

# THE FIRST PRES

August 2009

First Presbyterian Church  
of Winnebago, IL

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<http://www.thewfpc.org>

## “Readjusting Our Priorities”

There seems to be a new addiction that is sweeping our nation. It leaves people numb, bored, and often depressed. You may feel it yourself. I’m talking about “over-stimulation”. People today run at a much faster pace of life than generations before us. We are not just busy – we are busy craving pleasure. Like the ancient Epicureans, the motto of many people today is “Eat, drink, and be merry, for tomorrow we die.” While God has given us life to enjoy and pleasure itself is not a sin, the addiction to it is.

Dr. Archibald Hart believes the church is contributing to this problem. He writes, “There has been a subtle shift in the past decade or so toward more of a stimulant driven spirituality.” With the wide spread use of high tech communication (cell phones, e-mail, texting, etc.), education, and entertainment, we have become more dependent on excitement. Soon, a person is burned out.

The overuse and abuse of the internet has been a major culprit in this downward spiral. The things we have come to rely on so heavily in this culture are the very things that become the tools of our undoing. As Dr. Hart writes, “There is no downtime. That’s the problem. The system is even designed to make you feel guilty or lazy if you attempt to rest.” Dr. Hart says the key is to find a way to maximize your God-given ability to enjoy pleasure without overloading it.

What then is the cure to this addictive and destructive behavior? Dr. Hart suggests such things as talking to a family member, walking the dog, doing chores, learning a musical instrument or foreign language, writing a story, exercising, playing simple outdoor sports, or just thinking.

People can change, but it takes time. A person needs time to pray, reflect, and relax. People should work, but they should also relax. Jesus said, “Seek first his kingdom and his righteousness.” (Matthew 6:33) If we live and thrive to be happy, healthy, and vibrant Christian people, then we must have God as our source, in order to change destructive patterns of behavior to healthy growth producing patterns of behavior. In short, every person needs balance in order to give life zest and energy.

Most over-stimulated, pleasure-driven people can be helped by finding the balance God has designed for His people. The process can start when we convince ourselves to stop: to reorder our schedules and reassign the way we spend our time. A great place to start is a daily time of spiritual reflection, prayer and Bible Study. Practiced faithfully over about 30 to 45 days, this new routine can bring more freedom, joy, and balance to your life.

*Pastor Steve*

## First TEAM



FirstTEAM has enjoyed a good summer. The youth had a campout in June as well as Workcamp in Racine, WI. We participated in the WET 4<sup>th</sup> of July parade and handed out church flyers and misc. kid toys. We are planning to do some painting for the church in August and finishing the summer with a campout.

FirstTEAM looks forward to a fun fall and will resume regular scheduled meetings in September. Please feel free to join us and watch the bulletins for special events!

Serving Him,

Lisa

### Contact Information...

Here is another way to contact the heads of Session, Deacons, Trustees, and PW:

Session -Matt Mitchell at [mmatt62@gmail.com](mailto:mmatt62@gmail.com)

Trustees Chuck Rittmeyer at 1-815-335-2122

Deacons -Bev Samsel at [BSamsel@aol.com](mailto:BSamsel@aol.com)

PW -Susan Slocum at [susanmsw01@verizon.net](mailto:susanmsw01@verizon.net)



If you have a prayer request for the phone prayer chain, please call Bev Samsel a 815-335-2892 or 815-871-8969. Or you may call Bev Barker at 815-335-2963 or 815-964-5591. Please leave a message on the answering machine as it will be later checked to see that Pastor Steve has been notified and if the information has been placed on the church e-mail prayer chain.

If you wish to place a prayer request on the church e-mail, the address is: [prayer@thewfpc.org](mailto:prayer@thewfpc.org). These requests will be started on the phone prayer chain by Bev Samsel or Bev Barker.

### Naomi Circle

Naomi Circle will be going to Culver's on Tuesday August 18, at 12:30 p.m.

### Mary Martha Circle

Mary Martha Circle will not meet in August. See you at the September 10 meeting. Rosemary Runyard is your hostess.

### Chicks with Sticks

The "Chicks" will start meeting again on September 8, at 7 p.m. at Ann Fuller's home. We will discuss upcoming projects for the year. Everyone is welcome.

### Thank you...

We wish to thank our church family for the uplifting prayers, cards and notes you sent to us during the illness and loss of Gwen's sister, Ruth and Gerald's mother, Mildred. We are grateful for your concern and love which helped us through this difficult time. We are comforted knowing they are at peace and in the presence of our Lord and Savior.

*In His Name,  
Gerald and Gwen Vietmeier*

### I've moved...

Friends, I relocated in Mid-July to Peterson Meadows. Many of you know that I have some health issues so I need some extra help. Wishing you good days and good health.

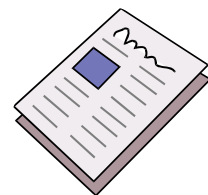
Visit me at:  
Peterson Meadows Retirement Community #105  
6401 Newburg Rd.  
Rockford, IL 61108

Call me at:  
815-318-0005

*Eleanor Sass*

### Special Thanks to.....

Thanks to Betsy Menge, Shirley Burkhart, Blanche Faulkner and Carol Schmooch for their help with the newsletter.



**Deadline for the September newsletter is August 19**

### Greeters/Ushers



The session has asked church members to take turns greeting at our Sunday worship. You will receive a letter with your Sunday listed to welcome our church family to the worship service. If you are unable to fulfill this request, we ask that you find a replacement.

#### Thanks to our greeters:

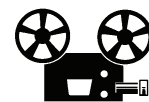
Kevin & Sue Rittmeyer, Marian Pedrick, Rosemary Runyard, Bob & Bev Samsel, Carol Schmooch, Sheree Sensel, Ginger & Chelsea Shullanberger

#### Thanks to our ushers:

Chuck Rittmeyer, Bob Samsel, Skip Leden, Kevin Rittmeyer, Greg Rittmeyer, Norm Dean, Dan Rebholz.

#### Thanks to our Projection crew:

Rick Carr, Jake Fuller,  
Kasey Benson, Jacob Smith.



### June Church Budget

Beginning Checking:	\$ 6,603.48
Revenue	\$ 7,374.71
Expenses:	\$ 9,039.73
End Checking:	\$ 4,938.46

Respectfully submitted,

Janet Erb

## Deacons

The Deacons met on May 26, 2009, at 6:30 p.m. with nine members present. Bev welcomed everyone and Pastor Steve led us in prayer. Darla presented April meeting minutes, which were approved as read. Several thank you cards were also read. The treasurer's report was given by Norma and approved. Shirley gave the sunshine report with many cards sent out to confirmands, graduates, baptism and thinking of you.

Pastor Steve and members reported on families and individuals in our church and community who are in need of support and prayer; then Pastor Steve led us in prayer.

Pastor told us about a special donation given to the church's Angel Choir for music. He also reported on a special young lady who is helping out at the church this summer doing odd jobs. Other members also shared reports on visits when delivering spring flowers.

Bev presented assignments for preparation of elements for communion for the summer months. Communion will be served coming forward. Discussion was had regarding laundering communion cloths.

Being no other business, the meeting was closed with the reciting of the Deacon's Prayer. Our next meeting will be on Tuesday, August 25, 2009 at 6:30 p.m. Bev Samsel will give the opening prayer.

Respectfully submitted,

Darla Cunningham

## Session Synopsis

Session did not meet in July.

## Trustees

Last month we removed the two shrubs that had overgrown our marquee on the north of the building.

Thanks to Greg Rittmeyer for cleaning up the water that got into the church after the rain on June 19. Many thanks to Rick Carr for trimming the evergreen, Avis Lind, Jim Mitchell, and Betsy Carr for doing the landscaping on the north side of the building. There will be more to come as time allows. Thanks also to Jim Mitchell who mows the lawn for the Trustees, and Warren Cunningham for installing the new paper towel holder in the upper restroom.

This month the Trustees burned and scraped some paint on windows on the northwest side of the building. We have not repainted yet. To make up for our lack of accomplishment we would like to pass on this little story:

Morris and his wife Esther went to the state fair every year and Morris would say to Esther, "I'd like to ride in the helicopter." Esther always replied, "I know Morris, but the helicopter ride is fifty dollars, and fifty dollars is fifty dollars." "But Esther," replied Morris, "I'm 85 years old and I may not get another chance."

The pilot was standing near by and over heard the couple. "Folks I'll make you a deal. I'll take you both for a ride. If you can stay quiet for the entire ride I won't charge you a penny. But if you say one word, it's fifty dollars."

Morris and Esther agreed and up they went. The pilot did all kinds of fancy maneuvers, but not a word was heard. He did his daredevil tricks over and over again, but still not a word.

When they landed, the pilot turned to Morris and said, "By golly, I did everything I could get you to yell out, but you didn't, I'm impressed!"

Morris replied, "Well, to tell you the truth, I almost said something when Esther fell out, but you know, fifty dollars is fifty dollars!"

Respectfully Submitted,

Charles Rittmeyer

## Building



News :

## PW Stuff-All Women of the Church a word from Susan...

As we head into the lazy hazy days of summer, it surely hasn't felt too much like that season of the year. Now I love the cooler weather, but those with swimming pools must be somewhat unhappy. I hope you all get out into your backyards and enjoy the remainder of the summer days and nights. Take in the community events, because school is right around the corner and so will be cooler weather.

Well, it has been a busy time with PW. We had a wonderful TEA in June and those that were able to attend had a lovely afternoon. There were around 60 of us and the fellowship hall was filled with beautiful tea pots, fancy dresses, hats, gloves, bright spring colors, great fancy sandwiches and finger desserts and an interesting speaker talking about etiquette. We all either learned a few new things or at least were reminded of things when it comes to proper etiquette. Thanks to all that organized that event, it was fabulous!! Those that didn't make it, keep your eyes open for the next year event.

The churchwide gathering is over and with over 3000 women from around the globe the event was a hit. Although the numbers have decreased, the ladies spirits remain high and the event was well worth my time. God will do Wonders Among You, provided participants the opportunity to be inspired through music, drama and speakers. The event also provided a format that challenged and educated us through workshops and other chosen journeys. The information that I brought back with me focuses on some rather typical Presbyterian information, what is going on with our chosen faith global, local etc. Then I gathered some rather edgy not as comfortable information, that we all must force ourselves to know about. Educating ourselves and allowing ourselves to be placed in areas, conversations, events that might be out of our comfort zone was how I approached this event and so should you. Wearing blinders is not a healthy way to learn about some new or old issues. The one thing I will say is that PW is not a group that is afraid to address difficult topics and they follow the social arena of our world. If you ever would like to attend such an event, please let me know and plan now for Orlando, Florida in 2012.

To the Westphal family, Dick, Carolyn and your family, for setting up your mother's memory by sending women to the PW Gathering and to Bernice who embraced PW and all that it stood for and became, I thank you. I was the recipient for your gift this year and I really enjoyed it, took full advantage of this opportunity and met women from all over the world. Thanks.

Have a great month. In Christ, who crossed many barriers, some pretty unconventional, Susan Slocum

## Churchwide Gathering - Louisville, KY- a word from Jill...

While Susan and Arlene were taking advantage to the many workshops at the gathering, I went to the Gathering as a Voting Representative. I was in the Business Meeting(s) listening to the pros and cons of PW's CCT desire to become Incorporated. After much debate the measure passed on a consensus vote. Also, the other important matter for these meetings was the election of the new officers for the 2009-2012 triennium.

This year's Churchwide Gathering was as rewarding as the others I've been fortunate enough to attend. I met several ladies from other countries and one evening at dinner, Charlotte Johnstone, the author of the "Forbearance Church" stories that appear in *Horizons* magazine sat at our table.

The 2012 Gathering will be in Orlando, FL. However, if that seems too far to travel, plan to attend the 2015 event that will be held in Minneapolis, MN.

Jill Sunday  
PW Co-Moderator



**Coming events include:**

- August 13 (Thursday) 6:30 p.m. Coordinating Team Meeting this is a change
- September TBD Annual Gathering of Presbyterian Women in Presbytery
- September 12 (Saturday) 1:30 p.m. Fall Gathering at the Church
- September 20 (Sunday) Church World Service Blanket Program  
Linda Clausen coordinator
- October 24 (Saturday) Turkey Dinner and Mini-Bazaar

**Worship committee notes**

What a wonderful worship service we had in the park! The weather was beautiful, the place was beautiful, the donuts were delicious and everyone seemed to really enjoy it! We had a great turn out! For all of you that attended, keep this in mind for next year and think about if we would like to have a potluck and a church picnic on this day. We will be starting acolytes in the fall, watch for further details. I hope everyone is enjoying the summer months and I keep wondering when summer is coming,

Thank you  
Laurie Speers  
Worship committee

**Local Outreach Opportunity...**

Several people from our congregation volunteer at the Rockford Rescue Mission on the first Friday of each month. They serve prepared meals at 6 p.m. After the meal is served and the dining area is cleaned up, they stay and have an evening of fellowship with the Program men (those who are committed to change their life). They order pizza, and take turns bringing pop, cookies and snacks, and play Pictionary with the guys. Everyone looks forward to this, some of us have done it for over 13 years! Those interested may contact anyone listed:



- Bev Barker 815-335-2963      Dixie Lancaster 815-968-5422
- Dee Taylor 815-335-2007      Ted & Jeanie Meissen 815-335-2601
- Jodell Brown 815-335-2202      Dale & Merle Fender 815-335-2727

The work of volunteers impacts on all our lives, even if we are not aware of it.  
Anthony Worrall-Thompson

# August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Mandeville's 50th Anniversary Open House 1-3 p.m.
2 9:30 a.m. Worship	3	4	5	6 Trustees 7 p.m.	7 Jr. High Movie Nite 6:30-9 p.m.	8
9 9:30 a.m. Worship	10	11 Naomi Circle 12:30 p.m.	12	13 PW Coordinating Team 6:30 p.m.	14	15
16 9:30 a.m. Worship	17	18	19	20 Session 7 p.m.	21	22
23 9:30 a.m. Worship	24	25 Deacons 6:30 p.m.	26 First day of school	27	28	29
30 9:30 a.m. Worship	31					