

# COMMUNITY PRESS

A PUBLICATION OF COMMUNITY PRESBYTERIAN CHURCH  
ROCHESTER, MN



## Update from Session on CPC's Response to the COVID-19 Pandemic

On Tuesday, March 24<sup>th</sup> the church leadership received an email from Jeff Japinga and the Presbytery of the Twin Cities. Below is an excerpt of that message:

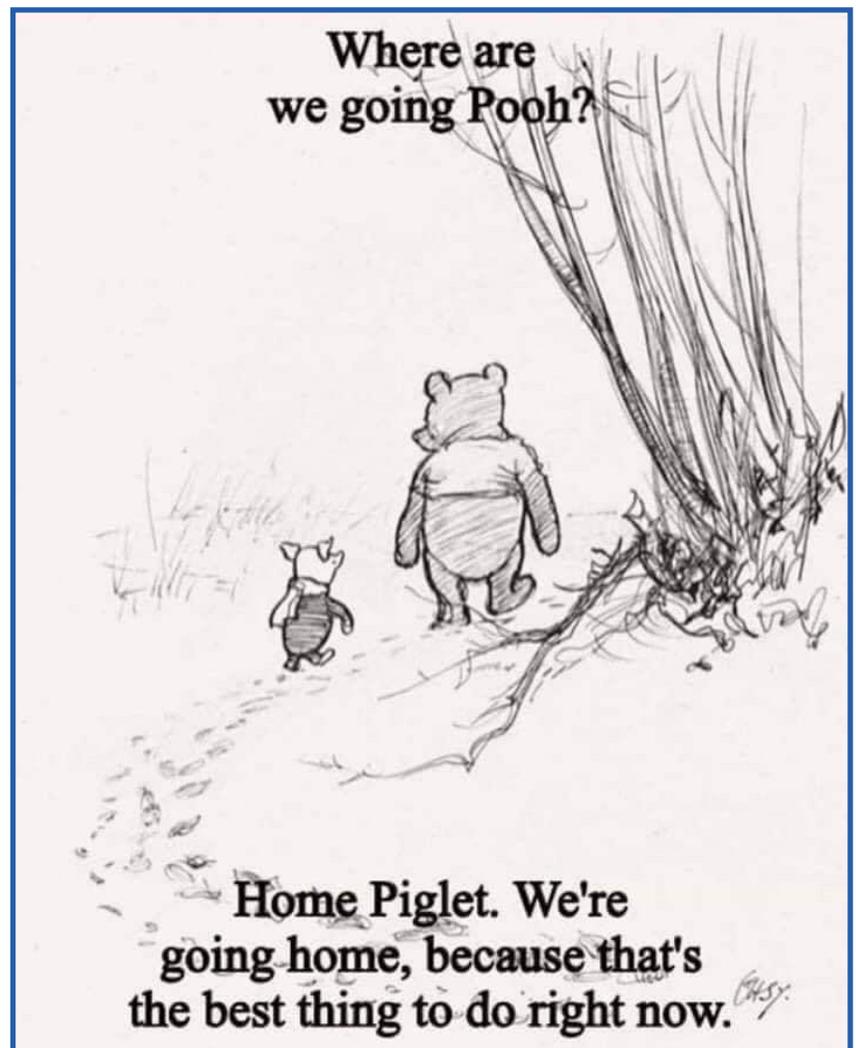
*“Two weeks ago, while acknowledging that the holding of public worship is finally a decision of the Session, we strongly recommended closure on March 22 and 29. Today, we need to say clearly that, based on explicit directives of our public health officials, you should plan for no public worship or public gatherings through the month of April. That includes, of course, Palm Sunday, all of Holy Week, and Easter Sunday. This is terribly difficult for us as the church to say; but right now, it must be said.”*

This advice was discussed at length at the March 24<sup>th</sup> Session meeting. It was described as “terrible but logical”. It is difficult to balance our fervent desire to meet as a church family and worship together with the desire to be caretakers of each other and also of the greater community. So it is with mixed feelings for certain that Session voted to cancel gathered worship in the great room at CPC for the month of April.

We are continuing to explore opportunities, however, to utilize technology to communicate with each other and remotely worship together. So please continue to watch for updates on this. Stay well and continue to care for each other and your loved ones.

- CPC Session

Gene Kopecky  
Ivy Pillers  
Sue Chipman  
Mary Meyer  
Ronda Marshall  
Kim Nickander  
Dave Copeland



APRIL 2020

# COMMUNITY PRESBYTERIAN CHURCH LEADERSHIP

## Session

The Session is the governing board of the church. It consists of six ruling elders, elected for three years. Much of the business of the church is conducted through committees. Each ruling elder chairs one of the committees. The Pastor, who is a teaching elder and moderator of Session, is an ex-officio member of every committee.

<u>Class of 2020</u>	Ivy Pillers Kim Nickander	Worship and Music Finance and Stewardship
<u>Class of 2021</u>	Ronda Marshall Dave Copeland	Mission Personnel
Class of 2022	Gene Kopecky Sue Chipman	Building and Grounds Christian Education
<u>Officers:</u>	Mary Meyer Mark Pillers Joanne Powell	Clerk (Non-voting) Financial Secretary Treasurer

## 2020 Nominating Committee

Jeanette Hallbeck, Peggy McCarty, Mary Alice Richardson, Bruce Felger, Dave Copeland

Membership (a sub committee of Christian Education) Chairperson: Amanda Ross

## Deacons

The Board of Deacons is responsible for ministering to all those who are in need, to the sick, to the friendless, and to all those who may be in distress. Deacons provide meals and transportation, among other requested needs. They maintain the Prayer Chain. Deacons are elected in classes of two and serve a three year term.

<u>Class of 2020</u>	<u>Class of 2021</u>	<u>Class of 2022</u>
Marcia Britain Ann Hesley	Jeanette Hallbeck Jennifer Hall	Kari Streff Ron Murray

## Staff

Choir Director	Meg Cain
Pianist	Glenna Muir
Bell Choir Director	Judy Kereakos
Custodian	Nancy Sanford
Office Manager	Stephanie Pasch

**Ministers to the world**

**Congregation Members**

## *A Promising Update*

The CPC Designated Pastor Nominating Committee has a promising update to share with members! First a bit of background:

Last summer the congregation of CPC formed a Designated Pastor Nominating Committee and tasked them to work with the Session and Presbytery to search for and hire a part time Designated Pastor. The hiring would be through a contract, or Terms of Call, and would be for a period of 2-4 years. This Committee consists of Mark Neville (Chair), Marcia Britain, Stacy Kopecky, Sue Chipman, and Dave Copeland.



The Committee has been at work, both with Session and with a Designated Pastor Task Force that the Twin Cities Presbytery established to be the first reviewers of applicants. About a month ago the Nominating Committee was informed that they had a promising applicant and planned to interview the individual. After the interview the Task Force informed the Nominating Committee that the interview went well and they recommend the Nominating Committee consider the individual. Since receiving this recommendation the Committee has interviewed the individual and followed up with conversations with references the individual provided.

The next step, as of the writing of this article, is for the Nominating Committee to present the individual's name to Session and ask the Session to approve entering into an employment agreement via a Terms of Call. If Session votes in favor, then the Terms of Call will need to be approved first by Session and then by the Presbytery's Committee on Ministry. So we see the real potential to have a Pastor in place to help lead our ministry into the future by the end of April!

As we continue to move this process along we ask for your prayers of wisdom and discernment of God's desire for the future of CPC. We will continue to be as transparent as we can while we work through this hiring process.

Blessings,

CPC Designated Pastor Nominating Committee

### **Today's Devotional Prayer from the Presbytery:**

**God of all Grace, we don't doubt that you are with us in the midst of this crisis, but we worry about --- what tomorrow will bring who will suffer how we will manage when this will be over, and we wonder if the next bend we're going around will lead to rapids or still water.**

**In your mercy, Dear Lord, swaddle us with your abiding presence and keep us from flailing. Rock us in your holy arms and calm us so we may breathe and believe that you are always here though we cannot gather in your name. Amen**

## IN TIMES SUCH AS THESE...

***“Perfect love casts out fear”***

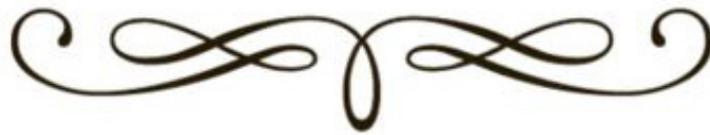
1 John 4:18

The world is quickly learning that there are two ways to approach the pandemic that encompasses all of us: love or fear. Fear leads to panic buying, possibly depriving our neighbor of something necessary. Fear leads to blame, thus further dividing an already fractured system. Fear leads to *anti-social* distancing.

Love leads to reaching beyond ourselves to anticipate our neighbors' needs, and to try meeting all needs together. Love leads to feeling with and feeling for one another. Love leads to patiently tolerating the family member who's getting on your last nerve as you adjust to occupying a home together 24/7. Love leads to spiritual convergence, heart connection.

If we have learned that viruses are no respecters of borders, then let us also remember that love is also contagious and knows no boundaries. In this time of unsettling news, let's lift up the good news as well, day by day: the delightful video of penguins touring the exhibits at Shedd Aquarium; the heroic health care workers on the front lines, sometimes risking dying alongside their patients; and the bus drivers from North Carolina to Washington state delivering daily meals to kids who don't have access to regular pick-up points. They are saying, in effect, "It's good to see you today! I've got your back!" Saying in their own way, "You are loved." I can't help but think CPC Charter Member Duane Olson would have been one of those bus drivers!

This Lent's quest was to seek a single peace. The need for one global partnership, living in peace and cooperation, has never been more clear or more urgent. The need for us to demonstrate that partnership can begin right here, at Community Presbyterian Church, reaching out with "open hearts and open minds."

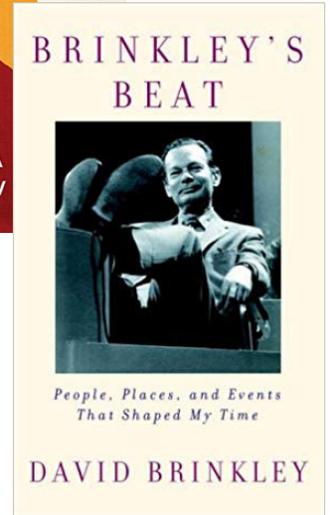
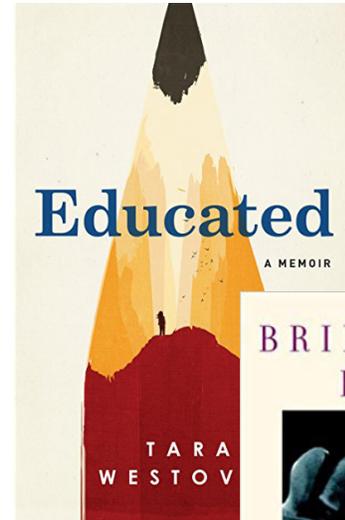


### **Staying Connected... while staying apart!**

These days, staying home has become an act of public love. We not only protect ourselves, we protect others. But isolation is a health risk, too. We need one another more than ever during these unusual times. People have been spending more time on the phone and the internet, keeping in touch with far-flung friends and family. Some of the CPC Presbyterian Women and others have reached out to each other as phone buddies, calling at a scheduled time to check in, share stories, concerns, or prayers. If you would like a CPC "phone buddy" for the duration of our isolation, call Stephanie in the office or Pastor Jan. Your phone buddy is waiting for you!



# BOOK DISCUSSION GROUP



As church will not be in session on the day we planned to discuss EDUCATED, I hope we can discuss that briefly before discussing BRINKLEY'S BEAT at our next meeting. Hopefully, we will be able to meet in May, date tbd.

Looking ahead, I believe we have asked each of you to give a suggestion of at least one book you would recommend for the group to consider, Or if you have none in mind at the moment, tell us a type of book you would like on the list: Mystery, Historical fiction, one set in another part of the world, inspirational, or some other type let Gwen or Marg know. Thanks.

## CELEBRATIONS

# BIRTHDAY WISHES

*Birthdays and Anniversaries can be found in the print edition of the newsletter. Pick up a copy at church!*



### A NOTE FROM MARGARET

*THERE WILL BE A 100th BIRTHDAY PARTY!*

*I do not plan to cancel it. I will need to postpone it until after the quarantine is lifted. I will try to let you know two weeks in advance. I will check with the office before setting another date.*

## AROUND THE COMMUNITY



### How You Can Help

#### Volunteer Needs:

Channel One needs additional volunteers to pack emergency food boxes and to help fill the gaps we are seeing as many of its current volunteers fall in the at-risk or vulnerable populations category. Channel One is looking towards the community members who are not considered high-risk to step up and volunteer during this time.

**Healthy low-risk individuals are encouraged to sign up for a shift (on the Channel One website) to help fill the gaps in its volunteer base.**

Channel One volunteers are crucial to maintaining its operations, and with many individuals practicing social distancing or self-quarantine, we need the extra hands to support this increased need.

#### Increased Demand:

Channel One is planning for an increase in the need for its food programs because of the growing Covid-19 pandemic. Those who experience food insecurity and poverty are likely to be the most affected by CDC recommendations of community-based interventions such as school closings, event cancellations, social distancing, and employee plans to work remotely. Many of the individuals Channel One serves do not have the luxury of working from home, may not get paid if they are not able to work, and cannot purchase an increased supply of food and personal care items. If schools close, then there will be 8,087 students in Olmsted county alone who qualify for free and reduced lunch that could be missing up to two meals a day. Not to mention the increased cost of daycare while schools are closed. These strains on families can lead to them having to make difficult choices between food and housing costs. This is where Channel One can help people facing these issues. Channel One can take a \$25 donation and turn it into 100 meals for individuals affected by the changes brought about from this growing pandemic.

**You can make a secure online donation on the Channel One website: <https://www.helpingfeedpeople.org/donate/>**

Channel One is discouraging food drives at this point as they involve increased contact with others. **The best way to help is to make a donation or volunteer.**

**Most importantly, please do not hesitate if you are experiencing some food insecurity. Whether you are faced with difficult times due to loss of shifts at work or closing daycares, Channel One is here for you. The process is easy and quick and you can shop immediately.**

Thank you for your support during this time. Together we can strengthen food access and build healthy communities.

### Why soap is always better

CDC and public health experts have said the most effective way to protect against the new coronavirus is to wash your hand thoroughly with soap and avoid touching your face. In the absence of soap, CDC recommends using hand sanitizer containing at least 60% alcohol.

But according to CDC, your first [choice](#) should always be soap. When you wash your hands with soap and water, you're not only washing the virus particles off your hands, you're also "annihilating the viruses, [and] rendering them harmless," Resnick writes.

Thordarson explained that chemists call soap "amphiphiles," which are molecules with a dual nature.

One end of the molecule is attracted to water and repelled by fats and proteins, while the other end of repels water but attracts fats and proteins. "When you buy a conventional soap, it consists of a mixture of these amphiphiles," Thordarson said.

The genetic makeup of coronaviruses, Resnick writes, consists of encoded RNA surrounded by a layer of fat and protein, making the viruses the "exact type of thing soap loves to annihilate."

Soap acts "almost like a crowbar" for the virus, Thordarson explained. One end of the soap molecule attracts to the virus's fat and protein outer layer and breaks it apart, allowing the virus to be washed away down the drain.

"You pull the virus apart, you make it soluble in water, and it disintegrates," Thordarson said.

But this process can take a while to happen, which is why people should wash their hands for at least 20 seconds. "You do need a bit of time for all the soap to interact back and forth with the virus particle," Thordarson said.

Hand sanitizer works in a similar way, but you need a very high concentration of alcohol to have the same outcome, according to Thordarson. This is why CDC recommends people use sanitizers with at least 60% alcohol, and only if soap and water are not available.

While convenient, sanitizer can also "fail in un-ideal situations," according to Resnick. "If your hands are wet or sweaty when you use the sanitizer, that can dilute it and diminish its effectiveness. Also, sanitizer doesn't clean your hands of sticky grease to which viruses can also adhere."

Soap, on the other hand, "doesn't really fail easily," Thordarson said.

Research also shows the type of soap isn't as important. "Soap—all sorts of it: liquid, solid, honeysuckle-scented," is always more effective than hand sanitizer, Resnick writes (Resnick, *Vox*, 3/11).

Source: [https://www.advisory.com/daily-briefing/2020/03/16/soap?WT.mc\\_id=Email|DailyBriefing+Headline|DBA|DB|2020Mar16|FinalDB2020Mar16|&elq\\_cid=345662&x\\_id=003C000001GLZs1IAH](https://www.advisory.com/daily-briefing/2020/03/16/soap?WT.mc_id=Email|DailyBriefing+Headline|DBA|DB|2020Mar16|FinalDB2020Mar16|&elq_cid=345662&x_id=003C000001GLZs1IAH)

Community Presbyterian Church  
3705 Fairway Place NW  
Rochester, MN 55901



Presbytery of the Twin Cities Area

March 14 at 3:08 PM · 🌐

In these chaotic and uncertain times, Sunday worship is one from which many of us, temporarily, must disconnect in person. That doesn't mean disconnecting fully. A number of congregations across this Presbytery will livestream their worship services on Sunday, March 15, either online or on Facebook (see links below). If you need a community with whom to worship online on Sunday, we invite you to join one of these.

NOTE: a few of these churches will still hold in-person worship services. All will stream their services at the following links:

First Presbyterian Church, Red Wing, 10:30am

First Presbyterian Church Red Wing, Minnesota of  
[firstpresbyterianredwing.com/live-stream/](https://www.firstpresbyterianredwing.com/live-stream/)

North Presbyterian Church, North Saint Paul, 9:00am  
North Church

First Presbyterian Church, Stillwater, 9:30am

<http://fpc-stillwater.org/live/>

First Presbyterian Church, White Bear Lake, 10:15am

<https://www.facebook.com/First-Presbyterian-Church-of-White-Bear-Lake-1422663284729019/>

Presbyterian Church of the Way, Shoreview, 9:00am

<https://www.youtube.com/channel/UCgd3b6zgj1jK1DNdOYJlg3g>

The House of Hope Presbyterian Church, Saint Paul, 10:00am

<https://www.hohchurch.org/.../live-streaming-house-hope-chur.../>

Spirit of Life Presbyterian Church, Apple Valley, 10:00am

<https://www.facebook.com/spiritoflifeav>

Westminster Presbyterian Church, Minneapolis, 10:30am & 5:00pm

<https://westminstertpls.churchoonline.org/>

Oak Grove Presbyterian Church, Bloomington, 10:45am

<https://www.facebook.com/OakGrovePresbyterian>

Valley Community Presbyterian Church, Golden Valley, 10:00am

(763) 220-1455 (audio only); [www.uberconference.com/valleychurch](http://www.uberconference.com/valleychurch)

Presbyterian Church of the Master, Coon Rapids, 10:00am

<https://www.facebook.com/PCOM.MN>

St. Luke Presbyterian Church, Minnetonka, 10:30am

<https://www.facebook.com/stlukemn/>

**A Few Online  
Worship  
Options**



**Due to COVID-19, Mayo Clinic has a high need for blood donors. Call 507-284-4475 to make an appointment!**

With your help, we'll fill the gaps together.

**SAVE SOMEBODY**

Are you the type to save a life? Give blood.

**Donation locations:**

- ① Hilton Building, First Floor
- ② Mayo Clinic Blood Donor Center at IBM (for IBM campus employees only)
- ③ Saint Marys Campus, Joseph Building Main Floor, Room M-86

**Normally, we worship at 9:30 each Sunday and have Sunday School at 10:45 each Sunday (September-May).**

**Due to the COVID-19 virus, worship and activities have been suspended at least through April.**

**To stay connected, CPC has a daily conference call. Contact the church office if you need help getting on that call.**