THE MESSENGER

| NEWS FROM FIRST PRESBYTERIAN CHURCH FORT COLLINS |



STRONG BONES

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From the Editor BACK TO SCHOOL

As much as I loved summer vacation growing up, I also loved back-to-school time. I excitedly anticipated new #2 pencils, new markers, new folders—and the treasured Trapper Keeper. (I know, I'm a nerd—and I'm dating myself.) And then there was meeting new teachers, taking new classes, learning new things, and hopefully making new friends. I loved the adventure of it all, I loved getting back into a regular routine—and I loved learning.

At FPC, we are stepping into the adventure of back-to-school time once again. We're saying goodbye to summer, with one service, vacations, and camping trips—until next summer anyway. And we're looking forward to getting back to a regular routine with our all-church picnic, two services on Sunday mornings, a year-long sermon series walking through the Bible, new classes for adults and children, music performances by Music Mission Kiev, and service opportunities with Faith Family Hospitality. With our focus on Christ in this return to routine, we are sure to make new friends and learn something new.

Luckily, there aren't any school supplies or new clothes to acquire before launching into the new program year at FPC. We just have to show up, just as we are, and be willing to watch what God is doing—and then choose to be a part of it when He calls us.

—Cathy Richardson

THEMESSENGER

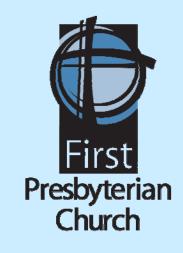
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MINISTERS | THE CONGREGATION SENIOR PASTOR | COREY NELSON EDITOR | CATHY RICHARDSON

PUBLISHING GUIDELINES | THE MESSENGER is a publication for the people, passions, and mission of First Presbyterian Church Fort Collins. The newsletter seeks to inspire, inform, instruct, challenge, and motivate its readers to become engaged in the ministry of FPC. We pray that adult readers in all life stages will aspire to be faithful disciples for Christ.

Articles that support FPC's vision and mission will be accepted. All articles must be sponsored by one of the church's five Centers and are subject to the approval of the Editor. Submissions will be edited for length and suitability.

Article submissions will be accepted via email to crichardson@firstpresfc.org. Contact Editor Cathy Richardson for more information, (970)482-6107. Check www.firstpresfc.org for specific issue deadlines.



PASTOR'S CORNER

STANDING ON THE PRECIPICE OF OUR NEXT CHAPTER

Hello Friends,

My prayer is that you've found time this summer for moments of rest and renewal, for recreation and reconnection with family and friends. A few of us recently got to experience a bit of "all of the above" on our firstannual FPC Camping Trip in the Rockies. It was fantastic. [See page 9!] We will definitely do it again next summer, but no guarantees on the moose hanging out with us during breakfast again. I'm not a miracle worker, you know!

Now with the summer season nearly behind us, we find ourselves once again racing, stumbling, meandering, or skipping our way into a new program year at FPC. In this edition of The Messenger, you'll learn about a number of wonderful new and continuing ministries in the life of our congregation. For my part, I'm excited to announce that beginning on Sunday, August 26 (our first week back to two services at 9:00 and 11:00 a.m.), we will be launching a year-long sermon/ worship series entitled "Our Bible, Our Lives: 40 Stories We Can't Live Without."

After an introductory week, our tour of the Bible will really begin on Sunday, September 2 right where you would expect: Genesis, chapter 1, "In the beginning..." From there we will dash through major stories of the Old Testament that will lead us right up to Christmas. Immediately after the first of the year, we will turn our attention to Matthew's account of Jesus' life, and those stories will carry us through Easter Sunday. On the final leg of our journey, we will accompany the early church, reading Paul's epistles, and then end right where you would expect: the final verses of Revelation.

While this is not the first time FPC has engaged in a year-long study of the Bible, we haven't done it in a long time. So why now? What's the point? Even with a 40-week study, we will still



only scratch the surface of all the treasures that scriptures contain, so this series won't help you win a Bible trivia contest—though I'd be impressed if you do!

Instead, we're launching into this series because in our congregational surveys and in our conversations. I often hear so many of you confessing your deep desire to know the Bible better, to come close to God's "living Word," and to be nurtured by scripture. Personally, I know the power of scripture to inform and inspire me. to touch my life, and to equip me to be a presence of God for others, too.

More specifically, I believe that a broader overview of scripture can help us to discover the Bible's answers to the most intimate questions of our lives: "Who am I, really? What's the purpose of my life? What does joy look like? And courage? And hope? What matters? And what doesn't?" Or, in the words of poet Mary Oliver, "What is it you plan to do with your one wild and precious life?"

In addition, our corporate life together as a church finds us standing on the precipice of our next chapter—a

downtown beacon of light and love in a growing and vibrant city. There are so many things we could do and directions we could go, but we cannot do and be all things. Now is a critical moment for us to be sure we are standing on a strong foundation and to have a clear vision for where God is calling us. I believe the insights and inspiration of this year's study will guide us on this journey together.

The school year's starting, and I, for one, am really excited. I hope you'll join me on the "playground" of God's inviting Word. I can't think of anywhere I'd rather be.

Peace, Corey

STRONG BONES

OUR "BONES" ARE STRONGER WITH RECENT UPGRADES

Health specialists are encouraging all who are older to take extra care of diet and exercise in order to ensure our bones are strong enough to support our active lives. Well, that is excellent advice for church facilities, too, and we have accomplished two major projects to that end this year.

Earlier this year, Kim Shober (our newly married Office Manager) led an effort to replace our obsolete, impossible-to-find-parts phone system. You have probably experienced the new system already. It provides up-to-date reliability and some new features. You can now directly dial your favorite church staff member, and we have caller ID and the ability to forward to a cell phone if our work takes us out of the office for a bit. A phone system, like our skeletal structure, is hardly noticed until it breaks. This one is a lot less likely to break and will support church activities for a long

However, all but \$400 for the storage container for the new parts was paid from an aggressive rebate program sponsored by the city of Fort Collins. FPC thanks all you taxpayers out there. The rebate programs runs into November, and we are actively seeking LED solutions for Sanctuary lighting with Going Green NRG, the same firm that handled the project in the rest of our space.

A vital, fit facility is necessary to support the engagement of FPC with the community of Fort Collins and the rest of the world. We have made progress toward that goal this year, and like strong bones, much of it is hidden from view.

-Don Genson



FPC has exciting fall programs planned for Sunday-morning Adult Spiritual Formation and Wednesday-evening Midweek eXperience (mX)! Start making plans to attend our fall programs—you won't want to miss these interesting and informative offerings. Here's an overview of what's available:

mX Classes for Adults-Session 1

Wednesdays, Sept. 12 to Oct. 10, 6:00 to 7:00 p.m.

- Jonah: An exploration of the Human Soul—led by Rev. Andy DeJong
- Parent Support Group—sponsored by MOPS and open to all couples/parents experiencing the joys of raising little people!

mX Classes for Adults-Session 2

Wednesdays, Oct. 17 to Nov. 14, 6:00 to 7:00 p.m.

- When the Game Is Over, It All Goes Back in the Box, based on a book by Rev. John Ortberg—led by Rev. Glenn Perica
- Parent Support Group—sponsored by MOPS and open to all couples/parents experiencing the joys of raising little people!

Adult Spiritual Formation Classes—Session 1

Sundays, Sept. 16 to Oct. 14, 10:10 to11:00 a.m.

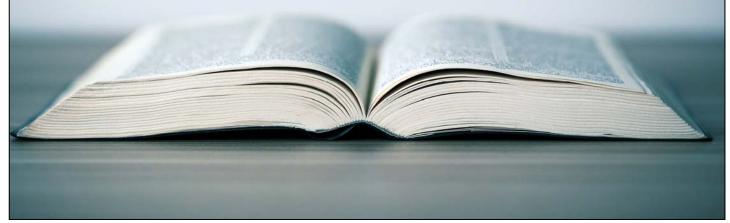
- The Old Testament Gospel of Ruth—led by Rev. Andy DeJong
- Living Our Faith: Contemporary Theology and Ideas—led by Drs. Michael and Nancy Smith

Adult Spiritual Formation Classes—Session 2

Sundays, Oct. 21 to Nov. 18, 10:10 to 11:00 a.m.

- Who is this Man? The Unpredictable Impact of the Inescapable Jesus—led by Rev. Glenn Perica
- Living Our Faith: Contemporary Theology and Ideas
 —led by Drs. Michael and Nancy Smith
- Christian Basics—led by Rev. Ron Sisk. Wondering if Christ is for you? This five-week study discusses basic topics concerning Christ and the Church and offers the opportunity to talk with others who also have questions.





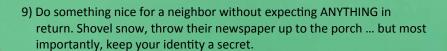
BACK TO SCHOOL

LESSONS TO MAKE YOU A BETTER PERSON

Returning to school is around the corner. Some of us are sending our own kids back to school, some of us are watching grandchildren go back to school, and some of us are watching from our neighborhood streets and church pews. And we're all praying for them. Though academics have a way of being a priority in school, I believe that our labor market needs kids—not who test well, but who can solve problems, stay on task, and ... well... not be a jerk.

Sadly, we DO have educational programs out there that make well-meaning parents feel incapable (when we already have a whole world of social media to do that for us!). After seeing the Fred Rogers movie this week, I wondered what it is that we're "missing" teaching our kids. I came across an article by Kristin Van Ogtrop, who summed it up in 10 short lessons. They are 10 activities for teens that won't get them into college, but will make them better people. Hopefully we can see ourselves in some of these lessons.

- 1) Write a letter... an actual letter that does not begin with "Hey" and is written on real paper.
- 2) Learn to cook a good meal that can feed the entire family, no matter what family you have. Then SIT with the family as you eat the meal (note I did not say sit at the table WITH your phone. Sit with your family WITHOUT your phone).
- 3) Hold down an unpleasant job that makes you hate your parents a little bit because they won't let you quit.
- 4) Go somewhere for the weekend without your phone. You'll feel like you are in solitary confinement, but it might be good to know that feeling. If you can't do it a weekend, try a day. Work up to a weekend.
- 5) Every time you get a new gadget, give an old gadget away to someone who doesn't get new things as often as you do.
- 6) Take care of someone or something other than yourself. A pet would qualify. Learn to brush the dog, walk it, care for it without parents reminding you. Learn to ASK someone else what you could do for them ... no matter how small the offer is.
- 7) Write a heartfelt thank-you note to someone over the age of 70. Heartfelt is the key here—not a "fill in the blank." Even if this person hasn't given you a holiday or birthday present, find something to thank them for.
- 8) Read a book ... for pleasure. If you start one and still hate it on page 50, find another book. Repeat as needed until you find a book you really love.



10) Don't race to the top. Never race to the top. If you want to aim for the top, good for you. But try to get there slowly, deliberately, without knocking everyone else out of the way ... or missing the view.

No, these aren't the Common Core requirements we hear so much about in education, but they might possibly be some common core attributes that children and adults alike might want to think about or even do! I certainly found myself in there somewhere—I imagine you did too! These activities might just add to your life, even without anyone else knowing it.

-Marge Rice



PARTNERING WITH







Munawar and Rebecca, along with their children, extend a BIG thanks to FPC for the support building their Habitat for Humanity home this year at Harmony Cottages in Fort Collins. We provided construction and lunch volunteers in June and look forward to doing that again on Saturday, September 15. If you're interested in volunteering, please contact Karen Restad, (970)227-1035 or karen@restad.us.

Our church continues our long-term partnership with Fort Collins Habitat through local and global builds. If you're interested in helping decide a location for a church global Habitat build in 2019, please contact Erika Nossokoff, (970)488-2606 or ENossokoff@FortCollinsHabitat.org.





CHURCH OF CHARACTER

CREATIVITY

The character quality for August is CREATIVITY (versus underachievement). Creativity can be defined as approaching a need, a task, or an idea from a new perspective.

When we consider the concept of creativity, we can't help but think about our God, the creator of our universe and all that is within it, including ourselves. Consider, for a moment, some of the characteristics of this wonderful universe that God created. Let us begin with something familiar: a summer storm. The delay between the sight of a lightning flash and the sound of thunder demonstrates the great difference between the speed of light and the speed of sound. In just a single second, while sound can travel only 1,125 feet, light can travel 186,000 miles! It would take sound over 32 hours to circumscribe the earth— 24,900 miles—but light, in just one second, could make the same journey 7½ times! Keep this concept of the speed of light in mind as we consider the universe and its amazing dimensions.

"In the beginning God created the heavens and the earth...

And God said, 'Let there be bright lights in the sky to give light to the earth and to identify the day and the night; they shall bring about the seasons on the earth, and mark the days and years. And so it was ... And God was pleased."

—Genesis 1:1, 14—15; 18

Situated approximately 93 million miles away, our sun provides the perfect amount of light and heat for life on earth to exist. The rays from the sun, traveling at 186,000 miles per second, take about 8½ minutes to reach the earth. While our sun is a mere 8½ light minutes away, the next-nearest star is 4½ light years from us, meaning that the light we see tonight actually left that star 4½ years ago, traveling at 186,000 miles per second! If we were to make a map of the universe and the earth were represented by a sphere only one inch in diameter, that nearest star would have to be placed 51,000 miles away! And that's the nearest star! In our galaxy alone, there are over 100 billion stars. If you counted 100 of them every minute—day and night—it would take you over 1,900 years to count them all! Wow!

When we lift our eyes to marvel at the heavens, we are awed by the magnitude and grandeur of the universe. Consider, then, how much more we should be awed by its Creator, who by the power of His word brought this amazing universe into existence.

And this same God, our God, who created the universe and the earth that we live on, loves us and wants us to walk with Him and talk with Him every day! Our God is indeed an amazing, awesome, wonderful God!



Come and make a joyful noise unto the Lord!

Check out the 2018–2019 Music Ministry schedule below and join us this year. For additional information, check firstpresfc.org or contact the directors listed here.

SANCTURY CHOIR—Open to High School, College & Adults

First Rehearsal: Thursday, September 6, 7:00–8:30 p.m.

Director: Marvin Crawford

mcrawford@firstpresfc.org / (970)631-4402

CHANCEL BELL CHOIR—By Audition Only

First Rehearsal: Wednesday, September 5, 7:00–8:30 p.m.

Director: Marvin Crawford

mcrawford@firstpresfc.org / (970)631-4402

JUBILATE RINGERS—Open to 5th–12th Grades

First Rehearsal: Sunday, September 9, 5:15-6:00 p.m.

Director: Kathryn Rudd

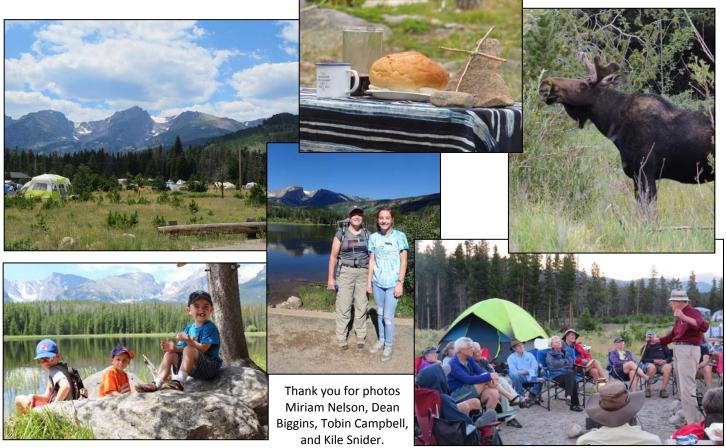
kathryn.rudd@comcast.net / (970)215-2377

CHILDREN'S SACRED CHORUS—Open to 2nd–5th Grades First Rehearsal: Wednesday, September 12, 4:30–5:15 p.m.

Director: Alyssa Johnson

ajohnson@firstpresfc.org / (970)371-6592









Fort Collins FPC has been given the opportunity to host the world-acclaimed Kiev Symphony Orchestra and Chorus (KSOC). For these distinguished Ukrainian musicians, music is both a profession and calling. Many members are graduates of the world-renowned Tchaikovsky National Music Academy and regularly perform both cultural songs and sacred masterpieces of classical music in Ukraine and at churches, colleges, and concert halls throughout the world. The gospel lives and breathes in the music they share. This organization began as an opportunity to share the gospel through music and has grown into the Music Mission Kiev (MMK), a thriving ministry that focuses on evangelism, discipleship, and compassionate care for widows, orphans, and victims of war in Ukraine. For example, MMK currently supports almost 500 widows through weekly food packets, Bible studies, and home visitations.

KSOC was founded by Dr. Roger McMurrin in 1992, when he was invited to Kiev to accept the challenge of beginning the reintroduction of Christian and other classical musical works into the former Communist nation. For 70 years, the former Communist countries would not allow missionaries to come, but they did welcome musical groups to visit. This opened the door for MMK to bring in the Gospel through sacred and classical music and to share the message of Christ in Ukraine.

The Centers for Worship, Music & Arts and Mission & Outreach are thrilled to announce that FPC will collaborate with Faith Church in hosting two concerts this fall. Keep an eye out for the opportunity to host KSOC musicians in your home. Watch the bulletin and weekly announcements for more information. Then, don't miss the two (different) concerts performed by KSOC.

- Saturday, September 22 at 7:00 p.m., Faith Church, 3920 S. Shields Street
- Sunday, September 23 at 4:00 p.m., FPC Sanctuary

The concerts are open to everyone, and a free-will offering will be taken. Please mark your calendar and bring a friend to these wonderful offerings of music and ministry.

WHAT: Two Ministry Concerts

WHO: Music Mission

Kiev (Kiev Symphony Orchestra and

Chorus)

WHEN: September 22,

7:00 p.m.

WHERE: Faith Church

3920 S. Shields

WHEN: September 23,

4:00 p.m.

WHERE: FPC Sanctuary

LIBRARY CORNER

THE WORD SOURCE

After reading Present Over Perfect, I believe Shauna Nieguist could be a "soul-sister" to Brene Brown in the kindred themes that emerge in their writings about the power of connectedness, belonging, and finding meaning in the often-chaotic lives we experience. How one goes about the journey of reintroducing ourselves to those whom we love and letting go of expectations of ourselves that have contributed to a sense of feeling overwhelmed and stuck is not an easy process, according to Niequist, yet with God's guidance it is possible. The writer describes a four-year journey that has led to more of a peace and groundedness to her days as she has learned to "allow herself to be fragile and ask for help." Sounds a lot like **Daring Greatly**'s primary theme of vulnerability we've been learning about from Pastor Corey's sermons, doesn't it? Niequist also challenges us to recognize the number of ways one tries to "anesthetize one's self" through all sorts of "drugs"-exercise, bingewatching TV, working, volunteering, cleaning, dieting. It is through a "plunging into the sense of deep inadequacy" that led her to a yearning to figure out a way to conquer the emptiness and insecurities within herself. One of my favorite passages, of which there are many, from this book, is "it's about rejecting the myth that every day is a new opportunity to prove our worth, and about the truth that our worth is inherent, given by God, not earned by our hustling."

In *Uninvited*, witty author Lysa TerKeurst takes the reader inside a vulnerable place as well, where she had felt cast out by an emotionally absent father early in her life. Because she explores the theme of "real or perceived" rejection in an unapologetic

manner, one sees into her thought process of how it is defined and how she turns to God to provide meaning for her through a myriad of painful experiences. She examines two core fears that feed rejection, a fear of being "abandoned" and a "fear of losing one's identity." She goes on to admit to a hollow type of existence that she found herself in as she found rejection "settling in" her core. Only upon a daily, "quiet surrender" in the form of prayer was Lysa able to move toward healing on her journey. TerKeurst frequently draws from scripture, including passages like this one from Isaiah 42:16: "I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them." Ultimately there is a built trust as we are reminded by the author that when we turn to God in prayer, we are "more (aligned) with Jesus, and the more we will stop fearing what the world may take from us." This rejection -to-restoration story through God's love and grace is a message offered with much wisdom within the pages of this book. The reader will chuckle at various anecdotes and insights from chapters like "There's a Lady at the Gym Who Hates Me," "Hello My Name Is Trust Issues," and "What I Thought Would Fix Me Didn't." It's easy to view oneself as a friend in an ongoing coffee shop conversation with TerKeurst throughout this read, and it's one I believe you'll thoroughly enjoy.

Author Shiela Walsh is another writer with a captivating personal journey that includes a lifelong struggle with depression and suicidal thoughts, shared in her book, In the Middle of The Mess. She discusses how early in

her life, while growing up in Scotland, she sensed that sorrow was not something to be shared based on observations of how her mother dealt with her father's sudden death. After hiding emotions, harboring anger and shame, she delves into the comfort she rediscovered of finding Christ as an "everyday salvation." As individuals reckon with an understanding that "we will always be broken on this side of heaven," she encourages us as Christians to lean into a trusted faith community. She explores how when God is fully invited into the places within our hearts that hold the buried secrets, it is through daily confession to God that one can find an "antidote to loneliness." There are several messages that Walsh guides the reader toward throughout the chapters of this book; one that resonates powerfully is that "when we begin to grasp just how much God loves us, even in our brokenness, we are able to love each other and have true fellowship." Reflections at the end of each chapter would lend well to utilization of this book in a women's small group or Bible Study.

Please take the time to check out these new reads, among several, at your FPC WordSource Library.

-Ginny Mack

From the Director of Children's Ministries: It's Been a Year!

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

— William Arthur Ward

If my first year with my FPC family was measured by gratitude (as most things should be), then each day has been overflowing. You welcomed me with such warmth. You came to my rescue time and again with your time, donations, and support. You encouraged me when things went well and also when they didn't! Children's Ministries can't happen without willing volunteers, and you made all of the difference! Based on the gratitude in my heart, it's been an amazing year!!! Thank you!

—Pam Armstrong



Children's Ministries is getting a makeover!!

We have a new name, "Kids First!" (It's a name AND our belief!) And we will be working on our space! Watch it develop!

Fall Volunteer Opportunities

Sunday School Teachers!

You can volunteer weekly, bimonthly, monthly, or as a sub!

Prayer Partners!

We need 80 volunteers—all kids paired! Be paired with one child throughout the year. Attend one to three intergenerational events (the first is an introductory event on September 16) Pray daily for your partner (they will be praying for you!). Sign up online or email Pam.



Thank you so much to everyone who helped to make VBS 2018 such a wonderful week! Thank you to the decorating team led by Peg Mussard for changing our church into Babylon. Thank you to the 50+ youth and adults who volunteered their time with crafts, games, group-leading, celebration, AV-leading, preparing snacks, acting, and being at my beck and call. And thank you to those who took donation leafs and brought in so many items.

We welcomed 90 participants! Many of them attend our church, and there were several who do not. At least three new families expressed interest in checking out our Sunday school. We hope so they were such great families!

One child, when asked where they saw God at work, twirled around with arms outstretched and said, "Everywhere!!" I agree.

Sunday School Changes

We LOVE having our children worship with us! Fact: Fact: Having our children begin in worship left little time for Sunday school.

Solution:

- 1) Children will worship with their families for the entire service eight times throughout the year. On those Sundays, the children will provide music, there may be a children's message, and quiet activities will be provided. Those dates will be sent out to parents soon.
- On the other Sundays (September 9, 2018 to May 19, 2019) the children will spend the entire service in Sunday school. This will allow us to enhance the lesson in more creative ways. Having parents escort their children to and from class will allow them to meet the teachers, and new parents will know where their children are.

We hope that this will meet the needs of our families AND the larger church family who love our kids!

YOUTH MINISTRY

KALISTA CONSOL SIGNS ON FOR ANOTHER YEAR



When I first applied to work in the youth ministry at FPC two years ago, I could not have imagined the plans that God had in store for me here. Since then, my relationship with God has deepened in aspects I had not even realized were lacking, and I have seen God's hand work in and through the youth of the church in inspiring ways. I think my favorite part has been the tremendous joy of knowing our youth here at FPC. God has absolutely blown me away in the creativity, diversity, beauty, and strength represented in these youth. I am honored to work with a student whose courage and vibrancy leads our youth group to new adventures; a young woman whose authenticity and kindness reminds me

of the sweetness of God's love; a youth whose soul-searching and determination are inspiring; a young man whose heart for serving has blessed many in our congregation; and a group who overall is sincerely and deeply seeking to find their place in this world with the unique gifts that God has given them. I feel an overwhelming sense of gratitude and awe that God and these youth have allowed me to walk alongside them in this journey.

That is why I am thrilled to announce that I will be staying another year in my current position as Interim Director of Youth Ministry. I am filled with peace and excitement for the year ahead, and I am thankful for the opportunity to be

a part of the work God is doing in and through the youth ministry.

This fall we will launch back into youth group and Sunday school for our middle and high school youth, as well as confirmation class, monthly game nights, and several lock-ins and retreats. If any youth or adult volunteers would like to get involved, please contact me, kconsol@firstpresfc.org. I am passionate about this ministry and would love to connect you to the work God is doing here!

-Kalista Consol

DIAMOND IN THE ROUGH

TRANSFORMING FAITH FAMILY HOSPITALITY'S BRIDGE HOUSING



Several FPC members have now been able to tour the diamond in the rough, which is Faith Family Hospitality's (FFH's) bridge housing named the Sherwood House (pictured above). It will be exciting to compare the current state to the future transformed 16 bedrooms, 2 kitchens, 8 bathrooms, 2 living/dining rooms, a computer room, a resident manager apartment, and a large toy room.

Even more interesting will be the comparison of FFH's beginnings to the services that the organization will provide in this next stage of its existence. The program began as a simple emergency overnight shelter program, with families with children spending a week at a time housed in various churches. Today, services include housing of four families overnight by faith communities plus a

day center with full casework guiding seven or eight families at a time through homelessness to independent living. The three families hosted at FPC in May of this year all moved into housing within the same week. In addition, many families now find permanent housing with the assistance of casework at the day center without ever moving into the overnight program.

The next stage for FFH will be the completion of the Sherwood House. This will allow FFH to provide additional support to seven families who are actively working to resolve their homeless situations, offering them more independence but still some level of support.

Even with all of these additional services, the original goal of providing

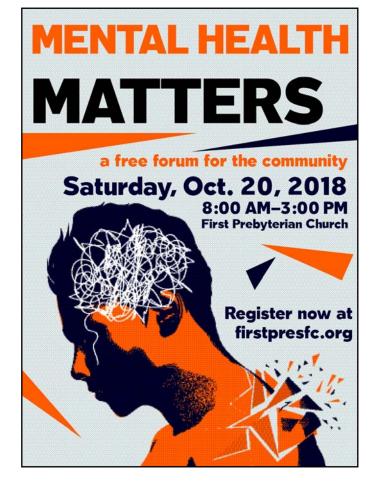
simple overnight shelter is still an integral part of FFH's mission. This is a part of the Housing First initiative that is a critical first step in families achieving self-sufficiency. FPC is a critical component in providing this overnight shelter.

We will again be hosting families beginning on August 19. Help is needed to set up rooms, provide meals, host for an evening, or host overnight at some point during the week. We can provide training and support. If you are not yet a part of the FFH Group on MyFPC or if you have questions, contact Janet Schuchmann, jlsnv@aol.com or (571) 212-1698. This will ensure that you receive updates and notice when it is time to sign up.

—Janet Schuchmann









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