



Presbyterian
Community Church
of the Rockies

March 2020 Newsletter

Estes Park's historic mainline Protestant congregation founded in 1907.

Core Value: The Presbyterian Community Church of the Rockies is a Sacred Community formed around Jesus the Christ where we experience God's presence in our lives and service together.

Volume 8, Number 3



Palm Sunday Brunch



Sunday, April 5, 2020

The Membership and Hospitality Committee invites you to attend our church's annual Palm Sunday Brunch, on April 5, 2020 immediately following the worship service in the Fellowship Hall.

Ham and potatoes, cheesy grits, rolls and butter will be furnished by the Committee. We ask the congregation to bring other dishes, such as salads, vegetables, breakfast casseroles, sweet breads, quiches, and desserts to complete the brunch line-up, using any combination of the following —last names beginning with:

- A through F ⇨ salads
- G through L ⇨ breakfast casseroles/quiches
- M through R ⇨ vegetables
- S through Z ⇨ sweet breads/desserts

Celebrate the season on this special day the week before Easter, and enjoy delicious food, fun, and fellowship.



PCCR Directory

Office Hours:

Monday - Thursday 8:30 to 3:30,
Friday Closed

Office Phone: 970-586-4404

Church Website: pccrusa.org

Disciples

All who seek to follow Jesus

Church Staff

Minister: Rev. Michael Moore

Ext. 1 pastor@pccrusa.org

Handbell Director: Patti Dolezal,

Ext. 5 music@pccrusa.org

Choir Director: Rich Dixon

Organist: Larry Gillum, Ext. 5

Finance: Carolyn Hull, Ext. 3

finance@pccrusa.org

Office Coordinator:

Terry Brigham, Ext. 4

office@pccrusa.org

Sexton: Rich Dixon

Worship Schedule

March 1 — 10:00 am, Communion

Preaching: Rev. Michael Moore

Liturgist: Beverly Mitchell

Organist: June Gamet

Chancel Choir: "Treasures in Heaven" Clokey

Greeters: Berniece and Bob Peters

Fellowship Hosts: Choir

March 4 — Mid-Week Lenten Service, 5:45 pm

March 8 — 10:00 am, Daylight Savings Time Starts

Preaching: Rev. Michael Moore

Liturgist: Lois Ellingwood

Organist: Larry Gillum

Chancel Bells: "The Old Rugged Cross" Krug

Chancel Choir: "There is a Balm" Dixon

Greeters: Kathy and Robert Sherrod

Fellowship Hosts: Chancel Bells

March 11 — Mid-Week Lenten Service, 5:45 pm

March 15 — 10:00 am

Preaching: Rev. Michael Moore

Liturgist: Bob Holcomb

Organist: Larry Gillum

Chancel Choir: "Light Everlasting" Christiansen

Bell Ensemble: "What Wondrous Love Is This" Krug - Hymn 85

Greeters: Anne and Dennis Jacobs

Fellowship Hosts: Grace and Grub

March 18 — Mid-Week Lenten Service, 5:45 pm

March 22 — 10:00 am

Preaching: Rev. Michael Moore

Liturgist: Lisa Plaut

Chancel Choir: "Like a River in My Soul" Osiek

Joyful Bells: "Were You There?" Linker/McFadden - Hymn 102

Organist: Larry Gillum

Greeters: Lisa and Peter Plaut

Fellowship Hosts: Joyful Bells

March 23 — Communion at Good Samaritan, 4:15 pm

March 25 — Mid-Week Lenten Service, 5:45 pm

March 29 — 10:00 am

Preaching: Rev. Michael Moore

Liturgist: Kathleen Black

Chancel Choir: "The Old Rugged Cross" Hayes

Organist: Larry Gillum

Greeters: Joy and Bob Holcomb

Fellowship Hosts: Back Pew Creations

Thank you to everyone who has contributed to this issue of the newsletter—whether it be your service in this church, providing a written article or photo, or folding and assembling the finished product. We appreciate your input!

The April Newsletter deadline is **Tuesday, March 17**. Please send your pictures and stories to Terry Brigham at: office@pccrusa.org
Thanks!

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March 2020

From Pastor Michael Moore...

Lent is once more upon us. We begin the season with our Ash Wednesday service where ashes are imposed on the worshipper's forehead, often with the words "Remember that you are dust, and to dust you shall return." When I place ashes on the worshipper's forehead, I simply offer the blessing, "In the name of the Father, and the Son, and the Holy Spirit." This is a sign of our mortality and also of penance.

Lent is a time of reflection as we begin the 40-day journey to Holy Week (Palm Sunday through Holy Saturday). Some people have the tradition of giving something up for Lent. Others have the tradition of doing some new act of faith and service that will go beyond Lent.

Ultimately, this season calls us to reflect on the life of Christ and his sacrifice. It calls us to remember and to return to the central relationship of our faith, Jesus. Introspection helps us to become honest before God and with ourselves. One book of the Bible that helps us to do that is the book of Psalms. During this time we will focus on the Psalms. On Sunday we will sing them (in Jesus's day they were the Hebrew hymnal) and on Wednesday evening we will focus on the Psalms of lament. Life is often difficult and these laments invite us to share our challenges and sorrows in a raw and honest way.

*In addition to attending worship services, I also encourage you to take home a copy of the Presbyterian Mission Agency's devotion, **BECOMING A BELOVED COMMUNITY: A MATTHEW 25 JOURNEY TO THE CROSS**, and follow the study during Lent (copies available on a table in the narthex). As we reflect on our life and faith, may the Spirit draw us closer to Christ and his call to love and serve.*

Grace and Peace,

Michael



Mid-Week Lenten Worship Services

5:45 p.m.

Wednesday, March 4

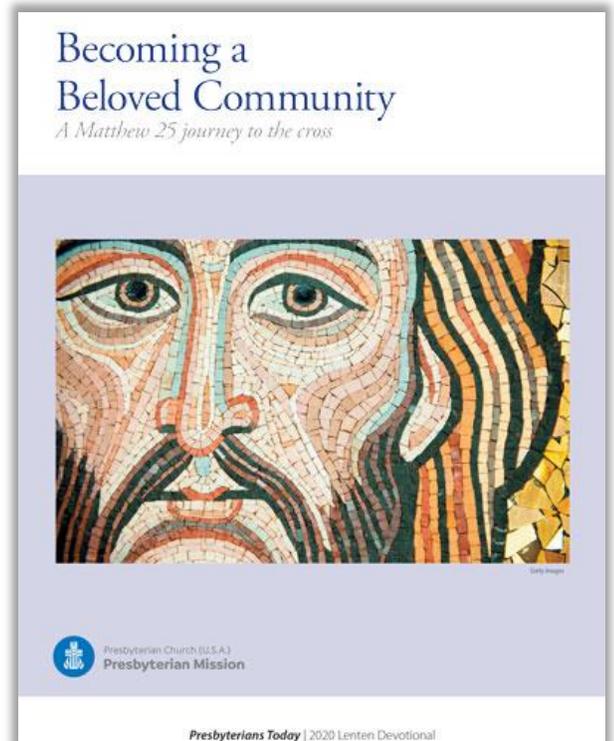
Wednesday, March 11

Wednesday, March 18

Wednesday, March 25

Wednesday, April 1

Maundy Thursday, April 9



Welcome

New Members!

Bill and Marianne Solms,
Joining by letter of transfer



Photos

Phone Numbers

Home Address
Email Address

Check your contact information!

This spring we will print an updated church directory, and we would like to include the most current information possible, including photos. The last directory, printed in October 2019, is available in the church office if you would like to check the information we have on file.



Choir Notes for March

~ Rich Dixon, Director of the Chancel Choir Director

By the time you get this, we will be in the season of Lent, and the bells, choir, and Larry will all be very busy getting ready for Holy Week and Easter. This is a very important time in the church year, but always seems to take a back seat to Advent and Christmas. We like to celebrate the birth of Christ with glorious music and a beautifully decorated sanctuary, but Lent does not hold that same excitement. This is a time of serious reflection while we try to understand the meaning of it all. This is the time in which we try to understand the role WE play in Christ's crucifixion.

Some may feel that it is a "downer" in the church year, and find it hard to feel emotionally involved. But that is exactly what we are called upon to do. The theme of this year's mid-week services is, "We are on a journey with Christ," and at the end of this journey we celebrate a gift far greater than any gift we receive at Christmas. This IS what it is all about!

Do not feel alone if the above strikes a chord. Over the last thousand years, composers, poets, painters and writers have created countless works of art and literary masterpieces in the celebration of Christ's birth, but little has been created, by comparison, towards this season. Very few hymns, and fewer anthems, can be found, which makes it more difficult for Larry, Patti, and me to find music suitable for worship at this time in the church year. But putting all that aside, we work very hard trying to find music that helps us on this journey as we look with excitement at Christ's victory over death.

WANTED!

LOOKING FOR

The Membership and Hospitality Committee is looking for a few *very* fun, *very* energetic men and/or women to serve on its committee for **2020-2021**. Our ranks dwindled this year when three of our members passed away and one moved to the valley. This committee is at the heart of fellowship and service at PCCR but most importantly, we have a whole bunch of fun while meeting our mission statement goals.

Come be a part of this vibrant PCCR group. We'd love to have you with us. Call Sherry Unruh at 913-638-5772 or email her at unruhs4@icloud.com.

The Communications Committee needs you!

Join this committee and help provide some fresh ideas for communicating through our website, Facebook, newspaper, brochures, bulletins, church directory, emails, etc. Your time commitment would be minimal. Please contact Terry in the church office for details. Thank you!



In celebration of Easter, you can help fill the Sanctuary with fresh bright color when you purchase a flower or donate to One Great Hour of Sharing in

honor or in memory of loved ones.

Order forms will be available in the Sunday bulletins prior to Easter, beginning March 22.

**February 16
Worship
Service**



PCCR Gift to Presbyterian Border Region Outreach



For more than five years, PCCR has lent support to Café Justo, a grower-owned coffee cooperative in Mexico, through monthly sales of their coffee. Café Justo's growing operations are centered in Chiapas, in southern Mexico, across from Guatemala. The cooperative ships the harvested beans to Agua Prieta, Sonora, on the Mexican side of the border with the United States near Douglas, Arizona. There, Café Justo workers roast, grind and package the coffee for shipping and sale. Customers are mainly churches like ours that retail the coffee to their



congregations. These sales provide a living in Mexico for the cooperative members and mitigate some of the pressure to migrate north and cross the border.

Café Justo was formed in 2002 with assistance from Frontera de Cristo, one of the border ministries of Presbyterian Border Region Outreach, which in turn is part of the broader ministry program of our denomination, Presbyterian Church (USA). In the PBRO, ministry partners from the Presbyterian Church (USA) and Iglesia Nacional Presbiteriana de Mexico focus on establishing and cultivating relationships between people. It has five ministry sites along the US-Mexico border from Arizona to Texas. Its mission is to improve the lives of those in Mexico/US border communities by creating safe, nurturing spaces for all in need.

PCCR established our coffee sale program with a seed grant from the Mission Committee budget. We have sold Café Justo coffee at cost, with an allowance to cover shipping, rounded up to an even dollar.

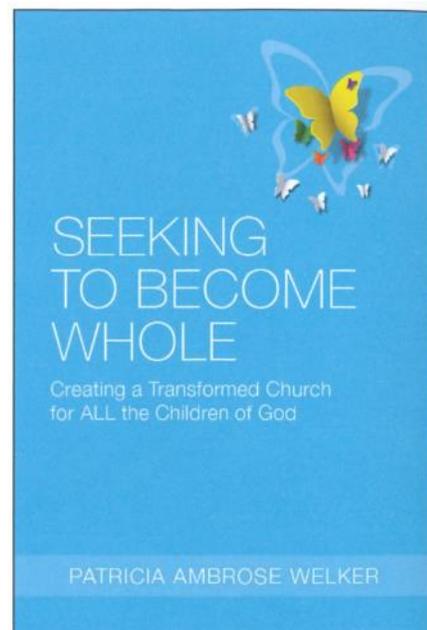
We have sold a lot of coffee and have accumulated a surplus of several hundred dollars above the initial church funding. The Mission Committee recently decided to donate the surplus to the Presbyterian Border Region Outreach for general support to its affiliated ministries.

Thank you to all who have bought Café Justo coffee, both for the support this has provided to the coffee cooperative and for the opportunity to contribute to the larger border mission.

Our good friend and former PCCR member, Pat Welker, has written a new book, **SEEKING TO BECOME WHOLE: CREATING A TRANSFORMED CHURCH FOR ALL THE CHILDREN OF GOD.**

Bob Peters gave a wonderful review of the book during morning announcements at church on Sunday, February 16. The book is available on Amazon and Barnes & Noble, and we have a copy in our church library.

For more information, see the flyer on the bulletin board or check her book out from our church library. While you are in the library, be sure and look over the wide collection since we do have new books on the shelves.



2020 PCCR Committees

Building and Grounds: *Meets 2nd Tuesday monthly at 9:30 am*

Michael Moon*, **Dennis Jacobs**, **Jim Nussbaumer**

The Building and Grounds Committee is responsible for all aspects of our property maintenance. This includes the building inside and out as well as all aspects of our ground. Grounds includes the parking lot and lighting, physical landscaping, and irrigation. Building aspects include electrical, network, sound system, plumbing, painting, appliances, air conditioning and heating, utilities and insurance.

Columbarium Committee: *Meets 2nd Thursday monthly at 10:00 am*

Bill Smith*, **Jan Boatman-Session representative**, **Pastor Michael Moore**, **Wes Te Winkle-member-at-large**

The Columbarium Committee is appointed by Session. The committee oversees maintenance and operation of the grounds and equipment and ordering nameplates, urns, and engraving. The Columbarium is for the inurnment of cremated remains of members of PCCR. Use by others is allowed by recommendation of the committee and approval by Session. The Columbarium is financially secure and is sustained by sales income; no income comes from the Church budget.

Communications Committee: *Meets 2nd Tuesday monthly at 11:00 am*

Peter Plaut*, **Terry Brigham**, **Phil and Solveig Ingersoll**, **Merry Nielsen**

The Communications Committee manages the church website (pccrusa.org), providing current information about church activities, including posting the weekly bulletin. The committee oversees the production and mailing of the monthly newsletter, the picture directory, and newspaper and visitor center advertising. A small weekly advertisement about PCCR is published in the Estes Park News, a tri-fold brochure is available at the visitor center, and a welcome booklet is in the church narthex—all of which provide information to visitors, newcomers, and the community about special events, church worship, and programs offered.

Finance Committee: *Meets 2nd Wednesday monthly at 9:30 am*

Bob Holcomb*, **Jack Boatman**, **Jay Harroff**, **Michael Moon**, **Ginny Page**, **Peter Plaut**, **Mike Warren**

The Finance Committee is charged with the accounting, budgeting, revenue, and expense control of the church. This committee proposes to the Session budget and stewardship programs that will maximize the value of the various income sources. On a monthly and annual basis, this committee provides a financial condition report to both the Session and the congregation.

Foundation: *Meets quarterly (January, April, July, October)*

Bob Holcomb*, **Barb Cole**, **Dan Scace**, **Robert Sherrod**, **Jay Smith**, **one vacancy**

The Foundation was formed to provide monies for the upkeep and repairs to the church building and can be used for any legitimate church purpose except for salaries. Foundation funds are separate from the church operations budget and are invested in a professionally managed investment account.

Membership and Hospitality: *Meets last Monday monthly at 8:30 am*

Sherry Unruh*, **Kelley Anderson**, **Lois Ellingwood**, **Amy Fox**, **Anne Jacobs**, **Carolyn Kramer**, **Susie Manhoff**, **Kathye Osborne**, **Diane Palmer**, **Catherine Schafer**, **Diane Scruton**, **Kathy Sherrod**, **Grace Stephen**, **Audrey TeSelle**

The Membership and Hospitality Committee is where PCCR fun begins. This committee makes every effort to design activities that gather our whole church family together for fun and fellowship. From Pie Socials to Harvest Festivals and from All-Church Picnics to Palm Sunday Brunches, these tireless members create an atmosphere of inclusion, laughter, and love. We never get tired and we are always up for something new to try with all our PCCR friends. We work diligently to bring new faces to PCCR and we are the first to welcome new members and guests. We work to make the spiritual experience at PCCR a fabulous one for members and visitors alike.

***Committee Chair**

2020 PCCR Committees, *continued*

Mission and Outreach: *Meets 1st Wednesday monthly at 3:00 pm*

Lisa Plaut*, Betty Meyer-scribe, Denise Moore, Stan Osborne, Evelyn Wilson, Dave Thomas-advisor

The purpose of the Mission and Outreach Committee is “to inform, involve and excite the congregation about mission.” Internationally the committee supports 2 co-mission teams in Africa and Peru. With our giving to the PC/USA Special Offerings we support a broad range of projects, and in the Estes Valley we work with local agencies to care for our neighbors. The congregation is involved with hands-on projects and educational sessions.

Personnel Committee: *Meets 2nd Monday monthly at 3:00 pm*

Jan Boatman*, Randy Brigham, Barb Cole, Dot Rohrbaugh, Robert Sherrod, Caroline Smith, Pat Waltermire

The Personnel Committee works with the Pastor, who is the Head of Staff, on personnel matters including hiring, job descriptions, annual reviews, and budget recommendations. The committee prepares the Annual Terms of Call for the Pastor, which is approved by the congregation, and also prepares and maintains church policies pertaining to personnel matters.

Worship and Music Committee: *Meets as needed*

Kent Meyer*, Joan Buhlmann, Kent Dannon, Rich Dixon, Patti Dolezal, Dave Evans, Larry Gillum, Denise Moore, Ford Nielsen, Mark Richards, Dot Rohrbaugh, Stan Osborne, Pastor Michael Moore

The Worship and Music Committee is an advisory committee to the Session and the pastoral and music staff. In the past year, we have reviewed policies concerning special services and the church’s musical instruments and made recommendations to the Session. We also reviewed ongoing worship concerns such as the sanctuary sound system and ushers.

***Committee Chair**

Serving in Our Church



RULING ELDERS

DEACONS

Rev. Michael Moore, Pastor
Barb Cole, Clerk of Session

Class of 2020: Jan Boatman
 Kent Meyer
 Caroline Smith
 Sherry Unruh

Class of 2021: Michael Moon
 Ford Nielsen
 Peter Plaut
 Pat Waltermire

Class of 2022: Randy Brigham
 Bob Holcomb
 Stan Osborne
 Mike Warren

Class of 2020: Jim Carpenter
 Steve Wilson
 Karen McClure
 Barbara Richards

Class of 2021: Marilyn Irwin
 Carolyn Kramer
 Judy Portman
 Judy Schaffer

Class of 2022: Joan Buhlmann
 Susie Manhoff
 Katha Schweitzer
 Verlene Thorp

Session Highlights ~ February 2020

Session highlights from the February 24 meeting will be listed in next month's March Newsletter.

Deacon Highlights ~ February 2020



- ◇ Carolyn Kramer, co-moderator, opened the meeting. She and Judy Portman brought goodies to share! Carolyn also gave the devotion which was an essay written by an unknown teacher called "The Teacher's Hand."
 - ◇ Minutes from the last meeting were approved.
 - ◇ Judy Portman gave a report on the last Session meeting. She reported that much of the meeting was discussion and passing of the budget for this year.
 - ◇ Carolyn distributed the finance report that she had received from Carolyn Hull.
 - ◇ Concerns for some family members and friends were given. A joy was that Michael was accepted into a PhD program toward another theology degree. Cards will continue to be sent to those on the prayer list.
 - ◇ At the January 27 communion service at Good Samaritan there were 10 residents and 5 PCCR members. The next one will be on February 24 at 4:15. Anyone is welcome to attend.
 - ◇ Barb Richards reported on the Weitzel service and reception. She estimated that about 50 people were served. Barb's committee will meet to talk about what changes could be made to help the process of serving go even more smoothly.
 - ◇ Communion assignments were reviewed for March and April.
 - ◇ Under old business it was decided to discuss the sending of boxes to college students at a later time. To send them in November instead of December would be better.
 - ◇ There was no new business.
 - ◇ Michael gave the closing prayer.
-

How would your life be different without your glasses?

Would you be able to drive safely? Enjoy your hobbies? Prepare food?

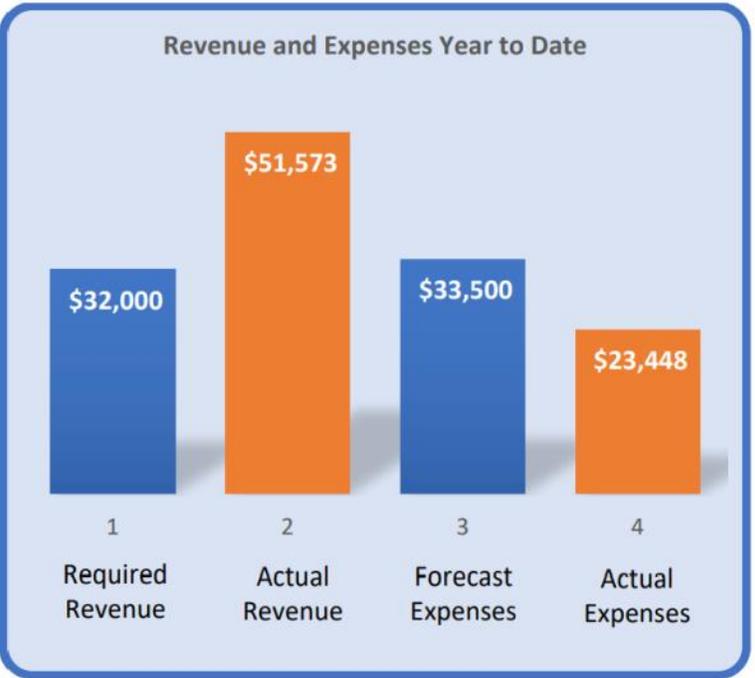
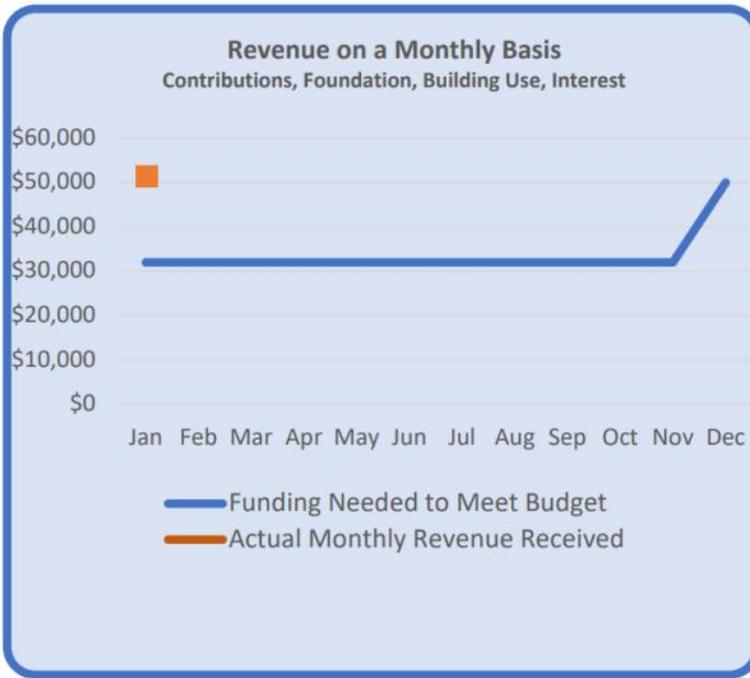
EPHS graduate and PCCR member, **Regina Pierce**, is looking for donations of near-sighted and far-sighted glasses and sunglasses to support refugees in Greece.



Global Brigades is the largest student-led social global development organization on the planet. In addition to their holistic development work in rural areas of Panama, Ghana, and Honduras, Global Brigades is beginning operations in Greece, responding to the inadequate conditions in overcrowded refugee camps. Regina is a leader in the Global Brigades chapter at the University of Denver. This month they will be participating in an ongoing medical and public health initiative responding to the European refugee crisis.

If you have any old glasses you can donate, please bring them to the church and drop them in the marked box in the narthex. For more information, contact Regina at regina.pierce@du.edu or **720-397-8698**.

2020 Financial Picture – Data Through January



This is the first summary that will be reported each month to monitor the church’s receipt of funding from all sources (contributions from members and visitors, donations from the PCCR Foundation, charges for use of church facilities by outside organizations, and investment income), compared with monthly expenditures. The 2020 expense budget set total expenditures at just under \$402,000 (\$401,615). A forecast of revenues (based on pledges, an estimate of contributions other than through pledges, donations that will be requested from the Foundation and an estimate of other income) indicated that funding would be about \$55,000 below required expenses. We have faith that contributions will exceed what was projected and that the church can carefully manage spending. The target is a balanced budget.

The chart at the left compares the monthly average flow of revenue from all sources that is needed to achieve a balanced budget (the blue line) with the actual revenue received each month (a brown line). The end-of-year increase in donations shown in the blue line is typical. The brown dot is the first month’s entry for actual funding received. Contributions in January came to a higher than usual \$51,573, as indicated on the chart. This portends well. Over the course of the year, the brown line needs to average out to meet the blue line for us to have a balanced budget with no deficit at the end of December. Another view of revenue and expenses is shown in the chart at the right. Do not be surprised by the volatility of the charts. Real world revenues and expenses do not follow a steady course during the year. Please watch this over the year.

If any singles would be interested in having a potluck at the church on select Fridays or going out to Poppy's for dinner, please contact Joan Buhlmann through the church office.





March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:15am-Journeys Class 9:00am-Fellowship 9:15am-Choir Rehearsal 10:00am-Worship	2 4pm-PW Board Meeting 5:30pm-Oratorio Society 6pm-Alcoholics Anonymous	3 9am-PEO Chapter GJ 12pm-PEO Chapter AV 3:30pm-Girl Scouts Cadet Troop 70455 6:30pm-Estes Valley Chamber Singers	4 8am-Men's Bible Study 9:30am-Morning Break Bible 3pm-Mission and Outreach 3:40pm-Girl Scout Troop 70264 4pm-Joyful Bells 5:45pm-Midweek Lenten Servc 6:15pm-Estes Park Chorale 6:30pm-Estes Valley Model Railroaders	5 11:30am-MountainAires 2-7pm-Ballet Class-Adult and Protégé 2pm-Stephen Minister Training 5pm-Chancel Bells 6:45pm-Chancel Choir	6 3:30pm-Girl Scouts Troop 77784	7
8 Daylight Savings Time Starts 8:15am-Journeys Class 9:00am-Fellowship 9:15am-Choir Rehearsal 10:00am-Worship	9 1pm-Journeys Leadership 3:00pm-Personnel Committee 5:30pm-Youth in Action-EPNRC 5:30pm-Oratorio Society 6pm-Alcoholics Anonymous	10 9:30am-Building & Grounds 11am-Communications 4:30pm-Stephen Ministry 6:30pm-Estes Valley Chamber Singers 7pm-Deacons Meeting	11 8am-Men's Bible Study 9:30am-Morning Break Bible 9:30am-Finance 1pm-Office Staff Meeting 3:40pm-Girl Scout Troop 70264 4pm-Joyful Bells 5pm-EPNRC Board Training 5:30pm-Estes Valley Waterished Coalition 5:45pm-Midweek Lenten Servc 6:15pm-Estes Park Chorale 7pm-Oratorio Dress Rehearsal	12 10am-Columbarium Committee 11:30am-MountainAires 2-7pm-Ballet Class-Adult and Protégé 2pm-Stephen Minister Training 5pm-Chancel Bells 6:45pm-Chancel Choir	13	14 9am-Scrapbook/Card Making 7pm-Oratorio Concert
15 8:15am-Journeys Class 9:00am-Fellowship 9:15am-Choir Rehearsal 10:00am-Worship 3:00pm-Oratorio Concert	16 11:30am-PW Horizon's Bible Study Circle 5:30pm-Oratorio Society 6pm-Alcoholics Anonymous 6:30pm-Session Meeting	17 St. Patrick's Day Newsletter Deadline 9am-PEO Chapter GJ 3:30pm-Girl Scouts Cadet Troop 70455 6:30pm-Estes Valley Chamber Singers	18 8am-Men's Bible Study 9:30am-Morning Break Bible 10am-League of Women Voters 3:40pm-Girl Scout Troop 70264 4pm-Joyful Bells 5:45pm-Midweek Lenten Service 6:15pm-Estes Park Chorale	19 11:30am-MountainAires 2-7pm-Ballet Class-Adult and Protégé 2pm-Stephen Minister Training 5pm-Chancel Bells 6:45pm-Chancel Choir	20 3:30pm-Girl Scouts Troop 77784	21
22 8:15am-Journeys Class 9:00am-Fellowship 9:15am-Choir Rehearsal 10:00am-Worship	23 4:15pm-Communion at Good Samaritan's 5:30pm-Oratorio Society 6pm-Alcoholics Anonymous	24 6pm-League of Women Voters 6:30pm-Estes Valley Chamber Singers	25 8am-Men's Bible Study 9:30am-Morning Break Bible 3:40pm-Girl Scout Troop 70264 4pm-Joyful Bells 5:45pm-Midweek Lenten Service 6:15pm-Estes Park Chorale	26 11:30am-MountainAires 1pm-Newsletter mailing 2-7pm-Ballet Class-Adult and Protégé 5pm-Chancel Bells 6:45pm-Chancel Choir	27 9:30am-Merry Marthas	28
29 8:15am-Journeys Class 9:00am-Fellowship 9:15am-Choir Rehearsal 10:00am-Worship	30 8:30am-Membership and Hospitality Committee 5:30pm-Oratorio Society 6pm-Alcoholics Anonymous	31 3:30pm-Girl Scouts Cadet Troop 70455 6:30pm-Estes Valley Chamber Singers				



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Address Service Requested

What to Give Up...

Give up complaining ...	focus on Gratitude
Give up pessimism ...	become an Optimist
Give up worry ...	trust Divine Providence
Give up bitterness ...	turn to Forgiveness
Give up hatred ...	return Good for evil
Give up negativism ...	be Positive
Give up anger ...	be More Patient
Give up pettiness ...	become Mature
Give up gloom ...	enjoy the Beauty all around you
Give up jealousy ...	pray for Trust
Give up gossiping ...	control your Tongue
Give up sin ...	turn to Virtue
Give up giving up ...	Hang in there!