

# FIRST PRESS

THE NEWSLETTER OF FIRST PRESBYTERIAN CHURCH OF UPLAND



## ART CAGE TP

*A way to pray through Lent*

Lent is a time for special reflection and prayer. There are many ways of praying, but one Lord to hear all our prayers. I put the following prayer process together many years ago and go back to it regularly. It is a pretty good tool. I haven't shared it until now because I considered it—well, personal—but I submit it on the chance that others may benefit from it as I have. The acronym—ART CAGE TP—is neither memorable nor catchy, but I can neither add nor remove elements to improve it, so ART CAGE TP it stays. Sorry.

I recommend praying your way through, rather than over-thinking it or “studying” it. If not practiced, it is worthless. May God bless us all in our

*(continued on page 2)*

## PASTOR NOEL ANDERSON



various disciplines as we continuously seek to Grow in Christ and Make Him Known!

**Admit**—admit all forms of your sinfulness to God. Admit your failures and spiritual negligence. Give God the truth from your soul.

**Repent**—Allow yourself to feel authentic sorrow for the sin in you. Remember how heavily Christ suffered for those sins you have lived with. Tell God how sorry you are for your sinfulness. We are free to even hate our own sinfulness.

**Turn**—Turn away from your sinful ways. Express your desire to live apart from your sinfulness. Tell God that you would rather live life in His Spirit, near Him, and with His constant presence to guide you.

**Commit**—commit your heart, life, and soul to following Christ and being His disciple. Don't promise that you will never sin again, but commit yourself—your motives and intentions—to walking in the kind of holy life that would be pleasing to Him.

**Accept**—Accept the forgiveness God offers you in Jesus. Set your heart on a full awareness of how utterly total and complete that forgiveness is! Remember: since you have been forgiven, you are no longer free to dwell on past sins. You and I are not allowed

to “second-guess” God’s forgiveness. Accept it. Know it to be true and final!

**Give**—If God can forgive you, how can you hold out against others? You must forgive any and all against whom you hold grudges and/or hatred. Warning: This step may send you back to the top of the list! Tell God that you forgive all who have hurt you. If there is someone in your life you feel you absolutely can NOT forgive; then you must confess your pride and pray for God’s help to make your forgivingness more like God’s forgiveness of you.

**Elation**—Once you’ve acknowledged God’s complete forgiveness, you can open your now-new-and-clean heart to be filled with joy. Celebrate God’s forgiveness. Rejoice that he heals the souls of every wretch! Be glad that this includes YOU!!

**Thanksgiving**—Thank God for all he has done, for all he is doing, and for all that he plans to do with you and through you. Thank God for your friends, family, and for all others who need Him. Thank God for all things, and let the gratitude flow from your heart to His.

**Presence**—Be near God. Bask in the awareness of His presence. Silence is appropriate here, not words. Enjoy God’s nearness and perfect Love.h Him, basking in His nearness and perfect love. †

# ELEVATE WITH MATT SHOOL



## THREE WORDS THAT CHANGED MY PRAYERS

*Kara Powell, Fuller Youth Institute*

30 seconds. That's how long it took me to figure out the primary words I wanted to pray for my three adulting kids.

One Sunday, inspired by [Shauna Niequist's](#) recommendation to pray a few specific words for those closest to you, I sat on our brown couch—my journal open and pen ready to capture the few prayer themes I hoped to sense from the Holy Spirit for our 16, 20, and 22 year-old kids.

The Holy Spirit, and maybe our latest batch of FYI research, spoke to me pretty quickly that morning. The three words I wanted to pray for our kids were the same three words I've been sharing with ministry leaders and parents for the last year: Enough, With, and Story.

### 3 questions and 3 impactful words

According to the research that pulses beneath [3 Big Questions That Change Every Teenager](#) and our latest teen devotional called [3 Big Questions That Shape Your Future](#), the young people closest to you are wrestling with three questions:

*Who am I?* = a question of identity.

*Where do I fit?* = an exploration of belonging.

*What difference can I make?* = a wondering about purpose.

As our team of researchers, youth leaders, and parents reflected on the Jesus-centered answers we hoped young people would lean into, we landed on three short answers:

**Enough.** Ultimately, we want young people wrestling with identity questions to know that Jesus makes them enough.

**With.** When teenagers and young adults wonder where they fit, we want them to rest in the truth that they belong with God's people.

**Story.** As young people seek to find their vocational place in our world, we hope they lean into the powerful truth that they are part of God's story.



## How praying these 3 words lately has helped my prayer life

### 1. They expand my prayers to cover lots of adolescent territory.

For a decade I've been praying for our kids holistically, asking God to work in the emotional, physical, mental, spiritual, and relational aspects of their lives. Continuing to pray for these aspects through the lenses of enough, with, and story expands my conversation with God and gives it new dimension.

### 2. I have a great framework to pray for me and my husband too.

Among the eight ways I've been praying for myself this last year, one of which is that I would know that Jesus makes me enough. This promise is a daily truth to which I cling, especially as a mom and a wife.

But as I started praying these three words for our kids, they've also become a way to pray for myself and Dave. All eight prayers can be clustered in enough, with, and story. Pretty much all of my daily prayers for my husband can too.



### 3. It's easier for me to pray on the go.

Every once in a while life gets busy, one of our kids needs me, something consumes my focus at work, or it takes me longer to figure out what I'm going to wear than expected...and my prayer time gets truncated. When that happens, focusing on enough, with, and story help me pray in the shower, or in the car, or between meetings.

As we say every time we share our 3 Big Questions research, enough, with, and story are a springboard you can use to come up with your own Jesus-centered answers to the questions teenagers in your life are asking. Maybe God is doing something different in your family or ministry. Perhaps there are particular Scripture passages you feel led to pray for teenagers and young adults.

But if you're not sure what to pray for the young people closest to you, try praying enough, with, and story. You'll be glad you did. And more importantly, so will they.

# WORSHIP NARTHEX OPPORTUNITIES

Situated in the Church's Narthex are two crucial tables. The SIGN UP Table (Picture A) is located immediately to your right as you enter the Narthex from the front. Your involvement in 'signing up' is vital for managing Sunday Services, as this is where volunteers (You!) commit to assisting with Sunday Morning Worship as an Usher, Greeter, or (if ordained) a Communion Server. By doing so, you not only serve your Church but also serve your Lord God! So... Serve your Church... Serve God... Sign Up.

As you exit the Narthex towards Hart Hall, the RESOURCE Table (Picture B) is on your right. This Table offers many helpful and important visual resources. One of the most useful options you can utilize is the Suggestion Box. If you have what you consider to be a valuable suggestion or comment regarding the Worship Service, you can share your thoughts using the Suggestion Box. Please note that the Box is locked, and only the Worship Chairperson will see the actual suggestion slips. He will then discuss the comments and suggestions at the next Worship Team Meeting.

The remainder of the table contents may vary over time. Still, it usually contains useful offerings such as the Daily Word, Bibles, Community Organizations information, and other resources deemed to be of general interest to our Fellowship. The minutes of the Worship Team Meetings are also posted on the Resource Table bulletin board. The opportunities on the RESOURCE Table are for you, the Parishioners of First Press. Please use them.

Picture A



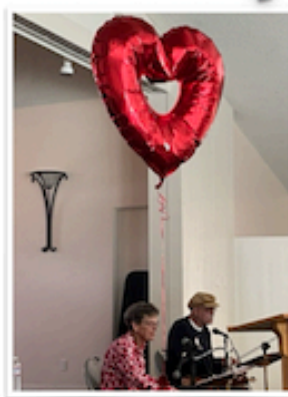
Picture B



# GATHER WITH SUE FRAZEE



*Ladies In Fellowship Together*



## CHILDREN'S MINISTRY KEVIN CLINTON

This March, we continue to study lessons from different Bible books, teaching biblical foundations and learning about biblical characters. For Lent, we are working on a booklet every Sunday, along with our lessons.

The booklet asks us weekly questions:

- 1) Something good this week
- 2) Something hard this week
- 3) Our prayer intentions
- 4) How can I use prayer to enhance the coming week? The booklets serve as a means to discuss the good and bad aspects of our lives through conversations with God in prayer.

On Sundays during Lent, we will also be rehearsing the song "Hosanna" for Palm Sunday, so bring your kids to church during Lent. Other events and programs that are coming up in the next few months include a bonfire. On Sunday, March 16, come hang out and fellowship with others around a firepit.

I look forward to seeing everyone who feels the primal call of fire and fellowship. I'm excited to continue to grow and connect with everyone in fellowship as Koinonia, and I am open to any ideas anyone has for activities that will help us fellowship and grow as a church.



**BONFIRE NIGHT**

MARCH 16 @ 6:30P.M. 8:30P.M.

BRING CHAIRS,  
BLANKETS, AND READY  
TO HAVE  
A GOOD TIME

HAVE FUN, EATING AND MAKING  
SMORES, SINGING SONGS, TALKING  
ABOUT PROVERBS AND FELLOWSHIPING

Email: [children@ipc-upland.com](mailto:children@ipc-upland.com)  
Call the office @ (909) 982-8811



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## TRUSTEES WITH ROY AMES

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For over a thousand years, our brothers and sisters in Christ have seen Lent, the 40 days leading up to Easter, as a time for personal reflection. Many give up something for the time as a way to keep the Christian faith in mind in a new way each day. These can be serious, creative, or even light-hearted.

In our last meeting, I asked the Trustees to share some examples of what they have given up for Lent. Here are some of the things they shared:

- The Donut Shop on 16<sup>th</sup> and Mountain Ave
- Coffee
- Chocolate
- Political TV
- Social Media
- Ohio (Ask Gary)

Pastor Noel noted that Jesus told his disciples to take just what they needed for the day. In this spirit, another had given away something each day, that they had been “keeping just in case” but of course would probably never need.

We hope these will spur your further ideas.

May God bless you in this season.

Thank you, and best regards

Roy Ames







## *Get a lift from LIFT*

*(Ladies in Fellowship Together)*

## **It's a Small, Small World - and It Sings!**

***FPC Preschool Director Misty Wren To Talk About the School, Then Preschoolers Will Treat Us with Songs***

***WE START EARLIER THIS MARCH!***

**Friday, March 14, 10:30 am - 12:30 pm, Hart Hall**

**Doors open 10:15 - Program starts promptly at 10:30**

Who doesn't love a 4-year-old? They are incurably cute. We are in for a treat this March when 15 of them from our own preschool will entertain us with songs. Preschool director Misty Wren will then share with us all about the preschool - its history, its program, its staff, and more. And, of course, she will tell us about the ways we can volunteer!

Wren has been director of the FPC preschool since 2016, following 20 years working and directing in preschool education. She and her staff are fully certified in early childhood education as well as in additional requirements such as CPR and first aid. "I love being part of this church and part of the community," she said. "I have seen the program grow and seen it through its struggles."

Be sure to be on time at 10:30 - we begin promptly with the program, starting with the preschool. Worship songs and devotion will follow, then we will enjoy a brown bag lunch and fellowship. Beverages are provided - or you can bring your own.

**Thank you for your  
generous donations  
to support LIFT  
programming!**

**For more information  
contact Carol Diess,  
626-482-8862, or  
sbbmom@aol.com**

### ***Foothill Family Shelter Needs Your Support***

Show your love each and any month by bringing your contributions of personal care items. Items needed on an ongoing basis include *shampoo, bar soap, toothbrushes and toothpaste, and hand and body lotion.*

# MARCH PRAYER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1- Frei
2	3-Fuzzard	4-Garcia	5-Geiger	6-Griffin	7-Grist	8-Haas
9	10-Hallihan	11-Halsey	12-Hansen	13-Harkins	14-Hebert	15-Hester
16	17-Hesterman	18-Holtrust	19-Honeter	20-Howie	21-Hunt	22-John
23	24-Joiner	25-Karros	26-Kathol	27-Kaufman	28-Kemngang,Jr.	29-Kiertzner
30	31-Kimes					

**Please pray for healing and restoration for:**

Jean Vanvieldt, Felicia Foreman, Bill Howie, Lynn McClelland,  
 Joni Stallings, David Brinkley, Kay Hester, Iris Joiner, Marie Swenson, Bob Summers.  
 Frank Fogle, Terry King, Don Mowery.

**Pray for those who are homebound or in convalescent care:**

Dolores Karros, John Dooley, Beth Brinkley, Louis Kimes, Florence Lutz

## March Birthdays

02 Doug Hunt  
 02 Laura McMullen  
 05 John Dooley  
 06 Ava Shool  
 06 Scott Hansen  
 08 Gianna Accatino  
 09 Baraka Ogot  
 09 Zawadi Ogot  
 12 Bob Carpenter  
 13 Barbara Hester  
 13 Gary Custer  
 15 Linda Ecklund

17 Erine Ames  
 19 Humphrey Ogot  
 23 Marie Swenson  
 25 Paul Sindelar  
 26 David Hydro  
 27 John Argent  
 30 Matt Borger



We would also like to extend birthday greetings to any other **March** babies not on our list. If you know of a member's birthday that needs to be added, please call Gael in the church office @ 982-8811. Thank you, and  
**HAPPY BIRTHDAY TO ALL OF YOU!**

<h1>MARCH</h1>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> <b>Mardi Gras</b> 5:00 pm in Hart Hall
<b>2</b> 10am Worship with Communion	<b>3</b> 5:30pm Bells  6:30 pm Personnel	<b>4</b> 9:30am Knitters 6pm <b>Serve</b> 7pm <b>Gather</b>  AA Groups- HH & upstairs Radiant Church GR	<b>5</b> 9am Coco's Bible Study  <b>ASH</b> <b>WEDNESDAY</b>  Family Service at 6:00 pm	<b>6</b> 5:30pm <b>Deacons</b>	<b>7</b>	<b>8</b> <b>Mother and</b> <b>Son</b> <b>Adventure</b> 11:30 am to 3:30 pm
<b>9</b> 10am Worship Healing Service Immediately following	<b>10</b> 5:30pm Bells	<b>11</b> 9:30am Knitters 5pm <b>Worship</b> 6pm <b>Trustees</b> AA Groups- HH & upstairs Radiant Church GR	<b>12</b> 9am Coco's Bible Study  5 pm Young Disciples and Elevate  <b>Praxis</b> 5:30-6:45 pm	<b>13</b> 12:30pm Preschool Board	<b>14</b> 11am L.I.F.T.	<b>15</b>
<b>16</b> 10 am Worship	<b>17</b> 5:30pm Bells	<b>18</b> 9:30am Knitters  AA Groups- HH & upstairs Radiant Church GR	<b>19</b> 9am Coco's Bible Study  5pm Young Disciples and Elevate  <b>Praxis</b> 5:30-6:45 pm	<b>20</b> 6:30pm Grow	<b>21</b>	<b>22</b>
<b>23</b> 10 am Worship  <b>30</b> 10 am Worship	<b>24</b> 5:30pm Bells   <b>31</b> 5:30pm Bells	<b>25</b> 9:30am Knitters 6:30pm <b>Session</b>  AA Groups- HH & upstairs	<b>26</b> 9am Coco's Bible Study  5pm Young Disciples and Elevate  <b>Praxis</b> 5:30-6:45 pm	<b>27</b> 9:30 am- 3:30 pm <b>Blood Drive</b>	<b>28</b>	<b>29</b>



**GROWING IN CHRIST,  
MAKING HIM KNOWN**

**Deacons**

- Becky Custer
- Heather Decauwer
- Carol Diess
- Sue Fredendall
- Gloria Geiger
- Martha Hebert
- Lisa Murdy
- Margaret Pilcher
- Mark Polchow
- Kim Righetti
- Sue Sindelar
- Michelle Wilson

**Trustees**

- Roy Ames, Vice President
- Gary Custer, President
- Sue Frazee, Secretary
- Herb Joiner, Member at Large
- Glenn Wilson, Treasurer

**Staff**

- Noel Anderson, Senior Pastor
- Matt Shool, Youth Ministries
- Kevin Clinton, Children's Ministries
- Jannina Guzman, Office Manager
- Gael Lecce, Receptionist

**Elders**

- Roy Ames
- William Anguka
- Gary Custer
- Georgia Decker
- Sue Frazee
- Trevor McMullen
- Pam Polchow
- Randy Righetti
- Van Romine
- Jim Smirl
- Donna Strowger
- Tony Webner
- Glenn Wilson

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