



July 2016 Newsletter

**Thyatira Presbyterian Church
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In this issue

- Around the Church
- Prayer Concerns
- Calendar
- Birthdays
- Notes of Thanks
- Session Report
- Health Cabinet News

PASTOR'S PAGE

Dear friends,

I've been involved with a lot of mission trips. I've led them, and just been a participant. In Costa Rica, I coordinated the mission trips of many churches. Over the years, I've seen some commonalities among all these trips. Probably the most common is that all the participants say that they received far more from the experience than they gave; although they "sacrificed" time, money, vacation, blood, sweat, and tears, they came home with much more than they gave up to go.

The other almost universal outcome of a mission trip is the mutual promise to pray for one another across borders and cultures. In the partnership agreement between my former Presbytery in Minnesota and a Presbytery in Guatemala, this promise to pray is spelled out almost contractually in the Covenant both sides signed.

But despite these amazing experiences that provoke us to make those important promises, a third commonality is that only infrequently are those promises lived out once the trip is over, at least in corporate worship. For a great many reasons, the promised prayers pop up only on special occasions when we celebrate Christian unity such as World Communion Sunday in October.

Our mission team is headed to Jamaica in just a couple of weeks and I have no doubt that they will have a transformative experience, and that they will at least be tempted to make, if not actually promise, a commitment to pray for those they have encountered there. I've not been here long enough to know whether Thyatira is the exception to the rule, but at the very least, I want us to make good on those desires and promises this time.

You may have noticed that during the month of June, I have made a special point of lifting up the victims of human trafficking, and bringing to light this dark practice. I hope as we pass into July, you will keep these vulnerable people in your prayers, and, should you feel the Spirit leading you to action, that you will be in touch with me.

Each month in worship, we will be more intentionally lifting up an issue or concern, as well as learning more through our other forms of communication. In July, we will lift up those children who are in need of adoption, and the families who are answers to prayer when they choose to take a child into their home.

Well practiced by then, in August, we'll lift up the nation of Jamaica, and whatever special prayers come forward from the Mission team. In September, we'll celebrate educators as our children return to school.

Please keep the Jamaica team in your prayers, and if you have something you'd like our church to pray over for some month in the future, please bring it to my attention. There's always another month coming and a never-ending need for prayer.

Peace, Stacey

AROUND THE CHURCH
ACTIVITIES, EVENTS, AND HAPPENINGS

SUMMER SCHEDULE (June & July)

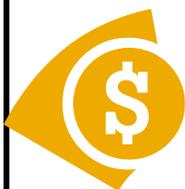
SUNDAY SCHOOL 9AM
WORSHIP 10AM

Homecoming

Sunday, August 14
10:00am Sunday School
11:00am Worship
Recognizing 2016 Graduates
and Scholarship recipients;
followed by Covered Dish Lunch

VBS--WEDNESDAY EVENINGS IN JULY:

Mark your calendar – July 6, 13, 20 & 27. The meal will be at 6pm followed by the program. Circle G is the curriculum for kids ages 3 – 5th grade. Adults will have a Bible study led by Pastor Stacey. If you have any questions about VBS, contact Lydia Richmond.



Generosity Update:

Thanks to everyone who helped us reach our goal for May of more than 140%.

Coming Up in July...

- We continue Sunday Summer hours (Sunday School at 9:00 and Worship at 10:00 a.m.)
- Our July focus of prayer will be adoption
- On July 3, we commission our Jamaica Mission Team
- On July 6, Thyatira's Vacation Bible School begins meeting on the Wednesdays of July
- On July 9, the Jamaica Mission Team departs, returning on the 16th
- On Sunday, July 31 (the Fifth Sunday of the month) during the Sunday School Hour, we'll hear a presentation from Triad Ladder of Hope, a local ministry working to end Human Trafficking
- On Sunday, July 31 during worship, the Thyatira delegation to the dedication of the new church in Mwandia will be sharing about their experiences, and the VBS kids will share what they learned

THE SACRAMENT OF HOLY

BAPTISM was administered on Sunday, June 26 during our Worship in the Park service to Mariah Alyssa Best-Watts, Aiden Luke Best, Aislinn Yvonne Watts.

**ROWAN HELPING MINISTRIES
SHELTER - JULY 28-29**

Every three months we volunteer at RHM in Salisbury. Our volunteers cook and serve the evening meal, clean up, and help with the laundry. The next morning we have a team come in to cook and serve breakfast. This is an amazing opportunity of love and compassion. We thank all our volunteers who are helping serve in this capacity. This quarter we have the Youth serving the meal on Thursday evening and the dedicated group of men (Ed Hall, Paul Gaylor, Paul Rogers, and Charlie King) fixing the breakfast.

JAMAICA MISSION TEAM



Our mission team going to Jamaica leaves on Saturday, July 9! We will Commission them in worship on July 3. In the meantime, please feel free to donate some of the supplies they need to take with them. Items from the list below may be delivered to the church office. (Financial gifts are also welcomed.)

- 7 jars ex-large peanut butter
- 9 cans chicken
- 6 16oz box spaghetti
- 6 16oz box macaroni
- 2 bag dried red beans
- 3 large coffee creamer
- 7 large jelly
- 8 box pancake mix (just add water)
- 3 bottles pancake syrup
- 3 bottles salad dressing
- 4 boxes cake mix
- 4 cans cake frosting
- 4 large Kool-Aid
- 4 large Sweet Ice Tea
- 3 large dish detergent
- 200 count paper plates
- 4 rolls aluminum foil
- 3 boxes gallon zip lock bags

STORAGE ROOM CLEAN-UP — The storage room at the back of the fellowship hall has become chaotic. There are plans to correct this. The men will be straightening the chairs so that we can have access. Everything else needs to be in totes that will fit on the shelving which will denote areas for the different groups in our church. We will tape off an access area in front of the shelving. There should be nothing on the floor. If you have yard sale or recyclables, please do not bring them to the storage room.

Specific items meant for a future project that will not fit on the shelving should be labeled as to the ownership and date that these will be used. Thank you for your cooperation as we make this an area where we can all have storage and access for the supplies and projects needed for church activities.

Presbyterian Women discussed the following at their June 18th meeting:

- Houck Family Reunion, July 30
- Cleaning of the Fellowship Hall storage room
- Meet with the Men of the Church in August
- Starting a circle: Planning to begin a Bible-based circle in the fall. The curriculum will be based on booklets from the Presbytery. The circle was very popular in prior years and we feel the need is there to resume. A survey will follow in coming months to ascertain interest and which day, morning or evening would be most agreeable. Please be thinking about this and we look forward to your input.

JULY SCHEDULES

Greeters: Carly Moore, Doug Patterson, Sandra Swanson

Ushers: Greg Hager, Eddie Bell, Ryan Sloop, Bill Bergstrom, Richard Luther, Sam Hager

Liturgists

3—Bill Bergstrom
10—Joyce Caldwell
17—Bill Hall
24—John Sloan
31—Melissa Kluttz

Nursery

3—Abby Covington, Karen Townsend, Dana Milam
10—Carly Moore, Leigh Anne Wetmore, Jada Ware-Guy
17—Lydia Richmond, Melissa Kluttz, Lauren Luther
24—Melissa Waller, Debbie Edwards, Ashley Myers
31—Corrie Connolly, Cindy Connolly, Courtney Bell



PRAYER CONCERNS

<u>Rowan Regional:</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	Chloe Patterson
	Nell Fuller	Brandon Hoffner

Friends and Family of Members

- Sue Corneliuson
- Drema Clemens' mother, Bertha Warden, has congestive heart failure and is under Hospice Care in West Virginia
- Drema Clemens' sister, Debbie Meadows
- Millicent Hoffner's brother, Joe Kerr
- Jeanie Irvin, wife of former member Kevin Irvin and daughter-in-law of Kitty & Tony Harris, is recovering from surgery
- Mike Hawkins who has RA
- Former member, Pat Hall
- Debbie Edwards' mom and dad, Peggy and Murray, and her mother in law, Margaret
- Debbie Belk, a friend of Joyce Caldwell
- Jimmy's mother and father, Ernestine & Bill Hoffner
- Matt, Desha Carson and family, friend of Corrie Connolly, Asia missionaries
- Paul Rogers' daughter and family who are missionaries



JULY BIRTHDAYS

- 1 Sarah Waller
- 3 William Feimster
- 5 Beth Bates
- 6 Emory Graham
- 8 Buddy Erwin
- 8 Flora Steck
- 9 Abby Covington
- 10 Mitchell Seaboch
- 10 Steven Wetmore
- 11 Keith Townsend
- 13 Becky Daniel
- 13 Kitty Harris
- 16 Julie Bigsby
- 16 Gerald Hargis
- 17 Nell Fuller
- 19 David Beard
- 19 Trisha Belk
- 19 Nora Patterson
- 19 Ben Watts
- 20 Ruby Erwin
- 23 Cam Hall
- 24 Joyce Caldwell
- 27 Koen Franz
- 27 John Parish
- 28 Adam Hall
- 29 Jay Bates
- 29 Jill Townsend
- 30 Selena Bell

REPORT FROM THE SESSION: JUNE 12, 2016

1. The Deacons reported that the air conditioner at the Manse was repaired for a cost of about \$1200.
2. The next meeting of the Session will be on July 24. The months of July and August will be combined for a single meeting.
3. Rev. Steck will be on vacation from July 31 to August 7, 2016.
4. The Christian Education Committee proposed that a free lending library for the children of our church and community be established. This would be a small structure located outside maybe in the area of the enclosed playground. Once established, children could take a book whenever they liked. The proposal was approved by the Session. More details will be available later.
5. The Baptism of Mariah Watts, Aiden Watts and Aislinn Watts on June 26 was approved.

THANKS TO...

Katie Hoffner for leading the children in painting for Mother's Day and Father's Day gifts.

PARISH NURSE NEWS....

Aligning Yourself for Good Health

Many of us had parents who told us to stop slouching and stand up straight. This was far from worthless advice. The reasons to maintain good posture go far beyond just a more pleasant appearance. Proper body alignment, or good posture, can prevent excess strain on your joints, muscles and spine-alleviating pain and reducing the likelihood of injury. Changing the way you hold your body may take time but it's never too late to reap the health benefits of improved posture.



Good posture uses minimal effort to balance the body and minimizes strain on your back as you stand, sit, sleep and move about. Here are some tips for getting it right whether standing or sitting.

Standing

Hold your head up while looking straight ahead.

Pull your chest up slightly, with the shoulders back and relaxed. (Sometimes when practicing good posture, some people tend to hold shoulders too far back.)

Gently pull your bellybutton toward your spine. Keep that position while breathing normally.

Keep your feet parallel and your weight balanced on both feet.

Keep your knees straight-not bent or in a locked position.

When standing against a wall, the back of your head, your shoulder blades and your buttocks should be touching the wall. You should be able to fit a hand flat against the wall behind your lower back. Your heels should be 2 to 4 inches from the wall.

Keep your correct standing posture when you walk.

Sitting

Sit with your back pressed firmly against the chair. If necessary, support your lower back with a small cushion.

Keep your upper back and neck comfortably straight, tucking your chin slightly.

Keep your shoulders relaxed-not elevated, hunched or pulled backward.

Rest both feet flat on the floor, keeping knees level with hips.

Special Situations

Desk Setup- Many people hold their heads too far forward while using a desk, which can contribute to muscle strain and imbalances. Improving your desk setup will allow you to maintain good posture and reduce the likelihood of developing injuries. Find a well-fitting chair that allows for height and tilt adjustments and that has lumbar support. Set up your desk at elbow height with your computer screen at eye level. Today computer setups which allow an individual to stand are becoming more popular for those who spend many hours in front of a computer screen.

Mobile Devices- The pervasive use of mobile devices has contributed to a condition experts are calling "text neck"-where the head is tilted forward and shoulders are hunched as individuals stare at their phone screens. If you spend time on a mobile device reading or texting, keep the screen in front of you and maintain good posture.

Driving- Use good sitting posture while driving. Keep your back straight, shoulders back and head against the headrest. If needed use a pillow for lumbar support. The seat should be positioned so that your knees are slightly bent while allowing your feet to comfortably reach the brake and accelerator.

Correct body alignment may feel forced and unnatural at first if you've had chronic poor posture. It will take time and concentration as you build an awareness of your body's position. Even small changes in how you hold your body can add up to big impacts in terms of physical health.



SUMMER MEALS PROGRAM

Patterson Farms has partnered with
Rowan-Salisbury Schools -- School Nutrition
to provide **FREE LUNCH** to any child ages 3 – 18.

Dates of Operation: Monday, June 20 – Wednesday, August 17
Monday thru Friday
(No service on Monday, July 4th, 2016 in observance of the Independence Day holiday)

Patterson Farms
10390 Caldwell Road
Mt. Ulla, NC 28125

Time of Meal Service: 12:30PM

Please contact Meredith Honeycutt at 704-630-6047 with any questions.

*****All children must be present to receive a meal when truck arrives at the site. Time of delivery could be delayed 5-10 minutes due to delays at other stops, increase in traffic, etc. Your patience is appreciated.*****



Thyatira Presbyterian Church
At Mill Bridge
220 White Rd.
Salisbury, N.C. 28147-5606

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JULY 2016

VBS

Circle G Ranch: Adventure at the Open Door

Matthew 7:7 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." (NIV)

Night 1: Remember God

Night 2: Talk to God

Night 3: Love each other

Night 4: Believe in Jesus

Dinner at 6 pm
Program at 6:40

Wednesdays in July

