

# The Bridge

FEBRUARY 2019



## *From the Pastor*

*Rev. Julie Sterling*

For the first time in a long while, I thought I had everything figured out. In the final weeks of December I had set a budget for the New Year, the house was clean and organized, and I'd set some personal goals for myself. After a long and stressful year, I had finally found a sense of peace. Funny how things change in a moment. On December 27<sup>th</sup>, four days before the beginning of the New Year, I found out we would have to move. We quickly found a new place to live and I can honestly say our new home will be a blessing for us. Things are changing for the better. Yet, with this change comes a new game plan.

The reality is that this move is a best case scenario. We get to stay in our current neighborhood just a few blocks down the street. I'll still get to walk to work every day and be close by the church in case of emergencies. The greatest blessing is that we are moving locally instead of the normal cross country venture. The only real worry is for our dog Cooper who will have a hard time on daily walks not running up the steps of 413 Western Avenue.

The new normal involves nightly packing sessions. I admit this time around I haven't been as organized as in the past. Since the move is a matter of blocks, I've found myself throwing things into boxes and laundry baskets with the promise that a sorting process will be put into

effect later. One evening while "sorting through old t shirts and gym socks, a friend sent me a link to a new "tidying up method" developed by organize expert Marie Kondo. The process is called the KonMari Method and is featured in her book "The Life-Changing Magic of Tidying Up". In Kondo's method, it is suggested that we tidy up not by room but by category, starting with clothes, then books and miscellaneous items and finally making our way to sentimental items. The challenge is to only keep things that "speak to the heart" and discard the rest by "thanking them for their service and then letting them go". The ultimate goal is to create a living space that "sparks joy".

As I learned more about the KonMari method I decided this may be a good commitment for 2019, not just for my own home but also for the life of the church. Isn't our goal as Christians to find what sparks joy in our life with God. According to Nehemiah 8:10 "the joy of the LORD is your strength." In the KonMarie method there are six basic rules that I feel can be a guide for our congregation as we start a new year:

1. Commit yourself to tidying up. How can we as a congregation take the first steps to work towards a focused ministry that sparks true joy?

*(Continued on page 4)*

**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

**HAPPY  
BIRTHDAY!**

- ◆ Jennifer Goforth (Feb. 8)
- ◆ Katelynn Lail Morrison (Feb. 11)
- ◆ Kathryn Padgett (Feb. 13)
- ◆ Evelyn Archer (Feb. 14)
- ◆ Anastasia Hecht (Feb. 19)
- ◆ Hayden Goforth (Feb. 29)



- ◆ John & Jeanne Banks
- ◆ Paul Chapman
- ◆ Al Nash
- ◆ Gary Williams
- ◆ Don Berry
- ◆ Howard Bird
- ◆ Anne Bramlett
- ◆ Tori Brayman
- ◆ Jeff Chenault
- ◆ Kelly-Grier Costin
- ◆ David Drames
- ◆ Ginger Goodman
- ◆ Sandy Hurd
- ◆ Family of Bill Jarvis
- ◆ Jeremy Jennings
- ◆ Katie Sutton Lackey
- ◆ Mike Lackey
- ◆ Sherri Lilley
- ◆ Harriet and Dan Lindblom
- ◆ Blake McConnell
- ◆ Family of Steven Palmer
- ◆ Family of Brenda Preston
- ◆ Lucille Reddell
- ◆ Jeff Snow
- ◆ Laura Jane Whitney
- ◆ 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:

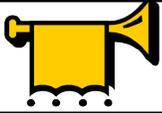
- **email** at [office.suffolkpcusa@verizon.net](mailto:office.suffolkpcusa@verizon.net)
- **mail** to the church address
- **newsletter editor's mailbox in church office**

**Editor:** Laura Farmer,  
Administrative Assistant

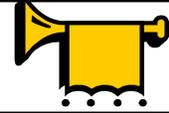
**PRAY FOR OUR  
★ ★ ★ ★ ★  
MILITARY**

- ◆ 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, February 11 at 7:30 pm.

Don and I would like to thank Dr. Jeff Persons for his medical expertise, and everyone in the church for their prayers, cards, meals, calls, and flowers after my recent hip surgery. We really appreciate your kindnesses! *Nancy and Don White*

Thank you to those that contributed to the **Suffolk Humane Society** collection. Items will continue to be collected through the first week in February.

*Betty Howard*



### 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.



# THE DANIEL PLAN

## GOD'S PRESCRIPTION FOR YOUR HEALTH

Was getting in shape mentally and physically one of your New Year's Resolutions? Are you hoping to find greater focus on God and His purpose for you? Are you ready to connect with others in exploring a new path to better health and a better life? Then join us in **The Daniel Plan**.

The Daniel Plan is a practical six-week program for people to restore their health and ultimately prepare them to fulfill God's purpose for their lives. More than just another "diet", its a lifestyle based on the biblical story of Daniel, who forsook the king's rich food and way of life in order to honor God and do what was best for him and his friends. Originating from Rick Warren's Saddleback Church, the Daniel Plan was created with the help of experts Drs. Mehmet Oz (cardiology - yes, THAT Dr. Oz), Daniel Amen (psychiatry), and Mark Hyman (functional medicine) - of different faiths and medical backgrounds. It addresses the Whole Person and is based on the five pillars of health: faith, food, fitness, friends, and focus.

Beginning Sunday, March 10, Suffolk Presbyterian Church will offer a special Lenten study centered around The Daniel Plan. In addition to weekly sermons inspired by Daniel, there will be a 40-day, small group DVD study. Using video and workbook discussions, the meetings will provide fellowship, inspiration, instruction, and useful tips. Each week will bring a different theme, with practical "next steps" to move forward. The study is open to the public, so feel free to invite friends. After all, every body needs a buddy, as lifestyle changes are best made within community. Check the Narthex for handouts and a signup sheet. We are also looking for individuals who would like to be a part of the Coordinating Team. See **Maryanne Persons** for details and more information.

*(Continued from page 1)*

2. Imagine your ideal lifestyle. What dreams or wishes do you have for the church that fit within our mission statement for SPC?
3. Finish Discarding first. What must we do to get organized so our ministry can speak to the heart of our mission and spark joy to the congregation?
4. Tidy up by category. What ways can we reorganize our various ministries to speak to how God is calling us today?
5. Follow the right order. How do we work together as a church family to build a ministry for the future by doing the process that is prayerful and speaks to the heart of the congregation?
6. Ask yourself if it sparks joy. How do we create moments for reflection and feedback so we can build a faith community that "sparks joy" for the group as a whole?

I look forward to the rest of 2019 with all its twists and turns and I hope this year's journey is meaningful for our all. Remember "the joy of the LORD is our strength"!

Blessings,

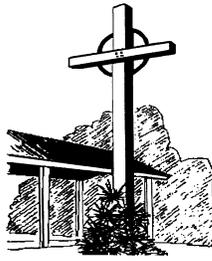
*Rev. Julie Sterling*



# February 2019

## Suffolk Presbyterian Church

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Bridge Women's AA
3 9:45 AM Sunday School 10:30 AM Choir Practice 11 AM Worship <i>Holy Communion</i>	4 Aerobics AA	5 Bridge	6 Aerobics TOPS	7 6 PM Prayer Group 7:15 PM Choir	8	9 Bridge Women's AA
10 9:45 AM Sunday School 10:30 AM Choir Practice 11 AM Worship	11 7:30 PM Presbyterian Women Aerobics AA	12 Bridge Pilot Club	13 7 pm Diaconate Meeting Aerobics TOPS	14 7:15 PM Choir	15	16 Bridge Women's AA
17 9:45 AM Sunday School 10:30 AM Choir Practice 11 AM Worship	18 <b>Presidents' Day</b> <i>Office Closed</i> Sister Cities Aerobics AA	19 Bridge	20 7 pm Session Meeting Aerobics TOPS <b>Newsletter DEADLINE</b>	21 6 PM Prayer Group 7:15 PM Choir	22	23 Bridge Women's AA
24 9:45 AM Sunday School 10:30 AM Choir Practice 11 AM Worship	25 Aerobics AA	26 Bridge	27 7 PM LWW Team Meeting Aerobics TOPS	28 6 PM Prayer Group 7:15 PM Choir		



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

## Suffolk Presbyterian Church

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**SUNDAY SCHOOL**

9:45 AM

**WORSHIP**

11 AM

## Upcoming Events:

February 11—Presbyterian Women

February 13—Diaconate Meeting

February 20—Session Meeting

February 27—LWW Team Meeting



Find us on Facebook  
Search for *Suffolk Presbyterian  
Church*