



FIRST PRESBYTERIAN

September 15, 2021

Worship
Join us weekly on
our website:
Firstprescf.org

This Weekend's Worship– 10:30 am

**Fall Series: Changing the World
with Lovingkindness**

Sermon: Nap Time

Scripture: 1 Kings 19:4-8



Prayer of Preparation

God of compassion,
Every living being has needs.
We breathe, eat, drink, and rest.
We are like Elijah, restoring our bodies
with your compassion.
Thank you for creating a world that
meets our needs. Amen.

Church Birthdays

Sep 17-Ruth Anderson,
22-Tim King, 23-Bob
Beach, Damon Gliss-
mann, 24-Mia Jo Barber,
25-Andrew Hagee

For your prayers...

Pastor Julie's grand-
mother, Dorothy Short
Saskia Jacobson's friend
Michael Eaton

Pastor's Ponderings: Who Needs a Nap?

Sometimes the hardest person to have compassion for is one's own self. Sunday we will think about what it means to accept compassion from others, from God, and from ourselves. We will look into the book of 1 Kings and learn about a man named Elijah who found himself going from one epic prophetic event to another. Soon he found himself running for his life from Jezebel. His efforts to convince her that YHWH is God had failed and now his life was at stake. He ran away to be in solitude crying out to God that he was overwhelmed and ready to give up and die. He was in despair that all his effort came up empty. He had failed. How did God respond? Not with condemnation, but by providing bread and water and time to sleep. You see, Elijah needed some compassion—in this case, a nap and a snack—just like you and me. God showed compassion to Elijah because Elijah needed God's care to thrive. We are like Elijah: when our needs are met, we thrive.

In our contemporary culture, accepting compassion from another is often understood as weakness. Or at least we think we will be perceived as weak if we accept help, let alone ask for it.

Productivity is next to godliness and the early bird gets the worm. Elijah and the divine messenger open to us a new way of being. Perhaps that nap we long to take is not weakness, but wisdom. Caring for one's self is caring for one of God's beloveds. If you are like me and need some reminders about self-care, join me in playing a bit of Self-Care BINGO. Game sheets are attached and instructions are on page 2. Invite a friend to join you and see who gets BINGO first!

Your fellow Compassion Camper,

Pastor Julie

OFFICE NOTE: Lynette will be out of the office through next week. Please call before stopping by to see if anyone is available.

Notice...

Sunday, September 19
10:30 am Worship
- Beakout Learning Ses-
sion for PreK-5th Gr.
11:15 am Social Time on
the west lawn

Coming Soon...

Sunday, September 26
CROP Walk: see page 2!

Tuesday, October 12
Fall yard cleaning day,
9:00 am - noon

Thanks for serving last week:

Worship Leader: Julie Rokes

Computer Operator: Chad Lee

Videographer: Neal Leeper

Shepherd: Sue Eastman

Funeral Update

The funeral service for Marie Heisterkamp is open to the public and will be October 2, 11:00 am in the New Aldaya Chapel.

Join Team [FirstPresCF](#) for the Cedar Valley CROP Hunger Walk – SEPT 26

We're participating in the 2021 CROP Hunger Walk to further our commitment to eradicate systemic poverty through the [Matthew 25](#) Initiative. Help us help families who are struggling with hunger.

A table will be in the narthex for those who wish to sponsor a walker. Donations can also be made online here, [FirstPresCF CROP Walk](#). Any donations (not sponsoring a walker) can be sent to the office payable to the church with CROP on the memo.

Cleaning Day

We will have an outdoor church cleaning day on Tuesday, October 12 from 9:00 am - noon. Please bring rakes and other yard tools. The rain date is Thursday, October 14.

This week's schedule (Zoom and on-site)

Wednesday, September 15

10:00 am Working for Justice, Zoom

Thursday, September 16

6:30 pm Deacons, dining room

Sunday, September 19

10:30 am Worship, sanctuary
-Breakout sessions for PreK-5th Grade

10:45 am Social Time, west lawn

Monday, September 20

10:00 am Lectionary Study, dining room
6:30 pm Worship Team, Zoom

Wednesday, September 22

10:00 am Working for Justice, Zoom

At Home: Self-Care BINGO [attached]

Look at your empty bingo activity page and notice the five columns: body, emotions, mind, spirit, relationships. Now, look at the page filled with idea squares.

Take your time looking through the idea squares.

Which activities stand out to you? Which activities sound interesting or exciting to you?

Are there any activities you might want to add in the last row of blank squares?

Once you determine which activities you want to try, color those idea squares and cut them out.

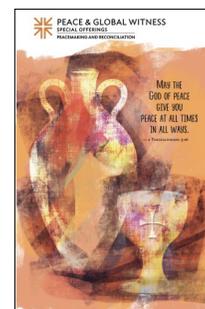
Then tape or glue them onto their bingo activity page under the corresponding column.

Include friends or family members. Can you get one bingo each week?



Peace and Global Witness Offering

By giving to the Peace and Global Witness Offering, we work to share Christ's peace with one another, beyond our community and across boundaries. 25% of this offering stays with our congregation for local peace-making projects. Checks may be made payable to the church with 'peacemaking' on the memo.



SHINE Children and Youth

- *Invite the kids to our weekly Shine program!*
Children Birth to Age 4 are in the Nursery/PreSchool.
Children Age 5 to 5th Grade will join the congregation in worship. After the Children's Chat they will be invited to go to Sunday SHINE activities.
- *Tell your friends of our monthly fellowship for youth!*
Children 6th to 9th Grade will have monthly gatherings focused on friendships, fun, and faith.

There are 3 important ways **you** can help make this season of SHINE a success.

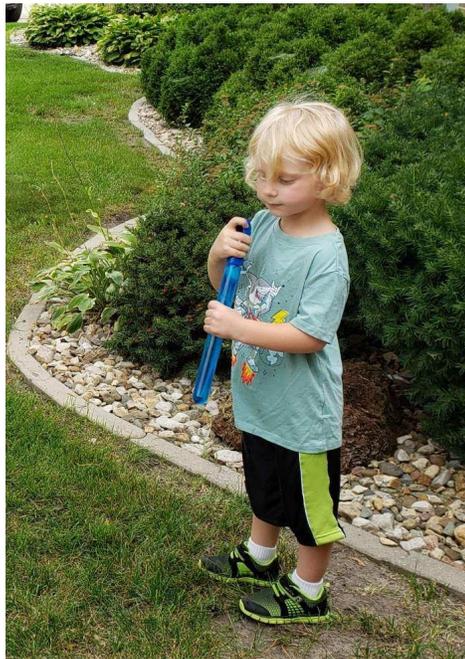
Pray for our leaders and students.

Volunteer to assist in the nursery or with our older kids. Our classrooms always need two adults to operate safely. If you would like to assist in the Nursery, contact us.

Spread the word. Share these exciting things with others by word of mouth and social media.

SHINE Sundays are here!

We are so glad to see our children back in worship enjoying their SHINE activities and music! The nursery and preschoolers had fun with their activities too.



We are asking for volunteers in the nursery. Requirements for being a helper are enjoying and nurturing our little ones. Compensations are smiles, hugs and grateful parents. Contact us to help.

Also let us know if you would like to be a helper in the 5 yr-5th Grade classes.

