

Chip's Chatter



We are rapidly working our way to the summer months and all that it implies. Summer can be a hectic time with all the activities we plan to do. In fact, at times it may even seem overwhelming with all the things we want to do during the summer months.

During our working days, we can easily become exhausted. We get up in the morning and ask ourselves "Why must I get up now?" Or, perhaps, "Can I hit the snooze alarm a couple of times and take what is called a morning roll-over?" But somehow we seem to manage. It can be like this during our "recreational summer months." But where do we get the strength, or power if you will, not only regarding work but also during our "fun activities?" How we begin our day has an effect on the outcomes for the day.

Tony Robbins, a self-help book author and author of "Awake the Giant Within", feels we should ask ourselves questions at the beginning of each day to get us on the proper path. He bases this action on an old Jewish proverb: "He that cannot ask cannot live." Robbins asks: "What if every day you consciously started asking a pattern of questions that would put you in the right frame of mind and that caused you to remember how grateful, happy, and excited you are? What kind of day do you think you'd have with these positive emotional states as your filter? Obviously, it would affect how you feel about virtually everything."

Robbins proposes we ask morning "power" questions. We should have two or three answers to each question. If you can't come up with an answer try inserting the word "could." Example: "What *could* I be most happy about in my life now?"

Here are Robbins' 7 morning "power" questions we should ask:

1. What am I happy about in my life now?

What about that makes me happy?

2. What am I excited about in my life now?

What about that makes me excited?

How does it make me feel?

3. What am I proud about in my life now?

What about that makes me proud?

How does that make me feel?

4. What am I grateful about in my life now?

What about that makes me grateful?

How does that make me feel?

5. What am I enjoying most in my life right now?

What about that do I enjoy? How does that make me feel?

6. What am I committed to in my life right now?

What about that makes me committed? How does that make me feel?

7. Who do I love? Who loves me?

What about that makes me loving?
How does that make me feel.

Sometime Robbins suggests, in addition, ask ourselves

3 evening “power” questions:

1. What have I given today?

In what ways have I been a giver today?

2. What did I learn today?

3. How has today added to the quality of my life or how can I use today as an investment in the future?

These questions were recommended to me several years ago. I have used these “power” questions on and off for the last several years depending on my life’s journey. But there is one thing they all lack; that is the power of faith and the presence of the Holy Spirit in our lives. June 8 is Pentecost Sunday. This is the day we celebrate when the Holy Spirit was made manifest as promised by Jesus. As Christians, the power of the Holy Spirit is within us. When we come across times of difficulty, we can draw upon that “power” to see us through.

Looking at Mr. Robbins “power” questions in the light of the Holy Spirit, the questions and our answers become a beacon along our faith journey. When you think of an answer, think about what the Holy Spirit has done and is doing in your life.

Looking again at these questions, it seems to me they would be a great “lead-in” to our time of prayer and meditation. Under the influence of the Holy Spirit, we can gain insight which we might never have gotten in this hectic and busy world. When I review the morning “power” questions, I no longer feel the need for another “roll-over” and am eager to get on with the day to see what God has in store for me today.

I would love to hear if any of you have tried these questions and what was the result.

Chip

MARK YOUR CALENDARS

Kitchen Fellowship: Libby reported that the next Table Fellowship will be July 6th. The church will provide a main entrée

Please bring a dish to accompany the main entrée..



Dear God,

I kneel down before you at this moment. Please enlighten what is dark in me, strengthen what is weak in me, mend what is broken in me, heal what is sick in me, and revive whatever peace and love that has died in me. This is my prayer for me, my family, friends, my enemies and even those who hate me. Amen.

Happy Father's Day!

Benevolence for June, BS Troop 25

Mission



The Mission of the Boy Scouts of America is to prepare young people to make ethical choices over their lifetime by instilling in them the values of the Scout Oath and Law. To support Boy Scouts of America, visit www.give2bsa.org.

Ever wondered what it takes to become an Eagle Scout?

We've all had to start somewhere!

Join our Scout troop! We're located in a rural area of Northern Minnesota. Blessed with great access to many wonderful outdoor opportunities, we camp outdoors most months of the year - even in the heart of winter!!

Don't think you can hack it? Not to worry! We help each other learn important outdoor skills while working on our own leadership and mentoring abilities. We believe in putting the "outing" in "Scouting" and practice "Leave No Trace" methods in all of our activities.

Sound fun? Drop by on a Monday night to see how Scouting works and meet our troop!

It's back!

Scout Troop 25 hosted its Annual Community Pancake Breakfast on Sunday, April 13th at First Presbyterian Church. Breakfast .Funds raised through this event will go towards summer camp – a Scout's favorite activity of the year!

Currently for **Fall/Winter 2025** we are working on Law Merit Badge - and gearing up for some awesome cold-weather camping expeditions!

Our troop is part of Voyageurs Area Council, which is headquartered in Duluth, MN.

For more information about Troop 4025, please contact the Scoutmaster:

Greg Roberts - groberts2@hotmail.com

FINANCIAL REPORT—Month Ending 4/30/2025**Monthly requirement to meet our budget \$12,502.94**

Total Income	10,399.52
Total Expenses	11712.49
Net Income	-1312.97

Thank you for supporting our church**Sunday Worship Attendance**

April 27	28
May 4	24
May 11	23
May 18	24
May 25	

**June Birthdays**

10	Barb McGregor
17	Mary Lou Miller

Head Usher: Gloria Phelps

	Liturgist
June 1	Ruth Andersen
June 8	Jan Burger
June 15	Libby Underhill
June 22	Jan Burger
June 29	Libby Underhill

Greeter

Linnea Mostad
Ginni Sande
Barb McGregor
Ken Paulson
Linnea Mostad

Communion: Nancy Weber—Set up Serve Palmer Berg and Ken Paulson**Kitchen: Brenda Miller with Helpers: Morris Damp, Judy Damp and Ken Paulson***Supper Club 5:30**June 19th At***Rutgers**

Please call Dianne Roholt directly at 218-444-2859 for your reservations!

This is an evening full of joy, laughter and good food.

All are welcome!

Around our Community



We are trying to upgrade our Shepherding List.

When someone from our congregation is hospitalized, the hospital does not let us know, so it is up to you to let the office know for visitations.

Also, when you move, we need the new address for you as we keep cards for all our members..

The same goes for new phone numbers.



The Bemidji Area Church Musicians

THE 2025 SUMMER RECITAL SERIES

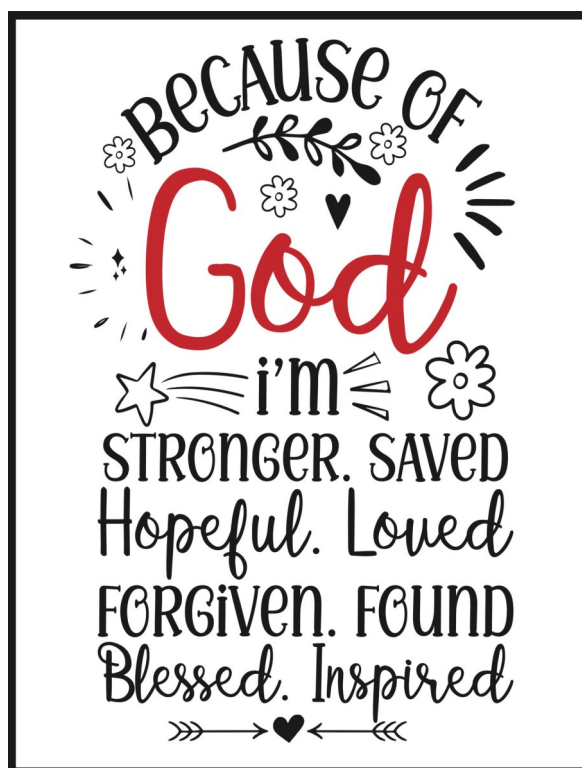
OUR 38TH SEASON

LUNCHEON SERVED FOLLOWING EACH RECITAL

June 4 First City Bell Choir

St. Bartholomew's Episcopal Church

1800 Irvine Ave NW



Your session at work

**First Presbyterian Church
Bemidji, MN
April 15, 2025**

APPROVED: 5-20-25

The monthly stated meeting of the session of First Presbyterian Church was held in the Conference Room on April 15, 2025, at 1:00 pm. The meeting was opened with prayer by Moderator, Pastor Chip Holt.

ELDERS PRESENT CONSTITUTING A QUORUM: Duane Hayes, Linnea Mostad, Terri Murray, Bev Novak, and Libby Underhill.

QUORUM DECLARED

ADOPTION OF AGENDA - MSP to approve with additions

MEETING MINUTES - MSP to approve the minutes from the March Session meeting as corrected.

CORRESPONDENCE

Note from Marlene Zech
Note from Nel Melville
Letter to all churches in MN to "wake up"
Request for support from the Bemidji Senior Center

CLERK'S REPORT

First Presbyterian Church, Bemidji, MN, Clerk's Report – April 15, 2025

Weddings: None

Baptisms: None

Deaths: None

New Members: None

Return to Active Membership: None

Request Transfer of Membership: None

Removed from Membership Roll: None

Communion: April 6, 2025: 27 served

Membership as of April 15, 2025: 62

Sunday Worship Attendance:

March 23rd: **17** March 30th: **29** April 6th: **27** April 13th: **29**

COMMITTEE REPORTS

Administration/Personnel: Chairperson: Duane Hayes; State Farm Insurance did a walk-through of the church for an insurance quote. Waiting to hear.

Buildings & Grounds: Chairperson: Terri Murray; Guardian Pest Control will come and spray grounds like last year; bottom of front door locking mechanism fixed; concrete steps and side-walk in need of repair

Finance Report & Stewardship: Chairperson: Bev Novak; Financial reports for March were reviewed.

Adult & Christian Education: Chairperson: Linnea Mostad; Seekers will start the 2nd spring session on April 16th. The topic will be "A Time for Confidence".

Outreach: Chairperson: Linnea Mostad; First Presbyterians served at the Bemidji Food Shelf on March 28th and will serve again on April 25th. Meals on Wheels will be served the week of May 19th. That is the same week as serving at the Food Shelf.

Worship & Music: Chairperson: Darlinda Coe; Darlinda has chosen not to receive payment as Bell Choir Director but will continue to receive mileage reimbursement. Bells will play for the Easter service.

OTHER BUSINESS

The designer of the church's new website has asked if the church would like the option of online giving. It was decided that more information about this option is needed.

NEW BUSINESS

Terri asked that she be allowed the use of the gym for her archery practice. After some discussion regarding safety protocols, it was moved and approved to accept this request.

There is a fair amount of art supplies stored in the cabinets of the Sunday School rooms. Terri asked that these supplies be donated to the Early Childhood program in Bagley. **MSP**

The VA will be using a room in the church for therapy sessions. Sessions will be provided on the 2nd and 4th Tuesday and Wednesday.

Next Meeting: **Tuesday, May 20, 2025**, at 1:00 pm. in the conference room. Chip will moderate.

MSP to adjourn with prayer at 2:10pm.

Respectfully submitted,

Libby Underhill



June 4	First City Handbell Choir	St Bartholomew's Episcopal Church
June 11	Abbi Cobb, Emily Mathew Nettle Murray, Elaine Kliensasser	Church of Christ
June 18	Trinty Lutheran Musicians	Trinty Lutheran Church
June 25	St, Philips Musicians	St Philips Church

With God
All things are Possible

Sundays
10:00 am
Worship
11:00am
Fellowship



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Pastor Chip Communion Fellowship	2	3	4 Calvary Chapel 6:30-8	5	6	7
8 Pastor Chip Fellowship	9	10 VA 12:30-3	11 VA 9-12 Calvary Chapel 6:30-8	12	13	14
15 Pastor Chip 	16	17 Session 1pm	18 Calvary Chapel 6:30-8	19 5:30 Supper Club Ruttgers	20	21
22 Pastor Chip Fellowship	23	24 VA 12:30-3	25 VA 9-12	26	27	28
29 Pulpit Supply	30					



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