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Mission Statement
In response to the love and grace of God, First Presbyterian Church of Wichita, Kansas, is a fellowship of believers bound together to glorify God and to proclaim the good news of Jesus Christ through worship, spiritual nurturing, education and mission to all people.

FPC Information:
525 N. Broadway
Wichita, KS 67214
(316) 263-0248
info@firstchurchwichita.org
www.firstchurchwichita.org

Sunday Worship Schedule
Worship 8:30 a.m. (Chapel)
Coffee Fellowship 9:15 a.m.
(The Well)
Worship 10:45 a.m.
(Sanctuary)

Youth Melodrama

We hope you will join the Youth Group for “Wait Til The Sun Shines, Nellie” on Friday, March 27 at 6:00 p.m. or on Sunday, March 29 at noon.

The proceeds from this year’s melodrama performance and ad sales will go towards the middle school youth’s summer camp fees at Westminster Woods and the senior high youth’s trip to RHINO. (Rebuilding Hope in New Orleans)

Very soon, the youth will begin making ad sales phone calls and asking if you would like to purchase an ad in our melodrama booklet. The ads cost $25 for ¼ page, $35 for ½ page and $50 for a full page.

Please be patient with our young folks when they call, because making phone calls can be very challenging for this generation!

Many thanks to our supporters!
Let Us Focus Our Prayers on These Members: Liz Norris & family, David Wade, Marc Turman, Jane McHugh, Rebecca Blanford, & family, Adriana & Walter Mau, Doug & Joan Aldrich, Jerry Devins, Herb Bevan, Carol & Kenny Wright, Cynthia Brinley, Robin & Alan Gales, Mary Burgett, Julia Boone, Kennady Gales, Linda Boyle, Ashley Haltom, Donna Hughes, Vivian Leupp, Lynne & Michael Melton, Donn & Gretchen Mason, Lorraine Maxwell, Elise and Jimmy Black and family, Doris Little, and Cynthia & James Rekoske and family.
2020 Marks A New Year, A New Decade, and 150th Anniversary of Church
When the ball dropped in Times Square to ring in the new year, it was also ringing in a new decade. Many people were happy to say goodbye to 2019 for one reason or another. And, yet, what promise, and peril waits for this new year and new decade? Only time will tell. But one thing for sure 2020 represents a milestone for First Presbyterian Church as we celebrate our 150th Anniversary, when this church was chartered on March 13, 1870. Gary Huffman and the Sesquicentennial Committee have many events planned for us throughout the year. During the month of January, on Sunday mornings, Gary Huffman is sharing with us the rich history that is ours. If you cannot attend, drop by the Archives on Wednesday morning to see what you missed. Save the Date! On March 15, 2020, we will be formally celebrating the 150th anniversary of the church with special music, liturgy, and a documentary that tells the story of how this church grew up with the city of Wichita. So, invite a friend and plan to come. We will welcome back former pastors and members and dignitaries to mark this occasion.

We are also looking for 150 little ways we can celebrate our Sesquicentennial. I am thinking of a random act of kindness. What if we challenged every small group/committee to do 150 random acts of kindness throughout 2020? And what if we kept a record of it? And then we were to tell what impact it had on us and on others? Any other ideas are welcomed.

Taking Time for What is Truly Important
I have just returned from visiting my father, who will be turning 94 on January 31, 2020. It was great to see him and find him in relative to good health despite his aches and pains. Also, it was good to see my siblings, nephew and niece as well. Although we are getting older, hopefully wiser, time to reconnect is important because before you know it, it is gone. And what one must be content with is memories. So, let me encourage you to set aside, make time, for that which is truly important.

Priorities and Commitments for 2020
As I head into the new year and new decade I want to focus on the following things:
- Excellence in preaching, teaching, and pastoral care
- Help grow our Young Adult Program
- Champion the Kansas Leadership Center Programs for our identified leaders
- Support Wednesday Night Program
- Continue to make progress on my PhD
- Strive for work/family balance

What are your priorities for 2020? As I tell my children, if you find your efforts do not achieve the goals you set for yourself, either change your effort or change your goal. May 2020 be the year we make progress on achieving the goals we set for ourselves.
Financial Report

Year End Financial Report
January-December 2019

<table>
<thead>
<tr>
<th>Income</th>
<th>Expenses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contributions $ 429,321.17</td>
<td>Communications $ 4,870.27</td>
</tr>
<tr>
<td>Investments $ 12,320.70</td>
<td>Deacons $ 1,326.37</td>
</tr>
<tr>
<td>Foundation $ 258,702.00</td>
<td>Worship/Music $ 5,680.27</td>
</tr>
<tr>
<td>Economy Corner $ 108,324.76</td>
<td>Camp $ 8,839.22</td>
</tr>
<tr>
<td>Other $ 181,903.70</td>
<td>Education/Fellowship $ 26,667.39</td>
</tr>
<tr>
<td></td>
<td>Mission/EC $ 79,878.40</td>
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<td></td>
<td>Finance/Admin $ 85,146.35</td>
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<tr>
<td></td>
<td>Facilities $ 195,197.37</td>
</tr>
<tr>
<td></td>
<td>Stewardship $ 423.52</td>
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<tr>
<td></td>
<td>Evangelism $ 992.03</td>
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<tr>
<td></td>
<td>Personnel $ 582,050.44</td>
</tr>
<tr>
<td><strong>Total</strong>  $ 990,572.33</td>
<td><strong>Total</strong>  $ 991,071.63</td>
</tr>
</tbody>
</table>

Net Income  $ (499.30)

We concluded the year with a $57,656.45 shortfall, which is significantly better than the projected deficit of $127,891.65, which included a $60,000 allocation from the Diehl Trust. Total income received was $930,969.04, which was $73,534.04 more than the projected income. The Foundation provided approximately 28% of our total income with a total contribution of $258,702. Our total expense of $988,625.49 was 5.4% ($56,701.16) less than the budgeted amount. This is largely attributable to the reduction in our personnel and administrative expenses. Overall, we had a great year, and once the funds from the Diehl Trust are transferred to the income side, we will have ended the year with a balanced budget. Your continued support is greatly appreciated. (Finance Committee).

FUND RAISING
DILLONS COMMUNITY REWARDS

Did you know that by participating in the Dillon’s Community Rewards program, you can help fund the programs at Whispering Winds Camp? Our mission last year included free swimming and/or lodging to hundreds of swimmers and campers, including Children’s Ministry, Youth, Young Adults, Children's Ministry, WRCC, Staff, and the community.

It’s easy to participate. At the bottom of your receipt from Dillon’s, it should say “First Presbyterian Church.” If not, please enroll on-line at www.dillons.com and identify Organization BF935. If you need help to enroll, see Doug Aldrich in The Well between services on the 3rd Sunday of the month (same time as blood pressure checks). Once you’re enrolled, you won’t need to enroll again.

Thank you for your support!!!
Benefits of the Mineral Magnesium

Magnesium is the fourth most abundant mineral in the human body, is present in every cell of your body, and plays a role in over 300 biochemical reactions. Its primary function includes helping with nerve and muscle function, regulating blood pressure and heart rhythm, and is critical for brain function and mood. Studies suggest that many people in the United States do not get enough magnesium in their diet and would benefit from mineral supplementation. Let’s look at the benefits of this mineral, the daily recommendation and food sources of magnesium.

Magnesium may help with:

**Muscle Spasms and Cramps** - Since magnesium is necessary to maintain the health of muscles by regularly controlling contraction and relaxation, painful muscle cramps and spasms could be a sign of a magnesium deficiency.

**Cardiovascular Issues** - Magnesium is vital for proper muscle contraction and nerve conduction and may benefit the heart’s contractibility in keeping the heart rhythm regular. Magnesium is often used in medical settings when managing patients with cardiac arrhythmia and some doctors even prescribe magnesium for patients who are at risk for arrhythmia. Also, studies have shown that people who receive magnesium soon after a heart attack have a lower risk of mortality. Magnesium may be beneficial for lowering blood pressure in people with hypertension, too.

**Type 2 Diabetes** - Low magnesium levels are linked with chronic inflammation, which is implicated in obesity, aging, and metabolic disease, such as diabetes. Magnesium plays an important role in glucose control and insulin metabolism. Magnesium can improve insulin sensitivity in people with low magnesium levels.

**Constipation** - Magnesium has a relaxing effect on many parts of the body, including the digestive tract. Low magnesium levels cause these muscles to contract more, making it difficult for waste to move through this system, resulting in constipation.

**Anxiety and Depression** - Since magnesium helps in regulating the nervous system and moods, a deficiency in this mineral could be linked to anxiety, as well as depression.

**Migraines** - Low magnesium levels can affect neurotransmitters and restrict blood vessel constriction, which are factors linked to migraines.

**Osteoporosis** - The bones store a large amount of magnesium and when levels are low for a prolonged period of time, it can lead to bone loss. A magnesium deficiency can also lower the level of calcium which is essential to the maintenance of strong bones.

As you can see, magnesium is absolutely essential for good health. The RDA, (recommended daily allowance) for magnesium is 310 mg-420 mg/day for adults depending on age and gender. Some good food sources for magnesium include pumpkin seeds, spinach, Swiss chard, dark chocolate (70-85% cocoa), black beans, quinoa, halibut, almonds, cashews, mackerel, avocado and salmon.

Please check with your doctor before taking magnesium supplements. Though these are generally well-tolerated, they may not be safe for people who take certain medications or for people that have a kidney disorder, unless their doctor recommends supplementation. Supplement forms that are better absorbed by the body include magnesium citrate, glycinate, orotate and carbonate. Many high-quality supplements are available in health food stores and online.

Joan
In December we held a parent meeting to discuss the future of Sunday mornings at First Presbyterian Church. The meeting was full of great ideas and conversation on how we can make Sunday mornings more intentional as well as engage our young ones who are now too old to be in the nursery but still need to be engaged. In February we will start doing a time with young children during the 10:45 a.m. service. Following that time, myself and ministry volunteers will take the children to The Well for an interactive tactile lesson.

Thank you for the support from the FPC parents for making this happen. The sign up for Wednesday nights is complete and located in The Well. If you would like to contribute to our Wednesday night meal, please contact me directly at norris@firstchurchwichita.org.

February at a glance
02/05- Pizza night- Wednesday Clubs 5:30 p.m.-8 p.m.
02/12- Chili night- Wednesday Clubs 5:30 p.m.-8 p.m.
02/19- Pizza Night- Wednesday Clubs 5:30 p.m.-8 p.m.
02/26- Pancakes- ASH WEDNESDAY/Clubs 5:30 p.m.-8 p.m.
We will have all children participate in the Ash Wednesday Service.

VBS Curriculum has been ordered. This year’s theme is “Wilderness Escape”- Where God Guides and provides. If you are interested in helping with camps this summer, please contact Liz Norris via email or by phone at 316-214-4318.
Youth Activities for February 2020

February 1 (Saturday) - Community Breakfast, arrive at 7:30 a.m.
February 2 (Sunday) - 2 worship svc. 8:30 & 10:45 a.m. Melodrama rehearsal 12:30-2:30 p.m.
February 4 (Tuesday) - CE Commission meeting-5:30 p.m. to 7 p.m. in The Well
February 5 (Wednesday) - Youth Club – 5:30-8 p.m.
February 9 (Sunday) - 2 worship svc. 8:30 & 10:45 a.m. Melodrama rehearsal 12:30-2:30 p.m.
February 12 (Wednesday) - Youth Club – 5:30-8 p.m.
February 16 (Sun.) - 2 worship svc. 8:30 & 10:45 a.m. Melodrama rehearsal 12:30-2:30 p.m.
February 19 (Wednesday) - Youth Club – 5:30-8 p.m.
February 20 (Thursday) - Young Adult Gathering @ Roxy’s Downtown to see The Wiz. Doors open at 6:30 p.m. and show starts at 8:00 p.m. Contact Geri for reservations!
February 21 (Friday) - Youth group going to Children of Eden at Wichita Children’s Theater, show starts @ 7 p.m.
February 22 (Saturday) - Trivia Night-Youth Runners (need 6 people) arrive at 6 p.m.
February 23 (Sun.) - 2 worship svc. 8:30 & 10:45 a.m. Melodrama rehearsal 12:30-2:30 p.m.
February 26 (Wednesday) - Youth Club – 5:30-8 p.m. with Ash Wednesday activities & service

Need to contact me?
Geri Doll-Youth Director-cell phone # 316-737-8855/doll@firstchurchwichita.org/ Facebook.

We are happy to give you a ride if needed.

(January Youth Activities)

SENTE Games –photo left

The Alley-photo below
Economy Corner

God has truly Blessed us! Our total sales for the year 2019 were $130,234.78 which is a $4,148.55 increase over 2018. During the year 2019, we filled 1,513 vouchers for basic clothing necessities which were equivalent to $21,452.61. FPC’s portion of the vouchers equaled $16,692.61 and Grace’s was $4,760.00 for the year 2019. The vouchers honored were from thirty-one different Wichita agencies. We also sent 38 bags of clothing to Clothes Closet and 141 bags to Orphan Grain Train. The Economy Corner’s December total sales were $10,533.48. This is a decrease of $232.40 over December 2018 sales. We were closed one day due to weather. FPC’s share was $9,535.33 and Grace’s was $998.15. We are very grateful and excited for our two new volunteers, Judi Gann and Walter Bryant. Following their training on Jan 14th, they will immediately begin helping us work toward achieving our Mission to the community. Our thanks go to both Congregations for their faithful support, donations, and time in helping to make 2019 a very special year!

150th Anniversary Celebration Continues with Tour Feb. 9

As you are aware, the 150th Anniversary Celebration is underway. January featured the history of Wichita and First Presbyterian Church in the Journeys Class.

The special event for February will occur on February 9 after the 10:45 Worship Service. There will be a tour of the church facilities. Opportunity will be given to view areas of the church not usually available. You will be given a choice of what you want to see.

We will gather in the Sanctuary immediately after the service. Then we will proceed to The Well for a light lunch. Donations will be accepted. The tour will then proceed and will feature the following: The Sanctuary and the Stained Glass Windows, the “secret” pastor’s study, the access to the Dome, and the Chapel and Case Building Windows. Depending on your ability to climb stairs, you can choose where you want to go.

March will be the most important month of the celebration year. On March 13, 2020, we will gather at 12th and Jackson to commemorate the organization of the church on March 13, 1870. The dugout which was used as a place of worship in 1869-70 was located on this site. The event will take place at 2:00 p.m.

Then on March 15, 2020, we will feature a new documentary that is currently being produced that will tell the story of First Presbyterian Church. You won’t want to miss this premiere showing.
WHISPERING WINDS — ATTENDS BRIDAL EXPO 2020:

The Whispering Winds Camp Commission attended the 25th annual Bridal & Event Expo 2020 at Century II on January 11th and 12th. The Expo was attended by an anticipated 1,200 future brides and event planners, venues, and vendors, for both weddings and other special events.

The Camp Commission constructed a booth with pictures and posters displaying our three wedding venues: the Sanctuary, Chapel, and Camp.

Many attendees expressed how beautiful our venues were, both interior and exterior. The Camp Commission described the venues, answered questions, and arranged viewing appointments.

Thanks to Marc Turman for spearheading the project, to Don Setser and Bob Moler for the picture displays, and to other Camp Commission members for their assistance.
Ministries & Missions

Wichita Refugee Congregation Church leader becomes US citizen

United States Citizenship and Immigration Services welcomed 153 new US citizens at 11 a.m. Friday, January 10, in an impressive, patriotic ceremony at WSU’s Hughes Metropolitan Complex. Included in that group was Jacques Bal Kitwanga, a leader in the WRCC who arrived in Wichita in December 2014. His family includes wife Bora, twins Nathan and Nathalie, sophomores at North High, (who participated in last year’s youth group melodrama), Joseph in third grade, and two-year-old Mary Rose. An older daughter is still in the Congo because she aged out and was not allowed to travel to the US with her family.

US District Court Judge J. Thomas Marten presided at the swearing in. Hamilton Middle School provided the color guard. Jackie Williams, Kansas deputy attorney general, briefly addressed the new citizens. Daughters of the American Revolution gave small US flags to all new citizens and their family members. The League of Women Voters was present to register first time voters.

The new citizens live in Andover, Augusta, Bel Aire, Coffeyville, Colby, Derby, Dodge City, Garden City, Great Bend, Hays, Hesston, Hugoton, Independence, Kinsley, Liberal, Macksville, Newton, Plains, Quinter, Salina, Satanta, Syracuse, Ulysses and Wichita. Another ceremony was held in the northeast part of the state for new citizens in that vicinity.


I have always loved our Epiphany soup potluck tradition at First Presbyterian, for as far as I can remember us doing it. I am always excited to try everyone's new soup recipes, as well as enjoying the old faithfuls! This year, I was also very excited that we added BINGO to our Epiphany festivities. It was a lot of fun and I was so glad to see everyone that came!- Cassandra Clough Swenson

Calling All Cooks... and Story Tellers, too!

We need your recipes, photos, and stories of FPC from past and present (and future?)!!!

This year, we are celebrating the 150th anniversary of First Presbyterian Church in many ways. The Evangelism and Hospitality Committee is pleased to announce that we will be compiling a memory book to commemorate this monumental occasion! We are asking our members and former members to submit their recipes, photos, and stories of First Presbyterian Church for the memory book.

The deadline for submissions will be August 1st, so that we may hopefully have them ready for purchase starting in October. Proceeds from the sale of the memory books will go towards the FPC seed fund for up and coming projects in the church, such as the Family Fellowship Playgroup and FPC Cares Cards.

We can't wait to see what awesome memories and recipes you have to share!!! Please see Cynthia Rekoske or Cassandra Swenson with your recipes, photos, stories, or ideas or email submissions to Recipes.FPC150th@gmail.com.

Presbyterian Women review the Seventh “word of love”

The PW study circle is using the Horizon’s guide this year with the theme “Love Carved in Stone—a fresh look at the Ten Commandments.”

The word commandment is not used in the Bible. That’s why the study author is calling them “words of love.” At the Wednesday, February 12 meeting, 10:00 a.m. in the Parlor, the subject is the seventh word of love (in lesson number six): “You shall not commit adultery (Exodus 20:14).” In the words of love—hold your marriage sacred.

The purpose of this lesson is to understand God’s desire for deep and faithful relationships in the human family and how behavior that has no boundaries can devastate people and communities. Peggy Church will lead the lesson.
# Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td><strong>Saturday, February 1</strong></td>
<td>8:00 Community Breakfast (EDR, WDR, KIT) 11:00 Brent's Bible Study w/WRCC (Hobbs)</td>
</tr>
<tr>
<td><strong>Sunday, February 2</strong></td>
<td>8:30 Worship (Chapel) 9:15 Coffee Fellowship (The Well) 9:30 Journeys Class (Parlor) 10:15 Choir Rehearsal (Choir Room) 10:45 Worship (Sanctuary) 10:45 Refugee Worship (C204) 12:30 Melodrama Rehearsal (EDR, WDR)</td>
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<tr>
<td><strong>Monday, February 10</strong></td>
<td>4:30 Personnel Mtg (Hobbs)</td>
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<tr>
<td><strong>Tuesday, February 11</strong></td>
<td>10:00 Pastoral Staff Mtg (Hobbs) 11:00 Staff Mtg (Hobbs) 5:30 Evangelism/Hospitality Mtg (The Well) 5:30 Finance Mtg (Hobbs)</td>
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<td><strong>Wednesday, February 12</strong></td>
<td>9:00 Dorcas (C105) 10:00 PW Study Circle (Parlor) 5:30 Wednesday Clubs 6:15 James Ringers (Sanctuary) 6:30 Adult Ed (The Well) 7:00 Choir Rehearsal (Choir Room)</td>
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<tr>
<td><strong>Thursday, February 13</strong></td>
<td>11:45 Book Chat (C109) 8:00 Young Adult Gathering (Offsite)</td>
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<tr>
<td><strong>Friday, February 14</strong></td>
<td>12:00 Lectionary Bible Study (C109) 6:00 Trivia Night (EDR)</td>
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<tr>
<td><strong>Saturday, February 15</strong></td>
<td>11:00 Brent's Bible Study WRCC (Hobbs) 6:00 Trivia Night (EDR)</td>
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<tr>
<td><strong>Sunday, February 16</strong></td>
<td>8:30 Worship (Chapel) 9:15 Coffee Fellowship (The Well) 9:30 Journeys Class (Parlor) 10:00 Blood Pressure Check (The Well) 10:15 Choir Rehearsal (Choir Room) 10:45 Worship (Sanctuary) 10:45 Refugee Worship (C204) 12:30 Melodrama Rehearsal (EDR, WDR)</td>
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<tr>
<td><strong>Tuesday, February 18</strong></td>
<td>10:00 Pastoral Staff Meeting (Hobbs) 11:00 Staff Meeting (Hobbs) 5:30 Session (Parlor)</td>
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<tr>
<td><strong>Wednesday, February 19</strong></td>
<td>9:00 Dorcas (C105) 5:30 Wednesday Clubs 6:15 James Ringers (Sanctuary) 6:30 Adult Ed (The Well) 7:00 Choir Rehearsal (Choir Room)</td>
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<tr>
<td><strong>Thursday, February 20</strong></td>
<td>11:45 Book Chat (C109) 8:00 Young Adult Gathering (Offsite)</td>
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<tr>
<td><strong>Friday, February 21</strong></td>
<td>12:00 Lectionary Bible Study (C109) 6:00 Young Adult Gathering (Offsite)</td>
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<tr>
<td><strong>Saturday, February 22</strong></td>
<td>11:00 Brent's Bible Study WRCC (Hobbs) 6:00 Trivia Night (EDR)</td>
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<tr>
<td><strong>Sunday, February 23</strong></td>
<td>8:30 Worship (Chapel) 9:15 Coffee Fellowship (The Well) 9:30 Journeys Class (Parlor) 10:00 Blood Pressure Check (The Well) 10:15 Choir Rehearsal (Choir Room) 10:45 Worship (Sanctuary) 10:45 Refugee Worship (C204) 12:30 Melodrama Rehearsal (EDR, WDR)</td>
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<tr>
<td><strong>Tuesday, February 25</strong></td>
<td>10:00 Pastoral Staff Meeting (Hobbs) 11:00 Staff Mtg (Hobbs)</td>
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<tr>
<td><strong>Wednesday, February 26</strong></td>
<td>9:00 Dorcas (C105) 5:30 Wednesday Clubs 6:15 James Ringers (Sanctuary) 6:30 Adult Ed (The Well) 7:00 Choir Rehearsal (Choir Room)</td>
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<tr>
<td><strong>Friday, February 28</strong></td>
<td>12:00 Lectionary Bible Study (C109)</td>
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<tr>
<td><strong>Saturday, February 29</strong></td>
<td>11:00 Brent's Bible Study w/WRCC (Hobbs)</td>
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</tbody>
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Stephen Ministers are the

*After People.*

*Stephen Ministers are there:*
  *after* the divorce,
  *after* the funeral,
  *after* the doctor says, “I’m sorry,”
  *after* the baby arrives

If you have questions or need to talk, please contact Louise Farmer at lfarmer4164@gmail.com.

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**FUND RAISING-AMAZON SMILE**

You can also help earn money for FPC when you make purchases from Amazon. Amazon Smile is a program that donates 0.5% of each purchase to the charity of your choice. When you are ready to shop, go to http://smile.amazon.com, choose FPC as your charity, then shop!

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The March Presby News Deadline is Monday February 15, at NOON.

The editor reserves the right to edit submitted information for content and space availability.

Questions? Contact Michelle Edwards at 263-0248 or email publications@firstchurchwichita.org