

BEING THE VISIBLE FACE OF CHRIST

the Messenger

FEBRUARY, 2012

VOLUME 14 ISSUE 2

Life On the Vine with Pastor Charles

Dear First Presbyterian Church Family and Friends,

First Presbyterian Church is about to embark on a fund drive to raise \$750,000 for the purpose of debt elimination and church building upgrades. This will be a two-year campaign which means we hope to receive the full amount by the end of 2013. We know that there are probably many questions about this financial campaign. Below are some of the most common questions and answers to them.

Question: Why have this fund drive now?

Answer: In order to maintain our current level of ministry we have had to use our cash reserves to balance the operating budget the last two years. The reserves are now to a level where they cannot wisely be depleted any further. The deficit is close to \$50,000 each year. The principal and interest payments on the churches current debt amounts to almost \$50,000 a year. Eliminating the debt at this time will enable us to balance the budget next year and allow us to continue our current ministries.

Additionally, the church building is 53 years old and even though it has been lovingly cared for there are many items that need to be replaced or upgraded. These items needed attention before now but the money has not been available to attend to them. Maintaining the gift of our church facility is a part of caring for what God and a past generation has given us.

Question: Why is the church in debt?

Answer: Three years ago the city boiler inspector said he could not approve our boilers on his next inspection. The summer is a better time to replace a boiler than the winter so we needed to be proactive and get a new energy efficient boiler. Then one of our air-conditioning coolers stop working in the middle of July and

was not repairable. The brick in several places on the outside of the church needed the mortar replaced because some of the bricks were loose. The parking lots required resealing. There were no capital reserves for any of these projects so a bank loan was secured to cover these emergency maintenance needs.

Question: Where does the amount of \$750,000 come from?

Answer: From fund raising experts we learned that for debt elimination and building maintenance we could expect to raise about the equivalent of our annual pledged giving which is \$725,000. The debt we must eliminate is \$240,000 and the Building and Grounds Ministry Team has a list of maintenance projects that if all were completed would cost \$612,000. The Session felt like we should follow the wisdom of the fundraising experts and stay close to the amount of our annual giving. Since eliminating the debt is a priority the amount for the maintenance projects in this campaign is \$510,000. Notice the gap between what is needed in building upgrades and what will be available from this campaign.

Question: Why set the goal to be reached in two years?

Answer: We believe the goal can be reached in two years and that it is important to get the debt eliminated and building upgraded as quickly as possible. Then, we will be free to focus our full attention on God's vision for us as a congregation and growing the church.

Question: Is a portion of the amount raised going to mission?

Answer: The Session spent several hours in discussion and prayer around this question. First Presbyterian Church is a mission minded congregation and past "capital campaigns" have designated a portion of what was raised for mission. With the urgent need for debt elimination and maintenance and the limited dollars to be raised, both described above, the Session wanted to add additional dollars for mission but does not feel that it can be done in this campaign. We realize that this can give the impression that we are lessening our commitment to mission but that is not the case. We are committed as a congregation to continue to find ways to support the needs of the community in which we live and the world of which we are part of. While we want to keep this fund drive focused there will be a place on the pledge card to indicate if you would like a portion of your gift to go towards mission.

(Continued on page 3)

SERMON SCHEDULE FOR FEBRUARY
SERMON SERIES: Living the Big Picture

February 5	<i>Vision of Humility</i>	Colossians 1:9-14
February 12	<i>Our Intention</i>	Deuteronomy 30:15-20
February 19	<i>Everyday Choices</i>	Luke 18:18-30
February 26	<i>Prayer</i>	1 Thessalonians 5:16-18



We are currently searching for a Friday afternoon Front Office Volunteer. The hours are 12:30p-4p on Friday afternoons. If you are interested in some or all of the Friday afternoons please contact, Brooke Buskohl, Office Administrator.

Thank You!

Question: How will the campaign be run?

Answer: We will not be using professional fundraisers because that would cost approximately 5% of the amount raised. A steering committee will be formed from within the congregation. They will put together a timeline for the fund drive and a process that will ensure success. As soon as this information is available it will be communicated to the congregation.

If you have any immediate questions please let me know or talk to one of the current elders. We would be more than happy to answer any questions.

In the joy of ministry and life together,
Pastor Charles

First Presbyterian Church General Fund Treasurer's Report		<i>July 1 through December 31, 2011</i>	
Account	Actual at 12-31-11	Budget at 12-31-11	Difference: Over Budget (Under Budget)
Income			
Offering Income	\$ 402,918	\$ 425,529	\$ (22,611)
Other Income	\$ 5,106	\$ 5,119	\$ (13)
Total Income	\$ 408,024	\$ 430,648	\$ (22,624)
Expenses			
Good Samaritan Allocations	\$ 40,672	\$ 43,064	\$ (2,392)
Ordained Personnel Expense	\$ 97,885	\$ 101,738	\$ (3,853)
Non-Ordained Personnel Expense	\$ 159,089	\$ 167,412	\$ (8,323)
Total Fellowship Expense	\$ 5,530	\$ 4,777	\$ 753
Total Congregational Care & Wellness	\$ 1,471	\$ 1,644	\$ (173)
Total Children's Ministry Expense	\$ 3,586	\$ 5,454	\$ (1,868)
Total Youth Ministry Expense	\$ 2,916	\$ 2,502	\$ 414
Total Adult Discipleship Expense	\$ 2,152	\$ 1,584	\$ 568
Total Worship & Music Expense	\$ 2,925	\$ 3,420	\$ (495)
Total Membership Expense	\$ 213	\$ 1,548	\$ (1,335)
Total Buildings & Grounds Expense	\$ 45,216	\$ 45,702	\$ (486)
Total Office Expense	\$ 16,299	\$ 19,782	\$ (3,483)
Total Corporate Expense	\$ 11,940	\$ 12,678	\$ (738)
Total Debt Service Expense	\$ 7,585	\$ 7,710	\$ (125)
Total Expense	\$ 397,479	\$ 419,015	\$ (21,536)
Total Income Less Total Expenses	\$ 10,545	\$ 11,633	\$ (1,088)

While actual income lags budgeted income somewhat, actual expenses are less than budgeted, as well. FPC was within \$1000 of its projected bottom line as of 12-31-11.

JANUARY SESSION HIGHLIGHTS
Claire Gillaspey, Clerk of Session

Session heard a report that a task force will be meeting soon to discuss the next steps for implementation of the Designated Fund Drive to eliminate debt and maintain the church building. Session also discussed the need for someone to take over leadership of caring for the Archives. An outline of a plan was formulated.

Several other business items were discussed and acted on.

Full Session minutes can be found in a notebook in the church library and on CCB. If any additional information is desired, every elder on Session is willing to answer questions.

MEMORIALS RECEIVED DURING
December, 2011

A gift to the Deacons Fund:

~in memory of Stan Mundhenke: Lois Merritt

A gift for Contemporary Music:

~in memory of Mike Whitcomb: Della Whitcomb

OTHER GIFTS RECEIVED DURING DECEMBER

A gift for Contemporary Music:

~in honor of the Justin Whitcomb family: Della Whitcomb

A gift to the Local Mission Fund:

~in honor of Clair Halverson and Paul Penn: Phyllis Harmsen

Additional special gifts were received from Daryl Rife and a donor who wishes to remain anonymous.

Thank you to all!

Children's Ministry

Spring Calendar

February 12—Presentation of Toddler Bibles

February 15—NO Kids Club, School vacation

February 22— NO Kids Club, Ash Wednesday

March 11—**Communion Workshop** for 2nd Grade students & parents

March 18—**Communion Workshop** for 2nd Grade students & parents

March 25—**Communion Workshop** for 2nd Grade students & parents

April 1—**Palm Sunday** Palm Processional at both worship services

April 4—NO Kids Club, Holy Week

April 5—**Maundy Thursday**

April 6—**Good Friday**

April 8—**Easter Sunday NO S.S.**

May 2—Last night of Kids Club

May 13—Last day of S.S.

Sunday School—Jesus as a Boy

We have very little information about Jesus as a child. The gospels of Matthew, Mark and John are completely void of any reference to Jesus as a child and we have only 13 verses in Luke. These verses tell us only one story of the boy Jesus and they give us only the vaguest hints of what his childhood and adolescence might have been like. We actually have only ONE verse "Jesus increased in wisdom and in years, and in divine and human favor." Luke 2:52. Our rotation this January offers many openings for imaginative conversations about what Jesus might have been like as a child.

Kid's Club on Wednesday Night



Join us for "God's Kids Grow" on *Wednesday nights from 6:30 to 7:30*. The new year means new fun on Wednesday nights. Kids in **Kindergarten through 5th grade** will explore the Fruits of the Spirit through:

- Storytelling with play dough
- Games
- Crafts
- Service Projects

Now is a great time to jump into Kid's Club, our fun lessons and activities. When it is cold and dark outside, it is warm and fun here at club!



Ian Pattison and Sara Sudenga make a model of Herod's Temple out of graham crackers and wafer cookies.



Matthew Vortherms puts the finishing touches on his "Jesus as a Boy" wooden plaque.

Youth Matters

Crossroads Community Blood Drive

"You know that you were ransomed from the futile ways inherited from your fathers, not with perishable things such as silver or gold, but with the precious blood of Christ, like that of a lamb without blemish or spot." 1 Peter 1:18-19

April 6th will be the Annual Crossroads Community Blood Drive. Good Friday is the day when Jesus shed his blood for the sake of the world. Every year on Good Friday, Crossroads hosts and encourages the community to share the gift of life by donating blood. Please save the date, **April 6th**, as your day to donate. Crossroads Youth will begin taking donor appointments on Sunday, March 18th. The Community Blood Bank will have their donation bus in the main south parking lot from 8 a.m. to 10 a.m. on **April 6th**. If you are a regular blood donor please consider a date prior to February 12th as your next donation, giving you opportunity to donate again on **April 6th**.



As you give blood on **April 6th**, may you be blessed and inspired by reflecting on the gift of life Jesus gives you:

- † *As you stretch out your arm, remember that Christ stretched out his arms on a cross for you.*
- † *As your skin is pierced, remember how Christ's hands and feet were pierced for you.*
- † *As your blood flows out to give life and hope to others, remember the hope and eternal life Jesus gives you through his blood.*

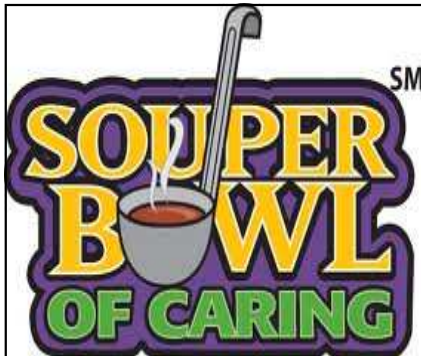
Thank you for giving of yourself on Good Friday to help others. May your spirit be replenished by the gift of life Jesus Christ gives you. It is like a transfusion of love and strength, freely offered every day.

Thank you for having Lunch with Us!

The Crossroads members participating in this year's reservation mission experience in Oglala, SD, wish to say "Thank you!" Your continued support of their service and mission efforts brings them encouragement and joy as they strive to be the *Visible Face of Christ* in our community and world. Your contributions help us be the hands and feet of Christ serving God's people. Our goal this year was to raise \$5,000.00. Thanks to all of the hungry people, you raised \$2690.00 for this year's mission experience.

We also wish to thank the parents and members of the Youth Ministry Team who prepared 40 pounds of Sloppy Joe, baked 30 pies, and helped the youth serve 220 guests on January 22nd. Your time, generosity, and gracious spirits are very appreciated!

Souper Bowl Sunday of Caring – February 5



All Confirmation Students will meet in the kitchen at 12:00 p.m. on February 5th following the worship service to prepare soup meals for some of the church's members who are unable to join us in worship regularly. We will go in groups with Pastors Charles, Jennifer, and Gene to visit with the members and share in a Holy Communion service. We plan to return to the church by 4:00 p.m.

Super Bowl Fellowship – February 5

All students grades 9 to 12 are invited to Pastor Jen's house for the Super Bowl, food, games, and fellowship. We would love to have you anytime from 5 p.m. to 10 p.m. Bring some munchies and your favorite game. Be watching for your e-vite with directions to the house!



Youth Matters Continued

30 Hour Famine: February 24-25

The Student Action Leadership Team (S.A.L.T.) and the Youth Ministry Team are sponsoring this year's 30 Hour Famine for all youth grades 6th through 8th. The youth will make an unforgettable journey from poverty to hope and come to see that they are participants in the solution to caring for the people in our world who experience hunger, whether here in Sioux Falls or around the world on other continents. For 30 Hours on February 24-25 the students will go without food, observing a juice fast. They will learn about hunger in 4 countries on different continents. The 30 Hour Famine is a **worship experience, parable, spiritual practice, and empathetic opportunity**. The Youth Ministry wishes to encourage the entire membership of First Presbyterian Church to join with the youth participating by praying for the participants, fasting with the youth, contributing to the fundraising aspect of the Famine, and stopping by the Church to see what the youth are doing during the lock-in retreat event.



2011 Youth Rally in Pierre, SD

Ready, Set, Know is this year's Youth Rally Theme. Youth grades 7th through 12th will gather from across South Dakota in Pierre on **March 23-25**. Registration forms are available from Pastor Jen. All 8-9th grade Confirmation students are required to participate in this event. **ALL STUDENTS** please return your registration forms to the Presbytery of South Dakota office with your registration fee. Thanks to a generous contribution to the youth program there is no additional expense for transportation and our closing meal for the Rally at Pizza Ranch.

S.A.L.T. MEETS EACH WEDNESDAY AT 5 P.M.

The Student Action Leadership Team is Crossroads' peer leadership team. Pastor Jen meets weekly with student leaders to develop leadership style awareness and skills; discuss small group Bible study topics; event planning; and engage students in their spiritual journey. We will be welcoming the new group of S.A.L.T. leaders from the sophomore class starting in April. If you are interested in learning more about S.A.L.T. and being a leader, please contact Pastor Jen.



WHERE'S THE GROCERY CART ?

Just in case you are wondering.....the cart now lives in the coatroom at the front entrance of the church.

For many years, our Food Pantry grocery cart has been in the Library entrance area, initially near the entrance and then by the east wall and windows. FPC members have been placing groceries in the cart for decades. All of the donations are taken to the Food Pantry on N. Phillips Ave. The donations are placed on the shelves there for clients to choose from in addition to the basic groceries for which they qualify.

The cart is now more easily accessible near the front entrance. Anytime you have groceries to donate, just place them in the cart. Groceries that are not outdated are preferable. Perishables, such as garden produce, etc., should be hand-delivered to the Food Pantry at 417 N. Phillips Ave., weekdays before 11 a.m. Enter the parking lot; there is a large delivery door with a buzzer button so that you can let them know you are there.

FPC also has a Food Pantry file folder in the office, for anyone who would like to leave monetary donations. Checks should be written to Food Pantry Sioux Falls or Feeding South Dakota.

Thank you for your continuing support of the Sioux Falls Food Pantry and people in need locally.

Questions? Diane Helin 334-4562, Karen Larsen 335-2247 (May-Dec)

Alternative Gift Market News

Written by Ruth Parry, Local Mission Team

Wow! The shopping lists from the Alternative Gift Market have been compiled and totaled \$2667.39. The children's offering for the Food for Children of Haiti provided \$201.39. Your generosity and caring is wonderful. My thanks to everyone who participated as a shopper or as a recipient. These gifts are really more than just a "one time" gift. So Thank You again!

Honduras Mission Team Members

Written by Ruth Parry, Global Mission Team

On Friday January 27th, Anita Braunschmidt, Steve Rickenbaugh, and 3 Dans (Engebretson, Johnson, and Sweatman) begin the Honduras Mission adventure. They will be joining a work team from a Presbyterian Church in South Carolina and will be involved in a construction project with Tim Wheeler. Upon their return to Sioux Falls on February 3rd, they will be asked to share their personal thoughts about their adventure.

How grateful we can be for the visionary bequest from Dick Braithwaite that has made these trips possible for our congregation.

Thank You!



Dan Sweatman enjoying the local beverages

Meal on Wheels

Written by Ruth Parry, Global Mission Team

A gift has been given to the Meals on Wheels Program in appreciation of the Drivers of Route 6. For the past nine years, the drivers from First Presbyterian Church have faithfully delivered meals to my mother, Anna May Claussen. She looked forward to the smiles from the drivers and appreciated your kindness even more than the food you delivered. I know that she would not have been able to live independently to the extent that she did...were it not for you. I will always be grateful for your kindness, your prayers, and your kind words following my Mom's illness and change of address. Keep up the wonderful work.

Renewal of Marriage Vows

No matter how long you've been married, the renewal of your marriage vows is a way to say, "I love you now and always" to your spouse. There will be an opportunity to renew your marriage vows on Friday, February 10th, at 7:30p in the sanctuary. A reception will follow the ceremony hosted by our newly formed Food and Fun Ministry Team. We have set the time at 7:30 PM with the hopes that you will go out for a romantic dinner before coming to the church.

Everyone is invited to this renewal of marriage vows. Please think about friends or family that might benefit from this opportunity to renew their vows. Call the church office, 336-2886, and let us know if you will be attending.

Ash Wednesday Services will be held at FPC

Mark your calendars, February 22nd at 7:00p, Ash Wednesday services will be held here at First Presbyterian Church. Westminster Presbyterian and Wildflower Presbyterian Church will be joining us in worship. There will be bells, and brass instrument players, along with a combined choir. You do not want to miss this.

ADULT DISCIPLESHIP FEBRUARY

*Sunday classes meet in the chapel, 9:40-10:40.
Coffee cart w/goodies at the door.*

Jan. 29: Final segment of *The God and Science Connection*: Jason Douma PhD., Mathematics

Feb. 5: *Sacramental Community*: Pastor Jennifer Swier
We have all been exposed to the sacraments, but do we really know why they are considered sacred rites and why they are important to our community of faith? Join us as we refresh our understanding of these powerful living symbols of God with us.

Feb. 12 & 19: *How Many "Friends Do You Have"?*: Eunice Cavanaugh, Presenter
Social networks are responsible for a lot of changes in our lives: the definition of friends, the ways we communicate and how we see relationships. For good or ill, social networks are a part of our lives. These classes will provide insight about the everyday impacts of social networking.

Feb. 26 - Mar 25: *Lent 2012*

This series will be based on the Lenten sermon themes of Dr. Charles Ayars. Dr. Susan Resse (SF Seminary), Pat Hammond, Connie Sweatman and Pastor Charles will help us to find the "means" to reinforce and strengthen our intentions to cooperate with God.

Jan 29 - Feb. 26: *Live, LAUGH and Learn*: 9:40-10:20 Room 204
Bonnie Shumaker and Terry Keill, ChristCare leaders, lead this class with emphasis on prayer, worship, study and fellowship.

Wednesday Night Live!

Feb. 1, 8, 15 & 29: Adult Bible Study Series:

***Famous Preachers Then & Now*:** 6:15 - 7:30 Room 203

Continuing the study of contemporary authors and speakers, Francis Chan, Donald Miller, Rob Bell and Greg Boyd. We will take one each week, looking at one of their recent books and watching them in action on video. What are they saying and is their message effective at bringing people to Jesus? The series continues after Easter with a look at some classic preachers from long ago.

Feb. 22: Ash Wednesday Service No Adult Bible Study**Feb. 8: *A Soft Place To Fall*: 3:30-5:00 Memorial Room**

The title says it all! This small group meets on the 2nd and 4th Wednesdays of the month. Contact Sue Harsh, ChristCare leader, at 338-4375 for more information. **No meeting Feb. 22** due to Ash Wednesday service.

PRESBYTERIAN READERS:

You are invited to join this enthusiastic group of readers that meets in the Memorial Room at 7 pm the second Thursday of the months September - May. February's discussion of the book *February House* promises to be entertaining and delightful. New people are always welcome.

Feb. 9: *February House: The story of W. H. Auden, Carson McCullers, Jane & Paul Bowles, Benjamin Britten, Gypsy Rose Lee, under one roof in Brooklyn* by Sherill Tippins

Discussion Leader: Janet Brady

Mar. 8: *Sarah's Key* by Tatiana Rosney

Discussion Leader: Judy Rops

In the summer of 1942, the French police arrested thousands of Jewish families and held them outside of Paris before shipping them off to Auschwitz. On the 60th anniversary of the roundups, an expatriate American journalist covering the atrocities discovers a personal connection--her apartment was formerly occupied by one such family. She resolves to find out what happened to Sarah, the 10-year-old daughter, who was the only family member to survive. A captivating and heart-wrenching story.

*Excerpt from Publishers' Weekly
Siouxland Libraries*



Presbyterian Women Offer Adams Scholarship

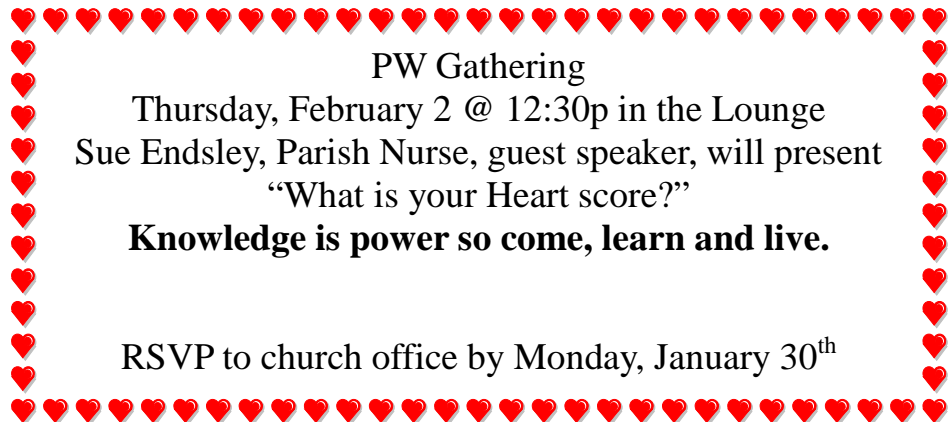
The Adams Scholarship at First Presbyterian Church originated in 1966 to honor Dr. and Mrs. Clarence Adams. Dr. Adams was senior pastor at First Presbyterian from 1939 to 1966. Presbyterian women created the scholarship in 1966 and have continued to support it through an annual fundraising event. Memorials, bequests, and individual contributions are also welcomed as an ongoing opportunity to support our future Christian leaders.

PW supports this scholarship to encourage men and women to prepare for roles in Christian service (ministry, mission work, church music, Christian education, etc.). Initial consideration is given to those from our church and thereafter to outside applicants.

Scholarship forms are available on our church website www.fpcsiouxfalls.org. Click on Contact and Forms or the applications are available in the church office. Completed applications are due May 1, 2012.

If you have any questions please contact Anja Hoekman (605) 338-1275.

Adams Scholarship Committee
Anja Hoekman, Ruth Metcalf, Sue Hanneld, Cindy Carlson



PW Gathering
Thursday, February 2 @ 12:30p in the Lounge
Sue Endsley, Parish Nurse, guest speaker, will present
“What is your Heart score?”
Knowledge is power so come, learn and live.
RSVP to church office by Monday, January 30th

Presbyterian Women News

In the fifth Beatitude from Matthew, Jesus calls disciples to imitate God by showing mercy. Previously, we have learned that Jesus calls us to honor the destitute and those mourning and weeping, humbled and famished for food and justice. So, what is mercy?

Mercy is difficult to define. Mercy consists of three components: emotion, action and dedication. One who shows mercy feels emotion when faced with the pain of another (compassion or pity), takes action on behalf of that person (salvation) and demonstrates ongoing dedication to that person (steadfast love). Jesus instructs that the merciful are honorable. The promise of the fifth beatitude is that those who show mercy shall be shown mercy.

Lesson Five Confession—"I do not always know how to show mercy. I have been shown mercy beyond my deserving. God sent his only Son to die on the cross for my sins. God is merciful to me and I rededicate myself to the practice of mercy that Jesus calls honorable." Amen

Bible Study Circles meet Thursday, February 16

Lesson 6: Greatly Honored are the Pure in Heart!

Matthew 5:8. Psalm 24; Psalm 51: 1-12

Faith and Hope – 9AM Lounge

Joy – 12 Noon – Room 212

Wisdom – 12:30PM— Lounge

Patience – No meeting in February

Charity – 6:30PM Lounge

Peace – 9:40AM Kitchen (Every Sunday)

Promise – To be announced

CT will meet Tuesday, February 21 @ 8:30AM in the Lounge

FOOD, FUN, FELLOWSHIP

The First Presbyterian Food and Fun Committee (Tami Hurley chair; Kathy Anderson, Anita Braunschmidt, Dorothy Wentzel, Anja Hoekman) announce a three-month First Pres. Coffee House event series!

On the second Fridays in March, April and May you are invited to come to the lounge from 7:00-9:00 p.m. for an informal Coffee House gathering. We will have beverages, munchies, background music, and the wonderful opportunity to be in fellowship.

So mark your calendars and plan to stop by on March 9, April 13, and May 11. See you then!

ARCHIVIST NEEDED

For several years the Media Ministry Team (Jodie Thorson, Dave Tidwell, Walt Conahan & Jeanne Kruse) spent many hours updating the church archives. This work is still ongoing. We the team was dissolved this left the church without leadership for this important ministry.

The session is now encouraging a new individual to step into the role of archivist. If you have an interest in helping retain and maintain the history of First Presbyterian Church, we want to hear from you. There is a need for an archivist in our church. Please contact Roxie Huber with your interest.

We thank the many members who have throughout these 125+ years kept record of our history together as God's people. We hope that current members will continue to hold dear God's unfolding journey among us by submitting archival documents and objects. If you, or a family member, have memorabilia of the Church's history we would like for you to share that with us for posterity.

Serving Christ in Faith, Hope, and Love and the greatest of these is Love,
Pastor Jen Swier, Designated Associate Pastor of Student Ministries

EXCITING NEWS!

On Monday, February 20, First Presbyterian Church will be proud to host the Winter Meeting of the Presbytery of South Dakota! We are grateful to Reverend Dr. Ayars (Moderator of Council) and to Pat Hammond (Moderator of Presbytery) for their leadership in Presbytery! As a congregation we want this to be an **outstanding** day for the representatives of Presbyterian churches from all over South Dakota. As Pat Hammond said, "This will be a day of 'worshipful work' with the Presbytery business presented as an offering to God." The meeting will be held in the sanctuary; you are invited to drop in anytime to observe the Presbytery in action. Dr. Tim Slemmons of Dubuque Seminary will provide a presentation in the morning (at approximately 10:30) and a sermon in the afternoon (at approximately 2:00). He is an outstanding preacher!

The day starts with registration from 9:00-10:00 and adjourns no later than 5:00. Presbyterian Women will provide the noon luncheon in the Covenant Center. Want to attend the luncheon? Call the church office by Friday, February 17 to sign up. The cost is \$7.00 for the luncheon ticket.

We need help from members of the congregation to make this an **exceptional** event. Here is how you can help:

- 1) As a PW circle member, help with the noon luncheon. We will need help setting up on Sunday afternoon the 19th; please contact Anja Hoekman. On Monday we will need help in preparation, serving and cleanup; contact your Circle chair.
- 2) We need to provide a very warm and organized event. We need people greeting at doors in the morning, helping at registration tables, serving as ushers and helping throughout the day. Contact Anja Hoekman to volunteer an hour or two!
- 3) At Presbytery meetings, the local church recommends a mission project. We are asking that the Presbytery representatives help us collect unused travel size personal hygiene items (shampoo, conditioner, soaps, toothpaste, mouthwash, lotion etc.) often collected from hotels. (Note: please, no aerosol items or items with alcohol listed in the first 3 ingredients.) These items will be greatly appreciated by guests staying in a number of facilities including the Union Gospel Mission, Glory House, St. Francis House, and Ronald McDonald House. We would also be very glad to have small toiletry bags (such as those given away with cosmetics) and 2012 pocket calendars (often sold for a dollar). Please place your items anytime in the boxes located under the long bench in the chapel. Thank you!
- 4) Pray for those helping and for those attending the Presbytery meeting, that all will be done in gratitude and to the glory of God.

If you have any questions please call Anja Hoekman (338-1275). Thank You!

FEBRUARY—CAREGIVING**By Sue Endsley, RN, Parish Nurse / Care and Wellness Coordinator**

February is known as Heart Month so let's take a look at your heart score. Do you know what your heart score is? There are many things involved in what your score is. In order to be healthy you need to be informed. **KNOWLEDGE IS POWER~~SO LEARN AND LIVE.**

Let's do a little checking. Do you make healthy choices when eating? Do you know how to make healthy choices? Do you know your numbers-HDL, LDL, B/P Glucose? Do you know your family history? Do you smoke? How is your weight? How much exercise do you get?

Do you understand how all of these things play into your health? There is a big problem in this country with obesity of adults and also in children. Today, 66% of Americans age 20 or older are overweight or obese. Many deaths may be due to obesity—the risk of death rises as weight increases. The main reason to lose weight is health not appearance. We need to find ways to stop this health crisis and education is the key. We need to know how to eat, what exercises to do and what other changes we can make to turn this around. We are having an increase of adult diseases in children such as diabetes, high B/P.

We can start by getting information about losing weight, quitting smoking, nutrition and exercise. The American heart association has many materials to help us make changes but we have to take the first steps. We need to learn to read labels on our food purchases and limit our fats, sugars and salt. We need to eat more fruits and vegetables, fish and whole grains. Learn how to cook healthier, learn how to make better choices when you go out to eat. Drink 6-8 glasses of water and limit nutrient poor choices of foods and beverages. Another tool to help is to write things down—keep a journal of your eating habits and physical activity and set goals for yourself.

If you smoke, find ways to help you quit that habit. One source of help is SDQuit-line.com. It is not easy but you can do it. You need to take the first steps—set a quit date, choose a method for quitting, decide if you need medicine to help you and then quit on the day you have decided. Also have a support system to help you during those difficult times of cravings.

Let's get moving for your health. Why? Physical activity helps prevent heart disease, stroke, diabetes, obesity and osteoporosis. It also helps control other major

heart disease risk factors such as high blood pressure and high cholesterol. Other benefits are: you have more energy for an active lifestyle, it may help you handle stress better, it can also help you relax, release tension and sleep better. If you are new to regular physical activity start slow. Adults should get at least 150 minutes of moderate activity per week. How to do it? Check out your interests, your skills, scheduling and timing and plan accordingly. Set goals—what you are going to do each week and what you want to accomplish in 12 weeks. Write them down. Before starting (if you haven't been doing regular exercise) check with your physician. Come walk with us Tuesdays and Thursdays at 2:30 in the Covenant Center or join the Energizers on Mondays at 11:00 in the lounge.

What about your family history? Do you have a family history of heart disease? What steps can you take to prevent those same problems? Do you know your numbers and what they mean? How can you take care of yourself to improve those numbers? It is up to you.

To give you more help you can go to heart.org/mylifecheck to complete an assessment and get your personal heart score and custom plan. If I can help you with any of this or be a support for you please call me, 336-2886 Sue Endsley, Parish Nurse, I am available in the office Mon- Fri 8-4.

Remember **KNOWLEDGE IS POWER--SO LEARN AND LIVE**

So keep you heart happy and you will be too. Proverbs 17:22 A cheerful heart is good medicine, but a crushed spirit dries up the bones.



WORSHIP SCHEDULE

FEBRUARY

February 5	8:30a Communion Worship Service 9:40a Education Hour, Coffee Fellowship 11a Communion Worship Service <i>Souper Bowl of Caring</i>
February 12	8:30a Worship Service 9:40a Education Hour, Coffee Fellowship 11a Worship Service <i>Presentation of Toddler Bibles</i>
February 19	8:30a Worship Service 9:40a Education Hour, Coffee Fellowship 11a Worship Service
February 22	7p Combined Worship Service <i>Ash Wednesday</i>
February 26	8:30a Worship Service 9:40a Education Hour, Coffee Fellowship 11a Worship Service <i>First Sunday in Lent</i>

OUR CHURCH FAMILY

Celebration of Birth

Rhys Garedts Nielson born January 20th,
Drew and Melissa Nielson,

Hospitalized

John Parker
Hope Moon
Gladys Stewart
Connie Campbell
Terry Keill
Doria Farrell

Witness to the Resurrection

Norma DeGroot, January 8

Jeannie Tebben, January

Alan Brouwer, January

Walter Dittman, January 23
brother of Norm Dittman

Gatherings

WEDNESDAY NIGHT LIVE! MEALS

Served from **5:15 pm to 6:15 pm** with free-will offering

Childcare (birth to pre-K) is available from 5:45 to 7:45 pm on Wednesday nights

Stay for activities like Praise Band & Sanctuary Choir, JETS & Crossroads youth groups, Kids Club, and Adult Discipleship classes

FEB 1 Broasted Chicken, Wedges, Macaroni salad, buns, cookie	FEB 8 Pizza, Salad Bar, Cookies	FEB 15 NO WNL! School Break	FEB 22 NO WNL! Ash Wednesday	FEB 29 Taco bar, Rice, Ice Cream
PW Serves	Staff Serves			Deacons Serve

Thank You from the Penn Family

Thank you to all who supported the "Bowling for SCID in memory of Samantha Penn" on December 26th. There were so many bowlers, and so many supporters! Thank you all! We were so pleased to be able to send \$900 to the SCID Initiative! The winner of the top bowling award was Trevor Carlson, followed closely by Paul Gillaspey and Gene De Hough. Getting the fewest pins, Faith Justice and Ellie Zigeldorf. Thank you for your support, and may we get SCID newborn testing in South Dakota!

~SENIOR ADULTS MARK YOUR CALENDAR TODAY~

If you are age 65 and older please plan on attending the first 2012 Senior Adult Event. Note change of time.

FEBRUARY 12
BETWEEN WORSHIP SERVICES
IN THE LOUNGE

"GROWING UP IN SIOUX FALLS"

Enjoy a delicious brunch and then learn from members of our family of faith what it was like to grow up in Sioux Falls. There will be no Communion at this event. Make your reservation by calling the church (336-2886) by noon on Wednesday February 8. If you need a ride indicate that when you call.

**First Presbyterian
Church**

2300 S West Avenue
Sioux Falls, SD 57105
P 605-336-2886
F 605-336-3787
www.fpcsiouxfalls.org

Worship Schedule

Traditional 8:30a
Contemporary 11:00a

Education Hour

9:40a

Office Hours

Monday to Thursday
8:00a—5:00p
Friday
8:00a—4:00p



the Messenger aims to serve First Presbyterian Church as an information source that communicates our values, builds relationships, and empowers our members

Submissions to the *Messenger* are due by the 15th of the month. Email to: messenger@fpcsiouxfalls.org

Return Service Requested

Lost and Found

The lost and found box is located in the west side of the island in the Church Office. All items will be disposed of if not claimed by March 16th.

Wearing Apparel:

Green scarf, black plastic head band
Black gripper ladies gloves
Black fur-lined ladies gloves size 7 1/2
White Sweater, Girl size 7

Books:

New Testament—The Way for Cowboys
Bible— English, standard version
Famous stories—Noah and The Ark
Simple Gifts—June Sprigg

Jewelry:

Gold chain with Libra disk
Silver hoop earring

Miscellaneous:

Baby toy
GM car keys on heart ring
Blue water bottle
Silver thermal Augie mug
Reading Glasses