

Connections

January 2022

Do You Need to Grow Up?

Corey Laughary, Pastor



Dear Friends,

I am learning I still need to grow up! As a new homeowner there are all kinds of adult responsibilities I now need to step up and learn. It's humbling and good for me. I'm not the best at wiring up new outlets, or other home repairs, but I've decided to be willing to learn, receive advice, and take all the help offered. Growing spiritually is much the same. We all are called to "grow up" spiritually. But we need to be willing to learn, receive advice (hopefully it's good and wise) and take help that is offered.

I want to encourage you to take personal responsibility for your spiritual growth in 2022. I know we have had a couple of tough years, and we are not exactly the same ministry as we were way back in 2019. We could use all the changes and challenges as excuses to not work on our own spiritual growth. But, I believe it is more fun, more interesting, more healthy, and better for you, your family, and your community, when you take your spiritual growth seriously.

So are you ready to grow? Are you willing to learn? Are you ready to take advice and wisdom? Will you receive help from brothers and sisters in Christ?

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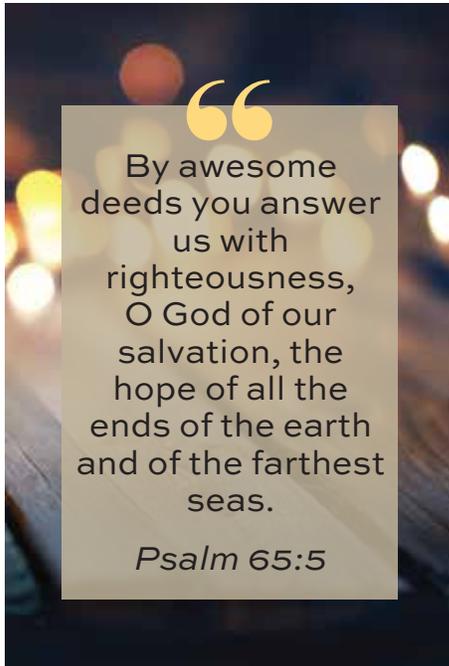
Here's what I know we will offer in 2022:

- Worship services with vibrant worship, biblical messages and sincere prayer.
- Bible Studies and Groups with deep study of God's word and devoted prayer.
- Bible reading plans for daily quiet times - whether in paper, online or via the Bible App.
- Wednesday night youth group for middle school, High School Bible study.
- Wednesday night Spiritual Growth Group for adults (and teens age 15 and older).
- Study Bibles, quality books, our Spiritual Growth Guide and other resources.
- Pastoral counsel and other mentors who want the best for you.

I feel we are like a well-equipped weight room for spiritual training. But, maybe we don't have a resource you need, maybe there's a group, mentor or something else that you need to help you grow. Let me know. I always want to improve how we can resource each other to grow spiritually and fulfill our mission to Depend on Jesus to restore our [imperfect] lives.

Depending on Jesus -
Looking for Spiritual Growth,

Pastor Corey



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Starting the Year in Gratitude

Tim Sievers, Connection Director



One of my favorite parts of the year here at Palouse Federated Church is our annual Gratitude Campaign. Our 2021 theme, "Choose Gratitude" ushered in a meaningful time of reflection for our church and community as we considered that living a life of gratitude requires us to choose gratitude – in the moment.

When your health is diminishing – choose gratitude. When a relationship is under stress – choose gratitude. When a job isn't what we expected it to be – choose gratitude. When fear rears its ugly head and we are uncertain what the future holds – choose gratitude.

What we saw this fall was people choosing gratitude. Choose gratitude yard signs showed up across the Palouse. And what were people grateful for? "Neighbors." "Robots." "Music." "Our Dog." "Friends & Family." "Palouse." "Our Customers." "Light." "Our Supportive Community." "Our Students." "Jesus." And...so much more.

As I read through each card, my heart was stirred to gratitude all over again - as my heart echoed your gratitude.

As the campaign came to a close, the responsibility for taking down the 33 magnetic leaves from the "Tower of Gratitude," and the 111 cards from the "10,000 Reasons Wall" fell to me. And I can't tell you how encouraging that time was. As I read through each card, my heart was stirred to gratitude all over again – as my

heart echoed your gratitude.

I want you to have that same experience I had of being stirred to gratitude, and so I present a simple listing of what WE gave thanks for in our 2021 Gratitude Campaign:

House, God, love, school, family, my teachers, sunny mornings, Butter the dog, God's grace, family, hope of salvation, books, The Palouse, a loving wife of 55+ years who shares our love of Christ, I'm thankful for our weather – no tornadoes, no hurricanes, and no floods, my dog, Palouse, kindness, Bishop Place friends, Sharon, sports, each and every day and God's love, for those who speak to each other respectfully, school, crisp autumn mornings, my kids,

family, church and friends, I'm thankful for Jesus, rain, Gar-Pal cross country program, donuts, the love Jesus has for me, when my plans don't work out...God has something better, all the blessings Jesus gives us, I'm thankful for a Bible teaching church, I'm



thankful for Gar-Pal XC, my teachers, God's creation, God and family and friends, Sunday School teachers, sunshine, I'm thankful for my family near and far, Don Gilliland, goldfish, 19 years of marriage to my best friend till death did us part – I am thankful he lived, turkeys, I'm thankful for every day God wakes me up, I am thankful for Tuesday morning Bible study, I am thankful for the world, so thankful for our family, friends, our church and Pastor

Corey, Bishop Place church services, music, family, God's love, I'm thankful for God, family and friends, God's love, I'm thankful for my family, beauty of Palouse country, mountains, Ella and Lily, dog, Biggie Stars, Bishop Place friends, my church community, cats, God's love and friends that never give up on you, sunshine and rain, family near and far, for people who listen to each other...even when it's hard, ballet, family, spouse, warm house, friends, video games, grandchildren, birthdays, winter nights, snowflakes, breakfast, trees aflame in autumn glory, rain drops on the roof, freshly baked chocolate chip cookies, chestnut praline lattes, the softness of new growth on a fir tree, life eternal through Jesus, family, friends, fellowship, health, healing, freedom, Palouse, love, my kitty, family, friends, food, art, and God, family, our Lord, love, life, joy, provisions, fellowship, God's faithfulness, God's grace, the generosity of the Lord and his people, my sister Kim, creativity, the beauty of nature, Willis, Lolly, God, family, food, donuts, my life, for life and health and the medical community who serve, friends, family, time to meditate, thank God for internal enrichment and



physical healing, friends, grace, forgiveness, family, friends, hardships, growth, change, God's provision, Sarah Bofenkamp, my teachers, Rob is home from the hospital, babies and donuts, books, candles, I am thankful for true love – 30 years of friendship and 19

years of marriage, I am thankful for my Mom and all her love, doughnuts, my life and YouTube, volunteers who decorated the church, my wife – for her life and our life together, music, Christmas lights, candles, words of affirmation, friends and family, God's steadfast love – and pie, our family, Winter the dolphin, memories, I am grateful for God's grace in my life, I am so grateful for my sister Robin, Palouse Library,

family, chicken noodle soup, Tuesday 10 AM group, thankful for Bible Study for all, Hasbro gaming, Nerf, magnetic balls, Palouse Federated Church, new babies, flowers, fellowship together, friends, crisp winter weather, family, thankful that God is with me every day, Garfield-Palouse Schools, veterans of WWI & WWII, 19 years with the love my life – we got 19 wonderful years, the beauty of music, friends and family,



The Turkey Leg, God's grace to me, freedom to worship, family, the U.S. Coast Guard, the men and women who have given their lives for our country especially in the name of our Lord, God's love, positive attitudes, friends, Palouse, family, mom and dad, my good health, people I can go to for advice, my dog, my life, family, friendship – one of life's great gifts, my grandparents, the season, health, sunsets, band, helpful neighbors, pie, home, Ollie and Willis, cats, dogs, turtles, fish, and more..., God is with us!

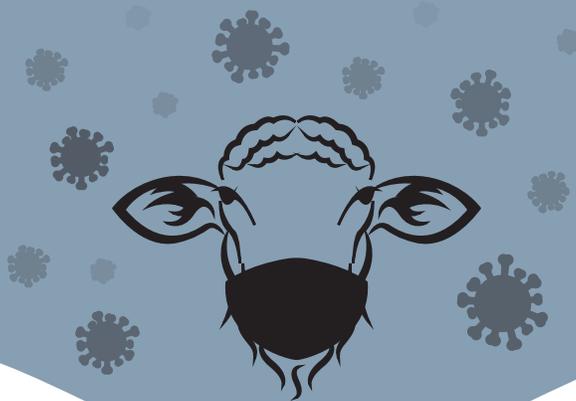
By my count, that's 231 gratitudes...and it's just the beginning. Let's start the New Year off right with a continued attitude of gratitude!

PFC HEALTH & SAFETY PROTOCOLS

COVID-19
coronavirus

**“Jesus cares for His sheep
and so should we!”**

John 10:14-18



We believe masks work!

(Physical & mental health exemptions allowed.)

Vaccination encouraged - consult your physician.

Physical distancing reduces transmission - respect others' space.

Good ventilation reduces transmission - we'll keep the air moving.

If you're sick or don't feel well, please stay home - it's better for everyone!

**Worship, study, and fellowship are good for us -
so let's tend to one another's needs.**

(Online Bible studies & worship services are available)

**Palouse Federated Church is a no-inquiry facility.
If you enter without a face covering we will assume that
you are claiming an exemption.**

We will not ask you to put on a mask.

We will not ask about vaccination status.

We do ask that we all love one another.

Kindness for Kids Food Pantry



The Kindness for Kids food pantry at the school is in need of instant oatmeal cups and cereal cups (the ones you just put the milk in and use it as a bowl). Also needed are apples and oranges. Bring your donations to the church and leave them in the clear plastic bins.



Palouse Food Pantry

January 26

1-2:30 PM & By Appointment

Calvary Chapel of Palouse

Order Online: palousefoodpantry@gmail.com

Or Call the Pantry: (509) 595-3048

In-person pick up, or delivery by request.

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)
Sundays | 4:30 PM

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



Malden Update

Thank you for your faithful prayers
for our friends in Malden.

More than a year after wildfires
destroyed much of Malden, John &
Carolyn Bliesner recently were able
to get a new home.

Keep praying for the community of
Malden and the residents we are
connected to (Heidi & Jace, Diana
& Breanna, and John & Carolyn),
as they continue work to help
Malden rise from the ashes.



Thanks FOR Giving at Christmas

Your giving (\$3,591) provided **food vouchers and food baskets** to 28 local households. You made a lasting impact on the residents and staff at **Lakeland Village** by providing for the three residents we asked to support and then because of your generosity (\$633.67) - many more received blankets and hats to keep them warm. Also thanks to your giving (\$1,109.15), our **Ugandan** friends received clothing and shoes and had a wonderful celebration of Christmas.

ANNUAL CONGREGATIONAL MEETING

JANUARY 30, 2022 - 10:15 AM
IN-PERSON & ZOOM

Christmas Program

What a wonderful Christmas Program we had this year as the church and community came together to share the story of Mary & Joseph and their journey to Bethlehem and the amazing events that surrounded the birth of Jesus.

A special thank you to Camille Wadleigh for writing the script, producing, and directing the program. Thank you to the cast, choir, special music, tech crew, costume mistresses, and snack providers!



You can access online worship resources, sermon audio, newsletters, and online giving at: palousechurch.org

Climate Change & Agriculture

Terry Keller

In the past year, I've been writing about climate change and changes we can make to reduce our carbon footprint and help mitigate the damage. I've been using drawdown.org's analysis of the sources of our emissions and their solution suggestions, as well as getting some much-needed inspiration from climate scientist, Katherine Hayhoe.

According to drawdown.org, electricity is the source of 25% of our emissions, while food, agriculture, and land use account for 24% of our emissions. So far, I've covered ways to cut back on our electricity usage and looked at the food waste and diet part of the next highest source of emissions. Today, I want to begin the agriculture part, specifically, drawdown.org's solutions for shifting our agricultural practices to help reduce emissions. I am grateful to my friends who have helped me think about these issues.

"If all of God's works are wonderful, as the Psalmist says, perhaps we all need to pay more attention to how God's creation was designed to work and adjust our practices to fit into that design rather than trying to impose our own plans on creation."

I'm not a farmer, but I grew up on a dry land mixed farm in Saskatchewan and my brother still farms. When I was a kid, we had chickens, pigs, beef cattle, and a couple of milk cows. My dad, uncles, and grandfathers grew wheat, rye, oats, barley, and hay. My mom, aunts, and grandmothers all had big gardens.

In the past half century, farming in North America has changed. Those small family mixed farms (animals and crops that support one another) have largely gone away. We now have farming with lots of fossil fuel "inputs," including fertilizer, because of the rate at which we remove nutrients. Just think about all the biomass that's hauled away from the

Palouse annually in grain, seeds, legumes, hay, and straw. Less is left to replenish the soil. Most food animals are grown in large feedlots or factory warehouses, creating piles/ponds of animal waste that become a disposal and pollution problem rather than a source of fertility, and using lots of antibiotics, needed to control disease in such close quarters, but which have the effect of reducing the efficacy of antibiotics when we need them.

There are definitely problems with our current agricultural practices. Perhaps one of our biggest problems is that we don't approach the growing of our food, in all its forms, with wonder. It's all part of God's creation, a creation which is wonderful and astounding. Industrial agriculture tends to reduce that to inputs, outputs, and profits, making it business, not wonder.

Wondering, we may step back and consider alternatives. Here are a few of drawdown.org's solutions to agriculture's contributions to greenhouse gas emissions and climate change:

- Silvopasture, which is combining trees, forage and livestock — all of which are managed for harvest — in the same area. Pastures with trees can sequester five to ten times more carbon than treeless pastures.

- Regenerative annual cropping and Conservation Agriculture - "It is estimated that at least 50 percent of the carbon in the earth's soils, worldwide, has been released into the atmosphere over the past centuries. Bringing that carbon back home through regenerative agriculture is one of the greatest opportunities to address human and climate health, along with the financial well-being of farmers." (drawdown.org)

To rebuild the soil, help it become more fertile, better able to retain moisture, allow roots to go deeper and help plants resist pests, they suggest...

- no tilling
- no synthetic fertilizers or pesticides
- cover cropping
- complex, variable crop rotations

- Nutrient Management - Synthetic nitrogen has been very helpful in growing crops. Some of what doesn't get taken up by crops, however, is turned into nitrous oxide by bacteria, which is a powerful greenhouse gas. Another fraction can run off, polluting streams and groundwater. All of this undermines the numbers and diversity of the microbes that make organic matter in the soil (drawdown.org). Their suggestion is to do better at managing amounts of fertilizer, timing of application, and matching plant needs.

The drawdown.org Web site has a number of other solutions that don't really apply to our climate or crops. Even the three solutions above may need to be tweaked to work here, and some of our local people are thinking and working on this. For instance, I understand that Palouse-area crop residue can be so thick that no-till doesn't always work well. I've noticed in my garden that, because we're so dry in the summer, plant residue doesn't decay as fast as it would in wetter climates, leaving a lot of plant material to work through. Still that material could be a mulch, so maybe that's okay in my garden, especially in times of drought. But will it work in the fields or how will it work in the fields?

We've certainly got things to work on. I'd like to thank the innovative, imaginative farmers who are thinking about and implementing these regenerative practices on the Palouse. I encourage the rest of us to listen to and support our local farmers, especially as they wrestle with the challenges that are coming.

I praise thee, for thou art fearful and wonderful.

Wonderful are thy works.

Psalm 139: 14

If all of God's works are wonderful, as the Psalmist says, perhaps we all need to pay more attention to how God's creation was designed to work and adjust our practices to fit into that design rather than trying to impose our own plans on creation. We're flawed, after all. We're also the caretakers of this beautiful Earth. May we return to a sense of wonder and learn to care for this creation we're a part of.

Spiritual Growth Guide Now Available

Corey Laughary, Pastor

The Update to the PFC Spiritual Growth Guide is now available. This is a great resource for the start of 2022.

New Content Includes:

Real life, practical material for personal OR group reflection. There are four new sections, dozens of completely new pages designed to help you grow spiritually and develop different parts of your life.

- SECTION 4 | ON GRIEVING, DEATH, CELEBRATING & LIFE

A section that will help whether you are grieving or you know someone who is grieving. But this section also is about the celebrating that we are to have in life. Real help for matters of life, death, grief and joy.

- SECTION 5 | SELF-CARE

How do you best care for your own soul? Is it selfish to take care of yourself? How should the Christian think about mental health? How can I help someone who is really struggling?

- SECTION 6 | SPIRITUAL DISCIPLINES

Christianity has ancient practices that have helped people live faithfully. This section will teach and train you in prayer, fasting, study, celebrating, worship and more.

- SECTION 7 | ADDITIONAL RESOURCES

Our final section is a "catch-all" section that has practical resources for longtime and new believers, room for weekly sermon notes, Bible reading plans and more. We will likely be adding new information in section 7 over time. It is an intentionally unfinished section.

Do you want a spiritual growth guide for yourself or your group?

Order one by contacting PFC at (509) 878-1509 or next@palousechurch.org

If you have a previous version we can provide the updated sections (\$5 suggested donation), or a whole new copy (\$10 suggested donation).

Wednesday Ministry Nights

Middle School Youth Group - 6:30 PM

Spiritual Growth Group - 6:30 PM

The Spiritual Growth Group is for all ages 15 and older who want to dive into all kinds of topics related to spiritual growth. This group will use PFC's own "Spiritual Growth Guide" as a secondary resource, with our primary resource being the Bible. Join us for one session, all the sessions, or something in between.

Self Care:

Starting January 12

Session 1: What is self-care and how is it biblical?

Session 2: Bible Study on Self-Care scriptures

Session 3: Self-Care Theology:

Awe-Who-Joy-Now-Too, Part 1

Session 4: Self-Care Theology:

Awe-Who-Joy-Now-Too, Part 2

Session 5: Christian view on Mental Health & Spiritual Battles, Part 1

Session 6: Christian View on Mental Health & Spiritual Battles, Part 2

Session 7: The Stress Bucket & Self-Care

Session 8: Financial Stress Relief

Special Guest Tina Laughary

Lent Soup Suppers - [Imperfect] Lives, Perfect Peace

Spiritual Disciplines - After Lent

Bible Study Schedule

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

Sun. | 4:30 PM | High School

Sun. | 7 PM | Young Adults

Tues. | 5:30 AM | Men

Tues. | 10 AM | Mixed Group

Wed. | 10 AM | Ladies

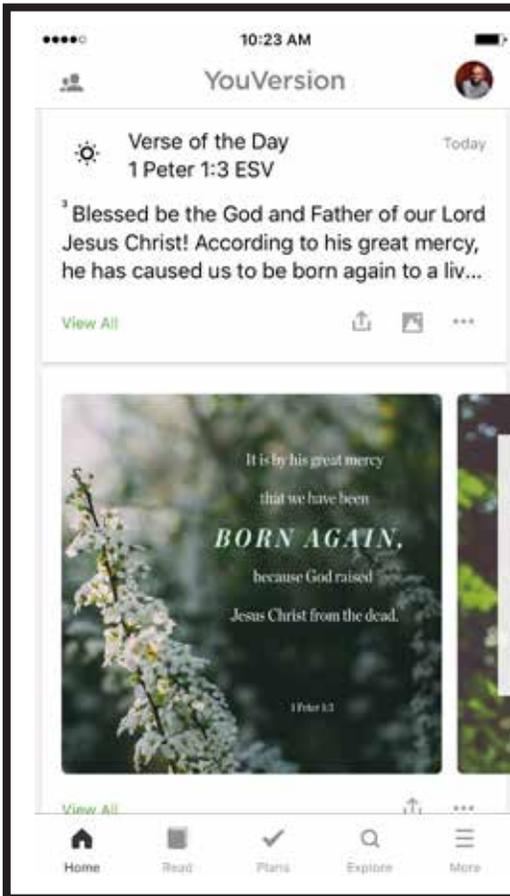
Wed. | 6:30 PM | Middle School

Wed. | 6:30 PM | Spiritual Growth Guide Study

Thurs. | 9 AM | Ladies

SUNDAY SCHOOL

Sunday School is in session! All ages (age 3 and potty-trained through 5th grade) are meeting together for Sunday School each week. Join us in the basement classroom from 10:15 – 11 AM.



Sermon Schedule

We are back in the Gospel of John! Check out the scripture schedule below for upcoming sermons and Bible studies.

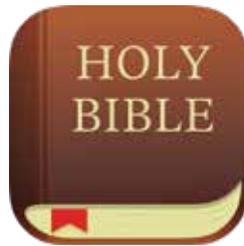
January 09 | John 13:21-30 | Jesus & Satan's Tool

January 16 | John 13:31-38 | Jesus and The New Command

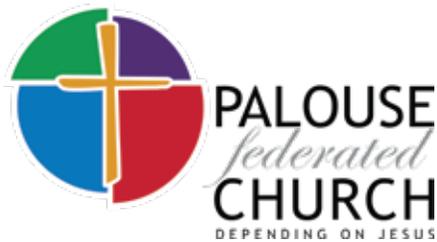
January 23 | John 14:1-14 | Jesus and The Way to The Father

January 30 | John 14:15-26 | Jesus and The Gift of The Helper

If you're interested, Pastor Corey is hosting a Bible App (aka YouVersion) Bible reading plan that goes through a chapter of John per day. This study starts January 10 and goes through the end of the month. Contact Pastor Corey for more information or a direct invitation.



YouVersion



635 N BRIDGE ST | PALOUSE, WA 99161