



UPPER PATH VALLEY PRESBYTERIAN CHURCH

February 2021 Newsletter

Dear Covenant Partners, Active Supporters, and Friends,

On Wednesday, February 17th we will begin the 2021 Season of Lent with an evening Ash Wednesday service of worship. I anticipate being able to gather in the sanctuary for this time of worship, however after last year's unusual Lenten season and everything we have been through since then, I certainly cannot say for sure. That is something we had a little practice with in 2020, didn't we? We have gotten used to saying, "I don't know." "I don't know if we will be able to go there, or see that person, or take that trip, or gather in person for worship, etc." We have gotten more used to uncertainty, which can be seen as a positive trait for disciples of Jesus as God calls us to trust Him *daily*, to follow Him *daily*, and to listen to His voice *daily*. Remember these words from Proverbs 16:9, "*In their hearts humans plan their course, but the Lord establishes their steps.*"

God's ways are certain. God's character is dependable. God's power is immovable. God's will is always best. Learning to trust God more is a blessing in our lives, and if 2020 taught us anything, I pray it taught us that!

During Lent 2021, we are going to focus on one of the great promises of Genesis 1 – that God created humankind in His image. We will be working through a study together entitled *Imago Dei* – the Latin for *Image of God*. Understanding this very important promise will help us better understand ourselves, God, and the restoring work of salvation that comes to us through Jesus Christ. In a world that is constantly chipping away at what is good within us, I pray that spending 6 weeks learning about the incredible, unchanging gift of the *Imago Dei* in us will help to keep us confidently, biblically grounded in an uncertain world.

Our 'theme song' for the Lenten series is "*My Worth is Not in What I Own (At the Cross)*" by Graham Kendrick and Keith & Kristyn Getty. The words help us remember that our worth is in what God has done in us through Christ, whose work on the cross helps to restore what God placed within us at Creation.

*My worth is not in what I own, not in the strength of flesh and bone,
But in the costly wounds of love at the cross.*

*My worth is not in skill or name, in win or lose, in pride or shame,
But in the blood of Christ that flowed at the cross.*

*I rejoice in my Redeemer, greatest treasure, wellspring of my soul,
I will trust in Him no other, my soul is satisfied in Him alone.*

*As summer flowers we fade and die, fame, youth, and beauty hurry by,
But life eternal calls to us at the cross.*

*I will not boast in wealth or might or human wisdom's fleeting light,
But I will boast in knowing Christ at the cross.*

*Two wonders here that I confess, my worth and my unworthiness,
My value fixed, my ransom paid at the cross.*

*I rejoice in my Redeemer, greatest treasure, wellspring of my soul.
I will trust in Him no other, my soul is satisfied in Him alone.*

Almighty God, Father, Son, & Holy Spirit, thank you for your creative work in us.

Thank you that your image lies within and waits to be unfurled.

We open ourselves to your refining work in us as we enter into a new season of Lent.

In Jesus' name, Amen.

With love & prayers, Rev. Meagan

February Celebrations!

*Please pray a blessing over each person
as their special day arrives!*



Birthdays

Tammy Adams	February 1
Jama Hampson, Kay Perry	February 2
Kendyl Armstrong	February 3
John Ciarrocca	February 4
Kelly Hart	February 6
Lori Showers	February 7
Bob Myers	February 8
Jacki Cook, Travis Seibert	February 14
Aaron Rupert, Steve Shoop	February 16
Tom Gardner	February 17
Mark Hart	February 18
Gene Carbaugh, Tripp Carbaugh	February 20
Noah Naugle, Robert McClure	February 22
McKenzie Gamble	February 23
Bob Baker, Leslie Baker	February 24
Monique Parsons, Joan Shoop	February 24
Ben Walters, Butch Flood	February 24
Wanda Ruby	February 25
Jack Beaumont, Banks Naugle	February 26
Marlene Shearer	February 27
Katie Waite, Jackie Best	February 28
Lori Greenland	February 28

Anniversaries

Karl & Rena Barry	February 1
Bill & Jen Harris	February 20
Mark & Marlene Shearer	February 24
Bill & Barbara Baker	February 25

If your birthday or anniversary wasn't listed or was listed incorrectly, please let Rev. Meagan or Laurie Parsons know!

Words to Ponder with Dr. Bonnie Cornelious

Many people are angry about what is happening in the world today and many are just angry with unspecified complaints and concerns. Anger is often a presenting topic in counseling.

Anger is believed by many psychiatrists and psychologists to be a secondary emotion that is invoked by a primary emotion. It is a reaction to other emotions. Anger is a reaction to protect ourselves

from or cover up other emotions. A primary emotion is what we feel immediately before anger. Examples are as follows:

fear	hurt/offended
forced	sad
disrespected	disappointed
attacked	worried
trapped	jealous
guilty	embarrassed

All of these feelings are real, and we all have them. The challenge comes in how we react. It is vital to our mental, physical, spiritual, and emotional health to learn to deal with the emotions that allow us to erupt.

Some steps to help us avoid erupting in anger include:

- Identify the emotion felt just before the anger erupts.
- Slow your pace. This can help you calm down and refocus.
- Reject the negative emotion by calling it by name out loud.
- Connect to positive emotions in your refocusing. (Galatians 5:22-23: "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control, against such there is no law.")
- Follow the Bible's encouragement: "The Lord is merciful and gracious, slow to anger, abounding in love." (Psalm 103:8)
- Follow Christ's example and be sure to ask for help from the Holy Spirit.

God Himself has emotions and Jesus embodied in the flesh the presence of His emotions. We are created in God's image, so we have emotions too. Therefore, it is good to have emotions, even strong ones. But it is better to examine ourselves to know when certain emotions we express show that we are caring more about ourselves and having our own way, and less about God's love being shared with us. That's backwards. God first.

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." (2 Corinthians 10:5)

Heavenly Father, we want to follow you and to do your work. Sometimes we disappoint. While all emotions are real and significant, we pray for the insight and courage to change our ways. We must acknowledge and confess our sins, know Christ more intimately, and ask the Holy Spirit to keep reminding us of your call on and in our lives. Amen

Internship and Mentored Ministry

With our two seminarians, Gary Rebok and Laurie Parsons, there are on-site church learning requirements in addition to online classwork.

Last semester, Laurie and I read a book together entitled *“Rethinking Communication: A Playbook to Clarify and Communicate Everything in Your Church”* by Phil Bowdle. The book challenged us to talk about and put into practice more effective ways of communicating both in person and online. This semester we are reading the book, *“High Impact Teams: Where Healthy Meets High Performance”* by Lance Witt. The focus of Laurie’s work this semester is collaboration. She will be attending various meetings to observe how we are working together to accomplish the common goal of being and making disciples of Jesus Christ!

Gary is in his final semester with Regent University. The elders and the seminary have both agreed on how he will spend his 200 hours with us from mid-January to mid-April (in addition to his full-time employment with OSI). His focus will be as follows:

- Learning how to create, upload, and post the online worship videos;
- Leading worship in partnership with staff & lay leadership;
- Moderating the board of Deacons;
- Leading a small group (either in person or zoom);
- Preaching 4 of the 7 weeks of our Lenten series;
- Joining the Mission & Outreach team (through zoom).

Please be in prayer for our seminarians as they continue their studies as led and enabled by the Holy Spirit! Gary will graduate in May with his Master of Divinity degree, and Laurie should finish in December with her Master’s in Christian Leadership.



Rooted Kids and Rooted Youth Update

Change is a word that many of us struggle with, especially after all the change we have endured in the past year. However, while many things have changed in the life of our community and in the life of our church family, our mission and vision have not changed. Our mission at the Upper Path Valley Presbyterian Church continues to be “to be and make disciples of Jesus Christ,” and our vision continues to be “to ignite a deep-rooted passion for Christ in future generations.” These goals continue to drive children, youth, and family ministries at UPVPC.

In 2021, we will continue to pursue these goals through in-person and online ministry opportunities. On Sunday mornings, our classes for pre-k through high school students are once again meeting on campus. Our leaders for Sunday morning include Carrie Anderson, Martha Ewan, Kelly Hart, Trish Naugle, John and Ruth Mitchell, Marlene Shearer and me. Rooted Youth (our middle and high school ministry) is also continuing to meet on Wednesday evenings both on campus and online. Rooted Youth is led by Marissa Flood, Nick Parsons, Rodney Walters, and me. Online opportunities for students of all ages include: UPVPC Kids Online, a bi-weekly teaching video which includes activities for families to do together, and Zoom & Tell hangouts for Elementary

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aged students. The goal of these ministry opportunities is to teach the Word of God accurately and enthusiastically to the children and youth in our church family and to the surrounding community in an inviting, organized, stimulating, and loving environment.

As we continue through 2021 we are continually seeking out ways to better resource, better engage with, and better support children, youth, and their families in an ever-changing world. It takes a village and it takes a Church Family to nurture the faith of our young people.

Parents, if you have any questions or have needs of any kind please do not hesitate to reach out. Know that you, your students, and your families are in our prayers and in our hearts.

Blessings,
Laurie

At this time our annual congregational meal and meeting to approve the nominating committee and the annual report has been postponed. The annual report is still going to be compiled, but we will wait a few more months for the meeting.

COMMUNITY LENTEN SERVICES **Sponsored by the** **Path and Amberson Valley Ministerium**

What is a Ministerium? The local ministerium is the group of pastors in the community who are committed to working together in Jesus' name. One of the ways we partner together each year is by having combined Lenten services for our community. We move from church to church, and the only 'rule' is that the home pastor for each church may not preach in their home pulpit.

Last year we were able to hold 2 of the community services before we went into lockdown. We are hopeful that we can gather safely this year, and so the following schedule has been set with the understanding that it may be changed. All services begin at 6:30 p.m. and are on Tuesday evenings, except for Good Friday.

- February 23 Dry Run, Ken Richards
- March 2 Concord, Meagan Boozer
- March 9 Amberson, Butch Neil
- March 16 Shady Pine, Wayne Hall
- March 23 UPVPC, Darwin Goshorn
- April 2 (Good Friday) LPVPC, Phil Foster

Join Men's Fellowship or Women's Bible Study on Wednesday evenings from 6:30-7:30 p.m. All are welcome!