

# First Presbyterian Church News

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**Raymond Reichelt, Clerk of Session**

**Margaret McNutt-Reichelt, Organist**

**September 2023**

**Sunday Worship at 10:30 a.m.**

**Church e-mail address:** [firstpc@mymts.net](mailto:firstpc@mymts.net)

**Church Website:** [www.firstpcportage.com](http://www.firstpcportage.com)



*We acknowledge that we are in Treaty 1 territory, and that the land is the traditional lands of the Anishinabe and Dakota Nations, and the homeland of the Métis Nation*

## **FROM THE INTERIM MODERATOR**

Minister's message for newsletter end of summer 2023

The other day, an ambulance stopped on my street to pick up a neighbor. He had been laying on the walkway to the house across the road. I'm not sure if he was in bad pain or if he just didn't want to go to hospital. I have seen a few people be picked up by ambulance over the years but I don't think I have even seen someone strapped to a gurney that struggled and kicked and thrashed and wailed and howled like this man. He was really distressed; fighting all the way. I could hear him across the road through a closed window. I prayed for him and for the paramedics.

In a way, he reminded me of a time I was visiting in the hospital. A nurse asked me if I had any extra time if I could visit another person who never had any visitors. This patient had been moaning a lot and the nurse didn't know why. Would I spend a few moments with her?

As I walked towards the room, I could hear the moaning and the groaning. I asked the patient if they were ok, if they wanted me to get a nurse. And they seemed surprised at my offer. Why would I fetch a nurse? I explained to her that she was kind of moaning out loud... "I thought you might be in pain." She waved a hand, "oh, we all have our little aches and pains!"

But why the moaning? She said, "Well, it sort of lets the pain out." She went on to say that while she had bodily aches and pains, she also had regrets in her life and other sorrows that burdened her heart. She concentrated on her breathing. When she breathed in, she thought about breathing in fresh air and oxygen and healing and hope. And when she breathed out she thought about breathing out bad air and also despair and sorrow and anything that causes pain. "A little moan, now and then, helps get the pain out." Maybe you have heard about this breathing technique – sometimes focusing on the breath is recommended as a way to manage anxiety or depression, worries or actual pain. I had never heard of actually moaning to help get the pain out but I can see that it might work – inviting our senses to participate – our ears reinforcing that we are letting go of the pain. Listen to it go!

It reminded me of one of the Psalms in the Bible. Psalm 107 repeats the phrase "then, in their trouble, they cried to the Lord, who delivered them from their distress." This phrase is used four times in the psalm but each time, the words that follow are different as the psalmist reminds us of different ways that God helps us in our distress.

I'm not sure I would recommend deliberately moaning and groaning in hospital to get the pain out. And I think I would avoid howling, kicking and thrashing as I was put into an ambulance – it seems like an awful lot of effort. BUT the 107<sup>th</sup> Psalm reminds me it is good to cry out to the Lord in our troubles. I don't know if you have had any troubles lately, if you have ongoing troubles, if you are facing making a difficult decision or if you have pain but I do know that if you cry out to the Lord, God will hear you. And God will answer your prayer. At the very least, God will hear and be with you in the midst of your troubles. And in God's good time, your troubles will be resolved according to God's will. One of Jesus' names is Emmanuel, God with us, what a great mercy that God comes to be with us in time of trouble!

## **UPCOMING EVENTS AND MEETINGS**

### **a) Regularly-scheduled events:**

- Tuesday, 7:00 p.m. - Bible study begins, by Zoom
- Finance & Maintenance Committee mtg., by Zoom - 2<sup>nd</sup> Wednesday, of the month, 6:30 p.m.
- Men's Breakfast - Saturday, September 23<sup>rd</sup> at 9:00 a.m. and every other Saturday following

### **b) One-time events:**

- Communion Sunday – September 24<sup>th</sup>
- Meal in a Bowl – September 27<sup>th</sup> at a cost of \$12.00
- Remembrance Day Service – November 5<sup>th</sup>
- Fall Supper – November 5<sup>th</sup>

## **FINANCE & MAINTENANCE**

Not much to report from Finance and Maintenance. Thank you to those who have been keeping the grass cut around the church this summer. Thank you to all those who have been contributing financially to the church, we were able to return some funds to the Endowment Fund.

Please continue to pray for our church and our brothers and sisters who endure hardships for their faith in various parts of the world.

Enjoy the last few days of summer.

**COMMUNION**

Our October Communion service will be held on Sunday, September 24<sup>th</sup>, 2023.

**SOUP KITCHEN**

The Soup Kitchen has seen a significant rise in its use over the past 6 months; where 45-50 people are fed each day. We are seeing new people, in addition to the regular patrons, having meals. Many comment that their welfare/ disability cheques no longer cover their costs. At the same time we are seeing a marked increase in costs. Some of this is in part because the Co-op is renovating their bakery/deli and is not able to donate the same amount of day old bread/desserts, so that the Kitchen is purchasing or making these products. Prices for many of the products used by the Soup Kitchen are increasing. As well, the bill for water use doubled in the last billing period. The Soup Kitchen Committee will be sending out letters to local businesses and organizations asking for donations in the near future.

Gloria Nichols, the assistant Soup Kitchen Coordinator, resigned as of Aug 31, 2023. She was greatly concerned about the quality and variety of food provided to the patrons. We wish to thank her for the countless hours of her time and effort. She will be missed. A process is underway to find a person to assist Shelly.

**FIRST PRESBYTERIAN CHURCH ENDOWMENT  
FINANCIAL STATEMENT – August 31, 2023**

<b>REVENUE:</b>	<b>MONTH</b>	<b>Y-T-D</b>
High Interest Saving Account – Stride CU	65.44	443.70
Investment Interest – Stride CU		
Share Dividend – Stride CU		19.45
Investment Redeemed – Stride CU		
Memorial Gifts		136.25
Honour Gifts		
Offering Envelopes		80.00
Finance & Maintenance	5,000.00	5,000.00
<b>TOTAL REVENUE</b>	<b>5,065.44</b>	<b>5,679.40</b>

<b>EXPENSES:</b>		
Bank Charges – Stride CU		
Investment Purchase		
Finance & Maintenance		5,000.00
Miscellaneous		
<b>TOTAL EXPENSES</b>		<b>5,000.00</b>

<b>BANK: STRIDE CREDIT UNION (SCU)</b>	<b>(Chequing Account)</b>
Opening Balance: January 1, 2023	\$ 9,138.72
Total Revenue Year to Date	5,235.70
Total Expense Year to Date	5,000.00
Closing Balance: August 31, 2023	\$ 9,374.42

<b>BANK: STRIDE CU (High Interest Saving Account) – Included Below **</b>	
Opening Balance: January 1, 2023	\$ 38,619.57
Total Revenue – Year to Date	443.70
Total Expenses – Year to Date	
Closing Balance: August 31, 2023	\$ 39,063.27 - Included below **

<b>INVESTMENTS:</b>			
<b>DATE</b>	<b>BANK</b>	<b>INVESTMENT</b>	<b>AMOUNT PURCHASED</b>
April/19	SCU	High Interest Saving Account**	\$39,063.27 **
Oct 31/23		Westbourne Due Oct 31/23 @1.50% 400450	1,500.00
		<b>TOTAL INVESTMENTS</b>	<b>\$40,563.27</b>

**ENDOWMENT HAS GIVEN CHURCH \$5,000.00 to date in 2023**  
**The Church has paid back the \$5000.00 in August/23**

**CHURCH FINANCIALS****FIRST PRESBYTERIAN CHURCH – 2023****JANUARY – AUGUST 2023****FINANCES:**

INCOME RECEIVED:	40,837.81
EXPENSES PAID:	<u>32,065.74</u>
<b>SURPLUS (DEFICIT):</b>	<b><u>8,772.07</u></b>

Included in the above income is: \$5,000.00 deposit from the Endowment Fund

Included in the above expenses is: \$5,000.00 repayment to the Endowment Fund

**PRESBYTERIANS SHARING – Total Allocation for 2023 is \$2,200.00**

DONATIONS RECEIVED:	<u>1,620.00</u>
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**FUNDRAISING:**

INCOME:	4,944.00
EXPENSES:	<u>1,895.09</u>
<b>SURPLUS:</b>	<b><u>3,048.91</u></b>

Summary of the surplus (deficit) – the amounts are included in the above year to date information:

Spring Dinner	893.20
Fall Supper	
Meal In A Bowl	2,698.33
Catering	
Supplies	(542.62)

**Your support for our fundraising is appreciated**

## **CONGRATULATIONS!**



Mary Henderson celebrated her 99th birthday on July 17<sup>th</sup>. Lalaine, Gwen, Miep, Margaret and Margaret celebrated with her at the Lions Prairie Manor.

Winnie Duncan celebrated her 85<sup>th</sup> birthday in August with a family gathering.

On September 9<sup>th</sup> Cheryl and Rob celebrated their 17<sup>th</sup> wedding anniversary at Chicken Chef with some church friends.