



The Epistle

July 2015

Volume 2015-07



Upcoming Events

- 7/8—TLC
- 7/13—BUNKO
- 7/14— Cancer Support Group
- 7/20—Session
- 8/3—Knitting Group

Being the Body of Christ to Each Other

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.

Theresa of Avila

One of the things we've looked at during our time with Barbara Brown Taylor's *An Altar in the World: A Geography of Faith* is the Doctrine of Incarnation.

Theologically, the Incarnation (“in the flesh”) is when God in Jesus was born as a human child and lived a human life as Emanuel, God with us. But all of us have the ability to be God incarnate when we use our selves, our bodies, our lives for the good of others.

There has been a lot of “incarnation” happening around our church lately. Here are just a few examples of it:

- On June 7, Al and Becky Ahrens, Don Burch, Carole Frazee, Hugh Lifson and Nate, Ava and Emery Willems helped serve the free evening meal at First Pres in Cedar Rapids.
- After the terrible shootings at Mother Emanuel African Methodist Episcopal Church in Charleston, South Carolina on June 17, our congregation responded in two ways:
 - o Connie Proffitt and the Knitting Group sent that church the remaining five prayer shawls with a note of our shared grief at what happened and our desire to offer a visible sign of Christ's love and our caring.
 - o On Sunday, June 21 we rang our church bell in solidarity with Charleston area churches (and beyond!). Impressively, we received a thank you note for our participation from the Charleston Area Convention and Visitors Bureau (having indicated online that we would be doing so), telling us the “ringing of the bells brought a message of hope to so many.”
- On Thursday, June 25 Becky Ahrens, Barb Bjork and Carol Daly spent a morning volunteering with Matthew 25 Ministry Hub on the west side of Cedar Rapids, harvesting vegetables at their urban farm. This garden provides good, fresh food to lower income residents of on a sliding scale.

This doesn't even include the “unofficial” gestures of caring that take place every day—phone calls, visits, taking meals, helping out with a move or other need, conversations, hugs, praying for people and situations.

What a privilege to be the hands and feet of Christ to one another! We are blessed to be a blessing.

Pastor Lori

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www.firstpresmv.com

Follow us on

Facebook:
First Presbyterian Church of Mount Vernon



Twitter:
FirstPresMV

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NEWS & Notes



TLC—Wednesday, July 8th, at Hallmark Care Center, Mt. Vernon, 1:30 pm



Bunko— Monday, July 13th, Fellowship Hall, 6:00 pm



Cancer Support Group — Tuesday, July 14th, Fellowship Hall, 6:30 pm



Session Meeting— Monday, July 20th, Community Room, 6:30 pm



Knitting Group, Monday, August 3rd, at the home of Becky Ahrens, 2:00 pm



Healing Touch Circle, is taking a break in the months of July and August, they will resume September 13th.



Watch Us on YouTube!

Did you miss a service or want to watch one again?

Carl Riechers continues to record our Sunday services and now uploads them to our very own channel (FirstPresMV) on YouTube! Find it any of these three ways:

- Click on the link on our Facebook page (First Presbyterian Church of Mount Vernon)
- Search "FirstPresMV" at youtube.com
- Go to www.youtube.com/user/FirstPresMV



Hey, Facebook Users!

Want another way to find out what's going on at church? Be sure to 'Like' *First Presbyterian Church of Mount Vernon* on Facebook!

We use this page to promote events, post photos, and the occasional encouragement or interesting link.



Highlights from June 15, 2015 Session Meeting

Present: Becky Ahrens, Don Burch, Carol Dillard, Beth Simon, Amy Weber, Nate Willems, Shelly Woodley, and Rozanne Petrick (clerk). Absent: Sue Deibner, Paul Jerabek, Stephanie West, James Cannon, David Taylor.

Rev. Lori Wunder began the meeting with a devotion from the book, An Altar in the World, which she plans to use for her sermons this summer, then opened with prayer. Conversation ended and meeting opened with prayer.

FINANCIAL REPORT: Becky Ahrens reported that the 2015 allocation of \$4700 was moved from music fund (formerly the farm fund) into the general account. At the end of May there was \$3211.55 in General Fund. No per capita (\$5072) or general mission (\$3850) has been paid to date. Session agreed with motion from Finance Committee to move \$6,000 from the Mary Byerly fund to fund year-to-date shortfalls. Income from food stands for Heritage Days (July 11) and RAGBRAI (July 24) will help finances this summer also. May income and expenses were not available.

Lori reported that she and Don Burch will work on the structure of committees and getting involvement from members and friends of our congregation.

Approved a request to baptize James Trumpold, grandson of Greg and Stephanie West, be baptized at worship on September 13, 2015. The parents are Ammie and Jeff Trumpold.

Other Discussions:

- We will begin work on a Child Protection Policy, as required by our insurance company.
- Memorial Fund expenditures approved: freezer for the kitchen area (to be used for RAGBRAI, but also filled with meals to take when needed) and a new over the ear microphone for Pastor Lori
- Guest preachers this summer: Dick Peters on July 12, Gary Connors-Boe on July 26 and August 9; Gabriel Guardado will share his story of immigration to the US on August 2.

Meeting adjourned at 7:50 pm with prayers.

WHAT IS "PER CAPITA"?



Many church members are aware of the explanation of "Per Capita," but there are also many who are not sure what "Per Capita" means. It is our dues to the Presbyterian Church USA and a way of sharing administrative costs that belong to the whole Presbyterian Church community.

This year (2015) the cost is \$34.27 per active member bringing our total share to \$5,072.00. This amount is shared with the General Assembly, the Lakes and Prairies Synod and our Presbytery of East Iowa.

Each year we ask members to consider contributing an additional gift to help with the payment of our Per Capita.

As always, we greatly appreciate your continued support of your church both financially and with sharing of your time and talents.

THANK YOU FOR YOUR GENEROUS SUPPORT!

Children and Youth News

This Year's VBS is
 Sunday, July 12 through Thursday, July 16
 6:00 - 8:35 pm at
 the United Methodist Church

Children 4 years old (by 7/1/15) through those entering 5th grade are encouraged to join our climbing team by registering to be a part of Everest VBS! (Preschoolers must be potty trained) Older kids are encouraged to

Cost is \$15.00 per youth (which includes a Everest VBS t-shirt and 5 Bible Buddies).

Register online at <https://www.groupvbspro.com/vbs/ez/MtVernonLisbonVBS/gpgs/Home.aspx> OR find the link on the First Presbyterian Church of Mount Vernon Facebook Page.



Fellowship Time: Help Needed!

Who can resist those trays of homemade treats and snacks that await us after worship each Sunday?

But treats, coffee, and juice aren't all fellowship time is about. It is about people having conversations and catching up on what is happening in one another's lives. It is about bringing generations together as children sit not just with other children but with other adults, as well. It is about welcoming visitors as connections are made and new friendships are formed.

In short, fellowship time is about building and strengthening community, and it is one of the most important things we do! For years, fellowship time has just sort of "magically happened" but now we need help.

Here's what you can do:

- Sign up with another individual or family to provide treats and help serve and clean up one Sunday a few times per year.
- Help stock the cupboards! We like to have cookies, crackers, cheese cubes, bags of apples, etc. on hand as back up.
- Take home one of the containers marked "Fellowship," fill it with treats, and return it to the freezer.

Thanks to everyone who has helped this summer! A few more Sundays are open in July and August.

CommunityHealth
FREE CLINIC
presents



Saturday, July 11, 2015

9:00am

Fay M. Clark Memorial Park

1200 North 18th Avenue
Hiawatha, IA

Entry Fees

Registration includes an official t-shirt and giveaway

- ADULT (Ages 19 & Up)
 - Early Bird (ends June 1) - \$30
 - June 1—July 11 - \$35
- YOUTH (Ages 6 - 18) - \$25
- CHILD (Ages 0 - 5) - FREE

Register today at:

splashasmile.eventbrite.com

Come out to Fay M. Clark Memorial Park on Saturday, July 11, 2015 to participate in the 3rd Annual Splash A Smile 5K Color Run/Walk.

This is a noncompetitive, family-friendly event to raise awareness and funds for the mission of the Community Health Free Clinic. 100% of the net proceeds fund the programs of the clinic.



New Members!

On Sunday, June 28, we made "official" the long friendship we have had with the following people:

- Susan Alexander & Scott Peterson
- Carole Frazee
- Kristi Karwal-Clark
- Allan Recalde & Wendy Dorn-Recalde
- Emily & Jonathan Walsh

As part of the "becoming a member" process, we held a New Members' Class on three Sundays. Each week focused on a particular topic: Sharing Our Faith Stories, Presbyterian 101, and What First Pres Mount Vernon is all about.

Barbara Lob also participated in this class and will join at a later date.

We give thanks to God for the gift that each of them is to our congregation and community, and for leading them to be part of our church. Together, may we all continue to grow in love, faith, compassion, and service.

Come as You Can Cook Out Sunday, August 16

5:00-7:00pm at the Wunder-Bonewald's (230 Scobey Road NW)

- Grilled entrée, beverage and table service provided
- Please bring a dish to share if you can (if not, just bring yourself!)
 - Lawn chairs and games are welcome additions!



Everyone is welcome! Come as you can for a time of food and fellowship!

July—Worship Assistants

Sunday, July 5th - 9:30 am – Worship & Sacrament of the Lord's Supper

Liturgist: Beth Riechers
Greeters: Allan & Wendy Recalde
Ushers: Doug Hanson & Sue Deibner Bell ringer: Usher Selects
Candle lighter: Ben Recalde
Nursery: Hannah Garvey
Communion: James & Ann Cannon, Beth Simon, Rozanne Petrick

Sunday, July 12th - 9:30 am – Worship & Birthday Blessing

Liturgist: Beth Simon
Greeters: Carol & Denver Dillard
Ushers: Barb & Ed Bjork Bell ringer: Usher Selects
Candle lighter: Joey Recalde
Nursery: Hannah Garvey

Sunday, July 19th - 9:30 am – Worship

Liturgist: Larry Petrick
Greeters: Paul & Nancy Jerabek
Ushers: Al & Becky Ahrens Bell ringer: Usher Selects
Candle lighter: Uwen Boettcher
Nursery: Hannah Garvey

Sunday, July 26th - 9:30 am – Worship

Liturgist: Ed Bjork
Greeters: Laura Werkman & Becky Scheetz
Ushers: Larry & Rozanne Petrick Bell ringer: Usher Selects
Candle lighter: Trevor Weber
Nursery: Hannah Garvey

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Presbyterian Epistle Volume #2015-007. Editor: Deb Klopp

Each Sunday, "Weekly Announcements" containing the most current information of dates,

Worship in July

This summer, our worship services will be shaped by chapters from Barbara Brown Taylor's *An Altar in the World: A Geography of Faith*. In the book, Taylor breaks open the sacred and frames beautifully for us that God is present in all things, that our response to faith and our acts of faith are not just what we do "for church" but our every breath, our every action, our every thought.

One of my favorite lines from the book is "Earth is so thick with divine possibility that it is a wonder we can walk anywhere without cracking our shins on altars."

**We have two copies of the book available for purchase for \$13. (Also available for Kindle.)

July 5 – Lost & Found

Ch 4 – Walking on Earth : Groundedness

Ch 5 – Getting Lost : Wilderness

Seamus Taylor, musician

Sacrament of the Lord's Supper

July 12 – Heritage Days Worship

Dick Peters, Guest Preacher

Open Your Eyes: A Tale of Evangelism

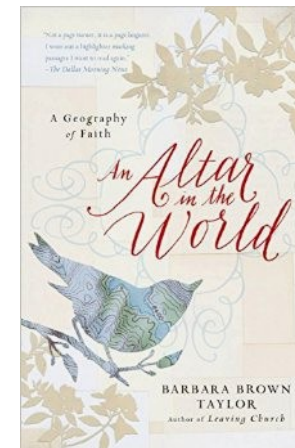
David Dix, piano

July Birthday Sunday

July 19 – Loving God By Loving Each Other

Ch 6 – Encountering Others : Community

Seamus Taylor, musician



July 26 – Gary Connors-Boe, Guest Preacher



August 2 - Gabriel's Journey

Immigration is constantly in the news and will no doubt be a big factor in next year's presidential caucuses and election. In an attempt to understand the issue on a personal level, Mount Vernon resident Gabriel Guardado will tell his story of how he came to the United States from El Salvador.

David Dix, piano

Sacrament of the Lord's Supper

Many Hands Make Light Work!

We need volunteers to help with food stands for:

Heritage Days (July 11th)

and

RAGBRAI (July 24th).

Sign-up sheets with jobs and times are downstairs in Fellowship Hall.



BE THE PARENT YOU WANT TO BE TODAY!

To be the parent you want to be today, you sometimes need to F.O.R.G.I.V.E. the parent you were yesterday:

- F – Face your mistakes honestly
- O – Offer yourself grace for the past
- R – Recognize your humanness
- G – Give yourself permission to try and fail and try again
- I – Identify specific areas you need to work on
- V – Validate and value your efforts instead of focusing on your failures
- E – Embrace change for the future by letting go of the past



“Treat yourself with the same kindness, gentleness, and understanding that you want to give your children. Accept your imperfections so you can accept theirs. Remember, peaceful parenting comes from a heart that is at peace” – L. R. Knost

For more peaceful parenting ideas visit www.littleheartsbooks.com



July 2015

Worship Every Sunday 9:30 am



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4  <i>Happy 4th of July</i>
5 <i>9:30 am Worship Communion</i>	6 <i>Office Closed</i>	7 <i>7:00-9:00 pm Art Class, Community Room</i>	8 <i>TLC, Hallmark Mount Vernon, 1:30 PM</i>	9	10	11 
Pastor Lori on Vacation July 6th—13th						
12 <i>9:30 am Worship Birthday Blessing</i>	13 <i>Office Closed</i> 6:00 BUNKO Fellowship Hall	14 <i>7:00-9:00 pm Art Class, Community Room</i> 6:30 Cancer Support Group Fellowship Hall	15	16	17	18
Pastor Lori Vacation						
19 <i>9:30 am Worship</i>	20 <i>Office Closed</i> 6:30 pm Session, Community Room	21 <i>7:00-9:00 pm Art Class, Community Room</i>	22 10:00-4:00 Quilting Group, Fellowship Hall (Connie Boettcher)	23	24 	25
					Pastor Lori Vacation July 24th—26th	
26 <i>9:30 am Worship</i>	27 <i>Office Closed</i>	28 <i>7:00-9:00 pm Art Class, Community Room</i>	29	30	31	
Pastor Lori Vacation July 26th						



In 2006, two brothers began Matthew 25 to help strengthen and elevate neighborhoods on the west side of Cedar Rapids. When those neighbors needed help recovering from the 2008 flood, Matthew 25 partnered with other organizations to empower people to rebuild 25 blocks and renew their neighborhoods – Block by Block.

Using our neighborhood organizational and community development skills, Matthew 25 has grown today into a stable, committed organization that is a leader in finding a neighborhood’s potential and building on it.

- **Neighborhood Building** includes organizing multi-block sustainable reinvestment in targeted neighborhoods through simultaneous new home construction, home restorations and public policy advocacy
- **Cultivate Hope** includes growing pesticide- and herbicide-free produce at an urban farm and five school gardens
- **Youth Empowerment** includes providing reading buddies during the school year and Groundswell, a neighborhood gathering space and youth arts venue

VOLUNTEERS make all of these things happen. Let’s help Matthew 25 out this summer! [Note: Volunteers must be Grade 6 or older; younger children may participate with a parent in attendance.]

Name _____ Email _____

Phone Home _____ Cell _____

I am interested in doing the following work (check all that apply):

____ Rehab a House ____ Landscaping Project

____ Home Repair ____ Vegetable Gardening

I am available on: ____ Saturday, August 22nd from 8 AM-12 PM



- 3—Tasha Whitman
- 6—Kim Benesh
- 8—Trevor Weber
- 8—Sharon Weddle
- 9—Janelle Rezabek
- 15—Andy McCollum
- 16—Kathryn Crawford
- 19—Keith Burge
- 22—Lydia Benesh
- 22—Kylea Weber
- 23—Guthrie Burge

Please contact the church office if we missed your birthday.



Pastor Lori will be on vacation:

- July 6th through July 13th
Guest preacher for Sunday, July 12th will be Dick Peters
- July 24th through July 26th.
Guest preacher for Sunday, July 26th will be Gary Connors-Boe