



The Vision

The monthly newsletter of the
First Presbyterian Church of Dearborn

March 2006

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

Journey through Lent

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:

- 6-6:45pm** **Dinner** in Mitchell Hall
\$5/person with a \$15 family max
- 6:45-7:15** **Worship** in the Chapel
Speakers will include Rev. Don Wright, Paul Ytterrock, Marshall Dicks, Dave Hall, Bert Ebi, and Bill Leslie
- 7:15-8:15** **Church Music through the Centuries**
GriefShare
Confirmation Class
Children's Activities
Childcare in the Nursery



Alpha will continue to meet on its usual schedule.
A Life Worth Living will meet from 7:15 to 8:45pm.

600 N. Brady ~ Dearborn, MI 48124
World Wide Web: www.firstpresdearborn.org

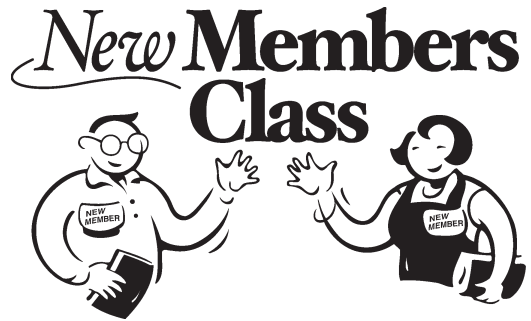
Phone: 313-274-1313
Fax: 313-274-4852



Preaching Schedule

- March 5** **First Sunday of Lent**
 Holy Communion
 Topic: *Ready, Set, Go!*
 Old Testament: Psalm 25: 1-10
 New Testament: 1 Peter 3: 8-12; 21,22
- March 12** **Second Sunday of Lent**
 Topic: *Future Faith*
 Old Testament: Psalm 105: 1-11
 New Testament: Mark 8: 31-38
- March 19** **Third Sunday of Lent**
 Topic: *Torah and Temple*
 Old Testament: Exodus 20: 1-17
 New Testament: John 2: 13-22
- March 26** **Fourth Sunday of Lent**
 Topic: *The Life of Prayer*
 Old Testament: 1 Kings 19
 New Testament: Ephesians 2: 1-10

Rev. Don A. Wright will be preaching.



Would you like to find out more about our church family and how you can become a part of it? **Our Explorer's Class will begin on Sunday, March 5.** Classes will be held in the North Parlor between worship services, beginning at 10:10 am. Classes will be taught by our Interim Pastor, Don Wright; our Christian Education Director, Paul Ytterock; and our Music and Evangelism/New Member Assimilation Director, Marshall Dicks. Weekly topics will be:

- March 5 The Church and You
- March 12 We Believe
- March 19 Presbyterian Distinctions
- March 26 We Worship
- April 2 Living Responsibly
- April 9 First Pres and You

Potential new members will meet with Session on the evening of Tuesday, April 11 and will be received as members on Easter Sunday, April 16. For more information, please call Paul Ytterock, 313/274-1313, Ext. 12.

A Note from the Pastor's Desk



It is hard to believe that we are entering the season of Lent. March 1st marks Ash Wednesday and a period of 40 days in which Christians around the world will be contemplating their lives and their lifestyles in the wilderness of the 21st century.

With Fat Tuesday behind (Mardi means fat — Gras) celebrating at an end, the tradition is for all believers to put on sackcloth and ashes and think upon the acts of God. One cannot help but confront the issues of our day — Katrina in New Orleans has been compared to the great flood of Genesis — devastation... a flood of epic proportions. In the Genesis account we go from a garden of Eden to a wipe out in just a few chapters. As children we all loved the “ark” with all the animals... or even Bill Cosby’s “You want me to do what?” followed by “How long can you tread water?”

From “It is good,” to appalling sin run rampant over the gift of creation by humankind. In anger, God made the rains to fall, and the waters to rise, and the waves to beat... or as commentator William Willimon points out, it is a sad, horrifying story featuring death and destruction (a la our TV screens view of the Gulf coast).

It is thus appropriate for us to begin our thoughts of Lent with the lectionary emphasis upon sin... and thus confronted, to call upon sinners to confess our guilt and ask God for forgiveness. The world thinks we make too much of sin. As we review our current situation as a nation and as a world we surely must confess, we are in a mess. War, rumors of war, genocide, pollution, greed and the other 6 sins abound. No wonder a loving Father God calls us to repentance.

The Church is not only about rainbows, love and reconciliation — it is also about truth. Faced with a world of death and destruction -- at our own hands, through our own wickedness — we must confront those who would ignore human sin. We live in an age that simply believes it is easy to “just get along” (but we don’t), or who made you the judge? (but we do love to judge others — American Idol??), or really who cares? As we watch the nightly litany of murder and mayhem, have we become immune to the suffering of others? As I have watched, listened and read about people boiling little children or beating them with their bare hands until they die, or some poor child standing in a window, cut down by bullets from hoods, I can simply cry, “Why God? Why?”


(continued on page 4)

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

My friends, it is time to confront evil with good; to stand up and be counted for goodness and justice and righteousness; to condemn the rude, the crude and the vulgar.

The story of Noah ended with good news — the waters receded, the sun shone. God has resumed his journey with us with a covenant marked by the rainbow. Our washing with water makes possible a wholly new creation— a Christian. No evil which we can do can defeat God's purpose for this world. We die to sin and become alive to all that is new. We have 40 days to journey — to ponder in our hearts the love of God in and for our lives. Join me, won't you? Wednesday nights, Sunday mornings — Come, worship the Lord, praise God's Holy Name — for we are forgiven sinners in the name of Jesus Christ, our Lord.

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.



March

March 5	8:45	Mike Barr
	11:00	Beckie Dicks
March 12	8:45	Ina Behrens
	11:00	David Graham
March 19	8:45	Lynne Blosser
	11:00	Bill Kennedy
March 26	8:45	Reid Francis
	11:00	Bob Kuhlman

The Dearth Family
Requests the honor of your presence
At the renewal of vows between

Mary Jane Dearth

and

Mark Allen Dearth

Ceremony to be performed at the
First Presbyterian Church of Dearbrn

Saturday, the 11th of March, 2006

Two Thirty in the afternoon

600 North Brady
Dearborn, MI

Fellowship and refreshments to follow
in Mitchell Hall

From Our Parish Nurse, Chris Mayer

March is National Nutrition Month

Energy density and weight loss: Feel full on fewer calories

It's possible to lose weight and feel satisfied with your meals and snacks. The key is eating foods that are high in volume and relatively low in calories.

Feel full on fewer calories. It sounds like a diet gimmick. But in reality, the concept of energy density can indeed help you feel satisfied with fewer calories. By consuming fewer calories, you can lose weight over time and keep it off long-term.

To achieve and maintain a healthy weight, you have to follow an eating plan you can live with for a lifetime. That means no severe restrictions, no extreme hunger and no fads. Find out how choosing foods that are less energy dense — meaning you get a larger portion size with a fewer number of calories — can help you lose weight and control your hunger.

Energy density: Volume versus calories

All foods have a certain number of calories within a given amount (volume). Some foods, such as desserts, candies and processed foods, are high in energy density. This means that a small volume of that food has a large number of calories. For example, just a half-cup of mixed nuts has 438 calories.

Alternatively, some foods — such as vegetables and fruit — have low energy density. These foods provide a larger portion size with a fewer number of calories. For example, in that same half-cup serving, raw broccoli has just 15 calories, and a half-cup of cubed cantaloupe has 28 calories.

Two factors play an important role in what makes food less calorie-packed and more filling:

- **Water.** Many fruits and vegetables are high in water, which provides volume but not calories. Grapefruit, for example, is about 90 percent water and has just 39 calories in a half-fruit serving. Carrots are about 88 percent water and have only 52 calories in 1 cup.
- **Fiber.** High-fiber foods — such as vegetables, fruits and whole grains — not only provide volume, but also take longer to digest, making you feel full longer.

March is National Nutrition Month, *continued*

Your best food choices

Changing lifestyle habits is never easy and creating an eating plan using this concept is no exception. The first step is knowing which foods are best.

- **Vegetables.** Most vegetables — salad greens, asparagus, green beans, broccoli and zucchini, for example — are low in calories but high in volume. Each vegetable serving is about 25 calories, and typical serving sizes are 1 cup raw, a half-cup cooked or 2 cups leafy vegetables. Some vegetables are starchy — such as corn, potatoes, sweet potatoes and winter squash — and contain more calories, about 70 calories in a half-cup serving.
- **Fruits.** Practically all types of fruit fit into a healthy diet. But some fruits are better choices than others are. Whole fresh, frozen and canned fruit without added sugar have about 60 calories a serving. Unlike fruit juices and dried fruits, these types of fruit are higher in bulk because of water and fiber and are your best choices. A typical serving is a small- or medium-sized piece of fresh fruit or a half-cup of sliced fruit.
- **Carbohydrates.** Most foods in this group are either grains or are made from grains, such as cereal, rice, bread and pasta. The best type is whole grains because they're higher in fiber and other important nutrients. *Whole grain* means the bran and germ are left on the grain when it's processed. Examples include whole-wheat bread, whole-wheat pasta, oatmeal, brown rice and whole-grain cereal. Each serving of carbohydrate has about 70 calories. A typical serving is a half-cup of grain, such as rice, pasta, barley or cereal, or one slice of bread.
- **Protein/dairy.** This includes foods from both plant and animal sources. The best choices are those that are high in protein but low in fat and calories, such as legumes — beans, peas and lentils, which are also good sources of fiber — fish, skinned white-meat poultry, fat-free dairy products and egg whites. Foods in the protein/dairy group have about 110 calories a serving, which is about a half-cup of legumes, 3 ounces of chicken or fish, or 1 cup of skim milk. Serving sizes vary depending on the type of food.

Eat sweets and high-fat foods in moderation since many of these foods are high in calories but low in volume. For example, just 1 tablespoon of butter has about 100 calories and 1/2 cup M&M's has about 512 calories. If you are more mindful of these principles and make adjustments, you will find that it is easier to lose weight and be satisfied!

** Information adapted from Mayo Clinic Online article <http://www.mayoclinic.com/health/weight-loss/NU00195>



Express your faith through your consumer choices -- order your coffee and tea through the Presbyterian Coffee Project. All coffee and tea is “fair trade certified”, and most is organic. An order is placed on the first of each month. For more information, pick up an Equal Exchange brochure and order form in the Narthex or Mitchell Hall on the information tables. Please place your order in Angie Saylor’s mailbox in the main office along with payment (cash or check made payable to First Presbyterian Church) before March 1. Questions? Call Angie at 313/388-6966.



Do You Enjoy Crafts? Making Cards?

The Stamp Ministry “team” will meet on **March 6 at 7:00 pm** in Room 14 (upstairs) to make Easter Cards for our homebound.

Come join us!

TREASURE CHEST

Extended hours beginning March 7, 2006 - on Tuesdays we will be open from 12:30 - 6 p.m. instead of closing at 4 p.m., to accommodate working folks and students.

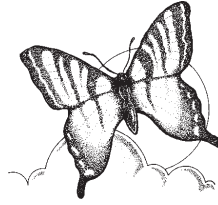
Half price sale in Marking room and Men’s/Children’s rooms will also begin on Tues. Mar. 7, ending date TBA.

We appreciate your continuing donations and purchases. New volunteers always welcome.

Douglas Barranger Memorial Scholarship

Thanks to everyone who has generously donated to the scholarship fund established in memory of our beloved pastor, Doug Barranger. If you wish to make a donation, please make checks payable to First Presbyterian Church of Dearborn and specify in the memo section that you would like your contribution to go to this fund.

GriefShare



GriefShare support group to begin March 1st during the Wednesday evening Lenten Series. It may be hard for you to feel optimistic about the future right now. If you've lost a spouse, child, family member or friend, you've probably found that there are not many people who understand the deep hurt you feel.

That's the reason for **GriefShare**, a special support group for people grieving the loss of someone close. This group is sponsored by people who understand what you are experiencing, and want to offer you comfort and encouragement during this difficult time. This video seminar series offers insight and direction from experts in the field, as well as small group discussions with your peers. The series will be facilitated by our Parish Nurse Chris Mayer and will be a part of our Wednesday evening Program during Lent. Dinner begins at 6:00 pm, followed by a brief service in the Chapel and class from 7:15-8:30. Please join us and bring a family member or friend who could use some encouragement.

HEY KIDS!



Keep an eye out for the Elementary grades' Sunday school happenings in *The Vision*. Each month, we'll share the latest news, upcoming events, and maybe even a contribution from you!

This month?

Pastor Don Wright is coming to Sunday school on February 26! He'll tell us a bit about himself, and we'll also have a chance to ask him our own questions. We'll meet at 10:10 AM in the Youth Center, right at the bottom of the stairs. We hope to see you there!

PS: Don't eat too many donuts in Mitchell Hall -- special snacks will be provided!

Thursday Morning Prayer Gathering Continues - Every Other Week - 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.

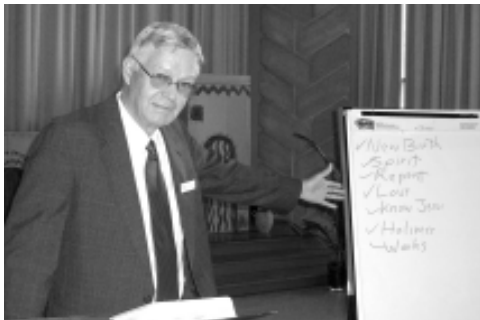
Prayer Gathering dates for March are: Thursday, March 2, 16, and 30.

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 March: Ina Behrens.** You may contact her at 278-3340. Any of the Session members are also happy to pray with you between worship services on Sunday.



If you haven't visited our church website lately, take a look. There are many new features! It's a great tool for introducing others to our church.
www.FirstPresDearborn.org



Reflections on The Word

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

Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones. Proverbs 3:5-8

Note:

1. The promise: God will both guide and enable us to take the right way to the right ends if we live by faith in Him, and that will nourish both body and soul.

2. The universals: “all your heart” and “all your ways” – trusting God is not part-time but a total commitment. Do not be double-minded and forfeit God’s guidance (James 1:6-8). God is involved with everything in our lives, and He enables those who fully commit to Him (2 Chronicles 16:9a).

3. The demand: God requires that we acknowledge and live by our dependency on Him in all areas of life, not just the religious ones. Begin, continue, and end every work and purpose with God. Pray for his direction up front; consult with Him as you progress; give Him thanks for all; and work so that all may end in His glory. Remember, we never honor God without bringing good to ourselves. God alone is the true source of all prosperity and help. God loves you and wants the best for you.

4. The contrast: trust the Lord, not your own understanding. The great hindrance of wisdom is to think we have already attained it. Culture blinds us to the wonders of God that surround us, leading us to reject Him (Psalm 19:1-4; Romans 1:18-23, 28). We are warned against being so wise in our own eyes that we no longer revere God or shun evil. The grand sin of mankind has been to try to live independently of God. This contrast forces a choice — either God or self.

5. The simplicity: Simply live with and by God in all matters, trusting in His love and sovereignty over everything, without worry. He might not lead you into the most comfortable life, but He will lead you into a significant life that is worth living. To do otherwise denies His character and wastes your life.

(continued on page 13)

March



- | | |
|------------------------|--------------------|
| 1 Katherine Klein | 18 Dorothy Ebi |
| 1 Keith Ingram | 18 Marion Holowaty |
| 1 Colton Wyatt | 21 Bonnie Kutt |
| 2 Donald Chamberlin | 21 Anne Joachim |
| 2 Helen Kane | 22 Nanette Missel |
| 2 Tom Roberts | 22 William Schanz |
| 3 Elizabeth Schloff | 24 Michael Currie |
| 4 Dean Masouredis | 25 Georgine Jensen |
| 5 Donna Barranger | 16 Dorinda Hughes |
| 8 Frederic Rank | 26 Charles Snider |
| 8 Gabriel Currie | 27 Diane DeCarlo |
| 9 James Jensen | 28 Patricia Ervin |
| 9 Carole Speier | 28 Randy Bruder |
| 9 David Graham | 29 Dave Young |
| 9 Susan Ingram | 30 Robert Todd |
| 10 Grover Gibbs | 30 Catherine Hults |
| 14 Miles Sterner | 30 Michael Maurer |
| 15 Carl Bryer | 31 Joe DeHamer |
| 15 E. Nancy Marsh | |
| 15 Mary Jo Miller | |
| 15 Eric Dubitsky | |
| 16 Jane Lewy | |
| 16 Jonathan Szczechura | |
| 16 Dorina Hughes | |

*If we missed a birthday in error, please put a note in the Vision box in the office so that we may correct the church computer records and print your birthday next year. Thank you.

**Attention
KEENAGERS!!**

Detroit Church Tour

**Tuesday, March 28
8am - 5pm
Cost: \$51**



This trip will include stops at 4 historic churches: Old St. Mary's, St. Bonaventure Chapel and the Solanus Casey Center (where we will have lunch), St. Anne's de Detroit, and Blessed Sacrament Cathedral. Travel arrangements are being made through Custom Holidays and reservations must be made by March 10. Please sign up on the Keenager's bulletin board, where you can also find more information about this interesting opportunity.



▶▶▶ Odds & Ends ▶▶▶



With Sympathy

to the families of:

Richard Nordstrom

Anne Cording

William Oliver (son of Jim Oliver)

Elinor Bruhn (Amy Bruhn's mother)



Happy Anniversary!

Jean and Al Long celebrated 61 years of marriage on January 30.

Ruth Yanke

[redacted from web version]

CHANGE OF ADDRESS



March Prayer Focus

This month, please keep the following in your prayers:

- Our Wednesday evening Lenten series
- Our church staff
- Our Confirmand Class
- Our Sunday School teachers
- The Keenagers

Reflections on the Word, cont'd from page 11

6. Our problem: this contradicts our sense of autonomy and cultural conditioning. It is absolute. It challenges our own ideas of goodness and ability. It makes us acknowledge our dependence on God. It replaces our pride with humility, our selfishness with love and service, and our weakened, corrupt, and prideful human understanding (1 Cor 1:18-2:16) with living by faith. It makes us recognize that God's ways are higher than our ways (Isaiah 55:8, 9). Our main problem is our own flawed understanding (Isaiah 47:10). He who trusts in his own heart is a fool.

7. This is a call to a revolutionary way of life. God calls us to no longer live by human wisdom but by the wisdom and power of God, which He freely bestows on His children. Jesus came that we might live fully by faith (John 10:10). Without God, our lives are limited. Don't let the deceitfulness of lesser things and foolishness lead you astray. God is the source of all that is good, and He wants the best for you!

The deadline for the April edition of *The Vision* is March 15, 2006. Submit an article -- let your church family know about what your committee or group is doing. Place any submissions in the VISION box in the church office or email them to Angela Saylor at AJN37@aol.com.

Focus on Folks: Dottie Kennedy

Length Of Time at FPC: 51 years

Background information: I'm really and truly Dorothy from Kansas, having been born in Lawrence, KS. I went to Cody HS in Detroit, started my college career at Wayne State and transferred to Alma College. I returned to Wayne State to start my Library Science degree, but ended up getting my Master's at U-Michigan. I am currently a children's librarian for the City of Livonia. My son Jon got me into unicycling and scouts, both of which I continue to help with after he's moved on. I met Bill in the back seat of an SUV in January 2003 and we were married in August 2004. [If you want to learn about curling, just ask him - ;)]

How/When I became a Christian: I can't remember not being a Christian, but my beliefs were fine-tuned at age 16 while recovering from pneumonia. Since then they've gotten more ingrained but otherwise haven't really changed much. Whenever I felt FPC wasn't meeting my needs, I would check out other churches, but Al Turco would always reach out to bring me back and my membership at FPC today is because of him. He also showed me (and others) that religion could be found in beautiful music as much as in sermons and to this day there are Bible passages I can't read without mentally singing them instead.

Activities/Ministries at FPC: choir, including choir librarian; layreader and layreader scheduler; former Deacon; Bible study group; ChristNet volunteer; former ding-a-ling

My favorite leisure activities: Eastern Star, bird club, solitaire, eating with friends, traveling, jigsaw puzzles

Favorite Book: *Plant That Ate Dirty Socks*, *Best Christmas Pageant Ever*, *The Bagthorpe Saga*, and books by Kenneth Bailey that explain the cultural history behind the parables in Luke.

Favorite Movie: Home videos bring back lots of treasured memories; otherwise, I'm not a big movie person.

My Favorite Foods: Boston Market kid's meal, McDonald's breakfasts, and pizza with homemade cookies for dessert.

(continued on next page)

Focus on Folks: Dottie Kennedy, continued

Favorite Music: Mozart's horn concertos, especially with Barry Tuckwell; *Perhaps Love* with John Denver and Placido Domingo; and *Great Is Thy Faithfulness* or *Ode to Joy* speak to my beliefs.

Favorite TV program: *Planet's Funniest Animals* is my favorite program currently on TV and *Home Improvement* was a favorite when it was on. I don't tend to watch much TV except for news and sports programs as I don't like the loose morals so often portrayed in the current programs – commercials are bad enough!

My favorite place: Wherever Bill is

What makes me laugh: Our shih tzus and parrots

My favorite Bible passage: Psalm 121:1-2: "I lift my eyes to the hills – from where will my help come? My help comes from the LORD, who made heaven and earth."

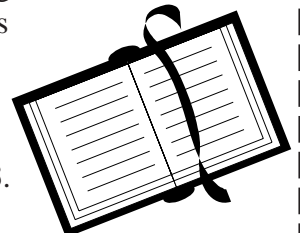
The person I would like most to meet and why: Bill's parents and sister because they helped shape him into the super guy he is today.

The thing that might surprise people about me: One is that my foreign language in college was Hebrew because I seriously considered becoming a Christian Education Director. The other is that I am owned by 14 parrots of various species; anyone who has had a parrot knows that ultimately they are "the boss" and humans are their willing slaves. ;)

Share Your Memories of Doug



A Memory Book is in the making for Donna and Nathan Barranger. If you have a memory of Doug -- a story about him, something you wish you had told him, a photo, a poem; anything you would like to share about Doug -- we hope you will contribute it to this special book commemorating his life and contributions at First Church. There are supplies (cardstock, markers, etc.) that you can use available in Mitchell Hall, or use your own. There are additional ideas and directions located on the table with the supplies. If you would like more information or have questions, contact Chris Mayer, 313/274-1313.



Make a Prayer Calendar

We should pray everyday. There are so many people and so many things to pray about in our lives. "Make a date" to pray every day and stick to it!

What you need:

- 12 pieces of blank paper for calendar pages
- a pencil, pen or marker
- a ruler

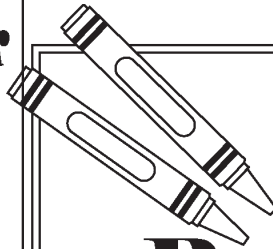


What you do:

1. Write the name of the month on the top of a sheet of paper.
2. With your ruler and pencil, draw vertical (up and down) lines to divide the page into 7 columns.
3. Draw horizontal (left to right) lines to make 5 rows.
4. You should have 35 boxes.
5. Number the boxes to match the dates of the month. (Tip: Use another calendar to look at, so you put the numbers in the correct boxes.)
6. Repeat the steps to make a calendar page for each month of the year.
7. On this month's calendar, fill in the spaces with people, events and things you need to pray for. They can repeat.
8. When each day comes, pray about what's on that day's space.
9. Before the end of the month take time to fill in next month's calendar. You may be able to see God's answering your prayers, so be sure to add "thankfulness" to your list.

"Hear my prayer, O God; listen to the words of my mouth."

—Psalm 54:2, NIV

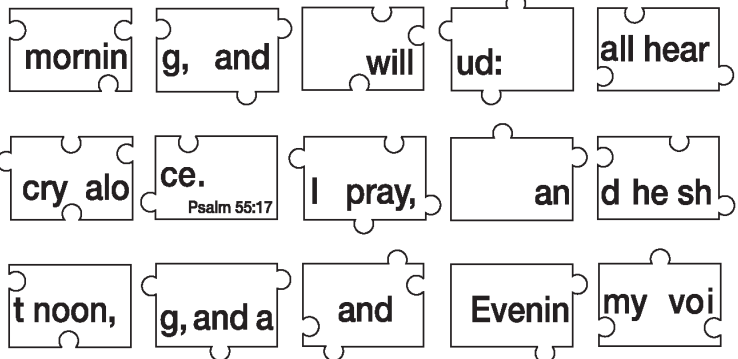
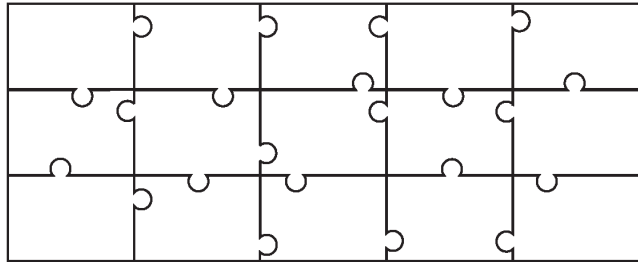


Just for **KIDS**

Pray Today!

The first Friday in March is World Day of Prayer. God wants us to pray to Him everyday. So start today and never stop!

Write the words from the scrambled jigsaw pieces onto the blank puzzle to discover when Psalm 55:17 (KJV) says we should pray.



Answer: Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.

Sunday Morning Adult Education

The Sunday morning class, *Discovering God's Vision for your Life*, is off to a rousing start with a dozen members! For those of you not involved in that course we invite you to Mitchell Hall every Sunday morning, 10:10-10:50, to make good use of this Lenten season investigating the Spiritual Disciplines. Mark Dearth, Beckie Dicks, and Paul Ytterock will lead the 6 weeks of Lent on the already-classic text by Richard Foster, *Celebration of Discipline* (published by Harper San Francisco, 1978).

Joy,
Peace,
Righteousness . . .
God's gift to His people;
the Disciplines . . .
tools,
toward growth.

Come out and explore, put yourself in a position to grow in the joy God has set before you. Questions? Call Paul Ytterock at the church office.

Meditation

Prayer

Fasting

Study

Simplicity

Solitude

Submission

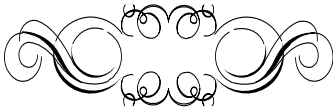
Service

Confession

Worship

Guidance

Celebration



In his short devotional, *The Rabbi's Heartbeat* (Navpress, 200; p. 108), Brennan Manning writes about *being* and *doing*.

The Christian commitment is not an abstraction. It is a concrete, visible, courageous, and formidable way of being in the world forged by daily choices consistent with inner truth. A commitment that is not visible in humble service, suffering discipleship, and creative love is an illusion.

Manning is no stranger to commitment or service. A veteran Marine of the Korean War, a former Franciscan priest and a brother in the order of the *Little Brothers of Jesus of Charles de Foucauld*, Manning has lived a life full of commitment, service and contemplation among the poor in Europe and the U.S.

The other Sunday morning we sang a hymn, *Christ of the Upward Way*. We sang,

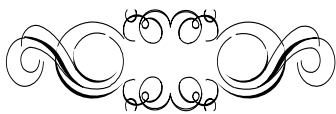
*Christ of the upward way, My guide divine,
Where You have set Your feet May I place mine;
And move and march wherever You have trod,
Keeping face forward up the hill of God.*

As followers of Christ this is our life . . . to study and know Him so that we too will know how to live. In Jesus we see revealed the very heart of God. What is it we see? We see the poor brought good news; we see the captives brought release; we see the blind given sight and the oppressed set free! Looking to Jesus we see God coming to us as a servant who slavishly washes dirty feet. And what is it we hear? We hear the favor of God announced to the world and *come unto me*; we hear *your sins are forgiven* and the pounding of nails; we hear the command, *go into all the world*. Listening to Jesus we hear the voice of God.

So then, knowing this, how *is* it we followers of Christ are to live? Sacrificially, with our feet landing in his steps and our face set upon the cross . . . our heart revealed. "If you want to know what a person really believes," writes Manning, "don't just listen to what he *says*, watch what he *does*." Our actions reveal our heart.

(continued on next page)

GrouPeru!06 (continued.)



I am thrilled to share the twenty-three (23!) names of our Peru Team this year who are willing to sacrifice vacation time (16 days), money (\$1500), and the ease and comfort of life here at home (*immeasurable*). Why would they do that? Because they have felt the Spirit's nudge to follow Christ's lead in this way . . . this way of serving the poor and oppressed . . . this way of announcing to the world the Good News of God's love . . . this way of making visible their commitment to being followers of Jesus Christ.

I again thank this wonderful congregation for all your support for this ministry and pray that even if the Spirit hasn't moved you to physically serve in Peru, you would earnestly pray, asking God how it is you can support this mission of reaching out to the world, particularly to some streetboys of Peru, with the love of God.

~Paul Ytterrock

For Your Calendars:

Sunday, March 19 -- Pancake Breakfast! (donations)

Sunday, April 16 -- Easter Brunch! (donations)

Sunday, May 21 -- 1st Annual PeruGolf! Outing

TBD -- 3rd Annual PeruBowl!

TBD -- Peru Dinner/Auction

Tax-deductible donations greatly help offset each Team member's personal cost of \$1500/person and are welcome! Checks should be made to "First Presbyterian Church," and earmarked "Peru Team."

Charlie Aronson

Jamie Artman

Nathan Barranger

Kate Bruder

Randy Bruder

Bob Carlson

Emily Carlson

Anne Dearth

Mark Dearth

Megan Dearth

Denise Graham

Elissa Hoffman

Mike Hoffman

Kolleen Ingram

Chris Martin

Phill Mayer

Ann Phillips

Tom Roberts

Jon Szczechura

Sara Szczechura

Travis Yarrington

Jonathan Ytterrock

Paul Ytterrock

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Parish Nurse:
Chris Mayer, RN