

THE GOOD NEWS OF FIRST PRESBYTERIAN CHURCH

Marshalltown, Iowa
641-753-5929

Volume 84, No. 12
December 31, 2019

The Purpose Statement for the First Presbyterian Church of Marshalltown

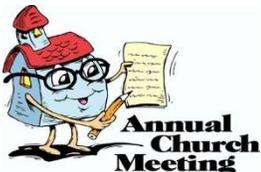
- G** Growing in Christ through *worship*.
- R** Reaching out in *fellowship*.
- A** Affirming faith through *discipleship*.
- C** Caring for the lost through *evangelism*.
- E** Embracing others in mission and *ministry*.

January Memory Verse

“Every word of God is flawless.”

Proverbs 30:5

ANNUAL MEETING



The 2019 Annual Meeting will be held **Sunday, January 26, 2020 at 11:30 a.m.** Officers for 2020 will be elected at this meeting. All

are encouraged to attend this important meeting.

The M & I Committee will sponsor a potluck meal following the meeting.

Be a Census Taker

It's time to take another census in the United States. In 2020 another census will be taken, and you can help by signing up to help take the count. Census jobs provide great pay, flexible hours, weekly pay and paid training.

If you are interested in taking the census, you can apply on line at www.2020census.gov/jobs or for more information or help applying, please call 1-855-562-2020 or contact our local representative, John Cook at 515-918-6994.

The U.S. Census Bureau is an Equal Opportunity Employer.

A Prayer for the Journey

The following prayer, almost 1,000 years old, was written for pilgrims walking the Camino de Santiago (the Way of St. James) — 500 miles across northern Spain. Use this adaptation as you journey into the new year:

God, you called Your servant Abraham from Ur in Chaldea, watching over him in all his wanderings, and guided the Hebrew people as they crossed the desert. Guard Your children, who seek to grow in You this year. Be their companion on the way, their guide at the crossroads, their strength in weariness, their defense in dangers, their shelter on the path, their shade in the heat, their light in the darkness, their comfort in discouragement, and the firmness of their intentions. Through Your guidance, may they be enriched with grace and virtue, and be filled with salutary and lasting joy.

—from the 12th-century *Codex Calixtinus*

Mobile Directory

LifeTouch has provided us with a Mobile Directory that you may place on your computer, phone, ipad, etc. The link is <https://mobiledirectory.lifetouch.com/364129/first-presbyterian-church> The access code is **10713**. All the information (and pictures) available in the printed directory will be available easily to you.

If you do not wish to have your information available in this format, please contact Jackie Hughes at chughess@mediacombb.net or text at 712-230-0101. I can change the security settings on any one's particular data. Also, if you have any information that changes, let Nancy Diggins or Jackie know and I can change the information in the mobile directory.

It's a great way to have anyone of our church family quickly available on your phone. The link will also be located on our website soon.

A Sacred Partnership

Bible scholar William Barclay notes that John the Baptist was “startled and unwilling” when Jesus asked to be baptized. The evangelist thought he needed what Jesus could give, not the reverse!

We are pros at taking our needs to God — indeed He invites this: “Call on Me in the day of trouble” (Psalm 50:15). But God also comes to us with needs: “Mortal, I am sending you” (Ezekiel 2:3, NRSV); “Go ... make disciples” (Matthew 28:19); “Carry each other’s burdens” (Galatians 6:2, NIV).

Apparently, God prefers partnership to acting solo. From the beginning, God has invited people to name the animals, tend the garden, welcome strangers, build the tabernacle, proclaim His Word, ensure justice and mercy, share His love.

What does God need from you, as Jesus needed baptism from John? Salvation is God’s alone to accomplish, but then He calls us to share work with Him, for the world’s sake. So, we echo Jesus: “Let it be so now; it is proper for us to do this” (Matthew 3:15, NIV). **—Heidi Mann**

Church Women United will not meet in January.



The next Hymn Sing will be Sunday, January 19, at 6:00 p.m. in the Sanctuary.

Please join us for a great time to visit and worship. Family Night in January 2020 will be Wednesday, January 16. Dinner is served from 5:15 pm to 6:00 pm. Worship and activities for all follow the meal.

This is a great time for all.



Financial Report for November

NOV. 2019	Actual
Total Receipts	\$35,537.00
Budget	32,310.00
Total Expenses	\$28,741.00
Budget	36,152.00
Year to Date:	
Total Receipts	\$350,564.00
Budget	392,810.00
Difference	(42,246.00)
Total Expenses	(\$364,470.00)
Budget	(391,419.00)
Difference	26,949.00

PWC News



Elizabeth Circle will not meet in January or February, 2020.

Sarah Circle will meet Tuesday, January 21, 2020 at 9:15 a.m. in the Lower Lounge.

Instruments of Praise

Some innovative musicians play instruments that actually melt at their fingertips. Their ice creations — everything from drums and a pipe organ to harps and didgeridoos — make awe-inspiring sounds (search online to hear for yourself).

The unique challenges posed by dissolving instruments seem to increase their impact. “ICEstruments” sculptor Tim Linhart says concertgoers, whose bodies also are largely composed of water, often feel a “spiritual connection” to the music.

Although people don’t melt, our physical bodies eventually return to ashes and dust. Despite that impermanence, God created us as wonderful instruments to make joyful noises for him: “Let everything that has breath praise the LORD!” (Psalm 150:6).

—adapted from *The Wired Word*



The **Flowers sign-up board to sponsor the Sunday morning altar flowers** is standing up on the little table by the SE door in Fellowship Hall. Please sign up to sponsor flowers for the 2020 year.

A New View

The new year is an opportunity to sort out the useless tasks and plan for the important; to review the failures and resolve to be successful; to take an inventory of causes and pledge life to purpose and service. These being done, the new will truly be new, different and better.

—C. Neil Strait

Sunday School

In Sunday school in January, the children will continue their study of Daniel and begin to learn about Jesus as a boy at the temple. Sunday school will resume on January 5, 2020.



On Sunday, December 15, the Sunday school children in kindergarten through 7th grade put on a musical Christmas program,

Christmas Hang-Ups, telling the Christmas story from the point of view of Christmas tree ornaments. Prelude music was presented courtesy of the children through solos on the piano, trumpet, and electric guitar. The preschoolers, led by Kari Hancock, performed several songs to the delight of the crowd, ending with "We Wish You a Merry Christmas." *Christmas Hang-Ups* was under the drama direction of Sara Reed and vocal direction of Valerie King, with choreography by Haley Reed with assistance from Shelby Bovenmyer. Sound was run by Saxon Hancock. We were blessed by the singing and acting of our talented children.

Thank you to our December preschool helpers **Heather Rottink, Karen Bacon, and Karen Schoell.**



Sunday school students focused on the Christmas program in December, and on December 22, they shared several numbers with our friends at Accura Care Center. A resident told one of the adults that the children were the best group to ever come sing!

Birthday Party for Jesus

Our birthday party for Jesus was a lot of fun! On December 21, 17 kids and youth helpers from this church and one guest sang, heard the Christmas story, played games, made a special craft, and enjoyed birthday cake as they celebrated Jesus' birthday together. Thank you to our helpers: **Jenny Buschbom, Malory Henze, Tedra Henze, Jackie Hughes, Michelle Ritter, Nancy VanWyk and Addie Wilkinson.** Thank you also to **Ruth Feld** and **Bert Tice**, for making the cookies to decorate, **Abra Banissan, Lynne Bovenmyer** and **Bert Tice** for the frosting, and to **Jackie Hughes** for making the birthday cake.

Awesome Presbys



Awesome Presbys were busy bringing the Christmas spirit to others in December. A large group of them sang carols while ringing the bells at HyVee

for the Salvation Army. They decorated goodie bags to deliver during the Soup & Sing which they also participated in. In addition, some of them helped during the Birthday Party for Jesus.

Camp in 2020

It is not too early to start thinking about camp. Be watching for camp posters around the church after the new year. The Summer 2020 theme is "Lead me to the Rock."

Luke's Ministry Atrial Fibrillation

What Is It?

Approximately 2.2 million individuals in this country have atrial fibrillation. It is a very rapid irregular rhythm in the top two chambers of the heart (the atria), which quiver instead of beating effectively. Within the upper right chamber of your heart (right atrium) is a group of cells called the sinus node. This is your heart's natural pacemaker; it produces the impulse that starts each heartbeat. If blood isn't pumped completely out of the atria, it may pool and clot.

Normally, the impulse travels first through the atria, then through a connecting pathway between the upper and lower chambers of the heart called the atrioventricular (AV) node. As the signal passes through the atria, they contract, pumping blood from the atria into the ventricles. A split second later the signal passes through the AV node and the ventricles contract, pumping blood out to your body. In atrial fibrillation, the upper chambers of the heart (atria) experience chaotic electrical signals, and quiver as a result. The AV node is overloaded with impulses trying to get through to the ventricles. The ventricles then also beat rapidly but not as rapidly as the atria. The result is an irregular and fast heart rhythm.

What Are the Symptoms?

Symptoms of atrial fibrillation can include one or more of the following: palpitations, weakness, lightheadedness, confusion, shortness of breath, chest pain, rapid and irregular pulse. The heart rate in atrial fibrillation may range from 100 to 175 beats a minute. The normal range for a heart rate is 60 to 100 beats a minute. Episodes of atrial fibrillation can come and go, or you may have chronic atrial fibrillation.

What Are Possible Complications?

Although atrial fibrillation usually isn't life-threatening, it can lead to complications such as stroke or heart failure. If a piece of blood clot in the atria leaves the heart and becomes lodged in an artery in the brain, a stroke results. Atrial fibrillation accounts for one fourth of all strokes in the elderly.

How Can This Be Treated?

There is no effective home treatment for atrial fibrillation. Medical treatment seeks to slow down the heart rate, restore and maintain normal heart rhythm, and prevent stroke. Anti-arrhythmia medications can help regularize the heart rhythm and help prevent the arrhythmia from happening again. In addition, medications that reduce the risk of blood clot formation can help reduce stroke risk in persons with atrial fibrillation.

Treatments for atrial fibrillation may also include interventions to try to alter the heart's electrical system, such as defibrillation. This technique uses electrical current to "shock" the heart back into normal sinus rhythm. Ablation (interruption) of the AV node via radiofrequency energy is a relatively new procedure that can inactivate the abnormal pathway to provide more consistent flow of electrical impulses. A pacemaker is an electronic device that prevents slow heartbeats and may reduce the likelihood of atrial fibrillation. The artificial pacemaker takes the place of the natural

pacemaker (the SA node), supplying electrical impulses to keep the heart beating in a normal rhythm when the SA node no longer can.

What Are Some of the Causes?

Some of the possible causes of atrial fibrillation include high blood pressure, heart attacks, abnormal heart valves, sleep apnea, congenital heart defects, heart surgery, an overactive thyroid or other metabolic imbalance, exposure to stimulants such as medications or caffeine or tobacco or alcohol. A family history of atrial fibrillation can also be an increased risk factor. The likelihood of developing atrial fibrillation increases with age, and men have a higher prevalence than women.

What Should I Do?

Call for treatment within 24 hours if you have atrial fibrillation that comes and goes, and you've previously been evaluated and treated, and are not experiencing chest pain, shortness of breath, weakness or fainting.

Call if you have persistent atrial fibrillation while you are on medical therapy for the condition or you note worsening of your symptoms, or new symptoms such as fatigue or shortness of breath. Call if you have questions about medications and dosages.

Call 911 for emergency medical services when atrial fibrillation occurs with any of the following:

- **Severe shortness of breath**
- **Chest pain**
- **Fainting or light headedness**
- **Weakness**
- **Very rapid heartbeat or palpitations.**

Why Do We Celebrate the New Year?

The new year wasn't always celebrated on January 1, and still isn't in some cultures.

The early Roman calendar consisted of 10 months and 304 days, with each **new year** beginning at the vernal equinox; according to tradition, it was created by Romulus, the founder of Rome. In the eighth century B.C. A later king, Numa Pompilius, is credited with adding the months of Januarius and Februarius.

During the Roman era, March marked the beginning of the calendar. Then, in 46 B.C., Julius Caesar created the Julian calendar, which set the **new year** when it is **celebrated** today, Live

Science previously reported. ... Different religions also **celebrate** their **New Year's** at different times.



The **Emergency Food Box** is currently in need of the following food items: **canned vegetables, canned fruit, canned tomatoes, canned tomato sauce, pork 'n beans, peanut butter, canned soup, cereal (12-14 oz. size)**. Please no glass containers. (Please check the expiration dates to make sure the food items are not outdated.)

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 could not provide food to so many people without your help! All food items are donated or purchased with the money contributed.

We are always looking for Food Box volunteers. We have many different types of opportunities that are available, and we are very flexible in arranging times to fit your schedule! Contact: Cindy Seberger, 752-8363.

Congratulations
on Your
New Baby!



Zachary Broshar and Haval Rich are the proud new parents of a baby boy, Jameson Richard, who was born prematurely. Jameson was born 12-20-2019 at 9:43 a.m. and weighed in at 1 lb. and 15 oz.

and was 13.4" long.

Matt & Diane Broshar are the proud new grandparents.



The First Presbyterian Church does it again--helping people in need.

Thank you for all your prayers, cards, flowers, food, pastoral visits and Deacons concerns. Kathryn appreciated all of the above when she was not under the influence of dementia. Thank you to all who took your time to help.

---**The Schaudt & Wilson Families**

Thank you to the Deacons and carolers at First Presbyterian Church for the poinsettia, food, visits and music brought to our apartment during the Christmas holidays. To whomever wrote "I love you" on the Christmas treat sack, "we love you, too."

---**Ralph & Rhoda Bender**

Thank you very much for all the church has done for me. I enjoy your visits very much. Also, thank you for the beautiful poinsettia plant.

I wish you a very Merry Christmas. God Bless You.

---**Daryle Willmott**



our faithful workers at the House of Compassion during the month of December: **Jennie Buschbom, Mercedes Dirksmeyer, Jackie Hughes, Ed Jackson, Garry Rottink and Barb Wollam.**

DECEMBER SESSION ACTIONS

The Stated Session meeting of First Presbyterian Church, Marshalltown, met in the Lower Lounge Tuesday, December 17, 2019.

Moderator Rev. Dr. Richard A. King opened the Session meeting at 7:09 p.m. with John Wise presenting the devotions and opening prayer.

There was a quorum in attendance.

Motion prevailed to approve the November 19, 2019 Stated Session minutes as printed.

Staff reports were presented.

Finances: Matt Broshar presented the Financial report noting that November giving was good but behind last year's giving. Utilities continue to run high. A few memorials have come to the church as well as two charitable gifts. The interest on invested money is getting better interest than last year.

Finance Committee: Gail Boliver reported that the committee is carefully watching the giving to the church. They continue to monitor the church financial health. By a recommendation from the committee, **motion prevailed** to approve the 2020 budget at \$416,692.

Mission/Evangelism: Pat Kremer reported that he and Matt Broshar continue to attend the "Unmet Needs" committee meetings. Barb McBride reported that 34 shoe boxes for "Operation Christmas Child" were taken from this church to Grace Church. A donation was received for the Pastors Discretionary Fund. The committee approved to have the balance of \$3,700 in the Local Option Fund carried over into the 2020 budget.

Worship & Music: Wynona Anderson reported. **Communion**—156 in November and 149 in December. The November 17, Hymn Sing was attended by approximately 30 people. There was no Hymn Sing in December. The church was decorated for Advent on Nov. 29-30. The glass on

the Communion table has been replaced. The brass cross was taken to Hellberg Jewelry to see if the scratch on the cross could be buffed out, but it couldn't be done due to the lacquer finish on the cross. Some training needs to be done about moving the Sanctuary furniture to avoid accidents and damage. Additional red votive candles have been purchased for Christmas Eve. Some congregational hymn singing will be done prior to the Family Night worship service.

Christian Education: Doug Bacon reported noting that Valerie King & Sara Reed directed the children's Christmas program, "Christmas Hang-ups." A meal was served before the program on Dec. 15. Birthday Party for Jesus is scheduled for Sat., Dec. 21, in the Gathering Place. Roger Anders will begin a new adult Sunday school class on Sunday, Jan. 12. Child Protection Policy training led by Michelle Wilkinson will be held during adult Sunday school hour on Jan. 5. Vacation Bible school is scheduled for June 21-25 using the theme of "Rocky Railway: Jesus' Power Pulls Us Through." This date may be changed due to a popular camp is scheduled during part of the same week.

A & P: Gail Boliver reported they discussed the issue of the full-time staff being offered disability insurance. They discussed having Pastor Rich continue doing a time study to see how his time is being used to make sure it is aligned with the church ministerial priorities from the Mission Study Committee meetings. Updates on new members and small groups was discussed. They discussed having Rich contact Presbytery to have a third-party visit with the staff and leaders of the church to improve staff performance and other church support for the church.

Membership & Involvement: Case Hegeman reported that the remainder of the new church directories has been put in their church mailboxes. The committee is providing and cooking the meals for Family Night. More help is needed in preparing and serving these meals. They have a list of people who could be removed from the rolls and need to take action on this. The committee is planning to have a brunch after the Annual meeting on January 26, and have a meal on Super Bowl Sunday in February. The committee helped coordinate Soup & Sing and prepared the meal before the children's Christmas program.

Property: Julie Lynch reported that the quote they got for a new sound board was around \$25,000 so they are waiting for a second quote. A quote is still needed for a new projector. Different ceiling tile will be ordered to replace the acoustic tiling in Fellowship Hall. They are still discussing costs for a new parking lot.

Other: Motion prevailed to approve Pastor Rich King's Housing and Utilities at \$32,000 per year. **Motion prevailed** to have **Jennie Buschbom, Julie Lynch, Pat Kremer, Larry Schrum** and **John Wise** as check signers for 2020. A sheet for Elders to sign up for 2020 devotions was distributed. Election of 2020 officers will be held at the Annual Meeting January 26, 2020.

Pastor Rich King closed the meeting with prayer.

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.
Church office phone: 641-753-5929
Web Site www.fpcmarshalltown.org
Email Church at church@fpcmarshalltown.org
Pastor at rich@fpcmarshalltown.org
Youth & Families Director at jrottink@hotmail.com
Office Mgr./Editor at nancy@fpcmarshalltown.org
Christian Education Director at michelle.firstpres@gmail.com

Newsletter deadline with FEBRUARY, 2020 information is due Monday, January 20, 2020 for anyone wanting to submit an article.

Reminder:
Jan. 1— New Year's Day – Office Closed
Jan. 6—Epiphany of the Lord
Jan. 11—Human Trafficking Awareness Day
Jan. 12— Baptism of the Lord
Jan. 18-25—Week of Prayer for Christian Unity
Jan. 20—Martin Luther King Jr. Day
Jan. 21—Deacons Meeting
Jan. 21— Session



Winter Sledding Party



Be on the watch for snow! As soon as there is sufficient snow on the ground, a sledding party will be organized. More information will come at a later date.

January 2020 Birthday/Prayer Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Robert Smith	2	3 Julie Avise Preston Johnson Barb Schrum Nancy VanWyk	4 Elliot Young
5 Estelle Perkins	6 Faith Banissan Brice Duff Harlan Quick	7	8 Keith Oleson Brent Thiessen	9 Richard Ritter	10	11 Diane Welch
12 Lori Avise Piper Pietig	13 Michael Anderson	14 Norm Egli Dorothy Wilson	15 Linda Kauffman	16 Elizabeth Anderson	17 Deb Avise Rollie Freel	18 Malory Henze Tedra Henze
19	20 Tim Bell Doug Boyd Jean Brennecke Ryan VanWyk	21 Wynona Anderson	22	23 Darren Bacon Garry Rottink	24 Cassie Nason Emily Severson- Bowles	25 Bill Curler Ashton McKibben
26	27	28	29 Gratia Hancock Ed Jackson	30	31 Nic Albright Kevin Severson	

	Jan. 5	Jan. 12	Jan. 19	Jan. 26	
Worship Leader...	Doug Boyd	Matt Broshar	Don Feld	Lee Wilkinson	
Greeters.....	O. & D. Langenbau	H. & B. Bradbury	Bert Tice	_____	
Fellowship Hosts..	_____	_____	_____	_____	
Cup Washers.....	_____	Barb Hawkins	_____	Mercedes Dirksmeyer	
Nursery.....	Deb Williams & Jan Faber	Deb Williams & Susan Lawyer	Deb Williams &	Deb Williams &	
Deacons.....	Jackie Hughes & Susan Lawyer	Roger & Donita Anders	_____ & _____ &	_____ &	
Donuts	T. & R. Buzbee	J. & B. Grimmus	Don & Ruth Feld	Roger & Karen Schoell	
Flowers	Don & Ruth Feld	_____	_____	Ken & Fran Smith	
Ushers	FIRST SUNDAY	SECOND SUNDAY	THIRD SUNDAY	FOURTH SUNDAY	
Team Captain	Terry Buzbee Hank Bradbury Ed Jackson Harlan Quick Larry Schrum Don Turbiville	Brenda Severson Donita Anders Roger Anders Stan & Nancy VanWyk Barb Vovos	Roger & Karen Schoell Pat & Mary Hemming Karin Podhajsky Paul Podhajsky	Jon Rottink Youth	FIFTH SUNDAY Dick & Barb McBride Doug & Karen Bacon Doris & Orlyn Langenbau Steve Strand
Usher Alternates	in alphabetical (9:00 a.m. – All Year)				
	Bonnie Bradbury	Craig Henze	Dennis Ostrem	Marcia Quick	
	Roger Bristley	Pat Kremer	Tracy Ostrem	Jerry Schaudt	
	Doug Butler	Doris Langenbau	LaVern Paul	Brenda Severson	
	Jim Grimmus	Orlyn Langenbau	Harlan Quick	Don Smith	
				Yasuyo Smith	
				Barb Vovos	
				Dale Wedgwood	

FIRST PRESBYTERIAN CHURCH

JANUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Year's Day – Office Closed	2 12:00p Oasis -LL 5:00p Cub Scout Mtg. - GP 5:30 p.m. Property	3	4
5 9:00 a.m. Worship – Communion 10:15a Gathering/ Fellowship Time 10:30 a.m. Sunday school Child Protection Training during adult SS	6 5:00p Girl Scout Mtg. – GP 5:30p.m. Missions 6:30 p.m. W & M 7:30 p.m. CE	7 9:00a Staff Meeting 6:30 p.m. M & I	8 6:30p Youth 101 6:30 p.m. Bells 7:30 p.m. Choir 8:30p.m. Praise Team	9 8:30 am Flapjacks-LL 12:00p Oasis -LL 12:00p Pastor's Prayer Group	10	11
12 9:00 a.m. Worship – Chancel Choir 10:15a Gathering/ Fellowship Time 10:30 a.m. Sunday school- all ages	13	14 5:00 p.m. A & P	15 5:15p Family Night w/meal 6:30p Youth 101 6:30 p.m. Bells 7:30 p.m. Choir 8:30p.m. Praise Team	16 8:30 am Flapjacks - LL 12:00p.m. Oasis 12:00p Pastor's Prayer Group 2:30 –7:00 p.m. – Volunteers work at HOC 5:00p Cub Scout Mtg. - GP	17	18
19 9:00 a.m. Worship - Bells Choir 10:15a Gathering/ Fellowship Time 10:30 a.m. Sunday school all ages	20 Newsletter Articles Due 5:00p.m. Finance 5p Girl Scout Mtg. – GP	21 9:00am Staff Meeting 9:15a Sarah Cr. – LL 6:00p.m. - Deacons 7:00 p.m. Session 7:00p.m. – Cub Pack Den Meeting - GP	22 6:30p Youth 101 6:30 p.m. Bells 7:30 p.m. Choir 8:30p.m. Praise Team	23 8:30 am Flapjacks 12:00p.m. Oasis 12:00p Pastor's Prayer Grp.	24	25
26 9:00 a.m. Worship - Chancel Choir 10:15a Fellowship Time 10:30a -Sunday school – All ages	27	28	29 6:30p Youth 101 6:30 p.m. Bells 7:30 p.m. Choir 8:30p.m. Praise Team	30	31	