



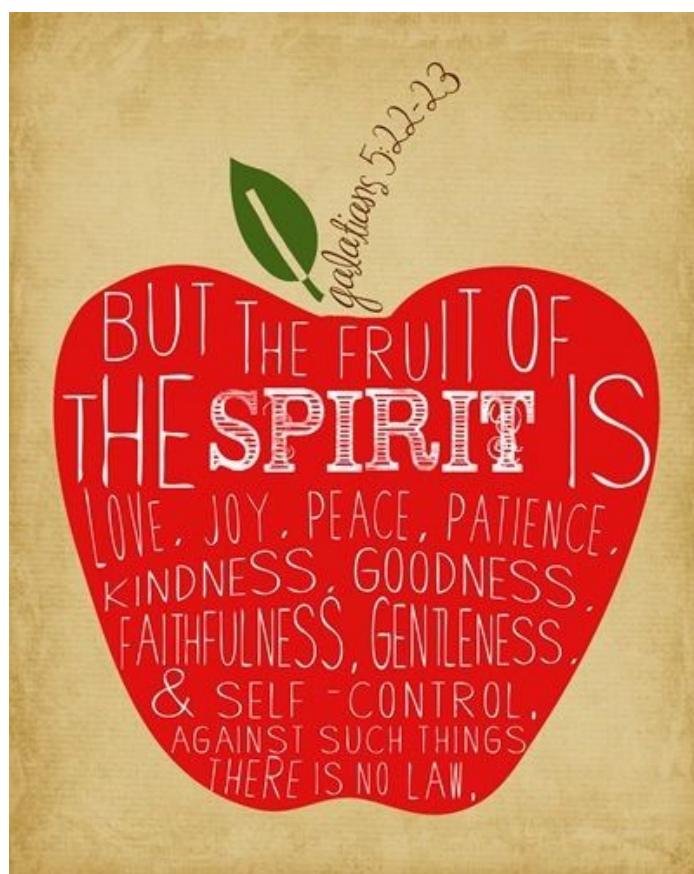
# MEMORIAL MESSENGER

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## Latest News

The Urban Mission item of the month for August is **Peanut Butter**. Please place your donation in the box by the church information table.



## From the Pastor's Desk

Dear Friends,

At the end of our week at Dwight Mission, one of the girls who attended anxiously asked, "When is Vacation Bible School?" I laughed that we were finishing one full and fantastic week, and she was ready for the next. She was a little disappointed that she was having to wait two weeks for VBS.

Her camping experience, and the experience of three others, was due to financial support for registrations, members who drove and even helped unpack and a driver who came to pick up campers but ended up hauling luggage and sleeping bags while the girls rode home with me.

When Dave Iske entered into hospice care, I saw a church community rally to support him through visits, meals, calls and cards. His family was overwhelmed by the response and exceedingly thankful. What a wonderful witness of our care for one another.

As we closed in on our last day of Vacation Bible School, I looked around and saw all the people who were helping make it happen. There were cooks in the kitchen, teachers in classrooms, recreation leaders outside, registrars and coordinators, all surrounded by phenomenal decorations handmade with care and pride.

Since choir has been on vacation, I've been able to attend a little of the fellowship time before worship. I love seeing the conversations taking place, the attention given to guests, and the camaraderie all around.

July has been a great time to witness the church in action.

Memorial Presbyterian Church is such a blessing to so many. As the body of Christ, we are called to care for one another, and I see that happening over and over at Memorial.

We are also called to reach out into the community, and I am sinfully proud of the way our building is used by outside groups. There is not a day of the week that our building is not being used!

YOU are the reason this church continues to love and serve our sisters and brothers. If you haven't heard it in a while, "Thank you!"

Grace and peace,

Tracy

## Clerk's Corner

Session notes:

The session met July 18, 2017. Among the items of business were:

- A report from Stewardship and Finance regarding budget concerns. The Ad Hoc committee is meeting and considering a number of options to reduce on-going spending.
- Christian Education is making final plans for Vacation Bible School. The theme is Abundance Orchard.
- The church's portion of the Pentecost Offering received June 4 was approved to be donated to Bethesda House, which assists children who have been sexually abused.
- Melissa Gill is heading up the Crop Walk participation this year. It will be held October 22 at 2:00 pm.
- Approved recommendation to replacetwo sets of double doors across from the church offices. Funds will come from the Capital Improvement Fund.
- Nominating Committee is continuing its work securing nominations for deacons and elders for the class of 2020.

Please contact any session member for more information or questions.

### Stewardship Update

July 1 to July 31, 2017

	<b>Actual YTD</b>	<b>Budget YTD</b>	<b>2017 Budget</b>
<b>Pledges</b>	\$97,037.00	\$90,416.62	\$155,000.00
<b>Other Income</b>	\$5,955.66	\$6,416.62	\$11,000.00
<b>Total Income</b>	\$98,992.66	\$96,833.24	\$166,000.00
<b>Total Expenses</b>	\$102,732.99	\$110,552.89	\$189,521.00

Memorial Presbyterian Church accepts **online donations** through a partnership with the Presbyterian Foundation, via the Presbyterian Mission Exchange. Look for the "Give Now" button on our



website, [www.memorialpres.org](http://www.memorialpres.org), or scan the QR code below. Recurring or one-time donations may be made by credit/debit card or by direct transfer from your bank account (EFT). We will continue to accept cash and checks as well.

### From the Stewardship Committee

It's hard to believe that 2017 is more than halfway over. As many of you know, the church began this year with a large shortfall when budgeted revenues were compared with what we were projected to receive. To this point in 2017, gifts received by the church have actually exceeded what we thought they were going to be. This is wonderful news and a true blessing. However we continue to have a deficit when revenues are matched with current expenses. Session has formed a committee to monitor budget performance and determine ways that the shortfall can be managed. The committee has come up with several ideas that are undergoing further study before any recommendations will be made. Memorial is a wonderful place that will continue to impact lives within the congregation and outside our walls. Thank you for your continued support and future gifts.

John Beck

Stewardship Committee Chair

### Building and Grounds Committee

"Building and Grounds has received Session's approval to proceed with our next "capital improvements" project - replacement of the two sets of exterior double doors outside of Lisa and Tracy's offices. They will be like the new exterior doors leading out from the Fellowship Hall that were replaced a few years ago. The existing doors are "sprung" and not worth trying to fix - and these new doors will be a great improvement in the appearance of this hallway. The total cost is about \$7,000 and is being paid for out of the "Capital Improvement" fund that has over \$35,000 in it. We are waiting to hear back from the glass company on when they can get them ordered and installed."

Mike Girdner

Building and Grounds Chair

Deacons Meeting July 19, 2017

Present

Tracy Evans, Eileen Burke, Ann Forsyth, Doris Hinson, Esau Jangha, Breanna Upton, Loreen Upton, Holly Van Auken and Elder Charlotte Lovett

Activities

Chair Loreen Upton said the main discussion would be the care and concern for Dave and Tamara with his return home and visits from both families. Deacons will take meals each day for the week - Sunday through Friday and Lorene will be coordinating contact with the family about further amounts and frequency.


Dave will have a Memorial Service August 19th.

Shawl Blessing

Cassie Upton donated a crocheted shawl to the church to be blessed and given as a gift of comfort in a time of need.

Closing

Submitted by Doris Hinson, Secretary



Thank you to all who visited and brought gifts during Dave's long illness. Dave's last days at home were very happy ones thanks to all of you. Tamara is very blessed to have her church family.

The Family of Dave Iske

## Behind the Scenes

There is a box in the hallway that slowly but surely fills up each month. It is the box for items (usually food) for the Urban Mission, previously known as Presbyterian Urban Mission. The administrative assistant (Lisa) contacts Urban Mission each month to learn how we can best help. For July the requested item was macaroni and cheese.

Jim Rodriguez remembers when Memorial had a macaroni and cheese challenge. "My CAR WAS FULL!" And why, you may ask, was Jim's car full? Because he is the faithful, behind-the-scenes volunteer, who delivers the food to Urban Mission in Oklahoma City every month since 2003.

When asked what he would like to have included in this article, he wrote "The Urban Mission now gets most of its donations from grocery stores and food wholesalers. I believe Memorial is one of three congregations which still give food."

Jim is one of the many who work behind the scenes at Memorial. Thanks be to God!

## COMFORT MY PEOPLE

FOCUS  
ON  
MENTAL  
HEALTHWant to Know How to  
Help a Friend?

## STUDENT GUIDE TO MENTAL HEALTH

## KNOW THE 10 COMMON WARNING SIGNS

- 1 Feeling very sad or withdrawn for more than two weeks
- 2 Seriously trying to harm or kill oneself or making plans to do so
- 3 Severe out-of-control, risk-taking behaviors
- 4 Sudden overwhelming fear for no reason
- 5 Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- 6 Seeing, hearing or believing things that are not real
- 7 Repeatedly using drugs or alcohol
- 8 Drastic changes in mood, behavior, personality or sleeping habits
- 9 Extreme difficulty in concentrating or staying still
- 10 Intense worries or fears that get in the way of daily activities



## START THE CONVERSATION





## COMFORT MY PEOPLE

FOCUS  
ON  
MENTAL  
HEALTH

# Want to Know How to Help a Friend?

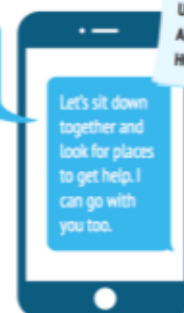
## STUDENT GUIDE TO MENTAL HEALTH

## OFFER SUPPORT



I really want to help, what can I do to help you right now?

Would you like me to go with you to a support group or a meeting? Do you need a ride to any of your appointments?



Let's sit down together and look for places to get help. I can go with you too.

BE PATIENT, UNDERSTANDING AND PROVIDE HOPE.

## BE A FRIEND



Your friend may feel alone; check in regularly and include your friend in your plans



Learn more about mental health conditions



Avoid saying things like "you'll get over it," "toughen up" or "you're fine"



Tell your friend that having a mental health condition does not change the way you feel about them



Tell your friend it gets better; help and support are out there

## GET ADVICE

You may want to reach out to someone to talk to about how you're feeling or to get advice on how to help your friend. Consider talking to a:

FAMILY  
MEMBER



TRUSTED  
FRIEND



SCHOOL  
COUNSELOR  
OR ADVISOR



TEACHER  
OR COACH



FAITH  
LEADER



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## Scenes from Vacation Bible School





## August Worship Duty Schedule

Head Usher: Carl Forthman

### August 6

Ushers: Harry Wright and Donna Vint

Communion Servers: Holly Van Auken, Breanna Upton, Loreen Upton, and Kirk Forthman

Coffee: Donna Vint

Sound Booth: Mike Girdner

Acolyte Assistant: Melissa Gill

Nursery Assistant: Linda Eckel

Lock-up: Jessica Farris

### August 13

Ushers: Trudy Beard and Ann Fayles

Coffee: Holly Van Auken

Sound Booth: Larry Upton

Acolyte Assistant: Lisa Upton

Nursery Assistant: Karen Upton

Lock-up: Jim Rodriguez

### August 20

Ushers: Carl and Julie Forthman

Coffee: Ann Forsyth and Eileen Burke

Sound Booth: Tim Thiessen

Acolyte Assistant: Joan Cole

Nursery Assistant: Joan Cole

Lock-up: Loreen Upton

### August 27

Ushers: Larry and Lisa Upton

Coffee: Donna Vint and Grace Tamukong

Sound Booth: Karen Upton

Acolyte Assistant: Trudy Beard

Nursery Assistant: Susan Beck

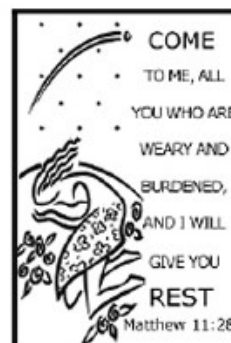
Lock-up: Trudy Beard



# Rest for the Weary

"For my yoke is easy and my burden is light." Matthew 11:30 (NIV)

Based on Matthew 11:28-30 (NIV)



F Q N E Y M Y V K K D X G X E  
 Q Q K O Q R G H U M B L E M S  
 W O Q F A V E I E D T E O R Z  
 Y M O E V B N Y Q Q K C T B V  
 F N W L S W T H V A D C M U W  
 P H K G R O L E T R W T F R D  
 E M G I B U E A G E W W R D A  
 Z A A V G P S R R W C H V E Y  
 M S S E Z J Z T F E C W L N T  
 Q U Q Y V X T H G Q A R X J N  
 R E S E M X E N U E L Y N R W  
 X C C O I I Y X M J F I A A K  
 E I Z A U S S L Y J K E G Y D  
 Y I J O L L V N I X L E R H V  
 W G T R L L S K E R E S T K T

HUMBLE  
SOULS  
COME

ALL  
WEARY  
GIVE

LEARN  
GENTLE  
EASY

LIGHT  
TAKE  
BURDEN

YOKE  
HEART  
REST

## Known Joys and Concerns

### Those who seek healing

Gene Bergstresser  
 Lola Carroll  
 Sandy Clarke  
 Janice Crump  
 Doug Forsyth  
 Tamara Iske  
 Alice Lanning  
 Jayelle Martin  
 Norma Taylor  
 Gerry Harner (Joan Cole's mother)  
 Denise Jones (Jayelle Martin's daughter)  
 Jan Ferguson ( friend of Georjana Mauldin)

### Those who Experienced Recent Loss

Family and Friends of Dave Iske who died  
 on July 19.

### Joys

### Seminary Student

Samuel McCann, Pittsburgh Theo. Seminary

We lift up in prayer the country of Cameroon and pray for the unrest our brothers and sisters are experiencing there.

In an effort to stay apprised of our on-going prayer concerns, prayer requests of those outside the MPC family will stay on the concerns list for one month. Please let the office know if there is a need to be listed longer.

## August Birthdays

1	Matthew Stensrud
3	Ben Rodriguez
5	Esebe Masango
6	Diana Johnson Baldwin Annoh Alex Pennington
11	Sandy Johnston
13	Michael Pennington
18	Lizze Annoh
19	Larry Fisher
21	Joan Thrailkill
22	Tamara Iske Karen Upton
23	Kerri Bales
24	Tanner Bunce
25	John Beck
26	Scott Wilson
29	Angie Martin
31	Kirk Forthman Holly Van Auken

## August Anniversaries

6	Clint & Kerri Autry
11	Jimmy & Molly Rambur
14	Gary & Joan Thrailkill
29	Charles & Jan Johnson
31	Bill & Betty Silman

# August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 6:30 P.M. Chancel Choir	3	4	5
6 12:00 P.M. Deacons Meeting	7 6:00 P.M. Worship Meeting 7:00 P.M. Boy Scouts	8 7:00 P.M. Fellowship & Hospitality Meeting	9 6:30 P.M. Chancel Choir	10 7:00 P.M Building and Grounds Meeting	11	12
13	14 7:00 P.M. Budget Ad Hoc Meeting 7:00 P.M. Boy Scouts	15 7:00 P.M Session Meeting	16 6:30 P.M. Chancel Choir	17	18	19 10:00 A.M Dave Iske Memorial Service
20 5:30 P.M. Stewardship Meeting	21 7:00 P.M. Boy Scouts	22	23 6:30 P.M. Chancel Choir	24	25	26
27	28 7:00 P.M. Boy Scouts	29	30 6:30 P.M. Chancel Choir	31		