



The Messenger

A PUBLICATION OF THE FIRST PRESBYTERIAN CHURCH OF
PUNTA GORDA FLORIDA

AUGUST—SEPTEMBER 2011



OUR MISSION AND PURPOSE

LOVING.... GROWING.... GOING.... in JESUS!

*Loving... God and others through worship and fellowship.
Growing... in our understanding Jesus and God's purposes for us through Bible study, and developing our ministries to serve God and others.
Going... into God's world with His message of love and salvation through Jesus Christ, and with His ministries of compassion and mercy.*

Stay connected when you're away. Watch our worship service LIVE! Go to our website at: www.fpcpunta.org and click on the link "Watch services LIVE here" on our homepage.



MOCK'S MUSINGS

Rev. Stephen A. Mock, Pastor

"We are on a journey, a long journey."

When our children were small and we lived in Kansas, summer was the time to drive back to Ohio, Pennsylvania and Maryland to visit family. We got to know I-70 pretty well those eight years we made the trip. I must confess that driving on long trips isn't my favorite pastime and the long hours in the car, dealing with construction delays, heavy traffic and bad weather, didn't help. Both of our kids were good travelers with the detailed plans (made by Joanie) that kept them busy. But I remember those long hours as exhausting and stressful. But every trip, every long hour, every hassle, was soon forgotten when we arrived at our destinations – visits with family. Those long trips with all the stresses and strains were well worth it when we felt the joy of reunion with people we love. All the aggravations were distant memories replaced by hugs and sharing. I particularly liked that the journey was over and I could rest up from the trip. The hardship of the trip was replaced by joy.

Life is like that. We are on a journey, a long journey. There are hardships, struggles and difficulties along the way. There are storms and detours. The trip can be exhausting the longer we travel in life. We tire of the journey, but we keep going because we know what's at the end of the journey. For us who believe and trust in Jesus, we know what awaits us, what's at the end of our trip. Paul talks about this when he says, "I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me a crown of righteousness (victory crown)

Continued on page 2: Mock's Musings

INSIDE THIS ISSUE

Thank You	3
Music Notes	4
Bereavement Team	5
Presbyterian Women	6
Parish Nurse Health Corner	8
Mission Ministry	9
Doris Henning Celebration	10
Prayer Calendar, Birthdays & Anniversaries	11-12
This 'n That	13
Bible Quiz	14
Church Officers & Staff	15
Monthly Calendar—see insert	

which the Lord, the righteous Judge, will award to me on that day..." 2 Tim. 4:7, 8a TNIV. Paul also talks about a great reunion with Jesus in the end (1 Thess. 4:13-17). Jesus told us that He has a place for us where He is and that it is in God's home (John 14:1-4).

Since we know what awaits us on this faith journey, we can endure those hardships and difficulties, those detours and struggles. It should also encourage us that we're not alone on this journey. Having Joanie and the kids in the car helped make the trip go better. In our journey, we have the Holy Spirit to lead, strengthen and comfort us. We have the people of God, the church, traveling alongside us to encourage, inspire and help us.

The trip is long, hard and difficult, but we do not travel alone and we know what awaits us when we arrive at our destination. Let's keep traveling together with hope and expectation.

In Christ,
Steve



Our prayers and sympathy are shared with:

- † Lorraine Sisson and family on the passing of her husband, Mel Sisson, June 6, 2011.
- † Dottie Blakey and family on the passing of her husband, Bob Blakey, July 17, 2011.
- † Paul & Phyllis Dawson on the sudden loss of their son, Andrew Dawson, July 20, 2011.

*"Because I live, you also will live."
John 14: 19b*

Save Me a Pew

The world's largest Protestant Christian congregation is Yoido Full Gospel Church in Seoul, South Korea. Since its founding in 1958, the church has grown exponentially. By 1983, seven Sunday services weren't enough to accommodate all the worshippers, so satellite churches were established.

The main church, located directly across from South Korea's National Assembly, can seat 26,000. But membership is so large that people are told which week of the month they can attend worship. What an incredible witness in a country where only about 30 percent of the citizens are Christians!

What would it take for our church to have a similar "problem"? And what can you do about it?



Dear Church family,

Thank you for the cards, flowers, and kindness during my recent surgery and recovery. I especially found comfort in the beautiful prayer shawl.

Barbara Shinn

To my dear First Pres family,

Words cannot express my appreciation for your support, cards, and caring words following my loss of George. You outdid yourselves on the reception. Thank you.

God has blessed me with my immediate family and "you", my church family, to help me through this difficult time in my life.

Blessings to you all,
Joan Hoffman

Dear friends in Christ,

Thank you so much for making us a part of your church family. Your calls, care and concern, and e-mails have supported and uplifted us. The beautiful flowers from the sanctuary have brought joy and beauty into our home.

Your sister in Christ,
Cheryl Laird

To my wonderful church family,

I want to thank you for the prayers that brought me comfort through this difficult time. Also for the many beautiful cards, flowers, memorials, and offers of help. And a special thank you to Steve for the many times he came to the hospital to pray for Mel during his long illness.

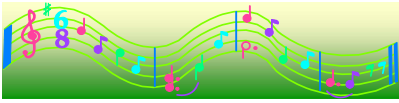
In Christ's love,
Lorraine Sisson



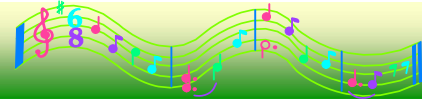
Do you have a family member serving in the military? If so, we'd like to add them to the newsletter prayer list. Fill out the form that's on the sign-up table in the church entrance and place in the HELMUT or let the church office know.

Information requested:

- ◆ Name & rank
- ◆ Branch of service
- ◆ Where stationed
- ◆ Your name & relationship



MUSIC NOTES



Our summer services have been going well and I appreciate the feedback from many of you on our Blended Service. We have tried to find a good blend between traditional and contemporary and hope that each of you has enjoyed our approach. We will be continuing this one service at 10am through Sunday September 4th. On Sunday, September 11th we will once again split into two services. The New Beginnings Service will resume at 9am and the Traditional Service will again be at 10:30am.

The first Thursday night choir rehearsal will be **September 8th at 7pm**. Please consider joining us as we prepare the music for the traditional service. Remember that none of us are professional singers, but working as a team and turning our hearts towards singing for His glory, we come together each week and present our praises for Him. There are a few of you out there that know you should be using your gifts in our choir. You just need a willingness to serve, a heart for God and a little musical talent. Come join us for the fun, fellowship, and musical challenges — join our choir family.

Thanks to those who have shared your talents this summer in providing the special music. It is always a joy to see a wide range of people taking part and providing a diverse range of musical selections. And, of course, a big thank you to Dave Woods who is always so willing to play for me when I take a few weeks of vacation. Thanks to all of you.

We have also received a lot of positive feedback concerning our weekly broadcast on Justin TV. If you haven't taken advantage of this opportunity, please consider doing so, especially when you are away from Punta Gorda. It is a great way to stay in touch and feel that connection with others in this congregation. It is also a great tool to use with friends and neighbors that may want to join us in worship. Please feel free to email me directly at rpc1220@me.com if you have any questions on how to view these broadcasts or download the music from my website.

See you in church, or on the internet!

Praying Twice

According to legend, the early Christian theologian St. Augustine of Hippo said, "He who sings prays twice." (The Latin wording is actually "He who sings well prays twice," but more on that in a moment.)

Singing, a common element of worship, is a handy way to help children pray.

My 6-year-old, who loves to sing, was surprised and delighted when I told him a praise song he'd just learned could also be his bedtime prayer. He sings off-key, forgets some words and doesn't want help from Mom; he just sings his little heart out.

But what of older churchgoers who stay silent during hymns, fearful that they don't sing well enough? Forget the Latin translation! Long before Augustine, a psalmist wrote, "Make a joyful noise unto the Lord, all ye lands!" (Psalm 100:1, KJV; emphasis added). Why not pray twice today?

—Heidi Mann

A MESSAGE FROM THE BEREAVEMENT TEAM

The many phases of marriage define to us what marriage is. The Bible states that it is a union between one man and one woman. Many in present day society want to change that definition.

Grief is defined as the truncation phase of marriage when one grieves for a spouse who has died. Grief hurts and cuts at one's soul like a scalpel making an incision during surgery. All of us have experienced grief and know the hurtful emotional responses to it.

When we lose a loved one, it is vital for us to believe that we shall see him or her when our time comes to go to our Lord. This reunion will be a resurrection of two souls which takes place in the presence of God.

One of the most comprehensive studies of grief and marriage can be found in a book by C. S. Lewis, "A Grief Observed." It has comforted many who have looked for explanations in relation to resolving their grief. It is all the more valuable because C. S. Lewis wrote this piece while he worked through his own grief following the death of his wife.

I would like to offer sincere thanks to Joan Hoffman who oversaw the Bereavement Ministry during the summer. Her service to our church is immeasurable.

The Bereavement Meet & Chat group will resume on **Monday, October 3rd at 10am** in the Conference Room of the church.

God bless you and yours,
Joy Kiser

AFTERGLOW

AS THE DAY COMES TO CLOSE
MAY YOU LOOK TO THE WEST
AS THE SUN GOES TO SET
LET YOUR EYES COME TO REST.

THE COLORS GLOW SOFT
IN THE STILL FADING LIGHT
THEN BRIGHTEN AND BLEND
TO AMAZE YOUR VERY SIGHT.

COLORS THAT FLOOD YOUR HEART
WITH MEMORIES AND THOUGHTS
SO YOU WILL KNOW THAT
I WILL SEE YOU THERE
IN THE SWEET AFTERGLOW.

-- NANCY BEASOM

(Dedicated to those who have lost loved ones.)



PRESBYTERIAN WOMEN



Presbyterian Women are enjoying their summer vacation, but even though we are not meeting, we have not neglected our ongoing projects for our church and community.

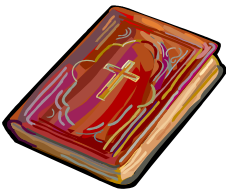
For our church - We have the nimble fingers and artistry of the group making Chrismons. Everyone is invited to come and make a Chrismon. Chrismons are hand-made Christian symbols made in white and gold. We need your help in order to have enough Chrismons for the Christmas trees in the sanctuary. Please join us **every other Wednesday** at our Chrismon Construction Workshops. Our next workshop is on **Wednesday, August 3rd**.



Kay Callahan found this beautiful Chrismon of a “Descending Dove” on the Internet. It’s made of pearl beads and gold wire. Are there any “Beaders” in our congregation that could make it for our Chrismon tree? If so, please come to our next meeting or contact Kay as soon as possible as time is getting short.

For our community - As part of our commitment to Church Women United, Presbyterian Women contributed 2 “Blessing Baskets” for Habitat’s house warmings in the month of June.

Have a wonderful summer and remember our next meeting will be **October 8th**, circle that date on your calendar now. Invite a friend to come with you and/or call someone in church to remind them of the meeting or pick them up.



Presbyterian Women’s Bible Study will resume **Tuesday, September 20th**. We will open the new season with a six-part study of Deborah. Deborah is found in the book of Judges 4-5. Deborah was a prophetess. She lived in a time of chaos, and a time calling for strong leadership. It is with this background that God called upon her to do uncommon things. Join us for the interesting study, with application in our own chaotic world.

We will meet the first and third Tuesday’s of each month. As in the past, the Women’s Bible Study will be held in the home of Robert and Sharon Cuzner, 2615 Rio Grande, Punta Gorda Isles. All studies start at 10am and are about 1½ hours in duration with time for fellowship, cookies and coffee. All women of our church are invited and visitors are welcome. Please join us and learn about the women of the Bible.

PRESBYTERIAN WOMEN'S PICNIC AT SHARON CUZNER'S



BUSY HANDS AT A CHRISMON CONSTRUCTION WORKSHOP



Gifts to Spare

Do you want to tithe to the church but think you really can't spare the money? Try this experiment: At the beginning of the month, write a check and deduct the amount from your checkbook.

Hold on to the check until the end of the month. By then, you'll likely discover you really can spare that money. Then you can place the check in the offering plate as a cheerful giver.

—Dorothy Derrigan-DeLuyck

A Clean Slate



One of the best things about heading back to school is the chance for a fresh start. A new year, new teachers, perhaps even a new school offer students the opportunity to try a little harder and do a little better than the year before.

Praise God that he allows us to always start over. Jeremiah writes that the Lord's mercies "are new every morning" (Lamentations 3:23a). With God's help, we can begin each day with a clean slate and a new attitude, determined to make some changes for the better.

THE PARISH NURSE HEALTH CORNER

There is a time for everything, and a season for every activity under heaven: A time to be born and a time to die, a time to plant and a time to uproot. Ecclesiastes 3:1-2

The following information is from an all-day conference I attended in April titled, "Protecting the Aging Brain: Focus on Nutrition and Mind/Body Health," presented by Gary W. Arendash, PhD (Florida Alzheimer's Research Center and USF).

At present, here are noted treatments for Alzheimer's disease (AD):

The drugs **Aricept, Exelon and Reminyl** - All increase brain levels of acetylcholine. These drugs stabilize cognition of mild-moderate AD patients for about 1 year, but no longer. When given to patients with MCI (mild cognitive impairment) these 3 drugs reduce the risk of converting to Alzheimer's disease by 25%. **START EARLY!**

The drug **Memantine** - Blocks glutamate receptors in the brain. One year ago, a collection of 7 studies involving 2000 AD patients found **NO** benefits to activities of daily living. Memantine has **NO** beneficial effects against AD!

- Many drugs and vaccines are being tested.
- Electromagnetic Field Therapy shows promise.
- Growth Factor Therapy with Neupogen - There are ongoing clinical trials at USF.

Nutritional Therapeutics:

- Polyphenols - Highly concentrated in fruits & vegetables and are good antioxidants.
- Flavonoids - Associated with better brain function and less brain decline:
 - Catechins found in green and black tea and red wine.
 - Flavonols found in cocoa, onions, berries, tea, red wine.
 - ProAnthocyanidins found in berries, wine, black rice bran.
- Resveratrol - High in red grapes, red wine, grape seed extract, pomegranate juice.
- Carotenoids - Older people with high beta-carotene levels have decreased risk of brain decline. This is found in carrots, pumpkin, tomatoes, spinach, garlic, onions.
- The Mediterranean Diet - A diet high in vegetables, fruits, whole grains, nuts, fish oil, and modest wine intake provides a protective effect over brain decline.
- Fish Intake (Omega-3 fatty acids) - More protective of heart health but may benefit the aging brain.
- Caffeine - Intake of 3-5 cups of coffee per day reduces risk of AD by 65%.
- Supplements - Curcumin, called turmeric, is used in India where there is less AD.
- Vitamin C (berries and citrus fruit) and E (cereals, seeds, plants) may help.
- Vitamin D deficiency is linked to brain impairment so supplement with 1000mg/day.
- Coenzyme Q10, zinc, selenium.
- Melatonin clinical studies underway. Observational studies thus far suggests improved brain function and improved sleep.

Lifestyle Therapeutics:

- Physical activity and exercise - Physical activity during midlife, and in later years, reduces the risk of AD.
- Intellectually engaging activity - Continuous intellectual activity throughout adult life is necessary to prevent AD. Variety to challenge your brain is important.
- Prayer!
- Form positive habits.

Because He Lives!
Debbie Carney, RN
carneydeb@hotmail.com

941-456-6804



MISSION MINISTRY NEWS

BACK PACK KIDZ PROJECT

It is the Mission Team's desire to concentrate our efforts on helping our local community. In addition to helping the local school children with supplies and shoes, there is a great need for keeping these children fed.

Won't you please consider helping to feed needy young children by joining with YahYah girls project BACK PACK KIDZ? This project provides healthy snacks over the weekend for many youngsters who are fed at school on the weekdays and would go hungry over the weekend otherwise.

Wednesday mornings, people are needed to help pack these backpacks. People are also needed to pick-up and deliver back packs at various schools.

Please sign up on the sheet in the church entry to help this mission. Monetary contributions are always welcome.

On **Friday, August 5th**, there will be an informational tour of the BACK PACK KIDZ space at Community Self Storage. This opportunity is arranged for just our church. We will car pool from the church leaving at 9:45am. Everyone is invited to come. NO reservations needed - just come.

AUGUST & SEPTEMBER MISSION PROJECTS

Our neighbor, St. Vincent de Paul, is busier now than ever before. Many people from Charlotte County are seeking aid from them. Let's help those who are not as fortunate as us.

In **August**, fill the blue bin with **cereal and with all sorts of baby foods**. We sometimes forget the little guys are also hungry, so let's explore all the neat things they now produce for babies.

In **September**, fill the blue bin with **products of your choice**. Some suggestions: peanut butter & jelly, macaroni & cheese dinners, canned vegetables & fruit, crackers, etc.

If you do not have time to shop, drop a check in the offering plate marked for "cereal, baby food, etc." and we will do the shopping for you.

HELP SERVE A MEAL

If you would like to volunteer on a Friday afternoon to help with serving the meal at Misión Peniel, talk to Dianne Sizemore. Our next trips will be on **Friday, August 26th and Friday, September 23rd**, carpooling from the church at 12:30pm.

June Trip to Misión Peniel



Doris Henning Celebrates 95 Years Young



What secrets did Myles tell about Doris?

AUGUST-SEPTEMBER 2011 CHURCH PRAYER CALENDAR

Prayer is the place where burdens change shoulders - We pray for....

The elderly, the infirm, the hospitalized, those in nursing homes, the homebound and lonely, and all those who have requested our prayerful support.

Pray for the men and women who serve our country, especially:

- *PV2 Alexander Fogg, grandson of Bob & Carol Fogg, deployed to Afghanistan.*
- *Captain Ryan Hobert, grandson of Mel & Rose Anne Hobert, deployed to Iraq.*

Each month we remember church members and friends on a rotating basis

AUGUST

1 Steve MacDonald
2 Gene & Janet McLemore
3 Steve & Joanie Mock
4 Edwina Norton
5 Robert & Eleanor Norton
6 Marguerite O'Brien
7 Bob & Bonnie Patterson
8 Edwina & Myrna Patterson
9 Frank & Kay Perkins
10 Bruce & Myrna Peters
11 Dick & Donna Peterson

AUGUST

12 Fred & Rachel Pfaender
13 Jack & Beth Porter
14 Paul & Louise Quillman
15 David & Milanne Richards
16 Thomas & Shirley Richey
17 Gayle Rosa
18 Jack & Patricia Rothley
19 Barbara Ryan
20 Charles Sampsel
21 Bill & Elaine Schultz
22 Walter & Veralou Scott

AUGUST

23 Barbara Shinn
24 Dave & Ella Sifferd
25 Lorraine Sisson
26 Dianne Sizemore
27 Andy & Nancy Smith
28 Gerald & Margie Smith
29 Stan Smith
30 May Snyder
31 Paul & Vicki Steffen

SEPTEMBER

1 Craig Stephens
2 Charles & Connie Stickler
3 Terry & Annetta Stinebuck
4 Mary & Sarah Stones
5 Leonard & Betty Stroth
6 Anne Swift
7 Fred & Diane Tabert
8 Gail Thornton
9 Larrie & Marjorie Tisdale
10 John & Diane Truby
11 Elaine Unrau

SEPTEMBER

12 Bernie Vander Meulen
13 Mary Vincent
14 Don & Mary Anne Washabaugh
15 Doug & Esther Wheeler
16 Rich & Jan Wilkinson
17 Ed & Pam Williams
18 Vern & Marlene Wilson
19 Dave & Barb Woods
20 Constance Wrock
21 Bob & Natalie Wylie
22 Joseph Yerger

SEPTEMBER

23 Larry & Andrea Yerger
24 Jay & Patricia Aldridge
25 Craig & Dotty Anderson
26 Stephanie Anderson
27 Laurel Aumend
28 Darry & Mary Anne Beasom
29 Ron & Nancy Beasom
30 Shirley Berg

BIRTHDAYS & ANNIVERSARIES

PRAY FOR THOSE CELEBRATING BIRTHDAYS & ANNIVERSARIES IN AUGUST



Marlene Wilson	3	Gayle Rosa	25
Jan Wilkinson	18	Joanie Mock	26
Vicki Steffen	19	Marion Brown	30
Neta Gensemer	22	Rich Wilkinson	30
Paul Gebel	24		

Andy & Nancy Smith	16
Fred & Rachel Pfaender	19
Sam & Carol Crockett	24
Walter & Veralou Scott	26
Ron & Neta Gensemer	29
Jim & Marion Brown	30



PRAY FOR THOSE CELEBRATING BIRTHDAYS & ANNIVERSARIES IN SEPTEMBER



Pat Ihrrie	2	Jim Brown	13
Sarah Ferry	4	Connie Johansen	16
Dotty Anderson	10	Betty Stroth	22

Bill & Elaine Schultz	10
Paul & Arlene Gebel	15
Terry & Annetta Stinebuck	16
Dave & Barb Woods	17
Ed & Pam Williams	25

THIS 'N THAT

NEWSLETTER DEADLINE

We welcome material for our church newsletter. All contributions are subject to editing with regard to the subject matter and space requirements. Articles for the October issue of *The Messenger* are due in the church office by **Wednesday, September 14th**.

SUNDAY WORSHIP SERVICE CHANGE

Through **September 4th**, there will be one blended (contemporary and traditional) service at 10am. Our regular Sunday schedule (9am & 10:30am) will resume September 11th.

WEEKLY PRAYER SERVICE

You are invited to join your church family in the Conference Room Sundays at 6pm. Come and share in this experience of God's people praying together.

SPONSOR SUNDAY FLOWERS

The cost to sponsor flowers is \$35. To sponsor the flowers, please sign up on the sheet in the church entrance or call the church office. If you sponsored flowers for a Sunday and would like to take them after the service, please let the church office know before the date sponsored, or stop in the kitchen after the last service and see the deacon in charge that day.

MUSIC MINISTRY

Our church music is available to you on the internet at <http://public.me.com/rpc1220>. Click on one of the folders to view Organ Music, Choir Music, Praise Team Music, or *Music On a Winter's Eve* concert. Feel free to share with friends, family or potential members. Questions or comments may be directed to Randy Curtis at rpc1220@me.com.

PRAYER SHAWL MINISTRY

The Prayer Shawl Ministry will not meet again until October.

EMAIL UPDATE

Please advise the church office when you change your email address. Thank you.

COMPUTER AVAILABLE FOR YOUR USE



We've set up a computer in the Conference Room for those of you who need the use of one. It has high-speed internet access and is available during office hours. We suggest you call to reserve the time before coming to use it.

PRESBYTERIAN WOMEN FUNDRAISER

Presbyterian Women (PW) are selling note cards as a fundraiser. There are 5 cards in a set for a cost of \$2.50. A sample & an order form are on the PW table in the Narthex.

R.O.M.E.O.S. BREAKFAST MEETING

R.O.M.E.O.S. (Retired Old Men Eating Ot Someplace) will meet for breakfast at 8am at Sky View Café, Punta Gorda Airport on **Thursday, August 11th & 25th and September 8th & 22nd**. Come and enjoy the food and fellowship.

LOAVES & FISHES MINISTRY



Loaves & Fishes Ministry is a great opportunity for those of us who like to cook to share a meal with a church family in need after surgery or illness. Having a familiar, friendly face at your door with cooked food when you return home from the hospital is a very loving experience for both the cook and the recipient. If you would like to be a part of this ministry, please put your name and phone number on the sign-up sheet on the table in the church entrance or contact Kay Callahan.





BIBLE QUIZ



How many animals did God tell Noah to bring into the ark?

- A. Two of each kind
- B. Seven pairs of clean animals and one pair each of unclean animals
- C. Both A and B
- D. None of the above



Answer: C (See Genesis 6:19-20 and 7:2-3.)

Popsicle Stick Humor —

Why did the window go to the doctor?

Answer: It had panes.

Why couldn't the skeleton go to the party?

Answer: He had no body to go with.

Left Behind

A father was reading Bible stories to his young son. "The man named Lot was warned to take his wife and flee out of the city," he said, "but his wife looked back and was turned into a pillar of salt."

The boy asked, "What happened to the flea?"



"Remember, you're under oath."

MEET OUR OFFICERS

ELDERS

Laurel Aumend — Ministry	625-5238
Nancy Beasom — Fellowship	505-9383
Phyllis Botticelli — Fellowship	637-0445
Joe Cherny — Discipleship	575-2186
Marguerite O'Brien — Administration	639-7226
Elaine Schultz — Worship	505-8339
Gail Thornton — Mission/Clerk of Session	639-5510
Don Washabaugh — Worship	255-8616
Dave Woods — Administration	456-4876

DEACONS

Debbie Carney — Parish Nursing	637-9389
Paul Gebel — Helping Hands	637-8655
Nancy Julius — Communication	575-7491
Joy Kiser — Bereavement	575-9745
Elaine Schultz — Flowers	505-8339
Margie Smith — Prayer Shawls	833-0185
Barbara Ryan — Communion	575-8141
Kay Callahan — Loaves & Fishes	916-9252

MEET THE FIRST PRESBYTERIAN STAFF



Pastor
Steve Mock
revmock@fpcpunta.org



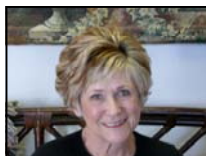
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PC(USA)



MEMBER, CONFESSING CHURCH



A STEPHEN MINISTRY CHURCH



A PURPOSE-DRIVEN CHURCH