



The Peoples Weekly Mini Mouse



Manse Cat Monthly: Musings from Pastor Leia / her cat

02/04/2021

Volume 1, Issue 42

As we enter into February and draw closer to the season of Lent, 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. There is a long tradition of taking on spiritual practices for Lent, whether that is fasting, additional prayer, daily devotional reading, or something else. I invite you to consider one of these practices as we prepare to make our Lenten journey together.

Tell a Bible Story

Put your creativity to work by telling a Bible story using items from around your home. Grab 15 random things from around the house, like a paper clip, piece of foil, tissue, comb, fork, rubber band, string, coin,

etc. Use only those objects to create a scene from a Bible story. Then, share your creation with a friend or family member in-person or via video (like Facetime), or film your story and post on Facebook.

As you work, think about what Bible story you'd like to create and why. Is it a favorite story? A challenging one? How does using those 15 random items from your home change your understanding of the story?

This would be a great family project, too!

Finger Labyrinth

Labyrinths are one of the oldest spiritual tools known to humankind, dating back at least four thousand years. We invite you to try a compact (but actually not all that new) take on this ancient practice: the finger labyrinth.

Here's how you might approach this prayer walk with your fingers:

Before you start any finger labyrinth "walk," take time to breathe and relax. Set an intention or question for the walk. Without an intention, a finger labyrinth walk can become an exercise in hastily and mindlessly moving your finger along the circuits and wondering at the end of the walk why you even bothered. Say a prayer, if you like, for support, healing, and guidance.

Place a finger at the entrance to the labyrinth. As you trace the circuit, stay open to whatever presents itself: feelings, sensations, memories, images, or just "knowings." Pause at any time to breathe, be with a memory, work with an image, or simply relax into the labyrinth. At the center of the labyrinth,

INSIDE THIS ISSUE:

Pastor Message	1-2
Happening This Week	3
Mission	4
Christian Education	5
Vaccine Updates	6

SPECIAL POINTS OF INTEREST:

- Happening This Week
- Mission
- Vaccine Updates

Pastor Leia Continued

feel its connection to your own center. The center is a wonderful place to relax, pray, or sing. When you are ready, trace your way out, staying open to whatever comes up for you. When your walk is done, place both hands on the labyrinth and give thanks for whatever you learned and experienced.

The most important thing to remember is there is no right or wrong way to walk the labyrinth. As you enter the sacred space of the labyrinth, just be yourself. Open your mind and your heart and receive the richness that may come from your journey on the labyrinth.

You may use the picture below or [download a printable finger labyrinth here](#).

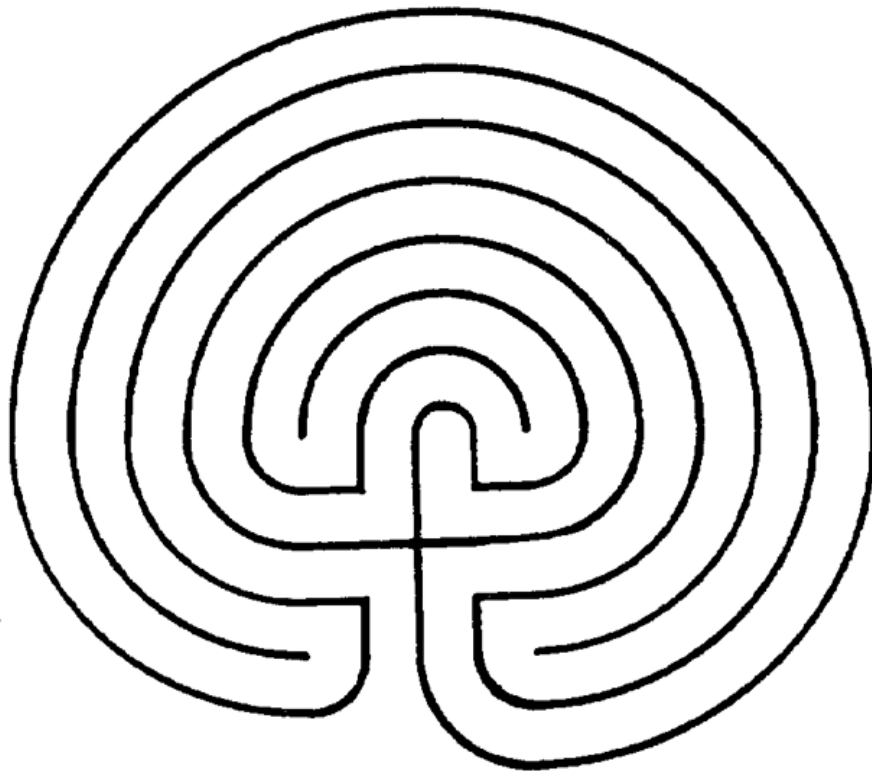
Kindness Challenge

Look for sincere and authentic opportunities to compliment or thank people. Be intentional about making the effort to be extra kind in everyday actions. If completing this challenge with other members of your household/family, compare notes from your day at dinner (or at the end of the weekend for a longer challenge!). If completing the challenge yourself, keep a journal to remind yourself about these acts.

Be Present and Breathe

Be present. Pause frequently throughout the day to take thoughtful and deliberate breaths. With each deep breath, pay attention to your surroundings wherever you may be. Find something you truly appreciate, something that fills your heart with

joy, peace and contentment. Focus on the wonder of life and the beauty of the moment. Give thanks to God.



Happening This Week

Tuesday, February 9, 8pm: Bible study on Facebook Live (1 John 4)

Wednesday, February 10, 8pm: evening prayer service on Facebook Live

Thursday, February 11, 5pm: virtual fellowship on zoom

<https://peoplespresbyterian.org/events/virtual-cocktail-hour-2021-02-11/>

Sunday, February 14, 10am: worship on Facebook Live followed by virtual fellowship on zoom <https://peoplespresbyterian.org/events/virtual-coffee-hour-2021-02-14/>

*To find out why Pastor Leia decorated Christmas cookies in February, check out her Bible study video on Candlemas/Groundhog Day from February 2!



Misson

Donation Opportunities for Aid in Milan

Just a quick reminder of the opportunity to make a cash donation to the Aid In Milan "shut-off" fund. It is used for Milan citizens who receive shut-off notices for water, electricity, gas or are behind in their rent. Many people have come up short with their payments when their income has been decreased or lost altogether during the pandemic.

You can mail your donation, of any amount, to the church office, 210 Smith Street, with "Aid in Milan" in the memo section. Or you can put your check in an envelope into the mail slot outside the office.

Another need is new teenage/adult sized winter gloves. They can be slipped into the mail slot as well. Deadline for the cash donations and winter gloves is Sunday, February 14th. Thanks!

Let's help our neighbors in these very uncertain times.

"I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me" ***Matthew 25:40***

-Mission Committee



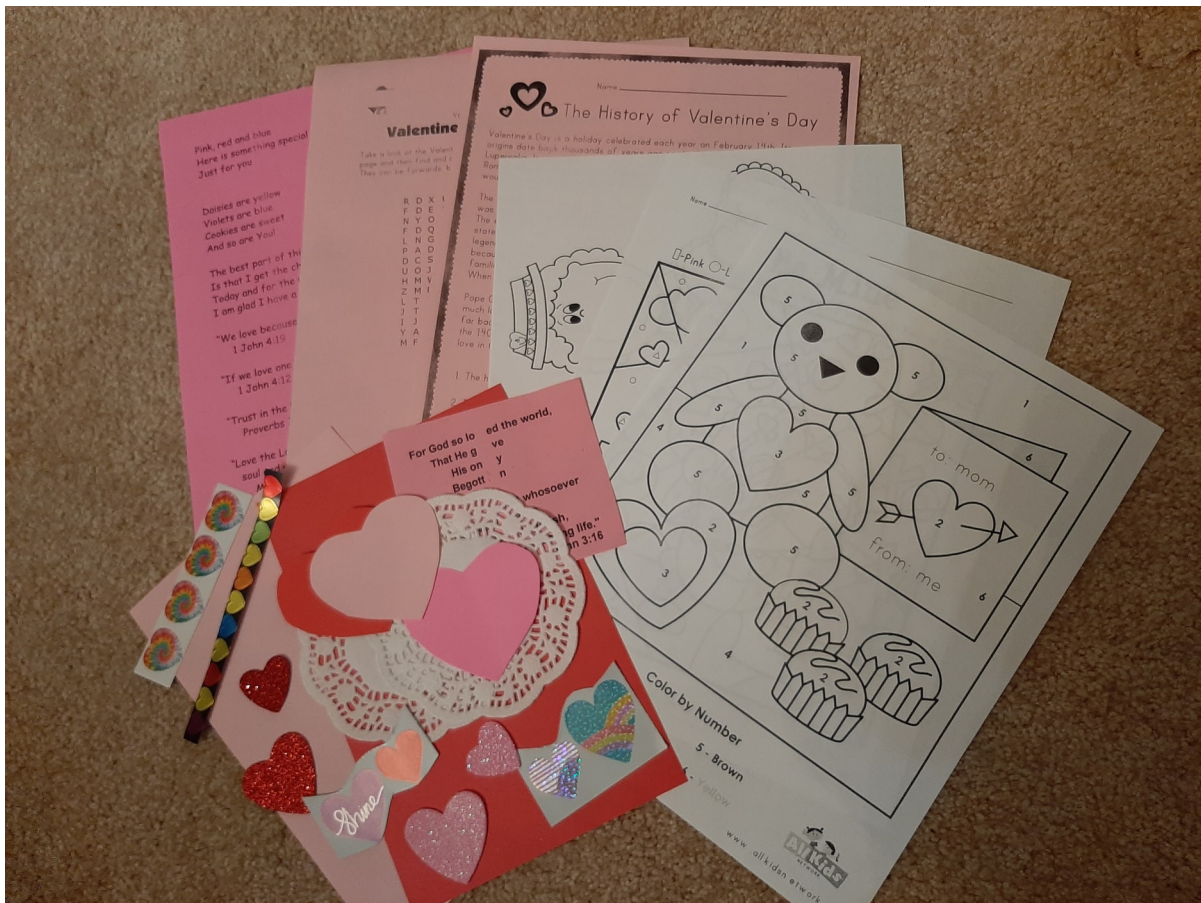
♥ Christian Education ♥

The Valentine CE package has been mailed to all the youth of the church.

There is the history of Valentine's Day, work and coloring pages along with supplies to make two special Valentines for them to surprise someone special.

May your Valentines Day be sweet and special!

-CE Committee



Vaccine Updates From Diane London

This is the link to the sign up for MONROE County Public Health Department. No vaccine available right now, you are just getting on the list to be notified.

<https://app.smartsheet.com/b/form/7cf3d147bfaa426689c0df6e4bff5310>

Washtenaw county public health department sign up: <https://survey.alchemer.com/s3/6135145/covidvaccine>

Meijer sign up: <https://clinic.meijer.com/register/CL0001>

IHA patients: You don't have to do anything, the office will call you when they have vaccines available. I spoke with Jen at the Milan office last week and she said they haven't received any information about when they might get vaccine to administer. They will of course be prioritizing the scheduling of their patients.

SJMH MyChart directions to schedule Covid vaccine: You will have to check frequently to see if SJMH has opened their appointments for the vaccine. When you get to #6 below, you will either get a message indicating they are not accepting appointments at this time OR it will show you times to choose your appointment - be persistent and check at least once daily. When the appointments are available they are snapped up very quickly. I was told you have to use a computer, not your cell phone to be able to schedule.

Once you are in MyChart

1. Choose "visits" at the top of the page
2. Schedule an Appointment
3. Green box, schedule with a specific provider
4. Find a new Provider
5. Infectious Disease
6. choose Covid-19 vaccine" at the top of the screen
7. choose whichever location you are willing to go to

Register everywhere you can. Wait until you have received both of your doses of the vaccine before you cancel any other registrations.

Good luck everyone and God speed! We will all get the vaccine eventually and I know it's hard to wait. Stay safe, wash your hands, wear those masks and avoid crowds :)

-Diane

Peoples Presbyterian Church

210 Smith Street Milan, MI 48160

Pastor: The Reverend Leia Rose Battaglia

Phone: (734) 439-1922

Church Email: ppcoffice@peoplespresbyterian.org

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