

Mid-week E-News December 31, 2020

The Presbytery OF SCIOTO VALLEY

"Inspire, Strengthen, And Challenge Congregations For Christ's Mission"

February 18, 2020

[Visit our website](#)

For E-News comments, questions or additions, email: dagmar@psvonline.org

A PRAYER FOR THE NEW YEAR...

We ask your blessing, God, on the year that is passing and the year to come. It is a fresh start for all of us, God. Help us learn from both our mistakes and our successes, and to live in this coming year more nearly as you would have us live.

(A prayer from the book, **PLAIN PRAYERS IN A COMPLICATED WORLD**, BY AVERY BROOKE)



With Gratitude and Many Blessings to all in the New Year....

Thanks for all you have been doing in your part of our Presbytery in the midst of a difficult year. You cared for your congregations and your people. We wish you many blessings for a happy and healthy New Year...*From Your Presbytery Staff: Jeannie Harsh, Executive Presbyter*

PRESBYTERY of Scioto Valley (PSV) Meeting Calendar

Monday, January 4, 2021

12:30 pm PSV Commission for Church Professionals

3 pm PSV Commission for Congregational Life

Partners in Education (PIE) (Two Opportunities)

Saturday, January 9 from 10:00 a.m.- 11:30 a.m.

<https://us02web.zoom.us/join/zoom-join?meeting=8iEtWYIFTxvEXELixhcyEBLZCE>

Wednesday, January 13 from 7:00 p.m. - 8:30 p.m.

<https://us02web.zoom.us/join/zoom-join?meeting=tZEtcOqupzqtG9XSoKq9wD5CdTWTrC49QGzm>

Monday, January 11

(End Date for Submission of 2020 Per Capita and Mission Giving)

3 pm PSV Commission for Presbytery Operations

HEALTHY BOUNDARIES TRAINING AND UPDATING FOR PASTORS...

Zoom Healthy Boundaries 101: Tuesdays, 9-11 am,

January 19, 26 and February 2

Zoom Healthy Boundaries 201: Thursdays, 6-8 pm,

January 21, 28 and February 4

Tuesday, January 19

4 pm PSV Coordinating Team

Saturday, January 23

PSV GLOBAL MISSION NETWORK...

Global Mission Network will be sponsoring five zoom-groups on the **third Saturday of each month** from 10:30 a.m. - noon, beginning on January 23, 2021. For more information, or to register, email Les Sauer at lessauer@hotmail.com

2021 Presbytery Meeting Dates

February 16, May 18, September 21, and November 16.

Most likely to be held via Zoom, until meeting in person is deemed safe and appropriate.

January 11, 2021...End Date for Submission of 2020 Per Capita and Mission

Robert Gustafson, PSV Temporary Treasurer

Even in this challenging year, or perhaps even more so in this challenging year, your contributions to Per Capita and mission are expressions God's provision and grace. As you know Per Capita provides the means to strengthen the connections of our work and build lasting relationships to help all Presbyterians share God's love through mission and ministry. Presbyterians do mission in partnership. We understand "mission" to be God's work for the sake of the world God loves. Your financial support makes a difference. We are grateful!

As the end of 2020 approaches, I want to pass on the following information to you: **2020 remittances must be received by Monday, January 11, 2021**. You will find the remittance form and the Contribution Summary as of November 30, 2020 attached to this email.

Payments received after that date must be credited to the new financial year. If you have any questions, please do not hesitate to contact:

John Wykoff, Financial Assistant, accounting@psvonline.org or

Dagmar Romage, Administrative Assistant, dagmar@psvonline.org.

Per Capita Relief Policy

Elder Jim Hines, Chair PSV Commission for Presbytery Operations

(This policy is to grant relief to congregations that have experienced a 10% or more loss of membership from last year.)

HOW THE POLICY WORKS – Historically, a congregation's per capita for the coming year is based on their membership at the end of the previous year. For example, a churches' per

capita for **2021** would normally be based on their membership at the end of **2019** – NOT their membership at the end of 2020. Under this “relief policy”, the Presbytery will grant immediate relief to any congregation who has experienced a 10% or more loss of membership during 2020 and will base 2021’s per capita on your year 2020 membership. If you have had a significant loss of membership in 2020, you can apply for relief under this policy and your 2021 per capita will be based on your year-end membership as of 2020 – not 2019 as under the current policy.

If you want to request relief under this new policy, please email either Bob Gustafson, Temporary Treasurer; John Wyckoff, Financial Assistant; or Dagmar Romage, Administrative Assistant. This relief will not be automatic.

- Robert Gustafson - gustafson15@gmail.com
- John Wyckoff - accounting@psvonline.org
- Dagmar Romage - dagmar@psvonline.org

Partners in Education (PIE) on ZOOM. The Presbytery of Scioto Valley Partners In Education (PIE) Leadership Training Days, with workshops on elder training, deacon training, clerk training, faith practice toolkit and self-care for clergy. The same workshops will be offered both days.

Click on this link for a description of the workshops:

<https://psvonline.org/publication/pie-workshops/>



The event is FREE, but please register:

Saturday, January 9 from 10:00 a.m. - 11:30 a.m.

<https://us02web.zoom.us/meeting/register/tZlqdeurpz8iEtWYIFTxvEXELixhcyEBLZCE>

Wednesday, January 13 from 7:00 p.m. - 8:30 p.m.

<https://us02web.zoom.us/meeting/register/tZEtcOqupzqtG9XSoKq9wD5CdTWTc49QGzm>

Healthy Boundaries Training for Pastors

For all pastors serving churches or in validated ministries; CREs; and certified Christian Educators: Healthy Boundaries 101 and 201 on Zoom. Cost \$25.

2-hour sessions each day, All three Sessions must be attended, choose one.

- Healthy Boundaries 101: Tuesdays, 9-11 am, January 19, 26 and February 2
- Healthy Boundaries 201: Thursdays, 6-8 pm, January 21, 28 and February 4

Sign up now: email: dagmar@psvonline.org

Mission Engagement Opportunity

The presbytery’s Global Mission Network will be sponsoring five zoom-groups on the third Saturday of each month from 10:30 a.m. - noon, beginning on January 23, 2021.

The course will be led by the Rev. Dr. Cynthia Holder-Rich, a teaching elder from our presbytery currently serving as a mission co-worker in Tanzania. Each monthly class will feature PC(USA) mission co-workers for half an hour (from Niger, Costa Rica, Peru, Palestine, and other countries), along with a specific missiological theme for each session.

Plan now to join this exciting way to engage your members and leaders in Global Mission. We are asking for commitments from pastors/moderator and mission leadership to take part together in what we're calling "Mission Engagement 101."

For information, or to register, email Les Sauer at lessauer@hotmail.com

It's been quite a year. Surely 2021 has to be better than 2020, right? Well, just in case, here are 20 ways to practice self-care in 2021.

Written by Kyle Fox, Broad Street PC Marketing & Communications Manager

1. Unfollow/block accounts on social media that bring you down rather than build you up. There's a lot of negativity online, but there's a lot of positivity as well! Find content that brings you joy.
2. Cook something delicious for yourself. Not hungry? Cook something for someone else!
3. Pray. God never gets sick of hearing from you!
4. Spend time with family and loved ones. In this time of social distancing, there are a plethora of ways to communicate face-to-face without putting yourself or others at risk. God bless Zoom and FaceTime!
5. Take a hot shower or bath. Pro tip: Bath bombs can turn a normal old bath into a luxurious experience full of color and blissful smells. You can also throw in some Epsom salt to help relieve muscle tension.
6. Hydrate! Medical professionals recommend consuming eight 8-ounce glasses of water per day. Dehydration can cause dry mouth, muscle cramps, nausea, vomiting, lightheadedness, weakness, and more.
7. Play with a pet. Don't have your own furry friend? Ask to spend time with a friend or loved one's pet, or volunteer at your local animal shelter. Playing/cuddling a pet can release feel-good chemicals in the brain such as dopamine and oxytocin that trigger pleasure and happiness.
8. Meditate. Slowwwwww down. Focus on your breathing. Relax your muscles and get in tune with your mind and body. There are lots of great apps such as the Calm app that can help you learn to meditate if meditation is new to you.
9. Count your blessings. Make a list of every single thing you are grateful for. This can be a humbling experience. You may realize that things are not quite as bad as they may seem.
10. Read the Bible. Find those bible verses that bring you comfort. Study them, pray about them, meditate over them.
11. Identify some goals. Sometimes life can seem pretty overwhelming. Creating a list of your life goals can help prioritize everything you want to get done and will make them seem much more manageable.
12. Learn how to say "no" a little more often. Do you struggle with biting off a little bit more than you can chew? People-pleasers can really struggle with this. Reduce your workload, prioritize your tasks, and manage your time as effectively as possible. Give yourself a break once in a while!

13. Help someone. Run an errand, shovel their driveway, surprise them with a meal. Doing something good for someone else can be extremely fulfilling.
14. Call an old friend. Catching up with that person you haven't spoken to in a long time might be just what you (or they) need.
15. Take a walk. Already go on regular walks? Switch it up and find a new route or walking trail. Sometimes a change in scenery can make a big difference!
16. Visit a museum (online). Take in some of the world's most incredible sights from the comfort of your home using **Google's Arts and Culture platform**.
17. Play a new game. There are a lot of great mobile app games that you can play alone or with friends. Just search your App Store for games that interest you!
18. Read a good book. Can't decide on a new book to read? Reread one of your old favorites.
19. Coloring isn't just for kids! Ever heard of an adult coloring book? Look them up. They are life-changing!
20. Stay connected with your church family. Follow us on **Facebook** and **Instagram** to stay connected with your fellow Broad Streeters on social media and **subscribe to our email list** so you don't miss any news, announcements, or blogs!

So, what did we miss? What do you do to practice self-care?

Continuing Guidance for Congregations Regarding COVID-19

<https://psvonline.org/publication/continuing-guidance-for-congregations-in-the-pandemic-urgent-advice-regarding-covid-19-precautions>



REQUESTS FROM THE SYNOD OF THE COVENANT...

A survey is being conducted to help the Synod of the Covenant to determine whether congregations in its member presbyteries would use virtual Lenten and Easter season worship services.

To participate in this survey: **<https://www.surveymonkey.com/r/T2SNK53>** .

The Synod is also conducting a brief survey to determine whether the virtual Advent worship series has been helpful to congregations. Click **here** to complete the survey by Friday, January 8, 2021.



The APCE Virtual Event - Anything But Ordinary

APCE is an Annual Event for Church Educators and all those interested in Christian Education... **February 4-5, 2021**

How will the 2021 Virtual Event be like other

Annual Events?

The Virtual Event offers the best in the way of worship, plenary and workshops each day. Special events that are regularly a part of the Annual Event, like awards presentations, the corporation meeting, regional gatherings, the book store, the Marketplace, and even a spirituality center will all take place. For more details visit...

<https://apcenet.org/2021-annual-event/>

The Art of Transitional Ministry Leadership Training Online February 8-12, 2021

The Synod of Lakes and Prairies will offer this training designed for individuals who are considering ministry in temporary settings (as an interim, transitional or designated pastor). Materials presented will include the basics of transitional ministry and will be of value to all congregational pastors regardless of their ministry setting. Participants completing the full 30 hours of training will meet the requirements for Week I Transitional Ministry Education. The classes will meet Monday-Thursday from 9:00-11:30, 1:30-4:30 and Friday from 9:00-noon. To see the flyer: <https://psvonline.org/publication/the-art-of-transitional-leadership-learning-ministry-skills-for-todays-and-tomorrows-church/> Registration is now open: <https://synod-of-lakes-and-prairies.events.idloom.com/the-art-of-transitional-leadership2021>



Scioto Valley Presbytery is a Matthew 25 Presbytery!

Matthew 25 is a PC(USA) initiative that has three focuses - Building Congregational Vitality, Dismantling Structural Racism and Eradicating Systemic Poverty. We are beginning this work...For more information, go to the PC(USA) website www.pcusa.org and read about this initiative.

By becoming a Matthew 25 mid-council and partnering with congregations, we can together multiply and intensify our loving commitment to radical and fearless discipleship. CNO has appointed Matthew 25 Ambassadors who can speak to your Mission/Outreach/Service Committees and/or sessions to explain more about Matthew 25. Contact Jeannie Harsh for more information or check out pcusa.org/matthew25

The 225th General Assembly of the PCUSA To be Held in Louisville, KY in 2022...

This new plan for the 225th GA will feature a hybrid assembly that will include both in-person and online meetings. The in-person portion of the assembly will be held in Louisville, Kentucky, the site of the PC(USA) national offices. The assembly's 13 committees would hold in-person meetings over a two-week period, with all plenaries being held online with the exception of an initial quorum gathering. For more information: <https://www.pcusa.org/news/2020/12/4/225th-general-assembly-move-louisville-2022/>



PASTORS OF PSV WEEKLY CHAT MEETING ON ZOOM. Join our online chats on Thursdays to give and receive encouragement and practical advice during this unusual and changing time of ministry. To join this gathering of our pastors at 1 pm each Thursday.

To join: <https://zoom.us/j/588789104?pwd=cDBEUm8yYnNIS0RUK3dwZG5KVFMvZz09>

**Meeting ID: 588 789 104, Password: 463317, One tap
mobile+13126266799,588789104#**



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DISASTER ASSISTANCE**

OUT OF CHAOS, HOPE

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