



First Family

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

March 2010

The First Presbyterian Church of Evanston

Vol. 6, No. 14

Stephen Ministry

Don't walk alone

*"While we seek mirth and beauty
and music light and gay,
There are frail forms fainting at the
door:
Though their voices are silent, their
pleading looks will say,
Oh! Hard times, come again no more.
— STEPHEN C. FOSTER*

Have you known hard times? Has your heart been weary or broken through loss — of a loved one, a relationship, a job/career? Have you questioned your faith or wondered where God was in the midst of a life crisis? People of all ages experience times of difficulty and crisis. Worldly wisdom tells us that adversity makes us stronger. But in that moment we need someone to come along side us, to walk with us, and just listen.

During hard times we may need to be reminded that Christ is the perfect and complete, ever-present source of strength, endurance, and healing in life. He comes to us through an inner voice when we are

Stephen, cont. on page 5

Your tables are ready

At “Lemonade on the Lawn” on a hot Sunday, I drank tea. Children enjoyed Oreos.® Bible study friends talked. I saw people I'd often seen, but didn't know. I wasn't up to introducing myself. I wondered: "Will anyone talk to me?"

It didn't happen. Loneliness hit me hard.

Driving home, I felt curious, "If didn't know anybody at church and no one talked to me would I come back?" Probably not. I would have thought FPCE treated "insiders" well, but not those outside our church.

But, I was an "insider" who felt like an outsider during that "lemonade" time. I began to think that the body of Christ at First Pres — me included — wasn't as healthy as we needed to be. Did anyone else feel this way?

Friend and fellow member, Linda Takushi, asked me to lunch. Linda too had deep concerns about our church's health.

We knew First Pres wasn't purposefully unfriendly or unwelcoming — people just didn't know how to connect with each other, and didn't have an easy way to do it.

We wanted to help. Linda said, "Let's 'break bread' together — like the early church did." Elders and staff agreed. The "breaking bread" concept is a new ministry at FPCE called Open Tables.

The main idea of Open Tables is to bring people in our church together to share a meal as members of the body of Christ — to all eat together around the family dinner table.

Open Tables Progressive Dinner

When: March 21 after the 11 a.m. service

How it works: At sign in, you'll get a ticket with three table numbers. First number: salad, second number: entrée, third number: dessert. You'll sit with different people for each part of the meal.

Cost: \$4, childcare available for \$5/child, \$9/family

Preregister by visiting www.first-presevanston.org/opentables

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Notes from Session

For the monthly meeting of the FPCE Session of elders, Jan. 26, the Board of Trustees joined with the elders in a combined meeting to report on financial matters to date. Also included as guests, invited to give reports, were Jason Burton, interim director, Youth Ministry; Connie Floyd, director, Children's Ministry; and Caryl Weinberg, director, Mission.

Jan. 26 Meeting Recap

Board of Trustees President Noel Jackson reported to the elders on the difficult financial year just past. In a discussion of the needed cuts already made in our deficit budget for 2010, he said the trustees are now focusing on the future, not looking back to restore those amounts if income should rise. Session approved the 2010 budget.

Other segments of the Board of Trustees Report included statements by Stewardship Chair Go Sugiura and Endowment Chair George Collins. Mr. Sugiura said that 2009 member financial support for the church was not as positive as needed. Mr. Collins said that our Endowment Fund continues to perform better than average market performance.

A joint motion for aid to disaster-stricken Haiti was made by both the Board of Trustees and the Mission Council, and Session approved it. Also, Mission Director Caryl Weinberg stated that our Palm Sunday offering will go to the One Great Hour of Sharing, observed by churches worldwide.

Deacon Susan Powell, reporting to the Session on the Board of Deacons' programs of support and care, said that the deacons had moved \$5,000 from their funds to FPCE's general budget, mostly to the pastor's fund for discretionary use.

Church Council reports on how each is applying our FPCE Mission Statement in its work concluded with Personnel Ministry Council Chair Ray Carmichael explaining how that is now implemented in PMC's work. Pastor Ray Hylton commented on the possible needs for discipling skills in the work of the PMC.

For the Adult Discipleship and Membership Development Council Elder Greg Lewis spoke about Open Tables, beginning March 21. By sharing meals in small groups, the goal is to bring us together socially and spiritually so that we feel welcomed, known, and accepted.

Reporting as Clerk of Session, Sonia Bodi [1] said she'd accept one more year as clerk, and Session approved; [2] stated that at year's end she will recommend a 3-year term limit for clerks; [3] reported the trustees' choice of Ray Koenig as church treasurer, and Session accepted; [4] reported that the Commissioners to the Presbytery of Chicago are Sonia Bodi, Ray Carmichael, Peggy Forbes, Norman Rubash, Bob Sefton, Thomas Sullivan, and Kenneth Wylie. Session approved this list and also voted approval of the elders to be FPCE Ministry Council contacts.

Expanding lay leadership of our church now is an important goal, and Elder Terry Halliday stated his concern that too many lay leaders stay on the Ministry Councils too long, limiting fresh views and diversity. As a remedy Elder Halliday moved the creation of a task force to recommend to Session action on the "composition and functioning of FPCE Ministry Councils and other leadership bodies." Session approved.

— KEN WYLIE

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 and she will remove you from the "snail mail" list.

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"Creation-care" in the context of Christian life

"It took evangelical Christians a long time to wake up to the fact that the Bible calls us to be socially responsible. I hope and pray that it does not take as long to realize that the Bible also calls us to be environmentally responsible. Too much is at stake and the time is very short."

— TONY CAMPOLO, CHRISTIAN AUTHOR, SOCIOLOGIST & PRESIDENT OF THE EVANGELICAL ASSOCIATION FOR THE PROMOTION OF EDUCATION

You may be like me — you are interested in protecting the environment, yet have a hard time figuring out how environmentalism coincides with Biblical principles of Christianity. Too often environmental stewardship is linked to New Age activism rather than biblical imperatives to care for creation and so you may be left wondering, "How do I, as a Christian, take up the cause for protecting nature without worshipping the Earth?"

The scriptures tell us in John 3:16 that "God so loved the world that He gave His only begotten Son." In the

original Greek, the word for "world" is the Greek word "cosmos," which refers to anything and everything that is in the universe, not just homo sapiens but also the animals, plants, water, etc. Yes, God loves us humans most of all, but he also loves the creation that He so masterfully formed (Genesis 1:31). If our heart is focused on faithfulness to God's Word, being "green" isn't about political affiliation or a secular ecological movement. To be a "green Christian" is to have concern for the health of the planet and be a good steward of the wonderful world that God has provided us to live in.

We can all be "green Christians" in one way or another, even if in small ways. Many of us may even be able to integrate creation-care with our passion for serving God's Kingdom in other ways. For instance, I am currently interning with the Parish Nurse Ministry. I have a passion for promoting health in the context of faith and I realize that an important part of wellness is environmental health, which

includes preventing and controlling environmental hazards that pose risks to human health and safety.

With this objective in mind, one of the ways I want to promote wellness is to encourage families to take part in simple household activities like recycling and properly disposing of hazardous waste in a way that is healthy for our families and for the environment. I am happy to announce that the FPCE Parish Nurse Ministry and the Environmental Stewardship Focus Group will co-sponsor a household chemicals and electronics recycling collection event in the church parking lot on Saturday, May 1.

Details of the event will be included in the next issue of First Family. In the meantime, to learn about other easy ways to care for God's creation, visit:

www.firstpresevanston.org/focus-groups, and click on "Environmental Stewardship."

— MORIAH HENRIE, INTERN, PARISH NURSE MINISTRY

Is the Democratic Republic of the Congo beyond hope?

The Democratic Republic of the Congo's war against militias and neighboring countries has caused the loss of 5.4 million people in the last 10 years and the violent injury of over 600,000 women and children. Despite this crisis, the Congolese Presbyterian churches are still running 705 schools, supporting many women's programs and sustaining medical centers. How is this possible? Come to be inspired by a people of great faith and incredible endurance.

■ **Wednesday, March 24, 7-9 p.m.**
"Can Children Survive and Become Educated in the Congo?"

See "Street Children of Kinshasa," a film about the Congo's impact on children, and hear a panel discuss conditions in the Congo and empowerment through education. Panel: Denise Drane, professor at Northwestern University, and Jan Sullivan, former Special Services Director.

■ **Wednesday, April 28, 7-9 p.m.**
"Can Violence Be Stopped in the Congo?" Come to see a film about the women of the Congo and hear about efforts to stop the violence and empower women. Conveners: Caryl Weinberg, FPCE's Mission Director, and Tom Sullivan, retired Social Service Administrator.

■ **Sunday, May 16, at 11 a.m.**
"Can the Congo's Doctors Conquer the Three 'Ms' (Malaria, Malnutrition, Micro-organisms)?"
 View a video and hear about the Congo's health challenges and its Presbyterian health ministries. Presenter: Amy McAuley, MD, and President-Elect of the Presbyterian Medical Benevolence Foundation Board.

Milestones

Deaths

- Art Sinclair died Jan. 11

Deacon Speak

"Teenage Deacon"

A boy who sets a man's example

One of the great, refreshing "reformation" moments in recent Deaconate history has been the welcoming and ordination of our church's first Deacon rising up from Youth Ministry — while still an actual Youth! When God gave him the call as a high school freshman, John McAuley didn't hesitate over a little thing like age in years, he stepped right up to help his brother and sister Deacons serve in the care and nurture of our church body.

(History does not carefully record how much investigation of church rules, traditions, and polity our Board of Deacons might have felt we had to do to make sure a 14- or 15-year-old boy was officially "qualified" for such a role, or how many of us might have felt it at least a little "strange" to have a youngster taking on such seriously "adult" concerns and commitments. In hindsight, having seen John's shining example of the great work God can do in us at any age, we all know how fortunate we are to have such a fine young man working with us.)

Some might still ask, How suitable is this office for one so young? Aren't the strenuous demands and rigors of a teenager's life — in family, school, and play — enough to fill the goofy, stressful chaos of their days? Well, hear this: In addition to the near-4.0 grade average that John is carrying through his academic coursework, he finds time to play violin in the ETHS student orchestra, and to compete at an interscholastic level in both Wrestling and Tennis (to which daunting athletic regimen he's thinking of adding Cross Country running in the fall). And, almost needless to mention, John remains an active member of PYGs.

There's a special memory some of us Deacons will have of John joining us to work down in the Deacons' Closet on an early Saturday morning after he'd been up all night in the Roy Hall gym at a PYGs group "sleepover" party: Only youth can make such happy, droopy-eyed exhaustion look both so productive and fun.

Any of you male grown-up adult type prospective Deacons out there who keep thinking and saying you're just "too busy" to join up with us to serve the Lord, take a good look at a kid like John McAuley: He can show you

what it takes to answer to God's call. Eagerly. With vigor. And love.

Enjoy John's story:

My name is John McAuley, and I am a 16-year-old member of First Presbyterian Church of Evanston. My family has always been very active in the church, and I have enjoyed being a part of the Children's and Youth Ministries.

I was asked to become a Deacon of the church this past year. I am the first teenager to become a Deacon at First Presbyterian and, so, am currently the youngest member of the Board of Deacons.

Being a Deacon has been a very enjoyable experience for me thus far, and I am looking forward to trying to get members of the Youth involved in as many ways as possible.

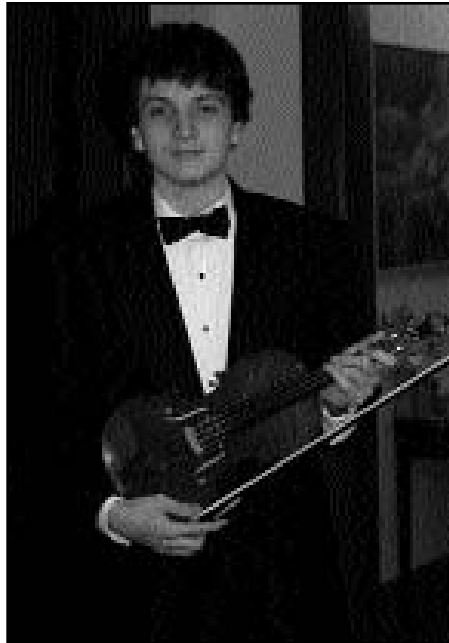
In the past, I have helped in the crib room and with toddlers in Sunday School, and this past summer I was a counselor at Phantom Ranch Church Camp and also went on a PYGs mission trip to Alabama. That mission trip is one of the major reasons why I con-

sidered getting involved with the Deacons. From that journey, I learned I wanted to serve others in the church and our community in Evanston; I didn't want my service to the community to end with the trip to Alabama.

Now, as a Deacon, I help out our community by spending time in the Clothes Closet on Saturday mornings. I have also had the opportunity to serve Communion to members who are homebound, and to help serve food and beverages at the coffee hour for Fellowship.

I confess I have not donated blood at one of our Blood Drives yet. But, hey, I'm young — there's time.

Knowing I would have a chance to help others was what truly influenced my decision in becoming a Deacon. I hope that my time as a Deacon will continue to be a fun experience, and that others will follow in my example. I Peter 4:11: "If anyone serves he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ."



Teen Deacon John McAuley

Open Tables, cont. from front page

Why "breaking bread?" Bread was "everyman's" food in the ancient Middle East. When you broke bread, it was an act of communion: Day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts. The early church shared life over a meal (Acts 2:46).

Though we live in the iPhone® age, we still need each other to be healthy in Christ. The Open Tables idea is simple. We eat together. Talk. Get to know each other. We start sharing life.

The first event is the Open Tables Kick-Off Progressive Dinner, on March 21 after the 11 a.m. service in Roy Hall and the Dining Room.

Here's the plan: At sign in, you'll get a ticket with three numbers. Each number represents your table. First number: salad, second number: entrée, third number: dessert. You'll move to each table talking to different people during the meal. At the end, you'll be invited to sign up for meals at restaurants or each other's homes with people from the Kick-Off.

Pre-registration is vital because

seating is complex. Preregister now by visiting www.firstpresevanston.org/opentables. Starting March 7, you can sign up at the front desk or during coffee hour. Tickets are \$4 per person. On the registration card, you can request that your costs be covered; this is for childcare too. We want everyone to come.

Childcare for 5th grade and younger is available — and requested (\$5/child, \$9/family). The nursery will be open. Sixth grade and up are welcome to attend. You'll meet new people — all on your own.

I was sick recently, but I wanted to get to church. I sat down just as Pastor Ray said during that the next two weeks he would preach from Romans 12:3-13. I quietly laughed and cried a little. That passage is the Biblical basis and prayer for Open Tables, which Pastor Ray had not yet seen.

That kind of connection makes one wonder: "What is God up to at FPCE?" Let's find out. Come to the kickoff. There's a seat at the table with your name on it.

— JODI BITTIE

Save the date

The Women's Ministry Daytime Retreat — **"Pure Beauty (a beauty treatment for the soul)"** with author Virginia Lefler — will be Saturday, May 1, from 10 a.m. - 2 p.m., lunch included. Stay tuned for details, including location, and mark your calendars for a wonderful event!

— DEBBIE DEYHLE

Use the Web to update your contact information for FPCE. Go to www.firstpresevanston.org, click on the button "About Us" and scroll down to "Contact Us" to complete the Personal Information Form.

Deepening our faith, widening our culture

Learn how to welcome all God's children into His church at the Tenth National Multicultural Conference: Deepening Our Faith ... Widening Our Culture, May 27-30 at the Marriott Chicago O'Hare. The conference is sponsored by Multicultural Ministries of the General Assembly Council, Presbyterian Church (USA) in partnership with the Presbytery of Chicago, the Synod of Lincoln Trails and the Presbyterian Multicultural Network (PMN). For more information, go to: www.pcusa.org/multicultural

March preaching plan

March 7

- Sermon: Resisting revenge
- Text: Matthew 5: 38-42

March 14

- Sermon: Love your enemies
 - Text: Matthew 5: 43-48
- (Daylight Saving Time begins.)

March 21

- Sermon: How to give
- Text: Matthew 6: 1-4

March 28 - Palm Sunday

- Sermon: Your king is coming
- Text: Zech. 9: 9-13

Stephen, cont. from front page

alone, and through those around us — many times people we did not know before our crisis — who bring great comfort just by being present with us in our dark hours. They listen without judging, without giving advice or trying to be the hero by "fixing" things. These people recognize Jesus as the only healer and source of strength.

We invite you to explore having such a companion in your "hard times... someone who can be confidential in all that's said. Please call Alice Rubash, (847) 864-2247 and inquire about having a Stephen Minister meet with you.

Paul sums up this up in Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ." No one should walk alone.

— MARGE STROMBERG,
STEPHEN LEADER AND
CLAUDE CUMMINGS,
STEPHEN MINISTER

Emmaus Ministries helps young men in trouble

FPCE hosts dance concert benefit April 18

On a lonely night in the section of Chicago's Lakeview neighborhood known by local residents as 'Boystown,' a young college dropout looking to do some good was getting a tour of the area he would be patrolling as a volunteer. John Green had just returned to Wheaton College to finish his degree after a two-year hiatus helping runaway and homeless youth in New York City. His experiences in New York compelled him to seek out similar populations to minister to when he returned to Chicago. His search led him to Genesis House, a ministry to women in prostitution, and its founder Edwina Gately, his tour guide on this night.

Edwina pointed out all the seedy areas on their walking tour: the sex shops, the places where women walked the streets, the corners where their customers picked them up. But one tour highlight stuck out to John.

Pointing to a group of men loosely gathered at one street corner, Edwina noted in passing: "Those guys over there are prostitutes, too. But nobody works with them." And then she moved on with the tour.

But John couldn't get her words out of his head. Nobody works with them. Nobody helps them. Nobody cares. Over the next several months, John felt God calling him to be someone who does work with them; who does help them; who does care.

And so Emmaus Ministries was born.

Emmaus Ministries is an evangelical ministry of Roman Catholic and Protestant Christians working together to reach out to men involved in prostitution on the streets of Chicago. We are one of the only organizations in the world

specifically dedicated to serving male prostitutes (also known as "hustlers").

When John Green first founded the ministry in 1990, he and a few volunteers offered what help they could as they walked the streets a few nights a week: a ride to a shelter or drug treatment clinic, a sand-

Mercy in Motion



What: Performance by Störling Dance Theater

When: Sunday, April 18, at 4 p.m.

Where: FPCE

To benefit: Emmaus Ministries

For more information:

www.mercyinmotion.net

wich, or conversation and prayer over a cup of coffee. Twenty years later, Emmaus continues to offer help through outreach ministers who are out on the streets seven nights a week from 10 p.m. to 3 a.m. Men met on the streets are invited to the Ministry Center, Emmaus's daytime drop-in center, which is open six days a week. The Ministry Center serves as both a safe place where the men can receive personal and spiritual support and as a resource-networking center connecting them to critical services (like housing aid and drug treatment programs).

Men who resort to prostitution are at great risk, and many will die as young men if they stay on the streets. Most of them were physical or sexually abused as children.

Nearly all of them struggle with addictions to the drugs that mask the pain and shame they live with. We at Emmaus Ministries feel compelled by the love of Christ to reach out to these men, whose lives are broken and often without hope. We seek to help them on the difficult road that leads to health and a life away from the streets, and to encourage them to cultivate a life-changing relationship with Jesus Christ.

One of Emmaus's closest church partners in this work has been First Pres Evanston. For the past 12 years, the members of FPCE have blessed us with their time, their prayers, and their financial resources. FPCE has hosted Emmaus performances and provided volunteers — some of whom (like the gifted chef Caroline Carter) have become legends among our guys. FPCE members have helped us build major components of our ministry and aided us in our hours of need.

On April 18, FPCE will do even more to help Emmaus.

April 18 is the date of Mercy in Motion, an exciting new event featuring a performance by Störling Dance Theater. Störling is an internationally acclaimed classical dance group based in Kansas City. FPCE will host Störling on Sunday, April 18, at 4 p.m. in a dance concert on behalf of Emmaus Ministries. Mercy in Motion will be a spectacular display of ballet and classical dance, a wonderful experience that is appropriate for all ages.

We hope that you will come and enjoy the performance. For more information, visit www.mercyinmotion.net.

— PAUL GODDELL, DEVELOPMENT DIRECTOR FOR EMMAUS MINISTRIES

Health, cont. from back page

run 3-4 miles, do yoga and Pilates. Exercise is important to decrease stress and help you feel good about yourself. Emotionally, it is hard being separated from my family, but I am in daily contact with them. I pray and write in a journal to process those feelings. I love to read a broad range of topics including fiction, non-fiction and autobiographies. I have also learned to be comfortable with myself and not try to please others or live up to myths or expectations placed on me.

I learned early as a pastor that I am only one person and not to have a Messiah complex. I am here to support, listen and encourage, but I can't take ownership. Another thing I find helpful is to disconnect. When I leave the church to go home, I leave the church. Spiritually, I intentionally carve out time for practices of fasting, praying, and journaling. I purposefully did not bring a television with me, so there would be no distractions from my time with God. I have also had quality community time since I have come to FPCE. I have met in small groups, shared meals with families, and met in social settings.

2. In your experience as a pastor, have you seen congregations become healthier communities in mind, body, and spirit? If so, how? What are some of the challenges you've faced in this endeavor?

Much the same as what we are doing here, conflict resolution, avoidance of conflict and learning appropriate ways to interact with each other. At my former church they were just beginning to look at health in terms of body, mind and spirit, but it was all done through lay ministry. They had a group exploring how food is used in our daily lives and an exercise program for women.

The challenges I have faced have been mostly with leadership groups and where /how decisions will be made. Again, the conflict

avoidance/resolution issue is often at the heart. Also, in these stressful times how do you help people to maintain healthy responses? For example, how do we help people to avoid binge eating, binge spending or excessive drinking? That is a struggle.

3. As a parent, what are the ways you and your wife promote a healthy family?

We, for the most part, eat at home and together as a family. We occasionally eat fast food, but it is not a pattern. My wife and I were athletic growing up and all of our children have been involved in sports. We are all active and like to exercise or bike ride. They also all love to read. I taught my children conflict resolution, but then modeled that behavior with my wife. We also empowered our children to use those tools in school and with friends. Another priority was to teach our children to take care of their resources, whether it be time or money. We pray together as a family and take time to talk. Now they come to us to discuss issues both good and bad.

4. In your opinion, what are some of the best ways the FPCE church family and staff can model healthy behaviors to each other and outward to the surrounding community? What are your hopes for the physical, emotional, and spiritual health of FPCE going into the future?


Continue to encourage the development of the Parish Nurse Ministry because you are educating us. Staff should practice what we are encouraging by not overworking ourselves or trying to fulfill unrealistic expectations. Take vacation time, have hobbies and a home life outside of the church. We need to encourage education programs and screenings that the community might find interesting with literature and promotions that would invite people in and integrate health of

body, mind and spirit. Also, I feel our congregation has a responsibility to be environmentally aware and to utilize our resources in a conscious manner. I would like to see FPCE become a model of racial reconciliation. My hope is for increased rapport with each other and our community. We also need to continue to support the people in this church who are disabled and have health issues.

As we go forward we should be better stewards of ourselves and see the body as a gift from God and not abuse the Temple. We are very good at doing just that. In small groups, encourage others to change. We would see this as opportunities to help each other create or move forward with some healthier habits. Have the issue of health in body, mind and spirit become a stewardship issue in this church.

Pastor Hylton is already modeling healthy behaviors and this could serve to inspire us to become a healthier congregation. Far from being self-centered, when you set aside time to take care of your body, soul and spirit you are preparing yourself for greater and longer service to God.

— JULIE RUCHNIEWICZ, RN,
PARISH NURSE

 Advocate Health Care

Health needs survey results available online

In January, the Parish Nurse Ministry conducted a congregational survey of health needs. Thank you to everyone who participated! We received 153 survey responses that provided us excellent feedback to help us plan upcoming health and wellness programming. To take a look at the final results of the survey, we invite you to visit the Parish Nurse Ministry Web page: www.firstpresevanston.org/parishnurse.

— THANKS AGAIN!
JULIE RUCHNIEWICZ

Staying healthy in mind, body and spirit

A conversation with Pastor Ray Hylton

Our society seems to be focused on self: self help, self-fulfillment, and self-improvement. This can be interpreted as selfishness and self-centeredness. However, self-care need not be self-centered. It is so important for pastors and other church leaders to model healthy behaviors. They can serve the congregation best when they feel healthy in body mind and spirit. In Mark 6:7-12 Jesus sends the Twelve out on their first ministry assignment. Then in verse 30, the disciples return, excited about the successes of their work and telling the stories of all that they had done. However, in verse 31 the disciples realize what pastors have been facing for many years, there is too much to do and needs beyond their abilities. So how does Jesus handle this situa-

tion? Does he send them back out, add to their load, cut back on personal

al in taking care of himself and he was gracious enough to sit down with me and share how he works hard to stay healthy in body, mind and spirit.



Julie Ruchniewicz

May God himself, the God who makes everything holy and whole, make you holy and whole, put you together — spirit, soul, and body — and keep you fit for the coming of our Master, Jesus Christ.

— 1 THESSALONIANS 5:23

time? No, he does not. He establishes a pattern for his ministry: “Come with me by yourselves to a quiet place and get some rest,” Mark 6:31.

We need to allow our clergy time to take care of themselves, so that they can give more freely of their gifts over the long term. Pastor Ray is intention-

1. Pastors and lay ministry leaders are prone to burn out because they focus so much of their time and energy serving others. What are some of the ways that you practice self-care in order to avoid burn out? Please speak to physical, emotional and spiritual health.

Physically, I maintain a pattern of exercise at least 3-4 days a week. I

Health, cont. on page 7

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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.

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