

## Some Thoughts on Easter

I recently did a presentation for a group of people who experience incredible stress on a regular basis. The truth is that after doing this presentation, I am aware for the very first time (at least more in a precise manner) just how much stress is rampant these days. Consider the recent statistics.

- **4 out of 5 Americans report a need to reduce stress in their lives, often resorting to tranquilizers.**
- **An average 225 million workdays are lost to stress related incidents every year. (3 billion dollars annually.**
- **One day of work loss due to stress costs the employer 2 times what the worker would make in that day.**
- **91% of all American adults feel stress in at least one important area of their lives, and 50% feel VERY stressed about one part of their lives.**
- **Prolonged stress nearly always leads to some form of depression**
- **Depression is among the leading causes of disability worldwide.**

And consider the fact that stress is traveling down the scale to younger and younger people all the time. Health experts have reported that stress is the top health concern for high schooler's 9<sup>th</sup> through 12<sup>th</sup>. It is the leading cause to more suicide, drugs, and crime than ever before. John Medina, author of Brain Rules, in his chapter on how stress affects the brain relates to the following story:

**Consider the criminal history of a fellow who had recently moved from Texas to Washington. He absolutely hated his new home and decided to leave. Stealing the car of a neighbor (for the second time that month), he drove several miles to the airport and ditched the car. He then found a way to fool both the security officials and the gate managers and hopped a free ride back to Texas. He accomplished this feat a few months shy of his 10<sup>th</sup> birthday. Not surprisingly, this boy comes from a troubled home.**

Some people want to argue that there's no more stress today than there has ever been. They would like to suggest that we have it better than people have had it before and that although things are changing, they have always been changing and that's just the way its always been. Actually, it's not true. Things have never been quite like we are seeing them today. Things are changing so rapidly and with such magnitude, that we can't keep up and it's killing us. This is where the church can step up and step in and why this column is all about Easter. If ever that was an answer to stress it must be able to come from the Creator of all that is.

Modern research is showing that the bad stress (called distress) is all about the "perception of not being in control." Instead of having the sense of being the actor, we have instead the sense we are being acted upon. When things are being done to us that we can't control, the brain releases chemicals (stress related chemicals) that attempt to give us the ability to deal with the situation. Too much stress though, leaves behind too many of these chemicals and they being to destroy the body and one's health.

Easter, it seems to me, is all about the relieving of stress in that Jesus affirms that if we will put our trust in Him that He will TAKE CONTROL when we can't! It's a step of faith, granted, but because He defeated death and all the fallen garbage that affects us, it stands to reason that He is the best solution to help us get relief from the stresses that harmfully seem to make us think we don't have control. The truth is, I believe, that being in control is usually an illusion anyway.

As a child of the King of Kings and Lord of Lords you have been entrusted with message that at least 91% of people living in America have indicated they need that can help them. 50% of those living in America have indicated they desperately need it as well. Look around you and realize that an invitation to come to church April 5<sup>th</sup> might just be the help that someone is longing to receive. Why not give it a try.

With hearts aflame,

H Dick.

### Worship Assistants

#### USHERS:

5- Mark & Linda Heidebrecht  
12- Mark & Linda Heidebrecht  
19- Ken & Pam Gent  
26- Ken & Pam Gent

#### CHANCEL FLOWERS & FELLOWSHIP HOST

Please consider signing the form in the Fellowship Hallway, for flowers or fellowship Sunday mornings.

#### MEALS ON WHEELS

Heidebrecht, Greg Warren, Jeff Warren,  
Jean Callendar

### Women's Evening & Morning Circle

Morning Circle meets every 3rd Thursday at 10:00 am in Fellowship Hall. Evening Circle meets every 3rd Wednesday at 6:30 pm in Adult Sunday School room. Any questions contact Crystal Warren.

#### Evening Circle

April 15<sup>th</sup>  
May 20<sup>th</sup>

#### Morning Circle

April 16<sup>th</sup>  
May 21<sup>st</sup>

Pastor Dick is in the church office Monday through Thursday.  
Cindy Miller is in on Monday and Wednesday.  
Gabby Fischer is on Monday, Tuesday, Thursday, Friday

## NEWS

There will be a real need for Clean-Up buckets this spring due to great amounts of snow in the Northeast part of the United States. Let's get ready to do our part in assisting these fellow Christians. The Disaster Taskforce for Southern Kansas is going to have a Clean-Up Bucket brigade at the May meeting at Westminster Woods. If you are in the far west part of the state and want to build buckets and will not be attending the Meeting, please let Skip Johnson know he will make arrangements to pick them up when he is in that area. The average cost of a bucket is \$70.00 each. The Ferncliff DAC (Disaster Assistance Center) can fill buckets for approximately \$39.00 each. This is your choice. The Clean-Up Bucket contents may be found on the Church World Serviced website <http://www.cwsglobal.org/get-involved/kits/>. DO NOT deviate from the list provided on their site. If you are doing buckets, please advise Jan Lane or Ernie Hull at 316-619-9391 to make proper arrangements for transportation from Westminster Woods. Our last brigade produced 284. Let's see if we can do 300 either physically or with money donations earmarked this project.

Our church supports Heather (Haspels) and Habtom Kebede through our designated mission giving through "Antioch Partners". This September, while they are home from Ethiopia on furlough, they will join us at the church. The following is a description of them and their work. Future newsletters will include a copy of their monthly newsletter.

Habtom, born and raised in Ethiopia, grew up learning woodworking and electrical skills from his father and playing club volleyball on various teams. Heather was born in Kenya and raised in Kenya, Sudan, and Ethiopia as a child of Presbyterian Church (USA) missionaries. She grew up assisting her parents in their mission work with a desire to serve once she completed college. Habtom and Heather met while serving through a volleyball outreach that Habtom helped start. They were married in November 2010 and have two beautiful girls named Faith and Hope.

Habtom graduated from the Ethio-National Medical College in Ethiopia with a nursing diploma and Heather received her Bachelor's degree in nursing from Wichita State in Kansas. She also has experience teaching English as a Second Language (ESL) to semi-nomadic people and teaching volleyball and basketball to high school students. She went through a three month program with the International House of Prayer Bible training and worked at a hospital in Addis Abba, Ethiopia her first term with The Antioch Partners (TAP). Since their marriage, Habtom and Heather have been serving through TAP together in partnership with Beza Church in Addis Ababa.

Currently, Habtom and Heather are partnering with Beza International Ministries, heading up their new sports outreach. Their passion is to share the Good News of Jesus Christ with underprivileged youth through volleyball training. The Kebedes are planning to incorporate other sports into the sports outreach as God opens the way. Heather and Habtom build

relationships with the youth, and through these relationships they are also able to touch their families with the love and grace of God. Prayer is a huge part of their ministry. As they pray for the youth and their families and the ministry itself, they believe they are preparing the ground for God to move in a mighty way. Habtom and Heather are thankful for the privilege they have of working together by the grace of God and for His Glory.

### **VOLUNTEERS NEEDED**

Westminster Woods is constructing a new office/welcome center and volunteers are needed. Next work day is Saturday March 28th and Saturday April 11th. Contact Pastor Dick or Fred Bohnenblust if you have an interest in helping.

### **Special Offerings in 2015**



Our Session has approved our participation in 2 of the PCUSA "special offerings". These are the "One Great Hour of Sharing" during the Lenten season and the "Christmas Joy Offering" during Advent.

- **One Great Hour of Sharing Offering**

Presbyterians have joined with millions of other Christians through One Great Hour of Sharing to share God's love with people experiencing need. Our gifts support ministries of disaster response, refugee assistance and resettlement, and community development that help people find safe refuge, start new lives and work together to strengthen their families and communities. The Presbyterian Hunger Program, the Self-Development of People and Presbyterian Disaster Assistance each receive a portion of the offering.

- **Christmas Joy Offering**

Fifty percent of undesignated receipts to the Christmas Joy Offering are distributed to the Board of Pensions for assistance programs that provide support to retired and active church workers and their spouses and families. The other fifty percent supports Presbyterian-related racial ethnic schools and colleges through the Racial Ethnic and Women's Ministries of the Presbyterian Mission Agency.



I am Mike Frobenius, I lost my wife of 33 years to cancer 7 years ago. I was lost, didn't know where to go, who to talk to, or how to try to understand and cope with the grief. I attended several different grief classes, but got more from GriefShare, in understanding, support and encouragement with my grief. I will restart the GriefShare program here at the First Presbyterian Church, Tuesday, April 7<sup>th</sup> at 7:00 p.m. It is a 13 week program that each class is self contained so a person can start anytime without feeling like they missed a lot. GriefShare combines videos, discussion and a workbook to help you work through and understand your grief, since most people haven't been through it and know what to tell a person about it more, through God's word.

If you are someone you know that would like to attend these classes on Tuesday evenings, please preregister at the church office soon so we can have an idea of the number of people who plan on attending and that we have enough workbooks. Registration is \$20.00 including the workbook. Also if you know somebody that would be interested in helping to co facilitate the GriefShare classes let me know, I need some additional help with presenting the GriefShare classes and doing the discussion groups for the grieving individual in the McPherson Area.

## **THANK YOU**

Thank you so much for the gas cards donated to the Churches United in Ministries. The gas cards are very much appreciated.

-Sheila Plooster, Client Manager

Thank you so much for the assorted nuts and Get Well balloon delivered by Jeanne Swick at the time of my accident. I certainly appreciated your love and concern!

-Herb Glidden

This is just a quick note to say thank you for your prayer and support over this past year. You are very much appreciated. We also wanted you to know what we are looking at over the next four years. We come home for our regular home assignment in July 2015. When we return to Kenya in January 2016, AIM has asked us to look into the possibility of starting AIM's work in Ethiopia. If we feel, indeed, that this the direction the Lord would have us go, we would move to Ethiopia in March or April of 2016, If e do not feel that in the direction of the Lord wants us to go, we will continue our servant ministry in Kenya. Please join with us in prayer for guidance and wisdom.

Thank you

John & Joy Haspels

Thank you so much for the visits, calls, cards, and flowers. I truly appreciate it. Love you all and God bless!

-Lucille Hand

While recovering at the cedars from hip surgery it was so nice to have visits, calls, and flowers also the prayer shaw. Thank you so much!

-Carolyn Naylor

How very nice to have a family that prays for you, sends cards, flowers, food and calls on you. That has been this church family for me the last few weeks as I have gone through and recovered from surgery. For all of this I say a big THANK YOU! You all have been and extension of God here on earth. My thankfulness to each of you.

In Christian love,  
Veneta Ediger

Thank you so much for all your cards, phone calls, and especially for your prayers! My knee surgery went well and recovery is going equally well. Pastor Dick, your visits meant a lot to me. The "cats" and I are enjoying the lovely spring bouquet! It's such a blessing to know you can count on your church family – I have a good one! Thanks again for all your encouragement. Hope to see you in church on Sunday!

Linda Heidebrecht



Amy Schaffer is having a baby! Clarissa Sents is inviting all the women in the church to come celebrate. The baby shower will be Saturday, May 2<sup>nd</sup> at 2:00 p.m. at First Presbyterian Church. Amy will be using cloth diapers and she is registered at Target and Babies R'Us. Hope to see you there!

You are invited to Easter Breakfast!  
Sunday, April 5 at 9:00 a.m.  
Homemade Sweet Rolls, Fruit, and  
more.

Let's celebrate Easter together!



## MONTHLY NEWSLETTER

DEADLINE FOR May NEWSLETTER IS

April 24th

## BIRTHDAYS AND ANNIVERSARIES

April 2015

### BIRTHDAYS

2- Jeanne Ediger, Violet Lundquist

3- Brian Perry

6- Victoria Eaton, Perry Haddock

9- Clarissa Sents

10- Shirley Unruh

11- Kent Morey

14- Sierra Gant

15- Jay Herren

16- Kaleb Warren, Kenan Warren

22- Ronald Logback

24- Dale Potter

27- Amy Schaffer

29- Dale Ladd

### ANNIVERSARY

9- David & Karen Ediger

17- Jeff & Crystal Warren

18- Neil & Virginia Schmidt

24- Delbert & Jane Moore