

FIRST PRESBYTERIAN CHURCH

# THE PULSE

CLASSES FOR ALL AGES - 9:00 A.M.

SUNDAY WORSHIP - 10:30 A.M.

[www.firstpresbymc.com](http://www.firstpresbymc.com)

## A Note from Pastor Paul

A few weeks ago I was having a conversation. Since it was a few weeks ago, I can't remember with whom, or what the conversation was about. But along the way, I mentioned that one of my favorite sounds in the world is the sound of water lapping up on the shore of Lake Superior. Claudia and I will not be making our annual pilgrimage to the North Shore this year to sit and stare at the lake, but fortunately it's one of those sensations I have stored in my deep memory, ready to be recalled when stress or the news gets too much to bear and I need to go to my "happy place" for a while.



It is hard to explain the restorative power just sitting by the lake. But I'll give it a try anyway. First of all, if you haven't seen Lake Superior, you have to imagine a freshwater lake you can't see all the way across—nothing but the deepest azure blue from horizon to horizon. You have to imagine the gentle, rhythmic lapping of waves over the multi-color stones along the shore. You have to imagine a cool breeze blowing in off the water.

Sitting quietly by the shore is a refuge from the image- and message-saturated world we live in most of the time. It is a powerful presence, but it asks nothing of you. The lake doesn't try to entice you to buy a product or service; it doesn't try to convince you of the veracity of a political party or suggest the mendacity of an opponent. There is a sacred presence in this deep body of ice-blue water, for sure, but the lake doesn't ask you to believe in anything or to accept a doctrinal system.

Because the lake doesn't ask anything of you, doesn't require your presence—being there is a grace. Apart from the physical relaxation, sitting by this body of water offers the spiritual exercise of assuming a posture of openness and receptivity—a necessary step toward discerning God's presence in the world and God's will for your life. It gives rise to what has become my most frequent daily prayer: "May I receive this day and all that it brings as a gift of grace."

Jesus often went away for a rest, and no doubt sat by the Sea of Galilee—another large freshwater lake. But even Jesus knew that you can't stay there. We are restored in order to return to our ministry in the world where we wrestle with belief and doctrines and politics and economics. We are restored to be restorers—to be about God's work of restoring the whole world, one person, one neighborhood, one community at a time.

## Upcoming Dates

### Wednesday, AUGUST 2

Bible Study—10:20 am

VBS—5:00-8:00 pm

### Thursday, AUGUST 3

Prayer Shawl at The Willows—1:00 pm

VBS 5:00-8:00 pm

### Friday, AUGUST 4

Community Kitchen—9 am-12:30 pm

VBS Program &amp; Ice Cream Social—5-8 pm

### Saturday, AUGUST 5

Eat, Pray, Love Group—9:00 am

### Sunday, AUGUST 6

Worship—10:30 am, VBS Sunday

Hawkeye Harvest Food Bank Sunday

### Monday, AUGUST 7

Mission Ministry Team—5:00 pm

### Tuesday, AUGUST 8

Coffee and Conversation—9:00 am

Adult Education—6:00 pm

Christian Education Ministry Team—7 pm

### Wednesday, AUGUST 9

Bible Study—10:20 am

### Sunday, AUGUST 13

Worship—10:30 am, Communion

### Wednesday, AUGUST 16

Bible Study—10:20 am

### Thursday, AUGUST 17

Deacons—7:00 pm

### Saturday, AUGUST 19

Eat, Pray, Love Group—9:00 am

### Sunday, AUGUST 20

Worship—10:30 am

(Upcoming Dates cont. on page 2)

## Upcoming Dates (cont.)

Monday, AUGUST 21

Senior Health Clinic—8am-4pm  
Budget Team—1:00 pm

Tuesday, AUGUST 22

Membership and Outreach—11:00 am  
Special Needs and Endowment—1:30 pm

Wednesday, AUGUST 23

Bible Study—10:20 am

Thursday, AUGUST 24

Session—7:00 pm

Sunday, AUGUST 27

Worship—10:30 am  
Confirmation Orientation—Noon

Monday, AUGUST 28

Pulse articles due—Noon

Wednesday, AUGUST 30

Bible Study—10:20 am



### August Birthdays

1—Nate Ruge  
6—Barb Opheim, Margie Schmidt  
8—Ann MacGregor  
11—Lorraine Kafer, Arlene Mock  
15—Michael Mahaffey  
16—Skyler Eckholt, Matt Jones,  
Karen Olthoff  
17—Donna Henry, Nancy Nickerson  
21—Roger Hunt  
23—Nick Helps  
24—Rod Helps  
27—Tammy Hertzell  
28—Rain Eckholt, Adam Kofoid  
29—Gene Ward  
30—Ralph Davey  
31—Kathy Stephens



Please keep the following people  
in your prayers:

**Steve Adair; Julie Eaton**,  
daughter of Lee and Judy Butler;  
**Kelly Koenen**, daughter of Bob and  
Sarah Kress; **Lucretia Green; Kay Sloan; Don Lee**,  
Dennis Lee's father, IOOF Home; **Glenn Wilson**, Stated  
Clerk of the Presbytery; **Ralph Davey**;  
Family and friends of **Dick Attleson**, who died July 13;  
**Warren Woerner**, Oakwood Care Center;  
**Don Simmonds**, hospitalized; Mission Co-Workers  
**Karla Koll, Jim and Jodi McGill**; Family and friends of  
**Jeanette Nuehring**, who died July 23; Family and  
friends of **Damien O'Brien**, Jean Laudner's step-son,  
who died July 31.

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### Summer Sermon Series— Stories from the Book of Genesis

*These are the texts from Genesis Pastor Paul will be  
preaching on this summer:*

- Aug 6 VBS Celebration  
Aug 13 Gen 29: 15-18—*Jacob, Leah, Rachel*  
Aug 20 Gen 37: 1-4, 12-28  
*Joseph & his brothers, pt. 1*  
Aug 27 Gen 45: 1-15  
*Joseph & his brothers, pt. 2*

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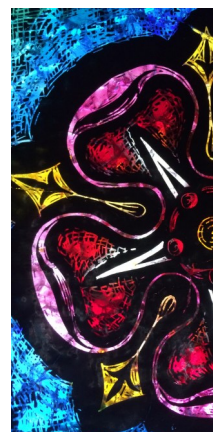
### Window Scavenger Hunt

We hope you've enjoyed having  
a little fun this summer with us!

We have enjoyed seeing everyone  
looking and finding some interesting  
images in our sanctuary windows.  
Many people have commented on  
how they've found things they've  
never noticed before.

So keep hunting, or if you haven't  
tried it yet give it a shot!

Only 4 weeks left till the big prize!





VBS: Hero Central  
Monday, July 31—Friday, August 4th  
5:00-8:00pm

It's time for VBS at First Presbyterian Church!  
This year, the theme is Hero Central.

During the week we'll be taking kids on awesome adventures alongside some of their favorite Bible heroes and discover the qualities that make us truly heroic in God.

There will be epic music, spectacular science, crafty crafts, heroic recreation, and fantastic Bible stories to help kids discover their strength in God!

Our VBS is open to all children in our community ages (completed) preschool—5th grade. So bring your kids, grandkids, neighbors, and friends. There is NO COST, just pick up a registration form, fill it out and return it to the church.

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### VBS Sunday Worship Sunday, August 6th—Fellowship Hall



Join us as our kids lead us in worship!  
They'll be sharing the stories, lessons, and music they learned during VBS!

## Wednesday Bible Study Readings

Wednesdays at 10:20 am



What a wonderful way to enjoy Bible study! Come join us in the Friendship Room as we look at the upcoming Sunday scripture. We laugh, share, and learn about God working in us.

### August 2

Genesis 32:22-31; Psalm 17:1-7, 15  
Romans 9:1-5; Matthew 14:13-21

### August 9

Genesis 37:1-4, 12-28; Psalm 105:1-6, 16-22, 45b  
Romans 10:5-15; Matthew 14:22-33

### August 16

Genesis 45:1-15; Psalm 133  
Romans 11:1-2a, 29-32; Matthew 15:(10-20) 21-28

### August 23

Exodus 1:8-2:10; Psalm 124  
Romans 12:1-8; Matthew 16:13-20

### August 30

Exodus 3:1-15; Psalm 105:1-6, 23-26, 45b  
Romans 12:9-21; Matthew 16:21-28

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## Prayers For the Churches

The Committee on Ministry invites all congregations in the Presbytery of North Central Iowa to be in prayers for one another throughout the year. We hope in this way to share the spirit and power of prayers as we reflect on our oneness in Jesus Christ. The following are the churches to pray for this month:



August 6—First, Ackley: Rev. Lynne Hanna  
August 13—Northminster, Ames: Rev. Jim DuBois  
August 20—Westminster, Waterloo:  
Rev. Patricia Jacobs, Rev. Daniel Voigt  
August 27—First, Albion: Bea Lebeda, CRE



*With the love of Jesus Christ, First Presbyterian Church welcomes you just as you are — a child of God.*

## Back to School Sunday



The Salvation Army would like to reach out to those struggling families in our community and help them send their kids back to school with the supplies that they need. For most children the first day of school is exciting. Having a new teacher, seeing their friends again, and unpacking their supplies are things they look forward to. But for those kids whose families are having a tough time financially the first day of school is a dreaded event. Many parents will not be able to provide the items on the school supplies list. Please help us help others go back to school with the supplies every child needs by picking an item on the list below and bringing it to church with you on August 6 or 13. If we all work together we can truly bless a lot of children in our community.

Thank you for your generous donations.

Notebooks ( wide ruled)  
Folders  
Notebook Paper (wide ruled)  
School Box (pencil box)  
Glue/glue sticks  
Pencils  
Pens (red, black, blue)  
Erasers (large and pencil toppers)  
Colors  
Markers  
Colored Pencils  
Scissors  
Rulers  
Kleenex



MANY THANKS to those that have built or provided plant containers, planted flowers, and cared for the flowers that have been planted. Our church grounds look beautiful and welcoming!

## Senior Health Clinics



The Cerro Gordo County Department of Public Health offers Senior Health Clinics to all Cerro Gordo county residents age 55 and older. When was the last time a health care provider spent 90 minutes with you? Many seniors say they feel rushed when they see their physician. They want to better understand their health care options. One way to do that is for you to take advantage of the Senior Health Clinics. The clinic provides individual health education, including the importance of good nutrition, proper exercise and rest, cancer detection, understanding medications, and other specific topics. The annual exam includes laboratory tests and head to toe assessment. The clinic is not meant to replace a physician's care, but gives you an opportunity to sit down with a registered nurse and discuss health concerns in more detail.

To make an appointment, call the Cerro Gordo County Department of Public Health Senior Clinic at 641-421-9316, or toll free at 1-888-264-2581, extension 9316. You must have an appointment to be seen. First Presbyterian Church will be the site for the Senior Health Clinic on August 21. The clinics are free, however, donations do keep the clinic running. Clinic hours are 8:00 am—4:00 pm.

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Pastor, Paul Collier  
Director of Youth & Family Ministry, Nate Ruge  
Administrative Secretary, Rhonda Pyle

Office Hours:  
Monday - Wednesday 8:00 am—4:30 pm  
Thursday 8:00 am—Noon

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