



May 2025

Highlights

All Church Retreat Camp David Jr.

May 16 - 18, 2025



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From the Heart

Dear Friends in Christ,
A recent Question of the Month asked you to reflect on the scriptures you turn to when you are feeling sad. Many of you mentioned the Psalms, specifically uplifting ones like Psalm 23 (The Lord is my shepherd...), Psalm 121 (I lift up my eyes to the hills...), and Psalm 100 (Make a joyful noise to the Lord...). Indeed, the Psalms are an excellent source of inspiration when we are feeling sad and in need of some encouragement. But what if you are sad, tired, or angry, and not quite ready for an “everything is going to be alright” message? Where would you turn then? Well, the same place: the Psalms.

Old Testament scholar Walter Brueggemann has categorized the Psalms into three types: psalms of orientation, disorientation, and reorientation. It is no surprise that we tend toward the first and third categories in our devotions. These psalms affirm God’s presence (and our role) in creation, they uphold God’s teachings as sources of wisdom and life, they

“From the Heart” continued

offer words of praise and thanksgiving, and they direct our attention to a future of hope and renewal, among other things.

Then there are the psalms of disorientation. These psalms give voice to those times when all is *not* right in the world, when things are broken, when the wicked seem to prevail and God’s plans are thwarted. They come from the depths of human frustration and despair, they express sorrow, contrition, anger, and frustration. They are predominantly directed toward God—a shaking of the fist or wagging of the finger at God for not doing enough to alleviate human suffering. Would you believe these psalms constitute over 40% of the Psalter?

The fact that so much of the Psalter is populated with these expressions of individual and communal lament, and of penance, speaks volumes! The psalms of disorientation remind us of a simple truth of human existence: things are always not okay; in fact, when left to our own devices, humans will always stray toward dominance and injustice. These psalms remind us that only God has the capacity to make things right, even if God seems to be asleep on the job (Psalm 44:23-26).

Most importantly, these psalms give us permission to shake our fists at God when we see evil and injustice prevailing.

Although we tend toward the happy and hopeful psalms, it is good to know the Bible offers us words to express our

**Therefore let all
who are faithful
offer prayer to
you; at a time of
distress, the rush
of mighty waters
shall not reach
them.**

Psalm 32:6 NRSV



sorrow, anger, and sadness. These psalms do not have the last word, but they provide important words that must be spoken by the people of God when we encounter suffering and injustice, or when our lives are thrown off kilter by death, despair, and disease. Remember, God invites all our thoughts and prayers, even (or especially) the ones that are hardest to voice.

Godspeed,

Matt

Here are some examples of psalms of disorientation (not exhaustive):

- ◆ Psalms of individual lament: 6, 10, 13, 22, 25, 41, 53-57, 61, 70, 86, 88, 120
- ◆ Psalms of corporate lament: 12, 44, 58, 60, 74, 79, 80, 83, 85, 90, 129, 137
- ◆ Psalms of penance: 32, 51, 130, 143



Worshipping and Learning

Our LGBTQ+ brothers and sisters in Christ have suffered greatly throughout the Church's history, and it is only in recent decades that Christians have found ways to include and embrace the gifts of all believers regardless of sexual orientation or gender identity.

It is an ongoing conversation that many are still having trouble with. What does the Bible say about sexual orientation and gender identity? How can new scholarly perspectives inform this conversation? How can these perspectives reshape the way we interact with LGBTQ+ family members to bring healing for a long history of harm caused by intolerance in Jesus' name?

Small Talks on Big Issues

Thursdays, 7pm

May 1, 8, 22, 29

**Session Five: Sexual
Orientation, Gender
Identity, and the Bible**

One Hour of Piano Praise

Saturday, May 3, 4 pm

Anna Nichols and Penny Hall will be playing hymns and praise song duets for an hour of piano praise. Come and be uplifted, restored, and relaxed.

There will be refreshments to enjoy afterwards.

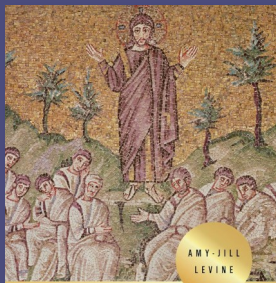


Worshiping and Learning, continued

Adult Sunday School Study

Began April 27, *Sermon on the Mount: A Beginner's Guide to the Kingdom of Heaven* by Amy-Jill Levine

In *Sermon on the Mount: A Beginner's Guide to the Kingdom of Heaven*, Dr. Amy-Jill Levine introduces the major topics in the Sermon on the Mount, explains historical and theological contexts, and shows how the words of Jesus echo his Jewish tradition and speak forward to reach hearts and minds today.



SERMON *on*
the MOUNT

A BEGINNER'S GUIDE TO THE KINGDOM OF HEAVEN

Elementary Sunday School Study

Sundays, 9:45 am

We will continue our lessons on the “Week That Changed the World” into May. Our final unit will be “Pentecost Power.”

Come join the fun and learn something new every week.

Summer Camp

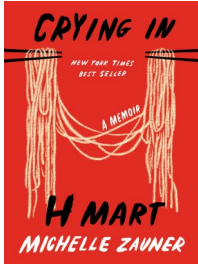
Scholarships for Summer Camp

Summer will be here before you know it and with it the opportunity for fun and meaningful experiences at summer camp! The church is able to help families who plan to have their children attend a Christian summer camp by providing partial scholarships to defray the cost. Please let the Christian Formation Committee know of your interest in a scholarship by sending an email to the church office at administrator@fpcpa.org, using the subject line “Summer Camp Scholarship.” The Christian Formation committee will follow up with interested families.

Events

Book Club

Thursday, May 15, 10:30 am



Fellowship Hall

Crying in H Mart
by Michelle Zauner

This is a library kit edition, available for check out in the

southeast lobby of the church (by the Mission bulletin board).

In this exquisite story of family, food, grief, and endurance, Michelle Zauner proves herself far more than a dazzling singer, songwriter, and guitarist. With humor and heart, she tells of growing up the only Asian-American kid at her school in Eugene, Oregon; of struggling with her mother's particular, high expectations of her; of a painful adolescence; of treasured months spent in her grandmother's tiny apartment in Seoul...Rich with intimate anecdotes that will resonate widely, *Crying in H Mart* is a book to cherish, share, and reread.



All Church Retreat

Friday, May 16 - Sunday, May 18

Camp David Jr., Lake Crescent

Join your church family for a weekend of fun and fellowship. Come for a day, come for a meal or stay for the whole weekend.

- ⇒ Friday, May 16, Camp opens at 4 pm. Dinner, games and a campfire (weather permitting).
- ⇒ Saturday, May 17, Breakfast, Lunch, Dinner. Crafts, puzzles, board games, scavenger hunt, hike, social time.
- ⇒ Sunday, May 18, Breakfast, Worship Service, clean-up and depart.

Camp David Jr. is located on beautiful Lake Crescent. For more information contact Jennie Wendel @ jenniejean621@yahoo.com.

Mission & Outreach

Ring-in/Ringing Out

One of our super powers, available to any and all of us at the speed of thought, is gratitude. The author Oren Jay Sofer in his book *Your Heart Was Made For This*, recounted his time at a Buddhist monastery and his grumbling displeasure at having to wake up at 4 a.m. for meditation, which he found nearly impossible in his negative frame of mind. He was counseled to try beginning each day with 10 minutes of gratitude, reflecting on how it made him feel. His mundane reflections soon blossomed into fond memories and recognition of small moments of goodness that popped up during the day—a kind word, the beauty around him, his cozy bed. Those 10 minutes set the tone for his day.

Great things happen to
those who don't stop
believing, trying, learning,
and being grateful.

— Roy T. Bennett

*Interfaith Earth
Care Coalition*

Gratitude counters negative bias. We can't hold gratitude and negative energy at the same time. When thankful, our glass is half full, a foundational contentment and sufficiency that gives us a spring-board for more and better. But not the more and better of the current culture of competition, consumerism, and hollow achievement that is straining our planet. It's a more-and-better that wants to share that foundation by helping others and supporting positive social changes.

To practice, author Sofer suggests we recall "specific moments, people, events, or conditions for which we feel grateful—a kind remark, a generous act, a fortunate circumstance, a moment of beauty." Then be mindful of the pleasant feelings these invoke. He likens this to striking a bell and then listening to it ring.

We can also ring-out the day. Nick Begley has a wonderful 20-minute guided meditation on the Insight Timer app titled "Sleep Meditation, End of Day, Lying in Bed." In part, he guides you through a gentle review of your day, then asks you to recall three things for which you are thankful and how that feels in your body...mind to heart - striking the bell then feeling the resonance.

Giving

Port Angeles Food Bank Update

For the USDA Local Food Purchasing Agreement, Clallam County received and spent over \$70,000 locally in 2024, and we were anticipating similar annual funding through 2027. PAFB, Sequim Food Bank, and Forks Food Bank all ordered fresh produce weekly through this program. OLYCAP held the contract, and Sallie Constant at WSU did an amazing job coordinating the purchases with local farmers. On the federal level, lawmakers have proposed a \$230 billion cut (~20%) to SNAP—the nation's largest nutrition assistance program. These cuts would come with stricter eligibility requirements and reduced benefits. We already saw what a reduction looks like: Back in February 2023, before emergency SNAP benefits expired, PAFB had 2,566 visits. In March, after a 40% reduction in SNAP, our visits jumped to 3,313—a 29% increase.

Based on those trends, we're bracing for at least a 15% increase in visits. Right now, we're averaging 4,419 visits each month in 2025. A 15% bump would push us over 5,000 visits



per month-consistently. That would likely force us to reduce the number of visits we can allow or scale back how much food we're able to distribute per visit—maybe both. To make matters worse, the supply chain is already struggling. Food Lifeline, one of our main regional suppliers, typically delivers a full truckload of food to PAFB each week for local agency partners. This week, we received just four pallets. The driver told us the Food Lifeline warehouse is nearly empty. That's a scary indicator of what's ahead as Governor Ferguson's proposed budget includes a \$52 million cut to food assistance, pointing to the end of federal pandemic aid and even suggesting that faith-based organizations step up to fill the gap.

All of this is happening while more Clallam County families, seniors, and children are struggling to afford

food. We're already seeing record-breaking numbers of people coming through our doors. Inflation and stagnant wages continue to push more and more working families toward food banks, and seniors are one of the fastest-growing populations experiencing food insecurity. We're actively discussing how to keep up with the rising need—and how to do it without compromising the dignity and stability our programs aim to provide. As for good news... Our Comfort Café meals will be ready to launch for public ordering soon, Our community rallied to donate over \$15k to help us out when our walk-in cooler bit the dust.

We are planning our 50th anniversary party. The Mobile Market will be getting a facelift and is expanding its host locations.

Emily Dexter
Executive Director, PA Food Bank

TAFY Update

Our next date to support TAFY with a meal is **Saturday, June 7**. If you can contribute a portion of the meal please sign up at the Connection Center.

Thank you ~ Dona Hair



Little Free Pantry

The shelves at our Little Free Pantry could use some help. Anything and everything would be appreciated.



Prayer Shawl Ministry

The Prayer Shawl Ministry has changed its regular meeting date to the fourth Monday of the month. They will meet on May 26, Memorial Day.

Tread Lightly

According to an old Native American legend, one day there was a big fire in the forest. All the animals fled in terror in all directions, because it was a very violent fire. Suddenly, the jaguar saw a hummingbird pass over his head, but in the opposite direction. The hummingbird flew towards the fire!

Whatever happened, he wouldn't stop. Moments later, the jaguar saw him pass again, this time in the same direction as the jaguar was walking. He could observe this coming and going, until he decided to ask the bird about it, because it seemed very bizarre behavior.

"What are you doing, hummingbird?" he asked.

"I am going to the lake," he answered, "I drink water with my beak and throw it on the fire to extinguish it." The jaguar laughed, "Are you crazy? Do you really think that you can put out that big fire on your own with your very small beak?"

"No," said the hummingbird, "I know I can't. But the forest is my home. It feeds me, it shelters me and my family. I am very grateful for that. And I help the forest grow by pollinating its flowers. I am part of her and the forest is part of me. I know I can't put out the fire, but I must do my part."

At that moment, the forest spirits, who listened to the hummingbird, were moved by the bird and its devotion to the forest. Miraculously, they sent a torrential downpour, which put an end to the great fire.

The Native American grandmothers would occasionally tell this story to their grandchildren, then conclude with, "Do you want to attract miracles into your life? Do your part.

"You have no responsibility to save the world or find the solutions to all problems, but to attend to your particular personal corner of the universe. As each person does that, the world saves itself."



Submitted by
Martha Bell

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1 pm Love Box 3 pm Mission & Outreach 7 pm Small Talks on Big Issues	2	3 3:45 pm TAFY Dinner Donations 4 pm One Hour of Piano Praise
4 8:30 and 11 am Worship Service 9:45 am Sunday School	5 2 pm B,G,P Committee Meeting	6 8 am FISH Company 12:30 pm Community Life 6:45 pm Praise Team	7 9 am Women's Bible Study 9 am "Chain Gang" Traylor's	8 10 am Food Bank Helpers 7 pm Small Talks on Big Issues	9	10
11 8:30 and 11 am Worship Service 9:45 am Sunday School 	12 1 pm Naomi Circle	13 8 am FISH Company 6:45 pm Praise Team	14 9 am Women's Bible Study 9 am "Chain Gang" Traylor's	15 10:30 am Book Club	16 All Church Retreat Camp David Jr.	17 All Church Retreat Camp David Jr.
18 8:30 and 11 am Worship Service All Church Retreat Camp David Jr.	19 7 pm Session	20 8 am FISH Company 4 pm Deacons Meeting 6:45 pm Praise Team	21 9 am Women's Bible Study 9 am "Chain Gang" Traylor's	22 7 pm Small Talks on Big Issues	23	24
25 8:30 and 11 am Worship Service 9:45 am Sunday School	26 Office Closed Prayer Shawl Ministry 	27 8 am FISH Company 6:45 pm Praise Team	28 9 am Women's Bible Study 9 am "Chain Gang" Traylor's	29 7 pm Small Talks on Big Issues	30	31



- 1 Diane Curtis
- 6 Greg Birch
- 8 Vicki Rockholt
- 13 Amy Miller
- 13 Kate Dexter
- 14 Carol Browning
- 19 Lauren Corder
- 21 Karen Walter
- 27 Pat Wesseler
- 28 Ed Jaquins
- 30 Colin Christensen



27 Stan & Nancy Jacobson

Larry Buckley's Baptism

Easter Sunday, April 20



Church Business Items

Session Actions

The Session met in a hybrid meeting in the church's upstairs classroom and via Zoom on Monday, April 21 at 7 pm, and the following actions were taken:

- Approved the donation of the old media laptop to MANNA for their use.
- Approved allowing First Step to use the church building for their Christmas Party on 12/10/25 from 5-8 pm.
- Approved the following clarification to the existing church policy: The American Flag and the Christian Flag will be displayed in, on, or about the church building only on the Sunday closest to the 4th of July, Memorial Day, and Veteran's Day, to better honor the symbolism of the flags in relation to those holidays. Exceptions may be made for memorial services at the church for veterans and their spouses.
- Approved the purchase of four tables and 14 chairs for the Nazareth Room from Pacific Office Equipment for a total of \$7,508.46, with this expense to be added as an item in the capital budget.
- Approved the request from Pastor Matt to allow him to repay the Shared Equity Agreement with the church in regard to the purchase of his home in 2019. The total repayment will be \$58,804, which includes the original \$50,000 plus 2.74% compounded interest per IRS requirements.

Church Business Items, continued

Financials

February 2025

Income Y-T-D	\$122, 211
2025 Income Budgeted	\$412,380
Expenses Year-to-Date	(\$92,510)
2025 Expenses Budgeted	\$419,704

Capital Spending Year-to-Date	\$0
2025 Annual Capital Budget	\$25,500
*Capital Projects Gift Income from 2024	\$25,986

*We were given a gift to be specifically used for the building.

^Water Damage Building Repairs thus far: (This includes 2025 & 2025)
(\$190,386)

^Water Damage Insurance Payment
\$188,653

^The water damage insurance \$ has been spent as of January 2025.

The main bathrooms are repaired and improved since the water damage. The water damaged flooring has been replaced. Work continues on basement repair. Our congregation made many yummy and clever donations to make this year's egg hunt a success. TAFY also benefited from some of the extra candy.



What stories or concepts in the Bible leave your scratching your head?

Shared Equity Agreement To Be Paid-Off

When Pastor Matt moved to Port Angeles, session entered into a Shared Equity Agreement to provide \$50,000.00 for the downpayment on his home. The agreement called for the church to share in the increase or decrease in the value of the property as a co-investor. The share was to be calculated over time based upon downpayment contributions, improvements costs, and mortgage principal payments. The way the formula works, the longer Pastor Matt keeps the agreement in place and pays his mortgage, the smaller the church's share will be.

Pastor Matt has offered to repay the church early. The property has increased in value and the church is entitled under the agreement to share in that gain. Based upon Pastor's Matt's offer and the church's interest in obtaining its funds back earlier rather than later, a repayment of \$58,084 has been approved by session.



First Presbyterian Church

139 W. 8th St., Port Angeles, WA 98362
360-452-4781 | fpcpa.org

Worship Services

Sundays 8:30 and 11 am

Office Hours

Monday - Thursday, 10 am - 3 pm

Closed for Lunch, 1 - 2 pm on Monday

Closed on Friday

The office is behind the church building off the alley and is handicapped accessible.

Pastor Matt Paul, pastor@fpcpa.org

Lauren Corder, Office Manager, administrator@fpcpa.org

Cathi Hughes, Office Assistant,
office@fpcpa.org

The First Presbyterian Church of Port Angeles is a community of people of all ages who believe in Jesus Christ as the Son of God and who seek to follow His teachings. We come together to worship God, to grow in our love and support for each other, and to learn about God's will for our lives. Guided by the Holy Spirit, we go out to the community and the world to share our faith and to serve others.



**“BE EXALTED,
O LORD,
— in your —
STRENGTH!
WE WILL SING
& PRAISE
— your —
POWER.”**
PSALM 21:13, NRSV

Online Resources

Church Website: fpcpa.org

Online Worship: fpcpa.org/worship

Giving Online:

Look for this button on our website.

GIVE ONLINE