

HERE AND NOW!



March 2019

Volume 66, Issue 3

First Presbyterian Church of Bismarck, ND



ASH WEDNESDAY ~ MARCH 6TH

Please join us for a special worship service on Ash Wednesday, March 6th, 2019 at 7:00 p.m. Prior to the service, the Membership Committee along with the Christian Education Committee and our Youth will be hosting a Soup Supper starting at 5:30 p.m. in the Parlor. Everyone is welcome! Soup, bread, coffee, juice, and water will be served. There is a sign-up sheet for the congregation to sign-up to bring their favorite soup or dessert to share.

Ash Wednesday is the first day of the season of Lent. The ashes are blessed and placed upon the head with the sign of the cross, or sprinkled on the forehead. The ashes serve a dual purpose. First, we are reminded of our mortality and humanity as we begin the Lenten season. Second, the ashes are a Biblical symbol of repentance, sorrow, and humility.

“By the sweat of your face you shall eat bread until you return to the ground, for out of it you were taken; you are dust, and to dust you shall return.”
Genesis 3:19



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STEWARDSHIP COMMITTEE ~ PER-CAPITA



Each year the Presbytery, Synod and General Assembly assess our church a Per Capita fee for every member of the congregation. The Per Capita fees are essentially dues for the services received from these governing bodies of the Presbyterian Church.

For 2019, First Presbyterian's assessment is **\$46.00** per member, which the church pays regardless of how much is collected. Please take **\$46.00** times the number of church members in your family and send that amount in a separate check made out to First Presbyterian Church, with "Per Capita" in the memo line.

The difference between what First Presbyterian owes and what is collected from the congregation will come out of the church budget. Thank you for taking care of this so that the church can take care of its many other budget needs.

Stewardship Committee



JAMESTOWN CHOIR CONCERT

Sunday, March 3rd at 7:30 p.m.

We are so pleased to be hosting the internationally acclaimed University of Jamestown Concert Choir. Under the direction of J. Aaron McDermid, Jamestown Choir makes annual concert tours throughout the United States and travels abroad every 4 years. For more than 80 years the choir has toured domestically and internationally, visiting 38 U.S. state, the District of Columbia, 18 European countries, China, and three Canadian provinces. Choir members are chosen by audition and represent most academic majors on campus.

Please mark this special date on your calendar and come out and support this talented choir. Admission to the event is free. However, to off-set the costs of touring, a free-will donation will be offered during intermission.



PASTOR LEANNE'S MESSAGE



Several years ago, I was having a conversation with a teenage girl about her mission trip to Belize. She felt she had been greatly transformed by the experience and was all but gushing. “There were so many things over which we had no power,” she offered, “but I think we had a real impact through our ministry of presence. At least they knew somebody cared.”

Her father was listening to the conversation—obviously proud, but slightly amused by his daughter’s sudden maturity. After she left, he said with a smile, “Ministry of presence, huh. Well I don’t know how much they actually accomplished, but I sure know she got the nomenclature down.”

I understood what he meant: the term “ministry of presence” was a theological buzz word a few years back—everyone said it so much, that it almost lost its meaning. It was used to refer to ministry and mission efforts where the task was so enormous that, really, only the good Lord could sort it out, and even then, probably through generations of change (barring some miracle). Believers were encouraged not to let such a task daunt them, and to understand (as did this teenager) that a caring presence *does* matter. Sometimes, when even words fail, to have someone present as a visible emissary of God’s care and love can make an enormous difference to the human spirit.

Nomenclature or not, my young friend hit on a truth. Showing up matters. It just does. Kids signal this to us when they search the crowds at concerts or sport event to see if Mom, Dad, or a grandparent is present. Folks in mourning tell us that when they reflect on the days of sadness after a loss; they may struggle with many details, but still remember who offered to do their laundry. Even brides and grooms, caught up in the joy of their togetherness remember the receiving line, the toasts and the look on a parent’s face. Being there may not be “everything” - but without it, “everything” does not happen.

Which brings me to what happens when we gather for worship. We know that the scripture says that, “where two or three are gathered in [Christ’s] name, there I am in the midst of them,” and his presence is surely what we truly seek. Two or three matters. But we under-estimate the contribution of those who accompany us when we stand in the presence of God. There is something wonderful that happens when the house of God is full, the singing of the congregation whole, the flocking of our many children to “Young Disciples” joyful, and the teenagers participate in the life of our church. Each person who shows up on Sunday (even those who might enter into worship with low energy or tired bones) gives an amazing gift to the rest of us. We all have a ministry of presence to offer: of camaraderie, encouragement, friendship and care. If you doubt me, just imagine: how would you feel if on one Sunday, everyone in the church directory showed up on the same Sunday?

I know this is a cold winter (boy, do I know it!) and I understand that the venture out can be treacherous for some of our elderly or those who live in unplowed areas. I am not writing because I am disappointed in the attendance. Nor am I writing this to judge anyone whose health or employment schedule makes attendance in worship difficult. Being critical or judgmental isn’t my style. I am writing this as a way of saying: you matter. Showing up when you can, matters. Your mere presence in a pew is a gift to all of us which says, “I am in this with you. We belong together. And meeting God together in this place is a gift we give to one another. We are called to ministry of presence—and it is not just a buzz word. It is a reality of our common spirit and a joy to share the presence of God together.

Leanne

ST'. PATRICK'S DAY ENHANCED COFFEE HOUR



On Sunday, March 17th following Worship service, the Membership Committee would like to extend the hospitality by encouraging your presence in the Parlor for coffee time. A sign-up sheet is posted on the Volunteer Board in the Narthex to bring a breakfast bread or any specialty item you would like to share. A special invitation is extended to new members and visitors so we can get to know each other better. We look forward to see you all there!



Membership Committee

WASH CLOTH AND SOAP DONATION

Currently the First Presbyterian Child Care Center has 54 children in its care. That translates to 54 little faces and 108 little hands that need tidying up an average of 8 times each day—before breakfast, after breakfast, before lunch, after lunch, before snacks, after snacks, after art projects, after outdoor play. That's a lot of washing up!

During the month of March, the Outreach Committee is requesting donations of wash cloths and washing up liquid to keep those little faces and fingers clean!

Because the wash cloths are bleached regularly, plain white wash cloths are perfect. Any type of child or infant washing liquid is fine. Equate Clear Hand Soap and Equate Baby Wash and Shampoo (available at Wal-Mart) or Baby Hair & Body Wash (Target) are some suggestions. Any type of liquid soap is welcome, however. Donations can be dropped off in the donation playpen in the Narthex.

The Outreach Committee

SCHOLARSHIP COMMITTEE

The Scholarship Committee of First Presbyterian Church is pleased to announce the availability of a limited number of scholarships for our church community. To be eligible for consideration to receive a scholarship, a student must be an active member of First Presbyterian Church of Bismarck or must have been an active participant in the life of the church for at least three years. The awards are given for students at any level of study beyond high school. Four years is the maximum for receiving scholarships: these need not be consecutive years. Graduate students may apply for scholarships, providing they are within the four year maximum. Applications are available in the Narthex and for download from the front page of the church website at www.fcpbismarck.com. *The deadline to apply is May 15th, 2019.*



WHAT IS LENT?



Friends in Christ, every year before the Christian Passover of Easter we celebrate our redemption through the death and resurrection of our Lord Jesus Christ. Lent is a time to prepare for this celebration and to renew our life in the paschal mystery. We begin our journey to Easter with the sign of ashes. This ancient sign speaks of the frailty and uncertainty of human life, and marks the penitence of this community. We thus begin this holy season by acknowledging our need for repentance, and for the mercy and forgiveness proclaimed in the gospel of Jesus Christ. You are invited to observe a holy Lent by self-examination and penitence, by prayer and fasting, by works of love, and by reading and meditating on the Word of God.

-adapted from the Book of Common Worship, Presbyterian Church, USA



PRAYER CHAIN

A prayer chain provides the power and strength of collective prayer for those in need. If you would like to join the prayer chain, or have a prayer need, please contact:

Nanc Skaret at
skaret@bis.midco.net

Or 258-4703

You may also call the church office at 223-6091



EASTER MEMORIALS (*Gift of Giving*)

Each Easter we offer the opportunity to give memorials in memory of loved ones. Donations from Easter Memorials are directed to the Deacon's *Gift of Giving* program, which supports the work of the Deacons and provides assistance to people in need. If you would like to make a donation in memory of a loved one, please contact the church office before Wednesday, April 12th, 2019 to provide the information shown below. Your information may be provided by email to firstpresbyterian@fpcbismarck.com, phone call to 223-6091, or a note left at the front desk.

In Memory of: _____

Given by: _____

Donation Amount: _____



Donations should be made in cash or check to the church office. Please make checks payable to "First Presbyterian Church" (or "FPC") and indicate "Gift of Giving" on the memo line. All memorials will be listed, without donation amounts, in the Easter Sunday bulletin.

PANCAKE AND SAUSAGE BREAKFAST

Save the Date!
Sunday, April 7th, 2019
in Ramstad Hall
9:00 a.m.—1:00 p.m.

Adults = \$7.00
Children (under 12) = \$5.00

Sponsored by Boy Scout Troop 6
All proceeds will be used for Scout Camps, Service Projects and other scouting activities.
Donations accepted.

Options of pancakes, sausage, bacon, eggs, fresh fruit, coffee, milk, and juice



CHRISTIAN EDUCATION



February is over?! It has never been more apparent then at this very moment, as the old saying goes “Time sure flies when you’re having fun”! And fun and excitement is what I have been experiencing with our amazing youth!

January started confirmation with their first class on “What is Confirmation?”, and February’s class was on “How Do We Know and Trust God?”. The title of the new curriculum, “Big God, Big Questions” says it all! They are journaling through the experience and are completing hands on projects we will be displaying soon.

As it turned out, not a lot of our PresbyTeens were able to go to Rest Fest this year, so the trip was cancelled. Next year will be an exciting adventure with a full group attending the event. The next scheduled retreat will be the Crystal Springs Youth Retreat in April. 6-12th grade youth are invited to this annual event hosted by the Presbytery. Cost of the event is \$85.00. Registration forms can be picked up at the office or downloaded online. Registration and fee deadline is Wednesday, April 4th.

January, our youth held a T-shirt drive to raise money for retreats and events. I am excited to say, that the T-shirts have been shipped and are on their way! As soon as we receive them and get everything sorted, we will let you know when they are ready for pick-up.

In February, the youth also helped the Outreach Committee collect funds for “Souper” Bowl Sunday. It was an amazing success! The funds raised totaled \$592.00! The funds will be presented at a date to be determined to Heaven’s Helpers Soup Café. Your gracious donations are so appreciated to help serve those in need throughout our community. We cannot thank you enough!

Our P.A.C. youth had a fun filled Rock n’ Roll night on Wednesday, February 20th! They raised the roof and had some fantastic Super-Stars in the building!



March will bring a lot of festivities and gearing up for the Lent and Easter season. Along with the Membership Committee and Christian Education Committee, our Youth will be serving the Soup Supper on Ash Wednesday, March 6th, starting at 5:30 p.m. Soups, breads, vegetables and desserts will be available from 5:30 pm—6:45 pm. Ash Wednesday Service will start at 7:00 p.m. The PresbyTeens are asked to be here as close to 5:15 p.m. as possible to help with set-up and serving. We will all Worship together at 7:00 p.m., and then help with clean-up after the Worship Service.

We will be having a Bowling Party/Lock-in on Saturday, March 9th. Please meet at Midway Lanes at 9:30 p.m. for 2 hours of bowling fun. We will then return to First Presbyterian Church for a lock-in filled with fun and games. Cost is \$20.00 to cover bowling, shoe rental and late night pizza once we return to FPC. If extra snacks or drinks at the bowling alley are wanted, bring extra cash for these items. Girls please bring snacks to share for the lock-in = Boys bring drinks to share for the lock-in. Anything can be dropped off at the church on Friday be-

Christian Ed. (continued)



fore 5:00 p.m. to make it easier to travel. Any parent volunteer drivers available, please contact Charee. **RSVP by Monday, March 4th** so we know how many lanes to reserve.

I am looking forward to this time ahead with our youth...the events planned and the new experiences to come.

Upcoming Events at FPC:

PresbyTeens Lock In: Saturday, March 9th. We will meet at Midway Lanes at 9:30 pm to enjoy 2 hours of bowling, and then we will head back to FPC for a Lock-In. Bring \$20.00 (includes bowling, shoe rental and late night pizza for when we return to the church). If you want a snack at the bowling alley, bring extra cash to have on hand. Boys are responsible for bringing beverages, while the girls are asked to bring treats and snacks.

Triennium Pre-Game Day Trip: Saturday, March 23rd. For the youth who have registered to go to Triennium, this is an opportunity to go and meet the rest of the youth in our Presbytery that will also be going to Triennium. Details pending.

Crystal Springs Youth Retreat: April 26-28. 6th-12th grade youth are invited to this awesome, and annual event hosted by the Presbytery. Cost is \$85.00. Registrations can be picked up at the front office or downloaded online. Please return fee and registration form to Charee by **Wednesday, April 3rd!**

* * * *

Palm Sunday Fun-day, April 14th!

Processional at Worship, Crafts during Sunday School and an Easter Egg Hunt following Worship!

Kids are welcome to meet in the Chapel before Palm Sunday worship to receive palms and process into 10:00 a.m. Worship together. Adults are welcome to walk with their kids, or will be joined in the Sanctuary for Worship.

Kids will enjoy a craft and snack during Sunday School. Parents are welcome to join us downstairs after worship where kids of all ages will enjoy a fun Easter Egg Hunt!



Candy Donations Needed!

We are in need of small, wrapped candy that will fit in an Easter Egg! Please drop off any donations in the front office by Wednesday, April 10th.



NURSE'S NOTES



Hello everyone! WOW! It's March already and spring is just right around the corner...Thank Goodness! It has been a very cold year with lots of snow. I am looking forward to above freezing weather. I got a story for you...

A trucker stops at a red light and a young gal catches up to him. She knocks on the window and says, "Hi, my name is Heather and you are losing some of your load." The trucker just ignores her, the light changes, and he proceeds down the street. At the next light, the young girl again catches up and says, "Hi, my name is Heather, and you are losing some of your load." He ignores her again and continues down the street. At the next red light the young girl catches up, all out of breath, knocks on the window and says, "Hi, my name is Heather

and you are losing some of your load." The trucker looks at her and finally, he says, "Hi, my name is Kevin, it's snowing, and I'm driving a salt truck."

I sometimes have trouble sleeping some nights so thought I would share an article from WebMD.

How to Recover From a Bad Night's Sleep: If you spent the night tossing and turning—or working, or celebrating—these tips can help you get through today, and sleep soundly tonight.

1. **You're dragging after a night of tossing and turning.** It's probably going to be a tough day at work. What can you do to make things a little easier and make sure you sleep better tonight?
2. **Don't hit the snooze button:** Is there anything sweeter? It's not like you're really "sleeping in," and that extra 10 minutes is just the thing to give you a bit of extra energy, right? Not really. You need up to an hour of extra ZZZs before it helps. Otherwise, you're really just creating stress for yourself by shortening your morning prep time.
3. **Do not sleep in:** You decide to take the morning off. You can make up that sleep from 9 to noon, right? Tempting, but it's probably a bad idea. You set your body's "internal clock" when you got to bed and get up at the same time each day. It's best to stick to that routine, even if you didn't sleep well. It'll help get your cycle back on track.
4. **DO:** Get some sun. It helps your body set its clock. It can also help counter sleeplessness by helping your mood and brain. So if you want to get more sleep tonight than last night, wake up and greet the light of the day. It helps to get out in the middle of the day, too. If you're in an office, maybe take a little stroll through the park around lunchtime.
5. **DO:** Get some caffeine, but Not Too Much: If you skip your regular morning coffee, you may get even groggy. It could also make you irritable and give you a headache. So have some. A little extra might even help you stay alert. Remember, though, that it sticks around in your system for several hours. So don't overdo it. And don't have caffeine—coffee or otherwise—close to bedtime.
6. **DO:** Exercise—at the right time: It can improve your sleep and help you fall asleep and help you fall asleep more quickly. But don't do it too close to bedtime because it stimulates your body to make something called cortisol. That's a hormone that makes you more alert. That's good when you're trying to wake up for work. But it's not good when you're trying to get back to sleep. If you must exercise in the afternoon or evening, try to finish at least 3 hours before you get to bed.
7. **DO:** Nap—the right amount: a 20-minute nap will sharpen your attention and motor skills. A 90-minute one may improve your creative thinking. But naps between 20 and 90 minutes (or your own personal sweet spot) can leave you more groggy than when you started. Set an alarm. Keep in mind that a nap of any length, especially later in the day, can make it harder to sleep in the evening. That can lead to a vicious cycle of sleeplessness and a messed-up sleep routine.
8. **DON'T:** Drink Alcohol: It can make you sleepy. But after a few hours, as your body processes the alcohol, it wakes you up. And the quality of the sleep you do get after a few drinks may not be as good.
9. **MAYBE:** Take Melatonin: Your body makes it naturally and usually makes enough. But you can try a supplement of 1 to 3 milligrams 2 hours before bedtime after a sleepless night. It doesn't make you sleepy, but can have a calming effect that can lead to sleep. Don't take it if your pregnant or breastfeeding. Also, stay away if you have seizures, an autoimmune disease, or depression. If you have diabetes or high blood pressure, talk to your doctor before you take it.

NURSE'S NOTES (continued)



10. **DO:** Eat light and early: If you don't want to repeat last night's lack of sleep, a big greasy burger, fries, and a shake at 11 p.m. probably won't help. Eat a lighter dinner several hours before bed. If you're hungry later, snack lightly on foods that don't disturb your sleep. Toast or yogurt are easy on the system.
11. **DON'T:** Smoke: You probably know that smoking is bad for your health. But if you're already a smoker and you're trying for a good night's sleep, try not to do it too close to bedtime. Like caffeine, tobacco is a stimulant that can keep you from getting to sleep. Talk to your doctor about ways to quit smoking for good.
12. **DON'T:** Surf the internet: Too much of any light after the sun goes down can mess up your sleep, but the "blue light" given off by your smartphone, computer, or tablet is especially bad. Calm yourself before bed. Keep your bedroom dark and quiet, too.
13. **DO:** Hydrate: You want to drink enough fluids so that you don't wake up thirsty in the middle of the night, but not so much that you wake up because you need to pee. And of course, avoid alcohol and caffeine close to bedtime.
14. **DON'T:** Make a big decision: Without proper sleep, your judgement goes down the tubes. Overworked brain cells can't put thoughts together or remember basic information. Even your basic understanding of an event as it happens may be different. So keep your head together and wait. Things may be clearer after good night's rest.
15. **DO:** Chill out for bedtime: Start to relax as bedtime approaches: no bright lights or stressful talks or activities. All of that can make it hard to fall asleep. Try to keep your bedroom dark and quiet. And cool, too: 60-67 F is ideal.
16. **When to See Your Doctor:** Sometimes sleeplessness is natural. A big event in your life—good or bad—may cause it. If this happens now and then, it may be nothing to worry about. If sleep problems start to change your general mood and work habits, it may be time to talk to your doctor. It's especially true if problems stick around for a month or more. Together, you can figure out why you're having trouble sleeping and what to do next.

ANNOUNCEMENTS:

BP CLINIC: Sunday, March 10th, 9:00 a.m. to 10:00 a.m. & 11:00 a.m. to 12:00 Noon. Everyone is WELCOME!

SENIOR STRENGTHENING EXERCISE CLASS: Every Monday and Thursday at 10:00 a.m. in the Parlor. Come join us!

Since we all cannot wait for Spring, I thought you might enjoy this story:

Spring Fever

Four high school boys afflicted with Spring fever skipped morning classes. After lunch they reported to the teacher that they had a flat tire. Much to their relief she smiled and said, "Well, you missed a test today so take seats apart from one another and take out a piece of paper. Still smiling, she waited for them to sit down. The she said: "First Question: Which tire was flat?"



Session Highlights

February 2019

Session Highlights February 26th, 2019

CLERK'S REPORT

Total membership remains at 381. Pastor Leanne shared information about future events sponsored by the Synod of Lakes and Prairies.

FINANCIAL REPORT

Total Income YTD Actual	\$56,022	Budget	\$36,708
Total Expense YTD Actual	\$42,981	Budget	\$42,909
NET Income	\$13,042	Budget	-\$6,201
Unrestricted General Fund	\$197,086.94		

Jim Skaret noted that the total income is normally high in January due to pre-paid pledges.

MODERATOR'S REPORT

Pastor Leanne shared an overview of her weekly and monthly activities. Her evaluation will be completed with Dale Hoerauf in the near future. A Visibility Team is being established and 3 acolytes will be trained.

COMMITTEE REPORTS

Administrative and Personnel—Session approved adding Charee Linton (CE Youth Director), Lael Hoerauf (Westminster Chimes Director) and Debi Rogers (Chancel Choir Director) to their respective committees, Christian Education, Worship and Music as voting members. In addition, Session approved paying the music staff (Arvy Smith, Lael and Debi) to attend monthly meetings.

Session approved the request of Will and Ruth Beachey and of Shawna Zastoupil to be removed from the membership rolls.

Peter Emerson was added to the committee.

Session approved paying Nathan Peterson overtime as needed with approval of Pastor Leanne or the Chair of Property and Equipment.

Business and Finance—The 2020 budget cycle will begin earlier so it can be submitted to Session by October/November.

Christian Education--\$562.20 was donated to Heaven's Helpers Soup Café from the special collection on "Souper Bowl" Sunday. The committee is working with Membership on an Ash Wednesday Soup Supper.

Membership—July 21 will be the Outdoor Worship service. An enhanced coffee hour will be March 17. 1,000 magnets were ordered to be used for members, functions and visitors.

Property and Equipment—A portable sign used on Sundays will identify where the Nursery is located. Camera installation in the nursery will be forthcoming. Session encouraged the committee to buy a snow blower and to review the contract with the snow removal company.

Session Highlights (cont.)

February 2019

Stewardship—Other churches will be contacted to learn about their fundraising ideas. There will be joint meetings with Outreach and Business and Finance to coordinate special offerings.

Child Care Center Board—The center received a monetary award from the state to purchase materials for the Step 2 of Bright and Early Quality Rating. Another board member is needed from the congregation.

PRESBYTERY MEETING

Jim Skaret and Shari Orser along with Pastor Leanne attended the meeting in Jamestown February 22. The purpose was to approve a Presbytery Leader, Marjorie Ackerman who will be hired to improve relationships between the churches and Presbytery. She will begin duties in April or May; Presbytery office will be in Grand Forks.

Alice Nix, Clerk of Session





LENTEN AND EASTER SCHEDULE

- ◆ **Ash Wednesday ~ March 6th:** Please join us for Soup Supper at 5:30 p.m. until 6:45 p.m. We will then have our Ash Wednesday Worship Service starting at 7:00 p.m.
- ◆ **1st Sunday of Lent ~ March 10th:** Adult Bible Study 9:00 a.m.; Worship Service 10:00 a.m.; Youth Sunday School 10:15 a.m.
- ◆ **2nd Sunday of Lent ~ March 17th:** Adult Bible Study 9:00 a.m.; Worship Service 10:00 a.m.; Youth Sunday School 10:15 a.m.
- ◆ **3rd Sunday of Lent ~ March 24th:** Adult Bible Study 9:00 a.m.; Worship Service 10:00 a.m.; Youth Sunday School 10:15 a.m.
- ◆ **4th Sunday of Lent ~ March 31st:** Adult Bible Study 9:00 a.m.; Worship Service 10:00 a.m.; Youth Sunday School 10:15 a.m.
- ◆ **5th Sunday of Lent ~ April 7th:** Adult Bible Study 9:00 a.m.; Worship Service 10:00 a.m. with Communion; Youth Sunday School 10:15 a.m.
- ◆ **Palm Sunday ~ April 14th:** Palm Sunday Worship Service will be at 10:00 a.m. We will celebrate it with a Children's Procession carrying palms through the Sanctuary. There will be an Easter Egg Hunt after Worship.
**There will be NO Adult Bible Study this morning.*
- ◆ **Maundy Thursday ~ April 18th:** Maundy Thursday Worship will be a Tenebrae Service and Communion at 7:00 p.m. Maundy Thursday is the night we remember Jesus washing the feet of the disciples and the last meal they shared.
- ◆ **Good Friday ~ April 19th:** Good Friday is the day we remember Jesus' crucifixion. There will be no Worship Service here at FPC Bismarck. Please use this day for prayer and reflection. Glencoe-Sloan will have a Good Friday Service starting at 3:00 p.m. lead by Pastor Leanne Simmons.
- ◆ **Easter Sunday ~ April 21st:** Join us for 10:00 a.m. Worship and Communion as we celebrate the resurrection of Jesus and the triumph over sin and death. Jesus is Alive!
**NO Adult Bible Study this morning.*



2019 CALLING DIRECTORY NOW AVAILABLE

The 2019 Calling Directory featuring members of First Presbyterian Church has been printed. Please stop by the church office to pick one up at anytime. If you would like a directory mailed to you, please contact the front office by calling 701-223-6091 or you may e-mail your request to firstpresbyterian@fpcbismarck.com.

CHILD CARE CENTER HAPPENINGS...



Is your child care program among the best? Bright & Early can help identify high quality programs that help prepare children for school and life. Bright & Early is a voluntary four-step quality rating system.

- ◆ Step 1 focuses on the health and safety aspect of the center.
- ◆ Step 2 looks at nutrition, and the space and materials, along with maintaining the health and safety levels reached in Step 1.
- ◆ Step 3 requires the child care center to maintain both previous steps, while focusing on the activities and experiences in the classrooms.
- ◆ Step 4 looks at the relationships and interactions that occur among staff, children and families. The three previous steps must be maintained.

The FPCCC is a Step 1 program; we are actively working toward being a Step 2. Quality indicators that are being looked at as we work toward Step 2 are: do we still meet Step 1, can we demonstrated that nutritious food is provided to the children, and are all staff meeting the professional development standards.

These quality indicators are verified through events such as on-site observations, reviewing policies and practices, looking at menus and/or observations, reviewing policies and practices, looking at menus and/or participation with the Child and Adult Care Food Program, completing required trainings, meeting monthly with an assigned coach, and setting and meeting goals. Finally, an exit observation is required and conducted in 33% of randomly selected classrooms. These observations will last 3 hours and take place during the most active part of the day.

The FPCCC staff have been diligently working to prepare for the exit observation which will likely take place sometime in the next few months. While this process is a lot of hard work, the rewards and benefits are long lasting. Being a higher quality center is our top goal; participating with the Bright & Early quality rating system, offers the support and coaching needed to both maintain past gains and push ahead toward the next step.

Participation with the Bright & Early rating system also provides grant dollars to programs. As part of the Step 2 process, the FPCCC was awarded \$1,600 to be used toward purchasing approved items. Thanks to the grant dollars available, each of the six classrooms were able to purchase needed shelving, unit blocks, musical instruments and soft pots and pans. These items were deemed necessary to meet the Step 2 criteria. The grant dollars were greatly appreciated and the purchased items are already in use.



WANTED: Caring Adults who like Math, Games, Kids or all 3!

A new opportunity to partner with Myhre Elementary School is coming March. School Social Worker, Chris Hall and Principal Dr. Shawn Oban recently met with the Outreach Committee and discussed the need for caring adults to read with and play math games with the students during special events called RED (Read Every Day) and MED (Math Every Day).


The first event, *Math Every Day*, is scheduled on Friday, March 15th. From 9:00 am—9:45 am., the entire school will be involved in math games. Parents are encouraged to join in the activities, but more adults are needed to fill in for parents unable to participate.

All games and activities are planned and organized so volunteers need only show up and play! A sign-up sheet is on the Volunteer Board in the Narthex.



March EVENTS

<u><i>Date</i></u>	<u><i>Time</i></u>	<u><i>Meeting/Event</i></u>	<u><i>Location</i></u>
Friday, March 1st, 2019		<i>No Events Scheduled</i>	
Saturday, March 2nd, 2019	8:30 am	Circle	Parlor
	9:00 am	Yoga	202
Sunday, March 3rd, 2019		NO Adult Bible Study	
	10:00 am	Worship	Sanctuary
	10:15 am	Youth Sunday School	Downstairs
	7:30 pm	Jamestown Choir Concert	Sanctuary
Monday, March 4th, 2019	10:00 am	Strengthening Exercise Class	Parlor
	1:30 pm	Prayer Shawl Group	Parlor
	4:30 pm	Suzuki Music School	205, 207, 209
	7:00 pm	Christian Education Committee	Conference Room
	7:00 pm	Boy Scout Troop 6	Downstairs
Tuesday, March 5th, 2019	12:00 pm	Adult Bible Study	Parlor
	5:15 pm	Suzuki Music School	205
	5:30 pm	Yoga	202
	5:30 pm	Property & Equipment Committee	Ramstad Hall
Wednesday, March 6th, 2019	1:30 pm	Innovation School Classes	202
	5:30 pm	Soup Supper	Parlor
	6:00 pm	Chancel Choir Rehearsal	Sanctuary
	7:00 pm	Ash Wednesday Service	Sanctuary
Thursday, March 7th, 2019	10:00 am	Strengthening Exercise Class	Parlor
	12:00 pm	Stewardship Committee	Conference Room
	6:00 pm	Membership Committee	Conference Room
Friday, March 8th, 2019		<i>No Events Scheduled</i>	
Saturday, March 9th, 2019	9:00 am	Yoga	202
	9:30 pm	PresbyTeens Lock-In	Church

<u><i>Date</i></u>	<u><i>Time</i></u>	<u><i>Meeting/Event</i></u>	<u><i>Location</i></u>
Sunday, March 10th, 2019	9:00 am	Blood Pressure Clinic	Conference Room
	9:00 am	Adult Bible Study	201
	10:00 am	Worship	Sanctuary
	10:15 am	Youth Sunday School	Downstairs
		<i>Daylight Savings Time Begins = Spring Ahead</i>	
Monday, March 11th, 2019	10:00 am	Strengthening Exercise Group	Parlor
	4:30 pm	Suzuki Music School	205, 207, 209
	5:30 pm	Worship & Music Committee	Conference Room
	7:00 pm	Boy Scout Troop 6	Downstairs
Tuesday, March 12th, 2019	12:00 pm	Adult Bible Study	Parlor
	5:15 pm	Suzuki Music School	205
	5:30 pm	Yoga	202
	5:30 pm	Child Care Center Board	Conference Room
Wednesday, March 13th, 2019	12:00 pm	Munch & Mingle	Ramkota Hotel
	1:30 pm	Innovation School Classes	202
	5:45 pm	PAC/PresbyTeens	Downstairs
	6:30 pm	Westminster Chimes	Bell Room
	7:30 pm	Chancel Choir	Sanctuary
Thursday, March 14th, 2019	10:00 am	Strengthening Exercise Class	Parlor
	6:00 pm	Outreach Committee	Conference Room
Saturday, March 16th, 2019	9:00 am	Yoga	202
Sunday, March 17th, 2019	9:00 am	Adult Bible Study	201
	10:00 am	Worship	Sanctuary
	10:15 am	Youth Sunday School	Downstairs
	11:00 am	Enhanced Coffee Fellowship	Parlor
		<i>Happy St. Patrick's Day!!</i>	
Monday, March 18th, 2019	10:00 am	Strengthening Exercise Class	Parlor
	12:00 pm	Business & Finance Committee	Conference Room
	1:30 pm	Prayer Shawl Group	Parlor
	4:30 pm	Suzuki Music School	205, 207, 209
	5:30 pm	Administrative & Personnel Comm.	Conference Room
	7:00 pm	Boy Scout Troop 6	Downstairs

<u><i>Date</i></u>	<u><i>Time</i></u>	<u><i>Meeting/Event</i></u>	<u><i>Location</i></u>
Tuesday, March 19th, 2019	12:00 pm	Adult Bible Study	Parlor
	5:15 pm	Suzuki Music School	205
	5:30 pm	Yoga	202
Wednesday, March 20th, 2019	11:30 pm	Higher Power Lunch	Parlor
	1:30 pm	Innovation School Classes	202
	5:45 pm	PAC/PresbyTeens	Downstairs
	6:30 pm	Westminster Chimes	Bell Room
	7:30 pm	Chancel Choir	Sanctuary
Thursday, March 21st, 2019	10:00 am	Strengthening Exercise Class	Parlor
	7:00 pm	Deacons	Parlor
Saturday, March 23rd, 2019	9:00 am	Yoga	202
		<i>Triennium Pre-Game Day Trip—More Info Coming Soon!</i>	
Sunday, March 24th, 2019	9:00 am	Adult Bible Study	201
	10:00 am	Worship	Sanctuary
	10:15 am	Youth Sunday School	Downstairs
Monday, March 25th, 2019	10:00 am	Strengthening Exercise Group	Parlor
	5:15 pm	Suzuki Music School	205
	7:00 pm	Boy Scout Troop 6	Downstairs
Tuesday, March 26th, 2019	12:00 pm	Adult Bible Study	Parlor
	5:15 pm	Suzuki Music School	205
	5:30 pm	Yoga	202
	6:00 pm	Session	Parlor
Wednesday, March 27th, 2019	1:30 pm	Innovation School Classes	202
	5:45 pm	PAC/PresbyTeens	Downstairs
	6:30 pm	Westminster Chimes	Bell Room
	7:30 pm	Chancel Choir	Sanctuary
Thursday, March 28th, 2019	10:00 am	Strengthening Exercise Class	Parlor
Saturday, March 30th, 2019	9:00 am	Yoga	202
	10:00 am	Parlor Reserved for Private Event	
Sunday, March 31st, 2019	9:00 am	Adult Bible Study	201
	10:00 am	Worship	Sanctuary
	10:15 am	Youth Sunday School	Downstairs

THIS MONTH'S ANNIVERSARIES AND BIRTHDAYS

BIRTHDAYS

MARCH

Eleanor Sand	2nd
Edith Weber	2nd
Olivia Bachmeier	3rd
Drew Henriksen	3rd
Becky Murphy	3rd
Ethan Lannoye	3rd
Kim Hocking	3rd
Dawn Henriksen	4th
Johan Mahlum	5th
Duane Ehrens	6th
Zach Strombeck	8th
Mary Hoberg	10th
Darlene Kelley	11th
John Bjornson	11th
Doris Doolittle	12th
Larry Larson	12th
Otto Reile	12th
Kathleen Gappert	12th
Daphne Cornell	13th
Mary Ingstad	13th
Juanita Hocking	15th
Jim Rambo	15th
Don Bigwood	16th
Judy Lentz	16th
Connor Svihovec	17th
Carol Zimmerman	17th
Alice Halling	19th
Larry Hoge	19th
Susan Schafer	21st

BIRTHDAYS

MARCH

David Poffenberger	26th
Heather Davis	27th
Sandy Westerlind	30th
Alex Volk	30th
Karmen Svihovec	31st

ANNIVERSARIES

<i>Will & Ruth Beachey</i>	<i>Mar. 10th</i>
<i>Keith & Mary Magnusson</i>	<i>Mar. 10th</i>
<i>Fred & Pam Helbling</i>	<i>Mar. 18th</i>
<i>Steve and Laura Adair</i>	<i>Mar. 20th</i>
<i>Dale & Lael Hoerauf</i>	<i>Mar. 22nd</i>

All birthdays and anniversaries are taken from previous information requests filled out by you. If we missed you or a loved one, we apologize and ask that you please let us know so we can update our system. If you do not want your birthday listed in a bulletin or newsletter, please let us know that as well. Thank you!





MARCH VOLUNTEER SCHEDULES

COMMUNION SERVERS

Sunday, March 3rd, 2019

Dale Hoerauf	Wendy Skager
Kim Wassim	Kris Ronningen
Neva Carlisle	Ron Carlisle
Jim Rambo	Audre Goll
Steve Adair	Kathryn Brown

Communion is available to be served at home, hospital, or nursing home to anyone who is unable to worship with the congregation. Please call church office to schedule time.

223-6091

COMMUNION SERVERS

Ash Wednesday ~ March 6th

Dave Nix	Alice Nix
Peggy Hoge	Donna Richter

Communion is available to be served at home, hospital, or nursing home to anyone who is unable to worship with the congregation. Please call church office to schedule time.



LAY READERS

March 3rd
Alice Nix

March 6th ~ Ash Wednesday
Karen Ehrens

March 10th
Damita Engel

March 17th
Lori Orser

March 24th
Donna Richter

March 31st
Barb Satran



March 2019 Usher/Greeter/Coffee Host

- March 3rd:** **Captain:** Vic Sonneman
Ushers: Carole Watrel, Priscilla Wilson, Jerry Wilson, Neva Carlisle, Ron Carlisle
Reception Host: Damita Engel
- March 6th:** ~ **Ash Wednesday**
Captain: Alice Nix
Ushers: Dave Nix, Jody Bachmeier, Joe Bachmeier, Lori Orser
- March 10th:** **Captain:** Kathryn Brown
Ushers: Jody Bachmeier, Tedd Gutzke, Ella Gutzke, Cindy Cross, Don Cross
Reception Host: Jae Reile
- March 17th:** **Captain:** Jane Boeckel
Ushers: Vic Sonneman, Barb Satran, Winston Satran, Ruth Jensen, Audrey Simmons
Reception Host: Jan Gilchrist
- March 24th:** **Captain:** Audre Goll
Ushers: Nanc Skaret, Jerry Wilson, Priscilla Wilson, Joe Satrom, Letha Lewis
Reception Host: **Volunteer Needed**
- March 31st:** **Captain:** Peggy Hoge
Ushers: JoAnn Hodny, Jody Bachmeier, John Richter, Dave Nix, Alice, Nix
Reception Host: Donna Richter



March Fun Facts

- ◆ The birthstone for March is aquamarine
- ◆ The zodiac signs for March are Pisces (2/19-3/20) and Aries (3/21-4/19)
- ◆ The birth flower for March is daffodil
- ◆ American Red Cross Month
- ◆ Fire Prevention Month
- ◆ Women's History Month
- ◆ National Reading Day
- ◆ Saint David's Day
- ◆ World Math's Day—the first Wednesday in March
- ◆ March 1st is the date the Nebraskans celebrate the admission of their state to the union
- ◆ March 2nd is celebrated by Texas as the anniversary of its independence from Mexico
- ◆ On March 4th, 1681, William Penn was granted Pennsylvania's royal charter
- ◆ March 25th is celebrated by people in Maryland to commemorate the arrival of the first Maryland colonists in 1634.
- ◆ March 8th—International Women's Day
- ◆ March 12th—Daylight Savings Time starts
- ◆ March 14th—Pi Day
- ◆ March 17th—Happy St. Patrick's Day
- ◆ March 19th—St. Joseph's Day
- ◆ March 22nd—World Water Day

FAMILY NEWS

Baptisms

Please join us Sunday, March 10th, as we celebrate the baptism of two of our participating youth:

Tahleah Nikole Rose Schenider-Reeves
Taasha Beth Palmer

“There is one body and one Spirit, just as you were called to one hope when you were called: one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.”
~ Epesians 4:4-6



ST. PATRICK’S DAY ~ MARCH 17th

St. Patrick’s Day is celebrated by many people throughout the world, Irish or non-Irish alike, with food, drink and all things green. But do you really know why this is such an important holiday?

St. Patrick was a 5th-century Romano-British Christian Missionary and Bishop in Ireland. Known as the “Apostle of Ireland”, he is the primary Patron Saint of Ireland.



According to the *Confession* of Patrick, when he was about 16, he was captured by Irish pirates from his home in Great Britain and taken as a slave where he looked after animals until his escape six years later. At that time he returned to his family. This crisis would have dealt a crushing blow to most people, but St. Patrick isn’t a saint for nothing. He overcame his displacement, endured his time as a slave and clung resolutely to a divine vision of helping his Irish Kinsmen. Indeed he did! After becoming a cleric, he returned to Northern and Western Ireland, and virtually single-handedly established a strong foothold of Christianity in the area. In later life, he served as an Ordained Bishop. By the seventh century, he had already come to be revered as the Patron Saint of Ireland.

We celebrate St. Patrick’s Day on March 17th ~ the day of St. Patrick’s death (461 A.D.). He was an incredible individual because he was a fighter, an innovator and staunch in his passion for bringing awareness to the Christian faith.



Happy St. Patrick’s Day



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Bismarck, ND 58501

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Sunday Worship Schedule
Worship: 10:00 a.m.
Sunday School 10:15 am.

Office Hours
8:00 AM—5:00 PM Monday-Friday
(closed from 12:00 pm-1:00 pm Friday)

Staff
Pastor
Rev. Dr. Leanne Simmons

Finance Assistant
Vickie Haas

Administrative Assistant/Youth
Christian Education Director
Charee Linton

Organist
Arvy Smith

Choir Director
Debi Rogers

Bell Choir Director
Lael Hoerauf

Custodian
Nathan Peterson

Membership Services
Judy Lentz
Shelli Peterson

Christian Education Interns
Emily Ehrens
Mark Jensen

Child Care Center Director
Shawn Stettner

Child Care Assistant Director
Vanessa Hein