

NEWS FROM THE PEWS

News of the First Presbyterian Church ~ Cheyenne, WY

March 2017

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In March we enter the season of Lent on the church calendar. Lent is 40 days of self-examination and contrition as we prepare to celebrate Holy Week and the Resurrection of our Lord and Savior on Easter.

Lent is 40 days long to remind us of the length of time that Jesus spent in the wilderness (Mt. 4:1-11) after his baptism in preparation for his ministry. Jesus' time in the wilderness was marked by fasting, prayer, and being tempted by the devil. Three times Jesus faced temptation. Three times he faced a crossroads, was he ready for the challenges of his ministry or would he choose an easier route. Jesus chose to obey God and to be faithful in his calling "to serve and to give his life as a ransom for many." (Mt. 20:28)

Lent is an invitation for us to follow Jesus into our own wilderness and to face our own crossroads. Are we ready to say no to the temptations of this world and follow Jesus? This time of self-examination reminds us that we are sinful people; regularly choosing the world's path and failing to live up to God's calling. We are in constant need of God's mercy and grace. During these 40 days we remember the great sacrifice that Jesus made on the cross so that we might receive forgiveness. We

can experience the gift of new life through Christ's resurrection. We are challenged during this time of Lent to examine our life and realize when we face the crossroads of temptation and obedience. May the Holy Spirit empower us to say no to the world and follow Jesus Christ.

Traditionally people have "given up something" for Lent. The idea is that if we give up a bad habit or something we enjoy, every time we are tempted by what we have given up we remind ourselves that Jesus resisted temptation in the wilderness. For Lent this year we invite you to not only "give up something" but also to "take on something" as a replacement for that temptation. Take on a time of study, take on a time of prayer, and take on a time of service. We are offering you two new opportunities for study and prayer, the Thursday night Lenten Bible Study and the Sunday night Lenten Prayer Service. Plan to take advantage of these opportunities. You will find details in this newsletter.

Lent begins with our Worship service on Ash Wednesday at 7PM. During the service as ashes are placed on our foreheads in the shape of a cross we will hear the phrase, "From dust you came and to dust you shall return." This ancient sign of ashes speaks of the frailty and uncertainty of human life and marks the time of penitence in the community of faith.

Our other Lenten services to mark on your calendar are Palm Sunday (April 9), Maundy Thursday (April 13) and Good Friday (April 14).

Our worship theme during Lent will be on "Practicing Discipleship". We will be looking at different disciplines that we practice to be a disciple including prayer, trust, service, worship, sacrifice, love, and resurrection. On Sundays we will present items like musical instruments, praying hands, blindfolds, and a mirror to represent each of these disciplines.

After his 40 days in the wilderness Jesus began his ministry by calling people to "Repent, for the kingdom of heaven has come near." (Mt. 4:17) If we heed that same call to repent we will find the Kingdom of God is near to our hearts.

In Christ's Name, Rev. Bob Thomson

Irmgard Meyer Grants News

SCHOLARSHIP OPPORTUNITY - During one of our early rounds of the Irmgard Meyer Grants, we learned that Laramie Community College had matching grant funds from the State of Wyoming.

We took the opportunity to create The Irmgard Meyer First Presbyterian Church Scholarship. They had \$10,000.00 available we gave them \$10,000.00 making the scholarship \$20,000.00.

Those attending LCCC can apply through the Finance Aid Office of LCCC. The scholarship is designed for those from First Presbyterian Church first. If no one from First Presbyterian Church applies it then is opened up to other students for that year. And, the following year reverts back to original setup.

We want our young people to be aware of this opportunity to assist in their education funding. Questions regarding this scholarship should be directed to LCCC Financial Aid Office. We're anxious to see our young people take advantage of this opportunity and celebrate it in our church.

Once again we see the growth of the Irmgard Meyer Grant Program. As I stated at the Congregational meeting this gift is far reaching with grants going as far away as Syria and Bagdad, Iraq and as close as Laramie County Community College. Celebrate our gift.

Respectfully Submitted, Connie Davis, Chairman



POINT OF LIGHT

Did you know that many of our small groups and mission projects have individuals participating who are not church members but are from other churches or from the community in general? Keep this in mind when you are going to a meeting and invite neighbors, friends and relatives who might also enjoy the topic or the activity. For classes this increases the viewpoints and for mission projects more hands means more completed projects. This also helps us let the community know what we are doing.

Lenten Services and Programs

Ash Wednesday - March 1

7:00 PM

With imposition of Ashes and Communion

Lenten Prayer Service

Sundays

March 5-April 9

5:00-5:30 PM

A service of Prayer and Meditation

Chapel or Sanctuary

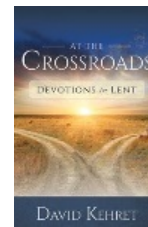
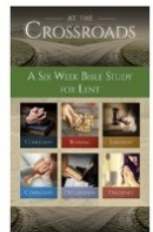
Lenten Dinner and Bible Study

Thursday evenings

Dinner (Soup and Bread) – 5:30

Bibles Studies – 6:15-7:15

Adult, Youth, Children



Lenten Devotionals
 “At the Crossroads”
 By David Kehret
 Pick up a Devotional
 Suggested Donation \$1

CONGRATULATIONS . . .

Congratulations to Megan and David

Finnegan on the birth of their son, Logan

Patrick. Logan was born on February 21, 2017 at 8:05am. He weighed 7.9 ozs and was 21 inches tall. Proud granddad is Tom Muhlbach.



Congratulations to Our Acolyte Class of 2017

Cole Finn, Kylie Finn, Autumn Finn, Jacob Finn, Griffin Soden, Brenden Lemmons-McMindes, Bailey Howe, Ruthie Holmes, Konrad Prescott, Andrew Thomson, Brennan Lamm and Lars Arntzen



UNDIE SUNDAY – March 19th

Undie Sunday this year will be March 19th to support Day of Giving.

Many in our community have to choose between paying bills or buying food and are then unable to afford to purchase underwear for themselves or their family members. So once again, we are calling upon your generosity to donate underwear of any size, gender, or amount.

A box for your donations will be placed in the parlor on March 5th and will be available until after church service on March 19th.

The Board of Deacons thanks you in advance!



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



THANK YOU! TO OUR YOUTH GROUP FOR THE SUPER BOWL FUNDRAISER AND TO OUR CONGREGATION FOR DONATING SO GENEROUSLY!



- Greta Morrow & Day of Giving Board

All of us on the Day of Giving Board celebrate when congregations on our support list hold special events to help with our year-round work of making purchases to help our neighbors in need. That's why we send special thanks to the Youth Group for their impressive Super Bowl fundraiser and to all the members of our congregation who donated their change after service on February 5!

Every cent of the \$359.03 raised from the Youth Group's effort will go back into the community in the form of purchases to help any of ten local agencies meet client needs. It could help buy part of the new refrigerator we will purchase for Needs, Inc.; it might go to buy 748 cans of green beans for Salvation Army to give away in their food boxes, or it may help purchase proper shoes, underwear, socks, pants, and shirts for six students who are homeless or abused and in shelter.

Whatever the need for which we make purchases, we appreciate your help. This is our first congregation donation to the Day of Giving Youth Event coming up on May 11, essentially a kick-off to the 12th Annual Cheyenne Day of Giving on May 12! Thank you from the entire Day of Giving Board!

We received a thank you letter from the Salvation Army for the Christmas Bell ringing.

"I take this opportunity to extend my sincere appreciation for First Presbyterian Church of Cheyenne volunteer hours ringing the bell supporting the Red Kettle Campaign this past Christmas....With First Presbyterian Church of Cheyenne's help, we raised \$109,310.88 during this year's campaign and helped 250 families have a Merry Christmas. First Presbyterian Church of Cheyenne's gracious volunteerism raised a significant \$437.42 with their 9 hours of ringing....With all sincerity and warmth, I say Thank You! Clinton Trimmer."

Women of First Presbyterian Church

Presbyterian Women's routine activities include the preparation and production in the Saturday morning workshops (10-12) of clothing and blankets for both local and world-wide charities. These "stitch by stitch" gatherings are open to all women of the church, and they enjoy this opportunity to work and talk together. Under the able leadership of Kay Barnes and Belinda Smith, these events are scheduled (usually) for the third Saturday of the month, in the lower CE area . . . but check your Sunday worship bulletin for possible change of date necessary to make the space available to other groups in the church.

About 36 women enjoyed the annual February lunch meeting on a beautiful day, with its emphasis on love, and appropriate valentine décor on the tables. The Ruth Circle provided a lovely lunch which included roast ham, potato salad, and colorful dessert of cherry pie. Our program was presented by the Rev. Kellie Thomson, who focused on her experience as "a child loved by God" to highlight her personal journey of faith, and to help us all become better acquainted with her as a new member of our church community.

Coming events – PW's circles and leaders are busy planning for the Annual Spring Gathering of women from around the Presbytery, which we are hosting here at First Church April 20-22. Watch for further information and opportunities to be involved in the 'hostessing' aspect of this event.

SMALL GROUP AND MISSION UPDATE

by Kay Barnes

Members of the Hearts and Hands Small Group and the Stitch-by-stitch Mission Workshops continue to meet each month to make items for those in need. Recently we provided hats and scarves for veterans, hats to be handed out during the homeless count, and many items for the Warmth tree and Safehouse. Each month we tie quilts for Alzheimer Drug Testing patients and veterans and make fleece blankets which go to Kids in Crisis in Laramie County and Safehouse. The Home Away From Home program through Cheyenne Regional Medical Center receives large bed sized afghans and slippers made by our groups and several church members at Hospice have been given prayer shawls. We also give blankets and hats for newborns to the Hospital Newborn Closet – these are given to families who cannot afford clothes for their new baby. Recently we received a nice compliment from the lady in charge of the Kids in Crisis program. She remarked that she always knows when we have taken in a supply of blankets and afghans because there are so many of them and all are bright colored, very well made and clean. Thanks to all those who continue to participate in making items or donating materials.

A second small group, Finding Your Roots, meets each month during the school year at the local Family History Center where we have a short class and then have time to work on our genealogy using the many free resource data bases available through their computers. They also have individuals there to help us solve problems.

Both of these groups have a number of participants from outside our church and we are delighted to be welcoming new people from time to time. We would love to have you join us.

Presbytery Report

Eleven representatives from First Presbyterian Church attended the February Presbytery meeting held at First Presbyterian Church in Saratoga. They were:

- Melinda Brazzale – Council Moderator
- Caroline Carver – Presbytery Treasurer
- Deanna Dyekman – Commissioner
- Walt George – Commissioner
- George Barnes – Synod Representative
- Bob Thomson – Teaching Elder
- Norm Soden
- Tom Muhlbach
- Bruce and Gail Heimback
- Ken Walkley

The Presbytery awarded Tom Muhlbach and Norm Soden the Silver Spur Award for their work with the Living Water program. Reverend Bob Thomson was elected to the council at-large position.

The Friday study session was led by Jack Miller from Fort Collins, Colorado. His four session presentation entitled, “The Future of Church Philanthropy” reviewed trends and generational changes that affect religious giving. He made numerous suggestions for new avenues for church stewardship, which he prefers to call generosity.

Presbytery voted to approve its Personnel Manual and Policy and voted to approve nine proposed amendments to the Church Constitution.

Camp Story is celebrating its 100th anniversary this summer with expanded camping opportunities. The camp facilities are available for retreats and meetings. We heard a status report on the “1001 New Worshiping Communities” program. There are two of these communities in Wyoming: The Table in Casper and in Pine Haven.

Please contact any of those who attended Presbytery if you have any questions.

Our Church Library

Library Committee

Have you used or visited our church library located just off the Parlor? It contains many books and audio-visual materials available for your use. To sign out an item write your name and the date on the card found in the front of the book, or inside or on the back of AV materials. Place the card in the tin box on the typing stand near the hall door. When finished with the materials place them on that stand and we will card and shelf them.

For help in finding materials check the Dewey Decimal Guide on the front cover of the white notebook on the stand. Inside the notebook all materials are listed by Dewey number, by title and by author.

Commentaries are in the first set of shelves near the stand. Next are the other books in Dewey order.

Oversize books are on a bottom shelf. Books listed as PS (Presbyterian materials) are on the bottom shelf near the parlor door with audio-visuals located just above them. Fiction and the newest books added to the collection are on the large bookcase along the east wall. The small bookcase on the south wall holds items for Presbyterian Women.

Come see what we have and enjoy using the materials. Questions? Contact Kay Barnes (778-7445) or Dorothy Scutt (635-7759). Please let us know if you intend to keep an item out for a long period of time such as for a class or a daily devotion book. There is no set time for which you may check out materials, but please return them as soon as you are finished so they are available for others to use.

♪♪ Notes & Church News ♪♪

Book Club The Church Book Club invites you to join us to discuss the book, "The Invention of Wings" by Sue Monk Kidd on March 30, 2017 at 7:00pm in the church library. Maïda Wedell will lead the discussion. For further information or questions, please call Phyllis O'Connor (307-630-3997).

Cribbage Is the game of cribbage your interest? Never played but want to learn? Join us on March 3rd at Karl and Judi Krieger's for a fun evening! We meet at 7pm and end around 9pm. If you have a cribbage board and cards, please bring them. If you don't, come anyway! Hungry? Bring your own snacks and drinks. Easy, simple and fun! Questions, contact Ernie or Melinda Brazzale, mlbrazzale@gmail.com, 307-256-0506.



Children's Ministry

Dear Parent with Young Children in Church ~

I would like to share this blog with you all which was written by Jamie Bruesehoff. I fell in love with what she had to share and I feel like she is dead on!

You are doing something really, really important. I know it's not easy. I see you with your arms overflowing, and I know you came to church already tired. Parenting is tiring. Really tiring.

I watch you bounce and sway trying to keep the baby quiet, juggling the infant car seat and the diaper bag as you find a seat. I see you wince as your child cries. I see you anxiously pull things out of your bag of tricks to try to quiet them.

And I see you with your toddler and your preschooler. I watch you cringe when your little girl asks an innocent question in a voice that might not be an

inside voice let alone a church whisper. I hear the exasperation in your voice as you beg your child to just sit, to be quiet as you feel everyone's eyes on you. Not everyone is looking, but I know it feels that way.

I know you're wondering, is this worth it? Why do I bother? I know you often leave church more exhausted than fulfilled. But what you are doing is so important.

When you are here, the church is filled with a joyful noise. When you are here, the Body of Christ is more fully present. When you are here, we are reminded that this worship thing we do isn't about bible study or personal, quiet contemplation but coming together to worship as a community where all are welcome, where we share in the Word and Sacrament together. When you are here, I have hope that these pews won't be empty in 10 years when your kids are old enough to sit quietly and behave in worship. I know that they are learning how and why we worship now, before it's too late. They are learning that worship is important.

I know how hard it is to do what you're doing, but I want you to know it matters. It matters to me. It matters to my children to not be alone in the pew. It matters to the congregation to know that families care about faith, to see young people... and even on those weeks when you can't see the little moments, it matters to your children.

It matters that they learn that worship is what we do as a community of faith, that everyone is welcome, that their worship matters. When we teach children that their worship matters, we teach them that they are enough right here and right now as members of the church community. They don't need to wait until they can believe, pray or worship a certain way to be welcome here, and I know adults who are still looking to be shown that. It matters that children learn that they are an integral part of this church, that their prayers, their songs, and even their badly (or perfectly-timed, depending on who you ask) cries and whines are a joyful noise because it means they are present.

I know it's hard, but thank you for what you do when you bring your children to church. Please know that your family — with all of its noise, struggle, commotion, and joy — are not simply tolerated, you are a vital part of the community gathered in worship.

Bless you,
Ashley Braisted, Children's Ministry Director



**Congratulations to Josh
Blaney on his graduation
from high school
December 16, 2016.**



Greetings everyone, from the Youth Group. We have been very busy this past February, being involved in both church and Presbytery events. Especially as we go into the Lenten season, we are glad we have such a loving congregation supporting us. We did a lot in February, and accomplished a great deal. Here is a taste of what we've been up to, as well as what we look to do in the coming months.

In February, one of our biggest accomplishments was our Super Bowl fundraising project for Day of Giving. Thank you for such generous giving. Because of the support from this congregation, the youth group was able to raise \$359.03 for Day of Giving. As Greta Morrow, who has worked tirelessly with this organization for years put it, this kind of donation could literally buy hundreds of cans worth of green beans. This can of green beans might seem small, but for homeless and low income families, this could mean a meal, which is huge! To say the least, we are so appreciative of this generous giving, and wish to thank all of you!

As we look to March, we are excited to begin a new program. This year, the youth, as well as many from this congregation, will participate in a five-week Lenten study. For the youth, the study will focus on growing as a disciple of Christ. This will be a new program, but I know that I am excited to try something different, and explore this season in a new light. The study will begin March 9th at 5:30, and continue at the same time every Thursday for five weeks. Come join the youth for a small supper each of these weeks in this congregation-wide program.

Also in March, the Children and Youth Ministries will host an Elementary, Junior and Senior High Lock-In. This event will be held on March 17th and 18th, starting at 5:30 p.m. Friday and ending at 9:00 a.m. Saturday. With our minds already on summer camps, Ashley Braisted and I thought it would be great to move a little bit of camp to First Presbyterian, and

show the kids just how much fun camp can be. Now, of course, we are not going to be able to move the trees inside, but with activities like s'mores, camp games and sleeping in tents, we are sure that this will be a the perfect taste of camp for the students. As always, these events are only possible with your support, so if you feel called to help out with this great event, please contact me! I would love to hear from you.

Thank you for all you do for this group, and as always, God bless you and keep you!

Respectfully submitted,
Matthew Woodard



**DEACON'S BEACON
Be In Prayer For:**

Meryl Adams
Joe Arnold
Christy Arthur
LaVonne Beardsley
Loretta Boucher
Briggs Family
Judy Brink
Dr. Richard Brown
Lavonne Burrows
Chris Christensen
Karen Christensen
Barbara Clark
Karen Denniston
Carrol DeWyke
Robert Drummond
Tim Francis
Wendy Francis
Adam George
Fern Gullett
Ruth Hale
Tamiaka Hamm
Edna Harris
Safia Hauswirth
Robert Hawk
Beth Hoobler

Kelly Jensen
Charlie Johnson
Jim Kubitschek
Mary Jane Larson
Bonnie Legerski
William Loftus
Ray Martin
Sophie Meese
Pat Milam
Dick Moody
Joe Norris
Paula Norton
Doreen Oakley
Eric Payne
Karen Toft Pope
Linda Pratt
Carol Rieser
Curt Scribner
Jeff Symmonds
Carisa Thomas
Mary Tolle
John Townsend
Jane Uchner
Javen Westby
Deborah White



FIRST PRESBYTERIAN CHURCH – March 2017

Date	Day	Time	Event
March 1	Wednesday	7:00pm	Ash Wednesday Service
March 2	Thursday	9:30am	Just Faith (Parlor)
		6:00pm	High School Bible Study
March 3	Friday	12:00pm	Presbyterian Women Coordinating Team (LCE)
		7:00pm	Cribbage (Krieger's)
March 4	Saturday	9:00am	Just Faith and Lunch (LCE)
		10:00am	Hearts and Hands (Parlor)
March 5	Sunday	■ ■ ■	Communion Sunday
		8:15am	Sunday School for All Ages
		9:30am	Worship and Communion
		10:30am	Fellowship
		10:45am	Joyful Ringers rehearsal
		5:00pm	Lenten Prayer Service
		6:00am	Youth Group
March 6	Monday	5:30pm	Christian Education Ministry (Library)
		6:30pm	Boy Scout Troop 116
		7:00pm	Worship and Music Ministry (Parlor / Library)
March 7	Tuesday	7:00pm	Boy Scouts (OA)
March 8	Wednesday	2:00pm	Finance Ministry (Library)
		5:30pm	Handbell Ensemble
		6:00pm	Handbell Choir
		6:00pm	High School Bible Study
		6:15pm	Friendship Mariners (Fellowship Hall)
		7:00pm	Chancel Choir
March 9	Thursday	5:30pm	Lent Supper / Program (Fellowship Hall)
		6:15pm	High School Bible Study
		7:00pm	Sarah Circle (Library)
March 11	Saturday	8:00am	Men on a Mission (Fellowship Hall)
March 12	Sunday	■ ■ ■	Daylight Saving Time Begins
		8:15am	Sunday School for All Ages
		9:30am	Worship
		10:30am	Fellowship
		10:45am	Joyful Ringers rehearsal
		5:00pm	Lenten Prayer Service
		6:00pm	Youth Group
March 13	Monday	12:00pm	Investment Committee (Library)
		1:00pm	New Life Ministry (Stage Room)
		6:30pm	Boy Scout Troop 116
March 14	Tuesday	4:00pm	Personnel Ministry (Library)
		5:15pm	Building and Grounds Ministry (LCE2)
		7:00pm	Missions Ministry (Library)
March 15	Wednesday	5:30pm	Handbell Ensemble
		6:00pm	Handbell Choir
		6:00pm	High School Bible Study
		7:00pm	Chancel Choir
March 16	Thursday	9:30am	Just Faith (Parlor)

Date	Day	Time	Event
		5:30pm	Lenten Dinner/Program (Fellowship Hall)
		6:15pm	High School Bible Study
March 17	Friday	■■■	Newsletter Deadline
		1:00pm	Ruth Circle (Library)
		5:30pm	Children/Youth Lock-In
March 18	Saturday	10:00am	Stitch by Stitch (LCE)
March 19	Sunday	■■■	Undie Sunday
		8:15am	Sunday School for All Ages
		9:30am	Worship
		10:30am	Fellowship
		10:45am	Joyful Ringers rehearsal
		5:00pm	Lenten Prayer Service
		6:00pm	Youth Group
March 20	Monday	6:30pm	Boy Scout Troop 116
		7:00pm	Session (LCE)
March 21	Tuesday	5:30pm	MOPS (CEW)
		6:30pm	Ephesians (Library)
		7:00pm	Boy Scouts (OA)
March 22	Wednesday	9:00am	Walk, Pray, Love (O'Connor's)
		1:30pm	Worship Team (LCE2)
		5:30pm	Handbell Ensemble
		6:00pm	Handbell Choir
		6:00pm	High School Bible Study
		7:00pm	Chancel Choir
March 23	Thursday	9:30am	Just Faith (Parlor)
		5:30pm	Lenten Dinner/Program (Fellowship Hall)
		6:15pm	High School Bible Study
March 24	Friday	12:00pm	Presbyterian Women Coordinating Team (LCE3)
March 26	Sunday	8:15am	Sunday School for All Ages
		9:30am	Worship
		10:30am	Fellowship
		10:45am	Joyful Ringers rehearsal
		1:30pm	New Members Class (LCE)
		5:00pm	Lenten Prayer Service
		6:00pm	Youth Group
March 27-31	Mon - Fri	■■■	LCSD Spring Break
March 27	Monday	1:00pm	Rebecca Circle (LCE)
		6:30pm	Local Missions (LCE)
		7:00pm	Deacons (LCE)
March 28	Tuesday	12:00pm	Genealogy (Family History Center)
March 30	Thursday	5:30pm	Lenten Dinner/Program (Fellowship Hall)
		7:15pm	Book Club (Library)