



HIGHLIGHTS FROM THE HEIGHTS

Northminster Evangelical Presbyterian Church

Experiencing and sharing God's love to transform our homes, community and world.

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Casting Your Cares

*Cast your cares on the LORD and He will sustain you;
He will never let the righteous be shaken. — Psalm 55:22*

Cast all your anxiety on Him because He cares for you. — 1 Peter 5:7

How are you doing, really? By the time this month ends, we'll have lived in this pandemic with the ensuing quarantine and social distancing for an entire year. While some are anticipating that we'll reach "herd immunity" by April, President Biden is suggesting that we shouldn't expect a return to "normal" until Christmas. I think we're all feeling the weight and strain in a heavier, more difficult way right now. It's the weariness of being under stress and anxiety for a far longer period of time than our minds, our bodies and our emotions were meant to endure. And, of course, on top of the pandemic sits all of the pain and hurts that simply come with being human and being alive — pains and hurts that can be difficult enough to bear when we *aren't* in a pandemic, but become nearly impossible to bear due to the pandemic. What are you doing with your hurts and pains (emotional and physical), the anxieties and fears, the weights and burdens of living in these hard times?

As the verses above remind and encourage us, God wants us to bring all of our cares and anxieties to Him. But just what does that look like? I'm sure most of us have, at some point in time, cried out to the Lord and verbally thrown everything at Him at once. That can be therapeutic — much like the whistle of a teapot lets off the pressure of the boiling water — and if you haven't unburdened your soul that way in a long time, I absolutely encourage you to do so. But, if you have done that, you've probably found the same thing I have: while the immediate pressure release is helpful, the burdens and weights are still there. I'd like to invite you to try an ancient spiritual practice that helps us to hand our cares to the Lord in a more intentional way, a way that invites the Holy Spirit to sustain us more deeply.



This kind of contemplative prayer can seem strange at first, but once we settle into the rhythm of it, I think you'll find your awareness of the presence of God is growing stronger. Instead of just throwing our cares at God, through this process we more intentionally place them in God's hands. On the next page you'll find a walk-through of the prayer (placed on one page to make it easier to print and keep, if you'd like), followed by some additional resources if you'd like to explore the *Examen* more deeply.

The Daily Replay

The process is called *The Daily Examen* and was developed by St. Ignatius centuries ago. It is a 5-step process of prayerfully reviewing your day and anticipating the day to come. While meant to be practiced each day, it can be prayed at any point during the day. How long you take to work through the prayer is up to you — it could be as short as 5 minutes or as long as you need. Here's an overview of what the process looks like:

1. Become aware of God's presence.

Take several moments to breathe, relax, and invite God to be present with you.

Sometimes settling our body and mind is really difficult, especially when we have a lot going on.

One trick is to focus on our breathing. When we breathe slow and deep, we let our body and soul know that it is okay to relax and rest in God's presence. Slowly take three seconds to breathe in through your nose, making sure to fill your belly with air . . . and then take three seconds to breathe out slowly through your mouth. Pause, then breathe in again. Repeat that a few times.

As you continue to breathe deeply and slowly, acknowledge God's presence with each breath.

(Pause for a few moments)

2. Review the day with gratitude.

Look back through your day as if you were watching scenes from a movie. What happened? What were you like? What were others doing around you?

What are the good things that have happened today? What can you give thanks for?

(Pause for a few moments)

3. Pay attention to your emotions.

Ask yourself about how you felt at different points during the day.

What moments throughout your day have been difficult or tense?

When did you feel happy, excited, or at peace?

(Pause for a few moments)

4. Forgive, and ask for forgiveness.

Who are you angry or frustrated at?

Are there things you can forgive and let go in order to have peace?

What would you like to be forgiven for?

(Pause for a few moments)

5. Look toward tomorrow.

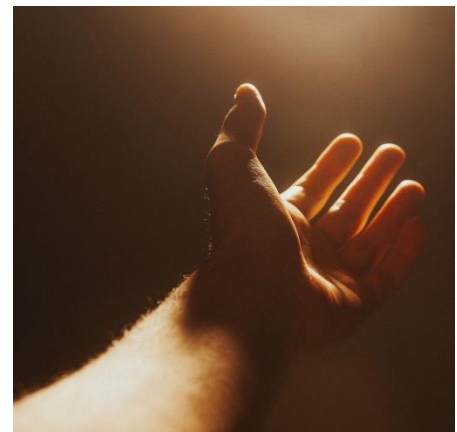
How might tomorrow be different?

What would you like to ask God to help with?

(Pause for a few moments)

Take some time to wrap up your conversation with God silently.

(Taken from <https://fulleryouthinstitute.org/blog/teaching-young-people-a-daily-way-to-pray>)



Here are a few online resources to help you with *The Daily Examen*:

- A video walk-through of the prayer: <https://fullerstudio.fuller.edu/prayer-of-examen/>
- Using *The Examen* with teens and children: <https://fulleryouthinstitute.org/blog/teaching-young-people-a-daily-way-to-pray>
- A deeper look at *The Examen*: <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/>

Blessings,
Rev. David Garrison

Pastor's Midweek Bible Study

Every Wednesday, 10:30 a.m.

Join us in person or online for a midweek Bible study with Pastor David! We're working our way through the book of Judges, with a focus on learning to study the Bible ourselves and apply it to our daily lives. As 2 Timothy 3:16 says, "All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness,

that the person of God may be complete, equipped for every good work." It's easier to see this in some passages than others, but together we'll be encouraged and equipped. We look forward to seeing you there!

Sign up at <https://npcmh.churchcenter.com/groups/small-groups>



Women's Book Club

Thursday, March 25 @ 10 a.m.

The Women's Book Club will meet Thursday, March 25, at Judy Reyburn's home at 10 am. They are reading *The Book of Lost Friends* by Lisa Wingate. Lisa has become one of their favorite authors. After having read her books, *Before We Were Yours* and *Before and After*, they anticipate another mind-boggling, heart-warming story, this time not about adoption, but about newly freed slaves after the Civil War desperately searching for loved ones who had been sold away.

If you can attend, please let Judy know.



Life Together

MARCH BIRTHDAYS:

- 7 Ron Reyburn
- 8 Beverly O'Brien
- 15 Clellan Vandevander
- 16 Leonard Rowe
- 24 Ernie Baker
- 26 Maggie Brockman
- 28 David Garrison
- 30 Ian Moore II
- 31 Bryce Brine
- 31 Wyatt Sievwright



MARCH ANNIVERSARIES:

- 20 Carlos and Caiti Vera, 2014

I sought the Lord, and He answered me; He delivered me from all my fears. Psalm 34:4 NIV



Prayer Requests:

Larry Irvine is recovering from heart valve replacement.

Peggy Wright is doing much better recovering from pneumonia, but she's still getting some therapy.

Ron Ricketts has returned home.

Sue Burnett continues chemotherapy for lung cancer.

All medical personnel who have continued serving those with coronavirus in spite of the possibility of getting infected themselves.

Remember others who cannot be with us in church: **Dot Stinnett, Leonard Rowe, and Margaret Watts.**

**Let us acknowledge the LORD;
let us press on to acknowledge Him.
As surely as the sun rises,
He will appear;**



**He will come to us like the winter rains,
like the spring rains that water the earth.**

~ Hosea 6:3

Youth Ministry March 2021 Update

Sundays, 6:30-7:30 pm

Time Change: We are now meeting from 6:30-7:30 each week. You can join us in-person or on Zoom. Contact Pastor David for the Zoom meeting information.

Weekly Youth Group Resumes: March

Keep your eyes on your email and Facebook for more info as the month rolls on!



www.facebook.com/npcmh

Website: www.npcmh.com

DAVID GARRISON, *Pastor*

ELDERS

Ron Reyburn, *Clerk of Session,*

Michael Babcock, George Brine, Maggie Brockman

Sharon Bryant, John Lange, Caitlin Vera

Bob Mills, *Director of Music*

Liz Boothe, *Organist*

Sharon Bryant, *Superintendent*

of Sunday School

Vonnie Rucker, *Treasurer*

Bridget Capparucia, *Interim Organist*

FINANCIAL STEWARDSHIP REPORT 2021

	January	Y-T-D
Income*	10,999	10,999
Expenses	<u>10,139</u>	<u>10,139</u>
Balance	860	860

Northminster Online Worship and Giving

As we continue to adjust to what is hopefully a short-term “new normal” of social distancing and quarantine, Northminster is working hard to take advantage of various online resources to help us stay connected during this season. Right now, our efforts are focusing on helping you join us for worship on Sunday mornings through live-streaming the service, and providing ways for you to make your donations to church online. Here’s a basic tutorial for these services.

Worshipping With Us Through Facebook Live

On a Phone or Computer

On any internet-connected device, go to www.npcmh.com/live to find our worship service. You *do not* need a Facebook account to access this. If you don’t see the Live feed, refresh your browser to reload the page. We expect to start the live stream about 5 minutes before the service begins, but we might be a minute or two late every once in a while.

If You Have a Facebook Account

Make sure you “Like” our page and set it to notify you whenever we go live, and Facebook will send you a notification when the service starts. You can find our page by searching for “npcmh” in the Facebook search bar.

We do encourage you to watch the service on the largest screen you have available, to help give the sense of “being there.” Many modern TVs allow you to “send” a video from your phone or laptop directly to the TV.

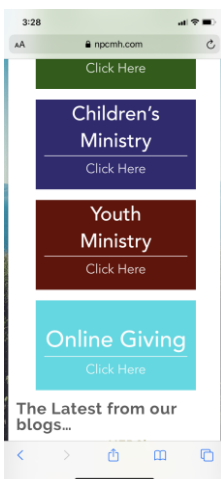
On A “Smart” TV, Roku device or Apple TV

If you’ve purchased a TV in the past 5 years or so, most likely it is a “smart” TV that includes a variety of streaming services and apps. On those TVs, or if you have a Roku or Apple TV, you can download the Facebook Watch app. Again, you shouldn’t need a Facebook account to use this app. Once downloaded, search for “npcmh” to find our page and our videos.

Download the Bulletin Each Week

To assist your worship, the bulletin will be available on our website at www.npcmh.com/sunday-bulletins. Be sure to download and print it off prior to worship. The bulletin will have all liturgical elements as well as hymn and song lyrics included each week.

Making Donations Online Through tithe.ly



You can now make donations online! You can do this on a computer, phone or tablet. Simply go to our homepage, www.npcmh.com, and scroll down until you see the blue “Online Giving” button (pictured on the left). Tapping or clicking on it will send you to a secure donation page. Once there, you can make a one-time donation or set up a recurring donation. There is a small processing fee for each transaction, and you can choose to include those fees in your donation if you would like (otherwise the church absorbs those fees).

If you have a smartphone with a QR scanner (built into the camera on most newer phones), you can simply scan this barcode to go directly there!

