

The Bridge

MARCH 2019



From the Pastor

Rev. Julie Sterling

This month our church is going to do something new. Something out of the box. During our Rally Day last fall, we used the story of Daniel as the theme for the new year. In the Bible we learn that Daniel was strong in faith to God. He was committed to his community and worked hard to develop relationships. He was careful about the food he ate and made sure to maintain a healthy body. Above all, he centered his life on witnessing his faith to others. With Spring around the corner, the theme of new life is starting to show its face to the world; a reminder of God's presence in our life.

“See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.” Isaiah 43:19

Starting March 10, our church will embrace the qualities of Daniel as we make our way to Easter Sunday. As part of our Lenten focus, the Invitation Team is offering two programs to encourage holistic healing and growth. The first program is the Daniel Plan. Through the Daniel Plan, participants are given tools in order to develop our relationships with faith, food, fitness, focus, and friendships. The wonderful part is that we do it together as community and with the help of God.

The second program is Walk to Jerusalem. Through the Walk to Jerusalem, members track different activities which have set miles. These activities include physical fitness, fellowship, spiritual growth, outreach, and worship. Like the Daniel Plan, this is a program we do together, tracking enough miles to make our way from Suffolk

Virginia to Jerusalem. We will have the children help tally miles each week which will help them see our commitment to growth during the Lenten season.

Now you may wonder how these programs fit into your life. If you are anything like me, your schedule is filled with things to do. You may be hesitant to take part in what looks like a new “diet fad” or “self-help program”. The great thing about the Daniel Plan is that the focus is on making healthy life choices. The end goal is being the best self you can be and do this together with God. In Jeremiah 32:27 God tells us “I am the Lord, the God of all mankind. Is anything too hard for me?” Whenever we let God lead, how fail. Besides, part of Lent is taking time for Sabbath to recommit ourselves to God. These programs give you time throughout the week to stop and be with God.

The best part about both these programs is that they can be used together to complement each other or independently. Also, with the Daniel Program, each week has a new focus. You do not have to go through the whole process to get something out of the plan.

I encourage you to join me in these wonderful programs during the Lenten season. Through the Daniel Plan and the Walk to Jerusalem we can work together to be the best self and a healthier church.

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

- ◆ Bruce Sharp (Mar. 1)
- ◆ Kristina Super (Mar. 5)
- ◆ Helen Zekert (Mar. 8)
- ◆ Mac Rollins (Mar. 22)
- ◆ Dorothy Lorenz (Mar. 30)



- ◆ Jack & Susie Stoughton (Mar. 7)
- ◆ Matt & Sandi Harrah (Mar. 16)
- ◆ Ron & Lou Ventura (Mar. 20)
- ◆ Nick & Jackie Meadors
(Mar. 22)

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
- **mail** to the church address
- **newsletter editor's mailbox in church office**

Editor: Laura Farmer,
Administrative Assistant



- ◆ Jeanne Banks
- ◆ John Banks
- ◆ Paul Chapman
- ◆ Al Nash
- ◆ Gary Williams
- ◆ Howard Bird
- ◆ Anne Bramlett
- ◆ Kelly-Grier Costin
- ◆ Linda Dilday
- ◆ David Drames
- ◆ Ginger Goodman
- ◆ Sandy Hurd
- ◆ Karen Jarvis, daughter, and family of Bill Jarvis
- ◆ Jeremy Jennings
- ◆ Mary Joyner
- ◆ Katie Sutton Lackey
- ◆ Mike Lackey
- ◆ Delores and Cliff Lane
- ◆ Miriam Mazariegos
- ◆ Blake McConnell
- ◆ Brink Nelms and his wife Cathy
- ◆ Family of Brenda Preston
- ◆ Lucille Reddell
- ◆ Beverly Shockley
- ◆ Jeff Snow
- ◆ John and Sue Stansel
- ◆ Laura Jane Whitney
- ◆ Mary Jane Willis
- ◆ Alonzo Wilson

PRAY FOR OUR

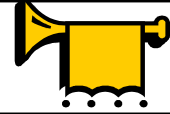
MILITARY

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

Thank you for your service!



News Briefs



PRESBYTERIAN
WOMEN

The next **Presbyterian Women** meeting is on Monday, March 11 at 7:30 pm.

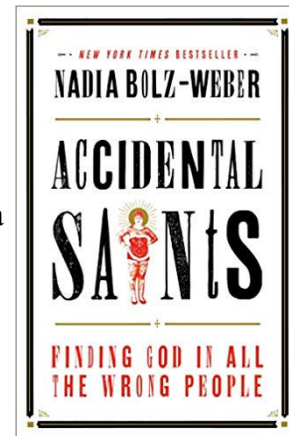
Books & Coffee

Books & Coffee met on February 24 to start discussing their current selection, *Accidental Saints* by Nadia Bolz-Weber. All are welcome to jump into the conversation. Please contact **Dick Hartman** for more information.

“In *Accidental Saints*, *New York Times* best-selling author Nadia Bolz-Weber invites readers into a surprising encounter with what she calls “a religious but not-so-spiritual life.” Tattooed, angry and profane, this former standup comic turned pastor stubbornly, sometimes hilariously, resists the God she feels called to serve. But God keeps showing up in the least likely of people—a church-loving agnostic, a drag queen, a felonious Bishop and a gun-toting member of the NRA.

Told in Nadia’s trademark confessional style, *Accidental Saints* is the stunning next work from one of today’s most important religious voices.”

<http://www.nadiabolzweber.com/book/accidental-saints>



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.

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 or 539-3213.



***It's time to register! Be a part of the journey!
Registration forms available in the Narthex and on the website.
Sign up for either or both!***



The Daniel Plan

*A six-week journey to health and transformed lives,
inspired by the Book of Daniel!*

Program begins Sunday, March 10, at 3:00 p.m.

Study Guides & Childcare Available!



***A Virtual Journey
To Physical and Spiritual
Wellness***

YOU can help SPC reach Jerusalem by Pentecost Sunday!

Be a part of our community effort to grow closer to God while improving health. Weekly devotions, tally sheets, and travel updates available. All ages welcome!

Mileage Conversion Chart - *Look at what counts!*

- ☐ 1 mile walked or 20 minutes of physical activity = 1 mile closer to Jerusalem
These activities may include, but are not limited to:

| | | |
|------------------|--------------|--------|
| Aerobic exercise | Swimming | Biking |
| Yoga/Zumba | Jumping Rope | Golf |
 - ☐ Physical Therapy Chair exercises Dancing
 - ☐ 20 minutes of reading scripture = 1 mile
 - ☐ Attend worship = 5 miles
 - ☐ Attend Sunday School = 2 miles
 - ☐ Attend Choir Practice = 2 miles
 - ☐ Say grace aloud before your meal = 1 mile
 - ☐ Read aloud to any child = 1 mile
 - ☐ Read a church related book = 1 mile
 - ☐ Read a church related book to any child anywhere = 2 miles
 - ☐ Sing hymns while showering, gardening, walking, etc. = 1 bonus mile
- Do you participate in a non-listed activity? Put it on your tally sheet!

2019 Community Lenten Services

The Churches of Suffolk are offering a Lenten opportunity to worship together at noon each Wednesday in Lent. Following the 30 minute worship service, you are invited to stay for a complimentary soup and sandwich lunch.

Ash Wednesday, March 6

St. Paul's Episcopal Church

213 North Main Street

The Very Rev. Dr. Keith Emerson, Pastor

Preacher: The Rev. Dr. Madelene Beard

Pastor, Galatians UCC

Wednesday, March 13

Tabernacle Baptist Church

3621 Nansemond Parkway

The Rev. Travon D. Boone, Pastor

Preacher: The Rev. Dr. Dave Meadors

Pastor, Holy Neck Christian Church

Wednesday, March 20

West End Baptist Church

105 St. James Avenue

The Rev. Dale Peterson, Pastor

Preacher: The Rev. Dr. Robert Hobbs

Pastor, Metropolitan Baptist Church

Wednesday, March 27

Oak Grove Baptist Church

2635 East Washington Street

The Rev. Dr. Anthony Copeland, Pastor

Preacher: The Rev. Rich Meiser

Main Street UMC

Wednesday, April 3

Oakland Christian Church

(Wesley Chapel/St. John's Episcopal assisting)

5641 Godwin Boulevard

The Rev. Mary Anne Biggs, Pastor

Preacher: The Rev. Dr. Steven Blunt

Pastor, First Baptist Church Mahan Street

Wednesday, April 10

East End Baptist Church

1056 Portsmouth Boulevard

The Rev. Wayne D. Faison, Pastor

Preacher: The Rev. Michael Halley

Pastor, Suffolk Christian Church

COMMUNITY PASSION WEEK SERVICES

Monday – Friday
April 15-19, 2019
12 Noon

Metropolitan Baptist Church
125 County Street

Guest Preacher
Bishop Harry Cohen
New Covenant Holy Church of America



Ash Wednesday begins the season of Lent with a public act of confession and contrition. Acknowledging that all have sinned and fallen short of the glory of God, we stand in solidarity as fellow creatures before our Creator, acutely aware of our mortality. Historically, Ash Wednesday was a time when penitents were presented for church discipline during Lent, culminating in reconciliation on Maundy Thursday. Ash Wednesday is also the occasion when would-be disciples of Christ known as catechumens were enrolled in the catechumenate, a special time of learning the basics of the faith in preparation for baptism on Easter Sunday or during the Easter Vigil. In some traditions, Ash Wednesday is a fast day, beginning the Lenten time of fasting and preparation for the Great Three Days that culminate in Easter.

This first day of Lent reminds us that unless we are willing to die to our old selves, we cannot be raised to new life with Christ. The first step of this journey calls us to acknowledge and confront our mortality, individually and corporately. In many traditions, this is symbolized through the imposition of ashes — placing a cross on one’s forehead. During the imposition of ashes the words: “You are dust, and to dust you shall return” (Genesis 3:19) are repeated again and again. We are to remember that we are but temporary creatures, always on the edge of death. On Ash Wednesday, we begin our Lenten trek through the desert toward Easter.

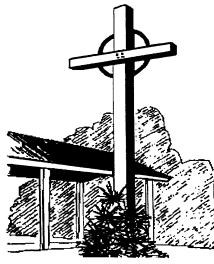
Ashes on the forehead is a sign of our humanity and a reminder of our mortality. Lent is not a matter of being good, and wearing ashes is not to show off one’s faith. The ashes are a reminder to us and our communities of our finite creatureliness. The ashes we wear on our Lenten journey symbolize the dust and broken debris of our lives as well as the reality that eventually each of us will die.

<https://www.presbyterianmission.org/ministries/worship/christianyear/ash-wednesday/>

March 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 5 PM LWV Team Meeting 7 PM Ash Wednesday Service 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 3 PM The Daniel Plan | 11 7:30 PM Presbyterian Women Aerobics AA | 12 Bridge Pilot Club | 13 7 pm Diaconate Meeting Aerobics TOPS | 14 6 PM Prayer Group 7:15 PM Choir | 15 | 16 Bridge Women's AA |
| 17 9:45 AM Sunday School 10:30 AM Choir Practice 11 AM Worship 3 PM The Daniel Plan | 18 Aerobics Sister Cities AA | 19 Bridge | 20 7 pm Session Meeting Aerobics TOPS <i>Newsletter DEADLINE</i> | 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 3 PM The Daniel Plan | 25 Aerobics AA | 26 Bridge | 27 Aerobics TOPS | 28 6 PM Prayer Group 7:15 PM Choir | 29 | 30 Bridge Women's AA |
| 31 9:45 AM Sunday School 10:30 AM Choir Practice 11 AM Worship 3 PM The Daniel Plan | | | |  <i>Daylight Saving Time starts on March 10!</i> | | |



Suffolk Presbyterian Church
410 North Broad Street
Suffolk, Virginia 23434



Visit our website!
suffolkpresbyterian.org

Suffolk Presbyterian Church

Reverend Julie Sterling
Pastor

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suffolkpcusa@verizon.net

SUNDAY SCHOOL

9:45 AM

WORSHIP

11 AM

Upcoming Events:

March 6—LWW Team Meeting
March 6—Ash Wednesday Service
March 11—Presbyterian Women
March 13—Diaconate Meeting
March 20—Session Meeting

April 20—Easter Egg Hunt



Find us on Facebook
Search for *Suffolk Presbyterian
Church*