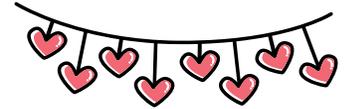


FEBRUARY 2024



INSIGHTS

The Newsletter of Mitchells Presbyterian Church

Looking ahead:

- February 4-- COMMUNION (1st Sunday of the month)
- February 11-- COMMUNION(Transfiguration Sunday)
- February 14-- ASH WEDNESDAY SERVICE
@Culpeper Presbyterian 6:00pm
- February 14-- VALENTINE'S DAY
- March 3-- COMMUNION (1st Sunday of the Month)
- March 16-- CPR/AED TRAINING 8:00am
- March 24-- PALM SUNDAY
- March 28-- MAUNDY THURSDAY
- March 31-- EASTER SUNDAY



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Pastors Corner:

I subscribe to a magazine called *Common Good*. It's a magazine that brings together a variety of topics, and thought-provoking articles. While it seems geared towards those in ministry, there is a ton of stuff for everyone, and I'd really like to share an article that appeared in the most recent publication. This article is titled "7 Prayers for Caregivers" and that is exactly what it is, seven prayers that you may find helpful in your own prayer life. Whether you have cared for a kid who is home from school with the flu, an aging parent or an ill partner, one or more of these prayers may connect with you.

7 Prayers for Caregivers By Jonah McKeown / 01.11.2024

Caregivers have one of the most taxing jobs, taxing physically, mentally, emotionally, and socially. Here are 7 prayers for the caregivers in your life.

Anyone who has ever been a caregiver understands what a challenging role it can be. Caregivers can be family members, friends, or professionals who take on the responsibility of ensuring the well-being of another person, often due to age, illness, disability, or other challenges. The role of a caregiver can involve a range of tasks and responsibilities, including personal care, medical care, emotional support, day-to-day life support, advocacy, and more.

The demands on caregivers can be numerous, often leading to high levels of stress and worry. Prayer can be an avenue for caregivers to seek guidance and ask God for the strength they need to carry on, even when they feel like they have reached their limits. Below are 7 prayers for caregivers to help you through your day.

A Caregiver's Prayer for Strength and Endurance When Weary

Heavenly Father, in the midst of my caregiving journey, I come before you with a heart that is both grateful and weary. The task of caring for others is both a privilege and a challenge, and I acknowledge the need for your strength in my own life.

Grant me the physical strength needed for the demands of each day. When fatigue sets in and weariness takes hold, be my source of energy and renewal. Help me to prioritize self-care, recognizing that caring for myself is an essential part of caring for others.

Lord, I face uncertainties and challenges in this role, and I ask for your guidance and wisdom. When doubt creeps in, grant me confidence. When faced with difficult decisions, provide clarity. In moments of weakness, be my strength. Amen.

A Caregiver's Prayer for Courage During Challenging Times

Heavenly Father, as I undertake the responsibilities of caregiving, may I be filled with your courage. Help me to face the unknown with faith, knowing that you go before me. Strengthen my resolve and grant me the courage to embrace both the challenges and the joys that come with this calling.

Lord, you understand the unique challenges and joys of caregiving, for you are the ultimate caregiver. May I feel your presence with me, a constant source of comfort and assurance. Remind me that my efforts are meaningful, and help me to reflect your love to those I care for. Amen.

A Caregiver's Prayer for Patience During Moments of Frustration

Grant me, O Lord, the patience to endure the difficulties I experience each day. When faced with moments of frustration or impatience, help me to pause, breathe, and center myself in your peace. May I approach each situation with a gentle and understanding heart.

Teach me to see the value in each moment, even when faced with the demands of the day. May I find joy in the small victories and grace in the midst of difficulties. Cultivate in me a patient heart that reflects your enduring love.

In moments of weariness, may I find strength in your peace. Grant me the patience to navigate each day with grace and resilience. Amen.

A Caregiver's Prayer for Endurance to Persevere

Heavenly Father, as I embark on another day of caregiving, I turn to you, the source of endurance. In the face of the challenges that lie ahead, I seek the fortitude to persevere with unwavering dedication.

Lord, you understand the depth of my commitment and the demands placed upon me in this role. Grant me the endurance to withstand the physical and emotional toll that caregiving often brings. Strengthen my resolve, that I may face each day with steadfastness and perseverance.

When weariness sets in and the journey seems long, remind me that I do not walk this path alone. Infuse me with a spirit of endurance that goes beyond my own capabilities. May I find renewed energy and determination in your sustaining grace. Amen.

A Caregiver's Prayer for Empowerment and Connection

Heavenly Father, grant me a deep sense of empowerment as I undertake the duties of caregiving. May your Spirit be a wellspring of resilience within me, enabling me to navigate the complexities of my role. Lord, guide me to build a supportive network of friends, family, and fellow caregivers. May we share our burdens, offer encouragement, and find solace in the understanding of one another's challenges.

Grant me the wisdom to recognize the value of seeking help when needed. Break down the barriers that prevent me from connecting with others, allowing me to receive the support that is offered with humility and gratitude.

In moments of doubt or weariness, may your empowering presence fill me with renewed energy and purpose. Amen.

A Caregiver's Prayer to Advocate for Loved Ones

Heavenly Father, as I stand in the role of advocate for my loved ones, I come before you seeking your guidance, wisdom, and strength. You, O Lord, are the ultimate advocate, and I place my trust in your ability to guide me through this journey.

Grant me, Lord, the clarity of thought and the eloquence of speech needed to effectively communicate the needs and concerns of my loved ones. May I be a voice of compassion, understanding, and empowerment on their behalf. Amen.

Why Prayer is Important for Caregivers

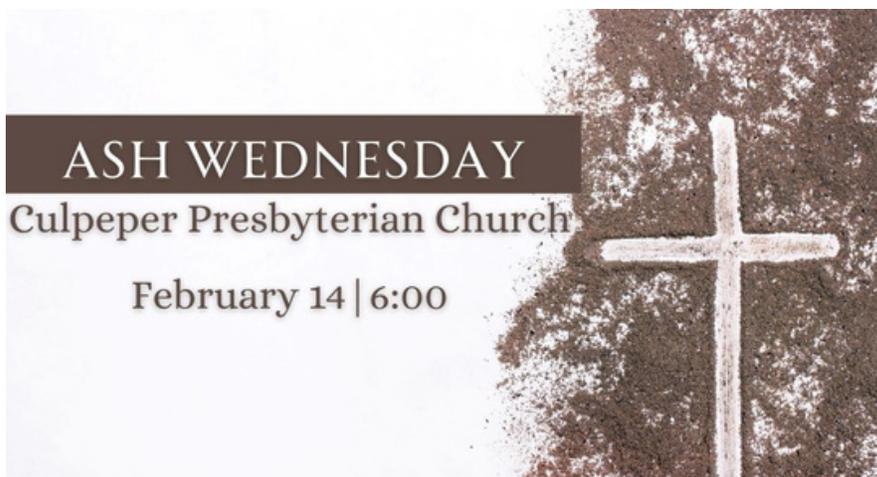
Whether or not the person you're caring for is a family member, being a caregiver can take an emotional toll, leaving you feeling overwhelmed, stressed, and anxious. The constant worry for the well-being of the person in your care can often lead to feelings of sadness and loneliness. The nature of the role means caregivers must work with ceaseless commitment, often to the point of exhaustion. In addition, caregivers often face complex decisions regarding the health and well-being of their loved ones.

Prayer offers a way to express your fears, hopes, and frustrations to God and seek guidance during difficult times. As caregivers incorporate these prayers into their daily routine, they will find the strength to navigate the emotional challenges they face, as well as peace, reassurance, and a renewed sense of purpose. You can also ask for clarity in making decisions that best align with the needs of your loved ones.

I hope that one (or more) of these prayers, is one for you!

Blessings,

Pastor Patrick



IMPORTANT

Treasurer's update:

Mitchells Presbyterian Church Family:

As I move forward with closing out the 2023 year for financial purposes, some matters have arisen that I have shared with the Session at the January 11 meeting and which they have asked me to relate to you as the session has recommended, by majority approval at the January 11th meeting, that the restricted designation of the \$137,000 for a manse be removed by the congregation, and will need to be voted on at the February congregational meeting.

My discussions with Session were very detailed and extensive so I am going to attempt to provide you with the much more condensed version.

As I have noted in several of my previous updates to you our operating expenses are exceeding our operating revenue; and I have noted that we do have sufficient reserves so the shortfall is not an immediate concern. Recent events and some very possible upcoming events have moved me to take a closer look at the overall status of those operating reserves.

We are reflecting a current operating loss, we anticipate spending more in 2024 than we did in 2023 (our approved budget is approximately \$6,000 more than the prior year, and that will be a continuing trend), and we lost two significant donors in 2023; all of which points to a potential larger loss for the upcoming year and therefore a more significant drain on those reserves. In addition, given our history and more importantly our demographics (a small aging congregation) it is likely that we may have additional declines in donors thereby further increasing the operating losses and causing a quicker drain on the operating reserves.

Given the facts that we have and a distinct possibility of additional matters in 2024 I would estimate that our existing operating reserves would carry us for five to seven years.

The "cure" for this situation is either the receipt of a significant endowment (and we are not aware of any such thing) or an increase in the donor base, which is what we all hope will occur, but which given our history if it does occur it may take some time.

We do have the ability to help alleviate this situation. Several years ago the church sold its manse. At the time of the sale it was determined that the proceeds from that sale (approximately \$137,000) should be deposited in our existing brokerage account at Brown Harris and, more importantly to this discussion, the congregation adopted a resolution that those proceeds should be restricted to only be used to acquire a manse in the future. Since those funds are restricted they cannot be utilized for operations and therefore are not a part of our operating reserves. If the restriction is removed those funds can be considered to be a part of our operating reserves, thereby extending the estimated useful life of those operating reserves to probably ten to fifteen years.

The Session has discussed the fact that it is extremely unlikely that we would even consider acquiring a manse in the future, and given the current "climate" manses are no longer a requirement in hiring or retaining a minister. In today's environment the minister provides his own housing and the church provides the minister with a housing allowance (just as we are now doing).

--Continued on next page--

That brings us to the question that will be called at the annual meeting, and that will be a request to have the congregation rescind/remove the restriction on those manse proceeds.

Let me be clear that by removing the restriction we will not be moving or currently spending any of those funds. The funds will remain in the brokerage account and the brokerage account will remain intact with the intent that the account will be utilized as our safety net, in that we will not draw down on that account until such time as we have exhausted our existing checking account and our Atlantic Union brokerage account.

Again, the only thing being affected by the congregational meeting is the designation of the \$137,000, and there will be no other affect on the funds in any other way at this time.

As always, if you should have any questions I will be more than happy to attempt to answer them.

Safety & Security Committee

The Safety & Security Committee (SSC) is delighted to announce that MPC will host training classes in CPR/AED and First Aid on Saturday, March 16 in the Fellowship Hall.

The CPR/AED class takes about 4 hours and First Aid about 3 hours. CPR/AED will be from 8:00 a.m. to 12:00 noon and the First Aid class from 1:00 p.m. to 4:00 p.m. There will be a lunch break between classes and subs will be provided from:



The combined cost of the two classes is normally \$90.00. Since the SSC highly encourages MPC attendees to take the classes, it is subsidizing that cost so that you only pay \$20.00 including lunch. Complete the day's classes and you will become certified in CPR/AED as well as in First Aid.

To reserve your spot, please email chuck@gyory-mail.com or talk to any of the following at your earliest convenience: Pastor Patrick, Becky Payette, Alan Wohlleben, Conley Wallace, Jimmy Walker, Chuck Gyory

Payment is due NLT Sunday, March 10th. Please make checks payable to Mitchells Presbyterian Church.

CPR/AED and First Aid Training

Sponsored by
MPC's Safety
and Security
Committee

—
Lunch will be
rovided between
the CPR/AED and
First Aid classes

March 16th,
2024

—
9:00AM to
5:00PM

Cost \$20 dollars per person
(SSC is covering additional \$70)



SUPPORT THE FOOD CLOSET

**THE WOMEN OF THE CHURCH ARE
SPONSORING A "SOUP"ER BOWL SOUP
DONATION!**

**BRING ANY CAN OF SOUP OR SOUP FIXINS'
ON OR BEFORE THE NFL'S SUPER BOWL ON
FEBRUARY 11TH**

Mitchells Presbyterian Women

Tuesday February 13th at 5:30 PM
Dinner meeting at IHOP Restaurant
Kim Hicks will have our bible study

Please try to attend and invite another lady friend who does not always get to attend!

Worship committee

will meet after church service on
Sunday, February 4th.

Good Timers

Happy New Year! Here is the schedule for
the first quarter of 2024.

Mark these places and dates on your
calendars...

January 25 - Luigi's in Culpeper at noon
February 22 - Grass Rootes, Davis Street in
Culpeper at noon
March 28 - O'Brien's Irish Pub in Warrenton
at noon

USHERS:

Kathy and Alison Thorpe

MITCHELLS PRESBYTERIAN CANCER CARE TEAM



FEBRUARY IS
GALLBLADDER AND
BILE DUCT CANCER
AWARENESS MONTH

Gallbladder cancer and bile duct cancer are relatively rare forms of cancer.

The gallbladder is a pear-shaped organ in the abdomen, below the liver. It collects and stores bile – a fluid made by the liver to aid with digestion of fats. The bile ducts are thin tube-like vessels that carry bile from the liver to the gallbladder and small intestine.

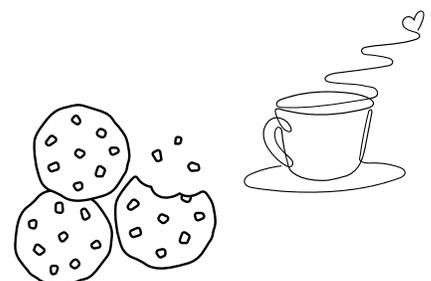
Extrahepatic bile duct cancer is a rare disease in which cancer cells form in the ducts that are outside the liver. Cancer can also develop in the bile ducts inside the liver. Bile duct cancer is also called cholangiocarcinoma. Cholangiocarcinoma is a group of cancers that begin in the bile ducts, which are the tubes that connect liver and gallbladder to the small intestine. Cholangiocarcinomas, or bile duct cancers, are rare and affect about 8,000 Americans every year. Bile duct cancers are associated with poor outcomes for patients both at early and advanced stages of the disease.

Symptoms of both gallbladder and bile duct cancer include yellowing of the skin and/or the whites of the eyes (jaundice), abdominal pain, and fever. In addition, gallbladder cancer symptoms include nausea and vomiting, bloating, and lumps in the abdomen.



AFTER WORSHIP SOCIAL

Join in the
Fellowship Hall for
snacks, drinks &
conversation after
Sunday services.



February 2024

NOTES:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Ron Evans	2 GROUNDHOG DAY	3 John Preihs
4 Rachael Hulvey COMMUNION	5 Jeremy Tidman	6	7	8	9	10 Brittney Lane
11 COMMUNION	12	13	14 Kas Settle Beth (Hulvey) McCall ASH WEDNESDAY VALENTINES DAY	15	16 Mary Scott Gyory Rosemary Schneider	17 Greg Griffith
18 Marissa Ray	19 PRESIDENTS DAY	20 Pam Zwigart	21 Becky Payette	22	23	24 Adam Hicks
25	26	27	28 Michael Tidman	29		