

Presbyterian Trumpet



May 2025

We are better together!

Thank you to all who signed up as Readers, Ushers, Greeters and Communion Servers!

We need your help!		VOLUNTEERS		Communion Servers (church elders)		
City Leader Sign-Up		Ushers/ Greeters Sign-Up		Sign-Up		
The lay leader leads Sunday's Call to Worship, and assists with readings and prayers. (Fear not! Everything is written out for you! ☺)						
Feb	2 James 9 Rachelle 16 Caylee Dwyer 23 Taryn	Feb	2 Al 9 Patty 16 Leola 23 Lloyd	Apr	13 Robin Palm Sun Tome	2 Callan 4 Liz
Mar	2 Shane 9 Claire 16 Tom P. 23 Sharon ROBERTS 30 Kylie	Mar	2 Valerie 9 Johnnie 16 Sue 23 Louella 30 Caylee Dwyer	Apr	17 Caryn Easter Sharon	2 Valerie 4 Liz
Apr	6 Rachelle 13 Claire 20 Taryn 27 Caylee L. Dwyer	Apr	6 Sue 13 Sue Easter Al, Sue 27 Dwyer	Apr	20 Rachelle Easter Liz Sharon	2 Lloyd 4 Audrey



Thank you to the Outreach Team for all they're doing And for those who see a need and volunteer: Sharon on the sign, Tome on the gutters and Claire the doors (and anyone I missed)



*So thankful for the choir!
And for YOU
In worship!*

Here's to another year of being and doing – together!

Grace and peace, **Pastor Caryn**



Thank
you,
moms

Give her the reward
she has earned,
and let her works
bring her praise
at the city gate.

HAPPY
Mother's
DAY



Proverbs 31:31

You Are Invited to A Mother's Day Celebration

Join us Sunday, May 11th for a special Mother's Day Celebration! Following worship, Travis & Trevor Anderson will put their culinary skills to work and have graciously offered to provide some "Extra special treats" for Mother's Day.



WE LOVE OUR MOMS!



**Sign up in Karrick Hall to help bring Refreshments for Sunday Fellowships.
For more info., call or text Elizabeth Anderson at 830-660-7822.**

May 4	9:00 AM	Sunday School (all ages)
	10:30 AM	Worship
	After Service	May Birthdays Party, All are welcome!
Pick up bag(s) to fill for Christian Cupboard Project.		
May 6	7:00 AM	Men's Bible Study via ZOOM
	9:30 AM	Morning Angels meeting in Karrick Hall.
	11:00 AM	Meet to Pray in the Blue Room
May 8	6:30 PM	Evening Angels meet at Jennifer's home.
May 11	9:00 AM	Sunday School (all ages)
	10:30 AM	Worship
	After Service	Special Mother's Day Celebration!
Return filed bag(s) for Christian Cupboard Project.		
May 13	7:00 AM	Men's Bible Study via ZOOM.
May 18	9:00 AM	Sunday School (all ages)
	10:30 AM	Worship
May 20	7:00 AM	Men's Bible Study via ZOOM.
May 25	9:00 AM	Sunday School (all ages)
	10:30 AM	Worship
May 26		Memorial Day (Office Closed)
May 27	7:00 AM	Men's Bible Study via ZOOM.



Session Highlights

April 27, 2025

The session met on April 27 and took the following actions:

- approved the extension of Pastor Caryn's contract through May 5, 2026
 - approved use of the building for a Native Plant Society plant sale Sept 27
 - heard the report of the Outreach Team's recent activities
 - received Valerie Carroll as leader of the Worship Team
 - began discussing a work day to improve the look of our grounds
-

MONDAY MAY 26, 2025





First Presbyterian Church Proudly Announces our 2025 High School Graduate: William Shelby Wilson.



**William Shelby Wilson
Floresville High School
Class of 2025**

William Wilson will be graduating from Floresville High School on May 23, 2025. William is the son of Russell and Kate Wilson.

During his time in High School, William has participated in many activities. He played trombone in the Mighty Tiger Band, served as a Captain for the Tigers while on the soccer team, and been a proud Right Back for the FHS Soccer Team. The soccer team was the District and Bi-District Champions during the 2024 and 2025 Seasons. In addition, William is a member of National Honor Society and will have completed 15 college hours through dual credit courses taken while completing his high school curriculum requirements.

William received multiple acceptance notifications from local colleges and Universities, and he plans to attend UTSA in the fall. William will enter in the college of Kinesiology and plans to study sports medicine while pursuing his Bachelor's Degree.

William would like to thank his church family for the support and guidance he has received, and looks forward to continuing to be part of this family.

Vogel Elementary School's Teacher of the Year



Congratulations to Elizabeth Anderson,
Vogel Elementary's Teacher of the Year!

Ms. Anderson's creative approach to third grade education nurtures both academic growth and character development.

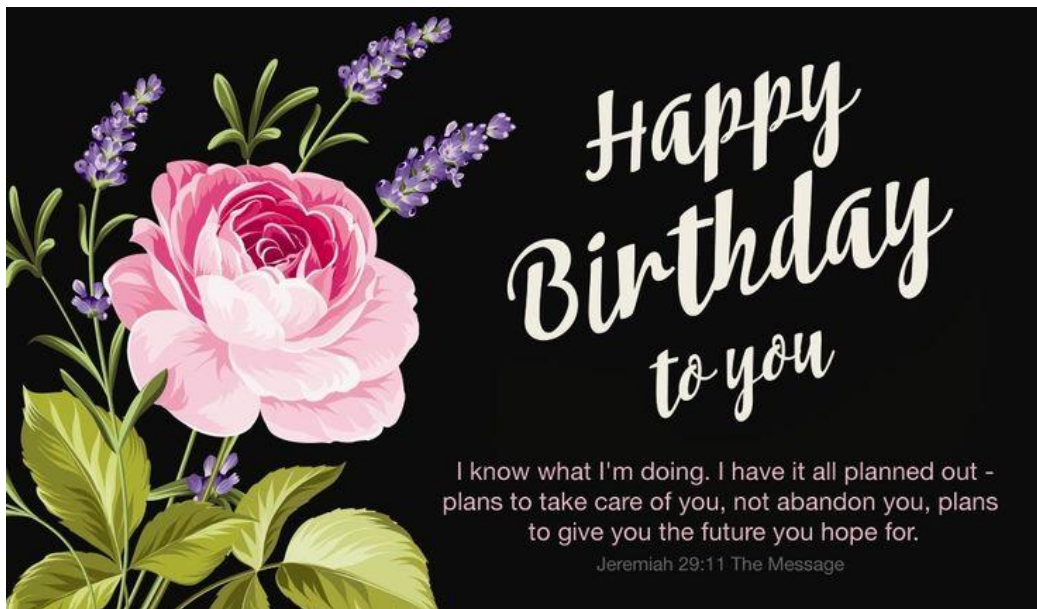
Your impact on students will last a lifetime!

Thank you Elizabeth Anderson for being an amazing educator!

Your First Presbyterian Church family is proud of you!



Remember our birthday celebration (not in place of regular fellowship signups),
 May 4th, in Karrick Hall. Everyone is invited!



Happy birthday to each of you, from all of us!

Elizabeth Anderson	May 2
Barbara Tatum	May 2
Anthony Tran	May 7
Elizabeth Lopez-Johnson	May 14
Lloyd Wilson	May 23
Tara Mazur	May 23
William Dwyer	May 24
Mya Carson	May 29
Quinn Dwyer	May 30
Mary Potter	May 30
Valerie Carroll	May 31



Remember to sign up to give flowers to the glory of God and in honor or in memory of a loved one or an event.

Signup to give Sanctuary flowers online at SignupGenius.com, or in Karrick Hall using the signup sheet. For assistance call, text, or email Remia at the church office. 830-379-5421, fpcseguin@att.net.

April flowers were given to the glory of God by:

Tome and Claire Walters April 13 Palm Sunday Arrangements

In celebration of our wonderful church family.



Lindsay Ackels April 20 Easter Lily Arrangements

Thanks be to God! "For God so loved the world, that He gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." John 3:16

Bob and Claribel Sebesta April 20 Easter Lillies

In memory of our departed loved ones.

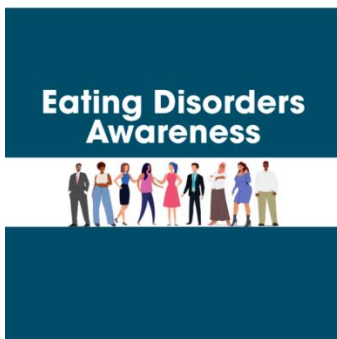
Dan and Carol Willmann April 20 Easter Lillies

In honor of Charlie Willmann's 100th birthday.



Disaster Distress Hotline

The [Disaster Distress Helpline](#) (DDH) is the first national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.



[Eating Disorders](#) are mental health conditions characterized by persistent, disruptive eating-related attitudes, behaviors, and emotions, often involving an unhealthy perception of weight and food intake.



[RecoverMe](#) connects young adults with resources, tools, and support to help them manage their substance use challenges and mental health needs, together.

Suicide Prevention Lifeline Call 988 or 1-800-273-8255

Support Group for Caregivers (830) 379-5046 | info@elcseguin.org

May 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1	2	3
4 Sunday School 9:00 a.m. Morning Worship 10:30 a.m. with Communion Pick up Bags to fill for Christian Cupboard Project	5	6 Men's Bible Study 7:00 a.m. Morning Angels 9:30 a.m. Meet to Pray 1100 a.m.	7	8 Evening Angels 6:30 p.m. at Jenny's house.	9	10
11 Sunday School 9:00 a.m. Morning Worship 10:30 a.m. Mother's Day Mother's Day Celebration Bring bags for Christian Cupboard pick up!	12	13 Men's Bible Study 7:00 a.m. Native Plant Society Plantt & Seed exchange Society 6:30 PM Native Plant Society meeting in Karrick Hall 7:00 PM	14	15	16	17
18 Sunday School 9:00 a.m. Morning Worship 10:30 a.m. Rev. Duane Manning, Preaching	19	20 Men's Bible Study 7:00 a.m.	21	22	23	24
25 Sunday School 9:00 a.m. Morning Worship 10:30 a.m.	26 Memorial Day FPC Office Closed	27 Men's Bible Study 7:00 a.m.	28	29	30	31

Prayers of Healing Graces



- † **Nursing Home, Assisted Living, Hospital, Homebound, and Hospice:**
Rev. Jimmie Flakes, R. Garcia, Wayne McCurry (Windsor Nursing & Rehab), Terry Mesecke, Ruth Owens, Charlie Willmann (Argent Court), Rev. Bob and Claribel Sebesta. Mathis Hodge

- † **Continued Prayers of Healing:**
Sue Bierman, Vicki Eckhardt, Ann Hodges, Landa King, Rev. Bobby Lewis, Karen (Katie) McLean, Mike Taft, Dorothy Whalen, Rev. Diana Whitley, Charlie Willmann, Dan & Carol Willmann.

- † **Missionaries in Zambia:**
Rev. Dr. Dustin & Sherri Ellington, Rev. Elijah Mwandila, Rev. Lovemore Nyirenda, Liezl & Arthur Pienaar.

- † **Bereaved Families:** All bereaved families.
- †





Marsh Mason Callaway 1894 – 1981 (Part 2)

Part 2 of the article about former pastor Marsh Miller Callaway must regrettably be postponed until a later issue of the Trumpet. Gail Streun

Marjorie Bonk, R.N.



NURSE MINISTRY ARTICLE

MILITARY OFFICER

NICK BARRINGER, LT. COL, (RET.) CHIEF ACADEMIC OFFICER

GROW YOUR BRAIN (ADAPTED)

APRIL 9, 2025

GROW YOUR BRAIN

Gardening is more than just a relaxing hobby. This activity also offers profound benefits for brain health. Engaging in gardening can help reduce stress, enhance cognitive function, and protect against neurodegenerative diseases such as Alzheimer's and Parkinson's diseases. Scientific research supports the idea that spending time tending to plants fosters mental well-being and promotes neuroplasticity making it a powerful tool for maintaining brain health as we age.

GARDENING STIMULATES COGNITIVE FUNCTION

Gardening involves planning, problem-solving and learning which engage various brain regions. Studies suggest cognitive stimulating activities, like gardening, help build cognitive reserve, which can delay the onset of dementia-related symptoms. Physical aspects of gardening—digging, planting and weeding—activate motor skills and hand-eye coordination, essential for maintaining neural pathways and preventing cognitive decline.

A 2006 study in the *Medical Journal of Australia* found daily gardening was associated with a 36% lower risk of developing dementia.

GARDENING REDUCES STRESS AND INFLAMMATION

Chronic stress and inflammation are associated with neurodegenerative diseases. Research shows that gardening can lower cortisol levels, a major stress hormone, promoting relaxation.

Spending time in green spaces is associated with lower systemic inflammation, which plays a significant role in brain aging and developing neurodegenerative disease like Alzheimer's.

GARDENING PROVIDES PHYSICAL EXERCISE

Gardening is a moderate-intensity physical activity that improves cardiovascular health and is closely linked to brain health. Regular physical activity increases blood flow to the brain, developing essential oxygen and nutrients and removes waste products. A study in *Neurology* found those that engage in regular physical activity had a 40% reduced risk of cognitive decline compared to sedentary individuals.

GARDENING ENCOURAGES A BRAIN-HEALTHY DIET

Growing and consuming fresh vegetables and fruits provide essential nutrients for brain function. Diets rich in antioxidants and polyphenols—commonly found in home-grown produce—is associated with reduced risk of neurodegenerative diseases.

Gardening offers a holistic approach to brain health by combining cognitive engagement, physical activity, stress reduction, and improved nutrition. Scientific research demonstrates that gardening—whether growing vegetables, tending to flowers, or simply spending time in nature—is a powerful, natural way to support lifelong brain health.

Such a timely and informational article about the fun production of such win/win economical vegetables should interest all who are seeking great new opportunities, great health and engaging activities!





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