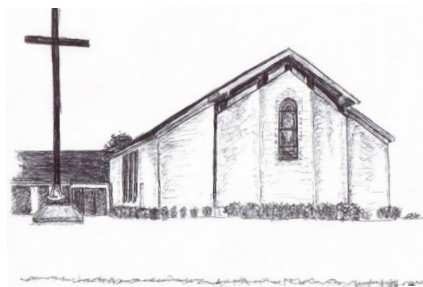


# Presby News

NOVEMBER 2019



## FROM THE PASTOR . . .

Oftentimes in life, how we feel about life depends more on **how** we respond to what happens to us rather than on what happens to us. We have all observed the differences between how two people who experience the same bad thing happen to them may handle it.

One person gets hung up on the bad event and everything that went along with it. He or she may allow their negative feelings to so dominate his/her outlook on life that all of life looks gloomy and depressing. The other person, while being upset about the bad event, is able to accept it as a bad part of reality that must be faced--but does not get stuck and moves on in life with a positive outlook.

Difficult times can result in making us bitter--or better. It all depends upon how we respond, **don't you think?**

This may remind us of the old illustration of how we see the glass: **Is it half empty or half full?** To see the glass half empty is generally to be more pessimistic, negative, and hopeless about the future. To see the glass half full is generally to be more optimistic, positive, and hopeful about the future.

We need to remember **how upbeat Jesus seemed to be** even in the face of the great suffering lying ahead in his future. Remember what He said in John 16:33: "In this world you will have trouble. But take heart! I have overcome the world." The humiliation and pain of the crucifixion was almost immediately ahead of Him when he spoke these words.

In the 2019 September issue of the Reader's Digest, there was a fascinating article entitled: "Laugh Yourself Smarter." Adam Piore, author of the article, argues that **humor stimulates** our brains and adds to our well-being.

Studies cited in this article indicate that our brains are more activated by an image with a humorous label than by an image with a non-humorous label.

The article, also, indicates that laughter has a way of **naturally relieving stress**. Piore says: "A good joke can function as a release valve for the whole body."

Research seems to indicate that such things as blood flow, immune response, blood sugar levels, and even sleep can be improved with laughter.

Jesus said that he came in order for us to have life--and to have it more abundantly. That more abundant life is **available** to us **as we open our lives more fully** to the Lord Jesus Christ.

A cheerful attitude, friendliness, the ability to laugh (even at ourselves), a smile on the face, and displaying a good sense of humor may be a **wholesome influence** on those we relate to both **inside** the church and **outside** the church.

Thanks again for the privilege of serving as your pastor!

Jim

Psalms 95:2

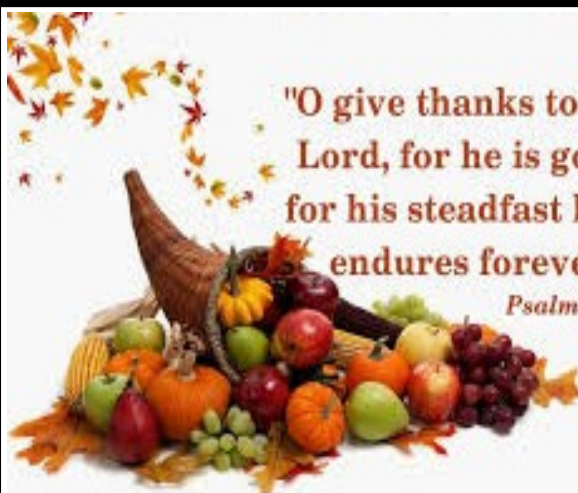
Let us come before his  
presence with  
thanksgiving, and  
make a joyful noise  
unto him with psalms.

## SPECIAL DATES

November 3	9:00 am Brookdale Worship 11:00 am Communion Served Daylight Savings Time Ends
November 6	3:00 pm Prayer Meeting
November 11	Veterans Day ( <i>Office Closed</i> )
November 13	3:00 pm Prayer Meeting
November 20	3:00 pm Prayer Meeting
November 27	3:00 pm Prayer Meeting ( <i>Cancelled</i> )
November 28	Thanksgiving ( <i>Office Closed</i> )

"O give thanks to the  
Lord, for he is good;  
for his steadfast love  
endures forever..."

Psalms 107:1



## Minutes of Stated Session Meeting

First Presbyterian Church, Alexandria, Louisiana

August 19, 2019

The Session met in the church library, 357 Windermere Boulevard, Alexandria, Louisiana. Jim Hockensmith called the meeting to order at 6:00 p.m. and opened with prayer.

Members Present: Annelize Benade, Bill Higgins,  
Jim Hockensmith

Treasurer: None

Elders Excused: Elizebette Kennedy, Sandy Brister (Moderator)

Guests Present: Jim Heath

A quorum was present.

### Finance Report:

Financial statements and bank statements for July, 2019, were distributed, reviewed, and initialed by the Session.

**Motion:** That the Session approve the financial and bank statements for July, 2019:

Moved: Bill Higgins                      Second: Annelize Benade  
Motion: Carried

### Approval of Minutes:

The Session reviewed the minutes for the Stated Meeting of the Session for June 17, 2019.

**Motion:** That the Session approve the minutes for the Stated Meeting of the Session for June 17, 2019 as presented.

Moved: Bill Higgins                      Second: Annelize Benade  
Motion: Carried

### COMMITTEE REPORTS AND SESSION ACTIONS:

**Congregational Life/Christian Education, Evangelism, Worship & Missions Committee Report: Jim Hockensmith**

The Session discussed the idea of adding a Backpack Blessing to the August 25 liturgy. It was decided that Jim Hockensmith would ask Carolyn Sterne to send out an email to the congregation with details about the Blessing.

### Property Report:

The Session discussed the job estimate from Paul Cantrell to replace the leaking windows in the Youth Wing. After a brief discussion, the following motion was made:

**Motion:** That the Session approve Paul Cantrell repairing the leaking window in the Nursery, with the other windows to be repaired at a later date.

Moved: Bill Higgins                      Second: Annelize Benade  
Motion: Carried

### Old Business:

**Motion:** That the Session reinstate the ministry to supply LSU-A international students with toiletries, linens and laundry, kitchen items, etc. The Session will also ask Circle Church if they would like to join in this ministry with First Presbyterian.

Moved: Bill Higgins                      Second: Annelize Benade  
Motion: Carried

### New Business:

**Motion:** That the Session approve Dr. Heath's request for 2 weeks of vacation, September 2-15, 2019. Dr. Heath will be out of the pulpit on September 8 and 15, 2019.

Moved: Bill Higgins                      Seconded: Annelize Benade  
Motion: Carried

**Motion:** That the Session approve Jim Hockensmith supplying the pulpit September 8 and 15, while Dr. Heath is on vacation.

Moved: Bill Higgins                      Seconded: Annelize Benade  
Motion: Carried

**Motion:** That the Session approve Molly Sooter's request to use the Sanctuary on Monday, Tuesday, and Wednesday from 3:00 p.m. to 6:00 p.m. to teach piano for a weekly fee of \$37.50 or \$150 monthly.

Moved: Bill Higgins                      Seconded: Annelize Benade  
Motion: Carried

### Adjournment:

**Motion:** That the Session Meeting be adjourned.

Moved: Bill Higgins                      Seconded: Annelize Benade  
Motion: Carried

The Stated Meeting of the Session adjourned at 6:30 p.m. with a closing prayer by Jim Heath. The next Stated Meeting of the Session will be held at 6:00 p.m., Monday, October 21, 2019. The Session will conduct business through email until the October 21 meeting.

Respectfully Submitted,  
Jim Hockensmith

/cs



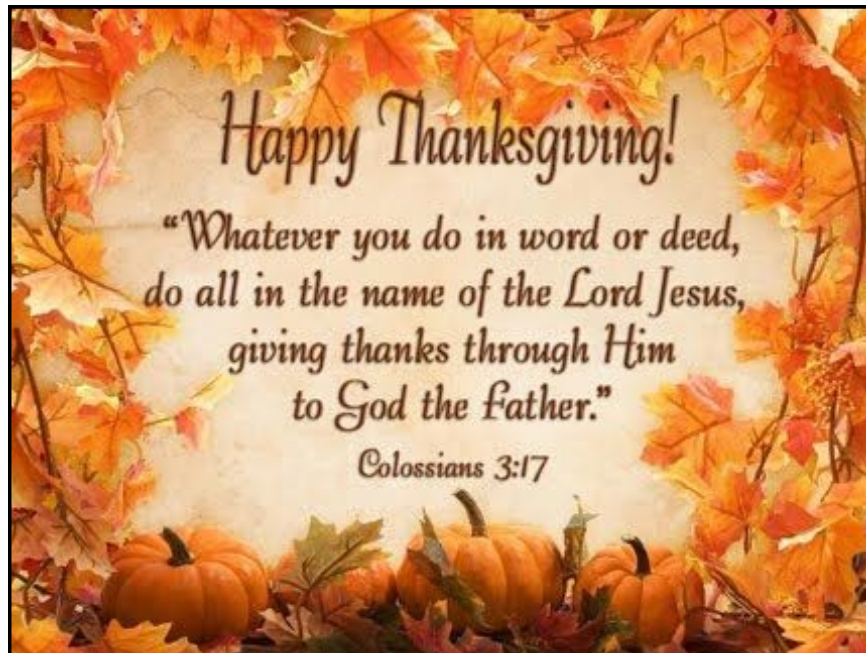
# November Responders Schedule

	Usher Narthex	Monitor	Communion Servers
<b>November 3</b>	Robert Kennedy	Jim Hockensmith	<b>Elder Liturgist:</b> Bill Higgins <b>Communion Team:</b> Jim Hockensmith
<b>November 10</b>	Annelize & Dirk Benade	Dirk Benade	
<b>November 17</b>	Robert Kennedy Elizebette Kennedy	Jim Smolenski	
<b>November 24</b>	Jim Hockensmith Robert Kennedy	Bill Higgins	



11/25

Rebecca LaPrairie



## First Presbyterian Church

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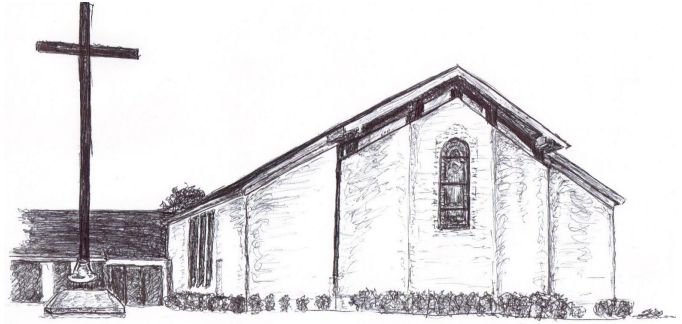
Jim Heath, *Stated Supply Pastor*

Aaron Rogers, *Choir Director*

Robyn Tan, *Pianist*

Carolyn Sterne, *Secretary*

Charles Bell, *Sexton*



### ***WEDNESDAY SCHEDULE***

3:00 pm Prayer Service

First Presbyterian Church

357 Windermere Blvd.

Alexandria, LA 71303

**Come experience God's love at First Presbyterian Church**

Sunday School—9:45 a.m., Worship—11:00 a.m.