



Volume 361

# PRESBY PRESS



Greenwood Presbyterian Church

January 2023

“Let your eyes look straight ahead; fix your gaze directly before you.  
Give careful thought to the paths for your feet and be steadfast in all your ways.  
Do not turn to the right or the left; keep your foot from evil.”  
*Proverbs 4:25-27*

## A NOTE FROM THE EDITOR

I was doing some New Year cleaning/organizing of computer files as I was preparing the Presby Press this month and came across the January 2020 issue. That was my first transitional issue as I began the process of taking over for our late, great editor, Allan Fish. Time has flown by in the past three years! Little did we know back then what types of trials we would face in 2020 and beyond. I made a comment in the Letters from the Editors section back then: *“I am looking forward to all the years ahead! I am blessed to be a member of this Church and Family and am anticipating with joy getting to know each of you even more through the news we share!”* I continue that sentiment – I truly have gotten to know many of you more over the past few years and continue to be blessed as a member of GPC. Thank you for welcoming me with open arms and thank you for continuing your support of this publication with your submissions. I hope each and every one of you have wonderful new year! Here is to 2023!!  
*Lauren Underwood, Editor*

## SESSION MINI-MINUTES

*Submitted by Jan Mernone, Clerk*

Sitting here thinking about what I will write, the wind blowing like crazy outside, the kitty curled up on the couch, I ponder how grateful I am to be on the inside looking out. So many blessings when we stop and think about it. One of the great blessings of our time is probably antibiotics (the first blessing is good health). Having been sick myself, and talking with lots of people also in the same boat, I thought I might share some home remedies for a sore throat from [The Old Farmer’s Almanac](#).

- **D**rink fluids and stay well hydrated, try drinking or at least supping water every hour. Drink warm herbal teas made from Echinacea, peppermint, or chamomile.
- **G**argle with salt water. Combine 1 cup of warm water with 1 teaspoon of salt and stir to dissolve. Gargle with a mouthful of this mixture for 30 seconds, once per hour.
- **G**argle with cool sage tea. Mix 1 teaspoon of the herb (has anti-inflammatory and antibacterial property) in 1 cup boiling water for 10 minutes, strain and gargle.
- **D**rink Lemon water. Lemon contains vitamin C and antioxidants and increases the amount of saliva produced. Take 1 tablespoon of concentrated lemon juice followed immediately by a tablespoon of honey just before bed to soothe your throat until morning.
- **S**ip apple cider vinegar with honey. The apple cider contains acetic acid which has antibacterial properties. To help relieve throat pain, mix 1 tablespoon of apple cider vinegar and 1 tablespoon of honey in a cup of warm water. (do not give to children under age 1)
- **D**rink Ginger Tea. Ginger relieves inflammation. You can purchase ginger tea or make your own with fresh ginger. Boil 4 cups of water in saucepan. Turn off heat, add 1 tablespoon of grated ginger, and cover for 10 minutes. Stir in 1 tablespoon of honey and a squeeze of lemon juice. Drink warm or cool.

Now to get to what I am really supposed to be sharing with you: Our session ranks were once again diminished by illness, but we soldiered on.

Some good news, our income of \$18,522.08 exceeded our expenses of \$15,665.52 for the month. The Clerk passed out our Christmas Gifts to staff last week and Pastor Peter expressed his thanks for his Christmas gift from the Congregation. Communion will be prepared and served on January 1 by Birgit Kreck, Dave Baker, Betty Gilliland, and Ebbie Crawford.

The Deacons are concluding their “bricks project” with the setting of the bricks on December 21. Be sure to check it out next time you are at church. Maintaining is grateful to Chuck Deeter for some repairs and blade sharpening. They reported that the recital on December 10 by the Red Fiddlers (violin students) was attended by about 100 people. A switch was replaced in a head start room wall unit by Carl’s Heating and Cooling. (Fortunately Head Start was here as this could have caused a lot of damage if it had gone unnoticed.) Our renter has left the rent house. There will be a lot of interior work to be done. Maintaining will get several bids.

A reminder that Pastor Peter will be on vacation from January 5--January 12, 2023. Some other important dates to mark on your calendar: The Annual Meeting of the Congregation and Corporation will be February 12, 2023. All Reports will be due to Charlotte by January 29, 2023. Installation of Officers will be February 19, 2023.

*Happy, Healthy, and Safe New Year,  
Ye Ole Clerk*

### **FEATHER IN YOUR CAP**



I would like to nominate Steve Raney to receive a feather in his cap because the Church is so clean and shiny. He is doing a very good job. – Rita Kistner

### **SPECIAL COFFEE FELLOWSHIP**

*From Mid-Week Memo*

On Sunday, January 15 after worship, the Deacons will offer a special Coffee Fellowship as a thanks to our congregation for your support of the Chrismon ministry this Christmas. We’d thank you to join us!

### **FROM WIDOWS TO WARRIORS**

*Submitted by Judy Lovejoy*

New Bible study on Zoom, Mondays 7:00-8:00 p.m. January 9 through February 13

Our winter Bible Study on Zoom will be based on the book “From Widows to Warriors” by Lynn Japinga. Judy Lovejoy will lead the discussion. We all know the names and stories of dozens of strong, competent men in the Bible but how many determined, powerful women can we name? The Bible is full of them and we will be learning about 42 of them beginning Monday, January 9 at 7 pm. Sign up on the bulletin board across from the office. If you need help getting in Zoom, talk with Judy. You can use a computer, tablet, or smart phone to connect.



BOY SCOUTS OF AMERICA

### BOY SCOUT NEWS

Submitted by Dave Baker  
Liaison for BSA Troop #266



BOY SCOUTS OF AMERICA

BSA Troop #266 Troop Meetings are  
Thursdays from 7:00pm to 8:30 pm  
Meeting in the Fellowship Hall

- ❖ MEETINGS THIS MONTH: January 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>.
- ❖ 1/7 Saturday – Philmont Practice Hike at Morgan Monroe State Forest. Leave GPC @ 8:00 am
- ❖ 1/7 Saturday –Firecrafter Mid-Winter Dinner at Camp Belzer. Leave GPC @ 3:00 pm
- ❖ 1/12 Thursday - Bring Scout Book for Advancement Recording @ 7:00 pm
- ❖ 1/14 Saturday –CAC Wilderness First Aid & CPR Training at Camp Belzer. Leave GPC @ 9:00 am
- ❖ 1/20 Friday through 1/22 Sunday – Troop Annual Lock-In/Yearly planning at Corning Irish Heritage Center. Leave GPC on Friday @ 5:30 pm and return Sunday around 12:00 pm
- ❖ 1/21 Saturday - Adult Committee Meeting @ 2:00 pm at Irish Heritage Center
- ❖ 1/26 Thursday – Path to Eagle for Life Scouts (30 mins) at GPC @ 6:30 pm
- ❖ 1/28 Saturday - Philmont Practice Hike at Yellowwood State Forest. Leave GPC @ 8:00 am

CUB SCOUTS #266–Meetings are every Thursday at 6 pm until 7 pm except the 4th Thursday go until 8:30

- ❖ 1/19 Thursday - Patrol Leaders Meeting @ 6:00 pm at GPC in the Board Room
- ❖ All other Activities with the Cub Scouts, See Scout Leaders for more information.

BROWNIES / GIRL SCOUTS – See Leaders for information. Meetings are 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Tuesdays in Fellowship Hall - Time 6:00 pm - 7:00 pm Please see or call the Brownies Leaders for more Activities for the month.

Anybody interested in Scouting please contact the Scout Leaders or the Church Office

### THANK GOD FOR SUNDAY SCHOOL TEACHERS

Sunday School teachers--  
 they've meant so much to me.  
 They piqued my first impressions  
 of the wonders of God's world.  
 A childish understanding  
 before my eyes unfurled.  
 My middle years brought more questions,  
 with discussions to no end.  
 They studied and prepared our lessons--  
 They replied as best they could,  
 they prayed for clarification,  
 as I knew they surely would.  
 Now, in my later years,  
 I want to let them know  
 How much I do appreciate  
 the time and talents they have shared--  
 And want them all to know  
 how much we all have cared.

Fran M.



Submitted by Fran Mitchell

Words of WISDOM



Many people crave some small sign of approval. They need a word of recognition, a caring smile, a warm handshake, and an honest expression of appreciation for the good we see in them or in their work.

Every day let's determine to encourage (not flatter) at least one person. Let's do our part to help those around us who are dying for encouragement. — Richard De Haan

*It may seem insignificant  
To say a word or two;  
But when we give encouragement,  
What wonders it can do!* — K. De Haan

**A WORD OF ENCOURAGEMENT CAN MAKE THE DIFFERENCE BETWEEN GIVING UP OR GOING ON.**



## Recipe of the Month

Submitted by Sandra Kelly

### Holly Cookies

Makes about 3 dozen

- ❖ Add 1 stick of margarine and 30 large marshmallows to a 4-quart pan
- ❖ Melt over low heat, stirring occasionally
- ❖ When melted, stir in 2 teaspoons green food coloring and 2 teaspoons vanilla
- ❖ Mix well
- ❖ Stir in 4 ½ cups cornflakes
- ❖ Drop in piles on wax paper.
- ❖ Decorate with Red Hots
- ❖ Let dry in a warm room. Refrigerate until served.



Bulletin Boards by Eleanor



## REST, RELAX, RECHARGE

Submitted by Fran Mitchell from Lifeway.com

### Rest

1. Take a Sabbath every week. If Sunday is a “work” day for you, take another day as your day of rest.
2. Take a nap! Find the time. You need it.
3. Set aside time to rest after a major event, project or training time. Work hard, then rest well!
4. Learn to sleep when things aren’t finished.
5. Know yourself. Watch for indicators that you need to rest. Be aware of your breaking points.

### Relax

6. If you get a day off, TAKE IT! And don’t check your email.
7. Disconnect when you go home from a long day. Shut off your phone. Don’t log on to your email.
8. Engage with nature – get outside! Take a walk in a local park or go for a drive in the country. Enjoy an outdoor picnic with your family.
9. Take a break from people when you need it. Enjoy the silence. Hear from God.
10. Read a book, such as Christian fiction, for enjoyment.
11. Do crossword puzzles or Sudoku, or play video games or board games – anything that helps you relax and “check out” of work and leadership temporarily.
12. Take a relaxing vacation with no decisions to be made – not even where to eat! Doesn’t a week at the beach sound nice?

### Recharge

13. Serve until you’re tired, but not weary. Listen to God. Ask, “What is He calling me to do?”
14. Get enough physical exercise. Let go of your stress.
15. Do something that is not ministry or work related. Embrace a change of pace.
16. Start a new hobby. Or revisit an old one.
17. Take a quarterly retreat for spiritual enrichment, setting aside time to pray and refocus. Turn your phone off. Share what God taught you with those who serve alongside you.

## JUST FOR FUN

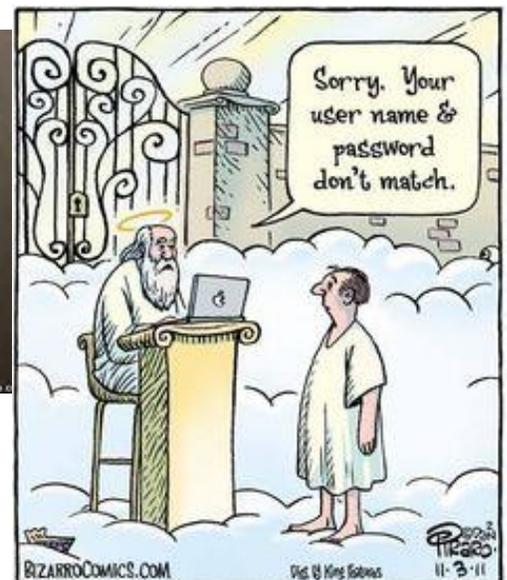
Submitted by Lauren Underwood



I heard this one from an 88-year-old nun. Sister DePaul Stava is a member of the Benedictine Sisters of The Sacred Heart in Lisle, IL. She definitely has a sense of humor! Have you heard about the five constipated men in the Bible? The first one is Cain – he wasn’t Abel. The second one is Moses. He took two tablets. Balam is the third – he had trouble with his ass. The fourth one is King Solomon. He sat on the throne for 40 years. And finally, King David. He said no power on heaven nor on Earth could move him!



“I wish it was ice-cream cones that kept the doctor away instead of apples”



## CHAIN OF GIVING



The children of GPC created the chain on the tree as a visual representation of our members' giving for the Presbyterian Gift Catalog this holiday season! Each link represented \$5! What a blessing to see all of the links in this long chain! Your gifts in 2022 went to land tenure training, sewing machines and winter heat for refugees. THANK YOU!



## BIRTHDAYS

### JANUARY

- 2 Debby Meek
- 3 Michelle Houston
- 8 Clarence Grelle  
Newt Talley
- 12 Emilyann Grelle
- 15 Joyce Todrank
- 17 Debbie Deck
- 20 Julie Hayes
- 22 Morris Conley
- 27 Lauren Underwood
- 31 Tracy Nelson

### FEBRUARY

- 1 Larry Fulkerson
- 7 Stuart Laughlin  
David Paquette
- 11 Richard Gray
- 14 Andy Barnes  
Geraldine Sullivan-Clark
- 27 Jim Duke  
Liv Judge

---

**SUBMISSIONS TO PRESBY PRESS:** [gpc.presbypress@yahoo.com](mailto:gpc.presbypress@yahoo.com)

*Or by placing in the Presby Press mailbox in the office*

Editor: Lauren Underwood

**SOCIAL MEDIA:** [www.facebook.com/GreenwoodPres](https://www.facebook.com/GreenwoodPres)

**WEBSITE:** [greenwoodpres.org](https://www.greenwoodpres.org)

For those unable to join us in-person, we stream digital services on our Facebook page.

<https://www.facebook.com/greenwoodpres/live>

---