

NOVEMBER 2022



On All Saints' Sunday, November 6th, we remember the members of our church, our friends, and our family who have gone Home to Heaven in the past year. On All Saints' Sunday, you may join us in person or by watching the livestreamed service. As you are able, plan to be with us as we honor and celebrate the 5 good lives of our members who are safely Home in Heaven: Billy Sneed, Betty Hogue, Betty Knollman, Ken Baker, and Keith Curry. We know that as we name the saints together in worship, they are safely held in God's eternal love. It is the promise given to each of us in Jesus' death and resurrection to new life.

The first All Saints' remembrances began sometime during the 4th century, and by the 8th century, it was being celebrated on the 1st Sunday in November. On November 6th, we will be part of a 1,400 year-old tradition of naming God's faithfulness. For hundreds of years, our mothers and fathers of faith before us have known the importance of remembering and giving God thanks for our loved ones and giving thanks for the gift of Eternal Life given to us in Jesus.

I continue to think that one of the good gifts of this long season of a world pandemic is the deepened realization of the amazing gift of our family and friends in our lives. As a church family, a nation, a world community, and within our circle of family and friends, we have said so many goodbyes in the

past year. In the sorrow and strangeness of the changes we have made and continue to make, may we give thanks to God: thanks for the people in our daily lives, thanks for the gift of the people we love and miss, thanks for technology that connects us in new ways, thanks for our God who promises to walk the valleys and the hilltops with us.

This season also invites us over and over again to tell the people we love and appreciate, that we love and appreciate them. As we move toward Thanksgiving, let us give God thanksgiving for the people we love, and then let those people know what they mean to us and how they bless our lives. It's easy to assume people know how we feel, but it means the world to actually have a conversation, or receive an email or card that names how you have touched someone's life! As you remember loved ones on All Saints' Sunday, and begin to make Thanksgiving plans that may once again look different this year, consider who you want to thank God for, and who you want to thank for the gift they are in your life.

The promise of All Saints' Sunday is that the Love of God connects us to the saints, the followers of Jesus, here on earth and Home in Heaven. Whether together or apart, we are held in the love of Christ, until that day when we are reunited together in our Heavenly Home. May we hold onto this promise given to us by our God of love, as we continue to walk through these changeable days. Thanks be to God that we do not walk these days alone! Blessings and Peace be with each of you, with great thanksgiving for the gift of each of you in my life and the life of our congregation,
Pastor Becky



*First Presbyterian Church,
I would like to thank my church family for
prayers, food, visits, flowers, cards, and
calls during my accident of falling and
having surgery on a broken thumb.
I greatly appreciate my church family!
Thanks again,
Jan Haigh*

FIRST PRESBYTERIAN CHURCH STAFF

The Rev. Becky Sherwood	Pastor
Kathy Olson	Church Secretary
Laura Brown, R.N.	Parish Nurse
David Blakey	Choir Director
Gail Glockhoff-Long	Bell Choir Director
Linda Miller	Organist
Shirley Mital	Indoor Custodian
	Outdoor Custodian

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

The Fountains: Dorothy Horton; Allure of Geneseo: Kay Etzel; Park Vista: Sandy Kirchhoff, Bev Lubbe; The Summit: Ramona Zude; IL Veterans Home, Quincy: Jim Kampe; Personal Residences: 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; PFC National Guard Lauren Davis (Pat & Candy Wendt's granddaughter). 2nd LT Greg Layer, Fort Benning, GA.

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

Ellie McNeil—University of Northern Iowa; Esperence Barrigah, Alex Curry, Kyle Michaels & Khrystina Reynolds—Black Hawk College, Anna Barrigah, Notre Dame University. 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

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!

CHRISTMAS PRESENTS FOR HOPE CREEK

The names for the Hope Creek Nursing Home Christmas gift recipients are now in the church office!

We will once again be able to provide Christmas presents for those in need.

Please call the office, or stop by, and choose a person (or two!) to bless this Christmas season.

If you cannot shop, but want to be a part of this wonderful mission, Dixie Volk can help! She requests that you contact her as soon as possible to set up a shopping plan, as items can get picked over quickly.

All gifts must be back to the church office by **Sunday, December 13th**. If you have any questions, please call Dixie Volk, who is heading up this mission. Her number is 309-762-7127.

Dear First Presbyterian Church,

On behalf of Presbyterian Mission, please convey our appreciation to your mission committee, pastor, session, and congregation for your gracious and faithful support. On September 7, 2022, we received \$318.75 for 102 Shared Mission Support; on September 7, 2022, we received \$1,252.71 for OG999999 One Great Hour of Sharing Offering



Your support, dedication, and partnership make it possible for Presbyterians to be engaged in God's mission around the world. You are a valued partner in mission. As always, please let me know how I can support you in your mission efforts.

Yours in Christ,
Reverend Chris Roseland
Mission Engagement Advisor, Presbyterian Mission



DAYLIGHT SAVINGS "Fall Back" ***SUNDAY, NOVEMBER 6TH***

*Be sure to turn your clocks back 1 hour
before you go to bed Saturday night!*

A Note From Pastor Gay

Something frightened Jillian, my three-legged cat, and she took off. Normally she is not outside and I had a harness and leash on her, but she was so distressed (and I can only guess as to what distressed her), that she managed to wiggle free and took off. At first it was humorous, but as I tried to find her and could not, my mood changed.

I walked around the area where she disappeared, calling her name but she didn't reappear. Before long I was angry. She had come to my house as a stray nearly five months ago and was near death. After a lot of vet trips, a lot of money, and a lot of stress on me, she pulled through and had been doing fine.



But now I was angry. After all I did to save her life, she should know by now that I would not let anyone or anything harm her. Yet when she was frightened, she just disappeared as if she had no confidence that I would protect her.

I kept looking for her but when darkness fell, I told myself she deserved to be out all night. Part of me was worried, but I knew she would be at the door when I got up in the morning, wanting her breakfast because she does love to eat.

But when morning came, she was still nowhere in sight. As I got ready to leave for church, I told myself she would be on the porch waiting for me when I got home. After all, that's how I found her originally on a Sunday afternoon in May.

But when I got home, she was not there. Now my anger was replaced by real worry. A vulnerable animal like her couldn't last very long outdoors and it had just been too long. After numerous attempts to find her, my worry turned to despair.

When darkness was about to fall, I put my collie on her leash and we walked on my acreage hoping to find her; and hoping she was still alive. There wasn't time to walk the entire perimeter, so we just walked in a large circle around the house.

She was nowhere in sight so choking back tears, I walked back to the house to go in for the night, knowing I would never see her again. I opened the door for my dog to



Adult Sunday Education is now in session! We will be meeting in the library at 8:45 am on Sundays, for a short video and some good discussion.



Youth Sunday School
"Continuing on the journey of faith."

4 years old through 12th Graders
Sunday School 8:45 A.M.



For ALL Women of the Church!
Tuesday, November 1st
@ 1:00 P.M.
Presbyterian Women's Bible Study



Nursery

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!

November Birthdays

- 2 Mike Tyler
- 3 Ella Layer
- 4 Susan Curry
- Mike Maxwell
- Dean Smiddy
- 5 Gerry Kreuder
- 6 Grayson Hathaway
- 7 Wisdom Dogbe
- 8 Leah Barrigah
- 10 Maria Layer
- 17 Kyle Michaels
- 23 Brianna Newburg
- 24 Connie Dennis
- Bob Volk
- 27 Ellie McNeil
- 28 Candy Wendt
- Jim Schneider
- 29 Essi Apetcho
- Wanda White
- 30 George Paytash

November Anniversaries

- 23 Chuck & Mary Lou Massa



A Note from the Finance Commission

September Income = \$ 9,096
September Expenses = \$ 7,792

January through September Income = \$ 113,008
January through September Expenses = \$ 125,077

walk in and when I turned around, there was Jillian! Wherever she had been hiding, when she saw us close by, she must have felt safe enough to come out and follow us home.

Jillian doesn’t usually seem appreciative of hugs and kisses, but this time she seemed to be fine with them. I guess she was as glad to be home as I was to have her back safe and sound!



But what surprised me the most was that all my anger, disappointment, worry, and sadness disappeared. I couldn’t feel anything but joy. The closing words from the parable of the prodigal son jumped into my heart: “It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost, and is found”. (Luke 15:32)

When we are lost and afraid, God is nearby to lead us home to Him where we will be safe and loved. May you all find many things to be thankful for each and every day!

Pastor Gay

Did you notice the new mailing size of your newsletter?

We are trying the new trifold to save mailing costs.

Same newsletter - different fold!

Bev Lubbe
Park Vista Assisted Living
1451 - 20th Avenue, Room 232
East Moline, IL 61244



**Join us November 12th
at 9:00 A.M**

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

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.



**It's that time of year...
Looking for Fleece
Donations!**

**All we need is at least 1 yard
of fleece – watch for sales!**

(No fleece blankets, please.
They tend to be very thin.)

**Moline/East Moline & Surrounding
Communities
Unit of Church Women United
Fundraising Night**



608 22nd Avenue, Silvis
Join us from **5:00-8:00pm** on
Thursday, November 10th

10% Donation Night will benefit the
following:
Youth Hope
Local Food Pantries
Christian Care's Martha's House

Lose just 6-7% of your body weight.

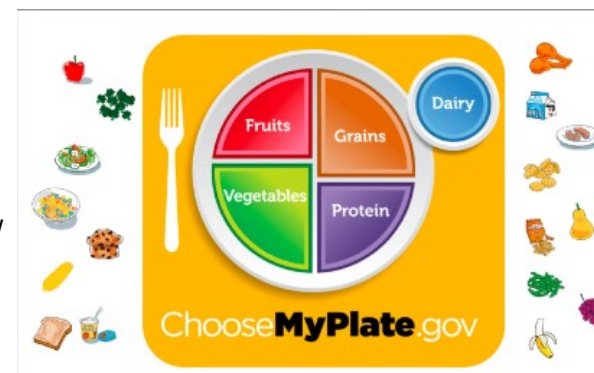
Incorporate regular exercise into your life. Walking 30 minutes a day, 5 days a week is an easily achievable exercise goal for most adults.

Eat a healthy diet consisting of lean meats, vegetables, fruits and whole grains.

Utilize the Healthy Plate model for portion control.

www.myplate.gov

It's okay to treat yourself to sweets/ dessert once or twice a week; anything more than that becomes an indulgence.



See your doctor or health care provider at least once a year, including blood work to assess for diabetes indicators.

If you have already been diagnosed with diabetes, you can reduce your risk of developing complications by working with your health care provider to keep your blood sugar, cholesterol, and blood pressure under control. Having diabetes means you will have to pay attention at all times to your health needs, but it is never too late to improve your health, no matter your age or condition.

For more information on diabetes, its causes, risk factors, management, and support, ask your Parish Nurse or go to www.diabetes.org/

It is possible to live a full and healthy life with diabetes. See your doctor annually for assessment, and follow the treatment plan prescribed.

You are all so sweet...no need to add extra sugar!
Laura Brown, RN Parish Nurse





PARISH NURSE NEWS

How Sweet Are You?

What does Halloween and Thanksgiving have in common? This may sound like the start of a joke, but don't be tricked into

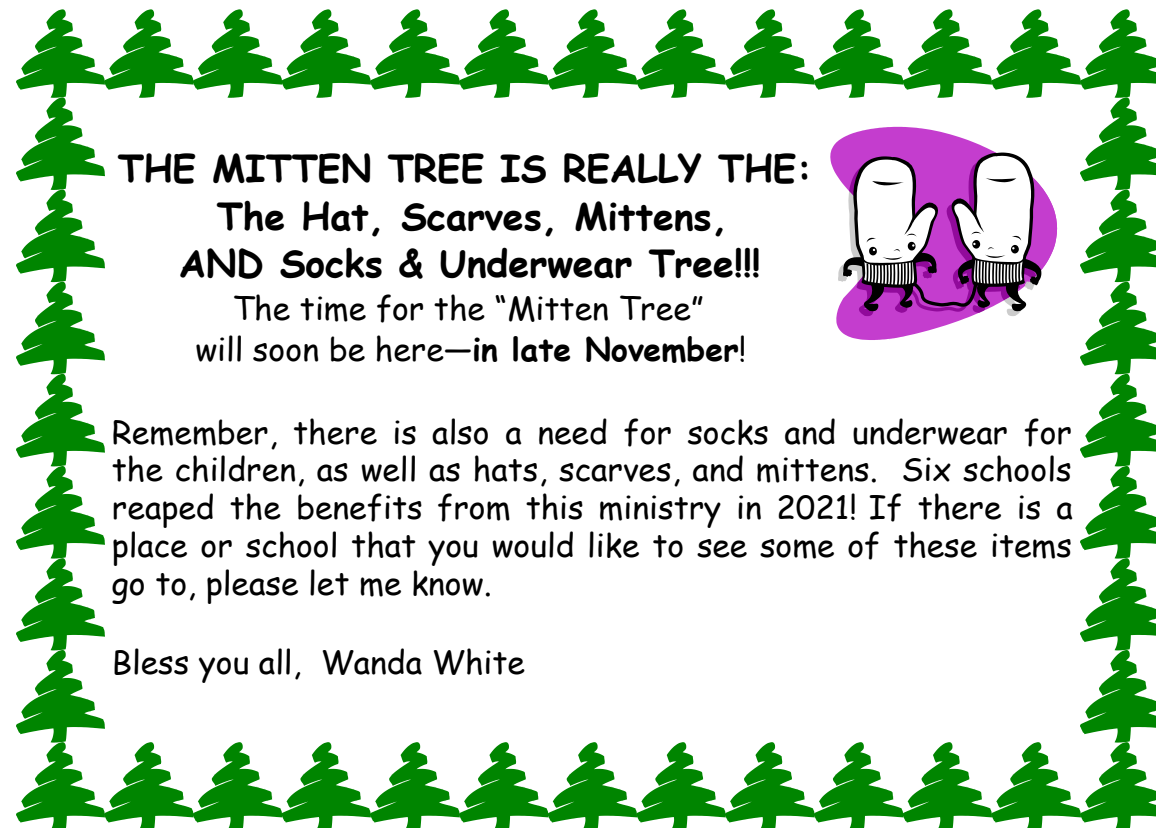
thinking that! October 31 is when kids accumulate lots of candy, which (after being carefully examined for foreign objects or look-alike non-candy) is normally consumed by both the children and helpful/sneaky parents during the first part of November. And just as we are coming down from the sugar high of Trick or Treat, Thanksgiving is right upon us, with overloaded, carbohydrate-heavy plates of traditional foods. And do I really need to mention the onslaught of Christmas holiday goodies that start appearing, even before the Thanksgiving leftovers are consumed?

So, it is no wonder that November has been designated as American Diabetes Month in the U.S., Diabetes Awareness Month in Canada, Diabetes Awareness Week (Nov. 11-17) in New Zealand, and World Diabetes Day is declared on Nov. 14th by the International Diabetes Foundation. Diabetes is a world-wide health concern, even epidemic in parts of the world, including the United States.

In the United States, someone is diagnosed with diabetes every 23 seconds! And that there are over 8 million Americans who are undiagnosed. This means more than 9% of the American population has some form of diabetes: pre-diabetes, Type 1 or type 2 diabetes, or gestational diabetes.

As Americans become older, more overweight, and less active, (three main factors for diabetes), the chances of developing diabetes are escalating. And diabetes affects more than just how much sugar you eat. Diabetes raises your risk for developing short- and long-term health complications, such as nerve damage, kidney damage, blindness, heart attacks, strokes, and poor circulation (decreased blood flow in lower limbs may result in amputation).

What can you do to prevent or delay pre-diabetes from developing into diabetes?



**THE MITTEN TREE IS REALLY THE:
The Hat, Scarves, Mittens,
AND Socks & Underwear Tree!!!**

The time for the "Mitten Tree"
will soon be here—in late November!

Remember, there is also a need for socks and underwear for the children, as well as hats, scarves, and mittens. Six schools reaped the benefits from this ministry in 2021! If there is a place or school that you would like to see some of these items go to, please let me know.

Bless you all, Wanda White



**Sunday Nov. 20th
—Right After Worship—
Hanging of the Greens**

People of all ages are invited to stay after worship to help us decorate our church for the 1st Sunday in Advent on November 27th.

First Presby Food Forest Update

We hope you have watched our Fruit trees grow - and even produce a very few fruits (as expected). We have had 2 plums, a few small pears and several Royal Gala apples. Next year should be more prolific, and the year after that will be abundant, or so we have been told! We are looking forward to that. We also added signs to each tree to identify it and its fruit and give some information on it. Did you know that pears are best picked before they turn yellow? They are actually sweeter when ripened on the kitchen counter than when allowed to fully ripen on the branch.

Mark & I met last week with a Master Gardener recommended by the IL Extension office for his knowledge of trees. We were prepared to prune the fruit trees, with guidance... and the first thing he told us was to NOT trim fruit trees now, but wait until late winter/early spring. End of March would be good. Better to see where the buds are so you know where to trim properly. Oh well... He gave us lots of good information on how and where to prune, and the type of fertilizer to apply in the spring. He also offered to stop by in April to check the trees with us (he is a "snow bird"). He said our trees all looked great, except for one. One of the plum trees is of some concern, as it has lost all its leaves already, but the branches are pliable and he said we need to assess how it does in the spring. Anxious to see how they all come through the winter.



Our daylily garden is doing well, and our pollinator garden is growing. We hope you saw the progression of flowers throughout the summer. We had to add some flower plants to replace the seeds that did not sprout, but overall it's doing well. It takes about 3 years to fully establish a garden like this. We'll see what comes up in the spring and we plan to slowly grow the size of the garden with more donated seeds and plants.

As you may have noticed, a picnic table has been added in the shade of our large maple tree in the lot. It is ADA adapted, allowing room for wheelchair sitting at the one end. We are not too worried of anyone taking it - it weighs around 400#. Just ask Mike Tyler & Pat Wendt who put it together! Thank you both!! It makes a nice addition to our Labyrinth/Food Forest lot.

First Presby Food Forest Team: Denise Maxwell, Pat Tyler, Gail Glockhoff-Long, Linda Barber, Betsy McKnight-Latko, and Susan Curry



MISSION REPORT

- Our local monthly giving for September went to **Rock Island County Children's Advocacy Center**.



Christian Care Donations

Mission Commission is requesting donations for the Men's Shelter through Christian Care Ministry. Please place requested items on the rack outside of the Sanctuary.

Specially requested donations:

- | | |
|--------------------|------------------|
| • Cleaning Items | • Gloves |
| • Garbage Bags | • Underwear |
| • Toiletries | • Tee Shirts |
| • Socks | • Coats |
| • Thermal Clothing | • Pocket Heaters |

- Quarterly giving for September, October, and November will for **Christian Care Ministry in Rock Island**.



- We are continuing to collect pop can tabs for the **Ronald McDonald House in Iowa City**.

- The third Sunday of the month we are collecting non-perishable food items for the **Food Pantry at Christ United in East Moline**.



Specially requested donations:

- Cereal
- Spaghetti
- Spaghetti Sauce
- Macaroni & Cheese
- Peanut butter

