



First Presbyterian Church

The Cross and Crown



January 2021

Extending God's Grace throughout Northeast Texas

Session members:

Class of 2021

Sandy Corder and Kelly Holloman

Class of 2022

Patricia Fields and Slade Weaver

Class of 2023

Ronny Knight and Alice McGregor

Treasurer

Ronny Knight

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Notice of Congregational Meeting

The session has called a congregational meeting for January 10 with Jimmy Chapman moderating. There are two items on the agenda.

- 1. To hear annual reports**
- 2. To hear and vote on a motion made by the session to sell the manse and create an Ann Moore fund with the proceeds of that sale.**

Question and Answer Session

The Session will hold an informal Q&A meeting after worship on January 3. If you have questions about the life and direction of our church, this will be a time you can ask. The session members don't promise to have all the answers, but they will fill you in on what they know and/or are working towards. A survey will be handed out for you to take home and fill out. Your input will help the session members in planning for and moving forward in the life of our church. Surveys will be mailed to those not in attendance. Please note: this is not a formal congregational meeting, so no official business can take place.

Ordination and Installation of New Officers

Our new session members will be installed during worship on January 10. Alice McGregor will be ordained and installed as an elder, and Ronny Knight, who is already an elder, will be installed. Both will session through 2023. We are so blessed to have Alice and Ronny as officers of the church!

January 2021 Revised Common Lectionary for Sundays and Festivals

Second Sunday of Christmas—January 3, 2021

Jeremiah 31:7–14
Psalm 147:12–20
Ephesians 1:3–14
John 1:(1–9) 10–18

Sunday, January 17
1 Samuel 3:1–10 (11–20)
Psalm 139:1–6, 13–18
1 Corinthians 6:12–20
John 1:43–51

Sunday, January 31
Deuteronomy 18:15–20
Psalm 111
1 Corinthians 8:1–13
Mark 1:21–28

Baptism of the Lord—January 10

Genesis 1:1–5
Psalm 29
Acts 19:1–7
Mark 1:4–11

Sunday, January 24
Jonah 3:1–5, 10
Psalm 62:5–12
1 Corinthians 7:29–31
Mark 1:14–20

January birthdays & anniversaries:

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

9 Kelly Holloman
11 Don Kettleon
12 Christian England
13 Patricia Clark
17 Garnett Russell
22 Laquita Kelm
26 Susan Drennan

Attendance:

November 29—13
December 6—11
December 13—12
December 20—11

Session Highlights

The session met on December 13. Following are highlights of that meeting.

- Called a meeting of the congregation for January 10 to hear annual reports and to vote on sale of the manse. (See front page for details of that agenda.)
- Decided to hold an informal Question and Answer meeting with the congregation to try to answer any concerns. At that time, a survey seeking input from members and non-member participants will be handed out (and mailed to those not in attendance). This is scheduled for January 3 after worship.
- Microphones have been purchased to enhance audio for streaming church services.
- Reviewed and approved the 2021 proposed budget.
- Reviewed and approved all policies.
- Recognized outgoing members, Jane Els and Dan Wilson, with gratitude for their faithful 3-year service on the session.
- Scheduled communion, ordination and installation of new officers, and the next session meeting for January 10.



Jane's Journey

If the year 2020 was a person I think its feelings would be hurt. Everyone can't wait for it to leave.

Around March 15 (Beware the Ideas of March!) people started turning on it. The Covid-19 virus arrived at our shores in January and started establishing itself. By March we realized this was going to be big and scary. Beaven and I attended a wedding on Friday the 13th of March. I'm sure the bride and groom thought getting married on that date would be cute but the reception had hand sanitizer dispensers everywhere we looked and even when we were surrounded by old friends—good friends—we experienced second guesses at whether we should hug or not. And that

event was the last social event where I hugged someone. You remember things like that.

I'm not sure why we have blamed "The Year 2020" as though it was a living thing that you can blame things for. After all, it's just an arrangement of time.

The stark fact is, we have had a string of "unpleasantness" lately and we would really like for it to stop. And January of a new year would be a peachy time for that to happen. Yet the mature person knows that realistically this won't happen. Not magically, at least. There is some science involved here. And it looks like we are in for a long wait.

Mr. Rogers used to sing a song called, "What shall we do while we're waiting?" As a long, dreary time settles around us, closing us into our homes more firmly than other winters, it will be more important than ever for our congregation to stay in touch with each other. In January we will change our Shepherds Staff program slightly and you may have a new shepherd who will be in touch with you. I encourage everyone to get to know their shepherd and sheep better this winter through phone calls and cards. Also, check in with your "pew partners"—the people you usually sit by in worship. Set a goal to get to know your church friends "better" during the quarantine; better in a deeper way, a more understanding way, a more loving way. Make it your goal to love each other the way Jesus love you. Then when we emerge from this pandemic and spring arrives we will hear Christ's words on Maundy Thursday to "Love One Another" and will have a deeper understanding of what he meant and how we do that.

If you need any phone numbers or mailing addresses call the church office or get a complete list from the church website. There's a password to get into the members only section and Tina can give you that. Her phone number is (903) 342-3011.

Introducing our "new" Communications Coordinator: Della White

Expect a phone call from one of your favorite people!

With the absence of a pastor now we don't have anyone checking on our congregation the way Jerry sometimes did. And we realized that this is one of Della's natural talents that she can do as well and sometimes even better than some of the elders in the church.

While we realize that this still remains the job of the elders of the church, we have asked Della to take on the job of checking in with the congregation through phone calls and greeting cards and act as a liaison to keep the session informed of the needs she finds around our church. We hope this will help us to stay in touch better. Della's natural talent of being friendly and loving will help both the congregation and the elders stay connected to each other in a way that will help both of us, especially during this time when we are so worried about each and every one in our congregation.

If you have any questions or concerns you can call Della yourself or either of the elders on the Inreach/Outreach Committee:

Della White (903) 342-3073

Inreach/Outreach: Jane Els (972) 345-8346 or Sandy Corder (903) 497-0571

Little Life Hacks

The Mid-Afternoon Slump

By Sandy Corder

You are not imagining it... there is a natural phenomenon that makes us sleepy sometime in the middle of the afternoon. Let's explore what is going on and the best way to handle it - naturally.

We have tons of tiny little timers in our body that go off throughout the day. These natural little clocks control our circadian rhythm and let us know many key things - like the time to wake, the time to go to bed, and the time to eat. Many of our organs even have their own little clocks, but we also have a kind of master controller. While most people have a pretty good understanding of the whole rise and rest times and get the whole idea reinforced twice per year when we make a "time change", there are some others that are lesser known.

The one that causes a mid-afternoon slump is one of these little timers. This timer is a gotcha for just about everyone, especially if you are sitting behind a computer or doing anything that requires physical stillness during the afternoon hours. To be more exact, this little goes off seven to nine hours after you rise and makes you VERY SLEEPY.

Most folks reach for obvious solutions such as food or caffeine to combat the downward slide of their lids. Energy drink companies, coffee companies and other caffeine product producers have made a mint on folks whose lids get heavy in the quiet of the afternoon. Another common solution really puts the pounds on when folks reach for a sugar laden energy rush with a candy bar or other sweet treat. The good news is that it generally only lasts about 30 or so minutes.

Rather than turn to caffeine or sugar, let's look at a few natural ways to work through this little downturn in energy:

Collaborate and brainstorm in the afternoon - Ayurveda has long counselled that the afternoon is the perfect time for creative tasks. Conversations that have a brainstorming and collaborative component can help you work out of the slump.

Take a brisk walk or schedule something active - Getting active, especially outside will keep you from nodding off at your desk or, worse, behind the wheel.

Try peppermint - Chew a piece of gum, drink some peppermint tea or use some essential oils as a natural pick me up. Citrus scents are also invigorating - try lemon, grapefruit or tangerine in an afternoon diffuser.

Change the station - Lively music, especially music with a fast beat can help you stay awake. So, if you normally listen to calming music that has a slower tempo, change the station to one with faster music and get those toes tapping to keep from napping.

Pray or meditate - Allow your body to rest while you take advantage of this special time of the day to praise and express gratitude for your life. Just make sure you are in an upright position so you don't end up nodding off!

January 2021

First Presbyterian, Contacts, Holidays In United States

Jan 2021 (Central Time - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 Carrie Russell Chris Holoman	29	30	31 New Year's Eve OFFICE CLOSED	1 New Year's Day	2
3 Informal Q & A	4	5	6	7	8	9 Kenya Holoman
10 Communion Congregation	11 Don Ketterson	12 Christian England	13 Patricia Clark	14	15	16
17 Garnett Russell	18 Martin Luther King	19	20	21	22 Laquita Keim	23
24	25 C & C articles due	26 Susan Brennan	27	28	29	30
31	1 First Day of Black	2	3	4	5	6