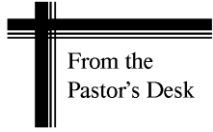


Pilgrim's Progress

August 2023

"The purpose of this church shall be to bind together followers of Jesus Christ, for the object of sharing in the worship of God and in making His will dominant in the lives of men and women, especially as that will is set forth in the life and teachings of Jesus Christ."



From the
Pastor's Desk

The Spiritual Discipline of Fasting

Fasting as a spiritual discipline involves taking the time you would normally use to eat and reserve it for prayer instead. This could go on for one meal, one day or some have gone for several days. Making sure to drink plenty of water, Christians over the centuries have found that fasting is an effective spiritual disciplines. The point is to bring your desire for food under control in order to sharpen your sensitivity to the Holy Spirit. Your prayer life is enriched, your insight into Sacred Scripture deepens and your character grows and develops.

The Lord Jesus started His ministry with an extended fast, and many Christians do short fasts according to their abilities. Some fasts involve abstaining only from certain types of food, which is good news for people who have medication that must be taken with food. One of the holiest fasts was the "Nazarithical" fast in which the participant does not consume grapes or grape products, but can eat other foods. Samson, of Old Testament fame, maintained this fast throughout his life and there are hints that the Apostle Paul may have taken this fast for a season as well. Isaiah wrote of fasts that did not involve food, but were fasts in which time as given for charity, aid to the poor, comfort for the bereaved, etc. Perhaps the fundamental point to fasting is that holiness involves even daily practical matters like what we eat, when we eat and what we do with our time. It remind us that holiness is part of everyday life. Have a wonderful month.

-Pastor Dan

Sermons-

- August 6 "Wrestling in Prayer" Genesis 32:22-31; Romans 9:1-5
- August 13 Rev. Darrell Mitchell and the Deacons lead both worship services.
- August 20 "God Does Not Let Go" Romans 11:1-5; Matthew 15:21-28
- August 27 Rev. Harlan Nuss leads both worship services.

The Congregational Retreat Society

For the past several years, a day-long silent retreat either preceded or followed the Annual Meeting of Congregational Christian Churches and on several occasions, online retreats took place for people who could not travel to a central location or faced restrictions due to the Covid pandemic. The leader of the retreat would share three to four devotionals during the course of the day, with the rest of the time spent in silence. While not for everyone, the silent day has proven to be a wonderful time of refreshing for many, including Pastor Dan and Miriam Bryant, both of whom are members of the society.





Please keep our Members in Care Facilities in your thoughts & prayers:

Bickford: Joanie Smith-Legg #108,
Mill Pond Care Center: Romaine Mackaman
Southridge: Betty Runner #212,
Glenwood Place: Jan More #132, Mildred Lathrop #145, Lenora Brown #147,
Iva Howard #164, Bonnie Pappas #112, Marian Gerdes #166, Anita Niehouse #116
Willows of Marshalltown: Evelyn Thompson



Don & Kayla Bogenrief	August 6, 1977	45 years
Max & Liz Meyer	August 10, 1971	51 years
Mike & Cherryl Woltjer	August 11, 1984	38 years
Mark & Jenni O'Connor	August 15, 2015	8 years
Matt & Kim Schryver	August 16, 1975	47 years
Sam & Shelly Speas	August 19, 2006	16 years
Tom & Jane Adams	August 24, 1968	54 years
Paul & Julianne Packer	August 29, 1975	47 years



August 2	Lydia Speas	August 16	Tyler Randall
August 3	Bonnie Pappas	August 18	Raelene McGahuey
August 6	Vicki Long	August 20	Lynn Maas
August 8	Anna Wolvers	August 22	Tom Adams
August 9	Jane Adams	August 23	Romaine Mackaman
August 13	Donn Anderson, Dan Propst	August 24	Jacob Shirar
August 15	Judy Hays	August 29	Carol Stanley



News from Diaconate Board

Pastor Dan will be gone the 13th and 27th on vacation. We will have Darrell Mitchell giving the sermon on the 13th with the Diaconate responsible for the remainder of the service. Harlan Nuss will fill the pulpit on August 27th.

Our indoor picnic will be Sunday, August 20th after the service. The Diaconate will furnish the pulled pork and baked beans. Please bring a side dish or dessert.

The organ rebuilders have been busy at church. We're hoping they can finish the first week in August. We will have a rededication service at 3 P.M. on Sunday, September 10th. Mark Babcock, professor of organ at Central will be our guest organist. Prelude music will be provided by our church musicians. Refreshments will be served afterwards. We will be sending invitations to the various churches in town, putting up posters around the town and having something in the TR and on the radio stations.



News from Missions and Benevolence



The mission's team is still committed to doing our part for Meals on Wheels in Marshalltown! Our part is; one Saturday a month (the fourth Saturday) and we do the east route. What's new and exciting is that we now go to the new hospital and pick up and our old blue route has become the east route. Please sign up in the narthex or call the church office (641-752-4239) to volunteer. You will be making a difference for someone that day and it feels good to help out. Any questions please call me Kristi Hassler 641-753-3276 or Doris McCarty 641-752-7604.

Open 2023 Dates

September 23

October 28

November 25

December 23



Choir Agenda for August:

12 happy choristers have been joining our gifted accompanist and leader, Arlene, these past couple months to raise our voices in song. Krystal adds her flute on occasion also! Currently, we are practicing the first and second Fridays each month and singing the first and second Sundays each month. Join us! We look forward to having you with us! Yes, YOU!

Friday **August 4** practice at 5:30.

Sunday **August 6** practice at 10:00 and sing during 10:30 service.

Friday **August 11** practice at 5:30

Sunday **August 13**practice at 10:00 and sing during 10:30 service.

Women's Ministry Agenda for August:

Monday **August 7** 5:30 General Meeting with Deborah Nuss sharing a special origami project.

Monday **August 14** 5:30 Bible Study with Jane

On this day we are beginning a new set of lessons on Paul's letter to the Ephesians.

These 11 studies are part of the Life Guide Bible Studies series. We meet from 5:30 to about 6:30 the second and fourth Monday of the month. We enjoy prayer, discussion, and fellowship together. There is always room for more. Join us when you can!

Monday **August 28** 5:30 Bible Study with Jane

Prayers always,
Julie Paustian



AMC: The Daring Endeavor of Being There

Rev. Arthur Ritter, Moderator



We come together once a year for the Annual Meeting & Conference. We enjoy each other's fellowship. We worship, learn, and are inspired, and then we have to go home. But that is the point - to take the ideas we learned and the conversations we had and share them with our churches and colleagues in those places where those words and ideas are needed. I encourage each of you who attended, either in-person or virtually, to do that. Also, twist a few arms to come next year to share in that joy! This was a wonderful meeting and I thank all of you for your support. I love this association, and I love being a part of it with all of you. Moments like this make it so worth it. Thank you to you all.

Surprise Board of Directors' Citations!

Jodee Lord, Vice-Moderator, Chair, Board of Directors



Each year, the Board of Directors presents a Citation to an individual in the NACCC for their exceptional leadership and service to the association. This year, while the board deliberated on whom to honor, two names emerged: Jim Waechter and Laura Hamby. Both individuals have demonstrated unwavering commitment to the NACCC over the years and are highly deserving of this award. Now arises the question of who will write the citations. Given their mutual familiarity, we decided to approach Jim and Laura separately, without their knowledge, and requested them to write the citation for each other.

With Jim present via Zoom, and Laura in person at the Annual Meeting & Conference, they were both asked to present the other's citation, neither of them knowing that they would also be receiving one. Both displayed genuine surprise and expressed heartfelt gratitude.

We extend our deepest appreciation to both Jim and Laura for their unwavering support and dedication to the NACCC.





Back-to-School Blessings



Remember to stick close to Jesus this year through prayer and reading your Bible.



Color your school year bright by letting the light of Jesus shine through you.



Write HIStory in your life this school year by doing what Jesus would do and making wise choices.



Use this notebook as a Gratitude Journal. For each day of school, write down things you are grateful for.



Use the bookmark to mark your favorite Bible story or favorite verse.



Use this Back-to-School Prayer Journal to write out your prayers to God.



Enjoy this sweet treat and remember that Jesus makes your life sweet!



2023

FCC CALENDAR OF EVENTS!
 Sunday Worship Services:
 8:00am & 10:30am

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Monday-Friday 9am-Noon 641-752-4239				
color code: youth events Church mtgs Special events Comm. Events Color copy on bulletin boards		1	2 Men's Church coffee 8am @ Hy-Vee	3	4 Choir Practice @ 5:30	5
6 Communion In-Person Worship 8am and 10:30 svcs 10:30 Svc/YouTube Fellowship follows 10:30am Svc ABS 9:15am	7 Women's Ministry @ 5:30pm	8 8:45am BMC meet	9 Men's Church coffee 8am @ Hy-Vee Trustees meet @ 7:00pm	10	11 Choir Practice @ 5:30	12
13 Guest Speaker Darrell Mitchell In-Person Worship 8am and 10:30 svcs 10:30 Svc/YouTube Fellowship follows 10:30am Svc	14 Women's Bible Study 5:30pm	15 Diaconate Meets 6:30 pm	16 Men's Church coffee 8am @ Hy-Vee	17	18	19
20 Indoor Picnic In-Person Worship 8am and 10:30 svcs 10:30 Svc/YouTube Fellowship follows 10:30am Svc 11:45am BCE ABS 9:15am	21	22	23 Men's Church coffee 8am @ Hy-Vee	24	25	26 11am MOW Volunteer: Shelly Speas
27 Guest Pulpit Harlan Nuss Cabinet meets @ 11:45 In-Person Worship 8am and 10:30 svcs 10:30 Svc/YouTube Fellowship follows 10:30am Svc	28 Women's Bible Study 5:30pm	29	30 Men's Church coffee 8am @ Hy-Vee	31		



First Congregational Church
312 W. Main St.
Marshalltown, IA 50158

web page: www.fcmarshaltown.org
the LOFT
Sunday School: 9:15 a.m. All ages in
Worship Services: 8 a.m. & 10:30 a.m.
641-752-4239
Office hours 9 a.m. - noon Mon - Fri

A member of the National Association of Congregational Christian Churches

