



LENT.....

Preparations for Ash Wednesday are on-going as I write. Lent is a most special time, traditionally a time to honor simplicity, sacrifice and spiritual growth. I was reminded of this as I read the winter issue of the "Church Health Reader", a publication of the Church Health Center and home to the International Parish Nurse Resource Center in Memphis, Tennessee.

1) The magazine accompanied Seasoning Lent: 40 Days of Recipes & Reflections, an 8-week devotional designed for Lent. It suggests that rather than "giving up" a particular food for Lent you might instead "take up" the practice of preparing healthy, delicious food. It tells of Christians tending towards a "masquerade" point of view—the thought that a change on the outside will somehow change the inside. It continues about how we fill our bodies with processed foods and harmful chemicals in order to fool ourselves. The plan at our house is to use healthy, filling and tasty foods to feed our bodies and our spirits while reducing the temptations of chocolate, caffeine or candy.

2) These reflections were prepared by Rev. Stacy Smith, manager of Faith Community Outreach at the Church Health Center and Parish Associate at Idlewild Presbyterian Church in Memphis. The recipes were developed by the staff of the Center's Wellness Education department for use in their Nutrition Kitchen. If you're interested in the healthy recipes, please contact me (Home:580-255-7198; Cell: 580-736-5388; joanne_flanders@yahoo.com) & I'll get them to you.

Submitted by Jo Flanders

Happy March Birthday!

Let's Pray Prayers of Joy for These People on Their Special Day!



3/1 Abby Grantham

3/16 Leslie Hallock



3/6 Debra Smith

3/18 Charlotte Utley

3/12 Lonnie McCain

3/22 Jennifer Johnson



3/14 Ruth Wyatt

3/27 Dwayne Brittain



3/14 Chris Zimmerman

3/29 Jack Munn

If we missed your Birthday, please let us know.

A lunch honoring March Birthdays will be held at El Palacio at noon on Wednesday, March 18th. Everyone is welcome.

Please call or email me your plans to attend and I'll contact the restaurant with our reservation each month. Thank you, Sally
Telephone (580) 736-3910 or Email salsroom.g@gmail.com

Happy

Anniversary!

George & Martha Copland

March 03, 1950

Charlie & Martha Coker

March 09, 1956

Bob & Eloise Hofmann

March 02, 1957

PRAYER CORNER

Let us keep our family and friends in our prayers

Augusta Slagle, Ron Twelves, Pat & Colleen Winn, Mary Cearley, J.W. Newton

Jim Barthell Jr., Emily Ritter, Stacey Soltysik, Fallis Beall, George Copland

Mary Sue Drake, Shawna Hersfield-Wagner and Scotty Elliot

LET US REMEMBER THOSE UNABLE TO

ATTEND WORSHIP SERVICE

George Copleand, Jack Munn,

Audrey Waggoner and Rachel Livingston





FROM THE SESSION MODERATOR TEAMWORK!

Thank you for signing up to serve on diaconate and session committees. You are needed to serve the cause of Christ as we carry out his mission in this moment and in this place. As for anyone who is unable to be a committee member, you are needed to be a “prayer warrior” or short term task team server. The session structure has been changed to add two new committees and reorganize others to accurately reflect the current mission of FPC. New moderators are members of the Session currently assigned to the existing structure—plus Kelly Henderson who has graciously agreed to facilitate the work of the communications and technology committee. Watch your bulletin for this new information so that you will be able to contact the committee chairs with offers of help and ministry ideas and resources.

With thanks and praise to God for partners in this congregation,

Rev. Kathy Vineyard, Session Moderator

SESSION COMMITTEES 2015

Executive and Personnel The oversight of all church staff in coordination with pastor including hiring and termination of employees, conducting annual reviews of paid staff, hearing and responding to grievances and needs of staff. Act as liaison between congregation and staff and the presbytery. **By appointment, Joan Drake, Moderator**

Worship Arts and Spiritual Development Provide high quality celebrations of worship in the reformed tradition that stimulate the desire of members and visitors to communicate with God through Jesus Christ, to facilitate that communication and to encourage those without a church affiliation to make a commitment to Jesus Christ and the Membership of First Presbyterian Church. Seek varied means of communicating the Good News of Jesus Christ through the spoken word, in music and other artistic expressions of faith. Provide opportunities for disciples of all ages to study scripture, further members/visitors’ understanding of issues of Christian life and faith and to tend to one another’s spiritual needs through a ministry of support and compassion. **Contact : Robin Caldwell**

Property Administration and Capital Improvements Ensure that the buildings and grounds are maintained in a manner that the ministry of FPC will be enhanced. Create and implement a regular maintenance schedule of buildings, grounds and equipment. Create and implement plans for making capital improvements to the properties to secure the future possibilities of FPC. **Contact: Mike Grantham**

Finance and Stewardship Educate the FPC family concerning the joys and responsibilities of ongoing stewardship and to ensure that all monies received and invested are accurately accounted for and distributed according to the mission and goals of FPC. Provide consistent and accurate communications concerning the finances of FPC. Make decisions as a committee relative to investment of funds as well as funds development to further the cause of Christ today into tomorrow. Create and conduct the annual stewardship campaign and ingathering. **Contact: To Be Determined**

Communications and Technology Communicate and promote FPC mission and ministry within and outside the church community, Facilitate internal communication to encourage greater participation in church life. Research and utilize new technologies for enhancement of worship and spiritual development, community formation, membership building and awareness of opportunities for social interaction and spiritual growth. Maintain website, Facebook page and other social media as arising. **Contact: Kelly Henderson**

Missions and Discipleship Share what we have with the wider community, meet the needs of the congregation, help people with their brokenness and facilitate healing. Develop and grow disciples. **Contact: Sue Beall**

SESSION CLERK, JOAN DRAKE SESSION MODERATOR, REV. VINEYARD