

JUNE 2018

TWO WAYS TO BE IN MINISTRY THIS SUMMER!

THE LIBRARY AND THE LABYRINTH

Sign up on Mission Central by June 17th
if you would like to be involved in these Ministries!

THE LABYRINTH At their last Session meeting your Elders began to discuss creating a permanent labyrinth in the lot across from the church.



This would replace the mown grass labyrinth with permanent stone/brick/paving stones labyrinth which will be much easier to maintain. In addition the session discussed making it an accessible labyrinth so that those in wheelchairs and with walkers will be able to use our Labyrinth. If you go online you will find many different ways that labyrinths can be created. Take a look at The Labyrinth Society, labyrinthociety.org, or at Veriditas, the site of Lauren Artress who reawakened interest in Labyrinths over 20 years ago: veriditas.org

If you would like to explore this change to our Labyrinth and the gift it is to our community with me, please sign up on Mission Central by June 17th!

THE LIBRARY

It is time to update our Library and make it more user friendly. I've been to several church libraries who have left Dewey Decimal behind and shelved their books by Category: Old and New Testament, Bible Study, Children, Novels, Biography, etc. Would you like to join a committee to clean up our library and make it more welcoming and explore easier ways for people to borrow books? Please sign up on Mission Central by June 17th if you'd like to join me in re-inventing our Church Library.

I'm looking forward to these two new ministries, will you join me? Becky



FIRST PRESBYTERIAN CHURCH STAFF

The Rev. Becky Sherwood	Pastor
Karol Ellison	Church Secretary
Laura Brown, R.N.	Parish Nurse
David Blakey	Choir Director
Gail Glockhoff-Long	Bell Choir Director
Linda Miller	Organist
Sarah Lack	Nursery Attendant
Cathy Dillon	Indoor Custodian
Marty Ellison	Outdoor Custodian

Please Keep Our Nursing Home and Homebound Members in Your Prayers

Friendship Manor: Mary Glockhoff, Marynell Kirkwood, Mary Catherine Sneed;
The Fountains: Dorothy Horton; Good Samaritan Village, Geneseo: Kay Etzel;
New Perspective, Silvis: Florence McCaulley; Park Vista: Carol Brewer, Betty
Hogue Personal Residences: Shirley Belanger, Ted and June Frels, Lloyd
Strohm, Bev Warren

***Please remember in your prayers those who serve in the armed forces.
May God bring comfort to them and their loved ones, until all are reunited
in peace.*** Lance Corporal William (Billy) Betsworth, Bethel's grandson, Both
Michael and Caleb Kassehin are in ROTC through the National Guard. Cap-
tain Kyle Curry, Minnesota Army National Guard

***Please keep our college students in your prayers, that they may know God's
love and guidance:***

Ines Kassehin—Pharmacy School, Caleb Kassehin--Univ. of Iowa, Jack
McNeil—DePaul University, Katey Maxwell & Lathan Reynolds—Black
Hawk College. If you have a college/technical school student to add to
this list please call the church office.

**Password for the current newsletter on our webpage
firstpresbyem.com:**

Username: fpc Password: messenger

are likely to prescribe lifestyle changes and may consider adding blood pres-
sure medications.

Hypertension Stage 2 is when blood pressure is consistently ranging at levels of
140/90 mm Hg or higher. At this stage of high blood pressure, doctors are
likely to prescribe a combination of blood pressure medications along with
lifestyle changes.

Hypertension crisis is when high blood pressure requires medical attention. If
you blood pressure readings suddenly exceed 180/120 mm Hg, wait five
minutes and test again. If your readings are still unusually high, contact your
doctor immediately. You could be experiencing a hypertensive crisis.

9-1-1: If your blood pressure is higher than 180/120 mm Hg and you are experi-
encing signs of possible organ damage such as chest pain, shortness of
breath, back pain, numbness/weakness, change in vision, difficulty speak-
ing, do not wait to see if your pressure comes down on its own. Call 9-1-1!

Get your blood pressure checked soon... I can help with that!
Blessings!

Laura Brown, RN
Parish Nurse

***Don't forget that Laura is available "on-call" during the week. You can call
her at 309-314-5605.***



PARISH NURSE NEWS

A Message from The American Heart Association

This month's information is taken from American Heart Association website. High blood pressure (HBP or hypertension) puts your health and quality of life in danger. Left uncontrolled or undetected, high blood pressure can lead to: heart attack, stroke, heart failure, kidney disease or failure, vision loss, sexual dysfunction, angina, and peripheral artery disease.

When your blood pressure is too high for too long, it damages your blood vessels — and LDL (the bad one) cholesterol begins to accumulate along tears in your artery walls. This increases the workload of your circulatory system while decreasing its efficiency. As a result, high blood pressure puts you at greater risk for the development of life-changing and potentially life-threatening conditions.

Your best protection is knowledge, management and prevention: Know your numbers, — the best way to know if you have high blood pressure is to have your blood pressure checked.

Understand the symptoms and risks — Learn what factors could make you more likely to develop high blood pressure and determine your risk for serious medical problems.

Make changes that matter — take steps to reduce your risk and manage blood pressure. Make heart-healthy lifestyle changes, take your medication as prescribed and work in partnership with your doctor.

The five blood pressure ranges as recognized by the American Heart Association are:

Normal blood pressure is when readings are within the normal (optimal) range of less than 120/80 mm Hg. Keep up the good work and stick with heart-healthy habits like following a balanced diet and getting regular exercise.

Elevated blood pressure is when readings are consistently ranging from 120-129 systolic and less than 80 mm Hg diastolic. People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control it.

Hypertension Stage 1 is when blood pressure is consistently ranging from 130-139 systolic or 80-89 mm Hg. At this stage of high blood pressure, doctors



CONGRATULATIONS TO OUR 2018 GRADUATES! HONORING OUR HIGH SCHOOL, COLLEGE, TECHNICAL SCHOOL & GRAD SCHOOL GRAD- UATES DURING WORSHIP ON JUNE 10TH

Anna Barrigah, daughter of Ben and Adele Barrigah, graduated from Glenview Middle School and will be moving on to United Township High School.

Greg Layer, son of Brian and Ella Layer, graduated from Moline High School. He will be attending United States Military Academy, West Point, NY.

Devin Reynolds, son of Charles and Tina Reynolds, graduated from United Township High School. He will be attending Black Hawk College.

Kyle Ellison, son of Marty and Karol Ellison, graduated from United Township High School. He will be attending Black Hawk College.

Emma Ellison, daughter of Marty and Karol Ellison, graduated from Glenview Middle School and will be moving on to United Township High School.

Bob and Jan Haigh's granddaughter Melody Haigh, graduated from Illinois State University with her Elementary Education degree.

Chuck and Mary Lou Massa have two grandsons graduating from United Township High School: Harrison Davis will be attending University of Nebraska. Garrett Massa will be attending Iowa State University.

Mark and Denise Maxwell's granddaughter Taylor Young graduated from St. Ambrose University with a degree in Business Management and Accounting.

Bobbi Petersen's granddaughter Sara Carr graduated from Limestone High School in Bartonville, IL. She was Valedictorian of her class. She will be attending University of Iowa Pharmacy School.

Ginny Wruck's twin grandsons Jacob and Joshua Powell graduated from Moline High School. Jacob will be attending Northern Illinois University majoring in Computer Science. Joshua will be attending University of Northern Iowa majoring in Computer Science.

Grief Support Group

Grief is a part of all of our stories. It makes us feel crazy or out of control at times, or even stuck. Grief Support Group offers a place to learn about healthy grief, to listen and learn from others' who have experienced grief. It is a safe place to tell your story. Grief Support Group meets every other Tuesday morning from 10-11:30 in the church library. There are no fees or attendance requirements. All are welcome. June's meeting dates are the 12th and 26th. For more information, contact Laura Brown, 309-314-5605.



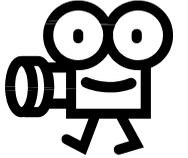
SAVE THE DATE SUNDAY SEPT. 23RD BUNCO BLAST

On Sunday September 23, we will hold our Second Annual Bunco Blast at Short Hills Country Club. Items for Raffle Baskets are being collected now! Questions or Donations? Talk to Betsy

McKnight Latko or Karen Paytash.



2ND FRIDAYS AT THE MOVIES *Fun, Food, Fellowship...And A Movie!* FRI. JUNE 8TH—6:30 PM—YOUTH ROOM MOVIE: COCO



From Netflix: In Disney Pixar's vibrant tale of family, fun and adventure, an aspiring young musician named Miguel embarks on an extraordinary journey to the magical land of his ancestors. "Come get a new understanding of the Mexican festival of the celebrations and experience a heart-warming story of family and following your dreams!

PLEASE BRING a movie munchie to share and join the fun! *We decide on the next month's movie at the end of the night, so bring your suggestions!* **NEED A RIDE?** Call Pastor Becky

JOIN US 2ND SATURDAYS TO CREATE PRAYER SHAWLS!

JUNE 9TH, 9:00 TO 11:00 A.M.

FIRST-TIMERS & BEGINNERS ALWAYS WELCOME!



WHAT DO I DO WHEN I TAKE A SHAWL? #1

Please put your name and the number of shawls you've taken in the Prayer Shawl Book on the counter above the Shawls AND #2 Take one of the tags on the counter and attach it to the Prayer Shawl! We would love to welcome some new people to this group, the yarn is provided...we just need your knitting or crocheting fingers!

Presbyterian Women

JUNE 5TH

“Cloud of Witnesses--

The Community of Christ in Hebrews

We meet the 1st Tuesday of each month at 1:00 p.m.

Please join us on May 1st, we will be discussing Lesson 6: In Community with the Reality of the Present.

If you would like a Study book, talk to Sandy Kirchhoff.



PRESBY SENIORS

Presby Seniors will meet on JUNE 27TH at Noon.

We meet on the 4th Wednesday of each month, except November
at high NOON and *WELCOME*
all who consider themselves “Seniors!”

at The Deerfield Inn Restaurant.

2215 John Deere Road, East Moline

Pastor Becky drives the church Minibus to the luncheon each month. If
you would like a ride to the Lunch
please contact the church office by Tuesday morning
before the Wednesday lunch. *See YOU There!*



**FATHER’S DAY—JUNE 17TH—
WEAR A TIE TO SHOW YOUR LOVE!
A FIFTH YEAR OF STUNNING TIES!**

On Father’s Day, EVERYONE is invited to wear a tie to honor fathers, grandfathers and men who are like fathers in our lives. Women, children & men, let’s find the most memorable, funny, or ugly tie and wear them....with whatever you are wearing that day...in honor of all those dads who’ve gotten ties through the years. We have a few hand-me-down ties for those who forget, or don’t own a tie—if you find yourself getting rid of old ties...bring them to the church, so they’ll be on hand for next Father’s Day!



JUNE 24TH, ALL CHURCH POTLUCK—RIGHT AFTER THE WORSHIP SERVICE!

Outreach and fellowship will provide setup and drinks. Please bring your “Yummy” dishes to share: salads, deserts, main dishes, side dishes and enjoy fellowship with everyone around the tables! If you’re not a cook, donations will be accepted by Laura Brown or Ella Layer and we’ll do the shopping and cooking for you. And remember this isn’t a Baking Competition on the Food Network, this is about fun and food and fellowship! It won’t be the same without YOU!



SUNDAY SCHOOL FOR ALL AGES!

“Continuing on the journey of faith.”

4 year olds through 12th Graders —Sunday School will resume in the fall

Adults—Good News Bible Class by the Elevator

The Good News Class—Studying the Bible with the Presbyterian Church! There is no prep, just come to the classroom by the library and we'll read and learn together

The 2nd Floor Seeker's Class—Will resume in the fall!



ATTENTION ALL YOU WHO BUY ALTOIDS AND/OR SUCRETS —

Denise Maxwell is collecting small tins such as the ones you get with Altoids or Screts. She is collecting these for Sunday School or maybe VBS.



YOUTH GROUP

SUNDAY JUNE 3RD

5:00 TO 8:00 P.M.

PIZZA & A MOVIE!

Come make your own personal pizza (crust, cheese



&

sauce provided), you bring enough of a favorite pizza topping to share with four people! Then we'll watch a movie together and munch on our creations! Other movie munchies will also arrive. If you have a favorite munchie or favorite movie to suggest, talk to

Pastor Becky. **PLEASE SIGN UP ON MISSION CENTRAL BY JUNE 3RD so there are enough pizzas for you!** And don't forget to invite a friend!



GENERAL ASSEMBLY--PRAYING FOR OUR NATIONAL



Thank you for an amazing September to May of beautiful music that helped us praise our God through your beautiful voices and bells and puppets! You are such an important part of our Sunday morning worship and we want you to know how thankful we are for the ministry you do in our midst through music and puppets. We can't wait to welcome you back in the fall!

Blessings on your summer,

Pastor Becky for the FPCEM Congregation

WILL YOU SHARE YOUR GIFT OF MUSIC WITH US THIS SUMMER?

During the summer our Chancel Ringers and Singers take a much-deserved break, which creates an opportunity for **YOU** to share music with us. Would you like to help lead us in worshipping God, through singing or playing an instrument? If you are interested, please sign up on Mission Central. Then, if you need an accompanist, please talk to Linda ASAP so you can set up a time to practice! Please consider sharing your gifts with us!

Thank You, The Worship and Music Commission





Dear Friends,

On behalf of Family Resources thank you for your continued support and donation of \$400 to support our Braking Traffik services. You may begin to see information about our Survivor Services Department. This Survivor Services umbrella consists of: domestic and sexual abuse comprehensive services, labor and sex trafficking services, survivors of homicide and other violent crimes, sheltering and housing services, and our engaging males service to provide mentors to male youth.

Last year, our Survivor Services Department provided direct services, training and education to more than 40,000 individuals throughout our communities in Eastern Iowa and Western Illinois.

Warmest Regards,
Nisha Ladlee
Director of Development

THANK YOU TO THE SUNDAY SCHOOL CHILDREN!

Our children with the help of their awesome teachers, Denise Maxwell and Barb Newburg, colored get-well greetings cards for friends and members in nursing homes and hospitals and attached them to cute mini stuffed animals and gave them to me to deliver!

Children! I have now seen your animals propped up on hospital trays, and riding down an assisted living residence in someone's walker basket. What I've seen most is huge smiles as those who haven't been feeling well, get your gift and know that their church and the children of their church care about them and are praying for them. Thank you for your amazing ministry!

THANK YOU MUSICIANS, PUPPETEERS AND DIRECTORS!

Dear Chancel Singers and Director David Blakey, Chancel Ringers and Director Gail Glockhoff-Long, Youth Choir and Director Margo Murdock, and His Hands Puppets and Director Carol Curry,

CHURCH

JUNE 16-23, 2018, ST. LOUIS, MO

PLEASE ADD OUR DENOMINATION

TO YOUR DAILY PRAYERS JUNE 16TH TO 23RD!

Every two years Elders and Ministers of the Presbyterian Church (U.S.A.) gather together to worship, to make decisions about who we are, to learn and to be in fellowship together. You can "attend" this gathering online by going to the homepage for G.A. and watching the live stream at ga-pcusa.org

On Saturday June 16th -- you can watch the opening worship. It is amazing to witness thousands of Presbyterians

together worshipping God. I got to attend in 2001, and I still remember the power of singing hymns together. Consider seeing "your" church in action and in worship!



From the G.A. Home Page: The General Assembly of the Presbyterian Church (U.S.A.) meets biennially in even-numbered years. It consists of commissioners elected by each of its 173 presbyteries. The GA is full of activities: business sessions, committee meetings, an exhibit hall, daily worship services, and mission tours sponsored by the Committee on Local Arrangements.

The assembly acts on hundreds of items of business, which it receives through the reports and recommendations of various assembly entities, and through overtures from synods and presbyteries.

The 223rd General Assembly (2018) will be held in St. Louis, Missouri - June 16 - 23.

VACATION BIBLE SCHOOL--JULY 15-20



CALLS CHILDREN AND ADULTS
OF ALL AGES!

4 year olds to Going-Into 5th Graders (and 3
year olds welcomed if accompanied by a parent
at all times!)

Registration Deadline: Sunday July 1st

Registration Forms are in this Newsletter
and can be found at the church.

**PLEASE INVITE THE CHILDREN OF YOUR NEIGHBORHOOD,
FRIENDS AND RELATIVES TO JOIN US....THIS IS A GREAT WAY TO SHARE THE
GOOD NEWS OF GOD'S LOVE WITH CHILDREN!**

WE NEED VOLUNTEERS, FOR ONE NIGHT OR ALL OF THEM!

PLEASE SIGN UP ON MISSION CENTRAL!

Vacation Bible School Volunteers of ALL AGES Needed

Planning has begun for Vacation Bible School. "Rolling River Rampage--Experience the Ride of a Lifetime with God!" is our curriculum this year. We are looking for your help with individual session helpers (music, games, crafts, food..), group leaders (shepherd children from session to session), you name it— we can use you. *If you're shepherding a group we hope you can be there Sunday through Thursday for consistency for our youngest kids.—IT REALLY DOES MAKE A DIFFERENCE FOR THEM.* Otherwise, volunteer for an hour, a day, whatever fits your schedule!
PLEASE SIGN UP ON MISSION CENTRAL!

GOING-INTO 6TH GRADERS you get to be Jr. Leaders—in one of the four groups! **GOING-INTO 7th-12th GRADERS**—we need all of you, in all areas ...especially helping an adult shepherd a group around. **ADULTS—Not sure where you'll fit?** Talk to Wanda White, VBS Director, or Pastor Becky, Thank you! Your Christian Education Commission

**THE APRIL-MAY-JUNE MISSION PROJECT
FOR THE ARROWHEAD RANCH, Coal Valley**

During the Spring your Mission Commission invites you to help the Arrowhead Youth and Family Services with supplies to help the youth who live there. Please bring to the cart in the hallway:

CHECK OUT THIS LIST THERE ARE NEW ITEMS!

First Aid Supplies

Boys white socks, size 8-11

Bath Towels

Combs and Brushes

Deodorant

Toothbrushes and Toothpaste

Twin Sheet Sets

Headphones

Copy paper and markers

Frisbee Golf Discs

Fishing Poles

Regulation basketballs, volleyballs, footballs, softballs and baseballs

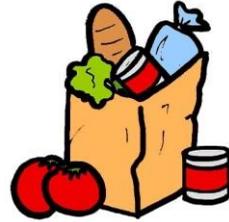
Pool Equipment: goggles, snorkel masks, diving rings and kick-boards

Board Games for 13-17 year olds: Suggested games they need: Risk, Sequence, Backgammon, Connect Four. If you are going to give one of these gifts *please cross it off the list by the cart before you purchase it* so we get a variety of games.

BOOKS FOR THE LIBRARY. There are still a few left on the list, *cross of the one you are going to purchase before you buy it*, so others know its covered!

Thank you!, Your Mission Commission

We really appreciate the many cash donations and the food we find in the cart. Special thanks, too, for keeping us in grocery sacks – we go through a lot of them!



During the month of April we helped 82 families which were composed of 168 adults and 149 children. It's amazing that we continue to add new families daily. We currently have over 400 names in our database as the need continues to grow. Everyone we serve is thankful for the help and usually say so. We have heard "God bless you" many, many times and want you to know that you are a part of this ministry whether you donate time, food, money, or prayers. It's always interesting at the food pantry. **Please consider** a donation or volunteering for an afternoon shift (like Colleen Jordan did!). Our open hours are Tuesdays and Fridays from 1-4 pm. Both shifts include stocking shelves, inventorying donations, etc., as well as helping our 'clients' pick out the food they need.

Our ongoing needs aside from monetary donations are: plastic grocery bags, toilet paper, corn bread/muffin mix, any canned **fruit** or vegetables, canned tuna/ham/chicken, boxed dinner mixes, instant mashed potatoes, **cereal** – almost anything to make a meal. (We are currently loaded with green beans but can use any other vegetable). All food items must be within their "fresh date" per Churches United regulations. We use some of the cash donations to buy fresh milk and eggs. Bread products are donated by Silvis Hy-Vee.

We are so happy to have Jim and Linda Barber back as volunteers and continue to thank Paul Glockhoff and Chuck and Mary Lou Massa for their constant support as well as Pat Wendt who picks up bread from Hy-Vee and Candy Wendt and Betsy Latko who fill in as needed, sometimes on short notice! We also have several faithful volunteers from Gaines Chapel and elsewhere.

Again, thank you all for your support and prayers and please feel free to ask any of us questions you may have.

Until next month-
Mike & Pat Tyler

SNACK LIST:

- 6 gallons of 100% juice
- 2 bags large pretzel sticks
- 2 bags Pull-n-Peel String Twizzler's licorice
- 3 boxes multi-color fish shaped crackers
- 7 large boxes of chocolate instant pudding
- 2 packages of Oreo cookies
- 1 bag small pretzel sticks
- 2 boxes graham crackers
- 1 pkg. toothpicks

CRAFT LIST:

1. Shoe boxes (for dioramas)
2. Aluminum foil
3. Transparent blue cellophane (two rolls should do)
4. White glue bottles
5. Glue sticks
6. Different shades of blue fabric dye & paint (or \$\$)



A Note from the Finance Commission:

April Income	= \$10,053
April Expenses	= \$16,883
January-April Income	= \$70,262
January-April Expenses	= \$65,838

UPDATES TO THE WEBSITE-- firstpresbyem.com!

1. Becky's Sermons are now on the Web Site. Great for our shut-ins but also for our deacons and elders! How often do you remember to pick up a copy of last week's sermon? When you go visit, you can now quickly print a copy from the web site.
2. Even if you don't have Facebook, you can click on the line "Check out our Facebook Page" FPCEastMoline, and see all the photos that have been posted.
3. Gallery pictures have been updated on the Website. Corrections have been made to content.



PICKER'S PARADISE JUNE 9TH

On June 9th the Annual Pickers Paradise will be held in the 600 Block of 15th Avenue in Downtown East Moline from 7:30 AM to 2 PM. Dozens of vendors will display their wares. Flea market, collectibles, and anything someone wants to sell and someone else may want to buy will be on display.

THE OUTREACH AND FELLOWSHIP COMMITTEE WILL SET UP A CARD TABLE TO ADVERTISE VBS AND THE BLESSING OF THE ANIMALS AND INVITE THE COMMUNITY TO OUR CHURCH DURING THE ANNUAL PICKER'S PARADISE.

Our goal is not to make money, but we would like to sell enough to help with Camp Scholarships for our children and youth. We need your donations of SMALL items that would sell for \$1 or more. No clothes, appliances, or books because our space is small.

There will be a couple of tubs in the library for you to leave your donations. If you have something breakable, use a piece of newspaper to wrap. Thank You!, Your Outreach and Fellowship Committee

AN IMPORTANT REMINDER FROM YOUR MISSION COMMISSION: THREE WAYS TO HELP! ON OUR 3RD SUNDAY OF THE MONTH MISSION—



The Mission Commission invites you to **#1**— bring food for the **Food Pantry**, and to **#2** — bring aluminum pop/beverage cans to support the **Children & Youth Going to Church Camp**. Please make sure pop cans are rinsed out, and **#3** — don't forget to take off the pop tabs (and other kinds of pull tabs too!) and bring them to support the **Ronald McDonald House in Iowa City**. Please join us in our mission!

MEAL SITE MONDAYS THE 3RD MONDAY OF EACH MONTH

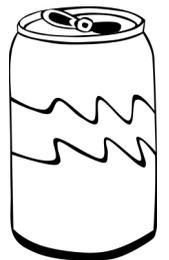
Our church serves the meal at Mt. Zion Baptist Church at 6:00 p.m. as part of the Churches United Meal Site Program.

3RD SUNDAY BEVERAGE CAN COLLECTION CONTINUES!!!

HELP OUR CHILDREN & YOUTH GO TO
SUMMER CHURCH CAMP!

A Mission Project of the FPCEM Youth Group!

The collection of beverage cans for recycling will continue! The funds that were once raised for the First Day Fund will now help our Children & Youth go to summer Church Camp at Stronghold! So on the 3rd Sunday of Each Month just drop your bag of cans by the front walk and the youth will do the rest! (And don't forget to save those Pop Tabs for the Ronald McDonald House ; just drop them in the House on the bookshelf in the library!)



Watertown Food Pantry News