



Forest Lake Presbyterian Church



HEAD, HEART AND HANDS IN THE SERVICE OF CHRIST

Newsletter Volume 63, Number 3

February 5, 2020

Dear Friends,

In the January Stephen Minister meeting, we spent some time talking about managing grief and building resilience with our care receivers. While these topics are relevant for Stephen Ministry, I believe our discussion that night reflected many of the experiences we *all* share, whether they're in our church, homes, or the workplace.

Wharton Professor of Psychology Adam Grant and Facebook COO Sheryl Sandberg collaborated to write *Option B: Facing Adversity, Building Resistance and Finding Joy* after Sandberg's husband suddenly died. In this book, they argue those who are experiencing grief generally face the "Three P's:"

1. Personalization: The belief that I am at fault
2. Pervasiveness: The issue affects (and eventually consumes) all areas of our life
3. Permanence: The aftershocks will last forever

Grief is real, and Grant and Sandberg acknowledge the challenges in building resilience. However, *Option B* provides some suggestions on how to start the process. Before she went to bed each night, Sandberg would write down three things she did well on that particular day. She also paid attention to joy, remembering to play games with her kids, watching sports on TV, and listening to her favorite music. She writes, "Rather than waiting until we're happy to enjoy the small things, we should go and do the small things that make us happy."

The challenges of grief and resilience do not just affect those experiencing them, as many within our church community are walking alongside those in grief or struggling to face daily life. In those cases, perhaps the most important thing we can do is show empathy. How do you show empathy? In "Seven Ways to Exercise Empathy," Ken Sande writes we should do the following:

1. Enlist all of your faculties and resources (slow down, use your eyes in addition to your ears)
2. Move in physically, verbally, and emotionally (it's OK to say, "I don't know what to say, but I'm so glad you told me")
3. Pray for discernment (remember we are not in charge)
4. Ask caring questions ("how are you today," "how do you really feel")
5. Think deliberately ("what should I not say right now")
6. Help in meaningful ways (a phone call, handwritten note, or a VISIT)
7. Yield your convenience, pride, and resources (let go of your expectations, share resources sacrificially)

Sande uses a quote from Henri Nouwen in his article, and I believe it's a good way to close this letter: "To console does not mean to take away the pain but rather to be there and say, 'You are not alone, I am with you. Together we can carry the burden.'"

See you soon at FLPC,
Ed
Ed Black

Sources:

Bridges, Frances, "5 Ways to Build Resilience, From Sheryl Sandberg and Adam Grant's New Book 'Option B.'" May 27 2017. Available from <https://www.forbes.com/sites/francesbridges/2017/05/27/5-ways-to-build-resilience-from-sheryl-sandberg-and-adam-grants-new-book-option-b/#1d79099e4115>

Sande, Ken, "Seven Steps to Empathy." June 25 2014. Available from <https://www.forbes.com/sites/francesbridges/2017/05/27/5-ways-to-build-resilience-from-sheryl-sandberg-and-adam-grants-new-book-option-b/#1d79099e4115>

Forest Lake Presbyterian Church
6500 North Trenholm Road
Columbia, SC 29206
(803) 787-5672
www.flpc.org
Office Hours: M-Th, 8:30-5:00
Friday: 8:30 - 1:00

*Proclaiming the good news of God's love in
Jesus Christ, to build a fellowship of
Christian Love, and to serve this
community and the world in the spirit
of the Servant Christ.*

Please Pray For . . .

Mission Co-Workers

- * Rev. Mark Adams & Miriam Maldonado Escobar- Mexico
- * Rev. Shelvis & Rev. Nancy Smith-Mather - Uganda
- * Ministry of Hope- Lesotho
- * Destiny Prinski - YAV, Scotland

PASTORAL CARE NUMBERS

Ellen Skidmore - 803-463-7586 (cell)
E-Mail: ellenskidmore@flpc.org

Eric Skidmore - 803-543-9859 (cell)
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Ed Black - 803-240-0192 (cell)
Email: edblack@flpc.org



STEPHEN MINISTRY



Forest Lake Presbyterian Church is a Stephen Ministry congregation!

If you feel like you or someone you know could benefit from a one-to-one, confidential, caring Christian relationship, please contact:

Wayne Harris at 790-0954 or cell 608-1187 or
wcharris1973@gmail.com

Margaret Harris at 790-0954 or cell 608-1477 or
mmck1950@gmail.com

Bettianne Davenport at 782-6256 or Cell 530-6018 or
bettianned@sc.rr.com



Sympathies of the congregation are extended to:

- Cindy and Robert Powell and Beth Powell on the death of Cindy's sister, Diane Wise on January 28, 2020.



Singles

40+ Lunch Bunch



NEXT SINGLES 40+ LUNCH BUNCH
Sunday, February 23, 2020
following the 11:00 service
Location TBA

Rsvp to Marje Warner by Friday, February 21.
pmwarner2@att.net; 803-699-6097



Interfaith Discussions

Masjid As-Salaam, Beth Shalom Synagogue and Forest Lake Presbyterian Church are sponsoring an interfaith discussion on three Thursdays (6:30-8:30pm) in February 2020. Imam Omar Shaheed, Rabbi Jonathan Case and Rev. Ellen Fowler Skidmore invite you to participate in a three part, interfaith discussion to celebrate what we share (as the world's three Abrahamic, monotheistic faiths), to learn more about our different beliefs and practices, and to build relationships with our Columbia neighbors. Dr. Walter Edgar, (USC Professor Emeritus) will be our moderator for each evening.

Thursday, February 13 – Beth Shalom Synagogue
5827 N. Trenholm Road Columbia 29206

Thursday, February 20 – Masjid As-Salaam
@ Lutheran Theological Seminary – Stavros Auditorium
1010 Wildwood Ave. Columbia 29203

Thursday, February 27 – Forest Lake Presbyterian
6500 N. Trenholm Road Columbia 20206

Tickets are free and available on a first come, first served basis and each individual can reserve as many as three tickets for each night, but every ticket must be associated with the name of the person attending, which will be confirmed at the door. To reserve your tickets CALL the church office (787-5672)



"Unplugged" March 6-8, 2020

We still have rooms available for the congregational retreat this spring! Unplug from your busy everyday life and enjoy a beautiful weekend in Montreat, NC. Ellen Skidmore will lead discussion on being mindful, giving us some tools to practice this in everyday life. There will be programming for youth as well. Registration forms can be found on the downstairs or Connecting Point desks or online www.flpc.org/happenings/events.

Chili Cook-Off Chili Cook-off - THANK YOU!

Thank you to all who made chili, set up, cleaned up and came out and supported our Chili Cook-off January 29th. We raised \$770 for our Outreach Program Meal Packaging event.

Please, plan to come pack meals on April 5, 2:00-5:00 to help us feed hungry folks in our community.

SPRING SOFTBALL

Come play fall softball with FLPC! Our co-ed team will play in the City of Columbia softball league this spring. The registration deadline is Feb 28, and the games will be on Sunday nights starting March 15. Registration is \$35 per player, plus an additional \$15 if you need a t-shirt. Contact Stephen McCrae with any questions (mccraesr@hotmail.com, 803-397-1907).



Library Update

We are excited about the progress being made to automate the library and look forward to sending information about the new online card catalog soon. All books have been barcoded. Next steps are to complete an inventory to ensure that our records and collection match. The Children's Library collection has been moved into the main library and unites the entire collection which will facilitate library usage for all members. Having all our books together does limit the shelf space and the number of donated books we can add. Until we have finished updating the library, we are asking you to please take your book donations to the public library. Be watching the newsletter for future updates and our "Go Live" date for the online card catalog.

SUNDAY, FEBRUARY 9

8:30 AM—Choir Rehearsal
9:00 AM—Worship Service
10:00 AM—Sunday School
10:30 AM—Choir Rehearsal
11:00 AM—Worship Service
12:15 PM—Circle 4 (Parlor)
5:30 PM—FLY

MONDAY, FEBRUARY 10

10:30 AM—Circle 2 (Parlor & S211)
5:30 PM—Session Coordinating Council
5:30 PM—Stephen Ministry Leaders (S212)
6:00 PM—Stephen Ministry Suprv (S211)
6:00 PM—Exodus (E102)

TUESDAY, FEBRUARY 11

6:45 AM—Men's Bible Study and Breakfast
8:30 AM—Stewardship & Admin
9:00 AM—Daytrippers
10:00 AM—Circle 1 (FH)
10:30 AM—Staff Meeting
10:30 AM—H3 (E203)
12:00 PM—Gills Creek (E102)
6:00 PM—Middle School Bible Study
6:30 PM—Circle 3

WEDNESDAY, FEBRUARY 12

10:00 AM—H3 (E102)
4:00 PM—Book Club (Parlor)
5:30 PM—Kirk Night
6:00 PM—Children & Preschool Choirs
6:40 PM—Handbell Choir
7:30 PM—Chancel Choir

THURSDAY, FEBRUARY 13

9:00 AM—Yoga
6:00 PM—Deacons (S211)
6:15 PM—H.S. Bible Study
6:30 PM—Interfaith Discussions (Beth Shalom)

FRIDAY, FEBRUARY 14

11:00 AM—D.A. R. (FH)
5:30 PM—PJ Party (FH)

SUNDAY, FEBRUARY 16

8:30 AM—Choir Rehearsal
9:00 AM—Worship Service
10:00 AM—Sunday School
10:30 AM—Choir Rehearsal
10:40 AM—New Member Commission
11:00 AM—Worship Service
12:00 PM—CPR & AED Training (FH)
5:30 PM—Session Meeting
5:30 PM—FLY

Register Now!

Presbyterian Women Winter Retreat
at Camp Fellowship
February 21-22, 2020

Registration is at the Connecting Point .
\$80 Payment is due at the time of registration.
Registration deadline is February 9.
(Re)Treat Yourself!



For those who may be unaware of Family Promise of the Midlands:

Family Promise of the Midlands is a national, non-profit initiative founded in 1986. With affiliates in more than 180 U.S. cities, Family Promise brings the faith community together to help families regain their housing, their independence, and their dignity. It offers opportunities for volunteers of all faiths to reduce homelessness and transform lives. Many churches in the Columbia area host families for one week.

FLPC will welcome Family Promise families back to our church home the week of March 1-8, 2020.

Please consider stopping by the Connecting Point and signing up to help with this amazing ministry! We need help with set-up, take down, dinner hosts, overnight hosts, shoppers, laundry folks, day hosts on Saturday and others! Come join us!

Isaiah 58:7-8:

“Share your bread with the hungry, and bring the homeless poor into your house . . . Then your light shall break forth like the dawn.”



FLY February

- 2/6 -FLY Eats at Zaxbys on Beltline
- 2/9– Sunday Night FLY 5:30-7:15
- 2/11 – Middle School Bible study Rebecca Timmons house 6:00-7:00
- 2/13 - High School Bible Study Adrienne Radeker house 6:15-7:30
- 2/16 - Sunday Night FLY 5:30-7:15
- 2/20 – FLY Eats TBD
- 2/22 – (Saturday) 5:00-6:00ish Youth Sunday Practice
- 2/23 – Youth Sunday! I need everyone here at 8:00 am. There will be breakfast items between services. We Then all go to Five guys afterwards. No Sunday Night FLY

Pajama Party - Valentine's Day
Friday, Feb 14
5:30 - 9:00PM
Grades: Kindergarten - 5th grade

Wear your coolest pajamas.
(Don't forget your teddy bear!)
Bring your sleeping bag and pillow.
Help Choose the movie:
Gnomeo & Juliet ~ Toy Story 4 ~ Babe
Invite a friend!
Registration is \$5.00.



Deadline to register: Wed, Feb 12

https://secure.accessacs.com/access/eventlogin.aspx?id=Ck3CoSCt4R+uuPVwLafeg==&site=91571&ReturnUrl=events/%2fwz_people.aspx&ChurchID=4607&EventID=186304&sn=91571

Volunteers Needed

Falling asleep in church? Usually not the best thing.....but, during Family Promise Host Week, we love it! One of the volunteer jobs is that of Overnight Host. It can be yourself, or a couple and is not as "scary" as it may sound. You can arrive during or shortly after the families eat dinner. This may offer the chance to meet and visit with them. Or, if you prefer.....arrive at 7:30 for the night. There are 2 hosts/night, 1 female and 1 male (preferably). One host needs to be able to stay until 7:00 AM the next morning when the families leave for the day. You sleep in separate Host Rooms on roll-away beds, just like the families. It's a great opportunity (with minimum effort!) to participate in this important ministry.

~FREE RECYCLING EVENT~
 SAT. FEB. 29...9:00-1:00
 RIVERBANKS ZOO

For Richland and Lexington County residents (no business)——have driver's license ID ready...

Go just past main entrance.
 Follow signs to these stations with volunteers.
 Stay in your car in line to drop off these items:

- *Electronics—Computers, printers, TV's, phones, microwaves, etc. (limit 8)
- *Goodwill Donations—clothes, furniture, household items (no electronics)
- *Paper—will be shredded on site (limit 5 boxes or bags)
- *Scrap metal—appliances, bicycles, metal chairs, metal shelving, lawn mowers(free of gas), etc.
 No refrigerators, freezers, AC units, or items with Freon.
- *Tires—from cars, light trucks, bikes, wheelbarrows (limit 8)
- *Used cooking oil (in containers)

(For more information call 803-785-3340)

A New FLPC Business Manager!

The Personnel Ministry is excited to announce that our own Shannon Fancher has accepted our offer to become our part-time Business Manager and will begin work in the office on Monday, February 10th! Personnel and Session authorized a search committee that was made up of RD Folsom (chair), Corky Clark, Erlinda McCoy and Natalie O’Bradovich. Ellen Skidmore also served as an ex-officio member. After receiving inquiries from 40 candidates, the group narrowed the field and interviewed the top candidates. The Committee was unanimous and enthusiastic about Shannon, and she was equally excited to come to work for Forest Lake. Shannon will have to juggle a dual role as she is also the chair of the Board of Deacons this year. But, as one of her references said, Shannon is “stellar, always good at multi-tasking, delegating and is cool under pressure.” We are so excited to welcome Shannon!

2020 Endowment Grant Proposals Due by March 15th!

The FLPC Endowment Fund has \$59,497 to distribute in 2020 to support the causes of the Kingdom of God! Do you have an idea for a project that would “expand and enrich the mission of FLPC? Our Endowment Fund provides money in response to grant requests and is especially interested in projects that are local and mission oriented. If you would like to initiate a request for funds, do not delay. Speak to any of the church staff or to Elder Corky Clark, who chairs the Endowment Committee, for more information and the grant proposal form.

MORE Justice News!

The path to justice is long and requires constant attention and only happens when we participate and push for justice. MORE Justice continues to work on the priorities that we have identified:

- Education - especially with regards to discipline practices and improving school climate
- Mental Health – training sworn officers in de-escalation in cases of mental illness & the creation of a “clubhouse” model site for support of those dealing with mental illness
- Housing – our new priority for 2020 – working towards the funding of a Housing Trust Fund to provide free market incentives to build affordable housing

If you have an interest in knowing more, you have an invitation to two meetings that are coming up here at Forest Lake!

Wednesday, February 19 - FLPC Fellowship Hall—6:15pm, following Kirk Night dinner—MORE Justice Network Meeting. Open to anyone interested in learning more. You will hear more about how MORE Justice works, updates on all of the initiatives and goals and find out how to get involved and know more.

If you’d like to know more, talk to one of our FLPC Team Leaders: Xan Skinner, Drew Radeker, Peggy Carey, Ellen Skidmore or Jodi Beckham.

February 12 Kirk Night Discussion

Zenethia Brown, Executive Director of NAMI Mid-Carolina (National Alliance on Mental Illness), will speak on the topic of Recognizing Mental Illness Signs in Ourselves and Others. She will provide information on typical signs and symptoms and give advice on seeking mental health resources in our community. Don't forget to register! Call the church office by noon on Tuesday, February 11 to let us know you're coming. Dinner starts at 5:30.

Tu B'Shvat: A Jewish Celebration of our Earth Shema ~ Listen with All of Your Heart, Your Soul, Your Might

Sunday February 9

4 - 6 p.m.

at Beth Shalom Synagogue

Featuring Composer and Pianist Dr. Meira Warshauer

With Metropolitan Opera Soloist, Mezzo Soprano, Janet Hopkins

University of South Carolina Professor Emeritus, Cellist Robert Jesselson

Text Study with Rabbi Jonathan Case

Artistic Design by Professor Chayah Stoneberg

~ We will explore the words of Deuteronomy. Learning together about the deep connection between life and this Earth that we call home. ~

A mid-winter supper of thick barley soup, breads
(and gluten free options), spreads, salads and desserts will be served.

Fee: \$3 donation

Childcare will be available by RSVP only, for a nominal charge.

RSVP by calling the synagogue office at 803-782-2500 by Thursday, February 6th.

This event is sponsored by Beth Shalom Synagogue and made possible by the Sidney Krauss Charitable Trust Fund

Red Cross Blood Drive
Sunday, March 29 - 8:30 –1:30
Sign up now for a donation time.
www.redcross.org,
sponsorcode: ForestLake
Red Cross Blood Drive
Sunday, March 29 - 8:30 –1:30
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