

August 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
Church 605 448 2460

NOTICE!

The Session has voted to suspend in-sanctuary church services until the 6th of September and then on a month-to-month basis.



The Bucks' Blog

Earlier this week, Mindi and I were in the Black Hills of South Dakota for three days. Our meetings took us to a lodge deep into the northern Black Hills about half-way between Mount Rushmore and Devil's Peak in Wyoming. As we drove along the narrow, winding, up and down, mile high, two lane highway, we marveled at the beauty of God's creation--mile after mile of unspoiled forest with an occasional mountain meadow that seemed to laugh at our surprise. We saw deer totally unafraid. We were in their home. One afternoon, a thunderstorm blew in with thunder, lightning, and a downpour that eased into a gentle summer rain. It was as if the entire forest came alive to satiate it's thirst. The trees became more green, the sheer rock cliffs glistened, and the quiet stream far below came alive as it swelled with new found volume. Mindi and I began to sense God's presence and a oneness with what God had made.

I began to wonder. Why are they called Black Hills? They are not black at all. Far from it, they

are beautiful beyond description! I learned that the Sioux Indians named them Black Hills seeing that from a distance the mantle of trees made them appear black. Yet, as you get close up they are not black at all; and as you get to know them, they are beautiful. I thought, "how unfair it is... this label, Black Hills."

It's true in life, isn't it? We label things and people. Everywhere we look, we make judgements based on labels. In our culture, we label people. Oh, the list is almost endless: car or truck, clothes, shoes or boots, size of house and yard or acres, position in the community, how long of a marriage, how many marriages, color of skin, sexual orientation, perceived wealth or lack of it, and on and on and on it goes. Mostly we use labels to make ourselves feel better about ourselves. We also use labels a lot in the church, don't we?

Jesus said that we should love our neighbor as ourselves. Some try to sidestep that "law of love" by asking "who is my neighbor?" I submit to you that we are all neighbors. In this adventure called life, we are all in it together. Especially during these very trying times, we need each other. Now, more than ever, we need to intentionally get past labels and get to know one another. I have learned that when we do that... get to know someone, the labels begin to disappear. When we begin to love with the love of Christ Jesus and love as we want to be loved, the labels fall away. We no longer see skin color, we no longer see sexual orientation, we no longer judge by labels, we just love the person as a child of God no different than we are.

The media, advertising, even some churches promote their labels and exclusivity.

Friends, let's fall for it no longer. Let us all get to know people without labels, but with the love of Christ Jesus. I promise, you will discover someone just like you.

We are all on this adventure called life, and we all need each other's love.

Blessings in abundance on your life in this new month of August.

---Pastor Donald & Mindi



Session Notes:

Session met Tuesday, July 21st at 7:00 PM.

A brief summary of the meeting:

- At the last Presbytery meeting a motion was made to sell Camp Pioneer. Pastor Donald is on the Camp Pioneer sales commission.
- Lance Griese has completed the training and has been commissioned July 11th, 2020 to be a Commissioned Ruling Elder (CRE).
- Session approved letting Kate Wismer use the pianos and clavinoia for piano lessons.
- Approved locking the church when no one is there because individuals are in the church that shouldn't be there.
- Next Session Meeting will be August 18th, 2020 at 7:00 p.m.

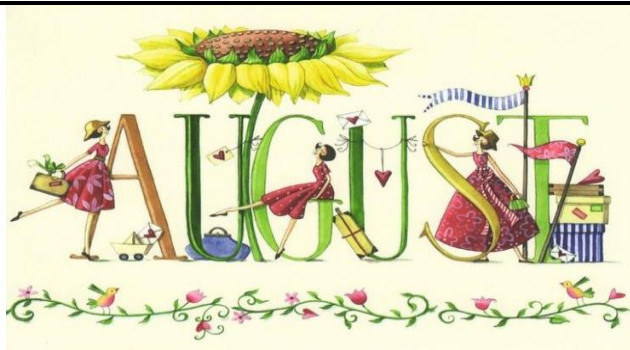


Please remember that the church is counting on your gifts, pledges and assistance during these trying times, so as you are able, please forward your gifts to: PO Box 127, Britton, SD 57430.

You may also give your gifts by going to our web site and hitting the giving button which will take you to the site for setting up your profile to make a secure one-time gift or a repeating gift through the Presbyterian Foundation to First Presbyterian Church, Britton.

That's at fpcbritton.com.

Check it out!!!



3 Ways to Take a Vacation from Your Problems

Working on—and worrying about—our challenges shouldn't be a 24 / 7 job.

by **Holly Lebowitz Rossi** Posted in **Health and Wellness**

One of my favorite summer movies is the 1991 comedy, *What About Bob?* Bill Murray plays a psychiatry patient, Bob Wiley, who follows his therapist, played by Richard Dreyfuss, on vacation to Lake Winnepesaukee, New Hampshire. Bob heads north because he is afraid to be without the support of his frequent therapy sessions.

Hearing Bob's anxieties, the doctor's advice is pat but profound—while I'm away, why don't you take a vacation from your problems?

Of course, Bob takes the suggestion hilariously seriously, choosing to vacate his problems in the doctor's own backyard. But that phrase—"take a vacation from your problems"—has always resonated with me, all comedy aside.

There's a fine line between living in denial of our problems and taking a break from being weighed down by them. In denial, we pretend there's nothing wrong, nothing going on that we need to solve, no challenges to our inner peace and happiness.

But when we "take a vacation from our problems," we acknowledge and own

our challenges while choosing to step away from them for a period of time. Problems, however, you define them in your life, can occupy your thoughts to an unhelpful degree, leading you to spiral into worried rumination.

And even the best problem-solvers among us can't be wrestling issues to the ground all day, every day. Which is why during summer vacation season, I highly recommend scheduling a vacation from your biggest challenges.

Here's what such a "vacation" looks like to me:

1. It's Short but Sweet

Few of us can afford to walk away from, for example, a financial stress for a month or even a week. But setting a boundary of a 24-hour period when you are not chasing a solution to your problem can help refresh you for the decisions ahead.

2. It's Non-Negotiable

If a friend tempts you to discuss your problem, if an article pops up on your social media feed or if a worried thought floats into your mind, you need to be firm, just as you (hopefully) would be if the boss called during a physical vacation: "Sorry, I can't talk about this right now. I'll touch base when I'm back from vacation!"

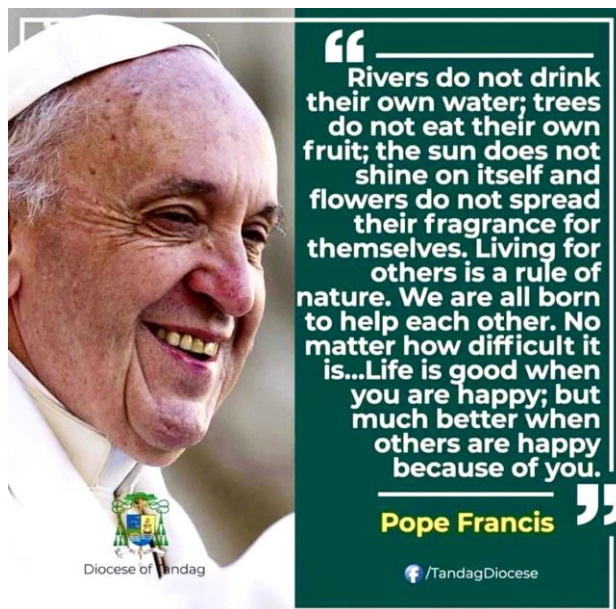
3. It's Purposeful

At the end of your scheduled problem-vacation, take some time to reflect on what the space has shown you about the problem. Perhaps it's not actually as big and scary as you thought. Maybe a new approach or solution comes to your

mind. Or maybe you just feel more rested and ready to face it anew.

Would you consider taking a vacation from your problems? What would that look like for you?

*Don't hurry,
Don't worry,
Don't get mad!*



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Pastoral Appointments
Monday thru Thursday
10:00 – 4:00