

Pool Party

Splish splash, it's going to be a blast. Join the fun Sunday, August 4 at Kendrick pool at 5 pm. The pool is reserved just for us during this time. Bring your pool toys and floaties and come cool off with us.

Vacation Bible School

“Food Truck Party-On a Roll With God!” Vacation Bible School is Tuesday, August 6—Friday, August 9 from 9:30 am to 12 noon each day. VBS is for children ages 4 years through 6th grade. Use the QR code below to register.



Blessing of the Bags

On Sunday, August 18 we will be having our annual Blessing of the Bags. Teachers, students, faculty, and anyone using a backpack (backpack, laptop bag, gym bags, diaper bags, purses) are invited to bring their bag for a blessing in preparation for the coming year!

Looking Ahead to Homecoming Sunday

Sunday, September 8 will be Homecoming Sunday as we begin Sunday school (all ages) that day. We will be kicking off the new study year with a BBQ, fun games, and a bouncy house.

Hamburgers and hotdogs will be provided. Please bring a side dish or dessert to share.

INSIDE:

Pastor Karl.....	2
Notes from CJ.....	3
PW.....	4
FPC in Action.....	5
Good News at FPC.....	6-7
Worship.....	8
Birthdays & Anniversaries.....	9
Military.....	10
Calendar.....	11

Dear Ones,

This past Sunday I talked about being faithful in the little things for while our God is larger than any of us can imagine, God is also in the details. We see throughout the Gospels that God works abundance out of the little things. Five-thousand are fed with just 5 barley loaves and 2 fish. Jesus tells a parable of how the kingdom of God is something that starts in our lives as small as a mustard seed or when found is as beautiful as a pearl even though that pearl has to be held gently in a single hand. Thus, as we are faithful and persistent in the little ways of love, service, generosity, and praise then these become big things over time.

One thing I did not mention in the sermon, however, was that the little things take real intentionality. They can make an immediate impact in our lives. To choose to begin praying daily or beginning the day with a devotional or meditation makes an instant impact if you begin the practice today. But tomorrow is a new day and the practices of small things can fall away very easily. Choosing something instead of worship one week can easily justify making the same choice the next. When we cease to be generous in the stewardship of our resources, we can easily find ourselves enamored and excited by what we purchase with the money we once gave away and our generosity goes to the wayside. There is real transformation in doing the little things right but there is almost always justification and instant gratification in doing the little things wrong, too.

But the good news that moves through all of our choices and whether we do the little things right or neglect them for today is that God's grace persists. Lamentations 3:22-23 reminds us of the great truth of God's eternal grace:

*The steadfast love of the Lord never ceases;
God's mercies never come to an end;
they are new every morning;
great is your faithfulness.*

I pray today you remember this good news and that because God does the little things (and the big things) with great faithfulness to us each and every day, we are able to reset and recalibrate as we need because we are safe found in the mercy of the Lord.

All of that before us, I invite you to consider the grace of God in your life today and to take a little time to ponder. What are the little things that you do each day or that you have seen others do in faith that have added up to much through time? What little things might you wish to begin? What might these bring to your life in Christ and what might they bring to Christ's world? And once you have pondered these, perhaps the little thing for today is waiting in the mercy and faithfulness of God to be undertaken.

Yours in Christ,

Pastor Karl



As the kids get older, summer goes faster and faster. Every summer, I have plans for things my family will do, projects we will complete, and adventures to go on. Every year, only a fraction of my plans come to fruition. In the coming weeks, life will pick up, and schedules will get busy. We will start back up with the school schedule and all the activities that come with school. I joke that I am down two kids and still going in many different directions.

One thing that gets a little lax over the summer is our family command center. I have a dry-erase calendar and a weekly dry-erase for each child under the calendar. For the monthly calendar, each member will have a different color, church activities will have a color, and any special events or holidays will have a color. I will write everything that we have going on on the calendar. The weekly calendar has each child's chores and daily schedule written out. The calendar helps things stay visible, and the kids know where to look to see what they are responsible for. Some may say I am overly zealous with my calendars and schedules. (I may also have a paper yearly calendar in the kitchen that I fill out. That one also has our dinners for the month on it because it doesn't fit on the monthly calendar. These are also in addition to my digital and paper planners.) As a family, usually on Sunday evenings, we sit down and go over the weekly schedule, what we have going on, projects/tests/special events, reminders of The Bridge, events at church, any work-related things that might affect others, who's cooking what and when, and when we are having family dinner with Brenden and Emily.

The calendar helps us look at what we have going on and prioritize. I know there have been several times that we have been unable to go and do something because of a conflict, events we don't sign up for because they interfere with The Bridge, or something else.

My kids grumbled about our routines and expectations, like no electronics at the table. They would mumble the classic line, "None of my friends have to do it," or something along those lines. This year, when Eli and Ottis grumble this famous line, I have evidence in the form of a Quicksheet by the PSCUSA Youth Ministry and Triennium.

The Office of Youth Ministry and Triennium released Quicksheets: A Guide for Youth to Manage Busy Schedules. They offer practical tips to help families schedule and teach how to create and maintain a schedule. Here are some of the highlights:

1. **Prioritize Comments**—Sit down as a family and make four lists: must do, set in stone; love to do, filled my tank; like to do, but don't have to. They also recommend color-coding activities in spiritual life, social life, academics, self-care, and extracurricular activities. This activity helps show the importance of balancing family life.
2. **Create a Weekly Schedule** - Work the lists from number one into your weekly schedule. Post it somewhere for everyone to see, or share it digitally.
3. **Incorporate Sabbath and Rest**- Sabbath and rest are so important! When looking at your weekly schedule, did you build in time to recharge spiritually, physically, and mentally?
4. **Set Realistic Goals**- It is great to set goals, but also understand that not all goals will get accomplished. Like my summer goals, we complete some, some get moved around, and some don't happen, which is okay. As a family, talk through the goals for the week, and, at the end of the week, reflect on what ones were and were not met and why. Are there goals that can be moved to a different time or week?
5. **Designate Specific Times for Activities**—Consistent routines are lovely! Having designated times for specific activities - working out, studying, church activities, etc.- ensures that all critical activities are covered. Each is essential for well-being, and finding a balance needs to be modeled.
6. **Allow Flexibility**—When you have to model flexibility, be used to talking things out and showing how you are still prioritizing when rescheduling.
7. **Reflect and Adjust**—Set a date, once every two weeks or once a month, to reflect and see if your schedule works. If it does not, find a solution that will.
8. **Set Boundaries** - Teach it is okay to say no if the schedule is already full.

I am still struggling to learn how to do some of the items on this list. I use my struggles as teaching points with my kids. Through conversation, modeling, and re-evaluating what is essential to our family, I pray that when my kids go off and spread their wings, they know how to balance and plan.

<https://www.presbyterianmission.org/resource/quicksheets-97-a-guide-for-youth-to-manage-busy-schedules/>

Happy back-to-school month to those who observe it!



Happy August 2024! Happy Summer!

Our prayer is that you are having a great summer! We pray that you are able to deal with the heat. This too shall pass. There is a time for everything. Give thanks for small things. Start a gratitude journal.

Theme for 2024: Store 24 Bible verses in your heart in 2024.

I thank my God upon every remembrance of you.
Philippians 1:3

All that the Father giveth to me shall come to me; and him that cometh to me, I will in no wise cast out.
John 6:37

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!

PW Luncheons are a wonderful time of fellowship on the 1st Wednesday of the month during the school year September through May.

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

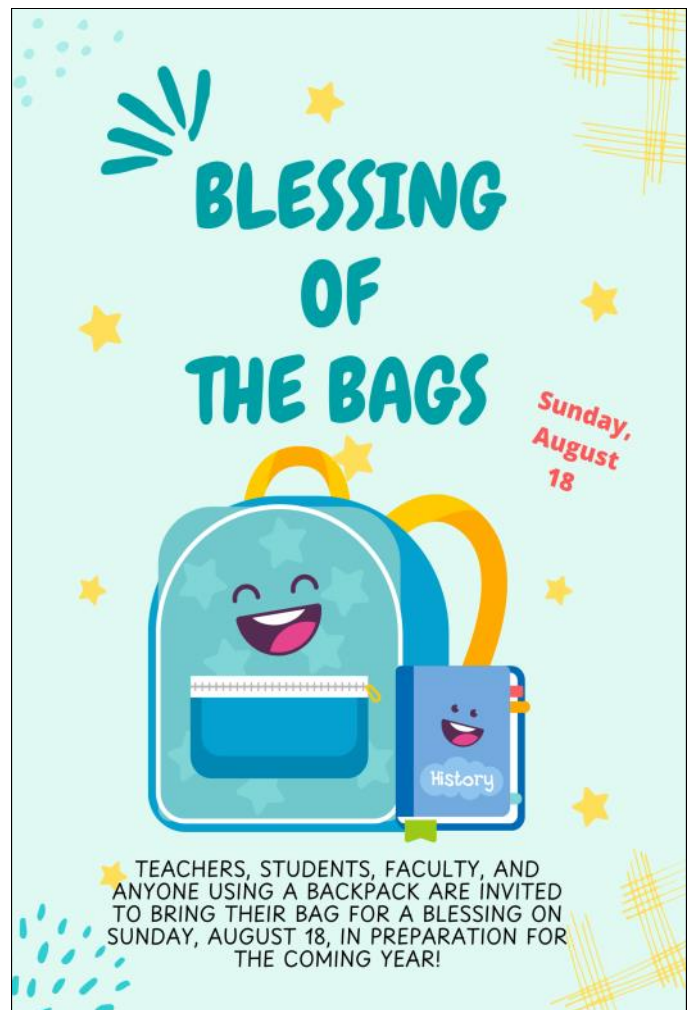
Circle 1 gathers at 10:00 am in the Parlor
Circle 2 gathers at 10:00 am in the Fellowship Hall
Circle 3 gathers at noon in the Fellowship Hall (bring your own lunch)

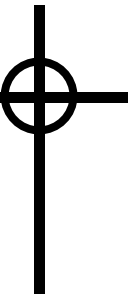
If you work and are interested in an evening Circle where you meet one night per month, contact Rhea or Helen. God is all about fellowship and friendship. What a friend we have in Jesus! Can you spare a couple hours per month to get to know your sisters-in-Christ and find a closer walk with God through Bible Study, community and building relationships?

Five of our PW sisters are attending Church-wide Gathering in St. Louis, August 9 – 11. Keep them in your prayers as they prepare, travel and return. May the Lord richly bless their time from start to finish. The theme of the gathering is "Do Everything in Love. 1 Cor. 16:14"

We will enjoy hearing about their trip. Thanks to all who have helped make their trip possible!

Love and blessings and prayers from your sisters-in-Christ,
Helen 673-1710 and Rhea 683-2362





FPC in Action!

Youth who traveled for their mission trip this summer to Benton Harbor, MI, shared insights and reflections during Sunday morning worship in July.



Eli



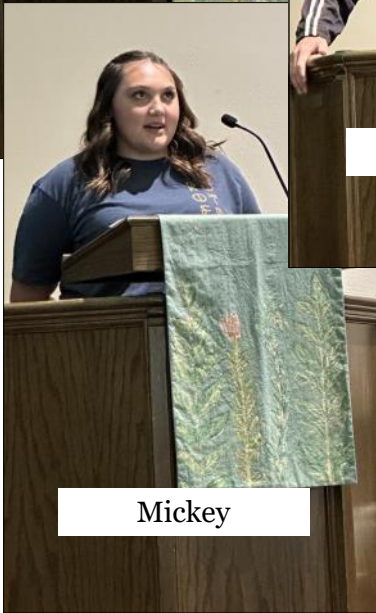
Prakash



Tyler



Ryker



Mickey

LUNCH TOGETHER
Thank you to all who volunteered, cooked, and prayed for Lunch Together in July. We served 160 patron meals. We had food donated by a local organization and it was much appreciated. It was a youth oriented week. Youth from all of the United States converged on Sheridan and volunteered with me on Monday. Jan led the FPC youth on Tuesday and Tina led more youth on Thursday. Doug and the men were Wednesday's heroes. Thank you all for helping feed our community.

Our next time to serve will be September 9-12.

If you are interested in Lunch Together, please contact me, Denise, or talk with any of our wonderful volunteers. My number is 828-712-9500 or email, niecy.mueller@icloud.com.

Blessings,
Denise Mueller

Pictures on page 9.

Mission committee has begun work on the Little Free Garden. Watch for future requests for help as the project moves forward.



Good News at FPC !

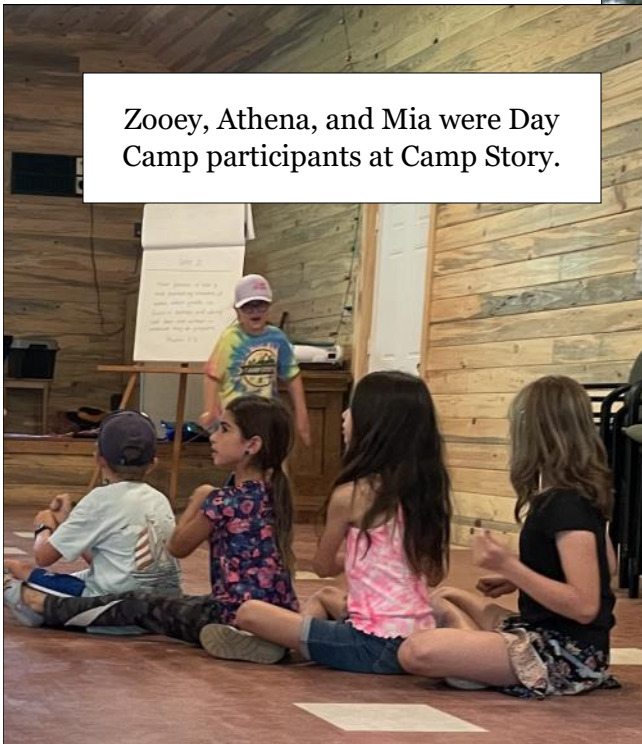


Daren Bainter has made two All-State soccer teams this summer. He played in the USA Cup in Blaine, MN July 16-20 where he played against international and domestic teams. He also made the 307 State team as Goalkeeper and will be traveling for his first tournament in Denver Aug. 15-18.

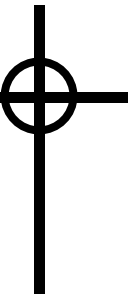
Camp Counselors with Camp Director Rev. Dave Pettit completed another successful camp season at Camp Story.



Zoey, Athena, and Mia were Day Camp participants at Camp Story.



In between his busy soccer schedule, Daren found time for camp making more new friends.



Izabel Clem GA 226

I attended the 226 General Assembly as a Young Adult Delegate. While attending my orientation, I had a chance to do a question-and-answer panel with the newly installed Secretary of the Assembly, Jihyun Oh. She gave us fantastic insight into how she was called to ministry and spoke of her call to ministry.

My YAAD group also met the two groups running for co-moderator, co-moderator Reverend Cece Armstrong, Reverend Tony Larson, Reverend Doctor Marian McClure Taylor, and Reverend Danny Morales. We heard their views on the church's vision and how vital YAADs are to GA.

On Sunday, the YAADs and the delegates had the opportunity to worship at local congregations. I selected Cottonwood Presbyterian Church. I loved the experience of the differences and similarities between the congregations I regularly attend. The scripture reading was done in a way that was like play, with multiple people reading the scripture with specific parts. Seeing the people in the congregation joining in this way was incredible. The music was also outstanding.

Monday was the official start of GA. It began with a small worship service to help us center ourselves to hear God's call. Afterward, the discussion and voting of the policies began. While some debates got heated, God's love was still there, and we respected that and their opinions.

Wednesday started with communion. It was a fantastic experience to take communion with over five hundred Presbyterians. We were then anointed with oil. This experience reminded me of Triennium. Similarly, Triennium opened my eyes to the fact that we were all called there for a reason, this will follow me for the rest of my life.

In all, the General Assembly was extraordinary. Being in this safe space to share my thoughts was terrific. The opportunity to share my insight, to be heard, and to be taken into consideration by my denomination is something that I will always hold dear. It is more meaningful for me as, younger voices are suppressed. So, being a part of the General Assembly and seeing the youth in action on a national level is fantastic. It gives me faith that the church is working in the right direction.

I took two things from my experience. While the GA might not have gone the way, I expected, the church is moving in a way that feels right. The second is being able to share fellowship, help lead this group of people, and hear their experiences, which I will always remember.



Izzi gave the lunch grace during the 226 General Assembly.

SESSION HIGHLIGHTS

The monthly Session meeting for July was held on Tuesday the 16th at 6 PM in the Fellowship Hall.

News of Interest --

- Pastor Karl will be gone on Sunday, August 11 and on September 22. Session approved Rev. Dave Pettit from Camp Story to fill in for August 11. Pastor Karl said elders are authorized to lead worship and asked if anyone would be interested. Tori Milne said she would be willing to do it. Session approved Tori for September 22.

- Pastor Karl is exploring the possibility of starting a men's group. If you would be interested, please let him know.

Gary Joy, Clerk of Session

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, Erin Osborne, Loren Ruttinger, David Mullinax

Worship Leaders: Craig Clem, Doug Moore, Brian Bainter, Tracey Burke

Ushers: Prakash, Ryan & Rachel Mathews-Landis, Mike Stoll & Tina Anderson, Shelley Cundiff, Izabel Clem, Dave Engels, Kendra & Harper Jo Heimbeck, Jan Leupold, Eli Clem, Aiden Milne, CJ Clem

Communion Prep: Denise Mueller

Communion Servers: Jean Morgen, John Jackson, Rhea Cooksey Dixon, Gary & Jeri Joy, Rachel, Ryan & Prakash Landis, Mitzi Knapp, Denise Mueller, CJ Clem

Audio/Visual Systems Operators: Ted Knapp, CJ Clem, Craig Clem, Eli Clem, Izzi Clem

Coffee Sponsors: Mission Committee, Janet Burtis, Karl & Kendra Heimbeck, Ron & Bobbie Spahn



Vacation Bible School
Tuesday - Friday, August 6-9,
from 9:30 a.m.-12 p.m. at
United Methodist Church

Aug 6-9 **9:30 am - 12 pm**

FOOD TRUCK PARTY

ON A ROLL WITH GOD!

VBS is for anyone age 4 years old to 6th grade. RSVPs are appreciated but not required. Please use the QR code to register. If you have questions, contact UMC or one of the churches below.



Sponsored by: United Methodist Church, Trinity Lutheran Church, First Presbyterian Church, St. Peter's Episcopal Church, First Congregational Church, and First Christian Church

Keep them in your prayers



Ongoing Prayers: Margie Elkins, Karen Townsend, Kathleen Shafer, Jerry and Myrna Saunders, Robert & Jeannette Ruttinger, Roy & Carol Davis, and Bill Ferguson.

Prayers for Peace & Healing: Howie Fitzpatrick, Julie Bugher, Jae Satterlee, Diana Miller, Mary Hutton, Pat Gallagher, and Dick Birkholz.

Prayers for Mission Partners: First Presbyterian (Moorcroft) and Habitat for Humanity of the Eastern Big Horns.

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



AUGUST BIRTHDAYS

- August 1—Rene Botten
- August 2—Kendra Heimbeck, Collette Glock
- 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 15—Jack Hamel
- August 20—Michael Browne, Gloria Dierking
- August 22—Becky Burtis
- August 23—Karl Heimbeck, Melissa Price, Dave Youngren
- August 25—Lucy Brock
- August 27—Baylor Bergstrom, Beth Thurow
- August 29—Aiden Milne
- August 30—Mary Ludemann
- August 31—Zach Thurow



Happy Anniversary! August

- August 1—Roger & Sharon Porter, Jae & Jennifer Satterlee
- August 3—Larry & Mary Apple
- August 9—Karl & Kendra Heimbeck
- August 18—Chris & Christina Browne
- August 20—Jack & Cindy Hamel
- August 21—Kenny & Erin Osborne, Jim & Darleen Douglas
- August 23—Gary & Sherry Laughton
- August 24—Gary & Joyce Meling
- August 25—Ron & Bobbie Spahn
- August 27—Brad & Jeni Steidley
- August 29—Terry & Jan Wagner
- August 30—David & Helen Campbell



Men's Day!

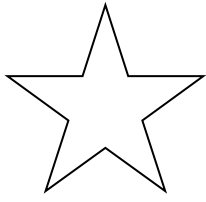
Lunch Together



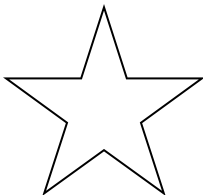
The American Exchange Program volunteered!



FPC Youth Volunteers!



**P
r
a
y
e
r
o
f
f
e
r
o
u
r
M
i
l
i
t
a
r
y**



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 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7 am Bible Study	2	3
4 8 am & 10:30 am Worship w/ Communion 10 am Fellowship 11:45 am Tech 1 pm Golf Scramble 5 pm Pool Party 6 pm AA	5	6	7	8 7 am Bible Study	9	10
<div style="border: 1px solid black; padding: 5px; display: inline-block;">Vacation Bible School 9:30 am–12 pm</div>						
<div style="border: 1px solid black; padding: 5px; display: inline-block;">Rockies Faith Day</div>						
11 8 am Outdoor Worship 10 am Fellowship 10:30 am Worship 6 pm AA	12	13 11 am Properties 12 pm Personnel 4 pm Worship 4:45 pm CE 5:15 pm Fellowship 5:30 pm Budget 5:45 pm Mission	14 10 am Congregational Care Committee 6 pm AA	15 7 am Bible Study	16	17
<div style="border: 1px solid black; padding: 5px; display: inline-block;">Pastor Karl Out of Office</div>						
18 8 am Outdoor Worship 10 am Fellowship 10:30 am Worship Blessing of the Bags 6 pm AA	19 11 am M3	20 6 pm Session	21 6 pm AA	22 7 am Bible Study	23 	24
25 8 am Outdoor Worship 10 am Fellowship 10:30 am Worship 6 pm AA	26 10:30 am Camp Story Commission Meeting	27	28 6 pm AA	29 7 am Bible Study	30	

Goodbye Summer!



First Presbyterian Church

2121 Colonial Drive
Sheridan, WY 82801

Return Service Requested

Mailing label goes here

