

First Presbyterian Church of Hanford

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A fellowship brought together through God's prevenient grace to grow closer to God

FIRST PRESS

August 2023



"Slow Me Down"

"Why are you rushing so much?" asked the rabbi. "I'm rushing after my livelihood," the man answered. "And how do you know," said the rabbi, "that your livelihood is running on before you, so that you have to rush after it? Perhaps it's behind you, and all you need to do is stand still."— Tale about Rabbi Ben Meir of Berdichev

I love this short tale. We live in a world that is constantly moving. Only on rare occasions do we stop to really experience life. Our world glorifies busyness and characterizes those who slow down to rest, relax, and recover as lazy and unproductive. Being constantly doing something has become a virtue regardless of the negative impact on individuals and relationships.

A major crisis can quickly change our perspective. Perhaps someone close to us dies, and we are faced with how temporary life is. Or we have a health crisis, or a relationship crisis, or a spiritual crisis. We look closely at the rush of our lives and ask deeper questions: Are we hurrying to something worthwhile? Or are we losing out in our great rush? Wisdom comes out of these times and the willingness to learn from them.

I was attending a church leadership conference many years ago and the speaker was talking about the desperate need to slow down and replenish oneself. He spoke of knowing personal limitations and establishing healthy boundaries and taking time to rest and replenish oneself. During the Q&A time, a pastor stood and proudly proclaimed, "Why should I take days off? Satan never takes a day off!" The conference speaker quipped, "Since when is Satan our example?" Ouch!

He was right. The example that Jesus modeled for his disciples was a life of work and ministry followed by times of sabbath, soul-care and self-care. In fact, many of Jesus' greatest miracles came after he broke away from the busyness of the world to rest and reconnect with his Father in heaven. I also must remind myself that even our all-powerful God took time to rest.

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done (Genesis 2:2-3, NIV).

How are you doing? Are you taking regular intervals to rest, replenish and reconnect with God and those whom you love? Or are you caught up in the whirlwind of busyness? Perhaps the following prayer could become part of your daily routine.

(continued on next page)

(continued from Pastor's message)

Slow Me Down Lord

Wilferd Arlan Peterson

Slow me down, Lord.
Ease the pounding of my heart
by the quieting of my mind.
Steady my hurried pace
with a vision of the eternal reach of time.

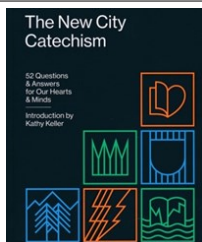
Give me, amid the confusion of the day,
the calmness of the everlasting hills.
Break the tensions of my nerves and muscles
with the soothing music of the singing streams
that live in my memory.

Help me to know the magical, restoring power of sleep.
Teach me the art of taking minute vacations
of slowing down to look at a flower,
to chat with a friend, to pat a dog,
to read a few lines from a good book.

Remind me each day of the fable
of the hare and the tortoise,
that I may know that the race is not always to the swift
that there is more to life than increasing its speed.

Let me look upward into the branches of the towering
oak and know that it grew great and strong because it
grew slowly and well.

Slow me down, Lord,
and inspire me to send my roots
deep into the soil of life's enduring values
that I may grow toward the stars of my greater destiny.
Amen.



What is the law of God stated in the Ten Commandments?

You shall have no other gods before me. You shall not make for yourself an idol. You shall not misuse the name of the Lord your God. Remember the Sabbath day by keeping it holy. Honor your father and your mother. You shall not murder. You shall not commit adultery. You shall not steal. You shall not give false testimony. You shall not covet.

Church DEACONS

Page 2

Christmas in August!!! Even though the heat of the summer is still here, your Deacons are busy planning for Christmas! The holiday season seems to sneak up on us a little faster every year, so we wanted to be prepared and let you know what changes to expect this holiday season.

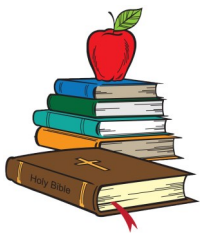
This year, instead of participating in Santa's Angels, we will be coordinating with the Marines and supporting Toys for Tots. It's our hope more children will benefit from our giving to this organization, and it also makes it easier for more of our congregation to participate as well. So, instead of picking a child's name and buying from their list as we have done in years past with Santa's Angels, we will be asking the congregation to bring an unwrapped toy (or toys), to put in a designated box in early December. I'm sure we have a few early shoppers who like to take advantage of the pre-holiday sales. Don't forget to pick up a toy or two, for any age group, to donate to Toys for Tots right here at the church. This could be an opportunity to involve your child to pick out a toy for a child less fortunate. And if you don't have children or grandchildren to buy for, this is your opportunity to look at the fun toys out there and buy one for a needy child. For those of you who like to pick a name, shop, and wrap a present for an individual person for the holidays, we will still be participating in Santa for Seniors.

We are excited about partnering with Toys for Tots this holiday season and hope you are too. There will be more information about how you can participate in both the Toys for Tots and Santa for Seniors closer to the holidays. We just wanted to give you a "heads up" to the change as you prepare for the upcoming Christmas season. So, as you do your holiday shopping, pick up a toy and brighten a child's Christmas.

Many thanks and may God's blessings be with you!

~ Marj Froberg, Deacon





A Note From:
Children's and Youth Director
Sheri Winterowd

Recently I had a conversation with a friend about her young son who had an unexpected angry outburst in public. This got me thinking about my own experiences as a parent who had times of feeling intense anger as well as receiving the brunt of my children's or others' anger. Pastor Tim has been preaching on anger and helping us understand God's heart for his children: that we view anger as one of the important emotions we have but we don't let our anger control us and cause us to sin. What are some healthy ways we can teach our children to process their feelings and deal with their anger in a productive way?

I feel it is important to help children understand that anger is not bad, it is a feeling. God gave us all sorts of emotions: joy, sorrow, loneliness, contentment, anger, elation, hurt, mirth, etc. While it is wonderful to feel happy and at peace, quite often in our sin-marred world we feel bad. A parent who acknowledges their child's angry feelings and emotionally "sits with them" in the feeling for a while, hearing them, allowing them to share it and trying to understand how they feel can go a long way to help. Many times the process of talking about it can help children "own" their emotions and gain clarity. Avoid the temptation to dismiss or ridicule your child.

Along with listening, providing children a physical outlet for their anger can be really helpful. Many of us are familiar with counting to 10, taking slow, deep breaths or clenching and unclenching our fists to ease tensions, which are all good strategies. Pounding nails into a board with a hammer, hitting a tennis ball into a backboard, kicking a soccer ball, pounding clay, jumping cannonball style in a pool, kneading bread, pedaling intensely on a bicycle, jumping really fast on a trampoline, hitting a punching bag, or going for a run can be other great ways to cope with anger. Additionally, playing music on an instrument (especially if they can "play their feelings" by making sounds that are intense and somber) or giving anger a name and drawing a picture of it (for example, a tornado that whips across the landscape) can help children engage with their different senses to work it out.

My friend's approach was brilliant: she and her son looked up Scripture verses that talk about anger, such as Proverbs 25:28 and she had him write the verses out and memorize them. She explained to him that he's like a city wall and when he lets his anger get the best of him, his walls break and Satan gets in and makes it worse. God's word is transformative and can bring such healing and help to us in our times of need. May each of us seek to grow in our understanding of our feelings and help the children in our lives develop into emotionally healthy adults who are not ambushed by their anger.

Upcoming Events:

August 1-2: Youth Beach Trip

August 20: - Lemonaid for Carlla during Fellowship Hour

August 20 & 27: Youth group at 5pm



SUNDAY SCHOOL

9:00am

(6th - 12th grades)

"Powerhouse"



Children's Church
 (ages K—5th)

SUNDAY MORNINGS
@ 10:30 am

(children attend church, then are released to their classes)

2nd & 4th Sunday of the month
at 5:00pm



YOUTH GROUP
grades 6th — 12th

UP COMING



- Aug 1** Youth Beach Trip, Deacons mtg @ 6:30pm
Aug 2 Youth Beach Trip cont., CBS Training @ 9am in Fellowship Hall
Aug 3 *Bible Study @ 7pm
Aug 6 Communion Sunday
Aug 7 *Missions meeting @ 3pm
Aug 9 CBS Training @ 9am in Fellowship Hall
Aug 10 Session Reports Due, Finance mtg @ 10am, CE meeting @ 1:30pm, *Bible Study @ 7pm
Aug 12 Emmaus workday @ 7:30am
Aug 13 B & G mtg @ 11:10am, Worship mtg @ 11:15am
Aug 14 *Missions mtg @ 7pm
Aug 15 First Press Due, Session mtg @ 6pm
Aug 17 *Bible Study @ 7pm
Aug 20 Lemonade for Carlla, Youth Group @ 5pm
Aug 24 *Bible Study @ 7pm, Blood Drive 5-8 pm
Aug 27 Youth Group @ 5pm
Aug 28 Church Growth mtg @ 1pm
Aug 31 *Bible Study @ 7pm

* via Zoom



Summary of June 20, 2023 Session Meeting

Deacons

- Reported 67 and 3 homebound took communion in July

Clerk's Report

- Reported Active Members as of June 16, 2023 total—81
- Received Thank You letter from the Soup Kitchen
- Presented written highlights for General Assembly

Pastor's Report

- Lead a devotional "Hills & Valleys—Soul Keeping"
- Reminded Elders to review the duties for Elder of the Day

Christian Education

- Approved Overnight Beach Trip for Youth, Aug 1st & 2nd
- Approved Youth Sunday scheduled for Sept. 17th
- Approved Fall BodyLife for Sept 13—Nov 15

Finance

- Reported on replacement of carpet in church office
- Investment meeting scheduled for July 25th
- Approved increasing monthly fee by \$25 from John Singh for Outreach Building use for increased AC use.
- Approved John Singh to teach a Latin Dance class
- Approved Smith Bible study class to swap days of use 7/29 instead of 7/23 in Outreach Building

Missions

- Approved setting up an online fundraising portal on the website for the up coming Cameroon Mission Trip.
- Approved sales of baked goods to raise money for Cameroon trip. Date TBD



LEMONADE FOR CARLLA

Help our FPC Youth support their
Compassion International sponsored child
by purchasing a lemonade on **Aug 20th**
during Fellowship hour



Blood Drive!

August 24th

FPC will host the mobile blood center on from
5pm—8pm



The Community Enhancement Fund

was originally set up by a donation for the enrichment of non-profit groups in our area. These non-profits must include a member or regular attender of First Pres in their membership/board to be eligible. **Applications are offered on-line at www.fpchanford.org. Go to 'Events' tab, pull down to find App guidelines and application. Or, you may pick up an application at the church office.** Once a year, these applications are reviewed by the CE committee, the non-profits are interviewed, and a discussion and awarding of funds is granted from the funds approved by the Session. These funds vary year by year, based on the performance of the fund from the stock market.

A stipulation made by the donor was that the funds be used for non-profits outside of the church, into the community non-profits that are supported by First Pres members or regular attenders. These funds may not be used for First Pres facilities or programs within our church.

If you know of a worthy non-profit organization that you as a member or regular attendee supports, please alert the head of that non-profit to this opportunity.

Prior Year recipients were:

- Kings County Historical Society – funds to provide new door handle sets to restroom, and new locksets.
- Kings Gospel Mission – funds to get mobile shower bus back into operation.
- Kings Art Center – funds to provide electrical work for a new kiln.
- Friends of the Kings Co Library – funds to provide free books to children for the Winter Open House
- Kings Co Commission on Aging – funds for State and Federal match for services to seniors-in-need
- Refuge Armona – help to support twice weekly crafts class for 29 weeks.

Community Enhancement funds have been distributed to non-profits since at least 1994, and with God's grace, will continue to be given to worthy groups in the future.

DUE DATE FOR APPLICATIONS TO BE RECEIVED AT CHURCH OFFICE OR E-MAIL IS AUGUST 31, 2023.

Committee members include: Sally Gordon, Sue Kinney, Janice Mills, Doug Porter, Lori Porter, Bill Baker, Chair



fpc Family Spotlight



Our Bookkeeper - Athena Smith

Who Are We: The Smith family was formed on November 15, 2022. Cody and Athena met while Cody was stationed in San Diego with the US Navy. Since that time Cody has been stationed at NAS Lemoore as an Aviation Mechanic. There is a total of 4 of them, Cody, Athena, Kyris (4) and Sophia (10).

The Smith house seems to be a revolving door for both sides of the family. Both Cody and Athena's extended family are close to them so there is constant traveling. Consistent trips to San Diego for Athena's family or east for Cody's family and of course the Navy always has Cody on the go.

Fun Facts: Both Cody and Athena grew up in military families, his was Army and hers was Coast Guard. Cody is from Texas and Athena, Alaska so there is a constant battle as to the superior state. Hint: It's Alaska.

Things we Love: The Smith family loves going to Disneyland. Cody even proposed to Athena in front of Cinderella's castle while taking family pictures. There is nothing like engagement photos after you have been walking around Disneyland in August all day.



Living Water World Missions

Providing EDUCATION - health, and hygiene education through scripture.

Providing CLEAN WATER – safe, sustainable water purification systems.

Providing PARTNERSHIP – building long-lasting relationships in Jesus Christ.

Living Water World Missions is a non-profit organization located in Visalia, California existing to share the Good News of Jesus Christ in the context of installing sustainable water purification systems for communities primarily in Guatemala and others in need around the world. Our church financially supports this ministry each month.

Teams of between 8-16 people of all ages travel on installation trips that include members of various church congregations in Visalia and the surrounding communities, located in central California as well as from across the country.

Water purification systems are typically installed at churches, schools, and orphanages. In addition to providing clean water to their own families and children, most of these facilities give water away to people in their communities or sell the water at a very low rate. Selling the water helps provide for the maintenance of the system.

An essential part of the installation process is the health and hygiene program that teaches about germ theory, proper hygiene (including handwashing), appropriate uses of clean water, and God's salvation in Jesus Christ, the True Living Water. Children can be the most vulnerable to water-borne diseases. This is a major reason why LWWM installs clean water systems AND provides health and hygiene education.

Living Water World Missions also makes follow-up visits to the installed sites; to strengthen the relationships with their "partners", to supervise their systems and make sure everything is operating properly, to upgrade systems if needed, to provide updated education in the health and hygiene programs, and to continue to share the Gospel.

LWWM works with Compassion International program, Always on Mission, and Feeding Faith ministry, as well as area volunteers providing lessons in health and hygiene in those communities that have been provided the clean water systems.

Living Water World Missions is continuously improving the Lesson Plans of their Education Program, to continue sharing the Gospel and bring Hope to those who thirst for it.



VBS 2023 RECAP

During the last week of June, we hosted 69 children and youth for our Twists & Turns Vacation Bible School. It was an amazing week filled with games, crafts, and activities, but most importantly, the children heard about Peter and how his journey was filled with lots of "twists and turns." We saw how Peter learned to focus on Jesus through it all. Our key verse for the week was Psalm 25:4, which states, "Show me your ways, LORD, teach me your paths."

I would like to thank our 26 volunteers who helped care for the children that week, and for all those who helped prepare for VBS. Our decorating team transformed our church into an exciting game room. Our music team worked hard to provide live music and choreography for the kids to learn six songs that were all packed with sound Biblical truths. Thank you to all of our teachers, volunteers, and youth who showed up early each day to prepare for and teach the children. Thank you also to all who donated snacks and craft supplies. I especially want to thank all those who prayed for us and the children during the week of VBS. God is so good, and His hand was felt throughout the entire week.

This year, we set a mission goal to raise \$600 for StoryRunners over the week of VBS. StoryRunners' mission is to share the message of Jesus with communities who do not have the Bible in their own language, or who do not have access or the ability to read the written Bible. They do this by telling the stories of the Bible. God had even bigger plans than we did, and we ended up raising \$919.57 for StoryRunners!! What an amazing way for the children to learn that God can use them to do BIG THINGS!

One of the things I love most about Vacation Bible School is the lessons that God has for me. He likes to use this time to remind me that He is in control, that He has a plan, and that I need to focus on Him and trust that he can do big things! It may not always be easy, I often have a few "twists & turns" to go through, but He is always there and He always accomplishes so much more than I can imagine for myself. We may never know how God may use this week in the lives of these children, but I know the work that He is doing is greater than anything I can possibly imagine!

Faith & Fellowship

Jolly 1's & 2's

There are a couple events planned for the Jolly 1's & 2's. One is for August and the other will take place in September.

On August 20 we will go to the Temple Theatre to see the play "Four Weddings and an Elvis" by Nancy Frick. Sandy, the four times-divorced owner of a wedding chapel in Las Vegas has certainly seen her share of matrimonies. In the hilarious "Four Weddings and an Elvis", we witness four of her funniest.

In our original list, we were to go to Second Space Theatre on September 3. I may change the date to either September 17 or 24. Watch for final dates. I also listed the title of the play incorrectly. What is showing is "Arsenic and Old Lace." Dramatic critic Mortimer Brewster's engagement is upended when he discovers a corpse in his elderly aunt's window seat. A comedy about the only thing more deadly than poison, family. More details will be forthcoming.

We usually need reservations two weeks before the production to secure seats. For the Temple Theatre production I will need to know by August 6 if you wish for me to secure a ticket for you. For Second Space Theatre I will let you know the deadline when the date is chosen.

Anyone in church is welcome to join Jolly 1's and 2's for any event. If you are interested in getting involved contact Janet at (559) 583-8817

Happy 100th Birthday to

Jean Bell



Send her a card:
c/o Porter Painting
109 S. White Street
Hanford, CA 93230



"May I have a word with you about the new summer choir outfits?"

Exercise class

The FPC exercise class
M, W & F mornings
@ 9:00am in the
FPC Outreach Building
(220 Dewey Street)

Reminder! Deacons hope you can bring clothing and nonperishable food to help those in our community who are in need. Collection baskets are available in the church hallway outside the Fellowship Hall.



AUGUST

Birthdays & *Anniversaries

- 1 Bill Baker, Carol Speer
- 4 Debra Revious
- 5 Andrew Pelton
- 7 Jonathan Wrigley
- 8 Kristie Newman
- 10 Doug Porter
- 13 Chris Rajskup
- 14 Jean Bell
- 15 Joyce Vanderbeek
- 19 Abigail Dixon, Wilma Humason
- 20 Marjorie Froberg
- 23 Kaitlyn Pelton, Megan Pelton
- 24 Nick Kinney
- 25 Luke Christoph, Steven King
- 26 Renee Loewen
- 27 Jeff Jones, *Doug & Lori Porter
- 28 Arthur Ramm



Please contact the office with any updates, additions or corrections. We don't want to miss anyone or list your special date incorrectly.

P O Box 1185
Hanford, CA 93232

Place
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Here

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Church Office Hours: 9:00am—1:00pm (Mon—Fri)

Send prayer requests to hanfordfpcprayer@gmail.com
other information to office@fpchanford.org