



Highlights

First Presbyterian Church

From the Heart

Dear Friends in Christ,

After worship on Creation Care Sunday, Pam Carnahan approached me with an idea for getting more life out of single-use plastics: Drop your empty plastic containers off in the TAFY collection bin at the church. Pam went on to explain that TAFY uses the containers to send leftovers home with their clients. It is a great way to reuse plastic containers while helping TAFY feed homeless youth in Port Angeles. What a fantastic way to expand our circles of compassion and practice one of the three Rs of creation care—reduce, reuse, and recycle.

Pam's suggestion was the proverbial "two birds with one stone" scenario, and that got me thinking about a hack (aka, strategy) I learned a couple years ago on my weight-loss journey. I call it habit bundling, though I may be misremembering the name. If the term *habit bundling* has you thinking of saving money by combining different types of insurance with a single carrier, you are sort of on the right track. Habit bundling is when you bring two tasks together—typically, one you enjoy and one you are not as keen on—to make them more enjoyable. The combination helps you reach certain goals and take joy in the journey.

I started the habit bundling to motivate me to workout. I know that exercising is good for body, mind, and soul, but that fact alone is not always enough to get me out of a warm bed on a dreary winter morning. If only I could make the gym experience more exciting... Enter habit bundling!

From the Heart continued

By combining my workouts with audiobooks and podcasts, going to the gym is something I look forward to. Not only can I get a good sweat on, but I can also engross myself in a novel, prepare for Sunday school, or listen to a podcast recommended to me by someone at church.

Habit bundling can be a helpful tool in growing spiritually. The examples above are just two ways to bring more meaning to our lives and depth to our faith. We can take mundane tasks like recycling plastics and working out and turn them into sacred spaces. That empty yogurt container you were about to toss into the recycle bin can find a second life storing a meal of tasty leftovers for homeless youth—a tangible sign of Christ’s love, communicating to them that they matter enough that some stranger made them something yummy to eat. The stationary bike you are ambivalent about getting on, can transport you to a different place as you read this week’s lesson for adult Christian formation.

You can apply the same bundling techniques in so many ways. Weeding can be a space for intercessory prayer by keeping a prayer list handy to glance at as you tend the soil. Household chores can become a time of worship—just put on a praise music list and sing along as you mop the floors and clean the windows. Or add a brother or sister in Christ to your afternoon walk on the Olympic Discovery Trail and suddenly you will be experiencing koinonia. The possibilities are as endless as our potential to grow in Christ. What habits will you bundle so that you can grow in faith and Christian practice?

Godspeed,

Matt



May 2024

Seminar on Ethical Wills
The Theology of Ethical Wills
Sunday, June 9, between services
Fellowship Hall



While traditional wills address the passing on of tangible assets, they may not adequately convey our intangible wealth. This intangible wealth encompasses the life lessons we have gained about faith, family, values, and commitment. An ethical will serves as a valuable means to articulate these essential values to our families or communities.

The upcoming *Ethical Wills* seminar provides a structured approach to crafting an ethical will, guiding participants through a five-step process. This seminar aims to help you reflect on and communicate your intangible wealth effectively. Attendees will receive materials to take home, facilitating the contemplation of their own ethical wills.

The seminar will be led by Pastor Rob Hagan, Ministry Relations Officer for the Northwest Region at the Presbyterian Foundation.

Please sign-up at the Connection Center so Pastor Rob can be prepared for the number of attendees, and we can be sure to have enough baked goods for all.

The Wealth of Your Life

Making an impact and doing Christ's works, even after our lifetime.

What you have learned is as important as what you have earned.

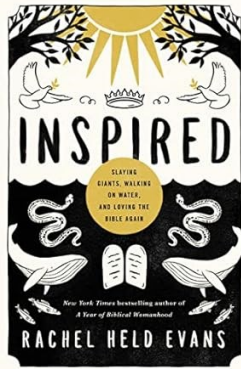


Rob Hagan

Worshiping and Learning

Adult Sunday School

This study works through the book *Inspired* by Rachel Held Evans. The



class meets during the Sunday School hour in the upstairs classroom.

Come join us as we look at the Bible with a fresh perspective and seek to be inspired by God's Word. We

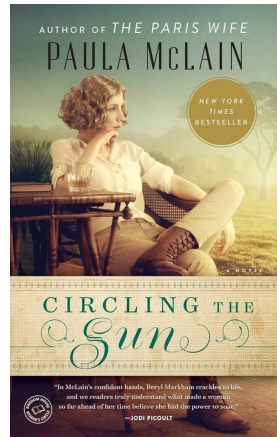
will be studying this book into June.

Special Events

Book Club

**Thursday, May 16, 10:30 am,
Fellowship Hall**

May's selection is *Circling the Sun* by Paula McLain. This powerful novel transports readers to the breathtaking world of 1920s Kenya to reveal the real-life extraordinary adventures of Beryl Markham. Brought to Kenya from England by pioneering parents dreaming of a new life on an African farm, Beryl is raised unconventionally,



developing a fierce will and a love of all things wild. She becomes caught up in a passionate love triangle with safari hunter Denys Finch Hatton and the writer Baroness Karen Blixen (*Out*

of Africa). Brave and audacious and contradictory, Beryl's true calling and destiny is to fly. She is best known for her memoir *West with the Night*.

Contact bpappas378@gmail.com.

Reel Reflections

Dinner and a Movie Edition: *Noah*

Thursday, May 16, 6:00 pm

Hybrid: In person or by Zoom

"In the beginning, there was nothing." So starts this version of the story centered on Noah (Russell Crowe), the man entrusted by God to save the innocent animals of Earth as the rising floodwaters cleansed the planet of mankind's evil. As the telling continues, we learn how Adam and Eve's sins have passed down through generations through their sons Cain and Abel, and how the descendants of their righteous sibling Seth were entrusted with defending creation. One day, while

May 2024



foraging in the country, a descendant of Seth, Noah, sees his father slain by a descendant of Cain. In the process, Noah's birthright is stolen from him. Decades later, as a father of three, Noah experiences a vision foretelling the great flood that will wash over the Earth, destroying every living thing that stands on the soil. That vision leads Noah to seek out his grandfather, Methuselah (Sir Anthony Hopkins), in order to understand his mission. When a second vision reveals that Noah is to construct a massive ark designed to shelter every living animal during the great flood, Noah, his wife Naameh

(Jennifer Connelly), their three sons Shem (Douglas Booth), Ham (Logan Lerman), and Japheth (Leo McHugh Carroll), and their adoptive sister Ila (Emma Watson) immediately begin construction on the vessel with the help of the Watchers, a race of angels created as beings of light, but encrusted in stone and mud and forsaken by God for their attempts to help man. Meanwhile, word of Noah's work soon reaches Tubal-cain (Ray Winstone), who gathers an army on a mission to overtake the ark, and survive the coming storm by any cost. For this "Dinner and a Movie Edition" we invite you to BYOD, *Bring Your Own Dinner*.

Please join Pastor Matt and friends for this moving film and stay afterwards for the discussion.

***Note: we will start the movie at 6:30 pm, with discussion following around 8:30 pm. Feel free to join us at the church or online.**





All Church Retreat

Friday, May 17 - Sunday, May 19
Camp David Jr.

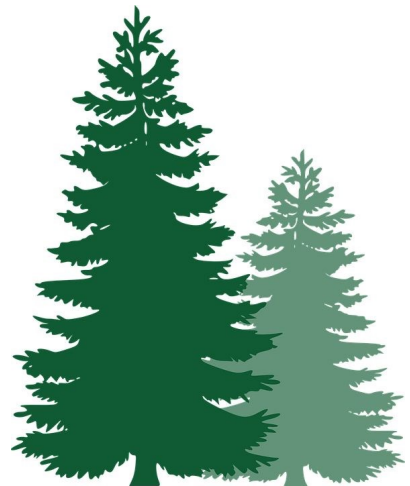
Come for a day, come for meal or stay for the weekend.
Saturday night's dinner event is sure to be a great feast.

For information on the weekend contact:

Jennie Wendel, 360-912-2214, jenniejean621@yahoo.com

Sheri Stutesman, 360-460-5347

Registration forms are available in the church office and the Fellowship Hall.



Volunteering & Donating



TAFY Dinner Saturday, June 1, 3:45 pm

June 1, is First Presbyterian's date to contribute to The Answer for Youth (TAFY) dinner. You can donate a portion of a meal: a hot dish, salad, side dish, beverage or dessert. There is a sign-up sheet at the Connection Center or contact Marcia Logan at 360-452-3535.

Jewelry for the Sizzling Super Sale

Cynthia Isenberger is looking for donations of jewelry. She will take new, used, or broken pieces. The jewelry will be cleaned or remade and fixed for this year's sale. There is a donation box in the Fellowship Hall.

Session Actions

The Session met in a hybrid meeting in the Fellowship Hall and online via Zoom on Monday, April 15 at 7 pm, and the following actions were taken:

- Approved an updated "Terms and Conditions for use of the Church facilities" by outside groups, and the application that groups must submit.

- Approved the purchase of a new electric furnace and heat pump for the Sanctuary and a heat pump to add to the existing electric furnace that services the second floor. Both items will be added to the capital budget for 2024.
- Approved the withdrawal of \$32,666.00 from the Building Fund Designated Gift Fund to be applied to the elevator related costs incurred.
- Approved the request to purchase two new microphones for the worship team for a total of \$810.75, with the item added to the capital budget for 2024.

March Financials

Income Year-to-Date: \$113,372

Income Budgeted Pro Rata: \$95,000

2024 Annual Income Budgeted:
\$380,880

Expenses Year-to-Date: \$133,913

Expenses Budgeted YTD: \$104,412

2024 Annual Expenses Budgeted:
\$417,647

Capital Spending YTD: \$39,560

2024 Annual Capital Budget: \$50,250

Thank You

One Great Hour of Sharing

Thank you so very much for your generous donations! The congregation has thus far given \$9,565.47 to OGHS. This figure tops 2022's \$3,440 and 2023's \$4,377.34. This is incredible.

The Star Helper Award goes to John Hutchison for his service in helping set up for the Lenten Suppers. This would not have happened without his willingness to set up the tables and help put out the silverware, glasses, salt and pepper shakers and the water pitchers on the tables. Thank you John so much. Blessings on you.



- Beverly Brown

Port Angeles Food Bank
632 N. Oakridge Dr.
Port Angeles, WA 98362



First Presbyterian Church
139 W 8th St
Port Angeles, WA 98362-6031

Dear Friends,

Thank you so much for your \$1,000.00 donation to the Port Angeles Food Bank on 4/3/2024.

I want to express my heartfelt gratitude for your generous contribution to the Port Angeles Food Bank. Your donation has made a significant impact on our ability to serve the community and provide assistance to those in need. Thanks to your generosity, we have been able to provide nutritious meals and vital supplies to countless families and individuals.

Your support has brought hope and relief to many in our community who are struggling to make ends meet. The past year has been incredibly challenging for so many, and your donation has made a tremendous difference in the lives of those we serve.

We are grateful for your commitment to our mission and your compassion for others. I want to assure you that your donation will be used efficiently and effectively to support our ongoing efforts to fight hunger and alleviate suffering in our community. Your generosity inspires us to continue working tirelessly to provide food and support to those in need.

Once again, thank you for your kind donation. Your support is essential to our work, and we hope that you will consider giving again in the future. Together, we can make a difference in the lives of those who need it most.

Sincerely,

Emily Dexter
Executive Director
Port Angeles Food Bank

We have implemented a texting feature in which we would like to contact you about upcoming events and food bank news. Text the word 'supportafb' to 41372 to subscribe.

No goods or services were received for this donation. The Port Angeles Food Bank is a 501 (c) (3) charitable organization and your gifts are tax-deductible. Our EIN is 91-1192896. Please consult your tax professional to determine deductibility. Please save this message as your official donation receipt.

Thank you from the local AARP Foundation Tax Aide volunteers who enjoyed their end-of-tax-season catered luncheon in the Fellowship Hall on April 17. Three Tax Counselors are FPCPA members: Tom McCulloch, Dick Chambers, and Susan Fisher. Tax Aide is a free tax preparation, e-filing service.



Remembrance



Martha L. McLean

Former parishioner Martha L. McLean passed away September 13, 2023, at the age of 91.

Martha and her husband, George, lived in Port Angeles from 1996 to 2012. They were very active in First Presbyterian Church of Port Angeles. They were glad to be a big part of the Fellowship Hall remodel and choir loft renovation.

Martha was an excellent woodworker and helped George with the construction work at the church. Martha also helped plan the church's kitchen remodel. She was a talented cook, putting the kitchen remodel to good use.

When George volunteered his carpentry skills at Clallam Bay Presbyterian Church, Martha was there to help. The two of them were also active with the Sequim Prairie Grange #1108. They helped in the kitchen at every pancake breakfast and ice cream social they could attend.

Martha was born to Albert and Myrtle Olson in December 1931. She was one of 13 children born to the couple in Bowbells, North Dakota. On her 18th birthday Martha enlisted in the Women's Army Corps and served in Okinawa during the Korean War. She was very proud of her time in the military and supported veterans throughout her life.

In Kalispell, Montana, Martha met and married George McLean. They were married for 54 years until George passed away in 2014.

Martha will be laid to rest next to George at Ocean View Cemetery in Port Angeles, at 11 am, Saturday, June 1. Martha's family welcomes friends to the graveside service.

A Boomer's Deeper Dive in the Plastic Pool



Shortly after writing last month's article, I received a publication from Green America with more plastic reduction ideas.

Read full article here: <https://tinyurl.com/yc234z6x>

Laundry: This usually entails a large plastic jug of detergent and non-recyclable polyester squares infused with chemicals (dryer sheets).

Boomers: remember when powdered detergent came in a cardboard box? Still a good idea today. Or try detergent strips. Dryer sheets can be replaced with wool dryer balls or white vinegar in the rinse cycle.

On The Go: One million single-use water bottles are sold every minute resulting in 25+ million tons of plastic waste annually. Also, a study by the National Academy of Science revealed that single-use plastic bottles release micro-plastics into our bodies where they can migrate to the lungs and bloodstream. Invest in a reusable water bottle. Also, bring your own coffee cup, sustainable straw, and reusable to-go containers to your local café or restaurant.

Bath: I've been using both shampoo and conditioner in bar form for several years with no complaints. Shaving soap, lotion, and (wait for it) soap are also available in this form. (BTW: When shaving soap was first introduced, Einstein supposedly said, "Why would I need another soap?" While no one wants that hair, it's a principle worth pondering).

Boomers: remember the Push-Up, that frozen treat in a cardboard tube? That's how my deodorant is delivered (plastic free pit performance)...available from many sources.

Lobby: Talk to the owners of your favorite shops, restaurants, and cafes about switching to more sustainable materials for straws, bags and the like. Read about the Break Free From Plastics Act introduced in Congress in October 2023, and consider contacting your U.S. senator and representative to support it.

We're all in this soup together. Every little change helps.

May 2024

Creation Care



Here is my recycling box. In my attempt to drink less alcohol for my health, I switched to more tonic water with lime. Lots less glass, but more plastic! Darn! I do like water so I just decided to add the lime to a glass of water and skip the tonic.

Here is a quote from an article I found easy to understand:

“People often ask what really happens to their plastic recycling. Unfortunately, it doesn’t matter where you set out your plastic for recycling collection, whether at the end of your driveway, at your local recycling center, or in a municipal recycling bin: Most plastic items collected as recycling are not actually recycled.”

Click here to read the article I am referencing: <https://tinyurl.com/mr4ycfet>

This a good reason to not get too proud of my recycling habits and work at reducing all my plastic use. I think I need to go to the city and our county offices and ask questions about our local recycling.

Share comments or pictures of the ways you reduce the use of plastic to creation.care@fpcpa.org.

Stepping out in faith, Martha Bell



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9 am Women's Bible Study	2 3 pm Mission & Outreach 7 pm Worship & Music Committee	3	4
5 8:30 and 11 am Worship Service	6 7 pm Adult Christian Formation	7 8 am FISH Company 6:45 pm Praise Team	8 9 am Women's Bible Study	9 10 am Food Bank Helpers 6:30 pm Online Edition Reel Reflections "Barbie"	10	11
12 8:30 and 11 am Worship Service Church Officers Installed <i>Mother's DAY</i>	13 1 pm Naomi Circle 7 pm Session Meeting	14 8 am FISH Company 1:30 pm Community Life 3 pm B, G & P Meeting 5:30 pm Youth Christian Formation 6:45 pm Praise Team	15 9 am Women's Bible Study	16 10:30 am Book Club 1 pm Prayer Shawl Ministry 6:00 pm Reel Reflections, <i>BYOD Edition</i>	17 All Church Retreat	18 All Church Retreat
19 8:30 and 11 am Worship Service All Church Retreat	20 June Highlights articles due	21 8 am FISH Company 4 pm Deacons Mtg 6:45 pm Praise Team	22 9 am Women's Bible Study	23	24	25
26 8:30 and 11 am Worship Service	27 Church office closed 	28 8 am FISH Company 6:45 pm Praise Team	29 9 am Women's Bible Study	30	31	1 3:45 pm TAFY Dinner Donations 
 <p><i>She is more precious than rubies...</i> Proverbs 3:15</p>						



Birthdays

- 1 Diane Curtis
- 6 Greg Birch
- 8 Vicki Rockholdt
- 13 Amy Miller
Kate Dexter
- 19 Lauren Corder
- 21 Karen Walter
- 27 Pat Wesseler
- 28 Ed Jaquins
- 30 Colin Christiansen



Anniversaries

- 27 Stan and Nancy Jacobson

Puzzle!

Fill in the horizontal rows using the clues. Then, using the number codes, complete the squares below to read three Beatitudes from Luke 6:20-21, NIV.

Grassy area behind a house

1	2	3	4	5	6	7	8
---	---	---	---	---	---	---	---

Blooms that have petals

9	10	11	12	13	14	15
---	----	----	----	----	----	----

Spring precipitation

16	17	18	19
----	----	----	----

Puffy and white in the sky

20	21	22	23	24	25
----	----	----	----	----	----

Soil

26	27	28	29
----	----	----	----

Lawn

30	31	32	33	34
----	----	----	----	----

Must be weeded and tended

35	36	37	38	39	40
----	----	----	----	----	----

Tiptoe through these

41	42	43	44	45	46
----	----	----	----	----	----

Baby sheep

47	48	49	50	51
----	----	----	----	----

We need food and this

52	53	54	55	56
----	----	----	----	----

God made this from nothing

57	58	59	60	61	62	63	64
----	----	----	----	----	----	----	----

A sign of God's promise

65	66	67	68	69	70	71
----	----	----	----	----	----	----

These, in April, bring May flowers

72	73	74	75	76	77	78
----	----	----	----	----	----	----

	1	10	13	15	25	39	38		2	7	13		5	22	23		12	73	11
17	31	39		45	22	63	7		9	70	56		5	22	23	58	46		
	27	15		61	73	13		4	18	19	30	26	22	49		22	9		
30	63	26		1	47	55	72	78	39	26		60	77	59		5	74	23	
	12	73	70		73	23	40	35	13	56		64	70	75		9	11	65	
5	63	23		75	18	10	47		1	76		72	48	61	27	34	9	44	13
26		1	43	55	72	78	76	24		2	7	13		5	22	23		75	73
22		12	59	39	45		64	63	52		9	22	58		5	70	42		
52	44	10	47		10	2	23	35	73										

Answers: backyard, flowers, rain, clouds, dirt, grass, garden, tulips, lambs, water, creation, rainbow, showers; "Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who hunger now, for you will be satisfied. Blessed are you who weep now, for you will laugh."

Puzzles



MY
Mommy
 IS THE
BEST
 LOVE...

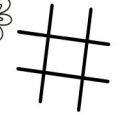
My mom is the best because:

My mom's name is _____
 Her favorite color is _____
 Her favorite food is _____

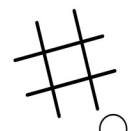
WORD SEARCH

- | | |
|---------|----------|
| SPECIAL | LOVE |
| FUN | GENEROUS |
| MOTHER | KIND |
| BEST | FRIEND |

A Y L O V E I B M P
 S P G I A A W E U A
 P E U R L R F M W R
 E F G E N E R O U S
 C U K D U M I T H K
 I N W J P V E H K I
 A C Q O S C N E P N
 L B E S T A D R Q D



TIC TAC TOE



Color and cut out the bookmark!



Finish the garden for your mom!



Meet the New Deacons



Tami Bobko

Three years ago, we moved up here from Tacoma. My husband, Ken and I, ran our electrical business out of our home for nearly 40 years. We have three grown daughters and two adorable grandchildren.

I'm enjoying my retirement up here by spending time gardening in our yard and bike riding on the Olympic Discovery Trails or fishing with my husband.

I was involved with Bible Study Fellowship (BSF) and had the privilege of being a Children's Leader, teaching little ones about Jesus for 25 years.

At our past church in Tacoma, Skyline Presbyterian Church, I served as a deacon. I look forward to serving as a deacon here at First Presbyterian Church, so I'm able to connect more names to the faces I see.



Gail Triggs

I so enjoyed being a bailiff for 28 years because I like helping people and being their spokesperson for something they may need or understand. My favorite place to be is outdoors. It's beautiful reminder of what God has done and still doing for us.

Cherry Fox



I mostly grew up in Seattle, except for 2 years each in Korea, Nepal, and India, from grades 6 to 11.

I graduated from Seattle Pacific and trained in medical laboratory work at Swedish Hospital.

Then I got married, got horses, and got to work. We lived on small farms in Skagit and Whatcom counties until I moved here five years ago, having gotten too old to maintain the farm alone, my

husband having died in 2008. I still have one horse and ride most days. I also enjoy reading, gardening, and traveling, and look forward to serving as a deacon.

First Presbyterian Church

139 W. 8th St., Port Angeles, WA 98362
360-452-4781 | fpcpa.org

Worship Services

Sundays 8:30 and 11 am

Office Hours

Monday - Thursday, 10 am - 3 pm

Closed for Lunch, 12 - 1 pm on Monday

Closed on Friday

The office is behind the church building off the alley and is handicapped accessible.

Pastor Matt Paul, pastor@fpcpa.org

Lauren Corder, Office Manager,

administrator@fpcpa.org

Cathi Hughes, Office Assistant,

office@fpcpa.org

Online Resources

Church Website: fpcpa.org

Online Worship: fpcpa.org/worship

Giving Online: 

Look for this button on our website.



The First Presbyterian Church of Port Angeles is a community of people of all ages who believe in Jesus Christ as the Son of God and who seek to follow His teachings. We come together to worship God, to grow in our love and support for each other, and to learn about God's will for our lives. Guided by the Holy Spirit, we go out to the community and the world to share our faith and to serve others.