



The Weekly Update

Fredericksburg Presbyterian Church

July 17, 2024

FROM THE PASTOR'S DESK

This past Sunday we looked at the wisdom Scripture offers us about anger. The Lord calls us to be people who are slow to anger “because human anger does not produce the righteousness that God desires” (James 1:20). As part of our discussion we asked the question: what can we do about the folly of human anger? One of the suggestions was to take an anger inventory. This is an exercise recommended by Rebecca DeYoung in her book “Glittering Vices”. Here’s how to do an anger inventory.

Step 1: For a week or two, keep a small journal or list of what has made you angry. Each night for 1-2 weeks, write down anything made you angry that day. It doesn’t have to be a long description, just enough to help you remember what has made you irritated, frustrated or angry. Even if nothing made you angry (highly unlikely) keep the list going each day during the time of the inventory.

Step 2: For each entry in the anger list, rate the level of anger. On a scale of 1-5, how angry did that thing make you? A grade of “1” is not very angry and “5” would be extremely angry. When you enter things in your anger journal, put a number rating by each one.

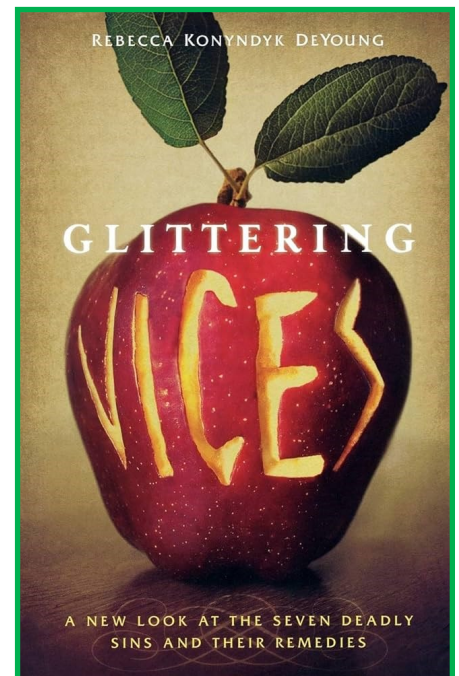
Step 3: Wait! Put your anger list away for a week or two, don’t think about it or worry about it. (this is the really easy part!)

Step 4: After a few weeks, reopen your anger journal and read through it. Get curious about your anger – and importantly, don’t get angry at yourself for your anger!! Instead, look for patterns that emerge. As DeYoung says in her book: “With evidence in hand, we can ask: Were we angry too often? Were we often too angry? Frequently, reactions that seemed perfectly justified and rational look petty and self-serving in retrospect, and the situations that occasioned our anger seem more trivial than genuinely offensive. This record is also useful in helping us see better what sorts of things tend to set us off.”

Step 5: Pray about it. Talk to God about your anger – do you need his help to better understand your reactions? Do you need Him to help you control your anger or maybe do you need Him to help you get angry about the right things? God is your partner in this!

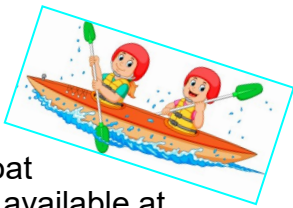
Bonus Step 6: Share with a trusted friend or family member. If you feel comfortable, set aside some time to talk about your anger inventory with someone you trust; ask them to share their feedback and insight with you. Ask them to join you in prayer about it.

We all struggle with anger from time to time. And the first part of exercising wisdom about our anger is to get curious about it! We have nothing to fear; God already knows us and loves us, so we can safely learn to be slow to anger, just like He is.



Kayaking!

July 27, meet at Findley State Park in Wellington at 2:00 p.m. for a kayak trip. The park has a kayak launch as well as a boat ramp, and kayak rentals are available at the campground office. \$20 for first hour, \$10 for every additional hour. When entering the state park, anyone who is bringing their own kayak will follow the signs for the boat ramp. This is the public boat ramp and kayak launch. Anyone who is renting will follow the signs for the campground. Once they rent the kayaks from the campground office, they'll be directed to the campground boat ramp and kayak launch. So basically, they'll enter the water from the other side of the lake. Questions??Contact Emily Brown (330-464-4465)



This is a great time of food, fellowship and fun!

At the village park.

Mark your calendars now for Sunday, August 18 following the worship service.

We will have a corn hole tournament so get your team together. A sign up sheet will soon be posted in the Gallery.

Bring a dish to share. The meat, beverages and paper products will be provided

PRAYER

Please keep these people/situations in your prayers.

The prayer needs listed in **BOLD** are new to the list.

Praises

- **Praises for the caring church family**
- **Praise for Youth Ministry**
- **Waldo responding well to cancer treatment.**
Cancer is shrinking and no new cancer found

Military Service:

- Shannah Swinehart - Army National Guard
- Christa Nelson - Navy
- Ryan Chabak - stationed in Alaska
- Isaiah Styer - stationed at Camp Lejeune in NC
- Gaven Bee - stationed in Dayton, OH

Prayer Needs

- **Traveling mercies**
- **The stage production of Little Mermaid**
- **Church camp staff and campers**
- Unspokens
- Israel

Health Concerns:

- **Edna Wade's daughter-in-law**
- Pastor Albert - infection following last surgery
- Gladys Williams - knee surgery
- Cathy Firebaugh - surgery
- Dave Crosby - COPD
- Bill Crosby - COPD
- Kim Crosby - arm issues
- Karen - Parkinson's & broken hip
- Tom - Dementia
- Wendy Scott - severe health concerns
- Samuel - ulcers
- Veronica's mom
- Jane Heilman

Battling Cancer

- Waldo - cont'd prayers for remainder of chemo
- David Meulenberg
- Karen Flowers - lung cancer
- Landon Sommers - Hodgkin's Lymphoma
- David
- Keylee - leukemia
- Dale James

Condolences

- The family of Jon Barker

The Deacons encourage you to send cards or notes of encouragement to those in the church family experiencing prayer needs.

ATTENTION YOUTH! Sunday, July 21:

The McKelvey's are hosting a pool party at their house 6886 Harrison Rd, after church (10:45/11:00).



Wendy will have hot dogs & drinks, etc. for lunch-- please bring a side or

dessert to share. If you need a ride to their house from church, Shawn & Wendy can take you. Wendy would like an idea of how many are coming, so let her know at 330-464-2330. Please plan to meet in the youth room after church on the 21st so the McKelveys have everyone in one place to see who needs a ride or not. There will be no 2nd hour lesson that day. Invite some friends too! Their pool is awesome!



HAPPY BIRTHDAY!

July 18 - Beth Miller

July 22 - Jim Kinney

July 21 - Phyllis Miller

July 22 - Claire Burgett

HAPPY ANNIVERSARY!

A belated Happy Anniversary to Tiana & Matt Smith July 16



CALENDAR FOR JULY/AUGUST

- July 21 - Sunday morning worship & 2nd Hour for all
- July 22 - 7:00 p.m. Session Meeting
- July 23 - 7:30 p.m. The Grind (Men)
- July 24 - 10:00 a.m. GLOW (women)
- July 24 - 6:30 p.m. Music Team
- July 27 - 2:00 p.m. Kayaking at Findley State Park (see details on page 2)
- July 29 - Sunday morning worship & 2nd Hour for all
- July 31 - 10:00 a.m. GLOW (women)
- July 31 - 6:30 p.m. Music Team
- August 4 - Sunday morning worship and it is National Friendship Day. Celebrate your friends, and bring a friend to worship with you.
- August 6 - VBS Family Night (more details to come)
- August 7 - 10:00 a.m. GLOW (women)
- August 7 - 6:30 p.m. Music Team
- August 11 - Sunday morning worship

VBS Night - Big Faith

WHEN: 6pm-8pm; August 6, 2024

WHERE: Fredericksburg Presbyterian Church

WHO: EVERYONE! We're inviting all kids (6th grade and under),

parents, grandparents, & friends
Adults can invite any kid in their life to come with them (children, grand children, nieces, nephews, neighbors, friends, etc.)

RESPOND: Please email jsmolik@fredericksburgpres.org if you're planning to attend.

(You can still come if you don't RSVP, we just want to have a basic idea of how many supplies to get!)



Have you seen the little desk calendars that proclaim a holiday for every day of the year? There's National Donut Day, National Pie Day,

National Ice Cream Day, Bosses Day, Secretary's Day... Did you know that Sunday, August 4 is National Friendship Day? How many of you out there have a friend? Uh-huh. I thought so, we are a friendly bunch of people! We are blessed indeed to have friends in our lives. August 4 was created to celebrate those kinds of friends. On that Sunday, I encourage you to reach out to your friends. Invite him or her (or them!) to worship with us. Then stay for some refreshments. Afterwards, you can take them to lunch, have a cookout with them, share a walk - just celebrate them being in your life. I hope you will join us in celebrating National Friendship Day.

"A good friend is like a four-leaf clover: hard to find and lucky to have."