



FIRST PRESBYTERIAN

June 28, 2023

10:00 am
Sunday Worship
Firstprescf.org



summer worship series

WALKING IN THE STORM: Spiritual Practices for a Resilient Faith

In this eight-week worship series we'll explore basic Christian spiritual practices as ways to build up resiliency in times of crisis, chaos, uncertainty, and distress. Centering on the story of Peter walking on water, the series looks at body care, grief, forgiveness, anger, connection, grace, and gratitude. Be sure to join us as we build resilient faith together.

Worship on Sunday, July 2 "Sacred the Body" Communion Sunday

Scripture: Psalm 31: 6-13, 23-25, Romans 12:1-2

The psalm for this Sunday viscerally articulates how each part of us—our mental, physical, emotional, and spiritual selves—are interconnected. In times of crisis, it's easy to let our bodies go untended. Christianity has a long history of damning the body in favor of some untethered idea of "spirit." Yet the body is the vessel God created and chose for our being in the world, so it deserves our care. In the snippet from Romans, Paul mentions that we are to present our bodies as a "living sacrifice." In ancient religious practice, living sacrifices to God were the best animals a worshipper had to offer—the strongest, sleekest, most beautiful offerings. We are called not to sacrifice our bodies by destroying them, but to build them up, as our "spiritual worship." What spiritual practices might we engage as a reminder that care for our bodies is a necessary part of a resilient faith?

"Body care is spiritual care. And I want to be clear: I'm not talking about diets and exercise. I'm not talking about *changing* your body. I'm talking about caring for the body you have in such a way that you feel safe and whole inside of it." The Rev. Carol Holbrook Prickett

Prayer: God of all power and peace, as Jesus sent his disciples out to heal the sick, gather the lost, and proclaim the nearness of your kin-dom, make us ready to go and share the good news we have received: through Jesus Christ our Lord. Amen.

Church Birthdays

Jun 29-Steve Moon, 30-Nicole Stolte, Jul 1-Emily Helgerson, 3-Sue Weinberg, 5-Ellie Tompkins, 6-Denise Brown

Notice...

See page 2 for our summer office hours.

Mowers Needed...

Please sign up in the narthex.

Coming Soon...

Friday, July 21, 7:00 pm
Cedar Valley Chamber Music Concert, here in the sanctuary

Sign up anytime online:

Worship Leader Sign Up:
[Sign Up: Worship Leaders](#)

Or sign up in the narthex!

Sunday Supper Helpers!

New and improved sign up. **No ads or pop-ups!**
[Sunday Supper](#)

Thanks for serving last week:

Worship Leader: Jan Thedens

Computer Operator: Kevin Thedens

Videographer: Neal Leeper

Lawn Mowing: Eric Braley

Lawn Mowing 7/3: Available

Summer Office Hours

The office hours from now through August will be Monday-Thursday, 8:00 am - 3:30 pm. The office will be closed on Fridays until September. (The office will be open Friday, July 7 but closed Monday & Tuesday, July 3 & 4 for the holiday.)

Notes from Session: Reclaiming Our Calling for the Care of Souls

Do you ever find yourself at a loss for words when a friend is going through crisis? Have you felt unqualified to minister to others? Caring for our siblings in Christ is one of the fundamental ways we are the church together and we are all called to it.

This summer the currently serving elders on session will be getting back to basics and we invite you to join us! We are starting by viewing a webinar put out by the PC(USA)'s Leader Formation initiative called, "Reclaiming Our Calling for the Care of Souls". It has had a record number of registrants and participants, with extremely positive responses to the practical advice shared by the Reverends Rachel and Matt Rhodes. They explain our call and share specific tips about talking with others in times of illness and crisis, as well as ways to simply connect with those we encounter every day.

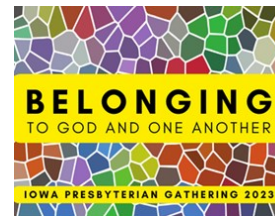
Watch the video here: [Reclaiming Our Calling for the Care of Souls](#)

NORTH CENTRAL IOWA PRESBYTERY NEWS

Register Now for the Iowa Presbyterian Gathering 2023

August 26, 2023

**Northminster Presbyterian
Ames, IA**



Registration is now open for the Iowa Presbyterian Gathering! Worship, keynote, and workshops will all center around the theme of Belonging to God and to One Another.



[Learn more and register](#)

Cedar Valley Chamber Concert

July 21, 7:00 pm

First Presbyterian Church, Cedar Falls

(Re)-Inventions

Bach is known for writing two, three, and four part inventions for piano. What if you re-invent the invention as something else? Elena Kats-Chernin asks this question for the CVCM's final program of the season.

To see the entire schedule, go to their website:

[2023 Festival Season July 14-21 \(cedarvalleymusic.org\)](http://cedarvalleymusic.org)

Hygiene Product Drive

The Community Ministries Team is collecting personal hygiene products again this year for Eye of the Needle.

Products requested are:

bar soap, toothbrushes, toothpaste, and deodorant
(only those items, please.)

Donations can be left in the marked baskets inside the north entrance of the church from now until July 23.

We will pack donated items into hygiene kits which will be given to students and families along with shoes and clothes as part of Eye of the Needle's back to school drive.

