

# Connections

September 2021

## How Beautiful...

Tim Sievers, Connection Director



It's not often that I get the chance to worship someplace other than Palouse Federated Church. When our family goes on vacation, finding a place to worship is always one of our priorities, not because of some sense of duty, or to do "research" on what other churches are doing, but because we value worship, we value the rhythm of sabbath in the midst of our lives, and we value being a part of the community of faith wherever we happen to be.

On our most recent vacation – we planned in advance the communities of faith we would visit. On the first leg of our journey, in Williamsburg, VA, we chose to worship at Bruton Parish. Established in 1674, Bruton Parish served the earliest colonists. Later, George Washington, Thomas Jefferson, and Patrick Henry worshiped there when they served in the Virginia House of Burgesses. After the Battle of Williamsburg in May 1862, Bruton served as a hospital for wounded Confederate soldiers. Though it has had its ups and downs throughout history, at times falling into disrepair, it has been restored to its authentic colonial appearance – and worship has continued for 347 years!



Bruton Parish, Williamsburg


On the second leg of our journey, in Washington, DC, we worshiped at St. John's Church on Lafayette Square. Organized in 1815 to serve the west end of the District of Columbia, the church stands opposite the north side of the White House. Beginning with James Madison, every person who has held the office of President of the United States has attended a service at the church, and thus it has come to be known as the "Church of the Presidents." In the midst of the Civil War, Abraham Lincoln was known to slip into a pew at the back of the sanctuary after services had started to worship and pray, and then slip away to return to the White House before the congregation was dismissed. More recently, St. John's has found itself ministering in the midst of protests and photos ops, striving to promote justice and shalom.

While both congregations are Episcopal, I was struck not by our differences, but by our similarities. Worship was centered around scripture and the eucharist, and included songs, prayers, a sermon, and recitation of the Nicene Creed. In the midst of unfamiliar places and among unfamiliar people, I was able to offer true worship – not because we were in a particular church building, but because we were united in the one God. I was reminded in those moments that the church is more than a building. The church, or the *ekklesia* (Greek for "the called-out ones"), is the body of Christ and we're living and active, assembling here on the Palouse, yes, but also around the country, indeed, around the world – and, together, we are on mission for Jesus. When we gather, we join with Christ followers through time and space to be the church – not just on Sunday mornings, but every day, carrying the light of Christ into the world's darkness.

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***"In the midst of unfamiliar places and among unfamiliar people, I was able to offer true worship - not because we were in a particular church building, but because we were united in the one God."***

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You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting Rock.

Isaiah 26:3-4

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# Trust...

Corey Laughary, Senior Pastor

“Trust in the Lord with all your heart, and do not lean on your own understanding.”

Proverbs 3:5



We are in an ongoing season of learning to fully trust the Lord. And in this weird time, let me be blunt: I am struggling to lead our church.

I know in my brain the correct Christian beliefs.  
I know Christ is the head of the Church.  
I know God is in charge and has a good plan.  
I believe God is far, far greater than the challenges we face.  
And yet I struggle.  
What is this struggling all about?

My struggle is that I think I should be able to figure a way through this mess. There should be a path, I reason, to keep everyone happy, to bring people back to our congregation that have left and to do it all while not spreading a virus.

My struggle exists because I come to leadership with my personal expectations, the results I want, and then I tell the Lord how we better get there. It's foolish, silly, unwise. I've done it repeatedly. It doesn't work.

I want the Lord to affirm my heart. To give me what I expect, what I think I know is best. But, it is pretty clear, it doesn't work that way. We don't exist to have God serve our will, it's the other way around.

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It gets down to trust. Trusting the Lord with our WHOLE heart.

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**“My struggle exists because I come to leadership with my personal expectations, the results I want, and then I tell the Lord how we better get there...”**

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God calls us not simply to know what is right, but truly to trust with our whole being - including our emotions and will - trusting that God is in charge and God's way is far better than our understanding.

As a leader, or even just as a human being - I really struggle to trust with my whole heart because it means I have to let go of control and surrender my expectations, and the emotions that come with them, to the Lord's greater plan.

So, I want to tell you this - if you are struggling with knowing how to talk to a friend or family member about Covid-19, government restrictions, political and community tensions - I get it. I feel that too.

Maybe you have expectations about your school year, workplace, family life, travel plans or church life - and all of them are seemingly up in the air again and you are planning a way to navigate these issues to meet your expectations - I feel that pull.

The whole thing is confusing and maddening - it's a struggle!

But here's what I am learning: my understanding, emotions, and expectations are not a good substitute for trusting the Lord. Trusting the Lord with my whole heart will mean feeling vulnerable and even having the pain of disappointment when things don't work out as I wanted or

expected.

Our Lord is worth trusting.

I know it in my brain, but a lot of days my heart is too stubborn to trust fully. God's working on me, thankfully.

God has been leading my heart to realize that to trust God means being willing to have tough conversations with other believers. So, I want you to know that I am willing to meet with you about anything. We won't always agree, that's okay, but let's talk.

If you've been disappointed in me or church leadership, let's talk.

If you are fed up with some disappointment in your life, but feel like you've always got to pretend that it doesn't bug you because you have faith, let's talk.

If you hate masks or a sign that used to be in my yard, let's talk.

If you feel like you've needed to step away from PFC because of disappointment, or potentially awkward conversations, or whatever - let's talk.

As we talk, I'll do my best to listen and not lean on my own understanding. I'll be asking the Lord to help me see each person how Christ sees them. I believe that will help my heart to trust more fully.

I invite you to this journey of trusting the Lord with your whole heart. Your understanding of things could be challenged, but that's okay - God's got us, and God will straighten us out wherever we need it.

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**“God calls us not simply to know what is right, but truly to trust with our whole being - including our emotions and will - trusting that God is in charge and God's way is far better than our understanding.”**

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## Bible Study Schedule

In-Person and Zoom Options Available  
Contact the Church or Your Bible Study Leader  
for More Information

Tues. | 5:30 AM | Men

Tues. | 10 AM | Mixed Group

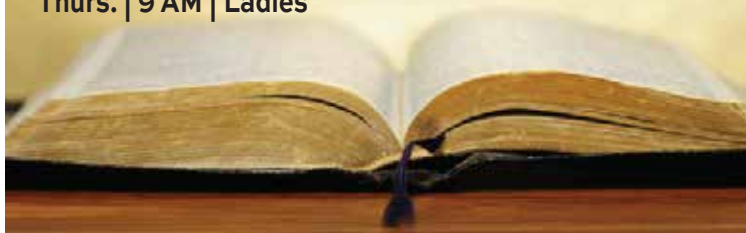
Tues. | 7 PM | High School

Wed. | 9:30 AM | Ladies - NOTE TIME CHANGE

Wed. | 6:30 PM | Mixed Group

Wed. | 6:30 PM | Middle School

Thurs. | 9 AM | Ladies



## How Beautiful...

*Continued from Front Page*

The church is diverse and beautiful, and in all the places we worship, I am – we are – a part of the body of Christ, baptized in one Spirit into one body and given the one Spirit to drink (1 Cor. 12:13).

As I reflect on my summer worship opportunities, I'm reminded of a song, from 1990, by Christian recording artist, Twila Paris, called: "How Beautiful." The song, inspired by Romans 10:15, carries a double meaning, describing both Christ and the church (us):

*How beautiful the feet that bring  
The sound of good news and the love of the King  
How beautiful the hands that serve  
The wine and the bread and the sons of the Earth  
How beautiful, how beautiful, how beautiful  
Is the body of Christ*

We are the church, the body of Christ, when our feet bring good news and the love of the King to our neighbors, or our hands serve those same neighbors, it's a beautiful expression of Christ's love and sacrifice for us.

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***"The church is  
diverse and  
beautiful, and in all  
the places we  
worship, I am - we  
are - a part of the  
body of Christ..."***

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I'm thankful today, for the beautiful work of the cross, and how the body of Christ sacrificially serves in our community and around the world that all might know the love of God.

How beautiful is the body of Christ!

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***"We are the church,  
the body of Christ,  
when our feet bring  
good news and the  
love of the King to  
our neighbors..."***

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St. John's Church, Washington, D.C., South Facade

# Community Mental Health Tools

## REAL HELP FOR REAL PEOPLE

### Sept. 21 | 6-8 PM | Garfield Community Church

**Community Mental Health Tools** is a 2 to 2.5 hour class for individuals and groups, aimed particularly at people who aren't professionals in mental health fields.

Participants receive:

QPR Suicide Intervention Certification.

Post-Suicide and Post-Trauma follow up training and discussion to aid individuals, families, and communities.

Resiliency Basics to help youth and young adults have better life outcomes.

Self-Care training, encouragement and goal-setting to help process stress and develop health.

**Instructor: Rev. Corey Laughary is an experienced pastor, coach, EMS volunteer and small-town chaplain. He is a certified Mental Health First Aid Instructor (Youth and Adult) and a certified QPR Instructor. Corey Provides direct (never pre-recorded) in-person or online instruction, with personal service and follow up as needed.**

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**This Community Mental Health Tools training is FREE.**

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**For more information, or to schedule a training, call or text Corey at (509) 336-9154**





## School Supplies Aren't the Only Things Kids Need to be Successful in School...

Donate Food Pantry Items for the Palouse Schools Here:

- Oatmeal Packets | Carnation Instant Breakfast | Shelf-Stable Milk
- Cereal | Soup - Chicken Noodle, Tomato, Vegetable, Ramen, Chili
- Applesauce Cups | Juice - Individual Boxes
- Mac & Cheese - Microwavable & Boxed
- Pasta - Spaghetti, Macaroni, Noodles | Spaghetti Sauce - Ragu, etc.
- Rice-A-Roni or Noodle Side Dishes | Tortillas | Refried Beans
- Peanut Butter, Jelly & Honey | Canned Green Beans & Corn
- Saltine Crackers | Granola Bars
- Packages of Nuts - Mixed Nuts, Almonds, Cashews, etc.
- Pretzels, Gold Fish Crackers, Graham Crackers
- Microwave Popcorn | Tuna or Canned Chicken
- Mayo, Mustard & Ketchup
- Fruit Cups - Peaches & Mandarin Oranges



Questions?  
Contact Vickie Griner

### I Miss YOU

Betty Sawyer

I Miss YOU.

I am so thankful to be back in face-to-face worship. And its so wonderful to see a few others there. However, so many of our wonderful church family members are missing. I feel like part of our "family" has gone away and I feel like we are missing out on encouraging one another through rough times.

I miss passing you in the hallway and saying "Hi." I miss waving to you as we come and go in our cars. I miss hearing you singing in corporate worship. I miss the "crowd" and the idea that many of us are worshipping our Mighty God together in one place.

And I know our ministerial staff has worked so very hard to keep us safe. The doors are open, and we are waiting to see you all. We need each other. Pastor Corey needs to see our faces and be encouraged.

The tech crew is always there making sure we have a smooth worship experience. The greeters are there waiting for you. The music teams



are expanding, especially at 11 AM, to bring you live music. The scriptures speak loudly to us, if we are there to listen. And hearing the Word of God preached IN PERSON, is so important for all of us.

So, as we gear up for "back to school" and fall activities, be sure to include PFC in your schedules...for your spiritual health, and for each other! Our God has done so much for us, how can we not worship and praise him together?

I miss YOU. I think we need each other. Join the Comeback. And Give God the Glory, Great Things He Has Done.

Hebrews 10:24-26 reads, "And **let us** consider **one another** in order to stir up love and good works, **not forsaking** the assembling of ourselves together, as is the manner of some, but exhorting **one another**, and so much the more as you see the Day approaching."

**"So, as we gear up for 'back to school' and fall activities, be sure to include PFC in your schedules...for your spiritual health, and for each other!"**



## Youth Group Activities (In-Person + Zoom)

Middle School Youth Group (Grades 6-8)  
Wednesdays | 6:30 - 7:30 PM

High School Bible Study (Grades 9-12)  
Tuesdays | 7 PM

Please contact Vanessa Moore  
with any questions:  
(509) 595-1910  
vanessa@palousechurch.org



## SUNDAY SCHOOL



**Exciting Announcement!** We are pleased to announce that Sunday school classes resume Sept. 19, from 10:15 - 11 AM for ages 3 (and potty trained) through grade 5. At this time, we are asking teachers and students (age 5 and older) to mask up during class, just as the local schools are. We are very excited to return to our Sunday classes and hope to see you there!

### Fruits of the Spirit VBS 2021

Thank you to our  
volunteers for bringing  
the light of Christ to  
the youth of  
The Palouse!



## Palouse Food Pantry Distribution Day | Sept. 22 1-2:30 PM & By Appointment Calvary Chapel of Palouse

Order Online: [palousefoodpantry@gmail.com](mailto:palousefoodpantry@gmail.com)  
Or Call the Pantry: (509) 595-3048  
Orders will be delivered or you can pick up.

## Palouse Care™ NETWORK

Save  
the  
Date

Palouse Care Network  
Annual Benefit Dinner  
September 30  
SEL Event Center

To celebrate the completion of the Pullman building campaign and the incredible ministry you are helping to accomplish at Palouse Care Network.

If you'd like to attend, contact Betty Sawyer.

You can access online worship resources, sermon audio, newsletters, and online giving at: [palousechurch.org](http://palousechurch.org)





7:00 AM  
Registration Opens

8:00 AM  
All Races  
Start

T-SHIRT  
Included

\*Correct T-shirt sizes are only guaranteed for registrations submitted by 9/5.

AWARDS

100% of  
proceeds will  
support local teens  
through Young Life.

**When?** Palouse Days  
Sept. 18, 2021

**Where?** Bagott Motors/Chappell Auto.  
Palouse, WA

**Cost?** \$20 Pre-Registration  
\$25 Race-Day Registration  
Ages 18 & under: \$5 off  
Register Online (for an additional fee)  
@ www.active.com

**Questions?** Mark Sawyer  
mark@garpal.younglife.org  
Call/Text: (509) 939-2143  
Palouse River Run on Facebook

The Palouse Days **PALOUSE RIVER RUN** begins at Bagott Motors on Main Street in historic Palouse, Washington. The scenic course traverses pavement, sidewalks, walking paths, and gravel roads through the rolling countryside. Be prepared for hills and travel along roads shared with vehicular traffic. A water station and first aid kit are available at the 5K turn-around point.

**Awards** Only the first male/female finisher will receive an award.  
The top 3 finishers per category will be recognized in both the 5K and 10K.

13 and Younger Male/Female	14-18 Male/Female	19-35 Male/Female
36-55 Male/Female	55+ Male/Female	

**Post-Race** Gatorade or water will be available and awards will be given to the top finishers.

**Timing** The event will be timed manually. Competitors will have a tear off sheet attached to their race number that must be filled out prior to the start of the race. The timing will close 90 minutes after the start of the race.

**PALOUSE RIVER RUN REGISTRATION | (Circle One) - 5K Run/Walk | 10K Run/Walk | 1.5K Kids Race**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Gender \_\_\_\_\_ Age on 9/18/2021 \_\_\_\_\_

E-mail \_\_\_\_\_ Adult T-Shirt Size: XXL, XL, L, M, S  
Youth T-Shirt Size: L, M

**Note: For the safety of all participants, skateboards, scooters and skates of any kind are prohibited in this event.**

**Waiver of Liability:** In consideration of my entry being accepted, I waive any and all claims for myself, my administrators, and my heirs against all officials, sponsors, and organizations connected with the Palouse River Run for injury or illness that may directly or indirectly result from my participation in this event. I attest that I have full knowledge of the risks involved in this event, and am physically fit and sufficiently trained to participate in this event. \_\_\_\_\_

Initial \_\_\_\_\_ Date \_\_\_\_\_

**\$20 Pre-Registration (by 9/17) | \$25 Race-Day Registration | 18 & Younger \$5 Discount | Entry Fee \$ \_\_\_\_\_**  
**Please Enclose Your Check Payable to YOUNG LIFE**

Registration not refundable or transferable.

Contact: Mark Sawyer | mark@garpal.younglife.org | (509) 939-2143 | Facebook @Palouse River Run  
Send completed form and payment to: Young Life, 1010 Sawyer Rd., Potlatch, ID 83855



# Trust in the Midst of Change

Terry Keller

*“Raise me up when I am most afraid,  
I put my trust in you;  
In God, whose word I praise,  
In God I put my trust, fearing nothing;  
what can men do to me?”*  
Psalm 56: 3-4

When it comes to climate change, there are two kinds of trust: trust in God and trust in one another. The Psalmist suggests that putting his trust in God means he doesn't have to fear whatever men will do to him. What humans can do to each other is as brutal as what we do to the planet. It's not a surprise then that fear of what others will think of, say, or do to us often keeps us silent. We need to trust God to help us let go of that fear; then, we can be honest with ourselves and each other about the important stuff.

Climate change is important stuff - a thorny, difficult, life-altering threat. We are going to disagree about how best to combat it. We are going to feel threatened by the changes we know we need to make and those thrust upon us by extreme weather. We are going to reflexively get defensive about the choices we do or don't make. We're human after all.

If we put our trust in God and let go of our fear, can we learn to trust one another? Can we listen to each other, learn from each other and engage productively on this problem? It's going to take all of us to turn this ship around. We need to trust God and each other in order to get it done.

In my last column, I showed you a graph of Sources of Emissions (drawdown.org - see graph at the end of this article) and discussed some ways to cut down our electricity usage.

This time, I'm starting on food, agriculture and land use, the second biggest source of emissions, according to drawdown.org. First up is the food part. Some of these solutions might alarm some of us at first, or they might sound completely doable. Just start with something and keep listening, talking, and thinking.

1. Food waste contributes about 8% of carbon emissions. We, in the wealthy part of the world, waste about one-third of our food, by throwing it out at home or refusing to buy slightly-less-than-perfect things, so the store/ grower has to toss it. So...

- Don't insist on blemish-free fruits and vegetables.
- Don't make so much that some of dinner has to be tossed.
- Get creative with leftovers—some of my best soups are made by tossing all the leftovers in the fridge together. Take leftovers to work for lunch.
- Compost the food that really must be thrown out.
- If you're a gardener, don't grow food plants you won't eat, or grow more than you can use. Share the extra rather than waste the water, energy, seeds, time, money spent to grow it. (Wow, I need to work on this.)

Wasting less food means less food has to be grown, which means less carbon is released during production and transportation.

2. Move toward a plant-based diet. Plant-based diets reduce emissions and are healthier for us. If that thought causes you to hyperventilate, start small.

- Reduce your meat portions.
- Eat meat at only one meal a day.
- Substitute lentils or beans for meat for one meal a week, every other day, or for one more meal a week than you're already doing. Ask friends, church members for their best lentil & bean recipes, if you're at a loss.

Think about all the Amazon rainforest being cleared to raise cattle. If we eat less meat, less land needs to be cleared, less methane gets released by cows, and we lower the carbon being released into the atmosphere.

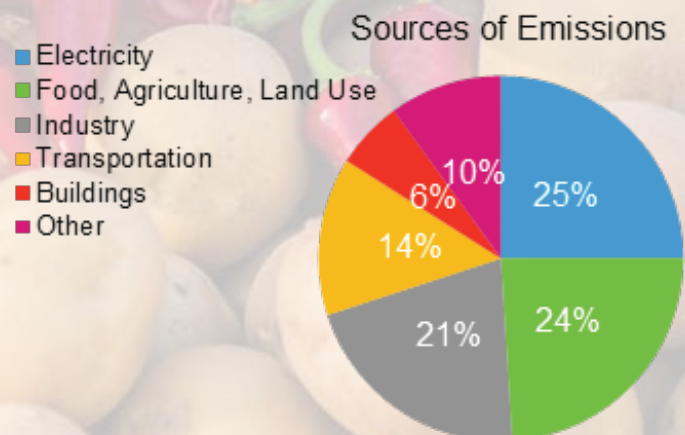
3. Buy local food as much as possible. Our food system uses a lot of fossil fuel to grow and transport food. But we have great food available directly from local growers, or through farmer's markets and Community Supported Agriculture (CSA) memberships.

- Buy from them and support local small farmers. Enjoy some delicious fruits, veggies, meat, eggs, cheese.
- Preserve the summer's local bounty by canning, freezing, drying. You'll have less to buy in the winter when food is being transported from far away. Besides, truck tomatoes, for instance, are tasteless. Why bother? Roast your garden or farmer's market tomatoes with olive oil, garlic, salt and pepper, can or freeze, and be amazed by the flavor in the winter.

These are some suggestions. You can find more in-depth explanations and solutions at [drawdown.org](http://drawdown.org).

We all have a part in making this world a better place, a place where all of God's creation can thrive. I think we often forget that humans are part of God's creation as much as meadowlarks, Doug firs, grass, and deer. We are as threatened by drought, wildfire, heat and climate change as salmon, whales, polar bears, forests, and food crops. Are we really going to sit by and let God's creation come to ruin because we won't change our ways? The time for inaction is over. It's going to take work. It will be difficult, expensive, even trying. But remember, we are the servants, the caretakers, of God's creation, not the CEOs. We can trust God to support us as we learn to love, honor, respect and support that which God has made.

*“Raise me up when I am most afraid,  
I put my trust in you.”*





\* *World Famous* ☀️

# PALOUSE

## DAYS *All Day Saturday*

**SEPTEMBER 18 2021**

<b>7 AM - 10 AM</b>	Lions Club Pancake Breakfast
<b>8 AM - 11 AM</b>	Palouse River Run
<b>9 AM - 2 PM</b>	Xenodican Book Sale + Funnel Cakes
<b>9 AM - 3 PM</b>	<i>World Famous Palouse Memorabilia from the Don &amp; Teresa Myott Collection</i>
<b>9 AM - 3 PM</b>	38th Annual Palouse Days Car Show
<b>10 AM</b>	<i>World Famous Palouse Days Parade Egg Toss (after the parade)</i>
<b>11 AM</b>	<i>World Famous Lions Club Burgers</i>
<b>NOON WHISTLE</b>	<i>World Famous Duck Race</i>
<b>12 PM - 10 PM</b>	Downtown Community Beer Garden <b>Live Music and Outdoor Vendors</b>
<b>2 PM</b>	<i>World Famous Barley Bar Relay</i>
<b>4 PM - 6 PM</b>	Fire/EMS Spaghetti Dinner Fundraiser
<b>4 PM - 10 PM</b>	<i>World Famous Downtown Block Party</i> <b>Live Music</b> by Redheaded Stepchild
<b>7 PM</b>	

*Learn more at*  
**WWW.VISITPALOUSE.COM**



635 N BRIDGE ST | PALOUSE, WA 99161