



The Vision

The monthly newsletter of the
First Presbyterian Church of Dearborn

February 2006

We glorify Christ by making disciples who share God's love, seek His truth, and serve His World.



Rev. Douglas S. Barranger, Ph.D.
May 2, 1956 - Dec. 27, 2005



Doug leading the All-Church
Retreat in 2004

Dear Church Family,

Nathan and I want to thank you from the bottom of our hearts for all of your many, many gestures of kindness and sympathy extended to us during the past two months. It has been an incredible outpouring of love and compassion and we have benefitted in so many ways.

We are deeply appreciative of every card and letter, each meal and telephone call, loving gesture and kind word. We are indeed fortunate and blessed to be part of this church family.

Thank you to the choir and all of those who took time out of their week to come and sing - some of whom came back to the church after absences and over long distances.

I am truly grateful for the beautiful brunch - those who planned it, set it up, donated to the flowers or food, and each and every person who worked so hard to make it so special. It truly was a beautiful tribute.

I will be thanking people individually; but now, please know that both of us share Doug's heartfelt sentiment that he expressed often - he loved this body of Believers, and loved being your pastor.

In Christ,
Donna Barranger

Attention Keenagers

Plan to join us on:
Wednesday, February 22nd
10 AM in Mitchell Hall

Our program:
Rev. Don Wright and wife, Dottie

Followed by a luncheon

If you plan to attend, please sign up on the Keenagers Bulletin Board.

Lent, 2005

Christ calls, we respond. That's the only way to travel. Plan to journey together with Christ and your church family through Lent on Wednesday evenings beginning **Ash Wednesday, March 1**. If you are not already part of the Wednesday FISH habit, what a great time to start! The schedule:

- | | |
|------------------|--|
| 6–6:45 | Dinner in Mitchell Hall
\$5/person with a \$15 family max |
| 6:45–7:15 | Worship in the Chapel |
| 7:15–8:15 | Adult Classes
Confirmation Class
Children's/Youth Activities
Childcare in the Nursery |

Alpha will continue to meet on its usual schedule. **A Life Worth Living** will meet until 8:45.



A Note from the Pastor's Desk



The Session has now acted to confirm the recommendation of the Committee on Ministry (COM) of Detroit Presbytery. In situations such as ours, COM recommends an Interim Pastor to serve the church until a new pastor can be selected and installed. COM and the Executive Presbyter, Al Timm, recommended that the Session consider engaging my services. Pastor Doug Barranger, recognizing the gravity of his illness, approved an arrangement by which I would serve as his aide. His untimely death finds the church in a period of mourning, seeking God's guidance as to the future ministry of the church.

In the Providence of God, Dorothy and I have found ourselves once more able to respond to God's call to serve First Church, Dearborn. While we know many of the older folk, you will have to be patient as we become acquainted and engaged in the ministry here.

Now what does an interim pastor do? **Serve.** The Presbytery sets five "developmental tasks" for this service:

- To come to terms with history
- To discover a new congregational identity
- To facilitate shifts in lay leadership and changes in power structures
- To rethink and renew denominational linkages
- To prepare for new pastoral leadership

Having spent some 15 years in this role, I believe that first and foremost is to come to know the congregation as a pastor; to preach the Gospel and lead in the worship of the family of faith; and to provide leadership to the staff and congregation.

The Staff and Session will be planning next steps but some items are clear:

- Paul will be engaged in a CPE (clinical pastoral education) program from now until May. He will also be taking his ordination exams (there are four) between now and the fall. He hopes to complete his Minister of Divinity degree by the end of this year and be ordained to the pastoral ministry. We will need to have the support of members to assist in Christian Education programs as this course of action requires 25 hours a week on his part. He will continue to work with youth ministry and adult education but be relieved of preaching responsibility.

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A Note from the Pastor's Desk, continued from page 3

- As Paul will be working in Oakwood Hospital for his CPE training, Chris and I will not be calling on patients there, but focus on the other hospital calls and the home bound members.
- Personnel, Worship and Arts and Session will be completing the music staff with the addition of an organist. The current candidate lives in New Orleans but plans to move to Michigan in late March or early April.
- Marshall will continue in his 3 part ministry – choir, evangelism and technical support. We have some exciting plans on the drawing board.

All of this change requires your prayerful support. We will need your stewardship of time, talent and funding in order to meet the challenges we face. I know we can do it.

See you in Church!

Don A. Wright



Encounter God!

Join the youth who have already signed up to experience the Battle Cry Stadium Event. Held on Friday evening and all day Saturday, April 7th and 8th at Ford Field Stadium. 24 of us will go to see and hear youth speakers Ron Luce and Jack Hayford, as well as listen to the bands Pillar, Cross Movement, Toby Mac, Jeremy Camp, Delirious, KJ-52, Michael Gungor and more. See skits, video, testimonies, pyrotechnics and more!

Mainfloor tickets that are \$55 at the door can be purchased from Bob Szczechura or Mike Hoffman for \$25. Contact one of them today as only 8 tickets are left! Call Mike at 562-5961 to reserve tickets NOW.

Do you need transportation?

To church on Sunday?
Doctor's appointments?
Grocery shopping?



Part of the deacon's ministry is providing transportation based on need. Contact Tom Roberts at 240-7652.

COME, LET'S STUDY TOGETHER!!

Have you ever felt as though we as Christians should be spreading the good news of Jesus Christ in a more effective way? Have you ever felt the pressure from our changing culture as it takes prayer and even the historical study of Christianity out of our schools? Have you cringed when you hear that even Christmas cannot be celebrated in the traditional way in our public institutions because someone may claim to be offended.

Let's face it – it is time we stand up and start helping others to see the way of our Lord. Now, I do not mean we all have to do this by grabbing someone on a street corner, handing them a tract, and telling them they will go to the bad place if they don't listen and heed our lesson.

Becoming a Contagious Christian is a course beginning Wednesday, Feb. 15, that will give us an opportunity to discover together how our personality fits in with various ways of helping others begin the journey of giving Jesus Christ the priority He deserves in their lives.

God has graciously given all of us a different set of gifts. Doesn't it make sense that there is not just one way of sharing God's love with others? We will work through the *Becoming a Contagious Christian* course and learn how our particular gifts can be used by God to spread his good news to everyone.

Are we prepared to help others come to Christ? Can we learn how to do so in a more effective way? Let's study the course together and find out. We will analyze our own personality type, work in groups to encourage one another, and see video examples of how others have shared their Faith. God will help us plant His seed of love by leading our efforts.

Class will be held from 7 to 8:15 p.m. on February 15 and 22 and 7:15 to 8:30 p.m. each Wednesday from March 1 through April 5. Please sign up on the bulletin board outside Paul Ytterock's office if you want to be part of this course so that we can better plan for materials. We are limiting enrollment to 16 to better allow for discussion among participants. ~ Bunny Barr

The Annual Meeting of the Congregation of the First Presbyterian Church of Dearborn will be held on **February 5, 2006**. The meeting will be held in the **Sanctuary following the 11 AM service of worship**. Following the meeting, Boy Scout Troop 1131 is hosting a luncheon featuring homemade soup, salad and bread in Mitchell Hall in celebration of 60 years as our scouting troop. Plan to stay and enjoy this delicious meal.

From Our **Parish Nurse, Chris Mayer**

February is American Heart Month

Heart disease is the leading cause of death in the United States. It affects men and women of every age and race. During American Heart Month, we encourage all Americans to join the fight against heart disease and to learn more about how to prevent it.

Heart Attacks

Coronary heart disease (CHD) is the leading cause of death for both men and women in the United States. CHD is caused by a narrowing of the coronary arteries that supply blood to the heart, and often results in a heart attack.

Each year, about 1.1 million Americans suffer a heart attack. About 460,000 of those heart attacks are fatal. About half of those deaths occur within 1 hour of the start of symptoms and before the person reaches the hospital.

Fortunately, everyone can take steps to protect their heart—and their life or that of someone else. The key is seeking medical care as soon as possible.

This article (from American Heart Association) will tell you about heart attacks and the steps you can take to increase your chances of survival. You'll learn why a fast response to the signs of a heart attack is crucial to save lives and limit heart damage.

Heart Attack Warning Signs

A heart attack is a frightening event, and you probably don't want to think about it. But, if you learn the signs of a heart attack and what steps to take, you can save a life—maybe your own.

What are the signs of a heart attack? Many people think a heart attack is sudden and intense, like a “movie” heart attack, where a person clutches his or her chest and falls over.

The truth is that many heart attacks start slowly, as a mild pain or discomfort. If you feel such a symptom, you may not be sure what's wrong. Your symptoms may even come and go. Even those who have had a heart attack may not recognize their symptoms, because the next attack can have entirely different ones.

Women may not think they're at risk of having a heart attack—but they are. It's vital that everyone learn the **warning signs of a heart attack**. These are:

(continued on next page)

February is American Heart Month, *continued*

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. Often comes along with chest discomfort. But it also can occur before chest discomfort.
- Other symptoms. May include breaking out in a cold sweat, nausea, or light-headedness.

***Learn the signs—but also remember: Even if you’re not sure it’s a heart attack, you should still have it checked out. Fast action can save lives-maybe your own.**

Surviving a Heart Attack

How do you survive a heart attack? Fast action is your best weapon against a heart attack. Why? Because clot-busting drugs and other artery-opening treatments can stop a heart attack in its tracks. They can prevent or limit damage to the heart—but they need to be given immediately after symptoms begin. The sooner they are started, the more good they will do—and the greater the chances are for survival and a full recovery. To be most effective, they need to be given ideally within 1 hour of the start of heart attack symptoms.

Uncertainty Is Normal

Expectations often don’t match reality when it comes to heart attack. People expect a heart attack to happen as it does in the movies, where someone clutches his or her chest in pain and falls over. Because of this expectation, people often are not sure if they’re having a heart attack. As a result, people often take a wait-and-see approach instead of seeking care at once. This even happens to people who have already had a heart attack. They may not recognize the symptoms, because their next heart attack can have entirely different symptoms.

Delay Can Be Deadly

Most persons having a heart attack wait too long to seek medical help—and that can be a fatal mistake. Patient delay—rather than transport or hospital delay—is the biggest cause of not getting rapid care for heart attacks.

People often take a wait-and-see approach, delaying because they:

- Do not understand the symptoms of a heart attack and think that what they are feeling

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The “Return” of C.S. Lewis

by Mark F. McPherson

CONSIDERED TO BE one of the most ardent apologists for the Christian faith, C. S. Lewis has no peer. This in part is perhaps due to the author’s great ability to educate and to entertain, even as he seeks to address the underlying notion of every person’s individual “faith quest.” Because of that, such Lewis works as *Mere Christianity*, *The Screwtape Letters* and *The Chronicles of Narnia* have remained much in demand. It is anticipated that further interest or even fresh discovery of Lewis’s extensive work will be created with the debut of the new film version of “The Lion, The Witch & The Wardrobe” December 4, representing the first of the Narnian book series.

But what would it be like to actually have C. S. Lewis present to explain his own spiritual odyssey? That is the question which originally motivated actor-playwright-film-maker and author Mark McPherson to write “**From Narnia, With Love.**” A veteran of a repertory company of his own original and award-winning one-character dramas, which have concerned Winston Churchill, George Bernard Shaw, Charles Dickens and even Wyatt Earp, actor playwright McPherson admits that his choice of C. S. Lewis was “something completely different.” The dramatic scenario of “**From Narnia, With Love**” presents the English author taking time from his academic day to meet with a group of American visitors. “The audience of each performance are those visitors, and wherever we’ve presented my play (principally churches), this represents the collegiate setting where Professor Lewis is discovered,” says Mark McPherson. “In this dramatic fashion we find a somewhat reluctant English don put in the dilemma of describing his life, his work, and most of all, his well-publicized conversion to Christianity.”

It is also C. S. Lewis’s conversion which the performer himself believes provides the greatest point of interest to his dramatic audience. “Historically we know that Lewis went from being a devout atheist to a devout Christian. The most obvious question here is, ‘how did that happen?’” explains Mark McPherson. “Therefore my task in re-creating C. S. Lewis is to share his journey toward faith, littered as it was with fear and doubt; in other words, the very emotions we’ve all felt.”

Since its debut in 1995, “**From Narnia, With Love**” has been performed before a variety of interdenominational audiences, many of whom have been familiar with C. S. Lewis, or who may have met him through the play “Shadowlands” or the Anthony Hopkins film based upon the drama. “Charted from my university days, when so many of my peers were reading J.R.R. Tolkien, I found Lewis, who happened to be a friend of the man who wrote *The Lord Of The Rings* trilogy, says McPherson. “In fact, I discovered that both of these men, steeped in their academic studies of legend and myth, came to have their deepest regard for Christianity. For as Tolkien told his colleague, Christianity is the ‘greatest myth of all,’ simply because it really happened.”

Mark McPherson attributes C. S. Lewis’s ability to address basic questions about Christianity as the reason for writing his play. “In essence there are two major concerns here: ‘Why Christianity Today?’ and ‘What Is A Christian Expected To Do?’ By allowing my character to answer those, his message has tended to reach and to move more people than I ever expected.”

Reprinted from “The Digest”, a monthly newsletter of The Cathedral Church of St. Paul, Oct. 2005

Everyone is cordially invited to join us
as we celebrate the “return” of C. S. Lewis --
called by many “the Christian of the Century”
in a special dramatic presentation

From Narnia, With Love



The Spiritual Voyage of C. S. Lewis

An original two-act drama
written by & featuring
Mark F. McPherson
as **Professor Clive Staples Lewis**

Friday, February 17th - 7PM
The First Presbyterian Church of Dearborn
Admission: Free-Will Offering

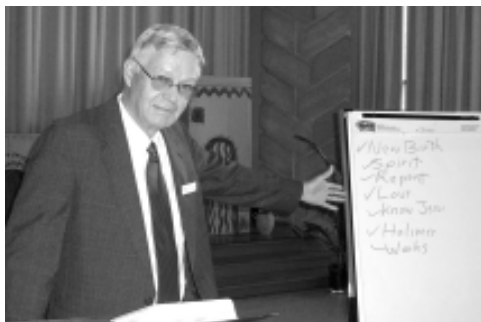
Session News

From the **January 17, 2006** meeting of Session:

- Joel DeHamer presented the Treasurer's Report and notified Session that a deficit of \$112,000 was incurred for 2005, which exceeded previous deficit projections.
- Bert Ebi, Stewardship Campaign Chair, updated Session on the results of the 2006 Stewardship Campaign. Pledges for 2006 are behind last year's pledges by approximately \$98,000. Bert sent follow-up letters to people who have not sent in their pledges, so it is expected that additional pledges will still be received.
- Jon Husby, Chair of the Finance Committee, notified Session that the Finance Committee is reviewing the 2006 Budget and will present their recommendations at next month's Session meeting. Based on expected contributions, the asking budget has a projected deficit of almost \$300,000. The Finance Committee has also suggested that Stewardship become a year-long activity and not just an annual pledge drive.
- Session approved Rev. Don Wright as our Interim Pastor for a term of one year.
- Dave Hall reported on a recent meeting of the Dearborn Presbyterian churches. Each of the four churches is facing various challenges and they plan to have a continuing dialogue to determine what cooperative opportunities exist.

Amy Bruhn,
Session Communication Secretary

Session next meets on Tuesday, February 21, 2006 at 7PM.



Reflections on The Word

*A monthly, scripture-based devotional
by John Holden*

“And we know that in all things God works for the good of those who love Him, who have been called according to His purpose. For those God foreknew He also predestined to be conformed to the likeness of His Son, that He might be the firstborn of many brothers.”

Romans 8:28, 29

Romans 8:29a —We were created in the image of God (Genesis 1:26, 27). That image includes such things as a spiritual nature, reason, moral consciousness, and love, but that image in us has been corrupted by sin. God sent Jesus to renew that image in us so we could be reconciled to Him. Apart from Christ, we are in bondage to a sin debt and a fallen nature, living under God’s wrath and condemned (John 3:36; Romans 1:18-32). Jesus paid the sin debt on the Cross, and the Holy Spirit helps replace the old self with godly character, for those who trust Jesus as Lord and Savior.

The renewing of God’s image in us is a gradual process that continues for the rest of this life. The Spirit empowers this change as we yield to Him, follow Jesus, and apply what we learn in Bible study, prayer, service, and Christian fellowship. These changes include the spiritual fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22, 23). They include also the blessings that flow from acknowledging our spiritual poverty, mourning for sin, being gentle toward others, seeking righteousness, being merciful, seeking purity, making peace, and being willing to accept the suffering that comes from following Jesus (Matthew 5:3-12). These changes occur as we “take off the old self... and put on the new self...” (Colossians 3:9, 10; Ephesians 4:22-32). The changes are strengthened as we face life’s trials, temptations, and difficulties with God’s help.

Context. Verse 28 — God uses everything (both good and bad) for the good of those who love Him and serve His purpose. The good here is to make us like Jesus so we can be in God’s family throughout eternity. God uses whatever happens to us to bring about that change – nothing is wasted. And that change gives evidence that God is working His grace in us. We become a new creation (2 Corinthians 5:17) “We know we have passed from death to life because we love our brothers...” (1 John 3:14).

February



- | | |
|---|---|
| 3 Vernita Miller | 16 Ann Mabbitt
John Barr |
| 4 Elizabeth Abbott
Thomas Kirby
Julia Casey
Wanda Moon | Janet Witkowski |
| 5 Maude Todd
Del Wolter
Toni Barr | 17 Deloris Anderson
Caroline Bristol |
| 6 June Schwesinger | 22 Betty King
Austin Reid |
| 8 Edward Riopelle | 24 Roland Mniece
Carole Higgins |
| 10 Ashley Barr | 25 Ruth Noldy
Katie Higdon |
| 12 Willard Tworck | |
| 14 Virginia Mistecki
Anne Westby | 28 Delphine Sefcik
Sarah Pray
Susan Schloff
Nikki McCaskey |
| 15 Betty Mitchell
Alton Long | |

* If we missed a birthday in error, please put a note in the Vision box in the office.



Sundays 4-6PM

January 29

“Jesus is All-Powerful”

Mark 1:21-28

Power Race & Power Poetry
Power Drinks & Snack

February 5

“Jesus Cares for Us”

Mark 1:29-39

Feed the Homeless Field Trip
Super Bowl Chili

February 12

“Give Your Fears to Jesus”

Mark 4:35-41

“Cast” Fear Activity & Murals
With a guest artist
Fear Factor Sundaes

February 19

“Jesus Forgives”

Mark 2:1-12

Sin Stones & Medical Relay
Stone Soup (bring a can of
vegetables to group)

February 26

“You Are Important to Jesus”

Mark 10:13-16

“Kicking & Screaming”
Movie w/ popcorn & pop

▶▶▶ Odds & Ends ▶▶▶


With Sympathy
 to the families of:

Rev. Doug Barranger
 Patricia Roberts (mother of Karen Fuller)
 Louise Moore



Eugene and Clara Smith celebrated 63 years of marriage on January 30.



On January 22, Marie Shearer, daughter of Jim and Marie Shearer, was baptized.

Thank You!

Dear Friends at First Presbyterian,

You have been *so* kind and generous to send me such beautiful cards. The thoughts expressed have *so* cheered me, and I know your prayers have given me strength.

Thank you so much for your thoughtfulness.

Sincerely,

Nan Missel, for Henry Missel

February Prayer Focus

This month, please keep the following in your prayers:

Donna and Nathan Barranger
 Rev. Don Wright and our staff
 Our "C. S. Lewis" outreach evening on
 February 17
 Our Nominating Committee
 Our Youth Group

God is Like...

A fifth grade teacher in a Christian school asked her class to look at TV commercials and see if they could use them in some way to communicate ideas about God. Here are some of the results:

God is like...

- BAYER ASPIRIN - He works miracles.
- a FORD - He's got a better idea.
- COKE - He's the real thing.
- HALLMARK CARDS - He cares enough to send His very best.
- SCOTCH TAPE - You can't see him, but you know He's there.
- DELTA - He's ready when you are.
- GENERAL ELECTRIC - He brings good things to life.
- ALLSTATE - You're in good hands with Him.

The deadline for the March edition of *The Vision* is February 15, 2006.

Place any submissions in the VISION box in the church office or email them to Angela Saylor at AJN37@aol.com.

Focus **on** Folks: Vic Todor

Length Of Time at FPC: Since 1987.

Background information: I was baptized in the Eastern Orthodox church in the late 1940s. I am married to Olimpia. I have two daughters and two grandchildren. I retired from the Dearborn Fire Department in 1985 after serving for 31 years.

How/When I became a Christian: Beginning in 1987, through friends, activities and church services.

Activities/Ministries at FPC: In the past I have been an elder, a deacon, and chair of the Property Committee. I am currently a member of the Property Committee and help various groups around the church.

My favorite leisure activities: TV, golf, and cross-country skiing

Favorite Book: All books by James Herriot and P. G. Wodehouse

Favorite Movie: *The Gods Must Be Crazy*

My Favorite Foods: Lots. I enjoy most ethnic foods.

Favorite Music: Classical and jazz. I also like music from the 1950s-60s.

Favorite TV program: Carol Burnett and most slapstick comedies; most English comedies or sit coms.

My favorite place: Northern Michigan

What makes me laugh: A good joke, or a good TV or movie comedy

My favorite Bible passage: Psalm 150

(continued on next page)

Focus on Folks: Vic Todor, *continued*

The person I would like most to meet and why: Jimmy Carter. He is a good Christian and seems very down to earth.

The thing that might surprise people about me: I am very reluctant about public speaking and do not care for this type of homework.

Thursday Morning Prayer Gathering Continues - Every Other Week Beginning in February - Join us!



The first, third, and fifth (if there is one) week of each month, we will continue to gather for prayer on Thursday mornings at 8am. We will meet in the chapel to pray for our church, its leaders, its ministries, our community, our world, and any other subjects that you may have on your heart to pray about. The prayer time will be led by Beckie Dicks. We hope that many will join with us in prayer before they head off to work or other tasks of the day. We will finish no later than 8:40am.

Prayer Gathering dates for February are: Thursday, February 2 and 16. March dates: Thursday, March 2, 16, and 30.

The Session's Ministry of Healing Prayer

Elders are available to pray for those who need healing prayer. If you would like the elders to arrange a convenient time and place to pray for you, just contact the **Prayer Contact Elder for the month of February: Amy Bruhn.** **You may contact her at 563-2782.** Any of the Session members are also happy to pray with you between worship services on Sunday.

Touch of Hope Christmas Offering

This year's offering was a great success with the help of many people. Working together made for a smooth year and many happy families.

The angels were made by dedicated people who had fun learning a new task. Sharon Francis, our head angel maker, found the design and did the shopping for supplies. Angel makers were Amy Bruhn, Ina Behrens, JoAnn Cashwell, Lynette Carlson, Jeni Cole, Sharon Francis, Sue Ingram, Margie Johnston-Maurer, Chris Mayer, Ann Phillips, Sue and Katy Sullivan, Tracie Szczechura, and Lori Wyatt.

Many people did preliminary work before the offering. We give them special thanks for being an integral part of the process. Those who supported the ministry in this way were Ina Behrens, Fran Buckley, Joan and Paul Cahow, Sharon Francis, Margie Johnston-Maurer, Ann Phillips, Charlene Reid, Jan and Dave Smith, and Sue Sullivan.

Generous church members purchased 127 gifts at an approximate total cost of \$3405. Our families are very appreciative and many thanks go to those who adopted angels.

Thanks to the congregation who also donated food, personal care items and paper products to be distributed to the fourteen families. There were people who donated money to be used toward the Christmas offering and those donations are always deeply appreciated.

Many people were very helpful in sorting and packing gifts one Sunday and food the next Sunday. We thank each person who donated time on one or both Sundays. We never could have done it without the help of many congregation members.

As always, the sponsors are the heart of this program and without their involvement, time, and commitment through the year Touch of Hope Ministry would not be a reality. The personal contacts and the delivery of food and gifts is a great way to share God's love. This year we also had delivery help from Carol McFadden and Tom Roberts. Special thanks go to those who take time for personal contact with our families.

Randy Bruder was instrumental in Westborn Fruit Market giving a donation of fruit boxes to the ministry on Christmas Eve. Thanks to Randy and Westborn Fruit Market for thinking of us. Thanks also to Deacon Tom Roberts for getting involved in delivering fruit boxes without much notice. Touch of Hope families and other worthy families in the community enjoyed the fresh fruit at Christmas.

This has been a very difficult year for many of our families. They are all appreciative of the many generous people of our church family who brightened their celebration of the birth of Jesus. Touch of Hope appreciates all that has been done to support the ministry.

~ Margie Johnston-Maurer, Touch of Hope Coordinator

30 Hour Famine

February 24-25

The Time Has Come To...

Fast for Food

Assuming it takes you two minutes to read this article, forty children under the age of five will have died by the time you have finished. FORTY CHILDREN. And those deaths are from hunger and hunger-related diseases, which is completely preventable. It's a problem, but our high school and college youth have decided to do something about it: **World Vision's 30 Hour Famine**.

While the problem is huge, the solution is not. It only takes about \$30 a month, roughly \$1 a day, to feed and care for a child in most developing countries; a mere \$360 to provide those life-saving needs for a year.

As the students go 30 hours without food, they'll get a taste of what it's like to be hungry, all the while reaching out to others in need. And as they do that, their compassion will grow: for people around the world, and right here at home.

Please help by:

1. Praying for the Famine participants, and for those they're working to save, and
2. Supporting Famine participants with a donation. It's through the gifts of caring people like you that the lives of hurting families are changed forever.

If you have any questions, please contact Angie Saylor (388-6966) or Paul Ytterrock (274-1313).

God bless you as you support this worldwide movement to save kids' lives.



World Vision is a Christian relief and development organization dedicated to helping children and their communities worldwide reach their full potential by tackling the causes of poverty. We serve the world's poor— regardless of a person's religion, race, ethnicity, or gender.

For more information about World Vision's 30 Hour Famine, call **1-800-7FAMINE** (1-800-732-6463), or visit www.30hourfamine.org.

February is American Heart Month, *continued from page 7*

is due to something else.

- Are afraid or unwilling to admit that their symptoms could be serious.
- Are embarrassed about “causing a scene,” or going to the hospital and finding out it is a false alarm.
- Do not understand the importance of getting to the hospital right away.

Some patients are more likely than others to delay. For instance, women, older persons, and minorities are more likely to delay getting help. As a result, ***most heart attack victims wait 2 hours or more after their symptoms begin before they seek medical help.*** This delay can result in death or permanent heart damage—damage that can greatly reduce the ability to do everyday activities.

Call 9-1-1

The first step to take when a heart attack happens is to **call 9-1-1**. Call whether you’re sure you’re having a heart attack or not.

Anyone showing heart attack warning signs needs to receive medical treatment right away. **Don’t wait more than a few minutes—5 minutes at most—to call 9-1-1.**

Calling 9-1-1 for an ambulance is the best way to get to the hospital because:

- Emergency medical personnel (also called EMS, for emergency medical services) can begin treatment immediately—even before arrival at the hospital.
- The heart may stop beating during a heart attack. This is called sudden cardiac arrest. Emergency personnel have the equipment needed to start the heart beating again.
- Heart attack patients who arrive by ambulance tend to receive faster treatment on their arrival at the hospital.

If for some reason, you are having heart attack symptoms and cannot call 9-1-1, have someone else drive you at once to the hospital. **Never drive yourself to the hospital, unless you absolutely have no other choice.**

Taking these steps will reduce your risk of having a heart attack:

- **Stop Smoking**
- **Lower High Blood Pressure**
- **Reduce high blood cholesterol**
- **Aim for a healthy weight**
- **Be physically active each day**
- **Manage Diabetes**



Taste of Justice

The Presbyterian Coffee Project offers a new link between our congregations and people in other countries. We can reach out to our neighbors overseas with the things we purchase as well as the offerings we give. In addition, for each pound of coffee, tea and cocoa purchased through the project, Equal Exchange makes a contribution to the Presbyterian Small Farmer Fund which further supports coffee farmers and their families.

Listen to the difference fair trade makes: *“We used to live in houses made of corn husks,”* says Don Miguel Sifontes, president of a coffee cooperative in El Salvador that sells to Equal Exchange. *“Now we have better work, better schools, homes of adobe, and a greater brotherhood of decision-makers.”* In Nicaragua, Equal Exchange helped small farmers to organize their own co-op, called PRODECOOP.

By participating in the Coffee Project, Presbyterians can help the co-op invest in farm improvements, reduce debt, improve nutrition, and provide administrative training for members. *“It is very important for you to know that fair trade leads to better roads, better health and better lives for farmers, not just in Nicaragua, but around the world,”* says Rosario Castellon, former director of PRODECOOP.

In Tanzania, Equal Exchange worked with the Kilimanjaro Native Cooperative Union (KNCU) to export their coffee directly to the U.S. for the first time. Gabriel Ulomi of KNCU thanked Presbyterian churches for getting involved in the project: *“By drinking a cup of fairly traded coffee, you’re giving small farmers in poor countries an opportunity to plan their own futures.”*

“Being a good steward and a lover of good coffee co-exist wonderfully when you drink a cup of Equal Exchange.”

- Pastor Paul Lang, Peace Presbyterian Church, Winterville, NC

All of the coffee you now drink at First Pres Dearborn has been purchased through the **Presbyterian Coffee Project**, and **you can purchase coffee, tea and cocoa for home use through the Project as**

well. By using fair trade coffee in our congregations, offices and homes, Presbyterians help guarantee that farmers will earn the income they need to feed their families, educate their children and improve their communities. Fair trade is a simple solution that means the difference — quite literally — between surviving and not surviving for small-scale coffee farmers. You can make your purchase by filling out an order form (found on the information table outside the sanctuary or in Mitchell Hall) and placing it, with your payment, in Angie Saylor’s mail box in the main church office. **Orders will be placed the first of each month.** You will be notified when your coffee, tea or cocoa arrives.

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The Vision

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Parish Nurse:
Chris Mayer, RN