

## A NOTE FROM JANA PHELPS - CONGREGATIONAL CARE



When we think of July, we often think of 4<sup>th</sup> of July celebrations, family gatherings, and fireworks, but when was the last time you thought about our freedoms and independence? The Bible points to our freedom in Christ, and God doesn't leave us wondering how to grab hold of the freedom He offers.

Have you pondered what your independence with God (not separate from) looks like? Have you thought lately about what your freedom with Jesus (not separate from) looks like? Or the freedom of the movement of the Spirit in and through you (not separate from you) looks like?

I would like to take a moment to share a selection from the book *A Rhythm of Prayer* entitled "A Benediction" by Sarah Bessey.

"God of prayers for parking spots and prisons, of hospitals and holidays, of anger and angels, of traveling mercies and tired ones, of decolonization and deconstruction, of wilderness and wander, of feasts and ferocity, of goodness and grief, we come to you today with our whole selves.

God of our honest prayers and more honest silences, open our eyes to see and our ears to hear and our hearts to understand how you are already here with us. God, gather us as a hen gathers her chicks and let us catch our breath for one hot second and remember how you hold the whole world in your kind, capable, wise hands, including us.

Spirit, when we cannot part the weeds of our own traditions and old languages, when the old pathways of prayer feel choked with briars and thorns, would you make a path in the wilderness for us to find you in new ways, new words, new practices, and new permissions? Would you meet us in the wilderness and set out a feast? We are hungry and thirsty.

We are grateful for (mostly) every moment that brought us here to you. Help us to sink down into your Love to push our roots down into that marvelous Love. And be planted within your power and grace as we practice loving this world as you have Loved this world.

May we laugh harder because we have learned to let ourselves weep with you. May we see and know and name Beauty because we have learned to bring the ugliness to you. Surprise us and startle us. We're open to all the weird ways you want to speak-in us and to us and through us.

May we be Peacemakers, Joy-Bringers, Truth-tellers, Status-Quo-Disrupters, Wanderers, Wonderers, and Misfits to our time (because of resolute contentment), who never settle for the sit-down-and-shut-up life but rise up in your He who-the-son-sets-free-is-free-indeed birthright of freedom.

May we be the ones who come close to you because of our vulnerability and not because of our false certainties; teach us to lay down our masks and pretenses. You tore down the veil between us and the Holy of Holies, keep our hands from rehangng that curtain.

Give us opportunities to practice mercy and courage (this may backfire but we're feeling bold now). Call us to humility, confession, and repentance even when pride feels more comfortable and superior. Teach us how to rest, how to abide, and how to light candles and be satisfied. Don't let us get away with divorcing our prayers from our politics and policies and practices. May we love our neighbors. May we learn to sit with you, in silence, and know it is enough to know you and be known by you and know ourselves. Teach us to pray, God, as you have always welcomed us to pray: fully human, fully yours, fully held, and fully loved.

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We will tell you the truth of our lives and of this world. And we will listen to the truth you speak back to us. The truth of our belovedness, of your justice, of your faithfulness, of love. And say let it be so, let it be in me. AMEN “

Our journey to freedom and independence starts with acknowledging our brokenness and ends with choosing to follow Jesus daily. Only He can lead us to true freedom and

independence, now and forever. Now sit for just a moment and ponder on what that freedom and independence looks like for you, in your life, in this moment!

*“For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.” (Galatians 5:13).*

**Jana Phelps**  
Congregational Care



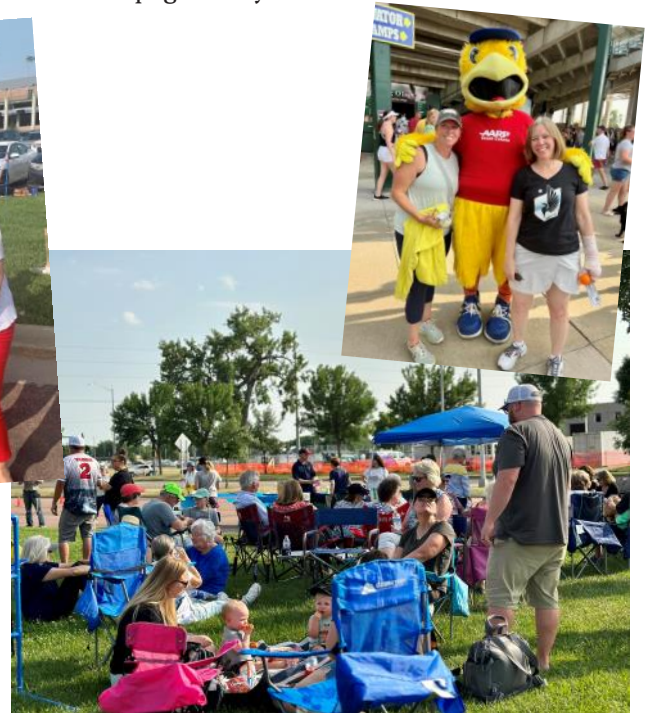
## CANARIES FAITH & FAMILY FUN NIGHT

**The Canaries Faith and Family Night was a huge success!**

FPC showed up in great numbers for this event and truly were the Visible Face of Christ out in the community! Thank you to all of those who volunteered and for all of the Congregation’s participation! We had a beautiful evening of food, fun, laughter, and fellowship while tailgating prior to the start of the baseball game and then carried the fun and fellowship inside the Birdcage with us to watch the Canaries shut-out the Winnipeg Goldeyes in a 19-0 win!



*Thank you Deacons!*



## JUNE SESSION HIGHLIGHTS

The Session recognized the work of Gary Hoekman and Suzannah Spencer, who have completed their terms as elders.

The bulk of the meeting was devoted to financial and facility matters. For the current fiscal year, which ends on June 30, giving is approximately \$60,000 below the budgeted amount. At the same time, maintenance and repair costs are approximately \$100,000 above budget. The Session and the representatives of the Facilities Team present at the meeting agreed that understanding the scope of these increased costs and developing an associated long-term funding plan is a priority.

The Session approved a recommendation from the

Finance Team to close twelve dormant restricted fund accounts and transfer the residual money (\$5,340) to the Deacons Fund. Several other zero-balance restricted funds were deleted after serving their purpose.

Session approved transferring the office file server to a cloud-based solution. The monthly cost is less than what we pay currently, and the one-time file-transfer cost can be recovered within three years.

The Youth Ministry team will once again begin advertising for the position of Youth Ministry Director.

**Eric Wells,**  
Clerk of Session



## STELLAR VBS 2023

### KATHIE NEEDS HANDS (because hers is broken!)



VBS runs the week of July 10-14, and over 80 kids are registered!

Want to see the STELLAR spirit shine in action?

Join us for a brief but dynamic program on Thursday, July 13, at 6:30 pm.



### Decorating for VBS:

- Thursday July 6 at 1 pm (decorate sanctuary)
- Friday, July 7 at 10 am
- Sunday, July 9 at 5 pm

(Let us know you are coming to prepare a job for you. Other decorating may take place at a time of your choice.)

### Leader Training:

Thursday, July 6 at 5:30 pm OR Sunday, July 9 at 5:30 pm

### We are still seeking:

TEACHERS: Preschool game teacher, Elementary VIDEO teacher

SUPPORT STAFF: Early morning care, Actor for daily skits, Spotlight Video/photographer, Check-In/Greeters each morning M-F



KIDS, we will see you in person on Monday, July 10 at 9 am!

## LITURGICAL DANCE CAMP

August 1-4, Dance in Worship Sunday, August 6

Kindergarten – HS dancers may attend

Our amazing choreographer Katie Schultz will be returning to lead this meaningful and fun camp. Sign-up forms are on [www.fpcsiouxfalls.org](http://www.fpcsiouxfalls.org) under sign up. Registration deadline is July 14.



## MUSIC CAMP 2023



There's a lot of hype these days about mindfulness. What do we mean when we speak of "being mindful," "living mindfully," or practicing mindfulness?" According to Jon Kabat Zinn, "Mindfulness is awareness that arises through paying attention (on purpose) in the present moment, non-judgmentally."

*Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.* Philippians 4:8

God is the Great Architect. He's given us brains with incredible plasticity. He knows that if we focus on whatever is true, noble, right, pure, lovely, admirable, excellent, and worthy of praise, those qualities will dwell in us. (Sandra Crawford Williamson)

**Thanks be to God.**

**Judy Rops and the Membership Ministry Team**

## MEMBER SPOTLIGHT-PAM EPHGRAVE



Pam Ephgrave was born in Chicago and lived in a suburb of Milwaukee until she moved to Southern California. "When we lived in Los Angeles, my parents joined the Presbyterian Church. I was in Sunday School, youth group and even helped in the nursery."

Pam met her physician husband in Loyola Medical School in Chicago. She worked as a general practitioner

through the National Health Service Corps in Martin, SD for 2 years before finishing an OB-GYN residency program in Cleveland. She worked there for Kaiser for a year before moving to Sioux Falls in 1992 to join Central Plains Clinic, which later became part of Sanford Health.

When Dr. Ephgrave returned to Sioux Falls, she attended Mass in her husband's church but ultimately found First Presbyterian Church after visiting some other Protestant churches. She immediately felt at home. "The people were friendly, the music was wonderful, and even though there was an interim pastor at the time, I felt that it was a cohesive church committed to service."

Pam retired in 2017 and has been more active volunteering since that time. She has engaged herself at Habitat for Humanity, the Honduras mission, Meals on Wheel, and Feeding South Dakota. She has served as Deacon for the past 3 years and will be starting a second term soon. She doesn't

practice medicine anymore but helps translate "medicalese" for baffled friends and family. She does Medicare Part D free counseling every fall through the SHIINE (unbiased insurance information and counseling) program. FPC members have taken advantage of her expertise during open enrollment for Medicare recipients.

"My parents live in Iowa City where my only sister was a surgeon on the faculty of the University of Iowa until she died of cancer about 10 years ago. Our daughter and her husband live in Albuquerque, NM, and we have helped them remodel their 70-year-old home. Our son and his wife live in Albany, NY, and have a five-year-old daughter whom we enjoy very much. We even helped babysit during the pandemic."

"First Presbyterian is a church dedicated to God, but it is a human institution. As such, we have to deal with human imperfections, but that does not mean that there is a reason to lose faith in our church or our mission. I hope that there can be forgiveness all around and that the church can continue to be a source of community and support to all."

Well said, Pam. Well said.

Watch for Pam as she ushers on Sunday mornings or lends a helping hand to so many, so often. She might be a member you would like to get to know better.

**Judy Rops,  
Membership Ministry Team**

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**THANK YOU for your continued offerings, special gifts, and memorials. We are extremely grateful for any and all donations received this year. Your generosity drives the work of the church through programs (like Vacation Bible School and music camp), large facility improvements (like a riding lawnmower and updating safety and security in the church building), and mission (like providing meals and laundry service to people in our community).**



## SEEKING VOLUNTEER GARDENERS

Flowers not only add vibrant colors and natural beauty to our surroundings, but they also contribute to a peaceful and serene environment that resonates with our spiritual journey. However, maintaining these flowerbeds requires continuous effort. The church is looking for volunteers to sign up for 1 or 2 hours in the mornings during the work week to help maintain the church flowerbeds.

By establishing this volunteer team, we can not only uphold the beauty of our church grounds, but also foster a sense of community and shared responsibility among the members. Moreover, it can serve as an opportunity for individuals with a passion for gardening to contribute their skills and develop a deeper connection with the church.



Can you help pull weeds, deadhead flowers, trim shrubs, and invest in the church grounds? Join today! Call the church office at 605-336-2886 to sign up for one- or two-hour shifts in the mornings.

**Note: Please bring your own gardening gloves and tools if available.** If you have any questions or need further information, please don't hesitate to contact Director of Facilities, Jacob. Thank you for your dedication and support in keeping our flowerbeds beautiful!



## FREE CONCERT AT FPC

First Presbyterian will be hosting an exciting musical event on Sunday, July 2 at 7pm. Tanea (Ortman) Hull and her husband Dawson Hull will be sharing an evening of newly-composed arrangements of hymn tunes for clarinet and piano. Tanea grew up near Wall Lake and studied clarinet with Chris Hill. Dawson Hull will accompany on piano and is also the composer! The clarinet and piano duo will also join us for worship on Sunday morning, July 2.

**Dan Graber**  
**Director of Traditional Music**

*Dawson & Tanea Hull*  
**Sunday, July 2, 7:00pm**  
 First Presbyterian Church  
 Sioux Falls, SD

Music from REFLECTIONS, new compositions, and more! Featuring guest artists Chris Hill (clarinet) and Jenny Focht (flute)

FREE ADMISSION, CDS AVAILABLE FOR PURCHASE



The PresbYouth end-of-the-year party included an obstacle course, pizza, bomb pops, and fellowship!



The beginning-of-summer gathering included a bonfire at Andrea's house!

**We would like to thank the Bell Chorale Bible Study for supporting the youth with wonderful Wednesday Night meals. This was a welcome addition to our night activities and so appreciated and loved by the youth and leaders. THANK YOU!!**



We enjoyed the FPC fellowship night at the Canaries game and will continue meeting throughout the summer with special unplugged activities—swimming, hiking, HS night, MS night, and just hanging out.





## JULY CHILDREN'S OFFERING

Our July children's offering in worship is the same as the Vacation Bible school offering. In honor of our Stellar theme, we will purchase gifts to help our EARTH and the people who live on the Earth. Kids will get to choose each time they bring an offering if they want to give to TREES or WATER! (There will be a TREE earth globe and WATER earth globe during the month!)



Here are the two projects we will support through the Presbyterian Giving Catalog:

<https://presbyteriangifts.pcusa.org/gift/OG10040/>

Globally, humans face deepening ecological crises, and vibrant ecosystems are under threat from widespread deforestation. A \$30 gift of 90 saplings helps restore God's Earth by mitigating climate change, sheltering wildlife, reinforcing soil and providing nutritious food for surrounding communities.

<https://presbyteriangifts.pcusa.org/gift/OG10029/>

A well and hand pumps provide a reliable and convenient source of clean water for drinking, bathing, washing and irrigation. Access to clean water, close to home, can transform a life — improving health, hygiene and daily living. A well and pump is \$1,500.

## GLORY HOUSE CAMPAIGN UPDATE

The Glory House campaign for \$25,000 is on the home stretch! A huge thank-you to the generous response from FPC Congregation for gifts to date of \$14,440. With the additional \$5000 gifted by the Mission Team in 2022, the campaign goal is within reach! The dream that began in a rented pink house has grown into a residential apartment and outpatient facility.

Greg Sands' poignant testimony during worship on Sunday morning, May 21 was a powerful message to members of FPC. As a former resident, Greg shared Glory House helped him find the path to success, and their mission continues to be vitally important for other men and women.

Together, we can affirm the mission of Glory House: "Helping people claim their lives with Christian compassion, resources and support." Every gift and pledge reflects our care and commitment for helping others in our community. *Please designate gifts for The Glory House Apartments.*



## MAY CHILDREN'S OFFERING

FPC is passionate about helping others in need around the world! Through your generosity, our congregation raised **\$1,210.37** for Laundry with Love which provides funds for laundry and meals for individuals who are struggling financially right here in Sioux Falls.



## JUNE CHILDREN'S OFFERING

The June children's offering raised **\$543.77** for the Leif Erickson summer camp to provide lunches for students. Loss of funding has forced an increase in camp fees, specifically to cover the cost of lunch. This is a hardship for many campers attending on scholarship or subsidized fee.

## PENTECOST OFFERING

The Pentecost Offering is one of our four PCUSA denominational offerings. A gift to the Pentecost Offering helps the church encourage, develop, and support its young people, and also address the needs of at-risk children. This year we collected **\$2,025.00!** Forty percent of the Pentecost offering is retained by our congregation as we strive to make an impact in the lives of young people in Sioux Falls. This year, \$810 will go to CASA to support and promote court-appointed volunteer advocacy for children and youth who have experienced abuse or neglect.

If you purchased 2 glass musketeers at the last rummage sale, please contact Mary Nettleman. She found the missing pieces.

## NEW ADDRESS

Emily and Kalette Hutchinson  
3305 S. Fernwood Ave.  
Sioux Falls, SD 57110



## HAPPY BIRTHDAY

**Marilyn Glanzer** celebrates 94 years on July 28

## JULY BIRTHDAYS

Tacey Braithwaite	07/01	Kerrie Vilhauer	07/14
Michelle DeHoogh-Kliewer	07/01	Clair Halverson	07/15
Scott Larson	07/01	Val Kautz	07/16
Daniel Rombough	07/02	Kolbie Dykstra	07/17
Norman Rypkema	07/02	James Farquhar	07/17
Marni Martin	07/03	Melinda Gose	07/18
Gregory Bartunek	07/04	Roy Newcomb	07/18
Dianne Boatright	07/04	Gay Roberts	07/18
Ian Gulden	07/05	David Amundson-Reiter	7/19
Karl Henry	07/05	Roger Thompson	07/20
Abygail Justice	07/05	Courtney Ward	07/21
Jarad Otten	07/05	Dan Sip	07/22
Dee Boos	07/05	Melissa Van Oort	07/22
Barbara Everist	07/06	Peggy Merrow	07/23
Josh Reiter	07/07	Carly Rickenbaugh	07/23
Sharon Small	07/08	Kyle Rickenbaugh	07/23
Deseray Turner	07/08	Connor Dwire	07/24
Heather Adamson	07/09	Morgan Small	07/24
Don Hoekman	07/09	Jillian Draeger	07/26
Merle Klinkenborg	07/09	Jeffrey Kogel	07/26
Bill Meinen	07/09	Cora Miller	07/26
Tarrah Olson	07/10	Amya Cochran	07/27
Nyla Reker	07/10	Kristine Egger	07/27
Brooklynn May	07/11	Lily Raysby	07/27
Sue Brown	07/12	Marek Siorek	07/27
Oliver Safar	07/12	Henry Jacobs	07/28
Jodie Schott	07/12	Dennis Erickson	07/28
Rosalie De Jager	07/13	Marilyn Glanzer	07/28
Steven Hier	07/14	Kathy Leech	07/29
Avery Kautz	07/14	Kay Larson	07/30
Thomas Lubeck	07/14	Lori Jatton	07/31

## WITH APPRECIATION

Thank you so much for your hospitality and generosity in sharing music camp with the community, especially in welcoming children from outside your congregation. It has grown to be a very important part of our summer, and we are grateful for your ministry.

Blessings to you and many thanks,

**Jenny Bangsund & Jonathan Neiderhiser  
and their children, Johanna and Mathias**

A sincere thank you to our dear FPC family for the cards, calls, and prayer-filled concern following Don's mid-March accident which caused a bone fracture in his right hip. After weeks of rest and hours of therapy, he has left the wheelchair behind and with cautious steps, walks with his walker. His strength and mobility improve daily. The next step will be to drive our car.

For this happy news, we offer grateful thanks to a loving God who, if we just ask, will always walk by our side. We appreciate your great service to FPC. Enjoy your summer.

**Don and Ann Platt**

I am wanting to thank First Presbyterian members for their cards, greetings and well wishes while I was recovering from the fall that resulted in my broken foot. After enduring the wearing of a boot for over a month, I can now have both shoes on and walk quite normally.

Thank you all so much,  
**Joan Clark**

## CONTACT INFORMATION & LINKS

### First Presbyterian Church

2300 S. West Ave  
Sioux Falls, SD 57105

### Email

[info@fpcsiouxfalls.org](mailto:info@fpcsiouxfalls.org)

### Phone

[605-336-2886](tel:605-336-2886)

### Mailing List

[Sign up for mailing list](#)

### To Donate

<https://www.fpcsiouxfalls.org/give>