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DIRECTOR OF GERHOLZ COUNSELING CENTER: ANDY ARMSTRONG
DIRECTOR OF MUSIC AND FINE ARTS: MARK RIDDLES
DIRECTOR OF WOMEN'S MINISTRY: KIM SKAFF


DIRECTOR OF YOUTH MINISTRY: JIM POPE
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ORGANIST: BRENDA PORTMAN
PARISH NURSE: FRANKIE BONNER, RN
COMMUNITY MINISTRY: LISA HORNE

NURTURE MISSION

Children's Ministry

Jaime Powell
Children's Ministry Director
810.234.8673 x248
jpowell@fpcf.org

Library Time



June 7, 14, 21 & 28 all children K-6th grade will meet in the library after the children's message each Sunday to experience the wonderful world of literacy. This experience will be highlighted by guest readers, a library tour, book borrowing opportunities and independent reading both indoors and outdoors. Parents can pick their children up from the library following service.

Education Hour

June 7, 14, 21 & 28 all children K-6th grade are welcome to join the activities taking place on **Sundays from 11:00am to 12:00pm**. This time is coordinated with the adult education class. All activities will take place on the 3rd floor. Parents may pick up their child/children from room 312 at 12:00pm. **Nursery will remain open from 8:15am to 12:00pm for the above dates.



Summer Specials

June will jump start children's ministries special summer opportunities. This is an opportunity for families with children birth to 6th grade to stay connected to each other, the church and to God. The summer is a busy and much anticipated time for families and we respect



that. We hope that our special programs and events will bring a twinkle to each eye and a spring to each step as we strive to remain connected over the next few months.

The following is a list of the events that are scheduled for June. Please contact Jaime Powell to sign up and inquire 810-234-8673 x 248

- ◆ **June 18th- For-Mar Nature Preserve 3:00-4:30pm**
Animals and their food, homes and signs. This is a special guided tour where we will experience the wonderful world that God has created for us while learning about animals and their connection to nature. \$3.00 per participant.
- ◆ **June 22nd- Hawaiian Hula 7:00-8:00pm**
Dust off those grass hula skirts and meet us at the Linden County Park-Clover Beach Pavilion to learn some traditional Hawaiian Hula moves! This event is FREE to all.
- ◆ **June 25th-Panama Paul's Exotic Animals 7:00-8:00pm**
Panama Paul will bring some of his most exciting and interesting animals for us to meet! The kids will not want to miss this special opportunity to be up close and personal with a variety of exotic animals! Meet at the Richfield County Park Pavilion #1. This event is FREE to all.
- ◆ **June 30th-Tango 7:00-8:00pm**
Ever wondered what it would be like to dance like the stars? Here is your chance! Meet at the Flushing County Park Pavilion #1 to experience some exciting moves! This event is FREE to all.

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First Presbyterian Church of Flint
746 S. Saginaw St.
Flint, MI 48502

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The Messenger

June 2009 Volume 62, Number 6

Take a Break from Stress

Stress Relief? It's no laughing matter, but it has become something of a joke to the thousands of men, women, and children who are living in today's world and experiencing the frantic pace of both work and play. Stress can take many forms. It isn't just the negative experiences of life that can create stress. Being too busy, even though participating in a multitude of fun-filled activities, can result in excessive surges of adrenaline in the body that leave us fatigued and emotionally drained. Like a driver merging from the onramp onto a multilane freeway during rush hour traffic, we find ourselves struggling to get up to speed and go with the flow of today's fast paced world.

Throw on top of the fast paced world the negative stress of our financial worries. What will become of GM? Will our retirement investments ever come back? Will our children and grandchildren find work? Will our community survive? Just this week I heard a church member express that they have never before experienced the level of tension that exists in our Flint community. Financial questions for the future are resulting in overwhelming stress. Is there hope for stress relief? Can we take a break from stress?

Many try to find stress relief by taking a break from the fast paced world. Summer traditionally has been the time for taking breaks. In many areas of life, a break is a good thing! God gave us an example: one day of rest for every seven-day cycle. Pretty simple plan, not hard to keep up with, and it really is a blessing. The tragic problem is that many of us decide to take a break from God, faith, and the church. It's summer; I'll be back in church in the fall. The problem with a break from God is it becomes a brake to life. Disconnecting ourselves from God and the community of faith creates more stress.

Jesus' life was full of stress: the demands of the crowds, the draining acts of healing and teaching, and the decision to give his life for our forgiveness. Jesus had to take breaks, but they were breaks from the stress by turning to God. Jesus went out to pray and was restored. Jesus took his disciples to worship with him and was rejuvenated. Jesus connected to God and his disciples, and the stress was removed.

Take a break from stress by connecting to family and friends, by taking time for refreshment and worship with the community of faith, and by praying. Turn over your worries and cares to the God who cares for us. The next time you are really feeling overwhelmed with life and in need of relief, try these three things:

- Take time away from all the busyness to **reconnect** and to experience the sense of belonging that comes from **giving and receiving** love within your own family and friends.
- Make **refreshment** a priority. Each week worship and rest. Attend church.
- **Pray**. Talk to God about the stresses in your life and remember to turn over your cares to the One who truly cares for you.

God is with you! Turn yourself over to him in worship and prayer.



Engaged by Christ's love to invite, worship, nurture, and serve.

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POINTS OF INTEREST

Worship: Sundays, 9:30am
Website: www.fpcf.org
Radio Broadcast: Sundays, 9:30am,
WSNL 600am

SUMMER OFFICE HOURS

The church office will be open from 8:00 a.m. to 4:00 p.m. through the summer months.

Dr. John L. Musgrave
Senior Pastor
810.234.8673, ext. 237
jmusgrave@fpcf.org

Church Register

Birth

William Aidan Latchana, son of Mark and Elizabeth Hughes Latchana born on April 29, 2009.

Baptisms

Grant Michael Giguere and Garrett Matthew Giguere, sons of Matthew Michael and Heather (Hankey) Giguere, on May 10, 2009.

Hanna Yuanli Burkhardt, daughter of Jeffrey Lee and Mary Ann (Hardy) Burkhardt on May 10, 2009.

Deaths

The family of Lee Davis (husband of Mildred Davis) deceased on April 26, 2009.

The family of Greta Spaulding (step-mother of Barbara Spaulding-Westcott) deceased on April 25, 2009

The family of Denise Baugh (daughter of Colleene Daly) deceased on May 5, 2009.

The family of Bruce Sitler deceased on May 12, 2009.

The family of Ann Maxwell (mother of Patricia Finlan) deceased on May 13, 2009.

The family of Dick Plymale (husband of Jan Plymale) deceased on May 13, 2009.

The Family of Mavis Burtrum (mother of Larry Burtrum) deceased on May 17, 2009.

The family of Robert (Bob) Wismer (husband of Yvonne Wismer) deceased on May 23, 2009.

To the family of Leonard Sharp (father of Anne Baldwin), who deceased on May 22, 2009.

Gifts

To the Memorial Fund in memory of **Wilburt (Ted) Routly** by Bill and Carole Kinloch, Richard and Elaine Hanson, David and Thelma McKellar, and Chuck and Theresa Olson; in memory of **Edward Goldner** by Ruthella Potter; in memory of **M. Lee Davis** by Marie Clouse, Wayne and Janet Newman, Jeanette Dahlgren, Mike Bonello, Berta Wilhelm, Ed, Elaine, Jeff and Cindy Hanson, Chet Francke, Steve Francke, and Laura Francke Decker; in memory of **Harold (Hal) Hohner** by Joan, Bruce, and Bryan Crane; in memory of **Rex O. Graff** by Ruthella Potter; in memory of **Bruce Sitler** by Doris and Earl Schember and the Saginaw Travel Club; in memory of **Lois Diehl** by Kathryn Marshall.

To the Music Fund in memory of **Harold (Hal) Hohner** by Doris Smith, David and Thelma McKellar, Pat Sheehy and Anna Smith; in memory of **Doloras Haines** by her daughter, Nancy Wartella.

To the Deacon's Breakfast Fund in memory of **Lois Diehl** by Ruth Gage Burns; in memory of **Harold (Hal) Hohner** and in honor of his good works by Nancy Knecht.

To the MacConnell Music Fund in memory of **Katherine MacConnell** by Roscoe and Jean Stark.

To the Gerholz Christian Counseling Ministry Fund in memory of **Andy Avant** by Kathleen Robinson.

To the Bishop Class Stained Glass Window Fund in memory of **Edward Goldner** by Bill and Jan Rausch, Raymond Percival, and David and Thelma McKellar; in memory of **Mary Gross** by David and Thelma McKellar and Raymond Percival; in memory of **Verona (Ronnie) Lewis** by David and Thelma McKellar; in memory of **Joyce Shinn** by David and Thelma McKellar, Raymond Percival and Ruthella Potter; in memory of **M. Lee Davis** by David and Thelma McKellar, Raymond Percival, Elmer and Vicki Clarkson, Ruthella Potter, Maury and Margie Christianson, Emma Sack, Deb Rubey, and the Bishop Class.

To the Congregational Care Fund in memory of **M. Lee Davis** and **Lois Diehl** by Don and Dee Lada.

To the Dr. Molyneaux Scholarship Fund in memory of her aunts, **Mae Austin** and **Mayno Hansen**, by Kathryn Marshall.

To the Children's Music Enrichment Fund in memory of **Lois Jones** by David and Thelma McKellar.

June Calendar of Events

WORSHIP SERVICES & SUNDAY EDUCATION CLASSES

Adult Church School, Sundays, 11:00am

Children's Education, Sundays, 11:00am

Sunday Family Worship, Sundays, 9:30am, Sanctuary

BIBLE STUDY/ENRICHMENT OPPORTUNITIES

Men's Bible Study, Saturdays, 8:00am, RM 129

Women's Bible Study, Mondays, 7:00pm, RM 129

Women's Bible Study, Wednesdays, 10:30am, RM 129

College & Career Ministry, Mondays, 7:00pm, PIPE

Sr. High Ladies Small Group, Saturdays, 1:00pm, Borders

MEETINGS

Administration Team, Monday, June 15, 5:00pm, MP

Choir Officers Team, Tuesday, June 2, 5:30pm, OCR

Communication Task Force, Monday, June 8, 4:00pm, OCR

Computer Tech Team, Monday, June 8, 5:00pm, OCR

Congregational Care, Tuesday, June 9, 4:00pm, OCR

Deacon's Team, Tuesday, June 9, 6:30pm, RM 129

Gerholz Team, Wednesday, June 17, 5:00pm, RM 129

MFA Team, Tuesday, June 9, 4:30pm, MP

Session, Tuesday, June 23, 6:00pm, RM 129

Trustee Board, Tuesday, June 16, 5:00pm, RM 129

Trustee B & G, Tuesday, June 16, 5:30pm, RM 129

Trustee Finance, Tuesday, June 16, 5:30pm, RM 129

Women's Ministry Team, Tuesday, June 2, 6:30pm, MP

Youth Ministry

Jim Pope, director
810.234.8673, ext. 223
jpope@fpcf.org

In the Pipe

Sundays

Neighborhood Breakfast at 8:00am. Help serve the community on Sunday mornings.

Worship, Sundays, 9:30am. Join our wonderful community of believers by worshiping with us each Sunday morning; **Pipe, 6:00-7:00pm**, beginning **June 14th** for the summer months; **Pipe Post Parties 7:00-9:00pm**, following Pipe at various hosts' homes. Join us each week for all the fun and fellowship.

Mondays

Small Group Meetings, beginning **June 29th** this summer for a relaxed small group discussion. We will discuss various topics and biblical passages. We will meet at FPC and go to a local park or coffee shop for a time of encouragement and discussion.

Wednesdays

June 10th, 6:30-8:30pm, we will be decorating the Pipe with our summer theme. There will be food, music and snacks for everyone, come join in the fun; **June 17th**, **Broomball** in the parking lot at FPC. Join us for some stiff competition and fun; **June 24th Jr. High Mission Trip**, putt putt will be the activity for the evening.

Other Meetings and Events:

Salem Housing, Saturday, June 13th, 8:30am-12:00pm we will be working as part of a service project through Salem Housing. This is a perfect opportunity to serve others by cleaning, painting, and/or home repairs.

Random Acts of Kindness, June 18th, 1:00-3:00pm we will be conducting Random Acts of Kindness throughout the area by visiting Nursing homes. Join us for the entire four hours or a portion of it if your schedule allows.

Jr. High Mission Trip, June 22-25, Salem Housing. Cost is \$50 per person. A \$20 nonrefundable deposit is due to secure your spot by **June 14th**. Pick up a brochure in the Pipe for more information.

S.O.S. Mission Trip, July 19-25, Memphis, TN. Cost is \$200 per person. A \$50 nonrefundable deposit is due to secure your spot. Pick up a brochure in the Pipe.

Sr. High Ladies Small Group meets on Saturdays at **1:00pm** at Borders with Kim Skaff.

College and Career Ministry: Join this discussion group in a dialogue about "Faith Issues" on **Mondays at 7:00pm** in the Pipe Green Room. **Coming Soon:** Downtown concerts!

Seniors!

Congratulations to all of our graduating seniors. We have 17 seniors who are graduating from high school this year. They are leaders in their schools and fabulous servants to the community. Please continue to pray for them as they enter the next chapter of their lives.



Youth Sunday

Many of you have requested the lyrics to the song written by **Morgan Hungerford**. She sang this song for the first time on Youth Sunday:

He is God

*Do you trust? Do you believe?
Do you know that He's coming again?
That He paid the sacrifice for men?
He is God.*

*To earth He came,
He helped, but we betrayed.
He died so we could live,
He asks for our hearts
What more can we give?*



*When we're hurt, when we're down,
We know God will always be around.
When we're down,
When there's no place to go,
God will always be there to show the way.*

*He will lead us,
To salvation we will go
He will lead us,
To salvation we will come,
He is God.*

Summer Time Means Exercise

Andy Armstrong, director
Gerholz Counseling Center
810.234.0500 x265

“You’re not as young as you used to be.” Those words recently spoken to me by my doctor were a painful reminder of the fact that I cannot do some of the things I did in the past. Ten mile hikes in the mountains, six hour bike rides, playing a doubleheader in softball may not happen anymore. As we get older some of us just give in to the course of nature and let things go. The problem is that the results can be devastating for us, both physically and emotionally. St. Paul in his first letter to Timothy spoke of the value of physical exercise when he wrote, *“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. (4:8).”* We tend to focus on the negative aspect of these words believing that there is not much value in exercise, but what St. Paul says is that physical exercise does have some value and godliness has more value.

Consider for a moment the values of physical training (exercise). Hassmen et al examined exercise habits and mental well-being of 3,403 Finnish adults. Many of the Finnish population suffer from a depressive disorder known as Seasonal Affect Disorder brought about by the low number of sunlight hours over the winter months. Hassmen found that individuals who exercised 2-3 times per week reported significantly less depression, stress, anger and cynical distrust than non-exercisers. (*Preventive Medicine: An international journal devoted to practice and theory.* 30 (1), 17-25). To some degree this same condition may be found in individuals living in northern regions of the United States. A sedentary lifestyle and reduction of sunlight seems to negatively impact overall feelings of well-being, and exercise appears to positively impact these conditions.

As people of faith, we often focus on the benefits of spiritual disciplines, but consider also some of the benefits of physical discipline:

- ◆ Research seems to demonstrate that acute exercise elevates norepinephrin and serotonin. Although we are unsure of the long-term positive effects of these changes, we do know that these elevated levels positively impact our mood.

- ◆ Many of the feelings of stress, anxiety and depression we experience come from appraisals of the way our body feels at any given point. Although there is no clear evidence of the relationship between depression/anxiety and physical exercise, we do know that relaxation and muscle tone that occur as a result of exercise does reduce physical and to some degree emotional tension. When I feel that I am helping myself, I tend to feel more in control which impacts feelings of hopelessness associated with depression.
- ◆ Improved body image has a close correlation with improved self-concept. We live in a “body image” conscious society. We know that when we think we look better, we tend to feel better. With the coming of summer comes more opportunities to break free of our sedentary lifestyle.

Consider the following brief changes in your habits this summer:

- ◆ Walk more. Park a little further from the door when going to the store. Spend time walking around in your own yard, visit a park or walk more in your neighborhood and speak to others. Look outside of yourself. If possible find a walking partner. Many of us need the accountability and the companionship.
- ◆ Eat healthy. We have become a nation of professional dieters, yet obesity in American is continued health concern. Think about what you put in your body.
- ◆ Get off the couch and away from the computer. Many of us spend long hours indoors. Spend time outside. Even if you are picking up sticks in the yard, stretching or even sitting outside, the increased sunlight will help your attitude.

Finally, know yourself! Find what works for you: don’t set yourself up for failure by pushing yourself too hard. Enjoy life and be intentional.

~Jerry Walden, Staff Counselor



Music and Fine Arts

Mark Riddles, director
810.234.8673, ext. 249
mriddles@fpcf.org

Women’s Choir

All women grades 8 – adult are invited to sing with the Women’s Chorus on **June 21st (Father’s Day)**. Among other anthems, the ensemble will sing Daniel Gawthrop’s *Within Thy House Forever* - a beautiful paraphrase of Psalm 23. The Women will rehearse **7:00-8:30pm on Thursdays, June 11th and 18th**.

This is a great opportunity for those unable to commit to the regular choir season to participate in one of our fine choirs. It also might be a great mother-daughter activity! No audition is required. Plan to join us!

Summer Choir Begins June 26

- ◆ Summer Choir invites all singers in grades 8 – adult.
- ◆ Summer Choir is designed to accommodate the comings and goings of summer schedule.
- ◆ Summer Choir allows you to sing on a week-by-week basis. You may sing as often or as seldom as your schedule permits.
- ◆ Summer Choir meets each **Sunday morning at 8:30am** and learns a simple anthem of excellent quality for that day’s **9:30am** worship service.
- ◆ Summer Choir begins **June 26th** and continues through **September 6th**.
- ◆ Summer Choir wants you to participate.
- ◆ Summer Choir requires no audition.
- ◆ Join us!



FPC Music Fellowship approved by Session

The Session has approved the establishment of a FPC Music Ministry Fellowship Program for college music students. The FPC Music Ministry Fellowship will engage, nurture and encourage gifted students of music in various aspects of part-time and full-time church music ministry. Under the direct supervision of the Director of Music and Fine Arts and in conversation with our clergy, The FPC Music Ministry Fellows will participate in study, discussion and planning FPC worship and educational activities related to the ministry of music. Fellows will sing with the Chancel Choir and may be given occasional opportunities for solo singing or conducting a choir.

The Fellowship will cultivate a relationship between First Presbyterian Church and local university music departments such as the one at the UM-Flint Campus

The Fellowship will be awarded on the basis of application, recommendation, audition, and interview. We will begin with one FPC Fellow being selected for our next program year.

The Program will be evaluated for growth potential at the end of that time. This action continues FPC’s tradition of creative and forward-looking involvement in the nurture and training of future ministry leadership.

Brenda Portman

Brenda Portman will be presenting an organ recital on **Sunday, June 14th 4:00pm**. at Court Street United Methodist Church in Flint. The recital will preview the music for the Bank District Organ Competition in London, in which Brenda is one of three finalists. Come and hear some exciting British and American music played on another of Flint’s finest organs, and support Brenda as she prepares to leave on June 22 for the competition!

Worship Mission

Sunday Morning Worship

June 7, 2009	June 14, 2009	June 21 st , 2009	June 28 th , 2009
Trinity Sunday	11 th Sunday in Ordinary Time	12 th Sunday in Ordinary Time	13 th Sunday in Ordinary Time
Isaiah 6:1-8; Romans 8:12-17	1 Samuel 15:34-16:13;	1 Samuel 17:32-49;	2 Samuel 1:1, 17-27;
John 3:1-17	2 Cor. 5:6-10,14-17	2 Cor. 6:1-13	2 Cor. 8:7-15;
Sermon: The Dance of the Trinity	Mark 4:26-34	Mark 4:35-41	Mark 5:21-43
John L. Musgrave	Sermon: Seeds Planted in the Heart	Sermon: Rebuking Chaos	Sermon: Helpful Interruptions
	John L. Musgrave	John L. Musgrave	John L. Musgrave

Women's Ministry

Spiritual Enrichment Opportunities

Gifts: The Joy of Serving God

Monday Nights

7:00 pm

Room 129

Beginning June 15

Facilitated by Carol Hostetler

Each one of us is uniquely gifted by God to serve the world in His name. How can you cultivate a servant's heart and your spiritual gifts in ways that build up your church, your family, your friends and your world all without wiping yourself out? Join this women's discussion group and discover the joy of serving with others – doing together what you cannot do alone. Learn how to abide in Christ and experience a freshness and vitality that grows as you give.

The Lord's Prayer: Praying with Power

By John Ortberg

Wednesday Mornings

10:30 am

Room 129

Beginning June 17

Facilitated by Kaye Hollitt

The Lord's Prayer is much more than a collection of words to be recited from memory. It is given to us by Jesus to launch us into a conversation with God; to draw on his wisdom and strength. The more we learn to pray like Jesus the more we will become like him. Jesus' secret to living in alignment with the Father's will and having the power to face life's challenges came from his prayer life. Join this group of ladies and learn from Jesus how to pray. This six-week study of the Lord's Prayer gets right down to the heart of life and faith, "Lord, teach me to pray!"

Adult Education

June Sunday School Opportunity

During the four Sundays in June, David Smith and Keith Baldwin will facilitate a review and study of the book *Humble Leadership* by Reverend Graham Standish.

Copies of the book are available for checkout in the church library. The book and study helps to provide church members and leaders with insights and direction as our church goes forward in its growth and faith journey. The class will meet in the Chapel from 11:00am-12:00pm.

Men's Ministry

Steve Baillie

234.8673.x225

sbaillie@fpcf.org

Jail Ministry

On Friday, June 12th we will be once again, going to the Genesee County Jail to provide a worship service for the inmates. Every time we do this we walk away feeling very blessed for we know what we have done is appreciated. This is one of those experiences that take little effort but receives big rewards.

We start by meeting at the church at 5:30pm, review the service, and then walk together to the jail. The first service is from 6:00-6:45pm; the second service is from 7:00-7:45pm. As we do in our own service, we read three passages from Scripture, we also sing three songs, and there is a 10 - 12 minute message. We then finish up our time by talking and praying with the inmates. It is all very much appreciated and everyone feels rewarded by the experience.

If you would like to come with us on June 12th, (we need eight folks, men and women) please give me a call at the church. Blessings, Steve Baillie

Summer - 2nd Saturdays

Our Bible Fellowship time together this past winter has been a wonderful experience for so many of us. Each week we had a good attendance, great conversations and hopefully some learning. It truly is building a strong fellowship and friendships for many of the men of our congregation. While in the past we've just stopped the classes for the summer, we thought this year we would do something different.

Summer is the time for fun, vacations and a chance to be outside and enjoy the sun. But in this time we still want to be close to the Son who makes this life possible, who not only blesses us, but is also guiding us. We want to make sure we all have an opportunity to stay connected to each other as well.

So through the months of June, July, and August we will meet the 2nd Saturday of each month. Same time, same place. That means we will meet June 13th, July 11th, and August 8th. Each study will be a stand alone time so if you miss one it won't make a difference to the next one. Mark you calendars and come when you can.

XYZ

Lee Doll, Congregational Care Specialist

810.234.8673, ext. 230

ldoll@fpcf.org

Nonsense II-The Second Coming

July 15, 2009

The same five nuns are back on stage at Mt. Saint Helen's School for what is billed as a "Thank You Program" for their supporters. Since their first time out was such a success, they have decided that they should stick to their successful variety show formula. This time they are forced to work around the set dressing of "The Mikado" which is being presented the following week by the Hoboken Music Society on the Mt. Saint Helen's stage. Cost is \$35 per person. Your payment is your reservation. Make checks payable to First Presbyterian Church and mail to Lee Doll.

XYZ Trip - Lancaster Show Trip and the Dutch Country

September 14-19, 2009

Cost is \$499 per person for double occupancy. Add \$160 for single occupancy. A \$75 deposit due upon signing.

Price includes:

Motorcoach Transportation v 5 nights lodging including 3 consecutive nights in the Lancaster area v 8 meals: 5 breakfasts and 3 dinners v Visit to charming Kitchen Kettle Village v Admission to "The Amish Experience" v Guided tour of Lancaster including the Amish Country v "In the Beginning" show at the Sight and Sound Millennium Theatre v "Abraham and Sarah-A Journey of Love" at the Living Waters Theatre. For information and reservations, contact Lee Doll.

Church Wide Event

Take Me Out to The Ball Game

Sunday, June 21, 2009

Join us for an afternoon baseball game with the Great Lakes Loons at the Dow Diamond in Midland. What a great idea for Fathers Day! Tickets are \$9.00 each. Gates open at 2:05pm. Game starts at 3:05pm. Deadline to purchase tickets is June 5th For more information and ticket sales, please contact Lee Doll.

Ann Young Turns 100

On June 7, 2009 member Ann Young turns 100 years old. Ann is living with her daughter Barbara in Hinckley, Ohio. You will remember Ann because of her beautiful smile and the bow in her hair. Ann continues to spend time in prayer each day for her family, friends, and this church. Please send her a birthday greeting and a thank you for her prayers and service to this church to Ann Young, 203 Brookside Blvd, Hinckley, OH 44233.

Health Fair is Coming:

Frankie Bonner

810.234.8673, ext. 231

fbonner@fpcf.org

LOCAL RELAY FOR LIFE EVENTS

Philosophy

The American Cancer Society's statement: Relay For Life (RFL) represents hope that those lost to cancer will never be forgotten, that those who face cancer will be supported, and that one day cancer will be eliminated.

What is Relay For Life?

It is a fun overnight event designed to celebrate, survivorship, remember loved ones, build community, and raise money for cancer research and American Cancer Society programs.

Teams of people gather at schools, fairgrounds, and parks and take turns walking or running laps. Each team is asked to have at least one team member on the track at all times during the event.

The event begins with a survivor's lap in which cancer survivors take a victory lap around the track. A candle-light ceremony is held later in the evening to honor cancer survivors and to remember loved ones who have been lost to this disease. Luminaries, which can be purchased and decorated in memory of, or in honor of loved ones, line the walkways and track.

Local 2009 Events

- 6/06/09 - RFL of Grand Blanc, 10:00am, Grand Blanc High School
- 6/12/09 - RFL of Fenton, 2:00pm, Lake Fenton Middle School, Fenton
- 6/19/09 - RFL of Flushing, 2:00pm, Riverview Park, Flushing
- 6/26/09 - RFL of Burton, 2:00pm, Bentley High School, Burton
- 6/27/09 - RFL of Flint Township 10am, Carmen-Ainsworth Middle School, Flint
- 6/27/09 - RFL of Davison, 10:00am, Davison High School, Davison

To participate, donate, or volunteer in any of these events, please call the American Cancer Society East Michigan Service Center 2413 S. Linden Rd, Suite A, Flint, MI 48532, 810-733-3702.