



The Bridge

MARCH 2023



From the Pastor

Rev. Julie Sterling

Hope Starts With Ashes

Each year our Lenten journey starts with ashes. It's kind of odd to think that something that is the remnant of life, the symbol of sin and brokenness leads us to the cross. In the dark moments of this beginning, there is a glimmer of hope and as we take the first steps of the Lenten season together we know that from these ashes something beautiful will grow.

I spent several hours the other day working in the yard, picking up sticks and pruning back dead branches from bushes and plants. Spring is just around the corner and it is visible the green that is emerging from the earth. The sweet smell of flowering bushes are filling the air during my daily walks with my dog Cooper. It is amazing to think how each time this year the earth awakens. Hope is everywhere.

The Lenten journey often is considered to be a time of solemn reflection and introspection. As good Christians we are asked to take on disciplines of fasting, prayer, and discernment. But we are also encouraged to fill this time with good works, love, and joy. Even though this season is meant to be a time to prepare for Jesus' great sacrifice on the cross, we are also given the gift and the great opportunity to live out Jesus' example of service and grace. In Isaiah 58:6-7 we hear the prophet speak out to God's people, speaking words of social justice:

Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?
Is it not to share your bread with the
hungry,
and bring the homeless poor into your
house;
when you see the naked, to cover them,
and not to hide yourself from your own
kin?

Our Lenten journey allows us to put faith in action and share God's light with the world. Isaiah says that through good works and service our lights will rise and shine. During our dark moments of Lent we have a rare opportunity to share the light of Christ in a profound way.

So, what will your journey be? How will you walk your path of faith and let your light shine? How will you work for greater understanding and also be a blessing to those in need? In our Lenten study "What Makes a Hero?" we are encouraged to think of ways of being good in the world and avoid sin that separates us from God. Maybe consider a couple acts of kindness you can do each week for someone? Maybe avoid some bad habits that may cause pain to others? Whatever you choose to do, make this time a holy time and look for God along the way.

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



3/1 Bruce Sharp
 3/10 Diane Stewart-MacKenzie
 3/30 Dorothy Lorenz
 3/30 Cheryl Super

† Clifford Stewart
 † Gary Williams
 † Sandy Acton
 † Ann Felton
 † Nancy Forrester
 † Richard Alan Goforth, Sr.
 † The family of Linwood U. Holland
 † Jimmy Hope
 † Diane Stewart MacKenzie
 † Roy Malonson
 † Joyce Milteer
 † Roger Piland
 † Shirley Ries
 † Jeff Snow
 † The family of Doug Stoughton
 † John



3/7 Jack & Susie Stoughton

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@suffolkpresbyterian.org
- mail to the church address
- Laura Farmer's office mailbox

Editor: Laura Farmer,
 Administrative Assistant

PRAY FOR OUR

MILITARY

*Thank you for
 your service!*

† Laura Dawson (relative of Maryanne Persons)
 † Jarrett Hagwood
 † Nick Meadors (US Navy deployment)
 † JB Persons (Reserves)
 † Glenn Smith (Betty Chapman's grandson)
 † Hayden Spalding
 † Greg Vernon (Joyce Jordan's grandson)



News Briefs



Information from Breena:

Below is a link to the list of needs for the ODU English students from Congo and Tanzania. The list should be updated occasionally as the needs are met. If you are trying to downsize and would like to donate items no longer on the list, the English Language Center will send them on to Catholic Charities to be given to other refugee individuals and/or families.

Thank you so much for your love, compassion and generosity.

https://docs.google.com/spreadsheets/d/1RZz9G6o9ungSfVmPb_Z4uTfQGcBRvIrljM6bHu71leFE/htmlview

SPC is collecting food pantry donations for the **Suffolk Christian Fellowship Center**. The greatest needs are canned veggies/fruits/tuna/chicken, cold cereal, peanut butter, and jelly. Donations accepted via church website.

The Deacons have a **Gift Card Ministry**. \$25 restaurant gift cards will be collected during the offering to help congregation members in times of need. These will be used to assist with meals.

PDA's Susan Krehbiel discusses partnerships the PC(USA) is employing during the early days of the Ukraine crisis

<https://www.presbyterianmission.org/story/refugees-just-want-to-go-home/>

Disaster Relief-International Refugee Programs (DR000156)

<https://pma.pcusa.org/donate/make-a-gift/gift-info/DR000156/?appeal=PDA&package=UK22-ABB>

Because of the uncertain climate, activities may be adjusted as we go. Be sure to read the weekly church announcements for any changes. If you attend an in-person event and later develop COVID-19 symptoms or test positive, please contact **Nancy Cisco** so that she can notify attendees in a confidential manner. **In response to the new CDC guidelines, mask use at SPC is optional for all activities.**



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@suffolkpresbyterian.org.

Directory Updates

If you have a new address, phone number, or email, please contact **Laura Farmer**, Administrative Assistant, at office@suffolkpresbyterian.org or 539-3213. If you are not in the directory, and would like to be added, please email your information. Thank you!





March 12 “Lunch and Learn” to showcase Guatemala

Join us after worship on March 12 for “Lunch and Learn,” featuring an update of SPC’s mission in Guatemala.

We’ll see a slide show on the good work our Living Waters for the World partners are doing at the El Tule training camp in Chiquimula in northeastern Guatemala. We’ll hear accounts of how God’s guidance led the SPC team to enter into a covenant that required extra training for a different type of water purification system than SPC’s three earlier projects.

We’ll also learn about the 2018 installation and the next year’s follow-up inspection trip, the last before the Covid-19 pandemic curtailed our travels. Most significantly, we’ll see how our in-country partners have carried on in our absence and the impact they are having on the improved health of those in the surrounding communities. For lunch, the deacons are preparing a “Taco bar” - soft tortillas (including low carb) and bowls (shells) that you can fill with beef, shredded chicken, black beans, cheese and all sorts of toppings. There will be chips and salsa, plus ice cream and cookies! Join us for a fun and informative look at SPC’s outreach and mission in Guatemala - started in 2006 and still being supported by your generous donations and twice a year plant purchases!



“God is our refuge and strength ... though the mountains shake.”
- Psalm 46:1-3

The scale of the disaster facing Syria and Turkey after the Feb. 6 earthquake is becoming clearer. The 7.8-magnitude quake and its aftershocks have left more than 11,000 people dead and thousands more injured; these numbers will rise as search and rescue continues. Buildings have been reduced to rubble, and roads and bridges have been severely damaged, resulting in dangerous conditions for first responders. In some places, such as Aleppo, this destruction is compounding the damage of the now 11-year war in Syria.

Presbyterian Disaster Assistance (PDA) is providing emergency relief and short-term recovery in the impacted areas through long-standing partners in Syria, in addition to ACT Alliance members in Syria and Turkey, all of whom are already on the ground. PDA will remain active throughout the entire recovery process, accompanying our partners in the area as they determine long-term program needs and providing financial support for building and resilience.

Financial support for relief efforts can be designated to DR999999-ST earthquake. Gifts can be made online by clicking [here](#), by phone at (800) 872-3283, or by check made payable to Presbyterian Church (U.S.A.) with “DR999999-ST Earthquake” written on the memo line and mailed to

Presbyterian Church (U.S.A.),
 P.O. Box 643700,
 Pittsburgh, PA 15264-3700.

Excerpt from Presbyterian Disaster Assistance email, 2/9/23

Presbyterian Women

Are you looking for a meaningful way to walk your Lenten journey this Spring? Why not join us for our PW discussion on March 13 on "Sabbath and Hospitality". Our discussion will include a DVD recorded message from author Carol M. Bechetel followed by a group discussion on our reading from chapter 6. The scripture for this chapter are Exodus 20:8-11 and Deuteronomy 5:12-15. The Key focus for this lesson focuses on the following idea:



There is something in the very nature of Sabbath that demands that it be shared. Accepting the gift of the Sabbath also involves a commitment to hospitality.

Our monthly studies meet at the church in the Library and are open to everyone. You do not need to read the chapter to take part in the study.

What Makes a Hero? The Death-Defying Ministry of Jesus by Matt Rawle

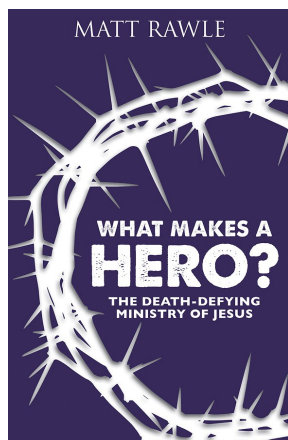
Are you looking for a special way to observe the Lenten Discipline this year? Join us on Tuesday nights at 7pm for our Lenten Study What Makes a Hero. This study includes a study book and DVD lesson recordings from author Matt Rawle. Books are \$6 and will be in the Narthex for purchase.

Please see the description below to learn more about What Makes a Hero.

What Makes a Hero? offers us an image of what it looks like to be victorious over trials and temptations. Looking at pop culture heroes and others through the lens of faith, Matt Rawle shows how Jesus turned the concept of hero on its head. In keeping with his theme, "Pop in Culture," the book examines how good vs. evil, right vs. wrong, and overcoming adversity are fundamental to how Christians understand salvation. Heroes help us discern the good, fight for what's right, define identity, execute justice, spark revolution, and save lives.

Rawle enters the Gospel story to tell quite a different victory story—one obtained through humility, obedience to the cross, and an empty tomb.

How does Jesus redefine what it means to be a hero?



Chapter titles:

- 1. Good, Evil, and God*
- 2. Right, Wrong, and Holy*
- 3. Us, Them, and the Body of Christ*
- 4. Have, Have-Not, and the Kingdom of God*
- 5. Old, New, and Covenant*
- 6. Life, Death, and Resurrection*

Please see the description below for the Lenten Devotions available in the Narthex this year during Lent.

The Sanctuary for Lent 2023

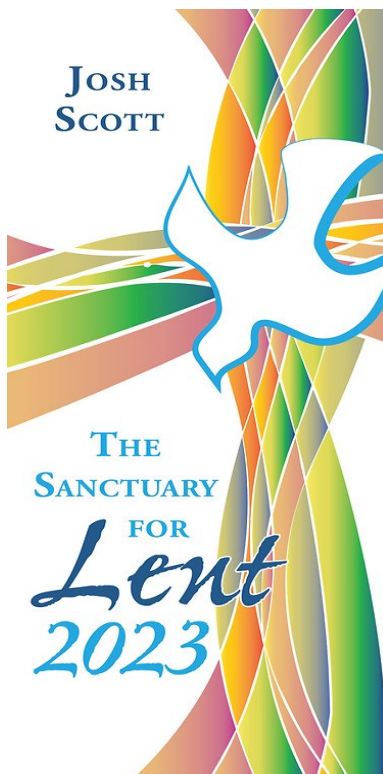
Devotions by Josh Scott for each day of Lent.

The Sanctuary for Lent 2023 contains brief readings for each day in Lent, from Ash Wednesday through Easter Day, including a suggested Scripture, a short devotion, and a short prayer—all based on the Revised Common Lectionary. This annual favorite helps readers faithfully journey through Lent as they prepare to experience the joy of the Resurrection. Along with being a great congregational resource, it is an excellent gift for family, friends, and those your congregation connects with through outreach.

This annual favorite helps readers faithfully journey through Lent as they prepare to experience the joy of the Resurrection.

- Daily Lenten devotions and uplifting prayer with 12-point type.
- Recommended Scripture reading based on the Revised Common Lectionary.
- Better understanding of the tradition and meaning of the season of Lent.
- Draw closer to God's loving gift of Jesus Christ.
- Help prepare your congregation's hearts and minds during the season of Lent.

<https://www.cokesbury.com/The-Sanctuary-for-Lent-2023>

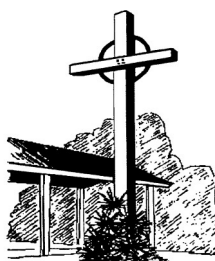




March 2023

Suffolk Presbyterian Church

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 6 PM Spiritual Fellowship 7 PM Choir Practice	3	4
5 <i>Communion Sunday</i> 9:45 AM Adult Sunday School 10:30 AM Choir 11 AM Worship	6	7 7 PM Lenten Study	8 7 pm Diaconate Meeting (Zoom)	9 6 PM Spiritual Fellowship 7 PM Choir Practice	10	11
12 9:45 AM Adult Sunday School 10:30 AM Choir Practice 11 AM Worship 12 PM Lunch and Learn	13 7 PM Presbyterian Women	14 7 PM Lenten Study	15 3 pm Session Meeting (Zoom)	16 6 PM Spiritual Fellowship 7 PM Choir Practice	17	18
19 9:45 AM Adult Sunday School 10:30 AM Choir Practice 11 AM Worship	20 	21 7 PM Lenten Study	22	23 6 PM Spiritual Fellowship 7 PM Choir Practice	24	25
26 9:45 AM Adult Sunday School 10:30 AM Choir Practice 11 AM Worship	27	28 7 PM Lenten Study	29	30 6 PM Spiritual Fellowship 7 PM Choir Practice	31	



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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ADULT SUNDAY SCHOOL

9:45 AM

CHOIR PRACTICE

10:30 AM

WORSHIP

11 AM

Upcoming Events:

March 8—Diaconate Meeting
March 12—Lunch and Learn
March 13—Presbyterian Women
March 15—Session Meeting

Tuesdays—Lenten Study
Thursdays—Spiritual Fellowship & Choir Practice



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Church*