

PLYMOUTH PRESBYTERIAN CHURCH

2615 Sykes Rd, St. Helens, OR 97051



2024

- Dear Friends,

Gorillas burp when they are happy!

I didn't know that until I learned it from my 3 year old granddaughter on the way home from preschool recently. Discussing that fact led her to ask this question, "Grandpa, what makes you happy?" I had to pause to think seriously for a few moments. I found myself saying, "Hearing people laugh. That makes me very happy!" This Lent perhaps learning to laugh more would be something important to take on as a spiritual exercise. After all, Lent is a season of leaving off and taking on. What would make us happier? There is a recent podcast that sampled millions of students by enrolling them in a free class called the "Science of Well-being", led by Laurie Santos, a Yale University Psychology professor. You might think that things like a good job, more money, a perfect body would make us happier – but they don't improve our state of mind. What they found is that we mis-want, choosing what we think will make us happy but doesn't. [To be honest with you, my own historical practices for Lent to give up stuff like dessert, snacks, alcohol or social media have not increased my hunger toward God. No happiness increase at all. They have helped me shed a few pounds or made me look somewhat more pious for a moment or two, but that is all. They did, however deepen my focus on individualistic faith and personal improvement without any God-given and baptism-empowered purpose to pursue justice and peace for all God's people.]

So, what makes us happy? This Lent, I'm trying to WOOP it up! WOOP — Wish, Outcome, Obstacle, Plan — is the brainchild of Gabriele Oettingen, a professor of psychology at New York University and the University of Hamburg in Germany. It's a tool for helping us move beyond simply knowing what we ought to do to increase well-being, to actually changing our behavior. Reflect on questions like the following, answering each with three to six words:

Wish: What is my dearest wish, one that is challenging but possible?

Outcome: What would be the best outcome of fulfilling that wish?

Obstacle: What inside me holds me back from fulfilling this wish?

Plan: What specific action might overcome this obstacle?

After that, develop a simple if-then plan: if this obstacle happens, then I will do this thing. The point is not to hold on to the wish too tightly. I can't say yet whether WOOPing is making me happier. But it has transformed my experience of Lent. I have practiced almost every day, which has helped me see how often the obstacles I want to blame for a particular predicament are external. It has helped me get in better touch with what I actually wish for in my life with God, and the steps I can take to bring that closer to reality. And that, even in the midst of sorrow, has planted seeds of joy. My focus Bible passage for Lent is 2 Corinthians 6:10, "as sorrowful yet always rejoicing, as poor yet making many rich, as having nothing and yet possessing everything."

So join me in WOOPing it up! In the grip of Grace,
Pastor Peter J. Blank HR; J. Blank, Honorably Retired

(Greetings, Plymouth Faithful! We hope you have heard that our faithful member and newsletter editor Becky Frazier has died – a very sad loss. I had been helping with this edition, and now it is coming to you. It is not nearly what Becky would have done; we all hope I have covered the basics. Blessings. Pat Berger)



Attendance

January 14 6 (Zoom)
 January 21 28
 January 28 27
 February 7 37
 February 14 34



March Lectionary Readings

March 3 3rd Sunday in Lent

Exodus 20:1-17 and Psalm 19;
 1 Corinthians 1:18-25; John 2: 13-22

March 10 4th Sunday in Lent

Numbers 21:4-9 and Psalm 107:1-3, 17-22;
 1 Ephesians 2:1-10; John 3: 14-21

March 17 5th Sunday in Lent

Jeremiah 31:31-34 and Psalm 51:1-12
 or Psalm 119:9-16; Hebrews 5:5-10;
 John 12:30-33

March 24 Palm/Passion Sunday

Palms: Mark 11:1-11 or John 12:2-16
 and Psalm 118:1-2, 19-29; Passion
 Isaiah 50:4-9a and Psalm 31:9-16;
 Philippians 2: 5-11; Mark 14:1—15:47 or
 Mark 15:1-39, 40-47

March 31 Resurrection of the Lord/Easter Day

Acts 10: 34-43 or Isaiah 25:6-9 and
 Psalm 118:1-2, 14-24; 1 Corinthians
 15:1-11 or Acts 10:34-43; John 20:1-18
 or Mark 16:1-8; Easter evening: Isaiah
 25:6-9 and Psalm 114; 1 Corinthians
 5:6b-8; Luke 24: 13-49



SOUPER BOWL OF CARING

Many thanks! We raised \$273.28 on Souper Bowl Sunday, in addition to gathering many cans of food. All of this has gone to the Columbia Pacific Food Bank, and they are most grateful.



January 2024 Income and Expense

	January 2024	2024
Income	\$12,990.49	\$12,990.49
Expense	\$6,779.41	\$ 6,779.41
Net Gain	\$6,211.08	\$ 6,211.08



March 8 Nancy Federici
March 17 Patricia Ayerza
March 23 Adrienne Schilling



CRAFT FAIR/MISSION MARKET

April 13 will be our first Craft Fair/Mission Market, with all funds going to our Mission projects. We will have vendor booths as well as an area where we can sell items. If you have hand crafted items or gently used (good condition) craft supplies you would like to sell or if you are available to assist, please contact Gina or Adrienne. They will assuredly appreciate your help.



Happy Anniversary, Candy and Larry!



On February 10th, **Candy and Larry Cole** brought treats and celebrated their **56th wedding anniversary** with all of us after worship here at the church – a fine time was had by all! Many thanks to Anita Kjos and Helen Purkerson who made the coffee and set the serving table.



Welcoming Visitors

What can you do to make someone feel welcome at Plymouth? Assist greeters in welcoming all. If you see someone sitting alone, sit with them or invite them to join you at your table. All worship attenders can be reminded that they are important members of our church.

Meeting Schedules

DEACONS

The next meeting of our Deacons will be on **March 5th at 10:30 a.m.** in person at the church.



Session's next meeting will be on Wednesday, **March 13, at 6:15 p.m. on Zoom.**



Change for Change

This quarter we are raising money for the Warm Springs Presbyterian Church and community. One thing that the church needs is a new communion set.



Fred Meyer Rewards

Please consider signing up for Fred Meyer Community Rewards. By Selecting Plymouth Presbyterian Church as your charitable organization, a reward check is sent to PPC each quarter. It does not cost you anything nor take away any of your rewards. It is Fred Meyer's way of giving back to the community.



WANDERING HEART: FIGURING OUT FAITH WITH PETER

There are still study booklets for our Lent study available in the narthex. As Pastor Peter wrote last month, the disciple Peter is steadfast and unsteady, a dear friend and a betrayer, a follower and a wanderer. We will watch Jesus' story through Peter's eyes, and begin to see it better with our own eyes. Who and what has shaped your faith? Join us Tuesdays, 7:00 p.m. on Zoom, through Holy Week as Pastor Peter and Pastor Pat lead us through this study.



The deadline for the April newsletter is **March 18**. If you have articles you would like to see in the newsletter, please send them (at this time) to pfbb1202@yahoo.com



Red Apple Receipts

Remember to save your receipts from Market Fresh (Red Apple) and deposit them in the jar on the table in the fellowship hall. Our church receives 1% of all sales from the receipts.



Plans are still in the making for our Holy Week observances for this year. Stay tuned for further details! Maundy Thursday is on March 28. We will have our usual potluck feast before the service – time to be determined. Good Friday service will be the community ecumenical service, March 29 – we hope you will be able to be with us and your neighbors. Resurrection of the Lord, Easter Day, is Sunday, March 31; we will be worshiping here at Plymouth. Details will be revealed soon.



2023 IMPACT REPORT HELPING THE KIDS

NUTRITION

3,000+ people in **380** households benefitted from 5 rounds of bulk food relief plus a Holiday Food Basket. **500+** children ate daily meals at the Center during school breaks. **135** of the neediest kids received vitamins and fresh produce monthly.

EDUCATION

538 children attended school regularly. **34** graduated vocational or high school. **17** children attended our Winnie Academy Preschool.

HEALTH

536 children were screened and dewormed 3 times. **888** clinic visits for minor illness or injury. **128** children received HIV care and medications. **6** children received specialized care and surgery for injuries, disease and deformity.

SAFETY & SHELTER

170 households received basic essentials like mattresses, mosquito nets, and solar lanterns. **36** birth certificates were recorded, legitimizing children's identities.

GUARDIAN EMPOWERMENT

325 guardians were involved in income generating activities like raising goats, chickens and bees. **380** guardians have been trained on human rights, will writing, record keeping and basic financial literacy.

THANK YOU!!



Sunday Volunteer Schedule

March 3, 2024	Communion Set-up: Jill Turner Communion Servers: Linda Liefeld, Doris Perry, Jill Turner Greeters/Ushers: Jon Dickson, Linda Gaskill Lay Leader: Doris Perry
March 10, 2024	Greeters/Ushers: Kathleen & Mark Dinwiddie Lay Leader: Marilyn Brinster
March 17, 2024	Greeters/Ushers: Helen Purkerson & Linda Gaskill Lay Leader: Bill Eagle
March 24, 2024	Greeters: Pat Berger & Carol Jones Lay Leader: Mark Dinwiddie
March 31, 2024	Greeters: Mark Earhart, Doris Perry Lay Leader: Pat Berger

AND: from Pastor Peter

My Lord God,
 I have no idea where I am going.
 I do not see the road ahead of me.
 I cannot know for certain where it will end.
 nor do I really know myself,
 and the fact that I think I am following your will
 does not mean that I am actually doing so.
 But I believe that the desire to please you
 does in fact please you.
 And I hope I have that desire in all that I am doing.
 I hope that I will never do anything apart from that desire.
 And I know that if I do this you will lead me by the right road,
 though I may know nothing about it.
 Therefore will I trust you always though
 I may seem to be lost and in the shadow of death.
 I will not fear, for you are ever with me,
 and you will never leave me to face my perils alone.

Thomas Merton

MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					01 World Day of Prayer 1:00, St. Frederic	02
03 3 rd Lent Worship 10:30 Avamere 12:30	04	05 Deacon Meating 10:30 Zoom Class 7:00	06	07	08	09
10 4 th Lent Worship 10:30	11	12 Zoom Class 7:00	13 Session 6:15 Zoom	14	15	16
17 5 th Lent Worship 10:30	18 Newsletter deadline	19 Zoom Class 7:00	20	21	22	23
24 Palm Sunday Worship 10:30	25	26 Zoom Class 7:00	27	28 Maundy Thursday	29 Good Friday Noon @ 1 st Lutheran	30
31 Resurrection of the Lord/Easter						

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FIRST CLASS MAIL