



# FIRST PRESS

First Presbyterian Church [www.fpclly.org](http://www.fpclly.org)

Volume 30, Issue 9

September 2011

Dear John,

Time flies by! It's really hard to believe that preparations are in readiness for commemorations of the September 11, 2001 events that so shocked our nation. Ten years ago! There are certain memories that even the passage of time cannot diminish. It's as though they are indelibly etched in our minds. For our generation, it's one of those remarkably few, "where were you when John F. Kennedy was shot?" moments.

In light of that terrible day, one thing has stuck with me. It's among the greatest affirmations of God's love and providence the world has ever known. The first question of the Heidelberg Catechism asks: **What is your only comfort in life and in death? *That I am not my own, but belong – body and soul, in life and in death – not to myself but to my faithful Savior Jesus Christ, who at the cost of his own blood has fully paid for all my sins and completely freed me from the dominion of the devil. He also watches over me in such a way that not a hair can fall from my head without the will of my Father in heaven: in fact, all things must work together for my salvation.***

I never cease to be amazed at the obvious maturity and wisdom demonstrated by the writers of those words, Zacharius Ursinus and Caspar Olevianus. One a university theologian and the other a parish pastor, both were in their twenties. I can almost picture them strolling the lovely hill-side gardens of the Heidelberg Castle discussing the document they were commissioned to write by Prince Frederick III back in the 1560's. "What should be the initial question?" "How should the catechism start?" There's a great relevance still to the 129 questions and answers that comprise their work that tackles the issues of human sin, salvation, and gratitude.

Our world order has been undeniably altered since that morning when we on the East Coast were greeted at about 8:45 A.M. with a jetliner flying into a World Trade Center tower. The world changes – it always has. But Jesus Christ is the same yesterday, today, and forever. "I am not my own . . . I belong – body and soul, in life and in death – to my faithful Savior Jesus Christ." If we forget that, we're really lost. Grace and peace.

Your friend, Gus

  
**The Fall Schedule begins on  
September 11, 2011**  
  
**8:45 A.M. and 11:00 A.M.  
Worship Services**  
  
**9:30 A.M. - 10:00 A.M.  
Coffee Café in Fellowship Hall**  
  
**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 those 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 members who are artists will contact us. Please call Lisa Richards, 384-4796, and 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 July 31, 2011:



Income Budgeted to date:	\$475,480
Income Actual to date:	\$505,119
Expenses Budgeted to date:	\$518,605
Expenses Actual to date:	\$475,226

In July our actual income exceeded our actual expenses, resulting in a surplus of \$29,893. We appreciate the faithful giving from our members and friends.



## Women's Bible Study

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

This Bible study group will meet this fall on **September 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 September 6. Please contact Susan Arthur at 540-586-0862 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@fpcl.org](mailto:gail@fpcl.org).

## TAI CHI QUAN IS COMING TO FIRST PRESBYTERIAN

**WHAT:** Tai Chi Quan is a Chinese martial art practiced for health benefits. It is gentle and low impact but burns more calories than surfing and nearly as many as downhill skiing. It uses a variety of body movements in which the mind is focused on the movement. Research has shown that Tai Chi practice has favorable effects on balance, flexibility, cardiovascular fitness, joint health, and stress.

**WHEN:** Every Tuesday, 4:00-5:00 P.M. The first class is an informational class to explain the program and evaluate suitability for the class. The first class is **September 13**. Those interested in enrolling must attend the first session.

**WHO:** Members and friends interested in strengthening their muscles, improving their balance, reducing their risk of falling, and remaining flexible enough to continue to participate in their favorite sport.

The teacher is Yueling Li, OMD, Doctor of Oriental Medicine, who has a local acupuncture and wellness practice.

**WHERE:** The Scout Room in the basement at First Presbyterian Church.

**HOW MUCH:** \$40.00 per month or \$100.00 per three months.

Call the church office at 384-6231 for more information.

**GAIL MIDKIFF, our Parish Nurse since 2009,** will retire effective September 30. We appreciate her faithful ministry here at FPC. The church invites applications for its part-time Parish Nurse position. Applicants should be a licensed registered nurse with at least three years of experience, an interest in parish nursing, and should be willing to work up to 10 hours per week. Those interested should contact Bryant Hare or another member of the Personnel Committee or one of the pastors.



## Men's Fellowship

An open invitation is extended to all men of First Presbyterian Church to participate in one or all of our Men's Fellowship Programs.

We meet on the second Wednesday of the month as follows:

- Oct. 12, 2011
- Nov. 9, 2011
- Jan. 11, 2012
- Feb. 8, 2012
- Mar. 14, 2012
- April 11, 2012 (Ladies' Night).

We have social time from 6:00-6:30 P.M. Buffet starts at 6:30 P.M. The program begins at 7:15 P.M. and is over by 8:00 P.M.

Sign-up sheets will be available in the lobby two Sundays prior to the program date. The cost of each program is \$10.00, including a full buffet catered by Meriwether-Godsey.

Please come and join your friends or meet new ones. We look forward to seeing you on Oct 12, 2011.

The following is a description of the programs on the specified dates.

- Oct. 12, 2011** Three Presbyterian ministers from local churches share their experiences in growing and maintaining their congregation.
- Nov. 9, 2011** Our own Dave Tate will bring us the latest on nuclear power here and overseas.
- Jan. 11, 2011** To be announced
- Feb. 8, 2012** Dr. Lucius Clay, Lynchburg surgeon, will provide us with an enjoyable evening with stories of his grandfather, General Lucius Clay, who was in charge of rehabilitating Berlin at the end of World War II.
- Mar. 14, 2012** To be announced
- April 11, 2012** To be confirmed

## Presbyterian Women Presents



### The E.C. Glass Art Collection A Rich History, Recent Discoveries, and A Brilliant Future

Presentation by Heidi James

Monday, September 12

6:00 P.M.

Dinner hosted by the Evening Circle

Did you know?

- E.C. Glass has an art collection of more than 150 paintings
- some date back to the 1800's
- others were donated by graduating classes
- every year the winning piece in the student art show is added to the collection?

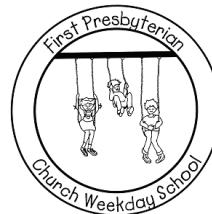
The recent organized Friends of the E.C. Glass Art Collection has been busy restoring, cataloging, and documenting the history of the collection. Heidi James will present a show to introduce the collection.

All women are encouraged to sign up outside the narthex or to call the church for the dinner and program. Guests are welcomed.



*With Deepest Sympathy*

Prayers and sympathy  
are extended to  
Marge Dillard and family,  
in the death of her husband,  
**Dr. Powell Garland Dillard, Jr.**  
who died on August 17, 2011,  
and to  
Jean Hannon,  
in the death of her mother,  
**Lillian McSweeney,**  
who died on August 8, 2011.



**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, September 11.** We will meet at Applebee's on Old Forest Road.

Meet by 12:30 P.M.





**SEPTEMBER BIRTHDAYS**

- |                              |                            |                                 |                             |
|------------------------------|----------------------------|---------------------------------|-----------------------------|
| <b>1</b> Agnew, Towns        | <b>7</b> Thomas, Sarah     | <b>16</b> Craighill, Mercer     | <b>22</b> Stanley, Jennifer |
| McCrary, Ingrid              | <b>8</b> Bohnert, Grace    | Dugger, Owen                    | <b>23</b> Coffee, John      |
| McCraw, Judy                 | Kittrell, Pat              | McGuinn, Esther                 | Nelligan, Duane             |
| Willson, Janie               | <b>9</b> Stowers, Dickie   | Moore, Ned                      | <b>24</b> Milam, Kim        |
| <b>2</b> Arthur, Patty       | Sublett, Jim               | Sale, Lois                      | Mullen, Joe                 |
| Bradley, Hollis              | <b>10</b> Craddock, Clay   | <b>17</b> Lewis-Robinson, Brook | <b>25</b> Bendall, Rick     |
| Pettyjohn, Brooke            | Hartman, Dave              | Strunk, Art                     | Brockman, Nancy             |
| Riley, Harold                | Pettyjohn IV, Clu          | Weidner, Margie                 | Gumprich, Joan              |
| <b>3</b> Craighill, Sam      | Strader, Phil              | <b>18</b> Ball, Bill            | Howard, Anne                |
| Ford, Sallie                 | <b>11</b> Calandra, Carl   | Dudley, Jim                     | Pierpoint, Hollins          |
| Mekanik, Lou                 | Modjeska, Gerry            | Dwyer, Diane                    | <b>26</b> Bell, Tatum       |
| Riordan, Johnny              | <b>12</b> Thompson, Audrey | Hanna, Motsy                    | Wiley, Ellen                |
| Withers, Ruth                | <b>14</b> Bailey, Bob      | Heppner, Lynch                  | <b>27</b> Berry, Anne       |
| <b>4</b> Kittrell, Elizabeth | Higley, Jim                | <b>19</b> Niles, Dorothy        | Foot, Laurie                |
| Tolbert, Red                 | Spetz, Becky               | Sigler, Alison                  | Hammerstrom, Anne           |
| Upshur, Elizabeth            | Willson, Mildred           | <b>20</b> Bass, George          | Richards, Robert            |
| <b>5</b> Craighill, Charlie  | <b>15</b> Burr, T.C.       | Bendall, Richard                | Upshur, Betsy               |
| Harris, Stuart               | Flippin, Jessica           | Osinga, Amber                   | <b>28</b> Bailey, Joyce     |
| Kronmeyer, Olga              | Schoew, Margaret           | <b>21</b> Arthur, Mark          | Coffee, Charlie             |
| McAvoy, Laura                | Tyree, Martha              | Chapman, Jeanna                 | <b>29</b> Bird, Joe         |
| Tweedy, Marvin               | Winstead, Ian              | <b>22</b> McCrary, Max          | <b>30</b> Burr, Beth        |
| <b>6</b> Hopkins, Jay        | Zatreparek, Terry          | Meriwether, Locke               |                             |
| <b>7</b> Harvey, Betsy       | <b>16</b> Cleland, Jimmy   | Sanford-Lupton, Betty           |                             |

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

**MEMBERS HELPING MEMBERS  
IN SEPTEMBER**

**Leslie Roberts—384-5961  
Janice Berkley—384-6925**

Thanks to Marilyn Hartman and  
Theresa Burton for serving in August.

**REMINDER!!**

**Various Community Events are  
posted on the bulletin board opposite  
the Pastor's Office.**

**Stop by to read about upcoming events.**

## Vaccinations Across the Lifespan: Infancy, Childhood, Adulthood, and Travel

Wednesday, September 28, 2011, 7:00-8:30 P.M.

**Speaker:** Belinda Chapman, RN,  
Public Health Nurse  
Central Virginia Health District

The prevention of communicable diseases through successful immunization programs has been called public health's greatest accomplishment. Vaccination coverage in the US has been historically high, and this has prevented many tragic deaths and much disability. But community and individual protections from vaccine preventable diseases have declined in recent years. Controversy has arisen around some childhood vaccines, and some parents have chosen to forgo vaccinations for their children. Also some adults believe they do not need recommended immunizations. As a result, there has been a rise in the incidence of some vaccine-preventable diseases.

This program will address childhood immunization questions. It will address the latest recommendations for adult immunizations, some of which are very new.

How to approach travel immunization recommendations will also be addressed. Ensuring community and individual protections from vaccine-preventable infectious diseases have become more complex in recent years. This program will offer the information we all need.

## Next Blood Donation

The next opportunity for blood donation to the American Red Cross via the Rivermont area churches' blood drive rotation is **Tuesday, September 13** at Holy Trinity Lutheran Church, 1000 Langhorne Road, from 12:00 P.M. - 6:00 P.M. To schedule a donation, please call Holy Trinity at 384-8441.



## F.A.I.T.H MOUNTAIN SUNDAY SCHOOL

We are excited to begin our second year of our rotational model Sunday school. Kids and adults had a great time last year, and we are anticipating another wonderful year.

There are still several openings to teach, especially in the winter and spring, so please consider donating one month of your time. You will teach the same lesson, tweaked for different age groups for three weeks and have one week off.

Trust me, you won't regret donating your time and energy with one of our church's most precious resources – our youth!

Please contact Meggan Farwell at 384-6231, or [meggan@fpclcy.org](mailto:meggan@fpclcy.org), or check out the bright orange sign-up chart in the foyer.

Thanks in advance – the children need you!

## YOUTH GROUP

**Sunday, September 11 – 4:30 – 6:30 P.M. Cookout and Crazy Games at Presbyterian Homes.** Come join us for our kickoff event at the Pres. Homes. This is for all middle school and high school youth and their families. There will be a parents' meeting at 6:00 P.M. – bring your calendar. **Bring \$3 for dinner.**

**Sunday, September 18 - 4:30 – 6:30 P.M. Middle School Kickoff at the Church.** Calling all middle schoolers!!! Come to the church to have a lot of fun playing crazy games and getting to know the people in your youth group. **Bring \$3 for dinner.**

**Sunday, September 25 – 4:30 – 6:30 P.M. High School Kickoff at the Church** Meet at the church so we can get to know one another better and see who is in our high school youth group this year. You won't want to miss this evening of fun packed adventure. **Bring \$3 for dinner.**



## **CHURCH FRIENDS AND FALL FELLOWSHIP**

**The Membership/Fellowship Committee invites you to enjoy our fall activities as we return to our regular Sunday School and two-service schedule.**

**Sunday, September 11 – “Welcome Back”**  
**Coffee Café re-opens in the Fellowship Hall, 9:30-10:00 A.M.** Enjoy informal fellowship with breakfast beverages and pastries. It's a great time to greet friends who attend different services and to enjoy light refreshments before Sunday School. Coffee Café will be open every Sunday during the school year except on full breakfast Sundays and on days in which there is no Sunday School.

**Narthex Refreshments resume following the 11:00 A.M. service.** Share coffee, lemonade, and cookies with friends and visitors after church as you catch up on summer adventures and fall plans.

**A special thanks to the Christian Education Committee for assisting with refreshments for these events on September 11.**

**Sunday, September 18 – “Welcome Back”**  
**Breakfast, Fellowship Hall, 9:30-10:00 A.M.**  
We will have a full breakfast once a month, usually (but not always) on the third Sunday. Menus will vary, but will always feature an outstanding opportunity for fellowship!

**Looking ahead: Fellowship Potluck Dinner and Art Festival, Wednesday, October 5, Fellowship Hall, 6:00 P.M.** Mark your calendars now for this very special event featuring the work of many of our truly exceptional FPC artists.

## **HOW RESILIENT ARE YOU?**

The topic of resilience is appropriate for my last column in the First Press. Resilience helps to deal with stressful situations, including difficult good-byes. The American Psychological Association lists ways to develop resilience:

1. Make connections: Seek and accept help when you need it.
2. Avoid crises: We can control how we interpret and respond.
3. Accept change as part of life.
4. Move toward your goals. Even small things can help you reach them.
5. Take decisive action. Don't wish away the problem.
6. Look for opportunities for self-discovery. Appreciate your strength and growth.
7. Nurture a positive view. Trust your instincts and solve problems.
8. Keep things in perspective. Consider events in a broad context.
9. Maintain a hopeful outlook. Good things will happen.
10. Take care of yourself. Pay attention to your health and your feelings.

The Bible admonishes us to love our neighbors and ourselves and to bear one another's burdens. The New Testament admonishes us to have hope always, especially the ultimate hope of life eternal with our God. As Paul asks in Romans, "If God is for us, who can be against us?"

I come now to the difficult good-byes. Words cannot describe the gratitude I feel for the many wonderful people at First Pres who have allowed me to walk with them during my two and a half years as parish nurse. Whenever people share with you their joys, sorrows, pain and hope, you have entered their sacred ground. I am deeply grateful for that. Despite the many wonderful relationships I have enjoyed, the time has come when I need to have more time for my own mother, husband, children and grandchildren. Just as I have said good-bye to those with whom I have worked closely, so have many said kind, supportive things and have blessed my decision. Because of the promise of eternal life, I know that a part of you will always be in my heart and soul and that we will see each other again.

Gail Midkiff, Parish Nurse

[www.fpcli.org](http://www.fpcli.org)

Next time you want to know what's happening at church, you can find out fast at the church's website [www.fpcli.org](http://www.fpcli.org)! This dynamic tool gives us a modern way to communicate our many opportunities for worship, service, and fellowship. It features:

- A monthly calendar
- A photo gallery
- Current & archived bulletins
- Current & archived worship services (audio)
- Current & archived sermons (audio)
- Current & archived newsletters

Check out the website!

The website continues to evolve and suggestions and input are welcome. Visit [www.fpcli.org](http://www.fpcli.org) regularly to find out what's happening at church.

### SICK? HOSPITALIZED?



Federal privacy laws have restricted the availability of patient information to the public. The local hospitals do not contact the church with admission information, and access to admitted patient lists is quite limited. Therefore, we are dependent upon our church members and friends to let us know when ill members are sick or hospitalized.

Your notifying the pastor or the church office with any information will certainly help us in our ministry. Please do not presume we already know about an ill member. We do not intentionally neglect members and friends.



### PRESBYTERIAN WOMEN

The Book Circle will meet on **Monday, September 12, 2011** at 10:00 A.M. in the library. The book to be discussed is *Cutting For Stone* by Abraham Verghese.

The Coordinating Team will meet on **Monday, September 12, 2011** at 11:15 A.M. in the Library.

The Annual Presbyterian Women dinner hosted by the Evening Circle will take place on **Monday, September 12, 2011** at 6:00 P.M. in the Fellowship Hall.

The Young and Not So Young Circle will meet on **Tuesday, September 13, 2011** at 9:30 A.M. in the library.





## God's Grace Alive in DC

Six lively teens and three “elders” spent seven days in the nation’s capital ministering to men and women experiencing homelessness. Emily Alford, Carson Creasy, Jay LaMagna, Lindsay Riordan, Kelsey Thomson, and Emily Ware led Chip Holston, Diane Stroud, and Gary Williams on an adventure, where each one discovered the truth of these words attributed to St. Francis of Assisi: “It is in giving that we receive.”

We made bag lunches and delivered them to our new friends in Dupont Circle, prepared and served many meals in established soup kitchens and cleaned a section of a polluted creek in Marvin Gaye Park to help reclaim the neighborhood for the children who live close by.

One of the highlights of the week was a very personal workshop with a nationally renowned speaker and poet who himself had experienced homelessness. He helped us to explore our feelings about the week as we wrote our own poetry, reflections, and journal entries.

We look forward to sharing our writings as well as the stories of our amazing week at upcoming fellowship events and in Sunday school classes. Here is a small taste of the power of God’s grace in the words of the poet David Harris, who wrote this poem for our group.

The price of a smile  
is nothing,  
yet  
the passersby are stingy with theirs  
because I’m worth nothing,  
the busy businessmen, joggers, and commuters.

Here come some kids  
bearing lunch bags  
and rosy faces  
wreathed in million-dollar smiles  
aimed right at me.

They wanted to know my name  
to hear my story  
because to them, I’m far from nothing;  
I am a child of God.

~David Harris, 2011

Please be on the lookout for information about our trip and the ways you can help us continue the mission of sharing God’s blessings with our new friends in DC.



### 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 the classes 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.

## 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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**Next Newsletter: OCTOBER 2011**

**DEADLINE: Thursday, Sept. 22, 2011**

