



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 9

Spreading the Word

September 2024

Today I was walking on a labyrinth and as I was trying to quiet my mind the thought “we are all walking each other home” jumped in. As one walks a labyrinth, the goal is to make it to the center. Or is that the goal? If I want to be deep about it, the goal is in the journey.

On our life journey we are constantly making choices about how we move forward, how we spend our time, how we are walking one another home.

Intentionality is the key. What does a good life look like for you? Whatever that is, make choices that align with your priorities. We never know how fleeting our time will be on this earth so we need to make our moments count. Proverbs 6:6- “Go to the ant, you slacker! Observe its ways and become wise”. Ants move with purpose and work in community. Proverbs also says “It (the ant) has no commander yet it stores up provisions in summer”. I had to share that wonderful Biblical verse. The point is we are curators of our own life. No matter where you are on the life labyrinth- no matter how close to the center, you are still moving. There is still time to make your life count, to find and give joy. No giving up. If you are still breathing, the Lord has a purpose for you. You may not think so- but that is a lie. Proverbs 19:21 “Many are the plans in a person’s heart, but it is the LORD’s purpose that prevails.” Trust that your life, no matter where in it you are, can make a difference for someone else. Live into that purpose. We truly are all walking each other home.



On a separate note- I was asked to mention that each Wednesday we gather in the library to look at the scripture I will preach on. Such great conversation! Let me know and I will put you on an email where I send out some questions to ponder. 1130-1230 am. Occasionally we have guest folks - like Brent Kitching who will give some talks on meditation this Fall. Great stuff! Join us!

~Pastor Inger

The Annual Congregational picnic, will be held 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.

SEPTEMBER BIRTHDAYS

Inger's Inklings

Jane Andrews	1
David Cameron	1
Linda Williams	1
Keith Smith	10
Sally Bryant	12
Sue Fulton	13
Kyle Patterson	13
Pat Humphrey	14
Toni Roby	16
Jim Wright	18
Connie Underwood	20
Barb Fenton	22
Priscilla Stone	24
George Bonheyo	25
Stan Scott	25
Louie Andrews	26
Jerry Hickam	28
Linda Smyser	29
Lee Goodrich	30

I have been spending a lot of time lately thinking about how much I attach myself to outcomes and how by doing so I may be stifling the work of the Holy Spirit. What would happen if we lived in the freedom of doing our part to the best of our ability and then letting go of the results? If we trusted that the Holy Spirit is in control? Certainly our anxiety would go down and perhaps our desire to control things might be abated. The fact is we can only control some things, right? And yet we worry about so many things. I just saw a graph (@mindfulenough) that showed what we can control as:

My own thoughts and actions. How I speak to myself. How I spend my free time. What I give my energy to. The goals I set. How I handle challenges. My boundaries.

Not in my control-
The actions of others. The past. The opinions of others. What happens around me. The outcome of my efforts. The future. How others take care of themselves. What people think of me.

How much time do we spend on the second list? What if we “Caught” ourselves and refocused. Ask ourselves this question- “Did I give my best?” “Do my actions/ thoughts advance the Kingdom of God and God’s values?” We know what those values are. If the answer is yes, then move on and let the Spirit deal with it. If the answer is that “I could do better” then move on and do better. Apologize if needed and let it go. Biblical advice.

Luke 12:25–26 25 And which of you by being anxious can add a single hour to his span of life? 26 If then you are not able to do as small a thing as that, why are you anxious about the rest?

As followers of Christ we have a path to being a non anxious presence in an anxious world. I think the world needs more of this, Amen.

~Pastor Inger



STW NEWSLETTER :

JAMIE HEARD

The deadline for submitting articles **electronically** for the **October** newsletter is **Thursday, September 19th.**

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

Christian Education Ministry

Jeri Engebretson, Chair



Children's Education is alive and well, thanks to the hard work of Bronwyn White and Christy Ruta. Approximately 30 children are attending Sunday School each Sunday.

Mark your calendar...beginning on September 8th, the children will be divided into 3 groups for instruction: Toddlers - Pre K,5,6,7 year olds; Children - 8,9,10 year olds; Middle School - 11,12,13 year olds. The children will attend the first portion of the 10:00 worship service and then be excused to go to their prospective classrooms. Such an exciting time for our church as our children's program blossoms!

Several social events were held during the summer for the children. They enjoyed pizza, popsicles, a scavenger hunt and a water balloon battle held at our play area. A pool party with pizza and ice cream sundaes was held at Rodes Farm pool. Plans are being made for a campfire with hot dogs and s'mores in early fall. Some other ideas include caroling for shut-ins, and a "Souper Bowl" Sunday where congregants bring a can of soup for distribution to the food pantry.

Children's Choir/Bible Study continues every Thursday evening. Pastor Inger leads Bible study, then children participate in choir practice, dinner and games. In the fall, the group will be divided between younger and older children for the choir portion. All children and their parents in our community are invited to attend. You do not need to be affiliated with Rockfish Presbyterian Church.

Parents's Sunday School Class- Interested members will meet on September 29th at 9:15 in the library for a planning meeting. Susan Luscomb will be facilitating the book "The Ruthless Elimination of Hurry" by John Corner, and its sequel, "Practicing the Way." This class is not limited to only RPC attendees.

Adult Sunday School Class - Our class is studying the book "Grace" by Max Lucado. There is a committee of four who decide on each study, always asking for class input. This class is facilitated on a rotation basis and is discussion oriented. All are encouraged to attend this class as we learn together what God is revealing through study.

Wednesday Night offerings ended on August 21st because of it beginning to get darker earlier. They will resume again in the spring.

Getting to Know Rockfish!

The Lord is blessing us with many visitors and new people to our area. I love meeting each of you individually but I also wanted to create a time where I will be available to offer information about all we do, answer questions and perhaps even explain how Presbyterian churches "work".

Therefore, the first Sunday after the 10 a.m. service anyone interested in learning this can meet me in the library. Please join me! This will be called "First Sundays".

On the "Second Sunday" anyone wishing to become a member of Rockfish can join our Session in the library to tell us a bit about yourself. Let me know if you plan to join us so I can have our directory ready for you, etc.

Hopefully these two Sundays will give folks an easy way to meet me, meet our leadership and learn more about all the Spirit is offering here! Life is short and God is Good!!!

~Pastor Inger

Mission Committee News

Submitted by *Dana Ogilvie*

The next Missions Committee meeting will be Monday, September 9th at 4:00 in the church library. Everyone is welcome to attend the meeting and join the committee. Meetings are usually the first Monday of the month, but vary with holidays. We will be focused on planning the Thanksgiving baskets. The Missions Committee is responsible for allocating RPC's resources globally, regionally and locally to organizations and charities. We also coordinate the backpack project and Thanksgiving and Easter food baskets for local families. Feel free to attend a meeting and see what the committee is all about!!

Thank you to everyone who donated to the Backpacks for kids project. Through your generosity RPC was able to furnish 88 adorable backpacks filled with supplies for preschoolers in Nelson County. We also appreciated the assistance of the children helping to fill the backpacks. Every incoming Head Start student will receive a new backpack filled with everything they will need to be successful in class. A big hand, please, to all who made this possible and to each new student who is beginning a lifetime of learning!



Sunday School Summer Activities

Submitted by *Bronwyn White*

It is important for our kids and their families to develop strong relationships in order to support their spiritual growth outside of church. To help with that, they and their families came to two special events just for them.

Reverend Inger organized a fantastic water balloon battle with pizza and popsicles in our pavilion area, topped off with a find Jesus in the cemetery scavenger hunt. Only Reverend Inger could come up with that idea. Needless to say, there was much hilarity as the kiddos balloon bombed their parents and other adults. So much on a hot evening. Fifteen kids were there.

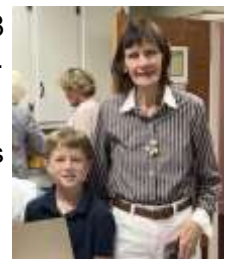


July was too hot and dry for much of anything except a pool party at Rodes Farm pool. Over twenty children and their families swam, ate pizza and made ice cream Sundaes with exotic toppings such as gummy worms, miniature Reese's Cups, peanuts, maraschino cherries and various syrups. Some concoctions were impressive, as were the kids who made them. The lifeguards were very complimentary of our group.



Other Sunday School activities include packing bags for the food pantry and helping to fill 88 backpacks for the Head Start program with Mrs. Mische and Mrs. Fenton giving instructions. Of course, Miss Olivia was there to cheer us on with her infectious smile.

Stay tuned. More excitement coming. Especially now since we have four wonderful teachers and assistants! Thinking campfire soon.



Us, Them and We

By Dave Lawson

Who has the right religious beliefs - us
 Who has the wrong religious beliefs - them
 Who belongs to the right nationality - us
 Who belongs to the wrong nationality - them
 Who comes from the right ethnic background - us
 Who comes from the wrong ethnic background – them
 Who lives on the “right side of the tracks” – us
 Who lives on the “wrong side of the tracks”- them

We humans love to divide ourselves into us and them
 But most times it really ought to be we

Who loves life? - we
 Who wishes to be happy? - we
 Who hopes for joy and peace? - we
 Who desires forgiveness? - we
 Who yearns for health and long life? - we
 Who, after all, are God’s children? - we

A reminder: Mark you calendars:
HOPE’S LEGACY FALL FESTIVAL
 September 21 - 2-5 p.m.
 Sarah R. Armstrong Pavilion

Goodness Grows Garden

109 pounds of Butternut Squash and more to be harvested. Available Sunday Mornings.



SESSION HIGHLIGHTS 8/20/24

Moderator Rev. Inger Manchester called the Session Meeting to order at 7:00 pm with prayer. Elder Sally Bryant opened with devotion and prayer. Prayers were asked for Grant & Patti Heggie, Bill Iverson, Lee Goodrich, Harvey family, Beth, Sandy Everett, Nancy, Leslie and Lincoln.

Candidates wishing to join RFP: **Ann Ashton, Flo and Tim Quick shared their faith journeys and were welcomed into Active Membership. The right hand of fellowship was offered to all.**

PASTOR'S REPORT: Rev. Inger Manchester presented **3 MOTIONS** which were **APPROVED**: **Motion** for the Respite program to set up a corner of the Fellowship Hall as a quiet corner for participants Monday – Wednesday, **Motion** to allow Wintergreen Music to hold their Wintergreen Christmas Concert with Virginia Consort at Rockfish Presbyterian Church, **Motion** to designate the first two Sundays of the month for new members to receive information and membership.

CLERK'S REPORT:

The following minutes were Approved: Stated Session Meeting of 6/18/24, Annual Meeting 6/18/24, Called Meeting 8/18/24, ratification of Elders Sally Bryant and Sandy Gallagher as Commissioners for called POJ Meetings, Annual Insurance review, and review of current Active Member Roll.

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

MINISTRY TEAM AND COMMITTEE REPORTS/MOTIONS:

- Elder Mary Hopkins (Worship Ministry Team) presented **Motions to approve a single 10:00 am Service on Sept. 15th due to the Church picnic and to extend an invitation to the Pastor of Elk Hill to give a sermon at RPC at a date to be determined this fall. APPROVED.**
- Elder Sandy Gallagher (Outreach Ministry Team) reminds everyone of the Hope's Legacy Fund Raiser on Sept. 21st from 2-5. There will be 4 bands and an auction. Everyone come and come hungry. A food truck will be available. "We Care" gift bags are again available for distribution and will be available until supplies are depleted.
- Elder Nancy Johnson (Facilities Management Team) reported clearing of storage areas and has asked everyone in the church to work together to see that doors of the Fellowship Hall are closed after worship services.
- Elder Sally Bryant (Personnel) presented a **Motion to hire a fourth worker for the Children's Sunday School Program. APPROVED.** The program has grown under the dedication and tireless work and efforts of Bronwyn White and her staff. The program now has approximately 30 children.
- Elder Jeri Engebretson (Christian Education Ministry Team) reported an information only class will be offered to the parents of the children attending Sunday School and the Children's Choir/Bible study on Sept. 29th at 9:15 am. The Wednesday night offerings will end August 21st but will resume again in the spring.
- Elder Kathy Kristiansen (Liaison Grounds) reported a bridge will be built to connect the playground with the field. The grounds will be mulched this fall, the oaks have been treated and anyone who would like to help with weeding is very welcome.

Rev. Inger Manchester closed the meeting in prayer at 8:10 pm.

Next Stated Session Meeting Tuesday, 9/17/24 at 7:00 PM, in the Library. Elder Mary Hopkins will give the Devotion and Opening Prayer.

Respectfully submitted,
Cathy LeGrow, Clerk





September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 8:00 Worship Service 9:00 Adult Sunday School 10:00 Worship Service Five Cents a Meal Offering	2 Labor Day	3 10:00 Christian Education Meeting	4 10:00 Knitting and Nurture 10-2 Respite Care 11:30 Scripture Discussion 2:00 Where We Are Support Group	5 4:30 Children's Choir 5:30 Chancel Choir	6 5:45-8:00 Women's Retreat	7 8:45-5:00 Women's Retreat
8 8:00 Worship Service 9:00 Adult Sunday School 10:00 Worship Service 10:30 Pack Pantry Bags for Kids 5:00 Pub Spirituality at Brewing Tree	9 10-2 Respite Care 3:30 Guitar Circle 4:00 p.m. Mission Team Meeting 5:00 Stewardship Meeting	10 9:30 Outreach Ministry Meeting	11 10:00 Knitting and Nurture 10-2 Respite Care 11:30 Scripture Discussion 3-5 Creating Art	12 3:00 Worship Comm. Mtg 3:30 Rockfish Ringers 4:30 Children's Choir 5:30 Chancel Choir	13	14
15 9:00 Adult Sunday School 10:00 Worship Service 11:00 Congregational Picnic	16 10-2 Respite Care 2:30 Personnel Team Meeting 3:30 Guitar Circle	17 7:00 Session Meeting	18 10:00 Knitting and Nurture 10-2 Respite Care 11:30 Scripture Discussion 2:00 Where We Are Support Group	19 3:30 Rockfish Ringers 4:30 Children's Choir 5:30 Chancel Choir Spreading The Word Articles Due	20	21 2-5 p.m. Hopes Legacy Fundraiser
22 8:00 Worship Service 9:00 Adult Sunday School 10:00 Worship Service Emergency Relief Offering	23 10-2 Respite Care 3:30 Guitar Circle	24	25 10:00 Knitting and Nurture 10-2 Respite Care 11:30 Scripture Discussion 3:00 Creating Art	26 3:30 Rockfish Ringers 4:30 Children's Choir 5:30 Chancel Choir	27	28 9:00 Distribution at Food Pantry
29 8:00 Worship Service 9:00 Adult Sunday School 10:00 Worship Service	30 10-2 Respite Care 3:30 Guitar Circle					