

# GLAD TIDINGS

The Newsletter of  
*Francis Makemie Presbyterian Church*  
*Accomac, Virginia*  
*Naomi Makemie Presbyterian Church*  
*Onancock, Virginia*

SEPTEMBER 2017

PCUSA

The author of Psalm 13 wrote: "I will sing to the Lord, because he has dealt bountifully with me"

We begin a new season this month. We return to a full church schedule and activities. I do look forward to the renewal of our programs and the energy that surrounds them.

I hope you will join in the opportunities to engage in worship, Christian education, and mission. I have found that after a pause from our schedules during the summer, we return with a renewed mind and heart. Pauses are good for our heart, mind and soul.

On our sailing trip to Crete this year, Mike and I hit a learning curve that brought us pause. We contemplated all that happened in a difficult moment with wind and sea. We recognized the power of a new experience to offer us strength, courage, confidence, and energy we didn't know we had before. In the days that followed we paused to reflect on how this experience has made all the difference as we go forward with our sailing dreams. We will continue to pause and reflect on the new-found knowledge and experience we have received these past few weeks.

What experiences this summer have given you pause? How has reflection on those moments given you strength, courage, confidence and energy? How will reflection on this carry you forward in the weeks ahead?

May the power of the experiences you've encountered this summer carry you forward with all you need as we are the church together in the weeks and months ahead.

Blessings,  
**Monica**



Reverend Monica Gould  
Pastor

**Naomi Makemie**  
89 Market St Onancock  
**Staff and Elders**

Music Director-Katie  
Klawitter  
Clerk-Jody Humphreys  
**Class of 2017**

Linda Arvidson  
Jack Humphreys  
Dick Freeman

**Class of 2018**  
Tom Nielsen

Anne Barnes  
George Heinrichs-  
Treasurer

**Class of 2019**  
Laura Naylor  
Jennifer Stapleton  
Tracey Arvidson

Web-NMPresChurch.org  
Mailing Address-  
P.O. Box 397  
Onancock, VA 23417

**Francis Makemie**  
23355 Back St Accomac  
**Staff and Elders**  
Organist and vocalist-Jill  
Cathey

Cynthia D. Hall-clerk  
Richard F. Hall III-  
treasurer

Paul D. Hughes  
Charles F. Mahler  
Joseph Valentine

**Web address:**  
Francismakemiepc.org  
Mailing Address-  
P.O. Box 680  
Accomac, VA 23301

## Our churches with the PCUSA respond to Hurricane Harvey



The Presbyterian Mission Agency is working with partners to meet immediate needs and support long-term recovery. The Presbyterian Disaster Agency (PDA) program remains in constant contact with leadership in New Covenant, Mission, and South Louisiana Presbyteries. **PDA is the emergency response and refugee program of the denomination, committed to the long-term journey of recovery of communities adversely affected by a crisis or catastrophic event.** It is funded by the *One Great Hour of Sharing* and has designated funds to respond to disasters.

To support recovery efforts in the wake of Hurricane Harvey, you have several options. You can go online to [pma.pcusa.org/donate](http://pma.pcusa.org/donate) to donate securely and quickly.

You may write your check to the church and put HARVEY in the memo OR:

If you prefer to mail a check directly, you may send it to: Presbyterian Church U.S.A., P.O. Box 643700, Pittsburgh, PA 15264-3700. On the memo line please designate Disaster relief-U.S. Hurricane Response, DR000169. You may also call 800-872-3283 Mon-Fri, 8-5 and donate by phone.

Visit [pda.pcusa.org](http://pda.pcusa.org) for continuing updates.

Thank you for your generosity.

A note. 1. This hurricane/flood damage will devastate Houston and will take years to recover.

2. My dear friend was a pastor in Burgaw, NC when Hurricane Hugo hit. The PDA was the only organization still around three years after the hurricane assisting victims to get beyond what FEMA, the Red Cross, and other organizations couldn't and wouldn't provide.

3. After the tornado hit the Eastern Shore in 2014, the PDA was front and center providing assistance to those affected by the disaster.

Time and time again, the PDA has proven to be a 'put it where your money is' group who will be there until all feet are back on the ground and running. Let's demonstrate our discipleship goes beyond the borders of our home and let's give generously.

### RED CROSS BLOOD DRIVE

In memory of Helen Bunch and in view of the need in Southeast Texas, please consider giving blood to the American Red Cross. Visit [redcrossblood.org](http://redcrossblood.org) to make an appointment. The next blood drive at Riverside Shore Memorial Hospital will be October 18 from 11am to 3pm. Give the Gift of Life!



### Special Dates

- Labor Day, *September 4, 2017*
- National Grandparents Day, *September 10, 2017*
- Patriot Day, *September 11, 2017*
- Hispanic Heritage Month, *Sept. 15-Oct. 15, 2017*
- First day of autumn, *September 22, 2017*

### God's left hand

A 6-year-old and his grandma went for a walk one autumn day. "Look at the gorgeous leaves!" Grandma exclaimed. "Just think, God painted each one of them just for us!"

"Yep," said her grandson, "and he did it left-handed."

Perplexed, Grandma asked, "Why do you think God used his left hand to create all this beauty?"

"Because," said the boy matter-of-factly, "we learned in Sunday school that Jesus sits on God's right one."

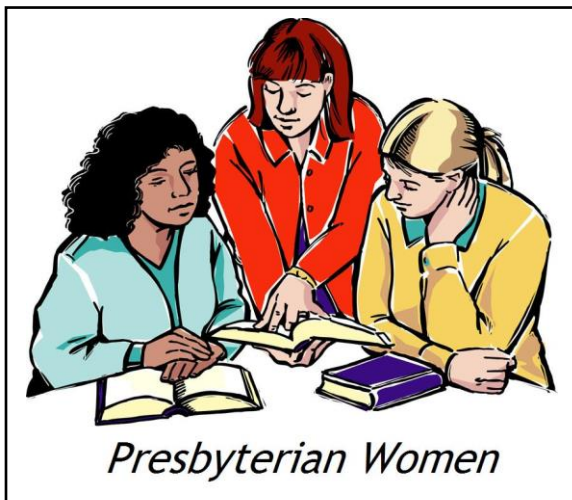
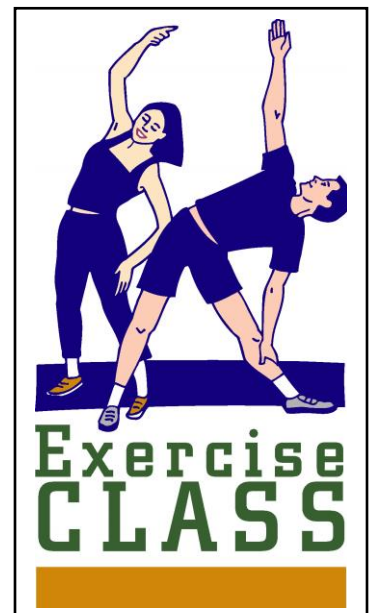
## A taste of heaven

When an admirer asked renowned pianist Vladimir Horowitz how he could play so beautifully, he's said to have replied that anyone could play the notes, but the true music lay in the pauses between them. The same can be said of life.

Rabbi Evan Moffic (*Shalom for the Heart*) writes, "It is in the pauses – the rests, the spaces in between – that meaning is made and that holiness is felt." Nowadays we keep so busy there's hardly a pause or space in our day. "But that's not the way God created us [or] the world," Moffic continues. "God worked, then rested. God created, then paused. ... Thus, our Sabbath is the day when we can marvel at the beauty of the world God created. It is the day we enjoy what the ancient sages called 'a taste of heaven.' It is a day when we stop thinking about the *what* of life and remind ourselves of the *why* of life."

## Chi Gong and Tai Chi Exercise

As we age it is imperative that we stay physically active in order to live a healthier life. The National Institutes of Health (NIH) has found that, of 8 modalities of exercise, Tai Chi has the greatest benefits for seniors in terms of muscle tone and balance. In our exercise class here at the Naomi Makemie Presbyterian Church, we offer both Chi Gong and Tai Chi on Fridays from 10:00 A.M. to 11:00 A.M. in the Makemie Room. Chi Gong is like the "grandfather" of Tai Chi. Tai Chi is a more stylized and flowing system of exercises. We usually do "Chi Gong Shibashi," which is a system of 18 exercises. Also, in our warm-up period we sometimes do the "Eight Treasures." These ancient Chinese exercises have been adapted for American use and have been found to be helpful, particularly for seniors, though our classes are open to persons of all ages. I know that you will enjoy being with us. Please call me if you have questions at 787-8301. Rhudy Naylor.



## Presbyterian Women

I hope you all had a safe, pleasant summer. It is time to prepare for Presbyterian Women's new season. Our first fall meeting will be on **Monday, September 11 at 11:30- 1:00**, in the Makemie Room. I am looking forward to seeing us all together again! Our study will be *Boundaries*, by Dr. Henry Cloud & Dr. John Townsend, and Rev. Monica will lead the study. For September, read Chapters 1-3. We have a video to enhance our experience.

Bring a lunch (dessert & drinks will be provided). If you still need a book, they are available from Pam Nielsen

or Carol Rush. I am excited to start our new season, and look forward to seeing you on September 11. Blessings, Pam

"I teach Sunday school. What's your superpower?"

—Unknown

## Adult Sunday School

For Advent this year, the Adult Bible Study Class has selected the following book. Please let Jack Humphreys know if you would like a copy. The following is the excerpt from the Cokesbury catalog.

"The Redemption of Scrooge" by Matt Rawle -- Ebenezer Scrooge is a man in dire need of a second chance. Is redemption possible for such a greedy, dark and sad character?

This four session study shows us how the teachings of Jesus can be found in Dickens' Christmas Classic. From the ghosts of Christmas past, to the Life of the present, and the resurrection of Christmas future, this Advent study will "bless us every one" and reinvigorate our spiritual journeys as we look at this familiar story through the lens of faith.

Y'all come at 9:30 AM on Sundays. We are upstairs in the Belote Room. Until Advent, we will be doing our best to work out how current events or our individual questions fit into our understanding of Biblical guidance.



### NURSERY

Mrs. Retta Isdell will continue to serve us in the nursery as she has done for many years. She is teaching the young children the song Jesus Loves Me. She is also providing them with an organized time together as they learn to pray, hear a Bible story, and play together.

### YOUTH

Mr. Dave Klawitter continues with the youth and the One Room School House curriculum Deep Blue from Abingdon Press. This fall semester will focus on some key Old Testament figures. They will learn the stories and

the Bible verses. Adults (18 y.o. or older) will assist Mr. Dave each 2<sup>nd</sup> thru 4<sup>th</sup> Sunday. If you would like to be a volunteer please remember to sign up in the Makemie Room. Remember 'be a friend, bring a friend'.



### RALLY DAY CHILI COOK-OFF

Crank up those crock pots, cook pots, and let's get the chili on!! Another year of chili competition for the coveted chili ladle begins September 10<sup>th</sup> at the fellowship hour. Last year we had 16 entries!! That's a lot of chili tasting. We choose with our change who has the best chili. So bring your quarters, dollars, 'Big

Money' as we support the local food bank with our chili cook off! Let Tracey and Rick Arvidson asap if you will be entering your famous special chili into the competition!







## Welcome and Thank you!

**Welcome to Bonnie Parker** who is our new permanent church custodian at NMPC. She formerly

worked for Shore Fitness and Training in Exmore and helped keep Jody and Donna on their toes. We are glad you are here!



On behalf of the church, the Session sent a parting gift to **Mary Durer** and she was truly surprised and sent us a thank you note.



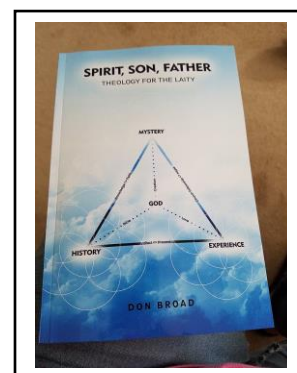
**Welcome to Leslie Mosher** who joined the Francis Makemie Church on August 6<sup>th</sup>. Leslie and her husband Russ have volunteered during the dinners at GF Horne. Leslie is committed to serving the community and looks forward to continued participation in church. We are glad you are here!

Thanks to all who sent or posted pictures of their **sunflowers**. The Earth Sunday seed give away provided healthy plants and have fed the birds for the last month. Now their heads are drooping low and the circle of life continues.

It was a great travel season for **Flat Jesus**. Pictures came in from Florida, Michigan, the Mediterranean and all about the Eastern Shore. Thanks for participating and *remembering Jesus is always with us no matter where we are.*

**Thanks to Addy Babus** for giving us an ivory crocheted table cloth for the Cada Grove Room and also an afghan for the new couch. Thanks also to Joe's Gang for finishing the painting on the picket fence and the new nursery door.

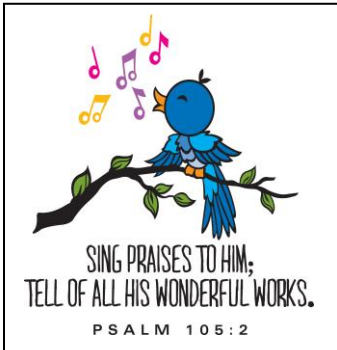
**Featuring one of our own-The Rev. Dr. Don Broad** has published a new book. **SPIRIT, SON, FATHER, Theology for the laity**. The language of theology originated in the thought patterns of antiquity. Thought patterns have changed dramatically today. Unless one can translate ancient patterns of thought into modern ways of thinking, theology is a difficult subject, prone to misunderstanding. This book attempts to express traditional theological concepts in ways compatible with modern thinking. It is the hope of the author that people will find this attempt helpful.



Don Broad was educated in the public schools of Mountain Lakes, New Jersey. He graduated PBK, at U.N.C., Chapel Hill, and received his M.Div. and S.T.M. degrees from U.T.S., N.Y.C and his D. Min. degree from U.T.S., Virginia. He has served churches in Brooklyn, Long Island, New York, and on the Eastern Shore of Virginia. He has served his denomination locally, regionally, and nationally. He is the author of *Reconciling the Heart and Mind*. His book can be purchased on Amazon for \$10.

We are blessed to have Don as an active part of our congregation and our life.

**LUNCH BUNCH** will meet Tuesday September 12 at 12noon in Willis Wharf at The Seaside Grill.  
Anyone who would like to carpool meet at NMPC at 11:15 to ride together.



**Choir** meets each Thursday evening from 5:30-7pm. Just drop in upstairs and sing with us.  
Anyone interested in providing special music during the offertory please speak with Katie. We encourage everyone to share their gifts.

There will be a **Christmas Program** again this year. It will be Sunday **December 17**. Parents, please mark your calendars. If your child will participate in the program now is the time to let Monica know. There is a program for **Francis and Naomi churches**. The programs are written to include each child. If you know of other children who would like to be included pass this information on to them.

**Medicare Sign Up.** Are you aware of all that is offered through Medicare? One of the gifts of the church is to provide a voice for the community. If you or someone you know needs to hear about what is available for them through Medicare, ask them to come to NMPC on Sunday September 17. There will be a chance to speak with a representative, Linda Arvidson, during the coffee hour. Linda Arvidson will be present to sign people up and to share any new information.



**The Rev. John Vest**

UPSem Visiting  
Professor of Evangelism  
will lead a program on  
**EVANGELISM**  
for PEVA members  
and congregations at  
**FIRST NORFOLK PC.**  
on Sat., **SEPT. 30**  
from **9:30 AM - 2:30 PM**

**Peter Steinke**

author of  
**Healthy Congregations:  
A Systems Approach**  
and the new,  
**Teaching Fish to Walk,**  
will lead a program at  
**FIRST NORFOLK PC.**  
on Mon., **OCT. 30**  
from **9:30 AM - 2:30 PM**

## Beatitude in action

After a renowned career in academia, priest and author Henri Nouwen devoted his final years to living in community with and caring for adults with severe developmental disabilities. A friend once asked Nouwen if it might make more sense to spend his remaining time writing.

"I am not giving up anything," Nouwen answered. "It is I, not Adam [the man he helped with the most basic needs], who gets the main benefit from our friendship."

Nouwen didn't merely read Jesus' beatitude "Blessed are the merciful, for they will be shown mercy" (Matthew 5:7). He lived it. —Based on *I Am in Here* by Elizabeth Bonker and Virginia Breen



Pam Nielsen	09-05
Don Broad	09-06
Mary Fluharty	09-12
Carter Ames	09-16
Christy Brumbaugh	09-20
Marshall Ryon	09-21
Edward Barnes	09-28
Jim Tompkins	09-30

If your name is not listed or listed incorrectly, please contact us. We want to recognize everyone.

## God's call to his people

Labor Day brings to mind a statement found in the Presbyterian Church's Book of Order, which addresses God's call to people of faith:

"God calls a people to use the gifts and abilities God has given, honoring and serving God in personal life, in households and families, in daily occupations, in community, nation and the world. ... Persons respond to God's call to honor and serve God in every aspect of human life: in their work and in their play, in their thoughts and in their action, in their private and in their public relationships. God hallows daily life, and daily life provides opportunities for holy living. As Christians honor and serve God in daily life, they worship God. For Christians, work and worship cannot be separated."



Thank you to George Heinrich and Tracey Arvidson for the teamwork of the Shore Presbyterian Mission School Supply Program and thank you to ALL the churches and volunteers for your presence and your prayers! This was intergenerational mission at its finest.





A few pictures from Vacation Bible  
Thank you for all the support to  
make this community experience so  
wonderful! We had our largest  
group ever, 38 beautiful young  
people!

School-MISSION MADNESS.



The children packing gratitude bags  
for the local law enforcement.



Making tie dye t-shirts with Tracey



Susan and Monica



Rocket launch time!!



Jody cheering on the kids as they  
pack food bags for the migrant



Closing program with Jill leading music.



<b>Sept &amp; Oct 2017</b>						
<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>Wednesday</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
						2
3 Worship @ FMPC 9:15 NMPC Adult Sunday school 9:30; Worship 11 Communion	4 Labor Day	5	6	7 Prayer group 9  Choir 5:30	8 Exercise 10	9
10 Worship @ FMPC 9:15 NMPC Adult Sunday school 9:30; Worship 11 Youth SS Chili Cook Off-RALLY DAY National Grandparents Day	11 Presbyterian Women 11  Patriot Day	12 Lunch Bunch @ Seaside Grill Willis Wharf 12N	13	14  Choir 5:30	15 Exercise 10	16
17 Worship @ FMPC 9:15 NMPC Adult Sunday school 9:30; Worship 11 Youth SS Dr Broad & Monica	18	19	20	21 Prayer group 9  Choir 5:30	22 Exercise 10  First day of autumn	23
24 Worship @ FMPC 9:15 NMPC Adult Sunday school 9:30; Worship 11 Youth SS Rev Naylor	25	26	27	28  Choir 5:30	29 Men's Group 9 Exercise 10	30
October 1	2 Presbyterian Women 11	3	4	5 Choir 5:30	6 Exercise 10	7

“Teach me, O LORD ... give me understanding ...” (Psalm 119:33-34). With a new school year underway, may we grow not only in knowledge and skills but in faith toward God and love for others.

#### **Christian Symbol**

The deer symbolizes safety in God's care, as seen in David's praise of God for delivery from enemies: “[The Lord] makes my feet like the feet of a deer; he causes me to stand on the heights” (2 Samuel 22:34; Psalm 18:33, NIV). The deer also represents faithfulness and eager devotion: “As the deer pants for streams of water, so my soul pants for you, my God” (Psalm 42:1, NIV).

Naomi Makemie Presbyterian  
Church  
PO Box 397  
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Address Correction Requested for  
The 2017 church directory.

TO:

