

First Presbyterian Church

10 Charleston Ave.

Mattoon, IL 61938

Phone: (217) 234-6722

Email: fpchurch@consolidated.net

Website: www.fpcmattoon.org



First Alert

Upcoming Events

October 26th

Presbyterian Women Fall Gathering 9:30 a.m.

October 27

Hayride 4:00 p.m. Daily Farm

October 30th Trunk or Treat 6:00 p.m.

Sunday Worship

Pastor
Rev. Matthew Froeschle

Treasurer
John Swick

Youth Director
Toby Montgomery

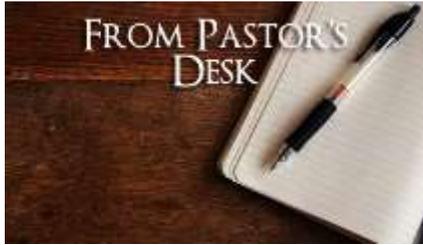
Music
Scott Hines

Worship AV
Brandon Barta

Church Custodian
Rick Plummer

Administrative Assistant
Cherry Wishard

Adult Bible Class
8:30 a.m.
Worship Service*
9:30 a.m.
Children's Church
9:45 a.m.
(after Children's Chat)
*Childcare provided



“Bad religion has always favored escape, passivity, irresponsibility.” Thus wrote Louis Evely in his book *“In the Christian Spirit.”* Those words hit home this morning as I tried to get a better start on the day by finally returning to morning devotions (good habits are hard to maintain!).

How desperately I want God to fix things for me - to rescue me out of my current circumstances - to confirm that I am a victim of circumstances rather than a part of the problem. How slow I am to remember that I am called to serve the world - to be an agent of God’s love - to take responsibility for my actions and my inactions.

I do not need to remain that way, for the Holy Spirit is at the ready for those who call. The transformation doesn’t take place overnight, but resurrection does happen. It takes our cooperation with Jesus; that is to say it takes real faith. And if you, like me, tend to slip into fantasy mode and deflect accountability, then let these words from the apostle Paul bring us to our senses:

“Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear.” -Philippians 2:12 (NLT)

This is not to say that salvation rests upon our works of righteousness, but it certainly steers us away from the thought that we are totally passive. Rather, the Bible teaches that we are called to cooperate with God.

Sometimes (many times?) we resist. We fall prey to bad religious thought. God, please adjust our thinking and help us to correct our behaviors. And thanks, God, for bringing me back to Your Word and to some good Christian advice. I was rightfully feeling icky because of my poor thinking. Now I’m receiving healthier motivation from You.

Have a wonderful month, dear Church.

In Christ,
Pastor Matthew



Food pantry items are being gathered.
Please keep the food coming and help those in need. Food can be left in the Narthex.
October: Stuffing Mix



October 1

Melanie Smitley

October 2

John Swick

October 3

David McDowell

October 4

Owen Nolte

October 7

Elizabeth Druin

October 11

Nick Figgins

October 12

Robert Miller

October 17

Ann Spitz

October 21

Karen Stone

Greg Thompson

October 24

Kyle Glenn

October 25

Lindsey Glenn

October 27

Richard Barta

October 31

Vance Bollinger



October 18

Bob & Nancy Plummer



CHRISTMAS SHOE BOXES

Now is the time to start thinking about Christmas Shoeboxes!! Please consider sharing the love of Jesus with a poor child by filling a shoebox with toys, books, crayons, puzzles, hygiene items, (no chocolate - no glass bottles - no violent toys). There is a more detailed list of items to include with the boxes. If you have questions, please ask Sue Gathmann (217-254-3487) or a member of the Mission Committee. We need the shoeboxes back by November 17th

Mission in a Handbag

Hope of East Central Illinois assists women and children who leave abusive home situations. All too often, these women leave their homes and are not able to take anything with them.... nothing.

During the Month of October, the Mission Committee will be collecting and filling gently used purses with travel size personal items such as shampoo, toothpaste, deodorant, comb, brush, etc.

If you would like to help with this Mission, please bring a gently used purse and/or new, unopened, TRAVEL SIZE personal items to the Church and place them on the Mission Table.

If you would have questions, please contact one of the Mission Committee Members, Linda Wilson, Vicki Williams, Jo Swick, Susan Millsap, Sue Gathmann, Elsie Carter, Jerry Parker, Sybil Etchason.



Continued prayer for those having treatments for medical conditions:

Mavis Bagby, Jean Beard, Kathy Beaver, Earl Bennett, Joan Dickens, Evelyn Furry, Jeremiah Parker, Lindel & Betty Martin, Betty & Bob Miller, Elnor Oliver, Lori Woodyard, The Barta family.

For all those who are serving in Armed Forces:

Matt Gathmann, Kelly Martin, Hunter S. McRoberts.



Keep saving the Box Tops for Education for Kemmerer Village. Place them in the box in the Fellowship Hall. Thanks to all who save them.

Kemmerer Village is celebrating 105 years of Caring for Children on Sunday, Oct. 6 with an open house from 1-4p.m.



Coke Rewards

The Coca Cola Give program will donate from 5 to 30 cents for your Coca Cola rewards codes. These Codes can be under the lids of bottles, or inside the 12-pack and cases of any Coke product Just go to <https://us.cocacola.com/give>, choose Kemmerer Village as your school, and enter your codes to help our children and support our school. Every cent counts!





A few tips on Grocery Shopping for Balanced Nutrition

Personally, I dislike grocery shopping almost as much as I dislike dusting. I have often felt that a good solution would be a simple pill to take 3 times a day that would supply all our nutritional needs. Since that isn't about to happen, I will share some ideas with you on getting balanced nutrition while shopping. (These came from a registered dietitian.

*Aim to get all 5 food groups at mealtimes. These groups are Fruits, Vegetables, Grains, Protein and Dairy. Half of your plate should be fruits and vegetables, with one quarter as whole grains, and one quarter as lean protein, then top the meal off with a serving of low-fat dairy.

*Check your cupboards and refrigerator to know which supplies you have on hand. Make your shopping list accordingly.

*Stick with the list. Check the ads prior to your visit so you can take advantage of sales.

*Shop the perimeter of the store. That's where all the fresh fruits and veggies, whole grains, protein and dairy are located. Go down the aisles only when necessary to purchase specific food items. This will help you to buy less processed foods which are often high in sodium, sugar, and saturated fat.

*Purchase what you will eat. If you have leftovers, consider freezing them to use later.

*Look for produce in season. They will be fresher and often cheaper too.

*Aim for a variety of colors and foods. These will increase your nutrient intake. - Jean Jones



Greetings fellow members of FPC Mattoon! Well as of this writing, my beloved Cubs are only one game away from complete elimination from the playoffs. 2019 hasn't been too kind to my Cubs but I can feel that changes are on the horizon for this team. Speaking of changes, the youth program has seen a big change here in the last week or so. The multi-purpose room, down here by the gym, has started some recent renovations. We had a multitude of kids and a few adults here helping and I have to say that I am proud of the kids because they had to scrape the trim off of the walls. Thankfully the scraping was finished by the end of the afternoon and they had managed to get all of it taken off.

Change is great from time to time. It allows us to never get stale and keeps us on our toes in life. Sometimes our own spiritual life can grow stale as well. I know that I am definitely guilty of this from time to time. One thing that helps me though is to try and build a strong prayer habit. I notice that when I become stagnant with my spirituality that I have stopped praying as often or as much. With daily life being so crazy and hectic, it is easy to forget to pray during the day. However, Jesus says in Matthew 7:7 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened." Knowing that Christ tells us that through prayer to Him that we can find what we need spiritually is a welcome feeling. Seeking Christ and following Him will get us to where we need to be spiritually! I'll see you on the flippity-flop! -Toby

Tuesday, October 1

Prayer Group 10:00 a.m.
Dulcimers 1:30 p.m.
Barbershoppers 7:00 p.m.

Wednesday, October 2

Women's Board Meeting 9:00 a.m.
Membership Committee 10:00 a.m.
LOGOS 5:30 p.m.

Thursday, October 3

Bible Study Group 9:00 a.m.
Men's Prayer Group 10:00 a.m.

Sunday, October 6

Adult Bible Study 8:30 a.m.
Worship Service 9:30 a.m.
Children's Church 9:45 a.m.
Mission Stitches 2:00 p.m.
Youth Group 3:00 p.m.

Tuesday, October 8

Prayer Group 10:00 a.m.
Sarah Circle 10:30 a.m.
Dulcimers 1:30 p.m.
CCRTA 1:30 p.m.
Personnel Meeting 4:30 p.m.
Priscilla Circle 7:00 p.m.
Barbershoppers 7:00 p.m.

Wednesday, October 9

Stewardship & Finance 1:00 p.m.
B & G 2:00 p.m.
LOGOS 5:30 p.m.

Thursday, October 10

Bible Study Group 9:00 a.m.
Men's Prayer Group 10:00 a.m.
Mystery Book Club 6:00 p.m.

Saturday, October 12

Great Banquet 5:00 p.m.-8:30 p.m.

Sunday, October 13

Adult Bible Study 8:30 a.m.
Worship Service 9:30 a.m.
Children's Church 9:45 a.m.
Luncheon after morning service
Pre-Pack Food Center 1:00 p.m.
Youth Group 3:00 p.m.

Monday, October 14

Columbus Day
Church Office Closed

Tuesday, October 15

PEO 9:00 a.m.
Prayer Group 10:00 a.m.
Dulcimers 1:30 p.m.
Quadrangle Book Club 1:30 p.m.
Mission Committee 6:30 p.m.
Barbershoppers 7:00 p.m.

Wednesday, October 16

LOGOS 5:30 p.m.

Thursday, October 17

Bible Study Group 9:00 a.m.
Men's Prayer Group 10:00 a.m.

Sunday, October 20

Adult Bible Study 8:30 a.m.
Worship Service 9:30 a.m.
Children's Church 9:45 a.m.
Youth Group 3:00 p.m.

Tuesday, October 22

Prayer Group 10:00 a.m.
Dulcimers 1:30 p.m.
Session 6:00 p.m.
Barbershoppers 7:00 p.m.

Wednesday, October 23

LOGOS 5:30 p.m.

Thursday, October 24

Bible Study 9:00 a.m.
Men's Prayer Group 10:00 a.m.
PEO 6:30 p.m.

Saturday, October 26

Presbyterian Women Fall
Gathering 9:30 a.m.

Sunday, October 27

Adult Bible Study 8:30 a.m.
Worship Service 9:30 a.m.
Children's Church 9:45 a.m.
Youth Group 3:00 p.m.
Hayride 4:00 p.m.

Tuesday, October 29

Prayer Group 10:00 a.m.
Dulcimers 1:30 p.m.
Barbershoppers 7:00 p.m.

Wednesday, October 30

Trunk or Treat 6:00 p.m.

Thursday, October 31

Bible Study 9:00 a.m.
Men's Prayer Group 10:00 a.m.

Priscilla Circle will meet at 7:00 p.m. Tuesday, Oct. 8 at the church. Hostess is Kathy Saunders. Tami Cox will give devotions and Elsie Carter will lead the lesson on Bible Trivia. New members are always welcome. If you have any questions call Alice Jeisy at 644-2625.



OCTOBER 2

"School is Cool"
with Larry Lilly
5:30 p.m.

OCTOBER 9

"First Responders Night"
with Sheriff Jimmy Rankin
5:30 p.m.

OCTOBER 30

"Trunk or Treat"
6:00 p.m.



Sunday, October 27th

4:00 p.m.

**Paul & Barb Daily's Farm
Everyone welcome.**

Sarah Circle will meet in the church parlor on Tuesday, October 8th, at 10:30. Diane Coen will have the devotion and Carol Ann Parker will lead the study on the third of the Ten Commandments which will help us understand the power of God's name and our call to use it rightly. If you are interested in this topic, please join us.



**CALLING ALL CRAFTERS, BAKERS
AND YUMMY CANDY MAKERS**

Presbyterian Women will be hosting a Bazaar on November 2nd. Those interested in donating their creations, contact any of the PW board members.

FIRST PRESBYTERIAN CHURCH

10 Charleston Ave.

Mattoon, IL 61938

THE FIRST ALERT



Return Service Requested