

MAY 2020

FIRST PRESBYTERIAN CHURCH

120 S. PARK AVENUE FREMONT, OH 43420 419-334-7171 WW.FREMONTFPC.ORG

PASTORAL REFLECTIONS

What is Your EQ?

No, not IQ but EQ. EQ is a term often used by motivational speakers and business leaders to describe one's self-knowledge of his/her emotions, or emotional intelligence. We are human beings, so we experience a vast array of emotions. In this time of COVID19, "sheltering in place," and facing things we have never faced before, we may be experiencing a wide range of emotions from fear, to doubt, to denial, to wanting to forget all about it. It is a time when we need to not only care for others but also for ourselves. EQ is our ability to know ourselves and not be afraid to reach out to others for a listening ear when we need it. It also means knowing ourselves and recognizing when we need a moment of quiet or relaxation. Parents may find themselves as teachers or caregivers for several young children 24/7 since schools are closed for the remainder of the school year. Mom or dad need to take turns or call on a grandparent for assistance so they can get some much desired quiet or alone time. Others of us who live alone may be crying out for companionship. Playing "Word Battle" via cell phone with a Lakeside friend has helped me through several evenings during the last six weeks. Or calling a friend from Defiance, OH to chat has helped me try to keep calm in a world where things change from day to day.

While some of us need it more than others, we all desire human companionship and connectedness. God created us to be in relationship with God and with each other. In the Judeo-Christian tradition, think about the Ten Commandments. They are all about relationships: either our relationship with God or our relationship with others. This is a lesson that I've taught many times in Sunday School or VBS with young children, but I have also taught it at the college level when teaching Hebrew Bible, World Religions, or Ethics. The Jewish and Christian ethic is based on relationships.

And when Jesus was asked what is the greatest command, he responded that we should love God with our whole being (heart, mind, and soul) and love our neighbors as ourselves. Take some time this week and read Matthew 22:36-40. We need to be reminded that this command has two parts. Often we reject most of the whole commandment and just focus on self. Sometimes we might want to just focus on God and self. Other times we might focus on just others. But it is not a "choose one or the other". We are to love God and take care of ourselves and others. So, wearing a scarf or mask when we are with others is not just for self-protection, but also to protect others, as someone can have COVID19 and not have symptoms. By taking safety precautions such as washing hands, disinfecting workspaces, and wearing masks, we are loving ourselves and others. Those at the front lines helping those who are ill, churches making and delivering meals for others, those sewing face masks, etc. are demonstrating a concern for others. Hopefully they have time to care for themselves as well.

The State of Ohio will begin reopening in phases on May 1, 2020. Please watch for updates from the church office to find out when FPC will reopen. Thank you!

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Special points of interest:

- ◇ Worship 10 am, via Zoom
- ◇ Coffee Hour, 11 am, via Zoom
- ◇ Session Summary
- ◇ Announcements

CONTACT INFO:

To contact the pastor, call the church office at 419-334-7171.
In case of a pastoral emergency, call 419-341-2548.

NEWSLETTER PREFERENCE:

To change how you receive your newsletter or to unsubscribe from our mailing list, please email the church office at: office@fremontfpc.org. Thank you!!

2020 PER CAPITA

\$35.70

A co-worker's sister just left for New York to help with health care there. Her main job will be to fill in for various nurses to enable them to have time off. Another friend just left to go provide mental health services and support for medical workers, first responders, and law enforcement officials in Washington, D.C. as the virus is starting to spread there. Both of their missions are to help support regular frontline workers to enable them to care for themselves.

Jesus' ministry was about relationship. Jesus took time away from the crowds to pray. He would often go off to a quiet place. Jesus took care of himself while caring for others. Studies show that EQ involves being aware and admitting our own feelings, being motivated to create support systems or seek help when we need it, being empathetic, and caring for others. Notice it reflects that connection and balance between self-care and care for others.

Gordon McDonald writes in *Ordering Your Private World* that the efficacy of our ministry as Christians depends upon the extent to which we abide in Christ. And abiding in Christ, following His commands, means loving God and loving and caring for self and others.

Take time to "Be Still, and know that God is God!" (Read Psalm 46). Care for yourself during this time as you are a Beloved Child of God.

Blessings and peace to all during these challenging times.

Pastor Julie

Community Prayer Walk

Although Good Friday has past, we would like to invite you to continue to use the prayer guide below to spend some time in prayer and reflection for our community and world. Feel free to add other facilities, places, and persons to the prayer list. The important thing is to uplift those in our community and world in prayer for healing, safety, and hope.

Begin with prayer or silent reflection;

Read scripture or other appropriate reading: Psalm 23 or Psalm 91;

Uplift in thoughts and prayers the following persons and concerns:

Community Schools and Universities:

Pray for Administrators, Teachers, Support Staff, and Students and their Parents or Guardians.

Government and Community Safety:

Elected and appointed officials; Government office workers; Police officers; Fire-fighters; Ambulance drivers; Paramedics and EMTs; Postal workers; Prison and security workers

Health care:

Physicians; Dentists; Nurses and nursing assistants; Therapists and technicians; Administrators; Support staff; Home Health Care providers

Social Work, Childcare, and Community Organizations:

Child care directors, teachers, and staff; Social workers; Counselors and therapists; Directors of non-profit organizations; Staff and volunteers of non-profits

Businesses and Industries:

Store managers and all workers; Food service workers; Business owners; Industrial managers and workers; Transportation workers; Office workers; Factory workers

Religious and Faith-based Institutions:

Religious leaders - local, national, and global; Religious community members; Chaplains and pastoral care workers; Religious institution support staff; Religious sponsored institutions and organizations

All Families and Individuals of our Community and World:

Those gathered at home; those who may be separated due to work or illness; those leaving home to provide for our needs during this time; Individuals living alone who need our prayers and support; Caregivers; Those in need of healing - mental, physical, and/or spiritual; All those who suffer; Those who have lost loved ones.

Prayers for healing, justice, and peace for our community and world

Add your own intentions

Closing Prayer

MAY WORSHIP OPPORTUNITIES

Join us for worship via Zoom on Sunday, May 3 and Sunday, May 10. Worship will begin at 10:00 am, and a coffee and social hour will follow at 11:00 am. We hope to see you there!

Topic: Worship May 3, FPC, Fremont

Time: May 3, 2020 10:00 AM Eastern Time (US and Canada)

Join Zoom Meeting: <https://us04web.zoom.us/j/71307943682?pwd=bm5nQ3FSUE5xU3NHauUpkZ0d6SGFIZz09>

Meeting ID: 713 0794 3682

Password: 008409

Topic: Coffee Social

Time: May 3, 2020 11:00 AM Eastern Time (US and Canada)

Join Zoom Meeting: <https://us04web.zoom.us/j/72694397766?pwd=azgwYThJbEkyQTY4Q2hiYnk1bndwZz09>

Meeting ID: 726 9439 7766

Password: 006353

Topic: Worship May 10, FPC, Fremont

Time: May 10, 2020 10:00 AM Eastern Time (US and Canada)

Join Zoom Meeting: <https://us04web.zoom.us/j/79493382560?pwd=U0E4dzNzdGd4cm1EL0FUczVyeGlwdz09>

Meeting ID: 794 9338 2560

Password: 022682

Topic: Coffee Social

Time: May 10, 2020 11:00 AM Eastern Time (US and Canada)

Join Zoom Meeting: <https://us04web.zoom.us/j/73332842752?pwd=YkEwUGRkSXpZQXE4T2hrOHpJR1Q5dz09>

Meeting ID: 733 3284 2752

Password: 028335

MAY LUNCHEON

The luncheon scheduled for Sunday, May 3rd hosted by the Deacons will be postponed. We will inform you if and when a new date has been determined.

PRINTER INK AVAILABLE

If you or someone you know has a Canon copier that uses ink cartridges CPR-31 (Toner yellow, magenta, black, or cyan) and/or a waste toner case for an IR-ADvc5054/c5051/c5045/c5035/c5030 series please see Nikki Whetstone. They have not been opened or used.

May Birthdays

- 6 Chip Cominsky
- 9 Leland Bartson
- 11 Karla Stout
- 12 Mark Cominsky
- 15 Donna Cominsky
- 19 Faye Dittmore
- 20 Jerry Clark
- 23 Dannita Cowdrey
- 23 Brittany Stout
- 24 Sally Clark
- 24 Bonnie Ross
- 30 Peggy Earhart

May Anniversaries

- 5 Codey & Jenna Herman
- 6 Bob & Lisa Zimmerman
- 8 Harry & Betty Sargeant
- 16 Jay & Beth Provonsha
- 28 Paul & Alice Livingston



2020 CONTRIBUTIONS

Thank you to those who have continued to send in your contributions during this time of shut down! If you are able and would like to continue to pay your 2020 contributions or pledges, please continue to make your checks out to First Presbyterian Church and mail them to:

Amy Monk

330 W. 5th St

Port Clinton, Ohio 43452

Your contribution will be processed as usual and applied to your 2020 pledge. Thank you for your faithful giving!

HOW TO STAY CONNECTED DURING THIS TIME OF ISOLATION

During this time of uncertainty and social distancing, Pastor Julie is still working to encourage and give hope to the members and friends of the First Presbyterian Church. Through phone tree messages, emails, Facebook posts, and Zoom services, we will do our best to keep you informed and connected. Please like our Facebook page at First Presbyterian Church, Fremont Ohio to see updates and scripture encouragement. Download the Zoom meeting app to your computer or phone to be able to view future worship services. To be added to our phone tree list to receive important announcements, pastoral prayers, and scripture readings, please email the church secretary at office@fremontfpc.org. Emails and phone messages are still being checked during this time of shut down.

RUMMAGE SALE

The annual rummage sale scheduled for May 1 has been postponed. You may continue to set aside your items to donate as you clean and organize your homes, and we will keep you informed of the new date for the sale after we are free to return to normal social activities. Thank you!

SUMMARY OF SESSION MEETING

The regular April Stated Session was held via Zoom on Wednesday, April 1, 2020. Session members present on the tele-conference included: Jody Amor, Linda Hamilton, Bob Humberger, John Roush, Larry Stout, Bill Taylor, Nicole Whetstone, and Rev. Dr. Julie Kling, moderator. Don Steen was excused.

Pastor Kling opened the meeting with prayer.

Due to the pandemic, all church events are cancelled thru May 1.

The Clerk Bill Taylor reported March Sunday Worship Attendance: March 1 – 44, 8 – 40, 15 – 29, 22 – 0 and 29 – 27+ (via Zoom).

The Leadership team reports included: **Fellowship and Service** – Grad Party for Nathan Cowdrey and church clean-up day to be rescheduled and **Music, Worship, and Sacraments** – virtual communion being planned for the virtual church services.

Under old business, the Session ratified actions taken via E-mail concerning the following: Closure of the church to all operations effective 6:00pm Friday, March 20, 2020 thru March 31, 2020 and continuation of wages for all employees of First Presbyterian Church and Rainbow Station thru March 31, 2020.

Under new business the Session extended closure of First Presbyterian Church building through May 1, extended wages for all First Presbyterian Church employees through May 1, agreed to pay Rainbow Station employees half their regular wages through May 1 and approved virtual communion at Maundy Thursday and Easter morning services.

Pastor Kling closed the meeting with prayer.



THE BOARD OF DEACONS

- Dannita Cowdrey*
- Bob Gamble*
- Susan Myers*
- Diane Roush*
- Anne Humberger*
- Josh Ross (Moderator)*
- Kaylee Amor*
- Amanda Herman*

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 |
| Rainbow Station Director/Teacher | Roberta Patterson |
| Rainbow Station Teacher | Kathleen Daley |
| Rainbow Station Floater | Shari Mehling |
| Rainbow Station Aide | Kali Norris |
| Co-Treasurers | Larry & Carol Van Dyne |
| Volunteer Parish Nurse | Linda Hamilton |
| Custodian | Scott Slatter |

**PRESBYTERIAN WOMEN
COORDINATING TEAM**

- | | |
|------------------|-----------------|
| Moderator | Dannita Cowdrey |
| Secretary | |
| Treasurer | Carol Van Dyne |
| Funeral Luncheon | Susan Myers |
| Rachel Circle | Dannita Cowdrey |
| Rummage Sales | |
| At Large | Susan McKnight |
| | Jo Elder |
| | Lois Livingston |

THE SESSION

- Larry Stout*
- Don Steen*
- Nicole Whetstone*
- Jody Amor*
- Linda Hamilton*
- John Roush*
- Bob Humberger*
- Bill Taylor (Clerk)*
- Rev. Dr. Julie Kling (Moderator)*

CONTACT INFORMATION

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