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NEWSLETTER

May 2017

RESULTS OF CONGREGATIONAL MEETING on April 23:

- Accepted retirement of Pastor Randy Tremba, effective July 1, 2017
 - Elected Ethel Hornbeck to the office of Elder
 - Elected Mike Williams as Trustee



Mike Williams, Pastor Tremba,
Ethel Hornbeck

BREAKING THE SILENCE SEMINAR Saturday, April 29, 9 a.m.–12 noon

The Parish Life Committee is once again sponsoring the valued Breaking the Silence Seminar. Jack Young is coordinating the seminar, which will address four related topics:

- (1) Advance Planning Directives, presented by Julia Yuhasz of the Hospice of the Panhandle staff
- (2) Estate Planning Considerations, presented by Attorney Frank Hill
- (3) Funeral Arrangements, presented by Frank Hedges of Brown's Funeral Home
- (4) Church/Memorial Service Planning, presented by Pastor Tremba.

Sign-up sheets available in the Fellowship Hall. For more information, contact Jack Young, via office@shepherdstownpresbyterian.org.

ASYLEE WOMEN ENTERPRISES TALK

Sunday • April 30 • 12:15 p.m. • Classroom No. 1

The SPC Refugee Resettlement committee will welcome Tiffany Nelms, Director of Asylee Women Enterprises in Baltimore, MD. She will give an overview of their program and especially the family host program. All are invited to attend. A light lunch will be provided.

WAKING UP WHITE IN CHURCH

Sunday • May 7 • 9:25 a.m. • Fellowship Hall

Our Sunday Seminars will conclude this season's round of discussions on race with an introductory conversation about how the dominant white culture we've been exploring affects religious systems, institutions, and congregations. Pick up articles on table outside of office.

—Ethel Hornbeck
*Director of Spiritual Formation
and Campus Ministry*

YOUTH CONFIRMATION

Sunday • May 14 • 4:30 p.m. Sanctuary

Don't miss this opportunity to hear the bright and interesting responses from our youth to confirmation questions.

CONGRATULATIONS GRADUATES

SKYE BENEDICT

Georgetown University, Washington DC, Welsh School of Foreign Service, Master of Arts in Arab Studies.

HIGH SCHOOL GRADS were

asked (1) Name of high school; (2) Plans beyond high school; (3) A fond memory of SPC

ROBBIE BARRAT (1) Jefferson; (2)

Internship in Santa Clara, CA with NVIDIA, working with artificial intelligence; (3) Karen Waugh's

Sunday Studio. I was about 9 or 10 years old, and the only thing in the classroom was a big camping tent; inside was an open can of tuna. This was a simulation of what it was like for Jonah to be inside the whale. These types of lessons are the reason I remember Sunday Studio fondly.

KATE GLENN (not pictured) (1) Jefferson; (2) Attending Guilford College in Greensboro NC; (3) Mission trip to DC

DYLAN MILLER (1) Washington; (2) Attend York College of PA as a civil engineering major; (3) DC and Jamaica/Rockaway, NY, mission trips

CHLOE WILLIAMS (1) Martinsburg; (2) Attend Towson

University, double majoring in Electronic Media and Film and English Writing; (3) Creating "Willy Wonka and the Golden Truths" for SPC; spending time with creative and hard-working people; and watching the play come alive at the Talent Show gave me a strong feeling of community and fellowship.



Dylan Miller, Robbie Barrat,
Chloe Williams

Transition News...

The Interim Search Committee has met twice. All of the relevant information on selecting an interim pastor suggests that it will take 3 to 6 months. We will provide periodic updates on the search. —Jerry Thomas, Chair

I have agreed to Session's request to serve as SPC's liturgist during our upcoming transition period. The goal is to ensure that our corporate prayer experience remains as familiar as possible, while also adapting our practices as necessary. In addition to planning services, I will be preaching a bit more often, and scheduling guest preachers, as well as reflections. I have been amazed and encouraged, looking back through our reflections files, to realize that we've been doing this particular practice regularly for about 10 years. During those years we have heard the good news in some three-dozen different voices. What a gift—one I am delighted we will continue.

Randy and I have also been working with a cadre of people who have agreed to serve as worship leaders. I will continue working with them as well. We very much intend to continue our practice of featuring junior assistants in each service, and Debbie Romano has agreed to help make that happen. Finally, Randy is working a first pew crew willing to take on that portion of the service. SPC has grown accustomed to a pretty high-level worship experience. I am especially grateful to be reminded that we are also blessed with many, many gifted and generous people, so willing to share their gifts. So...please say yes! And feel free to contact me with questions.

—Ethel Hornbeck, Director of Spiritual Formation

Elsewhere...



COMMUNITY DINNER sponsored by the Jefferson County Homeless Coalition. First Sundays, 6 p.m., at Zion Episcopal Church, 301 East Congress St., Charles Town. We need: main dishes, veggies, salad, fresh fruit,

bread, butter, and desserts. Sign up in the Fellowship Hall or go to PerfectPotluck.com; coordinator Wright, password 5777. Questions? Contact Bert Wright via office@shepherdstownpresbyterian.org.

Drop off hot food from 4:45–5:15 p.m. on designated Sunday. Leave other food in the SPC refrigerator anytime (marked Community Dinner). *Please use disposable containers, if possible.* **Next: May 7.**

ROLLING RIDGE STUDY RETREAT COMMUNITY

For details check Upcoming Events at <http://www.rollingridge.net>.

"Children of the Earth" A retreat for children ages 6–10 and their parent, grandparent, or adult mentor, **May 6–7**

"Restoring the Heroine's Journey" Sacred Circles and Wild Wanders, **June 2–4**

"Arts to the Ridge" A Creative Spirit Retreat for Girls Ages 10–16, **June 18–23**

SPC Monthly Activities...

BLOOD PRESSURE CLINIC First Sundays, 9:15–10:30 a.m. in the narthex. **Next: May 7.**

FIRST THINGS FIRST SUNDAY Coins for Presbyterian Hunger Program. Place in bucket in the narthex. **Next: May 7.**

TAIZÉ SERVICE First Wednesdays, 7 p.m., Sanctuary. A *Service of Prayer* in song, silence, candlelight. **Next: May 3.**

PRESBYTERIAN WOMEN'S (PW) CIRCLE First Thursdays, 10:00 a.m., Fellowship Hall. Study guide is *Who is Jesus: What a Difference a Lens Makes?* **Next: May 4.** (Lesson 9, According to Contemporary Cultural Interpretations). All women are invited.

CONNECTIONS Shepherd University group will resume in the fall.

MEN'S BREAKFAST Third Saturdays. Breakfast at 7:30 a.m. Discussion, 8:00–9:00 a.m. **Next: May 20.**

LISTENING GROUPS Prayerful listening and conversation around scripture, poetry and other selected texts, led by Ethel Hornbeck.

- Third Wednesdays, 7–8:00 p.m. in the balcony.

Next: May 17.

- Third Thursdays, 10:00–11:00 a.m. in Classroom #1. **Next: May 18.**

CANTERBURY SERVICE Fourth Wednesdays, 10:45 a.m. Contact: Debbie Romano via office@shepherdstownpresbyterian.org. **Next: May 24.**

SUPPER GROUPS

- Moveable Feast, **Saturday, May 13**, 6:30 p.m., hosted by Sharon Henderson

- TGIF, **Friday, May 19**, 6:30 p.m. hosted by Tim & Moria Artlip

SPC KNITTING GROUP Last Saturdays, 1 p.m., Library Hall. Bring your own project or join us making prayer shawls and baby blankets. Contact Melinda Landolt or Elaine Hurd via office@shepherdstownpresbyterian.org. **Next: April 29 & May 27.**

COMMUNITY HYMN SING Last Sundays, 4:30 p.m., in the choir room. Everyone is welcome, no need to read music or be an extraordinary singer. We just sing our hearts out for one hour and have fun.

Contact: Terry Tucker via office@shepherdstownpresbyterian.org.

Next: April 30



SHEPHERDSTOWN COMMUNITY BIBLE SCHOOL is

happening this summer! **July 18–20**, three full days from 9 a.m. to 3 p.m. Children ages 3 to middle school are welcome to attend this free program. Get your little "Galactic Starveyors" ready! Sign-up sheets can be found in the classrooms or contact Emily Gross via office@shepherdstownpresbyterian.org. We will also need some volunteer teachers and "galactic" children shepherds to assist the kids throughout the day.



FACTS and OBSERVATIONS ABOUT IMMIGRANTS

- Illegal immigration has declined—without a wall.
- But immigrants—undocumented or not—are a resource, and can help build our country. In fact, that has always been the case.
- Immigrants and their children are the only source of growth in the labor force. Without a growing labor force, we won't be able to keep pace with an aging society, even if people work longer.
- Immigrants start businesses at twice the rate of native-born Americans.
- Immigrants—even the undocumented—do pay taxes (payroll and sales taxes, mostly, in the case of the undocumented; indeed, those who are paying will likely never be able to recoup their contributions in benefits).
- Immigrants also contribute to the economy as consumers. They buy stuff. So the pool of buyers of goods and services is larger than it might otherwise be. The pie gets bigger!
- Studies have shown that a society's openness correlates with economic growth. It makes sense—a relatively free flow of people and ideas benefits all.
- From Alexander Graham Bell to Elon Musk and Sergei Brin, immigrant entrepreneurs have always been a vital part of American society. Steve Jobs was the son of Syrian immigrants!
- The US does immigrant integration better than anybody

(except maybe Canada). Studies show that second and third generation immigrants are assimilating about as well as immigrants in the past. Our competitors—Europe and Japan—don't do it nearly as well.

- Shut down this yeasty, fruitful pipeline of newcomers, and we are shutting down something special and vital about America, and yielding an advantage to others.
- “Dreamer” youth who came here as children, and know no other home, can help build this country. To deport their family members, and destroy their families and hopes, does unspeakable violence to what is best about our country.
- The cost of a wall and enforcement actions, are nothing compared to the price for a purer but poorer country. It's in our own interest to let immigrants contribute and offer them a path to citizenship.
- Immigrants do not take jobs away from citizens; they do work that Americans are unwilling to do. Several years ago, Georgia and Alabama passed “show your papers” laws like Arizona's, and both states' economies took a hit, in particular their agricultural sectors.
- The xenophobia we're seeing goes beyond undocumented individuals. A number of recent incidents have targeted high-skilled immigrants. For decades, foreign students have come to study at US universities, and many have stayed, to teach or start businesses. Today, they have other options. They can and may go elsewhere—to our loss.

CONGO WOMEN'S CENTER UPDATE

You may have read recently about the two U.N. workers who were killed in the Congo—or about the uprising in the Central Kasai Province where this took place. What you may not have realized is that all this is going on right in the city and the immediate area surrounding the PAX Women's Center that we donated money to in our Christmas Alternative Giving program.



Undisciplined government troops have terrorized the population in the city of Kananga, killing many and sending many fleeing into the forest. Most village schools have closed during this violence and numerous students and staff at the Institut Médical Chrétien du Kasai (Kasai Christian Medical Institute), of which the PAX Women's Center is a part, have left the area in fear.

The small bit of good news is that the hospital, the nursing school and the women's center are still open and operating, albeit at a reduced level. Some of this is in part due to the help provided by your Christmas contributions. The women's center is now over 80% complete; to read more, there is a newsletter on the Mission and Witness bulletin board outside the SPC office.

Please pray for the people of the Congo and the Kasai Province during this terrible and frightening time, and for an early end to the fighting and bloodshed so that their lives can return to some semblance of normalcy. As bad as we may feel things are here, there is always somewhere that they are worse. And yet the Love of God can prevail there, too! **Thank you for your generosity and your help!**

— Bill Rule

YOU'RE SAFE WITH ME

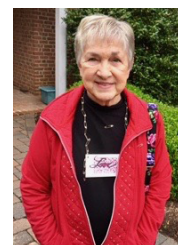
Recently I heard about wearing a safety pin to tell everyone, “You're safe with me,” so now I'm wearing one.
Whether you're Christian, Muslim, Jewish or atheist
Whether you're gay, straight, or transgender
Whether you're republican, democrat, libertarian or independent
Whether you're an immigrant—legal or not
You're all safe with me.

If asked what category I fit into, I will happily tell you...
I am an imperfect child of God, trying to follow the teachings of Jesus:
– To love my neighbors and my enemies
– To turn the other cheek
– To forgive 70 times 7.

I am a proud citizen of this great country.
Remembering with pride what is written on our Statue of Liberty, “Give me your tired, your poor, your huddled masses yearning to breathe free; the wretched refuse of your teeming shore.
Send these the homeless, tempest-tossed to me.
I lift my lamp beside the golden door.”

I am a respecter of this beautiful earth
Trying to reduce my carbon footprint.

Do I always succeed? Of course not.
But I look around and see many other people doing a better job than I do and I am inspired.
So every morning I get up and attach a safety pin to my shirt and I TRY.



— Betty Snyder

(Note: Betty read her insightful poem at SPC's Easter Sunrise service. She is shown here with her safety-pin necklace and LOVE printed on the card.)

Members and Friends...



JOYCE and LARRY NEUMARK visiting Lake Hawea along the west coast of New Zealand.

Lenten speakers for Spiritual Journeys:



March 26, **MELINDA SCHMITT** and **JOHN LANDOLT**

April 2, **MARIA GUITZ** and **JEFF HORNBECK**



EASTER SUNRISE SERVICE, April 16, with over 30 souls attending.



BECKY PHIPP'S dog, Harvey, sings along.



JOHN BURNS accompanies the hymns.



BETHANY PRZYBOCKI (SPC's nursery assistant)

has been accepted to serve a year as a Young Adult Volunteer (YAV) in Albuquerque, NM. During her 4 years at SPC, she started realizing her purpose to help heal and serve others with *Love*. Through La Mesa Presbyterian Church's community arts programs, Bethany will work in interfaith organizing, refugee empowerment initiatives, and urban Native ministries, while also addressing issues of hunger, homelessness, and immigration.

How can you support Bethany?

- Your prayers
- Follow her year on her blog:
bethanymariweb.wordpress.com
- Give a tax-deductible contribution as a one-time gift or in installments over the course of her year of service.

She hopes to raise \$2,000 in May and another \$2,000 in December.

Send checks to: Presbytery of Santa Fe, ATTN: Luke Rembold-YAV Program, 217 Locust St. NE, Albuquerque, NM, 87102; memo, Bethany Przybocki – YAV.

Questions? Contact Bethany, bprzyb01@rams.shepherd.edu or 571-606-8920.



Nurse's Notes...

SNORING

Do you snore or share a bed with a snorer? About 37 million Americans regularly do, and it can be more than just a benign annoyance! Snoring occurs when the airway is partially blocked during sleep. It can be a red flag for obstructive sleep apnea, which raises risks of cardiovascular disease, stroke, hypertension, and cardiac arrhythmia. Here are a few steps to take to try to alleviate it:

1. Ease a stuffy nose; use over-the-counter nasal strips or rinse your nose with saline solution before going to bed.
2. Elevate your head.
3. Sleep on your side.
4. Avoid alcohol for four hours before bedtime.
5. Quit smoking.
6. Lose excess weight.
7. Consider tongue exercises daily.

If none of these solutions help at all, it is advisable to see your physician who will probably prescribe an overnight sleep apnea study. The good news is that there are oral appliances that work very well depending on your condition. However, the gold standard is the CPAP machine, which delivers continuous positive airway pressure. There are also surgical options as well.

The bottom line is that it is a quality of life issue and there is not one solution that works for all. Check with me for a list of the tongue exercises, which work in about a third of the cases.

Sweet dreams!! —Merry Morgan, RN, Parish Nurse

Financial Corner...

GENERAL FUND through April 23. Pledged for 2017: \$308,000. Expected to date: \$94,769; received to date \$103,399. Building Fund pledged for 2017: \$32,155. Received to date: \$9,357.

NEXT NEWSLETTER June 2017. Send announcements, articles, member news, and your favorite travel pictures to office@shepherdstownpresbyterian.org. Deadline: **May 24**.

VISIT www.shepherdstownpresbyterian.org for the latest news, podcasts, and calendar events.

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