

# The Bridge

SEPTEMBER 2018



## From the Pastor

*Rev. Julie Sterling*

Every morning I try to start my day with a moment or two of devotions. In past churches my schedule made it impossible to do this am thankful for this precious time of study and prayer. It has become as essential to me as morning exercises or daily vitamins.

Maintaining a healthy relationship with God is a work in progress and it is important to come to God each day with focus, devotion, and prayer.

The other day while reading my devotional from "Daily Feast" I found myself truly inspired. The devotion reading focused on Proverbs 9:1-6, highlighting God's invitation to each and every one of us to a blessed, fulfilled life. The scripture reading speaks of Lady Wisdom preparing a great banquet for all to share. The tables are set and filled with fine foods and wines. For verses 3-6 the invitation is clear:

***She has sent out her servants, and she calls  
from the highest point of the city,  
"Let all who are simple come to my house!"  
To those who have no sense she says,  
"Come, eat my food  
and drink the wine I have mixed.  
Leave your simple ways and you will live;  
walk in the way of insight."***

This is a good passage to turn to as our days shift from Summer vacations and activities to the more structured moments of Fall. Lady Wisdom gives us a valuable lesson. Our walk of

faith is a process of both structure and ease, discipline and laughter, focus and joy. When we give our lives to Christ, we are given a life rich with the beauty of all God's creation. Yet in our faith we are also called to search for wisdom and truth and embrace a healthy life, fitting of the body of Christ.

Choosing the feast of Wisdom means searching out what is good and right in our lives, and noting satisfies us better than the grace and love of Jesus. Knowing this, we must make choices that are healthy and helpful to our own well-being and the wholeness of others. Simply put, we must ask ourselves if we are investing wisely in the gift in front of us or are we squandering the blessings of God?

In the coming months I will ask the church walk with me on a path of renewal. I pray as we join in faith and fellowship we can work to be a healthier, happier church as well as stronger people of God. Together we can support one another to pursue a life of wisdom that satisfies our very soul. The feast is prepared and ready. It is our choice to accept the invitation!

Blessings,  
*Rev. Julie Sterling*

**Our Mission** — To be a bridge to Christ through faith and service • **Our Vision** — When SPC is faithful in accomplishing its mission, people will know that Christ is at work in their lives and follow Him. • **We Value** — Being accepting, caring, outreaching, Spirit-led, and willing to serve



## Birthdays This Month

- ◆ Ron Sobel (Sept. 3)
- ◆ Betty Howard (Sept. 5)
- ◆ Fran Alwood (Sept. 6)
- ◆ Ron Ventura (Sept. 7)
- ◆ Joyce Jordan (Sept. 13)
- ◆ Hollis Lyerly (Sept. 14)
- ◆ Michelle Elich (Sept. 22)
- ◆ Dick Hartman (Sept. 27)
- ◆ Christina Saunders (Sept. 27)
- ◆ Zach Super (Sept. 27)
- ◆ Allison VanPeeren (Sept. 28)



- ◆ **John & Jeanne Banks**
- ◆ **Bruce Sharp**
- ◆ **Anne Bramlett**
- ◆ **Connie Cilley**
- ◆ **Kelly-Grier Costin**
- ◆ **Bill Dawson**
- ◆ **Carolyn Lackey**
- ◆ **Blake McConnell**
- ◆ **Juanita Pond**
- ◆ **Rick Sommers**
- ◆ **Mary Jane Willis**

The *Suffolk Presbyterian Bridge* is a publication of Suffolk Presbyterian Church in Suffolk, VA.

The *Bridge* is published 12 times a year under the direction of the Administration/Communication Ministry Team of the SPC Session.

News items should be submitted to the newsletter editor in one of the following ways:

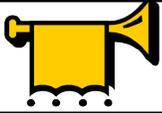
- **email** at [office.suffolkpcusa@verizon.net](mailto:office.suffolkpcusa@verizon.net)
- **mail** to the church address
- **newsletter editor's mailbox in church office**

**Editor:** Laura Farmer,  
Administrative Assistant

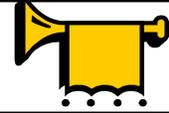
**PRAY FOR OUR**  
  
**MILITARY**

- ◆ **Austin Holland**
- ◆ **Nick Meadors**
- ◆ **JB Persons**
- ◆ **Christian Sictor** (Jim & Shirley's grandson)
- ◆ **Glenn Smith** (Betty Chapman's grandson)
- ◆ **Greg Vernon** (Joyce Jordan's grandson)
- ◆ **Eric Zimmerman**

**Thank you for your service!**



## News Briefs



PRESBYTERIAN  
WOMEN

The next **Presbyterian Women** meeting is on Monday, September 10 at 7:30 pm.

**St. Andrew Presbyterian Women Kick Off:** Sunday, September 16 at 4 pm. Julie will be the guest speaker. All SPC ladies are invited to join in fellowship and a light supper afterwards.

### Did You Know...?

(1) that the mission garden had another good year with 330 lbs. of squash, zucchini, cucumbers, peppers and tomatoes? Thanks to **Rev. Julie** for helping with the harvest and to **Gary Williams** for getting the veggies to the Suffolk Christian Fellowship Center.

(2) that the Fall Living Waters for the World plant sale will commence Sunday Sept. 16 with delivery of beautiful pansies and 'mums on Fri., Oct. 5? Look for more information in the coming weeks.

(3) that **Laura Farmer**, our administrative assistant, has been with us for seven years, this past August? Please make a point of stopping by and letting her know that you appreciate her and her talented service to our church. Now you know!

Peace, *Jack Stoughton*

### Administrative Office Hours



Laura Farmer's regular office hours are Wednesdays from 9:30 am to 12:30 pm, Thursdays from 9:30 am to 1:30 pm, and Fridays from 9:30 am to 12:30 pm. If you would like to contact her directly, please email [office.suffolkpcusa@verizon.net](mailto:office.suffolkpcusa@verizon.net).

### Moved? New Phone Number? Not in the SPC Directory?

We're trying to make sure our newsletter and other SPC mailings get to the right address. And, we want to make sure we have the right information in our church directory.

So, if you have moved or have a new phone number, please contact **Laura Farmer**, Administrative Assistant, at [office.suffolkpcusa@verizon.net](mailto:office.suffolkpcusa@verizon.net) or 539-3213.



## BBQ Dinner & Auction Returns to Suffolk Presbyterian Church as Living Waters Team Prepares to Return to Guatemala

The wildly popular BBQ Dinner & Dessert Auction is back! Join us September 23 for another fun-filled evening to support SPC's Living Waters for the World mission.

Remember the delicious barbecue, delectable desserts and great fellowship two years ago as you raised money to provide sustainable clean water in Guatemala? The water supply for our planned installation turned out to be inadequate, but the team identified an alternate location last fall.

In November, the SPC team will install LWW's first Reverse Osmosis Softener (ROS) system in Guatemala at El Tule, a training camp near the city of Chiquimula. The ROS system costs 2 1/2 times as much as a standard one, like the other three we have installed. So our BBQ Dinner & Auction returns!



While the cost is greater, the impact of this clean water system at Camp El Tule will also be greater! Small communities nearby will receive clean water from the pioneer ROS system.

On Sunday, September 23 from 5:30 to 7:30 p.m., you will have an opportunity to be part of this "first" in Guatemala. Tickets are only \$15/plate (advance sales only) for a dinner of barbecue, cole slaw, baked beans, and hush puppies.

For tickets, see any LWW mission team member (**Nancy Cisco, Skip & Chris Irby, Rob & Mary Ann Saunders, Jack & Susie Stoughton**) or contact **Jack** at 757-651-0284 or **Skip** at 757-651-8887 by the deadline of Tuesday, September 18.

After dinner, we will share information about this installation, and a special guest from Guatemala will make a virtual appearance from across the miles. Then we will once again auction the desserts, and we need your help for yummy cakes, pies and cookies!

Sign up in the narthex to provide your special dessert or call the church office (539-3213) with your information. You also can volunteer to help serve the food or be part of the clean-up detail.

You also may place your order for our Fall Plant Sale (mums and pansies to be delivered in early October). Proceeds also go toward funding SPC's fourth installation in Guatemala. To date, we have raised \$18,000 toward our \$25,000 budget for this installation.

Your LWW Team provides the "on the ground" work in Guatemala on your behalf, but all of us are part of this mission. Donations of education training materials are needed, and your team asks for your prayers as well.

See you at church, and "*Gracias*" from Guatemala!

### **BBQ Dinner/Dessert Auction details:**

**Date:** Sunday, September 23 from 5:30 to 7:30 p.m.

**Cost:** \$15/plate (advance sales only)

**Deadline for tickets:** Tuesday, September 18

**How to get tickets:** See any team member

**How to help:** Bake a dessert, buy a dessert, serve food, help clean up

## The September Spotlight is on... Fran Alwood



**Fran Alwood's** mantra has always been, "Don't sweat the small stuff." Recently, however, life's thrown her some pretty big stuff.

For three years, she's had to carry on without **Bob**, her devoted husband and life's partner. They had already lost a daughter to illness two years earlier. Now, declining health has forced her to sell her car, cut back her activities and learn to depend on others.

Still, she keeps on plugging. She attends worship with her portable oxygen tank in her walker. She exercises at chair yoga at Lake Prince Woods instead of swimming in the YMCA pool. She uses her cell phone to provide translation and advice to Spanish speakers instead of seeing them in person.

Her children - **Jack, David, Jennie Zehmer** and the late **Sarah Williams** — have blessed her with 10 grandchildren. And soon, there will be seven great grandchildren in the close, but far-flung family. Those who live nearby frequently show up to visit.

Many others have benefitted from the Alwood hospitality and feel like they're family - foreign exchange students and friends in need of a temporary place to stay. Wherever she goes, she hears "Mrs. Alwood" when someone spots their beloved Spanish teacher, guidance counselor, tutor, fellow volunteer, mentor, friend.

Ordained one of SPC's first female elders, Fran has taught Sunday School, led the Presbyterian Women and served as a delegate to the Synod of the Mid-Atlantic. She was part of SPC's original Living Waters for the World mission and helped install two water systems in Guatemala, where her fluency in Spanish forged lasting relationships for herself and the team.

For years, Fran was project manager for Suffolk's Habitat for Humanity, helping build numerous houses with qualified partners. She was a co-founder of the local chapter of American Association for University Women. In 1996, she received the Chamber of Commerce's Athena Award, named for the goddess of wisdom.

She doesn't dwell on those accomplishments or mention that she holds a Phi Beta Kappa key or spent a year at Yale.

"That was then," she said. "This is now."

Now she deals with the ravages of age with a dose of humor. When she can't quickly answer someone's question, she might respond with a reply that's common among her neighbors in the retirement community: "How soon do you need to know?"

1. **What brought you to SPC?** Transfer from Culpeper Presbyterian Church in 1958.
2. **Pets:** Dogs and cats once we had our own house.
3. **Fondest childhood memory:** Sunday picnics on the Pacific Ocean. (She grew up in Peru, where her father was an international businessman, before returning to the U.S. for college.)
4. **First job/last job:** First job - bilingual stenographer/last job - guidance director.
5. **Favorite food/drink:** "Arroz con pollo" (Chicken with rice)/Pisco sour (a Peruvian brandy sour).
6. **Favorite movies/TV show:** The old ones!

*(Continued on page 6)*

*(Continued from page 5)*

7. **Favorite ways to spend your free time:** Reading, friendships, phone.
8. **Book you've read recently that you would recommend to others:** Fannie Flagg's.
9. **Ideal vacation:** With my husband by car or train.
10. **I can't resist...**chocolate.
11. **Few people know that I...**was born in Guatemala.
12. **I collect....**memories.
13. **Pet peeve:** rudeness.
14. **My most embarrassing moment was...**forgetting a friend's name as I was making introductions.
15. **Tell us about your travels.** Europe, Hawaii, Far West, Peru, Central America. **What was your favorite trip?** Hard to choose.
16. **What is one thing you would change about yourself if you could?** My health.
17. **How are you helping make a change in the world?** Volunteered in the church and community, help as interpreter by phone.
18. **Best advice you've been given/by whom?** Trust yourself/my Dad.
19. **What advice would you give to young people today?** Follow your own dream.
20. **What's on your bucket list?** Get back in the pool or ocean.
21. **Favorite Bible passage:** Last poetic chapter of Job.
22. **Have you ever experienced a miracle?** Edmarc and The Children's Center.
23. **What do you tell others is the best thing about SPC?** Openness to new ideas and people.

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## World Communion Sunday

*"All who eat and drink without discerning the body, eat and drink judgment against themselves." (I Cor. 11:29)*

The first Sunday in October is designated as World Communion Sunday, which celebrates our oneness in Christ with all our brothers and sisters around the world. Paul tells us that we are to "discern the body" when we partake of Holy Communion, mindful that we note our relationship to all our brothers and sisters in Christ in the celebration. One is not to go hungry while another is drunk! (I Cor. 11:21). This is scandalous behavior opposed to the Way of Christ. Thus it is appropriate that World Communion Sunday is also a time when we receive the annual Peace and Global Witness Offering as a way of continuing the ancient Christian practice of sharing what we have with brothers and sisters in need.

### A Presbyterian Gift

World Communion Sunday (originally called World Wide Communion Sunday) is a gift of the Presbyterian Church to the larger ecumenical church. The first celebration occurred at Shadyside Presbyterian Church in Pittsburgh, PA, in 1933 where Dr. Hugh Thompson Kerr served as pastor.

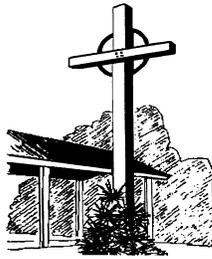
*Excerpt from: <https://www.presbyterianmission.org/ministries/worship/special-days-and-emphases/world-communion-sunday/>*



# September 2018

## Suffolk Presbyterian Church

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>  Bridge Women's AA
<i>2</i>  9:30 AM Choir Practice 10 AM Worship <b>Holy Commu- ion</b>	<i>3</i>  <b>Labor Day</b> <i>Office Closed</i>  Aerobics AA	<i>4</i>  Bridge	<i>5</i>  Aerobics TOPS	<i>6</i>  6 PM Prayer Group 7:15 PM Choir	<i>7</i>	<i>8</i>  Bridge Women's AA
<i>9</i>  9 AM Rally Day 10:30 AM Choir Practice 11 AM Worship	<i>10</i>  7:30 PM Presby- terian Women  Aerobics AA	<i>11</i>  Bridge Pilot Club	<i>12</i>  7 pm Diaconate Meeting  Aerobics TOPS	<i>13</i>  6 PM Prayer Group 7:15 PM Choir	<i>14</i>	<i>15</i>  Bridge Women's AA
<i>16</i>  9:45 AM Sunday School 10:30 AM Choir Practice 11 AM Worship 12 PM Birthday Celebration 12:15 PM LWW Team Meeting	<i>17</i>  Aerobics AA	<i>18</i>  Bridge	<i>19</i>  7 pm Session Meeting  Aerobics TOPS	<i>20</i>  6 PM Prayer Group 7:15 PM Choir  <i>NewsLetter DEADLine</i>	<i>21</i>	<i>22</i>  Bridge Women's AA
<i>23</i>  9:45 AM Sunday School 10:30 AM Choir Practice 11 AM Worship 5:30 PM BBQ Fundraiser	<i>24</i>  Aerobics AA	<i>25</i>  Bridge	<i>26</i>  Aerobics TOPS	<i>27</i>  6 PM Prayer Group 7:15 PM Choir	<i>28</i>	<i>29</i>  Bridge Women's AA
<i>30</i>  9:45 AM Sunday School 10:30 AM Choir Practice 11 AM Worship						



Suffolk Presbyterian Church  
410 North Broad Street  
Suffolk, Virginia 23434



Visit our website!  
[suffolkpresbyterian.org](http://suffolkpresbyterian.org)

## Suffolk Presbyterian Church

Reverend Julie Sterling  
Pastor

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**SUMMER WORSHIP**  
10 AM

**11 AM Worship Begins**  
September 9

## Upcoming Events:

September 9—Rally Day  
September 10—Presbyterian Women  
September 12—Diaconate Meeting  
September 16—Monthly Birthday Celebration  
September 16—LWW Team Meeting  
September 19—Session Meeting  
September 23—LWW BBQ Fundraiser



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