

Our Vision

FALL 2016



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Our Vision is the quarterly publication of
The First Presbyterian Church of Dearborn

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Our Vision

Fall 2016

Our Vision is the quarterly publication of The First Presbyterian Church of Dearborn. In addition to mailing printed copies, this issue and all previous issues are available digitally on our website at firstpresdearborn.org.

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If you have an article you'd like included in the next issue (Winter 2016), please contact Sue Young by emailing vision@firstpresdearborn.org. The deadline for turning in content to be published in the next issue is November 5th.

The “Crux” of the Faith

Crux is an interesting term. I can't tell you how often I hear it out of the mouths of others or my own. The meaning is “the decisive or most important point at issue” but a quick search for the etymology of the word will show you that it comes from the Latin word for cross. With this knowledge it is not hard to make the inference that the importance of the cross to the Christian faith and the Christian faith's influence on Western culture have led to the idiom. It means there is no more decisive moment to the Church than the cross of Jesus Christ. Our faith is built around the fact that God became human then died on a cross for the very creatures unjustly putting him there. This is the crux of the gospel. It must be the crux of our ministry.

First Presbyterian Church of Dearborn is at a good place. We are at the moment where we can make a choice. Do we want to be a community designed after the cross of Jesus or do we want to go our own way and ignore the cross. The way of the cross will mean that we pour ourselves out for the sake of the world not caring what benefit it may have to us, rather only caring about being faithful to the will of our Heavenly Father. The other way may lead to success by worldly standards or it may lead to decline and struggles but it will definitely not lead to an impact on our community that will far outlast any of us. The choice is ours and I don't know about you but I choose the way of the cross.

Love in Christ,
Rev. Chris Thomas

Timothy Huth AMusD LMT, Organist
First Presbyterian Church of Dearborn
August 2016

Dear people of First Presbyterian
Church of Dearborn,

I've long considered myself (metaphorically) as a 'monk on mission;' my life is dedicated to the ministry of music and to being the best organist I can be. Toward that end, I studied philosophy, music and theology at St. Meinrad Seminary College where I served as chapel organist and director of the schola. In Toledo, I assumed my first Director of Music position. Soon, I felt the call to excellence in the art and craft of organ playing and met the great Marilyn Mason, ending up at the University of Michigan for my master and doctorate in organ performance, serving as music director at several churches and a convent motherhouse as well as building my concert recital career. During this time, I also felt called to study using hands in the service of healing, hence my massage licensure (LMT).

Ergo, I tell you with joy and sadness that after 8 plus years of service at FPC, I'm called to a new 'mission.' I've accepted the position of Organist at the First Congregational Church of Ann Arbor (corner of State at William, central campus), where they have a very fine Karl Wilhelm pipe organ (installed 1989) and are a good people. I will also

keep my 'band chops' up at their contemporary service. This change also affords my schedule some time to explore work in therapeutic massage in a hospice or hospital (VA?) setting.

So, dear friends, the joy I feel is knowing our long time together in praising God in song, worship and concert and the joy and honor of playing our fine magnificent organ, and the joy of seeing a generation of kids grow up and the lives of my congregation in action. And, blessings to the choir!

The sadness I feel is the sadness of parting.

I wish all the best as you seek to serve, and may your song in praise of God resonate throughout the Detroit metropolitan region, the world and the cosmos.

My last Sunday, with you, will be 'Kickoff Sunday,' (September 11th). The following week, I'll be thinking of you from the console of the Congregational Church in Ann Arbor as we join together in celebration bound together in Christ's love.

Pax et summer bonus (Peace and all good things),
Timothy Huth

SYMPATHY NOTE

With sympathy, we pray for the families of those who have gone to be with the Lord:

Smith, Elizabeth J. (Bettte)

May 2, 2016

Gentinne, Alan Charles

June 2, 2016

King, Donald A.

June 10, 2016

Rita "Del" Wolter

August 5, 2016

MISSION SEWING

I hope all of you are having a great summer. This is just a reminder that during the months of August and September, Mission Sewing will be asking for your help in providing items for the various charitable organizations that our Presbyterian Women help out. These items include clothing, bedding linens, diapers and many others. Look for us in the narthex and sign up for whatever you are able to give. Many thanks to those of you who contributed in the past.

Yours in Christ,
Olimpia Todor, Mission Sewing coordinator

THANK YOU

Janet and I would like to extend our heartfelt thanks to all of you who eased our sadness at the recent death of my brother, Dave, with your cards and other expressions of condolence. The out-pouring of love and compassion was a blessing to us and demonstrated to us once again why our congregation is a family of love and faith.

In Christian love,
Bill Leslie

LED CONVERSION

FPCD has taken advantage of the rebate program offered by DTE for converting to LED light bulbs. Rick Fluharty, Carolyn and Bob Buell's son-in-law, is a DTE representative and was extremely helpful to us in this program. The following light bulbs have been changed to LED:

- Sanctuary
- Mitchell Hall
- Main hallway
- Offices and lounges
- Treasure Chest rooms
- Parking lot lights
- The 24/7 hall lights on the basement and third floors

The cost for these LED bulbs was \$8,159. This cost was covered by the Treasure Chest (\$4,000) and Men's Fellowship (\$4,159). The DTE rebate was \$3,400. We are looking forward to a cost savings in our electric bill from this point forward.

Bob Missler, Property Chairman

GrouPeru!16

We accomplished another successful international mission trip! So, how do we define success? We stayed healthy (other than a couple of guys with coughs and a gal with a few days of flu), great interaction with the boys at both the mountain site (Kusi) and the desert site (Ica), a cohesive team of nine along with Scripture Union host/church member Kate Bruder Greenman, a deepened relationship with the house parents at both sites and FPCD's family in faith backing us up with fundraisers and donations.

We took the Kusi boys out for ice cream and brownies at a nice local spot and brought in ice cream and toppings for the boys at the Ica site, both activities funded by our own congregation. Our Treasure Chest donated a bunch of Beanie Babies which made their way into "party bags" at both locations as well as funding scholarships for some of our teammates. My wife, Lynn, and daughter, Elissa, have been watching the sale ads during the year to also purchase pencils, notebooks, Hot Wheels cars and American chocolate bars and candies...a real hit with four year olds, as well as eighteen year olds! We had an active game day along with a water balloon fight, Bible skits and coloring pages, daily devotions for the team, a





bonfire with testimonials and I even had a chance to preach to the boys, staff members and locals on one Sunday in a local café-church (just like Converge in Panera Cares!).

One of the questions we asked both sets of parents was, “Would it be more beneficial for us to simply write you a check each year rather than incurring the expense of flying down?” The answer they gave us was, “It would enable us to buy the boys more ‘stuff,’ but that’s not what abandoned boys need...they need relationships that they can count on, returning each year from a country that is blessed by God, to spend time with the forgotten, the abused, the seemingly insignificant.”

Praise God that our family of faith really believes that and takes it to heart. Thanks to team members: Catherine Dicks, Elizabeth Dicks, Stella Doverspike, Mike, Lynn, and Elissa Hoffman, JJ Lewy, Kimberly Mniece, and Rene Scanlon.



Converge

As you probably know by now, my Converge Young Adult Program has morphed into a missionary-funded, international-oriented, 7 days a week ministry that is focused on aiding, mentoring and spiritually guiding those U of M students and alumni who are “strangers in a strange land.”

Thank you to all who have financially partnered with me to keep gas in my Ford Transit and repairs for the many miles that I put on it taking students to internship/job interviews, urgent care visits, airport pick-ups and departures, used car and furniture shopping, driving tests, social security department visits...you name it, I make myself available to them just like their dad would do, back in their

country of origin. It is evident that this program is making an impact, as 6 of the internationals who are working have committed to a once-a-month electronic donation to help fund the program.

Thank you also for all your prayers for the Saturday evening Converge program where we come together, Christians, Hindus, seekers and those who are just curious for Christian worship, fellowship, lesson and small groups. I still need ministry partners...contact Jim Barber in the main office for your one-time gift or monthly, electronic donations, and keep praying that God uses us all to assist these international young adults.



SENIORS FELLOWSHIP

Keenagers

The Keenagers meet every fourth Wednesday of the month. Please check the Keenager bulletin board (to the right of the church office) for more information about events and watch for announcements in the Sunday bulletin.

Questions? Please contact Mary Ann Bassett at (313) 845-7104. Sign up when notices are posted. Hope to see you soon.

YOUTH GROUP

Fall Youth Ministry Programs

Fall Youth Ministry Programs return on September 11th. We will continue to meet on Sunday afternoons from 3pm to 4:30pm. We will begin together but split into two separate groups for High School and Middle School for most of the afternoon. A schedule of special Youth Events for the year will be sent soon. Contact Pastor Chris with any questions.

A DELICIOUS EVENT

Presbyterian Women Annual Cookie Walk

The annual Cookie Walk is scheduled for November 20th, the Sunday before Thanksgiving. This event is held after church in Mitchell Hall. Cookies and goodies will be available for purchase. All proceeds benefit the Presbyterian Women's mission projects for women and children.

We appreciate your donations of homemade cookies, candy, etc. Please drop off your donations, marked COOKIE WALK, to the church on November 18th, 19th or 20th.

Watch for further information in the Sunday bulletin. Make—Bake—Donate—Buy!

CARD MINISTRY

An invitation to join the Card Ministry!

No experience necessary in making cards for our homebound, grieving, ill or to encourage someone. We will teach you! We meet the first Monday of the month (except for September, when we will meet September 12th) at 10:00am in Room 14. For questions, contact Connie Tate at (313) 551-3420. Come to experience fun with fellowship!

2016–2017 Book Selections

The Book of the Every Other Month Club meets in the North Parlor from 10:00–11:30am on the second Saturday of September, November, January, March and May for a spirited discussion of a variety of books from a Christian perspective. This year, for all except the September book, the group has elected to explore new works by some of our favorite authors:

- Sept. 10th** *The Nightingale* by Kristin Hannah. A historical novel about two sisters fighting to survive and to save others in Nazi occupied France.
- Nov. 12th** *Grounded: Finding God in the World; A Spiritual Revolution* by Diana Butler Bass. In her latest treatise, Bass argues that the current state of religion is not declining but transforming.
- Jan. 14th** *My Name is Lucy Barton* by Elizabeth Strout. Newest and highly acclaimed novel by the Pulitzer prize-winning author explores human relationships through the reconnection of a mother and her hospitalized daughter.
- Mar. 11th** *The Abundance: Narrative Essays Old and New* by Annie Dillard. A collection of Dillard’s most beloved essays and some lesser known works.
- May 13th** *The Secret Chord* by Geraldine Brooks. A historical novel about King David, told from the point of view of the prophet Nathan.

One copy of each book has been placed in the church library and will be available to borrow throughout the year for readers who would like to participate but encounter long waiting lists at the local library. All are welcome, so start reading, come join us and bring a friend! If you have questions or would like additional information, contact Janet Witkowski or Bill and Janet Leslie.

Let Marriage be held in honor by all.

Hebrews 13:4, NRSV

God established the institution of marriage (*Gen. 2:18–24*) when man was in innocence; Jesus confirmed it. (*Matt. 19:4–9*). The Apostles laid out the nuptial duties of husband and wife (*Eph. 5:21–33; Col. 3:18, 19; 1 Peter 3:1–12*). Marriage is the foundational institution that prepares us for civilized living.

Marriage teaches us to work, share, relate and co-operate. It teaches us to love others the way God loves us, unconditionally. Spouses unconditionally commit to pursue the best interests of their imperfect mate and family. Marriage provides for constructive sexual expression (*1 Cor. 7:2*). The skills of family living encourage adulthood, helping people, families and nations to live together.

Dissatisfaction with God's provision tempts us to sin, separating us from spouse and Creator; marriage is threatened by adultery and coveting. When we trust God's promise, "I will never leave thee or forsake thee," (*Hebr. 13:5*) we can overcome temptation (*1 Cor. 10:12, 13*). A lasting marriage is a great blessing; a failed marriage is tragic. Marriage is not for all; it requires disciplined love (*Matt. 19:10–12*).

God created marriage to be like His union with His people (*Isa. 54:5; Jer. 3:1–14; Hos. 2:19, 20*). In the New Testament, marriage is used to describe Christ's love for His saints (*Eph. 5:21–24*). The redeemed church is the Bride, the wife of the Lamb (*Rev. 19:7–9*). Our bonds with spouse and God are to be sacred and unbreakable.

John Holden

Greetings from Peru!

As we wind down the summer volunteer season, Billy and I want to thank you all for your prayers and support of our ministry here with Scripture Union and the homes for abandoned and at-risk boys. It was a great pleasure to be able to spend a morning worshiping and sharing with you and talking about how God has been working through this ministry while I was in Michigan in July! It's always good to be "home" and seeing longtime friends.

As we look towards the end of 2016, I ask you to join us in praying for a few things. As a ministry, we covet your prayers for the work that is going on here:

- Would you pray that the Holy Spirit is working through each one of the 120 boys in our care? Pray specifically for them during the Christmas season since it is always a difficult time when not spent with your family.
- Pray for the staff that work tirelessly every day with the boys, and that they be role models for them.
- Pray for Billy and me as we further study child development and translate materials into Spanish to better train the Peruvian staff at our children's homes.

We are excited to also share that come February 2017 we will be embarking on a new adventure as parents. We are incredibly excited for what is to come! So far, I have been doing great, which is a huge praise as both Billy and I have both been busy traveling with work teams these last few months.

As support-based missionaries, we are dependent on the generosity of others to continue our work in Peru and we would be greatly honored if you would consider partnering with us financially. If you feel called to partner with us, giving can be done through the "Member Mission" account at First Presbyterian (please add Kate Greenman to the memo line on your check) or through United World Mission, our sending organization. For more information about giving through UWM, please visit 12degreessouth.com/support/. Any gift is greatly appreciated.

If you would like to read more about what we are doing and our life in Peru, we update a blog with stories and photos at 12degreesssouth.com.

In Christ,
Kate and Billy Greenman



Fall 2016 Church Calendar

September–November

REGULAR EVENTS

SUNDAYS

- 9:00am** Adult Education Hour
(Kick Off Sept. 11th in the Narthex)
- 10:00am** Worship Service
- 3:00pm** Youth Groups (No Meeting Sept. 4th)
- 7:00pm** Ebi Bible Study

MONDAYS

- 10:00am** Card Ministry
First Monday of the month only
(Sept. meeting on the 12th,
due to holiday)

TUESDAYS

- 9:00am** Men’s Fellowship Work
- 10:00am** Spiritual Fitness
(9:30 am on the last Tuesday of Sept.)
- 4:30pm** Sewing Class
- 7:00pm** Post College Young Adult Fellowship & Discipleship
(Fourth Tuesday of the month)

WEDNESDAYS

- 10:00am** Stephens-Currie Bible Study
(First & third Wednesdays of the month)
- 10:00am** Treasure Chest
- 11:00am** Keenagers
(Fourth Wednesday of the month)

WEDNESDAYS — CONTINUED

- 6:00pm** Open Table Potluck Dinner
- 6:45pm** Adult & Children’s Classes
(Beginning Sept. 14th)
- 7:00pm** Chancel Choir Rehearsal
(Starts Sept. 7th)

THURSDAYS

- 10:00am** PW/Lamkin Bible Study
- 7:00pm** Knitting Group
(Fourth Thursday of the month)

FRIDAYS

- 6:30pm** Game Night
(Second Friday of the month only)

SATURDAYS

- 9:00am** Rebekah’s Circle
(First Saturday of the month only)
- 10:00am** Book of the Every Other Month Club
(Second Saturday of the month only)
- 10:00am** Treasure Chest
(Second Saturday of the month only)
- 10:00am** PW Board
(Third Saturday of the month only)
- 5:30pm** Converge Young Adult Ministry

SPECIAL EVENTS

SEPTEMBER

9/11, Sunday	9:00am	Fall Kick Off (Narthex)
9/11, Sunday	11:00am	Diaper Ministry Lunch
9/25, Sunday	11:00am	Sloppy Joe Peru Fundraiser

OCTOBER

10/7, Friday	10am-6pm	Rummage Sale
10/8, Saturday	10am-6pm	Rummage Sale
10/16, Sunday	11:00am	Peru Brat-n-Bun Luncheon Fundraiser
10/21, 7-9pm & 10/22, 9am-12pm		Women's Retreat
10/26, Wednesday	9:00am	Pumpkin Carving
10/29, Saturday	5:30pm	Presbyterian Leadership Training Day Workshop
10/31, Monday		Trunk -or- Treat

NOVEMBER

11/6, Sunday	10:00am	Communion/Service of Remembrance
11/6, Sunday		ChristNet Begins
11/6, Sunday	11:00am	Touch of Hope Angel Adoption
11/8, Tuesday	7am-8pm	Election Day/Voting Polls (No Spiritual Fitness)
11/13, Sunday	1:00pm	ChristNet Ends
11/13, Sunday	11:00am	Touch of Hope Angel Adoption
11/19, Saturday	10am-3pm	Holiday Galleria
11/20, Sunday	11:00am	Touch of Hope Angel Adoption
11/20, Sunday	11:00am	PW Cookie Walk
11/23, Wednesday		Treasure Chest Closed (No Potluck Dinner/No Classes)
11/24, Thursday		Thanksgiving Day (Church Closed)
11/27, Sunday	10:00am	1st Sunday of Advent
11/27, Sunday	4:00pm	Hanging of the Greens and Dinner

9th annual



Make Believe Halloween Extravaganza!

Pumpkin carving and Trunk or Treat!

Pumpkin carving

Wednesday Oct 26 6:00-8:00pm



Trunk or Treat Oct 31
5:30pm - 7:30pm

Donuts and hot cider
Decorate your car and
hand out treats in the
parking lot or inside
Mitchell Hall

Plan on bringing
enough for 500
extra candy will be
available if you run out!

Back to School Offering

The twenty school children in the Touch of Hope program are anticipating returning to school. Due to my spinal fusion in May and the ongoing but slow return to good health, we are changing the offering for this year only. Children will receive two \$25 Target gift cards towards supplies this year instead of one. We will not be collecting, sorting nor distributing supplies this year.

Anyone interested in donating money to help cover the cost of the Target gift cards should submit the donation through the weekly offering envelope. People interested in volunteering or have questions, please contact Margie Johnston Maurer at (313) 563-9520. Thank you for your continued support.

Christmas Offering

The Christmas season is a spiritual reminder of God's love. Christmas is a time to celebrate the birth of Jesus and to be grateful for God's blessings to us all. Many of our fourteen Touch of Hope families need support this year. As a congregation, we can brighten their holiday season and show them God's love.

Angel adoption for gift choices for Touch of Hope family members will take place on November 6th, November 13th and November 20th. Gifts will be collected and dedicated on Sunday, December 4th.

Non-perishable food, personal care items, paper products and learning supplies will be collected the week of December 5th through December 11th. Fourteen of any item listed in the above categories would be appreciated. All donations of any amount

are welcome, provided the items are not past the expiration date. These items will be sorted on December 11th and sponsors and families will pick up donations and gifts on that day.

Volunteers will be needed to sort gifts and donated food, personal care items, paper products and cleaning supplies. This will mean sorting on both December 4th and December 11th. Please consider donating time on those Sundays. If you have questions or want to volunteer, please contact Margie Johnston-Maurer at (313) 563-9520. All volunteer help and donations of gifts and supplies are appreciated. Monetary donations are also welcome. Our families need and appreciate the support we give them, especially during the Christmas season. Thank you for your generosity and support.

ChristNet is returning to FPCD this November!

From November 6–13, 2016, First Presbyterian Church of Dearborn will host the ChristNet program, once again opening our doors to brothers and sisters in need. This is an excellent opportunity for members and non-members alike to engage in servant leadership and lend a hand to other children of God.

Volunteers from upper-elementary ages on upward will be given an opportunity to assist and to be a

part of this rewarding event. We need everything and everyone from muscle for setting up, culinary skills for cooking, extroverts for socializing and praying with guests and light-hearted night owls to keep the atmosphere welcoming and fun.

If you are willing to help in any way and have a heart for mission (or if you're a student in need of community service credits...), we'll find a job for you!

ChristNet Fundraising Dinner

Do you enjoy eating, dancing and auction bidding to support good causes? Well, good news—the “Harvest for the Homeless” fundraiser event to benefit ChristNet is coming in September! Featuring guest speaker and honorary chairperson, Debbie Dingell (U.S. Rep.—13th District), the charity event features dinner, dancing and a silent auction to raise funds for the ChristNet program.

ChristNet is hoping that FPCD can help make it a success by sending a group of 10 or more. Tickets

are on sale for \$50 per person or \$450 for a reserved table of 10.

Friday, September 30th

Orlando Familia Banquet Center

15001 Sibley Road, Riverview, MI

Social hour at 6pm, with dinner at 7pm.

Please contact Kevin Watts by Sunday, September 18th for tickets. We'll try for a 10-person table (and group discount!)

Exciting New Adult Education Opportunities!

Please join us for either of our two new Adult Education opportunities this fall. Both will be offered on Sunday mornings at 9:00 beginning Sunday, September 18th. All are welcome!

Sunday Morning Small Group Discussion: *Simplify* taught by Jane Dearth

Calling all of you who feel exhausted, overworked, overwhelmed, over scheduled, anxious, isolated, or dissatisfied in/with your life?! No time for God?! It's time to Simplify! Simplify will help you live with focus, sanity, and peace using a God-first schedule. This will be a small group study/discussion from Bill Hybels, best selling author and pastor. The class will meet upstairs in Room 16 and will run 8 to 10 weeks.

Adult Bible Study: *Sermon on the Mount* taught by Julia Casey and Mike Hoffman

This fall, Mike Hoffman and Julia Casey will be co-teaching the Sunday morning adult class, *Sermon on the Mount* by John Stott. Although it is a well-known teaching of Jesus, it is often misunderstood. For twelve weeks, we will take an in depth look at the meaning of Jesus' teaching in the Sermon on the Mount for Christians today. Are we living up to the standards set forth by Jesus in His Sermon? If not, what can and should we be doing to meet these standards?

SERMON TOPICS

For the Fall, we will be doing a Frequently Asked Questions Series looking at questions people inside and outside of our church have asked.

Sept. 4th	Inside Out: Righteousness Inside, Influence Outside (James 5:1-20)	Oct. 23rd	FAQ: Why do evil things happen?
Sept. 11th	FAQ: How do I know God's calling?	Oct. 30th	Legacy Sermon: Dietrich Bonhoeffer
Sept. 18th	FAQ: How should I pray?	Nov. 6th	FAQ: Are science and faith incompatible?
Sept. 25th	FAQ: When is Jesus coming back?	Nov. 13th	FAQ: Are the OT and NT God two different gods?
Oct. 2nd	FAQ: How does the Trinity work?	Nov. 20th	FAQ: Why was Jesus believed to be the messiah?
Oct. 9th	FAQ: Will God save all people?	Nov. 27th	Start of Advent Series on The Gospel of John Chapter One
Oct. 16th	FAQ: What denomination has it right?		

CHILDREN'S CORNER

I hope everyone has had a long and relaxing summer! Thanks to all who made our summer programming a success. Our VBS staff this year was wonderful!! Thanks to all of those who showed hospitality and love to the kids from our neighborhoods and our church. It was a blessing to see happy children filling the hallways. Thanks also to those who led Children's Church this summer. It was great to know that our kids were in good hands!

We look forward to starting up our kids' programming on September 18th at First Presbyterian.

If your kids haven't tried out Sunday School, there's no time like the present! Sunday School is a little like Children's Church, but with smaller groups and a longer class time. That means more time for music, stories, discussions and projects.

Our Wednesday night kids' class also begins September 14th. The kids' class will be reading the first book of the Narnia Series (chronologically speaking, that is), *The Magician's Nephew*. Come for reading, discussion, Bible verses, crafts and more. All ages are welcome.

See you in church!
Beckie Dicks

CONFIRMATION CLASS

Attention 8th and 9th graders!

We want to be sure we've identified all 8th and 9th graders who would like to participate in our 2016-2017 Confirmation Class which will be taught by Sue Young, Jim Dickieson and Pastor Chris.

If you haven't already been contacted, **please contact one of us soon.**

There will be a **required Confirmation Class meeting**—one for the students and one for the parents—at 9:00 am on Sunday, September 11th. The parent meeting will be in the South Parlor and the student meeting will be in the Youth Lounge (downstairs, under the chapel). Both meetings will last about 30 minutes and will cover information about the confirmation program and expectations for the students and parents.

This is a required meeting for all who plan to participate. Please contact Sue Young (syarring@comcast.net) or Jim Dickieson with any questions.



THE PRESBYTERIAN WOMEN OF THE FIRST
PRESBYTERIAN CHURCH
OF DEARBORN PRESENT

5th Annual Holiday Galleria

VENDORS, CRAFTERS AND ARTISANS, TIN CAN RAFFLE
REFRESHMENTS, GOURMET BAKE SHOP,
ONE-STOP HOLIDAY SHOPPING

\$1 ADMISSION SATURDAY NOVEMBER 19 10AM—3PM

PROCEEDS FROM THIS EVENT GO TO SUPPORT LOCAL
CHARITIES HELPING WOMEN AND CHILDREN IN NEED

600 NORTH BRADY, DEARBORN MI, 48124 313 274 1313



WOMEN'S RETREAT

Come join us for a Woman's Retreat again this fall!

The retreat will be held Friday, October 21 from 7–9pm and Saturday, October 22 from 9am–12pm.

This is an experience that allows women to slow down and savor time with God and with each other. Our theme is the Sweet Life Cafe; it feels like a cozy day at your favorite coffee shop where women can find rest, enjoy laughter, share their stories and grow closer to each other and God. This retreat, in Mitchell Hall, will include worship, Bible study, a service project, music and more. Watch for announcements in our church bulletin! Contact Jane Lewy-Mykytenko (janeel1@me.com) with any questions or if you are interested in helping.

SPIRITUAL FITNESS

Spiritual Fitness is continuing into our second year! We meet in the Youth Center (downstairs, under Mitchell Hall) on Tuesdays from 10am–11am to stretch and exercise our body, mind and spirit. Everyone is welcome!

For more information:
Jane Lewy-Mykytenko (janeel1@me.com)

PW LAMKIN BIBLE STUDY

PW Lamkin Bible Study will begin this year's Horizon's Bible Study, *Who is Jesus?* in September. First class will be in the North Parlor on Thursday, September 8th from 10am–11:30am.

Halfway through the Gospel of Mark, as Jesus and his disciples are on their way to Caesarea Philippi, Jesus turns to his disciples and asks, "So, what's the word on the street? Who do people say that I am?" It seems like a reasonable question to ask the people who travel with you and who have the opportunity to hear what folks in their towns and villages are saying about their teacher. "Well," they answer, "Some say you are John the Baptist (back from the dead); others think you are one of the prophets, maybe Elijah, maybe another one." Then, Jesus looks them squarely in the eye and asks, "Yes, but who do *you* say that I am?" Now, that's a good question!

The author, Judy Yates Siker, prays that, through the course of this study, you will find your own voice, your own answer. When Jesus turns and looks you squarely in the eye and asks, "Who do you say that I am?" what will you say?

For more information:
Charlie Aronson (cjaronson42@gmail.com)
Jane Lewy-Mykytenko (janeel1@me.com)

Table Talk

Starting in the Fall, on September 14th, join us for time around the table together. An optional potluck meal will be shared around the tables in Mitchell Hall from 6pm–6:45pm. If you wish to join the meal, please bring a dish to share with at least ten people.

A Bible study expanding on the sermon topic from the previous Sunday and allowing for any questions you may have from the sermon with Rev. Chris Thomas will begin at 6:45pm in Mitchell Hall. Each lesson will be stand alone, based on the sermon topic, so if a sermon struck your interest, please come and join us the following Wednesday to hear more or to get your question answered.

Wednesday Afternoons

Can't make Wednesday evenings? Pastor Chris will also be offering an afternoon version of Table Talk on Wednesdays at 2pm. Join us for discussion and light refreshments from 2–3:30pm in Mitchell Hall.

Love in Christ,
Chris Thomas

Did you know, knitting is a visual, repetitive and spatial task that develops hand-eye coordination, enhances neural connectivity and uses both sides of your brain at once? That knitting is relaxing and can help lower blood pressure? Well get off the couch and come join the FPC knitters on the 4th Thursday of the month (September 22 and October 27, we won't meet in November due to Thanksgiving) from 7–9pm and start working on improving your health.

Still need a little convincing? Noted knitting expert Stephanie Pearl-McPhee writes: "It is some kind of miracle that all knitting is constructed of two stitches: knit and purl. Sure, you throw in some yarn overs, and sometimes you knit the stitches out of order, but when it really comes down to it, knitting is simplicity. The most incredible gossamer lace shawl...the trickiest Aran...a humble sock... each just made with knit and purl. Know these two stitches, rule the world."

So who doesn't want to rule the world? Men, women and teens are all invited to join us for an evening of learning those two stitches or working on a project you've already started.

FPC Diaper Ministry

The diaper ministry was started at our church when Tracie and I realized the great need that existed for diapers in our community. Consider the following facts:

1. No federal assistance programs pay for or provide diapers—not WIC, food stamps nor Medicare.
2. Parents cannot leave children at daycare without disposable diapers. If a parent cannot afford diapers, he or she cannot go to work or school, and the vicious cycle of poverty continues.
3. Cloth diapers cannot be washed at a laundromat or in the shared laundry facilities at an apartment complex.
4. A baby crying uncontrollably from being in the same diaper for too long is at greater risk for child abuse, particularly in an already stressed household. Also, being in a soiled diaper for too long can result in severe diaper rash, possibly necessitating the need for medical care.
5. Seniors who can't afford incontinence supplies often lose their independence and become homebound, creating pressure on other social services like Meals on Wheels, or end up in a nursing home.
6. Some disabled children never outgrow the need for diapers and many will need them to go to school and job training.
7. A healthy change of diapers can cost up to \$100 a month – for all ages. A family in Michigan must be more than 44% below the poverty line to receive any kind of cash assistance and, then, a family of 3 only receives \$492 a month.
8. Non-profits working with families and individuals in crisis consistently list diapers as an ongoing and top need.

Our diaper ministry was started in October 2014. Since that time, thanks to the generosity of our church family, we have distributed almost 20,000 diapers to organizations such as Starfish, First Step and the Senior Alliance (Area Agency on Aging 1-C). Our next diaper luncheon fundraiser is September 11th, part of the fall kick-off (see opposite page). Also, we will gladly accept your donations (diapers and/or checks made out to First Presbyterian Church of Dearborn with Diaper Ministry on the note line) at any time—just bring them with you to church.

Thank you,
Charlene Reid and Tracie Szczechura
Diaper Ministry

Kickoff Sunday Diaper Drive Lunch

September 11th



Anastasia says: “I don’t need diapers any more, but lots of other kids still do. And, some of them need our help. Please come to the Kickoff Sunday Diaper Drive Lunch after church on Sunday, September 11th and bring a box of diapers to donate!”

GrouPeru!

A huge **thank you** to everyone who supported GrouPeru!16 through fundraisers, praying for the team or being part of the team. Be sure to read Mike’s article in this issue for a more detailed account of this year’s trip (page 6). It is amazing to see what God is doing with the house parents and boys in Scripture Union’s homes in Kusi and Ica.

It is now time to look toward GrouPeru!17. We have two fundraisers on the horizon: September 25th is our Sloppy Joe luncheon (back by popular demand). October 16th will be an Oktoberfest theme lunch with brats and sauerkraut as the main course. Another way you can help the team this year is by donating those little toys that come in kid’s meals from the fast food places. We would like them unused (still sealed in their original plastic bags please). If we can collect about 80 or so we will use them in the party bags we give out to the boys while at each home.

Again, thanks for the overwhelming support for this incredible ministry.

FALL BIRTHDAYS

September

1 Jane Currie	8 William Kennedy	16 Gary White	24 Betty Brown
2 Diane Perkovich	9 Johanna Bolash	16 Irene Watts	25 Marie Shearer
3 Nathan Barranger	9 Michael Hoffman	20 Sharon Laura	27 Beverly Fisher
5 Jose Brailsford	9 Callie Wyatt	20 Beth Ehrenberg	27 Megan Hemp
6 Jewell Dean	10 Bud Cashwell	20 Christopher Martin	29 Doris Matthews
6 Linda Hall	13 Lutz Reiter	21 Jean Johnston	29 Robert Miller
7 Lynn Hoffman	13 Karen Fink	21 Phoebe Hough	29 Geoffrey Dicks
8 Nancy Badore	13 Elissa Hoffman	23 Jane Steele	30 Richard Klepinger

October

1 Lois Wightman	9 Zipporah Britz	21 Emily Milam	26 Anne Witkowski
1 Beth Romeo	10 Trevor Samuel	22 Glenn Maggard	27 Kenneth Stivenson
1 Kristen Samuel	12 John Holden	22 Katherine McFadden	28 Frederick Dicks
2 Randolph Samuel	12 Matthew Nyquist	23 Lynne Blosser	29 Marsha Baumgartner
4 Dorothy Tominac	13 Lois Riopelle	23 Kelly Nyquist	29 Lauren DeHamer
4 Herbert Lamkin	13 Karen Fuller	24 Adam Capote	30 Jean Clarkson
8 David Hall	15 Isabelle Watts	25 David Smith	30 Suzanne Smith
8 Mary White	17 Alison Drzinski	25 Leah Setterlun	
9 Kristi Best	18 Emily Kaltz	26 Laurie Gentinne	
9 Anne Dearth	19 Shirley Painter	26 Anthony Saylor	

November

2 Sandra McLennan	13 Isabelle Blair	18 Deborah Martin	27 Jordan Romeo
2 Victoria Davidson	13 Carolee Orcutt	18 Andrew Koper	28 Michael Barr
4 Jo Ann Cashwell	13 Annabelle Hyma	20 Joanne Whitehouse	29 Gregory Kasul
5 Carolyn Buell	13 Emma Best	20 Travis Yarrington	29 Kelly Clark
5 Emma Scott	15 Meghan Johnson	22 Gary Wolter	30 Mark Dearth
6 Alexandra Slanec	15 Evelyn Reid	24 Carl Zirbel	30 Angella Griffith
8 Gregory Martin	16 Daniel Currie	24 Dorothy Kennedy	30 Matthew Megregian
9 Donald Wright	17 Lorraine Lamkin	25 James Maurer	30 Heather Slanec
11 Walter Pauza	17 Jane Mayberry	26 Doris Bryer	

6 Habits to Improve Mental Health

Dr. Ray Kotwicki, MD, MPH

Exercise

Cardiovascular and strength training exercises help physical conditioning and also contributes to better mood and anxiety control.

Sleep

Adults require as close to 8 hours of sleep per night as possible. Sleeping more than 9 hours can trigger depression in certain people, and less than 7 hours can contribute to mania in others. Sleep also is essential to learning. Instead of cramming for exams, students should pace their studying and invest in a good night's rest before the big test.

Play

Social support is one of the best predictors of good mental health. Enjoying time with loved ones (face to face; not on Facebook or Twitter) is the best medicine of all.

Eat well

Foods that sustain - rather than spike - blood sugar levels keep your energy and vitality going throughout the day. Avoid "empty" calories from

foods that contain refined sugars (like soda or desserts) and choose snacks with lean proteins and healthy fats (like avocado, nuts, or fish).

Give

Looking beyond yourself and focusing on others yields the bonus of being good for the giver. Help a friend, volunteer for a worthy cause, or donate to community organizations making a difference in your community.

Manage stress

Engage in activities that help you develop skills to tolerate stress and give you confidence to set limits. Try meditation, or join a peer support group. Practice your skills, especially in times when you need to say "no" when others want you to say "yes."

Dr. Ray Kotwicki is the chief medical officer of Skyland Trail. Located in Atlanta, Skyland Trail is a nationally recognized non-profit mental health treatment organization serving adults, ages 18 and older.



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Chris Mayer, B.S.N.