



*PEACE at all TIMES, in all WAYS*

**SUNDAY, OCTOBER 7, is the Peacemaking offering in the PC(USA).  
It will be split between the Shenandoah Women's Center (see note under Mission for Domestic Violence Awareness) and the PCUSA national and international peacemaking programs and projects. Offering envelopes are provided in the pews.**

**SUNDAY SEMINARS AND TAIZE: ONGOING VITAL INVITATIONS**

*A note of deep appreciation and invitation regarding both the Sunday Seminars and the monthly Taizé evening prayer services*

We come from 40 minutes away, and find both offerings to be utterly vital to our spiritual lives. In the Seminars, beautifully team taught, wise and compassionate folks gather to explore challenging books and topics and share their views. It is like a graduate school in values and ethics for these days, and leaves us fortified and renewed for the weeks ahead. These classes are vital for the ongoing outward journey, and a way to get to know the gathered community.

The equally vital inward journey is watered by the living spring called Taizé worship: simple, candlelit, accompanied by beautifully chosen poems and Psalms, its mix of easy

chant and silence turns 20 minutes into what feels like a weekend's worth of restoration and calm. This welcoming contemplative service takes us to a still point that touches into soul and spirit.

It is hard to find a church with such compelling and essential offerings in addition to the vital and life-giving worship that is the SPC hallmark. These are but two of the ongoing invitations to us all: experiences of shared community, learning and centering that mean so much to our lives. Come one and come all...

*—Robert Close and Nina Frost*

**A Community Gathering in the Spirit of St. Francis**  
**Engaging in Hope**

**Sunday • November 4 • 7 p.m.**

## Transition News...

**PRAYER REQUESTS** Send to Kathy Reid at [office@shepherdstownpresbyterian.org](mailto:office@shepherdstownpresbyterian.org).

**TRANSITION QUESTIONS** Direct all questions and/or concerns to the Stated Clerk of Session, Suellen Myers via [transition-questions@shepherdstownpresbyterian.org](mailto:transition-questions@shepherdstownpresbyterian.org) or Rev. Bill Sitterley, [bsitterley@shepherdstownpresbyterian.org](mailto:bsitterley@shepherdstownpresbyterian.org).

**PASTOR NOMINATING COMMITTEE (PNC)** Your PNC, including Dave Smith by video link, at their weekly meeting. We are making steady progress in the search process. Send questions or comments to [shepherdstownsearch@gmail.com](mailto:shepherdstownsearch@gmail.com).

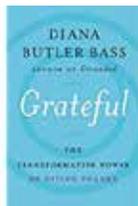


We welcome your continuing prayers and support.

**STRATEGIC VISIONING TEAM** is continuing to address the areas that the congregation identified through the CAT (Congregational Assessment Tool) process for improvement. Those areas are: identity, communication, engagement, and care (making sure that we're aware of all those who need or want support). We started with the SPC Identity statement, creating a draft that will be presented to Session for consideration later this fall. In the meantime, we're turning our attention to communication, since it's so central to our communal life. If you have any feedback on things you'd like to hear more (or less) about, please contact any member of the team: Bill Ashforth, Lois Spreen, Anne Teresa, Leslie Williams, or Carolee Youngblood.

## Adult Education Fall Seminar...

**GRATITUDE** September 30, 8-week seminar *How often do you feel a strong sense of gratitude or thankfulness? Is there a disparity between our private feelings and our public attitudes? What might it mean to live together as a thankful society?* These are some of the questions Diana Butler Bass tackles in her book *Grateful: The Transformative Power of Giving Thanks*.



Join us as we look at this important issue for us as individuals and as a community. Books are available in the church office for \$23. All SPC members and friends are welcome!

## Notice...

Our Fall Stewardship Campaign is gearing up. In October, look for your letter from Rev. Sitterley, which will contain two forms, allowing you to pledge time and talent as well as treasure.

—John Burns, Stewardship Chair

## SPC Monthly Activities...

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

**FIRST THINGS FIRST SUNDAY** Coins for relief of hunger. **Next: October 7**

**EVENING PRAYER** Song, silence and candlelight in the way of Taizé. First Wednesdays, 7 p.m. Sanctuary. **Next: October 3.**

**CONNECTIONS** SPC's Shepherd University-based group for college students meets every other Thursday at 4:30 p.m., at the Blue Moon. For more information contact Ethel Hornbeck, [ethel@shepherdstownpresbyterian.org](mailto:ethel@shepherdstownpresbyterian.org).

**PRESBYTERIAN WOMEN'S (PW) CIRCLE** First Thursdays, 10:00 a.m., Fellowship Hall. We are using the book *Fierce: Women of the Bible and their Stories of Violence, Mercy, Bravery, Wisdom, Sex and Salvation*. The October discussion is the chapter titled, "Mary of Magdala: Who Lives, Who Dies, Who tells Your Story?" All women of the church are welcome. **Next: October 4**

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

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

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

**Next: October 17**

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

**CANTERBURY SERVICE** Fourth Wednesdays, 10:45 a.m. Contact Debbie Romano via [office@shepherdstownpresbyterian.org](mailto:office@shepherdstownpresbyterian.org). **Next: October 24**

### SUPPER GROUPS

- Moveable Feast, 6:30 p.m., **Saturday, October 13**, hosted by Priscilla & Gary Deem.

- TGIF, 6:30 p.m., **Friday, October 19**, 6:30 p.m., hosted by Diane & Paul Kradel.

**SPC YARNS AND THREADS GROUP** Last Saturdays, 1 p.m., Fellowship Hall. Bring your own project or join us making prayer shawls and baby blankets. Contact Melinda Landolt or Elaine Hurd via [office@shepherdstownpresbyterian.org](mailto:office@shepherdstownpresbyterian.org). **Next: October 27**

**EXPLORING SPIRITUAL PRACTICES (ESP)** is a new opportunity through the Adult Education Committee. We will explore, experience, and practice various spiritual disciplines such as silence, meditative music, insight meditation, passage meditation, loving kindness, prayer, and others. This is open to all adults and no experience is necessary. The facilitator is Larry Neumark. If interested, curious, or have questions, e-mail [office@shepherdstownpresbyterian.org](mailto:office@shepherdstownpresbyterian.org). Stay tuned for upcoming dates and times.

## Elsewhere...

**COMMUNITY DINNER** sponsored by the Jefferson County Homeless Coalition, first Sundays, **5:00 p.m.**, (note new time) 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](http://PerfectPotluck.com); coordinator Wright, password 5777. Questions? Contact Bert Wright via [office@shepherdstownpresbyterian.org](mailto:office@shepherdstownpresbyterian.org).

Drop off hot food from **3:45–4:15 p.m.** on Sunday. Leave other food in the SPC refrigerator anytime (marked Community Dinner). *Please use disposable containers, if possible.* **Next: October 7.**

### ROLLING RIDGE STUDY RETREAT COMMUNITY

For details, check *Events* at [www.rollingridge.net](http://www.rollingridge.net).

"The Gift of Story: A Retreat for Advent and the Winter Solstice," **November 30–December 2**

### DINNER WITH OUR MIGRANT WORKER FRIENDS

Applecrest Orchard in Hedgesville, **Sunday, October 14**, 3–6 p.m. Bring a side dish to share. Meet at SPC at 2 p.m. for carpooling. Questions? Contact John Gonano via [office@shepherdstownpresbyterian.org](mailto:office@shepherdstownpresbyterian.org).



## SOCIAL JUSTICE

### RACIAL AWARENESS AND MINDFULNESS 2018:

**A Mini-Festival of the Arts, Awareness, Healing, and Justice, Saturday October 20**, 10 a.m.–5 p.m., Westminster Presbyterian Church, 400 I St., SW, Washington DC. The keynote speaker is National Book Award Winner, Ibram X. Kendi, author of *Stamped from the Beginning* who will address "How To Be An Anti-Racist."

The festival is to help people reflect on racism in society. The intent is for churches, communities, and individuals to become more self-reflective regarding the impact of racism on their lives; and to be inspired to join anti-racism organizations, have their churches partner with others across the faith and racial divide, and/or continue to engage with participants they meet at the festival.

Therese Taylor-Stinson, former moderator of National Capital Presbytery, is organizing this free event. SPC's Social Justice Committee has reserved two free tickets. For more information and to reserve your ticket, contact [socialjusticespc@gmail.com](mailto:socialjusticespc@gmail.com).

**SPC'S SOCIAL JUSTICE COMMITTEE** is exploring the history of African Americans and race relations both within the church and the Jefferson County community. Any new information eventually may be incorporated into an updated congregational history. If you are interested in exploring our history with us, contact Julia Sandy at [jsandyba@shepherd.edu](mailto:jsandyba@shepherd.edu). If you're interested in being added to the social justice email list, let us know at [socialjusticespc@gmail.com](mailto:socialjusticespc@gmail.com).

—Lynn Coddington

## IMMIGRANT AND REFUGEE SUPPORT COMMITTEE

**ACTION ALERT** from the PC(USA) Office of Public Witness *Tell Congress a Refugee Admissions Goal of 30,000 Is Morally Inexcusable.*

The Trump administration has set the refugee admissions goal for next fiscal year at 30,000—the lowest level in U.S. history. Last year, the admissions goal was 45,000—in the face of the worst refugee crisis in global history. For nearly four decades, the average refugee admissions goal has been 95,000. Today, there are more than 25 million refugees worldwide— more than half of whom are children. Refugees are more than just a global figure; they are families torn apart, children who have witnessed profound violence, and people seeking a chance to rebuild their lives and raise a family in safety.

As people who care about refugees, we must make our voices heard and tell both the White House and Congress that 30,000 is inexcusable and that we must set a refugee admissions goal of at least 75,000. The White House is required under U.S. law to consult with Congress prior to setting the annual refugee admissions number. This has not happened yet, which means Congress can and must weigh in today.

*Contact your members of Congress to ask them to support refugee resettlement.*

### U.S. Customs and Immigration Service

On Friday, September 7, three members of the Immigrant and Refugee Support Committee attended a training in Martinsburg offered by the U.S. Customs and Immigration Service (USCIS). The 2-day training was designed to help individuals and groups who support the immigrant community: educators, lawyers, churches, and social organizations. The goal was to provide the resources to help do their jobs.

Homeland Security is responsible for INS (Immigration and Naturalization Services). The three branches of INS are: Border Patrol, ICE (Immigration and Customs Enforcement) and USCIS. Border Patrol and ICE have arrest capacity, USCIS agents do not. Their sole purpose is to make the immigration process accessible to people who are not citizens of the U.S.

The instructors were from the USCIS *customer service* departments in Philadelphia (the WV service area) and DC. They shared a wealth of information, answered questions, handed out resource materials and assured the attendees that their jobs were to make the process of immigration less complex and more friendly. Immigration regulations are very challenging, but these representatives provided a reminder that there are good people in government, working hard under difficult circumstances to do their jobs and serve their country well.

—Pat Hamilton

## Nurse's Notes...

### HEALTHY EATING

West Virginia is an unhealthy state. Over 37% of the population suffers from obesity (#1 in the nation) and 25% have been diagnosed with diabetes (#2 in the nation). Studies suggest that the percentages are even higher among low income and food insecure families and individuals. JCCM (Jefferson County Community Ministries) and its partners are looking at the food available to clients and are working with the staff from the WVU School of Medicine to provide donating churches and other community organizations with lists of healthy foods—both to donate and to make for community meals. The goal is to provide clients and others with ideas for ways to cook and eat healthier meals.

All of us need perishable foods like meat, fresh vegetables and fruit, cheese, eggs and full-fat dairy products. Low sodium canned meats like tuna, chicken and salmon can be stretched with added rice or pasta to make a meal for a family. We also should eat whole grain bread, pasta, crackers and cereal. None of us need high sugar cereal, soda, juice, sweet tea, candy, cakes, pastries, or cookies except in moderation.

So what can we do to cook healthier meals, both for ourselves and for those we serve? Look at labels. You may be surprised by the percentage of sugar and salt in many canned foods. Use fresh when possible, particularly during the growing season. Sauté rather than fry, and resist boiling vegetables; use as little water as possible.

Come to JCCM some third Saturday morning to see "Cooking with the Docs," a new program where a group of doctors and other WVU staff prepare a healthy meal using food available from the food pantry and the community garden. A detailed list of healthy food will be available on the JCCM website soon, <https://jccm.us>. JCCM is grateful for all of the contributions from area churches and other organizations and look forward to helping all of us to be more healthy.

—Stephanie Jamieson, SPC representative on JCCM board  
(Note: Stephanie is a guest author for the Nurse's Notes column.)

## Members and Friends...



**MOVING UP CEREMONY** September 9  
Children and adults who are part of Sunday Studio

**BOB PROUDMAN** and **ANNE POST** are proud grandparents of **JACK MICHAEL HOULE** born September 16 to **KATIE PROUDMAN** and **BRIAN HOULE**. Bob's address for now is: Bob Proudman, c/o Houle-Proudman, 1226 E 59th Street, Tacoma, WA 98404.

## Mission...

### October is Domestic Violence Awareness Month

The Shenandoah Women's Center ([swcinc.org](http://swcinc.org)) offers a wide range of services in the Eastern Panhandle of West Virginia to victims of sexual assault, domestic violence, LGBTQ targeting, stalking, or human trafficking.

They provide confidential support, counseling, and emergency shelter, and have a 24-hour hotline for emergency assistance.

Someone you know—or someone who knows someone you know—has been a victim of domestic violence. The next time you're in a room with 6 people, think about this:

- 1 in 3 women and 1 in 4 men experience violence from their partners.
- 1 in 3 teens experience sexual or physical abuse or threats from a boyfriend or girlfriend in one year.
- 1 in 5 women are survivors of rape.
- 1 in 2 women and 1 in 5 men have experienced some form of sexual violence in their lives.
- 1 in 4 women and 1 in 6 men were sexually abused before the age of 18.

Through our Peacemaking offering, we have the opportunity to serve these victims.

-----  
To my church family,



Thank you for all your contributions to help me get a new piano (and to get rid of the old one). I am enjoying playing one that holds tuning and I really appreciate your help.  
—Sincerely, Ann Teolis

## Financial Corner...

**GENERAL FUND** through September 23. Pledged for 2018: \$285,000. Expected to date: **\$207,455**. Actual giving: **\$208,269**. Building Fund pledged for 2018: **\$28,910**. Submitted to date: **\$16,140**.

~~~~~  
**NEXT NEWSLETTER** November 2018 Send announcements, articles, member news, and your favorite vacation pictures to [office@shepherdstownpresbyterian.org](mailto:office@shepherdstownpresbyterian.org).

**Deadline: October 24**

**Shepherdstown Presbyterian Church**

100 West Washington Street

P.O. Box 268

Shepherdstown, WV 25443

304.876.6466

304.876.2033 (fax)

[office@shepherdstownpresbyterian.org](mailto:office@shepherdstownpresbyterian.org)

**Interim Pastor: Bill Sitterley**

[BSitterley@shepherdstownpresbyterian.org](mailto:BSitterley@shepherdstownpresbyterian.org)

**Director of Spiritual Formation and Campus**

**Ministry: Ethel Hornbeck**

[ethel@shepherdstownpresbyterian.org](mailto:ethel@shepherdstownpresbyterian.org)

Visit [www.shepherdstownpresbyterian.org](http://www.shepherdstownpresbyterian.org)  
for the latest news, podcasts, and calendar of events.