

# Eastminster Eagle

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September, 2019

## *PRIME PLACE FOR PRAYER AND MEDITATION*

Through-out the Bible, various persons are revealed at times when they are in prayer and sometimes in mediation and God speaks to them. In our society today with our jobs, family activities, living in homes or condos or apartments it can be hard to find a place where you can mediate and pray, shutting out the ambient noise and distractions where we live, work, or play.

We do corporate prayer during worship, our Sunday Classes and other assembled opportunities at church and other events, but outside of worship and other corporate opportunities, it is hard to find time and a place to meditate and pray by yourself and listen for God's still small voice. Jesus said to go into your closet and pray. He was of course contrasting that with those who were praying loudly in the Temple to show off. But as you read in most of the Gospels, Jesus practiced what he advocated by taking time to go and mediate and pray by himself away from others.

If your home or life is as noisy and busy as mine, seemingly all day and into the night, then take time to use the Chapel here at church. It is a prime place to sit or knee or both to pray and meditate. On Sunday morning, it is open by 8:30 a.m. and when the office is open during the week, and when other events/meetings are happening.

The House & Property Committee has, and is continuing to remodel the chapel. It is already looking beautiful again. The H&P and Worship Committees invite you to use it for your praying and mediation and meetings.

### **Why mediate and pray by yourself?**

One reason is prayer and meditation help reduce depression, anxiety, and stress. It is scientifically proven as a matter of fact, that both prayer and meditation can reduce stress significantly to the point where it builds protective tissue around axons in the brain to help against the outside forces. It can also, in turn, increase self-esteem and thus lower the various mentalities that plague us over time such as depression and anxiety. Another is that it allows us as we mediate to get in touch with and know more about ourselves and our relationship with God and others.

It allows us, if we are honest with ourselves, to really reflect on the situations we put ourselves into and why we handle them the way we do. Reflecting as such can give a non-filtered perspective on things that we normally justify and rationalize throughout the day without thinking twice about them. These are the things that are there, but we don't see. Many studies in Psychology of the Mind and Science will refer to these problems as "blind spots." The human mind has a strong ability to justify and rationalize things subconsciously as it sees fit. This is a technique that allows us to

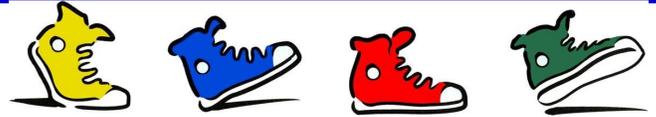
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conquer our own emotions and look at them from an objective standpoint. Prayer and meditation allow us to speak directly with God and ourselves and use conflict resolution with our own chain of events. It's simply a method of speaking with and tapping into God given abilities in our minds and souls. Prayer is usually that of talking to a God, whereas meditation consist more so of listening!

My Grandmother Watkins use to call her mediation and prayer time her "communication time with God." This communion is an attitude of mind and heart. It lifts the individual into a wonderful sense of oneness with God, who is Spirit, the source of every good and perfect thing, and the substance that supplies our needs—whether they are spiritual, social, mental, physical, or financial. Prayer is an exercise to change our habitual thoughts and living habits moving us to new and better habits in accordance with God. We attain a oneness with God, thus achieving the example set by Jesus when he proclaimed, "I and the Father are one."

Fred Watkins on behalf of the Worship Committee



## Shoe Carnival July 28, 2019

Another successful Mission project thanks to the Congregation and Friends of Eastminster!

We began with a balance of \$1,462.50 from last year and received an additional \$409.00 this year from eight giving units.

There were 15 volunteers who assisted in this mission project. Preplanning by Wilkinson employees Bob Munro, Laura Ingram, and Rachael Berhe with the store Manager Ben helped make this transition year successful.

Volunteers at Shoe Carnival included: Cheryl Wood, Jacob Wood, Sharon Smith, Denise Bennett, Tony Bennett, Sylvia Falcon, Tom Falcon, Lorna Almas, Evelyn Parker, Christine Blair, John Sill, and Darlene West from Eastminster. Also, Easter Davis from Christian Stronghold and Laurette

Pouncy and Joe Pouncy friends of Eastminster.

A check for \$1,221.86 was written to Wilkinson Center to cover the cost of 50 pairs of shoes. Each young person received

one pair of socks to go with their new pair of shoes. The socks were donated to Wilkinson.

We now have \$649.64 as a balance in the Shoe Carnival account to begin 2020.



## MEMBERSHIP MATTERS

*Saturday, September 7 from Noon to 4 p.m.*

Membership matters. Why? It encourages discipleship. To be a disciple of our Lord, takes community and commitment. This class is offered to all, but, in particular to those who are seeking a better understanding of what it means to follow Jesus and to do that within the context of a community of faith, namely Eastminster Presbyterian Church.

We will explore what Scripture has to say about discipleship, personally and communally as a member of the household of God. And we will explore how that translates into membership from the perspective of Reformed theology, in the Presbyterian Church (USA) and here at Eastminster.

Have you been looking for a church home, for a place to understand what being a disciple means? A place where, as a follower already, you want to grow more committed to Christ and Christ's community called church? This is a wonderful opportunity to explore your beliefs, ask your questions, share your thoughts and to fellowship with others walking along the same road.

Our prayer is that in joining together in this class, you will understand that membership is not about numbers; membership is about following more closely in the footsteps of Jesus who asks of us commitment and desires for us community.

## ALUMINUM CANS

Please continue to bring aluminum cans to the church instead of throwing them in the trash. There are garbage pails in the courtyard for the cans. The cans usually bring \$15-\$20 each time they are sold.



Not much, but every little bit helps!!

**RECYCLE, RECYCLE!**

Dear Eastminster Friends,

My family and I are very grateful for all you have done to comfort us. The loss of Paul from our family was deeply painful, but we had solace from your cards, prayers, and calls. We were in need of each expression of Christian consolation.

On my birthday, I much appreciated the party by Sherry and the "birthday cake ladies," who helped light a candle of hope that evening.

Our heartfelt thanks to all of you who remembered Paul and his family.

Doris LaPorte & Family



On September 1 we will be on the second Sunday of Pastor Sherry's sermon series. The Gospel lesson for that day is Luke 9:10-20 and very appropriate since it is also Communion Sunday for our congregation. In case you didn't attend Sherry's discussion of Luke 9:10-20 on Wed Aug 28. It is Luke's version of the Feeding of the five thousand ending with Peter's declaration of Jesus as Messiah (King). Hopefully you will get this before Sept 1 and take time to read the lesson and think about what both themes mean to you.

We will sing a hymn that we have not sung. It has been sung here years ago as a solo for communion, but we have not sung it as a congregation. *Loaves, Were Broken, Words Were Spoken* #498 in our *Glory to God* hymnal.

The hymn was written by the Rev. Dr. Herman G. Stuempfle, Jr (1923-2007), who lived most of his life in Gettysburg, PA. He was for many years President of the Lutheran Theological Seminary in Gettysburg, retiring in 1989. He wrote many books and articles on preaching, history and theology.

In addition, he was honored for his hymn writing during the 20th and into the 21st centuries. He also was a member of the Gettysburg interchurch social action committee, helping to create and support prison ministries, homeless shelters, day care centers and an after-school program at Christ Lutheran Church, where he was a long-time member, personally tutoring young people in the program.

I don't know if you have noticed, but at the bottom of hymns and songs in *Glory to God*,

there are usually some comments to help understand the hymn. In regard to *Loaves, Were Broken, Words Were Spoken* here are the comments from *Glory to God*:

"The first two stanzas of this text deal with events in the past (the feeding of the multitude and the Last Supper) and the final two with events in the present. The recurring last four lines of each stanza serve as an affirmation of Christ's continuing presence at all times."

In *Glory to God*, the hymn is set with the tune "Beach Spring" which is a very familiar tune to us from the folk songs of the Appalachian Mountains and adapted to sacred music in *The Sacred Harp* hymnal of 1844. You will recognize the tune as soon as it is introduced in the service.

I'm looking forward to our singing of the hymn and adding it to the growing number of hymns, songs, and spirituals that our congregation renders in prayer and praise to God.

P.S. If there is a hymn, song, praise song, spiritual you would like us to sing or you would like to know more about, just email me: [fred.eastminster@yahoo.com](mailto:fred.eastminster@yahoo.com) or tell in person.

## Happy birthday to — and for — you!

Birthdays are unique because they celebrate who someone is, not what they've done. Henri Nouwen wrote, "It is more important to celebrate a birthday than a successful exam, a promotion or a victory. Because to celebrate a birthday means to say to someone, 'Thank you for being you.' ... On a birthday we do not say, 'Thanks for what you did, or said, or accomplished.' No, we say, 'Thank you for being born and being among us.'"

To rejoice over someone purely for who they are is an echo of God's joy over us. Some families celebrate "baptism birthdays" (anniversaries) by lighting candles, sharing scripture and prayer, perhaps looking at photos and recounting stories of that milestone event that marked the beginning of their faith life.

On a birthday, said Nouwen, "we lift someone up and let everyone say, 'We love you.'" In baptism, God lifts us to his very heart and declares, "You are my precious child. I love you."

# Puzzle!

Match each numbered description with the correct biblical dreamer. Use the passages as hints, if needed.

- |                                                                                                                         |                            |
|-------------------------------------------------------------------------------------------------------------------------|----------------------------|
| _____ 1. His brothers were irritated when he told them of his dreams. ( <i>Genesis 37:5-8</i> )                         | A. Pharaoh                 |
| _____ 2. He saw angels going up and down a ladder. ( <i>Genesis 28:10-12</i> )                                          | B. The magi                |
| _____ 3. This ruler dreamed about some skinny cows eating fat cows. ( <i>Genesis 41:17-21</i> )                         | C. Jacob                   |
| _____ 4. She had an unpleasant dream and told her husband to have nothing to do with Jesus. ( <i>Matthew 27:17-19</i> ) | D. Pharaoh's cupbearer     |
| _____ 5. He saw a statue whose feet were smashed by a stone. ( <i>Daniel 2:24-34</i> )                                  | E. Joseph (Mary's husband) |
| _____ 6. He was warned to take his family to Egypt. ( <i>Matthew 2:13</i> )                                             | F. Joseph (Jacob's son)    |
| _____ 7. He saw a vine produce grapes, and he squeezed their juice into a cup. ( <i>Genesis 40:9-11</i> )               | G. Pilate's wife           |
| _____ 8. They were warned in a dream about Herod's evil plan. ( <i>Matthew 2:12</i> )                                   | H. The king of Babylon     |

Answers: 1. F, 2. C, 3. A, 4. G, 5. H, 6. E, 7. D, 8. B

## *The Senior Source*

Growing older is never easy but there is a place where we can get good information for ourselves, our parents and even our grandparents. If you attended the Senior Seminars in the last few months, then you are aware of a place called *The Senior Source*. It is an organization that has been around since 1961. *The Senior Source* has worked to improve the quality of life for older adults in the greater Dallas area through protection, elder care, financial security, advocacy, volunteerism, and employment services.

It is good to know that there is a place we can call or email when we need free advice for anything from financial safety guidance to caregiver support to crisis intervention. The latest seminar held on August 4th covered options for long term care which included: home and independent, home with help, retirement living, assisted living, and skilled nursing. The director of the Nursing Home Ombudsmen Program, Suzanna M. Sulfstede conducted the last seminar. She was very informative and willingly answered any questions we had. The second speaker covered multi-generations living under one roof and the issues we would face if that was our living situation.

Whatever you are facing, whether it is your own circumstance or just your concern for someone you know and love, it is worth coming and listening to the various issues that an aging adult faces in our world today. The last seminar is scheduled for November 10th. It is worth coming and gaining some knowledge about this subject whether it is your immediate future or several years away.

Contact information:  
The Senior Source.org  
3910 Harry Hines Blvd.  
214-823-5700

All Creatures  
Great and  
Small Invited!



The Outreach

Committee is starting their planning of a new Eastminster event. The Blessing of the Animals will be held on Saturday, October 5.

Mark your calendar and be sure to attend and bring a friend, neighbor or family friend to this fun event. **YOU ARE NOT REQUIRED TO HAVE A PET TO ATTEND!** Just join in as we welcome the community and their dogs, cats, horses, birds, rabbits, turtles, snakes, hamsters, fish, monkeys, pigs, or whatever creature great or small!

All Creatures  
Great and Small



## *Book Review Benefits PCHAS*

There were no latecomers for the EPW Book Review. Most arrived early, enjoyed homemade cookies, tea, coffee and punch, and visited with the other 60 people who attended to hear the fabulous storytelling of Rose-Mary Rumbley. Also on the program was James Wilcox of Presbyterian Children's Homes and Services (PCHAS). This event was started over 45 years ago at Westshore Presbyterian Church and has been faithfully maintained through its adoption by Eastminster to benefit PCHAS.

Rose-Mary told us about the world's richest woman and how she did not use her riches for good. She continued on to tell the story of how the son ended up in north Texas and did make a positive effect on the communities from Terrell to Fort Worth in the early 1900s. And, she added a tidbit about how he owned the first car to ever drive in Texas—and the first wreck recorded in our state!

You are most likely familiar with PCHAS from the many contacts EPC has with the organization. But, it's always nice to hear from the staff about how your generosity changes the lives of children. Donations to the school supply drive went to children in the single parent family program this year. Distribution of the gifts were passed to the children with their parents at a pizza party held at PCHAS. James attended the event and described the excitement and joy with which the students received their supplies. He thanked the continuing generosity of the Eastminster members and the guests in attendance.

A freewill offering was given and more than \$1,100.00 was received, with more gifts coming in after the event to benefit the PCHAS program.

Thank you to all who helped with the organization of the event! The women of Eastminster really know how to respond to God's call and how to throw a party for the good of PCHAS!

## *Realm Makes it Easy to Give!*

Would you like to keep up with your own contribution report? Or update your own information? Well, you can! With our Realm program you can have all this information at your fingertips. You can have easy access at any time. Let the office know that you would love to have this convenience, and we'll send you a Realm invitation. You will set up your own account and you will have access to your own information.

Did you know that you can give by text? Text epcdallas general \$10 (or the amount you choose) to 73256 to give to General Fund using your text messaging. Standard text message rates do apply.

What number fits in all the blanks to reveal God's instructions to Joshua about the city of Jericho?

Israelite warriors, led by \_\_\_ priests blowing \_\_\_ ram's-horn trumpets for \_\_\_ days, would march around the city once a day, except for the last day, when they would march around it \_\_\_ times; then the walls of Jericho would fall.



- A. one      C. five  
B. three    D. seven

Answer: D (See Joshua 6:1-5.)

What kind of school do you go to if you're ...

- ... an ice cream man? Sundae school  
... a giant? High school  
... a surfer? Boarding school  
... King Arthur? Knight school

**Teacher:** What's the chemical formula for water?

**Student:** H-I-J-K-L-M-N-O

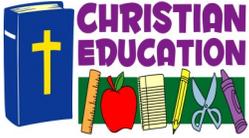
**Teacher:** What are you talking about?

**Student:** Yesterday you said it was H to O.



## Scripture Readings for September

1	1 Kings 8:22–30 (31–40)	11	1 Kings 17:1–24	21	2 Kings 2:1–18
2	2 Chron. 6:32–7:7	12	1 Kings 18:1–19	22	2 Kings 4:8–37
3	1 Kings 8:65–9:9	13	1 Kings 18:20–40	23	2 Kings 5:1–19
4	1 Kings 9:24–10:13	14	1 Kings 18:41–19:8	24	2 Kings 5:19–27
5	1 Kings 11:1–13	15	1 Kings 19:8–21	25	2 Kings 6:1–23
6	1 Kings 11:26–43	16	1 Kings 21:1–16	26	2 Kings 9:1–16
7	1 Kings 12:1–20	17	1 Kings 21:17–29	27	2 Kings 9:17–37
8	1 Kings 12:21–33	18	1 Kings 22:1–28	28	2 Kings 11:1–20a
9	1 Kings 13:1–10	19	1 Kings 22:29–45	29	2 Kings 17:1–18
10	1 Kings 16:23–34	20	2 Kings 1:2–17	30	2 Kings 17:24–41



### CE September Meeting

The Christian Education Committee will meet on Sunday, September 8, 2019 at 12:30 p.m. in the youth room. All are welcome to join and be a part of the Christian Education Committee.

### Eastminster Presbyterian Women

We would like to invite all of the women at Eastminster to join the EPW women's circle. This year's study is called *Love Carved in Stone, A Fresh Look at the Ten Commandments*. We will meet in the classroom across from the chapel at 7:00 p.m. on the following dates: Sept. 10, Oct. 1, Nov. 5, Dec. 3, Jan. 7, Feb. 4, April 7, and May 5. We hope you will consider joining us for EPW this year.



### Stop the hopping

A church is an imperfect mix of imperfect believers, so it's easy for members to find faults or feel disappointed.



That, in turn, may tempt us to shop around.

C.S. Lewis addresses that in *The Screwtape Letters*. "If a man can't be cured of churchgoing," Screwtape advises his demon

protégé, "the next best thing is to send him all over the neighborhood looking for the church that 'suits' him until he becomes a taster or connoisseur of churches." How Satan must hate when Christians maintain long-term commitment to one church!

The urge to church-hop harms congregations as well as believers. "Spiritual depth isn't fostered by satiating your sense of felt needs," writes James Emery White. "It's receiving a balanced diet of teaching and challenge, investing in service and mission, living in community and diversity that you probably would not select for yourself."

"The simplest toy, one which even the youngest child can operate, is called a grandparent." —Sam Levenson

"God is not out there or back there or yet to be, but hidden in the most ordinary things of our ordinary lives." —Sallie McFague

The Church on earth is a cross-eyed church, with one eye on God in his heavenly benediction, and one eye on the needy world of men. —David Head

### Keep singing

None can sing a new song who has not the new life. But many who have the new life seem to have lost the song. The first thing that goes when we begin to backslide is the joy of the Lord. —Evan H. Hopkins

## September

- Neighborhood breakfast every Saturday 7, 14, 21, 28  
 Choir Practice - Wednesdays 4, 11, 18, 25
- 1 Communion Sunday – Intinction; Committee Meetings
  - 2 Office Closed – Labor Day
  - 4 Scripture Class 6:15– 7:30p.m.
  - 7 Membership Matters Class
  - 8 CE, Stewardship, and Worship Committee Meetings;  
 CCC Fellowship Lunch at Joe Willy's following  
 worship
  - 10 EPW 7pm
  - 11 Scripture Class 6:15– 7:30p.m.
  - 15 Stated Session Meeting
  - 18 Scripture Class 6:15– 7:30p.m.
  - 23 Newsletter Deadline
  - 25 Scripture Class 6:15– 7:30p.m.
  - 28 Presbytery Meeting: 1st Presbyterian of Tyler

## October

- Neighborhood breakfast every Saturday: 5, 12, 19, 26  
 Choir Rehearsal, Wednesdays: 2, 9, 16, 23, 30
- 2 Scripture Class 6:15– 7:30p.m.
  - 5 Blessing of the Animals
  - 6 Communion – Intinction; Committee Meetings
  - 8 EPW 7p.m.
  - 13 Stewardship and Worship Committee Meetings
  - 19 Attic Cleaning 9a.m.
  - 20 Stated Session Meeting
  - 21 Newsletter Deadline
  - 27 Stewardship Meeting

## November

- Neighborhood breakfast every Saturday 2, 9, 16, 23, 30  
 Choir Rehearsal - Wednesdays 6, 13, 20
- 2 Fall Work Day
  - 3 Communion – Intinction; Committee Meeting;  
 Congregational Meeting following worship
  - 5 EPW 7p.m.
  - 10 Stewardship and Worship Committee Meetings; Senior  
 Source Seminars, 1:00 and 2:00 p.m.
  - 17 Stated Session Meeting
  - 18 Newsletter Deadline
  - 27 The office closes at noon; No choir rehearsal
  - 28-29 The office is closed: Happy Thanksgiving!



Tammy Crouse	9/3
Shirley Dry	9/3
Jace Blair	9/7
Frank Karlen, Jr.	9/11
Bettye Clark	9/12
Harvey Beatty	9/14
David Robert	9/14
Alex Pappas	9/17
Estelle Scheibel	9/18
Casey Uche	9/20
Lana Jones	9/22
Michele Pappas	9/22
Alek Veloz	9/23
Linda Stamport	9/26
Charlene Pietsch	9/27
Henry Owen	9/28



Susan & Bob Barraza	9/1
Rhonda & Kevin Kraft	9/5
Allison & Craig Blair	9/5
Jan & David Anderson	9/10
Chandra & Frank Karlen	9/17
Shirley & Harry Karlen	9/18
Lorna & Javed Almas	9/28

## Those Who Will Serve in September



### Ushers/Greeters—Team 4

Dick Knox—Captain  
Will Nixon      John Sill

### *September 1*

**Liturgist:** Tony Bennett

**Communion:**

Philis Knox & Vicki Cook

### *September 8*

**Liturgist:** Blair Garrett

### *September 15:*

**Liturgists:** Brittney & Matt Bennett

**Acolytes:** Christine Blair, Candles  
Cheryl Wood, Cross Bearer

### *September 22:*

**Liturgists:** Kayla & Ronnie Dixon

**Acolytes:** Hannah Hensley, Candles  
Mason Gonzales, Cross Bearer

### *September 29:*

**Acolytes:** Katie Karlen, Candles  
Jacob Whitley, Cross Bearer



## Eastminster Session

Janice Bell

Denise Bennett

Tony Bennett

Ronnie Dixon

Cindy Garrett

Janet Muller

Michele Pappas

Evelyn Parker

Helen Randolph

Bruce Turner

Shirlene Watkins

Mason Gonzales, Youth Elder



Pastor

Sherry Holloman

Director of Music

Fred P. Watkins

Organist

Melody S. Davis

Administrative Assistant Chandra Anderson

Hostess/Housekeeper Minerva Hernandez

Child Care Provider Betty Crabtree



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## QUICKSAND

Upon stumbling, by chance, upon a man, waist-deep in quicksand, I need a second to process. After all, this is fiction made flesh; it's like going to the zoo and seeing a mermaid. So my first response, naturally, is to tell him:

Hey, um, I'm pretty sure that I read somewhere that quicksand isn't actually dangerous, that this idea of a patch of sandy water sucking a person down into oblivion is just a tall tale, a trope to build tension in early 1960s westerns. In real life, yeah, I mean, you can get caught in quicksand, but it's not really that hard to get out. So are you sure you're sinking in quicksand?

He sinks.

My words don't seem to have any effect. So being an open-minded, progressive individual, I reevaluate. Maybe quicksand is real. So what now? My second response upon stumbling, by chance, upon a man, chest deep in quicksand is, before I actually do anything, to make sure that I have the whole picture. I mean, what was this guy doing out here in the jungle all alone? Did he step into that quicksand on purpose? Was he asking for it? Does he have a criminal record? Maybe I should wait until all the facts come in.

He sinks.

And again, being an open-minded, progressive individual, I decide to give him the benefit of the doubt, at least for now. I want to help

So my third response upon stumbling, by chance, upon a man, neck deep in quicksand is to, obviously, recite a poem. To throw some spirit energy his way. To describe, out loud, just how heavy my heart is. I take a piece of paper out of my backpack, and with a pen, I write "quicksand is bad and I am an ally to people who fall in it." I pin that piece of paper to my chest. I take out my phone and I tweet "when are we going to wake up? #quicksand."

He sinks.

And being an open-minded, progressive individual, I decide that this isn't enough, that we, as a society, need to address the root causes of people sinking in quicksand. So my fourth response upon stumbling, by chance, upon a man, forehead-deep in quicksand, is to take a moment and really acknowledge and think about my privilege as someone who is not sinking in quicksand. I vow to take a class, to challenge my friends when they make quicksand-related jokes, to be more mindful of how I navigate the world.

He sinks.

And being an open-minded, progressive individual, I decide that the time for words has passed; now is the time for action. So my fifth response upon stumbling, by chance, upon a man, disappeared into quicksand, is... is...

We can't allow ourselves to forget what happened here. I know we need to do something, to put up a sign, to educate people, to build a bridge over this patch of quicksand. I just don't have any wood. I just have this backpack full of paper and pens and rope; what can one person do?

I imagine my lungs filling with mud. Black earth. Brown water. The hike back to my hotel will be full of reflection. I say a prayer under my breath. It's the least I can do.

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### Special dates



- **Labor Day, September 2, 2019**
- **National Grandparents Day, September 8, 2019**
- **Patriot Day, September 11, 2019**
- **First day of autumn, September 23, 2019**