July 2019

First Alert

Pastor
Rev. Matthew Froeschle

Treasurer
John Swick

Youth Director
Toby Montgomery

Music
Scott Hines

Worship AV
Brandon Barta

Church Custodian
Rick Plummer

Administrative Assistant
Cherry Wishard

Sunday Worship

Adult Bible Class
8:30 a.m.

Worship Service*
9:30 a.m.

Children’s Church
9:45 a.m.
(after Children’s Chat)

*Childcare provided
“For the Lost”

An ancient sermon on Luke 15:1-7:

Now the tax collectors and “sinners” were all gathering around to hear [Jesus]. But the Pharisees and the teachers of the law muttered, “This man welcomes sinners and eats with them.” Then Jesus told them this parable: “Suppose one of you has a hundred sheep and loses one of them. Does he not leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbors together and says, ‘Rejoice with me; I have found my lost sheep.’ I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.

Saint Gregory the Great, one of our early church fathers, sums up this parable of the lost sheep with eloquence and insight:

“Our good Shepherd left the comforts of his Father’s house in heaven, and came down to the stony paths and thorn-choked gullies of this world to bruise his feet and tear his flesh with the sharp rocks and thorns, searching for each lost sheep wherever it had strayed.

“He who was purer than the very light of heaven did not hesitate to wade into the putrid swamp-waters where the lost sheep was drowning in lust, or into the sordid dens where the lost sheep was choking in greed for filthy lucre. The prostitute, the tax collector, were sought where they were at, and in the Shepherd’s eyes they did not see the look of an angry and avenging God, but the joy of the good Shepherd at finding his lost sheep.

“He’s bruised and scratched and caked with foul-smelling muck from the swamp, so that the squeaky-clean stay-at-homes will turn their eyes away from him and hold their noses, but he has found his sheep, and it will not drown or starve or be food for the wolf.

“He takes it in his arms, and his familiar voice gently calms its panic; he places it on his shoulders and carries it home, singing for joy. And when he arrives back home to his Father’s house on the day of the Ascension, with the lost sheep of sinful humanity on his shoulders, he cries out to the angels and archangels: ‘Rejoice, because I bring back the lost sheep!’ And great is the shout of joy among the ranks of heaven.”

Consider the great lengths which our Lord is willing to travel on our behalf. Grace and peace to you, church, and have a blessed summer!

In Christ’s love,

Matthew
In an effort to keep our contact info up to date, please let us know if you no longer have a land line, have a new cell number and/or new email address. Contact Cherry at fpchurch@consolidated.net or 217-234-6722 so that we can keep you “in the (information) loop.” Thank you.

Food pantry items are being gathered. Please keep the food coming and help those in need. Food can be left in the Narthex.

July: Snack Pack Pudding

July 1
Emmy Barr

July 2
Marilyn Royse

July 4
John Jeisy

July 5
Cassandra Glenn

July 6
Jean Jones

July 7
Howard Tingley

July 13
Kenneth Gagnon

July 15
Evelyn Hood

July 21
Phyllis Sardella

July 26
Bob Orr

July 28
Dorothy Phillips

Keep saving the Box Tops for Education for Kemmerer Village. Place them in the box in the Fellowship Hall. Thanks to all who save them.

The Thursday Morning Bible Study Group will not be meeting again until September 5, when the group begins studying Exodus.

Monday, July 22, 2019

Continued prayer for those having treatments for medical conditions:
Mavis Bagby, Jean Beaird, Kathy Beaver, Earl Bennett, Joan Dickens, Evelyn Furry, Jo & Harlan Heller, Jeremiah Parker, Betty Martin, Betty & Bob Miller, Elner Oliver, Lori Woodyard, The Barta family.

For all those who are serving in Armed Forces:
Matt Gathmann, Kelly Martin, Hunter S. McRoberts.
**July Events**

**Tuesday, July 2**
- 10:00 a.m. Prayer Group
- 1:30 p.m. Dulcimers
- 7:00 p.m. Barbershoppers

**Wednesday, July 3**
- 9:00 a.m. Women’s Board Meeting
- 10:00 a.m. Membership

**Thursday, July 4**
- Church Office Closed

**Sunday, July 7**
- 8:30 a.m. Adult Bible Study
- 9:30 a.m. Worship Service
- 9:45 a.m. Children’s Church

Worship Committee Meeting after Service
- 5:00 p.m. Vacation Bible School

**Monday, July 8**
- 5:00 p.m. Vacation Bible School

**Tuesday, July 9**
- 10:00 a.m. Prayer Group
- 12:00 p.m. CCRTA
- 1:30 p.m. Dulcimers
- 4:30 p.m. Personnel Meeting
- 5:00 p.m. Vacation Bible School

**Wednesday, July 10**
- 5:00 p.m. Vacation Bible School

**Thursday, July 11**
- 10:00 a.m. Men’s prayer group
- 6:00 p.m. Mystery Book Club

**Summer Schedule for LOGOS and FPC Youth**
- July 6 Decoration Day for VBS
  - 8:00 a.m.-1:00 p.m.
- July 7-10 VBS 5:00 p.m.-8:00 p.m.
- July 14-20 GenOn Conference
- July 24 LOGOS Laser Tag and Skating
  - 12:00 p.m.-3:00 p.m.
- July 30 Cub/Cardinal game at 7:00 p.m.
  - Leave at 3:00 p.m.

**Tuesday, July 16**
- 9:00 a.m. PEO
- 10:00 a.m. Prayer group
- 1:30 p.m. Dulcimers
- 6:30 p.m. Mission
- 7:00 p.m. Barbershoppers

**Thursday, July 18**
- 10:00 a.m. Men’s prayer group

**Sunday, July 21**
- 8:30 a.m. Adult Bible Study
- 9:30 a.m. Worship Service
- 9:45 a.m. Children’s Church
- 3:00 p.m. Youth Group

**Monday, July 22**
- 7:00 p.m. Deacons

**Tuesday, July 23**
- 10:00 a.m. Prayer Group
- 1:30 p.m. Dulcimers
- 6:00 p.m. Session
- 7:00 p.m. Barbershoppers

**Thursday, July 25**
- 10:00 a.m. Men’s prayer group
- 6:30 p.m. PEO

**Sunday, July 28**
- 8:30 a.m. Adult Bible Study
- 9:30 a.m. Worship Service
- 9:45 a.m. Children’s Church
- 3:00 p.m. Youth Group

**Tuesday, July 30**
- 10:00 a.m. Prayer Group
- 7:00 p.m. Barbershoppers
Long ago when I was a new nurse working on the 3-11 shift I came home one evening to relax in my chair and review my patients for the afternoon. I always hoped that every bed would be full on my team as any empty bed meant that you soon had an admission. (Lots of paperwork and time consuming teaching and family support). It had been one of those nights where all my beds were full and I realized that the majority of my care that shift had been with diabetics. Almost all of those that I cared for had complications from that disease, most were type II diabetics. As you see in the title, this is a huge subject so let’s just start with some statistics.

30.3 million folks in the U.S. have diabetes. One in four of those don’t know they have it. Diabetes is the 7th leading cause of death in this country and the number one cause of kidney failure, lower limb amputation and adult blindness. Just in the last twenty years, the number of adults with diabetes has more than tripled. The total estimated cost for diabetes care in 2017 was 232 billion dollars which accounts for one in four health care dollar. A person with diabetes has medical expenditures 2.3 times higher than those without this diagnosis. These health care costs for this group have gone up by 26% between 2012 to 2017. This is due to increased prevalence of diabetes and increased cost per person.

If your doctor has ever told you that you were “prediabetic” you are not alone. One in two older Americans have prediabetes which usually will progress to diabetes in about 5 years unless life style changes take place. The good news is that prediabetes is a reversible condition. The CDC suggests a weight loss of 5% along with increased activity of 150 minutes each each week. Notice that I said Life Style Changes. This means a change in the way you eat, and exercise. not just for this month or even this year. These changes will need to be permanent.

If you are interested in a program that will assist you in a life style change, I would suggest one that is offered at the YMCA. It is called the YMCA Diabetes Prevention program and would be a good place to find assistance to achieve your goals. If your fasting glucose is over 100-125 and your A1c is between 5.7 to 6.4 along with a BMI that is over 25, then you would qualify for this great program that we are fortunate to have in our community. Call Emily at the YMCA and she can give you all the information you would need to start the next program in late July. – Jean Jones
Goooooood Morning, afternoon or evening, church! I honestly have no idea when you read this, maybe it be in the morning with coffee, or you might get this in the mail in the afternoon, or you might be in front of the TV at night and catching up on all of the First Presbyterian news. However you go about it is absolutely fine and awesome! For me, I am writing this the morning of June 26th here in my office, the Cubs are in 1st place, VBS is coming up next week and things are looking good. Life is dandy!

As I sit here and ponder my next moves, I have had some amazing reflections of our mission work in Mobile, AL. Before we went south for a week, I kept thinking about what needed to happen for the trip to be a 100% success. We definitely needed God in our midst at all times and for the kids and adults to fully understand why and what we were doing for others, we also needed positive attitudes, and I also wanted everyone to simply get along.

Now I am a realist by nature so I expected some things to not go our way but to my utter surprise, God brought everything that was needed. He was definitely there during our work because I believe that everyone left our worksites knowing and understanding what we did for the people that we served. Our attitudes were never poor and it felt like God was inside our souls the entire week because I never heard a single complaint. Lastly, everyone there that was on the trip was genuinely happy with everyone’s presence. No complaints, no hurtful remarks, just God, us and the people that we were serving. I was asked this question my first Sunday morning back in church: “Toby, if you could change one thing about the mission trip, what would you change?” My answer was simple: “Absolutely nothing!” God doesn’t stop! I’ll see you on the flippity flop! ---Toby
Return Service Requested
Staging Your Home for Prospective Buyers

Set the stage >>>

**Living Rooms**
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Essential Tips for First-Time Homebuyers

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Should I Refinance?

Historically Low Interest Rates May Make Refinancing Sense

Signing on the dotted line...

Expenses to expect when buying a home
Finding An Agent That's Right For You

In The Next Issue

Local Property Guide
Determining Your Home’s Value
Mortgage Rates 101
Downpayment Help for Young Buyers

Contact us at 555-543-5432
www.yourwebsitehere.com

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