

January 21 & 28, 2018

MARK'S MESSAGE

Old Habits and New Habits

As we begin a new year is it easier to break an old habit or start a new one? Research and experience show it's far more challenging to give up something we're used to doing than to try something new.

Our brains are wired to remember habitual behaviors. We may declare to the world that we're going to quit being so negative in meetings, or stop smoking, or reclaim all those hours we've been playing video games, or quit eating all the chocolate in sight. But for most of us, it's exceedingly hard to let go. Our brains are lousy at tearing down old circuits and revising old ways of thinking.

Fortunately, however, our brains happen to be exceedingly talented at building new circuits. Author Daniel Coyle wrote, *"the best way to deal with an old habit is not to attack it head-on, but to override it with a new one."*

Where can we observe the powerful effect of forming new habits? Coyle points to the Shyness Clinic in Palo Alto, California, an organization committed to helping men and women overcome crippling social anxiety. New clients at the Clinic don't begin by exploring the multitudes of reasons that might have led to their experiences of shyness or fear. Instead, right from the start, they are given homework assignments.

The first assignment is: Approach a stranger on the street and ask what time it is. This is a powerful first step in the rewiring of someone's thinking. Next? Ask five strangers for the time. Then say hello to a stranger in the elevator.

After a few months, clients are encouraged to walk into a crowded grocery store, pick up a whole watermelon, then crash it onto the floor. Afterwards the "shy person" is to simply stand there and experience the stares and glares of other shoppers. As you might guess, Dillon's would not be wildly enthusiastic about this part of the Shyness Clinic's program.

Coyle writes: *"To build new habits, start slowly. Expect to feel stupid and clumsy and frustrated at first – after all, the new wires haven't been built yet, and your brain still wants to follow the old pattern. Build the new habit by gradually increasing the difficulty, little by little. It takes time, but it's the only way new habits grow."*

What's a new habit that you can launch this week – something that will help transform your character and renew your hope over 2018?

Happy New Year!



INDEX

PAGE 2

ANNUAL MTG
CHURCH OFFICE
NEW MEMBER
DINNER

PAGE 3

A THOUGHT
FROM KEITH

PAGE 4

HALLELUJAH
LEADERSHIP
RETREAT
CARE PORTAL

PAGE 5

CHRISTIAN ED.
BLESSING BOX
PRAYER
BIRTHDAYS

PAGE 6

PARISH
PERSONALS
GIFTS/
MEMORIALS
SESSION

PAGE 7

CALENDAR
BLOOD DRIVE

ANNUAL CONGREGATIONAL MEETING

The annual meeting of the congregation will be held on Sunday, January 28, 2018, at 11:30 a.m., immediately following the 10:30 a.m. worship service in the sanctuary. Reports booklets will be available to pick up on Sunday, January 21, or during the week in the church office.

ANNUAL MEETING

CHURCH OFFICE NOTES

Chimes Note

Deadline for next issue of *Chimes* will be **10:00 a.m. Monday, January 29**, for the issue covering February 4-17.

Chancel Flower Calendar

January 28, February 4, 18, 25 and March 18 are open on the Chancel Flower Calendar. If you would like to provide flowers for worship one of these days, please contact Janice in the church office: janice@fpchutch.org or 665-5549, ext. 106 (afternoons), by the preceding Monday.

NEW MEMBER DINNER



New Membership Orientation and Dinner Sunday, February 11, 5:00 pm

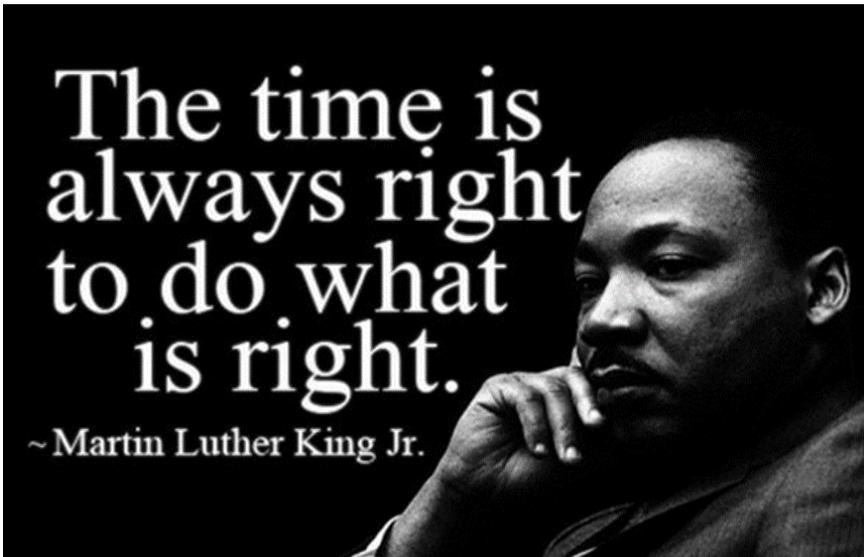
First Presbyterian Church is grateful for the worship guests and friends who are attending worship services and are involved in the mission and ministry of First Presbyterian Church. In order for you to enjoy even more of what First Presbyterian Church has to offer, you are invited to a free dinner in the church Refresh Café on Sunday, February 11, 5:00-6:30 p.m.

At this catered dinner Pastor Mark and Keith will share with you "*Inside FPC*" – the ministry and mission of FPC, how the church is making a difference in people's lives, and how you may want to be a part of it.

If you are interested in attending, please call the church office, (620) 665-5549, ext. 101, email the church (rita@fpchutch.org) or indicate your plan to attend on a worship Connection Card by Sunday, February 4.

If you have questions about First Presbyterian Church or about this special dinner, please contact Pastor Mark at (620) 665-5549, ext. 102 (church), (620) 259-9488 (home/cell) or mark@fpchutch.org.

We hope to see you on February 11 at 5:00 p.m.



Monday, January 15, was of course Martin Luther King Jr. Day and even more today his words that “The time is always right to do what is right” need to be heard in the world that we live in. We, God’s people, need to bring a new sense of hope and love to a world in desperate need of a savior. There is such a fear, uncertainty and despair for so many people today. The time is ripe right now to do what is right and reject the ugliness, violence and greed that have permeated our society and replace it with the love and grace of God. In every moment of your day, it is always the right time to do the right thing. It doesn’t matter what you are doing or who you are spending time with... make sure that you always make your decisions the way God would want us to.

I suppose the ultimate measure of a person is not where they stand in moments of convenience, but where they stand in moments of challenge, moments of great crisis and controversy. Doing what is right in difficult situations is a huge challenge. Of course, none of us gets it right all the time. We all make mistakes. As Ken Costa writes, “We only grow in wisdom if we learn from our mistakes.”

Paul writes to the Thessalonians, “Never tire of *doing what is right*” (2 Thessalonians 3:13). Jesus did not go for the easy or popular solution, but He always did the right thing. This is an important principle that runs throughout the entire Bible.

Doing what is right means getting rid of everything that is not right in our lives. “*Remove the dross* from the silver, and out comes material for the silversmith; remove the wicked from the king’s presence, and his throne will be established through *righteousness*” (vv.4–5). It is my prayer that the Lord will help us in our church community to get rid of the dross in our hearts, to act with humility towards one another and to do the right thing always.

We have the power to be an influence for good in other people’s lives. So choose to do the right thing and you can share God’s light and hope with every person that you meet.

HALLELUJAH CORNER

- Congratulations to Joe Dower and Savannah Engel who were married at FPC on December 30. Joe is the son of Tad & Mel Dower.

LEADERSHIP RETREAT

2018 Church Leader Retreat

Saturday, January 27, 8:30 am – 12:00 pm ~ Fellowship Hall

Each year in late January, our elders, deacons, committee members, trustees, church staff and other church leaders are encouraged to attend the Annual Church Leadership Retreat. If you are one of these people, you are invited to spend the morning with us.



The retreat will be on **Saturday, January 27, 2018, 8:30 am – 12:00 pm in Fellowship Hall.**

The theme will be on church growth (1 Corinthians 3:6-9). A light breakfast will be served starting at 8:15 am and refreshments will be available throughout the morning.

This retreat is very important and valuable for the future of FPC. At this retreat participants will consider the journey First Presbyterian Church has been on over the recent years, areas where we see growth, areas where we don't see growth, and consider what the Lord has in mind for us in 2018 and beyond.

Plan to join others at this 2018 Church Leadership Retreat, Saturday, January 27, beginning at 8:30 am in the Fellowship Hall. To insure sufficient food and handout materials, please RSVP to the church office at rita@fpchurch.org or by calling (620) 665-5549, ext. 101, by Wednesday, January 24. Thank you for your ministry in the past and for your leadership.

CARE PORTAL

As the new year is underway, Care Portal is continuing its work in meeting the needs of more children being placed with their grandparents in a kinship home. We have purchased several Walmart gift cards to assist in supplying groceries and other needed items as these older citizens are once again in a parenting situation.

On Tuesday, January 30, FPC will be hosting a 12:00 luncheon for the Reno County Active Community of Care Portal. This will be an informational meeting with special speakers from Youthrive, a new program in Sedgwick, Reno, McPherson, Rice and Reno Counties which pairs up youth aging out of foster care with a family or individual in a mentor type of relationship. Jim & Heidi Unruh will also be at the meeting, representing Circles of Hope. Both Youthrive and Circles of Hope are becoming Care Portal Tier Two Relational Partners, another connection which will impact more families in our area.

Any FPC member who wishes to find out more about Care Portal and these new programs is encouraged to come to the luncheon and hear about the exciting new plans for 2018. Call Marj Johnson (663-5697) if you'd like a reservation. It will be held in the large conference room and there is no charge for the meal.

CHRISTIAN EDUCATION

Sunday Morning Adult Education Opportunities — 9:30-10:15 a.m.

Come and join us for *"The Wired Word"* in the Cornerstone Room

"The Psalms — Glorifying the Lord", Facilitated by Pastor Mark Miller, Large Conference Room

"The Parables of Jesus"

The next meeting of our small group will be Tuesday, January 23, 1:30 p.m. at Dick & Carol Brown's house. We will conclude our study of the Parables of Jesus with "Persistent Widow," "Pharisee and the Tax Collector" and "Satan Driving out Satan." All are welcome.

Are you interested in a nighttime Bible study? If so, please contact David Weidensaul, (620)960-1259.

BLESSING BOX



With the changing weather and colder temperatures, we will be using our Blessing Box for warm winter supplies for those in need in our community! We will begin collecting warm hats, scarves, gloves, and warm socks for children, youth and adults this Sunday, January 14. New or clean and gently used items will be accepted, and we ask that they are bagged in zip-loc bags and labeled by size if possible. Donations can be dropped off in the church office during the week, or in the designated baskets around the church on Sunday mornings.

KEEP IN PRAYER

For those in the hospital or hurting

- Dick & Jayne Briscoe on the death of Dick's father, Bob Briscoe
- Gary & Jill Brown on the death of Gary's mother, Betty Brown
- Patty Crews, Jim & Karen Gilliland and families, on the death of Ruth Gilliland
- Jim & Pat Hopengardner
- Joyce Sunner

For all FPC shut-ins

For Bethel Presbyterian Church, Wichita (1/21/18)

For United Presbyterian Church, Jetmore (1/28/18)

BIRTHDAYS

21	Karen Hitchcock	25	Chris Armstrong
21	Greg Munds	25	Julie Kimmel
22	Cheryl Hindman	25	Maxene Thurman
23	Jeff Gamber	30	Michael Woods
23	Sherry Nevius	31	Dan Forker
24	Don Graves	31	Cheryl Robertson
24	Galen Green	1	Olivia DeMeyer
24	Ken Keefer	2	Mel Dower



PARISH PERSONALS

- Deepest sympathy goes out to Dick & Jayne Briscoe. Dick's father, Bob Briscoe, died December 31 in Hutchinson.
- Our sincere sympathy is extended to Patty Crews, Jim & Karen Gilliland and families. Their mother, Ruth Gilliland, died January 12 in Hutchinson. Ruth had been a member of FPC for nearly 72 years.
- Dear Friends,
I am still enjoying the beautiful poinsettia Shari Schuessler brought by at Christmas. Shari is a good friend, and we had a nice visit. It's always nice to be remembered and I cherish my friends at church. Fondly, Zahn Lukens
- Dear Friends:
Your gift to US Hurricane Response is perfect, a blessing from God above in a moment where it is most needed here below. It is a privilege to serve together in a Church that makes such giving reliable, and provides constant faithful partnership to brothers and sisters across the world and here at home shadowed by the challenges and changes brought by disaster and war. In Christ's peace, The Rev. Dr. Laurie A. Kraus, Director, Presbyterian Disaster Assistance
- Dear First Presbyterian Members,
I can't thank you enough for your generous donation for Christmas for my three families and their youth. They were so surprised and I know it made their holiday season. Thank you!! — Micca Foos (Department of Children and Families IL Coordinator)

GIFTS AND MEMORIALS

The Gifts and Memorials Committee is looking for ideas on how to spend some of the monies in the undesignated funds in the G&M account. If you have suggestions on items that might be needed for certain areas or programs in the church, please contact Marj Johnson. Also we have several designated funds in the names of deceased FPC members and we would appreciate hearing from their families if they have ideas on how these people might be memorialized through specific purchases. Thank you!

SESSION SNIPPET

In spite of a very cold night and with the priority of a KU basketball game beginning shortly, the Session had a good meeting on Monday, January 15. All new elders were present and the transition to 2018 committees is proceeding on schedule. Several upcoming dates to remember include the church leadership retreat on January 27 and the annual congregational meeting following 10:30 worship on January 28. A new members dinner will be on February 11 and the Social Committee is working on an all-church fun event to be held in the last part of February.

We ended 2017 with a slight financial surplus, which is excellent news. Several factors are responsible: our free will offering total was considerably higher than anticipated, several areas came in with less expenditures than budgeted, and families/individuals are paying in full the amounts they had pledged. Our 2018 budget is about \$18,000 more than in '17 and we are still needing additional pledges to reach that amount. Security issues also remain a main emphasis for this new year.

CALENDAR — JANUARY 21 - FEBRUARY 4

Sunday, January 21, 2018

DEACON OF THE WEEK: Heidi Schultz, 669-7956

Preacher Keith Neill (8:15, 9:00 & 10:30): Matthew 5:13-16

8:15 am	Worship service	Chapel
8:45-10:15	ReFresh Café open	Refresh Café
9:00 am	Worship service/Kidz Church	Sanctuary
9:15 am	Chancel Choir	Chapel
9:30 am	Adult Christian Education	
10:30 am	Worship service	Sanctuary
11:30 am	Fellowship time	Parlor

Monday, January 22

8:30 am	Exercise class	Kids' Cave
7:00 pm	Boy Scout Troop 301	Fellowship Hall

Tuesday, January 23

9:00 am	Koinonia Women	Large Conference Rm
1:30 pm	Bible study	Brown's house
6:30 pm	Basketball	Calvin Hall

Wednesday, January 24

8:30 am	Exercise class	Kids' Cave
9:00 am	Staff meeting	Conference Room
10:00 am	Health equity meeting	Large Conf Rm
3:30 pm	LOGOS	
5:30 pm	FPC Bells	Choir Room
6:15 pm	Confirmation class	Large Conf Room
7:00 pm	Youth Group	The Basement

Thursday, January 25

7:00 am	Men's Bible study	Parlor
6:30 pm	Basketball	Calvin Hall

Friday, January 26

9:00 am	Walk-a-mile class	Kids' Cave
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Saturday, January 27

8:30-12:00	Leadership retreat	Fellowship Hall
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Sunday, January 28

DEACON OF THE WEEK: Denise Hallman, 921-0444

Preacher Mark Miller (8:15 & 10:30): 1 Peter 1:3-9

Preacher Keith Neill (9:00): Acts 16:1-5

8:15 am	Worship service	Chapel
8:45-10:15	ReFresh Café open	Refresh Café
9:00 am	Worship service/Kidz Church	Sanctuary
9:15 am	Chancel Choir	Chapel
9:30 am	Adult Christian Education	
10:30 am	Worship service	Sanctuary
11:30 am	Annual congregational mtg	Sanctuary

Sunday, January 28, continued

6:00 pm	Ulster Project meeting	The Basement
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Monday, January 29

8:30 am	Exercise class	Kids' Cave
12:00-7:00	Blood drive	Calvin Hall
7:00 pm	Boy Scout Troop 301	Fellowship Hall

Tuesday, January 30

9:00 am	Koinonia Women	Large Conference Rm
11:00-6:00	Blood drive	Calvin Hall
12:00 pm	Care Portal lunch	Large Conference Rm

Wednesday, January 31

7:00-1:00	Blood drive	Calvin Hall
8:30 am	Exercise class	Kids' Cave
9:00 am	Staff meeting	Conference Room
3:30 pm	LOGOS	
5:30 pm	FPC Bells	Choir Room
6:15 pm	Confirmation class	Large Conf Room
7:00 pm	Youth Group	The Basement

Thursday, February 1

7:00 am	Men's Bible study	Parlor
12:00 pm	Congregational Connections	Conf Rm
6:30 pm	Basketball	Calvin Hall

Friday, February 2

9:00 am	Walk-a-mile class	Kids' Cave
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Sunday, February 4

DEACON OF THE WEEK: Mel Dower, 663-4639

Preacher Keith Neill (8:15, 9:00 & 10:30): Romans 12:1-2

8:15 am	Worship service	Chapel
8:45-10:15	ReRefresh Café open	Refresh Café
9:00 am	Worship service/Kidz Church	Sanctuary
9:15 am	Chancel Choir	Chapel
9:30 am	Adult Christian Education	
10:30 am	Worship service	Sanctuary
11:30 am	Fellowship time	Parlor

Red Cross Blood Drive

FPC Calvin Hall

Monday, January 29 — 12pm-7pm

Tuesday, January 30 — 11am-6pm

Wednesday, January 31 — 7am-1:30pm

Call (800)733-2767 to schedule an appointment.



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