

NEWS FROM THE PEWS

News of the First Presbyterian Church ~ Cheyenne, WY

September 2015

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September Worship Calendar

* September 6 2015

Worship Theme: "The Power of Faith"
Scriptures: Psalm 125; Mark 7: 24-37

* September 7, 2015 - Church Closed

Labor Day Holiday

* September 13, 2015

Fall Schedule begins / Ministry Fair

Worship Theme: "Who Is This?"
Scriptures: Psalm 19; Mark 8: 27-38

* September 20, 2015

Present 1st Grade Bibles/Teacher Commissioning
Worship Theme: "Hope That Is In Christ"
Scriptures: Psalm 1; Mark 9: 30-37

* September 27, 2015

10:45am ~ *Special Meeting of the Congregation*
Worship Theme: "How Salty Are You?"
Scriptures: Psalm 124; Mark 9: 38-50



Dear Brothers and Sisters in Christ,
You probably have seen that the Staff and others in the congregation have been reading *Our Iceberg is Melting*. It is a book written by John Kotter. It is an engaging book about change because change is essential. "We believe strongly that the world needs more action from a broader range of people- action that is informed, committed, and inspired- to help us all in an era of increasing change."

On the surface, *Our Iceberg Is Melting* is a simple story of a colony of penguins facing a dilemma. But contained within the story and the characters is a powerful message about the fear of change and how to motivate people to face the future and take action. Individuals and organizations and churches have used the book to help them understand what types of change they face, how change can be resisted at first, and finally, what to do in order to get people (or penguins) to support needed changes quickly.

This Fall, the Staff will continue reading *Our Iceberg is Melting* and have a 15 minute discussion at our weekly staff meetings. I have also enclosed in this newsletter the stages of change.

Blessings,
Pastor Beth

The Eight Step Process of Successful Change John Kotter

1. Set the Stage

Create a Sense of Urgency
Help others see the need for change and the importance of acting immediately.

2. Pull together the guiding team

Make sure there is a powerful group guiding the change – one with leadership skills, credibility, communications ability, authority, analytical skills, and a sense of urgency.

3. Decide What to Do

Clarify how the future will be different from the past and how you can make that future a reality.

4. Make it Happen

Communicate for Understanding and Buy In.
Make sure as many others as possible understand and accept the vision and strategy.

5. Empower others to Act

Remove as many barriers as possible so that those who want to make the vision a reality can do so.

6. Produce Short- Term Winds

Create some visible, unambiguous successes as soon as possible.

7. Don't Let Up

Press harder and faster after first successes. Be relentless with initiating change after change until the vision is reality.

8. Make It Stick

Create a New Culture
Hold on to the new ways of behaving, and make sure they succeed, until they become strong enough to replace old traditions.

Blessings,
Pastor Beth

Kick Off Sunday By Rev. Diana Hartman

We kick off our program year for 2015-2016 on September 13 with a pancake breakfast served by the Deacons beginning at 7:30 a.m. and a Ministry Fair.

As you arrive at the breakfast in the lower CE wing, you will be greeted with the wonderful smells of pancakes and ham and the visionary delight of tables filled with table top displays telling the story of why we gather and what we do.

The early church disciples engaged in life together in community and we continue in this tradition. The Ministry Fair helps us to visualize what we do as a church, how our finances are used, and our spirit for stewardship and servanthood. Imagine the spiritual vibrancy of First Presbyterian Church when each person finds a group of people with whom to share their passions and interests, a group where we would all learn and grow to be excited about our faith. First Presbyterian could be a place where friendships blossom and no one ever has to stand alone.

The coming year is filled with excitement, promise and blessing. Come and be a part of our vibrant future!!!

Information from the Finance Ministry

In February of 2014, the Finance Ministry announced that the Church had received a very large gift from the Estate of Irmgard Meyer. The Session put an 18-month moratorium on expenditures from this gift so plans could be put in place to make sure we use it according to God's will.

It is the intention of the Finance Ministry and the Investment Committee that the principal of this gift remain in place and that only the earnings from it be used for current missions and efforts of our Church. If this plan is followed, the Meyer gift will provide benefits for many generations to come.

The eighteen months have elapsed and the Session has received applications for the use of the earnings for missions, education and improvements to our ministries. Any member of the Church who has an idea for a mission or project is encouraged to approach a member of the Session to implement a grant request.

Our concern, at this time, is that member giving is at its lowest level in the last several years. Our vision is that the Meyer gift will not be used to fund the operation of the church, but to provide more mission, Christian Education and facility improvement opportunities. Without the generous contributions of the members, the Meyer gift will diminish and our mission goals will disappear.



Our **SMALL GROUP MINISTRY** will launch in September. Check the church parlor for sign-up sheets or contact Diana Hartman or the group leader for information and to reserve your spot.

Christian Yoga: Begins September 22 at 6:30pm in the lower CE wing. The instructor is Laura Collebrusco. Bring your own mat (blocks, straps, blankets, if you have them). Class will meet the 2nd and 4th Tuesdays of the month.

Ha Yesod: Ha Yesod is the Hebrew word for "the foundation." This Bible study is about the Jewish foundation of Christianity. Our first meeting will be on September 17 at the church from 10:00 – 12:00 am. The cost is \$35 for the student workbook. Please contact Belinda Smith for more information 307-421-4896 or Belajejan@q.com.

MOPS and Moms Next: Mothers of preschoolers and school age children along with their children meet to enjoy dinner, fellowship, and a Christian program. Children eat, play, and are readied for bed by excellent child care volunteers while the mothers enjoy the program and dinner in the church Parlor. We meet September through May on the 3rd Tuesday of the month at 5:30pm in the church Parlor. Contact Kim at kimenmu@gmail.com.

Men on a Mission: Come join with us on the second Saturday of the month at 8:00 a.m. at the church for breakfast, fellowship and mission projects. Our first meeting will be September 12. Contact Jory Kaufman at 630-4428 or jory.kaufman@bresnan.net for more information.

Walk, Pray, Love: Come join us for a short walk, indoors or outdoors depending on the weather where we enjoy nature, exercise, conversation, a devotional, fellowship, and light snack follows. We meet once a month on the fourth Wednesday of the month at 710 Mylar Park Dr. Our next meeting is September 23. Contact Phyllis for additional Information 630-3997 or phyloconn@msn.com.

Book Club: We will meet 7pm in the church library on October 29. This is a "religious book club." We will alternate between books suggested by our pastors and books suggested by the group members. We will discuss Harper Lee's book, *Go Set A Watchman* at our next meeting. Contact Eric Wedell at 635-1983 or ericwedell@gmail.com.

Practicing Mindfulness: An Introduction to Meditation: In 24, thirty minute lectures, using numerous guided exercises, we will learn the principles and techniques of sitting meditation, the related practice of walking meditation, and the highly beneficial use of meditative awareness in many important activities. Our first meeting will be on Thursday, September 24 at the church from 6:30 – 8:00 pm. Contact Rev. Diana Hartman at 638-3345 or firstpresap@qwestoffice.net.

Isaiah the Modern Man: In this study we will discover the relevance of The Book of Isaiah to modern day problems found in our complex society. We will dig deep into the prophet's revolutionary message of repentance, forgiveness, and hope. Our first meeting will be Wednesday September 9 from 3:00-4:00 pm at Pointe Frontier. Contact Naomi Allen at 634-7507 or naomiall@bresnan.net.

Men of Integrity: Through a variety of DVD, book and bible study materials we will study how to be better men, fathers, husbands and sons. Our first meeting will be on September 20 at 10:45 a.m. in the lower CE room. This will be an organizational meeting and a time to decide where and when to meet. Contact Rob Shank at 302-883-1621 or rob@robshank.com.

Hearts and Hands: This small group usually meets the first Saturday of every month at 10 a.m. in the church parlor all year long, and from September through May a second meeting is held on the third Thursday night at 7 p.m. Those interested in learning to knit or crochet, share tips and patterns, get help with problems in their handwork or just enjoy fellowship are welcome to come to either meeting or both as they wish. Contact Kay Barnes 778-7445 or at george.kay.barnes@att.net.

Finding Your Roots: Do you need help in learning more about your ancestors? This fall we plan to gather at the Family History Center here in Cheyenne for a series of four classes. These classes will be the second and third Mondays of September and October at 10 am. In November and January through May we will meet in the church library on the 4th Tuesday of the month at 1 p.m. to share problems and tips and get ideas for further resources. If you are interested contact Kay Barnes at 778-7445 or george.kay.barnes@att.net.

Stitch-by-Stitch Workshops: Presbyterian Women continue to meet throughout the year, usually on the third Saturday of the month, at 10 a.m. in the lower CE wing to cut and tie fleece blankets, tie quilts and work on knitting and sewing projects. For more information contact Kay Barnes at george.kay.barnes@att.net or 778-7445.

SAVE THE DATE

October 24, 2015 the Christian Education Ministry will be hosting the Second Annual Harvest Festival at the church. Food, fun, games, fellowship and costumes will be featured. More details will be presented in the October newsletter. **SAVE THE DATE**

Women of First Presbyterian Church

Fall Luncheon**Friday, Sept. 11, Noon**

We will meet in the CE bldg. 1st floor Social Room for a Salad Luncheon open to all our women. Melinda Brazzale, Margie George, and Jean Marie Seitz will share what they learned and experienced at the Churchwide Gathering in June in MN. Please bring a friend and come enjoy good food and good fellowship. Cost will be \$2.50.

Women's Bible Studies

**Are you looking for a good Bible Study
with a small group?**

Consider attending any of our Circles. This year our study is "Come to the Waters." We meet once a month September through May in the church library with these leaders:

2nd Thursday, 7pm – Sarah Circle – Jean Marie Seitz

3rd Friday, 1pm – Ruth Circle – Patsy Dyekman

4th Monday, 1pm – Rebecca Circle – Ann Lembke

You can't attend them all? Then come when you can. Each lesson makes sense by itself, and you will surely enjoy the time spent with other women.

Stitch-by-Stitch**Sat., September 19 /10am to Noon**

Come tie quilts for Alzheimer's patients and cut & tie fleece blankets for the Linus Project. Women, men, girls and boys of all ages are welcome. We meet in the Parlor and enjoy sharing the work and our joy with one another. More blankets and slippers are needed for CRMC's Home Away from Home.

To the Special Ladies of Presbyterian Women:

Because of your generosity contributing to our PW scholarship fund, I was able to reap the joy in attending the 2015 Churchwide Gathering of Presbyterian Women in June. What an enlightening experience this was! **1735** Presbyterian Women, diverse in their talents, came from all over the world.

Wyoming Presbytery, part of the Synod of the Rockies, was well represented with Gail Heimbeck and Pat Russell from Guernsey and Melinda Brazzale and Margie George and myself. Throughout our 3 ½ days in Minneapolis, we learned, worshiped, sang in 3 languages, laughed and shared. We were a powerful group of women who love the Lord. We returned with a much stronger awareness of Presbyterian Women working and sharing "openness" in our communities and "oneness" in global communities.

In short, it was an awesome experience: one that made me a stronger Christian.

Thank you again. You will be hearing more from us at our PW District meeting/luncheon on Friday, September 11th.

In Christian love, Jean Marie Seitz



THANK YOU!
THANK YOU! THANK YOU! THANK YOU!



- Thank you to my church family for your kind expressions of sympathy, including signing the congregational letter, upon the death of my brother, Keith McIlroy, who was on our prayer list for several years. He was my only sibling and was young than I. Eric and I will have attended his memorial service in Columbus, Ohio, on August 22.

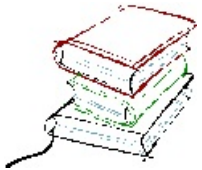
Maïda Wedell

- Dear Church Family: My daughter, Christina, came up to Cheyenne the last Wednesday of July, got me packed up (from LifeCare) and flew with me to Texas. My brother Norm Soden drove us to DIA in my wheelchair van. Had a good flight to my beautiful new home in The Woodlands, and you have to use "The" in the address or your mail will be returned. It is beautiful and is rather secluded like an old-time small town even though it is in Houston (the 4th largest city in the USA). I have met

some nice folks here and love seeing my girls' families every day. Their husbands are even grilling outside for all of us. Can't beat that!

Marydee Hartsook

4650 S. Panther Creek Drive Rm. 206
The Woodlands, TX 77381



IN OUR LIBRARY Library Committee

In "Seeing Through", David Roper discusses the world and times of the prophet Elijah and how our times today are not so very different. Roper shows how our faith, like that of Elijah, can be used by God to help create change in our homes, workplaces, communities and beyond.

For "The Power of Prayerful Living" Doug Hill consulted leading clergy, doctors, pastoral counselors and other experts to get advice on how to best handle each of more than 60 specific concerns of life. The experts share how to use prayer along with other methods from their fields in responding to such situations as dating, marriage, parenting, finances, emotional and physical difficulties and questions about faith, among others. Hill includes resource information, quotes and real life stories in an easy-to-read style.



COLLEGE SCHOLARSHIPS AWARDED

The Scholarship Committee of the Christian Education Ministry is pleased to announce that the following students have been awarded the church's General College Scholarship for the 2015-2016 academic year: Matt Carver, Kayla Cook, Ryan Cook, Madeleine Sato.

ADULT CE PROGRAM

The adult Sunday School program will begin the 2015-2016 year on September 20 with a DVD series simply entitled "Christianity". **(Note date change from the last month's announcement.)** This 12 lesson course is parallel to earlier courses on "Islam" and "Judiasm", both of which were well

received by the adult class. The format is the same as in these earlier courses: a 30-minute DVD presentation followed by class discussion. The lecturer is Dr. Luke Timothy Johnson, who many will recall from previous series "The Story of the Bible" and "Jesus and the Gospels".

These lectures seek to provide a clear survey of the most important elements of the Christian religious tradition. After an opening presentation that locates Christianity among the other world religions, the second and third lectures cover the birth and first expansion of Christianity and its great crisis of self-definition in the second century. The next five lectures provide an overview of the Christian story, the Christian creed (what Christians believe about God, Jesus, the Holy Spirit, and the church), and a sense of Christian practice as expressed by the structure of the community and its sacraments, by the struggles of Christians to find a coherent and consistent moral teaching, and by various manifestations of Christianity's more radical edge.

The final four lectures deal with internal and external conflicts. The first of these is the division of Christianity into three great families: Orthodox, Roman Catholic, and Protestant. The second is the struggle to find an appropriate role within the political structures of society. The third is Christianity's past and present engagement with culture. The final lecture takes up the tensions in Christianity today – especially the struggle between fundamentalism and modernity and the possibilities for Christianity's future among developing nations.

At the end of this course, we will have a grasp of Christianity's distinctive character, the major turning points in its history, its most important shared beliefs and practices, its sharp internal divisions, its struggles to adapt to changing circumstances, and some sense of its continuing appeal to many of the world's peoples.

We will meet in the church library at 8:15 a.m. No need to register in advance – just show up.

Questions? Contact George Barnes 778-7445 or george.kay.barnes@att.net.



Adult Sunday School

September News for Youth

“This is my command— be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.” -Joshua 1:9 (NLT)

The Lord’s words to Joshua are inspiring and carry us forward toward the school year as September nears. As we learned from Joshua, regardless of the challenges that may arise, we are comforted in knowing that God will be with us in every situation. This youth group is also inspired by these words, which makes me very excited to begin the school year with them. We will begin Youth Group for the school year on September 6, 2015. We will maintain the current time schedule of Sunday School at 8:30 and Youth Group beginning at 6:00 p.m. and ending at 8:00 p.m.

Not only is our group very excited, but all of the Christian Education Department is as well. We will be able to display this excitement at our Ministry Fair on Sept. 13 following the worship service. We will delve deeper into our plan for our school year and introduce different mission projects that we hope to be a part of, such as painting the fence at the Family Promise home on September 26.

Please share in this excitement with us by attending an informational meeting open to parents and any volunteers who want to participate in our Youth Group. This meeting will be later in September, as we find a suitable meeting time.

Matt Woodard
286-1206

First Presbyterian Church
of Cheyenne is a
connected church.
We are one of
28 Presbyterian
churches in the
Presbytery of Wyoming.

To learn more about our presbytery and
stay up-to-date go to: <http://pbywy.org/>

DEACON'S BEACON

Be In Prayer For

Family of Patty Young

Unspoken Request
Meryl Adams
Carol Arthur
Loretta Boucher
Ike Bowling
Al Brenner
Pat Brenner
Chris Christensen
Karen Christensen
Karen Denniston
Carrol DeWyke
Ralph DeWyke
Robert Drummond
Eva Estorga
Adam George
Stephanie Gold
Tamiaka Hamm
Tammy Harden
Judy Willard
Safia Hauswirth

Robert Hawk
Phil Hayes
Tasha Jones
Avery Jurgens
Sophie Meese
Carol Montgomery
Margaret Mueller
Ardyce Murdoch
Paul Murdoch
Janet Norrod
Bev Oslund
Karen Toft Pope
Carol Rieser
Steve Roberts
Becky Tish
John Townsend
Jane Uchner
Javen Westby



It is with heavy hearts that we bid a fond farewell to those who have moved to be closer to their families: Beth Long who has moved to Iowa, Mary Dee Hartsook who has moved to Texas and Bruno and Ellen Rech who have moved to Arizona. They will all be greatly missed by all of us. If you would like their new addresses, contact the church office.

MOPS

What Is MOPS and Moms next? : MOPS Stands for Mothers of Preschoolers. Moms next is for Moms with kids older then Preschool. Our group combines all the moms in our community working together to support moms all the time!

When do we meet? : We meet the third Tuesday of every month from 5:30- 7:30pm at First Presbyterian Church, 220 W 22nd St.

Is childcare provided? : Yes! Childcare is provided at every meeting. Children enjoy food and worship time. Children also do crafts and games along with a curriculum.

How much does it cost to attend? : If it is your first time it's FREE! After that it is only \$6 for dinner for you and your kids and childcare!

What usually happens at a MOPS meeting? : Every month has some sort of theme: there is either a guest speaker, a craft, or a fun game! But you can always expect great socializing time with other moms living life just like you!

Meeting Dates:

September 15

December 15

March 15

October 20

January 19

April 19

November 17

February 16

May 17

FIRST PRESBYTERIAN CHURCH – September 2015

Date	Day	Time	Event
Sept. 1	Tuesday	5:00pm	Building and Grounds Ministry (Library)
		7:00pm	Boy Scouts (OA)
Sept. 2	Wednesday	3:00pm	Family Promise/FPC Meeting (Lower CE Wing)
		6:15pm	Friendship Mariners (Fellowship Hall)
Sept. 3	Thursday	6:30pm	Small Group Leadership (Library)
Sept. 5	Saturday	10:00am	Hearts and Hands (Parlor)
Sept. 6	Sunday	•••	Communion Sunday
		8:15am	Youth Sunday School
		9:30am	Worship Service / Communion
		10:30am	Fellowship
		6:00pm	Youth Group
Sept. 7	Monday	•••	Labor Day – Church Closed
Sept. 8	Tuesday	4:00pm	Personnel Ministry (Library)
		7:00pm	Missions Ministry (Library)
Sept. 9	Wednesday	2:00pm	Finance Ministry (Library)
		5:30pm	Handbell Ensemble
		6:00pm	Handbell Choir
		7:00pm	Chancel Choir
		7:00pm	Isaiah Small Group (Lower CE Wing)
Sept. 10	Thursday	7:00pm	Sarah Circle (Library)
Sept. 11	Friday	12:00pm	Presbyterian Women Lunch (Lower CE Wing)
Sept. 12	Saturday	8:00am	Men on a Mission (Fellowship Hall)
Sept. 13	Sunday	•••	Fall Schedule begins
		7:30am	Ministry Fair & Breakfast
		8:15am	Youth Sunday School
		9:30am	Worship Service
		10:30am	Fellowship
		6:00pm	Youth Group
Sept. 14	Monday	10:00am	Genealogy Small Group (Family History Center)
		12:00pm	Investment Committee (Library)

Date	Day	Time	Event
		5:00pm	New Life Ministry (Library)
		5:30pm	Family Promise Coordinator Meeting (Lower CE Wing)
		7:00pm	Boy Scout Troop 116
Sept. 15	Tuesday	5:30pm	PNC (Stage Room)
		5:30pm	MOPS (Upper CE Wing / Library)
		7:00pm	Boy Scouts (OA)
Sept. 16	Wednesday	5:30pm	Handbell Ensemble
		6:00pm	Handbell Choir
		7:00pm	Chancel Choir
Sept. 17	Thursday	10:00am	Ha Yesod Small Group (Library)
		11:30am	Nominating Committee (Stage Room)
		7:00pm	Hearts and Hands (Parlor)
Sept. 18	Friday	•••	Newsletter Deadline
		1:00pm	Ruth Circle (Library)
Sept. 19	Saturday	10:00am	Stitch by Stitch (Lower CE Wing)
Sept. 20	Sunday	■ ■ ■	1 st Grader Bible Presentation/Teacher Commissioning
		8:15am	Sunday School for All Ages
		9:30am	Worship Service
		10:30am	Fellowship
		10:45am	Men of Integrity Small Group (Lower CE Wing)
		6:00pm	Youth Group
Sept. 21	Monday	10:00am	Genealogy Small Group (Family History Center)
		7:00pm	Session (Lower CE Wing)
		7:00pm	Boy Scouts (OA)
Sept. 22	Tuesday	5:30pm	PNC (Stage Room)
Sept. 23	Wednesday	9:00am	Walk, Pray, Love Small Group (O'Connor's)
		5:30pm	Handbell Ensemble
		6:00pm	Handbell Choir
		7:00pm	Chancel Choir
Sept. 24	Thursday	6:30pm	Practicing Mindfulness Small Group (Lower CE Wing)
Sept. 27	Sunday	8:15am	Sunday School for All Ages

Date	Day	Time	Event
		9:30am	Worship Service
		10:30am	Fellowship
		6:00pm	Youth Group
Sept. 28	Monday	1:00pm	Rebecca Circle (Library)
		6:30pm	Local Missions (Library)
		7:00pm	Deacons (Lower CE Wing)
		7:00pm	Boy Scout Troop 116
Sept. 29	Tuesday	5:30pm	PNC (Stage Room)
Sept. 30	Wednesday	5:30pm	Handbell Ensemble
		6:00pm	Handbell Choir
		7:00pm	Chancel Choir

JOIN US . . .

Fall Schedule begins on September 13th

7:30 a.m. Pancake Breakfast and Ministry Fair

8:15 a.m. Sunday School for all Ages

9:30 a.m. Worship Service

10:30 a.m. Fellowship

