

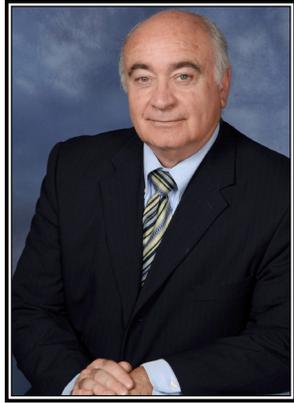


FIRST
PRESBYTERIAN
CHURCH

San Luis Obispo

The Kirk

February 2019



A NOTE FROM THE PASTOR:

A portion of Scripture that guides me constantly is 2 Peter 3:8, where Peter says, “*A day is like a thousand years to the Lord, and a thousand years is like a day.*” My mom taught me many things....and most of them by example. For instance I believe that every moment in our lives, no matter how long we live, is an opportunity to be seized. (Carpe Diem) Each day is as a thousand years; or twenty-four-hour slice of time is a sun-rise-to-sunset opportunity for us to do something, by the grace of God, that counts for eternity. Everything we do here has a direct bearing on what’s going to happen there. My mom was 94 years old when she passed away. She had a stroke a year before she died that affected her speech. She was no longer able to talk. When I think about her condition and situation in life, it makes me not want to waste

my moments but to redeem the time, to seize the opportunity because I don’t know how life would be if I couldn’t use words to express my feelings. I learned that from my mom at an early age. In her final years she couldn’t talk but that didn’t stop her from communicating. By that I mean my mom didn’t need her voice to communicate her love for the people around her. She was in a rehabilitation center for almost a year working on relearning some of her basic motor skills and speech. When I would go to visit I would see her helping others that were in the rehabilitation center. She was either feeding one or pushing a wheel chair for another. The nursing staff was always complementing her ability to recognize a need and fill it.

A French mystic of the seventeenth century said that God does not give us time in which to do nothing. There is no such thing as empty time.

Now, certainly as we get older some of us will retire from the labor force, some of us will need to be in rehabilitation centers, others of us will find ourselves in bed due to some physical illness. But even our growing in years has a beautiful purpose, a sweet repose in which those moments of aloneness benefit the soul and end up glorifying God. This perspective makes even our suffering purposeful.

It doesn’t mean we’re any less busy....I know my mom fulfilled more in life every day....and her physical situation opened new avenues for ministry. You may want to stop by and enjoy some folks in a nursing home, or you may want to stop by and visit some of your friends who have been isolated because of their condition or situation. This will lighten their load and may also bring a beautiful touch of eternity into your daily business. That’s how this translates out to eternity....in our life, in another’s life, and for the glory of God.

Psalm 90:9-10

All our days pass away under your wrath;
we finish our years with a moan.

[10] The length of our days is seventy years--
or eighty, if we have the strength;
yet their span is but trouble and sorrow,
for they quickly pass, and we fly away.

[12] Teach us to number our days aright,
that we may gain a heart of wisdom.

BOOK BROWSERS

Book Browsers will meet on Tuesday, Feb. 5 at 7:00 in the library to discuss *Little Fires Everywhere* by Celeste Ng. Our book for March is *Killers of the Flower Moon* by David Grann.

If you have any questions, please contact Diane Shervem at 805-543-1473 or dshervem@charter.net.

LIBRARY REVIEW

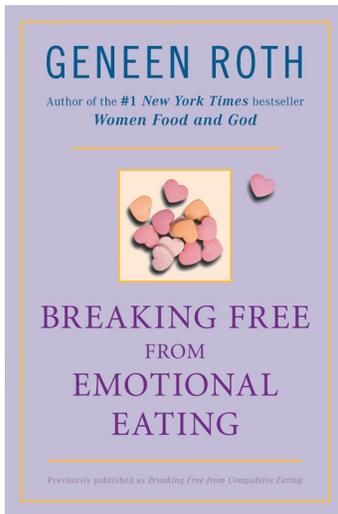
The book *Breaking Free From Emotional Eating* by Geneen Roth was added to the library in 2018 and it can be found on the book cart.

There is an end to the anguish of emotional eating—and this book explains how to achieve it. Geneen Roth, whose *Feeding the Hungry Heart* and *When Food Is Love* have brought understanding and acceptance to tens of thousands of readers over the last two decades, here outlines her proven program for resolving the conflicts at the root of overeating. Using simple techniques developed in her highly

successful seminars, she offers reassuring, practical advice on: learning to recognize the signals of physical hunger, eating without distraction, knowing when to stop, kicking the scale-watching habit, withstanding social and family pressures and many more strategies to help you break the binge diet cycle. (Amazon Review)

[The Eating Disorders](#)

[Sourcebook and It's Not About the Broccoli: Three Habits to Teach Your Kids for a Lifetime of Healthy Eating](#) are also on the book cart. In addition there are four books published by Overeaters Anonymous located at D.D. 178.1 in the library. Those titles include: [The Twelve Steps and Twelve Traditions of Overeaters Anonymous](#), [Abstinence](#), [Seeking the Spiritual Path](#), and [Overeaters Anonymous, Third Edition](#). Also there are two meetings of Overeaters Anonymous that meet at the church at noon on Tuesday and Thursday.



HAPPY BIRTHDAY!

To the following seniors (over 85) who have birthdays in February.

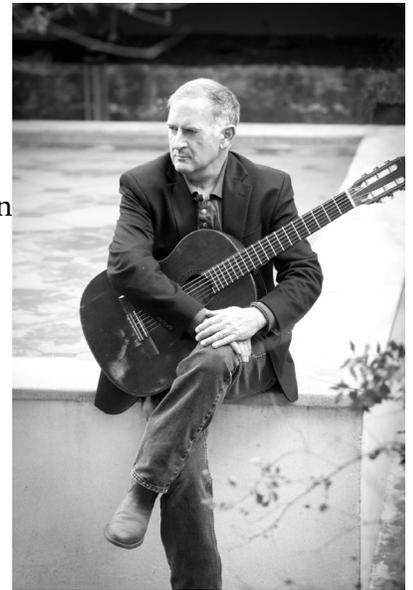
Marty O'Keefe - who will turn 85 on February 1.
Carolyn Luenser - February 24

And to everyone else with a February birthday! If we have overlooked anyone, please contact the Church Office at 543-5451.

COMING UP

BROWN BAG CONCERT

February 1 Brown Bag Concert at FPCSLO is happy to welcome back guitarist Jeff Peters. Jeff is an active musician who has lived on the central coast for most of his life. He has been in numerous bands, played in local theatre productions and is known to many as The Wedding Guitarist. The upcoming program will feature the solo guitar in styles ranging from classical to jazz and pop. First Pres of SLO, Wilson Hall, Marsh & Morro, Noon. Information at 805-543-5451.



FPCSLO CONCERTS

The FPCSLO Concert committee is happy to announce the upcoming organ concert as a part of the 2018-2019 season. Hans U. Hielscher is from Germany and has played for us in the past. A very 'entertaining' organist who will make you smile as you listen. We are privileged to have donors that provide the funds for us to offer these opportunities as an outreach to our community. Please come and support the efforts and benefit from it. See you there!

JAZZ VESPERS

Sunday February 17 at 4 p.m. The Ragbone Saints New Orleans Style Jazz Reception to follow in Wilson Hall

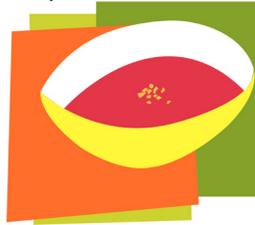
WINTER GRACE

Saturday, March 2nd, 9:00 am to 1 pm.

The morning will include an opening speaker, choice of 2 workshops, and lunch with special music! Look for the brochure which will include complete details. We will have sign-ups between services on Feb. 17th or Feb. 24th. Please join us for an informational and fun morning!

ASH WEDNESDAY SOUP DINNER

You are invited to the annual soup and bread supper at 5:30 in Wilson Hall before the 6:30 Ash Wednesday service in our Sanctuary For many of us, Lent is a very special time in our Christian year. Observing Lent prepares us to celebrate Easter more fully. The Board of Deacons would like to offer a simple meal of soup with bread and beverage. It is a time of community fellowship which incorporates the Lenten theme of fasting (the simple meal).



* Please bring your own place setting.

Questions? Please call Leila Humphrey at 544-2619 or 459-6373

PRESBYTERIAN

WOMEN

BIBLE STUDY

The December Kirk covered the upcoming February lesson ...lesson 5. To recap the lesson it's "God with Us When We're Powerless." Unfortunately I mixed the lesson up and told you about Lesson 4. So the lesson for February focuses on "God's Promise of Presence When We're Powerless, invites us to lay down our weapons of worry and keep our eyes on God." Based on 2 Chronicles 20: 1-30 and Deuteronomy 20:1-4. We may not go into physical battle but we do worry about our world's problems. Let's see how this message will give us confidence to depend on God in our our world and in our lives. JOIN US ...watch the Sunday bulletins for meeting dates.

SPECIAL TIMES

In the next few months we will be looking at a couple of upcoming celebrations. One will be the annual 'Celebrate the Gifts of Women' in March, followed by the opportunity to be a part of the '2019 Birthday Offering.' Keep alert to these dates.

THANK OFFERING

It is with great appreciation to all who were able to support the PW Thank Offering collection. The Offering amounted to \$1,496.00 to support the many mission needs in our Presbyteries, National and international agencies. Thank each and every one of you on behalf of the individuals that will benefit and have their lives improved.

AWARENESS

National Human Traffic awareness day is January 11 every year. Did you know many victims are people we least expect. Survivors by gender are - Female 80.7%; males 13.7%; gender minorities 0.5%; and 5.1% unknown. (information provided by survivors from Jan. 1, 2017 to Dec.31, 2017.) Top Five risk factors: recent migration/relocation; substance abuse; runaways/ homeless youth; mental health concern; part of child welfare system. Statistics provided by National Human Trafficking Hotline and other resources. We need to keep alert to what might be happening before our very eyes. If you see something say something. We can learn more locally from "Freedom Calling" which is a new residential safe housing program for victims of human trafficking. To find out more go to www.freedomcalling.org.

-Dorothy Truesdale, Moderator

FRONT PORCH

Once again a school quarter began with the news of the death of a Cal Poly student over the break. Michael Kullman, who died in Montana de Oro on January 3, was frequently at Front Porch and had been a volunteer helper in the past. With the motorcycle accident death of student Jordan Grant in October 2018, it reminds us that college students are at a vulnerable age. Having a place that students can call “home” where they can come to grieve among friends and staff who are also grieving, is a gift. That place is Front Porch.

Staff are grounded in the love of Christ and share that love with students at these critical times. They can cry and laugh together as they share memories of their friends and struggle to understand the death of someone so young and full of life. They can be supported as they confront their hopes and dreams, the meaning of life, and the unfairness of a tragic loss of life. Surrounded by God’s love in a place that accepts them as they are, they can move forward with hope.

Front Porch exists because of support from people like you who believe that young people need a place to call home as they negotiate college; a place to feel God’s love; a place to live life together in all its ups and downs; and a place to be included, no matter what you believe.

Front Porch met its budget last year and will be focusing on ways to expand our funding sources so that we don’t enter another fall with a big deficit. If you would like to help, please contact Joel Drenckpohl at front.porch.director@gmail.com or First Pres member who’s on the Front Porch Council: Mary Blythe, Tad Miller, and Susan Updegrave.

YOUTH

Hello First Presbyterian SLO Family!
Here is an update the Youth’s upcoming February events:

We would like to encourage students and families to attend Worship! Help the congregation get to know you and find out how amazing you are. We have two Worship Services, one at 8:45 and one at 11:00. All are Welcome!

Power Hour
Every Sunday 10-11am
High School meets in Beck Lounge
Jr. High meets in Rm D.

Jr. High Youth Group
Fridays; 5-7pm

High School Youth Group
Sundays; 6-8pm

Valentine's Dinner
Friday, February 15
Dave Bauer will be hosting a dinner for our youth group and we are very excited! Youth need to RSVP by February 8!

Jr. High Camp - March 22- 24
Please let us know ASAP if you are interested in joining us and to get more details. Jake will be your contact person for this event.

Thank you all for everything. This youth group could not exist without your support and provisions. We are so blessed to be a part of this family. If anyone has any questions regarding the youth program or wants to become more involved, please contact Jen Rabenaldt and she can get you in contact with the youth staff!

*Youth Staff,
Brecken DeOilers, Jake Wolfe, Kelsie Krueger,
Hailey Firstman*

CHILDREN'S ED

2019 is off to a great start. We are excited about our continuing programs and look forward to adding some new things to our schedule. If you are interested in volunteering for any of our programming please let Jen know.

WEDNESDAYS AT THE ROCK

4:30 - 7:00 each Wednesday

Music, bible lessons, dinner, crafts and games

This session we will be learning all about Lent, Holy Week and Easter

SUNDAY SCHEDULE

8:45 Worship

Kids, Kindergarten through 5th Grade are excused for Sunday School at the Passing of the Peace

9:00 - 10:00 Sunday School

10:00 and 11:00 Children's Church

Nursery Care 8:30 - 12:15

WHAT'S NEW ...

Lent Night

Join us as we start the Lenten Season with Lent Night. We will be creating the Stations of the Cross among other activities. The Stations of the Cross will then be on display in the Sanctuary throughout Lent. We are looking forward to this new opportunity and hope you will ALL join us.

Lent Night

March 3 - 5:00 to 7:00 Wilson Hall

Thank you for your continuing support.

Children's Ed. Committee

Teri Cueto, MaryEl Hansen, Bonnie Kraemer, Diane Shervem, Anne Walling and Jen R.

ADULT EDUCATION

ADULT EDUCATION CLASS

FEBRUARY 24 - MARCH 31

"LIVING OUR MISSION"

In Micha 6:8 we read "what does the Lord require of you but to do justice, and to lovekindness, and to walk humbly with your God." With these words, other scriptures, and our Mission Statement in mind we will look in depth at issues of social justice in our local community enabling us to increase our awareness and efforts to address them. For six Sundays, February 24 to March 31, local experts will share with us about homelessness, poverty, mental health, immigrants and refugees, human trafficking, and restorative justice, all issues with which many citizens in our community struggle.

Each Sunday we recite our Mission Statement charging us all to be instruments of God's healing, reconciling, life-giving presence in the world. We will look in the Gospels for direction as we discuss ways to glorify Jesus Christ and put our faith into action as we practice Christ's radical hospitality.

References will be made to the book, Social Justice Handbook, Small Steps For A better World by Mae Elise Cannon. This is not required for the class, but it is a comprehensive, historical overview of individuals and organizations that have effectively influenced others to take action on issues of social justice. It can be purchased online.

Peacemaking and Social Justice Committee

CONGREGATION CARE CORNER

Please pray for our church family, especially:

For the **Rev. Dennis Falasco** as he guides our congregation,

For our elders and deacons as they lead us,

For Jen Rabenaltd and those who help with our Children's Ministry - **Karlyn Tremaine, Stephanie Vigil, Grace Power Smith, Delaney Romo, Anne Walling and Ian Rabenaltd,**

For all those involved in our Youth Ministry, especially leaders - **Jake Wolfe, Becken DeOilers, Hailey Firstman and Kelsie Krueger,**

For **Joel Drenckpohl** and the Front Porch Ministry,

For those who are undergoing treatments for various health issues,

For those of our church family who have recently had surgery,

For our church's elderly, especially those confined to their homes or care centers, like **Cathy Anderson, Linda Beyer, Gladys Brannum, George Daniel, Jean Honeyman, Lorna Hudson, Starr Jenkins, Donna Kubasak-Sibley, Ben McRee, Ralph Nunley, Joy Reed, Idabelle Shields, Dottie Jean & John Stechman, Carol West, Richard Wiens,**

For the family and friends of **Marie Kammenzind**, who passed away in January

For the women and men who do so much to support the countless ministries, missions & activities of our church,

For members, friends & family serving in the military –
Drew Descary – stationed in San Diego
Laura Kraemer – Navy Medical School in MD
Michael Poe - stationed in Meridian, MS

Joseph Sall (son of Anne Ramirez)– stationed in Carlisle, PA.

Travis Hatakeyama (grandson of Luensers) – stationed in N. Carolina

Brendan Humphrey (grandson of Leila) –on the Carl Vinson - Navy Aircraft Carrier

Sean Gillson (grandson of Barbara & Gene) – stationed on Whidbey Island

R. Brooks Anderson (grandson of Dorothy Truesdale) – stationed in Groton, CT

Chris King (grandson of Lois Morgan) – stationed in Colorado

Nic Beem stationed in CO

For all of us as we serve God wherever He calls us.

If you have a prayer concern, please call the Church Office at 543-5451.

FROM MARILYN SEEBER

Many Thanks! Great appreciation to the Deacons for their quick response to those in need. My need of a wheel chair started while I was still in Spain with Jim Seeber and the Vocal Arts Ensemble on their tour this past October. A phone call was made and the chair was ready and waiting for me when I returned home and the organizational skills of the Deacons and other church people just continued from there. We received many meals, cards, visits, phone calls and consistent prayer during my recovery and it has all been helpful and encouraging. My ankle is getting stronger and my physical therapy is progressing very well. Thank you all for your care of me and for tending to all in need, as we have been taught by Jesus' teachings.

Marilyn (Bailey)Seeber

MISSIONS

GREEN PASTURES- NEED OF GIVING

Green Pastures is a ministry of our church that helps the homeless and working poor in our community with grants and advice in dealing with needs. This need - especially for help with utilities and transportation to an event like work and medical appointments- have increased. Green Pastures volunteers typically meet with ten clients per week. You may contact Dori Larson, or any of the Green Pastures volunteers, for more information on the ministry.

Meeting these increased requests for services, and the realities of reduced giving recently, have created a need for additional support for the green pastures ministry.

Please consider an additional dedicated contribution to Green Pastures to help those who are "poor in the eyes of man but rich in the eyes of God."

BUDGET & FINANCE

STATEMENTS OF GIVING FOR 2018

If you received your giving statement in the mail and would like it to be emailed to you, please let me know at treasurer@fpcslo.org

-Diane Shervem, Treasurer

HALF PRICE SALE!:

2 Los Osos Valley Memorial Park Lots

Lot #445C in Reflection Garden area \$1,250

Lot #228D in Garden of Memories area \$1,750

Call First Presbyterian Church of SLO office or 805-543-6244

-Diane Brocato of Budget and Finance Committee

TREASURER'S REPORT:

Treasurer's Report - DEC , 2018			
	Actual		Budget
	MONTH	Year to Date	Year to Date
Income	\$90,296	\$637,289	\$614,759
Expenses	\$46,157	\$618,053	\$614,759
Difference	\$44,139	\$19,236	\$0

As part of the Presbyterian Church (U.S.A.), the church is asked to pay a Per Capita apportionment. This year the level of support is **\$83.00 per member**. Per Capita income received to date is \$8,737.00

Your Finance & Stewardship Committee

ENDOWMENT

CREATE A LASTING LEGACY

Catherine Petty plans to help endow our Deacons

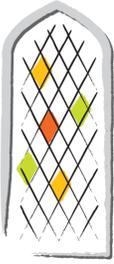
Catherine has included the church in her family trust with the wish that her final gift will be added to the Deacon's Fund, a part of the **First Presbyterian Church Endowment**.

Catherine has been active in our church since 2003. Her admiration for the Deacons arises from her times as a Deacon where she learned firsthand the care and compassion rendered to members of our congregation as well as community outreach.

The Board of Deacons is charged with caring for our congregation. The Deacons carry out their mission thru visits, cards, & phone calls to those unable to participate in church; deliver flowers weekly to a few who need to know we care and coordinate the delivery of Easter Flowers and Poinsettias, provide meals for families with medical problems or are bereaved, arrange for and work memorial receptions, prepare communion elements and help serve our regular Eucharist services. The Deacons are funded solely thru gifts from members and friends, receiving no revenue from the church budget.

If you'd like to consider a gift to the Deacon's Endowment Fund or of any other fund, please talk with a member of our church's Endowment Committee: John Eichler, Jerry Kaml, Jane Maxwell, Bert Townsend, Dorothy Truesdale, Roger Verity, & Virginia Walter.

Even a modest gift will make a difference.



**FIRST
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San Luis Obispo

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TWO SERVICE SCHEDULE

8:45 AM SERVICE

EDUCATION HOUR at 10 am

11:00 AM SERVICE