

GIBSON AREA FOOD PANTRY

DIAPER DRIVE

The Gibson Area Food Pantry (GAFP) is conducting a diaper drive benefiting needy families in our community. Between now and Sunday, May 28, the GAFP is asking those affiliated with the First Presbyterian Church to donate diapers* of all sizes. There will be a display set up in the church for collection. In addition, volunteers will be at the pantry Saturday, June 3 to accept donations (diapers and monetary) from 8:00 am to 12:00 noon. The pantry is located in the GAH Elite building, 619 E First Street, Gibson City.

The diapers will be distributed from the pantry Saturday, June 17 from 8:00 am to 12:00 noon. Anyone in the community in need is eligible to receive diapers. Your generous donation will go a long way toward assisting families with infants and toddlers who are dealing with rising prices and shrinking supplies. Thank you in advance for your assistance. Contact Ministry Coordinator Mary Clow with questions.

*Monetary donations are also accepted. Make checks payable to Gibson Area Food Pantry with “Diaper Drive” in the memo line. Checks can be given to Mary Clow or mailed to: Gibson Area Food Pantry, P.O. Box 324, Gibson City, IL 60936.

The Diaper Divide – Reasons to donate to the Gibson Area Food Pantry Diaper Drive

- WIC, Medicaid and Snap Benefits cannot be used for purchasing diapers.
- On average, a child utilizes 2,000 to 2,200 diapers during the first year of life.
- 1 in 3 families in the U.S. have difficulty affording diapers to meet their child’s need.
- Without access to clean diapers, babies are at risk for urinary tract and staph infections.
- On average, low-income families spend \$936 for diapers on one child.
- 3 in 5 U.S. families in need of diapers have missed work due to the inability to provide clean diapers for childcare.

MISSION COMMITTEE SUGGESTIONS – APRIL, 2023

| | |
|--|--------------------|
| <u>April, 2023</u> | |
| Starting Balance March 31, 2023..... | \$58,010.00 |
| Good Friday Member Dinner Fairbury..... | \$ 400.00 |
| Credit | -\$ 1,000.00 |
| Donation to family of GCMS Elementary student with cancer..... | \$ 2,000.00 |
| Approval of 4 th AED Grant Application Lutheran Church..... | \$ 1,500.00 |
| Summer Banners for downtown..... | \$ 3,300.00 |
| Additional Scholarships..... | \$ 3,000.00 |
| All Awareness Day..... | \$ 500.00 |
| Telecare..... | \$ 5,000.00 |
| Diaper Drive – Gibson Area Food Pantry..... | \$ 1,000.00 |
| GCMS Student Food Debt Payoff..... | <u>\$ 6,000.00</u> |
| Year to Date April..... | \$79,710.00 |

PRESBYTIDINGS

May 2023
Pastor Ray Lantz

Worship: 10:30 a.m.
This Newsletter is a publication of First Presbyterian Church of Gibson City IL.
Website: www.firstpresbygibson.org
Meladee Ferguson: Administrative Assistant
Mary Clow: Ministry Coordinator



**Breath Prayer Eases
Anxiousness: Ancient Practice
Synchronizes Breathing with Sa-
cred Words by Diane Stephens
Hogue, *Presbyterian Today***

Whether it’s threats like climate change or a pandemic—or whether we feel powerless after news of another shooting or natural disaster—we live in a state of fear and constant vigilance.

Take a deep breath, I tell those who come to me for spiritual direction. Let’s breathe together, slowly, I say.

These are anxious times. And they are taking a toll. We find ourselves restless and indecisive. Tears flow at every injustice. We are less patient and more snappish. Self-doubt, stress eating and insomnia have a hold on us. Our creativity is shot.

While we cannot avoid stress in our lives, we can develop healthy ways of managing stressors, beginning with mastering “breath prayer” - a spiritual practice tracing its roots to the desert fathers and mothers in the third century A.D.

We take about 25,000 breaths per day. The air we breath contains 21% oxygen, 0.04% carbon dioxide, 78% nitrogen and small amounts of other chemical elements. The air we exhale is different only in the amounts of oxygen and carbon dioxide, now 16% oxygen and 4 % carbon dioxide. In that exchange, we have oxygenated our blood with nutrients our cells need for energy, intelligence, imagination and love.

But we tend to be shallow breathers, using only about 15% of our lung capacity, which exacerbates fear and any anxiety we may be feeling. Deep breathing (also known as

diaphragmatic breathing, abdominal breathing and belly breathing) is the antidote, and it is as straightforward as filling the lungs by inhaling deeply through the nostrils, holding for three counts and exhaling slowly through the mouth.

In our Christian faith, we also know the power of prayer. If we turn our attention to God, we can catalyze our deep breathing with breath prayer. This prayer invites us to synchronize our breathing with sacred words. The psalms, with their raw emotions and poetic language, are well suited to breath prayer. Sacred poetry and hymn texts work, too.

Breath prayer is simple to do, requires minimal preparation and can be done anywhere. The repetition of words that mean something, our breathing—they engage our body, heart, mind and soul. We rest in the Spirit and discover new dimensions of trust in God.

PUT INTO PRACTICE:

- ♦ Choose a phrase of up to 12 sacred words.
- ♦ Divide it into two parts. You will pray the first part on the inhale and the second on the exhale.
- ♦ Sit comfortably. Close your eyes. Tune out any distractions.
- ♦ Take three deep breaths, slowly. Resume your normal pace of breathing.
- ♦ When ready, introduce the first part of your prayer on the inhale. Exhale the second.
- ♦ Repeat the phrase in the silence of your heart as you breath naturally, up to 20 minutes.

- ♦ Slowly let the words fall away. Tend to your breathing. Open your eyes and reorient yourself.
- ♦ Carry your breath prayer with you as God’s word to you today.

Breath on Me, Breath of God

- ◇ Breathe on me, breath of God, fill me with life anew, that I may love what Thou dost love, and do what Thou wouldst do.
- ◇ Breathe on me, breath of God, until my heart is pure, until with thee I will one will, to do and to endure.
- ◇ Breathe on me, breath of God, till I am wholly Thine, till all this earthly part of me glows with Thy fire divine.
- ◇ Breathe on me, breath of God, so shall I never die, but live with thee the perfect life of Thine eternity.

Inhale — “The Lord is....”

Exhale — “...my strength and song” (Psalm 118:14)



MAY 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---------|-----------|------------------------------------|----------------------------|---|
| | 1 <i>Mental Health Month</i> | 2 | 3 | 4 | 5 <i>Friendship Day</i> | 6 <i>RECYCLE</i> <i>9 a.m. Bible Study at Holly Brook</i> |
| 7 <i>10:30 a.m. Worship</i> <i>John 14:1-14</i> | 8 <i>5 pm—Hospital Auxiliary Dinner in fellowship hall</i> | 9 | 10 | 11 | 12 . | 13 <i>9 a.m. Bible Study at Holly Brook</i> <i>FPC to work at Food Pantry</i> |
| 14 <i>10:30 a.m. Worship</i> <i>Happy Mother's Day—Communion</i> <i>John 14:15-21</i> | 15 | 16 | 17 | 18 | 19 | 20 <i>9 a.m. Bible Study at Holly Brook</i> <i>RECYCLE</i> |
| 21 <i>10:30 a.m. Worship</i> <i>John 17:1-11</i> | 22 | 23 | 24 | 25 <i>5:30 p.m. Session</i> | 26 | 27 <i>9 a.m. Bible Study at Holly Brook</i> |
| 28 <i>John 20:19-23 or John 7:37-39</i> | 29 <i>Memorial Day—church office will be closed</i> | 30 | 31 | | | |

Pastor Ray will be preaching on the scripture listed in bold on each Sunday.

NEWS FROM OUR CHURCH . . .

Please note: The previous week’s sermon will broadcast at 7:45 a.m. every Sunday morning on WGCY. **Please note:** Online Sunday Services will be available on our Facebook Page noted below:

First Presbyterian Church of Gibson City

https://www.facebook.com/profile.php?id=142499619134911&ref=br_rs

Meladee’s working hours: Meladee will be in the church office from 10:00 a.m. to 2:00 p.m. Monday through Friday.

Email Addresses: As part of the hardware and software upgrade for our church’s technology, email addresses as noted below:

Pastor Ray:
Ray@firstpresbygibson.org
Meladee
Office@firstpresbygibson.org.

THE NEW FLOWER CHART IS up on the bulletin board outside of the secretary’s office.

Next Session meeting will be Thursday, May 25, 2023.

When you think of all the months, there’s always something that stands out about each one making it unique in the calendar. Then we have the month of May. By the time May rolls around we’ve had about enough of the rain and finicky weather and are losing patience in our wait for summer. There aren’t many holidays in May either. What we’re trying to say, is that May is a humble, unassuming month that is much less flashy than sizzling July or festive December.

We have Star Wars Day on May the 4th, Mother’s Day on the second Sunday, and there’s also... Memorial Day! It’s not the most exciting line-up, is it?

The name *May* is the modern-day English adaption of the Latin word *Maius*, which has origins going back to the time of the ancient Greeks. They named the month of May (or Maius) after the Greek goddess of growth.

It is said that those born in May have a greater chance of being more successful in life and experience more love. While this may not be scientifically factual, it has been noticed that people born in May understand the importance of love and success more than others.

The grandest horse race in the world, The Kentucky Derby, takes place on the first Saturday in May every year. This is one of the oldest horse races in the world and has been running every year since 1875. However, there have been only two years when the race wasn’t ran in May. In 1945 during a wartime ban on horse-racing, and in 2020 when the race was delayed until September due to the COVID-19 pandemic.

We think one of the best things about the month of May is the blooming of spring flowers. The official birthday flower of May is the delicate and fragrant lily of the valley.

BIRTHDAYS
AND
ANNIVERSARIES

May

02: Emma Swanson
07: Jesse Swanson
09: Trudy Lantz
10: Ruth McClure
14: Mary Jane Roth
17: Ray Lantz
20: Mac and Ruth McClure
22: John Davis
26: Ron and Mary Clow

June


01: Mary Clow
01: Rick Kerchenfaut
03: Stacy Johnson
08: Gene & Mary Jane Roth
11: Mac McClure
12: Chad & Stacy Johnson
19: Larry & Karen Ladd
20: Michael & Karen Mott
27: Dorri Groom
29: Hunter Johnson

Second Sunday Offering
May 14: Because of Cody
June 11: Hanley School Supplies

Ushers
May: Tim and Janice Swanson
June: Gene and Mary Jane Roth

Communion Servers
May 14: Charlie Schultz and Tim Swanson
June 4: Ron & Mary Clow

“In the merry month of May, when green leaves begin to spring, little lambs do skip like fairies, birds do couple, build, and sing.”



THANK YOUS AND MORE

We have received several notes from Stan DeLong. Stan was a member here at First Presbyterian Church approximately 50 years ago.

Dear Gene and Mary Jane, First Church: John Dunn once said “No man is an island . . .” How true. I wanted to thank the members of First Church, most of whom are long gone, for their part in making me the man I am.

Though I did not move to Gibson City, by and with my parents, until I was in the 7th grade, it was there that I learned to value God and country. Jack Hayes impressed me with importance of history and service to country (History teacher and WWII pilot). Mrs. Johnson, Johnny’s grandmother, impressed upon me the meaning of “Jesus loved the little children of the world, red and yellow, black and white, they are precious in His sight.” In Hospital Corps School four of us went to a neighboring town to get away from the base. Two of our group went to a hotel to ask if we could get a room for the night. One of our group was black. He and I shared a double bed. (Though manager said if we did not mind sharing bed we can’t get a room.)

In my 38 years in the Navy, Uncle Sam took us around the world. I climbed to the top of Mt. Fuji, went by the sunken battleship Bismarck, through the Suez Canal and visited the Vatican. Through it all, I carried thoughts of 1st Presbyterian Church and Gibson City. May God Bless you all. In His love and service, Stan DeLong P.S. Remember Miss P, our choral director? She roped me into singing a solo (*Invictus*, a song my father did not like) for state. I was at least good enough to win third place which gave us the one point to win state! Blessings on you both.

Dear Friends: Thank you for the monthly newsletter and enclosed challenge coin (John 3:16). Most appreciated. I have used the coin

every day, switching it from the left pocket to the right pocket once I have executed a “labor of love” in the Savior’s name. (Even shut-ins can do a labor of Christian love by calling a shut-in to let them know they are one of God’s very loved children.)

I really enjoy the very colorful and well put together “Presbytids.” Congratulations on the Achievement Award. May God continue to bless your labors of love in His Name. As clergy and not members of a church but of Presbytery, I am grateful to be included in your fold.

Gibson City, and especially the church, has always held a special place in my heart. As a graduate of Eastern and LPTS (Louisville, KY), I was glad one of your elders was present at my ordination by Bloomington Presbytery meeting in Normal in June of 1971.

May you all have a very blessed Easter! He is risen indeed. Stan DeLong

Dear Friends: Someone asked if I was married. Indeed I am. This summer Joan and I will celebrate our 58th wedding anniversary. We met when I assumed my under-grad studies at Eastern Illinois University in 1964. We married the following summer. The Lord blessed us with twins in 1969, David and Kevin. Two years later Jeff entered our lives. Nineteen years later Kevin was taken to our heavenly home protecting hearth and home. He was a handsome six foot seven inch son, loved by all who met him. Truly a Christian young man. Dave is a retired sheriff here in San Diego. Though an identical twin he is an inch shorter than his brother. Jeff lives in Columbia, S.C. and works for a bank. Dave’s daughter graduates from college at the end of April and already has a new job in Phoenix. Jeff’s oldest son, Ryan, also finishes college this summer. William, his brother, is off on his own as an electrician.

Joan graduated from Eastern the

summer we met and earned a MS at Illinois State the following year. She was a speech therapist for two years before we moved to Jeffersonville IN where we lived as I earned my MS in Divinity from LPTS. During that time she worked for United Cerebral Palsy. She could work in a school or clinical setting as a Speech Therapist. Very handy as she followed my tours with the Navy.

Joan has truly been a blessed help-mate—a gift from God. Now you know about my family. God bless you all. Yours in His service, Stan DeLong

The family of David D. Johnson acknowledges with deep appreciation your kind expression of sympathy. Thank you all so much for your kindness and your prayers. Sincerely, John & Annie Barnett

To My FPC Family: Thank you so much for the random act of kindness gift you gave me from my brother’s donation to the church. Also thanks for the other donations you made in Jerry’s name.

1. Rotary Club’s bench in North Park.
2. The 3 defibrillators for GCMS Schools.
3. Presbyterian Church giving catalog’s water project.
4. The future Ag related scholarships. Jerry would be pleased about that.
5. Thanks for the tickets you gave to the Lions Club Pancake and Sausage meal that were used for the food pantry people.
6. Also for the future Farmer’s Market Project.

With Christian love, Jeanette Wissmiller Hensley

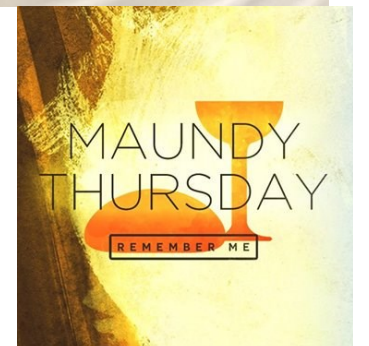
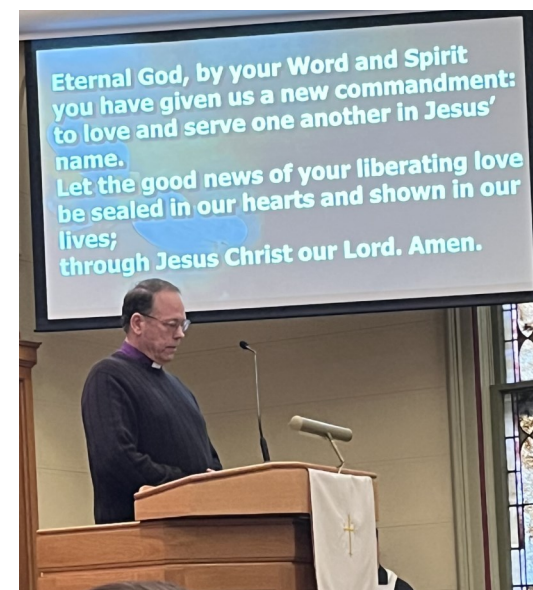
Sharon Collings says Thank You so much for the County Market gift card she won.

Barb Williams would like to thank Ray and Trudy for home communion.

GOOD FRIDAY AT FAIRBURY PRESBYTERIAN CHURCH



Church members Val Hunt, Trudy Lantz, Jean Williams, Meladee Ferguson, Tim and Janice Swanson, Jeanette Hensley and Ron and Mary Clow attended the Maundy Thursday/Good Friday, April 7th service at First Presbyterian Church in Fairbury. Pastor Ray Lantz assisted Pastor Dan Robertson with the service. Everyone enjoyed dinner together at Diner 24 in Fairbury before the service.





Thank you Danny Heustis, Tim Swanson and Ron Clow for erecting the Easter Cross for Good Friday.



EASTER CELEBRATIONS WITH FAMILY



Jean Williams with her family. What cuties! Yes, even Jean.



\$4,000 was donated from the Hank & Phyllis Brickman Memorial Fund. Memorial plaques in their honor will be placed on several of the benches.

\$4,000 was also donated from the Church Mission account and plaques will also be placed on several of the benches.



The Spring banners the church paid for have been hung on the light poles downtown and look really good. Thank you Joe Durham from Signs of Success for working with Mary on designing, ordering and hanging the banners.



Thank you Ron and Mary Clow for placing flowers on the cross for Easter.



Val Hunt with her daughters, Judy Jo Arbour and Dorri Groom.



Judy Jo Arbour with husband, Joe, and their family on Easter Sunday.





Charlie Kerchenfaut (front row seated 2nd from left) was one of the 8th grade students from GCMS that had the opportunity to attend the annual Trade Up Day at Parkland College. They participated in numerous demonstrations and interactive stations to learn about career and technical educational opportunities.



AED Grant Approval: Four AED grant applications were approved for \$2,000 each by Session. Mary Clow has been working with Jen Wilson from Vital Education to purchase 4 AED units and cabinets for the following groups: Moyer District Library, Gibson City Youth Baseball – Roy Roemer Field, Gibson City Youth Baseball – McMillan Field, American Lutheran Church of Gibson City and Railside Golf Course.

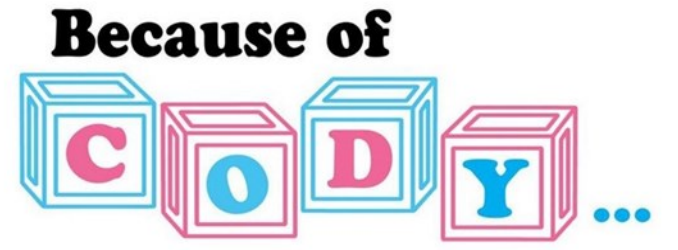


Anneliese Kerchenfaut was doing some volunteer work and was able to hear the Amazing Race Season 21 winners of the \$1 Million Prize give a speech about their goat farming business and soap making. Josh Kilmer-Purcell and Brent Ridge focused on kindness and helped other teams with their challenges. The team wanted to be themselves during the race (and admitted they were the underdogs) but won anyway. This information was provided by Aizza Kerchenfaut who is a big fan of the show.



Sharon Collings, pictured, is the winner of our Bible Word Search Puzzle for April. There were (13) thirteen entries (Jeanette Hensley, Dr. Stan DeLong, Barb Williams, Teresa Alexander, Sharon Collings, Danny Heustis, Denny Fisher, Jodi VanSwol, Jean Williams, Val Hunt, Janice Swanson, Sherry Tomlinson and Denise Birky.) Anyone receiving this newsletter is eligible to win a \$20 gift card to County Market. Please see the **GREEN** colored card in the center of this publication to play. Turn in to the Church office by May 25! Not at the church: mail it or place in the black box outside the east church door. **Be certain to read the Bible verses attached to the puzzle.** I found every word listed in the May Puzzle. Meladee

SECOND SUNDAY OFFERING – BECAUSE OF CODY
Our May Special Offering supports Because of Cody, which was founded after the loss of Cody Thomas Arbour, to SIDS (sudden infant death syndrome). Cody was the grandson of Judy Jo Arbour and great grandson of Val Hunt. Because of Cody is a non for profit 501 (c) (3) organization working hard to raise money to continue to print all the educational material to help educate as many as possible about SIDS and Safe Sleep for Babies.



Dedicated to SIDS Education and Safe Sleep for Babies.

(815) 293-SIDS (7437)

Email: info@becauseofcody.org

www.becauseofcody.org

NO FALCON FIGHTS ALONE!

Pork chop Fundraiser!!

Sunday May 7th, 4pm - 7pm

Location : Gibson City American Legion

Sandwich : \$6

Meal : \$8

pre-orders available April 17-28

walk in's welcome!

Proceeds to the family of a GCMS Elementary student fighting cancer



Contact Miss Riley with questions
Riley.Susan@gcmsk12.org

Session approved sending a \$2000 donation to the family of this child.

Welcome May

May You be happy.
May You be well.
May You be safe.
May You find comfort.
May You have strength.
May You have courage.
May You find healing.
May You have peace.
May You have joy.
May You be filled with

Blessings..

inspire. Positive soul sensations. IPS

loving Kindness.

MAY YOU BE BLESSED TODAY & Always.



Some dresses from the Gibson Girls HCE Unit's "Dress A Girl" project were recently delivered to an orphanage in Uganda. The church donated money towards this project.

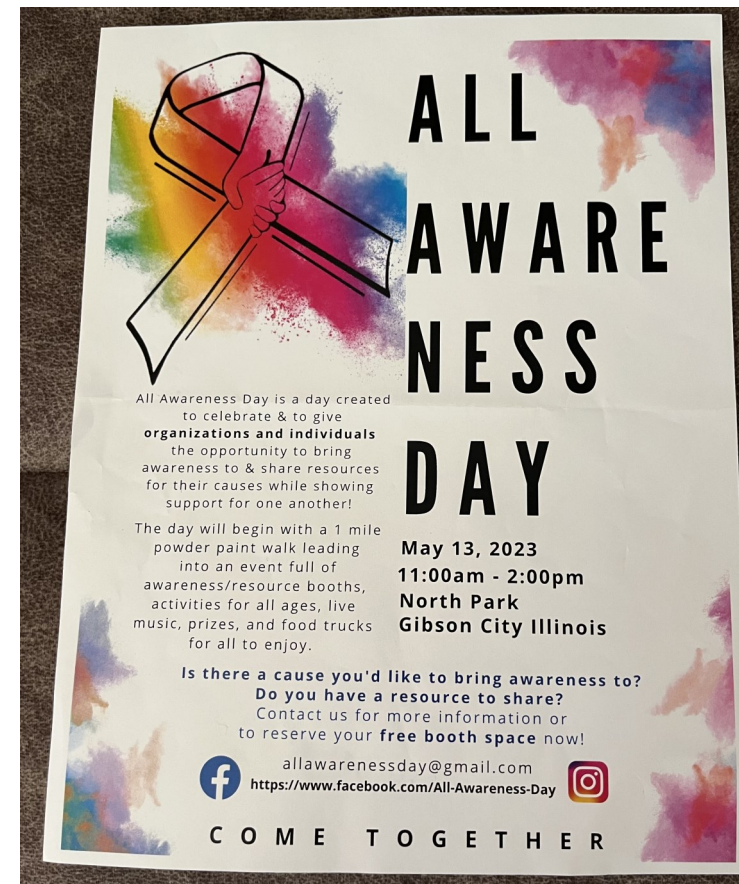


The bright blue metal picnic tables and bright blue metal park benches have arrived for the playground project planned by the Gibson City Rotary Club at the North Park. Funds from the Mission Account and funds from the Jerry Wissmiller Memorial Fund were used to purchase them. They have a thermoplastic covering which results in a safer and softer appearance. They are also more resistant to rust and weather. There will be plaques on the benches noting



Community Garden Update
Ministry Coordinator Mary Clow is excited to report that 21 plots at the Community Garden located at Railside Golf Course have been awarded so far this year. That leaves just 3 plots that are still available. This is the most gardeners we have ever had. Ten new gardeners have applied for a plot so far. If no one else applies for a plot by May 1st, the remaining plots will be awarded to those gardeners who have asked for a 2nd plot. How awesome that our church is helping build a stronger community and promoting a healthier lifestyle. It's going to be a wonderful summer watching everything grow and produce! Remember, gardening is good for both the mind and body and can be enjoyed by people of all ages.

Session approved the purchase of two kits of color blaze powder, a button maker machine and 500 blank buttons for this event totaling \$517.00.



I just realized why this month is called May.
It May rain,
It May snow,
It May be 70 degrees.
It May be 20 degrees.



Earth Day Event

Tree Dedication

"When we plant a tree, we are doing what we can to make our planet a more wholesome and happier dwelling-place for those who come after us."

~ Oliver Wendell Holmes

Sponsored by Gibson City Lions Club

We Planted a Tree for You

The Gibson City Lions Club invites the public for a Tree Dedication Ceremony in Memory of Lion Dale Ashmore and Lion Jerry Wissmiller

April 22, 2023 1:00 pm
206 E 10th St
United Methodist Church



Lion Dr. David Hagan (left) talks about Lion members Dale Ashmore and Jerry Wissmiller and their dedication to the community.



Left: Lion Presideent Dan Kerfott hangs a yellow ribbon on the tree planted in honor of Lion Dale Ashmore.

Right: Lion Chris Thorp placed a yellow ribbon on the tree planted in memory of Lion Jerry Wissmiller.

Dale Ashmore and Jerry Wissmiller were beloved members of the Lions Club, The First Presbyterian Church, our Gibson City Community and their families. We miss them greatly.

Please see more pictures of this wonderful day on the BACK of this sheet.



Lion President Dan Kearfott began the memorial ceremony by speaking about the Lions Club and how they strive to serve the community in positive ways.



Carla Ashmore and family listen to Lion President Dan Kerfott talk about Earth Day and the planting of a tree in memory of Lion Dale Ashmore at the park at the United Methodist Church of Gibson City.



Ministry Co-ordinator Mary Clow, Carla Ashmore and family attended the Lions Club Earth Day Dedication in memory of Lion Dale Ashmore and Lion Jerry Wissmiller on a very cold Saturday, April 23rd, at the United Methodist Church park.



Jeanette Hensley and her niece listen to the Lions Club dedication of the planting of a tree in memory of Jerry Wissmiller.



Jeanette Hensley listens to Dr. David Hagan talk about Jerry Wissmiller, her brother, with her niece's dog chiming in on the celebration.