



# The Messenger

THEME: "GOD IS GOOD ALL THE TIME"  
(MARCH 2017)

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

## Carl's Comments - Reverend Carl Thompson



March Fifth, will be the first Sunday in Lent. As you know, the season of Lent, as currently observed, lasts forty days. The early church celebrated Lent only for a few days before Easter, but, over the centuries, the season grew until it was several weeks long. In the seventh century, the church set the period of Lent at forty days to remind people of the duration of Jesus' temptation in the wilderness. But, if you go to your calendar and count the number of days between Ash Wednesday and Easter, you total 46! Why the discrepancy? The Sundays during Lent are not counted.

What does Lent mean for us today? It is a special time of prayer and reflection, of confession and self-denial. These next seven weeks is a time for us to look deep into our heart, to think about our life and how you've been living it. What we need to give up for Lent, and for the rest of our life? If people want to temporarily give up certain things for Lent as a sign of love for their Savior, that's fine. But what Christ is really concerned about is what's in our heart.



The purpose of a Lenten discipline is to strip away those things which clutter one's life, or impedes one from being in a true relationship with God. It is also a time for people to experience and reflect on the sufferings of Jesus, considering our personal sin and unrighteousness.

During Lent many people give extra time to personal prayer. "If My people who are called by My name will humble themselves, and pray, and seek My face, and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land." As Christ fasted and prayed in the desert for forty days, we need to be mindful of Christ's

Continued on Page 2

## Calendar of Events

**Adult Sunday School at 9:00 AM**  
**Sunday Worship Services at 10:00 AM**

- **Tuesdays** - Men's Prayer Breakfast at 8 A.M.
- **Wednesdays** - Choir Practice at 5:30 P.M.
- **Mar. 1** - Ash Wed. Service with lunch - Noon
- **Mar. 26** - After Worship Social
- **April 9** - Palm Sunday
- **April 16** - Easter Sunday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MARCH 2017 - LENTEN SEASON</b>						
			1 Ash Wed	2	3	4
5	6	7 Yoga 1 PM	8	9 Yoga 10:30	10	11
12	13	14 Yoga 1 PM	15	16 Yoga 10:30	17	18
19	20	21 Yoga 1 PM	22	23 Yoga 10:30	24	25
26 Social	27	28 Yoga 1 PM	29	30 Yoga 10:30	31	Notes

### Message Continued..

example for the standards by which we live our lives. We must follow His example of self-giving and unconditional love.

We need to spend time with God examining what manner of person we are! We need to be brutally honesty; we need to take stock of our true spirituality. We need to look at how much we are really contributing, to the kingdom of God. Christianity is about more than outward behavior, it is about the condition of the heart. We need to prepare our hearts for Easter by setting aside this time for self-examination, and then where necessary, repentance and change.

Here is the question we need to ask ourselves as Lent begins. How can I use the 40 days of Lent to prepare my heart for Christendom's most sacred holiday? What can I do during the next 40 days to shake myself from business as usual, to a more spiritually attuned life? *Carl*



### Editor's Comment: Pete Stebbins

I love our church! It's full of a warm, friendly, caring bunch of people. Carl our pastor is great! As a congregation, we are growing spiritually. The hymns we sing are usually well known favorites. The choir has doubled in size in the last couple of years. We have recently added a new outreach – the Chair Yoga class. To net it out, we are much the way a good small town church should be /used to be!

I wish that more folks would join us to appreciate our special church. It may be our fault, we can't keep the PCS a secret any longer.

If people are looking for a Presbyterian Church here in Salado, I'm sure they can find us. The real question is how do we reach those folks who are not looking for a) Spiritual Home, b) Church, c) Presbyterian Church? Surely some out there are wondering: *Who am I? Why am I here? What happens after I die?*

How do we reach these folks who are not looking? I suggest that we get serious about inviting friends and neighbors to come visit. Make it easy, and even pick them up and bring them. Make it compelling and tell them we will have **food** (on Social Sundays). Or, at least, invite them to attend our Yoga Classes.

If you think back to folks that you know who have recently started coming to our church, it's likely that someone invited them. Statistics indicate that 86% of first time church visitors come because they were invited by a friend! Each of us can do this! Let's all **Invite a Friend!**



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

	Ash Wednesday Mar. 1	First Sunday in Lent — March 5	Second Sunday in Lent — March 12	Third Sunday in Lent — March 19	Fourth Sunday in Lent — March 26
<b>1st Reading</b>	Joel 2:1-2, 12-17	Genesis 2:15-17; 3:1-7	Genesis 12:1-4a	Exodus 17:1-7	1 Samuel 16:1-13
<b>Psalm</b>	Psalm 51:1-17	Psalm 32	Psalm 121	Psalm 95	Psalm 23
<b>2nd Reading</b>	2 Cor. 5:20b-6:10	Romans 5:12-19	Romans 4:1-5,13-17	Romans 5:1-11	Ephesians 5:8-14
<b>Gospel</b>	Matthew 6:1-6, 16-21	Matthew 4:1-11	John 3:1-17 or Matthew 17:1-9	John 4:5-42	John 9:1-41

### March Birthdays

- Rev. Sam Lanham 6
- Joshua Duque 15
- Carol Shuck 15
- Jean Teal 31

**Randy Kemp's Birthday** was February 9th - I apologize for missing it!

THE MESSENGER

### About our Members

**Michael and Nancy Kelsey** Mike has not been feeling as well lately. Some of the cancer tumor markers that have been coming down with chemotherapy have gone back up some. He continues a three week chemo schedule with the first week being difficult. MDA is monitoring some potential complications so pray that that these are not significant.

Nancy is on two targeted trial drug therapies at MDA for chronic lymphocytic leukemia (CLL). They are working! She will go to MDA on 3/1 and 3/29 then start going every three months.

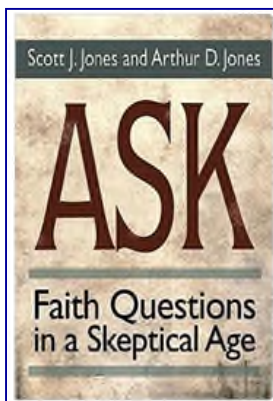
**Sharon VanWinkle** is healing well after her knee replacement. She was even seen driving her car. The therapist has completed her "torture therapy" and now we can just pray for improved strength. Sharon also wants to thank all those that sent cards, brought food (not a drop went to waste), and most importantly prayers.

**Renita Menyhert's** daughter, Sherry, is dealing with some health issues and needs our prayers. Some recent tests may reveal the source of the issues.

**Sam Lanham** has been having some skin biopsy's for the removal of cancer cells.







## Adult Bible Study

The Adult Class will conclude the current study of John Ortberg's All the Places to Go on March 19. On that Sunday books will be distributed for an 8-week series, Ask: Faith Questions in a Skeptical Age.

We live in a culture that is increasingly skeptical about Christian faith. The authors of this study are Bishop Scott Jones and his son, Rev. Authur Jones. They believe that for faith to thrive in the 21st century, Chris-

tians must first ask their own questions and then begin to answer the questions of a skeptical world.

I hope you will join us for this study and bring your thoughts and ideas for study, sharing and discussion.

Please be a part of this time of fellowship, study, coffee, and cookies at 9am.

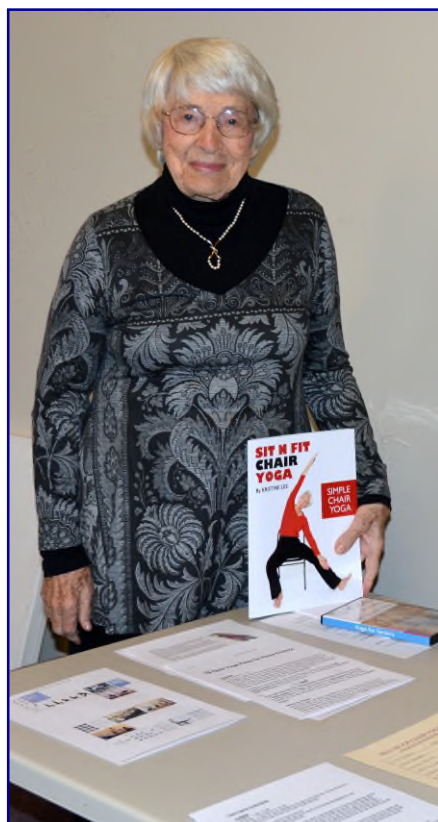


## An Experiment

There have been several requests by the congregation to add microphones in the choir loft. As an experiment, we are going to place the wireless microphones we currently have in front of the choir and activate them during the Choral Call To Worship and Choir Anthem for the next few weeks. We would very much appreciate your feedback on whether this enhances (or detracts from) your worship experience. We are particularly interested to hear from those of you who wear headphones during the service.

Thanks for your help -

Monte and Carol Shuck, Choir Directors.



## Chair Yoga - Letta Meinen

The Session has voted to approve a **Chair Yoga Class** to be held in our recreation room twice a week for a six-month period.

*“Benefits of chair yoga for seniors include a better sense of balance, stronger legs and increased self-esteem. This brand of gentle yoga for seniors is performed in a chair for greater safety and relaxed exercise.”*

**Letta Meinen** has been taking this class and attests to amazing results. She can vouch for this chair yoga program as she has found her health has greatly improved after several months of twice a week instruction. She has noticed her outlook on life and the good feeling she never got from any other exercise. She wishes to share this great way of getting exercise without any sore muscles. She recommends the two-a-week sessions for six months then you can decide if you feel it is worthwhile to continue.

There is **no charge** for the class!

- The starting date for Chair Yoga will be **Tuesday March 7**.
- **Tuesday** sessions will be from **1 to 2 p.m.**
- **Thursday** sessions will be from **10:30 to 11:30 a.m.**
- **Only 15** can be accommodated in the class. (Church members have the first priority in the class.)
- **Tracey Davis** will be our Instructor and is certified in this program.

**Letta Meinen** is coordinating this program and will have sign-up sheets at church. She can be reached at: 254-947-8073 or 254-466-6207 (cell) and [lettameinen@live.com](mailto:lettameinen@live.com) or [lettameinen@gmail](mailto:lettameinen@gmail.com)

# February Pot Luck Social



Close-in Socializing




## Meal provided by the N-Z members.



Some of the N-Z'ers  
(not pictured Joan Ray, Trish Stebbins, Nancy Norris,  
Cindy Pennington, Carol Shuck, Ellen Staples, Barbara  
Tindell, Jeanette West)

### Recipe of the Month from Denice Kemp

#### German Chocolate Upside Down Cake

- Softened butter for greasing the pan
  - Flour for dusting the pan
  - 1 cup sweetened flaked coconut
  - 1 ½ cups chopped pecans
  - 3 ½ cups powdered sugar
  - 1 cup butter, melted
  - 1 – 8oz cream cheese, at room temperature
  - 1 box German Chocolate cake mix with pudding
  - 1 ¼ cup water
  - 1/3 vegetable oil
  - 3 large eggs
- 
- Preheat oven to 375 degrees. Generously grease a 13X9 pan with butter, then dust with flour. Shake out excess flour. Sprinkle the coconut and pecans evenly over the bottom of the pan. Set aside the pan.
  - Place the powdered sugar, melted butter and cream cheese in a large mixing bowl. Mix on low speed for 30 seconds, then increase speed to medium and beat 30 seconds more, or until smooth. Set the bowl aside.
  - Place the cake mix, water, oil and eggs in a large mixing bowl. Mix on low speed for 1 minute. Increase the mixer speed to medium and beat 2 minutes more. The batter should look well combined. Pour the batter over the coconut and pecans, making sure to smooth it out.
  - Spoon the cream cheese mixture on top of the batter, leaving a 1 inch border of cake batter on all sides.
  - Spread out the cream cheese, it does not have to be completely smooth.
  - Place pan in the oven and bake 45 minutes or until cake springs back when lightly pressed with your finger. Also, the cream cheese mixture if exposed, should be lightly browned.
  - Remove the pan from the oven and cool on wire rack for 20 minutes.
  - Run a knife around the edge of the cake and invert it on a serving platter. Let cake rest for 20 minutes more. Slice into squares and serve.