



FIRST PRESS

First Presbyterian Church www.fpclly.org

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Dear John,

These humid and hot summer days take me back to the first summer job I ever had. A local professor wanted the exterior of his house painted and, offering to us what seemed like a tidy sum, a friend and I agreed. We soon discovered that what initially sounded like a lot of money wasn't quite so princely after about two solid weeks of scraping off the old paint. We hadn't even started the painting yet, and we were ready to throw in the towel.

All the prep work, however, made painting a breeze. We could actually see the progress. At the end of each day we'd survey our work and be glad we got more paint on the house than on the bushes. We also uttered silent prayers of gratitude for whoever invented latex paint.

John, do you know those warning labels that they affix to ladders? The ones about not standing on the top rung? Usually accompanied by the word "danger"? Well, on our last day of work, with a new school year about to begin, I was high up on a ladder painting under the eaves. I should have climbed down and moved the ladder, but instead I stretched far to the left. As far as I could! The next thing I remember I was sitting on the ground and bleeding profusely from my forehead, as cut foreheads are wont to do.

Some lessons learned . . . (1) Warning labels are put on ladders for a reason. Just like God's laws. They're there to guide us and to keep us safe. (2) By overreaching I attempted to do something I never should have. That's the reason I fell. The funny (or sad) thing is that this happens a lot . . . and not just to house painters.

We all try to overstretch. We all fall. And always to our detriment. (3) More often than not, pay is commensurate with the quality of the work done. At least, as far as high school kids painting houses goes.

I haven't forgotten these lessons. After all, every time I look in the mirror there's a scar on my forehead that serves as a ready reminder.

Your friend, Gus


FALL
 SCHEDULE

The Fall Schedule begins on
 September 11, 2011

8:45 A.M. and 11:00 A.M.
 Worship Services

10:00 A.M. Sunday School
 for all ages





Fall Music Opportunities

As we begin to plan our families' fall calendars, let us not neglect Christ's call to place the stewardship of our talents ahead of simple worldly pursuits. If you or someone in your family has musical ability, consider serving Christ through one of our musical offerings. If you have any questions, feel free to contact Ray Weidner at the church for more information;

Chancel Choir: Rehearsals start on Thursday, September 8, at 7:15 P.M.

Chancel Ringers: Rehearsals start on Wednesday, September 14, at 5:45 P.M. (music reading skills strongly recommended).

Children's Choir: Rehearsals begin on Tuesday, November 1, at 4:45 P.M. (for children in grades 1 through 6).

Music Class: New this year will be a weekly class on learning how to read music. Beginning on Monday, September 12 at 5:00 P.M., this class will explore the construction and vocabulary of our musical language. This class is open to anyone seeking to expand their knowledge of music. Please contact Ray Weidner for more information.



Calling All Artists

The Membership/Fellowship Committee is inviting our members who are artists to exhibit their work at our **Fellowship Dinner on Wednesday, October 5, 2011**. This exhibit includes photography, needlework, woodwork, sculpture, and pottery as well as painting. We are planning to showcase our artists for a couple of weeks. Please keep this date in mind, and we hope all of you artists will contact us. Please call Lisa Richards, 384-4796, and please leave a message if she is not at home. We look forward to hearing from you. We know this will be an exciting event for our church.

FINANCIALLY SPEAKING... as of June 30, 2011:



Income Budgeted to date:	\$433,530
Income Actual to date:	\$439,715
Expenses Budgeted to date:	\$437,584
Expenses Actual to date:	\$408,161

In June our actual income exceeded our actual expenses, resulting in a surplus of \$31,554. We appreciate the faithful giving from our members and friends.



Women's Bible Study

**REMINDER:
TO THE WOMEN'S
THURSDAY MORNING
BIBLE STUDY GROUP**

We will begin meeting this fall on Sept. 15 at 9:30 A.M. We'll continue our study of *An Altar in the World* by Barbara Brown Taylor, Chapter 10.

We will also be preparing and serving dinner for GATEWAY the evening of Sept 6. Please contact Susan Arthur at 586-0862 if you are able to participate.

Hope to see you soon!



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.

FOOD PANTRY OF CHURCHES FOR URBAN MINISTRY



August is the month for First Presbyterian to help replenish the Food Pantry of Churches for Urban Ministry. Please help by bringing non-perishable food items (especially canned meat, soups, crackers, instant coffee, fruit, and vegetables) and placing them in the shopping cart in the foyer. Thank you very much!

PLEDGES and PROMISES!

The summer always takes its toll on the church budget. Our bills continue to arrive without fail, but our pledged offering sometimes takes a vacation. If you are behind in your annual pledge, we would be most grateful if you would ease our worries and help us to complete this fiscal year in the black.

Thank you!

RECEPTIONISTS NEEDED



A wonderful opportunity to serve is now available. We have a couple of openings in our monthly rotation of church receptionists. The job requires at least two spoken languages in addition to English, an advanced degree in either mathematics or one of the earth sciences, a sound foundation and understanding of Shakespeare, Tolstoy, and Rabelais, and lastly, a competency in at least two musical disciplines (one of which may be voice). In the event the above requirements prove too onerous for those interested in serving, the position requires about three and one-half hours one day per month and provides interaction with lots of nice people. Those interested are requested to contact Kirk Todd (384-7043) or Sally Leslie (384-9062).

Sunday School

We still need one or more rangers to serve with **Susan Foster and the K-1 group**. If you are interested, please let Susan or Meggan know ASAP. **Don't forget to sign up to teach for one month for our F.A.I.T.H. Mountain Rotation Sunday School**. We still have several openings that we would love to fill!

Caroline Moore has agreed to help teach **Middle School Sunday School** and is looking for two or three adults to help her. Please contact Caroline Moore, Persis Tinsley, or Meggan.

Youth Group Ideas and Helpers Welcome

Planning is underway for next year's youth group meetings and activities. If you have anything you want to do as a group this year or, parents, if you would like to host an event at your house, please let Meggan know: meggan@fpcly.org, 384-6231(w) or 239-5439(h).

Also, contact Meggan if you are willing to help during youth group meetings by being present and participating on a regular basis.

Look for a separate mailing with a yearlong calendar and specific information on the church's youth group for the 2011-2012 year.

We are excited to have our new 6th graders join us this year. If you want to receive e-mails about youth events, make sure that you turn in your e-mail to Meggan ASAP (especially parents of 6th graders!).

Youth group will begin mid-September and we will follow the same schedule as last year's schedule. We will meet every Sunday from 4:30–6:30 P.M. unless we are doing an off-site activity that is time sensitive or far away. We will follow a four week rotation:

- First Sunday - Fellowship Activity for all youth in middle and high school and their families.
- Second Sunday – Middle school only at the church.
- Third Sunday – Service Project for all youth in middle and high school.
- Fourth Sunday – High school only at the church.

The Benefits of Laughter



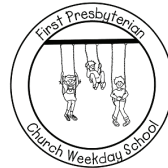
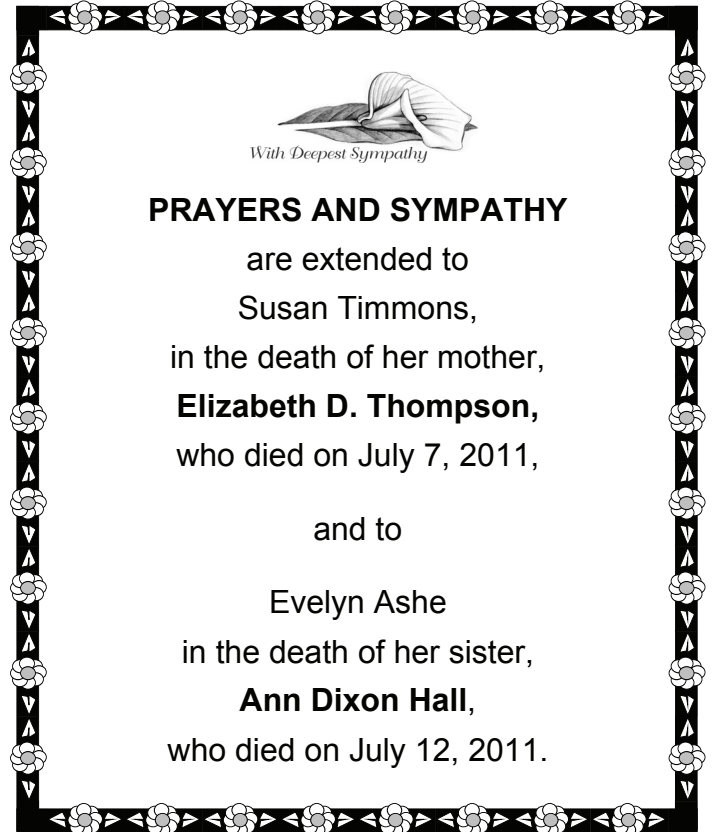
“It’s been scientifically proven,” says my grandson as he tries to convince me of the benefits of something he wants when he needs my permission. The effects of deep laughter on the human body have actually been studied, and the health benefits have been “scientifically proven.”

The benefits of deep laughter on physical health are numerous. For example, muscles throughout the body relax, and tension eases. Blood pressure is reduced for approximately 45 minutes. Ventilation and blood oxygen levels are increased. Arterial and venous circulation are increased. Laughter exercises the heart muscle and also helps the body fight infection. For example, antibodies that combat upper respiratory infections, and interleukin-2, and other immune boosters are released. Endorphins, which provide natural pain relief, are also released. Laughter helps tone the abdominal muscles.

Laughter has a positive effect on mental health as well. During laughter, there is greater coordination of function between the brain’s right and left hemispheres, improving overall mental functioning. Laughter changes perspective and improves mental outlook. In summary, laughter simply makes a person feel good.

Permission to partake of the benefits of laughter is found in the Bible. Proverbs tell us that “a cheerful heart has a continual feast” and “a cheerful heart is good medicine.” And Jesus tells us that he “came that we might have life and have it more abundantly.” Surely, laughter is part of an abundant life. Be intentional about finding ways to make laughter a part of your health plan.

Gail Midkiff
Parish Nurse



The Weekday School has a few openings in various age groups for the 2011-2012 school year. Please contact the school office at 384-0652 if you are interested. We always love new smiling faces!

The Single Adult Fellowship

will get together for lunch on **Sunday, August 14**. We will meet at the **Choice Hibachi Buffet** restaurant, 2623 Wards Road. Meet by 11:30 P.M.





AUGUST BIRTHDAYS

- | | | | |
|-----------------------------|----------------------------|--------------------------|----------------------------|
| 1 Martin, Robert | Stowers, Elizabeth | Semones, Becky | Reams, Scotty |
| 2 Dillard, Powell | 12 Campbell, Gene | 20 Guill, Linda | 25 Ball, Davey |
| 3 Johnsen, Robyn | Dendy, Myra | Hobbs, Stewart | Martin, Joan |
| 4 Alford, Courtney | Frankfort, Linie | McDaniel, Anne | Mullen, Betty |
| Thomson, Emmy Lou | Gallagher, Baker | Stroud, Diane | Overstreet, Karl |
| 5 Chapin, Kate | Greene, Anna | Wombwell, Coleman | 26 Eskridge, Beth |
| Gallagher, Fred | Moore, Ed | 21 Hampton, Adora | 27 Jones, Betsy |
| Maddox, Gwen | Sydnor, Emily | McCraw, Mollie | 28 Hamblen, Allen |
| Stroud, Gary | 13 Pittard, Debbie | Mosby, Mercedes | McDonald, Denise |
| Woodson, Jim | Selzler, Michael | Tugman, Christopher | 29 Nunn, Katy |
| 7 Blankinship, Brian | 14 Song, Han | 22 Bell, Michelle | Wyatt, Kay |
| Craighill, Missy | 15 Cleland, Will | 23 Dudley, Cabell | 30 Crumbley, Boothe |
| 8 Arthur, Bennett | 16 Arnold, John | Harding, Kealie | Howard, Ann |
| Bryant, Robert | Ferrell, Gentry | Porter, Kendall | 31 Carrington, John |
| Moss, Layla | Holston, Suzanne | 24 Boswell, Dick | Harris, Gail |
| Rhodes, Isabel | 17 Howard, Adrienne | Calandra, Barbara | Osinga, John |
| 9 Smith, Ginny | 18 Keefer, Scott | Martin, Madaline | |
| 11 Hannon, Ted | 19 Reams, Carson | Pittard, Jim | |

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

**MEMBERS HELPING MEMBERS
IN AUGUST**

Marilyn Hartman - 384-7075
Theresa Burton - 384-9590

Thanks to Bill & Ida Perkins and
Anne McDaniel for serving in July.



Virginia Belle Basten

Born: July 19, 2011

Daughter of Mason and Katy Basten

Granddaughter of David and Leslie Basten

Confirmation

Just a reminder to 7th graders and older and to parents that confirmation classes will take place prior to youth group during the winter months January and February from 3:00-4:30 P.M. for seven weeks. Start thinking about it now as confirmation will require a commitment to attend all but one week of class in order to be confirmed. Look for a separate letter about specific dates in the beginning of the school year.



Education for Ministry Informational Session

The Education for Ministry course is generating a lot of interest! And the class is filling quickly. If you are interested in taking the course or just want to hear more about it, please plan on attending the information session scheduled for **Sunday, August 14, in the Officer Room following the worship service.** If you have questions in the meantime, please call our office or Jata Craighill at 841-6000.

Next Newsletter: SEPTEMBER 2011
DEADLINE: Thursday, August 18, 2011

COMMITTEE CHAIRS

2011 - 2012

Diaconate Chair - Alan Pettigrew
Clerk of Session - Diane Stroud

Budget/Finance	-	Doug Brockman
Building	-	Caskie Giles
Care & Nurture	-	Robin Johnsen
Christian Ed.	-	Persis Tinsley
Community Mission	-	Marilyn Bellaire
Grounds	-	Mike Harrington
Membership/ Fellowship	-	Lee Perry
National/World	-	Harold Riley
Personnel	-	Bryant Hare
Ushering/Offering	-	Julie Brammer
Witness/Outreach/ Stewardship	-	Alan Pettigrew
Worship & Music	-	Diane Stroud

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