

PRESBYTS

Sterry Memorial Monthly Newsletter

Take the 7+7+7 Challenge with Pastor Nathan

By Pastor Nathan E. Lewis

The 21 in 21 Challenge is so “last month.”
It’s time to take the **7+7+7 CHALLENGE**.

7+7+7 = **21** = the minimum days in a row it takes to start a productive habit.

Hopefully we are off to a long-term habit of praying daily, since we’ve taken the 21 in 21 Challenge this month of January 2021. Now, in the month of February, we are adding to our daily prayers, the **7+7+7 Challenge**.

Let’s face it. If we desire a transforming “Before and After” story, then we need to keep at it!



February is the month of LOVE. At the center of the month is St. Valentines Day, February 14. The **7+7+7 Challenge** comes in three parts. You guessed it! 7 days in each part - 21 days to add a new and productive habit to our daily prayer habit. On the next page, I have supplied you with a daily exercise. Each is designed to make you a more loving person and encourage others, who receive loving expressions from you. If you skip a day, then go to the next day and continue for the 21 days. It is possible to make up the exercise you skipped, doing two exercises on the following day. But the best way to take the challenge is to do each exercise daily.

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Here's the Challenge:

- 2/1** Pray: "Loving, heavenly Father, show me how I can be an encouragement to others in this month of February 2021. Amen."
Write on a slip of paper and post somewhere you will see it daily the names of three individuals you assess could use a little encouragement.
- 2/2** Text or email an encouraging note to these three individuals.
- 2/3** Read John 13 and meditate on - *"By this everyone will know that you are my disciples, if you love one another."*
Snail mail a postcard or a card to sister or brother in Christ expressing your love and encouragement for her/him.
- 2/4** Call on your cell a family member and let them know how much you love him/her.
- 2/5** Read and memorize I John 4:7
"Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God."
- 2/6** Pray: "Most loving and gracious God, make me a channel of your love to others in tangible expressions so that they might know and feel your love today."
- 2/7** At the Annual Meeting and Luncheon at Sterry, tell someone face to face how much you appreciate and respect him/her. (And wear a mask to your Super Bowl Party - Now that's love in action!)



- 2/8** Pray: "Lord Jesus Christ, Head of the Church, may the Holy Spirit make each of us members throughout the world loving toward others, so that the heavenly Father's love might be visible and felt by all."
- 2/9** Send a note to someone you haven't seen for awhile because of the Pandemic and let them know you are praying for them, that you love them and hope to see them soon.
- 2/10** Go to the store and purchase 2 or 3 Valentines Cards, write a short personal note and mail them so that they arrive in time for St. Valentines Day 2021.
- 2/11** Read 2 Corinthians 13:14 - one of the Apostle Paul's Benedictions
"May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all."
Pray: "Father, Son and Holy Spirit, may your blessing fall on me so that I will be a blessing to others you have placed in my life. Amen."
Pause to feel God's love for you!

- 2/12** Write a list of 7 to 21 expressions of God's love you have received.
- 2/13** Pray: "Lord, may the prisoner, the poor, the orphan and the widow know of your love for them today. Amen."
- 2/14** St. Valentines Day - Celebrate God's love with those you love!



- 2/15** Read Philippians 2:1-4
Identify one individual, whose personal interests you have failed to put before your own personal interests. Ask God to reverse this trend and plot a way to express to yourself and the other person that you are placing his/her interest before your own.
- 2/16** Pay attention to the Missions Spotlights at Sterry, or in your own congregation, and commit to expressing love to our missionaries.
- 2/17 Ash Wednesday - First Day of Lent 2021**
Attend Sterry's Ash Wednesday Service at 6:30 p.m. (or another Ash Wednesday Service in your own congregation), receive the ashes upon your forehead, hearing the words, "Repent and believe the holy gospel." Express your gratefulness to God for his love expressed through the forgiveness of our sins.
- 2/18** Use the Lenten Devotional provided to you at Sterry for daily reflection (or one of your own choosing.)
Pray daily: "Loving and Most Forgiving God, Father, Son and Holy Spirit, rid my life of all sin and entanglements that prevent me from loving others. In the name of Jesus, I pray. Amen."
- 2/19** Identify someone, who could benefit from a small gift from you. Make or purchase the gift and deliver it. Deliver it anonymously - for the fun of it!
- 2/20** Pray: "O Lord. A daily habit of loving others requires more energy than I thought! Please help me to persevere in loving others. Help me to express more and more the self-sacrificial love of Jesus to others, not only in this month, but for the entire year. In the name of Jesus, who love us and gave his life for us. Amen."
- 2/21 Birthday of a New Habit!**
Treat yourself! Celebrate your new habit with the potential of much growth, sustained for a year - for a lifetime! Delight in the Holy Spirit's work in your life, to make you a channel of God's love to others. Over a decadent coffee drink, or a lunch with a friend, or in a quiet moment to yourself, plot your next expression of love to someone else. Make a list of what you will do next.

The 7+7+7 Challenge Keeps on Giving!

(You know, that in March, another challenge is coming! If you took the 21 in 21 Challenge in January, then it's like you lost 5 pounds. If you have taken the 7+7+7 Challenge, then it's like you shed another 10 pounds. In March, you'll be lucky to shed another 2 pounds! But it's worth it. Less of you and more of Jesus Christ! As the prophet John said, "*Jesus must increase and I must decrease.*") *Pastor Nathan*

Music Insights – Singing a New Song in 2021—Frances Jefferies

by Mary Lou Koto

“Seek for your Father’s Kingdom...be dressed in readiness and keep your lamps lit.” --Jesus

“...be steadfast, immoveable, always abounding in the work of the Lord”. --Paul

Here we are in this new year desiring to sing anew. It is truly up to us as God’s children to sing the songs of deliverance! The Truth about Love is our Song! We are ready to sing the truth about the Lord in newness; to sing anew with love, faith and belief in what we sing! Singing the truth surely keeps the oil levels full in our lamps. Singing also encourages our hearts to be steadfast and abounding in the Lord’s work.

This will take musicians. Musicians who are willing to give the gift of music to the church. Generations and generations of this kind of musician are needed! How does a church musician come to be? How do they keep their lamps lit and function in steadfastness always abounding in the work of the Lord? I have been exploring this and plan to report the stories of our Sterry musicians in this Presbyts and the ones to follow. First is the story of Frances Jefferies.

What does a parent do when the oldest child they bought the piano for is more interested in athletics? Thank goodness Frances Jefferies’ parents noticed that Frances, the younger sister, was very interested in that piano and arranged for her to have lessons. The lessons took place in Parma and involved traveling from the farm in Arena Valley. This was a big investment in time and gas for her dad which has given all of us at Sterry Memorial Church many hours of inspirational oil for our lamps! Sacrifice can have many different faces. We are grateful for the sacrifice Frances’ parents made.

It is also important to notice the key element: Frances had a strong desire to play. She told me, “I really enjoyed the piano! I just wanted to get some music out of it!” Even though she preferred popular sheet music to the classical music her teacher gave her to practice, she stuck with the lessons. She remembers the teacher’s grand piano taking up half of the living

room in her home by Parma’s post office. She says, “Miss Peterson taught, really taught!”

It takes a good teacher and a good, willing student to produce the kind of musician Frances is. She has played for Sunday services and special occasions. She has also sung in groups and accompanied choirs. Her abilities are strong and pleasant to hear. Personally, I have enjoyed playing organ & piano duets with her. I have played music with many musicians and certainly was impressed by the solid capabilities and artistic leanings of “our” Frances.

Is there a budding musician in your family? Do you know a fully capable musician who would add their “oil” to our lamps at Sterry Church? Encouragement with an invitation is always needed. Music in 2021 includes inviting guest musicians to share their music on Wednesday nights. The invitation is open. The welcome mat is out. Come, sing the songs of the Lord!

We are so thankful for our steadfast – immoveable musicians who are gifted and dedicated to lead us in song. Please pray for these servants who genuinely care about musical worship:

Mick & Peg Sharkey, Jim & Karen Sample, Mike & Mary Lou Koto, Fred & Jeannie Schultz, Hanna & Judith Mosier, Jay Stark, and Bobby Hopkins.

The Year 2021 is an opportunity to keep our lamps lit and to abound in the Lord’s work!

Singing the Truth,
Mary Lou Koto, Music Coordinator



Frances Jefferies

ADULT ED

by Elaine Oostra

My name is Elaine Oostra and I am the new Adult Ed Elder. I am getting my team together as I'm learning my responsibilities.

Here are some of those who will be on my Team and what they are (will be) involved in.

I ask each one to share with me what they are doing and what they hope to do.

Jeff Baroli will continue with the Men's Breakfast Bible Study Group soon. **Chris Maddocks** will come along side with Jeff in Men's Ministry! Welcome aboard Chris! He is also interested in possibly starting a boys Bible study.

A word from Jeff: Men's Morning Bible study

As many of you know we have a Wednesday morning (0630) men's bible study, we have been on virus vacation for a few months now. We have a number of older participants and we decided that we should use some caution. We are hoping to start back up in February. We will survey our group and see if everyone is feeling ok with starting the meeting back up. We will announce the starting date in the Sunday announcements. Five local churches participate so it makes for great discussion. We will begin our new study Knowing and Doing the Will of God and it will be led by Skip Smyser and Jeff Baroli. Hope to see you there.

Karin Delagarza is excited about giving monthly encouragements for the Bible Study she attends with Kathryn Zais as leader of Tuesday morning.

A word from Karen: Hello Church Family,

Have you ever attended one of the wonderful Bible studies we have going at Sterry? If not you are missing out my brothers and sisters, where else can you learn about God's Word, get to know your church family, have a nice cup of coffee or tea and the New Song littles come in and sing for you a few times a year!!

Our Kathryn Zais has been leading this study since 2006, she dives deep into the Word and prepares it for us every single week. She uses the talent God gave her to teach the rest of us so we can learn about those who have gone before us but we know we shall see them one day.

Come join us every Tuesday from 10-1130 am, you will be very happy you did.

In His Grace,
Karen Delagarza

Glenna Bizeau has said yes to being in charge of the library along with **Becky Obendorf** and **Tammy Harder**. They will make a great team! We got together January 14 for lunch to discuss the needs for the library. Glenna and her team will inform Sterry of new books on the shelves in the Pres Bits each month and how to check in and check out books.

A word from Glenna: I had no idea how to check out a book. There may be others as well. My team and I are eager to see how we can help the library function.

Rachel Nichols leads the Bible Study for preschool moms on Tuesday.

I am be talking with some woman to head Woman's Ministry with a team of woman beside her. This will involve Bible Studies, Retreats and the Woman's Advent Service.

Blessings,

Elaine Oostra

The students, grades 7 to 12 at Parma, voluntarily take this noncredit class; they tell us because they want to know God more and strengthen their faith in Him. They see and hear what is happening in our world. And this is why we teach to prepare this generation to be strong and planted in Christ. We had our largest class this year (because of COVID-19?) of 17 students. The High school class is every day 1st and 2nd periods of their school day. Taught by Eileen Laca, Jess Eddy, Elaine Oostra, Larry Wynia and Rick Rhodes. Middle school meets for 40 minutes on Tuesdays. Students are hungry! We have 12 middle school students lead by Jody Maddock.

We have moved our location 4 times and have always been in someone's home. We have been praying for our own permanent building. Jim Freeman, who let us use a room in his home for the last eight years, has passed away. It was his desire for us to have our building. His family is honoring Jim's passion. We now have the deed to a half-acre of his property, right across the school! Dream location!

But we have a lot to do to prepare and funds to raise and find volunteers to help. People are stepping up! The teens are excited to see what God is going to do.

What has happened to this date:

R&M, a local Steel building company, has donating material to build our building! A HUGE answer to prayer! We had to cover the building and foundation plan's cost, and installation. God has provided land and material to build. God, working through people, is supplies us with dirt, but we needed trucks, God supplied, and are now hauling the dirt. An electrician saw our project on Facebook and ask to help. A plumber is offering his help, and Contractor and our own Paul Bizeau as Engineer. Ken Oostra has been helping in many different ways. (Like helping his wife with this project with his contracting skills! Thank you!) We pray and God hears! WE are learning to trust God even more.

We got our approval from Parma City Hall Planning and Zoning to move forward with our building project. City Hall board is excited about what we are doing. Next is getting the building permit.

Eileen Laca found a videographer to help us make a Video for Parma Launch. This can be used to show others who we are and what we are doing. You can look it up : Facebook [Parma LaunchPad Building Project | Facebook](#) Or YouTube – in YouTube search bar - Elaine Oostra Parma LaunchPad

Donations have been coming in and are covering the expenses we have had so far. We know God will keep providing for each cost. Contributions have been from \$5 to \$5000 each appreciated! We have \$40,000.00 so far. \$12,000.00 of the amount was returned to Lp from the money donated to renovate our class room in the Freedom home.

We want to thank Sterry for the wonderful financial and prayer support we received from them and more than once!

If you are interested in donating (tax-deductible), mail checks (In memo write, Parma building project) to Parma Launchpad

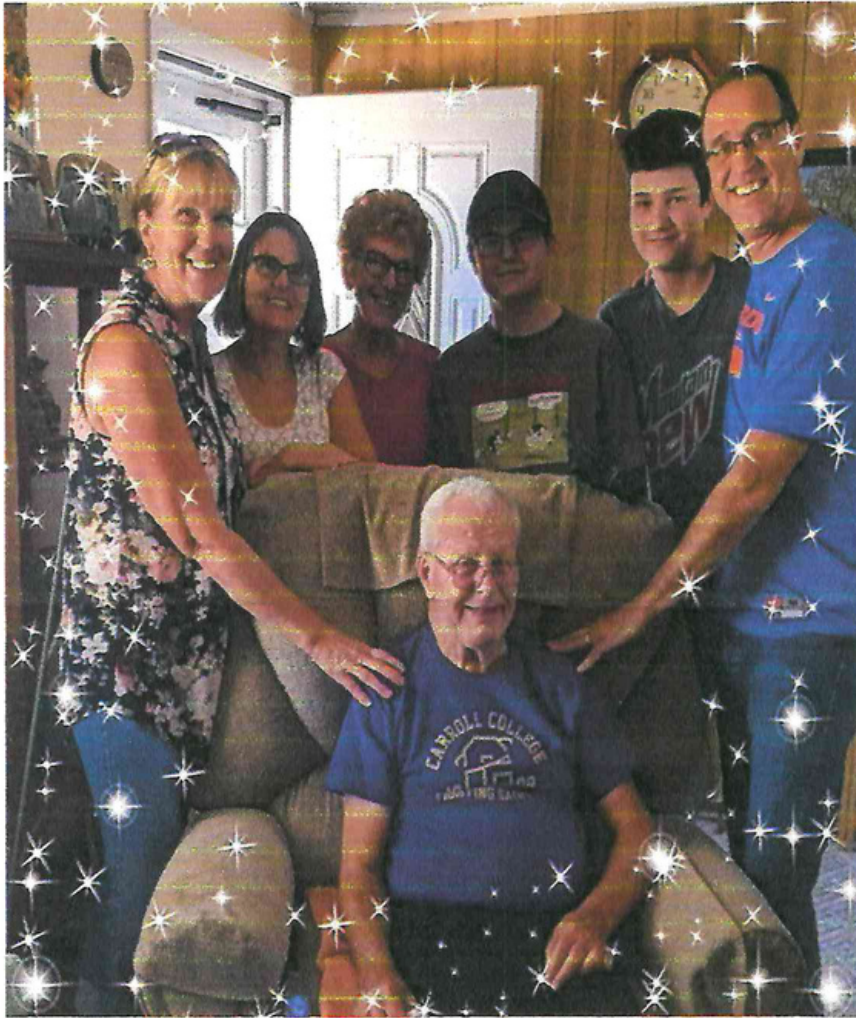
PO Box 55
Parma, Idaho 83660.

This project is a huge undertaking and feels overwhelming at time. Please pray for all of us and for God to show us each step and to get the different permits needed in time.

Thank You!

Lead Teacher Parma Launch Pad,
Elaine Oostra

LAUNCH PAD



January 21, 2021

To Sterry Memorial Church:

Thank you for your generous contribution to the Parma Launch Pad Building fund. We have now raised enough money to start the project and to fulfill Jim and Eva Freeman's dream for Parma Launch Pad.

It was Jim and Eva who donated the land on which to build a classroom facility to hold daily release time biblical studies classes. For the last eleven years these classes were held in private homes— 9 ½ of those years in the Freeman's home. Before Jim passed away, he foresaw the need for us to have our own facility. He then promised us a half-acre of his land located right across from the middle school.

We were overwhelmed, both by his generosity and by the enormity of the task of putting a building on this choice piece of property.

We let our needs be known and were overwhelmed by the generosity of so many— not only in the community but outside of it— who have donated money and /or offered professional services to help get this project done right. So, thank you!

Without your help this would not be possible.

To learn more about Launch Pad and hear what the kids say about it, watch our short video on YouTube—put

Parma Launch Pad into *search* and enjoy. As anyone who has embarked on a project of this nature knows, unforeseen

cost arises. We have found the cost of just excavating the land to prepare it for the foundation is double what we estimated.

Your tax-deductible gift will be very much appreciated. The envelope included is for your convenience in mailing a donation.

May God richly bless you for your generosity.

Sincerely, The Parma Launch Pad Teachers and Advisory Board,

Teacher and Board Chairman



14 December 2020

Dear Sterry Memorial Presbyterian Church,

Trying times reveal the Spirit-filled people who can see the good that can be done and lean in. You are one of those people! The Kingdom of God *is* among us, and we see God at work. With people like you on the team who desire to share Jesus and a faithful God who welcomes people into his kingdom, the best is yet to come!

We have 3 specific asks for you at the close of 2020:

1. Continue to pray for us every Thursday at 10:10.
2. If you have not fulfilled your pledged support, please do so.
3. Our spending is 25% below budget, however our projected congregational offerings for the upcoming year are projected at 40% of our pre-CoVid estimates (from a congregation of 50 rather than the estimated 150). That leaves us \$20,000 short for our 2021 budget. We know circumstances have changed for everyone. If you're able, please prayerfully help with this short-fall.

We know many in our families, social circles, and neighborhoods are losing something in this season: relationships, finances, college plans, celebrations, health, loss of life itself and even the ability to grieve those losses in meaningful ways. We pray that through your support, Chapel Hill Port Orchard has been a key for many to find hope in the midst of the unknown. Here are some ways we have seen God work through your giving:

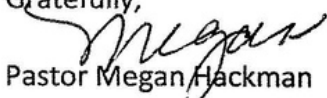
- 5 young adults completed a ministry semester where they engaged in community, purpose, job experience, and faith-building mentorships and discussions.
- A grandma witnessed one of her grandchildren telling another grandchild, their cousin, the story of who Jesus is for the first time.
- Members partnered with Coffee Oasis to provide a weekly meal for homeless teens.
- Our young adults contributed to the production of 70+ videos which people watched 4,800 times for a total viewing time of 583 hours on the YouTube platform. Our Facebook videos have been viewed even more times in 50 nations. We received many comments, even from people we have never met, like this one, "Thank you for sharing your hopeful message."

We pivoted in 2020 from our planned meeting in South Kitsap High School to leading services in parks, recording in church lobbies, meeting as home churches in our backyards, and finally moving into the Family Worship Center! We pioneered online and helped other churches with that transition. Like you, so much pivoting! And we hope, much good.

We launched weekly services every Tuesday from November until Easter, with a full Sunday morning launch starting Easter 2021. This Christmas we will celebrate a traditional Christmas Eve service on December 22, followed by a Blue Christmas service to offer the hope of Jesus to those who are hurting on the 29th.

We are just at the start! Thank you for seeing South Kitsap with the eyes of Jesus.

Gratefully,


Pastor Megan Hackman

I hope there's an extra measure of joy in your gathering this year!

DEACONS

by Danette Pool

The Deacons have been busy the past few months seeing to the needs of Sterry's congregation members through prayers, visits, cards, gifts and meals. It is the ministry of Sterry deacons to encourage congregation and community members, to help with meals, communion and give donations to different charitable organizations. Their desire is to be the hands and feet of Jesus and help those in need. This year's Board of Deacon members include Judy Barnes, Paul Bizeau, Ginger Breshears, Vicki Case, Karen DelaGarza, Paul Epperson, Jan Kirtley, Danette Pool and Kristy Sterling. Kristy Sterling serves as the moderator.

The Deacons meet the first Monday of every month at 9 a.m. in the Board Room of Sterry Memorial Church. Monthly business is attended to, along with a time of devotions, fellowship and prayer. Each of the deacons has an important role in encouraging the Sterry body of believers and Parma community members. Deacon Vicki Case is in charge of the card ministry and she sent 18 cards out in the month of January to encourage people who lost a loved one, were sick, recovering from a surgery, or just needed a kind word of hope.

Deacons Jan Kirtley and Judy Barnes stay busy visiting and calling people who may be homebound or are unable to attend church. Dozens of people received these encouraging visits or phone calls in January and February. Kristy Sterling is always seeing to the needs of many people, sending cards, gifts or organizing meals as the Deacon's moderator. These are just some of the examples of how the deacons serve. All of the deacons play important roles that will be highlighted in the coming months of the Presbyt articles.

Pastor Nathan Lewis gifted each of the Deacons with the book "Compassion with Redemptive Power" by Lois Tupy. We have been reading and discussing it. This book explores how to offer redemptive love in an effort to redeem or restore people to the fullness of life they may have lost through circumstances or difficulties. It is a great book!

If you know of someone that has a need that can be met through the Deacon's ministry, please contact one of our deacon members. Thank you.

In Christ's Love,
Danette Pool, Recording Secretary for the Deacons

MEN'S PRAYER BREAKFAST

will start meeting on

**WEDNESDAY,
FEBRUARY 3RD AT
6:30AM**

in the Sterry Gymnasium



STERRY

YOUTH GROUP

is seeking snack donations for 25 kids on Wednesday evenings! The snacks can be homemade or store bought. If you are interested in providing snacks for the youth group, please contact Holly Kaiser or drop them by the Sterry Kitchen.