

May 2020

Our JOYFUL Noise

The Monthly Newsletter of First Presbyterian Church of Britton SD
Pastor Donald Buck 605.551.9001; Mindi Buck 605.551.9005
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There really isn't much news this month, due to the pandemic suspension of all church activities, but with a little less restriction, we would like to invite all of you to:

**Drive Up/Lawn-Chair
Sunday**

At the Fort!!!

Sunday, May 24th (Memorial Day Weekend), we will be having a drive-up worship service in the south parking lot at Fort Sisseton State Park.

There will be live streaming, regular church service, music and a chance for us to at least see one another from afar and know that we will all be back together in the future of our church.

Please come join us!!!

Also, please remember that the church is counting on your gifts, pledges and assistance during these trying times, so as you are able, please forward your gifts to:

PO Box 127, Britton, SD 57430.

Your giving is always appreciated.





The Bucks' Blog:

April showers bring May flowers...or at least that's the way the saying goes. Our Britton weather has brought pleasant Spring rains and then beautiful flowers bursting from their buds in spontaneous celebration!

It's as if they're saying, "No matter what, God is in His heaven; and all is right with the world."

But it's not all right in the world, is it?

It seems we are becoming accustomed to daily changing information about our Coronavirus condition, to changing lifestyle, to varied forecasts and probables; yet... God is in His heaven. The God of immeasurable love for us, the God who never leaves us, the God who knows us better than we know ourselves... that God is in heaven, and His calming Spirit is

within us validating that we are not alone.

Isn't it a miracle to see the seasons arrive, right on schedule?

The sun rises and sets, right on schedule.

The cycles of nature continue, right on schedule.

How comforting to know that the God that keeps the universe right on schedule knows you personally. God knows exactly where you are, what are your hopes and fears, and the deepest yearnings of your soul. In this time, when most about us seems unstable, unknowable, and uncontrollable; know this, our all loving God by His Spirit is right there with you. You, my friend, are not alone.

--- Donald & Mindi



How to Let Go and Let God, One Day at a Time

It's a simple phrase, but not always a simple practice. Here are seven steps to make this prayer a reality.

by **Bob Hostetler** Posted in **How to Pray**, Apr 23, 2020

It sounds like such a straightforward statement: let go and let God. Easy to say but not so easy to do. Right? People who say that don't necessarily have *your* life with its stress, worries, fears and problems. Or maybe it's just me thinking this way?

So "let go and let God" may seem simple, but it's not. Still, that doesn't mean it can't be done. It doesn't even mean that it has to be hard. It's possible, if—and sure, that's a fairly big "if"—you sincerely and prayerfully follow steps such as these:

1) Identify what you can control—and what you can't.

My wife is a professional counselor. She and I often remind each other of our shared definition of mental and spiritual health: controlling what you can—not what you can't.

Much of our inability to "let go and let God" stems from our failure to recognize that often the things that stress us and worry us are things we can't control.

2) Address what you can control.

Another key to mental health is action. In fact,

very often inactivity breeds worry, even depression. One antidote to worry and stress is action. So, instead of brooding over your situation, take action on the things you can control (which almost exclusively pertain to you and your attitudes; funny how that works).

3) Surrender what you can't control.

In the words of the late theologian E. Stanley Jones, "Surrender the thing you fear into the hands of God. Turn it right over to God and ask Him to solve it with you. Fear is keeping things in your own hands; faith is turning them over into the hands of God—and leaving them there."

4) Meditate on the promises of your faithful God.

The psalmist sang, "I remember the days of long ago; I meditate on all Your works and consider what Your hands have done" (Psalm 143:5, NIV).

Replace your frantic thoughts with calming thoughts, based on God's promises such as, "Never will I leave you; never will I forsake you." (Hebrews 13:5, NIV).

5) Choose a "letting go" motto.

Select a memorable verse or phrase that you can repeat to yourself throughout the day to keep your mind and spirit from descending into worry.

For example, "in quietness and in confidence shall be your strength" (Isaiah 30:15, KJV) or "It is well with my soul." You might even choose a new one every day or every week.

6) Resolve not to act on fear but on faith.

To quote E. Stanley Jones again, "Never act on a fear, for fears are usually false.... Don't build your life according to any pattern shown to you in the valley of fear. Wait till you get to the mount of faith and then build your life plans."

7) Focus your mind and heart on trusting God today.

Jesus said, "Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" (Matthew 6:34, NIV).

He didn't suggest that we won't have trouble; far from it. He did say, however, that we should focus our minds and hearts on this day and its challenges. That's plenty. The same God who is with us and empowers us to meet today will be there tomorrow.

So maybe "let go and let God" isn't expecting too much. If, that is, we do it one day at a time.



Be sure to join the Bucks for their live streaming messages on Facebook, First Presbyterian Church Britton, each day at 10:00 a.m. Monday through Friday, and again on Sunday for the regular church service.



Our Church truly made history in this photo of the baptism of Jace Roger Paulson (new grandson of Kay Friebe), in a private ceremony held at the church on Sunday, April 19th. Carter and Courtney are shown here as Carter anoints his son with the water and Pastor Buck officiates from a very safe distance. This will certainly be one for the history books during the pandemic of 2020!

Along with Mindi, members of Session and members of the immediate family witnessed the occasion from a distance.



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