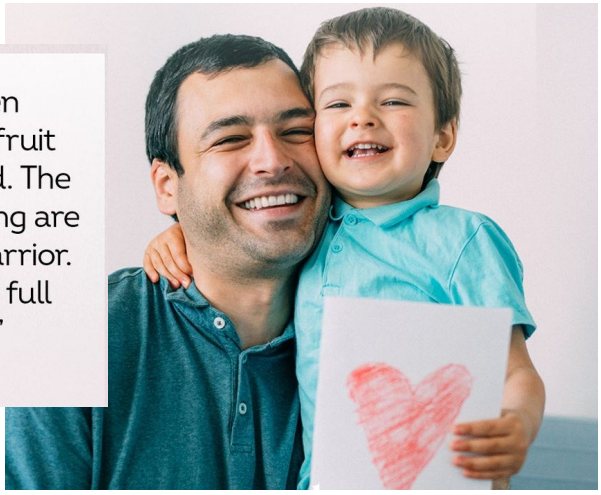
JUNE Newsletter

"No doubt about it: children are a gift from the Lord; the fruit of the womb is a divine reward. The children born when one is young are like arrows in the hand of a warrior. The person who fills a quiver full with them is truly happy!"

PSALM 127:3-5



Another month has passed. We THANK those who have filled our pulpit: Rev. Tim Gerarden, Rev. Erica Schemper, Ally and Ann, and our wonderful youth with Larry Pedersen.

Thanks to everyone who helps with our worship service: Ann Driver, Bob Tracy, Steve Willert, Steve Springsted, Howard Gransee, and Brian Rohrs. Thank you to the Session members for serving communion. everyone who sets up coffee and brought food for fellowship. A special Thank You for Ally Holtz, whose efforts is going above and beyond finding and filling our pulpit every Sunday. It is not an easy job. Occasionally, we haven't had anyone, so our own members have filled in.

June is bringing us Father's Day on Sunday, June 18th. I wanted to know what the Bible had to say about fathers. There are many, many references, here a two of my favorites.

Proverbs 22:6: "Start children off on the way they should go, and even when they are old they will not turn from it."

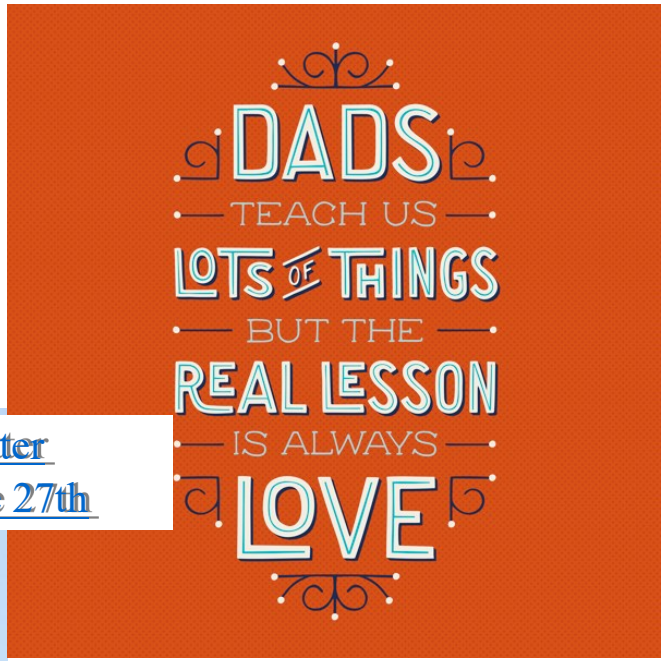
2 Samuel 7:14-15: "I will be a father to him, and he'll be a son to me.

Our elders are diligently working towards filling our pulpit. There are many, many steps to follow. The Presbytery will be guiding us in the preparation for our search. Please pray for guidance and strength for their endeavors on our behalf.

June is National Safety Month. Summer is nearly here with vacations, camping, fishing, gardening, picnics and all the wonderful things that we enjoy. Please be wise, have fun, and make safety a priority.

Have a great month!!!

Ann Driver
Secretary



July Newsletter Deadline - June 27th

June 2	Karen Tracy
June 4	Kellen Wilke
June 7	Samantha Fogal
June 9	Dick Hewitt
June 12	Andrew Heser
	Ruth Pedersen
June 17	Carson Borgstrom
June 21	Nathan Gransee
June 27	Amanda Frodermann
June 29	Spencer Driver
	Carli Mittelstadt
	Jennifer Mittelstadt

June 4

Mike & Carol Prenzlow

June 12

Al & Paulette Riedel

Session Meeting

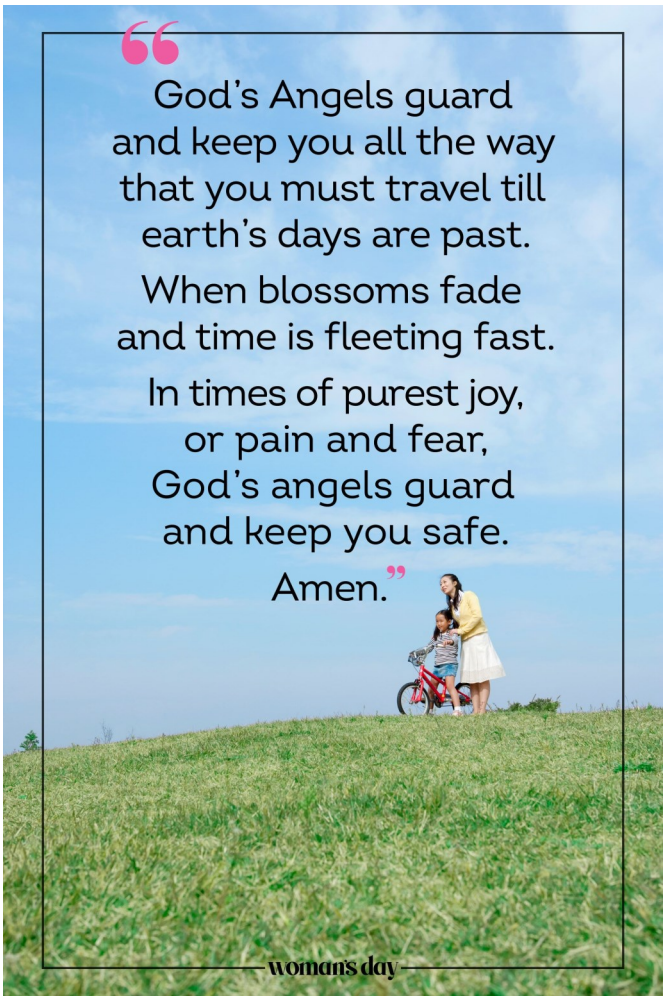
June Session Meeting
June 20th at 6:00 PM

Prayer Chain

Prayer Requests

Pray for our service men in the military.
*Peyton Wilke with the US Marines.

Please keep Elaine Gransee, Bev Livingston, Donna Dutton, Ruth Allen, Joyce Olson, Jeanne Dunbar and Carol Prenzlow in your prayers for better health and strength. Also, continue all prayers of comfort and strength for the family of Grady Lundgren, and also prayers of strength for the Brevig family.



First Presbyterian Church
507-635-4781
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Church Secretary
Ann Driver 507-202-1632
dashdriver54@gmail.com

Church Office Hours
Tuesday & Thursday
9:30 AM - 12:30 PM

PW CORNER

Greetings Ladies,

Here we are in the month of June which signals the beginning of summer, and it is also the month to honor all fathers on Sunday, June 18th – Father's Day. So far we have been fortunate to have good weather and hopefully that will continue for the duration of the summer months. Since I neglected to acknowledge Memorial Day in last months' article, I truly hope everyone had a pleasant holiday; perhaps some enjoyed a first picnic of the season.

There are no PW activities for the month of June and there will also be no Fellowship Circle meeting. Our next activity is scheduled to be an outing in the month of July.
The salad luncheon which was held on May 3rd was a huge success!!!:) Many, Many THANKS to all who furnished salads or bars and also the same THANKS to all who helped organize and work at the luncheon. When the people started coming the line just never stopped and everyone exclaimed about how delicious everything was and how happy they were to be able to come and enjoy the event. The weather was perfect and the people really enjoyed sitting and visiting with friends. It just can't be said enough – THANK YOU ALL and GOD BLESS US, EVERYONE!!!

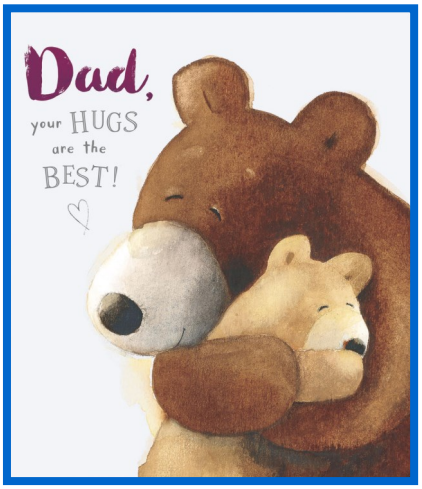
We will not be delivering Meals on Wheels this month but we are scheduled for that task July 3 – 7. If you would like to volunteer for that most worthy task, please contact Sharon Law; and as always, many thanks to all who participate in this project and also many thanks to Sharon for keeping all the volunteers organized. A big THANK YOU to all who serve coffee and goodies for the fellowship time after worship each Sunday; that time of friendship and visiting is definitely enjoyed by all.

Prayers continue to be needed for Elaine Gransee as she works to regain her health and strength. She is currently at Fieldcrest Care Center in Hayfield, and she would definitely enjoy all your prayers, cards and visits. Keep Bev Livingston, Donna Dutton, Ruth Allen, Joyce Olson, Jeanne Dunbar and Carol Prenzlow in your prayers for better health and strength. Also, continue all prayers of comfort and strength for the family of Grady Lundgren, and also prayers of strength for the Brevig family.

We are all very happy to have Todd Livingston back with us again. Many thanks to Todd for his dedicated service to his country. Best wishes, Todd, as you follow your next path in life.

Many prayers are needed for all in military service, all in public office, everyone in the field of health care, all religious leaders, and everyone who has suffered from oppression; may God be with and bless each and everyone.

June is the month when the third Sunday in the month is set aside to celebrate fathers. Father's Day celebrates and honors the men who have embraced the essential role of fatherhood. On this day we also thank fathers and father figures (uncles, grandfathers) for the sacrifices they make, for embracing the responsibility of raising and nurturing children, and for their devotion to their families. Father's Day became a national holiday in the U.S. in 1972 during the Nixon administration. It did not become recognized until this date because men "scoffed at the holiday's sentimental attempts to domesticate manliness with flowers and gift-giving, or they derided the proliferation of such holidays as a commercial gimmick to sell more products – often paid for by the father himself". But no matter what, we celebrate all fathers and love them for who and what they are to all of us.



Silent, Strong Dad

Karen K. Boyer

He never looks for praises,
He just goes on quietly working,
His dreams are seldom spoken,
And most of the time his worries,
He's never one to boast,
For those he loves the most.
His wants are very few,
Will go unspoken, too.

Best wishes for a happy, joyful, fun-filled Father's Day!!
Have a great, warm, healthy month of June.
Many blessings from our Father in heaven,
Sue and Paulette, PW co-chairs

Kasson Kickoff:
Friday, June 16
6:30-9:00pm*at the
Dodge County Fairgrounds, M-57, Kasson, MN 55944

- **Learn about NAMIWalks**
- **Get a taste of NAMIWalks in a 1-mile Luminary Walk celebrating recovery**
- **Live Music from LP & the 45s!**

Ready to Walk? Click here to register as a Walker:
OR...if you just want to check things out, RSVP here to join the Kickoff festivities:

*Schedule of Events

6:30pm - Enjoy the band and check out vendor tables
7:00pm - Program
7:45pm - Listen to the band, visit the food trucks, buy a luminary
8:30pm - Luminary walk begins

Karen Tracy will be selling luminaries to anyone interested. The cost is $10 per luminary. If interested, contact her by phone 507-951-1750 or see her in church.

"The church received a junk email. While I generally delete them, this one caught my eye.

The Surgeon General has issued a warning on the dangers of social media for teenagers.

With school being over and our children have more free time, maybe it would be a good opportunity for parents to be reminded of this concern."

How Media Use Can Affect Your Child

Today's children and teens are growing up immersed in digital media. It ranges from TV and videos to social media, video games and so much more. And it's all available on multiple devices—computers, e-readers, gaming consoles, smartphones and other screens.

Media can influence how children and teens feel, learn, think and behave. This is why it's important to be understand the risks & benefits of digital media use and how to keep them in bal-

Kids & Media use: by the numbers

Recent Common Sense Media research shows that media use by tweens (ages 8–12 years) and teens (ages 13–18 years) has risen faster in the two years since the pandemic than the four years before. The research found 8- to 12-year-olds spend an average of five and a half hours a day on screens and consuming media. That rate climbs to over eight and a half hours a day for teens.

Among teens, 79% said they use social media and online videos at least once a week, and 32% of these said they "wouldn't want to live without" YouTube. And nearly two-thirds (65%) of tweens said they watch TV, 64% watch online videos and 43% play games on a smartphone or tablet every day.
Average daily screentime rates soared highest among Black and Hispanic/Latino kids and those of lower-income families. These teens and tweens were spending between 6.5 and 7.5 hours a day on entertainment screens.

In another survey, 71% of parents with younger children (under 12 years old) said they were concerned about their child spending too much time in front of screens

Risks & benefits of media use by children & teens - Why use digital media?

Digital media use can:

Expose users to new ideas and information.

Raise awareness of current events and issues.

Promote community participation.

Help students work with others on assignments and projects.

Source

Adapted from Beyond Screen Time: A Parent's Guide to Media Use (Copyright © 2020 American Academy of Pediatrics)

Digital media use also has social benefits that:

Allow families and friends to stay in touch, no matter where they live.

Enhance access to valuable support networks, especially for people with illnesses or disabilities.

Help promote wellness and healthy behaviors, such as how to quit smoking or how to eat healthy.

Why limit media use? - Overuse of digital media may place your children at risk of:

Not enough sleep. Media use can interfere with sleep. Children and teens who have too much media exposure or who have a TV, computer, or mobile device in their bedroom fall asleep later at night and sleep less. Even babies can be overstimulated by screens and miss the sleep they need to grow. Exposure to light (particularly blue light) and stimulating content from screens can delay or disrupt sleep and have a negative effect on school.

Obesity. Excessive screen use and having a TV in the bedroom can increase the risk of obesity. Watching TV for more than 1.5 hours daily is a risk factor for obesity for children 4 through 9 years of age. Teens who watch more than 5 hours of TV per day are 5 times more likely to have over-weight than teens who watch 0 to 2 hours. Food advertising and snacking while watching TV can promote obesity. Also, children who overuse media are less apt to be active with healthy, physical play.

Delays in learning & social skills. When infants or preschoolers watch too much TV, they may show delays in attention, thinking, language and social skills. One reason for this could be that they don't interact as much with their parents and family members. Parents who keep the TV on or spend excess time on their own digital media miss precious opportunities to interact with their children and help them learn.

Negative effect on school performance. Children and teens often use entertainment media at the same time that they're doing other things, such as homework. Such multitasking can have a negative effect on how well they do in school.

Behavior problems. Violent content on TV and screens can contribute to behavior problems in children, either because they are scared and confused by what they see or they try to mimic on-screen characters.

Problematic internet use. Children who spend too much time using online media can be at risk for a type of additive behavior called problematic internet use. Heavy video gamers are at risk for Internet gaming disorder. They spend most of their free time online and show less interest in offline or real-life relationships. There may be increased risks for depression at both the high and low ends of Internet use.

Risky behaviors. Teens' displays on social media often show risky behaviors, such as substance use, sexual behaviors, self-injury, or eating disorders. Exposure of teens through media to alcohol, tobacco use, or sexual behaviors is linked to engaging in these behaviors earlier.

Sexting, loss of privacy & predators. Sexting is the sending or receiving of sexually explicit images, videos, or text messages using a smartphone, computer, tablet, video game or digital camera. About 19% of youth have sent a sexual photo to someone else. Teens need to know that once content is shared with others, they may not be able to delete it completely. Kids may also not use privacy settings. Sex offenders may use social networking, chat rooms, e-mail and online games to contact and exploit children.

Cyberbullying. Children and teens online can be victims of cyberbullying. Cyberbullying can lead to short- and long-term negative social, academic, and health issues for both the bully and target. Fortunately, programs to help prevent bullying may reduce cyberbullying.

Make a family media use plan

Children today are growing up in a time of highly personalized media use experiences. It's smart to develop a customized media use plan for your children. This helps your kids avoid overusing media by balancing it with other healthy activities.

A media plan should consider each child's age, health, personality and developmental stage. Remember, all children and teens need adequate sleep (8–12 hours each night, depending on age), physical activity (1 hour a day) and time away from media. Create a customized plan for your family with our interactive Family Media Use Plan. Developed by the American Academy of Pediatrics (AAP), this tool works with your family's values and busy life.

More information

Beyond Screen Time: Help Your Kids Build Healthy Media Use Habits
How to Make a Family Media Use Plan
Cyberbullying: What Parents Need to Know
Sexting: How To Talk With Kids About the Risks
5 Unhealthy Ways Digital Ads May Be Targeting Your Child

Clerk's Corner - Highlights of Session Activities:

Session Meeting Highlights

May 18, 2023

Rev. Tim Gerarden has agreed to moderate Session meetings for the next few months.

Doug Walters will be our liaison to the Presbytery.

VBS will soon be scheduled and planned.

Pulpit Supply has been challenging. Volunteers and ideas are welcome. Please talk to Ally Holtz.

Yearly key inventory will be done at the beginning of the year.

Session and Deacons Combination Meeting Highlights

May 18, 2023

A meeting was held to fulfill the yearly requirement.

In the absence of a minister, Deacons will be taking a more active role in pastoral care.

Adding members to the Prayer Chain could strengthen communication.

Other ideas for improving communication were discussed.

During times without a minister, it was noted to remember members are the church and stepping forward and not back will strengthen our church.

Treasurer's Report:

The receipts do NOT include the non-cash items.
Because the newsletter comes out before the end of the month, the treasurer's report won't be finished, so it will always be a month behind.

Treasurer's Report:

Receipts April 2023	$	9,477.50
Expenses April 2023	$	9,137.50
Balance April 2023	$	340.00
Needed weekly	$	2,435.08
Needed monthly	$	10,552.03

June Kid's Page

BibleWise

True Wisdom
—James 1–4

Be Wise

Solve this picture puzzle to learn how to get true wisdom. Read James 4:8 to check your answer.


Used by permission: Bible Puzzles for Kids Ages 8-10. Cincinnati: Standard Publishing Group, © 2006

FATHERS OF THE BIBLE

Who am I? Trace the lines to discover who these Bible fathers are!

"I had a son, Isaac, when I was 100 years old."

"I obeyed God, built an ark and saved my family"

"I was the first human father - I had sons including Cain and Abel."

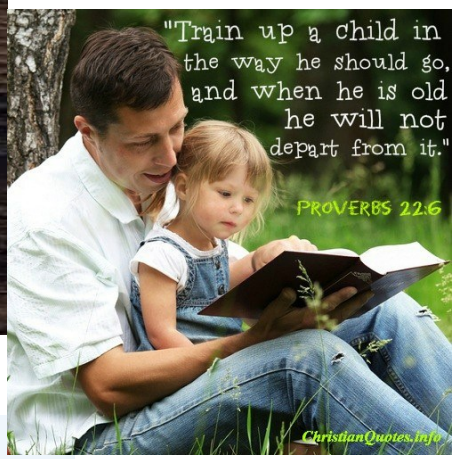
"I saved gold and jewels to help my son, Solomon, build the temple."


KING DAVID


ADAM


ABRAHAM


NOAH



Fathers Day Word Search

Find the hidden words.

S	S	D	S	S	R	L	G	Z	T	X	K	R	L	B
T	E	F	L	W	E	A	L	H	I	I	A	G	N	A
R	K	U	O	E	T	X	O	A	S	P	H	U	G	S
O	O	N	O	E	H	U	U	S	B	T	R	A	E	H
P	J	N	T	T	G	D	E	V	O	T	E	D	G	V
S	T	Y	O	H	U	S	L	S	U	M	O	N	M	G
F	V	C	T	H	A	W	E	R	O	Z	O	O	N	W
V	I	F	E	G	L	I	E	H	Q	R	L	I	F	H
D	U	S	I	P	R	T	C	E	T	O	R	P	L	O
L	A	F	H	O	S	F	N	S	V	A	J	G	A	L
E	T	D	M	I	U	E	A	E	C	G	U	I	I	I
S	I	E	D	J	N	Z	R	T	R	W	N	V	C	D
A	M	T	L	Y	Z	G	O	I	H	A	E	I	E	A
F	A	M	I	L	Y	B	R	A	V	E	P	N	P	Y
N	E	R	D	L	I	H	C	Q	B	B	R	G	S	O

BBQ	FATHER	HOLIDAY	LAUGHTER	SPECIAL
BRAVE	FISHING	HOME	LOVE	SPORTS
CARING	FOOTBALL	HONOR	MEMORIES	STRONG
CHILDREN	FUNNY	HUGS	NURTURE	SWEET
DADDY	GIFTS	JOKES	PARENT	THOUGHTFUL
DEVOTED	GIVING	JUNE	PROTECT	TIE
FAMILY	HEART	KISSES	RESPECT	TOOLS

June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
Trinity Sunday 4	5	6	7	8	9	10
11	12	13	Flag Day 14	15	16	17
Father's Day 18	19	Session Meeting 6:00 PM 20	Summer Solstice 21	22	23	24
25	26	27 Deadline for Newsletter	28	29	30	

Notes: June is National Safety Month