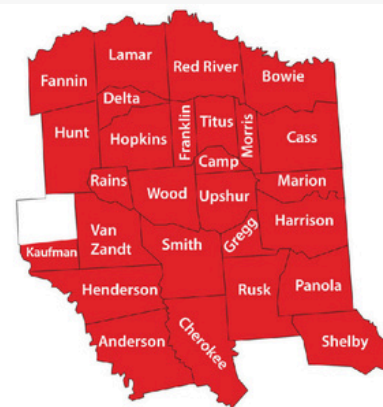




from the...

EAST REGION

of Grace Presbytery



MICHELE'S MUSINGS

Greetings East & Southeast Churches of Grace Presbytery, It is a joy to be with you in spirit. I offer many prayers for your success in mission and in ministry. I hope this Easter season continues to be a time of renewal and rebirth for you. This past month was an exciting one! April was a busy travel time for me. I worshipped down south at Westminster in Corsicana for Easter and witnessed a lovely butterfly release. I spent a Saturday in Longview for an insightful viewing and discussion of the documentary, "The Librarians." I preached for the friendly folks at First in Henderson. I visited Austin Presbyterian Theological Seminary where I engaged in leadership training for the Houses of Hope process. ALSO I enjoyed meeting several of the southern leaders at a lunch hosted by Central in Waco. In May, Sharon Curry (RMA west) and I are offering two opportunities for Ruling Elders to experience Communion Table Training in two different regions. (see page 3) The rest of the month promises more travel across Grace Presbytery, including a quick jaunt up to Oklahoma to celebrate the graduating class in my husband Larry's hometown of Waynoka, Oklahoma. Keep up the good work as we continue to shine the light of God's love,

M

Feel free to post or forward our newsletter to your session or congregation. Do you have news or an event to share with the east region? Do you have a question for presbytery? Call me at 918.232.6422 or email michele@gracepresbytery.org.
Rev. Michele Goff, Regional Ministry Associate, East Region

IN THIS ISSUE

Michele's Musings
Happenings
Guess Where
Inspiration
Important Links

HAPPENINGS

MAY 4, ALL DAY

"May the force be with you"

MAY 9, 11A-3

COMMUNION TRAINING
AT HIGHLAND IN TYLER

MAY 18, 7P

SMALL CHURCH ZOOM

MAY 30, 11A-3

COMMUNION TRAINING
AT FIRST IN BRIDGEPORT

JUNE 6, 9AM

PRESBYTERY MEETING
AT CENTRAL WOODWAY

INSPIRATION

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

~ Viktor E. Frankl



PRAYER PRACTICE: THE EXAMEN

This ancient prayer practice calls followers to reflection, prayer, unity, and service. This is a good way to shape your daily prayers.

Step 1: Give Thanks to God

Begin by giving God thanks for all the things you're grateful for today. Reflect on the blessings big and small of this day.

Step 2: Ask for the Spirit

Next, before you begin to review the places in your day where you messed up, failed or hurt someone, ask God to fill you with the Spirit – to accompany you in this prayer. To enable you to see clearly but not get stuck in denial, self pity, or shame.

Step 3: Review and Recognize Failures

Then, with God take a look at the mistakes you've made over the last 24 hours.

Step 4: Ask God for Forgiveness and Healing

If you need forgiveness, ask God for it. And if you've not sinned but simply made a mistake, ask for healing for any unintended consequences. Ask for God's help to let go and move on to avoid the same mistakes in the future.

Step 5: Pray About What's Ahead

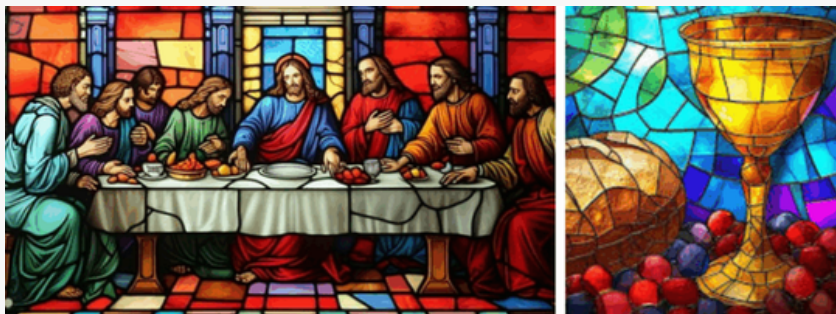
Imagine the day ahead – the people, places, and situations. Ask for God's help with situations foreseen and unforeseen.

Try it for yourself!



GUESS WHERE

Which East Texas church is home to this stained-glass window? Send me your guess. First to guess correctly gets free lunch with [Michele](#). Last month's archway is one of two in Mabank.



Communion Trainings

In the EAST:

May 9, 2026 ~ from 11:00 AM to 3:00 PM
Highland Presbyterian Church
3101 Paluxy Dr, Tyler, TX

In the WEST:

May 30, 2026 ~ from 11:00 AM to 3:00 PM
First Presbyterian Church
1307 Newby Ave, Bridgeport, TX

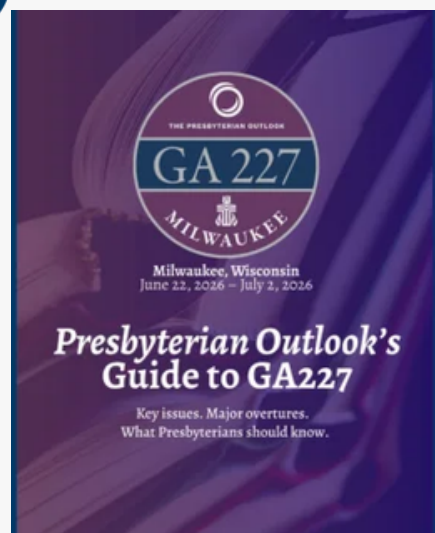
Is your church without pastoral leadership? Communion training is available for approved ruling elders serving congregations in transition. This session covers theological and practical leadership, including a resource binder and lunch. Please prayerfully discern with your Session if you are called to this ministry. Contact Michele Goff, Sharon Curry, or Lisa Wraith.



Small Church Gathering
Monday, May 18, 2026, 7:00 PM Zoom
Topic: Let's Talk About Hope
Email Sharon@gracepresbytery.org
for the link



THE PRESBYTERIAN OUTLOOK



Click the graphic above to explore Presbyterian Outlook resources for the upcoming General Assembly Meeting in Milwaukee.



At the Westminster Corsicana butterfly release following Easter worship.

IMPORTANT LINKS

GracePresbytery.org ~ Visit the Presbytery's [Events Calendar](#)
[Subscribe to Grace eNews](#) for weekly updates and resources
Go to the [East Region Page](#) for a Directory of churches and our regional news archive