



First Presbyterian
Church of Sheridan

The Good News

August 2023



The peace of God, which passeth
all understanding, shall keep your hearts
and minds through Christ Jesus.

Philippians 4:7

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Lunch Together

FPC will be hosting Lunch Together Monday, August 14—Thursday, August 17. Please let Denise Mueller know if you are able to help serve or prepare food. Denise can be reached at 828-712-9500.

Youth Lunch Together Service Day

FPC middle and high school youth will have a service opportunity on Wednesday, August 16 to help with Lunch Together. Youth will gather at First Congregational Church (where the meals are served) from 11:30 am—1 pm (end time depends on clean up).

Youth interested in participating should get in touch with CJ before Friday, August 11. Also, let CJ know if you need transportation.

Confirmation Information Meeting

Sixth through twelfth graders are invited to attend a confirmation information session on Sunday, August 27th following the 10:30 am worship service.

The meeting will be held in the youth room downstairs (use the stairs by the church office). During the meeting, we will cover the expectations of the class, outline the schedule, and answer any questions you may have about confirmation.

Save the Date!

Return of Sunday School for ages 2 years and up will begin Sunday, September 10th at 9 am.

Watch for additional details of food, fun, and fellowship following the 10:30 am worship that day to celebrate.

Dear Ones,

Recently, I feel I have rediscovered a love for ritual. I have always been drawn to ritual, but I have been equally drawn to spontaneity. At times, I have even wondered if spontaneity held something that ritual did not, as if spontaneity in prayer offered a different intimacy with God than a written prayer or the spontaneity of jazz required a higher level of musicianship than that of those who played straight off the page. Neither of those assumptions are true, but we live in a world where many hold the unprompted in higher regard than the practiced and routinized. For instance, “take the leap” or similar phrases are all over the place. The 2008 comedy, “Yes Man,” where the main character decides to continually say “Yes” to everything and make his life one spontaneous adventure grossed more than three times its budget. We equate spontaneity with fun and assume that impulsivity creates a more exciting and meaningful life.

While I might concede “exciting,” I won’t concede “meaningful.” There is power in being grounded in ritual. One reason I know this is because we all keep going to church. God shows up in our worship and holds our hearts and speaks to us in some way that we need and which draws us back again. Daily prayer grounds many of you for each day ahead. For others, participation in a Bible study tends to your soul and keeps you regularly connected with the Word and one another. These aren’t the only rituals you can hold. You might practice the piano regularly or make art. You might gather with the same friends for a meal each week. You might serve at Lunch Together. You might just make your coffee the same way and drink it in the same place each morning. Rituals are those things we return to because they nurture our souls, ground us, and yet set us to grow. They are not just about having fun or finding breadth of life but about setting roots and discovering depth of life.

Even small routines add up when they are done with purpose and meaning. They build a base for us that allows us to explore new ways of being when God calls us to such. In yoga, the stronger one’s core muscles, the easier it is to assume a new position or to flex the body in new ways. Without that core training from beginner movements, one risks injury in spontaneously attempting the advanced. Even in jazz, which I mentioned earlier, a musician needs a base from which to explore. Stan Getz, a saxophonist of the last century, noted that music “is like a language. You learn the alphabet, which are the scales. You learn the sentences, which are the chords. Then you talk extemporaneously.”

Lastly, ritual offers humility. When daily practices become ritual, the small becomes powerful. We see how God can restore a weary soul with a cup of tea or a book or a trip to the grocery store. It seems to me that ritual offers us just the right amount of agency and just the right amount of surrender to meaningfully get in touch with what God has placed in our depths and with God’s own eternal presence in our hearts. Find a ritual. Build a routine. See what God holds for you.

Routinely yours in Christ,

Pastor Karl



When I was little and excited to share a story with someone, I would take a deep breath, launch into the account, and not come up for air until I was done. Talking as fast as an auctioneer but with less clarity. The more excited I was, the quicker I would speak. My family might claim I still ramble when I am excited. If I do that, I have lost the auctioneer trait and hide the length of the story by not taking a deep breath. I have learned the talent of breathing during the break to keep me going so that I don't have to talk fast to get to the end of my story before I run out of breath.

As I have gotten older, August is the deep breath I need before launching into another school year. I need the month to prepare for the running of the school year. Once September hits, it is go, go, go until June. There may be a break in April but maybe not.

Last month we had our annual Bubbles and Dillys at Whitney Park. If you missed it, make sure to attend next July. It is a fun time. The afternoon was filled with laughter, ice cream, and good fellowship. I showed one little person how to take a deep breath and slowly fill the bubble wand with air to make a giant bubble. As we did this, it eventually came off the rod on the floated way. As I reflect on that image, it has me thinking about how we are like that bubble.

As I work on the children, youth, and family calendar, I envision the offerings as a break in your story for you to breathe and regroup. We can't go fast, or we will jumble everything up. We lose sight of what we need to do. Or that Sunday school, The Bridge, and all the other offerings are the slow exhale of the Spirit in our lives. Filling us up to float along until we return. or we can pop like the bubble and lose ourselves to the world. We need the little pauses to catch our breath and to go slow. When that time comes in our lives that we float off for whatever, we don't pop but are full of the Spirit and the knowledge that whatever may come, we are never alone. To grow in the Spirit as we expand our minds, learn new things, and maybe learn to look at something from a different angle.

The bubble and the deep breath aren't just for the here and now but for the promise of tomorrow. I am thinking about all the kiddos preparing to head off to college. We fill them with the stories from the Bible, teaching them how to love one another, to be good humans in the world, and encourage them to go take over the world. We have to have faith that we filled their bubble enough to let them float off and give them tools and the know-how to refill and breathe when needed. We need to remember that it isn't just the fresh faces that need to be reminded to pause, but all of us. We need to recharge our breath and our bubble to be the people we were created to be.

On Sunday, August 27, Blessing of the Bag is for anyone with a bag. This could be a school bag, diaper bag, workout bag, backpack, purse, luggage, or first aid kit; bring it on August 27.

Your challenge this month is to take a moment to be. Live in the moment, take a breath, make a memory, remember you are loved, and prepare for the fall and all the beautiful things accompanying it.



Happy August from Presbyterian Women!

Praying for God to Help Us Bloom Where We Are Planted in 2023!

Our Purpose

Forgiven and freed by God in Jesus Christ and empowered by the Holy Spirit we commit ourselves:

- To nurture our faith through prayer and Bible study
- To support the mission of the church worldwide
- To work for justice and peace, and
- To build an inclusive, caring community of women that strengthens the Presbyterian Church (USA) and witnesses to the Promise of God's kingdom.

All women of the church are Presbyterian Women. You are welcome to visit PW meetings, gatherings and Circles to see what it is like – you are always invited! Pray about it and see what the Lord reveals to you. If you can only attend sporadically – don't let that stop you – you are always welcome!

The Circles (small groups) gather on the 3rd Wednesday of the month during the school year September through May.

Circle 1 gathers at 10:00 am in the Parlor

Circle 2 gathers at 10:00 am in the Fellowship Hall

Circle 3 gathers at noon in the Fellowship Hall (bring your own lunch)

The next PW luncheon is on September 6th at noon in the Fellowship Hall. The cost is only \$5.00. The Coordinating Team is the Luncheon Committee. These luncheons are a good time of fellowship and fun. Put on your thinking caps about programs you want to see at our PW luncheon. Your opinion matters. We will have a survey instead of a program. God may be doing a new thing! Pray that we hear Him clearly as we move forward in this new PW season. God is always at work! He is up to good things for our good and His glory!

New members and non-members are invited to participate in the **"Bakeless Bake Sale"** this year. You will be receiving a post card invitation in the mail soon. No muss, no fuss, no flour, no sugar, no ovens heating up the house.....just pray about how much the Lord is putting on your heart to donate to help fund our missions. Thank you in advance for your generosity, it is much appreciated!

We are to be faithful stewards of what the Lord has given us. Some of us have a spiritual gift of generosity. Those who give want to know how their donations are helping God's work. Here is how the donations are used. We pledge to support the Presbyterian Church of USA missions with \$1000.00 per year. We also support our state and synod (regional) Presbyterian Women groups with our per capita (or per person) giving. The amount is \$9/person that goes to the Presbyterian Women in the Presbytery of Wyoming and \$3/person that goes to support the Synod of the Rocky Mountains. We gave \$2,229.00 to local organizations last year. We gave to the Sheridan Foster Parent Exchange, Camp Story Scholarships for non-Presbyterian kids to attend Camp Story and the HUB on Smith for low income seniors in need. We also gave \$1,000 towards installation of a hot water circulating pump at the church to help our lack of immediate hot water issue. This money also helps to pay for Circle Bible Study materials for those who are unable to pay. The Bakeless Bake Sale money helps us to set aside scholarship funds to help women attend Global Mission, Churchwide Gathering and USA Mission Experience trips when and if someone is able to attend any of these. The next trip is the Presbyterian Women Churchwide Gathering and it is just one year away August 8-11, 2024. It will be held in St. Louis, Missouri. Pray about attending. Women say it is life changing to be with such a big group of believing women. Try to set aside at least \$150/month to fund your trip.

We are invited to become informed about a new ministry in town. It is called "Lagniappe" (pronounced "lan-yap") and it means an unexpected gift; a little extra.

Equipping low-income parents:

- FOR** living-wage employment
- THROUGH** commercial sewing training
- ALONGSIDE** the local church

They just graduated their second student! Congratulations to the students and the program! Do you know of a low-income parent that needs to learn a skill? They can apply for paid job skills training. Get paid while they train! (It looks like \$18.50/hr.)

We can sponsor a pet bed, volunteer and donate. Call 307-429-2493 or visit the website: www.lagniappesh Sheridan.org They are in need of: volunteers to teach sewing; sewing supplies and denim material, and monetary donations. Look, learn, and pray about what the Lord is wanting you to do to share in His work.

Love and blessings from your sisters in Christ,

Helen 673-1710 and Rhea 683-2362

Good News at FPC !



Grandparents Joe & Mia Shifrar welcomed grandson Brock Hendryx Shifrar born to Michael and Kaylin Shifrar on May 13, 2023.



A large group of people enjoyed the Family Fellowship Gathering at Whitney Fountains for Bubbles and Dillys on a warm July Sunday.
Dillys were delicious!



Ethan Milne was one of Sheridan high school band members who participated in the WYO Rodeo parade.

FPC in Action!



Please share special days/events/milestones for our FPC in Action page. We like to share good news!

Special guest Pam joined the Mission Committee and members of the congregation for a barbecue on the church patio the first of July.



Camp Story Summer Camp

Indoor, outdoor, daytime, nighttime—anytime is fun and a great learning experience for summer campers as they grow in their faith.

SESSION HIGHLIGHTS

The monthly Session meeting for July was held on Tuesday the 18th at 7pm in the Fellowship Hall.

News of Interest --

- The special offering taken to help the mission at Frontero de Cristo raised \$1,155.
- CJ departed on June 17 with Eli Clem and Prakash Landis for a week of service in Kansas City. Ask the kids about the trip.
- Again, the Mission Committee is planning a mission trip next January to Frontero de Cristo, which is on the Arizona-Mexico border. If you might be interested, contact Tina, Rachel, or Pastor Karl.
- Thanks to all those who helped move pews so that the carpet in the Sanctuary could be cleaned.
- Pastor Karl brought up the possibility of FPC sponsoring the Cub Scouts. Further discussions will be held.

Gary Joy, Clerk of Session



Financial Summary for 2023 through the end of June

Giving:

Actual Giving	\$ 191,230
Budgeted Giving	\$ 191,900
Difference	\$ -670

Expenses:

Actual Expenses	\$ 186,218
Budgeted Expenses	\$ 201,650
Difference	\$ -15,432

Net:

Actual Giving	\$ 191,230
Actual Expenses	\$ 186,218
Difference	\$ 5,012

These numbers reflect that a few large annual donations received early in the year are divided by the remaining months in the year and then added to each months actual giving.

Your contributions to our Per Capita obligation to the General Assembly totals \$3,260 thru June. Our total 2023 Per Capita assessment is \$13,600.



**Thank You to Camp Story
Summer Camp Staff!**

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

Musicians: Miriam Nance, Ryan Landis, Mary Apple, Teresa Williams

Worship Leaders: Tina Anderson, Kathy Lundberg, Karen Fosher, John Lundberg, Kim Wells

Ushers: Shelley Cundiff, Mike Stoll & Tina Anderson, Ryan & Rachel Mathews-Landis, Catherine & Dave Engels, Rachel Milne, Rob Milne

Communion Prep: Su Rappleye-Jackson, Denise Mueller

Communion Servers: Prakash Landis, Zach Luedtke, Mike Stoll & Tina Anderson, Rachel Mathews-Landis

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

Coffee Sponsors: Mike Stoll & Tina Anderson, Janet Burtis, Mission Committee



Worship service will be held at
Camp Story on
Sunday, August 20th.
Potluck to follow.

**Keep them in
your prayers**



Ongoing Prayers: Margie Elkins, Karen Townsend, Darlene McNair, Kathleen Shafer, Jerry and Myrna Saunders, Leonard Hurst, and Robert & Jeannette Ruttinger.

Prayers for Peace & Healing: Howie Fitzpatrick, Julie Bugher, Jae Satterlee, Diana Miller, and Carol & Roy Davis.

Prayers for Mission Partners: United Presbyterian (Riverton) and CASA.

Prayers for Teachers & Students: For the beginning of a new school year.

If you have prayer concerns that you would like shared, please call the church office at 672-1717.



Session Members and Committees

Budget & Finance

Scott Davis, Gary Laughton

Clerk of Session

Gary Joy

Christian Education

Rex Arney, Tori Milne

Fellowship

Kim Wells, Becky Motsick

Congregational Care

Bobbie Spahn, Jean Morgen, Larry Apple

Mission & Outreach

Tina Anderson, Rachel Mathews-Landis

Personnel

Shelley Cundiff, Nancy Cook

Properties

Dave Youngren, Kurt Smith

Worship

John Jackson, Beth Thurow

Tech

Gloria Dierking, Craig Clem



Happy Anniversary! August

August 1—Aaron & Lexie Gray,
Roger & Sharon Porter, Jae & Jennifer Satterlee

August 3—Larry & Mary Apple

August 9—Karl & Kendra Heimbuck

August 15—Joe & Mia Shifrar

August 18—Chris & Christina Browne

August 21—Kenny & Erin Osborne,
Jim & Darleen Douglas

August 23—Gary & Sherry Laughton

August 24—Gary & Joyce Meling,
Greg & Beth Thurow

August 25—Ron & Bobbie Spahn

August 27—Brad & Jeni Steidley

August 29—Terry & Jan Wagner

August 30—David & Helen Campbell

Blessing of the Bags

On Sunday, August 27, we will have Blessing of the Bag for anyone with a bag.

This could be a school bag, diaper bag, workout bag, backpack, purse, luggage, or first aid kit.

Bring it on August 27!



It was a busy camp season at
Camp Story this summer!

AUGUST BIRTHDAYS

August 1—Rene Botten

August 2—Kendra Heimbuck

August 3—Pat Gallagher

August 9—Marjorie Windsor

August 11—John Jackson, Gus Nield

August 12—Ally Baxter

August 13—Maggie Bergstrom, Parker Rieger,
Cameron Steidley

August 20—Michael Browne, Gloria Dierking

August 22—Becky Burtis

August 23—Karl Heimbuck,
Melissa Price, Dave Youngren

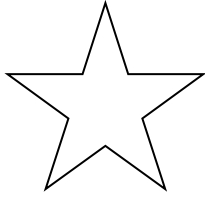
August 25—Lucy Brock

August 27—Baylor Bergstrom, Beth Thurow

August 29—Alex Burtis, Joslyn Williamson,
Aiden Milne

August 30—Mary Ludemann

August 31—Zach Thurow

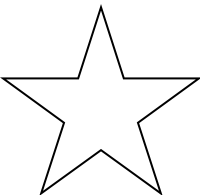


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Space Force

Ryan Laughton (Son of Gary & Sherry Laughton)

Air Force

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

Megan Price (Granddaughter of Karen Fosher)

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

Bridger Ammann (Grandson of Joyce and Gary Meling)

National Guard

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

Carsie Mitchell (Grandson of Jim & Dianne Perry)

Henry Johannesen (Grandson of Judi Palm)

Army & Army Reserves

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

Jacek Aksamit (Grandson of Mary & Larry Apple)

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.

August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 7 am Bible Study	4	5
6 8 am Outdoor Worship w/ Communion 10 am Fellowship 10:30 am Worship w/Communion 11:45 am Tech Committee	7	8 11 am Properties 12 pm Personnel 4 pm Worship 5 pm CE 5:15 pm Fellowship 5:30 pm Budget/ Finance 5:45 pm Mission	9 10:15 am Congregational Care Committee	10 7 am Bible Study	11 <div>Karl Out of Office</div>	12 10 am Family Fellowship Pool Party at Kendrick Pool
13 8 am Outdoor Worship 10 am Fellowship Time 10:30 am Worship	14	15 <div>Lunch Together</div>	16	17 NO 7 am Bible Study	18	19
20 11 am Worship at Camp Story w/ potluck following	21	22 7 pm Session	23	24 7 am Bible Study <div>DEADLINE: Newsletter Articles</div>	25	26
27 8 am Outdoor Worship 10 am Fellowship 10:30 am Worship 11:45 am Confirmation Mtg.	28	29	30	31 7 am Bible Study		

First Presbyterian Church

2121 Colonial Drive
Sheridan, WY 82801

Return Service Requested

Mailing label goes here

