



FIRST PRESBYTERIAN CHURCH OF PERRY

NOVEMBER 2024 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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3 Daylight savings time ends All Saint's Sunday Sunday School 9:30 am Worship 11 am	4 Craft & Fellowship 1:00 pm	5 Beach Bible Study 9:30 am FPC Bible Study 10:00 am	6 Soup for the Soul 11:30 am Potluck Supper 5:45 pm Choir 7pm	7	8	9
10 Stewardship Dedication Sunday Sunday School 9:30 am Worship 11 am	11 Craft & Fellowship 1:00pm Mission committee meeting 3:00 pm	12 Beach Bible Study 9:30 am FPC Bible Study 10:00 am Admin committee meeting 4:00 pm Worship meeting 6:00 pm	13 Soup for the Soul 11:30 am Fellowship Supper 5:45 pm Choir 7pm	14 Christian Education committee meeting 10:30 am	15	16
17 Sunday School 9:30 am Worship 11 am	18 Craft & Fellowship 1:00 pm	19 Beach Bible Study 9:30 am FPC Bible Study 10:00 am Session Meeting 5:30 pm	20 Soup for the Soul 11:30 am Fellowship Supper 5:45 pm Choir 7pm	21	22	23
24 Sunday School 9:30 am Worship 11 am	25 Craft & Fellowship 1:00 pm	26 Beach Bible Study 9:30 am FPC Bible Study 10:00 am	27 Prayer meeting 9:30 Soup for the Soul 11:30 am Cong. Care meeting 4:00 pm Fellowship Supper 5:45 pm	28 Thanksgiving Day Office Closed	29 Office Closed	30



Friends,

Proverbs 15:13 says, “A glad heart makes a cheerful countenance, but by sorrow of heart the spirit is broken.” Further, Proverbs 17:22 says, “A cheerful heart is a good medicine, but a downcast spirit dries up the bones.”

The verses are exhortations to gladness and cheer; these verses are also assessments of condition. A glad heart makes a person light up. From their smile to their gait, we see gladness and cheer all over them. Likewise, when sorrow dwells in our hearts, that can be seen all over us, too. And when sorrow really grips us, it dries up our bones, meaning, ‘it sucks the life right out of us.’

These days, people say, “Pastor, since the hurricane, I just feel ‘off.’ Of course, we feel ‘off.’ Folks, we have experienced a huge trauma, evident anywhere we turn. That “off” feeling you have, do you suppose it is your [sympathetic nervous system](#) trying to process it all? Is your “sorrow of heart” or broken spirit evidence that your sympathetic nervous system is working double time to move you through processing our trauma bit by bit? This is called the [Stress Response](#).

We collectively feel “off” because we are all impacted, and we all feel stressed right now. Before we let sorrow, and a broken spirit dry up our bones, let’s take a pause to consider easy ways to help our sympathetic nervous system out, and thereby regain for ourselves some measure of cheer.

Wise therapist and friend, Katherine Shea ([Bay Area Behavioral Services](#)) suggests we:

“1. Do NOT compare your situation to anyone else’s. You are allowed to feel your feelings without guilt or shame, while also having empathy for others and their specific situation.

2. Your response to this specific situation is influenced by so many things including your current level of disruption, stress you may have felt prior to the hurricane, your trauma history.... Many things. Again- do not compare your reactions to this to how you think others are reacting.

3. Part of healing after a disaster is taking care of yourself. You must calm your sympathetic nervous system down to do the things that must be done. To do that, you must get your brain out of fight, flight, freeze mode by reminding it that you are safe. This is where grounding activities come in handy.

- the MOST important part of this is to breathe. There is a reason this is a cliché. It’s the first step.

- I always tell people to think about their senses when grounding themselves. This anchors you to the current time- a time when you are safe. A common method for this is- identifying 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

- physical activity

- engaging in community- whether that’s family, friends, neighbors.... Just being around other people.”

Take all the time you need to breathe, to pause, to allow your sympathetic nervous system the time it needs to catch up. It is to your good that it is working to keep you safe and sound. And remember, as Psalm 30:5b tells us, “Heaviness may endure for a night, but joy comes in the morning.” The time for gladness and cheer will find you eventually, maybe not today, and maybe not tonight, either. Yet, all the same, one day it will come.

We pray: Merciful God, hear our cry for mercy in the wake of wind and water. Reveal your presence in the midst of our suffering. Help us to trust in your promises of hope and life so that desperation and grief will not overtake us. Come quickly to our aid that we may know peace and joy again. Strengthen us in this time of trial with assurance of hope we know in the death and resurrection of our Savior and Lord, Jesus Christ. Amen.

Peace

JDB+

“ALL SAINTS SUNDAY” will be observed Sunday, November 3, 2024, as we remember with joy all the saints of our congregation who have left the Church Militant and joined the Church Triumphant.



**Daylight saving time ends
November 3, 2024**

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Operation Christmas Child (OCC) boxes are available:



**Please pick up a box or two for your family to fill. Each box has a supply list and mailing label for your family to use. These boxes must be returned by Sunday, November 17 for delivery by Christmas.

**You may also choose to fill and pay for a box online. Pick up the flyer with the OCC link.



Stewardship Dedication is Sunday, Nov 10th. Please consider your many blessings as you bring your time and talent checklist and pledge cards to offer during worship. Pledge cards should be enclosed in an envelope, as only the financial secretary is allowed to view your financial pledge. We hope you recognize the joy of this Christian fellowship, called First Presbyterian Church.

November Birthdays

Amalia Barrett—Nov. 1	Steve Brown—Nov. 3
Cheryl Gregory—Nov. 5	Emaley Gentry—Nov. 7
Bob Bell—Nov. 8	Marilyn Culpepper—Nov. 20

November Anniversaries

Warren & Cheryl Gregory—November 23