

MARCH 2020



Lent... and Baranga?!

Feb. 21-23 the Confirmation Class and I went to Confirmation Camp and learned many things! Including an amazing, frustrating, nearly fight-producing card game called Baranga. Divided into groups of 6, each group was given the rules of the card game and told we had a few minutes to learn the game, and then the rest of the game would be played in silence. At the end of each round 2 winners and 2 losers from the 6 would move up or down the tables and a new round would begin. We confidently learned the rules and played a couple hands with our first group. But as we began to move to the 2nd round and beyond, it was clear that something was very wrong. But we couldn't talk! What became clear to some, but not all, was that each table had been given different rules. So some of us thought aces were high, others that aces were low, and would win the round. But others had learned that spades, or diamonds or the other suits took each round. And then who moved, and where, was also different. By the end of 4 rounds, some were laughing, many were fighting for their rules being the only rules, some tables had 2 people, some had 8, and really just about everyone was frustrated.

Then we had a powerful conversation about how we think our way and our truth is the only way. Yet we live in a world of many cultures, ethnicities, socioeconomic realities, and many understandings of "truth" and it was eye opening to live that reality in a simple card game. Many of the youth and leaders hated the experience; it was so frustrating! I actually loved it because it was such a challenge to thinking my way is the only right way. In the midst of the game when I figured out what was going on I had to decide if I was going to fight for "my" way, or just lose each round. And if you've ever played cards with

me then you know I'm kind of competitive.

I've thought a lot about that game since we played it. I'd like to take a different learning from it as we begin the season of Lent. I'd like to invite each of us to think about the ways we've walked through Lent in the past and this year try going through Lent in a new way. If you've always given something up for Lent, this year consider giving some of your time to God instead. If you've never used a Lenten devotional try using the one you'll find in this newsletter. If you have a favorite devotional you use, try using the one in this newsletter (hmmm, notice a trend here?!) Or try asking friends and family how they experience Lent and try one of their suggestions. If you've never tried your own spiritual practice for Lent, let this be the year you try something. If you are looking for a suggestion, I have many ideas to share! Say, have you seen that devotional inside this newsletter?

There are many ways to walk with God through these next 40 days. Please consider how you are going to prepare yourself to celebrate Holy Week and Easter this year. There are so many ways to walk through this season. Let yourself be surprised and changed by something new!

Blessings for the Journey, Pastor Becky.



LENTEN SERMON SERIES
CONVICTED

Come Enter the Courtroom!

Beginning with the first Sunday of Lent, March 1st, we will enter a courtroom, where each week we will hear about one of the people surrounding Jesus' life and death on the cross is put on trial. The congregation will be the jury with a question to answer as you listen to oral arguments from both the Prosecution and the Defense.

Week 1--March 1st, Peter, James and John on trial for Dereliction of Duty,
Our Question: "Would we be convicted of the charge of dereliction of duty in our discipleship of Christ?"

Week 2--March 8th--Judas on Trial for Treason.
Our Question: "Would we be convicted of treason, of betraying the trust and authority of Christ?"

Week 3--March 15th--Peter on Trial for Perjury.
Our Question: "Would we be convicted of perjury, of denying to others our connection with Christ?"

A normal blood pressure is below 120/80, according to the American Heart Association. While it is normal to have some fluctuation of these numbers, consistently high numbers may be the only indication that you have hypertension (high blood pressure). Untreated hypertension is dangerous!

There are two categories of risk for high blood pressure. Some risk factors you can control such as not smoking, controlling diabetes, maintaining an optimal weight, controlling cholesterol levels, and exercising. The risk factors you cannot control or change include family history, gender (males have higher risk), aging, and ethnicity (African-Americans are at higher risk).

Don't let High Blood Pressure sneak up on you!
Get your Blood Pressure Checked on a regular basis.
Know Your Numbers!

Healthy Eats Sunday is Sunday, March 8, 2020. We will have healthy snacks instead of doughnuts, and there will be tips for living a heart-healthy lifestyle.

Laura Brown, RN
Parish Nurse

March Sundays: 1, 8, 15, 29

Don't forget that Laura is available "on-call" during the week. You can call her at 309-314-5605.



PARISH NURSE NEWS

Love Yourself-Part Two

In February we talked about taking care of yourself, especially your heart. While we cannot see the condition or needs of our hearts with the naked eye, we can get a snapshot of the health of our hearts through blood pressure readings.

High blood pressure (hypertension) quietly causes damage to the body long before symptoms appear. If left untreated, high blood pressure can lead to disability, a poor quality of life, stroke, and/or fatal heart attack.

When your blood pressure is too high for too long, it damages your blood vessels – and LDL (bad) cholesterol begins to accumulate along tears in your artery walls. This increases the workload of your circulatory system while decreasing its efficiency.

As a result, high blood pressure puts you at greater risk for developing life-changing and potentially life-threatening conditions, such as Stroke, Heart Attack, Dementia, Vision Damage and Kidney Failure, to name just a few.

Your best protection is knowledge, management and prevention!

Know your numbers — the best way to know if you have high blood pressure is to have your blood pressure checked.

Understand the symptoms and risks — Learn what factors could make you more likely to develop high blood pressure and put you at risk for serious medical problems.

Make changes that matter — take steps to reduce your risk and manage your blood pressure. Make heart-healthy lifestyle changes, take any medication as prescribed and work in partnership with your doctor.

Get your blood pressure checked regularly. Yes, it will be taken at your doctor's visit, but also check it at other intervals. Most pharmacies have a free automated blood pressure machine you can use, usually in the area where you would pick up your medications. You can also have your blood pressure taken by your very own Parish Nurse on Sundays, or pretty much anytime you see me at church!

Week 4--March 22nd--Pontius Pilate on Trial for Obstruction of Justice.
Our Question: "Would we be convicted of obstruction of justice, causing Jesus to go to the cross?"

Week 5--March 29th--Barabbas on Trial for Rebellion. Our Question: "Would we be convicted of rebellion against the kingdom of Christ?"

SUNDAY MARCH 1ST--LENTEN LUNCH AND LEARN

Potluck Lunch and Learning with the Confirmands

Our Confirmands are Writing their Statements of Faith and you get to help them...and share a bit of your own life journey. Come share a yummy meal and walk beside Anna, Maddie and Eunice!



SUNDAY MARCH 22ND

MISSION SUNDAY FOR LENT



Gather in the Library and we'll give up doughnuts for one Sunday of Lent and together we'll stuff Easter Eggs to welcome our neighbors at the Easter Egg Hunt. We'll also tie fleece blankets to help *Project Linus* give blankies to children in area hospitals and emergency situations!



THURS. APRIL 9TH--7:00 P.M.--Maundy Thursday COMMUNION AND TENEBRAE WORSHIP

A Service of Light and Shadows

SATURDAY APRIL 11TH AT 10:00 AM --

Preparing flowers for the Floral Cross

SUNDAY APRIL 12th-10:00 WORSHIP--EASTER SUNDAY MORNING

Christ is Risen! He is Risen Indeed!

Celebrating the Resurrection with the Floral Cross

SUNDAY MARCH 15TH--MEET OUR NEW MEMBERS

9:00 a.m. **The Session** meets with the New Member Class

10:00 a.m. Darryl Lamps, Terry Miller and Nathan Zude join the church! Welcome!





Presbyterian Women
All Women of the Church

Welcome

PLEASE NOTE:

Our new study is "A Fresh Look at the 10 Commandments". We will meet again in the Library at 1:00 p.m. on March 3rd. Book cost is \$10 payable to Ella Layer by cash or check to First Presby Women. Please sign up on Mission Central and your book will be ordered.

WOMEN--COME JOIN THE CONVERSATION AND LEARN WITH US!



PRESBY SENIORS

Presby Seniors will meet MARCH 25TH.

We meet on the 4th Wednesday of each month, at high NOON and *WELCOME*

all who consider themselves "Seniors!"

at The Deerfield Inn Restaurant.

2215 John Deere Road, East Moline

Pastor Becky drives the church Minibus to

the luncheon each month.

If you would like a ride to the Lunch

please contact the church office by

Tuesday morning before the Wednesday lunch.



GET CONNECTED



FPC'S ANNUAL EASTER EGG HUNT
AN OUTREACH TO OUR COMMUNITY

FOR 4TH GRADERS & YOUNGER

APRIL 4TH AT 10:00 A.M.!! (Rain date is April 11th)

Please have all donations to the church by March 15th

WE WILL FILL THE EGGS ON SUNDAY MARCH 22ND.

Please consider one or more of the following ways to help....

Donate any of the following specific items that are needed:

1. *Instead of purchasing candy yourself this year*, please give a cash donation to Dixie Volk and she will purchase the candy.
2. Rice Krispie treats or cookies &
3. 3 gallon size jugs of juice--

Please sign up on Mission Central for the ways you will help this year!

4. Volunteer your time: setting up outside on Friday, April 3rd at 5:00 p.m., or hiding eggs on Saturday, April 4th at 7:30 a.m.

5. Helping at the refreshment table and/or leading a group of children to the Hunt.

Please sign up on Mission Central for the ways you will help this year!

PLEASE HAVE CASH DONATIONS

TO DIXIE OR THE CHURCH BY SUNDAY MARCH 15TH.

Please note that we do not need any Easter baskets, stuffed animals or plastic eggs this year. Please see the sign-up sheet on Mission Central. Thank you for your help! Any questions? Please call Dixie Volk at 762-7127 or Tina Reynolds at 721-2562.

FIRST PRESBYTERIAN CHURCH STAFF

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

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

Please Keep Our Nursing Home and Homebound Members in Your Prayers

Crosstown: Ramona Zude; Friendship Manor: Marynell Kirkwood, Betty Knollman; The Fountains: Dorothy Horton; Allure of Geneseo: Kay Etzel; Park Vista: Bob & Jan Dravis, Betty Hogue; Kahl Home: Carol Brewer; Personal Residences: Ted Frels, Lloyd Strohm, 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), Caleb Kassehin, ROTC, National Guard, Michael Kassehin, Army, Ft. Campbell, KY, Major Kyle Curry, MN Army National Guard, Warrant Officer Dustin Hergert (Dixie Volk's nephew), Marines.

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

Ines Kassehin—Pharmacy School, Washington D.C. Caleb Kassehin—University of Dubuque; Greg Layer--WestPoint; Katey Maxwell—Augustana College; Drew Noakes & Devin Reynolds—Black Hawk College; Ellie McNeil—Loras 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

Watertown Food Pantry News

(Since many of us did not receive our February newsletter, this is a reprint from then with some updates.)

During the month of January we served 109 families consisting of 237 adults and 160 children.

As always, our church consistently comes through with food and money donations and Watertown Food Pantry would not be able to offer much without your support. In fact, you are very impressive in your giving!

In 2019 First Presbyterian Church gave 1,957 items and \$3,575.25 in cash to the Watertown Food Pantry!! The money includes Bunco Blast funds, Mission donations and private donations from the congregation. That is 41% of the funds and 28% of the food donations received by WFP in 2019. This helped to feed 1,196 families made up of 2,476 adults and 1,760 children. And the 2020 Souper Bowl of Caring netted 57 items which is a great way to start the year!

You are a part of this ministry whether you donate time, food, money, or prayers and the thank you's from these folks are intended for you as well. We had a young family stop by at the end of the day during a recent snow. Mom and their 3 year old came in and dad and the 2 month old waited in the car. A friend had told her to come see us, that we were a good pantry. The young mom said they were struggling, had recently moved into the neighborhood, and really needed some help. We loaded them up with plenty of basics – and maybe a little extra J and helped them load their car. She was so happy and kept telling us how helpful we were and how thankful they were. **THIS IS FOR YOU – YOU MAKE THIS HAPPEN – THE NEED AND THE THANKFULNESS ARE REAL.**

Our ongoing needs aside from monetary donations are: empty egg cartons, ramen noodles, toilet paper, 4# bags of **sugar**, peanut butter, any canned fruit or vegetables or tomatoes, canned **tuna/ham/chicken**, (frozen) hamburger, mustard, ketchup, jelly – almost anything to make a meal. (No baked goods please as these are provided daily by HyVee). All food items must be within their "fresh date" per Churches United regulations. And if you're travelling, we can use those little bars of soap or bottles of shampoo and lotion you get at hotels and also individually packaged toothbrushes. Nothing goes to waste! Please feel free to ask us, or any of the volunteers, questions you may have. Bless you for your generosity -

Mike & Pat Tyler



**AN IMPORTANT REMINDER FROM YOUR
MISSION COMMISSION: THREE WAYS TO HELP!
ON OUR 3RD SUNDAY OF THE MONTH MISSION—**



The Mission Commission invites you to **#1**— bring food for the **Food Pantry**, and to **#2** — bring aluminum pop/beverage cans to support the **Children & Youth Going to Church Camp**. Please make sure pop cans are rinsed out, and **#3** — don't forget to take off the pop tabs (and other kinds of pull tabs too!) and bring them to support the Shriner's Hospital in Chicago. Please join us in our mission!

**MEAL SITE MONDAYS
THE 3RD MONDAY OF EACH MONTH**

Our church serves the meal at Mt. Zion Baptist Church at 6:00 p.m. as part of the Churches United Meal Site Program. You can help by signing up to bring food on the 2nd Sunday of each month. Servers are also needed on the 3rd Mondays. Questions? Talk to Darlos Stroud.

**3RD SUNDAY BEVERAGE CAN COLLECTION CONTINUES!!!
HELP OUR CHILDREN & YOUTH GO TO SUMMER CHURCH CAMP!**

A Mission Project of the FPCEM Youth Group!

On the 3rd Sunday of Each Month just drop your bag of cans by the front walk and the youth will do the rest! (And don't forget to save those Pop Tabs for the Shriner's Hospital--bring them to the bookshelf in the Library.



**BEGINNING THE 100TH ANNIVERSARY
ADVENTURE**

PREPARING FOR NOV. 11, 2021

Your 100th Anniversary Committee invites you to participate in the Adventure:

1. Help us **CREATE OUR MOTTO FOR OUR 100TH ANNIVERSARY**. For instance Pastor Becky's previous church's motto was "100 Years-- Still Growing in Faith!" What will

ours be? Please come to the poster in the Library and add your suggestion for our Motto. What captures our church and the journey we are on? All your suggestions are being sought! The Poster will be up Feb. 9th



2. We are **CREATING A 100 YEAR TIMELINE** that combines Church, East Moline/Quad Cities and World History. The Committee has started the lists and now we need your input. Starting Feb. 9th come add your ideas for what you'd like to see in the lists of our world, East Moline/QCA, and First Presbyterian Church History. We hope friends and members of ALL ages will help us fill in the timeline.

**3. WE NEED YOUR PICTURES OF OUR LIFE TOGETHER
WE ARE MISSING PICS FROM THE LAST 15 YEARS AND
OUR EARLIEST YEARS!**

A reminder: We continue to collect pictures and newspaper articles about our friends and members. Just drop them off in the church office; please make sure newspaper articles have the date on them. *It is **ESPECIALLY helpful** with pictures to have dates and names on them. Please let us know if you need the pictures returned to you. We can make copies.*



DON'T FORGET!

Set your clocks ahead one hour before you go to bed Saturday, March 7th.



SUNDAY SCHOOL FOR ALL AGES!

“Continuing on the journey of faith.”

4 year olds through 12th Graders —Sunday School

8:30 A.M. Youth Choir--Music Room, all 4 years and older

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!

11:15 His Hands Puppets

Adults—

The Good News Class—Studying the Bible with the Presbyterian Church!

There is no preparation before class, just come to the classroom by the elevator and we'll read and learn together.

The Second Floor Seekers--*We liked his first book so much we're going to read his 2nd one!* We will now read Fr. Greg Boyle's 2nd book: *Barking to the Choir: The Power of Radical Kinship*. Join us as we continue to learn from his work with gang members at Homeboy Industries, the largest gang-intervention program in the country. He has run it for over 30 years with over 15,000 people coming through their doors annually. His stories of life and faith will change you! March 1-Chapter 1, March 8th--Chapter 2, *No class March 15th* (Session with New Members at 9 a.m.), March 22nd-Chapter 3, March 29th--Chapter 4
Book cost: \$5 (we found them on sale!)



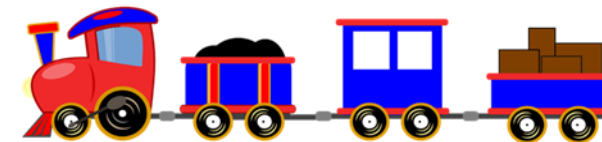
WORSHIP AND MUSIC IS LOOKING FOR MORE VIDEO TAPERS FOR SUNDAY MORNING!

Would you like to be behind the camera on Sunday mornings? Training provided! If you are interested please talk to Wanda White or Pastor Becky and we'll get you ready to help with this ministry of our church! Thank you!



THE 2020 CHURCH DIRECTORY IS OUT!

Please pick up your new copy! They are on your way to the doughnuts. Please remember: one per family.



MODEL RAILROAD TRAIN SHOW MISSISSIPPI VALLEY FAIRGROUNDS APRIL 18, 2020

If you would be interested in getting a group together and attending this train show, please sign up on Mission Central. Time and Cost will be published in Sunday's bulletin when determined.

Outreach and Fellowship Committee

MISSION PROJECT FOR JANUARY, FEBRUARY AND MARCH

The Mission Commission's mission project for January, February and March will be to collect supplies for the school children at the elementary schools in the East Moline District. **Those items will include crayons, pencils, pens, markers, tissues and hand sanitizer.** As you know, many teachers end up providing supplies for their classrooms. Let's walk beside them as they help educate future leaders of our community!



**Darius Sanda & Sylvie Akakpo
& Eunice**
4232—11th Ave. A
Moline, IL 61265

Until Mid June...
Jim Buche
60 E. 16th St.
Huntington Station, NY
11746
309-429-9674

2ND GRADERS TO 12TH GRADERS SUMMER CHURCH CAMP AT STRONGHOLD IN OREGON IL

Come to Stronghold Summer Camp and take home memories for a lifetime! Experience singing around the campfire, learning new skills like archery and canoeing, touring the Castle, learning to work together on the teambuilding course, and making new friends as well as a wide variety of activities like Bible study, hiking, arts and crafts, group games, nature study, swimming, cookouts, and experiencing God's creation first hand. For more information, **find a brochure on the table by the doughnuts**, look online at strongholdcenter.org,



Our church will provide scholarships covering half the cost of camp for all children of the church. This will be covered by Memorial Monies. If you bring a friend with you who does not attend church they will need to pay the full cost. Last year the campers were able to raise their half of the cost with a bake sale here at church, so once you are all signed up we'll coordinate some fund raisers! Want first-hand stories from camp? Talk to Anna Barrigah, Madelyn & Daphne Curry, Eunice Dogbe and Kylee Littlejohn .

Turn in your registration to Pastor Becky by April 21st so the church will send the deposit and your registration.



Youth Group is For all 6th-12th Graders & Their Friends!

Youth Group will normally meet on the 2nd Sunday of the month!

**GETTING TO KNOW THE WOODHULL
PRESBYTERIAN YOUTH GROUP**

SUNDAY MARCH 8TH

LEAVE AT 4:45 P.M.,

RETURN BY 8:30.

Please sign up on Mission Central--there is room for each of you to bring a friend!

Plans are being finalized for us to hop in the bus and head to Woodhull for supper & games with Woodhull Presbyterian!

Then they will come here for a visit and maybe a Mission Project! Get ready to make some new friends in the Presbytery!



PLEASE PRAY FOR OUR CONFIRMANDS:

Anna Barrigah, Eunice Dogbe and Maddy Curry.

REQUIRED CONFIRMATION MEETINGS

Right after church and puppets,

LUNCH SCHEDULE:

March 1st--Potluck--Please have your notebooks & take notes on people's comments about Faith!

March 15th--Barrigah's--11:45 a.m.

April 5th--Dogbe's, 11:45 a.m.

April 26th--**NOTE DATE CHANGE!** Curry's, 11:45 a.m.

A Note from the Finance Commission:

January Income = \$47,982

January Expenses = \$20,456

January income includes 2020 Pledges and Per Capita that were received in the Fall of 2019.

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

PER CAPITA = \$34.22

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: Jim Barber & Barb Newburg or Pastor Becky.



Dear FPC Family,

I'd like to thank everyone for their prayers and cards after my accident and while I am rehabbing. I especially want to thank you for my beautiful prayer shawl. I love it!
Linda Barber

Dear Family of Faith,

Thank you for helping me celebrate my 60th Birthday in such wonderful ways! Your shower of cards and many heart-touching words were a gift. The cake, the bouquets, the hugs, and the splendid singing & cha cha cha's made it a perfect Birthday! Thank you for helping me celebrate this milestone in my life! With great thankfulness for your joyful care, Pastor Becky

Thank you to everyone for your generosity for the Mitten Tree.

Six schools benefited from it:

Head Start in Rock Island, Head Start in our own church, Ridgewood Elementary in East Moline, Bowlesburg Elementary in East Moline, Hillcrest Elementary in East Moline, Eagle Ridge in Carbon Cliff

Wanda White

On behalf of the Church Council at First Baptist Church, I would like to thank you for your generous donation to Diaper Depot. We are very appreciative of your thoughtfulness. Because of donations like yours, it helps us to provide this ministry to the community! Blessings, Paula Newell

Dear Reverend Becky:

On behalf of the staff, volunteers and Churches United Board of Directors, we wish to express our thanks to you and the leadership of First Presbyterian Church for hosting our Christian Unity worship services.

The Apostle Paul reminds us that we are: "one body with many members." We at Churches United are passionate about engaging the Quad Cities community to visibly model our unity as the Body of Christ by reaching across denominational lines.

Once again thank you and First Presbyterian. We look forward to continuing our journey of ministry together in the Quad Cities community. Blessings,

Reverend Dr. Melvin Grimes, Exec. Dir. Betsy Vanausdeln, Assoc. Dir.

THANK YOU FROM THE YOUTH GROUP! YOU DID IT! YOU HELPED US WITH THE SOUPER BOWL OF CARING.

Thank you to everyone who donated on Souper Bowl of Caring Sunday Feb. 2nd. You gave 57 items for the Watertown Food Pantry and gave \$332.16 in the loud offering for the Meal Site. You have made a difference in the lives of hungry people who are our neighbors. Thank you for helping us and them!
Your Youth Group and Mission Commission

Dear Pastor and Members of First Presbyterian Church:

The board, staff and volunteers at Churches United of the Quad City Area gratefully acknowledge and accept your most generous gift to our Christ-centered mission and CareLINK ministry. This contribution of \$300 to the Moline/East Moline Cluster of Churches for January-March helps us to serve families who are in need of assistance with either rent or utilities.

Thank you for your thoughtful and caring commitment to help those among us who are most in need. Blessings,

Rev. Dr. Melvin Grimes
Exec. Dir.

Betsy Vanausdeln
Assoc. Dir.