



First Presbyterian Church

The Cross and Crown



April 2021

Extending God's Grace throughout Northeast Texas

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Class of 2021

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Class of 2022

Patricia Fields and Slade Weaver

Class of 2023

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The Session met on March 14. Here are highlights of that meeting.

- We will have a Maundy Thursday service with communion on April 1 at 6:00 p.m.
- Communion will be served during worship on April 11.
- We are awaiting official approval from Presbytery to sell the manse. Meanwhile, it has been listed with a real estate company and we've had an interested buyer.
 - A new bookkeeper has been hired as Shannon Monk has resigned to pursue another career opportunity.
 - Pledges are down and $\frac{2}{3}$ of our budget has not been received in pledge renewals. The church is financially stable due to the increase in the income of investments, but we must start to increase membership and increase pledges to survive as a church.
 - The worship committee continues to try to fill the pulpit with preachers at least 3 times a month, including a commissioned pastor who can serve communion. This leaves 1 and sometimes 2 Sundays a month to fill with lessons and hymns or a video recorded sermon. They also continue to look for more people who are interested in serving as lay leaders each Sunday.
 - Inreach/Outreach has looked at survey results and has given those to the worship committee to review.
 - The session discussed the mask policy for services and decided to continue the current policy. It will be reviewed at the next meeting as more folks receive vaccinations.
 - Discussion was held as to how to be more proactive in our search for a pastor. A motion was made to create a committee to explore options with area churches. A committee was formed with Sandra Corder appointed as head.
 - It was decided to go back to every-other-month session meetings. The next session meeting has been set for May 16.

Sunday pulpit schedule for April:

1st/Maundy Thursday: Jimmy Chapman

4th/Easter Sunday: Jane

11th Jimmy Chapman

18th Jane

25th Lessons & hymns

April 2021 Revised Common Lectionary for Sundays and Festivals

Maundy Thursday—April 1

Exodus 12:1–4 (5–10) 11–14

Psalm 116:1–2, 12–19

1 Corinthians 11:23–26

John 13:1–17, 31b–35

Resurrection of the Lord / Easter—April 4

Acts 10:34–43 or Isaiah 25:6–9

Psalm 118:1–2, 14–24

1 Corinthians 15:1–11 or Acts 10:34–43

John 20:1–18 or Mark 16:1–8

Second Sunday of Easter—April 11

Acts 4:32–35

Psalm 133

1 John 1:1–2:2

John 20:19–31

Third Sunday of Easter—April 18

Acts 3:12–19

Psalm 4

1 John 3:1–7

Luke 24:36b–48

Fourth Sunday of Easter—April 25

Acts 4:5–12

Psalm 23

1 John 3:16–24

John 10:11–18

**April birthdays &
anniversaries:**

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

There are no April birthdays

Attendance:

February 28—14

March 7—10

March 14—7

March 21—11



Jane's Journey

We took a quick survey in church last Sunday and it looks like most of the worship "regulars" are on our way to being fully vaccinated. The whole nation is getting there slowly. There is light at the end of this long dark tunnel.

Someone on Facebook observed that in our rush to return to normal after this quarantine we might consider what exactly we were rushing back to and whether it was worth it. What parts of "normal" do we want to return to and which ones do we want to leave behind?

What have we learned in the past year?

Personally, I have enjoyed the lack of traffic now that everyone is staying home. It's been so pleasant having the road all to myself. Becky Poe introduced me to Walmart Pickup and it is one of the best ideas ever. I think everyone will agree that we have lived at a slower pace during the pandemic. Someday, we won't have to wear masks in church or stores. The kids will return to school.

But there are some things I have enjoyed about our last year that I'm not sure I want to give up. I have become a huge fan of Zoom meetings. They are far more efficient and inclusive. I've been able to sit with people from other states and hear their ideas with such ease that I'm positive we will continue to meet on Zoom even after the quarantine is over.

We have a **weekly Bible Study** on Zoom based on the lectionary that meets **Thursdays at 10 a.m.** We have about five members and it's very informal. Nobody know if you are wearing shoes. Pets attend sometimes. And you don't have to travel any farther than your living room. You don't even have to be a member of our church.

I picked up a book I read years ago: ***Slow Time by Waverly Fitzgerald***. She cautions us to "Beware of assuming that slowing down is better than being hurried. It may be an important step in finding balance in your life." Our goal is to find the proper balance.

Our greatest gift in the quarantine may be having uninterrupted time to spend listening for God.

There has been a resurgence in interest in the works of **Howard Thurman**. He's one of the most overlooked sages in America. Among his other great contributions he was a Spiritual Director who said that we can't "make" things happen, we can't make God visit us. The best thing we can do is develop a regular spiritual practice and place ourselves in a position so that if the Holy Spirit does come to us we will be ready to receive what God has to offer us.

I wish you a God-filled spring and a new appreciation of your time with our Creator.

A MATTER OF TASTE

By Sandy Corder

We don't think about the sensation of taste all that much. Sure, we focus on it while we are eating (or planning to eat), but most folks never really give it much thought. When we are working on our connection with God, however, it has much more impact than you would think.

All foods, according to Ayurveda fall within six tastes. Each of these tastes impacts us physically, mentally, and emotionally and all are necessary in some amount for a well-rounded diet

Digestion is closely tied to the tastes and begins when receptors on the tongue signal the brain to start releasing specific enzymes. Messages are then sent to the organs that are going to be impacted by a particular taste (like the pancreas when sweet is encountered) telling them to get ready to work. The tastes can also trigger hormones such as endorphins (sweet) and stress hormones (pungent), that can impact us mentally and emotionally.

The six tastes are: sweet, salty, sour, bitter, astringent, pungent. Each of the tastes have particular characteristics:

Sweet

The sweet taste is heavy, cold, oily and soft. It effects the thyroid and upper lungs. It is found in ripe banana, dates, beets, sweet potatoes, rice, wheat, corn, milk, beef, pork, all sweeteners. It brings out love, sharing, compassion, joy, happiness, bliss, but in excess leads to attachment, greed, possessiveness, and laziness.

Salty

The salty taste is heavy, oily, and hot. It effects the kidneys. It is found in celery, seaweed, cottage cheese, tuna, soy sauce, any type of salt. It brings out courage, confidence, enthusiasm, but in excess leads to temptation, addiction, and irritability.

Sour

The sour taste is liquid, light, oily, hot. It effects the lungs. It is found in grapefruit, tomato, pickles, lemon, lime, sourdough breads, butter, cheese, yogurt, alcohol, fermented foods, garlic. It brings out enthusiasm, excitement, curiosity, clarity, vitality, vigor, but in excess leads to criticism, jealousy, rejection, hate, agitation, and selfishness.

Bitter

The bitter taste is bold, light, dry. It effects the pancreas, liver, spleen. It is found in coffee, leafy greens (kale, collards, etc.), dark chocolate. It brings out clarity, introspection, self-awareness, healthy detachment, but in excess leads to cynicism, rejection, boredom, isolation, separation, and loneliness.

Astringent

The astringent taste is dry, cold, heavy. It effects the colon. It is found in apples, cranberries, chickpeas, green beans, cabbage, lettuce, wheat pasta, beans, white chicken. It brings out stability, unification, collected thoughts, grounding, but in excess leads to fear, anxiety, fixation, rigidity, resentment, and harshness.

Pungent

The pungent taste is hot, dry, light, sharp. It effects the stomach and heart. It is found in Chilies, garlic, leeks, radishes, raw spinach, spelt, mustard seed, and most heating spices like pepper and ginger. It brings out Appreciation, understanding, discrimination, comprehension, but in excess leads to Mental confusion, malaise, anger, rage, competitiveness, and envy.

Maundy Thursday

Jimmy Chapman, Commissioned Lay Pastor, will help us remember Maundy Thursday this year in the Sanctuary.

Please join us:
Thursday, April 1, 2021
6:00 PM

An excerpt from the *Companion to the Book of Common Worship* (Geneva Press, 2003, 113-116, 131-132)

The name is taken from the first words sung at the ceremony of the washing of the feet, "I give you a new commandment" (John 13:34); also from the commandment of Christ that we should imitate his loving humility in the washing of the feet (John 13:14-17). The term *mandatum* (maundy), therefore, was applied to the rite of the footwashing on this day.

The opening service of the Triduum is not inherently mournful. The penitential acts of Maundy Thursday have celebratory aspects as well: restoration through the bold declaration of pardon; the act of footwashing connoting humility and intimacy; the celebration of the Lord's Supper embodying the mystery of Christ's enduring redemptive presence. Maundy Thursday's acts provide the paradox of a celebratively somber and solemnly celebrative service.

Footwashing. A powerful symbolic response to the Word, representing the way of humility and servanthood to which we are called by Christ, is the act of footwashing, practiced within the church since at least the fifth century. The practice of footwashing in first-century Palestine may have been as common as when today a host helps guests take off their coats, a waiter seats diners, or a driver holds the taxi door open for

passengers. Hospitality underlies all such welcoming gestures. ...

What is startling if not jolting about the footwashing story in John is not the act of footwashing, but the identity of the servant who washed others' feet — Jesus, God-with-us, the least likely person. Following the footwashing, Jesus took on himself the humiliation of the cross, the ultimate symbol of his selfless love for others. ...

In the priesthood of all believers (not hierarchies of power), *all* members of the body of Christ can "kneel" before each other and wash one another's feet as did our Lord and Savior himself — neighbor to neighbor, perhaps even stranger to stranger. More important, as the priesthood of all believers, our corporate kneeling before others for the earthly task of footwashing symbolizes our servanthood within and beyond the body of Christ.

The Lord's Supper. Though on this night we remember and celebrate the final supper Jesus shared with his disciples in the context of Passover, we are neither celebrating a Seder ("order of service"), nor reenacting the Last Supper, but sharing with our risen Lord a foretaste of the heavenly banquet.


Special Offering:

Because Water is Life

Meet all the needs for which the world thirsts, O God. May your spring of justice, compassion and peace spring up quickly, and may it spring up quickly in us. Amen.

One Great Hour of Sharing is the single, largest way that Presbyterians come together every year to work for a better world. Each gift to One Great Hour of Sharing helps improve the lives of the suffering and the vulnerable.


An envelope has been included with your newsletter to make it easy! We will also be happy to take them in the office or the sanctuary during services.



YOU SHALL BE CALLED REPAIRERS OF THE BREACH

— ISAIAH 58

Providing relief from natural disasters, food for the hungry, and support for the poor and oppressed.

 **ONE GREAT HOUR OF SHARING**
SPECIAL OFFERINGS
HUNGER • DISASTER • DEVELOPMENT

April 2021

First Presbyterian, Contacts, Holidays in United States

Apr 2021 (Central Time - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 Palm Sunday	29	30	31	1 Maundy Thursday	2	3
4 Easter Sunday UGHS offering	5 Easter Monday	6	7	8	9	10
11 Communion	12	13	14	15 Tax Day	16	17
18	19	20	21	22	23	24
25	26 C & C bus	27	28	29	30	1