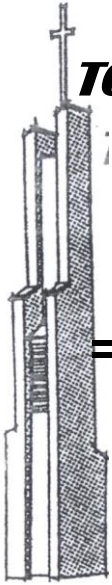


*First Presbyterian Church*  
1803 - 83<sup>rd</sup> Street  
Kenosha, Wisconsin 53143



## ***TOWER TOPICS***

Church Phone: 262-652-6838  
Church e-mail: [k1stpres@yahoo.com](mailto:k1stpres@yahoo.com)  
Church Website: [www.kenoshafpc.org](http://www.kenoshafpc.org)  
**LANCE LOVEALL, Pastor**

***DATED MATERIAL***

April 29, 2020

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JUST A LITTLE  
*Reminder*

All Sunday morning worship  
and other ramblings are available on our website at  
[www.kenoshafpc.org](http://www.kenoshafpc.org)



## **FROM THE PASTOR'S DESK**



"If you had read the minutes of our last date night, you'd know that sometimes I feel like just another church activity!"

Through the Board of Pensions, the PC(USA) insurance coverage for pastors and staff, I participate in a preventative wellness program called Call to Health. We do activities or challenges and gain points that earn us lower deductibles or gift cards. I have been doing some online coaching to gain points. One of the workshops I am taking is on mindfulness. I took it because I was just reading about the importance of mindfulness in daily life, but it turns out that I am just the kind of person that needs the reminder. I am often absent in my own day and not truly available to others because I am thinking of other things. I always feel the need to check messages, knock another thing off my to-do list, or try

to fill waiting time with some other task. Because of that I am less aware of how I am feeling and more apt to forget things or feel stressed. I also run the risk of not truly being there to listen to the needs of others. Sometimes, I do not even feel what my own body is doing. As I write this, I am wearing a heart event monitor and I am supposed to track any symptoms I might be experiencing. The problem is, I get so busy with so many things that I do not stop to pay attention to what signals my body is sending. I actually have to be intentional about feeling the symptoms I am supposed to track.

So, there are many reasons that being more mindful of the present moment is a good idea. It makes us more aware of ourselves, of others, and more aware of God's presence in our lives. How do we do it, though? Practicing mindfulness is akin to meditation. It involves focusing the mind on the present moment. There are many techniques, but here are a few I have learned about.

Take a mindful minute. Seriously, it is one minute. You can do it at work if you can find a minute you will not be interrupted. Be comfortable, with your feet grounded and back tall and straight. Then, for one minute only, eyes closed if you like, concentrate on being there in that moment. Just feel what you feel and if your mind wanders, just notice that and gently guide it back to the moment. There is no reason to get frustrated, just call

mental attention to the distraction and bring the mind back to the present moment. At the end of a minute, go about your day. Do NOT do this while driving. You might not think that a minute will help, but if you do that once a day, you will find that your awareness of the present moment and the ability to focus on that will increase.

Another technique is to focus on your breathing. Take deep breaths through your nose and fill the lungs. Not shallow chest breathing, but deep belly breathing. Then exhale through the mouth or nose, long and slow. Do this for a moment and concentrate on nothing else but the breathing. If you want a different exercise, try box breathing. It is the same breathing technique but after breathing in for four counts, pause for four counts before exhaling for four counts. Pause again for four counts before inhaling again. Try this for several breaths and again, focus on nothing more than the sensation of breathing.

Try a full body scan. No, not at the hospital, but rather in your chair. Start at your feet and concentrate for a few seconds on how they feel. Move to the calf and shin and feel those muscles and see how they are feeling. After few moments isolate the knees with your mindfulness and be aware of how they feel. Continue to work your way up the body until you get to the head and neck and be mindful of how they feel in that moment.

Another place we can choose to be mindful is in our eating. Slow down and chew more thoroughly. Be thankful for the food and take time to smell and taste it. Try to eat without doing other things. Think about what it took to get that food to you and give thanks for those who grew the food and those who prepared it. (This is also a great way to not over eat. It slows you down and makes you more aware of when you are full instead of flying by that moment distracted.)

Finally, take some time away from gadgets like phones, tablets, readers, and TV. Let yourself sit in silence or talk to others without feeling distracted. Disconnect from other things so you can be there fully with the one you are talking to.

We miss so many moments in life because we do not know how to be in the moment. Our prayers are distracted, our Scripture reading is distracted, and our conversations are distracted. Take some time to practice mindfulness so that you can get the most out of the moments you have today.

*Lance*

## **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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## **TREASURER'S REPORT**

### General Operating Fund

|                            |                    |
|----------------------------|--------------------|
| Beginning Balance 3/1/2020 | \$54,775.91        |
| Receipts                   | \$62,824.05        |
| Disbursements              | <u>\$28,928.55</u> |
| Ending Balance 3/31/2020   | <u>\$88,671.41</u> |

### Building Reserve Fund

|                            |                    |
|----------------------------|--------------------|
| Beginning Balance 3/1/2020 | \$68,971.34        |
| Receipts                   | \$ 50.00           |
| Disbursements              | \$ 0.00            |
| Interest                   | <u>\$ 3.76</u>     |
| Ending Balance 3/31/2020   | <u>\$69,025.10</u> |

IDENTIFICATION STATEMENT

Tower Topics  
Kenosha, WI 53143  
Issue #270

## DAILY LECTIONARY PASSAGES

### MAY 2020

- May 1** – Psalm 96, 148, 49, 138; Exod. 24:1-18; Col. 2:8-23; Matt. 4:12-17
- May 2** – Psalm 92, 149, 23, 114; Exod. 25:1-22; Col. 3:1-17; Matt. 4:18-25
- May 3** - Psalm 93, 150, 136, 117; Exod. 28:1-4, 30-38; 1 John 2:18-29; Mark 6:30-44
- May 4** – Psalm 97, 145, 124, 115; Exod. 32:1-20; Col. 3:18-4:6; Matt. 5:1-10
- May 5** – Psalm 98, 146, 66, 116; Exod. 32:21-34; 1 Thess. 1:1-10; Matt. 5:11-16
- May 6** - Psalm 99, 147:1-11, 9, 118; Exod. 33:1-23; 1 Thess. 2:1-12; Matt. 5:17-20
- May 7** - Psalm 47, 147:12-20, 68, 113; Exod. 34:1-17; 1 Thess. 2:13-20; Matt. 5:21-26
- May 8** – Psalm 96, 148, 49, 138; Exod. 34:18-35; 1 Thess. 3:1-13; Matt. 5:27-37
- May 9** – Psalm 92, 149, 23, 114; Exod. 40:18-38; 1 Thess. 4:1-12; Matt. 5:38-48
- May 10** – Psalm 93, 150, 136, 117; Lev. 8:1-13, 30-36; Heb. 12:1-14; Luke 4:16-30
- May 11** - Psalm 97, 145, 124, 115; Lev. 16:1-19; 1 Thess. 4:13-18; Matt. 6:1-6, 16-18
- May 12** – Psalm 98, 146, 66, 116; Lev. 16:20-34; 1 Thess. 5:1-11; Matt. 6:7-15
- May 13** – Psalm 99, 147:1-11, 9, 118; Lev. 19:1-18; 1 Thess. 5:12-28; Matt. 6:19-24
- May 14** – Psalm 47, 147:12-20, 68, 113; Lev. 19:26-37; 2 Thess. 1:1-12; Matt. 6:25-34
- May 15** – Psalm 96, 148, 49, 138; Lev. 23:1-22; 2 Thess. 2:1-17; Matt. 7:1-12
- May 16** – Psalm 92, 149, 23, 114; Lev. 23:23-44; 2 Thess. 3:1-18; Matt. 7:13-21
- May 17** - Psalm 93, 150, 136, 117; Lev. 25:1-17; James 1:2-8, 16-18; Luke 12:13-21
- May 18** – Psalm 97, 145, 124, 115; Lev. 25:35-55; Col. 1:9-14; Matt. 13:1-16
- May 19** – Psalm 98, 146, 66, 116; Lev. 26:1-20; 1 Tim. 2:1-6; Matt. 13:18-23
- May 20** - Psalm 99, 147:1-11, 9, 118; Lev. 26:27-42; Eph. 1:1-10; Matt. 22:41-46
- May 21** – Psalm 47, 147:12-20, 68, 113; Dan. 7:9-14; Heb. 2:5-18; Matt. 28:16-20
- May 22** – Psalm 96, 148, 49, 138; 1 Sam. 2:1-10; Eph. 2:1-10; Matt. 7:22-27
- May 23** - Psalm 92, 149, 23, 114; Num. 11:16-17, 24-29; Eph. 2:11-22; Matt. 7:28-8:4
- May 24** - Psalm 93, 150, 136, 117; Exod. 3:1-12; Heb. 12:18-29; Luke 10:17-24
- May 25** – Psalm 97, 145, 124, 115; Josh. 1:1-9; Eph. 3:1-13; Matt. 8:5-17
- May 26** – Psalm 98, 146, 66, 116; 1 Sam. 16:1-13a; Eph. 3:14-21; Matt. 8:18-27
- May 27** – Psalm 99, 147:1-11, 9, 118; Isa. 4:2-6; Eph. 4:1-16; Matt. 8:28-34
- May 28** – Psalm 47, 147:12-20, 68, 113; Zech. 4:1-14; Eph. 4:17-32; Matt. 9:1-8
- May 29** – Psalm 96, 148, 49, 138; Jer. 31:27-34; Eph. 5:1-32; Matt. 9:9-17
- May 30** – Psalm 92, 149, 23, 114; Ezek. 36:22-27; Eph. 6:1-24; Matt. 9:18-26
- May 31** – Psalm 104, 150, 29, 33; Deut. 16:9-12; Acts 4:18-21, 23-33; John 4:19-26

## **PARISH NURSE NOTES**

Last month, I said that I hoped by now we'd be having a better time of things. That doesn't seem to have happened, does it? We're still practicing "Safer at Home" precautions, wearing masks at the grocery store, staying 6' away from each other, and haven't hugged anyone, other than the people we actually live with, for over a month. And, boy, have we been washing our hands! But, you know what...it's working. The "curve" is starting to flatten, we've found that we can handle this on a personal basis (for the most part), and there's a glimmer of light at the end of the tunnel. One of the positive things I have seen is the reaching out to others. Many of us have gotten hand-written notes in the mail, e-mail messages and phone calls. Groceries have been delivered with a smile and a hand wave, my granddaughter received a very large "nest-ful" of birds for her birthday, people have met (weather allowing) outside with lawn chairs set at 6' apart, there are loving signs and hearts in windows, my mail lady appeared the day before Easter, wearing bunny ears ...the list goes on!

As restrictions begin to be lifted, a word of caution...don't make the mistake of thinking we can flip a switch and just return to normal...there are things that will probably never completely return to "how it used to be." There is still a lot that is unknown about this virus, and we need to be careful not to get carried away. Listen to the guidelines provided from the CDC and the scientific community. Don't believe everything you read on Facebook or hear from other sources—there is an incredible amount of misinformation out there. So, yes, keep washing those hands, don't congregate in large groups, wear a mask to the grocery store....all those things we've been doing to stay safe.

One other way to stay alright through these long days is by paying attention to our emotional health. Every one of us is under an incredible amount of stress, and this can take a real toll. It's quite alright to have a good cry once in a while, but beware if all you ever feel is overwhelmed. Talk about your feelings with other family members—it's true that problems shared become more able to be coped with. If you are alone, call family members and friends. Sing some silly songs, turn on some music and dance like nobody's watching! Focus on positive things. Find some beauty in every day, even if it's just noticing tulips popping through the earth, baby squirrels chasing each other, a favorite poem or Scripture, the smile on a loved one's face, or the knock-knock joke told by a child. And...please ask if you need help!

Blessings to all. Remember that the good Lord is beside us through all of this.

Karen Sorenson, Parish Nurse

## **BREAD OF HEALING**

What about the pill bottles, someone might ask. Obviously we can't put them in the bins right now, but you should continue to collect them and try to sort them (if nothing other than "big ones" and "small ones"). Miriam Johnson has been helping to make sure the correct sorting is done before we take them to Bread of Healing. (Thank you, Miriam!)

I heard last week from Dr. Barbara Horner-Ibler (the minister-doctor who directs Bread of Healing) after I had asked her if she still wanted us to collect pill bottles with COVID-19 around. This is what she had to say: "It is a crazy time for us. Yes, we can still use bottles! We have forgone bottles from "unknown sources," since we don't know COVID exposure of them. I realize you don't know either, but your risk is less than our neighborhood, and we are running low. We're okay for another week or so. So yes, we continue to need them. We still saw or had contact with over 600 patients in the past 4 weeks! And we are doing it without volunteers! Just our staff."

So please, keep collecting your pill bottles. Please also pray for the staff of Bread of Healing as they minister physically and spiritually to some of those in need in Milwaukee.

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## **CHECK IT OUT**

Stuck inside on a rainy day, like I am today, or just plain stuck inside every day, like many of us are these days? I'm doing lots of baking and walking (they hopefully balance each other out, calorie-wise), needlepoint, and, of course, reading. I text, email, talk, FaceTime, or Zoom every day with people. Never have I been more thankful for technology!

A few random thoughts - the Kenosha Public Library Southwest will be accepting returns beginning May 1<sup>st</sup> from 9-2:00 p.m. Tuesday-Saturday. You can also place holds to pick up curbside. I've read several books, but the outstanding ones include *Dear Edward*, by Ann Napolitano, about a boy who is the only survivor of a plane crash, and *Saint X*, by Alexis Schaitkin, that is much more than just a mystery.

I've also been reading about the struggle of independent bookstores, and all small independently-owned stores, during the virus. If you order books online, this is a good time to support small bookstores rather than Amazon by switching to Bookshop.org. It will probably be faster, too, because Amazon is not prioritizing shipping books during the crisis. We need to help in any small way we can!

Miss you all! Be safe,

Sheryl

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## **CONGREGATIONAL CHECK-INS**

Being “alone” can be described two ways: with the word “loneliness” or the word “solitude.” Those carry two different meanings. The first is somewhat negative; the second is not. “Loneliness” carries with it a sense of isolation, of being lonely. That great source of knowledge – Google – says this about “solitude:” “Solitude improves psychological well-being. But solitary skills could help you become mentally stronger. Studies have found people who set aside time to be alone tend to be happier. They report better life satisfaction and lower levels of stress. They're also less likely to have depression.” Google also tells us that solitude increases creativity because it allows us to focus on one thing. Finally, solitude can be a spiritual discipline – allowing us to focus on God, on God's presence in our lives, on God's desires for us in terms of our spiritual life and our daily living.

However, when we are forced into being alone, we are more apt to respond with a feeling of isolation rather than solitude. To overcome this requires at least two things: (1) a change of perspective, an effort on our part to see the value of being alone; (2) a reaching out to maintain or establish relationships, an attempt to interact with others.

Let me encourage you during this time of “Safer at Home” to experience and act on both loneliness and solitude. Use part of your time to be “alone with God” (which, of course, is not being alone). Focus on God and his meaning in your life and in the life of others. But also take time to connect with others. This is a time when technology can be our friend: we



can telephone and email and write to family and friends (the church directory has many phone numbers and emails). We can even change “acquaintances” to “friends” by getting to know people via these connections. However, what may be even more important is to reach out to someone when your loneliness is starting to lead to depression (the key word here is STARTING). If you aren’t sure whom you might call, I’ll be glad to talk with you. Or if you know of someone who is feeling isolated, let me know and I’ll contact them. Solitude – yes; loneliness – no.

Sara Miles

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Nick and I have been trying to keep busy during this safer at home time. We both are still working from home. Being a school counselor from a distance sure is challenging, but it is working out.

We have gotten a lot of projects completed or started that we originally had planned for the summer. Some of these include landscaping our front yard, building a goat house for our goats we will be getting this summer, and expanding our chicken coop so we can add some new chicks to it! And our dog Harper loves that we are home with her!

We are staying busy! Hope all are doing well and staying safe and healthy. We wish everyone our best!

Take care,  
Kortnie and Nick Ruth



First of all, we gave my mom, Carolyn Joling, a Grandpad, in which she can easily stay in touch with all her family, from kids, grandkids, to great grandkids. She enjoys, as do we, the many video chats, videos and photos. This will also help in celebrating her 87th birthday on April 28th, so she won't feel so alone. This helps us all feel less isolated.

This upcoming Friday night, our five daughters, granddaughter, sister-in-laws, and nieces will be having a Zoom crafting party. Besides tackling some indoor projects like painting, we started our "Victory Garden"... pictured is just a sampling of some of the seedlings. We've had time to clear trails through our woods and cut paths to hike in the back fields, spread 20 yards of mulch in our various gardens, plant cool weather crops, weed, in other words we've enjoyed being outside taking care of God's world! We've also hiked on our property seeing so much wildlife which has come out of hiding with the decrease in traffic. And we try to take time to enjoy some sunsets made by our Best Friend!

Miss everyone! "Where flowers bloom so does hope."

Carl and Karen Edenhofer

## Covid19 Musings by Carole Serpe

When will this be over?  
I don't have a crystal ball.  
I need a four-leaf clover  
For luck to protect one and all.

As we all shelter in place,  
We Zoom and FaceTime to see each other's face.  
When this is over, will anything be the same?  
George wonders, "will we get to see a football game?"

I wonder how many people realize  
that this is God's way of making us wise.  
To remember that He is in command,  
And to Him our allegiance must stand.

The world has become so corrupt,  
Morals are loose and not kept up,  
We worship so many idols and  
Our time we cannot interrupt.

We must wake up, and study His word.  
For He cares for us more than the birds.  
But disobedience He will not allow.  
Wake up World and listen - His time is NOW!



## May Birthdays

Lydia Spottswood  
Oliver Pierce  
Kathie Mandry  
Kortnie Ruth  
Barb Grund  
William Dougherty  
Erika Behling  
Erin Spottswood  
Jayne Spottswood

## 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



## May Anniversaries

Ralph & Theresa Kamphuis  
Don & Nancy Quist  
Dave & Julia Robinson  
Jim & Brenda Langerman  
Rod & Karen Rasmussen