

Thoughts from the Heart

by Pastor Katie Hopper

A Spiritual Prayer Exercise Palms Down, Palms Up Prayer Exercise

This month I would like to teach my church family one of my favorite spiritual discipline prayers. We are going to do a prayer called palms down, palms up which is a guided imagery prayer. I will be your guide through this prayer, but it is you who will experience it. First I need you to take a relaxed state. I would ask you to get comfortable in your chair. Feet flat on the floor, arms comfortable in your lap or on the arms of the chair.

Now first I want you to clench your toes and hold them, add clenched ankles, add calves, add knees, add thighs, add hips and back, shoulders and neck, upper arms, wrists and fingers. Clench all of these as hard as you can and hold. Now slowly unclench just your fingers, then your wrists, your arms, your shoulders and neck, your back, your hips, your thighs, your calves, your ankles and finally your toes. Take a deep cleansing breath and release it. Melt into your chair in comfort. Be aware of your breathing...attune yourself to its natural rhythm...letting your breathing come more slowly and evenly. As you breathe in. . .imagine the Spirit of God coming into you...filling your lungs with spiritual energy...breath in that spirit, breath out any impurities, fears or negative feelings.

Now let your imagination suggest to you the figure of Jesus seated right in front of you, knee to knee. Look into his wonderful face. See the love in his eyes as he gazes at you. See him take his hands and open them palms up before you, you can still see the scars from the nails. Take your hands and place them palms down on top of his upturned hands. Feel His hands, their strength, their warmth. He is asking you to drop in his hands anything you need to get rid of. Past sins, worries, burdens. . .name them one by one in you heart as you drop them in his hands. He wants them! He want to take care of them. Give him your burdens.....

Now that you have dropped all your burdens in Jesus' loving hands, he wants to give you something. He slowly turns your hands palms up and places his strong, warm, healing hands over yours. He waits to pour into your hands whatever you ask him for. Do you need healing? Do you need forgiveness? Do you need strength for something that is in your life? Tell him what you need. Take it from his hands. Feel the power flow from his hand into yours. Feel it spread up your arms to your heart and your head and all the way down your legs to your toes. Lean your head forward and lean into him, let him hold you and love you as you finish telling him anything you need him to know. And then you can come back here as you end your prayer time. May this bless you this month as you practice this discipline of prayer.

Lovingly, Pastor Katie

Children's Ministry

by Betty McFarland



Sunday School Kick-Off Breakfast

September 8 at 9 am

Bring several favorite breakfast dishes to share with your church family. Mark your calendars! Our goal is to pack the Fellowship Hall. Any questions, call Betty McFarland at 762-5151 or 762-8109.

After the children have finished their breakfast, they can help with our project for the "Monticello Celebration" on September 21. If needed, the children will finish the project during Children's Church. I hope all the children and their families will be able to attend. If any of the children would like to be apart of the Monticello Celebration, please mark your calendar for the 21st from 10 am to 4 pm. Kairos will have a game for all the children to play at the celebration. We do need donations of books and stuffed toys for the prizes. Please bring the donations to the Kairos hall and leave them in the hall by the doors.

September 15 is our first day for the Sunday School classes starting at 9 am with music in the sanctuary with Jeff and Marilyn for 15 minutes. Then the children will go to their classes for about half an hour. The C.E. committee has decided to have a class for all 5th and 6th graders so don't miss out on the excitement. God loves each one of us and wants all of us to be in His house on Sundays.

See you on September 8th for breakfast!

Kairos School News

by Betty McFarland



Kairos School Calendar:

September 3 & 4 —First days of school

September 16 & 17—Hand washing lesson (Kairos Policy)

September 23 & 24—Disaster Awareness lesson

September 25 & 26—Picture day

The mission committee is asking for help. Kairos is a mission of the church and has been for 41 years. Kairos needs school supplies and money for scholarships. A list of needed supplies will be in the back of the sanctuary on Sunday mornings. Any questions, call Betty McFarland at 762-5151 or 762-8109.

The Clown Report (Jesters for Jesus)

by Butterfly (The Clown)

The Jesters have had plenty of R & R and now it is time to get down to business "Clown Business", that is! The troupe met on August 25th and got serious! (Can you believe that?!) A new clown show is shaping up and "T. J." is learning new "clown stuff".

The clowns enjoyed a "fun" event on Saturday, August 31st. We traveled "up north" to Deland where we joined the town in their annual fall festival and appeared in the parade. Many thanks to Bill Abbott for loaning us a truck! It allowed some of us to ride as we entertained the crowd.

A clown meeting is scheduled this month, so we may continue serving our Lord in our unique way.

High School Room and Upcoming Activities

Check out the new paint in the room that the high school youth will be using.

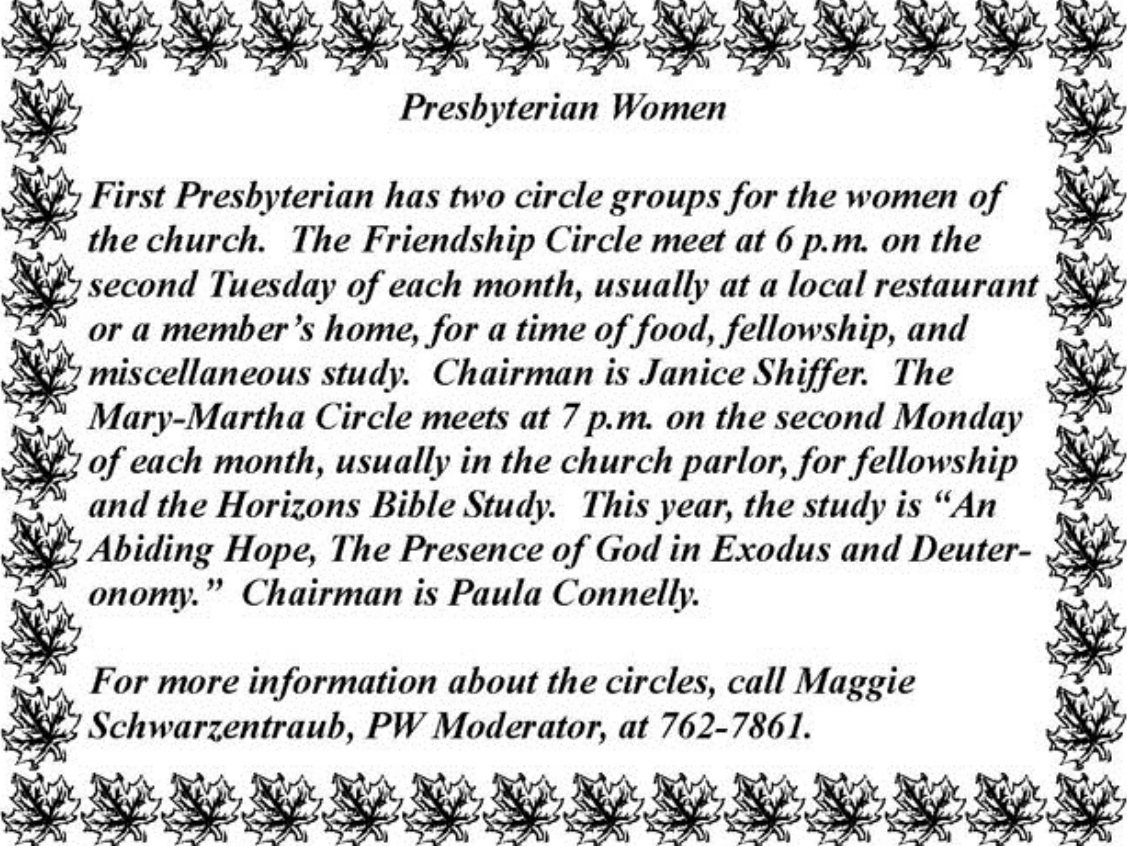
Plans are being made for the Presbyterian H.S. Youth to host a once-a-month Wednesday evening dinner and invite the youth from the Monticello United Methodist Church.
Starting date will be the first Wednesday of September.

Food, Bible Study/Devotions and games will be featured!!
Let's support our young people and encourage them by volunteering to prepare the meal once each quarter.



**Please Note
New Church E-Mail Address:**

montpres@frontier.com



Presbyterian Women

First Presbyterian has two circle groups for the women of the church. The Friendship Circle meet at 6 p.m. on the second Tuesday of each month, usually at a local restaurant or a member's home, for a time of food, fellowship, and miscellaneous study. Chairman is Janice Shiffer. The Mary-Martha Circle meets at 7 p.m. on the second Monday of each month, usually in the church parlor, for fellowship and the Horizons Bible Study. This year, the study is "An Abiding Hope, The Presence of God in Exodus and Deuteronomy." Chairman is Paula Connelly.

For more information about the circles, call Maggie Schwarzentraub, PW Moderator, at 762-7861.

Fall Schedule Resumes

- Secretary's Office Hours Monday thru Friday 9 am till noon
- Worship Committee will meet the 1st Wednesday of each month at 7 pm
- Mary-Martha Circle resumes the 2nd Monday of each month at 7 pm
- Friendship Circle resumes the 2nd Tuesday of each month at 6 pm
- Christian Ed Committee meets the 2nd Wednesday of each month at 7 pm
- Mission Committee meets the 2nd Thursday of each month at 7 pm
- Choir Practice resumes on September 11th at 6 pm