

OCTOBER 2023

INSIGHTS

The Newsletter of Mitchells Presbyterian Church

THE PASTORS CORNER

Looking ahead:

- Oct 1** -- World Communion
- Oct 1** -- Guest Preacher
- Oct 8** -- Outdoor Worship
- Oct 8** -- "Townhall" Meeting
- Oct 15** -- Guest Preacher
- Oct 29** -- All Saints Day
- Oct 29** -- 5th Sunday Potluck



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During the month of October, I will be out of the office and the pulpit for a total of 10 days. Three of the days will be spent on vacation with Brittney and some of my side of the family, and seven of the days away will be spent at a Presbyterian continuing education event called Credo. All of these dates have a purpose though, for me to be able to recharge, reset, and be reinvigorated as the season of Advent and Christmas quickly approaches, along with Thanksgiving, Hanukkah, and the New Year. The CREDO conference could be considered work, as it is a continuing education event, yet it's purpose is to focus on pastors' wholeness and well-being as others and I seek to thrive in our church leadership roles. I'll be focusing on four key areas of well-being as I soak in the sun/heat outside of San Antonio, Texas at the PC(USA) camp and conference center, Mo-Ranch. These areas are: spiritual, vocational, physical and emotional health, and financial well-being.

As I prepare for the times away, it makes me think of the gift of sabbath, and how each of us can be refreshed through our various sabbath practices. It is often only assumed that sabbath occurs on Sunday mornings, yet sabbath is not bound by a time and space as in today's world, many of us may work on Sunday (or find the task of attending worship to be taxing beyond what the sabbath intends). The PC(USA)'s constitution, The Book of Order, states: "God commands us to remember the sabbath day and keep it holy. Sabbath is God's gift to us, a time for worship, rest, and renewal; keeping sabbath is a way of honoring the God who has created and redeemed us. Since the earliest days of the Church, Christians have observed God's commandment by gathering for public worship on the Lord's Day (or Sunday)... Those who must work on Sunday are encouraged to find other ways to keep sabbath in the course of the week."

We must all seek to find sabbath that honors God (which can, but should not be limited to Sunday morning worship). Perhaps you find sabbath on the golf course, in the book you are reading, in the company of those you love, or while laying on the couch. All of these things are acceptable before God, for "the LORD rested". If the LORD of all creation needs a break from the work of creating and sustaining all that surrounds us, then YOU most definitely need to allow yourself to take breaks and rest. Abraham Joshua Heschel, a Polish-American rabbi and one of the leading Jewish theologians and Jewish philosophers of the 20th century, writes in his book *The Sabbath*: "The Sabbath is the most precious present mankind has received from the treasure house of God."

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All week we think: The spirit is too far away, and we succumb to spiritual absenteeism, or at best we pray: Send us a little of Thy spirit. On the Sabbath the spirit stands and pleads: Accept all excellence from me ...”

The sabbath was made for man according to the words of Christ in the gospel of Mark. It is the gift that we have been given so that we do not burn out, wear down, or succumb to the ways of the world. God wants you to take your rest, the Spirit stands and pleads for you to accept the gift that has been made for you! As our world’s speed seems to constantly increase, remember to press the breaks so that you do not run out of gas as the days go by. That is what I will be striving to do while I am away from you all. Recharging, resetting, and reinvigorating myself to be a better servant to each of you, as I strive to care, love and lead. I pray that as new people come and fill the pulpit, and that while the office lights are turned off, you to will take time with me to enjoy and accept some sabbath time, in whichever form best suits you. This way we may all enter the new seasons, refreshed and ready for whatever we may encounter on the road.

Sabbath Blessings to You All

Pastor Patrick

The **Mission and Outreach Committee** met on August 28th . We are working on the items listed below.

- Manna Meals- 171 meals distributed on August 28th
- Approved participating in Presbytery’s relief program to Maui by providing 100 hygiene packs and 100 period packs for distribution. The congregation was involved in putting them together after church on September 17th .
- Supporting our adopted family with monthly grocery support and with birthday presents for their children that had birthdays this month.
- Supported Culpeper Elementary school teachers with school supply needs.
- Supporting Culpeper Social Services with home goods needed for a person setting up a new home.
- Pastor Patrick is now on the Habitat for Humanity board and we will be looking at how to best support their effort in our community.

Contact a member of the M & O committee if you know of a need that we could assist.

Safety & Security Committee

The Safety and Security Committee has been working on ways to enhance the training of Team members while recognizing our limited personnel resources – a long-term and continuous endeavor. Our Emergency Operations Plan has been reviewed and minor modifications have been made. It is now being reviewed by Session for approval. The SSC’s mission is to provide a safe and secure environment at MPC as well as making congregants feel that they are safe and secure. We are currently creating a video overview how we address safety and security. When completed, the video will be added to the MPC website.

Congregational Life Committee:

October 8 will be our last outdoor service in the pavilion for this year.

October 29 is All Saints Day and we will be having a 5th Sunday Potluck Luncheon after worship service.

Steak Dinner brought in a profit of \$1,132.00. These monies will go toward the Dot Faulconer Pavilion.

The **GOOD TIMERS** meeting at Tim's on Lake Anna was a great get-together on August 24. Good food, many different conversations, fantastic weather, and lots of laughs. We had about 22 in attendance. And it just doesn't get any better! Well, until the next month...

We venture to Graves Mountain Lodge September 28th, and that should provide us with another super fun day! "Eat, laugh, talk and be merry", that is our unwritten motto! We are expecting about 22+ to attend.

October 26th we will gather at the **Blue Ridge Cafe** on Route 29.

In November our "dining schedule" interferes with Thanksgiving, so family gatherings are the priority and we will forgo any lunch reservations. However, we do have a reservation at **Pepper's** for **Thursday, December 7**. Please make note of the change in schedule.

The **Prayer Shawl Ministry** met on September 21 in the home of Linda Brooks. It has been over 2 and a half years since we last got together due to the Covid restrictions. However, we did keep knitting and crocheting during that time and tried to meet the needs of those who requested prayers. Our group began this ministry at Mitchells Presbyterian in 2007 as a way to share with others a tangible evidence of prayer. As we present a shawl, a lap-ghan, or a baby blanket, our hope is that the receiver will feel a comfort, a warmth that their suffering, griefs, and joys are being lifted to our Heavenly Father. We reach beyond the Mitchells family if there is a request to pray for a friend or family member.

Our members have dwindled over the past 15 years and we would welcome anyone who is interested to please come and join us. We are meeting on the **third Thursday** of the month. If you knit or crochet, but cannot make the meetings, you can still be a great help by working on a prayer shawl in your own time at your own home. We never complete a shawl at our meetings!

In 15 years we have made and presented 70+ Prayer Shawls and Lap-ghans as well as 19 baby blankets. For more information you can contact Vickie Wallace, Vicky Tidman, Linda Brooks, Janet Miller, or Patti Weaver.



CANCER CARE BAGS



Crystal Settle has continued to follow her heart and assist with the care of cancer patients. For many years she led the American Cancer Society's (ACS) Relay For Life "Mitchellites" Team. When the ACS no longer had the Relays, she thought of another way to provide care, which led to the current CANCER CARE BAGS. These bags are filled with lotion, bottled water, lip therapy and other misc other items that can help occupy the patients mind & nourish their body while going through their treatments and beyond. If you know of someone that would like to receive a care bag, please reach out to Crystal or members of the Mission & Outreach Committee.



“Book Study Group Club”
will study
American Gospel by Jon Meacham

The gatherings will be on
Wednesdays at 5pm,
starting on October 18th.
If you’re interested in
participating please sign up
for communication
purposes.



--Social Hour--

Sundays after Service

A great time to fellowship with others while
enjoying delicious snacks and drinks.



September Ushers:
Perry Kinsey & Guest

Acolyte:
Tommy Cuccherini



Anonymous “shout-outs”,
congrats, words of wisdom, jokes,
etc. When submitting, please
clarify specific instructions as to
which information to include or
omit from print.

NEW ADDRESS:

SETH MASSEY
1138 DOMAIN DRIVE
MORGANTOWN, WV 26501

Newsletter contact:
mitchellspresbyterian@gmail.com,
mskaffy2@gmail.com,
or text 540-272-2982
Deadline: 25th of the month

BACK TO COLLEGE

If you have college students that you
would like to have our congregation
pray for, send notes of inspiration or
care packages, please submit
information including their names and
addresses by the 25th of the month.

October 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 Guest Preacher WORLD COMMUNION DAY	2	3 Bonnie Scott	4	5	6	7 Ann Walker
8 Meredith Gyory OUTDOOR WORSHIP	9	10	11	12 SESSION	13	14
15 Guest Preacher Jimmy & Ann Walker	16	17	18 Steve Hicks	19 *****Church Reserved--Rehearsal & Wedding*****	20 Ronnie Settle	21
22 Scarlett Tidman	23 Gale & Eloina Gibson MANNA	24	25	26 GOOD TIMERS	27	28
29 ALL SAINTS DAY FIFTH SUNDAY POTLUCK	30	31 Kaye Inskeep Patrick Inskeep				