

# First Family

“... in this community, Christ lovingly transforms us into His image ...”

February 2010

The First Presbyterian Church of Evanston

Vol. 6, No. 13

## Annual Meeting of the Congregation Feb. 21

Please plan to join us for the Annual Meeting of the Congregation and light lunch on Sunday, Feb. 21, following the 11 a.m. service. This is your chance to hear reports on what's been happening in the many ministries and receive the 2010 Budget. Please reserve light lunch (\$5) and childcare (\$5 per child/\$9 per family) through the church office (847-864-1472 or [reception@firstpresevanston.org](mailto:reception@firstpresevanston.org)) by noon on Wednesday, Feb. 17.

### Congregational meeting

**When:** Sunday, Feb. 21, after 11 a.m. worship

**Light lunch:** \$5/person

**Childcare:** \$5/child, \$9 /family

**Reservations:** For lunch or childcare are due by Feb. 17.

### Upcoming events from the Adult Discipleship Council

**Feb. 6:** Soul Care Retreat Day

**Feb. 7:** 5th Annual Chili Cook-Off

Visit [www.firstpresevanston.org](http://www.firstpresevanston.org) or contact Melody Vogel at ext. 218 for details.

## Celebrating Jesus

I want to remind you of two important dates coming in February for our life together. On Feb. 7, our congregation, along with children instructed in the meaning of the Lord's Supper, will give thanks to Christ for dying on the cross for us. I mention this because one of the most tangible ways we express our unity in Christ is to gather around the table of the Lord. Make every effort to be part of this service. The children of our congregation will help to lead us in worship that day.

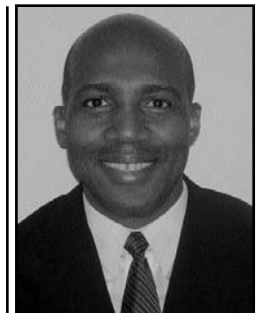
Ten days later, Feb. 17, marks the beginning of forty days of Lent. Since the late 2nd century, the early church used Lent to prepare for Good Friday and the triumph of Easter. The number forty carries biblical significance based on the forty years Israel spent in the wilderness and Jesus' forty-day fast in the wilderness. The forty days of Lent begin on Ash Wednesday and continue through Holy Week, not counting Sundays (which are reserved for celebratory worship). In practice, many congregations choose to focus on themes of repentance and renewal.

Typically, the forty days remind believers of their finite existence. Jesus says that it takes more than food to sustain life. "People do not live by bread alone, but by every word that comes from the mouth of God." (Matthew 4:4)

These forty days, if intentionally observed, serve to lift up our commitment to daily repentance in all of life; and to remember with confidence and gratitude that Christ has conquered death and sin.

The forty days of Lent is an opportunity to be creative and explore many wonderful disciplines, such as:

■ Unplug the T.V. for all forty days. Replace watching television with reading Scripture



**Rev. Dr. Raymond Hylton, Senior Pastor**

Hylton, cont. on page 2

## Notes from Session

Session's December meeting took place on Dec. 15, 2009. This was the first Session meeting of FPCE that Ray Hylton served as Moderator.

### Meeting Recap

■ Stewardship report — Laurie Kaeser reported for Go Sugiura. The results through week 7 show that giving is \$ 140,000 less than last year with 55 fewer pledge units. The Budget Committee is closely monitoring this and will implement tentative budget reductions [voted on by Session at a special meeting in early December], as necessary, at their Jan. 6 meeting.

■ Missions Council recommended that the Christmas Eve offering go to Good News Partners, which was approved. It was also recommended that the Covenant Agreement [a Chicago Presbytery statement of strong support] with the South Asia Fellowship be continued for another three years, also approved. Finally, the Missions Council reported how they are trying to implement the FPCE

Mission Statement in their planning and priorities.

■ Adult Discipleship/Member Development presented two reports; the first was an initial reading of "The Open Tables Proposal," which is an idea coming from two members for having some all-church luncheons after the 11 a.m. service to encourage members to know each other; the second was noting there will be a Soul Care Day Retreat: Making Space for God on Saturday, Feb. 6, led by Jay Sivits.

■ Doug Wilson covered a summary of the Intercultural Development Inventory that Session is working through over the next several months.

■ Sonia Bodi read Whit Brisky's "Renunciation of Jurisdiction" [resigning from PCUSA] according to The Book of Order G-6.070 and G-6.0703. He renounced his affiliation with the PCUSA due to the denomination's departure from certain essentials of the reformed faith.

— ALAN BORG

### Hylton, cont. from front page

■ Fast one day per week (only if medically possible). If not an entire day, then skip one meal and use that time to pray for others.

■ Start a prayer journal. Keep track of all the many concerns, praises and prayers.

■ Serve others. Find a ministry in the congregation or community that enables you to serve people's needs.

■ Give. Explore the discipline of tithing or proportionate giving and then be amazed at the joy that comes with giving your resources to the Lord's work.

■ Be quick to listen, slow to anger and slow to speak while around family, friends and strangers. Be in

the moment with people God sends your way.

■ Practice faithful worship attendance and if possible join a small group of Christians for mutual prayer, fellowship and encouragement.

These activities are not designed to earn God's love. Rather, they allow us the chance to grow in grace and in the knowledge of God.

REV. DR. RAYMOND HYLTON,  
SENIOR PASTOR

### Read *First Family* early

*First Family* is posted on the Web site the last week of the month, just before the print copies go into the mail. If you would like to help save printing and postal cost, and read the newsletter early, please notify Nancy Wicklund at [nwicklund@firstpresevanston.org](mailto:nwicklund@firstpresevanston.org) and she will remove you from the "snail mail" list.

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## Buy groceries, support Kemmerer Village

Campbell's UPC codes, General Mills box tops add up to supplies, cash for Presbyterian child care agency

Please be a part of these successful mission projects: Campbell's Labels for Education and General Mills Box Tops. Labels and box tops are sent to Kemmerer Village in Assumption, Ill., a private, non-profit Presbyterian child care agency established in 1914 that serves children who are victims of physical abuse, desertion, sexual abuse, neglect, and family and community violence. Many Presbyterian churches support Kemmerer by participating in the Campbell's Labels for Education and General Mills Box Tops programs.

The Campbell Soup Company labels are used to collect points for ordering school, cottage, and recreational items for Kemmerer: encyclopedias, reference books, computers, educational software, balls and games. Campbell Soup Company products: Campbell's Chef's Kettle Soups, Franco-American, Goldfish, Healthy Request, Pepperidge Farm, Prego, Swanson, and V8. To participate, clip and save only the UPC part of the label with the little Campbell's Logo. (Campbell's will no longer accept the full front label panel.)

Over the last two years, the Box Tops for Education program earned \$3,000 for Kemmerer to purchase 4,000 new books for their library. Since the school added a reading fundamentals class, students are using the library more and expanding their reading abilities. Reading test scores have improved for many students.

To participate in Box Tops for Education, clip the official General Mills Box Tops for Education from hundreds of your favorite products:

- **General Mills Cereals:** Cheerios, Total, Fiber One, Trix, Wheaties, Nature Valley
- **Baking:** Almond Joy® Dessert

Bar Mix; Betty Crocker; Bisquick; Fiber One™ Complete Pancake Mix; Fiber One™ Muffin Mix; Gold Medal Flour® 4.25lb Zipped Bag

■ **Frozen:** Green Giant® Vegetables; Pillsbury® Toaster Strudel® Pastries; Totino's® Pizza Rolls®

■ **Meals & Sides:** Betty Crocker®; Old El Paso®; Suddenly Salad® Mixes

■ **Refrigerated & Dairy:** Pillsbury; Yoplait® Yogurt

■ **Snacks:** Caribou Coffee® Bars; Cascadian Farm® Cheerios® Snack Mix; Chex Mix®; Fiber One® Bars; Fiber One™ Toaster Pastries; Fruit Flavored Snacks; Betty Crocker® Golden Graham® Snack Bars; Nature Valley® Granola Bars; Nature Valley® Granola Nut Clusters

■ **Storage Bags & Containers:** Ziploc® Brand Big Bags; Ziploc® Brand Snap 'n Seal Containers; Twist 'n Loc® Containers.

Also part of the General Mills Box Tops for Education program: Nestle® and Juicy Juice®; Ziploc®; Scott®, Viva®, Huggies®, Pull-Ups®, Goodnites®, Kotex®, Depend®, Poise® and Cottonelle®; Hefty®, Easy Grip®, Elegantware®, Zoo Pals®, The Gripper®, Cinch Sak® and Kitchen Fresh®; Avery®, Hi-Liter® and Marks-A-Lot®.

For more information on these programs visit: [boxtops4education.com](http://boxtops4education.com) and [labelsforeducation.com](http://labelsforeducation.com). Please participate in these important programs by saving and bringing your General Mills box tops, and the UPCs with the Campbell's logo to the reception desk to be placed in the designated container.

— JANE JEFFERY

## Deacon Doings

■ It's winter, and the need in the Deacons' Closet is still enormous for men's warm coats, shoes, sweaters, hoodies, and heavier-weight khaki pants and blue jeans. BELTS are also in very short supply. The extra clothes you clean out of your closet can save a life this time of year.

■ We thoughtfully request that donors to the Deacons' Closet be sure that clothing brought in to the Closet will be in clean and wearable (gently used) condition. Clothes with dirty appearance, ripped seams, popped buttons or broken zippers are unusable by our clients and have to be sorted out into the church garbage cans. It's much easier and more efficient to sort these kinds of items out at home.

Also, please keep in mind that we are serving a predominantly adult clientele in the Closet, and do not have space or time for displaying and distributing children's clothing. We cannot accept children's clothes, and hope that contributors will take these items to Salvation Army — as that is what we have to do when we receive them.

Thank you again and again for your generosity; the Closet is sometimes stacked to the ceiling with bags and boxes of clothes. Your thoughtfulness in consideration of the appropriateness of your contributions is much appreciated.

# Heart health is important for women, too

In addition to being the month for Valentine's Day, February is recognized as American Heart Month. When you hear the term "heart disease," like many women, you may think that it is a man's disease. The thought is that breast cancer is the most serious health concern women face at this time. And you would be wrong. Heart disease is the number one killer of women in the United States and kills more than all cancers ... combined. The statistics are alarming:

- 2.5 million U.S. women are hospitalized for cardiovascular illness each year.

- 500,000 women die each year from cardiovascular disease (vs. 446,000 men).

- 1 in 2 women will die of cardiovascular disease.

- Every 30 seconds 1 woman in the U.S. dies from CV disease.

In order to talk about heart disease we must define it. Coronary heart disease is the most common form of heart disease. It is a disorder of the blood vessels of the heart that can lead to a heart attack. A heart attack happens when an artery becomes blocked and prevents oxygen and nutrients from getting to the heart. Once you get heart disease you always have it — it is a lifelong condition. Also, the condition of your blood vessels will steadily worsen unless you make changes in your daily habits. That's why it is so important to take action now to prevent this disease.

There are two types of heart disease risk factors, those that are beyond your control and those that can be changed. You can't change your family history of early heart disease or your age. For women age becomes a risk factor at 55. After menopause a woman's production of estrogen drops and so she is more inclined to heart disease. Risk

factors that can be controlled by making lifestyle changes or, in some cases, taking medications include: smoking, high blood pressure, diabetes, obesity, physical inactivity, and mental



Julie Ruchniewicz

*But from there you will seek the Lord your God and you will find Him if you search for Him with all your heart and all your soul.*

stress/depression.

As you can see, some of the risk factors of heart disease for men and women are the same and some are different. However, when it comes to symptoms of an actual heart attack they can vary. Like in men, the most common heart attack symptom for women is pain or discomfort in the chest. However, women can also have a heart attack without having any chest pain. Some of the other symptoms women might experience include:

- Feeling out of breath
- Pain that runs along the neck, jaw, or upper back
- Nausea, vomiting or indigestion
- Unexplained sweating
- Sudden or overwhelming fatigue
- Dizziness

Many women tend to show up in emergency rooms after a lot of heart damage has already occurred because their symptoms are not "typical." If you experience these symptoms or think you are having a heart attack, call 911 immediately.

Why do more women than men die of heart disease? First of all, women are just not aware that heart disease is the number one killer of

women. They fail to relay symptoms of heart disease and then fail to seek treatment. Women are so busy taking care of everyone around them that they forget to take care of themselves.

Secondly, women present differently than men. Men with heart disease experience angina pain or a crushing feeling in their chest. Most women don't experience any angina. They may feel slight heart burn and that can lead to a misdiagnosis.

Start today to take charge of your heart. Work on slowly changing the risk factors you can control, learn the heart attack warning signs and remember to call 911 within 5 minutes of the start of symptoms. Caring for your heart is worth the effort.

— JULIE RUCHNIEWICZ, RN,  
PARISH NURSE



## Keep your contact information current in the church office.

You can update your family records via the web site: Go to [www.firstpresevanston.org](http://www.firstpresevanston.org), click on the button "About Us" and scroll down to "Contact Us" to complete the Personal Information Form. Please contact Nancy Wicklund in the church office, (847) 864-1472 or [nwicklund@firstpresevanston.org](mailto:nwicklund@firstpresevanston.org), with questions.

## Milestones

### Deaths

- Catherine Farrell died Jan. 3
- Helen Paynter died Jan. 10

# FPCE celebrates 10 years of Cursillo and Pilgrimage renewal weekends

*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God — this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will. — ROMANS 12: 1-2*

Cursillo is a three-day spiritual retreat to revive the spirit and rejuvenate the church. The Cursillo weekend is only a start, it is a short course in the fundamentals of living the Christian life, training us to be evangelizers, to change the world for Christ. The weekend is followed with small and large group community to encourage ongoing transformation in Christ.

First Pres launched Chicagoland Presbyterian Cursillo in June 2000. Since then, we have had about 400 participants from about 20 area churches on the 19 weekends held through 2009. Though started by the Catholic church in the 1940s, Cursillo weekends are held by many denominations throughout the world, using names such as Tres Dias, Walk to Emmaus, and Great Banquet. In 2009 we decided to join with other Presbyterian communities around the U.S. and change the name to Chicagoland Presbyterian Pilgrimage. We now welcome all Christians to the three-day Pilgrimage weekends.

Join us for the next exciting Pilgrimage, April 15-18, at the DeKoven Center on Lake Michigan in Racine, Wis.

Pilgrimage consists of daily

authentic talks by lay and pastoral staff, small group discussions, beautiful and varied services, great music, pastoral care and prayer, and tons of fun. You will see, hear, touch (and yes, even taste) the love of Christ for you, in new ways. We don't normally set aside whole weekends, let alone days, for the development of our spiritual growth. Maybe this April, as spring begins renewal of our earth, you will join the Pilgrimage to renew your relationship with Jesus Christ.

An application for Pilgrimage #20 is available below and more information is available at [www.chpilgrimage.org](http://www.chpilgrimage.org). Scholarships are available upon request. Please prayerfully consider coming to Pilgrimage. You will be blessed, renewed and transformed.

— BECKY BEEM

## APPLICATION FOR CHICAGOLAND PRESBYTERIAN PILGRIMAGE (CURSILLO)

*(Generally applicants will be received on a first come, first served basis.)*

DATE/LOCATION: **April 15-18 at the DeKoven Center, Racine, Wis.** TODAY'S DATE \_\_\_\_\_

MR. MRS. MS. \_\_\_\_\_ NICKNAME \_\_\_\_\_  
Last First

ADDRESS \_\_\_\_\_ SPOUSE'S NAME \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

PHONES; HOME # \_\_\_\_\_ WORK # \_\_\_\_\_ CELL # \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_ BIRTHDAY \_\_\_\_\_  
Mo/Day only

MARITAL STATUS \_\_\_\_\_ IS SPOUSE ATTENDING? \_\_\_\_\_

CHURCH MEMBERSHIP AT \_\_\_\_\_ PASTOR \_\_\_\_\_

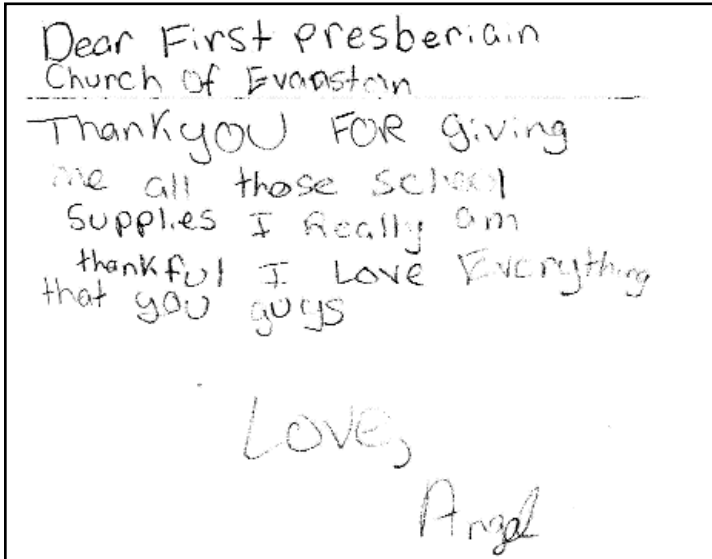
CHURCH CITY \_\_\_\_\_ STATE \_\_\_\_\_

*If you have any special requirements (allergy, diet, physical limitations, snoring) please identify:*

*Costs: The total cost of the weekend is \$250 per person, which includes lodging and meals. You will not need additional money for the weekend. A registration fee of \$50 should be sent with application to Eleanor Ehresman, 645 Arbor Lane, Glenview, IL 60025, (847) 724-6205, [eleanor.ehresman@moody.edu](mailto:eleanor.ehresman@moody.edu). Please call with questions. You will be asked to pay the balance upon arrival at the retreat center. Please make checks payable to: First Presbyterian Church of Evanston, Memo: Pilgrimage weekend. Weekends begin at 5 p.m. on Thursday and end on/or about 5 p.m. on Sunday.*

Deacon Speak

# A big THANKS from Angel



In response to this past autumn's Back-to-School Backpack Project, the Deacons received this delightful thank you note from one of our backpack recipients — Angel being the child's perfect name.

It's true to say we don't do this work for any thanks or compensation, but the pure pleasure and joy apparent in Angel's note is something we Deacons wanted to share with you. As our way

of passing along THANKS to you in our First Presbyterian Family for your generous contributions to the Deacons' ministry through the year.

Hearty, happy thanks to Angel, too. But mostly thanks to the Lord for giving us the chance to serve.

— DAVE JONES,  
BOARD OF DEACONS

## The First Presbyterian Church

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Editor: Catherine Potts  
Distribution: Nancy Wicklund

*First Family* is a publication of The First Presbyterian Church in Evanston, Ill. We hope it will inform members and friends and encourage a community of fellowship in our church family.

*First Family* wants to publish news from all parts of the church family. The deadline for each issue is the 5th of the preceding month. Contact Catherine Potts with story ideas, submissions and photos: Work phone (312) 464-5517, home (773) 381-9901, e-mail [catherinepotts@sbcglobal.net](mailto:catherinepotts@sbcglobal.net).

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