

# Charter Oak Church Church Council Minutes

September 23, 2021 – Council Meeting

**Council Members:** Nathan Anderson, Cindy Carasia, Wendell Davis, Rich Hoffman, Keith Impink, Erin Irons, David Leuthold, Christina McCaffrey, Amanda Polinsky, Nick Watson, Chris Whitehead, Tom Beagan (Ex Officio)

**Absent:**

**Guest Attendance:** Autumn Vinopal, Tom Croke, Scott Leslie

**Prayer** – Cindy Carasia

**Bible Study** – Chris Whitehead

- Fasting Basics
  - See the attached document titled **Fasting Basics 9-23-21**
- 40 Days of Prayer and Fasting
  - See the attached document titled **40 Days of Prayer and Fasting 9-23-21**

**Review the August 2021 Meeting Minutes**

- **MOTION** by Dave Leuthold to accept the August Council Meeting Minutes
  - Motion 2<sup>nd</sup> by Cindy Carasia
  - Motion ACCEPTED

**Old Business**

- Update on the Health Advisory Team
  - Mask Required Service
    - Jeannette Campus
      - Sunday Mornings at 8:45 AM
      - October 24, 2021 – Soft Launch
      - November 7, 2021 – Official Launch
    - The service will be communicated across all campuses
- Submitted Proposal Response from District Superintendent Pat Nelson
  - The Letter, to District Superintendent Pat Nelson, was sent on September 15, 2021
  - District Superintendent Pat Nelson has not sent back an official response to date

**Memorial Garden Report** – Keith Impink

- There is no new information this month for a Memorial Garden Report

# Charter Oak Church

## Church Council Minutes

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### Finance Report – Christina McCaffrey

- See the attached document titled **Treasurer Report 9-23-21**
  - The 2021-2022 Missional Apportionment started to be accrued again in August 2021

### Questions from Visitors

- Autumn Vinopal asked for clarification on Accrued vs Payment
  - Christina McCaffrey clarified that yes, Charter Oak Church is accruing the monthly Missional Apportionment as an expense but it has not been sent to payables
- Tom Croke asked if the Missional Apportionment was not in the budget, would the budget be in better shape
  - Christina McCaffrey responded yes, our budget would be in a better place

### New Business

- Making Disciples
  - Chris Whitehead presented on Old Measurements vs New Measurements
  - ***The Six Marks of a Disciple***
    - ***Disciple Makers*** – We want to be people who share the Gospel with those who don't know Jesus
      - *Share the Gospel*
    - ***Community Builders*** – We want to be people who gather regularly in groups for Bible study, encouragement, accountability, learning, and sharing life together
      - *Join a Group*
    - ***Humble Servants*** – We want to be people who...leverage our call and spiritual gifts to build up the Body of Christ; We aim for total participation
      - *Serve on a Team*
    - ***Deployed Missionaries*** – We want to be people who go locally, regionally, and globally to heal spiritual, material, and relational poverty wherever God may send us
      - *Go to where God sends*
    - ***Generous Stewards*** – We want to be people who hold loosely to the things of this world by giving away a significant portion of our wealth to the work of God
      - *Give to the work of God at Charter Oak Church*
    - ***Devoted Worshippers*** – We want to be people who...are committed to worshiping God - people who can't get enough of Him, who long to gather corporately, and alone daily in prayer and Bible study
      - *Worship God Daily*

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September 23, 2021 – Council Meeting

## Executive Session

- Church Council went into Executive Session

## Next Church Council Meeting

- October 28, 2021 (Frye Farm Campus and Zoom)
  - Start Time 7:00 PM
- Church Conference: November 7, 2021 (Frye Farm Campus and Zoom)
  - Start Time 6:30 PM

Respectfully Submitted,  
Ty Holler  
September 23, 2021

# FASTING BASICS

NOW TO HIM WHO IS ABLE TO DO IMMEASURABLY MORE THAN ALL WE ASK OR IMAGINE, ACCORDING TO HIS POWER THAT IS AT WORK WITHIN US....

EPHESIANS 3:20

**THIS GUIDE IS DESIGNED TO ADDRESS SOME OF THE MOST BASIC QUESTIONS REGARDING THE SPIRITUAL DISCIPLINE OF FOOD FASTING AND SUGGESTIONS FOR THOSE WHO CAN NOT FAST FOOD.\***

Before we talk about fasting food, I want to remind you that you can fast anything... it is saying “no” to something good to say “yes” to something better. It might be social media, TV and movies etc. And a partial food fast like the “Daniel Fast” are great options for others. There are some who are physically not able to fast food, however, many people in good health can fast food and greatly benefit from a biblical food fast.

## **WHAT IS FASTING?**

Fasting is the spiritual discipline of restraining or abstaining from eating in order to gain something spiritually. **Saying “no” to something good to say “yes” to something better.** What is central to the fast is the idea of humbling ourselves through self-denial. Fasting is a voluntary weakness. It is NOT proving my desperation to God, like going on a hunger strike. Rather it is prioritizing God, His presence, and His will over anything else, even the things like food that we have a natural appetite for. Fasting food is a great way to allow God to increase our appetite for Him.

Fasting is just one of many spiritual disciplines that are all considered part of a normal Christian experience. There are other ways to practice the discipline of self-denial and voluntary weakness that are not tied directly to food (Isaiah 58). This is important for those who have a medical limitation to food fasting. Please see the section on alternative forms of fasting and self-denial later in this guide for more information.

## **HOW DO I GET STARTED?**

As has already been mentioned, if you choose to fast, fasting is a process. If you are new to fasting food it is wise to start with manageable lengths and progress from there. You might begin by skipping one meal in a day. If you choose this option it is wise to set a time frame for not eating, like 9:00 am to 6:00 pm. If you just say you are going to skip lunch and eat at 11:00 am and then eat again at 1:00 pm, you have in fact skipped lunch, but you may not have truly fasted!

The next level of intensity would be eating only one meal in a day (no snacking!). After that you might choose a 24-hour fast going from, say 6:00 pm on Tuesday evening till 6:00 pm on Wednesday evening. In this way you have done a full 24 hours, but still had at least one meal each day.

The next level would be a full 36-hour fast. An example of this would be not eating from 6:00 pm on Wednesday evening until 6:00 am on Friday morning. In this instance you have gone a full waking day without eating.

You also always have the option of combining partial food fasting with varying lengths of time.\* Please read the Medical Disclaimer at the end of this Guide.

You will have much more success with regular fasting intervals than trying to do something only once or twice a year. As with any form of self-denial, there will be some discomfort. But if you start gradually and increase over time, your body will learn how to adapt and you will be amazed at what you will be able to tolerate while continuing to fulfill your obligations. **The objective is the ongoing practice of making ourselves available to God**, not just getting one big “fasting trophy” and spending the rest of our life talking about it!

#### **A special note for those with physically, mentally or emotionally strenuous jobs:**

All fasting is not equal! For a delivery driver who is lifting hundreds, if not thousands of pounds in a day, a 24-hour fast is more intense than for someone who is sitting at a desk most of the day. Some jobs are more physically, mentally, or emotionally demanding than others and you must allow for this. Let the Holy Spirit show you what is right for you.

#### **IS THERE ANYTHING I SHOULD DO TO PREPARE FOR A FAST?**

Yes! There are some very important things to think about before you begin your fast.

#### **Determine your Purpose or Motivation for the Fast**

This can be as simple and general as just wanting more of God, to something very specific like guidance for a particular question, and anything else in between.

#### **Determine the Kind of Fast**

Answer questions like “How Long” and “What Type” of fast. Choosing a fast will partly depend on your occupation and normal physical demands. Think about how much additional time you will spend “feeding” your spirit with prayer, worship, fellowship, service, or Bible reading.

Focus your mind on things above, not on things here on the earth. Colossians 3:2 (CJB)

#### **Physically**

- Consult your doctor\* if you have any physical limitations or are on any medications (see the list of those who should NOT food fast)
- Consider your scheduling and physical exercise limitations
- Avoid sugar and caffeine, at least three days prior to your fast
- Resist having that “last big feast”

\* Many medical doctors are untrained in the area of fasting and may object to any kind of a full food fast. If you are in good health you may want to get a second opinion from a Christian doctor or nutritionist and proceed with caution.

#### **Spiritually**

- Ask the Holy Spirit to help you.
- Spend some time in self-examination and confession.
- Follow through on any restitution as led by the Holy Spirit.
- Prepare some scriptures for meditation.

#### **Socially**

- Consider who will need to know about your fast.
- If you live with children, use the fast as a teaching example and explain simply (depending on their ages) what you are doing and why. This will help them to view fasting as a normal part of being a Christian, just like going to church.

- It is wise to have someone praying for you, especially if you are just beginning or are attempting a long term fast.

You have died with Christ and he has set you free from the evil powers of this world. So why do you keep on following rules of the world, such as, “Don’t handle, don’t eat, don’t touch.” Such rules are mere human teaching about things that are gone as soon as we use them. These rules may seem wise because they require strong devotion, humility and severe bodily discipline. But they have no effect when it comes to conquering a person’s evil thoughts and desires. Colossians 2:20-23 (NLT)

- It is also helpful to have one or two people to whom you can be accountable during your fast.
- Consider what you will say to those who will inevitably notice you are not eating (“I have other plans for lunch today...”). Do not seek it out, but don’t be afraid to be honest with anyone if the subject becomes unavoidable. This is an open door for you to share about who God is in your life.
- Think about how you will handle the family mealtimes.

For longer fasts, reading some Christian literature devoted to long term fasting is recommended. Pastor Brady would be happy to recommend a few books if you are interested. Water-only fasting is not advised without advice from those who have participated in this kind of activity. It is best done under the supervision of those to whom you are spiritually accountable.

### **Do you have any helpful hints or pointers for me while I am fasting?**

#### ***Some Physical and Emotional Effects to Expect***

Be prepared for some temporary social, physical, and mental discomforts! Missing the social or mental pleasure of eating is usually as intense as the physical desire to eat. You may find yourself feeling irritable and impatient early in the fast. This is partially a result of the tension created in your body as it looks for an alternate source of energy. Practice patience! Over time your body comes to understand what to do and this tension subsides.

Hunger Pangs – the first three days are generally the worst. This is your body learning to make the switch from using the food in your digestive tract (which usually stays about three days) to burning stored fat.

Later in the day may prove more challenging both emotionally and physically than early in the day, plan on spending some of that time with the LORD.

Feeling cold or tingling sensations is the body conserving its energy!

Lightheaded or dizziness from a sudden change in position - this should be minor and temporary. Body aches and/or headaches can be a result of the body burning fatty tissue. Sleeplessness becomes built in extra time with the LORD!

Bad breath, increased body odor, a white coating on your tongue. These are normal results of your body throwing off the toxins which were stored in burned fat.

Headaches or stomach-aches are commonly associated with salt, sugar, or caffeine withdrawal. Eliminating these prior to the fast will help minimize these discomforts.

Physical weakness – the weakness experienced in a moderate fast is again due to the body trying to conserve energy while looking for an alternate energy source. Physical activity should be minimized, which provides the perfect opportunity to spend more time in prayer and Bible reading, etc.

Lower back pain may indicate you are not drinking enough water

Weight loss – though some may list this as a benefit, it is only temporary, weight will return once you begin eating again.

### **During Your Fast**

These are general suggestions only. Your body may react or tolerate things differently and you should go with what works best for you.

- **Drink lots and lots of water** (over three days without water is considered deadly).  
If you choose not to do a water fast (no food only water), you might prayerfully consider a juice fast (no food only juice).
- Drink natural (no sugar added) fruit and vegetable juices, diluted one-half to two-thirds
- Fruit juice (restorers) in the morning, vegetable juice/broth (builders) in the afternoon
- Avoid highly acidic juices (citrus, pineapple, tomato)

If you “blow it” and eat something you should not have eaten, don’t give up! Just continue on and finish what you started. You will still be better off in the end, even if you did falter.

### **Breaking Your Fast**

When breaking shorter fasts (one to three days in duration) using common sense about what you choose to eat and how much you eat will generally be sufficient to bring you safely back to normal. For the first day, avoid large meals, fatty foods, meats and foods or drinks with high sugar content. Begin with light foods in small portions on the first day.

Breaking an extended fast (seven days or more) is as important as the fast itself. Your body’s digestive system has been “asleep” and you will need to wake it gently and gradually. After a 40-day fast you should plan on at least three days of transition before returning to eating normal foods and quantities. The physical side effects of unwisely breaking a long term fast can be quite severe.

Much of what your system will tolerate, you will learn from trial and error, but it is better to err on the side of caution when you are just learning about what works best for you. Most recommend breaking the fast by gradually adding raw or steamed vegetables to your diet in increasing quantities, and moving gradually to fresh fruits.

Eat smaller portions more frequently throughout the day. How much you eat is as important as what you eat. Take smaller bites than normal and chew your food more thoroughly than usual.

For digestion to begin, your body must produce thousands of enzymes. This takes time, energy, and nutrients! Make sure you give your body time to build its enzyme production. Your body has been resting and it doesn’t function “half asleep” any better than you do! Limit the variety of foods you eat in the first few days. Different foods require different enzymes and simpler is better while your body is “gearing back up”.

Do not drink a lot of liquid during meals. This will dilute the digestive juices your body is creating to digest the food. Your body has to heat iced beverages before they can be absorbed and this also takes energy away from its ability to produce what is needed for digestion.

Carefully consider your schedule on the days you will be breaking a long-term fast. It is not unusual to experience some nausea, cramping, or diarrhea.

Avoid beginning with starches such as potatoes, breads (except for “Melba Toast”), rice, pasta, etc. The primary reason for this is that although they are easy to digest they swell in your digestive system and it is too easy to eat more than you should (and end up with severe digestive discomfort).

Avoid meats, fats, and dairy products for the first several days after a long term fast; begin introducing them slowly and in small amounts.

Although you may feel hungry after a long term fast, be mentally ready to eat only small portions of simple foods on the first few days.

God – you are my God! I can’t get enough of you! I’ve worked up such hunger and thirst for God, traveling across dry and weary deserts. So here I am in the place of worship, eyes open, drinking in your strength and glory. Psalm 63:1-2 (The Message)

### **What about those who can’t fast for medical reasons?**

Any normally healthy adult can safely fast from one to seven days without incurring any significant, permanent health problems, but there are some people for whom this type of fasting should only be done under the supervision of their primary health care provider. There are others for whom a full food fast is not an option.

### **Some people who should NOT do full food fasting include:**

- Persons who are physically too thin or emaciated
- Persons who are prone to anorexia, bulimia, or other behavioral disorders
- Persons with weakness or anemia
- Persons with tumors, bleeding ulcers, cancer, blood diseases, or heart disease
- Persons with chronic problems of the kidney, liver, lungs, heart, or other major organs • Persons who take insulin for diabetes or who have hyperglycemia
- Persons recuperating from surgery or accidents
- Women who are pregnant or nursing

### **Some other alternatives to a full food fast might be:**

- Partial food fasting mixed with varying lengths of abstinence
- Time restraints on eating (not before noon, not after 3:00 PM, etc.)
- A “Daniel Fast” is a biblically based partial fast based on two accounts of the Prophet Daniel’s fasting experiences (see Daniel 1 and 10) and typical Jewish fasting principles. The Daniel Fast eating plan is similar to a vegan diet with additional restrictions.
- Entertainments (TV, movies, video, books, sports, eating out, etc.)
- Favorite pastimes (shopping, various recreations, computer, hobbies etc.)

Remember, in the Christian fast we are not just abstaining from food – but in place of eating we are feeding our spirit on the living and written Word of God.

### **\*Medical Disclaimer**

The content of this document is published only for the purposes of information, and is not intended to substitute for consultation with a medical professional before beginning a fast of any kind. Consult a doctor or medical professional before beginning a fast.



## **40 Days of Prayer and Fasting**

Charter Oak Church

Church Council

**Day 1** – 09.24.21

**Silence and Stillness before God** (2 minutes)

**Read:** Galatians 4:6-7

**Prayer Directive:** Pray that God would open your understanding that you are a child of God, and that you are no longer a slave to sin.

**Responding to God:** Write out 5 ways that knowing you are a child of God changes your relationship with God.

**Silence and Stillness before God** (2 minutes)

**Day 2** – 09.25.21

**Silence and Stillness before God** (2 minutes)

**Read:** Isaiah 44:4

**Prayer Directive:** Review areas where you and/or your family have need for God's refreshing and provision. Pray for those areas.

**Responding to God:** Write what provision/blessings you requested from the Lord today.

**Silence and Stillness before God** (2 minutes)

**Day 3** – 09.26.21

**Silence and Stillness before God** (2 minutes)

**Read:** 2 Corinthians 13:14

**Prayer Directive:** Pray, "Father would you show me how to experience the communion, the sharing together, and the participation I can have with the Holy Spirit?"

**Responding to God**

Using [www.biblegateway.com](http://www.biblegateway.com) or Bible software, search for "Holy Spirit" and see all the ways that the Spirit is available to help you as a disciple of Jesus.

**Silence and Stillness before God** (2 minutes)

**Day 4** – 09.27.21

**Silence and Stillness before God** (2 minutes)

**Read:** Galatians 5:22-23

**Prayer Directive:** Pray for the fruit of the Spirit to be present in you and your loved ones today.

**Responding to God:**

Write down each of the Fruit of the Spirit. Next to each one, write how you will live that fruit in your life today.

**Silence and Stillness before God** (2 minutes)

**Day 5** – 09.28.21

**Silence and Stillness before God** (2 minutes)

**Read:** Acts 1:4-8

**Prayer Directive:** Ask God to fill you with the Holy Spirit, and with His power to be God's witness today.

**Responding to God:** How can you faithfully live in the power of the Holy Spirit today?

**Silence and Stillness before God** (2 minutes)

**Day 6** – 09.29.21

**Silence and Stillness before God** (2 minutes)

**Read:** Romans 5:5

**Prayer Directive:** Pray that the Holy Spirit fill your heart with love in the areas in which you lack love.

**Responding to God:** Ask the Lord to bring three people to mind you can love more. Ask God how you could specifically respond to them in His love today. Write down what you sense He is saying to you.

**Silence and Stillness before God** (2 minutes)

**Day 7** – 09.30.21

**Silence and Stillness before God** (2 minutes)

**Read:** Acts 4:29-30

**Prayer Directive:** Pray for God to give you great boldness in sharing your faith.

**Responding to God:** Write down the names of people who God brings to your mind and send them a note, a text, an email, or give them a phone call inviting them to come to church with you.

**Silence and Stillness before God** (2 minutes)

Treasurer's Notes: AUGUST 2021

\*\* Numbers are based on a Revenue Budget of \$2,123,280, and an Expense Budget of \$2,293,180 (\$2,298,984, less \$5,804, charged to reserves)

Revenue		Aug-21	
Frye Farm	\$	139,767.51	
Central Services	\$	-	
Crossroads	\$	23,804.00	
Jeannette	\$	8,154.00	
Mt Pleasant / Scottdale	\$	9,147.36	
<b>Totals</b>	<b>\$</b>	<b>180,872.87</b>	<b>% of Bdgtd. 102%</b>
2020	\$	171,594.80	

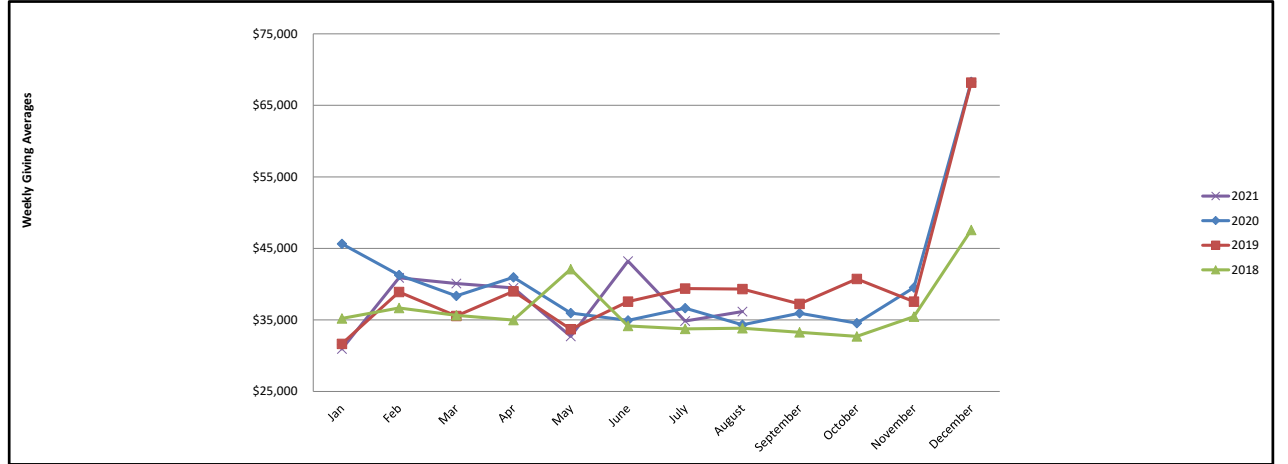
Expenses		Aug-21	
Frye Farm	\$	102,528.69	
Central Services	\$	1,183.43	
Crossroads	\$	16,496.21	
Jeannette	\$	11,521.23	
Mt Pleasant / Scottdale	\$	1,604.32	
<b>Totals</b>	<b>\$</b>	<b>133,333.88</b>	<b>% of Bdgtd. 70%</b>
2020	\$	156,091.37	

Aug-21	
Unadjusted Net Income	\$ 47,538.99
Mortgage Principle	\$ (9,247.23)
<b>Adjusted Total Profit / (Loss)</b>	<b>\$ 38,291.76</b>
2020 Unadjusted Net Income	\$ 15,503.43

Weekly Giving Averages		Jan	Feb	Mar	Apr	May	June	July	August	September	October	November	December	Total Avg/Mo
2018		\$ 35,203	\$ 36,678	\$ 35,639	\$ 34,989	\$ 42,113	\$ 34,156	\$ 33,759	\$ 33,841	\$ 33,272	\$ 32,704	\$ 35,460	\$ 47,572	\$ 36,282.17
2019		\$ 31,660	\$ 38,897	\$ 35,554	\$ 39,001	\$ 33,715	\$ 37,571	\$ 39,384	\$ 39,310	\$ 37,234	\$ 40,726	\$ 37,572	\$ 68,187	\$ 39,900.92
2020		\$ 45,642	\$ 41,291	\$ 38,366	\$ 40,953	\$ 35,954	\$ 34,941	\$ 36,648	\$ 34,319	\$ 35,950	\$ 34,558	\$ 39,526	\$ 68,296	\$ 40,537.00
2021		\$ 30,939	\$ 40,883	\$ 40,102	\$ 39,476	\$ 32,706	\$ 43,226	\$ 34,848	\$ 36,175					\$ 37,294.38
w=# of weeks, compared for '19, '20, & '21		21=5w		'19=5w; '20=5w		'20=5w; '21=5w	'19=5w		'20=5w; '21=5w	'19=5w		'20=5w	'19=5w	

Available Cash	
Total Cash on Hand	\$ 1,178,874.49
Hennon Fund	\$ (2,703.87)
Memorial Garden Fund	\$ (9,739.94)
Reserve Commitments	\$ (481,328.57)
Outstanding Payables	\$ (81,463.35)
Payroll Related & Pension HSA Liability	\$ (16,212.86)
<b>Available Cash</b>	<b>\$ 587,425.90</b>

E-Newsletter Calculation		FYE 7/31/22
<b>Revenue</b>		
From P&L	\$	180,872.87
<b>Expenses</b>		
From P&L	\$	133,333.88
Campus Cost From Reserves	\$	-
Mortgage Principle	\$	9,247.23
	\$	142,581.11
<b>Net Income</b>	<b>\$</b>	<b>38,291.76</b>



- Notes:
1. September 2021 (3 of 4 Weeks) - General Fund: \$125,554; SOF: \$7,379
  2. Audit work for FYE 7/31/21 has not begun.
  3. The FYE 7/31/22 budget requires draws of: \$48,000 from Strengthening Our Future and \$5,804 from Branching Out.