



The Weekly Update

Fredericksburg Presbyterian Church

July 31, 2024

FROM THE PASTOR'S DESK

A couple months ago some friends of mine were traveling in central America on a mission trip. Early in the trip, one of my friends noticed a bunch of large red welts on her legs; but knowing that she tended to have bad reactions to mosquito bites, and assuming that was what the marks were, she didn't think much of it. It was painful, but she decided to muscle through, expecting things to get better on their own. But, after a number of days, she woke up in the morning and couldn't walk. Following an emergency trip to a local clinic, she discovered she had been repeatedly bitten by dangerous spiders and was close to serious complications. Her instinct to ignore what she thought was a small problem almost turned into a life-threatening situation.

Last Sunday as part of our summer conversations about wisdom we talked about the problems of busyness and laziness. We tend to struggle with one or the other; and there is danger in ignoring the problems we have with the way we use our time and our attitude toward work. We have to be careful not to ignore the signs that busyness or laziness have infected our lives.

The Lord has prescribed an antidote to the dangers of busy and lazy – it's called Sabbath. Sabbath is a regular, recurring, weekly 24-hour period of cessation from work for the purposes of rest and worship! God instructed His people to have times of weekly rest so that they could honor Him and so they could learn to depend on Him and not on themselves.

Here are three basic "r"s of Sabbath keeping:

REST - Sabbath reminds us that humans have limits, and we need rest more than we need productivity or leisure! We need time to slow down, disconnect from the things that drive us, and turn our attention to God, who always provides for us. Do we believe God when He tells us we need rest?

RHYTHM – Humans were made for a rhythm of work and rest (not busy and lazy). "Many of us are less busy than we think, but life feels constantly overwhelming because our days and weeks and years have no rhythm.... We never quite leave work when we're at home, so the next day we have a hard time getting back to work when we're actually at work. We have no routine, no order to our days. We are never completely "on" and so we are never completely "off". So we dawdle on YouTube for twenty minutes at the office and then catch up on emails for forty minutes in front of the TV at home." – "Crazy Busy" by Kevin DeYoung

RELINQUISH CONTROL – By stopping work for one day, Jesus' followers say to ourselves and to the world: I'm not the boss of me, Jesus is. "The antidote to busyness of soul is not sloth and indifference. The antidote is rest, rhythm, death to pride, acceptance of our own finitude, and trust in the providence of God." – DeYoung. Jesus gets to decide what's best for us and He has authority as King over creation. A key aspect of Sabbath is to acknowledge Jesus as our King and to trust Him by giving Him our time in rest and worship.

Friends, are there some warning signs in your life that you might be struggling with busy or lazy? If so, don't ignore them, and instead seek the antidote of rest that God offers us in Sabbath!



This Sunday, August 4 is National Friendship Day. We encourage you to invite one or two (or more!) of your friends to worship with us. Then stay for some games and refreshments. Afterwards, you can take them to lunch, have a cookout with them, share a walk - just celebrate them being in your life. We hope you will join us in celebrating friendships.

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!)

Our Church Windows



The story behind our windows here is an interesting one and certainly quite unusual. Each one represents a symbol used by churches through the centuries. Come and listen as

Pat Thomson shares the story of our windows, August 11 following worship.

BLESSING OF THE BACKPACKS

August 18

All students regardless of age or grade - including college, adult classes, and vocational education are invited to bring their backpack/ bookbag or briefcase, etc. to worship Sunday morning August 18 for a blessing of the backpacks and the new school year. Anyone attending or working in the schools this fall are invited to participate

PRAYER

Please keep these people/situations in your prayers.

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

Praises

- **No damage to Veronica Styer's knee. PT now**

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

- Our country
- Jeann & Larry's granddaughter on Africa trip
- Church camp staff and campers
- Unspokens
- Israel

Health Concerns:

- **Corky Fisher - heart and other health issues**
- **Mary Lee Wiricks's brother, John, complications following surgery.**
- 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

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



Ladies First Friday August 2.
We will meet at 6:30 at Jenny Reed's home. Bring lawn chairs and snacks. We will be outside with a campfire unless it rains - then we'll be inside.



HAPPY ANNIVERSARY!
August 4 -Erika & Jason Schuch



HAPPY BIRTHDAY!
August 1 - Candi Kinney
August 5 - Claudia Ward

CALENDAR FOR AUGUST

- August 2 - 6:30 p.m. at Jenny Reed's home.
- August 4 - Sunday morning worship and it is National Friendship Day. Celebrate your friends, and bring a friend or two to worship with you.
- August 4 - We will celebrate Communion
- August 6 - VBS Family Night
- August 7 - 10:00 a.m. GLOW (women)
- August 7 - 6:30 p.m. Music Team
- August 8 - 6:00 p.m. Emmaus 4th Day Gathering
- August 11 - Sunday morning worship
- August 11 - The Story Behind the Stained Glass Windows
- August 14 - 10:00 a.m. GLOW (women)
- August 14 - 6:30 p.m. Music Team
- August 14 - 6:30 p.m. Trustees
- August 18 - Sunday morning worship
- August 18 - Blessing of the Backpacks
- August 18 - Annual church picnic following worship
- August 21 - 10:00 a.m. GLOW (women)
- August 21 - 6:30 p.m. Music Team
- August 25 - Sunday morning worship
- August 26 - 7:00 p.m. Session Meeting
- August 27 - 7:30 p.m. The Grind (Men)
- August 28 - 10:00 a.m. GLOW (women)
- August 28 - 6:30 p.m. Music Team



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 is in the Gallery.

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

To contact the church:

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Phone 330-695-2511

Email: fredpresby@gmail.com

Website: www.fredericksburgpres.org

Follow us on Facebook too!

Rev. Jocelyn Smolik

314-749-1315

jsmolik@fredericksburgpres.org

Church office hours

Monday thru Friday 10:00 a.m. - 3 p.m.



Join us for Worship on
National Friendship Day

Sunday, August 4th 9:30-11:30am

All Covenant Partners and regular attenders (kids, students, adults) of FPC are invited to bring a friend, two friends, or your entire friend group to church to celebrate those whom God has put in your life. Stay after worship for snacks and fun friendship games with prizes!



**Please join us to celebrate friendship
and worship God!**



**FREDERICKSBURG
PRESBYTERIAN CHURCH**

201 N. Mill Street, Fredericksburg, OH 44627

VBS NIGHT

BIG FAITH - MATTHEW 14:22-23

When: Tuesday, August 6th from 6-8pm

Where: Fredericksburg Presbyterian Church

Who: EVERYONE! Kids (6th grade & under), parents, grandparents, & friends.



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PRESBYTERIAN CHURCH

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A fine day to be on the water!
Findley State Park July 27, 2024

