



Here and Now

July 2022

Volume 69, Issue 7

INSIDE THIS ISSUE	
PASTOR'S MSG.	1-2
PARISH NURSE MESSAGE	2-5
RESOURCE MAN.	5
CCC NEWS SCHOLARSHIP	6
150 TH ANN. UPDATE HOSPITALITY	7
CHRISTIAN ED.	8
SESSION HIGHLIGHTS	9
BIRTHDAYS & ANNIVERSARIES	10
CALENDAR	11
FAMILY NEWS	12

PASTOR LEANNE'S MESSAGE: "Re-creation and Self-Care"

Funny, the things that stick with a person... as July rolls in, with its many opportunities for outdoors events and vacation activities, I am reminded of the pastor of my childhood. A week before his vacation, he preached a sermon called, "Re-creation" emphasizing that the word "creation" was tucked inside the word "recreation" and asserting that everyone needed fun and relaxation in order to re-"create" the vigor of their spirits. God had ordained it, he said. He made us to need recreation. I thought it was a good point – unfortunately, it was his only point as the rest of the sermon was a clever and entertaining recitation of the places he planned to go on vacation. I remember exiting church with my mother on that Sunday. She harumphed, "What nonsense. He's so ready for vacation, he couldn't be bothered to write a proper sermon." I don't know, maybe she had a point.

Still, the single point that he made has stayed with me. Just as the Sabbath calls us away from work, there are necessary times in life, set aside for fun, adventure and relaxation that call us away from routine. Moving the body differently when hiking a trail, being stimulated by new sights in new places, being nursed to nap time by a glistening lake, or filling one's soul in the company of family with whom one has not visited for years – these things, too, fill our souls and call us back to our energies. It is important that we renew that which fuels our soul. It is not an indulgence – it is nurturing ourselves, just as God created us.

In today's world, self-care is often the first aspect of our energies to disappear amidst paying bills, holding down jobs and responsibilities, caring for families and participating in civic life. I am convinced that our constant impulse to put our own care last often dulls our spirits and drains our passions.



PASTOR'S MESSAGE CONTINUED:

Everyone needs fun. Everyone needs exercise. Everyone needs new stimulation. Everyone needs a break some time. My old pastor was right: God created us and re-creates us when we pull ourselves away for self-care and happy activities.

So, I hope this vacation season finds you taking time for a Summer-Sabbath: a summer get-away, as much time as you can spare and the best you can reasonably afford, or a staycation, finding pleasure in something or someone right here that gives you rest and renews your sense of joy. Do it without guilt. Do it because you want to; do it because you need to. Fill yourself up, so that you be fully refreshed when life asks you to return to your daily responsibilities.

Leanne



We would like to recognize Wanona for all her help and knowledge of resources in our community. Thanks to her, my dad received a wheelchair ramp at his home, this will make getting in and out for dialysis safe! If it wouldn't have been for her help, my parents would not have been able to build a ramp.

Vanessa Hein and family

FROM OUR PARISH NURSE - WANONA

Happy Independence Day Everyone! I must say this summer sure is going fast. The moisture is coming and that is solving our drought problem but whoever is still praying for rain you can stop now. We need bright sunny days now!



I have a few announcements for you: The Sunday Blood Pressure Clinic will resume on October 9th. The Strengthening Exercise Class will resume October 3, 2022. On Thursday, September 29, 2022 from 10am to 2pm I am having a Free Health Fair in Ramstad Hall and the Narthex. We currently have 20 vendors, but I am expecting more the closer we get to September. Bismarck Burleigh County Nurses will be giving Flu and Covid vaccinations. There will be door prizes! A poster of the vendors will be created when the event is closer. I will be selling walking tacos and bottled water. The money will go to the Parish Nurse Fund. The Westminster Bell Choir will be selling caramel rolls to raise money for their group. If anyone would like to help with the Health Fair, I have a sign-up sheet on my bulletin board. I could sure use some help!

WANONA'S "MEDICINE"

An elderly lady calls her neighbor and says,

"Please come over and help me. I have a puzzle and I can't figure out how to get started."

Her neighbor asks,

"What is it supposed to be when it's done?"

The little silver-haired lady says,

"According to the picture on the box, it's a rooster."

He decides to go over and help with the puzzle.

She lets him in and shows him where she has the puzzle pieces spread over the table.

He studies the pieces for a minute, then looks at the box, then turns to her and says,

"First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says,

"Secondly, I want you to relax. Let's have a nice cup of tea, and then," he says with a deep sigh

"Let's put all of the Corn Flakes back in the box."

MORE GIGGLES:

Three mice go to Heaven and meet St. Peter at the gate. St. Peter says, "Since you are God's precious creatures, I am authorized to give each of you a wish." One mouse speaks up for the group and says, "All our lives we lived in this building with hardwood floors and were chased all day by this mean cat. We would love it if we could each have a set of roller skates." St. Peter says, "So it shall be," and each of the mice was let into Heaven with its own set of roller skates. Then a cat dies and goes to Heaven, and St. Peter again says, "You are God's precious creation, and before you enter I grant you one wish." The cat replies, "Well, I lived in a building with these hardwood floors which were very uncomfortable to sleep on. Could I have a nice big satin pillow?" "So it shall be," St. Peter says, and lets the cat into Heaven with his new pillow. A week later, Jesus visits the cat. "And how are you enjoying the Heavenly kingdom?" he asks. The cat replies, "Oh, it is wonderful! This mansion is beautiful, my room is immaculate, this pillow is beyond luxurious...but my favorite part about Heaven is those meals-on-wheels you keep sending me!"



“A Word with Wanona”

I would like to introduce my next tag game participant Paul Ronningen.

Paul was born in Minot, North Dakota. He had two sisters and one brother. His first job was cultivating farmland at 15 years old for his neighbor south of Carpio, North Dakota. Paul was a social worker for Burleigh County Services investigating child abuse and neglect reports. He was the Director of Children and Family Services for the State of North Dakota overseeing Child Abuse and Neglect, Foster Care, Adoptions, Immigration and Child Care Licensing. He worked for the Children’s Defense Fund on issues facing children and their families living in poverty. His boss, in Washington, DC was Marian Edelman who worked with Martin Luther King. Having grown up in northwestern North Dakota, he was pleased to learn about and interact with people from other races and cultures. Paul worked for the North Dakota Supreme Court for a year doing statistical work regarding youth in the juvenile court system.

Paul graduated from high school at Carpio High School northwest of Minot. Did you know Carpio High School remains undefeated in football for the past 25 years!? Paul continued his education at University of North Dakota with a Bachelor of Science Degree in Psychology and from the University of Kansas in Manhattan, Kansas with a Master’s in Children and Family Services.

Paul met his soul mate Kristi Snortland while attending the University of North Dakota in Grand Forks, North Dakota. They were invited by Bob and Keith Schindler to Bush Lake north of Mercer, North Dakota. They enjoyed swimming and canoeing with their friends and started dating after the trip. Kristi’s family had a lake cabin on Blue Lake, which is just over the hill from Brush Lake. Kristi and Paul own a lake cabin on Blue Lake and Kristi’s sister has a cabin next to them. Paul’s working history included insulating attics one summer in Lawrence, Kansas while Kristi completed some graduate classes at the University of Kansas.

Three goals that Paul wanted to accomplish was being able to have a life of service to others. He also wanted a family resembling the family in which he grew up. Paul was named after a family member who just happened to be a minister. One other goal for Paul was to play college basketball which he has not yet achieved!



Paul’s most memorable event in his life was meeting Kristi. He had to spend time in the library to be with her. Needless to say Paul was surprised that leaving the basketball court and spending three extra hours a day (or more) in the library enhanced his GPA to 4.0! This was very surprising to Paul as he was held back in the 3rd grade due to his academic challenges. In his mind he was an athlete and not a studious individual.

Paul is very thankful for his family, wife Kristi, three children, Kari, Tait, Maren, and his seven grandchildren. They are a true joy and blessing. Paul’s parents were awesome hard-working individuals. His father was a switchman on the Burlington Northern Railroad and he ran the family farm. His mother went back to college in her mid-sixties and received a Bachelor’s of Science degree in Library Science. “The ethic of hard work, trying to achieve and do your best in life were themes that seemed deeply imbedded in our farm life.”

Paul is so thankful for being healthy today. He was diagnosed with Type 1 Diabetes at the age of 14, had open heart surgery at 46, and 7 stents since. When diagnosed with Diabetes he remembered his mother sobbing next to him in the hospital. During those early years of that disease, he heard and read about other diabetics who struggled with loss of sight, limbs and neuropathy. The medical care he received was awesome, and during his 50 plus years there have been many advances in technology with insulin pumps and blood sugar monitors.



“A Word With Wanona” Continued:

When asked who Paul’s hero was he said Gladys Cairns. He worked with her for 30 plus years in Human Services and at First Presbyterian Church. Her focus was always on others and meeting their needs. She was a skilled administrator, a great communicator and very artistic. She used her skills in addressing the needs of those in the child welfare system. Gladys worked with Sue Sorlie in starting the annual Fine Arts Festival at First Presbyterian Church. Gladys also did the art work for the Child Care Bulletin Board. Gladys received many statewide awards for her wonderful service.

When asked what was the funniest thing that has happened to him. Paul remembers when he was a third grader, he was held back in school. When he moved from Minot to Carpio he was transferred to the same classroom as his younger brother. The community thought they were twins. Once they started to debunk this notion his peers would ask Paul if his brother was the smart one.

Paul became a member of the First Presbyterian Church after marrying Kristi. Her family belonged to this church for decades. Her father served on the session for over 40 years. Paul’s religious roots came from the Lutheran Church. Paul has served as an Elder and Deacon. He helped start the Child Care Center and served on their board for several terms. He volunteers to wash dishes for the Child Care Center and assists with the Banquet. He also served as a chairman of the Banquet Board at Trinity Lutheran Church. He has read during services, ushered and helped with recording services. He volunteered in the church office for four months until the administrative assistant position was filled. Paul also joined the church mission group helping with the Hurricane Katrina disaster in Louisiana. He also gets the pleasure of babysitting his little ones, a lot!! Thank you Paul for sharing your journey.



Resource Management Committee -



We would like to thank those who gave generously to this year’s Pentecost Offering. You have provided a total of \$1,795.00. Through your generosity we will send \$718.00 to the Dakota Children’s Advocacy Center here in Bismarck, to help them maintain their Youth Mental Health Clinic. \$897.00 will be sent to support young adult volunteers in communities around the world uniting them in Christ to be messengers of God’s word. The remaining \$180.00 will help the Children’s At-Risk Program.

John Richter
Resource Management Committee

CCC NEWS-

If you, or anyone you know, enjoys working with children from infants up to age 5, and are seeking employment, please consider an opportunity to work either part-time or full-time at the FPC Child Care Center. Please contact Shawn or Vanessa at 258-7490 with questions or to get an application.

The staff and board members of the CCC feel it's important for all children and adults to be safe and follow the safety guidelines during the July 4th celebration of Independence Day. Here are some safety reminders:

- * When outside in the hot sun, remember to wear your sunscreen to protect your skin, & reapply after swimming or if you are out for a longer period of time. Be sure to stay hydrated with water!
- * Wear sunglasses, and a sun hat to protect your eyes & head from sun burn.
- * When you go swimming, make sure you are either with your parents or another adult that you feel safe with. Remember to wait at least an hour after eating a larger meal before going swimming in a pool or lake.
- * Fireworks are an attraction and highlight for the 4th of July celebrations. Be sure to practice safety, have your parents or another trustworthy adult around. Enjoy and have fun!

When you are at the church, take a minute and look at the CCC bulletin board. Behind the scenes board member, chair of finances and acknowledgements, Ella Gutzke, volunteers her talents and works tirelessly on a theme for each month. In addition, she applies for grants and also makes sure the CCC finances are in order, plus writes and sends out thank you notes for monetary donations as well as sends birthday cards to the CCC staff. When you see her, tell her "thank you" for successfully helping Shawn, Vanessa and staff keep the Child Care Center going!

The CCC staff and board members thank those of you who have donated diapers for the month of June.

**Thank
you**



**The request for July is Baby Wipes and Hand Soap.
Thank you for your generosity and we hope ALL of you
enjoy a safe and Happy 4th of July!**



THE SCHOLARSHIP SUBCOMMITTEE OF THE HOSPITALITY COMMITTEE SENT OUR ANNUAL DONATION TO THE UNIVERSITY OF JAMESTOWN FROM THE SAMUEL AND BERTHA MERRITT TRUST FUND. IN ADDITION, THE SUBCOMMITTEE AWARDED SCHOLARSHIPS TO THE FOLLOWING APPLICANTS:

ALISHA WOHL RECEIVED AN AWARD FROM THE CHURCH VOCATION FUND AND THE SORLIE FUND.

AUDREY SIMMONS FROM THE MERRITT FUND.



150TH ANNIVERSARY

The Anniversary Planning Committee is looking for your help. Next year's celebration is for our entire church family and, as in any family, everyone should participate in some way. Over the coming months as events are planned there will be opportunities to volunteer.

There are several opportunities now. We are looking for a scripture verse or verses as a vision for our anniversary - something that expresses our last 150 years of faithfulness and looks to our future. Church members are invited to submit suggestions. Please get them to the office by the end of July. The committee will choose one and announce it in August.

We would also like members to provide short stories of their family history in the church. These should be sent in by late October.

Volunteers are needed to help research and write about the last 50 years of our church history. Lori Orser is chairing this sub-committee. Please contact her if you are willing to help. Along with that, if anyone has any memorabilia about the church - photos, programs, news clippings, etc. - from anytime in the church's history, the committee would be interested.

Thank you to everyone in advance. It will be a great celebration!

Office Phone: 701-223-6091 - email: firstpresbyterian@fpcbismarck.com



The Hospitality Committee is collecting clean, gently-used sheets, pillowcases, blankets and bed pillows. They will be distributed to clients of Ministry on the Margins! MoM thanks you for donating to the homeless in our community. Items can be left in the donation box in the Narthex.



THE HOSPITALITY COMMITTEE

Thank you to our generous church members for your donations of new socks, underwear, and gently used clothes for middle and high school students at Youthworks.

All items were greatly appreciated!



CHRISTIAN ED COMMITTEE



Youth of ALL ages and parents are welcome to attend the FPC Family Fun Night at Seratoma Amusement Park, on Wednesday, July 13th, from 6:30 - 8:00 PM.

Youth may bring a friend, however we are limiting friends to 1 or 2 only. Free Wristbands will be given to each child, plus a voucher for ONE free treat per youth for the concession stand. Parents or adults who wish to go on the rides will need to purchase their own tickets and treat, if they desire. Water will be provided for FREE to EVERYONE, please be sure to stay hydrated!

We hope to see you all there and enjoy!

CHRISTIAN EDUCATION



Last day of Sunday school



Last day of PAC/Teens

Mark your calendar:

Vacation Bible School will be held August 1st-4th, 2022.

VBS will begin late in the afternoon and a meal will be provided.

Children ages 4 through 5th grade are invited.

More details will follow, watch the bulletins!



SESSION HIGHLIGHTS
JUNE 28, 2022

CLERK'S REPORT

The deaths of Robert Tonolli, June 4 and Georgene Lantz, June 5 were reported. Membership is 321.

FINANCIAL REPORT

Income YTD Actual	\$204,356	Budget	\$192,883
Expense YTD Actual	\$230,581	Budget	\$249,647
NET Income	-\$26,225	Budget	-\$56,763
Unrestricted General Fund	\$275,051		

A memorial of about \$93,000 has been received and is currently in the Stifel Investments.

MODERATOR'S REPORT

Session approved the sending of an email to the congregation reminding everyone that COVID is still a concern, and that masks and hand sanitizer are available at the church. Mask wearing remains optional.

Pastor Leanne will take vacation July 18-28.

COMMITTEE REPORTS (Note: several committees did not meet in June)

Hospitality—Church members participated in the Pride event at the Capitol. Session approved scholarships for Alicia Wohl and Audrey Simmons.

Proclamation-Christian Education—Family activities are planned for the summer; July 13, 6:30-8pm will be a fun night at the Amusement Park.

Property and Equipment—A general workday is being planned. The CCC rooms have an issue with maintaining the correct temperature. With the help of Jay Cofell and others, some solutions are being tried.

Resource Management—Professional audit will be done next year. Joe Bachmeier and Keith Magnusson will give a report this year. Part of the Pentecost offering, \$718.00 will go to Dakota Children's Advocacy Center in Bismarck. \$6,796.00 has been received so far for per capita.

Child Care Center—Cordless blinds were purchased with grant money and vinyl flooring in two infant rooms was completed, also funded by grant money. Staffing continues to be an issue.

Nominating—The committee has contacted Deacons Class of 2022 to see if any would be willing to serve another two-year term. Ten Deacons will be chosen for Class of 2024. Five Elders will be nominated. If anyone is interested in serving as an Elder or Deacon, please contact Shari Orser.

Anniversary Committee—volunteers are needed to help write the history of the church. All members are asked to contribute photos and stories.

There was no Unfinished or New Business.

Alice Nix, Clerk of Session





First Presbyterian Church

214 East Thayer Ave.

Bismarck, ND 58501

Phone: 701-223-6091

firstpresbyterian@fpcbismarck.com

www.fpcbismarck.com

Sunday Worship: 10:00 am

Office Hours: 8:00 am - 4:30 pm



Pastor

Rev. Dr. Leanne Simmons

Finance Assistant

Carol Thompson

Administrative Assistant

Maureen Chrest

Parish Nurse

Wanona Goetz

Youth Ministry Assistant

Marete Farver

Organists

Arvy Smith & Gail Snustad

Choir Director

Debi Rogers

Handbell Ensemble Director

Lael Hoerauf

Maintenance Manager

Tony Bartole

Audio/Visual Specialist

Josh Stokka

Membership Services

Judy Lentz

Child Care Center Director

Shawn Stettner

Child Care Center Asst. Director

Vanessa Hein

Nursery

Mary Jones

Christian Ed. Interns

Sophie Svihovec & Mark Jensen

Ann and Arley Gallup will be celebrating their 70th wedding anniversary on July 23,2022. To wish them well, cards can be sent to the following address:

Missouri Slope Assisted Living
2500 Valley View Ave. Apt. #110
Bismarck, ND 58501

<u>ANNIVERSARIES</u>	<u>JULY</u>
Tait & Samantha Ronningen	9th
John & Donna Richter	10th
David & Mary Ingstad	15th
Brant & Jane Boeckel	20th
Ronald & Kathleen Gappert	20th
Arley & Ann Gallup	23rd
Kim & Juanita Hocking	24th
Jay & Sandra Cofell	31st

<u>BIRTHDAYS</u>	<u>JULY</u>
Daniel Wassim	2nd
Nanc Skaret	6th
Allen Hoberg	7th
Leo Goll	9th
Katherine Satrom	9th
Randy Jensen	10th
Stacey Poffenberger	12th
T.J. Davis	14th
Paul Ronningen	14th
John Sakariassen	14th
Shelli Peterson	14th
David Ingstad	15th
Letha Lewis	16th
Donna Arneson	18th
Mary Sherman	22nd
Andrew Davis	23rd
Don Cross	27th
Lori Orser	28th
Corey Hedland	29th
Lee Doolittle	30th



Please let us know if we've made a mistake, omission or if you would prefer not to have your special day published.

~ Thank you ~



2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 10:00 am Worship	4th of July OFFICE CLOSED <i>NO MEETINGS</i> 6:30 pm Scouts	5 No Prop. & Equipment 6:30 pm Lay Pastors	6	7	8	9
10 10:00 am Worship	11 5:30 pm Worship & Music 6:30 pm Scouts 7:00 pm Proc. Christian Ed-Parlor	12 No CCC Board Meeting	13 6:30-8:00pm FAMILY FUN NIGHT - SERATOMA AMUSEMENT PARK	14 6:00 pm Hospitality	15	16 2:00 pm <i>Memorial Service for Edith Melhouse</i>
17 10:00 am Worship	18 PASTOR on Noon -Resource Management 1:30pm Prayer Shawl Ministry 5:00 pm Admin. Personnel 6:30 pm Scouts	19 VACATION	20 ON 7/18	21 -- 7/28 > > No Deacon's Meeting	22 > > > > >	23 > > > >
24 > > > > 10:00 am Worship	25 > > > > >	26 > > > >	27 > > >	28	29	30
31 10:00 am Worship	6:30 pm Scouts	2:00 pm Presby Friends At Augusta Pl. 6:00 pm Session				



FAMILY NEWS

THOUGHTS & PRAYERS FOR THE FAMILY OF:

GEORGENE LANTZ - SERVICE WAS JUNE 10TH

BOB TONOLLI - SERVICE WAS JUNE 16TH

~ ~ ~

EDITH MELHOUSE - MEMORIAL SERVICE SATURDAY, JULY 16TH AT 2:00PM