CORNERSTONE EVANGELICAL PRESBYTERIAN CHURCH

# FRONTLINES

VOLUME 12, ISSUE 6 JUNE 2017

*Renewing our families, our communities, and our world by bringing faith and life together in Christ.*

## 3@3: BLESSING OTHERS BEGINS WITH PRAYER

BY CARTER SANGER

*"[It] is God's will, through his wonderful grace, that the prayers of his saints should be one great and principal means of carrying on the designs of Christ's kingdom in the world." (Jonathan Edwards, Works of Jonathan Edwards, Vol 1, Section III.)*

The Parables in Matthew 13 reveal the secrets of the Kingdom. They show us how the kingdom comes, who it reaches, and how it affects them. In the parable of the four soils, we find that the ineffectiveness of the gospel upon the hearts of men is not a fault of the gospel, but due to an unreadiness of the soil. Since God has commissioned His people to go and make disciples, we are tasked with the work of preparing that soil. That work must begin with prayer.

*When God has something very great to accomplish for his church, it is his will that there should precede it the extraordinary prayers of his people." (Jonathan Edwards, Works of Jonathan Edwards, Vol 1, Section III.)*

For what ought we to pray? We pray for God's Spirit to be at work in and through us to the people around us. Each of us have been given unique experiences and talents and put in particular circles (at work, social groups, neighborhoods) by our sovereign God. You are where you are by design. So, who are you praying for?

Last week I challenged our congregation to **pray for 3 unchurched people at 3:00 p.m. every day**.

*(Continued on page 8)*

## *LOVING OUR WIVES* GROUP TO BEGIN IN JULY

BY CARL PETERSON

Besides our relationship with God, a husband's relationship with his wife is probably the most important. It shapes our families and how our children will see themselves, their future spouses, and, most importantly, God.

It is easy to see the high importance the Scriptures place on the love between husband and wife. But it is much harder to love your spouse in the real world, especially since a husband is called to love his wife as Christ loved the church and gave Himself up for her (Ephesians 5). It takes the wisdom and power from the Spirit of God to love.

A new small group for husbands called "Loving Our Wives Better" will begin in July. We will meet on the second and fourth Saturday mornings of each month to discuss how to love our wives as God has called us to do. We will be having an informational meeting for those interested in the group.

***Loving our Wives Better Informational Meeting***
Saturday, June 24
Breakfast at 7:00 a.m.
7:30-9:00 Informational meeting
Location: Cornerstone Fellowship Hall
Leader- Sam Downing

Come if you would like to join the group or even if you only want information on the group and what will occur at the meetings.

**SPECIAL POINTS OF INTEREST:**

- *Summer schedule: Sunday School will be in recess for the three summer months. Worship will begin at 10:30 as usual.*
- *Baby bottles for the Pregnancy Help Center should be returned by Fathers' Day, June 18—filled or not.*
- *Carter will be attending the EPC General Assembly in Sacramento, California, being held on June 20-23.*

**INSIDE THIS ISSUE:**


| | |
|---|---|
| SESSION HIGHLIGHTS | 2 |
| SUMMER PLANS | 3 |
| CHILDREN'S MINISTRY NEWS | 3 |
| EXTENDING GRACE SUPPORTS | 4 |
| VISITING THE ELDERLY | 5 |
| PRESBYTERY REPORT | 6 |
| NEWS FROM THE FURIERIS | 7 |
| DEPRESSION, PT. 3 | 8 |

# SESSION HIGHIGHTS

BY BEN COLSTON

Welcome new members! Mischa Arcement was baptized when her family—Daniel, Maria, Payton, and Mischa joined Cornerstone in May.

- The elders and deacons have completed our study of Organic Outreach for Churches by Harney. We are still considering how we can raise our outreach temperatures by at least one degree, and shift the focus of our programs to consider not just the needs of our body, but also those that are lost. Gene referred to this "Two-Degree Rule" in the last newsletter Session Highlights.

  With these goals in mind, we began going over the BLESS program as a strategy for sharing our faith with others. Carter also introduced this strategy in an article in May's newsletter. BLESS is an acrostic that stands for:

  B - Begin with prayer.

  L - Listen and be aware of the needs of those around you.

  E - Eat with your neighbors, co-workers and friends.

  S - Serve, look for ways to be a servant to others.

  S - Tell your Story, share your faith…after you have prayed, listened, had a meal, and served.

  We are challenged to at least start with the "B" by committing to pray for three people at 3:00 pm each day.

- We have begun forming a Nominating Committee to nominate new officers. Gene Cover and Kent Saugier will serve as the Elder representatives. A Congregational Meeting has been scheduled for Sunday, June 18, 2017, to select members from the congregation to serve on the Nominating Committee.

- We are continuing to experience a deficit in our finances as we are down in giving. However, we are grateful that we do have two-months worth of cash in reserve. Though there is a deficit, God is faithful. We are praying for wisdom to be good stewards of His provisions.

- We have prayed for church growth to not only reach more for Christ, but also as a means towards planting a new church in Katy. We continue to pray for God to grow our church as we pray for His direction. Please join us as we seek His will to be done in Cornerstone.

# ARC OF KATY – THEY'RE HERE!

BY CAROL KUTZER

Come help us make the Arc of Katy welcome this summer!

**Cornerstone Days @ the Arc:** Join us for one or more Cornerstone Days @ the Arc: Wednesday, June 7; Wednesday, July 5; or Wednesday, August 2. There are several ways you can help.

❋ 10:30 a.m. Community Crafts: Volunteers will assist the Arc campers in creating crafts which will be delivered to various area ministries. Contact Carol Kutzer about this assignment at (281) 579-1080 or *info@CornerstoneKaty.org*. If you have any of the following which you can contribute for Community Crafts please bring them to the church office:

- Paper grocery bags (with handles preferably)
- Old, broken crayons
- Old greeting cards or covers of greeting cards. Especially "get well" or other encouragement messages.

❋ 12:00 p.m. Lunch: Help prepare and serve lunch to the Arc campers and staff. Contact Linda Cover about this assignment, or signup for menu items at: *www.volunteersignup.org/EXLBB*

❋ 12:30 p.m. Activity Time: After lunch, our Cornerstone youth will spend time doing fun physical activities. Contact May Gourlay about this assignment.

# KIDS CAMP 2017 PLANNED

BY CAROL KUTZER

Do your kids need something to do this summer? Let them spend time growing relationships with their Cornerstone siblings and having fun. What you need to know:

When: Thursday, June 15 and/or Thursday July 13

Time: 9:00 a.m. - 3:00 p.m.

What: Activities include crafts, cooking, story time, bugs, splash/wet play, scavenger hunts, and snacks. Each date will have different activities

Who: All Cornerstone kids ages 3 through 5th grade

(next fall). You may invite a guest if space allows.

Cost: $15 per child per day. Or $35 per family of 3 or more kids per day.

What to bring: Lunch, bathing suit under their clothes, swim towel

Summer fun for kids will be offered this year!

# SUMMER PLAYGROUP ALSO FORMING

This summer Cornerstone is having a Playgroup meeting on Tuesdays mornings at 10:30. We will usually meet at the church playground but are open to new parks and field trips! Don't forget your picnic lunch!

To get involved contact Alisa Cotton.

Congratulations to our graduating seniors, who were recognized during worship on May 7 and at the 2:42 lunch! They are: Mercer Sanger . Baylor Wrubel, Jonathan Tucker, Elizabeth Magee, and Abigail Tucker (not pictured).

# CHILDREN'S MINISTRY HIGHLIGHTS

☺ **And the winner is…**

The winner of May's Spring Candy Game is Mrs. Karon McMahan. Her guess of 63 pieces of candy in the jar was the closest to the actual count (71) without going over. Congratulations, Mrs. McMahan! She will receive a Chick-fil-A coupon and all the candy in the jar. Be sure to submit your guess for June's Candy Inner Tubes Game… and be sure to write clearly and include your FULL name. To encourage our kids to read the Frontlines newsletter, winners must ask Mrs. Kutzer for their prize.

☺ **Kids Camp at Cornerstone:** Make plans to sign your kids up for Thursday, June 15 and Thursday, July 13 from 9:00 a.m. to 3:00 p.m. Find more information in a separate article. Registration Forms available from church office.

☺ **Get to know our Childcare Workers**: Question of the month – What is your favorite donut?

- Ms. Ann – Chocolate, but prefer kolaches
- Ms. Kinsey – Chocolate with sprinkles
- Ms. April – Southern Maid Cherry
- Ms. Carol – Simple glazed donut ☺

Children's Ministry Volunteers - don't forget to log onto the Planning Center Online and block out dates you will be traveling and unavailable to volunteer this summer.

# GET SET TO SPLASH

We will be celebrating July 4 a little early this year! A family pool party and cookout will be held at Tom and Linda Lott's home on **Saturday, July 1,** beginning at 3:00 p.m.

Plan to come and swim or just hang out. It will be BYOF (Bring Your Own Food), but drinks and a grill will be provided. Look for more details soon.

# CORNERSTONE SUPPORTS MISSIONS AROUND THE WORLD IN VARIOUS MODELS

If you have read the latest Annual Report, you know that Cornerstone supports a variety of Christ-centered ministries in the Katy area and in other countries. Below is a list of the missions/missionaries who receive funds from our Extending Grace budget. If you would like to know more about any of these ministries, just ask a member of the EG team: Gene Cover, Debi Barrett, Beverly Tucker, Allen White, or Jim Yuvancic.

The Extending Grace budget helps support a host of different missions.

**Nour & Rebecca**
EPC missionaries ministering in Lebanon

**Nick & Amanda**
EPC missionaries ministering in Lebanon

**Marlen**
Ministering in Kazakhstan

**Daka & Heather**
With Bridges International, reaching students at the University of Houston and Rice University

**Bob Roane**
Involved in prison ministry and other local ministries

**Guatemala Scholarships**
Helping support a ministerial student, Juan Monroy (brother of Pablo Monroy)

**Christ Clinic Katy**
Serving uninsured and underinsured people with medical needs locally

**Pregnancy Help Center**
Giving support and encouragement to women and their partners with unplanned pregnancies in the Katy area

**Clothed by Faith**
Providing gently used clothing for those in need locally

**Dan Tidwell**
On the EPC national staff to assist missionaries with fundraising and other support functions

# NEWS FROM DAKA IN KAZAKHASTAN

A team from the University of Houston Bridges group is reaching students in Kazakhstan this summer.

Dear family in Christ,

Greetings from Kazakhstan. Hope you all are doing well. We wanted to give you a short update on what is happening with our project.

Today was the second day of the English clubs. We praise God for bringing around 40+ students to our first class yesterday.

Unfortunately our Chinese friends weren't able to get their visas on time, so we are not having Chinese classes. We are very sad.

However we are grateful to have Karen, Ben and Lindsey here. Karen is actually from Hong Kong and is one of our student leaders at UH. Ben and Lindsey are Bridges staff. We are teaming up with the Colorado Christian university students here as well as the local team and believing students.

Personally for us, we are grateful to the Lord for this opportunity to do ministry as a family. Everyone just loves David. There are always plenty of girls who want to help out Heather and hold him. We are very grateful for Daka's mom who is able to come into the city occasionally to watch David, to give him a down time and to free Heather to focus more on getting to know the local students.

*(Continued on page 5)*

## SUMMER AT SUNRISE!!

BY ALISA COTTON

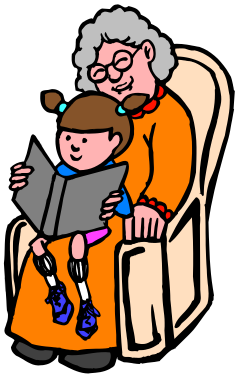
Looking for a way for you and your family to raise your evangelism temperature this summer? Carter has challenged us with praying for our neighbors and unbelieving friends/family and by sharing our life with new people.

Come with us as we share our lives with the people at Sunrise of Cinco Ranch, 21939 Cinco Ranch Blvd., a residential facility for senior citizens near Cornerstone!

Meeting times are TBD. Be looking for more details in your order of worship!

…and read Evelyn Saugier's testimony below of what a meaningful experience this can be for you, too.

To get involved contact Alisa Cotton.



Having children come to visit is a real day-brightener for nursing home residents.

## NURSING HOME VISITS ARE A BLESSING FOR ALL

BY EVELYN SAUGIER

I had just turned 29 when we moved from Berkeley, California, to New Jersey, and I gave birth to our third child about three weeks after our arrival. Between moving twice within a few weeks, post-partum stuff, and knowing no one, it was a difficult time for me. We found a church shortly after our second move, where I was immediately "drafted" to be part of a nursing home ministry.

Every Thursday morning, about five young moms, plus whatever kiddos we had at home, would drive to a local nursing home, where residents would be sitting in their chairs (or wheel chairs), in a circle, awaiting our arrival. Kiddos would be placed on the floor, with toys, in the center of the circle, and we moms would visit with the residents. Older children would do likewise for a part of the hour; babies were offered to the residents to be held. (The transformed countenances that I witnessed as residents held my baby, or interacted with my older children, was a kind of holy, life-giving experience to behold.)

This ministry was one of my all-time favorites! Not only were my kiddos having a play date, I was getting to visit with other adults, while interacting with some very lonely people, many of whom I was able to visit with until the end of their days. And during a time of my life when I sometimes felt I wanted to be "doing more" in the way of ministry, this was an opportunity to fulfill James 1:27, as we visited widows in their distress, and I found it very rewarding, a great blessing!

Alisa Cotton is hoping to get a group together to visit with residents of a local nursing home, beginning in early June. Are you interested? Please get in touch with her, and join this awesome ministry!

"RELIGION THAT GOD OUR FATHER ACCEPTS AS PURE AND FAULTLESS IS THIS: TO LOOK AFTER ORPHANS AND WIDOWS IN THEIR DISTRESS…."
JAMES 1:27

## IN KAZAKHASTAN: PRAYER REQUESTS

*(Continued from page 4)*

We will be sending more about our project later on. Meanwhile here are some prayer requests:

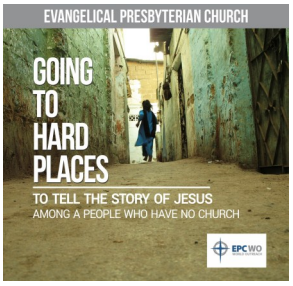
- Praise God for bringing us safely to Kazakhstan and opening the doors to do ministry here.
- Pray for the unity in our teams.
- Pray for the Lord to open the hearts of the majority Mslm students to hear and respond to the Gospel.
- Pray for favor with the university and the students here.

We thank you again for your ongoing prayers and financial support!

Blessings,
*Daka*

# APRIL PRESBYTERY MEETING NEWS

A church plant combined with a community garden in Waco, Texas, is one of the creative new ways church planters are reaching their neighborhoods.




"Encounter World Outreach" discussion will be held in Houston during the September Presbytery meeting, to help people consider their call to missions.

*Carter Sanger, Jonathan Tucker, and Gene and Linda Cover represented Cornerstone at the April meeting of Gulf South Presbytery in Ocean Springs, Mississippi. Following is the report written by Michael Herrin, our Stated Clerk.*

I did want to give you just a taste of the wonderful hospitality the Presbytery of the Gulf South enjoyed at First Presbyterian Church of Ocean Springs on April 28 and 29. The congregation welcomed us warmly, and we feasted on food, fellowship, the Lord's Supper and the ministry of the Word. Here are just a few highlights of the meeting:

- Mike and Tammy, missionaries in Southeast Asia, visited with us (we can't be more specific in e-mail communications due to security concerns) and asked for prayers.
- We welcomed our newest transitional congregation – First Presbyterian Church of Ingram, Texas.
- We met Rev. Rick Schaeffer, with whom the New Church Development and Support Committee is exploring the possibility of a church plant in Waco, Texas, alongside a community-sponsored agricultural initiative.
- We heard encouraging reports from Rev. Christian Cryder and Rev. Ben Cunningham, who are planting churches in Austin, Texas, and New Orleans, Louisiana.
- We learned that GA Moderator Dean Weaver will visit with us at our April 2018 meeting, after leading a retreat for our pastors the day before.
- Rev. Dr. Jeff Jeremiah, GA Stated Clerk, addressed us via a video presentation to inform us of changes to the funding model for the national level of the denomination. The video can be found here: *https://www.youtube.com/watch?v=dHts-GB-fS8*.
- Rev. Scott Castleman shared his experiences with church revitalization, and he stressed the importance of the prayers of the people for revival. He also preached an inspiring message during evening worship, challenging us to follow John the Baptist's example, allowing Christ to increase, while we decrease.
- Rev. Will Shurley led us in a season of prayer, punctuated by the singing of metrical psalms.
- The Women's Ministry enjoyed a dinner meeting, at which Rachel Scott spoke on living a Resurrection life in a world of suffering.
- We commissioned Ruling Elder Nicholas Almasy to serve as Commissioned Pastor for Minden Presbyterian Church in Minden, Louisiana.
- We welcomed three new minister members into the Presbytery: Rev. John Cory will serve as Pastor of Stockton Presbyterian Church in Stockton, Alabama; Rev. Nathan Edwards will serve as Pastor of River Community Church in Prairieville, Louisiana; and Rev. Raymond Tear will serve as Pastor of First Presbyterian Church in Ingram, Texas.
- We approved the following meeting places for upcoming meetings in 2018 and into 2019:

  *January 2018:*
  *Covenant Mobile, AL*

  *April 2018:*
  *First Baton Rouge, LA*

  *September 2018:*
  *Covenant Monroe, LA*

  *January 2019:*
  *Covenant Jackson, MS*

- In addition, we welcomed Shawn Stewart, World Outreach mobilizer, who will also be at our September 2017 meeting at Christ EPC in Houston, Texas. There, he will lead an "Encounter World Outreach" discussion, which will help people consider their call to missions. This two-day meeting will run concurrently with the September Presbytery meeting, so everyone who is in interested in missions should plan to attend along with their elders and pastors. Please plan to join us then!

# GREETINGS FROM THE FURIERIS

*The following is a letter that Italo sent to all of us:*

Vicksburg, MS – May 29, 2017

Dear brothers and sisters in Christ,

Our prayers have been answered: we were able to complete all eight courses I took this semester (two during the winter and six during the spring). By God's grace we finished in one piece. This was the most challenging semester of our lives!

Besides the fact that we are once again at a new town, Leora and I took to a trip to Brazil to attend my older sister's wedding. I was gone for two entire weeks in the middle of the semester, so I fell behind on a number of assignments. I had a lot of catching up to do when I returned. At times I thought I was not going to be able to complete the semester. Praise God that we did! It was difficult making this trip, but it was worth it. It had been three years since I had last seen my family in Brazil, and I had not visited my home town in six years. Besides attending my sister's wedding and seeing much of my extended family, I had the opportunity to reconnect with old friends, visit places I cherished during my childhood, preach three times, and had a special time with Leora. The entire trip was a blessing.

Allison worked extremely hard this semester. Besides adjusting to a new hometown and house, she also had to adjust to a new homeschooling routine, driving from Vicksburg to Jackson. On top of this, I was gone a lot during the semester. Now she's preparing for the next school year and preparing to be a tutor at the Classical Conversations co-op in Jackson. If you know Allison, you know that tutoring will be a special challenge for her, and I am amazed that she's decided to give this a try. Join me in praying for her success in this.

We are enjoying Westminster Pres. in Vicksburg (PCA) — where I am the pastoral intern. It is a small congregation, with about 60 regular members. There are many specific things you can be praying for. Most immediate, I will be preaching morning and evening on June 11 and July 2.

Now that we are more or less settled, we are looking forward to a prolific summer of ministry in Vicksburg, and intense preparation for the fall. I have been teaching Sunday School to the youth and planning summer activities. We intend to launch a class for parents in the fall and invite people from the community to attend. We are also in the process of recruiting volunteers to sponsor a public school initiative through Child Evangelism Fellowship (CEF) — which is similar to Cornerstone's Kidz Club, but in public schools. Pray for all these things; who knows what the Lord will do here at Westminster (1 Samuel 14:6)? Pray for this congregation and for the work the Lord intends to do through us while we are here. There are approximately 50,000 people living in a 20 mile radius from the church, and only about 12% of these attend a church at least once a month. This is an immense opportunity for the gospel.

Although we already love Westminster and Vicksburg, our family misses Cornerstone *every day*. We always knew we had something special at Cornerstone… It is a privilege to have you supporting us in this season of our lives. More and more the Lord has confirmed it to us and in our hearts that this is what we should be doing. Thank you for your support and prayers. We love you.

In Christ,
*Italo Furieri and Family.*

Italo will be preaching at their home church this summer.

"…IT MAY BE THAT THE LORD WILL WORK FOR US, FOR NOTHING CAN HINDER THE LORD FROM SAVING BY MANY OR BY FEW."
I SAMUEL 14:6

This year has been a challenging but successful one for the Fureri family in Vicksburg and at Reformed Theological Seminary in Jackson, Mississippi.

## WHAT CAUSES DEPRESSION AND HOW CAN I BEGIN TO DEAL WITH IT? (3RD IN THE SERIES)

BY SAM DOWNING

Depression can be caused by physical problems as well as by trauma or significant life changes.

Just when you thought it safe to go back into the water … another article on depression appears! Maybe you are now considering cancelling your subscription to the Cornerstone newsletter. Or maybe you have been anxiously anticipating the return of those wonderfully done articles on depression to satisfy that itch the first two articles created (I am told that there is a cream you can purchase for that.). In any case, after several months' absence this series of article will continue to try to help us understand something about this common emotional problem. This attempt will be to describe some of the common causes of depression and to offer some advice on dealing with depression for yourself or your loved ones.

**(1) There are physical causes to some occurrences of depression like lack of sleep, lack of regular physical exercise, poor diet, overwork and exhaustion, and certain physical illnesses (e.g., hyperthyroidism).**

As we have mentioned in a previous article postpartum depression is caused by hormonal changes that occur in the new mother's body after birth. We also know that Seasonal Affective Disorder (SAD) has a physical origin (usually lack of exposure to natural sunlight in the winter causing changes in the brain). Some people are born with a limited ability to produce the neurotransmitters serotonin, norepinephrine, or dopamine. These chemicals are used up quickly when a person born with such a limited ability goes through normal light depression. That sets the person up for more severe forms of depression and if left untreated can lead to clinical depression.

For those who need a change in lifestyle, help can be rather straight forward: make an appointment with your family physician and talk your health situation over with him/her. If you need to make some life changes to improve your overall health, to help yourself

*(Continued on page 9)*

**"FROM GENERATION TO GENERATION WE WILL PROCLAIM YOUR PRAISE." PSALM 79:13**

This is the theme for the 37th annual EPC General Assembly, being held in Sacramento, California, on June 20-23. Look for more about it next month.

## SET YOUR CLOCK FOR 3:00

*(Continued from page 1)*

- Pray that God would be at work in their lives and upon their hearts.
- Pray that God would help you be a good listener to them as you invest in building a friendship.
- Pray that God would give you opportunities to bless them through service, through compassion, and through sharing your story of grace.

Have you identified 3 people yet? I found it easier to set my alarm to go off every day at 3:00 p.m. That way I can stop what I'm doing, take a moment, and pray for each of them by name. Because prayer is God's plan, my hope for these people has a solid basis. It may take time, but I have reason to expect change.

*"The prayer of a righteous person has great power as it is working." (James 5:16).*

As simple as this is, I know it's hard to develop the discipline of praying for others. But it's worth it. It's doable. It's a great privilege. And it's a way we can encourage and challenge each other as we begin to share stories of answered prayer.

*Carter*

# DEPRESSION: PHYSICAL AND EMOTIONAL CAUSES

*(Continued from page 8)*
feel better, to handle stress better, to get along with others with more grace, and combat depression then do so. There is plenty of help out there. If medication is needed to help with SADs or postpartum depression then your physician is the place to start.

For those with limited ability to produce the needed neurotransmitters, it is more complicated. The normal everyday variety of depression (what I call "the blues") my not turn into clinical depression every time. However if the "blues" lasts long enough it more than likely will turn into something more serious. The thing to watch out for is this pattern of "the blues" getting worse and lasting longer with more pronounced symptoms. The key is to get the person to a doctor or psychiatrist so the proper medications can be proscribed.

The neurotransmitters need to be resupplied after they have been depleted trying to keep the mind stable during the worry and anxiety of the problem at hand. Once the person gets a steady supply of the depleted neurotransmitters he/she can feel better and focus more clearly on the problem with better results. Once the person has resolved the issue at hand, the medications are usually reduced by the physician or psychiatrist until the person no longer needs them (the brain will begin to resupply the chemicals normally needed in normal quantities).

The depressed person will offer up excuses such as: "It's not that bad. I can handle it"; "Just leave me alone…it will pass"; "I go through this a lot … it will get better" and more.

Depression affects one's thinking. Judgment is clouded. The mind focuses on the internal dialogue in the person's mind which is centered on the problem. It becomes hard for the person to focus on anything else (including getting the help the person needs) or to accept any solution that does not comply with the sufferer's internal dialogue. If you are a good friend or loved one, get that person (by whatever means) to the doctor and help that person find someone mature and trusted and trained to talk to like a pastor, or elder, or trained lay counselor, or professional counselor.

**(2) Having gone through significant changes or traumas in life can set a person up to be more susceptible to depression.** We usually think of change as negative but positive changes, like a job promotion, can also be the origin of a depressive episode. A lot of survivors of natural or manmade disasters experience depression because they have survived when others did not.

The change or trauma can be recent, or within the past year, or within the past 10 years. While not everyone who has experienced change or trauma goes through depression a significant number of people who have lived through such changes or traumas do struggle with depression. Sometimes people who have experienced severe trauma, like war veterans, physical and sexual abuse victims, and victims of violent crime, develop PTSD (post traumatic stress disorder). Part of that disorder can be clinical depression.

Once someone gets past a significant life change or trauma life goes on. However the effects of that change or trauma can linger and cause real problems (like depression) later in life if the change or trauma is not dealt with. The most obvious way to begin to deal with difficult events in one's life is first to talk to the Lord about it in prayer and second to talk about it face to face with a person you trust. That person could be your spouse, a close friend, your pastor, an elder, or someone trained to listen like a lay counselor or professional counselor.

Looking all through the Psalms (like Psalm 31 and 35) one can read and understand how David poured his heart out to the Lord with all the difficulties he faced. In the New Testament, Paul talked in his letters to the church

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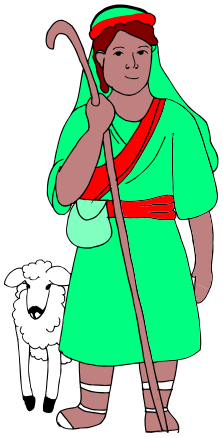

The Psalms show us that David is a good example of someone who poured his heart out to the Lord.

"THE MOST OBVIOUS WAY TO BEGIN TO DEAL WITH DIFFICULT EVENTS IN ONE'S LIFE IS FIRST TO TALK TO THE LORD ABOUT IT IN PRAYER AND SECOND TO TALK ABOUT IT FACE TO FACE WITH A PERSON YOU TRUST."

# DEPRESSION: TALKING PRESENTS A BETTER SOLUTION

"EMOTIONS WERE CREATED IN US BEFORE THE FALL. THEY WERE A PART OF THAT 'VERY GOOD' PRONOUNCED BY GOD."

Hiding from our emotions is not a productive way to deal with them.

*(Continued from page 9)*

(like 2 Corinthians 6:3-13) all about his trials and tribulations. All throughout the New Testament we are called to bear one another's burdens (Galatians 6:3) and to encourage one another (Hebrews 10:19-25). A lot of us like to fool ourselves into thinking that we have dealt with such problems by getting through them with as little damage as possible, getting one's life back in order as quickly as possible, and moving on as soon as possible. We feel it is too difficult to talk to the Lord or someone else about it. Talking about it would mean that we would have to face all the fear and insecurity and other problem emotions we experienced in the situation. Talking to someone else might make us look foolish or weak or stupid. And besides, "No one really wants to be bothered with my problems".

What we know is that such actions and attitudes are really not dealing with anything but rather are various ways to run or hide from the change or trauma we have had to endure. The reality is that when people use such "solutions" to hide from the emotions brought up by the change or trauma, they usually work for a short while in that they allow us to get past that "ugly" thing that happened and "get on with life".

The payoff for not dealing with or hiding from the change or trauma can last for a while, even years. However eventually the emotions will surface and the person will have to face them as depression or inappropriate anger or phobias or compulsive behavior or sexual problems or any number of different ways. Emotions will express themselves. We can either deal with them properly before Christ and others or we will have to deal with them in some other way that will be much more unpleasant and which will cause a lot of damage.

So what is dealing with change or trauma that is not hiding from them? How do I talk about them and not run away from them? Exactly!! … talk about them. It's really that simple and that difficult. You talk to our lord and savior Jesus Christ about it, you find someone you trust who will listen to you, you make a time to talk about the change or trauma in all its ugly, frightening, and frustrating details, and you talk about it.

In sharing this difficulty in your life, if you feel angry you express anger, if you feel sad you express sadness, if you need to scream and yell you scream and yell, if you need to weep you weep.

Emotions were created in us before the fall. They were a part of that "very good" pronounced by God. Emotions tell us how the outside world is affecting us and how we are responding to the outside world. Emotions give us valuable information that is to be used to help us understand and deal with the world, others, ourselves, our spouses and the Lord. Trying to get rid of them, ignore them, deny them, suppress them, repress them or anything else other than acknowledging them, trying to understand them, working through them, and talking about them will only lead to our emotions expressing themselves in some other ways that causes more problems than the original emotions we were so afraid of.

There are a few other possible causes of depression that we will try and understand in the next article. We will also try to understand how we can begin to deal with them. We also need to examine a little more about talking about what has happened to us and talking about our emotions brought up by what happened to us. We also need to address how that trusted friend or loved one listens to the depressed person to really help.

*If this article has raised any issues or concerns that you need to talk about please contact one of our pastors (Carter or Nathan or Allen) or one of our Elders or one of the lay counselors (Sam Downing, Evelyn Saugier, Jeff Magee, Alisa Cotton).*

## Let's paint the town—or at least a tote bag

By Carol Kutzer

Ladies, our next Women's Central Perk scheduled for Friday, June 9, will be at Painting with a Twist, 2020 S Fry Road (832-391-8858) . So grab a friend, something yummy to share, and join us at 7:00 p.m.

This event is open to the public (not just Cornerstone ladies) SO BE SURE TO REGISTER EARLY. We will be painting large tote bags, and the cost is $40 per person.

If you are not able to attend, please consider sponsoring someone else to go. Sponsorships can be paid to Cornerstone directly.

To register please visit: *paintingwithatwist.com/events/viewevent.aspx?eventID=1159994.*

Be sure to put "Cornerstone EPC" in the box that asks, "Who do you want to sit with".

## Nominating Committee to be elected on June 18

A Congregational Meeting has been scheduled for Sunday, June 18, to elect two members from the congregation to the Officer Nominating Committee. They will join Elders Gene Cover and Kent Saugier.

The Officer Nominating Committee's job is to nominate two Elders and two Deacons for three-year terms, beginning in January 2018.

Candidates for Elder and Deacon must have been members of Cornerstone for at least one year, and members of the Nominating Committee are not eligible.

Gene will finish his second three-year term as Elder, so may not serve another term. Deacons John Barrett and Joe Gourlay are completing their first three-year term and may be nominated again.

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