to the volunteers who worked at the Marion Ministerial Alliance Soup Kitchen in December. Those who represented First Presbyterian Church were: Claire Kreutzer, Landa Stettler, Susie Selock, Ron Campbell, Van Dyk's and Evans', Jeanette Bowman, Ralph Thompson, Dee Segers, Tim Van Roekel, Clara Lee Buschschulte, Jaye Van Zile.

**Thank you** for the volunteers that prepared, served and cleaned up after the meal at the Lighthouse Shelter on December 27. Those who represented First Presbyterian Church were: Tim Van Roekel, Clara Lee Buschschulte, Dee Segers, Lee Thompson, Landa Stettler.

**Thank you** so much for my beautiful card! Betty



Thank you for your care and generosity this Christmas season.

Wade, Laurie, Madeline, and Catherine

## Newly-minted Presbyterians

By John Van Dyk

Well, folks, we finally caved in. Sunday after Sunday, year after year, we have sat quietly and inconspicuously in the second row on the south side of the sanctuary (blocking Darrel and Denise's view). We listened attentively to Wade's challenging sermons, trying to determine whether they were truly Reformed or somewhere out in left field. Week after week I pondered Tim's penetrating questions in the Sunday School sessions and asked myself: Have they kept us on track or actually led us astray? And here comes the most important question of all: Are the fellowship hour lunches authentically Calvinistic or have they been fiendishly contaminated with Arminian (possibly Baptist) flavorings? Thoroughly exhausted by all this soul-searching and mind-boggling discernment, we at long last made the fateful decision: (drum roll . . .) We plunged into the murky waters of Presbyterianism. Can you believe it? Susan and I have become full-fledged Presbyterians. Feel free to either congratulate us or offer your condolences.

What, you will ask with puzzled curiosity, brought us to this momentous, radical, life-changing decision? Of course, the presence of children and grandchildren very likely had something to do with it. I recall our very first visit, back in the middle ages, being thoroughly impressed and inspired by Granger's exceptional musical gifts. And then the clincher: When we discovered that the last names of several members of the congregation began with "Van," we had no choice but to feel right at home. After all, 85% of the membership (mostly of Dutch descent) in our former church home proudly flaunted surnames that began with "Van."

But it was earlier this year, in the spring in fact, when the last straw decided the matter. We accepted someone's unexpected offer to buy our home and property in northwest Iowa. That meant that we were now permanently uprooted, homeless, plucked out of the fertile soils of Iowa, so to speak, and plunked among the rocks and in the clay of southern Illinois. Teary-eyed we asked the Clerk of the local Christian Reformed Church, where we had worshiped for more than a century, to transfer our membership papers to—where, did you say?—the First Presbyterian Church in Marion, Illinois.

But would we, conservative Dutch Calvinists, deeply steeped in all manner of true doctrine, not to mention the godly life, be acceptable to a church that talks more about love and missions than about predestination and supralapsarianism? Or, on the other hand, would we have to endorse a ten-page checklist of unassailable creedal points? The interview with the Session would answer these worrisome questions. Susan was immediately approved, and shortly thereafter ordained as a deacon. Not surprising, of course, since I've approved of her for 50 years. But my turn in the interview created some consternation, especially when I explained to the Session that I had become a philosopher rather than a preacher because, when it comes right down to it, I don't always love people the way an ordained servant of the Lord Most High is supposed to love them. What? Philosopher instead of a minister of the Word? Now, what do the Book of Order and the Confessions say about that, pray tell? The consensus in the Session, I felt, was that since philosophers do little more than lounge in armchairs, smoke pipes, and harmlessly think deep thoughts that no one cares about, there's no need to worry. So the Session approved me as well, although I thought I heard some under-the-breath mumblings such as "philosophers don't know what they're talking about," and "Doesn't the Apostle Paul say something worrisome about vain philosophy and the traditions of men?" But I may have misinterpreted the mumblings, especially since I'm hearing impaired and was not wearing my hearing aids.

Rest assured, friends, we're now trying hard to become good, proper, and productive Presbyterians. So we are diligently studying the Book of Order and the Book of Confessions. The Book of Order is about as spell-binding a read as the Carbondale phonebook. But the Confessions are interesting, and help me to understand why I did not need to worry about having to sign a ten-page checklist of inerrant Presbyterian doctrines as a condition for membership. On the contrary, the confessions are so diverse and so detailed that no single set of "essential doctrines" or "central tenets" can be satisfactorily constructed. If there is anything nonnegotiable at all, it's the command to love the Lord and our neighbor and seek to do God's will in a hurting world. If we whole-heartedly subscribe to these two articles, we can safely chuck the checklist. And that's exactly what I did.



**Birthdays:** 3rd Riley Stettler, 16th Peregrine Groenewold Van Dyk, 19th Catherine Fields Halva, 20th Bob Reimer, 26th Jean Harvey, 30th Colleen Ames

**Anniversaries:** 23rd Roger & Pam Hendricks, 25th Rev. Dan & Yvonne Whitfield, 30th Herb & Virginia Goeltzer

## January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Worship Committee	2	3 11:30am Prayer Group at Jean Johnson's home	4 10am Book Study <u>NO SHARKS</u> 6pm Choir	5 3:30 Tai Chi 5pm ADK	6	7
8 Deacons	9	10 11:30am Prayer Group 6pm Session	11 10am Book Study 4pm SHARKS 6pm Choir	12 3:30 Tai Chi	13	14
15 Blood Pressure check	16 5pm Health Ministry 6:30 Cancer Support Group	17 11:30am Prayer Group PLAN deadline	18 10am Book Study 4pm SHARKS 6pm Choir	19 3:30 Tai Chi 6pm Social Justice Group	20	21 8am Pres. Men meeting
22	23	24 11:30am Prayer Group	25 10am Book Study 4pm SHARKS 6pm Choir	26 3:30 Tai Chi	27	28
29 5th Sunday Music Service	30	31 11:30am Prayer Group				



### *First Presbyterian Church*

*A Century to Celebrate . . . A Future to Fulfill*



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Online: [www.marionpresbyterian.org](http://www.marionpresbyterian.org)

Sunday School: 9:00am

Worship Service: 10:30am