



The Carbondale Presbyterian

Editor: Linda Brandon web address: <http://www.firstpresdale.org>
The First Presbyterian Church, 310 S. University Ave., Carbondale IL 62901
contact us at: firstpresnews@gmail.com

Sunday Worship - 9:30 a.m.
Sunday Fellowship - 10:30 a.m.
Faith Development - 11:00
(dates TBA)

Laundry Day Feb. 8

Session - Feb. 14

Learning in Retirement
Tai Chi - Feb. 15

Preschool Panera
Fundraiser - Feb. 22

Church Office Hours

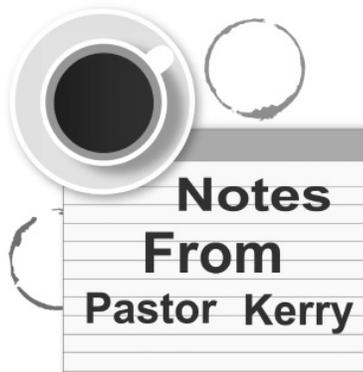
Monday through Thurs-
day 9:00-11:30 a.m. and
12:30-4:00 p.m.

Phone Extensions:

Rev. Bean 101
Barb 100
Carlyn: 106
SI Diaper Bank 110

Seeking the Faith
Sharing the Spirit
Serving God's People





A Legacy of Giving

Some people are more comfortable talking about charitable giving- especially wills and estate giving- than others. Have you ever had to do it? It's tricky because both money and mortality can be really private (even sensitive) matters.

This year I thought it would be prudent and hopefully helpful to begin a congregation-wide discussion again about the importance of giving through our wills and/or estates. To help with this discussion, I sent out (via First Alerts) an email which includes a pamphlet called *Composing a Legacy: A Guide to Charitable Estate Planning*. The pamphlet is from the Presbyterian Foundation, the part of our denomination that is charged with helping ensure its long-term financial well-being. If you need a paper copy, we can print one up for you.

I would encourage you to read *Composing a Legacy* as a first step towards considering donating either a one-time donation to First Presbyterian Church in your will or perhaps setting up a trust from your estate to provide an ongoing gift into the future. A designated gift will direct Session's use of the monies you give while an undesignated gift allows more flexibility to meet the needs of the moment.

In any case, the Foundation's pamphlet gives you lots of good basic planning information. Using the Foundation to help you make giving plans is a great idea- or perhaps you already have financial advisors you can rely on for help and direction. Of course, you can also call us here at the church and we'll do our best to provide you with helpful information.

Our congregation has been remarkably supportive of the church's missions and ministries throughout the past and into the present day. Thanks to all of you who have given of your time and your treasure. Wills and estate gifts can be important ways of continuing your faithful support for tomorrow and the days beyond. So please prayerfully and thoughtfully consider creating legacy gifts for First Presbyterian Church. I greatly appreciate it.

Kerry

Faith Dialogues will resume Sunday, February 26 and will continue each Sunday through the Lenten season. We will be using the book, [The Desert of Compassion](#), as our discussion guide. The book contains daily devotions as well as weekly discussion material. Copies are available in the workroom of the church office. Should demand exceed supply, we will order more. Pick yours up early so that we may ensure that everyone can get theirs before Lent begins.



Folks who care about environmental justice, climate change, and God's creation CAN make a difference. At an average 14.5 tons of CO₂ per person annually, Americans produce 10 to 15 times the carbon pollution of the typical global citizen. While America's most substantive carbon reductions will come from changes in business and government, individual behaviors matter. God does not expect us to feed every hungry person or shelter every homeless one, but we should do our part. We can be part of the solution rather than exacerbate the problem.

Fortunately, many "solutions" exist. Check this space later for information about "green" investments and carbon offsets. In the meantime, another relatively easy individual "solution" is to alter food habits. The Green Guardians have already been talking turkey about food packaging, distribution, and waste. Producing food emits greenhouse gases – via deforestation, digestion by ruminants, the use of fertilizers, and burning fossil fuels to run vehicles and equipment. Indeed, food production contributes roughly 15 percent to total carbon pollution, on par with the effects of travel.

The most effective dietary change is to eat fewer animal products. Aside from methane from cows and sheep, meat production requires that land be taken out of carbon storing forests and converted to agriculture. (Over 40% of the corn grown in the U.S. goes into animal feed.) A pound of grains, beans, and meat all offer humans good protein. However, a cow has to consume many pounds of grain to produce one pound of meat.

So, what can individuals do? Let's look at Mark from Brooklyn:

**First, Mark determines the carbon footprint of his diet with this easy-to-use calculator. <https://8billiontrees.com/carbon-offsets-credits/carbon-ecological-footprint-calculators/carbon-footprint-of-meat>. His year's worth of Friday hamburgers with his co-workers alone creates .76 metric tons of CO₂ (more than a RT flight from NY to Dallas).

**Wanting to reduce those numbers, Mark makes some changes. He plans meals where meat flavors the dish and is not the entree. He eats further down on the meat chain, avoiding red meats (his doctor approves!). He learns that from most to least carbon polluting are lamb, beef, pork, chicken, and fish.+ He tries milk substitutes, plant butters, etc. In addition to eating more local and organic foods, he eats more beans, legumes, and plant-based protein offerings.

**Mark decides to sacrifice a bit for the common good during Lent. He begins the season with a *Meatless Monday*, aiming for a *Meat Only on Monday* during Holy Week . . . looking forward to that ham on Sunday! After Easter, Mark rechecks his carbon footprint and is happy with his decisions: reviving an ancient Lenten practice is good for spiritual growth and the health of our environment.

"FIRST SUNDAY"

For the First Sunday in February, our church will be collecting cans of soup for the hungry as part of our larger participation in Souper Bowl Sunday. We also will continue to focus on our local missions including the Good Samaritan Food Pantry, the Carbondale Warming Center, Feed My Sheep at Bethel AME, Presbyterian Daycare and Preschool, the Laundry Project, and the Diaper Bank.

DIAPER BANK

The Rotary Club of Carbondale awarded the Diaper Bank a grant of \$1000 again this year. That's a lot of clean bottoms.



COLDEST NIGHT OF THE YEAR

First Presbyterian Church is forming a team to walk in a fundraiser for the Carbondale Warming Center on the "Coldest Night of the Year" on February 25. If you are interested in participating, either as a walker or donor, contact Jane Swanson (jlsphd@gmail.com).

SPECIAL COLLECTIONS

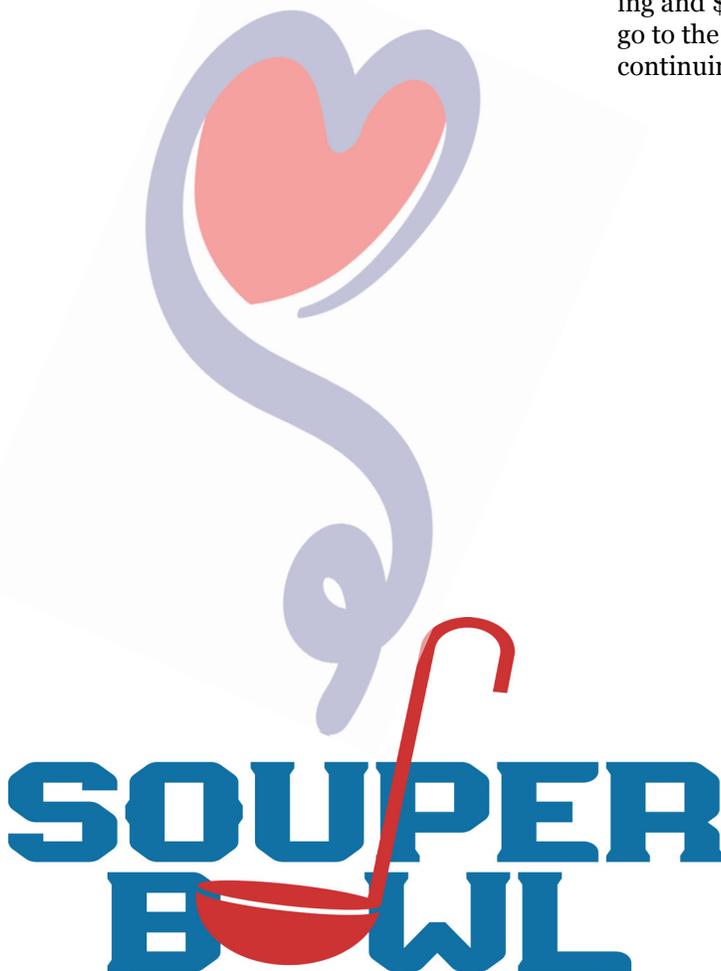
We collected \$2,305 through the Christmas Joy Offering and \$241 in the Christmas Eve offering which will go to the Brother's Keeper fund. Thank you for your continuing generosity.

FREE LAUNDRY PROJECT

The January Free Laundry Day served 45 people and volunteers assisted with over 100 loads of laundry. The next Free Laundry Day will be the second Wednesday in February – February 8, 2023. Contact Jane Swanson or Bill Martens (carbondalelaundryproject@gmail.com) if you're interested in volunteering.

SOUPER BOWL OF CARING

The Souper Bowl is coming February 12. Join us for some warm, delicious soup after the service and help us raise money to fight hunger. Please bring a reusable container such as a mason jar to church that day to receive your soup and take it home to enjoy later.





Birthdays

- 3 - Lisa Hollabaugh
- 6 - David King
- 6 - Kerry Bean
- 7 - Brenda Myers
- 9 - Sara Squires
- 15 - Emily Timpe
- 15 - David Warner
- 19 - Jerre Pfaff
- 24 - Mary Jane Brooks
- 26 - Frances Gilman
- 27 - Elwood Prest

Anniversaries

- 3 - Tracy Prosser & Grover Leech



TRIVA NIGHT

Saturday, January 21, 2023, the Rainbow Cafe LGBTQ Center hosted its Trivia Night fundraiser in a packed Fellowship Hall. Sister Mothra Stewart of the SOIL Sisters served as a lively emcee, while teams competed during ten rounds of trivia questions interspersed with games

cont. on page 10



Bo and Merit guessing how many Skittles are in the jar.



Emcee Sr. Mothra Stewart



Photos by Lisa Hollabaugh and Jim Calloway



Happy February. The little ones in the daycare had another wonderful month at the center. They enjoyed catching up from the holiday break, discussing the season of winter, talking about arctic animals, and celebrating the Chinese New Year which included a feast of dumplings, egg rolls, ramen, fried rice, sesame chicken, snap peas, water chestnuts, bamboo shoots, and almond cookies. They had fun practicing eating with chopsticks and receiving little red good fortune envelopes with some money in them.

DAYCARE

Photos furnished by Daycare



This month, we will be exploring our five senses, discussing Black History month, celebrating Valentine's Day, and talking about the United States and our presidents. The children are excited to have their Valentine's celebration where they will have a dance party, talk about the things we love/care about, have some sweet treats, and exchange valentines. Some things they said they love are...LOL dolls (Gilliahna), Wonder Woman (Fiona), the color blue (Viyaan), playing in water (Nehemiah), baby dolls (Joni), bouncy balls (Henry), and shaker toys (Andersen). We hope everyone has a nice month ahead. We love you!



耳 到 心 通

PRESCHOOL

Happy February. Last month, the Frog class enjoyed our Chinese New Year celebration, eating noodles with chopsticks and performing the traditional dragon parade for family and friends.



Photos furnished by Preschool



This month the Frog class will continue their cultural study of South America. Learning about other countries and cultures is a wonderful way to expand the minds and hearts of our youngest learners for the big world around them. We will also be learning about rainforests, friendship, celebrating Valentine's Day, and having wacky themed week. The Tadpole and Polliwog classes will be working on numbers, counting, the five senses, friendship and a Valentine's celebration.

This month we are partnering with Panera in Carbondale for our next restaurant event. Dine in or order out dinner Wednesday, February 22 from 4:00-8:00 p.m. and we will receive 20% of sales. Make sure to mention our fundraiser and show the flyer (next page) in person (paper or digital). When placing a mobile, online, or kiosk order, be sure to enter the promo code FUND4U found on your flyer, prior to making payment. We appreciate everyone's support.





S.I. Learning in Retirement

LEARNING IN RETIREMENT: TAI CHI for OLDER ADULTS

At the February 15 meeting of Southern Illinois Learning in Retirement (SILIR), Barb Shiplett will be presenting Tai Chi and Wellness. She will include information about *Tai Chi for Arthritis and Fall Prevention* which is internationally recognized as an effective evidence-based exercise program designed specifically for older adults. This program is based on the Sun style of Tai Chi, with a higher stance, which makes it a good fit for older adults. *Tai Chi for Arthritis* is recommended by the Centers for Disease Control and Prevention and the Arthritis Foundation.

Barb Shiplett has over 25 years of experience as a physical therapist and she is a Certified Exercise Expert for Aging Adults. She graduated with a MS in Physical Therapy from Washington University School of Medicine in 1996 and earned a PhD in Community Health Education in 2007.

The SILIR presentation, free and open to the public, will be held at Grace United Methodist Church, 220 N. Tower Road at 10:30am. A coffee and social hour begins at 9:30 a.m. For more information about SILIR see the website: www.conferenceservices.siu.edu/silir.

RAISE SOME DOUGH

Help support us!

20% of sales will benefit
Presbyterian Preschool

February 22, 2023
4:00 pm to 8:00 pm CST
1126 E Walnut Street

In Cafe • Drive-Thru • Pick-Up • Delivery

Enter promo code **FUND4U** at online checkout.

Panera
FUNDRAISING





and raffles. Church members and friends of the congregation were represented on four teams, including an all-church team headed by Pastor Kerry. Rainbow Cafe did an impressive job coordinating this ambitious event, and everyone enjoyed the celebratory atmosphere in Fellowship Hall. Thank you to all who came out to support Rainbow Cafe which is renovating the old Carbondale Trophy Company storefront, which will become its new home later this spring. Learn more about Rainbow Cafe at www.rainbowcafe.org or on its Facebook page.



Session Meeting Synopsis for January 10, 2023

We began this meeting with prayer and a devotional reading of Psalm 40.

As usual, we engaged in a few discussion items, including the wisdom of making wills and estate giving a stewardship emphasis for 2023. Other conversations revolved around the search for a new Clerk of Session, the re-establishment of childcare during worship, and preparations for the Annual Meeting January 22.

As we moved to the business portion of the agenda, the December minutes were passed. We heard the results of the 2022 Stewardship Campaign: pledges plus other income (like investment income) for 2023 should be more than sufficient to meet the budget we had earlier approved. From the Finance Ministry report: "We can conclude that at present our church is in solid financial shape."

Mission Ministry reported that there will be a fundraiser for the Warming Center in February, and that the Souper Bowl of Caring will take place February 12. We also approved again taking the four special denominational offerings in 2023.

Worship Ministry reported that the search for new worship accompanists is progressing well.

As we concluded, I asked the session to ponder this question I borrowed from social scientist and researcher Brene Brown: "Do you think most people are generally doing their best?" We'll talk about that at the next meeting.

We concluded in proper Presbyterian style with prayer.

Kerry



Contributions to First Presbyterian Church of Carbondale are tax deductible under 501(c)(3) guidelines (consult your tax professional). Donate on Sunday mornings, by direct deposit or mail, by clicking the "Give Now" button at www.firstprescdale.org or by scanning this QR code with your smartphone camera.

Financial Report December 2022

100% of the year completed

| Line | Income | Budget |
|-------------------------|----------------------|----------------------|
| Pledges | \$ 225,251.50 | \$ 228,824.00 |
| Nonpledge Offerings | \$ 19,013.26 | \$ 16,000.00 |
| Per Capita | \$ 2,153.00 | \$ 2,500.00 |
| Trans. From Investments | \$ - | \$ 15,111.41 |
| Miscellaneous | \$ 17,758.84 | \$ 17,230.00 |
| Totals | \$ 264,176.60 | \$ 279,665.41 |

| Line | Expenditures | Budget |
|---------------------|----------------------|----------------------|
| Mission | \$ 13,492.87 | \$ 13,520.00 |
| Pastoral Ministry | \$ 80,868.75 | \$ 83,936.86 |
| Staff | \$ 71,543.73 | \$ 82,969.55 |
| Christian Ed. | \$ 1,307.01 | \$ 3,800.00 |
| Worship & Music | \$ 1,363.73 | \$ 3,875.00 |
| Comm/Administration | \$ 15,303.91 | \$ 20,564.00 |
| Property/Capital | \$ 73,726.33 | \$ 69,100.00 |
| Christian Nurture | \$ 1,153.23 | \$ 1,900.00 |
| Total | \$ 258,759.56 | \$ 279,665.41 |

Revenues over Expenses \$ 5,417.04



Genius is not required.

This appeared in some other church publication, not one of ours.



First Presbyterian Church
Carbondale, Illinois

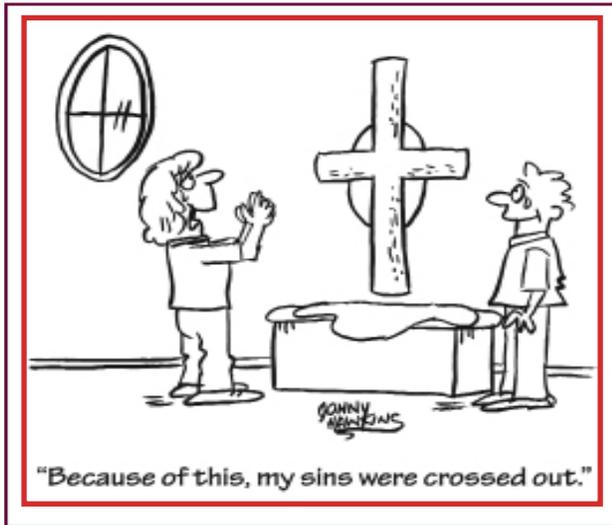
310 South University Ave., Carbondale, IL 62901

Phone: 618-549-2148 **Fax:** 618-549-6423

Email: office@firstprescdale.org (church office)

Web Address: <http://www.firstprescdale.org>

Pastor: Rev. Kerry Bean, Email: pastorkerry@firstprescdale.org



february
2023



In the tradition of Serving God's People:

At the Session meeting October 25, 1908 "A request from the Ladies of the Civics and Charities Club to use the church and organ on Thanksgiving evening for a concert to raise money to aid the poor of Carbondale was granted."