



FIRST FACTS



A monthly publication of **First Presbyterian Church** · Cape Girardeau, Missouri · August 2018

A couple of weeks ago I attended the *Suicide Prevention and Awareness Conference* at the Show Me Center. Mental illness is more widespread than we know, but we don't want to talk about it because it makes us uncomfortable. I believe it is an important part of my ministry to learn to recognize it and respond to it.



One of the breakout sessions I attended was titled: *The Power of Connection: How Anyone Can Save a Life*. It was encouraging to hear what a big difference small actions can make. Sometimes just simply checking in with someone – noticing when their behavior changes and then asking them about it might give them all the permission they need to open up and talk to you.

"Is everything ok?" "Are you having a rough week?" "Do you need to talk?" These sorts of questions can show another person that you care enough to notice and might make the difference between life and death.

I've been seeing the word "mindfulness" a lot lately, and I know it has to do with the practice of meditation. I'd like to learn more about it. But just the word alone reminds me to PAY ATTENTION, to be mindful of others.

I've heard people complain about seeing more and more self-check-out lanes in grocery stores and other places. "It's so impersonal," they say. But are these the same people who are on the phone the whole time they're checking out, barely even noticing the clerk?!

Too often we are not mindful; we don't pay attention to what's happening around us. We're in a hurry; scurrying past people without even seeing them because we're so focused on what's next. We're multi-tasking – or we think we are – listening with one ear but thinking about what to say in response. We're wrapped up in our own concerns while a friend is sharing her troubles. Or we're distracted by and addicted to screens of all kinds: phones, computers, TV's.

The truth is, a person doesn't have to be suicidal for us to make a powerful difference in his life. Perhaps there would be fewer thoughts of suicide if we all were more mindful in the first place. *We can improve each other's lives* by paying attention, being mindful, and strengthening our connections. This is a ministry anyone can do.

Grace and peace,
Ellen

SESSION MEETING HIGHLIGHTS

Stated Meeting of the Session July 17, 2018

1. Rev. Gurnon shared with the Session a copy of the letter Rev. Grant Gillard sent to his congregation at the First Presbyterian Church in Jackson announcing his upcoming retirement Sept. 9 after serving that church 24 1/2 years. Our Session voted to express appreciation to Rev. Gillard for his support and service to our church with both a monetary gift and a donation to Heifer International to purchase four beehives in his honor.
2. Received Rev. Gurnon's written Pastor's Report listing her activities from June 12-July 16, and they included seven visits/calls to members and 11 meetings/activities as well as a graveside service for member Merry Gay Lorberg.
3. Session members were encouraged by Rev. Gurnon to attend the book study of " Waking Up White" being co-sponsored by our church and One City on Mondays from 10-11:30 a.m. beginning August 20 or on Thursdays from 6:30 - 8:00 p.m. beginning August 23. The study sessions, held at OneCity, 610 Independence, are intended to work toward understanding, unity and love within our community.
4. Reviewed a written report on the highlights of the 223rd General Assembly of the PC (USA) held in St. Louis, MO June 16-23, 2018.
5. Rev. Gurnon expressed appreciation for the opportunity to attend and worship at the annual Worship and Music Conference in Montreat, NC, this summer along with our Music Director. About 800 attended this intergenerational conference that offered many new ideas for Sunday worship.
6. Treasurer Wiles reported the church will be receiving \$65,000 from a life insurance policy left to the church by member Freck Shivelbine. He also reported as of June 30, 2018, our assets are \$1,134,705.50, our actual income YTD is \$200,600.13 and our actual YTD expenses are \$130,452.26 for a net income of \$70,147.87.
7. Production and installation of new playground equipment approved at the previous Session meeting will be delayed because Play and Park Structures reported to Rev. Gurnon their production plant handling our order recently burned to the ground. Another property matter reported was the need for a \$2,700 repair to the air conditioning unit for the Upper Room.
8. VBS being co-sponsored by our church, First Baptist and Christ Episcopal began last night, July 16, at First Baptist with 70 in attendance.
9. The church Nominating Committee will begin meeting in August to prepare a slate of nominees for Elders and At Large positions on the Endowment and Nominating committees.



Noisy Offering! When there is a 5th Sunday in a month, we will collect your coins as a special offering for Heifer.

The mission of Heifer International is to work with communities to end hunger and poverty and care for the Earth. Since 1944, Heifer has helped more than 22.6 million families in more than 125 countries move toward greater self-reliance through gifts of livestock and training in environmentally sound agriculture. The impact of each initial gift is multiplied as recipients agree to Pass on the Gift of one or more of their animal's offspring, or the equivalent, to another in need.

July 29th, we collected

Check	\$50.00
Non-Noisy	13.00
Coins	<u>109.65</u>
	\$172.65 Total



Second Tuesday at the Chateau

Second Tuesday at the Chateau will meet for lunch and fellowship on Tuesday, August 14, 2018 at 11:00 A.M. in the Chateau dining room. If you would like to attend, please call Sharon Metcalfe at 651 - 5274 or Ruth Needle at 334 - 4515 no later than noon on Monday, August 13, so that arrangements can be made for a table to accommodate all of us. We will order off the menu with each person being responsible for their own lunch. All are welcome.



Books have been selected for summer reading for the Presbyterian book club. For the August 8 meeting at the home of Sandy Wilhelm, we will discuss "In the Midst of Winter" by Isabel Alende. Rounding off the summer on September 12 at the home of Jean Cairns, we will read "Loving Luther" by Alison Pittman. All are welcome, and reading of the books is optional.



JOIN US IN PRAYER

The Member Care and Fellowship Committee invites you to join our new **prayer chain**, to provide more personal and more immediate spiritual support for members in need.

It works like a telephone tree; one person gets the call and contacts the next person on the list, and so on. Guidelines with more specific instructions will be made available to participants.

If you feel the "call" to become a part of this important ministry, please contact Pastor Ellen or Jeanne Hirsch for more details. Once we have the prayer chain assembled, we will let the congregation know how to access it.

Serving you through Christ, The Member Care & Fellowship Committee



August Meal-a-Month

- Velveeta type cheese food
- Package of macaroni
- Can of fruit of choice



ATTENTION FACEBOOK USERS!

Support our church at NO COST to you but a few minutes of your time.

- 1) Find our page: First Presbyterian Church of Cape Girardeau
- 2) LIKE the page (right under the picture of the church)
- 3) Invite your friends to LIKE our page (right hand column, scroll down to box titled "community")
- 4) Like, comment, and share our posts to spread our message far and wide!

Thanks, FRIENDS!



GRIEF SUPPORT GROUP

After the funeral, when the cards and flowers have stopped coming, most of the people around you return to their normal lives. But your grief continues and you feel alone.

A grief support group will be starting

Date: Tuesdays, August 14th and goes thru Nov 13th

Time: 6:30-8:30 pm

Place: La Croix Church, North Wing, Room 110
3102 Lexington Ave

Cost: \$15 for a workbook

For more information contact Cindy Walton

cwalton@lacroixchurch.org

573-339-0302 ext. 116 or pick up a brochure in the narthex.



www.shutterstock.com 89301109

The roses in the Sanctuary for worship Sunday, July 15, were from Jean Cairns in memory of her mother, Martha Cairns, who would have turned 102.



"I am the resurrection and the life"

Merry Lorberg

August 2, 1924-July 8, 2018



Memorials

A Memorial has been received in memory of:

Ray Ritter, from Dorothy Jane Grimm, Barbara Calvin, Anne Tlapek

Floyd Fellows, from Paul & Alice Kabo

Freck Shivelbine, from Ann Ritter, Georganne & Bill Syler, Dorothy Jane Grimm, Paul & Alice Kabo, Sarah Barks, Lewis Bock, Paul & Ann Brinkopf, Harvey & Lea Hecht, Sharon Metcalfe, Ruth Needle, Bob & Ann Parkinson, J. Fred Waltz, Carol Winkler, Virginia Goodwin, Charles & Judy Wiles, Willorene Phillips, Shirley Cracraft, Barbara Calvin, Doyle & Bett Dumas, James & Bev Hirsch, Anne Tlapek

Merry Gay Lorberg, from Stephen & Marsha Limbaugh

Don Fadler, from Sarah Barks



AUGUST PRAYER CALENDAR

The Session hopes you will use this 'Prayer Calendar' as we daily pray for each other and some of the mission concerns of our church.

- 1st Presbytery of St. Andrew
- 2nd Presbytery of Sheppards and Lapsley
- 3rd Marcia Williamson (birthday)
- 4th Lea & Harvey Hecht (anniversary)
- 5th Asia & Pacific
- 6th Nelson Kasten (birthday)
- 7th Linda Harper (birthday) John & Bekki Cook (anniversary)
- 8th Pakistan
- 9th India
- 10th Bangladesh
- 11th Fern Harris (birthday)
- 12th Shirley Sullivan, Missy Smith (birthday)
- 13th Sri Lanka
- 14th Tom Mueller (birthday)
- 15th Maybry Shaver, Harvey Hecht (birthday)
- 16th Donna Parkinson (birthday)
- 17th Cherie Herbst, Melissa Harris, Dusti Miller (birthday)
- 18th Sam Bishop (birthday)
- 19th Indonesia
- 20th Judith Wiles (birthday)
- 21st Juanita Wyant (birthday)
- 22nd South Korea
- 23rd Janna Tuck (birthday)
- 24th North Korea
- 25th Charles & Judy Wiles (anniversary)
- 26th Ruth Jean Lange (birthday)
- 27th Japan
- 28th Hong Kong
- 29th Philippines
- 30th Sue McNeely (birthday)
- 31st Charles Hirsch, Lauren Bishop, Ruth Pautler (birthday)

From the Mission Yearbook of Prayer and Study

Lord, you know everything; you know that we love you! Help us to take care of your sheep. Help us to follow you to new places. Give us love for the lost and lonely. In Jesus' name, Amen.

August 2018

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																												
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