



Give
thanks
with a
grateful
heart

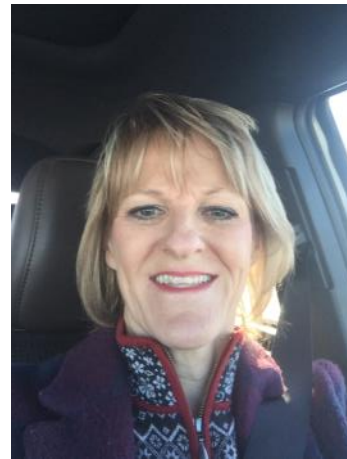
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NOTICE!

A congregational meeting has been called for November 14th following the 10:30 am worship service. The purpose of the meeting is to elect elders for the upcoming year.

Meet Our Elder Candidates



Shelley Cundiff

Shelley and her husband Roger Barrett became members of FPC Sheridan in 2014. She has been an Elder on Session at FPC Sheridan from 2019 through 2021 and currently serves as Chairman of the Christian Education Community. Shelley has also served on the Personnel Committee for FPC Sheridan.

Roger and Shelley reside in Dayton, Wyoming. Originally from Oklahoma, Shelley attended Oklahoma State University (BS, MS) and the University of Tulsa Law School JD '90. She was in private practice in Oklahoma for 13 years and Wyoming for 9 years. Governor Matt Mead appointed her as the Judge for the Fourth Judicial District Circuit Court for Sheridan and Johnson Counties. She took the bench in 2013.

Shelley enjoys the wonderful Wyoming outdoors for hiking, camping, fly fishing and wild fruit gathering. She is a trained yoga instructor, enjoys various hobbies and watching college football and basketball.

“Here I am, Lord” is the hymn upon which Shelley reflects both personally and as a Judge to serve the Lord and hold God’s people in her heart.
Candidate bios continue on page 6 & 7.....

Dear Ones,

During the sermon on Sunday, I shared the poem “Just Beyond Yourself: A Poem” by David Whyte. Here’s an excerpt from that poem for you once again:

*Just beyond
yourself.*

*It’s where
you need
to be.*

*Half a step
into
self-forgetting
and the rest
restored
by what
you’ll meet.*

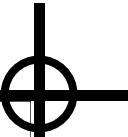
As noted in the sermon, David Whyte tells the story about his inspiration for this piece. He was visiting with one of his dear friends, the Irish poet, John O’Donohue. David proclaimed that his sister was not doing well with her health or financially and had just hit a rough patch in life. He told John he was going to send her some money and was thinking of giving her a specific amount. John replied, “Go beyond yourself.” David thought for a moment and declared that he could probably give her a little bit more. John again replied, “Go beyond yourself.” After this back and forth occurred a few more times, David ended up sending his sister about five times the original amount he had suggested!

This phrase, “Go beyond yourself,” is important for us to consider as we think about the stewardship of our finances, our time, and our spiritual gifts because beyond ourselves is a special place to be – a place of discovery, a place of growing, and a place of generosity. It is a place that is truly “half a step into self-forgetting” meaning a place where we are less concerned with ourselves than others (or at least equally concerned). And so too is this place – “beyond yourself” – a place where we will be “restored by what you’ll meet.” When we live generously, we live as members of God’s kingdom. When we push ourselves to new limits in our giving and in our loving, we better embody the hands and feet of the one who gave himself for us. When we live with less concern for ourselves, we live the life encouraged by the Holy Spirit. “Beyond yourself” is certainly a place that is near to the heart of God and the restoration that is known there.

The church calendar will soon turn from one year to the next with the Advent season. We will celebrate this end to the church year and its new beginning during this coming month in worship. The November 21st service, in particular, will be a fun and unique one as we travel through the whole of the church year in one service. But as the church calendar turns, let us embrace the place that is beyond yourself. For that is the disposition and posture that allows us to go into the world as Christ’s light - always shining beyond itself.

Go beyond yourselves,

Pastor Karl



The other day the youth group was discussing reading the Bible and praying. We talked about where our minds are when we start. Are we making a conscious effort to think about the words we are praying, or are we just going through the motions so that we can check off a thing on our To-Do List? It was a great discussion, but it started me thinking about Thankful November. I am sure you have seen social media posts challenge sharing what you are thankful for in November or read them. I always wonder when people do those, do they put thought into it? I am sure some of them do. I love reading them. I believe it is an insight into the person they put on their social media account.

If I were to do it, I would probably say I am thankful for my Bombas socks. They are like a hug on my feet, and they keep my toes all nice and toasty. I also am grateful for Bombas because they also give back. For every sock purchased, they will donate to those in need. The closest they donate to Sheridan is RiverStone Health in Billings. But if I were to stop and think about it, I am also thankful for those who negatively affect me. The naysayers challenge me and have me self-reflect and evaluate my decisions. Self-reflection is growth. It can either re-affirm that I made the correct decision or make me stop and rethink.

Just like the youth group discussed meaningful prayer, we should also be meaningful in our thanksgiving. Yes, it is great to say thank you, God, but what are you thankful for? You are grateful for your family, but what about your family are you thankful for? I am grateful for the laughter we share, independent thinking children, texts telling me they love me, or the sense of pride when I see them offer themselves to serve others. On the fellowship's bulletin board, it asks for you to share what you are thankful for, put some intentional thought behind it before you put down your answer. It can be family, but when you write it, think of a specific time that you are thankful for, infusing the words you share with the essence of thankfulness and love.

The annual Presbyterian high school retreat is this month! There have been great memories made at this event that has bonded youth from across the state. For example, there was the time one of the chaperone's alarm was playing "Fight Song" by Rachel Platten. The alarm kept going off. The youth were all scared to shut it off because they didn't want to get in trouble for touching the phone. Now when they hear the song, they cringe. The High School Retreat will be November 19-21 at Shepherd of the Hills in Casper. Any high school age youth are encouraged to attend. They do not need to be Presbyterian to participate. Registration and the \$25 fee is due to me by November 7. It is an excellent opportunity to gather, share in the faith, possibly gain a new perspective, and make new friends.



PRESBYTERIAN YOUTH TRIENNium 2022
July 24-27 • Indianapolis, IN



Happy Fall from Presbyterian Women!

Happenings for Presbyterian Women
during October:

We met the first Wednesday of October where we brought our lunches and fellowshiped together. Our special speaker, Alyssa Fuchs came and presented to us from Vision Beyond Borders, located in Casper, Wyoming. Vision beyond Borders is an organization that has many different programs. Here are a few...

Vision for Women program. VBB was started with **Bible distribution** and smuggling. They added other areas as time went on. **Vision for Pastors** supports pastors especially in persecuted countries. Pastor sponsor-ships are to help pastors so they can be a pastor and not have to work another job in order to live. **Vision for Children** helps kids by giving them food and helping get them off of the streets. Also, they teach them about Jesus as well as reading and writing. They send containers of clothing and supplies to refugee camps around the world. Jordan has a lot of camps.

Their **Vision for Women** program started about 20 years ago in Nepal. A lady started taking women from the red light district into her home. She now has a safe house and is trying to teach women vocational skills such as: to cut hair, sew and decorate cakes so they can work and not go back to prostitution. One brothel owner came to know Jesus through this contact and the brothel owner set all of her girls free. Poverty is a huge problem. Family members sell other family members for money. These women become slaves and can never repay the debt. One percent of women are rescued and of that one percent, 80 percent go back to prostitution. VBB are involved in India and Romania. With COVID, they have been looking at sex trafficking in the U.S. Worldwide it is estimated that there are 20 to 40 million women in the sex trade. Most of the women do not INTEND to get into that business.

With numbers like that – which are probably low – because things are under reported...what is one life? Alyssa felt like God told her to “**love the people I put in front of you.**” This is a lesson for all of us to learn. There is a lady who rescued one girl and got her to go to college. **One life makes a difference.** **Rescue America** distributes chapstick that has a phone number disguised under a barcode to look like it is product numbers, but it is the phone number to the help line. There is a group called **Uprising** in Sheridan, Wyoming. “Uprising is a non-profit that exists to empower our community, volunteers and donors to confront human trafficking and exploitation through awareness, education and outreach.” VBB has a free video called “On Watch” which gives you training on how to watch for possible victims. Alyssa distributed prayer booklets VBB Vision for Women made up for 14 days of prayer which is the best thing we can do. If we feel moved to donate we can write Vision for Women on our checks and we can send it to VBB. Alyssa is the bookkeeper and she will make sure it goes to the right place.

Presbyterian Women are always looking for ministries to support. We have a current list that is available if you're interested. Talk to Jeri Joy – Co-Moderator at 307-752-4553 or redheadgolferpw@gmail.com or Rhea Cooksey-Dixon at 307-683-2362 or gar-rhedix@gmail.com.

Names of God:

This month we'll focus on the name Jehovah NISSI – The Lord my Banner.

Back in the Bible days a person's name usually said something about that person's character or destiny. This is why the many names of God are vitally important for us to see and understand. Each name of God reveals something about His character. At the same time, God's names show us many different ways in which He is there to help us in our times of need. We can see God's names revealed to us throughout the pages of scripture. Often the Bible reveals a new name of God when the people either face a great need, or when we see God come through and bless them in a spectacular way. As time passed, the people of God received more and more revelation about the nature of God. Continued page 5.....



.....continued from page 4

This process continues today as His people discover more of His character. Each of us individually has the ability to learn ever more about God and his nature as we walk through life. This is why it is so important to have a personal relationship with God the Father directly. Without that direct personal connection we only learn *about* God without ever growing to actually *know* Him. By spending time in prayer and meditation on each name of God we can come to know Him in a far more personal and intimate way.

Some trust in chariots and some in horses,
but we trust in the name of the Lord our God.
Exodus 17:15

Jehovah is actually YHWH (see Yahweh above) and means Lord and Master. It is the promised and proper name of God. Nissi means flag or banner so together Jehovah NISSI means *The LORD Is My Banner*. God himself is our banner and victory. He gives us hope and a focus, and is the one who wins our battles.

ANNOUNCEMENTS:

Our Presbyterian Women once a month luncheon get-together will be held in the fellowship hall on November 3 at 12:00 pm noon. Through the end of the year, because of COVID, we will continue to bring our own lunches. Our program in November will feature Christine from CHAPS Equine Therapy and she is bringing a guest you won't want to miss!!!! In lieu of devotions in November, we will have what we call "Thank Offering". Here is an explanation of the "Thank Offering". Eliza Clokey of Springfield, Ohio, planted the seed for the Thank Offering in 1888 when she urged each woman to give one dollar over and above her usual contribution to the Women's General Missionary Society of the United Presbyterian Church of North America. Since then, faithful givers have responded to Eliza's call to give a "thank offering to her Lord." Over the last 33 years, Presbyterian Women has granted nearly \$27 million to more than 1,600 different projects at home and around the world through the PW Thank Offering.

Each year the Creative Ministries Offering Committee of PW review Thank Offering applications and select 12 projects for funding. Nine of the projects serve people in the US and three are international. In keeping with the Thank Offering bylaws, more than 40 percent of the selected projects are related to health ministries.

Circles have begun their study on the book "What My Grandmothers Taught Me." Perhaps we have all been interested at one time or another about our ancestors. This book traces our history to way before Jesus was born. Our sense of identity stems from the very blood line of Jesus Christ. Lesson Three will be all about Rahab. Rahab is a socially unacceptable outsider who is intelligent and strong. A marginalized woman, she recognized the power of the God of Israel. When God's own people are melting with fear, her wit and presence of mind allow God's plans to come to fruition.

God's Word is full of information we can relate to even in these times. We encourage you to dig deeper in the Bible and read about not only the women who lived way long ago, because as you study, you may find a picture of your ancestry, with your name on it!!!! We invite you to join us during one of the times that might fit your schedule. There are 3 Circle groups and each meets at a different time at the church. Circle 1 meets at 9:30-11 in the sanctuary. Circle 2 meets at 10-11:30 in the Parlor. Circle 3 meets in the Fellowship hall from 11:30-1:00. Each Circle is filled with beautiful women, who love the Lord and want to build relationships with each other while getting to know Him better! ***Romans 15:4 – "For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope!"***

If you have any questions pertaining to Presbyterian Women, feel free to contact Jeri Joy, Co-Moderator at 307-752-4553 or email redheadgolferpw@gmail.com or Rhea Cooksey -Dixon at 307-683-2362 or email garrhedix@gmail.com. We are looking forward to an eventful year together as Presbyterian Women, keeping in mind all of the protocols of COVID-19.

Meet Our Elder Candidates



Kim Wells

I have been a member of FPC Sheridan for 20 years. During that time I have been involved in LOGOS, Lunch Together, Sunday School, served on the Budget, Finance, and Stewardship Committee, and now I am entering my second term as an Elder serving as Chair of the Fellowship Committee. Outside of work at FFBT, I enjoy time with two boys, Tyler and Carter, both of whom were raised in our church. I love to travel (when the world permits), staying active outdoors, gathering with friends for a glass of wine, and spending time with my parents.



Dave Youngren

I, along with Becki, have been a member of First Presbyterian for about 20 years. In that time, I served on the Personnel Committee for a year and have enjoyed being a part of choir for most of that time. Our daughters were married in and several grandkids have been baptized at our church home at First Pres. Now that we are retired, it seems like a good time to give back. I am looking forward to the opportunity to serve as a member of Session. Professionally, I worked at the Holiday Inn in various positions for 16 years. Highlights would be development of the Candlewood Suites and the Martinizing Dry Cleaning businesses. I also spent 5 years as the manager of Frackelton's .



Gary Joy

I was born in Casper, raised in Cody, graduating from High School in 1962. I then graduated from the University of Wyoming with a BS in Business Administration. I spent two years ('67-'69) in the Army, most of that in Heidelberg, Germany. I came to Sheridan as an assistant manager at Woolworths for a year, but then went back to school to get a teaching certificate. I taught in the Business Department at Sheridan High School for 25 years. During that time I operated Joy Miniature Golf in the summer months. I then owned and operated The UPS Store for 10 years from '98 to 2008. I am now mostly retired but do work part time from home for a health and wellness company called Melaleuca, Inc. I have a daughter and two step-children from a previous marriage, but am currently very happily married to a beautiful woman named Jeri!

Bobbie Spahn



Ron and I both moved to Sheridan around 1973 and were married in August 1975. Shortly thereafter we started a family and joined the First Presbyterian Church. Our daughter Heather was baptized in the old church on South Main Street and our son Eric was baptized in the new church and both were confirmed in this church. During those early years Ron served as an Elder and I served with PW, Stephen Ministry, choir, and assisted Rosemary Brouwer with her Sunday school class of little ones. Later we built a log home on the mountain front and started a Bed and Breakfast, which we ran for 30 years. During those years I also worked as a nurse at the Wyoming Girls School and Sheridan County Public Health. After my retirement, we sold the mountain property and moved to town. Ron and I rejoined First Presbyterian Church in 2018. I am humbled to be asked to serve this congregation as an Elder and look forward to getting better acquainted with everyone.

Tina Anderson

I was born and raised in Iowa into a big family, living in an old house that backed up against a large city park. My childhood memories are all about enjoying and exploring the outdoors with other kids in the neighborhood. In spite of formal education and the years of working that came along, hiking, biking and traveling with family and friends are still my favorite ways to spend time. I was one of the lucky ones when it came to work, “keeping the sky blue” as our 5 year-old daughter once put it, employed as an engineer for the State Air Quality Division for 30 years. I am married to my best friend Mike Stoll and we have been blessed with 4 children and 7 1/2 grandkids so far. Mike and I enjoy being part of First Prez and look forward to what God has in store for our amazing faith community.



Congregational meeting November 14th following the 10:30 am worship service to elect elders.

Rachel Mathews-Landis



Rachel Mathews-Landis has been attending First Presbyterian Church Sheridan since she and her husband, Ryan, and teenager Prakash moved to this lovely town more than two years ago. Her most fond childhood memories growing up in Kuala Lumpur, Malaysia, are those where her parents would gather the family almost every night for conversation, prayer, Bible reading and Scripture memory. Her mother would teach them the old Methodist hymns and her father would play cassette tapes from Vineyard Music and Hosanna! Music which they would all make a joyful noise with. Her family's devotion to God and the church encouraged Rachel to go into full time ministry when she was a young adult. Since then, even though she does not serve full time

anymore, Rachel has found herself involved in different parts of ministry in the different churches she has been a part of over the years. She currently serves as a Sunday School teacher and is on the Missions Committee here at FPC Sheridan.

For their service to the church during the month of October, the Worship Committee would like to thank these faithful servants...

Musicians: Miriam Nance, Ryan Landis, Arianna Thurow, Doug Moore, Kathy Beagle, Elizabeth Windsor, Rev. Karl Heimbeck

Worship Leaders: Beth Thurow, Kim Wells, Shelley Cundiff, Gloria Dierking

Communion Servers: Tod Windsor

Ushers: Beth Lenz, Kim Wells, Teresa Williams, Tod Windsor

Audio/Visual Systems Operators: Ted Knapp, CJ Clem, Prakash Landis, Eli Clem

Coffee Sponsors: Karl & Kendra Heimbeck, Mike Stoll & Tina Anderson, Gary & Sherry Laughton, Kim Wells

Meal Deliveries and Lunch Together: Denise Mueller, Mary Ludemann, Jan Leupold, Doug Moore, Beth Bailey, Jan Devore, Karen Fosher, Jerilea Phillips, Jody Roberts, Sandy Birkholz, Tina Anderson



Session Members and Committees

Budget & Finance

Scott Davis, Tod Windsor

Clerk of Session

Susan Smith

Christian Education

Shelley Cundiff, Kurt Smith, Amy Turpin

Fellowship

Jason Szewc, Kim Wells

Membership & Evangelism

Nancy Cook, Mitzi Knapp

Mission & Outreach

Jerilea Phillips, Loren Ruttinger, Craig Clem

Personnel

Teresa Williams, Beth Lenz

Properties

Doug Moore, Howie Fitzpatrick

Worship

Kim Kozel, John Jackson, Beth Thurow

Tech

Chris Smith, Gloria Dierking



Keep them in your prayers

Ongoing Prayers: Jack Elliott, Margie Elkins, Karen Townsend, Darlene McNair, Kathleen Shafer, Mary Holstedt, Roy Davis, Julie Bugher, Jerry and Myrna Saunders, Sig Palm, Leonard Hurst, Robert & Jeanette Ruttinger, Jae & Jennifer Satterlee.

Prayers for Peace & Healing: Howie Fitzpatrick, Scott Hollingsworth, Sharon Porter, Cindy Mitchell, Hannah Shannon and Dorothea Doerr.

Prayers for those Grieving: The family of Elwyn Maloy, the family of Ken Fitzpatrick and Shawn Luedtke on the loss of her sister.

Prayers for Mission Partners: Scott and Elmarie Parker

Thank You!

A special *Thank You* goes out to Scott Davis & Mary Ludemann, Gary & Jeri Joy, Dave & Becky Motsick, and Dave Engels for completing the semi-annual highway cleanup on US 87.

The biggest increase in trash?
Thrown-away COVID masks!

NOVEMBER BIRTHDAYS

November 1 - Harvey Johnson, Jerilea Phillips,
Rachel Mathews-Landis
November 2 - Melissa Rieger
November 3 - Louise Semino
November 4 - Patty Brandt
November 6 - Julie Bugher, Dennis Ledgerwood
November 7 - Dennis Schreffler
November 9 - Rhylee Cooper, Clancy Phillips
November 10 - Tina Anderson
November 12 - Nickie Arney
November 13 - Peggy Blaha, Jason Szewc
November 14 - William Graves
November 15 - Cheryl Madden, Carolyn Thurow
November 16 - Kevin Bailey, Jan Deaver,
Robin Smith
November 19 - Marion Reed, Jae Satterlee
November 20 - Cal Botten
November 21 - Mandy Phillips, Ruby Szewc
November 25 - Craig Clem, Eli Clem,
Todd Phillips
November 26 - Sandy Browne
November 27 - Carley Motsick, Tod Windsor
November 29 - Jim Douglas, Jack Elliott



Happy Anniversary! November

November 5 - Bill & Phyllis Cunningham
November 9 - Wally & Louise Palm
November 11 - Tom & Miriam Nance
November 13 - Dennis & Lorrie Ledgerwood
November 22 - Mike & Pauline Stadick
November 23 - Gene & Becky Bard
November 25 - Dick & Sandy Birkholz,
Jerry & Myrna Saunders
November 28 - Dennis & Karen Schreffler

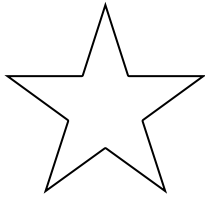


Thank You!

We have a special thank you to all those that helped with church cleanup day in October!

Many tasks were completed that day....window washing, vacuuming and dusting to name a few!





Space Force

Ryan Laughton (Son of Gary & Sherry Laughton)

Air Force

Jason Browne (Son of Sandy and Rick Browne)

Kai Grimmell (Nephew of Gloria Stresky)

Bryce Williams (Son of Mike and Teresa Williams)

Brennan & Sydney Negrete (Grandson & Granddaughter-in-law of Elwyn & Carol Maloy)

Megan Price (Granddaughter of Karen Fosher)

Captain Rory Montgomery (Great Nephew of Harvey & Linda Johnson)

Brandon Fitzpatrick (Son of Howie & Sandy Fitzpatrick, Grandson of Jim & Margaret Litle)

National Guard

Allen Price (Son-in-law of Karen Fosher)

Carsie Mitchell (Grandson of Jim & Dianne Perry)

George Johannesen (Grandson of Sig and Judi Palm)

Bendix Johannesen (Grandson of Sig and Judi Palm)

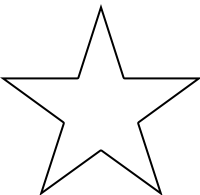
Navy & Navy Reserves

William Ferries (Son of Jane Buell)

Army & Army Reserves

Ethan & Johnna Hall (Grandson & granddaughter-in-law of Elwyn & Carol Maloy)

Jacob Botten (Son of Jon and Rene Botten, Grandson of Joan Botten)



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If you would like to have your loved-one in the military listed on this page, or if you would like to have their address printed in the newsletter, or their picture on our picture board, please give the information to the office.

NOVEMBER 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 12 pm PW Luncheon LOGOS * 5 pm Food with Family 6 pm Bible Study	4 7 am Bible Study 10 am Bible Study 11:30 am Properties Committee	5	6
7 8 am Worship Service w/Communion 9 am Sunday School 10 am Fellowship 10:30 am Worship Service w/Communion 11:30 am Choir 4 pm Youth Group	8	9 11:30 am Personnel 4 pm Worship Committee 5:30 Budget/Finance Committee 5:45 pm Mission Committee 6 pm Tech Committee	10 12 pm CE Committee LOGOS * 5 pm Food with Family 6 pm Bible Study	11 7 am Bible Study 10 am Bible Study	12	13 11 am - Elwyn Maloy Funeral
14 8 am Worship Service 9 am Sunday School 10 am Fellowship 10:30 am Worship Service *Congregational Mtg. 11:30 am Choir 4 pm Youth Group	15	16 7 pm Session	17 10 am Circle 1 9:30 am Circle 2 11:30 am Circle 3 LOGOS * 5 pm Food with Family (Fly rod drawing) 6 pm Bible Study	18 7 am Bible Study 10 am Bible Study	19 High School	20 Retreat, Casper
21 8 am Worship Service 9 am Sunday School 10 am Fellowship 10:30 am Worship 11:30 am Choir HS Retreat , Casper	22 	23	24 CJ Out of Office No Wednesday Night activities	25 Happy Thanksgiving!  OFFICE CLOSED	26	27
28 8 am Worship Service 9 am Sunday School 10 am Fellowship 10:30 am Worship Service 11:30 am Choir 4 pm Youth Group	29	30		* LOGOS 3:30 pm K-5th 6 pm 6th - 12th		
			* LOGOS 3:30 pm K- 5th 6:00 pm 6th - 12th			

First Presbyterian Church

2121 Colonial Drive
Sheridan, WY 82801

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