

**Pastor: Rev. Trey Hegar**  
**Organist/Bell Choir Director: Marj Thimmesch**  
**Choir Director: Marlene DePriest**  
**Congregational Ministries Director: Rev. Sarah Hegar**  
**AV Technician & Web Coordinator: Leo Clark**  
**Office Assistant: Mariah Giberson**  
**Custodians: Robert Luth**

The mission of the First Presbyterian Church, Mt. Pleasant is to encourage and nurture diverse expressions of the love of Christ in our congregation and community, and to embrace Christ centered ministries around the world.

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**Financial Secretary: Ginnie Swarm**  
**Treasurer: Marvin Bricker**  
**Bookkeeper: Deborah Sinclair**

**FIRST PRESBYTERIAN CHURCH**  
**902 SOUTH WALNUT**  
**MOUNT PLEASANT IA 52641**

**Non-Profit Org.**  
**U.S. Postage PAID**  
**Permit #90**  
**Mt. Pleasant, IA 52641**

**Highlights**

**9:45 AM Sundays**

**In-person and YouTube Live**

**Fellowship Time to follow**

**Recorded services online - see webpage**

**Address Service Requested**

**PW Mission Project @ Fellowship Cup**

**Thursday, March 2, 9:15 AM**

**PFLAG Safe Zone Training**

**Sunday, March 12, 3-5 PM Fellowship Hall**

**Lenten Book Study**

**Thursday, March 16, 23, & 30, 6 PM**



# ALERT

First Presbyterian Church 319-986-5851

Mount Pleasant, IA 52641 <http://www.firstpresbyonline.org>

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## "How to Pray Using All 'CAPS'"

A group of friends gathered for a special dinner when the host asked one of the guests to pray. The poor soul was put on the spot. Her mind stretched all the way back to her childhood dinner prayer. She put her hands together in the old palms together fingers up steeple posture and began, "God is great. God is good. Thank you, God for this food. Amen." Everyone laughed and reminisced. Our friend was a little embarrassed but got over it. She confessed to me later that she couldn't remember the last time she prayed out loud with others. She asked why the host didn't ask me to pray since I am a pastor. I didn't know, but I offered a lesson that was helpful for me so she could feel more confident praying with others.

It is easy and proficient acronym: All CAPS (Call, Attribute, Petition, Sign off). It starts with calling on God. For instance, you could start with saying, "Our Father." That is good. It's what Jesus taught us to use. You could also use another name or description for God that relates to the situation for which you are praying. Let's say you are praying for a test before a class with students. Instead of calling on, "Father God," you could start with, "Spirit of all Wisdom..." This opening combines calling on God part and the attribute of God for which you are calling.

Here is another example. Let's say you are praying for a sick relative in the hospital. One attribute of God shared in Jesus is healing. So, you could begin the prayer by calling on Jesus, our great physician. The calling upon the specific attribute of God fits the context of the prayer.

Next, add the request or petition after calling God's attention with an appropriate attribute. Let's return to the examples from above. Before a test, you might say, "God of all knowledge and eternal memory, help us recall what we have learned." For the hospital example you might say, "Jesus, our great physician, we know you are a great healer. Please show mercy to Aunt Jane." Here you have the attribute of God as it relates to the situation. You use the attribute to call on God. Then you petition God based on the need.

Finally, you simply sign off. The most common sign-off is, "Amen," which means we agree. Others like to sign off saying, "We pray this in Jesus name. Amen." This lets everyone know the prayer is done.

Prayers don't have to be long and complex. I think they are better if they are quick and to the point. Remembering to pray using all CAPS can help shape prayer for specific situation:

Call on God using a specific attribute of God, Jesus, or the Holy Spirit as it relates to the situation.

Petition to God with the prayer request.

Signs off in God's name.

Here is a final example. It's thanksgiving. You are asked to pray and you remember that you can pray in all CAPS. So, you ask yourself, "What is a story in the Bible that relates to food? God created the Garden of Eden and provided us with food for nourishment. God is the creator. You can start with calling on, God our Creator and mention the garden of Eden and offer thanks. It might go like this, "God our Creator, thank you for creating the earth as a garden to provide for our needs. Bless this food and this family. In Christ's name we pray. Amen."

See it is easy. Just relate the prayer context to a story of God and ask for what you need. I hope this gives you confidence next time you are asked to pray. Going to God in prayer is a privilege, not something we should be afraid of doing.

*Blessings,  
Rev. Trey Hegar*

## Session Highlights

Session met on Monday, February 13 for their regularly scheduled meeting. Prior to the meeting, two action items were voted on and approved via email due to time constraints:

- To allow the First Presbyterian Church to hold a joint Maundy Thursday Service with St Michael's Episcopal Church
- To renew the parking lot contract with Midwest Old Threshers for 2023

More items were brought forth to Session during Monday's meeting. The US Bank accounts were recently reviewed, and a resolution was made to update the current signors on all the accounts, in addition to having a yearly review of the account signors. This resolution was passed. Other action items moved, seconded, and passed were as followed:

- To assist with publicizing, via the use of church channels, the Safe Zone Training being planned by the PFLAG organization.
- To add \$800 to the Worship Committee budget in case funds were needed for recruitment expenses for the Choir Director and/or Organist.

An amended proposal regarding church security was discussed and the following changes will be made going forward:

- 1) Doors will be locked 15 minutes into Sunday Worship (10 AM). A greeter will watch and open the door for any late arrivals.
- 2) The kitchen doors will remain locked during Worship.
- 3) Outdoor lights will be evaluated and more added based on evaluation.
- 4) Further safety training, such as active shooter training, will be scheduled (ALICE Training on Sunday, March 26).

Respectfully submitted, **Ed Kropa**, Clerk

## Treasurer's Report for January 2023

JANUARY 2023	CURRENT MONTH <u>ACTUAL</u>	CURRENT MONTH <u>BUDGET</u>	YEAR TO DATE <u>ACTUAL</u>	YEAR TO DATE <u>BUDGET</u>	2023 YEAR <u>BUDGET</u>
General Pledges From Endowment Fund	\$19,476.00	\$20,417.00	\$19,476.00	\$20,417.00	\$244,886.00
Other Revenue	\$1,298.00	\$133.00	\$1,298.00	\$133.00	\$18,600.00
<b>Total Revenue</b>	\$20,774.00	\$28,613.00	\$20,774.00	\$28,613.00	\$360,238.17
<b><u>EXPENSES</u></b>					
Pastor	\$10,582.00	\$11,055.00	\$10,582.00	\$11,055.00	\$133,567.44
personnel	\$10,910.00	\$11,294.00	\$10,910.00	\$11,294.00	\$136,507.13
Worship and Music	\$281.00	\$267.00	\$281.00	\$267.00	\$4,550.00
Adult Christian Education	(\$59.00)	\$108.00	(\$59.00)	\$108.00	\$2,300.00
Youth/Christian Education	\$424.00	\$283.00	\$424.00	\$283.00	\$10,500.00
Stewardship	\$54.00	\$110.00	\$54.00	\$110.00	\$4,800.00
Building and Grounds	\$2,109.00	\$1,890.00	\$2,109.00	\$1,890.00	\$31,175.00
Operations	\$1,021.00	\$671.00	\$1,021.00	\$671.00	\$8,050.00
Technology	\$0.00	\$358.00	\$0.00	\$358.00	\$4,300.00
Mission	\$130.00	\$1,441.00	\$130.00	\$1,441.00	\$24,488.60
Special Giving	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
<b>Total Expenses</b>	\$25,452.00	\$27,477.00	\$25,452.00	\$27,477.00	\$360,238.17
<b><u>CASH INCREASE (DECR)</u></b>	(\$4,678.00)	\$1,136.00	(\$4,678.00)	\$1,136.00	\$0.00

Respectfully submitted, Marvin Bricker, Treasurer

Special thanks to **Ginnie Swarm, Deb Sinclair, Marvin Bricker** and our **financial clerks** for all of their work.

**Jeff Willham**, Stewardship Chair

### Tithes and Offerings

We ask that you continue to give to the church, so we can continue to help and support our community programs and offer programs and support to you. You may drop off your checks in the office, mail your checks to 902 S. Walnut St. or give online by copying this link

<https://bit.ly/2x46F6I>.

**Rev. Trey Hegar**

### **March Worship Helpers**

Sunday Morning Building Assistant: **Jeff Epperson**

Financial Clerk: **Mark Kauffman**

Greeters: **Curt & Ginnie Swarm**

Sunday, March 5: Communion Preparer: **Pat Richenberger**

Liturgists:

March 5 **Deb Rodgers**                      March 12 **Barb Welander**

March 19 **Pat Heusmann**                      March 26 **Barb Miller**

### **Bell Rehearsal Schedule for March**

**Sound of 11** will play in church on Sunday, March 5. **Soul 4 (Grace, Kyler, Lauryn, Ashlynn)** will play on Sunday, March 19 and be joined by **Adam Creager** on flute, **Aaron Williamson** on drums, and **Marj Thimmesch** on piano. Below is the Bells rehearsal schedule for March:

Wednesday, March 1

5:20 PM **Soul Solo**

5:40 PM **Soul Notes**

6:15 PM **Sound Appeal**

Wednesday, March 8 & 15

5:20 PM **Soul Solo**

5:40 – 5:55 PM **Soul Notes**

5:55 – 6:10 PM **Soul 4 w/ Adam Creager, Aaron Williamson**

6:15 PM **Sound Appeal**

Wednesday, March 22 & 29

5:20 PM **Soul Solo**

5:40 PM **Soul Notes**

6:00 PM **Sound Appeal joins Soul Notes**

### **April ALERT Deadline**

If you have something you'd like to add to the March ALERT, this note is for you. All newsletter articles, event announcements, notices, thank you's, congratulations, and prayer concerns are due to the office by **Monday, March 20**. Thank you.

### **Lenten Calendars**

Lent is a time when we reflect on our faith and God's abundant love for us. During the six weeks of Lent, we encourage you to find daily practices to help you do that. There is a Lenten Journey Calendar available for you on the Gathering Space table that provides daily prompts.

### **Monday Morning Meditation & Wednesday Mid-Week Prayer !**

Every Monday & Wednesday morning from 10 AM to Noon, the Sanctuary lights and heat/AC will be on. All are welcome to use this time for prayer, meditation, candle lighting, and card writing. There will also be prayer cards available for you to leave a note to the pastor for specific prayer requests.

### **Soul Notes Approaches Anniversary**

Soul Notes will turn 25 years old on March 4, 2023. The original 1998 group consisted of **Marta Petermann** (who thought of the name for the group), **Sara Meek, Martha Swindell, Emily Mihalevich, Sara Mitchell, Karen Chabal and Jeremy Lawler**. During the past 25 years, over 75 youth and 12 adults have participated in the group, which has ranged in size from 3 to 13 ringers and has rung everything from solos to 4-octave music. Ringers stayed with the choir anywhere from half a season to seven years (**Marta, Caitlyn DePriest, Anya Clark**). **Jeremy Lawler** and **Sara Meek** went on to ring with Sound Appeal.

Highlights over the years have included sharing the stage with Sound Appeal for a Christmas concert on KILJ's Hometown Series in 2011, ringing in our own sanctuary as part of the music department's concert in honor of our church's 175<sup>th</sup> anniversary in 2015, doing an occasional 2-choir piece with Sound Appeal, bringing narrated story pieces to the congregation, discovering the joy of bell tree ringing, and just taking pride and pleasure in our "regular" ringing.

**Save the Date:**  
**Matthew 25 Celebration Sunday!**  
**Sunday, April 30**

We are a Matthew 25 church! This means that we have joined a national initiative to build congregational vitality, dismantle structural racism, and eradicate systemic poverty, and to share our stories with others across the denomination.

There will be a special guest speaker during worship and a Mission Fair following worship showcasing many of the good things our church is doing in and beyond our community. The Presbyterian News Service will also be here that weekend to document our story. Plan to attend worship that day to celebrate what God is doing in our midst and to keep up the good work moving into the future.

**ALICE Training**  
**Sunday, March 26, 11 AM**

As requested by Session in regards to concern for church security, MP Police Chief Lyle Murry will be conducting ALICE Training (Alert Lockdown Inform Counter Evacuate) after the Sunday Service on March 26th at 11 AM. All are encouraged to stay for the training.

**Lenten Book Study**  
**Thursdays, March 16, 23, and 30 at 6 PM**  
*Meeting Jesus at the Table: A Lenten Study*  
*by Cynthia Campbell & Christine Coy Fohr*

The Gospels are full of stories of Jesus sharing meals with disciples, friends, even tax collectors and Pharisees. Whether it was multiplying bread to feed a whole crowd, relaxing with his inner circle, or telling curious elites stories about even greater banquets, Jesus imparts wisdom as he shares the wine and grants forgiveness as he distributes the fish. This eight-chapter resource provides biblical insights along with thought-provoking queries regarding our own time, such as whom should we invite to Sunday dinner and who is left out and left behind in our culture today.

Books will be available for \$11. There is a sign-up sheet in the Gathering Space.

**Presbyterian Women**

**Thursday, March 2 at 9:15 AM, Fellowship Cup**  
PW will meet on Thursday, March 2 at 9:15 AM at the Fellowship Cup for their mission project. Following the mission project, the group will go out for lunch at 12 PM. Everyone is welcome to come participate. A sign-up sheet for RSVPs will be available on the Gathering Space table for those who wish to come.

**Book Group**

**Thursday, March 9 at 7 PM**

Book Group will meet on Thursday, March 9 at 7 PM in the Gathering Space. Book discussion will be over *The Flag, the Cross and the Station Wagon* by Bill McGibben. All are welcome to come join in the discussion and fellowship.

Here is a look at the upcoming books that will be covered:

April: *Lessons in Chemistry* by Bonnie Garmus

May: *Demon Copperhead: A Novel*  
by Barbara Kingsolver

June: *Boys and Oils: Growing Up Gay*  
*in a Fractured Land* by Taylor Brorby

**PFLAG Safe Zone Training**  
**Sunday, March 12 3-5 PM**

The Mount Pleasant Chapter of PFLAG will offer a free Safe Zone Training session for First Presbyterians and St. Michael's Episcopalians on Sunday, March 12 from 3 to 5 PM in the Fellowship Hall, on the south side of the building. **Founded in 1973, PFLAG is the first and largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and their families. Feel free to invite other interested friends.**

The goal of the training is to educate attendees on LGBTQ+ inclusion. If you want to know what the letters LGBTQ stand for, comprehend the continuum of gender and sexuality experiences, understand the need for an array of pronouns, examine prejudice, assumptions, and privilege, this is an opportunity for you to learn and to get comfortable with these new terms and concepts. Likewise, if you are exploring your own identity or that of your child, this is a safe space.

## **Confirmation Mentors Needed!**

Spring of 2023 will be a confirmation season. We are looking for Adults who would be willing to serve as a Confirmation Mentor. Responsibilities would include attending a weekend retreat (one overnight, 24 hours) with your youth on April 21-22, followed by six months of mentoring along with Pastors Trey and Sarah. We are using a new Confirmation model this year and are very excited about how it will teach young folks what it means to be a member of the church. Please contact **Sarah Hegar** with questions.

## **One Great Hour of Sharing Helps Neighbors in Need**

For more than 70 years, Presbyterians have relied on the One Great Hour of Sharing (OGHS) offering to help neighbors in need close to home and around the world. Three arms collaborate to meet specific kinds of needs: Presbyterian Disaster Assistance responds to catastrophic events; Presbyterian Hunger Program works to alleviate hunger; and Self-Development of People builds skills in low-income communities.

With funds collected through each year's OGHS offering, the PCUSA is empowered to address immediate and urgent needs. Right now, grant funds from PDA are aiding residents of East Palestine, Ohio, where a freight train derailment has caused release of toxic chemicals and driven people from their homes.

To support such timely aid, our church collects the OGHS offering throughout Lent. You may write a check or give online and know that you are indeed helping neighbors in need.

### **"LIKE and SHARE"**

#### **Our Church Events on Facebook and Social Media**

As we continue in this digital age of post-COVID, our church is trying to maintain a positive presence on social media and encourage folks to join us for worship on YouTube. Help us spread the word about the good news happening at First Presbyterian by liking and sharing our social media posts!

**Sarah Hegar**, Director of Congregational Ministries



**IowaWINS**

## **Remember Meals by Nutrinos**

Meals by Nutrinos offers a variety of freezer meals to purchase in order to help support the IowaWINS food pantry. You can order these meals three different ways:

### **1) By Phone**

If you want to place an order by phone, please call the church office at **319-986-5851**. Note that office hours are 9 AM – 2 PM, Monday through Friday.

### **2) In-Person**

You can place and pick up orders Monday through Friday, 9 AM – 2 PM in the church office. Orders are also accepted on the first and third Sunday after service (10:45 – 11:15 AM and Wednesdays in the Fellowship Hall (option of hot meal is currently not available). These times do not change unless an announcement is made.

### **3) Online**

Meals by Nutrinos has a website in which you can place orders. Just visit [iowawins.net/meals-by-nutrinos](http://iowawins.net/meals-by-nutrinos) and scroll down to the menu items to select your meals. Note that orders online must be paid with online payment (credit/debit card, Paypal).

Meals by Nutrinos would like to thank its customers and volunteers for their continuous support of our meal ministry!

Make sure you keep up to date on all the things happening at Meals by Nutrinos by liking our Facebook page at <https://www.facebook.com/mealsbynutrinos>.

## **VOLUNTEERS NEEDED**

Are you able to help prepare Nutrinos meals that support the food pantry? We need 1-2 people to work Wednesday afternoons for two or more hours between 2-6 PM. Volunteers are requested to work at least once a month. If you are interested in becoming a Meals by Nutrinos volunteer, please contact the church office.

Thank you to all for the prayers, thoughts, and cards during my recent shoulder replacement surgery. They were very much appreciated.  
**Tom Ellsworth**

The funeral courtesy committee co-chairs would like to express appreciation to **Chuck Albright, Susan Farnsworth, Steve Readinger, Claudia Streeter, Liz Wasson, and Mary Beth Young** for providing a variety of delicious snacks for the **Jean Steele** reception. Also, thanks to **Susan Farnsworth** and **Pat Richenberger** for helping us with the event.

**Charlene Hinrichs and Claudia Streeter**  
*Co-chairs Funeral Courtesy Committee*

### PRAYER CONCERNS:

- **Kevin Hoenig, who recently had a stroke**
- **Jean Church, Sandy Memler**
- **Liz Wasson's sister, Caryl**
- **Kelly Allen's niece, Marie Crews, who was diagnosed with breast cancer**
- **Susan Farnsworth's brother, Jeff Stanley**
- **Kent Bennett, Jennifer Dorothy, Andrew Rauenbuehler, Mia Gray, Everly Kirkbride**
- **Leo Clark's mother, Nancy Aynes**
- **Lois Roth's brother (Mark Veldhizen), sister-in-law (Kim Velduizen), brother-in-law (Willie Weelden)**
- **Our shut-ins and those in care centers**
- **Turkey & Syria, as they deal with the aftermath of the recent earthquakes**
- **Our nation/world, as they and we deal with COVID-19**

If you have a prayer concern that you would like shared with our Pastors, our Presbyterian Prayer Chain, and/or our Congregation, please notify the office or fill out an orange prayer card found in the Gathering Space and in the church pews. Thank you.

### March Birthdays & Anniversaries

- 1 Cameron Clark, Dick Young**
- 2 Dee Benge**
- 3 Kenna Lamm**
- 
- 5 Ashlynn Beauchamp, Grace Scheetz**
- 6 Briar Bender**
- 7 Alek Barton, Kirby Booton**
- 8 Brynn Kremer**
- 9 Mark Kauffman**
- 
- 11 George Chapman, Esther Schnicker**
- 
- 12 Blaire Barton**
- 14 Logan Clark**
- 15 Arnette Hunger**
- 16 John Arp, Patrick Epperson, Tim Olson, Linda Albright**
- 17 Robert McLaughlin, Eleanor McLaughlin, Amber Strait**
- 18 Stacie Barton**
- 
- 21 Marlene DePriest**
- 23 Paula Hoenig, Robyn Willham**
- 24 Anya Clark**
- 
- 26 Brian Sinclair**
- 28 Kim Cermak**
- 30 Tom & Connie Best**

**We'd like to celebrate your birthday and anniversary!**  
If you have a birthday and/or anniversary you'd like included in our Newsletter, please notify the office.