

February 2020



First Presbyterian Church E-News

A Note from the Pastor

February is the month when we celebrate love, right? Well . . . about love. . . I'm currently reading a thin volume that asserts one of the problems a whole lot of contemporary older people (not all, definitely) experience, once we have achieved many of our life's goals, is a deep dissatisfaction, a sense of restlessness, a vague and uneasy sense of quiet discontent. Is this all, we tend to ask. Humph. . .I thought I'd feel better about things. . . .

It's an interesting assertion, and, I think, more often true than not. The author goes on to describe why he thinks this happens, and one of the reasons he gives is that we have difficulty labeling or giving precise, accurate words to the deep things we feel. If we are unable to say what something is (i.e. from within us), then that whatever-it-is remains essentially unconscious. That is, unavailable to us, so that we are unable to think accurately & carefully about it, reflect on it, reflect on its positive and negative aspects, so forth and so on. Thus, we are unable to come to grips with a lot of deep-seated feelings about how we've gone about achieving our goals, what we've done over the years, all the 'stuff' we went thru in raising our children and in our careers, etc. When these things start to seep into our thinking, we tend to discount them, even ignore them. Why? Because we have things to do, right? Kids to raise, work to perform, meetings to attend, clients/customers/students/parishioners to call on/work with. . . But then there comes a day (and not necessarily in retirement; usually it's before and many times starts to occur when we go into the first months/years of our 'empty nest' time) when we are unable to push such 'thoughts' out of our immediate consciousness. They stay. And we begin to wonder. . . .and wonder about a whole lot of things. . . .

The author is building a case for our culture's poverty of feeling which, he says, is illustrated by the fact that we have so few words to identify and portray feelings when compared to our vocabulary dealing with science, technology and things like that. That is, rational, ordered, specific, not fuzzy, not indistinct. Precise. Clear. Without ambiguity.

[Click here to continue A Note from the Pastor.](#)

Connect with First Presbyterian Church

Session Meeting Highlights

The Session of First Presbyterian Church met in the Gathering Space at 7:00 p.m. on Thursday, January 16, 2020 for its stated monthly meeting. The Rev. James Young served as Moderator. Jeff Getty served as Clerk.

[Click here to see the actions Session took during the January meeting.](#)

Nurture

Joys and Concerns



Birthdays

Katie Ross 2-Feb
Marybelle Light 3-Feb
Brenda Clark, CPA 5-Feb
Abbey Workmeister 5-Feb
Meredith Irons 8-Feb
Debi Mullan 8-Feb
Martha Jane Hochard 11-Feb
Gail Plitnik 13-Feb
Zion Moorman 14-Feb
Barbara Aber 16-Feb
Tom Chappell 16-Feb
Linda Mellon 16-Feb
Judy Stern 16-Feb
Sterlin Rebuck 17-Feb
Laura Fiscus 18-Feb
Gwyn Chappell 19-Feb
Deb Hendrickson 19-Feb
Phil Mills 21-Feb



Sympathy and prayers to the family of Grace Frickey upon her death on Saturday, January 11, 2020.

Learn and Grow

Wellness News

Health information from WMHS is available through the "Aunt Bertha" Data Base. Please see Cheri Duncan if you are interested.

*** * * TAKE THE 30-DAY CHALLENGE * * ***

Invite God into your life in a new way. Rather than making a resolution, consider making an intention, or even a determination, that will bring you closer to God. Here are some ideas:

1. Pray more intentionally for world peace, peace in your world, peace in the hearts of others, or peace in your own heart.
2. Consider lectio divina or imagine yourself from the viewpoint of the characters when you read scripture.
3. Be still.
4. Be more aware of Christ's presence as you go about your day.
5. Be more mindful and less judgmental.
6. Walk or eat mindfully, noticing without judgment in the present moment.
7. Accept the anxiety of feeling yourself in suspense and incomplete (Pierre Teilhard de Chardin) and in God's hands.
8. Know that everything belongs. Grow in the wisdom and ability to hold opposing forces: anxiety and confidence; fear and trust; pain and perseverance; comfort and determination; hunger and discipline; joy and suffering.
9. Trust.
10. While you breathe in, be conscious of God's Spirit coming into you. Fill your lungs with divine energy. While you breathe out, imagine you are breathing out all your impurities – your fears, your negative feelings. Imagine your whole body becoming radiant and alive.

Pressley Ridge



Our congregation collected \$233 from the free will offering and was able to purchase and present Pressley Ridge with three car seats.

Worship With Us



First Presbyterian Church Snow Policy

Sunday School – The Pastor, the Security Patrol, and the Co-Chairs of the Faith Formation and Buildings & Grounds committees will consult by phone and make a decision by 8:00 a.m. If Sunday School is canceled, announcements will be made on radio stations including WCBC 1270 AM (and on their website Snow Watch list) and by

email to church members, Facebook , and the church website.

Worship – Worship will be canceled only in the most extreme weather conditions. If indicated, the Pastor, the Security Patrol, and the Co-Chairs of the Worship & Music and Buildings and Grounds committees will consult and make a decision. If worship is canceled, announcements will be made on radio stations including WCBC 1270 AM (and on their Snow Watch list) and by email to church members, Facebook, and the church website.