Dear Friends,

“Mind the Gap”

If you have ever spent time in London, you will have seen the above words emblazoned on the platforms of every Underground station in the city. “Mind the Gap” is a constant reminder to watch our step as we enter or leave the train. Almost without exception, there is a substantial gap between platform and train, hence the prolific use of this sign that serves as a warning.

A gap is a space, an unfilled area between two objects. It is also defined as a break in continuity. We often talk of there being gaps in our understanding, an honest assessment that we do not know everything.

Where are the gaps in our lives, the spaces of not knowing, the places where there is a lack of understanding, and the divide that opens between ourselves and others? There are many gaps in our lives, some of which we are more aware than others. Perhaps we are aware of the space that has been created between ourselves and others, where relationships are strained, or broken, seemingly beyond repair. For some of us we may be aware of the gaps in our understanding of the world. Terror attack, after terror attack leaves us horrified at the never-ending loss of human life, and fearful of where the next atrocity will happen. Faced with this new reality of daily terror, we struggle to understand how we managed to get ourselves into this situation.

“Mind the Gap” may also be an invitation to us as we consider our relationship with God. Have we allowed a gap to open between ourselves and God? With ever more busy lives, and less time to do all that is required of us, many of us have neglected God. Daily prayer, reading Scripture, committing to God’s work through the Church that bears the name of Jesus Christ, are often the things that are first to go when we are busy. And yet these are the very things that sustain us for the work we must do and for the demands life places upon us.

In the gospels, we read that Jesus often took time to be alone and to pray to God. This rhythm of prayer and silence were the things that enabled Jesus to do the work for which He was sent. So too Jesus found strength in the company of His disciples, just as we find strength in our being together in worship. Jesus worked hard at nurturing His relationship with God to ensure that no gap developed between Himself and the one he called, Abba, “Dad.”

As we face a world we do not always understand and circumstances that upset and concern us, let us narrow the gap between ourselves and God. In so doing, through prayer, Bible reading, worship we will find, as did Jesus, that we draw strength and comfort from God.

Blessings and peace,

Pastor Gillan
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Rev. Gillian Weighton
PastorGillian@FirstPresRacine.org

Visitation Pastor
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SCFringer@Hotmail.com

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1st Samantha Jakubowski
2nd Claire Meiri
3rd Evan Holle
Sarah Nuttall
6th Barbara Armstrong
Ben Neal
Todd Severson
David Wright
7th Lucas Alumbreros
8th Mary Soley
9th Kyle Sondergaard
10th Kai Nakayama
13th Keith Doe
Anne Tredwell

14th Kassondra Rogers
16th Shelley Lawrence
17th Pat Badger
19th Elaine Eifler
22nd Ellen Myers
25th James Muir
26th Marin Holle
31st Georgia Herrera

Chris & Martha Fusco
July 12th
Dave & Beth Nichols
July 14th
Dave & Jenny Humphreys
July 16th
Don & Sarah Nuttall
July 16th
Steve & LuAnn Hansen
July 26th
Randy & Elizabeth Bush
July 26th

Dave & Keri Fisher
July 28th
Jeremiah & Alexandra Matson
July 29th
Don & Janet Bruning
July 29th
Ed & Jody Holle
July 29th
Dave & Ginny Holle
July 31st

www. FirstPresRacine.org
**MUSIC & MORE SUMMER CONCERT SERIES**

*Celebrating our 24th year!*

Our popular 10-week summer concert series continues on Thursdays through August 10. There’s no charge for the noontime concerts which feature excellent musicians and vocalists performing in a variety of musical styles such as classical, jazz, folk, and contemporary. A freewill offering is encouraged and will be divided at the end of the series between three local non-profit service agencies. For more information, check out the Music & More pages on the church website.

**Donations:** It’s not too late to make a donation to Music & More! Donations are welcome at any time. Our expenses continue to increase, and your financial support is needed. Donations also can be made to the Mearl Mahl Youth Music Scholarship Fund. This is an annual award given to a young person each summer at our Season Finale Concert. Thank you for your support!

**JULY SCHEDULE**

**July 6**
Racine Music Teachers Association – Piano Competition Winners  
Zachary Scot Johnson (vocal & guitar)  
Mark Paffrath (vocal & guitar)

**July 13**
Archie Molina (vocal)  
Matthew Udry & Scott Cook (cello duets)  
Carolyn Wehner (vocal & piano)

**July 20**
Anne Morse-Hambrock (harp)  
Jeff Ward (vocal & guitar)  
Nancy Maio (violin)

**July 27**
Mitchell Proctor (vocal, guitar, piano)  
Suzanne Geoffrey (oboe)  
Caritas (vocal – Greg Berg, Kathy Berg & Kate Potter-Barrow)

**Save the date:**
Friday, August 18 – 7:00 p.m.  
Season Finale Concert - Tickets $10  
Performers:  
Andrea Nitz (violin)  
Cecilia Trio (Ann Heide, violin; Andrea Nott, cello; Fumi Nakayama, piano)  
Lynda Schlitz Ensemble (vocal, violin, piano)
TEAM—ANGELS FOR ALZHEIMER’S

As someone who has been touched by loved ones who had been or are suffering from Alzheimer's and/or other memory issues, I am passionate about finding a cure. As hard as memory loss is on the person going through it, I believe it is even harder on the loved ones. It is so difficult to watch someone you love forget who you are.

For the past seven years, I have participated in one way or another with the Alzheimer's Association Walk to End Alzheimer's®. Did you know that the Alzheimer's Association is the largest non-profit voluntary health organization dedicated to accelerating the progress in prevention, cure and living with Alzheimer's disease?

A few years back, I decided I needed to take a more proactive role, so I created the team—Angels for Alzheimer's. I've been able to raise money for this worthy cause, $2700 in two years—mostly on my own. Now I'm asking you to become a member of my team. The Walk is scheduled for Saturday, September 23rd—Registration - 8 a.m., Ceremony - 9a.m., Walk - 9:30a.m., at UW-Parkside.

There are two ways to join the team:
1) You can request the registration form and contribution tracking form. Just call me at the office at 262.632.1686. Or you can email me at: office@firstpresracine.org. I will send you the forms.
2) Or visit: http://act.alz.org/goto/AngelsForAlzheimers. There you can register for the team and start your fundraising efforts.

If you cannot join the team, but would like to make a donation, please request a donation form and I will send one to you. For those of you who've already made a donation, A HUGE THANK YOU!

I appreciate you considering joining Team—Angels for Alzheimer's or for making a donation. Even a small step can make a BIG difference!

Shelley Maurer
Church Secretary

Rent 
A Youth

We clean, paint, organize, do yard work, and so much more—for a donation to the Youth Mission Trips!

It's the perfect time to whip those flowerbeds into shape. Let the kids do the work for you!

For more information or to schedule an appointment contact Ben Neal at 262-497-6545 or email him at: beneal@hotmail.com

Meals on Wheels Need Volunteer Drivers!

Volunteers drive one day a week Monday—Friday, with a time commitment of about 1½ hours.

They welcome teams of drivers from churches, companies or other organizations to “Adopt” a route on a specific day each week.

To learn more about becoming a Meals on Wheels Volunteer, please call Ruth at 262.898.1370
COMMUNITY MEAL
Our church will be hosting the Tuesday night Community Meal again on July 18th. We do not need casseroles this time, as we will be using some huge packages of chicken patties delivered to our food pantry that we are not allowed to repackage.

What we will need are packages of penne or rigatoni pasta and jars of spaghetti sauce, along with usual milk, fruit, lettuce and bread. The sign-up poster will be in Ihrman Hall.

We can always use help in preparing and serving the meal. If you have some time to share on the 18th, meet me at church for prep at 2:00 p.m. or at 4:30 p.m. at the Headstart Bldg.—1032 Grand Ave.

Questions? Call me: 262.639.5004 (home) or 262.498.8753 (cell).

Thank you!

Debbie Yale
Community Meal

SUMMER RECIPE—CHEESY GRILLED POTATOES WITH BACON

Ingredients:
- Little Potatoes (about 14), thinly sliced
- 1/2 teaspoon salt
- pinch of pepper
- 2 slices bacon, crispy and crumbled
- 1 cup cheddar cheese
- 2 green onions, sliced

Directions:
- Place potatoes on a large microwave-safe plate (choose potatoes that are roughly the same size) and cook on high for 3-4 minutes (very little potatoes for 3 minutes, little potatoes for 4 minutes) until somewhat tender.
- Preheat the grill to medium heat (about 350 degrees F).
- Let cool enough to touch and slice potatoes thinly.
- Lay two large sheets of aluminum foil together (or use a cast iron skillet or grill pan) and spray with cooking spray.
- Place one single layer of potatoes on top. Combine salt and pepper and sprinkle ⅓ over potatoes. Top with ⅓ cheese and ⅓ bacon.
- Repeat layers two more times until all potatoes, cheese and bacon are used. Fold up the sides (if using a skillet or pan, you may want to cover with foil to keep the heat in) and pinch the top closed. Place directly on heat, cover grill and cook for 10-20 minutes, until potatoes are tender all the way through. Open foil and sprinkle with green onions. Serve immediately.

DAYTIME CIRCLE

Daytime Circle members and friends and spouses are invited to the annual potluck-picnic for this group, at Bob and Mary Johnson’s, 523 13th Ave., on Thurs., Aug. 10th, 11:00 a.m. for a wonderful time of relaxed fellowship. Bring a favorite dish to share. Please let Mary know if you will be coming, 262.552.2744.

The preferred date from those who responded about going to a Brewer game together is Wed., Aug. 16th. If this date works for you and you are interested in going, please let me know by July 15th and I will work on getting tickets and making arrangements for driving and seating for the Aug. 16th game. Those who already responded are Mary Lou Schuler, Lissy Blandford and Ellen Cardwell.

As in the past, your assistance with getting the church newsletters ready for mailing each month is appreciated and enjoyable. See church calendar for when this is happening in July and August.

Look forward to being together!

Ginny Holle
Daytime Circle
Famous July Birthdays
The following people were born in July. Can you find their last names? Search horizontally, vertically, diagonally, forward, and backward.

Answers are below.

A. AMELIA FARHART
B. STEVE FORBES
C. HARRISON FORD
D. JOHN GLENN
E. ERNEST HEMINGWAY
F. JOE JACKSON
G. XAVIER MALISSE
H. NELSON MANDELA
I. ORVILLE REDENBACHER
J. GINGER ROGERS
K. LINDA RONSTADT
L. PATRICK STEWART

Bonus: Match the person to the correct clue.

1. Movie actress ______
2. British actor ______
3. Singer ______
4. Baseball player ______
5. Star Wars actor ______
6. Popcorn expert ______
7. Astronaut ______
8. Journalist ______
9. Tennis player ______
10. Author ______
11. Pilot ______
12. Former president of South Africa ______
**HISTORY NOOK**

**The Civil War**

The church was a community center after major events of the Civil War. Three months after the war started, four Racine soldiers, members of the “Belle City Rifles Regiment,” were reported killed on July 21, 1861, in the First Battle of Bull Run. William H. Upham was thought to be one of the victims.

A memorial service was held at the church on Sunday, August 4. Pastor Charles Josiah Hutchins (June 1860 – April 1865) delivered “an appropriate sermon.” It was later learned that although wounded, Upham had survived the battle and been taken prisoner by the Confederate Army. He was released in a prisoner exchange in 1862 and went on to serve as Governor of Wisconsin from 1895 to 1897.

Racine celebrated at the church on April 3, 1865, when it was learned that Richmond, Virginia, the capital of the Confederacy, had surrendered to the Union Army. The *Racine County Militant* reported:

“There was great rejoicing, and people found it difficult to adequately express their exultation, though fire bells were rung, and whistles blown in the effort. The bell-rope at the Presbyterian church hung down behind a pillar, outside, and was accessible to any man in case of need. W. H. Pugh and John H. Lewis were young boys at this time, and hardly heavy enough to handle the rope to advantage, so they climbed into the bell tower, and had the time of their lives ringing that old bell all day, and just as fast as they could handle the clapper. Their hearing is pretty good yet in spite of it.”

Excerpt taken from *A 175-Year Legacy of Hope, First Presbyterian Church* written by Mark Hertzberg

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**PRAYER REQUESTS**

**Special prayers** — The Youth Mission will head out on their trip Saturday, July 8th. Please keep all of them in your prayers for a safe journey.

Additionally, several members of our congregation begin their journey to Cuba on Saturday, July 29th. We ask that you keep them in your prayers, as they travel to Cuba for a week of Mission work at our partner church, Central Presbyterian Church in Matanzas.


Also keep those in your thoughts and prayers who remain bright, cheery and positive, although they may not have a comfortable place to lay their heads or food to fill their bellies. And a special prayer for all those who lend a helping hand to make the world a brighter place for others.

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Nancy Reeser
Archive Committee
PARISH NURSE CORNER

Alcohol Use in Older People

Anyone at any age can have a drinking problem. Uncle George always liked his liquor so his family may not see that his drinking is getting worse as he gets older. Grandma Betty was a teetotaler all her life until she started having a drink each night to help her get to sleep after her husband died. Now, no one realizes that she needs a couple of drinks to get through each day.

These are common stories. Sometimes trouble with alcohol in older people is mistaken for other conditions related to aging, for example, a problem with balance. But, how the body handles alcohol changes with age.

Alcohol may act differently in older people than in younger people. Some older people can feel “high” without increasing the amount they drink. The “high” can make them have accidents, including falls, fractures and car accidents. Drinking too much alcohol over a long time can:

- Lead to some kinds of cancer, liver damage, immune system disorders and brain damage.
- Worsen some health conditions like osteoporosis, diabetes, high blood pressure and ulcers.
- Make some medical problems more difficult for doctors to find and treat; for example, alcohol causes changes in the heart and blood vessels. These changes can dull pain that might be a warning sign of a heart attack.
- Cause some older people to be confused. These symptoms can be mistaken for signs of Alzheimer’s disease.

Many medicines—prescription, over-the-counter, or herbal remedies—can be dangerous or even deadly when mixed with alcohol. Many older people take medications daily, making this a special worry. Before taking any medicines, ask your doctor or pharmacist if you can safely drink alcohol.

The National Institutes of Health has been recommending that people over 65 should have no more than seven drinks a week, and no more than one or two drinks on any one day. However, recent research is revealing that even this moderate consumption of alcohol may be too much. Be on the alert for updates in the near future!

What Does One Drink Mean? One drink is equal to one 12 oz. can or bottle of regular beer, ale or wine cooler; one 8 or 9 oz. can or bottle of malt liquor; one 5 oz. glass of red or white wine.

God’s richest blessings on your summer!

Peggy Taylor, RN, Parish Nurse