



February 2017 Newsletter

**Thyatira Presbyterian Church
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PASTOR'S PAGE

To be read in the voice of Garrison Keillor.....

It's been anything but a quiet month in our hometown of Mill Bridge, North Carolina. Church was cancelled and school was closed for a couple of days due to snow, we lost two pillars of the church with the passing of Elder Hall Steele and Deacon EK Graham, the Personnel Committee is interviewing candidates to be our new Office Manager, and the Session accepted with regret notice of the retirement of Jon McCachren after more than 23 years as our Choir Director. The future will have new faces at Thyatira.

But the Tutoring Program has started up again in its twentieth year helping Mt. Ulla Elementary School kids catch up to grade level, and the Deacons will soon be waterproofing the exterior of the Sanctuary, and there is a beautiful new sign at the entrance to the Cemetery to help visitors find their way to the final resting places of their ancestors. The faithful carry on their living legacy of love, faith, service, and patient endurance just like the church at Thyatira has always done.

The preacher's been carrying on about some vision thing, about how God has a dream for the church, and he's promised to read some of the Bible's wackier stories about how our ancestors in the faith went about discerning the will of God, the divine dream for each generation. He knows that going through change can be hard on people, but he hopes he can reassure the faithful that they are in Christ's good and capable hands. He even says he has to remember that himself all the time.

Yes, the winds of change are blowing through Mill Bridge, North Carolina, but the faithful at Thyatira know that's just the natural course of things. They've observed it over the last 260 years, and they know times like these come every now and again. They know that their forbearers here also felt some anxiety, each in their own generations, but that the church not only survived but sometimes even got better and stronger as a result of the Holy Spirit's movement. The museum, and the cemetery, and the worship here every Sunday testify to God's faithfulness.

Spring's right around the corner, or so they hope the groundhog will say. It hasn't been a hard winter, but Spring always seems to bring hope, and a reminder that the Church follows a living Christ, one who is the head of the church, and who promised to be with us until the end of the age. The world doesn't seem to be ending any time soon, so I guess the only thing to do is the best we can, and trust that the good Lord's wiser than we are, and will help us get it right in the end.

And that's all that's new in Mill Bridge, where the tombs have skulls and crossbones, the church parking lot's not paved, and the children are just awesome.

AROUND THE CHURCH

ACTIVITIES, EVENTS, AND HAPPENINGS



FEBRUARY BIRTHDAYS

- 1 Caroline Covington
- 1 C.J. Ingram
- 2 Ted Fuller
- 3 Aaron Richmond
- 4 Cala Rae Cocca
- 4 Jerry Deal
- 5 Ashlea Armstrong
- 5 Laura Ingram
- 5 Randy Stamper
- 5 Julian Steck
- 6 Jeff Franz
- 7 Corrie Connolly
- 7 Steve Moss
- 8 Haley Seaboch
- 10 Matthew Connolly
- 10 Dixie Follette
- 10 Charles Newsome
- 10 Phyllis Patterson
- 12 Melissa Klutz
- 12 Spencer Seaboch
- 14 Sharon Deal
- 14 Brandon Edwards
- 14 Christina Newsome
- 15 Eddie Bell
- 15 Mary Moon
- 16 Tina Hall
- 16 Millicent Hoffner
- 16 Ktlyn Beard
- 18 Cameron Reber
- 18 Zachery Reber
- 19 Blake White
- 21 Tim Walton
- 22 Sam Daniel
- 23 Chloe Patterson
- 24 Kathryn J. Hall
- 25 Tony Harris

MARK YOUR CALENDARS!



On Sunday, February 26 following worship, we will gather in Fellowship Hall to offer a Bon Voyage to our Office Manager, Carolyn Haggerty, as she retires after faithfully serving Thyatira for more than 22 years. Details about the event will be shared in upcoming weeks, but please make plans now to join us as we celebrate Carolyn and all she has meant to generations of Thyatirans.

A GIFT THAT KEEPS GIVING

Did you know...that 61% of Americans don't have a will (Harris Interactive survey, March 2013). Reasons include, "Haven't gotten around to it," "It's not urgent," and "I don't have a lawyer."

A will can be one of the greatest gifts we ever give our families. Having a will can relieve a lot of stress in the already emotionally difficult time following a death, and help keep families from becoming divided about the distribution of an estate.

Wills also make clear our intentions for any charitable giving we might like to do with a portion of our estate. Whether you designate something to the church, or another worthy institution, your gift is always a meaningful legacy.

You certainly don't have to be wealthy to bless the church with a gift in your will. Small amounts can be put to good use right away, or invested so they grow in the years to come. Please consider how your life's efforts could help bring life abundant through the ministry of the church.

ATTENTION ROTATION PARENTS AND KIDS: If you have not already returned your CD and Christmas Cantata book, please do so as soon as possible. We want to pack them away for another year.

Children's Choir Rehearsal Schedule: Jan. 29, Feb. 5 & Feb. 12 @ 9:30AM. We will be singing in church on February 12.

NURSERY ATTENDEES IN FEBRUARY:

5—Babies: Ben/Mariah Watts, Michelle Patterson
Shushers: Melissa Waller, Dana Milam

12—Babies: Ashley Wilkie, Carly Moore
Shushers: Flora Calderón-Steck, Debbie Edwards

19—Laurel Harcum, Karen Townsend
Shushers: Jada Ware-Guy, Leigh Anne Wetmore

26—Babies: Courtney Bell, Janet Lambert
Shushers: Jessica Swanson, Robin Luther



PRESCHOOL NEWS

Oh what a way to start off the New Year with a blanket of snow! The two year old class welcomed a new little one—Bentley. We are grateful to have him. This month we talked about winter and made snowmen, winter hats, and learned some winter sayings. We also worked on letter G with grapes, glitter and everything green. With letter H, it was hats, horses and hearts. We are beginning to bring “Love” into our room with lots of hearts. We are still saying our ABC’s, counting and learning our numbers and shapes as well. These little ones are always very busy—truly a blessing.

The 3 year old’s sang snowman songs and made a snowman with the letters of their name. Painting with watercolors on coffee filters, the children made beautiful snowflakes. For the letter “L” they made lions or lambs, and mittens for the letter “M.” We pretended that a white fuzzy ball was a snowball and practiced throwing and catching. Our Bible verse for the month was, “Let us be patient” (James 5:8). We all had to wait patiently for good weather so we could go outside.

January has been an exciting month in the four year old class. We began by studying the winter season. We made snowflakes, snowmen, winter scenes and mitten crafts. Then God sent us some beautiful snow and we enjoyed a long break to play in it! This month we also studied the letters N, O, P, & Q. We read stories and learned songs and finger plays to go along with each letter. Some of our favorite themes were the ocean and polar animals. We enjoyed hearing Miss Vicki read to us and checking out books when the Bookmobile visited us on the 6th. Students also showed off their skills during assessments this month as we prepared for parent/teacher conferences. Our hallway bulletin board says it best... “Preschool is snow much fun!”

January/February 2017 Youth News

Our youth group had a very eventful December!

Shoeboxes—Thanks to all the generous donations, we were able to pack and submit 32 shoeboxes to send to underprivileged children.

Nazareth’s Children’s Home—We also picked a “star” from Lazy 5 Vets tree and bought gifts for a resident at the children’s home.

For our annual caroling event, we had enough carolers to divide into 2 groups and spread even more Christmas cheer. Along with a joyful noise, we also delivered Poinsettias and something sweet to our older church and community members. We met back at the Connolly home for some hot dogs, cookies, and hot chocolate.

The youth hosted the children of the Lost Sheep Sunday school class for an exciting Christmas party. We enjoyed getting to know future youth group members!

Annual Poinsettia sale was a success!!

Plans for 2017:

Valentine’s Dinner for Seniors-5:00 pm on Saturday, February 11th. (Please sign up on the sheet outside of the office door or email Corrie Connolly at Corrie.Connolly@gmail.com to RSVP).



Game Nights are coming!! The Youth are planning monthly game nights where you can come out and enjoy a good meal and fellowship with games such as Bingo. We hope to have our first event the end of February. As always, we thank you for your continued support of our Youth!!

The Church Triumphant
 Robert Hall Steele
 November 28, 1928 – December 25, 2016
 Emory Knox Graham Jr.
 May 5, 1931 – January 19, 2017

PRAYER CONCERNS

- | | |
|------------------------------------|--------------------|
| <u>Brightmoor Nursing Center:</u> | Frank Fuller |
| <u>Lutheran Home:</u> | Mullie Varner |
| | Rebecca Morrison |
| <u>C/O George Calhoun:</u> | Mary Alice Calhoun |
| <u>White Oak Manor, Charlotte:</u> | Ruby Erwin |
| <u>At Home:</u> | JoAnn Kerr |
| | Ted Deal |
| | Carol King |
| | OC Shoaf |
- Carol Graham and family on the passing of EK on Jan. 19
 - Tony Harris on the passing of his twin brother, Timothy on Jan. 19
 - Ronnie Steele and family on the passing of Hall on Dec. 25
 - Bill Bergstrom is being treated for leukemia
 - Sharry Davis is being treated for cancer
 - Rick Stamper, brother of Nora Patterson & Randy Stamper, is recovering from triple heart bypass
 - Jerri Seaboch's brother and former member, Millard Goodnight, is undergoing cancer treatment
 - Linda Gaylor's mother, Barbara Phillips
 - Dana Milam's friend, Stacia Henry in Jamaica
 - Nell Fuller's niece, Mary Jo Wood, is undergoing cancer treatments
 - Judy Leazer (co-worker of Sharon Deal) is taking Leukemia treatments
 - Drema Clemens' mother, Bertha Warden
 - Millicent Hoffner's brother, Joe Kerr
 - Mike Hawkins who has RA
 - Former member, Pat Hall
 - Debbie Belk, a friend of Joyce Caldwell
 - Jimmy's mother and father, Ernestine & Bill Hoffner
 - Paul Rogers' daughter and family are missionaries in Pakistan



CONGRATULATIONS TO:

- Nick and Stephanie Gaylor Palmore on the birth of their second daughter, Parker on December 22, 2016. Grandparents are Paul and Linda Gaylor.
- Hannah Brown and Tyler Leazer on the birth of a son, Owen Rhett on December 22, 2016. Grandparents are Melissa and Bill Klutz; great grandparents are Joyce and Dan Caldwell.

SESSION REPORT

January 22, 2017

- The Session accepted with regret the notice of the retirement of Choir Director Jon McCachren, effective Sunday, April 16.
- The Personnel Committee reported that it is in the process of interviewing candidates for the position of Office Manager, and hopes to have someone selected to begin training in February.
- The Session examined the newly elected Deacons and Elders, and approved them for Ordination and Installation.

PARISH NURSE NEWS....**Broken Heart Syndrome**

We are always shocked when two people die in rapid succession, especially when those individuals have close emotional or family ties. The deaths of Carrie Fisher and her mother, Debbie Reynolds, claimed international attention and led to much speculation about the medical condition called broken heart syndrome. Although medical reports have been issued to identify the specific causes of the deaths of these two women, theirs are certainly not the only deaths that have caused speculation and a desire to better understand deaths that occur in this way.

In our own cemetery, there is a stone that lists the deaths of Thomas and Naomi Gillespie who died December 12, 1897. Thomas aged 78-Naomi aged 69.

**THEY WERE THROUGH LIFE FRIENDS DEAR AND KINS
ONE DAY TO DEATH THESE FRIENDS CONSIGN'D
FARWELL THIS WORLD WITH ALL ITS TOILS
NO MORE WITH THEE WEEL GROAN
WEEL SOAR ALOFT ABOVE THE SKIES
TO ENJOY OUR FATHER'S THRONE**

This couple and others have been known to experience death at almost the same time. This type of occurrence leads people to question the effects of close relationships on life and death.

Broken heart syndrome or “stress cardiomyopathy” is recognized by medical professionals as an actual condition affecting the heart of some individuals. The exact cause of broken heart syndrome is unclear, but the syndrome is usually preceded by an intense physical or emotional event. Some potential triggers of this syndrome are: news of the unexpected death of a loved one, a frightening medical diagnosis, losing or winning a large sum of money, or even physical stressors, such as an asthma attack, a car accident, or major surgery. During the shock of the unexpected, it's thought that a surge of stress hormones, such as adrenaline, might temporarily damage the hearts. How these hormones might affect the heart, or whether something else is responsible isn't completely clear. A temporary constriction of the large or small arteries of the heart has been suspected to play a role.

Patients with stress cardiomyopathy or broken heart syndrome can have similar symptoms to patients with a heart attack, including chest pain, shortness of breath, congestive heart failure, and low blood pressure. Typically these symptoms begin just minutes to hours after the person has been exposed to severe, and shockingly unexpected, stress. Unlike a heart attack, when there is a complete or near complete blockage of an artery, in broken heart syndrome the arteries are not blocked although blood flow may be reduced. To understand this condition, it is important to understand exactly what stress is and how it affects the body. “Stress” refers to the body's responses to things it perceives as abnormal. These abnormalities can be physical or emotional. With stress cardiomyopathy, studies suggest that the heart muscle is overwhelmed by a massive amount of adrenaline that is suddenly produced as a reaction to stress. Although on rare occasions in this syndrome the effects on the heart can lead to death, they are usually temporary and completely reversible.

While everyone realizes that chronic stress can have effects on human health, stress cardiomyopathy appears to be a condition that comes on rapidly and unexpectedly, and resolves quickly. If you are a person who frequently has symptoms of chest pains or shortness of breath when under significant stress, you should be evaluated by your doctor. He or she can perform some tests to make sure that you are in good health. If your symptoms have been going on for some time, it is unlikely that you have stress cardiomyopathy. Most patients who have broken heart syndrome or stress cardiomyopathy do not have a previous history of heart disease. This condition affects primarily women and also tends to occur in the middle aged or elderly.

(Continued on pg. 7)

Broken Heart Syndrome—(continued from pg. 6)

The intense pain, both physically and emotionally, which one experiences as he or she grieves the loss of a loved one, should not be mistaken for broken heart syndrome. Although there are many who offer support to those who are grieving, there are no short routes in grief, nor is there a “one size fits all” response. Although there are some common elements in loss, the grief experience is as different as the individuals involved in the “loss” situation.

Knowledge of broken heart syndrome does call attention to our physical reactions to stress. Working to develop our ability to handle stress can only improve our emotional, physical and mental health. Even though it is impossible to eliminate all stress from our lives, there are some practices which help us deal with stress.

Positive Self-Talk

Self-talk is one way to deal with stress. We all talk to ourselves; sometimes we talk out loud but usually we keep self-talk in our heads. Negative self-talk increases stress. Positive self-talk helps you calm down and control stress. “I can handle this” or “This will get better” are just a two phrases which can keep positive thoughts increasing.

Emergency Stress Stoppers

We may feel stress because of poor communication, too much work, and everyday hassles like standing in line. Emergency stress stoppers help you deal with stress on the spot.

- Count to 10 before you speak.
- Take three to five deep breaths.
- Walk away from the stressful situation, and handle it later.
- Go for a walk.
- Don't be afraid to say “I'm sorry” if you make a mistake.
- Set your watch five to ten minutes ahead to avoid the stress of being late.
- Break down big problems into smaller parts. For example, answer one letter or card per day.
- Drive in the slow lane or avoid busy highways to

help you stay calm while driving.

Do something positive. Smell a rose. Smile at a neighbor. Hug a loved one.

Consider Bible reading, mediation, or prayer to break the negative cycle.

Finding Pleasure

When stress makes you feel bad, do something which makes you feel good. You do not have to do a lot to find pleasure. Try to do at least one thing that gives you pleasure each day.

Start an art project.

Take up a hobby, new or old.

Read a book, short story, magazine or newspaper.

Have coffee or a meal with a friend.

Play a sport, golf, tennis, ping-pong, or bowl.

Sew, knit or crochet.

Listen to music.

Take a nature walk.

Make a list of things you still want to do in your life.

Watch an old movie on TV or rent a video.

Take a class at a local college or online.

Play cards or a board game with friends.

Daily Relaxation

Relaxation is more than sitting in your favorite chair watching TV. To relieve stress, relaxation should calm the tension in your mind and body. From deep breathing, to visualization to special movements, relaxation techniques are easily researched and practiced.

Notes on Broken Heart Syndrome and Stress Reduction have been taken from information provided by the Mayo Clinic, Johns Hopkins, and the National Heart Association.



MILL BRIDGE FELLOWSHIP will meet on Tuesday, February 14 at 11am. The speaker will be Pastor Stacey as he shares about the Eastern Orthodox Christian tradition and particularly about his trip to Mount Athos, the center of the Orthodox monastic tradition. All are welcome for the presentation and a covered dish lunch.

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FEBRUARY 2017



For all church members
(50 and older)

You are invited to a

Valentine Day Dinner

Saturday,

Feb. 11, 2017

5:00 p.m.

Sponsored by the Youth Group

Please sign up on the sheet outside
the church office or
email Corrie Connolly at
Corrie.Connolly@gmail.com