



Chip's Chatter

Resolutions, Balance, Stability

Resolution. Now there is a powerful word. Many of us use it every January 1st as a way to declare we need to change something in our lives. Resolution is a very strong and demanding word. Yet, it is interesting to note, according to US News and World Report, the failure rate of a New Year's resolution is about 80% and most people lose their resolve by mid-February. The article goes on to partially explain why this might be so. Psychologists and research firms say failure can result due to anything from a lack of clarity to setting expectations too high. The article goes on to propose a new approach whereby we use a single word to help keep us on track. The word is used like a mantra and can be said several times a day.

I feel there is a much deeper reason we fail in our resolutions. It comes back to the life style we have created for ourselves. Look at how most of America lives, works, and plays. We are a society constantly on the go jumping from one event to the other. And guess what? It doesn't matter whether you are retired or not. We just find other activities to keep us busy. It is this addiction to busyness that impacts every aspect of our daily lives. The busyness pulls us away from our faith and our continual need to be in communion with God.

Busyness places us on the go all of the time.

Whether we are driving/traveling or staying at home with numerous projects. We rarely find a stable time of the day in which to simply think, pray, and appreciate the beauty of God's creation. I feel the solution to achieving resolutions lies in the concepts and practices of balance and stability.

Imagine, if you will, what a balanced life might look like. We arise first thing in the morning, take out our devotional, light a candle, and spend a few moments in prayer and meditation. Then, we begin our day. We then proceed with our activities of daily living. We balance our work and our time throughout the day with family and friends. At noon, we remember to say grace no matter where we are. The afternoon continues as we maintain balance. At the end of the day, we consider some play time whether it is reading a book, going for a walk, spending quality time with the family, or participating in a leisure activity. Evening comes and we once again set aside some time for evening devotions, preferably just before you go to sleep.

Your day is now balanced between work, prayer, play, leisure, quiet time, relationship building. If something doesn't get done, don't worry about it since your focus has been on maintaining balance. It is within this framework we can address those things we are trying to change in our life. The beauty is we have put God in the middle and it is His power, the Power of the Holy Spirit that helps us change into what He wants us to be! Now

comes stability.

Stability can come in many forms. There is the stability of never having to move or relocate. There is the stability of employment. There is stability within the family. There is stability in the church. And yes, there is stability in the %outine.+ Stability is the framework that supports %balance.+ Those of us who like the stability and routine of worship find it very comforting and peaceful. It provides us with at least a short period of the day where life is totally stable. The stability of our order of worship brings balance to the experience. Imagine what our days, weeks, months, and years can be with stability and balance.

Into the balanced and stable life, we can begin to address some things we might want to change in our lives. A %New Year's Resolution+now becomes possible since we continue to remain stable and balanced in the other areas of our life. But the key, like so many things, is in the way we make the change. Moderation is one of the best pieces of advice I have ever received. The phrase %All things in moderation+tells us to make changes gently and to balance it over time. When people are suffering from bi-polar disorder, they tend to have very high peaks and very low lows. The treatment often helps the individual %level out+the peaks and valleys and to %modulate+within an acceptable range.

So, go ahead with your New Year's resolutions. But first get your life balanced and stable. The best way, of course, is to ground your daily life with God as the center. Once this is done, life becomes far more exciting. Life becomes an adventure. Life becomes peaceful. And, you don't need to worry about failing in your New Year's resolution.

I pray all of us will find the peace of Christ in our stability and balance. May this new year bring that to all of you.

Chip

Kids say the darndest things

We read Thos. Edison made light.
But in SUN. School they said you did it.
So I bet he stoled you r Idea.
sincerely,
DONNA

Dear God,
If you watch in Church on Sunday I will show you my new shoes
Mickey D.

Dear God,
If you let The dinosaur not extinct we would not have a country.
You did the right thing.
Jonathan

Dear God,
I went to this wedding and they kissed right in church
Is that ok?
Neil





3	Arlene Lee	5	Milo Mostad
8	Jan Kuleta	17	Tia Langhout
18	Wanda Burke	23	Brenda Miller
29	Ian Roholt		



January: Communion Set Up: Joan Forbes and Vera Weis

Serving/helping with clean-up: Barb McGregor, Palmer Bert, Joe & Joan Forbes, Gini Sande

5 Finger Prayer

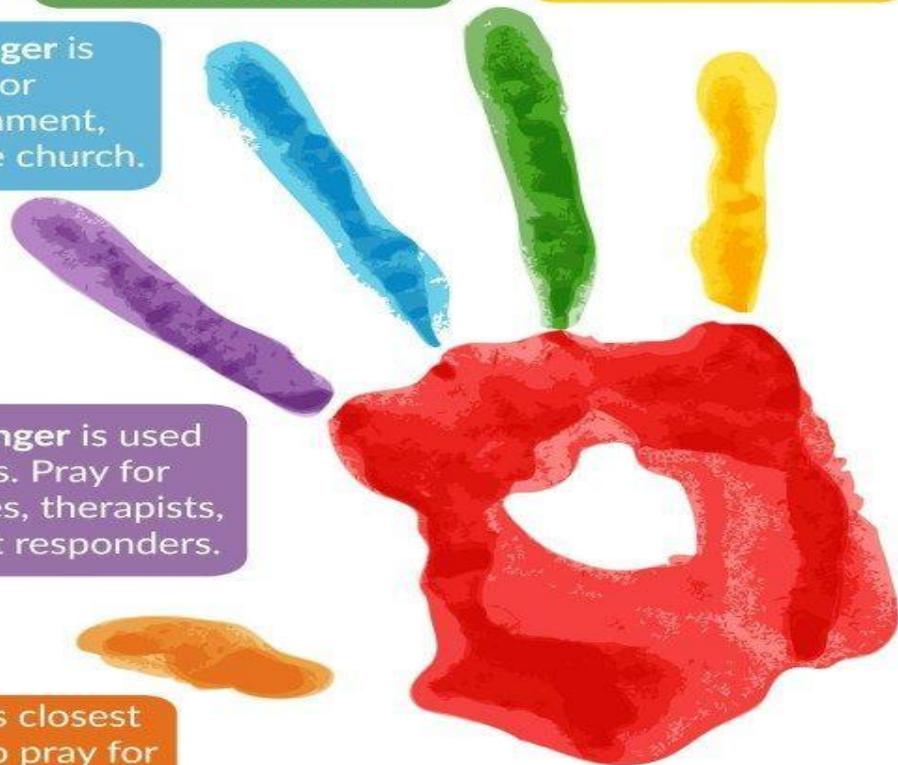
4) The ring finger is the weakest. Pray for the sick, poor, and those most in need.

5) The pinkie finger is the smallest. Pray for yourself and your own needs.

3) The middle finger is the tallest. Pray for leaders in government, business, and the church.

2) The pointer finger is used to give directions. Pray for teachers, coaches, therapists, doctors, and first responders.

1) Your thumb is closest to your heart, so pray for those closest to you - your family and friends.



FINANCIAL REPORT—Month Ending 11-30-19

Monthly requirement to meet our budget **\$10,705.00**

Total Income	\$17,296.05
Total Expenses	\$ 8,016.96
Net Income	9,279.09

Thank you for supporting our church

Sunday Worship Attendance Report

November 17	40
November 24	32
December 1	17
December 8	32
December 15	46

Head Usher—Gloria Phelps

	<u>Greeter</u>	<u>Liturgists:</u>
January 5	Linnea Mostad	Libby Underhill
January 12	Barb McGregor	Joe Forbes
January 19	Gini Sande	Dianne Roholt
January 26	Donna Dickinson	Ruth Andersen

The Service Chairs for the 2020 Season have not been determined yet. Please check back later.



January 26, 2020 will be the congregational annual meeting with the 2019 report. Please mark that in your calendars.



SUPPER CLUB
Friday January 17
Corner Bar



Supper Club will be meeting Friday January 17, 5:30 at the Corner Bar, 602 2nd Street

Please sign up at the church office: by email presbji@paulbunyan.net—or—by phone; 444-5016 or the sign up sheet on Sundays in the Fellowship Hall.

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

All are welcome!



Evergreen

Youth & Family Services

Strengthening Youth. Preserving Families.

Evergreen Youth & Family Services is a private, non-profit youth and family service provider. In the past 40 years, Evergreen has developed a safety net of services to strengthen youth, preserve families, and help support successful transitions to adulthood. Evergreen's services are primarily provided through two program sites based in Bemidji, MN.

Every year, 2500 children, youth, and young families come to Evergreen for emergency food and shelter, mentoring, independent living skills training, counseling, pregnancy prevention, transitional housing and community suicide prevention.

Youth and families of all backgrounds and walks of life are welcome. Approximately 60% of the youth they serve each year are Native American or mixed race, 30% are Caucasian, and 10% are African-American, Asian, Hispanic, or mixed race.

How Your Support Can Help Youth -

\$50 donation can provide 10 hygiene bags

\$100 donation can provide 10 food bags

\$180 donation can provide one night at the youth shelter

\$200 donation can provide 10 baby care bags

Your gift to Evergreen helps support food, shelter, transitional housing, clothing, youth and family counseling and other services that can interrupt the cycle of homelessness. Please consider giving to this 4th Sunday benevolence.

<https://www.evergreenyfs.org/>



Our session at work for you

**First Presbyterian Church
Bemidji, MN
December 17, 2019**

The monthly stated meeting of the session of First Presbyterian Church was held in the church conference room on December 17, 2019 at 2:00 pm. The meeting was opened prayer by Moderator Pastor Chip Holt.

ELDERS PRESENT CONSTITUTING A QUORUM: Gloria Phelps, Palmer Berg, Linnea Mostad, Cheryl Hiltz, Donna Dickinson, Libby Underhill

ELDERS ABSENT AND EXCUSED: None

OTHERS PRESENT: Clerk of Session Mary Hayes, Mark Robinson

QUORUM DECLARED

ADOPTION OF AGENDA MSPto approve agenda with the addition of Other Business items.

MEETING MINUTES The minutes from the November session meeting were approved.

CORRESPONDENCEA thank you note was received from First City Singers for use of church for rehearsal. Presbytery sent notice of a work assistance trip. Presbytery's prayer rotation list was shared with Pastor Chip.

CLERK'S REPORT was reviewed.

First Presbyterian Church, Bemidji, MN, Clerk's Report December 17, 2019

Weddings: none

Baptisms: none

Deaths: Leroy Hill November 26, 1924 – November 25, 2019 Memorial service at First Presbyterian Church 2:00 Tuesday, December 10. Inurnment at Greenwood Cemetery. Pastor Mike Naylor officiating.

New Members: none

Return to Active Membership: none

Request Transfer of Membership: none

Removed from Membership Roll: none

Communion: Dec. 3- 17 served Serving: Gini Sande, Vera Weis, Brenda Miller, Libby Underhill

Membership as of December 17, 2019 74

Sunday Worship Attendance Nov.24- 35; Dec. 1 - 17; Dec. 8 - 32; Dec. 15 - 46

FINANCIAL REPORT The financial report was distributed and reviewed.

COMMITTEE REPORTS

Administration/Personnel Chairperson: Donna Dickinson MSP to terminate organist Steve Saari.

Buildings & Grounds Chairperson: Palmer Berg Peter Norquist will serve as a committee member.

Finance & Stewardship Chairperson: Cheryl Hiltz Consecration Sunday Followup report: 36 giving units have pledged.

Adult & Christian Education Chairperson: Linnea Mostad Adult Ed Bible study Seekers averaged 5-6 per fall session.

Outreach Chairperson: Libby Underhill The Tubs of Love project deadline is Dec. 22. December community outreach includes Meals on Wheels. The banner of Presbytery churches will hang in our entry until February.

Worship & Music Chairperson: Gloria Phelps The role of organist is being filled as possible. Muff will assist through January. MSP to provide Muff with mileage at 58 cents per mile (as per federal guidelines) and the salary she had when she formerly left the position.

Computer Chairperson: Cheryl Hiltz Bill Beck will serve on the committee.

Nominating Chairperson: Cheryl Hiltz The nomination of elders for the Class of 2022 is Cheryl Hiltz for 1 year of a three year term and Donna Dickinson for 3 years.

OTHER BUSINESS

MSP to approve a Scout Pancake Breakfast for April 5, 2020.

PEO will meet at First Presbyterian one Wednesday evening per month for \$20 per time.

Lifeline Screening will be held here on April 20 8am-5:20pm. They also requested August 28.

Destiny Fellowship inquired about use of the parking lot on Sundays. Chip will negotiate with them.

Next Meeting: January 21 at 2:00 pm. in church conference room. Chip will moderate.

The meeting was adjourned with prayer led by Pastor Chip at 3:26 pm.

Respectfully submitted,

Mary Hayes, Clerk of Session

Sundays

10:00 Worship
Service

11:00 Fellowship

January 2020



Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

				2	3	4
5 Chip Holt Preaching	6 5:00 Bell Choir 6:00 Scouts	7	8 6:30-PEO 6:30 Calvary	9	10 Boy Scout Lock-In	11
12 Chip Holt Preaching	13 5:00 Bell Choir 6:00 Scouts	14	15 6:30 Calvary	16	17  5:30 Supper Club	18
19 Preaching Tony Peffer	20 5:00 Bell Choir 6:00 Scouts	21 **2pm- Session Meeting	22 6:30 Calvary	23	24	25
26 Chip Holt Preaching Congrega- tional Meet- ing	27 5:00 Bell Choir 6:00-Scouts	28	29 6:30 Calvary	30	31	