



ANNUAL PARISH MEETING

Sunday, September 9, 2018, 9:45 a.m., Sanctuary

All members and friends of the parish are encouraged to attend.

Election of Elders and Deacons

(Names and bios are in the attached document titled Nominees 2018.)

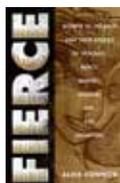
Highlights of the past and upcoming year

Childcare available

PRESBYTERIAN WOMEN

Women in the Bible aren't shy or retiring; they're FIERCE and funny and demanding—and relevant to 21st century people!

This fall the Presbyterian Women continue to be guided in our discussions by the book *Fierce: Women of the Bible and their Stories of Violence, Mercy, Bravery, Wisdom, Sex and Salvation* by Alice Connor, an Episcopal priest and college chaplain. Not your little of church ladies usual Bible study! For example, an upcoming chapter is titled, "At the Well and on the Road: Women Back-Talking God." If you need a copy of the book, contact Rie Wilson via office@shepherdstownpresbyterian.org.



In addition to a stimulating Bible study, we share joys and concerns with a group of caring and loving women. We laugh and cry together in a safe environment.

We meet the first Thursday each month. Our first meeting this fall is **September 6**, 10 a.m., in the Fellowship Hall. All women of the church are welcome.

SUNDAY STUDIO

MOVING UP CEREMONY Sunday, September 9

at the 11:00 service.



Let the office know your child's grade level.

Our Sunday Studio kids need teachers! Those wonderful, smart little people need you a few times a year to be their teacher. Contact Amanda Groff via office@shepherdstownpresbyterian.org.

RETREAT: CULTIVATING A SPIRITUAL HEART

A Day of Prayer with Patience Robbins

Friday, September 21, 10 a.m.–3 p.m.

Priestfield Retreat Center

4030 Middleway Pike, Kearneysville, WV

This day of prayer will provide an opportunity to explore ways of nurturing the spiritual heart by using simple practices of gratitude and compassion. These practices cultivate stillness and peace and allow one to listen deeply for the Divine Presence within. They also ripple out to impact all beings with blessings of peace and goodness and well-being for all.

The day will include input, guided meditations, journaling, sharing and periods of silence. There will be time for deep connection with self, others, Divine Presence and all creation. Participants will find a few practices to incorporate in their daily life, which nourish gratitude, compassion and joy.

The cost is \$25, or pay what you can. Sign up with Kathy Reid in the office before **September 16**. Indicate if you prefer a vegetarian lunch. Checks should be made to SPC; memo retreat. (Please arrive 9:30–9:45 so we can be ready to start at 10:00.)



Patience Robbins has been a spiritual director for 30 years. Catholic by tradition, she has worked in parish, campus and retreat ministries. She has led programs for over 20 years at Shalem Institute (www.shalem.org) and has written a booklet, Parenting: A Sacred Path,

published by the Center for Children and Theology (www.cctheo.org).

Transition News...

PRAYER REQUESTS Send to Kathy Reid at office@shepherdstownpresbyterian.org.

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

PASTOR NOMINATING COMMITTEE (PNC) Your PNC continues to meet weekly and is making steady progress. Pending approval by SPC Session and Shenandoah Presbytery, we anticipate posting our Ministry Information Form online in September. At that point we'll begin receiving applications. Any questions can be sent to shepherdstownsearch@gmail.com. We welcome your continuing prayers and support.

Adult Education Fall Seminars...

SUNDAYS, 9:45 A.M., FELLOWSHIP HALL

EXPANDING OUR WELCOME

September 16 and 23 This summer, the PCUSA passed a series of resolutions calling all churches in the denomination to explore ways to celebrate and embrace the gifts of LGBTQ people, and commit to work for the full inclusion and dignity of transgender persons.



Our fall seminars will begin with a series on gender and sexuality, using a More Light teach-in video that focuses on "Pastoral Care for LGBTQ Youth." This will help us review current language and terminology, explore the landscape facing LGBTQ persons, and discuss ways that we can expand our welcome, especially to youth.

Series trainer Jess Cook is the Program &



Communications Manager for More Light and is a candidate for ministry in the Presbyterian Church (USA). Prior to joining MLP, Jess was the Youth Programs Director at Side by Side, an organization in Richmond, VA serving LGBTQ+ youth.

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!

PeaceFest

A Community Gathering in the Spirit of St. Francis

Sunday • November 4 • 7:00 p.m.

SPC Monthly Activities...

BLOOD PRESSURE CLINIC First Sundays, 9:15–10:15 a.m., in the narthex. **Next: September 2**

FIRST THINGS FIRST SUNDAY Coins for relief of hunger. **Next: September 2**

EVENING PRAYER Song, silence and candlelight in the way of Taizé. First Wednesdays, 7 p.m. Sanctuary. **Next: September 5**

CONNECTIONS SPC's Shepherd University-based group for college students meets every other Thursday at 3:45 p.m., at the Blue Moon. For more information contact Ethel Hornbeck, ethel@shepherdstownpresbyterian.org.

PRESBYTERIAN WOMEN'S (PW) CIRCLE First Thursdays, 10:00 a.m., Fellowship Hall. Using the book *Fierce*, the September discussion is the chapter titled, "Eve: Mother of All Living." (See front page of this newsletter for more details.) All women of the church are welcome. We are looking forward to joining again with everyone this fall. Invite a friend! **Next: September 6**

MEN'S BREAKFAST Third Saturdays. Breakfast at 7:30 a.m. Discussion, 8:00–9:00 a.m. **Next: September 15**

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: September 19

- Third Thursdays, 10–11 a.m., in Classroom #1. **Next: September 20**

CANTERBURY SERVICE Fourth Wednesdays, 10:45 a.m. Contact Debbie Romano via office@shepherdstownpresbyterian.org. **Next: September 26**

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. **Next: September 29.**

SUPPER GROUPS

- TGIF, 5 p.m., **Saturday, September 8**, hosted by Lee & Eunsook Baihly

- Moveable Feast, 6:30 p.m., **Saturday, September 15**, hosted by Joan Keith.

DOROTHY (DOTTY) MARSHALL, beloved former SPC member, passed away on June 22. Dorothy was surrounded by family and friends at their home in Mt. Pleasant, SC. Dotty loved Shepherdstown Presbyterian Church and together with her husband, George, made quite a team—a guiding force in the church for many years. Dotty was 91 years old.

Elsewhere...

COMMUNITY DINNER The SPC youth are providing food and serving it to our friends for the September 2 meal. The regular faithful cooks can take a break this month.



ROLLING RIDGE STUDY RETREAT COMMUNITY

For details, check *Events* at www.rollingridge.net.

Annual Work Day, Saturday, September 1, 10 a.m.–4 p.m. Gather with friends old and new for a day of invigorating work, laughter, conversation, and food!

“The Mystery of Mentoring: Helping a Lost Culture Find its Way,” **September 14–16**

Notices...

YELLOW RIBBONS OF PEACE hang on the SPC fence in September to mark the month when our Meeting House served as a hospital and hospice for the wounded and dying soldiers from the Battle of Antietam, September 17, 1862.



SHARE YOUR GARDEN SURPLUS with others who don't have a garden. Place your surplus vegetables and fruit in boxes or bags and leave in the Fellowship Hall.

TRADITIONAL IRISH MUSIC presented by Shepherdstown Music and Dance with Bua, an inspiring young band from Chicago. SPC sanctuary, Thursday, September 27, 8 p.m. Tickets and concert information at smad.us or email: upperpotomac@gmail.com or call 304.263.2531.

Thank You...

A big thanks to Gene Bayer for building a ramp for the house donated for Bennett's month stay at Kennedy Krieger Institute for intense neurological rehabilitation. Also thanks to my SPC family for the prayers for Bennett and his family. He is pictured here with my daughter Sarah, who grew up in Shepherdstown and SPC. Bennett is making steady progress and will be attending his elementary school part time in North Salem, NY in September.



Also my son Andy and his fiancé Sixta are so appreciative of all the wonderful meals, prayers and rides that SPC provided them as Sixta recovers from her car accident. She is slowly recovering and starting her new job part time! I love my SPC family and cannot imagine my life without your love, support and prayers!

—*Blessings, peace and love, Yvonne Fisher*

The Yarn and Threads group thanks our anonymous donor of skeins of yarn placed in the Prayer Shawl cabinet! They are perfect for prayer shawls and even give us some new colors to try! THANK YOU!

GET ACQUAINTED WITH THE PC(USA) OFFICE OF PUBLIC WITNESS

The Presbyterian Office of Public Witness (OPW) is the public policy information and advocacy office of the General Assembly of the Presbyterian Church (USA). Based in Washington, D.C., OPW staffers visit national policy makers and their staff, write letters, and make phone calls to facilitate the church's testimony and emphasize its social witness policies.



OPW has addressed policies, including: immigrant rights; environmental justice; human trafficking; racial equity; LGBTQ rights; global systems of injustice; special gifts for natural disasters; and at-risk children. It encourages Presbyterians to directly advocate on matters of conscience and faith, as well as to advocate for less fortunate people.

To find out more about what you can do, check out these links and read more about the OPW.

- The OPW online action center provides names and contact information for elected officials at <http://capwiz.com/pcusa/dbq/officials>.
- Download the community advocacy guide titled “Holy Discontentment: Grassroots Advocacy and Organizing in the PC(USA).” <https://www.presbyterianmission.org/resource/holy-discontentment-booklet/>.
- Go to the OPW website to sign up for Action Alerts on issues requiring urgent response <http://capwiz.com/pcusa/mlm/signup/>.

LOCKED IN A BOX is the award winning 25-minute documentary tracing the lives of individuals who fled their homes in search of safety and freedom only to end up in U.S. prisons and for-profit detention centers. The recent joint presentation by the Immigrant and Refugee Support, Adult Education and Social Justice Committees at SPC was very well received. There was overwhelming support to share this film with greater Shepherdstown.

If you are part of a group (such as Presbyterian Women, Men's Breakfast, SAIL, Community Club) that might be receptive to viewing **Locked in a Box**, please send feedback to SocialJusticeSPC@gmail.com with the subject line, LOCKED IN A BOX. If you have not yet seen the film, copy and paste this link, **Locked in a Box**. Please consider taking this important message to the community.

If you would like to receive PC(USA) Action Alerts or other social justice related information, email socialjusticespc@gmail.com and your name will be added. —Lynn Coddington

EXPLORING SPIRITUAL PRACTICES (ESP), a new opportunity, is now being offered through the Adult Education Committee. The first meeting is **Wednesday, September 26**, at 10:30 a.m. in the SPC library (2nd floor). The facilitator is Larry Neumark. 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. If interested, curious, or have questions, e-mail office@shepherdstownpresbyterian.org or just show up!

Mission...

CARING CUPBOARD September is SPC's month for packing and delivering bags to our two local schools. Meet Thursdays, 9:15 a.m., Lutheran Parish House. Anyone interested in packing and/or delivering, contact Suellen Myers, 304.876.6035 or willowsp@earthlink.net.

JCCM (JEFFERSON COUNTY COMMUNITY MINISTRIES) needs the following items for their food pantry: tomato soup, chicken noodle soup, pork and beans, macaroni and cheese, syrup, pancake mix, canned fruit, canned chicken, rice, spaghetti sauce.

Please place items in the baskets outside the office and in the narthex.

BOOKBAG REPORT

Hello SPC friends, all the donated schools supplies and backpacks, listed below, have been delivered to TA Lowery Elementary. Thanks to SPC for all your generosity!

—Best, Anne Barrat :)

Backpacks 35	3-ring binders 28
Bookbags 17	Pencil cases/bags 44
Pencil packs 33	Markers/colored pencils 4
Crayons 66	Paper folders 17
Scissors 12	Tissues 3
Rulers 31	Cap eraser packs 1
Notebook paper packs 40	Glue sticks 19
Single subject notebooks 52	

Members and Friends...



HELEN BURNS completed her hike of the entire C&O Towpath—184.5 miles on June 25. She did about 30 miles of this many years ago, but the remainder has been done since her 88th birthday in May 2017. She completed the last segment of 3.5 miles near Cumberland, MD. She was greeted by National Park Service Ranger Stephanie Siemek.

CHRIS CUBBY hosted a lunch with her *Deacon sheep* at Homewood. L-R John Foxen, Ethel Hornbeck, Carol Martin, Chris Cubby, Em Lowe, Nancy Wilson, Tom Banks and Bill Sitterley. (Del Martin was absent.)



GEORGIANN TOOLE retired from Shepherd University. SPC's choir celebrated her with a "Happy Retirement" cake.

ED ZAHNISER'S poem "Vending Machine Theology" appeared in the June 20 issue of The Christian Century magazine.

CAROL WOOD and VIVIAN ALEXANDER shared their interest in Silverback Gorillas. Carol spent time with them in Africa and Vivian selected them for her animals to bless at the globe.



STEPHANIE and PERRY JAMIESON spent late May and early June in Canada. Stephanie sings with the Encore Chorale, which performed concerts in Montreal and Quebec City.



PAT DONOHOE was a finalist in the WV Fiction Competition and Appalachian Heritage Writer-in-Residence program.

Nurse's Notes...

ALTITUDE SICKNESS

Since I will be traveling to Colorado soon, I did some research on this topic and thought that all of you might benefit from this knowledge. Here goes:

Altitude sickness is caused from rapid ascent to a higher altitude of 4800 to 11,000 feet or more and is due to a decreasing amount of oxygen in the atmosphere. Symptoms include shortness of breath, nausea, dizziness, extreme fatigue, and insomnia. This can progress to a life-threatening buildup of fluid in the lungs or brain. Medical treatment may include oxygen and medicines to treat the symptoms, but the only definitive treatment is to descend to a lower altitude.

In order to prevent this, it is wise to gradually acclimate if at all possible. Do not overexert for at least 24 hours after arriving at the high altitude. Also, hydrate as much as possible and avoid alcoholic beverages. In general, about 25% of persons ascending to this altitude do have problems.

BP clinic as usual on September 2. Hope to see you there!

—Merry Morgan, RN

Financial Corner...

GENERAL FUND through August 26. Pledged for 2018: \$285,000. Expected to date: \$186,346.15. Actual giving: \$186,634.67. Building Fund pledged for 2018: \$28,910. Submitted to date: \$14,960.

WESTMINSTER OFFERING \$1,845

NEXT NEWSLETTER October 2017 Send announcements, articles, member news, and your favorite vacation pictures to office@shepherdstownpresbyterian.org.

Deadline: September 19

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