



First Family

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

May 2010

The First Presbyterian Church of Evanston

Vol. 6, No. 16

Youth Car Wash

Saturday, May 8, 8 a.m. - 2 p.m.
Free!

Bring your car to the FPCE parking lot for this fundraiser for Youth Missions and scholarships. This summer 35 of our high school youth and adult leaders will be traveling to Tijuana, Mexico, to help build homes with Amor Ministries. Come out and help support this trip!

The car wash is free, but we will be asking church members to make a pledge based on how many cars we wash. Watch your mailbox or e-mail inbox for a pledge card coming your way soon.

Youth Sunday Worship and Celebration Brunch

Sunday, May 23, one 10 a.m. service

Our youth will be sharing their talents and their hearts as they lead us in worship and tell what God has been doing in their lives!

There will only be one service, at 10 a.m., followed by a brunch in Roy Hall celebrating youth ministry with food, photos, and a chance to honor our seniors and our volunteer leaders. All church members and guests are invited to the service and the brunch.

Officer nominating underway

Nominations due May 9; form on page 7

The 2010 Nominating Committee has begun the process of identifying and selecting nominees for the Elder, Deacon, and Trustee Class of 2013. At our first meeting in March, Pastor Ray explained that our church officers must be spiritual leaders who love the church, act as role models by practicing self-leadership in their own spiritual lives, and are first and foremost Christian. The Team would encourage you to pray for discernment in choosing those who you feel would be best qualified to serve. We also ask for prayer that the Holy Spirit will move the hearts of those persons to eagerly accept the call to serve and to lead. A Nominating Form is included in this *First Family* (see page 7) and we welcome your nominations for officer candidates. Self-nominations are acceptable. You may also e-mail the Nominating Committee with suggestions or questions at fpcenominating@gmail.com.

"When I agreed to serve as an Elder, I really thought I'd just be dealing with policies and programs and things of that nature. I didn't know that being an Elder has the church's spiritual direction as its foundational work. I am grateful for my own personal spiritual growth through this time. I have learned a great deal about serving God and using His word for guidance, and it's been a real honor to be intimately involved with the spiritual direction of this wonderful church."

— MARCIA SMITH,
3RD YEAR ELDER

Following are descriptions of the three officer positions:

Elder (3 year term, 6 to be elected)

Elders (collectively known as the Session) should be persons of faith,

Nominations, cont. on page 6

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Notes from Session

National Day of Prayer

Notes from Session

On March 23 the Session of First Presbyterian Church of Evanston conducted its monthly meeting.

Presiding were The Rev. Raymond Hylton, senior pastor, as moderator, and Elder Sonia Bodi, as clerk of session. Present were 16 of the 18 elders plus guests invited to present: Rick Prieto, Board of Trustees; Susan Powell, moderator, Board of Deacons; and directors Jason Burton, Youth Ministry; Connie Floyd, Children's Ministries; Natalie Richards, Worship and Music; and Caryl Weinberg, Missions.

Trustee Report

Trustee Prieto told the elders that our budget through February looks promising, that giving is up 19 percent and expenses are \$26,520 under budget, altogether resulting in our being \$74,431 ahead of budget. The Trustees are now reviewing all FPCE financial policies to check on their completeness and will draft new policies as needed.

Deacon Report

Deacon Powell covered current Deacon work: [a] the new Visitors Welcome Room, No. 103, beginning March 28, will be open after each Sunday worship service; [b] April 27 will be the first cooperative blood drive with Lake Street Church; [c] blood testing (pressure and sugar levels) will be in conjunction with the basement Clothes Closet, Saturdays; [d] for Mother's Day 25 gift baskets each will be sent to the women's shelters of Good News and YWCA; [e] as a new Pastoral Care Council policy, Easter lilies now will go only to those who request them; others will get Easter cards.

Stewardship Ministry

Elder Laurie Kaeser reported that the stewardship theme for 2010 is in planning; Stewardship Dinner will be Sept. 17; and a financial planning course is coming for the adult education series.

Nominating Committee

Ms. Kaeser, speaking also for this body, said that forms for nominee suggestions from the congregation will be out after Easter. The goal is a complete slate by August. And Elder Marcia Smith replaces Elder Ray Carmichael on this body.

Unemployment Help

Elder Florence Hurter explained our church's new aid for those seeking work — a job-hunt center equipped with computer, printer, and fax access and open daily in 2-hour slots, 8:30 a.m. to 4:30 p.m.

Great Commission Fund

Informed by Missions Director Caryl Weinberg's explanation of two requests for help from the Great Commission fund, Session voted to donate (1) \$30,000 to Good News Partners for buying a building for homeless housing and (2) \$5,000 for Emmaus Ministries as aid in their big budget shortfall.

Pastor Hylton's Report

Strategic Planning Task Force has set a goal of presenting FPCE with a plan by October of 2010. A total of 19 were recommended as Task Force members by the elders who first volunteered for the planning. By looking at our strong and weak points and opportunities while using the rich lode of information in the 2008 Listening Report and 2009 Renewal Survey, the Task Force hopes to begin reaching some conclusions in April or May. Repeating the listening and survey processes could bring more vital information from our congregation. Knowing the Evanston community and its needs also is critical for planning FPCE strategy.

Leadership Task Force

Moderator of this body, Elder Terry Halliday, discussed changes requested in the Task Force Proposal on FPCE Councils, especially on steps to inform the congregation about changes in

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council governance and responsibilities as we seek varieties of leadership renewal, both for long-serving and emerging leaders. Session raised numbers of practical questions about implementation which were incorporated as amendments to the Proposal. Elder Jim McAuley proposed a spiritual gifts program for May that would help FPCE members match themselves to church bodies needing their talents. By majority vote Session approved. — KEN WYLIE

Stewardship

Some facts and figures about FPCE

Sitting in the corner of Lake Street and Chicago Avenue for over 140 years, First Pres is a blessed church. It's an active and live church. Many people come and go every day through its doors, which are open from 8 a.m. till 10 p.m. everyday during the week, and all day Saturdays and Sundays. It is engaged in many ministries serving people around us, as well as around the world. For example:

Did you know that

- Over 130 hot meals are served every Saturday morning at Souper Saturday?
- Over 40 junior and senior high school students are in the youth programs?
- Over 100 children attend Vacation Bible School every year in July?
- 29 missionaries and their families, along with 30 missionary organizations, within the country and in 15 countries around the world, depend on our financial support?
- We have 29 dedicated staff members, quite a reduction from 45 at one time, serving to support the activities of the church?
- Etc., etc., etc.....

All these are made possible through your faithful giving, financial and otherwise. We are thankful for your faithfulness. We are blessed!!

Did you also know that

- Over 80 percent of the church's total revenue comes from your giving, contrary to what some of you might think?
- Total giving from the congregation, unfortunately, has been declining in recent years, as shown below?

	2007	2008	2009	2010
\$MM	1,892	1,612	1,769	1,561
Giving Units:	473	386	397	345

In 2010, we started a new chapter in the history of this church, with Dr. Raymond Hylton coming on board as our Senior Pastor. It is an exciting time! We are seeing some new faces every Sunday morning, as well as some familiar ones that we are so glad to welcome back.

Won't you join us (or re-join us) to be an active part of this "family of faith," to make First Pres an even more blessed and live church? Giving would provide joy not only to its recipients, but to the givers, just as well. Paul says: "This service that you perform is not only supplying the needs of God's people but is also overflowing in many expressions of thanks to God." (II Corinthians, 9:12).

We are thankful for your being a part of our ministry.

— GO SUGIURA
STEWARDSHIP MINISTRY TEAM

New Member Fellowship Hour May 16

On Sunday, May 16, the Fellowship Hour between the services will be a special welcome for FPCE's new members.

Please come upstairs to welcome in our new members and celebrate their new beginning!

National Day of Prayer May 6 Services, Walker Chapel

"Prayer does not fit us for the greater work, prayer is the greater work."

— OSWALD CHAMBERS

May 6 is set aside this year as the National Day of Prayer. All Americans are called upon to give thanks to God and petition him to continue to do mighty acts in this world. The National Day of Prayer is rooted in a proclamation made by Abraham Lincoln in 1863. It was signed into law in 1952 by Harry Truman; since that time, both Presidents and the Congress have proclaimed one special day for our nation to pray each year. This year at First Pres, we are inviting the congregation and the greater community to join us in praying for our church, our city, our government and our world.

We hope you will join us for special prayer services in the morning, afternoon and evening; including a Taizé communion service. Along with these prayer services, we will have Walker Chapel open and available for times of meditation and personal prayer throughout the day.

The leadership staff of the church is working together on a week-long devotional book, sharing their thoughts and practices on prayer, as a way to help prepare and guide each of us into the Day of Prayer. More information about these services and resources will be available during the Faith in Action time on May 2, or you can visit www.firstpresevanston.org/dayofprayer.

If you have questions or would like to get involved, contact Melody Vogel, Adult Discipleship Coordinator, at ext. 218.



Get ready for a life-changing jungle adventure with Jesus!

Who: All children ages 3 -12
What: SonQuest Rainforest
Where: FPCE
When: July 26-30, 9-11:30 a.m., with an Ice Cream Social the evening of July 30

Sign up for the adventure today!

Registration forms are available at the Children's Info Desk outside the church library. Have questions or interested in volunteering? Call or e-mail Beth Feeley, (847) 251-7743 or bkLfeeLey@yahoo.com, or Elizabeth Van Nice, (847) 983-0309 or elizabeth7795@yahoo.com.

Stroke, cont. from back page

- Don't worry if the patient you are visiting is emotional when you visit. Emotional highs and lows are very common. There can be relief, at first, that they survived and then as they feel better, the anxiety can start to set in. Be patient.
- Ask the staff if they want you to sit on a certain side of the bed. Often by sitting on the patient's affected or "bad" side helps them to use it.
- Small gifts like fruit or sweets may be welcome, but always check with the staff about the patient's ability to swallow.
- Pray with them for their physical comfort and relief and for those who patiently and lovingly care for them. Do not feel you have to talk all of the time, a hand held or gentle touch can also offer comfort.

A major problem associated with strokes is communication. The nature and severity of communication problems vary considerably from person to person. One of the more common issues is called aphasia. Aphasia is defined as the loss of the power to speak, write or gesture or to comprehend spoken, written, or gestured language. Some people with aphasia may have difficulties understanding speech while others may have difficulty expressing themselves. Most aphasic individuals are competent mentally and intellectually, so this makes aphasia a very frustrating disorder. It is important that you try to adapt your way of communicating to facilitate the best

interaction and decrease frustration. Also, be aware that it isn't just what you say, but how you say it. Your body language can show empathy and concern or it can show tension and impatience. Showing love and encouragement can be very healing.

- Use short sentences. Difficulties in understanding increase when the sentences are long and complex.
- Speak slowly and clearly (not loudly, they can still hear), one person at a time. Some aphasic patients have said being in a roomful of people is like having that many televisions all set to different channels at the same time. It's impossible and confusing to follow any one plot.
- Give him/her time to speak, don't do all the talking. Remember it also requires more time for them to analyze what is heard or read.
- A pictorial dictionary and basic letter and picture boards can all help in communicating with a stroke patient. Also, using gestures like pointing to a coffee pot when asking if they want coffee.
- Some patients with aphasia can only produce social speech phrases such as "hi", "bye" and "how are you" because they are habits. This may mislead you into thinking that they understand and speak better than they really do. Also, they may use profane language to excess. This can be embarrassing, but the use of such language carries no meaning for the person with aphasia.

- Often a stroke patient who cannot speak can sing. Play music that will personally stimulate them like the golden oldies or a holiday carol.
- Encourage the person to talk even if the words aren't correct and try not to answer for the individual because practice is necessary for improvement.
- Keep the TV on especially when there's no one around. If you have the TV option for captions of words being spoken, use it — it's a good stimulus for the brain.
- Assume the patient can understand all that is being said, so don't say anything you wouldn't want them to hear, in front of them.
- Always explain what has happened and what will be happening next.

Strokes are very individualized occurrences and so are the impairments left behind. Following a number of visits you may find a special trait that the person maintained in spite of the stroke or developed afterward. The road to recovery for a stroke patient can be long and arduous, but if there are people who take the time to interact effectively and with compassion, the road can be smoother. Don't be intimidated by these recommendations, embrace this knowledge and see it as opportunity to help someone and put our Christian religion into practice.

— JULIE RUCHNIEWICZ, RN,
PARISH NURSE



Stephen Ministry

Let God use you to bring healing, peace

I've never really thought of myself as a disciple or an evangelist, maybe a servant and definitely a believer. My beliefs in service to church and community were instilled when I joined FPCE. Within the year I was asked to become a Stephen Minister. At first, I wasn't sure I was ready for this, but after learning more about this lay ministry which has helped many members facing losses, I felt comfortable enough to accept the call.

You see, I had gone through a divorce many years before and it cost me dearly. I would have loved to have someone help me deal with the depression and everything I was facing, especially the feeling that I had hurt God by failing in my marriage. As I say, it almost destroyed me and my faith. But somehow, through prayer and hours of counseling, I made it through and became stronger in my faith as I learned what God's forgiveness is all about.

Stephen Ministry has demonstrated to me that the combination of God as the central element of peace giving and a reflective, process-oriented listener allows the Holy Spirit to heal in ways I could never imagine. Even after my Stephen Ministry training, I didn't

know how God was using me to help my care receiver until I had walked with that person for the first time and shared in his pain and disappointment. It's a lesson I learn again with each care receiver to whom I am assigned.

Sometimes our care receivers are caring for loved ones due to long-term illness. We help bolster them by praying with them and for them. We are called to be a witness to God's abiding love and faithfulness, but not to be a cure giver. Whenever I've doubted my abilities, I have found the Holy Spirit present in my meetings guiding my thoughts, words and my actions. Through Stephen Ministry, I have a closer relationship with my God allowing Him to use me to help bring healing and peace to my fellow Christians facing a loss far beyond my own.

Listen to that inner voice assuring you that you too could be a Stephen Minister. Allow God through the Holy Spirit to use you to help another soul find peace and healing. All you need do is to say "Yes" to God and He will do the rest. And don't be surprised how blessed you feel in the process.

— MIKE DENESHA,
STEPHEN LEADER

Senior Varsity

Save the dates!

Senior Varsity, an interfaith community-wide older adult ministry at First Pres, invites you to two May presentations from our own congregation on faith and aging themes that are so much a part of our lives!

■ Wednesday, May 5 —
Dr. Jeannie Forrest

■ Thursday, May 20 —
Rev. Dr. Raymond Hylton

Refreshments at 10:30 a.m.; presentation at 11 a.m.; at 12 noon Fellowship Luncheon (\$5)
RSVP to (847) 864-1472.

Vision Keepers honored Feb. 21

On Sunday, Feb. 21, more than 340 people representing 27 faith communities in Evanston gathered at the Hotel



Rev. Dr. Ray Hylton presents a Vision Keeper award to Leo Kirwan of St. Athanasius Catholic Church.

Orrington to award and recognize members of their respective communities as Vision Keepers, persons who embody values that positively impact both the faith community and the larger community. Helen Paynter, who passed away Jan. 10, was nominated by FPCE to receive our Vision Keeper award.

Paul Selden, director of Connections for the Homeless in Evanston, gave the keynote address, inviting others into relationships that emphasize "people" rather than "homeless." Cantor Arik Luck from Beth Emet The Free Synagogue led spirited singing.

Sponsored by Interfaith Action of Evanston, this annual Vision Keepers dinner raises funds for IA's ministries to the hungry and homeless. Proceeds from the dinner support IA's daily Hospitality Center for the Homeless, four soup kitchens, and six warming centers during cold weather months. With Connections and the city of Evanston, IA organizes emergency overnight shelter during extremely cold weather. A "Stop Auction" was held during the evening; a total of \$14,000 was pledged in support these outreach programs.

— JANE JEFFERY

Nominations, cont. from front page

dedication, and good judgment. Their manner of life should be a demonstration of the Christian gospel, both within the church and out in the world. Elders give prayerful discernment to the overall direction of the church, its priorities and core values, and seek to "be an example of the flock" (1 Peter 5) through attention to their own spiritual growth and character. Elders need to have strong leadership qualities including decision-making and organizational skills. They are assigned to work with the ministry councils of the church. Elders meet as a Session once a month and meet with their assigned ministry council, but have other duties that require additional time commitments. Elders join the Deacons in serving communion.

Deacons (3 year term, 12 to be elected)

The office of Deacon, as set forth in Scripture, is one of sympathy, witness, and service after the example of Christ. A Deacon should be a person of spiritual character, brotherly and sisterly love, and sound judgment. The Deacon's primary duty is to minister to the needy, the sick, the friendless, and the distressed. Deacons at our church are involved in three main ministry areas: the Clothes Closet, Fellowship Hour, and Outreach projects. This last area includes Homebound Communion, "Make-a-Mom's Day," Angel Tree, Blood Drive, Vision Screening, and Back-to-School Backpacks. Deacons meet once a month as a group and serve additional hours on the various projects and ministries listed above.

God's grace in action: a Deacon's reflection...

"If, like me, you are initially daunted by the prospect of the three-year commitment required of Deacons, then let me assure you — as a third-year Deacon — that the joys and rewards of service ensure that the time goes by very quickly. Indeed, I now understand why many former Deacons speak with such fondness of the fulfillment, spiritual growth, and friendships they found in this role. I also learned that the Deacons' varied responsibilities provide opportunities to apply your talents and gifts to serve the Lord while discovering new ones. Whether organizing the Clothes Closet and helping a guest to choose a new outfit, serving communion to a homebound elderly member whose enthusiastic welcome lifts your spirits, seeing the smiles of delight on the face of a child at the Christmas

Angel Tree gift distribution party, enjoying a delicious meal prepared by a dedicated volunteer crew before each monthly meeting, or reflecting on a Scripture passage with fellow Deacons — are just some of the opportunities you will have to witness and be a part of God's grace in action. So think about it, pray about it, and know that to be a Deacon is a both a privilege and a blessing. Just ask any Deacon!"

— JENNIFER JOSEPH, 3RD YEAR DEACON

Trustees (3 year term, 4 to be elected)

The Trustees are responsible for looking after the financial condition of the church and overseeing the management of the church buildings and property. Trustees need to be persons of integrity and loyalty, wise in property management, and show demonstrated leadership. Trustees meet once a month as a Board but are also assigned to various committees such as building, personnel, stewardship, and budget. They also serve as liaisons to the ministry councils of the church.

"The Trustee's primary responsibility is to safeguard the assets and facilities of the church. As such, I have found it particularly interesting to be exposed to the various ministries of the church from a financial point of view. Obviously, the operational budget and stewardship program reviews are an essential part of our monthly trustee meetings, but there are many financial issues of the church that come before the Trustee Board that are rather unusual and interesting. To be a Trustee the last few years has been a challenge for everyone. Now, with Pastor Ray's guidance I'm excited about the future of our church and its ability to influence our community and the mission field for Christ."

— GEORGE COLLINS, 3RD YEAR TRUSTEE

— THE 2010 NOMINATING MINISTRY TEAM
LAURIE KAESER (CHAIR), RICHARD BELL, SALLY IVASKA,
CAROLE JAGGERS, CLARK ROBINSON, ALICE RUBASH,
SUZANNE SAWADA, MARCIA SMITH,
JON SUTTON, STEVE TAKUSHI, LAURA URBAN

Milestones

Deaths

■ Kay Jacky died April 2

Moody Chorale sings at FPCE May 2 at 7 p.m.

Moody Chorale is coming to First Pres on Sunday, May 2, at 7 p.m. for a concert. The Chorale will present a varied program, from

sacred classics to spirituals to lighter works, all with the aim of bringing glory and honor to God. A dessert reception will follow.

Church Officer Recommendation Form

Complete this form and place in the offering plate or return to the church office. Nominations may be submitted by e-mail at: fpcnominating@gmail.com. Nominations should be submitted no later than Sunday, May 9.

Name:	Office Recommended:
Reason for Recommendation:	

Name:	Office Recommended:
Reason for Recommendation:	

Name:	Office Recommended:
Reason for Recommendation:	

Nominated by

Name:
Phone:
E-mail:

How to help after a loved one has a stroke

May is National Stroke Awareness Month and most of us have personally known someone or met someone affected by the aftermath of a stroke. A stroke occurs when the blood supply to the brain is in some way interrupted. This interruption causes a lack of oxygen supply to the brain cells, causing some of the cells to die while damaging others. After a stroke many people are left to face a long recovery without any guarantees of full function. Due to a stroke, a patient may experience temporary or impaired movement or skills, this may include lack of ability to walk or move a leg or an arm. Other difficulties may include an inability to eat adequately, trouble speaking or understanding others when they speak and varying degrees of depression. The different types of difficulties are dependent upon the areas of the brain affected and degree of damage to those areas, and can be either temporary or permanent.



Julie Ruchniewicz

*The King will reply,
"I tell you the truth,
whatever you did for one
of the least of these
brothers of mine, you
did for me."*

— MATTHEW 25:40

strong desire to visit and pray with these people in our ongoing goal of Christian behavior to "bear one another's burdens and thus fulfill the law of Christ." (Gal. 6:2) Also, studies have shown that visitors play a crucial and active role in aiding in the recovery process for stroke patients. However, some congregants have expressed concern about saying and doing the right thing. It can be uncomfortable to visit a loved one, friend or member of the church and feel ill prepared for what you may experience or what the person may need. Since there is such a wide variation in the severity of strokes, it is hard to predict exact scenarios that you may encounter, but these are some suggestions to make your visit as enjoyable as possible.

- Often following a stroke the body recovers by sleeping and it is not unusual for patients to only manage visitors for a short time before they fall asleep. Keeping this in mind, short frequent visits are recommended rather than a single long visit.

Stroke, cont. on page 4

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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:
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