

FEBRUARY 2023

• Happy •
Valentine's
• Day!

A Note from Pastor Becky

*But now thus says the Lord, the One who created you, the One who formed
you,
Do not fear, for I have redeemed you; I have called you by name; you are mine.
When you pass through the waters, I will be with you,
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.
For I am the Lord your God, the Holy One of Israel, your Savior.
Because you are precious in my sight and honored and I love you,
Do not fear, for I am with you. Isaiah 43*

Dear Family of Faith,

I am writing to you with some news that I believe is hopeful in this Long Covid long journey!!! On January 10th I had an appointment at the Genesis Davenport Headache Clinic where I met with their Director, a nurse trained in neurology who trained at the University of Iowa. It is the first time in over a year that someone did not say to me “I really don’t know what to do about your constant headaches.” Instead, she had many ideas about treating my constant headaches! In fact, she told me that what I have called “sinus headaches” since I started getting them when I was 7 or 8 were actually migraine headaches. I’ve always said that I rarely get headaches, turns out I’ve had migraines for most of my life. She said there are many kinds of migraines. People always think of people in darkened rooms, sensitive to light and sound, but there are many types. She then explained that when people who are prone to migraines get viral infections, like Covid, they can then develop persistent headaches like I have. She has treated other people with persistent headaches like mine! She has seen more of us since Covid. Please join me in giving thanksgiving to God that this nurse and Clinic are right here in Davenport! I was nearly in tears several times during our 45 minute appointment as she discussed treatment options. I felt such amazing relief that someone knew what I was talking about and had many treatment options.

So, I am now on a new medication, with other options in the wings if this one doesn’t work. In addition we are waiting for insurance approval for botox injections, a mere 31 injections along nerve paths on my head...yikes! Plus, I will be seeing a physical therapist for migraines in early February. These are all such hopeful options. I’m curious to see if the slowing of the headaches will ease the constant fatigue as well. In addition I am continuing to go to Respiratory Therapy twice a week and walking in the neighborhood; I’m over a mile now in my walking.

These are all hopeful signs as I continue to try to work my way back to you good folks and the return to ministry in your midst. I wish I was giving you an actual date of return, but I am not quite strong enough or well enough for that yet. But this note brings you some of the most hopeful news I’ve had to share.

Well, actually the most hopeful news I have to share of course is that Emmanuel, God with us, walks our life journeys with us. God, in Jesus, is with us individually and with us as a church family, and with our world, as we walk this journey of life. Covid has shown us over and over again that the world is full of change. Christmas morning and the cross of Good Friday and the empty tomb of East morning show us over and over again a much stronger truth. Nothing can ever separate us from the love of God in Jesus Christ our Lord. I am trusting in that eternal love on this changeable journey, praying and looking forward to that day when I will walk beside you in person on the journey,

Pastor Becky

FIRST PRESBYTERIAN CHURCH STAFF

The Rev. Becky Sherwood	Pastor
Kathy Butler	Church Secretary
Laura Brown, R.N.	Parish Nurse
David Blakey	Choir Director
Gail Glockhoff-Long	Bell Choir Director
Linda Miller	Organist
Shirley Mital	Indoor Custodian
	Outdoor Custodian

Please Keep Our Nursing Home and Homebound Members in Your Prayers

The Fountains: Dorothy Horton; Allure of Geneseo: Kay Etzel; Park Vista: Sandy Kirchhoff; The Summit: Ramona Zude; IL Veterans Home, Quincy: Jim Kampe; Personal Residences: Marilyn (Mitzi) Baker, Ted Frels, 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); Junior Kassehin & Michael Kassehin, Army, Ft. Benning, GA; Major Kyle Curry, 204th MCAS (Medical Company, Area Support); Warrant Officer Dustin Hergert (Dixie Volk’s nephew), Marines; Pvt. Edwige Barrigah, National Guard; PFC National Guard Lauren Davis (Pat & Candy Wendt’s granddaughter). 2nd LT Greg Layer, Fort Benning, GA.

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

Ellie McNeil—University of Northern Iowa; Esperence Barrigah, Alex Curry, Kyle Michaels & Khrystina Reynolds—Black Hawk College, Anna Barrigah, Notre Dame University. 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

A COVID19 REMINDER

If you have been in the building for worship or for a meeting, and then are diagnosed with Covid19, please notify Laura Brown, Aneita Buss, or the church office *immediately* so that the church can take the necessary steps of notifying those in the building with you and the Rock Island County Health Board. Please help us take care of each other in this way, as we continue to mask and practice social distancing. Thank You!



So grateful there are amazing people in this world é
People like all of you.
The prayer shawl is the best gift I've ever received. When I use
it I can feel the warmth, comfort, and love that when into it.

Thank you Kathy, Sunny & Daisy

First Presbyterian Church

Thank you so much for thinking of the families here
at Hamilton. All the hats, mittens, and homemade
scarves are appreciated.

We plan to hand them out to our Nutrition Club
students who take home a ga of food each weekend
to help supplement their food at home. We know
they'll appreciate this gift of warmth.

Thank you !
Hamilton Elementary School



A belated thank you for all the generous Christmas
gifts. It was nice of you to think of me. I intended to
send individual thank you notes, but my life hasn't
gone as expected.
Also, a huge thank you for all of your prayers since
my sudden illness.
My doctor said I should make a full recovery, but it
will take awhile. I feel a little stronger every day but
still have a long road ahead of me. I know God
was with me, and that's the main reason I'm still
here.

Blessings and many thanks,
Pastor Gay



February 22, 2023

Ash Wednesday Poem

*We have chosen to fast not with ashes but with actions
Not with sackcloth but in sharing
Not in thoughts, but in deeds,
We will give up our abundance
To share food with the hungry
We will give up our comfort
To provide homes for the destitute
We will give up our fashions
To see the naked clothed.
We will share where others hoard.
We will free where others oppress
We will heal where others harm
Then God's light will break out on us
God's healing will quickly appear
God will guide us always
God's righteousness will go before us
And we will find our joy in the Lord
We will be like a well-watered garden
We will be called repairers of broken walls
Together we will feast at Gods' banquet table*

Poem by Christine Sine



February Volunteer Schedule:

Worship Leader Schedule:

February 5 Ella Layer
February 12 Gail Glockhoff-Long
February 19
February 26

Usher Schedule:

Head Usher—Brian or Wanda
February 5 Darryl Lamps
February 12 Terry Miller
February 19 Darryl Lamps
February 26

Taping Schedule:

Head AV—Jason
February 5
February 12
February 19
February 26

Children's Sermon:

February 5 COMMUNION
February 12 Gail Glockhoff-Long
February 19
February 26

Fellowship Hour:

February 5 Pat & Candy Wendt
February 12
February 19
February 26

Acolyte Schedule:

February 5 COMMUNION
February 12 Willa Newburg
February 19 Leah Barrigah
February 26 Shalom Agbemadon





February Birthdays

- 2 Becky Sherwood
- 4 Eric Newburg
- 7 James McNeil
- 12 Elizabeth Bartleson
- Darlos Stroud
- 20 Julia Glockhoff
- 21 Mary Lou Massa

February Anniversaries

No anniversaries in February

Saturday, FEBRUARY 11th

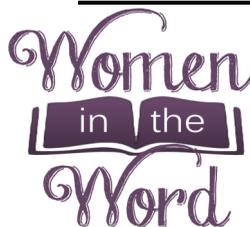
9:00 TO 11:00 A.M.

Join us on the 2nd SATURDAY of every month to create PRAYER SHAWLS!

FIRST-TIMERS & BEGINNERS

ALWAYS WELCOME

--We need some new creators to join us! --



TO ALL WOMEN OF THE CHURCH!

Come reset your pace of living, your priorities, and your life!

Our Bible Study continues on

Tuesday, February 7th @ 1PM

in our church library or by Zoom.



PLEASE MARK YOUR CALENDARS
CALLED ANNUAL MEETING
SUNDAY FEBRUARY 5th @ 11 A.M.
Immediately Following Worship

The purpose of this meeting is to receive the 2022 Annual Report of our Congregation. This is the time for members to discuss our life together as a community of faith. Please bring your dreams for the future, your concerns and questions about our ministries, and any other issues you would like the congregation to discuss.

A Note from the Finance Commission:

December Income = \$ 13,353
 December Expenses = \$ 8,626

January through December Income = \$ 147,985
 January through December Expenses = \$ 154,815

Sharing in the Ministries of the Presbyterian Church U.S.A...

PER CAPITA = \$36.00

The Finance Commission invites you to give your per capita gift soon!

It's that time of year again, when your Finance Commission and your Pastor come to you to talk about per capita giving. Each year, at the beginning of the year, we pay a per capita fee for each of our members, based on the previous year's membership. This per capita giving allows for maintaining the basic operating costs of our Presbytery, the Presbytery of Great Rivers, plus the Synod of Lincoln Trails, and the offices of the General Assembly (the national church's headquarters). Per capita allows each member to share equally in the ministries of the larger church. Being connected like this is one of the gifts of being Presbyterian, we are a connectional church; we care for each other! You can put it in one of the envelopes in the pew racks and mark the outside "Per Capita". If you have questions, please talk to the Finance Commission Elders: Jennifer Noakes or Pat Tyler

Quarterly Mission Report

December 2022:

Monthly Giving went to Salvation Army

Hope Creek Nursing Home received 18 Christmas gifts for residents, thank you to all for your participation.

Items from the Mitten Tree were distributed to 5 local schools:

Hamilton, Moline

Lincoln-Irving, Moline

Franklin, Moline

Ridgewood, East Moline

Bowlsburg, Silvis

Our "God's Kidz" children in Sunday school made "108" scarves for our donation, "AWESOME" youth! Also, Denise and Barb are pretty "AWESOME"!!

Blessings,

Wanda White

ADDITIONAL MISSION REPORT

Our first quarterly mission giving for 2023 will be toward UTHCares.

We will be collecting for the young adults at United Township High School that do not have means to obtain certain items.

The organization is requesting all kinds of hygiene items such as tooth brushes, tooth paste, deodorant, shampoo, soap, etc.

Mainly all kinds of personal items that we all take for granted.

Thank you all in advance for being a church that I am proud of.

—Wanda White



Adult Sunday Education is now in session! We will be meeting in the library at 8:45 am on Sundays, for a short video and some good discussion.

SIGN UP ON MISSION CENTRAL

WE ARE LOOKING FOR WORSHIP LEADERS ...

FEBRUARY & BEYOND!

As Worship Leader you will lead the Prayer of Confession, the Prayer of Illumination, and one of the scripture lessons. You may also guide some of the Communion Liturgy on Communion Sundays. **Please arrive by 9:30 at the latest** and go to your seat up front by 9:50 a.m. The information you need will be sent to you on Thursday before the Sunday you are helping lead worship.



YOUTH SUNDAY SCHOOL
“Continuing on the journey of faith.”

8:45 A.M.

4 years through 5th Graders

—God’s Kidz Sunday School room—
with Denise Maxwell and Barb Newburg

6th to 12th Graders

—Youth Room—
with Betsy McKnight Latko

THE BUS IS BACK!

Please notify the Church office and/or Paul Noakes if you are interested in being picked up. Once we know who, and how many, are looking for this service, Paul will get back with you on pickup times. Also, with only having one bus driver, there may be times that the bus does not run if the driver is not available. You will be notified prior to the Sunday morning and attempts to have members pick you up will be made. If anyone is interested in joining Paul on this mission please let him know. Paul Noakes 309-738-4539.



HELP WITH CHILDREN’S SERMONS

Worship and Music would ask that you consider sharing your talents by volunteering to do a children’s sermon. If this is something you would like to do, please sign up on Mission Central.



Giving Care in the Parking Lot

As the weather gets colder, and ice and snow are added to the forecast, please pay attention to where you are parking when you come to meetings, gatherings and Sunday worship. If you are able, please park at the back of the parking lot, leaving those two front rows for those who find walking more difficult. Thank you!

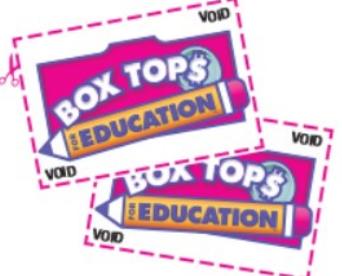


ATTENTION SNOWBIRDS!!

Do we have your winter address & phone number? If not, and you want to receive your newsletters at your winter address, please let the office know.

HELP US UPDATE THE 2023 CHURCH DIRECTORY

PLEASE CHECK YOUR NAME, ADDRESS, PHONE NUMBERS AND E-MAIL in the 2022 Directory. If you would like us to update any information, or include your cell or work phones, just fill them in on the copy sitting outside of the Sanctuary or contact the church office. If you add an e-mail address, you will receive notes and prayer requests from the church.



DON'T FORGET BOX TOPS FOR EDUCATION!

Please bring your receipts for me to scan, if you don't want to download the app and scan yourself. I've already added \$7 to Edgewood Elementary School for this year. There are so many items which offer Box Tops. You may not think of your Menards or Lowes receipts, but cleaning supplies, etc. often will have a Box Top. Let's take advantage of this free cash for our school.

Thanks, Ella



Laura Brown, RN Parish Nurse

SECRET WEAPON

Everyone has a secret weapon in the arsenal against COVID. That weapon is exercise!

Lisa Jhung of WEBMD reports: "The evidence is piling up that physical activity can lower the risk of getting very sick from COVID. The CDC, based on a systematic review of the evidence, has reported that "physical activity is associated with a decrease in COVID-19 hospitalizations and deaths, while inactivity increases that risk."

"We found that every level of physical activity provided some level of protection," says lead study author Deborah Rohm Young, PhD, director of the Division of Behavioral Research for Kaiser's Southern California Department of Research and Evaluation. "Even a 10-minute walk [per] week is associated with better COVID-19 outcomes."

Of course, more is better. National Guidelines promote 150+ minutes of exercise, like brisk walking, per week. That would be just 30 minutes of activity 5 days a week. But even a little bit of exercise is a whole lot better than no exercise.

So here are some tips to help you get a little more activity into your life.

The TV Watcher: Every hour of programming has about 20 minutes of commercials. Get up and walk around the house during commercial time. (Going to the kitchen for a snack does not count!)

The Gamer/Computer Person: Set an alarm for every 60 minutes you are sitting. Get up, step away from the screen, and walk around the house, stretch and bend for 5-10 minutes. When you return to your game or website, your body and brain will be refreshed, because you got your blood flowing!

The Hobbyist: While it certainly is more convenient to keep your supplies at hand, keep a tool out of reach, so that you have to get up and walk to retrieve it. Do this at least 1-2 times an hour.

The Gardener: Gardening is very active...in the Spring, Summer and Fall. Pouring over seed catalogs does not count as exercise. If you garden, you probably enjoy being outdoors. So go outside and walk. Breathe in the fresh air, and dream up the perfect garden.

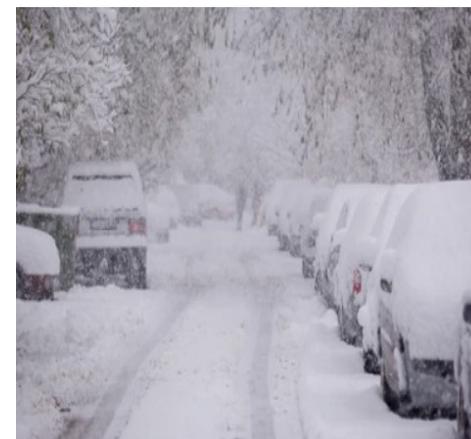
The Shopper: Park a little further away from the entrance. Walk the aisles of the store before you get a cart. Then do your shopping on the second pass through the store.

Other tips: take the stairs instead of the elevator; incorporate bending and stretching into daily activities, such as personal care, cleaning, or at work; pace when talking on the phone; join an exercise class; flex (tighten/squeeze) your muscles while waiting in line.

"The missing aspect in our response to the public health challenge of COVID has been the heightened need for personal and community well-health," says Gene Olinger, PhD, chief science advisor for research company MRI Global, and an adjunct associate professor at Boston University School of Medicine.

Vaccines, masking, social distancing, and handwashing are just the tip of the COVID avoidance iceberg. Good nutrition, Exercise, Adequate Sleep, and Stress Management need to become a priority for disease resistance and optimal health.

Get Fit, Stay Fit, Be Strong!
Top of Form
Laura Brown,
RN Parish Nurse



SNOW CLOSINGS ON SUNDAYS —HOW DO YOU FIND OUT?—

On the Sundays that are so snowy or icy that we need to cancel church, the Worship & Music Commission will make the determination by **6:30pm on the Saturday night before** Sunday worship. W&M will contact **Channels 6 and 8**, which are the two that list non-school closing information. If there is nothing on TV, you can assume that worship is happening.

- Worship and Music