



The Bridge

JULY 2023



From the Pastor

Rev. Julie Sterling

The Gentle Art of Finding Joy

The other day I was perusing one of my numerous streaming services and I came across the TV series, “The Gentle Art of Swedish Death Cleaning”. You may have heard of the concept. There is a process that the Swedes have embraced where people in their culture take part in a deep cleaning later in life to get rid of unnecessary items in their home so their families won’t be overburdened when they die. The idea is that not only will you make things easier for your loved ones, but by getting rid of the “clutter” in your life you will be happier.

The concept of getting organized is nothing new. Over the years we have been introduced to creative ways of letting go. Mari Kondo came up with a method of tidying up which included six rules to follow: First, commit yourself to tidying up and understand that it is not a quick fix. Next, imagine your ideal lifestyle and start discarding unnecessary items. Then, you start tidying up by category and not location. For instance, you may decide to work on clothes in your dresser instead of trying to reorganize your whole bedroom in an afternoon. Finally, you make sure to set an order to the process. Kondo suggests that you start with easy things such as clothes and then work towards sentimental items that may be harder to part with. At the end of the day the ultimate goal is to look around your home and ask yourself if what you have brings you joy. If so, great! If not, let it go.

I think there is a lot the church can benefit from a good deep cleaning. I’m not talking about the building per se, though it never hurts to stay on top of that. What I’m talking about is looking at who we

are as a church and how we do things and asking if it makes us happy. If not, how can we make our ministry easier and more rewarding and have fun in the process? Holding on to traditions that define our past can make the difference between finding the ministry God wants for us and being on life support. Letting go of the things that add clutter to our church life, especially those that are obsolete to our current congregation is one way to move forward with joy.

In Jesus’ commissioning of the disciples in Matthew chapters 9 and 10 we are reminded of what is really important in our Christian life: to have faith in God and one another. Jesus commanded the disciples to venture out only with what they had on their backs and depend on the kindness of others. By letting go of what holds us back and knowing that God will provide, our focus changes to what is really important. So, if you had to define the direction God is leading you, what would it be? What about the life of our congregation? What is truly important to us and what can we let go? Also, can lessening the burden of what we have help us better connect with God and help us find new excitement in our future ministry?

I challenge each and every one of you to consider your ideal ministry. What would it be like and what part would you play? Do you need to reorganize your life to get there? Are there things we can do as a congregation to be a healthier, happier church? We are a living, changing community of faith. By reorganizing to fit our current needs we can redefine our ministry for the better. It all starts with letting go and embracing the possibilities.

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!



7/13 Laura Farmer
 7/15 Betty Chapman
 7/16 Jean Butcher
 7/21 Cliff Stewart
 7/24 Jack Stoughton
 7/29 Taylor Doughtie
 7/29 Maryanne Persons

† Susie Piland
 † Clifford Stewart
 † Gary Williams
 † Jeffery Birkey
 † Rita Drier
 † Nancy Forrester
 † Richard Alan Goforth, Sr.
 † Anton Johnston
 † Jimmy Hope
 † Diane Stewart MacKenzie
 † Joyce Milteer
 † Shirley Ries
 † Jeff Snow

Happy Anniversary

7/1 Bruce & Nancy Sharp

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

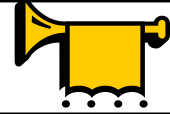
**PRAY FOR OUR
 ★★★★★
 MILITARY**

*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



Congratulations to this year's Willis-Volper Scholarship recipients!



This year we had the wonderful opportunity to grant the Willis-Volper Scholarship to five outstanding Suffolk Public School Students. The Willis-Volper Scholarship was created by endowed funds given by two sisters who were members of SPC. In 1987, the late Violet Volper Pond and her husband, the late C. B. Pond Jr. established a scholarship in memory of her daughter, Brenda Beamon Willis. Additional funds were given in 1989 by the late Edith Volper Buttafoco, in memory of her parents, Mr. and Mrs. Albert C. Volper. Twenty-Three applications were received for this year's scholarships. All were reviewed and selections determined by the Scholarship Committee consisting of **Nancy Cisco, Curtis Mackenzie, and Betsy Butler.**

This year's recipients were:

Lakeland High School - Savannah Haleigh Van, daughter of Charles Ray and Amber Leigh Vann. She plans to attend Regent University for Biophysical Science/Pre Med Focus.

Kings Fork High School – Sydney Alexis Barnes, daughter of Kesha Barnes. She plans to attend UNC Chapel Hill for Political Science; Noelle Patrice Ingram, daughter of Jacqueline Michelle Ingram. She plans to attend Stanford University for Sociology; Isaac Jackson Dailey, son of Daniel Isaac and Kristie Rountree Dailey. He plans to attend James Madison University for Engineering

Nansemond River High School – Emma Virginia Harsch, daughter of Sandra G. Wyatt. She plans to attend Christopher Newport University for Business/Accounting

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 or call 757-539-3213.

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!

July 16 Lunch and Learn will feature pottery

The ever-popular Learn and Learn will return this month with a hands-on pottery demonstration by **Lisa Morrison**, our talented “artist-in-residence.”

You won’t want to miss this entertaining and informative program after worship on July 16. The mid-summer meal will be an indoor picnic, with fried chicken and drinks provided by the deacons. Bring a side dish to share and enjoy the food and fellowship, then let Lisa help you create something beautiful.

Lisa will demonstrate her skill with the pottery wheel and explain terms like “turning,” “throwing” and “firing” that are basic tools of a potter. We’ll get our “hands dirty” as Lisa shows us how to shape clay into a form that is both beautiful and functional. She will assist each person in making an object - likely a small plate or tray - to keep after she takes it to be fired. “Flat pieces are easiest,” she says.



When Lisa is not teaching art to students at Southwestern Elementary School, she can often be found in her studio at the Suffolk Center for Cultural Arts, where she is the lead pottery instructor.

Mark your calendar now for July 16. The Lunch and Learn series will continue in the fall with a program on the Shroud of Turin by Bruce Sharp. If you have a talent or interest to share with your church family, speak to one of the deacons and let us get you on the schedule.

Edmarc School Supply Drive



School may be over, but **Edmarc’s School Supply Drive** is just beginning! Help Edmarc send kids back to school with everything they need to be successful. Check out the [Amazon Wish List](#) to send items directly or **bring items to church by Sunday, August 6**. Here are just a few of the items from the list:

Notebooks: Mead Composition or single subject spiral, looseleaf paper (wide or college ruled), notecards (3x5), 3-ring binders, 3-ring pencil pouch

Math Items: Protractor, compass, ruler

Craft & Writing: Pens in blue and black (Bic or Pilot G2 gel), crayons, colored pencils, scissors, glue, Expo markers, pencils, erasers,



July 2023

Suffolk Presbyterian Church

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<i>2</i> <i>Communion Sunday</i> 10 AM Choir Practice 11 AM Worship	<i>3</i>	<i>4</i> <i>Independence Day</i>	<i>5</i>	<i>6</i> 6 PM Spiritual Fellowship	<i>7</i>	<i>8</i>
<i>9</i> 10 AM Choir Practice 11 AM Worship	<i>10</i>	<i>11</i>	<i>12</i> 7 pm Diaconate Meeting	<i>13</i> 6 PM Spiritual Fellowship	<i>14</i>	<i>15</i>
<i>16</i> 10 AM Choir Practice 11 AM Worship 12 PM Lunch and Learn	<i>17</i>	<i>18</i>	<i>19</i> 3 pm Session Meeting	<i>20</i> 6 PM Spiritual Fellowship <i>Newsletter DEADLINE</i>	<i>21</i>	<i>22</i>
<i>23</i> 10 AM Choir Practice 11 AM Worship	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i> 6 PM Spiritual Fellowship	<i>28</i>	<i>29</i>
<i>30</i> <i>5th Sunday</i> 10 AM Choir Practice 11 AM Worship	<i>31</i>					



Suffolk Presbyterian Church
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Visit our website!
suffolkpresbyterian.org

Suffolk Presbyterian Church

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Pastor

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Pastor E-Mail:
pastor@suffolkpresbyterian.org

CHOIR PRACTICE
10 AM
WORSHIP
11 AM

Upcoming Events:

July 12—Diaconate Meeting
July 16—Lunch and Learn
July 19—Session Meeting

Thursdays—Spiritual Fellowship



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Church*