



The Peoples Weekly Mini Mouse



Manse Cat Weekly: Musings from Pastor Leia / her cat

Volume 1, Issue 25

As we enter into October, the air laden with the smell of pumpkin spice, I'd like to share a few more ideas for new spiritual practices as suggested by my colleague in ministry, the Rev. Linda Kurtz, who serves at the First Presbyterian Church of Lexington, Kentucky. As the leaves change, I invite you to consider changing up the way you pray and seeing if one of these practices might enrich your conversation with God.

-Prayer Walk

It's time to get outside! Venturing outdoors is good for our mental health in these strange days of social distancing and self-quarantine. Just be sure to avoid heavily-trafficked places and maintain a 6-foot distance from any other people you encounter.

We invite you to take a prayer walk. Go for a walk in your neighborhood, at a park (if it's not too busy!), or somewhere else. As you walk, what do you notice? What do you wonder?

Pray for the people who live in the houses you pass, or the people you walk past. Pray for the community you're in - its health, its economic viability, its connections. Notice your worries and fears, and bring them to God. Notice the things you find yourself thankful for, like signs of spring, and bring them to God, too. May this walk bless your mind, body, and soul.

-Bake Bread

We invite you to bake bread. Bread has been an important part of the Christian

faith since Jesus fed the crowds with just a few loaves, broke bread with those around him, and shared a last meal of bread with his disciples. But bread has been important in the Jewish faith since well before then. Sarah made bread for the three men who came to tell her and Abraham that they would have a child (Genesis 18). Before Moses led his people out of Egypt, they celebrated the festival of unleavened bread (Exodus 12). The word "bread" is found in 40 of the 66 books in the Bible.

Before you begin your bread baking, read one of the many stories in the Bible involving bread. (Other suggestions: Matthew 14:13-21; Luke 13:18-21; John 6:22-59)

Then, as you prepare and bake your bread, consider some or all of the following questions: Is baking and breaking bread a matter of life and death to you? Could it be? Why might bread be a metaphor for life? Why is bread so important in Scripture? Is there anything about the process of baking bread that surprises you or particularly speaks to you?

Here are four easy recipes you might try: Basic Quick Bread Recipe (No yeast; can be savory or sweet.)

The Famous New York Times No-Knead Bread (Pretty, and people swear that it's the easiest bread they've ever made! Scroll to the end for the recipe. Warning: this loaf takes 12-24 hours to make.)

Ice Cream Bread (Uses literally 2 ingredients: ice cream and flour. This one feels particularly excellent to make with kids!)

Beer Bread (on following page)

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Special points of interest:

- The Barneys' Anniversary
- The Johns
- Happening this Week

Beer Bread Recipe

3 cups flour
3 tsp baking powder
1/4 cup sugar
1 tsp salt
1 bottle beer
butter, melted

1. Preheat the oven to 375°F. In a mixing bowl, combine all the dry ingredients. Add the beer all at once, mixing as little as possible; the batter should be lumpy.

2. Pour the batter into a 9-x-5-x-3-inch loaf pan and brush/pour on top with the melted butter.

3. Bake in the oven for 1 hour. Turn out onto a rack to cool.

-World Prayers

Pray for another country. Using a map (digital or physical), globe, or something similar, choose a country on the map. You might close your eyes and place your finger on the map, and go with the country your finger lands on. Or you might take a different approach: once you have your country, go learn something about it. You might look up the latest news from that country using the news search feature on Google. You might look up their primary religion, or significant cultural practices. Spend several minutes learning something new about this country.

When you are done learning, ask God to bless that country. Thank God for the opportunity to learn something about a place and culture other than your own. Ask God to continue opening your mind to perspectives, practices, and understandings that are different than your own.

-Silence

We invite you into a practice of silence. Our world is full of noise - both literally and figuratively. But by developing a practice of silence, we can create for ourselves a calm cove of sorts, a place of stability amidst the busyness of the world. Here's how.

Find a place where you can sit in silence - or at least uninterrupted. Don't be bothered by ambient noise. Reduce noise as much as you can, and let the rest go. You might light a candle to symbolize Christ's presence with you. Set a timer for five minutes. And then, sit in silence. When your mind wanders to matters of the world, try to redirect it back to the candle. You might also choose a word or phrase to use as your guide for

this time. If you struggle, that's okay. This kind of practice gets easier the more you try it. When your five minutes are up, do a self-assessment. What are you feeling? How is your body? What is it like to create space for just yourself in the midst of our hectic world?



Happening This Week

Sunday, October 4, 10am: worship and communion on Facebook Live followed by virtual fellowship on zoom

<https://peoplespresbyterian.org/events/virtual-coffee-hour-2020-10-04/>

Sunday, October 4, 2-5pm: celebration of the life of Don Harkness with a service at 3

<http://www.ochalekstark.com/obituary/donald-harkness>

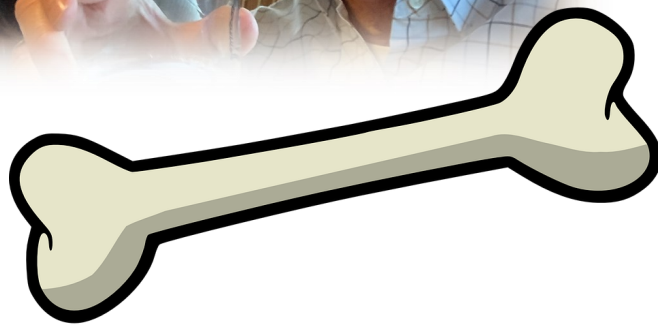
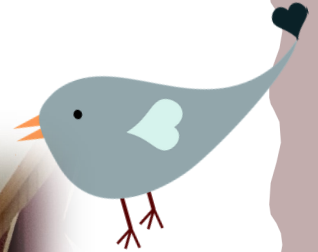
Tuesday, October 6, 8pm: Bible study on Facebook Live

Wednesday, October 7, 8pm: evening prayer on Facebook Live

Thursday, October 8, 5pm: virtual fellowship on zoom

<https://peoplespresbyterian.org/events/virtual-cocktail-hour-2020-10-08/>

*Congratulations to Steve
and Sue Barney on their
45th Wedding Anniversary!
They celebrated in 2020
style!*



The Barneys also have
aa new grand dog in the
family! This is Hugo, a
mini Schnauzer that Josh
and Natascha adopted
from a family that was
no longer able to care

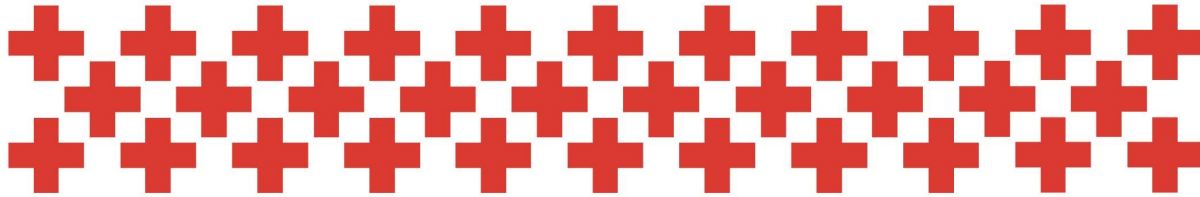
Family Fold Cont'd

The London's granddaughter, Evelyn, spent the day with Kevin and Dorothy John, enjoying Kevin's beautiful craftsmanship.

In the picture to the right, Dorothy and Evelyn stand in front of the playhouse Kevin built for his grandchildren.



Give blood. Help save lives.



In May, I reached out to the American Red Cross in order to offer our building as a potential host location for a Blood Drive. After reaching out to the congregation and to the community beyond for a month, it seemed that many folks were hesitant or distracted as it was yet early in the stages of the COVID surges. I decided to wait for a time before reaching out to you all again.

I have been in contact with Michigan's booking representative, Christina Warbington. She has briefed me on all of the precautions being implemented around donations during the pandemic, and I assure you that ARC is well-prepared and will not let us conduct any of this unless they have deemed it completely safe. Ms. Warbington was so thrilled to hear of our interest as there is an urgent need for donations currently. **So, here is where you can help. As I mentioned, our first step to becoming a Blood Drive host is to procure 30 names of people who can commit to donating.** I am including, at the end of this newsletter, the ARC interest sign-up sheet as well as the Blood Donation Fact sheet for any and all of you to use freely. You may also call and leave me a voicemail at the office number provided on the last page of this newsletter, or since I am often working from home, **please feel free to call my cell as well: (616)-490-1799.**

Lastly, while we are hoping for a good response in potential donors, we also want to ensure that the health and safety of our community are TOP priority. **Many of you have already reached out to inform me of health or other reasons you cannot donate, and that is fine. We are not asking you to do anything you can't do. If you still want to help but can't donate, please feel free to disseminate this information and the sign-up sheet to any and all in the community who you think would be capable and interested. Even if you are in good health to your knowledge, PLEASE review the links below thoroughly regarding donor criteria and eligibility before signing up:**

<https://www.redcrossblood.org/donate-blood/how-to-donate/types-of-blood-donations/whole-blood-donation.html>

<https://www.redcrossblood.org/faq.html#eligibility>

—Alayna Plews, Administrative Assistant

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Pastor's Email: ppcpastor@peoplespresbyterian.org

Website: www.peoplespresbyterian.org

Worship:

Streamed Weekly on Facebook Live

at 10:00 am every Sunday

Prayer Service:

Streamed Live each Wednesday on Facebook

Live at 8:00 pm

TOP 10 reasons Give to Blood



American Red Cross

You will get juice and cookies.

It's easy and convenient. It only takes about an hour to give whole blood, and you can make your donation at an American Red Cross blood donation center or one of many blood drives held at businesses, community centers, schools or places of worship.

You will weigh less. One pint less than when you came in!

It's something you can spare. Most people have blood to spare, yet there is still not enough to go around.

No one can ask you to do heavy lifting. As long as you wear your bandage, you're on reprieve. Wear it as long as you like. It's a badge of honor!

You will walk a little taller afterward. Most people feel good about themselves knowing they've just helped save someone's life. You will too!

You will be helping to ensure that blood is there when it's needed. Most people don't think they'll ever need blood, but many do. One whole blood donation can yield up to three blood products: red cells, platelets and plasma.

You will give a gift that costs nothing, but last a lifetime. Blood is something money can't buy. It's only something that one person can give to another.

You will be someone's hero. You may give a newborn, a child, a mother or father, a brother or a sister another chance at life. In fact, you can help save up to three lives with just one donation!

It's the right thing to do!



redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767 | [facebook.com/redcrossblood](https://www.facebook.com/redcrossblood)

Individuals who are 17 years of age (16 with parental permission in some states), meet weight and height requirements (110 pounds or more, depending on their height) and are in generally good health may be eligible to give blood. Please bring your Red Cross blood donor card or other form of positive ID when you come to donate. STAN.info015 | v2 2010/01_v3 2011/01_v3 2012/01 © 2012 The American National Red Cross | 02/11AP0124

Would you help save up to three lives?



Our organization would like to sponsor an American Red Cross blood drive at our location, but we need to make sure we have enough people to donate blood before we can commit. We support and encourage you to take time to give blood; a simple way to make a difference in someone's life. Your one blood donation can help save up to three lives.

Please sign up below if you are interested in participating in our Red Cross blood drive.

	Name	Email	Phone
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Sponsoring Organization: Organization Name Here

Contact Name: Contact name Proposed blood drive date: MM/DD/YY

Download the Blood Donor App | redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767 | Save time with RapidPass

Individuals who are 17 years of age (16 with parental permission in some states), meet weight and height requirements (110 pounds or more, depending on their height) and are in generally good health may be eligible to give blood. Please bring positive ID when you come to donate. ©2018 The American National Red Cross | 148925/186201