

# FIRST PRESS

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

Volume 30, Issue 6

June 2011

Dear John,

About four hundred years ago, when the forty-seven translators began the task of creating the King James Bible, they were organized into six companies: two at Westminster, two at Cambridge, and two at Oxford. Three companies worked on the Old Testament, two on the New, and one on the Apocrypha. Each translator took a section of the Scriptures and worked independently. Then the entire company met to agree upon a standard translation. Christians learned to work together as they translated God's Word for our lost world.

Fifteen rules or principles guided their work. One stipulated that translators were to keep "the old ecclesiastical words." When differences between Anglicans and Puritans arose, it was insisted that words be interpreted and translated as already established (e.g., "church" and "priest") and not from a more Reformed perspective (e.g., "congregation" and "elder").

Another rule was to leave chapter divisions unaltered, if possible. Another insisted that, "no marginal notes at all [were] to be affixed," except when needed to clarify the meaning of Hebrew and Greek words that could not be explained in the text. Although this appears sensible, King James had an ulterior motive. Simply put, since he did not like (or trust) the Puritans, he thought that a good way to minimize their influence would be to omit their notes that could be theologically suspect or politically subversive.

Even today there may be differences of opinion on matters of Bible translation, but I think that Christians agree that what's most important is that it be read. I'm paraphrasing, but Martin Luther is said to have commented that almost all of the Bible can be understood by ordinary people simply by their picking it up and reading it.

That, after all, is how St. Augustine's process of conversion began. He heard a voice chanting over and over again, "*Tolle, lege; tolle, lege.*" "Pick it up, read it; pick it up, read it!" Maybe that's the key. Much can be understood from the Bible if we pick it up and read it. There's no better way to know of God's presence, God's purpose, God's Son, and our salvation.

Your friend, Gus



**COMING EVENT!**

**VACATION BIBLE SCHOOL**

**JUNE 13 - 17**

**Register Now!**

**(Forms in church foyer)**



**SUMMERTIME ANGEL**

Charles Willis is a longtime member of First Presbyterian Church. He served as a deacon and elder, but is mainly known as “Mr. Fix it.” There is no telling how many hours he volunteered to keep things functioning at our church. It is reported when he delivered his faith statement as an officer elect, Charles walked to the podium and said matter of factly, “I was born a Christian, always went to church, and believed in God. I always will be a Christian, and I will die a Christian.” His good wife, Sue, deserves a lot of the credit.

**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@fpcly.org](mailto:gail@fpcly.org).



**THANK YOU!**

Thank you to all the blood donors, volunteers, and providers of snacks for our First Presbyterian Church blood drive on May 17. I am very pleased to report that we donated 51 units of blood, exceeding our goal of 46 units by a healthy margin.

The next blood drive of the Rivermont Area churches rotation is scheduled for Thursday, June 23, at St. John’s Episcopal Church, from 12:00 P.M. to 6:00 PM. To schedule a donation contact Mary Bice at [marybice@hotmail.com](mailto:marybice@hotmail.com) or 434-841-5304. Unfortunately, this date is only 37 days from our drive; those who donated on May 17 will not be eligible to donate.

**E-MAIL FANS  
are saving First Pres money!**

We now have eighty-five households signed up to receive their quarterly contributions statement by e-mail. **This will save about \$190.00 this year in postage and office supplies.** So if you are an e-mail fan and have not signed up to receive your statement by e-mail, call the church office or e-mail [lori@fpcly.org](mailto:lori@fpcly.org), and sign up today.

**FINANCIALLY SPEAKING . . .  
as of April 30, 2011:**



Income Budgeted to date:	\$317,015
Income Actual to date:	\$354,136
Expenses Budgeted to date:	\$287,865
Expenses Actual to date:	\$269,634

In April our actual income exceeded our actual expenses, resulting in a surplus of \$84,502. We appreciate the faithful giving from our members and friends.

**MARVA DAWN’S BOOK FOR SALE**

There are only three remaining copies of Marva Dawn's book *Is it a Lost Cause? Having the Heart of God for the Church's Children* available for purchase at the reduced price of \$8.00 in the church office. If you are interested, please contact Janie Willson at 384-6231 or [janie@fpcly.org](mailto:janie@fpcly.org). Marva’s book would make thoughtful summer reading for those interested in a commitment to children.

**ATTENTION GRADS!**

We would like to acknowledge your recent achievements. Please let us know of your high school or college/university graduation for our July newsletter. Call Sandra at 384-6231 or e-mail [sandra@fpcly.org](mailto:sandra@fpcly.org).





# Please join us for Our 6<sup>th</sup> Annual Memorial Day Party!!!

On Memorial Day, Monday, May 30<sup>th</sup>\*  
Anytime between 2:00 & 6:00 pm  
At the Kittrells', 3516 Sunset Drive\*\*

\* Call 384-6713 with Questions or for Directions  
\* "Children" of All ages welcome (0 - 100, yes that means YOU!!!)

\* Face Painting, "Dave's Dawgs," and "Homestead Creamery"  
\* Adult supervision needed for all kids!  
\* No Alcohol/Tobacco

Suggested "Admission" of One Canned Good per Person to Benefit the Lynchburg Area Food Bank!!!

\* Rain Date: Saturday, June 4<sup>th</sup>, 2:00 - 6:00 pm.

\*\* Additional Parking in the Holy Trinity Lutheran Church parking lot located at 1000 Langhorne Road (drop off kids, park & walk to party)  
NO PARKING ALLOWED on opposite side of Sunset Drive

## FIRST PRESS WELCOMES A RECENT NEW MEMBER!



**Judy Stowers**  
**1896 Fox Hill Road, Lynchburg VA 24503**  
**434-384-3382**

A recent new member of First Presbyterian Church is no stranger to us as she has been worshipping here with her husband, Richard "Dickie" Stowers, for many years. She is currently President of the Kids' Haven Board. Judy graduates in June from a four year program, Education for Ministry, from Sewanee. As busy as that has kept her, she has still found time for her favorite hobbies: skiing, hiking, cooking, and reading! We are so happy to have Judy as a member of First Presbyterian. When you see her, please congratulate Judy on her new degree.



### SUNDAY MORNING COFFEE CAFÉ BEFORE SUMMER SUNDAY SCHOOL

8:30-9:00 A.M., Fellowship Hall  
June 5, 12, 19 & 26, July 10

Coffees, teas, hot chocolate, juice, and pastries



### The Single Adult Fellowship

will get together for lunch on **Sunday, June 12**. We will meet at the Red Lobster restaurant. Meet by 11:30 P.M.



## Support Kids' Haven

Kids' Haven is sponsoring a **paper shredding** event to be held in our front parking lot on **June 18**, from **9:00 A.M. until 12:00 P.M.**

**The cost will be \$10.00 per box.**

Clean out your old tax returns and other papers. Watch them be shredded! All proceeds benefit Kids' Haven.

Kids' Haven is an independent nonprofit organization with the sole mission of serving and providing support and educational programming.

Children come to Kids' Haven for grief support after the death of both family members and friends due to old age, illness, homicide, suicide, accident, or war.

Hospice of the Hills and Kids' Haven in partnership with Centra Health also provide support for families who are living with a life-limiting illness. Haven of the Hills, our program of grief support, offers one-on-one care in the family's home. Support also is provided on campus for local college students.

## Presbytery of the Peaks' Traveling Day Camps – Summer 2011! Theme: "Along the Road"

Day Camp is a "camp" experience in which children will have fun exploring God's creation, growing in faith, and making new friends. For Presbyterian churches in the Lynchburg vicinity, the Day Camp is coming to Forest Presbyterian Church during the week of **July 18-22**. Planned for rising first through fifth graders, Day Camp will be held Monday through Friday from 9:00 A.M. to 3:00 P.M. Trained counselors will lead and supervise the small groupings throughout the week. Bible stories, worship, games, arts and crafts, singing, fellowship, nature study, a cookout, field trips, and much more will all be included in this exciting Day Camp program! Cost for the five days is **\$75.00 per camper**.

**Interested?** Information and registration forms are available on the bulletin board across from the pastor's office. They need to be returned to the Presbytery office with payment by the **June 15 deadline**. If you have any questions, please call the Presbytery of the Peaks office, 845-1754.

## Be a Part of Our Summer Choir!



Singers interested in singing with the the Chancel Choir on a Sunday by Sunday basis may do so by joining us at 9:15 A.M. in the choir loft any Sunday to rehearse a simple anthem. Come as you are, and share your voice this summer. Open to high school age singers and above.

## FATHER'S DAY RECEPTION



Let's celebrate all of our super church dads and granddads! Come and enjoy family time in worship and fellowship on Father's Day. A reception honoring dads will be held in the narthex immediately following the 10:00 A.M. service on Father's Day, Sunday, June 19.



**CHURCH SUMMER SCHEDULE  
CONTINUES THROUGH  
LABOR DAY SUNDAY, SEPTEMBER 4.**

**Worship service is 10:00 A.M.  
Sunday School is 9:00 A.M.  
on June 5, 12, 19, 26 and July 10.**



# JUNE BIRTHDAYS

- |                             |                           |                             |                                |
|-----------------------------|---------------------------|-----------------------------|--------------------------------|
| <b>1</b> Smith, Bebe        | <b>12</b> Hanna, Jay      | <b>18</b> Johnsen, Holden   | Shilling, Don                  |
| <b>2</b> Johnsen, Parker    | Reams, Pam                | Keefer, Tyler               | <b>24</b> Harrington, Margaret |
| Will, Lynn                  | Wombwell, Lee             | Richards, RoseAnn           | Mason, Daniele                 |
| <b>3</b> James, Blitz       | <b>13</b> Kowalski, Gail  | <b>19</b> Howard, Dennis    | Will, Mike                     |
| Kirkpatrick, Anna           | Smack, Diana              | Pierpoint, Grayson          | <b>25</b> Harvey, Chip         |
| McCrary, Max                | Ward, Margaret            | <b>20</b> Barton, Mary      | Schenkel, Clair                |
| <b>4</b> Barauskas, Cheri   | <b>14</b> Carrico, Ellen  | Gallagher, Mason            | <b>26</b> Light, Norma         |
| Loflin, Kim                 | Cosby, Esther             | McCraw, Ginny               | Overstreet, Mallory            |
| <b>5</b> Farnandez, John    | Foster, Emily             | Richards, Lisa              | Perry, Katie                   |
| <b>6</b> Bird, Danielle     | Woods, Sharon             | Winstead, Nancy             | Watkins, Gordon                |
| Christian, Hannah           | <b>15</b> Craddock, Jerry | <b>21</b> Amos, Mary Carter | Wiley, Gray                    |
| Watkins, Marguerite         | Harrington, Carter        | Capps, Tom                  | <b>27</b> Gay, Martha          |
| <b>7</b> Berry, Hodges      | Smith, Doris              | Lewis, Skye                 | Pettyjohn, Tom                 |
| Foster, Susan               | <b>16</b> Dendy, Bob      | Steele, Mary                | <b>28</b> Gallagher, Doris     |
| <b>8</b> Jones, Hugh        | Kirkpatrick, Betty        | <b>22</b> Ebert, Allison    | <b>29</b> Tate, Dave           |
| Lichford, Hollis            | Kittrell, Bill            | Moseley, Quinlan            | Tinsley, Persis                |
| <b>10</b> Craighill, Marian | Koroneos, Erik            | <b>23</b> Burnett, David    | <b>30</b> Agnew, Lloyd         |
| <b>11</b> Giles, Becky      | Tiller, Rhonda            | Harris, Marie               | Tugman, Lizzie                 |
| Kirkpatrick III, Tom        | <b>18</b> Clark, Helen    | Rhoads, Lindsey             |                                |

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

## MEMBERS HELPING MEMBERS IN JUNE

**Helen Gilmer - 384-0428**  
**Betsy Jones - 384-7633**

Thanks to Carolyn Sparks and  
Betty Ebert for serving in May.

## REMINDER!!

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

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

## More About Achieving and Maintaining a Healthy Weight

Sometimes simply cutting back on snacks or desserts is not enough to avoid excessive weight gain. Many health experts are now saying that the modern world is full of “fat traps,” that is, conditions and situations that sabotage efforts to maintain a healthy body weight. Here are five examples of such “fat traps” and some suggested solutions.

1. *Giant portions:* Over the past twenty-five to thirty years, portions sizes in restaurants, store-bought packaged foods, and even cookbooks have increased significantly. Today’s portion sizes seriously exceed the US Department of Agriculture’s recommended consumption sizes. To avoid this trap, serve your food and drink in smaller dishes. Research has shown that this strategy results in people consuming smaller portions while still feeling satisfied. Take a portion 25% less than you want of all foods except vegetables. When eating out, share or split everything or eat from the appetizer menu only. These strategies will help insure that you leave a restaurant having eaten only a healthful amount of food.

2. *Portly peers:* A recent Harvard study shows that when people gain weight, their friends and spouses do so as well. Eating is a social behavior, and poor eating habits can spread in a family or peer group. It is encouraging to remember that healthful behaviors can also be contagious; you can be the agent of change in your family or peer group.

3. *Too little sleep:* A research study shows that women who sleep less than six hours per night gain excess weight, even though some of them do not increase their food intake. The reason for this can be either that lack of sleep affects appetite regulation hormones or that sleeplessness itself causes weight gain. So go to bed early enough to get at least seven hours of sleep a night and practice good sleep habits.

4. *Skipping breakfast:* There is much research to show that people who lose weight and maintain a healthy weight eat breakfast. Eating breakfast helps people manage their appetite for the rest of the day and keeps blood sugar at an even level. Take time to eat breakfast. Breakfast should include some protein.

5. *Diet sodas:* Several studies have demonstrated that people who consume diet soda gain even more weight than those who consume regular soda. This is probably due to the effect of saccharin on body metabolism. The best solution is to avoid both sweetened sodas and diet sodas and have your main beverage be plain, cold, wonderful water.

Gail Midkiff  
Parish Nurse



## Interfaith Outreach Association Introduces the Hope Chest

### What DO we need?

- Furniture, Lamps, Rugs, Estate Proceeds in good condition
- People and trucks to pick up the donations and deliver them to the store
- People to SHOP, SHOP, SHOP!!!!

### What DON'T we need?

Toys, Electronics, Clothes, Appliances, or Office Furniture

### When will we be open for business?

August 1 at the IOA Warehouse at 926 Jefferson

Whenever you donate, your congregation can receive half the sale price of the item after it sells!

Contact Interfaith Outreach Association at 846-6098 with questions and/or donations.

## Summer Sunday School

Have you ever wondered which adult Sunday school best suits you? Well, this is the time to get a flavor for the different adult classes, what they study and how they teach the classes. It is also a good time to see what your peers are up to if you are already committed to a Sunday school class. We hope that after our "summer sampling," all will know what class they want to join in the fall!

There will also be a nursery, children's Sunday school (K-5<sup>th</sup> grades will meet in room 126), and youth Sunday school (6<sup>th</sup> – 12<sup>th</sup>) grades will meet in the middle school youth room in the basement).

Sunday school is from 9:00 A.M. - 9:45 A.M., and the Coffee Café will be open starting at 8:30 A.M. Both Sunday school and the coffee café will take place in the fellowship hall. Summer Sunday school will meet every Sunday in June and on July 10.

<b>June 5</b>	<b>Pastor's Class</b>
<b>June 12</b>	<b>Christian Explorations</b>
<b>June 19</b>	<b>Stewart-Boswell Bible Class</b>
<b>June 26</b>	<b>Martin-Gifford</b>
<b>July 10</b>	<b>Family Matters</b>

## Softball Extravaganza

Calling all softball players (men and women) and fans; mark your calendars! It is time for the second annual softball game against Quaker Memorial Presbyterian Church. We must defend our title as "winner" from last year and maintain possession of the "golden glove." The game will be on **Sunday, June 26 (note this is one week later than previously mentioned due to Father's Day)**. Look for more information about time and location in the bulletin. See you there!

## Fall Sunday School

We are in need of teachers for **Middle School Sunday school** next year. Please contact Persis Tinsley [tinsleyp@mac.com](mailto:tinsleyp@mac.com) or Meggan Farwell [meggan@fpcl.org](mailto:meggan@fpcl.org) if you are interested or have any questions. If you are willing to teach but don't know what you want to teach, contact us anyway, and we will help you select an appropriate curriculum. Also don't forget to sign up for your month to teach upstairs at **F.A.I.T.H Mountain** our 5 year old – 5<sup>th</sup> grade Sunday school program. You will teach for one month only (three of four Sundays), and you will teach the same lesson each week to a different age group.

## John Gondwe, Another Milestone

Surely, you remember Rev. John Gondwe whom we met in the distant village of Kalikumbi, Malawi in 2003. He had been recently appointed to his first congregation and married only two weeks to Florence. In 2005, John and Florence made many friends here during their visit to Lynchburg. Since his very successful ministry in Kalikumbi, he has been promoted to other positions in the church. Until eight months ago he was the youth director for the entire Synod of Livingstonia (30,000 youth, 25 presbyteries and 170 congregations) which covers the northern one third of Malawi for the Presbyterian Church of Central Africa.

In order to do the best job of developing programs to lead these youth in their Christian walk, John needs further training. Thus he has been accepted by the University of Stellenbosch in South Africa (in the beautiful wine producing country near Cape Town) for one year of postgraduate training in youth ministry.

In the past few days the PCUSA international leadership program has granted him an official scholarship of \$6,000 to add to the \$7,194 to which many of you contributed last fall. Four other churches contributed \$1,830 (Westminster PC, Lynchburg; Leesburg PC; Lafayette PC in Tallahassee; and Covenant in Roanoke). Except for John's travel expenses, the additional funds for his education have been sent to the PCUSA leadership program which will sponsor John and also disburse the funds.

While John studies at the University, Florence and their three children (Waliko, age 7, Wanangua, age 5, and Emmanuel, age 14 months) will receive John's stipend from the Synod. They will live in the Synod house on the mission station in Ekwendeni.

Now isn't that a success story so far! We ask God's blessings on John and his family as he fulfills this important task.

John's e-mail address is [gondwe.john@yahoo.com](mailto:gondwe.john@yahoo.com).







## 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	-	Marilyn Bellaire
Mission		
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

Phone: 434-384-6231

Fax: 434-384-9156

e-mail: [info@fpcli.org](mailto:info@fpcli.org)

Next Newsletter: JULY 2011

DEADLINE: Thursday, JUNE 23, 2011

