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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 8

Spreading the Word

August 2024

Finding Peace

Having just returned from our two week trip to Germany, Switzerland and Austria, I was reminded how small our world really is. What happens here in the US affects what happens there, and vice versa. All across the world there seems to be a heightened trend towards authoritarianism and it is producing anxiety. So how do we find peace? I was contemplating this and was reminded that during the time of Jesus, Rome was in control. Jesus sought to remind us that there is so much more going on than just politics. When asked if his followers should pay taxes Jesus responded "Then render to Caesar the things that are Caesar's; and to God the things that are God's" (Matthew 22:21 NASB). So what belongs to God? You do. Your soul does. Your essence does. In the midst of all this turbulence that is what we must connect with. Taking time in silence, in meditation, in openness to the Spirit is essential to surviving with integrity the mess all around us. Allowing the Spirit to remind you what is truly important. And it is NOT the politics of the moment. That will change- right, left, center. You can allow yourself to be blown about (much like the boat the disciples were in) or you can connect with your center; Jesus, the Spirit. Allow yourself to settle into His peace, His presence, His will for your life. Spend that 10 minutes, that 20 minutes or even that hour everyday reconnecting. It will soothe your soul and allow you to love and be loved as you were meant to even in the midst of turmoil.

John 14:27-27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Amen. Let it be so.
~**Pastor Inger**

Book Recommendation thanks to Susan and Mallory
Centering Prayer and Inner Awakening,
Author- Cynthia Bourgeault



AUGUST BIRTHDAYS

Inger's Inklings

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I am sitting on a bus driving from Switzerland to Munich Germany. Travel is such a wonderful way to hear other perspectives and ways of living. All of us know what happened in Germany in the forties. What I found really interesting is that one way their culture is dealing with it is to create localized "memory culture". These memorialized places are not for public or tourist consumption but are for the locals. To remember and therefore not repeat. One example was that a teacher curated a list of all the children who were killed / sent to camps in the war from her particular school in her small town. She painted rocks with each child's name and birth / death date and they line the entrance to the school as a visceral reminder of never again, of what was lost. This is for the inhabitants of that town and no one else. A love offering and a stark reminder.

The news of the attempt on Trump's life and the life lost reached us in Germany. The newspapers here are filled with speculation that our country has lost its footing and fear what that might mean here in Europe. None of us on the bus would argue that the USA seems to be at a crossroads in our democracy. The anger and fear is real and being fanned on all sides. Let us ask- to what purpose?

May our country never succumb to the hate and rhetoric that allowed such horrors as happened here in Europe. May each of us find the wisdom to remember our true identity is not a political party but instead as a child of God. Let us check ourselves and each other when our fear or anger leads us away from the love and non violence that our Lord taught and insisted upon. Who IS your Lord? Who do you serve?

Love your neighbor as yourself.

It really should be simple.

All praises to God,

~Pastor Inger



STW NEWSLETTER :

JAMIE HEARD

The deadline for submitting articles **electronically** for the **September** newsletter is **Thursday, August 22nd.**

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

Fall Women's Retreat 2024 "When Faith Becomes Sight"

Friday, September 6, 5:45 PM to 8 PM at RPC and
Saturday, September 7, 8:45 AM to 5:00 PM at RPC through lunch, then to Buddy Martin's nearby property

You are invited to join the women of Rockfish for a weekend of play, joy, exploration, connection, and deepening faith as we explore the ways in which the presence of God is hidden in plain sight.

Many, if not most of us, are searching for evidence of God's presence and involvement in our lives. Our lack of seeing isn't the result of not looking, but rather simply not knowing what to look for. Together we will explore biblical stories and our own lives to open our awareness to the myriad of ways God is moving, speaking, and guiding our lives.

To prepare, Liz has suggested reading "When Faith Becomes Sight" by Beth and David Booram. This is optional. I have read the book and found it easy to read, written in an engaging and personal tone, and full of meaningful examples.

Time together will include:

- presentations by Rev. Liz Forney pastor and spiritual director from Charlottesville, VA. You can learn more about Liz at her website, AbidinginPresence.com. There will also be small group sharing and time for creative expression.
- We will meet at RPC Friday evening and Saturday morning through lunch, after which, we will head to Buddy Martin's beautiful cabin and property for some quiet meditation with nature. We will end the day with a worship experience concluding at 5:00 PM.
- Meals will be provided (Friday evening light supper, Saturday morning coffee, juice, and light nibbles and lunch).
- Break-out sessions covering meditation and spiritual practices (prayer, journaling, etc.), the book mentioned above, and nature.

Other details:

- We will collect a \$50 fee to offset compensation for Liz, a copy of the book mentioned above, and meals. Please make your check payable to the church and give it to Sue Fulton.
- Please let Sue Fulton (434-882-5410 or sfulton.sdf@gmail.com) know if you plan to attend and if you want a copy of the book ASAP so the planning committee can finalize details and order books.

Thank you,
Sue Fulton, Sandi Averitt, Sandy Gallagher, Sharon Gress, Barb Fenton,
and Kendra Siebert



The Outreach Ministry meeting will be held on Tuesday, August 13, 9:30 a.m., at Sandy Gallagher's home.... 197 Jessica Lane, Afton

A reminder: Mark you calendars:
HOPE'S LEGACY FALL FESTIVAL
September 21 - Sarah R. Armstrong Pavilion

Nelson Enrichment Club Seeking Members & Volunteers

Nellysford, VA – Here to Stay Wintergreen (HSW), a non-profit organization dedicated to helping local seniors age in place, announces the launch, on September 4, of the Nelson Enrichment Club, a social model of respite care for caregivers. Partners include the Rockfish Presbyterian Church (RPC) and the Blue Ridge Medical Center.

Respite care is defined as a short period of relief that supports and strengthens the capacity of family caregivers to provide good care, while ensuring the life of the individual receiving care is enriched. The program's mission is to provide a caring and safe environment for individuals experiencing memory loss and those with Parkinson's. With engaging and enriching activities, members will achieve their fullest potential while providing a restorative break for their dedicated caregivers.

The program will operate on Mondays and Wednesdays from 10am-2pm at the RPC in Nellysford. The daily fee for the Club is \$40. Thanks to the generosity of individuals, churches, and foundations, financial assistance is available as funding allows. Participants will benefit from an assortment of lively activities provided by talented volunteers, such as physical fitness, music therapy, pet therapy, brain games, and arts and crafts. To assist people with dementia, the volunteers will receive specialized training. Member and volunteer recruitment is underway, and applications can be found on the program's website: www.nelsonrespite.org. Please apply in order to receive training at RPC. Dates of training are August 14 and 24 from 1-4 p.m.

The prevalence of dementia increases as the population ages, and the median age of Nelson County is significantly higher than the national average. Most persons with dementia and Parkinson's are cared for at home by someone in their family. Respite care offers periodic breaks for family caregivers, allowing them to attend to their own needs. The idea for the Nelson Enrichment Club emerged from discussions within a monthly caregiver support group sponsored by Here to Stay that is available to all caregivers.

Nelson Enrichment is guided by an Advisory Committee of experts in aging and memory care, ensuring high-quality programming and best practices. Further information as well as applications to be a program participant or volunteer are available at: www.nelsonrespite.org, or by calling the HSW phone number: 434-373-7829

Media Contact: Gordon Walker, Board Member, [Here to Stay Wintergreen](http://www.here-tostay.com)

Email: gwalker1947@gmail.com

Program website: www.nelsonrespite.org

About Here to Stay in Wintergreen (HSW): HSW, established in 2019, is dedicated to helping seniors remain safely at home through community support and services. It is a member of the national Village to Village Network, promoting a "seniors helping seniors" model.



NELSON ENRICHMENT CLUB

An engaging and supportive program for people with dementia and Parkinson's that includes music, arts, brain games, physical fitness, and more.

Starts Sept. 4

Monday & Wednesdays 10AM - 2PM

Location: Respite for Seniors at Blue Ridge Medical Center, Nellysford, VA

www.NelsonRespite.org

The flyer features a collage of six photographs showing seniors engaged in various activities: one is playing a board game, another is painting, and others are socializing and participating in group activities.

We always find "Garden Grows" to be a wonderful retreat and a welcoming place for new friends. As our growing season has progressed we have added two new fellow gardeners. Lisa Shannon and Jennifer Tucker have joined our ranks, lightened the work load and added to our joy. Another, less mobile helper has appeared in our midst. He's been named Bob and his assignment is to ward off birds from chewing into our lovely tomatoes. We told Bob that we would double his pay if he is successful.

Every year we have unwanted creatures. The names change but their aim to eat is always the same. This year it is Japanese beetles and squash borers. We have placed beetle traps in the trees and that has helped immensely. The squash borers do their damage in the squash stems so we are using a deterrent powder of food grade diatomaceous earth (DE). DE is a natural alternative to chemical based pest controls. If you see white powder in the garden, it is an organic substance and not chemical.

In the weeks ahead we look forward to more cucumbers, squash, peppers and tomatoes (if Bob keeps up the good work)! Pull out your recipes for butternut squash. We should have a bumper crop!

Don't leave church on Sundays without getting your vegetables for the week. As a reminder, any and all donations are made to Heifer International at the end of our season.

Submitted by *Deb Andrews*



Grounds Committee News

There are still several small grounds tasks that need to be done (e.g., weeding and mulching particular beds/areas). I'm generally not available for set workdays but I'm happy to communicate over email/text and/or meet at the church to talk about what needs to be done. I'd also like to hear about any areas that you feel need attention. I am putting together a history of the RPC grounds plantings. If you have any information about certain plantings, I would love to hear from you. I know there was a lot planted after the 1990's addition was completed.

Respectfully submitted by
Cheryl Borgman
 (cab9e@virginia.edu, 434-960-4957)



If you have a hanging piece of art you would like to share with the church for a month or two, there is a blank wall in the church library between the two outside windows which would be a nice place for it to be displayed. Contact Dave Lawson if you would like to do this.

Just Finished Packing the Children’s Food Pantry Bags for July



The Missions Committee would like to thank everyone who helped supply 88 preschoolers in Nelson County with backpacks and school supplies. It truly was a church wide effort from the people who generously donated money, the shoppers who gathered supplies, to the children who worked together to fill the adorable backpacks with supplies. Thank you!!



Tentatively, if approved by the Session in the August meeting, the Annual Congregational picnic is planned for Sunday, September 15, following the single Worship Service at 10 a.m. Chicken and drinks will be provided. If your last name begins with letters A-I, please bring a dessert; J-Z, bring a side dish.

SESSION HIGHLIGHTS 6/18/24

Moderator Rev. Inger Manchester called the Session Meeting to order at 7:00 pm with prayer. Elder Joe Steele opened with devotion and prayer.

Candidates wishing to join RFP, **Rita and Stan Scott, Sandi Winston and Liam Yeatman shared their faith journeys and were welcomed into Active Membership. The right hand of fellowship was offered to all. Liam Yeatman was also approved for Baptism.**

PASTOR'S REPORT: Rev. Inger Manchester reported the Board of Nelson Enrichment Center has received approval to open its planned respite center in September. There has been a request by an individual to teach piano lessons here at the church. Questions were raised some of which included adherence to the church's daycare policy, insurance, hours of use and days required were just a few. The request was tabled by Session until more information could be gathered and the concerns raised could be addressed.

CLERK'S REPORT:

Approved minutes of Stated Meeting 5/21/24.

STEWARDSHIP/FINANCE: Elder Mac Lumpkin presented the Monthly Financial Reports, Income and Expense Statement, Balance Sheet. The church is in fine financial standing.

New Business: Elders Kate Humphrey and Sandy Gallagher attended the June 18, 2024 Stated POJ meeting via zoom and presented a brief report.

MINISTRY TEAM AND COMMITTEE REPORTS/MOTIONS:

- Rev. Elder Mary Hopkins (Worship Ministry Team) presented a **Motion to approve a single 10:00 am Service on August 4th as Rev. Manchester will be preaching at Elk Hill Baptist Church at 2:00 pm that same day. APPROVED.**
- Elder Susan Luscomb (Christian Education Ministry Team) reported the extensive work Bronwyn White has undertaken, accomplished and has planned for the Children's Sunday School Program. Under Bronwyn's expansion of the program and the increase in children attending, there was a **Motion to approve to overspend the current Education Ministry budget in the amount of \$2,400. APPROVED.** There is also interest in starting a new Sunday School class for the parents whose children are attending Children's Sunday School. A signup sheet will be available for anyone expressing an interest in learning more about the Holy Land (history, background biblical context, etc.)
- Elder Dana Ogilvie (Mission Ministry Team) reported Johnette Burdette, Executive Director of the Nelson Heritage Center, met with the Missions Committee and spoke of extensive renovations to the Heritage Center to provide a health clinic, meeting space for events and an infant to 5-year old Early Learning Child Care Center to fill an unmet need in Nelson County. She also reported RF Presbyterian Church will provide 88 backpacks for the pre-school children.

We give thanks for:

Inger Manchester expressed great thanks to Mac, Ken, Susan, Kate and Bill for their service on Session and their help to her when she first came to Rockfish as the new Pastor. They will truly be missed.

Rev. Inger Manchester closed the meeting in prayer at 8:00 pm.

Next Stated Session Meeting Tuesday, 8/20/24 at 7:00 PM, in the Library. Elder Sally Bryant will have Devotions and Opening Prayer.

Respectfully submitted,
Cathy LeGrow, Clerk





RPC Visitor. All are Welcome.

August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 9:00 Adult Sunday School 10:00 Worship Service 12-2 Elk Hill Baptist Church Homecoming Five Cents a Meal Offering	5 2:30 Personnel Team Meeting 3:30 Guitar Circle 4:00 p.m. Mission Team Meeting	6	7 10:00 Knitting and Nurture 11:30 Scripture Discussion 2:00 Where We Are Support Group	8 5:30 Chancer Choir	9	10
11 8:00 Worship Service 9:00 Adult Sunday School 10:00 Worship Service 10:30 Pack Pantry Bags for Kids	12 3:30 Guitar Circle 5:00 Stewardship Meeting	13 9:30 Outreach Ministry Meeting	14 10:00 Knitting and Nurture 11:30 Scripture Discussion 1-4 Respite Training 3-5 Creating Art	15 3:00 Worship Committee Mtg 5:30 Chancer Choir	16	17
18 8:00 Worship Service 9:00 Adult Sunday School 10:00 Worship Service	19 3:30 Guitar Circle	20 7:00 Session Meeting	21 10:00 Knitting and Nurture 11:30 Scripture Discussion 2:00 Where We Are Support Group	22 5:30 Chancer Choir <div style="background-color: #00FF00; padding: 2px; display: inline-block;">Spreading The Word Articles Due</div>	23	24 1-4 Respite Training
25 8:00 Worship Service 9:00 Adult Sunday School 10:00 Worship Service Emergency Relief Offering	26 3:30 Guitar Circle	27	28 10:00 Knitting and Nurture 11:30 Scripture Discussion 3:00 Creating Art	29 5:30 p.m. Chancer Choir	30	31 9:00 Distribution at Food Pantry