

MEMBER CARE

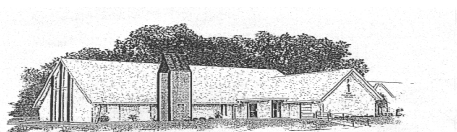
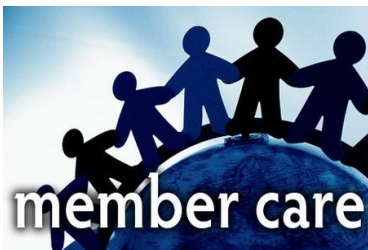
Member Care would like to welcome newcomers: Tammy Hillin and Cindy Ratliff.

Other members are: Mary Lowe - Chair, Lynn Tieken- 2nd Chair, Steve Lowe, Carolyn Boren, Travis and Patsy Reynolds, and Lavonne Schauwecker.

We hope you keep in prayer our dear friends: Sue Williams, Jack and Delbert Gray, Debbie Castro, Bob Schauwecker, Tolley Dill, Patsy and Tela Snelgrove, Robbie Brooks, Joyce Huggins, Fonta Conway, and Sybil DeLoach.

We provide a link to prayer companions, so if you need prayer, in confidentiality or not, we are here to help. You may contact Kathy Porter at 903-646-0162 or Lynn Tieken at 903-738-1621.

We hope everyone has a blessed March!



FIRST PRESBYTERIAN CHURCH
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GROWING GRATITUDE

Would you like to cultivate a greater sense of gratitude? George Herbert, a seventeenth-century British poet, encourages readers toward that goal in his poem "Gratefulness": "Thou that hast given so much to me, give one thing more: a grateful heart."

Herbert recognized the only thing he needed in order to be thankful was simply an awareness of the blessings God had already given him.

The Bible declares Christ Jesus as the source of all blessing in Romans 11:36, "For from him and through him and for him are all things." "All things" encompasses both the extravagant and the mundane, everyday gifts in our lives. Everything we receive in life comes directly from our heavenly Father (James 1:17), and He willingly gives us those gifts out of His love for us.

To expand my awareness of God's blessings in my life, I am learning to cultivate a heart that acknowledges the source of all the joys I experience each day, but especially the ones I often take for granted. Today those included a crisp morning to run, the anticipation of an evening with friends, a stocked pantry so I could make French toast with my daughters, the beauty of the world outside my window, and the aroma of freshly brewed coffee.

What is the "so much" that God has already given to you? Opening our eyes to those blessings will help us to develop grateful hearts.

Lisa Samra, *Our Daily Bread*, Wednesday, January 17, 2018. Used with permission.

When you think of all that's good, thank God.

The Communications Team

Did You Know?

Did you know that “Green” is good for you? Studies by the American Psychological Association show that mental and physical restoration can be found in nature. Rachel Kaplan, PhD, and her husband Samuel (professor of environment and behavior), University of Michigan, are at the forefront of research on what they call “restorative environments.” They and other psychologists are exploring nature’s impact on people’s mental functioning and even physical well-being. Putting this research into practice, others are working with interior designers, architect and city planners and creating psychologically healthy buildings and cities.

According to proponents of environmental psychology, spending time in nature rather than human-made environments has at least three positive effects:

reduced stress improved mood improved cognitive performance

Attention Restoration Theory supports that natural environment settings offer a place where you can restore your “directed attention.” Directed attention is the conscious attention you need for cognitive tasks. Our cognitive focus can become fatigued after prolonged mental activity. Most people live a relatively hectic lifestyle that is in a human-made environment and filled with many demands. Nature offers a completely different setting, which gently distracts you from the stresses of civilized life. This is when “undirected attention” (the subconscious) can take over. This means that nature recharges your mental batteries.

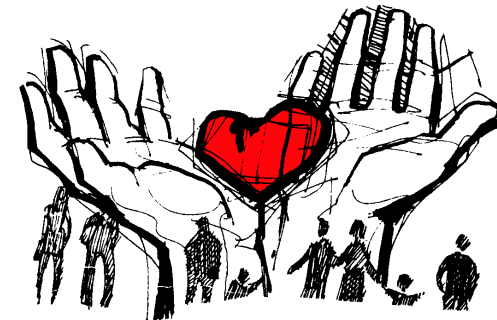
Nature doesn’t just have an effect on the mind. Roger S. Ulrich, PhD, director of the Center for Health Systems and Design at Texas A&M University, has found that nature can help the body heal, too. His study discovered that patients whose hospital rooms overlooked trees had an easier time recovering than those whose rooms overlooked brick walls. Patients able to see nature got out of the hospital faster, had fewer complications and required less pain medication than those without these nature factors. So it seems that health-care facilities can help by incorporating nature views, nature-related art in patient’s rooms, aquariums in waiting areas, and atria with greenery and fountains into their planning.

Actually being in nature will make you feel better than looking at pictures of nature; however, looking at nature pictures triggers associations in your brain and allows you to feel some positive effects but on a smaller scale. A small act you can do right now is to set a picture of a natural environment as your computer wallpaper. Appreciate nature and you will improve your well-being!

“Parks are a sanctuary for us in a chaotic world. That’s why visitation soared after 9/11. The experience of nature confers a sense of sanity. It bestows a spiritual calmness that helps people cope.” - Ruth Coleman, Director of California State Parks

We, as Presbyterians, can continue our care of creation by encouraging, supporting, and advocating for our city parks, state parks, and our national parks.

Christian Education Green Team



FPC Mission Committee includes members of the Session in addition to congregational members John Tieken, Jan Pennal and Jimmy Chapman.

As a church, we are gracious, giving and generous with our time, energy and support. Reflective of this supportive nature, the Session has approved the recommendation for us to continue to support the four special offerings that we have participated in for numerous years. We ask that you look at this information and the upcoming offerings and choose to support the one (or more) that speaks to you and your heart. All are worthy causes and all will be helped by our care.

One Great Hour of Sharing – 2/25 through Easter Sunday April 1st – This special offering is directed at helping in areas where hunger, disasters and inhibited development are occurring. This offering helps PDA and its response to natural disasters; it helps feed hungry children and adults through the Feed Hungry program;

Pentecost – 4/1 through 5/20/2018 – Focus of this special offering is on children at risk, our youth and our young adults. The Young Adult Volunteer (YAV) program is supported through this offering as well as children-at-risk programs. Our local church can retain 40% of that collected to put forward assistance to local youth/children at risk programs.

Peace & Global – 9/9 through 10/7/2018 – Blessed are Peacemakers. This special offering purposefully runs during the Season of Peace which ends on World Communion Sunday. This offering helps address the systems of injustice around the world. Our local church can retain 25% of that collected to put forward to address systems of injustice in our local area.

Joy Gifts – 11/25 through 12/24/2018 – This special offering is designed to help church leaders Past, Present & Future. It helps those in the clergy or those that have retired with financial demands of the living world.

Information about each of these special offerings will be showing up in the pews during their run-times and a member of our Mission Team will be championing them. We hope you will look, think and pray about which of these special areas you might support with prayerful thought and financial assistance. If you have any questions or would like more information on any of these programs, please contact Claudia or Jan P.

Peace & Grace,
Your Mission Committee

**Council Actions
February 15, 2018**

- **Worshiped and prayed together**
- **Approved the 2017 Statistical Report**
- **Decided not to replace ice maker**
- **Decided to investigate putting phone in nursery and balcony**
- **Approved Child Protection Policy and new consent form**
- **Approved description of C. E. duties for Operations Manual**
- **Approved raise for Church Secretary**
- **Elected commissioner to the February 24 Presbytery Meeting**
- **Approved four special offerings for Mission**
- **Voted to Create Church Safety Task Force**
- **Voted for Duty Elder to Remain in Narthex from 9:00 a.m. to 12:00 a.m.**
- **Voted for all outside doors to remain locked except the two front entrance doors**

FINANCE

Your 2018 Finance Committee consist of Steve Lowe, Carol Scoggins and Bill Stanley (Vice-Chair). This committee reviews the finances of the church and works with Lisa Temple, our church's administrative assistant, in accounting for the church's receipts and disbursements.

Our adopted budget for 2018 is \$117,329.00. This budget will need to be revised should we be blessed with a new pastor.

Peace and thankfulness,
Tom Weaver, Chair



**DUTY ELDER FOR THE MONTH OF MARCH:
Claudia Morgan-Gray**



**BRAG BOX –
FOR THOSE EXTRA
SPECIAL MOMENTS!**

Mitchell Hillin recently completed basic training for the army at Ft. Jackson, in Columbia, South Carolina. He is pictured with his nephew Ari.



**ASH
WEDNESDAY**

**First Ashes and then
lots of chocolate and
love!**



CHOCOLATE



Worship Team

Our Worship Team which consists of Margaret Hillin, Jan Mims, Kelly Weaver, Jimmy Chapman, Cindy Ratliff, Kathy Porter, and Chair, Lynn Tieken, met in February. Changes in Holy Communion dates were noted. Rev. Lynette Solomon officiated The Lord's Supper on February 18th and Rev. Pam Leach will be officiating on Palm Sunday, March 25th. We want everyone to be aware that our usual communion dates of the first Sunday of the month are changed at this time. In March, April, and May, the Lord's Supper will not be on the first Sunday as we will not have a Presbyterian minister in the pulpit due to scheduling difficulties.

Easter plans are under way. Elders Jimmy Chapman and John Bruce Hillin conducted our Ash Wednesday service. Jimmy will lead our Maundy Thursday service with communion. There will be an Easter Sunday Sunrise service at the pavilion at Fair Park at approximately 7 am, and we will have our 11 am service as well.

With Worship Fund monies along with funds left over from the Chili Cook last year, we were able to purchase a new digital piano to replace the one belonging to Jack Brooks, our former organist and choir director. Under temporary lead by Joshua Allen, our current music leader, the choir hopes to continue practice and plan for anthems on occasion. This is a perfect opportunity to have new voices join with the choir to make a joyful noise to our Lord as we march on toward Easter.

The Sound/Lighting Team addressed the sound issues and hopes that they are corrected or will be soon. We met with a representative from Mundt Music, who adjusted our sound board, and we are looking into possible microphone changes. We ask for your patience as we work to provide a quality worship experience for all.

Whenever and wherever we gather in Jesus' name, we join the praise and prayer of the people of God in every time and place. Praise be to God!



Worship Committee



May your blessings
outnumber
The shamrocks that
grow,
And may trouble avoid
you
Wherever you go.

Irish Blessing

Blessings from your Fellowship Committee. May we share Hospitality and Grace with each other in mind and spirit. And as we enter March, may we also prepare to share Corned beef and cabbage together. Join us in the Fellowship Hall, Saturday, March 17th from 4:00 – 6:00 pm for an early bird dinner of Corned beef and cabbage. Don't forget to wear Green!

In the spirit of "in case you didn't know" – a few fun facts about St. Patrick's Day. The first St. Patrick's Day parade was held in 1762 in New York City not Dublin, Ireland! St. Patrick's Day is marked in honor of St. Patrick who is known as the Patron St. of Ireland – although he was actually from Scotland! There is religious connection between the St. Patrick's Day symbol of a three pronged clover as it represents the Trinity – Father, Son and Holy Ghost.

As for the corned beef connection – well... hate to bust your bubble but truly corned beef is no more Irish than spaghetti and meatballs. So how has it become associated with and synonymous with St. Patrick's Day? In the 1700s, Irish immigration in the US exploded. The Irish food of choice in Ireland was more pork and potatoes with a special fondness for Irish bacon. While pork in Ireland was inexpensive, pork in their new homeland, US, was more expensive. Being with other immigrants trying to make it in the new surroundings, the Irish found themselves hanging out with other working immigrants from various countries and cultures – including the Jewish community – where they were introduced to corned beef. It was a welcomed substitute for their preferred pork as it was cured and cooked much like the Irish bacon. Potatoes were also available and plentiful but they were also expensive for the cash-strapped immigrants. Cabbage was a less expensive option.

Our Committee roster is small, but hospitality and grace flows from all the hands and all the hearts of this congregation. Your Fellowship Committee hopes you'll join us on March 17th for fun, flavor and fellowship.

Claudia, Mary, Lavonne & Bob, Jan M, Judy, Katie, Cindy & Weldon.

The CHRISTIAN EDUCATION TEAM is happy to report that the Adult Seekers Class is studying a national bestseller by Adam Hamilton, the founding pastor of the United Methodist Church of the Resurrection in Kansas City, the largest United Methodist Church in the United States. Reverend Hamilton's book, *Making Sense of the Bible*--yes, the Bible--THE WORLD'S BESTSELLING, MOST-READ, AND MOST-LOVED BOOK! You may be thinking exactly what I was thinking when I first read the title before I opened this amazing book . . . I thought, WHAT?

After the introduction, Reverend Hamilton begins his book with "What the Bible Is Not." He maintains that It is *not* the "Owner's Manual."

Next, he gives us a Biblical Geography and Timeline plus maps to keep Israel's location in context, as well as the Ancient Near East. He encourages one to actually visit the Holy Land so that scriptures will come alive. The Holy Land has been described as the "fifth gospel."

Reverend Hamilton teaches us that the development of the biblical text is more complex and more intriguing than most people suppose who read the Bible. He maintains that the biblical documents were written and edited by persons who were addressing the needs of the people of their time. And these documents, as complicated as their composition and final editing may have been, are also said to be inspired by God. In and through them, Hamilton firmly believes that God continues to speak to us today.

We invite you to join the Seekers Class on Sunday mornings at 9:45am to explore this remarkable book. I believe Adam Hamilton wants us to rediscover, with him, the power of Scripture today. His book is helping us to find answers to some of our most confusing questions about the Bible we love.

CHRISTIAN EDUCATION MINISTRY TEAM

Team Members: Jimmy Chapman, Tolbert "Tolly" Dill, Claudia Morgan-Gray, Kathy Porter, and Bert Lowe, Team Leader



THANK YOU

We would like to thank our church family for being warm and giving while Bob is sick. Thank you from the bottom of our hearts for the cards, food, calls, and prayers. We are not out of the woods yet but it's better. We would also like to thank our church family for conducting a blood drive for Bob. We would especially like to recognize Fonta Conway for her hard work in advertising the drive. Your thoughtfulness, support, and prayers mean so much to us! Please continue to pray for Bob, as we truly believe that God is in the miracle business!

Gratefully yours,
Bob & Lavonne Schauwecker

LEMONS FOR LEUKEMIA

Lemons for Leukemia is a social media campaign created by two best friends after one of them was diagnosed with chronic myeloid leukemia. The goal of this challenge is to raise awareness for bone marrow donations. It calls upon partakers to record themselves taking a bite out of a raw lemon and then post it online and challenge someone else to take part! The friends hope to set a world record for the most donors added to the national bone marrow registry.



Please keep these dear ones in your prayers:

Members of the Congregation: Debbie Castro, Fonta Conway, Syble DeLoach, Jack Gray, Joyce Huggins, Billie Manck, Jan Mims, Cindy and Bob Ratliff, Bob Schauwecker, Patsy Snelgrove, Sue Williams, Session, PNC, and Congregation of our church during this transition time

Connected Family: Billy Tapley (Bert's brother)

For all the people who have been affected by hurricanes, floods, wildfires, earthquakes, and mud slides

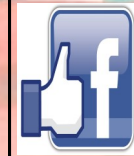


2018

MARCH

Reminder

Bring H.I.M. donations the First Sunday of every month



HELP US TO LET PEOPLE KNOW WE ARE HERE! LIKE US ON FACEBOOK AT FIRST PRESBYTERIAN CHURCH HENDERSON, TEXAS.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <i>Recycle Day at City Recycle Center 10am-7pm</i>	2 <i>Meals On Wheels</i>	3 Claudine Kennedy
4 <i>Bring H.I.M. Donations</i>	5	6 <i>Choir Practice 5:00pm</i>	7 <i>PNC Meeting 5:30pm</i>	8 <i>Christian Education Meeting 10:00am</i>	9 <i>Meals On Wheels</i> Jake Mims	10
11 <i>Worship Committee Meeting 12:30pm</i>	12	13 <i>Choir Practice 5:00pm</i>	14 <i>PNC Meeting 5:30pm</i>	15 <i>Session Meeting 6:30pm</i>	16 <i>Meals On Wheels</i>	17 <i>Fellowship Corned Beef & Cabbage Dinner 4pm - 6pm</i>
18 	19	20 <i>Choir Practice 5:00pm</i> John Hillin	21 <i>PNC Meeting 5:30pm</i>	22	23 <i>Meals On Wheels</i> Robbie Brooks	24
25 <i>Palm Sunday</i>	26 <i>P.W. Meeting 11:30am</i> <i>Pipeline Deadline</i>	27 <i>Choir Practice 5:00pm</i>	28 <i>PNC Meeting 5:30pm</i>	29 <i>Maundy Thursday Service @ 6pm</i>	30 <i>Meals On Wheels</i>	31