

## FEBRUARY 2022

• Happy •  
Valentine's  
• Day!

Dear Family of Faith,

As Valentine's Day approaches I've been remembering something that happened the year I was a Student Pastor in Groomsport, Northern Ireland. A friend in the states sent me Valentine's Hearts to decorate with. I lived in a small apartment on the one main street of the village, so I thought it would be fun to put the hearts on my front window so they could be enjoyed by all the villagers who walked by on their way to the shops. The hearts were up for 2 days. Then I had a visit from the Head Pastor's wife. It turned out that in those days (the late 80's) Valentine's day in Northern Ireland was seen as a holiday for romantic couples only. No Valentine's cards shared by grade school classes, no classroom Valentine's parties, no valentines given between friends. Just romantic couples. And there was the single American student pastor with Valentine hearts filling the front window of her apartment! Needless to say the hearts came down immediately, no questions asked and it was added to that list of my American ways, like that way I said tomato and didn't know all the words to God Save the Queen when it was sung in church each Sunday.

There are many ways of understanding love and expressing it! As people of faith living in a divided time and land, where just about everyone seems to have their own opinion about how we should and shouldn't treat each other, I think a lot about what true love looks like. We follow Jesus who calls to us in these days saying that the greatest commandment is to love God with all

our hearts, souls, and mind. And the second greatest commandment is to love our neighbors as we love ourselves (Matthew 22:36-40). Jesus showed us in his life on earth that love was caring for those in need, for the hungry, the lonely, those without hope. Love is welcoming the stranger, sharing from the abundance in our lives, giving voice to the voiceless, justice for the oppressed, and rest for the weary. Jesus says that whenever we give away this kind of love we are showing our love for him.

As Valentine's Day approaches may we consider the ways we live our lives as the Valentines we give to others. Not a card for one day, but a lifestyle that reflects the compassionate love we know in Jesus.

Paul has given us some strong guidelines for what this can look like. These are not flowery words, but a powerful invitation to living as Jesus lived (I Corinthians 13):

Love is patient;  
love is kind;  
love is not envious or boastful or arrogant or rude.  
It does not insist on its own way;  
it is not irritable or resentful;  
it does not rejoice in wrongdoing, but rejoices in the truth.  
It bears all things, believes all things, hopes all things, endures all things.  
Love never ends.

One of the powerful symbols of our faith is the empty cross, not the Valentine's Day Heart. The cross remains a symbol of our Savior Christ who suffered with and for us so that we might have abundant life. The empty cross calls us to follow, and to serve those who are in our lives this day, this February, and in this broken and divided season of life. The Bible says we love because Jesus first loved us (I John 4:19). Resting in and guided by Jesus' love may we enter this month showing who we are and whose we are, in what we say and don't say, do and don't do, and how we live each day we have been gifted with.

"They will know we are Christians by our love."

May Christ's grace abound on the journey; thanks be to God that we do not walk it alone, Pastor Becky

To keep your portions sensible, do not heap your plate high, with the exception of non-starchy vegetables. Keep added butter and cream sauces on the scant side. Use a luncheon/salad plate instead of a dinner plate, to make your portions look bigger. We eat with our eyes, as well as our mouths!

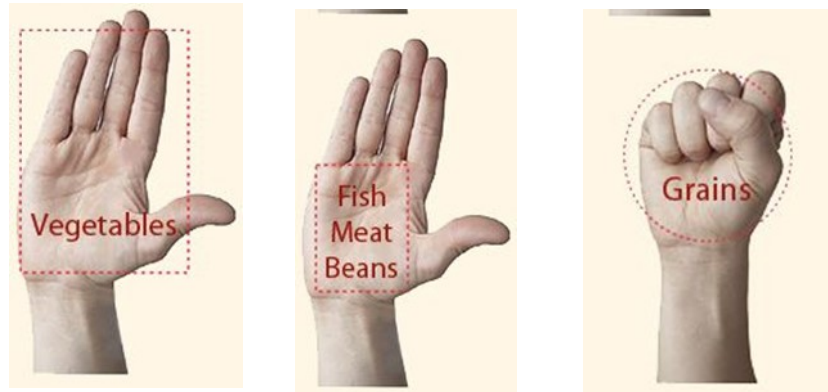
Having trouble controlling your sweet tooth? Avoid eating directly from the bag of candy, chips, or cookies. Drink a full glass of water before snacking. And if you're really craving that ice cream, go for it...but avoid the "All or Nothing" mindset. A mini-shake will curb your craving, and save you money and calories!

If you must over-indulge, celebrate family and friends, indulge in healthy habits, and feast on God's love for you! Shalom!

Laura Brown, RN Parish Nurse



UnityPoint Health



Another option for portion control is to view your plate in sections. Fill half your plate with non-starchy vegetables and fruit, one quarter of your plate is for potatoes, rice, pasta, and the last quarter of the plate is for your protein, such as eggs, lean meat or poultry, and starchy beans.



## **FIRST PRESBYTERIAN CHURCH STAFF**

The Rev. Becky Sherwood  
Karol Ellison  
Laura Brown, R.N.  
David Blakey  
Gail Glockhoff-Long  
Linda Miller

Pastor  
Church Secretary  
Parish Nurse  
Choir Director  
Bell Choir Director  
Organist  
Indoor Custodian  
Outdoor Custodian

## **Please Keep Our Nursing Home and Homebound Members in Your Prayers**

Crosstown Square-Independent Living: Ramona Zude; Friendship Manor: Julia Glockhoff, Betty Knollman, The Fountains: Dorothy Horton; Allure of Geneseo: Kay Etzel; Park Vista: Sandy Kirchhoff, Bev Lubbe; Hammond Henry Long Term Care Living Center: Betty Hogue; IL Veterans Home, Quincy: Jim Kampe; Personal Residences: Ken & Marilyn (Mitzi) Baker, Ted Frels, Bev Warren.

***Please remember in your prayers those who serve in the armed forces. May God bring comfort to them and their loved ones, until all are reunited in peace.*** Lance Corporal William (Billy) Betsworth (Bethel's grandson); Junior Kassehin & Michael Kassehin, Army, Ft. Benning, GA; Major Kyle Curry, 204th MCAS (Medical Company, Area Support); Warrant Officer Dustin Hergert (Dixie Volk's nephew), Marines; Pvt. Edwige Barrigah, National Guard.

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

Greg Layer--West Point; Devin Reynolds—St. Ambrose University; Ellie McNeil—University of Northern Iowa; Alex Curry, Kyle Michaels & Khrystina Reynolds—Black Hawk College. If you have a college/technical school student to add to this list please call the church office.

**Password for the current newsletter on our webpage**

**firstpresbyem.com:** Username: fpc Password: messenger

## **CALENDAR CHANGES AS PASTOR BECKY RETURNS TO THE OFFICE**

***Elders, Deacons, and***

***All Commission Members***

**Changing Meeting Dates. This is a tentative proposal, and may change, but hopefully this will work.**

**Session** will meet Feb. 3rd by Zoom (instead of Feb. 24th)

**1st Thursday commissions:** Worship, CE, Outreach will meet on Feb 10th (instead of Feb. 3rd)

**2nd Thursday commissions:** Property, Finance, Mission will meet on Feb. 17th (Instead of Feb. 10th )

**Deacons** will meet on Feb. 24th (instead of Feb. 17th.)

## **PLEASE MARK YOUR CALENDARS--** **CALLLED ANNUAL MEETING--**

**Note the Date Change**

**SUNDAY MAR. 6th , 11 A.M.**

**Immediately Following Worship** The purpose of this

Meeting is to receive the 2021 Annual Report of our Congregation. This is the time for members to discuss our life together as a community of faith. Please bring your dreams for the future, your concerns and questions about our ministries, and any other issues you would like the congregation to discuss. If you have questions about this, or would like to discuss your ideas in advance, please contact Pastor Becky.



## **PARISH NURSE NEWS**

### **All or Nothing**

It's February, and just because we are not eating at church yet doesn't mean we can't celebrate Healthy Eats Sunday/Month! Yes, it's time for my annual article on eating for health!

Obesity and disease are often a result of making poor choices.

*DISCLAIMER: even the most health-conscious person can become ill, due to factors other than lifestyle.*

A healthy diet is important across the lifespan. It helps children grow and develop properly, and reduces their risk for disease in later life. This does not mean that, as an adult, you can eat whatever you want. Good nutrition can help prevent chronic conditions such as obesity, heart disease and stroke, type 2 diabetes, and deficits in brain function (including dementia). Healthy eating can also increase your resistance to infections.

COVID NOTE: Some studies are now finding that the coronavirus can reside in fat tissue, causing "long COVID" with COVID symptoms lasting into weeks, or even months, and potentially damaging the organs of the body. (Just another good reason to eat healthy!)

Maintaining a strict diet is almost always impossible. If used for rapid weight loss, a strict diet can be lacking in essential nutrients needed for the body to function properly. And then there's the mental aspect of a strict diet. When we find ourselves in situations where the food choices are very limited and unhealthy, we can become overwhelmed with feelings of failure and defeat. Is there a perfect diet? No. Because we all have different tastes and health needs, there is no one-size-fits-all eating plan.

Life is about balance. And our eating serves us best when we eat a variety of healthy foods, interspersed with an occasional treat. Let me repeat... *Occasional* treat.

Which foods are healthy? The foods that are closest to their natural state are best: fresh fruits and vegetables, lean meats, beans (also known as legumes and pulses), nuts, and water. Go easy on the added fats, salt, and sugars. Limit desserts and candy to 2-3 times a week. Limit alcohol.

Can you still have mashed potatoes? Of course, but not a whole plate full! Practice portion control...make a fist and that's the appropriate size your scoop of potatoes should be.

Portion control is in your hand.



Thank  
You

To the Youth at First Presbyterian Church-  
THANK YOU for the winter accessories that you made for the students at Wells Elementary School. I was in awe of your talents. You blessed and will continue to bless our kids who need assistance staying warm this winter. You are doing great things for our community showing God's love. Keep up your amazing efforts. We thank you from

the bottom of our hearts for thinking of us!

Sending our thanks, Cami Tapscott, Associate Principal  
and the Wells Staff

### Thank you from Pastor Becky

Dear Family of Faith, This has been quite a journey of living through Covid and the ongoing recovery. Your compassion and care has been part of my healing. I am thankful for you praying for me, sending texts, emails and cards, and providing meals in those first two weeks when meal prep was not even a possibility for me. I am so thankful for you walking with me on this long journey. Pastor Becky

Dear Pastor Becky and Members of First Presbyterian Church,

2021 was busy and stressful, but Bethany continues its mission of *keeping children safe, strengthening families, and building healthy communities*.

The agency's goal is to make sure that the infants, children, and youth in our care are not only safe, but healthy, educated, and nurtured. While we served children and families in 14 counties this year, there is more work to do.

Thank you, members of First Presbyterian and Pastor Becky, for the clothing that will keep the kids and families we serve warm! Thank you!

Gratefully, Bill Steinhauser, President/CEO

Thank you to all who brought all the cozy warm supplies for the Mitten Tree. Also thanks go to Barb, Denise and God's Kidz for all the hard work on 88 scarves. Six schools benefited from it all: Sherrard Elementary, Colona, Eagle Ridge, Carbon Cliff, Wells, Bethany Home. Wanda White



### SUNDAY GATHERINGS BY ZOOM THE FIRST SUNDAY OF EACH MONTH--Sunday FEBRUARY 6TH, 11:30 a.m.

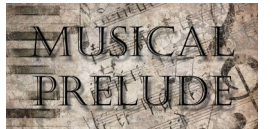
Our Sunday Gatherings now happen once a month so we can share the Lord's Supper together and check in with each other. New to Zoom and want to practice? During the week, call Laura Brown 309-314-5605 or Suzanne Bailey 563-505-8424 and they will set up a practice Zoom Session with you!

### A COVID19 REMINDER

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

### **IF YOU WATCH BY LIVESTREAM AND WANT TO HEAR THE PRELUDE**

**START AT 9:55!** Each Sunday the Livestream begins at 9:55 a.m., with the Prelude concluding at 10:00 a.m. Please join us a few minutes early so you can enjoy the beautiful music and let it call you into worshipping our God! Our musicians have prepared music to call you into contemplation and worship...don't miss it!



### **WHEN WILL THE ACOLYTES AND THE CHOIR RETURN?**

The answer to this question has been slowed by Pastor Becky's Covid recovery. Stay tuned! The Reopening Team will be meeting in February.

At that time they will discuss the return of the vocal choir and the 3rd grade and older acolytes on Sunday mornings. Please be patient with us as we seek the best ways to keep us all safe. And rest assured that Pastor Becky is ready to share acolyte duties with our children and youth again soon...they are so much better at keeping the candle burning into and out of the sanctuary ;)!



### Giving Care in the Parking Lot

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



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

On the Sundays that are so snowy or icy that we need to cancel church there are a variety of ways to get this information. As soon as the decision is made, by 6:30 a.m. I will send out an email to the church email list. I will then contact Channels 6 and 8 which are the two that will list non-school closing information. In addition I will be at the church from 6:30 a.m. so you can also call the church. But if there is nothing in your email or on TV then assume that worship is happening, which is of course my preference :-). Becky

### **THE 2022 CHURCH DIRECTORY WILL BE OUT SOON!**

Directories will be out for you to pick up later this month. Please pick up your new copy! They are just outside the Sanctuary. Please remember: one per family.



## **For ALL Women of the Church!**

### **Tues. March 1st 1:00 P.M.!!!!!!**



(We did not meet in Feb, so we are still on Lesson 6)

**Presbyterian Women's Bible Study**

**YOU CAN COME IN-PERSON OR JOIN US BY ZOOM**

Choose the option you are most comfortable with!

**WHAT MY GRANDMOTHERS TAUGHT ME--Learning from the  
Women in Matthew's Genealogy of Jesus  
LESSON SIX--BATHSHEBA**

### **February Birthdays**

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

### **February Anniversaries**

- 25 Gerry & Linda Kreuder



## Watertown Food Pantry News

As the statistics for 2021 are collected and collated, we want to share that FPC donated 1,043 food items and \$120 to the food pantry with special thanks to Bobbi Petersen, the Noakes, the Massas, the Maxwells and the Barbers. And, of course, thank you for all the donations we find in the cart! Last year the pantry served 502 families consisting of 1,704 adults and children. We are fortunate to be in good financial shape and the shelves are fully stocked - a great way to begin the new year.



Watertown Food Pantry is open on Tuesdays from 12:30 - 4:00 pm. We are also on the list of pantries who will do emergency distributions if needed. (If **anyone** at church needs food assistance please **text** or **call** Pat at 309-752-3016 or call at home at 309-523-3973- regardless of where you live or what day it is. **We can help!!**)

As always, please keep those who are just trying to make it through the day in your prayers.

Blessings -

Mike & Pat Tyler

P.S. **No more egg cartons are needed!** Thank you for your diligent saving and sharing but we rarely buy the five dozen boxes of eggs anymore. Your response has been amazing and we will let you know if the need changes. Thank you!!

## SUNDAY SCHOOL FOR ALL AGES!

**“Continuing on the journey of faith.”**

4 year olds through 12th Graders —Sunday School

**8:45 A.M.** God's Kidz—4 year olds through 5th Graders

(3 year olds are welcome if a parent is with them for the class—nursery care for younger children)

**6th to 12th Graders**—Youth Room—with Darlos Stroud and/or Pastor Becky. For now Youth Sunday School & Youth Group are combined on Sunday mornings!



Adult Learning  
Opportunities



**OK--LET'S TRY THIS AGAIN AS Pastor Becky didn't' get the sign up sheet out before Covid hit.**

**The Return of Adult Sunday School --Where?**

**When? What?** There are many ways that Adult

“Sunday” School could return. Sunday mornings at

8:45 a.m. in the Library, once or twice a month by Zoom during the day, in the evening? And what would you like to learn about, talk about, study, practice? Please come to the Sign up Sheet on Mission Central (remember that kiosk in the Library) and sign up for all the ways that you would be interested in learning and when, and then we'll meet together and create together! Never tried an adult class before? Try a new adventure in 2022!

Please sign up through Feb. 20th. You can also call the office and give Karol your answers!

**THE RETURN OF YOUTH GROUP!**

**SUNDAY FEB. 27TH, 3-4:30 P.M.**

Bring your mask, yourself and if Covid numbers don't go crazy we'll be in the Youth Room, or by ZOOM if omicron trends continue. Watch your mail for a postcard with all the news! Can't wait to see you!

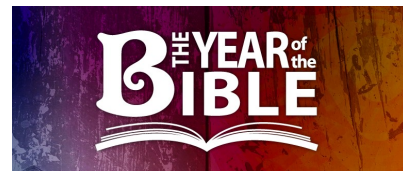
Becky and Darlos!





## **THE ADVENTURE CONTINUES ... ON THE LAST LEG OF THE JOURNEY!**

Our last class will be by Zoom on Tuesday,  
**FEBRUARY 8, 2022 AT 10:00 A.M. OR 6:30 P.M.**



Now is the time to honor and celebrate your reading the Bible. We'll discuss the final readings from Ezekiel, the Minor Prophets, NT letters and Revelations. Then share together what a year of reading the Bible has meant in your life! Whether you finished reading in December, hope to finish by Feb. 8th, or you've decided to do a slower read through the Bible. Right now, as you're reading this, stop for a moment and celebrate what you *have* read and think about how it has changed your thinking about God, the Bible and yourself.

Then let us all keep reading God's words for us! Faith is a life-long journey. You will find that every time you read the Bible it will speak to you in new ways. The 39 of you who started this journey last January gave yourself the gift of time with God's Word. May each of us continue that journey in 2022! May you be blessed with discovery, joy and change as your time with the Bible continues!

## **The Church Nursery**

The nursery will be open on Sunday mornings for parents who wish to be in the nursery with their children. If in time new families come to us with young children we will re-evaluate this plan. If you use the nursery with your children, please use the sanitizing wipes provided and wipe down all surfaces used. Thank you!



Nursery



## **WE ARE LOOKING FOR WORSHIP LEADERS FEBRUARY & BEYOND!**

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

*If you would like to join this ministry of being a worship Leader contact the church office* and let Karol or me know which Sunday you'd like to help lead worship for the people of God! Thanks in advance, Pastor Becky



Join us on **FEBRUARY 12TH, 2022**

**9:00 a.m. to 11:00 a.m.**

All knitters, crocheters and crafters welcome.  
Plus those who want to join us for good conversation!

## **DO YOU KNOW SOMEONE WHO NEEDS A PRAYER SHAWL? WE HAVE PLENTY READY TO COMFORT YOUR FAMILY AND FRIENDS!!**

**If you would like to give someone a prayer shawl...just come to the church library** pick a shawl, a tag, and write your name in the book where we keep track of shawls given! Help us spread God's love to those who are celebrating, grieving, going through a season of change, or need a "just because" reminder of God's love.





**Used glasses** are distributed by the Lions to those who cannot afford them.

**Used cell phones** collected by women's shelters and are used by battered women and women in the battered women's shelter to have access to a 911 call at all times. Please remember the charger too!



**Canceled Stamps** are auctioned to stamp collectors by a local stamp collector's club every April and the money raised goes to cancer research.



**Ramona Zude**  
Illini Restorative Care  
(Temporary address)  
1455 Hospital Rd.  
Silvis, IL 61282



We are looking for **USHERS** for Sunday mornings. Please consider rejoining, or joining this ministry for the first time. Being an usher means arriving by 9:30 on Sunday morning. Helping people to get their bulletins, and on Communion Sundays their pre-filled communion cup that we are using for now on Communion Sundays. **WE NEED ONE USHER EACH WEEK** to join the Head Usher. During the service one of you will count the number of people in worship and add it to the page in the hallway. After people have left the sanctuary, you will gather the pages from the Friendship Books and put them on Karol's desk. *If you are an adult, a teen, or middle school and older you are invited to join the ushering team.* Please email or call Karol in the church office and she will add you to the rotation! Your help is needed in the vital ministry of welcoming people to worship!

### **Note from the Finance Commission:**

December Income	= \$ 6,096
December Expenses	= \$ 13,733
January-December Income	= \$176,164
January-December Expenses	= \$163,908

(2022 Pledge and 2022 Per Capita Donations that were received in November and December will be a part of the January Financial Report.)

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

**PER CAPITA = \$35.00**

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

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

# FEBRUARY VOLUNTEER SCHEDULE

If you can't fulfill your assigned duties please call someone to switch with you. Then, let the office secretary know. Thanks!

## Worship Leaders:

6 Betsy McKnight Latko  
13 Gail Glockhoff-Long  
20 Wanda White  
27 Suzanne Bailey

## A/V Recorders :

6 Suzanne Bailey  
13 Ron Rahn  
20 Gail Glockhoff-Long  
27 Mark Maxwell

## Ushers:

6 Darryl Lamps  
13 The Noakes  
20 Darryl Lamps  
27 Terry Miller

## Pick Up Nancy Papish:

6 Ella Layer  
13 Terry Miller  
20 Wanda White  
27 Ella Layer

## REMEMBER! WE CONTINUE TO RECYCLE BEVERAGE CANS TO HELP COVER THE CAMPERSHIPS FOR OUR CHILDREN AND YOUTH!

Pop cans can once again be dropped **off inside the small shed** to the left of the big garage. It is once again unlocked now that it no longer holds Head Start's supplies. Help the planet and help our children and youth! We are usually able to raise over \$300 annually for camperships!

Thank you, The Christian Education Commission



## All the Details for our MISSION COLLECTIONS!

### Bring them to the BOOKCASE in the Library

Pop Tabs help the children and families at the Ronald McDonald House in Iowa City.



We alternate where our Pop Tabs, in 2022 we are returning to Ronald McDonald House who provide a place for parents to stay free of charge while their children are undergoing care at the University of Iowa Children's Hospital.

- At a recycling rate of \$0.30 to \$0.60 per pound, it takes about 235 pounds of pop tabs to cover the cost of caring for a family for ONE night at RMHC-EIWI. (Ronald McDonald House Easter Iowa/Western Illinois) *How many pounds can your household provide in a year?*
- REMEMBER If a magnet sticks, it's not aluminum. Run a magnet over pop tabs and pick out items that stick to magnet.
- Recycling one aluminum can saves enough energy to run a television for 3 hours.

## A HOUSE FOR EACH HOUSEHOLD--Get them Feb. 13th and beyond!

There are Ronald McDonald Houses to collect your pop tabs in! They will be given out at the Children's Sermon on Feb. 13th and then available on the table outside the sanctuary! We can so easily make a difference in family's lives as their children are undergoing treatment for life-threatening diseases! Grab a house & start collecting! (and see page 12 for more collections!)

