

# MARCH

# 2024



## The Newsletter of Mitchells Presbyterian Church

### Looking ahead:

**March 3--** COMMUNION (1st Sunday of the Month)

**March 9--** CHURCH CLEANUP/CLEANOUT

**March 16--** CPR/AED TRAINING 8:00am

**March 17--** ST PATRICKS DAY

**March 24--** PALM SUNDAY/COMMUNION

**March 25--** MANNA MINISTRY@CULPEPER PRESBY.

**March 28--** MAUNDY THURSDAY

--SUNSET SERVICE 7PM

**March 29--** GOOD FRIDAY

--STATIONS OF THE CROSS 8AM-4PM

**March 31--** EASTER SUNDAY/COMMUNION



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### Pastors Corner:

The month of March is for the season of Lent, especially this year when the month is encapsulate with Lent and the season being end-capped with Holy Week and Easter on the final day of the month. Our Lenten devotional is all about Lent in plain sight, but what is Lent and how would we be able to recognize it in plain sight? Well, for this month's newsletter I hope to enlighten you with some of the theological and contextual understanding of Lent.

The season of Lent is a time of prayer, fasting and self-examination in preparation for the celebration of the resurrection of the Lord at Easter. It is a period of 40 days — like the flood of Genesis, Moses' sojourn at Mount Sinai, Elijah's journey to Mount Horeb, Jonah's call to Ninevah to repent and Jesus' time of testing in the wilderness. (The Sundays in Lent are not counted in this reckoning of the time between Ash Wednesday and Easter, as every Lord's Day is a celebration of the resurrection of Jesus Christ.)

In the early church, Lent was a time of preparation for the celebration of baptism at the Easter Vigil. In many communities of faith it remains a time to equip and nurture candidates for baptism and confirmation and to reflect deeply on the theme of baptismal discipleship.

*An excerpt from the Companion to the Book of Common Worship (Geneva Press, 2003 110-111)*

What we hear during Lent is the power and possibility of the paschal mystery, and that the way of the cross, the way to Easter, is through death. To appropriate the new life that is beyond the power of death means we must die with Christ who was raised for us. To live for Christ, we must die with him. New life requires a daily surrendering of the old life, letting go of the present order, so that we may embrace the new humanity. "I die every day!" asserts Paul (1 Corinthians 15:31). Resurrection necessitates death as a preceding act. The church's peculiar Lenten claim is that in dying we live, that all who are baptized into Christ are baptized into his death. To be raised with Christ means one must also die with Christ. In order to embrace the resurrection, we must experience the passion of Jesus. The way of the cross, the way to Easter, is through death of the "old self." In dying, we live.

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Pastors Corner, Continued:

Therefore, at the beginning of Lent, we are reminded that our possessions, our rulers, our empires, our projects, our families and even our lives do not last forever. "You are dust, and to dust you shall return" (Genesis 3:19). The liturgies throughout Lent try to pry loose our fingers, one by one, from presumed securities and plunge us into unknown baptismal waters, waters that turn out to be not only our death tomb but surprisingly our womb of life. Rather than falling back into nothingness, we fall back on everlasting arms. Death? How can we fear what we have already undergone in baptism?

It is the power of the resurrection on the horizon ahead that draws us into repentance toward the cross and tomb. Through the intervention of God's gracious resurrection, lifelong changes in our values and behavior become possible. By turning from the end of the "old self" in us, Lenten repentance makes it possible for us to affirm joyfully, "Death is no more!" and to aim toward the landscape of the new age. Faithfully adhering to the Lenten journey of "prayer, fasting and almsgiving" leads to the destination of Easter.

During the final week, Holy Week, we hear the fullness of Christ's passion, his death, and resurrection. From Jesus' triumphal entry into Jerusalem and on to the Triduum (Maundy Thursday, Good Friday and Holy Saturday), all of Holy Week focuses on the passion. As his followers, we travel Christ's path of servanthood through the Lord's Supper and the suffering of the cross toward the glory of Easter, all of which underscores the inseparable link between the death and resurrection of Jesus. (From PC(USA) Mission Agency)

I hope that this contextualization of Lent creates an added depth of understanding as you reflect and journey through Lent this season.

Lenten Blessings,  
*Pastor Patrick*

**EASTER SUNDAY**  
*Mitchell's Presbyterian Church*

- Sunrise Service 6:30am
- Easter Breakfast 7:15am
- Flowering of the Cross 10:30-11AM
- Traditional Service 11am
- All Morning Easter Egg Hunt

**CHURCH CALENDAR**

MORNING WORSHIP .....11:00AM  
 SUNDAY SCHOOL .....9:45AM-10:30AM  
 CHOIR [WEDNESDAY] .....7:30PM  
 MEN OF CHURCH [FIRST THURSDAY OF MONTH] .....7:00PM  
 YOUTH [SECOND SUNDAY OF MONTH] .....5:30PM  
 PRESBYTERIAN WOMEN [SECOND TUESDAY OF MONTH].....5:30PM  
 SESSION [SECOND THURSDAY OF MONTH] .....7:00PM

**CHURCH DIRECTORY**

PASTOR .....REV. PATRICK FISHER LANE  
 ORGANIST/CHOIR DIRECTOR .....MARY SCOTT GYORY  
 TREASURER .....RON EVANS  
 ASSISTANT TREASURER .....TOM CUCCHERINI

<b>CLASS OF 2024</b>	<b>CLASS OF 2025</b>	<b>CLASS OF 2026</b>
Brett Massey	Kim Hicks	Ann Walker
Carol Inskeep	Scott Mitchell	Tom Cuccherini
Ron Evans	Thomas Cuccherini	Roger Eakin

# LENT IN PLAIN SIGHT----BOOK STUDY

## Tuesday Mornings

9 AM

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- 3/5 @ Orange Diner
  - 3/12 @ MPC
  - 3/19 @ Raven's Nest Coffee Shop
  - 3/26 @ MPC
  - 4/2 @ Southside Coffee Shop

## Thursday Evenings

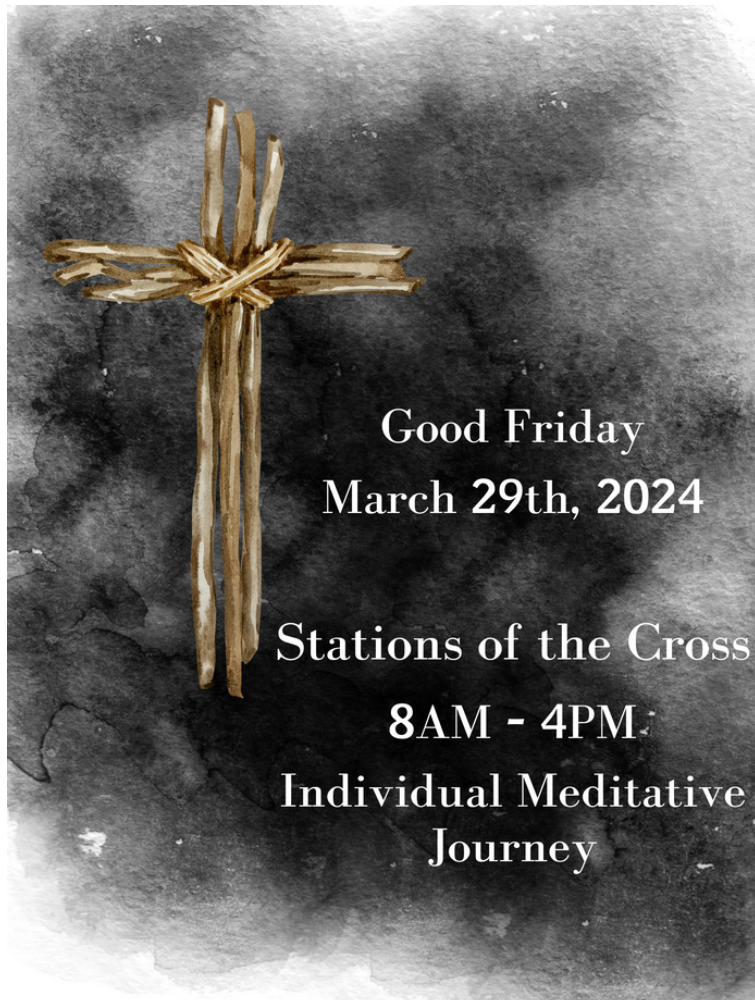
6:30 PM (exceptions noted below)

- 
- 3/7 @ MPC w/Men of Mitchells
  - 3/14 @ MPC **(5PM)**
  - 3/21 @ Unionville Brewing
  - 3/28 @ MPC **(5PM)**
  - 4/4 @ Old House Vineyard

## MAUNDY THURSDAY

*Mitchells Presbyterian Church*

SUNSET  
SERVICE  
7:00PM  
MARCH 28



Good Friday  
March 29th, 2024

Stations of the Cross  
8AM - 4PM  
Individual Meditative  
Journey

More breaking news from The Choir....

Ron Evan's celebrated his birthday with the Choir recently and was showered by not only wonderful company, cards, cake and fruits (no...not the Choir members)...after a quick meeting of the minds (regardless of their strength)...a motion was made and unanimously passed to bestow upon Ron, yet another special title in the Choir- "**Grand Choir Instigator**" and for all of those who are acquainted with Ron know this title is quite fitting!! Please make sure you congratulate Ron on his recent accomplishment! -Anonymous



## Women of the Church 'Soup'er" Bowl Update

We are very happy to report that we collected 188 cans of soup for the Food Closet!



THE GREAT  
**CLEAN UP  
CLEAN OUT**  
SATURDAY, MARCH 9TH

We'll clean it all!

- Kitchen
- Closets
- Grounds
- Classrooms
- And More!



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## GOOD TIMERS

This month we will be celebrating not only "St. Patrick's Day", but also "The Good Timers Reconvening Anniversary!" Yes, it has been one year since we returned to our monthly fellowship after 2 years of Covid quarantine. Everyone seems delighted that we have this special time each month to visit, eat, and laugh. If you haven't joined us, please know we would love to have everyone - remember, "the more the merrier!"

We will return to O'Brien's Irish Pub in Warrenton on March 28 at noon as we did in 2023.

Sign up in the Fellowship Hall.

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### Mitchells Presbyterian Women

thoroughly enjoyed their February Dinner Meeting with 18 ladies present.

We discussed a few ongoing activities. Thank you for the support to the Food Closet and helping collect 188 cans of soup during the SOUPER BOWL event. Our next Food Closet collection will be the small Easter baskets we make. Food Closet volunteers have told us how much this little extra surprise means to everyone. Easter is the end of March so please bring any Easter basket items in the next few weeks and join us for the fun of assembling them (date TBD).

Our next meeting will be March 11th at 5:30 PM in the Fellowship Hall. Kim Hicks will present our lesson on Chapter 4 of our study book.

All women are invited to join in on this this time of Christian fellowship.

Moderator  
Kaye Inskeep

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### USHERS:

PATTI  
WEAVER  
and  
PATRICIA  
HAWKINS



# MITCHELLS CANCER CARE TEAM

## KEY FACTS

**Colorectal cancer is the THIRD most common cancer worldwide,**

accounting for approximately 10% of all cancer cases and is the second leading cause of cancer-related deaths worldwide. It predominantly affects older individuals, with the majority of cases occurring in people aged 50 and above. Several lifestyle factors contribute to the development of colorectal cancer such as a high intake of processed meats and low intake of fruits and vegetables, sedentary lifestyle, obesity, smoking, and excessive alcohol consumption.

Colorectal cancer is often diagnosed at advanced stages when treatment options are limited. The incidence and impact of colorectal cancer can be significantly reduced by implementing primary prevention strategies such as adopting a healthy lifestyle, avoiding risk factors, and practicing early detection through screening.

## OVERVIEW

Colorectal cancer is a type of cancer that affects the colon (large intestine) or rectum. It is one of the most common types of cancer worldwide. It can cause severe harm and death. The risk of colorectal cancer increases with age. Most cases affect people over 50 years old.

Common symptoms include diarrhea, constipation, blood in the stool, abdominal pain, unexplained weight loss, fatigue, and low iron levels. Many people will not have symptoms in the early stages of the disease.

The risk of colorectal cancer can be reduced by eating a healthy diet, staying physically active, not smoking tobacco and limiting alcohol. Regular screenings are crucial for early detection.

Colon cancer is the **second** leading cause of cancer-related deaths worldwide. In 2020, more than 1.9 million new cases of colorectal cancer and more than 930 000 deaths due to colorectal cancer were estimated to have occurred worldwide. Large geographical variations in incidence and mortality rates were observed. The incidence rates were highest in Europe and Australia and New Zealand, and the mortality rates were highest in Eastern Europe. By 2040 the burden of colorectal cancer will increase to 3.2 million new cases per year (an increase of 63%) and 1.6 million deaths per year (an increase of 73%).

Incidence rates of colorectal cancer have been decreasing in high-income countries, largely as a result of effective screening programs. The prognosis for colorectal cancer varies depending on the stage at diagnosis. Early-stage cancers have higher survival rates than advanced-stage cancers. Timely diagnosis, appropriate treatment, and regular follow-up care are important for improving survival rates and quality of life.

## RISK FACTORS

Factors that may increase the risk of developing colorectal cancer include:

- age: the risk of developing colorectal cancer increases with age, with most cases occurring in individuals over 50 years old;
- family history: a family history of colorectal cancer or certain genetic conditions, such as Lynch syndrome and familial adenomatous polyposis (FAP), can increase the risk;
- personal history: individuals who have had colorectal cancer before or certain types of polyps are at a higher risk; and
- lifestyle factors: unhealthy lifestyle choices, such as a diet high in processed meats and low in fruits and vegetables, sedentary behavior, obesity, smoking and excessive alcohol consumption, can increase the risk.

## SYMPTOMS

**Colorectal cancer often has no symptoms in the early stages. Regular screenings are important to catch the disease early and begin treatment.**

Common symptoms include:

- changes in bowel habits such as diarrhea, constipation, or narrowing of the stool
- blood in the stool (rectal bleeding), either bright red or dark and tar-like
- abdominal cramps, pain or bloating that won't go away
- unexplained weight loss that is sudden and losing weight without trying
- feeling constantly tired and lacking energy, even with enough rest
- iron deficiency anemia due to chronic bleeding, causing fatigue, weakness and paleness.

# March 2024

NOTES:

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Michael Sousa	2 Madelynn Kapp <b>SESSION RETREAT</b>
3 <b>COMMUNION</b>	4	5	6 Lara Grotz Ruth Marie Faulkner	7	8	9 <b>CHURCH CLEANUP/ CLEANOUT</b>
10	11	12	13	14 <b>SESSION MEETING</b>	15	16 <b>CPR/AED TRAINING</b>
17 <b>ST PATRICKS DAY</b>	18 Peter Inskeep	19	20 Alan Wohlleben James "Smitty" Smith Paul Inskeep Kara (Cuccherini) Coddington	21	22	23
24 <b>PALM SUNDAY</b> <b>COMMUNION</b>	25 Vic & Teresa Squire	26 Christianne Jaderborg	27 Lou Preihs	28 <b>MAUNDY THURSDAY</b>	29 Doug & Crystal Settle Patricia Hawkins Bo Chase <b>GOOD FRIDAY</b>	30
31 <b>EASTER SUNDAY</b> <b>COMMUNION</b>						