



## Pastor's Letter for June Newsletter

Greetings Friends! I am so excited to finally be in Minnesota! Josh, the puppies, and I arrived at the house on Sunday May 17. Thank you so much to all who decorated the garage door with a sign, left baked goods, cards, and even put a jar of homemade strawberry jam in my mailbox. We appreciate it so much!

I know it is such a weird time to welcome me as your new pastor, especially when we can't gather together in person. For now, I look forward to meeting all of you from a safe distance whether virtually or in person. Pastoral care will still be provided by phone, mail and email. We will navigate through this challenging time together.

The verse that has been on my heart as I have prepared to join you all is from the book of Isaiah 43:19, "Look! I'm doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert."

It may feel like we are in the desert now. We miss our church family. We miss worship and fellowship time together. The good news is that God is still at work! God is doing new things right in front of us. In this time of transition and change we know that the Holy Spirit is working in and through us.

Worship until further notice won't take place in the sanctuary. Like the early church, it will take place in our homes. Watching church on Facebook is different than sitting with all of your friends and family on Sunday. Jesus says where two or three are gathered in His name, He is present and He will be present as we do worship differently for the time being.

This is an exciting time as we think how to do worship differently. I'm exploring lots of creative ways to have church, build community, and stay connected during this time. I looking forward to sharing those ideas with you in the future.

Please know how excited I am to walk alongside you, to pray for you, and to remind you that you are so fiercely loved by Jesus Christ.

Grace and Peace,

Pastor Amanda



[Newsletter Deadline](#)

[June 24 - 8 AM](#)

# **JUNE 2020 NEWSLETTER**

**First Presbyterian Church**

**101 6th Avenue NW**

**Kasson, MN 55944**

**Telephone: (507) 634-7481**

Email: [presbykasson@kmtel.com](mailto:presbykasson@kmtel.com)

Pastor-presbypastor@kmtel.com

Website: [www.presbykasson.org](http://www.presbykasson.org)

**Amanda Mackey -Pastor**

**Ann Driver, Church Secretary**

**Dan Kaufeld, Organist**

**Gayle Kaufeld, Choir Director**

**Quinita Kase, Organist**

**Don and Jane Heser, Custodians**

**Amanda Frodermann Parish Nurse**

**Jennifer Mittelstadt, Treasurer**

## **Elders & Committees**

**Randy Carlsen-Clerk of Session**

**Thelma Givan– Membership, Mission, Personnel**

**Robert Gransee– Property**

**Tami Hanson-Christian Ed, Personnel, Worship**

**Gayle Kaufeld– Christian Ed, Nominating, Worship**

**Jennifer Mittelstadt– Christian Ed, Membership, Personnel, Stewardship**

**Mike Prenzlöw-Property**

**Paulette Riedel-Nominating, Membership, Missions**

**Sheryl Scholer– Christian Ed, Worship**

## **Deacons & Committees**

**Sue Alberts– Stewardship, Worship, Nominating**

**Steve Johnson-**

**Paul Riggs– Membership, Stewardship**

**Wayne Trom– Property**

**Michelle Willert– Mission, Property**



**June 1**     *Kaitlin Bexell*  
**June 2**     *Karen Tracy*  
**June 4**     *Kellen Wilke*  
**June 6**     *Amy Fogal*  
**June 8**     *Vivian Royce*  
**June 9**     *Wayne Dunbar*  
                *Dick Hewitt*  
**June 12**    *Andrew Heser*  
                *Ruth Pedersen*  
**June 15**    *Wyatt Carlsen*  
**June 17**    *Carson Borgstrom*  
                *Lindsay Duff*  
**June 21**    *Nathan Gransee*  
**June 22**    *Jamie Andrist*  
**June 26**    *Jordan Pogalz*  
**June 27**    *Amanda Frodermann*  
                *Jean Weinknect*  
**June 29**    *Spencer Driver*  
                *Jennifer Mettelstadt*



**June 4**     *Mike & Carol Prenzlow*  
**June 4**     *Jordan & Brianna Pogalz*  
**June 12**    *Al & Paulette Riedel*



Pray for those who are serving our Nation's defense: Todd Livingston with the U.S. Air Force at

Hickam A.F.B, HI.

Pray for those in the care center: Jean Weinknecht.

Please include Bev and Jim Stucky in your prayers. Both would like prayers for healing.

Pray for our world's recovery during this time of suffering.



June Session Meeting will be held on Monday, June 8, 2020 at 5:30 pm.

## Worship Committee

The Worship Committee will meet on Tuesday, June 2nd at 7:00 pm using Zoom. Members will receive an invitation to the meeting in their email.

### Church Information

Website:            [www.presbykasson.org](http://www.presbykasson.org)  
 Pastor email:        [presbypastor@kmtel.com](mailto:presbypastor@kmtel.com)  
 Church email:       [presbykasson@kmtel.com](mailto:presbykasson@kmtel.com)  
 Church Phone:      634-7481  
 Pastor Phone -      651-214-4174  
 Secretary office hours  
                          Wednesday & Friday   8-12  
 Sunday School      9:00 am  
                          & Confirmation  
 Worship              10:00 am  
 Fellowship          11:00 am

## From the Session

May 20, 2020

Members and Friends, Grace and peace to you from our Lord Jesus Christ.

For nearly eleven weeks now, our congregation has done a remarkable job keeping in touch with each other as we navigate our way through this challenging time. We made the shift from in-person worship and ministry back in March to the long absence from worshipping in our sanctuary together. It was very helpful that Pastor Carl was able to record services during Holy Week. We appreciate his efforts to help connect our congregation through those special services. We had hoped to record more to offer, but unfortunately, the plan did not work out.

We are now moving forward with Pastor Amanda Mackey's leadership on the first of June. As we take our initial steps, we recognize that returning to worship will need to happen in phases. We are using the best and most current advice available to us from the Presbyterian Church USA denominational leadership, government agencies and ecumenical partners as we consider how to move ahead.

Beginning Sunday, June 7th, First Presbyterian Church will offer recordings of weekly worship services led by Pastor Amanda. There will be no one, other than staff, in the sanctuary. As we did with the Holy Week services, you may access worship through our Facebook page:

[www.facebook.com/presbykasson/](https://www.facebook.com/presbykasson/)

You may view the services anytime it is convenient for you. It will not be live-streamed. There will be no one, other than staff, attending the recording of the services. This is what we will do until further notice, and we will continue to suspend all activities at the church.

The services will be available on DVDs at no charge. Please call the church at 634-7481 and leave a message if you'd like to receive them. There is no need to return the DVDs. Feel free to share them with others.

Let us continue to remember our neighbors who choose to stay safe at home. It's so hard to not at least be able to see friends at church on Sundays! We know that God does some of His very best work in the midst of chaos. When He speaks, something happens, and it results in something good. Jesus assures us, "I will never leave you.

"In His service, The Church Session

Randy Carlsen, Jennifer Mittelstadt, Thelma Givan, Mike Prenzlów, Robert Gransee, Paulette Riedel, Tami Hanson, Sheryl Scholer and Gayle Kaufeld

# Nurse's Notes

May was Mental Health Awareness month. According to NAMI, 1 in 5 adults experience a mental illness each year. The outbreak of Covid-19 can also be stressful for people. This stress can include fear and worry about your health or the health of loved one, worry about what the future may bring, changes in sleeping or eating patterns, difficulty concentrating, worsening of mental health conditions, or increase use of alcohol or tobacco.

Here are a few ideas to help cope with stress:

Take breaks from watching or reading news stories.

When you do seek out information, make sure it is from a reliable source- such as the CDC.

Take deep breaths, stretch, meditate, listen to music, or pray.

Eat healthy, well balanced meals.

Exercise regularly.

Get plenty of sleep.

Avoid alcohol and drugs.

Keep a regular schedule.

Make time to do something you enjoy or find relaxing- read a book, do a hobby or fun project around the home, take a bubble bath.

Limit screen time.

Connect with others- talk with people you trust.

Do something for others- call a friend or family member to check on them.

Spend time in nature.

Practice gratitude- focus on the positive.

More ideas can be found at <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731>

If you have concerns that you may be experiencing worsening of mental health symptoms, such as stress getting in the way of daily activities for several days in a row, please reach out for help- your primary care provider, your mental health provider, or NAMI may be a few resources available to you.

Philippians 4:7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

From

Amanda Frodermann, RN



# Hello, Everyone.

I hope you're all doing well, and enjoyed a relaxing break on this Memorial Day holiday.



Just in case you haven't seen it elsewhere, I am providing a link in this email for the most up-to-date guidance that the Minnesota Department of Health has provided for churches. It is very informative.

[https://mn.gov/deed/assets/worship-guidance-ACC\\_tcm1045-433301.pdf](https://mn.gov/deed/assets/worship-guidance-ACC_tcm1045-433301.pdf)

Take care,

Gayle Kaufeld



Hello All,

Please check out Pastor Carl's final service on Facebook. Go to [www.facebook.com/presbykasson/](http://www.facebook.com/presbykasson/) to view it. A special thanks to Dick Hewitt for recording the service. We will miss Pastor Carl.

But we also can look forward to Pastor Amanda joining us. She will be putting services on Facebook until we can be together in church once more.

Also, people have expressed regrets that they weren't able to see him again before his time with us ended. Below are his address and email in case anyone would like to send him a note or card.

Rev. Dr. Carl and Denise Grosse

17128 Eastwood Avenue  
Farmington, MN 55024

.Email is [ocgrosse@hotmail.com](mailto:ocgrosse@hotmail.com)



## FACE MASKS ARE AVAILABLE

Our Jane Hesel has been busy. She's been making face masks. She brought them in on Wednesday for anyone: family and friends who may need one. They are located in the Fellowship Hall on the round table. The masks are all adult sized. If you need children's masks, call or text her at 507-273-9375. Remember young children under the age of 2 should not wear them.

Thank you very much for your hard work and dedication to our families and friends.

**KEEP SEWING**





# 2020 June

SUN

MON

TUE

WED

THU

FRI

SAT

		Worship Comm. @ 7 PM by Zoom				
	1	2	3	4	5	6
7	Session Mtg 5:30 pm	9	10	11	12	13
Flag Day						
14	15	16	17	18	19	20
Father's Day						
21	22	23	24	25	26	27
28	29	30	NO PW Meeting this month			