

Sweet Songs

A Musical Feast...

~Festival Concerts~

Weekend series featuring the MasterSingers of Wilmington, our musical artist in residence, organ recitals, and other special musical events. A Meet the Artists Reception follows each concert. Cost: \$5 to \$15; Some concerts are free (a \$10 donation is encouraged).

Volunteer as an usher or box-office attendee, drop off cheese & crackers, cookies, etc., or help set up/breakdown the chancel or the reception. Also, twice a year (Sept. & March) take part in fundraising mailing. Contact: David Schelat



~Thursday Noontime Concerts~

Volunteer as an **usher** and enjoy the music, 12:30 to 1:00 p.m. every Thursday, October to December and March to May. The event features a broad variety of jazz, classical music, and more from around the world. Going strong since 1972.

Contact: David Schelat

~Chancel Choir~

A 24-voice ensemble of volunteer and professional musicians that sings during worship as well as at Festival Concerts and occasionally at other events. Music ranges from vocal jazz and music of non-western cultures to cantatas of J. S. Bach and masses of Mozart. **Rehearse** on Thursday

nights, Sept. to May, 7 to 9 p.m. in the 2nd floor choir room. Open by informal audition. And don't forget **Summer Choir**, our "come-as-you-are" worship music ensemble. Contact: David Schelat

~Center City Chorale~

Community Choir of downtown workers that meets to rehearse Tuesdays at noon, Sept. to May, and **perform** during Thursday Noontime Concerts. Open to all those interested (no experience necessary). Contact: David Schelat

Deep Drinks

For a more powerful thirst...

~Session and Councils~

In addition to the Session and council activities listed throughout this menu, there is always need for people to **serve** within these organizations. Session and councils each meet monthly to carry out the work of the church. Contact council chairs (listed in an insert in the weekly bulletin) or the church office for more information.

Councils are:

- Adult Education
- Children, Youth, & Parenting/Christian Education
- Finance
- Membership
- Outreach/Mission
- Personnel
- Property
- Worship/Music



January, 2009

First & Central

Soul Food Menu

To inspire your appetite for service

Reflecting Pool

Explore your spiritual self...

~Worship Service~

Of course you are here to participate in the service, but there's more! Serve as a liturgist, a **greeter** or usher. Donate cookies and/or coffee for coffee fellowship after the service. Donate flowers for the chancel (\$30) with your own special dedication. Stuff and fold bulletins (anytime Friday mornings in office).

Contact: Doug Gerdts

~Women's Spirituality Gathering~

Grow your faith in good company on the 4th Monday of every month at 7 p.m. in the chapel. Find comfort from the support of others, challenge to live the faith, and inspiration from scripture, meditation, and spirited sharing.

Contact: Jenny Warren

~Explorers' Forum~

Participate in and/or help plan and present adult Christian education designed to **provoke** thought and response. Sundays, 9:30 to 10:30 a.m.

Contact: Gene Thompson, 302.764.1741, gene.q9@gmail.com

~F.L.Y. (Faith, Learning, & You)~

Teach and learn as part of our creative Christian Education program for pre-K – 6th grade, at 10 on Sunday mornings.

Lead a 3-week unit in Martha's Kitchen, High Tech Heaven, Cross-training Games, Theos Theater, the Creation Station or the Telling Tent. Come FLY with us!

Jenny Warren

~Bible Buddies~

Share your favorite stories in this one-on-one relationship with our 4th/5th graders receiving their Bibles. Grow your faith together!

Contact: Jenny Warren



~It Takes Two~

Couples in committed and healthy relationships are invited to join for a time of fellowship, learning, sharing (within the limits of your own comfort), and fun. The **focus** is on couples and their relationships. Meet the 3rd Friday of every month, September to May, from 7 to 9 p.m. The schedule is at fandc.org under "Fellowship" and childcare is available!

Contact: Doug Gerdts

~Bible Study~

Participate in an in-depth group study led by Doug Gerdts. Offered periodically. Dates & times TBA.

Contact: Doug Gerdts

~Men's Spirituality Gathering~

A group of men **gather** on the 3rd Monday of the month from 7 to 8:30 p.m. for fellowship and refreshments — and then focus their conversation on issues and topics related to spirituality and faith. Recently, this group has read and discussed Randy Pausch's book, "The Last Lecture."

Contact: Doug Gerdts

~Prayer Shawl Ministry~

Knit one, **Purl** ... you? You can knit as a spiritual discipline, and as a service to others. A simple shawl pattern and a spirit of prayer and you're on your way! Shawls are given to those in need of a tangible sense of spiritual comfort and assurance. Tutorials offered.

Contact: Jenny Warren or Sara Snowden

~Labyrinth Walk~

The Labyrinth is used in prayer and ceremony all over the world by people of many faith traditions. **Walk** the Labyrinth to quiet the mind and refresh your Spirit, as an occasional respite or as a regular discipline of centering prayer.

Open Wednesdays, 11 a.m. to 7 p.m., and for special events; located in Memorial Hall, below the Sanctuary. Hosts are drawn from regular walkers.

Contact: Charlene Bradley, cewbradley@att.net

First & Central
Presbyterian Church

Open daily for your
spiritual hunger



1101 N. Market Street
Wilmington, DE 19801
302-654-5371
www.fandc.org

Pastor/Head Chef
Dr. Douglas D. Gerdts
gerdts@fandc.org

Parish Associate/Sous Chef
Jennifer P. Warren
warren@fandc.org

Minister of Music/Pastry Chef
David Schelat
schelat@fandc.org

Menu Preparation
The Membership Council

Two Fish & Five Loaves

For the hungry soul...

~Friendship House~

Prepare breakfast food on selected Saturday afternoons from 3 to 4 p.m. and/or serve the breakfast the following Sunday morning at Episcopal Church of Sts Andrew and Matthew (719 Shipley Street) from 7:00 to 8:30 a.m. Light clean-up afterwards.

Contact: Debbie Tennant, 302.366.8761, watton@webtv.net



~Saturday Winter Sanctuary~

Serve hot drinks, newspapers/magazines, and good conversation every Saturday, 8:30–11:30 a.m., November through April, in Memorial Hall. Light clean up afterwards.

Donate: semi-current magazines, coffee, hot chocolate, cookies, donuts, chess, checkers, etc.
Contact: Debbie Tennant, 302.366.8761, watton@webtv.net

~Habitat for Humanity Silent Auction, Dinner & Variety Show~

Enjoy dinner, a silent auction (to benefit our HFH project), and **enjoy** the talents of the community! Donate silent auction items; Help sell tickets before and after Sunday Service; planners; cooks; solicit donations from the community.
Contact: Mac McKay, mckayabm@gmail.com

~Deacons~

Serves the spiritual needs of the congregation. **Cook** and deliver meals to members in need, help with the congregational luncheons and dinners, mail cards, etc.
Contact: Barbara Arrington, 302.479.9193

Rising Souls

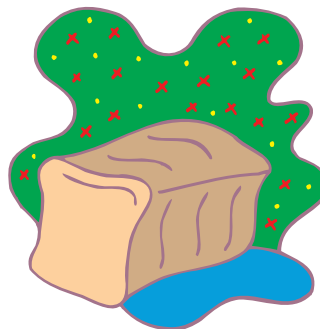
Share the Love...

~Annual Paper Drive~

On one designated Sunday each spring, **donate** basic paper goods (plates, napkins, cups, etc.) for the Friendship House (www.friendship-house.org).

Drop-off is located at F & C.

Contact: Debbie Tennant, 302.366.8761, watton@webtv.net



~The Clothing Drive ~

Clothing **drop-off** in Wilmington Club parking lot to benefit The Clothing Bank of Delaware. Designated Sunday in May and October; 9–12 a.m.

Contact: Debbie Tennant, 302.366.8761, watton@webtv.net

~Giving Tree~

During Advent, the congregation can **decorate** the tree with gifts for local, national, and international agencies and causes.

Contact: Jenny Warren

Fuel for the Fire

The best food is made outdoors...

~Habitat for Humanity~

Meet one Tuesday or one Saturday each month to **build** at the HFH site located in the city of Wilmington. Volunteer in construction—no experience necessary or donate lunch: drop-off lunch at 11:30 a.m. on any of the above days for HFH volunteers on site. www.HabitatNCC.org
Contact: Mac McKay, mckayabm@gmail.com



~All-Church Fall Retreat~

Participate in an annual local gathering sponsored by the Adult Education Council to **promote** community and personal/church growth. Subject, location, time, and date determined independently for each event.

Contact: Gene Thompson, 302.764.1741, gene.q9@gmail.com

~Delaware AIDS Walk~

Congregation and Youth Group participate with walking teams to **raise** money for AIDS Delaware. One Sunday in September from 2 to 4 p.m.

Contact: Patty Irwin, 856.299.6398, pirwin3@hotmail.com

~Meals-on-Wheels~

Deliver hot meals to the homebound. Pick up meals from St. Anthony's Church kitchen (in the city of Wilmington) and **deliver** to Prices Corner (Wilmington) area homes. Every five weeks, Monday through Friday from about 11 a.m. to 12:30 p.m., start to finish!

Contact: Brenda Ferris, 302.999.8974

~Mission Trips~



This once-a-year opportunity (usually in November) is a week-long feast of service, for organizations like RHINO (Rebuilding **Hope** in New Orleans) or for other communities in need.

Contact: Jenny Warren

~Community for Integrative Learning~

Educational arm of the Brandywine Pastoral Institute (brandywinepastoral.org), which sponsors educational programs at F & C by bringing in nationally known speakers. **Volunteer** as an usher, book sales, ticket box office, or publicity.

Contact: Gene Thompson, 302.764.1741, gene.q9@gmail.com

Wingmakers

Inspire dreams to fly...

~ Children's Music Program ~

Sunday mornings find our children making music at 9:30 with St. Julie's Angel Band. Music educator Julie Swanson uses musical games, singing, and the church's Orff instruments as the children develop their musical ear, voice and sense of rhythm.

Chime in by lending a hand or a voice!

Julie Swanson 610.869.0150, bonjulie@comcast.net

~Enrichment~

Children ages 4 years through 3rd grade leave the worship service following the Children's Greeting. Help out with refreshments and activities. Sit in – or substitute!

Contact: Jenny Warren

~F&C Youth Group~

Mentor our Junior and Senior High youth as they really stretch their wings, preparing for school, mission trips, and the world beyond. Gatherings on alternate Sundays after church until 2 p.m.

Contact: Rick Ferrell, rickfarrell@hotmail.com

~Tutoring Program~

Act as a 2nd grade reading **tutor** at an after-school tutoring program hosted by the East Side Charter School. Mondays, 2:30–3:30 p.m.

Contact: Nancy Mahoney, 302.994.1751

~Wilmington Friends Preschool~

One morning a week, **act** as a classroom helper (arts & crafts, serving snack, etc.) at a diverse preschool for 2- to 4-year-olds leading to enrollment at the Wilmington Friends School main campus (Alapocas).

Contact: Kathy Laskowski, 302.576.1076

