

November 2023

FIRST PRESBYTERIAN CHURCH

P.O. Box 682, 120 S. PARK AVE, FREMONT, OH 43420 419-334-7171 WWW.FREMONTFPC.ORG

Pastoral Reflection

Finding Thanksgiving and Hope Amidst Life's Challenges

As we age, we continually experience many unexpected changes throughout our lives. Whether it be health challenges, loss of a loved one, or shifts in our daily routine, changes can often leave us feeling overwhelmed and ungrateful. However, as Thanksgiving approaches, it is important to remember that amidst life's challenges, there are reasons to be thankful. Unexpected changes can bring unexpected blessings. Our faith asks us to reflect on how to navigate through difficult times and still find reasons to be thankful. So grab your Bible, a pencil and paper, and a cup of coffee or tea and sit back, relax, and join me on this journey of finding grace in the midst of unexpected changes.

We already know that change is a constant in life, and we are not strangers to unexpected shifts and obstacles. However, it is important to embrace these things as gifts, for they bring new opportunities for growth, wisdom, and hope. Instead of dwelling on what we have lost or what we cannot control, we can choose to focus on the blessings that these unexpected changes bring. Embracing change means opening ourselves up to new experiences and perspectives. It means recognizing that life's twists and turns can lead us down paths that are filled with beauty and joy. Embracing change means cultivating a mindset of gratitude. We can find comfort in the knowledge that our experiences have shaped us into resilient individuals who are capable of adapting.

When we face challenges and changes, it can be easy to lose hope and focus on the negative. However, by shifting our perspective and choosing to find grace amidst uncertainties, we can discover a sense of peace and contentment. It is crucial to hold onto hope. Hope reminds us that there is always a light at the end of the tunnel, even when things seem dark. It allows us to believe that better days are ahead and that we have the strength to overcome obstacles that come our way. When we choose to find hope, we acknowledge the blessings that still exist in our lives, despite the uncertainties we face. We focus on the moments of joy, love, and kindness that we encounter each day and cultivate a positive mindset that enables us to navigate life with resilience.

One of the challenges we may face is remembering to rely on our spiritual strength. Our faith can and should be a guiding light during uncertain times, providing us with strength and comfort. By relying on our faith, we can find a deeper sense of purpose and fulfillment. Faith helps us find meaning in our experiences and gives us a sense of peace amidst the chaos. It reminds us that we are not alone, that there is a higher power

CHURCH MAILING ADDRESS

The church now has a post office box to receive incoming mail. If you need to mail checks or other correspondence, please mail to:

**First Presbyterian Church
P.O. Box 682
Fremont, OH 43420**

INSIDE THIS ISSUE:

Pastoral Reflection	1-2
Anniversaries	4
Birthdays	4

Opportunities for Worship:

- Sunday School - 8:30 am, via Zoom
- Worship - 10:00 am, in the sanctuary

2023 PER CAPITA

\$38.60

ADULT SUNDAY SCHOOL

Worship, Music, and the Arts

Led by Pastor Julie Kling

Sundays at 8:30 am via Zoom

This section examines all the forms and styles of music and the arts from both the past and the present. In this study, we will begin with Biblical and historical roots of Christian Worship.

Go to zoom.us/join and use:

Meeting ID: 833 8679 0219

Passcode: 709251

guiding us through every step of our journey. God is the source of spiritual strength we can tap into to help us be resilient and face adversity.

Another challenge we may find ourselves grappling with is questions of mortality and purpose. Faith helps us find answers to these questions and provides a framework for understanding the world around us. It encourages us to look beyond our physical limitations and embrace the spiritual aspects of our lives. Balancing our spiritual strength and aging requires a commitment to nurturing our faith. This can involve practices such as prayer, meditation, attending religious services, or engaging in spiritual conversations with others. By making time for these practices, we can strengthen our connection to our faith and find solace.

Stories of others can also serve as a reminder that even in the midst of difficulties, there is always something to be thankful for. Helen, a vibrant and independent woman who was diagnosed with a chronic illness in her late sixties, used her diagnosis as a catalyst for personal growth. She started a support group for others facing similar challenges, finding purpose and fulfillment in helping others navigate their own journeys. Through her experience, Helen discovered resilience and the power of connection. Another inspiring story is that of Charles, a retired military veteran who lost his wife after over 50 years of marriage. Instead of succumbing to grief, Charles embraced the opportunity to cherish the memories they shared and find joy in the present moment. He started volunteering at a local community center, where he discovered new friendships and a renewed sense of purpose. As we celebrate Thanksgiving, may we draw inspiration from these stories and those of others and find the blessings in disguise that await us in our own lives.

Here are some practical tips to help you nurture your faith:

1. **Daily Reflection:** Take time each day for quiet reflection. Whether through prayer, meditation, or journaling, reflect on your blessings, challenges, and growth. This practice helps you connect with your inner self and deepen your spirituality.
2. **Engage in Community:** Seek out opportunities to connect with others who share your spiritual beliefs. Join a faith-based organization, attend worship, or participate in Bible study or prayer groups. Connecting with like-minded individuals fosters a sense of belonging and support.
3. **Acts of Service:** Volunteer your time and talents to help others. Engaging in acts of service not only benefits those in need but also brings a sense of fulfillment and purpose to your own life.
4. **Gratitude Practice:** Cultivate a habit of gratitude by regularly expressing thanks for the blessings in your life. Write a gratitude journal, share your appreciation with loved ones, or simply take a moment each day to reflect on what you are grateful for.
5. **Seek Spiritual Guidance:** Reach out to spiritual leaders, mentors, or trusted friends who can provide guidance and support. They can help answer questions, offer perspective, and provide insights to deepen your spiritual journey.

Whether it is through prayer, meditation, or quiet contemplation, engaging in these practices can help us connect with our faith on a deeper level. During Thanksgiving, take a moment to journal or simply sit in silence and think about the ways in which your Christian faith has nourished and supported you. Reflect on the moments of strength, hope, and joy that you have experienced. Give thanks for the guidance and presence of God in your life. May your Thanksgiving reflections bring a sense of clarity and renewed purpose as you continue on your discipleship journey.

Have a blessed Thanksgiving,

Pastor Julie

Neighbors' News



In Matthew 25:35 & 40, Jesus says "For I was hungry and you gave me something to eat." "I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me."

Thanks to all who choose to put extra items on your grocery list to fill the containers in the Social Room. As always, please look for sales and help only as you are able.

**(optional) - Dish Soap and/or
Liquid Laundry Soap**

November

5 - Applesauce

12 - Peanut Butter & Jelly

19 - Green Beans

26 - Saltines

Thanks for your help neighbor!

Rod and Linda Combs

THANKSGIVING MEAL



Join us in celebrating God's generous bounty with a Fellowship meal after church on Sunday, November 5th.

Bring only your appetite, as all food and beverage will be provided. Hope to see you there!

Let's Make Buckeyes!

We'll be making buckeyes this year, and we could use your help! The fun will be on Thursday, December 7 at 6:30 pm, and Friday, December 8 at 2:00 pm. Both days will be in the church kitchen. Come share some laughs and make some memories as we work together on this project. Join us on either or both days.



SATELLITES

We are going to Denny's on November 8th at 11:30 am.

You can call or text Diane Bascone @ 419.680.0190 to RSVP or for directions.

Bring a friend!

Special prayer request: Please keep Audine Leeper and Jim Hiser in your prayers.



PRESBYTERIAN WOMEN

There will be a PW board meeting on Tuesday, November 14 at 2:00 pm. If you are on the PW board, please join us!

DEACONS' CHRISTMAS PROJECT


Our traditional Christmas food baskets have morphed into gift cards for families or individuals who can really use an extra boost at Christmas time. We hope you all will participate with monetary donations placed in offering plates or mailed to the church office and marked for "Deacon's Project". The deadline will be Sunday, December 3. If you know of a family or individual who might appreciate receiving one of the gift cards, please share that information with Carolyn Taylor. Thank you for helping with this mission.

CHURCH DECORATING



It's time to deck the halls! Join us after church on November 26th as we decorate the church for Christmas. Plan on reversing the process after church on January 7th if possible as well.

November

						3		4
							2 6:00p - Choir	
5 8:30a - Zoom Sunday School 10:00a - Worship -Stewardship Sunday -Thanksgiving Dinner 5:00p - Vida Church Daylight Saving Time Ends	6 7:00p - AA 7:00p - Alanon	7 5:00p - Vida Bible Study	8 11:30a - Satellites 7:00p - Session			10	9 6:00p - Choir	11
12 8:30a - Zoom Sunday School 10:00a - Worship 5:00p - Vida Church	13 7:00p - AA 7:00p - Alanon	14 2:00p - PW Board Mtg 5:00p - Vida Bible Study	15 6:30p - Deacons			17	16 6:00p - Choir	18 Veteran's Day
19 8:30a - Zoom Sunday School 10:00a - Worship 5:00p - Vida Church	20 7:00p - AA 7:00p - Alanon	21 5:00p - Vida Bible Study	22			24	23  Office Closed	25
26 8:30a - Zoom Sunday School 10:00a - Worship -Church Decorating Day 5:00p - Vida Church	27 7:00p - AA 7:00p - Alanon	28 5:00p - Vida Bible Study	29				30 6:00p - Choir	

Birthdays

- 6 Sue Timmons
- 10 Robert Cowdrey
- 13 Martha Hall
- 16 Jody Amor
- 18 Lori Damschroder
- 22 JoAnne Elder
- 26 Paul Livingston
- 26 Diane Roush
- 27 Chad Crispen
- 30 Penny Deffenbaugh

Anniversaries

- 11 Ralph & Rina Oxley
- 17 Robert & Dannita Cowdrey
- 23 Chad & Jeannie Crispen
- 25 Steve & Sherri Kennedy
- 26 Jeff & Martha Hall





THE SESSION

Rev. Dr. Julie Kling (Moderator)

Dannita Cowdrey

Bob Gamble

Bob Humberger

Nicole Whetstone

Bill Taylor (Clerk)

THE CHURCH MINISTRY TEAM

Pastor	Rev. Dr. Julie Kling
Choir Director	Lori Damschroder
Organist Emeritus	Paul Livingston
Secretary	Amy Monk
Children's Ministry Coordinator	Nicole Whetstone
Co-Treasurers	Larry & Carol Van Dyne
Volunteer Parish Nurse	Linda Hamilton
Custodian	Scott Slatter

PRESBYTERIAN WOMEN
COORDINATING TEAM

Moderator	Dannita Cowdrey
Treasurer	Carol Van Dyne
Funeral Luncheon	Susan Myers
Rachel Circle	Dannita Cowdrey
At Large	Jo Elder
	Lois Livingston

THE BOARD OF DEACONS

Melissa Detwiler
Joan Gamble
Anne Humberger
Susan Myers
Carolyn Taylor



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CONTACT INFORMATION

To contact the pastor, call the church office
at 419-334-7171.

In case of a pastoral emergency,
call 419-341-2548.