

The Sampler August 2009

From the
Pastor



From the Pool Once More

The apostles gathered around Jesus, and told him all that they had done and taught. Jesus said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat. Mark 6:30-31

A real search was required to find the last time that I had written about learning something while swimming in the pool. It is hard to believe that the Hampshire Wellness Center has been open two years this month. Visiting it has become a routine in many people's lives. Another blessing that should not be taken for granted!

The new lesson I learned from the pool is the need for REST. I have increased my sets from 8 laps to 12 laps (200 yards to 300 yards) before taking a break for a sip of water and a 20 to 30 second rest. Because I don't wear my glasses, I have to use the HUGE lap clock to force myself to wait the 30 seconds before taking off again. I have also increased my distance from one to one and a half miles, most days. When I do not allow myself the full 30 second rest between sets, I sometimes get just too tired to finish the longer distance.

The difference about this lesson is that a time for rest is needed while continuing the task to be accomplished. Jesus told his disciples to rest a while; he did not tell them to take off a long time or stop their efforts of spreading the Gospel. He told them to give themselves a space, a bit of time, to restore their energy and enthusiasm for the job at hand. While Jesus did not say that the result would be increased productivity, that truth has been proven in many other venues. Most days I do get in my extra half mile IF I have taken the full rest break consistently.

As with the disciples, most of us are coming and going way too much and too fast. We do need to continue with our good works, but we also need to honor our bodies, minds and spirits. Taking a break, resting and refreshing, intentionally restoring our full potential will allow us to make more time for God in our lives.

Taking time to rest while involved with our worthwhile activities also gives credence to a 'momism' Make Haste Slowly. Rushing through whatever needs to be done does not allow time for the Holy Spirit to intervene and direct us according to God's will. If we are so focused on what we think should be accomplished, we are not open to what God wants for us.

That brings to mind another 'momism' Don't Should on Yourself. Give yourself the grace that God is willing and wanting to give you. Be kind to yourself and remember that God does not make junk. God did make you unique so what everyone else is doing or being is not the standard to live by. Donna Brown, a former Olympic swimmer, uses the lane next to me at the pool. She swims almost twice as many laps as me in the same time period. I have to let that be okay. I have to give myself permission to do the best I can without beating up on myself that I am not as fast as Donna. I have to not tell myself I should be swimming as fast as her.

Whatever you are doing, don't should on yourself! Just do the best you can, give yourself time to rest and refresh, and offer the Holy Spirit the space to direct you in God's Will.

Pastor Barb

I will be on Continuing Education with the Rehoboth Presbytery group from Saturday, August 29, through Thursday, September 10 – not at Rehoboth beach! You will be in my prayers while I am gone. Please hold me in yours!

Scribe's Scribbles

NEWS FROM THE SESSION

The session held its monthly meeting on Monday July 13, 2009. At the meeting, the session:

- Read and discussed paragraphs 7.001-7.010 (the first ten questions of The Shorter Catechism) of the Book of Confessions.
- Read and discussed sections G-5.000-5.0103 (The Meaning of Membership) of the Book of Order.
- Received the following recommendations from Nationwide Insurance to reduce loss potential:
 1. Perform security background checks on all *new* employees and volunteers.
 2. Implement a formal anti sexual harassment policy. This can be accomplished by using education and training guides available from Nationwide.
 3. Check DMV records and verify insurance coverage of individuals using personal vehicles on behalf of the church.
 4. Service the fire extinguishers at the St. Luke and Indian Heights chapels on an annual basis.
 5. Place an anti slip mat at the main entrance of the St. Luke chapel.
- Learned that the \$750.00 budgeted contribution to the Romney Ministerial released.
- Learned that the annual Alcohol and Drug Awareness Luau was scheduled for Saturday August 1, 2009 at the Romney Swimming Pool.

The following actions were taken

- Restored Vida Simon to active membership.
- Approved participation in Romney's Sunflower Festival by allowing the Summer Sensations children to plant flowers in the mulch surrounding the building. Plantings will be coordinated with the property committee and be made with adult supervision.
- Agreed to comply with the loss control recommendations from Nationwide Insurance.

Treasurer Monthly Snapshot June 2009

Total Income -	\$10,710.32	Accounts	
Total Expenses -	\$ 7,862.03	Money Market -	\$13,236.58
Net Income -	\$ 2,848.29	Now -	\$ 32,641.64

MEMORIAL GIFTS... were given in memory of: Jim Bonar: Leroy and Henrietta Sions, Scott Sions and family, Nathan Sions and family, Steven and Beth Sions, Robert D. and Sharon S. Hayes, Betty Rice, Bill and Judy McCauley, Mary E. Kuykendall Weber and Molly Moss Bonar.

Correction to last month's newsletter: The contribution from Betty Rice and Don and Frances Swope were given in memory of Madeline Blue, not Madeline Pancake.

Congratulations to:

Brittany Nestor for being part of the Freshman Honors Program at Fairmont State University.

Timothy Allen for being part of the Freshman Honors Program at West Virginia Wesleyan College and receiving The Presidential Scholarship and Musical Scholarship for Performance.

Jonathan Allen for scoring a perfect 800 on the Reading Section of the SAT.

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The Shenandoah Presbytery Youth Council Extraordinaire-SPYCE~has completed five successful years of creating and leading events for the Presbytery as well as building leadership and strong Christian unity among the council leadership. For the 2009-2010 school year, we are again welcoming high school students and adults from every Mission Community to join the Youth Council for a year of service, leadership development and commitment to Jesus Christ and the Church.

To ensure good representation from all our churches, all grades and genders, we are asking that every youth and adult submit an application to serve on the 2009-2010 Youth Council. In addition, the council is working towards a balance of 20 youth and 5 adults.

Mission Statement...The Shenandoah Presbytery Youth Church is called to bring youth and adults together to build and strengthen the faith, fellowship and mission of youth in our Presbyterian community.

Information and applications are in the church office.



The Annual Drug and Alcohol Prevention Luau for the area children will be August 1st, from 7 to 10 p.m. at the Romney Teen Center. It has been a wonderful local mission reaching over 125 area youth with a night of fun. Activities include dancing, contests, swimming, and games using the impaired goggles to show the youth how drugs and alcohol affect their perception as well as trying to drive a golf cart while wearing the goggles. Announcements throughout the evening are made concerning the use of drugs and alcohol. Everything is FREE! Anyone wishing to help or contribute is ask to please call 304-822-7565 or 703-2275. We will need people to make drinks, take care of the snacks, register the youth, and generally patrol the area keeping our youth safe.



“Fear Not!” We had a wonderful time at VBS this summer. Twenty-nine kids and twenty helpers (youth and adult) experienced a fun week of Bayou blessings at Crocodile Dock. Thank you to everyone who brought your kids to church each night and/or helped out! We learned God is with us, God is powerful, God does what he says he’ll do, God gives us life, and God cares for us!! *Our prayers for more kids from the community were answered; now please pray for our new friends to return to Summer Sensations and Sunday School.*

Sincerely, Alana Hartman

Sing & Play Swamp Stomp: Sheri Coleman **Dockside Drive-In:** Kaye Strawn **Snack Shack:** Laura Staley, Adanna Richman, Sue Staley **Crawfish Crafts:** Katie Allen, Cindy Nester, Paula Cookman **Gator Games:** Michael Cheshire **Other help:** Gayle Allen, Scott Staley

Bayou Crews:

Tadpoles: Alex Berg, Elleigh Jo Coleman, Tren Crane, Tyla Crane, Jocelyn Hartman, Shyanne Hooker, Levi Richman, Sky Rogers

Leaders: John Dan Sitar, Betty Rice, Diane Crane Jonathon Coleman

Catfish: Tristan Alkire, Destiny Cunningham, Adrian Davidson, Matthew Davidson, Kaitlyn Hartman, Junior Rogers, Kayla Rogers, Hunter Shaffer, Alyssa Spaid, Ainsley Walker, Destiny Wilfong

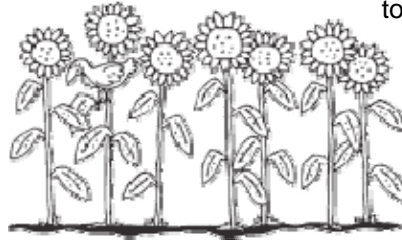
Leaders: Pastor Barb, Brittany Nester, Jonathan Allen, Crystal Wilfong

Pelicans: Savannah Barber, Kaley Corbin, Kaitlyn Everhart, David Haines, Abbie Nester, Jay Nester, Trevor Shaffer, Ella Staley, Evan Staley, Alexandra Turner

Leaders: Vida Simon, Don Cookman, Tori Reynolds

Sunflower Fest

Come August 14th and 15th, 2009 the kickoff event for Romney On seeking to revitalize the town of 5:30 p.m. at the Bottling Works Hall. Friday's events include a auction, garden contest results, Miss Sunshine contest. Saturday's residence, business, and green and Little Miss Sunshine results. If you would like to participate in any of the Sunflower Fest events (chili/salsa cook off, bake sale, garden tour, Little Miss Sunshine, charity auction, hat decorating, games) or for more information, call 304-822-3185.



to Romney's first Sunflower Fest. Sunflower Fest is TRAC, an organization of community leaders Romney. The fest will be held Friday, August 14th and Saturday, August 15th 11:00 a.m. at the Fire barbecue, bake sale, wooden sunflower charity Sunflower hat decorating competition, and Little events include a chili and salsa cook off; space garden tour, children's games, much food,

Romney Presbyterian Church
100 West Rosemary Lane
Romney, WV 26757-1632

Non-Profit Organization
U.S.POSTAGE PAID – Permit #12
Romney, WV 26757



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Church Office Phone -304-822-5083 Email - office@romneypresbyterianchurch.org