



FIRST PRESBYTERIAN CHURCH OF HASTINGS

SHARING THE LOVE OF CHRIST SINCE 1873

Home Page Newsletter

Reflecting on Prayer

Dear Presbyterian Church Family:

Prayer is an integral part of our Christian life. There are hundreds of exhortations to pray in the Bible. Jesus speaks about the importance of prayer, prays often, and even teaches us how to pray by introducing the Lord's Prayer in Matthew 6 and Luke 11. At the church, we try to offer many different and creative ways to pray, both during our Sunday morning worship services and throughout the week. During the Seasons of Advent and Lent we publish a devotional guide that includes a daily prayer. Those are all archived and accessible on our webpage: <https://fpchastings.org/devotions/> During Holy Week, we had a prayer calling event on Monday and we held a prayer vigil in our chapel that included five stations for creative prayer.

Even with all of these great resources, sometimes it can be hard to pray. So, we are always seeking new ways to equip you to participate in this important part of our journey as disciples of Jesus Christ. Our Director of Christian Education, Rose Koepp, wrote about prayer and offered some creative prayer practices in the newsletter she sends out to our children and their families. She has some great ideas that we can all use, so I thought I would share her thoughts with you:

Family Faith Practice: Prayer

I have heard many children and adults alike say things like "I don't want to pray, I don't know what to say." or "How do I even know where to start?" or "Prayer feels so awkward and uncomfortable." I'd like to share some alternatives to the picture of prayer that you might have in your mind. Prayer can take many forms and look different for everyone. Artist Scott Erickson describes prayer like this, "Inside of you, you have a way to talk to the Divine. Somehow you have been given an inner telephone." (scottericksonartshop.com) We are all different, yet we all have this sense of connection to something outside of ourselves, an inner telephone, if you will. We all have a connection to God; we just need to find the way of communicating that feels right for us.

In her book *Woven*, author Meredith Miller writes, "Praying in ways that help us connect to God relationally removes the pressure to use just the right words in just the right order, asking for just the right things... It helps us anchor to a God who is both powerful and present... It removes the false expectations of a quick fix... and replaces them with the rich presence of the God who enters in, suffers with, carries through." (Woven, p.130)

Continued

So, I offer you these different types of prayer to try. Take what fits for you, and leave what doesn't. All of these ideas are coming to you from the previously mentioned book, *Woven*, by Meredith Miller. I cannot recommend this book enough!

-Rose Koepp

Breath Prayers

Say something as you breathe in, and something as you breathe out. These are lovely for times of anxiety or at bedtime. Try something like:

>in> "God is with me" <out< "I am not alone"

>in> "I am your child" <out< "I am always loved"

>in> "You love me" <out< "no matter what"

Using scripture is also a great place to start!

>in> "The Lord is my Shepherd" <out< "I shall not want"

Prayer Postures

Reach up: What is something we love about God?

Reach out: What is something happening in our world that we want God to help with?

Hold hands: Who is someone we know that we want to pray for?

Hands to heart: What do you want to say to God or ask God about today?

Art as Prayer

Grab your favorite art-making tools and draw a prayer! Try a prompt like:

"Draw the people I want to pray for today."

"Draw a time I felt sad or scared and ask God to help me if something similar happens again."

"Draw something, I love to do and thank God for it."

April Ushers and Greeters

April Ushers (Team #2) Captain – Duane Huber, Steve Illingworth, Daveta Brader, Lois Hafer, Dick Brader

APRIL GREETERS	MEMORIAL ROOM	NARTHEX
14	Julie Thomsen	Melissa Davis
21	Kay Georgiana, Jan Ham	Cathy & John Pershing
28	Lynne Friedewald & Chuck Shoemaker	Jill Kramer

Upcoming Adult Forums
9:15 a.m. in the Lydia Room

April 14- Community Foundations: Learning About Hastings Public School Foundation and Hastings Community Foundation with Chris Schukei and Dan Peters

April 21- Nebraska Presbyterian Foundation with Audrey Richert and Karen Doerr

April 28- Rev. Dr. Robert J. von Trebra: Presented by the Sachtleben/Throckmorton Faith and Science Symposium

United Harvest Mobile Food Pantry is a joint ministry with First Presbyterian Church & First United Methodist Church. We provide a food distribution to 400+ families.



- If you need food, please come at the time indicated based on the first letter of your last name.
- If you would like to volunteer for this distribution, please come to the church at 9:30am to help us with the distribution.

April 20, 2024		
I, J, K, L	May park and get number starting at:	9:45 AM
M, N, O	May park and get number starting at:	10:00 AM
P, Q, R	May park and get number starting at:	10:15 AM
S, T, U	May park and get number starting at:	10:30 AM
V, W, X, Y, Z	May park and get number starting at:	10:45 AM
A, B	May park and get number starting at:	11:00 AM
C, D, E	May park and get number starting at:	11:15 AM
F, G, H	May park and get number starting at:	11:30 AM



FPC
POTLUCK

April 28
following 10:30
worship service

Congregation asked to bring food items based on the first letter of their last name:

A-G Salad or Veggie

H-M Main Dish

N-Z Dessert

Tuesday 4/9	10:15am	Staff Meeting	In-person
	12pm	Bible Study	Anderson Room
	5:30pm	Congregational Life	Anderson Room
	5:30pm	Trustees	Confirmation Room
	6:45pm	Deacons	Anderson Room
	7pm	CCC Dog Obedience	PEACE NE Classroom
Wednesday 4/10	12pm	Noonday Book Club	Sbbrooks52@gmail.com for link
	1:30pm	Quilters	PEACE Quilting Room
	5-7:15pm	PreK-12 th Grade WNL	Various
	5:30-7pm	New Members Class	Anderson Room
	6:30pm	Woodcarvers	Basement
	6:45pm	Chancel Choir	Choir Room
	7:30pm	Chancel Bells	Bell Room
Thursday 4/11	12:30pm	Dulcimer	Lydia Room
	6-8pm	Mexican Folkloric Dance	PEACE NE Classroom
	6:30pm	Columbarium Meeting	Anderson Room
	7-8pm	Cub Scouts	Scout Room
Friday 4/12	10am	Mahjong	Fellowship Hall

Please pray for

Elaine Schumacher
 Dave Schawang
 John Northrop
 Audre Zaroban & family
 Carter Johnson
 Sarah Snell and family
 Tarah Davis & family
 Matt Campbell
 June Nielsen
 Vernon Groves
 Carol Medsker
 Frances Kamler
 Brent Brooks & family
 family of Dean Meyer
 Katharine Davis
 Pam Canady

Ashley Ibach
 Carl Utley
 Barry Thomson
 Greg Howard
 Ken Fisk
 Marcia Hogan & family
 Everest Beacon (Zabloudil)
 Jim Boeve
 Howard Mathews
 Paul Nuss
 Vicki (Fisk) Nieves
 Dana Odom
 family of Don Canady
 Bill Beck
 Jill Kramer (death of her brother)

In memory of

Dean Meyer, who passed
 away on 2/16/24
 Don Canady, who passed
 away on 3/16/24



Register for Vacation Bible School on our website:
www.fpchastings.org

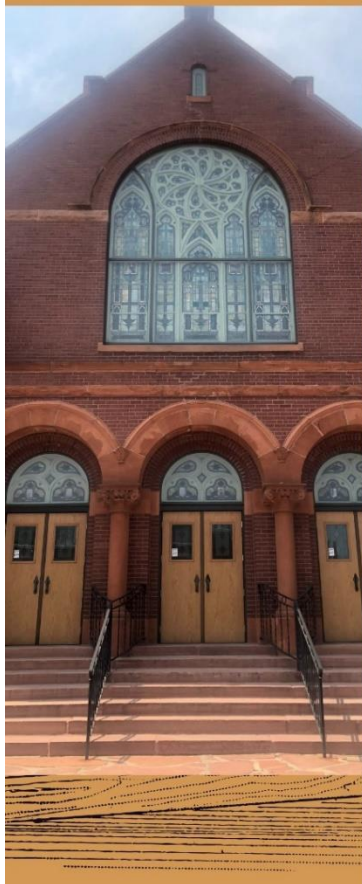


Save the Date for the Inaugural Sachtleben-Throckmorton
Faith & Science Symposium!

Come to an adult ed class, hear a sermon, and participate in an exciting lecture about the complementary relationship between faith and science. Our guest speaker, Rev. Dr. Robert von Treba has a PhD in organic chemistry and a number of patents, and he now serves as a pastor in the United Church of Christ. He will share his own journey that led him to careers in both science and the church, and will talk about how God has woven together faith and science in beautiful and creative ways in our lives and the world.

Schedule for Sunday, 4/28:
Adult Ed Forum: 9:15 a.m.
Worship: 10:30 a.m.
Lecture: 3:00 p.m.

Sunday 4/14		Senior Recognition Sunday	
	8:30am	Contemplative Worship	Chapel
	9:15am	Sunday School for all ages	various
	10am	HAW Store Open	Library
	10:30am	Traditional Worship Service	Sanctuary, Facebook, Radio
	11:30am	HAW Store Open	Library
Monday 4/15	1-3pm	1 st Pres Pickleball	PEACE Gym
	1:30pm	Quilters	PEACE Quilting Room
	5:30pm	Go & Serve	Parlor
	6-8pm	Mexican Folkloric Dance	PEACE NE Classroom
	7-9pm	Chorus of the Plains	Choir Room
Tuesday 4/16	10:15am	Staff Meeting	In-person
	12pm	Bible Study	Anderson Room
	6:30pm	HCMA Community Bells	Bell Room
	7pm	CCC Dog Obedience	PEACE NE Classroom
Wednesday 4/17	9:30am	PW Circles 1 & 2	Parlor
	12pm	Noonday Book Club	Sbbrooks52@gmail.com for link
	1:15pm	PW Circle 3	Parlor
	1:30pm	Quilters	PEACE Quilting Room
	5-7:15pm	PreK-12 th Grade WNL	various
	5:30pm	New Members Class	Anderson Room
	6:30pm	Woodcarvers	Basement
	6:45pm	Chancel Choir	Choir Room
	7:30pm	Chancel Bells	Bell Room
Thursday 4/18	12:30pm	Dulcimer	Lydia Room
	6-8pm	Mexican Folkloric Dance	PEACE NE Classroom
	7-8pm	Cub Scouts	Scout Room
Friday 4/19	10am-12pm	Mahjong	Fellowship Hall
Saturday 4/20		United Harvest	
Sunday 4/21	8:30am	Contemplative Worship Service	Chapel
	9:15am	Sunday School for all ages	various
	10am	HAW Store Open	Library
	10:30am	Traditional Worship Service	Sanctuary, Radio, Facebook
	11:30am	HAW Store Open	Library




New Members Class

Wednesdays 5:30pm-7:00pm
 April 10
 April 17
 May 1

Dinner will be served.

CALL 402-462-5147
 FOR DETAILS
 AND TO REGISTER FOR THE NEW
 MEMBERS CLASS.
 ALL ARE WELCOME!



FIRST PRESBYTERIAN
 CHURCH OF HASTINGS
 SHARING THE LOVE OF CHRIST SINCE 1873

April Communion Offering

One Great Hour of Sharing

The three programs supported by One Great Hour of Sharing - Presbyterian Disaster Assistance, the Presbyterian Hunger Program, and Self-Development of People - all work in different ways to serve individuals and communities in need. From initial disaster response to ongoing community development, their work fits together to provide people with safety, sustenance, and hope.



CHURCH WOMEN UNITED, INC. CWU Celebrations 2024 May Friendship Day

What Does the Lord Require of CW-You?
 Celebrations 2024 Theme Scripture
 "... the Lord has told you what is good, and this is what he
 requires of you: to do what is right, to love mercy, and to walk
 humbly with your God." Micah 6:8 (NLT)

LOVE MERCY

May Friendship Day 2024 Matthew 5:7



THE MISSION COMMITTEE IS COLLECTING
 LONG-SLEEVED WORK
 SHIRTS FOR OUR MIGRANT WORKERS.

THESE SHIRTS PROTECT THE WORKERS FROM
 THE SUN AND EXPOSURE TO AGRICULTURAL
 CHEMICALS.

SHIRTS CAN BE DROPPED OFF IN THE DESIGNATED
 BIN IN FELLOWSHIP HALL.

THE MISSION COMMITTEE THANKS YOU.

First Presbyterian Church

621 N. Lincoln Ave.
Hastings, NE 68901

402-462-5147

fpc@fpchastings.org

Return Service Requested

First Presbyterian Church of Hastings
Sharing the love of Christ from the heart of Hastings since 1873

Head of Church: Jesus Christ
Senior Pastor: Rev. Greg Allen-Pickett
Organist and Music Director: Linda Vollweiler
Chancel Choir Director: Dr. Brett Epperson
Chancel Bells & Calvin/Westminster
Bells Director: Dr. Byron Jensen
Calvin/Westminster Choir Director: Linda Johnson
Praise/Alleluia Choir Directors: Tim and Teresa Canady
Praise/Alleluia Bells Choir Director: Dr. Susan Oliver
Accompanist and Music Coordinator: Mary Plock

Ministers: Members of the Church
Associate Pastor: Rev. Damen Jensen-Heitmann
Director of Children & Family
Ministries: Rose Koepp
Church Office Administrator: Melissa Davis
Facilities Manager: Tony Calhoun
Bookkeeper: Deb Hamburger
Scholar in Residence: Dr. Dan Deffenbaugh
Pastor Emeritus: Rev. Dr. Bill Nottage-Tacey