



# Crosslake Presbyterian Church *Messenger*

**JANUARY 2020**

14444 Daggett Pine Road, Crosslake, Minnesota | Tel: (218) 692-4769 | [www.crosslakepres.org](http://www.crosslakepres.org)

## Message from

# *Pastor Tony*

I woke early today and couldn't get back to sleep. For some reason I had the day that lay before me on my mind. There wasn't really anything big to think about. In fact, it was a pretty dull day except for two rough goals. The first rough goal being that I needed to get out to the shop and do some wood working. I haven't done any woodworking for fun since the move. Lots of other things occupied my time, my attention, and well I didn't make time for it. It's a big deal because it's the place where I go to escape from stress, relax, and create; well to reboot. To be fair, I've found other ways to reboot, like at the fire pit with the family in the summer and enjoying our new view.

The second rough goal for the day was to jog on the treadmill; for the same reasons as getting to the shop. Like getting out to the shop, jogging on the treadmill is not a huge goal. And, again like getting out to the shop, its something I've wanted to do for a while but haven't for whatever reason.

When I woke up this morning, I was thinking about my rough goals and my reasons for seeing them through. I started out thinking positively, "I want to be healthy", "I want to lower my stress", and "I want to be in a better mood". Ever so slowly my thinking turned. I went from positive motivators to fear and anxiety-based motivators. Things like "I need to be healthier", "I'm out of shape", "I need to refocus because I'm over stressed" and soon my mind was racing as I was thinking about how I "needed" to get to the shop and "needed" to get on the treadmill. They almost became obligations which, can be good, but can be a weight that sucks the motivation out of us.

Then something miraculous happened. For whatever reason it hit me...I love running and I love woodworking, so why was I getting focused on the fear, the anxiety, and the obligation of it all? I realized it's important to run and do woodworking but for the love of the activity – for the enjoyment of what I'm doing – and not simply out of fear of what might happen if I don't.



Fear and anxiety can be helpful motivators (so can obligations for that matter) and can provide us with a lot of incentive to achieve our goals, and yet it seems that meaningful goals are best accomplished when we focus on the love. It could be love of the task, like woodworking or running. It could be love of another, like when we're asked to help or provide care.

Sometimes simply taking a few minutes to reorient our minds can help us achieve new goals, new levels of healthiness in our relationships, and help us become unstuck. This new year might be a good time for each of us to reorient and refocus our hearts and minds on the love we have for one another and to examine the "why" behind our lives.

Along with simply taking some time to examine our lives, our actions, our motivations, I hope you will join one of our small groups this January that will help us examine our lives and how we see God at work in our daily lives. I'm super excited about the program we'll be using and am excited to see how God will work through this study to deepen our faith.

## PUB THEOLOGY

Join us on Thursday, January 9th, as we continue with Pub Theology, where we meet at **14 Lakes Brewery** at 5:00pm (usually on the second Thursday of each month). 14 Lakes Brewery is located on Route 66 in Crosslake Join us if you can, we'll be talking about faith, life, and beer!



## SINCERE THANK YOU'S!



Thank you to Tom McCormack for the many hours spent assembling the first purchased office desk, which sadly turned out to be very poor quality and had to be returned. A thank you also to Amy Bloch for refinishing and donating the wooden side table for the office.

## SMALL GROUP

What does life look like now that the kids have moved out? What's my role in life now that I'm retired? What's the future going to look like in our new house? When life changes we can struggle to find our place in the new world. Really it comes down to how we see God in the world and how God is walking alongside us in our journey. If you've wondering how God is using you or could use you, then sign up for the upcoming small group study starting the middle of January. If you are interested in growing closer to God, closer with other congregation members, and deepening your sense of God in your life then join us for conversation, reflection, and fellowship as we dive into *Called to Life* from the Collegeville Institute at St. John's University here in Minnesota.



We'll have two weekly small groups, one in the evening for people who might be working or don't mind getting out in the evening, and mid-day for those who want to be home before it gets dark. Both small groups will kick off the week of the 13<sup>th</sup>. If you are interested in joining one of the small groups, contact Pastor Tony.



- 9 Samantha McCormack**
- 12 Dennis Leaser**
- 15 Jan Lallman**
- 20 Ray Larson**
- 27 Loyal Meech**
- 29 Karen Butler**
- 31 Judy Regan**

## MONSTER SALE 2020

The date is set for the Monster Sale 2020, so mark your calendars for **July 9th through 11th 2020!** So please start saving your unneeded treasures. If you would like to help in any way, or have questions please contact Amy Bloch or Tom McCormack. There will be a sign up sheet in the Narthex soon!



## St. PATRICK'S DAY PARADE

We are starting to plan our float for this year's St. Patrick's Day Parade in Crosslake, this year will be the city's 46th annual parade. The parade takes place on Saturday, March 14th at 2:00 pm. **Now, we need your help with setting up the float, or participating in the parade!** If you would like to help in any way, or you have questions please contact Amy Bloch or Tom McCormack. There is a sign-up sheet in the Narthex.



“A snowflake is one of God’s most fragile creations, but look what they can do when they stick together!”

## POTLUCK & RECIPE EXCHANGE

The January potluck will be held on Wednesday, January 22nd at 5:00pm. This month, please bring copies of the recipe for the dish or dessert that you are sharing so we can enjoy it again and again!

Feel free to bring your own copies otherwise we will have index cards for you to complete and share.



## CPC CHRISTMAS PARTY FUN

The December Potluck was a great time and we give thanks to all those who helped in the kitchen, organized the White Elephant gift exchange, and the great music provided for us for us to have a wonderful sing-a-long! Special thanks to the Fellowship Committee for providing and cooking the delicious ham and turkey.



Some folks skipped right to dessert!



Kitchen elves helping out!



White elephant gifts waiting to be shared.

## HEALTH CORNER

Dreaming about warmer weather? Consider this.

In hot and sweaty summer months it is easier to remember to drink more water because our body tells us we are thirsty (which is a sign of mild dehydration). According to the American Heart Association, however, preventing dehydration in the winter is just as important.

# Stay Hydrated



Did you know ...

... in drier winter environments simply breathing can lead to increased fluid loss?

... the kidneys excrete more urine cold environments?

... people who chronically consume a low amount of water seem to be at higher risk for developing chronic kidney disease, kidney stones and urinary tract infections?

Food contributes to about 20% of our daily water intake. Still the AHA recommends women drink 8, 8-ounce glasses and men 12, 8-ounce glasses daily. If that sounds like a lot, remember that many fruits and vegetables are more than 90% water. Soup counts (but avoid high sodium content), and even tea and coffee count toward hydration (though caffeine can contribute to other issues). It's important to sip all day, though, because if you drink too much too fast, the excess will be excreted. Which brings other thoughts to mind. Adults should urinate at least 6-7 times per day, and dark urine is another sign that we need more fluid.

According to the AHA and the Hydration Science Lab at Arizona State University, "drinking water throughout the day is one of the most effective things you can do to improve health and well-being."

Drink up!

*Diane McCormack*

## ANNUAL CONGREGATIONAL MEETING

Join us for our annual congregational meeting as we look back at the year of ministry at CPC and look forward to the year to come. Our annual meeting is Sunday, January 26, immediately following worship!



The Fellowship Committee will be providing a light lunch for us to eat while the meeting takes place so there will be no growling stomachs during the meeting!

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## INSTALLATION OF ELDERS

We will be having the Installation of new Elders during service on Sunday, January 19, 2020. Please join us as we honor Karen Butler and George Young on this special occasion.



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## CAMPAIGNING FOR COMMUNICATION!

In an effort to keep communications through-out the church flowing smoothly and avoiding any gaffs and glitches in how we operate, we are asking that if you have a date for the calendar, or a church event (meeting, gathering, etc.) please let Judy in the office know. She will get it on the calendar and publicize it if needed! This way no one misses anything. Thank you!!



## POTLUCK DINNER

Wednesday, January 22 at 5:00pm

Wed	01/01		HAPPY NEW YEAR!
Sun	01/05	9:00am	Choir
		10:00am	Worship Service
		11:15am	Fellowship
Tues.	01/07	9:30am	Literary Huddle
		7:00pm	Mainstreet AA
Wed.	01/08	9:00am	Senior Linkage
		10:00am	Epiphany Gathering
Thurs	01/09	2:00pm	Session
		5:00pm	Pub Theology
Sun.	01/12	9:00am	Choir Rehearsal
		10:00am	Communion Worship Service
		11:15am	Fellowship
Tues.	01/14	9:30am	Literary Huddle
		12:00pm	Women's Lunch
		7:00pm	Mainstreet AA
Weds.	01/15	10:00am	Bible Study
Thurs	01/16	12:00pm	Men's Luncheon

## MEN'S LUNCH

Thursday, January 16 at 12:00pm  
at Pine Peaks in Crosslake

## WOMEN'S LUNCH

Wednesday, January 14 at 12:00pm  
at the Riverside Saloon & Eatery

Sun	01/19	9:00am	Choir Rehearsal
		10:00am	Worship Service
		11:00am	Fellowship
Tues	01/21	9:30am	Literary Huddle
		7:00pm	Mainstreet AA
Wed.	01/22	10:00am	Bible Study
Sun	01/26	9:00 am	Choir Rehearsal
		10:00am	Worship Service
		11:30am	ANNUAL CONGREGATIONAL MEETING <i>with light lunch provided</i>
Tues.	01/28	9:30am	Literary Huddle
		7:00pm	Mainstreet AA
Wed	01/29	10:00am	Bible Study

# CROSSLAKE PRESBYTERIAN CHURCH

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### Deacon of the Month

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