



Come home
to God's love

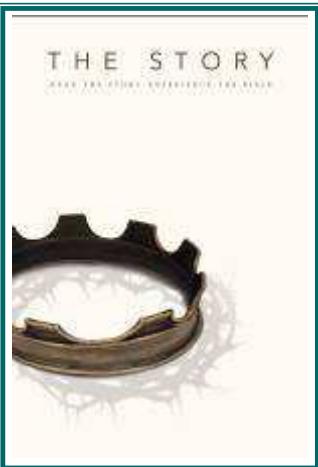
Our Vision

The First Presbyterian Church of Dearborn
October 2012 Newsletter



Reformation
Sunday

Oct. 28th



"The Story"

Join us on this journey that tells the story of our God and His love for all humanity.

Sundays—9am, Mitchell Hall
Wed. Evenings—6:45pm, S.Parlor



Make Believe Halloween Extravaganza!

Pumpkin Carving—Sunday, Oct. 28, 4 -9pm
Trunk or Treat—Wed. Oct. 31, 5:30-8pm

See page 13



Treasure Chest Rummage Sale
Wed. Oct. 3rd—10am-7pm
Thurs. Oct 4th—10am-2pm
See page 10

ChristNet
returns
Sunday, Oct. 28th
See page 6



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THE STORY

Our Adventure has begun. What fun it is to have all age groups studying the same parts of scripture each Sunday.

Classes begin at 9:00am. A light breakfast is served in each classroom from 8:50 to 9:10am. Please be on time. Breakfast will not be available after 9:10 each Sunday. Coffee will always be available.

We are also offering the adult The Story class on Wednesdays. The choir is meeting at 5:30pm to view the video. They will break for FISH dinner and then have their discussion before choir practice.

After our FISH dinner, we will offer The Story class as long as we have people interested in this time.

If you can't come every week, come when you are able. You can be reading The Story at home, a chapter each week. We still have a few books if you would like to purchase one.

FISH

FISH began Sept. 12th. Once again Nancy DeHamer and Christie Smith will be providing us with wonderful dinners at 6pm each Wednesday. Fellowship around the tables is always lively and is a great way to get to know people better.

Following dinner, the children will return to Narnia, aboard the Dawn Treader, with Beckie Dicks. There will be a young adult class on Paul's epistle to the Romans with Mike Hoffman.

The adult classes will be:

When God's Spirit Moves, a video series with Jim Cymbala. This class will meet in the North Parlor and will be led by Mark Dearth.

The Story, a video/discussion series based on our weekly readings and worship theme. This class will meet in the South Parlor.

Step by Step Verses

Our October scripture memory verses are:

Oct. 7	Proverbs 27:12
Oct. 14	Deut. 6:4-7
Oct. 21	1 Peter 5:8
Oct. 28	1 Thess. 5:16-18

We are ½ toward our goal of learning 100 verses of scripture. Keep memorizing!!!



Women's Retreat

Sign up for our Women's Retreat on Nov. 10th. We had such a great time last year. Don't miss out on the fun. Sign up sheets will be in the narthex each Sunday.

All women are invited, from 18 yrs. through 100 yrs. It is a blessing to have women of all ages, learning and having fun together.

Please see Ann Phillips, Jane Dearth or Ann Bleivik if you have any questions.

~Ann Bleivik, Educational Coordinator



Children's Ministry

Our church year is off to a great start! In Children's Ministries, we have classes for kids from preschool-age through fifth grade. Stories, prayer, songs, games, food, and fun help us to know God better and to serve Him with all our hearts. Your kids are welcome to join us at 9:00 on Sunday morning for Sunday school, at about 10:20 during the worship service for Children's Church, and at FISH on Wednesday night. Don't let them miss out on the fun!



Our nursery is staffed every Sunday morning for both Sunday school and church. If you would like nursery care on Wednesday night for FISH and/or choir, please let me know.

The Story: Our kids are well into our church-wide Bible curriculum. Are you seizing the opportunity? This is your chance to travel through the Bible with your children. Go to an adult class, and then share with your kids what you learned. Chances are, they'll start talking too!

Calling all Purple Skirts! Does your child study ballet? We have a small, informal dance troupe that performs in worship services a few times each year. If you have a child that is currently in ballet classes, talk to me about our "Purple Skirt" ballet group.

I send out newsy e-mails periodically to those in our church family and friends who have kids or are involved in children's ministries. If you are not on my e-mail list and should be, please let me know.

Beckie Dicks
Children's Ministries Coordinator

Pastor Appreciation Day



Sunday, October 14th, is Pastor Appreciation Day.

Pastors in today's society do not have an easy job, but I suppose they never did. Scripture is clear as to a pastor's specific responsibilities: administration, teaching the Word of God, shepherding, praying, counseling, making disciples, evangelism, disciplining, and resolving conflict. Add to that weddings and funerals, community service, and visitations and you have a hefty work load. It doesn't help that pastors have to deal with people either - sinners at heart, saved by the unfathomable grace of God.

Please pass along a heart-felt "Thank You!" to Pastor Dave and the rest of the ministerial staff to show that you appreciate all that they do.



Student Ministries

ROCK SOLID. This is how Jesus describes those who listen to His words and put them into action. He describes beforehand the many dangers of this life which all lead to destruction. Jesus points out that many will be deceived by cleverly disguised false prophets, religion without true life, and evil deeds taught as acceptable practices. How then shall we respond?

Listening to the Word, and putting the Word into action with love. Jesus declares that His words give life to all who receive them. He declares that He is the Way, the Truth, and the Life. When most of Christ's disciples had left Him because of seemingly cannibalistic teaching in John 6 (communion), He asked the Twelve if they were going to leave as well. Peter responds as we should, saying, "Lord, to whom shall we go? You have words of eternal life. And we have believed and have come to know that You are the Holy One of God." Praise God that He has revealed to us His life giving Word through the Holy Scriptures, by the power of His Spirit! It is on this rock that we shall stand.

With the joy that comes from the power and security of God's Word, we can dig deep foundations for our youth. One week, one lesson, one conversation at a time the Holy Spirit brings life with truth. The high school students are currently going through the "Not a fan." series, encouraging them to be true followers and not just fans of Christ. 4:12 is digging deeper with Bible characters from The Story. If God used Moses, who was a murderer, do you think He can use you? How can we have courage like King David? What does Abraham's faith teach us about what do when God's commandments are hard? The Bible, ordained by God, contains the truth that will stand firm.

Please especially pray this month for our amazing volunteers: Mike Pierfederici, Krista Calcut, Mike Hoffman, and Kevin and Irene Watts. God uses them to love the students individually and as examples of how to live for Christ. Pray for CREW to gain zeal and passion to share God's love and truth at school with friends. Pray for 4:12 to know Christ as their identity, instead of the media or popular opinion. By the power of the Holy Spirit moving through your prayers, our students will have softened hearts and open minds to truth. Thank you for praying, and God bless you this beautiful Michigan October!

Standing on the Rock, Jonathan Mallard

Musings from Pastor Mike

Pastoral Duties: I was blessed to be able to preach a message with my good friend, Bob Szczechura this past month as well as witness a fantastic Worship Service for our Congregation put on by the young adults from the Converge ministry. How blessed we are as a church family to have a pastor who is willing to share the Chancel and Pulpit with lay people speaking, reading, offering up music, and creating artwork to glorify the name of Christ. I am looking forward to our entire church working their way through *The Story* and will be challenged to construct some sermons along the way to reflect the theme of the week. I was given the opportunity to lead worship at a Presbytery of Detroit, 2-day seminar held at First Church recently and have been assigned as a volunteer (not as a staff member, but as a once-a-month consultant for a 6 month period) to assist Community Presbyterian Church of Drayton Plains in a new ministry. God is so good!

Bible on the Boulevard, Baby!: Oh, what fun our senior high Sunday school class will have again this year as we go through *The Story* along-side the kids and adults. I pick the teens up in “Big Blue” (the church van) and we stop at a local eatery for a snack and a lesson. I try not to embarrass the gang, but sometimes I get carried away with my props that I use to teach the lesson (David Carlson, remember the multi-colored hair weave I used to tell the story of Samson?)

Young Adult Ministry: We are currently doing a whole group education portion of Converge taught by Adam Simnowitz on Muslim Ministry. He will cover Christian core beliefs that can be used to explain our faith in a way that members of other religions will be able to resonate with. We had another bonfire meal and worship that was warming on a cool fall evening and was enjoyed by all. We have connected with the Presbytery of Detroit and will be embarking on our first disaster relief mission trip in early November. We will be traveling to Joplin, MO to help with rebuilding after a devastating tornado ripped through and leveled the town last year. Keep us all in your prayers as we embark upon a new undertaking.

GrouPeru '13: We have our dates penciled in for June 17th -30th, 2013. Come join us for a *GrouPeru '13 Mission Trip Report Luncheon* on Sunday, October 14th right after worship and see how you can be a part of this year's trip. It's awesome to see how The First Presbyterian Church of Dearborn participates in Dearborn, Detroit, Missouri, and Peru ministries, locally, regionally, nation-wide, and internationally. Praise God that this family of faith carries out the Greatest of the Commandments and the Great Commission, while giving God all the glory. Amen!

~God's Peace, Mike Hoffman, C.R.E.



Music Corner

It's October!! Please consider joining our music ministry for the coming year.

Adult Choir- Rehearses at 7:00pm on Wednesday evenings, right after the FISH Dinner.

Praise Band- meets during the week at various times. Please contact Steve Britz, Lewis Britz, or Dan Saylor for more information.

Children's Choir- Rehearses at 3:30pm on Sunday Afternoon, NOTE THE NEW TIME.

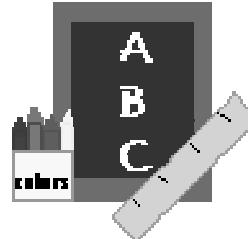
Handbell Choir- Rehearses from 4:30 - 5:00pm on Sunday Afternoon. This is open to all CHILDREN, YOUTH, and ADULTS who would like to participate!

Youth Choir- Rehearsal at 5:00pm on Sunday Afternoon, Right before the Junior High Youth Group.

There are also opportunities to sing as small groups, solos, and the Men's Schola during the year. Please see me if you are interested!

I hope to see you in our Music Ministry this Fall! ~ **Marshall Dicks, Director of Music**

Touch of Hope Back to School Offering *“Thank You!”*



Thank you to all who made the Touch of Hope Back to school offering a success. Nineteen school age children went back to school ready and in style. Many people seemed to enjoy the shopping experience and donating to children in the ministry. The offering was coordinated by Margie Johnston-Maurer and many loyal and efficient volunteers. Nancy De Hamer, and Charlie Aronson helped copy and cut the busses used for the supply requests. Mike and Margie Maurer figured out the number of supplies needed. Mailan Reid typed the supply list on her computer. Charlie Aronson, Charlene Reid and Margie Maurer volunteered at the table with back up help from Bonnie Andrew and Mary Jo Miller. Sue Ingram created the instruction sheet. Jan Cobb created wonderful identification tags for the completed backpacks. Rescue Team members Marcia Bechtel, Carolyn Buell, Lynn Hoffman and Phoebe Hough purchased all the supplies not adopted at the end. Incoming supplies were sorted by Charlie Aronson, Karl Aronson, Nancy De Hamer, Sue Ingram, Mike and Margie Maurer and Charlene Reid. Backpack assembly was completed by Carolyn Buell, Lynn Hoffman, Sue Ingram, and Margie Maurer. Wendy Palmer, Lori Mathews, Ann Bleivik, and Vicki Davidson were helpful throughout the offering stages. We thank everyone who donated time, backpacks, supplies and donations to the Back to School Offering. We also thank the loyal sponsors who delivered the donations before the first day of school. The families are all very appreciative of the help they receive through Touch of Hope. Thank you for being such a generous congregation.



"Luther Nails Up His 95 Theses at Whittenberg"
By Auguste Blanchard

Celebrate Reformation Sunday - October 28, 2012

The Church celebrates *Reformation Sunday* on the last Sunday of October, commemorating a significant event in the history of the Reformed tradition. It was on October 31, 1517, that Martin Luther posted his *95 Theses* on the door of the church in Wittenberg, an event now seen as sparking the Protestant Reformation.

The *95 Thesis* were quickly translated from Latin into German, printed, and widely copied, making the controversy one of the first in history to be aided by the printing press.

(Sources: www.history.pcusa.org ; http://en.wikipedia.org/wiki/Reformation_Day)

ChristNet Returns Sunday October 28th, 2012



First Presbyterian Church of Dearborn will be hosting guests of the ChristNet program beginning Sunday October 28th and ending Sunday November 4th 2012. ChristNet provides temporary emergency shelter for men, women, and children from the downriver area.

This is the tenth year First Presbyterian has participated by providing shelter, meals and fellowship for a one-week period. Our guests arrive nightly for a warm meal, showers, fellowship, and rest. Our guests depart each morning with a sack lunch after having a nutritional breakfast. Many hands are needed to serve in this exciting Outreach program.

Sign ups to serve will be available in the Narthex on Sunday mornings. If you feel like you are called to this outreach whether you are first time volunteer or one who just can't stay away from this amazing experience; talents of all kinds are much appreciated and welcomed.

For more information, call or email
Jeni Cole at 313-792-8224/jlcole71@att.net or
Sue Sullivan at 313-274-6756/ssullivan5094@wowway.com.

Emergency Contact Forms

Emergency Contact Forms are now available in the Narthex. If you would like the church to have contact information on file for you in the event of an emergency, we encourage you to fill out the form and turn it in to Vicki Davidson, Administrative Assistant to the Senior Pastor.

~Thank You.

2012

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	<p>8am-7pm Rummage Sale set up- YC, YL 7-9pm Greeting Card- R12 No Boy Scout Troop</p> <p>DEADLINE FOR BULLETIN</p>	<p>1</p> <p>CE Subcommittees Meet</p> <p>8am-7pm Rummage Sale set up- YC, YL 9am Men's Fellowship Work 9am Silent Auction set up 2a&b 7pm Property- Library 7-9pm Worship & Arts- SP 7:30-9pm AA- MH</p>	<p>2</p> <p>No Stephens-Currie due to T. C 10am-7pm Rummage Sale YC, YL, 3-7a&b 10am-7pm Silent Auction 2a&b 6-6:45pm FISH (dinner) MH 6:45-8pm Classes- MH, NP 6:45-8:15pm Confirmation Class- P 7-9pm Adult Choir- Sanct., Turco 7-9pm Outreach & Missions- SP</p>
<p>Communion World Communion/Peacemaking Offering</p> <p>9am Education Hour 9:25am Adult Choir 10am Worship Service- Sanctuary 11am Explorer's Class- NP 3:30-4:30pm Children's Choir- Sanctuary 4-6:00pm CREW Youth- YL 4:30-5pm Handbell Choir- Bell Room 5-6pm Youth Choir - Sanctuary 6pm-7:30pm 4:12 Group YL, YC 7pm Sunday Eve. Bible Study- Bert Ebi's</p>	<p>7</p> <p>Columbus Day</p> <p>11:30am-2pm Garden Club- MH 7-8pm Deacons- R12 7pm NAMI- NP 7:30-9pm Boy Scout Troop- YC</p> <p>DEADLINE FOR BULLETIN</p>	<p>8</p> <p>9am Men's Fellowship Work 9:30-11:30am Prayers & Squares 7:30-9pm AA- MH</p>	<p>9</p> <p>10am-4pm Treasure Chest 10:30am-12pm ALL Staff- SP 6-6:45pm FISH (dinner) MH 6:45-8pm Classes- MH, NP 6:45-8:15pm Confirmation Class- P 7-9pm Adult Choir- Sanct., Turco</p> <p>DEADLINE FOR VISION</p>
<p>9am Education Hour 9:25am Adult Choir 10am Worship Service- Sanctuary 11am GrouPeru ,12 Luncheon- NP 3:30-4:30pm Children's Choir- Sanctuary 4-6:00pm CREW Youth- YL 4:30-5pm Handbell Choir- Bell Room 5-6pm Youth Choir - Sanctuary 6pm-7:30pm 4:12 Group YL, YC 7pm Sunday Eve. Bible Study- Bert Ebi's</p>	<p>14</p> <p>7:30-9pm Boy Scout Troop- YC 8:30am-5pm Lifeline Health Screening- MH</p> <p>DEADLINE FOR BULLETIN</p>	<p>15</p> <p>9am Men's Fellowship Work 5:30-6:30pm Finance- SP 7pm SESSION -NP 7:30-9pm AA- MH</p>	<p>16</p> <p>10am Stephens-Currie- R12 10am-4pm Treasure Chest 6-6:45pm FISH (dinner) MH 6:45-8pm Classes- MH, NP 6:45-8:15pm Confirmation Class- P 7-9pm Adult Choir- Sanct., Turco</p>
<p>Pastor Appreciation Day</p> <p>9am Education Hour 9:25am Adult Choir 10am Worship Service- Sanctuary 10am Baptism of Evelyn Sadler 11am Reception for Evelyn Sadler-MH 3:30-4:30pm Children's Choir- Sanctuary 4-6pm CREW Youth- YL 4:30-5pm Handbell Choir- Bell Room 5-6pm Youth Choir - Sanctuary 6-7:30pm 4:12 Group YL, YC 7pm Sunday Eve. Bible Study- Bert Ebi's</p>	<p>21</p> <p>2-4pm Homeschool Class- MH, Kit. 7:pm NAMI- NP 7:30-9pm Boy Scout Troop- YC</p> <p>DEADLINE FOR BULLETIN</p>	<p>22</p> <p>9am Men's Fellowship Work 9:30-11:30am Prayers & Squares 7-8pm Technology- R12 7:30-8:30pm Investment Committee- SP 7:30-9pm AA- MH</p> <p>4:00pm Presbytery- Allen Park Presbyterian</p>	<p>23</p> <p>10am-1pm Keenagers- off site 10am-4pm Treasure Chest 10:30am-12pm PROGRAM Staff- SP 6-6:45pm FISH (dinner) MH 6:45-8pm Classes- MH, NP 6:45-8:15pm Confirmation Class- P 7-9pm Adult Choir- Sanct., Turco</p>
<p>Reformation Sunday</p> <p>9am-12pm T. of Hope Angel Adoption- Narthex 9am Education Hour 9:25am Adult Choir 10am Worship Service- Sanctuary No Children's Choir 4-6pm CREW Youth- YL 4-6pm Pumpkin Carving- MH,K, outside No Handbell Choir No Youth Choir 6-7:30pm 4:12 Group YL, YC 7pm Sunday Eve. Bible Study- Bert Ebi's</p>	<p>28</p> <p>No Boy Scout Troop</p> <p>DEADLINE FOR BULLETIN</p>	<p>29</p> <p>9am Men's Fellowship Work 7:30-9pm AA- MH</p>	<p>30</p> <p>10am-4pm Treasure Chest 5:30-8pm Trunk or Treat- Outside NO FISH No Classes No Confirmation Class No Adult Choir</p>

CHRISTNET BEGINS (October 28th - November 4th) YL, YC, DOWNSTAIRS KITCHEN

9/21/2012 9:33:00 AM

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2012

THURSDAY		FRIDAY		SATURDAY	
3 hest Sale R16	No PW Bible Study due to T. Chest Sale 10am-2pm Rummage Sale- YC, YL, 3-7a&b 10am-2pm Silent Auction 2a&B No B. B. Seniors due to T. Chest Sale 6-7pm Personnel- SP 7-8:30pm Grief Support- MH, N&SP, Lib.	4 9am- Silent Auction box up and calls 2a&b	5	Set up Communion 9-11am Rebekah Circle- NP 3:30-5pm Hoff.-Szcz. Small grp- MH 6-10pm Converge- K., YL, YC, 2A	6
10 R16	10-11:30am PW Bible Study- NP 11am-3:30pm B. B. Seniors- MH, Kit. 11am C.O.M. (Pastor) offsite 7-8:30pm Grief Support- MH, N&SP, Lib.	11 6:30-9pm Game Night	12	9-10:30am DNA- R16 6-10pm Converge- K., YL, YC, 2A	13
17 R16	10-11:30am PW Bible Study- NP 11am-3:30pm B. B. Seniors- MH, Kit. 1-3pm Lydia Martha Mary- NP 7-8:30pm Grief Support- MH, N&SP, Lib.	18 5pm Britz/Conlin Rehearsal- Sanctuary	19	9am PW Board Mtg.- NP 3:30-5pm Hoff.-Szcz. Small grp- MH 4pm Britz/Conlin Wedding- Sanctuary 6-10pm Converge- K., YL, YC, 2A	20
24 SP R16	10-11:30am PW Bible Study- NP 11am-3:30pm B. B. Seniors- MH, Kit. 5:30-9pm Boy Scout Council- MH, K, NP, SP, Lib, YC, YL R16,14,12, R2A&B NO GRIEF SUPPORT	25 6:30-9pm Game Night	26	9am-10:30am DNA- R16 10am-12pm BEOM Club- NP 6-10pm Converge- K, MH (due to ChristNet)	27 ChristNet Setup
31 e, K					

Presbyterian Women's Bible Study

Each year, Presbyterian Women across the country take part in a new study published through the Presbyterian Women's magazine HORIZON'S. The studies are written for women by women Pastors. This year's study is authorized by Nancy Benson-Nicol who holds a masters of divinity degree from Harvard Divinity School. She has been associated with congregations in several states including Michigan (Ann Arbor). Currently she is a teaching elder in the Presbyterian Church (U.S.A.)

Our study "**Dispatches to God's Household: The General Epistles**" focuses on letters from the New Testament written to provinces in Asia Minor, to specific individuals or to believers in general. We look forward to another exciting year of study.

~Lorraine Lamkin

Treasure Chest Rummage Sale

Wed. & Thurs., October 3rd & 4th.

Help is needed to sort, mark, and sell all the stock we have in the store. You can also help by donating unwanted items such as clothing, jewelry, small electronics, house wares (no large appliances), linens, books, & knickknacks.



Sign-up sheets will be available during the month of September. Please mark your calendars and plan to help. If you have questions, call Olimpia at (313)336-2772 or Patsy at (313)271-1719. You can also email Olimpia at olimpiatodor36@gmail.com.

SILENT AUCTION—Once again, the Presbyterian Women will hold their Silent Auction during the upcoming Rummage Sale in Room 2A downstairs. The hours are the same with the addition of item pickup on Friday at the close of the week. We would appreciate donations of your special items and they may be brought to church at any time before or during that week. Please be sure to mark them "Silent Auction."

~Presbyterian Women appreciate your support.

Our Vision is the monthly newsletter of The First Presbyterian Church of Dearborn. Articles are to be turned in to the office or emailed to Jim Barber at jimb@firstpresdearborn.org no later than the **10th** of the month. Please date your articles & **keep them brief - one page or less**. **Longer articles will result in smaller font. We reserve the right to edit as needed.**

Sunday Bulletin Announcements: Please submit your announcements for the **Sunday Bulletin** to Vicki no later than noon the Monday prior to the service at vickid@firstpresdearborn.org. Please use Microsoft Word format when sending your articles via email. There is also a bin in the front office of the church for your submissions. ~ Thank you, Vicki Davidson—Administrative Assistant to the Senior Pastor.

Notes from our Parish Nurse

Learning to Control Stress Can lead to a Healthier Life

Learning how to control your response to stress is perhaps the most important lesson you can learn when it comes to good health, says Dr. Kelly Traver, author of *The Program: The Brain-Smart Approach to the Healthiest You*. Here she shares seven long-term strategies that will help you.

If you're like most people, you may be reading this and thinking "Sure, I have some stress, but who doesn't? How would I know if my stress levels are high enough to be hurting me?" Unfortunately, there isn't a test to check to see if your stress levels are hurting your health, but there is one way you can tell. Think about how you feel when you are in a very stressful situation. Identify that feeling. People can define when their stress feels good (excitement) and when it feels bad (fear).

Long-term Strategies to Reduce Stress

How can you turn off the stress response and keep it off? It's probably easiest to divide the strategies into short-term and long-term. Long-term strategies help you prevent unnecessary activation of the stress response in the first place. Short-term strategies help you turn off the stress response when it is active, but you no longer want it to be.

1. Exercise: One of the best long-term and short-term strategies for stress control is to maintain a regular exercise program. When you exercise regularly, you raise the threshold for the release of the stress response. When you exercise:

- Your heart rate increases, and this stimulates your heart to release a hormone that turns off the stress response.
- Your brain also produces "feel good" chemicals and other substances that fertilize your brain cells.
- Your moving muscles tighten the already existing nerve connections, making it easier for you to learn, pay attention, and stay happy — while also being calm and relaxed.

2. Diet: In addition to regular exercise, you need to eat regular meals.

- Your body is designed to eat about every four hours while awake, otherwise the stress response fires.
- Choose foods that keep your blood sugar levels steady, otherwise your stress response will often fire.

3. Sleep: Your body is designed to get an average of eight hours of sleep per night. You may need a little more or a little less, but if you try to get by on less sleep than your body needs, the stress response activates.

4. Slow Down: You need to learn how to slow down and enjoy more of less. This is another long-term stress management skill. We live in a fast-paced world, and over scheduling ourselves has become the norm. Stop and figure out what is really important to you. Try to spend more time doing fewer things but enjoying them more.

5. Relax: Set aside time each day to nurture yourself and relax. Just as you can't drive your car without stopping to refuel every now and then, so it is with your mind and body. Take time to "refuel your tank" on a regular basis, and you will end up with much more energy and much less stress in the long run.

6. Create a supportive social network: Studies show that having positive relationships with friends and family leads to not just a higher quality of life but a longer life as well. We are designed to cooperate as well as learn from one another. During positive social interactions, the brain produces higher levels of feel-good chemicals that help us stay happy and calm.

7. Meditation and yoga: These techniques can be effective for controlling stress by allowing you to tap into the autonomic, "involuntary" nervous system. This system is hard to control, but with practice you can learn to activate it by thinking of something that excites you, or turn it off by focus on a scene or a thought that you find calming and peaceful.

This article taken from: (<http://www.tipsonhealthyliving.com/health-and-wellness/7-strategies-for-reducing-stress.>)

Our Church is a Polling Place!

Our church is now the new polling place for Dearborn voting precincts 31 & 32, formerly located in the Bryant Library. Please help the voters feel welcome on Tuesday, November 6th, the major Presidential Election... **and please remember to vote.**



A Celebration

Recently I attended a ceremony at the Gerald Ford Museum in Grand Rapids where 84 people from 41 countries were accepted for citizenship to the U.S.A. Family and friends watched faces with bright smiles and tears of joy as each received their certificate. It was a reminder of what it means to be a part of this great country—to appreciate our diversity and cherish our freedom. God has showered America with so many blessings. For this I am grateful.

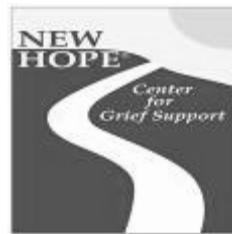
Our daughter-in-law Jenya Karpukhno Cobb and grand-daughter Luch originally from the Ukraine became citizens September 12th. We're so proud!

~Jan Cobb

From Grief to New Hope ~

Grief is a journey...that doesn't have to be taken alone.

- ◆ An 8-week grief support group (lecture & discussion series) for those grieving the loss of a loved one.
- ◆ Held at our church, Thursdays, 7-8:45pm, Sept 13th - Nov. 8th.
- ◆ For more information or to enroll, contact the church at (313) 274-1313.



STEPHEN MINISTRY



For those who have suffered a loss or who are going through a difficult time, life can be filled with painful loneliness and emptiness. If you are smiling on the outside, but full of pain on the inside and the joy you long for seems far away, help is available. Our Stephen Ministers are ready to provide confidential, one-to-one, Christian care. They will listen, care, encourage, and pray with and for you. Stephen Ministers have been specially trained to meet your emotional and spiritual needs; male Stephen Ministers are always matched with men, and female Stephen Ministers are matched with women. If you or someone you know is hurting, find out more about Stephen Ministry by talking with one of our Stephen Leaders: Art Hughes (313)-383-2589 or Chris Mayer (313)-562-1943. Our Stephen Ministers are there to care!



Make Believe Halloween Extravaganza!



PUMPKIN CARVING

Sunday, October 28 - 4:00-6:00pm

Come help us carve pumpkins to decorate for Trunk or Treat, and take one home!
Pizza will be provided! Bring a pumpkin-themed dish or dessert to share!

TRUNK OR TREAT

Wednesday, October 31 - 5:30pm-8:00pm

We need you! On Wednesday, October 31st, First Presbyterian is hosting its 5th annual Trunk or Treat. Please consider participating -- we are looking for "trunkers" to pass out candy from their cars. Plan for about 500 children (if you run out of candy we'll provide more). Be creative -- We'll be giving out prizes for best decorated car and best costume. We are also looking for an event photographer -- you will need to provide your own **digital** camera (no film so we can do a quick upload to FPCD's social media sites), and be available from 5:30-8:00pm. It's always a fun night! Please consider joining us! Please email Kim Doverspike for further information:

kim.doverspike1@gmail.com



Congratulations to JoAnn and Cory Sadler on the baptism of their daughter, Evelyn Grace, on Sunday, October 21st.



*Congratulations to Katie and Lewis Britz on the birth of their daughter, Eve Helen Britz, born August 31st.
(6lb 15oz, 19-3/4" long)*

Thank You

Our September Photo Sessions for our pictorial directory were well attended. Thank you to all the volunteers who helped everything run smoothly:

John Barr	Mary Ann Bassett	Jim and Marcia Bechtel
Carrie Bristol	JoAnn Cashwell	Jan Cobb
Mary Currie	Jane Dearth	Pat Ervin and friend Sharon
Bev & Dick Fisher	Lynn Hoffman	Phoebe Hough
Carol McFadden	Marsha Mistecki	Velma Regorrah

We will be finalizing the directory (addresses, phone numbers, email addresses, names) in the next couple of weeks. If you have changes to your information, please contact the church office right away.

~ Ann Bleivik



Then Jesus was led by the Spirit into the wilderness to be tempted by the Devil. Matthew 4:1

Jesus had just been baptized. The Spirit came upon Him as a dove, and a voice from heaven said: "This is my Son whom I love; with him I am well pleased." (Matt. 3:16, 17). Jesus was hungry (Matt. 4:2). For 40 days He fasted and was tempted (Luke 4:2),

The Greek word used here for temptation usually means "to test or prove the value or quality of something," as Abraham, Job, and the tribe of Israel were tested by God. God initiated Jesus' struggle with Satan in that sense, proving that the human nature of the holy Son of God would not sin. This also gave Jesus experience with temptations before ministering to us in our temptations (Hebr. 2:18; 4:14–16).

Temptation in the bad sense -- to entice one to disobey God -- did not work on Jesus!

We humans are tempted internally by our evil desires (James 1:14). Since Jesus did not have a sin nature, this temptation had to be external, with the Devil coming to Him (v.2), not Him seeking sin.

Compare this with the temptations of Adam & Eve: They were in Eden, a paradise; Jesus was in a desolate wilderness. They were comfortable; Jesus was hungry. They had each other for support; Jesus was alone (which may have been an advantage). Neither Adam nor Eve had a sin nature. Adam & Eve succumbed; Jesus stood firm. What would you and I have done?

How are we to deal with the tests of temptation, for we all face them?

--Jesus resisted by trusting God's Word over everything else (Matt 4:3-11; Joshua 24:15). Jesus had hidden God's word in His heart (Psalm 119:11) so it was readily available. Jesus' holiness rejected sin.

--Be joyful in trials because God uses them to strengthen our faith, perseverance, and maturity. To realize those benefits, we are to seek God's wisdom – without doubting (James 1:2-7).

--When we submit to God and resist Satan, he will flee, and God will come near (James 4:7, 8).

--Use our "armor" from God to stand against the Devil. That armor includes: truth, righteousness, the gospel, faith, salvation, the Word of God as the sword of the Holy Spirit, and prayer. (Ephesians 6:10–18) Note that God's Word with the Holy Spirit is our only offensive weapon.

--God will limit our temptation and provide us a way out of it. (1 Cor 10:12, 13)

Decide how you will deal with testing. If you resist by trusting God, testing will strengthen you. Succumbing to temptation, however, weakens us because it takes our focus off God and becomes a habit formed from sinful pleasures that we get used to enjoying before we fully appreciate their consequences.

God bless

~John Holden

“Month of Mission” Breakfast

The Detroit Presbytery's annual "MONTH OF MISSION" breakfast will be held this year on Saturday, October 27th from 9:00AM – NOON at the First Presbyterian Church (701 Church Street, Plymouth, MI 48170). This is a time for fellowship with our missionaries from around the world and is a great opportunity to hear their stories on mission & ministry. Please contact Fran Anderson at (248)673-7707 or Nancy Barber at (313)565-2741 for information or reservations. There is a \$3.00 charge to cover the cost of the meal.

Craft Show - coming soon!



The Presbyterian Women are having a vendor/craft show on **Sat., November 17th at 10am in Mitchell Hall.** Crafters and vendors are needed! If you are interested, contact Charlene Reid at (313)608-9552 or CTReid@aol.com.

Thank You!

I would like to thank my entire church family for all your cards, emails, phone calls and kind words of support as I worked through my recent heart bypass surgery. Your thoughts and prayers made all the difference in helping me through this challenge.

*May God's blessings be with you all,
~Jim Barber*

October



- 10/01: Beth Romeo, Kristen Samuel, Lois Wightman
- 10/03: Bunny Hall
- 10/04: Bob Kuhlman, Dorothy Tominac, Herb Lamkin
- 10/08: David Hall, Mary White, Christian Cole
- 10/09: Robert Behrens, Anne Dearth
- 10/10: Trevor Samuel
- 10/12: John Holden, Matthew Nyquist
- 10/13: Lois Riopelle, Karen Fuller, Ian Schwartz
- 10/14: Marion Zimnicki
- 10/15: Isabelle Watts
- 10/17: Alison Drzinski
- 10/18: Alaina McQuillan
- 10/19: Shirley Painter
- 10/20: Addison Johnson, Micah Johnson
- 10/21: Randy Samuel, Emily Milam
- 10/22: Glenn Maggard, Katherine McFadden
- 10/23: Helen Adams, Lynne Blosser, Kelly Nyquist
- 10/25: David Smith, Leah Setterlun
- 10/26: Laurie Gentinne, Tony Saylor, Anne Witkowski
- 10/28: Marshall Dicks, Devin Nagy
- 10/29: Marsha Baumgartner, Lauren DeHamer
- 10/30: Sam Brushaber, Jean Clarkson, Suzanne Smith, Louis Meyers

Sunday Morning Worship 10:00 am

October 7 / - Communion, Rev. Dave Bleivik

October 14 / - Rev. Dave Bleivik

October 21 / - Rev. Dave Bleivik

October 28 / - Rev. Dave Bleivik

Newsletter of The First Presbyterian Church of Dearborn
600 North Brady Road
Dearborn, MI 48124
(313) 274-1313 / Fax (313) 274-4852
firstpresdearborn.org

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Our Vision

Sent with a Prayer

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Rev. Dr. David Bleivik

Parish Associate
Rev. Don Wright

Children's Ministries Director
Beckie Dicks

Youth Ministries Director
Jonathan Mallard

Educational Coordinator
Ann Bleivik

Director of Music
F. Marshall Dicks, M.M.

Parish Nurse
Chris Mayer, R.N.

Are you praying for Vision?
Pastor Dave