

Hilltop Highlights

A Monthly Publication of First Presbyterian Church

All Things New

Then the one seated on the throne said, "Look, I am making everything new." (Rev. 21:5)

As I write this article on the 21st day of the New Year, that magic number 21 sticks in my head. No, it is not one of those Biblical biggies like 7 or 40. It sticks in my head because old school thinking used to tell us that it takes 21 days to create a new habit. And creating new habits is the stuff of New Year's resolutions.

Maxwell Maltz was a plastic surgeon in the 1950s who began noticing a strange pattern among his patients. When Dr. Maltz would perform an operation — like a nose job, for example — he found that it would take the patient about 21 days to get used to seeing their new face. Similarly, when a patient had an arm or a leg amputated, Maltz noticed that the patient would sense a phantom limb for about 21 days before adjusting to the new situation.

These experiences prompted Maltz to think about his own adjustment period to changes and new behaviors, and he noticed that it also took himself about 21 days to form a new habit. Maltz wrote about these experiences and said, "These, and many other commonly observed phenomena tend to show that it requires a minimum of about 21 days for an old mental image to dissolve and a new one to gel."

In the decades that followed, Maltz's work influenced nearly every major "self-help" professional from Zig Ziglar to Tony Robbins. Unfortunately, people forgot that he said "a minimum of about 21 days" and shortened it to, "It takes 21 days to form a new habit."

It makes sense why the "21 Days" myth would spread. It's easy to understand. The time frame is short enough to be inspiring, but long enough to be believable. And who wouldn't like the idea of changing your life in just three weeks?

So what's the real answer? How long does it take to form a habit? How long does it take to break a bad habit? Is there any science to back this up? And what does all of this mean for you and me? On average, it takes 66 days for a habit to become automatic. Exactly how long it takes to form a new habit varies widely depending on the behavior, the person, and the circumstances. Studies show it takes anywhere from 18 days to 254 days to form a new habit.



In other words, if you want to set your expectations appropriately, the truth is that it will probably take you anywhere from two months to eight months to build a new behavior into your life — not 21 days.

So for those of you who are trying, with God's help to create a new you, who have made those New Year's resolutions or who have committed to reading through the Bible in a year, here is the Good News. As you read this you have

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We Keep in Our Prayers

- ◆ Prayers for Gary Marks as he recovers from receiving his new kidney.
- ◆ Prayers for Jeanette McLaughlin who is receiving cancer treatment.
- ◆ Prayers for Becky Baruth and her family as she is being treated for cancer.
- ◆ Prayers for Carl Seaman receiving cancer treatment.
- ◆ Prayers for Robert Elliott as he recovers from surgery and hopefully starts rehab soon.

Bakersplus.com

We just received the **Fourth Quarter** of 2018 rebate from Bakers for **\$250.16**, this is wonderful but only includes **46** households. So if you have not registered **First Presbyterian Church #HY977** under your Baker's Plus card Community partner tab, please do so. This does not affect any other rewards you receive from Baker's.

Financial Information

	<u>December</u>	<u>YTD</u>
Income	\$58,185.91	\$357,997.68
Expenses	<u>\$32,716.52</u>	<u>\$357,986.14</u>
Difference	\$25,469.39	\$11.54



Pastor, Continued

already passed the magic 21 days. You should be seeing some signs of the new you. And you should be getting used to that new image in the mirror, whether as a better eater, more committed exerciser or daily Bible reader. But don't let that new image fool you. You've still got a lot of work to do. I would be remiss if I did not leave you with one other tidbit of info that came out of these studies.

The researchers also found that "missing one opportunity to perform the behavior did not materially affect the habit formation process." In other words, it doesn't matter if you mess up every now and then. Building better habits is not an all-or-nothing process. So be at peace and relax. Have some mercy on yourself. Our commitment levels will not always be perfect. But that is not the last word in the new you.

Keep on plugging away because the new and improved version of you is beginning to take shape.

In Christ's Peace, Pastor Mike

Happenings

Butter Braids are back!

Welcome School will be selling Butter Braids starting on Sunday, February 3rd. The first two Sundays in February the 3rd and 10th, Tara Williams the Director of Welcome School will be giving out samples during Coffee Fellowship. Order forms will be available each Sunday. Butter Braids are available in 7 flavors and for only \$14.00 each. Please place your order on the order form and pay when ordered. Delivery will be Sunday, March 3rd.



Pancake Feed-February 3rd is not only Scout Sunday, it's also the day of the Troop 467 Pancake Feed. The troop, which meets here at the church on Thursday night, invites you to join them following the worship service for pancakes and sausage for \$5 per person, \$10 per family.



Get your chili recipe ready. February 9th at 5:30pm we'll have a **chili cook-off** (instead of the Love Dinner). All ages are invited. If you are interested in participating in the contest please contact Rick Holbert at owlybear@cox.net. Come join the fun and enjoy some great tasting chili recipes.

Join us for Ladies' Lunch. We are meeting on the **Fourth Thursday** of each month at noon. February we are going to meet at Swine Dining on February 28th. Make your reservation by calling the church office at 402-291-1104 or e-mailing admin@bellevuefpc.org.



Happenings

Join us for "Lady and the Tramp"

What: FREE Movie, Kid-Friendly Dinner & Crafts

We'll get acquainted, eat dinner, and watch the movie . A variety of craft projects will be available after the movie.

When: Sunday, March 3rd at 5 pm

Where: Fellowship Hall, First Presbyterian Church Bring your own pillow and/or blanket to be comfy on the floor.

Who: First Presbyterian Church & Welcome School families. Friends, relatives and neighbors too!

Questions? Call Linda Reffert in the Children's Ministry Office at 402-291-1104 or email at lkreffert@aol.com



Ash Wednesday– For many years now, Avery Presbyterian and First Presbyterian have shared a meal and worship service on Ash Wednesday. This year's event will be held at Avery on Wednesday, March 6th. Dinner will begin at 5:45pm. Our congregation is asked to provide the bread and dessert. A short worship service follows at 6:45pm.

Lent, A Season of Mercy

Lenten Suppers- Dinner will be offered each Thursday night during Lent through April 11th. Each week, a ministry of the church provides the meal which starts at 6:00pm in Fellowship Hall and will go until 7:30pm. The entire meal will be provided and a freewill offering will be accepted to cover the cost of the meal. A small group Bible study will follow the dinner.

Instead of giving up something for Lent this year, why not add something? Join us for a time of fellowship and reflection as we embark on this period of repentance and preparation for Christ's passion.



Snow days are here!!



When the Bellevue Public School system closes for bad weather the church office will also be closed and any event scheduled that day will be cancelled. If church service is cancelled on Sunday we will post the announcement on KETV and WOWT .



Sunday, March 10th



Spaghetti Dinner

Our Annual Spaghetti Dinner will be held Saturday, March 16th,
from 4:30pm– 7:30pm here at First Presbyterian Church.

Tickets are \$10.00 per person. There is no charge for children 5 and under. The menu includes all you can eat salad, spaghetti and meat or meatless sauce, bread, beverage and pie. “TAKEOUT” will be available.

Silent Auction and Raffle Items

If you would like to donate to the Raffle or Silent Auction please have your items at the church no later than Thursday, March 7th. Please indicate an approximate value and your name, phone number and address.

One thing that we will do different this year is that we will be setting up the silent auction the Saturday before the Spaghetti Dinner, this way the congregation has an opportunity to see and bid on the items or purchase raffle tickets.

This event is a cooperative effort and all proceeds will be divided equally between Bellevue Public Schools TeamMates and First Presbyterian Church missions.

We hope you will participate in this fun evening and all-church fundraising effort!

How can you help?

- ☺ Buy tickets and sell tickets. (All volunteers will need a ticket)
- ☺ Bring your family, invite prospective members, friends, co-workers and neighbors.
- ☺ Sign-up at church to work a 2 – 2 ½ hour shift at the event.
- ☺ Please donate Raffle or Silent Auction items (bring them to church by Thursday, March 7th).
- ☺ Unable to attend? Donate the price of a couple of tickets or more to help us defray expenses.

Tickets may be purchased in the church office between 8:30 am - 3:00 pm Monday through Thursday, or in the narthex on Sundays before or after church through March 9th.

If you are selling tickets please turn in your money and unsold tickets as soon as possible no later than March 9th.

Please join us in working together to make this fundraiser a huge success?

THANKS IN ADVANCE for your help in making a difference in our community!

Debt Pay-Off Campaign

As of January 20, 2019

First Presbyterian Church’s outstanding building loan balance now stands at \$182,939. In July 2013, the balance stood at \$750,000. The monthly loan payment is \$6,372.98. Through regular monthly payments, the loan will not be paid off until the Summer of 2021.

The DEBT PAY-OFF FUND currently contains only \$34,152. With continuing pledged and non-pledged, contributions we will be able to make loan payments for all of 2019 and perhaps the first couple of months of 2020 without impacting the Operating Budget---BUT NOT BEYOND.

FIRST PRES NEEDS YOUR HELP. If you have not pledged, or you are not contributing to the Debt Pay-Off Campaign, we prayerfully ask you to do so. Wouldn’t it be marvelous if we could have the loan fully paid off early? Please use the RED pledge card located on the name tag table. Please continue to use the PINK envelopes for your contributions.

Thank you again for your generosity. As a church family we are truly Blessed. If you have any questions, please contact me or Eric Van Sky (Financial Secretary).

Bob Jeffus
Chair, Stewardship Committee



PER CAPITA – PER PERSON

What is per capita? Per capita is important to being a Presbyterian! It is the way Presbyterians mutually share governance expenses to make mission and programs possible. It is how Presbyterians participate in the life of the Church universal as we commit ourselves to work and live in fellowship with "all persons in every nation."

The **required** total per capita amount due from each congregation is a combined request from the Presbytery of Missouri River Valley, Synod of Lakes and Prairies, and the General Assembly. We will owe **\$39.55** for each active member. In 2019, our apportionment will be **\$11,113.55**. If we don't reach that amount from the per capita request, funds will be taken from somewhere else in our budget to ensure First Presbyterian meets the required per capita assessment. **As of January 23rd we are at \$4,174.00**

Next Steps

Take a special per capita envelope from the name tag table. Include a check for **\$39.55** for each church member in your family. Write your envelope # on your check. If you do not have the envelope, please write Per Capita in the memo portion of your check. Leave the envelope or check in the offering plate or the office by February 3rd.

Our church must pay our total per capita amount by February 15, 2019.

Thank you, Stewardship Committee

News from Welcome School

Happy New Year from Welcome School!

It's been so cold outside so we've had to bring the outdoors inside. The children are learning all about helpers in our community. They've enjoyed the Doctor's Office, Fire Station and even a Coffee/Hot Chocolate Shop! Learning about the world around us can be so fun!

We will be selling Butterbraids for \$14 from January 31st – February 19th. Delivery will be on February 26th. These are great for Easter breakfast.



Registration for the 2019-2020 school year has started! Tours have already begun so be sure to spread the word!

God Bless,
Tara Williams



Children's Ministry



Linda Reffert



Take a look at this picture. It's a clue – I hope a really good clue as to what our dinner will be. Yep, not our ordinary hot dog dinner that night! I hope you can join us for dinner, a movie and, if you're interested, some simple crafts too. The evening begins at 5 PM. It's FREE, so bring your friends and neighbors!

I am thankful to the awesome crew who made Family Movie Night a big success in January. Thanks to our Kitchen Crew of Mike Tabler Mitch Matthews and George Sayles; our Tech Guru, John Dart; and Sue Tabler, Bev Snowden and Dawn Matthews for their help with kids.

Just a reminder that there is NO WOW on Wednesday, February 13th. Bellevue has conferences that week. Not all of our families are in BPS of course, but quite a few are.

I have a sign up sheet out already for VBS Decorating Team members. I am thankful that there are already a few names on the list. But even if you don't want to be a formal part of the team, I'm wondering if you might be willing to make a few things at home for us? I need a boat load of tissue paper and construction paper flowers for this year's scenery. I have the tissue paper, construction paper and pipe cleaners, I just need people who will turn them into flowers. If you are willing to cut or fold paper and pipe cleaners into flowers, will you please let me know?

We're bringing back a VBS from several years ago. It's the VBS you did with Annie Thon, the year before I came. It's called "Weird Animals" and I love it because the theme that runs all through it is that we are all a little weird, or at least we feel like that at times. But God loves us just exactly as we are, and we should embrace our weirdness, and live confidently, knowing we are loved! The animals are weird but cute, the Bible stories are solid and the music is lots of fun. We host one of the metro area's very last VBS's of the summer. I don't want to do what everyone else does – because families in the community say "Been there, done that!" They don't all know that we customize whatever we do. Doing something guaranteed to be different seems to get us more attention and participation. Last or not.

Mark your calendars for VBS week. It's the last full week in July –the 22nd through the 26th. We will meet from 9AM to 12. We take kids as young as 3 who are potty-trained and as old as completed 6th grade. Youth who have completed 7th grade and up are invited to help. And we always need adults in a whole variety of positions. It is a really wonderful week and whether you bring your own kids or grandkids or you invite friends and relatives, I can promise they will have an awesome time! And you will, if you volunteer. We're keeping the cost at \$10 per child with a \$30 family maximum charge. We could never do VBS at this low cost without the support of the budget and donations of food and science supplies. Scholarships are available upon request. Please let me know if you need a scholarship or if you want to help provide one.



Youth Fellowship (YF) News



For the entire law is fulfilled in keeping this one command: 'Love your neighbor as yourself.'
Galatians 5:14

I think this is an important reminder while we are out buying chocolates and teddy bears for our beloved to also remember our neighbors. Who might that be? The delightful folks we chat with on bright sunny days across the yard and the homeless folks we pass downtown and the grumpy people we run into when we're out and about. I'm not saying go out and buy everyone chocolate but do you give your same "self" to people you love and the hard to love? Jesus didn't make a distinction, he said everyone. I think that's a great challenge for us all this month.



The 3rd is Super Bowl Sunday so we will collect money after worship for the Bellevue Food Pantry and then go to the Open Door Mission to serve dinner that evening. FYI - I got a new car - yeah me - but no longer have a van so will need parent support is getting the kiddos hither and yon. Thanks in advance for everyone who helps!

We've already started working on Youth Sunday and have some great themes to work from. It's a daunting task and hard to get started but so much fun to see the ideas start coming together. Seriously, the day we started you could hear crickets for what felt like 30 minutes then when people started thinking of ideas and talking the time just flew by. I wish you all could experience the enthusiasm and creativity of our youth first hand. It really is a great thing to watch.



I have the opportunity to attend a Christian Education conference this month and am excited to get new ideas, worship with other CE folks, listen to amazing speakers and talk with my peers in Youth Ministry. It is so important to be able to have these opportunities to not only learn but recharge. I look forward to sharing what I learn when I return.



We don't have a lot of things set in stone this month but have requests for a lock-in and sledding. Those are both in the works and you will see updates in my weekly e-mails. If you have kiddos in the Youth program and don't get those e-mails please let me know.

I included a picture this month of our Silent Auction tables because I just found it and it shows how wonderfully everyone supported our Youth Ministry. Thank you again!

Be a Blessing. Shelli

February Youth Events

Feb 3 - Souper Bowl Sunday collection after worship
YAS - Open Door Mission 4:30 - 7:30

Feb 13 - NO Illuminate

Will we have a snowy weekend during February so we can go sledding? We shall see!



~ February 2019 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>3 Souper Bowl of Caring Parity Sunday Souper Bowl of Caring 9a Sunday School 10:30a Worship Service 11:30a Boy Scout Pancake Feed (FH) 11:30a Deacons Mtg (VVR) 4:30p Youth Active Service/ Open Door Mission 7p Venture Crew 26</p>	<p>4 10a Music Circle (FH) 1p Women's Bible Study (CR) 1:15p Heritage Ridge 2p Harmony Court 2:45p Richmond Village</p>	<p>5 10:30a Staff Meeting (CR) 7p Bell Choir Rehearsal</p>	<p>6 5:30p WOW/Illuminate 7p Choir Rehearsal</p>	<p>7 7p Troop 467</p>	<p>1</p>	<p>2 Groundhog Day 9:30a Youth for Understanding (VVR)</p>
<p>10 Uncle Sunday 9a Sunday School 10:30a Worship Service 11:30a Mission Meeting (VVR) 11:30a Worship Mtg (CR) 6:30p Boy Scout Committee Meeting (VVR)</p>	<p>11 10:30a PEO (FH/VVR)</p>	<p>12 5:30p Christian Education Mtg (L) 7p Bell Choir Rehearsal</p>	<p>13 9a P.E.O. (VVR) 6p Building & Grounds Meeting (CR) 7p Choir Rehearsal</p>	<p>14 Valentine's Day 7p PW Bible Study (Church-CR) 7p Troop 467</p>	<p>15</p>	<p>16 9a Presbytery Mtg (Peace)</p>
<p>17 9a Sunday School 10:30a Worship Service 11:30a Fellowship Mtg (VVR)</p>	<p>18 Presidents' Day Church Office is Closed 1p Women's Bible Study (CR) 7p Venture Crew 26</p>	<p>19 7p Bell Choir Rehearsal</p>	<p>20 5:30p WOW/Illuminate 7p Choir Rehearsal</p>	<p>21 12p Newsletter Articles due 6:30p Membership (VVR) 7p Troop 467</p>	<p>22 Youth 30 hr Famine (overnight)</p>	<p>23</p>
<p>24 Next Sunday Parity Sunday 9a Sunday School 10:30a Worship Service</p>	<p>25</p>	<p>26 7p Bell Choir Rehearsal</p>	<p>27 5:30p WOW/Illuminate 7p Choir Rehearsal</p>	<p>28 12p Ladies Lunch (Swine Dining) 7p Confirmands meet w/ Session 7p Session (VVR) 7p Troop 467</p>	<p>Notes:</p>	



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February Birthdays:

- | | |
|--------------------|-------------------------|
| 1 Tom Blazek | 12 Betty Woolf |
| 2 Jody VanHouten | 14 Makayla Crick |
| 4 Todd Smith | 15 Becky Berg |
| 4 Steve Stevens | 15 Donna Fox |
| 5 Don Carlson | 19 Suzanne Stevens |
| 5 Jarod Johnson | 19 Lori Kirkland |
| 5 Kitty Hart | 25 Mary Lou Rains |
| 6 Emily deZafra | 25 Lindsay VanRyckeghem |
| 7 Abby Reilly | 26 David Rose |
| 9 Ian Rose | 26 Mitch Matthews |
| 9 Coburn Greiner | 26 Abigail Smith |
| 10 Sue Houghtaling | 27 Dona Stephan |

