Presbytalk

News of Front Royal Presbyterian Church

March 2011

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Holy Communion—On Sunday March 7, we will celebrate Holy Communion. Prepare your hearts to commune with the Lord and one another. Also, the third Sunday of each month communion is celebrated in the chapel at 9a.

Session Meeting—The Session will meet on March 14 at 7p in Room 200.

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Pastor's Pen

"Jesus Christ is the same yesterday, today, and forever." Nine of the most important words in the Bible. Why? Because we live in a changing world. It has always been that way. Frank Pollard once remarked that Adam probably said to Eve, "Honey, we're living in changing times." Is there anything in life that doesn't change? We constantly change from one circumstance to another, we grow older (not younger!), finally we die. We tie our life to someone else. When they change or die, a huge change takes place in our lives. Perhaps life's deepest need is for the unchanging friend who never leaves us. "Jesus Christ is the same yesterday, today, and forever." But what does that mean to us?

Well, in the first place, it means that Christ is the Lord of yesterday. In our way of thinking, there's nothing we can do about yesterday. We're marked by what we did yesterday. Yet, Jesus can walk backward; he can re-enter our yesterdays. He can pick up our past sins and throw them in the sea of forgetfulness where no fishing is allowed. He wipes clean the record of our past sins. In this computer age, we could say that Christ pulls up the record on heaven's computer and punches the "delete" button.

In the second place, Jesus is the Lord of today. Too often we think and act as if we can take care of today, we can handle today. Yet, in today's stress and trials, he is there. When we strain to make our way, to pay our bills, and to get along with others, Christ is there. In all our relationships and situations we need him--in marriage, family life, employment, illness, and decisions. Lying on a hospital bed, we may wonder, "Does anyone care?" Then the answer comes back, "Yes, Jesus cares for you and is always with you." We can look up while lying down.

Finally, Christ is the Lord of tomorrow. When people gather to talk about the prospects for the future, the discussion often turns to doom and gloom. One is likely to leave such a meeting depressed. Are you worried about tomorrow? Worried that the world will be destroyed if someone pushes the button that ignites a nuclear war? Worried that there will be no jobs left for you when you graduate from college? Worried that you'll marry the wrong person? Worried about dying and facing eternity? Jesus Christ is Lord of tomorrow. He will be your friend then just as he was yesterday and is today. He is life's only constant. "Jesus Christ is the same yesterday, today, and forever."

March 9, 6:30p in the Fellowship Hall
beginning with a light supper

Prayers for Wholeness will be on Sunday, March 27. At the conclusion of the service, those who would like prayer for themselves or for others may go to a prayer center in the front of the sanctuary for the laying on of hands and anointing with oil for healing and a brief time of special prayer with those who desire it. Further instructions will be given at the service.

"Are any among you suffering? They should pray...." James 5:13-15

Monthly Fellowship Luncheon March 13

Join FRPC members for the monthly Fellowship Luncheon on March 13. Bring a vegetable or salad to go with fried chicken. Meat and drinks are provided; the Witness and Service Committee in charge

Would you like to place flowers in the sanctuary in honor or in memory of someone—or just for the joy of it? Please call the church office with your information. You may choose among the following dates which are open for altar flowers: March 27, July 10 or 17, October 30, and November 6 or 13.

4¢-a-Meal Offering and C-CAP Donations. Offerings for 4¢-a-Meal and C-CAP donations will be on the second Sunday of each month. C-CAP grocery items as well as monetary donations. There is a basket for items donated in the Narthex.

St. Luke Sunday. The last Sunday of each month we invite you to remember the work of St. Luke Community Clinic, our "free" clinic, in your prayers and giving. Special blue offering envelopes for St. Luke are provided in the pew racks.

Building Emphasis Sunday. The first Sunday of each month is *Building Emphasis Sunday* when we remember that our buildings grow old and need constant maintenance and improvement. We invite you to add something extra with your offering.

Do you recognize this young person from a 1985 photo? Not too many years ago he was among us on a regular basis.

For the answer, go to "Where Are They Now????" page 7

Presbyterian Women will meet on Tues., March 1 at 2p in the choir room; Anne Warburton is hostess. We are now serving a total of 52 children with the

Backpack Buddy program at E. Wilson Morrison Elementary School. Included are 36 pre-school and 16 in grades K-5. To get involved: Bag Packing: Every Thursday at 1p in the church kitchen.

- Donate Plastic Grocery Bags: We pack the food in plastic grocery bags.
- Sponsor a Child: $5/per week now goes farther! Your $5 now provides 9 healthy snack and meal items for 1.5 children over the weekend.

Our deepest sympathy to Elsie Upchurch on the death of her husband Norman on February 20. Also, our sincere condolences to Carol Morrison on the death of her husband Dr. Jim Morrison on February 20.

Our sympathies to Wesley and Gloria Harris on the death of his sister, Hillary Kurek, in Florida on February 23

Using Medications Wisely

Faith is the substance of things hoped for, the evidence of things not seen. Hebrew 11:1 JKNV

Consider this, over 65% of Americans age 50 or older take an average of four different drugs every day. Each year over 234,000 older Americans end up in the hospital because of reactions caused by combining over-the -counter (OTC's) and prescription drugs.

Before medications are prescribed for you, tell your physician if you are:

- Allergic to any medications.
- Currently taking any other medications. Be sure to include OTC"s .or dietary supplements.
- Pregnant.
- Have any problems taking medications.

The Cleveland Clinic has suggested the following safety tips if you are taking medications:

- Read all medication labels carefully.
- Know exactly why you are taking the medications and any possible side effects.
- keep a list of all your medications, the time and dosage with you at all times.
- Remember that eye drops, skin lotions, and vitamins need to be included with your list.
- Take any medications exactly as prescribed.
- Review any side effects.

Do not stop taking your medicine without consulting your physician. One exception is to stop immediately if there are any serious side effects or reactions.

- Never double the dose of your medicine. Unless instructed by your physician.
- If you miss a dose take it as soon as possible but if it is near the next time-dose, skip that dose.
- DO NOT keep medications that are outdated.
- Keep medications out of reach from children-preferably locked.
- Store in a dry place or the refrigerator if indicated.
- Buy all of your medications at one pharmacy so the pharmacist can check for interactions.
- When traveling keep all of your medications in your carry-on luggage and take extra medication.
- Always follow the doctor's instructions and read labels twice each time.
- Never take your medications in a dark room. Be sure there is adequate light.

Remember that drug interactions can occur when taking two different types of medications.

This interaction can either increase or decrease the effectiveness of the medication. Some examples of this is alcohol combined with a medication can slow your reaction time or make you sleepy. Grapefruit juice should not be taken with some blood pressure medications. Also there are many foods that should not be taken with blood thinner medications.

Take extra special care when using any medications and remember these safety tips.

Marion Loughran, BSN, Parish Nurse
Resource: Cleveland Clinic Health Site on the Internet

Beau Soir Ensemble. On Sunday, March 20, 2011 at 4:00p a harp-flute duo featuring Lauren Panfili on flute and Michelle Myers Lundy on harp, will perform. Ms. Panfili is a professional flutist, teacher and has per-formed at the Kennedy Center, National Cathedral and with the National Philharmonic, Alexandria Symphony, Master Chorale of Washington and Choral Arts Society. She holds a Bachelor of Music degree in flute from St. Olaf and a Master of Arts degree from the University of Iowa. Ms. Lundy, a professional harpist, has performed throughout Washington, at the Capitol, Supreme Court, National Archives, the Lyceum Museum, Strathmore Mansion and Hall, Alden Theatre and Smithsonian Museums. She is the principal harpist with the McLean Orchestra and performs with the National Philharmonic Orchestra. Ms. Lundy received a Bachelor in Music from Northwestern University and a Masters in Music from University of Michigan. You may recall that the Beau Soir Ensemble performed as part of the Performing Arts Series in November 2008. The concert is open to the public and donations are appreciated.

Dear Friends and Supporters,

It is just over two years since I first arrived in Ethiopia. And what a two years it has been: new friendships have formed; personal growth (especially in my relationship with God) has occurred; much knowledge about missions and community development has been gained. Through it all, I can see God's hand at work in my life and in those around me. What a blessing it has been to witness the amazing work that God is doing here in Ethiopia!

But my time in Ethiopia is coming to a close. Due to many challenges and difficulties, I will be returning to the US earlier than planned. A date has not been finalized, but I plan to depart Ethiopia in mid/late March. I will be completing home assignment (speaking at churches and visiting supporters) for three to four months, from April/ May thru July/August. If you would like to attend one of these events, please let me know and I will keep you informed. I will be working out a home assignment plan in consultation with PC(USA) so please also let me know as soon as you can if you would like me to visit your church and I will do my best to include you.

It is with mixed emotions that I ponder my return to the US. On the one hand, I love Ethiopia and am sad to leave my friend and colleagues here. And yet I am also excited to see family, friends and supporters in the US and excited to see what God has next for me. Despite the mixed emotions, I reflect on His faithfulness these past two years, and my entire life, and I move forward confidently with trust and faith that He is guiding me and will remain faithful as I discern the next steps.

Thank you for your many prayers and words of encouragement. It is my hope that we may continue to walk together as we participate in the mission of God in our daily lives wherever we are. And, please continue to keep me in your prayers as I prepare for my return to the US, complete home assignment, and discern God's leading.

Shalom,
Than Veltman, Missionary Co-Worker in Egypt

DuMez Rules! Named Outstanding Female Swimmer at the Virginia Independent School Athletic Association Division (VISSA) Division II swimming invitational on February 5, our own Rachel DuMez shattered VISSA II and Delaney Athletic Conference records with first-place finishes in both events hosted by Seton School. She finished first in the 100 yard butterfly with a time of 1:01.l29—beating the previous record by 4.71 seconds. She also bested the previous 100-yard backstroke record by 1.4 seconds with a 1:01.89 finish. A sophomore at Wakefield Country Day School, "Rachel is a gifted swimmer who ever is striving toward excellence," said athletic director Mike Costello. "I am not surprised she has performed this well against such a talent-rich pool of swimmers from all over the state." Rachel has won every race she has entered this season according to WCDS and has qualified for the state meet in the 200-yard individual medley, 100-yard butterfly, 500-yard freestyle, and 100-yard backstroke. Congratulations! Rachel.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
March 2011		**1** 2p PW—Choir Room	**2** 3 p Williamson Ringers 6:30p WOW RM 105	**3** 9:30a TW—Parlor 5:00p My Brother's Table 6:30p Carillonneurs 7:00p Chancel Choir	**4**	**5**
6 9:00a Worship in the Chapel 9:45a Sunday School 11:00a Worship/Holy Communion Building Offering	**7**	**8** 7:00p Cub Scts	**10** 9:30a TW—Parlor 5:00p My Brother's Table 6:30p Carillonneurs 7:00p Chancel Choir	**10** 9:30a TW—Parlor 5:00p My Brother's Table MH Loftin & A Warburton	**11**	**12** Set clocks back 1 hour **Daylight Saving Time** begins
13 9:00a Worship in the Chapel 9:45a Sunday School 11:00a Worship C-CAP & 4¢-A-Meal Offerings 12:00p Fellowship Luncheon—FH (Witness & Service Cmte.)	**14** 7p Session Meeting, Rm 200	**15** 7:00p Cub Scts	**17** 9:30a TW—Parlor 5:00p My Brother's Table 6:30p Carillonneurs 7:00p Chancel Choir	**17** 9:30a TW—Parlor 5:00p My Brother's Table (J Wertz & B Hall)	**18** **Newsletter Deadline** 	**19**
20 9:00a Worship in the Chapel 9:45a Sunday School 10:30-45a Birthday Party 11:00a Worship 4:00p Beau Soir Concert—Sanctuary	**21**	**22** 7:00p Cub Scts	**24** 9:30a TW—Parlor 5:00p My Brother's Table 6:30p Carillonneurs 7:00p Chancel Choir)	**24** 9:30a TW—Parlor 5:00p My Brother's Table (M Steane & J Horton)	**25** Youth Confirmation Retreat--Massanetta	**26** Youth Confirmation Retreat--Massanetta
27 9:00a Worship in the Chapel 9:45a Sunday School 11:00a Worship St. Luke Offering	**28**	**29**	**31** 9:30a TW—Parlor 5:00p My Brother's Table 6:30p Carillonneurs 7:00p Chancel Choir	**31** 9:30a TW—Parlor 5:00p My Brother's Table 7:00p Chancel Choir		

Servers for March

Date	Greeters 11 AM	Ushers 11 AM	Coffee	Flowers	Elder of the Week	M B T	Communion Preparers	Communion Servers	9a Food	Wel-come
6	Adrian Burt Rachel Burt Liz Rhyne	John Wertz (HU) Zach Logan Marta Steane Richard McComas	The Downs	***Communion***	Mary Stagg	Mary Helen Loftin & Anne Warburton	M H Loftin and B Eagleson	Richard Johanson Dee Sparger Al Larson Mary Helen Loftin Sallie Hall Ruth Younk	R. Burt	A. Burt
13	William Hall Lucy Venable Sallie Hall	John Wertz (HU) Zach Logan Marta Steane Richard McComas	***Fellowship Luncheon*** Witness & Service Committee	Ann Wood	Doug Rutz	John Wertz & Bill Hall			Rose DiNinno	M. Steane
20	William Hall Lucy Venable Sallie Hall	Douglas Rutz (HU) Ed Rutz Shane L'Amoreaux Charles Fristoe	Marta Steane	Judy and John Huff	Alex DuMez	Marta Steane & Jason Horton			Janet Jewell	
27	William Hall Lucy Venable Sallie Hall	Douglas Rutz (HU) Ed Rutz Shane L'Amoreaux Charles Fristoe	The Burts		Larry Funk				Dee Sparger	The Weddles

Souper Bowl of Caring Update—The winner is the Pittsburgh Steelers. Thank you everyone for participating in our 7th Souper Bowl of Caring. We raised $118.95 for C-CAP—$71.56 in the Steeler's pot and $47.39 in the Packer's pot.

Where are they now???? Our mystery person this month is Andrew Huff. Read his own account of what he has done and where he is now…

It is difficult to describe where I've been and what I've done since I "left" Front Royal and the church, because no matter where I go or how long I'm there, I never feel like I've "left."

Returning to Front Royal and the church, although never as often as I'd like, always feels like home.

After my undergraduate studies at JMU, I headed north to Burlington, Vermont. Here, I started what would turn out to be a 15-year career in public service. After serving as a VISTA volunteer and later working for Burlington's Mayor, I met my wife Maya and we headed to Osaka, Japan for two years of teaching English. Our return to the states brought us to the District of Columbia. Here, I earned my Master's degree and began working for the District government – for the Department of Transportation, Metropolitan Police Department, and the former D. C. Mayor, Adrian Fenty. I am currently employed by the Ward 2 Councilmember, Jack Evans, as his Director of Communications. Maya and I are expecting our first child in June and life couldn't be better.

My greatest memories of church are mainly centered around my experience as a youth – overnights at Isaac Walton, church lock-ins, youth Sunday. All of these experiences undoubtedly helped to shape how I see the world and who I am today. I will always be grateful for the love and support that continues to be shown to me and my family by the church. I know I'll always have a place there. That's because I know I never really left.

Daylight Savings Time begins March 12. Set your clocks forward one hour Saturday night!

♪ MUSIC NOTES ♫

As you have been aware, our pastors are preaching from the book of Deuteronomy, which includes the Ten Commandments. On Sunday, April 10, the Music Department will present a musical play which is based on these commandments. "For Goodness' Sake" is a 20-minute program and will be offered at the Fellowship Lunch on that day. You are sure to enjoy this rather light-hearted program of song and commentary on the basic tenets of our faith. Mark your calendars; come and bring a friend to enjoy ***For Goodness' Sake.***

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CHANGE SERVICE REQUESTED

Journey through Holy Week

This year FRPC is observing every day of Holy Week.
Prayerfully join us to worship and praise our Lord!!

Monday **4/18/11** – 6p light supper; 6:30 p The Gospels read by the youth—Fellowship Hall

Tuesday **4/19/11** – 6p Worship through dance/movement, active prayer and sign—Sanctuary (refreshments afterwards)—Fellowship Hall

Wednesday **4/20/11** – 1p *Holy Week through Art* with Dr. Rhyne—Chapel (refreshments afterwards)

Thursday **4/21/11** – 7p Maundy Thursday Service—Sanctuary

Friday **4/22/11** – Day: 9a-4p—Crosswalk—Sanctuary; New art by member artists
Eve: 6p – Light supper—Fellowship Hall;
7p - Choir—*Seven Words of Love*—Sanctuary

Saturday **4/23/11** – Morning 10a-12p—Children's Easter Celebration