



First Presbyterian Church

The Cross and Crown



March 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

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Session for February was cancelled due to snowpocalypse21!!!

Presbytery Update:

Grace Presbytery had a Zoom meeting for all clerks, moderators and pastors to update them on resources available to churches in the wake of the winter storm of last week. At the count available on Monday between 30 and 40 churches suffered building damage from frozen water pipes. Presbytery staff gave some helpful information on resources that is available to churches who need assistance with the physical damage. But they also addressed the **emotional and spiritual damage the entire nation has suffered.**

This damage goes beyond the winter storm of last week and I think it's worth it for our church in Winnsboro to consider and give due credit. **We have all been through tremendous stress in the last year.**

The middle of March will mark a year since our world turn upside down and our lives totally changed. And all of us have been through more stress than we might calculate. One of the things someone pointed out that can be helpful is to name the stress and claim it. **Whenever Christ confronted a demon in our bible stories He asked, "What is your name?"** Simply acknowledging the pandemic as a source of stress will go a long way toward taking away some of its power.

Then, in the midst of living inside a pandemic, some of us lived without electricity or water for a week. THEN, after the utilities came on, others of us had to deal with flooding caused by broken water pipes. If we didn't have to live this way, we probably know someone who did or watched it on TV. Our beloved Camp Gilmont had major pipes break and flooding.

While there isn't much we can do to stop these things from happening, in the aftermath, the **things we can do are important.** We wear our masks. We can donate money to help out. We can pray for others.

We can have faith that **God is in control.** We know that God does not bring on these disasters to punish us. **God is a loving God.** Where is God when these things happen? God is sitting in the ambulance next to Christ Holloman when he's driving. God is in the muddy trench when someone is repairing a broken water pipe. Or up on the pole when the lineman is restoring electricity in minus five degree temperature. God is always with the helpers.

Our job right now is to have patience with ourselves and each other. Acknowledge the stress we are all under. Make phone calls to check in with each other. Send cards. Count to three when you need to. Count to fifty if you have to. Speak our love. Speak it again. Speak it still once again.

Sunday schedule for March:

7th - Jane, Ronny worship leader

14th - Jimmy

21st - Jane

28th - TBA

March 2021 Revised Common Lectionary for Sundays and Festivals

Third Sunday in Lent—March 7

Exodus 20:1–17

Psalm 19

1 Corinthians 1:18–25

John 2:13–22

Fourth Sunday in Lent—March 14

Numbers 21:4–9

Psalm 107:1–3, 17–22

Ephesians 2:1–10

John 3:14–21

Fifth Sunday in Lent—March 21

Jeremiah 31:31–34

Psalm 51:1–12 or Psalm 119:9–16

Hebrews 5:5–10

John 12:20–33

Passion/Palm Sunday—March 28

Liturgy of the Palms

Mark 11:1–11 or John 12:12–16

Psalm 118:1–2, 19–29

Liturgy of the Passion

Isaiah 50:4–9a

Psalm 31:9–16

Philippians 2:5–11

Mark 14:1–15:47 or Mark 15:1–39 (40–47)

**March birthdays &
anniversaries:**

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

8 Judy De wees

15 Annie Dunn

23 Jacob Wilson

Attendance:

January 31—13

February 7—11

February 14—cancelled*

February 21—cancelled*

***Inclement weather**



Jane's Journey

I was talking to Sandy Corder a while back about the classes she is taking on Sundays to get more certification in her Yoga teaching. She talked a bit on how important it is when people synchronize their breathing or their speaking, their music, their movements. It has an effect on their feeling of well-being.

She called it Neuroscience and, believe it or not, there is a field called Neurotheology. There was an article in the November, 2019 issue of Christianity Today that said, "God made our brains to need others." In the article it speaks of how important it is to worship together physically. I think it's safe to say we have seen this to be true in the last year when this became a luxury that was taken away from us.

Not just our bodies, but our brains, become synchronized when we gather as the Body of Christ.

In talking about this with Sandy I realized that I've noticed this in church. I know the feeling. I went through a bad time in my own life when I was having a hard time and sometimes it was a struggle to just get myself to church on Sundays. But I did it. The struggle was so hard that there were Sundays I was tempted to get up and leave and then I noticed something. If I could just resist the urge to leave worship I noticed that once we had sung the first hymn I settled down and started feeling better. It had a way of lifting me up and energizing me enough for the rest of the service, gradually building my energy and things smoothed out and I eventually left worship in a great mood.

This is what Sandy was talking about. This is the neuro-synchronization does for us. It lines up the brain waves of all the people singing together so that they are in sync with each other. And I realized this is why music is so important. This is why liturgical reading—reading together aloud—is so important for a congregation. When we align our voices this does something to the rest of our bodies. It has a healing effect, a rejuvenating effect.

It is not our imagination. It turns out there have been real scientific studies to show that our brains and bodies synchronize when we gather as a group. Remember those pep rallies in high school? Rock concerts? Any time you gather folks together you get a group vibe going. And it can be liturgical readings as well as music. Just doing the same thing as the same time. Probably soldiers marching fits this description.

One of the benefits of being a small church is that right now we are really, really small and we have room for more. Most Sundays we have around 12 people. We've taken up the cloth pads in the pews to make it easier to sanitize everything between services. We spread out and wear our masks the whole time we're together. I think you would feel safe to join us. Come sync your soul with ours.

Food for Thought

If you attend out Sunday services, you may have noticed that mom and I have not been accompanying Slade to church. I'm deepening my education in Ayurveda and the classes are held on Sunday mornings, which means I won't be in attendance for the next year. I miss coming, but I am learning so very much, and I'd like to share some of my teachings with you all.

This past week or two, we've been focusing on how food impacts our mind and emotions. God gave us everything we would need to survive on the earth in the form of plants and animals. In our Sunday School sessions a while back, we went through the dietary laws that were given to the Jewish people as they formed their society after fleeing Egypt. While most people may find that these laws boring to read through, I found them a fascinating echo of the recommendations handed down through the Vedics.

Part of this whole shebang is the idea that food can get us closer or farther from God. The Jews were told that they needed to eat according to the laws to be "clean". And only those that are "clean" can be in the presence of God. Of course cleanliness was also achieved through thoughts, deeds and many other things, but I want to focus on the food aspect and how Ayurveda echoes this concept.

In Ayurveda, foods can impact our thinking in three ways:

Wholesome Foods

Wholesome foods are foods that are as close to nature as possible when we eat them. These foods are whole grains, fresh and organic vegetables and fruits, and other unprocessed foods we find in the grocery store.

These foods are good for our body, good for our mind, and good for our emotional state. When we are healthy, frankly, we are able to focus on God instead of our own suffering. They make us

content, happy, and peaceful. So, these foods help us get closer to God.

Activating Foods

These foods are foods that are characterized by "excess". These are foods that are too salty, too bitter, too spicy, too hot, or too dry. They take a lot of resources to digest and make our bodies work hard to neutralize the "too" part. These foods impact us mentally by making us passionate, active, and have desire.

They are not bad unless we over indulge in them. When we do, we can become jealous, overly ambitious, and greedy. These can keep us from really connecting with God.

Deactivating Foods

These foods are characterized by being devoid of life and nutrition. Overcooked, stale, over processed and junk foods are all pretty much empty of calories or anything that is good for your body. These foods make us become inactive in our mind, lazy in our body, and stagnant overall.

They are not all bad, though. Sometimes life makes us want to be still and silent.

The whole concept of eating for a spiritual state, then, becomes a balancing act. We need plenty of the wholesome foods, but we also need a mix of the activating and deactivating ones or we lose our will to move forward in life. My teacher says to think of them like primary colors. Life would be boring if we only had one color to work with, but with three the beauty can emerge. We need the wholesome foods predominantly, but throwing in a tiny bit of activating and deactivating foods allows us to really experience life to its fullest.

Next time you sit down to a meal, really start to pay attention to how you feel. You'll begin to see how what you eat truly shapes the way we think, feel, and emotionally process the world around us.

Submitted by Sandy Corder

Liturgy Group on Zoom

Zoom with us!

(And if you don't know how, we can teach you. If you have a computer and an internet connection, it's free and easy.)

Each Thursday at 11 a.m. Armel, Jane, Alice and Patricia have been meeting to discuss scripture verses for the coming Sunday. This usually includes four verses according to the Revised Common Lectionary: a Psalm, an Old Testament verse, an Epistle reading and a Gospel reading.

Our visits with each other last about an hour and you can "attend" from the comfort of your own home wearing your pajamas or whatever quarantine attire you choose. It really came in handy during the "Snowmageddon" when nobody could leave their house.

Contact Jane for details of how to log into the meeting:

jels@peoplescom.net or 972-345-8346

All you need is internet access: smart phone, iPad or laptop

***'all shall be well, all shall be well,
and all manner of things shall be well,'***

Julian of Norwich (1342-1415)

Wrote the above when she suffered a sickness thought to be the Black plague in 1373....a pandemic

March 2021

First Presbyterian, Contacts, Holidays In United States

Mar 2021 (Central Time - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	1 First Day of	2	3	4	5	6
7	8 Judy Dewees	9	10	11	12	13
14 Communion Session Daylight saving	15 Ann Dunn	16	17 St. Patrick's Day	18	19	20
21	22 C & C due	23 Jacob Wilson	24	25	26	27
28 Palm Sunday	29	30	31	1 Maundy Thursday	2	3