



First Presbyterian Church

The Cross and Crown



September 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

Ronny Knight

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A congregational meeting has been called on September 12 immediately following worship for the purpose of electing 3 at-large members to serve on a nomination committee to nominate names for two session members and one trustee for the class of 2024. Session members Kelly Holloman and Sandy Corder will be rolling off the Session and will also serve as the 2 session appointed members of the nomination committee. Nominations for this committee will be taken from the floor. Please make sure you have discussed their willingness to serve before making a nomination.

Pulpit supply for September:

5th: lessons & hymns

12th: Jimmy Chapman

19th: Jacob Wilson

26th: Jane Els

September 2021 Revised Common Lectionary for Sundays and Festivals

Sunday, September 5 (Proper 18)

Semicontinuous

Proverbs 22:1–2, 8–9, 22–23

Psalms 125

James 2:1–10 (11–13) 14–17

Mark 7:24–37

Complementary

Isaiah 35:4–7a

Psalms 146

James 2:1–10 (11–13) 14–17

Mark 7:24–37

Sunday, September 12 (Proper 19)

Semicontinuous

Proverbs 1:20–33

Psalms 19

James 3:1–12

Mark 8:27–38

Complementary

Isaiah 50:4–9a

Psalms 116:1–9

James 3:1–12

Mark 8:27–38

Sunday, September 19 (Proper 20)

Semicontinuous

Proverbs 31:10–31

Psalms 1

James 3:13–4:3, 7–8a

Mark 9:30–37

Complementary

Jeremiah 11:18–20

Psalms 54

James 3:13–4:3, 7–8a

Mark 9:30–37

Sunday, September 26 (Proper 21)

Semicontinuous

Esther 7:1–6, 9–10; 9:20–22

Psalms 124

James 5:13–20

Mark 9:38–50

Complementary

Numbers 11:4–6, 10–16, 24–29

Psalms 19:7–14

James 5:13–20

Mark 9:38–50

September birthdays &

anniversaries:

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

3 Annv. Kettleon
8 Carolyn Hylton
15 Elizabeth Drennan
26 Katelyn Drennan
28 Molly Lennon

Attendance:

August 1–10
August 8–11
August 15–13
August 22–11



Jane's Journey

We have ended up with five dogs. We didn't intend to—it just happened. We started out with only one: a little fellow named Stinky. Then the neighbor moved away and asked us to keep their two dogs until they could get settled and they would send for them. That never happened. It's been four or five years now and they still haven't sent for them. I'm beginning to get suspicious. Then our daughter brought her two with her when she moved onto our acreage. One of hers is Ed Russell's old dog, Max. So, dinnertime can be absolute chaos. Three of the dogs are big and two are small. They are a real pack: they know they belong to each other and when the neighbor puppies come over it is clear that they are not accepting any new members to the pack. Especially at dinnertime. There's jostling and, yes, even mild growling sometimes.

Everybody has their own bowl and I have to give each dog plenty of room so nobody feels threatened. Each dog has their own personality and the sneaky ones will take advantage of the shy or slow ones when it comes to food. But the more I notice about the way these dogs feel about food the more convinced I am that God understands humanity and God knew that the way to get our attention was through food.

Manna was our first clue. When God wanted to establish a relationship with the Hebrews what better way could there be than to isolate them in the desert for 40 years and be their only source of food? As dependable as daily quail and manna. Without fail. Forty years. I think that would be worth a few Psalms if I was in charge of writing the bible. The only surprise to me is how easily and quickly they strayed and relapsed into other deities.

But when Jesus wanted to get the idea across that He wanted to be close to us. He used the word "abide" and told us that he would live in us if we would live in Him. Then he started talking about eating his flesh and drinking his blood. And while it sounded kind of gross he meant that is how close he wanted to get to us. He wanted to be inside of us. To go everywhere we went. ***An eternal hitchhiker.*** To be part of each experience we had, good and bad.

If we really thought about it, the invitation to the communion table to enter a relationship with Jesus Christ should draw the same reaction that my dogs exhibit when I lay out their dinner bowls. But I guess we are just too dignified. Or maybe we just don't understand. Maybe my dogs are better theologians than I am.

Life in the Fast Lane - Part 2

Submitted by Sandy Corder

Last month, I wrote about fasting as a spiritual practice. This month, I'll answer some common questions about the process.

According to Ayurveda, fasting can be completed by anyone between ages 8 and 80 who is in good health and has no special conditions like pregnancy. I can't find guidelines in the Bible for this, but it seems like it would be the same.

Is it just food restriction?

Fasts are spiritual as well as physical. While it is true that you are cleansing your body, you should be focusing the entire time of the fast to devotion to God. So it isn't proper to fast while going about "business as usual". To make the most of the fast, you could do charitable works, rest your body, or grow closer to God through prayer and meditation during the fast period.

How long to fast, and when?

There are fasts that are for 1 meal, 1 day, 1 week, 3 weeks, or 40 days. Just remember that the longer the fast, the more you need to worry about maintaining strength with permissible foods and drinks.

Short fasts can be done at any time. I am fasting now based on the moon phases as is done in Ayurveda, but fasts can be done according to your schedule. A regular short fast could be done on Sundays, the beginning of each season, or any other time schedule that makes sense to you.

Longer fasts need to be managed with the seasons more closely. Fall and spring are good times for longer fasts, but summer and winter make it hard on the body. Lent is a fantastic time for a longer fast (almost like it was planned that way, huh?).

Want to try fasting?

An easy way to start fasting is with a single meal. Choose a meal - like, lunch on Thursday. Every Thursday eat breakfast at your normal time. When your normal lunch time comes, drink only water while you study the bible, pray, meditate, sing hymns or volunteer to do charitable work. Just make sure you don't overindulge at

dinner to make up for the lunch. Dinner should be normal to light - you are, after all, giving up a meal instead of delaying it.

Once you've mastered a meal or two, you can expand from there. One way is to try a 12 hour fast that lasts from sunrise to sunset or even a 25 hour fast that lasts from sunset to an hour after sunset.

The big takeaway, though, is to keep the fast spiritual in nature. During the fast, try to reduce modern life's influences by minimizing things like phone and tv time while upping spiritual practices that bring you closer to God.

What are the different levels of fasting?

Fasts need not be entirely restrictive. As a matter of fact, there are some fasts that simply restrict a food group (like red meat on Fridays) or other items.

In the Bible, different types of fasts are observed in various stories, so I've listed what I can find in the chart below:

Strict	=====>	Least Strict
No food or water	Water/fruit juice only	Limited diet
Very difficult and not to be done long term.	This is healthier and can be maintained for a longer period of time.	Fruit, nuts, vegetables, and water only
Limited time (one day) or do in the form of a partial fast where you eat before sunup and after sundown.	Should not be done for more than one day per week unless done only from sunup to sundown.	All substances that are hard to digest (like meat) or affect the system (like caffeine, sugar, alcohol, and nicotine) should not be taken.
Moses, Paul, and Esther fasted in this manner	This is the usual "fast" referenced in the Bible.	Daniel fasted in this manner for 3 weeks.



Obituary

Edwin Morrow Russell, 86 of Winnsboro, TX went to be with his Lord on August 10, 2021. He leaves behind his daughter Deborah Miller and husband Bill of Portsmouth, VA, son Ed Russell Jr and wife Lori of Fairhope, AL, son John Russell of Carrollton, TX and daughter Carrie Russell of Morrilton, AR. Grandchildren Leanne Marshall (husband David), Molly Russell, Jake Russell and Garnett Russell. In addition to numerous cousins, nieces, nephews, extended family, and friends. A native Texan, he was born in Terrell, TX to the late Reverend Joe M. Russell and Josephine White Russell. He is also preceded in death by his wife of 62 years Marabeth and his brother Joe Russell. Ed attended TCU on a ROTC scholarship and graduated in 1955 with a bachelor's degree in business. He married his college sweetheart on a hot September afternoon in 1954. After college, he served in the U.S. Army from 1956 and 1958. He then began his career with

TEMCO, which later became LTV, Vought Systems, and eventually Lockheed Martin, from which he retired after 41 years of service. Ed and Marabeth shared their lives from TCU to Virginia, back to Texas and eventually retired in Winnsboro, TX. Along the way, they accumulated many friends and touched many lives. He was an active member of First Presbyterian Church in Winnsboro, Masonic Lodge (Master Mason, 32nd Degree Scottish Rite and a Shriner), and the Winnsboro Chamber of Commerce. Known as Big Ed by many, he lived up to that name in many ways in life, work, and family. After a short separation, he is now reunited with the love of his life. Visitation will be held on Thursday August 12, 2021 from 6 PM to 8 PM at Beaty Funeral Home in Winnsboro, TX. A funeral service will follow on Friday August 13, 2021 at 2:00 PM in the Beaty Funeral Home Chapel. Interment will be held Saturday, August 14, 2021 at 10:00 AM at the Oakland Cemetery in Terrell, TX. The family would request in lieu of flowers that a donation be made to First Presbyterian Church of Winnsboro (PO BOX 493), Gus Garrison Masonic Lodge 1273 of Winnsboro or a charitable organization of your choice.



Russell Family

September 2021

First Presbyterian, Contacts, Holidays in United States

Sep 2021 (Central Time - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3 Annv. Kettreson	4
5	6 Labor Day Office Closed	7	8 Carolyn Hyton	9	10	11
12 Communion Congregation Session meeting	13	14	15 Elizabeth Brennan First Day of Hispanic	16	17	18
19	20	21	22	23	24	25
26 Kateryn Brennan	27 Cross & Crown	28 Mony Lennon	29	30	1 Olivia Holloman	2