



First Presbyterian Church

The Cross and Crown



July 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

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Preaching schedule for July and August:

July

4 - Jane Els

11 - Jimmy Chapman, communion, Stated Session meeting

18 - Jane Els

25 - Kenny Rigoulot (from Camp Gilmont)

August

1 - Jane Els

8 - Jimmy Chapman, communion

15 - Scriptures and Hymns

22 - Kenny Rigoulot (from Camp Gilmont)

29 - Jane Els

News from the Session

Although they didn't have a stated session meeting in June, the Session did convene for a called meeting on June 13. The purpose of that meeting was to appoint a search committee to fill our part-time pastor position and compile whatever information is needed in order to carry out that search. Sandy Corder, Dan Wilson, and Tricia Clark were appointed to that committee. [In case you are wondering, a Pastor Nominating Committee is elected by the congregation when hunting for a full-time minister. For positions other than full-time, the Session is responsible for searching and hiring, but the Session may appoint a committee to carry out the search.]

The committee has already met and initiated work on compiling information about our church and community. There are presbytery forms to be filled out before the search begins. Please pray for our church, this committee, and the person who God has already called to us (even if we don't know who he/she is yet!)

July 2021 Revised Common Lectionary for Sundays and Festivals

Sunday, July 4 (Proper 9)

Semicontinuous

2 Samuel 5:1–5, 9–10

Psalm 48

2 Corinthians 12:2–10

Mark 6:1–13

Complementary

Ezekiel 2:1–5

Psalm 123

2 Corinthians 12:2–10

Mark 6:1–13

Sunday, July 11 (Proper 10)

Semicontinuous

2 Samuel 6:1–5, 12b–19

Psalm 24

Ephesians 1:3–14

Mark 6:14–29

Complementary

Amos 7:7–15

Psalm 85:8–13

Ephesians 1:3–14

Mark 6:14–29

Sunday, July 18 (Proper 11)

Semicontinuous

2 Samuel 7:1–14a

Psalm 89:20–37

Ephesians 2:11–22

Mark 6:30–34, 53–56

Complementary

Jeremiah 23:1–6

Psalm 23

Ephesians 2:11–22

Mark 6:30–34, 53–56

Sunday, July 25 (Proper 12)

Semicontinuous

2 Samuel 11:1–15

Psalm 14

Ephesians 3:14–21

Complementary

2 Kings 4:42–44

Psalm 145:10–18

Ephesians 3:14

July birthdays & anniversaries:

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

12 LilyMae Holloman

23 Clark Annv.

24 Bob Simmons

31 Nathan Clark

Attendance:

May 30—18

June 6—15

June 13—15

June 20—13



Jane's Journey

Armel and I have progressed in our journey towards becoming Commissioned Pastors to the stage where the next step is submitting our Statement of Faith to the Committee on Ministry. There are about ten elements of my faith that they want me to explain in one page. It is a standard part of the process of candidates for the ordained ministry, too. As a ruling elder, I've read the Faith Statements of probably a hundred candidates and they are all pretty much the same seeing as how we are all of the same faith. You can expect that we all believe in the Triune God: the Creator, Jesus Christ and the Holy Spirit, etc. But writing one of my own has turned out to be a real challenge. The challenge has been limiting myself to one page. I'm an old lady. I've had a lot of time to think about my faith. I have a lot of words stored up.

But this is a good exercise and everybody should do this once in a while. Have you ever stopped to write it down? What do you believe?

One of the things they wanted me to explain was what I believe about sin and evil. I've come to understand sin more clearly as time goes by as the condition where humanity moves away from what our Creator intended for us. Certainly breaking the Ten Commandments fits this bill but also ruining our environment and being mean to fellow humans is in this category. God intended us for good and any time we act in a way that goes against this intention, we sin. Jesus told us to love each other as he loved us and when we act in an unloving way to one another we sin.

Certainly, this is enough to keep us busy during the Confession of Sin on a Sunday morning.

The section on evil opened my eyes when I got to it. I was a little surprised to find that I had opinions about evil that I hadn't thought about. But I think that's the reason for this exercise. Most of us don't take the time to think about these things and it's a good exercise we should take on once in a while.

It turns out I believe in evil. I have seen it. I have felt it. And it was usually a time when good things were happening that it would show up. I had the feeling that it had lain dormant until the goodness disturbed its sleep. On two separate occasions I have left church meetings when I muttered under my breath, "The devil is afoot."

But all of the times I have bumped up against evil in the darkness, goodness has ultimately won out. Sometimes I have to wait for it. And there are some things I am waiting for still. But I have faith goodness will ultimately win in the end. Certainly, goodness is worth waiting for. There's a famous poem from Archbishop Desmond Tutu, found in his book, "An African Prayer Book":

*Goodness is stronger than evil,
Love is stronger than hate.
Light is stronger than darkness.
Life is stronger than death.
Victory is ours through Him who loves us.*

This is one of the things I believe. Once you believe in a loving Creator everything else falls into place.

Little Life Hacks

The Perfect Nap

By Sandy Corder

Naps. Those little golden moments during the day when you can steal away for 40 winks and totally relax. The funny thing about naps is that they can go two ways:

The good way – you wake refreshed and ready to resume your day with vigor.... or the bad way – you feel even more tired than when you first shut your peepers.

The frustrating thing is, that for many of us, it seems pretty arbitrary which way we will wake up. It doesn't have to be a guessing game, though. There are some things that you can do to always ensure that you wake up with pep in your step.

First, let's talk about sleep.

I like to imagine our body is like a busy office. During the day, tons of stuff is getting done. Each office worker is busy pulling their weight in the company – filing, communicating, crunching numbers, predicting future developments, etc. At night, one by one, those folks turn off their computers and retire to their homes. Eventually, the office becomes still and the lights are shut off while the thermostat is adjusted to conserve resources.

That is when the cleaning crew comes in. They tidy up the office while everyone is away. Sweeping, emptying the trash, wiping down surfaces, replacing toilet paper, and generally preparing the space for use the next day. This is same pattern happens in our own body, too.

Just about everyone knows that sleep can vary in depth and has many states. These states mimic that office... light states are when folks are shutting down their computers and getting ready to leave, while deep states represent when the cleaning crew is tidying up.

Now imagine if the office manager came in and said – “Everybody out... I've decided to bring the cleaning crew in for 1 hour. They are gonna try to deep clean during the day. Oh, and when you return, I want you to pick up exactly where you left off. You should come back in and get right back to work... AND have a great attitude. You are welcome.”

Yeah, that would be a mess. That is what a long nap kinda does.

Does this mean no naps ever? Nope... just make them short... 20 – 25 minutes short to be exact. This allows your body to stay in the “light” sleep modes rather than drift to the “deep” sleep area. A perfect nap will allow enough time to deeply relax, but stops short of deep slumber.

Do this by setting a timer for 20 – 25 minutes when you want to catch some daytime z's. The timer ensures that you don't get too carried away on your trip to dreamland. It takes practice, but it is possible to “train” your body for these 20 minute siestas.

God created a fascinatingly complex body, but everything about it doesn't have to remain one of His mysteries. Sometimes knowing the ins and outs helps us work with our design instead of against it.

Happy napping!

July 2021

First Presbyterian, Contacts, Holidays in United States

Jul 2021 (Central Time - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 Holy Clark-Porter	28	29	30	1	2	3
4 Independence Day	5 Independence Day	6	7	8	9	10
11 Communion Session	12 Служба покаян	13	14	15	16	17
18	19	20	21	22	23 Annv. Clark	24 Bob Simmons
25	26 Cross & Crown	27	28	29	30	31 Nathan Clark