

Chip's Chatter

for



Some years ago, I read an article of a man who had been diagnosed with terminate cancer. He called his family together and told them the sad news. He then said with the little time he had left, he intended to “go out” laughing. He asked his family to find as many “Three Stooges” videos as they could find. “Laurel and Hardy” and W. C. Fields movies were also on the list.

All day, every day, week after week, and month after month, he would listen to these old comedians. Finally it came time to reassess his prognosis. Much to everyone’s surprise, the cancer had disappeared completely and the man was released from the hospital.

Laughter is, indeed, one of the best medicines. We all know the tremendous power of religion in our lives to reduce stress, have a sense of belonging, and deal with depression. We also know that active church attenders experience a longer, more satisfied life. The rituals and routine of worship lead to a peaceful place in spite of all the “noise” of life. Our church becomes our “anchor.”

It dawned on me the other day that we have seemed to have lost our sense of humor and our ability to laugh. We live in extremely turbulent times not only with COVID-19 but also with all the protests and demands to destroy our way of life. When I watch the news, my stress level almost instantly rises and I worry about many things. But there is mounting data to support the positive things laughter can do. I

then went to the Mayo Clinic’s report on laughter and how effective it can be. Here’s a summary of what Mayo said:

Laughter has both short term and long term benefits. Laughter may not lighten the load of stress, but it actually induces physical changes in the body. In the short term, it stimulates many organs, can activate and relieve your stress response, and smooth tension.

Long term effects may improve your immune system, relieve pain, increase personal satisfaction, and improve your mood. I don’t know about you, but I am exhausted dealing with the social unrest and COVID-19. I need a good laugh!!!! I have made it a personal policy to cease watching the national news and instead listen to the half hour broadcast from stations/networks that have earned my trust. From there I watch my favorite re-run sitcoms and movies with a good theme. I also search You Tube to find old recordings of Johnny Carson, the Red Green Show, Cheers, and sometimes, Newhart with the continuing story of life at a Vermont Inn.

How do we recover or improve our sense of humor? Again, the Mayo Clinic article. A sense of humor can be learned (or re-learned?). We can find simple items, such as photos and greeting cards that give us a chuckle. There is also the old saying “Laugh and the world laughs with you.” If you can laugh at some of your own situations, stress

can fade away. In a career long since gone by, laughter was a daily occurrence. Usually, well intended "needling/teasing" was part of daily life. We learned to laugh at our mistakes, when appropriate to do so. In fact, we would advise newly arriving pilots they were entering the "land of no slack." Meaning good natured fun was just around the corner. But we never laughed at the expense of others.

Some people are masterful story tellers. They are also masterful joke tellers. It is important for all of us to share a laugh with friends who make you laugh. You can look at old Reader's Digest booklets for some great jokes about everyday life. You can even go to the bookstore or library and find good joke books.

I once heard it said you could describe President Reagan's life on three by five cards. President Reagan, the masterful story teller, had hundreds of jokes written down on three by five note cards. His tremendous sense of humor put foreign dignitaries and ease and it usually lead to meaningful negotiations. He and the late Tip O'Neal would "go at each other" in the public arena as they were from opposite political parties. But what is not known is how often he and Tip would get together, play cards, and exchange jokes. They were actually the best of friends.

A couple of final things. Laughter helps you stay mentally healthy. Laughter brings people together and strengthens relationships. Even "simulated" laughter can help. It reminds us of how to do it! Attempt to laugh at situations rather than bemoan them. Don't dwell on the negative and don't go a day without laughing.

There may not be much to laugh at with COVID-19 and the social unrest all around us. But if you stick a little closer to home, I'm sure you can find humor. Focus on that rather than all the negative stuff we see on TV. Try it for a few days and see if, indeed, "Laughter is the best medicine."

Chip

This was a letter to the editor in the Bemidji Pioneer written by Jerry and Sandra Abbott, Austin, Texas , July 18, 2020

Vera was born and raised in Bemidji. As soon as she graduated from high school, she went to work for the school district. She was a school secretary for 43 years. She saw the number of elementary schools nearly double in her time. She was present to help remove school records from Central School when it was burning down. She ordered all the books and supplies for all the elementary schools for several years. I remember walking into the school and seeing the gym floor lined with books and supplies for all the elementary schools, prior to the start of school in the fall.

After 43 years Vera felt it time to retire. It wasn't long before she started a career of 27 years working for the Beltrami County Court. She worked with the judges to help with the jurors and help create a smooth court system. She also delivered prisoners to and from Bemidji, to all parts of the state.

Seventy years as an employee in Beltrami County must be a record. During her lifetime Vera helped organize Bemidji All-School reunions, set up and ran polling places, and worked tirelessly at First Presbyterian Church. In fact, the day of her accident she was returning from a meeting at the church. If you ask any parishioner you would learn that few things went on at the church without the involvement of Vera Weis.

Vera was married to a wonderful man named Jake Weis until his death many years ago. After they married, they purchased a piece of property that is now Century 21 Dickinson Realtors on Paul Bunyan Drive. The garage behind the office looks the same as it did 50 years ago. They sold it at a time when the proceeds today would only buy a nice vacation to Europe. Imagine what the property now housing Century 21, the Holiday Inn Express and Security Bank USA would be worth today.

Jake was a quiet man. He was working in the shipyards on the west coast at the outbreak of World War II. They told him to stay there and avoid the war. Jake quit his job and he and his brothers all enlisted in the service.

Few people in Bemidji know the complete story of these two wonderful people. They never were much for talking about themselves. When Vera reads this she will not be happy with us.

If you get the opportunity, greet her as she recuperates from her injuries. Few people can match her record of service to her community. God bless Vera Weis. She has taken her place among those who are responsible for making Bemidji the wonderful place it is to work and live today.

There has been a lot of speculation about the Sexual Abuse within the Boy Scouts organization. We received this letter and wish to pass on the information for you so if you are aware of anyone or know someone affected by this, please feel free to pass on this information. I will have the original paperwork here in the office. Shirlee Harold , Office Administrator

Dear First Presbyterian Church:

As you may be aware, the national organization of the Boy Scouts of America has filed for Chapter 11 bankruptcy in order to restructure its nonprofit organization and pay Sexual Abuse Survivors who were abused during their time in Scouting. Sexual Abuse Survivors include anyone who was sexually abused during their time in Scouting on or before February 18, 2020. We are requesting your assistance in notifying anyone you are in contact with who may have been involved with Boy Scouts, Cub Scouts, or any entity or activity associated with Scouting.

You will find a short one-page notice enclosed, which provides additional information about the bankruptcy case and the deadline to file claims by November 16, 2020. You can also obtain further information and materials by visiting www.OfficialBSAclaims.com or calling 1-866-907-2721.

Sincerely,

Official BSA Claims Agent

Official Approved Notice from Bankruptcy Court



Sexual Abuse Claims in Boy Scouts Bankruptcy

Regardless of how old you are today or when the sexual abuse occurred, you need to file your claim by 5 p.m. (Eastern Time) on November 16, 2020.

The Boy Scouts of America ("BSA") has filed bankruptcy in order to restructure its nonprofit organization and pay Sexual Abuse Survivors. Please read this notice carefully as it may impact your rights against BSA, BSA Local Councils and organizations that sponsored your troop or pack and provides information about the case, *In re Boy Scouts of America and Delaware BSA, LLC*, No. 20-10343 (Bankr. D. Del.). This notice is a short summary. For more detail, visit www.OfficialBSAclaims.com or call 1-866-907-2721.

Who Should File a Sexual Abuse Claim?

Anyone who was sexually abused during their time in Scouting, on or before February 18, 2020, must file a claim. This includes sexual abuse in connection with Boy Scouts, Cub Scouts, or any entity or activity associated with Scouting. Sexual Abuse Claims include, but are not limited to: sexual misconduct, exploitation, or touching, sexual comments about a person or other behaviors that led to abuse, even if the behavior was not sexual or against the law, and regardless of whether you thought the behavior was sexual abuse or not. These acts could be between a: (1) child and an adult or (2) child and another child.

FINANCIAL REPORT—Month Ending 6-30-20

Monthly requirement to meet our budget \$10,705.00

Total Income \$11,700.90
 Total Expenses \$11,180.26
 Net Income \$ 520.64

Thank you for supporting our church

Sunday Worship Attendance Report

July 5 20
 July 12 27
 July 19 37
 July 26 27

Head Usher—Gloria Phelps

Greeter

Liturgists:

August 2	Donna Dickinson & Brenda Miller	Libby Underhill
August 9	Donna Dickinson &	Ruth Andersen
August 16	Barb McGregor & Linnea Mostad	Mark Robinson
August 23	Gini Sande &	Dianne Roholt
August 30	Mary Lou Miller & Brenda Strowbridge	Mark Robinson

Communion August 2:

Set Up: Duane and Mary Hayes

Serve & Clean up: Cheryl Hiltz, Donna Dickinson, Joe & Joan Forbes, Brenda Miller

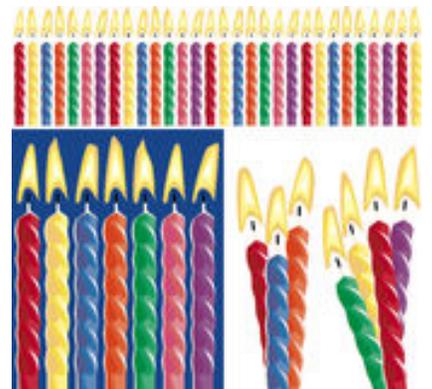
August Service Chair-Joan Forbes

Bill Beck	586-2770	Joe & Joan Forbes	751-3965
Linnea Mostad	751-8327	Dona Mae Naylor	751-5466
Vera Weis	751-2595		

August Birthdays



3 Joyce Hardt	9 Judy Damp
12 Mary Hayes	17 Lois Hill
20 Marlin Kimmes	22 Gini Sande
23 Gloria Phelps	





The Benevolence for August goes to the Hope House.

MISSION:

Provide community support services to people with serious and persistent mental illness so they can live in the community in the least restrictive setting, function at their best level, and reduce the need for involuntary hospitalization.

SERVICES:

Community Support Program

Adult Rehabilitative Mental Health Services, Skills, training and intervention.

Medication Education, monitoring and management.

Day time drop in Center.

24 Hour access thru a Crises Line

Diagnosis Assessments

Individual Counseling

Consumers Speaker's Program

Goal Fund

Loan Fund

REACH Group for Family and Friends

Outreach and Education to the Public

ACTIVITIES: A monthly Newsletter is provided listing the activities.. Such as Outings, Rummage Sales, Picnic, Tours, Pontoon Rides, Dances, Guitar with Caleb and meetings.

FOR MORE INFORMATION ON SERVICES AND ACTIVITIES: Address is 2014 7th St. SE, Bemidji, MN; Phone 218-444-6748; Web site is: hopehousebemidji.org



SUPPER CLUB @ 5:30, August 20

At

Rutgers Lodge

Supper Club will be meeting on Thursday, August 20.

Please sign up at the church office: by email presbji@paulbunyan.net—or—by phone; 444-

5016



This is an evening full of joy, laughter and good food.

First Presbyterian Church

**Bemidji, MN
July 14, 2020**

The monthly stated meeting of the session of First Presbyterian Church was held in the church fellowship hall on June 16 at 1:05 pm. The meeting was opened prayer by Moderator Pastor Chip Holt.

ELDERS PRESENT CONSTITUTING A QUORUM:

Gloria Phelps, Palmer Berg, Donna Dickinson, Linnea Mostad, Libby Underhill

ELDERS ABSENT AND EXCUSED: Cheryl Hiltz

OTHERS PRESENT: Clerk of Session Mary Hayes; Two representatives from AWCL for 30 minutes

QUORUM DECLARED

ADOPTION OF AGENDA MSP to accept the agenda.

MEETING MINUTES The minutes from the June 16 session meeting were **approved**.

CORRESPONDENCE A friendly letter was received from Marlene Zech.

CLERK'S REPORT was reviewed.

**First Presbyterian Church, Bemidji, MN,
Clerk's Report July 14, 2020**

Weddings none

Baptisms: none

Deaths: none

New Members none

Return to Active Membership: none

Request Transfer of Membership: none

Removed from Membership Roll: H.B. Roholt at his own request

Communion: July 5 - 20 came forward for distribution as per Covid19 plan. Palmer Berg & Joan Forbes serving.

Membership as of July 14, 2020 72
Sunday Worship Attendance June 21 – 31; June 28 – 28; July 5 – 20; July 12 - 27

FINANCIAL REPORT None. Raymond James investment report distributed.

COMMITTEE REPORTS

Administration/Personnel Chairperson:

Donna Dickinson The committee, consisting of Donna and Gloria Phelps, met with Chip to review his contract. **Recommendation** to approve new contract with changes of: 1) Monthly salary increase and breakdown (for tax purposes) of Cash: \$1545 and Housing/Utilities \$1030 for a combined total of \$2575. 2) The working agreement will be in effect for 18 months, beginning on June 1, 2020. **Approved.**

Buildings & Grounds Chairperson: Palmer Berg Wall repair in entry done.

Finance & Stewardship Chairperson: Cheryl Hiltz No report

Adult & Christian Education Chairperson: Linnea Mostad No report

Outreach Chairperson: Libby Underhill No report

Worship & Music Chairperson: Gloria Phelps Committee met. No recommendations.

Computer Chairperson: Cheryl Hiltz No report

Kitchen Session Contact Person: Cheryl Hiltz No report.

OTHER BUSINESS

Two representatives from the Aurora Waasakone Community of Learners Charter School met with Session to answer questions about their proposed rental of the church gym for daily Physical Education classes. If session action on the proposed contract is needed before the next scheduled session meeting, a special meeting will be called.

Next Meeting: August 18 at 1:00 pm. in church conference room. Chip will moderate.

The meeting was adjourned with prayer led by Pastor Chip at 3:00 pm.

Respectfully submitted,

Mary Hayes, Clerk of Session

Life Line Screening will be coming to First Presbyterian Church, Friday, August 28th

Preparations on the day of your screening

All ultrasound and heart rhythm screenings:

- Wear a short sleeved shirt that is open at the collar – no turtlenecks
- Wear a comfortable two-piece outfit consisting of loose clothing
- Do not wear pantyhose

Additional preparations:

Abdominal aortic aneurysm

- Fast for 4 hours prior to your screening.
- Make sure the meal you eat 4 hours prior to your screening is a light one (less than 1/2 of what you normally eat of non-gassy food).
- If you are thirsty during your fasting period, you may have 1/2 cup of coffee or tea and a moderate amount of water.
- If you take medication, take it as prescribed.
- If you are diabetic and are not comfortable fasting for 4 hours, limit yourself to a "diabetic meal" (piece of toast, 1 cup of any juice and 1/2 cup coffee or tea). If you are in doubt, please follow your diabetic care plan.

Complete lipid panel (cholesterol)

- Fast for 8 hours prior to your screening.

Atrial fibrillation (stroke)

- Do not wear pantyhose.
- Do not wear a watch.
- Keep your cell phone turned off.
- Do not wear lotion or oil.

Glucose (type 2 diabetes)

- Fast for 8 hours prior to your screening.



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Sundays

10:00 Worship
Service

11:00 Fellowship

August 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 National Camp Fire Day
2 Chip Commun- ion	3	4	5	6	7	8
9 Chip	10	11 Son & Daughter Day	12	13	14	15 National Relaxa- tion Day
16 Chip	17	18 1:00 Session Meeting	19	20 5:30 Supper Club	21 Senior Citizens Day	22
23 Chip	24	25	26	27 Global Forgiveness Day	28-Lifeline Screening 8:30-5:30	29
30	31 National Eat Outside Day					