



Bayside Presbyterian Women February 2020



Devotion

How to Enjoy the Calm After the Holidays

Even if your holidays were more “flurry” than “storm,” take the new year up on its offer of a moment to reflect, refresh and relax. By Holly Lebowitz Rossi



It was the most wonderful time of the year, wasn't it? Maybe. Or maybe it was a little *more* than you expected, a little more busy, a little more stressful, a little more tiring. Even if the holiday season was a little more joyful than anticipated, early January offers one last holiday gift—the invitation to take a deep breath, reset yourself and turn your attention to the new year ahead.

Try these easy ways to relish the quiet that follows all the parties, meals, movies and feelings of the holiday season.

Go Outside

Even if the weather outside is frightful, a few moments outdoors in the bracing winter air will encourage you to breathe in some refreshing newness.

Get Cozy

What makes you feel calm, cozy and safe? Whatever it is—hot cocoa, thick socks, an afternoon nap—do it! In Denmark, this process, called “hygee,” is a time-tested method for connecting with your sources of inner warmth.

Journal Your Memories

Once the decorations are packed away and the leftovers are frozen or eaten, take a moment to reflect on the holiday season. Writing in a journal is a great way to organize and express your thoughts and feelings, process any lingering emotions, and preserve precious memories for the future.

How are you gentle with yourself after the busy holiday season?

Benevolence in the spotlight



Presbyterian Disaster Assistance (PDA) enables congregations and mission partners of the Presbyterian Church (U.S.A) to witness to the healing love of Christ through caring for communities adversely affected by crisis and catastrophic event.

PDA is the emergency and refugee program of the Presbyterian Church U.S.A. The core budget, including staff and administrative costs, is funded through the One Great Hour of Sharing, and its program work is additionally funded through designated gifts.

Presbyterian Disaster Assistance

Focuses on the long term recovery of disaster impacted communities; provides training and disaster preparedness for presbyteries and synods; works collaboratively with church partners and members of the ACT Alliance (Action by Churches Together) internationally, and nationally with other faith based responders; connects partners locally and internationally with key organizations active in the response — United Nations, NVOAD (National Voluntary Agencies Active in Disaster), World Food Program, Red Cross, FEMA and others.

PDA is at work today responding to California mud slides, Northwest Fires, Hurricane Irma, Maria and Harvey, Southern Tornadoes and Tennessee Wildfires to name a few. Learn more at <http://pda.pcusa.org>



Beginning Balance: \$ 2073.66
Ending Balance: \$ 2125.11



Upcoming dates to remember:

- Sunday Feb 2 – Souper Bowl! Vote for your favorite team (Food pantry needs: pancake mix, syrup, condiments, oil and cereal)
- Feb 15 – Men’s Annual Valentines Breakfast 7:30
- Monday Feb 17th, President’s Day
- Monday Feb 17, SafeTALK workshop 12-4pm (warning signs of suicide and how to help)



Always needed:

- Juice (approx. 64 oz) any kind
- Canned fruits of any size





Circle Reports



Circle 4: 6 members were in attendance. Hostess: Michelle Parker. Bible Moderator: Group led. Watched the video for lesson 4 and shared in discussion. We shared in joys and concerns.

Circle 6 : 11 members were in attendance. Hostesses: Jean Reid and Berny Wallace. Bible Moderator: Circle 6 : 8 members present. Hostesses were Dawn Burns and Donna Place. Bible Moderator: Sandra Ronan. We had an interesting discussion about the author's definitions of "murder." Prayer concerns: Jim and Jean Reid.

Circle 10: 5 members were in attendance – Bible Moderator: Kathy Duncan, lessons 3 and 5 - we had skipped 3 so we went back and did both lessons. Discussed the New Sanctuary repair and maintenance -mostly positive comments, Discussed Jane was out with Flu- sending her a card to wish her well. Discussed we hadn't seen Jean Felts or her daughter Margaret in weeks – Kathy said she was going to check with Linda and church office. We heard very positive comments on the Advent reading our Circle ladies did in December. Kathy said thank you for the flowers and the thoughts and prayers we all gave her in the loss of her niece in December. Kathy has new cell number – 757-550-8730- update on your directory please. Closed with prayers for: Jane - down with flu, Gordon - Ginni's husband -also down with flu and Donna – friend of RoseAnn has bad infection after surgery

National Wear Red Day is Friday, February 7, 2020

American Heart Association®

