



First Presbyterian Church

The Cross and Crown



May 2021

Extending God's Grace throughout Northeast Texas

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Music Notes: Name That Tune!

For the months that we don't have Session Highlights, I thought I'd offer some thoughts on music in the church. So, here's the first installment.

Some Sundays, you may find yourself thinking, "Why are we singing this unfamiliar hymn?" Let me share with you how hymns are chosen each Sunday.

Ideally, a pastor chooses hymns to go with her/his sermon, theme, and the lectionary scripture for a given Sunday. For several reasons, consistency being a big factor, I (Tricia) am currently picking hymns. I do send the selections to whoever is preaching to make sure those choices are appropriate with their message, and, of course, they are welcome to make changes. I put a lot of thought into picking hymns. There is a lot more to it than opening the hymnbook and saying, "Let's sing this one this week."

1. First, I check the lectionary passages for a given Sunday. I look up the scripture in the "Index of Scriptural Allusions" found in the back of our hymnbook as well as another source I have, to see what hymns are suggested. Often, there are suggestions that we have never, ever sung and have difficult tunes. I usually skip right over those. Sometimes there are hymns that we've never sung, but the tune is the same as a more familiar hymn or it seems simple to learn which makes those a good choice. Occasionally, I do pick something that is on the tricky side, but that's when the words just go with the scripture so well that I can't pass it up!

2. There are times that there are no songs indicated using either index that I have. That's when I have to really study the scripture passage and see if a hymn might pop into my head as I read. I also find myself flipping through the hymnbook for familiar hymns that might work with the passage.
3. Other times, the liturgical season helps to dictate appropriate hymns; it's easy to pick Advent, Christmas, and Easter especially.
4. And there are times that I have asked YOU for your favorite hymns that maybe we haven't sung in a while. I do try to pair those with the lectionary and or theme, but sometimes, we just sing a song because you like it!
5. Lastly, I try to balance the hymns each Sunday. If I have chosen a not-so-familiar song, I try to fill the other 2 hymn slots with more well known tunes.

So, if we sing a new song you like, let me know; likewise, if you just really would never want to sing a particular hymn again, let me know! And if you ever long to sing something we haven't done in a while, give me a call or text or email. Music is such an important part of my worship, and I want it to be so for you, too!

May 2021 Revised Common Lectionary for Sundays and Festivals

Fifth Sunday of Easter—May 2

Acts 8:26–40

Psalms 22:25–31

1 John 4:7–21

John 15:1–8

Sixth Sunday of Easter—May 9

Acts 10:44–48

Psalm 98

1 John 5:1–6

John 15:9–17

Seventh Sunday of Easter—May 16

Acts 1:15–17, 21–26

Psalm 1

1 John 5:9–13

John 17:6–19

Day of Pentecost—May 23

Acts 2:1–21 or Ezekiel 37:1–14

Psalm 104:24–34, 35b

Romans 8:22–27 or Acts 2:1–21

John 15:26–27; 16:4b–15

Trinity Sunday—May 30

Isaiah 6:1–8

Psalm 29

Romans 8:12–17

John 3:1–17

May birthdays & anniversaries:

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

**8 Bob Kelm
17 Debra Gaines
20 Armel Crocker**

Attendance:

March 28—11

April 4—20

April 11—11

April 18—11

April 25—14

May Sunday Schedule:

May 2 - Jane Els

May 9 - Tricia Clark

May 16 - Jimmy Chapman, communion, Session meeting

May 23 - Pentecost - Lessons and Hymns

May 30 - Trinity Sunday - Jane Els



Jane's Journey

Easter Sunday was a resurrection in more ways than one this year. Our live oak tree in the front yard of the church that turned brown from the extreme cold showed green blossoms for the folks that feared it was dead. And, even better, families that had been staying home due to the Covid pandemic resumed in-person worship in our sanctuary. It was a glorious day all around!

How very good and pleasant it is when kindred live together in unity!

This is from Psalm 133 and was the verse used in worship last Sunday. It brought to mind an African concept called Ubuntu.

We are all in this together. My wellbeing is tied to your wellbeing. I'm OK only if you are. If you have a problem I can't rest until I help you solve it. If you rejoice then we rejoice together. This is why we share our prayers of Joy and Concerns in our worship service every week.

I was telling the story of Doubting Thomas last week and realized that Jesus didn't appear to Thomas privately. He did it in front of all the other disciples. Then I started thinking back and couldn't come up with a time that Jesus met alone with any disciple. He did everything in community.

We are a community of faith. We baptize babies as a congregation. We prefer to take communion as a congregation and when we take communion to the sick the pastor takes an elder along to represent the congregation.

We are a community who is not touching each other very much right now because that's not the smart thing to do. We need to think about germs and viruses right now. But we can touch each other with our eyes and with our words. We can look each other in the eyes and say, "I can't hug you a lot right now but I want you to know that I love you. You are my brother (or sister) in Christ and I care about you."

Words matter right now. Words matter a lot right now. Use your words. I love you all. Ubuntu.

Session Highlight:

There are no Session Highlights since there was no April meeting. The next meeting will be May 16.

Food and Faith

Sandy Corder

Some days it is the littlest things that throw me off kilter and into the realm of worry, stress, anger, or anxiety. While I work hard on my daily spiritual practices of prayer, meditation, and yoga to help keep my emotions fit for public consumption, some days I am just off and emotion bubbles just under the surface. Given the right stressors, I become reactive instead of responsive. It manifests many ways – sleepless nights, snapping at loved ones, feeling frustration at situations I can't change, worry, etc.... most folks have experienced that icky feeling of lack of control. When I lack control, I dwell on me instead of others. When I am self-absorbed, I lose my focus on God and good works.

One thing I found that really impacts my daily mood is food. Several years ago, I started a quest to eat a clean and wholesome diet. I have had many instances where I've discovered that some very common food I was eating frequently has impacted my emotions and stress levels. While a single food usually doesn't have that much power, adding multiple of these high impact foods can really push my tantrum threshold low enough that a Walmart trip becomes a labyrinth of triggers that start in the parking lot! Ferreting out these trigger foods and figuring out replacements is pretty time consuming, so I thought I would share some of my research so others have a leg up if they, too, want to fortify their upward connection.

One of these foods is soy sauce. Yup. Believe it.

Soy sauce has been made and used in cooking for over 1000 years... but what we commonly refer to as soy sauce in our grocery store bears almost no resemblance to this ancient flavor enhancing wonder. Brewed in small batches, the original soy sauce is a fermented mixture of roasted wheat, soaked soybeans, salt, and yeast that takes many months to develop in flavor and texture.

What most folks don't know is that most of us have NEVER TASTED real soy sauce. This is made even harder

to believe when soy sauce is the third most consumed condiment in the US behind [mayonnaise and catsup\(1\)](#).

What we've been eating is a chemically created version of soy sauce that skips the natural and long fermentation steps. This chemical process is called acid hydrolysis and shortens the time it takes to make "soy sauce" from months to days – yes, days. Understandably, the resulting liquid is not as attractive or tasty, so extras are [added \(2\)](#) to make it palatable.

So – the question of whether soy sauce is bad for you is gets a little complicated:

Traditional Soy Sauce - Because it is fermented soy, there is an amount of natural glutamates that are created in the process. They are, however, not as much of an issue with because they are made during the natural process. For folks without allergies or histamine reactions, *traditional* soy sauce should be fine.

Chemical Soy Sauce (what you find in stores) – I avoid it. Period.

I've changed over to [Braggs Liquid Aminos](#) for most of my recipes. This brown salty liquid is still soy, but it is not fermented and it is made from Non-GMO soybeans. I've expanded my use from stir fries into vegetarian soups and even use it when cooking roast beef for extended family. It is available at Walmart and other local grocery stores, so that helps with the limited buying options in my area.

Finally, for those that have an issue with soy, there is another product called [Coconut Aminos](#). These are generally soy and wheat free, so they are good for folks with those allergies. Since they are fermented, folks with histamine reactions may not be able to tolerate them. They are found at health food stores and grocers focused on healthier options.

(1) <https://qz.com/172019/ketchup-isnt-the-king-of-american-condiments-mayonnaise-is/>

(2) Luh, B.S. Industrial production of soy sauce. *Journal of Industrial Microbiology* **14**, 467–471 (1995). <https://doi.org/10.1007/BF01573959>

May 2021

First Presbyterian, Contacts, Holidays In United States

May 2021 (Central Time - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26 C & C due	27	28	29	30	1
2	3	4	5 Cinco de Mayo	6	7	8 Bob Keim
9 Mother's Day	10	11	12	13 Ascension of the	14	15
16 Communion Session	17 Debra Gaines Tax Day	18	19	20 Armel Crocker	21	22
23	24 C & C due	25	26	27	28	29
30	31 Memorial Day Office closed	1	2	3	4	5