



The FPC Newsletter

601 Pine Street Klamath Falls, Oregon 97601

October 2016



Being a Family

There are lots of ways to see a church. It can be an organization. It can be a kind of hospital for the soul. It can be a university for spirituality. It can be an operation center for rescue. Each of these images has value. But I think the warmest picture of the church is that we are a family.

When you go into someone's home, you will find a place with pictures of relatives. And, as it turns out, we will be taking our family picture this month. The directory is open to anyone who considers FPC their church home, members or not. I hope you will become part of this helpful and just a little bit heartwarming resource.

Families have fun together. We are doing just that towards the end of the month. We will hold our second, annual Chili-Cook off on October 23. We have one service at 10:00 a.m. that day. Then we roll out the chili and have a grand time. Please join us, and invite someone else to be part of the family that day.

Families take care of kids. Several of you will accompany the youth up Mt. McLaughlin this month. Good

on you! Some of you are teaching our children on Sunday morning.

Finally, families worship God together. Through boisterous music and meditative pieces, from surprising and unplanned answers in the Children's Message to thoughtful times in prayer, we are lifting one another and encouraging one another in our faith.

I am so glad to have you be part of the FPC family, and I am glad to be part of it as well.

Pastor Stuart

Chili Cook-off

Happy Fall Ya'll!

It's that time of year already! Sunday October 23rd we will have one service at 10:00 am. Come join us afterwards downstairs in the Fellowship Hall for our 2nd Annual Chili Cook-off Fall Fest!

- church wide potluck
- chili cook-off contest
- fun for all ages

Local Fire Fighters to Judge the Chili contestants!



Austyn Weems

1st Saturday Night of Worship

FPC will have its **1st Saturday Night Worship service on October 1st at 4:00**. This is an opportunity for those at FPC (and beyond) to experience a different kind of service at our church. It will be less formal than our Sunday services and will focus on our stories and personal experiences to strengthen our faith and encourage trust in God. We will sing modern worship songs, experience prayer together and encourage one another to trust that when God calls us to walk out on the water, he will protect us. Please consider joining us for worship on Saturday, October 1st! If you have any questions about the service, please contact Mary Kern at maryekern@hotmail.com.

Table of Contents

Page 1	Being a Family Chili Cook-off
Page 2	Saturday, Oct. 1, Worship Life Around the Table Table of Contents
Page 3	Blue Zone Corner
Page 4	Sunday School News ROCK Youth Group
Page 5	King's Kids Boot Camp Senior Luncheon
Page 6	Congregational Meeting New Church Directory Info Prayer Shawl Group Lunch
Page 7	Library "Love to see this!" Parents with Kids Serve the Community

LIFE AROUND THE TABLE

FIRST PRESBYTERIAN CHURCH WOMEN'S GATHERING

October 13, 2016

5:15 pm

Biagio's Bar and Grille
601 Harbor Isles Blvd

Our new quarterly event to gather, equip and connect women to live out their calling. Stop by, bring a friend, and enjoy food and drinks with the community of ladies that you worship with.

Mark your calendar!

Healthy Habits Classes are coming to FPC starting in **November** as part of becoming a 'Blue Zone' church community.

At noontime on the 2nd Thursday of every month we will delve into a topic to help us create a healthier lifestyle. This is a **FREE** class and open to the community, so reach out and invite your friends!

Classes will be taught by *Lifestyle Coach*, Kathy Skinner, who is passionate about inspiring, empowering and encouraging others towards making better and healthier Lifestyle Choices. Over the past 8+ years, she has covered a wide range of topics because of this belief.

Our 1st class will be **Nov. 10th at 12:05**

in the Fellowship Hall downstairs. The topic will be

Saying 'NO' to Holiday Weight Gain

Check out the November newsletter for more information &/or contact Kathy at 541-331-6669 or email Kathy@kathyskinner.com.

For more information on Blue Zones, please go to their website at: www.bluezones.com.



Creamy Squash and Bean Soup

The Nicoyan diet is based off a foundation of squash, corn, and beans. In a creamy winter twist of corn, squash, and beans, this recipe combines squash and beans, making it rich in complex carbohydrates and protein. All variations of squash that work for this recipe belong to the botanical family *Cucurbitaceae*, known for providing high levels of useful carotenoids.

Ingredients

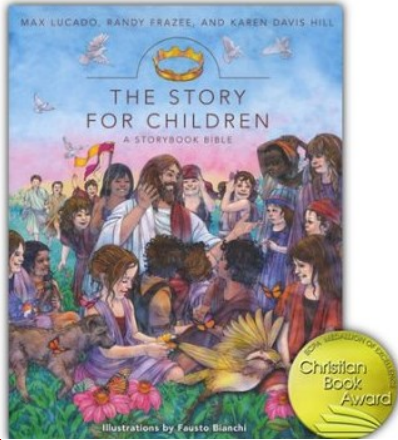
- 1 (15 oz.) can navy beans undrained, or 1 pound dried beans, cooked
 - 2 cups low-sodium vegetable stock
 - 2 lbs Hubbard, butternut, or other hard yellow squash, peeled and cubed
 - 2 tbsp olive oil
 - 1 pint unsweetened coconut milk (light)
 - pepper to taste
- 1 dollop tofu cream (optional)

Directions

1. Cook squash in oil in covered pan over low heat.
2. Put both beans and squash through food processor or potato ricer, and return puree to vegetable stock.
3. Add milk, season with pepper and serve very hot.



Sunday School News!



The Sunday School program is off to a fantastic start. We are working our students through The Story curriculum by Max Lucado. (*Christianbook.com*) The curriculum, for those not familiar with it, is a chronological retelling of the Bible. In September and October, we worked through the early stories of the Old Testament: Creation, Abraham, Joseph, Moses, the 10 Commandments, the Wandering, Joshua and Judges. November will take us through the rule of King David.

Each class is taught by a team of two volunteers each week - as you see our littlest members of FPC dismissed to Sunday School with their teachers, don't forget to say a prayer for those who teach and those who learn.

by Alison Martin

R.O.C.K. Youth Group Happenings

The ROCK Youth Group would like to invite anyone who feels capable to hike with us to the top of Mt. McLoughlin! We will meet at the church at 7:30am on Oct. 8th. We suggest warm clothes because it gets cold up there! Also don't forget a lunch, snacks and water for on the hike! Afterwards we will meet for pizza at Old Town Pizza! If you would like to come please let Heather know by Oct. 4th hbartlett@klamathfpc.com or 541-884-7781.



Beautiful view of the route and summit from just above the tree line.



Hikers on their way to the summit.

King's Kids Boot Camp



Operation Love God and Others Kings Kids Boot Camp has gone off without a hitch. We have had 40+ kids on average every week! God is good. We are learning about being Soldiers for Christ and what a difference they can make. We are using our offering money to support a

Missionary family in Costa Rica. The Moore family has been sending Kings Kids videos on what they're doing every week. It's been a great experience for the kids to witness first hand. Our goal is to raise \$2,500 by December. It will cover a semester of Spanish school for the Moore family children and their parents. Thank you for all your prayers and support! Teaching the next generation of Soldiers for Christ is quite the Mission!



One of the projects we have for our soldiers (King's Kids) is to help raise money for a missionary family in Costa Rica. Lonney and Paula Moore and their children Halley (6th grade) and Micah (4th grade) are serving our Commander in Chief: JESUS CHRIST at La Montana Christian Camp. Because they want to communicate the love of Jesus more effectively and fluently to the people of Costa Rica they are enrolled in school to learn Spanish. The cost of this linguistic education is \$2,500 a semester. We would like to join forces to help God's soldiers abroad by raising money to help defray their expenses. Each King's Kids Wednesday we will be taking up an offering to go toward their schooling.

The Senior Luncheon decorations were tin buckets filled with fall leaf arrangements. The food was scrumptious as always! It is so pretty to see the seasonal changes.

We would like to thank Alison Martin for her wonderful informative speech regarding her position as the Assistant District Attorney.

Next month on October 17th, our guest speaker will be Brook Smith. She will be speaking about preventative medical care. It's flue shot time!
by Barb Dehlinger

Congregational Meeting



There is a Congregational Meeting this Sunday, October 2nd, between services.

New Church Directory!

Thank you for scheduling your photography session so that you will receive a Free 8 X 10 photo and continually receive the updates on the New Church Directory.

There are a few of you that have not signed up yet. There are 3 ways that you can sign up:

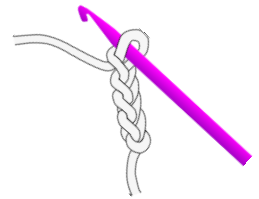
1. sign up on Sundays, with Diane & Marci in the Entryway
2. you can also call the office at (541) 884-7781, and Belinda can schedule you over the phone.
3. The easiest way might be to go to our website: www.klamathfpc.com and click on the second slide show and it will take you right to the scheduling page.

The photographers will be here October 19, 20, 21, and Saturday the 22nd.

Helping and Encouraging Others

Prayer Shawl Group Meeting
and Potluck Lunch
Tuesday, October 18, 2016
9:00 to Noon
FPC Fireside Lounge

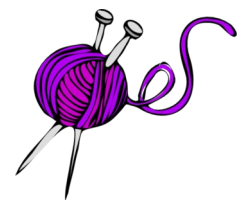
If you have an interest in helping others you are invited to join us. We are open to everyone, even if you don't know how to knit or crochet. We can teach you. We even have some yarn, patterns, and a few knitting or crochet needles.



We provide crocheted and knitted prayer shawls or lap robes for anyone who is in need

of the comfort that a prayer shawl provides. This includes those with serious illness, surgeries or injuries, pregnancies and births, graduations, marriages or engagements, or any loss as well as, —important life events in which people can benefit from a shawl and not only sad things as you can see, but happy things, too. Prayer shawls are a tangible sign of healing prayers from our church and a way in which to feel the loving presence of our Lord.

We really need you to help us! Call Tammy Williams at 541 281-5218 or Carol Pollard at 541 281-8075 for more information. We look forward to seeing you.



We Love to see this!

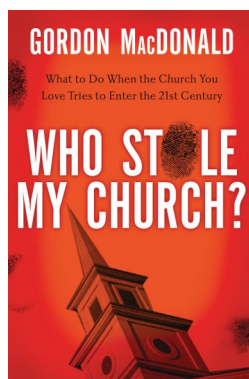
On a recent Sunday morning the church library was full of members finding just what they needed.

One member checked out a collected set of media and books on personal finance by Dave Ramsey. In addition she checked out two videos. Another member eagerly found fiction books to read for personal pleasure and made recommendations on titles she had previously read. One person checked out a DVD for Sunday school viewing. Come join us on Sunday mornings or anytime the church is open. Find just what you are looking for right here at your church library.

Who Stole My Church by Gordon MacDonald is strongly recommended as a must read by one of our own FPC Elders.

Publisher's Weekly calls it "A challenging innovative approach to a delicate subject. It is sure to benefit church leaders and members of all ages who dream of a 'reinvented church'."

This is a fictional story that tells the all too real tale of many church communities today. In this book you can walk alongside an imaginary community, led by real life pastor Gordon MacDonald and his wife, Gail, and discover how to meet the needs of all believers without abandoning the dreams and desires of any. Amazon.com by Cherie Van Horsen



Parents with Kids

This month we take a trip just a little outside of town. We are at Jesse and Amy St. John's home. Their address is 11701 Tingley Lane just past Falcon Heights. We meet at 6:00 and go until 8:00 with kids enjoying themselves and parents having some meaningful conversations. Let Cindy know if you would like to give this group a try (cindyabond@gmail.com). We will update you with "what to bring" later.

Serve the Community

On Saturday morning, October 22 from 9:00-11:00 a.m. Pastor Stuart and Cindy, along with some other folks will be speaking about "Secrets to a Strong Blended Family." It can be quite a ride to bring two families together. If you know of someone who could benefit from Stuart and Cindy's experience, please invite them to this workshop. This is one more part of our "Serve the Community" initiative.



First Presbyterian Church

601 Pine Street

Klamath Falls, Oregon 97601

Return Service Requested



FPC Elders

Barb Dehlinger
Heidi Biggs
Don Boyd
Thelma Cox
Alison Martin
Ryan Mengis
Craig Rappe
Steve Schultz
Andrew Smith
Keith Stone
Rich Touslee
Gay Woods

Contacts at First Presbyterian Church

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Karli Fussell - Women’s Ministry & MOPS
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Kris Bienz - Financial Secretary
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Susan Scrimsher - Choir Director
sscrimsher@klamathfpc.com
Mary Kern - Praise Team Director
maryekern@hotmail.com
Belinda Reno - Administrative Assistant
breno@klamathfpc.com

WEBSITE: www.KlamathFPC.com
Prayer requests: contact@klamathfpc.com

601 Pine Street
Klamath Falls, Oregon 97601

FPC Deacons

Brian Coe
Charlie Dehlinger
Denny Fullerton
Janell Knutson
Dustin Demetrakos
Sharon Nelson
Judy Swan
Tammie Williams
Lee Woods

FPC Parish Zones

Zone 1-Bryan Coe &
Tammie
Williams
Zone 2-Sharon Nelson
& Lee Woods
Zone 3-Denny Fullerton
Zone 4-Dustin
Demetrakos &
Judy Swan
Zone 5-Charlie
Dehlinger
Zone 6-Janell Knutson