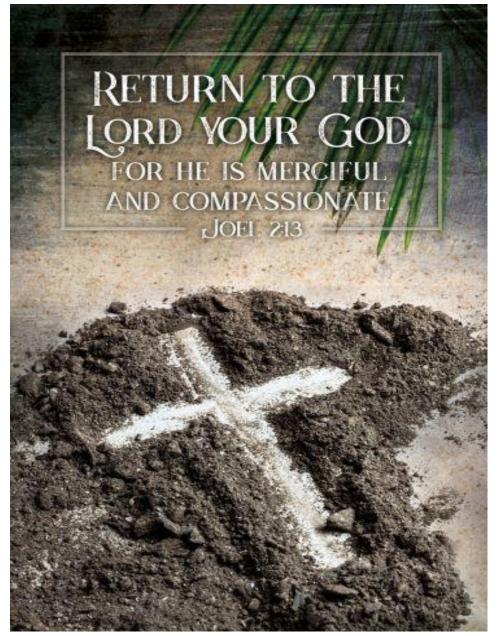
The Vision

First Presbyterian Church 309 Lincoln Street, Johnstown, PA 15901







Dear sisters and brothers in Christ,

I pray that all of you are well and looking forward to the warm weather now that Punxsutawney Phil has indicated the imminent arrival of Spring. As you may have imagined, many a prayer has been said by yours truly over the last few weeks to nudge Phil in that direction. ©

This year Easter comes very early so it means that the Lenten season

starts early, too. On Wednesday, February 14<sup>th</sup> we will kick off the Lenten season with our Ash Wednesday service at 6:00 PM. That service will be preceded by our annual Ash Wednesday luncheon. The Reverend Art Moffat, pastor of Second Presbyterian Church in Moxham will be the featured speaker at the luncheon.

On Tuesday, February 20, 2024, we will start our Lenten Bible Study program. As promised in my last letter to you, it will be a six-week session and will be based on Dr. A J Levine's 'The Gospel of Mark'. I pray you will be able to join us for those sessions.

I continue to interact with our community as an individual and as a representative of our church. I am now into my fourth Saturday of a 12-week soccer clinic at the local YMCA on Saturday evenings. These sessions were fully paid for by our church so all the boys that attend it and their parents are very grateful for this generous opportunity that is made available to them free of charge.

In April, I will be giving a talk at the Penn Highlands Community College for their Leadership Series. I will keep you posted on that.

Once again, thank you for your continued support. You and our church remain my sole focus as we embark on this new year. I seek and cherish your prayers, as always.

Yours in Christ,

Pastor Hyiwot

**Dear Members and Friends:** 

Greetings, Everyone is invited to the Annual Ash Wednesday luncheon at:



First Presbyterian Church 309 Lincoln Street • Johnstown, Pa 15901 February 14th, 2024 at 12:00 Noon

Rev. Art Moffat, pastor at 2nd Presbyterian will be the speaker. We look forward to seeing you!



# **Everyday Activities Can Give Your Memory and Thinking Skills a Big Boost**

Activities that are new, creative or challenging can be especially helpful when done on a regular basis.

When you sit down to do a crossword puzzle or other brain-stimulating activity, it's easy to think about it as your time to give your memory and thinking skills a workout. You might consider it in the same way you view your morning walk as your daily dose of aerobic exercise.

But maybe a more helpful perspective is to think about tasks you can do throughout the day to give your brainpower a boost, rather than just set aside time like you did with homework in your school days.

"The brain is responsible for everything we do," says Massachusetts General Hospital neuropsychologist Elena Pasternak, PhD. "There are some ways that we are more accustomed to thinking about 'stimulating' brain activities, like doing crossword puzzles or reading literature. But the brain can be stimulated by most all activities that involve active engagement, like activities that involve planning and motor coordination, such as knitting and other crafts, listening to, singing, or playing music, taking a walk in nature, dancing, learning something new; the examples are endless. If you're doing it, your brain is orchestrating it. So, if you're someone who enjoys, say, playing the drums more than crossword puzzles, then play the drums instead."

Other cognitively stimulating activities include:

- Drawing and painting
- Planting a garden

- Investing money
- Journaling
- Meditation
- Planning a trip
- Reading the news
- Tai chi
- Teaching others

By doing these and other activities throughout the day, you keep your mind engaged more often with things that you find interesting, rewarding, and entertaining. And just as filling your day with your usual routine of activities, it might be helpful to mix things up once in a while.

"Learning or experiencing new things can offer a unique kind of stimulation for the brain that can also contribute to emotional well-being," Dr. Pasternak says. "Again, a new activity that is enjoyable will yield more health benefits rather than forcing an activity that doesn't resonate with you or feels like a chore."

But does it help to look at hobbies and other tasks as brain boosters rather than simply enjoy them as pastimes? "Whether or not it might be helpful to remind ourselves that some of our regularly (or not so regularly) enjoyed activities are also supporting brain health will vary, because what registers as motivating can be highly individual," Dr. Pasternak says. "For some, approaching daily activities and routines from a broader quality-oflife perspective can be a helpful and positive orientation toward brain and overall health-promoting activities. So, engaging in activities that bring you joy and/or a sense of purpose, socializing with people who make you feel meaningfully connected, etc. are all things that contribute to brain health and quality of life overall."



# ATTENTION! ATTENTION!

"FIRST PRESBY HAS TALENT" has been rescheduled for February 18th. Hope to see you all there for our Third Sunday Program!

**LOOKING FOR CONTRIBUTIONS to THE VISION** We're looking for contributions to the Vision newsletter. Have news you'd like to share? An article that caught your eye? Some artwork or a craft that you have done? ... we can take a picture and show it off. Would you like to write an article? Or maybe contribute a poem? Share them with Caroline in the office.

# **Deeper Level Prayer and Healing**

Deeper Level Prayer and Healing will again be available at our church starting in November on most Wednesdays from 9:30 in the morning until 9:00 in the evening by appointment.

Brochures are available in the Lincoln Street



narthex. We can pray for you, another, an issue, an institution, or you may say "God knows what it is."

For questions and/or an appointment: 814-629-5211 (Sheila and Jim Farrer).



# Souper Bowl Offering Sunday - February 11th -

The original prayer of the Souper Bowl of Caring was:

"Lord, even as we enjoy the Super Bowl football game, help us be mindful of those who are without a bowl of soup to eat."

This mission/outreach was organized in 1990 by the Rev. Dr. Brad Smith then the pastor of Spring Valley Presbyterian Church in Columbia, South Carolina.

His vision was to inspire youth to fight hunger and poverty in their local communities. Since that time the Souper Bowl of Caring has grown to include schools, businesses, civic organizations and churches of all faiths.

To date donations have totaled more than \$170 million.

An offering will be received in our congregation on A special offering will be received in our congregation **on Super Bowl Sunday, February 11th.** 

The Lenten Bible Study

Join us Tuesday mornings at 10:30 AM beginning February 20th. Pastor Hyiwot will be leading a six-week session based on Dr. A J Levine's 'The Gospel of Mark'

# **OUR STEWARDSHIP**

<b>GIVING IN DECEN</b>	YTD	
Member Giving	7874	78364
Major Repair Fund	95	2476
Organ Fund	5	330
Loose Offering	602	3730
Special Offerings	327	1001
First Fruits	91	1131
Total Giving	8994	87032



ATTENDAN	CE
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December 3 - 42	
December 10 - 36	
December 17 - 43	
December 24 - 34 (day)	
December 24 - 54 (even	ning)
December 31 - 37	



# **Special Dates**

- African-American History Month
- Transfiguration Sunday, February 11, 2024
- Valentine's Day, February 14, 2024
- Ash Wednesday, February 14, 2024
- Presidents Day, February 19, 2024
- Leap Day, February 29, 2024



# CELEBRATING OUR MEMBERS

# **Membership Anniversaries**

We would like to recognize the following active members who are celebrating membership anniversaries in the month of January:

44 Years	-	<b>Timothy Conrad</b>
41 Years	-	<b>Bernice Risbon</b>
41 Years	-	<b>Robert Tiffany</b>
28 Years	-	<b>Corrine Helman</b>
<b>23 Years</b>	-	<b>Ray Vickroy</b>
<b>16 Years</b>	-	<b>Roberta Markley</b>
<b>16 Years</b>	-	William Markley
4.0.14		

**13 Years - Blinda Morales** 

And celebrating an anniversary in the month of February:

37 Years - Curtis Kalmbach

Happy Anniversary! We are blessed to have each of you in our church family.





# **Thank You!**

The Stewardship Committee thanks the members of our congregation who returned

their pledge cards for the giving year 2024. In doing so you have demonstrated your commitment to the work of the church of Jesus Christ and helps our financial team to better plan.



A new directory will printed in March. If you have a change in address or phone number, or would like to give us your email address, please call the church office. Thank you!







Deacon Meeting Highlights

- The Deacons elected officers for this year with a unanimous vote.
- We will schedule a couple of Saturdays during the year for the Deacons to help at Saturday's Kitchen.
- We will continue supporting the Cambria County Backpack Program by volunteering to help pack the weekend meals. We also sponsored five children last year.
- We also sponsored five children at the Bible to School program last year and want to do that again.
- We are continuing the sweatshirt/t-shirt sale and you can order on line or by calling the office by February 25. This is not a fundraiser.
- We are looking into volunteering at St. Francis Caring and Sharing program in Davidsville.
- The Reverse Advent food was taken to the Franklin Street Methodist Church for the Food Pantry.
- We will sponsor a SOUPer Bowl vegetable soup sale on Super Bowl Sunday, February 11. The soup will be \$8 a quart for take out only, available from noon to 2:00 p.m. Please call the office to place your order.







4 Sunday Sch. 9:30 Worship 10:45	5	6 10:30 Bible Study	7 Deac
1:00 PM Social Hour	6:30 Nar-Anon	7:00 PM Choir	6:00
11 Sunday Sch. 9:30 Worship 10:45 Souper Bowl Offering	12	13 10:30 Bible Study 7:00 PM Choir	14 As 10:00 12:00 Ash Lunc
	6:30 Nar-Anon		6 PM Servi
18 5.5. 9:30 Worship 10:45	19 Presidents' Day	20 10:30 Lenten Bible Study	21
Noon: Talent Show 3rd Sunday Program	6:30 Nar-Anon	7:00 PM Choir	
25 S.S. 9:30 Worship 10:45	26 1:00 PM Women's Association	27 10:30 Lenten Bible Study	28 6:00
	6:30 Nar-Anon	7:00 PM Choir	

# CALENDAR OF EVENTS

Wed	Thu	Fri	Sat
	1	2 GROLINDHOG DAY	3
ons PM	8	9	10 12:15 PM Enrichment Day at Westmont Presbyterian
n Wednesday D Admin D Noon Wednesday neon I Ash Weds. ce	15	16	17
	22	23	24
Session	29 LeapDay	BLACK HISTO	RY MONTH



Loving MEMORY

**Charles E. Seth** June 21, 1926 ~ December 18, 2023

Charles E. Seth, 97, of Johnstown, died on December 18, 2023, at Windber Hospice. Born on June 21, 1926, in Johnstown, son of Robert J. Seth and Anna Mary (Thomas).

Preceded in death by his parents, wife Betty, brother Bernard, and sister Gwen Karlick.

Survived by his daughters Sandra Seth (wife Vicki), and Paula Seth, three grandchildren Tracie Ebersole, Dan Miller, and Mark Dillion, five great-grandchildren, and one greatgreat-grandchild.

Charles worked 39 years in the mill. He was an excellent saxophone player and was a member of the 4 Guys Band. He played in the National Polka Fest with Rudy Granda's son.

He was a lifelong member of the First Presbyterian Church of Johnstown. Mr. Seth will be sadly missed by his family and all those who knew him.

Friends and family will be received from 3-6 PM on Wednesday, December 27, 2023, at Frank Duca Funeral Home, Westmont Chapel, 1622 Menoher Blvd. Johnstown PA 15905. A Funeral Service will be held at the Funeral Home at 11 AM on Thursday, officiated by the Rev. Hyiwot Teshome, pastor of First Presbyterian Church of Johnstown. Interment to follow at Grandview Cemetery.

In lieu of flowers, donations can be made to First Presbyterian Church, 309 Lincoln St., Johnstown, PA 15901.





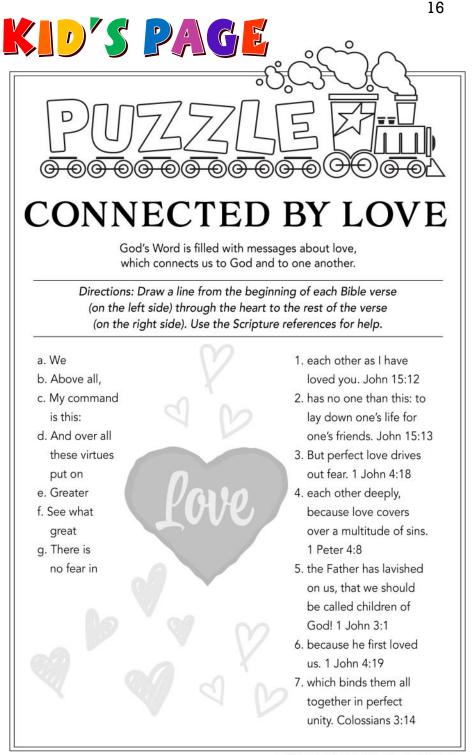
Nancy Rae Andrews March 10, 1935 ~ February 3, 2024

Andrews, Nancy Rae, 88, of Johnstown, went to be with her Lord on Saturday, February 3, 2024, at Heritage Ridge Senior Living in Westmont. Mrs. Andrews was born on March 10, 1935, to Millard and Grace (Wadsworth) Bracken. She was preceded in death by her parents; her husband, James A. Andrews; her brother, Robert Bracken; and her brother-in-law, Richard Hill.

Mrs. Andrews is survived by her only child, a son, James R. Andrews, and his wife Melissa; grandchildren, James T. Andrews, and his wife Jessica; Katherine M. Andrews; great-grandson, James Graden Andrews; her sister, Marilyn Hill; nephew, Daniel Hill; and sister-in-law, Anne Bracken. Mrs. Andrews graduated from Greater Johnstown High School, class of 1953, and was an active member of First Presbyterian Church in Johnstown. She held a part-time position at Toy Ladies for many years and worked in the mail room at the Tribune-Democrat. She enjoyed reading, traveling, and playing Pinochle.

Above everything, Mrs. Andrews enjoyed spending time with her family, whom she loved with all her heart.

In place of flowers, donations may be made in Nancy's memory to the Cambria County Library.





- 1 Eryka Bickel
- 3 Michael Edmiston
- 4 Linda Gleason
- 4 Roy Shaffer
- 5 Robert Hull
- 8 Steve Hunt
- 8 Amanda Wagner
- 11 Ryan Gleason
- 13 Allison Ayres
- 13 William Barkhimer
- 13 Ashley Jeschonek
- 19 Kristina Favor
- 21 Trista Wagner
- 22 Michelle Bragg
- 22 John Foster
- 22 Corrine Helman
- 25 Kent Roach
- 27 Charles Benson



Make this heartfelt craft as a decoration or gift.

### What you need:

- Yarn
- Scissors
- Parchment paper
- Baking sheet
- Heart-shaped cookie cutters
- ¼ cup cornstarch
- ½ cup water
- Adult help

# What you do:

- 1. Cut yarn into 12-inch pieces.
- 2. Place cookie cutters atop a baking sheet lined with parchment paper.
- Combine cornstarch and water in a saucepan. Heat mixture over medium heat, stirring until thick and smooth. Remove from heat and cool to form a "glue."
- Dip each piece of yarn into the mixture to coat completely. Squeeze off any excess.
- Place yarn in the cookie cutters, allowing pieces to cross and loop within the heart. Add more until the cookie cutter is filled and the yarn looks like a heart.
- Remove cookie cutters and bake the sheet for two hours at 150°F, or until hearts are dry and hard.

# 40th ANNIVERSARY Festival of the Nativity 1983-2023

# FIRST PRESBYTERIAN CHURCH Luminary Sponsors

# Sponsored by: Nancy Andrews In Memory of: Husband, James Andrews

# Sponsored by:

Bill Barkhimer In Memory of: Bernice Barkhimer 3 Luminaries

# Sponsored by:

Charles R. Benson In Memory of: Beverly Benson Richard & Grace Benson Robert & Frances Hull Janis Day

### Sponsored by:

### Susan Benya In Memory of: Dorothy Beabes J. Lester Lambert Jean Lambert

# Sponsored by:

Robin & Paul Bergeron In Memory of: Cam & Jim Bergeron In Honor of: Ken & Isabel Cruse

### Sponsored by: Pat Betts

In Memory of:

Husband, Harvey Betts Dear Friend: Colleen Wilson

# Sponsored by: Pat Betts In Honor of:

Children: Tom & Mary Betts Dave & Christine Betts Granddaughters: Courtney Betts & Danielle Panzer Great-Grandson: Conor Panzer Grandsons: Tyler Betts and Caleb Jones

# Sponsored by:

Cindy Blough In Memory of: Peggy Blough Bob Blough In Honor of: Janet Clark

# Sponsored by:

Lynne, Pam, & Ed Braude In Memory of:

Buzz Braude Ed & Rose Felton In Honor of: Janet Braude

-----

Sponsored by: Janet Braude In Memory of: Buzz Braude In Honor of:

Lacy & Cullen Great-grandson, Micah Sponsored by: Donna B. Cauffiel In Memory of: Husband, Joe Son, Aaron My Parents & Sister In Honor of: My Sons &

Granddaughter

# Sponsored by:

Janet G. Clark In Memory of: William H. Clark Henry & Mae Greiner William & Margaret

# Clark

# Sponsored by:

Dale & Nancy Cruse In Memory of:

Mary Lois & Francis Shank Josephine Shank Helen E. Taylor

### Sponsored by:

Isabel Cruse In Memory of: Rose Felton Edward Felton In Honor of: Ken Cruse



# 40th ANNIVERSARY Festival of the Nativity

# FIRST PRESBYTERIAN CHURCH Luminary Sponsors

# Sponsored by: Kenneth Cruse In Memory of: Versal Cruse Ruth Cruse Robert Cruse

### Sponsored by:

Carol Cuppett In Memory of: Jim Cuppett George & Anna Cuppett Ruth Fisher Hop & Hazel Lingenfelter Jim & Lois Siehl In Honor of: Pastor Hyiwot

-----

# Sponsored by:

John & Carla Davis In Memory of:

Parents: Rex & Eileen Hutzell John R. Davis John's Sister, Lynette In Honor of:

Granddaughters: Isabella & Peyton Davis

# Sponsored by:

Rev. & Mrs. Jim Farrer In Memory of: Rev. Jim Cuppett Mrs. Lois Siehl

# Sponsored by:

Richard & Joselyn Feller In Memory of: Donald B. Hovis

# Sponsored by: The Festival Committee In Memory of: Lois Seihl: Founder, Festival of the Nativity In Honor of: The 40th Annual Festival

of the Nativity

# Sponsored by:

Leslie & Randy Freenock In Memory of: Joseph & Delores Freenock Lester Thiel Lovie

Sponsored by: Roy & Agnes Gindlesperger In Memory of: Michelle Kresak Smith Mark Thomas Kresak In Honor of:

George, Glenn, Kris, Wendy, Doug, Grandchildren, Great-Grandchildren

Sponsored by: Mark & Caroline Goller In Memory of: Rev. & Mrs. Donald Eller Wesley & Helene Goller In Honor of: Congregation of First Presbyterian Church



# Sponsored by: Jennifer Haughie

In Memory of: Caryl Roach Janet & Thomas Roach Thomas H. Roach Rev. James Cuppett

In Honor of:

J. Kent Roach Rev. James & Sheila Farrer

# Sponsored by:

Steve & Susan Hunt In Memory of: Susan's Parents:

Alice & Ken Bee Steve's Parents: Fran & Dave Hunt

In Honor of: Congregation of First Church

Sponsored by:

Tom & Charnet Koch In Memory of: Parents: Charles & Janet Carney Parents: Jacob & Elizabeth Koch In Honor of:

In Honor of: Children:

Tom & Tracy Koch Grandchildren: Kayle, Haidyn, Amilyah, Rayna & DJ Pastor Hyiwot Isabel Cruse Caroline Goller

# 40th ANNIVERSARY Festival of the Nativity 1983-2023

Sponsored by: Bob Layton In Memory of: Dr. Thomas Layton Linda Grove David & Esther Layton

# Sponsored by: Gary Mapes In Memory of:

-----

Wife, Donna L. Mapes Mother, Marion Mapes Grandmother, Esther C. Davis

# Sponsored by:

Gary Mapes & Cathy Clark In Memory of: Robin Trix

### Sponsored by: Billio App Murphy

Billie Ann Murphy In Memory of: Ruth Fisher

# Sponsored by:

Ray & Sue Porsch In Memory of: Terry Younkin Garnet Younkin Jene Younkin

# Sponsored by:

David Ripple

Pat Ripple & Family In Memory of: Roger Ripple Terry Ripple Sponsored by: Bill & Barbara Robinson In Memory of: William M. & Lois Robinson John Salay, Jr. In Honor of: Mary Salay

# Sponsored by: Amy L. Rosenbaum In Memory of: Doris R. Hart 3 luminaries

### Sponsored by:

Donna Sender In Honor of: Jim & Sheila Farrer In Memory of: Wilfried Sender Charles & Sarah Craig Rob & Clara Hess Stewart & Bernice Hess Bob & Betty Kauffman

# Sponsored by:

Roy Shaffer In Memory of: Caleb Price Freya Shaffer In Honor of: Children: Brett, Tracy, Kyle, Tara, & Ryan

Sponsored by: Beth, Chris & Lizzie Shocklee In Memory of: Jack Waterstram Mary Waterstram Doris Hart Sponsored by: Bruce Thiel In Memory of: George & Marie Hanley Lester Thiel Tracy Billetdeaux In Honor of: Zowalla Thiel

FIRST PRESBYTERIAN CHURCH

luminary Sponsors

Sponsored by:

### Zowalla Thiel In Memory of:

George & Marie Hanley Frank & Edith Thiel Brothers: DeWayne, Leon & LaVelle

Sponsored by:

Maria Tiffany In Memory of: My Father, Carl Harbant My Sister, Debbie Walling In Honor of: The Festival of the Nativity

\_\_\_\_\_

Sponsored by: Kirk Waterstram & Family In Memory of:

John William Waterstram Jack & Mary Waterstram Doris Hart

-----

Sponsored by: Dorothy Wissinger In Memory of:

Fred Wissinger Robert & Harriet Wilson Daniel & Anna Wissinger Thank you to everyone who sponsored a luminary. The were beautiful - the pictures don't do them justice! We set them out during the Festival of the Nativity and during *Celebration Johnstown* on New Year's Eve and received many compliments on how nice they were.





WOMEN'S ASSOCIATION The Women's Association will hold their monthly meeting on Monday, February 26th at 1:00 PM. Plan to join us!

### PINE SPRINGS INK CARTRIDGE PROGRAM

PINE SPRINGS CAMP has been collecting "EMPTIES" (empty printer ink cartridges) for a few years. This program, sponsored by Empties4Cash, has helped enhance the camping programs at PSC. Please consider partnering with Redstone Presbytery on this

earth-friendly and valuable PSC initiative. Place your empties in the box under the bulletin board at the top of the Lincoln St. steps.

Please, <u>ink jet cartridges only</u>. No laser or toner-type cartridges are accepted.



# +Christian Symbol+ CROSS OF ASHES

On Ash Wednesday, as Lent begins, worshipers' foreheads are often marked with ashes in the sign of the cross. The ashes traditionally come from burning palm branches from

the previous Palm Sunday. In the Old Testament, ashes were a sign of mourning and repentance. Today, some worshipers wipe off the ashes before leaving church, to symbolize being cleansed from sin by Jesus' death; others wear the ashes the rest of the day, carrying the cross of Christ into the world. Reciting Genesis 3:19 often accompanies the placement of ashes: "You are dust, and to dust you shall return."



# **Bible Quiz**

Use one word (perhaps in different forms) for all the blanks to complete this Scripture passage:

"Dear friends, let us \_\_\_\_\_ one another, for \_\_\_\_\_ comes from God. Everyone who \_\_\_\_\_ has been born of God and knows God. Whoever does not \_\_\_\_\_ does not know God, because God is \_\_\_\_." A. believe

- B. help
- C. love
- D. forgive



**Family of Nancy Andrews Carrie Thomas Aurit** (Mapes) David Barrett (B. Thiel) **Dian Bash Don & Bonnie Bash** Sandy Basile (Heltzel) **Dave & Dorothy Belz** Sue Benya Robin Bergeron (Cruse) **Debbie Bickel** Linda Billetdeaux Mike & Deb Bodnar (Benson) **Linda Bolton** (Williams) Alice Bragdon Michelle & Heith Bragg Sylvia Bruce (Williams) Veronica Burley & family Linda Capp (Williams) **Donna Cauffiel Christen** (Williams) **Mary Cruse** George Demchak Family (Koch) **Marlene Eisenhauer** Francis "Ike" Eisenhuth Alfred Eisenhuth (Ike) Ashlee Fecko (Koch) **Family of Ruth Fisher Carol Fyock Dave & Marilyn Gehlman Tom Gilligan Roy & Agnes Gindlesperger** Jacob Gram **Don Griffith** Kathy Wassum Hamel & family Jean Houlik (Cruse) **Marlene James** Ava & Dylan Kresak (Gindlesperger) **Family of Mark Kresak Peg Lambert** Walt Leitenberger (Gindlesperger) Ann Long (Braude) **Connie Meyers** 



Serena Miller **Blinda Morales Denny Moyer** Ron & Brenda Noon **Tom Osterbloom** (Gindlesperger) Jason Owens (Benson) Sandie Owens (Benson) Larry & Susan Pearce **Regina Poore** Sue Porsch Stephanie Pusateri (Williams) **Pat Ripple & Family** Tina Risbon **Kent Roach Debbie Rummel Richard Schroeder Family of Charles Seth** Jeremy & Estelle Sivillo (Thiel) **Family of Michelle Smith** J. Andrew Smith (Gindlesperger) **Robby Sokira, Jr. Owen Szanto** (Gindlesperger) Ella T. & Family (Farrer) **Cindy & Trista Wagner Family of Twila Wassum** Jackie Weaver Susan Weaver (B. Thiel)

Our Missionaries The Family of Mark Adams & Miriam Maldonado: Mexico

Josh Heikkila: West Africa

<u>Serving in the Military</u> Luther Flores Jasmine Flores Richard Kovach

First Presbyterian Church 309 Lincoln Street Johnstown, PA 15901 **RETURN SERVICE REQUESTED** 

# GOD'S BLESSINGS TO:



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