



Tower Notes (USPS 634720) is published Semimonthly, by First Presbyterian Church, 204 W. Prairie Ave., Decatur, IL 62523. Periodical postage paid at Decatur, IL. Postmaster: Send address changes to Tower Notes, 204 W. Prairie Ave., Decatur IL 62523 (217)429-4195; (217)429-4712 FAX www.firstpresdecatur.org or email: [fpdec@comcast.net](mailto:fpdec@comcast.net)



April 12, 2017

Volume 49 Number 7

Ann Elder, Compilation; Rick Koetje, Editor

T

O

W

E

R

N

O

T

E

S

Deadline

April 26  
Noon

April 16  
**ONE GREAT HOUR on EASTER SUNDAY**

One Great Hour of Sharing is the single largest way that Presbyterians come together every year to work for a better world. Your gift to the One Great Hour of Sharing offering on Easter Sunday will benefit three impactful programs: Presbyterian Disaster Assistance, Self-Development of People, and the Presbyterian Hunger Program. Thank you for your support of this life-changing offering.

*(taken from the OGH Leaders' Guide)*



**COME FOR THE EASTER CONTINENTAL BREAKFAST**  
On April 16, from 9:00 a.m. until 10. If anyone is interested in donating coffeecake or muffins, we will gladly accept your last-minute goodies.

Adult Education Classes

April 16 – There will be no classes on Easter.

**PRAYER FOR EASTER SUNDAY**

Living God, through Jesus Christ you emptied the power of death and gave us the gift of life in fullness. Now dry our tears and send us out to tell the good news of the gospel: Jesus Christ is risen from the dead. John 20:1-18 /Years ABC

Note: Please notice date on lower left banner that your articles are due by noon on the Monday before the Tower Notes are mailed or emailed to you.

# Calendar . . .

## Wednesday, April 12

10:00 – Prayer Shawl Ministry  
4:00 – String Band Practice  
5:00 – Evang. & Membership  
6:30 – Tenors & Bass Practice  
7:00 – Choir Practice

## Thursday, April 13

9:30 – Parish Visitors  
7:00 – Maundy Thursday  
Worship service in chapel

## Good Friday, April 14

**OFFICE CLOSED AT NOON**

## Easter Sunday, April 16

**One Great Hour of Sharing**

9:00 – Easter Breakfast  
10:00 – Easter Worship

## Monday, April 17

**OFFICE IS CLOSED**

1:30 – Women's Bible

Study

7:00 – Session Meeting

## Tuesday, April 18

1:00 – Worship Planning  
5:00 – Tower Ringers

## Wednesday, April 19

4:00 – String Band Practice  
6:30 – Tenors & Bass Practice  
7:00 – Choir Practice

## Saturday, April 22

Earth Day

## 2<sup>nd</sup> Sunday of Easter, Apr.23

8:00, 9:15 & 10:30 Worship  
Services  
9:00 – Everyday Issues  
9:00 – Teen Church School  
10:30 – Children's Church  
School

## Monday, April 24

12:00 – Tower Notes  
articles due

## Tuesday, April 25

4:00 – Health Ministry  
5:00 – Tower Ringers

## Wednesday, April 26

10:00 – Prayer Shawl Ministry  
4:00 – String Band Practice  
6:30 – Tenors & Bass Practice  
7:00 – Choir Practice

*In Memoriam*

*Jack Taggart Brown*  
*March 3, 1923 – March 29, 2017*



*Uphold us now, O Lord, as we entrust him*  
*to your boundless love and eternal care.*

### PRAYER CONCERNS

**Marty Grohne** is in rehab at  
Hickory Point Christian Village.

**Mike Lowe** is in hospice at Fair  
Haven Christian Home.

**Virginia "Gini" Maines**  
continues rehab at Hickory  
Point Christian Village.

**Pat Nevitt**



**Gary Smalley's doctors** are making  
critical decisions for his treatment  
plan in his upcoming surgeries.

**Mac Moore's sister Jo Ann** is in  
hospice care.

### News

**Pauline Carter** requested that her daughter take her to a nursing home after having been in the hospital with coughing and shortness of breath. Pauline loves her new home for the socializing and having more people around. She goes to all the activities, and the people love her as we did. Her daughter Susie said, at 93 she is doing great, but still misses all of us at First Pres.

### **New Grandchild for Trish**

Name: Aiden Lee Bateman Oliver

Born: April 3, 2017 in Decatur

Stats: 9 lbs. 6 oz., 21 ¾ inches long

Parents: John and Amy (Spinner) Oliver

Big Brother: Anderson Winn Oliver (2 years old)

Grandmother: Trish Spinner

### THANK YOU

THANKS so very much for all the prayers, cards and support these past months. Our families have always appreciated such good friends and this wonderful church family. It was a blessing that Dad(Jack) brought us to First Pres years ago where we continue to feel the love.

Cathy & Chuck Force

Nancy Brown

TWENTY-SIX meals were delivered to Meals on Wheels clients. Thank you for your assistance in making this possible. Let Susie know if you would like to help deliver. The benefits include a nutritious noontime meal, social contact and a friendly visit from a volunteer.

Susie Marshall

**Thursday, April 27**

10:30 – First Friends, 1<sup>st</sup> Pres  
5:30 – Women’s Night Out  
@ Benny’s Grill

**Sunday, April 30**

PRAYER SHAWL BLESSING  
8:00, 9:15 & 10:30 Worship  
Services  
9:00 – Everyday Issues  
9:00 – Teen Church School  
10:30 – Children’s Church  
School

**Monday, May 1**

5:00 – Facilities Meeting  
6:00 – Peacemaking Meeting  
6:30 – Mission Meeting  
7:00 – Worship & Music Mtg.

**Tuesday, May 2**

1:00 – Worship Planning  
5:00 – Tower Ringers

**Wednesday, May 3**

4:00 – String Band Practice  
6:15 – Taizé Worship  
6:30 – Tenors & Bass Practice  
7:00 – Choir Practice

**Thursday, May 4**

9:00 – Volunteers at Good Sam  
4:30 – Children and Youth

**Sunday May 7**

8:00, 9:15 & 10:30 Worship  
Services  
9:00 – Everyday Issues  
9:00 – Teen Church School  
10:30 – Children’s Church  
School

**Tuesday, May 9**

4:30 – Strategic Advisory Mtg.  
5:00 – Tower Ringers

**Wednesday, May 10**

10:00 – Prayer Shawl Ministry  
4:00 – String Band Practice  
5:00 – Evangelism &  
Membership  
6:30 – Tenors & Bass Practice  
7:00 – Choir Practice

**DONATIONS COLLECTED**

Stand Up for Grace will be collecting donations, for Pixie to take to the orphans, at By Grace Orphanage for her summer stay. Items needed are: toothbrushes, toothpaste, band aides, bandages, antibiotic ointment, Ibuprofen, pens, pencils, and new tee-shirts for all ages. A tub will be put in the library and items will be collected until May 13<sup>th</sup>. Thanks so much for your continued support.

**FIRST FRIENDS ON APRIL 27, 2017**



First Presbyterian will host the April 27, 2017 meeting of First Friends in the Gathering Room. We have invited Nicole Bateman, Executive Director of the Midwest Inland Port, a multi-modal transportation hub located in Decatur that delivers both domestic and international flexibility for companies through a well-positioned transportation corridor, connecting the Midwest to the East, West and Gulf Coasts of North America. Nicole will give us the history of this alternative to congestive railroad routes through Chicago, thus providing cost-effective opportunities for many industrial companies in the Midwest.

We will gather for light snacks and coffee or tea from 10:00 – 10:30 AM in the First Presbyterian Gathering Room, then after brief introductions, an opening prayer and announcements at 10:30, we’ll move into the chapel for the program. Persons of all ages from both congregations are always welcome to join in the meeting. You don’t need reservations – JUST COME & BRING A FRIEND.

Paul Rosenberger & Miley Palmer

**PLEASE REMEMBER our members, friends, and relatives** in retirement communities and assisted living facilities:

**Cambridge South Healthcare, MI:**  
Marguerite Curtis  
**Fairhavens Christian Home**

Mike Lowe  
**Heartland:**  
Bill Grieve  
Debbie Rathje’s mother, Mrs. Pound

**Hickory Point Christian Village:**  
Louise Bear  
Nellie  
Brookhouzen  
Esther Grissom  
Gini Maines  
Marty Grohne

**Imboden Creek Living Center:**  
Norma Stephens  
Jean Peak  
**River Birch Senior Living, Springfield:**  
Julia Bright  
**Symphony of Decatur:**  
Ed Downs

**MEN’S BIBLE STUDY**  
Men’s Bible Study is cancelled indefinitely due to low membership.



### Parents, Youth, Young Adults:

We would like to have the student's name, graduation grade, school, vocation, college, military and plans – all information related to your graduate. – e-mail fpdec@comcast.net

### **New Grief Support Group Class At First Presbyterian**

The new class will run for six weeks from May 11 through June 15, 2017. Time will be 2:00 until 3:30 p.m. If you cannot make this time and if there is enough interest, we will offer the class again at an alternative time in the future.

Plan to attend all classes as they build on one another.

### **Medical Equipment donated**

Pat Nevitt recently donated a lift chair to First Pres. Please sign out when needed. All our medical equipment is downstairs.

## **IN OUR COMMUNITY . . .**

LAST SATURDAY OF THE  
MONTH

### **DINNER DOWNTOWN – April 29**

First United Methodist, 201 W. North St., needs donations of desserts to feed the hungry for lunch at noon on this Saturday. You can deliver pies (no cream, please), cakes or cookies from 9:30-11:30 to 201 W. North St. They would also like to have serving assistance for *Dinner Downtown* if you are free from 11:30 to 1:00.

## **“Have a Seat” – Well, Maybe Not**

“There are about three dozen chronic diseases associated with excess sitting,” says James Levine, an endocrinologist at the Mayo Clinic. Those who spend extended amount of time sitting, such as behind a desk at work, in front of the TV, behind the wheel, are at higher risk for high blood pressure, heart disease, stroke, diabetes, and obesity.

What is needed is not just an hour at the gym, but less sitting and more moving overall. Some ideas to decrease the amount of time you spend sitting are:

- Stand when talking on the phone.
- Stand when eating lunch.
- Get up and walk around the office or home every hour for 10 minutes.
- Plan some active chores daily.
- Get up during commercials.
- Try a standing desk.
- Watch your favorite TV show while on the treadmill.

When you are moving, important processes related to the breakdown of fats and sugars occur within your body. When you sit, these processes stall and your health risks increase.

Our bodies were made to move, so Let's Get Moving!

*Phyllis, Parish Nurse*

## **PRESBYTERIAN WOMEN SPRING GATHERING**

Your day starts at 9:00, with a lunch at noon for \$8, and the event closes at 1:00. Still have a good part of your day to do whatever!



**A Spring Gathering of  
Presbyterian Women of  
Southeastern Illinois Presbytery is  
coming Saturday, April 29, 2017,  
at United in Faith Church, Pana,  
Illinois! Just copy and paste this  
link to your browser for details  
and registration form:**

[https://gallery.mailchimp.com/095e7f64382ecdbb07fd5ccbf/files/9c7632d2-dd18-4767-944a-1151a732b9d5/Spring\\_2017\\_PW\\_Newsletter.01.pdf](https://gallery.mailchimp.com/095e7f64382ecdbb07fd5ccbf/files/9c7632d2-dd18-4767-944a-1151a732b9d5/Spring_2017_PW_Newsletter.01.pdf)