

## Chip's Chatter



As I sit down to write this newsletter, it is the middle of July. The summer solstice has passed and the days will be getting shorter. The days of summer following the solstice can be marked by long, hot and humid days with little or no wind. From a sailor's point of view, the long, hot, windless days are like the days the sailing ships of old experienced along the equator. Weather patterns in the northern hemisphere and the southern hemisphere meet here and produce long periods of no wind. It was not uncommon for these sailing vessels to get trapped in this equatorial zone and remain there for many days. When these ships got "trapped", they were said to be "in the doldrums." These doldrums were seasonal.

Doldrums can occur in other areas of our lives and not just associated with wind. There are at least four types of doldrums in my view: Mental/Emotional, Weather, Financial, and Religious/Spiritual.

**Mental/Emotional:** Now doldrums aren't the drums you can play like tom-toms. Doldrums are defined as a gloomy feeling, low spirits, or a time of inactivity. Other examples are dull, gloomy, and listless feelings. There can also be a time of sluggishness or complete inactivity or even stagnation. This type can lead to a period of depression or unhappy listlessness. Mental/Emotional doldrums are not necessarily seasonal. Some people experience this type during the holidays.

**Weather:** Weather doldrums are a bit easier to see and recognize. These are periods of time

when the weather is stagnant and there are few major weather systems to change the situation. Hot, humid, windless days may become uncomfortable for us. The days may become boring to us which may lead to Mental/Emotional doldrums. When I was stationed in Panama City, FL there were many summer days like that. It was easier to just stay inside in air conditioned comfort. Weather doldrums usually occur in the summer

**Financial:** Some claim there is a seasonal trend in the stock market. It is felt the stock market declines or remains flat during the summertime. It can also be marked by a downswing, slump, or slack period. A recession may be a good example.

**Religious/Spiritual:** Like the Mental/Emotional doldrums, these types of doldrums may not be associated with any particular season. They can happen throughout the year. But, I believe the long hot, humid windless days of summer cause us to think we would rather stay home and "watch" church for our spiritual renewal. The reality is most people don't actually watch the entire service. People can be easily distracted which leads to "channel surfing." Rarely do people return to the TV service with the same intensity they might feel while actually attending church. The net result is no real worship at all.

I think some churches throughout the country are experiencing doldrums. It probably

began with the pandemic, but it continues today in the “post pandemic” world. As the doldrums continue, we simply get out of the habit of worship. In a recent article from our Presbytery of Northern Waters, Rev Richard Blood writes: *“Most of our congregations are running at somewhere around ½ the Sunday attendance they had before the pandemic. And this is not a local trend. It’s happening all over the country, and in most denominations. It is what it is right now. But too often, low attendance means low income, something our small congregations can’t afford to begin with.”*

I agree with Rev. Blood. But I would also like to add the doldrums also have an effect. Throughout the pandemic and continuing today, we are in mental/emotional and religious/spiritual doldrums. It is made worse by the world in which we live today. War in the Ukraine, inflation, high gas prices, recession, and the list can go on and on. Just listening to the news tends to put me in all of the four doldrums I identified earlier. I watch my life savings shrink by the hour and worry about the legacy I will be able to leave my family.

But a good way to counter this negative thinking is to remind ourselves of what God has done for us throughout our lives. With His power, we can continue to put one foot in front of the other. Sometimes, there are steps we can take and sometimes there aren’t. Doldrums can be a bit scary when we are in the middle of one. Here is an actual experience I had while sailing during the doldrums:

I was sailing a small 22 ft. boat inside a protected island in the Gulf of Mexico. I had no motor and little provisions. Halfway to my destination, the wind totally quit. What made matters worse was that the tide was taking me out to sea. My only choice was to throw out the anchor and hold my position. Then, sit patiently waiting

for the wind to return. Three hours after setting the anchor, the wind returned and I had a delightful sail to my destination.

The answer on how to deal with the doldrums is to throw out the anchor of prayer and wait. Here’s a quote from Billy Graham, “A life without God is like a boat without an anchor.” As long as we remain focused by holding on to the anchor, we know for certain, God is in control. Once anchored in prayer, pray that God will bring wind to us. By that I mean ask God to “Breathe on us again” and to bring spiritual revival to our land. The breath of God always brings new life and that is what we all need right now. Just as in my story about sailing, when you experience the life giving breath of God, your journey through life will resume. You might find it even more delightful than if it hadn’t occurred.

Yes, we may be experiencing the doldrums. But as R. C. Sproul says “The promises of God for tomorrow are the anchor for the believers today.”

By the way, on my sailboat moored in Walker on Leech Lake, I carry two anchors.....just in case.

Chip



HOW DOES YOUR STORY END?

# A peek into your congregation.

## Bev Novak

I was born a long time ago in Willmar, Minnesota. I grew up on a small dairy farm south of Spicer, MN and that was home base for me while I was in school. I went to elementary school in Kandiyohi (complicated word for a first-grader) and went to high school in Willmar.

I graduated in 1966 and spent a year at Willmar Technical College. With my brand new certificate, I moved to St. Cloud and began a career life in business. While working those first years I started taking college courses. Many many years later when I put the education together, I had a business degree from St. Cloud State, a minor in IS from Augsburg and a past degree in business from St. Thomas.

My husband Loren passed away five years ago from Parkinson's. We had no children and I am an only child, so I'm always looking for a family it seems. I do have a cat named Lady Kim.

I love to **PLAY GOLF** in the summer and in the winter it's reading, jigsaw puzzles and listening to music.

Something interesting you might not know about me is: On a dare I took my first

flying lesson at Maple Lake, Minnesota. Then I traded receptionist duties for more lessons. Ultimately I received a license with an instrument rating. This was a hobby and a lot of fun but it was very expensive. The memories, however, are great .

We are coming to the end of our Peek into the congregation. If you have not sent in your bio's and would still like to participate, please feel free to do so. We would love to hear from you.

The flowers and treats for Sunday morning, August 7 are from Kathy Burger for their 50th wedding anniversary.

A big thank you to the Burgers for their generosity. and decorating our Sanctuary with the beautiful flowers

A good friend of our congregation passed away July 14 in Fort Dodge, Iowa. James Zech with his wife Marlene attended our services every summer and continue to support our church.

"Don't let aging get you down. It's too hard to get back up." Jack Wagner

**FINANCIAL REPORT—Month Ending 6-31-2022**

**Monthly requirement to meet our budget \$10,705.00**

Total Income	\$ 10,529.36
Total Expenses	\$ 16,106.56
Net Income	\$ (5,577.20)

**Thank you** for supporting our church

**Sunday Worship Attendance**

June 26	30
July 3	32
July 10	18
July 17	22
July 24	30



- Aug 9 Judy Damp
- Aug 12 Mary Hayes
- Aug 17 Lois Hill
- Aug 20 Marlin Kimmes
- Aug 22 Gini Sande



If we have left off your birthday, please let the office know, 444-5016

**Head Usher: Cheryl Hiltz**

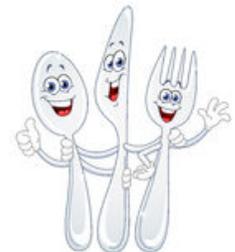
<b>August 7</b>	Donna Enfield	Donna Dickinson
<b>August 14</b>	Ruth Andersen	Ken Paulson
<b>August 21</b>	Mary Hayes	Linnea Mostad
<b>August 28</b>	Libby Underhill	Shirlee Harold

<b>Serving Communion</b>	Jan Burger and Kathy Burger
<b>Setting up Communion</b>	Gloria Phelps, Jan Burger, Kathy Burger



**Supper Club**

**At  
5:30  
Rutgers**



***Supper Club will be meeting on Thursday, August 18th***

Please call Dianne Roholt directly at 444-2859 for your reservations!

This is an evening full of joy, laughter and good food.

**All are welcome!**



Bemidji Hope House  
2014 7th Street SE or PO Box 1097,  
Bemidji MN 56601

### Where we move from Surviving to Thriving

A comprehensive community-based support program for persons with serious and persistent mental illness. Our mission is to provide community support services to people with serious and persistent mental illness so they can live in the community in the least restrictive setting, function at their best level, and reduce the need for involuntary hospitalization.

All services are open to adults 18 years old or older who have a long-term severe and persistent mental illness. Services include Adult Rehabilitation, Mental Health Services (ARMHS). Outreach, diagnostic assessments, medication reviews with a psychiatrist, after-hours emergency help, nurse visits, community/public education, phone contact, social and recreational activities in a drop-in center and off-site client employ-

ment help, and the REACH family support group.

Something is very special about Hope House. Ninety-six percent of participants are now living in stable housing, ninety-three percent are hospital-free, and eighty-four percent have no problem with drugs or alcohol. There have been no suicides for many years. Members of Hope House are tax-paying citizens -more than 70% live in their own home or apartment, and nearly 40% are employed part-time. Through learning mental health skills, and supported to be active participants within their communities, members of Hope House build the social and mental health foundation to avoid repeated and expensive hospitalizations. In addition, Hope House provides hope to families of people with mental illness via outreach, phone contact, education, and a REACH (Reassurance for Each) family support group.

Hope House does this work for less than \$10/day/member (client). If you wish to make a wise investment, feel good about the impact of your donations, and make a difference in the community, please join us.

PHONE  
218-444-6748

EMAIL  
[hopehous@paulbunyan.net](mailto:hopehous@paulbunyan.net)

WEBSITE  
<http://www.hopehousebemidji.org>

# Your session at work

## First Presbyterian Church

**APPROVED AS CORRECTED: 7-19-22**

**Bemidji, MN**

**June 21, 2022**

The monthly stated meeting of the session of First Presbyterian Church was held in the conference room on June 21, 2022, at 1:00 pm. The meeting was opened with prayer by Moderator, Pastor Chip Holt.

**ELDERS PRESENT CONSTITUTING A QUORUM:** Donna Dickinson, Cheryl Hiltz, Linnea Mostad, Terri Murray, and Gloria Phelps.

### QUORUM DECLARED

**ADOPTION OF AGENDA** - MSP to approve

**MEETING MINUTES** - MSP to approve the minutes from the May Session meeting. The approved minutes will be in the July's newsletter. Starting with July, only approved minutes will be posted in the monthly newsletter.

### CORRESPONDENCE

A thank-you card from North Woods Caregivers regarding our recent donation

### CLERK'S REPORT

First Presbyterian Church, Bemidji, MN, Clerk's Report - June 21, 2022

**Weddings:** None

**Baptisms:** None

**Deaths:** 0

**New Members:** None

**Return to Active Membership:** None

**Request Transfer of Membership:** None

**Removed from Membership Roll:** 2 (Peter and Laurie Nordquist)

**Communion:** June 5, 2022: 26 served

**Membership** as of June 21, 2022: 69

**Sunday Worship Attendance:**

May 22nd: 31	May 29th: 23	June 5th: 26	June 12th: 31	June 19th: 29
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**FINANCIAL REPORT** - Finances from May were reviewed.

### COMMITTEE REPORTS

**Administration/Personnel** Chairperson: Donna Dickinson; no report

**Buildings & Grounds** Chairperson: Terri Murray; lawn mower was repaired and given a tune-up; broken window to be repaired; quotes have been received for pest control – MSP to have Guardian Pest Control service the church. MSP for Terri to pursue landscapers' estimates on improving the curb appeal of the church.

**Finance & Stewardship** Chairperson: Cheryl Hiltz; no report

**Adult & Christian Education** Chairperson: Linnea Mostad reported that she and Chip are working on topics for the fall Seekers' Class.

**Outreach** Chairperson: Linnea Mostad reported that First Presbyterians served at the Bemidji Food Shelf the 4<sup>th</sup> Friday in May. Meals on Wheels were served June 13-17<sup>th</sup> and went well. Loop the Lake Festival had three volunteers from our church. Our Scout troop will give a "Minute for Mission" on Sunday, June 26<sup>th</sup>, as part of the 4<sup>th</sup> Sunday benevolence.

**Worship & Music** Chairperson: Gloria Phelps; July 3<sup>rd</sup> will be an "electronic music" Sunday as no organist is available.

### OTHER BUSINESS

**Computer Committee:** Chairperson: Cheryl Hiltz; no report

**Kitchen Fellowship Committee:** Session Contact Person: Cheryl Hiltz; Joan Forbes has turned in her Kitchen Fellowship Committee files as she is no longer able to help at this time.

**Nominating Committee:** Chairperson: Cheryl Hiltz; No report

**Next Meeting:** July 19th at 1:00 pm. in the conference room. Chip will moderate.

**MSP** to adjourn with prayer at 2:30 pm.

Respectfully submitted,

Libby Underhill  
Clerk of Session

Cheryl Hiltz; no report

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## Christian One Liners

The good Lord didn't create anything without a purpose, but mosquitoes come close.

God loves everyone, but probably prefers "fruits of the spirit" over "religious nuts!"

Going to church doesn't make you a Christian any more than standing in a garage makes you a car

Temples are free to enter but still empty. Pubs charge to enter, but are full. People ignore inner peace & choose to pay for self destruction

Deja Vu – When you think you're doing something you've done before, it's because God thought it was so funny, he had to rewind it for his friends.

Even duct tape can't fix stupid, but it can muffle the sound

Opportunity may knock one, but temptation bangs on your front door forever.

We were called to be witnesses, not lawyers or judges.

As I get Older I realize, "Getting Lucky" means walking into a room and remembering why I'm there.

I don't understand why people don't like lazy people. They didn't do anything.

Thinking of sleeping on my husband's side of the bed today. Apparently from that side, you don't hear the kids wake up at night.

A lot of church members who are singing "Standing on the Promises" are just sitting on the premises.

"To get back to my youth, I would do anything in the world, except exercise, get up early, or be respectable." Oscar Wilde

**Sundays**  
**10:00 am**  
**Worship**  
**11:00am**  
**Fellowship**

# AUGUST



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  7pm Scouts	2	3	4  PEO 12-2:30	5	6
7 Pastor Chip Communion Fellowship First City Singers will entertain us	8  7pm Scouts	9	10	11	12	13
14  Pastor Chip	15  7pm Scouts	16  1:00 pm Session Mtg.	17	18 PEO 12-2:30  5:30pm Supper Club At Rutgers	19	20
21 Pastor Chip Fellowship	22  7pm Scouts	23	24	25	26	27
28 Pulpit Supply Lori Kangas- Olson	29  7pm Scouts	30	31			



**First Presbyterian Church,**  
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 218-444-5016  
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 Website: [Firstpresbji.com](http://Firstpresbji.com)