

First Presbyterian Church (EPC)
804 South Wolcott Street
Casper, WY 82601

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First Presbyterian Church (EPC) of Casper

THE MESSENGER

MARCH 2017

Presbytery of the West Report

“Holding Hope for Others Until They Can Hold it for Themselves”

Kicking off the February 1-2 meeting of the EPC Presbytery of the West (GracePoint Community Church, Littleton, CO) was a seminar on a topic not often addressed by the church...The Church and Mental Health. The lead speaker and a panel of professionals covered areas of the topic in a morning session.

The urgent need for such a church discussion became apparent as presenter, Pastor Brandon Applehans, shared statistics revealing the prevalence of these primary mental health struggles in our circles:

- *anxiety
- *depression (including workaholism)
- *mood disorders (bipolar disorder the most well-known)
- *traumatic brain injury (including post-traumatic stress disorder)

At one point during the seminar, Pastor Applehans asked the Presbytery attendees to close their eyes and raise a hand if they had EVER struggled with depression. One-third raised a hand. Statistical charts in his presentation revealed that 46 out of 100 people experience some kind of mental health

(cont. on p. 3)

From the Treasurer



January 2017 Treasurer's Report

JANUARY

Balance on Hand	\$ 4,605.16
January Congregational Giving	10,855.00
January Income (Savings/Other)	6,541.37
January Expenses	<u>22,891.75</u>
Income/Expenses	-\$5,495.38

January 31, 2016 **-\$890.22**

YEAR TO DATE

January 1, 2016	\$ 4,605.16
Congregational Giving	10,855.00
Income (Savings/Other)	6,541.37
Expenses	<u>22,891.75</u>
Expenses	-\$5,495.38

January 31, 2016 **-\$890.22**

FIRST PRESBYTERIAN CHURCH

Regular Office Hours
 Tuesday: noon-4:00 P.M.
 Wednesday: 9:00 A.M.-noon
 Thursday: 9:00 A.M.-noon

Lord's Warehouse Needs

Twin and full sheets
 Blankets all sizes
 Dish sets
 Coat hangers for ladies
 Sturdy coat hangers for curtain display
 Apartment furniture—all kinds

Church Officers and Staff - 2017

The Board of Deacons

Moderator: Grace Ward

Secretary:

Class of 2017

Nita Christensen	1319 Yorkshire Ave. 82609	265-1955	dnchris57@gmail.com
	(Parish Life)		
Phyllis Karns	1440 Kingsbury 82609	315-7346	phyllis.karns@yahoo.com
	(Christians Growth/Evangelism)		
Grace Ward	101 N. Kenwood	265-9005	
	(Worship)		

Class of 2018

Patti Christensen	3900 E. 19th 82602	577-1192	chriskanspatti@aol.com
	(Facilities) P.O. Box 2294		
Leith Culver	1912 Rustic Drive 82609	472-0369	lculver52@msn.com
	(Stewardship)		
Judy Schenk	720 W. 51st St. 82601	237-5295	tschenk@bresnan.net
	(Stewardship)		

Class of 2019

MH Hennagin	2033 W. 42nd 82604	259-7101	mhhennagin@gmail.com
	(Evangelism/Parish Life)		
Carol McClure	2141 E. 21st St. 82609	258-5354	cmclure@bresnan.net
	(Christian Growth/Worship)		
Bill Specht	2626 E. 7th 82609	234-6823	wspecht3@msn.com
	(Facilities)		

Church Staff (cont.)

Choirmaster - Zach Vreeman	
4043 Kent 82609.....	(402) 613-2094
Organist - Marilyn Fry	
808 E. 13th St. 82601.....	(307) 259-3568

Church Officers and Staff - 2017

Session

Moderator: Rev. Mark Tippin Clerk of Session: Debbie Hutchins Treasurer: Leith Culver

Class of 2017

Tim Schenk 720 W. 51st St. 82601 259-6529 tschenk@gsgarchitecture.com (Facilities/Stewardship)

Class of 2018

Brian Christensen 3900 E. 19th 82602 577-1192 chriswyo@aol.com
Mike Fankhauser 12239 Ranchero Rd 82604 265-8259 mikef@rockymtnfire.com (Evangelism/Facilities)
Greg Irwin 1622 S. Oak St. 82601 259-7078 greg1@legalvideowyo.com

Class of 2019

Henry Groenenberg 3421 Valley Rd. 82604 237-3909 hg3421@live.com (Facilities/Personnel)
Debbie Hutchins 636 E. 12th St. 82601 259-9455 debbie.hutchins@ur-energy.com (Clerk)
Zach Vreeman 2902 Boots Dr. 82609 (402)613-2094 zvreeman@gmail.com (Worship/Christian Growth/Nominating)

307-237-9509

Church Staff

fax 307-473-2833

Pastor - Rev. Mark Tippin 172 Forget-Me-Not 82604..... (724) 651-7960
Bookkeeper - Wendy Campbell 1201 Beaumont Dr. 82601..... (307) 472-2069
Administrative Assistant - Barb Martin 6961 Columbia River Road 82604..... (307) 359-1571

Holding Hope for Others (cont.)

issue during their lives. He said that members of our congregations tend to dance around the topic of mental health and put on a happy face instead of being transparent with safe circles in our church families.

Pastor Brandon told the group that he himself has bipolar disorder and shared how mental illness took over his life at age 18, draining all of the joy and color out of it. It took two years to get his medications balanced after he was diagnosed. By God's Grace and a caring, supportive family and community who encouraged him, advocated for him, and prayed for him, he went on to complete high school, college, and seminary, and to marry. He credited God for his even being alive, since a high percentage of sufferers never make it through those months or years of seemingly hopeless struggle for balance. He cited funny

man, Robin Williams, who hid his life-long mental struggles from the world for years until chronic depression overcame him. He could entertain others but he couldn't make himself smile.

Now in his 30s, Brandon has founded a Denver ministry called "My Quiet Cave" (Finding Hope in the Midst of Mental Disorder) with a desire to bring light into dark places and to help churches learn to work with the mental health of their congregations. He stressed the three critical continuing needs of those with mental illnesses and with traumatic brain injuries...a counselor, medications, and a caring community. Much scripture was shared, and he stressed the need to know how one should feel about oneself as a child of God...valuable and good and made in the image of God. More about Brandon's ministry can be (cont. on p. 5)

**FIRST
PRESBYTERIAN
CHURCH OF
CASPER**

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Casper, Wyoming 82601

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Church (EPC) Casper, WY



Remember that

Daylight Savings Time

begins on
**Sunday,
March
12th.**



Be sure to move your clocks
AHEAD one hour before going
to bed on Saturday.

In Memorium...

We would like to offer our prayers to the family and loved ones of Thomas Schumann, who passed on to his eternal home on February 5, 2017. His funeral was held here at First Presbyterian Church on February 10th.

MISSION STATEMENT

Out of humble gratitude for the free and undeserved gift of grace we have received through Christ, the mission of First Presbyterian Church (EPC) is:

To proclaim, with boldness, God's glory, truth, and love revealed to us in his Word through the Holy Spirit. We seek to worship him with our entire lives, being continually reformed to Scripture, our only guide in faith and practice.

St. Patrick's Day

Saint Patrick's Day was made an official Christian feast day in the early 17th century. The day commemorates Saint Patrick and the arrival of Christianity in Ireland and celebrates the heritage and culture of the Irish in general.

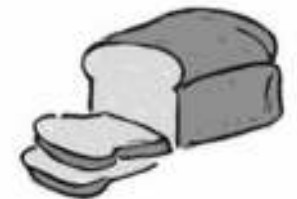


Patrick was a 5th-century Romano-British Christian missionary and bishop in Ireland. Much of what is known about Saint Patrick comes from the *Declaration*, which was allegedly written by Patrick himself. His father was a deacon and his grandfather was a priest in the Christian church. According to the *Declaration*, at the age of sixteen, he was kidnapped by Irish raiders and taken as a slave to Ireland. It says that he spent six years there working as a shepherd and that during this time he "found God". The *Declaration* says that God told Patrick to flee to the coast, where a ship would be waiting to take him home. After making his way home, Patrick went on to become a priest.

According to tradition, Patrick returned to Ireland to convert the unbelieving Irish to Christianity. The *Declaration* says that he spent many years evangelizing in the northern half of Ireland and converted "thousands". Tradition holds that he died on March 17 and was buried at Downpatrick. Over the following centuries, many legends grew up around Patrick and he became Ireland's foremost saint.

(Excerpt from FPC, Worland, WY, Newsletter)

FPC's Bread Ministry to church visitors is in need of someone to deliver bread to visitors who live on the EAST side. Our bakers will provide bread for you. Please contact the church office, Janis, or MH if you need further details!





- March 3th Judy Schenk
- March 5th Brian Hennagin
- March 13th MH Hennagin
- March 17th Barbara Scifers
- March 18th Heidi Walker
- March 22nd Irene Story
- March 23rd Charles Burlingame
- March 24th Dennis Hutchins
- March 25th Evelyn Sabec
- March 26th Cara Fankhauser

February Ministry/ Committee Meetings

Parish Life	March 6, 2:00 P.M.
Evangelism	March 13, 5:30 P.M.
Stewardship	March 13, 7:00 P.M.
Board of Deacons	March 20, 6:00 P.M.
Session	March 20, 7:00 P.M.
Worship	March 27, 8:45 A.M.
Facilities	March 27, 5:30 P.M.

*Vision/Prayer Team meets every Wednesday at 9:00 A.M.

Holding Hope for Others (cont.)

found at these sites: <https://www.youtube.com/watch?v=Hmy9VEPR9o0>, <http://myquietcave.com/> He encourages the sharing of these sites and welcomes questions about his workshops for churches.

Pastor Brandon also led a panel discussion of professional women who answered his and the audience's questions. The faith-based panel's specialties covered anxiety, depression, and also traumatic brain injury; most on the panel had personal experience with the issues of which they spoke. A theme weaving through the words of the panel was Hope and how God's Word can provide that Hope. One said that the church is charged to "hold hope for those who struggle

until they can hold it for themselves." Sufferers can lose track of where they are in God's family and slowly "slip into the world." Safety was another recurring theme...the need for an emotional space of safety as well as a physical one. For traumatic brain injuries this safe space is needed in order for the brain to heal, with aids for sleep often being the first step. These aids can include not only medications but also 35 lb. weighted blankets. Many good ideas were shared about providing hope and safe spaces. The Christian counselor on the panel who specializes in trauma/brain injury also shared her website, <https://lastbattle.org/>. She offers to visit with out-of-town clients on SKYPE.

*For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.
Jeremiah 29:11*



March 2017

By reading the four scripture selections each day of the year, you will have read the entire Bible at the end of a year!! Why not make it a challenge to start during this Advent Season, especially if you've never read the entire Bible! If you go to www.oneyearbibleonline.com, you also have the option of reading the Bible through chronologically in a year, as you would read a story in the order things happened.

01 Leviticus 24:1-25:46
Mark 10:13-31
Psalm 44:9-26
Proverbs 10:20-21

04 Numbers 2:1-3:51
Mark 11:27-12:17
Psalm 47:1-9
Proverbs 10:24-25

07 Numbers 8:1-9:23
Mark 13:14-37
Psalm 50:1-23
Proverbs 10:29-30

10 Numbers 14:1-15:16
Mark 14:53-72
Psalm 53:1-6
Proverbs 11:4

13 Numbers 19:1-20:29
Luke 1:1-25
Psalm 56:1-13
Proverbs 11:8

16 Numbers 24:1-25:18
Luke 2:1-35
Psalm 59:1-17
Proverbs 11:14

19 Numbers 28:16-29:40
Luke 3:23-38
Psalm 62:1-12
Proverbs 11:18-19

22 Numbers 33:40-35:34
Luke 5:12-28
Psalm 65:1-13
Proverbs 11:23

25 Deuteronomy 4:1-49
Luke 6:39-7:10
Psalm 68:1-18
Proverbs 11:28

28 Deuteronomy 9:1-10:22
Luke 8:4-21
Psalm 69:19-36
Proverbs 12:2-3

31 Deuteronomy 16:1-17:20
Luke 9:7-27
Psalm 72:1-20
Proverbs 12:8-9

02 Leviticus 25:47-27:13
Mark 10:32-52
Psalm 45:1-17
Proverbs 10:22

05 Numbers 4:1-5:31
Mark 12:18-37
Psalm 48:1-14
Proverbs 10:26

08 Numbers 10:1-11:23
Mark 14:1-21
Psalm 51:1-19
Proverbs 10:31-32

11 Numbers 15:17-16:40
Mark 15:1-47
Psalm 54:1-7
Proverbs 11:5-6

14 Numbers 21:1-22:20
Luke 1:26-56
Psalm 57:1-11
Proverbs 11:9-11

17 Numbers 26:1-51
Luke 2:36-52
Psalm 60:1-12
Proverbs 11:15

20 Numbers 30:1-31:54
Luke 4:1-30
Psalm 63:1-11
Proverbs 11:20-21

23 Numbers 36:1-
Deuteronomy 1:46
Luke 5:29-6:11
Psalm 66:1-20
Proverbs 11:24-26

26 Deuteronomy 5:1-6:25
Luke 7:11-35
Psalm 68:19-35
Proverbs 11:29-31

29 Deuteronomy 11:1-12:32
Luke 8:22-39
Psalm 70:1-5
Proverbs 12:4

03 Leviticus 27:14-Numbers 1:54
Mark 11:1-26
Psalm 46:1-11
Proverbs 10:23

06 Numbers 6:1-7:89
Mark 12:38-13:13
Psalm 49:1-20
Proverbs 10:27-28

09 Numbers 11:24-13:33
Mark 14:22-52
Psalm 52:1-9
Proverbs 11:1-3

12 Numbers 16:41-18:32
Mark 16:1-20
Psalm 55:1-23
Proverbs 11:7

15 Numbers 22:21-23:30
Luke 1:57-80
Psalm 58:1-11
Proverbs 11:12-13

18 Numbers 26:52-28:15
Luke 3:1-22
Psalm 61:1-8
Proverbs 11:16-17

21 Numbers 32:1-33:39
Luke 4:31-5:11
Psalm 64:1-10
Proverbs 11:22

24 Deuteronomy 2:1-3:29
Luke 6:12-38
Psalm 67:1-7
Proverbs 11:27

27 Deuteronomy 7:1-8:20
Luke 7:36-8:3
Psalm 69:1-18
Proverbs 12:1

30 Deuteronomy 13:1-15:23
Luke 8:40-9:6
Psalm 71:1-24
Proverbs 12:5-7