



The FPC Newsletter

601 Pine Street Klamath Falls, Oregon 97601

February 2018



Pastor John's musings....

You either “invest or you manage decline”!

I quoted this phrase in a sermon a few weeks ago.... It originated with City Manager Nathan Cherpeski. It is an axiom or statement of truth that is a reality in virtually every area of life. The type of investing may well look different based on the area life: whether it is financial or economical, physical or mental, relational or spiritual. Though it may look different, the need to invest remains the same.

One of those areas we are called to invest or we will simply be managing decline is furthering the Kingdom of God in Klamath Basin and at First Presbyterian Church Klamath Falls.

One of the reasons God has called me as your pastor is to help propel and lead our church into God's future for us. One simple way in the very near future: attend our All-church annual congregational meeting. You may have attended one in the past and thought, “that was good” or “that was a waste of my time”. I promise you this will be a meeting that will help us “invest” and navigate the future God is calling us to.

All-church Annual Congregational Meeting
Sunday morning February 25th
One worship service at 9:00 a.m.
(blended worship)
Potluck brunch 10:15 a.m.
Congregational meeting 11:00 a.m.

Where we will:

Celebrate where God has been in FPC this past year.

Cast vision as we look forward to where God is leading us.

Elect and approve a nominating committee who will be seeking new Elders and Deacons.

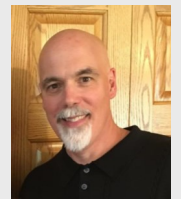
Learn about the church budget for 2018 that our Session has approved.

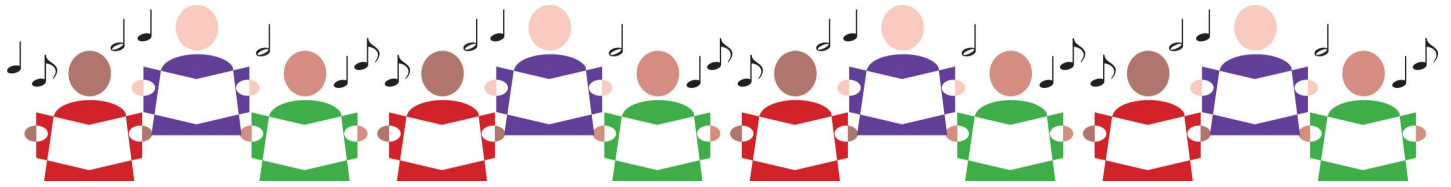
We will burn the sins of our past.... Oh we already did that.

So folks, mark your calendars! We are planning on having the meeting in the fellowship hall. Wouldn't it be wonderful if so many people attended that we had to move it up into our sanctuary?

In God's grip, because Gods grip is always the strongest one,

Pastor John





Singing in a church choir is a calling. Every singer who has participated Wednesday nights, every Sunday morning and special holidays knows what a commitment it can be.


But, it also means volunteering with a congenial and caring group of people. Church choirs support good congregational singing and I think their visual presence is an encouragement to the congregation.

Christians are a singing people and our traditional choir is an open and welcoming group. I would invite anyone considering joining the church choir to come on Wednesday evening at 6:30 - we would love to have you add your talent to the 11:00 service.



Susan Scrimsher

“Be still and know that I am God” Psalm 46:10



Calling women to come and be still and pray for our pastor, our church, and our community, once a week for 1 hour. Belinda Reno (884-7781) can fill in day, time, and place we meet. I'm open to meet anytime that works best for the church. Blessings to you all, and hope to meet you soon!

Donna Herndobler

Women's Prayer Group



"Give all your worries and cares to God, for he cares about you," 1 Peter 5:7 NLT

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All-church Annual Congregational Meeting
Sunday Morning February 25th
One worship service at 9:00 a.m.
(blended worship)
Potluck Brunch 10:15 a.m.
Congregational meeting 11:00 a.m.

Please consider bringing: Bagels, cream cheese, donuts, fruit, breakfast casseroles and whatever else you might enjoy sharing with us.





Featuring local providers
 Ticket Information:
 online:
www.thrivenow.info

or
 Thrive NOW
 6510 South Sixth Street #213
 Klamath Falls, OR 97603

Integrative WOMEN'S HEALTH CONFERENCE

An event that will both inspire and ignite you to live your best and healthiest life, and bring to you hope, even in the face of a chronic or life threatening illness.

Topics to be covered:

- Naturopathy - Thermography
- Pain Management - Why Organic Foods
- Recognizing Your Intuition - Supplementation
- Medical Self-Advocacy - The Individual Journey
- Optional/Additional Therapies
- Local Cancer/Chronic Illness Testimonies

Saturday, February 10, 2018, 8:30am - 4:00pm
 \$10.00 (includes organic salad bar lunch +)
 New Horizon CF - 1909 Homedale Road

A big THANK YOU, thank you, thank you to Zone 5 residents for making the first "Second Sunday Brunch" such a wonderful success. The food provided was wonderful, easy to eat and looked amazing. Thank you to all who helped out, every little scone, muffin, bit of fruit and glass of juice was perfect. Many of you, some not in Zone 5, jumped in and helped get things ready, others stayed to help clean up. Your every effort was appreciated. You outdid yourselves and made me proud to be your Chairman. The congregation and I really appreciate your efforts Sunday morning.

Charlie Dehlinger, Parish Zone 5 Chairman

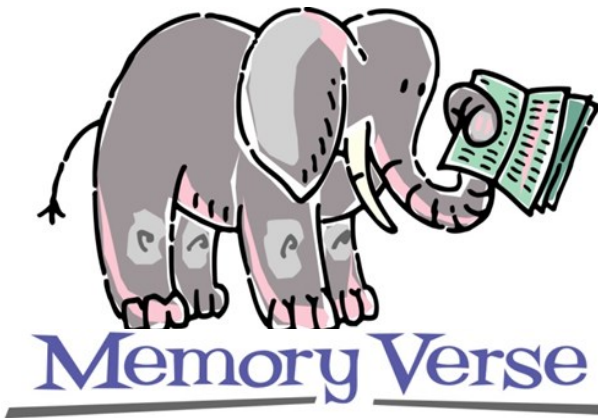
Sandy Couch - pictures



The next 2nd Sunday Brunch will be on Feb. 11th at 10:15 (between services) with Parish Zone 6 and Janell Knutson & Bryan Coe Co-chairpersons



Children's Ministry



Take Pastor John's challenge to learn some important Scripture verses! Recite this verse to him and receive a special gift!

**Those who know
your name trust in
you, for you, LORD,
have never
forsaken those
who seek you.
Psalm 9:10**

We have been working through *What's In the Bible* by VeggieTales' creator Phil Vischer. January we learned about the Historical Books, Joshua, Judges and Ruth. This month we will explore King Saul, King David and King Solomon. This curriculum is full of fun lessons that teach us about the Bible and help us grow in our faith and relationship with Jesus!

If you have an article you would like to submit for the March FPC Newsletter, please have it to the office by Feb. 19th.



Wonder by R. J. Palacio

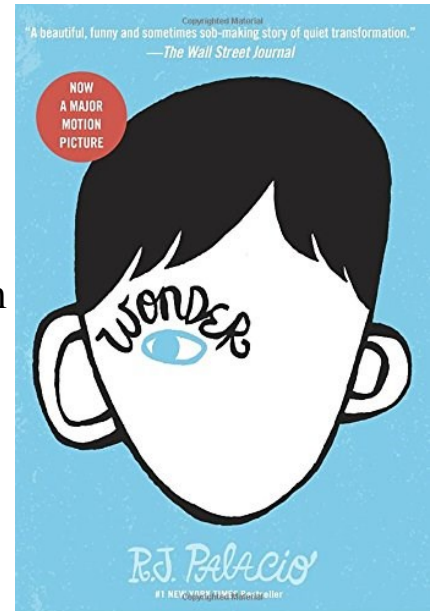
Now a major motion picture starring Julia Roberts, Owen Wilson, and Jacob Tremblay!

Over 6 million people have read the #1 *New York Times* bestseller **WONDER** and have fallen in love with Auggie Pullman, an ordinary boy with an extraordinary face.

The book that inspired the Choose Kind movement.

August Pullman was born with a facial difference that, up until now, has prevented him from going to a mainstream school. Starting 5th grade at Beecher Prep, he wants nothing more than to be treated as an ordinary kid—but his new classmates can't get past Auggie's extraordinary face. **WONDER**, now a #1 *New York Times* bestseller and included on the Texas Bluebonnet Award master list, begins from Auggie's point of view, but soon switches to include his classmates, his sister, her boyfriend, and others. These perspectives converge in a portrait of one community's struggle with empathy, compassion, and acceptance.

Amazon.com



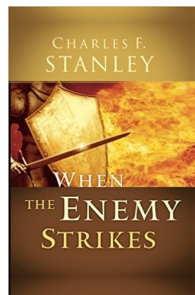
When the Enemy Strikes: The Keys to Winning Your Spiritual Battles by Charles Stanley

Your enemy is strong. The battle is real. Prepare for victory.

Fear, discouragement, loneliness, anger, temptation. These struggles are common to every human. Yet not all circumstances or negative emotions originate within.

They could be the result of a willful, coordinated assault of Satan.

In *When the Enemy Strikes*, best-selling author Dr. Charles Stanley explores the often-overlooked reality of spiritual warfare, the tactics used by Satan to taunt, confuse, slander, and harm. Your adversary wants to crush your will, delay your promise, hinder your destiny, destroy your relationships, and lead you into sin. Dr. Stanley reveals how you should respond. *Amazon.com*



Searching the Scriptures: Find the Nourishment Your Soul Needs by Charles R. Swindoll

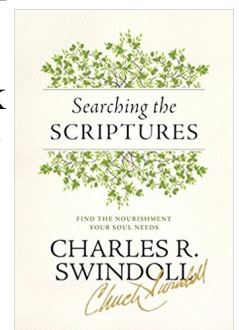
2017 ECPA Christian Book Award Finalist (Christian Living category)

Are you getting the spiritual nourishment you need?

Optimal health requires optimal nutrition. The same is true spiritually speaking. Without sufficient and regular biblical nutrition, our inner lives begin to suffer the consequences.

We become shallow and selfish, more demanding and less gentle, and quick to react impatiently, rashly, and angrily. These are telltale signs of inner malnutrition.

Chuck Swindoll shows us how to dig deep into Scripture and uncover its profound truths for our lives. *Amazon.com*





Ash Wednesday Service of Worship February 14th 6:30

What is Ash Wednesday?

Ash Wednesday is a Christian holiday that signifies the first day of Lent. While Ash Wednesday and Lent are not mentioned in the Bible, it has been celebrated since the fourth century. It was originally celebrated by Catholics but is now observed by many Christians including Anglicans, Lutherans, Presbyterians and some Baptists.

Lent is the forty-six day period between Ash Wednesday and Easter. If you have ever heard the expression “giving up something for Lent,” it is because originally people fasted forty days in preparation for Easter. The other six days of Lent were feast days celebrated on Sundays. The reason behind fasting is to imitate the forty days that Jesus spent fasting and resisting the temptation of Satan in the desert (Matthew 4:1-11). Giving up something for Lent is a time of reflection and penitence leading up to Easter Sunday.

The ashes that are “imposed” or “dispensed” in the shape of a cross on our foreheads usually are made by burning the palms from the previous year. When the pastor or priest imposes the ashes, usually Scripture is recited: “Repent, and believe in the Gospel” (Mark 1:15) or “For dust you are and to dust you shall return” (Genesis 3:19).

*Be shepherds of God's flock that is
under your care, watching over them -
1 Peter 5:2a*



Our shepherd, Pastor John Geiter, would like to get to know his flock. We are scheduling more opportunities for you to attend one of these “Meet & Greet” gatherings. These gatherings will consist of no more than 8 people at a time. Pastor John will have several questions he will ask and you can answer as you feel led. Pastor John will answer too.

The new dates are:

February 8th 6:30 p.m. Thursday

February 27th 6:30 p.m. Tuesday

February 20th 6:30 p.m. Tuesday

February 28th 3:30 p.m. Wednesday

Please only sign up for one gathering. These small group meetings will take place in the FPC Library. Sign-up sheets will be in the lobby every Sunday. Come and get to know your pastor!



For many, New Year's is that dreaded step on the scale and a promise to lose weight; sound familiar? Why is it that our intentions are well meaning but we fall short of our goal; lose weight, exercise more, eat healthier, etc. Where is the disconnect? Could be many reasons; do any of these sound familiar?

- Many folks set goals to get healthy because the pain of staying where they are has finally eclipsed the pain of change. And while that is a good start, the motivation begins to fail when we see a weight we haven't seen for a while or we start feeling better or folks start noticing. We think to ourselves, "I've got this!" And when the motivation begins to go, then we begin to "white knuckle" it through each meal using sheer will power to sustain the new habit. Once that happens, it is a slippery slope and more and more of the old habits begin to emerge and then finally the collapse of the new habit. That is called an oscillating pattern or in the case of weight loss, yo-yo dieting.
- You are not feeling well and so you go to the doctor only to be told that you have high blood pressure or diabetes or something else and he needs to put you on medications. Or your spouse makes a comment about how your jeans are fitting or comments on your huffing

and puffing as you climb the steps. Or maybe your child makes a naïve (but truthful comment) on how you are starting to look like Santa Claus! Any one of those scenarios would make you serious about your health, right? Funny thing, motivation to be successful at weight loss (or anything else) must come from within. Those examples might be triggers but alone will probably not sustain you long term.

- You join the gym, start a new diet and even join a weight loss challenge at work but after the first week, you are so sore you can't move, you are tired of your diet food and there isn't enough of a payoff even if you win the challenge to stick this out! Making a change that sticks starts small and the key to success is not perfection but persistence.

Next month, we will look at some baby steps you can take to make 2018 the year of a healthy new you!

Valerie Picard
Independent
Certified Health Coach



Our next
Senior Luncheon
Pot-luck is
Monday,
February 19th
at noon in the
Fellowship Hall.

Please join us for
lots of fun,
fellowship,
and great food!

First Presbyterian Church

601 Pine Street

Klamath Falls, Oregon 97601

(541) 884-7781

Return Service Requested

FPC Elders

Heidi Neel Biggs

Don Boyd

Barb Dehlinger

Dave Pollard

Craig Rappe'

Steve Schultz

Andrew Smith

Laura Stewart

Mitch Stokes

Keith Stone

Rich Touslee

Gay Woods

Contacts at First Presbyterian Church

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Susan Scrimsher - Choir Director

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Mary Kern -

Praise Team Director

maryekern@hotmail.com &

Children's Ministry Director

childrensministry@klamathfpc.com

Belinda Reno - Administrative Assistant

breno@klamathfpc.com

Prayer requests: contact@klamathfpc.com

WEBSITE: www.KlamathFPC.com

601 Pine Street

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FPC Deacons

Randy Clark

Brian Coe

Charlie Dehlinger

Denny Fullerton

Janell Knutson

Terrie Mumford

Sharon Nelson

Judy Swan

Lee Woods

