

SEPTEMBER 2020

# FIRST PRESBYTERIAN CHURCH

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

## PASTORAL REFLECTIONS

### “Decisions, Decisions, Decisions”

The word for the month is definitely “Decisions.” Schools are making decisions about whether to be in the building five days a week, totally online, or a combination. Churches are making decisions about how and when to return to the church building. Convention planners are deciding if the event should be live or online. Athletic programs are making decisions to delay the season or struggling to decide how to adjust environments for the safety of athletes and spectators. With those decisions is also a need for flexibility and adaptability as COVID19 concerns fluctuate.

Decision-making is not new. Every day we make decisions. I decide whether to have a chicken sandwich or hamburger at the campus café, or I decide to order a pink or purple shirt on Amazon. The consequences of those decisions have little impact on the lives of others. The campus café does not care if I order a chicken sandwich or hamburger as both are the same price. Amazon probably does not care which shirt I order unless one is more expensive—then they hope for the more expensive one. Some decisions have little or no impact on others.

But other decisions have an impact on others and may have short-term as well as long-term consequences for us. Not wearing a mask at a large family gathering may give me momentary freedom and the ability to interact with others as I wish, but if someone at the party has COVID19 and either has not shared that information or is asymptomatic and not aware they have it, I may become infected and infect others.

I have a friend who wanted her high school senior to be able to play sports as this is the student’s last opportunity to represent the high school. The immediacy of that need to play sports overshadowed any ability to view long-term consequences. However, a family friend in another state played on a summer sports league and contracted COVID19, and while previously a healthy teen, that teen now has lung and kidney issues due to COVID19. My friend has now re-considered the desire for her senior to play sports. She is now able to weigh the long-term risks and is weighing the risks of missing one year of sports against possible life-long risks.

In speaking about decision-making, motivational speaker John Maxwell says every now and then “a big one pops up.” These big decisions are worthy of our time, prayer, and effort as they can impact our lives and the lives of others positively or negatively and have lasting consequences. As Kamala Harris states, “I believe you’ve got to do your due diligence” (as qtd. by Gowtharman). In other words, decision-making

**We hope to be back to worshipping in the church soon - further details will be forthcoming. Zoom opportunities will still be available as well.**

#### INSIDE THIS ISSUE:

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#### Special points of interest:

- ◇ Sunday School 9 am, via Zoom
- ◇ Worship / Social time 10 am, via Zoom
- ◇ 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](mailto:office@fremontfpc.org). Thank you!!

#### 2020 PER CAPITA

\$35.70

takes time. Maxwell suggests three things that must be addressed when making an important decision. First, he says to “understand the decision you’re about to make is an important one—don’t underestimate it.” Secondly, Maxwell states “get some advice from people who want the best for you.” Consult people with expertise and experience in the field and ask what they think about the decision. Thirdly, Maxwell says to follow your heart or your intuition. Maxwell states that most people never consider how a decision impacts what kind of person one becomes. He says that in following your heart, “you’ll do good.” Maxwell stresses doing good, being an ethical person, and doing the right thing for everyone involved.

Maxwell’s ideas reflect three of David Jeremiah’s principles on Christian decision-making: pray, get advice from others, and take time. Jeremiah adds two other principles: keeping your most important values in mind and being guided by Biblical teachings, by what Jesus would say and do. Jeremiah also quotes Ted Engstrom who writes: “Don’t make snap decisions. The spur-of-the-moment decisions are merely guesses. Before announcing a decision, it’s best to take a little time, sleep on it first. God may have other plans.” Maxwell’s, Jeremiah’s, and Engstrom’s advice supports the view of Proverbs 13:16 “A wise person thinks ahead; a fool doesn’t” and Proverbs 14:15 “The simple believe anything, but the prudent give thought to their steps.”

Let us keep one another in prayer as we make decisions. Pray especially for school and university administrators; sports team leaders, managers, and coaches; event planners; business owners; church leaders; all front line workers, military personnel, and first responders; and government leaders at all levels as they make decisions and establish policies.

Pastor Julie

Sources:

*Gowtharman, Nirandhi. “Herstory.” Podcast. 20 Oct., 2019.*

*Jeremiah, David. “5 Principles for Biblical Decision Making.” David Jeremiah Blog.*

*Maxwell, John. “Minute with Maxell: Decision.” 7 Aug., 2020. John Maxwell Team.*

## **SOUTHWEST DRESSING/DIP**

*(Shared by Linda Combs during the Zoom service on June 7, 2020)*

- 1/4 cup raw cashews
- 1/2 cup salsa
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon lime juice

If you don’t have a strong high-speed blender, soak the cashews at least one hour, drain.

Combine all ingredients in blender. Use a little water to thin, if needed. Refrigerate until needed.

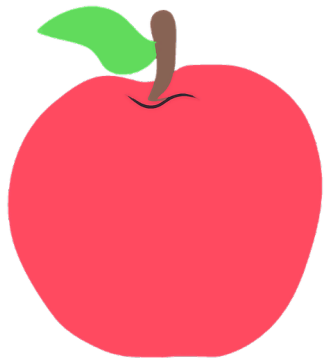
## **ABOUT THE RETURN**

The Return is a movement, an appointed time, and a specific day set apart for one purpose – the return to God by coming before His presence in humility, in sincerity in prayer, and repentance.

The movement begins now and will continue through the entire year of 2020 leading up to 10 Days of Vigilant Prayer – Starting with the Biblical Feast of Trumpets and ending with the Day of Atonement (September 18-September 28). The central day of The Return will be Saturday, September 26, 2020 on the National Mall and throughout the nation and world.

Take part by Live Simulcast wherever you are – In your Home, Church, Town, or City! Visit [thereturn.org](http://thereturn.org) for more info.

# RAINBOW STATION NEWS



Welcome, September. We are anxious to return to a more normal routine, with friends returning for fall. Although

our classroom and routines are much different than we were used to, we look forward to a new start. We currently have 6 preschoolers and 1 toddler confirmed with schedules and have been receiving calls for new enrollment. Please continue to pray that God will send us the families that we can best serve and in His timing.

These are scary times and parents are very apprehensive in sending their children anywhere. We pray for those who have had to experience the Covid19 virus first hand, and ask God for His hand of protection on all who enter our center, that we remain Covid19 free. We continue to wear masks and clean and disinfect as required by ODH and our

state licensing requirements. We also will continue to social distance in the classroom as much as possible.

Thank you again for all your prayers and support. You are appreciated more than you know.  
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!**

## **KROGER FUNDRAISER**

**Thank you to the 117 households who shopped at Kroger between May 1, 2020 and July 31, 2020. You helped Rainbow Station earn \$572.08!! If you don't see Rainbow Station listed at the bottom of your**



**Kroger receipt, please call the church office at 419-334-7171 to be enrolled. Every little bit helps!**



## 2020 CONTRIBUTIONS

Thank you to those who have continued to send in your contributions during this time of shut down! The mail is now being delivered to the church, so 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:

**120 S. Park Ave  
Fremont, OH 43420**

However, the church office is still closed and most office work is still being done from home, so if you would rather, you may continue to mail your contribution to:

**Amy Monk  
330 W. 5th St  
Port Clinton, Ohio 43452**

Thank you for your faithful giving!

### Neighbors' News



The Pandemic has changed our lives but not our commitment to help feed the hungry. If you are able to help while the church building is closed and until we are able to collect food items, please send a contribution to:

**The Sandusky County Food Pantry  
129 Bidwell Ave.  
Fremont, OH 43420**

Please put **First Presbyterian Church Neighbors** on the memo line of your check.

Thanks for your help, Neighbor!



SeniorAdvice.com is an industry-leading senior care organization dedicated to providing

tools and essential resources to help enhance the lives of older adults.

They've published a dedicated page that provides extremely well-detailed and thorough information for families and senior citizens who are researching available care options and programs that can help maintain their independence and quality of life. This free resource provides comprehensive information on topics like financial support and care options that are available in every city and state across the country.

You can read more about their work at <https://www.senioradvice.com/assisted-living>

Julia Walker, Community Outreach

## Birthdays

- 10 Beth Provonsha
- 11 Cayla Crispen
- 17 Russell Abbott
- 22 Dorothy Baumann
- 22 Nate Otermat
- 29 Jon Detwiler

## Anniversaries

- 13 Bill & Carolyn Taylor
- 15 Philip & Courtney Miarer

### DON'T SEE YOUR BIRTHDAY OR ANNIVERSARY?

Email the office at:

**office@fremontfpc.org**

and provide your birthday or anniversary dates so we can include you next time!

## SUNDAY SCHOOL

Join us on Sunday mornings beginning September 13 via Zoom for a new Bible study. We plan to show a video at 9 a.m. and then have a short discussion about the topic. The 8 week DVD series is by Ray Vander Laan and focuses on the Life and Ministry of the Messiah. Ray visits the Holy Lands and explains the location being studied in a Bible passage. The first visit is to the spot of Herod's palace. He then explains how the events of Jesus' day impacted his life, ministry and communication. We have viewed lessons by him before and have found them to be extremely interesting. Join us if you can! Donna Cominsky

## **Fremont native gets the call to return to her hometown after 36 years!**

*Bringing fresh, creative, and evidence-based therapies to the community as a mental health therapist. Life Purpose Counseling Services, LLC; Owner/therapist Karin M Mitchell, MA, LPCC*

Most of you know Karin's siblings, Jay Cullen AKA Mr. Fremont and several of the members of the Together band, a local staple for many years, but unless you went to high school with Karin, you probably wouldn't know her since she moved away from Fremont in 1984.

Karin went back to college after raising her four daughters, in 2012. She graduated from University of Cincinnati with a BA in Psychology in 2016. She then graduated from the University of Cincinnati with a MA in Mental Health Counseling in 2018.

After 36 years, Karin has been inspired to come to Fremont and start her private practice as a mental health therapist with experience working with mental health and addiction disorders. She is also developing groups for the community and working with several agencies to develop groups that are specific and affordable. In addition, a group is currently being developed for professional women in the community to support and discuss current pertinent topics related to women. This will be a free service. Karin has also been considered to do some speaking engagements on the topic of Removing the Stigma from Mental Health.

Karin is certified as an independent licensed professional counselor with the State of Ohio through the Counselor, Social Worker and Family and Marriage therapist board. Some of her services consist of assessments, diagnosis, and individual treatment plans for mental health disorders and addictions. Having spent the last 3 plus years working in Cincinnati, Ohio at a treatment facility for women fighting addiction, trauma, PTSD, and mental health concerns, Karin has the experience and wisdom to assist anyone in the Fremont and surrounding communities with their concerns.

After living in several large cities and working intensely with community partners and providing integrated care with other providers, Karin decided to move back to Fremont to give back to the community where she was raised. Karin brings a person-centered approach to her clients and stresses the need to develop a strong therapeutic relationship before any real work can be done. She provides a safe space for clients to have confidential sessions and offers a warm environment for clients to feel comfortable. Telehealth sessions can be provided if there are barriers to coming to the office.

The office opened on July 7 and is located at 416 W. State St., Suite 204, Fremont OH 43420 and is on the 2<sup>nd</sup> floor of the Pontifex building.

She is currently taking cash payments, credit cards, and soon will be approved to take some Medicaid MCO's. Karin is willing to work on a sliding scale fee during this difficult time with COVID-19 and you can see the offer on her Facebook page or website. Office hours are listed on the website. Mon-Thurs by appointment. Friday walk-ins.

Client population: 18-99 years old

### **Contact information:**

Life Purpose Counseling Services, LLC

Owner/therapist Karin M Mitchell, MA, LPCC

Email: [info@lifepurposecounseling.com](mailto:info@lifepurposecounseling.com)

Facebook: [Facebook.com/lifepurposecounseling](https://www.facebook.com/lifepurposecounseling)

Address: 416 W. State St., Suite 204, Fremont OH 43420

Phone: 419-285-6088



**THE BOARD OF DEACONS**

- Kaylee Amor*
- Pam Clark*
- Gerrie Hensley*
- Amanda Herman*
- Anne Humberger*
- Lisa Zimmerman*
- Josh Ross (Moderator)*
- Diane Roush*

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**

- Jody Amor*
- Linda Hamilton*
- Bob Humberger*
- Ken Myers*
- John Roush*
- Larry Stout*
- Bill Taylor (Clerk)*
- Rev. Dr. Julie Kling (Moderator)*

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