

# First Church News

Volume 12 issue 10

October 2023

## Chip's Chatter



How many of you can remember a time flying on a trip when the pilots pulled over and advised you the departure would be delayed because "we are waiting for our numbers." They may have also said we are waiting for our "weight and balance numbers." Most travelers would shake their heads and say "What is that!" "Why does that delay our flight?" "I have a connection to make or a business meeting to attend!"

Weight and balance information is critical for a plane to fly. First, we must know that the total weight on board can be lifted by the wings. Additionally, we must insure, based on weight (among other things) we have sufficient runway in order to accelerate and get airborne. Knowing weight alone is not enough. Airplanes must be "balanced" in order to fly. There is a point on the aircraft where it balances; not too nose heavy and not too tail heavy. That point is called the Center of Gravity. Airplanes are designed such that the balance point may move within a certain range of values. This is necessary to allow for changes in passengers, fuel, and cargo.

Life is like a balanced airplane in flight. We have many activities involved in daily living. Things like work, play, rest, recreation, exercise. For Christians, the list should include time for prayer, meditation, and worship. But what happens when any of these activities are taken to an extreme or become the dominating activity in our lives? Often times activities such as going to Sunday worship are aban-

doned temporarily or even totally.

We can find plenty of examples of an unbalanced life. Think of the "work-a-holic." They spend more and more time at work. This includes work both inside and outside the home. Rest suffers. Recreation and leisure time suffer. Sleep suffers. Relationships suffer. Health suffers. The work-a-holic life is out of balance. Our spiritual, physical, and emotional balance becomes out of control.

The unbalanced life is not limited to the "work-a-holic." For example, watching too much T.V. How about playing too much golf? How about just staying home and "vegetating?" In the unbalanced life, there eventually will be a price to pay. Take our airplane example again: If the airplane is not properly balanced, bad things happen. If the airplane is too nose heavy, chances are it will never get airborne. If the airplane is too tail heavy, the nose of the airplane will abruptly pitch up and the airplane crashes. Not a good situation in either case.

People who live in religious communities are also not exempt from this. St. Benedict, in his book, "The Rule of St. Benedict" prescribes an outline for each day to ensure balance is maintained. Sr. J M McClure, OSB, writes this: *Benedict envisioned a balanced life of prayer and work as the ideal. Monastics would spend time in prayer so as to discover why they're working, and would spend time in work so that good order and harmony would prevail in the monastery. Benedictines should not be*

*consumed by work, nor should they spend so much time in prayer that responsibilities are neglected. According to Benedict, all things – eating, drinking, sleeping, reading, working, and praying – should be done in moderation. In Wisdom Distilled from the Daily, Sister Joan Chittister writes that in Benedict's Rule, "All must be given its due, but only its due. There should be something of everything and not too much of anything."*

Two key thoughts come out of this: balance and moderation. Think about a life that is lived not only balanced, but in moderation. Not too much of anything. We need to practice moderation in work, food, exercise, TV, golf, sports, sleep, and in all the things we do. One of the ways I try to exercise moderation is to use this phrase: "Guard against extremes." Extremes in most situations can be dangerous indeed. Sometimes failure to guard against extremes allows situations or even policies and thought to get extreme. In this case, it may lead to "The Law of Unintended Consequences." Policy makers sometimes, in an effort to do good, end up with a totally bad and out of control situation. The damage is done and recovery, though possible, will be extremely difficult. If only the policy makers hadn't taken such an extreme position.

So how do we regain an unbalanced life? My first step is to ask myself "How is my relationship with the Lord?" Have I begun to neglect my daily prayer and meditation? I can't go forward until I have reconnected with my creator, my "airplane builder and designer" if you will allow me a bit of exaggeration! Am I following "the pilot's operating handbook (that is the Bible)?" Next, I look at all the activities in my life. Is there any activity I have taken to extreme? Is there any activity that dominates my time and thoughts? How can I reduce or re-structure them?

One of the quickest ways to get into an unbalanced life is to put everything into "this must be done immediately" mindset. It is here that I must pause and reflect on Ecclesiastes 3:1-8: (NIV)

### **A Time for Everything**

**3** There is a time for everything,  
and a season for every activity under the heavens:

- 2** a time to be born and a time to die,  
a time to plant and a time to uproot,
- 3** a time to kill and a time to heal,  
a time to tear down and a time to build,
- 4** a time to weep and a time to laugh,  
a time to mourn and a time to dance,
- 5** a time to scatter stones and a time to gather them,  
a time to embrace and a time to refrain from embracing,
- 6** a time to search and a time to give up,  
a time to keep and a time to throw away,
- 7** a time to tear and a time to mend,  
a time to be silent and a time to speak,
- 8** a time to love and a time to hate,  
a time for war and a time for peace.

Another way to return to the balanced life is through a daily or even weekly routine. I try to balance out each day of the week with certain activities, not only work, but also leisure time and rest. I find this leads to stress reduction and deters the feelings of being overwhelmed.

When we return to prayer and meditation, we are quickly reminded of what the Psalmist wrote in Psalm 62:8

**<sup>8</sup> Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.**

And there it is: *trust*. We return to the Lord through prayer and meditation. We turn our unbalanced life over to Him. We let go and as they say in 12 step programs, "Let go and let God." This will yield a balanced and stress reduced life. As Chuck Swindoll writes in his book *"The Mystery of God's Will,"*:

"Do you realize what a peaceful life you can live if you decided to live like this? Do you realize how relaxed you can be, how free of stress? Honestly.

It's so helpful for me to remind myself: He is the One who is unfathomable. He is unsearchable. I'm neither."

Chip

To all the members of the congregation:

Seekers (Bible Study) has restarted, Wednesdays, at 12:00pm

The topic is:

**"No Other Gospel's, Pauls Letter  
to the Galatians**

## **SAVE THE DATE**

**FIRST PRESBYTERIAN CHURCH IS HAVING THEIR  
1ST ANNUAL CHRISTMAS CAROL COMMUNITY**

**SING-A-LONG**

**SUNDAY, DECEMBER 10**

**3 PM**

**WE WILL BE SERVING CIDER, COFFEE**

**AND COOKIES FOLLOWING THE**

**SING-A-LONG**

**FINANCIAL REPORT—Month Ending 8/31/2023****Monthly requirement to meet our budget \$10,705.00**

Total Income	\$ 5,872.07
Total Expenses	\$ 8,887.81
Net Income	\$ -3,014.84

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

Sept. 3	29
Sept 10	26
Sept 17	24
Sept 24	23



- 1 Joyce Ackerman
- 9 Dona Mae Naylor
- 15 Ken Paulson

**October Head Usher:****Liturgist**

October 1	Dianne Roholt
October 8	Linda Wagner
October 15	Ruth Andersen
October 22	Mary Hayes
October 29	Libby Underhill

**Greeter**

Barb McGregor
Linnea Mostad
Gini Sande
Ken Paulson
Bev Novak

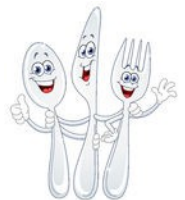
Kitchen: Chair: Brenda Miller; Helpers Kathy Burger, Trish Brager, Brenda Miller

Communion setup: Duane and Mary Hayes

Serving Communion: Duane and Mary Hayes



**5:30 at**  
**Giovanni's Pizza**  
**Supper Club**  
**104—1st Street West**

***Supper Club will be meeting on Thursday, October 19 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.



Also known as the [Nameless Coalition for the Homeless](#)

### NOT SURE WHAT YOU NEED?

A nighttime shelter for chronic homeless people struggling with chemical dependency. Able to house 16 people during the winter months. Serving single adults 18+ years old, male or female. Showers and laundry facilities are available on site. Clients CAN be intoxicated upon arrival. Hours of access: 8 p.m. to 8 a.m.

We are a 501(c)(3) & operate a nighttime shelter for chronic, homeless inebriates in Bemidji. Donations can be sent to P.O. Box 353, Bemidji, MN 56619

The Nameless Coalition - Stopgap Committee has been tasked with procuring safe, warm shelter for chronic, inebriate homeless individuals who presently do not have adequate sleeping arrangements. ,

## Our Benevolence for the month of October

### Bemidji Wolfe Center

- Disability Hub MN: **866-333-2466**. Talk to an expert about people with disabilities
- Veterans Linkage Line™: **888-546-5838**
- **Specialists are also available by phone:**

Senior LinkAge Line®: **800-333-2433**. Talk to an expert about persons 60 and older

[MinnesotaHelp.info](http://MinnesotaHelp.info) is a wonderful resource for people in need.





# Your session at work

## First Presbyterian Church

**APPROVED: 9-19-23**

**Bemidji, MN**

**August 15, 2023**

The monthly stated meeting of the session of First Presbyterian Church was held in the Conference Room on August 15, 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, Terri Murray, and Libby Underhill.

## **QUORUM DECLARED**

## **ADOPTION OF AGENDA - MSP to approve**

## **MEETING MINUTES - MSP to approve the minutes from the July Session meeting**

## **CORRESPONDENCE**

Letter from Andrew Settle requesting permission to refurbish the model of the church as part of his Eagle Scout project. **MSP**  
Chip shared feedback from the recent Presbytery meeting

## **CLERK'S REPORT**

First Presbyterian Church, Bemidji, MN, Clerk's Report - August 15, 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:** August 6, 2023: 27 served

**Membership** as of August 15, 2023: 66

## **Sunday Worship Attendance:**

July 23rd: 34	July 30th: 22	August 6th: 27	August 13th: 28
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## **FINANCIAL REPORT** - Finances from July were reviewed.

## **COMMITTEE REPORTS**

### **Administration/Personnel** Chairperson:

Bev Novak; due to resignations there is a need for an organist; a classified ad will be placed in the local paper to run for 2 weeks. **MSP** to increase the organist fee to \$150/Sunday plus mileage if outside the city limits.

### **Buildings & Grounds** Chairperson:

Terri Murray; Kitchen floor has been stripped and waxed. Continue trying to make contact to repair dishwasher.

### **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 July. Meals/Wheels went well during the week of August 7-11<sup>th</sup>. An update was given regarding the August 9<sup>th</sup> concert and luncheon. Approximately 130 people attended the concert and 80 were served lunch.

**Worship & Music** Chairperson: Gloria Phelps; no report

## **OTHER BUSINESS**

### **Computer Committee:** Chairperson:

Cheryl Hiltz; upgraded software has been purchased for the office computer

### **Kitchen Fellowship Committee:**

Session Contact Person: Cheryl Hiltz; no report

## **NEW BUSINESS**

None

**Next Meeting:** **Tuesday, September 19th**, 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

To all the members of  
the congregation:

Seekers (Bible Study) has restarted, Wednesdays, at 12:00pm

The topic is:

**“No Other Gospel’s, Pauls Letter  
to the Galatians**

From the Humor Desk:

#### SAD NEWS FROM MINNESOTA

The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 75.

Doughboy was buried in a lightly greased coffin.

Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The grave site was piled high with many flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded.

Born and bread in Minnesota, Doughboy rose quickly in show business but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes.

Despite being a little flaky at times, he still was a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife Play Dough, three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven, He is also survived by his elderly father, Pop Tart

The funeral was held at 3:50 for about 20 minutes.

If you smiled while reading this, please rise to the occasion and pass it to someone having a crummy day and kneading a lift.

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Pastor Chip Communion/ Fellowship Potluck-Harvest Theme	2 9:30 MSG Mtg  7:00 Scouts	3	4  12pm Seekers  6:30 Calvary Chapel	5   5-7 PEO	6	7
8 Pastor Chip	9  7:00 Scouts	10	11  12pm Seekers  6:30 Calvary Chapel	12	13	14
15 Pastor Chip\ Fellowship	16  7:00 Scouts	17  1:00 Session	18  12pm Seekers  6:30 Calvary Chapel	19  5:30 Supper Club Giovanni's	20	21
22 Pastor Chip	23  7:00 Scouts	24	25 12pm Seekers  PEO 4-7 6:30 Calvary Chapel	26	27	28
29 Pulpit Supply Randy McGuire	30  7:00 Scouts	31				



**First Presbyterian Church,**  
501 Minnesota Ave NW, Bemidji, MN 56601  
218-444-5016  
Email: [presbji@paulbunyan.net](mailto:presbji@paulbunyan.net)  
Website: [Firstpresbji.com](http://Firstpresbji.com)