



# First Presbyterian Church of Hanford

Worship Center: 340 N. Irwin St.

Church Office: 415 N. Redington St.

Hanford, CA 93230 (559) 582-0283

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*Making disciples of Jesus Christ who go to make disciples of others*

## FIRST PRESS

July 2024



### **“Overcoming Discouragement”**

**Pastor Tim Brown**

One of life's toughest challenges is feeling discouraged. But what exactly is discouragement? It's the sense of losing confidence and enthusiasm. When we look at the word 'discouraged,' we see it's like having our courage stripped away. In ancient times, discouragement was symbolized by a wooden bow under immense pressure, starting to show cracks.

When we feel discouraged, our confidence, enthusiasm, excitement, and passion for life can fade away. Discouragement is a common experience, but by acknowledging it and turning to God for help, we can prevent it from derailing our lives.

Discouragement can stem from various sources. It might result from setbacks we encounter or the overwhelming demands of daily life. Sometimes, unforeseen challenges disrupt even the simplest routines and tasks, steering us away from what truly matters in life. As a result, we find ourselves feeling disheartened because our envisioned outcomes are not realized.

Sometimes we forget that feeling tired can really bring us down. We tend to think we're losing our edge when we admit to being tired. Even though it's totally normal to feel worn out, we often downplay the importance of taking a break. Feeling physically and emotionally drained is something we all go through. It's human to feel exhausted in body, mind, and spirit. If we don't recharge when we need to, it can lead to feeling discouraged.

Fear can sometimes lead to feelings of discouragement. It's natural to have concerns about the future or things that worry us, like letting down our loved ones or facing challenges such as health issues, finances, work, or school. These fears may even bring on feelings of sadness.

So, how can we overcome discouragement?

Let's start by paying attention to our thoughts. Simply put, think about what's on our mind. What we think affects how we feel and how we act. Our thoughts are like a practice run for our actions, and our feelings guide our behaviors. So, let's be mindful of what's occupying our thoughts. Remember, our lives follow the path of our predominant thoughts. In Philippians 4:8, we're reminded to focus on what's true, noble, right, pure, lovely, admirable, excellent, and praiseworthy.



Recognizing when we're feeling tired and giving ourselves permission to rest is a key aspect of battling discouragement. It might not come easy for everyone, but even Jesus knew the importance of taking breaks.

Feeling down a bit can also be a sign that maybe it's time to reorganize and reprioritize our lives. It doesn't always mean we're on the wrong track. Sometimes, it's about doing the right things in a different way—perhaps giving a new approach a shot.

And lastly, let's talk about how reconnecting with our Lord can bring us the strength and renewal we need. When facing criticism and life's challenges, David felt disheartened. However, in 1 Samuel 30:6, it's mentioned how he found solace and courage by strengthening his bond with the Lord. Personally, I've discovered that going for walks while listening to my favorite worship music on Pandora can be quite uplifting. Engaging in weekly worship routines has also proven beneficial. Additionally, reaching out to a close friend or a professional therapist has been comforting during tough times. Nevertheless, the most profound comfort comes from nurturing a deeper connection with Jesus. I've learned to embrace difficult moments and let God's wisdom shine through in times of darkness and solitude. He serves as our caring shepherd, offering guidance, protection, provision, and gentle correction.

I will conclude with my favorite Bible verse. "Be strong and courageous. Do not be afraid. Do not be discouraged. For the Lord, your God will be with you wherever you go" (Joshua 1:9).

Blessings!

Tim

**Reminder!** Deacons hope you can bring clothing and nonperishable food to help those in our community who are in need. Collection baskets are available in the church hallway outside the Fellowship Hall.



# Church DEACONS

One of the many functions of the Deacons is the Military Ministry. This gives our church the opportunity to share the love of Christ and our personal support to military members who have deployed away from home while on active duty. We have many current and past members of the military that have received these boxes of love. We support deployed members with a "gift box" shipped to their duty station. What's in the box? (Glad you asked!) Included in a box: favorite candy/snacks, gum, playing cards, hand lotion, toothbrush, toothpaste, hygiene items, etc. Most importantly included are Christian pamphlets of encouragement and a personal note from the Deacons. Your financial support of the Military Ministry will offset the cost of shipping the gift boxes as well as the "goodies" included in each box.

Thank you for your past and continuing support as well as your prayers for all of our military members and families that remain at home. If you know of anyone who will be deploying/deployed and the military member would like to have a gift box, please contact Laurie Tazelaar at (847) 560-4750.





## A Note From:

**Children's and Youth Director  
Sheri Winterowd**

Summer is now in full swing an amazing with Vacation Bible School (VBS) behind us many great opportunities for summer fun and spiritual growth still ahead. We want to say a hearty **Thank You** to all of our volunteers who worked together in so many different ways to help our VBS be a huge success! Next month we will have a special VBS wrap up!

I recently attended a training for GROW! curriculum, which was a really helpful opportunity to hear about Discipleship to Jesus and having a strategy to help accomplish this. Pastor Tim often says "There is no problem in this world that discipleship to Jesus can't solve." One of the 'aha' moments I had in this training was that effective discipleship involves practicing Four Spiritual Habits, which are: 1) Spend Time with God. 2) Spend Time with Others. 3) Use Your Gifts. 4) Share Your Story. The creators of this curriculum even have a Habits Kids by Grow app that can help us track our spiritual habits. I would love to hear if any of you decide to use this app and commit to further honing these spiritual practices in order to grow deeper in your walk with Jesus.

Finally, I want to say a special "Thank You" to Michael Ginn, who has been one of our youth volunteers for the last several years, including assisting with VBS and Children' Ministry events, chaperoning our youth beach retreat, helping out regularly with Sunday night youth group, leading our youth band for VBS 2023 and giving of his time, talent and treasure to help our young people grow in their relationship with the Lord and be encouraged in their walk of faith in Christ. Michael and Mandy have been a great blessing to First Presbyterian Church and we wish them all the best as they relocate to the Boise, Idaho area this month.



# Youth events



### July

- 7-12 Middle School Camp
- 9 Book Club @ 5-7:30pm
- 10 Swim Party @ 1-4pm
- 14 Youth Group @ 5pm
- 14-19 H.S. Camp
- 16 Book Club @ 5-7:30pm
- 17 Swim Party @ 1-4pm
- 22-24 Beach Trip
- 28 Youth Group @ 5pm
- 30 Book Club @ 5-7:30pm
- 31 Swim Party @ 1-4pm



### August

- 6 Book Club @ 5-7:30pm
- 7 Swim Party @ 1-4pm
- 11 Youth Group @ 5pm
- 25 Youth Group @ 5pm



For more information  
contact Sheri (559) 281-4163





# UP COMING



- Jul 1** Church Growth mtg @ 1pm, Deacons mtg @ 2pm
- Jul 7** *Communion Sunday*
- Jul 7-12** Middle School Camp
- Jul 8** Finance mtg @ 11am, \*Missions mtg @ 7pm
- Jul 9** Youth Book Club @ 5:30pm
- Jul 10** Youth Swim Party @ 1pm
- Jul 11** *Session Reports Due*
- Jul 13** \*Called Presbytery mtg @ 9am
- Jul 14** Worship mtg @ 11:15am, Youth Group @ 5pm
- Jul 14-19** H.S. Camp
- Jul 15** *First Press articles due*
- Jul 16** Youth Book Club @ 5:30pm, Session mtg @ 6:30pm
- Jul 17** Youth Swim Party @ 1pm
- Jul 22-24** Youth Beach Trip
- Jul 28** Youth Group @ 5pm
- Jul 30** Youth Book Club @ 5:30pm
- Jul 31** Youth Swim Party @ 1pm
- Aug 4** *Communion Sunday*
- Aug 5** Church Growth mtg @ 1pm, Deacons mtg @ 2pm
- Aug 6** Youth Book Club @ 5:30pm
- Aug 7** Youth Swim Party @ 1pm

\* via Zoom



## Summary of June 25, 2024 Session Meeting

### Deacons

- Reported 88 and 4 homebound took communion in June
- \$75 each to Soup Kitchen and Laundry Love

### Clerk's Report

- Reported Members as of June 1, 2024 total—84
- Called POPS meeting (zoom) on July 13

### Pastor's Report

- Approved honorarium for Gail Forsythe of \$250.00

### Christian Ed

- Approved funding for two full camp scholarships
- Approved Youth beach trip for July 22-24, 2024

### Finance

- Approved sale of stocks from Facilities Endowment Fund #2175 for campus repairs

### Worship

- Approved appointing Shirley Lay as choir director
- With regrets, accepted the resignation of Michael Ginn as elder and chair of the worship committee

### The New City Catechism

52 Questions  
& Answers  
for Our Hearts  
& Minds

Introduction by  
Kathy Keller



**Is there any way to escape  
punishment and be brought  
back into God's favor?**

Yes, God reconciles us to himself by a Redeemer.





**Did You Know?**

As part of the Evangelical Presbyterian Church family, we are encouraged to share a small portion (1.5%) of our yearly earnings with our local Presbytery (Presbytery of the Pacific Southwest “POPS”) and our General Assembly—our national hub. These contributions, known as “Askings,” support the mission of our denomination. Both POPS and the EPC generously provide us with aid and resources. This year, our “Askings” amount to an average of \$39 for each member. If you'd like to join us in contributing to our denomination, please indicate so with any donation you make. Your support means a lot to us!



**July Reading Plan**



**Daily Bible Reading Program**

*Chronological Plan*

1-Year Plan. These readings are compiled according to recent historical research, taking into account the order in which the recorded events actually occurred. This is a fantastic plan to follow if you wish to add historical context to your reading of the Bible. If the schedule provided is followed, the entire Bible will be read in one calendar year.

- |                                       |  |
|---------------------------------------|--|
| 1. 2 Kings 1-4                        | 18. 2 Kings 18;<br>2 Chronicles 29-31;<br>Psalm 48 |
| 2. 2 Kings 5-8                        |  |
| 3. 2 Kings 9-11                       | 19. Hosea 1-7                                      |
| 4. 2 Kings 12-13;<br>2 Chronicles 24  | 20. Hosea 8-14                                     |
| 5. 2 Kings 14;<br>2 Chronicles 25     | 21. Isaiah 28-30                                   |
| 6. Jonah                              | 22. Isaiah 31-34                                   |
| 7. 2 Kings 15;<br>2 Chronicles 26     | 23. Isaiah 35-36                                   |
| 8. Isaiah 1-4                         | 24. Isaiah 37-39;<br>Psalm 76                      |
| 9. Isaiah 5-8                         | 25. Isaiah 40-43                                   |
| 10. Amos 1-5                          | 26. Isaiah 44-48                                   |
| 11. Amos 6-9                          | 27. 2 Kings 19;<br>Psalms 46, 80, 135              |
| 12. 2 Chronicles 27;<br>Isaiah 9-12   | 28. Isaiah 49-53                                   |
| 13. Micah                             | 29. Isaiah 54-58                                   |
| 14. 2 Chronicles 28;<br>2 Kings 16-17 | 30. Isaiah 59-63                                   |
| 15. Isaiah 13-17                      | 31. Isaiah 64-66                                   |
| 16. Isaiah 18-22                      |  |
| 17. Isaiah 23-27                      |  |





## Meet Two of FPC's Youth Intents

### Andrew Pelton

Hello! My name is Andrew Pelton, and I am one of the new interns for FPC! I recently completed my junior year at Sierra Pacific, and will be starting my senior year in August. I am heavily involved in my band program at school, and I am interested in computers and math.

I am so excited to be an intern because I want to help serve our church and community. I want to learn what it means to be a godly leader, and see how the church works in the background. This is an incredible opportunity, and I can't wait to see how God will use me!



### Hope Kinney

Hello, I am Hope Kinney and I am one of the new interns here at our church. I am a junior at Hanford High School and am a part of my high school's water polo and swim team.

I was interested in this summer internship because it would be a great way to learn more about our church and to be more involved. So, I am super excited to grow more in this church as well as in my own faith with this special opportunity.



*Watch for the article on our third intern "Isabella" next month.*



# Faith & Fellowship

**Jolly**  
**1's & 2's**

**EXERCISE CLASS**

The FPC exercise class  
M, W & F mornings @ 9:00am in the  
FPC Outreach Building (220 Dewey Street)



**Session**  
3rd Tuesday of each month @ 6:00pm



**Church DEACONS**  
1st Monday of each month @ 2pm



**Christian Education**  
Committee Meeting  
2nd Thursday of each month @ 1pm



**Missions Ministry**  
2nd Monday of each month @ 7pm



**Church Growth**  
Committee Meeting  
1st Monday of each month @ 1pm



**Worship**  
Committee Meeting  
2nd Sunday after morning worship



# Birthdays & Anniversaries

- 1 Sue Kinney
- 3 \*Bill & Julie Baker
- 6 Michael Porter
- 7 \*Eric & Lindsay Caparuolo,
- 9 Lori Porter
- 12 \*Dennis & Sandy Mills
- 20 Lynda Cuzzort
- 21 \*Jim & Annette Rajskup
- 24 Steve Froberg
- 27 Sandy Mills



Please contact the office with any updates, additions or corrections. We don't want to miss anyone or list your special date incorrectly.

P O Box 1185  
Hanford, CA 93232

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### STAFF:

<b>Dr. Tim Brown</b>	<b>Pastor</b>
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<b>Nancy Roller</b>	<b>Custodian</b>
<a href="mailto:nancyroller8@yahoo.com">nancyroller8@yahoo.com</a>	

Church Office Hours: 9:00am—1:00pm (Mon—Fri)

Send prayer requests to [hanfordfpcprayer@gmail.com](mailto:hanfordfpcprayer@gmail.com)  
other information to [office@fpchanford.org](mailto:office@fpchanford.org)