

# PLYMOUTH PRESBYTERIAN CHURCH



Dear Friends,

Last month, I spent time covering a scarcity mindset. It occurred to me that I need to tell “the rest of the story” as Paul Harvey used to say. This month I want to focus on an abundance mindset.

The terms abundance and scarcity mindset are often attributed to Stephen Covey, who used them in his widely successful book, *The 7 Habits of Highly Effective People* (1989). An abundance mindset is when we believe there are plenty of resources for everyone. A scarcity mindset is when we believe there are limited resources, so if someone else has something, there is less of that resource available for us, says Tabitha Kirkland, a psychologist and associate teaching professor at the University of Washington’s Department of Psychology. Our mindset changes behavior because it determines what we focus on, which then affects how we act. When we experience scarcity — be it a lack of time, money or social connection — attention shifts to the scarce resource. Kirkland says that cultivating a more abundant mindset can help us see connections, broaden our perspective, solve problems and make decisions that will benefit us long-term — even when our resources are low.

**Foster collaborative relationships** – Our environment matters. If we’re in a workplace/church setting that encourages competition over collaboration, it’s going to be harder to adopt an abundant mindset. One way to try to nudge culture in a more abundant-mindset direction is to try to encourage and celebrate the successes of your co-workers and friends, instead of viewing their wins as your loss. We foster collaborative relationships that way because we’re in this together.

**Practice gratitude** – Gratitude can help us be aware of what we do have, instead of fixating on what we don’t. Writing down things we are grateful for each day or at the end of each week is an easy and tangible way to help shift to a more abundant mindset.

**Notice and redirect automatic thoughts** — Noticing thoughts can allow us to question if they are true and if they are beliefs we want to hold, or if rather replace them with a different perspective. “If [we] do this frequently enough, [we’ll] get better at interrupting those automatic habits of thought in all areas of life,” Kirkland says.

**Advocate and give support** – Part of developing a more abundant mindset is recognizing when we have resources and sharing them. The idea here is that helping and giving to others lifts everyone up. If people find big and small ways to support each other, this creates the resources others are seeking. “I think if we want to have more collaboration, abundance and optimism, we need to create the life for ourselves we hope to find,” Kirkland says. “We can start ... in our sphere of influence; that can be really empowering.”

## Next Steps

- Have energy and time to give back? Volunteering helps support others and provides health benefits for the volunteer.
- Kick-start your gratitude practice by writing down three good things each day.

We are in the Grip of Grace,

*Pastor Peter*

P.S. Thank Plymouth Presbyterian Church for your recent gift of appreciation given to me during the June 16<sup>th</sup> worship service. Thank you so much for your encouragement and love.



### July Lectionary Readings

**July 7 7<sup>th</sup> Sunday after Pentecost**

Ezekiel 2:1-5 and Psalm 123;  
2 Corinthians 12: 2-10; Mark 6: 1-13

**July 14 8<sup>th</sup> Sunday after Pentecost**

Amos 7: 7-15 and Psalm 85:8-13;  
Ephesians 1: 3-14; Mark 6: 14-29

**July 21 9<sup>th</sup> Sunday after Pentecost**

Jeremiah 23: 1-6 and Psalm 23;  
Ephesians 2: 11-22; Mark 6: 30-34,  
53-56

**July 28 10<sup>th</sup> Sunday after Pentecost**

2 Kings 4: 42-44 and Psalm 145: 10-18;  
Ephesians 3: 14-21; John 6: 1-21



### April 2024 Income and Expense

	April 2024	2024 YTD
Income	\$7,520.25	\$31,403.35
Expense	\$12,661.83	\$ 6,779.41
Net Gain	\$6,211.08	\$ 6,211.08

### May 2024 Income and Expense

	May 2024	2024 YTD
Income	\$4,212.47	\$35,615.82
Expense	\$4,545.11	\$57,755.50
Net Gain	(\$341.64)	(\$22,139.68)



### Attendance

May 12 30  
May 19 21  
May 26 21  
June 2 30  
June 9 26



July 1 Janis Knox  
July 2 Howard Knytych  
July 2 Darrel Purkerson  
July 18 Margaret Smith  
July 21 Jan Stites  
July 28 Jay Perry

(Did you notice that it is **our** sanctuary that is shown with our attendance figures now? Many thanks, Sharon Fraser!)

## BOXING DAY UPDATE

### RECEPTION FOR SHIRLEY EATON

Shirley's children are planning to have a reception at the church, honoring their mother, on Friday, July 19. There will be a graveside service at 11:00, to be followed by the reception at the church, beginning about 11:30. We will have cookies, coffee, tea and water. All are welcome; we hope you will be able to attend.



### FRIDAY AND SATURDAY, AUGUST 9 AND 10

We know that is a busy weekend, but here we go. We do not take clothing, broken items or any chemical products. If you can wait to bring your donations that week, there will be someone at the church throughout the week to assist. If you need to bring them earlier, please work directly with Adrienne.

All those able to assist either during the week for set up or on sale days, please let Adrienne know. We will especially need help at the end of the sale, to clean up and be ready for church the following day. Thanks in advance for all those who can assist.

As we evolve our boxes, we have also decided we will adjust our packing process. This annual event began as a way to reach out and to help folks on the street or in low-income housing, and also a way to work and have fun getting items packaged and distributed.

It has evolved over the years. Now we are delivering directly to CAT and we are up-scaling the contents to fit with the current plan to provide items for folks getting into permanent housing.

Due to the type of products we are now supplying, we will no longer pack as an activity after worship. We will plan one or two Saturdays in the Fall to sort and pack totes based on products gathered. Look for more information later this year. In the meantime continue to gather new or slightly-used items such as pots/pans, kitchen towels, and other miscellaneous household items. For sure we can continue to add items like aluminum foil, food storage bags, etc., to the boxes if you want to pick those up.

We already have a lot of things purchased (at significant savings) and a very large donation of plates and flatware as well as a variety of other donations. If you don't shop or have your own items to give, cash donations are welcome to cover those purchases. If we get more than we can use of a specific set of items, they will be stored for next year. Thanks in advance for all you contribute to this Mission project. Those who receive them are most appreciative.

## Meeting Schedules

## DEACONS

Deacons have a summer vacation from meeting! Their next meeting will be held on September 10, at 10:30, in person at the church.



Session also has a bit of a meeting vacation. Their next meeting will be on Wednesday, **August 14, at 5:30 p.m., on Zoom.** Please note the new meeting time: **5:30 p.m.**



## 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. There are, of course, many other things on their list, including most of a new manse! They are being very careful with the funds that are coming their way; any extra that you have hanging around will be put to very good use. (See future newsletters for more info on Warm Springs.)

## MANY THANKS!!

At our recent congregational meeting, we had the privilege of electing new officers for our church.

First, let us say many, many, many thanks to those officers who have finished their terms and rotated off their boards. Deacon Zelda Anderson finished two terms on the Board of Deacons, during which she also served as Moderator of the Deacons. Thank you, Zelda! Elder Kathleen Dinwiddie finished two terms on Session. Thank you, Kathleen! Both of you have earned a bit of rest.

Next, let us welcome the new officers who have joined the Boards. New to this Session are Candy Cole, Mark Dinwiddie and Gina Harrington. Welcome, welcome, welcome, and we wish you our best as you serve. Please know that we are ready to help you as needed while you serve. There is not a new Deacon; however, Parish Associate Pat Berger will be serving as Moderator of the Board of Deacons.

We are grateful for the service all of our Elders and Deacons will be providing to our congregation. Thank you all, one more time!



The deadline for the August newsletter is **July 18**. If you have articles you would like to see in the newsletter, please send them to [pfbb1202@yahoo.com](mailto:pfbb1202@yahoo.com), or phone her or give her articles on Sundays.

## GATHERINGS

Our Gatherings at Plymouth will start again next month. What is a Gathering? It is a fine time had by all; we GATHER at one of our homes, and the food and the chatting go on and on – very much fun. This summer, we will have one Gathering on July 27, at the home of Mark and Kathleen Dinwiddie, and one Gathering on August 10, at the home of Ken and Zelda Anderson, both at 5:00. Please bring your favorite side dish and join us.

### **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.



### **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.



(This notice from Makindu came after our June deadline – and it seemed important to print parts of it.)

[June 7] is not merely a day on the calendar; it is a poignant reminder of the extraordinary resilience, boundless potential and unyielding spirit of our children. It is a time to reflect on their journeys, honor their achievements and recommit ourselves to nurturing their dreams.

The day of the African child commemorates the struggles and triumphs of children across the entire African continent. It is rooted in a profound history of courage and the pursuit of justice, harking back to the Soweto Uprising of 1976, when thousands of black South African students marched for their right to a quality education. Their bravery ignited a movement, and underscored the vital importance of recognizing and championing the rights of every child.

On this Day of the African Child, let us reaffirm our commitment to creating a world where every child's potential is realized, where their rights are protected, and where their dreams are nurtured. Let us celebrate their achievements, big and small, and empower them to envision and build a future where they can thrive.

With heartfelt gratitude and anticipation,  
Diana Richardson  
Executive Director  
Makindu Children's Program



## Sunday Volunteer Schedule

<b>July 7, 2024</b>	<b>Communion Set-up:</b> Adrienne Schilling <b>Communion Servers:</b> Marilyn Brinster, Karen Roldan, Adrienne Schilling <b>Greeters/Ushers:</b> Ken and Zelda Anderson <b>Lay Leader:</b> Pat Berger <b>Coffee hour:</b> Gina Harrington and Louis Sena
<b>July 14, 2024</b>	<b>Greeters/Ushers:</b> Jon Dickson, Helen Purkerson <b>Lay Leader:</b> Gina Harrington <b>Coffee hour:</b> Kathleen and Mark Dinwiddie
<b>July 21, 2024</b>	<b>Greeters/Ushers:</b> Linda and Roger Liefeld <b>Lay Leader:</b> Bill Eagle <b>Coffee hour:</b>
<b>July 28, 2024</b>	<b>Greeters:</b> Pat Berger, Mark Earhart <b>Lay Leader:</b> Mark Dinwiddie <b>Coffee hour:</b> Ken and Zelda Anderson

### A FEW GENERAL ASSEMBLY NOTES

The General Assembly of our PCUSA has just begun its biennial meeting, this year being held in Salt Lake City, Utah. This meeting has representatives from all Presbyteries in the PCUSA, elected from each presbytery, the number depending on the number of members in the churches in that presbytery. This year, Cascades has four commissioners, and the total commissioners to GA is 456.

Today is the first day of the assembly. Commissioners have been doing background work for a year or more leading up to the meeting. At least one decision has already been made: there was a request to have all meetings held in person. Since various committees meet all during the two year period between meetings, to add all of that to the GA budget would mean adding \$927,000 to that budget. You will not be surprised to learn that that was voted down. We are a connectional denomination, and meeting by various electronic means is not

best by far – and adding that much to the budget is not optimal! The motion that passed was to accept the invitation of the Presbytery of Milwaukee (WI) to host the next meeting, to be held in 2026. Most committee meetings leading up to that meeting will, like meetings for the current Assembly, be held virtually.

Commissioners to this Assembly from Presbytery of the Cascades are Pastor Joanna Dunn, from Bethany – Portland; Elder Sharon Ladduslaw, from First-McMinnville; Pastor Char Mace, from St. John's – Camas; and Elder Dennis Smith, from First – North Bend. We hope you will hold these people in your thoughts and prayers during this Assembly, which lasts through July 4. Updated news is available on the PCUSA website.

# JULY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Worship 10:30 Avamere 12:30						
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Worship 10:30						
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Worship 10:30						Gathering 5:30 at Anderson's
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
Worship 10:30						

**PLYMOUTH PRESBYTERIAN CHURCH**  
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**FIRST CLASS MAIL**