



FIRST PRESBYTERIAN
CHURCH



Here & Now!

February 2019
Volume 66, Issue 2

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LET ALL
THAT
YOU DO
BE DONE
WITH
LOVE.

Happy
Valentine's Day

1 CORINTHIANS 16:14 NKJV

LOVE

love is patient
love is kind
it does not envy
it does not boast
it is not proud
it does not dishonor others
it is not self-seeking
it is not easily angered
it keeps no record of wrongs
love does not delight in evil
but rejoices with the truth
it always protects
always trusts
always hopes
always perseveres
love never fails

1 Corinthians 13:4-8

Above all,
Love
each other deeply,
because love covers over
a multitude
of sins.

1 Peter 4:8

TriciaGoyer.com



BELLRINGER'S BAKERY

On Sunday, February 24th, the *Bellringer's Bakery* will be open for business with a caramel roll sale. The fresh-baked rolls will be offered in the Parlor from 9:00 a.m. until 12 Noon, but if you don't have time to stay and visit, take-home plates will be available. Proceeds will go to our handbell travel fund. This fund assists the ensemble members with expenses they incur attending seminars and festivals. These events help us in our continued efforts to hone our skills and incorporate new techniques and music for participation in worship.



PER CAPITA PAYMENTS DUE

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.

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life." ~ John 3:16



PASTOR LEANNE'S MESSAGE...

Matthew 5:14: *“You are the light of the world. A town built on a hill cannot be hidden. ¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”*

Just a casual drive through the downtown area produces evidence that this church building stands out. For one thing (one wonderful thing) our bells peel out the message that we are here for this community – and, for another, our “white castle” and its beautiful stained glass demands attention just for its mere beauty. As a property, we are visible.

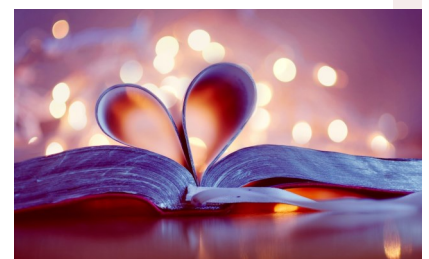
But it is the character of our community for which we need to be known. Early in my time here, I conducted a non-scientific experiment to see what people knew about First Presbyterian. Being new, I was often asked for identification, and as I was still carrying a Georgia license, when I presented it, folks would say, “Georgia! What brings you to North Dakota?” I would explain about my position with this church and casually ask, “what do you know about that church?”

The responses were interesting. There were mentions of historic importance, people of status who have attended, and the standing impression that we are a wealthy church. Occasionally, the responses were closer to what I was hoping for: “don’t they have a Day Care there?” or “aren’t they the church that does that big art festival?” Those mattered to me because what a church wants to be known for is not its finances or status, but for its service and giving. Jesus’s teaching makes it plain, we are to be seen for our good works, so that people will glorify God because of what we do.

This church and its people *are* engaged in self-giving and service to our community. What we are not engaged with is letting the light we shine be visible – known, publicized. Our witness is our future – and it is my hope that in the coming year we can develop a more intentional plan for making known the gifts we have among us and the services we provide in the name of Christ.

So... I am looking for a few good folks to join me on a “Visibility Team” – team designed to plan and implement publicity and out-going events that will draw our community’s attention to our light. We will brainstorm, plan, and do some very hands-on work to publicize name and our mission in Bismarck, and find creative ways to ask others to join us here, for worship, for fellowship and for service in the name of Christ. A sign-up sheet is posted on the church bulletin board – talk to me if you need more info!

Leanne





MEALS ON WHEELS

Volunteers Needed for Meals on Wheels

Since 1972, Meals on Wheels has been providing home-delivered meals to people unable to prepare healthy meals for themselves. Meals on Wheels, a non-profit organization, currently arranges delivery of more than 580 meals per month. Each year our congregation commits to providing drivers for one month for this much-needed service.



We are looking for volunteers again this year for the month of March. Two volunteers are needed for each day, Monday through Friday. Please consider helping bring warm meals and a smile to homebound folks. Sign-up on the Volunteer Board in the Narthex.

Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God.

~ 1 John 4:7

SOAP COLLECTION

During the month of February, the Outreach Committee will again be collecting donations of soap—any kind, any size—for Ministry on the Margins. Ministry on the Margins (MOTM) was founded to help support men and women who fall through the cracks during transitional times—especially during re-entry into the community from prison. First Presbyterian has supported MOTM in the past through Thanksgiving Dinners, Tree of Love donations of sleeping bags, and previous soap collections.

Any type of cleaning product, from personal hygiene products to laundry products are welcome. Keeping in mind that some of the people served by MOTM may be homeless, the smaller, individual-sized products would also be appreciated. Donations will be gladly accepted at the Church anytime during February.





ASH WEDNESDAY SOUP SUPPER

The Membership Committee and Christian Education Committee and our youth are sponsoring a soup supper on *Ash Wednesday, March 6th, 2019 in the Parlor*. Soup, bread, coffee, juice and water will be served by our youth. Please come and partake in this feast prior to attending the Ash Wednesday service. There will be a sign-up sheet for the congregation to sign-up to bring their favorite soup to share. Committee members and youth will also bring soup. However, even if you don't bring soup, you are encouraged to come. Soup will be served from 5:30 p.m. to 6:45 p.m.



The Ash Wednesday Service will begin at 7:00 p.m.



PRAYER SHAWL MINISTRY

A new ministry has begun through the Deacons and the Outreach Committee partnering in this mission. The Prayer Shawl Ministry brings together those that knit or crochet to create shawls meant to be wearable hugs. We gather in a prayerful atmosphere to make the shawls which will be available to those Deacons visit, and for Pastor Leanne and Wanona to share with those members they believe need such a gift from their church family. Seven members of our church family met on January 25th to begin the ministry. We will be meeting on the 1st and 3rd Monday of each month at 1:30 p.m. in the Parlor. You are so welcome to join this ministry, making the wearable hugs and experiencing the warmth of this group. Carolyn Barks is our host and leader and if you have questions or comments, please contact her at 701-223-9181. Check us out on February 4th, at 1:30 p.m.



DOWNTOWN HIGHER POWER LUNCH

The February Higher Power Lunch will be held on Wednesday, February 20th, at 11:30 a.m. in the Parlor. As we continue with this Outreach activity in 2019 the HPL Team wishes you to know how grateful we are for your support. Each month we appreciate our family members who volunteer to make this a valuable experience for those present. Our February HPL will have Gail Hagerty as our Speaker. Gail is the presiding District Court Judge for the South-Central Judicial District of North Dakota. Ms. Hagerty will also share her journey toward ordination as a minister. Special thanks to Ella Gutzke and Allen Hoberg for their strong leadership on the Team! Join us for lunch, you can register at www.fpcbismarck.com/higher-power-lunch.





Charee Linton
Youth Christian Education
Director



CHRISTIAN EDUCATION

February is coming in like a lion....ok, wrong month for that saying, but WOW! February is coming in cold, and hopefully we will end the month with a lot warmer temperatures.

January was a month of new beginnings...new committee chairs and members, a baptism, 2 confirmations...and February has so much more in store! Most of our PresbyTeens started their first Confirmation classes and will be attending classes once a month during the PresbyTeen season for the next two years. They will be required to attend each confirmation class, complete service projects, and attend events throughout this time period. We started a new curriculum from the PCUSA, "*Big God, Big Questions*" that Pastor Leanne and I are really excited about and it offers so much more class participation. We will be pairing our youth with mentors and when we have everything complete. We are still in need of 3 Mentors. If you have questions, or are on the fence and want some more information, please contact me in the church office.

Along with 4 other Youth Directors within the Presbytery, I have been a part of an amazing Youth Connection Team planning Rest Fest in February, Triennium Pre-Game Fun Day in March, Crystal Springs Retreat in April, and Triennium happening in July. These opportunities are such a big part of what our youth get to enjoy as they worship and experience God's great works together with old and new friends. I am excited and honored to be able to have this opportunity to bring the youth of FPC to these amazing events. The stories the youth have told me already and the excitement in their faces about going this year makes my excitement even greater!

January 19th I had the privilege of attending my first Youth Director Conference in Fargo called "Recharge". There was roughly 150+ Youth Directors and Volunteers who came. The day started with Worship and energizing games. 3 workshops followed and there were 4 choices of classes to attend during each workshop. The information presented and ideas I came home with are beyond priceless. I only wish I could have attended each class offered! This will be something I will look forward to attending every year! I would have to say the most important workshop I attended was titled "*One Caring Adult: When your presence matters to Youth.*" This workshop was given by Christina Hemmer with Dakota Boys and Girls Ranch/Dakota Family Services. A few statistics that floor me are: 24.6 % of students did not have an adult they felt they could talk to; 36.2% said they do not regularly share their thoughts and feelings with their parents or guardian; 20% of middle school students felt there was no or only a slight risk of being harmed if they drank alcohol everyday, or had 5+ drinks 1-2 times a week; used marijuana often, and 15% did not see risk using prescription drugs not prescribed to them. Some of the things youth stated they wanted: to be a part of something bigger than themselves; to help others; need and want to give, trust, kindness, and support; concerned for their future; ***more one on one talks without using technology; more time with their parents;*** looking for life skills practice; and the do not feel like the can always be themselves.

CHRISTIAN EDUCATION

I also attended a workshop called “Games with a Purpose”. I have so many new games to try with our youth to help them learn and grow in their faith journey. You have to love when you can turn faith lessons into fun!

Looking forward to the journey ahead...

Charee



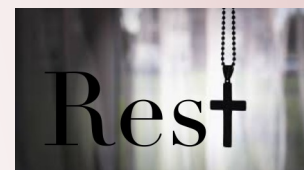
“Rest Fest” PresbyTeens Retreat February 16th-17th

Our PresbyTeens will be meeting with youth from the Presbytery of the Northern Plains in Fargo, ND during President’s Day Weekend for “Rest Fest”, a retreat where their options include rest and relaxation!

It seems like there is always something planned or something we need to do so we place rest last on our priority list. Our culture has trained us to keep busy and have our life programmed out. This retreat is designed to get away from your daily routine and allow you to rest and to have some fun!

Take time to relax, hangout with your friends, and enjoy God’s creation, finding rest in Him. Our 6th-12th grade youth are invited to take part in this fun filled weekend. We will take in a Fargo Force hockey game, eat at some fabulous restaurants, worship with all our new friends, and so much more.

Youth are asked to register with Charee by **Monday, February 4th**. The retreat costs \$95.00. Please contact me if you have any questions.



Presbyterian Youth Triennium July 16-20th, 2019

Triennium registrations and fee of \$300.00 are due to Charee by February 20th! If you are wanting to go, or would like more information concerning the trip, please contact me by calling the church office at 223-6091 or e-mail christianed@fpcbismarck.com.

This event only comes around once every 3 years! Our 8th—12th grade youth are invited to attend!





NURSE'S NOTES....

*Happy February Everyone! Soon it will be Valentine's Day!
So I have a little story for you...*

One morning Emma woke up with a start. Her husband Jim asked what was the matter. She told him, "I just had a dream that you gave me a pearl necklace for Valentine's Day. What do you think it means?" "You'll know tonight," Jim said, and he winked. That evening, Jim came home with a small package and gave it to his wife. Delighted, Emma opened it—only to find a book entitled "*The Meaning of Dreams*".

I thought you might want to know about Stevia and other substitute sugars. I will share the article on artificial sweeteners from WebMD.

The way artificial sweeteners were discovered could have been a scene out of the classic comedy "*The Nutty Professor*". In 1879, Ira Remsen, a researcher from Johns Hopkins University in Baltimore, MD, noticed that a derivative of coal tar he accidentally spilled on his hand tasted sweet. While he did not morph into the slim but obnoxious Buddy Love (as did the characters played by Jerry Lewis and Later Eddie Murphy in their film versions of the comedy), his spill set the stage for the development of saccharin—an artificial sweetener known today to many seasoned dieters as Sweet-n-Low. Now more than 125 years later, saccharin is joined by a growing list of artificial sweeteners with varying chemical structures and uses, including acesulfame potassium (Sunett, Sweet One); aspartame (NutraSweet, Equal, Advantame); neotame (Newtame); and sucralose (Splenda). The FDA says that for a food to be called natural, it can't contain artificial or synthetic ingredients, including color additives. When you're cutting calories or cutting down on sugar, you may try other sweeteners. All of the following sweeteners are approved by the FDA:

- * **Stevia:** This natural, no-calorie sweetener, made from a South American plant, has been around for centuries. It's now in sodas and sports drinks, as well as tabletop packets (usually green), liquid drips, dissolvable tablets, and spoon-able products as well as baking blends. Among brand names, SweetLeaf is a sweetener made from stevia extract, and both TruVia and Pure Via are stevia-based. Some stores have generic stevia products. Highly purified stevia products. Highly purified stevia extracts, which are what you find on the market, are generally recognized as safe. Some people find that stevia can have a metallic aftertaste. Whole-leaf stevia or crude stevia extracts aren't FDA approved.
- * **Acesulfame Potassium (Acesulfame-K or Ace-K):** Two hundred times sweeter than sugar, acesulfame potassium is a man-made, no-calorie sweetener. You can find it in tabletop packets as Sunett or SweetOne, or in sugar-free gum, light juices, and light ice creams. The FDA says that more than 90 studies support its safety.
- * **Aspartame:** Thousands of types of foods are sweetened with aspartame —aka NutraSweet and Equal. It's a combo of two amino acids that provide sweetness with almost no calories. Aspartame "is one of the most exhaustively studied substances in the human food supply, with more than 100 studies supporting its safety," the FDA states. "An adult weighing 165lbs would have to drink more than 19 cans of diet soda or consume more than 107 packets a day to go over the recommended level," the American Cancer Society says. Some people have reported that aspartame gives them headaches or dizziness or affects their moods, but studies haven't linked those symptoms to aspartame. If you have phenylketonuria (PKU), a rare metabolic disorder, avoid aspartame, because it contains phenylalanine. Any product containing aspartame has a warning label about that.
- * **Saccharin:** Saccharin has been around since the late 1800's when a researcher spilled the chemical compound on his hand and realized it tasted sweet. It's between 300 and 500 times sweeter than table sugar and best known as Sweet'N Low. The Scoop: In the 1970's saccharin got a warning label after lab tests in rats suggested a possible link to bladder cancer. "Since then, more than 30 studies demonstrated that the results found in rats were not relevant to humans, and that saccharin is safe for human consumption," the FDA's web site states. Saccharin no longer carries a warning label.

NURSE'S NOTES...

- * **Sucralose:** Sucralose, also known by its brand name Splenda, has a tag line that it's "made from sugar" (which it is). It's 600 times sweeter than sugar. The FDA says it reviewed more than 100 safety studies before approving sucralose as a general-purpose sweetener for foods. Because it's heat-stable, you can use it for baking.
- * **Sugar Alcohols:** They don't contain the kind of alcohol you drink. These sweeteners, found in some fruit spreads, chocolate, baked goods, and even mouthwash, have names like Xylitol and Sorbitol. They're made from plant products. They have fewer calories than sugar. **The Scope:** If you have diabetes, be aware that sugar alcohols are carbohydrates and can still raise your blood sugar. They can also act like laxatives or have other digestive symptoms in some people.



According to the National Cancer Institute, there's no scientific evidence that any of the artificial sweeteners approved for use in the U.S. cause cancer. "The cancer risks are not something that an individual person should worry about," says Michael F. Jacobson, PhD, founder and chief scientist at the Center for Science in the Public Interest in Washington, D.C. "It's more a risk for the government as the potential problems occur when millions of people consume the sweeteners for years," he tells WebMD. But cancer risk may not be the only health concern with these artificial sweeteners. A recent meta-analysis that looked at studies involving thousands of participants found that using artificial sweeteners had either no effect on body mass index (a measurement of body fat in relation to a person's height and weight) or led to actual weight gain and cardiac problems. The analysis, which appeared in the *Canadian Medical Association Journal* in July 2017, examined the results of 7 clinical trials and 30 observational studies, finding that artificial sweeteners were associated with obesity, high blood pressure, type 2 diabetes, and heart problems.

"If somebody is trying to lose weight and cut back on calories, artificial sweeteners can add flavor to unsweetened beverages or other products," Jacobson says. "Somebody who consumes a lot of artificial sweetened foods should think twice about their diet and ought to be eating real food." "I don't think [artificial sweeteners] were needed at all," he adds. "I fear that in some cases people have a diet soda for lunch and then have a couple of tablespoons of ice cream—giving up the saved calories."

Other caveats when consuming sugar substitutes:

- ◆ People with a rare disorder known as phenylketonuria (PKU) cannot metabolize phenylalanine, which is found in aspartame. PKU is detected at birth through a mandatory screening program.
- ◆ In the short term, some people develop headaches after consuming foods sweetened with aspartame (Equal, NutraSweet, Advantame), Jacobson says.
- ◆ In the long term, using sugar substitutes instead of sugar can lower your risk of tooth decay, but "the acid in diet soda still could contribute to dental erosion," he points out.
- ◆ Artificial sweeteners can serve a definite purpose in weight loss and diabetes control," says New York City-based nutritionist Phyllis Roxland. "It enables people that are either carb-, sugar-, or calorie-conscious to take in a wider range of foods that they would either not be allowed to eat or could only eat in such teeny amounts that they were not satisfying." Roxland counsels patients in the offices of Howard Shapiro, MD, a weight loss specialist and author of *Picture Perfect Prescription*.
- ◆ In other words, artificial sweeteners allow people to stick to a good diet for a longer period of time, she says. In a diet, artificial sweeteners are considered "free foods." The sugar substitutes don't count as a carbohydrate, a fat, or any other exchange.





NURSE'S NOTES...(continued)

- ◆ “These products can be useful when used appropriately for people like diabetics who need to control their sugar intake and in overweight people,” agrees Ruth Kava, PhD, RD, senior fellow in nutrition at the American Council on Science and Health (ACSH) in New York City.
- ◆ Artificial sweeteners do not affect blood sugar levels, but some foods containing artificial sweeteners can still affect blood sugar because of other carbohydrates or proteins in these foods. In other words, while foods that contain artificial sweeteners may be sugar-free, they may not be carbohydrate-free.
- ◆ “Just because a food contains artificial sweeteners instead of sugar is not carte blanche for grazing,” Kava points out. “The real key to weight loss is calories.” “If you substitute a diet soda for a sugar soda, you save 100 calories, but if you eat 15 sugar-free cookies [which have calories] instead of two regular cookies, you may not be helping yourself at all,” she says.

ANNOUNCEMENTS:

- Blood Pressure Clinic: Sunday, February 10th, 2019 in the Conference Room from 9:00 a.m.—10:00 a.m. and 11:00 a.m.—12:00 p.m. Please come and see me!
- Strengthening Exercise Group meets every Monday and Thursday at 10:00 a.m. in the Parlor. Everyone is Welcome!
- Healthy Lifestyle Group meets every Monday at 9:00 a.m. in the Conference Room. Last class is 2/11/19. What a fun group!



Session Highlights

January 22nd, 2019



CLERK'S REPORT

Session approved the request for baptism on March 10 for Taesha Beth Palmer, daughter of Jeff Palmer and Kalcey Schneider and Tahleah Nikole Rose Schneider-Reeves, daughter of Michal Reeves and Kalcey Schneider. Taesha and Tahleah are members of the current Wednesday Youth Activities, and Tahleah is a member of our current confirmation class.

The death of Eldora Kinnischtzke on January 20, 2019 and the addition of new members Luke and Paige Pengilly bring the total membership to 381.

FINANCIAL REPORT

Total Income YTD	Actual	\$481,613	Budget	\$499,000
Total Expense YTD	Actual	\$481,415	Budget	\$545,379
Net Income		\$ 198	Budget	-\$ 46,577
Unrestricted General Fund		\$184,045.27		

Jim Skaret stated that the proposed 2018 budget deficit was erased due to several months without a permanent Pastor and CE Director.

MODERATOR'S REPORT

Pastor Leanne has two main priorities for the new year: completing a comprehensive study of worship and providing a more creative and inspirational service; forming an evangelism team to work on getting new members.

COMMITTEE REPORTS (from minutes and meetings).

Administrative and Personnel—Dale Hoerauf reported on changes to the Child Care Center Board operations: the chair of the CCC Board would be a member of Session and that the annual budget would be completed by the CCC chair, Financial Assistant, CCC Director and Assistant Director.

The following will be committee chairs for 2019: Dale Hoerauf, Administrative and Personnel; Jim Skaret, Business and Finance; Kris Ronningen, Christian Education; Dennis Rosenkranz, Property and Equipment; Ella Gutske, CCC Board; Dick Weber, Stewardship; Gladys Cairns, Outreach; Allen Hoberg, Membership; Shari Orser, Worship and Music. Shari Orser and Kim Wassim will chair the Nominating Committee.

Christian Education—Session approved the sale of T-shirts as a Presbyterian fundraiser and the collecting of a Souper Bowl offering on February 3rd to be donated to Heaven's Helpers Soup Café (in collaboration with Outreach Committee).

Stewardship—Per capita this year will be \$46.00.

Worship and Music—Session approved three special worship services: September 29 (afternoon)-Blessing of Pets; November 27-Thanksgiving Eve; December 10 (Noon) - Blue Christmas.

Session approved a potluck supper (prior to concert) and use of the Sanctuary for the University of Jamestown Choir Concert March 3rd at 7:30 p.m.

Board of Deacons—Jim Rambo and Joe Satrom will serve on the 2019 Nominating Committee.

UNFINISHED BUSINESS

Becky Taylor-Liedtke will be installed as an Elder on January 28th.

NEW BUSINESS

Session approved the annual Statistical Report as requested by Presbytery and prepared by Vickie Haas.

Alice Nix, Clerk of Session



BIRTHDAYS

- Abby Bjornson
- Annabelle Wohl
- Gladys Cairns
- Judith Libby
- Jouvet Forbang
- Paul Jensen
- Pat Liedtke
- Isaac Jensen
- Josh Stokka
- Eleanor Herdebu
- Jackie Lannoye
- Samantha Ronningen
- Clinton Dykema
- Cathy Kinnischtzke
- Pacome Tchatchoua
- Gloria Blanco
- Tamara Gallup-Lelm
- Priscilla Wilson

FEBRUARY

- 1st
- 1st
- 5th
- 6th
- 8th
- 9th
- 9th
- 13th
- 17th
- 18th
- 20th
- 22nd
- 22nd
- 23rd
- 23rd
- 25th
- 26th
- 27th

ANNIVERSARIES

*Vern & Vi Spitzer
February 11th*

*Corey Hedland & Jennifer Boeckel
February 23rd*

*Alex Volk & Maddy Lobsinger
will be married at FPC on
February 23rd, 2019*

*Pete Emerson & Gloria Blanco
February 25th*

All birthdays and anniversaries are taken from information you provided to the church. 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!





February

<u><i>Date</i></u>	<u><i>Time</i></u>	<u><i>Meeting/Event</i></u>	<u><i>Location</i></u>
Friday, February 1st, 2019	4:00 pm	Membership Committee	Conf. Room
Saturday, February 2nd, 2019	9:00 am	Yoga	202
Sunday, February 3rd, 2019	9:00 am	Adult Bible Study	201
	10:00 am	Worship	Sanctuary
	10:15 am	Youth Sunday School	Downstairs
Monday, February 4th, 2019	9:00 am	Healthy Lifestyle Group Session	Conf. Room
	10:00 am	Strengthening Exercise Class	Parlor
	4:30 pm	Suzuki Music School	205; 207; 209
	7:00 pm	Christian Education Committee	Conf. Room
	7:00 pm	Boy Scouts Troop 6	Downstairs
Tuesday, February 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, February 6th, 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, February 7th, 2019	10:00 am	Strengthening Exercise Class	Parlor
	12:00 pm	Stewardship Committee	Conf. Room
	6:30 pm	Private Event	Parlor
Friday, February 8th, 2019		Boy Scouts Overnight Lock-In	Church
Saturday, February 9th, 2019		Boy Scouts Planning Meetings	Church
Sunday, February 10th, 2019	9:00 am	Blood Pressure Clinic	Conf. Room
	9:00 am	Adult Bible Study	201
	10:00 am	Worship	Sanctuary
	10:15 am	Youth Sunday School	Downstairs

<u><i>Date</i></u>	<u><i>Time</i></u>	<u><i>Meeting/Event</i></u>	<u><i>Location</i></u>
Monday, February 11th, 2019	9:00 am	Healthy Lifestyle Group	Conf. Room
	10:00 am	Strengthening Exercise Class	Parlor
	4:30 pm	Suzuki Music School	205; 207; 209
	5:30 pm	Worship & Music Committee	Conf. Room
	7:00 pm	Boy Scouts Troop 6	Downstairs
Tuesday, February 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 Meeting	Conf. Room
	6:30 pm	Lay Ministers Meeting	Parlor
Wednesday, February 13th, 2019	12:00 pm	Munch and 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, February 14th, 2019		<i>Happy Valentine's Day!</i>	
	10:00 am	Strengthening Exercise Class	Parlor
Friday, February 15th, 2019		<i>No Events Scheduled</i>	
Saturday, February 16th, 2019	9:00 am	Yoga	202
	8:15 am	Youth Rest Fest Retreat Departure	
Sunday, February 17th, 2019	9:00 am	Adult Bible Study	Parlor
	10:00 am	Worship	Sanctuary
	10:15 am	Youth Sunday School	Downstairs
	8:00 pm ish	Youth Rest Fest Retreat Return Time	
Monday, February 18th, 2019	10:00 am	Strengthening Exercise Class	Parlor
	12:00 pm	Business and Finance Committee	Conf. Room
	1:30 pm	Prayer Shawl Group	Parlor
	5:00 pm	Administrative & Personnel Comm.	Conf. Room
	5:15 pm	Suzuki Music School	205
	7:00 pm	Boy Scouts 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, February 19th, 2019	12:00 pm	Adult Bible Study	Parlor
	5:30 pm	Yoga	202
Wednesday, February 20th, 2019	11:30 pm	Downtown Higher Power Luncheon	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, February 21st, 2019	10:00 am	Strengthening Exercise Class	Parlor
	7:00 pm	Deacons	Parlor
Friday, February 22nd, 2019		Private Evening Events	
Saturday, February 23rd, 2019	9:00 am	Yoga	202
		Lobsinger/Volk Wedding	Church
Sunday, February 24th, 2019	9:00 am	Bellringer's Bakery—Caramel Roll Sales	Parlor
	9:00 am	Adult Bible Study	202
	10:00 am	Worship—Boy Scout Sunday	Sanctuary
	10:15 am	Youth Sunday School	Downstairs
Monday, February 25th, 2019	10:00 am	Strengthening Exercise Class	Parlor
	4:30 pm	Suzuki Music School	205; 207; 209
	7:00 pm	Boy Scouts Troop 6	Downstairs
Tuesday, February 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, February 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, February 28th, 2019	10:00 am	Strengthening Exercise Class	Parlor

FAMILY NEWS...

Our deepest sympathies to the family and friends of those who have passed:



ELDORA KINNISCHTZE

“And ye now therefore have sorrow: but I will see you again, and your heart shall rejoice, and your joy no man taketh from you.” ~ John 16:22

FEBRUARY FUN FACTS!

- ◆ Birthstone: Amethyst
- ◆ Flower: Violet
- ◆ Astrological Signs: Aquarius (Jan. 20—Feb. 18); Pisces (Feb. 19—Mar. 20)
- ◆ February is the shortest month of the year.
- ◆ Named after the Latin word, Februum, which translates into “Purification”.
- ◆ February is the only month of the year that can pass without a full moon. This doesn’t happen often but February did go without a full moon in 2018!
- ◆ February, March and November are month twins! The three months always start on the same day of the week, unless February has a Leap Year. During Leap Years, February has a month twin of August.
- ◆ Before 2002, Super Bowl Sunday was held the last Sunday in January, but since 2002 it is more commonly held the first Sunday in February.
- ◆ 1st week of February: African Heritage and Health Week.
- ◆ American Heart Month
- ◆ Black History Month
- ◆ Chocolate Lovers Month



First Presbyterian Church

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www.fpcbismarck.com

Sunday Worship Schedule:

**Worship: 10:00 a.m.
Sunday School: 10:30 a.m.**

Office Hours:

**Monday—Friday
8:00 AM—5:00 PM**

Staff

Pastor

Rev. Dr. Leanne Simmons

Finance Assistant

Vickie Haas

**Administrative Assistant/Youth
Christian Education Director**

Charee Linton

Parish Nurse

Wanona Goetz

Organist

Arvy Smith

Choir Director

Debi Rogers

Handbell Ensemble Director

Lael Hoerauf

Maintenance Manager

Nathan Peterson

Membership Services

Judy Lentz

Shelli Peterson

Child Care Center Director

Shawn Stettner

Child Care Assistant Director

Vanessa Hein

Nursery

Mary Jones