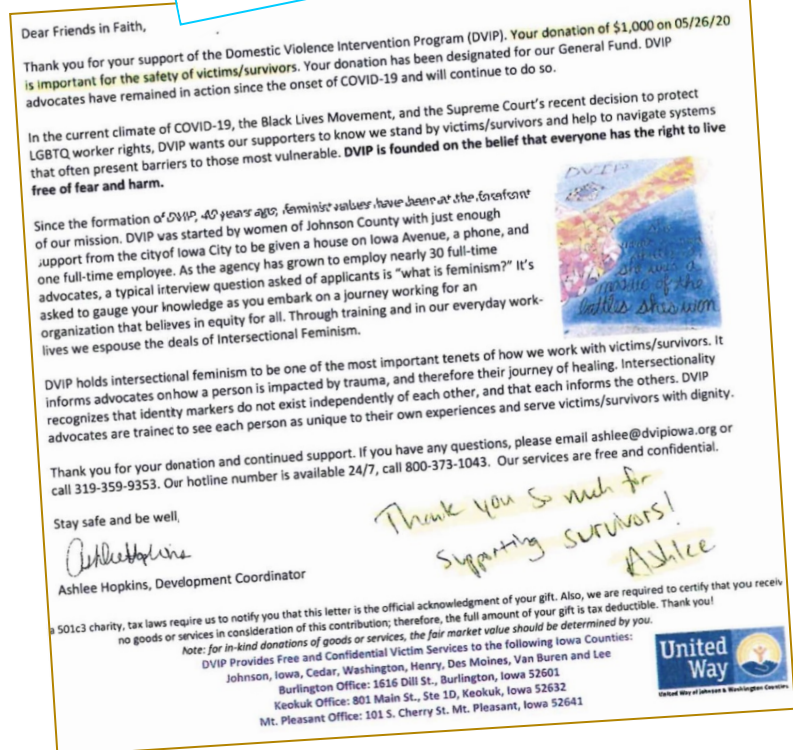
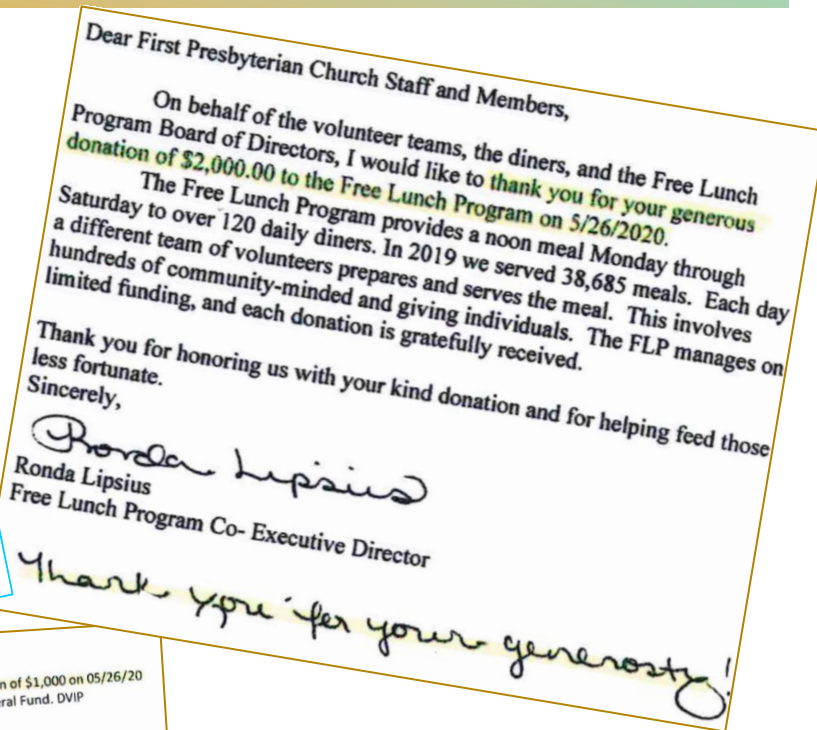


FIRST'S FAMILY



July 15 — August 14
2020
Volume 64 Issue 7

Notes of Thanks for Community Support through the Burianek Mission Match Challenge

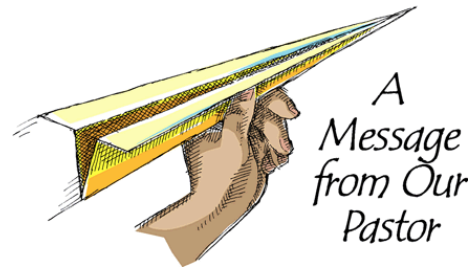


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Dear sisters and brothers of First Presbyterian Church,



The grace and peace of our Lord Jesus Christ be with you!

Growing up in Pennsylvania and Illinois, I recall that some afternoons it grew so hot and muggy, and the air so still, that my parents would assure me that it was “a dog day afternoon.” While the world cooked, friends and I might play Monopoly, shoot some lazy baskets, or go fishing.



The internet offers this explanation as to what the expression means:

*The Romans sacrificed a brown **dog** at the beginning of the **Dog Days** to appease the rage of Sirius, believing that the star was the cause of the hot, sultry weather. In modern times, the term refers to those hot, sleepy afternoons when **dogs** (and people) prefer to lay around and languish in the summer heat.*

This morning Susan and I went on an 8-mile, beat-the-heat walk. Since then I have been sitting indoors hydrating, watching the flowers and butterflies, and listening to the dog snore while I write. Being tri-color, she isn't worth sacrificing; and neither one of us has the interest or energy. Thank goodness: With the resurgence of the virus, any level of participation in life might cause us to succumb.

You and I may recall that God made the Sabbath a day of rest, a moment for pausing, recovering, and giving God a chance to make right what you and I cannot. Because so many of us are so busy, practically 24/7 in some seasons, God gives us Dog Day afternoons.

Thank you, Lord, for the enforced rest. Several of us have needed it.

Love and payers,
Your pastor,

Sam



Do you miss being at church?

Did you know that:

- * The *Sanctuary* is open for prayer
- * The *Labyrinth* is ready for your self-care needs
- * You can release your worries at the *Prayer Post*
- * The *Columbarium* offers a place to sit and enjoy the fresh air

Always use social distancing guidelines and know that we miss you!





Throughout the COVID pandemic, Session, staff, and volunteers have wrestled with questions about how and when to resume in-person activities on church grounds. We have all been anxious to reconnect with our FPC family and wanted to resume the activities that bring us together as soon as possible. As much as we wanted to be together again, our most important concern continues to be the health and safety of our congregation. On June 16th

Session adopted a plan for the resumption of in-person activities that we want to share with you.

Want to
know more?

The **FPC Reentry Policy** can be found on the website's Homepage:

www.firstpresbiowacity.org

- Scroll down to "Here's What's Happening" section
- In the Covid-19 Response section, you will see a box that says "Reentry Policy"
- Click the box to read the full Policy

A few hard copies have been placed in the entryway of the church, for your convenience.

THANK
YOU!

To the Endowment and Memorial Committee for funding the replacement of our old water fountains on both levels with these NEW high efficiency, filtered, touch free watering stations.





How do we interact with others when our opinions may vary?

Today, our world seems to be filled with constant conflict, violence, and strong opinions. How do we deal with this and maintain a sense of God's teachings in a world filled with so much vitriol? My concerns are especially for our young. Our children, grandchildren, all God's children need mentors in their lives that they can look up to. It seems that our mentors are the media, which is filled with violence and hatred for those who think or act differently from us. My career was centered around supporting children in learning the skills necessary to deal with conflict and the various feelings that one can. I was an elementary counselor for many years and in that position taught in every classroom, worked with individuals, taught parenting classes and consulted with teachers, parents and professionals. It was a strong concern of mine to see the anger that was increasing in our young each year when school began. What was changing in our society to create such hurtful ways of thinking and behaviors?

Recently I was concerned about some ideas that were expressed by people that I look up to as my mentors. My thinking was surrounded with fear that if I told them of my concerns that I might lose them as friends and that they might think less of me. I attempted to digest what they were saying for several days and decided to ask them about their "thinking." Honestly, I had to fall back on my training and my beliefs in respect, kindness, open-mindedness, and healthy conflict resolution to be able to carry through. It was hard because I wanted to continue to have them in my life even though we might have a difference of opinion. My decision to be open with them was made lighter by the fact that I knew they were people of God who believed in respect for all. Today it seems that so many people discard each other when their opinions differ.

So, what can we do to mentor our youth and be there for one another when there is a difference of opinion? I think (my opinion) is to recognize that we all have what it takes to be a person of grace and wisdom, even in a world that seems crazy right now. It is important to recognize that we all have thoughts and our own collection of thoughts. Here is where I believe our relationships can break down. If we do not recognize that a thought is just a thought and maybe different from another is, then without respect for individual thought, all kinds of disrespectful behavior can flow. Examples of this are all over the world right now: name-calling, bullying, violence, and disregard for the human experiences of others. The second part of this is recognizing the feelings that our thinking can generate. These feelings, if not understood, can encourage us to act out with disrespect for another. Counselors will often refer to this as emotional intelligence. Helping our children to recognize their thinking, the feelings that come because of our thoughts and then the possible behavior that results will promote respect for one another and how they think. Each of us, no matter how old we are, can promote positive change in our world, beginning with our own self!

I am grateful for being able to tell you that I feel even closer to the people that I once feared that I might lose as mentors because of the respect that we have for each other's thoughts!

I am thankful for God's blessings!

Susan Van Duyn

First's Family

If you have a news item for the First's Family News, please submit it for publication by August 1 to tammy.foster@firstpreswiowacity.org. Thank you!

JULY 16-31

7/16 Virginia Hall
7/16 Esther Viksten
7/16 Debbie Beerman
7/19 Rachel Edwards
7/21 John Morgan
7/21 Valerie Soemadi
7/22 Kayla McKibben
7/23 Alisha Bingham
7/23 Gloria Kasiriba
7/23 Glory Kasiriba
7/24 Angel Kasiriba
7/24 Mahala Smith
7/25 Courtney Hurt
7/25 Jordan Kolarik
7/25 Dwight Miller
7/27 Kitty Forsythe
7/27 Grayson Molsberry
7/29 Chase Burtner
7/29 Wayne Patton
7/30 Brenda Dodge
7/30 Madi Mossman

AUGUST 1-15

8/1 Rhonda Barr
8/1 Janet Cochran
8/1 Anne Dengler
8/5 Cyrus Andrews
8/5 Nick Thedens
8/6 Sally Rickey
8/6 Rose Kraus
8/7 Margaret Ketterer
8/7 Louise Larew
8/8 Nancy Powers
8/8 Emilia Thedens
8/12 Thomas Boysen
8/12 Nile Franz
8/14 Pam Kautz
8/14 David Scott



*Known
to be
Hospitalized*

Esther Viksten
Betty McNeal
Del Disselhorst
Anne Dengler

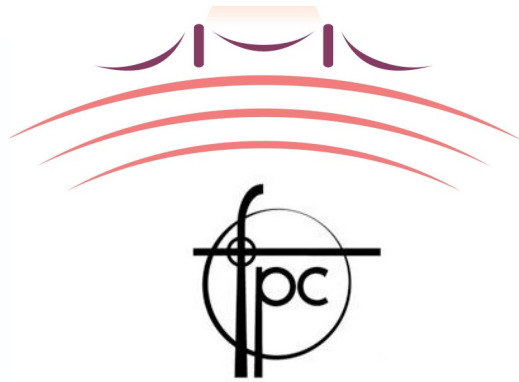
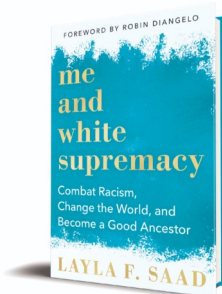


It is with a heavy heart to inform you that **Janice Baumbach** passed away Thursday, July 9th. A graveside service was officiated by George Minot on Sunday, July 12th. Please keep **Carol and Steve Spangler and family** in your thoughts.

To the family of **Dave Fillpot** who passed on April 10. Dave was Interim pastor at FPC from September 1986—May 1988.

To **Brenda Bradley** and her family on the loss of her father, **Leroy Schrock**, on June 27.

To **Helen Sheets** and her family on the loss of her sister, **Martha Virginia Martin**, who passed away on July 11.



"How did you feel the first time you saw the title of this book? Were you surprised? Confused? Intrigued? Uncomfortable? Maybe all of the above. I want to begin by reassuring you that all those feelings and more are completely normal." —Layla F. Saad (author of *Me and White Supremacy*).

Join Jeremiah Justice Initiative as they read together this reflective and important book. We will individually and communally work through what it means to combat racism, change the world, and become a good ancestor! You do not need to have read this book, as we will be reading it all together. If you want to order locally, we suggest you buy the book from Prairie Lights.

Prairie Lights did say they are out of stock and so it is at least a week wait, so order soon if you are interested. (FPC does have a fund to order books if it is only financial reasons you will not join; please simply email Layne).

All are welcome - the conversation is not always comfortable but the space to discuss it will always be safe. If you are not comfortable yet discussing, we ask that you still join us - listeners welcome! This group will meet via ZOOM weekly.

**The group will meet from July 26– August 30
each Sunday night from 6-7:30 p.m.**

Interested? Email Layne at Layne.Sheetz@firstpreswacivcity.org or simply use a smart phone to take a picture of this QR Code to find the Facebook Event!



One of the core values of Equipping Ministry is the safety of our congregation. This is why we cancel youth group frequently due to weather! This is why we are fairly conservative when thinking about the future! With the uptick of positive COVID tests in Iowa and more; Equipping Ministry does not know what September, Kick-off, or more looks like! We ask for your patience and trust that by the next Newsletter, we will have a full plan of what Education will look like this upcoming school year! We cannot thank FPC enough for their encouragement and support during this time. The amazing grace that this congregation has shown—through showing up to ZOOM or individual emails sent, we are so honored to serve you during this tedious time. We pray that you stay safe during this time and let's work together by all wearing masks when we go out!

Thank you!
Anna Sheetz

SMALL GROUP ministry

FPC's Equipping Ministry is hoping to launch a Small Group Zoom Ministry! In this time of disconnection, meet weekly with a small group to discuss life, faith, service, and more. We are in need of **SMALL GROUP LEADERS**.

What this means is:

- A person volunteers one night a week to host a Zoom meeting as the leader.
- There will be a script, questions, and about a half hour of prep (excluding watching the Sunday Service).
- This person will lead the discussion and record prayer concerns.
- This person will be supported by the Equipping Ministry staff.

Please email Anna.Sheetz@firstpresbiowacity.org if you are interested in this opportunity to lead or participate.

Youth Group continues to meet every other week!
The dates for the rest of the summer are:

Wednesday, July 22
Wednesday, August 5

YOUTH GROUP

4th-6th Grade Youth Group

will meet from 5-6 p.m.

ZOOM Meeting ID: 716 3099 1872

Password: **309673**

7th-12th Grade Youth Group

will meet from 6-7:30 p.m.

ZOOM Meeting ID: 785 0057 8432

Password: **028333**



We haven't forgotten about VBX! We'll miss you this year but we're already planning for SPACE VBX 2021!
Save the date!
August 2-5, 2021.



zoom INTO SUNDAY SCHOOL!

There's still **SPACE** for Sunday Morning Education!
Each week there are two opportunities on ZOOM from 9:30-10:25 a.m.!

The Wired Word: Each week there is a new topic to wrestle through! This is where faith and the news meets! Meet us on ZOOM each week! Email Judy Whitford at Judy.Whitford@firstpresbiowacity.org to get the topics weekly!

ZOOM meeting ID: 725 9410 8735 Meeting Password: 496872

Each week, Judy Whitford has a ZOOM meeting set up for the **Parent's Class**! This is a time for parents to come and discuss the extraordinary stress this time is setting on them. Parents do not have to join each and every week— it's more of a stop in and check-in time with a beloved role model! Meet Judy each week on ZOOM here:

ZOOM Meeting ID: 770 6777 7897 Meeting Password: 934476

Capital Campaign Elevator Project Takes Us to New Heights

On June 23, the final major project of the FPC Capital Campaign, our three-story elevator, passed its formal inspection by the City of Iowa City.

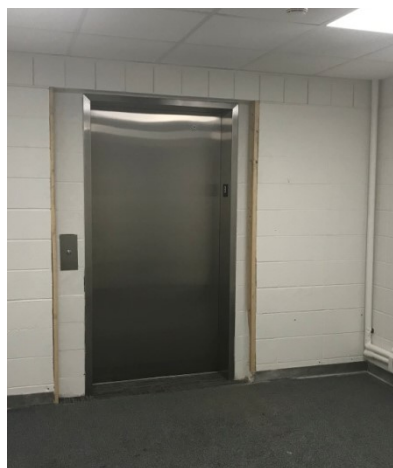
This event marks the first time since the *new* First Presbyterian Church was constructed in 1975 that members & friends will have stair-free access to all levels of our facilities. The 2,500-pound capacity elevator was made and installed by the Schumacher Elevator Company of Denver, Iowa, working in conjunction with our general contractor, McCreedy-Ruth Construction of Riverside, Iowa. Doorway trim work will be complete within the next week.



View from choir loft, entry corridor (relocated)



View on main level, in coatroom alcove.
sound system in foreground.



View at lower level, former
Compeer office space.

The final project of the campaign, concerned with enhancing sound and visual technology throughout our facilities, is continuing this summer.

This project can only be properly completed with the prayerful fulfillment of over \$40,000 in outstanding pledges.





Got Fireflies?

Are they missing from your yard?

Lawn chemicals are very harmful to fireflies during all phases of their life cycle. Firefly larvae live in our lawns through the winter before finishing their lifecycle next spring and summer.

Fireflies are disappearing all over the world from habitat loss, light pollution and toxic chemicals. But we can help increase their habitat!



Light up your yard with these easy steps

- Omit lawn chemicals
- Turn off outside lights at night
- Leave leaf litter pile in flowerbeds & other places
- Plant native trees, shrubs and flowers



Bought to you by the FPC Green Team

Needles, Hooks & Yarn

- If you are in need of yarn but do not wish to go out, let me know. I have yarn at the church that I am happy to deliver with no contact. Stay safe my friends.

More info: Tammy Schroeder 351-2660



Update from FPC Reconciliation Ministry member Perry Ross



Early in the year several volunteers from FPC helped Pastor Theogene of the Evangelical Global Pentecostal Church find a location for a large garden plot. Large-scale gardening, like farming, is risky business! After one major setback after another, Pastor Theo's garden is looking good! It's a story of faith, determination, and persistence! God is good! It is wonderful when teamwork and a plan come together!

Thanks to Perry for sharing this witness to God's presence in our midst.

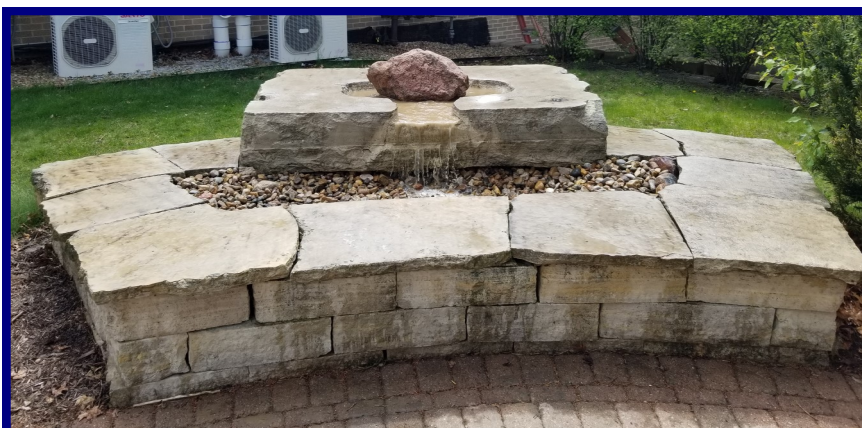
Worship with us from HOME



The Community Prayer Box, aka, the Prayer Post, celebrates its first year of serving our neighborhood friends. During that time we have received 26 prayer requests (average of 2 a month), given out 2 Bibles, and too many FPC pens to count.

In these troubling times it is easy to become overwhelmed; maybe it's time to stop by, pick up a scripture card and release a prayer.

Remember Pray More - Worry Less



The Columbarium fountain has a new look.

Last fall the liner of the original fountain began leaking water, which made the basin run low on water, allowing unsightly algae to grow faster and taxed the pump system.

The new system allows for better maintenance, while still providing the calming sounds of the water fall. Stop out and enjoy a relaxing outdoor space for meditation and self-care. Keep an eye open as the Columbarium garden area gets a face lift this summer too.

For more information on the Columbarium,
contact Tammy Schroeder at
TammySchroeder@firstpresiwacacity.org

FPC BOOK CLUB

Join us as we gather on the **LAST TUESDAY** of the month at
11:30 am on Zoom or at FPC; room 14 (located on the lower level, to the left).

For more info. contact Mary Linn at JmLnn@aol.com



2020 Fall Schedule

August 25 Carol Kirsch leads
Nothing to See Here by Kevin Wilson

October 27 Diane Mattila leads
Becoming by Michelle Obama

September 29 Sharon Raffensperger leads
Before We Were Yours by Lisa Wingate

November 17 Carol Spangler or another leader
Autobiography of a Face by Lucy Greal

Session Highlights

June 20

Submitted by Ann Grosscup, Clerk of Session

A quorum of ZOOM attending elders was declared shortly after 7PM, 06.16.2020. Pastor Sam called the meeting to order. Leann Graves opened with a devotion followed by prayer. The devotion, written by a family member, Pastor Steven Deal, examined anger, noting that anger is not necessarily bad, the expression of anger can be wrong. Highlighted scripture texts were Psalm 4:4, Ephesians 4:26 and Micah 6:8.

John Barr, Convener, Technology Subcommittee, Capital Campaign Implementation Committee (CCIT) updated the subcommittee's work to date. Pastor Sam had shared his technology thoughts in the session materials. Now that the elevator is a reality, it is time to revisit the original congregational communication about the capital funds campaign concerning assistive video technology in the sanctuary.

MOTIONS APPROVED:

Approve minutes of stated session meeting 05/19/2020

Transfer Burianek Trust Fund monies to FPC in their entirety with appreciation to Sadie May for her stewardship.

A high performance computer for video processing be obtained for video production with funding to be pursued by CCIT (it is understood CCIT will be working with Finance).

Accept the redlined revisions to the FPC Reentry Policy and Activity Log submitted by staff and thank them for their brilliant work in adapting the policy approved in May to the day-to-day activities of the church.

Resume in-person activities in phases as defined in the FPC Reentry Policy and Activity Log on the schedule listed below.

July 1: Begin Phase 1 activities.

July 21: Session evaluates the situation in Johnson County and makes a go, no-go decision on the transition to Phase 2 on August 1.

August 1: Begin Phase 2 activities.

August 18: Session evaluates the situation in Johnson County and makes a go, no-go decision on the transition to Phase 3 on September 1.

September 1: Begin Phase 3 activities.

FPC will remain in Phase 3 indefinitely, until the COVID Response Team, Session, and staff define the new normal and the risk of spreading the COVID 19 infection is low.

Communicate the current reentry plan with the congregation and append the FPC Reentry Policy with the Communication Plan.

To look at audio issues in the sanctuary in light of recurring problems with sound over the years; and in light of the pandemic.

To look more broadly at new audio visual (AV) needs throughout the entire building and grounds created by the need for social distancing and what may turn into a permanent arrangement.

Status reports were given for the Task Force - Lil Creations Academy Advisory Committee.

Cathe Franz, closed with prayer.

Next Scheduled Stated Session meeting:

July 21, 2020, 7 p.m., via ZOOM.

Vern Dengler, Opening Devotions; Steve Smith, Closing Prayer



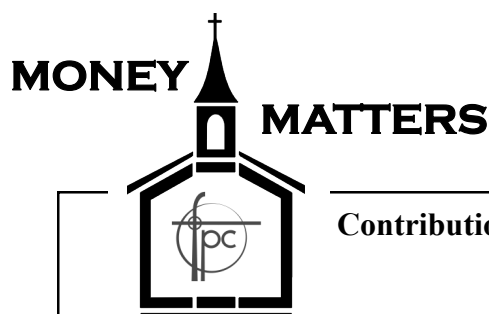
News from the Principal of the Gill Nicholson Boys' High School in Pakistan

In these challenging times, our thoughts go to the Presbyterian Schools and their students and staff in Pakistan. The schools are presently closed, and many families are unable to pay tuition due to job loss. Zafar Javid Gill, the principal of the Gill Nicholson Boys' High School in Pasrur, sends this report:

"The blessings of God are on us and on our schools. In the current situation of COVID-19, we are in touch with our students and parents. The staff of Gill Nicholson Boys' High School are coming on a regular basis. We have successfully delivered the third Summer Homework pack to our students and... we have collected the previous homework tasks and the teachers have checked the work and returned it to the students. We are in the process of making assessment sheets and in the coming week, we will call students in small groups and will assess them...Thank you for holding our hand in this difficult time."

Please continue to keep the Presbyterian Schools in Pasrur and throughout Pakistan in your prayers.

Submitted by Leann Graves
Friends of Pasrur



Dale Kraus, Interim Treasurer

	Contributions	Misc. Income <small>Building Use, Walker Trust, Bank interest, etc.</small>	Total Income	Total Expenses	Over/Short
1st Quarter	\$153,565.33	\$758.93	\$154,324.26	\$146,202.53	\$8,121.73
April	\$34,288.27	\$18,865.64	\$53,153.91	\$45,109.67	\$8,044.24
May	\$38,723.29	\$47,908.44	\$86,631.73	\$43,521.28	\$43,110.45
June	\$26,714.16	\$24,138.53	\$50,852.69	\$46,778.85	\$4,073.84
2020 Totals	\$253,291.05	\$91,671.54	\$344,962.59	\$281,612.33	\$63,350.26

Ritual around the Table

It has become important to Gunnar and I to have a ritual around our dinner table. We leave our phones away from the table and out of reach. We commit to be present with one another and listen. And we pray together. Sometimes it is a short and simple prayer, sometimes we need to pray for more.

I have decided to begin compiling a resource for table prayers for my family and for yours. Cut or tear these prayers out and keep them by your table. I hope you can start or continue your own sacred rituals around your table!

—Leah Bergman

Table Prayers



Come, Lord Jesus, be our guest,
and let these gifts to us be blessed. Amen

(may be sung)

Hands, hands, hands. Thank you, God, for hands.
Food, food, food. Thank you, God, for food.
Family, family, family. Thank you, God, for family. Amen

In this plate of food,
I see the entire universe supporting my existence. Amen
—Zen blessing from Thich Nhat Hanh

Blessed be the Earth for providing us this food
Blessed be the Sun for helping it to grow
Blessed be the Wind and Birds for carrying its seed
Blessed be the Rain for the water's loving flow.
Blessed be the hands that helped prepare this meal,
May those hands and our hands, bodies too,
be well and quick to heal.
Blessed be our friends, our families,
and all of our loved ones.
Blessed be our mother earth, our father sky and sun.
Amen

Blessings on the blossom
Blessings on the fruit
Blessings on the leaves and stems
and blessings on the root.
Blessings to our friends and family and have a happy
(insert day of the week)! Amen

Thank you for the world so sweet,
Thank you for the food we eat,
Thank you for the birds that sing,
Thank you God for everything. Amen

For food in a world where many walk in hunger
For friends in a world where many walk alone
For faith in a world where many walk in fear
We give you thanks, O Lord. Amen

At dawn, O God, I thank you for the good night you have
given me,
and ask you to give me a good day.
At dusk, O God, I thank you for the good day you have
given me,
and ask you to give me a good night.
—Galla, Ethiopia

Creator God, we thank you for this given day:
for your glory shining forth in the sky and sea,
in the changing light on the hills,
in the flight of birds,
in the flowers of meadow and garden
(name birds and/or flowers according to the season)
We thank you for your love experienced in our own lives:
for new friends and old
(by name)
for caring conversation, for community and solitude,
for work and play, for words and silence
(silence)
We thank you for this gift of time:
may your Spirit help us to use it creatively
in the name of Jesus,
who gave his life to let us know your love. Amen
—Jan Sutch Pickard

O God,
to those who have hunger give bread,
to us who have bread
give hunger for justice. Amen



A Plan with an Eternal Purpose

Create a legacy that will last for generations.

*2 Corinthians 9:7: Each of you should give what you have decided in your heart to give,
not reluctantly or under compulsion, for God loves a cheerful giver.*



*Supporting our endowment fund is one of the best ways
you can ensure that our church's mission and vision
will thrive for years to come.*

*For more information, contact Bob and Millie Youngquist at
endowment@firstpresidiowacity.org or 319-653-4673.*

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First Presbyterian Church
2701 Rochester Ave.
Iowa City, Iowa 52245

During this time of self-isolation and social distancing, take a moment to connect with friends and family by picking up the phone and calling them or dropping a note in the mail.



Have you forgotten the phone number or address? An easy way to find both is to use the Directory on My First Pres or download the Church Life app on your phone.

You Are Invited!

Please join us for the 8th Annual Iowa City VA Mental Health Summit.
We are going virtual this year and look forward to "seeing you" in September!

Register on the link below:

<https://www.eventbrite.com/e/iowa-city-va-mental-health-summit-creating-hope-in-a-pandemic-tickets-107614054534>

2020 Iowa City VA Mental Health Summit:
Creating Hope in a Pandemic

Friday, September 25th,
9am - 2:30pm
Virtual Summit

Understanding the role the VA has played in responding to the COVID-19 pandemic by supporting Veterans and employees

Other topics include:

- National Guard
- Telehealth
- Suicide Prevention
- Community resources and more!

Keynote Speaker -
Dr. Robyn Walser

Hope is the thing with feathers that perches in the soul, and sings the tune without the words, and never stops at all.
Emily Dickinson

VA U.S. Department of Veterans Affairs

First Presbyterian Church Staff

MINISTER OF WORSHIP AND ARTS
Leah Bergman
leah.bergman@firstpreswacivacity.org

ORGANIST
Melissa Moll
melissa.moll@firstpreswacivacity.org

HANDBELLE CHOIR DIRECTOR
Sarah Klemuk

MINISTER OF PROGRAMMING AND COMMUNICATIONS
Tammy Schroeder
tammy.schroeder@firstpreswacivacity.org

MINISTER OF EQUIPPING PROGRAMS
Anna Sheetz
anna.sheetz@firstpreswacivacity.org

ASSISTANT MINISTER OF EQUIPPING PROGRAMS FOR ADULTS
Judy Whitford
judy.whitford@firstpreswacivacity.org

ASSISTANT MINISTER OF EQUIPPING PROGRAMS FOR YOUTH, YOUNG ADULT, AND HOSPITALITY
Layne Sheetz
layne.sheetz@firstpreswacivacity.org

FINANCIAL SECRETARY
Saira Steen
saira.steen@firstpreswacivacity.org

MINISTER OF STEWARDSHIP AND MANAGEMENT
Tammy Foster
tammy.foster@firstpreswacivacity.org

SEXTON
Gerald Hill
gerald.hill@firstpreswacivacity.org

PASTOR
Sam Massey
sam.massey@firstpreswacivacity.org