

FEBRUARY 2020

# The Carillon

FIRST PRESBYTERIAN CHURCH –WATERLOO, IOWA

## CHURCH STAFF

Rev. Amy Wiles,  
Pastor/Head of Staff

Rev. Pat Gadelmann,  
Associate Pastor of  
Care and Visitation

Stephanie Swenson,  
Director of Children,  
Youth and Families

Kelley Galyen,  
Office Manager

Dakota Andersen,  
Sanctuary Choir  
Director

Melody Steed,  
Handbell Choir  
Director

Brenda Sevcik,  
Organist/Accompanist

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### “I Come to the Sea to Breathe”

The beach on Sanibel Island is a place to breathe. It is a place I have been privileged to vacation most Januarys since 1983, including this past month. What is it about the beach and the sea? The overlapping waves pounding their might and force and the gentle, soothing lapping at low tide. The breeze off the gulf along with a galling wind that can knock you over. The white sand and the shells. The birds on the beach, in the trees, and flying overhead. A place away from the daily. A place to breathe, to rest, to renew in the beauty of creation. A place of prayer and oneness with God.

Where is your place to breathe? Where do you go to get away from it all, to relax, rest and renew, to embed yourself in nature’s healing? The late neurologist Oliver Sachs said, “Clearly nature calls to something very deep in us...The role that nature plays in health and healing becomes even more critical for people working long days in windowless offices, for those living in city neighborhoods without access to green spaces, for children in city schools, or for those in institutional settings such as nursing homes. The effects of nature’s qualities on health are not only spiritual and emotional but physical and neurological.”<sup>1</sup>

I confess that I have a hard time “getting away.” I have a hard time “letting go” of work and daily duty, but I know the difference it makes when I can step back. One week away is wonderful, but the larger challenge is the daily living that includes “space away,” especially space in nature. Oh, I know it’s too cold or too hot, too windy or too icy, too wet or too \_\_\_\_\_. You can fill in your own blank. Nonetheless, I invite you to step out, go to a park or a trail or simply outside your house and walk and breath. Alternatively, open the doors and windows and invite nature in.

Enter into the beauty of the Psalms, “The heavens are telling the glories of God; and the firmament proclaims his handiwork.” (Ps 19). Recall how often Jesus himself took “time away.” He went off to solitary places to pray, went out in the boat alone, withdrew to the mountain side, and walked alone between cities. He too needed breathing space.

Mary Oliver’s poem “Work, Sometimes” offers a model:

“I was sad all day, and why not. There I was, books piled on both sides of the table, paper stacked up, words falling off the page. The robins had been a long time singing, and now it was beginning to rain....

You have had days like this, no doubt. And wasn’t it wonderful, finally to leave the room? Ah, what a moment!

As for myself, I swung the door open. And there was the wordless singing world. And I ran for my life.”<sup>2</sup>

Open your doors and breathe! I look forward to hearing about your breathing spaces. May we be encouragers of one another! Thanks be to God!

Peace,  
Pastor Pat

<sup>1</sup><https://www.brainpickings.org/2019/05/27/oliver-sachs-gardens/>

<sup>2</sup> Mary Oliver. “Work, Sometimes.” New and Selected Poems. Boston: Beacon Press, 2005, p.6.

# Education and Fellowship

## A Visit from the New Pastor to the Presbytery

Ian McMullen, our new pastor to the presbytery, will speak at Adult Forum on **Sunday, March 1, at 8:45 a.m.** At the Fall Presbytery gathering, our Presbytery approved a new staffing plan where we will share five staff positions with two other presbyteries: Prospect Hill and Des Moines. Ian will be explaining these changes and sharing other news and happenings with our presbytery. This is a wonderful opportunity to meet Ian and ask questions you have about the larger church. Be sure to mark your calendars!

## Presbyterian Women

Rebekah Circle will meet **Wednesday, February 19, at 10:00 a.m.** in Calvin Hall. We will continue our Bible Study with Lesson 5 of "Love Carved in Stone." You are welcome to come for the Bible Study even if you are not able to stay for the Circle meeting.

Pledges for Presbyterian Women will be dedicated at the February meeting. Your pledge may be sent to the church office if you not able to attend this meeting. Please make checks payable to Presbyterian Women. Your pledge helps support our mission giving to our church's Helping Hand Fund, as well as other local and global mission giving.

The PW will be serving a light lunch at the Lenten Lunches that begin March 4. The cost of the meal is \$5.00

### Upcoming Dates

**February 19, 2020—Rebekah Circle at 10:00 p.m. in Calvin Hall**  
**March 4—Lenten Lunch**

## Tuesday Morning Bible Study

Our church's Tuesday morning Bible Study continues to meet each week at **8:30 a.m. at Cabin Coffee in Waterloo.** Come and join Pastor Amy as we discuss the upcoming sermon text.



## Men's Retreat: Godly Risk

Lakeshore Center at Okoboji is holding a men's retreat **March 13-15.** Join for a weekend of relaxation, fellowship, and discussion to explore the question, "Is your faith 'playing it safe?'"

The Rev. Ben Johnston-Krase is the guest speaker and is passionate about what motivates congregations to move outside of their comfort zones and see God's heart for their ministry.

The retreat will begin at **7:00 p.m. on March 13 and end at 11:00 a.m. on March 15.** Cost is \$95 per person to stay in a communal bunk room or \$125 for a Double-Occupancy Lodge Room. Cost covers all lodging, snacks, meals, speaker, and programming for the weekend.

Register online at [www.lakeshorecenteratokoboji.org](http://www.lakeshorecenteratokoboji.org) under the "Events" tab. Call 712-337-3313 or email [harry@lakeshorecenteratokoboji.org](mailto:harry@lakeshorecenteratokoboji.org) for more information.

## New Beginnings Book Group



The New Beginnings Book Group will meet **Thursday, February 13 at Cabin Coffee in Waterloo at 9:30 am.** The group will read "*A Well-Behaved Woman*" by Therese Anne Fowler.

If anyone wants to join this wonderful group and needs a copy of the book, please contact Mary Kabel.

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# Looking towards Lent

## A New Adult Education Series “Embracing Forgiveness”

The season of Lent, which begins with Ash Wednesday on February 26, is one of self-examination and search as we journey with Jesus to the cross.

Beginning **Sunday, March 8** and extending for five weeks until Palm Sunday on April 5, Pastor Pat will lead a new study “Embracing Forgiveness” developed by Episcopal Priest Barbara Cawthorne Crafton. Rev. Crafton has served several parishes in the New York City area and was a chaplain on the waterfront of NYC during the recovery effort after the World Trade Center bombing.

Each week we will view a DVD selection that opens with a presentation by Rev. Crafton, followed by comments from a small group she is working with, and then have a time of sharing among our group.

Rev. Crafton writes, “Everybody has something about forgiveness. There’s somebody [who] did something terrible you can’t get past, or maybe you did something you can’t forgive yourself for, or [there’s] someone else [who] can’t forgive you.” What is the first thing that comes to mind for you in this matter of forgiveness? Mark the dates on your calendar. Come and let us explore together.

## Lenten Lunch and Learn

Lenten Lunch and Learn starts **Wednesday, March 4, at noon**. Pastor Amy will be leading a study by Amy-Jill Levine where we will explore the stories of Jesus’ last days leading to the resurrection. A delicious lunch will be served. Mark your calendars now and look for more details in upcoming bulletins and March’s Carillon.

## Ash Wednesday Worship

Please join us at **6:00 p.m. on Ash Wednesday, February 26**. This is a time of confession and repentance as we begin the season of Lent. Pastor Amy and Pastor Pat will administer ashes during this time.



## Ash Wednesday Supper

The Celebration Ringers will host an Ash Wednesday Supper in Calvin Hall at **5:00 p.m. on Wednesday, February 26**. The cost of the meal will be **\$7.00** for adults. Cost for children ages 4-12 will be **\$4.00**.

The menu will include: a hot sandwich (your choice of Italian Roast Beef or BBQ Pulled Pork) chips, salad, dessert and beverage. Monies will be collected that evening.

This fundraiser will support the bell choir as they attend the Area 7 Handbell Festival in Duluth, Minnesota on June 26-28, 2020. **Please have your RSVP to the office by Sunday, February 23.**

# Worship and Music

## February Communion

The Sacrament of the Lord's Supper will be celebrated during the worship service on **Sunday, February 9.**

## Annual Church Meeting Sunday, February 9, 2020

Join us for our church's annual meeting on Sunday, February 9th, immediately following the worship service. Annual reports are available outside of the church office.



## Sanctuary and Bell Choir

Celebration Ringers rehearses on Wednesdays at 6:00 p.m. in the Sanctuary.

Sanctuary Choir has rehearsals on Wednesdays at 7:30 p.m. in the music room.

It's never too late to join!

## Upcoming Sermon Text

As we start the new year, Pastor Amy will be following the Narrative Lectionary as it walks through the stories in the Gospel of Mark. Sermons will be drawn from the following passages:

February 2: Parable of the Sower  
Mark 4: 1-9

February 9: Jesus Heals the Woman with the flow of blood.  
Mark 5: 21-43

February 16: Jesus Sends the Disciples  
Mark 6: 7-13

February 23: Transfiguration  
Mark 7: 1-23



## Opening Pulpit Flowers in 2020

The following dates are available to provide pulpit flowers. Please call the Church Office if you wish to reserve one or more of these dates.

### Open dates are:

February 2, 9, 16	March 22, 29	April 5
May 17, 31	June 7, 14, 28	July 5, 12, 26
August 16, 23, 30	September 6, 20, 27	October 18, 25
November 29	December 6	



## Session Highlights

Session highlights from the January meeting will be included in the March Carillon.

## Stewardship Report

January's Stewardship Report will be included in the March Carillon.

# Mission

## Children's December Offering through our SHINE Program

During December, the SHINE program collected an offering each week and then a final offering at the Christmas Program to choose different items from the Presbyterian Giving Catalog. In the beginning, they made a goal to collect enough for three items. It is with great joy, our children along with those who came to the Christmas Program raised enough to add more items to their list. The children discussed as a group and gifted the following: a pair of goats, two families of chickens, a water filter, two kitchen kits, a sewing machine, two fishing nets, and educating FIVE children. What a joy to see the children make a difference in countries across the world!

# Children, Youth, & Families

## Parent's Night Out

Parents, are you wanting to celebrate Valentine's Day child free but can't find a babysitter? The youth and other volunteers are hosting a Parent's Night Out on **February 14, 5:00-8:00 p.m.** There is no charge but there will be a spot for donations if you would like to contribute to the ministries of Children and Youth. Children of any age can be dropped off in Calvin Hall for a night of supper, games, and play time! You can sign up your children in the Nursery on Sundays or the office during weekdays. You can also sign up by emailing [stephanie@1stpresby.org](mailto:stephanie@1stpresby.org) to reserve their spot.

## Singing Sunday

The children will share a song during worship on **February 16**. Practices will take place during SHINE on Wednesday nights as well as on February 9. On **February 16**, Children are asked to arrive at **9:40 a.m.** for a rehearsal before Worship.

## The Well

The Well meets every Sunday 3:30-5:00 p.m. All Junior High/Senior High Youth are welcome to join us! **We will help out with a volunteer night on February 14 for Parent's Night Out. Come at 4:45 p.m. to help greet the little ones!**

## Shine

SHINE continues on Wednesday nights at 5:30-7:00 p.m. at Cedar Falls First Presbyterian Church. Come all elementary students and younger for a time of Supper, Music, and Bible Study!



# Life of the Church

## Blessed are the Children

Keegan Kristopher Newhoff was born Thursday, January 23, in Albuquerque, N.M. His parents are Dr. Drew (formerly of Waterloo) and Whitney Newhoff. Grandparents are Doug and Nancy Newhoff of Cedar Falls.



Pictured to the left are the Youth at their Christmas Bowling Party.

## First Church Family Birthdays for February

- Feb 1 Jan Schwab
- Feb 4 Gerald Buls, Sue Roberts
- Feb 5 Darlys Varner
- Feb 6 Blandine Mananga, Jackie Reisinger
- Feb 7 Don Broadston
- Feb 8 Solomon Han, Joan Walker
- Feb 9 Colleen Jessen, Florence Ramsell
- Feb 11 Harold Haasis
- Feb 12 Bruce Bowers, Carol Carroll, Jean Curran
- Feb 13 Sheryl Berry-Rudic, David McQuilkin, Susan Wexter
- Feb 14 Bill Davis
- Feb 17 David Dutton, Robert Junge
- Feb 20 Emma Schellhorn
- Feb 21 Marvin Carroll
- Feb 22 Krystal Matthias
- Feb 25 Jan Bellinger
- Feb 26 Aubrey Robinson
- Feb 27 Mary K. Williams
- Feb 28 Dean Bellinger, Nicholas Ellsworth
- Feb 29 Michelle Schellhorn



# New Changes to the Carillon

**Starting with the March Newsletter, we will be delivering the Carillon primarily through email.** Going the electronic route will help our church be more efficient, cut postage costs, reduce paper use, and care more for our environment. **We are encouraging all recipients of the church newsletter to give us your email address so that we can deliver the Carillon to your inbox. We understand that some people might still want a hard copy delivered to them in the mail. Don't worry! You still have that option.** We ask that you sign up in the church office indicating your delivery preference and updated email or permanent address. If we do not hear from you by **February 12**, then we will automatically send the Carillon to your email address. If we do not have your email and do not hear from you, we will no longer include you on our mailing list. Hard copies of the Carillon will still be available every month in the church office and on our church website.

# February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 10:30 a.m. Worship and Music 4:00 p.m. Mission & Outreach 5:00 p.m. Love INC 5:30 p.m. Christian Nurture & Fellowship 5:30 p.m. Building & Grounds	5	6	7	8
9 Communion Annual Meeting	10	11 9:00 a.m. Foster Care 4:00 p.m. Personnel 5:00 p.m. Love INC 5:00 p.m. Stewardship and Finance 6:30 p.m. Deacons	12	13 9:30 a.m. New Beginnings	14 5:00-8:00 p.m. Parent's Night Out	15
16 Children Sing in Worship	17	18 5:00 p.m. Love INC 6:00 p.m. Session	19 10:00 a.m. Rebekah Circle	20	21	22
23	24	25 9:00 a.m. Foster Care 5:00 p.m. Love INC	26 Ash Wednesday Supper 5:00 p.m. Ash Wednesday Worship 6:00 p.m.	27	28	29

**Each Sunday:**

8:45 a.m. Coffee and Conversation  
10:00 a.m. Worship Service  
3:30 p.m. The Well (Junior/Senior High Fellowship)  
5:00 p.m. Sunday Supper

**Each Tuesday:**

8:30 a.m. Tuesday Morning Bible Study  
1:00 p.m. Staff Meeting

**Each Wednesday:**

5:30 p.m. SHINE (Elementary and Parents) at 1st Pres. Cedar Falls  
6:00 p.m. Celebration Ringers Rehearsal  
7:30 p.m. Sanctuary Choir Rehearsal

# FIRST PRESBYTERIAN CHURCH

505 Franklin Street  
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## Address Service Requested

We are on the web!  
[www.1stpresby.org](http://www.1stpresby.org)

### Church Office Hours

9:00 a.m.—4:00 p.m.  
Monday through Thursday  
(closed 12:00-1:00 for lunch hour)

Closed on Fridays

**Praise**  
**Grow**  
**Serve**

### Contact Us

Phone: 319-233-6145

You may also e-mail the staff at  
the following addresses:

Rev. Amy Wiles  
[amy@1stpresby.org](mailto:amy@1stpresby.org)  
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### First Church Leadership Team

Elders: Donna Beaver, Jim Christensen, Tom Christensen, Mary Kabel, Dan Klann, Nancy Newhoff, Terry Sage, Jean Seeland and Nancy Valentine

Deacons: Jan Bellinger, Lynda Cose, Beth Klann, Gary Lee, Kathy McClain, Marsha Muir, Mary Mumm, Marsha Platt, Richard Platt, and Marge Polacek

PWC Moderator: Marie Fernau

Treasurer: Craig Sage

Clerk of Session: Jean Seeland

Foundation President: David Kabel