

August 2026

Spreading the Word

Welcome as you are, where you are.

Volume 27, Issue 8



INSIDE, WE ALSO TALK ABOUT:

Sunday School Schedule

Garden to "Farmacy"

Light in the Valley
Scholarship

Comfort for Cancer
Patients



Rockfish Presbyterian Church

A Pastor's Pilgrimage

by Pastor Inger

I am very excited that Session has approved to use my time and budget to go to England next April 2027. The program is called *Christian Mystics in the English Countryside* with the organization, Progressive Pilgrimages.

Here is the description: "This unique retreat-pilgrimage model centers on creating a spiritual and geographic base from which we explore, making day trips but returning to our space each afternoon for leisurely tea, rest, and reflection.

Continued...

Pilgrimage, continued...

In this women's retreat led by Callie Swanlund, we'll draw inspiration from the writings and life of Julian of Norwich, Margery Kempe, and Evelyn Underhill as we explore the landscapes that shaped their life and faith.

Highlights of this pilgrimage include historical and spiritual sites in Norwich, Kings Lynn, and the Walsingham Shrine; encounters with the beauty of the Norfolk countryside, including Holkham Beach and Norfolk Broads National Park; hands-on creative expression and opportunity to visit a variety of artist studios and galleries."

Woweee, I am so excited. Do you think I am going to come back full of the Spirit?!?

Some info about the three female mystics mentioned above.

Julian of Norwich (1342-1416). Julian was a Christian mystic known for her 16 visions that she recorded in *Revelations of Divine Love*. From Norfolk, England, she is credited with the first book written by a woman in the English language.

Margery Kempe (c. 1373 – after 1438) was an English Catholic mystic, known for writing through dictation, *The Book of Margery Kempe*, a work considered by some to be the first autobiography in the English language. Her book chronicles her domestic tribulations, her extensive pilgrimages to holy sites



in Europe and the Holy Land, as well as her mystical conversations with God. (Wiki)

Evelyn Underhill (6 December 1875 – 15 June 1941) was an English Anglo-Catholic writer and pacifist known for her numerous works on religion and spiritual practice, in particular Christian mysticism. Her best-known work is *Mysticism*, published in 1911. (Wiki)

I am very excited and I look forward to learning more. I have never studied the mystics before so I am sure this will be quite the adventure.

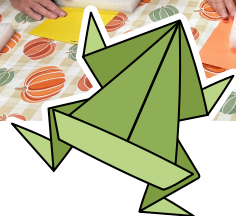
Warmly, Inger

RPC SEEKS YOUTH GROUP/ CONFIRMATION LEADER

We're starting a Youth Group! This will be for 6th grade and up, beginning October 4, on Sunday evenings, 4-6 PM. This time will begin with 30 minutes of confirmation class, to be followed by Youth Group activities. Youth Director will be a paid position. Contact rockfishpcus@gmail.com for information.

Children's Sunday School Begins Sept. 13

The children had a wonderful time at Vacation Bible School doing all kinds of art projects and fun activities!



PARENTS OF 6th GRADE AND UP meet Inger on Sunday, August 16, in the library after 10:30 service to learn Fall plans and give your input!

CHILDREN'S SUNDAY SCHOOL resumes Sunday, September 13, at 10:30, every Sunday and Middle School class will meet on the 2nd, 4th and 5th Sundays at 10:30 (other Sundays can go to church).

ADULT WEDNESDAY CLASS will resume on Wednesday, September 16, 11:30, downstairs in classroom #5. We'll enjoy Ray Vander Laan's *In the Dust of the Rabbi*, filmed on location!



Click here to view
a live version of
the current
[RPC Calendar.](#)

Newsletter Articles Due

for the September issue:

August 26

**Max word count for
submissions is
400 words.**

RPC Book Club



What We're Reading

***The Kitchen Front* by Jennifer Ryan**

The Kitchen Front is a novel set during WW2, centered on a BBC radio-sponsored cooking contest for housewives struggling to cook with war rations. Four very different women are competing for very different reasons to win the competition, which would change their lives. We witness their friendship, rivalry and resourcefulness as they cook their way through the war.

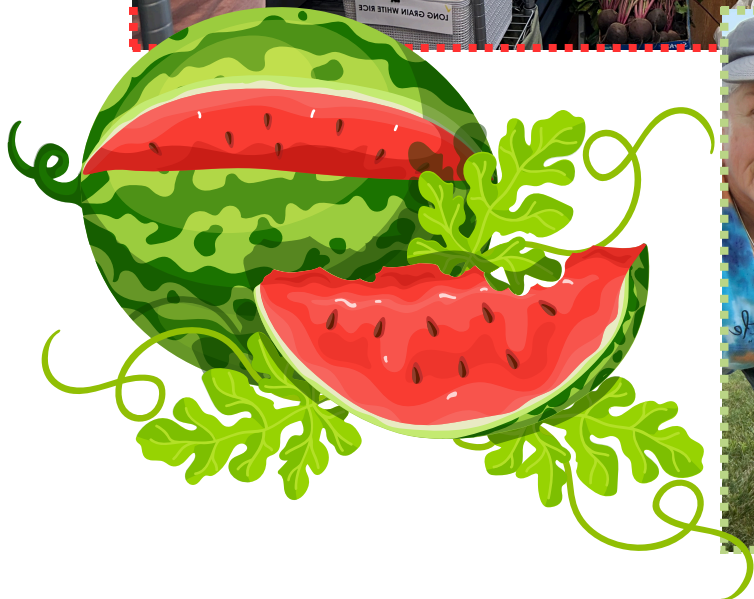
From Garden to “Farmacy”

The Rockfish Goodness Grows church garden volunteers have been hard at work this spring/summer! We’ve been weeding, tilling, fertilizing, planting and watering, and are now harvesting this year’s produce including onions, beans, beets, zucchini, summer squash, cucumbers, garlic, baby watermelon, and much more.

All of the vegetables are being taken weekly to the **Nelson County Food “Farmacy” at the Blue Ridge Medical Center** in Arrington. We are helping families in need right in our own county.



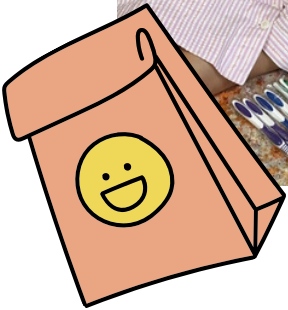
Gardening volunteers include:
Leslie Buchanan, Nancy Johnson,
Deb Andrews, Jeri Engebretson,
Wendy Culberson, Peggy Toms,
Gayle Ernst, Joni Orr, Lisa Shannon
and Jennifer Tucker.



Children Help with Nelson Food Pantry

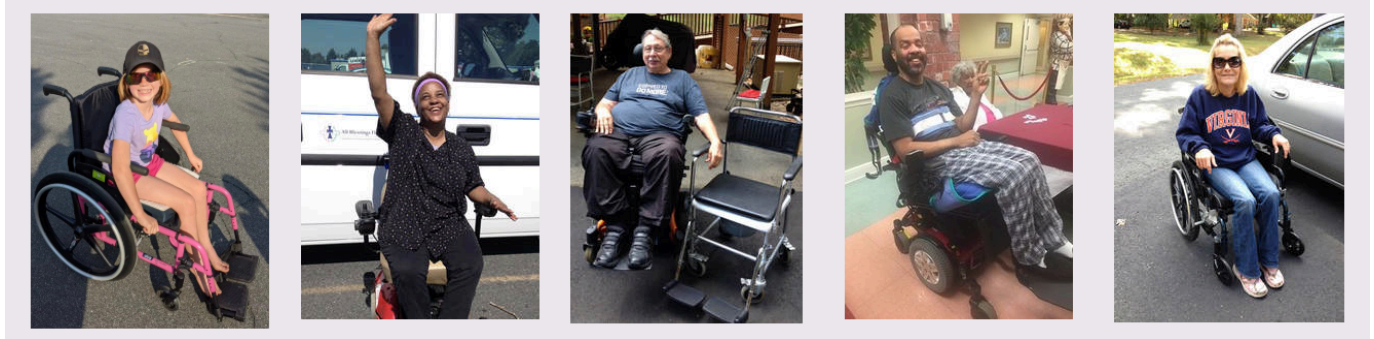
Every month on the second Sunday, the children of RPC are busy packing 100 snack bags to be handed out to children in Nelson County at the monthly Nelson County Food Pantry distribution.

For July we included a new toothbrush for each child. This act of service to our community has been going on for almost 18 years!



RPC Scholarship Winner Plans for Nursing Career

The Missions Committee is pleased to announce that the **Light in the Valley Scholarship** for 2026-27 has been awarded to **Laney Harrell**. Laney is a recent graduate of Nelson County High School and is attending school to become a Registered Nurse. She has worked hard in high school and is currently working as a Certified Nursing Assistant in our community. Please pray for Laney as she continues her education this fall.



Spotlight on an organization RPC supports:

All Blessings Flow's mission is to provide healthcare resources and services to our neighbors in need. It is a faith-based nonprofit founded to help families with disabilities and serious health conditions.

The organization collects and refurbishes medical equipment and supplies to provide to those in need in the Greater Charlottesville area. All Blessings Flow's vision is for everyone to have the healthcare items they need, no matter their financial situation.

The program is based on the simple idea that we live in a prosperous area with excellent healthcare and an abundance of used medical equipment that many people no longer need or want. By redistributing this equipment to those in need, something that once blessed you or a loved one can now become a blessing for someone else. One blessing becomes another, and all blessings flow.

All Blessings Flow is always looking for volunteers to help in their warehouse, repairing equipment and picking up and delivering equipment.

Learn more at <https://www.allblessingsflow.org>

– Dana Ogilvie, Mission Co-Chair

Helping Local Kids in Crisis

Recently BRR packed bags for kids in crisis.

All Nelson County Sheriff deputy cars carry one or two care bags with them in case they are in a situation where children are afraid, upset, etc. They give them out when there has been a fire at the home, or an accident, or a child or children are separated from a parent.

Inside are blankets and “lovies” (animals) the Wool and Grace knitting group at the church has made. Also added are water bottles, treats, coloring books, crayons and a popsicle stick that the members painted and then we wrote “You are special” or “You are loved” on them.

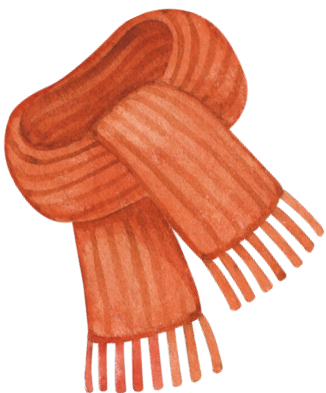


All items other than the knitted ones were donated by the American Legion Auxiliary of Nelson. They surprised me at the end by presenting me a certificate for our group. Sheriff Embry told BRR members stories from when the bags were donated and made a difference.

Huge thanks to the knitters, the legion, the sheriff, the members and volunteers and the church.

- Barbara Shefelton, Director, Blue Ridge Respite

Wool & Grace



Comfort for Cancer Patients

The RPC Wool & Grace knitting group will be making shawls, scarves, and personal items for the cancer unit at UVA. If you would like to knit or crochet something to help with this project, we will be glad to provide yarn and patterns. These items will be delivered at the end of September. We meet Wednesday mornings at 10:00 in the library. Please join us!

For more information, email Nancy Clark at clarkfarm@verizon.net



Session Highlights



ROCKFISH PRESBYTERIAN CHURCH (RPC) SESSION HIGHLIGHTS 7.21.26

Moderator, Rev Inger Manchester called the Session Meeting to order with prayer at 4 PM in the Library. Present and constituting a quorum were Ruling Elders: Jeri Engebretson, Bill Muse, Amelia McCulley, Dave Lawson, Bronwyn White, Phil DeFusco, Nancy Johnson and Rita Scott, Clerk. Phone attendee: Elder Kevin Tucker. Excused: Elder Harris Luscomb. Elder Jeri Engebretson provided devotions and prayer.

New Business:

- 6.17.26 Presbytery of the James (POJ) Called Meeting Report from Elder Bill Muse who attended virtually: Forest Hill Presbyterian Church has been decommissioned. Discussion was about assets and campus usage going forward. Four candidates were discussed and recommended for ordination. Reports were presented from other committees.
- Barb Shefelton, Blue Ridge Respite (BRR) Program Director, presented a training opportunity for RPC to become "dementia friendly" through a newly developed national program for local businesses and other groups to receive in-house training on dementia awareness.
 - MOTION: Barb Shefelton, BRR Program Director, will train RPC members, and RPC will become recognized as a dementia friendly church. APPROVED
 - Worship Committee will set a date to offer the training to anyone interested.

Pastor's Report:

- MOTION: Barb Shefelton, an ordained Presbyterian pastor, to perform funerals for BRR members, with RPC pastor approval and church availability. APPROVED
- MOTION: request for Sons of the American Revolution (SAR) to perform a formal Grave Marking Ceremony on 10.10.26 at 11 AM for four Revolutionary War Veterans buried or honored in the RPC Lower Cemetery. APPROVED (POC: Mike Chambers)
- MOTION: (requesting more information) approve request for Wintergreen Wonderland w/Virginia Consort, Sunday 12.13.26 at 4pm. TABLED
- MOTION: use of Pastor's balance of funding for Study Leave (contract allows two weeks a year, \$1200/yr) APPROVED
- MOTION: provide Iron & Ale gift cards for Harris Luscomb, Roger Fulton and Vicki Davis for the countless hours spent on a recent bank account issue. APPROVED
- Follow up to confirm the 2026 Liaisons to Session for all Church Committees:
 - Mission-Phil DeFusco, Grounds/Cemetery-Bill Muse, Personnel and Health & Safety-Amelia McCulley, Facilities-Nancy Johnson, Outreach-Bronwyn White, Christian Education-Jeri Engebretson, Stewardship-Harris Luscomb, Administration-Kevin Tucker, Worship/Congregational Life-Dave Lawson
- Reminder: New Member Meeting, 8.9.26, immediately after 10:30 AM service, in Library.

Continued...

Session Highlights continued...

Ministry Team Reports:

- Elder Nancy Johnson [**Facilities**]: sanding and painting of wrought iron railings at rear entrance to Narthex. Pavillion shed and end caps painted and water damage on back side of shed repaired. Downspout on rear of sanctuary disconnected, to be reconnected after gutter cleaning later this month.
- Elder Jeri Engebretson [**Christian Education**]: presented discussion/motion on Youth Director qualifications.
 - MOTION: Job Description for RPC Youth Director. Personnel Committee will advertise the position, with forecasted starting date of 10.4.26. APPROVED
- Elder Bronwyn White [**Outreach**]: Hope's Legacy Auction, 9.26.26, 1-4 PM. Halloween Party/Yard Sale, 10.31.26 information coming on keep or cancel. Loaves & Fishes Program needs more volunteers to do deliveries.
- Elder Amelia McCulley [**Personnel**]: Conducting salary market studies at various times to assure we are properly compensating staff. Staff evaluations being conducted.
- [**Health & Safety**]: will work with Worship Committee on dementia-friendly training and designation.
 - Discussed medical emergency training and roles/responsibilities for greeter (pilot program). Reviewing current monitoring and alarm systems and exterior lighting.
- Elder Kevin Tucker [**Administration**]: initial meeting with website developer being scheduled and software upgrades are being explored.
- Elder Bill Muse [**Grounds**]: several areas around the church have been designated and volunteers are being solicited to maintain those areas (weeding, pruning, removal, planting). Notebook in Narthex for sign-up and pictures/directions on upkeep.

Active Members – 195 Affiliate Members – 14

New Members added: Gayle Hankins, Lani Barovick, Terry & Janet Parkins (6.28.26)

Members removed: Sandy Gallagher (death 6.25.26), Arlie & Bonnie Saunders (transfer 6.16.26)



If you are interested in becoming a member of our church

we would love to speak with you! Here are the dates when the Session will receive new members in 2026 following the 10:30 service. Please let Inger know if you are interested, rpcimanchester@gmail.com.

Aug. 9, 2026 • Nov. 8, 2026

Birthdays

MARY HOPKINS 03
AL GALE 04
GLENDA MACNEIL 04
ELLA NICKS 05
JOSIE RUFFING 07
MIMI TORO 09
MARY GURR 12
ANN IVERSON 14
NAN VARNADOE 14
HARRIS LUSCOMB 16
JOHN PACE 18
ED MISKER 21
KATHY ARMSTRONG 23
AURELIA THIBAUT 23
ROB OGILVIE 24
ROSS SIMMONS 24
GAYLE ERNST 26
JEANNE LAWSON 26
CAROLYN FRAHM 27
MARIT TOOMBS 27
MORGAN TOOMBS 27
NANCY SMALL 28
MARTHA MISKER 30
MATT THOMAS 30



Rockfish Presbyterian Church
Mail: P.O. Box 278
Visit: 5016 Rockfish Valley Hwy
Nellysford, VA 22958

434-361-1221
rockfishpcus@gmail.com
www.rockfishpresbyterian.org

Office Hours
Tue., Wed., Thu. 9 AM—1 PM

Pastor Inger O. Manchester
704-252-0924
rpcimanchester@gmail.com

Join us for worship

Sundays 8:30 and 10:30 AM

Adult Sunday School 9:30 AM

Childcare during 10:30 Service
(Children's Sunday School resumes
Sep. 13)

Worship services are recorded and
available via [YouTube](#).

Follow us on [Facebook](#)



SINGING FOR THE HORSES

~ IN BENEFIT OF ~
HOPE'S LEGACY EQUINE RESCUE

September 26
1-4pm

*INSIDE IF RAIN

~Live Music~

~BBQ for Sale~

~Accessible Bathrooms~

~Art & Fabulous Finds Auction~

~Petting Zoo with Hope's Mini Horses~



Rockfish Presbyterian Church
5016 Rockfish Valley Highway, Nellysford

