

# This Week @ First

## Worship & Music

To watch our Sunday worship at 11 AM, connect with us on [YouTube](#) (find the bulletin [here](#))!

## Compassion & Social Justice

The mission of the Compassion & Social Justice team is to work with those in our community who need protection, nurture, and care. Each month there are several opportunities for you and your family to join in this ministry of sharing God's love with our neighbors, focusing specifically on those who are hungry and unsheltered.

Each 2nd Sunday (7/14) — Serve a meal for unsheltered at Grace Mission (4 people needed). Sign up [here](#).

Every Wednesday — 10:45 AM-12 PM, Distribute “snack packs” to unsheltered neighbors.

Every Wednesday — 9:45 AM-1 PM, Provide laundry services for unsheltered neighbors.

If you are interested in being part of a rotating team of volunteers for either of the ministries on Wednesdays, please contact Debbie Gibson at [gibsond1207@gmail.com](mailto:gibsond1207@gmail.com).

*Because of the Fourth of July holiday, we will not be “bread boxing” at Second Harvest in July. Bread Boxing will resume on Friday, August 2.*

## Register here to volunteer for English Conversation Circles

Sundays, 3 PM — 4 PM  
June 2 — July 28, 2024



15 MINUTES OF GUIDED MEDITATION BEFORE WORSHIP

*Explore the Ancient Christian Spiritual Practice of Meditation*

*Sunday Mornings @ 10:30 AM  
Starting May 19th, John Calvin Room*

*BEGINNERS WELCOME—NO EXPERIENCE NEEDED!*

## Office Volunteers

We are looking for volunteers to work in the church office for the first two weeks of July while our Communications and Administration Coordinator, Kelby Yoder, is out of the office. If you are interested in volunteering, please contact Pierce Withers at [pierce@oldfirstchurch.org](mailto:pierce@oldfirstchurch.org).



## July Birthdays

Our Joyous July Birthdays:

Kermit Rose, Emilia Rosica, Bob Rackleff, Peggy West, Rosemary Colson, Mary Vance, Patsy Kickliter, Barbara Busharis, Sandra Sherrard, Chris Corzine, Joyce Crawford.

## Exciting News

The PCUSA General Assembly Environmental and Climate Justice Committee have voted for an overture, “On Removal of Investments In and Subsidies For Fossil Fuels,” which was authored in part by Pam McVety. An action summary of the overture can be found [here](#). Congrats on all your hard work, Pam!



To submit information to be included in the newsletter and/or the Sunday bulletin (as space permits), please use [this new link](#), which will take you to an online form. You can access the form directly through Breeze, as well. Thank you!

## PW School Supplies Drive

Presbyterian Women will be collecting school supplies for our beloved First Presbyterian Preschool. We will bring these gifts to our Fall Gathering in August. A list of requested school supplies can be found [here](#).



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# Ways to Serve

Looking for ways to serve your community this Summer? Take a look at the new Ways to Serve page on our website! There are plenty of opportunities, no matter your talents or interests. The page can be found [here](#).

# Pilgrimage Journal



**Pierce Todd Withers, M.A., M. Div.  
Director of Spiritual Formation**

Last week I wrote about my morning spiritual practice of setting an intention for the day and invited you to join us for the 15-Minute Guided meditation on Sundays this Summer. Thanks to all who are participating in this practice, and we welcome those who would like to give it a try. We'll have a chair waiting for you at 10:30 AM in the Calvin Room!



This week I'd like to share about the other spiritual practice that I try to follow that bookends each day with prayerful reflection. It's called the Evening Examen.

Although it is an ancient practice, the Examen was made popular by Ignatius of Loyola, the founder of the Jesuits in the 16th Century. Ignatian spirituality teaches us that we can encounter God through our lived experiences, and that prayerful reflections on Scripture offer a gateway to listen to God speaking to us.

Here are some questions that I use as prompts to reflect on my day:

**Where did I see you today, God?**

**Where did I give life and bless it today?**

**Where did I miss an opportunity to be a blessing today?**



**What is one thing I did well today?  
What is one thing I could have done better?**

**Do I owe anyone an apology for my actions today?**

**What am I grateful for today?**

When we practice looking for the living God at the ending of the day, we conclude our waking hours in a posture of gratitude. This practice grounds us in the knowledge of God's love, grace, and provision for us. When I make a retreat at a monastery, I love the service of Compline, the final community prayers of the day. At the end of Psalm 4, which is usually chanted by the monks during night prayer, the psalmist says, "I will both lie down and sleep in peace, for you alone, O Lord, make me lie down in safety." Trusting in God and giving thanks for the day that has been is a great way to prepare for bed.

The Jesuits were kind enough to share this simple version of the Examen that Ignatius practiced, and I include it in my book *Walking Reflections* for pilgrims on the Camino de Santiago in Spain. But, you don't have to be on a walking pilgrimage to try it!



1. Become aware of God's Presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look forward to tomorrow.

¡Buen Camino!  
Pierce

## PRESBYTERIAN WOMEN

Let Justice Roll Down



God's Call to Care for  
Neighbors and All Creation

## FALL GATHERING

Westminster Room  
3:30 - 5:30 PM

Sunday, August 25, 2024