

The Library Corner

Thanks to the help of Polly Petroff and Marsha Alexander and Mary Sperduto, newly donated books have been evaluated and many are being entered into the computer listings for First Presbyterian members use. Thank you to Marilyn Paulson, Sally Schell, the family of Carol Larson and Jen Faust for their book donations.

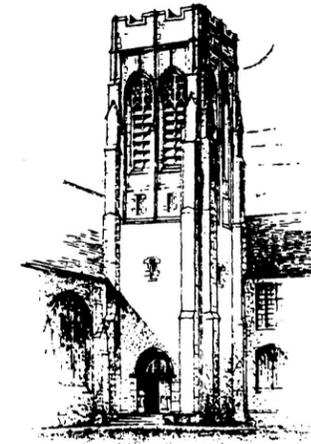
Of concern are the numerous books that have been checked out for many months and not returned. Please check your reading piles for books with the FPC card pocket. There is a missing book listing on the bulletin board in the library as well as a list on the library desk with the names of those who have checked out these books. Thank you for your help in keeping these books in circulation.

Books that have been checked out recently are related to serving as an elder/deacon, adult fiction books, autobiographies and books on grieving. Please take time to come into the library this summer for some quiet reading. The parlor is a cozy place to settle in with a book or magazine if you don't want to check something out. Browse through the lime green binder called the Library Catalog to see what authors and titles are housed in our special library space.

RETURN SERVICE REQUESTED

Non Profit Org. U.S. POSTAGE PAID Wausau, WI Permit No. 492

The Beam FIRST PRESBYTERIAN CHURCH 406 GRANT ST WAUSAU WI 54403



FIRST PRESBYTERIAN CHURCH Presbyterian Church (U.S.A.)

406 Grant Street Wausau, WI 54403-4788

715-842-2116 www.firstpreswausau.org facebook.com/firstpreswausau

Staff

Senior Pastor/Head of Staff Rachel A. Wann pastor@firstpreswausau.org

Pastoral Associate Joy M. Nelson-Jeffers JoyMNJ@outlook.com

Music Director Susan J. Schaefer susan@firstpreswausau.org

Sunday School/ Youth Coordinator Lisa Riehle sscoordinator@firstpreswausau.org

Business Manager Kathy DeYarman financemgr@firstpreswausau.org

Maintenance Custodian Neal Gavinski

OFFICE HOURS

MONDAY—THURSDAY 9:00A.M. - 3:00 P.M.

WORSHIP

SUNDAY 10:00 A.M.

The Beam

First Presbyterian Church, Wausau, is a family of believers, called by God, taught by Christ and guided by the Holy Spirit. We are committed to continuing Christ's ministry within our congregation, community and world.

Thoughts from Pastor Rachel

I am writing this from the beautiful and peaceful Washington Island in Door County where I am attending the Forum with three others from our church.

This year's Forum speaker is Carol Howard-Merritt, a Presbyterian pastor and writer. She has been speaking to us about re-imagining how we do church; reaching out to younger generations and connecting with the people in our community.

One of Carol's affirmations for all of the people gathered for this ecumenical conference is to take a good look at who we are in our own context. We need to realize that as people of God and as a church, "we are enough". Rather than focusing on what we think we can't do, we should celebrate what we can do. So when I thought about who we are as First Presbyterian Church, I was re-affirmed in all the amazing ways we make a positive impact on our community.



Just a note about the month of July: Pastor Rachel will be out of the office beginning July 1 and continuing through the end of the month. She will be using vacation and her study leave. We hope this is a restful time for her.

We ask that you contact Pastor Joy or call the church office with any pastoral concerns. Thank you.

From the Worship Team

On Sunday, July 3 we begin our summer worship in the Chapel. Our worship experience changes in the new space: we sit closer together, the lower ceiling resonates with our singing more, the windows are different and of course, the air is cooler than in the Sanctuary!



But we are still there to worship God. It is always the hope of the pastors and the Worship Team and music director that we will still feel a closeness to God no matter where we are.

Children will still find an activity table in the Parlor, and the nursery will be staffed this summer, so that infants and toddlers can go upstairs (also air-conditioned!). The summer nursery is a new convenience for our worshippers this year.

Another difference in the summer is that the faces change as people go away for vacation and return. In July, we'll be seeing more of Pastor Joy and some other preachers, as Pastor Rachel uses some vacation time and some important study leave. We'll have different music leaders too. July is really the only time that our worship leaders have a break, because in August, all the planning and preparation begins for the start of the new program year in September.



God gave us a Sabbath for a good reason: we are only mortal, and we need our rest. God also gave us a day to remember God and God's love for us. Take advantage of each Sabbath day – to keep it holy, that is, set apart from ordinary use, set apart for the honor and worship of God. Set apart, to rest from our labors. Did we mention to keep the Sabbath holy?

The Deacons

The 2016-17 Board of Deacons took office in June. Kingsley Forbes is the Moderator and Mike DeSciscio is the secretary.

If you are in need of a medical device such as a wheel chair, cane, etc., call the church office to leave your request and hopefully the Deacons will be able to fulfill your need using our *Lending Closet*.

If you are in need of a small home repair, please feel free to call the church office and leave your request. Our *Home Helpers* will try to get the repair done for you.

The Deacons are looking to up-date their information on our Young Adults. When you have new housing information on your high school graduate, please contact Gail Smith with that information. We want to stay in touch with these young people who were an important part of our church family during their school years and we don't want to lose them while they are not yet permanently part of a new church family. Contact Gail at gailnickns@charter.net or 715-359-4763. Thank you.

From the Mission Team

You are cordially invited to participate in a send-off celebration for Jeff's upcoming August Colombia Accompaniment Mission Trip in Fellowship Hall after church on July 17, 2016. Music and dishes from Colombia and South America will be featured. All are welcome. If you'd like to prepare a dish, please contact Jeff.

Exercising for your Health

Physical activity is anything that makes you move your body and burn calories. It can help improve your overall health and reduce your risk for many chronic diseases. Aerobic exercises benefit your heart and include walking, swimming, biking, or dancing. Strength and stretching exercises are best for overall stamina and flexibility and may include lifting weights, gardening, or yoga. Fitting regular exercise into your daily schedule may seem difficult at first, but it can be easier than you think. The simplest, positive change you can make is to start walking. Older individuals, especially those who live an inactive lifestyle, should check with your doctors before starting an



exercise regimen.

Children and adolescents should do 60 minutes or more of physical activity each day. As children grow older, they may start doing more structured weight programs, such as football or basketball team practice.

It is recommended that adults get 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity). Thirty minutes a day, five times a week is an easy goal to remember.

Older adults over age 65 should start exercising at low intensity, especially if you have been mostly inactive, and progress slowly. Focus more on increasing moderate activity and picking enjoyable activities.

Not doing any physical activity can be bad for you, no matter your age or health condition. Keep in mind, some physical activity is better than none at all. No matter how long, short, or intense the exercise regimen, always include a warm-up and cool-down period. It's also important to drink plenty of fluids before and after exercising. Have fun!

Thanks to Jenny Hsu and Kristen Aschbrenner for submitting this article as part of a new health ministry.

Small Group Activities

The Men's Study Group meets every Thursday morning at 8:30 am in room 201. All men are welcome.

Hops and The Heavens will not meet over the summer months.

MISSION

*From Jeff Todd:
I am eternally indebted to the congregation of FPC not only for your generosity but also for your love and support for my mission trip to Colombia.
Te amo todos y estara para siempre en su deuda.
Muchas gracias.*

SMALL GROUPS

Activities for the month of July



First Presbyterian Church July, 2016

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
3 *Sunday Schedule	4 Independence Day Building Closed 	5 Noon Soup's On 1:00 pm Food Pantry 5:30 pm Worship Team **	6 **	7 8:30 am Men's Group **	8 Building Closed	9
10 *Sunday Schedule	11	12 1:00 pm Staff Meeting **	13 **	14 ** 8:30 am Men's Group 5:00 pm Mission Team 5:30 pm Deacons 6:00 pm Discipleship Team	15 Building Closed	16
17 *Sunday Schedule Mission Zeal Meal following worship	18 Noon—BEAM Deadline	19 Noon Soup's On 1:00 pm Food Pantry 1:00 pm Staff Meeting **	20 **	21 8:30 am Men's Group **	22 Building Closed	23
24	25	26 6:30 pm In Focus **	27 10:00 am BEAM Assembly and Mailing **	28 8:30 am Men's Group **	29 Building closed	30
*Sunday Schedule 10:00 am Worship & Sunday School 11:15 am Fellowship time in the Parlor 4:00 pm Community Supper			**Every Tuesday, Wednesday and Thursday The Penguin Project will be meeting in the Fellowship Hall from 5:30—8:00 pm.		Office Hours: Monday through Thursday, 9:00 am—3:00 pm Closed on Friday	

The Beam

Support Team

We are happy to welcome **The Penguin Project** to First Presbyterian Church. The group of special needs children/young people are part of the Central Wisconsin Children's Theatre and will be performing "Suessology" at the Grand Theatre in October. They will be practicing in the Fellowship Hall every Tuesday, Wednesday and Thursday in July from 5:30 pm to approximately 8:00 pm. In August and September they will also be here on Monday evenings as well as Tuesday through Thursday. Their director is Melissa Lindemann recently performed in Joseph and the Amazing Technicolor Dreamcoat. Melissa and her staff, along with many of the children's parents, are on hand to help with the rehearsals. If you see any of these folks, please say hello and make them feel welcome here at FPC.

As you lounge at your summer homes up north or relax on your pontoon, please remember that even though it's summer, the bills still have to be paid here at home. And that includes at the church too! Many of you are already paying your monthly pledge with Electronic Funds Transfer (EFT) so you never have to put a check in the mail or be concerned with your pledge. For these folks, it's covered! If you are interested in signing up to have your pledge paid electronically each month, please contact Kathy in the office. It's a painless process and so convenient. If you're interested, give the office a call!

July Birthdays

- 02—Gene Davis
- 03—Bill Moon, Sarah Crabtree,
Aaron Wright
- 05—Kathy DeYarman
- 07—Barb Jones, Helen Roberts
- 08—Alice Sillars, Mary Albright,
Becky Evans, Brandon Dively
- 09—Angela Burger
- 10—Elliot Faust
- 11—Jean Houghton, Austin Seubert
- 12—Will Reimer
- 13—Thalia Klemp-North
- 15—Charles Schlitz, Sr.,
Davis Lombard
- 16—Mary Staples, Duane Patterson
- 17—Kevin Lovell,
Frank Stankowski
- 18—Stephanie Duberstein,
Lois Brown
- 20—David Indermuehle
- 21—Joni Todd
- 23—Peggy Olbrantz
- 24—Eidabelle Sann, Jim Builer
Brian Dunnun, Jilisa Austin,
Ted Sperduto
- 26—Patricia Corbin-Herman,
- 27—Ali Phelps
- 28—Olivia Zastrow
- 30—Diane Grinsel
- 31—Linda Fussell, Ann Wicklund,
Rob Phelps, Jake Arambel,
Wyatt Barkley

Support Team

Revenue Y-T-D
\$211,517

Expenses Y-T-D
\$194,312

