



The Messenger

GAL 6:9

SO LET'S NOT GET TIRED OF DOING WHAT IS GOOD.
(JUNE 2019)

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

Carl's Comments - Reverend Carl Thompson

For us here in the Presbyterian church of Salado another year is over. We focus our year around our religious education program. Beginning in June of every year we pause to take a break from our activities to allow all of our people to have an opportunity to rest and relax for the summer so that in September we can start up again rested and relaxed. For the next three months you will see a reduction in many of our programs. It is important for you to rest.



“Rest” is defined as “peace, ease or refreshment.” “Relax” means “to become loose or less firm, to have a milder manner, to be less stiff.” The Bible speaks quite highly of rest. It is a repeated theme throughout Scripture, beginning with the creation week God created for six days; then He rested, not because He was tired but to set the standard for mankind to follow.



According to the Bible, rest is about more than just taking time off. After creating the world, God looked around and saw that “it was very good.” God did not just cease from his labor; he stopped and enjoyed what he had made. What does this mean for us? We need to stop to enjoy God, to enjoy his creation, to enjoy the fruits of our labor. The whole point of Sabbath is joy in what God has done.

In the Bible, Sabbath rest means to cease regularly from activities and to enjoy the results of your efforts. It provides balance: “Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God.” God is very serious about rest. We no longer work 12-hour days six days a week as the Old Testament people did. Our rest days are now called vacations. We need to take that time to rejuvenate: physically, mentally and spiritually.

CONTINUED ON PAGE 2

Calendar of Events

Sunday Worship Services at 10:00 am
Men's Prayer Breakfast Tues. 8 am
Chair Yoga Tuesdays and Thursdays

- **June 2 - Special Music “The Family of God”**
The Choir's last big performance of the season.
- **June 9 - Worship with Communion**
Session Meeting after Worship
- **June 14 - Flag Day**
- **June 16 - Father's Day**
- **June 30 - Social after Worship**
A "Tribute to Dads" Theme & Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		JUNE 2019				1
2 	3	4 Yoga 1 PM	5	6 Yoga 10:30	7	8
9	10	11 Yoga 1 PM	12	13 Yoga 10:30	14 	15
16 Father's Day	17	18 Yoga 1 PM	19	20 Yoga 10:30	21	22
23	24	25 Yoga 1 PM	26	27 Yoga 10:30	28	29
30 Social						

Carl continued

God desires rest for us because it does not come naturally to us. To rest, we have to trust that God will take care of things for us. We have to trust that, if we take a day off a week, a month off, the world will not stop turning on its axis. If one of the definitions of “relax” is “to become less firm,” then relaxing our grip on our own lives, careers, families, organizations and even our Church work, and giving them over to God in faith is the best way to relax.



For the Christian, the ultimate rest is found in Christ. He invites all who are “weary and burdened” to come to Him and cast our cares on Him. It is only in Him that we find our complete rest, from the cares of the world, from the sorrows that plague us, and from the need to work or volunteer to make ourselves acceptable to Him. We no longer observe the Jewish Sabbath because Jesus is our Sabbath rest. In Him we find complete rest from the labors.

So, this summer turn you cares over to Jesus, enjoy life with your family and friends. Don't feel guilty about getting the rest and relaxation God wants you to enjoy. Come September we will kick in full steam again, so enjoy the summer.

God Bless you, *Carl*

June Social

On June 30, the fifth Sunday, we will have a "Tribute to Dads." I plan to get a couple of briskets then have others bring the sides!



Hopefully, I can get a couple of guys to tell stories about valuable lessons their Dads taught them that have been useful throughout their life! A small gift will be given out for special reasons!! Shirley Lett at 254-947-8646 or lettsjlett@gmail.com

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

	Seventh Sunday of Easter - June 2	Day of Pentecost - June 9	First Sunday after Pentecost - June 16	Second Sunday after Pentecost - June 23	Third Sunday after Pentecost - June 30
1st Reading	Acts 16:16-34	Acts 2:1-21	Prov. 8:1-4, 22-31	1 Kings 19:1-4,8-15a	2 Kings 2:1-2, 6-14
Psalm	Psalm 97	Psalm 104:24-34,35b	Psalm 8	Psalm 22:19-28	Psalm 16
2nd Reading	Revelation 22:12-14, 16-17, 20-21	Romans 8:14-17	Romans 5:1-5	Galatians 3:23-29	Galatians 5:1, 13-25
Gospel	John 17:20-26	John 14:8-17	John 16:12-15	Luke 8:26-39	Luke 9:51-62

June Birthdays

- Letta Meinen 2
- Betty Morgan 3
- Sharon Michael 9
- Julie Goggans 11
- Bill Pinkston 22
- Ralph Castor 23
- Monte Shuck 24
- Amy Carlson 25
- Martha Harper 27
- Shirley Pinkston 27

About our Members

Jack Goggans has had several problems including a hernia and abdominal aortic aneurism. He got the AAA repaired on May 6th and the hernia surgery is to be June 4th..

Carol Booher has been gaining strength and has been able to join us in church. To be closer to her doctors, John and Carol are moving. 6312 Dorothy Muree Drive, Temple TX 76502

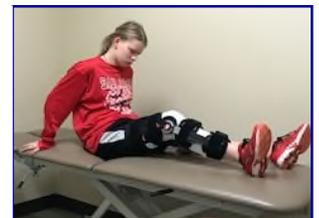
Carl Thompson had a hernia surgery on 4/23 and there are still some concerns about the mesh. Pray that this clears up.

June Lubowinski's recent scans showed irregularities in her left lung. She is blessed to find that the “things” were just shadows.

Betsy Tyson's son-in-law, John Davis, had surgery to remove a tumor and some of his colon. He has had a rough recovery with multiple

infections. Pray that he gets the drain tube out this week and has no further infections.

Julie Vesely's 8th-grade daughter, Kirsten, tore her ACL. Hoping that she may no longer require the leg brace. She may need to use one crutch for balance but the goal is to be walking normally before marching band practices starts mid-July. It will take another 6 months of rigorous PT to regain running strength so that she can return to sports. Her favorites are basketball and soccer. Prayer that Spring soccer is in her future.



REMEMBERING - by Linda Lloyd

Most of you know that I'm a member of a "Gold Star Family". My birth father was killed in the "Korean Conflict." So this "day of remembrance" and Carl's comments this morning held special meaning for me.

But I can never think about Memorial Day without thinking about my grandparents. The two are intertwined in my memory.

Each and every Memorial Day, for as far back as I can remember, was spent in the same way. My Grandad, Swart, would wash the Chevy, and gas it up. Grandma Valdie would make a picnic lunch, load it in a cardboard box, along with utensils, napkins, plastic silverware and cups, and cover it with some folded newspaper and a dishcloth. The food that needed refrigeration was stored in a small cooler.

The lunch menu never varied. It always included Grandma's homemade chicken salad sandwiches, her delicious raisin filled cookies, made from a cherished recipe from Vesta Bebout, and potato salad with her homemade boiled dressing, so yellow it looked like lemon pie filling, tomatoes, which we would eat whole, with the juice running down our chins, and watermelon, which she and Grandad would eat sprinkled with salt. We would wash it all down with some tart lemonade, which I delighted in making when I got strong enough to roll the lemons.

The trunk of the Chevy would be full. In addition to

the picnic lunch, there would be several boxes containing flowers ready for planting, and the necessary tools to do the job. Pansies were always included because I loved them and always wanted to plant them on my Dad's grave.

My grandparents and I, often accompanied by my brother Merle, would head out to the cemeteries. Yes, I said cemeteries, plural. It seemed like it took forever to reach the first one. Of course we were probably never more than 30 miles from home at any given time. But when you're little and there's a picnic lunch in the trunk, 30 miles can seem like a very long way.

We would clear the graves of debris, trim the grass away from the headstones, then plant the flowers and water them. Each cemetery had some water spigots, so my brother and I would make several trips up and down the hills with our little containers of water.

Finally, we would come to the last graveyard on our route. It had a flat rise almost directly in the middle. So we would unload everything and have a picnic right there in the midst of the graves. Can you imagine?

So you see, I have a lot of memories connected to Memorial Day, some sad ones for the father I never knew, and lots of happy ones of the grandparents who had enough love in their hearts to raise their daughter's little girl.

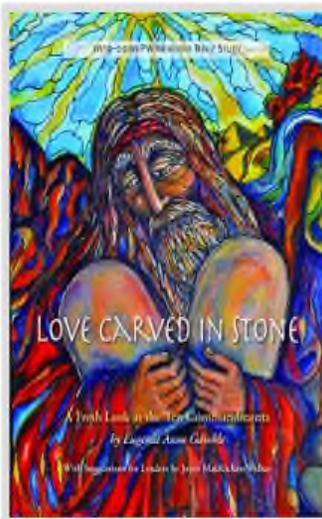
From a Merry Heart, Linda Lloyd



Summer Bible Study Starts July 11th

"Love Carved in Stone: A Fresh Look at the Ten Commandments" is the Bible study for eight Thursdays this summer, July 11 through August 29. We shall follow the same routine as last year, meeting after chair yoga and allowing a 30-minute lunch break before starting at noon. The group is open to all members and friends of our congregation. Please consider attending whenever you can.

The author is Eugenia Anne Gamble, who is known for helping to make the Bible come alive in people's lives. She has been a pastor for more than 30 years, and she approaches the Ten Commandments as "Ten Words of Love" from God to His



people, the Israelites. In her "Introduction," she invites us "to consider how these commands were understood in their earliest forms and how that understanding can unlock fresh insights for our lives today."

So far 10 persons have told me that they would like to do the study. Books for the study will be ordered on June 10th. If you have not yet told me that you wish to do this study, please contact me soon at 512-876-4211 or pacrehm2017@gmail.com. I hope to hear from those who would like to have a book, even if they cannot come every time or at all.

Sincerely, Pat Rehm

Update on Chair Yoga by Letta Meinen

I started participating in Chair Yoga at the Salado Fitness Center in June of 2016. After several months, I could tell it had really helped my balance and all-round good health. I thought it would be beneficial for the church to offer this to the elderly in our community. I approached Rev. Thompson with my idea in January of 2017 and on February 19, I presented my idea to the Session. Specifically; that I would support a trial Yoga class for six months with Tracey Davis as our Instructor. I explained to the Session that I had great confidence in Tracey as a dependable instructor and how it helped me stay healthy. Then after the six months, they could decide if it was a worthwhile project as an Outreach Program for our community.

The Session agreed with my idea and we started the Yoga classes on March 6th, 2018. The classes were scheduled every Tuesday at 1:00 – 2:00 and every Thursday from 10:30 to 11:30. (These were the only times Tracey had available.) After seven successful months, the Session met in October and agreed to pay Tracey Davis our Yoga Instructor from church funds.

As news that the church was offering Chair Yoga classes got out, our classes started to grow in number. They have grown to average attendance now at 15-20 (and usually half of them are non-church members from the Salado Community). Chair Yoga has become a popular way to improve your health even after surgeries. The Scott & White Clinic has recommended some of their patients to take Chair Yoga to speed up healing.



We register each person who comes to our Yoga classes by filling out a health form for Tracey. They are also given a sheet of our scheduled meetings and a list of the benefits many get from Chair Yoga. I make a copy of each registration so both Tracey and I have a record of those who have signed up. We now have, at this time, 51 people who have filled out our registration form. Some give us a try and have been here more than once, but we have many who are dedicated to improving their health with Chair Yoga as a key component.



The Second Octave

I believe the entire church will agree that Carol and Monte's contribution to the church and our worship experience through music is unsurpassed. Most don't realize the many hours they spend choosing the music and readings for our weekly services, as well as the special programs like the "Family of God" program planned for June 2nd.

Monte is also the one who writes the special music for the bells we use occasionally in the worship service. He has been limited to keeping the special bell music to one octave, so in honor of Monte and Carol, my husband, Bob and I have donated a second octave of bells to the church to be used for worship. We hope you enjoyed hearing them last Sunday as the choir sang "Holy Spirit Rain Down."

May the Spirit continue to lead Monte, Carol, our choir and our church in worship each Sunday.

Nancy and Bob Norris

Worship Committee

Regarding flowers for worship services.

There has recently been some confusion about the process of donating flowers for the worship services. We thought that an outline of the process would be useful. It is our goal to: a) recognize the givers and circumstances of the gift; b) keep track of our costs compared to budget; and c) credit members donations at year-end.

Please use this guide:

1. Sign up on the Flower Donation Sheets in the narthex to reserve your special dates and circumstance surrounding.
2. Determine your choice of flowers. These might be flowers that the Worship Committee chooses (standard \$25) or you might visit our Brookshire Brothers Florist and choose something unique. (Dean can tell you the cost).
3. Write a check to the church for either amount and write on the memo line, "flower donation for date" and put it in the collection plate

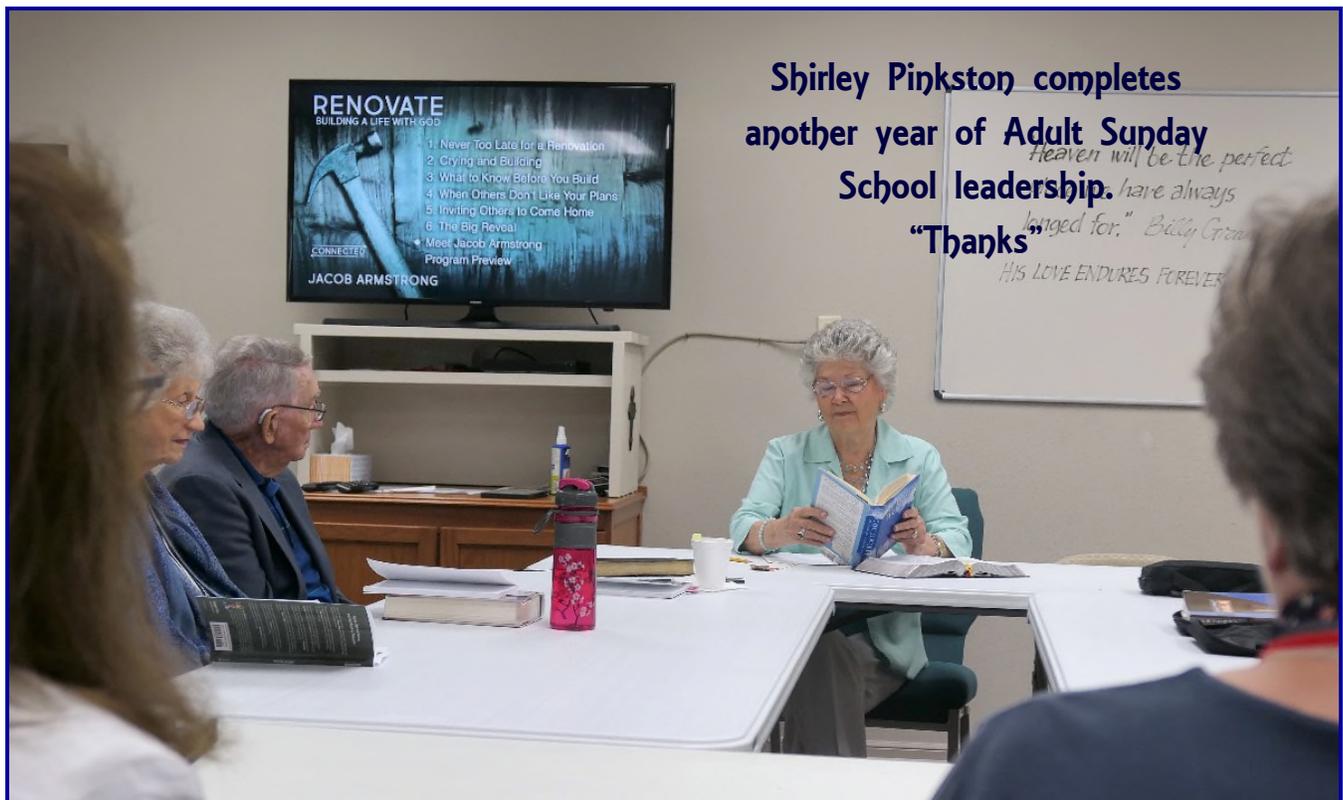


You can coordinate with Joyce Goza or Nancy Norris if you have any other special needs.

However, please do not just go to a floral shop and place orders billing them to the church. The church is not authorized to pay these bills.

Again, thank you for supporting the church with the gifts of flowers.

God Bless our church and its members.



Shirley Pinkston completes
another year of Adult Sunday
School leadership.
"Thanks"

Social - May 26

The Theme for our May social was a "Tribute to Mothers"!



Participants were asked to bring a favorite dish their Mother prepared during childhood!



Several folks shared special memories of an event involving their Mother.

(Here are some of those volunteers)

