

# The Messenger



A PUBLICATION OF THE FIRST PRESBYTERIAN CHURCH OF  
PUNTA GORDA FLORIDA

JUNE 2010



## OUR MISSION AND PURPOSE

LOVING.... GROWING.... GOING.... in JESUS!

*Loving... God and others through worship and fellowship.  
Growing... in our understanding Jesus and God's purposes for us through Bible study, and developing our ministries to serve God and others.  
Going... into God's world with His message of love and salvation through Jesus Christ, and with His ministries of compassion and mercy.*

## SUMMERTIME

LAZY DAYS OF BRIGHTEST SUN  
SOUNDS OF LAUGHTER AND CHILDREN'S FUN  
FLOWERS BLOOMING AT THEIR PEAK  
CHILDREN PLAYING HIDE AND SEEK.

FAMILY VISITS FAR AND NEAR  
BASEBALL GAMES OUR TEAMS WE CHEER.  
PICNIC IN OUR YARD AND PARK  
SONGS AND LAUGHTER UNTIL DARK.

TIME TO CHAT A LITTLE LONGER  
FRIENDS WHOSE TIES MADE EVEN STRONGER.  
FAMILY TIME TO LOVE AND SAVOR  
HOT DOGS AND ICE CREAM TO TASTE THE FLAVOR.

GOD HAS BLESSED US WITH THIS SEASON  
TREASURE IT FOR ALL THESE REASONS.  
REST AND FEEL HIS PRESENCE NEAR  
LOVE THIS TIME AND GIVE A CHEER!

--NANCY BEASOM

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# WONDERFUL WEDNESDAY WILL RESUME JULY 7TH

**W**ONDERFUL WEDNESDAY will resume on July 7th at 3pm. Pastor Steve will lead a 12-week study of Psalms. It will continue through September 22nd. We hope many of you will take time out of your busy schedules to participate in this study.

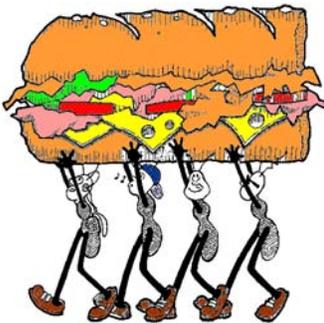
At this time, I want to thank Pastor Steve, Connie Johansen, Cy Ling, Sharon Cuzner, Craig Anderson, Rich and Jan Wilkinson and John Truby for being members of the Discipleship Team and leading Bible classes. Also, for putting up with me as team chairman. This will be my last article for "The Messenger."

Fred and I, after much thought and many prayers, have decided that it is time to move closer to family. When we go north this month we will look for a place to live. We are not looking forward to cold winters, but we feel that it is time to go.

We love you all and will miss you. "May the Lord watch between me and thee while we are absent one from the other."

Joyce Schork, chairman Discipleship Team

## **Come one! Come all! Follow the ants to our Annual Picnic at Gilchrist Park June 16th at 6pm**



Everyone is invited to follow the ants to our Annual Picnic at Gilchrist Park on Wednesday, June 16th, beginning at 6pm. The meat will be furnished; a \$2 donation is requested. You will need to bring your table service, drinks, and most important, your favorite dish to pass.

This has always been a great time of fellowship for the church family; and every now and then, the late feature that God provides is a beautiful sunset, if you are willing to wait. Sign up today in the church entrance.

# THE PARISH NURSE HEALTH CORNER

Sing to God, sing praise to his name, extol him who rides on the clouds, his name is the Lord, and rejoice before him. A father to the fatherless, a defender of widows, is God in his holy dwelling. Psalm 68:4-5

Happy Father's Day to all men of our church for a job well done!

I realized last month that a habit I have followed since nursing school is something I have never talked about. This might be helpful for folks visiting hospitals. Coming home after a day of working in the hospital, I would take off my shoes at the door and take off my germ-laden uniform before doing anything. Even now, I wear shoes I use only for hospitals and keep them in the trunk of my car. Also, I never put my purse on the hospital floor nor on food counters or kitchen tables. It goes without saying that hand-sanitizing gel is a staple in my car and I appreciate it in the hospital, too.

Last month we had Dr. Jeremiah Joseph do a Lunch 'n Learn titled, "How to Have Bones as Strong as Steel." Here are the highlights of his talk:

- Increase lean protein like chicken, eggs, nuts, seeds, fish, and an occasional steak. Eat frequent small meals of lean protein.
- Avoid milk because milk has growth hormones, antibiotics and phosphoric acid that attaches to calcium and pulls it out of the body. Instead use hemp milk (has omega acids), almond milk, rice milk, oat milk or goat's milk. The reason Americans have so many hip fractures is believed to be that we have more dairy and red meat in our diet than most other nations.
- Take 800 mg/day magnesium glycinate (gradually build up to this amount to prevent loose bowels). Take 200-400mg of calcium/day. Calcium should be in the form of citrate, gluconate or lactate. Too much calcium can cause increased pain. It is important to be sure your thyroid is in balance to use the calcium. Magnesium also gets rid of muscle cramps.
- Exercise for at least 10 minutes/day in the sunshine. This could be as early as 8am, before it gets too hot to walk.
- Eat an alkaline diet. To do this you must slow down on coffee, sugar and sodas while eating a wide variety of fruits and vegetables. Most degenerative diseases are linked to a diet that is acidic, the opposite of alkaline. Parasites, viruses, harmful bacteria and disease cannot live in an alkaline body. To find out what foods will make your body more alkaline, pick up a list on the sign-up table at the church entrance or visit [www.thewolfclinic.com](http://www.thewolfclinic.com).

Here are some bonus items:

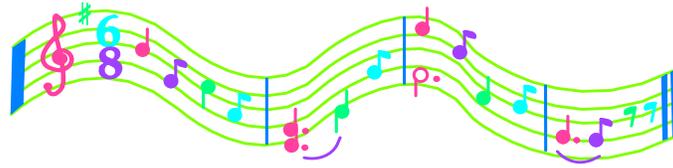
- Herbs such as parsley and onions as well as salads are bone building.
- Whole body vibration is a type of exercise machine that increases bone density when using it 10 minutes/day. These machines are frequently in workout facilities.
- Dr. Joseph did warn that using Fosamax or Actonel can cause a large number of side effects, including back and joint pain, gastrointestinal symptoms, and high blood pressure.

I have his talk on tape for anyone wanting to listen to it.

Have a blessed and safe summer.

Because He lives!  
Debbie Carney, RN, Parish Nurse





## MUSIC NOTES

**1Chr. 16:9 Sing to him, sing praise to him; tell of all his wonderful acts.**

**T**he Sanctuary Choir will be taking the summer months off from helping to lead worship. We will start singing again on September 5th. Thanks to all our choir members who make my job so enjoyable and rewarding. I am very pleased with the quality and quantity of music that we are able to lift up to Him. Thanks also to all in our congregation for your kind words concerning all the music.

The Praise Team, in all or parts, will continue to sing and lead the early service throughout the summer months. To Anne, Joanie, Diane, and Steve, my gratitude and thanks for your talents, abilities, and friendship as we gather each week to prepare our music. We truly bring out the best in each other as we come each week to worship together.

Special music will be provided most Sundays throughout the summer. We look forward to the various individuals and groups that will share in our worship services.

Let us praise Him in our words and our songs, all the days of our lives.

In Him,

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## NANCY MAHUSAY LIBRARY

**O**ur Church library has a few new editions both in fiction and non-fiction that were added this past year. Feel free to browse and see what interests you. I appreciate everyone signing out books appropriately and returning books promptly for others to use.

We have a great group of patrons and we hope to keep meeting their need in Christian fiction and non-fiction books as long as space allows. Next January 2011 we will be discarding quite a few books in order to make room for new ones.

While I am away these next few months, I have a couple of women who will assist as acting librarians. Mary Anne Washabaugh will take that responsibility and later in the fall, Gayle Rosa. When Nancy Smith and I return, we will do another inventory and then add any

new books you have donated or that we purchased. In the meantime, books that are donated will be held until I return and get them into our system. Until then, all questions may be given to Mary Anne and she will get you an answer promptly. Also, my thanks to Gail Thornton for her help as needed so that the library area is always neat and orderly for your pleasure.

Thank you,  
Connie Johansen  
(941-286-9923)



# GETTING TO KNOW THE FIRST PRESBYTERIAN CHURCH FAMILY

By Craig Anderson



**Stanley Hoinacki**

**A**lthough Stan has been involved in our church for a number of years, he is a relatively new member. He sings in our choir, has attended Wonderful Wednesdays and participated in one of our small groups. He divides his time between Punta Gorda, where he has a condo on Jamaica Way in Punta Gorda Isles, and his home in Bedford, New Hampshire. In case you wondered, he says that his last name is pronounced *Ha-knock-key*.

**Born/grew up:** Southport, Connecticut.

**Fond childhood memory:** Rowing in Sasco Creek; singing in the men's and boy's choir.

**Education:** Graduated from the University of Bridgeport in Connecticut.; RCA Institute Inc. in New York City.

**Family:** Widowed. One daughter in Providence, Rhode Island and another in Refton (near Lancaster), Pennsylvania.

**What brought you to this area?** My former wife lived here.

**Vocation:** I am retired now, but I have worked as a high school science and chemistry teacher, NASA teacher, data tech, carpet cleaner, machinist, and jet turbine engine assembler.

**Spiritual journey:** I was raised in Trinity Episcopal Church in Southport. I enjoy good church choral music and have sung in the choir there. When I married my

late wife and moved to Punta Gorda for part of the year, I began singing in the choir in The Church of the Good Shepherd, and then later joined our choir at First Presbyterian Church.

**Service in the church:** As a youth, I served as an acolyte, pulled the bell rope, and tended a coal furnace. I have sung in the choirs of several churches.

**Great church memory:** Singing for midnight service at Christmas with the church all decorated in fresh greens (before fire restrictions were imposed).

**What brought you to First Pres:** It was quite by chance. I had been attending another Punta Gorda church, and decided to consider other church options. I visited First Presbyterian when the church was still located downtown. I appreciated the good choir and stayed.

**Favorite hymn:** "Brightest and Best" (an Episcopal hymn).

**Favorite possession:** Some arrowheads that I discovered over a period of time while weeding in my garden.

**Hobbies/interests:** Building model boats, trimming trees and hedges (when younger). I am currently taking German at the Cultural Center and look forward to visiting Germany this summer. I recently joined the PGI Civic Association.

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## STEWARDSHIP UPDATE

### YEAR ENDING 04/30/10

Income	\$ 88,613
Expenses	\$ 83,863
Difference	\$ 4,750

We Pray—

Lord, everything we have is a gift from You. We bring You our gifts in response to Your love and generosity as we try to live each day in gratitude for Your blessings.

# MISSION MINISTRY NEWS

## SCHOOL SUPPLIES FOR SALLIE JONES ELEMENTARY

Think back and remember how excited you were with that new box of crayons, or that new set of pencils, and all that blank paper so that you could construct your own world in that tablet or draw your own art.

It is time again to gather school supplies for Sallie Jones Elementary (a year-round school) to help those who cannot provide for their children because of circumstances that they now face.

Please bring colored folders, pencils, notebook paper (the wide line), glue and glue sticks, marking pens, crayons, ball point pens (not gel pens), new back packs, blunt edged scissors, rulers, colored pencils, or any of the great supplies now on the shelves at your local WalMart, Publix, Target, K Mart, or Dollar General.

If you cannot do the shopping, send a check to the church office or drop it in the collection plate marked for school supplies and we will do the shopping for you.

Make a child feel special this year - make children in Charlotte County feel the love.

## FILL THE BLUE BIN AND FEED THE HUNGRY IN CHARLOTTE COUNTY

For the month of **June**, **fill the bin with macaroni and cheese dinners**. This is a good filling dinner and one that kids especially love. It is easy to fix and for the hungry tummy, a real treat.

Again, if you do not have the time to shop, drop a check in the mail or the offering plate marked Food for Charlotte County and we will be glad to do your shopping for you.

## NEEDS ARE STILL GREAT AT MISIÓN PENIEL

They are now harvesting tomatoes in Immokalee so many of the farmworkers are back to work again, but please be aware that their needs are still many.

Men's clothes are needed. Long-sleeved shirts are preferred, in sizes small, medium, and large. Pants are also needed in sizes 28 waist to 36 inch waist. If you care to donate non-perishable items, the best choices are tomato sauce, fruit, processed meats, corn, pasta of any type, beans and rice.

If you want an experience you will never forget, one that is tiring but very humbling, with a lot of laughter and a great meal afterwards at Cracker Barrel, join us on the fourth Friday of each month as we spread God's love to these patient and gentle people who are so grateful. Believe me when I say you will come home feeling so satisfied that you were able to help just one small group. The Mission Team helped feed 785 people last month. We carpool from church at 12 noon. Our next trip is June 24th.

Have a happy June and many thanks,  
Dianne Sizemore, Chair, and the Mission Team



Our prayers and sympathy are shared with:

- ◆ The family & friends of Marjorie McKenzie who went home to the Lord on May 3, 2010.
- ◆ Albert Churchill and family on the death of his mother, Sophia Churchill on May 6, 2010.

*"Because I live, you also will live."  
John 14: 19b*

# RECIPE EXCHANGE

## RASPBERRY WALNUT SHORTBREAD BARS

from: *Gulfshore Delight*

Compliments of Barbara Woods

Shortbread:  
(May prepare ahead)

1 1/4 c. All Purpose Flour - sifted  
1/2 c. Sugar  
1/2 c. Butter

Topping:

1/2 c. Raspberry Jam  
2 Eggs  
1/2 c. Brown Sugar  
1 tsp. Vanilla  
2 Tbs. All Purpose Flour  
1/8 tsp. Salt  
1/8 tsp. Baking Soda  
1 c. Chopped Walnuts  
Confectioners Sugar, optional



Preheat oven to 350 degrees. Combine flour and sugar. Cut in butter until mixture is like fine meal. Press over bottom of a lightly greased 7 x 11 pan. Bake 20 minutes, or just until edges become slightly brown. Remove from oven.

Spread jam over shortbread.

Beat eggs with brown sugar and vanilla until well blended. Stir in flour mixture with salt and soda; add walnuts.

Spoon over jam and spread to corners of pan. Return to oven and bake 15 minutes, or until top is set. Cool in pan; cut into bars. May dust with confectioners sugar if desired.



Of all the many ways there are for thanks to be expressed.....the simple phrase, "God bless you" is the one that says it best!

Thanks to all those who did so much for us during Jerry's surgery and hospitalization. The time spent, the visits, phone calls, cards, meals, and most of all, your prayers, brightened our days, and warmed our hearts.

"God bless you!"  
Jerry and Nancy Julius

# JUNE 2010 CHURCH PRAYER CALENDAR

*Please remember in your prayers the elderly, the infirm, the hospitalized, those in nursing homes, the homebound and lonely, and all those who have requested our prayerful support. Pray for the men and women who serve our country.*

**Each month we remember church members and friends on a rotating basis**

**JUNE**

- 1 Thomas & Shirley Richey
- 2 Jim Riley
- 3 Gayle Rosa
- 4 Jack & Patricia Rothley
- 5 Barbara Ryan
- 6 Charles Sampsel
- 7 Fred & Joyce Schork
- 8 Bill & Elaine Schultz
- 9 Walt & Veralou Scott
- 10 Barbara Shinn
- 11 Dave & Ella Sifferd

**JUNE**

- 12 Mel & Lorraine Sisson
- 13 Dianne Sizemore
- 14 Jacqueline Sloley
- 15 Andy & Nancy Smith
- 16 Gerald & Margie Smith
- 17 Stan & Barb Smith
- 18 May Snyder
- 19 Paul & Vicki Steffen
- 20 Terry & Annetta Stinebuck
- 21 Walt, Mary & Sarah Stones
- 22 Larry & Betty Strong

**JUNE**

- 23 Leonard & Betty Stroth
- 24 Burt & Kathel Suttie
- 25 Anne Swift
- 26 Carol Sytsma
- 27 Fred & Diane Tabert
- 28 Gail Thornton
- 29 Larrie & Marjorie Tisdale
- 30 Helen Travis

## PRAY FOR THOSE CELEBRATING BIRTHDAYS & ANNIVERSARIES IN JUNE



- Laurel Aumend 1
- Sharon Rehm 1
- Gail Thornton 2
- Connie Diller 7
- Lorraine Sisson 10
- Barbara Smith 11
- Bill Schultz 16
- Walter Scott 22
- Frank Perkins 23
- Linda Insley 27



- |                           |    |                            |    |
|---------------------------|----|----------------------------|----|
| Rich & Jan Wilkinson      | 5  | Fred & Joyce Schork        | 14 |
| Bob & Jean Humphreys      | 6  | Craig & Dotty Anderson     | 18 |
| John & Diane Truby        | 7  | Robert & Dorothy Blakey    | 19 |
| Stan & Barb Smith         | 9  | Donald & Annabelle Deblauw | 25 |
| Dick & Phyllis Botticelli | 10 | Steve & Joanie Mock        | 26 |
| Ron & Nancy Beasom        | 14 | Mel & Lorraine Sisson      | 28 |
| Helmut & Phyllis Ehrhardt | 14 | Art & Fran Koon            | 30 |

# THIS 'N THAT

## NEWSLETTER DEADLINE

We welcome material for our church newsletter. All contributions are subject to editing with regard to the subject matter and space requirements. Articles for the July-August issue of *The Messenger* are due in the church office by **Tuesday, June 15th**.

## WEEKLY PRAYER SERVICE

You are invited to join your church family in the Conference Room Sundays at 6pm. Come and share in this experience of God's people praying together.

## SPONSOR SUNDAY FLOWERS

The cost to sponsor flowers is \$30. To sponsor the flowers, please sign up on the sheet in the church entrance or call the church office. If you sponsored flowers for a Sunday and would like to take them after the service, please let the church office know before the date sponsored, or stop in the kitchen after the last service and see the deacon in charge that day.

## MUSIC MINISTRY

Our church music is available to you on the internet at <http://public.me.com/rpc1220>. Click on one of the folders to view Organ Music, Choir Music, or Praise Team Music and a list of the music will appear by song title. Then click on the arrow at the right of the song to download and listen. Feel free to share with friends, family or potential members. Questions or comments may be directed to Randy Curtis at [rpc1220@me.com](mailto:rpc1220@me.com).

## MINISTRY NEED — PR COORDINATOR

First Presbyterian Church is in need of a PR Coordinator. This person will be responsible for the advertising of church events by way of the various community media available to us. Please pray about this and see if this might be the way our Lord would have you serve. If so, please contact the church office, 639-1959.

## R.O.M.E.O.S. BREAKFAST MEETING

R.O.M.E.O.S. (Retired Old Men Eating Out Someplace) are taking a summer hiatus until September.

## EMAIL UPDATE

Please advise the church office when you change your email address. Thank you.

## COMPUTER AVAILABLE FOR YOUR USE



We've set up a computer in the Conference Room for those of you who need the use of one. It has high-speed internet access and is available during office hours. We suggest you call to reserve the time before coming to use it.

## PRESBYTERIAN WOMEN FUNDRAISER

Presbyterian Women (PW) are selling note cards as a fundraiser. There are 5 cards in a set for a cost of \$2.50. A sample & an order form are on the PW table in the narthex. If you would like to order them, please put your name on the list. Thank you for supporting PW in this.

## LOAVES & FISHES MINISTRY



Session has approved the re-establishment of the Loaves & Fishes Ministry here at the church. Kay Callahan has agreed to be the coordinator of this ministry and will become the Deacon of Loaves and Fishes.

This is a great opportunity for those of us who like to cook to share a meal with a church family in need after surgery or illness. Having a familiar, friendly face at your door with cooked food when you return home from the hospital is a very loving experience for both the cook and the recipient. If you would like to be a part of this ministry, please put your name and phone number on the sign-up sheet on the table in the church entrance.





# BIBLE QUIZ



Most Christians know the name of Jesus' earthly father, Joseph. But what was the name of Joseph's father?

Choose the right name below:

- A. James
- B. David
- C. Jacob
- D. Josiah



Answer: C. (See Matthew 1:16.)



## Are you listening?

A father asked his 7-year-old son to say the mealtime prayer. "All right," the boy said. "Let's pray."

When every head was bowed, the boy prayed, "Lord, we thank you for the pancakes we're going to eat tonight. Amen."

"Jimmy," his mother said. "I think you should know we're having chicken, not pancakes, tonight."

"I know," Jimmy answered. "I just wanted to see if God was paying attention."



"If we're all God's children, just think of all the cards he gets on Father's Day."

## MEET OUR OFFICERS

### ELDERS

Sharon Cuzner — Ministry	637-1792
Arlene Gebel — Worship	637-8655
Dave Woods — Ministry	456-4876
Marguerite O'Brien — Administration	639-7226
John Truby — Discipleship	637-7407
Joyce Schork — Discipleship	575-9493
Dianne Sizemore — Mission	743-5637
Phyllis Botticelli — Fellowship	637-0445
Don Washabaugh — Worship	255-8616
Gail Thornton — Clerk of Session	639-5510

### DEACONS

Debbie Carney — Parish Nursing	637-9389
Paul Gebel — Helping Hands	637-8655
Nancy Julius — Communication	575-7491
Joy Kiser — Bereavement	575-9745
Elaine Schultz — Flowers	505-8339
Margie Smith — Prayer Shawls	833-0185
Mary Anne Washabaugh — Communion	255-8616

## MEET THE FIRST PRESBYTERIAN STAFF



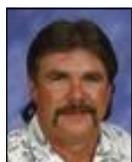
### Pastor

Steve Mock  
revmock@fpcpunta.org



### Custodian

Bill Barbour  
first@fpcpunta.org



### Music Director

Randall Curtis  
randy@fpcpunta.org



### Volunteer Office Assistant

Gail Thornton  
gail@fpcpunta.org



### Office Mgr., Bookkeeper & Editor "The Messenger"

Elizabeth Dunn  
elizabeth@fpcpunta.org



### Treasurer

Joe Cherny  
first@fpcpunta.org



### Parish Nurse

Debbie Carney  
carneydeb@hotmail.com



**First Presbyterian Church**

25250 Airport Road  
Punta Gorda, Florida 33950



Telephone: (941) 639-1959  
Email: [first@fpcpunta.org](mailto:first@fpcpunta.org)  
Website: [www.fpcpunta.org](http://www.fpcpunta.org)



**PC(USA)**



**MEMBER, CONFESSING CHURCH**



**A STEPHEN MINISTRY CHURCH**



**A PURPOSE-DRIVEN CHURCH**