

South Park Presbyterian Church  
1501 30th Street  
Rock Island, IL 61201-3797

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Rock Island, IL 61201-3797

**SOUTH PARK PRESBYTERIAN CHURCH**

# TOUCHPOINTS

VOLUME 24, ISSUE 8  
AUGUST 31, 2006



### Education Opportunities Sundays at 9:00

The all combined youth class meets upstairs in the Ed. Center, as does Jr. Church, **beginning Sunday, September 10.**

**Kerygma** - Library (Carol Hough)

**Searchers** - Fellowship Hall



### Youth Group Plans

The Blackhawk Youth Connection Planning Team has scheduled fall activities as follows:

**Sep. 17** Putt-putt golf, then ice cream. Meet at Good Shepherd at 1:00.

**Oct. 27** A trip to a haunted house. Details to follow later.

These events are for all youth from grade 7 through high school. Please mark your calendar now so that you don't miss out on these great activities.

## All Aboard for Fall Activities !

Please mark the following dates on your calendar and plan to attend

### Genesis Sunday, September 10

Church School for all ages - 9:00 a.m.  
Worship with Holy Communion - 10:00 a.m.  
Lunch and Ice Cream Social following Worship

### Sunday, September 17

Church School for all ages - 9:00 a.m.  
Worship- 10:00 a.m.

### Stewardship Sunday, September 24

Church School for all ages - 9:00 a.m.  
Worship- 10:00 a.m.  
Luncheon following Worship

### Sunday, October 1

World Communion Sunday  
Peacemaking Offering received  
Farewell Luncheon for Pastor Casey Wells following Worship

Church Office: 786-6466 Fax: 786-6470  
Email address: [donnab@spchurchqc.org](mailto:donnab@spchurchqc.org) Website: [www.spchurchqc.org](http://www.spchurchqc.org)  
Church Office Hours: Monday - Friday, 8:00-4:30 p.m.

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**P N U R S E  
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**Sleep Debt**

Sleep is essential to good health and is one of the body's essential needs. Too many people don't get enough sleep. According to sleep experts, people are sleeping less than

they used to and this "sleep debt" is taking a toll on people's health, relationships, and work performance.

A sleepless night or two or a short bout of insomnia happens to most everyone and is nothing to worry about. The real problem is chronic sleep loss - too little sleep night after night. Sleep loss can take a toll on your health. Sleep deprivation and irregular sleep patterns are common in a host of conditions from a cold to memory impairment to high blood pressure. Inadequate sleep makes it difficult for the immune system to fight off viruses and bacteria. Lack of sleep has been linked to increased risk of cardiovascular disease and some types of cancer. Individuals who are sleep deprived experience reduced energy, greater difficulty concentrating, greater irritability and greater risks of having an accident.

The better you sleep the better you feel. Adults that sleep 7 to 9 hours a night were more likely to have a positive outlook, and active lifestyle and fewer health problems.

Try these suggestions for better sleep:

Make sleep a priority - set aside adequate time for sleep.

Go to bed and get up about the same time every day, even on the weekends.

Don't eat or drink large amounts before bedtime - eat a light amount at least 2 hours before bedtime.

Avoid nicotine, caffeine and alcohol - nicotine and caffeine are stimulants and can keep you awake. Alcohol is a depressant and may help you doze off but it can also cause restless

sleep and frequent awakenings.

Exercise regularly - regular physical activity can help you fall asleep faster and make your sleep more restful. Afternoon exercise seems to have the most positive effect on sleep. But don't exercise within 3 hours of your bedtime.

Keep active - not being busy enough can cause boredom and an inability to sleep.

Develop a relaxing bedtime routine - do the same things each night to tell your body it's time to wind down and go to sleep.

Make the bedroom cool, dark, quiet and comfortable. Create a room that's ideal for sleep.

Sleep primarily at night - daytime naps may steal hours from nighttime sleep.

Choose a comfortable mattress and pillow.

Go to bed when you are sleepy - if you don't fall asleep within 30 minutes, get up and do something else.

Don't put up with pain - if pain is keeping you from sleeping, consult with your doctor.

Check your medications - ask if medications may be causing the sleep problems.

Use sleeping pills only as last resort.

Don't resort to drugs to keep you alert - don't use stimulant medications to compensate for insufficient sleep.

*Joanne Stice, Parish Nurse*

**Flu and Pneumonia  
Shots Clinic**

**at**

**South Park Church  
Tuesday, October 24  
9:00 - 11:00 a.m.**

**Circle of Virtue** - will be meeting on Tues., Sep. 5 at 9:30 a.m. in the church Fellowship Hall.

**Presbyterian Women**

Sep. 7 - Mission Work Day, 9:30 - ? in the Christian Education Center @ church.

Sep. 16 - Fall Gathering PW Presbyterian of Great Rivers @ Alexis, 9:00-2:30 lunch reservation requested.

Sep. 26 - Salad Luncheon in Church Dining Room, 11:00-1:00. Tickets - \$6.00 We hope to see you at any or all of these events this month.

*Harriet Plutz, Moderator*

**Covenant to Care** - We continue our study of N. T. Wright's book, The Last Word: Beyond the Bible Wars to a New Understanding of the Authority of Scripture.

We will meet at John & Patty Henne- man's on **Thurs., Sep. 7, at 7 p.m.** Please read pp. 114-121 of Chap. 8, "Appropriate Views of Scripture, How to Get Back on Track". Please bring your Bibles with you.

On **Tues., Sep. 19, at 7 p.m.**, we will meet at Margaret Grossman's. Please read pp. 121-127 of Chap. 8. Please bring your Bibles with you. Joanie and Virginia Stockdale will be providing dessert.

**Book Club** - We will meet on Sat., Sep. 9 at 9:30 a.m. in the South Park Church Library. We will read and discuss The Covenant by Beverly Lewis. Everyone is welcome. Call Dorothy Meyer, 793-1323, if you have any questions.

**Genesis Sunday - Lunch/Ice Cream Social, Sun., Sep. 10.** You are invited to the Dining Room after the 10:00 Service (until 1:00 p.m.) for lunch and the Ice Cream Social. Tickets for both are \$5 or \$1.50 for the social only. We are requesting donations of pies and cake with sign-up continuing through Sun., Sep. 3. Tickets will be available on those dates and at the door on the 10th. Any questions, call LaNeva Birkel, 78607406. Proceeds to the Food Pantry.

Fellowship and Christian Education Committees

**Men's Brotherhood - Sep. 14, 6:00 p.m.** - The speaker will be Mr. Grey Giovanine, Augustana Men's Basketball Coach, sharing Augustana basketball stories and prospects for the 2006 season.

**V.I.P.** - Niabi Zoo has been selected as the designation for our "Field Trip" and "Picnic Sack Lunch". Admission to the Zoo is \$2. We can take a train ride through the Zoo or even ride the carousel.

We will meet in the church parking lot on **Tues., Sept. 19, at 11:00 a.m., car pool** to the Niabi Zoo, and return back to the church about 3:00 p.m. The Zoo has picnic tables available so bring a sack lunch (or you may purchase food at their snack bar), iced tea and water will be provided from church.

**The entire day will be handicap accessible. The Zoo has 3 wheelchairs available, and there are many rest areas available for anyone with a walker. Transportation will be provided from the church or call Jan, 794-0834, for a pick up at your home if needed.**

Everyone is invited to the VIP "Field Trip", share in fellowship, enjoy the flowers, animals, trees, share your smile and love! Please come and have a wonderful day at the Zoo. *VIP/Jan Fitzpatrick*

**Church Van News** - Terry Langston will be the "contact person" for our "Van Riders" beginning Sep. 1. Thanks to Joyce Hendren for her dedication for the past months.

**Thanks to the following Drivers:**

**May - Aug**

*Clair Pearson & family*

*Kent & Mary Jones*

*Terry & Connie Langston*

*Nick Bleuer*

*Tom Stechalin & granddaughter*

*Bob, Sue & Sam Foster*

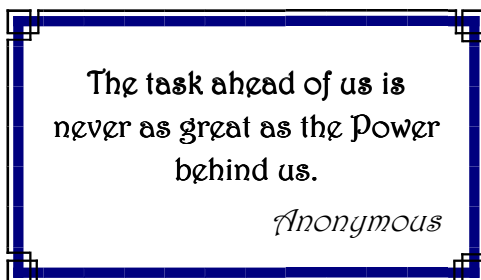
If you desire to volunteer to drive for this ministry of SPPC, please call Terry, (309) 788-6280. Fellowship Committee

**Stewardship Sunday, Sept. 24, 2006**

Please give prayerful thought about what God is calling you to give for the work of South Park Presbyterian Church in the coming year. Pledge cards will be distributed and time allowed for you to complete your pledge at the close of worship on the above date.

Following the service of worship, you are invited to participate in a light lunch in the church Dining Room to celebrate our commitment. The lunch will consist of sandwiches, chips, relishes and homemade cookies! A free will offering will be accepted to help defray the cost of the luncheon. Please be sure to join us for this time of fellowship.

*John, Annette, Lou, Harriet, Steve  
The Stewardship Team*



**Invitation** - Women of South Park Church are invited to join Broadway PW's Fall Meeting on Mon., Sep. 25. This event will take place at Broadway Church in the Fellowship Hall, 710-23rd St., at 5:30 p.m. beginning with a light supper. The program will be "Sharing the Churchwide Gathering Experience" by Harriet Plutz, South Park Church, and Cherry McIlvain, Broadway Church. The cost is \$5 and reservations can be made with Ginny McKee, 786-5985, by Sep. 18.

**Church Office Hours** - Beginning Tues., Sep. 5, the church office hours of 8:00-4:30 will resume. The office usually remains open during the noon hour with staff alternating lunch times, but due to occasional changes, you may want to call the office first before stopping by during the lunch period.

Thank you. Office Staff

**Blanket Sunday Report** - Thank you so much for your \$665 gift of love and faith. Because of your gift, our humanitarian programs of disaster relief, economic and social development, education and advocacy, and refugee assistance are addressing the root causes of hunger and poverty. Church World Service

**Ladies Afternoon Out** - Sat., Oct. 28 at 1:00 p.m. all ladies of the church and guests are invited to view The Horse Whisperer with Robert Redford (adapted from book by Nicholas Evans). Please bring a plate of treats to share. Tea and coffee provided. Come join us for this wonderful film and great fellowship.

Fellowship Committee

**Hospital Visits and Prayer Chain**

**Hospital Visits:** The hospital needs permission to notify the church about admissions. You can tell the hospital to inform the church of your admission. Also, you can notify the church before your admission.

**Prayer Chain:** You may call and have your name put on the prayer chain if you are having testing, a procedure or any other reasons you would like to have additional prayers for you.

**Privacy:** To have your name announced or in the Sunday bulletin, as being hospitalized or on the prayer chain, the church needs to have you or your family's permission. People have been in the hospital and have requested not to have visitors or they have limited who can visit them. Occasionally church members prefer not to notify the church of their medical conditions or concerns and hospitalizations. Sometimes they also do not wish to be on the prayer chain. We need to respect their decision. People have discussed with me their medical conditions and concerns and because of my position I cannot share the information without the person's permission. We can all continue to pray for all the people of the church - those we know with problems or concerns and the others we don't know about.

Joanne Stice, Parish Nurse

**Meeting Cancelled** - Sternwheelers will not be meeting in Sep. Mark your calendars now for the big Halloween Cook Out on Oct. 21. Next Touchpoints will give all the details. See you in October!

**Thank You** - Many, many thanks for all of the birthday greetings on my 87th. More health problems, it's a day at a time. Love, peace and prayers. Jean Quayle

**Thanks So Much** - Gary and I want to thank Pastor Casey and our church family, for the cards, gifts and your presence at our 50th Anniversary Celebration. We are so very grateful to all of you. God bless you.

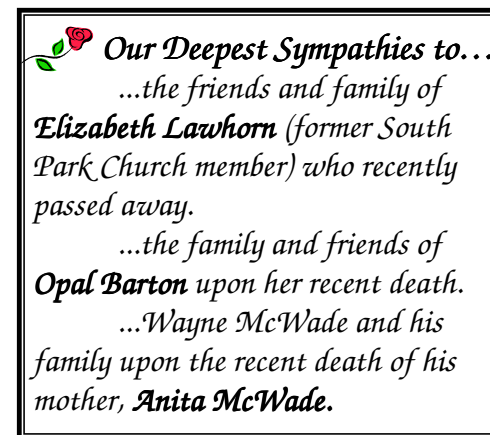
Gary & Joyce Hendren

**Dear Friends** - Your beautiful South Park Presbyterian Church was a perfect setting for our daughter's, **Bunny Davis Condry**, "Celebration of Life" memorial service on Sun., Aug. 6. We are sincerely grateful. God Bless!

Lois & Don Davis

**Thank You, Thank You** - Most heartfelt thanks for the prayers, cards, phone calls and visits following my knee replacement surgery and rehab at Rosewood Care Center. Your prayer with us before surgery meant so much to us Casey. Thanks also to Joanne for checking up on me and helping Don while he was in ER. Don was off his feet for a week which was difficult for both of us. Prayer and TLC by our sons and friends brought us through it. I now go to physical therapy 3 times a week. God bless one and all!

Marilyn Sale



# THANKS A MILLION!

The All Church Rummage Sale sponsored by the Session gives their appreciation to the **“Rummage Sale Angels”** who set up, donated items unpacked, sorted, priced, cooked, baked, worked the Sale Days, donated monies, and unassembled the set up. Thanks to Bette Kramer and Kay Pierceson. Special thanks to Donna, Pam, Dave & Kathy!

## Following is the list of Missions aided with donations:

- P.W. - yarn, misc. items.**
- Abused Women - personal items.**
- Mitten tree - hats, gloves, scarves, and earmuffs.**
- P.P. & E. - Drill & misc. tools.**
- Nursing Homes - Slippers, robes and sweaters, lap robes, nightgowns.**
- Deacons - Baskets, “Over 80” party prizes, cards.**
- Food Pantry - children books.**
- Books for Rock Island Library Friends.**
- Good Will.**
- Humane Society - pet products.**
- Parish Nurse - Misc. health care items.**
- Riverdale School, New Boston School, and Jordan Catholic School.**
- Miscellaneous items for the teacher’s classroom use.**
- Winning Wheels - miscellaneous gift items.**
- “Winnie’s House” (Churches United) plastic glasses, pillow covers and towels.**
- Hauberg Civic Center - Glass serving trays.**

At 2:00 p.m. Sat., the church was back in order. The fellowship, love, smiles, fun, hard work, the above list of mission work, and all of the folks who purchased bargains providing our general budget with \$4,350 was

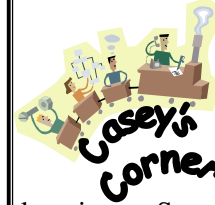
**Amen! SPPC is blessed!**

**Thank you everyone!!**  
*Robbie Heitzman’s Crew*  
*Huntleys’ and Fitzpatricks’*

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## Merger Team Update

The Merger conversations are continuing to the next stage in the process. The representatives of Broadway, Good Shepherd and South Park have scheduled their next meeting for September 7. At that time they will prepare a joint press release for all three churches. Watch for that update. Meanwhile, if you have questions, please contact any one of the team members – Kathy Davis, Joanne Fritz, Patty Henneman, Mary Jones, or Duane LaMere.



I have just returned from my continuing education week at one of my favorite places of refreshment and rejuvenation – Ghost Ranch in northern New Mexico. The Ranch is a national conference center in two locations – Santa Fe and further north in Abiquiu. If you are familiar with the work of artist Georgia O’Keefe, you have seen her rendition of the beautiful desert skies and red ochre cliff landscapes. The ranch lands were donated to the Presbyterian Church in 1955 by the Pack family after running it as a dude ranch for several years.

While the Santa Fe site is great, I prefer the great outdoors of the Ranch. It has often been called “The Magic Place.” A variety of seminars are scheduled throughout the year on religion, spirituality, health & wholeness, language, music and writing. A vast variety of art workshops are also offered. Dinosaur fossils have been found on site, and are displayed in a museum, along with artifacts from the prehistoric peoples who populated the region. This is a family place, where children are welcome and cared for while their parents attend workshops. Hiking and horseback riding are also available.

Another term many use to describe the Ranch is “A Thin Place.” Thin places are where people experience God more deeply, places where the invisible curtain between God and humanity thins to a sheer veil and we have a closer experience of God’s presence. This is why I keep returning – to be refreshed by God’s close presence –both through the people I meet and through the vast spaces and colors of God’s creation.

Where do you go to have a closer experience of God’s presence? Where are your “Thin Places?” They may be as close as across the room or down the road, or as far away as across the country. I hope that you have found them and that you visit them often. For we all need to have those close experiences of the Divine if we are to stay focused on our calling as God’s people and remain faithful in our mission to “Go, and make disciples of all nations.”

As this new church year begins, may we all be invigorated by God’s presence so that together we become God’s ever-more joyful people.

*Pastor Casey*

**PNC** - The South Park Pastor Nominating Committee (PNC) has completed the Church Information Form (CIF). The PNC committee currently is sharing the CIF form with the just named "Interim Search Committee" to prevent work duplication. The PNC's CIF will be presented to the Session for their vote; if approved forwarded to Presbytery for their review prior to releasing it for publication in a nationwide search.

There will be a delay in presenting the CIF to the Session because our Merger Committee (MEC) continues to be in conversations with Good Shepherd and Broadway Presbyterian as we seek the realities of a three church merger

**Power Point Operators** - In order to continue having the Sunday worship bulletin and hymns projected by Power Point during worship services, we need people to run the power point for one service a month. If you are willing to do this, please call Bette Berg, 787-3830. If you feel that you would like to do this but do not know how, I will aid you in doing this and instruct you until you are comfortable with it. *Bette Berg*



**Angel Food Ministry**

Broadway Presbyterian Church is offering a budget-stretching program. Angel Food Ministries provides fresh, brand name food products at minimal cost. Once a month, you can receive a box of frozen meats, fresh/frozen fruits & vegetables, eggs, and staple items for \$25. This is valued at about \$60 worth of food. Orders can be made in person at Broadway, with payment at the time of ordering in cash, money order, or food stamps. The September order dates are Fridays, Sept. 1 & 8, Saturdays, Sept. 2 & 9. Pick up day is Saturday, Sept. 23. With no income requirements, you may order for yourself or for someone you want to help. Please pass this word on to others. For questions, call the church at 786-2631.

**Church Women United** - Fall Fellowship Day, Fri. Sep. 22, at St. Pius Catholic Church. Cost is \$6. Call Frances Langston, 786-1462, by Sep. 15 to make reservations.

**HIGHLIGHTS of the August 21 Session Meeting**

The Session met on Monday, August 21 and again at a recessed meeting on August 28. Highlights include:

- ◆ In executive session, moderated by the Rev. Carl Stoldt, voted not to renew the Interim Pastor contract with the Rev. Casey Wells. Contract ends October 7, 2006. A new search committee was elected.
- ◆ Renewed yearly contracts with musicians Kenn Logan and Tyson Danner, ending August 31, 2007.
- ◆ Genesis Sunday, September 10, marks the start of children's Church School at 9:00 a.m. for the year.
- ◆ Worship plans include continued introduction of new contemporary music.
- ◆ Fellowship announced a bus trip to the Lincoln Museum in Springfield on October 19. Broadway and Good Shepherd members are invited.
- ◆ Concern was raised regarding lack of leadership for the Tutoring Program for first grade students from Audubon School.
- ◆ Finance reported a July 31 budget surplus of \$7,580.58. However, over \$9,000 in mission pledges have not yet been paid.
- ◆ Nominating committee is recruiting officers for the class of 2009.
- ◆ Outreach reported on plans for the Rock Island Labor Day Parade.
- ◆ Stewardship plans are on target for pledge Sunday, September 24.
- ◆ All are invited to "Gather at the (Sangamon) River" Presbytery Conference, October 27-28, in Springfield.

**Festival of Praise** - The Salvation Army is sponsoring this 2nd annual music event on Sun., Sep. 3 at LeClaire Park in downtown Davenport. Featured Christian music group, Casting Crowns, and Mark Harris, formerly of 4Him, are featured in this night of worship and praise. Gates open at 5:30, with the main show at 7:00 p.m.

**Churches United News** - Thank you for your July contribution of \$119 for the Hunger Ministry. We invite you to enjoy our new radio show, *Faith Talks*, every Saturday morning on AM 1270 from 9:30-10:00 a.m., promoting diverse viewpoints from across Christian and Interfaith traditions. Well-behaved pets and their owners are invited on Sat., Sep. 30 for **All God's Creatures**, a Pet Fair and Expo at the Mississippi Valley Fairgrounds from 9 a.m. - 7 p.m. For more details, visit the website, [www.churchesunited.net](http://www.churchesunited.net)

**A Vigil for Peace** - You are invited to a Community Memorial Service on the Eve of the 5<sup>th</sup> Anniversary of 9/11 which will be held Sunday, September 10, 2006, from 8:00 – 9:30 p.m. at St. Pius X Parish, 2502 – 29<sup>th</sup> Ave., Rock Island. Speakers include Mayor Mark Schwiebert, Trinity Medical Chaplain Lynn Batcher, Rev. Joseph Williamson of 2<sup>nd</sup> Baptist, and Rabbi Michael Samuel. Representatives of the Police and Fire Departments, Emergency Medical Services and the Military will be present, and a variety of musical groups will participate.

**Fashion Show** - St. Pius X Parish is extending an invitation to a Fashion Show they are hosting on Sat., Sep. 16. This event will showcase the fashion collection of designer, Victor Miller from Chicago. There will be a short pre-show and a light supper of sandwiches and dessert served. Cost per person is \$20 with reservations due by Sep. 6. Please call Carolyn Bileddo, 786-5367, or Judi Yeager, 788-5377.

**Abraham Lincoln Presidential Museum Bus Trip - October 19, 2006**

This trip is sponsored by the Fellowship committee of SPPC. Karen Schwabe of Sunshine Luxury Tours will be our escort. Members and friends of Broadway Presbyterian Church, Good Shepherd Presbyterian Church, and South Park Presbyterian Church are welcome.

**Schedule:**

**Thursday, October 19**

**7:30 a.m.**

**Board bus at parking lot of South Park Presbyterian Church, 1501 30th St., Rock Island.**

**7:45 a.m. sharp**

**Leave for Springfield.**

**10:45 a.m.**

**Arrive at Lincoln Museum, on your own for lunch and touring of the museum.**

**2:30 p.m.**

**Leave for home.**

**5:30 p.m.**

**Arrive back at South Park Presbyterian Church's parking lot.**

**NO bus stops going or coming home. Restroom facilities aboard the bus.**

**FEE: \$38 per person for 40 passengers (transportation and museum ticket).**

**Paid reservations by September 18 to Jan Fitzpatrick or South Park's Office. Questions, contact Jan at (309) 794-0834.**

See you



on the bus!!!