



Water: The original NO calorie drink.

PARISH NURSE CORNER

BEFORE YOU MEDICATE: HYDRATE

We have been told there is no magic pill. Rarely have truer words ever been spoken.

As humans, we are composed of approximately 70% water and nearly every aspect of our body's function calls for the fluid. Water makes up much of the medium that helps our cells communicate with each other. With almost two thirds of our body made up of water, it's no wonder that when we don't drink enough, we start to suffer.

We have all heard the old suggestion of eight glasses of water daily. This may still be a realistic goal although it's a guideline not based on scientific evidence. Others suggest taking your body weight (in pounds), divide it in half and drink that many ounces. Or, the general rule-of-thumb, listen to what your body needs.

What type of water is best? These days there is bottled water, flavored water, vitamin water, tap water, spring water, and the list goes on. Some of these flavored or specialty waters can contain added and unwanted sugars. Some of the vitamin preparations actually contain very few. In truth, water doesn't need to provide anything other than water. It's important enough on its own! If you don't care much for the taste of water, try a squirt of lemon, a squeeze of lime, a few sprigs of fresh mint or an orange slice. How about fresh sliced cucumbers, pieces of watermelon or plump, ripe strawberries - your imagination is the only limit.

Think of water as a nutrient your body needs that is present in liquids, plain water and foods. All of these are needed to replace the large amounts of water we lose each

day. Fluid losses occur continuously from breathing, urine and stool, through skin evaporation - and it's essential these losses be replaced daily for good health.

When your body is functioning at its best, you will feel good and be happier. So ... grab a glass and drink in the natural gifts of water!

I hope you are able to spend some time enjoying your family and friends, and the blessings that come to us in the summer.

God's Blessings,

Peggy Taylor, RN—Parish Nurse

ENCHILADA MEATBALLS

Ingredients:

- ◇ 2 c. crumbled cornbread
- ◇ 1 (10 ounce) can enchilada sauce, divided
- ◇ ½ tsp. salt
- ◇ 1½ pounds ground beef chuck
- ◇ 1 (10 ounce) can tomato sauce
- ◇ 1 c. shredded Mexican cheese blend, divided

Directions:

- 1) Preheat the oven to 350F.
- 2) In a large bowl, combine the cornbread, half of the enchilada sauce, half of the cheese, and the salt. Crumble the beef into the mixture, and blend well using your hands. Shape meat into 1-inch balls, and place on a cookie sheet with sides to catch the grease.
- 3) Bake for 18-22 minutes in the preheated oven, until the meat is cooked through.
- 4) While the meatballs are cooking, warm the tomato sauce and remaining enchilada sauce in a saucepan. Remove the meatballs from the pan using a slotted spoon, and place in a serving dish. Pour the heated sauce over them, and sprinkle the rest of the cheese on top. Provide toothpicks for serving.

Note: For the cornbread, I use a box of the ready-mix cornbread and add two tablespoons of taco seasoning to the other ingredients. Bake according to package directions. Allow to cool and then crumble.

First
Presbyterian
Church

First News Monthly August



Dear Friends,

*"As you journey through life,
choose your destination well but do not hurry there.
You will arrive soon enough.*

*Wander the back roads and forgotten paths,
Keeping your destination in your heart,
Like a fixed point of a compass.*

*Seek out new voices, strange sights,
and ideas foreign to your own.*

Such things are riches for the soul.

*And if, upon arrival, you find that your destination
is not exactly as you dreamed,*

do not be disappointed.

Think of all you would have missed but for the journey there,

*And know that the true worth of your travels lies
not in the journey's end,*

but in whom you came to be along the way."

~ Anon

Too often we are in a hurry to reach our destination, whatever or wherever that may be. And in the rush to get there we miss so much along the way. Of course, when we get to where we are going we may find that we are disappointed, or we may be pleasantly surprised to discover it is more than we could have hoped for or imagined. The reading above reminds us that whatever the destination, there is joy in the journey.

As we travel through life, hurried or unhurried, we are transformed by the experiences we encounter along the way. Seeking out new voices, strange sights, and ideas different to our own expands our knowledge and adds to our wisdom. We are, each of us, constantly growing and learning, and in so doing we find that our lives are the richer and fuller. Most importantly, it is the people we meet on the journey that bless us and enrich our lives.

It is with deep gratitude that I say to each one of you, "Thank you for the journey that I have shared with you." Your presence in my life has been, and will continue to be, a reason for me to be thankful to God. Together we have journeyed through this season of our lives. Your care for one another is evident, your compassion for others beyond this family of faith is seen in the mission work that you carry out so diligently, and your faith in God is unwavering and that faithfulness has been inspiring to me.

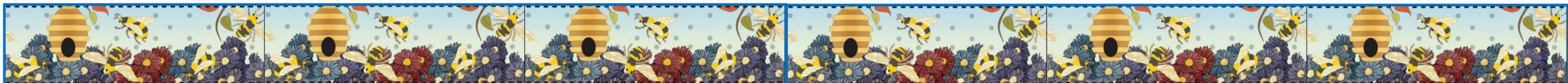
Who I have become along the way is in no small measure due to the influence you have had on my life - your kindness, support and love have been a blessing in my life.

But now our journey takes us along different roads, and we remind ourselves that God remains our constant companion and we hold fast to the promise of Jesus,

"Remember, I am with you always, to the end of the age."

Blessings and peace,

Pastor Gilman



Firs Presbyterian Church

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HISTORY NOOK

First Presbyterian has been a destination trip for many people this summer. Whether attending Music & More or an Underground Railroad tour, our history comes up often. Shelley Maurer, our creative secretary, has created a brochure that highlights information from our archives. The brochures are on display next to the office. Please feel free to give one to anyone who is interested. We've included one in this newsletter for you!



Nancy Reeser
Archive Committee



FIRST PRES BOOK CLUB

Hi all,

Book club will meet on Fri., Aug. 3rd at 7:00^{PM} at the home of Ginny Holle, 210 Mourning Dove Lane.

We will be discussing the book, **Underground Railroad** by Colson Whitehead. This is a harrowing novel about an escaping slave who experiences dangerous and near-death adventures as she travels north to hopefully reach freedom.

Be sure to pick up your copy of this book from the book bag in Ihrman Hall. If anyone who helps with the Underground Railroad Tours wants to attend, please feel free to come. The book is available online from Amazon or Barnes & Noble.



Firs Presbyterian Church

Calendar of Events for August



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 10a—Worship in the Park and Church Picnic 	30 OFFICE CLOSED	31 10:30a—Pantry Delivery 11a—Staff Mtg	1 12p—Bible Study 5-7p—Food Pantry	2 10:30a—Organ Rehearsal for M&M 12p—M&M 2-4p—Food Pantry	3 1:30p—Food Pantry Delivery 7p—First Pres Book Club	4
5 9a—BP Screening 9:30a—Worship and Communion	6 OFFICE CLOSED	7 11a—Staff Mtg 7:10p—Brewers Game	8 12p—Bible Study 5-7p—Food Pantry	9 12p—M&M 2-4p—Food Pantry	10	11 12p— sack lunch 
12 9:30a—Worship 10:30a—Farewell Reception for Gillian "Till We Meet Again"	13 OFFICE CLOSED	14 11a—Staff Mtg 6-8p—CAS Rehearsal for M&M 7p—Deacons Mtg	15 10a—Intercessory Prayer Group 12p—Bible Study 5-7p—Food Pantry	16 6-8p—CAS Rehearsal for M&M 2-4p—Food Pantry	17 7p—M&M Finale Concert	18
19 9:30a—Worship	20 OFFICE CLOSED	21 10:30a—Pantry Delivery 11a—Staff Mtg 7p—Session Mtg	22 12p—Bible Study 5-7p—Food Pantry 9p-3a—Point in Time/Continuum of Care	23 2-4p—Food Pantry Newsletter Deadline	24	25
26 9:30a—Worship	27 OFFICE CLOSED	28 11a—Staff Mtg 12p—Newsletter Prep Party	29 12p—Bible Study Food Pantry Closed	30 Food Pantry Closed	31 1:30p—Food Pantry Delivery	1

CUBAN PASTORS ARY AND BEIDY WILL BE HERE FROM AUGUST 4TH/5TH THRU AUGUST 12TH. (See itinerary for more details.)



DAYTIME CIRCLE NEWS



Daytime Circle loves to visit a variety of restaurants ... In keeping with that idea, we will be going to the HuHot Mongolian Grill, 7214 Green Bay Road on Tues., Aug. 14th. We will meet at the restaurant (located on Hwy. 31, close to Hwy. 50 in Kenosha) at noon. In September, we will go to the Country Rose Bakery and Diner, located at the intersection of Hwy. 20 and Hwy. 45 on Tuesday, Sept. 11th, at 11:30^{AM}. Contact Ann Lucareli, 262.633.9764, if you will be joining us at either of these places, in case reservations are needed.

Also, if anyone is interested in helping get the newsletters ready for mailing, that is something Daytime Circle members enjoy doing and the more volunteers we have, the faster it goes. September's newsletter prep party will be held at noon on Tues., Sept. 28th.



Greeters

- 5th - Leah Fisher and Mary Lou Schuler
- 12th - Mac & Marilyn MacCaughey
- 19th - Jerry & Nancy Ritter
- 26th - Ken Nakayama and Karin Roach

Liturgists

- 5th - Steve Fringer
- 12th - Steve Fringer
- 19th - Kristin Holmberg-Wright
- 26th - Nancy Buck

Perk 'n' Pour

- 5th - The Earnests and Higgs
- 12th - Sharon Campbell and the Holles
- 19th - Peg Wagner and the Reesers
- 26th - Bev Eifert and Elaine Jacobson

Ushers

- 5th - Steve Simpson, Bob Johnson, Zach Vollman
- 12th - Larry Dickerson, Sharon Campbell, Jeff Leavell, Jen Severson
- 19th - Ben Neal, Bill Anderson, David Griffith, Michael Griffith
- 26th - Dennis & Nancy Reeser, Julia Reeser, Ken Schacht, Pam Wortley



**RACHEL YATES—GUEST PREACHER
SUNDAY, AUGUST 19TH**

Before becoming the Presbytery Executive for Milwaukee Presbytery in January 2018, Rachel served the Presbyterian Mission Agency, first as a regional Church Support Associate for the Western US and then as Associate Director for Program for Presbyterian World Mission. In both roles, she connected congregations and presbyteries with the ministries of the denomination's mission co-workers, who serve in seventy countries around the world. A ruling elder, Rachel previously practiced law in Denver for 23 years. She is a graduate of Stanford University and Boston University School of Law.



SACK LUNCH
is scheduled for
Sat., Aug. 12th
at 12:00^{PM}.



INTERCESSORY PRAYER GROUP
will meet this Wed., Aug. 15th
at 10:00^{AM} in Ihrman Hall.



COMMUNITY MEAL is scheduled
for Tues., Sept. 18th
at 2:00^{PM}—set-up and
4:30^{PM}—delivery & service.



MUSIC & MORE SUMMER CONCERT SERIES

Celebrating our 25th Anniversary Season!

Have you attended a Music & More concert this summer? We have been celebrating our 25th Anniversary Season and have been entertained by vocalists, duets, trios, quartets, and many talented musicians playing violin, electric violin, oboe, flute, cello, guitar, harp, and piano. The concerts are fun and fast-paced and appeal to all ages! There's no charge to attend the noontime concerts, but donations are encouraged and will be divided between three local service agencies at the end of the series.

The Music & More program is supported by donations from individuals and businesses. Donations are tax-deductible and can be made at any time by sending your check to the church office at 716 College Ave. 53403. Please note "Music & More" in the memo line. Thank you!

Mark your calendars for the two remaining noontime concerts, and the Season Finale Concert which will be held on Friday, August 17 at 7:00 p.m. Tickets are \$10, or complimentary with a donation to Music & More.

August 2

Karen Beaumont, organ
Viktor Brusubardis, violin

Lynda Schlitz, vocal; Brian Dale, drums; Joe Ketchum, violin; & Theo Merriwether, piano

August 10

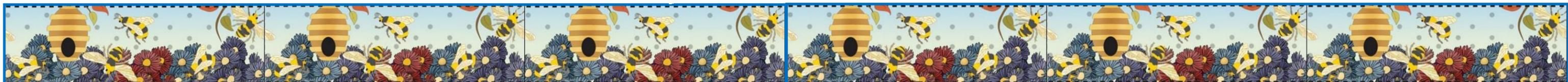
Anne Morse-Hambrock, harp

Ami Bouterse, Bob Benson, Evelyn Alumbreros, & Alejandro Alumbreros (vocal & piano)

25th Anniversary Season Finale

August 17 @ 7:00 p.m.

The Choral Arts Society – 65 member chorus
and
Mark Paffrath, Jeff Ward & Zachary Scot Johnson
(vocal, guitar, piano)



YOU & ME

Forever & Always

Jason & Jessica Smith
August 3, 1996
Jerry & Nancy Ritter
August 5, 1961
Dave & Gayle Titus
August 6, 1993
Ben & Catherine Neal
August 10, 1973
Bill & Lissy Blandford
August 18, 1973
Steve & Mary Bernstein
August 23, 1977
Ken & Susan Schacht
August 24, 2003
Gary & Lisa Sondergaard
August 30, 1986



3 Zachary Higgs	21 Mac MacCaughey
Janna Smith	Steve Simpson
4 Michael Griffith	Elise Stevenson
5 Georgia Hall	Theo Leavell
Bruce Armstrong	25 Malea Pina
6 Steve Fringer	26 Sarah Pina
Zachary Willing	27 Evelyn Vanderheyden
8 Melissa Kobs	Mark Willing
Linden Schulz	Isabella Matson
10 Katlyn Potts	28 Mary Johnson
12 Cody LaMarr	Bud Lawrence
19 Annette Anderson	Shane Ervin
20 Mary Lee	31 Donovan Stevenson

FOOD PANTRY UPDATE—AUGUST 2018

I need to start with a correction from the June Newsletter. Second Harvest is now called Feeding America. We have at present made two trips to the Feeding America site to shop and participate in an orientation. We have six "certified shoppers" who are able to purchase food. Each shopper can bring up to three other people to help. Our shoppers are LuAnn Hansen, Tony Aiello, Karin Roach, Pam/Steve Simpson, Deb Yale and Dennis Reeser. We hope to make one trip a week to take advantage of weekly specials and the free produce and baked goods. We are also able to get orders delivered for \$20.00 if we buy at least 500 pounds. Tony coordinated the first delivery in which we purchased a pallet of brand name cereal for .19 per pound. We are sometimes short on cereal, but usually don't buy it because it is so expensive, so this was a great purchase.

A group of six of us; Tony, Karin, Deb Yale, Dennis and the Simpsons went up on July 9th for an orientation and came back with a van load of food that cost up just under \$15. This included brand name ice cream for .03 per pound as well as lots of free baked goods, and some frozen ham and cheese bites. One thing we learned is that we really need to be at the facility as soon as they open to get the best quality food. That means early morning trips in rush hour traffic which is a little disappointing. The team has decided to reevaluate how well we are utilizing this food source before we rejoin next January. It is a great food source and serves the dual purpose of reclaiming food that would otherwise be thrown away, but we'll have to see if the distance is an issue.

Thank you to the Eastman's for donating a refrigerator to the pantry. God has once again answered our prayers because we need a new refrigerator and have been price shopping the last few weeks. Thank you too to our faithful donors who continue to help us keep our purchasing cost down.

As I entered church last Sunday, I ran into a regular food pantry client who was out collecting cans. He greeted me with a smile and a compliment. It so humbling to me when I see someone who clearly struggles to make ends meet, but still maintains a cheery disposition. I have decided that instead of throwing the few aluminum cans I generate into the recycling, I will put them aside and give them to this friendly older gentleman each month when he comes. If anyone would like to join me in this effort, just leave your cans under the table outside the pantry. If they are soda cans, please wash them out or building and ground will have my head!!

As always, we continue to invite anyone to join this valuable mission project. We can use you as little or as often as you are able.

Karin Roach
Food Pantry Co-chair

MISSION UPDATE—AUGUST 2018

The Cuba Subcommittee has been very busy working out the detailed itinerary for Pastors Ary and Beidy. They will be here together, commencing Aug. 5th. A reminder that Pastor Beidy arrives in Wisconsin on July 31st. Pastor Beidy is headed first to the Women's Presbyterian Conference in Louisville Kentucky. Pastor Beidy is very excited to attend this conference; she has wanted to attend for a very long time but the timing never worked out. Pastor Ary will arrive in Wisconsin on Aug. 4th. Pastor Ary will join us for worship on Aug. 5th, to serve communion and share time with our church family. Both Pastors will participate in worship on Sun., Aug. 12th. A potluck is planned after worship on Sun., Aug. 12th, which is also the day Pastors Ary and Beidy leave Wisconsin. There are many activities planned for the week so please sign up in Ihrman Hall to share time and various activities with Pastors Ary and Beidy. We really want our church family to participate in this very special week with Pastors Ary and Beidy. As we have previously shared with you, there are many changes at the American Embassy in Cuba and we are not sure when the Pastors will be able to return to First Presbyterian. Pastors Ary and Beidy are getting close to the end of their five-year visa limit. So mark your calendars and join Pastors Ary and Beidy for some quality time—August 4-12, 2018. Please see the Cuba Pastors' Itinerary for the greatest detail.

Thank you to those members that have donated school supplies for Julian Thomas, our partnership school. We are looking for additional members to continue in this Mission effort. Please see Nancy Reeser or Mary Ringwalt for greater details. This is a great mission project for our church. This is an on-going relationship that we seek to sustain and grow. This Julian Thomas partnership has so much potential, so please consider how you might tutor or participate in this rewarding Mission work.

The Mission Committee will begin to plan our Fall and Holiday Mission activities. Please consider joining us. The Mission Committee will meet after worship on Sun. Sept. 16th. Please consider joining us. Fall of 2018 will be a critical time for our church family. We need to continue to create our mission and vision for the future of First Presbyterian. The Mission Committee members again thank you for all your support of the Mission work here at First Presbyterian. Please listen and focus on how God may be calling you to act during this very special and hopeful time at First Presbyterian. Peace and thank you.

Respectfully Submitted,
Georgia L. Herrera
Mission Committee Chair



CUBA PASTORS' ITINERARY

Sun., Aug. 5th— Worship service, lunch, Starving Artist	Thurs., Aug. 9th— Debbie Yale, host Library tour, Music & More concert, lunch with M&M volunteers, visit our Food Pantry in operation, UW-Parkside tour
Mon., Aug. 6th— Nancy Borzynski, host Underground Rail Tour, church history, lunch, Eco Justice Center, pizza supper, meet with session, deacons and church youth	Fri., Aug. 10th— Jeff Leavell & Georgia Herrera, hosts Amtrak to Chicago Art Institute and McCormick Seminary Bookstore
Tues., Aug. 7th— Ben & Catherine Neal, hosts Community Garden Project Tour, lunch, City Hall to meet elected officials, meet at Ives Grove for Park & Ride to Brewers game	Sat., Aug. 11th— Kenosha's HarborMarket, evening at Leavell-Herrera home
Wed., Aug. 8th— Kathi Wilson, host O&H Bakery breakfast, fabric & crafts shopping, dinner at Cubanitos in Oak Creek	Sun., Aug. 12th— Worship service, followed by reception/potluck— Farewell to Gillian and Ary & Beidy