

FIRST PRESS

Volume 30, Issue 4

April 2011

First Presbyterian Church www.fpclly.org

Dear John,

Some years you hear people say that Easter sort of “snuck up on them.” They certainly can’t say that this year. After all, in 2011 Easter arrives very late. Easter was later in 1943, a year when it fell on April 25. But the best I can determine, it hasn’t fallen on April 24 since 1859!

But that’s not to say that Easter still can’t “sneak up” on us. Easter always surprises us, I think. In fact, if we had been around for that original resurrection morning, being surprised by Easter would have qualified us to be Bible characters. What I mean is that all of the first Easter responders were caught off guard by the discovery that the tomb was empty and Jesus was up and gone.

The women came to the tomb at daybreak. They brought spices in order to embalm the lifeless body of their dead friend Jesus. What they found instead was the stone rolled away, the tomb empty, and an angel who said to them, “Jesus? No, Jesus isn’t here. He was here on Saturday. But he’s gone now.”

Everybody was surprised by the resurrection. The civil authorities. The religious leaders. Even the insiders who had heard it promised, predicted, and talked about! And it didn’t end there. That was just the beginning. Over the next hours and days, the risen Lord slipped into a locked room where the disciples were hiding in fear, fell in alongside two men on the road to Emmaus, and even snuck up on his friends while they were fishing. Over and over, here and there, the risen Lord just sort of showed up. You never knew when or where the risen Lord might turn up and surprise you.

You just never know. The surprise of Easter may be before us, behind us, above us, beneath us, around us, and even inside us.

I like this simple Easter prayer: “Father God, Easter is when we remember the most glorious thing of all – that Jesus rose from the dead and showed the world that anyone who believes in him has everlasting life. Thank you, God, for sending us your Son and showing us such love. Amen.”

Your friend, Gus



EASTER

LOOKING TOWARD EASTER

- April 3** Lenten Choral Concert (4:00 P.M.)
- April 6** Fellowship Dinner (6:00 P.M.)
Dinner served/prepared by church youth followed by Talent Show.
Fund raiser for mission trip.
- April 17** Palm Sunday
- April 21** Maundy Thursday
Communion Service (7:30 P.M.)
- April 22** Good Friday Service (noon)
- April 24** Easter Sunrise Service
(Columbarium 6:15 A.M.)
- April 24** Easter Morning Breakfast
(following sunrise service)
- April 24** Egg-Stravaganza Breakfast
(9:30 A.M.)
- April 24** Easter Worship Services
(8:45 A.M. & 11:00 A.M.)
Sunday School (10:00 A.M.)

THE LIVING CROSS

It has become a tradition at First Presbyterian Church to place a cross on the circle lawn at the church entrance. Those coming to worship on Easter morning bring the cross to life by placing fresh flowers on it. The Living Cross is a lovely part of our service each year. Please bring your cut flowers on Easter morning.



Parish Nurse Office Hours

Gail Midkiff, our Parish Nurse, will have walk-in office hours on **Tuesday mornings from 9:30 A.M. to 10:30 A.M.**

She can be reached through the church office at 384-6231 or by e-mail at the church website address: gail@fpclly.org.

Y Squared - Younger Youth Fellowship

You are invited to gather on **Saturday afternoon, April 30 at 3:30 P.M.** to give our young ones (and people of ANY age) a time of fellowship and fun. We will meet in the back parking lot of the church to let the younger youth play together and to provide a fun time of fellowship for everyone. Bring your bikes, balls, hula-hoops, games and fun spirit to this informal event. We may even end up with a game of kickball. We look forward to seeing you then!! Any questions? Please contact Susan Foster 386-0699 or (susankfoster@hotmail.com).

Caregivers' Support Group

At the January 30 program on *The Stresses and Blessings of Caregiving*, several people expressed the need for a support group for caregivers. If you are interested, please contact Gail Midkiff, Parish Nurse.

Coffee With The Parish Nurse every fourth Tuesday of the month.



The next coffee with the Parish Nurse will be **Tuesday, April 26, 2011 at 9:30 A.M.** Sip a cup of hot First Pres coffee and discuss health topics that interest you!.



EASTER SUNRISE SERVICE

"Very early on the first day of the week they went to the tomb when the sun had risen." (Mark 16:2)

For nearly two thousand years, Christians around the world have celebrated Easter with sunrise services. What a great way to usher in Resurrection Day.

Join us for a brief Sunrise Service in our Columbarium on Easter morning, Sunday, April 24, at 6:15 A.M. You are invited to a continental breakfast in the Fellowship Hall following the service.

Hope to see you there! Invite your friends!

"They saw that the stone was rolled back from the tomb; and they were amazed." (Mark 16:4)

PARDON OUR PROGRESS!

Work continues on the replacing of the sanctuary air conditioning system. We anticipate its completion soon.

Your Building Committee



ANGELS OF THE MONTH

We want to salute our **April Angels, Wynne Kowalski and Anne Venable**. As you know, much of an angel's work goes unappreciated and unnoticed – flying “under the radar,” so to speak. Such being the case, most of our church family are probably unaware that back in 1997 Wynne and Anne took on the job of coordinating the volunteer receptionists – men and women who answer the church office phone from 10:00 A.M. until 2:00 P.M. each weekday.

For the care and attention that Wynne and Anne dedicated to this task, for their faithfulness and dedication as coordinators and as receptionists, and for their good humor and courteous welcomes to all entering the building, for their friendships developed and nurtured with staff members over the years, we are indeed grateful.

Having “retired” from active duty, we appreciate Wynne's and Anne's thirteen-plus years as our coordinators. But we won't be surprised to find them filling in from time to time. Ladies, well done and well done!



PRESBYTERIAN WOMEN

On **Monday, April 4, 2011**, the Coordinating Team will meet at **10:00 A.M.** in the library.

The Young and Not So Young Circle will meet on **Tuesday, April 5 at 9:30 A.M.** in the library.

The Horizons Circle and the Book Circle will meet on **Monday, April 11 at 9:45 A.M.** for light refreshments in the officer room.

The Book Circle will meet **at 10:00 A.M.** in the library. The book to be discussed will be *The Journey of Mrs. Pepys* by Sara George.

The Evening Circle meets on the second Tuesday of each month. The next meeting will be **April 12, 7:30 P.M.** at the home of Mary Barton, 2200 Oriole Place, Lynchburg.

First Presbyterian Women will host the PW Cluster 4, 5 & 6 meeting on **Sunday, April 10 at 2:00 P.M.** in the chapel at FPC.

The Single Adult Fellowship

will get together for lunch on **Sunday, April 10**. We will meet at **Mi Patron, 4119 Boonsboro Rd. (Kroger Shopping Center)**. Meet by 12:30 P.M.



MARK CALENDARS NOW FOR MAY FELLOWSHIP EVENTS

- ***May 4:** Fellowship Dinner – “A Night in Italy” hosted by the Church Choir
- ***May 8:** Mothers' Day – Youth Sunday, Mothers' Day Reception
- ***May 22:** Annual Church Picnic, compliments of the Silver Pig; Family Play Day

FINANCIALLY SPEAKING. . . As of February 28, 2011:



Income Budgeted to date:	\$197,375
Income Actual to date:	\$216,312
Expenses Budgeted to date:	\$134,898
Expenses Actual to date:	\$127,956

In February, our actual income exceeded our actual expenses, resulting in a surplus of \$88,356. We appreciate the faithful giving from our members and friends.

Honesty and Health

Sometimes we are not completely straightforward with our physicians. Lack of complete honesty can be due to fear about what the physician will think of us for practicing less than perfect health habits or for failing to follow the physician's recommendations. Sometimes it is simply the natural discomfort we feel in talking about personal bodily functions. To increase our chances of receiving optimal health care, we might need to reframe our relationship with our physician and other health care providers to one of partnership. A partnership works only if both parties give accurate information.

Some examples:

- 1) Tell your physicians about all vitamins and other supplements and over-the-counter medications you are taking. These can have symptoms of their own and also have the potential to interact with prescription medications.
- 2) Be honest about your diet and exercise patterns. You might not fully appreciate the impact that diet and exercise patterns are having on your health. Giving accurate information can help your physicians recommend needed changes.
- 3) Bring up with your physician information that you are concerned about and that comes from the internet, from reading, or from friends. Most such information is very general, and your physician can help clear up whether or not it is applicable to you.
- 4) Tell your physician if you have stopped a medication. Even better, don't stop a medication without consulting with your physician. Even if you are having difficulty with a medication, the physician can usually substitute another or make other adjustments. Remember that some medications should not be stopped suddenly, but only under medical supervision.

Physicians cannot safely prescribe medications unless they know what you are already taking or not taking.

- 5) Tell your physician if you are depressed. Depression can cause physical symptoms and can affect physical health.
- 6) Tell your physician about changes in your bowel habits or the character of your stools. It can be particularly difficult to talk about these issues, but the rewards can be enormous. Such changes can signal bowel cancer, which is curable if treated early.
- 7) Give your physician an accurate health history. Include all surgeries and major illnesses you have had. Include family health history. Make notes about health history and current health problems, and take these with you to the visit.

These thoughts remind me of the African proverb: "He who hides his illness will never be cured." The same, of course, applies to *she*.

Gail Midkiff, Parish Nurse



APRIL FELLOWSHIP DINNER HIGHLIGHTS YOUTH TALENT AND MISSIONS

Wednesday, April 6
6:00 – 7:30 P.M., Fellowship Hall

**Dinner prepared/served by church youth to fund
summer mission trip
Entertainment by our talented young people**

Take a night off from cooking and bring your appetite and contributions to our April Fellowship Dinner! Our youth groups will be cooking for us as a fundraiser for their summer mission trip, and entertainment will be provided by children and youth from our church. Please be sure to sign up in the foyer to help us plan. Thank you.



APRIL BIRTHDAYS

- | | | | |
|---------------------------|------------------------------|-----------------------------|-----------------------------|
| 1 Johnston, Gordon | 8 Link, Emily | Lewis, Carrie | 23 Flippin, Nan |
| 2 Stewart, Bonnie | 10 Craighill, Stuart | Link, Martha | Hughes, Spencer |
| 3 Bendall, Maureen | Stowers, Frazier | Mason, Oscar | Pumphrey, Dick |
| Lewis-Lynch, Teal | 11 Beam, George | Whitehouse, Bennett | 25 Harvey, Harriette |
| Weaver, Clois | Clower, Rhonda | 17 Brammer, Julie | Milam, Rebecca |
| 4 Keefer, Harris | 12 Terrell, Fred | Cosby, Courtney | 26 Burr, Becca |
| Reams, Kellie | 13 Alford, Blair | 18 Osinga, John | Dendy, Rob |
| Smith, Carroll | Gayle, Bill | 19 Burton, Betsy | Martin, Graham |
| Tolle, David | Oertle, Katherine | Ferrell, Anne | Osinga, Helen |
| Vanderveen, Bettye | Owen, Karen | Light, Warren | 27 Craighill, Anne |
| 5 Barkley, Brock | Wescott, Ginny | Nexsen, Randy | Hill, Margaret Howard |
| Gay, Hamner | 14 Ellison, Henrietta | 20 Brammer, Jay | Pflieger, Cameron |
| Sellick, Marge | Farnandez, Jo | Overstreet, Chuck | 28 Combs, Steven |
| 7 Burr, Mary | Kidd, Susan | Perry, Missy | Ebert, Matthew |
| Ore, Arline | 15 Shotton, Betty | Perry, John | Rumney, Gene |
| Paxton, Walker | Sydnor, Brett | 22 Carrington, Diane | 30 Giles, Caskie |
| Spence, Haley | 16 Blackwell, Suzanne | Craddock, Carter | Klein, Maegan |
| Sydnor, Georgie | Frankfort, Mac | Gilmer, Graham | Paxton, Will |

If your name is not here but should be, please call the church at 384-6231

MEMBERS HELPING MEMBERS IN APRIL

Sue Thornton - 384 - 5299
Marjorie Grabeel - 384 - 3774

Thanks to Persis Tinsley and
Eleanor Dennis for serving in March.

REMINDER!!

**Various Community Events are
posted on the bulletin board
opposite the pastor's office.**

Stop by to read about upcoming events.



PRAYERS AND SYMPATHY
are extended to

Mary Page Pettyjohn
in the death of her father,
Philip Thomas Thurmond,
who died on March 2, 2011,

and to

the family of
June Irvine Torbert,
who died on March 3, 2011,

and to

Don Shilling,
in the death of his father,
Kennis A. Shilling, who died on
March 14, 2011.



CHANCEL CHOIR CONCERT
SUNDAY, APRIL 3 at 4:00 P.M.

Experience the *Music of Redemption* as the choir presents a varied program of music focusing on God's love for us through the sacrifice of Jesus Christ. Join us for this enriching service of music for choir, piano, and organ, telling the story of salvation. Soloists include Margie Weidner, Russ Hovda, and Rose Baker (violin). Plan to attend and invite your friends and neighbors.



Are You an E-MAIL Fan?

If so, we want you to be aware of some new services being offered at our church:

We will be e-mailing periodic reminders or announcements of events and happenings in the life of the church. Be sure to look out for e-mail from FPCHappenings@fpclcy.org! Please add us to your approved Contacts List. You won't want to miss out because we went to "junk mail."

Another new feature is the option to receive contribution statements through e-mail. For those who are interested, we will e-mail quarterly contribution statements, saving paper and postage! We will still mail a final statement at year end for tax purposes.

In order to participate in any of the above services, please give us your current e-mail address. *Fill out one for each member of the family!*

Name

e-mail address

Check this box if you want to receive your Contribution Statements by e-mail

As a reminder, the church also offers the ability to make contributions electronically through our website at www.fpclcy.org. Alternatively, you may complete an application form and send it to the church office. If you would like more information about electronic banking, contact Lori Wright in the church office or check the box below. Information will be mailed to you about this convenient program.

Check this box if you would like to receive a brochure/application for our electronic banking program.

Complete this form and put it in the offering plate. You may also mail or leave it at the business office.

Financially speaking . . .



COMMUNITY MISSION GROUP 2011 BUDGET			
MISSION TYPE	ORGANIZATION	2011 Total	2010 Total
Senior Adult/ Caregivers	Adult Day Care of Central VA	1,300	2,650
	Alzheimers Assoc of Lynchburg	0	500
Housing/Youth/ Community	Rebuilding Together	500	500
	Jubilee	3,000	4,000
Family/Children	Alliance for Families	0	500
	Camp Kum-Ba-Yah	1,500	2,750
	Big Brothers-Big Sisters	0	250
	Boys & Girls Club of VA	0	1,000
	Kids Haven	0	250
	Miller Home	0	1,000
	Miriam's House	500	0
Homeless/ Emply. Skills	Gateway/New Land Samaratin	2,500	5,000
Inner-City	Churches for Urban Ministry	4,000	5,500
General Area-Wide Needs	Mary Bethune Nursery School	0	500
	Interfaith Outreach Association	6,000	6,000
	Lynchburg Covenant Fellowship	500	500
	Free Clinic	0	4,600
	Johnson Health Ctr.-Emergency Rx	0	1,700
	Pastorial Coun.	0	500
	Mental Health Assoc of Central VA	0	1,300
	Salvation Army	2,500	0
Food	Daily Bread	4,000	4,000
	Hunters for the Hungry	1,000	1,000
	Lynchburg Area Food Bank	1,400	2,000
	Meals on Wheels	5,500	5,000
	Rivermont Area Emer. Food Pantry	4,000	4,000
TOTAL DESIGNATED MISSIONS		\$38,200	\$55,000
<i>Contingency Funds</i>		2,050	1,000
TOTAL COMMUNITY MISSIONS BUDGET		\$40,250	\$56,000

**EASTER BREAKFASTS CELEBRATE
OUR FAITH AND FELLOWSHIP**

The Membership/Fellowship Committee invites you to bring family and friends to Easter Sunday services (April 24) and to fellowship at one of our breakfast events.

SUNRISE SERVICE CONTINENTAL BREAKFAST will be served in the Fellowship Hall immediately following the Sunrise Service. Early risers are invited to join us for coffee, pastries, and juice.

The annual **EGG-STRAVAGANZA BREAKFAST** will be served in the Fellowship Hall from 9:30-10:00 A.M. We're planning a great breakfast and look forward to welcoming everyone to share food and fellowship. Contributions of breakfast strata - Easter breads and pastries, and fresh fruit - will be greatly appreciated. Please contact Sally Leslie at 384-9062 or cicver@msn.com if you would like to contribute food or to assist with either of the Easter breakfasts.



**SUNDAY COFFEE CAFÉ IS UP
AND RUNNING**

9:30-10:00 A.M., Fellowship Hall

**Every Sunday except when we are
serving breakfast**

Join us for coffee, tea, hot chocolate, pastries, and a friendly "good morning!"

HELP FOR JAPAN!

If you would like to contribute to relief efforts in Japan, the church will be sending your offerings through the Presbyterian Disaster Assistance Program. Make checks payable to First Presbyterian Church earmarked for Japan Relief. Thank you.



VACATION BIBLE SCHOOL

Vacation Bible School is set for **June 13-17**. Our theme is **Inside Out and**

Upside Down on Main Street. We have many volunteers committed to help with planning leadership, and DETAILS, but whether you are in town the week of June 13 or not, there are still great opportunities to get involved. We welcome more help with planning the week: teaching, donating crafts, donating snacks, recruiting volunteers, making costumes, recruiting kids, serving snacks, or having fun with little ones! Many hands make little work. Please contact Meggan Farwell, meggan@fpcly.org or me bdendy@phfs.org.

Bob Dendy

F.A.I.T.H. Mountain Sunday School

We are in need of three **teachers** for the **art, drama/storytelling, and games rotations** in **May**. Please contact Meggan Farwell meggan@fpcly.org if you are interested in teaching. **Help us end the year of our new program with a bang.**

Thanks to our **March teachers**: Meggan Farwell, Chip Holston, Judy Stowers, and Art and Jeannette Strunk.

We look forward to another great month with our **teachers for April**: Allison Ebert, Matt Foster, Bobby and Becky O'Brian, and John Perry.

If you are interested in teaching again or for the first time next year, or being a ranger, come to the Fellowship Dinner on April 6 to sign up – don't wait for us to call you!

Youth News

Fellowship Dinner

The youth and adults going on the Mission Trip this summer to Washington DC will be providing and serving dinner during the Fellowship Dinner on Wednesday, April 6 at 6:00 P.M.

There is no need to bring food to this dinner as we will be asking for donations to help offset the cost of the trip.

Thank you for helping us raise money for our trip this summer!

Youth Group

Sunday, April 3 — 12:30 – 5:30/6:00 P.M. - Farm Party at the Johnsen's House! Come enjoy spring as we head to the Johnsen's farmhouse in Amherst. Enjoy God's creation, go on a hike, see a beautiful waterfall! Meet at church at **12:30 P.M.**, and either eat lunch prior to coming or bring a bagged lunch to eat on the way.

Drivers needed. Let Meggan or Robyn Johnsen know. Remember this is a family activity, so parents and siblings are welcomed and encouraged to come!

Sunday, April 10 – 4:30 – 6:30 P.M. – Service Project at Presbyterian Homes! All middle and high school youth are invited to come to the Presbyterian Homes to work on a service project. Wear work clothes and be a part of making a difference for others. Bring \$3.00 for dinner. Drop off and pick up will be at the Presbyterian Homes.

Sunday, April 17 and Sunday, April 24 – No Youth Group – Happy Easter – Jesus Christ is Risen!

**Ladies' Night
Men's Fellowship Dinner
April 13, Fellowship Hall
6:00 P.M.**

Speaker: **Michael Knapp**

**“UNDERSTANDING ISLAM
AND ITS EXTREMISTS”**

Clearly in today's world and with innumerable reports popping up from emerging centers of Al Qaeda and Islamic extremist camps, what do we know? What is going on in the United States regarding radical elements and cells of Islamic extremists? Is Islam a violent or peaceful faith? Is it a threat to the United States? What about the recent events in the many Islamic countries? These fascinating topics will be addressed at the Men's Fellowship Dinner in April by Michael Knapp, currently **Middle East Analyst**, US Army National Ground Intelligence Center, Charlottesville, VA, a position in which he has served from September 1997 to the present.

Michael Knapp has had over twenty-five years of experience in civilian US Government intelligence research and analysis and is incredibly qualified to bring to us a wealth of information that he has gathered over the years. He is by need constantly updated and is in the business of updating our troops in the understanding of peaceful mainstream Islam and the extremist elements before they leave for combat in the Middle East. In 2010, Michael Knapp received the **Commander's Award for Civilian Service**, a high-level award .

Several examples of his publications are:

"The Concept and Practice of Jihad in Islam"
in *U.S. Marines and Irregular Warfare, 1898 - 2007: Anthology and Selected Bibliography*,
Marine Corps University Press, 2008.

“Understanding Islam and Its Extremists” presented at the US Army National Ground Intelligence Center Analyst Forum, February 2009.

“Distortion of Islam by Muslim Extremists”
Military Intelligence Professional Bulletin, US Army Intelligence Center, July-September 2002.

Importantly, in the latest news regarding Islamic threats is the report **“Shariah: The Threat to America”** by the Center for Security Policy, September 2010. This 370 page report can be downloaded from the website in PDF format. Interviews with experts are also available on this site. Here is the link:
<http://www.centerforsecuritypolicy.org/p18523.xml>
The report is also available from Amazon.

Please invite the ladies, friends, and neighbors to attend this event on April 13 to learn about this exciting and timely topic by Michael Knapp. The cost is \$10.00 per person. Please call the church to reserve a place or sign up in the church foyer.



**ALAN FEINSTEIN 2011 CAMPAIGN
TO FIGHT HUNGER**

All March and April monetary donations to the Rivermont Area Emergency Food Pantry will qualify for additional funds as part of the Feinstein Challenge, which will add money to all the gifts received by the end of April. The Feinstein Foundation was founded in 1991 and is dedicated to endeavors focusing on the alleviation of hunger. Every year, Mr. Feinstein offers a new One Million Dollar Challenge giveaway. This is the fourteenth straight year that amount will be divided among hunger-fighting agencies nationwide. Get an extra bang for the buck by making a Food Pantry contribution between March 1 and April 30. Please make checks payable to Holy Trinity Lutheran Church.



COMMITTEE CHAIRS

2010 - 2011

Diaconate Chair - Amy Heppner

Clerk of Session - Lee Perry

Budget/Finance	-	Preston Willson
Building	-	Caskie Giles
Care & Nurture	-	Motsy Hanna
Christian Ed.	-	Matt Foster
Community		
Mission	-	Emmett Lifsey
Grounds	-	Johnny Alford
Membership/	-	Connie
Fellowship		Messerschmidt
National/World	-	Joe Clark
Personnel	-	Bobby O'Brian
Ushering/Offering	-	Mary Burger
Witness/Outreach/		
Stewardship	-	Kathy Pumphrey
Worship & Music	-	Judie Cleland

Phone: 434-384-6231

Fax: 434-384-9156

e-mail: info@fpcli.org

Next Newsletter: May 2011

DEADLINE: Thursday, April 21, 2011

