



September 2016 Newsletter

**Thyatira Presbyterian Church
at Mill Bridge
Salisbury, North Carolina 28147**

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Volume 39, No. 9

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PASTOR'S PAGE

By the time you receive this newsletter, we will have joined together for Rally Sunday, our annual celebration of the resumption of school-year activities, and our kickoff of new initiatives. Taken together, these activities for which we want to rally your participation are an expression of the Gospel's invitation to new, abundant, and balanced life. They are yours to take advantage of, and the wise disciple will do just that, not because you'll be a bad disciple for not doing them, but because you'll be a better disciple for doing them.

Church programs should never be a burden on anyone, nor an end unto themselves, but rather a joy for everyone, and the means to the end of having the kind of life Jesus promised. There's no penalty if you don't go to Sunday School, but neither is there the community found there. There's no requirement to sing in the choir (not even good intonation!) but there is the rapture of lifting your heart in song and leading others in expressing their faith through music. There's no reason the young men of Thyatira *have* to come to the new Sabbath Kings group created just for them, just like there's no reason they have to have someone who can help share the load of a hard-working life.

In all of these activities, as well as everything else we do at Thyatira, we don't compel participation for the very reason that Christ did not compel others to follow him. He simply invited them, and those who responded to the invitation were so blessed that the world was transformed. Not everyone responded positively, and we have no record of any condemnation called down upon their heads. But the record we do have is that the Holy Spirit gave life to those who were willing to receive it, and that life was then shared with others.

So let me offer again the invitation to take advantage of the opportunities that God is offering you through our church. You'll find a complete listing in this newsletter. And if what you want or need to help you grow isn't something we currently offer, I urge you to come speak with me so we can get started on that as soon as possible. And if you cannot, or choose not, to participate, just know that we miss you, are thinking of you, and will welcome you with open arms whenever you are willing and able.

Peace,

Stacey

P.S. If you feel you've got all your spiritual needs met, please offer yourself to lead or to teach others. We need good guides and mentors for the journey.

AROUND THE CHURCH

ACTIVITIES, EVENTS, AND HAPPENINGS

SCHOLARSHIPS PRESENTED AT HOMECOMING ON AUGUST 14, 2016

Thyatira is very fortunate to have individuals that have set up endowed scholarships to aid our young people to further their education. We now have eight scholarships that have been endowed. These scholarships are the: Margaret Barber, Evelyn Carrigan, Richard Carrigan, William Carrigan, Morrison-Graham, Stanley & Lucille Graham, Sara Hall Jordan & J. Floyd Menius.

The Students receiving scholarships for the 2016-2017 school year are:

Anna Edwards (Western Carolina University)
Connor Edwards (North Carolina State University)
Lauren Luther (North Carolina State University)
Jonathan Luther (Davidson Community College)
Sara Milam (UNC-Charlotte)
Madisyn Patterson (UNC-Wilmington)
Claudia Patterson (North Carolina State University)
Victoria Patterson (North Carolina State University)
Brandon White (Belmont Abbey)

Thanks to those who set up endowments and congratulations to the students receiving scholarships.

Girl Scout Troop 697 will meet the 1st and 3rd Thursdays of the month from 6-7 pm. Returning and new Girl Scouts are welcome. We serve Kindergarten through High School. If you or someone you know is interested in joining our troop, please contact Lydia Richmond at lydrichmond@gmail.com. Our first meeting is Thursday, September 1!

The Mill Bridge Fellowship will go to the Statesville Museum on Tuesday, Sept. 13 meeting in the parking lot at 9:30am to car pool. The cost of admission is \$6.00. We will eat at a restaurant in the Statesville area afterwards.

SANCTUARY FLOWERS: If you would like to put a flower arrangement in the sanctuary one Sunday, please call the church office. If you would like to use our florist, the cost is \$71 for two vases. Or you may, bring your own flowers either purchased at the store or from your garden.



New Thyatira Website Now Online!

Thyatira has a re-designed website featuring many more images of our church and its people, as well as more information to help visitors get to know us and feel welcome here.

Among the new features are: an "I'm New" page, a calendar, and an archive of Pastor Stacey's sermons.

Feel free to go ahead and share it on FB too!

Generosity Update:

For July we came in over our goal @ 109.6%. In August, we came in over our goal once again @ 108.7% Way to go!! Thank you for your generosity which is expressed in so many ways, financially and otherwise!

We know that people give with different frequencies – weekly, monthly, even annually – and in many forms – cash, check, bank draft – and that not all of these lend themselves to our Sunday morning “passing of the plate,” our worshipful act of offering ourselves in thanksgiving for God’s grace. So that all may participate fully in the offering, and honor the gifts that are made on other days or in other ways, we’ve created the “I Give” Card which anyone can use to represent their offering if it is not given that day. Simply put the card in the plate as it goes by, as an act of remembrance of what God has given you.

PRAYER CONCERNS

Liberty Commons:

Lutheran Home:

C/O George Calhoun:

White Oak Manor, Charlotte:

At Home:

Frank Fuller
 Mullie Varner
 Rebecca Morrison
 Mary Alice Calhoun
 Ruby Erwin
 Nell Fuller
 JoAnn Kerr

- Debbie Edwards' and family following the death of her father , Murray McConnell, on Aug. 26
- Jimmy Hoffner's father had a stroke and is in Autumn Care in Salisbury
- Nell Fuller's sister, Eleanor Elium has heart problems
- Nell Fuller's niece, Mary Jo Wood, is undergoing cancer treatments
- Judy Leazer (co-worker of Sharon Deal) is taking Leukemia treatments
- Mark Quinn (the husband of Sharon Deal's best friend) has been diagnosed with Rectal/Colon Cancer in Florida
- Sharon Deal's cousin Randy McCombs died on July 7 from lung cancer
- Muriel, mother of our housekeeper, Kim Eagle
- Drema Clemens' mother, Bertha Warden, has congestive heart failure and is under Hospice Care in West Virginia
- Drema Clemens' sister, Debbie Meadows is recovering from surgery
- 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
- Matt, Desha Carson & family, friend of Corrie Connolly, Asia missionaries
- Paul Rogers' daughter and family are missionaries in Pakistan

Thyatira Church Family,
 Thank you so much for your continued support and for the scholarship! I look forward to beginning my Senior year at UNC Wilmington and I know that your thoughts and prayers will be with me!
 Love, Madisyn

Dear Thyatira Congregation,
 Thank you for awarding me a church scholarship to help me continue my education at Belmont Abbey College this fall. Your support over the years means a lot to me.
 Sincerely, Brandon White

Coming September 4
 What could be better before church than coffee and donuts?
 How about coffee and donuts with your brothers and sisters from Thyatira?
 Beginning September 4, join us each Sunday at 9:30 a.m. in Fellowship Hall for an opportunity to be the body of Christ together.
 The Happy Place is the perfect place to drop in before Sunday School, or while your kids are in Children's Choir or Youth Group (which will start at 9:30).
 We'll also have fruit for the health conscious among us so they too can go to their Happy Place!

Great Educational Opportunity September 9-10!

Members of Thyatira's Session will be participating with three other local churches in a training on "How to Manage Change in the Church." This event is sponsored by St. Peter's Lutheran Church and will be led by Dr. Gary Haddock, Pastor of St. Mark's Lutheran Church in Claremont, NC. Dr. Haddock is a member of the North Carolina Synod Renewal Team and a certified facilitator of the Healthy Congregations Workshop Series (for which Pastor Stacey is also certified).

It is open to all members of Thyatira who are interested in our church growing and ministering graciously in the name of Jesus Christ. The content of the training is applicable not only to church life, but family, business, and civic activities as well.

The event takes place Friday, September 9 from 6:00 p.m. to 8:00 p.m. and Saturday, September 10 from 9:00 a.m. to 3:00 p.m. There is no charge for this event, and meals will be provided.

RSVP to Pastor Stacey or the church office at 704-636-1595 by Wednesday, September 7 to reserve your place.



SEPTEMBER BIRTHDAYS

3 Daniel Milam
 4 Frances Goodnight
 4 Thelma Walton
 5 David Lambert
 5 Mullie Varner
 8 Daniel Wetmore
 9 JoAnn Kerr
 11 Jim Albright
 11 Kaycee Ingram
 11 Harold Sechler
 11 Karen Townsend
 12 Luke Hager
 12 Jeanie Jacobs
 13 Jim Beard
 13 Clint Rowland
 14 Cody Armstrong
 17 Chris Ingram
 18 Tim Seaboch
 20 Cynthia Connolly
 21 Michael Hobbs
 22 David Hall
 27 Beverly Hampton
 27 James Myers
 28 Ruth Thompson
 30 Ed Hall

LOOKING AHEAD (THRU THE END OF THE YEAR)

Sept 4 Children's Choir begins (9:30 a.m.)
 The Happy Place opens (9:30 a.m.)
 MS/HS Sunday School begins (9:30 a.m.)

Sept 17 Community Breakfast, 6:30 – 9:30 a.m.

Oct 2 World Communion Sunday
 Invite-A-Friend Sunday

Oct 23 Children's Sabbath

Oct 29 Halloween Carnival/Fall Festival

Oct 30 Consecration Sunday
 w/Celebration Lunch

Nov 22 Thanksgiving Service (7:00 p.m.)

Nov 27 First Sunday of Advent

Dec 4 Children's Christmas Musical

Dec 11 Big Music Sunday

Dec 16 Christmas Caroling

Dec 24 Christmas Eve Service

SEPTEMBER SCHEDULES

Greeters: Carly Moore, Leigh Anne Wetmore, Sandra Swanson

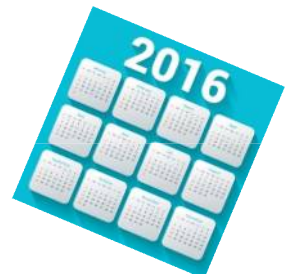
Ushers: Jay Bates, Ted Fuller, Charlie King, Melissa Kluttz, Ben Watts

Nursery Volunteers

4—Abby Covington, Karen Townsend, Dana Milam
 11—Lydia Richmond, Melissa Kluttz, Lauren Luther
 18—Melissa Waller, Debbie Edwards, Ashley Myers
 25—Corrie Connolly, Cindy Connolly, Courtney Bell

Liturgists

4—Bill Hall
 11—Phares Sechler
 18—Flora Calderón-Steck
 25—Melissa Kluttz



PARISH NURSE NEWS

Be Health Smart and Practice Wellness Approach

New Health Study on Aspirin and Colorectal Cancer Risk Results

Low dose use of aspirin-325 milligrams or less-has long been recommended as a way to prevent recurrence of cardiovascular incidents such as heart attacks or strokes. Earlier this year, the U.S. Preventive Services Task Force updated its recommendation on low-dose aspirin for the prevention of cardiovascular disease to include reduction of colorectal cancer risk as one of the benefits.

Research indicates that aspirin may reduce the risk of dying of colorectal cancer by 33 percent. The protective effects don't appear until about 10 years after beginning the aspirin treatment, but not everyone involved in the studies took aspirin for the full 10 years. The lag in effect may be because aspirin reduces the development of precancerous polyps and progression of polyps into cancer over a period of years.

If you're wondering whether to start taking aspirin just to prevent colorectal cancer, first talk with your doctor. There are no recommendations for taking aspirin solely for the purpose of preventing cancer. Regular screening for colorectal cancer and precancerous polyps remains the best way to prevent colorectal cancer.

Aspirin can increase your risk of serious gastrointestinal bleeding, bleeding in the brain, and rarely, stroke due to bleeding. Always discuss any decision to take medication with your doctor before you begin.

Feeling Stressed Just Breath (Deep Breathing)

Feeling stressed (a close relative of feeling anxious) is hard to avoid in our fast-paced, demanding society. For most of us, the pace of our lives is hectic and it's easy to get overwhelmed. This month our focus is on deep breathing and how it can reduce the amount of pressure and stress you may be feeling.

Breathing exercises are a wonderful way to reduce stress, regulate mood, and feel energized. One way to promote deep breathing and better health is by exhaling completely. Take a deep breath, let it out effortlessly and then squeeze out a little more. Doing this regularly will help build muscles and your exhalations will naturally become deeper and longer. In time deep breathing will become a healthy, unconscious habit.

"If you train yourself to breathe a little bit slower, it can have long-term health benefits. Deep breathing activates a relaxation response, potentially decreasing inflammation, improving heart health, boosting your immune system and maybe even improving longevity," says Murali Doraiswamy, a professor of psychiatry at Duke University Medical Center in Durham, N.C.

Deep breathing also releases endorphins throughout the body. The upward and downward movement of the diaphragm helps remove toxins from the organs, promoting better blood flow.

In recent studies, techniques taught by knowledgeable professionals have helped improve specific medical problems. These include: HEARTBURN-Training the diaphragm muscle with exercises used by singers reduced the amount of acid backing up into the esophagus and paid off with a 75% drop in medicine use, an Austrian study found. PANIC ATTACKS-Exercises with slower, less shallow breathing relieved the terrifying symptoms of hyperventilation that occurs with panic episodes as effectively as more involved therapy, recent research at Southern Methodist University in Dallas showed. ASTHMA-In a Greek study, patients had fewer symptoms and their lung functioning was improved after 12 sessions of training in breathing exercises.

The 4-7-8 Breath-One breathing exercise Dr. Andrew Weil, a world-renowned leader in this area, recommends is the 4-7-8 technique. It is simple, takes very little time, requires no equipment and can be done anywhere. (1) Exhale completely through your mouth, making a whoosh sound. (2) Close your mouth and inhale quietly through your nose to a mental count of four. (3) Hold your breath for a count of seven. (4) Exhale completely through your mouth, making a whoosh sound to the count of eight. The time you spend on each phase is not important, but the ratio of 4-7-8 is. If you have trouble holding your breath, speed the exercise up to keep to the ratio 4-7-8 for the three phrases. With practice you can slow it down and get use to inhaling and exhaling more and more deeply. (5) Exhale completely through your mouth, making a whoosh sound to a count of eight. (6) This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Naturally, breathing exercises are not the answer to every medical problem. They are effective tools to influencing individual health and well-being. And the best part of all is the ingredients are free and available to all. *(Information courtesy of National Public Radio and Mayo Clinic).*

There's Something for Everyone at Thyatira. Join the Fun!

Sunday School at Thyatira for all Ages

- **Nursery and Preschool** ages meet in the upstairs nursery and in the three-year-old room on the first floor for age-appropriate activities.
- **God's Faith Farm** is our Sunday School for K-5th grade. It uses the popular and successful Workshop Rotation model in which a different Bible story is the focus each month and the students learn about it through a different activity each week, like art, storytelling, games, music, and science. Power Express and Spark are the curricula used. Millicent Hoffner and Sharon Deal gather with the children each week for approximately 10 minutes to introduce the bible story. The children then participate in the different activities led by Melissa Kluttz, Joyce Caldwell, Michelle Patterson, Selena Bell and Leigh Anne Wetmore.
- **The Middle School/High School Youth Group** meets Sunday mornings in the Youth Annex as well as other events throughout the year. It is led by Corrie and Mike Connolly and Greg and Missy Hager and the group focuses on faith formation, community, service and Bible Study.
- **The Newsome Class** was originally the Young Adult Class founded in the 1980s. Even though we are still young at heart, some things have changed! Our class meets in the Conference Room and adults of any age are invited. The primary source of material for discussion comes from Scripture, which we approach without study guides.
- **The Lost Sheep Class** is on a mission: we open our doors to anyone and everyone who is looking for somewhere to belong. We recently relocated to the room at the top left of the stairs in the Educational Building. Our curriculum changes with our needs, but we have lively and relevant conversation every week we meet. We don't stop at Sunday morning. We're a mission-led group with current and future goals to spread the love of God and Thyatira.
- **The Friendship Class** meets in the Parlor each Sunday. We are older adults who like to have lively discussions about the Bible. We use material found in The Present Word as our guide. Next quarter we will be studying Isaiah, Hebrews, and Revelation. We have about 5 different people who take turns teaching for one month so we get many different views. The thing we like most is nobody judges you for your views, all join in the discussions and though we may not all agree, we feel it just makes a more interesting class.
- **The Covenant Class** meets upstairs in the Education Building, last room on the left. We use Adam Hamilton's books like Making Sense of the Bible, The Present Word and sometimes we find an article from the Faith page in the Salisbury Post. We go at pace that works for us if we want to research for more information. We are a small class and would love to have more members to add information and discussion to the class. Phares Sechler is the teacher and EK Graham is the assistant.

Other Small Groups at Thyatira

- **The Women of the Church** meet each third Saturday at 9:00 a.m. in the Parlor for fellowship, study, prayer and service. All women are invited to grow in faith together as we serve others through our Community Breakfasts, Bazaars, and support of ministries like One Church, One Child.
- **The Men of the Church** meet each first Sunday at 8:00 a.m. in Fellowship Hall for breakfast, fellowship, and a brief devotion. The Men serve at Rowan Helping Ministries as well as our Community breakfasts and other work projects. All men are invited.
- **The Sabbath Kings** is a new group for men ages 45 and under that meets to help younger men keep faith and balance in the midst of a hard-working life. The group meets each second Friday at 7:00 p.m. for fun and conversations that matter.
- **The Adult Choir**, led by Jon McCachren, leads the church in worship using music in a variety of styles. The Choir practices Sunday evenings at 6:30 p.m. and gathers at 10:45 a.m. for warm up each Sunday. All are invited to lift their voices in song.
- **The Children's Choir**, led by Millicent Hoffner and Sharon Deal, offers seasonal music at Christmas and Easter times, as well as anthems approximately once a month. All children are invited to help make a "joyful noise" to the Lord.

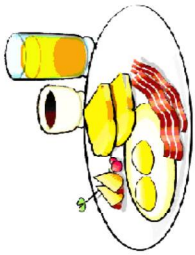
For more information on all these opportunities, please contact the Church Office or Pastor Stacey at 704-636-1595.

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

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September 2016



Community Breakfast

Thyatira Presbyterian Church
220 White Rd.
Salisbury, NC 28147
704-636-1595

**Saturday, September 17
6:30-9:30am**

Cost: Adults - \$6
Children (10 and under) - \$3
All you can eat!

Menu: Eggs, Sausage, Country Ham, Biscuits,
Gravy, Grits, Coffee, Juice, Milk & Chocolate Milk

All proceeds will go to local community projects
and church needs.