

THE GOOD NEWS OF
**FIRST PRESBYTERIAN
 CHURCH**

Marshalltown, Iowa
 641-753-5929

Volume 81, No. 10
 October 31, 2016

**The Purpose Statement for the First
 Presbyterian Church of Marshalltown**

- G** Growing in Christ through *worship*.
- R** Reaching out in *fellowship*.
- A** Affirming faith through *discipleship*.
- C** Caring for the lost through *evangelism*.
- E** Embracing others in mission and *ministry*.

November Memory Verse

*“Then Jesus said, ‘Did I not tell
 you that if you believed, you
 would see the glory of God?’”*

~John 11:32



**Daylight Saving Time ends Sunday,
 November 6. Be sure to turn your clocks
 back one hour Saturday night, and check
 the batteries in your smoke detectors.**



Join us Sunday, November 20, at
5:00 p.m. for the **Hymn Sing (note the
 new time)**. Mike Gerbo will lead the
 music, and Marsha Bristley and Marla
 Grossman will accompany the songs.

Refreshments will follow the program.

Alternative Gift Fair



Meet Grace. He lives at Jonathan's House for Orphans in the Central African Republic. Because of the physical care, kindness and love given to him, he has fat cheeks and is able to smile. Again this year, through the Alternative

Gift Fair you will be able to give to help this mission. Also, there will be choices for Church World Service. There will be an insert in the bulletin from November 20, through December 18, that will offer giving opportunities. There will be a table in the narthex to receive your gift and answer any questions. You will receive a gift card with an insert reflecting what you have chosen.

We all have people on our gift list who don't want more "stuff," but we want them to know we care about them. Giving a gift in their name will show that we care, as well as provide for those in needy areas of the world.

Operation Christmas Child



Filling shoeboxes for Operation Christmas Child continues through part of November. Boxes are available in Fellowship Hall for

you to fill, and **return your box to the Fellowship Hall by Sunday, November 13**. Decide if you will fill the box for a boy or a girl and what age level you prefer. **Be sure to enclose a \$7 check made payable to Samaritan's Purse** with each shoebox to cover shipping expenses.

Suggested gift items include toys, school supplies, hygiene items and other items such as hard candy, gum, sunglasses, flashlights (with extra batteries), socks, caps, hair clips, watches or small picture books. Please, **DO NOT** include any used items, war-related items (toy guns or knives), chocolate or perishable food items, liquids, medicines or breakable items such as mirrors, china dolls or snow-globes.

All boxes will be delivered to the E-Free Church between November 14-17.
---Edith Rankin, Coordinator

Poinsettia Order



Once again we will dress the chancel for Advent and Christmas. You may sponsor one or more of the 40 poinsettias (mix of red and white) with gold foil that will be on display. The cost will be **\$9.00 per plant**.

Please **pick up** your plant after Christmas.

Please **return this form to the church office with your check by Sunday, November 20.**

Check one: In loving memory of,
 In honor of,

In celebration of:

Given by: _____

Church Women United will meet Friday, November 4, at noon at New Hope Christian Church for a potluck lunch for a celebration meal for World Community Day. Jonathan Buffalo will give the program on Mesquaki Code Talkers.

All women of the community are welcome.

Financial Report for SEPT.

SEPT. 2016	Actual
Total Receipts	\$29,115.00
Budget	30,076.00
Total Expenses	\$29,644.00
Budget	30,467.00
Year to Date:	
Total Receipts	\$299,254.00
Budget	299,566.00
Difference	6,688.00
Total Expenses	(\$290,193.00)
Budget	(303,639.00)
Difference	13,446.00

Wednesday Club

Wednesday Club is underway with 37 children registered, with many, unfortunately, turned away. Ten kids are from First Presbyterian and 17 kids are unchurched. We also have 25 returners or their siblings. Though we are without some faithful volunteers from last year, we are blessed to add Matt Broshar as bus driver and games leader, and Jackie Hughes as crafts leader. They join Wynona Anderson, Nancy Van Wyk, and Cindy Wise as regular helpers. Our youth helpers are Makenna Ainsworth, Drew King, and Haley Reed. Abra Banissan, Afeafa Eklou, Jackie Hughes, and Fran Smith provided snack in October. Special thanks to Angie Pietig for collecting registration forms and providing all manner of assistance at Franklin.

In October, the children learned about the "Golden Rule" found in Luke 6:31. They also learned that God loves them, that manners are one way we treat others the way we want to be treated, and how to find verses in the Bible. When reading the story of the ten lepers that Jesus healed, we talked about how Jesus must have felt when only one man returned to thank Him. The children want to be the one who is thankful always.

We are still looking for a regular bus rider, so please prayerfully consider if you can spare about 45 minutes from 2:00 – 2:45 to ride the bus over to Franklin School, line the kids up and check them off the list at the office, load them on the bus, and ride back to the Gathering Place.

---Michelle Wilkinson
CE Coordinator

Sunday school



In October, the children learned about Noah and how God always keeps His promises. During Gathering, they got to put the animals in the ark! The preschoolers have been learning how much they mean to Jesus. In November, the kids will visit Glenwood Place and begin learning about Daniel.

Christmas program information will also be coming home with the children this month. The Christmas program will be Sunday, December 18.

Thank you to **Karen Bacon and Barb Hawkins** for helping teach Preschool.

---Michelle Wilkinson, CE Coordinator

God Sightings 2016

Summer 2016



How have you seen God today? A few months ago during VBS the children saw him in these things:

Family
Glitter
Wisdom
Forgiveness
Gifts
Personality
Future/hope
Thunder
Lightning
Trees
Books
Bees
Ostriches
Friends
Plants



Awesome Presbys Activities

The Awesome Presbys are collecting items for the "Blessing Bags" and will help assemble them. They also went to the "God is on the Move" concert at First Baptist Church with the high school youth. On November 17, they will be serving at the House of Compassion from 4:45 – 6:45. We will meet on November 13, and 27, for regular meetings.

PWC News



Elizabeth Circle will meet Thursday, November 10, at 1:30 p.m. in the Lower Lounge.

Sarah Circle will meet Tuesday, November 15, at 9:15 a.m. in the Lower Lounge. All women are welcome.

PWC will meet **December 1, at 1:30 p.m.** in Fellowship Hall for a Christmas gathering and Thank offering dedication. Elizabeth Circle will host this meeting.

All women of the church are welcome to attend.

PWC-CT - will meet Tuesday, November 22, at 1:30 p.m. in the Lower Lounge.

The **Presbyterian Women's "Thank Offering"** for 2016 will be accepted in November and December. There are 22 International projects, including the U.S. They offer two wells, protection for survivors of human trafficking, help for homeless and opportunities for work, food, and other support. Offerings can be given to PWC Treasurer Carolann Ballenger or Moderator Fran Smith either in person or in the church mail. Dedication will be at the December PWC General meeting Thursday, December 1.

Jonathan's House for Orphans Central African Republic (CAR)

Hello everyone,

The security situation in CAR took a turn for the worse in October. Rebels completely burned and destroyed the Baptist Mission Station at Kaga-Bandoro. This includes the pastor training school, a church, and a pastor's house. Christians and Christian facilities are being targeted for elimination. More than 20 churches have been

destroyed in the last few weeks. Recent movements of rebel troops indicate that we need to be on the lookout for danger. The rebel plan seems to involve separating the country into two separate countries, a Muslim north and a Christian south. I'm hopeful that we can avoid the destruction that the country and our town experienced in the last few years. The French military offered tremendous protection throughout 2013-2015, but they have now left our area and are preparing to leave CAR completely. Please pray for the safety of our staff, our children and the country of CAR. This is a potentially explosive situation. As you know, the Lord is sovereign over all of this, and He is big enough to handle any situation. This is an opportunity to grow in faith and trust in the Lord while we rely on prayer in the battle against evil.

Samuel was busy in September and early October getting several of our children in and out of the hospital in Bangui. All of the children are now doing well. Medical procedures that were performed included infected tooth removals, a tumor removal, a hernia repair, and treatment for leprosy on a boy from the village. While I'm thankful for the progress in the health of each of these children, I know there are countless others who we haven't met yet who continue to suffer through a dangerous and painful life. The rebel activity adds to the numbers of orphan children as their parents are killed in senseless violence. There is a lot of work yet to be done in CAR.

We have 302 children registered for Christian School in the 2016-2017 school year, which started during the first week of October. Our new school director has made some changes which I think will be beneficial for the students. He has hired two additional teachers to reduce class sizes. Another 20 school desks have been ordered, as well as additional teaching materials. To everyone who contributed towards a child's education in last year's Alternative Gift Fair, THANK YOU! You made a world of difference in many children's lives.

The new church that was recently planted in a nearby village continues to preach the Word. This is in a town that suffered through horrific violence at the hands of rebel soldiers during the war of 2013-2015. Each Sunday, the men of the church put up a shelter made of wooden poles and tarps to protect them from the sun during the church service. The "pews" are wooden poles resting on short pillars placed in holes in the ground. Some

people might say that this church has nothing. However, if you were there on a Sunday morning to worship with them, you would see that they have EVERYTHING. These people know that true riches are not of this world.

The challenges are nearly overwhelming at times, but the rewards are great. Our children know that they are loved and they learn daily about the love of their Savior.

Thank you for being a part of the journey.

---Carter Strand

Luke's Ministry Falls & Prevention

We all know someone who has experienced a fall. According to the Center for Disease Prevention (CDC), one out of every five falls results in a serious injury such as a broken bone in a wrist, arm, hip or the spine. 95% of hip fractures are caused by falling.

As we grow older, bones naturally break down and lose density. People then face Osteoporosis, a disease that makes bones sponge-like, brittle and more likely to break.

The Osteoporosis Foundation reports about 54 million Americans have low bone density or Osteoporosis. One in four men over 50 years of age will break a bone and in women over 50, one in two can expect an Osteoporosis break.

It is never too late to improve the health of your bones. The following can help:

Exercise - exercise builds bone strength while improving your heart health and over-all fitness. It boosts ability to balance, coordination, and muscle strength.

Calcium and Vitamin D - Vitamin D helps the body absorb calcium. Over age 50, aim for 1,200 milligrams of calcium and 600 international units of Vitamin D.

Bone Density Tests - Women should get theirs tested at age 65 years and men at age 70 years. If the doctor diagnosis finds other risk factors, the bone density test can be done.

Protect yourself from falls in the home by:

1. Removing items that can be tripped over e.g. papers, books, throw pillows, etc.
2. Remove small throw rugs or use double sided tape to keep them from slipping.
3. Install handrails and lights in all stairways.

4. Keep items used regularly where they can be easily reached--do NOT use a step stool or a kitchen chair.
5. Use grab bars and non-slip mats in the bathroom.
6. Make sure there is adequate lighting in every room of the house.
7. Wear shoes inside and outside the house--do NOT go barefoot.
8. If you have a pet, be aware of where they are at all times so as not to trip over them.
9. Hang light-weight curtains or drapes to reduce the glare.
10. See an eye doctor. Poor vision increases the risk of falling.

Poor hearing can cause an increase in falls, also. Research has found that people with a 25 decibel, classified as mild, were nearly three times more likely to have a history of falling. The part of the inner ear that controls hearing also controls balance.

Begin now to take care of your bone health.



The Emergency Food Box is currently in need of

the following food items: *canned tomatoes, pork and beans, chicken noodle soup, boxed macaroni and cheese.* (Please check the expiration dates to make sure the food items are

not outdated.)

Thank you for your past contributions. We could not provide food to so many people without your help! EFB is run by an all-volunteer staff, and all food items are donated, or purchased from the money contributed.

Food items or monetary (check/cash) donations may be brought to the EFB (109 S. 3rd St.) any weekday afternoon, 1:30-4:30. Please make checks payable to: *Emergency Food Box.* Our mailing address is: *EFB, P.O. Box 391, Marshalltown, IA 50158.* Donated funds are used to buy food items from the Food Bank of Iowa and locally.

We are always looking for dedicated volunteers or volunteer substitutes willing to serve on the staff for two or more afternoons a month. The food box is open Monday through Friday, except holidays, from 1:30 to 4:30. If you are interested and want to learn more, contact Edith Podhajsky, 752-5342.

Churches might want to be thinking about families or individuals they would like to recommend receiving Christmas boxes this year.

We will be sending out/e-mailing a letter in November with information about this program.



My sincere thanks to the church for the lovely bouquet of altar flowers delivered to my home on Sunday. I attended services and vespers here at the Embers, but miss coming to the services and friends at First Presbyterian Church. In appreciation.

---Rose Muschick



Thanks & a Tip of the Hat to... Bell, Marlene Hall, Shirley Egli, Mike & Joan Gerbo, Ed Jackson, Darrell, Claire & Margaret Meyer, Bert Tice and Carolyn Wilkinson.

---our faithful workers at the House of Compassion during the month of October:



Hebrews 13:16 says: "do not forget to do good and to share with others, for with such sacrifices God is pleased."

If you haven't heard, the youth, (HS and MS) are working together to put together "blessing bags"- small care packages to give to those in need who walk in our doors needing assistance. The idea was that we can't help everyone, as most are in need of financial assistance, but we can do SOMETHING. The "blessing bags" are a way we can show people that we care, offer them a bit of help and hope, and maybe open the door to start a friendship with those in need.

Although this began as a "youth project", we really want it to be an act of love from the whole congregation. Therefore, we would like to invite everyone to join us in putting together the bags, followed by a fellowship potluck on Sunday, November 6, following Sunday school. The youth and M and I Committee will provide the drinks and table service. Please bring a hot dish, side dish, or dessert to share. If you're feeling ambitious bring two 😊. Everyone will have the opportunity to put a bag together, and then we will join in a potluck. The bags will be distributed to the offices of the church and will be available to be given at staff discretion.

Thank you to all who have contributed to the "blessing bags" that will be soon put together and distributed as opportunities arise. We have a great stash of supplies at the moment. We could use more \$5 bills to put in the bags: small gift to buy a lunch or a bit of gasoline.

Thank you for participating in God's work!

Jon Rottink



“Two are better than one, because they have a good return for their labor. If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.” -

Ecclesiastes 4:9-10

November is one of those transition months where everything seems to be in flux; the weather, government, sports, and agriculture are all changing before our eyes. We're electing new legislators, furnaces are kicking on, and fields are finally harvested. Autumn is not quite over despite the barren trees and decaying jack-o-lanterns, but the cold weather activities haven't really kicked in.

In contrast to saying goodbye to one season, there's the added anticipation of preparing for the holiday season! Black Friday, Thanksgiving, Christmas parties, church services, family gatherings are all right around the corner!! We've got more 'going's on' filling our days than dry leaves filling our lawns.

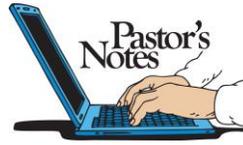
As busy as we are with shutting down autumn and preparing for the winter, there are many among us who are bracing for the toughest part of the year. Many of the elderly and homebound often are left waiting for holiday visits which are still a couple of months away – if they come at all.

Seasonal Affective Disorder or S.A.D. is a type of depression that's related to changes in seasons. This depression manifests itself as feelings of hopelessness and worthlessness. Although anyone can be affected by SAD, those who are buttoned up in winterized homes and facilities are particularly susceptible. The Mayo Clinic has some suggestions for handling the effects of lost daylight and increased confinement that come with colder weather.

In addition to participation in an exercise program or engaging in another form of regular physical activity, doctors encourage socialization. That's where the body of Christ comes in! Take a trip to a coffee shop or children's concert. What takes us just a few extra minutes and a couple extra dollars are the type of events that sustain a person through the upcoming winter.

Consider making a visit to our homebound friends or perhaps including them in one of the great fall activities we enjoy so much. If you're wondering who you could visit, or how you can help, call the church office at (641) 753-5929 and we'll connect you with someone who would love to join in your busy fall schedule.

Pastor Ian



The First Presbyterian Church and Pastor Dave have had a significant ministry with those emigrating from Africa. Pastor Dave has helped them

settle into Marshalltown, assisted with bringing other family members over and helped them attain U.S. citizenship. We now have another opportunity to help our African family grow here in our church.

Afeafa's sister Dela has been granted a visa to immigrate to the United States. Dela is in her early thirties, has a bachelor's of science degree, works as the secretary of her local Presbyterian church and has two children. Her daughter, Ama Marzens Makifai Afoutou (I will glorify His name) is eight years old. Her Son, Ekbrodingye Afoutou (God takes care of me) is three years old.

Afeafa has been helping her sister through the visa process, but is not able to financially assist in her travel. She has asked the church to help with the cost of the tickets and the integration of her sister and nephew and niece into our family in Marshalltown. Carter Strand and the mission committee are working to help Afeafa make the necessary housing arrangements so that her sister might live with her and Koffie. They will also need assistance with winter clothing, learning the English language, and the air travel.

The cost of three tickets flying from Gana to Des Moines is around \$3,300. If you would like to contribute to our continued ministry with the African community here in our church please mark your check "African Ministry" and place it in the collection plate or drop it off at the office any time. Thank you for your partnership in this ministry to our African family here at First Presbyterian church of Marshalltown.

Pastor Rich

OCTOBER SESSION ACTIONS

The Stated Session meeting of First Presbyterian Church, Marshalltown, met in the Lower Lounge Tuesday, October 18, 2016.

Moderator Rev. Rich King opened the meeting at 7:05 p.m. and Craig Henze presented the devotions and opening prayer.

Motion prevailed to approve the September 20, 2016 minutes as printed.

Motion prevailed to move **Shellie Robinson** to inactive as she has moved out-of-state.

Finances: Larry Schrum presented the Financial and Investments reports. September giving was just slightly behind the giving needs. Spending was slightly above the donations received in September.

Mission/Evangelism: Carter Strand reported that the committee applied for four grants from the Presbytery's Mission and Ministry Committee for Jonathan's House, Miracle Makers; MorningStar Missions and WellSpring Missions. The committee plans to match whatever dollar amount that they receive from Presbytery to these four missions. Opportunities for the congregation to send money for disasters through the Presbyterian Church were discussed.

Stewardship: Larry Schrum reported that 2017 budget requests have been received. Elders need to study the budget, pray about it and bring back changes or concerns to the November Session meeting.

Worship & Music: Mike Gerbo reported that they will have the Hymn Sing at 5 p.m. every third Sunday of the month. They submitted their budget request for 2017. They are working to get Communion preparers and ushers for 2017. Advent candles have been ordered.

Communion—156 on September 4, and 187 on October 2. Home Communion was taken to **Jean Brennecke, Jean Evans, Betty Emmons, Mavis Gray, LaVone Lee, Nathalie Lynch, Rose Muschick, members of Glenwood Place, Grandview Heights, and the Embers.**

Christian Education: Nancy VanWyk submitted a written report noting that Sunday school is going very well. The Children's Christmas program is scheduled for December 18. Tom Bower will be teaching the adult Sunday school class for four weeks. The Sr. High youth will work with the "blessing bags" project. Wednesday Club has 35 children registered with several on a waiting list. The Awesome Presbys will attend a "God is on the Move" concert at First Baptist Church.

A & P: Roger Anders reported the committee worked on the Mission Study Committee selection process and developed a preliminary list of nominees. Several additional SWOT sessions with small groups are scheduled. A line item for a 1/8 of full-time for an Associate Pastor will be left in the 2017 budget. **Motion prevailed** from an A & P recommendation to dissolve the relationship of Pastor Dave Beckmann's position at Associate Pastor. Presbytery will be notified. They can reinstate the position, if necessary. Staff salaries were discussed.

Membership & Involvement: Craig Henze reported that Soup & Sing will be held Wednesday, December 14.

Property: Jim Grimmus reported they discussed starting the process to determine the cost for resurfacing the church parking lot. The new crossover from the church to the Gathering Place was discussed. The window in Jim's Barber Shop was repaired. Jan Faber will be going to Honduras November 11 to the 18, so Debbie Armstrong will be doing Jan's janitorial duties. Their proposed budget was submitted to Finance.

Nominations: Bob Boeyink noted they are calling prospective members to be Elders and Deacons, and have been meeting almost weekly.

Other Business: Matt Broshar attended the first meeting for "Ruling Elder Cohort for N. Central Iowa Presbytery" and gave a report of what was discussed at the meeting concerning what it means to be an Elder. Dr. Joe Small was the speaker. Matt encouraged other Elders to attend future sessions with him. The next meeting is January 21, and Clerk and Elder training will also take place that day.

The meeting was adjourned and closed with small group prayer.

Newsletter deadline with DECEMBER information is due Sunday, NOVEMBER 20, 2016.

Reminder:

Nov. 1 — All Saints' Day
Nov. 4 — World Community Day
Nov. 6 — Daylight Saving Time Ends
Nov. 8 — Election Day
Nov. 11 — Veterans Day
Nov. 15 — Deacons
Nov. 15 — SESSION
Nov. 20 — Christ the King Sunday
Nov. 24 — Thanksgiving
Nov. 25 — Thanksgiving Holiday - Office Closed
Nov. 27 — First Sunday of Advent

Members in mission making a difference.

GOOD NEWS from First Presbyterian Church is published monthly. Deadline for the following issue is published in the calendar. Comments and contributions are welcome.

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VETERANS DAY

