

BEFORE YOU MEDICATE: HYDRATE

As you get older, your sleep patterns may change. You may find that you get fewer hours of shut-eye, and you wake up more often during the night. But there are steps you can take to help you get the rest you need.

Are you getting enough sleep? Every person's sleep needs are different. The National Sleep Foundation recommends that adults get 7-9 hours a night. If you are getting less sleep than when you were younger, but still feel rested and energetic during the day, it might just be that you now need less sleep than you were used to having.

But if your lack of sleep affects you during the day, then it's time to take action.

- ◊ Turning off your computer or TV an hour before bed
- ◊ Taking a little time to relax before you go to sleep
- ◊ Spending less time in bed. You want to train your brain that the bed is for sleeping.
- ◊ Limiting daytime naps
- ◊ Getting up for a while and try again
- ◊ Not drinking alcohol close to bedtime

What else might cause sleep problems when you are older? Find out if there are any special problems that might be causing you to lose sleep. Tackling them could help you sleep better.

Change: Life changes, such as moving, physical limitations due to illness or the death of a loved one can cause stress, and make it difficult to sleep. Talk to your family or meet with a counselor to find ways to manage your stress.

Conditions: Arthritis, sleep apnea, and restless legs syndrome can all make sleeping more difficult. Your doctor can recommend treatments for these.

Retirement: You might have a lot more down time and be less active during the day. That can throw off your sleep-awake schedule. Consider keeping busy with volunteer work or hobbies.

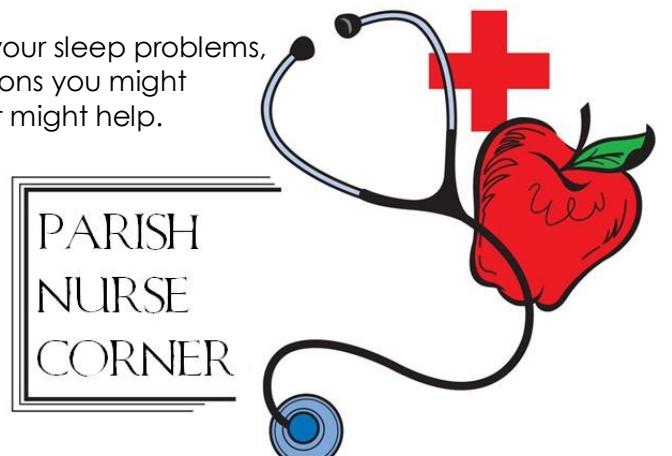
Illness: If you have heart failure, heart burn, an enlarged prostate, or Alzheimer's disease, then you may have a difficult time falling or staying asleep. Medication and therapy for these conditions can help you get better rest at night.

Medications: Some drugs might keep you from falling asleep or staying asleep. Some can even make you feel more awake at night. Talk with your doctor to see if you can adjust the dosages or change medications.

First, try the easiest things. If these don't take care of your sleep problems, tell your doctor about it. He can check on any conditions you might have, your meds, and let you know if a sleep specialist might help.

May the Lord richly bless us with rest and relaxation in our lives,

Peggy Taylor, RN—Parish Nurse



PARISH
NURSE
CORNER

First
Presbyterian
Church

First News Monthly



what's next

Dear Friends,

Now that Pastor Gillian is gone, some of you may be wondering, "What's next?" You may have questions about the transition period—How long will it be? Who will be preaching on Sunday? Who do I call if I need help? How do we find a new pastor?

Session has appointed a Transition Team to oversee church operations during the transition time until a new permanent pastor is installed. The team and our Session will be working closely with the Milwaukee Presbytery during this process. Presbytery has appointed a liaison to our Session, Rev. Paige Loveall. Paige has preached at our church a number of times and also helped our previous PNC (Pastor Nominating Committee). Paige lives in Kenosha and is married to Rev. Lance Loveall who is the pastor at First Presbyterian Church in Kenosha.

One of the first things required of us is to write a new Mission Study document. We are not the same church that we were 11 years ago when we completed our last mission study and we need to determine our direction for the future. The church officers had some meetings in August to begin gathering ideas, and the congregation will be asked for their ideas and suggestions. As we consider our refreshed vision and purpose, this is a time for us to be creative and inspired, and to think outside of the box.

What's important to us at First Pres? What might we change? What is our purpose as a downtown church in Racine? What new thing might God want us to initiate? How can we better serve and bring God's message to our area? What's our vision and hope for First Pres going forward?

Presbytery gave us these questions to ponder and we invite you to participate:

"Who have we been?" "Who are we now?" "Who do we want to be?"

After the mission study is completed and approved by Presbytery, we can form our Pastor Nominating Committee and begin the search for a new pastor. That process will be much like dating. We will be looking for someone who shares our values and is interested in our vision—someone who will be a good fit for our church—and will lead, guide, and companion us as we endeavor to be a faithful presence, serving our community and beyond.

We plan to hire a "bridge pastor" to fill the gap until a new pastor is installed. The bridge pastor will have regular office hours, preach on Sundays, lead bible study, officiate at weddings and funerals, and provide pastoral care. Until the bridge pastor is hired, we will have various supply pastors preaching on Sundays.

If you have an emergency, or need pastoral help, please call the church office (262) 632-1686, or any of the transition team members listed below.

We look forward, in faith,
Transition Team

John Brooke	(262) 681-5893
Kate Gleason	(262) 994-0197
Georgia Hall	(262) 633-7251
Pam Simpson	(262) 637-2275
Debbie Yale	(262) 639-5004

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kategleason@prodigy.net
ghall33@yahoo.com
pamlsimpson65@gmail.com
deb.yale5@gmail.com



First Presbyterian Church

716 College Avenue
Racine, WI 53403
262.632.1686

Senior Pastor

Trusting in God's faithfulness and excitement we are actively seeking our next pastor.

Visitation Pastor

Rev. Steve Fringer
SCFringer@Hotmail.com

Organist and Choir Director

Alejandro Alumbreros
Piano3842@yahoo.com

Handbell Choir Director

Nancy Buck
NancyBelleBuck@yahoo.com

Financial Secretary

Doris Deschler
Doris@FirstPresRacine.org

Sexton

Dodie Kerkman

Church Secretary

Shelley Maurer
Office@FirstPresRacine.org

Music Leader

Mark Paffrath
Mark@MarkPaffrath.com

Parish Nurse

Peggy Taylor
PeggyParishNurse@yahoo.com

www.FirstPresRacine.org

2018 Edition: Volume 9
PUBLISHED MONTHLY

YOU & ME

Forever & Always

Dean & Tammy LaMarr
September 5, 1992
Curt & Victoria Vollman
September 6, 1992
Paul Hable & Kim Plache
September 18, 1999
Linden & Kristine Schulz
September 20, 2003



HAPPY BIRTHDAY

2 Lucy Bangs	19 Brian Carpenter
8 Ian Wortley	23 Patt Reitsma
11 Ann Lucareli	24 Daniel Ringwalt
12 Mary Lou Hill	25 Kathi Wilson
Debby Capener	Shelley Maurer
13 Michael Clobes	26 Curt Vollman
14 Vi Shufelt	27 David Nichols
Larry Cardwell	Jordan Smith
16 Ian Olsen	28 Sydney Ford
Taylor Moulds	29 Larry Dickerson
18 Jennifer Willing	Jason Smith
Margaret Yale	30 Lisa Sondergaard



UPDATE—SEPTEMBER 2018

The good news is we are very busy at the pantry. The bad news is that this means there continues to be more and more hungry people in our midst. We served 99 families, 225 people in July.

Because our numbers have grown, our inventory has also increased. We also want to be able to purchase large quantities of inexpensive items from Feeding America. This has created the need for more space. Our current storage area is so full that it makes it difficult to pull our inventory as it's needed. We will be working with Session to figure out how to increase our pantry space.

The Marquette Community Garden has started supplying beautiful produce for us. Rachel Troubough has even asked gardeners to plant produce that appeals to our clientele. The okra has been especially appreciated this year. We continue to feel grateful for their partnership.

TEFAP (The Emergency Food Assistance Program) just notified us that they were able to purchase several truckloads of high quality meats. This includes ground beef, catfish, chicken breasts, roast turkeys and cut-up chicken pieces. These will be delivered December through May. In addition, they have been offered 5 truckloads of fresh milk per month from October through March. It is wonderful to get these high quality items. The downside, again, will be space. We apologize in advance if you find the cooler in the kitchen full of milk. This situation will only be temporary, so it doesn't make sense to purchase new appliances. We are working with those people who frequently use the cooler. If you have need for cooler space during these months, let us know and we will try to accommodate you.

We have recently lost two avid volunteers because of jobs and/or moves and will lose two more of our dedicated High schoolers by the time you are reading this. We continue to struggle to keep the pantry staffed. Please consider volunteering once a month.

Karin Roach
Food Pantry Co-chair



Daytime Circle

DAYTIME CIRCLE NEWS

In keeping with our outings to favorite restaurants, the Daytime Circle will go for lunch at the Country Rose, located on the roundabout at Hwy 20 and Hwy 45, on Tues., Sept. 11th. Please meet at the Country Rose at 11:30AM.

On Tues., Sept. 25th, you are invited to join us for lunch at the Red Onion, located on Main Street across from Monument Square, at 11:00AM, as we bid Farewell and Godspeed to Les and Ann Lucareli, who are moving to Grafton. Following the meal on Sept. 25, we will head over to church for our monthly newsletter prep party.

Please let Leah Fisher (262.886.5772) know if you will be joining Daytime Circle for either of these outings.



Pastors

2nd - n/a
 9th - Rachel Yates
 16th - Susan Bowen
 23rd - Susan Bowen
 30th - Deb Bergeson-Graham



Greeters

2nd - Mary Eastman, Bev Eifert
 9th - Vivian Clark, Jim Muir
 16th - Mac & Marilyn MacCaughey
 23rd - Leah Fisher, Mary Lou Schuler
 30th - Jerry & Nancy Ritter

Ushers

2nd - John & Linnea Brooke, Bud Eastman, LuAnn Hansen
 9th - Denise Park, Lissy Blandford, Bob & Kerry Frank
 16th - Steve Simpson, Bob Johnson, Zach Vollman
 23rd - Larry Dickerson, Sharon Campbell, Jeff Leavell, Jen Seversen
 30th - Ben Neal, Bill Anderson, David Griffith, Michael Griffith



RATATOUILLE

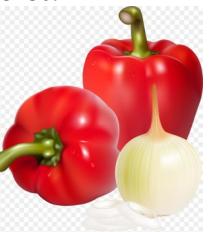
Ingredients:

- ◆ 2 tablespoons olive oil
- ◆ 3 cloves garlic, minced
- ◆ 2 teaspoons dried parsley
- ◆ 1 eggplant, ½ inch cubes
- ◆ salt to taste
- ◆ 1 cup grated Parmesan cheese
- ◆ 2 zucchini, sliced
- ◆ 1 large onion, sliced into rings
- ◆ 2 cups sliced fresh mushrooms
- ◆ 1 bell pepper, sliced
- ◆ 2 large tomatoes, chopped



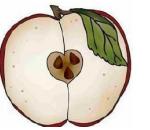
Directions:

- 1) Preheat oven to 350°. Coat bottom and sides of a 1½ qt. casserole dish with olive oil.
- 2) Heat remaining olive oil in a skillet over medium heat. Cook and stir garlic until lightly browned. Mix in parsley and eggplant. Cook and stir until eggplant is soft, about ten minutes. Season with salt to taste.
- 3) Spread eggplant mixture evenly across bottom of prepared casserole dish.
- 4) Sprinkle with Parmesan cheese. Spread zucchini in an even layer over top. Lightly salt and sprinkle with a little more cheese. Continue layering with mushrooms, bell pepper, onion and tomatoes, covering each layer with a sprinkling of salt and cheese.
- 5) Bake in preheated oven for 45 minutes.



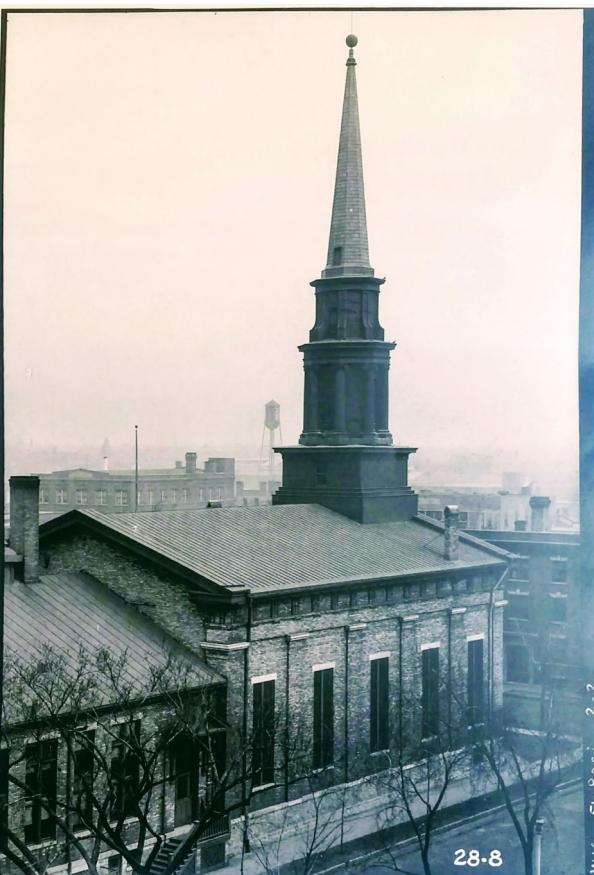
Liturgists

2nd - Steve Fringer
 9th - Sharon Campbell
 16th - Kathi Wilson
 23rd - Georgia Herrera
 30th - Larry Dickerson



Perk 'n' Pour

2nd - Jerry & Nancy Ritter, Debbie Yale
 9th - Mary Lou Schuler, John & Linnea Brooke
 16th - Todd & Jen Seversen, Ken Schacht
 23rd - The Earnests and the Higgs
 30th - Sharon Campbell, Dave & Ginny Holle



HISTORY NOOK

One of the benefits of volunteering at the Music and More concerts is being able to greet people who are coming into our building for the first time. I hand out programs at the end of the hall to folks who are entering from the parking lot. I hear "What a great facility!" "I never knew this church was so big!" "What a special place!" Then I hear the oohs and aahs as they enter the sanctuary.

Our church has had four additions since the sanctuary was completed in 1852. The first one was added in 1885 as the Lecture Hall and is now known as Ihrman Hall, named after Rev. Francis P. Ihrman. In 1942, the next structure, named Parish House, was added to the south end of the Lecture Hall. It currently houses the kitchen in the lower level, chapel/multipurpose room on the main level and parlor on the second floor.

The third addition, built in 1956, was a Christian activity center. It now contains our food pantry, church offices and Sunday School rooms. The final expansion, completed in 1996-97, renovated the entire complex, except the sanctuary, and added 20% more space.

Rev. Randall Bush used the acronym SAFE at the time to describe the changes. Secure—close some entrance points, Accessible—add elevator and central hallway, Fellowship—remodel meeting spaces and small kitchen, and Education—remodel Sunday School rooms and nursery. The end result is the beautiful facility that we have today. We are blessed!

Nancy Reeser
Archive Committee

BROWN BAG BIBLE STUDY



There will be two opportunities for Bible Study—Wednesday at noon and Thursday from 5:30-7:00PM. Bring a bag lunch to eat during the Bible Study, if you would like. Bible Study will focus on the previous Sunday's scripture. Remember to bring your bible with you!

Brown Bag Bible Study will begin Wednesday, September 5th and/or Thursday, September 6th. Please come and join us for a scripture discussion.

If you need child care, please contact LuAnn Hansen.





MUSIC & MORE SEASON WRAP-UP

It was standing room only at the Music & More 25th Anniversary Season Finale concert Friday evening, August 17th. More than 500 people filled every pew and bench in the sanctuary and extra chairs were brought in to accommodate all of the attendees. It was an extraordinary evening in every way!

High school sophomore Megan Griffith opened the concert in grand style at the piano. She sang her own arrangement of "Rise Up" by Andra Day. The acoustic singer/songwriter trio of Mark Paffrath, Jeff Ward, and Zachary Scot Johnson entertained the crowd with their unique blend of song, guitar, piano, harmonica, and humorous banter. The last act featured the 65-member Choral Arts chorus. Their opening set was "Letters from Ireland," with piano, flute, and fiddle accompaniment. Then Mark, Jeff, and Zach joined the chorus for five favorite songs to close out the show. Many attendees stayed for a post-concert cake reception in Ihrman Hall.

Pianist Benjamin Nelson, a senior at The Prairie School, received the \$500 Randall K. Bush Youth Music Scholarship. Kay Mahl presented a \$500 Mearl Mahl Youth Music Scholarship to Megan Griffith. A music scholarship fund was established in memory of Mia Guion and the first scholarship in her name will be awarded at the season finale next summer. A record amount was collected in freewill offerings at the ten noontime concerts and Pastor Gillian presented checks for \$2,000 each to representatives from three community agencies. Music & More has a 25-year history of giving back to the community in the form of unrestricted grants to support the work of non-profit service agencies.



Bravo and thank you to everyone who contributed to the success of this exceptional season: sponsors, donors, concert attendees, community agencies, M&M volunteers, and the 56 musicians and 4 performing groups who shared their musical gifts with us during our 2018 season.

Mark your calendars for M&M 2019: The 10-week series kicks off on Thursday, June 6th at Noon and will continue through August 8th (Wednesday, July 3rd). The Season Finale concert is scheduled for Friday, August 16th at 7:00 p.m.

*Make a
Joyful noise
Unto The
Lord!*

CHANCEL

Thu., Sept. 6th, 7:00PM - Rehearsal
Sun., Sept. 9th, 9:30AM - Performance
Thu., Sept. 20th, 7:00PM - Rehearsal
Sun., Sept. 23rd, 9:30AM - Performance
Thu., Oct. 4th, 7:00PM - Rehearsal

HANDBELL

Wed., Sept. 5th, 7:00PM - Rehearsal
Wed., Sept. 12th, 7:00PM - Rehearsal
Sun., Sept. 16th, 9:30AM - Performance
Wed., Sept. 19th, 7:00PM - Rehearsal
Wed., Sept. 26th, 7:00PM - Rehearsal
Wed., Oct. 3rd, 7:00PM - Rehearsal

VOLUNTEERS ARE NEEDED!!

We are in need of volunteers to **learn** and **work** our sound board and video system. This is a perfect volunteer opportunity for some of our techy-teens! Typical hours needed are: Sundays 9:00AM to 10:45AM, Thursday 11:30AM to 1:30PM - during the summer for M&M, as needed for concerts, funerals, weddings, etc.

For more information, please contact Linda Schubert at 262.632.7537.



First Presbyterian is hosting the **COMMUNITY MEAL** on Tues., Sept. 18th. As always we will need helpers to serve and donations of food: casseroles, gallons of milk, bags of fruit and lettuce, dressing and loaves of bread.

Prep starts at 2:00PM at church; at 4:20PM we will take everything to the meal site--1032 Grand Ave., currently the Head Start building (and formerly St. Rose school). We eat at 5:00PM and serve the dinner at 5:30PM. After cleanup we are usually done by 6:45PM. If you have never been involved in this mission give it a try; it's fun!

Questions? Call Debbie Yale at 639-5004 (h) or 248-8753 (cell).

WELCOME BACK!



SUNDAY SCHOOL
Excitement!

RALLY DAY
SEPTEMBER 9, 2018
POTLUCK AND PLANNING
RIGHT AFTER WORSHIP



There is a sign-up sheet in Ihrman Hall for the September 9th potluck!



SESSION ELDERS

<u>Name</u>	<u>Phone 1</u>	<u>Phone 2</u>	<u>Email</u>
Ben Wahlen	262.632.3927		pwahlen@wi.rr.com
Bev Eifert	262.554.0565		bjeifert13@sbcglobal.com
Georgia Hall	262.633.7251		ghall33@yahoo.com
Georgia Herrera	262.752.0330		georgiaherrera@cs.com
Jenny Humphreys	262.637.1439	262.930.1339	jhumphreys4kids@gmail.com
John Brooke	262.681.5893		jbrooke27@gmail.com
Karin Roach	262.681.3140	262.902.3963	karinwroach@gmail.com
Kate Gleason	262.994.0197		kategleason@prodigy.net
Linda Schubert	262.632.7537	847.212.0599	linda.schubert@att.net
Lissy Blandford	262.639.9496		lissyblandford@yahoo.com
Nicole Higgs			nicolehiggs1@gmail.com
Pam Wortley	262.886.8105		wortley_pj@icloud.com
Steve Simpson	262.637.2275	262.497.5227	steve12simpson@gmail.com

BOARD OF DEACONS

<u>Name</u>	<u>Phone 1</u>	<u>Phone 2</u>	<u>Email</u>
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Denise Park	262.800.3096		neeccep@att.net
Dennis Reeser	262.632.7807		maui71@att.net
Ellen Easley	262.639.6946		dceasley@att.net
Ellen Myers	262.638.8705		
Larry Dickerson	262.634.3628		laurence@wi.net
LuAnn Hansen			hansen1@execpc.com
Mary Bernstein	262.989.0080	262.989.0080	bernstein823@gmail.com
Mary Lou Schuler	262.639.3966		marylouschuler5@gmail.com
Pat Badger	262.632.3893		pbadger@prairieschool.com
Tammy LaMarr	262.534.5134		llamarr@wi.rr.com

TRANSITION TEAM

<u>Name</u>	<u>Phone 1</u>	<u>Phone 2</u>	<u>Email</u>
Debbie Yale	262.639.5004	262.498.8753	deb.yale5@gmail.com
Georgia Hall	262.633.7251	262.308.1883	ghall33@yahoo.com
John Brooke	262.681.5893		jbrooke27@gmail.com
Kate Gleason	262.994.0197		kategleason@prodigy.net
Pam Simpson	262.637.2275		pamlsimpson65@gmail.com

**UPDATE—SEPTEMBER 2018**

The school supplies for the Julian Thomas School Partnership have been pouring in. Thanks to all for your very generous contributions. Please keep the school supplies coming. This partnership with the Julian Thomas School continues to percolate. We are still looking for tutors to continue to commit their time and energy to lead this partnership into the next cycle of development. Recall the last couple of parting sermons urged our membership to consider how you might become more involved at First in a meaningful way. This is your opportunity. Please see Mary Ringwalt or Nancy Reeser for greater detail. If you already know you would like to be a tutor please contact Ms. Ana Sanchez at 262.898.2249 or email her at: asanchez@unitedwayracine.org

The Cuban Pastors spent a very busy week with us at First Presbyterian. Pastor Beidy spent her first weekend at the Presbyterian Women's Conference in Louisville, Kentucky, before joining us at First. Pastor Beidy had only great reports to share about her experience. The week of activity with both Pastors Ary and Beidy was filled with lots of joy and excitement. Session and Deacons began the week with a very informal roundtable discussion about how we all came to First Presbyterian Church. We all shared some of our stories with the Pastors and it was very personal and enriching. The week was busy, commencing with Worship, and a Serbian picnic as the kick-off activities with Pastor Ary. The week then continued with a tailgate and baseball game, shared meals, shopping, Music and More, and many prayers for the future of the Mission. I believe all the church members that were able to share some part of the week with Pastors Ary and Beidy were greatly rewarded with warmth, kindness and prayer.

Thanks to all at First Presbyterian church for making Pastors Ary and Beidy welcome. Their presence was of great comfort to many Members as we journey into our future here at First Presbyterian. We give great thanks for the shared time and for what may come next in this Partnership with Central Church of Matanzas. Thanks to all the hosts and Mission and Cuba Subcommittee members that helped plan and organize the Cuban Pastor's itinerary. It took many hands to make the week with Pastors Ary and Beidy a huge success.

Please consider how you might become part of this Cuba Partnership. The Cuba Sub-committee and the Mission Committee will meet to debrief our week and plan for the new year. We welcome your thoughts and your participation. Please join us on Sun. Sept. 16th, at 8:30^{AM}, before worship. We will discuss the Apple Fundraiser, our holiday event is in the planning, tentatively scheduled for December 14, 2018 7:00-9:00^{PM}, and other potential Mission ideas. See you soon.

Respectfully Submitted,
Georgia L. Herrera—Mission Committee Chair



FIRST PRES BOOK CLUB will meet on Fr., Sept. 7th - 7:00^{PM}, at Vi Shufelt's home located at Lake Oaks, 1916 Wisconsin Ave., #308. Book choice for our September read is the classic *Catcher in the Rye* by J.D. Salinger.

We will rehash how we relate to this book now as compared to when many of us read it during our teen or young adult years, if you can remember that at all! Pick up your own copy of the book available from the library, Amazon or Barnes & Noble. Anyone interested in joining us for this discussion is invited.





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 9:30a—Worship with Communion	*3 LABOR DAY Office Closed	*4	12p—Brown Bag Bible Study (Parlor) 5-7p—Food Pantry 7p—Handbell Choir Rehearsal	*5 2-4p—Food Pantry 5:30p—Brown Bag Bible Study (Parlor) 7p—Chancel Choir Rehearsal	*6 ETA 1:30p—Food Pantry Delivery 7p—First Pres Book Club (Vi Shufelt's home)	*7 9a-2:30p—BEC Rehearsal (Sanctuary)
RALLY SUNDAY 9a—Blood Pressure Screening 9:30a—Worship (CC), Rachel Yates—Pulpit Supply Pastor 10:45a—Sunday School Mtg 11a—Rally Sunday Potluck 2-7:30p—BEC Rehearsal (Sanctuary)	9 11a-3:30p—PEO Chapter CF (Ihrman Hall) 5:30-8:30p—RKYS Audition (Chapel & Ihrman Hall)	10 11a—Staff Mtg 11:30a—Daytime Circle (Country Rose Bakery & Café) 7p—Deacons Mtg	11 12p—Brown Bag Bible Study (Parlor) 5-7p—Food Pantry 6-7:30p—RKYS Auditions (Chapel & Ihrman Hall) 7p—Handbell Choir Rehearsal	12 12p—Brown Bag Bible Study (Parlor) 5:30p—Brown Bag Bible Study (Parlor)	13 2-4p—Food Pantry 5:30p—Brown Bag Bible Study (Parlor)	14 6:30-9p—BEC Rehearsal (Chapel)
16 9:30a—Worship (HC), (Susan Bowen—Pulpit Supply Pastor 2-7:30p—BEC Rehearsal (Chapel)	17 5:30-8:30p—RKYS Audition (Chapel & Ihrman Hall)	18 ETA 10:30a—Food Pantry Delivery 2p & 4:20p—Community Meal 7p—Session Mtg	19 10a—Intercessory Prayer Group 12p—Brown Bag Bible Study (Parlor) 5-7p—Food Pantry 6:30-9p—BEC Rehearsal (Sanctuary) 7p—Handbell Choir Rehearsal	20 2-4p—Food Pantry 5:30p—Brown Bag Bible Study (Parlor) 7p—Chancel Choir Rehearsal	21 Newsletter Deadline	22 2-8:30p—Private Baby Shower (Dining Hall-LL)
23 9:30a—Worship (CC), (Susan Bowen—Pulpit Supply Pastor	24 5:30-8:30p—RKYS Audition (Chapel & Ihrman Hall)	25 11a—Staff Mtg 10a to 1p—Daytime Circle—Salt of the Earth, Lunch and Newsletter Prep Party	26 12p—Brown Bag Bible Study (Parlor) 5-7p—Food Pantry 7p—Handbell Choir Rehearsal	27 2-4p—Food Pantry 5:30p—Brown Bag Bible Study (Parlor)	28	29
30 9:30a—Worship, Deb Bergeson-Graham—Pulpit Supply Pastor	1 5:30-8:30p—RKYS Audition (Chapel & Ihrman Hall)	2	3 12p—Brown Bag Bible Study (Parlor) 5-7p—Food Pantry 7p—Handbell Choir Rehearsal	4 2-4p—Food Pantry 5:30p—Brown Bag Bible Study (Parlor) 7p—Chancel Choir Rehearsal	5 ETA 1:30p—Food Pantry Delivery	6 

*Church office hours: Monday—closed, Tuesday thru Friday—9a to 12:30p. (Shelley will be on vacation September 2nd thru 7th.)
CC—Chancel Choir; HC—Handbell Choir