

First Presbyterian Church
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Headline News

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New Mural and New Paint



If you have ventured into the CE wing in the past few months, you might have noticed that the walls have taken on a life of their own. From the mural of Jesus entering Jerusalem on what would become “Palm Sunday” to the trees, bricks, and hills, the halls have come alive! We have used local artists for these paintings. The classroom hallway includes a faux brick feature painted by two of our nursery staff members, Anne Haskell and Kaitlyn Perkins, pictured below. In the CE wing entrance, Anne painted a palm tree to set the tone for the scenes inside.

Micky Jensen can be seen below touching up a mural painted by Manhattan High School students Rachel Chang and Lexi Bieker. Micky is a retired middle school art teacher and enjoys getting to practice her talents. Other scenes were stenciled by Rev. Zac Morton and students from Manhattan High School.

Visit the CE wing to see this beautiful art and new, bright colors added to our classrooms! The nursery will be open in early March. Visit these classrooms to view the hard work and new floors that have been added!



Articles for **April HEADLINE NEWS** will be due on **March 19**.

Crunching the Numbers

During the month of January, we served 168 dinners and 74 breakfasts. We have also distributed 42 brownbag lunches.



Our Community Dinners take place on Tuesday evenings from 6:00-6:45 p.m. and the Community Breakfasts on Wednesday mornings from 7:30-8:15 a.m.

Food Pantry News

In January, our Food Pantry served 113 adults, 58 children, and 11 elderly. We partner with the Flint Hills Breadbasket to help those in our community who are food insecure.



Date Night Challenge 2015 | Friday, April 10 from 6:00-8:00 p.m.

Date Night Challenge is back for another year! This is a relationship building event for couples who are married, engaged, or considering marriage. Couples of all ages are welcome to join us! We will spend the evening having fun, thinking about our relationships from a faith perspective, and challenging one another to become an even better spouse. We had a GREAT time last year, so don't miss out! A generous helping of desserts will be served. RSVP's can be made at the church office.





Rev. McConnell

Taking Care of Yourself

Lent is associated more with what you can't have compared to what you could have. Unfortunately, a good healthy lifestyle is often associated more with what you can't have compared to what you could have. It should be the other way around. Years ago I preached a sermon on this subject (excerpts included below), and I believe Lent is as good a time as any to consider this topic: "Taking Care of Yourself."

Paul tells us in I Corinthians that one's body is a temple of the Holy Spirit and that one should glorify God through his body. Translated this means that the body is to be taken care of in order that he or she may serve God in the strongest

of all fashions. God never intended us to indulge ourselves with the things that are harmful to our health or run contrary to God's will for our bodies. Our physical natures are a sacred trust intended to be used for His glory. The human body is God's design and handiwork. It's like a painter's masterpiece, only this time the painter is God himself. When one considers the many forms of sophisticated technology that impact our lives every day, nothing can come close to the sophistication, the intricacy, and the miracle of the human body. The computer cannot hold a candle to what God has created in us. Genesis 2:7 says: "Then the Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life, and man became a living being."

Paul writes in Romans 12:1: "Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God---this is your spiritual act of worship."

How will we respond to these words is yours and my decision to make.

For instance, when I wake up in the morning I have many choices to make. I have a choice to make about my attitude. What will it be like today? Will it be more positive than negative? Will I treat others respectfully and cheerfully, or will I be dour and down? Will I do more to help or to hinder others? Will my countenance reflect more the character of Christ or more my own personal needs?

I also have a choice about how I will treat my body. Will I give it a good workout today, or will I sit too long in front of the computer or the television. Will I take the vigorous walk or run or will I remain sedentary? Will I walk up the stairs or take the elevator?

We also have a choice, of course, about what we eat today? Will I eat what is good for me, or will I eat what I know is not that good for me? We know we have been given enough information to know the difference. Will I eat too much, or will I eat just enough? Is this the day I start another diet, or is this the day I start a new lifestyle?

But it is simple: Every day we have a choice to make about how we treat our bodies. And the better choices we make the better our health will be. John Mackey, co-founder and CEO of Whole Foods wrote a while ago in the Wall Street Journal:

"..... we need to address the root causes of poor health. This begins with the realization that every American adult is responsible for his or her health. Unfortunately, many of our health-care problems are self-inflicted. ...heart disease, cancer, stroke, diabetes...are mostly preventable through proper diet, exercise, not smoking, minimal alcohol consumption and other healthy lifestyle choices....We should be able to live disease- free lives well into our 90's and even past 100 years of age....."

Many of you do a lot of walking, which is terrific. And I am aware of some in the congregation that have consistent work-out schedules, which is wonderful. And I know how disciplined some are in their eating habits. This is where it all begins—with personal responsibility, which will lead to personal fulfillment in the realm of "taking care of yourself."

Young people----if you're not already doing it, now is the time to eat well and exercise regularly. It will pay incredible dividends for you later on. If you are middle-aged or older, I don't need to tell you that good eating habits and vigorous exercise can even reverse some of the problems you may have, and can certainly help avoid medical issues down the road.

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Coming Up Next...

Happy March Birthdays!



Lenten Season Happenings

Lenten Lunches and services at 12:00 p.m.

March 4: Speaker– Reverend James Hawley

March 11: Organ Recital– David Pickering and Students

March 18: Speaker– Reverend Ed Thompson

March 25: Violin Recital- Katherine Okesson

We will have a church wide prayer walk and talk after each noon Lenten lunch around the church property. Wear your tennis shoes!

April 2 at 6:30 p.m.– **Maundy Thursday** dinner followed by Maundy Thursday service at 7:30 p.m. Childcare is available.

Prayer vigil on Maundy Thursday in chapel– 8:30 a.m. to 6:30 p.m.

April 3 at 12:00 p.m.– **Good Friday Service**

April 5– **Easter Sunday**– He is Risen!!

Blood Drive

First Presbyterian Church will have a blood drive on March 15th. Please contact Tamera Garibay for an appointment.



Note: The password for the online church directory is Proverbs2 . The P must be capitalized.

Threads of Compassion

Prayer Shawl Ministry meets on the 1st and 3rd Tuesdays at Radina's Bakehouse. Knitting or crocheting shawls and lap blankets for those suffering from illness, loss, and grief.

Yarn Donation

Want to help out? Donate yarn to the Prayer Shawl Ministry! Leave your donation with the office and it will go to helping someone in need.



Men's Breakfast

The Men's Breakfast is held monthly on the third Thursday of each month from 7-8 AM in Fisher Hall.

The March Men's Breakfast will be held on Thursday, March 19. We hope to see you there!

Prayer Groups and Fellowship

Evening Circle will be held **March 2 at 7:00 p.m.**

Morning Circle Will be held **March 5th at 9:30 a.m.**

Please see page 7 for Lenten Lunch schedule and programs.

Online Directory

While a large amount of our congregation has entered its information into the online directory, we are still missing many people and pictures. Our goal is to move away from the printed directory and into a more accessible and user friendly format. Please visit the website and enter your information and picture. If you need help, visit the office for a hard copy of an information form and our secretary will be more than happy to enter your information for you. If you have a picture that you would like to enter but are unable, email it to the office or bring it in and we will upload it for you.

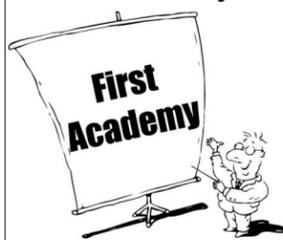
Thank you for helping us in this endeavor. We print the password on page 7 of the newsletter each month, or call the office for a reminder.

Needed: Pianist and Song Leader



Volunteer pianist and/or song leader needed once a month to help with services at Stoneybrook and Homestead retirement communities. First Presbyterian deacons conduct the services every first Sunday of the month from 1:30-2:30 p.m. Contact Rev. McConnell or the church office at 537-0518

First Academy



March **First Academy** will take place on **Tuesday, March 10 at 6:30 p.m.** (please note change of date) with speaker **Jeff Smith, Ph.D.**, Associate Professor of Cultural Geography at Kansas State University. This month's topic will be *A Geographic Perspective on U.S. Immigration.*

First Academy programs meet in the sanctuary. Please come for a stimulating evening of lecture and discussion. Come early for refreshments at 6:15 p.m.

A Message From Health Ministries: Traumatic Brain Injury

"Give me an understanding mind so that I... know the difference between right and wrong." I Kings 3:9 NLT

Traumatic brain injuries can occur any time there has been a blow to the head. They can occur from a fall out of bed, a fist-fight, or accidents with bikes, rollerblades, or even cars. When the brain is injured, symptoms can occur immediately, after a few days, or even after weeks have passed. Similarly, recovery may be quick from a mild injury or take months or years of rehabilitation to recover from serious injuries. Never minimize a head injury. Seek medical attention immediately for proper diagnosis and treatment. If the length of recovery is extensive, provide support and care for the family of the injured as it is their journey of recovery also.

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When Jesus walked the face of the earth he emphasized personal responsibility, beginning with one's acceptance of him as his or her Lord and Savior. He then said that once one accepts Christ into his or her heart the work begins---making personal decisions every day to treat others as you would have them treat you, to serve others who are in need, and to reflect the spirit and the love that Christ demonstrated to others. It is yours and my decision to respond or not to respond. Christianity is all about personal responsibility.

God has asked us to do the same thing with the way we treat our health. Personal responsibility. And quite simply, the better you feel about yourself, physically and mentally, the better you can feel about your relationship to God and your ability to witness for Him.

One of the things we can consider this season of Lent is how we take care of ourselves. No matter the age, it's never too late to start a new and exciting program of fitness and eating well.

Faithfully,

Cam

Readers and Greeters

Are you interested in reading scripture or greeting people at the doors on Sunday mornings? If so, please contact Taylor Fulton in the office at 785-537-0518 or secretary@firstpresmanhattan.com. This is a great way to volunteer your time and talents and contribute to Sunday services.



All Downhill From Here!

The adult ski group went to Ski Cooper in Leadville, CO in early February and a great time was had by all! Pictured are Cameron & Casey Ward, Ray Coffey, Joan Nelson, Missy Cox, and Steve Short.



Meet Our New Members!



Chris and Kathie Gathers are sisters from Fredonia, Kansas. They have lived in Manhattan for seven months and are both retired teachers. They found First Presbyterian Church through an internet search, having previously attended First Christian Church in Fredonia, KS.



Tim and Ashley Lour have three children. Tim came to Manhattan 14 years ago from Humbolt, KS and is the manager at Houlihans Restaurant. Ashley is a stay at home mom and student from Denver, CO.



Joe and Carol Bruckerhoff come to us from Bourbonnais, IL. They have lived in Manhattan for three years and chose First Presbyterian because of the friendliness and the “life” of the church. Joe works for the Manhattan Country Club while Carol works for Stocklein Financial Services.



Evelyn and Jim Neill discovered First Presbyterian Church through our “Blue Christmas” service this past December. They appreciate our warm and friendly congregation. Evelyn is a retired nurse practitioner and Jim works as a professor in the Department of Statistics at Kansas State University.

Thank you!

Dear First Presby,

Thank you for your continued support and partnership in the ministry the Lord has given us! Mission Adelante continues to take steps forward as He enables. We deeply appreciate your financial support and prayers for our community!

In His love, Jarrett Meek, Mission Adelante

Snacks! Snacks! Snacks!

Thank you for bringing your snack foods to the narthex for this special mission. This past month, we have collected 76 pounds of food! Nearly 200 USD 383 PreK through 12th graders do not get enough food to eat on the weekends. We help this mission by providing individually packaged food snacks. The Flint Hills Breadbasket and social workers get the snacks to the kids before the weekends.

Questions? Please ask Susan Maxwell or email at susiebassoon@yahoo.com

Appreciation and gratitude for the ministry of Alison Chyba

On Sunday, March 1st, we will recognize Alison Chyba for her wonderful ministry with us as Director of Children’s Ministries. Alison began her position at First Presbyterian the summer of 2012 and since then has contributed an enormous amount to the vitality of the congregation’s children’s ministry. Alison’s creativity, commitment, and dedication to this ministry have been excellent and exceptional. She will conclude her work on March 1st. Let us show our appreciation and gratitude for Alison on that same Sunday.



The Chyba family: Ashley, Alison, Todd, and Sydney

Thank you!

The nursery and children’s ministries staff would like to thank Bronwyn Fees for her donations to the nursery. We are excited for our balance bar and sweet little “story time” chairs! Your thoughtfulness is most appreciated!

We Have a New Youth Leader!

Addi Stewart comes to Manhattan from Kansas City. She is a Freshman at Kansas State University and is excited to become a part of the First Presbyterian family! The Youth Group, “Ignite”, has many exciting plans for the upcoming year. They will be going on the annual ski trip in March (registration due March 9th), a lock-in is planned, and they will be attending the Presbytery of Northern Kansas youth rally in Topeka.

For more information on the youth and children’s programs, please visit our website: www.firstpresmanhattan.com under “Children” and “Students”.

Thank you!

Thank you to the Paquettes for donating a color printer to the Christian Education office. We are very appreciative.

-Children’s Ministry Staff

Photo Release Forms

Parents: We take so many great pictures of your kids and would love to put them on our website, in our brochure, and in other public forums to show off First Presbyterian. However, we need your written consent before we can do this. Please fill out a photo release form, either from the welcome table, the office, or one of our youth leaders and return it to the office.

Any child under the age of 18 must have a release form on file before we can use their pictures.