



# First Presbyterian Church

## The Cross and Crown



January 2020

Extending God's Grace throughout Northeast Texas

**Pastor:**

Rev. Dr. Jerry Carpenter

**Session members:**

Class of 2020

Jane Els and Dan Wilson

Class of 2021

Sandy Corder and Kelly Holloman

Class of 2022

Patricia Fields and Slade Weaver

Treasurer

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### **PASTOR'S PAGE: REV. DR. JERRY CARPENTER**

Did you know that the month we call January was named for the Roman God "Janus" who had two faces? One face turned toward the past and the other turned toward the future. So, Janus was an ideal figure to name the month January for as it begins a new year even as we look to the past year and think about what the next year will hold for us.

This year has a number that we do not see often, a repeating number....2020. The last one just like it was a century ago...1919. This year hold infinite possibilities for each one of us personally and for our church. There is no limit to what each of us can do during 2020. We each can decide how we want to spend each moment, minute, hour, day, week, month during this year. We each can decide where we will go and what we will do during all of the time we are allotted during this new year. We can decide how we will deal with the circumstances we encounter and what resources we will use to make each moment count for our good and the good of others.

There is an old saying..."Yesterday is gone, and the future is not guaranteed, so all we have is today. That is why they call it the present." Each moment we live is a gift. It is a present to us. We are here at the beginning of a new year and the possibilities are limitless of how it may be lived.

Our church is a wonderful place for us to worship and work and serve. It is an historical place with a long history. It is a place important to the city of Winnsboro and its history entwines with the history of each one of us. Its history is important but its future is even more important. What will First Presbyterian Church of Winnsboro be like on December 31, 2020? Who will be attending worship here? Who will be teaching and leading and singing and serving? Will there be new people added to our congregation as the year progresses? Will we reach out and bring new people in and let our community know we are an inclusive, inviting, friendly place to be? Will we invite others personally to come and see what we love about our church?

This is a new year with new possibilities and only YOU can decide what it will be like when the 266 days of 2020 end. "This is a day of new beginnings, time to remember and move on, time to reflect on what God is doing, putting aside the past that's gone..."

You are important to the church we call First Presbyterian Church of Winnsboro. You are needed by this church weekly as we worship, daily as we pray, always because we are all part of the Family of Christ and each part of it is important. Be present as often as you can. We need you!

## **Noisy Offering**

**Iglesia Maranatha in the town of Salama,  
Guatemala**



### SERMON TITLES FOR JANUARY:

Jan 5	Second Sunday after Christmas John 1:1-18 “The Word Made Flesh”
Jan 12	Baptism of the Lord Matthew 3: 13-17 “The Beloved”
Jan 19	Second Sunday after Epiphany John 1:29-42 “Come and See”
Jan 26	Third Sunday after Epiphany Matthew 4: 12-23 “Fishing for People”

### January birthdays & anniversaries:

**(Please notify the office if I do not have your birthday)**

**9 Kelly Holloman**  
**9 Vicki Bond**  
**11 Don Kettleson**  
**12 Christian England**  
**13 Tricia Clark**  
**17 Garnett Russell**  
**22 Laquita Kelm**  
**26 Susan Drennan**

### Attendance:

**December 1—34**  
**December 8—30**  
**December 15—23**  
**December 22—30**

*We have a new champion recipe for our luncheons! Bob Simmons made the most popular and unique sandwiches for the Christmas Carols and Cookies Extravaganza. Here is his recipe for Carrot Sandwiches-- **Yes! Carrot Sandwiches.** They are yummy. For our lunch Bob made them with croissants. AND you should probably plan to attend this lunch next December--people mentioned this should be a tradition.*

### Carrot Sandwiches

1 cup shredded carrots  
1/2 cup mayonnaise  
1 cup chopped pecans  
8 ounces of cream cheese (softened)  
1/4 teaspoon garlic salt  
1/2 cup french onion dip  
Dash of cayenne (optional)

Mix the mayonnaise and the cream cheese together. Add the other ingredients and mix well. Can be made into sandwiches on white or wheat bread with the crust trimmed off or into croissant sandwiches.

Best if refrigerated for at least an hour before making the sandwiches.



# Jane's Journey

My birthday is in November—just a couple of months after the start of school. Because of this odd timing my parents started me in the first grade at age five in a private school then transferred me to public school. I can't help but wonder if I was such a handful that my mother just wanted me out of the house but I like to think that I showed potential and they didn't want to waste time for my education to start. For whatever reason, from that moment on I was always a year younger than the kids around me. I graduated from high school at 17. One of my good friends is nine days older but graduated high school in 1966 while I graduated in 1965. I like to tell

her I am nine days younger and a year smarter.

But I have always been aware of being slightly "out of sync" with the other kids. Few people understand this feeling. But for a while I thought maybe Jesus might.

I've been reading Matthew 2:13-23 to prepare for a sermon in Paris and Deport. That's where Armel and I have been when you might have noticed us missing. Each of us is scheduled to preach there in January and February, too.

We are familiar with the story of Herod's order to have all the male children in Bethlehem who were Jesus' age killed. He wanted to avoid any threat to his political power. An angel appeared to Joseph telling him to take the family to Egypt to save the baby's life. When Herod died they returned to Israel but went to Nazareth instead of Bethlehem because Herod's son was as bad as his father. Everyone Jesus' age or three years younger would have been killed by Herod's jealous edict.

It occurred to me that this meant Jesus would have had no friends his own age to grow up with. If Joseph and Mary had raised Jesus in the town he was born in he would have grown up alone, the only kid his age. I just can't imagine what this would have been like—not only to have not had the friends but to have felt the guilt knowing their death was the result of your birth.

However, it didn't happen that way. His parents took him 70 miles north of Bethlehem when they left Egypt. He grew up in Nazareth and it was too far to walk. He spent his life and ministry around the sea of Galilee. The closest he ever got to the town he was born in was when he went to Jerusalem the last week of his life. It was a 2-hour walk and nothing in scripture says he ever visited his birthplace again.

Because Jesus was God Incarnate he had to have known what Herod had done without setting foot in Bethlehem after he left. And because Jesus was also fully human he must have felt great sorrow over it.

This scripture passage is so rich that I will be preaching on a different aspect of its message and I think Jerry will, also. You'll have to come to church to get the rest of the story. That's the beauty of scripture—there are usually several different messages from the same text. Just when you thought "you've heard it all" there is always something new to learn from God's word. Keep listening.

## **NOTICE**

**We will have a Congregational Meeting to hear the church's Annual Report on January 26, in the sanctuary immediately following worship.**

## January 2020 Revised Common Lectionary for Sundays and Festivals

Second Sunday of Christmas—January 5, 2020

Jeremiah 31:7–14

Psalms 147:12–20

Ephesians 1:3–14

John 1: (1–9) 10–18

Epiphany of the Lord—January 6

Isaiah 60:1–6

Psalms 72:1–7, 10–14

Ephesians 3:1–12

Matthew 2:1–12

Baptism of the Lord—January 12

Isaiah 42:1–9

Psalms 29

Acts 10:34–43

Matthew 3:13–17

Sunday, January 19

Isaiah 49:1–7

Psalms 40:1–11

1 Corinthians 1:1–9

John 1:29–42

Sunday, January 26

Isaiah 9:1–4

Psalms 27:1, 4–9

1 Corinthians 1:10–18

Matthew 4:12–23



Our December PW meeting was a glorious blessing to all the ladies who attended. Rhonda Thomas presented an excellent interactive lesson on the gifts of Christmas that were described in a Zondervan booklet published in 1996 titled **Experience God's Christmas Presence** (by Joy L. Marple and Robin Moro). Through scripture, we explored the six gifts God has given to us: HOPE, PEACE, COMFORT, JOY, LOVE and FAITH. Along with demonstrating her teaching skills, Rhonda also reminded us of her fabulous baking skills! We all left the meeting filled with the Spirit of Christmas from God's Word and Rhonda's Kitchen!

February is the month of LOVE, which Rhonda pointed out, is a gift from God. "God loves us in one moment more than anyone could love us in a lifetime." Our next regularly scheduled meeting will be at **10:00 a.m. on Tuesday, February 4<sup>th</sup>**. Please mark your calendar now and make plans to attend. Remember, all the women of our church (along with your friends and neighbors) are welcomed to our meetings.

### News from the Session:

The Session held a special called meeting to address two items of business.

First, the newly elected Session members, Patricia Fields and Slade Weaver, were trained, examined, and approved by the Pastor and Session. Patricia and Slade will be ordained and installed during worship on January 12.

Second, the 2020 budget was approved.

The next Stated Session Meeting will be January 12, 2020.

## Our Breath

Our breath. It happens so automatically that many of us have lost the understanding of how vital it is and how much it controls how we react to life. At rest, we normally breathe in and out 12 to 20 times per minute. We all know that if we start to exert ourselves physically or get in a stressful situation, our respiration rate increases. But, we don't always think about the fact that we are actually changing the mixture of gasses inside us as we increase our respiration.

The sages of eons past really paid attention to the changes that could be brought about by changing the pattern of breath. They noticed that they could make changes in themselves physically by varying the length, number, and style of breath they took. Even more importantly to people who are trying to build a spiritual life, they noticed that those same changes acted upon their spirit – their thoughts, emotions, and the connection they felt to God. They learn to add a layer of meaning to the breath itself that helped them get into a more spiritual state. Science backs up the physiological changes that occur during certain breathwork with many studies that show how breath and feelings are related. What can't be proven are the spiritual aspects of breathing. That has to be felt inside one's own self.

Try the following to add the layer of spirituality to your breathing: Find a spare five minutes that you can focus on this process fully. At first, you will need to go somewhere without distraction. Once you are practiced, you will be able to do this anywhere. Sit in a chair or lie down comfortably with your spine straight. Close your eyes. Start with an inhale:

- Inhale - While inhaling, think – “Father, fill me with joy, peace, love and hope.”
- Hold – After inhaling, hold your breath for a couple of heartbeats while you imagine being filled with these beautiful emotions.
- Exhale – While exhaling, think –“Father, please take away my anxiety, worry, fear, and other negative emotions. Please take from me those emotions that are keeping me from being what you want me to be.”

Practice for just 5 breaths, then gradually build up to 5 minutes or more of breathwork. As you get the hang of the process, try to regulate your breathing with counting. You can use seconds, heartbeats, or some other means of keeping count. Your goal is to Inhale for four beats, hold for 8 beats, and exhale for 8 beats.

When you open your eyes after a session, simply sit for a moment. Take stock of how you feel... You should feel physically and spiritually relaxed after just a few minutes of this type of breathing. Quite literally, for a moment you should feel that all is now well with your soul. As you practice, you may develop what you want to say on inhales and exhales yourself. The phrases above are simply an example and a way to get started. The words are not important, just the meaning – inhaling the good stuff, feeling it deeply, then getting rid of the bad stuff.

If you have questions or comments, please catch me on a Sunday at church and I will be happy to help.

Sandy Corder

# January 2020

First Presbyterian, Contacts, Holidays in United States

Jan 2020 (Central Time - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 Noley Offering	30 2pm - Bible study	31 New Year's Eve	1 New Year's Day Office closed	2	3	4 12pm - Al-Anon
5 Communion	6 2pm - Bible study	7	8	9 Kelly Holloman Vicki Bond	10	11 Don Kettleson 12pm - Al-Anon
12 Christian England Session/ordain/ins	13 Patricia Clark 2pm - Bible study	14	15	16	17 Garnett Russell	18 12pm - Al-Anon
19 Family Lunch	20 Martin Luther King 2pm - Bible study	21	22 Laquita Keim	23	24	25 12pm - Al-Anon
26 Congregation Noley Offering Susan Drennan	27 2pm - Bible study	28	29	30	31	1 12pm - Al-Anon