

# Long Beach Presbyterian

# BEACON

*"Reaching Up to God, Reaching Out to Others"*

LONG BEACH PRESBYTERIAN CHURCH (USA)

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Volume XLI

Number 2

February 2019



It's February and the lovebirds are flocking in Long Beach. I should be honoring their arrival and speaking of love, abounding and eternal, but I'm not. Instead, I'm going to speak of the importance of Gratitude.

JoEllen Holmes is a colleague of mine in the American Association of Pastoral Counselors. I can't really say we know each other but we see each other yearly at our regional meeting and we are Facebook friends. Recently she posted about the transformative power of Gratitude. She wrote about what she was doing in her own life to increase her Gratitude. She was also working to help clients remember the healing power that comes from paying attention to what they are Grateful for in their lives.



Her post moved me. It reminded me of how important Gratitude is and how, like everything else, it does not just appear. We work for it. Since reading that post by JoEllen I have adopted a new spiritual practice. In the morning I remember what I am Grateful for and then I add to the list! Today I am grateful to have Susan and my family. Susan encourages me to be more lighthearted than I am. I am Grateful for thick socks on chilly days to keep my feet warm. I am Grateful to have a strong mind that allows me to think, analyze and write. I am Grateful for the comfortable chair I am sitting in and the lovely office I work out of. I am Grateful for you.

That list may grow during the day. It will not diminish. I've also done some research about Gratitude. Remember it is an asset worked for. The research makes three things clear:

Practice is Important. I've mentioned that I focus on remembering what I am Grateful for in the morning but that's not the only time to practice Gratitude. You may take time at lunch or midday. You may wait until the day has been completed and journal your Gratitude at night. New habits are hard to build. Remain positive about the benefits of this new habit. Plan for the obstacles that might get in your way. Don't give up if you miss a day, move on to the next. The point is practice is work.

Be Grateful for others. We know that the single best determinant of happiness is having other people in our lives. So as you practice Gratitude make sure you

include people in your list. Focusing on people we are Grateful for is a healing salve. You may want to write a Gratitude Letter to someone who has had an impact in your life that you have never thanked. Years ago I was the editor of a preaching journal. One quarter I encouraged the 18,000 subscribers to write a letter of Gratitude to a pastor who had helped them on their way in ministry. After that editorial my mail was full of brief notes thanking me for the idea.

Being Grateful for others is an amazing gift to both them and to ourselves.

Practicing Gratitude can be fun. If you start out by journaling and that begins to get tiresome do something else. You are autonomous so you don't have to practice Gratitude the same way as others. Start a Gratitude jar. Every time something happens you are Grateful for write it on a slip of paper and put it in the jar. Make the practice of Gratitude fun.

This month I am Grateful for the loved ones in my life.

Gratefully,



Mitch Blakeney – 2/3	Martin Gaspar-Norman – 2/21
Bobby Thomas – 2/7	Vivian Paniku – 2/23
Bill Blackman – 2/13	Michelle Blakeney – 2/24

## Prayer Requests



Please remember the following in your prayers:

Margaret Alfonso	McMillon Family
Cono Caranna	Ann Meuleman
Matthew Favre	Quinten McMillan
Family of Martin &	Christine Poston
Jerry Gaspar-Norman	Judy Sawyer
Alice Gaston	Scott Setzer
Chris Hathaway	Robert Taylor
David Massie	Sally-Lodge Teel
Jamie McKenzie	& Family



"God With Us When We're Powerless" - this lesson from our January meeting is an important one to remember. As we all have struggles and worries, His promise of always being there for us helps us to stay focused. We are to be still and listen for his voice and guidance.

Thanks to Susan Littell, who led us in study and prayer. On the subject of prayer we ask for prayers for our regular leader, Sally-Lodge Teel, and her family during their difficult time following the death of her husband Tom.

Our mission effort is indeed making a difference in the lives of many. The 25 bags will be going to the King's Kitchen in Bay St. Louis after our next meeting. If anyone would like to join us for the delivery we welcome your assistance. We are all children of God, caring for others and sharing our blessings with others.

Our next meeting will be on Tuesday, February 12th at 9:30. Come and join us for coffee, treats, and a very interesting lesson. SEE YOU THERE!!!!



By Susan Littell

This month we are featuring a wonderful couple we have all come to love and appreciate, Robert and Linda Osburn.



Robert was born in Franklin, TN and Linda was born in Nashville, TN. They met and married after Robert had graduated from Peabody College in Nashville, TN and served in the United States Air Force. Both Robert and Linda were research assistants at Vanderbilt University in Nashville, TN.

Their first child, Marla, was born in Salt Lake City, UT where Robert was a chemist, working in the quality control lab of the Utah Idaho Sugar Company. After Marla received her Master's Degree in English, she accepted a position as academic director for Purdue University Global in Indiana.

While working in the Pomology department (the science and practice of growing fruit) of the University of California at Davis, Robert accepted a research assistantship in chemistry at LSU in Baton Rouge, LA. Being natives of the south, they were excited to return to the green and sunny southland.

Robert taught at LSU in Eunice, LA after he received his Doctorate in analytical chemistry. During this time their second child, Robert Burke, was born. He followed in his father's footsteps by also receiving a Doctorate with the differences being his was from LSU and his major was Mathematics. He is currently teaching mathematics at the University College of Dublin, in Dublin, Ireland.

While Robert was serving as Director of Quality Control for a pharmaceutical company in Nashville, their third child Philip Lewis was born. Philip received his Doctorate in Organic Chemistry from Texas A&M, then accepted a teaching position with the University of Pennsylvania at Bloomsburg.

When Robert retired, Linda gave up her career as a stay-at-home mom and at the age of 54 became a freshman at Middle Tennessee State University. She graduated with the highest honors in the field of Special Education and went on to teach in Tennessee and then at Hancock Middle School in Kiln, MS.

When Hurricane Katrina hit Waveland, Robert and Linda learned many life lessons. These included the value of "stuff", the true value of friends and neighbors and the value of the giving hearts of complete strangers. These were hard lessons but they were well worth it for the knowledge and wisdom gained from the experience. The most important lesson is that God is always with you.

These days Linda enjoys being a volunteer tutor at Waveland Elementary and North Bay Elementary. She also volunteers for the Waveland Ground Zero Hurricane Museum and Excel by 5, a statewide program to promote kindergarten readiness for all children.

Robert has become an excellent gardener and handyman who can fix almost anything. They feel very blessed to live in such a beautiful area and to be able to worship with us at Long Beach Presbyterian.

We are blessed to have Robert and Linda as part of our church family.



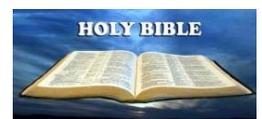
Your contributions of canned and non-perishable food items give support to the Long Beach Community Food Pantry which works to meet those needs. Please contribute by placing your donations in the basket at

the front of the sanctuary. Everything is delivered to the food pantry on a weekly basis.

Suggested 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.



Our readers for the Month of February are:



3<sup>rd</sup> – Bobby Thomas  
10<sup>th</sup> – Jackie Blackman

17<sup>th</sup> – Steve Dees  
24<sup>th</sup> – Clay Hill



We are now accepting donations through PayPal. Go to <http://paypal.com/us/fundraiser/charity/2411290> and PayPal will process your donation without charging us any fees. All donations through this PayPal program are tax deductible and a receipt will be generated that you can print at home.



# Session

- In December we received \$640.50 for our outreach offering which was divided with \$256.20 each going to Long Beach Outreach and Rebekah's House and 128.10 to the Gulf Coast Center for Nonviolence.
- The Session held Elder Training on Saturday January 19, 2019. Rev. Dave Parr from Grace Lutheran Church led the meeting and helped us explore our mission statement.
- We continue to hold monthly Fellowships after worship on the last Sunday of each month and encourage everyone to stop by and join in.
- On February 17, 2019 we will be baptizing Jim's grandson, Nathaniel Hightower during the worship service.
- We have installed carbon monoxide detectors in the nursery and children's Sunday school room.
- The next Stated Session meeting will be after worship on Sunday February 10, 2019.

### Treasurer's Report

	Income	Expenses	Difference
Dec. 2018	\$ 7,456.88	\$ 7,734.13	\$ -317.25
FYE 2018	\$ 117,191.20	\$ 153,895.97	\$ -36,704.77*

\* This is *after* paying for our new roof which totaled \$85,781.00.

### COMMITTEE ASSIGNMENTS



Each year the Session appoints members to serve on various church committees. The assignments for 2019 are:

- Session Moderator:** Dr. James E. Hightower
- Clerk of Session:** Terry Dill
- Treasurer:** Ruth Lewis
- Pastor's Advisory Committee:** Terry Dill (Moderator) and Linda Osburn
- Christian Education:** Amanda See (Moderator) and Jackie Blackman
- Commitment & Stewardship:** Linda Osburn (Moderator) and Jackie Blackman
- Fellowship:** Ruth Lewis (Moderator), Amanda See and Keith Cox
- Property:** Keith Cox (Moderator) and Clay Hill
- Worship:** Ruth Lewis (Moderator), Keith Cox and Susan Littell



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

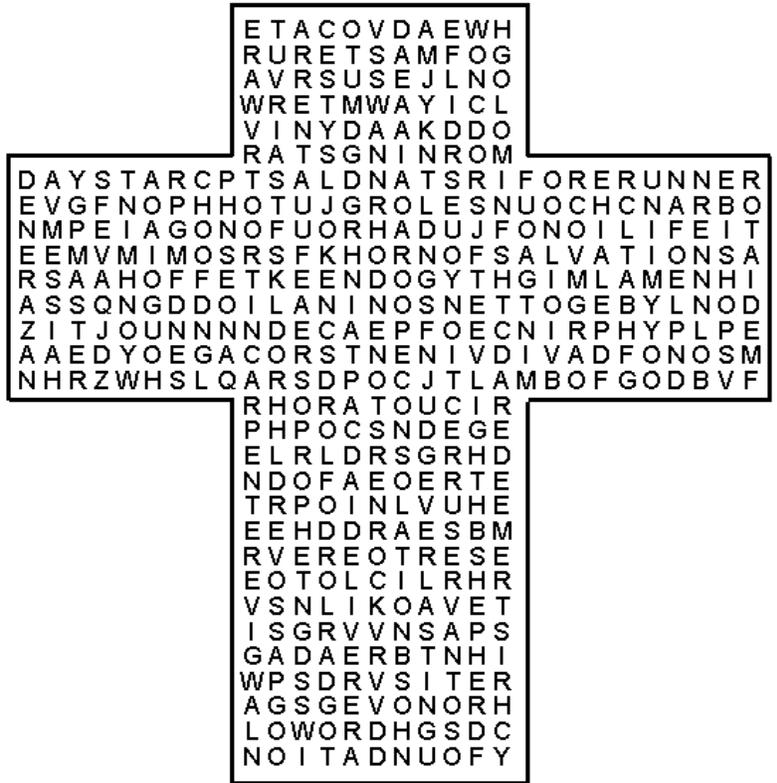


Visit our Facebook page at <http://Facebook.com/LBPCUSA>.

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

# JUST FOR FUN...

But Whom Do You Say That I AM?

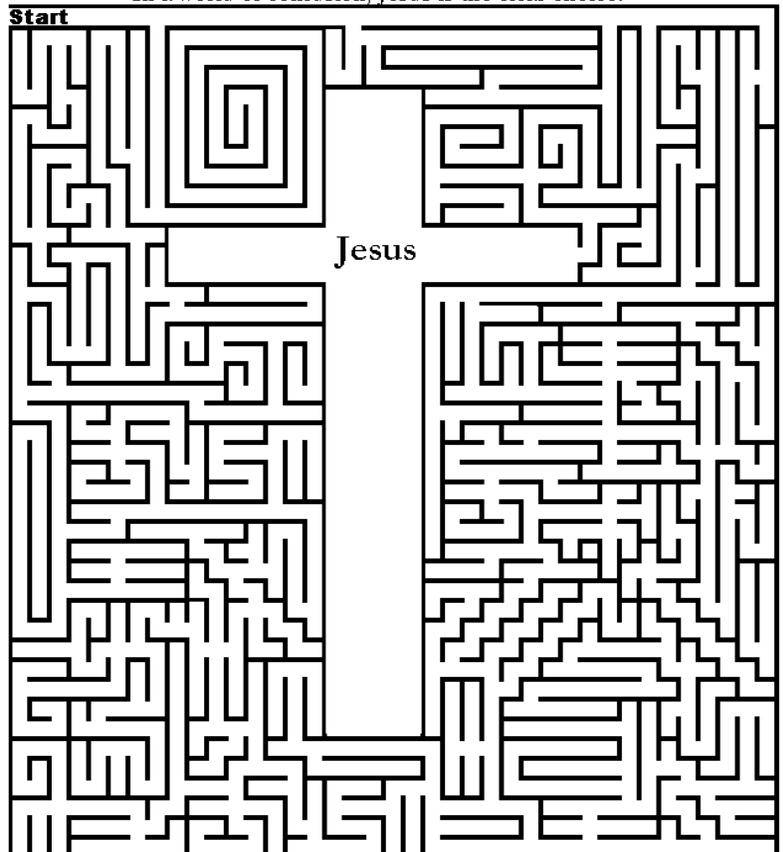


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|-----------------|-------------------|-------------------|--------------|
| Advocate        | Door              | Lawgiver          | Redeemer     |
| Almighty        | Emmanuel          | Life              | Resurrection |
| Alpha and Omega | Everlasting       | Light             | Rock         |
| Amen            | Faithful and True | Lion of Judah     | Savior       |
| Apostle         | First and Last    | Lord              | Servant      |
| Beloved Son     | Forerunner        | Lord of Lords     | Shepherd     |
| Bishop          | Foundation        | Master            | Son of David |
| Branch          | Governor          | Master            | Son of God   |
| Bread           | Head              | Mediator          | Son of Man   |
| Captain         | High Priest       | Messiah           | Vine         |
| Carpenter       | Holy and Just One | Mighty God        | Way          |
| Chosen          | Horn of Salvation | Morning Star      | Wonderful    |
| Christ          | I AM              | Nazarene          | Word         |
| Consolation     | Jesus             | Only Begotten Son |              |
| Cornerstone     | Judge             | Passover          |              |
| Counselor       | King              | Priest            |              |
| Day Star        | King of Kings     | Prince of Peace   |              |
| Deliverer       | Lamb of God       | Prophet           |              |

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In a world of confusion, Jesus is the clear choice.



# Presbytery of Mississippi

## Newsletter

January, 2019

*Through Word, Welcome and Wonder we partner to serve Jesus.*

### **PRESBYTERIAN YOUTH TRIENNIUM (PYT) – July 16-20, 2019 – 9<sup>th</sup>-12<sup>th</sup> graders**

Do you have youth who will be entering the 9th grade thru just graduated high school for the 2019-20 school year? If so, the Presbyterian Youth Triennium is coming up July 16-20, 2019 at Purdue University in Indiana! Dr. Rob Lowry will serve as the presbytery's registrar ([Rob@FondrenPCUSA.org](mailto:Rob@FondrenPCUSA.org)); contact him for more information 601-982-3232 (office) 501-773-5131 (cell). Registration has been open for a while and spots are being filled quickly.

For more information see the website: <https://presbyterianyouthtriennium.org/>

PYT is a gathering for high school age youth from the Presbyterian Church (USA) and the Cumberland Presbyterian Church that occurs every three years. The 2019 event theme is "Here's My Heart".

**REPORT ON COLLEGE CONFERENCE** – The Presbytery of Mississippi had 8 young people and 1 counselor attend the College Conference at Montreat, N. C. in early January. Thanks to Dr. Christopher Crotwell for leading this group and thanks to Westminster, Hattiesburg for paying the registration fees. Plans are being made for the 2020 conference.

**ANNUAL STATISTICAL REPORT** – Remember if you need help completing the Annual Statistical Report, please let me know as soon as possible – January 24<sup>th</sup> is the deadline for my assistance; January 31<sup>st</sup> is the deadline for all who will enter their own information.

### **PRAYER CONCERNS:**

Please keep **Tom and Sally-Lodge Teel** in your prayers as Tom has been diagnosed with pancreatic cancer. Tom has served for many years as a Trustee of the presbytery and Sally-Lodge is the Stated Supply minister for Ruth Memorial Presbyterian Church, Poplarville. Cards are appreciated: 5008 Lawson Avenue, Gulfport MS 39507.

Congratulations to **Charles Bowdler** on the birth of his first grandchild – Lilly Bowdler in Seattle, Washington on December 26<sup>th</sup>. Be sure and ask to see the pictures of this cutie!

**Synod of Living Water** annual meeting on Monday, January 28, 2019 in Franklin, TN. Rev. Bob Phelps and Elder Susan Sumrall are our commissioners. Pray for wisdom as plans are discussed to restructure the synod as our Stated Clerk/Synod Executive Terry Newland retires on June 30, 2019.

### **COMING EVENTS:**

**January 17, 2019** – Deadline for inclusion in the White Book

**January 22, 2019** - Committee on Ministry meeting, 10 AM, Westminster, Hattiesburg

**January 22, 2019** – Cabinet Meeting, 2 PM, Westminster, Hattiesburg

**January 28, 2019** – Synod of Living Waters annual meeting, Franklin, TN (Bob Phelps & Susan Sumrall commissioners)

**January 31, 2019** – White Book for presbytery meeting distributed.

**January 31, 2019** - Last day to enter statistics on-line.

**February 8-9, 2019** – Joint Presbytery Meeting with South Alabama, Spring Hill Presbyterian Church, Mobile, AL with Dr. Roger Nishioka as speaker. (Joint worship sessions; separate business meetings).

**March 23, 2019** – PW Spring Gathering, Westminster, Hattiesburg

Any errors in this communication are by the editor and will be corrected as soon as reported. Submit articles by the 10<sup>th</sup> of each month for inclusion in the newsletter.

Susan H. Sumrall, Stated Clerk  
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