

May 2022

# FIRST PRESBYTERIAN CHURCH

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

## PASTORAL REFLECTIONS

### How Did You Do?

Last month, I wrote that at the college level, we were at that point in the semester where students and faculty are often overwhelmed and tired. Now, at the end of April and the beginning of May, we are overwhelmed and tired. As I write this, we are in the midst of the last week of class, and finals are next week. Something that was in the future, a few weeks away, is now here. Either papers and studying get done, or they don't at this point. There is no next week, as the time is now. There are deadlines, and no time for extensions. A month ago, we were in the midst of Lent; now we have completed our Lenten journey and celebrated Easter. If we had committed to a specific spiritual practice or discipline during Lent, we can now examine how successful we were. Did I pray or read the Bible daily, most days, a few days, or just totally give up? If I tried to eat simply or fast, was I able to do it for all meals, most meals, a few meals, or none at all? How did you do this Lent?

Last month, I shared that I decided to combine spiritual and physical disciplines and virtually walk the Camino de Santiago, a network of walking trails across France and Spain that religious pilgrims have walked for centuries. I decided to follow the trail known as the French Way, which begins in north-west France, crosses the Pyrenees mountains and leads across the northern part of Spain. The total French Way trail is 462.7 miles. My hopes were to count my steps, exercise, pray, study Scripture, and engage in personal reflection just as ancient pilgrims would have. My goal was to walk half of the trail during Lent. As of the Third Sunday of Lent, March 20<sup>th</sup>, I "walked" 6% of the trail or 26 miles. I realized at that point that half of the trail was too lofty a goal. I decided to adopt a realistic goal and strive for a quarter of the trail.

How did I do? I walked 114.1 miles or 25% of the trail. So, I reached my goal as far as the percentage of the trail, and was just short of my goal of 115 miles by 9/10 of a mile.

What did I learn? I learned the importance of setting realistic goals, and the

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#### Opportunities for Worship:

- Sunday School - 8:45 am, via Zoom
- Worship - 10 am, in the Sanctuary

#### 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

#### 2022 PER CAPITA

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importance of evaluating the goals we set for ourselves periodically. We need to keep ourselves accountable. While I walked more on some days than others, I did not give up. I also took time to pray and created a digital, photographic journal of places and scenery encountered on my virtual walk across northern France and Spain. I also took some time to slow down and rest on the journey. I took time to pray, read Scripture and other spiritual writings, and recalled who and whose I really am as a child of God. I also took time to make music, and even spent one evening painting a small chalet and mountain landscape scene based on one of the virtual photographs from my journey.

What did I gain? Time to strengthen and reaffirm my relationship with God. A lessening of stress, and health benefits--through my chair yoga and simple walking, my blood pressure has lowered slightly. I am also more aware of others and how I spend my time. I have been able to make some better life choices and reduce the amount of caffeine and carbonated beverages I consume. Water isn't so bad after all!

What do I hope? That I can maintain some of these choices and even increase the amount of walking I do. That I can set some additional goals, and I am excited about one new goal. (More about that in a future reflection.)

As the semester ends and final grades are posted, students may ask each other "How Did You Do?" Someday, God will ask us "How Did You Do?" when we are asked to be accountable for how we lived out our discipleship on earth. Rather than being like students who wait until the night before the final exam to study, we have opportunities now to reflect upon how we live and even make adjustments now. What does this require? Being honest with ourselves and willing to look at our actions with honesty. It is really easy for us to turn and judge others but our actual accountability is for ourselves. As Paul writes in Romans 14:9-12:

*Christ died and returned to life so that he might be the Lord of both the dead and the living.*

*You, then, why do you judge your brother or sister? Or why do you treat them with contempt? For we will all stand before God's judgment seat. It is written:*

*"'As surely as I live,' says the Lord,  
'every knee will bow before me;  
every tongue will acknowledge God.'"*

*So then, each of us will give an account of ourselves to God.*

Happy Easter Season!

Pastor Julie

# RAINBOW STATION



HAPPY MOTHER'S DAY! We pray that all the Moms out there have a blessed Mother's Day. Our thoughts and prayers are with all those who have lost their Mother.

May is our final month for our regular session. It is a happy/sad month as we prepare to gain new children and say goodbye to those going into kindergarten. Five of our current eleven pre-schoolers will be going on to kindergarten. We wish them well in this new chapter of their life.

We are happy to be going outside more and enjoying the warmer weather. The kiddos have been busy looking for worms, roly polies, and whatever critter they can find in the dirt and wood-chips. They are learning to be gentle with God's creatures, as well as what happens when they aren't gentle. The sand box will be getting a lot of use,

now that it is warmer, and we are looking forward to planting some vegetables in our containers.

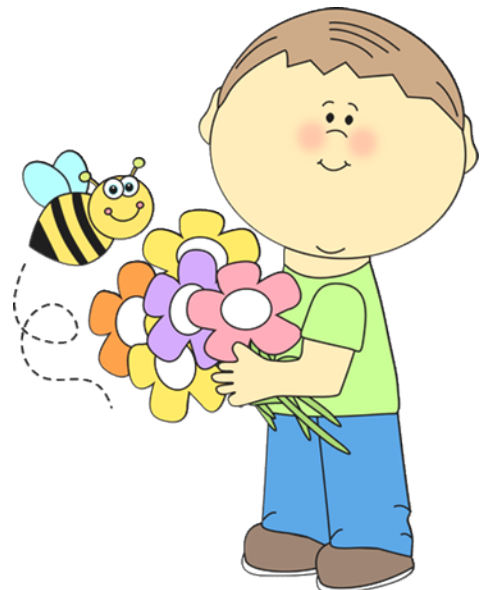
Thank you for all your support of Rainbow Station. You are appreciated more than you know.

God Bless You,

Rainbow Station Staff

## **RECYCLE!**

Don't forget to bring in your used ink and toner cartridges to be recycled. These are returned to Staples, and Rainbow Station receives credit toward future purchases on needs such as paper and ink. Every little bit makes a difference! Thank you for your continued help!



## SATELLITES

We will be meeting at Ciao Bella at Harbor Light Landing in Port Clinton on May 11th at 11:30 am. The address is 3880 Harbor Light Landing Drive. Call Anne Humberger at 567-201-2150 for reservations. Please call by May 8. We hope you can join us! Bring a friend!



## WORSHIP OPPORTUNITIES

May 1: 3<sup>rd</sup> Sunday of Easter

Theme: Christian Life: Living the Life with Enthusiasm

Scripture: 1 Peter 3:13-4:6

Sermon Title: "That's Z for Zealous"

Communion

May 8: 4<sup>th</sup> Sunday of Easter

Theme: Christian Life: Living with Suffering

Scripture: 1 Peter 4:7-19

Sermon Title: "Rejoice in Suffering"

May 15: 5<sup>th</sup> Sunday of Easter

Theme: Christian Life: Living Humbly and Faithfully

Scripture: 1 Peter 5

Sermon Title: "Humbly Stand Firm"

Communion

May 22: 6<sup>th</sup> Sunday of Easter

Theme: Christian Life: Living as a Follower of Christ

Scripture: 2 Peter 1

Sermon Title: "God, the Imitator"

May 29: 7<sup>th</sup> Sunday of Easter

Theme: Christian Life: Living in and Finding the Truth

Scripture: 2 Peter 2

Sermon Title: "Fake News"

## 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

#### May

**1 - Pears**

**8 - Peas and carrots**

**15 - Spaghetti Sauce**

**22 - Spaghetti**

**29 - Canned Tuna**

Thanks for your help neighbor!  
Rod and Linda Combs

## UPDATE YOUR CONTACT INFORMATION

If you have moved, changed phone numbers, or have a new email address, please email those changes to the office at:

[office@fremontfpc.org](mailto:office@fremontfpc.org).

Thank you! Amy Monk,  
FPC Administrative Assistant



# May

1 8:45a - Zoom Sunday School 10:00a - Indoor Worship 5:00p - Vida Church	2 7:00p - AA 7:00p - Alanon	3	4 6:00p - Choir	5	6	7
8 8:45a - Zoom Sunday School 10:00a - Indoor Worship 5:00p - Vida Church <b>Mother's Day</b>	9 7:00p - AA 7:00p - Alanon	10	11 11:30a - Satellites 6:00p - Choir 6:30p - Admin & Finance 7:30p - Session	12	13	14
15 8:45a - Zoom Sunday School 10:00a - Indoor Worship - Congregational Mtg 5:00p - Vida Church	16 7:00p - AA 7:00p - Alanon	17	18 6:00p - Choir 6:30p - Deacons	19	20 <b>Newsletter Articles Due</b>	21
22 8:45a - Zoom Sunday School 10:00a - Indoor Worship 5:00p - Vida Church	23 7:00p - AA 7:00p - Alanon	24	25 6:00p - Choir	26	27	28
29 8:45a - Zoom Sunday School 10:00a - Indoor Worship 5:00p - Vida Church	30 7:00p - AA 7:00p - Alanon	31				

## Birthdays

6	Chip Cominsky	23	Dannita Cowdrey	5	Codey & Jenna Herman
9	Leland Bartson	23	Brittany Stout	6	Robert & Lisa Zimmerman
12	Mark Cominsky	24	Sally Clark	8	Harry & Betty Sargeant
15	Donna Cominsky	24	Bonnie Ross	16	Jay & Beth Provonsha
20	Jerry Clark	30	Peggy Earhart	23	Nicholas & Abriana Bumb
				28	Paul & Alice Livingston

## Anniversaries



### **THE BOARD OF DEACONS**

*Kaylee Amor*  
*Pam Clark*  
*Joan Gamble*  
*Gerrie Hensley*  
*Amanda Herman*  
*Anne Humberger*  
*Susan Myers*  
*Lisa Zimmerman*

### **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
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	Jo Elder
	Lois Livingston

### **THE SESSION**

*Rev. Dr. Julie Kling (Moderator)*  
*Bill Taylor (Clerk)*  
*Dannita Cowdrey*  
*Linda Hamilton*  
*Bob Humberger*  
*Ken Myers*  
*Nicole Whetstone*  
*Janice Zimmerman*



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