

THE P.L.A.N.

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

May
2017



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

Dear friends,

The season of Easter is upon us. And that's an important thing to note, that we're in the season of Easter. It's so easy for us to get caught up in the glory of Easter morning, of sunrise services and breakfasts, of Easter lilies, and chocolate, and familiar hymns and cries of "He is Risen!" The stone is rolled away, Christ is risen, he is risen, indeed, and whew, that's the end of that. On Easter Monday, all the Easter stuff goes on sale at Kroger, and by Wednesday, it's gone, because Easter is over and we're on to the next thing.

Or is it? Are we? Easter is at the center of our faith. Christ rising is our rising, Christ's resurrection is our resurrection, Christ's new life is our new life. Easter pervades the Christian faith. Without Easter, what would we have to say?

And so it is that Easter runs for more than a day. It runs for a season, for 50 days, until we get to Pentecost. Easter is the season of Resurrection and new life, and the time in which Jesus teaches the disciples once more, now that they have seen the promises made real in front of them. And then, as that time ends, Jesus ascends and the Spirit is given. The work of the disciples, of Christ, of the resurrection, continues.

We are reminded of that when we meet for worship each week, on the first day of the week. We meet to remember and celebrate the resurrection and what it means for us. Easter is each and every week for us, and each and every day. Easter is at the core of our faith, and as that who have participated in Easter through are baptisms, we should not give in and let Easter be only one day of our year.

May the resurrection be a part of each and every day of our lives.

In Christ,
Wade

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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
- Edinburrrough 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

Pray for these concerns of members and friends of our church family:

Betty Ridgley, Cindy Burroughs, Claire Kreutzer, Darrel Smits, Fran Giles, Georgia Ruhe, Jeanette & Ron Bowman, John & Jean Johnson, Pam & Roger Hendricks, Peggy Wiley, Shirley Mitchell, Susan Harbison, Ruth Blackburn, Vivian Crofts, Gene Stiman, Deanna Myers, Laurie Fields' job search, Phyllis & Ted, Roxanne Powers, Ed & Linda Brofka-health and Vicky Woodford their caregiver, 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), Compassion Children around the world, 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: Larry Van Meter is home and improving, Groenewold Van Dyk family has a new home, Resurrection of Jesus Christ, Sunday School visitors, C. J. Rubright is recovering.

Condolences: Tom Kucharik's uncle passed away.

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



Georgia Ruhe
3203 Zeller Ave. Apt C
Marion, IL 62959
997-7933

Roger & Pam Hendricks
445 Park Lane
Herrin, IL 62948
942-5863

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

Betty Ridgley
400 E. Reichert Drive #B
Marion, IL 62959
998-8893

Fran Giles
Manor Court
Carbondale, IL 62901
457-2892

Larry Van Meter
735 Crestwood Drive
Marion, IL 62959
995-9611

Darrel Smits
Parkway Manor
Marion, IL 62959

Shirley Mitchell
3293 Zeller Ave. Apt B
Marion, IL 62959
993-0091

THANK YOU to those who volunteered at the Lighthouse Shelter preparing, serving and cleaning up after the meal. The shelter residents are always thankful for the meals and the people who participated.

Thank you Tim Van Roekle, Landa Stettler, Loren Taylor, Mona Odum and Lee Thompson who represented 1st Presbyterian Church in this mission.

*Thank
You*



HEALTH MINISTRY

Do you need a reason to join the 10:00 Thursday morning arthritis exercise class or the 3:30 Thursday afternoon Tai Chi class? Read on.

Benefits of regular physical activity

Want to feel better, have more energy and even add years to your life? Just exercise.

The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, regardless of age, sex or physical ability. Need more convincing to get moving? Check out these seven ways exercise can lead to a happier, healthier you.

Exercise controls weight. Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Exercise combats health conditions and diseases. Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight, being active boosts high-density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases.

Exercise improves mood. Need an emotional lift? Or need to blow off some steam after a stressful day? A gym session or brisk 30-minute walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed.

Exercise boosts energy. Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently.

Exercise promotes better sleep. Struggling to snooze? Regular physical activity can help you fall asleep faster and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to hit the hay.

Exercise can be fun ... and social!. Exercise and physical activity can be enjoyable. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting.

<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389?pg=2>



SESSION NOTES

The Session met Tuesday April 11, 2017 at 6:00 p.m. Rev. Halva opened the meeting with prayer. Elders present were Tom Kucharik, Tim VanRoekel, Myrna Ames, Gayla Martini and Jean Johnson. Elder Wendy Evans was excused.

The minutes of the February meeting were approved as printed. Informational reports, written and oral, were received from the committees. Reports were discussed by the Elders.

Elder Tim Van Roekel gave an update on Policy and Procedures Manual which he is preparing. All Elders were asked to review the Manual and make additions or correction suggestions to him.

Elder Jean Johnson advised that as in months past, our monthly expenses have been more than our income. February loss was \$3,455.69 and March loss was \$2,127.98. The difference has been covered by our savings.

Elders assigned to assist with Pastoral Care for April is Marna Ames and for May will be Wendy Evans.

Pastor's report for February and March listed all the many activities in which he has participated since last session meeting. Rev. Halva has been invited to be a Thompson Scholar at Columbia Theological Seminary in May. He will be on site in Decatur, GA May 1-5 but will return time to lead worship on Sunday, May 7th. He has, also, chosen June 12th through 18th and July 17th thru 23rd for vacation. Pulpit supply will be needed on June 11th and July 23rd. Worship committee, Elder Gayla Martini will find pulpit supply for those dates.

Other actions taken by session included:

1. Setting date for celebration of our graduates on Sunday, May 28, 2017.
2. Agreed to ask Tricia and Benjamin Groenewold Van Dyk to preach one Sunday in July while they are home on furlough.
3. Approved Elders Tom Kucharik and Tim VanRoekel and Deacon Susan VanDyk to assist Tom Carlile in counting the offering after worship services as needed.
4. Approved possible Field Trips for Confirmation students and confirm the candidates on Pentecost Sunday, June 4th.
5. Approved use of church building by GSA on Sat., April 29th from 6 – 10 p.m.
6. Next stated session meeting will be Tuesday, May 9th at 6:00 p.m.



Christian Education

Another school year is drawing to a close. What will you do with your summer? A vacation, mini trips, work in the yard, a garden. There are many possibilities. How about volunteering and give a morning or two to the Church. We have closets that need cleaning and classrooms that need organizing. Property that needs care. Bushes to trim. Prayer Garden to weed.

There are many ways to give back to our Church. We have Elders and Deacons and kitchen angels. Choir. We have Sunday School teachers. Speaking of Sunday School teachers, we need volunteers to lead the kids classes over the summer so the teachers can take a little break. We have a signup sheet on the volunteer board.

Christian Education is not just Sunday School. It is the care of our whole selves. Not only study and reading but giving of ourselves. We can work at the Church or visit a neighbor or a shut-in. We need to open ourselves to those around us. Even going to coffee with a friend or someone you want to get to know better. Giving of ourselves.

To be spiritual fit we also need to be physical fit. Go for a walk, a hike, or a bike ride. Be sure to remember to live and don't so busy with your life that you do forget to live. Slow down and look around. Could we spend our time better. Could we be helping someone who is not as fortunate as we are? Not all of us are good at everything but we can look for our strengths and use them to expand the work of God. Find a way to give a little back to your Church and at the same time you will be enriching your own life.

Tim Van Roekel, Elder for Christian Education





Reminders



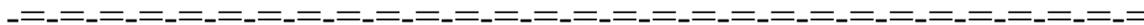
KROGER CARDS

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

Mon 1 thru Fri 5: Our opportunity to work at the Soup Kitchen. Volunteers are needed. The sign up sheet is in the fellowship hall on the “service” bulletin board. Please sign up if you are able.

Sun 14: Mother’s Day.

SUNDAYS DURING THE FELLOWSHIP HOUR

7th: The Worship Committee meets.

14th: Deacons meet.

21st: Blood pressure screening sponsored by the Health Ministry.

28th: Celebrate graduates.

MEETINGS THROUGH THE WEEK

Tue 9: 6:00pm Session meeting.

Mon 15: 5:00pm Health Ministry meeting.
6:30pm Cancer Support group meeting.

Wed 17: 4:00pm The last meeting for the S.H.A.R.K.s group. Weather permitting, a cookout at Ferne Clyffe is planned.

Thu 18: 6:00pm Social Justice group meeting.

Sat 20: 8:00am Presbyterian Men meeting at IHOP.

WEEKLY CLASSES AND ACTIVITIES

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

Wednesdays: 10:00am Book Study. 6:00pm Choir.

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

Pastor Wade has been invited to be a Thompson Scholar at Columbia Theological Seminary in May. He will be on site in Decatur, GA will be gone Monday 1 thru Friday 5. If there is a need, please contact your Deacon or the church office at 993-3640.



Birthdays: 11th Jared O'Connor & Vivian Crofts, 15th Gus Martini, 18th Roger Hendricks, 23rd Claire Kreutzer, 28th Margaret High

Anniversaries: 4th Lance & Claire Kreutzer, 18th Mark & Andrea Wallace, 22nd Ron & Sally Campbell, 28th Jason & Alycia Stephenson

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 I I am Prayer Group at Jean's home	3 10am Book Study 4pm SHARKs 6pm Choir	4 10am Exercise Class 3:30pm Tai Chi 5:00pm ADK	5	6
SOUP KITCHEN WEEK						
7 Worship Com.	8	9 I I am Prayer Group at Jean's home	10 10am Book Study 4pm SHARKs 6pm Choir	11 10am Exercise Class 3:30pm Tai Chi	12	13
14  Deacons mtg.	15 5pm Health Min- istry mtg. 6:30pm Cancer Support group	16 I I am Prayer Group at Jean's home PLAN deadline	17 10am Book Study 4pm SHARKs last meeting at Ferne Cliffe 6pm Choir	18 10am Exercise Class 3:30pm Tai Chi 6pm Social Justice group	19	20 8am Presbyterian Men meeting at IHOP
21 Blood Pressure Screening	22	23 I I am Prayer Group at Jean's home	24 10am Book Study 6pm Choir	25 10am Exercise Class 3:30pm Tai Chi	26	27
28 Celebrate Graduates	29	30 I I am Prayer Group at Jean's home	31 10am Book Study 6pm Choir			



First Presbyterian Church

A Century to Celebrate . . . A Future to Fulfill



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Online: www.marionpresbyterian.org **Sunday School:** 9:00am **Worship Service:** 10:30am