

# MAY FIRST FOCUS NEWSLETTER

## Centering Prayer Presentation



Representing Central Illinois Contemplative Outreach, Toni & John Petersen will lead a Centering Prayer presentation on Sunday, May 3 at 9:45am in the library. They'll offer an overview of the practice, provide an opportunity to experience the prayer style, and answer questions. For more information, contact Pastor Karol or Jan Weyhrich. All are welcome! Please sign up online.

## The Wired Word - Sundays at 9am

Join a lively discussion group that explores how a current event or cultural topic relates to Scripture and how we can apply God's word to our lives. With each week's lesson being independent of the others, feel free to come any time. Offered weekly beginning May 10 at 9am in the library. Please sign up online if you'd like to receive an email with the short reading prior to Sunday morning!

## Centering Prayer Workshop

All are invited! Feeling drawn to a closer relationship with God? Join us to learn this simple method of silent prayer to help you deepen your relationship with God. We will present the method of Centering Prayer, practice two periods of Centering Prayer, and explore the benefits of Centering Prayer in ordinary life.

**When:** Saturday, May 16, 9am-12pm

**Where:** East Bay Camp

24248 Ron Smith Memorial Highway,  
Hudson, IL 61748

**Cost:** \$20.00 or Good Will Offering (covers materials and camp fee).

There will be four continuing workshop sessions to support you as you begin the practice. Registration closes Wednesday, May 13. Email [CICOfriends@gmail.com](mailto:CICOfriends@gmail.com) to register or for questions, or text Anne Colloton at 309-830-3231.



# Upcoming Events

## JOY Lunch & Dessert Demo

Seniors (60+) are invited to bring their lunch to the church on Tuesday, May 5, at noon. Then enjoy a step-by-step no-bake dessert demonstration by Anne Lunt. Anne will share the dessert with everyone and provide a recipe to take home. A firm headcount is required; please sign up online by Friday, May 1, by 5pm to reserve your dessert.



## Baptism Gathering

If you have not yet been baptized, we would like to invite you to an informal conversation about the meaning of baptism. This will be on Sunday, May 3 at 9:45am in the lounge. Contact Pastor Matt or Pastor Karol if you are interested or if you'd like to know more.

## Blessings Women's Ministry

All women are invited to a social event on Sunday, May 17, at 2:30pm. We will enjoy the musical DreamGirls at Community Players in Bloomington. 20 tickets have been reserved. Please sign up by Sunday, May 3! If you have questions, call or text Irene DenBesten at 309-824-5611. Details will be sent to those who sign up.



## MAY BIRTHDAYS

Ian	McAllister	5/1	Debbie	Brown	5/9	Sharry	Zimmerman	5/25
Sandy	Peyton	5/1	Curt	Trout	5/10	Kim	Casali	5/25
Todd	Smith	5/2	Heather	Flitz	5/10	Tristan	Bishop	5/26
Haley	Mullins	5/2	Andrew	McAllister	5/11	Elizabeth	Redd	5/27
Jacoby	Box	5/2	Becky	Byrd	5/11	PJ	Woodford	5/27
Robin	Seyller	5/3	Knox	Echeverria	5/15	Allison	Hoepker	5/28
Ben	Koh	5/3	Elaine	Thede	5/15	Don	Peters	5/28
Elissa	Bailey	5/4	Melissa	Moran	5/15	Preston	Cryer	5/29
Jaren	Frankowiak	5/4	Sue	Spaur	5/15	Susan	Rink	5/29
Sarah	Jome	5/5	Sonya	Sanchez	5/16	Brad	Ehredt	5/30
Kayla	Heid	5/6	Melissa	Homler	5/18	Nathan	Hansing	5/30
Lauren	Kramer	5/8	David	White	5/19	Emmet	Hoffman	5/31
Bryan	Freeman	5/8	John	Barnet	5/20			

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## Reclaiming Motherhood: Embracing the Untamed Beauty, Fun, Passion & Vitality of Motherhood

Being a mom is supposed to be “rewarding,” but often we, as mothers, get stuck in a draining, repetitive cycle in our daily lives and in parenting. But what if there was another way to approach motherhood, a way that enables us to shift our perspective on what it means to be a mom and ushers in a joyful new season of mothering? In this 6-session series, Mandy Arioto (President and CEO of The MomCo) invites mothers in all stages of mothering to join her in rediscovering and reclaiming the beauty, fun, passion, and vitality of motherhood. Featuring research insights from Barna Group, this series will leave moms feeling seen, acknowledged, and encouraged. A free study guide is available.



## Habitudes for the Journey: The Art of Navigating Transitions

Life is full of transitions: from middle school to high school, from high school to a college or a job, and especially from college to a career. Each transition is an opportunity to establish healthy habits, make smart choices, and meet great people, but unfortunately, some students aren't able to navigate these intense changes. They find themselves at a destination they don't like

because they didn't make the right moves at crucial times.

In *The Art of Navigating Transitions*, Dr. Tim Elmore teaches students how to make major, critical decisions in their lives. Through thirteen memorable images — each with a series of engaging stories, self-assessment questions, and thought-provoking discussion topics — students learn and internalize important principles on making important, purposeful decisions that will help them set the right course for their lives.



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## We are a connectional church!

First Presbyterian Church of Normal is part of the Presbyterian Church (USA). The councils at each level of our denomination are the church session, presbytery, synod, and general assembly. Our congregation is part of the Presbytery of Great Rivers, which includes 82 churches from Leroy to Quincy and from Carlinville to the Quad Cities. Learn more at [www.greatriverspby.org](http://www.greatriverspby.org).

### Presbytery of Great Rivers Staff:

Lead Presbyter: Rev. Ann Schwartz  
 Stated Clerk: Rev. Elissa Bailey  
 Communications & Administrative  
 Assistant: Brandy Walters  
 Bookkeeper: Sabrina McGrath  
 Treasurer: Annette Simmons

### 2026 Leadership:

Presbytery Moderator: Rev. Lonna Lee  
 Presbytery Moderator-Elect: Ruling Elder Gary Terpstra

## May Care & Share Needs: The Salvation Army

Their greatest needs for May are the following items:

- Taco Seasoning
- BBQ Sauce in plastic bottles
- Tuna in cans or packets
- Deodorant for men and women



Thank you for your continued support of this ministry!

Donations can be brought on Sunday mornings or during the week, M-F, during office hours, 8:30am-3pm.