

Montesano Presbyterian Church Newsletter

OIKOS

A Family Church

Worship Time

10:30am—11:30am



201 E McBryde Avenue

Montesano, WA 98563

Pastor Patrick Cobb

360-249-3845

September 2020

From the roll top desk of Pastor Patrick: How We Worship

The Call and Prayer of Confession leads to Pardon

In the words of scripture, the people are called to confess the reality of sin in personal and everyday life. 1 John 1:8 says, *“If we say we have no sin, we deceive ourselves, and the truth is not in us.”*

Once we have accepted the call on our life that God offers in Jesus, we immediately understand what it means to be sinful, broken, and wrong about a lot of things we have done and things we have left undone. Christianity calls this sin, John the Baptist proclaimed be baptized and repent of sin. So, through claiming the promise of God in Christ, sealed by our baptism, we humbly confess our sin.

Confession is made by prayer and reflection on the penitential psalms. Do you remember the scene in Indian Jones and the Last Crusade where Indiana is in a maze with only a riddle to save him from blades and arrows? The answer to his riddle was, *“The penitent man will pass.”* It meant, the humble, the contrite, and remorseful will continue on the journey. Which saved Indy’s head as he bowed low. However you want to describe it, God asks us to look deep into our souls, answer the tough questions about our sin and then decide to do something about, particularly kneel at the cross. So, what do we do now? I used to say fight. But I have changed my tune. We pray and we use our God given imaginations to understand ourselves and the person Christ wants us to be.

Ignatius of Loyola was a monk in 1523 who came to the Lord after being wounded in battle. As he recovered from his crippling wounds, he read The Imitation of Christ, by Thomas A Kempis, a German monk from 1471. As he read, he searched scripture for answers to his life and was awakened to the love of Jesus and made a pilgrimage to Jerusalem. This was a painful endeavor due to his injuries. Along his way he wrote about sin and prayer and coming to terms with one’s sinful ways. He entitled it the meditation of two standards. *“The one of Christ, our Lord and the other of Lucifer, the deadly enemy of our human nature.”* As a prior military man, he imagines and shares in detail what he is seeing on a battle field where both sides face off one to the other.

We will never have to fight on that battle front. Jesus faced the enemy head on taking our sin and defeating it where it stood. So we can confess sin boldly and with confidence of our redemption in Christ. This is the premise for the Call, the Prayer and the Pardon within our worship.

Family Promise

With the same holdups caused by COVID-19 all organizations and businesses are facing, Family Promise has received any available help insuring salaries and jobs for non-profits, and used the time to assist families virtually, prepare for a safe opening, and update facilities. The van donated by Emmanuel Baptist finally has our logos. A security camera system is in place (thanks to another GH Community Foundation grant), all PPE, thermometers, etc. are on hand, and documents have been written for Family Promise of Grays Harbor:



Coronavirus Precautions, General Sanitation Checklist for Day Center, and COVID-19 Screening Form. Volunteers are signed up to assist Director Charles Scamman and Case Worker Darci Jewitt. Because a parent is required to care for their own children if day care is not available, one parent will not be able to seek employment as long as children are distance learning. We are ready to interview and receive families. Families will be housed at the Day Center until further notice, but participating congregations will be asked to supply dinners. There are very few families being referred however, as unemployment checks and

the no eviction policy are still in effect, and schools are not in session. This is expected to change. The encouraging news is all the families we have helped are independent, surviving on their own, even through this pandemic. Family Promise greatly appreciates the continued support from this church.

Deliver Meal and Devotion—John & Peggy Gillespie

Mission Schedule—September 15

MAIN DISH

Peggy Gillespie

360-249-5601

Renee Dalan

360-249-8327

Marge Leggett

360-581-0244

SALAD

Shari Jobst

360-580-0845

Sharon Royce

360-249-4262

Jan Morrill

360-581-2551

DESSERT

Sue Gurney

360-249-1488

Contact person for Mission Meals is Diana Hill 360-249-5058

Deliver meal and Devotion—Art & Joan Tanner

Mission Schedule—October 20

MAIN DISH

Kate Ewen
360-584-6547

Kathy Case
360-249-6392

Sandy Thomas
360-249-5198

SALAD

Virginia Twedt
360-249-3390

Linda Taylor
360-580-3908

Patty Winkler
360-495-5068

DESSERT

Linda Anderson
360-249-5246

September Calendar

Sept 3 - 7p Deacons Mtg

Sept 10 - 7p Session Mtg

Sept 12 - 9am – 1pm Leadership Retreat for Elders & Deacons here at church

Sept 15 - Union Gospel Mission Meal

Uganda Mission

In each of the last four months, we have been able to send food aid funds to our Brothers, and Sisters in Uganda. Much has come from private donations and some from the congregational love offering. In May we sent \$800, \$1,300 in June, \$1,050 in July, and \$1000 in August. Further funds of about \$600 have come in which will allow us to send aid again in September. We are hoping that soon the government in Uganda will allow people to go back to work, and churches to reopen, since there have been few reported deaths and only about 1000 Covid cases nationwide to date.

A complication for our sister churches there to reopen is the governments requirement to have costly Covid19 safety measurers in place, including temperature guns and sanitizing equipment. Of course, these small churches do not have the estimated \$135 per church that is necessary. We hope donations will allow us to send funds to reopen 5 or six of the larger churches.

Also, we have been able to purchase two at risk church properties since our mission team returned in March – Bubajwe, cost \$3000, paid for entirely by contributions, including \$2000 from Dan Dameron's church in Seattle, and Kyabahima, which cost \$8000, Five thousand of which was covered by Sammie's Uganda Memorial Fund.

In May we sent out this quarters support for eight orphans in boarding schools. Like here, schools in Uganda are generally closed. However, those orphans with nowhere else to go are still housed and cared for at the schools.

Donations for our Uganda Mission are always welcome. Funds are needed to continue to send money for food relief, help with reopening schools, as well as on going support.

Congregational Life

Congregational Life sends a huge thank you to Earlene for her many years of service as the editor of the church newsletter. We welcome Cynthia Crisp as our new editor. We look forward to new ideas and a new format for the church newsletter.

Congregational Life will be providing coffee and juice in the Fellowship Hall following worship. This will be self-serve. You must sanitize your hands before you help yourself to coffee, water, or juice. Remember to maintain a safe social distance.

We are grateful we can worship together again in the sanctuary. However, this blessing comes with requirements necessitated by the Covid-19 pandemic. As Grays Harbor is in Phase 3, we are able to have our church attendance raised from 50 people to 50% of our church's capacity, which is about 100 people. Our current average attendance has been under 50. It is important you still let Susan know by Friday at 5:00 p.m., if you plan to attend. In the event we have someone in our church family, who attended church, test positive, we would be able to contact others who attended on the same Sunday.

Please do not come to church if you or a household member have a fever, cough, shortness of breath, sudden loss of taste or smell, fatigue or have been exposed to the virus in a work or social setting.

Remember **you must wear a mask**, unless you have a medical exemption. If you forget your mask, we will provide you with one. You are encouraged to bring your own Bible so you are not touching common items in the pew racks. The Welcome Team will have you use hand sanitizer before and after worship. It is very important that you proceed directly to your seat before worship and exit promptly after worship to enable us to maintain safe social distancing. You are welcome to go to the Fellowship Hall for coffee and juice, visit outside in the courtyard or parking lot, while maintaining social distancing. Please do not congregate at the entrances or exit.

We love our church family. We want you to stay safe and healthy. We want to be able to continue to worship together. Please love your neighborhood and follow the CDC/Covid-19 guidelines.

Pastor Nominating Committee:

The Pastor Nominating Committee is transitioning to the Pastor Support Group. We have successfully called Pastor Patrick and his family to Montesano Presbyterian Church and are truly blessed. We will continue to provide support to Patrick as he shepherds our church family through this difficult time in our nation.

We are so grateful for your contributions to the pastor moving fund. Thanks to your generosity we were able to cover nearly half of Pastor Patrick's moving expenses. This significantly helped our church's budget.



Mask Effectiveness

A [recent study out of Duke University](#) suggests that not all face coverings are equally effective at preventing the spread of Covid-19. While wearing a [face mask or cloth covering](#) when you're outside the home is one of the best things you can do to stay safe, not all masks are as good at filtering out potentially harmful particles like coronavirus. In experiments, bandanas, handkerchiefs, fleece balaclavas (cold-weather gear that covers the entire face except for the eyes) and neck gaiters (tubes of performance fabric typically used for running outdoors), offered very little protection, while N95 respirators, surgical masks and even homemade cloth masks performed better.

For the experiments, researchers in the Duke Department of Physics positioned a laser beam in a dark box that would illuminate respiratory droplets as they pass through the light. A speaker then positioned their mouth by a hole to the box and said a phrase while a camera (in this case, an iPhone camera) on the other end of the box captured video of the droplets in real-time. The researchers tested a total of 14 common face coverings, then analyzed the video frame by frame using a computer algorithm that counts the number of particles visible. Participants said the phrase "Stay healthy, people" five times into the laser, a total of 10 times for each mask.

The neck gaiter which was made of polyester spandex material, performed the worst in the study, actually producing more particles than speaking with no face covering at all. "We attribute this to ... the textile breaking up those big particles into many little particles," Dr. Martin Fischer, chemist, physicist and study author, said, "They tend to hang around longer in the air, they can get carried away easier in the air, so this might actually be counterproductive to wear such a mask."

A bandana tied to cover the nose and mouth only offered slightly more protection than no mask at filtering particles.

The N95 respirator with no valve was the most effective in the study, but experts say that these devices are in short supply should be reserved for healthcare workers.

A disposable surgical mask made from a plastic-derived material called polypropylene was the next best option, followed by a mask made from two layers of cotton and one layer of synthetic material. Another [recent study that utilized similar technology](#) suggests that cloth face masks need at least two to three layers of fabric in order to be protective, and the CDC recommends using two layers of quilting fabric or cotton sheets for homemade masks.

Masks made from cotton fabric alone as well as knit t-shirts performed about the same. Though other [evidence](#) suggests that wearing a cloth mask may provide protection for the wearer, not just those in close proximity.

Interestingly, N95 respirators with exhalation valves did not rank well — and the [CDC doesn't recommend](#) wearing these masks. (While masks with valves work well at protecting you from the air around you, the exhalation valve may allow unfiltered exhaled air to escape and harm others, according to the [CDC](#).)

So what does this mean? All things considered, the best option for the average person is to wear either a surgical mask or a homemade cotton mask with multiple layers.

"We want to emphasize that we really encourage people to wear masks, but we want them to wear masks that actually work," Fischer told [CNN](#) Saturday.

Something Fun

1 Corinthians 13—Charity Never Faileth

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

Find the following words:

BESTOW	GIFT	PROVOKED	CHILDISH	GLASS
PUFFED UP	CYMBAL	GREATEST	THOUGHT	HOPE
ENDURETH	UNSEEMLY	TINKLING	FACE	FAITH
KNOWLEDGE	TONGUES	MYSTERIES		

