

First Presbyterian Church
1803 - 83rd Street
Kenosha, Wisconsin 53143

TOWER TOPICS

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LANCE LOVEALL, Pastor

DATED MATERIAL
January 30, 2020



Join us on Sunday, February 9th,
starting at 4:00 p.m. for fun, food
and fellowship. Main dish will be
provided, please bring a side dish to
pass.





FROM THE PASTOR'S DESK

What are your goals for 2020? Are you already feeling them getting away from you? We often begin the new year with some key goals we would like to achieve – health, financial planning, spiritual goals, better relationships and so forth. Once the newness wears off, however, and the difficulty of achieving those goals sets in, we often lose focus. Let me suggest a few things that might help.

First, do not make the goal so big that it begins to seem impossible. Say you decide you want to read through the Scriptures in one year. That is a big goal that takes a lot of time and effort. Is it really important that you read through it in a year? What if you decided to read a Gospel? Just read through it at your pace; just the one book. Give yourself time and energy to digest it and if you miss a day, you are not seven chapters behind, and then fourteen, and then, and then. You simply read Matthew, or Luke, or Mark, or (well you get the picture). When you are done, decide if you want to read another one. Choose a smaller book if you like. Stick to the New Testament for now if that seems safer. You might choose to read a Psalm each day or in addition to your other reading. Same way with the other goals you set. You want to read some classic literature (perhaps some Shakespeare since people are always quoting it)? Don't go get the unabridged complete works of William Shakespeare. Take one play and read it bit by bit. If you enjoy it, pick another. You want to learn a language, don't say, "I am going to learn Spanish in 2020." Instead, improve your Spanish in 2020. For most of us this is for personal enrichment. There is no final exam so no need to put a lot of arbitrary dates on it.

However, if you do fall off the wagon, have some dates along the way that help you begin again. Our minds like dates that signify new beginnings. That is why we like New Year resolutions. But that is too long of a span for many of us. What if you "began again" at Easter, which is a new beginning (spiritually speaking), or the first day of spring, or when daylight savings time begins, or on your birthday, or Memorial Day, or Labor Day. These are days that signify change and new beginning to our minds, so use them as waypoints to start again, keep going, or to check in with your goals.

Finally, you must deal with the issue of temptations. If your goal is to eat healthier, exercise more, watch less TV, or read more Scripture, you know that temptation is going to set in giving you encouragement to give in and do what feels good more often. One concept I heard about recently is the idea of "temptation bundling." Bundle the temptation with something that helps fulfill your goal. For instance, you love to read trashy novels (come on, you know they are trashy – they are a guilty pleasure). Allow yourself to read them (or listen to them on audio book) ONLY while exercising. Read while on the stationary bike. Listen while walking or running. Stream your favorite TV

show ONLY while doing some exercise. Get yourself a Starbucks coffee ONLY when spending some time reading the Scriptures or doing that creative writing you have always wanted to do. It can work in relationships as well. Need to schedule more time with people who push your buttons? Do it at that burger restaurant that is a bit of a guilty pleasure for you. You will eat there less and maybe put off those meetings less. I like scented candles. I can combine my enjoyment of those with something like sermon preparation. I can only have a candle going if I am working on my sermon, or reports, or whatever. I like podcasts, as you know. Perhaps I will limit my podcast listening to times that I am doing house work. More work gets done if I want to enjoy a podcast. It can work with almost anything if you are creative. Rather than a reward system (you do this so afterwards you can have that), you combine something you enjoy with something that is more challenging for you and make the thing more enjoyable. The key is, limit your exposure to that thing you need less of (TV, muffins, fancy coffee, etc.) to only those times you're are doing the thing that helps you achieve your goal.

I hope that you have some spiritual goals for 2020. Whatever your goals are, however, set yourself up for success and see if 2020 might be the year you see real changes.

Lance

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## **TREASURER'S REPORT**

### **General Operating Fund**

|                             |                    |
|-----------------------------|--------------------|
| Beginning Balance 12/1/2019 | \$45,119.71        |
| Receipts                    | \$39,607.31        |
| Disbursements               | <u>\$21,012.67</u> |
| Ending Balance 12/31/2019   | <u>\$63,714.35</u> |

### **Building Reserve Fund**

|                             |                    |
|-----------------------------|--------------------|
| Beginning Balance 12/1/2019 | \$60,995.36        |
| Receipts                    | \$ 80.00           |
| Disbursements               | \$ 0.00            |
| Interest                    | <u>\$ 5.33</u>     |
| Ending Balance 12/31/2019   | <u>\$61,080.68</u> |

## **MISSION STATEMENT**

Called into being by God's grace, we are Christians in progress;  
Called to grow together in God's ways through worship, study, fellowship, evangelism,  
and service;  
Called to be servants of God's love to one another, to our community, and to the world.  
We welcome all to our community of faith.

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SNOWMAN MITTEN COLLECTION

THANK YOU for your generous donations of mittens, gloves, hats, and scarves to the snowman mitten barrel. A special THANK YOU to the knitters for their many handmade donations; a monetary donation from the Van Dahms to purchase more hats and mittens; Darleen for two bags full of handmade hats and gloves; and Kathy Ruffalo from St. Peters Church for all the handmade scarves. All the items were distributed to 8 elementary schools. The donations were GREATLY appreciated by all the schools. Thanks again for helping to keep the hands and heads of many Kenosha children warm this winter.

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## **BIBLE STUDY**

You are invited to join us each Wednesday at 9:00 a.m. in Fellowship Hall, or at 7:00 p.m. in the Fireside Room, as a group of us study the Bible together. All are welcome!

IDENTIFICATION STATEMENT

Tower Topics  
Kenosha, WI 53143  
Issue #267

## **DAILY LECTIONARY PASSAGES**

### **FEBRUARY 2020**

- Feb 1** – Psalm 122, 149, 100, 63; Gen. 18:1-16; Heb. 10:26-39; John 6:16-27
- Feb 2** – Psalm 108, 150, 66, 23; Gen. 18:16-33; Gal. 5:13-25; Mark 8:22-30
- Feb 3** - Psalm 62, 145, 73, 9; Gen. 19:1-17, 24-29; Heb. 11:1-12; John 6:27-40
- Feb 4** – Psalm 12, 146, 36, 7; Gen. 21:1-21; Heb. 11:13-22; John 6:41-51
- Feb 5** – Psalm 96, 147:1-11, 132, 134; Gen. 22:1-18; Heb. 11:23-31; John 6:52-59
- Feb 6** - Psalm 116, 147:12-20, 26, 130; Gen. 23:1-20; Heb. 11:32-12:2; John 6:60-71
- Feb 7** - Psalm 84, 148, 25, 40; Gen. 24:1-27; Heb. 12:3-11; John 7:1-13
- Feb 8** – Psalm 63, 149, 125, 90; Gen. 24:28-38, 49-51; Heb. 12:12-29; John 7:14-36
- Feb 9** – Psalm 103, 150, 117, 139; Gen. 24:50-67; 2 Tim. 2:14-21; Mark 10:13-22
- Feb 10** – Psalm 5, 145, 82, 29; Gen. 25:19-34; Heb. 13:1-16; John 7:37-52
- Feb 11** - Psalm 42, 146, 102, 133; Gen. 26:1-6, 12-33; Heb. 13:17-25; John 7:53-8:11
- Feb 12** – Psalm 89:1-18, 147:1-11, 1, 33; Gen. 27:1-29; Rom. 12:1-8; John 8:12-20
- Feb 13** – Psalm 97, 147:12-20, 16, 62; Gen. 27:30-45; Rom. 12:9-21; John 8:21-32
- Feb 14** – Psalm 51, 148, 142, 65; Gen. 27:46-28:4, 10-22; Rom. 13:1-14; John 8:33-47
- Feb 15** – Psalm 104, 149, 138, 98; Gen. 29:1-20; Rom. 14:1-23; John 8:47-59
- Feb 16** – Psalm 19, 150, 81, 113; Gen. 29:20-35; 1 Tim. 3:14-4:10; Mark 10:23-31
- Feb 17** - Psalm 135, 145, 97, 112; Gen. 30:1-24; 1 John 1:1-10; John 9:1-17
- Feb 18** – Psalm 123, 146, 30, 86; Gen. 31:1-24; 1 John 2:1-11; John 3:16-21; 18-41
- Feb 19** – Psalm 15, 147:1-11, 48, 4; Gen. 31:25-50; 1 John 2:12-17; John 10:1-18
- Feb 20** - Psalm 36, 147:12-20, 80, 27; Gen. 32:3-21; 1 John 2:18-29; John 10:19-30
- Feb 21** – Psalm 130, 148, 32, 139; Gen. 32:22-33:17; 1 John 3:1-10; John 10:31-42
- Feb 22** – Psalm 56, 149, 118, 111; Gen. 35:1-20; 1 John 3:11-18; John 11:1-16
- Feb 23** - Psalm 103, 150, 117, 139; Mal. 4:1-6; 2 Cor. 3:7-18; Luke 9:18-27
- Feb 24** - Psalm 5, 145, 82, 29; Prov. 27:1-6, 10-12; Phil. 2:1-13; John 18:15-18, 25-27
- Feb 25** – Psalm 42, 146, 102, 133; Prov. 30:1-4, 24-33; Phil. 3:1-11; John 18:28-38
- Feb 26** – Psalm 5, 147:1-11, 27, 51; Amos 5:6-15; Heb. 12:1-14; Luke 18:9-14
- Feb 27** – Psalm 27, 147:12-20, 126, 102; Hab. 3:1-10, 16-18; Phil. 3:12-21; John 17:1-8
- Feb 28** – Psalm 22, 148, 105, 130; Ezek. 18:1-4, 25-32; Phil. 4:1-9; John 17:9-19
- Feb 29** – Psalm 43, 149, 31, 143; Ezek. 39:21-29; Phil. 4:10-20; John 17:20-26

## **SOUP KITCHEN**

On January 7<sup>th</sup> First Presbyterian had 11 volunteers serving a nutritious meal at the Soup Kitchen on 39<sup>th</sup> Avenue. There were 79 adults and 19 children present to enjoy our soup, cupcakes and the meal made by the Shalom Center staff. We will be serving there again on Tuesday, February 4<sup>th</sup>. If you are interested in baking/buying cupcakes or serving, just sign up in the Narthex! Thanks for supporting this worthwhile community mission.

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FIRESIDE FRIENDS

Fireside Friends will meet on Tuesday, February 11th at 10:00 a.m. for our usual coffee and fellowship. We will discuss our plans and calendar for the coming year, so please bring any ideas you would like to share. We usually sign a Valentine greeting to send to our church homebound members; this year if you have some Valentines, please bring them and we can sign and address them to get ready to send. Any questions please contact Julie Iorio or Mary Wirch.

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## **SENIOR LUNCHEONS**

Our senior luncheon is scheduled for Tuesday, February 18<sup>th</sup> at 11:30 a.m. in Fellowship Hall. All seniors and guests are welcome. Please join us for delicious food and wonderful fellowship!

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PRAYER SHAWL

Prayer Shawl will meet on Wednesday, February 19th at 10:00 a.m. All knitters and crocheters are welcome!

VOLUNTEERS

Lest you should not feel the ‘urgency’, let me remind you that there is always a need for volunteers in various positions in our congregation. Two of the more compelling vacancies right now are:

1) Musicians. We can use your talents any and every Sunday. As before, this can be an individual or any size group, vocal or instrumental. If you are a little unsure or confused about what to do, simply speak to Ron or Lance and we can help you figure it out or to find music. There is no sign-up sheet, so ask us about getting scheduled. We’d love to have your talents shared.

2) Counters: Very important function, very few volunteers. Yes, it occurs during part of coffee hour, but that should not a deal-breaker (that’s called ‘sacrifice’!). I feel there is a ‘fear’ of not counting correctly, crediting to the wrong column, it’s ‘confusing’, generally messing it up, etc., but we are working on getting better training in a more relaxed atmosphere without the ‘trial by fire’ method. If you feel that, with training, you could help in this function, again please let Ron or Lance know and we will get you involved. Assist in the assessment of our weekly offerings.

Thank you for your consideration and assistance in all volunteer positions, especially these.

Ron Meinhardt
Music/Worship Committee

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## **CHILI COOK-OFF**

Mark your calendars for Wednesday, February 26<sup>th</sup>. We will be having our annual chili cook-off, followed by Ash Wednesday worship.

## **CHECK IT OUT!**

I have always loved the saying, "A book is a present you can open again and again", because I have always loved to read, and in some cases, reread, my favorite books. My go-to resource for anything is the library, whether it be reading reviews for different cars before buying or finding the most popular tourist attractions when visiting a new destination. So, it comes as no surprise to people who know me well that when my husband was diagnosed with dementia in 2017, I immediately found the best books on the subject and dealing with it as a caregiver.

When my husband Bob passed away on December 1<sup>st</sup>, I found that my reading material changed drastically, and I didn't have to go anywhere to find it, it came to me. Every day the mailbox held lovely cards, some with a signature and others that also included heartfelt remembrances of my husband. Say what you will about Hallmark holidays and cards being a waste of money, I read every card I received and appreciated every sentiment. I am also receiving literature on coping from the funeral home and Hospice that helps as I go through this process of grieving.

This background brings me to the real purpose of my column this month. I received a book from a friend at my former church who lost her husband in a tragic accident one month after their wedding. She said it was a tremendous help to her in the aftermath of his death, and she hoped it would be a comfort to me as well. The title of the book is *Tear Soup*, by Pat Schwiebert and Chuck DeKlyen. Pat is a registered nurse who has worked in bereavement for over 30 years. I plan to order it for our library and hope that you can find comfort in the story. It is a quick read and is for all ages. It would also be a thoughtful gift to anyone who suffers a loss.

Sheryl Becker  
Church Librarian



## **PARISH NURSE NOTES**

Anyone going out to check on the groundhog and his shadow? I'm not going to bother. I've lived in Wisconsin almost my entire life, and I know what sort of accuracy the groundhog reports have...very close to zero! It's fun to think about, though, and if you've never seen the movie "Groundhog Day" with Bill Murray, it's good for a laugh or two. Anyway, we know that we are most likely in for six more weeks of winter—at least! (It would be nice if we could see the sun a little bit more!)

I haven't "officially" thanked the December blood donors (and I'm embarrassed to say that the list has been mislaid), but many, many thanks to those who came and donated. Our goal was to collect 15 units, and we accomplished that! I, and the 45 people who benefited from those donations, are very grateful. I also thank Jackie for sharing her recent health issues and how blood donations were a large part of her recovery.

We will have another drive, probably in May. Watch for more information in Tower Topics as plans are finalized...and, as always, please consider being a hero!

The strangest label I have ever seen at the grocery store was on a bag of potatoes...it clearly stated that the potatoes were "fat free!" I just wondered exactly why that was necessary? I thought everyone knew that about potatoes...they're just that—fat free--until we attack them with butter and sour cream and bacon! That got me thinking about all the labels we see on foods. It is easy to be misled! Be sure to read the ingredient list—remember that many of those unpronounceable ones are probably not the healthiest. The biggest enemy in many processed foods is probably sugar. We may pick the box that claims to be "fat free" or "reduced sodium." Many times these can contain extra sugar to make us think they taste better. We need to get over the fear about all fat...healthy fat is part of a healthy diet. Peanut butter is a good example. The only ingredient on the label should read "peanuts." The label shouldn't include things such as "molasses, sugar, or (the awful) high fructose corn syrup." Almost all the fat in natural peanut butter is healthy, unsaturated fat. "Contains real fruit juice" is also misleading—read the list of ingredients! Often water and sugar can be the first two listed. Any processed food has been changed in some way from the original source; don't be fooled by the images of fresh fruits and veggies on the packaging! Be a smart shopper.

And as a last thought—send out some Valentine's love this month. Send some actual valentine cards, tell those who are special to you that they are special, share some hugs, smile, make some phone calls. We all need to know that we matter.

Blessings and love to all.

Karen Sorenson, Parish Nurse



## February Birthdays

Deb Kotten  
Kelly Andrichik  
Todd Kotten  
Janice Steinseifer  
Tom Van Dahm  
David Elblad  
Markie Peroutka  
Vince Shuler  
Tom Berry  
Aimee Crosby  
Paige Loveall

### SESSION

Gary Anderson (Fellowship, Memorial)  
Kelly Andrichik (Worship & Music, Personnel\*)  
Scott Barnes (Building & Grounds, Worship)  
Mark Bourque (Building & Grounds\*)  
Walter Deignan (Building & Grounds)  
Cris Doil (Stewardship & Finance\*)  
Marcy Hufendick (Christian Ed\*, Personnel, Memorial)  
Shari Infante (Fellowship\*, Mission, Memorial, Nominating)  
Todd Kotten (Building & Grounds)  
Ron Meinhardt (Worship and Music\*)  
Leslie Pottorff (Mission\*, Fellowship, Personnel, Memorial)  
Jodi Prince (Fellowship, Nominating)

( ) indicates committee assignments;  
\*indicates Team Leaders

### DEACONS

Lori Barnes, Ron Bauman, Renee Brueckert,  
Sherry Craig, Teddi Griffin, Lisa Hawley, Penny  
Ingraham\*, Brenda Langerman, Nancy  
McGovern



## February Anniversaries

Jody & David Armstrong  
Lydia & Paul Spottswood

### WORSHIP ATTENDANCE

|                |     |
|----------------|-----|
| January 5      | 131 |
| January 12     | 89  |
| January 19     | 119 |
| January 26     | 152 |
| Sunday Average | 122 |



# **FEBRUARY WORSHIP VOLUNTEER SCHEDULE**



**Head Usher:** Jourene Frederick

## **February 2<sup>nd</sup>**

N. Door Greeter: Lori Barnes  
Greeters: Julie Woodworth  
Reader: Helen Bergeson  
Sound System: Tom Berry  
Counters: Cris Doil  
Sherry Craig  
Nursery Helper: Linda Putrow  
Fellowship Host: Fellowship Team

## **February 16<sup>th</sup>**

N. Door Greeter: Renee Brueckert  
Greeters: Gary & Kathy Anderson  
Reader: Emily Loveall  
Sound System: Todd Kotten  
Counters: Cris Doil  
Sherry Craig  
Nursery Helper: Darleen Sluga  
Fellowship Host: Fellowship Team

## **February 9<sup>th</sup>**

N. Door Greeter: Brenda Langerman  
Greeters: Judy Wynstra  
Reader: Wyatt Djuplin  
Sound System: Walter Deignan  
Counters: Cris Doil  
Sherry Craig  
Nursery Helper: Hanna Bergeson  
Fellowship Host: Fellowship Team

## **February 23<sup>rd</sup>**

N. Door Greeter: Teddi Griffin  
Greeters: The Hawleys  
Reader: Walter Deignan  
Sound System: Don Mandry  
Counters: Cris Doil  
Sherry Craig  
Nursery Helper: Mandy Bergeson  
Fellowship Host: Mariners

**THANK YOU TO OUR VOLUNTEERS**