

FIRSTWORD

FIRST PRESBYTERIAN CHURCH

GEORGETOWN, TEXAS

ROOTED. REFORMED. RELEVANT.



July 2017

Inside

- 2 July Celebrations
- 3 Flowers in Worship
Head Deacon
- 5 Financial Report
- 10 New Members
- 12 July Calendar

Christian Education

- 4 LOGOS
Summer Mission
Project: Manos de
Cristo
- VBS Recap
"Mini Make-Over"
- 5 Music Opportunities for
Children

Youth Ministry

- 6 DL's Column
Graduating Seniors
- 7 Summer Intern
Youth Obstacle Course

Mission

- 5 Friends in Deed
- 8 Manos de Cristo
- 9 The Cring Place
- 10 Meals on Wheels
Mission Sewing

Care Ministry

- 3 Among Our People
- 11 Stephen Ministry
Points from Parish
Nurse Penny

FROM THE PASTOR: June 25, 2017

Looking back on the past year since last August, I have had sermon series on Genesis, the Psalms, and wisdom literature in the Old Testament and in the New Testament series on Romans 12, Acts of the Apostles, the epistle to the Hebrews, plus a few sermons on the topic of worship.

On June 28th, I will depart for my summer break of vacation and study leave. I will be gone a bit longer this year since I will also use sabbatical time accrued over the last few years. Cindy and I will go to San Diego for part of the time. We haven't visited some of our family there in quite a while.

While I'm away, Jenny Carswell and Penny Leone will continue to provide excellent pastoral care and visitation. In addition, Dr. Ken Peters will provide pastoral ministry as needed. I'm very grateful for Penny, Jenny and Ken and their ministries. Please call the church office for any pastoral care needs.

I am very pleased with those who agreed to be our worship leaders while I am away. Dr. Ken Peters, Katy Bedford, Dr. Tom Currie and David Lee Hulsey will preach during this time (see worship schedule). We will continue to have two worship services each Sunday in the summer, 8:30 a.m. in the Sanctuary and 11 a.m. in the Fellowship Hall.

Summertime is a good time for property projects since some of our programs are not active in the summer. This year, of course, will be our Fellowship Hall Entrance Project. We will continue to use the Fellowship Hall for worship during those weeks. We will enter through other doors—not the glass doors. Those who need handicapped parking will still be able to park in the

church parking lot. I appreciate your special gifts towards the entrance project which total \$24,480 as of June 19. We will continue to receive donations throughout the summer months.

Our summer office hours began June 26 and will end Friday, July 28. The office will be open from 9 a.m. - noon and 1 - 3 p.m. Monday through Thursday and from 9 a.m. - noon Friday.

(continued on next page)



WORSHIP SCHEDULE

8:30 a.m., Sanctuary

11 a.m., Worship Center-Fellowship Hall

July 2: "Rules for Wrestling with God"

Dr. Kenneth Peters, Preaching
Scripture: Genesis 32:1-13, 21-32

July 9:

David Lee Hulsey, Preaching

July 16: "Sins of the Flesh"

Dr. Thomas W. Currie, Preaching
Scripture: Genesis 25:19-34; Romans 8:1-11

July 23: "Hope's Strange Journey"

Dr. Thomas W. Currie, Preaching
Scripture: Genesis 28:10-17; Romans 8:12-25

July 30: "Too Deep for Words"

Katy Bedford, Preaching
Scripture: 1 Kings 3:5-12; Romans 8:26-39

August 6: "A Problem in Algebra: Does X+Y=Z?"

Dr. Kenneth Peters, Preaching
Scripture: Philippians 4:1-7; 1 Timothy 6:6-16

August 13: "Great Is Thy Faithfulness"

Dr. Michael Roberts, Preaching
Scripture: Genesis 45:1-15



ANNIVERSARIES

- 2 Bill & Joyce Hinds
- 6 Ken & Susan Poteete
- 8 Thomas & Susan Isenhour
Pat & Penny Leone
Jerry & Ann Pearson
- 11 Chris & Kimberly Poe
- 14 Michael & Adana Gipson
Larry & Phyllis Perkins
- 19 Jack & Lenice Smithwick
- 20 J.C. & Linda Johnson
- 23 Claude & Joanne Folta
Richard & Maria Jenny
- 28 David & Cathy Ramsey
Travis & Sandra Walden

BIRTHDAYS

- 1 Sam Stenborg
Ollie Stenborg
- 2 Gene Hunt
Chris Johnson
- 3 Travis Best
Phil Bookert
Nancy McCown
- 4 Rowan Guidici
Hayes Kennedy
Emily McEntire
- 5 Will Foster
Pat Miller
Suzanne Stallings
- 6 Carolyn Pursley
Jim Root, Jr.
Micki Wiesner
- 9 Christina Bondesen
Landon Leloux
Kinsley Leloux
Mason Smith
Wilma Spencer
Nancy Spivey
- 12 Keith Tucker
- 13 Dennis Borocz
Mark Lund
Cass Wheeler
- 15 Rick Galloway
Jason Wagner
- 16 Robert Cravens
Alex Mahannah
Nancy Stearns
- 17 Nicholas Bondesen
- 18 Kay Cox
Ben Schmalstieg
- 19 Brian Andrusin
Angie Harris
Betty Smith
Tim Taylor
Roger Taylor

(continued on next page)

From the Pastor

(continued from front)

I will return on the second Sunday of August when we will celebrate the Lord's Supper together. We will also begin a sermon series on one of my favorite biblical books, the book of Exodus.

I hope you have a great summer!

Yours in Christ, Mike



First Presbyterian Church
web page:
www.fpcgeorgetown.org



Remember the church's needs this summer!

As we make summer vacation plans, we are reminded that the financial needs of the church *don't* take a summer break: FPC will still pay staff salaries, provide programs for children and youth, maintain our facility and support missions. So please remember the church this summer as you take time to enjoy life.



Summer Construction: An architectural rendering of the remodeled 7th Street entrance to the Worship Center-Fellowship Hall.

Among Our People



Boldface indicates
a member of First
Presbyterian Church

In the hospital last month: Jim Andersen, Barbara Caudle (surgery), Conny Curtis, **Gene Gregory** (surgery), **Ben Nichols** (surgery), **Lois Stanley** (surgery) and **Margaret Sunkel**.

Our sympathy to Marty Curtis on the death of her husband, Conny, June 13. Services were held June 17, officiated by Pastor Mike.

In memoriam:

♦ **Jerry Hammerlun** joined the Church Triumphant June 17. Services officiated by Pastor Mike were held June 23. Jerry was a member of our church from 1992-2007 and joined again in December 2011. He served as elder of our congregation from 1994-1996, 1999-2001 and 2016-2017.

♦ **Jay Allen** joined the Church Triumphant June 18. Jay was a member of our church from 1999-2007 and joined again in February 2012. A service of committal was held June 27, with Pastor Mike officiating.

Congratulations to Elaine Eddings on the birth of her granddaughter, Lucy, born June 5 in Colorado Springs, CO.

Thank you's:

*"My dearest FPC Family,
With all my heart I want to thank everyone who continues to help me through my transition to Colorado in order to assist in the care of my grandchildren, the newest one being our little early bird, Lucy, born June 5th. Your love and prayers sustain me. By the way, Mother Sarah and baby Lucy are doing fine. Big sister Leia just turned 1 year old and will welcome her new playmate with her usual enthusiasm, I'm sure. My new address is: 1621 E. Woodmen Road,*

Apt. 83, Colorado Springs, CO 80920-3381. I hope to hear from you and I promise to keep in touch. My love and prayers always,
—Elaine Eddings

*Dear Church Family,
Words seem inadequate in thanking you for your expressions of sympathy on the loss of our husband and dad. During Conny's illness and treatment, his short time under hospice care, and our time of grief, we have been grateful for the Care Ministry's visits and calls. We thank Pastor Mike for leading the service and Christina Bondesen and Sue Rose for their participation. We also thank the others responsible for the ushering and arrangements for the reception. We turn to God for comfort in knowing that our loved one is no longer suffering and is at peace in the arms of our Heavenly Father.*
—Sincerely, Marty Curtis, Kristin Curtis and Ray & Carly Curtis Alvarez

Serving in the military: Josh Bengé, **Sturdy & Tammy Wanamaker's** nephew; Maj. Brian Berlakovich, **Ouida Henderson's** grandson-in-law; Lt. Col. Brian Burk, **Larry Burk's** son; Maj. Kyle Burrow, **David Lee Hulsey's** cousin; Capt. Geoff Childs, **Helen Douglass' grand-son-in-law;** **LeeAnne Cospér;** Maj. Josh Daleiden, **Betty Bradford's grand-son-in-law;** **John Decker;** Jared A. Gross, **Robert Bedford's** nephew; **Brian Hall;** Capt. Daniel Hammond, **Keith & Sue Renard's** grandson-in-law; **Garrett Herbst;** Brandon Keith, **Phil & Jeanne Smith's** son-in-law; **Debra Knight;** **Nicholaas Le-loux;** Tech.Sgt. Robert McClanahan, grandson of **Minta McIntosh** and nephew of **Lee McIntosh;** **Sgt.1st Class Paul Rayburn;** Lt.Col. Margaret Sharpnack, **Phil & Cindy Sharpnack's** daughter; and Christian Winckel, grandson of Sandy Hayes.

Summer Office Hours

*Summer hours for the church office:
9 a.m. - noon and 1 - 3 p.m.
Monday through Thursday,
and 9 a.m. - noon Friday.*

BIRTHDAYS

(continued from previous page)

- 21 John Decker
Grayson Kennedy
Ardith Lane
- 22 Roger Molenda
- 23 Janet Byram
Elaine Eddings
Matthew Pilcher
Phil Smith
- 24 Bill Baechtel
Wanda Wallace
- 25 Rachel Isenhour
Shawn Levens
Nadia Mahannah
- 26 Joanne Folta
Billy McLain
- 27 Chris Poe
- 28 Thom Bausch
Jonathan Shaner
- 29 Howard Dudding
Walt Ragan
- 30 Carter Osborne
Magen Smith

Flowers in Worship/ July

- 2 Jeff & Judy Willett
- 9 Carolyn Pursley
- 16 Betty Smith
- 23 Richard & Maria
Jenny
- 30 Larry & Helen Burk

*Sign up to provide
flowers in worship. A
sign-up sheet is posted
outside the church office.
As you sign up for a
certain Sunday, remem-
ber to indicate if you are
willing to donate your
arrangement after the
service to be used in the
Flower Ministry for re-
gifting. Contact either
Kathy Jones, 512-863-
3012, or Betty Smith,
512-869-6925.*

Head Deacon/July

- 8:30 Ann Hindman
Suzy Taylor
- 11:00 Barbara Caudle
Ann Hindman

CHRISTIAN EDUCATION

Joy Bedford
Education Director
jbedford2321@gmail.com

Office Hours:
Tuesday - Friday
9 a.m. - 4 p.m.



Save these dates!

July 9, 16, 23
9:30 - 10 a.m.
(3-5 year olds)
"Praisin' Our Amazin' God"

July 9, 16, 23
10:10 - 10:40 a.m.
(entering 2nd - 7th graders)
Handchimes

July 10-14
Fun In The Son with Youth

July 16-22
FPC Week at John Knox Ranch

August 13, 3 - 8 p.m.
FPC Mini Make-Over

August 20
Promotion Sunday

September 22-24
All-Church Retreat

LOGOS Summer Mission Project

LOGOS is planning to participate in the Manos de Cristo Back-to School Program this July as a mission project. We will have the ability to help provide children living in need with school supplies and clothing as they prepare for a new school year. This is a fabulous hands-on opportunity for our families to participate in. The time has not been announced yet, but it will be on Monday, July 24.

July 24 Manos de Cristo Mission Project
August 30 5:30 p.m., LOGOS Orientation & Registration
September 6 First LOGOS of 2017-18; Confirmation Class Begins



Vacation Bible School

VBS was a HUGE success this year! We had 101 campers (last year we had 76). With an amazing team of 67 volunteers who tirelessly donated their time and talents to help make it the great success it was. Thank you so much to those who donated items from our donation board, as well as those who brought snacks for the volunteers to enjoy during the week. The volunteers said this was the best they have ever eaten....so job well done! We also greatly appreciate all the prayers and well wishes we received that week and the weeks leading up to it. VBS is a huge task and having the support of our amazing congregation helps make it possible. On the next page are a couple of pictures of our week of learning how we were "Built by God, Created for a Purpose."

"FPC Mini Make-Over"

Sunday, August 13, 3 - 8 p.m.

We are planning a fun event for our families in August called "FPC Mini Make-Over." We will come together and have a great afternoon of sprucing up our education building in preparation for the fall semester. After the quick clean up, we will have pizza and a movie for everyone to enjoy. We will send out an official Evite as it gets closer, but please go ahead and mark your calendars!

—Jaime Cowan, LOGOS Director



New children's music opportunities in July

Two new music experiences for children will be offered between worship services on July 9, 16 and 23.

From 9:30 to 10 a.m. we will be "Praisin' Our Amazin' God" with music from Kathy Hill's Preschool Praise' ntations. This group is for children ages 3 through 5 and will meet in the children's church room.

From 10:10 to 10:40 a.m. children entering 2nd through 7th grades will have an opportunity to explore the hand-chimes. You don't have to read music to join in. We will practice with some simple rhythms using a "ring and sing" method. This group meets in the bell choir room, upstairs behind the sanctuary.

Both ensembles are for experience only—no performing or presenting in worship.

—Amy Pratt, Children's Choir Director

Income and Expense Report Year to Date - May 2017 General Operating Fund

	Actual	Annual Budget	YTD% Annual Budget
Income			
Pledges	\$38,5875	\$862,463	45%
Other	39,759	112,264	35%
TOTAL	\$425,634	\$974,727	44%
Expenses			
Validated Mission	23,430	59,100	40%
Local/Other Mission	11,959	30,600	39%
Ministry of the Word	60,983	159,581	38%
Program/Support Staff	173,689	421,444	41%
Christian Education	6,270	34,900	18%
Music and Worship	5,082	20,914	24%
Evangelism/Care	-2,588	10,360	-25%
Property	31,579	90,245	35%
Stewardship/Finance	8,832	21,600	41%
Other Oper Expenses	14,361	43,300	33%
Debt Retirement	37,654	90,370	42%
TOTAL	\$371,251	\$982,414	38%

Friends in Deed



An FPC mission project helping members with routine home maintenance and minor repairs

Call the Church Office to schedule a visit from one of FPC's "Friends in Deed."



Enjoying Maker Fun Factory VBS in June: Caroline Gremillion (top) and (right, from far left) Scarlett Gibson, Weston Brinkman, Maddox Azuma-Hall and Paige Weisbrod.



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FPC's 2017 high school graduates, the colleges they plan to attend and their planned majors:

Cade Basey, Blinn College, Construction Science

Rachel Bondesen, Pacific Northwest College of Art, Portland, Oregon, Illustration

Shelby Brainard, Princeton University, Philosophy & History

Emily Dublin, Abilene Christian University, Undecided

Elijah Folsom, The University of Oklahoma, Business

Robby Isenhour, Angelo State University: to study Business, Marketing & Management on Carr Scholarship and play baseball for the ASU Rams

Tori Schmalstieg, University of North Texas, Fashion Design

Dean Taylor, Texas State University, Business

Rachel Taylor, applying to University of Arkansas, Fayetteville, Psychology

Tanner Walden

Jacob Wenzel, Blinn College, Business

YOUTH MINISTRY

Summer: Exciting times in Youth Ministry

It's summer. It's fun. It's busy. As July rolls around, we are usually in the middle of some exciting times in Youth Ministry. We just finished the In-Town Mission Trip (details to come in August) and are gearing up for Fun In The Son youth conference in South Padre. But aside from the trips, we've also kept it lively at the church. We enjoyed a movie matinee in the youth room, ran an obstacle course race that covered the entire church block (inside and out), and even found a way to combine slip'n'slides with kickball for a water evening.

Now don't be fooled. While it all seems fun (and it is fun), God is still active and present. We still pray together, break bread together, fellowship, talk about scripture and discuss what God is doing in our lives. It is a wonderful and

necessary task in youth ministry that we realize (and help youth realize) that God is not left behind in the sanctuary after Sunday worship, but that the Lord is with us EVERYWHERE and in EVERY EXPERIENCE. And because of that, we hope our youth are encouraged, strengthened and comforted now and for the rest of their lives.

—God bless, David Lee Hulsey

Youth Calendar for July

5 - WNL: Youth's Choice

10-14 - FITS Conference

16-22 - Youth to JKR

19 - Last WNL: Nerf Night



Three college students from FPC and Youth Ministry Director David Lee Hulsey experienced snow and cold weather when they spent a week in May doing mission work at the Young Life Crooked Creek Ranch near Fraser, Colorado. Left: (from left) Kayla Isenhour, David Lee, JoJo Hermann and Austin Moreno. Top: Austin.

Summer intern gains experience in youth ministry

Kayla Isenhour, FPC member and a sophomore at Barclay College in Haviland, Kansas, is our first Youth Ministry Summer Intern, responsible for ministries to middle school and high school students, including Wednesday youth gatherings, youth trips, Bible study, work projects and special ministries.

Kayla is studying youth ministry at Haviland.

"The idea for a part-time youth intern came about in fall 2016 after talking to Kayla about her first semester in college," said David Lee Hulsey, Youth Ministry Director. "When she mentioned that she would be required to do a youth ministry internship before graduating, I thought maybe she would benefit from a summer internship here as a way to gain experience and prepare for her required internship. I also liked the idea of help over the summer with programming and youth trips. Pastor Mike thought it was a good idea and took it to Administrative Committee, which approved it."

Kayla is working 10 hours a week and reporting to David Lee and Sarah Hulsey, FPC's other Youth Ministry Director, as well as to Pastor Mike. She attends staff meetings and Executive Committee meetings, and is researching Bible study curricula for this fall. As part of her internship, she will read several books this summer pertaining to such topics as youth ministry, theology, spiritual disciplines, church and culture, personal growth and apologetics.



"This internship helps further God's call for me and to prepare me for my future in ministry," Kayla said. "I could have chosen anywhere to do an internship, but I wanted to do it at my home church because the congregation knows me. Also, the Youth Ministry here deepened my faith and I began to know Christ for myself. I want to learn from the experiences of David Lee and Sarah, who are huge inspirations to me."

Kayla said she hopes this summer to learn how to develop impacting relationships with youth and learn different organizational skills to help with the "business side of ministry."

She added, "All of this experience will help me in future internships, as well as my actual ministry job after college."

Kayla's parents are Tom and Susan Isenhour, who have been members since 2009.



Olivia Cowan, who won the 3rd Annual Youth Spartan Obstacle Course in June, clears a hurdle on her way to victory.



To notify the church office if:

- You change your physical or mailing address
- You change your e-mail address or add e-mail
- You change your home or cell phone number
- You add a new phone number



Matthew Pilcher (back) and Aidan Guidici negotiate the tire obstacle.

Manos de Cristo Donations

As a non-profit organization, Manos de Cristo relies on donations from the community to sustain its programs. FPC has provided financial support for many years, together with other Austin-area churches and other donors. There are several options for individuals to make one-time, monthly or multi-year donations. Go to www.manosdecristo.org/donate.html.

Manos de Cristo Volunteer Opportunities

The website has online applications for general volunteers (e.g., Food Pantry or Clothes Closet, Event Planning & Marketing), education volunteers (teaching or tutoring) and Dental Center volunteers (primarily dentistry). Back-to-School Program volunteers are recruited prior to the July event. Go to www.manosdecristo.org/volunteers.html

Ray Rayburn (left) and Bill McKenna (in cap) work at the 2016 Back-to-School Program, helping children get outfitted for school. Bill is the FPC Mission Advocate for Manos de Cristo.

MISSION

Manos de Cristo: Helping Hands since 1988

Two men, the pastor and an elder from El Buen Pastor Presbyterian Church, founded Manos de Cristo in east Austin in 1988 to provide dental treatment and basic services to the needy in that neighborhood. A grant from the Presbyterian Church (USA), as well as support from Austin-area churches and organizations, enabled Manos to expand.

Today Manos de Cristo serves more than 23,000 low-income adults and children each year who are working to achieve or maintain self-sufficiency. Many clients barely meet monthly household expenses, and even a slight deviation can push them to the brink of homelessness. Yet, in this population, people see pride, determination and hope for a brighter future.

The programs at Manos allow individuals to grow by investing in themselves, their health and their education. For example, clients pay a portion of their education fees and at least one-third of their dental costs.

The Manos de Cristo **Dental Center** is a vital resource for low-cost, high-quality services for under- and uninsured children, adults and seniors. The center serves 12,000 patients each year with emergency, restorative and preven-

tative care. Some 21% of Central Texas residents under the age of 65 have no health insurance, and dental insurance for the most part is not covered under the Affordable Care Act. The center keeps its fees low through its community partners and fundraising efforts.

Every summer, Manos de Cristo hosts its annual **Back-to-School Program**. (See box on next page.)

When a family needs food, Manos can be the difference between having a simple meal on the table or going to bed hungry. The **Basic Needs Program** provides a week of emergency food assistance and clothing for 50 to 60 families every week.

Adult learners face many challenges when committing to an **Education Program**. For most it's an achievement just to enroll in class. Each year, more than 800 adults pursue Manos de Cristo education classes, including English as a Second Language, Adult Basic Education in English and Spanish, Computer Literacy, and Citizenship.

With the increase in Central Texas' population, poverty rates and requests for assistance continue to trend upward. Manos' long-term success is marked by the ability to understand and immediately address needs of the working poor.

The Dental Clinic and Basic Needs, Adult Education and Back-to-School programs are consolidated in central Austin at 4911 Harmon Ave.; phone 512-477-7454. More information is available at www.manosdecristo.org and on the Manos de Cristo Facebook page.



Consider volunteering this summer

Here it is summer again, and with it come some difficulties for The Caring Place. One problem is a shortage of volunteers because so many take vacations in the summer. The other thing is: Because so many people leave town we run short of food. So please don't forget The Caring Place while enjoying the summer break. If you already volunteer, please consider working an extra shift. It would be much appreciated. Call Rita at 512-943-0702 if you can help.

Many low-income and elderly people can't afford air conditioning so they rely on fans. The Caring Place is coordinating with Family Elder Care to collect and distribute fans in Williamson County. Already this summer we have had 100-degree temperatures. I'm told that a fan can reduce body temperature up to 8 degrees. Ever wonder how it feels to have no air conditioning? Try turning yours off for a day! Please help with The Caring Place's local fan drive



by donating a couple of fans or the money to purchase one or more fans. One costs about \$15.

Remember: If you are staying at a hotel/motel on vacation, pack the little shampoos, lotions, etc., and bring them to The Caring Place. You have paid for them so they are yours.

Have you checked out the new **Second Helping** Thrift Store? It's beautiful, and there are lots of really nice things there. It's situated in a two-story house next to The Oaks. It's worth the trip.

Johnny Lee and the Urban Cowboy Band are coming to Schwertner Ranch September 30 for "Deep in the Heart of Caring." It promises to be a fun evening and is The Caring Place's biggest fundraiser of the year.

Please try to support the event. It will be a really great evening.

Thank you for all your help.

—Jenny Carswell



Here are this month's food needs:

- ♦ Soups, no chicken or tomato at this time
- ♦ Individually wrapped snacks such as pretzels or granola bars
- ♦ Chili
- ♦ Hamburger and Chicken Helper
- ♦ Puddings
- ♦ Ketchup
- ♦ Mayo and mustard

The Food Pantry also needs **egg cartons!**



Manos de Cristo Back-to-School Program

Every summer, Manos de Cristo hosts its annual Back-to-School Program. Goal of the program is to ensure that all children, regardless of their economic status, start the school year feeling prepared, having the same tools as their peers. More than 2,000 children, pre-K through 5th grade, receive a new backpack, grade-appropriate school supplies, a book and two sets of clothing: shirts, shorts, socks and underwear.

This year's Back-to-School program is July 24 - 28 and will be held at Allan Elementary School, 4900 Gonzales St. in Austin. Manos de Cristo is looking for volunteers and donations to assist in the purchase and distribution of these items needed for school. There will be two shifts for distribution during that week: 7:45 a.m. - 11 a.m. and 10:45 a.m. - 2 p.m.

First Presbyterian is seeking any children, youth or adults who want to support this program on Monday, July 24. We plan to meet at the church and car pool into Austin. Contact Bridget Chapman at 512-639-6433 or chapmanbridget@yahoo.com if you can help.

Individuals who prefer to work a different day or make a financial donation can go to <http://www.manosdecristo.org/BTS2017.html> and sign up for a specific time slot or donate funds to the program.



FPC's Minta McIntosh helps a young girl with her supplies at the 2016 Manos de Cristo Back-to-School Program.



Is it time for the annual Peanut Butter and Jelly Collection for Meals on Wheels?

Yes!

The red PJ&J collection boxes have been set out and are waiting to be filled with jars of peanut butter and jelly by church members.

We collect July through August so that in September we can take the PB&J to Meals on Wheels at the Madella Hilliard Neighborhood Center on W. 8th St.

The center distributes the PB&J to its clients. Each of the 10 churches donates PB&J. Last year, our church collected 175 jars each of PB&J for a total of 350 jars—our goal. Watch for the status of collection efforts for each item in *First Word* and the Sunday bulletin.

—Dave & Alison Harrison, MOW Coordinators

Meals on Wheels volunteers needed

We still need Meals on Wheels volunteers! During the calendar year, we are one of 10 churches that deliver meals for a week. It works out that we deliver meals every 10 weeks: about five times a year. FPC has two more times this year to deliver meals—August 21-25 and October 30-November 3.

MOW has 12 routes in Georgewyn including Sun City. An increase in the number of recipients and routes has dictated the need for more volunteers.

Each route has a three-ring binder with maps and turn-by-turn directions to each recipient's address. It also has the list of clients, their addresses and

whether they are to receive a meal that day. The volunteer checks the list of recipients and the number of meals packed in hot and cold bags by the kitchen staff at the Madella Hilliard Neighborhood Center of Williamson-Burnet Counties Opportunities.

FPC volunteers deliver anywhere from one to five days a week during the church's week to deliver. Depending on the route, volunteers leave the center on 8th Street between 10:15 and 10:30 a.m.

Want more information or to volunteer? Talk with us. Leave a message if no answer. We will return your call.

—Dave & Alison Harrison
MOW Coordinators, 512-388-1812

Mission Sewing gives items to Christ Child Society

Last month we visited the Christ Child Society and learned about the organization's mission to provide assistance to young mothers, homeless youth and other individuals in need. We donated hand-made baby blankets and caps in support of its efforts. Our next meeting will be Friday, July 14, at 10 a.m. in Room 111.



Christ Child Society chapters across the U.S. challenge poverty one child at a time, providing many different services, including those to newborns and their families. Chapters sew infant layettes for new mothers and their babies, offer support to families who have lost a child at birth with bereavement layettes, and partner with agencies to teach parenting skills.

Welcome, NEW MEMBERS



Robert Cravens and Linda Thomas joined as affiliate members. They are presently active members of Webster (Texas) Presbyterian Church.

Robert is a retired chemical engineer. He enjoys working with Habitat for Humanity and doing video production.

Linda is an engineer with Aerospace Corporation in Houston. She enjoys quilting and travel.

They are renovating a house on Forest Street in Georgetown. Their current address is 15310 Greenleaf Lane, Houston 77062; phone 281-488-8588.

CARE MINISTRY

Points from Parish Nurse Penny

It's July in Texas and it's hot! This month let's talk about water and the importance of keeping ourselves well hydrated. That's tough to do sometimes. We usually lose 10 cups of water per day from breathing, sweating and urinating. If you have an illness or health condition, or are overweight, or male, you will be needing much more water. If you are in the heat, you will need more water. People exercising in hot weather need to drink 5 - 10 oz. every 20 minutes. It's also helpful to drink 2 cups of water 2 hours before a workout.

Our bodies are mostly water: 55% - 75% water. That's around 11 gallons. Water makes up about 83% of blood, 73% of muscles, 25% of body fat and 22% of bones. Most people have heard of the guideline that we need 8 - 10 glasses of water per day. That may be true for some people, but since we are "wonderfully and fearfully made," the amount each of us needs does vary.

There are two ways to tell if you are drinking enough water:

1) Are you thirsty? Definitely get some water into you immediately if you feel thirsty. Thirst is a "late sign" and an "important sign" because often people are dehydrated by the time they feel thirsty. 2) Color? If your urine is looking like apple juice, you need water. A well hydrated person has clear to very light colored urine. So don't wait - drink some water.

Some of the benefits of drinking water are surprising:

- ♦ Your skin will have fewer wrinkles, you will feel more energetic, and your joints and muscles will move more easily because they are lubricated and water speeds up repair. Are you trying to lose weight? Water helps you feel satiated, and it revs up your metabolism so you burn more calories.

- ♦ Adequate water helps to lower blood pressure. Water helps to keep the blood moving freely through the veins and arteries, helping prevent high blood pressure along with other cardiovascular ailments.

- ♦ And water slows the aging process: Finally, all of our organs require copious amounts of water to function properly. If we stay dehydrated for long stretches, every cell, organ and system in the body has to work harder, which means we will age faster. Drinking enough water literally keeps you young feeling, looking and acting—for longer.



Seniors Living Smarter Seminars

July's topic is "Navigating VA, Medicare and Medicaid Benefits, and More," Thursday, July 20, 10-11:30 a.m. in Room 101.

This is a free seminar but you must reserve your seat since this series is becoming very popular and space is limited. Call 512-818-0988.

The **Seniors Living Smarter Seminars** are presented monthly by Seniors Real Estate Specialist® Virginia Lazenby as a service to seniors, their families, and the community. Goal of the free seminars is to equip, educate and inspire seniors to make informed choices and empowered decisions concerning their lifestyle goals.



Penny Leone, RN
Parish Nurse
 pnurse5@aol.com

Office Hours:
 All day Tuesday
 Other hours
 by appointment

Stephen Ministry

July 3—No meeting

July 17, 7 p.m.
 Supervision only

No continuing
 education in July

PUBLIC NOTICE

(Session voted May 24, 2016 to provide written notice of this policy in the newsletter rather than permanent signage.)

Pursuant to Section 30.06, Penal Code (trespass by license holder with a concealed handgun), a person licensed under Sub-chapter H, Chapter 411, Government Code (handgun licensing law), may not enter this property with a concealed handgun.

Pursuant to Section 30.07, Penal Code (trespass by license holder with an openly carried handgun), a person licensed under Subchapter H, Chapter 411, Government Code (handgun licensing law), may not enter this property with a handgun that is carried openly.

JULY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25 Dr. Michael Roberts Preaching 8:30am Worship-Sanctuary 11:00am Worship-WCFH 5:00pm Youth In-town Mission Trip begins	26 ♦ Summer Office Hours begin ♦ Jenny Carswell on vacation thru 7/18 10:00am AAUW Planning Meeting	27 10:30am Pastoral Care 11:00am Staff Meeting 2:00pm Jay Allen Private Committal Service 7:00pm Session Meeting	28 ♦ Dr. Michael Roberts on vacation and study leave thru 8/7 ♦ Dr. Ken Peters on call thru 8/7 6:00pm Youth Event	29	30	1 Joy Bedford on vacation thru 7/15
2 Dr. Ken Peters Preaching 8:30am Worship-Sanctuary 11:00am Worship-WCFH	3 ♦ Kathi Davenport on vacation thru 7/9	4 Church Office Closed	5 6:00pm Youth Event	6	7	8
9 David Lee Hulsey Preaching 8:30am Worship-Sanctuary 9:30am Pre-K Choir 10:10am Handchimers 11:00am Worship-WCFH	10 Youth to Fun In The Sun thru 7/14	11 10:30am Pastoral Care 11:00am Staff Meeting	12	13 12:00pm Stephen Leader Meeting	14 10:00am Mission Sewing	15
16 Dr. Tom Currie Preaching FPC Youth to John Knox Ranch 8:30am Worship-Sanctuary 9:30am Pre-K Choir 10:10am Handchimers 11:00am Worship-WCFH	17 7:00pm Stephen Ministry Supervision	18 10:30am Pastoral Care 11:00am Staff Meeting 4:30pm Newsletter Deadline	19 6:00pm Youth Event	20 ♦ Penny Leone on vacation thru 7/30 ♦ Hulseys on vacation thru 8/4 10:00am Senior Seminar	21	22
23 Dr. Tom Currie Preaching 8:30am Worship-Sanctuary 9:30am Pre-K Choir 10:10am Handchimers 11:00am Worship-WCFH	24	25 No Staff Meeting	26	27	28	29
30 Katy Bedford Preaching 8:30am Worship-Sanctuary 11:00am Worship-WCFH	31	1 10:30am Pastoral Care 11:00am Staff Meeting	2	3	4	5