



### *From the Pastor*

As I write this I am sitting with a cup of hot tea and a box of tissues next to me- a common sight for the past several weeks as I have battled a cold and sinus infection. I am glad to be on the mend, but this little bout of sickness is a good reminder for me of the importance of taking care of my body. I am a spiritual teacher not a doctor, but scripture is very clear about the close relationship between our bodies and our spirits. The apostle Paul sums it up best when he writes to the Corinthians, “Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore, glorify God in your body.”

When we neglect to care for our bodies—skipping sleep, not eating well, and not doing what we can to exercise—it is never very long before the health of our spirit starts to slip as well. When we neglect our bodies, we are more likely to feel depressed and discouraged, our energy level drops, often our temper gets shorter and our patience disappears.

It is often people who have had to struggle with physical challenges who understand the reality of this body/spirit connection the most. Several years ago, an elder in the church I was serving at the time was diagnosed with breast cancer. Shortly before her treatment began, she asked me and another of our pastors to visit her in her home. When we arrived, she and her daughter sat us down at the kitchen table armed with pens and pads of paper. She explained that she knew the treatment she was facing was going to be terribly challenging for her body and she wanted our help in creating a plan to keep both her body and spirit as healthy as possible.

Together we brainstormed a plan that was not only full of regular bible reading and quiet times for prayer, but also plenty of visits from her friends and family, recordings of her favorite hymns, healthy meals prepared by her neighbors, a new rocker to allow her to sit on her porch and get some fresh air, and cozy socks for those cold nights in the hospital. Our goal was to keep her healthy inside and out; we wanted to fill her days with comforts for her body and attention to the things that bring her spirit joy.

This month we are starting a new program that has the same goal- chair yoga! This type of gentle exercise is designed specifically for seniors or those with physical limitations. I have heard from many of our members who have already tried it out that not only does it help improve their body’s balance and flexibility, but it also provides an opportunity for fellowship with classmates and encourages their spirits. So, I invite you this month to spend some time taking care of your self in body and in spirit. Maybe you will join our chair yoga class or maybe you will find something else that brings you joy. I hope you will tell me about it!

*Carlin Dejean*

### February Highlights

- |                                |        |                           |        |
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## ***Congregational Life***

### **College Care Packages**

In early February, we will begin collecting snacks for our college care packages. A basket will be available in the Fellowship Hall, and we welcome donations of candy, crackers, chips, granola bars, popcorn, etc. (Please no fruit, Jello, or pudding cups, or anything involving liquid.) The care packages will be packed on Sunday, February 24<sup>th</sup> following worship. If you have questions or would like to volunteer, please contact Susan Witcher at 804-516-1486.

### **Lenten Study**

“To be human is to speak. To be abundantly human is to speak freely and fully. The converse of this is a profound truth also: that the good listener is the best physician for those who are ill in thoughts and feeling.” Wendell Johnson

This Lent our worship and study will focus around the theme of Holy Listening. We will explore how to develop a practice of listening to God, to ourselves, and to our neighbors. For those of you who want to take those Sunday morning reflections and spend some time putting them into practice I invite you to join me for our Wednesday Listening Workshops throughout the season of Lent. We will begin on Ash Wednesday, March 6<sup>th</sup> with a potluck supper at 6pm followed by a Prayer Service at 6:30. Then for the next 5 Wednesday nights we will gather from 6:30-7:30 for a series of workshops on Holy Listening. We will explore how Holy Listening can transform our spiritual lives, our relationships with others, and give us a new and powerful ability to make authentic connections in our community.

## ***Church in the World***

### **Souper Bowl of Caring**

More than 29 years ago, the Souper Bowl of Caring began with a prayer from a single youth group: “Lord, even as we enjoy the Super Bowl football game, help us be mindful of those without a bowl of soup to eat.”

Since that day, more than \$143 million has been raised for local charities across the country through Souper Bowl of Caring. It has become a powerful movement that is transforming the time around the Big Game into the nation’s largest celebration of giving and serving. Through this mission, young people learn what it’s like to make a positive difference in the world – as they collect food, raise money and volunteer to work in charities that provide shelter to the homeless, food to the hungry and compassion to those in need.

You can be part of this movement that is sharing God’s love with those in need. Please give generously on Super Bowl Sunday. The total collected is shared: 50% Southminster Food Fund, 50% Liberation Veterans Services

**Annual Meeting Report**

In January, the Session and Finance Committee worked together to review and modify the Budget for 2019. Due to members who have moved or passed way, pledges were significantly down. Fortunately, due to conservative spending and evaluation of various budgetary line items that have remained the same despite changes, we were able to balance the budget and provide for increases in salary for Rev. Deyerle and Joni Ervine and fund some capital improvements. The Pastor's Call was presented and approved at the Annual Meeting. The Session and Finance Committee will continue to work together this year to inform the congregation of needs, and increase our commitment to God, our members and the community.

**Youth****Triennium 2019**

Registration is open now for Presbyterian Youth Triennium 2019. This national youth gathering only happens once every three years and it is an opportunity for high schoolers to connect with thousands of other Presbyterian youth and experience preaching and teaching led by nationally recognized church leaders. Every time our youth have gone in the past they come back RAVING about how fun it was and how much it deepened their faith. This is one of those "mountaintop" experiences of faith that will stick with you for the rest of your life. Email Rev. Deyerle ([pastor@southpreschurch.org](mailto:pastor@southpreschurch.org)) for more information. The registration deadline is February 25<sup>th</sup>!

- **When is it?** July 16-20th
- **Where is it?** Purdue University in Purdue, Indiana
- **How will we get there?** Bus transportation provided by the Presbytery of the James.
- **How much does it cost?** For all Southminster Youth the total cost is \$310

**Facilities****Pinewood Derby**

Everyone is invited to the Cub Scouts Pinewood Derby on Friday, February 22<sup>nd</sup> at 6:30 PM.

Tired of watching cars race in circles? Come to where the real action is. Marvel at race cars built by our Cubs from just a block of pine, four wheels, and four nails. Thrill as you watch the cars race on our aluminum track, going head-to-head. Cheer on your favorite.

Pinewood Derbies teach Cubs woodworking skills and promotes good sportsmanship. Not everyone has the fastest car, but all are winners. Competition can be fierce. Contact Cubmaster J. Martin Jones at [portiasdad@gmail.com](mailto:portiasdad@gmail.com) or 804-922-3733 for more details.

**Presbyterian Women****Ruth Circle**

February 5<sup>th</sup> at 2:00 PM  
Conference Room

**Anna Circle**

February 5<sup>th</sup> at 7:00 PM  
Debbie Greenberg's residence

**Martha Circle**

February 6<sup>th</sup> at 10:00 AM  
Christian Life classroom

**Esther Circle**

February 12<sup>th</sup> at 10:00 AM  
Fellowship Hall

**Richmonders Involved to Strengthen our Communities**

RISC is a coalition of 21 faith congregations in the Richmond region that address the root cause of serious community problems. One of the action items RISC has been focusing on for the past three years is implementing a reading program in area school systems. Because of diligent research, persistent action, and passion for the community, the Reading Mastery and Corrective Reading Program is being implemented in eight schools in the Richmond Public School system this year. Last year only 48% of all children in RPS were reading on or above grade level. We are hopeful that after using this program, success rates that have been shown with other school systems will follow here.

Continued objectives:

- Verify, support, and strengthen current implementation of the Reading Mastery and Corrective Reading in the 8 schools.
- Celebrate this implementation of Reading Mastery and build awareness in congregations and the community.
- Expand this Reading Mastery pilot to more RPS schools in the 2019-2020 school year.

**RISC Housing Research Meeting**

At the RISC Housing Research meeting on January 7<sup>th</sup>, we learned the following statistics:

- 48.4% of Richmond households spend more than 30% of income on housing, which creates a financial burden. This rate has remained constant over the last ten years.
- Richmond has the second-highest eviction rate in the nation, at 11.44%. This rate has been stagnant over the past 16 years.
- In Virginia, an eviction case can be brought to court 33 days after a tenant fails to pay rent once, and the tenant can be forcibly evicted 44 days after failing to pay rent. Fewer than 1% of tenants in eviction cases have a lawyer involved.

Our large meeting group was divided into smaller groups that volunteered to review documents concerning Richmond Housing Statistics, the Coliseum Development Project, Richmond Housing Reports. Some of the groups will observe City Council Meetings. There are opportunities for "field trips" to organizations working on housing problems. In early January a small group toured the "New Clay House." The building was one of the first homes for the homeless. It was gutted and renovated to meet the current need based on best practices. The building that was once a brewery will have 80 studio apartments. Each resident will have their own key and on-site security. Social workers will be available. Each apartment has a kitchen and bath as well as bed/ living space and will come fully furnished. There are units that are set aside for the disabled.

We will have our next Housing Research Team Meeting February 11, 2019. Anyone is welcome to join the group at any time.

**Session Highlights**

- Approved the 2019 Financial Budget
- Approved new program request for Seniors Chair Yoga to be held on Monday in the Fellowship Hall and be open to the community at no charge.
- Approved changes to Session scheduled dates and heard updates on Long Term Projects, including new playground equipment and bathroom updates, and upcoming Church in the World Events – Super Bowl of Caring Offering and Rise Against Hunger in March.

## **Chair Yoga at Southminster**

Southminster will offer a chair yoga exercise class on Mondays at 11:00 AM in the Fellowship Hall starting on Monday, February 4<sup>th</sup>. Chair yoga is a fun way to improve strength, flexibility, and balance.

- No worrying about getting down to the floor and back up.
- No perspiring
- No overdoing it. Only do what your body allows
- No special equipment
- No fee. A free will offering will be accepted to help cover the cost of the class

The class is open to men and women of the church and of the community. We invite our members to come try it out and to invite friends and neighbors. If you have any questions, please contact Bonnie Kowalski at 804-745-8740 or bonniek6@verizon.net

## **Save the Date for Camp Hanover Day Camp**

It may be cold outside, but Southminster is already planning for summer. Camp Hanover will bring their traveling day camp to Southminster from July 29 – August 2, 2019. Children entering kindergarten – 6<sup>th</sup> Grade are eligible to enroll in day camp. Keep watching for more information.

## **Remember in Prayer**

Please pray for our military personnel, Sue Carlton, Jean Collier, Bob Davis, Matt Davis, Carolyn Griles, Bob & Net Hall, Ann Kearns, Bev Lamberton, Marsha Lane, Alberta Lindsey, Earl & Donna Medicus, Adele Robertson, Eddie & Jenny Schiller, Billy Smith, Dave Thomas, Howard Vann, Ryan Witcher.

## **Directory Updates**

**Keith & Pam Lumsden**  
6853 Riverview Park Circle  
Gloucester, VA 23061  
804-693-3745

**Alberta Lindsey**  
1600 Westbrook Avenue  
Apt. 312  
Richmond, VA 23227

## **Southminster Notes**

Dear Caitlin & Church Family,

Thank you so much for the gift you sent to Earl and me. It was so appreciated and will be put to good use. I miss our choir and church family so much, but right now we're going through some trying times. Thank you for your prayers.

Love,  
Donna & Earl

## ***February Birthdays***

- 1 Gina Taggart
- 3 David Burton
- 4 Jim Davis
- 7 Barbara Reid
- 10 Kathy Krausse, Art Williams,  
Michael Willis
- 11 Lou Ann Daniel
- 12 Kerry Silwick, Austin Smith
- 15 Nan Mazzamuto
- 19 Toni Briggs, Gregory Conrad
- 20 Zach Hamlin, Kerry Knight
- 21 Wanda Carneal, Grady Osborne
- 23 Dan Pharr, Barbara Jordanger
- 24 Anna Pinchbeck
- 26 Tracey Bowser

## ***February Anniversaries***

- 20 John & Winki Lampe (20)

*Have we missed your birthday or anniversary?  
Let the church office know: 804-276-1749.*

## ***February Schedules***

### **Communion Team**

Team 4 ~ Trays

### **Elder Greeters**

- 3 Matt Briggs
- 10 Naomi Campbell
- 17 Tracey Williams
- 24 James Deyerle

## ***February Schedules, cont.***

### **Facility Stewards**

- 3 Brown Pearson
- 10 Chuck Greenberg
- 17 Craig Campbell
- 24 Dan Bice

### **Door Greeters**

- 3 Rich & Bonnie Kowaksli
- 10 George & Barbara Reid
- 17 Bob & Marty Griffin
- 24 George & Barbara Reid

### **Ushers**

- 3 TBD
- 10 TBD
- 17 TBD
- 24 TBD

### **Flower Delivery**

- 3 *Communion*
- 10 Danise & Bob Warren
- 17 Danise & Bob Warren
- 24 Danise & Bob Warren

### **Food Closet**

- 5 Margaret Hall, Melba Jolly
- 7 Mary Stahl, Jane Tarter
- 12 Shelley Murray, Terry Liendecker
- 14 Melba Jolly, Lyndale Baptist
- 19 Margaret Hall, Lyndale Baptist
- 21 Jane Tarter, Lyndale Baptist
- 26 Mary Stahl, Lyndale Baptist
- 28 Bonnie Kowalski, Gail DeCosta

# Southminster Presbyterian Church

## February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3 Communion</b> 10 AM: Sunday School 11 AM: Kehillah 11 AM: Worship 12 PM: First Sunday Prayers 3 PM: IPCN	<b>4</b> 10 AM: Balladeers 11 AM: Chair Yoga 6:30 PM: Cub Scouts	<b>5 Food Closet</b> 2 PM: Ruth Circle 6:30 PM: Anna Circle 7 PM: Girl Scouts 7:30 PM: IPCN	<b>6</b> 10 AM: Martha Circle 6 PM: Pot Luck 7:30 PM: Choir Rehearsal	<b>7 Food Closet</b> 7 PM: Presbyterians	<b>8</b> 8 AM: Lifeline Screening 7:30 PM: IPCN	<b>9</b> 7:30 PM: IPCN
<b>10</b> 10 AM: Sunday School 10:15 AM: Pastor's Aid 11 AM: Worship 12:30 PM Leadership & Planning Meeting 3 PM: IPCN	<b>11</b> 10 AM: Balladeers 11 AM: Chair Yoga 6:30 PM: Cub Scouts	<b>12 Food Closet</b> 10 AM: Esther Circle 7 PM: Girl Scouts 7:30 PM: IPCN	<b>13</b> 7:30 PM: Choir Rehearsal	<b>14 Food Closet</b> 7 PM: Presbyterians	<b>15</b> 6 PM: Girl Scouts Movie Night & Cookie Sorting 7:30 PM: IPCN	<b>16</b> 8 AM: Girl Scouts Cookie Sorting 7:30 PM: IPCN
<b>17</b> 10 AM: Sunday School 11 AM: Kehillah 11 AM: Worship 3 PM: IPCN 6 PM: Youth Game Night	<b>18</b> 10 AM: Balladeers 11 AM: Chair Yoga 6:30 PM: Cub Scouts	<b>19 Food Closet</b> 7 PM: Girl Scouts 7:30 PM: IPCN	<b>20</b> 7:30 PM: Choir Rehearsal	<b>21 Food Closet</b> 10 AM: Triad Meeting 7 PM: Presbyterians	<b>22</b> 4 PM: Yard Sale Meeting 6:30 PM: Pinewood Derby 7:30 PM: IPCN	<b>23</b> 7:30 PM: IPCN
<b>24</b> 10 AM: Sunday School 11 AM: Worship 12:30 PM: Session 3 PM: IPCN	<b>25</b> 10 AM: Balladeers 11 AM: Chair Yoga 6:30 PM: Cub Scouts	<b>26 Food Closet</b> 7 PM: Girl Scouts 7:30 PM: IPCN	<b>27</b> 7:30 PM: Choir Rehearsal	<b>28 Food Closet</b> 7 PM: Presbyterians		
		Notes				

**SOUTHMINSTER PRESBYTERIAN CHURCH**

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[office@southpreschurch.org](mailto:office@southpreschurch.org)

Return Service Requested

# February 2019

## Sunday February 3rd

**Offering will be taken  
during worship.**

**Help us tackle hunger  
in our community!**



Would you like to receive your newsletter electronically?

Send an email to [office@southpreschurch.org](mailto:office@southpreschurch.org) with *Add Me To Newsletter List* in the subject line.