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* ARTICLES NEED TO BE
SUBMITTED TO PETE BY
THE LAST SUNDAY OF
THE MONTH - FOR NEXT
MONTH'S PUBLICATION.

The Messenger

2014 THEME: "ARE YOU READY"
(MARCH 2014)

Carl's Comments - Reverend Carl Thompson

We all have faced the death of a loved one at some time in our life. We lost two wonderful people in our congregation this past month. How do we deal with death? I found several different sources on how to deal with the death of a loved one. This is not all my original work but compiled from many sources.

Death is inevitable, yet the loss of a close friend or family member always showers us with a range of emotions. On one day, we might desperately try to avoid the pain, anxiety and emotional state of helplessness we feel when a loved one dies. Other days, we feel like life has returned to normal, at least until we realize that our life has changed irrevocably. Despite the gamut of emotions we feel, grieving for a loved one helps us cope and heal. The intense, heart-breaking anguish indicates that a deep connection has been severed. Without a doubt, grieving is painful. But it is also necessary.

While no single pathway through grief exists, people do share common responses. In 1969, psychiatrist Elisabeth Kübler-Ross introduced what became known as the "five stages of grief," which represent feelings of those who have faced death and tragedy.

Based on her years of working with terminal cancer patients, Kübler-Ross proposed the following pattern of phases that many people experience:



1. Denial: "This can't be happening to me."
2. Anger: "Why is this happening? Who is to blame?"
3. Bargaining: "Make this not happen, and in return I will"
4. Depression: "I'm too sad to do anything."
5. Acceptance: "I'm at peace with what has happened."

Although these are common responses to loss, there is no structure or timetable for the grieving process. That said, understanding grief and its common symptoms are helpful when grieving.

Besides understanding how stress can take a toll on us physically, emotionally and spiritually, we need to understand the practical guidelines to ease the process. These include taking care of our bodies, spending time with others, and reaching out to the church community.

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Calendar of Events

**Worship Services at 10:00 AM
And Adult Sunday School 9:00 A.M.**

- **Sundays** - Childcare and Children's Church at 10:30
- **Tuesdays** - Men's Prayer Breakfast at 8 A.M.
- **Tuesdays** - Games/ Fellowship at 10 A.M.
- **Mar 2** - Communion Sunday
- **Mar 4** - After Games - High Noon Lunch – Everyone invited
- **March 5** - Noon—Ash Wednesday Service and sack lunch
- **March 30** - A Joyful Noise Fifth Sunday and Pot Luck lunch
- **April 17** - Maundy Thursday
- **April 20** - Easter Sunday



Carl's Comments *Continued.....*

We often think that the funeral is the hardest time for the survivors, so we may bring in food, visit the family, and attend the funeral. But afterward, we assume they've started the work of putting their life back together. Actually, grieving becomes most intense between the second and fourth week afterward. The following experiences are strongest for about the first three months and then gradually begin to diminish over the next six months to a year:

- Painful longing to be with and talk with the dead person
- Preoccupation with the death (you can't think of anything else)
- Memories of the dead person
- Mental images of the dead person
- Sensing that the dead person is in the same room
- Sadness
- Tearfulness
- Inability to sleep
- Lack of concentration
- Loss of appetite
- Loss of interest in things you once enjoyed
- Irritability
- Restlessness



How should I respond to those grieving? So how do we respond to those going through the mourning process? By saying stuff like "I understand exactly how you feel." Brrrrroooooonk! Wrong answer!

We may have both lost a grandfather a spouse, but there are a kabillion differences between my loss and yours. Things you don't understand or know. What kind of relationship did we have? What were the last words spoken? Were they loving, harsh or worse indifferent? What kinds of questions, thoughts, and feelings are churning in my mind? What is my concept of death? Or life after death?

See, you really don't "understand." And neither do I completely understand your loss. But I can help by sharing how I felt at my loss. And in that way, I'm giving you freedom to share your grief with me.

So, what the best thing to say? The most helpful thing is: Yep, you can't go wrong with nothing. A shared tear, a squeezed hand, a hug, or just being there is usually the best help. Whatever you do, don't spout off pat answers.

Where is God in this tragedy? The book of Psalms is filled with such questions. "My God, my God, why have you forsaken me? Why do you refuse to help me or even listen to my groans? Day and night I keep on weeping, crying for your help, but there is no reply" (Psalm 22:1-2).

Where is God? He is right there beside us as we struggle with the many questions surrounding the death. He may not write the answers across the sky, but His Son Jesus Christ understands our questions. God does understand. He wants to hear what you're feeling.

So in review, grief is a normal but sometimes a confusing and uncontrollable emotion. And mourning (dealing with grief) is a long, painful process. But remember: you will once again enjoy living and loving, you will get your appetite back, the pain will diminish, you will be able to sleep soundly again and you will be able to enjoy pleasant memories of the deceased.



Don't wait for the grieving person to tell you what they need. Call, visit, and take a meal to them. Be proactive in reaching out in love.

God Bless you, *Carl*.

March Birthdays

Sam	Lanham	06
Louise	Thompson	14
Joshua	Duque	15
Jean	Teal	31

Theology is the study of God and God's ways. For all we know, dung beetles may study us and our ways and call it humanology. If so, we would probably be more touched and amused than irritated. One hopes that God feels likewise.

---Frederick Buechner

About our Members and Friends

Walt Tindell had a heart attack and has been recuperating at Scott&White for the last 8 days. On Wednesday, the 26th his doctors will preform a triple bypass surgery (plus maybe a forth bypass and maybe a valve fixer upper). He feels he will be fine - the Lord seems to have more for him to do.

Barbara Tindell had the first of three reconstructive surgeries on Feb. 20th. The others will be spaced out at four week intervals. Barb says, "The light at the end of the tunnel is growing bigger and brighter."

Mike Hatchell (the husband of our next-summer intern, Molly Hatchell) is recovering slowly from his illness. He can now work part-time from home. Keep Mike in your prayers.

Ashley Jones, Bev Jones' son, has been dealing with inflammation of the liver for a

number of weeks. Since "Doctor Bev" has been back in NC with her son, he has been getting better every day. On 2/25, they will get test results that should positively identify the problem, which is likely Hepatitis A.

Tommie Thompson has been dealing with pneumonia. He is still coughing but the only fever is "cabin fever".

Letta Meinen has been afflicted with shingles. The shingles virus is the same as that which causes chickenpox. If you've had the pox the virus can activate at anytime after being inactive in your nerve tissue. The shingles vaccine is FDA approved for adults 50 and over. Talk to your doctor about it.

The loss of **John Schahn** has been difficult for so many friends here in the church. He will be missed.

Favorite Verse - Bobbie Dickerson

I find it difficult to express myself as I think about my favorite verse in the Bible. Seems like so many verses come to mind depending on the circumstances of life.

As I grow older and I think of my dear mother, her favorite verse always comes to my heart and thoughts, Matthew 5:16, *"In the same way, let your light shine before men, that they may see your good deeds and praise your father in heaven".*



Mother was such a great example to all who knew her and she dedicated her life to helping others in so many ways especially with her cooking. It was her delight to bake and decorate birthday cakes and take them to elderly church members or friends in nursing homes. It was a great birthday surprise.

Because of my arthritis, I can't be as active as she was, or as much like her, as I would like to be. Therefore, I have adopted Psalm 25:4-5 to be my constant helper. *"Show me your ways, O Lord, teach me your paths; guide me in your truth and teach me, for you are God my Savior and my hope is in you all day long."*

New Member - Claire Hartman

A special meeting of session was called on Sunday, Feb 2, 2014, to receive a new member into our congregation, Claire Hartman. She is the daughter of Sam and Missie Lanham. We are delighted to have her as part of our family of faith.



William Tracy, Claire's grandson, is pictured above with Missie, Claire and Carl. Claire lives at 4064 Betty Place, Salado, TX. Her email is claireh@fcttx.com.

Respectfully submitted, Bev Jones, Clerk



In Addition, Greg is working full time as a surveyor for Wilson & Co. which has 20 offices in 13 states. In late January, he was sent to Nogales, AZ to do surveying work for the Army Corp of Engineers at THE FENCE between AZ & Mexico. (Pretty historic work for a young man!) Here he is pictured with his instruments & beard for *weather protection*, or so he says.

After graduation, he will continue his work with Wilson & Company outside of Corpus Christi surveying for an oil pipeline and probably other interesting assignments.

Did you know that George Washington, Thomas Jefferson & Abraham Lincoln were also surveyors?

Worship Committee Plans

Ash Wednesday Service

- ⇒ Ash Wednesday
- ⇒ March 5th @ Noon
- ⇒ A short Service
- ⇒ Light Lunch



Ash Wednesday, in the calendar of Western Christianity, is the first day of Lent and occurs 46 days before Easter. It is a moveable fast, falling on a different date each year because it is dependent on the date of Easter. It can occur as early as February 4 or as late as March 10.

This year's Ash Wednesday Service will be on March 5th. It will begin at 12:00 with a short service followed by a sandwich lunch.

Additional Worship Committee activities for March 2014 include the following:

- 3/23 - Guest preacher
We have looked far and wide and spared no expense to find that special visiting pastor. It is the Reverend Sam Lanham III of Salado.
- 3/30 - "Fifth Sunday" - A Joyful Noise
Come, join us either by singing or just listening and let us make a joyful noise unto the Lord and give our pastor part of the morning off on the 5th Sunday of March, 2014. Our theme will be:
 - Something old
 - Something new
 - All of it Borrowed
 - And all of it True

Greg Faber

Just to keep you up with one of our younger members, here is a note about Greg Faber, Ann Faber's son. Greg is completing his degree in Geographical Information Systems (GIS) at A&M Corpus Christi. He will graduate May 17th.



Bingo - 2/13/2014



Our (almost pro) Bingo Callers



Tied Winners



Maybe it wasn't the BINGO!



Not Winners?



Thanks
JR
and
John

John Schahn 2/8/1934 - 2/15/2014



Services for John Schahn were held 11:00AM, Wednesday February 19, 2014 at St. Francis Episcopal Church, Temple. Fr. Brad St. Romain and Pastor Carl Thompson co-officiated. A visitation was held Tuesday at the Salado Presbyterian Church from 6:00PM to 8:00PM.

John died peacefully February 15, 2014 from congestive heart failure. He was born to Carl Schahn, Sr. and Elizabeth McDonald Schahn, February 8th, 1934 in Orange, Texas.

John has been the head organist at St. Francis Church for 4 years in addition to helping other churches with their music ministry. He frequently played at the Christmas pageant, summer gatherings, private home parties and funerals throughout the community. He performed a concert for the new organ at the Salado Presbyterian Church and a concert for the *new* pipe organ at St. Francis Episcopal Church.



Men's Prayer Breakfast

The Men's Prayer Breakfast is off to a good start averaging 12 men for each of the first 4 weeks. We start with a breakfast, take prayer requests, pray, and conduct a brief study.

With both Carl Thompson and Sam Lanham involved with the discussion, the feeling that the Holy Spirit is in the room is quite strong. This is a truly blessed experience!

We have men attending from both inside the church as well as outside (Baptist, Lutheran, etc.). It is interesting that some of our men are not the usual Adult Sunday School folks.



Eph 1:16-17 I have not stopped thanking God for you. I pray for you constantly, asking God.... to give you spiritual wisdom and insight so that you might grow in your knowledge of God.

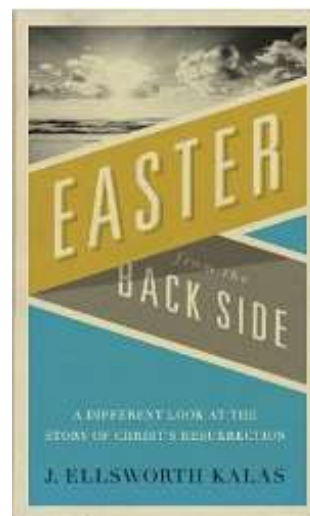
Adult Bible Study 3/9 to 4/20

Lenten lessons will begin on March 9 and conclude on Easter Sunday, April 20.

We will be studying J. Ellsworth Kalas' book, *Easter from the Backside*. The author looks beyond the traditional gospel scriptures to connect the story of Christ's resurrection with other stories and scriptures throughout the Bible, including both the Old Testament and the New Testament.

Even if you are familiar with the Easter story, this study will expose you to new possibilities of meaning, enriched with contemporary illustrations and personal experiences.

Join us as we observe Lent and celebrate Easter during our Sunday School hour (45 minutes) Sundays at 9:00 A.M. Coffee is served and all are welcome.



Common Lectionary Readings (Carl will change topics at times due to requests or other circumstances)

	Transfiguration Sunday March 2	Ash Wednesday March 5	First Sunday in Lent March 9	Second Sunday in Lent March 16	Third Sunday in Lent March 23	Fourth Sunday in Lent March 30
1st Reading	Exodus 24:12-18	Joel 2:1-2, 12-17	Gen 2:15-17; 3:1-7	Genesis 12:1-4a	Exodus 17:1-7	1 Samuel 16:1-13
Psalm	Psalm 99	Psalm 51:1-17	Psalm 32	Psalm 121	Psalm 95	Psalm 23
Sec. Reading	2 Peter 1:16-21	2 Cor. 5:20b-6:10	Romans 5:12-19	Romans 4:1-5, 13-17	Romans 5:1-11	Ephesians 5:8-14
Gospel	Matthew 17:1-9	Matthew 6:1-6, 16-21	Matthew 4:1-11	John 3:1-17	John 4:5-42	John 9:1-41

After Church Social— 2/23/2014

Hostess - Ellen
Staples



Even if its just Coffee



Diet
Lunch



Jim has something to say most of the time!



The Arners do have friends!