



Bethel Presbyterian Review

The Pastor's Corner

Friends, I want to share with you some snippets of Wisdom from Max Lucado from his book *Anxious for Nothing: Finding Calm in a Chaotic World*. In a world so rife with anxiety, which inevitably leaks into us at times on some level, I found these words of wisdom uplifting and hopeful. Rev. Lucado writes the following:

"Anxiety is a meteor shower of what-ifs. What if I don't close the sale? What if we don't get the bonus? What if we can't afford braces for the kids? What if my kids have crooked teeth? What if crooked teeth keep them from having friends, a career, or a spouse? What if they end up homeless and hungry, holding a cardboard sign that reads 'My parents couldn't afford braces for me'?"

Anxiety is trepidation. It's a suspicion, an apprehension. Life in a minor key with major concerns. Perpetually on the pirate ship's plank. You're part Chicken Little and part Eeyore. The sky is falling, and it's falling disproportionately on you. As a result, you are anxious. A free-floating sense of dread hovers over you, a caul across the heart, a nebulous hunch about things... that might happen... sometime in the future.

Anxiety and fear are cousins, but not twins. Fear sees a threat. Anxiety imagines one. Fear screams, Get out! Anxiety ponders, What if? Fear results in fight or flight. Anxiety creates doom and gloom. Fear is the pulse that pounds when you see a coiled rattlesnake in your front yard. Anxiety is the voice that tells you, Never, ever, for the rest of your life, walk barefooted through the grass. There might be a snake... somewhere.

Anxiety is not a sin; it is an emotion. (So don't be anxious about feeling anxious.) Anxiety can, however, lead to sinful behavior. When we numb our fears with six-packs or food binges, when we spew anger like Krakatau, when we peddle our fears to anyone who will buy them, we are sinning. If toxic anxiety leads you to abandon your spouse, neglect your kids, break covenants, or break hearts, take heed. Jesus gave this word: "Be careful, or your hearts will be weighed down with... the anxieties of life." (Luke 21:34 NIV).

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NEW
YEAR



Is your heart weighed down with worry? Look for these signals: Are you laughing less than you once did? Do you see problems in every promise? Would those who know you best describe you as increasingly negative and critical? Do you assume that something bad is going to happen? Do you dilute and downplay good news with doses of your version of reality? Many days would you rather stay in bed than get up? Do you magnify the negative and dismiss the positive?

If you answered yes to most of these questions, I have a friend for you to meet. Actually, I have a scripture for you to read. I've read the words so often that we have become friends. I'd like to nominate this passage for the Scripture Hall of Fame. The museum wall that contains the framed words of the Twenty-third Psalm, the Lord's Prayer, and John 3:16 should also display Philippians 4:4-8:

•Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. Five verses with four admonitions that lead to one wonderful promise: "the peace of God, which surpasses all understanding, understanding, will guard your hearts and minds" (v. 7). Celebrate God's goodness. "Rejoice in the Lord always" (v. 4). Ask God for help. "Let your requests be made known to God" (v. 6). Leave your concerns with him. "With thanksgiving..." (v. 6). Meditate on good things. "Think about the things that are good and worthy of praise" (v. 8 NCV).

With God as your helper, you will sleep better tonight and smile more tomorrow. You'll reframe the way you face your fears. You'll learn how to talk yourself off the ledge, view bad news through the lens of sovereignty, discern the lies of Satan, and tell yourself the truth. You will discover a life that is characterized by calm and will develop tools for facing the onslaughts of anxiety. It will require some work on your part. I certainly don't mean to leave the impression that anxiety can be waved away with a simple pep talk. In fact, for some of you God's healing will include the help of therapy and/or medication. If that is the case, do not for a moment think that you are a second-class citizen of heaven. Ask God to lead you to a qualified counselor or physician who will provide the treatment you need.

This much is sure: It is not God's will that you lead a life of perpetual anxiety. It is not his will that you face every day with dread and trepidation. He made you for more than a life of breath-stealing angst and mind-splitting worry. He has a new chapter for your life. And he is ready to write it. Listen carefully and you will hear him say, "Everything is secure. You can rest now." By his power you will "be anxious for nothing" and discover the "peace... which passes all understanding" (RSV).

Dear Lord, you spoke to storms. Would you speak to ours? You calmed the hearts of the apostles. Would you calm the chaos within us? You told them to fear not. Say the same to us. We are weary from our worry, battered and belittled by the gales of life. Oh Prince of Peace, bequeath to us a spirit of calm. As we turn the page in this book, will you turn a new leaf in our lives? Quench anxiety. Stir courage. Let us know less fret and more faith. In Jesus' name, amen."

. . . Food for thought.

Pastor Todd



Barbara Shaul 1/1
Eric Edie 1/6
Bettie Clark 1/6
Elizabeth Henderson 1/7
James Boyd 1/8
Ruth Calary 1/10
Rachel Mitchell 1/10
Hope Smithson 1/13
Jack Rogers 1/22
John Saneman 1/24



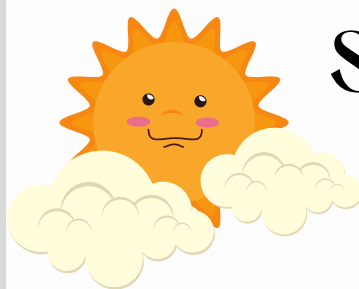
Samuel & Margaret Fielder

1/27

2022 Per Capita

The Per Capita fee for each congregation member for 2022 is **\$38.13**. Please be sure to submit your portion by the end of the year.

Thank you!



Shower of Cards

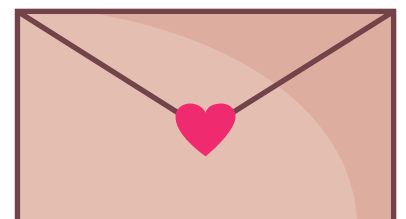
Our featured
Bethel Members
for January are:

Lillian Skidmore
3519 N. Furnace Road
Jarrettsville, MD 21084

AND

Barb & Jack Shaul
4075 Cox Terrace
Jarrettsville, MD 21084

Send a little
Sunshine! Each
month we select a
member (or
members) to shower
with cards or notes
of love, support,
encouragement and
good cheer!





Deacon's Update

We uphold the following members, relatives and friends in our prayers and pray God's healing upon them:

- The family of Sandy Miller, niece of Ruth Walker
- The family of George Reeves
- Louis Berlin, friend of Dan & Mary Beth Scott
- Arch Phillips, cousin of Lynda McRee
- Janet Carty, friend of Nancy Mory
- The Berlage Family
- Doug Arnold
- Sandy Hughes
- Charles McKenzie, father of Gail Lowe
- Holly Robinson, sister of Becca Smith
- Nelson Berigtold
- Charlotte Scott, sister-in-law of Dan Scott
- Barbara Kirchner, mother of Dave Kirchner
- Ed Calary
- Max Montfort, friend of Tom and MaryLee Swift
- Dorianne Griffey
- Janet Kauffman
- Kelly Jarrett Reeves and Robbie Reeves, son & daughter-in-law of the Reeves
- Brendan Lins, grandson of Ron & Andi Holmes
- Henry Kraft, grandson of Gail & David Thomas
- Frank Clement, friend of Sam & Marsha Brooks
- John Dorn, friend of John and Rita Cairnes
- Beverly Schmidt
- George Cowman
- Howard Eisner
- George Denbow
- Jessica Sambor
- Debbie Dahl, friend of Lisa Robbins

Congratulations

to Jennifer & Andrew Thomson on the baptism of their daughter, **Rhiannon Shay Thomson**. Bethel officially welcomed little Rhiannon into our church family on December 19, 2021



Bethel Recipe Corner

Taco Chicken and Rice submitted by Terri Schwarz

1 pound chicken breasts cut into strips
2 T. oil
1½ cups chicken broth
1 8 oz. can tomato sauce
1 pkg. taco seasoning mix
1 can drained corn
1 med. green or red pepper cut into thin strips
2 cups cooked rice
½ cup shredded cheddar cheese
Sour Cream
Tortilla chips optional

Cook chicken strips in hot oil in a pan until lightly browned. Add chicken broth, green pepper and seasoning mix and stir together. Add tomato sauce, bring to light boil, reduce heat, cover and simmer for 5 minutes. Add corn and continue to simmer until corn heats. Add cooked rice, stir. Remove from heat. Top with shredded cheese. Garnish with sour cream. Great to eat with tortilla chips too!



Do you have a recipe to share?

We'd love to feature **your** favorite recipe in a future newsletter. Please email your submission to lisa@bethel-md.org or drop off a copy to the church office. Everyone loves those tried-and-true recipes from our church community!

Just for Fun



Mission Committee



At year's end, we receive many heartfelt thank you notes and letters from the various agencies that we've supported in the past year, including those listed below. Thank you to all who work to coordinate these efforts and to all who generously donate their time and resources.

- Presbytery of Baltimore for Shared Ministry Giving and Disaster Relief
- Anna's House
- Wounded Warriors
- St. Jude's Children's Research Hospital
- Meals on Wheels
- ARC Northern Chesapeake Region
- Welcome One Emergency Shelter
- Mason Dixon Community Services
- Harford Fuel Fund
- Habitat for Humanity
- Young Life - Harford County
- Thanksgiving Boxes Project
- Rise Against Hunger
- Massanetta Springs Camp and Conference Center
- Perry Point Medical Center
- Faith Communities and Civic Agencies United (FCCAUI)



Thank you

Thank you so much for blessing us again this year. Your continued investment in our mission is greatly appreciated. May you be blessed this Christmas.

Welcome One Emergency Shelter



Carol Morrow and Lynda McRee presented a check from Bethel Church in the amount of \$2,440 to Mason Dixon for shoes. Mason Dixon is currently serving over 300 families. This check will provide gift certificates for winter shoes for the children. Thanks to all at Bethel for donating and serving our community.

Wreaths Across America



In December, Bethel was officially designated as a *Wreaths Across America* official site and program! Many thanks to Mr. David Fyhr and family for helping to establish the Bethel site!

Thank you also to Scout Troop 265, Steve Kauffman, Donna Jones, Janine Ortt, Dan Woods, and the entire Bethel congregation for supporting this effort!

The first official *Wreaths Across America* ceremony at Bethel was held on December 18, 2021 and was well-attended. Bethel is very excited to be part of this program that honors our country's veterans and their families.



Thank you also to Leslie Bowers Borbidge for supplying the new American flag to our cemetery.

Chalk Talk

by Elva Hurst

In November, Bethel was blessed to host a special service with artist Elva Hurst. Ms. Hurst brought the story of the first Thanksgiving to life with her presentation. She mesmerized the congregation with her artistic skills, dynamic storytelling, and dedication to her faith. This was a special Sunday at Bethel.



Advent Luncheon



Bethel celebrated the first Sunday of Advent with our traditional Advent Luncheon. Thanks to all who organized and participated in this year's event!



Pause for Poetry

A New Year Toast
by Author Unknown

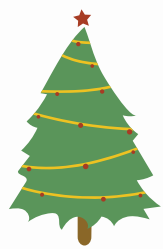
At the sound of the tolling midnight bell
a brand new year will begin.
Let's raise our hopes in a confident toast,
to the promise it ushers in.

May your battles be few, your pleasure many,
your wishes and dreams fulfilled.
May your confidence stand in the face of loss
and give you the strength to rebuild.

May peace of heart fill all your days
may serenity grace your soul.
May tranquil moments bless your life
and keep your spirit whole.

HAPPY
New Year

Reign
Schwarz
is
admiring
her
mommy's
beautiful
rustic
Christmas
Tree!



Gibbs Swift is standing guard
over the little church



Fenway Brooks couldn't decide on a bow
tie or necktie for the holidays!



Douglas and Sophia get hugs from
Santa!



A sampling of Christmas
lights and decor from
the McRees



Happy
New
Year



Bethel Presbyterian Church
4135 Norrisville Road
White Hall, MD 21161

