

# Montesano Presbyterian Church Newsletter

OIKOS

A Family Church

Worship Time

**NEW TIME**

10:00am—11:00am



201 E McBryde Avenue

Montesano, WA 98563

Pastor Patrick Cobb

360-249-3845

November 2020

**From the roll top desk of Pastor Patrick:**

## Worship and the Lord's Supper

This October, I shared thoughts about the cup and the bread during the session and deacons opening devotional time. I shared the first chapter of Henri Nouwen's book, Can You Drink This Cup? The short little book asks the reader to step into the shoes of the Zebedee family, as their mother asks Jesus, "*Promise that these sons of mine may sit on your right and left hand in your kingdom.*" Jesus replies to her, "*You don't know what you are asking. Can you drink the cup that I am going to drink?*" They replied, "*We can.*" And Jesus says, "*You will but where you sit belongs to my Father.*" (Matthew 20:20-23)

What a bold and marvelous thing to think of as a disciple. To hold the cup of life in your hands and drink the cup that Jesus pours for us and asks us to do in remembrance of him. Can we drink this cup? Can we hold our life, lift our life, and with Jesus drink this toast with all the other disciples? Letting this question enter our mouths, flow into our senses, and spread throughout us is daunting and amazing. Just this morning, Art Tanner shared how John 2 begins with the wedding at Cana and the sweet wine of life and love but would end with the life of Jesus on the cross and Jesus drinking the sour wine of human death. Can we drink that Cup?

Well, as Nouwen suggests, before we can drink the cup, we must hold it. We must take the cup and the pitcher and pour; we must prepare the cup to drink. In the same way, we prepare our minds and bodies for worship and we learn what it means to drink the cup and eat the bread that Christ offers to us. This is what it means to be renewed and transformed for Christ.

The *Eucharist* or Communion is the Lord's Supper. When we worship think along these lines. We have heard the **Word Proclaimed**. We have stated what we believe in an **Affirmation of Faith** and now as hearing moves to doing, the **Tithes and Offerings** of God's people are gathered and the table is set with bread and wine. The people are then invited to the table to hear the story of Jesus in the upper room. How on that fateful night the Lord's will was done and Jesus in perfect obedience to His Father changed the world forever. In these moments we pray fervently to know Jesus as our Lord and Savior. We pray for Christ's redemptive work in our church and in our world, and we close with giving thanks through the Holy Spirit and pray the way Jesus taught us to pray...saying Our Father who art in heaven, hallowed be thy name.

The Christian life is marked by the offering of one's self to God to be shaped, empowered, guided and changed by Jesus, we remember this in the costly self-offering of Christ Jesus our Lord on the cross and so we worship. As you come into worship in the weeks to come experience this flow, and my prayer for you is that worship becomes more meaningful and exciting as we worship a living and awesome God together. Peace be with you all. <>< P. COBB



## Mission Meals

It is time to start planning our Union Gospel Mission Meals for 2021 – I know,... already?! Yes!!! Thank you so much to those who have been taking part in this ministry each month.

There will be sign-up sheets on tables outside in front of the church in October (weather permitting), so you can sign up for the month and items that would work best for you. You are welcome to sign up for more than one month and/or for more than one food item. You could sign up one month for a main dish and another month for salad or dessert or even main dish, again. That is up to you.

For those new to our church, we help provide a dinner meal for the customers of the Union Gospel Mission once a month. They plan for 60 folks total – since there are 3 slots for the main dish and 3 slots for salads & dressing, you would only be making or bringing enough of your item for 20. The person doing desserts, however, provides for the full 60. If you have questions or want/need to pre-sign up before the sheets are placed out for everyone, just give me a call at (360) 249-5058 and please leave a message if I am not available to answer the phone. Thank you!!! Diana Hill

### **Deliver Meal and Devotion—Jason Schallon (360-640-4410)**

#### **Mission Schedule—November 17**

| <b>MAIN DISH</b>             | <b>SALAD</b>                      | <b>DESSERT</b>                |
|------------------------------|-----------------------------------|-------------------------------|
| Joan Tanner<br>360-249-2074  | Carmin McCullough<br>360-249-2862 | Cynthia Crisp<br>928-261-0739 |
| Karen Jarvis<br>360-249-5502 | Edie Johnson<br>360-249-3957      |                               |
| Randi Toyra<br>360-580-7880  | Diana Hill<br>360-249-5058        |                               |

### **My Faith Brings Me Joy and Peace**

No matter what life throws at us, God is at our side, we have no fear. We believe in the goodness of God and we believe in his promises. We have joy in our hearts and peace even when there is turmoil around us. I have faith that God has been there and will be there in the future when I need to make decisions. When I pray first, consider all the consequences, and then follow my heart, I find I have peace. I have always been thankful for God directing me in the right direction and protecting me from the wrong outcome or a bad outcome. Sometimes God doesn't give us what we want for our own protection. Lord you are protection as well as our guide. You know what is best for us even we don't. For this we are grateful. Amen.

Cynthia Crisp

# Mission and Outreach Committee

"In this month's newsletter we are including a few recent emails from our leadership in Uganda conveying thanks for this congregation's generous aid during these past months. Since April we have averaged well over \$1000 monthly in food aid for the needy there. We have also sent funds for government-mandated sanitation supplies required to reopen local churches closed because of the pandemic. Of course, we also do ongoing orphan support and medical help as needed. Thanks to your donations, we will be able to continue food aid through the end of the year, and also send further funds to reopen more churches. This has certainly been a tough year all over the world, but the love this congregation has shown for our less-fortunate Brothers and Sisters in Christ reminds us of the verse out of Galations 'Let us not grow weary in doing good'".

## SET FREE CHRISTIAN CENTRE CHURCH

P.O BOX 314,  
LUGAZI, KAWOLO

28/09/2020

To all the Missionaries,

A love and Christian greetings to you all my dear Brethren Jim Dameron, Sister Sunday, Sister Linder, Sister Suzan, Pastor Steve, and all Brethren in America and all over the world, from all Pastors in Uganda generally. We are so thankful for He has kept us safe during these hard days of Corona Virus which hit the whole world.

We Praise Almighty God to bless you because you helped the churches in Uganda through providing food because there was too much famine this way due to COVID-19 pandemic. Furthermore our brethren Jim Dameroni and other brethren all over America with are so thankful that government lifted the lock down where by churches were opened up with a minimum of 70 people and observation of Ministry of Health directives like hand washing facilities, putting on facemasks, and sanitizing all the time and also body temperature machine here in Uganda.

We are so grateful for your kind heart and love in our churches here in Uganda, God bless you all abundantly and we continue praying such that God keeps you safe always.

Yours faithfully,

REV. MATAYO NGALUKIYE  
DIRECTOR ON BEHALF OF ALL PASTORS  
OF SET FREE CHRISTIAN CHURCH IN UGANDA

Dear Elder Jim

Greetings in the precious name of the Almighty God, I thank you so much for the funds you a planing to send us here in Uganda

Our President allowed us to pray only 70 people allowed pay church service but a church must have the requirements needed to open up churches, like temperature gun, hand washing Jerrycan, sanitizers, We will be opening 5 churches tomorrow 2 in Lugazi, 1 in Kayunga, 1 Mubende and 1 in kiboga, other churches don't have requirement.

I have been training Pastors SOPS about Covid19 and I will update you next week after the last training I will be doing in Mubende

The school will start on 15th/10/2020 and so many other place of work have been opened.

May the Almighty God bless you so much  
In Christ.

Kamya

Dear brother Jim

Thanks for all the work you are doing we tried to go to church yesterday for service it was wonderful people attended whom we where not expected we had a great service, photo after service we are sending it ,and also temperature gun jerrican and etc. Pastors and believers still have a problem of hunger are still in need of food, so Pray for us, greetings to brother Don, keite, sunday, lindar ,and others, pastor John

## Worship Committee

Isaiah 43:19 says, “Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert”

This is what we’re experiencing at Monte Pres. and throughout the world! God is shaking us;

Hebrews 12:26b “Yet once more I shake not only the earth, but also heaven.” We have a new Pastor who is finding his way with us & we with him. We’re being shaken by COVID; many are in circumstances beyond their control.

Hebrews 12:28 says, “Therefore, since we are receiving a kingdom that cannot be shaken, let us have grace, by which we may serve God acceptably with reverence & godly fear.”

Because we come from many different styles of Worship, Pastor Patrick plans for our Sunday Worship to vary throughout the month. The first Sunday, Communion Sunday, will have more formal elements. The second & third Sundays will be a blended service of contemporary & formal. The fourth Sunday will be contemporary.

On Sunday mornings following the Worship Service, there will be an opportunity for prayer. In the overflow area, a Prayer Corner is available; a Deacon or Elder will be there to pray with you if you would like.

Please let a member of the Worship Committee know if you have concerns about the way things are being done.

Worship Committee members; Diana Hill, Peggy Gillespie, Sandy Thomas, Sandy Spearin and Pastor Patrick.

## Worship Leaders

Nov. 1 - Melanie Cobb  
 Nov. 8 - Garrett Dalan  
 Nov. 15 - Kim Cristobal  
 Nov. 22 - Linda Taylor  
 Nov. 29 - Peggy Gillespie  
 Dec. 6 - Pam Hildreth  
 Dec. 13 - John Gillespie  
 Dec. 20 - Diana Hill  
 Dec 27 - TBA

## Welcome Team (Greeters)

Nov. 1 & 8– Mel & Gale Broughton  
 Nov. 15 & 22- Schallon Family  
 Nov. 29 & Dec. 6– Lorna & Ron Claxton  
 Dec. 13 & Dec. 20 - Melani Cobb & Family  
 Dec. 27 - Peggy Gillespie

## Steve & Carol Fischback

new address is 1511 Elk Run Place SE, North Bend, WA 98045

# NOVEMBER 2020

| Sun   | Mon | Tue                                | Wed                           | Thu  | Fri                                | Sat   |
|---|-----|------------------------------------|-------------------------------|--|------------------------------------|---|
| 1 Deacon<br>Sunday<br><b>Daylight<br/>Savings time<br/>ends</b> | 2   | 3                                  | 4 Family<br>Night 6pm         | 5 7A Men's<br>Breakfast<br><br>7P Deacon's Mtg       | 6 11:30A<br>Women's<br>Lunch       | 7 <b>Patrick on<br/>Vacation until<br/>the 14th</b> |
| 8 <i>Pulpit Fill</i>  | 9   | 10                                 | 11 Family<br>Night 6pm        | 12 7A Men's<br>Breakfast<br><br>7P Session Mtg       | 13 11:30A<br>Women's<br>Lunch      | 14 <b>Patrick<br/>returns from<br/>vacation</b>     |
| 15  | 16  | 17 Union<br>Gospel Mission<br>Meal | 18 Family<br>Night 6pm        | 19 7A Men's<br>Breakfast                             | 20 11:30A<br>Women's<br>Lunch      | 21  |
| 22  | 23  | 24                                 | 25 <b>NO<br/>family night</b> | 26 Thanksgiving<br><br><b>NO Men's<br/>Breakfast</b> | 27 <b>NO<br/>Women's<br/>Lunch</b> | 28  |
| 29 <i>First<br/>Sunday of<br/>Advent</i>                        | 30  |                                    |                               |  |                                    |   |

## Marge Leggett

has a new address it is 930 Fairway Lane, Aberdeen, WA 98520

## Christian Education

Sunday school as we have had in the past will not be happening soon. We are going to be offering a Family Night starting the first Wednesday in October. There will be something for parents and their children. The adults and teens will be studying "Living in Christ's Presence" by Dallas Willard. We will also have something for the younger children.

Operation Christmas Child time is also upon us! I will have info in the Fellowship Hall along with boxes and labels for those who wish to pack a box. Also available is packing a box online, which might be easier for some with Covid-19. Info on this is available at [www.samaritanspurse.org/occ](http://www.samaritanspurse.org/occ). I will need boxes at the church by Sunday, November 15th for those who wish to pack a box. Shipping is \$9.00 per box. Please make your check out to Montesano Presbyterian Church and we will write one check for all the boxes. Please do not put your check in your box, write Shoe Box on the memo line and place it in the offering chest. I would like to thank everyone who has participated in this Ministry in the past. We, as a church, have been very generous in our giving!

If you have any questions, please feel free to contact me - Lori Minzey, [minzey4@hotmail.com](mailto:minzey4@hotmail.com) or 360-580-5740.

# Congregational Life

**We will be decorating the church for Advent (Hanging the Greens) on Saturday November 28<sup>th</sup> at 10:00 a.m. There will be coffee, hot chocolate, and donuts or a similar treat. Please let Juanita or Pam know if you plan to help decorate, so we have enough treats for everyone.**

From the July 7, 2020 UC Davis Health News—COVID fatigue" is hitting hard. Fighting it is hard, too, says UC Davis Health psychologist

**It's time to develop coping skills, which include exercise and talking about our fears and stress.**

We're tired of being cooped up, tired of being careful, tired of being scared. Our collective fatigue is making some people careless – one reason COVID-19 is rising sharply again in California and throughout the U.S.

However, facing this fatigue is important for our personal health and for beating the coronavirus that has shaken American life so completely. Many people understand this, which adds to their exhaustion and stress.

"This is a real challenge," said Kaye Hermanson, UC Davis Health psychologist in the Department of Physical Medicine and Rehabilitation. "There are no easy solutions."

## **Abnormal is the new normal**

But that doesn't mean we don't have paths to help ourselves and others. It starts with understanding why so many people feel frazzled. Knowing why we feel that everything is abnormal can help us feel normal.

"We know there are two kinds of stress that have long-term effects on our mental well-being and physical health – intense stress and prolonged stress," Hermanson said. "We have both."

Add to that the uncertainty about, well, almost everything.

"We have unknowns in every part of our lives," she said. "At the same time, a lot of the things we generally do to cope, the things we enjoy and that give life meaning, have changed or been put off limits."

## **The stages of disaster stress**

There is research that defines the stages of stress on communities from disasters. If it makes anyone feel better, as a society, we are right on target.

Early during or right after a disaster, communities tend to pull together. People support each other and create a sense of community bonding, Hermanson said. Think back to the first weeks of the stay-at-home orders when everyone in neighborhoods waved to everyone else.

"Eventually, that heroic spirit wears thin as the difficulties and stress build up. That's when we hit the disillusionment phase," Hermanson said. "We lose our optimism and start to have negative or angry reactions. We ask, 'What are they doing to fix this? How long will this last?'"

That's about where we stand now as a society. "Many people are exhausted by it all," she said. "Some are saying they don't care if they get COVID-19. They'd rather risk getting sick than stay home or be careful. Others have simply stopped listening to health leaders and science."

This phase could last a while, in part because the disaster – the COVID-19 pandemic – is still going on.

"Research shows that disillusionment can last up to a year from the start of the disaster," she said. "And this pandemic is like nothing we've experienced before, and it's not over yet."

## **How to cope**

"We can help ourselves," Hermanson said. "We've heard this before, but it's true: It's time to develop coping skills." Those include:

**Exercise:** "It's the No. 1 best thing we can do for coping," she said. "Any exercise – even a simple walk – helps. It releases endorphins, gets some of the adrenaline out when the frustration builds up. Just getting out and moving can be really helpful for people."

## Congregational Life Continued:

**Talking:** “This really helps, too. Just saying it out loud is important,” Hermanson said. “Find the right places and times, but do it. Ignoring feelings doesn’t make them go away. It’s like trying to hold a beachball underwater – eventually you lose control and it pops out. You can’t control where it goes or who it hits.”

**Constructive thinking:** “We may think it is the situation that causes our feelings, but actually, our feelings come from our thoughts about the situation,” she said. “We can’t change the situation, but we can adjust our thinking. Be compassionate with yourself and others. Remind yourself, ‘I’m doing the best I can.’”

**Mindfulness and gratitude:** “The more you do this, the easier it gets,” she said. “Try being in the moment. You’re right here, in this chair, breathing and looking around. We put ourselves through a lot of unnecessary misery projecting into the future or ruminating about the past. For now, just take life day by day.”

She said coping can start by just being aware, and by being easy on yourself.

“We have a tendency to get down on ourselves,” Hermanson said. “But be aware, if you’re someone who never cries and suddenly you’re in tears, or if small things make you super angry – those are signs you need to reach out and talk to somebody.”

### How do we take in COVID-19 information without being overwhelmed by it?

“This isn’t easy,” she said. “Warnings and numbers have been swamping us for months, but it’s important to hear them. It helps to focus on controlling what you can control: What am I hearing from the experts that I can make use of? How do I clean, wash my hands, behave at work so I can protect myself and my family?”

Another move for stress reduction: Limit or avoid the things that trigger fearful or angry responses.

“If listening to the news is hard, just do it a little and limit it to trusted, responsible sources,” Hermanson said. “Social media plays a role in this. Don’t get caught up trading posts with people you disagree with. It will just make you more angry or scared.”

### How to reach people with COVID fatigue

One of the complications of the pandemic is that fatigue has made some people careless about masks and social distancing, which is one of the reasons COVID-19 cases have risen. With others, it’s not just carelessness, it’s angry resistance.

Are there ways to reach any of those people?

“That’s a huge challenge,” Hermanson said. “There are developmental stages to feeling our own mortality and the younger we are, the more distant it seems. For young folks, we can ask them to think about their families. With some, that may work.”

And it might help to remind people that they have the ability to help get back to all those things we’re missing by helping reduce the number of COVID-19 cases.

“If you want to go out, visit family, get back to work, eat out or travel again, there is only one thing you can do,” she said. “Follow the health guidelines: Wear a mask, social distance, keep your social interactions outside, wash your hands and do everything else to stay safe. That’s how you take control.”

Another route combines role modeling with acts of kindness, she said.

“It helps some people just to see others wearing masks,” Hermanson said. “And when you see people wearing masks, tell them thank you in a genuine way. Positive reinforcement can be powerful.”

And what to do about people who are angrily resistant?

“I remind myself to control the things I can, and that I can’t control other people,” she said. “I say to myself, ‘For every person not masking, look at all the people who are.’”



## Something Fun - John 2: 1-11

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

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### “Water That Was Made Wine”

A PIECE  
 BRIM  
 CALLED  
 CANA  
 DRAW  
 FIRKINS

GALILEE  
 MARRIAGE  
 MINE HOUR  
 MOTHER  
 PURIFYING  
 SAITH

SIX  
 STONE  
 THIRD DAY  
 WANTED  
 WATERPOTS  
 WOMAN

