

Macland Press

A Publication of Macland Presbyterian Church



October 2016

October 30
11:30-Congregational
Meeting

October 31
Preschool Halloween
Carnival

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Dear Macland,

Last night, I watched The Presidential Debate and the spin that followed. As the commentators considered who had won, I felt like I had lost. I came into our Tuesday morning Bible Study feeling far from spiritual. Even though we were discussing on *The Psychology of Jesus*, I felt like I needed some deep psychological therapy of my own. Our Tuesday group helped walk me, not through the previous night's debate but my own reactions to it. They parted the dark cloud over my head, and I was able to compare my feeling to a common experience I have as pastor. For me, The Debate had the emotional impact of what I feel after spending an hour and a half listening to a couple engaged in a bitter, angry, divisive divorce. The language, posturing, and accusations disguised as discourse during the debate, sounded to me, very similar to a divorcing couple or even business partners going different ways and diagnosing how they got there.

For your practical consideration, I want to bring in the work of Dr. John Gottman, scientist and therapist, who offers a practical guide to listening to language which he calls looking out for "The Four Horsemen of the Apocalypse." Gottman chose this striking image of The Four Horsemen because, like in the book of *Revelation*, one follows right after the other. The language he uses is about the destructive path in a marriage relationship, but, like last night's debate, The Four Horsemen riding in the relationship of any two people, whether spouses or political opposition, look very similar. The Debates provide a wonderful learning opportunity as, if you can see them in our political candidates that live them in neon, then hopefully you'll be able to recognize them in your personal life before they do too much damage. Here are The Four Horsemen of *Criticism*, *Contempt*, *Defensiveness*, and *Stonewalling* as described by Gottman:

Horseman 1: Criticism. We always have frustrations with people with live and work. However, there is a significant difference in how we address our frustrations when expressed as a personal criticism rather than a specific complaint. A complaint is particular and a criticism is broader and passes judgement on the other person's character or personality using the action as evidence or the conclusion drawn.

For example, "I'm really angry that you didn't sweep the kitchen floor last night. We agreed that we'd take turns doing it," is a complaint and addresses a specific behavior. "Why are you so forgetful? I hate having to always sweep the kitchen floor when it's your turn. You just don't care," is a criticism. Criticism throws in blame and general character assassination. To turn a complaint into a criticism simply shift from what you want to what's wrong with the person you share the issue. Here is another example of the difference between the two:

Complaint: "There's no gas in the car. You said you would fill it up. Will you take care of it?"

Criticism: "Why can't you ever remember anything? I told you a thousand times to fill up the tank, and you didn't."

Criticism, focusing on the character of the person, the past as well as the present, and not addressing specific wants and needs, is a common bad habit in relationships. The problem with criticism is that when it becomes pervasive, it paves the way for the other, far deadlier horsemen.

Horseman 2: Contempt. Sarcasm and cynicism are types of contempt. So are name-calling, eye-rolling, sneering, mockery, and hostile humor. In whatever form, contempt — the worst of the four horsemen — is poisonous to a relationship because it conveys disgust. It's virtually impossible to resolve a problem when your partner is getting the message you're disgusted with him or her. Inevitably, contempt leads to more conflict rather than to reconciliation.

The presence of contempt and perceived contempt in a relationship can manifest itself in physical symptoms. Couples who are contemptuous of each other are more likely to suffer from infectious illnesses (colds, flu, and so on) than other people. Contempt is fueled by long-simmering negative thoughts about the other. You're more likely to have such thoughts if your differences are not resolved. As disagreeing persists, complaints turn into global criticisms, which produces more and more disgusted feelings and thoughts, and finally you are fed up with your spouse, a change that will affect what you say when you argue.

Horseman 3: Defensiveness. When conversations become so negative, critical, and attacking, it should come as no surprise that you will defend yourself. Although this is understandable, research shows that this approach rarely has the desired effect. The attacking spouse does not back down or apologize. This is because defensiveness is really a way of blaming your partner. You're saying, in effect, "The problem isn't *me*, it's *you*." Defensiveness just escalates the conflict, which is why it's so deadly.

Criticism, Contempt, and Defensiveness don't always gallop into a home in strict order. They function more like a relay match — handing the baton off to each other over and over again. The more defensive one becomes, the more the other attacks in response. Nothing gets resolved, thanks to the prevalence of criticism, contempt, and defensiveness. Much of these exchanges are communicated subtly (and not so subtly) through body language and sounds.

Horseman 4: Stonewalling. In relationships where criticism and contempt lead to defensiveness, which leads to more contempt and more defensiveness, eventually one partner tunes out. So enters the fourth horseman.

Think of the husband who comes home from work, gets met with a barrage of criticism from his wife, and hides behind the newspaper. The less responsive he is, the more she yells. Eventually he gets up and leaves the room. Rather than confronting his wife, he disengages. By turning away from her, he is avoiding a fight, but he is also avoiding his marriage. He has become a stonewaller.

During a typical conversation between two people, the listener gives all kinds of cues to the speaker that he's paying attention. He may use eye contact, nod his head, say something like "Yeah" or "Uh-huh." A stonewaller doesn't give you this sort of casual feedback. He tends to look away or down without uttering a sound. He sits like an impassive stone wall. The stonewaller acts as though he couldn't care less about what you're saying, if he or she hears it.

Stonewalling usually arrives later in the course of relationships than the other three horsemen. It takes time for the negativity created by the first three horsemen to become overwhelming enough that stonewalling becomes an understandable "out."

The great concern we shared this morning at our Bible Study from the political discourse is the level of the negative. Gottman's four horsemen help me sort through the national lack of discourse, but also how we got here in our level of relationships, personal, political, and beyond. We didn't learn this language from our politicians, they learned it from us, parents and pastors alike. Our way has not been Christ's way no matter what our denomination of it. Jesus understood himself as *Beloved* of God and taught his followers to consider all as *neighbors*, lives intertwined with our own, interdependent on one another. As disciples of Christ, let's begin with Jesus' way in the world. During the debates ahead, on tv, at church, or wherever you travel, see if you can identify the horsemen running amuck. Then, in your personal life, treat others with radical respect even if they're actions and values are clearly destructive to you. Before we speak, let's judge others as we judge ourselves, and do our best to love others as we love ourselves. God's promised land nor any city on a hill will be found by riding the backs of the four horsemen. Let's leave the horsemen behind and walk Jesus' walk as well as talk Jesus' talk.

JOY!

David

Reaching, Raising Relieving
Making a Difference One Child, One Person at a Time



The Extension
What Is It and Why
Does Macland Support It?
By Carol Reed

This in-house drug treatment program was opened in 1989 and Macland Presbyterian Church (MPC) has supported it from the beginning. From their web site at www.theextension.org comes this introduction:

“The right chance can transform lives. Another chance is what we offer at The Extension – a licensed residential recovery program serving homeless men and women of Cobb County who suffer from alcohol and other addictions.

In addition to substance abuse counseling we provide residents with educational opportunities and life skills training. After more than 25 years of service in the Cobb community, we have built strong relationships with local businesses and organizations, relationships we draw on to place residents in jobs within weeks of their arrival.

When they have completed our program, residents eagerly give back to The Extension both financially and by serving as mentors and friends to newer residents. Above all, our alumni give back by demonstrating through their own lives that it is possible for former addicts to live healthy productive lives.”

At this time MPC is supporting The Extension by providing a meal for 60 at the men’s campus first Sunday of each month. For years there was no program for women who were addicted. Then in 2010 the women’s campus opened and MPC has been providing meals and teachers for Life Skills Classes since.

If you would like to become involved please contact our ambassador for the men: John Polacheck at (404) 643-2630 or see the schedule sign-up sheet on the hallway mission bulletin board. We depend on all Sunday school classes and small groups here at MPC to provide these meals.

To serve a meal to the 20 women, contact MPC’s ambassador Carol Reed at reed4512@bellsouth.net or (770) 439-1502. We serve every 4th Saturday night.

Our Partner in Education

October 3rd thru the 24th, **Compton Elementary School** will hold a **canned food drive** benefiting The Calvary Children's Home. All donations will be delivered for the Thanksgiving Holiday. If you wish to donate to this effort, please place your contribution in the box under the school table in the Narthex. The mission at Calvary is to provide a safe, loving, Christian environment for children needing placement apart from their families, where each child is given the opportunity to reach their full potential in their personal, emotional and spiritual life. They are located at 1430 Lost Mountain Road, Powder Springs, GA. 30127



Day of Hope

October 27th, the school will hold its annual **Building Hope Day** from 9 - 11 a.m. It is a time to share with the children in their classrooms. You are asked to read a provided book (or one you bring from home) and if you like share your personal skills and accomplishments. All are welcome to share in this "Career Day" setting; pastors, professionals, our dedicated police, fire, EMTs, musicians, the baker, the chef. Contact Sharon Dold (404-219-4186), Freida St. Germain (770-861-0807), or Compton (PIE) coordinator Melissa Holyfield (770-222-3700) to volunteer, mentor, etc.

What's Up Macland?



Macland Presbyterian Preschool

We have some really cool events coming up!!

On October 27th Farmer Darlene will be here with her farm animals. If you would like to join us please do! She will be in the front of the church around 9:30. The cost is \$5 per child.

On Monday October 31st we will be having our annual Halloween Carnival in the Gym from 10-12pm. Please join us if you would like to have some Halloween fun!!

November 15th is our Thanksgiving Feast!! Feel free to email me to let me know you would like to join us in fellowship and a fabulous Thanksgiving meal!!

We are FULL in our Three year class!!! We still have a few spaces in the toddlers, twos and fours. Help spread the word about our school and church!!

**Need sheets?? All sizes all colors \$35 a set.
Help raise \$\$ for new flooring!! Email for further info and to place an order.**

For more info regarding the school or any of our events please email preschool@macland.org

Childhood Cancer Awareness

We can all help in the fight against childhood cancer! MPC member Jason Pierce is working hard to represent his football team, school, church, and community by kicking extra points and field goals this season for the Hillgrove Football Team and also working to help increase awareness about childhood cancers. Did you know that cancer kills more children than any other disease? The NIH allocates less than 4% to funding childhood cancer research. The Kick-It Program solely focuses on childhood cancer research and works exclusively with pediatric doctors, oncologists, and specialists.

If you would like to learn more --- or make a one-time donation to support this effort, please go to www.Kick-It.org; and then scroll down to the Event/Individual Box and type in "Jason Pierce" to find the fund raising page.

Thank you for your support!

Kick-It , a program of Flashes of Hope, is a 501(c)3 non-profit organization and all donations are tax deductible.



Mission Team New Meeting Date and Time

Please mark the change and join us each 2nd Monday of the month at 4:30 p.m. in the copy room. It's a great time of sharing and planning the mission efforts at MPC. So join us and "Make a Difference and Change a Life".

Session News and Notes September 2016



The Session met on September 19, 2016 in the copy room.

Pastor's Report

Reverend Jones expressed his thanks for the installation ceremony and overwhelming support he has received since arriving at Macland. He looks forward to fulfilling our mission.

Clerk's Report

Please join the Session in celebrating the birth of Lauren Rhinesmith's baby on October 19 at the family night supper. Who is Lauren you ask? She is the unsung hero of the office. She makes sure the bulletins are ready, the bills are paid, and your contributions are recorded. She works quietly behind the scenes to make your church run smoothly. We invite you to show your appreciation with a note, a gift card or just a thank you. The celebration will begin at 6:30 and continue through the dinner hour.

A report was received from the commissioner's to the last Presbytery meeting. If you are interested in the details, a report is posted on the Cherokee Presbytery website.

Committee Reports

Finance

2016	August	vs Last Year				vs Budget		
		YTD	LYTD	Delta	% Change	YTD Budget	Delta	% Change
Income		\$261,679	\$234,974	\$26,704	11%	\$248,445	\$13,233	5%
Expenses		\$262,667	\$252,767	\$9,901	4%	\$250,271	\$12,396	5%
Net Income		(\$989)	(\$17,792)	\$16,803	-94%	(\$3,992)	\$3,003	-75%
Income less BF		\$243,510	\$234,974	\$8,535	3.6%	\$248,445	(\$4,936)	-2%
Expenses		\$262,667	\$252,767	\$9,901	4%	\$250,271	\$12,396	5%
Net Income after BF		(\$19,157)	(\$17,792)	(\$1,365)	8%	(\$1,826)	(\$17,331)	949%

- YTD we are approximately \$16.8K ahead of last year and \$3K ahead of budget with four months to go in year. If we exclude Bequest Funds (BF) Income, we are approximately \$1.3K behind last year and \$17K vs the Budget. Expenses include Bequest Fund expenses such as capital projects (gutters, AV equipment) and SI funded salary expenses.

Stewardship

- Letters and Pledge cards will be sent first week in October. Lauren will also make sure that YTD Pledge updates will be mailed that week. Automatic drafts and online giving will also be recommended to the church by the team during Stewardship season. Online giving QR codes will be printed on the pledge cards as well.

Personnel

- The upcoming staffing concerns were discussed, particularly how they will impact Stewardship and daily financial operations during November. Since the Administrator will be on leave during this time, it was determined by the group that the Finance Chair should help collect this information since it is a critical piece of information for the upcoming 2017 Budget. It was also determined that Gayle Kuykendall will cover the office on Mondays in order to record contributions and make the weekly deposits.

Worship

- The advent devotionals will be on line this year. Reverend Jones will set up to send an email out daily with the devotional for that day. We will not do a book this year.
- We will decorate on November 20 after the worship service for Christmas. Advent 1st The first Sunday in Advent is November 27.
- Christmas Program will be Sunday evening on December 11 at 7:00 pm. We will have a Cookie Reception that Penny Estes will coordinate.
- Plans are being made to have a cookie reception after worship once a month. Penny Estes and Janet Robison are the coordinators.

Building and Grounds

- 2 AEDs have been ordered and Wellstar will provide the training. More information to follow.
- Bid has been requested to add a sidewalk on the south end of the FLC to connect the upper and lower parking areas. This will also reroute the gutter water to a single point at the bottom of the hill.
- New thermostats are being evaluated now. The plan is to replace all thermostats so that we have just one type and they can be programmed and used to better control the operating costs.
- Bids are being reviewed to have the parking lot sealed and repainted.
- Scouts have contacted us to complete a project near the entrance to the FLC. A meeting is being set up with the unit representative.
- Researching the potential for automated paper towel dispensers for paper product cost savings.

Mission

- Mission Ambassadors provided status reports on the various projects and at MPC. Highlights:

Compton Elementary

- Day of Hope - Volunteers are invited to come and share time with the students in a variety of ways, reading, sharing stories in a 'Career Day' setting, etc.
- Christmas Dinner – This annual event on Dec. 8th the staff will prepare and serve a spaghetti dinner to all families. MPC has donated \$500 for food and will have a team of volunteers on-hand to help.

Sweetwater Mission

- 2017 Chicken Run will be held on March 25, 2017
- MPC will not have the Angel Tree this year since Sweetwater is opting out of a toy program and instead will have a winter coat distribution. The Mission Team will be meeting Oct. 20th to review/plan other activities during the season.

The Extension

- A brief update was given on the support MPC provides at both the women's and men's facilities.

Fellowship and Evangelism

- Potluck luncheon will be held on November 6, 2016.
- The Committee is still developing plans for more community exposure. A "Macland store" is still being discussed.
- Members are encouraged to seek out visitors and greet them warmly.
- Macland has the opportunity to support Hillgrove Hs by working the concession stand on October 28, 2016. If you are interested, please contact Doug Michalke,

Session Actions

- **Approved allowing the Finance Chair to review pledge cards for 2016 Stewardship season for the purpose of building the 2017 Budget while the church administrator is out on leave.**
- **Approved a Congregational meeting for October 30, 2016 or as a backup date November 13, 2016 for the purpose of approving the slate of officers as presented by the nominating committee**

Calendar of events

- September 21-Wednesday night potluck
- Sept-24-Women's extension
- September 28- Wednesday night activities-fall break
- October 2-Men's Extension
- October 22-Women's extension
- October 24- Stated Session meeting
- October 30-Congregational meeting
- November 6-Men's Extension
- November 6-Stewardship Sunday/ Pot luck lunch
- November 13- Alternate date for Congregational meeting
- November 15-Presbytery meeting-10:00 a.m. Acworth Presbyterian
- November 18-Lock in for youth
- November 20- Decorate sanctuary for Christmas
- November 27-First Sunday in Advent
- December 4-Session serves at the Men's Extension
- December 11-Christmas program-Cookie Reception
- December 24-Christmas Eve Services
- December 25-Christmas
- January 1-Happy New Year



October Birthdays

10/1 Linda Barrett	10/11 John House
10/1 Rachel Bartlett	10/12 Grace Egbe
10/2 Scotty McAiley	10/13 Taylor Mendez
10/2 Noah Smith	10/16 Kyle Smith
10/3 Rebecca Mitchell	10/17 Ginny Spain
10/4 Susan Hubert-Betsill	10/21 Joe Endredi
10/5 Susan Campbell	10/23 Timmy Endredi
10/6 Jordan Carter	10/24 Julie Bolin
10/7 Linda Moon	10/25 Nancy Russell
10/8 Gary Aliff	10/25 David Townsend
10/9 Nick Barge	10/28 Martha Coyle
10/11 Ella Hall	10/30 John Hubert
10/11 Lanette Hatfield	