

First Church News

Volume 12 issue 8

August 2023

Chip's Chatter

August



Overwhelmed. We all feel overwhelmed at times. If we honestly look back at our lives, we know of several times we have been overwhelmed. The difficult thing about being overwhelmed is the association with anxiety, stress, and confusion. I'm not sure of the correct order. Does being overwhelmed come from prolonged stress, anxiety, or confusion? Maybe it is the other way around. Perhaps prolonged stress, anxiety, and confusion bring on the feeling of being overwhelmed. I will leave that to the mental health care providers to sort out. However, prolonged feelings of being overwhelmed can, in some cases, lead to a desire to withdraw from society, friends, and even family. Carried even further it might result in depression. It is at that point we need to seek help from a mental health care professional.

In my simple view, being overwhelmed can come from events outside ourselves or from events we can or could have controlled. These events are directly connected to us. They tend to originate inside us. We often place a lot of burdens on ourselves. We fill our personal schedules with "busy" stuff. It is most prevalent during the holidays as we prepare our home and families for the Christmas Season. We can also be overwhelmed by life events that are not of our own creation. For example, the death of a loved one or spouse and the overwhelming things that need to be done during that difficult time.

There is another source that brings on a

sense of being overwhelmed. I believe the environment in which we live also has an impact. I am not referring to weather or climate. Each day some news event causes me to ask "Where is our culture going?" Look at our young people. Recent studies indicate American school age children have slipped to 38th in the world in Science, Technology, Engineering and Math (STEM). The children are exposed to radically changing ideology being pushed upon them by every changing thought and view of the human experience. It is no wonder our children become confused and have high levels of stress and anxiety. Sadly, some turn to destructive behavior and substance abuse. They turn this way to most likely to cope with all the confusion and anxiety and stress they feel. The late Billy Graham said this about life today: *"Our society strives to avoid any possibility of offending anyone – except God."*

As we all grow; life doesn't get simpler. In fact, it becomes more and more complex. Stress and anxiety seem to all be part of the feeling of being overwhelmed. Many of us feel overwhelmed in our chosen careers and even in our home life. Our relationships can also be overwhelming at times. Our anxiety and stress levels remain high. Changing jobs or location doesn't solve the problem.

I ask myself how does being overwhelmed change as we grow older and into retirement? We've had a lifetime of dealing with this feeling and we certainly have developed our own

coping skills. But I have noticed some changes as we age. I notice it doesn't take as much to bring on the feeling of being overwhelmed. When we were younger, we seemed to take it in stride. As we age, our thought process changes and we are confused more easily. Dealing with stress and anxiety leads more quickly to confusion and feeling overwhelmed. Our bodies have changed and that leads to more frustration, anxiety, and stress. We might be confused as to why this is happening to us.

Stress is sometimes a normal part of life. Seniors experience stress on many fronts. There is the change in daily life from a working career to being retired. We become more aware of our health and worry about its decline. What is the impact of our own increasing health care needs on our loved ones? We see our friends experiencing the loss of a spouse and wonder when it will happen to us. We may also experience financial stress as inflation and interest rates take away large portions of our retired savings plans. We ask ourselves "will I have enough money to transition to assisted living or the nursing home?" Many of these stressful situations are outside our control.

An evangelist from the recent past once said, "Television has been the single greatest shaper of emptiness." To that I would add, in addition to emptiness, television has been the single greatest shaper of stress and anxiety and worry. All of which leads to being overwhelmed. The big shock in the Vietnam era was the quick broadcasting of the war into our living rooms. Today, nothing has changed except the news is nearly instantaneous often times accompanied with graphic pictures. There is a constant barrage of news. Look at how many dedicated cable news channels and talk radio stations there are. Like the Vietnam era, the media is doing more than re

porting facts. The media is trying to shape the narrative to achieve the reporter's opinion hoping you will follow. Hear these words from the late Billy Graham, "*World events are moving very rapidly now. I pick up the Bible in one hand, and I pick up the newspaper in the other. And I read almost the same words in the newspaper as I read in the Bible. It's being fulfilled every day around us.*"

So how do we cope with being overwhelmed either from our "insides", our "outsides" or from the culture/society in which we live? We start by taking one step at a time. We may not be able to control these situations, but we can have the power and control on how we react. The most important thing to do is to set time aside for silence and to be alone with God. Prayer and meditation are essential part of regaining control. We might be able to breakdown our concerns into "compartments" dealing with each one of them, one at a time. When someone is overwhelmed during grief, I like to use this quote I often use in my own life. "*Just for today, I will live thru the next 12 hours and not tackle my whole life problem at once.*" I also recommend "just do the next thing." Don't try to do it all, just one step. Just doing the next thing must be part of coping when we are overwhelmed. Again, quoting Billy Graham, "*Take one day at a time. Today, after all, is the tomorrow you worried about yesterday.*"

When people are overwhelmed, I always advise them to pick up the Bible. Open to the Book of Psalms and start reading. There are 150 Psalms and I guarantee you will find relief within the first 40 or so Psalms. Are you overwhelmed with the world news today? Then, look to Psalm 37 which reads in part, (Verses 1-2) ¹*Do not fret because of those who are evil or be envious of those who do wrong;* ²*for like the grass they will soon wither, like green plants they will soon die away.* (Verse 7) ⁷*Be still before the LORD and wait patiently for him; do not fret when people*

succeed in their ways, when they carry out their wicked schemes. (Verses 32-33)³² The wicked lie in wait for the righteous, intent on putting them to death;³³ but the LORD will not leave them in the power of the wicked or let them be condemned when brought to trial. find it best to start the day with morning devotions and prayer. This activity sets the tone of your day. Your problems may not go away, but your ability to deal with them will increase. I recently read this: "The purpose of prayer and of God's call in your life isn't to make you number one in the world's eyes, but to make Him number one in your life."

Billy Graham once said: *"I've read the last page of the Bible, it's all going to turn out all right."*

Make prayer and meditation on God's word part of your daily routine. It is the best antidote to feeling overwhelmed by all the factors in your life. In Paul's letter to the church in Rome he writes (Romans 8:37-39): ³⁷ *No, in all these things we are more than conquerors through him who loved us.* ³⁸ *For I am convinced that neither death nor life, neither angels nor demons,^[a] neither the present nor the future, nor any powers,* ³⁹ *neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.* Always remember God is in control.

Chip

JUST FOR TODAY

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|------------------------|--|
| <i>Just for today,</i> | I will live thru the next 12 hours and not tackle my whole life problem at once. |
| <i>Just for today,</i> | I will improve my mind. I will learn something that requires effort, thought and concentration. |
| <i>Just for today,</i> | I will be agreeable. I will look my best, speak in a well modulated voice, be courteous and considerate. |
| <i>Just for today,</i> | I will not find fault with friend, relative or colleague. I will not try to change or Improve anyone but myself. |
| <i>Just for today,</i> | I will have a program, I might not follow it exactly, but I will have it. I will save myself from two enemies-hurry and indecision. |
| <i>Just for today,</i> | I will exercise my character in three ways, I will do a good turn and keep it a secret. If anyone finds out, it won't count. |
| <i>Just for today,</i> | I will be unafraid. Especially will I be unafraid to enjoy what is beautiful and believe that as I give to the world, the world will give to me. |

—Author Unknown

FINANCIAL REPORT—Month Ending 6/30/2023**Monthly requirement to meet our budget \$10,705.00**

Total Income	\$ 2235.51
Total Expenses	\$ 2316.71
Net Income	\$ (81.20)

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

July 2	28
July 9	26
July 16	30
July 23	34



9	Judy Damp
12	Mary Hayes
17	Lois Hill
20	Marlin Kimmes
22	Gini Sande

**August Head Usher:**

	Liturgist
August 6	Dianne Roholt
August 13	Shirlee Harold
August 20	Mary Hayes
August 27	Libby Underhill

Greeter
Beverly Novak
Ken Paulson
Gini Sande
Barb McGregor

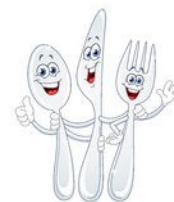
Kitchen: Chair: Terri Murray; Helpers Bob Wagner, Linda Wagner, Terri Murray

Communion setup: Kathy Burger and Nancy Weber

Serving Communion: Ken Paulson and Palmer Berg



5:30 at The Bemidji Town and Country Club
2425 Birchmont Rd NE

Supper Club

*Supper Club will be meeting on Thursday, August 17 at 5:30pm at the
 Bemidji Town and Country Club*

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!



Bemidji Hope House

2014 7th Street SE or PO Box 1097,
Bemidji MN 56601

Where we move from Surviving to Thriving

A comprehensive community-based support program for persons with serious and persistent mental illness. Our mission is to 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.

All services are open to adults 18 years old or older who have a long-term severe and persistent mental illness. Services include Adult Rehabilitation, Mental Health Services (ARMHS). Outreach, diagnostic assessments, medication reviews with a psychiatrist, after-hours emergency help, nurse visits, community/public education, phone contact, social and recreational activities in a drop-in center and off-site client

employment help, and the REACH family support group.

Something is very special about Hope House. Ninety-six percent of participants are now living in stable housing, ninety-three percent are hospital-free, and eighty-four percent have no problem with drugs or alcohol. There have been no suicides for many years. Members of Hope House are tax-paying citizens - more than 70% live in their own home or apartment, and nearly 40% are employed part-time. Through learning mental health skills, and supported to be active participants within their communities, members of Hope House build the social and mental health foundation to avoid repeated and expensive hospitalizations. In addition, Hope House provides hope to families of people with mental illness via outreach, phone contact, education, and a REACH (Reassurance for Each) family support group.

Hope House does this work for less than \$10/day/member (client). If you wish to make a wise investment, feel good about the impact of your donations, and make a difference in the community, please join us.

PHONE

218-444-6748

EMAIL hopehous@paulbunyan.net

WEBSITE <http://www.hopehousebemidji.org>

Your session at work

First Presbyterian Church

Approved 7-18-23

Bemidji, MN

June 20, 2023

The monthly stated meeting of the session of First Presbyterian Church was held in the Conference Room on June 20, 2023, at 1:00 pm. The meeting was opened with prayer by Moderator, Pastor Chip Holt.

ELDERS PRESENT CONSTITUTING A QUORUM:

Linnea Mostad, Terri Murray, Bev Novak, Gloria Phelps, and Libby Underhill.

QUORUM DECLARED

ADOPTION OF AGENDA - MSP to approve

MEETING MINUTES - MSP to approve the minutes from the May Session meeting and Special Meeting on June 13, 2023.

CORRESPONDENCE

Thank you note from Gideons International

CLERK'S REPORT

First Presbyterian Church, Bemidji, MN, Clerk's Report - June 20, 2023

Weddings: None

Baptisms: None

Deaths: None

New Members: None

Return to Active Membership: None

Request Transfer of Membership: None

Removed from Membership Roll: 0

Communion: June 4, 2023: 28 served

Membership as of June 20, 2023: 66

Sunday Worship Attendance:

May 21st: 26	May 28th: 20	June 4th: 28	June 11th: 20	June 18 th : 33
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FINANCIAL REPORT - Finances from May were reviewed.

COMMITTEE REPORTS

Administration/Personnel Chairperson:

Bev Novak; Joan M. has resigned as organist, at this time the summer services are covered with temporary organists

Buildings & Grounds Chairperson: Terri

Murray; Guardian Pest Control sprayed the outside on June 15th. Todavich Electric will be coming to repair the fan in the men's restroom. First responders were called to rescue someone trapped in elevator; elevator maintenance service came to check elevator.

Finance & Stewardship Chairperson:

Cheryl Hiltz; no report

Adult & Christian Education Chairperson:

Linnea Mostad; no report

Outreach Chairperson: Linnea Mostad

reported that First Presbyterians served at the Bemidji Food Shelf the 4th Friday in May. Meals/Wheels were delivered June 5-9th. The next Meals/Wheels date for serving is August 7-11th.

Worship & Music Chairperson: Gloria

Phelps; Bookmarks were given out for Father's Day.

OTHER BUSINESS

Computer Committee: Chairperson:

Cheryl Hiltz; **MSP** to approve the purchase of MS Office upgrade for the office computer. Cost will be \$450.00 including labor. **MSP** to approve the purchase of a refurbished laptop dedicated to the managing of the outdoor marquee. Cost to be \$200-400.

Kitchen Fellowship Committee:

Session Contact Person: Cheryl Hiltz; Libby reported on options for catering the luncheon following the August 9th recital of the Bemidji Area Church Musicians.

NEW BUSINESS

Chip will be out of town June
21st – 25th

Next Meeting: Tuesday, July 18th, at
1:00 pm. in the conference room.
Chip will moderate.

MSP to adjourn with prayer at 2:00 pm.

Respectfully submitted,

Libby Underhill
Clerk of Session

Coffee Fellowship Update

Beginning in May, coffee fellowship will follow the church service on the first and third Sundays.

Table Fellowship (potluck) will move to a quarterly schedule. The next Table Fellowships will be:

**Bemidji Area Church Musicians' Concert**

Wednesday, August 9th

On August 9th, First Presbyterian Church will host the Bemidji Area Church Musicians' Concert at 12pm. The concert will feature Bev Everett playing the organ.

Following the concert, the church will offer a luncheon in the Fellowship Hall. The Kitchen Fellowship Committee is looking to cater the luncheon, but needs help from the congregation to keep the cost at a minimum. If you are willing to help in one of the following ways, please contact Libby (218-444-9774):

- Provide bars for the luncheon
- Help setup for the luncheon
- Help serve the luncheon
- Help with cleanup
- Donate towards the cost of the luncheon



Thank you!

**Sundays
10:00 am
Worship
11:00am
Fellow
ship**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 Pastor Chip/ Communion Fellowship	7	8 Committee of ministry mtg 1PM	9 Concert with Bev Everett 12:00pm	10	11	12
13 Pastor Chip	14	15 1 pm Session	16	17 5:30-Supper Club @ The Bemidji Town & Country Club	18 Pastor Chip gone	19
20 Pulpit Supply Fellowship →	21	22	23	24	25	26
27 Pastor Chip	28	29	30	31		



First Presbyterian Church,
501 Minnesota Ave NW, Bemidji, MN 56601
218-444-5016
Email: presbji@paulbunyan.net
Website: Firstpresbji.com