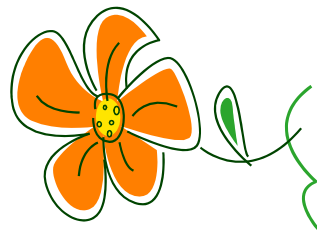


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First Presbyterian Church
20 South Walnut Street
Troy, Ohio 45373

Return Service Requested



Church



Home



LINK

"..so in Christ we who are many form one body, and each member belongs to all others." Romans 12:5

SEPTEMBER 2011

First Presbyterian Church
20 S. Walnut St., Troy, Ohio 45373
937 339 1317
www.fpctroy.org

Dr. Richard B. Culp, Pastor
Rev. Ed Sensenbrenner, Pastor Emeritus
Kathy Wehrman, Program Director
Mario Bolivar, PYC Director

I can recall several times over the years driving by St. Patrick's Catholic Church and seeing a banner inviting people to "Homecoming Sunday." Apparently, on this day people who have not been in worship recently are invited to return to church. I have wondered if that works to re-activate members.

Through the years people have told me that after they have been away from church for awhile, they feel uncomfortable coming back. "Will anyone still know me?" Or maybe worse, "what if no one knows me?" Or, "what will everyone be thinking when they see me?" I felt a bit of that when I returned after twelve weeks away (longer away than some; not as long as others). Admittedly, my questions were slightly different - "what if they liked it better when I was gone?" Or, "what has happened in people's lives that I missed?" What did I find? Some good-natured kidding; some warm smiles; some who did not seem impacted by my absence or return; and most importantly, a community of faith that wanted to worship God together.

I believe if you have been away from our midst for awhile you will find a similar reception: some will have noticed your absence and will welcome you back with a warm smile; some will no be sure if they have missed you because they have been gone; some will be new faces; and most importantly, you will find a community of faith that wants to worship God together. So please join us.

If you need a fixed date, plan on being here Sept. 11 as we kick-off the fall programming with Rally Day. We want to worship with you, and most importantly, worship a God worthy of all our worship.

September Worship Schedule:



Sunday, September 4	"Calling People" John 11: 17-27 Celebration of the Lord's Supper
Sunday, September 11	"A Changing Call" Acts 16:9-15
Sunday, September 18	"A Surprising God" Matthew 19:16-30
Sunday, September 25	"What to Expect" Acts 6:1-7

A great big
THANK YOU to
Rev. Fleming for his
care of this
congregation!!



the healthy range for several indicators of good health. Be aware of your cholesterol level, blood sugar level (an indicator of diabetes), blood pressure, and BMI (a measure of your weight in relation to your height). Work with your doctor to get your numbers in a healthy range. Simple tests can quickly reveal where you stand on all of these measures.

For optimal health, your readings should be within the ranges noted below:

- Total cholesterol should be 200 mg/dL or lower
- Fasting blood sugar should be less than 100 mg/dL; higher levels may indicate diabetes
- Target blood pressure is 120/80 mmHg or less
- Aim for a BMI of between 18.5 and 24.9

4) Take advantage of preventive care and early detection.

It's safer, and will save you money in the long run, to prevent health problems before they become serious. Medicare offers complete or partial coverage for a variety of preventive care benefits, such as diabetes and heart disease screenings, mammograms, and vaccinations for the flu and pneumonia. Individual plans may also cover annual physicals. Be sure to find out what free or low-cost care is available to you, and take advantage of it!

Aetna Monthly Health Watch

Church phone	937-339-1317	Church Fax	937-335-7185
Website	www.fpctroy.org		
Minister to the congregation	Richard B. Culp	Ext. 102	rculp@fpctroy.org
Church Secretary	Vicki Montgomery	Ext. 100	churchsec@fpctroy.org
Program Director	Kathy Wehrman	Ext. 101	kwehrman@fpctroy.org
Chancel Choir Director	Kathy McIntosh		
Church Treasurer	Tom George	Ext. 104	tgeorge@fpctroy.org
Organist	Carol Cummings		
Custodian	Roger Deeter	Ext. 110	rd7926@hotmail.com
Link Co-Editor	Sue Gates	sdgatesoh@gmail.com	
Website Editor	Jeannette Weaver	339-5211	fweaver4@woh.rr.edu
E-Link Editor	Sue Gates	sdgatesoh@gmail.com	
Link Deadline—2 days after	All committee	meetings	



Parish Health Ministry

START PREPARING FOR A HEALTHY RETIREMENT

1) Stay current on health information.

It's important to be knowledgeable when it comes to your health. Pay attention to the latest health care news. Read up on current health care advice and tips to stay healthy. Make sure you know the difference between health fact and fiction. For example, are you aware that heart disease isn't just a "man's issue," and actually kills more women than men each year? Which foods are good for you and which aren't? Some of this information tends to change as science makes new discoveries. Ask your doctor if you have any questions about your health.

2) Maintain — or embark on — a healthy lifestyle.

You've probably heard it a million times — eating the right foods and getting regular physical activity are the cornerstones of a healthy life. If you don't already, today is the best time to get started on leading a healthier lifestyle. Eliminate bad habits such as smoking and limit your alcohol consumption to no more than one to two drinks per day. Eat a diet low in saturated and trans fats, and high in whole grains, fruits, vegetables, and dairy products to provide your body with the nutrients it needs to be healthy.

Recent studies have shown that regular physical exercise is vital for better physical and mental health. If you do not currently exercise regularly, make sure to ease into it by gradually building up to at least 30 minutes of physical activity, five days a week, and adding strength training and flexibility exercises. Consult your doctor before beginning an exercise regimen.

Also, don't forget the importance of mental health. Take steps to limit stress, which can have a negative effect on both physical and mental well-being. Retirees should be sure to socialize regularly and continue to challenge their brains by taking up new hobbies, learning new skills, or playing games that are mentally stimulating. At your next visit to your primary care physician, ask what steps you can take to maintain good mental health both now and in the future. Your primary care physician can also give you a mental health screening or refer you to a behavioral health specialist if you have any concerns about your mental health.

3) Know your numbers.

Do you know your numbers when it comes to your cholesterol, blood pressure and BMI (Body Mass Index)? It's important to stay within what is considered

NOTES FROM THE PASTOR

Book Corner: I read Rob Bell's book Love Wins to see why the evangelical world was so upset with Bell's theology. I did not find Bell's theology to be heretical or particularly cutting edge. He argues that God might have some surprises in store on the question of salvation, and he challenges Christians to adopt more humility when they speak about God. I find both those suggestions helpful, but not radical. He also suggests that Christianity has too often created litmus tests surrounding one's belief about Jesus instead of following Jesus. Again, I cannot argue with that. It is a quick read with lots of Scriptural references.

Calling all confirmands: If you are interested in being part of the Confirmation process (ordinarily those in 8th grade or beyond), please come to PYC Church School on September 11 (Rally Day). At 10:15am, Richard will take the potential confirmands to meet with their parents in the Social Hall, where the expectations and calendar for the year will be shared. Please contact Richard if you have any questions.

Nominating Committee: The Nominating Committee begins its work this month. Serving on behalf of this congregation are Bill McIntosh, Sarah Conover, Lindsay Gates, Mark Senseman, Mark Hess, David Zeh and Becky Karns and Steve Lacey. As part of their work, the committee members will be invited to spend two weeks praying over the members of the congregation to discern whom God has called to serve as an Elder, Deacon or Trustee for the next three years. If you have any suggestions about whom you believe God might be calling, please do not hesitate to contact any of these members or Richard so the information can be shared with the whole committee.

CAPITAL CAMPAIGN INFO

Merle Neumann and Jo Hermes, the Capital Campaign Prayer Leaders, have asked each of you to please commit to praying the following prayer daily:

"Lord, what do You want to do through me to fulfill Your will for our church?"

Merle and Jo are inviting everyone to a Prayer Meeting that will be held every Tuesday (a little after 5:00pm) at the church. This will begin August 30th and run through the beginning of December. Please let Merle or Jo know if you will attend. Also, please feel free to cut out the above prayer and carry it with you.

Thank you,
Merle Neumann & Jo Hermes
Capital Campaign Prayer Leaders
(Merle: 339-3586/Jo: 667-6750)

Online Resource Center serves PMV churches

Our Online Resource Center is a listing of resources for ministry offered to churches in Presbytery of the Miami Valley by people, churches, and networks in the presbytery. The ORC is also a place for people to post requests for resources they need for ministry. Right now we have more than 135 resources offered to churches in the following areas:

Christian Education
Evangelism
Facilities
Generational Groups
Hospitality
Leadership
Marketing & Design
Mission
Music
People
Relational
Spirituality
Stewardship/Finance
Technology
Worship

► Visit www.miamipresbytery.org to check out our Online Resource Center. You'll also find an online form that can be used to add resources to the list or to post a resource need.

Join Our Email List

Get news from Presbytery of the Miami Valley

You can keep informed about ministries, missions, and events in Presbytery of the Miami Valley when you sign up to receive our email updates. To subscribe, visit www.miamipresbytery.org.



Around the Presbytery

Dorothy Rankin Fund grants to improve the lives of young people

Grants of up to \$500.00 from the Dorothy Rankin Memorial Fund are available to groups or individuals that work to improve the lives of children and youth in each of three categories: local (Dayton, Ohio area), national, and international. Dorothy Rankin (1919-1995) was a missionary in Ethiopia and Sudan for many years who continued to have connections with **Memorial United Presbyterian Church**, Xenia, through her brother, Joe Eavy.

Following Ms. Rankin's death, the Dorothy Rankin Memorial Fund was established at Memorial Church by her brother as a way to continue her work with children and youth. The application deadline for grants is September 1.

► Learn more at www.xeniamemorial.org/Grant.asp

Breakfast Club at Covington Church serves local high school students

In high school, would you get up extra early to attend a prayer breakfast on cold winter mornings? That is exactly what two dozen or more students Covington High School students are doing on the first Friday of each school month when they gather at **Covington Presbyterian Church**, Covington, for The Breakfast Club. The club meets at the church at 7:00 A.M. for a hot breakfast cooked by church members. Announcements, a program, prayer requests, and prayer follow. Students are then sent off to school with treats for lunch. As one Covington teen wrote, "The Breakfast Club has had a huge impact on my life and I know all the other students feel the same way. I found all the messages to be very helpful and the food was great."

Dayton Memorial receives Unsung Hero Award

Memorial Presbyterian Church, Dayton, has received the Rev. Bright and Rev. Puff Outstanding Outreach Award, through the Appalachian Unsung Hero Award Committee. The church was nominated by the Dayton Life Enrichment Center (DLEC) out of gratitude for the church's faithful members who work one or more days a week at the Center. The mission of the DLEC is to "work in collaboration with area-wide partners to provide life building, life sustaining services to the under-served in the greater Dayton community."

Piqua Hunger Walk

The Piqua Association of Churches held a "Matthew 25 Hunger Walk" in May to raise funds for two organizations that help area individuals and families in need. The idea for the walk, similar to CROP walks that raise awareness and funds to help end hunger around the world, was brought to fruition by the Rev. Kazy Blocher Hinds of **Westminster Presbyterian Church**, Piqua.

CAPITAL CAMPAIGN INFO

Capital Campaign Reflections: Before I left on Clergy Renewal, the Capital Campaign was a future event. Upon my return, it has become a present activity. I have had a quite a few conversations with people about various aspects of the capital campaign, particularly related to the question: "Is this the right time for a capital campaign given all the economic uncertainty and turmoil in our world?" My prayerful consideration of that question has led to the following reflections.

Jeremiah's experience: We remember that in the face of Babylonian invasion, the prophet Jeremiah bought a field (Jeremiah 32: 6-25) as a sign of his belief in God's continuing activity in their midst. For us to engage in this capital campaign in the midst of uncertainty makes a statement about our belief that God's work through this congregation is not done.

Spiritual growth: As our consultant noted in a meeting last week, the campaign will be a judged a success not by the final financial tally, but in the way it impacts our spiritual lives individually and corporately. As part of our process, each member will be invited to participate in a daily devotional and engage in prayerful consideration of how God might work through him or her at this time in their life and in the life of the congregation.

Stained glass windows: The Trustees have been doing groundwork for the stained glass window project for many years. While paying off the renovation new building, it was not possible to do the stained glass window project, but the need has not disappeared.

Bicentennial: In 2013 we celebrate our Bicentennial. What a gift these upgrades would be as we prepare for that joyous celebration.

Timing: I know that this time is not the right time for every member of the congregation. I also have heard some members talk excitedly about this opportunity at this time. One of the joys of being in a community of faith is realizing that sometimes we lead the way and sometimes others have to lead the way because we cannot. My hope and prayer is that everyone will claim this as an act of the whole community, regardless of whether it is the right time for each member individually.

Excitement: As you may remember from previous capital campaigns, we will have several opportunities to celebrate and work together. I love a good party and the feeling of working hard together.

As the Capital Campaign unfolds this fall, I hope and pray it will be a good experience where we all grow in our understanding of how God is at work through us and through this congregation.

PYC September Schedule:

September 11th 5:00pm—7:30pm

PYC will start with a short devotional and go over the activities for the year. The kids will have the opportunity to sign-up for the activities that they will like to lead and supervise. We will encourage the PYC kids to lead activities this year. We will also reorganize the activities to fit their needs. At the end we will close with creative games. Dinner and drinks will be provided.

September 18th 12:00pm (right after worship) - 2:30pm

We will start with a devotional and move into decorating PYC and rearranging the PYC room to suit our needs. We will create the "WALL OF P", take the new pictures for the year for the Prayer Partners and have games outside.

September 25th 5:00pm—7:30pm

We will start with a devotional at the park and have a cook-out with a Scavenger Hunt. We will also play soccer and ultimate frisbee.



PYC Pool Party !!!!!



We are 13,000 Presbyterians in 62 congregations in Southwest Ohio.
Grace to you and peace, in the name of our Lord Jesus Christ.

Helping hands in Haiti

A group of eight people from four Presbytery of the Miami Valley churches will be in Haiti in June to help with the post-earthquake rebuilding efforts at two of the St. Joseph Family Homes in the Port-au-Prince area. Led by the Rev. Shelley Wiley, pastor of **Honey Creek Presbyterian Church**, New Carlisle, the group also includes members from **First United Presbyterian Church**, Bellefontaine, **Covenant Presbyterian Church**, Springfield, Honey Creek, and the Rev. Derrick Weston, pastor of **Oakland Presbyterian Church**, Springfield. Rev. Wiley has been traveling to Haiti since 1997 and has worked with the St. Joseph Family ever since that first trip. The Family operates three homes: two homes for boys who had formerly lived on the streets, and one home for children who live with severe physical and mental disabilities. Two of the three homes were destroyed by the January 2010 earthquake. A group of six people traveled to Haiti in October from Honey Creek to work at St. Joseph's Home for Boys. Much of the work of the June trip will be at the Wings of Hope, the home for children with disabilities.

Presbyterians respond to devastating U.S. storms damage

Presbyterian Disaster Assistance (PDA) is responding to needs following an unprecedented number of severe storms, including tornadoes, high winds, and flooding, that battered parts of the U.S. in April and May, causing loss of life, injury, and widespread damage to homes and infrastructure. One Great Hour of Sharing funds have already been sent, and members of the PDA National Response Team (NRT) are working with Presbyterian leadership in affected areas. The PDA Call Center is also registering volunteer work teams for locations requesting volunteers.



1541 S. Smithville Rd.
Dayton, Ohio 45410
937-258-8118
www.miamipresbytery.org

A Fall Day at Kirkmont Center

September 27, 2011

The [Older Adults Ministry Network](#) of Presbytery of the Miami Valley will present "A Fall Day at Kirkmont" on September 27 at [Kirkmont Center](#), Zanesfield.

The guest speaker will be **Raelene Phillips**, the author of eight books, including *Puppy in the Pulpit*, *Birds in the Belfry*, and *Tow-path to Truth*.

"By her own admission, Raelene is much too ornery to be a pastor's wife . . . but that is the role that God - with his amazing sense of humor - has chosen for her."

Call Kirkmont with questions: 1-800-572-1747

FPC GOLF

September 1
6:15pm

Come join us at Homestead Golf Course in Tipp City. Call Jeff Gates 371-3081 with any questions!



FAMILY CAMP AT KIRKMONT

September 2-September 5

Families can arrive whenever and ease into relaxing in a cabent, your own camper or in Dunaway Lodge (\$20 per family per night—pay when you arrive). Cooking can be done in the lodge and a Pancake Breakfast cook-off is planned for Sunday morning, worship will be on the deck at 11:30am; then at 1:00pm on Sunday you can experience the zip-line, rock wall climbing and The Swing (cost is \$5 per person to pay for experts/equipment).

Come Join the Fun !!!!!



Small Groups at FPC

Women's Groups

****Sunday Mornings at 9:30am at the church (Room #120):**
An informal gathering of souls to simply be in fellowship over coffee with study materials available as the need/time fits. Feel free to relax in conversation and support each other with prayer to begin and end your time together.

****Monday evenings at the church a women's bible study (Beth Moore) will be hosted by Vicki Elliott and Dianne Niece at 7pm. Start date will be communicated soon.**

Coffee Groups

****Thursday mornings at 9:30am at Grounds for Pleasure in Tipp. For start date call Claire Timmer.**

****Wednesdays at 6:30pm at Winan's in downtown Troy every three weeks beginning September 7th.**

Walking Group meeting at 7:30pm on Thursdays at Hobart Urban Nature Preserve off Dorset Road.

Men's Group

Sunday mornings at 9:30am at the church in the Social Hall. An informal gathering of men to simply be in fellowship, share, support and move into a direction that fits the group. More information will follow.

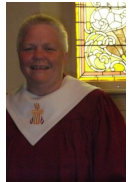
FPC Child Care Schedule

	Nursery Adult	Nursery Youth	3-5 Yr. Olds Adult	3-5 Yr. Olds Youth
Sept 4				
Sept 11		Caroline S.	Eppleston's	Grayson G.
Sept 18		Michael S.	Andrea S.	
Sept 25		Jack Gates		L. Gates

CHOIR TO RECONVENE ON SEPT 11th



If you are interested in joining the FPC Choir please call the Choir Director, Kathy McIntosh.



Reception for Tom and Liz Gregg



**Sunday
September 25th**

Join us immediately following the 11:00am Sanctuary Service on September 25th for a reception for Tom and Liz Gregg.

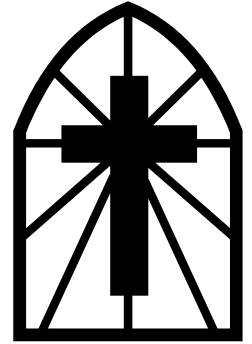
September Birthdays

Sept 2	Rick Smith
	Cathy Starcher
Sept 4	Max Goodall
Sept 8	Bill McIntosh
Sept 10	Tim Taylor
Sept 12	Samantha Barker Rhoades
Sept 14	Bob Twiss
Sept 15	Kevin Harnish
Sept 16	Teri Okrutny
	Aaron Barker
	Luke Brogan
Sept 17	Nancy Hargrove
	Nancy Yarger
	Michelle Treasure
Sept 18	Tom Atkinson
Sept 20	Charles Klein
	Doris Pettit
Sept 21	Elizabeth Collier
Sept 22	Kathy Wehrman
	Denny Montgomery
Sept 24	Fred Elliott
	Luke Muhlenkamp
Sept 25	Don Elsass
	Debra Stichter
	Sarah Labs
Sept 26	Troy Mercer
	Anthony DeVault
Sept 27	Ginni Bazler
Sept 30	Abigail Gohrband



Church School

Nursery, PreK-K, Rotation Station church school for 1st-6th grades, Jr. High & High School all begin with a pre-view after breakfast on Rally Day, September 11th with classes on a regular schedule beginning Sunday, September 18th.

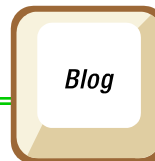


Present Word for adults in Room #219. Sandy Flinn and Bruce Browning leading.

Current Topics adult class in Boardroom - group led.

RICHARD'S PREACHING BLOG

<http://whatisrichardpreaching.blogspot.com/>



KIDS IN THE KITCHEN

August 17th



The kids had a blast playing games, learning about God, making table decorations, preparing meatballs and spaghetti, salad and dessert then serving their parents!

And they even helped clean up!



RALLY DAY

September 11

9:30am

**Breakfast & Fellowship Gathering
in Social Hall**

This congregation will rally into the regular church schedule on Sunday September 11 with Chapel at 8:30am, Choir practice at 9:15am and our Rally Day Breakfast at 9:30am. Before, during and after breakfast you are invited to peruse the summer displays, the Christian education opportunities and the kids can visit their classrooms for a preview. Sanctuary worship is at 11:00am.



Frances Hormell

Celebration of her life and a Witness to the
Resurrection of our Lord Jesus Christ

September 2, 2011
10:30am in the Sanctuary

Visitation at Baird Funeral Home
September 1, 2011
5-8:00pm



Mama Maroni's Meatballs

From Maria Richardson's Recipe Box

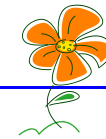
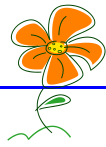


- 1 lb. ground chuck
- 6 oz. dried breadcrumbs
- 4 large eggs
- 4 oz. whole milk
- 1 tsp. salt
- 1/2 tsp. pepper
- 6 oz. romano cheese, grated
- 3 oz. Spanish onions, grated
- 2 oz. fresh garlic, finely diced
- 2 oz. fresh basil leaves, finely chopped

Preheat oven to 350. Spray a baking sheet or mini-muffin pans with cooking spray. Mix all ingredients thoroughly in large bowl. If mixture seems a little loose, add more bread crumbs. Roll meatballs loosely, about the size of a golf ball, and place on baking sheet. Place into preheated oven for about 35-40 minutes. (Makes about 28 meatballs.) Add to your favorite sauce. YUM !!!



September 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>AA Mtgs: Wed @ 7:30p & Thur @ 7:00p Alanon Women's Mtg - Mon @ 6:45p Breakfast Club - Mon-Fri 9-10a</p>				<p>1 6p Exercise Class 6:15p FPC Golf Outing 7:30p Walking Group at Hobart Urban Nature 7:30p Thurs Eve Circle 5-8p Visitation at Baird for Frances Hormell</p>	<p>2 Family Camp @ Kirkmont begins 10:30a Memorial Service for Frances Hormell</p>	3	
<p>4 Communion Sunday 8:30a Chapel Service 10:00a Sanctuary Service</p>	<p>5 LABOR DAY Church Office Closed</p>	<p>6 6p Exercise Class 6:30p Session Mtg.</p>		<p>7 6:30p Winan's Coffee Group</p>	<p>8 6p Exercise Class 7p Deacon Mtg. 7:30p Trustee Mtg. 7:30p Walking Group at Hobart Urban Nature</p>	<p>9</p>	10
<p>11 RALLY DAY </p> <p>8:30a Chapel Service 9:15a Choir Rehearsal 11:00a Sanctuary Service 5-7:30p PYC</p>	<p>12 9:30a Serendipity</p>	<p>13 6p Exercise Class Capital Campaign Mtgs.</p>		<p>14</p>	<p>15 6p Exercise Class 7:30p Walking Group at Hobart Urban Nature</p>	16	17
<p>18 8:30a Chapel Service 9:15a Choir Rehearsal 9:30a Church School 11:00a Sanctuary Service 12N-2:30p PYC</p>	<p>19 9:30a Serendipity 7p Mission Mtg.</p>	<p>20 6p Exercise Class 7p Comm. Mtgs.</p>		<p>21</p>	<p>22 <i>LINK deadline</i> 6p Exercise Class 7:30p Walking Group at Hobart Urban Nature</p>	23	24 Challengers Outing
<p>25 8:30a Chapel Service 9:15a Choir Rehearsal 9:30a Church School 11:00a Sanctuary Service 12 Noon Reception for Tom & Liz Gregg 5-7:30p PYC</p>	<p>26 9:30a Serendipity 7p Prayer Shawl Ministry Mtg.</p>	<p>27 6p Exercise Class 7p Stephen Ministry Mtg.</p>		<p>28 Bloodmobile 12N-6P 6:30p Winan's Coffee Group</p>	<p>29 6p Exercise Class 7:30p Walking Group at Hobart Urban Nature</p>	30	