

# From the Pastor

## The Power of Smiling

There are many things and occasions that cause us to smile. A baby makes us smile. Ice cream makes me smile. A deserving compliment makes us smile. A happy time with family or friends can bring many smiles and laughter. Smiling is healthy. An online source says, "Your brain controls the regulation of emotions and scientists have found that smiling, even a fake smile, can release dopamine, endorphins, and serotonin into your body. This influx of positive emotions will help you relieve stress and lower your blood pressure." Another author says there are six benefits of smiling: it lessens pain, strengthens your immune system, causes a better mood, relieves stress, lowers blood pressure, and it is contagious.

The book of Proverbs says, "A cheerful look brings joy to the heart, good news makes for good health." I pray that this new month of September will bring many smiles. I am smiling.



See You Sunday,  
Dr. Kerry



Session has updated our COVID Protocols. Mask wearing is now optional . We will continue to make masks available. This is subject to change if COVID cases rise. The offering plate will continue to be at the front of the Sanctuary and bulletins will to yet be printed. Traditional Communion or Passing of the Peace will also not be restarted at this time.



# Church & Community Events

**\*\*Please be sure to turn in all Newsletter information NO LATER than 5 business days before the 1st of the month!**

Dates to Remember

## SEPTEMBER EVENTS AT A GLANCE

**Sept 5th thru Oct 2nd** - Peace & Global Witness Offering

**September 6th** - Book Club Meeting 7pm

**September 10th** - Operation Food Search 4:30pm-8pm

**September 10th & 11th** - Bike MS 2022 Fundraiser for Mike Weltmer (son of Eleanor & Lee Weltmer)

**September 18th** - Rally Day: A call to all members of the church to return to worship

**September 18th** - Hispanic Family Festival 12pm-7pm

**September 25th** - Chenoa Stock, Guest Speaker

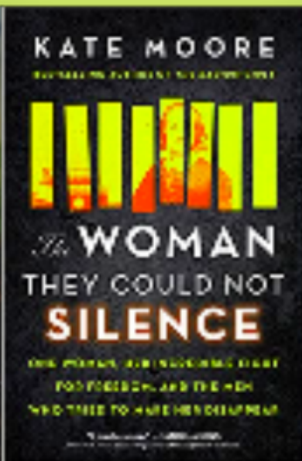
**September 25th** - Session Meeting

## Book Club (September 6th) 7PM in Memorial Lounge

**Sept 6:** The Forest of Vanishing Stars  
By Kirstin Harmel

**Oct 4:** Women They Could Not Silence By  
Kate Moore

*Bring your own snack and drink. Contact  
Karen Schriefer at 314-522-6842 if you  
have any questions.*



# Church & Community Events



## CALLING ALL COOKS! (September 4th)

Drew Jones (Jamie McDonald's son) is out of rehab. The family could use some help with meals. Please think about making some freezer ready casseroles or main dishes. Label your dish with the type of food, cooking instructions, date made, and your name. Bring them to church on Sunday and they will be put in the church freezer. Non-cooks may be interested in donating a restaurant gift card. Contact Karen Schriefer or Kelly Mazzacavallo if you have questions. Thanks for your assistance.

# Church & Community Events



## World Communion Sunday (September 5th- October 2nd)

In the month of September we will be highlighting the Peace & Global Witness Offering, one of four special offerings of the PC(USA). Special envelopes will be in the pews for your giving convenience and inserts sharing the uses and importance of the offering will be in your bulletins the last couple weeks of September. We ask that you give as generously as you are able.

Thank you in advance.

# Church & Community Events



## Operation Food Search (September 10th)

**Operation Food Search is looking for friendly, committed volunteers** to help at Feast for Change to support our mission to heal hunger with innovative and collaborative solutions that provide food today and help create a hunger-free tomorrow. Join us at the **Grand Hall on Chouteau on Sept. 10!** Volunteer **help is needed ~ 4:30 - 8:00 PM** with help needed later too if you can stay. A delicious boxed dinner will be from the Hamilton Hospitality Group/Moulin Events (owners of Vin de Set, 1111 Mississippi, PW Pizza and more). **Dinner will be provided after 7:00 PM.**

Volunteers must be 18+ and be able to:

- Stand for 2 hours
- Lift or carry cartons up to 25 pounds
- Volunteer tasks may include:
  - Recording sales in auction program
  - Assisting farmers market vendors with table set up and breakdown
  - Assisting with auction activities
  - Guest shopping bag check
- **Event breakdown at end of event (9:30 PM or after)**

Thank you for your commitment to Operation Food Search's mission as we work toward our audacious goal of ending childhood hunger.

**Matt Kasate**

**Volunteer and Food Drive Manager**

**314.451.2472 (direct)**

# Church & Community Events



## **Bike MS 2022 Fundraiser (September 10th & 11th)**

Mike Weltmer (son of Eleanor & Lee Weltmer) will be riding again (8th year) in the upcoming Bike MS 2022 fundraiser at the Lewis & Clark Community College in Godfrey, IL. Participation and donations to this event help support programs, services, and research that make a huge difference to the people who must fight MS every day of their lives. Tax deductible donations can be made via the following Internet link to Mike's personal secure fundraising page to help him in this effort to raise funds for MS:

**<https://mssociety.donordrive.com/index.cfm?>**

**[fuseaction=donorDrive.participant&participantID=95011](https://mssociety.donordrive.com/index.cfm?fuseaction=donorDrive.participant&participantID=95011)**

# Church & Community Events



## Rally Day (September 18th)

Join us for Rally Day. We welcome everyone to fill the pews, September 18, to participate in our worship service that will launch the Sunday School year, and recognize our 2021 – 2022 educators.

St. Louis being the home to some exciting teams, we understand that Rally means all coming together to create a positive energy to surround the home team. To show support for our students, we are asking all ages, to wear their favorite team's attire (your school team counts).

That day, there will be no Sunday School so the children can stay in the service.

Plan to stay, for a short while, after service for something cool.

# Church & Community Events

## Hispanic Family Festival (September 18th)



*OUR LADY OF GUADALUPE CHURCH*  
*presents...*  
**HISPANIC FAMILY FESTIVAL**  
**2022**

*"Cristian San Juan"*  
*"Almas del Ritmo"*  
*"Puerto rico-  
Bailando Plena con la Morena"*

**Sunday Sept. 18, 2022**  
**12pm-7pm**

*"El Sonido Artilleros"*  
*"Chapito de Oaxaca"*  
*"El grupo Lobo Norteño"*

**12noon Outdoor Mass/Misa al aire libre**  
**January Wabash Park**  
**501 N. Florissant rd.**  
**Ferguson, MO 63135**

**Dancing  
Food  
Games**

*W.C. Cultural  
Flamenco  
Society*

*NUEVO  
ZTEC  
of St. Louis Missouri*



# Church & Community Events



Chenoa Stock

*Mission Co-  
Worker in Peru*


## Chenoa Stock, Guest Speaker (September 25th)

We will recognize Cultural Awareness and Hispanic Heritage Sunday on September 25 during the worship service. Chenoa Stock, Mission Co-Worker representing Peru (also previously in Bolivia), will be with us on this day to share current information about this mission we have been supporting for quite some time now. Please plan to join us! We are still working out all the details so stay tuned!

# Featured Ministry & Staff

## Worship Committee

### Paula Bujewski (Member)



In contemplating on what to write about my personal ministry at First Presbyterian Church, I discerned that anything and everything related to First Pres' ministry and mission is not only collective through the committees I have served on, but they are also very personal. For those of you who didn't know, I have been employed at three Presbyterian churches including this presbytery, this totals almost 23 years of employment and service. I have always been impressed with the various ways First Presbyterian of Ferguson support their local, national and global communities, their creativity, the commitment to their church's ministry and mission, and their love for one another. Of all of these, "love for one another" moves through me and encompasses anything I do.

I have been a supporter and advocate of Presbyterian Children's Homes and Services, Partners for Just Trade, Joining Hands, racial and social issues, and our mission co-workers in Peru. What fills my heart the most is 1) reaching out and helping with any necessary care for those who have already given so much of themselves in our churches; 2) being open, accepting, learning about and loving those who are different from me; 3) contributing my skills and knowledge for the glory of our church, God and his people; 4) being a present, reliable friend and advocate, and, 5) serving church and God in whatever way I am called. It is my privilege to have been recently called to serve once again on your Session, assisting on the Nominating, Worship, and Communications committees. I have previously served on the Mission Committee, Pastor Nominating Committee, as Chair of Personnel, coordinated our last Session retreat, worked with others to restructure our committees and to lay out the use of a unicameral system in our church among many other things.

In closing, God bless First Presbyterian for all the wonderful things that have been done since its establishment, and especially for the foresight, bravery and willingness of this congregation to roll with all the changes in recent years and for being open to changes in our future! I am so proud to be a member of this church!

With much love and respect,



# Other Information

## FACILITY USE REQUESTS REMINDER

If you wish to use space in the church building, you are required to fill out a Facility Use Request form. Your request will need approval so that there are no scheduling conflicts. Please contact the church office for the form. Thank you.

**Holly Turner**

**Administrative Assistant**

**(314) 522-8542**



**Don't forget to submit your prayer requests before services on Sunday mornings. The Prayer Request Forms will be located in the offering plate as you enter through the sanctuary door. Please complete your prayer request and place it on the communion table before the service begins. Dr. Kerry will read the requests from the pulpit so all can hear.**

## September Birthday's

- 2 - Sylvia Miller
- 3 - Bobby Koenig & Karla Koenig
- 8 - Diane Kasten, David Owens & Florence Robertson
- 10 - David Fritchey
- 12 - Alex Lowery
- 13 - Cynthia Motley
- 20 - Debby Koenig, & Laura Koser
- 21 - Anne Cox
- 24 - Jackie Goff
- 28 - Benjamin Kuhlman
- 29 - Phyllis Fedorchak

**If someone's birthday is missing or incorrect,  
please let the office know**



# Other Information

**PLEASE  
NOTE:**



**First Presbyterian  
Church of Ferguson**

**401 Darst Rd, Ferguson, MO 63135**

**(314) 522-8542**

**fergpres@gmail.com**

**www.faithinferguson.org**

**Rev. Dr. Kerry Allison**

Pastor

**Holly Turner**

Administrative Assistant

**Rebecca Combs**

Music Director

**Lee Weltmer**

Treasurer

**Jodie Schlobohm & Karen Schriefer**

Financial Recorders

**Albert Harrold**

Youth Ministry Coordinator

**Laura Koser**

Nursery Supervisor

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YouTube accounts for all of  
the latest updates!**

