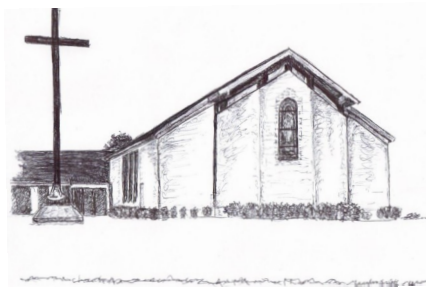


# Presby News

OCTOBER 2019



## FROM THE PASTOR . . .

Dealing with guilt is a challenge for many Christians, even though we believe that through Jesus Christ we are forgiven of all our sins. While attending a class session dealing with this topic a number of years ago, the teacher (sorry--I didn't write down his name) shared some profound wisdom on how to deal with our guilt. Here are the suggestions he made with some modifications. I hope that they will be helpful to you if you sometimes struggle with the nagging feelings of guilt.

Here they are:

(1) On a blank piece of paper, make a list of all of the things you feel guilty about. Make a complete list, even of those things for which your guilt may not be rational or justified. Don't leave anything out.

(2) After completing your list, turn toward the back of your Bible until you come to I John and find chapter 1, verse 9. After finding it, read it out loud. It goes like this in the NIV: "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

After reading it once out loud as it is printed, read it a second time but personalize it as follows: "If **I** confess **my** sins, he is faithful and just and will forgive **me my** sins and purify **me** from all unrighteousness."

(3) Now, start with item #1 on your list. Acknowledge to God that it is sinful.

(4) Then, write "I John 1:9" over the item.

(5) Repeat steps (3) and (4) for **all** the sins you feel guilty of on your list.

(6) Then in large print, write "I John 1:9" over the entire list.

(7) Write out the following statement and fill in the blanks.  
On \_\_\_\_\_, (Date) I received God's forgiveness for **all** of my sins.

\_\_\_\_\_  
(Signature)

(8) Tear off the statement you filled out in (7) and keep it with you in your purse or wallet.

(9) Burn, bury, or trash the list covered with "I John 1:9."

(10) Celebrate the reality of God's grace in forgiving you of **all** your sins and if you should ever feel guilty again, take out the statement you signed and read it once again.

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I hope that this is helpful. Doing this tangible exercise may result in your truly feeling free of your guilty feelings.

By the way, if there is some topic or passage of scripture which you would like for me to address in a sermon or in my monthly newsletter column, please write it down on a piece of paper and put it in the offering plate when it is passed your way during morning worship--or place it in the Suggestion Box outside the church office.

And pray for me that the Holy Spirit will guide me in preparing and delivering my sermons from Sunday to Sunday.

Thank you for the privilege of serving as your pastor!

Jim

## SPECIAL DATES

October 6	9:00 am Brookdale Worship
	11:00 am Communion Served
October 9	3:00 pm Prayer Meeting
October 16	3:00 pm Prayer Meeting
October 21	6:00 pm Session Meeting
October 23	3:00 pm Prayer Meeting
October 30	3:00 pm Prayer Meeting

*Dr. Heath in office on Wednesdays 10 am to 2 pm*



"And we know that all things work together for good to them that love God, to them who are the called according to his purpose."

**ROMANS 8:28 KJV**

# FUNNY CHURCH BULLETIN TYPOS

***"A merry heart doeth good like a medicine."***

***Proverbs 17:22***



- "Barbara remains in the hospital and needs blood donors for more transfusions. She is also having trouble sleeping and requests tapes of Pastor Nelson's sermons."
- "Next Thursday, there will be tryouts for the choir. They need all the help they can get."
- "The 'Over 60s Choir' will be disbanded for the summer with the thanks of the entire church."
- "The outreach committee has enlisted 25 visitors to make calls on people who are not afflicted with any church."
- "A cookbook is being compiled by the ladies of the church. Please submit your favorite recipe, also a short antidote for it."
- "At the evening service tonight, the sermon topic will be 'What is hell?' Come early and listen to our choir practice."
- "Next Sunday is the family hay ride and bonfire at the Fowlers'. Bring your own hot dogs and guns. Friends are welcome! Everyone come for a fun time."
- "Let us join David and Lisa in the celebration of their wedding and bring their happiness to a conclusion."
- "Mr. Bradford was elected and has accepted the office of head deacon. We could not get a better man."
- "Ladies, don't forget the rummage sale. It is a great chance to get rid of those things not worth keeping around the house. Don't forget your husbands."
- "Great news! Doctors have performed a CAT scan on Pastor McLaren's head and report that they have found nothing!"
- "The church is glad to have with us today as our guest minister the Rev. Ralph Green, who has Mrs. Green with him. After the service we request that all remain in the sanctuary for the Hanging of the Greens."



# October Responders Schedule

	Usher Narthex	Monitor	Communion Servers
<b>October 6</b>	Robert Kennedy	Jim Hockensmith	<b>Elder Liturgist:</b> Jim Hockensmith <b>Communion Team:</b> Annelize & Dirk Benade
<b>October 13</b>	Annelize & Dirk Benade	Dirk Benade	
<b>October 20</b>	Robert Kennedy Elizebette Kennedy	Jim Smolenski	
<b>October 27</b>	Jim Hockensmith Robert Kennedy	Bill Higgins	



**10/03**

**Jace Huffman**

**10/09**

**Debbie Ware**

**10/29**

**Jim Smolenski**



## IT'S TIME FOR THE FALL LSUA DONATIONS FOR INTERNATIONAL STUDENTS

*Below is a list of supplies needed:*

**Toiletries:** soap, shampoo, conditioner, toothpaste, toothbrushes, body lotion, razors, shaving cream, toilet paper, paper towels, shower curtains

**Linens & Laundry:** twin bed sheets, blanket, pillows and pillow case (twin), bath towels, clothes hangers, laundry detergent, laundry bags

**Kitchen Items:** water bottles, bowls, cups, plates, utensils, dish soap, can openers, snacks, instant noodles, canned food, drinking water

*(Place donations in boxes in Narthex & Church Office)*

*Thank you so much for your generosity! The students are most grateful!*

## First Presbyterian Church

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[www.alexandriafpc.org](http://www.alexandriafpc.org)

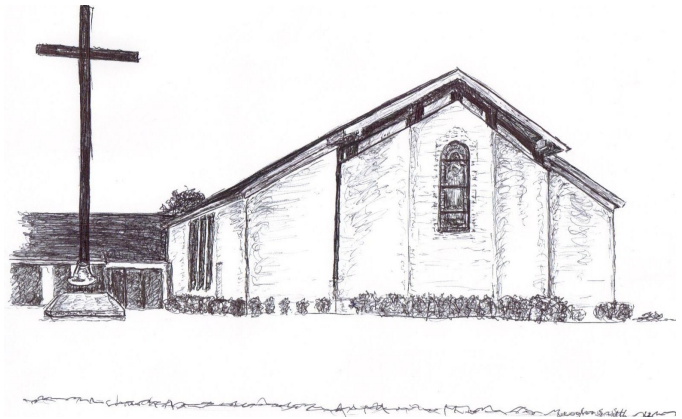
Jim Heath, *Stated Supply Pastor*

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.