



First Presbyterian Church

The Cross and Crown



August 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 Highlights

A Stated Session meeting was held on July 11. The following are highlights of that meeting. (These "Session Highlights" do not include all the routine items nor word-for-word committee reports. Session minutes are open records; if you wish to read the complete minutes, you may ask to see those at any time.)

- Jimmy Chapman reported that Jane & Armel are in the process of being commissioned as Commissioned Pastors. They will go before the Examinations Committee of the presbytery later this month. If their exams are sustained, then they will either go before presbytery council in August by zoom or in September at an in-person meeting. If they pass there, then they will be commissioned. Once all of this is done, since she is right here in our area, Jane will be able to administer the sacraments at Winnsboro when called upon to do so (for services such as Maundy Thursday, for instance.) The Session agreed that we would like to include our church in the group designated to be served by Jane. [Jimmy will still continue to moderate our session and preach once a month.]

- Treasurer Ronny Knight reported that our bank balance ending in May was \$49,820.00, a portion of this is donor restricted. An annual audit was done by Clara Ziegler.

- Bldg. and Grounds reported that the manse sale was slated to close the next week. [The closing did indeed occur and the manse is sold!] Gutters were cleaned out on the church buildings and paint was touched up on doors. The sanctuary was treated for

fleas. They are contemplating repair of the gazebo and removal of dead shrubs due to the ice storm.

- Inreach/outreach reported that they have connected with the education specialist at Grace Presbytery and have received some possible studies from her (following up on the committee's desire to promote Presbyterianism.)
- The Search committee asked for the Session to give a salary figure for the potential pastor. The session brainstormed the possibility of hiring a pastor to serve more than just 20 hours a week. It was agreed that Treasurer Ronny would meet with Tricia to come up with a salary figure that our budget will allow and that she would take that info back to the search committee.
- John Clark reported that as of 6/20/2021 the value of the Reid fund is \$705,175.19. The fund has increased some \$74,000.00 this year. First National Bank account is \$14,000,00 plus.

August 2021 Revised Common Lectionary for Sundays and Festivals

Sunday, August 1 (Proper 13)

Semicontinuous

2 Samuel 11:2–12:13a
Psalm 51:1–12
Ephesians 4:1–16
John 6:24–35

Complementary

Exodus 16:2–4, 9–15
Psalm 78:23–29
Ephesians 4:1–16
John 6:24–35

Sunday, August 8 (Proper 14)

Semicontinuous

2 Samuel 18:5–9, 15, 31–33
Psalm 130
Ephesians 4:25–5:2
John 6:35, 41–51

Complementary

1 Kings 19:4–8
Psalm 34:1–8
Ephesians 4:25–5:2
John 6:35, 41–51

Sunday, August 15 (Proper 15)

Semicontinuous

1 Kings 2:10–12; 3:3–14
Psalm 111
Ephesians 5:15–20
John 6:51–58

Complementary

Proverbs 9:1–6
Psalm 34:9–14
Ephesians 5:15–20
John 6:51–58

Sunday, August 22 (Proper 16)

Semicontinuous

1 Kings 8:(1, 6, 10–11) 22–30, 41–43
Psalm 84
Ephesians 6:10–20
John 6:56–69

Complementary

Joshua 24:1–2a, 14–18
Psalm 34:15–22
Ephesians 6:10–20
John 6:56–69

Sunday, August 29 (Proper 17)

Semicontinuous

Song of Solomon 2:8–13
Psalm 45:1–2, 6–9
James 1:17–27
Mark 7:1–8, 14–15, 21–23

Complementary

Deuteronomy 4:1–2, 6–9
Psalm 15
James 1:17–27
Mark 7:1–8, 14–15, 21–23

August birthdays & anniversaries:

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

1 John Clark
3 H P Hosey
3 Brad DeWees
6 Rick Drennan
10 Peggy Rounseville
31 Ed Russell

Attendance:

June 27—11
July 4—13
July 11—8
July 18—10
July 25—13



Jane's Journey

I accidentally did a nice thing Sunday after church. I was at Brookshires getting a couple of things for lunch. There was a guy in the checkout line ahead of me. I was only vaguely aware of him, the way people switch on auto pilot in stores. But he looked pretty rough, like he only bathed on national holidays and it had been three weeks since Independence Day. He was counting out money and talking with the cashier to figure out that he needed to put some of his groceries back in order to afford his purchases. It was getting complicated so I leaned toward the cashier and quietly asked "Can you just put it on my bill?"

When I say that this was an accident it's because I expected the cashier to put the shortage on my bill; the amount the guy didn't have the money to pay, not the entire amount of all his purchases. Instead, she added his whole tab to my bill. I didn't notice until I got home. In retrospect, it wasn't that much money and it was a happy accident. But, without another word, the transaction happened. The man never said anything to me. In fact, I wonder if he even knew what happened. Obviously, his groceries magically got paid for. He never acknowledged it to me. But that was totally OK with me. The entire event was so seamless that if you had been standing in line behind us you never would have noticed what happened.

After he was gone, the cashier told me that was a nice thing I had done. But it was such an easy opportunity for ministry it would have been harder to pass up than anything. As if the Good Samaritan had had to step over the man in the road. Like I told the Brookshires lady, "I knew it would make your job a lot easier." Sometimes you chalk those things up to the dues you pay for being a human being. It's like the act of "paying it forward" when you buy a stranger a cup of coffee at Mac Donald's. The basic truth here is that it was the right thing to do.

When I got home and told Beaven about the experience I found out that he had done this before. And I realize that others in our church probably have done this, also. My biggest shock, actually, is that I never have before now. But now that I know how easy it is you can be sure I'll do it again when I see the opportunity.

Being a church isn't something that is reserved for what happens inside four walls on Sunday. It's what happens after we leave that makes us a church.

Life in the Fast Lane

By Sandy Corder

I have a confession. I had never fasted as a religious tool until I learned more about it through Ayurveda and yoga. Although I've read passages many times in the Bible that reference fasting, I really never clued into it as something I would want to do as a modern Christian. I guess I just lumped it into the category of generally no longer practiced old testament stuff like the kosher laws. No one ever said that, it just wasn't something I ever thought about deeply.

I really don't want to throw anyone under the bus, but I wasn't taught about fasting as a regular spiritual practice. Of course I knew about Lent, and would observe a partial deprivation in observation. When I was younger, it was just a "give up something you won't miss too much" kinda thing and I don't think I ever wanted to make it more meaningful. It wasn't made clear to me what physical, old-fashioned limited food fasting does for your body, your mind, and your connection to God until just a few short years ago.

What I've discovered in my studies is that fasting is really important to clean out all the toxins in your body that keep you from truly connecting to God. The proof was certainly not hidden, I just overlooked it. After all, many of the most important events of the Bible happened after someone fasted. The 10 Commandments were written after Moses fasted, Esther fasted before seeing the king, and Jesus fasted for forty days while being tempted. It is rightly assumed that if your body is toxic, so is your heart and soul. Our modern diet is like our modern life - full of fillers and false reality with little that truly sustains us. You think about God differently when you are not completely full of your favorite foods and planted in front of the tele on a soft couch in a temperature controlled atmosphere.

In my ignorance, I just thought that fasting was one size fits all - no food or water for an extended period of time. Knowing that I couldn't ever successfully do that, I had never fasted. I didn't have the devotion or the drive to go totally without anything for any period of time, let alone a week or month. So, I never tried to do it.

Overall, I lacked the key information that fasting was a cleansing process that can be done in a variety of ways and lengths of time. (How I missed that, I don't know, but I did.)

Not to make an excuse, but I haven't really found a definitive instruction manual in the Bible for fasting. I've only found pretty non-instructive references that are scattered hither and yon throughout the whole big book. In looking into it, I discovered that I need a more concrete set of rules - a list of do's and don't's, approved or unapproved foods, guidelines on when it is appropriate and when it isn't, or any other clear "how to's" about the fasting process. Without any boundary lines, I lack discipline and willpower to even attempt a fast.

Luckily for Slade and I, I had an additional resource that does have clear guidelines. I have started to apply some of the rules of fasting that I've learned in my Ayurveda training to carry out fasting safely now on a regular basis. We've found fasting to be a great add to our current lifestyle and actually a lot easier than we originally figured it would be. Granted, we've not tried a complete no food or water fast yet, but we are fasting now on a regular basis and reaping the benefits of better health and a more centered outlook.

Now that I have a few under my belt, I understand more about the references Jesus made to fasting and even get why He threw such a table flipping fit in the temple. This practice isn't about the physical act of reduced intake. There are three parts to the fast - the bodily fast through food, the mental fast through study and rest from the outside world, and the spiritual fast of narrowing your focus on only one connection - to God. It is more about the attitude and devotion one has when carrying it out than obeying strict rules. It should also be something you want to do to make your own faith stronger and not something that you do just for holy brownie points.

Next month, I'll outline some of the "How To" information for anyone who would also like to add fasting to their spiritual practices. It isn't for everyone, but "healthy folks between 8 and 80" still covers a lot of folks. I'll cover the different types of fasts from beginner/easy to expert with guidelines, suggestions, and I may even throw in a recipe or two.



On May 30, the church celebrated the high school graduations of Charlie England and Reani Schepp (not pictured) and college graduate Sarah Carrell. A reception with cake and punch was held after worship, and a gift card and leather bookmarks were bestowed on the graduates. We are so proud to celebrate these young men and women!

August 2021

First Presbyterian, Contacts, Holidays in United States

Aug 2021 (Central Time - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 John Clark	2	3 Brad Dewees H. P. Rossy	4	5	6 Rick Drennan	7
8 Communion	9	10 Peggy Kounseville	11	12	13	14
15	16	17	18	19	20	21
22 Kenny Rigourat-	23 Cross & Crown	24	25	26	27	28
29	30	31 Ed Russell	1	2	3 Annv. Ketrason	4