

## Chip's Chatter



### Chip's Chatter January 2025 Newsletter

#### *What are your New Year's Resolutions?*

We are rapidly approaching the season of resolutions. Nearly every one of us attempts to make some "New Year's Resolution." Eat less, exercise more, read more books, spend more time with our loved ones are just a tiny fraction of the resolutions we make. Sadly, statistics indicate our New Year's Resolutions don't last very long and we inevitably return to our previous behavior. Forbes Magazine reports in 2022, 37% of people set some kind of goal or made a resolution for the new year. Forbes also reports it is common for people to abandon these goals within a few months or even weeks. Forbes also identifies a slew of unofficial dates commemorating such failures: "Ditch New Year's Resolutions Day" is January 17. Still others identify the second Friday in January as "Quitter's Day." One of their polls found the average resolution lasts just 3.74 months.

Now, think about this interesting information I gleaned from a short YouTube video a couple of days ago. I learned the average American spends 4.5 hours per day on their Smart Phone texting, emailing, etc. They also spent an average of 3 hours per day watching television. I am sure this varies greatly within age groups, but let's just use the information provided to discover some interesting results. As some of you know, I have a

degree in Mathematics from the University of Minnesota. I enjoy numbers and used much of my math training in the USAF.

Consider this: There are 8,760 hours in a year. (24 hrs per day x 365 days= 8,760 hrs). Using the information about the American average, we spend 7.5 hrs per day (4.5 + 3=7.5 hrs) using our smart phones and watching TV. This equates to 2,738 hrs per year. (7.5 hrs per day x 365= 2,738 hrs). Crunching the numbers further yields the fact we spend 31.3% of our time on these two activities alone per year. ( $2,738 \div 8,760 = 0.313 \times 100 = 31.3\%$ )

So where am I going with this? If we attended church every Sunday and spent 1 hour here for the service, this would equal 52 hrs per year in worship. If you add additional special days like Christmas, Maundy Thursday, Good Friday, Easter Vigils, and Easter, and others, the total would be more like 58 hrs per year. This translates to 0.66% of our yearly time. This means we spend only .66% of our year worshipping and thanking God for the Grace he has shown. God sent his Son to the world to pay our sin debt and have eternal life by believing in Jesus. Yet, we only give 0.66% of our time to learning about Jesus and giving thanks. We need to make a real New Year's Resolution to change this number.

Here's are my suggestions. Let's increase the amount of time we spend in worship and prayer

with the Father. What are some of the ways we can do that? We can start by setting some time aside each day for prayer/meditation and reading the Bible. How about attending a Bible study like our Seekers group?

But also consider changing our activities. Whenever we participate in an activity that brings help and service to others, we are acting as Christ with our behavior and activity. This is one of the missions of "Meals on Wheels" our church supports along with working at the Bemidji Food Shelf. When we are kind to others, we are demonstrating the love of Christ to people. When we volunteer ourselves in service to our church and other faith-based organizations, we are demonstrating Christ's love by allowing Him to use us in his service.

We are blessed to have several volunteers in our church family. We have head ushers, greeters, acolytes, liturgists, singers, bell ringers, kitchen helpers for our weekly coffee fellowship, communion servers and set-up, and many others. Most of these volunteers work behind the scene contributing to a meaningful worship. Do you know who changes the banners in the Sanctuary? Who fills the candles with oil? Do you know how much effort goes into preparing each Sunday's service?

Here's a doable New Year's Resolution: Let's resolve to increase our time with Jesus. We can do that through increased prayer, meditation, service, volunteerism, and anyway we can think of to help others. Let's try to increase those small 58 hrs per year to a much larger number. If you can

increase that number to 175 hrs per year, we will have moved from 0.66% to 2%!! There is so much opportunity to help here in the church. Almost every area of our church welcomes additional help. I'll bet you will find it easy to become a member of the "2% Club!"

Chip

**We are very happy to say that the Annual Community Christmas Sing-a-Long was enjoyed by all.**

The sound in the sanctuary was fantastic. , it was a sound that resonated through the whole church. Since it was so well received, we would like to continue each year.

- The feedback was wonderful.
  - I enjoyed it so much
  - The sound-fabulous
  - Your church is beautiful
- The number that went down for coffee and cider more than we expected.
- Our attendance was between 50 and 70 and we expect more each year, as the word gets out.

**FINANCIAL REPORT—Month Ending 11/30/2024**

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

Total Income	\$ 6,346.67
Total Expenses	\$9,337.24
Net Income	\$ -2990.57

**Thank you** for supporting our church

**Sunday Worship Attendance**

**2024**

Dec 8	22
Dec 15	32
Dec 22	26
Dec 24	43



- 5th Milo Mostad No Date-Kate Syrstad
- 8th Jan Kuleta
- 15th Kathy Burger
- 18th Wanda Burke
- 25th Brenda Miller

**Head Usher: Gloria Phelps**

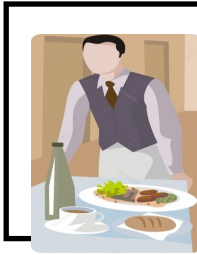
Date	Liturgist	Greeter
Jan 5	Mary Hayes	Linnea Mostad
Jan 12	Libby Underhill	Gini Sande
Jan 19	Ruth Andersen	Barb McGregor
Jan 26	Donna Enfield	Brenda Miller

**Communion: Set-up Nancy Weber**  
**Serve Linnea Mostad and Nancy Weber**

**Kitchen: Brenda Miller with helpers Palmer Berg, Terri Murray, Nancy Weber**

The **Congregational Meeting** will be held Sunday, January 26th directly following the service. Please plan on attending to review the last years state of the church and to vote on the budget for the year 2025.

**January Supper Club Will be at Sparkling Waters Restaurant.**



Please call Dianne Roholt directly at 218-444-2859 for your reservations!

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

**All are welcome!**

## **Benevolence for the month of January 2025**

### **Bemidji Village of Hope**

**We are an Emergency Shelter for families that experience Homelessness**

**Homelessness doesn't take a break,  
so neither do we.**

#### **A DAY IN THE LIFE...**

A single Dad came into the office overwhelmed. "I don't think I can do this anymore. Everything is so hard." We shared a cup of coffee and called the Housing Navigator who scheduled an appointment to see him the next day. His two teen age daughters were upset and the case manager spend an hour with them, and we called Evergreen for some family counseling. "I'm so glad I don't have to do this alone". He left with a feeling of accomplishment and ready to keep going

A young woman walked down the hall of the shelter, eyes down cast and shoulders slumped. She just got all six of her girls on the bus for school, her youngest going for the first time. She herself had been homeless since she was 14. She was ready to find a job, but said "I have no skills". We talked about what it takes to keep six girls healthy, happy and on time for school! Who budgets? "I do" Who cooks and Cleans? "I do" We talked about all the amazing skills she has, she started applying for jobs and found one she loves. Shortly after, she got her FIRST HOUSE. Life changing!

A young girl had been in and out of treatment. She had a 3-year-old with her, but her oldest daughter was not living with her. She was very reluctant to attend our Rent Wise Life Skills class but after three weeks she decided to come. She was so engaged, and afterwards said "That is exactly how I've been thinking and now I know what I can do to change that around. You guys treat me like I matter.

When families come to Village of Hope, they are at the lowest spot in their lives. They are exhausted and frustrated. They don't trust themselves or others. By working together, and building relationships, we start to rebuild their confidence and hope. We are so much more alike than different and pointing that out makes all the difference to a heartbroken family.

# Your session at work

**First Presbyterian Church  
Bemidji, MN**

**November 19, 2024    **APPROVED: 12-17-24****

The monthly stated meeting of the session of First Presbyterian Church was held in the Conference Room on November 19, 2024, at 1:00 pm. The meeting was opened with prayer by Moderator, Pastor Chip Holt.

**ELDERS PRESENT CONSTITUTING A QUORUM:** Cheryl Hiltz, Terri Murray, Gloria Phelps, and Libby Underhill.

## **QUORUM DECLARED**

**ADOPTION OF AGENDA** - MSP to approve

**MEETING MINUTES** - MSP to approve the minutes from the October Session meeting as corrected.

## **CORRESPONDENCE**

none

## **CLERK'S REPORT**

First Presbyterian Church, Bemidji, MN, Clerk's Report – November 19, 2024

**Weddings:** None

**Baptisms:** None

**Deaths:** 1 (Richard Miller: November 6, 2024)

**New Members:** None

**Return to Active Membership:** None

**Request Transfer of Membership:** None

**Removed from Membership Roll:** None

**Communion:** November 3, 2024: 30 served

**Membership** as of November 19, 2024: 61

**Sunday Worship Attendance:**

**Oct 20 33 , Oct 27 28, Nov 3 30, Nov 10 28, Nov 17 21**

## **COMMITTEE REPORTS**

**Administration/Personnel:** Chairperson: Bev Novak; no report.

**Buildings & Grounds:** Chairperson: Terri Murray; carpets will be cleaned December 12-13<sup>th</sup>; entryway patched and painted and heater fixed; candy bought for Night We Light parade for Boy Scouts

**Finance Report & Stewardship:** Chairperson: Cheryl Hiltz; Financial reports for October were reviewed. Pledge Sunday will be November 24<sup>th</sup>. 2025 envelopes are

**Adult & Christian Education:** Chairperson: Linnea Mostad; Seekers is averaging 5-6 people/session

**Outreach:** Chairperson: Linnea Mostad; First Presbyterians served at Bemidji Food Shelf on October 25th and will serve again on November 22nd. Cheryl has confirmed the Tubs of Love families from Churches United. The Boy Scouts will fill one tub, and the congregation and Mary Martha Circle will fill a second tub. Deadline for bringing gifts will be December 15<sup>th</sup>.

**Worship & Music:** Chairperson: Gloria Phelps; Hanging of the Greens will be December 1<sup>st</sup>. Christmas Eve service will be December 24<sup>th</sup> at 3pm.

### **OTHER BUSINESS**

Discussion was held on finalizing details for the Community Christmas Carol Sing-along on December 8<sup>th</sup>.

### **NEW BUSINESS**


Chip shared information from his recent Moderator Training in Louisville. Chip shared that an acquaintance's 11-year-old boy would like to be baptized. It was moved and seconded to allow this believer's baptism to take place on December 15<sup>th</sup>. **MSP**

**Next Meeting: Tuesday, December 17, 2024,** at 1:00 pm. in the conference room. Chip will moderate.

**MSP** to adjourn with prayer at 2:00pm.

Respectfully submitted,

Libby Underhill  
Clerk of Session



## Table Fellowship

### (Potluck)

Our next table fellowship is **Sunday, January 5, 2025**, after the worship service. Please bring a dish of your choice for the potluck.

Mark your calendars for the remaining Table fellowship dates:

- April 6, 2025
- July 6, 2025
- October 5, 2025

Sundays  
10:00 am  
Worship  
11:00am  
Fellowship



**Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat**

			1 	2	3  6:00 Scouts Lock In	4
5 Pastor Chip Communion Fellowship	6  7pm Scouts	7  School 12:40—2:30	8  6 pm Calvary Chapel	9	10	<b>11</b>
12 Pastor Chip	13  7pm Scouts	14 1pm-Session Meeting School 12:40—2:30	15  6 pm Calvary Chapel	16	17	18
19 Randy McGuire Fellowship	20  7pm Scouts	21  School 12:40—2:30	22  6 pm Calvary Chapel	23	24	25
26 Pastor Chip Congregational Meeting	27  7pm Scouts	28  School 12:40—2:30	29  6 pm Calvary Chapel	30	31	



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