



*November 11, 2021*

## Presbytery News

### Special Presbytery Notices

#### 2021 Remittances are due January 4th!



January 4, 2022 is the last day that we will receive/deposit remittances for 2021. Any 2021 remittances received after Jan 4 will be recorded as 2022 remittances.

#### November 11th Stated Meeting Offering



CHRISTMAS JOY  
SPECIAL OFFERINGS

The Christmas Joy Offering has been a cherished Presbyterian tradition since the 1930s. The Offering distributes gifts equally to the Assistance Program of the Board of Pensions and to Presbyterian-related schools and colleges equipping communities of color. The

Assistance Program provides critical financial support to church workers and their families. Presbyterian-related schools and colleges provide education and leadership development while nurturing racial and ethnic heritage. This has been a Presbyterian commitment for nearly 140 years.



---

**ATTENTION: All Clerks of Session in Homestead Presbytery - Task Force member needed Immediately.**



Homestead Presbytery's current Stated Clerk, Raymond Meester, has indicated that he will be concluding his service to the Presbytery on December 31, 2021. A task force of three people was established by Council to accept resumes/applications for a Stated Clerk prior to the November Presbytery meeting. No resumes/applications were received during the initial application period.

Council has determined to expand the task force to five people and extend the deadline for the search for a new Stated Clerk. The extended deadline for resumes/applications will be December 10, 2021. Council would like one member of the expanded search task force to have experience as a Clerk of Session from our Presbytery. This task force will review applications received and make a recommendation to Council.

If you would be interested in serving our Presbytery in searching for a new Stated Clerk, **as soon as possible**, contact by phone or text, Council Moderator, Wendy Wait, 402-366-1206 or email [swwait@stewireless.com](mailto:swwait@stewireless.com). This is a request for serving on the search committee, not serving as Stated Clerk. Most work on the search team will be done via Zoom and email. No travel will be involved. This assignment will be of short duration.

---



Mark your calendars for  
a day of celebration and generosity!



Join us on **#GivingTuesday** when the Presbyterian Church (U.S.A.) has planned an eight-hour live stream, spanning from Eastern to Western timezones, designed to entertain, inform and encourage greater giving on Tuesday, November 30. The virtual event will include worship and reflection, ministry area highlights, visits from familiar faces, and in-depth conversations around the work of Matthew 25. Mark your calendars for what is sure to be a memorable event celebrating generosity!

[Learn More and Give Here!](#)



LeaderWise

## Facepalm Moments

by Danny Elenz, PsyD, LP

When was the last time you did a facepalm? You know, the feeling of sinking your forehead into your palm? Often accompanied by a visceral feeling of utter humiliation and self-talk such as, “I can’t believe I just did that!” “Why would I say that?” It is the feeling of your insecurities/vulnerabilities being exposed. The other night, I had one of these facepalm moments...

In short, picture this: I’m at an intimate 4-course meal, hosted by a critically acclaimed chef and Italian wine importer. I’m seated front and center with blood, resembling the colors of the wines being sampled, dripping from my face. The day leading up to this event had been stressful; it had seemed like one thing after another had gone wrong. Through the invitation of a family member, that night I somehow ended up at an intimate and exclusive Italian wine tasting and 4-course meal with a critically acclaimed fine dining chef hosted by a prominent Italian wine importer who has been celebrated by the Wall Street Journal and New York Times. I walked in late and was seated at the front table, in a room of several sommeliers,





many of whom have visited the small region in Italy, the area of the importer's specialty. The group had already begun discussing the various wines on the table. Feeling like an imposter because I know very little about wine (my most sophisticated response to tasting these expensive wines being, "It tastes good ..."), I also found myself bleeding profusely from my nose. I had cut myself shaving right before leaving my home and could not clot the bleeding.

Shame, humiliation, embarrassment are feelings we typically don't deal with very well as a society. We are, of course, motivated to avoid shame because its nature makes us desperately try to keep it secret and hidden. We often exert lots of effort to dodge the pain and discomfort of being revealed for our perceived inadequacies. My story of humiliation, while somewhat distressing, was mostly benign. The truth is, many pastors and church leaders with whom I have worked are accustomed to feeling deep shame. Shame can be especially distressing in leadership roles when we have little support to talk about it openly. Oftentimes it manifests as anxiety about being "found out," exacerbated by the feeling of pedestalization by others and unrealistic expectations to be without fault. Our shame might also be experienced as anger when we try to push people or things away that threaten to expose us.

Our family/interpersonal histories may also make us prone to go to shame. Many of us (if not all of us) can easily recall devastating shameful experiences with deeply distressing psychological consequences. These experiences can be so distressing that they "stick like glue" and actually become part of our identity (Fisher, 2013). According to Dr. Janina Fisher, Ph.D., "shame is not only triggered by criticism, normal mistakes, and less-than-perfect performance but also by success, being 'seen,' self-assertion, self-care, asking for needs, and feeling proud or happy" (Fisher, 2013). Have you ever felt uncomfortable with compliments? You are not alone. Naturally, shame is perpetuated through avoidance and forces us to behave in unhelpful ways to ourselves and others. Leon Wurmser's writing on shame (as cited in Karen, 1992) describes that if you run from shame, you may successfully avoid the humiliation your fear, "but you constantly sense this anxiety within yourself, and you know you cannot escape it – it follows you like a shadow" (p. 42).

### **Shame is a normal part of the human experience**

The other thing about shame is that it is completely normal, universal, and in many ways, a critically necessary feeling. There is even an emoji for it (the facepalm)! The antidote to the distressing aspects of shame? Making it known to others in a safe way. There's a concept called pluralistic isolation – the idea that ironically, most of us feel like imposters and think we're alone, especially because others aren't talking about their similar feelings.

If you notice recurring distressing feelings of shame, you might consider how to respond differently. Sitting with shame in a safe, trusting relationship with a friend, mentor, pastor, or therapist and learning that you don't have to be defined by your shameful experiences can lead to profound relief. Consider meeting regularly with a therapist if you would like to work on new ways to lean into shame. Self-compassion is another practice to consider if you want to work on self-talk. This is the practice of giving ourselves the same grace and understanding that we might offer to a friend (Neff, 2021.) (Visit [Self-compassion.org](https://www.self-compassion.org) for more information and practices.)

If you are interested in working through shame, group therapy can be a very helpful space to address this. LeaderWise psychologists Drew Benson, Ph.D., L.P. and Danny Elenz, Psy.D., L.P. are starting a Men's Group that will provide a group of

male-identified individuals the opportunity to process feelings of shame, anxiety, depression, relationship concerns, and more together. If this sounds of interest to you or to learn more, contact [Drew](#) or [Danny](#) or call our administrative staff at 651-636-5120.



## Nebraska Presbyterian Foundation

### **WHAT HAS GOD CALLED YOU TO DO?**

Does your congregation want to increase their impact in your community but lack the funds to get your big idea started? Do you have a project already in the works but could use additional funding to take it to the next level? Nebraska Presbyterian Foundation could be the answer to help you fund your project or program. We are offering annual grants to PCUSA churches and related organizations in Nebraska for new or ongoing outreach activities which enhance or expand some aspect of your ministry and mission. The online application process begins in December and grants will be awarded in April. To learn more about our grant process, you can visit our website at [www.nebpresby.org](http://www.nebpresby.org) or contact Audrey Richert at [arichert@nebpresby.org](mailto:arichert@nebpresby.org) or 402-420-9877.

### **KESSLER EMERGENCY ASSISTANCE FUNDS AVAILABLE**

The Nebraska Presbyterian Foundation offers financial assistance for PCUSA pastors who are experiencing an urgent financial crisis. Applicants must be an active or retired installed or commissioned pastor who has, or is currently serving, a Nebraska congregation and currently residing in Nebraska. For more information on the Kessler Fund, please visit our website at [www.nebpresby.org](http://www.nebpresby.org) or contact Audrey Richert at [arichert@nebpresby.org](mailto:arichert@nebpresby.org) or 402-420-9877.



## **From Resolution to Transformation: Finding Hope and Healing in Conflict**

**November 17, 1 - 4 p.m. ET**

As the holiday season approaches, families, congregations, and communities will be making decisions about if, how, and when to celebrate. At the core of those gatherings is our deep desire to come to the tables of fellowship and eucharistic celebration and to be reconciled with one another when we do. Join Mindy McGarrah Sharp, PhD, Associate Professor of Practical Theology and Pastoral Care at Columbia Theological Seminary, and a panel of colleagues in ministry for

an exploration of John Paul Lederach's framework for conflict transformation. Lederach's conflict transformation approach is about not simply "How do we end something not desired?" but "How do we end something destructive and build something desired?" This model has a deep reach, enabling us to deal with immediate crises and address long-term change as we are offered both solutions and possibilities for relational and social change.

Dr. Mindy McGarrah Sharp is the Associate Professor of Practical Theology and Pastoral Care and Director of the Master of Arts in Practical Theology Program at Columbia Theological Seminary.

Dr. McGarrah Sharp's scholarship and research has focused on globalization, postcolonialism and various facets of postcolonial and intercultural pastoral theology. She has also taught courses and offered lectures addressing the importance of deep listening, conversation, racial healing and justice, and conflict transformation. She is also a trained clinical ethicist, United Methodist layperson, and returned Peace Corps Volunteer.

Dr. McGarrah Sharp holds a PhD in Psychology and Culture and a Master of Arts from Vanderbilt University, a Master of Arts in Religion from Yale Divinity School, and a Bachelor of Arts in Religious Studies from University of Virginia.

**REGISTER  
NOW**



## **Great Plains Small Church Connection Annual Conference Best Laid Plans Based on Proverbs 19:21**

Grow • Enjoy • Renew • Fresh Ideas • Be Encouraged • Soul Fed •  
Community

Well, our Best Laid Plans have once again been changed.

Great Plains Small Church Connection (formerly Wee Kirk) has moved the conference planned for Calvin Crest Camp and Conference Center in

September 2021 to an online conference series of 4 sessions using Zoom.

### *Moving Forward: Tools to Feed Souls*

Our keynote presenter will still be Rev Stephanie Ahlschwede, a United Methodist pastor with a deep commitment to the ministry of the laity and small membership churches. As Executive Director of United Methodist Ministries, she served a fifteen county area helping congregations of all sizes develop local ministries related to the alleviation of hunger and poverty.

The first session of the 4-part virtual conference:

- **Monday, October 18, 2021**, Stephanie Ahlschwede presenting a talk with breakout discussion groups. 3-5 PM Central Time
- **Monday, November 15, 2021** – Purpose and Transitions – a workshop led by Kris Peterson followed by Great Ideas to Solid Sermons, a workshop led by Steve Nofel. 3-5 PM Central Time
- **Monday, January 17, 2022** - It's Better Thank It Sounds: Embracing Evaluations & Counting for Success in the Local Church - a workshop lead by Stephanie Ahlschwede, followed by: Attitudes in Prayer, a workshop led by Kim Nofel, and A Quick Dive into Philippians, a workshop led by Newell and Claudia Krogmann 3-5 PM Central Time
- **Monday, February 21, 2022** – another presentation by Stephanie Ahlschwede with time for questions and answers, and a surprise 'hands on' experience. 3-5 PM Central Time

Register at: [www.calvincrest.org](http://www.calvincrest.org)

Cost: \$50 for the complete conference of 4 sessions plus 'the surprise' or \$20 per session

For more information contact:

Claudia Krogmann, Registrar

507-665-3198

[claudia@krogmanns.com](mailto:claudia@krogmanns.com)

Partial Scholarships are available. Contact registrar [claudia@krogmanns.com](mailto:claudia@krogmanns.com) for information or to apply

**Homestead Presbytery has a  
NEW PHONE NUMBER!!**

**402-413-2143**

Make sure to write down the new number for



Homestead Presbytery!



## *Weekly Prayer Requests*

### *Lincoln First*

Prayers are requested for the well being and prosperity of the Lincoln First congregation. May they continue to grow as a caring and nurturing Christian community, as well as individuals, focusing on prayer, Bible study and worship.

---

#### **Homestead Presbytery**

840 S. 17th Street, Lincoln, NE 68508

**Monday-Thursday** 9:00am-4:00pm

**Friday** 9:00am-12:30pm

Office: 402.413.2143

Interim EP: 803.556.3355

Stated Clerk: 402.217.3684



[Visit our website](#)