

# La Palabra

August 2013

[www.fpcmesa.org](http://www.fpcmesa.org)

480-964-8606

## ***A Message from Brant***

The Grant Study was a massive long-term project started in 1938 designed to look at human development. In this case the humans in question were Harvard undergraduate men, and this study has followed 268 of them for 75 years, measuring an amazing number of psychological, anthropological, and physical traits—from personality type to IQ to drinking habits to family relationships and more, all in an effort to determine what factors contribute most strongly to human flourishing. Recently the man who directed the study for more than three decades published *Triumphs of Experience* which summarizes the insights the study has yielded. Among them are these:

**“Alcoholism is a disease of great destructive power.”** Alcoholism was the main cause of divorce for men in the Grant Study, and was strongly correlated with neurosis and depression (which tended to follow alcohol use rather than precede it), and which together with cigarette smoking, was the single greatest contributor to early death.

**“Above a certain level intelligences doesn’t matter.”** There was no significant difference in maximum income earned by men with IQs in the 110-115 range and men with IQs higher than 150.

**“The warmth of your relationship with Mom matters long into adulthood.”** Men who had “warm” childhood relationships with their mothers earned more, suffered less from dementia, and were more effective at work. Men who had warm childhood relations with their fathers reported lower rates of adult anxiety, greater enjoyment of vacations, and increased life satisfaction at age 75.

Summing up all of it the author of the study says that after 75 years of study, and countless millions of dollars spent, the single, straightforward conclusion is “Happiness is love” (Atlantic Monthly, May 2013, 22).

**For men, finding this life-happiness in relationships can be particularly elusive.** As a group men tend not to be so great at building and sustaining relationships. This is *especially* true of the one relationship in life that most men find to be their primary relationship, the one they have with their wife. But help is on the way.

This past spring several men from our church (myself included) participated in a study called **Valiant Man**. On the surface, the study is designed to help men work through the challenges of living moral and upright lives in a culture that offers constant sexual bombardment. Men are visual creatures and there are literally hundreds of visual “hits” available to men through television, internet, billboards, and just walking down the street. This is a challenge for the man who wants not to be a captive to the natural chemical and hormonal processes that follow from these visual hits. Understanding how all that works, and having the tools to deal with it, is the first strength of the Valiant Man program and is of benefit to all men, no matter their marital status or age.

But beyond that this course of study is a fantastic tool to help men in relationships with their wives (or future wives, as the case may be). So many of the lessons help men reflect on who they are and who their spouse is, with the inevitable benefit of better understanding and insight all the way around.

**I give this course my highest endorsement and would encourage all men to participate this fall.** The Valiant Man course will be offered on Tuesday nights, from 6:30-8:15pm, starting September 10th. Please sign up by calling the church office (480-964-8606) or by e-mailing [pastor@fpcmesa.org](mailto:pastor@fpcmesa.org).

In Christ!

*Brant*

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## WORSHIP

Dir. of Music (Chair) — Mark Ramsey  
Worship (E) — Dan Reeves  
Prayer Chain (D) — Bev Goff

Funerals/Memorials (D) — Karyn Weaver  
Worship (D) — Carol Webster  
Youth (E) — Bryan Tryon

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### Mark's Remarks

(480) 964-8606, EXT. 24; CHOIRS@COX.NET

**Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything. - Plato (c. 429 – 347 BC)**

### Announcements

Last month, I attended the biennial Regional Convention of the American Guild of Organists, held this year in Bakersfield, California. The Bakersfield AGO Chapter of less than thirty members presented a convention which impressively raised the bar for future regionals. Aside from highlighting outstanding international organists on many fine instruments, the chapter offered a well-balanced mixture of educational, social, and exhibit opportunities. I returned home with a wealth of resource books, music, photographs and notes, inspiration, and high praise for a superbly presented event. Thank you so much for giving me the opportunity to attend the convention. The young featured organists demonstrated that the future of the pipe organ is in wonderful hands . . . and feet!



Come enjoy an afternoon of fun and fellowship at the Summer Ice Cream Social and Praise Band Concert on Sunday, August 11th, from 4:00 to 6:00 p.m. We'll enjoy cold, yummy refreshments while being entertained by the Praise Band, with such songs as *The House is Rockin'*, *Wagon Wheel*, and *Johnny B. Goode!* As announced last month, we'll also unveil the 2013-14 Artist Series, which will include a series of concerts to celebrate our revived Visser-Rowland pipe organ!

Summer Choir rehearsals will be held on Sundays at 8:00 a.m. in either Fellowship Hall or the Sanctuary, depending upon the repair schedule. The most up-to-date Summer Choir Schedule is available on our [Church Website](#), and printed copies are on the Receptionist's Counter in the Church Office. Our remaining Summer Schedule includes:

- 8/4 Summer Choir: Music of Palestrina; Soloist Jan Peterson
- 8/11 Praise Band; Soloist Dan Reeves
- 8/18 One Voice
- 8/25 Summer Choir: Men's Ensemble
- 9/1 Hymnfest (*"Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ. - Ephesians 5:19-20 KJV*)

The Hymnfest will include hymn stories and a hymnsing prelude, and the service theme will focus upon hymns about . . . birds! Arrive early for the hymnsing, and please let me know if you would like to assist as one of our service song leaders, playing a rhythm instrument or handbells, or singing! The service will also include a piano-organ arrangement of the hymn *Holy, Holy, Holy! Lord God Almighty!*

Fall Choirs will kickoff next month. Wednesday Night Live (WNL) will begin on September 4th and will consist of four blocks throughout the school year. WNL will meet from 5:00 p.m. to 7:00 p.m., and kindergarten students through adults will enjoy music, dinner, Bible study, and much more. The first Sanctuary Choir rehearsal will be held on Wednesday, September 4th, at 7:00 p.m.; Dei Gloriam Handbell Choir on Tuesday, September 10th, at 6:30 p.m.; and One Voice on Wednesday, September 11th, at 5:45 p.m.

*Christ is calling Christians ... to cleansing, to dedication, to consecration, and to full surrender. It will make the difference between success and failure in your spiritual life. It will make the difference between being helped and helping others. It will make a difference in your habits, in your prayer life, in your Bible reading, in your giving, in your testimony, and in your church membership. - Billy Graham*

## Humoresque

"The One whose throne is in heaven sits laughing." - Psalm 2:4

A woman received a call that her daughter was sick. She stopped by the pharmacy to get medication, and when she returned to her car, she found that she had locked her keys inside. The woman found an old rusty coat hanger left on the ground. She looked at it and said, "I don't know how to use this." She bowed her head and asked God to send her some help. Within minutes, a beat up old motorcycle pulled up. A bearded man who was wearing an old biker skull rag got off of his cycle and asked if he could help. She said, "Yes, my daughter is sick. I've locked my keys in my car. I must get home. Please, can you use this coat hanger to unlock my car?" He said, "Sure." He walked over to the car, and in less than a minute, the car was open. She hugged the man and through tears, said, "Thank You SO Much! You are a very nice man." The man replied "Lady, I am NOT a nice man. I just got out of PRISON yesterday. I was in prison for car theft." The woman hugged the man, again sobbing, "Oh, thank you God! You even sent me a professional!" [from Dick Baird]

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## MINISTRY

Clerk of Session (Chair) — Carol Gerlach  
Property (E) — Sam Thielke  
Personnel (E) — Jo Wilson

Personnel (D) — Tammy Miller  
Nominating (E) — Barbara Walker

Nominating (D) — Mary Jane Hee  
Stewardship/Finance (E) — David Frederick



## San Carlos Apache Mission Trip October 12th & 13th

We are returning again this year to work with Amor Ministries, a well-known home building mission partner in the southwest, to build a home on the San Carlos Apache Reservation. Will you be part of the group of 20 or so volunteers who will give up one weekend to proclaim the love of Jesus in this tangible way? Cost will be about

\$250 per person, plus another \$50 paid by the church. Look for a sign-up table on Sundays in August or call the church office.

### **PRESBYTERY OF GRAND CANYON— August Churches for Prayer**

**August 4** — Women's Ministries Committee

**August 11** — Salt River Presbyterian

**August 18** — Lehi Presbyterian Church

**August 25** — Presbyterian Women in Presbytery



I feel so well blessed and thank everyone for the many prayers, phone calls, visits, and cards while healing from a fall that resulted in a broken leg repair and a half hip replacement. Brant's calls and visit were so appreciated.

Caroline Cline

## DISCIPLESHIP

Director of C.E. — Jasmine Couillard  
Adult (E) — Jack Oliver

Children's Ministries (E) — Carol Anderson  
Family Ministries (E) — Jennifer Martin

Youth/Young Adult (E) — John Hee

Get ready to join us for Wednesday Night Live 2013! We will begin block one on Wednesday, September 4th, and meet weekly for 6 weeks from 5:00 – 7:00 p.m. Children in kindergarten through sixth grade will begin the evening with a 40-minute music class (choice of Joyful Noise choir, guitar lessons or another exciting option) while our Youth (7-12 grade) will enjoy recreation time. Children, Youth and adults will meet for a family style dinner starting at 5:45. Youth and adults will leave dinner at 6:15 for Bible study while the K - 6 children engage in games. K - 6 children will be split into two age groups for classroom based hands on Bible study from 6:30 – 7:00. Cost is only \$15 per person for the six week block. Sign up now!

Our Wednesday Night church program, Wednesday Night Live, is a program for children ages 5 – 105. This program is supported by church funds, donations made by participating families and individuals; as well as by generous donations given from those that don't participate but want to support this valuable church activity. *Please consider making a donation, of any amount, to offset the cost of operating a thriving Wednesday night music, dinner and Bible study program.* Donations can be given to the church office. Please clearly designate your donation to be used for Wednesday Night Live. Thank you!



GriefShare is a special weekly support group/seminar for people grieving the death of someone close. It is a place where you can be around people who understand how you feel and the pain of your loss. At Grief Share you'll learn valuable information that will help you through this difficult time in your life. Grief Share will be a new group at FPC starting on Wednesday, September 11th, from 3:30 – 5:30 in the church library. Please contact Jeanne Partida or the church office for more information.

## FELLOWSHIP

Fellowship (E) (Chair) — Charlie Golden  
Parish Visitor (Staff) — Lois Hildenbrand  
Cards (D) — Gretchen Frederick  
Older Adult (E) — Bill Lents

Transportation (D) — Ron Payton  
Parish Deacon 1 — Peggy Baker  
Parish Deacon 2 — Denise Worden  
Parish Deacon 3 — Dale Gibson

Parish Deacon 4 — Darlene Sitzler  
Parish Deacon 5 — Erin Skarphol

### Ice Cream Social



Make plans to attend the ICE CREAM SOCIAL on Sunday, August 11th, at 4:00 p.m. in Fellowship Hall! Our most excellent PRAISE BAND will entertain us with their favorite musical selections. We will have several different flavors of ice cream, along with a host of different toppings, soft drinks and great fun! Best of all..... **IT'S FREE!** (Donations are not required, but will be gratefully accepted if the spirit moves you!) Bring your friends and neighbors and introduce them to FPC! Great music, yummy treats, friendly folks – this is a “DON'T MISS” event for sure!



### Concert

## August Birthdays



Marie Nelson	1st
Frank Thompson	1st
Charlotte Roberts	3rd
Jake Bero	5th
Verna Green	5th
Cheryl Cordone	6th
Todd Verch	6th
Patricia Wilson	6th
Carl Jensen	7th
Susan McMichael	7th
Ted Hanson	8th
Ayden Hickey	8th
Frackson Sakala	8th
Michele Roberts	9th
Mike Chesko	10th
Rosemary Chisnall	10th
Ndekela Sakala	10th
Gary Marshall	11th
Esther Robinson	11th
Jo Beth Walstrom	11th
Amy Bero	12th
Ken Berry	12th
Carol Webster	12th
Susan Chesko	14th
Samuel Wells	15th
Brent Gray	17th
Lora Vitale	18th
James Bruening	19th
Eliana Couillard	19th
Lynette Belew	20th
Bettylou Edwards	20th
Robert Gerlach	20th
Kylie Hall	21st
Patricia Woodrum	23rd
Wayne Carns	25th
Lanai Mills	25th
Tricia Ramsey	25th
Sean Smith	25th
Douglas McInelly	26th
Mary Rugg	26th
Ardith Shaffer	26th
Burton Newbry	28th
Kimberly Castela	29th
Joseph Preston	29th
James Norris	30th
Evangelina Couillard	31st

**Editor's Note:** If your birthday is missing or we have the wrong date, please call the office so we can update our records. We wish a special day to anyone we have missed.



Please remember that August is "Backpack Month" as we collect backpacks for school children in our area (primarily Eisenhower Elementary School). Bring your donated backpacks to the church office anytime this month, and may God bless our faithful service!

### ADDRESS CHANGES/CORRECTIONS

Goff, Bev  
4065 E. University, #15  
Mesa, AZ 85205

Pomeroy, Ruth  
Emeritus Senior Care  
2122 E. Brown Rd., #51  
Mesa, AZ 85213

### Calendar Notes

#### August

Backpacks for Eisenhower

#### August 4

Back to School Sunday

#### August 11

Ice Cream Social & Praise Band Concert

#### August 18

Commissions & Session meet

#### August 20

Befrienders

#### August 24

Officer Retreat

#### August 25

Monthly Food Drive  
CE Leader Retreat

# ***COUNTDOWN TO RETURN TO SANCTUARY!***



