

# FUPC Presby Press

[ June 2022 Church Newsletter ]

*Plan to attend. Tell your friends.*

## Safety at home and improved health are goals of First Presbyterian's June 7 physical therapy workshop

The Deacons of Edinboro Presbyterian Church have identified a frequent community need, and there is a specific activity which will address this. Physical Therapist Chris Bailey will be our guest speaker for an afternoon seminar on Tuesday afternoon, June 7. His presentation will give practical advice on vertigo,

balance, and safety at home. This is a significant matter for many people, especially for older adults, but the issues could apply to anyone. This workshop could give you information for yourself, but it also can be of interest to anyone who wants to enhance the lives of an aging parent or another loved one or neighbor.

There is no cost for the program; it is offered by FUPC as a gift to our congregation and the entire community. Reservations are appreciated (by calling 814-315-3998), but last-minute walk-ins will also be welcomed. Light refreshments will be provided by our Fellowship Team.

Local Mission Team moderator Jan Schulz gave her own personal story of how physical therapists relieved chronic pain after an accident years ago, and how she learned techniques that have helped her reduce dizziness and improved her balance. Jan's story was given at last week's sanctuary service and will be shown as part of an upcoming **Worship Online**.

**EDINBORO FIRS UNITED PRESBYTERIAN CHURCH**

**Speaker Series**

FYZICAL Owner: Chris Bailey, DPT

**Balance and Vertigo Presentation**

JOIN US TO LEARN ABOUT:

- How to Improve Your Balance
- How You can Prevent Falls
- What is Vertigo
- How Physical Therapy can Help

**Tuesday, June 7 @ 2pm**

**4281 Route 6N**

**Edinboro, PA 16412**

**Please kindly RSVP by calling 814-315-3998**

Chris graduated from Duquesne University with his Doctorate in Physical Therapy in 2007 with a focus in outpatient physical therapy and sports medicine. Chris Bailey, DPT is the co-owner of three FYZICAL Therapy & Balance Centers locations: West Erie, Corry, and Harborcreek. He specializes in Balance and Dizziness, Joint Pain, and Deep Tissue LASER Therapy. He is FYZICAL Balance Level 3 Certified and is a Vertigo Specialist.

**FYZICAL**  
Therapy & Balance Centers



**Vacation Bible School sign-ups are now underway. Please register before the end of June. The week of fun and faith and adventure will be July 11-15, weekday mornings 9:00 to 12:15. Look inside this newsletter or go to our website for details.**

## From the Pastor

### Reaching out into the community: Our mandate, our privilege

As you and I navigate this “new season” of faith and faithfulness, I am grateful for the series of conversations that have happened this year. Elected leaders, and others with a heart for this congregation’s past and present and future, have invested intentional time and prayer about FUPC. Some of the new callings we have are related to the challenges – and even the benefits and new lessons – which came to us in the Covid Era. Some of what we do next will actually be based on trends that have been *decades* in the making. Some of the “next” will be anchored in our strong history and heritage, doing better at what we’ve always done or bringing back some aspect of what worked well before. All these are true. Also true is a reality that the second half of 2022 and beyond will require us to turn away from past and present and experiment, veer, innovate or explore.

How are we to make decisions, not on what we prefer, not on what we want, but instead on who the True Lord of the Church is calling us to be? I really like the three-angled outline which came from our latest discernment retreat. First, if we are wondering what God would have us to do next, it makes sense to ask God about it. Prayer undergirds our discernment, asking the Lord for guidance and vision and blessing, and listening for definitive direction which God offers to us. Second, Inward care is our mutual concern and prayer and connection with each other. The people of the church would do well to connect with ... the people of the church. We have much to offer each other. Some of us are hurting, many are stressed, more than a few are out of the loop. This intra-congregational ministry is especially important to our vitality, especially in this time when most of our routines were interrupted, the institutions around us are uncertain, and when divisiveness seems to be the common currency of our culture.

As these things are true within the church “family”, they also are pervasive “out there”. The people we pass on the road, who live down the street, who cut our hair and bag our groceries and teach our children are facing those same stresses. The church has ways to assist. Our calling card is Christ. Our hope, when we demonstrate it, can become contagious. The third – and equally important – segment of our Planning Pyramid is community connections. A church which exists only for its current members is a social club or a secret society. Such organizations have their value, but that is not our primary purpose. Our mandate is to go and make disciples. Our mandate is to, with the Holy Spirit’s help, teach others everything which Jesus taught his followers. Our mandate is to give them something to eat, visit the lonely and the prisoner, stand up against all injustice, feed the poor, and forgive the sinner.

We have always been a church with that outward focus too. Look at the number of our members who are active in leadership and servanthood roles elsewhere in the community. FUPC has been good to support individuals and local ministry agencies. Our giving to hunger programs and worldwide mission is impressive.

I am glad for some of the new and returning ways we are now seeking to impact our neighbors in the community. Eventually, a few of those folks may become active in this congregation, and that will be absolutely great and give good reason to express gratitude to God. That, though, is not our most noble, most urgent goal. As you look at this sample list, may we be thankful for these opportunities, and use them to inspire more:

Our presentation on balance and vertigo and home safety by a physical therapist.

The return of VBS in conjunction with our partner churches in the area. (VBS, by the way, can have the faith-fostering effect of a “month of Sundays” of most anything else we do!)

I expect we soon will offer a similar Speaker Series event to help young families with their current stresses.

There is interest in having a booth at the Boro Fireworks event. (This could be a food truck, a game booth, or just handing out water and meeting people....If you want to help, please let me know soon.)

Using my journalism background, I continue to submit items to the West County Journal and Family Life Radio, locally airing on 89.8 and 102.7 FM. (On your behalf, I can influence people we don’t reach with our in-house stuff or our church website.)

Our medical equipment loaner ministry sees an average of one or two people here each week.

The "Garden of Edin" community garden is full and busy and producing produce. It also is producing friendships and outreach to people who would not meet each other any other way.

Bakers from our congregation send Cookies For The Troops every month. (If you'd be willing to help, once as a sub or on an ongoing basis, please call Sue Johnson.)

I've scheduled a Card Party for our neighbors at Edinboro Manor across the street. Their protocols change from week to week, necessarily, but while we wait for the return of our monthly Worship and Communion visits there, we can deliver a little kindness and sunshine across the street.

It seems like it's been Wedding Season again. In part because of the Covid pause and partly because of the cycles of life, I am working with an above-average number of wedding couples. My conversations with them (and the benefits of the Prepare-Enrich program I use) are influential to these delightful folks at a key transition in their young lives.

It's time to renew our offer to host Financial Peace University, a nine-week financial management class. With the economy as it is for now, I imagine there will be more than a few folks who could be blessed by this.

The mandate our Lord gives to Christians is to look beyond ourselves. It's not only a mandate. It is a great privilege to influence individuals and communities and societies. Let's keep looking outward. And upward.

Jesus' Peace & Hope & Joy,

*Greg*

## Confirmation Journey participants make their vows

Participants in our 2021-2022 Confirmation Journey this month will complete this chapter of their faith journey. Four young people have been meeting with Pastor Greg during the past school year, discussing Scripture, discipleship and church:

Josh Williams

Emma Walker

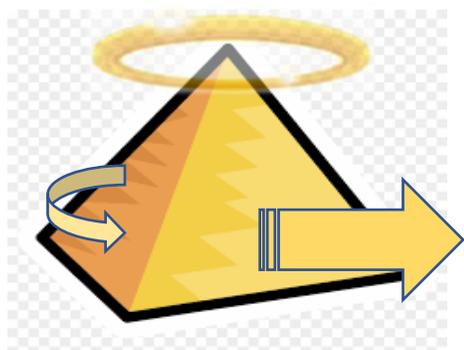
Elise Honeycutt

Peyton Frick

The Confirmation Journey is so named for two reasons. Those who were baptized as young children had their families make Christian vows on their behalf. As these children move into adolescence, they are invited to **confirm** those previous baptismal vows, making their own professions of faith in Jesus. It is also a **journey**, because no one class or event or faith statement is the completion of faith. The church, the families and those who mentor the young people throughout their lives will help them to continue to grow in Christ-centered faith, Godly love, and toward even more Spirit-inspired maturity.

Those who determine they are ready to make this decision will meet with the elders on a Sunday morning, then be presented to the congregation during 10:00 worship. This will happen on June 5 and June 26, giving flexibility to the families' schedules.

## Prayer suggestions, for our PRAYER, CARE, and CONNECTIONS



Mondays: For our outreach as a congregation.

Tuesdays: For our faith sharing/demonstration as individuals.

Wednesdays: For other congregations in Edinboro and the area.

Thursdays: For people who have fallen away from God.

Fridays: For the next five new members of this congregation.

Saturdays: For innovation, boldness, and other-centeredness.

## ***Vacation Bible School, July 11-15***

# **Community VBS returns as multiple Edinboro churches, offer faith-building opportunities for our area's children**

After being sidelined the past two summers due to caution related to the Covid-19 pandemic, our Edinboro Community Vacation Bible School is on its way back for the summer of 2022! We at Edinboro Presbyterian are happy to be among the local congregations who will combine again to provide a full exciting week of Bible stories, songs, games and lessons for the children we serve.

VBS is an important and effective outreach for the Gospel of Jesus Christ. It is not an exaggeration to say that in these five full mornings, participants can get a “month of Sundays” worth of knowledge, understanding and appreciation for the Lord. Almost literally, a month of Sundays’ worth.

Please extend your invitation to your child’s friends to be a part of this. Plan that your family members will attend. In order that we can be sure to have the staffing and supplies ready for Day 1, preregistration is required. You can sign up online anytime before June 30.

The location and dates have changed for 2022 compared to the past several years we have sponsored the combined VBS. This year, we will be at the social hall of Our Lady of the Lake Roman Catholic Church. The dates have moved later in the summer, to avoid overlapping with similar events which a few other congregations will hold in June. Ours will be weekday mornings, July 11-15.

Registration and further information are available online. New this year, you can also pay online. If you want more details, or you would like to request a little help to reduce the small registration fee, make that request through the FUPC office soon. We have received several gifts from church members which we can use to provide scholarships to church members or to families you invite. Contact Greg Gillispie or Sue Johnson to request this.

The theme for this multi-church VBS is “Food Truck Party: On a Roll with God.” It invites children to pray as Jesus teaches us in Matthew 6:11 – “Give us this day our daily bread.” These words serve as a reminder that everything we have comes from God — and that it's by turning to God in prayer that all of our daily needs are met.

Each day will focus on either an Old Testament or New Testament story where the Bible talks about food:

- Manna and Quail: Exodus 16
- The Widow’s Endless Oil: 1 Kings 17
- Eating the Good Stuff: Daniel 1
- Jesus Feeds 5000: John 6
- Breakfast on the Beach: John 21

The Friday closing program is open to everyone, even if you do not have a child taking part in VBS. A preview video is available [here](#). Check the website for the VBS songs.



### **Edinboro Area Vacation Bible School**

July 11 – 15, 2022, at Our Lady of the Lake Church.

If you are interested in Volunteering, please email:

[edinborovbs@gmail.com](mailto:edinborovbs@gmail.com)

Register online by June 30:

[food-truck-party-edinboro-vbs-2022](https://www.edinborovbs.com/food-truck-party-edinboro-vbs-2022)

## Summer worship schedule: June 5 through September 5

FUPC's summer sanctuary worship begins at **10:00 a.m.** for June, July, August & Labor Day Weekend. We have used this seasonal transition for multiple years. Many people like the earlier start, which then opens up other options for the rest of Sunday. We do recognize that the switch from 11:00 a.m. does put limits and hardships on other people though.

**Worship Online** will still be available 24/7 if you are unable to attend in person, or if you will be away on any given Sunday. Highlights of recent sanctuary services, plus special content for our website worshippers, can be found on the "Worship and Videos" page at [www.EdinboroPresby.org](http://www.EdinboroPresby.org).



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## Helping the young generations with today's stresses

The current cover story of *Presbyterians Today*, our denominations official magazine, gave examples of how some churches are starting hands-on ministries to help young people with the stresses that weigh them down. Issues of mental health and mindfulness apply to all generations – but are uniquely significant to children and teens whose growing-up years have been dominated by Covid restrictions, online schooling and social isolation.

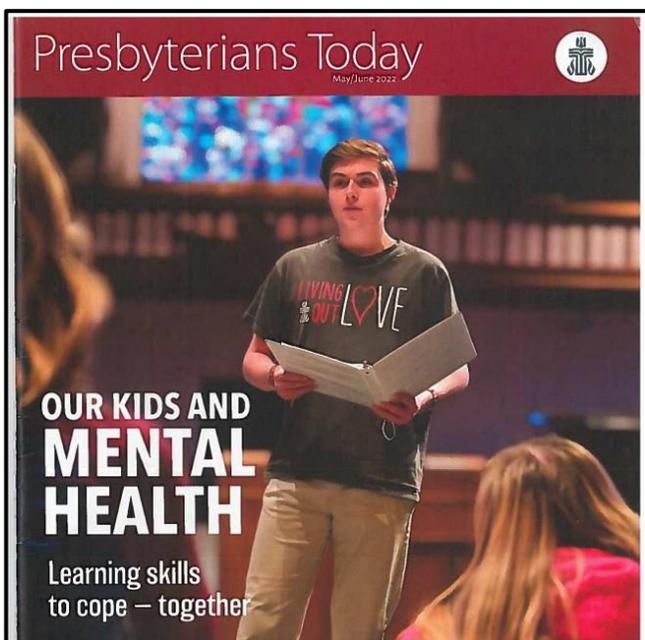
Edinboro Presbyterian's elders invested time at a recent meeting discussing these matters, and copies of the article were mailed and e-mailed to our younger families. You too can pick up a printed copy of the magazine information at FUPC or request that we mail you one. Go to the [church website](#) to see an e-version. The goal is to reflect on the issues, see what some other places have tried, and explore what avenues we might prioritize to help young people and their families. This obviously affects people with direct connections to FUPC, but there are also possible outreaches into the community.

A few highlights:

**Mindfulness practices** can help a person to pause, calm down, and deal effectively with emotions: Deep breathing for just two minutes is one. Another is to squeeze your hands as if squeezing an orange, letting go, squeezing again, then pretending to shake off the juice (and actually shake away some of the stress).

**Support one another**, friend to friend, parent to child, child to parent, family to family, volunteers to schools. With some churches, what used to be "youth group" has transitioned to mental-health check-ins.

**Emphasize that Christians have particular resources** for overcoming chaos, disappointment and stresses. Remind each other of the benefits and perspectives which come through our faith, the Scriptures, our prayer life, and Christian music.



# Congratulations and blessings to the Class of 2022

We congratulate our members of the Class of 2022. Edinboro Presbyterian offers prayers of gratitude for the ways God has blessed you with the talents and traits which have brought you to this point in your life.



We also ask the Lord to continue to bless you and care for you in the opportune chapters ahead.

FUPC will offer recognition of graduates during several of our June sanctuary worship services. We do this on several occasions, to match the schedules of our grads and their families. Our online worshippers will celebrate as well with special video segments. (Use the congregational passcode “814” to access our videos featuring young people.)

**Anna Williams** graduates from General McLane High School on June 9. She is the daughter of Mark and Milly Williams. Anna plans to attend Bowling Green State University in Ohio and major in Family and Human Development Services with a minor in Sociology. Her goal is to become a drug/alcohol counselor for veterans or within the prison system.

**Jessie Lynn Johnson**, daughter of Carol and Brian Johnson, graduated on May 6, from Penn State Behrend with a bachelor's degree in Environmental Science with minors in Biology and Sustainability. She now works as a Field Technician for the Eastern Nevada Landscape Coalition. Her specialty is looking for invasive species.

**Zach Gillispie** earned his bachelor's degree from Grove City College, graduating May 14 with high honors in Communications and honors in Christian Ministry. After a second summer on the counseling/program staff at Honey Rock Wilderness Adventure camp in the Northwoods of Wisconsin, Zach will begin a master's degree program at Baylor University in Texas and carry out an internship with the school's student development team. He is a son of Greg and Marcia Gillispie.

**Brock Cunningham** will graduate with high honors from Cambridge Springs High School on June 3. Brock played baseball and golf and was a drummer in the marching band. He was treasurer for NHS, a member of Student Senate, and the AV club. Brock plans to attend the University of Pittsburgh in the fall and major in Engineering. His parents are Wally and Susan Cunningham.

**Molly Cooke** received her master's degree in Theatre from Binghamton University on May 20. Her future plans are not as yet finalized, however, she will be working with a podcast (production management) and assisting with summer theatre productions at Gannon University. Molly is the daughter of Martin and Marcia Cooke.

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*Presby Press* is the monthly newsletter for our members, friends, and the community at-large.

Archived newsletters are available on the website. All information is provided as general information. We cannot and do not replace medical, tax, legal or financial professionals who should give you specific advice for your unique personal situation. Only the Session (Council of Elders) can make official statements or positions of this congregation.

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