

PASTOR’S CORNER

Memories of Summer Times
Past: July 24, 2024

Late Summer is rarely a busy time around churches, and that’s most pastor’s families vacation time. When my mother was alive, we would take our family and drive to Texas to visit her. It was a two day drive, and we would always arrive road weary. Traveling by car with a gang of children is always an experience of its own. Of course there was an initial excitement seeing my folks, the grandparents.

The patterns of greeting, eating some of Grandma Dorothy’s cookies, unloading our luggage, setting up the rental room for the family, getting settled, and eventually trying to go to bed, and all kinds of details were the habits. We had all the same distractions any family has. Who wants to sleep in Grandma’s apartment tonight? We parents trying to keep televisions off. A crash course in the does and don’ts around a senior citizen center. Continuing conversations about which relatives we would try to visit in the next few days. Where would Grandma want to go to eat a special meal? Luby’s Cafeteria? Western Sky T bones? Mexican Food? Of course Bar B Q.

When would we go with Grandma shopping? Oh yes, Grandma always had to take the kids shopping and buy each one of them a new Sunday Morning kind of outfit. (Not everybody liked the length of time such a side trip would take. But Grandma was always joyful to see her grandchildren in another fancy outfit!) We would keep the family busy throughout the week, and the kids all adopted their own additional grandparents in the center. We would take short trips to the Prairie Dog Town by the school bus barn, visit the International Lilly Pad display along the San Angelo River Walk, explore the downtown stores, check out Fort Concho of post Civil War times, go swimming at one of the many parks, but the best time was in Grandma’s little apartment. There the grand kids loved crowding on Grandma’s bed and watching old cowboy movies, Lucille Ball and other 1950’s staples. It was fun to be with her. Of course she spoiled them royally, and we always ate, very well.

Remember how this little essay began? “Late Summer . . . drove to Texas.” Have you ever been in West Texas in late Summer? It is warm, actually very, very hot. I’d

joke with the family how it was a joy to walk on the beautiful brown, crunchy grass again. There was nothing like getting into a closed car on a 100+ degree totally sunny, desert day and feeling that deep heat of leather car seats along with the burning hot safety belt buckles giving our fingers almost 3rd degree burns. I always wondered why my immediate family didn’t want to relocate, until I realized they really did enjoy living in the Midwest where temperatures were a little more moderate, and where the grass was actually green and soft.

It’s amazing how we can romanticize the past experiences of our lives. I did that with Texas, and now I do it with those past family trips to Texas so many years ago—heat and all. Family is a great blessing, even with the inconveniences and the little rubs we all have on long trips and events. But wow, what wonderful warm memories keep us in the arms of loved ones, if only in our memories. It is my prayer that you enjoy family and friends, stories and the joy of relationships this late Summer. Grace and peace, Pastor Roy

PRESBYTIDINGS ***August 2024*** ***Rev. Dr. Roy C. Backus***

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

Embracing Relaxation, Mindfulness and Wellness in the Summer

From the July 11th firstpresbygibson.org seniorliving.org blog

While summer is often thought of as the most laid-back time of year, this one may be anything but. A tumultuous presidential campaign, concerns about our changing climate, and conflicts overseas are just a few of the things causing people to worry and fret. For many, relaxing and enjoying summer might take a little extra work. If you are struggling to unwind and slow down, learning more about mindfulness and the health benefits linked to it might be the first step. Exploring a few ways to manage stress might also help you make the most of your summer.

What Is Mindfulness? In simplest terms, being [mindful means living in the present](#) moment and not borrowing trouble for what may—or may not—happen in the future. It is making a conscious effort to quiet the mind and focus on only one thing at a time. Centering your thoughts may help you avoid feeling overwhelmed by events that are out of your control. It can keep you from getting caught up in a cycle of overreacting to the big and small struggles we often encounter throughout the day.

Benefits of Staying in the Moment

By making a concentrated effort to remain focused on the moment at hand, you’ll likely reap a variety of benefits. A few of them include:

- Lower risk for depression
- Reduced stress and anxiety
- Boost in spirit and mood
- Improved ability to focus and stay positive

Each of these can lead to a sense of peace and calm that improves your overall well-being. If you need some tips for quieting your mind this summer, we have a few for you to consider.

Ways to Relax and Stay

Centered in the Summer

Plant and nurture an herb garden: [Gardening can be a great pastime](#) at any age, including during your retirement years. Seniors have many options to try, from flowers to vegetables to herbs. In addition to being healthy seasonings for grilling and cooking, herbs have aromatherapeutic benefits. For example, the smell of rosemary is believed to lower stress and improve concentration. Lavender is known for its calming powers and ability to help you sleep better.



Bond with our feathered friends:

People are often surprised by how satisfying bird-watching can be. It’s even been found to help soothe agitation and restlessness in people living with dementia. And birding is an accessible activity even for those with mobility challenges. A pair of binoculars, a notepad or journal, and a field guide to birds might be all you need to get started. [Bird Watching 101: A Guide for Beginners](#) from Audubon is a good resource for learning more.

Set up an outdoor meditation

spot: If you haven’t tried [meditation](#) before, summer can be a good time to give it a go. Forget all you’ve seen in the movies—it’s not as complicated and difficult as you might think. It can be as simple as downloading an app to your phone, finding a bench or quiet corner in your yard, and closing your eyes and being still. Two apps that earn good reviews from beginners are [Ten Percent Happier](#) and [Calm](#). Each one offers a free seven-day trial so you can see how well you like it.

Live every hour like its happy hour. – Summer is a State of Mind.

SCRIPTURES AND SERMON TITLES FOR AUGUST, 2024

Sunday, August 4, 2024

11th Sunday After Pentecost

Call to Worship: Psalm 51:1-12

1st Lesson: Ephesians 4:1-16

2nd Lesson: John 6:24-35

Sermon: “Pass the Bread”

Sunday, August 11, 2024

12th Sunday After Pentecost

Call to Worship: Psalm 130

First Lesson: 2 Samuel 18:5-9, 15, 31-33

Second Lesson: Ephesians 4:25-5:2

Sermon: “7 Practical Spiritual Habits”

Sunday, August 18, 2024

13th Sunday After Pentecost

Call to Worship: Psalm 111:1-10

First Lesson: 1 Kings 2:10-12, 3:3-14

Second Lesson: Ephesians 5:5-15

Sermon: “Additional Attitudes and Habits”

Sunday, August 25, 2024

14th Sunday After Pentecost

Call to Worship: Psalm 84

First Lesson: 1 Kings 8:22-39, 41-43

Second Lesson: Ephesians 6:10-20

Sermon: “Covenant: God Placing Everything In Its Right Place”

Sunday, September 1, 2024

15th Sunday After Pentecost

Call to Worship: Psalm 45:1-2, 6-9

First Lesson: James 1:17-27

Second Lesson: Mark 7:1-8, 14-15, 21-23

Sermon: “Some Watch: Some Do”

Lindsay Gordon will be preaching on

Sunday, August 18, 2024

August 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 RECYCLE
4 10:30 a.m. Worship	5 Meladee will be away from the church office today.	6 9 a.m. Pastor Roy will lead a Bible Study at Holly Brook	7	8	9	10
11 10:30 a.m. Worship	12	13	14	15	16	17 RECYCLE
18 10:30 a.m. Worship Lindsay Gordon will be preaching	19	20	21	22 5:30 Session	23	24
25 10:30 a.m. Worship	26	27	28	29	30	31

FUN FACTS ABOUT AUGUST. . .

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:

Meladee
fpcgc60936@sbcglobal.net

Office@firstpresbygibson.org

Office hours for Dr. Backus will be 9 to 3 on Tuesday and Thursday. Meladee will also be in the office on Tuesday and Thursday from 9 to 3 unless Dr. Backus is not available and then she will work 10 to 2 as usual.

Gladiolus and poppies, two birth flowers, are associated with August. The gladiolus is a vibrant and multi-colored flower that represents generosity, the strength of character, and deep sincerity. In contrast, the poppy symbolizes imagination, eternal sleep, and oblivion.

The first sandwich was allegedly made on August 6, 1762, and was given the Lord of Sandwich’s name. The dish consisted of meat placed between two slices of bread, which he requested because he was in the middle of a gambling game and did not want to interrupt it.

August was referred to as “weed month” during the Anglo-Saxon period and is directly translated as such today. This name was given to the month due to the rapid growth of weeds and other plants in the northern hemisphere during this time.

August has witnessed the early demise of two of America’s most legendary superstars. Elvis Presley passed suddenly on August 16, 1977, whereas Marilyn Monroe, the legendary blonde bombshell and actress, died on August 4, 1962.

. August is home to several unusual celebrations, and here are a few of our favorites. On August 3rd, people across the nation celebrate National Watermelon Day. August 10th is designated as National Lazy Day. Another notable celebration is on August 16th, known as National Roller Coaster Day. Finally, August 28th is dedicated to all things fancy, as it’s National Bow Tie Day.

August is an exciting month with unique holidays celebrated across the world. International Scout Scarf Day, the King of Tonga’s official birthday, and his coronation all fall on August 1. In the US, August 5th is National Underwear Day, while in Japan, August 11th is Mountain Day.

BIRTHDAYS AND ANNIVERSARIES		Second Sunday Offering <i>Aug 11: Act Theater Group</i> <i>Sept: Gibson Area Music Foundation</i> Ushers <i>Aug: Gene & Mary Jane Roth</i> <i>Sept: Janet Swanson and Jeanette Hensley</i> Communion Servers <i>Aug 4: Jean Williams and Sharla Williams</i> <i>Sept 1: Danny and Vonna Heustis</i>	Where flowers bloom, so does hope. Lady Bird Johnson
August 12: John and Ruth Davis 18: Valeree Johnson 21: Teresa Alexander 24: Tim and Janice Swanson 31: Sandy Brucker	September <i>15: Sharon Heavilin</i> <i>17: Gene Roth</i> <i>17: Danny Heustis</i> <i>21: John Kirkpatrick</i> <i>26: Val Hunt</i> <i>26: Ted Swanson</i> <i>28: Ann Backus</i>		

RED, WHITE AND TUNES

The 2nd annual Red White and Tunes Festival was a great evening with good weather, five food vendors and six awesome bands. It was a celebration of local Gibson City Music. Our Church donated to this City Event.



Ron and Mary Clow with Alderman Ray Hanks and his wife Ellen.



THANK YOUS AND MORE

Dear First Presbyterian Church, On behalf of the Gibson Area Hospital Foundation, I wish to express our gratitude for your generous gift to our 2024 Foundation Fest. We look forward to this brand new event on July 12, 2024 and hope you are too! Your gift, along with many supporters such as yourself, ensures that GAHF has the charitable and community resources to create excellence in healthcare programs and services, in support of a healthy community. We are grateful for your generosity, your trust, and most importantly, your commitment to our mission. The hospital could not make the impact that it does without the generous support of a caring community. Thank you again for your thoughtful gift to Gibson Area Hospital Foundation. Sincerely, Daniel Boyce, Director of Development

This is Larry Uphoff, the president of the Mahomet Chapter of Sleep in Heavenly Peace (SHP). I want to thank you for your generous gift to SHP, and I'd also like to give you a quick update on how things are going. As of now we have delivered 25 beds and we plan to deliver another 4 this coming Friday. We will use your funds to buy the supplies we will need for our August 17th build day. I would be happy to stop by the church to update you further in person at any time. Thanks again for your support. Larry Uphoff

Prayers for the family of Emberyson Graham Lord who passed away at 1 year 5 months old. He is survived by his parents Brandi and Matthew Lord and brother Raceyn Miller of Paxton. Our church donated \$1,000 to the family to help with funeral costs. He may have died from SIDS so we know he is now in the arms of our dearly missed Judy Jo Arbour.

Baby Embersyn



Your kind expression of sympathy is deeply appreciated and gratefully acknowledged. We wanted to thank your church from the bottoms of our hearts for your heartfelt donation towards our sweet baby boy Embersyn's funeral. It helped tremendously in our time of sorrow to breath a little easier knowing your church blessed us. We pray that God continues to bless your church immensely. Love, Brandi and Matthew Lord and Raceyn Miller

The First Presbyterian Church, Thank you so much for selecting and recognizing me as one of your scholarship recipients! It will truly go far in my pursuit of higher education in the field of agriculture education. Thank you again and have a blessed day! Sincerely, Brynn Boundy

To Our friends at the First Presbyterian Church: Thank you so much for your most generous gift to Shepherd's Closet. We appreciate your kind support that allows us to help our community. Sincerely, John and Annie Barness

We give thanks for your faithful and extraordinary support of Presbyterian mission and ministry. The support of your congregation makes a difference in sharing the Good News of Jesus Christ locally, nationally and around the world. Thank you, once again, for your witness to

the Great Commission and your support of the Presbyterian ministry and mission. You are a valued partner. Yours in Christ, Lauren N. Rogers, Office of Ministry Engagement and Support, Christmas Joy and One Great Hour of Sharing Offerings

Thank you to everyone for the County Market gift card that was awarded to me in the last word search drawing. I have already used it and enjoyed having "nothing due" from a trip to the grocery store. There is even a bit left over, and I look forward to using it again during our next visit! Your many programs and generosity to a broad group of people is appreciated and commended!

Jean Noellsch

"August was nearly over — the month of apples and falling stars, the last care-free month for the school children. The days were not hot, but sunny and limpidly clear — the first sign of advancing autumn." — Viktor Nėkrasov

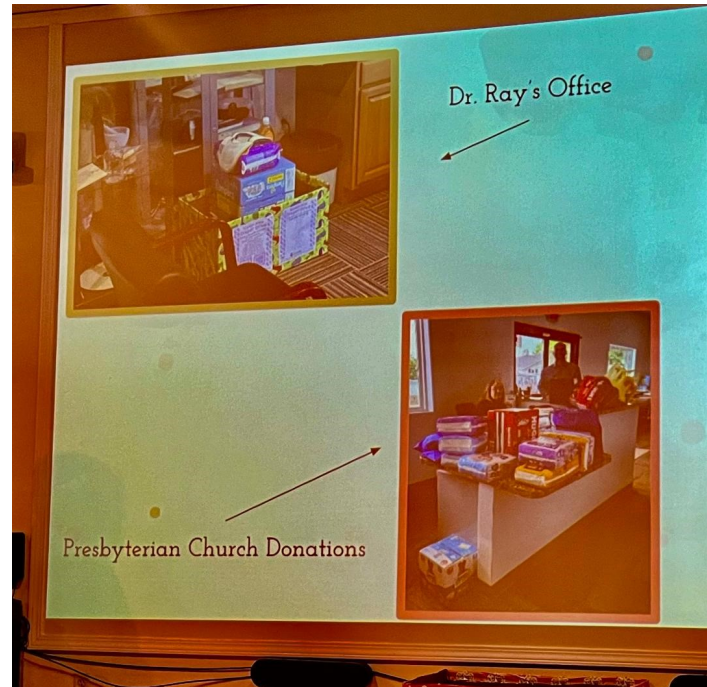
"This morning, the sun endures past dawn. I realize that it is August: the summer's last stand."

— Sara Baume, [A Line Made By Walking](#)



UPDATES

Mary Clow was invited to attend the Gibson Area Hospital Health Education Scholars luncheon on July 3rd at the GAH Education Center. Four interns that were part of this program made a presentation on the local Diaper Drive they conducted in June. Our church was recognized as donating the most items for their box drive. They received 3,509 diapers and 444 additional baby items like bottles, bibs and baby spoons. The items will be distributed by the GAH Social Services Department.



GCMS Future Business Leaders of America members in Orlando Florida at the National Conference with their sponsor Mrs. Conlin. Our church donated money to help with the cost of the trip after they made a presentation to the Elders at their May meeting.



A cause you can really get behind.



HEAVEN BOUND CONSERT AT HOLLY BROOK

Heaven Bound, a southern gospel group from the surrounding area, sang at Holly Brook on Thursday, July 11, at 2:00 p.m. There was only one empty chair in the room. They will sing again on Thursday, October 10th, at 2:00 p.m. Our church Administrative Secretary (Meladee Ferguson) went to the concert. What a blessing! They were truly enjoyed by all that were in attendance.



Meladee and member and resident, Carla Ashmore.



Resident Mona Summers and friend.



Mike Hastings, brother of Meladee, with his mother-in-law, Shirley Rosendahl, a resident of Holly Brook. (Carla Ashmore in the background.)



Meladee with resident of Holly Brook and member of First Presbyterian Church, Val Hunt.



Elder Sharla Williams, member of First Presbyterian Church.



Ed McCammack, Steve Ingram, Norm Fisher, and Dan Perry make up the group *Heaven Bound*. What a great group of Christian men!

CHURCH'S NEW LANDSCAPING

Thank you Benjamin Landscaping for completing our Landscaping Project around the church and the memory garden south of the church. We hope our members and guests find our church grounds to be beautiful, reflective of our congregation and inviting to all in the community.



LANDSCAPING



THANKS TO CHRIST OUR KING

By Mike Hastings

Oh, so long ago it was
When Christ perished on that Cross
Two thousand years and more have passed
Since he died to save the lost.

Yes, two thousand years and more have gone by
Since he shed His saving blood.
Yet time has not stopped the precious flow
Of that saving crimson flood.

For the power that it had back then
Still saves lost souls today.
Time cannot diminish it
Or take it's strength away.

And Jesus is alive and well
Yes, risen from the grave.
He still wants us all to know
He died our souls to save.

True, crucified upon that hill
In death Christ did reside.
But He's alive and living still
And it was death that died.

For God so loved the world you see
He gave his one begotten Son.
That whosoever believes in Him
Has life that's never done.

So death has lost its' victory
Death has lost its' sting.
And the prince of darkness has lost his power
Thanks to Christ, our Living King.

And the Winner Is



Pictured above: Stacy Johnson is the winner of the Bible Word Search Puzzle for JULY. There were seventeen (17) who entered this month: Sharon Collings, Phil Noellsch, Mona Summers, Val Hunt, Jeanette Hensley, Danny Heustis, Stacy Johnson, Denise Birky, Jodi VanSwol, Jean Williams, Sherry Tomlinson, John Johnson, Kathy Branz, Barbara Williams, Pat Farris, Carla Ashmore and Denis Fisher. Anyone receiving this newsletter is eligible to win a \$25 gift card to County Market. Please see the YELLOW colored card in the center of this publication to play. Turn it in to the Church office by AUGUST 25TH! Not at the church: mail it or place in the black box outside the south east church door. Be certain to read the Bible verses attached to each puzzle.

CHURCH NEWS

Ron and Mary Clow were blessed to be able to witness the marriage of Ron's son Greg Clow to Erin Hayes on Friday July 12th in Chicago. Ron and Mary joyfully welcome a beautiful, bright and caring daughter in-law to the family. The bride and groom reside in Chicago.



What great pictures Sharon Heavilin shared with us of her son Mitch and her granddaughter Harper on the Appalachian Trail in North Carolina. This beautiful girl is already enjoying hiking just like her father. So precious.



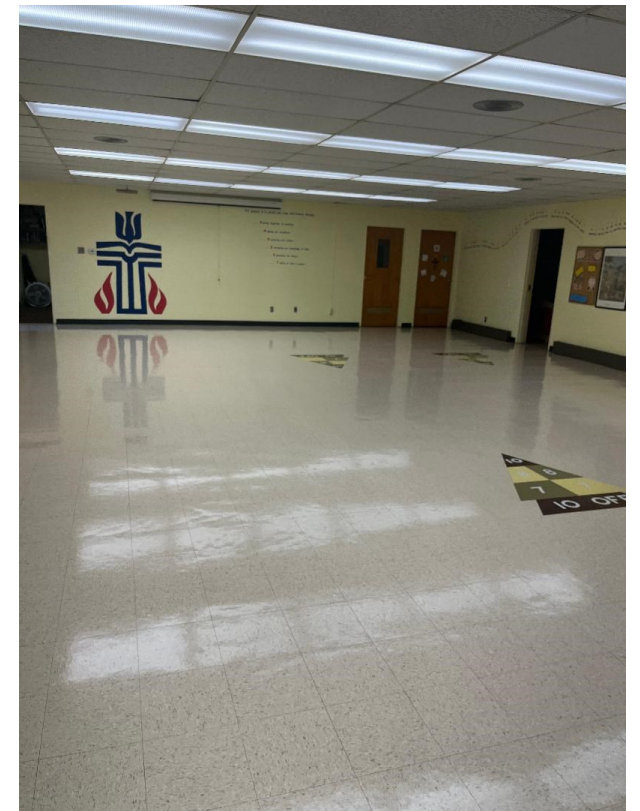
Thank you published in the Kemmerer Village newsletter thanking those who sent in donations in memory of Ellie Stoltz.

Mr. & Mrs. John Schertz
 Ms. Rebecca Hawley
 Ms. Karen Kummerow
 Mrs. Charles Dow
 Ms. Claudia Vidal
 Ms. Sally Benge
 Ms. Teresa Robinson
 Mr. Tom & Mrs. Gillian Magee
 G. C. First Presbyterian Church
 Mr. Charles Phelps
 Mr. Todd Epps
 Mr. Neil Gesell
 Mr. & Mrs. Thomas Wargel
 Ms. Stephanie Greene
 Ms. Janice Swanson
 Mr. Ted Swanson Jr.
 Mrs. Jean Williams
 Mr. & Mrs. Ronald Knapp
 Mr. & Mrs. Douglas Moody
 Ms. Victoria Atkins
 Ms. Meladee Ferguson
 Mr. & Mrs. Jon Stolz
 Ms. Susan Stolz
 Day Drainage
 Plainfield IN Christian Church
 Discussion Class
 Ms. Jeannette Hensley
 Mr. Vernon Shepherd
 Ms. Sharla Williams
 Mr. Douglas Anderson
 Ms. Fran Davis
 Mr. & Mrs. Mark Shepherd



OTHER CHURCH NEWS

The Fellowship Hall and Kitchen floors look awesome after they were stripped and waxed by John Brewer of Brewer Cleaning Service of Gibson City.



Thank you Jean Williams for ordering the beautiful flower pots placed at our entrance doors for everyone to enjoy.



Another great team-building breakfast on July 7th at Blue Star Restaurant. Celebrating friendship and being together in spirit.



Tom and Sharon Heavilin hiking and enjoying the beautiful country in Gold Bar, Washington.



Mary Jane Roth and daughter Leigh Ann Sharp making Mable's Butterhorns on a fun July day.



MISSION COMMITTEE SUGGESTIONS – JULY, 2024

July

Year to Date June.....	\$109,000.00
Cox-Knapp Funeral Home (Emberysen Lord).....	\$ 1,000.00
Group Breakfast at Blue Star July 7 th	\$ 133.00
Molly Ertel – Head Start.....	\$ 500.00
Sarah Allemond – Head Start.....	\$ 500.00
Kayla Golden – Head Start.....	\$ 500.00
Christmas Parade 30 th Anniversary Committee.....	\$ 10,000.00
Gibson Area Food Pantry.....	\$ 5,000.00
Year to Date Total.....	\$126,633.00

Mary Clow and Sharla Williams were invited and attended the FCA Power Camp at the Bible Church. What a great program for the youth in our area. The motto for this Fellowship of Christian Athletes Camp is inspiration with perspiration. Our church donated to this awesome program.



Head Start Program Closes

We are sad to report that the Community Development Institute has decided to close the Head Start Program located in our Building. This program has been a mission of our church for many years, and we will miss the smiling faces of those 4- and 5-year-old children running around in our building, especially at Christmas time. This tough decision was made because the number of students enrolling in the program has declined over the last four years. However, the GCMS School District serves the same population of children and offers an equally great opportunity. We want to personally thank the four staff members of the Program who deeply cared for these children and worked well with our Church staff. They are Director Molly, Ertel, Kayla Heisler Sarah Allemand and Alyzza Medina and we wish them well in their future endeavors.

The 2nd Sunday collection for August will now be the ACT Theater Group.

FUNK FAMILY FARM CELEBRATION

MORE FUNK FAMILY FARM CELEBRATION

