

Chip's Chatter



A couple of months ago, someone asked where I get my ideas for “Chip’s Chatter.” My primary source comes from experiencing life and noticing the things around me. Sometimes an idea comes to me following a short discussion with someone or even a question. That is the case this month. I was struggling to find a topic and what to write about. Then, all of a sudden, the idea came to me: Church attendance is a like a booster shot for the soul!

In the middle part of October, after checking with my Doctor, I went and received my COVID booster shot. While in the exam room, the nurse giving me the shot asked what I had planned for the weekend. I said I had to work on Sunday. She asked where. I responded what I do at First Presbyterian Church. She then told me she had been married in our church many years ago and had not been back. Not missing a golden opportunity like this, I re-invited her to come a worship with us. I said to her, “Come visit us and get a booster shot!” Given the circumstances of me receiving my COVID booster shot and suggesting she come to us for hers, we both had a good laugh.

I came back to the office and began to think about the idea of why we need regular attendance in church. Unlike the COVID booster shot, we need the weekly booster shot we get from God. I then began to research the benefits of church attendance from a mental health stand point. I found three good articles on the subject. All three support the idea mental and physical health are greatly improved with regular church attendance.

In an article from WebMD, written by Charlene Laino, reports “A new survey of 37,000 men and women shows that people who regularly attend church, synagogue, or other religious services are less likely to suffer from depression and other psychiatric illnesses than those who don’t.” The article

goes on to say, “The higher the worship frequency, the lower the odds of depression, mania, and panic disorders.” In short, faith has a positive effect on our mental well-being.

Another article from the National Alliance on Mental Illness lists some of the main benefits of religion: Community and Ritual, especially a worship that provides structure, regularity and predictability. Another is teaching. The kind of teaching that teaches compassion, forgiveness, and gratitude.

Ruth Soukup provides some interesting thoughts on “The Surprising Benefits of Going to Church.” In fact, she lists 10 benefits.

Church connects us with God

“There is something reverent about simply being inside a church”, Ms. Soukup says. In fact, last week at a recent wedding rehearsal, someone came into our church and immediately sat down. When welcomed, the individual simply stated how peaceful and stress free it was just to sit in our sanctuary.

Church gives us a chance to reflect on gratitude

Church helps us to change our outlook. Ms. Soukup goes on to say, “Even if it’s hard to see the blessing at the moment, attending church can help us open our hearts and eyes to see the things we have.”

Church connects us socially

During my Air Force career, I was frequently transferred to other bases. I discovered from the very beginning, the best way to meet people was through joining a church and immediately joining the church choir. We made lifelong friends by doing this and it helped to blend us into the community outside the main gate of the Air Force Base.

Church helps us better connect with our spouse

A few years ago, I worked with people who were recovering from divorce or about to do so. Nearly every breakup was preceded by a breakdown in church activities. Through that ministry, I learned the marriages mirror the Trinity. A covenant is made between husband, wife, and God. As the old saying goes, "couples that pray together stay together"

Church allows us to feel reverent

When we attend church, we find ourselves immediately transported to a place of worship and peace. Some members of our congregation come early and sit quietly as they listen to the music. I have been in churches where there is absolute dead silence. No talking. No music. Some folks sit and pray. Others may read from a devotional.

Church provides plenty of opportunities to give back

We studied about Jesus' definition of service and servanthood through the 10th chapter of Mark. I have also learned over the years the quickest way out of depression is by serving and giving back to others.

Church helps us "find the lesson" in our trials

A Presbyterian pastor I met clear back in the 1970's provides this advice for those in the midst of difficulties: "Immerse yourself in the Word." He was "spot on." I have used that advice several times in my life. Church attendance goes right along with immersing in the word as you sometimes hear a sermon that seems to speak directly to what you need to hear. It is precisely at this time that we must be open to God's leading.

Church teaches us forgiveness

Forgiveness is a difficult thing. The real definition of "forgiveness" is the canceling of the "debt" owed to you. We owe a huge sin debt to God. Because Jesus paid the price of our sin debt, we are forgiven through the Blood of Jesus. Our sin debt is paid in full. While our sins are forgiven, the consequences of those sins may last a lifetime. Jesus' life, death, and resurrection are all about us being forgiven on the final Day of Judgment.

Church fills our hearts with song

There is something amazing about music. We have the notes on the scale and we have the text of the lyrics. But there is something special going on here.

Joining words and music is greater than simply adding the two together. Our hymns teach us great theology and our souls are moved with the music. The traditional hymns of the faith are some of the greatest teaching source there is.

Church is where we find deeper meaning in our lives

Church is a great activity that allows us to look deep into our souls and find out who we really are. It is through prayer and meditation we begin to see things in perspective and to know what it means to "walk with God." We quickly discover a sense of purpose for our lives.

So what causes us to stay at home and not come to worship? Sometimes it is a byproduct of the hectic lives we lead. Sunday is less structured than Monday through Friday. We think Sunday is the day to kick back and read or watch our favorite sports team. We give in once. We give in again a week later. Before you know it or even realize it, you haven't been to church for over a month. This is when we need to reevaluate things. You've gone too long without the booster shot of church. You may find you are starting a descending spiral away from good mental and physical health.

Sometimes, in the past, I had to work hard at keeping up church attendance. Yet, never once have I ever regretted getting up and attending a church service, even if I was out of town.

One thing I have learned in my own journey is when I am so busy I don't make time for my own prayer and meditation time, I realize I am pushing myself too hard. I need to regain some sanity and it is then I seek a private retreat.

The weekly booster shot for the soul found at church allows us to once again calm down, to be connected with others, and it allows me to breathe again. The great thing is you don't need to make an appointment. Just show up and be ready to listen for the word of God.

Oh, by the way, there are NO negative side effects with the booster shot for the soul. We will soon realize greater peace, a happier soul, and it will more than likely than not to put a song in your heart.

Get your booster shot for the soul this week!
Chip

A peek into your congregation.

Donna Enfield

My parents were residing in Spenard, AK when I was born in November of 1961, the second of three girls. After the snows cleared the passes, we drove to KS, where my dad had decided to attend KSU for engineering. One of my memories of KS was of graduation. A bald-headed old guy gave a speech and lost his voice partway through. I later came to understand the significance of that experience as that guy was Dwight D. Eisenhower. I moved around a lot as a kid, first with dad changing jobs to climb the ladder of success and later after my parent's divorce when I was 11. I lived in 9 different states and moved to MN three times. After attending a community college for a year and a half in a paralegal program, I worked as a real estate closer for about 10 years. Marrying in 1988, I worked various odd jobs while raising a family. I returned to school in 2008 and filed for divorce. After earning a master's degree in social work and with my son safely off to college at NDSU, I sold my house, packed up and set out for San Fidel, NM. I had taken a scholarship with Indian Health Service and had a payback obligation. I lived on the hospital campus on a reservation in the mountains about halfway between Albuquerque and Gallup and I loved it except for the snakes, spiders and giant centipedes! It was, in many ways my emancipation. I worked hard and loved my work and my new friends. After my stepmother passed away in 2015, I returned to MN for the third time in 2016. Taking a job as a therapist at the Red Lake Hospital, I brought my father to reside with me. In 2018 I assumed the department supervisory role, then moved into the role of Behavioral Health Consultant in the

Area Office role, then moved into the role of Behavioral Health Consultant in the Area Office in 2019 where I remain today. It is a busy role, providing support to federal and tribal mental health and substance abuse programs in parts of 5 states. My son, Michael, was married to Lauren in 2020 and is the Location Manager for a large agricultural co-op near Mitchell, SD. I am very proud of him! They plan to start a family there someday. In my spare time I enjoy gardening, cooking, knitting, camping and spending time with family

Bob Hiltz

I was born in Bemidji MN.
I attended the Lab School, Bemidji High School, and Saint Cloud Tech.
I met Cheryl Miller in our confirmation class at the First Presbyterian Church. We were married in 1964 and we have 3 children.
I opened Bob's Deep Rock gas station on HWY 2 West and Irvine Avenue in 1963.
I promoted Ice racing for 2 years to provide funding for the building of the Paul Bunyan Speedway dirt track. I built and operated the Paul Bunyan Speedway (Bemidji Raceway).
I started a construction and trucking business from 1965 – 1976.
I started a snowmobile, chainsaw, lawn and garden, motorcycles sales in 1966 – 1976
I managed vehicle test sites in MN, ND, CO, and NV from 1988 - 2006
I was Bemidji Squadron and Group One CAP Communications Officer

Ray Hamblin

Born in Kansas City, Missouri July 16, 1938. About two years later the family moved to St. Joseph, Missouri, the birthplace of both parents. The summer of 1945 Dad was offered a job in Alaska. Upon arrival We found Anchorage a very small town going through explosive growth with no housing to be had at any price. By purchasing a tiny house before it was built we had basic shelter. Over the ensuing years we lived in a wide variety of shelters. Schools were being built as fast as possible but in the interim classes

FINANCIAL REPORT—Month Ending 7-31-2021

Monthly requirement to meet our budget \$10,705.00

Total Income	\$ 20,106.79
Total Expenses	\$ 7,995.34
Net Income	\$ 12,111.45

Thank you for supporting our church

Sunday Worship Attendance

September 26	28
October 3	28
October 10	25
October 17	26
October 24	28



3 Suzy Langhout
29 Bob Hiltz



November Head Usher Gloria Phelps

	Liturgist	Greeter
November 7	Peter Nordquist	Gini Sande
November 14	Betty Hanson-Lehman	Donna Dickinson
November 21	Libby Underhill	Brenda Miller
November 28	Dianne Roholt	Carla Erickson

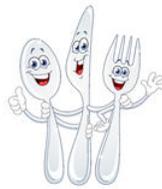
Message to the congregation:

I would like to include all members of the congregation in this **“Peek into the congregation”** and I need and would love your co-operation. Those of you that have computers and email, if you would please write a short version of the history of yourselves and then email to me here in the office at presbji@paulbunyan.net, or call me at 218-444-5016, and we can do this over the phone, or better yet, stop into the office. If you do not wish to be included in this project, please let me know. Thanks to all who have participated so far.

I have heard how much this is being enjoyed so I am hoping for full participation.

Thank you in advance, Shirlee Harold, church office

Supper Club

Supper Club will be meeting on Thursday, November 18 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!

November Benevolence Presbyterian Peacemaking Program



PEACE & GLOBAL WITNESS
SPECIAL OFFERINGS

During this season of unrest and change, we depend on our Church, faith, family and God’s grace to see us through. **Together**, our gifts work to build God’s household where all can find shelter, where all can find love. Your generosity helps build a Matthew 25 Church: a home of wholeness for people in need, especially those suffering from the impacts of the current crises, disrupting the cycle of poverty. Your generosity creates a space for justice, dismantling systemic racism, and it enlivens the Church, giving voice to the declaration that we, the church are not dying, but are filled with vitality and live.

A Season of Peace is upon us, which culminates with the Peace & Global Witness Offering, usually taken on World Communion Sunday, we have the opportunity to promote the Peace of Christ in our own communities and around the world. Congregations are encouraged to use up to 25% of this Offering, with the remainder going to your mid-council and the Presbyterian Mission Agency to support this same mission of peace.

Thank you, again, for giving to enable all people to know God’s life-giving welcome in Jesus Christ. **Together**, we are the church, building the household of Christ.

<https://www.presbyterianmission.org/ministries/peacemaking>



We are happy to announce that Chip and Trish are engaged to be married. Future plans are yet to be determined!

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

Many thanks, Gloria

The Seekers are BACK. Every Wednesday, at 12:00 noon in the conference room . We are studying Romans Chapter 8. All are invited to come!

were held in temporary Quonset huts with a space heater in the center of the room. I survived to graduate from high school in 1956 and started work the next day as a mechanics helper at Alaska Airlines. This same summer I joined the Alaska Air Guard serving as an aircraft engine mechanic. After 3 years with Alaska Airlines, I was laid off then went to work at the post office where I worked by day and attended the University of Alaska at night. Daughter Doris came in February 1958, and Donna in November 1961.

In 1962 I packed up my family and headed south to Kansas State University. I graduated in 1966 with a Bachelor of Science Degree and a third daughter Kathy born in May, 1963. I was the first engineer hired by New Holland for the new Grand Island, Nebraska manufacturing facility. Then I seized an opportunity in Minnesota as a manufacturing engineer with the Ordnance Division of Honeywell Defense. After about six years of a great job the Viet Nam war was winding down so I was laid off. Shortly thereafter I divorced.

The same day I was officially laid off I received a job offer with Quebec Metal Powders as a technical representative. Two years later I began to see another person of interest. I had stayed as far away from her as I could until fate brought us together which revealed a side to her that no one knew about and that is the way she wanted it. We were married by the family laundry man (literally Justice of The Peace). Because of a significant downturn in business several of us were laid off. Is this beginning to sound familiar?

I am fond of saying Engineers are no better off than itinerate fruit pickers. We just tend to have better living quarters. This is an obvious segue to more to come...

After several attempts to tolerate working conditions within small poorly-administered companies I threw in the towel, moved back to Minnesota and reconsidered what to do with the rest of my life. During this rest and reflection time I rejuvenated my neglected vineyard and tended a few neglected apple trees. With eleven acres of yard there is time, space, and fresh air that promotes thinking. I also planted apple trees with a vengeance. I had several offers of employment but none attractive. Some of the guys I used to work with called to discuss my reluctance to return to the work force. Finally I did return but on my own terms. This led to my second dream job in the medical device industry.

After a fairly long string of notable and rewarded successes the new management team decided to relocate the entire manufacturing facility to a foreign

young engineer that I had been grooming for the job. He was ready, willing and able to take over. Don't lay him off. Sound familiar with a new twist.

The apple trees flourished sufficiently to encourage me to buy another 17 acres and plant it as fast as I could. The hobby turned in to a tax deduction which in turn became a surprisingly profitable endeavor. I did the production and Irene, my wife did the marketing. Then the other shoe dropped.

Irene had inoperable pancreatic cancer with an estimated 3 to 6 month survival. That day I closed the business with a commitment to make this last journey with her. She survived 39 months at home except for the last 2 days. Oh yes, this time I did not get laid off. With the loss of Irene my home of 45 years became a deteriorating burden and a huge tax burden. Donna invited me to live with her because we were both alone. On July 1918 I drove down my driveway of memories and headed for a new life in Bemidji. Donna and I have combined two households and settled in to a very comfortable life in vacation land.

Your session at work

First Presbyterian Church Bemidji, MN

October 19, 2021

The monthly stated meeting of the session of First Presbyterian Church was held in the conference room on October 19 at 1:00 pm. The meeting was opened with a reading and prayer by Moderator Pastor Chip Holt.

**ELDERS PRESENT CONSTITUTING A
QUORUM: Cheryl Hiltz, Gloria
Phelps, Linnea Mostad, Donna Dick-
inson, Libby Underhill,**

ELDERS ABSENT: None

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

QUORUM DECLARED

**ADOPTION OF AGENDAMSP approved
to adopt the agenda with the addi-**

tion of Hope House request, Nominating Committee Report and Clerk Resignation.

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

CORRESPONDENCE Chip reported he received a letter of resignation from session from Palmer Berg in July but held it to give Palmer a chance to reconsider. Chip announced at this meeting that the resignation should be considered final as of October 1, 2021. Session Clerk Mary Hayes submitted written resignation. Libby volunteered to take meeting minutes in November and December while a new clerk is sought.

CLERK'S REPORT was reviewed.

**First Presbyterian Church, Bemidji, MN,
Clerk's Report October 19, 2021**

Weddings: Jared and Kate Syrstad

Vows Renewal October 9

Baptisms: none

Deaths: none

New Members: none

Return to Active Membership: none

**Request Transfer of Membership:
none**

Removed from Membership Roll: none

Communion: Oct. 3: 28 served

Membership as of Oct. 19, 2021: 72

**Sunday Worship Attendance Oct. 3- 28.
Oct. 10-25. Oct. 17-26.**

FINANCIAL REPORT Finances from August were reviewed.

COMMITTEE REPORTS

Administration/Personnel Chairperson:

Donna Dickinson No report

Buildings & Grounds Chairperson: None Reported by Chip: A person with a boiler-

operator's license will be needed. No session member volunteered or was appointed to fill the chairperson vacancy.

Finance & Stewardship Chairperson:

Cheryl Hiltz No report

Adult & Christian Education Chair-

person: Linnea Mostad No report

Outreach Chairperson: Libby Underhill No report

Worship & Music Chairperson: Gloria

Phelps Advent begins November

28. A sanctuary decorating sub-

committee requested an addi-

tional \$100 above the budgeted

\$100 for Hanging of the Greens.

MSP to approve.

Nominating Chairperson: Cheryl

Hiltz A pledge campaign will be

held in November.

Computer Chairperson: Cheryl Hiltz

No report

Kitchen Session Contact Person:

Cheryl Hiltz Kitchen committee

members will once again be ro-

tating duties by the month.

OTHER BUSINESS

MSP to approve use of the church

for the Annual Hope House Din-

ner November 18 from 3:30-

8:00 PM.

MSP to reinstate social distanc-

ing in the sanctuary by taping

off every other pew.

Next Meeting: November 16, 2021 at

1:00 pm. in the conference room.

Chip will moderate.

MSP to adjourn. Adjourned with the

Lord's Prayer at 2:06 pm.

Respectfully submitted,

Mary Hayes, Clerk of Session

Sundays
10:00 am
Worship
11:00am
Fellowship



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Boy Scouts 7pm	2	3 12pm Seekers 7pm Calvary Chapel	4	5	6
7 Pastor Chip Communion- Fellowship <u>Daylight Savings ends</u>	8 Boy Scouts 7pm	9	10 12pm Seekers 7pm Calvary Chapel	11	12	13
14 Pastor Chip	15 Boy Scouts 7pm	16 1:00pm Session Mtg	17 12pm Seekers 7pm Calvary Chapel	18 Hope House 3-8pm 6:00pm Supper Club	19 Wedding rehearsal	20 Wedding 4pm
21 Pastor Chip Fellowship	22 Boy Scouts 7pm	23	24 12pm Seekers 7pm Calvary Chapel	25 	26	27
28	29 Boy Scouts 7pm	30				

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218-444-5016
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Website: Firstpresbjj.com

