

# Long Beach Presbyterian

# BEACON

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## Depression

Being human and being a minister go hand in hand. At times they collide with each other; which has been the case with me recently.



The first occasion of depression I experienced was when I was nine years old and my parents divorced. Even at nine I had thoughts of and verbalized a desire to harm myself. My Mother, Grandmother and I had moved back to my home town in Georgia while my Father moved to California. From that point on I would only see him for maybe two days every three years or so. While most children adapt to their circumstances it was always hard for me.

The Bible is no stranger to depression. The mighty King David was often in deep despair. You need to only read the Psalms to hear David's anguish. David lost two sons and in 2<sup>nd</sup> Samuel his grief is huge over that loss. Elijah was another Biblical personality who was discouraged and afraid. After great spiritual victories over Jezebel he sat in the desert saying, "I have had enough Lord. Take my life. I am no better than my ancestors." Job is a well known Biblical character who was depressed. Job declares, "Why did I not perish at birth, and die as I came from the womb." Jeremiah is known as "the weeping prophet." He lived in isolation (a classic sign of depression) and cursed the day he was born. Even Jesus was anguished over what lay ahead of him.

Every day you and I rub shoulders with people who are desperate, hurting and lonely whether they seem like it or not. While there are times we notice; often we do not, either because the person is good at hiding the feeling or we are too busy to notice. I got to where I could not hide it any longer and needed help.

I want to thank members of the Session who knew what was going on with me early on for their steadfast support. As my story has unfolded I want to thank you as a congregation for your support in my getting well. I want to thank my long time friend Dwight Ramsey for saying he would do whatever he could to help during this time. Dwight told me what I already knew. He said that I pastor a remarkable church that is committed to

loving me and my family through this time. I thank the Session, you as a church and Dwight.

So how can you help? Pray for me and my family. While this is hard on me it is hard on Susan too. Keep doing your part to make LBPC a strong and welcoming church. Support the Session and Dwight in this time.

Finally, how a church handles their wounded says a lot. For handling me with love and prayer I thank you all very much.

With love,  
Jim



Kenneth Rouse – 4<sup>th</sup>  
Susan Littell – 9<sup>th</sup>  
Kimberly Ann Plata – 11<sup>th</sup>



## —Community— Outreach

Last month our Outreach Collection went to Presbyterian Disaster Assistance (PDA) in support of their work assisting the victims of Hurricane Harvey. This month we are returning to our customary support of Long Beach Outreach but anyone wishing to make contributions towards victims of Hurricanes Harvey or Irma is asked to do so by completing the form available in the narthex and mailing it with your donation to:

Presbyterian Church (USA)  
P.O. Box 643700  
Pittsburgh, PA 15264-3700



The Women's Circle took up a collection which was used to purchase supplies for the creation of 24 Hurricane Relief Hygiene Kits. These kits are being sent to Ferncliff Disaster Assistance Center in Little Rock, AR as relief supplies for distribution to victims of the recent hurricanes.



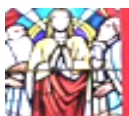
Thank you to all who continue to bring food donations in support of the Long Beach Community Food Pantry. While the job is never finished and the need never fulfilled, your generous support goes a long way towards the elimination of hunger in our community.

Needed items include but are not limited to peanut butter, jam, rice, dried beans, stews, canned tomatoes, baby foods, snacks, fruit juice, raisins, soda crackers, cereal, tea, coffee, baking items, flour, honey, salt, pepper, spices, sugars, ketchup, mustard, relishes, spaghetti sauce, dry pastas, canned meat, canned fish, canned fruit, canned vegetables, soups, puddings, cake and cookie mixes, cheese whiz/Velveeta, macaroni and cheese, diapers and formula.



Please remember the following in your prayers:

- |                                |                   |
|--------------------------------|-------------------|
| Barnett Family                 | Jamie             |
| Boswell Family                 | Ken Pell          |
| Cono Caranna<br>& Family       | Peterman Family   |
| Corcoran Family                | Ramsay Family     |
| Billie Holzweissig             | Mikey Sawyer      |
| Matthew                        | Becky Schruff     |
| Tom, Regina<br>& Isaac McCarty | Stacey Stone      |
|                                | Mary Westmoreland |



## Session

- In September a total of \$707.73 was collected and forwarded to Presbyterian Disaster Assistance for victims of Hurricane Harvey.
- The September Session Meeting was cancelled due to the lack of a quorum.
- The October Session Meeting has been postponed until October 29, 2017. We anticipate that to be Jim's first Sunday back with us.
- Please note that the loss indicated below for August 2017 was caused by the repairs to the water line and the replacement of the front railings all being completed and paid for in the same month.

### Treasurer's Report

	Income	Expenses	Difference
August 2017	\$ 4,947.47	\$ 7,727.05	\$ (2,779.58)
YTD 2017	\$ 41,935.34	\$ 35,496.01	\$ 6,439.33



Our readers for the month of October will be:



- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1 <sup>st</sup> – Tal Flurry     | 22 <sup>nd</sup> – Terry Dill   |
| 8 <sup>th</sup> – Keith Cox      | 29 <sup>th</sup> – Bobby Thomas |
| 15 <sup>th</sup> – Bill Blackman |                                 |



A 10 year old little girl was asked by another classmate, "what is it like to be a Christian?". The girl replied, "it's like being a pumpkin. God picks you from the patch, brings you in, and washes all the dirt off of you. Then he cuts open the top and scoops out all of the yucky stuff. He removes the seeds of doubt, hate, greed, etc., and then He carves you a new smiling face and puts His light inside of you to shine for all the world to see."



While the date has not yet been finalized, we are anticipating holding our Annual Thanksgiving Luncheon immediately after worship on Sunday November 12, 2017. That is the second Sunday in November.



Find us online at <http://LBPCUSA.org>



And our Facebook page at <http://Facebook.com/LBPCUSA>.

You can view our Facebook page even if you don't have a Facebook account but, if you do have one, click the Like button to be notified when we post updates.



**PLEASE send us information to include in the Beacon**

- By email: [Lbpcusa@outlook.com](mailto:Lbpcusa@outlook.com)
- By hand: Give to Keith Cox, Ruth Lewis or place in the collection plate at Sunday Worship.
- By phone: Leave a message on the church answering machine at 228-863-7633.  
(Phone messages are checked on Saturdays)



To receive the Beacon by email, please send a request including your name and email address to [Lbpcusa@outlook.com](mailto:Lbpcusa@outlook.com). Please note that this will be maintained as a private email list and only used for Long Beach Presbyterian Church communications.