

February 2026

INSIGHTS

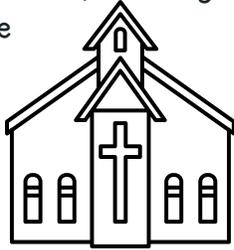
The Newsletter of Mitchells Presbyterian Church

Looking ahead:

Feb 1st - COMMUNION / INSTALLATION OF
ELDERS

SUNDAY SCHOOL

All are welcome to attend Sunday mornings at 9:45! Adults meet in the large classroom near the choir room. Children have several rooms in which to meet depending on the age group. Nursery is also available if needed for the younger guests.



Contact Us:
12229 Mitchell Road
Mitchells, VA 22729

Office: 540-825-1079
Pastor's cell: 540-881-0201

Website:
mitchellspresbyterian.org

YouTube:
youtube.com/@mitchellspresbyterian

Email:
mitchellspresbyterian@gmail.com

Pastor's Email:
mitchellspcpastor@gmail.com

GriefShare:
mpcgriefshare@gmail.com



A **GriefShare** support group is a safe, welcoming place where people try to understand the difficult emotions of grief. Through this 13-week faith-based group, you'll discover more about the grief journey.

Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way. Trained and equipped facilitators will be on hand to guide the sessions and be available to help in healing.

Graeme and Vicky Tidman will be facilitating sessions of **GriefShare** at Mitchells Presbyterian Church this spring. The meetings will be on Wednesday evenings from 5:00 - 6:30 PM beginning February 25 for 13 weeks. Please share the information and contact Graeme or Vicky if you have any questions.

Attendees may register on the **GriefShare** site:
<http://www.griefshare.org>

THANK YOU

To My Special Church Family

Words are inadequate to express my appreciation to all of you that have sent cards, phone calls, text messages, flowers, goodies and your visits.

I miss all of you and hopefully will be able to return in the near future.

~~Alice Hopkins

Love

BEARS ALL THINGS,
believes all things,

HOPES ALL THINGS,
endures all things.

1 CORINTHIANS 13:7

Spring Clean Up Day.

COME HELP CLEAN UP BOTH THE INSIDE AND OUTSIDE OF THE CHURCH - FROM THE PEWS TO THE BUSHES, WE'LL CLEAN IT ALL!

03.21.2026 — 9:00am



Lenten Book Study

Tuesday Mornings

6 Sessions

February 24th

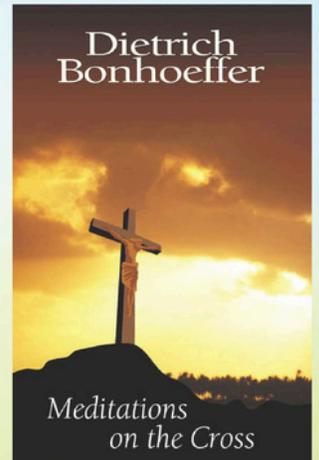
March 3rd

March 10th

March 17th

March 24th

March 31st



Please sign up for a participant book
If you'd like to help cover the cost -
books are \$8

There is a Kindle version available

God's Clues

A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES, science now shows that carrots greatly enhance blood flow to and function of the eyes.

A **Tomato** has four chambers and is red. All of the research shows tomatoes are indeed pure heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.

A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over three dozen neuron-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function, and YES, they look exactly like the human kidneys.

Celery, Bok Choy, Rhubarb and more like these look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.

Grapefruits, Oranges, and other **Citrus Fruits** look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Olives assist the health and function of the ovaries.

Eggplant, Avocados and **Pears** target the health and function of the womb and cervix of the female -- they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? It takes exactly 9 months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Figs are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm to swell to overcome male sterility.

Onions look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.

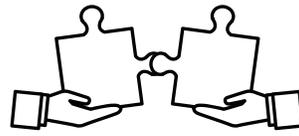
Sweet Potatoes look like a pancreas and actually balance the glycemic index of diabetics.



Submitted by: Mary Lou

PUZZLE & BOOK EXCHANGE

THE COLLECTION SHELF IS IN THE FELLOWSHIP HALL FOR ANY PUZZLES OR BOOKS THAT YOU'RE WILLING TO BRING TO SHARE WITH OTHERS. FEEL FREE TO BROWSE THE ITEMS AND TAKE A DIFFERENT ONE TO READ/COMPLETE.



Puzzle in progress:
If you want to help build the 'Mitchells Church' puzzle, it's on display in the fellowship hall. This puzzle was made several years ago for the teen youth group, started but never finished. Now is the time to help complete the beautiful church photo puzzle.

MORNING WORSHIP 11:00AM
SUNDAY SCHOOL 9:45-10:30AM
CHOIR {WEDNESDAY} 7:30PM
GOOD TIMERS { 4th Thursday-Variou Locations}..... NOON
CHRISTIAN WOMEN'S FELLOWSHIP
 { 2nd Tuesday-Variou Locations }.....6:00PM
PRESBYTERIAN WOMEN { 2nd Sunday }..... Following Worship
SESSION { 1st Sunday/Each Odd Month }..... Following Worship

Listening Assistant Devices

Available for those who would like to control the volume of worship. Folks are encouraged to bring their own headphones that plug into an AUX outlet. If you need assistance with devices, ask an usher to help.

A NOTE FROM THE TREASURER

At the January 2025 Session meeting, I advised the Session that I would be willing to serve as Treasurer through Dec. 31, 2026. I will be retiring from practice as of Dec. 31, 2026 and in conjunction with that retirement I will no longer have access to either the hardware or software that I have utilized to maintain the Church's financial records. In addition, and more importantly, I am ready to step aside as Treasurer.

If you, or anyone you know, are interested in serving as Treasurer, effective no later than Jan. 1, 2027, please contact Patrick (moderator of Session) or Steve Hicks (clerk of session).

I will obviously be available to assist with any transition.

I appreciate your assistance and support.

--Ron Evans

USHERS: Brenda and Charlie Crist

Anniversaries & Birthdays

Please let us know if there are changes or additions to the monthly calendar.

Did you know..... the monthly newsletter isn't just for committee news

If you have a favorite verse, quote, joys, announcements, shoutouts, etc., please email by the 25th to: mskaffy2@gmail.com



FEBRUARY 2026

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 Ron Evans	2	3	4	5 Jeremy Tidman	6	7
8	9	10 Brittney Lane	11	12	13	14 Kas Settle Carol (Inskeep) Proulx 
15	16 Mary Scott Gyory	17	18 Marissa Ray	19	20 Kyler Grochowski	21 Becky Payette
22	23	24 Adam Hicks	25	26	27	28 Michael Tidman

HOLIDAYS AND OBSERVANCES: 14th - VALENTINE'S DAY, 16th- PRESIDENTS' DAY

NOTES

TOP PRIORITIES

TO DO LIST
