



THE PRESBYTERIAN NEWS



FIRST PRESBYTERIAN CHURCH
408 N. Jefferson Avenue
Pulaski, VA 24301

Editor & Layout: Doreen Latimer

Office: (540) 980-2132

E-mail: firstprespulaskiva@gmail.com

Web Site: firstpresbyterianpulaski.org

Pastor: Rev. Melissa McNair-King

NO. 613

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Dear friends,

In mid-September, I had the chance to participate in a workshop for clergy in the NRV on Adverse Childhood Experiences, Suicide Prevention, and Substance Abuse. A huge thank-you to New River Valley Community Services for providing this educational event on such timely and important subjects. We learned about the opioid epidemic in America, and heard powerful testimonies of those who are in recovery from addiction. We touched on child development and the long-term impact that traumatic experiences can have on a person's physical health. We had an open conversation about suicide, the importance of keeping one another safe, and the unique struggles of those who are recovering from the loss of a loved one to suicide.

What a heavy day. But we all know that childhood trauma, addiction, and suicide touch us all. It's easy to leave workshops like these feeling hopeless – what can I do, or what can our church do, in light of such huge issues in our community?

For starters – and maybe most importantly – we can pray. Pray for eyes to see victims of trauma and addiction as God's beloved children. Pray for hearts of compassion. Pray God's strength for survivors and for those in recovery.

Take an interest in a young person. Get to know your neighbors. Volunteer. When children and youth have healthy relationships with healthy and trusted adults, they are so much more likely to overcome the challenges that life presents. Isn't that true for all of us? Relationships get us through.

I'm so thankful to be among a caring congregation like this one. Thank you for always looking beyond the walls of First Presbyterian Church, and striving to shine God's light to all.

Peace,

Melissa McNair-King

NEWS FROM PRESBYTERIAN WOMEN

From Day Circle by Phyllis Vice:

Day Circle will meet on Monday, October 1st, at 11 a.m. in the Manse. **Please note this is a change in date.** We are on lesson two of our Bible study *God's Promise: I Am With You*. The focus of this lesson is God accompanies the called; it is God's presence in our weakness that equips us for our calling. Scripture is Exodus 3:1-12 and Judges 6:11-27. Each lesson stands on its own so you can join in at anytime and not be lost. Bring a sack lunch and stay for fellowship after our lesson. **All** are welcome.

Looking ahead: Church Women United will be observing *World Community Day* on Friday, November 2nd. More information will be upcoming.

From Night Circle by Dianne Wallace:

Night Circle will not meet in October.

Presbyterian Women -
Praying, Studying, Loving, Serving



ANNOUNCEMENTS AND HAPPENINGS

WELCOME TO THE WORLD Texas Evan Gardner! "Tex" was born on September 18, weighed 8 lbs. 1 oz., and was 20 1/4" long. Congratulations to parents Lance and Michelle Gardner, big brother Gabe, and big sisters Ruby, Julia, Vivienne, and Indie.

WORLD COMMUNION Sunday is October 7th.

YOUTH GROUP: All youth in grades 6-12 are invited to join us as we journey in faith together.

- **Sunday, October 7:** Youth Rally at Second Presbyterian Church in Roanoke, on the topic "Standing Alone. Staying Together." We will gather with fellow Presbyterian youth from around our presbytery for special music and guest speaker, Rev. Andy Cooke. Meet at the church at 3:30 to travel to Roanoke – we will return by 8:30 that evening. ***Please let Melissa know by Sunday, September 30 if you can attend!***

GO PULASKI COUNTY RESCHEDULED: Saturday, October 20! This day of service was postponed due to Hurricane Florence. We will once again unite as Christians to reach out to our neighbors in a variety of ways. First Presbyterian will be the "host" location for making Project Linus blankets. These blankets are given by volunteers to children in traumatic situations, as a form of security and a sign of the community's love. If you would like to help make blankets (no skills necessary), join us in the Fellowship Hall from 9:00 AM – Noon on October 20.

PLEASE SUBMIT ITEMS to the church office for the November newsletter no later than Monday, October 22nd.



Pastor Melissa has started a study on the parables in the Bible for our Wonderful Wednesday gatherings. If you would like to delve deeper or read a different version of the Bible than you usually do **check out** the books listed below. They will be on display during the month of October in the church parlor.

200 GWY Christ's Word to this Age by J. Harold Gwynne

220.52 AMP The Amplified Bible: containing the Amplified Old Testament and The Amplified New Testament

220.52 BIB The Bible for to-day - John Stirling, ed.

220.52 COM Common English Bible: Holy Bible: a fresh translation to touch the heart

220.52 GOO Good News Bible

226.8 ALL When the Heart is Hungry by Charles L. Allen

232.9 STE The Life and Teaching of Jesus Christ by James S. Stewart

Join us for Wonderful Wednesdays!

6:00-7:30 PM, Fellowship Hall

Plan to make Wednesday church nights a part of your regular routine! It is a special time of learning and growing together as a church family. The suggested "offering" for dinner is \$4/person or \$15/family. This is anonymous, and give-as-you-can. Everyone is welcome regardless of your ability to give.

In the Fall: youth and adults will be reading the parables of Jesus – based on a study by Professor Amy-Jill Levine of Vanderbilt Divinity School. The children will enjoy preparing a Christmas program. In the Spring: youth and adults will be studying Religions of the World, and the children will have Bible study and music.

Thank you to those who are serving in October:

Date	Cooking Team	Clean-Up Team	Program
October 3	Dianne, Phyllis, Anne	Phyllis, Ernie, Larry	Parables: Lost & Found
October 10	Chasity & Melissa	Mike, Joe, Bernice	Parables: The Good Samaritan
October 17	Dianne, Phyllis, Anne	Phyllis, Anne, Mary Catherine	Parables: The Pearl of Great Price
October 24	Chili Cook-Off	Nana, Jessie, Ernie	Chili Cook-off
October 31	OFF – HALLOWEEN	N/A	N/A

Chili Cook-off!

Come prepared to vote with your \$\$\$! This will be a fundraiser for the American Cancer Society's Relay for Life. After sampling as much chili as you like, you will vote for your favorite by putting an offering in that chili's collection jar. The WINNER will be whichever chili raises the most money!

If you would like to make a pot of chili for this year's cook-off, please let Julie or Melissa know. Let's make our real winners the American Cancer Society, as we show our support and love to all those who have been affected by cancer.



DATE:

LAY READERS:

CHILDREN IN WORSHIP VOLUNTEERS:

10/7/18

Ernie Wallace

Karen Payne

10/14/18

Madison Williams

Jessie Woods

10/21/18

Joe Zagraban

Peg Vaughan

10/28/18

Tom Haller

Mary Catherine Williams