

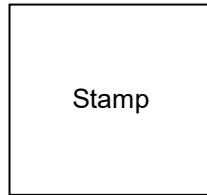
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*“Serving God,  
Honoring Creation,  
Embracing Differences”*

**FIRST PRESBYTERIAN CHURCH  
P. O. BOX 773  
HENDERSON, TEXAS 75653-0773**



July 2026 Vol. 59:07

As someone who spent a lot of time in schools, either as a student or as a teacher, I have always loved summer. It was my time of freedom, my time to travel, my time to do some of the things that I just wanted to do. In honor of that, I have another poem from the liturgical book Summer which I found at Iona, Scotland four years ago.

**Summer Season**

I love the lazy days of summer, idling, strolling in the heat, looking for the coolness of shade, eating outdoors, picnics, and barbecues, swimming in cool sea or pool, relaxing with friends over a glass of wine, letting pressure and stress drop away.

But summer can be lonely: long days stretching into empty evenings. No busy routine to fill the hours, Friends away sending Facebook images of distant exotic travels.

God, in the ever-circling seasons, be with me in the delights of summer, and keep me company through the long empty days.

The following persons will be in our pulpit for the month of July:

**July 5 (Communion) Brenden McLean**

**July 12 Jimmy Chapman**

**July 19 David Reeder**

**July 26 Jim Dees**

Jimmy Chapman—Moderator of Worship Committee  
Members include Mary Lowe and Kathy Porter.



## CHRISTIAN REFLECTIONS ON THE 4TH OF JULY

From: Billy Graham "My Answer"

July 4th commemorates the day in 1776 that our nation declared itself to be an independent nation, and no longer a colony of England. On that date, a number of our leading citizens signed what is known as the Declaration of Independence, stating our determination to become a free country.

Our independence did not come easily; only after several difficult years of war would it finally be won. Nor were our first years as a nation free from problems and controversies (as is still true). But our forefathers were determined to establish a free and democratic system of government, and the Declaration of Independence (together with our Constitution and the Bill of Rights) became the foundation for this. They have stood the test of time, and on July 4th we give thanks for the wisdom and faith and courage of those leaders.

Although it is not a religious holiday like Christmas or Easter, for many Americans July 4th is a time to reflect on God's goodness to us as a nation. Molded into the Liberty Bell in Philadelphia (which proclaimed our independence) are these words from the Bible: "Proclaim liberty throughout all the land unto all the inhabitants thereof" (Leviticus 25:10, KJV). Our legal system reflects our Judeo-Christian roots.

While we look with gratitude to the past on this July 4th, may we also look in faith to the future, and commit it and our lives to God and His will. The ancient words of the Psalmist are still true: "Blessed is the nation whose God is the Lord" (Psalm 33:12).



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## DID YOU KNOW?

### EVERY TIME YOU ASK CHATGPT SOMETHING, IT DRINKS A BOTTLE OF WATER.

Artificial intelligence is not a cloud-based magic trick; **it requires a massive, physical toll on the planet.** A recent university study exposed the devastating hidden cost of generative AI: **for every 20 to 50 prompts you type, massive server farms must evaporate 500 milliliters of fresh water just to prevent the processors from melting down.** Since the AI boom began, Microsoft's global water consumption has violently spiked by 34 percent. **By 2028, these algorithms will consume over one trillion liters of water annually.** You think you are using a free digital assistant, but you are actively draining the Earth's most critical physical resource to generate a paragraph of text.

C.E. GREEN TEAM

better.humans.lab

### The Healing Power of Rest and Gratitude: Finding Renewal in Body, Mind and Spirit

In our fast-paced, always-connected world, rest often feels like a luxury rather than a necessity. Yet rest is a vital part of maintaining balance in body, mind, and spirit. Rest is not just about sleep—it's about restoration. When we rest, we give our bodies time to heal, our minds space to process, and our spirits the opportunity to reconnect with God's peace.

#### The Importance of Rest

Rest is God-designed. Even in creation, God rested on the seventh day, modeling for us the importance of renewal. Rest allows our bodies to repair tissues, strengthen the immune system, and improve heart health. Emotionally, it helps reduce stress, anxiety, and irritability. Spiritually, rest reminds us that we are not defined by productivity but by God's grace and presence in our lives.

Chronic lack of rest can lead to burnout, weakened immunity, and difficulty focusing. Rest, on the other hand, strengthens resilience—helping us handle life's challenges with patience and clarity.

#### The Gift of Gratitude

As we enter a season of thanksgiving, it's worth remembering that gratitude and rest go hand in hand. When we slow down enough to notice the good around us, our hearts become more peaceful and content. Gratitude shifts our focus from what's missing to what's already been given.

We see gratitude as both a spiritual and emotional practice. Giving thanks to God helps cultivate joy, hope, and humility. Scripture reminds us in [1 Thessalonians 5:18](#), "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

A grateful heart not only lifts our spirits but also has measurable health benefits—it can lower stress levels, improve sleep, and even boost immunity. Gratitude reminds us that healing comes not only through medicine or rest, but through an attitude of thanksgiving that renews the soul. Incorporating rest and gratitude into daily life doesn't always mean long naps or big moments—it's about small, intentional pauses that bring renewal.

#### Faith and Rest: A Biblical Perspective

[Matthew 11:28](#) reminds us, "Come to me, all you who are weary and burdened, and I will give you rest." True rest is not just physical—it's spiritual. It's an act of trust, acknowledging that we can set down our striving and let God restore our strength. When paired with gratitude, rest becomes a powerful form of worship. By pausing to thank God and care for the body and soul He's given us, we honor Him through the rhythm of renewal. Encouraging rest and gratitude are essential parts of caring for the whole person—body, mind, and spirit. When we make space to rest and give thanks, we open ourselves to healing, hope, and deeper connection with God and others.

#### Remember:

Rest is not a reward—it's part of the rhythm of a healthy, faithful life. When we rest and give thanks, we experience true renewal and peace—the kind that can only come from God.

## BUILDING AND GROUNDS

The sprinkler system, AC units, church cleaning and yard maintenance are all on go for the summer. Pest control for any termites and general pest that might decide to show up has been performed, as Mele pest control has been on the grounds.

As always, your B&G team is being proactive to ensure all systems run efficiently and smoothly. If you see, smell or hear anything out of the ordinary in and around our building/grounds, please contact either Jan, Kathy, John B, Charlie, Tom or Steve. Thank you!

Peace,

Jan

## CHRISTIAN EDUCATION

The parlor Sunday School class began its new study of the book Basic Judaism by Rabbi Milton Steinberg on Sunday, June 21. Please join us as you like if you are interested in learning more about one of our fellow Abrahamic faiths.

All are invited to the church parlor at 9:45 each Sunday morning to join the class in its study.

Jimmy Chapman—Moderator of Worship/Christian Education

Members of CE include Lynn Tieken, Kathy Porter, Sylvia Conlee, John Hillin, Steve Lowe.

## FELLOWSHIP NEWS

Our next fellowship luncheon will be September 13. Kelly and Mary will work together in planning our second luncheon of the year. Put it on your calendar !

Peace,

Jan

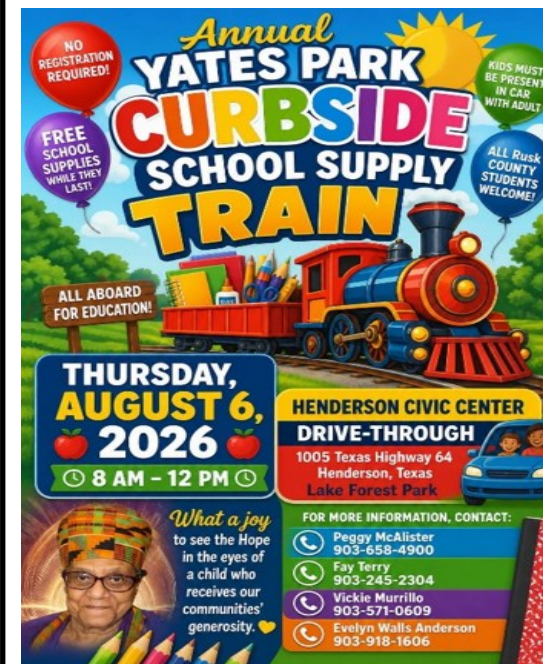


## OUTREACH

The May adopt-a-block finally happened on Father's Day. Thanks to the committee plus Charlie for preparing and delivering the bags to our neighbors.

Feel free to join members of the outreach team on July 9 at the Chambers Mid-Morning Coffee. It will be held at Henderson Home and Land on the loop at 9:30.

July 5 is when we bring our food donations for HIM. They are giving out 200+ boxes each month. One of the basics they attempt to include in each box is 2 cans of green beans, 2 cans of corn, and one other canned vegetable. That adds up to just over 1,000 cans of vegetables every month.



We will also be collecting cash donations for the school supply drive. Henderson area is lucky that Peggy McAlister, Fay Terry, Vickie Murillo, and Evelyn Walls Anderson have taken on the continuation of Betty Elder's support of area school students.

The goal is to prepare 60 backpacks per grade level pre-K through 8<sup>th</sup> grade plus high school. Community members will meet on August 5<sup>th</sup> to put supplies in the backpacks. Please consider helping that day. We will collect financial donations through July 19.

Louise, John T, Lynn, John H, Sylvia, Kathy

# July 2026

Sun

Mon

Tue

Wed

Thu

Fri

Sat



## Liturgists for July

5—Liz

12—Steve

19—Jan

26—Suzanne



## July Birthdays:

John Ticken	18
Steve Lowe	19
Chris Cross	19
Carolyn Boren	20
Jan Pennal	23
Jimmy Chapman	27
Henry Cooke	31

			1	2	3 Meals on Wheels	4
5 9:45 Sunday School 11:00 Worship & Communion with Brendan McLean <b>Home Communion</b>	6 11:00 Worship Mtg.	7	8	9 9:30 Mid-Morning Coffee Break @ Henderson Home & Land	10 Meals on Wheels	11
12 9:45 Sunday School 11:00 Worship with Jimmy Chapman	13 11:00 Worship Mtg.	14	15	16 2:30 L.E.A.N. Coalition Meeting	17 Meals on Wheels Connections Deadline	18
19 9:45 Sunday School 11:00 Worship with David Reeder	20 11:00 Worship Mtg.	21	22	23	24 Meals on Wheels	25
26 9:45 Sunday School 11:00 Worship with Jim Dees <b>Session Meeting</b>	27 11:00 Worship Mtg.	28	29	30	31 Meals on Wheels	