



The Presbyterian Newsletter

February 28, 2020

Vol. XLVIII, No. 4

A WORD FROM OUR SENIOR PASTORS

Lent 2020

In ancient Christian practice, Lent was a time of preparation for the celebration of Baptism at Easter. In churches today, it remains a time that we are called to reflect deeply upon the themes of baptismal discipleship through practices of prayer, self-discipline, and self-examination in preparation for the commemoration of the dying and rising of the Lord Jesus Christ. Lent is a period of forty days — like the flood of Genesis, Moses’ sojourn at Sinai, Elijah’s journey to Mount Horeb, Jonah’s call of repentance to Nineveh, and Jesus’ time of testing in the wilderness. This Lenten Season we have decided that the theme, “A Way Forward” will help offer a lens to guide us through the season. There will be several opportunities for you to take up practices of study, prayer, and worship.

Lenten Sunday School Series

Offered Sundays at 9:45 a.m. in Conway Hall, this series will use Marjorie J. Thompson’s book *Soul Feast: An Invitation to the Christian Spiritual Life*. Each week we will explore a different spiritual practice that may offer us new opportunities to find “a way forward”. living out our faith more deeply in our daily lives. Though participants are welcome to purchase and read this book, it is not required reading.

“A Way Forward” Devotional Booklet

Available in the narthex and in the church reception area, this year’s Lenten devotional materials are also based on Marjorie J. Thompson’s book *Soul Feast: An Invitation to the Christian Spiritual Life*. Several spiritual practices in the areas of prayer, fasting, confession, hospitality, spiritual reading and sabbath are described in detail. You are welcome to choose one practice to maintain throughout the season of Lent or try several different spiritual disciplines along the way.

Holy Week 2020

Stay tuned for more details as we near Easter Sunday, but be sure to mark the following dates in your calendar:

Maundy Thursday - April 9, dinner will be served at 5:15pm and the service will follow at 6:15pm

Good Friday - April 10, 7 p.m., the Easter Prayer Vigil will follow the service

Easter Sunday - April 12, 8:30 a.m. and 11 a.m., 9:30 a.m. brunch and egg hunt

Peace, Kathy & Nick



Prayer List

HOME

- Mari Ley
- Isobel Prater
- Hap Reeves

The Presbyterian Newsletter
 is a bi-weekly publication of
First Presbyterian Church
Auburn, Alabama
 143 East Thach Avenue, 36830
 334-887-5571
 www.fpcauburn.org
 fpauburn@bellsouth.net

First Sunday in Lent

March 1, 2020

8:30 a.m. - Communion (Chapel)

11:00 a.m. - Worship (Sanctuary)

Worship Leader: Rev. Kathy Reed

Second Sunday in Lent

March 8, 2020

8:30 a.m. - Communion (Chapel)

11:00 a.m. - Worship (Sanctuary)

Worship Leader: Rev. Nick Reed

FAITH COMMUNITY NURSE NEWS

Weekly Calendar

Sunday, March 1

- 8:30 AM -Communion (Chapel)
- 9:45 AM -Sunday School
- 11:00 AM -Worship (Sanctuary)
- 4:00 PM -Reformation Ringers
- 4:30 PM -Youth @ First Baptist
- 5:00 PM -Chancel Bell Choir
- 5:00 PM -Children's Dinner/Fellowship
- 7:00 PM -UKirk Dinner & Bible Study

Monday, March 2

- 5:30 PM -Mission Committee (Library)
- 6:00 PM -Children & Youth Com. (Parlor)

Tuesday, March 3

- 12:00 PM -PCM Board Meeting (Library)

Wednesday, March 4

- 8:00 AM -Men's Bible Study (Library)
- 9:30 AM -PW Coordinating Team (Library)
- 11:30 AM -Women's Bible Study (Library)

Thursday, March 5

- 12:15 PM -Finance Committee (Library)
- 5:15 PM -Congregational Dinner
- 7:00 PM -Choir Rehearsal

Friday, March 6

- 11:30 AM -Movement Lenten Study (Chapel)

Sunday, March 8

- 8:30 AM -Communion (Chapel)
- 9:45 AM -Sunday School
- 11:00 AM -Worship (Sanctuary)
- 5:00 PM -Chancel Bell Choir

Monday, March 9

- 12:00 PM -Property Committee (Library)

Tuesday, March 10

- 9:30 AM -PW Circle #1 (Lynda Tremaine's)
- 9:30 AM -PW Circle #2 (Dibba Spears')
- 2:30 PM -PW Circle #3 (Library)

Friday, March 12

- 11:30 AM -Movement Lenten Study (Chapel)

THURSDAY DINNERS

Please join us for our weekly congregational dinner in Baird Hall. We begin serving at 5:15 p.m. and continue until 6 p.m. The cost of the meals is \$5/person with a maximum of \$10/family. College students eat for only \$2. No reservations required.

Mar. 5 - Menu: Pot Roast, Rice, Steamed Broccoli, Dinner Rolls, Brownies.

Mar. 12 - No Dinner.

I recently read an article about the positive health benefits of dog ownership. For those of you who have a dog, you will be encouraged. For those who are considering getting a dog, continue reading and be pleasantly motivated. Here are some of the findings about the relationship between health and dog ownership.

Two recent research articles in October 2019 address the impact of dog ownership on cardiovascular health. One article that compared dog owners with non-dog owners found that the owners were 24% less likely to die over 10 years and 31% less likely to die from a heart attack, stroke or other cardiovascular condition. The second article looked those who were discharged from a hospital after a heart attack or stroke. They compared dog owners vs non-dog owners and found that dog owners had a lower rate of death. Dog owners who live alone with a dog had a 33% lower death rate after a heart attack and a 27% lower death rate after a stroke. Death rates were also lower for those who live with a partner or child and have a dog versus those who have a partner or live with a child but have no dog.

The unanswered question is whether the outcomes are due to dog ownership or are owners different than non-owners in ways that affect their health. For example, dog owners are likely to exercise more outdoors as dogs need regular walks, especially for medium or large dogs. Stress reduction is another factor in heart disease. Dog owners showed a better response to treatment by an ACE inhibitor. Likewise encounters with therapy dogs helped those hospitalized for heart failure, high blood pressure and high levels of stress hormones. Mental health, especially depression and loneliness, improved with dog ownership. One other interesting finding showed positive human intestinal responses to bacteria that dogs bring into the home. It is similar to eating probiotics found in yogurt after taking an antibiotic. Likewise the bacteria from dogs also helped improve heart health.

I am not suggesting that each of you run out to the Humane Society. (They would be glad to see you, of course!) Dogs require attention, can be costly, and may live for 15-20 years or so. But the health benefits are clear. The article did not discuss whether cats provide the same benefits, as cats and cat owners have different behaviors. Your Faith Community Nurses,

Jan Widell & Erin Brown

CE NEWS

Sunday, Mar. 1: Children's activities begin with dinner at 5:00 p.m. in Baird Hall followed by choirs until 6:30 p.m. See below for Youth activities beginning at 4:30 p.m.

Sunday, Mar. 8: Spring Break!

Our Jr and Sr High Youth are teaming up with youth from First Baptist and Holy Trinity Episcopal to help fight global hunger. On March 1, 4:30 – 6:30 p.m., we will be packing meals with the Rise Against Hunger international hunger relief organization. We will continue the evening with dinner and fellowship.

Our Senior High Youth (rising 9th graders-graduated seniors) are going on a mission trip! May 31-June 5, our youth will be working with Memphis Youth Mission serving various inner-city mission organizations in Memphis, TN. Cost is \$200 and registration forms are available in the church office. Visit memphis.youthmissionco.org for more information. Chris Sarkowski

THANK YOU

For your gifts during my recovery—food, flowers, cards, notes, visits, and prayers—many thanks! Your caring attention lessened my pain. My Presbyterian prayer shawl hastens my healing. Mari Ley

RECEPTIONISTS

March 2-6

AM - ?, ?, Jo Cooper, Marianne Cone, ?.

PM - Doug Klinkenborg, Gerri Talley, Margaret Brinkley, Terry Ley, Susan Stanley.

March 9-13

AM - Carol Griffin, ?, Mleanie Boecklen, Jim Disque, ?.

PM - Melanie Boecklen, Joan Duffett, Larry McQueen, Susan Parker, ?.

Birthdays

Mar. 4 Allison Moore
Mar. 5 Alex Moore, Ed Moran
Mar. 6 Chris Greer
Mar. 7 Rory Greer
Mar. 8 Margaret Brinkley
Mar. 9 Joe Garrett
Mar. 10 Jacqui Barnes
Mar. 14 Carey Lovell

Anniversaries

Mar. 1 Evert and Debbie Duin
Mar. 2 Doug and Donine Cooper
Mar. 13 Stephen and Katherine Irwin

PW CIRCLE SCHEDULE

for Tuesday, March 10

Circle #1: 9:30 a.m., at Lynda Tremaine's,
526 Moores Mill Road

Circle #2: 9:30 a.m., Dibba Spears',
1515 Ferndale Circle

Circle #3: 2:30 a.m., Church Library

2020 LENTEN SUNDAY SCHOOL SERIES

The season of Lent is a time of self-examination in preparation for the celebration of the resurrection of the Lord at Easter. It is a period of 40 days during which the power of the resurrection on the horizon ahead draws us into repentance toward the cross and tomb. Through the intervention of God's gracious resurrection, lifelong changes in our values and behavior become possible.

Join us for our 2020 Lenten Sunday School series as, each week, we explore a different spiritual practice that may offer us new opportunities to live out our faith more deeply in our daily lives. The study is based on Marjorie J. Thompson's book, *Soul Feast: An Invitation to the Christian Spiritual Life*. Though participants are welcome to purchase and read this book, it is not required for participating in the class. Accompanying devotional materials will be made available to be used throughout the Lenten season. The class, led by our pastors, will take place Sundays, March 1-April 5, in Conway Hall at 9:45 a.m.

First Presbyterian Church
143 East Thach Avenue
Auburn, AL 36830

FACILITIES IMPROVEMENT FUND

The Property Committee has printed a new Facilities Improvement & Renovation Fund brochure to highlight projects that are greatly needed throughout our church. The committee asks that you give considerable thought as to where YOU might help improve our facilities. You can find copies of the FIRF brochure in the narthex or outside the church office. Any member on the Property Committee will be happy to discuss your questions.

WORSHIP ARTS: DANCE/MOVEMENT

Join us for a 5-week Lenten study of *Lent in Plain Sight* by Jill J. Duffield, Fridays at noon, March 6 - April 3, in our Chapel. In this devotion Jill J. Duffield draws readers attention to ten ordinary objects that Jesus would have encountered on His way to Jerusalem: dust, bread, the cross, coins, shoes, oil, coats, towels, thorns, and stones. Bring a journal, pen, and Bible. Book can be purchased on Amazon but not necessary. For more information contact: Denise Salo (313)304.3248 or denise_salo@yahoo.com

DAYLIGHT SAVINGS TIME

Don't forget to spring forward on Sunday, March 8!