

Presbytalk

News of Front Royal Presbyterian Church

April 2011



In This Issue...

- Easter Celebration...page 2
- High Cholesterol...page 3
- Birthdays...page 4
- Inside Out, Upside Down...page 5
- Monthly Calendar & Servers...page 6
- Picasso Trip Changes...page 7



The Lord's Table

Holy Communion

On April 21,
Maundy
Thursday,
and Easter

Sunday, April 24, we will celebrate Holy Communion. Chapel will not meet on Easter but combine with the 11a worship.

Session Meeting

The Session will meet on April 11 at 7p in Room 200.

Dr. C. Thomas Rhyne, Pastor
email: pastor@frontroyalpres.org

Rachel W. Crumley, Assoc. Pastor
email: ap@frontroyalpres.org

Beverly C. Clark, Music Director
email: declark@shentel.net

Ann E. Wood, Admin. Assistant
email: admin@frontroyalpres.org

115 Luray Avenue, Front Royal, VA 22630
www.frontroyalpres.org

Church (540) 635-3894
Fax (540) 635-8585

Journey through Holy Week

April 16-23, 2011

- Saturday** 9:30-11:30a...Children's Easter Celebration at FRPC
- Palm Sunday** 9 & 11a Sunday Worship...At 11a we will celebrate the triumphal entry of Jesus into Jerusalem long ago with sprays of palm leaves and special music. At 10:50a we will celebrate the Blessing of the Palms in and around the area of the arches outside the entry doors.
- Monday** 6p ...Light supper—Fellowship Hall
6:30p...The Gospels read by the youth
- Tuesday** 6p...Worship through dance/movement, active prayer and sign—Sanctuary (refreshments afterwards)—Fellowship Hall
- Wednesday** 1p...Holy Week through Art—Chapel *The Passion in Art* with Dr. Rhyne (refreshments afterwards)
- Thursday** 7p...Maundy Thursday Service—Sanctuary
We will celebrate the Lord's Supper as we remember Jesus and his disciples in the Upper Room. We urge you to come and celebrate the gift of God's Son who was lifted up on the cross to draw all people to himself. Nursery provided.
- Friday** 9a-4p...Crosswalk—Sanctuary; new art by member Artists. Nine points will be set up representing different aspects of the crucifixion of Jesus.
6p...Light supper—Fellowship Hall;
7p...Choir—*Seven Words of Love*—Sanctuary
- Easter** 11a..Easter Sunday Worship and Communion
Children will sing in the worship service. Also, One Great Hour of Sharing (OGHS)—Our OGHS Offering which allows Presbyterian Disaster Assistance (PDA) to respond almost immediately to victims of disasters, as well as refugee assistance and resettlement, and community development that helps strengthen families and communities. Recognizing that the hope we have in Christ we respond with gifts that help our worldwide community find the hope for a brighter future.

Youth Group

- The Youth Group will meet on Sunday, April 17 from 5:30-7:30p in room 203. All youth grades 6-12 are welcome to attend. Your friends are always invited.
- The Youth Group will read the Passion Narrative from The Gospels on Monday, April 18 at 6:30p in the Fellowship Hall
- There will be no meeting on Easter Sunday.

Senior Home Residents

Keep in touch; remember them with a note, a call, or a visit.

Mrs. Jane Hughey

Amerisist
106 Westminster Drive
Front Royal, VA 22630

Mrs. Mary Miller

Hidden Springs Senior Living
973 Buck Mountain Road
Bentonville, VA 22610

Mrs. Helen Stickley

Loving Arms
103 Lee Burke Road
Front Royal, VA 22630

Pray for Our Persons in the Armed Forces:

*Andy Arsenault, William Funk
Nicholas McComas, Jeff Hecox
and Patrick O'Rourke*

Thank you.

To the choir, the ushers, those who provided food and setup for the reception, and everyone else involved with the funeral for my father, Col. James Morrison, thank you for your kindness. Your efforts meant the world to my mother. You certainly have a wonderful church community. Jane Nakatani



There are still some open dates if you would like to place flowers in the sanctuary. Please call the office.

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 needs 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.



Stewardship of Time and Talents through *March 20, 2011*
Sunday School: 36..... Chapel: 20..... Worship: 85

Financial Update as of *March 20, 2011*

| | |
|---|--------------|
| DI-SO Balance..... | \$ 2,563.31 |
| CEB Bal. on January 1, 2011..... | 17,158.83 |
| Received through January 23, 2011 | 87,494.29 |
| Subtotal..... | 104,653.12 |
| Paid out..... | -86,024.51 |
| TOTAL..... | \$ 18,628.61 |
| Pledges and gifts totaled | \$ 29,992.57 |



You are invited to an...

Easter Celebration



Egg hunt, crafts, snacks, puppet show, and more!

Saturday, April 16

9:30 - 11:30 am

at Front Royal Presbyterian Church

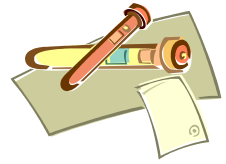
115 Luray Ave.

<http://frontroyalpres.org>



High Cholesterol Is A Health Issue

Paul called the body "The temple of the living God." Corinthians 6:16



What is cholesterol? Cholesterol is a waxy, fat-like substance naturally found in all parts of our body. It is present in the walls and membranes of every cell, in the brain, nerves, skin, liver, intestines and heart. Without cholesterol our bodies could not function properly or survive.

Cholesterol acts like hormones and bile acids that help us digest fat. Cholesterol comes from two major sources, in the body from the liver and from foods that we eat containing cholesterol.

High cholesterol levels over a period of years can damage the walls of the blood vessels. Since having high cholesterol levels have no symptoms, it can go undetected for years. This can lead to a heart attack, stroke or heart disease. Heart disease is the number one killer of women and men in the United States. Each year more than a million Americans have heart attacks, and about half a million-people die from heart disease. There are a lot of things you can do to lower your high cholesterol levels.

A Healthy lifestyle includes:

- Y **Eat a variety of healthy foods, avoid too much fat, saturated fats and cholesterol. Avoid too much sugar and salt. Eat foods with adequate starch and fiber.**
- Y **Maintain a desirable weight. Losing weight can lower your total LDL and total cholesterol levels and lower triglyceride levels.**
- Y **Exercise (at least 30 minutes a day)**
- Y **Stop smoking!!**

Everyone ages 20 and older should have their cholesterol measured at least every five years. It is best to have a blood test called "lipoprotein profile" to find out your cholesterol numbers. This blood test is done after a 9 to 12-hour fast, and it gives information about your total cholesterol levels.

Normal healthy cholesterol levels should be in this range:

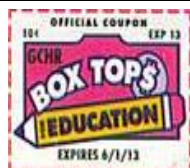
- Y **Total Cholesterol Level Less than 200 mg/dL is desirable.**
- Y **LDL (bad) cholesterol levels. Less than 100mg/dL is desirable. LDL deposits some of it is cholesterol in artery walls. (You can remember "L" is for lethal.)**
- Y **HDL (good) cholesterol levels higher than 60mg/dL is best. HDL can help remove excess cholesterol from the artery walls. (You can remember "H" is for healthy.)**
- Y **Triglycerides can raise heart disease risks. Levels that are (borderline (150-199) may need treatment.**

There are factors such as body chemistry, heredity, diabetes and hypertension that can make it more difficult to lower your cholesterol levels. However, your physician can help to lower the levels by using medications along with a healthy diet and exercise.

It is our responsibility as adults to live a healthy lifestyle and to teach our children how to maintain a healthy diet and exercise daily.

Marion Loughran, BSN, Parish Nurse
Resource: NIH Heart Lung and Blood Institute.

Last call—
Bring your Box
Tops for
Education.



Blood Drive—A Red Cross Blood Drive will be held at FRPC on Monday, *May 16* from 12n to 6p.

Sunday School Birthday Party!

Mark your calendar for Sunday, April 17, 10:30-10:45a. Celebrate the birthdays at our monthly Birthday Party!
All are welcome!



April Birthdays

| | |
|-------------------------|----|
| George Menassa..... | 2 |
| Jim L'Amoreaux | 2 |
| Lauren Ewing..... | 2 |
| Hal Meredith | 3 |
| Joyce Chandler..... | 10 |
| Elaine Miller | 10 |
| Ron Stiefel | 10 |
| Winston Harris | 11 |
| David Straightiff | 11 |
| Rev. Sidney Pinch..... | 12 |
| Joseph Lee..... | 13 |
| Anna Rhyne | 14 |
| Aaron McIntyre..... | 14 |
| Mac McComas | 15 |
| Herb Morgan..... | 16 |
| Catie Noel | 22 |
| Karen Young..... | 27 |
| Marta Steane | 27 |
| Joan Logie..... | 28 |

Happy Anniversary to:

Ana and Al Larson on 4/26
Wanda and Max Haslip on 4/26
Marta and Chris Steane on 4/29

**Monthly Fellowship Luncheon
April 10**

Join FRPC members for the monthly Fellowship Luncheon on April 10. Bring a vegetable or salad to go with barbeque pork. Meat and drinks are provided; the Christian Fellowship Committee is in charge.

Women on Wednesday (WOW) and **Thursdays' Women (TW)** are both working through a Lenten Study called Opening Doors into Prayer. All are Welcome. **WOW** meets at 6:30p on Wednesday evenings in Room 105, childcare provided. **TW** meets 9:30a Thursday mornings in the parlor (Please call the church office to request childcare if needed). **WOW** is also planning a trip to the National Cathedral one Friday evening to walk a Labyrinth. If interested, please contact Pastor Rachel Crumley.

Upcoming Study on Judaism—Beginning on April 27, we will offer a four-week study of Judaism. As Christians, our connection with Judaism is firm. Both Jesus and Paul were first-century Jews, the one from Palestine, the other from Cilicia. Our religious roots spring from Judaism and the Old Testament (the Hebrew “Bible”). In a sense, Christianity grew up as a Jewish “sect.” This study will cover such topics as the Jewish calendar, the Sabbath, high holy days, major and minor festivals, new festivals, entering the covenant, creating a home, transitions, God, prayer and liturgy, Midrash, modern movements in Judaism, and the Jewish community. If you plan to attend the study, please put your name and phone number on the sign-up sheet in the narthex. We want to get the study book, *Every Person's Guide to Judaism* on order as soon as possible.

♪ **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 Luncheon 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*.

Choir Invitation

We now invite singers to join the Chancel Choir for the spring session beginning after Easter, April 24. The first Thursday rehearsal will be April 28 at 7:30p, and the choir period will continue until the middle of July. We encourage anyone who might not be able to sing all year to come and join us for this 2½-month period.

Presbyterian Women

The PW will meet on Tuesday, April 5 at 2p with Elsie Dolderer at her home.



My Brother's Table Needs You!



My Brother's Table is a free supper, hosted Thursdays here in our fellowship hall, open to anyone in our

community who is hungry. Each week, a different area church provides the meal and volunteers to cook, serve and clean up. As the host location, we are responsible for providing two volunteers to assist the serving church with any needs they may have, greeting guests at the door, and ensuring that the building is secured at the end of the evening.

This year we are running short on Thursday volunteers. Please prayerfully consider giving a Thursday evening (or two, or more) from 4-6p to help this worth ministry to run smoothly. A sign-up sheet listing each date we need volunteers is located in the Narthex.



*Come, one, Come all!
Yes, mark your calendar now—
For we'll be Inside Out and
Upside Down on Main Street!
"Wait. Hold on.
What's that?" you say...
Vacation Bible School is on the way!
July 18-22 at Calvary Episcopal
Teachers and Crew Leaders Wanted
Teachers and Crew Leaders Wanted*

'Let's Move' 1,000 Presbyterian congregations!

The PC(USA) is excited to work with the *Let's Move Initiative* because of our commitment to ending childhood poverty, hunger and obesity. We believe that "poverty in a world of abundance is an intolerable violation of God's good creation" and hunger and obesity are symptoms of such poverty. It is our responsibility as individuals, as the church and as a nation to eliminate the root causes of hunger.

Let's Get Moving **Get kids moving and make healthier choices for your children** Children need 60 minutes of active and vigorous play each day Serve fruit or veggies with every meal Substitute water or low-fat milk for sweetened beverages Pick a vegetable they like and find different, tasty ways to prepare it Substitute healthier ingredients such as whole wheat pasta, and lean meats in their favorite recipes Eat meals as a family.




The Issue Over the past three decades, childhood obesity rates in America have tripled. Today, almost one in every three children in our nation is overweight or obese. The numbers are even higher in African American and Hispanic communities where nearly 40% of the children are overweight or obese. Rates are estimated to be even higher in American Indian/Alaska Native communities. If we don't solve this problem, one third of all children born in 2000 or later will suffer from diabetes at some point in their lives. Many others will face chronic obesity-related health problems like heart disease, high blood pressure, cancer and asthma.

Flowers for the Sanctuary on Easter Sunday


To place a flower in the sanctuary for Easter, please complete the form below and return it with your check to the church office by April 7. Make checks payable to *Sunflower Cottage*.

Your Name: _____

Information for the bulletin: _____

| ITEM | | COST | NUMBER | TOTAL |
|---------------|--|---------|--------|-------|
| 6" Geraniums |  | \$7.00 | x | |
| 6" Lilies |  | \$9.00 | x | |
| 8" Hydrangeas |  | \$20.00 | x | |
| TOTAL | | | | |

Deadline is Thursday, **April 7** to receive them by Palm Sunday.

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|--|--|---|--|---|
| <h1>April 2011</h1> | |  | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 9:00a Worship in the Chapel 9:45a Sunday School 11:00a Worship/ Building Offering 7:30p Oratorio in the Sanctuary | | 2p PW with E. Dolderer 7:00p Cub Scts | 3 p Williamson Ringers | 9:30a TW—Parlor 5:00p My Brother's Table 6:30p Carillonneurs 7:00p Chancel Choir | | 3p FGS speaker s' rehearsal 3p FGS musical rehearsal |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 9:00a Worship in the Chapel 9:45a Sunday School 11:00a Worship C-CAP & 4¢-A-Meal Offerings 12:00p Fellowship Luncheon—FH (Christian Fellowship Cmte.) <i>For Goodness' Sake presentation</i> | 7p Session Meeting RM 200 | 7:00p Cub Scts | 3 p Williamson Ringers 6:30p WOW RM 105 | 9:30a TW—Parlor 5:00p My Brother's Table 6:30p Carillonneurs 7:00p Chancel Choir | | 9:30a-11:30a Children's Easter Celebration @FRPC |
| Palm Sunday 17 | 18 | 19 | 20 | 21 | Newsletter 22 | 23 |
| 9:00a Worship in the Chapel 9:45a Sunday School 10:30-45a Birthday Party 11:00a Worship 5:30-7:30p –Youth Group Meeting | 6p Light supper in FH 6:30 Gospel Readings-Youth | 6p Worship-Dance--Sanctuary | 1p Art Interpretation-Chapel with Dr. Rhyne 3p Williamson Ringers 6:30p WOW RM 105 | 9:30a TW—Parlor 5p My Brother's Table 7p Maundy Thursday Communion | Deadline 9a-4p Cross Walk 6p Light Supper in FH 7p Cantata "Seven Words of Love" | |
| EASTER!! 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 9:00a Worship in the Chapel 9:45a Sunday School 11:00a Worship (children sing) St. Luke Offering | | | 3p Williamson Ringers 7p Judaism Study, Rm. 200 | 9:30a TW—Parlor 5:00p My Brother's Table 7:00p Chancel Choir | | |

SERVERS for APRIL

| DATE | GREETERS 11 AM | USHERS 11 AM | COFFEE | FLOWERS | ELDER OF THE WEEK | MBT | COMMUNION PREPARERS | COMMUNION SERVERS | 9A FOOD | WEL- COME |
|-----------|---|---|--|--------------------|-------------------------|-------------|----------------------------|--|----------------------------|--------------|
| 3 | Clayton Downs Betty Eagleson Sherry Downs | Larry Funk (HU) Bill Hall John Huff John Warburton | Mary Helen Loftin & Gloria Harris | Lucy Venable | Jason Horton | Mary Stagg | | | R. Burt | A. Burt |
| 10 | Clayton Downs Betty Eagleson Sherry Downs | Larry Funk (HU) Bill Hall John Huff John Warburton | <i>Fellowship Luncheon</i> Christian Fellowship Committee | Ben Lacy III | Harriet Bowen | The Harveys | | | Laura Ewing | M. Steane |
| 17 | Clayton Downs Betty Eagleson Sherry Downs | Ron Harvey (HU) Rick Logan Andra Logan Daniel Lehman | Betty Eagleson & Mary Stagg | <i>Palm Sunday</i> | Dee Sparger | | The Huffs | Judy Huff John Huff Adrian Burt David Clark | Debbie Lewis | Debby Lewis |
| 24 | John Huff Marta Steane Judy Huff | Ron Harvey (HU) Rick Logan Andra Logan Paul Ewing | Heidi & Doug Rutz | <i>Easter</i> | Al Larson | | Fern Perry & Sally M. Plew | Marta Steane Sherry Downs Sallie Hall Sandra Lehr Larry Funk Mary McComas | EASTER No chapel | |

Christian Fellowship Committee (CFC) Trip to See Picasso

Masterpieces—We have had to change our plans for this trip. We shall now go two days later. The bus will leave the church parking lot on Monday, May 2 at 7:00 a.m. and return at 7:00p. The cost for bus and museum is \$50.00. Lunch will be on your own. Please make your check payable to Front Royal Presbyterian Church by April 20. There is still room for others to go with us.

Art Display in the Sunday School Hallway

—For the next year we have artists from our congregation displaying their works. This month our artist is Carolyn Wertz. Take time to walk through the hall and enjoy. The month of April will show the art of Debby Lewis.

A Dinner Theater Presentation of *Godspell*: April 2, 2011

A new production of *Godspell*, the classic musical based on the Gospel of Matthew, is being presented by First Presbyterian Church Winchester (FPCW) in their Fellowship Hall. An energetic group of musicians has been working since the beginning of January to present an updated version of the original show. For more information, please visit:

www.fpcgodspell.com

We will carpool from Front Royal Presbyterian Church, leaving at 5:45p to arrive at FPCW for dinner at 6:30p. The play begins at 8:00p.

Cost: \$20 adults and \$10 children (includes the meal and the play). Proceeds will support the church's building fund.

Sign up in the Narthex and please indicate whether you can drive (and how many you can take) or if you need a ride.

Prayers for Wholeness Every Sunday

“Are any among you suffering? They should pray. Are any cheerful? They should sing songs of praise. Are any among you sick? They should call for the elders of the church, and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven” (James 5:13-15).

The worship section of our Presbyterian *Book of Order* (W-3.5401) notes, “Healing was an integral part of the ministry of Jesus which the church has been called to continue as one dimension of its concern for the wholeness of the people.” Through prayers for wholeness, the church enacts its ministry as a healing community.

These Prayers for Wholeness are essentially a time of special prayer for those who desire it, a time of waiting upon God in faith. Thanksgiving for God's promise of wholeness, intercessions, and supplications are offered. Enacted prayer in the form of the laying on of hands and anointing with oil is employed. Occasions for offering one's life and gifts for ministry may be provided, as well as opportunities for reconciliation and renewed commitment to the service of Jesus Christ in the world.

Healing is to be understood not as the result of the holiness, earnestness, or skill of those enacting the prayers, or of the faith of the ones seeking healing, but as the gift of God through the power of the Holy Spirit. (*Book of Order*, W-3.5400) The Prayers for Wholeness are open to all people, both church members and visitors alike. And they are not limited to personal physical healing but include healing for another person or spiritual healing both personal and worldwide.

The Prayers for Wholeness will soon be held every Sunday at the conclusion of each service. When the invitation is given, those who would like prayer for themselves or others may go to the prayer center in the front of the sanctuary for the laying on of hands and anointing with oil for healing. You are free to express your prayer concerns to the pastors and elders, or receive counseling, knowing that confidentiality will be maintained at all times. You may also kneel and pray alone at the altar (chancel face), or at one of the front pews, if you wish.

Your pastors and elders are also available to offer prayer for you at other times and places, especially when you're in the hospital, sick at home, or going through some problem that's affecting your life. Please don't hesitate to contact us by phone or email.



Wanted! If you have a wheel chair or know of someone who would donate one to the church to have available here at FRPC, please contact the church office or let John Huff know. Thank you.

U. S. POSTAGE PAID
NON-PROFIT ORGANIZATION
PERMIT No. 95
FRONT ROYAL, VA 22630



FRONT ROYAL PRESBYTERIAN CHURCH
115 LURAY AVENUE
FRONT ROYAL, VA 22630

CHANGE SERVICE REQUESTED

Serving Hands Mission Week

Ever had a STAY-CATION rather than a VACATION?
That's the kind of mission trip we're doing this year—
Instead of going somewhere else, we are staying right
here.



June 28–July 2, 2011...Mission in Front Royal, VA

Tuesday – Friday, 8am – 6pm; Saturday 8am – 1pm

Participate one day or participate every day!

All ages welcome; there will be something for everyone to do and mission
tasks will be assigned based on preference and limitations.

Children under age 14 must have a parent participating.

Youth ages 14-18 can participate with parent's permission.

Home building & repairs ~ Gardening ~ Children's activities ~ and more!

Please fill out and return the form below:

Cut here

☐ I/We am/are interested in participating, but don't yet know what days.

☐ I/We plan to participate (check all that apply):

☐ Tuesday, ☐ Wednesday, ☐ Thursday, ☐ Friday, ☐ Saturday
and am/are most interested in _____ home building and repairs, _____ gardening,
_____ working with children, _____ less physical labor, _____ more physical labor

☐ I/We cannot participate in the work, but would like to participate through (check
one or both) _____ prayer & _____ financial support

Adults _____

Children (include ages) _____