



Here and Now!

February 2023

Volume 70, Issue 2

PASTOR LEANNE’S MESSAGE:

From the Heidelberg Catechism

Question: What is your only comfort in life and in death?

Answer: That I am not my own, but belong—body and soul, in life and in death—to my faithful Savior, Jesus Christ.

*He has fully paid for all my sins with his precious blood,
and has set me free from the tyranny of the devil.*

*He also watches over me in such a way
that not a hair can fall from my head without the will of my Father in heaven;
in fact, all things must work together for my salvation.*

*Because I belong to him, Christ, by his Holy Spirit, assures me of eternal life
and makes me wholeheartedly willing and ready from now on to live for him.*

February – the month of “Love” – or so it would seem, just walking through the stores, all gaudy with pink and red hearts and chocolate candy everywhere. Not my favorite holiday, I admit... I have always thought of it as a time for businesses to make money on cards and flowers and a day that puts pressure on couples; I think it is sort of strange to set apart a day for love, because genuine love has a life and season of its own and expresses itself best when it is unrestrained. Although I supposed it is good to schedule a reminder to show our love to those we treasure, love cannot be designated to one day a year.

But this year, I find myself contemplating the love of God, which is expressed to us through Jesus Christ. The Apostle Paul himself prayed that his converts would “have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.” (Ephesians 3:18,19) And, while human love has seasons with high points and low points, God’s love is consistent and unchanging. We are amazingly and infinitely loved. “No greater love has a person than this, than to lay down one’s life for another,” Jesus said – and then, he did it. The above confession says it all – we are deeply, intimately completely loved by God.

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As pure and deep as God’s love is, we often have a difficult time sensing the truth of it – not because we are bad, but because we are human. Our work schedules, our moods, our ability to be with the people of God, the good and bad days of our lives – all of these affect us and sometimes we can wonder if its real, or if we are worth loving. We are not alone in that – even the saints of scripture wondered:

But Zion said, “The Lord has forsaken me, the Lord has forgotten me.”

15 “Can a mother forget the baby at her breast
and have no compassion on the child she has borne?
Though she may forget, I will not forget you!

16 See, I have engraved you on the palms of my hands; (Isaiah 49)

I don’t know how this year has begun for you – but for some in our number, it has gotten off to a rough start. So, hear the word of the Lord as we move on in the year: You are loved. You are valued. You are cared for. You belong to God.

Leanne

FROM OUR PARISH NURSE - WANONA

Hello everyone! Happy Valentine’s to each and everyone one of you! With all the fine blizzards and cold weather we have been having these past few months I am so ready for spring. Its only 89 days to May!! Just saying...



I will be having a Blood Pressure Clinic on Sunday, February 12th. It will be in the conference room from 9 am to 10 am and 11 am to noon. Everyone is welcome.

I continue having the senior nursing students shadow me. They have been enjoying their time at First Presbyterian Church. I have heard positive remarks from them as well as their professors.

Come join us every Tuesday and Thursday at 11 am in Ramstad Hall for the Balance & Strengthening class. Everyone is welcome. This year with church closures due to weather or a church event, we had to cancel some classes. Be sure to check the church Facebook page or look for closures on KFYZ. If the schools are closed; we are closed. If there is a church event, we will cancel.

GIGGLES:

While attending a marriage seminar dealing with communication, Tom and his wife Grace listened to the instructor...

“It is essential that husbands and wives know each other’s likes and dislikes.”

Then he addressed Tom, “Can you name your wife’s favorite flower?”

Tom leaned over, touched his wife’s arm gently and whispered, “It’s Pillsbury, isn’t it?”

“A high-school English teacher was well known for being a fair, but hard grader. One day a student received a B minus on a theme paper. In hopes of bettering his grade and in the spirit of the Valentine season, she sent her an extravagant heart-shaped box of chocolates with the pre-printed inscription: “BE MINE.” The following day, the student received in return a Valentine from the teacher. It read: Thank you, but it’s still BE MINE-US.” Tee Hee

“A Word with Wanona” - I would like to introduce you to the Runick Fru family.

Runick was born and raised in Bamenda which is the capital city of the Northwest Region of Cameroon. He has 16 siblings from a polygamous family of which six are from his mother.

Runick’s first job was a Sand and Cassava transporter at the age of 11. Some of his working history includes the Cassava/sand transporter and laborer at a building construction site.

He graduated from the Government Bilingual High School Mbatu-Bamenda in Cameroon. This school is no longer in operation due to the Civil Crisis.

Runick met his wife Anita Fru at a summer computer boot camp in Bamenda, Cameroon. ❤️

Runick had three goals to accomplish in his life. He wanted a real job, become a role model for others and to establish a family of his own. I do believe he did indeed accomplish these. His most memorable event in his life was passing the Cameroon GCE Advanced Level passport into the University. This was the State Exam.

Runick is very thankful for having a lovely and healthy family. A beautiful wife, Anita and two wonderful children Bryson Cho, and Bella-Rae. He is also thankful for being accepted and supported by the First Presbyterian Church faith family. He has a sense of belonging from this faith community. He is thankful for having the strength to render or impact the lives of others. When asked who his hero was Runick said his mother. He lost his father at the age of 11 and his mother never ceased in believing in him and supporting his dreams.

The funniest thing that has happened to him was when he worked as a Customer Service Representative. He would often get mistaken for the opposite gender while on the phone due to his voice. He often was addressed as “MAM”. Runick officially became a member of

the First Presbyterian Church in Bismarck on April 26th,

2016. He was raised a member of the Presbyterian Church in Cameroon. At First Presbyterian Church he has volunteered at the Community Garden, served lunch at the Baptist Shelter, and assisted with the FPC Website. He has served as an Usher, two years as an Elder and currently volunteering as a member of the Outreach Committee.

Thank you Runick for participating in the tag game and sharing your life journey.



Bella-Rae, Runick, Bryson Cho, and Anita



HELP NEEDED FOR “THE BANQUET”

The Hospitality Committee is looking for volunteers to assist with “The Banquet” lunch on Saturday, February 25, at the Dream Center (6 volunteers needed to prepare, serve and clean up). A sign-up sheet is in the Narthex.

Donations to help defray costs may be dropped off at the church office anytime and note “The Banquet” in the memo line of your check.



THE HOSPITALITY COMMITTEE

First Presbyterian is a supporting member of the Missouri Valley Coalition for Homeless People (MVCHP). The Coalition is comprised of non-profits, government agencies, churches, businesses, and citizens all interested in assisting the needs of the homeless population. Member agencies advocate for safe, stable, and life-affirming housing for all. Their motto says it all: Everyone deserves a place to call home.



Members meet monthly to provide updates about agency activities and needs. Special events such as the Homelessness Awareness Week activities and the Project Service Connect are organized through the Coalition. Many First Presbyterian members have donated to and volunteered for these events over the past several years. The Coalition also participates in the annual Point-in-Time count. The Point-in-Time (PIT) count is a count of sheltered and unsheltered people experiencing homelessness on a single night in January during the hours of 3 am to 5 am. The Department of Housing and Urban Development requires this count of states receiving federal homelessness funds.

Through our church membership, we are able to monitor needs of the participating agencies and help through donations of goods, funding, and volunteerism. For more information about the Coalition and the services provided by member agencies, check out their website: <http://mvchp.com>

Hospitality Committee Donation Opportunity

First Presbyterian Church will once again be collecting food for the Bismarck Emergency Food Pantry during February. The food pantry, a non-profit, volunteer organization has served this community since 1979. In 2022, the Food Pantry served an average of 832 individuals monthly, distributing an average of 17,157 pounds of food each month. This represents an increase of 32% more people served and 20% more food distributed.



This year, as the price of food continues to rise and the number of people facing food insecurity increases, donations are needed more than ever to support the work of the Food Pantry. Please consider donating non-perishable food items during February. Items may be placed in the donation box in the church narthex.

CCC BOARD



The Board and staff of the FPC Childcare Center wish to say "thank you" for the congregation's continued support of monetary donations and the Baby Wipes and Hand Soap for the month of January!

The Childcare Center has been the “heart” of our First Presbyterian Church Mission for many years, here is some history of how February 14th, Valentine's Day came about. Valentine's day is typically seen as more of a celebration of romantic love. It originated as a Christian feast day, honoring one or two early Christian martyrs named St. Valentine. Through later traditions, it has become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world. The first commercial paper Valentines in the US were printed in the mid 1800's. To this day many Valentine's Day cards are still exchanged along with chocolate candy, flowers and red roses. The CCC children will soon be busy creating their own special Valentine's Day art or cards in February, which hopefully you will see displayed around the daycare area. As many of you know, February has become known as National Heart Month, bringing awareness to Cardiovascular disease in both women and men. Therefore, February has also been designated as caring for your HEART month. We are thankful that our congregation shares their caring hearts all year long with some of the members volunteering their time helping in different ways to ensure the CCC continues to function daily with our caring staff! We thank you for the continued monetary donations, and contributing to the monthly CCC needs listed in the bulletins and the newsletter. HAPPY VALENTINE'S Day and may God bless each and everyone of you!



CCC NEWS

The CCC needs list for February: Kleenex

RESOURCE & MANAGEMENT COMMITTEE



The Per Capita Special Offering is a special offering of our church that extends the entire year. We start to talk about it in January of each year and provide added information throughout the year in the form of periodic minutes for mission, special articles in the newsletter and church bulletins.

Per Capita is the amount that the church must pay to the larger church for each member of the church. This year that amount is \$50 per member. The per capita payment of each church in our denomination is divided between the Presbytery, the Synod and the General Assembly and provides the most substantial source of funding that supports the larger church and enables it to provide the connectionism that makes the Presbyterian Church unique and enables it to function the way that it does. If you have not served in a leadership position in the church, you may not appreciate all that the larger church does in support of the individual churches and its members. Without the connectional relationships that exist in our denomination between the individual churches and the Presbyteries, Synods and the General Assembly many churches would find it very difficult to survive without the guidance and leadership offered by the larger church organization and staff personnel. One example of how the larger church benefitted our church in recent years is the Investment Loan Program (ILP) that financed the Phase I of our HVAC system upgrade with a 2% loan. Without this program our church would have found it much more difficult and expensive to obtain the necessary financing.

We mention the Per Capita Special Offering starting in January and request that each member consider giving a gift to the church of \$50 to cover their share of the church's financial obligation to the larger church. If you are a member that pledges income each year to the church, and would like to be able to help support other members who might find it financially unfeasible to pledge or to make the separate per capita donation, your separate gift of \$50 will help cover the cost of membership for that less fortunate member of the church. You can make your per capita gift to the church simply by making out a check and sending it to the church office with per capita written in the memo blank on the check. You may also place it in the collection baskets in the rear of the sanctuary on Sunday morning.

Please consider making a separate per capita payment to the church this year and feel confident that you are doing your part to help support our Presbyterian Church and its membership in the largest Presbyterian Church organization in the world.

Thank you, Jim Skaret

Resource Management Committee



POWER WHEELCHAIR (SCOOTER)

WE HAVE A POWER SCOOTER WE WOULD LIKE TO DONATE TO A MEMBER IF THERE IS ANYONE IN NEED..? IF THERE ISN'T ANYONE WHO COULD USE IT, THERE IS AN ORGANIZATION IN FARGO CALLED HEROS. (HEALTHCARE EQUIPMENT RECYCLING ORGANIZATION) THEY WOULD ACCEPT THIS SCOOTER IF WE CAN FIND SOMEONE WILLING TO DELIVER IT! IF THIS IS SOMETHING YOU WOULD BE CAPABLE OF HELPING WITH, PLEASE CONTACT THE CHURCH OFFICE. THANK YOU!

223-6091 OR firstpresbyterian@fpcbismarck.com



Famous Birthdays in February -

2/1 Clark Gable (actor)

2/2 Howard Johnson (hotel owner)

2/4 Rosa Parks (civil rights activist)

2/6 Ronald Reagan (40th US president)

Tom Brokaw (news anchor)

2/8 William T. Sherman (civil war general)

James Dean (actor)

2/10 Mark Spitz (Olympic swimmer)

2/11 Thomas Edison (inventor)

2/13 Randy Moss (NFL football player)

2/18 Vanna White (Wheel of Fortune)

2/21 Erma Bombeck (author)

2/22 George Washington (1st US president)

2/26 Levi Strauss (Levi's jeans)

Buffalo Bill (cowboy)

Fats Domino (singer)

2/27 Elizabeth Taylor (actress)

2/29 Dinah Shore (tv personality)

Gioachino Rossini (composer)

Fun Holidays in February

- 2nd - Groundhog Day
- 3rd - National Carrot Cake Day
- 4th - National Homemade Soup Day
- 5th - World Nutella Day
- 6th - National Eat Ice Cream for Breakfast Day
- 7th - National Send a Card to a Friend Day
- 8th - National Kite-Flying Day
- 9th National Pizza Day
- 10th - National Umbrella Day
- 11th - National Guitar Day
- 12th - Abraham Lincoln's Birthday
- 13th - World Radio Day
- 14th - Valentine's Day
- 16th - National Pancake Day
- 17th - Random Act of Kindness Day
- 19th - National Chocolate Mint Day
- 20th - National Muffin Day
- 21st - National Sticky Bun Day
- 24th - National Tortilla Chip Day
- 25th - National Chili Day
- 26th - National Pistachio Day
- 27th - International Polar Bear Day

President's Day - 3rd Monday in February

Ash Wednesday - 6 1/2 weeks before Easter



SESSION HIGHLIGHTS

January 24, 2023

CLERK'S REPORT

The deaths of Jack Wilson, Bev Rudrud, Arnie Arneson, Bernie Schue, Arley Gallup and Nils Pearson were noted. Membership is 315.

Session approved the Statistical Report.

FINANCIAL REPORT (end of 2022 totals)

Total Income YTD Actual	\$468,971	Budget \$497,200
Total Expense YTD Actual	\$529,842	Budget \$561,480
NET Income (loss)	-\$60,872	Budget -\$64,280
Unrestricted General Fund	\$234,525.70	
YTD Investment (loss)	-\$341,127	



MODERATOR'S REPORT

Pastor Leanne thanked the staff and volunteers who have been especially busy in the past two months. Two immediate goals for the next months will be a publicity/visibility plan and improved streaming of services. A donor has provided \$10,000 to purchase equipment needed for streaming. During each Session meeting, Elders will explore the impacts affecting our congregation in the next 15 years. Issues such as the economy, aging congregation, retirement of pastor and parish nurse, loss of a generation, fewer giving units, building utilization and finding volunteers were noted. Discussion will continue monthly.

COMMITTEE REPORTS

Hospitality—Volunteers will be needed to serve the Banquet on February 25.

Property and Equipment—The church insurance policy will pay all but \$1,000 for the elevator repairs.

Proclamation-Christian Education—The committee is planning to invite an inspirational speaker, joining a retreat to Wesley Acres in April and a mission trip to Bdecan (Spirit Lake Reservation).

Proclamation-Worship and Music—Communion dates were approved for 2023: first Sunday of each month except April, Maundy Thursday, Easter Sunday and Christmas Eve. Communion serving trays will be used again beginning in April.

Resource Management—Session approved placing \$250,000 from each of the checking accounts (one at US Bank and one at Cornerstone) into laddered CDs with the interest going to the general fund, helping to reduce the deficit. Total pledges for the 2023 Stewardship campaign were \$317,664.

Board of Deacons—Assignments and schedules for ushering and committees were made.

Nanc Skaret will be Co-Moderator with Dennis Rosenkranz and Karmen Svihovec will serve as Secretary. Two Deacons volunteered to be on Nominating Committee: Anita Fru and Alice Nix.

Child Care Center Board—Reviews of staff will be finished in February. Staff received a 3% wage increase.

Nominating—Two Elders volunteered to be Co-Chairs for 2023: Rusty Bender and Juanita Hocking.

Session approved the use of our church for the wedding of non-members, Daniel and Kelsey Kimball, March 25.

Alice Nix, Clerk of Session

Birthdays and Anniversaries !



BIRTHDAYS

FEBRUARY

Abby Bjornson	1st
Annabelle Wohl	1st
Lorraine Dopson	5th
Judith Libby	6th
Jouvet Forbang	8th
Paul Jensen	9th
Pat Liedtke	9th
Elizabeth Brostrom	11th
Lyle Johnsen	12th
Josh Stokka	17th
Eleanor Herdebu	18th
Jackie Lannoye	20th
Samantha Ronningen	22nd
Cathy Kinnischtzke	23rd
Tammy Gallup Lelm	26th
Priscilla Wilson	27th



ADULT SUNDAY SCHOOL

SUNDAYS - 1:30 PM
VIA - ZOOM



ANNIVERSARIES

FEBRUARY

Vi & Vern Spitzer	11th
Alex & Maddy Volk	23rd
Corey Hedland & Jen Boeckel	23rd
Bryan & Wendy Skager	23rd

Please let us know if we've made a mistake, omission or if you would prefer not to have your special day published.

~ Thank you ~

First Presbyterian Church

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Phone: 701-223-6091

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www.fpcbismarck.com

Sunday Worship: 10:00 am

Office Hours: 8:00 am - 4:30 pm



Pastor

Rev. Dr. Leanne Simmons

Finance Assistant

Carol Thompson

Administrative Assistant

Maureen Chrest

Parish Nurse

Wanona Goetz

Youth Ministry Assistant

Marete Farver

Organists

Arvy Smith & Gail Snustad

Choir Director

Debi Rogers

Handbell Ensemble Director

Lael Hoerauf

Maintenance Manager

Tony Bartole

Audio/Visual Specialist

Josh Stokka

Membership Services

Judy Lentz

Child Care Center Director

Shawn Stettner

Child Care Center Asst. Director

Vanessa Hein

Nursery

Mary Jones

Christian Ed. Interns

Sophie Svihovec & Mark Jensen



HELLO

FEBRUARY

2023

"THIS MONTH IS GOING TO BE GREAT"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5:45pm PAC/Teens 6:30pm Bells 7:30pm Choir	2 11:00am Bal. & Strength Class 5:30pm Yoga	3	4
5 10:00am Worship	6 1:30pm Prayer Shawl Ministry 5:30pm Suzuki 6:30pm Scouts 7:00pm Christ. Ed	7 11:00am Bal. & Strength Class 5:45pm Prop. & Equipment 6:30pm Lay Pastors	8 5:45 pm PAC/Teens 6:30pm Bells 7:30pm Choir	9 11:00am Bal. & Strength Class 5:30pm Yoga 6:00pm Hospitality	10	11
12 10am Worship Boy Scouts Pancake Breakfast! BLOOD PRESSURE CLINIC	13 5:30pm Worship & Music 5:30pm Suzuki 6:30pm Scouts	14 11:00am Bal. & Strength Class 5:30pm CCC Board 	15 5:45 pm PAC/Teens 6:30pm Bells 7:30pm Choir	16 11:00am Bal. & Strength Class 5:30pm Yoga 7:00pm Deacons	17	18
19 10:00am Worship "Transfiguration of the Lord"	20 Noon -Resource Management 1:30PM PRAYER SHAWL MINISTRY 4:30pm Admin. Personnel 6:30pm Scouts	21 11:00am Bal. & Strength Class	22 5:30PM Youth Soup Dinner 7:30PM ASH WEDNESDAY SERVICE NO PAC/Teens NO Bells NO Choir	23 11:00am Bal. & Strength Class 5:30pm Yoga	24	25 11:30am "The Banquet" At the Dream Center
26 10:00am Worship "1st Sunday of Lent"	27 5:30pm Suzuki 6:30pm Scouts	28 11:00am Bal. & Strength Class 2:00pm Presby Friends at Augusta Place 6:00pm Session				

PRAYER REQUESTS FOR YOUR HEALING TOUCH:

GRAEL GANNON

ALICE & STAN HALLING



CONTINUED THOUGHTS & PRAYERS FOR THE FAMILIES OF:

BEVERLY RUDRUD

Arne Arneson

Bernie Schue

Arley Gallop

Nils Pearson