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*"Serving God,
Honoring Creation,
Embracing Differences"*



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Issue Five

Staying Balanced in the Time of Social Distancing

Have you noticed? Every single commercial on TV now begins with a reassuring phrase like: "In these uncertain times, we are here for you..." whether they are marketing cars, hamburgers, insurance or a dating app. If we ever hope to move forward from a place of uncertainty, we are going to have to name what is making us uncertain.

Our lives are being shaped by of a pandemic. The virus is COVID 19. Lifestyles and the world economy are changing, quickly. It is okay to feel overwhelmed and even afraid. But there are simple things you can do.

Stay socially connected, but limit media consumption. Now isn't the time to absorb the alarming numbers at the top of the hour every hour. Turn off the TV. Put your phone down. Or schedule your usage. Check a couple reliable sources at a particular time each day. Better yet, use your phone like a phone! Call someone; they will be glad to hear your voice. This will also help take your mind off your concerns by talking to someone else about theirs.

Move your body. We all need physical exercise. It doesn't have to be rigorous – it can be as simple as walking around your house and noticing where summer is beginning to show up. Or go for a jog. I read that people in Spain are taking their goldfish bowls for walks in order to get outdoors – pet walks are allowed; aimless walking is a quarantine violation. Time to get Goldie a leash!

Maintain a regular sleep pattern. Keep to your before Covid-19 schedule as best as you can. Get up, get dressed, do some things around the house if your schedule allows. Set aside time to work; time for family & outdoors, leave time for meals and cleaning. Try not to get too sluggish. Being a couch potato on Saturday is okay. Being a couch potato everyday just makes you a slug. Try to keep some gentle forward momentum.

Build special occasions into your schedule. If you "watch" church when you used to attend, go ahead and dress up for church. Make a standing phone or Zoom date with friends. Every week, at this time, meet up for a chat. Pistachios and Topo Chico (or beer and pretzels) optional. Do something that makes it a little special. Thanks to virtual happy hours, I talk to my friends every week now.

Maybe you miss your regular Tuesday bridge gathering; call one of your bridge buddies during your regular bridge time – catch up on the rest of the group and how they are getting along right now. Or go high tech and find an online bridge game you could play together.

Most importantly, **feed your spirit.** Pray, talk to God, read scripture. Write a letter to God in a journal. Or imagine what God would say in a letter to you. Breathe deeply. Start a

gratitude journal; write down a couple things you are thankful for each day. Flip through an old hymnal and read the words or hum the tune to an old favorite.

Trust that everyone is facing this time together. **Know** that you have a strong community in the church to love and support you. Transitional times like these are overflowing with **grace**, but we have to muddle through for a bit to discover the possibilities that await us on the other side. ~Rev Michele

Worship Team

Amidst the backdrop of the Covid-19 Pandemic, we have missed gathering for worship. However, thanks to our pastor, Rev. Michele, and Administrative Assistant, Stefen, we have continued to receive much appreciated prayers, devotionals, scripture readings and special services via our website (thanks, Kathy), Facebook, the postal service and the phone tree. We are thankful that we have such talented and caring staff and members. A first for most of us, we celebrated virtual Holy Communion during the Palm Sunday and Easter virtual services. We look forward to meeting in the sanctuary again soon, but not too soon, as we want this virus epidemic controlled and eliminated fully.

Still, we plan. Earth Day was celebrated on April 22th (Did you see the picture and write-up on the front page of The Henderson News?) in color, no less. Our Sunday, April 26th service was our Earth Care Sunday Service.

We have also expanded our virtual reach to include musical selections by our own Joshua. Joshua is playing on Wednesday evenings at 6 pm “Music in the Middle” on his Facebook page (Joshua “The Piano Man”) to keep us further connected. We have purchased an additional multi-directional microphone for use by the choir when we return to the sanctuary.

Ascension of the Lord is May 21st and we will recognize on Sunday, May 24th. Our Holy Communion dates are scheduled for May 3rd and May 31st, Pentecost Sunday. Members of our team have connected via phone calls and emails, and texts. We hope that our congregation has been able to enjoy the various methods of keeping in touch and will be able to move back into “normal” worship celebration when the time arrives.

Psalm 29:2, 11

Ascribe to the Lord the glory due his name; worship the Lord in the splendor of his holiness. The Lord gives strength to his people; the Lord blesses his people with peace.



Isaiah 46:4

I have made you and I will carry you; I will sustain you and I will rescue you.

Indeed, we are living in strange and uncertain times; however, even in our apartness we still are finding ways of togetherness. And, as we all know, even though we are not gathering together in person, we remain connected and the work of the church – inside and outside the walls of our church building – continues.

It will be a glorious day when we can join together in body and in spirit in our sanctuary and worship God. Until then, please know how very grateful we are for each of you. Continue to stay in and stay safe.

With love and grateful heart,

Finance and Stewardship Committee

Member Care

Member Care Team exists to be of assistance to members of FPC, Henderson. We are a small committee as of right now, but we know people... people who are caring and willing. Romans 12:5 So in Christ we who are many are one body, and each member belongs to one another. 1 Corinthians 12:27 Now you are the body of Christ, and each of you is a member of it.



As believers, we know that anyone who cares can give member care. It may be a high school friend, a distant relative, a retired neighbor from your childhood, or anyone else. Words describing member care are friendship, encouragement, affirmation, help, and fellowship as well as sharing, communicating, visiting, guiding, comforting, counseling and debriefing.

During this weird time of physical social distancing, we are fortunate that we can still visit through phone calls, emails, texts, Skype, letters, cards, and now ZOOM. We are blessed!! Continue to reach out and show Christ’s loving care.

All Christians have the care given by the Holy Spirit, the one whom Jesus promised in John 14:16. “And I will ask the Father, and he will give you another Counselor to be with you forever-the Spirit of truth.” Translated "comforter," "counselor," or "advocate," the Greek word (paraclete) literally means one called or sent for to assist another, someone who has been invited to stand by our side.

Filled with the Holy Spirit, we can be of help to those in our midst that need it.



Message from the Fellowship Committee – You are all always a part of our puzzle:

Fellowship is a strange concept in the age of social distancing, but our committee has been brainstorming to find ways to keep the congregation connected. The Fellowship Committee will meet this month by phone to plan a Zoom social gathering. We are all having to learn a new way of connecting and Zoom is a free video conference app that allows participants like you to see multiple people

on a call as we chat with each other. We will send event details via email and phone so that everyone has the opportunity to participate. And don't worry if you don't have a smart phone or internet – you will still be able to "attend" and participate in the event by phone just without the visual of your smiling face. We hope many of you will join us for this virtual quarantined-approved virtual Fellowship "gathering."

Music Notes

Music

in the Middle

Wednesdays @ 6PM

Facebook Live

facebook.com/PianoManJoshua

First Presbyterian Church
Henderson, TX

Joshua Allen, Director of Music



The 2020 Outreach Committee had our first meeting of the year via a Zoom Video conference meeting on Thursday, April 23rd. While the means of meeting may have been unusual, the outcome was exceptional! It truly was such fun to see everyone that joined as many of us have not seen each other's faces in months.

As a church, we had already moved forward with our participation in the four special offerings we traditionally support. This meeting gave us the opportunity to formally

approve that traditional support. Through this unusual time of distancing, the first of our special offerings, **One Great Hour of Sharing** was impacted by the distancing. Thank you to all that participated with us and help continue our tradition of support for this important mission. Through the month of May, we will be participating in our second special offering opportunity, **Pentecost**. The Pentecost offering will help bring God's comforting love to children at risk, nurture the growth of faith in youth and help provide opportunities for young adults to become spiritual leaders. FPC-Henderson will also be able to keep 40% of this offering to use in our local area directed toward helping children. Look for inserts for the Pentecost offering in your weekly service information sent out via mail or email.

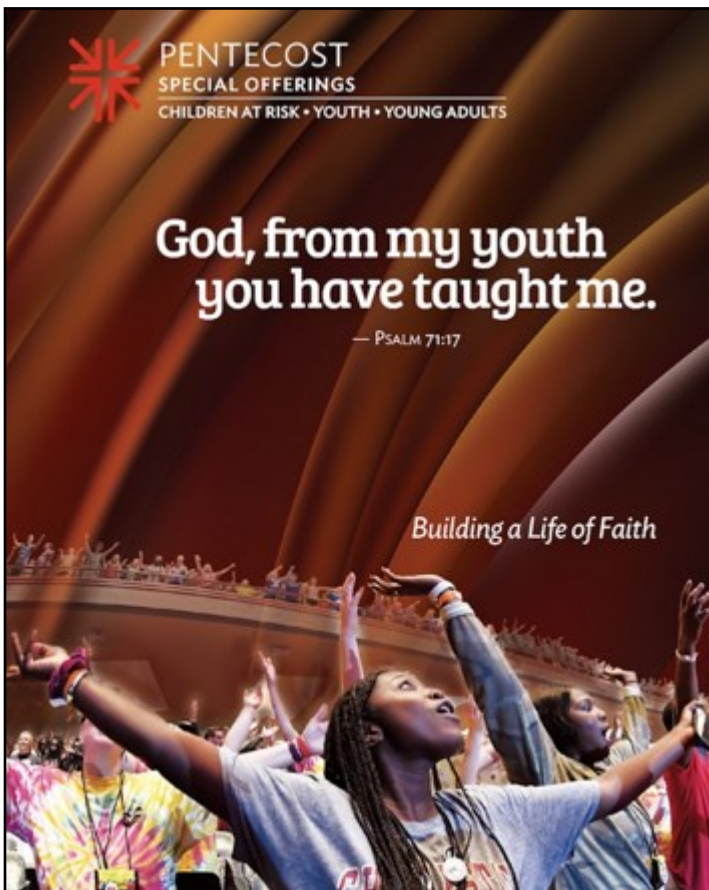
Members of the team will also be doing a safe-version of **Adopt-A-Block** through our neighborhood on Monday, May 18th. Knowing that our neighbors are also struggling through this pandemic, we felt it important to try to reconnect with them. We also continue our participation as volunteer delivering of **Meals-on-Wheels**. As we all know, **HIM** is another of the important community advocacies that we support as individuals and as a church. During this pandemic, HIM has needed and continues to need our assistance more than ever. As we've mentioned before, John T and Jimmy C have volunteered to pick items up from you and take them to HIM for you. If you want this door-to-door service, please let John or Jimmy know.

As we move into the second month of second quarter of 2020, please also remember to check and update your **Kroger Cares** account AND your **Amazon Smile** account to list First Presbyterian Church – Henderson as your community beneficiary. This is truly an instance of every little bit helps.

We ask that the Lord strengthen each of us, restore us and inspire us with His love. That He continues to fill us with His peace so that as we journey we will pour out that love and grace to others. We remain grateful for the support and prayers of our congregation.

Peace & Grace,

Claudia, Katie, Bert, Jan P., Jan M., Jimmy, John, Kathy, Lynn, Scott & Rev. Michele



Bring God's love to
children at risk.

Nurture the growth of
faith in youth.

Provide opportunities for
young adults to become
spiritual leaders.

Honorary gifts received in April were...

In Honor of

- ◇ those who do **Meals on Wheels**
from Sam Trujillo, Sam's Tree and Roofing Services

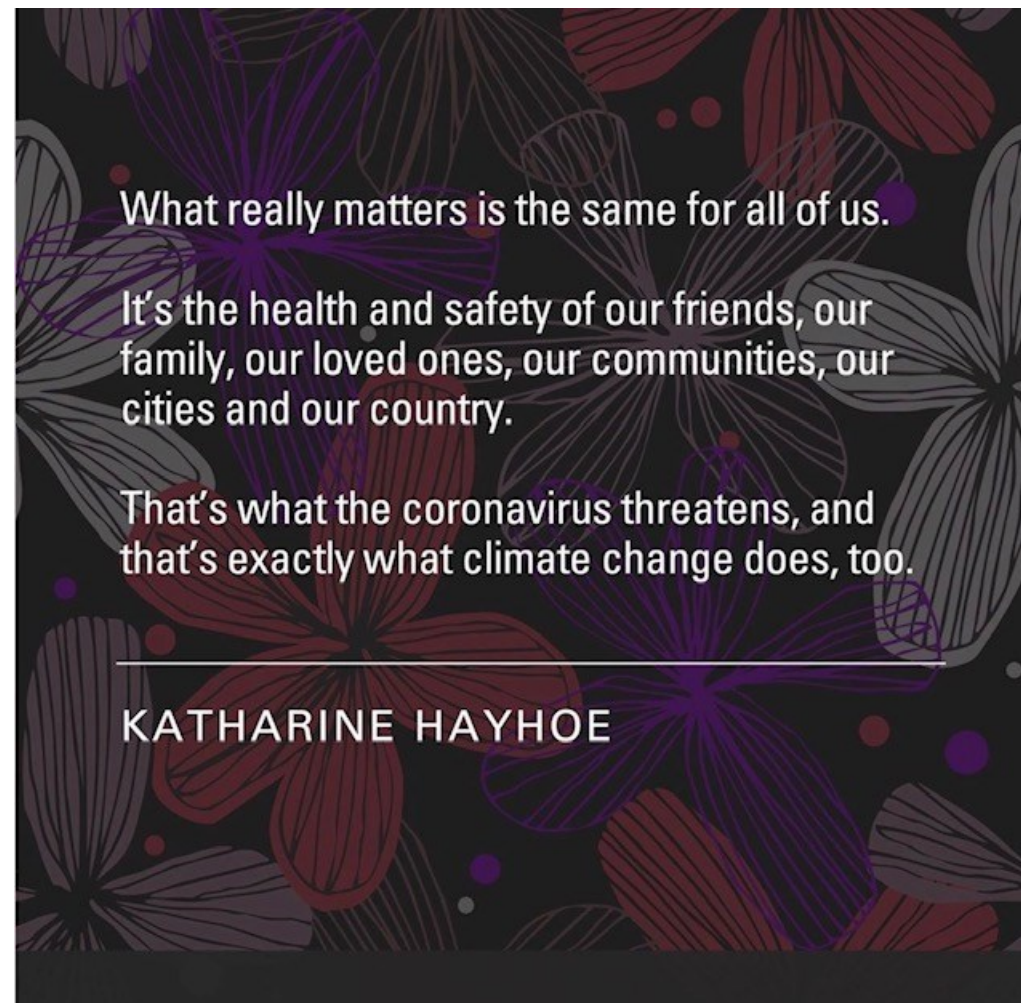
Please keep these dear ones in your prayers:

- ◇ For our home bound members:
Sue, Debbie, Joyce, and Kay.
- ◇ For those who are ill and at risk for
the Flu and Coronavirus

Prayer 
Request

DID YOU KNOW?

Dr. Katherine Hayhoe is an evangelical Christian who is one of the most respected experts in the world on global warming. She is an atmospheric scientist at Texas Tech University and is Director of the Climate Change Center at the university. In 2014 she was named one of Time Magazine's 100 Most Influential People in the world.



The CE Green Team



The FPC Green Team met to celebrate the 50th Anniversary of Earth Day, adhering to social distancing guidelines and removing masks for the picture.



Rev Michele, River, Claudia, Jimmy, John, Steve, Lynn, & Kathy

Council Actions April 16, 2020

- Prayed and worshiped together
- Shared pastoral concerns for our congregation, the community, and the world
- Discussed best practices for social distancing for pastor and staff
- Noted that the May meeting of Grace Presbytery has been cancelled
- Approved Lynn Tieken and Kathy Porter as Commissioners to vote by mail on change to the Standing Rules of Grace Presbytery
- Heard report from Finance of possibility of relief of pastor's dues to Board of Pensions up to three months as a result of Covid-19
- Heard a report of donations to One Great Hour of Sharing as of 4-16-20
- Determined that virtual worship and communion will continue until advised by Grace Presbytery and appropriate health officials that it is safe to gather again

Hello FPC Henderson – We are missing getting to see your beautiful/handsome smiling faces. But, we are glad and proud of our church for taking and observing the guidelines to help keep our members and visitors safe. Please bear with us all. Just think how wonderful our safe reunion will be.

We have continued to celebrate our Christian-spirit even while physically apart. It would be an understatement to say that these are unusual times. But, how lucky are we to have the devoted and connected congregation that we do. Our “church” has never been defined by the walls of our church building.

Even though we are somewhat in a holding pattern on implementation of some of the Building & Grounds projects, the work of the Committee for the church continues.

We have received a bid for the lighting project and will wait until our committee can gather again to make recommendation to Session. At that time, we will also be making application for the Small Church Ministry Needs grant.

We have been very pleased with our yard maintenance lately and hope that when you are in town and out and about (in the safety of your own car) you might drive by and see how beautiful the blooming roses are in the front of the church.

We continue a work completed and a work-in-progress To Do List. If you have something you'd like us to add to our list, please let one of our Committee members know.

Through helping hands of your Building & Grounds Committee



Claudia, Steve, John T, Michael, Scott, Kathy, Weldon and Rev. Michele.





May 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Meals on Wheels	2
3 Communion Sunday Facebook Virtual Service	4 Meals on Wheels	5	6 Music in the Middle	7 National Day of Prayer <i>Liz Buckner</i> 	8 Meals on Wheels	9
10 Facebook Virtual Service <i>Mother's Day</i>	11 Meals on Wheels	12	13 Music in the Middle <i>Tolbert Dill</i> <i>Pat Laney</i> <i>Patsy Reynolds</i> 	14	15 Meals on Wheels	16
17 Facebook Virtual Service	18 Adopt a Block Meals on Wheels <i>Bert Lowe</i> <i>Mary Lowe</i> 	19	20 Music in the Middle	21 <i>Michael Dill</i> 	22 Meals on Wheels	23
24 Facebook Virtual Service	25 Meals on Wheels <i>Memorial Day</i>	26 <i>Tela Snelgrove</i> 	27 Music in the Middle	28	29 Meals on Wheels	30
31 Facebook Virtual Service <i>Pentecost</i>						