



# HERE & NOW!



## First Presbyterian Church



## YOUTH SUNDAY...

**MAY 12TH, 2019 ~ MOTHER'S DAY!**

Please join us this Mother's Day, Sunday, May 12th as our Youth will lead Worship in honor of this special day. Muffins and ice cream will be served in the Parlor following Worship. We look forward to seeing you all!



**Volume 66, Issue 5**

**May 2019**

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## **BUDGETING TIMETABLE ADJUSTMENT**

The Business and Finance Committee has proposed an adjustment in the budgeting timetable for 2020. Previously all committee budget requests were due for submittal in October so a tentative budget could be prepared and submitted to Session for consideration at the November Session meeting. This left only one month to make adjustments and to finalize the budget before the end of the year. The budgeting timetable is being advanced by one month such that all committee budget requests are now due for submittal by early September. This is necessary to enable a tentative budget to be submitted by the Business and Finance Committee to Session at the October Session meeting and to make it more likely that a complete budget can be finalized by the Session at its November meeting.

Of course, the committee budget requests are used to prepare the expense side of the budget only. To enable the income side of the budget to be established on the same timetable, it is necessary for the Stewardship Committee to plan for the annual Stewardship Campaign to begin earlier than in recent years. It is understood that plans are being made to begin the Annual Stewardship Drive in early September. More will be announced by the Stewardship Committee in the near future regarding a schedule and an approach to be used for the 2020 Stewardship Campaign.

Each year with reducing membership and increasing expenses, the budgeting process becomes more complex. As a result, the transfer of income from investments of memorial and endowment funds becomes a greater part of the income side of the budget. Our church has been blessed over the years to have been the recipient of many generous gifts. Transfers of principle from invested funds generated from gifts to the church has also become necessary, and this adds to the complexity of the budgeting process. Fortunately, a sound investment strategy has enabled stability and modest growth in the value of invested funds even during the past several years when it has been necessary to transfer earnings and some of the principle from those invested funds.

The adjusted budgeting timetable enables more sufficient time to thoughtfully consider all budgeting needs. The Business and Finance Committee sincerely appreciates the cooperation and understanding of all committee personnel, staff and the entire church membership.

Jim Skaret—Chairperson  
Business and Finance Committee





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## **PASTOR LEANNE'S MESSAGE...**

It is often said that Presbyterian worship is distinguished from the worship of other denominations by the primary question it answers. When a Presbyterian leaves worship, he or she will ask, “was God honored in our service?” while most others will ask, “did I experience God in this service?” The former is theology dependent: honoring God in worship, according to Calvin, is a matter of right theology expressed through worship and the sacraments. Calvin was adamant that the measure of all things divine was always outside of us, rooted in the revelation of God in Christ—he felt that human experience could be somewhat unreliable and always needed to be theologically checked. But the latter can be rather subjective: if one comes to worship tired or depressed, or if the sermon is about a topic with which one feels no connection, one can leave feeling untouched by God’s presence, which of course, does not mean God wasn’t in house—only that we avoided meeting God there.



I am convinced, though, that when worship is both in spirit and in truth, we should rightly be able to leave a worship service convinced of both things: God WAS honored, and we DID experience the Holy Spirit. Calvin used to say that true worship was both a matter of intellectual consistency with the Gospel AND fervency of heart, and in my opinion, one of the many goals of a worship service is to create a context in which fervency of heart is offered many connective strands to God’s revealed WORD in Christ. Those “strands” of connection are multiple: music and prayer, the proclamation of scripture matched with appropriate opportunities for response, and community participation.

So...why DO Presbyterians worship the way we do? Why liturgy, why corporate and individual confession, why creeds and why announcements? (Did you know that Presbyterians consider announcements and act of worship? - Yup—because in them the whole covenanted community equally shares knowledge of God’s activities among us and the world.) For the most part, our pattern of worship dates back over 500 years to the Reformation and every movement of worship was well thought through in terms of theological meaning, truthful expression and covenanted community participation. It is a rich history with an amazing caveat: from the very beginning, our way of worshiping had a “built in” option for more flexibility than you might imagine—intended to accommodate change, varying cultures, local traditions while maintaining a core, unchanging adherence to the Gospel of salvation by grace through faith in Jesus Christ our Lord.

Wish you knew more? Wish you had input into what we now do? Well, then I have just the thing for you! On Saturday, May 11th at 10:00 a.m. the Worship Committee is hosting a Worship Enhancement Seminar 10:00 a.m.—1:00 p.m. in the Parlor. We will walk through history, through our order of worship, and through Sunday morning patterns of worship—both for the purpose of appreciation AND innovation in worship. We will look briefly at what some call “The Worship Wars” - a recent development of competitive worship practices that focus on music styles, user-friendly programs, technology and “felt-need” foci. If we have time, we may even talk about some worship trends: dinner church, God on Tap. Coffee House Worship and off-site ministries. But mostly, we will talk about us, about vibrancy in our own worship and our future together as one body, praising God in the service of worship.

So...let mw know if you plan to come, so I can have lunch on for you. There is a sign-up sheet available on the bulletin board.

*Leanne*





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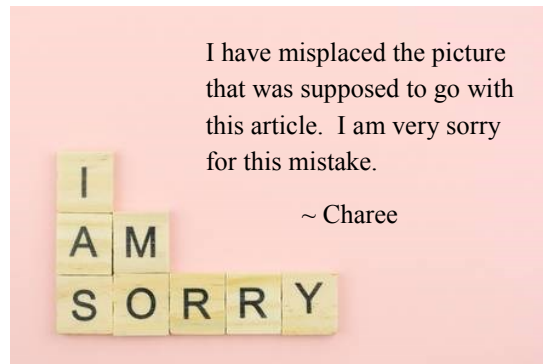
## **THANK YOU...**

You came. You served. The Outreach Committee extends a huge thank you to Dave and Alice Nix, Winston and Barb Satran, Al Hoberg, Lynn Dodge, Jim Rambo, Jan Gilchrist, Kathy Wachter and Karen Ehrens for preparing and serving “The Banquet” meal at Trinity, April 6th.

THANK YOU—We could not do this mission project without the generous help of those who contributed financially, purchased groceries and provided delicious desserts. We served 217 meals.

SAVE THE DATE! - We will provide a meal again on Thursday, September 5th. We encourage you to join us!

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## **MOTHER'S DAY...**

On Mother's Day, Sunday, May 12th, following the worship service, the Membership Committee will host a special event. Please join us! We will provide muffins for mothers, as well as for others who enjoy muffins. Also, ice cream will be provided for those who do not eat muffins. You can have some of each, if you wish. Everyone, especially visitors, is welcome. Come and get to know each other better. It will be another opportunity to linger over conversation and eat treats.



*Happy Mother's Day*





HERE & NOW!

## **SUMMER**

The Worship & Music Committee invites members of all ages to share your talents by participating in special music during worship services throughout the summer. There are many ways to get involved; you can sing with a group, sing a solo, or play a musical instrument

solo, or as accompaniment for someone. If you are interested, please sign-up on the Volunteer Board in the Narthex.

Thank you!




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## **ADMINISTRATIVE AND PERSONNEL**

We have been discussing ways to fund the Parish Nurse position in the future. Currently the Parish Nurse is funded from the Lois Watts memorial fund as a part time position (20 hours per week). All you have to do is read Wanona's articles in the FPC monthly newsletter to see and understand her contribution to the life of the church. The 20 hours per week, in our opinion, is not enough time for her to help the individual congregation needs and also continue to organize the many value added workshops each week. Therefore, we are taking a proactive approach of addressing the funding of the position now so that we can continue with this service for FPC in the years to come.

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## **PENTECOST OFFERING**

**The Pentecost Offering helps our youth begin life with a strong start, a solid foundation of faith formed in the first third of life, from childhood through young adulthood.**

Each year on Pentecost Sunday, we celebrate the gift of the Holy Spirit and the birthday of the church. The Holy Spirit remains with us still, connecting us with the church of the past, continuing to inspire the church of today, pointing us to the church of the future. Each year, celebration is marked by receiving the Pentecost Offering which nurtures the faith of the church to come—children, youth and young adults.

Psalm 71 testifies that a foundation of faith established during childhood helps ensure lifelong faith and service. The patterns and lessons established during these formative years continue to bear fruit throughout life. By giving the Pentecost Offering, your congregation participates in helping our children, youth and young adults grow up to proclaim with the Psalmist, **“O God, from my youth you have taught me, and I still proclaim your wondrous deeds.”**

40% of the offering is retained by the local congregation for investment in local programs, to be determined, focused on children at risk, and development of youth and young adults.

The remaining 60% is sent to the Presbyterian Church USA for young adult volunteer programs throughout the world, youth ministries and child advocacy that nurtures our children and youth in mind, body and spirit.

Thank you for participating in celebrating Pentecost Sunday and our Youth.

In Christ,

**John Richter**—on behalf of the Stewardship & Mission Interpretation Committee

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HERE & NOW!

## CHRISTIAN EDUCATION...



WOW! What an April it has been! For me...I experienced one of the most meaningful Holy Weeks yet to date! Palm Sunday was such a joy with the Children's Procession and their performance of "Hosanna"! Emily and Mark worked really hard getting the kids ready for their big day. During Sunday School that day, the kids colored the butterflies for the "Alleluia" banner we hung in the Sanctuary for the celebration of Jesus' Resurrection. A very fun and energetic Easter Egg Hunt for all our youth ended this fabulous day.

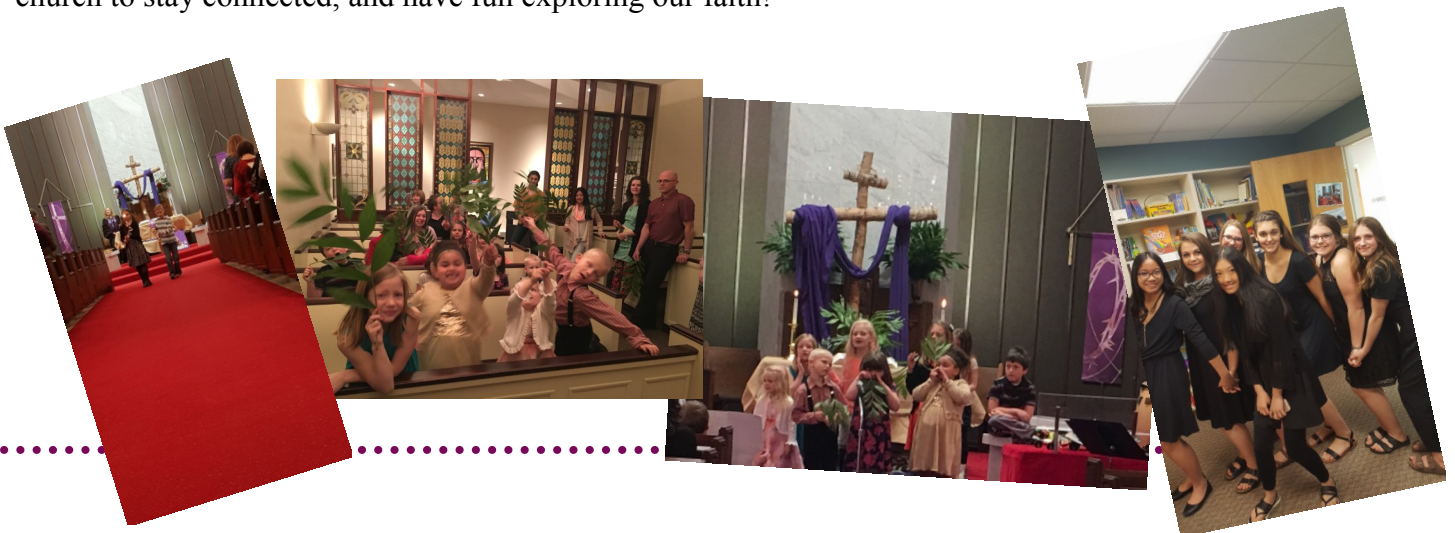
Maundy Thursday was a very emotional experience. Our choir really did a phenomenal job, and 7 of our very talented PresbyTeen youth narrated the story leading up to Jesus' crucifixion. I am so very PROUD of their enthusiasm to volunteer and be a part of such a meaningful service!

To top it all off, Easter Sunday rose the roof off the church! Bells playing to start the service, all the décor of the Sanctuary that represents hope and spirituality...the choir singing full strength...Communion enjoyed by all...the families and new faces all here for the same reason...He has Risen! He has Risen Indeed!

With this amazing time coming to an end, it reminds me that we are heading towards the middle of the year, and most everyone is looking forward to summer. But for those of us who work with kids and youth, this is the ending of a program year at FPC. We kicked off September last year with Sunday School, PAC and PresbyTeens meeting every week. We had a lot of fun with a great group of kids sharing God's love each week. In January, we started our new class of Confirmation Students meeting the 2nd Tuesday of every month. Confirmation class will last 2 years with many group and service projects to come. The class will take the summer off and start up again in September with Back to Church.

This May we look forward to celebrating our fabulous Interns and their great accomplishments. We also have our youth taking over Worship on May 12th for a very special Mother's Day Youth Sunday. This day will also bring with it 2 baptisms of two of our PAC/PresbyTeen youth.

As we lead into summer, we look into how Jesus will be a part of our lives when the sunshine rises above. As relaxing as summer appears to be, our schedules seem to quickly fill up with trips, events and things happening all around us. This is a great time to find new ways to explore our faith. Our youth have many opportunities to learn more about their faith this summer by spending time with old and new friends at Crystal Springs Retreat, a week at Triennium, Vacation Bible School at the end of July, and spending time in church and the community serving others. Stay tuned throughout the summer for great opportunities with our church to stay connected, and have fun exploring our faith!





## **WHAT'S HAPPENING THIS SUMMER...**

### ♦ **Family Day at McDowell Dam:** Saturday, July 13th from 1:00 p.m.—4:00 p.m.

The Christian Education Committee is inviting families and church members out to McDowell Dam on Saturday, July 13th for a day of fun together. We will enjoy time by the water together. A responsible adult must be present with your youth. Bring lawn games for all to share. Paddle boats, paddle boards, kayaks and canoes are all available for rent. Save the date for this super fun event!

### ♦ **Vacation Bible School:** July 28th—July 31st

We are excited to be opening up our church to families and kids for Vacation Bible School the end of July. Children from ages 4 years up to 5th Grade are welcome to join in 4 days of “Roar! Life is Wild ~ God is Good!” We’ll take over the church with our fun games, catchy songs and exciting lessons about the how God Is Good! Please save the date and invite kids from your community to join us for the fun.

VBS will be July 28th-31st, meeting at 5:30 p.m.—8:00 p.m., with dinner included. Children ages 4-5th grade can attend, with 6th-12th graders available to attend as helpers. Adults are needed as well. It will be so great for our kids to be hearing God’s word from the members of the congregation—and how great for you to spend time with our kids! Check out your schedule and plan on helping us out for this great week of fun!



**PRESBYTERIAN YOUTH TRIENNIUM 2019**  
July 16-20, 2019 • Purdue University

## **TRIENNIUM 2019**

*July 16-20, 2019 at Purdue University*

This Summer our High School aged youth are invited to Triennium! It is a 5 day experience that only happens once every 3 years. It is 5 days of Conversation, Recreation, Learning, Worship and Fun!

We will be digging into faith through a variety of activities and experiences—all focused around the theme “Here’s My Heart” participants enter their lives with a fresh sense of inspiration grounded in the context of personal and communal worship.

Charee plus 4 of our PresbyTeens will be going to Triennium this year! We are so thankful to all of you for your support and donations that help our youth to experience such amazing trips.





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## **CRYSTAL SPRINGS RETREAT...**

The Crystal Springs Youth Retreat has been a tradition within the Presbytery for over 20 years. Each Spring, 6th-12th grade youth from all over North Dakota (and Minnesota) join together to learn about their faith, have some fun and let loose for a weekend. The topic of discussion, the number of youth, and the retreat changes every year, but always continues to be a great amount of fun for all who take part.

This year, we had a great group of youth joining together to discuss "Being the Light". The Youth Connection Team—Rachel Holsten, Joe Obermeyer, Kayla Bones, Charee Linton—along with our fabulous Musician, Ben Richter, have been planning this retreat since roughly October/November of last year. We enjoyed time together with new and old friends, worshipping together, singing songs and playing games, while learning what it means to be the light and letting your light shine for all the world.



A few of the things that our youth stated were their favorite things include High Swing (yes, I did it too), a few specific small group devotional topics, and of course the games!

We had cold weather this year, but we had a great group of kids. These youth spent the short amount of time getting to know each other and celebrating their faith in all the activities we enjoyed together. The one complaint I heard from our youth....they wish it lasted longer! We are all looking forward to what is in store for next year!

## **SAVE THE DATE!**

### ***FREE VACATION BIBLE SCHOOL***

***SUNDAY—WEDNESDAY  
JULY 28TH-JULY 31ST***

**5:30 pm—8:00 pm  
With Dinner Included**

**Ages: 4 year—5th Grade**

***6th Grade—200th Grade Volunteers Needed!***





## **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 a scholarship, the candidate must be an active member of First Presbyterian Church of Bismarck or must have been an active participant in the life of the church at least three years. These scholarships can be used for any level of study beyond high school. Maximum eligibility for scholarships is four years; those years do not have to be consecutive. Graduate students are eligible for these scholarships provided that the four year maximum has not been reached. Applications are available in the Narthex or for download

from the front page of the church website at [www.fpcbismarck.com](http://www.fpcbismarck.com). The application deadline is **May 15th, 2019**.



## **CHILD CARE CENTER THANKS YOU!**

The Child Care Center staff would like to say "Thank You!" to all who donated wash cloths and baby wash throughout the month of March. What an amazing gift; you provided us with 247 wash cloths and 377 ounces of soap. Both of these items are much needed and greatly appreciated. Thank You!





HERE & NOW!

## **DOWNTOWN HIGHER POWER LUNCH...**

The Higher Power Lunch Committee has been serving lunches and providing fantastic food and dessert for almost a year thanks to the vision of Gladys and Jan who had to promote stewardship, and scripture messages with guest speakers and business professionals in our downtown area at First Presbyterian Church in the Parlor.

On this special note the volunteer committee would like to take this time to recognize and thank you all the volunteers who have given up their valuable time to serve tables, set-up, clean-up, host at the registration desk and have the linen ready for the next luncheon. Secondly, Nathan is vital setting up the Parlor prior to our set up time. Thank you! We also want to give a special thank you to Charee who prepares the technical equipment for our presentations, emails to guests and places the information on our website and Facebook page.



Thank you,

Volunteer Committee

## **OUTDOOR WORSHIP AND PICNIC...**

The Outdoor Worship  
Service/Picnic has been  
scheduled for

***Sunday, July 21st***

More information to  
follow later!





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## **MOVIE NIGHT...**

The Membership Committee is rescheduling movie night at the church to view the movie "Green Book," followed by a discussion of the movie. The movie will now be shown at 7:00 p.m. on Friday, May 10, 2019. Popcorn will be served. Moviegoers may wish to bring nonalcoholic drinks consumed with popcorn during the showing of the movie. Come and enjoy the movie and stay for the discussion if you wish. Although the movie lasts about 2 hours, discussion may last a bit longer. This movie is rated PG-13.



## **A "NOTE" OF APPRECIATION...**

Westminster Chimes will be wrapping up their ringing season at the May 19th worship service. Many thanks go to the ringers for contributing their talent and the many hours of rehearsals it takes to have regular contributions to worship.

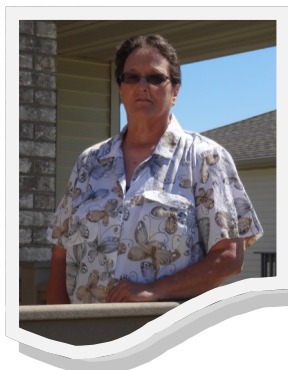
Our volunteers this year included: Kara Richter, Juanita Hocking, Linda Tonolli, Alice Nix, Tammy Lelm, Pat Keller, Iris Giedd, Kris Ronningen, Kathy Gappert, Rosey Sand, Judy Tschider, Kathy Wachter, Shelly Heilman, and Jim Rambo. Also helping us as subs at rehearsals and appearances were ringers from Good Shephard Lutheran Church including: Shawn Deisz, Gail Zimmerman, Becky Parkin, Karen Peterson, Sue Howard, Arliss Fleming, Barb Roberts, Rita Keegan, Heidi LaBree, and Christy Peterson.

Thanks, too, to the congregation and Pastor Leanne for the kind words and prayers and the support at the Bellringer's Bakery!





HERE & NOW!



## **NURSE'S NOTES**

Happy May Everyone! So since May brings Mother's Day, here is a story for you:

*A young man was walking through a supermarket to pick up a few things when he noticed an old lady following him around. Thinking nothing of it, he ignored her and continued on. Finally he went to the checkout line, but she got in front of him. "Pardon me," she said, "I'm sorry if my staring at you has made you feel uncomfortable. It's just that you look just like my son, who just died recently." "I'm very sorry," replied the young man. "Is there anything I can do for you?" "Yes," she said, "As I'm leaving, can you say 'Good bye, Mother!?' It would make me feel so much better." "Sure," answered the young man. As the old woman was leaving, he called out, "Goodbye, Mother!" As he stepped up to the checkout counter, he saw that his total was \$127.50. "How can that be?" he asked. "I only purchased a few things!" "Your mother said that you would pay for her," said the clerk.*

I am promoting classes on Alzheimer's Disease and thought it would be fun to have a quiz on memory. This quiz is from the WebMD. I will first post the questions then follow with the answers: See how you do! How is your memory holding up?

- 1) Most adults can't remember anything that happened before they were 3 years old. True    False
- 2) Which of the following helps turn short-term memories into long-term memories?  
☐ Sleep    ☐ Aging    ☐ Digestion    ☐ None of these
- 3) A short-term memory is likely to become a long-term memory if it has a link to:  
☐ Sensory Information (smells, sounds, etc.)    ☐ Current or historic events  
☐ Your other long-term memories    ☐ All of these
- 4) A long-term memory fades because: ☐ It is no longer important    ☐ It is replaced by other memories  
☐ We cannot find the link to retrieve the memory
- 5) What is more to help you remember to pick up the dry cleaning after work?  
☐ Focusing on it and committing it to memory early in the day  
☐ Seeing the dry cleaning receipt in your wallet
- 6) Which of the following causes memory problems?  
☐ Dehydration    ☐ Stress    ☐ Infections    ☐ All of these
- 7) Everyone will have some memory loss as they get older. True    False
- 8) A good social life can keep your mind sharp as you age. True    False
- 9) Blood pressure and memory loss are related. True    False
- 10) What are some things older people can do to help their memory?  
☐ Crossword Puzzles    ☐ Meditation    ☐ Physical Activity    ☐ All of these
- 11) When an older person forgets where he parks his car, it may be caused by lack of attention rather than lapse of memory. True    False
- 12) Memory problems are one of the first signs of Alzheimer's Disease. True    False
- 13) You have a serious memory problem if you:  
☐ Forget where you put your keys    ☐ Forget certain words or names  
☐ Get lost in places you know well    ☐ Take longer to learn new things

*\*Answers and announcements on page 16.*







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## May 2019 Usher/Greeter/Coffee Host

- May 5th:**  
**Captain:** Alice Nix  
**Ushers:** Pam Anderson, Steve Adair, Audrey Simmons, Dave Nix, Ruth Jensen  
**Reception Host:** Wendy Skager
- May 12th:**  
**Captain:** Nanc Skaret  
**Ushers:** Audrey Simmons, Corby Svihovec, Drew Henriksen, Ruth Jensen, Will Davis  
**Reception Host:** Erik Hein
- May 19th:**  
**Captain:** Maren Stokka  
**Ushers:** Letha Lewis, Cindy Cross, Don Cross, *2 Volunteers Needed*  
**Reception Host:** CCC Board, Ella Gutzke & Damita Engel
- May 26th:**  
**Captain:** Gloria Blanco  
**Ushers:** Dave Nix, Alice Nix, *3 Volunteers Needed*  
**Reception Host:** *Volunteer Needed*

### LAY READERS

**May 5th**  
*Damita Engel*

**May 12th**  
*Youth Sunday*

**May 19th**  
*Lori Orser*

**May 26th**  
*Volunteer Needed*



*If you are interested in volunteering, you may sign up on the Volunteer Board in the Narthex, or call the church office at:*

**223-6091**

### COMMUNION SERVERS

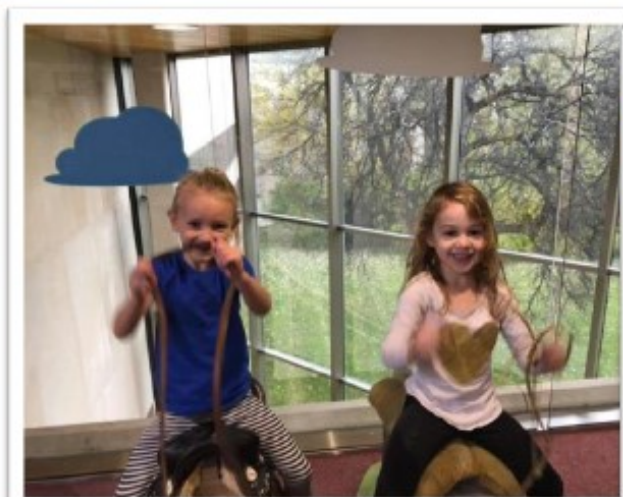
**May 6th, 2017**

|               |                         |
|---------------|-------------------------|
| Ron Carlisle  | Dave Nix                |
| Jim Rambo     | <b><i>VOLUNTEER</i></b> |
| Wendy Skager  | Alice Nix               |
| Audre Goll    | Kathryn Brown           |
| Abby Bjornson | Neva Carlisle           |

*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.*

**701-223-6091**

# CHILD CARE CENTER...



FUNDAY adventures at the Universal Park in Mandan!

The FPCCC has made these lifelong friendships possible – and the group will continue to grow as new families join our “church outside of church” group!

If you’d like an invitation to the Facebook group, please email the FPC office at [FirstPresbyterian@fpcbismarck.com](mailto:FirstPresbyterian@fpcbismarck.com) (Subj: FPCCC)





## CHILD CARE CENTER...

### Child Care FUNDAYS!

Did you know there is a Facebook group dedicated to keeping friendships going and growing for current and former First Presbyterian Child Care Center kids?



From looking at exhibits to playing in the Treehouse fun zone, and even taking a cupcake break in the James River Café, these kids did it all at the North Dakota Heritage Center & State Museum. They were SUPER excited to see all their friends who graduated from the center and are soon off to kindergarten!





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## **NURSE'S NOTES...(continued)**

- 1) **TRUE:** You might recall one or two events before you were 4, but not much before you were 3. Children begin to identify objects around them (semantic memories) by 10 to 12. They remember things that happened earlier in time (episodic memories) by 20 to 24 months. You may not be able to form memories solid enough to survive into adulthood until you can think about what happened in words.
- 2) Correct answer **SLEEP:** The human sleep cycle is crucial to making memories. If something important happens to you during the day, your brain strengthens your thoughts and feelings about the event overnight while you rest.
- 3) Correct Answer **ALL OF THESE:** Details stored in your mind's data banks can be sorted in three categories: short-term; long-term (or remote); and recent (or working). A short-term memory must have some kind of impact for you to store it. The more ties there are between that memory and your bank of long-term memories, the easier it'll be for you to recall it.
- 4) Correct Answer **WE CAN'T FIND THE LINK TO RETRIEVE THE MEMORY:** Once data has been stored in your long-term memory, it's there forever. However, you can't always call it up because the link (or association) has faded. Short-term memories vanish quickly, sometimes after only a few seconds. And recent, or working, memories are often replaced by new info.
- 5) Correct Answer **SEEING A DRY CLEANING RECEIPT IN YOUR WALLET:** Remembering to do something, like run an errand or take daily medication, is called "prospective" memory. Following through on this type of task is tied more to a trigger, like seeing a dry cleaning receipt or driving past a pharmacy, than to having the task committed to memory.
- 6) Correct Answer **ALL OF THESE:** Trouble with total recall can come from many physical and mental conditions not related to aging, like dehydration, infections, and stress. Other causes include medications, substance abuse, poor nutrition, depression, anxiety, and thyroid imbalance.
- 7) Correct Answer **FALSE:** Yes, memory trouble does come with age, but not everyone has it. People who are more active, both mentally and physically, tend to have a better working memory than people who don't move often, or don't do much to challenge their minds.
- 8) Correct Answer **TRUE:** Studies show that older folks who stay socially active or live with someone also have better mental function.
- 9) Correct Answer **TRUE:** High blood pressure can affect blood vessels that supply your brain and lead to memory loss. The reverse also may be true: Studies show aerobic exercise which can help lower blood pressure may improve your memory.
- 10) Correct Answer **ALL OF THESE:** Do a word puzzle. Take a brisk walk. Brain teasers and physical activity can both help maintain mental function and preserve memory. Meditation may benefit seniors with memory problems in just eight weeks.
- 11) Correct Answer **TRUE:** As you get older, it's hard to keep your mind on more than one thing at a time. So if you're talking to someone while parking the car, you may not recall where you left it. Stay focused on what you're doing and it'll be easier to find that memory later.
- 12) Correct Answer **TRUE:** Memory problems are the hallmark of Alzheimer's. In fact, even before people have full-blown Alzheimer's, they often suffer from a condition called mild cognitive impairment (MCI), which includes some memory loss. Not all people with MCI go on to develop the disease, however.
- 13) Correct Answer **GET LOST IN PLACES YOU KNOW WELL:** Not being able to recall where you put your keys, having trouble calling up a certain word or name, and taking longer to learn new things are signs of mild forgetfulness, which is common. Getting lost in places you know well can signal a more serious problem like Alzheimer's disease, depression, or a circulation problem. Other signs of a serious memory problem include asking the same questions repeatedly; not being able to follow directions; becoming confused about time, people, and places; and forgetting to take proper care of yourself.

### **ANNOUNCEMENTS:**

- Senior Strengthening classes will end May 27th to Sept. 9th for summer break
- Sunday BP clinic will be May 5th in the conference room 9 a.m. to 10 a.m. and 11 a.m. to 12 Noon. Everyone is welcome.
- There is an Alzheimer's class on Thursday, May 2nd from 12 Noon—1:30 p.m. in the Parlor. "Engaging Through the Stages of Alzheimer's." See You There!







## **MAY'S BIRTHDAYS & ANNIVERSARIES**

### **BIRTHDAYS**

### **MAY**

|                   |      |
|-------------------|------|
| Alisha Wohl       | 1st  |
| Gary Thompson     | 2nd  |
| Mallory Henriksen | 2nd  |
| Chris Henriksen   | 3rd  |
| Kristi Ronningen  | 3rd  |
| Magdaline Nji     | 5th  |
| Mark Jensen       | 6th  |
| Jenni Boeckel     | 10th |
| Tait Ronningen    | 10th |
| Paige Pengilly    | 13th |
| Luke Pengilly     | 13th |
| Barb Satran       | 14th |
| Nils Pearson      | 15th |
| Tara Bitz         | 15th |
| Carol Peterson    | 17th |

### **BIRTHDAYS**

### **MAY**

|                       |      |
|-----------------------|------|
| Denise Gratz          | 18th |
| Delores James         | 19th |
| Saige Klipfel         | 19th |
| Grayson Hedland       | 20th |
| Ruth Beachey          | 21st |
| Kathy Wachter         | 22nd |
| Mike Lannoye          | 23rd |
| Marlynn Bonogofsky    | 24th |
| Brooke Lannoye        | 25th |
| Laurel Jane Stowell   | 25th |
| Vernon Spitzer        | 25th |
| Becky Liedtke         | 26th |
| Kaydee Gilchrist      | 26th |
| Muriel Peterson       | 27th |
| Runick Fru Alah       | 28th |
| Sebastian Charbonneau | 30th |

### **ANNIVERSARIES**

Fredrick & Alisha Wohl

5/5

Ron & Neva Carlisle

5/18

Lee & Doris Doolittle

5/24



All birthdays and anniversaries are taken from the church's membership database. If we made a mistake, or 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!



| <b><u>Date</u></b>       | <b><u>Time</u></b> | <b><u>Meeting/Event</u></b>    | <b><u>Location</u></b> |
|--------------------------|--------------------|--------------------------------|------------------------|
| Wednesday, May 1st, 2019 | 1:30 pm            | Innovation School Classes      | 202                    |
|                          | 6:00 pm            | PresbyTeens                    | Downstairs             |
|                          | 6:30 pm            | Westminster Chimes             | Bell Room              |
|                          | 7:30 pm            | Chancel Choir                  | Sanctuary              |
| Thursday, May 2nd, 2019  | 10:00 am           | Strengthening Exercise Class   | Parlor                 |
|                          | 12:00 pm           | Alzheimer's Class              | Parlor                 |
|                          | 12:00 pm           | Stewardship Committee          | Conference Room        |
|                          | 6:00 pm            | Membership Committee           | Conference Room        |
| Friday, May 3rd, 2019    |                    | <i>No Events Scheduled</i>     |                        |
| Saturday, May 4th, 2019  | 8:30 am            | Circle                         | Parlor                 |
|                          | 9:00 am            | Yoga                           | 202                    |
| Sunday, May 5th, 2019    | 9:00 am            | Adult Bible Study              | 201                    |
|                          | 10:00 am           | Worship                        | Sanctuary              |
|                          | 10:15 am           | Youth Sunday School            | Downstairs             |
|                          | 11:00 am           | Intern/Graduation Appreciation | Parlor                 |
| Monday, May 6th, 2019    | 10:00 am           | Strengthening Exercise Class   | Parlor                 |
|                          | 1:30 pm            | Prayer Shawl Ministry Group    | Parlor                 |
|                          | 4:30 pm            | Suzuki Music School            | 205, 207, 209          |
|                          | 7:00 pm            | Boy Scout Troop 6              | Downstairs             |
| Tuesday, May 7th, 2019   | 12:00 pm           | Adult Bible Study              | Parlor                 |
|                          | 5:15 pm            | Suzuki Music School            | 205                    |
|                          | 5:30 pm            | Yoga                           | 202                    |
|                          | 5:30 pm            | Property and Equipment Comm.   | Ramstad                |
|                          | 6:30 pm            | Lay Pastors                    | Parlor                 |

| <b><u>Date</u></b>        | <b><u>Time</u></b> | <b><u>Meeting/Event</u></b>         | <b><u>Location</u></b> |
|---------------------------|--------------------|-------------------------------------|------------------------|
| Wednesday, May 8th, 2019  | 12:00 pm           | Munch & Mingle                      | Ramkota Hotel          |
|                           | 1:30 pm            | Innovation School Classes           | 202                    |
|                           | 6:00 pm            | PresbyTeens                         | Sactuary               |
|                           | 6:30 pm            | Westminster Chimes                  | Bell Room              |
|                           | 7:30 pm            | Chancel Choir                       | Sanctuary              |
| Thursday, May 9th, 2019   | 10:00 am           | Strengthening Exercise Class        | Parlor                 |
|                           | 6:00 pm            | Outreach Committee                  | Conference Room        |
| Friday, May 10th, 2019    | 7:00 pm            | Movie Night— <i>Green Book</i>      | 207—Movie Room         |
| Saturday, May 11th, 2019  | 9:00 am            | Yoga                                | 202                    |
|                           | 10:00 am           | Worship Visioning Workshop          | Parlor                 |
|                           | 12:00 pm           | Ramstad Reserved for Private Event  | Ramstad Hall           |
| Sunday, May 12th, 2019    | 9:00 am            | Adult Bible Study                   | 201                    |
|                           | 10:00 am           | Worship—Happy Mother's Day          | Sanctuary              |
|                           | 10:15 am           | Youth Sunday School                 | Downstairs             |
|                           |                    | <b><i>Youth Sunday—Baptisms</i></b> |                        |
| Monday, May 13th, 2019    | 10:00 am           | Strengthening Exercise Class        | Parlor                 |
|                           | 4:30 pm            | Suzuki Spring Recital               | Sanctuary              |
|                           | 5:30 pm            | Worship & Music Committee           | Conf. Room             |
|                           | 7:00 pm            | Boy Scout Troop 6                   | Downstairs             |
|                           | 7:00 pm            | Christian Education Committee       | Conf. Room             |
| Tuesday, May 14th, 2019   | 12:00 pm           | Adult Bible Study                   | Parlor                 |
|                           | 5:15 pm            | Suzuki Music School                 | 205                    |
|                           | 5:30 pm            | Yoga                                | 202                    |
|                           | 5:30 pm            | CCC Board                           | Conf. Room             |
| Wednesday, May 15th, 2019 | 11:30 am           | Higher Power Lunch                  | Parlor                 |
|                           | 1:30 pm            | Innovation School Classes           | 202                    |
|                           | 6:30 pm            | Westminster Chimes                  | Bell Room              |
|                           | 7:30 pm            | Chancel Choir                       | Sanctuary              |

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| <b><u>Date</u></b>        | <b><u>Time</u></b> | <b><u>Meeting/Event</u></b>                   | <b><u>Location</u></b> |
|---------------------------|--------------------|---|------------------------|
| Thursday, May 16th, 2019  | 10:00 am           | Strengthening Exercise Class                  | Parlor                 |
|                           | 7:00 pm            | Deacons                                       | Parlor                 |
| Friday, May 17th, 2019    |                    | <i>No Events Scheduled</i>                    |                        |
| Saturday, May 18th, 2019  | 8:00 am            | Ramstad Reserved For Boy Scouts               | Ramstad                |
|                           | 9:00 am            | Yoga  | 202                    |
| Sunday, May 19th, 2019    | 9:00 am            | Adult Bible Study                             | 201                    |
|                           | 10:00 am           | Worship                                       | Sanctuary              |
|                           | 10:15 am           | Youth Sunday School                           | Downstairs             |
|                           | 11:00 am           | Child Care Center Appreciation                | Parlor                 |
| Monday, May 20th, 2019    | 10:00 am           | Strengthening Exercise Class                  | Parlor                 |
|                           | 12:00 pm           | Business & Finance Committee                  | Conf. Room             |
|                           | 1:30 pm            | Prayer Shawl Ministry Group                   | Parlor                 |
|                           | 5:00 pm            | Admin. & Personnel Comm.                      | Conf. Room             |
|                           | 7:00 pm            | Boy Scout Troop 6                             | Downstairs             |
| Tuesday, May 21st, 2019   | 12:00 pm           | Adult Bible Study                             | Parlor                 |
|                           | 5:30 pm            | Yoga  | 202                    |
| Wednesday, May 22nd, 2019 | 12:00 pm           | Alzheimer's Class                             | Parlor                 |
|                           | 1:30 pm            | Innovation School Classes                     | 202                    |
|                           | 6:00 pm            | Westminster Chimes Potluck                    | Parlor                 |
|                           | 7:30 pm            | Chancel Choir                                 | Sanctuary              |
| Thursday, May 23rd, 2019  | 10:00 am           | Strengthening Exercise Class                  | Parlor                 |
|                           | 5:00 pm            | CCC Appreciation Dinner                       | Parlor                 |
|                           | 6:30 pm            | GROW Meet & Greet                             | Ramstad                |
| Friday, May 24th, 2019    |                    | <i>No Events Scheduled</i>                    |                        |
| Saturday, May 25th, 2019  | 9:00 am            | Yoga  | 202                    |
| Sunday, May 26th, 2019    | 9:00 am            | Adult Bible Study                             | 201                    |
|                           | 10:00 am           | Worship                                       | Sanctuary              |
| Monday, May 27th, 2019    |                    | <b><i>Church Closed for Memorial Day!</i></b> |                        |

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| <u><b>Date</b></u>        | <u><b>Time</b></u> | <u><b>Meeting/Event</b></u> | <u><b>Location</b></u> |
|---------------------------|--------------------|-----------------------------|------------------------|
| Tuesday, May 28th, 2019   | 12:00 pm           | Adult Bible Study           | Parlor                 |
|                           | 5:30 pm            | Yoga                        | 202                    |
|                           | 6:00 pm            | Session                     | Parlor                 |
| Wednesday, May 29th, 2019 | 7:30 pm            | Chancel Choir (?)           | Sanctuary              |
| Thursday, May 30th, 2019  |                    | <i>No Events Scheduled</i>  |                        |
| Friday, May 31st, 2019    |                    | <i>No Events Scheduled</i>  |                        |

## May

### Verses to Pray for the Women & Girls in Our Lives

1. Numbers 32:23 - May my daughter's sin be brought to light
2. Joshua 1:9 - May my girls find their strength & courage in You
3. 1 Samuel 3:10 - May my daughters listen for Your voice
4. 1 Samuel 16:7 - May my girls know that true beauty is of the heart
5. 2 Chronicles 20:12 - May my daughters find their confidence in You
6. Psalm 19:14 - May the words of my girls mouths be pleasing to You
7. Psalm 55:22 - Help my daughters to cast their burdens on You
8. Psalm 62:6 - Lord, you are a fortress and defense for my girls
9. Psalm 119:11 - God, guide my girls with Your Word
10. Psalm 139:14 - May my girls believe they are wonderfully made
11. Proverbs 1:1-6 - May my girls look to You for wisdom.
12. Proverbs 3:5-6 - May my daughters trust You with all their hearts
13. Proverbs 15:1-2 - May my girls learn to give a soft answer
14. Proverbs 31:10 - May my girls know beauty comes from surrender
15. Isaiah 26:3 - Help my girls to fix their eyes on You and be peace filled
16. Isaiah 41:10 - When my girls are fearful, remind them of Your presence
17. Micah 6:8 - May my girls know Your will: act justly, love mercy, walk humbly
18. Matthew 4:4 - May my daughters know they cannot live by bread alone
19. Matthew 5:16 - May my girls let their light shine before men
20. Romans 8:1 - May my daughters never live in condemnation
21. Romans 8:28 - Help my girls to believe that You are at work for their good
22. Romans 8:38-39 - May my daughters know that nothing can separate them
23. Ephesians 4:32 - May my girls be kind and compassionate and forgiving
24. Philippians 1:6 - May my daughters know that You are at work in them
25. Philippians 4:6-7 - May my girls not be anxious but bring everything to You
26. Philippians 4:8 - Help my girls to think about things true, noble, pure, lovely
27. 1 Corinthians 2:9 - May my girls know that Jesus is better than anything else
28. 1 Thessalonians 5:8 - May my daughters give thanks in all circumstances
29. 2 Timothy 1:7 - Lord, you did not give my girls fear, but love and a sound mind
30. 2 Timothy 2:22 - May my girls flee youthful passions and pursue righteousness
31. 1 John 1:9 - May my girls confess to You, believing You are faithful to forgive

# **FAMILY NEWS**

## **SUMMER USHERS, GREETERS, AND LAY READERS**

Summer is quickly approaching with all the lure of its destination vacations, camping, and outdoor fun. As your vacation calendars begin to fill-up, please don't forget about the church. Help us by signing up to be an usher, greeter, reception host, or lay reader in June, July, or August. All three month's sign-up sheets are posted on the Volunteer Board in the Narthex. Thank you for volunteering your time for these important roles.



*“God is our refuge and strength, an ever-present help in trouble.”*

~ Psalm 46:1

## **First Presbyterian Church**

214 East Thayer Ave.  
Bismarck, ND 58501

Phone: 701-223-6091

E-mail:

firstpresbyterian@fpcbismarck.com

www.fpcbismarck.com

**Sunday Worship Schedule:**

**Worship: 10:00 a.m.**

**Office Hours:**

**Monday—Friday**

**8:00 AM—5:00 PM**

**Pastor**

*Rev. Dr. Leanne Simmons*

**Staff**

**Finance Assistant**

*Vickie Haas*

**Administrative Assistant/**

**Youth C. E. Director**

*Charee Linton*

**Organist/Pianist**

*Arvy Smith*

**Choir Director**

*Debi Rogers*

**Handbell Ensemble Director**

*Lael Hoerauf*

**Maintenance Manager**

*Nathan Peterson*

**Membership Services**

*Judy Lentz*

*Shellie Peterson*

**Child Care Center Director**

*Shawn Stettner*

**Child Care Assistant Director**

*Vanessa Hein*

