

# First Church News

Volume 12 issue 3

March, 2023

## Chip's Chatter



I recently spent some time on a private retreat with my monastic community in Richardton, ND. I have been affiliated with Assumption Abbey for nearly 11 years and go there whenever I need to “decompress” from the activities of daily life. Upon arrival, I quickly transition to the “rhythm” of the monastery. There are five daily worship services beginning at 6:20 a.m. and concluding just before bedtime at 8:10 p.m. In between there are two one hour periods devoted to studying scripture. The monastery enters grand silence from about 10 p.m. until 8 a.m. the next morning. Outside those times, the monks are doing work such as cleaning, painting and repairing, remodeling, and anything needed for their monastic home. Benedictines make a vow to stay at this Abbey their entire lives.

During my private retreat, I devote my own time to reading and studying. Sometimes I have even worked on sermons in preparation for our own Sunday worship. This time was no exception. I studied the book of Acts and re-read a meaningful book by Henri Nouwen. While I was reading these two books, Fr. James, the Oblate Director (I am an Oblate of St. Benedict) gave me a short pamphlet/booklet to read. The title of which is “O Lord, I am your doggie.”

That title immediately grabbed my attention as many of you know I am a dog owner. In fairness, I have also owned cats at an earlier time in my life. The booklet was written by a nun from the order of Sisters of Poor Claire located in a convent in

California. It was a fast and easy read. The sisters have had several dogs at the convent over the years.

The entire point of the booklet was to illustrate the relationship between a dog’s (or cat’s) master and the animal itself. The booklet paid special attention, not to the master, but to the dog’s response. Here are some examples:

(1) Whenever the master comes home, the dog runs to greet the master wagging their tail. Sometimes they are so excited their whole body wiggles in greeting. Cats do the same thing, but they express it differently. If there are other dogs around, they will join in, wagging their tails and wiggling with excitement.

(2) There are times when the dog or cat just sits quietly in the presence of the master. Sometimes they will sit in the master’s lap or rest so as to be touching the master. My dog loves to rest on top of my feet while I am doing the dishes. And, yes, she frequently jumps into Trish’s lap as we have coffee.

(3) Dogs and cats often will lick to show their own affection towards the master.

(4) Dogs will also roll over on their backs and put all four paws in the air. In so doing, they are expressing great trust in the master. They have let their guard down and are now as vulnerable as any animal can be.

I’m sure you realize there is a magnificent

connection between the dog and the master. But instead of looking at it from our point of view, look at it from the animal's perspective. The master is really our Master, the Lord Jesus Christ. How does our response when coming into the presence of Jesus compare to the dogs or cats?

(1) When you arrive for Sunday worship, are you excited to be in the worship to connect with Jesus? Do you "wag your tail" knowing the love you receive from our Master? Are you excited to be around other worshippers and all of you "wag you tails?"

(2) Do you find a quiet time to be alone with the Master? A time when you can just "be who you are." No hidden agenda, no pleas for mercy, perhaps a time to reflect on the goodness of having Jesus as your Master. It is a time to patiently listen for the Word of God to come to you.

(3) How to you show or demonstrate your love for our Master? Prayer is the best time of all. God loves to hear from us and prayer is our direct contact with Him. Prayers are a form of verbal "love letter." How often do you write to God in the form of prayer?

(4) Do you ever completely let your guard down and put your total trust in the Master? Do you allow yourself to become vulnerable before Jesus and allow the Holy Spirit to work in your life and make you what Jesus wants you to be? When the Holy Spirit touches you do you roll away or do you completely rest in the Spirit's hands?

There were other examples in the book, but I found this short, simple booklet to be a great source of reminding myself (and others) what our following Jesus can look like. After reading this book I can honestly say, "O Lord, I am your doggie." If you are a cat owner, the same applies, "O Lord, I am your kitty."

Chip

As you know March is the key month to contribute to the Bemidji Food Shelf. Monetary contributions are always gratefully accepted and are matched at the state level to a percentage calculated by the state. It's not 100% matched but it is a significant amount. But this is an important time to consider donating to the food coffers as well. I thought it would be fun to see how much our faithful worshippers at First Presbyterian could amass over the month of March. Let's try focusing on a product a week that the Food Shelf desperately needs.

|          |                        |
|----------|------------------------|
| March 5  | peanut butter          |
| March 12 | canned chicken         |
| March 19 | canned tuna            |
| March 26 | personal care products |

Thank you in advance for your contributions. The Food Shelf thanks you and so do I.



## Memorial Easter Lilies are once again available.

Shirlee will be in the back  
or call the church office at



of the church to take your order,  
218-444-5016

- Our Lenten services have begun and continue Wednesdays March 8, 15, 22, and 29th at 1:15pm in the Chapel.
- Palm Sunday is April 2 and Easter is Sunday, April 9.
- The Scouts will be having their annual breakfast on Palm Sunday, April 2 from 8am until 2am. It's an "All You Can Eat". Adults \$10; Children 6-12, \$6 and kids under 6 are free.

# SEEKER

### SEEKERS ARE BACK

**Seekers** began on February 22nd and will run for 12 sessions. They will meet in the conference room at 12:00pm. The title of this session is "Who is the Holy Spirit". Come and join the lively discussions and learn more about the Holy Spirit.

X L E F E I B N O X C I H V J  
 C R I E S M R N E W O C U I F  
 G F E V M E A S L G Y C K S P  
 O R N C C P S O B Y Y O C S O  
 E Z A N E M A N M P T M Z E W  
 C Y O T R I M T U M S P S N E  
 N C I F I E V R H R E A A D R  
 E P T M L T E E E Y N S W N L  
 I A B D P T U T R E O S V I P  
 T G K E R A C D N C H I B K K  
 A B L U N A C G E U K O X I S  
 P E S L R E Q T I L L N Q N F  
 Y T R A N V F M K V I O P D T  
 T O H A Z W Q I T X E M V Q B  
 Z C J I C Z I G T C L B S Z M

### *Power of Kindness Word List*

BENEFIT  
 CARE  
 CHARACTER  
 COMPASSION  
 CONCERN  
 EMPATHY  
 GIVE  
 GRATITUDE  
 HONESTY  
 HUMBLE  
 IMPACT  
 JOY  
 KIND  
 KINDNESS  
 PATIENCE  
 POWER  
 RECEIVE  
 SMILE  
 TRUST  
 VOLUNTEER

**FINANCIAL REPORT—Month Ending 1/30/2023****Monthly requirement to meet our budget \$10,705.00**

|                |               |
|----------------|---------------|
| Total Income   | \$ 12,570.36  |
| Total Expenses | \$ 15,082.71  |
| Net Income     | \$ (2,512.35) |

**Thank you** for supporting our church**Sunday Worship Attendance  
2023**

|        |    |
|--------|----|
| Feb. 5 | 23 |
| Feb 12 | 26 |
| Feb 19 | 31 |
| Feb 26 | 26 |



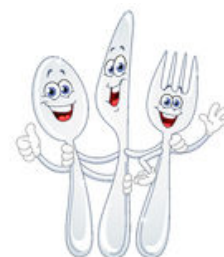
10 Jenny Miller  
19 Chip Holt

**Hello March!**

**May** the early spring  
**Awaken** your soul and  
**Remind** you to  
**Celebrate** a new beginning  
with the  
**Hope** and liveness it brings

**March Head Usher: Cheryl Hiltz**

|          | <b>Liturgist</b>    | <b>Greeter</b> |
|----------|---------------------|----------------|
| March 5  | Donna Enfield       | Beverly Novak  |
| March 12 | Betty Hanson Lehman | Linnea Mostad  |
| March 19 | Libby Underhill     | Barb McGregor  |
| March 26 | Dianne Roholt       | Brenda Miller  |

**Kitchen March: Brenda Miller** Helpers: Betty Hanson-Lehman, Shirlee Harold, Cheryl Hiltz**Communion for March:** Duane and Mary Hayes**Supper Club****5:30, at****The Country Kitchen*****Supper Club will be meeting on Thursday, March 15 at 5:30pm***

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!**



**It's March Food Share Month! Get your donation matched!**

### **Did you know...?**

In 2022, the Food Shelf served 9,219 families comprised of 28,894 individuals

On average, 70 families are served every day the food shelf is open.

Customers can only come to the food shelf once every calendar month with two extra emergency visits (14 visits a year).

We are an emergency food shelf and provide services through TEFAP (The Emergency Food Assistance Program).

Our customers only receive enough food to last them 3-5 days (or approx. 10 meals worth).

70% of customers only come to the food shelf 1-4 times.

Almost 600,000 pounds of food were distributed in 2022!

This turns out to be around two tons of food each day we are open.

A majority of the food distributed at the food shelf (about  $\frac{2}{3}$ ) is purchased with monetary donations.

BCFS was started in 1982 when six area churches-including E Free!-joined together to feed hungry people. It has since grown to include 16 area churches.

We are not affiliated with any government agency. We are a faith-based organization that operates on grants and donations.

It takes about 150 volunteers each week to run our Food Shelf

Support your friends and neighbors during March Food Share Month. For each dollar you donate, Bemidji Community Food Shelf will receive a partial match from the Minneapolis Council of Churches during the month of March. The more the food shelf raises locally, the more matching funds we receive.

Last year BCFS experienced a 40% increase in the number of families seeking food Support.

Make a donation through the secure online donation site. [BCFSMN.org](https://BCFSMN.org).

(continue on page 2)



# Your session at work

**First Presbyterian Church  
Bemidji, MN  
January 17, 2023**

## **APPROVED: 2-21-23**

The monthly stated meeting of the session of First Presbyterian Church was held in the Conference Room on January 17, 2023, at 1:00 pm. The meeting was opened with prayer by Moderator, Pastor Chip Holt.

**ELDERS PRESENT CONSTITUTING A QUORUM:** Cheryl Hiltz, Linnea Mostad, and Terri Murray.

## **QUORUM DECLARED**

**ADOPTION OF AGENDA** - MSP to approve

**MEETING MINUTES** - MSP to approve the minutes from the December Session meeting.

## **CORRESPONDENCE**

Thank you note from Juanita Bahr

## **CLERK'S REPORT**

First Presbyterian Church, Bemidji, MN, Clerk's Report - January 17, 2023

**Weddings:** None

**Baptisms:** None

**Deaths:** 1 – Bill Beck

**New Members:** None

**Return to Active Membership:** None

**Request Transfer of Membership:** None

**Removed from Membership Roll:** 0

**Communion:** January 1, 2023: 22 served

**Membership** as of January 17, 2023: 66

**Sunday Worship Attendance:**

|                   |                           |                 |                 |                               |
|-------------------|---------------------------|-----------------|-----------------|-------------------------------|
| December 24th: 30 | December 25th: no service | January 1st: 22 | January 8th: 20 | January 15 <sup>th</sup> : 26 |
|-------------------|---------------------------|-----------------|-----------------|-------------------------------|

**FINANCIAL REPORT** - Finances from December were reviewed. The church received a \$7000 grant from Northwest Minnesota Foundation for operating expenses.

## **COMMITTEE REPORTS**

**Administration/Personnel** Chairperson:

Donna Dickinson; Shirley is scheduled to return January 18<sup>th</sup>.

**Buildings & Grounds** Chairperson: Terri

Murray; Pump has now been replaced; NFLX has completed wiring inside the outdoor sign for the digital screen, waiting for the screen

**Finance & Stewardship** Chairperson:

Cheryl Hiltz; Pledges are down slightly for 2023; Cheryl is working on the 2023 budget.

**Adult & Christian Education** Chairperson:

Linnea Mostad; Seekers will resume the last week of February

**Outreach** Chairperson: Linnea Mostad

reported that First Presbyterians served at the Bemidji Food Shelf the 4<sup>th</sup> Friday in December. 4<sup>th</sup> Sunday benevolences for 2023 were approved.

**Worship & Music** Chairperson: Gloria

Phelps; Gloria has made all the necessary arrangements regarding Worship and Music while she is gone.

## **OTHER BUSINESS**

**Computer Committee:** Chairperson:

Cheryl Hiltz; There is a need to update the MS Office package as it is from 2008.

**Kitchen Fellowship Committee:** Session

Contact Person: Cheryl Hiltz; no report

**Nominating Committee:** Chairperson:

Cheryl Hiltz; an update was given on filling the three vacancies on Session.

**NEW BUSINESS**

Chip requested a study leave/vacation for February 12–19, 2023. **MSP**

**Next Meeting:** Tuesday, February 21, at 1:00 pm. in the conference room. Chip will moderate.

**MSP** to adjourn with prayer at 2:25 pm.

Respectfully submitted,

Libby Underhill  
Clerk of Session


## **ADVENTURES IN LIFELONG LEARNING**

- 1)** Tuesday, March 7 Kevin Gish, Campus Administrator for the MN Veterans Home “Bemidji Veterans Home Update”
- 2)** Tuesday, March 14 Mike Birkeland “Balancing Abilities: Reliability, Affordability and Sustainability” Mike Birkeland, will discuss the future of power grid and what it means to you. Bring your questions about rolling outages, electric cars, solar panels, and recent legislation.
- 3)** Tuesday, March 21 Bruce Asnpach & AIS Inspectors “What are Invasive species and how do Aquatic invasive species affect our Lakes”. Not all “exotic”, “alien” and “nonnative” species in region are invasive. How does an organism gain the invasive “tag”? Learn why we call these nonnative species invasive and what resource managers are doing about their spread. Do you know what to do if you see a frog on that new plant you just purchased?
- 4)** Tuesday, March 28 Ernie Rall “The Road to Morocco” Join Ernie on a tour of Morocco. From Casablanca to Marrakesh, he will provide a picture tour from the Atlantic seaport, to the Middle Atlas Mountains ski resort, an ancient Roman City, and an overnight camp in the Sahara Desert. You will even see goats perched in trees, feeding on argan nuts.
- 5)** Tuesday, April 4 Olna from Ukraine “Nursing here and there” Olna (Olga) is a graduate of NTC’s LPN ( Licensed Practical Nursing) program. Wanting more education and responsibility, she entered NTC’S path to RN program. She is a 2022 graduate of that program. She has worked in the Walk -in clinic and transferred to her dream job in the surgical center at Sanford. Olga’s peers at Sanford’s Walk-in Clinic raised enough money to bring her family from Ukraine. Olga will share her experiences in Ukraine, her life and move to Northern Minnesota, her education at NTC and being reunited with her family.
- 6)** Tuesday, April 11 Allison Barta “On the Hunt for Northwoods Butterflies” Madame Butterfly, Allison Barta, a recently retired Science Teacher, and life long advocate of butterflies, will present “On the Hunt” for the North Woods Butterflies. An awesome presentation of 12 years of Butterfly Research here in the Bemidji Area, including 92 Species found and photographed here.
- 7)** Tuesday, April 18 Dan Tranter “Radon. How dangerous is it? Where does it come from? How can I protect myself ? Find out the facts from Dan Tranter of the Minnesota Department of Health Environmental Department. ”
- 8)** Tuesday, April 25 Dave Hengel “Where have all the workers gone?” You can’t move around Bemidji without seeing the impact of the workplace shortage. Help wanted signs in nearly every window. Reduced business hours at restaurants and other services. What is going on? Dave Hengel, Executive Director at Greater Bemidji Economic Development will share the data behind the shortage, its root causes, and what Greater Bemidji is doing to address the issue

**Sundays**  
**10:00 am**  
**Worship**  
**11:00am**  
**Fellowship**

# MARCH



| Sun  | Mon  | Tue                           | Wed  | Thu  | Fri | Sat |
|--|--|-------------------------------|--|--|-----|-----|
|  | <b>Daylight Savings Time Begins March 12th</b> | <b>ALSO FOOD SHELF MONTH</b>  | 1<br>12pm Seekers<br>1:15-Lenten Service<br><br>6:30-Calvary Chapel          | 2<br><br>PEO—Libby                           | 3   | 4   |
| 5<br>Pastor Chip<br>Communion<br>fellowship                                      | 6<br><br>7pm-Scouts                            | 7                             | 8<br><br>12-Seekers<br>1:15-Lenten Service<br><br>6:30-Calvary               | 9  | 10  | 11  |
| 12<br>Pastor Chip<br><br>Daylight Savings Time begins today                      | 13<br><br>7pm-Scouts                           | 14                            | 15<br>12-Seekers<br>1:15 Lenten S<br>1:30-Mary Martha Circle<br>6:30-Calvary | 16<br><br>5:30-Supper Club @ Country Kitchen | 17  | 18  |
| 19<br><br>Pastor Chip<br>Pot Luck  | 20<br><br>7pm-Scouts                           | 21<br><br>1pm-Session Meeting | 22<br>12pm Seekers<br>1:15-Lenten Service<br><br>6:30-Calvary                | 23   | 24  | 25  |
| 26<br>Pulpit Supply<br>Duane Geisler   | 27<br><br>7pm-Scouts                           | 28                            | 29<br>12-Seekers<br>1:15-Lenten Service<br><br>6:30-Calvary                  | 30   | 31  |     |
|  |  |                               |  |  |     |     |



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