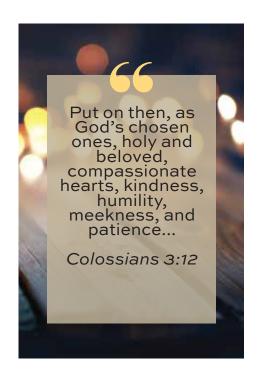
Connections October 2021



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Imperfect People & Compassion

Corey Laughary, Senior Pastor

We, the people of Palouse Federated Church, are imperfect people. It's right there in our mission statement: "Depending on Jesus to restore our [imperfect] lives."

We are imperfect people, only Jesus is perfect!

Admitting our imperfectness should keep us humble. Right?

It should help us to remember that just as I am not perfect neither is anyone else, so I better treat others with the compassion I would want for myself.

We can be tempted to think that our kindness or charity should be saved for those who deserve it. Those folks who are "good enough" to deserve being helped. There's some potential common

"But if we only help those we perceive are 'good enough' we are probably missing out on a lot of the compassion God is calling us to share." sense there, people who are trying their best to get through life and need some help do need our compassion. But if we only help those we perceive are "good enough" we are probably missing out on a lot of the compassion God is calling us to share. Can you imagine if God waited for us to be "good enough" to show compassion to us?!

It's easy for me to see the shortcomings and failings of others, all the while ignoring my own, and use my very imperfect judgment to reason that other people don't deserve compassion. Jesus calls us to something far better. "Put on then, as God's chosen ones, holy and beloved, **compassionate hearts**, kindness, humility, meekness,

and patience, bearing with one another and, if one has a complaint against another, forgiving each other;

as the Lord has forgiven you, so you also must forgive." (Colossians 3:12-13)

Compassion isn't given to others because they deserve it; compassion is something we do because God has been compassionate to us. God offered us relationship while we were very undeserving, and now if we call ourselves Christ's people we must seek to "put on" the same ways of life that Jesus Himself did.

So, in this world that tempts us to be divisive, angry, judgmental, condemning, dispassionate, and unkind-stand up for Christ as a light of His hope and be compassionate. You'll do it imperfectly, that's okay. You'll find others will usually appreciate your kindness and compassion, and that you bear with them imperfect as they are.

"Compassion isn't given to others because they deserve it; compassion is something we do because God has been compassionate to us."

Check Your Temp!

Tim Sievers, Connection Director

³⁵ And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction. 36 When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep



without a shepherd. 37 Then he said to his disciples, "The harvest is plentiful, but the laborers are few; 38 therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest."

Matthew 9:35-38

"You see, we all have an outreach temperature...We need to steward our temperature and seek to increase it so that our hearts burn hotter for those who are spiritually lost."

In this passage from Matthew's gospel,

And what's Jesus' solution? He calls us to pray...for ourselves and the church.

"God, increase our sense of burden for reaching lost people, and break our hearts for those who don't know Jesus."

Put another way, we need to increase our evangelistic passion. One way we can check the status of our passion is to check our outreach

we are faced with a sobering reality - too often in our lives, it's not that people are unwilling to hear and accept the gospel, but that those of us who already know Christ are unwilling to labor in the fields. Our hearts have become cold. We don't share, care, and pray as much as we should.

SUNDAY SCHOO Who? Kids age 3 and potty-trained through 5th grade

What? **Sunday School**

Learn about Jesus and have some fun Why?

Sundays at 10:15 AM When?

Where? Palouse Federated Church Fellowship Hall

Sunday School is in session! All ages are meeting together for Sunday School each week in the Fellowship Hall from 10:15 - 11 AM.

If you have questions about Sunday School, or you would be willing to teach one Sunday a month, contact Brenda Cook at (208) 669-1990 or talk with Pastor Corey. Teen and adult helpers also are needed.

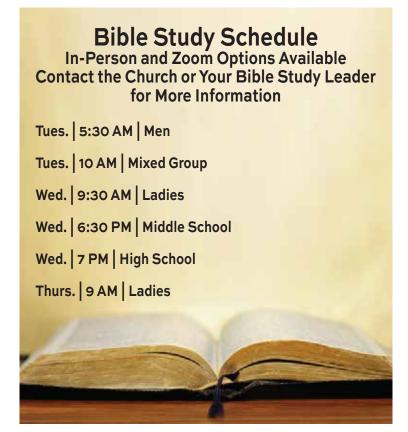
Masks required for those ages 5 and older.

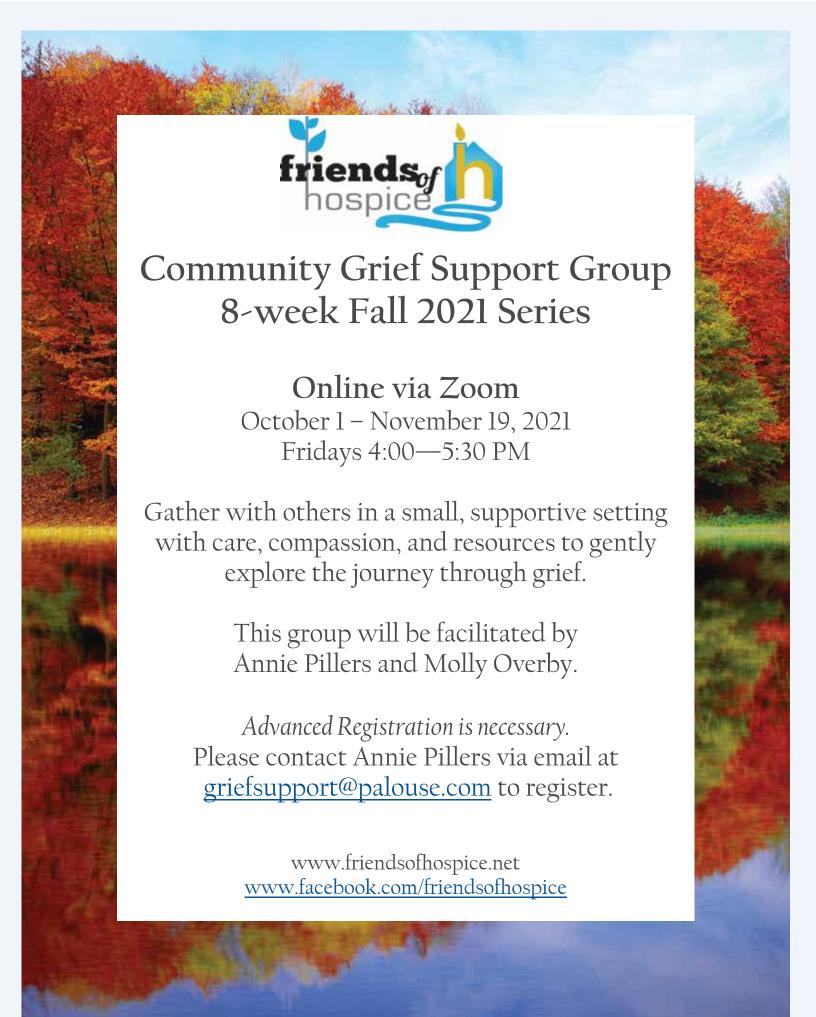
temperature. It's a principle called the "One Degree Rule." You see, we all have an outreach temperature. It can be hot, cold, or somewhere in the middle, but it impacts how we live our lives and interact with those who are far from God. We need to steward our temperature and seek to increase it so that our hearts burn hotter for those who are spiritually lost. With the one degree rule, we simply assess our temperature on a scale of cold to hot and ask ourselves, "What steps can I take to raise my personal outreach temperature one degree?" As our temperature goes up, our relational outreach increases along with its effectiveness.

How can you raise your outreach temperature? Here are three ideas:

- 1. Pray Commit to pray three minutes each day for those God has placed in your life who are spiritually disconnected (pull out that Oikos Prayer Card for a jumpstart)! Ask God to increase your love for these people, and for the boldness to serve them, love them, and when the time is right, to share your own testimony and the message of Jesus.
- 2. Connect with Lost People Sometimes it's easy to get caught in the black hole of the church, where we only hang out with people who are just like us. Get out there and start building relationships with people who need the hope of Jesus in their lives. Make time to connect each week.
- 3. Share God Stories In your regular conversations with people, share about how God has worked in your life, or the lives of others. Tell stories about spiritual conversations you are having, about conversions, about steps people have taken forward in their journey of faith.

Relational Outreach is when we naturally share the love and message of Jesus with the people in our life. It is what every Christian wants to do. Try increasing your outreach temperature this month - it will help you accomplish one of your greatest dreams...seeing people come to know and walk with Jesus.





Oikos. What's that?

Oikos is more than a yogurt brand at the grocery store, it's actually a Greek word that means "extended family," and it's used throughout the New Testament. In Mark 5:19, after Jesus healed a man with demons, he said to him: "Go home to your oikos [friends] and tell them how much the Lord has done for you, and how he has had mercy on you."

"Go home to your oikos [friends] and tell them how much the Lord has done for you..."

Your oikos is comprised of the eight to fifteen people who are part of your inner circle - those with whom you interact on a regular basis. They might be family, friends, neighbors, co-workers, schoolmates - they are the ones you're closest to. An amazing 95% of Christians give credit to someone in their oikos for leading them to Jesus - so oikos is a big deal.

More often than not, here at Palouse Federated Church, you'll hear the word in reference to our Oikos Prayer Cards - a simple list of those 8-15 people that you keep handy as a reminder to pray for them and to heighten your sense of purpose as you interact with them and invest in your relationships.

So, next time you're at the church, pick up an Oikos Prayer Card, or update one you already have, and write down the names of your oikos; then pray for them, invest in your relationships, invite them to church, and prepare yourself to become a better example of faith in Christ and a more effective witness of his grace.

Housing Update PFC Executive Board

Autumn is here and change is in the air. Pastor Corey Laughary and Connection Director Tim Sievers both are navigating housing transitions as we enter this new season.

Pastor Corey and Tina recently purchased their own home and moved their family to 200 E. Maxwell in Palouse.

In vacating the parsonage, room was made for the Sievers family to move from the church-owned property on Bridge St. to 620 N. Mary St. The church has sold the property where the Sievers lived, and starting Oct. 1, that property will be home to a new family.

We thank you for your faithfulness to Palouse Federated Church and your support and encouragement for our staff in this season!



Operation Christmas Child

Cheri Brunner

Each year, millions of boys and girls around the world receive gift-filled shoeboxes through Operation Christmas Child—each one a tangible expression of God's love for them. Then, they are invited to participate in The Greatest Journey, a 12-lesson follow-up discipleship program, through a local church and trained teachers.



As children come to faith and tell friends and family about the Good News of Jesus, churches are strengthened, new congregations are started, and communities are transformed. Samaritan's Purse is at work in more than 100 countries, including initiatives in restricted access countries, among unreached people groups, and even 500,000 children in remote Pacific islands.

More exciting than those giftboxes going into the hands of millions of children is how the children respond. One 7-year old girl who received a gift box loved going to the Greatest Journey class. When it came to an end, the teacher encouraged the children to go home and tell their parents. The little girl went home and did just that, only her parents did not want to listen and her relatives said, "do not do this."

That couldn't stop this brave girl though; she went out and told others in the community she lived in. With great perseverance she reached out to her community to tell them all the stories she learned. Because of her testimony, a total of 50 people came to Christ, including her relatives and eventually her parents too! A church was started with these 50 people evangelized by a 7-year old girl!

The National Collection Week for Operation Christmas Child is November 15-22. While that may seem like it's a long ways off, it will be here before we know it! It's never too early to start putting your shoeboxes together. Pick one up at church or contact me and I'll make sure you get one. Together, we put the greatest gift of all into the hands of children around the world - the gift of knowing about Jesus and his great love.

Blessings, Cheri

(The book in the middle is put in every box in the language of where it is going. The New Testament is given after taking the 12 lesson Greatest Journey class. The bigger book is what is used to tell the children about Jesus and other Old Testament stories.)



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) Wednesdays | 7 PM

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



World Mission Offering

Peggy Collier

We will be collecting donations for the World Mission Offering during the month of October. This is the annual offering that supports our international ministries throughout the world. The theme this year is, "We've been surprised by God's glory" from John 1:16. It is a celebration of the ways in which we've seen God enter into the grief and difficulties of our pandemic year to work through video-conferenced events, to raise up new global servants, and to provide generous support for our global partners as they have faced food scarcity and critical needs during the pandemic. In dark, lonely, and difficult times, God has surprised us with hope and provision.



Please pray for our missionaries and contribute to the world mission offering. I will be putting offering envelopes and information in the church bulletins during October.



Palouse Food Pantry
Distribution Day | Oct. 27
1-2:30 PM & By Appointment
Calvary Chapel of Palouse

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



Thank you for your support of the Supply Drive for PNW Adult & Teen Challenge Spokane Men's Center

Your donations support a faith-based, one-year, residential discipleship program that restores hope to those who suffer from addiction and other serious, life-controlling issues.







7:00 AM Registration Opens

> 8:00 AM All Races Start

When?

October 9, 2021

Where?

Bagott Motors/Chappell Automotive

Palouse, WA

T-SHIRT Included

Cost?

\$20 Pre-Registration

Questions?

Mark Sawyer

mark@garpal.younglife.org

Call/Text: (509) 939-2143

Palouse River Run on Facebook

for registrations submitted by 10/1.

AWARDS

*Correct T-shirt sizes are only guaranteed

@ www.active.com

Ages 18 & under: \$5 off

\$25 Race-Day Registration

Register Online (for an additional fee)

The PALOUSE RIVER RUN begins at Bagott Motors/Chappell Automotive 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.

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

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		
		StateZip
Phone	Gender	Age on 10/9/2021
		Adult T-Shirt Size: XXL, XL, L, M, S Youth T-Shirt Size: L, M skates of any kind are prohibited in this event.
and my heirs against all officials, sponsors, and o	organizations connecte	nive any and all claims for myself, my administrators, ed with the Palouse River Run for injury or illness that 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.

| Date | Second |

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

Food Ideas for a Lower Carbon Footprint

Terry Keller

Last month I wrote about our food system and changes that can be made to reduce our carbon emissions. This month, I was going to write about the Agriculture and Land Use solutions made by drawdown.org. But I'm still doing research on that. I'm also still researching some other drawdown.org solutions in the hope I can report on those things soon.

Meanwhile, Tim suggested I might want to give you some meat-alternative recipes in keeping with the food system changes we need to make. So here are three recipes for you to try.

Meatless Chili: Take your favorite chili recipe and substitute 3 cups of cooked beans for the pound of hamburger or other meat you might usually use. Adjust the salt and other seasonings to your taste.

Masoor Daal (Red Lentil Daal): If you enjoy Indian food, here's a great Daal recipe, adapted from *Indian Cooking by Lalita Ahmed* (1986, Colour Library Books, Ltd, Guildford, Surry, England).

8 oz red lentils

1/2 tsp cayenne (adjust according to your heat tolerance)

2 tsp ground coriander

1/4 tsp ground turmeric

1/4 tsp salt

1 sprig fresh green coriander leaves, chopped

4 medium tomatoes, chopped

1 onion, peeled and chopped

3 tbsp butter or oil

1 green chili, halved and chopped

(optional depending on your love of heat)

Wash lentils in 4-5 changes of water, until water is clear. Drain. Add 21/2 cups of water; cover and simmer gently, without stirring, for 10-15 minutes. Check and cook longer if necessary, until lentils are thoroughly cooked. You can blend with a masher or beat with an egg beater, but I usually skip this step.

Add cayenne, coriander, turmeric, salt, fresh coriander and tomatoes. Stir to mix. Cover and simmer for 6-8 minutes. Remove from heat. While

lentils are simmering, fry onion in butter or oil, until brown; pour over the daal once it's removed from the heat.

Garnish with chopped chili. Serve with rice or chapati.

Mexican Stuffed Peppers: Adapted from Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert (2005, Herald Press, Scottdale, PA).

4 green, yellow, orange or red sweet peppers
Cut 1/2 inch off top peppers and discard seeds.
Steam whole peppers in 1 inch of boiling water until
tender, about 5-8 minutes. Remove peppers from
water and set aside.

1/3 cup onion, chopped 2 cloves of garlic, minced In large frypan saute in 1 tblsp oil.

2 cups chopped tomatoes

1 jalapeno pepper, seeds and membranes removed, minced

2 tbsp fresh parsley, chopped

1 tbsp fresh oregano, chopped or 1 tsp dried

1 tsp ground cumin

1/2 tsp salt

1 bay leaf

Add to onions and cook 5 minutes.

2 cups corn

1 1/2 cups cooked black beans

Add to onion/spice mixture and simmer 10 minutes. Place peppers in oven-proof dish so that they stand upright, cut ends up. Stuff peppers with vegetable mixture. Any extra filling can be placed in dish next to peppers (or saved for a burrito or taco).

1/4 cup freshly grated Parmesan cheese (cheddar works too) Sprinkle on top.

Bake at 350F to heat through, 20 minutes.

I hope these recipes help you on your way to enjoying a more plant-based diet.

Use this recipe card to share one of these delightful recipes with a friend or neighbor!



