

# Tuckahoe Torch

Tuckahoe Presbyterian Church  
7000 Park Avenue  
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## The Story of The Tree of Life in our Memorial Garden

By Mary Shumate

After a recent baptism, Fred emphasized the importance of the event...how the family was uniting itself with God and to God through the church and all its saints, the people who are Tuckahoe Church.

From the time twelve people, the charter members, accepted the challenge to start a church on the Duntreath property, there has been direction, joy, peace and comfort for all. Where the big white house once stood, using it as an office and a place for worship, Tuckahoe Presbyterian Church was born. Wilson Hall was added, the education building, the office complex and finally in 1963, the Sanctuary...without a steeple.

The church did not seem complete without a steeple, and it wasn't; so with Session's approval, a committee was formed. Funds were raised and a steeple was added. What a sight it was the day that the pre-built aluminum steeple was hoisted into place! Just as those steps were taken came the realization that even though much had been accomplished, a Memorial Garden was needed and it was added. The day was April 28, 1993, and for the 47 who have gone on and "whose ashes are interred in this hallowed place", we owe a great debt. The garden is a beautiful area where peace and guidance and joy may be found.

A metal sculpture that is the symbol of The Tree of Life, referred to fourteen times in scripture, further emphasizes the very point that Fred was making... we unite ourselves with God through our church and its entire people.

Stop Stranger as you pass by  
As you are now so once was I  
As I am now, so you will be  
Prepare for death and follow me.



## IMPORTANT ANNOUNCEMENT VBS MEETING

for ALL Vacation Bible School  
volunteers (adults and youth)

Sunday, June 7 Room 106  
immediately following 10:00 worship.  
*Please see full volunteer need information in  
this newsletter on page 8*



On June 7<sup>th</sup>, our Sunday morning worship service will begin at 10 a.m. Through June and the first part of July we will continue to meet in the Sanctuary. After that, and perhaps into September, while repairs are being made in the Sanctuary, we will meet in Duntreath Hall for our worship service. Check the bulletins for changes or any further information.

Go to Page 7 and read the interesting testimonials submitted by participants of the Disciple Class

# “I Have Something for You!”

## Wisdom from Other Travelers

Without the solitude of heart, the intimacy of friendship, marriage and community life cannot be creative. Without the solitude of heart, our relationships with others easily become needy and greedy, sticky and clinging, dependent and sentimental, exploitative and parasitic, because without the solitude of heart we cannot experience the others as different from ourselves but only as people who can be used for the fulfillment of our own, often hidden needs. Reaching Out, Henri J. M. Nouwen

### Learning to Love One Another

1. **Notice one another**/*Invisible Man*, Ralph Ellison. Some people are invisible to us because they are from a different culture, have a different background, wear different clothes, have a different skin color. In asking us to love one another, Jesus asks us to pay attention.
2. **Greet one another**/David Kewer spoke to everyone. It seems to be such a simple matter. If we want to be connected, speaking to people can open us to new friendships.
3. **Talk with one another**/"A person's name is the most powerful word in his or her vocabulary." Taking time to call people by name may give us the occasion to speak to them and get to know them better.
4. **Spend time with one another**/"With' is the most important word in the New Testament" said a pastor once.
5. **Forgive one another**/How many times does Jesus key on this? What does he do to instruct his disciples to forgive? What else does he do to make forgiveness an issue for the world? He forgives us long before we know it!
6. **Be patient with one another**/What does Jesus do to teach patience to his disciples? He is patient with them.
7. **Pray for one another**/If Jesus prays for us (John 17), we can pray too!

8. **Care for one another**/"I do not care" is *acedia*, sloth, one of the seven deadly sins of the church; Jesus teaches us to care in John 13 (washing feet), John 15 (telling truth), John 17 (praying that his followers would be one.) Since Jesus cares, he wants us to care too.

9. **Encourage one another**/Barnabas was an encourager: when Saul converted to Christ, Barnabas was there to introduce him. When Paul cut John Mark lose for his timidity, Barnabas was there to stick with John Mark.

10. **Serve with one another**/The church has always translated its faith into action. Faith at work suggests people working side by side away from home. This is where we can learn to love brothers and sisters best. Jesus wants us to love one another in all places especially in service to others.

### The Practice of Risk-Taking Mission and Service

"Vibrant, fruitful, growing congregations practice Risk-Taking Mission and Service. (It) includes the projects, the efforts, and work people do to make a positive difference in the lives of others for the purposes of Christ, whether or not they will ever be part of the community of faith...

Risk-Taking Mission and Service is one of the fundamental activities of church life that is so critical that failure to practice it in some form results in a deterioration of the church's vitality and ability to make disciples of Jesus Christ. When churches turn inward, using all resources for their own survival and caring only for their own people, then spiritual vitality wanes." 83, Robert Schnase, Five Practices of Fruitful Congregations

Your Pastor,

Fred Rose

# ABOUT OUR MEMBERS

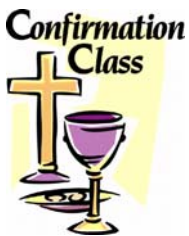
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Jean Marston writes, "Thank you for remembering me at Easter with the beautiful Easter lily and copy of the service and the Torch. I also wish to reiterate my appreciation for your efforts at keeping in touch with me and remembering me. Ginger Spence is currently my chief contact but Gail Miller has remembered me well before. Again, thank you for keeping me in your thoughts."

## New Covenant Class

In the May issue of the Torch we advised that some members of the New Covenant Class will continue to meet in Room 106 at 9:30 a.m. throughout the summer months. Henry Calhoun will lead this class called "**The Way Class.**" The focus of study will be on the "Sermon on the Mount and the "Beattitudes." If you would like to attend this class or if you have questions, please call **Henry at 270-3282** and discuss it with him.



During the Youth Sunday Worship service on **May 31**, ten youth confirmed their faith after attending Confirmation classes this year. We are pleased to welcome them as active members of our church:

**Rachel Burch, Carter Blevins, Mary Chris Werner, Christian Hawkes, Robert deVries, Ryan Neil, Abbey Thornhill, Sarah Thornhill, Aubrey Shade, Elizabeth Piwowarski.**

Congratulations to our graduating High School Seniors who were recognized on Trinity Sunday, on **June 7** – their names are: **Sarah Poole, Shelby Robertson, Becca Rice, Gabe Kelley, Rachel Kewer, William Shimer, Keith Murphy, Chris Lee, Sarah Paige Werner, Meagan McGee, Ben Spence, Palmer Willis, Challoner Crawford, Chip Gerstenmaier, Lauren Hughett, Reid Schmidt, Missy Scott, Rowan Sprague, and Amy Watlington.**



We had two children in **THE FIRST COMMUNION CLASS** this year who will receive their first communion on Trinity Sunday, **June 7<sup>th</sup>**. Our prayers of thanksgiving go to **William Adair**, son of Tom and Julia Adair and to **Thomas Moore**, son of Craig and Cathy Moore..

## PRESBYTERIAN WOMEN

Congratulations to **Ginny Creech** and **Pat Matthes**, who were awarded Life Membership in the Presbyterian Women at the spring luncheon on May 5th. This honor is in recognition of their many years of faithful service to the work of the Presbyterian Women, as well as to many other areas of church life. We thank them again for their outstanding contributions to Tuckahoe Church.

Many thanks to all who helped to make the spring luncheon a success!

**Becky Theuer, Secretary  
Presbyterian Women**



We send our sympathies to Joan Clement and family upon the death of her husband Don Clement on May 10. Don had been a member of Tuckahoe since 2004. Joan's address: 9991 Ridgefield Parkway #225, Richmond VA 23233.

We also extend our sympathy to **Alice Gilleece and family** upon the death of her brother, John Glazebrook, on May 10, 2009. Alice's address: 1600 Westbrook Ave. #813, Richmond VA 23227.

## CONGRATULATIONS

**Jacob Logan O'Dette**, son of Jonathan and Kristine O'Dette, was baptized on April 26, 2009.



## WITHIN THE CHURCH

### ENDOWMENT BOARD INFORMATION

Last month we mentioned that Session has approved changes to the Endowment Fund Plan which provide our Board with greater guidance and flexibility regarding the use of certain Endowment sub-funds. The intent of the changes is to clarify how the sub-funds should be used to achieve what the Board believes are the two principle goals of the Endowment Fund. First, to help provide for future needs of the church that cannot be anticipated today. And second, to help provide for activities in the church which cannot be covered by the ongoing operating budget.

The changes establish a means to enable us to work toward both goals. First, to provide for future needs, the renamed General Memorial Fund will be allowed to grow to at least \$500,000 before withdrawals are considered (unless Session determines an emergency exists). Second, for current opportunities unfunded by the operating budget, the Endowment Board may continue to authorize disbursements from the other sub-funds for requests consistent with the intent of each sub-fund. This authorization is limited annually to 10% of each sub-fund's prior year-end balance so that the funds can also be maintained for future use. The hope, of course, is that the sub-funds will be replenished or expanded with new gifts over time. Finally, the Board also now has greater flexibility in directing undesignated gifts to the sub-funds.

Not only do these changes give the Board greater flexibility, they enable you, the congregation, to direct gifts in a manner more consistent with your desire as to how and when your gifts should be used. For instance, in addition to the General Memorial Fund, sub-funds exist for Education (adult, women and youth), Worship & Music, Mission & Service, Property, and Membership & Fellowship, although all are not presently funded. Gifts to the General Memorial Fund help provide a legacy for future needs. Gifts to the other sub-funds will be used in accordance with the intent of those sub-funds and will likely be used sooner as opportunities arise.

We hope this information is useful to you. Please contact any of us on the Endowment Board if you have any questions or suggestions.

**Tim Beane**  
for the Endowment Board

### OUR "GIFT OF BREAD" PROGRAM

**When we share bread, we create  
a sense of belonging and purpose**



As most of you know, we have started a program of giving a loaf of bread to our visitors at the close of our worship service. Sallie Rhett has been mostly responsible for it being very successful and it is greatly appreciated by those who receive it. Now, we are appealing to others in our congregation to help with the baking or purchasing of the loaves on a particular Sunday, handwrite a short message on a provided brochure, attach it to the loaf of bread, then stand in the narthex after the service and offer it to our visitors. This is yet another opportunity to serve our church and those who visit, in a caring and meaningful way. If you can help out, **call Sallie on her cell phone #399-6384** who can give you a few more details, **or call Becky Dale at 282-2860** to get your name on the list of volunteers.

### A NOTE FROM THE TREASURER

With the arrival of June, many members of our congregation will be implementing the plans they have made for a vacation or a staycation. The treasurer and his family plan to do the same. Tuckahoe Presbyterian Church and your home have at least one thing in common; the bills do not stop arriving just because its summer time. It is my hope that you will make sure that your estimate of giving is current prior to your departure for your summer "reward."

As of the end of April 2009, our total income was \$164,583.07, and our total expenses were \$195,860.17, a situation that gives rise to an excess of expenditures over income of \$31,277.10. While we often experience deficits at this time of the year, they generally are less than \$10,000. As of the end of April 2009, the church had received 28.73% of the estimate of giving amounts chosen by members of the congregation. Since we had received 31.89% of congregation commitments by the end of April 2008, we have a larger deficit at this point than a year ago. We hope to reduce this deficit over the next several months. Ideally, we should receive 33% of contributions by the end of April, that is, 33% of the months in a year have passed. We will continue to closely monitor our expenses as well.

**Dick Mateer, Treasurer**

# Volunteer of the Month



Tuckahoe Presbyterian Church has been blessed in having volunteers continue to serve the church over their years of membership. In some cases such volunteers stretch themselves by taking on different types of responsibilities, some of which may involve our church's involvement in our larger community. The Outreach Division would like to recognize Nancy and Bill Millsaps, wonderful models for long-time service in various aspects of Tuckahoe's program. We often see Nancy and Bill on Sunday morning greeting us with welcoming faces as they fulfill their role as ushers.

Nancy has taken seriously the charge to the congregation as part of the baptism of children by serving both as a Sunday School teacher and a Bible school volunteer. For approximately fifteen years, she has demonstrated her baking skills by preparing a cake once a month for the men's Emergency Shelter. Nancy has served at Tuckahoe as the Naomi for Boaz & Ruth, Inc.; the Naomi keeps communication active between these two organizations. She also volunteers at the Thrift Store, as time permits. She demonstrated she is fearless when working on the construction of the addition to the Giles House at Boaz & Ruth by bracing the studs in place for the walls on both levels of the structure. She definitely knows how to use a hammer. She responds to the call from the Property Division twice-a-year to participate in work days to make sure that our communion silver and tablecloth are in excellent condition. Nancy has assisted in making the interior of our buildings more attractive as a member of two interior design committees. She is an elder and has served as moderator of the Worship Division.

While most of us recognize the name Bill Millsaps in conjunction with his significant roles with the Richmond Times-Dispatch, he also has been a standout on Tuckahoe's Stewardship and Finance Division. He has served as an elder for the Division, its moderator, and currently as an at-large member. He has coordinated our Consecration Sunday experience. He is a great resource to have on the Division as a result of his length of service. Bill has been a member of several of our capital campaign committees and has served on the Endowment Committee, as well. Like Nancy, Bill responds to the call of the Property Division to participate in our work days. Rumor has it that Bill also is a first rate dishwasher.

Nancy and Bill may be most proud of a joint project, raising their daughter, Camerian, a very active member of our youth program prior to her attending Virginia Tech. Thank you Nancy and Bill for all that you have done and will continue to do for Tuckahoe. We are blessed.

## *A Correlation Between Church Attendance and Academic Performance?*

*By Steven Good*

As if the NSYR study cited earlier this year were not enough, a recent study by Prof. David Sikkink of Notre Dame and Jennifer Glanville of the University of Iowa concludes that there is a positive association between regular church attendance and scholastic performance.<sup>1</sup> Church-going, the sociologists say, “boosts students’ relationships with adults and with other high-achieving classmates” encouraging them to become involved in a wide range of activities. Each of these aspects seems to have a positive influence on school performance.

Sikkink and his team reached their conclusion by looking at the data from the National Longitudinal Study of Adolescent Health, which began in 1994 and tracked responses from thousands of students in the 7<sup>th</sup> – 12<sup>th</sup> grade range. Some key indicators of success are religious students’ tendency to be more involved in group and club activities, their tendency to have wider friendship networks with other high achieving students, and their tendency to have increased interaction with caring adults. All of these factors weigh heavily in reducing the probability that students will become engaged in high risk activities or drop out of high school.

Researchers also noted a positive correlation between religious involvement and athletic participation. They speculate that this is perhaps due to the fact that religious students are more accustomed to taking part in collective activities and are encouraged by their faith to evangelize or become involved in community service projects. Participation in these kinds of activities also predicts higher academic performance.

Moreover, the researchers argue that religious attendance entails cultivating the habit of submitting to collective goals and to adult authority. These aspects of religious students’ socialization translate naturally into an academic setting. Furthermore, the discipline of sustaining focus through religious services (a tough discipline even for adults to master) and the Christian emphasis on perseverance in the face of difficulties also has a positive impact on students’ ability to perform in the classroom.

So there are now two nationwide studies that point toward the same thing: aside from the conviction that Christianity is true, and that church attendance raises future generations of faithful witnesses, it also has the habit of making better students.

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<sup>1</sup>See Gene Stowe, More Church = Better Grades, *Notre Dame Magazine* (Winter 2008, 2009) p. 19



## MEMBERS OF DISCIPLE CLASS SPEAK OUT

**Jean Bynum:** Last September I began a 34-week journey of Disciple Bible study. This was a commitment of much reading, meeting for 2 1/2 hours on Sunday nights, and a very special bonding with the other participants and our leader, Fred Rose. I am glad to have been able to join in this study and hope that future Bible readings will be clearer and more meaningful for me. After a summer break, Disciple Two sounds tempting!

**Nancy Millsaps:** Years ago, one of our church leaders reminded me that I had to remember to breathe in, not just breathe out. This came as a reminder that the volunteer activities ("breathing out") at Tuckahoe should be balanced out with other ("breathing in") efforts that nourish Christian growth. For me, participating in a Disciple class has been a nourishing experience. The curriculum is well done and the approach is manageable, even for a slow reader. Disciple has given me a deeper scriptural basis of understanding for Christian beliefs. Class discussions have brought food for thought, lovingly served. Finally, it has encouraged me to understand how I apply these beliefs in my life.

**Dick Mateer:** Enrolling in the Disciple I course was an effective use of my time and energy. I completed two religion courses as a sophomore in college, one of which included reading the majority of the Bible. I had not been involved in an in-depth, lengthy Bible study since college. Since the Bible is the bedrock of our faith, I needed to study again what the Bible was saying to all of its readers and particularly to me. I found the daily reading assignments of the Disciple course to be habit-forming and the weekly class to be stimulating. Class participants also have the opportunity to learn from excellent presentations on DVD, the class coordinator, from one another, and from a well-written manual. The combination of these resources has been most effective. The camaraderie that developed among class members is a wonderful icing on a cake of greater insight into our guidebook for lives as Christians.

**Don Virgin:** I started reading the Bible as a child and I must admit it has usually been more of a chore than a pleasure. Our study in the Disciple program has completely turned that around. I now enjoy reading the Bible and look forward to the directed discussion of it with the other members of our study group. Interaction with each other has brought all participants closer together as fellow members of Christ's church. This has been an unexpected bonus of the program. This course of study requires a commitment of a lot of time each week for 34 weeks. However, I strongly recommend it to you if you can possibly devote the required time.

**Terry Brady:** Since I am more of a "get hands dirty" church member than an intellectual seeker, I felt a need to do some study of scripture when Disciple was offered. In college I had twelve semester hours of Bible study (about a hundred years ago) but since then my only study of the scriptures has been in Sunday school, circle, Sunday worship, etc. To really get the most from such a study, I believe a schedule that demands personal commitment to preparation and attendance over a regularly scheduled longer period is important. Yes, it has been difficult to find the time for the necessary reading; and yes, it has been difficult to get there every week. However, the rewards of the study far outweigh the difficulties. I would wholeheartedly recommend Disciple to anyone who seeks an enrichment of spiritual life.

**Ann Watson:** Disciple has been a roadmap for an intense mental and spiritual journey in faith and the precepts on which our faith has been built. Through consistent weekly study of scripture and an increasingly close connection with classmates, the Disciple experience evolved into a circle of getting and giving instruction, as well as growing.

# **CHILDREN'S MINISTRIES AND EDUCATION**

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## **JUNE UPDATE for....CAMP E.D.G.E. Vacation Bible School 2009** ***Experience + Discover GOD Everywhere***

### **VBS QUESTIONS OF THE MONTH:**

*What will the 3 year olds do without teachers???*

*How can we have VBS recreation without someone to lead it? Do you know what all the open positions for VBS are and which one you can fill?*

*Have you registered your children? grandchildren? neighbors? friends?*

If you can answer these questions, contact Becky Loggins, info below.

*Do you have artificial Christmas trees (not pre-lit), other artificial plants, small tents, or other camping gear that you can lend for VBS decorating?*

*If so, contact decorating lead, Laura Brady, at [ljb.fabrie@gmail.com](mailto:ljb.fabrie@gmail.com) or 359-9253.*

Vacation Bible School will be held from 9:00 a.m. to 12:10 p.m. the week of **July 20th – 24th**.

*VBS is open to all children ages three years (born by 1/1/06) through rising fifth graders.*

Nursery will be available for younger children of VBS volunteers. This summer's program is "**Camp E.D.G.E. – Experience + Discover GOD Everywhere**".

### **Camp E.D.G.E. is where "campers" will**

- Learn and respond to an E.D.G.E. Pledge everyday
- Go back in time on Extreme Bible Treks
- Experience a week long extreme adventure into God's Word

### **OPEN VOLUNTEER POSITIONS – all essential!**

- **Teacher or Co-Teachers in these classes:**  
3 year olds, rising 1<sup>st</sup> grade, 5<sup>th</sup> grade
- **Recreation Lead**
- **Snack Lead (Friday) (snacks prepared and taken to classrooms)**
- **Teacher Break Room Lead**
- **Adult Class Assistants in these classes:**  
3 year olds, 4 year olds, rising 2<sup>nd</sup> grade, rising 4<sup>th</sup>-5<sup>th</sup> grades
- **Adult Assistants in these activities:**  
Cooking, Music, Crafts, Nursery, Decorating, Snack Distribution
- **Youth Assistants in these classes:**  
3 year olds, 4 year olds, rising 1<sup>st</sup> grade, rising 2<sup>nd</sup> grade
- **Youth Assistants in these activities:**  
Cooking, Recreation, Mission, Music, Decorating, Nursery
- **Decorating Team, adults & youth** (Duntreath Hall and hallways)  
Decorating will be done the week prior to VBS - prep work begins now!
- **Pre-week Supply and Materials Prep**
- **Sound and Video Operator, Daily Assemblies**

PLEASE consider being a volunteer for Vacation Bible School and spread the word to others in our church family. We need many people to make this week a success!

**TO VOLUNTEER:** Please contact Becky Loggins, Director of Children's Ministries, 201-0571 or [bq18@comcast.net](mailto:bq18@comcast.net) to volunteer, ask questions or request registration forms.

## CHILDREN'S MINISTRIES (CONT'D)



### What's Going on with Children's Ministries



- **Sunday, June 7** Trinity Sunday - First Communion for the rising second graders in the Communion Class. Following worship - **Vacation Bible School meeting** for ALL VBS volunteers, adult and youth; room 106
- **Monday, July 13- Sunday, July 19** Decorating for Vacation Bible School
- **JULY 20 - 24 Vacation Bible School 2009** Camp E.D.G.E.: Experience + Discover God Everywhere! Mark your calendars and sign up to help at the display in Duntreath Hall! Read the detailed information about the essential volunteer positions in this issue of the Torch, and use the attached registration form to register your children.

Questions? Contact Becky Loggins, Director of Children's Ministries: *phone 201-0571 and email [bg18@comcast.net](mailto:bg18@comcast.net) - Becky Loggins, Director of Children's Ministries*

### Wish List for VBS and Children's Sunday School



- + Camping items for Vacation Bible School (lend) :
- + Any size artificial Christmas trees or plants, camping gear/small tents for decorating
- + **Crayola Brand Washable Markers, *Classic Colors both regular and thin***
- + **Children's Scissors – both round tip and pointed tip**
- + 15 PUMP BOTTLES OF PURELL HAND SANITIZER
- + ***Smallest (1 ¼ ounces) AND regular size bottles of Elmer's Brand Glue***
- + **CLOROX CLEANING / DISINFECTING WIPES – 10 CONTAINERS**
- + **PRE-MOISTENED TOWELETES – 10 CANISTER CONTAINERS**

If you have camping items to lend for decorating, contact Laura Brady at 359-9253 or email [lpb.fabrie@gmail.com](mailto:lpb.fabrie@gmail.com)

General questions about the wish list or Vacation Bible School?  
Contact Becky Loggins at 201-0571 or email [bg18@comcast.net](mailto:bg18@comcast.net)

# RESULTS OF THE TUCKAHOE SPRING MASTERS

**SUNDAY, APRIL 26, 2009 - BELMONT PARK GOLF COURSE**



The 28 golfers vying for the Church bragging rights at the Tuckahoe Spring Masters on Sunday, April 26 would ALL agree, what a HOT afternoon for late April but still a PRETTY day for a round of golf and fun competition! And to add, the competition was fierce at the top of the Leader Board amongst five (5) of the seven (7) teams, separated by only two strokes.

In the end, Teams 1 and 5 tied at 63 (8 under), with Teams 4, 2 and 7 close behind in this heated race for the top spot. After matching scores cards beginning at hole five (#1 handicap hole), Team 5, having birdied the hole, was awarded first place and Team 1, having parred the hole, was awarded second place. Coming home in third place and making a strong effort was Team 4 at 64 (7 under). It must be noted here that Team 4 is the only team to have its own built-in gallery made up of Chet Starkey, Jean Martin, Chritianna Martin and Jane Werner. Teams 2 and 7 also made a charge for the top spot but fell short by two strokes. Both teams finished at 65 (6 under) and received Honorable Mention, as only the top three teams receive prizes. To round out the field, Team 6 finished at 73 (2 over) and Team 3 finished at 81 (10 over). However, I am told they had a fun time and are already looking for "ringers" for the Fall Tournament. A complete listing of the Team Pairings are below. CONGRATULATIONS to the winning teams!

The longest drive hole results were: #6 - Stuart Martin; #11 - Bob Palkovics; #11 - Bob (or was it Mike) Palkovics; and, #12 - Stuart Martin. CONGRATULATIONS to these long hitters! (there seems to be a trend here, so they will be moved back to the Blue Tees in the Fall. Closest-to-the-pin results were: #4 - Judy Palkovics (get her to tell you how she did it); #13 - Stuart Martin; and, #18 - Arch Wallace. CONGRATULATIONS to these three fine shots and accurate golfers!

On behalf of the Fellowship Division, tournament provider, left over funds, after paying green fees, carts and prizes, go to the "Helping Hands" Fund in memory of Jack Gray. STAY TUNED FOR ANNOUNCEMENTS ABOUT THE FALL TOURNAMENT!

**TEAM #1 - 12:48 p.m.**

Bill Palkovics\*  
Bob Palkovics  
Judy Palkovics  
Mike Palkovics

**TEAM #2 - 12:56 p.m.**

Page Malcomb  
Wes Malcomb\*  
Walter Trexler\*  
Don Virgin\*

**TEAM #3 - 1:04 p.m.**

Dave Bauer\*  
Dick Dawes\*  
Baxter Carr  
Curtis Carr

**TEAM #4\*\*\*\*\* - 1:12 p.m.**

Ray Martin  
Stuart Martin  
Gene Self\*  
Chris Werner

**TEAM #5 - 1:20 p.m.**

John Flournoy\*  
Carroll Londoner\*  
Arch Wallace\*  
Gary Zimmerman

**TEAM #6 - 1:28 p.m.**

Pat Brady\*  
Terry Brady  
Martha Campbell  
Dave Kaechele\*

**TEAM #7 - 1:36 p.m.**

Bill Clegg  
Bob Glass  
Josh Wroniewicz  
Lucky Wroniewicz

# FOR YOUR GOOD HEALTH

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## Spring Sports Are Here Again



It is that time of year again. The chilly days are starting to pass and we can almost feel the sun's rays peeking through the clouds. While we have been daydreaming from our winter cabin fever, we cannot help but imagine all the fun and activities that come with spring. For many of us this means the arrival of spring sports such as baseball, lacrosse, and golf.

Whether your kids play a spring sport or you are drawn to the ballpark by the fresh spring air and a yummy hot dog, we are exposed to the sun's harmful rays. We all know that even minor sunburns can ruin the most beautiful spring day. This spring, we want you to have fun in the sun safely.

I am sure everyone is tired of being told to wear sun block when you are out in the sun, but let's face it - sun protection should be practiced year round, even in the fall and winter? Even though you do not feel the sun's warmth, you are still exposed. Even on a cloudy day that seems gloomy, the UV index can read a level three! That means you should be wearing sun block, sunglasses, and a hat to protect yourself.

When you are sitting in the bleachers watching your kid's lacrosse game, you need to make sure you and your family stay protected. Whenever possible, you should stay in the shade and stay hydrated by drinking plenty of water especially when the sun is strongest between 10 a.m. and 4 p.m. If you are sweating you should reapply sun block every hour. The same goes for after swimming and toweling off.

When you take the family to a ball game on a beautiful spring day, you do not want them to get a sunburn that can ruin their whole day. The sun's harmful rays can penetrate normal clothing. Tightly knit clothes should be worn in addition to sun block that should be applied to all unexposed skin.

What many people do not know is that there are different types of sun block. All sun block has a Sun Protection Factor (SPF) that indicates the effectiveness of a sun block to protect against UVB rays. UVB rays are the cause of sunburn. However, there is another form of radiation that causes damage not visible to the eye. UVA rays do not cause sunburn, but is responsible for spots underneath the skin and premature aging. There is broad-spectrum sun block available that protects against UVB and UVA radiation. When shopping for broad-spectrum sun blocks look for the ingredient Avobenzone or Zinc Oxide as well as SPF of 15 or higher.

Remember to stay sun safe while enjoying your spring activities. Being sun safe can help prevent the incidence of skin cancer. So block the sun and not the fun.

*From the rising of the sun to the place where it sets, the name of the LORD is to be praised.*

**Psalm 113:3**



Mary Jane Michael, Parish Nurse

# CHURCH CALENDAR

2009



SUN	MON	TUES	WED	THURS	FRI	SAT
	<b>1</b> <b>No Lunch Bunch</b>  4:00pm Swing Band	<b>2</b> 8:00am Leadership Council 4:00pm Swing Band 8:00pm - Softball	<b>3</b> 7:30pm Endowment	<b>4</b> 7:00am Men's Bible Study 8:00pm AA	<b>5</b>	<b>6</b>
<b>7</b> Centsability Offering 10:00am Worship 11:00 Fellowship 11:00 VBS Meeting - All volunteers - Room 106 11:15pm B/P Check	<b>8</b> 4:00pm Swing Band 7:00pm Outreach Div 7:30pm Education Div	<b>9</b> 5:45pm Emergency Shelter Meal 7:00 Adm/Personnel Meeting 7:00 Stewardship Div. 8:00 pm - Pops Band 8:00 pm - Softball	<b>10</b> 7:30pm Membership/Worship 7:30pm Property	<b>11</b> 7:00am Men's Bible Study 8:00pm AA	<b>12</b>   10:45 a.m.	<b>13</b>
<b>14</b> 10:00am Worship 11:00 Fellowship 11:00 Session rec. new members	<b>15</b> 4:00pm Swing Band 8:00pm Virginia Kennel Club	<b>16</b> 8:00pm Pops Band 8:00pm Soft Ball Game	<b>17</b> 7:30pm Diaconate	<b>18</b> 7:00am Men's Bible Study 8:00pm AA  <b>TORCH DEADLINE</b>	<b>19</b>	<b>20</b>
<b>21</b> 10:00am Worship 11:00 Fellowship  <b>FATHER'S DAY</b>	<b>22</b> 4:00pm Swing Band	<b>23</b> 3:30pm Hilliard House 8:00pm Pops Band 8:00pm Soft Ball Game	<b>24</b> 7:30pm - Session Meeting	<b>25</b> 7:00am Men's Bible Study 8:00pm AA	<b>26</b>	<b>27</b>
<b>28</b> 10:00am Worship 11:00 Fellowship	<b>29</b> 4:00pm Swing Band	<b>30</b> 8:00pm Pops Band 8:00pm Soft Ball Game	<b>"Every parent is at some time the father of the unreturned prodigal, with nothing to do but keep his house open to hope"</b>			