

First Church News

Volume 10 issue 9

September 2021

Chip's Chatter



We have been talking about “spiritual food” during our Sunday messages for most of the month of August. When we studied the scripture text, we saw people expressing their needs. This month, I would like to address more about our “needs” and “need fulfillment.”

I recently returned from a private retreat with my friends in western North Dakota. It was a retreat that afforded me much needed rest as well as numerous and frequent opportunities to worship and sing. It was a truly refreshing and rejuvenating experience. While there, I began to think of the real “needs” of life and how we should work to fulfill those needs.

I thought about our spiritual, emotional, and physical needs. These are pretty broad categories and I'm sure psychology experts may have a different or even additional thoughts. But, none the less, these are the thoughts that came to me during times of reflection while totally immersed in a religious/spiritual environment.

Let's start with physical needs. Some time ago, we briefly mentioned Maslow's Hierarchy of needs. Physical needs were of the utmost importance to Maslow and formed the foundation for all others. Things sure as food, shelter, clothing are part of his list. Notably absent was our spiritual needs. Also missing from Maslow's theory is the answer to this question: “How do we fulfill our physical needs beyond the basic needs he identifies?” In other words, how do we continue to take care of our physical needs

once the basics have been met?

We care for our physical needs by monitoring our actions and environment. We care for ourselves through adequate rest, diet, and exercise. When we neglect our physical needs, it can affect other parts of our lives. It can pull us out of “balance.”

Our emotional needs are very complex. I tend to think emotional needs come from relationship with fellow “travelers on the journey of life.” While most relationships are warm and satisfying, there can be some that are caustic to us. The problem is we let the caustic relationships overcome us and we again, lose “balance.” We need others around us. That is why being shunned or quarantined and isolated is so hard on us.

Spiritual needs come from our relationship with the Creator and his Son, Jesus. I believe we tend to underplay the importance of this relationship in our lives. While we are good about attending worship/bible studies at church, do we work on our relationship with Jesus during other times of the day and week? Our spiritual needs, if not met, can also throw off the “balance” of life.

It is important to realize these three needs, physical, emotional, and spiritual needs are all intertwined. Let me give you a couple examples:

Example 1

Someone says something to us at church that doesn't sit well with us. Our response might be to stay away from church. The result is every aspect of our spiritual need goes unmet.

Example 2

Let's say someone offends us and we feel "out of sorts" following the encounter. We might go home and grab a quick snack as "comfort food." Soon, the snack is inadequate and we eat even more. The food does absolutely nothing to counter our emotional need. When the need continues, we continue to over eat. Fulfilling emotional needs is at the heart of addictive behavior. Substitute your "comfort item" and you can see how an addiction starts.

Interestingly, when the Twelve Step Program for Alcoholics Anonymous began, the first 3 steps are of a spiritual nature. All other "Twelve Step Programs" use this same format, substituting the addiction in place of alcohol. The recovery process is patterned after "The Big Book" of Alcoholics Anonymous.

We admitted we were powerless over alcohol—that our lives had become unmanageable.

Came to believe that a Power greater than ourselves could restore us to sanity.

Made a decision to turn our will and our lives over to the care of God as we understood Him.

What stands out the most for me is the person suffering from the addiction has gotten their life totally out of balance. The way to achieve balance is to address each particular need and try to identify what is pulling us out of balance. Then, we must make an effort to get this back in line.

If you have become dependent on "comfort food," your physical needs are no longer being fully met. Because we no longer like what we look like, we can easily isolate from the world denying our emotional needs. And so it goes. Amazingly, it is our spiritual response that begins the process of bringing our lives back into balance. When all is in balance, we find true peace. True peace begins with fulfilling our spiritual needs. Father Henri Nouwen says it

this way:

"Whatever we do in the Name of Jesus, we must always keep the peace of Jesus in our hearts.

The great temptation is to let people take our peace away. This happens whenever we become angry, hostile, bitter, spiteful, manipulative, or vengeful when others do not respond favorable to the good news we bring to them." ("Bread for the Journey," August 7)

One of the mistakes we often make is to make others responsible for our "balance" and peace. This is an unrealistic expectation of others and is at the heart, I believe, of broken relationships. The most important thing we must remember is that our spiritual relationship to Jesus provides all that we need. We must learn to depend on Him rather than others, to meet our needs. Then, we can accept ourselves as who we are, people of infinite worth, loved by an infinite God.

Chip



Just before the Covid lockdown, Joan Forbes contacted Dianne Roholt by phone to ask her to be in charge of decorating the tables in the dining room, the entry way and the picture windows in the lobby.

So far she has asked for help with decorating from Brenda Miller whose aesthetic she appreciates and Gini Sande who has also helped her with setting up. Terri Murray sometimes removes the décor from the tables and makes a clean slate for Dianne's next project. Now that we are meeting twice monthly for coffee, Dianne says again it is a pleasure decorating and she is delighted to continue with her commitment.

A peek into your congregation.

Joan Forbes

I was born in Bemidji at my grandparents home.

I went to Carr Lake School for 8 years and then to Bemidji High school for the rest. I then went to BSU for 2 years and received my Associates of Art Degree. I then moved to Mpls and worked at the State Health Department for 3-4 years. I returned to Bemidji, engaged to Joe Forbes. I took a job working at BSU until Joe & I were married on August 5, 1961.

Joe & I moved to Fargo where Joe finished his degree in Engineering. We moved to Grand Forks for 2 years and then to Bagley where we lived for 7 years before returning to Bemidji as Joe got a job as Beltrami County Engineering. Sadly Joe passed away in 2020.

I have 3 grandchildren and have 7 great grandchildren.

Virginia aka Gini Sande

I was born in Powell, Wyoming. Graduated from high school and then went on to Jr College where I met my husband, Wally. Franklin Waldemere Sande was his birth name. We were married there in 1958 and we traveled to 6 different states before we settled in Bemidji. My 3 children, 2 girls and 1 boy, were born in 3 different states.

Wally was a physical therapist, which is what brought him here to Bemidji. I was a stay at home mom and had my own sewing business out of our home. I just retired from that in 2019. I love digging into Genealogy and in my free time I am a voracious reader.

My oldest daughter lives in Cody, Wy and is a self published author. When she lived in the silicon valley she was the technical writer for the first 2 Shrek movies. My son, middle child, lives in Plymouth, WI. My youngest daughter lives in northern Texas. I have 5 grandchildren and 3 great grandchildren.

Morris Damp

Born in Tracy, MN and then my family moved to LeSeur where I attended school until the 9th grade. We then moved to Hackinsack where I graduated. I then moved to the cities where I attended trade school for 1 year, but left to work on the Railroad for the next 20 yrs. I had my pilots license and did fly my own plane, a piper Cub. One of my classmates from Hackinsack introduced me to Judy and the rest as they say is history. We were married in 1958 here in Bemidji. We moved to the cities and were there until 1972.

When Judy & I moved back to Bemidji we could not find the property that we were looking for so we ended up buying a farm. We did a lot of remodeling and raised Angus cattle. We did that for 12 years. After the children were grown, we sold the farm & moved to Grace Lake. We lived in the cabin, while I was building our home. At that time I was the bookkeeper at Northern Farm & Garden. We have 2 girls, 1 in Australia and 1 here. We have 5 grand Children and 6 great grandchildren.

Mary Lou Miller

I was born right here in Bemidji and attended Bemidji schools until graduation.

Richard and I were married in 1959. We were the first couple married in the new chapel of First Presbyterian Church by Pastor Smatla.

My first job was working at an American Legion souvenir stand by Lake Bemidji. I then took a job at Red Owl in their butcher shop. My sister married the butcher so that put an end to my job there. I think I worked at every butcher shop in Bemidji.

My job search took me to Bemidji Woolen Mills where I worked for almost 20 years before I retired.

I have 3 children, 1 boy and 2 girls; 6 grandchildren and 9 great grandchildren with 1 on the way.

I love to knit, sew, cook and can. I used to be able to garden but can't anymore.

I have always been a member of First Presbyterian Church. I was baptized here and was also in the youth choir years ago.

FINANCIAL REPORT—Month Ending 7-31-2021

Monthly requirement to meet our budget \$10,705.00

Total Income \$ 5,255.02
 Total Expenses \$ 13,257.71
 Net Income \$ (8,002.69)

Thank you for supporting our church

Sunday Worship Attendance

July 25= 40
 August 1= 36
 August 8= 29
 August 15= 29
 August 22= 30



10 Jeannine Brooks
 13 Susan Cronemiller
 23 Libby Underhill



For those of you that are thinking about bringing flowers for our church service, please contact Gloria at 308-1113. We appreciate you.

Many thanks, Gloria

Head Usher Linnea Mostad

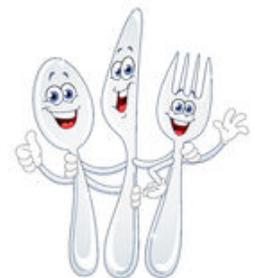
	<u>Liturgist</u>	<u>Greeter</u>
Sept 5	Betty Hanson-Lehman	Gini Sande
Sept 12	Bill Beck	Carla Erickson
Sept 19	Ruth Andersen	Brenda Miller
Sept 26	Dianne Roholt	Gini Sande



Supper Club

Town & Country Club

6pm



Supper Club will be meeting on Thursday, September 16 at 6:00pm

Please call Dianne Roholt directly at 444-2859 for your reservations!

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

All are welcome!

Benevolence For September

Bemidji Meals on Wheels



What is Meals on Wheels?

Nonprofit that provides balanced meals and socialization in a warm caring setting and meals on wheels to the elderly home-bound, enabling them to continue living in their own homes

The Meals on Wheels service delivers hot meals to seniors in their homes or in community centers across the United States. The organization consists of more than 5,000 independent local programs, and more than 2 million people volun-

teered through Meals on Wheels .

Donors and the Older Americans Act provide funding for Meals on Wheels. The organization also asks recipients to pay for meals if they are able, although payment is not required. In addition to providing food for individuals who can't leave home, Meals on Wheels notes that its delivery service provides a valuable safety check for seniors who live alone.

How does Meals on Wheels determine eligibility?

Meals on Wheels determines eligibility on an individual basis, with priority given to individuals who are at least 60 years old and have a health condition that prevents them from shopping for or preparing their own meals. Younger persons with qualifying conditions are accepted as well.

Meals on Wheels programs are in place in nearly every city in the United States. The organization provides not only meals, but also companionship, transportation, pet food deliveries and home repairs to many eligible participants. However, in areas where many seniors live in poverty and isolation, waiting lists for service are often long. According to current data, 9.3 million Americans over the age of 60 struggle with hunger, 14.8 million are living alone, and 17.6 million have trouble paying for their basic needs.



Your session at work

First Presbyterian Church

**Bemidji, MN
August 17, 2021**

The monthly stated meeting of the session of First Presbyterian Church was held in the conference room on August 17 at 1:00 pm. The meeting was opened with prayer by Moderator Pastor Chip Holt.

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

ELDERS ABSENT: Donna Dickinson

**OTHERS PRESENT: Clerk of Session
Mary Hayes**

QUORUM DECLARED

ADOPTION OF AGENDA MSP approved to adopt the agenda.

MEETING MINUTES MSP to approve the minutes from the July session meeting.

CORRESPONDENCE

Letter of Transfer received for Peter and Laurie Nordquist from Christ Presbyterian Church, Edina, MN

CLERK'S REPORT was reviewed.

First Presbyterian Church, Bemidji, MN, Clerk's Report August 17, 2021

Weddings: none

Baptisms: none

Deaths: none.

New Members: Peter and Laurie Nordquist by Letter of Transfer

Return to Active Membership: none

Request Transfer of Membership: none

Removed from Membership Roll: none

Communion: July 4: 32 served

Membership as of August 17, 2021:72

Sunday Worship Attendance: July 25-40; August 1 – 36; August 8 - 29; August 15 – 29

FINANCIAL REPORT Finances from July were reviewed.

COMMITTEE REPORTS

Administration/Personnel Chairperson:

Donna Dickinson No report Chip presented Shirlee's request to continue working only Tuesdays – Thursdays. Office coverage will be needed for Mondays and Fridays 12:30-2:30 to accommodate gym use. Chip will check if Terri Murray is interested in working the hours at her current rate. MSP to approve.

Buildings & Grounds Chairperson:

Palmer Berg Edge of blacktop parking lot is deteriorating. The PitchBlack company will be asked for an estimate for repair. The front windows of the CE wing have been caulked and painted.

Finance & Stewardship Chairperson: Cheryl Hiltz No report

Adult & Christian Education Chairperson: Linnea Mostad Seekers' fall plan in is place. Children's Sunday School will be provided when needed.

Outreach Chairperson: Libby Underhill No report

Worship & Music Chairperson: Gloria Phelps A parament has been ordered.

Computer Chairperson: Cheryl Hiltz No report

Kitchen Session Contact Person: Cheryl Hiltz The dishwasher is fixed.

OTHER BUSINESS

Chip presented his Worship Planning Process which is based on the Revised Common Lectionary used by Presbyterians and many other denominations.

MSP to approve vacation for Chip September 20-26.

Ideas generated from Chip's August 10 meeting of the Committee on Ministry included reaching out to struggling churches and how to advertise our presence in the community.

MSP to allow Kelsie Murray of Blackduck Presbyterian to use our sanctuary for her wedding on November 20 at the same rate as a member. Rev. John Yingling will officiate.

MSP to approve the use of the church for services for Judy Rossi on October 2.

Headwaters School of Music requested the use of two CE wing rooms for music lessons for two months during their construction project starting September 7. Any fee arrangement had not been discussed. Session

asked for more information before making a decision. Chip will email out the info he obtains.

Discussion of the problem of homeless presence and clutter between the storage building and the church building was discussed but no action was taken.

Next Meeting: September 28, 2021 at 1:00 pm. in the conference room. Chip will moderate.

MSP and approved to adjourn with the Lord's Prayer at 2:39 pm.

Respectfully submitted,

Mary Hayes, Clerk of Session

From Jim and Marlene Zech
3313 250th St.
Rockwell City, IA 50579

Dear Friends

We are selling the cottage due to Jim's health issues. At this time, I'm not sure I can be with you in the future. The church and the many people I've known will always be in my heart.

Blessings!

Marlene

Sundays
10:00 am
Worship
11:00am
Fellowship



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 Pastor Chip Communion- Fellowship	6 	7 School starts 	8 7pm Calvary Chapel	9	10	11
12 Pastor Chip	13	14	15 7pm Calvary Chapel	16 6:00pm-Supper Club @ Town & Country Club	17	18
19 Pastor Chip Fellowship	20 Pastor Chip on vacation	21	22 7pm Calvary Chapel	23	24 First Pres @ Food Shelf	25
26 Pastor Bill Beyer →	27 Chip back in office	28 1:00pm Session Mtg	29 7pm Calvary Chapel	30		