

# Our Vision

## SPRING 2017

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**Giggles and  
Goodies** — *page 14*



**Noel Night Photos** — *page 18*



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**ALSO INSIDE:**

Spring Service Project — **11**

Sacred Concert Series — **15**

Ick Factor Alert! — **22**



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

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# Our Vision

## *Spring 2017*

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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](http://firstpresdearborn.org).

This publication is produced by a team of volunteers from FPCD:

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If you have an article you'd like included in the next issue (Summer 2017), please contact Sue Young by emailing [vision@firstpresdearborn.org](mailto:vision@firstpresdearborn.org). The deadline for turning in content to be published in the next issue is May 1st, 2017. We would also appreciate if you kept articles to under 350 words.

# One Year Later

Wow! Time really flies when you are having fun. It has been one year since I answered God's call and you affirmed that call to be your Pastor. It is odd that one year seems like it was about a week long and simultaneously the relationships we have built in that year make it seem like many years. Stacy and I are grateful for your love of our family and for the many blessings you have given to us and been for us this last year. We couldn't be happier with God's call to come serve here at FPCD. I am excited about what the future will hold for us. I believe God is working in many visible ways in and around our congregation and I believe He is working in even more ways that are not yet visible to us. Thank you for your faithfulness in the transition and for your willingness to serve God and His Church here at FPCD. Keep up the good work!

Love in Christ,  
Rev. Chris Thomas

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## SYMPATHY NOTE

With sympathy, we pray for the family of **Johanna Bolash** who went to be with the Lord on December 14, 2016.

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## CALLING ALL GRADUATES!

On Sunday, June 4th, FPC will honor our high school and college graduates during the worship service. Please email Sue Yarrington Young [syarring@comcast.net](mailto:syarring@comcast.net) by May 14th, with the name of each graduate and some brief information. Please include where they are graduating from (and if college, what degree and major), something about their hobbies, interests, or honors and what they plan to do next. Please contact Sue with any questions.

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## BIBLE CLASS

The **Sunday Night Bible class** has moved back to the church (north parlor). It is meeting from 7:00 pm to 8:15pm and will be starting a study of Paul's letter to the Colossians, which concentrates on the significance of Jesus' life and our response to Him. The letter may have been written late in Paul's ministry, and if so, reflects issues that a congregation faces as it relates to its culture. The group welcomes anyone interested in participating. Contact Bert Ebi with any questions.

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## THANK YOU

To our friends at First Presbyterian Church Dearborn: We have received, once again, a generous donation of canned goods from your members. These donations help us continue to feed those in need. Thank you & God bless you.

—The Volunteers at Cherry Hill Helping Hands Food Pantry

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## POST COLLEGE YOUNG ADULTS

Our **Post College Young Adults** continue to meet monthly at Baileys Pub on Michigan Avenue on the fourth Tuesday of the month from 7:00 until 9:00 pm. We discuss topics at the intersection of practical life and faith. Please email Pastor Chris [christomas@firstpresdearborn.org](mailto:christomas@firstpresdearborn.org) for more information or to be added to the email list for future events.

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## PW LAMKIN BIBLE STUDY

The Lamkin PW Bible study meets on Thursdays from 10:00 am to 11:30 am in the North Parlor. Charlie Aronson is leading a discussion on The Disciples: Who were these men and how do their experiences relate to present day Christian experiences. We are also studying the book of James, using a study Mike & Lynn Hoffman developed. Come join us for discussion and fellowship. For more information, please see Jane Lewy-Mykytenko.

## **Adult Education Offerings – it's not too late to join in!**

### **Scripture Speak, led by Pastor Mike and Julia Casey**

1st, 2nd & 3rd John (The Letters of John) Bible study. This study complements the Sunday Worship Series on the Book of John. Four missional activities (one a month) related to our study will be incorporated into the class.

North Parlor, Sundays, 9:00–9:50am

### **Pastor's Table Talk on Wednesdays**

We will continue Pastor Chris Thomas' Bible studies through May. The dialog expands on the sermon topic from the previous Sunday as participants and the Pastor engage in discussion.

When? Wednesday afternoons from 2:00pm–3:30pm and Wednesday evenings from 6:45pm–8:00pm in Mitchell Hall. An optional pot-luck meal is offered on Wednesday evenings in Mitchell Hall from 6:00pm–6:45pm.

Please join us for these lively discussions!

### **Special Topics Class, led by Jane Dearth**

We are studying a book by John Ortberg called *All the Places to Go... How Will You Know?*

Very rarely in the Bible does God command someone to "Stay." He opens a door and then He invites us to walk through it—into the unknown. And how we choose to respond will ultimately determine the life we will lead and the person we will become. In fact, to fail to embrace the open door is to miss the work God has made for us to do.

Come learn with us as we discuss this exciting new study. All are welcome!

Room 16, Sundays, 9:00–9:50am through Easter

# Healthy Habits



Recently, both Deva Kumar and I had the same “God Moment.” You see, a few months ago Deva’s dad, living in India, was experiencing some chest pain. He was scheduled to go into the hospital to have an arterial stent installed. While operating, the physicians realized that this was more serious than they originally thought. Deva’s dad needed open heart surgery. Many people from Converge, our congregation and my fellow classmates at Dubuque Seminary prayed for God to guide the health caregivers. All went well and Deva decided to visit his family in three months. Deva decided that he had let himself get out of shape and went on a healthy eating plan and exercise program to lose almost 30 pounds. While visiting his dad in India, his father had some additional chest pains. Back to the hospital for tests, but this time it was concluded that medication, a strict healthy diet and exercise program for the rest of Deva’s dad’s lifetime, was in order.

While Deva was in India, I had a dream that God wanted Deva to be a “Moses” to the American

Indian population in order to promote a health habits program of proper portions, healthy food, and exercise. When Deva returned from India, I told him of my dream and he looked startled. “Pastor,” Deva said, “while returning from India, I had the same thoughts as in your dream. We concluded that it was truly a “God Moment.”

We decided to share the information in a lesson during a Converge evening. Three young adults and I had a part to present about serving sizes and food groups, exercise, healthy weight and sleep patterns, psychological health and spiritual growth. Most importantly, we realized that those behaviors we practiced over and over eventually would become healthy habits.

I am so proud of these young adults and their efforts to make a difference in the health of their own lives as well as among their friends and colleagues. God’s Peace!

Pastor Michael J. Hoffman, CRE

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## CHILDREN'S CORNER

Sunday School meets at 9:00 am every Sunday. If your family hasn't come to Sunday School yet, give it a try! Kids' Sunday School is similar to what your children have already experienced in Children's Church, but with smaller groups and a longer class time. That means more fun, learning and friendship! While your kids are in Sunday school, you're invited to take advantage of our church's adult education offerings.

Our Wednesday night FISH kids' class continues! This year, we are continuing our Narnia series with The Magicians Nephew. All ages are welcome—come for a great story, discussion, crafts and more.

See you in church!

Beckie Dicks

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## GROUPERU!17

GrouPeru!17 is busy preparing for this year's trip. Please keep us in prayer as we plan the specifics, fundraise and then travel. Watch the hallway bulletin board for updates and to see who is going this year. Our upcoming fundraisers are:

- **March 12:** Soup and salad luncheon
- **April 9:** Pancake luncheon

As always, we thank you for your continued support of this awesome mission opportunity.

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## KNIT NIGHT

Join us in the Parlor the fourth Thursday of each month for an evening of knitting and conversation. There are always spare needles and yarn available for those wishing to learn. Our next meetings will be March 23, April 27 and May 25 from 7:00 pm to 9:00 pm. Come check us out! For questions, contact Lynn Hoffman.

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## MISSION OPPORTUNITY

### New Hands-on Mission Opportunity

Grosse Ile Presbyterian Church operates an after-school tutoring program for children attending Harms Elementary School (grades K-5) in southwest Detroit. The program is held in the school gym from 3:00pm until 4:30pm on Mondays when school is in session. Tutors provide an hour of homework help, or read or play games with a child, then join in a group music program and snack during the last half hour. Seven or eight additional tutors are needed to achieve the desired one-to-one tutor/child ratio. If you are interested in tutoring, please contact Janet Witkowski at 313-277-1344 or [janwit1978@gmail.com](mailto:janwit1978@gmail.com) for more information.

And forgive us our debts as we also have forgiven our debtors... For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses.

**Matthew 6:12, 14, 15, ESV**

**1. How we treat others affects how others will treat us.** When we pray this petition in The Lord's Prayer, we are asking our Father to deal with us when we trespass against Him as we have dealt with those who have trespassed against us. Jesus emphasizes the point in verses 14 & 15 with a promise that our Father will forgive us if we forgive, but not if we refuse to forgive. In Mark 11:25, Jesus taught that when we pray, we must first forgive anyone we have something against, then our Father will also forgive us.

**2. Forgiveness comes from the gracious mercy of God in Christ.** As Christians, we are eternally dependent on God's mercy. As sinners, we are under Divine Justice, but when pardoned, we are indebted to Divine Mercy. In our continuing state of grace, our mercy to others continues. As sinners forgiven by God and blessed with eternal love and forgiveness, we would be hypocrites if we did not

forgive others. Let us love and forgive others as God in Christ has loved and forgiven us (Col. 3:13).

**3. The forgiveness here refers to family forgiveness that we need to maintain fellowship with our Father and each other.** This does not relate to judicial forgiveness from the penalty of sin which comes from our faith in the Son of God. This is about relationships; by refusing to forgive those who have wronged us, we weaken our fellowship with each other and with God.

**4. Do the guilty trespassers get off free of consequences? No!** **Vengeance is mine (not yours), says our Father, I will repay** (Rom. 12:19). Our job is to love and forgive and let God's wrath handle judgment. Paul teaches that we are not to be overcome with evil, but to overcome evil with good (Rom. 12:22). Do not repay anyone evil for evil,

*(continued on next page)*

## Mission Sewing Day

Our mission sewing day is coming up soon, the second Tuesday of March (3/14/17), to be exact. This ministry is a branch of Presbyterian Women. Long, long ago, the women of the church dedicated one day per year to sew items needed by various charities; they actually made dresses, quilts, etc. Today, we do make walker bags, adult bibs and hem flannel baby blankets (already cut). If you can sew a straight seam you are all set to help. We do need sewers, so if you can operate a sewing machine please mark your calendar and come. We start at 10:00 am, take a break for a delicious lunch prepared by our very own Mary Ann Bassett, then sew some more if needed. We end at

2:00 pm or sooner if we run out of stuff to sew. We have lots of sewing machines.

**WHERE:** The sewing room (Sweat Shop) on the second floor of our church.

**WHEN:** Tuesday March 14, 2017

If you have questions call me at 313-336-2772 or email me at [olimpiatodor36@gmail.com](mailto:olimpiatodor36@gmail.com). Hope to see you there.

Yours in Christ,

Olimpia Todor, Mission Sewing Coordinator

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but take thought of what is noble in the sight of all (*Rom. 12:17*).

**5. The Bible emphasizes forgiveness.** See:

*Matthew 18:21, 22, 35; Mark 11:25; Luke 6:37, 38; 11:4; 17:4; 23:34; Eph. 4:32; Col. 3:13* for some of these teachings.

**6. Forgiveness is a major theme of God's revelation.** He created us in His own image and then gave us the Creation to live in. We sinned against Him due to our dissatisfaction with His provision. He then created a sacrifice system to

forgive sinners by bearing their sins Himself. By this Divine forgiveness, He brings His family home. Forgiveness is how we enter Heaven.

**7. When you pray this petition,** be aware of your own sin and your own commitment to forgive others. If we confess our sins, He who is faithful and just will forgive us our sins and cleanse us from all unrighteousness. (*1 John 1:9*). Avoid the pain of living with unconfessed / unforgiven sin. Do not hold grudges!

John Holden

# Greetings from sunny Peru!

Since we are south of the Equator, we're in the middle of a very hot and humid summer here in Lima right now!

While it is hot along the coast, it is the rainy season in the Andes Mountains and the region has received more rainfall than usual. The added rain is causing some of the worst flooding and mudslides in its recorded history, not only in the mountains, but here in Lima, as well. The riverbeds in Lima, that are normally dry or with very minimal water year-round, have turned into raging rivers.

Apart from the excessive rain in the mountains, the city of Lima has received several inches of rain in the last few weeks (a typical year is about 1 inch total). We know that "several inches" of rain does not sound drastic, but it is devastating for Lima which does not have the proper infrastructure to receive rainfall.



The situation is so bad that the government water company periodically shuts off water to the entire city of 10 million people for certain hours of the day. It sounds like this will be a recurring event while it continues to rain in the mountains and city (which could be through March). Thankfully many buildings (including our apartment) have water storage tanks which fill when the water is on ensuring we have a constant supply.

While the flooding is primarily affecting the outskirts of Lima and has not reached where we live, it is a great concern for the city as a whole. Roads have been closed, some bridges have been washed away and many people have had considerable damage of their homes.

Please join us in praying for Lima and the surrounding cities that are affected by all of this.

In Christ,  
Kate & Billy Greenman



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## MOTOR CITY BLIGHT BUSTERS - MARCH 18TH SERVICE DAY

The Outreach and Mission Committee is excited to begin focusing on small short term mission projects our whole congregation can participate in. For the first project, we will be joining the Presbytery of Detroit in serving Motor City Blight Busters. —Love in Christ, Chris Thomas

# Spring Service Project

*By Presbyterian Men*



**Saturday, March 18  
from 9:00am to 3:00pm  
(registration: 8:30am)**

**Morning Refreshments will be provided  
Lunch for purchase at nearby Java House**



Our gathering place and base of operations will be:

**Motor City Blight Busters  
17336 Lahser Road, Detroit  
(just north of Grand River Ave)**



Plenty to do for men and women of all skills. We will work with Detroit Blight Busters (John George) to remove debris and damaged drywall from inside of a nearby building undergoing rehab. Our efforts will help another building be transformed from blight to new use. Rain or shine, come be a blessing to folks who care about their neighborhood and who appreciate our help.

**Lots of volunteers are needed**  
Please contact Joel DeHamer or Bob Missler to sign up.

## Medical Benevolence Foundation

The Medical Benevolence Foundation is one of thirty-one missions to which our congregation lends financial support through its Outreach and Mission commitment. Mark Harris of MBF met with the Outreach and Mission Committee recently to update the committee on the Foundation's work. MBF partners with local churches in developing countries to build and strengthen sustainable health care systems for impoverished communities. The Foundation targets areas with the highest maternal mortality rate (deaths of mothers due to complications of pregnancy or childbirth) because maternal mortality rate is an effective indicator of a low density of healthcare workers. The density is lowest, and the mortality rate highest, in sub-Saharan countries, including the Congo, Kenya and Malawi, and in Haiti. MBF focuses 80% of its work in these areas, and its efforts are aimed at moving local facilities established by Presbyterian and other denominations to self-reliance by lending its expertise in building infrastructure, training in medical and management systems, processes and competencies, helping to proclaim the Gospel of Christ through medical ministries. Hospital development, nursing schools and scholarships, critical services for women and children, and primary health care clinics are key components of these efforts.

Recent projects include the construction of the new Tumatumu Nursing School building in Kenya. MBF's partner, Nkhoma Mission Hospital in Malawi, implemented a "Safe Motherhood Program" that achieved an 80% reduction in maternal mortality and a significant reduction in infant mortality through increased access to hospital delivery and health care resources.

MBF has a four star rating (out of four possible stars) and an overall score of 91.16 out of 100 from Charity Navigator. Of OMC's 2016 budget of \$30,800, \$2,500 was allocated to MBF. The same amount has been allocated for 2017. Further information about MBF, including opportunities for alternative giving such as purchasing artisan made bracelets from Haiti, is available at the foundation's website, [mbfoundation.org](http://mbfoundation.org).

OMC is looking into ways in which members can participate actively in mission activities in addition to financial support. If you have questions, comments or suggestions, or are interested in joining the committee, please contact Joel DeHamer, Alan Brailsford, Bob Missler or Janet Witkowski.

## March

### **ASH WEDNESDAY**

March 1st, 7:00pm

## April

### **PALM SUNDAY**

April 9th, 10:00am

### **GOOD FRIDAY**

April 14th, 7:00pm

### **MAUNDY THURSDAY**

April 13th, 7:00pm

### **EASTER**

April 16th, 10:00am



## Giggles and Goodies

### Saturday, March 4th at 6:00 pm

We are excited to welcome back Nancy Worcester and her wonderful family of puppets as they are returning for another evening of fun and fellowship. Nancy, a fabulous storyteller from Texas, and her friends are a nationally recognized ventriloquist team. They will have both children and adults laughing while she delivers a wonderful Christian, character-building message.

Nancy's show will be in the sanctuary and followed by goodies of milk and cookies. The young and the 'young at heart' will enjoy a wonderful evening. Please invite your friends and family to come enjoy Nancy and her friends. For questions, please contact Kim Doverspike. Also, you are invited to enjoy Nancy's participation in our worship service on Sunday morning, March 5th.



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## SACRED CONCERT SERIES

### TOWER: Sacred Concert Series

First Presbyterian Church of Dearborn

Be the first to attend our new sacred concert series in our sanctuary!

## With a Song in My Heart

Jane Lewy-Mykytenko, soprano

Carole Higgins, soprano

Peg Mitchell, mezzo

Donna Kallie, flute

**Sunday, February 26th, 2:00 pm**

Beautiful music in honor of St. Valentine, 45 minutes



## Lenten Candlelight Organ / Piano Meditations, 30 minutes

March 1st, 8th, 15th, 22nd, 29th & April 5th—Wednesdays @ 1:30pm



All concerts will receive a free will donation, to be given in  to the roof repair fund.

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## BOOK OF THE EVERY OTHER MONTH CLUB

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. Meetings and book selections for the remaining program year are:

**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. If you borrow a book, please sign it out in the white binder in the library so that we may keep track of it. 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.

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## YOUTH GROUP

For our Mid-High and High School Youth – We hope you can join us for our upcoming activities:

**Mar. 5th** Youth Group: 3:00 to 4:30pm

**Mar. 12th** Youth Group: 3:00 to 4:30pm

**Mar. 19th** Youth Group: 3:00 to 4:30pm

**Mar. 26th** Youth Group: 3:00 to 4:30pm

**Apr. 2nd** No Youth Group

**Apr. 9th** No Youth Group (Palm Sunday)

**Apr. 16th** No Youth Group (Easter)

**Apr. 23rd** Youth Group: 3:00 to 4:30pm

**Apr. 30th** Youth Group: 3:00 to 4:30pm

**May 7th** Youth Group: 3:00 to 4:30pm

**May 14th** Last Youth Group: 2:00 to 5:00pm

## **The Easter Offering for our Touch of Hope families will take place on April 2nd.**

Our present families are in great need. Families receive a Kroger gift card for perishables and non-perishable items are donated by the congregation. We presently have twelve families. Bringing 6 or 12 of one item is helpful during the sorting process; all items are appreciated in any amount.

- **Items needed:** Non-perishable food, paper products, personal care items and cleaning supplies. Bagged Easter candy would also be appreciated. (Please check expiration dates.)
- Please bring your items to church on April 2nd, or to the church office before then.
- Please consider giving some time on Sunday morning, April 2nd, to help sort and pack in Mitchell Hall.

Sponsors and families will pick up items for delivery after the service on April 2nd.

Thanks to all who touched the lives of our Touch of Hope families during the Christmas season.

Many people did their part to make the Touch of Hope Christmas Offering a success. Their gifts of service included making beautiful personal cards for the families, helping with the preparation and

angel adoption process, gift sorting, food sorting and custodial staff support with room set-up and gift collecting.

Generous church members purchased 84 gifts at an approximate total cost of \$2,370. Thanks to the congregation members who also donated money, food, personal care items and paper products to be distributed to the fifteen families.

We thank the sponsors for their year-round commitment to the community outreach that Touch of Hope provides. We also thank our generous congregation members who support the Touch of Hope Ministry by donating time, money and non-perishables items to this ministry.

This has been a difficult year for many of our families. They are all grateful for the many generous people in our church family who brightened their celebration of Christmas. Touch of Hope continues to appreciate all that has been done by many to support the ministry.

If you would like to get more involved in Touch of Hope or planning for the Easter Offering, please contact Margie Maurer at 313-563-9520.

Thanks to all who participated to make our Noel Night 2016 a great success! Great fun was had by all! If you missed it, please plan on coming to this year's event.





## Presbyterian Women Fundraisers

Presbyterian Women hold three major fundraisers each year: The Silent Auction in October and the Cookie Walk and the Holiday Galleria in November.

Thanks in large part to the generous support of our church family, we can report the following funds raised in 2016: Silent Auction, \$764, Cookie Walk, \$620 and the Holiday Galleria, \$2500.

The profits from the Holiday Galleria are designated to be given to local charities helping women

and children, so \$2500 was given to the Second Mile Center of Detroit. In addition, our missionaries Kate and Billy Greenman and GrouPeru! were each given \$1000 to help with the important mission work they are doing in Peru.

We look forward to your continued support in 2017.

Thank you,

The Presbyterian Women

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## SERMON SCHEDULE

<b>Mar. 1st</b>	Signs and Wonders: Healed from Afar (John 4:43-54)
<b>Mar. 5th</b>	Signs and Wonders: Get Up! (John 5:1-17)
<b>Mar. 12th</b>	Signs and Wonders: Greater Works (John 5:18-47)
<b>Mar. 19th</b>	Signs and Wonders: A Miracle Meal (John 6:1-15)
<b>Mar. 26th</b>	Signs and Wonders: Miracle on the Water (John 6:16-21)
<b>Apr. 2nd</b>	Signs and Wonders: The Bread of Life (John 6:22-71)
<b>Apr. 9th</b>	Palm Sunday
<b>Apr. 16th</b>	Easter
<b>Apr. 23rd</b>	Open Topic
<b>Apr. 30th</b>	The Messiah: Local Opinions (John 7:1-32)
<b>May 7th</b>	The Messiah: Things to Come (John 33-52)
<b>May 14th</b>	The Messiah: Who Is to Condemn? (John 7:53-8:11)
<b>May 21st</b>	The Messiah: The Light of the World (John 8:12-59)
<b>May 28th</b>	The Messiah: I Once Was Blind (John 9:1-41)

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## SPRING BIRTHDAYS

### March

1 Keith Ingram	9 Delia Warner	16 Jon Szczechura	26 Dorinda Hughes
4 Dean Masouredis	9 Susan Ingram	17 Ava Nilsson	26 Mikayla Capote
5 Donna Barranger	12 Thomas Watts	18 Marion Holowaty	28 Patricia Ervin
6 Zander Perkovich	14 Christopher Thomas	21 Bonnie Kutt	28 Randall Bruder
8 Austin Watson	15 Carl Bryer	22 William Schanz	29 Dave Young
9 James Jensen	15 Mary Jo Miller	25 Georgine Jensen	30 Michael Maurer
9 Carole Speier	16 Jane Mykytenko	25 Drake Wolter	31 Peter DeHamer

### April

3 Alan Brailsford	7 Aidan Rehbein	13 Peter Masouredis	21 Elizabeth Dicks
3 Roger Hayman	8 Johnston Cummings	15 Heather Cummings	22 Patsy Knoop
3 Mark Guinn	8 Dale Romeo	17 Elaine Fellows	22 Kenneth Isaacson
5 Sydney Hemp	9 Jacob Samuel	18 Louis Orcutt	23 J. Kutt
6 Kay Erickson	9 Jack Evenhouse	18 Kim Doverspike	29 Daniel Saylor
6 Kerry Higgins	12 Ivie Morris	19 James Shearer	29 Andrew Mayer
7 David Pempeit	12 Clare Maloney	21 Catherine Dicks	29 Grace Doverspike

### May

2 Frank Jones	8 Lauren Nilsson	21 Alicia Laura	28 Paul Bassett
3 Phillip Mayer	9 Joseph Higgins	22 Chris Mayer	29 Timothy Huth
4 Lisa Holt	9 Pierce Ahlschwede	23 Victor Todor	29 Renee Watson
4 Liam Nilsson	12 Jeremy Hughes	23 Sandra Evans	30 Clara Smith
5 Donald Martin	16 Linda Ashton	24 Nelda Johnson	
7 Janet Leslie	19 Theodore Daykin	26 Diane Mitchell	
8 Nancy DeHamer	19 James Scott	27 Kathy White	

## Ick Factor Alert!

### Five Little-known Facts About Germs

By Madelyn Fernstrom

Germs are everywhere and in so many forms, including bacteria, viruses and molds. While it's common knowledge that exposure to germs can lead to illnesses ranging from colds to stomach bugs, there are some steps you can take to help prevent the spread of germs in your personal space. Increase your germ smarts (and protect against illness) with these five little-known facts:

**1. Computer keyboards can have more germs than a public toilet.** Keys and spaces on a keyboard are prime breeding grounds for bacterial and viral growth. Some reports show five times more germs on a keyboard than on a public toilet (and these are likely cleaned more often!) *Clean your keyboard regularly with specialized wipes for electronics, and remove crumbs and dust with an "air duster" (canister of compressed air sprayed on the keyboard).*

**2. Toothbrush covers do not protect your brush from bacteria.** While it seems to make sense that covering your toothbrush would protect it, the opposite is the case. With a cover on your brush,

a more humid environment is created and more likely to encourage growth of germs. *Wash your toothbrush when done, and allow it to air dry. Make sure you store it away from the toilet (and keep that lid down!)*

**3. Light switches are among the cleanest spots in a hotel room.** While multiple reports look at clean and dirty places in a hotel room, among the cleanest are the light switches. The dirtiest tend to be the TV remote control and the telephone. *A good rule of thumb is to always wash your hands with soap and water, carry hand sanitizer and bring along a box of wipes to swab down areas of general use in your hotel room—and anytime you are on the road.*

**4. Hand sanitizer does not always replace soap and water washing.** Hand sanitizer is great when you're not near a sink, and need to clean your hands. But given the choice of a spritz of sanitizer or good old soap and water, choose the soap and water route. But soap and water are only a better germ fighter when done properly. Lather up and

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scrub hard for at least 20 seconds (sing Happy Birthday twice), and wash between your fingers and the back of your hands. *Don't skimp with the hand sanitizer either—cover the same hand areas as for soap and water.*

**5. Freezing food does not kill bacteria.** If you freeze foods that you suspect might be spoiled (or on their way), freezing them will not kill the bacteria already in the food. Freezing prevents further bacterial growth, but when you thaw it out, the bacteria continue to multiply and contaminate your food. *Avoid freezing foods left at room temperature for more than 2 hours, when bacterial growth escalates.*

Source: Fernstrom, Madelyn, "Ick Factor Alert! 5 Little-Known Facts About Germs", Jun. 21, 2015 Today Show, Health and Wellness section.

<http://www.today.com/health/bacteria-mold-virus-es-oh-my-5-facts-about-germs-t27706>

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# Our Vision

SENT WITH A PRAYER

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PASTOR EMERITUS  
**REV. Don Wright**

CHILDREN'S MINISTRY DIRECTOR  
**Beckie Dicks**

MISSIONARY TO U OF M-DEARBORN  
**Mike Hoffman, CRE**

MUSIC DIRECTOR/ORGANIST  
**Brenda Ferguson**

PARISH NURSE  
**Chris Mayer, B.S.N.**

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