

January 2021



The Monthly Newsletter of First Presbyterian Church of Britton SD
Church Office: 605 448 2460; Jane's cell: 470 0578

Leadership Roles for 2021

At the Called Congregational Meeting held in-sanctuary and via ZOOM on December 13, 2020, the following slate of candidates for the **Class of 2021 Ruling Elders** to serve on the Session was presented:

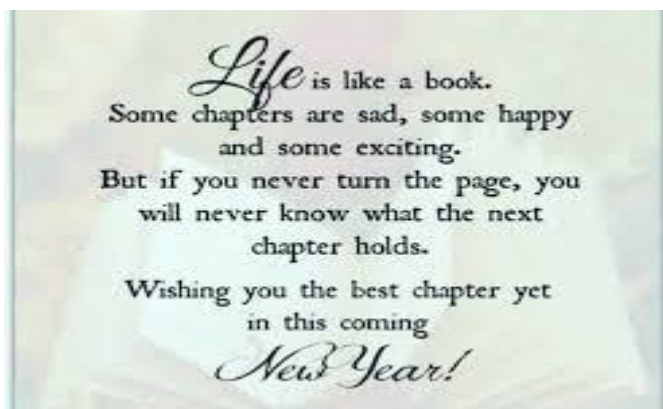
- Kevin C. Jones (2nd term),
- Kelsi Heer (2nd term), and
- Lance Griesse (1st term).

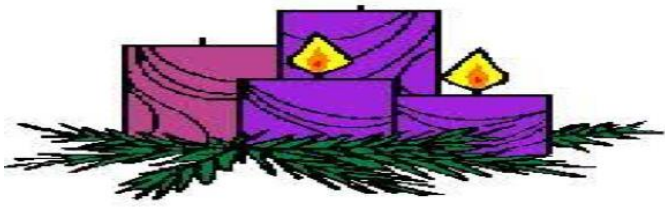
The vote for approval was unanimous.

The candidates for the **Class of 2021 Trustees** were:

- Beverly Seibel (2nd term),
- Roger Furman (2nd term), and
- Kathy Buisker (2nd term).

The vote to elect these Trustees passed by a majority.





During Advent, it is the custom of our church, that a family from our congregation be asked to participate in the lighting of the advent candles. Below is the family of KC and DaRae Jones, with their children, Lenyx, Kandrick and Merit.



Session Notes:

The Session met on Wednesday, December 9th, at 7:00 P.M., by zoom, with the following:

- Approved communion for January 3rd, 2021.
- Approved serving communion each quarter for 2021.
- Session elected Susan Wismer commissioner to Presbytery meetings, Becky Weber church treasurer, and Lynn Eberhart clerk for 2021.
- Approved January 31st, 2021 as the annual congregational meeting to include ordination and installation of 2021 officers.
- Approved December 13, 2020 congregational meeting as a hybrid meeting with members participating in the church, by Zoom and by phone.
- Approved the severance package for Pastor Buck.
- Next session meeting will be January 20th, 2021 at 6:00 p.m. via Zoom.



Managing “What if I get Covid?” Anxiety

How families can keep worry in its place during the pandemic

by **Holly Lebowitz Rossi** Posted in **Health and Wellness**, Nov 20, 2020



My family has a couple of favorite anxiety management sayings that come from my son’s picture bookshelf. One is to watch out for “the What-If monster,” and the other is, “Don’t feed the worry bug.” Both are front and center as we try to keep worry in its place during the pandemic.

Worry is a universal human condition—but during the pandemic, as work, school and social routines continue to be disrupted, it’s normal to feel concerned. It’s even expected to feel yourself ratcheting up from worry and into anxiety, particularly if case numbers in your community are moving in the wrong direction, or you know someone who has been ill or died from the virus.

Managing our anxiety is part of navigating this difficult time with grace, strength and authentic positivity. Within families, the fears might manifest differently across different generations. But from kids to grandparents, everyone has two questions on their mind: “Will I be ok?” and “Will you be ok?”

Use Your Worry for Good

The irony of worry is that it’s an uncomfortable feeling that can actually be very good for us. If we didn’t worry, after all, we wouldn’t feel motivated to protect ourselves from the very real dangers of the coronavirus. We might take ill-advised risks like gathering with groups indoors or leaving our masks at home. We might even hold back from reporting symptoms or getting tested—all in the name of “keeping calm.”

A healthier path is to acknowledge that the worry comes from a set of true facts about Covid-19. Follow public health guidance to participate in the solution to the pandemic crisis. Use the language of “using our worry for good” with your family to focus on the empowerment that comes with doing the right things to protect yourself and others.

Watch Out for “What If”

Oh, that “What-If monster” is a sneaky one! It’s so tempting to worry in the form of “what if” questions. “What if I get sick?” “What if you get really sick?” The list of hypotheticals is long. One helpful technique is to call attention to “what-iffing” when you hear it from your family members (or yourself), and gently, even jokingly, urge yourself away from asking questions you can’t answer.

Another approach is to lean into the “what if,” taking a moment to make a plan for if a member of the family has to quarantine, thinking through where you would get tests and laying in food and medical supplies (think chicken soup and pain relievers). Strategize and prepare until you can answer a “what if” question with, “We have a plan for that.”

Don’t Let the “Worry Bug” Grow Too Big

We all know that to everything there is a season, right? And it’s true that there’s a time to fret and a time to let go of worry. If you notice anxiety growing and feeding on an increasingly large amount of your and your family’s energy, take steps to dial the big feelings down.

First, turn to the practical, reassuring ideas we’ve discussed—have a plan, follow good public health advice. If you’re still overly anxious, try setting a time in your calendar for worry—and not inviting your anxiety to the table when it’s not “worry time.” Finally, don’t hesitate to reach out to a friend, family member, clergy person or counselor for support.

Just because it’s normal to worry doesn’t mean that anxiety has to define your family’s life during this challenging time. Don’t forget that worried questions go both ways. You might ask, “What if...we learn to get through hard things together with love and commitment?” Now that’s a way a family can pull through this together.



SHARING BRINGS JOY

TO US. TO OTHERS. TO GOD.

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 (fpcbritton.com) 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.



A procrastinator suffers from the hardening of the “oughteries.”

-- Anonymous

We are in a new year. The past year has been one of the most unusual and stressful in the history of the United States. It has challenged us in many ways. Now we look ahead at this new year. We cannot possibly know what awaits us. But we can establish standards, boundaries, goals and markers. Some people call these resolutions.

Goals are a good thing. Just the process alone can help us identify strengths and weaknesses. So, as you look at 2021, and as you assess your situation wherever you may be, what resolutions will you make?

Jonathan Edwards (1703-1758), the great Puritan preacher, once

prepared a list of more than 70 resolutions. Here are a few of them:

Resolved:

- That I will do whatsoever I think to be most to God's glory,
- To live with all my might, while I do live.
- Never to lose one moment of time; but improve it the most profitable way I possibly can.
- Never to do anything, which I should be afraid to do, if it were the last hour of my life.
- Never to do anything out of revenge.
- Never to speak evil of anyone.
- Let there be something of benevolence, in all that I speak.
- To maintain the strictest temperance in eating and drinking.
- To examine carefully, and constantly, what that one thing in me is, which causes me in the least to doubt of the love of God; and to direct all my forces against it.

- To cast away such things, as I find do abate my assurance.
- To study the Scriptures so steadily, constantly and frequently, as that I may find, and plainly perceive myself to grow in the knowledge of the same.

Feel free to adopt any or all of these as your own. And may the coming year hold many blessings and joys for you as you love God and serve him every day!

(Taken from the Home Touch article sent to our folks at home each week).



Sunday School is back in session every Sunday following worship service.



**Youth Group is now meeting every Wednesday at 6:30 P.M., in the church basement.
(Snacks provided!!!)
Bring a friend!!!**



- **Carol Anderson**, as she continues to fight cancer.
- **Jan Pearson's sister, Jo Griffin**
- **Sharon Tisher**, who is at home getting stronger following her stroke.
- **Kelli Nimmer of Webster**, daughter of **Steve & Shelly Kann**.
- **Others** who may be suffering with Covid-19.
- **And continue to pray for those** with lingering health concerns.



Thank you, church family. Your calls, your prayers meant comfort & encouragement after my knee surgery. I'll always remember the kindness you've shown.

Carmen Tisher



Check out the new selection of greeting cards available in the secretary's office!



First Presbyterian Church
804 5th Street, Box 127, Phone: 605 448 2460
fpcbritton.com