

April 2015

Volume 62 Number 4

The Chimes

The Chimes (U.S.P.S. 105-640) is published monthly by First Presbyterian Church, 100 N. Franklin, Danville, IL 61832-5795. Periodical postage paid at Danville, IL Postmaster: Send address changes to The Chimes, 100 N. Franklin, Danville, IL 61832-5795.

APRIL 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 EASTER BRUNCH PALM SUNDAY 8:30 AM Choir practice 9:15 AM Worship 9:30 AM Sunday School 10:30 AM Easter Brunch 2:00 PM - 5:00 PM Volleyball	30 12:30 PM Fold Chimes	31 12:30 PM Knit Wits 1:00 PM PDG	1 1:00 PM Meshach BIBLE Study 6:00 PM Worship Team Meeting 7:00 PM Spirit & Truth Practice 7:30 PM Choir practice	2  MAUNDY THURSDAY 7:00 PM Communion Service	3  GOOD FRIDAY OFFICE CLOSED 7:00 PM Tenebrae Service	4 7:30 AM Men's Group/Charlotte's 9:00 AM Wedding Shower/Riggle 6:00 PM College Age Bible Study
5 EASTER SUNDAY 6:15 AM Easter Sunrise Service 8:30 AM Choir practice 9:15 AM Worship 9:30 AM Sunday School 10:30 AM Coffee Hour/Egg Hunt 2:00 PM - 5:00 PM Volleyball	6 8:00 AM Mulligan Stew - setup 5:00 PM Gatherers Group 5:30 PM CE/Outreach Team Meeting 6:00 PM Facilities Meeting	7 11:00 AM Mulligan Stew 12:30 PM Knit Wits 1:00 PM PDG 6:00 PM Deacons	8 10:00 AM Pastor's Bible Study 1:00 PM Meshach BIBLE Study 7:00 PM Spirit & Truth Practice 7:30 PM Choir practice	9 9:30 AM Rachel Circle 5:00 PM Stephen Ministry Meeting	10 GOOD FRIDAY OFFICE CLOSED 7:00 PM Tenebrae Service	11 8:00 AM - 11:00 AM Walk a Mile in her shoes 5:00 PM Spirit & Truth 6:00 PM College Age Bible Study
12 8:30 AM Choir practice 9:15 AM Worship 9:30 AM Sunday School 10:30 AM Coffee Hour 11:00 AM Shining Stars 2:00 PM - 5:00 PM Volleyball 5:30 PM Pastor's Adult Bible Study/Youth Group	13 5:30 PM Communications Team 6:30 PM Finance Team Meeting	14 10:30 AM Ruth Circle 1:00 PM PDG 6:00 PM Personnel Team Meeting	15 10:00 AM Pastor's Bible Study 1:00 PM Meshach BIBLE Study 3:15 PM Comfort My People 6:00 PM AIW 7:00 PM Spirit & Truth Practice 7:30 PM Choir practice	16 7:00 PM - 9:00 PM Mental Health Support Group	17 GOOD FRIDAY OFFICE CLOSED 7:00 PM Tenebrae Service	18 5:00 PM Spirit & Truth 6:00 PM College Age Bible Study
19 Blood Pressure checks 8:30 AM Choir practice 9:15 AM Worship 9:30 AM Sunday School 10:30 AM Coffee Hour 2:00 PM - 5:00 PM Volleyball 5:30 PM Pastor's Adult Bible Study/Youth Group	20 CHIMES DEADLINE	21 12:30 PM Knit Wits 1:00 PM PDG 5:30 PM Officer Training 6:30 PM Session	22 10:00 AM Pastor's Bible Study 1:00 PM Meshach BIBLE Study 7:00 PM Spirit & Truth Practice 7:30 PM Choir practice	23 2:00 PM Lydia Circle	24 GOOD FRIDAY OFFICE CLOSED 7:00 PM Tenebrae Service	25 5:00 PM Spirit & Truth 6:00 PM College Age Bible Study
26 8:30 AM Choir practice 9:15 AM Worship 9:30 AM Sunday School 10:30 AM Coffee Hour 2:00 PM - 5:00 PM Volleyball 5:30 PM Youth Group	27	28 12:30 PM Fold Chimes 12:30 PM Knit Wits 1:00 PM PDG	29 1:00 PM Meshach BIBLE Study 7:00 PM Spirit & Truth Practice 7:30 PM Choir practice	30	1	2 7:30 AM Men's Group/Charlotte's 5:00 PM Spirit & Truth 6:00 PM College Age Bible Study



FPC Meetings

- Apr. 1 6:00 PM Worship Team Meeting
- Apr. 2 7:00 PM Maundy Thurs. Communion Serv.
- Apr. 3 OFFICE CLOSED
- 7:00 PM Good Friday Service
- Apr. 5 EASTER SUNDAY
- 6:15 AM Sunrise Service (Cloud Nine - Airport)
- 9:15 AM Easter Service (Sanctuary)
- Apr. 6 5:00 PM Gatherers Group Meeting
- 5:30 PM CE/Outreach Team Meeting
- 6:00 PM Facilities Team Meeting
- Apr. 7 6:00 PM Deacons' Meeting
- Apr. 9 5:00 PM Stephen Ministry Meeting
- Apr. 13 5:30 PM Communications Ministry Team
- 6:30 PM Finance Team Meeting
- Apr. 14 6:00 PM Personnel Team Meeting
- Apr. 15 3:15 PM Comfort My People Meeting
- 6:00 PM Adventures in Worship
- Apr. 20 CHIMES DEADLINE
- Apr. 21 5:30 PM Officer Training
- 6:30 PM Session
- Apr. 28 12:30 PM Fold Chimes

POST IT NOW!

Classifieds

HELP WANTED!

Part time Nursery Assistant. No more than 20 hours per month. Please see Amy Iverson or email resume to amyiverson@gmail.com

See Pastor Jimmy or a team captain

Ushers Needed

Are you willing to serve?

Sign-Up Today



Volunteer Opportunities

The Chancel Guild needs your help. See Judy Iverson to sign up for a team.

Look for sign-up sheets in the Lounge! There are many opportunities to Get Plugged In!



Dr. Jimmy's Spiritual Rx: *Worthy or Not, Here Comes Easter!*

Suggested Scripture(s): Matthew 20:25-28; John 15:13; Romans 3:9-12 & 5:6-8; and Ephesians 2:8-10

Clarence Cranford writes that in a book entitled, *A Man Called Intrepid* by William Stevenson, during World War II, First Lady Eleanor Roosevelt carried a poem in her purse which said:

Dear Lord, Lest I continue my complacent way,
Help me to remember somewhere out there
A man died for me today.
As long as there be war, I then must ask and answer,
Am I worth dying for?

This is a question we all must ask, Cranford says, in response to those who have given their lives for the freedoms we now have. Do our attitudes and ways we live out our freedom justify that kind of sacrifice?

But there is another question for the Christian. The Bible says that Jesus died and rose again for us. Are we worthy of this sacrifice? In response to that question the Bible says "No" because all have sinned and fallen short of the glory of God. We owe Christ's sacrifice to God's unconditional love for the world.

So let's ask this question again a second time: "Are we worth it?" The Bible also says, "Yes, we are worth it to God!" So what difference does that make for you and me? Can we ever afford to be complacent again concerning the expression of God's love and ultimate sacrifice in Jesus Christ; and how that is reflected by our love and concern for others and their needs?

In the words of 20th century theologian, Karl Barth, here is the answer:
If you have heard the Easter message, you can no longer run around with a tragic face and lead the humorless existence of a man who has no hope. One thing still holds, and only this thing is really serious: that Jesus is the Victor.

May each of you and your family and friends be continually blessed by the good news of Easter not just this month but throughout the whole year! Love in Christ, Jimmy

This Food Pantry is a BLESSING . . . Thanks to you who donate. Many families are being fed.



We have found that there are quite a few new families requesting food because, when they get their check and pay their power bill and buy gas to get back and forth to work, they have no money left for food. Your donations of food are touching the lives of many people.

Meats & Toiletries such as Bath Soap, Shampoo, Toilet Paper, Toothpaste, Toothbrushes, etc. are needed every week. The Deacons wish to thank you for your generosity.

- Apr.5 Meat/Vegetables/Boxed Meals With Meat
Apr.12 Fruit/Meat/Pancakes/Syrup/Velveeta Cheese
Apr.19 Boxed Cereal/Oatmeal/Spaghetti/Sauce/Meat
Apr.26 Meat/Boxed Meals With Meat/Beans/Rice

Circle Meetings

Thursday, April 9 ~ Rachel Circle will meet in the Boardroom at 9:30 AM

Tuesday, April 14 ~ Ruth Circle will meet on Tuesday, April 8, at 10:30 AM in the church lounge. We will have study, devotions, and business meeting and will then go to lunch together. All women of the church are invited to join us.

Thursday, April 23 ~ Lydia Circle will meet at 2 PM, at the home of Ellen Gramm, 427 W. Lake Blvd. Esther Williams will have the devotions. Libby Milner will lead the study, Chapter 4 in the study guide, Reconciling Paul: A Contemporary Study of 2 Corinthians.

Greeters

- Apr. 5 Eva Cornwell & Pat Tarr
Apr. 12 Linda Valdes & Lois Stevenson
Apr. 19 Slick Keith & Carolyn Walser
Apr. 26 Rosie Newton & Janice Kain

Liturgists

- Apr. 5 Rev. Pat Kuhs
Apr. 12 OPEN
Apr. 19 OPEN
Apr. 26 OPEN

Cookies

- Apr. 5 Judy Iverson
Apr. 12 Nancy Boesdorfer & Eva Cornwell
Apr. 19 Lisa Cline & Mary Thompson
Apr. 26 Rosie Newton & Margaret Crabb

Meals on Wheels

- Apr. 3 Mary Hardy
Apr. 10 Dale & Claudia Ferrell
Apr. 17 Dale & Claudia Ferrell
Apr. 24 Nancy Boesdorfer & Joyce DeBoer

Coffee Hour

- Apr. 5 Bob & Judy Iverson
Apr. 12 OPEN
Apr. 19 OPEN
Apr. 26 OPEN

Flowers

- Apr. 5 In Memory of Don Newton
Apr. 12 OPEN
Apr. 19 OPEN
Apr. 26 OPEN

Flowers to Shut-Ins

- Apr. 6-10 Carol McLinden
Apr. 13-17 Steve Bowler
Apr. 20-24 Steve Bowler
Apr. 27-May 1 OPEN

Ushers ~ Team #1

Judy Laker, Captain; Kolby Riggie; Judy Iverson; Bob Iverson; Peggy Gibson; Rosie Newton; Bev Royce; Robert Crabb; Margaret Crabb; Diana Szaras; Janice Kain; Janet Martin; Bob Martin.

Chancel Guild

April: Captain, Muriel Mullins; Jay & Lisa Cline



Memorials

- Jean Christison - Mr. & Mrs. Monty Tarr; Dr. David Coker & Dr. Sharon Price
Aubert Ruth - Dr. & Mrs. James DeBoer
Nina Smiley - Bernice McCoy
Carolyn Van Pelt - Mr. & Mrs. Monty Tarr



Ongoing: Kay Barrett (Ruth Pancoast's sister-cancer); Wilma Barry; Helen Cade; Roy Christison; Carlene Coddington (friend of Muriel Mullins); Doris Collins (Esther Williams' sister-broken shoulder); Wayne Dawes (friend of Lisa & Jay Cline-waiting for heart transplant); Mary Dison; Dr. Robert Elghammer; Jane King; Robbie Lewis; Roberta McNeill (Janet Martin's mother-in-law/Bob's mother); Nancy Orlea; Audrey Oswalt; Harriet Rauchbach; Catherine Ribbe; Jake Ruder (brain tumor); Karen Schildt; Don Van Pelt; Jim Van Pelt; Nancy Voss; Gary Waller; Nancy Walsler; Margaret Ward; Our Nation's President and all elected leaders.

Recent: Jimmy Ajdinowski (friend of Connie Lovell-heart attack); Diane Bales; Sharon Black; Betty Brown; Jeanne Burke; Debbie Catron (Mary Hardy's friend-cancer); Richard Chapman (friend of Jim Gilliland); Jay Cline; John Crook (cancer); Tom Cooper (Doni Duckett's brother-cancer & stroke); Linda Curtis (recovering from surgery for acoustic neuroma - benign brain tumor); Linda Foster (Connie Lovell's sister-surgery); Scotty Geades; Ray Griffith; Frank Hutnicke (friend of Judy Laker); Carol Ingram (cousin of George Milner); Dora Jameson (friend of Libby & George Milner); Mary Jane Johnson (Ruth Pancoast's sister; heart problem & liver transplant); Tom Kesler (Bob Kesler's son-cancer); Steve Kirby (cancer surgery); Inez & Deronda Kimberlin; David & Sue Laker (David is Stephen Laker's brother, caregiver of Sue-Alzheimer's); Phyllis Lawrence (cancer); Dorothy Loving; Alex McMahan (Eva Cornwell's neighbor-cancer); Jim MeHarry (friend of Judy Laker-heart infection/surgery); Marion Maden; Monroe Melzer; Mert Meyer; Bob Miller (friend of Carol McLinden-cancer); Jaxson Moles (Hurler's syndrome; great grandson of Nancy Jennings, grandson of Debbie Pruitt); Phyllis Morin; Debbie Mullins; Craig Page (Larken Parr's uncle); Janet Redmon; Colten Robertson (family of Lisa Cline-congenital heart disease); Jayne Robinson (Judy Laker's sister); Taylor Schendel (multiple sclerosis-friend of Harriet Hymer); Harlan Smith (advancing dementia); Barbara Todd (friend of Judy Laker); Julie Tyndall (daughter of Jackie Bean-cancer); Nancy & Charles Winchester; Family of Grace Patton.

Military Service: Nicholas Harvey (Marine Parents: Allan & Lisa Harvey); SFC Thomas Kuchefski (Pat Phillips' nephew); TSgt. Adam Beal (Lois Stevenson's grandson); Billy Jackman (Sharon Huffman's grandson-in-law-Saudi Arabia); John Tanner; Samantha Grimes (US Marines); and all men and women that serve and others on prayer board across from office.

FPC Inquirers for the Ministry: Rachel Riggle (Pittsburgh Theological Seminary); James Potts (McCormick Theological Seminary).

Seminary Students: Mina Choi (Princeton Theological Seminary); and Cody Watson (Johnson University).

Church Staff Transitions



New Organist Hired! -After interviews and prayer, the Worship Team was pleased to extend to So Jung Kwak the offer to be the new church organist beginning the second Sunday of March. So Jung is from South Korea and her music training and education began at the Pusan High School of Arts in 1998. She now has a Master of Music Degree in Piano and is currently pursuing a second Master's at the University of Illinois along with a Doctor of Musical Arts in piano performance and literature.

So Jung also possesses an extensive resume of performance experience beginning in 1999 to the present, both in Korea, Europe, and America as well as accompanying experience for musicians, vocal soloists and choirs in universities and churches. She is a Christian by faith. Please take time to welcome So Jung to our church staff and to the organist's bench. She is very pleased to have come to FPC.

Staff Transitions, Con't

It is with best wishes, sadness, and thanksgiving that FPC bids farewell and prayers to our Accounts Manager for the last ten years, Tina Uchenna-Amadi, whose last day in our church of- fice was Friday, March 13. In addition to completing an MBA at the U of I while she was employed by FPC, Tina recently passed all four parts of the national CPA exam after taking them all for the first time! She is opening her own CPA practice and office in Champaign. She will continue to receive our church newsletter and we plan to have her in worship on a Sunday in the near future to offer our thanks as a congregation, along with our most recent organist, Po Chiang. If you would like to send thanks to Tina in the meantime, you can call the church office for her contact information in Champaign.

We also ask your prayers as this article is being written, interviews have been scheduled and are occurring to hire a new accounts manager ASAP!



HAPPY BIRTHDAY!

- Jeanne Burke April 1
Tom Wagner April 2
Emma France April 2
Slick Keith April 5
Kelly Whitehair April 6
Norma Burch April 6
John Jenkins April 11
Don Perry April 11
Nancy Orlea April 11
Collin Lomax April 12
Virginia Wiederhim April 12
Justine Whitehair April 15
Marlene Edwards April 16
Lee Miller April 17
Nancy Boesdorfer April 20
Jan Goodwin April 24
Matt Smiley April 25
Pearl Ballard April 27
Eleanor Fleming April 29

HAPPY ANNIVERSARY!

- John & Carol Douglas April 12
Bob & Sandy Rudolph April 19
Mike & Bobbie McHone April 28



www.fpcdanville.org

SPRING Office Hours ~ 8:30 a.m. - 5:00 p.m.

FAITH LINE -- 444-5999 -- A Voice of Inspiration available 24 Hours

Annual Easter Brunch
Sunday, March 29

We are so thankful to Nan Perry who has for many, many years planned and directed the preparations and serving for our church's annual Easter Brunch. She regrets that she cannot do that task for this year. Arrangements have been made to have the brunch catered but with the setting up of the tables, etc. done by our church youth groups and having volunteers to help serve the food when it arrives at the church and to prepare coffee, orange juice, water, etc. If you can help with this event, please call the church office and then we will contact you about gathering times to set up, etc. Cleanup will be a joint effort of our volunteers and youth groups. Menu for the brunch this year is: Scrambled Egg Casserole; Bacon; Fruit; and Breakfast Rolls!

Men's Group Meeting

All men of the church are invited (and feel free to bring a guest!) to gather at 7:30 AM at Charlotte's on Ann Street for coffee, conversation on the topics or news events of the day, prayer, etc. For more information, you may contact Dick Burch who has volunteered to convene these gatherings - 442-1728 or Pastor Jimmy at the church of- fice. The meeting for this month is during Easter weekend, Saturday, April 4.



Our Spring Sunday Schedule Is:
Worship: 9:15 AM
Children's Sunday School 9:30 AM
Coffee Hour: 10:30 AM
Contemporary Christian Studies (CCS) 11:00 AM
Worship (Saturday): 5:00 PM

HOLY WEEK



WORSHIP SCHEDULE

■ **Palm Sunday, March 29 – 9:15 AM – one service only this weekend – our church’s Easter season brunch is again this year on Palm Sunday following worship and the children’s parade of palms. Children are to meet in the northeast entrance to the sanctuary prior to worship at 9:00 AM to line up for the parade of palms during the opening hymn.**

■ **Maundy Thursday Holy Communion, April 2 – 7:00 PM** – in the Gym - Worship Team has chosen as the theme for this year’s Maundy Thursday worship, “The Awful Silence of God.” In this service we are to especially remember Jesus’ command to do these things at his Table in remembrance of him – prior to his betrayal, arrest, and crucifixion.

■ **Good Friday evening, April 3 – 7:00 PM** – Sanctuary, Tenebrae Service – congregational hymns and music by the choir as the crucifixion and death of Jesus are recalled. This service ends with the remembering of the closing of Jesus’ tomb after his death.

■ **Easter Sunday, April 5 – 6:15 AM** – Easter Sunrise Worship at Cloud Nine at the Danville Vermilion County Airport

9:15 AM – Worship and Festival of the Resurrection – Sanctuary – special music by the chancel choir, proclamation by Pastor Jimmy of the glorious news of Easter, lots of flowers, receiving of the One Great Hour of Sharing Easter Offering, and the children’s Easter Egg Hunt to follow after worship – inside or outside depending on the weather. Like with Palm Sunday, there will be only one worship service at the church facility – 9:15 AM.

(Please Note Again: There will be no 5:00 PM Spirit and Truth Saturday worship in the Chapel the evenings of March 28 and April 4 so the congregation can worship as a whole; Spirit and Truth will resume its regular Saturday schedule beginning Saturday, April 11 at 5:00 PM).

Need a ride?



Transportation For Holy Week Events, Easter Sunday and Parking on Easter Sunday, April 5

1) If you would like a ride to any of the events during Holy Week - including Maundy Thursday, April 2 at 7:00 PM, Good Friday Tenebrae Worship with the Choir in the sanctuary at 7:00 PM, as well as Easter Sunday, April 5 at 6:15 AM – Sunrise Service at Cloud Nine (Airport) & 9:15 AM in the sanctuary – please call the church office at 442-0541 so arrangements can be made with Greg Hoss who is offering transportation with the church van – pick up or take home. 2) The Session and Communications Team are also making their annual request for any worshippers who are able on Easter Sunday to park in places other than the church parking lot and walk from these other locations to the church to enable more space for potential visitors and for those who are unable to walk long distances.



General Fund

Income & Expense MTD – February 2015

Beginning Balance:	\$11455.43	\$11455.43
*Current Income:	\$22004.81	
**Fund Transfers:		
Total Income & Transfer:		\$22004.81
Total General fund checking		\$33460.24
Total General fund Expenses (\$31886.01)		(\$31886.01)
Balance Forward:	\$1574.23	\$1574.23

*Current Income refers to money received during the month from pledges, loose offering, rents income from outside trusts and miscellaneous donations.

**Fund Transfers refers to budgeted money from the Endowment from earnings and allowable principle. This money is transferred only as needed, approximately quarterly during the year.

be able to reform your family’s diet and exercise routine in a few days. Change can be difficult for kids (and sometimes more so for adults). Make sure your children understand that this lifestyle change isn’t a punishment for bad behavior or for being overweight, but rather a family effort to get everyone healthier.

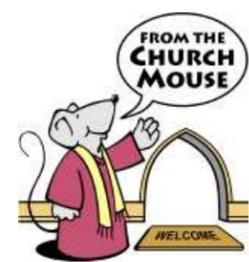
Joy Bauer, a registered dietitian and “Today” show nutrition expert, offers tips to parents:

–Never single out one child struggling with a weight issue. Even thin siblings benefit from healthy eating and regular exercise.

–Involve your kids in meal planning, shopping and cooking. When kids help pick out and prepare veggies for the stir-fry or season turkey meat for tacos, they’ll be more likely to branch out from mainstays like chicken nuggets.

–A good rule is 90% healthy food, 10% fun food. Certainly we should limit the not-so-healthy stuff—but not eliminate it. Diets that are too restrictive backfire.

–If you’re having a tough time getting your kids on board, don’t hesitate to seek the help of an outside professional. As parents, we all know that some kids are much more likely to follow guidelines and show interest when the information is coming from someone else. To find a qualified pediatric/adolescent registered dietitian in your area, visit the American Dietetic Association’s website at eatright.org.
Your Parish Nurses



The Mouse House!

We have some paper back books for sale - 50 cents - Hardback - 1 dollar -

Come on in and look to see all of the goodies we have.



You Can Still Help with Per Capita for 2015

The Per Capita cost for 2015 that is split between Presbytery, Synod, and General Assembly is \$40.00 per active member. The Session asks for members to consider if they can give this extra amount that will help save the general budget some of its expenses in 2015. If you have questions, you may contact the church Accounts Manager, Tina, at the church office. Thank you for your consideration.

From the Desk of the Deacons

April 2015

Janet Martin



Our March meeting was held the first Tuesday at 6 PM. The time for our meeting was discussed last month and because some of the Deacons still work it was felt 6 PM was the better hour.

Jean Land gave the devotional based upon John 3:16.

The Deacons were happy to see the financial report as our balance was \$6,736.34. Thank you as always for your financial support!

The annual church picnic has been scheduled for September 13. We will once again gather at the Hideaway in Kennekuk State Park.

The monthly trip to Bloomington was cancelled for March 6. Marjorie reported that calls for food had decreased the past month and our food supply in the pantry was ample.

The Deacons appreciate your help when you volunteer to serve during coffee hour after the Sunday service, by baking cookies and signing up to deliver flowers to our members in the hospital and to our shut-in members. As many of us know our congregation is aging but our willingness to serve others is not. Please remember to check the sign-up clip boards in the Lounge as we really need everyone to be a part of this ministry at First Presbyterian Church! You don’t have to be a Deacon to serve!

March started out like a “lion” but at the time of this writing we’re experiencing 40+ temperatures! It is this Deacon’s prayer that the onward climb in temps will continue...don’t you agree?

Blessings and good tidings to you all from all of us!





One Great Hour of Sharing to be received

Easter Sunday, April 5

Since 1949, Presbyterians have joined with millions of other Christians through One Great Hour of Sharing to share God's love with people experiencing need. Our gifts support ministries of disaster response, refugee assistance and resettlement, and community development that help people find safe refuge, start new lives, and work together to strengthen their families and communities.

Recognizing that the hope we have in Christ is lived out in our hope for one another, we respond with gifts that help our sisters and brothers around the world find hope for a brighter future.

Where does the money go?

36% Presbyterian Hunger Program for ministries working to alleviate hunger and eliminate its causes, responding with compassion and justice to poor and hungry people in local communities, in the nation, and throughout the world, as well as ministries addressing homelessness and affordable housing.

32% Presbyterian Disaster Assistance for disaster response and ministries with refugees.

32% Self-Development of People for partnerships with groups of people who are oppressed by poverty or social systems, who want to take charge of their own lives, have organized to do something about their own condition, and have decided what they need to do to produce long-term benefits for themselves.

Presbyterian Youth Fellowship Event Calendar for April

Maundy Thursday, April 2 – 7:00 PM – Maundy Thursday worship in the Gym

Good Friday, April 3 – 7:00 PM Worship in the sanctuary

Sunday, April 5 – 9:15 AM – Easter Worship; Hide eggs for Children's Easter Egg Hunt; no evening meeting due to Easter

Sunday, April 12 – 5:30 PM - Regular supper and meeting night

Sunday, April 19 – 5:30 PM - Regular supper and meeting night

Sunday, April 26 – 5:30 PM – Regular supper and meeting night

Help Your Child Reach a Healthy Weight Getting Started

The first step is to take an honest look at your kids. Denying a weight problem isn't going to help. If you have concerns about your children's weight, talk to their doctor. Kids develop differently, and it's possible that yours are still shedding their baby fat. Their doctor can give you a better idea of whether there is a problem.

If one or more of your children are diagnosed as overweight or obese, the next step is to acknowledge it without blaming them or yourself. It's not too late to change bad habits and develop better ones.

The key is that you're determined to help them get healthy and active. You're the biggest influence in their lives, and you can help them adopt healthy habits now that will last a lifetime.

Next, explain the reasons for the change. Kids often don't understand the link between what (and how much) they eat and what it does to their bodies. Don't explain it in terms of weight or appearance; instead, talk about being healthy and strong.

Children and adolescents can be sensitive about their weight, especially if they've been teased or bullied because of it. Make sure you always use positive reinforcement and build up self-esteem, and never make your child feel guilty for being overweight.

Create a Plan

Now it's time to create an action plan. Set limits on "screen time" – TV, video games and computers. Sedentary lifestyle is one of the major factors in the rise of childhood obesity. Have your kids earn their screen time, like playing outside for an hour earns them 15 minutes of their favorite video game. Turn this activity time into family time. Take a bike ride together through your neighborhood. Teach your children games you played as a kid, like freeze tag and leap frog. Pretty soon, they might start enjoying physical play as much as (or even more than) sedentary play.

Diet is the other big factor in childhood obesity. Improving what children eat also needs to be a family effort. Kids' eating habits are often learned from their parents, so first take a look at what you eat and what you feed them. Again, don't blame or stress about the past; instead, set goals for moving forward.

Fruits and vegetables need to become fixtures of your meals. Also, cut back on fast food and snacks like potato chips—swap with nutritious snacks like string cheese, nuts, grapes and rice cakes. Curb your family's soda habit and encourage everyone to drink more water. Don't allow soda at the dinner table; instead, offer low-calorie drinks like low-fat milk, unsweetened tea or water.

These changes can seem overwhelming at first, but you don't have to make them all at once. Start small, like setting a goal of serving veggies with dinner five nights a week. You probably won't

SESSION NOTES FOR MARCH 2015

March 2015 Session meeting opened with prayer, lighting of the Christ candle and hymn.

Quorum declared – 12 elders present, two guests

Clerk's Report approved for February 2015.

Correspondence – A thank-you note signed by all the Board Members of CASA was received; a thank-you note from Alderman Kevin Davis (Ward 1) was received, thanking the church for all the help with accomplishing and promoting Black History Month Community Bible Camp.

Salt Fork Region Report was presented by Libby Milner. The meeting on October 8 will be a working meeting; the group will package rice for the Food Pantries in Champaign-Urbana.

Treasurer's Report was presented by Nick dePlace in the absence of Treasurer Harriet Hymer. The report was approved.

Pastor's Report – Attended Team Meetings and staff meetings; four hospital visits and four nursing home and private home visits; publicity and helped with preparation for King's Chorals singing group; attended farewell lunch for Accounts Manager Tina Uchenna-Amadi; attended interviews for Accounts Manager position; gave closing prayer at Love INC banquet; weekly guitar lessons; attended Boundaries in Ministry Training as required by Presbytery; planned and convened Salt Fork Region meeting and Presbytery Personnel Committee.

Devotion was presented by Mary Hardy. It was taken from the book, *Jesus Calling*. The scripture passage was Philippians 4:13.

Team Reports:

Worship – Furnishings for the chapel (10 tables and 30 chairs) will be ordered soon; meeting date for Worship has been changed to the first Monday of each month at 6 PM.

If, and when, worship is cancelled due to weather and Communion is scheduled, it was voted that Communion will be held at the following worship service. Maundy Thursday service will be held at 7 PM, on April 2, in the gym. Easter Sunrise Service will be held at 6:15 AM, on April 5, at Cloud 9 at the Danville Vermilion County Airport. There are high hopes that the new Watchfire sign will be installed by Easter.

Communications – A meeting to discuss the Retreat Site brochure was set for March 19.

CE-Outreach – The team has decided to begin a Suitcase Ministry which will benefit the Foster Children's Program. Slightly used suitcases and duffle bags may be brought to the church; age-appropriate toiletries (toothbrushes, toothpaste, shampoo, etc.) may also be donated.

Facilities – It was voted to set the rent at the retreat site \$50 for every 24 hours or less for all groups, excluding church members. This includes rent and a custodial fee. A new alarm system has been installed at the church and retreat site. There has been a \$1,000 donation for mulch.

Finance and Gatherers - The Endowment/Investment Oversight Team will meet with our investment advisor (teleconference) on March 24. Interviews for the Accounts Manager position are being held. An appeal has been sent to the members of the congregation to address the final phase of the organ restoration project.

Personnel – Staff evaluations have been sent to the appropriate Ministry Teams.

Next meeting will be on April 21. **Officer training** will be held at 5:30 PM. The topic will be the work of Presbytery.

The meeting adjourned at 7:34 PM with prayer.

Respectfully submitted,
Libby Milner, Clerk of Session

Clerk's Note: These are not the official minutes of the Session.



Adult Bible Study Schedule During April

We continue with our study book, *Jesus Is the Question*, and a special chapter concerning the questions Jesus asked *After* the resurrection. We begin our time together each Sunday evening at 5:30 PM with supper with the church youth group and then have our Bible study. The Bible study portion is then repeated on Wednesday mornings at 10:00 AM.

A meeting schedule for the Bible Study during April for Sunday evenings and Wednesday mornings is found below:

Wednesday morning – April 1 - no meeting Holy Week

Sunday evening, April 5 – no meeting – Easter Sunday

Wednesday morning – April 8

Sunday evening – April 12

Wednesday morning – April 15

Sunday evening – April 19

Wednesday morning – April 22

Sunday evening – April 26 – no meeting – Pastor Jimmy out of town

Wednesday morning – April 29 – no meeting – Pastor Jimmy out of town

