

The Home Page

First Presbyterian Church, Hastings, Nebraska 68901-5175
Vol. 25.02, Weeks of January 19 and January 26, 2020

NOTABLE NOTES FROM PASTOR GREG

Dear First Presbyterian Church Family:

We had an amazing Christmas Season this year! Thank you to everyone who participated in one way or another, particularly our choirs and choir directors, our organist, other musicians, ushers, greeters, sound and video operators, church staff, and anyone who helped make First Presbyterian Church a welcoming place for people.

On Christmas Eve we held four services:

- 2pm at College View with over 70 in attendance
- 5:30pm Family-Oriented service with over 350 in attendance
- 7:30pm Traditional Service with over 215 in attendance
- 11pm Vespers Service with 15 in attendance

That means we reached more than 650 people with the Good News of God's love on Christmas Eve! I know that those who came to church on Christmas Eve felt a warm welcome at First Presbyterian Church and am so grateful to all of you for helping to make that happen.

My hope is that we can continue the momentum from Christmas Eve into the New Year. That is going to require a commitment from all of us to continue to be welcoming to our neighbors.

Here are some opportunities coming up for you to invite people you know to participate in the life of our church:

- Saturday, January 18 (and the third Saturday of every month), we do our United Harvest Food Distribution. We need volunteers 9am-1pm. This is a great way to invite people to come and get a taste of what our family of faith is like by volunteering to serve our hungry neighbors. In the last three new members' classes, at least one of our new members initially came to know our church by volunteering at United Harvest.
- On the 2nd and 4th Tuesdays of each month, 7-8pm in the Parlor, a group of Knitters and Crocheters called the "Knit Wits" meets. This is another great way to get to know our church family.
- Starting Thursday, February 6, we will host a weekly grief group. The group will meet every Thursday for 8 weeks, 5pm-6pm. If someone you know has lost a loved one in the past year, please share this information with them and invite them to come. We will use the book *Praying Our Goodbyes* by Joyce Rupp. Please contact me for more details.
- We will be holding a New Members Class in February, meeting 5pm-6:30pm on Wednesday, February 5, 12, and 19. This is a great opportunity for people who are interested in learning more about the Presbyterian Church and exploring membership, and dinner is provided!

These are four opportunities for us to invite people to come be part of our community at First Presbyterian Church, in addition to inviting people to come to worship on Sunday. As we say every Sunday, First Presbyterian Church is a community of hope where we always proclaim a message of hope. Let's share that hopeful message with others as we strive to shine the love and light of Christ in to our community and the world.

Your Servant in Christ,

Pastor Greg

FPC Prayers for:

Jim & Mary Jeanne Cooke	Kristine Cook (Katharine Davis' sister)	Family of Al Behl
Cheryl Ann Elfond	Zachary, Noble, Cale Henderson	Family of Darrel Lloyd
Celia & Wayne Ganow	Irina Erickson's Mom	Janet Schawang
Norm Giesler	Jeff Howard	Joan Shaw and Family
Jim Hahne	Family of Lee Kreager	Alden Talbert (Bill's Dad)
Jim Harrenstein	Gretchen Lainson	Family of Virginia Malouf
Jane Horton	Chris Wheeler (Carol Wheeler's son)	Family of Zelma Fobben

Please let us know if you would like to be added to, or removed from, the prayer list by calling the church office at 402-462-5147.



Need a ride to church on Sundays? Call Deacon Moderator Joan Shaw at [402-460-8195](tel:402-460-8195) or the church office at [402-462-5147](tel:402-462-5147). **The radio broadcast airs** during Sunday service at 10:30 a.m. on KICS 1550 AM.

Sunday's service will be broadcast:

- live on Facebook at www.facebook.com/fpchastings
- on Channel 181 Tuesday at 1:00 p.m. and Sunday at 9:00 a.m.
- at Good Samaritan Village, the service will be broadcast on Channel 3 on Sunday at 12:00 noon and on Tuesday at 2:00 p.m.

"When working with your attorney to **update your will and estate plan**, please consider including a gift to the First Presbyterian Church Foundation."

--Dave Dirks, Moderator of the Foundation

HOSPITAL REMINDER

Due to hospital privacy regulations, for the church to know that either you or a family member will be hospitalized or have been admitted, please take a moment and call the church office at 402-462-5147. Remember, we don't always know what's happening unless you tell us!



Hastings Food Pantry-Donations Needed On the first Sunday of every month, please bring items to place in the blue

bins in the Donation Station located in Fellowship Hall for the Hastings Food Pantry. Non-perishable foods and paper products are always needed to keep the Pantry resupplied. Deacons will deliver the items to the pantry supply center.

A copy of any Sunday service is available on DVD disc upon request at no charge. Contact the church office at [402-462-5147](tel:402-462-5147).

Mission Committee Update

The committee delivered

- 288 lbs. of diapers, paper towels, toilet paper, laundry detergent, deodorant, etc. to Catholic Social Services as part of the Advent donations
- 150 diapers to Catholic Social Services as part of the regular donation

Hastings Food Pantry

- We want to thank you for your generous donation of 5 bags of food given to the Hastings Food Pantry on December 22, 2019. It is because of the donations of caring people like you that we are able to meet the needs of the hungry in our community.
- We also want to thank you for your generous donation of 22 boxes of food from your Advent Food Collection. What a wonderful donation! So many people will be blessed with your giving. It is going to such a wonderful cause as it is helping the needy people in our community!



Lost and Found Reminder

Did you know the church has a lost and found area? In fact, there are two places to look! We have things

from sweaters and lonely gloves to ties to glasses. Please check the Lost and Found by the Pop Machine and also check the wood shelf in the hallway by the office. I will be sorting through it soon and either discarding or donating.

January Communion Offering goes to the Sunflower Project, which was formed to inspire hope and contribute to individuals and caregivers affected by Alzheimer's and other dementias. It was established in 2019 by Kelly Bonifas, a NE native who lost her mother to early onset Alzheimer's. The project provides education, awareness, emotional support, and funds to individuals and caregivers that reside in Adams County through several methods, such as financial assistance for meds, medical bills, and household expenses.

The Faithful Advent Devotional Guide 2019 not only provided beautiful scriptural and prayer guidance from friends and members of our church for the advent season; it also resulted in abundant giving for four vital ministry partners in our community. Our congregation and friends responded generously to the call for items needed by Catholic Social Services, Crossroads Shelter, SASA, and Hastings Food Pantry.

On Thursday, overflowing van and car loads of these donations were sorted and delivered to the four agencies. They were received with great thankfulness and surprise. Many current residents at Crossroads helped unload our van and car load of new pillows, blankets, sheet sets, and personal items. One woman who was helping us kept saying, "This is from God."



FRAUD ALERT

If you receive an email or a text message that looks like it is from Pastor Greg, Pastor Damen, or one of the other church staff asking you to buy gift cards, please ignore it and report it to the church office. The phone number and email address will be incorrect.

Someone is sending these emails and text messages masquerading as Pastor Greg, stating that he is visiting someone in the ER or the hospital and needs help to order or purchase a gift card. Pastor Greg

will never ask a church member to purchase a gift card by sending you an email or text message, so please don't respond. Thank you!



Brooks's Bookshelf Our son, Brooks, was born on October 10, 2018. Three days after his birth, he was diagnosed with Trisomy 21: Down Syndrome. He is a happy, strong, loving, unique individual and a true blessing to our family. He makes our lives better every day!

Brooks's Bookshelf was created in celebration of our amazing son. He is an inspiration to anyone who is lucky enough to know him! The bookshelf is a way to share the joy of reading and also spread the awareness of Down Syndrome. Bookshelves where children are welcome to take a book home will be located throughout our community!

Each bookshelf will include books of all interests with some specific books focused on kindness, on compassion, and on individuals with unique differences. Books to range from picture/baby up to early readers.

Every story and every person is unique and beautiful. We hope that you'll find it in your hearts to donate a book or send a monetary donation to help us in this celebration.

Check out our Amazon wish list under Brooks's Bookshelf and other places to donate on our website at brookssbookshelf.org Follow us on Facebook & Instagram! -Kindly, Brooks Borrell & Family

Dear Church Family,

Thank you all for thinking of us during the Christmas Season. Your wonderful cards and yummy snacks were greatly appreciated. - Thank you again, Pastor Greg, Pastor Damen, Kili Wenburg, Stephanie Brader, Deb Hamburger, Tony Calhoun, and Jean Matheny.



The next Red Cross Blood Drive will be **Monday, March 30, 2020**, from 12 noon – 6:00 p.m. in Fellowship Hall. Mark your calendar now! To donate or volunteer your time, please call Erica Brooks, FPC Parish Nurse, at [402-469-9285](tel:402-469-9285) or sign up at www.redcrossblood.org.

The January 6 RedCross Blood Drive collected 23 units of blood. Since we began hosting these drives about 10 years ago, we have collected over 1300 units! This would not be possible without all of the dedicated volunteers and donors of FPC.

January 6 volunteers were Marnie Soderquist, Georgie Evans and Cheryl Schukei. Donors included Paul Pedroza, Melissa Kelley, Donald Gronemeyer, Jackie Carlson, Kathleen Monshower, Sharon Brooks, Harold Korb, Monte Malouf, Jim Wenburg, Max Gallagher, Phil Odom, Jane Marsh, Andy Barrows, Steve Shackelford, Nancy Grams, Marnie Soderquist, Karen Doerr, Paul Nuss, Teresa Canady, Sarah Canada, Lynne Friedewald, Chuck Shoemaker, Joan Sharp, Carol Wheeler, Justin Brader, and Kelly McKillip.

Our next blood drive is Monday, March 30 from noon to 6pm. Please go to redcrossblood.org to make an appointment to donate or contact Erica Brooks if you would like to volunteer.

PRAYING
GOODBYES

Starting Thursday, February 6, we will host a **weekly grief group**. The group will meet every Thursday for 8 weeks, 5pm-6pm, in the Anderson Room. If someone you know has lost a loved one in the past year, please share this information with them and invite them to come. We will use the book *Praying Our Goodbyes* by Joyce Rupp. Please contact Pastor Greg for more details.



We will be holding a **New Members Class** in February, meeting 5pm-6:30pm on Wednesday, February 5, 12, and 19, in the Lydia Room (formerly known as the Adult Ed Classroom). This is a great opportunity for people who are interested in learning more about the Presbyterian Church and exploring membership, and dinner is provided! Please contact Pastor Greg for more details.

What's Happening at FPC --- January 19 – February 1, 2020

Sun, Jan 19	8:30a-9:30a	Taizé-Style Worship in the Chapel
	9:15a-10:15a	Sunday School All Ages
	10:30a	Traditional Worship
Mon, Jan 20	OFFICE CLOSED	MARTIN LUTHER KING JR. DAY
	8:15a-9:15p	Walkers in PEACE Center
	12:00p-6:00p	Reb Cross Blood Drive
	1:00p-3:00p	Pickle Ball in PEACE Center Gym
	1:00p-4:00p	Food from the Heart Food Prep
	6:00p-8:00p	Mexican Dance Troupe in PEACE Center
	7:00p-8:00p	Scout Troop 200-Boys/Girls
	7:30p-8:30p	Chorus of the Plains
Tues, Jan 21	8:15a-9:15p	Walkers in PEACE Center
	10:30a-11:30a	Staff Meeting
	12:00p-1:00p	Bible Study in Anderson Room
	1:30p-4:00p	Quilters meet in P.E.A.C.E. Center
	5:30p-8:00p	Pickle Ball in P.E.A.C.E. Center Gym
	6:45p-7:45p	Deacons Meeting in Anderson
Wed, Jan 22	8:15a-9:15a	Walkers in PEACE Center
	7:00a-8:00a	Bible @ Breakfast in the Parlor
	9:30a-10:10a	HC Chapel at French Memorial Chapel
	4:00p-6:00p	Pre-K thru 5th Grade Bible Study, Recreation Time, Choir/Bells (WNL)
	6:00p-6:45p	WNL Family Meal Time
		<i>All are welcome!</i>
	6:20p-6:50p	WNL Calvin Middle School and Westminster High School Bells
	6:30p-8:00p	Wood Carvers meet in Church Basement
	6:45p-7:30p	Chancel Choir
	6:50p-7:30p	WNL Calvin Middle School and Westminster High School Choir
	7:30p-8:15p	Chancel Bells
	7:30p-8:15p	WNL Bible Study and Fellowship: <i>Middle School (6th – 8th) Youth Group</i>
Thurs, Jan 23	7:00a-8:00a	Retreat in the Real World in Adult Ed Classroom
	8:15a-9:15a	Walkers in PEACE Center
	5:30p-8:30p	Pickle Ball in PEACE in Center Gym
	6:00p-8:00p	Mexican Dance Troupe in PEACE Center NE Classroom
	6:00p-7:00p	Spanish Class in PEACE Center NW Classroom
	7:00p-8:00p	Cub Scout Pack Meeting in Fellowship Hall
Fri, Jan 24	10:00a-12:00p	Mahjong Ladies in the Youth Room
Sat, Jan 25		

Sun, Jan 26	8:30a-9:15a 9:00a-9:45a 10:30a	Taizé-Style Worship in the Chapel Sunday School All Ages Traditional Worship Service
Mon, Jan 27	8:15a-9:15a 1:00p-3:00p 5:30p-6:30p 6:00p-8:00p 7:00p-9:00p 7:30p-9:30p	Walkers in PEACE Center Pickle Ball in PEACE Center Gym Foundation Board in Anderson Mexican Dance Troupe in PEACE Center Scout Troop 200-Boys/Girls Chorus of the Plains
Tues, Jan 28	8:15a-9:15a 10:30a-11:30a 12:00p-1:00p 1:30p-4:00p 5:30p-8:00p 7:00p-8:30p	Walkers in PEACE Center Staff Meeting Bible Study in Anderson Room Quilters meet in P.E.A.C.E. Center Pickle Ball in P.E.A.C.E. Center Gym Knit Wits in Parlor
Wed, Jan 29	7:00a-8:00a 8:15a-9:15a 9:30a-10:10a 4:00p-6:00p 6:00p-6:45p 6:20p-6:50p 6:30p-8:00p 6:45p-7:30p 6:50p-7:30p 7:30p-8:15p 7:30p-8:15p 7:30p-8:15p	Bible @ Breakfast in the Parlor Walkers in PEACE Center HC Chapel at French Memorial Chapel Pre-K thru 5th Grade Bible Study, Recreation Time, Choir/Bells (WNL) WNL Family Meal Time <i>All are welcome!</i> WNL Calvin Middle School and Westminster High School Bells Wood Carvers meet in Church Basement Chancel Choir WNL Calvin Middle School and Westminster High School Choir Chancel Bells WNL Bible Study and Fellowship: Middle School (6th – 8th) Youth Group WNL Bible Study and Fellowship: High School (9th - 12th) Youth Group
Thurs, Jan 30	7:00a-8:00a 8:15a-9:15a 5:30p-8:00p 6:00p-8:00p 6:00p-7:00p	Retreat in the Real World in the Adult Ed Room Walkers in PEACE Center Pickle Ball in P.E.A.C.E. Center Gym Mexican Dance Troupe in PEACE Center Spanish Class in P.E.A.C.E. Center, NW Classroom
Fri, Jan 31	10:00a-12:00p	Mahjong Ladies in the Youth Room
Sat, Feb 1		



Third Saturday of the Month
Annex Building
Lincoln and 7th St. Hastings

Sponsored by:
First United Methodist Church
First Presbyterian Church

A mobile pantry is a traveling food pantry that delivers food to families in need through a one day distribution. Our goal is to provide food where there is a high need, but resources are limited. The mobile food pantry is available to all free of charge. The institutions providing the food are equal opportunity providers.

Those interested in receiving food should bring boxes or bags. To volunteer, simply show up on the date of the next distribution and check in at the volunteer sign-in table. Volunteer shifts are 9:30-12:00 and 12:00-2:00. Plastic bags can be brought to the church office and donated to the cause.

February 15, 2020		
P, Q, R	May park and get number starting at:	9:45 AM
S, T, U	May park and get number starting at:	10:00 AM
V, W, X, Y, Z	May park and get number starting at:	10:15 AM
A, B	May park and get number starting at:	10:30 AM
C, D, E	May park and get number starting at:	10:45 AM
F, G, H	May park and get number starting at:	11:00 AM
I, J, K, L	May park and get number starting at:	11:15 AM
M, N, O	May park and get number starting at:	11:30 AM



2020 Offering Envelopes Are Now Available

They can be found on the wood shelf in the hall outside the office as well as on the Welcome Stand in the Memorial Room.



LANGENBERG LESSON SCHOLARSHIP PROGRAM

Several years ago, through the generosity of the late Luella Langenberg, the LANGENBERG LESSON SCHOLARSHIP PROGRAM was established to encourage the youth of our church in their musical pursuits.

- Parents of students in grades 1-12 may apply for up to \$250 per semester to offset the cost of private music instruction.

- Areas of study include piano, voice, guitar, or any band/orchestral instrument.
- Grants are limited to one per child.
- Parents must be members of First Presbyterian Church, and students must be active participants in the church choir/music program.

Application forms are available in the church office and on the church website.

- **DEADLINE FOR THE Spring 2020 GRANT PROGRAM IS February 1, 2020.**
- **ALTHOUGH GRANTS ARE RENEWABLE, PARENTS MUST RE-APPLY EACH SEMESTER.**



INVESTIGATE YOUR LIBRARY The First Presbyterian Church library is located just west of the Memorial Room (or across the hall from the kitchen) and is open whenever the church is open. Our collection consists of around 5000 books, CDs, and DVDs. We have an excellent theology, spirituality, and religious collection, often used by scholars. Our adult fiction section is growing and contains works by many of the currently favored religious fiction writers. These include Debbie Macomber, Jan Karon, Charles Martin, Lisa Wingate, and Mary Connealy, plus some old favorites, including Lauraine Snelling, Bess Streeter Aldrich, Willa Cather, Mitch Albom, and Richard Paul Evans. We also have many children's books and large-print books.

For specific needs try the following suggestions:

- Need a prayer or devotion for a meeting or gathering? Check out the 240s.
- Need a book about Presbyterianism? Look in the 285s.
- Need a book about why your children are driving you crazy? Find it in the 300s.
- Trying to find a commentary on a book in the Bible? They are in the 220s.
- Want to find out more about Jesus? The 230s are your best books.
- Want to know more about the mechanics of worship? Books in the 260s will help you.

Suggestions for books to add to the collection are always welcome. Leave a note on the library desk or in the library mailbox in the office. If you have a donation, please leave it, **with your name on it**, on the desk in the library or in the library mailbox in the office.



First Presbyterian Church-Hastings has an “APP” for you! Our directory of names, contact information, and corresponding family photos is ready for you to create your login at <http://instantchurchdirectory.com>. Use the email address from your 2018 listing to gain access. Only members will be able to create a login and load an app on their phones.



Food from the Heart Program The women of our church have started a mission of giving to our friends and families. Our plan is to get together on the 1st & 3rd Mondays of each month at 2:00pm. We will prepare the food for casseroles to be placed in the church freezers. Everything will be ready to go when volunteers arrive. It would be nice to have 5-6 people help prepare the meals. To let Nancy Grams know you are coming to help prepare the casseroles or if you have any questions, call or text at 402-705-8179. The finished casseroles in the freezer are for anyone to take and give away. Feel free to share with non-members also. We care about everyone, so enjoy.



Shop Hands Around the World for your Fair-Trade Items

Our products come from artisans who live in poor areas around the globe. Purchasing their goods helps them to feed their families, send their children to school, and improve their lives by becoming economically self-sufficient. Handcrafts include baskets, scarves, jewelry, woolen hats and mittens, holiday decorations, gourmet chocolates, spices, teas, coffee, and more. Purchasing products from the store also supports our local mission, United Harvest. We give \$100.00 from the store each month to this outreach, which helps to feed those in need in our community. We are open from 9:00-12:00 every Sunday.



Donation Station Has Moved Looking to donate items to Hastings Food Pantry, Happy Nappies, Pine Ridge, Brooks's Bookshelf, and/or SASA? The Mission committee has moved the ongoing collection tubs for these projects into the **Fellowship Hall**. If you stop by to take a look, you'll find clearly marked bins with lists of the items for which these agencies are looking. Thank you for your continued support of these vital ministry partners.

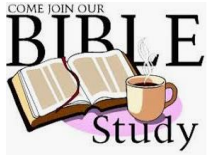


Pickle Ball? You are invited to come to the FPC P.E.A.C.E Center located at 7th and Lincoln Ave. Pickle Ball is a fun blend of ping pong, racquetball, and tennis. It is designed for all ages as a healthy activity for young and old alike. It is lower impact than tennis but just as fun! Equipment is available; you just need to show up!

Adult Bible Studies



Heirs Apparent Adult Sunday School Class meets at 9:15am in the Anderson Room. Grab a cup of coffee and join us.



Bible @ Breakfast meets every Wednesday at 7 a.m. in the Parlor. Come join us for coffee, conversation, and study.



Forum Adult Sunday School Class meets at 9:15am in the Lydia Room (formerly known as the Adult Ed Room).

- ❖ January 19, 2020: Honor Thy Mother and Father
- ❖ January 26, February 2, & 9: Christian Myths, a 3-part series on the meaning and power of myths, led by Dr. Dan Deffenbaugh.

FORUM, JAN 19



HONOR THY MOTHER AND FATHER

How do we care for those who cared for us?

Courtney Peeler

Dir. of Marketing and Resource Development at Good Samaritan Village
Leads a conversation on just such things

9:15 AM in the Lydia Room



Soup Group for Women meets the 1st and 3rd Thursday of each month, 12:00-1:00pm in the Library. Bring a sack lunch if you wish for lunch and Fellowship.



Knit Wits. Join us for our knitting/crocheting *fellowship group*, the 2nd and 4th Tuesdays of each month, 7:00-8:00/8:30 p.m. in the Parlor. Bring whatever project you're currently working on. Join us for refreshments, fellowship, and fun!



Presbyterian Women meet for food, fellowship, and programs the first Wednesday of the month at 11:45am in Fellowship Hall.

- The next luncheon will be February 5, 2020. Please RSVP to your Circle calling chairman and to the Office by February 3, 2020
- Circle III will prepare lunch and act as kitchen helpers. Circle I will be responsible for setting tables, centerpieces, devotions, nametags, cashier, and hunger cups.
- Margaret Marsh will present the program on *The Census*.

- ✓ Circle I will meet February 19-9:30am
- ✓ Circle II will meet February 19-9:30am
- ✓ Circle III will meet February 19-1:15 pm

Happy Anniversary

02/04/1967	Dave & Jan Schawang
02/04/1977	Monte & Karla Malouf
02/10/1979	Steve & Lesa Cropley
02/18/1967	Larry & Uschi Butler
02/27/1998	Brett Erickson & Irina Belikova-Erickson



Happy Birthday

02/01	Becky Busboom Donna Trutna Carole Storer Brian N. Johnson Nytha Glass	02/08	Dee Toms JoAnn Williams Sydney Witte	02/14	Rachel Guiai Mary Plock Kathy Amyot
02/02	Chanda Essink George Adam	02/09	Benjamin Welsch Meredith Oliver	02/15	Amber Foral Noble Henderson Scott Ziemba
02/03	Katie Kingsley Lin Jurgena Kate Boyd	02/10	Doug Phelps Ben Hafer Alex Hafer	02/17	Keaton Redline Patrick Burling
02/04	Nina Meyer	02/11	Phyllis Waltemath Dick McClenahan David Cooke	02/21	Crystal Bauer Dacia Hultman
02/05	LaVerne Schreiner Greyson Miller Michelle Musgrave	02/12	Mary Lee Phelps Jon Propp Becky Meyer	02/22	Ramona Shetler Caleb Northrop
02/06	Shirley Gass George Howard Riley Mullen Pam Canady C L Wimer	02/13	Hannah Hafer Paul Caldwell Vicki Fisk Gayle Fandry Robert Nelson	02/23	Janey Nottage-Tacey
02/07	Justin Brader			02/24	Harvey Freetly Sharon Steenbarger
				02/25	Dana Odom
				02/26	Brent Brooks Chad Murrell Zach Runcie
				02/27	Baylen Hall
				02/28	Melissa Allen

First Presbyterian Church
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Email: fpc@fpchastings.org
Website: www.fpchastings.org

Address Service Requested

The Home Page

A publication of
First Presbyterian Church
621 N. Lincoln Ave.
Hastings, NE 68901

Senior Pastor: Greg Allen-Pickett

Publishing Guidelines: The *Home Page* is a twice-monthly publication for the people and mission of First Presbyterian Church.

The newsletter seeks to inform, instruct, and challenge its readers to become engaged in the ministry of FPC.

Articles will be accepted by the Thursday prior to publication. Submissions may be edited for length and suitability. You may send articles to the church office: fpc@fpchastings.org or call 402-462-5147.

¹Praise the Lord, my soul;
all my inmost being,
Praise his holy name.

²Praise the Lord, my soul,
And forget not all his benefits--

³Who forgives all your sins
and heals all your diseases,

⁴Who redeems your life from the pit
And crowns you with
Love and compassion.

Psalm 103:1-4