



Rockfish Presbyterian Church  
P.O. Box 278, Nellysford, VA 22958  
Office: 434-361-1221 Office Email: rockfishpcus@gmail.com  
Pastor: Inger O. Manchester  
Cell: 704 252-0924; E:mail: rpcimanchester@gmail.com  
www.rockfishpresbyterian.org  
Office Hours 9-1 Tuesday through Thursday  
Worship Service on Sunday Mornings at 8:00 and 10:00 a.m.;  
Sunday School at 9:00 a.m.

Volume 25 Issue I

## Spreading the Word

January 2024

Here we are in another New Year. I would bet many of us do not make New Year's resolutions for ourselves anymore. After all, how many of those actually do we fulfill? Our intentions may be good- lose weight, exercise, eat more healthy, read more, etc etc. And then we blink and the year is over and we haven't made much of a change at all. It's almost embarrassing to make them at all, isn't it? So I wondered what the Bible had to say about resolutions and googled it. (What did pastors do before google?) Here is what I found and I like it. Hope you will too.

Posted in Homeschool View on Thursday, January 3, 2013

<https://www.aop.com/blog/9-new-years-resolutions-from-the-bi> Nine New Year's Resolutions from the Bible

"Commit to the Lord whatever you do, and your plans will succeed" (Proverbs 16:3).

1. Teach with intelligence. "Have nothing to do with foolish, ignorant controversies; you know that they breed quarrels. And the Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil, correcting his opponents with gentleness" (2 Timothy 2:23-24).

2. Pray for guidance. "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him" (James 1:5).

3. Forgive those who have hurt you. "Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you" (Colossians 3:13).

4. Take care of yourself. "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body" (1 Corinthians 19:20).

5. Love others. "The most important one, answered Jesus, "is this: 'Hear, O Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

6. Be a role model. "Show yourself in all respects to be a model of good works, and in your teaching show integrity, dignity" (Titus 2:7).

7. Don't be discouraged by failures. "Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go" (Joshua 1:9).

8. Value your friendships. "Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone?" (Ecclesiastes 4:9-11)

9. Help those in need. "Then the king will say to those at his right hand, 'Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.' Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?' And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me'" (Matthew 25:34-40).

May 2024 hold many opportunities for worship, for loving others and for growing closer to our Lord. Those resolutions are possible because we do not attempt them on our own, but in the Spirit that offers us guidance and love.

Happy New Year! ~*Pastor Inger*

## JANUARY BIRTHDAYS

Suzi Wisler	04
Waneta Simmons	07
Ann Ashton	09
Christine Ottersberg	12
Roger Elliott	17
Christy Ruta	19
Bodhi Thibault	20
Mike Chambers	22
Inger Manchester	26
Zoe Ogilvie	26
Dick Averitt	27
Marie Borgman	31
Nancy Kern	31
Ellen MacColl	31

**Inger's Inklings**

Last year I read 49 books on my Kindle. I was kind of excited to learn this. And then I opened my fitness tracker and realized I was at the exact same weight as last year- the weight that horrified me back then. So... oh well. Isn't that how life goes? We will never be perfect. Can we live into that realization- that no matter how much we think we can control things there will always be something we do to disappoint ourselves. Of course weight and reading goals are innocuous things to share but I hope you get my point.

Imagine if we tended to focus on what we did well, instead of dwelling on what we can do better? Imagine if we did the same for others- looking past their quirks and loving them for what makes them special. This would truly be life changing. The commandment to love your neighbor as YOURSELF might even take on new dimensions.

Can 2024 be the year where you focus on what you do right? Love yourself. And then take that energy to love your neighbor. Love.

"My mission, should I choose to accept it, is to find peace with exactly who and what I am. To take pride in my thoughts, my appearance, my talents, my flaws and to stop this incessant worrying that I can't be loved as I am."

— Anaïs Nin

God knows exactly who you are. Flaws and all. You are who God sent Jesus to die for.

As Paul reminds us...

Can anything ever separate us from Christ's love? Does it mean He no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? ... No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow — not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below — indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord. (Romans 8:35, 37-39)

Happy New Year! Enter 2024 with joy!

~*Pastor Inger*



**STW NEWSLETTER :**

**JAMIE HEARD**

The deadline for submitting articles **electronically** for the **February** newsletter is **Tuesday, January 23.**

**Email:** rockfishpcus@gmail.com **Phone:** (434) 361-1221

## OPPORTUNITIES FOR GROWTH



**Adult Sunday School** - Our Advent study will conclude on January 14th. We are excited to share that 'Professor' Dave Lawson will then begin an in-depth six-week study. There is no book — this course is prepared by Dave especially for our class. Those of you who have been in Sunday School when Dave teaches all know you won't want to miss this course and the resulting discussions! Join us on January 21st as Dave kicks off 2024 Adult Sunday School.

**Inger's Wednesday Lectionary Study** - Join us in the library each Wednesday from 11:30 to 12:30 for insights and discussion about the Scripture selection for the coming Sunday.

The **RPC Book Club** will resume meeting on January 23rd. If you are interested in joining, contact Leslie Buchanan.

**Susan Luscomb**, Chair  
Christian Education Ministry Team

## Congregational Life

In an effort to have a fellowship hour each week after the 10 a.m. service, Sue Fulton, chair of the Congregational Life, is requesting our help with making it possible. Here's what's needed:

1. one person to serve as lead, make coffee/lemonade/water; set up and clean up
2. food will arrive from 4-5 folks, each bringing one plate of something and helping out as needed.

This is an important ministry to keeping us connected and an opportunity to get to know folks new to RPC.

Contact Sue Fulton at [sfulton.sdf@gmail.com](mailto:sfulton.sdf@gmail.com) if you are interested in helping out.



The Grounds Ministry Team is planning a leaf clean-up day on Thursday, January 11<sup>th</sup> from 10 a.m. to 1 p.m. Please join us, weather permitting.



## Mission Ministry

The POJ Missionary to Haiti, Cindy Corell, whom we have supported for many years will be speaking briefly during the January 14 Worship service with an extended presentation after the service to explain how she can still administer to Haiti.

OFFERINGS: Until now, you have receive different envelopes on Sundays for offerings each month. In 2024, in order to reduce waste and increase clarity of contributions and with the support of and input from the Worship committee, Jamie Heard has devised a new envelope that the ushers will placed in each pew when they tidy up the sanctuary after the service. You can check off the specific category as you place your offering in the collection plate. An explanation of the offering will be in the bulletin. Here's what the new envelope will look like:

### Rockfish Presbyterian Church Offering



- .05 a Meal Offering (First Sunday of the Month)
- Emergency Relief Offering (Fourth Sunday of the Month)
- One Great Hour of Sharing Offering (Hunger, Disaster, Development)
- Pentecost Offering (Children at Risk, Youth, Young Adults)
- Peacemaking Offering (Peacemaking and Reconciliation)
- Christmas Joy Offering (Church Leaders- Past, Present and Future)
- Other \_\_\_\_\_

Date: \_\_\_\_\_

From (Optional): \_\_\_\_\_

*Please place your offering in the collection plate.*

The fourth Sunday of each month we collect for Emergency Relief. The fund is used to aid local requests for food, utilities, medical bills, rent, or anything that is considered an unexpected hardship in a financially difficult time.

“One Great Hour of Sharing” and the “Christmas Joy Offering” go to the Presbyterian Church Mission Agency. For two others of these special offerings, our congregation keeps a portion of it. Forty percent for Pentecost and 25% for Peace and global witnessing. More information is available at [special.offerings@pcusa.org](mailto:special.offerings@pcusa.org)

All offerings are reported in your annual statement you receive from our excellent Treasurers!

Our next meeting will be at 4 PM on Monday, January 8, 2024, and anyone interested in helping or learning more about our work is welcome to attend.

**Bill Iverson**

Mission Ministry Team Chair

### Youth News

Thank you to everyone who donated toothpaste and toothbrushes for the Food Pantry bags. The RPC children were excited to include these extras in the December bags. We even had some left over that were donated to the clothing closet at the Nelson County Middle/High School. For December we were excited to have Trey and Maddox (Carolyn and Greg Frahm's grandsons) join the packing crew. The assembly line quickly filled 100 bags with nutritious treats, a toothbrush and tube of toothpaste. In January the children would like the congregation to help write Valentine messages for the February food bags. The last Sunday of January they will be handing out hearts to have the congregation help write messages to the children of Nelson County.



### Wood Ministers Braving the Cold to Keep Folks Warm



### Sock Exchange Party





# January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b> 9:30 a.m. Outreach Ministry Meeting	<b>3</b> 10:00 a.m. Knitting and Nurture 11:30 Scripture Discussion	<b>4</b> Noon—Men's Group Lunch 6:00 Men's Ensemble Rehearsal	<b>5</b>	<b>6</b>
<b>7</b> 8:00 a.m. <b>Worship Service</b> 9:00 a.m. Adult Sunday School 10:00 a.m. <b>Worship Service</b> Five Cents a Meal Offering	<b>8</b> 4:00 p.m. Mission Team Meeting 5:00 p.m. Stewardship Meeting	<b>9</b>	<b>10</b> 10:00 a.m. Knitting and Nurture 11:30 Scripture Discussion	<b>11</b> Noon—Men's Group Lunch 3:30 Rockfish Ringers 4:30 Rockfish Community Children's Choir 6:00 Chancel Choir	<b>12</b>	<b>13</b>
<b>14</b> 8:00 a.m. <b>Worship Service</b> 9:00 a.m. Adult Sunday School 10:00 a.m. <b>Worship Service</b> 10:30 a.m. Pack Pantry Bags for Kids 5:00 p.m. Pub Theology at Brewing Tree	<b>15</b>	<b>16</b> 7:00 Session Meeting	<b>17</b> 10:00 a.m. Knitting and Nurture 11:30 Scripture Discussion	<b>18</b> Noon—Men's Group Lunch 3:30 Rockfish Ringers 4:30 Rockfish Community Children's Choir 6:00 Chancel Choir	<b>19</b>	<b>20</b>
<b>21</b> 8:00 a.m. <b>Worship Service</b> 9:00 a.m. Adult Sunday School 10:00 a.m. <b>Worship Service</b>	<b>22</b>	<b>23</b> <b>Spreading The Word Articles Due</b>	<b>24</b> 10:00 a.m. Knitting and Nurture 11:30 Scripture Discussion	<b>25</b> Noon—Men's Group Lunch 3:30 Rockfish Ringers 4:30 Rockfish Community Children's Choir 6:00 Chancel Choir	<b>26</b> Pantry Bag Packing	<b>27</b> 9:00 a.m. Distribution at Food Pantry
<b>28</b> 9:00 a.m. Adult Sunday School 10:00 a.m. <b>Single Service</b> <b>Annual Congregational Meeting</b> Emergency Relief Offering	<b>29</b>	<b>30</b>				