



# THE WINDOW

A Publication of Germantown Presbyterian Church

May 2020

## IN THIS ISSUE

**WHAT IS GPC DOING DURING THIS TIME?**

**WHAT ARE YOU DOING DURING THIS TIME?**

*<sup>24</sup>Let us think of ways to motivate one another to acts of love and good works. <sup>25</sup>And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near.  
Hebrews 10:24-25 (NLT)*

Germantown Presbyterian Church \* 2363 S Germantown Rd \* Germantown TN 38138  
[www.GermantownPres.org](http://www.GermantownPres.org)





GERMANTOWN  
PRESBYTERIAN  
C·H·U·R·C·H

Dear GPC Family and Friends,

This month of May is certainly one of transitions for us as we say goodbye to two staff members and say hello to a new one. On May 9th, we say a hearty and grateful farewell to Monica Kirby as she retires as Director of our Special Needs Ministry. Monica joined our staff in the fall of 2016 to enhance and enlarge our special needs ministry. Hiring a staff person was high on our agenda after our 2016 Strategic Vision for Ministry identified increasing our ministry commitment to persons with special needs and their families. We already had a fledgling ministry started when Monica came on board, and she took what was good and turned it into something great. Monica increased GPC's visibility in the greater Memphis special needs community by being a leader in so many areas.



Monica has been involved in the Joy Prom since its earliest days, and she was able to use GPC's people and resources to make this event bigger and better. Along with Noel Wilkins, Monica started

the Amplify Music Program, which attracted so many people to this unique offering of music and provided immeasurable benefits to everyone involved. During this past year, Monica also initiated the new Friendship Circle weekly lunch on Wednesdays. Participants and their care-givers came to Warren Hall for lunch, a Bible study, and a craft, not to mention deepening friendships and love between many people. Ray Kirby was our adult special needs Sunday School teacher, and he prepared a lesson faithfully each week. He and Monica will be missed by the special needs members of our church, their Fellowship Group, and the whole church body for all of their contributions among us. Monica also brought an intangible benefit to our staff. In addition to her visible, hard work ethic, she was always asking questions and sharing ideas aimed at making our staff and whole church better. She brought a fresh perspective about sharing the Gospel to all people, and she made us a better staff – able to serve you, our members, in better and more faithful ways. As she retires, GPC offers much gratitude to God for the ministry of Monica Kirby.

GPC also bids farewell to Amanda Mackey as she departs to become the pastor of First Presbyterian Church in Kasson, MN. Amanda came to GPC in the fall of 2016 after graduating from Austin Seminary. We have been honored and privileged to be the first church Amanda served in what will be a long and distinguished career in ministry. I am so grateful Amanda heard God's call to join the GPC staff, and she has brought her gifts and many needed structural changes to our youth ministry program. Youth ministry at a church like ours is always very challenging.



We know that we are unique in our area in that most of our students go to many different schools. Most large church youth groups rely on one or two schools to feed their program, so there is not much diversity among participants. GPC has students from over ten different schools that are part of our program. This brings with it many blessings along with burdens. The blessings relate to the depth of friendships among our youth. They grow in friendship and care for one another because the basis of their friendship is faith and church, not school or social life. Amanda has done a very good job in bringing youth together from various backgrounds and experiences, and she has involved herself in their lives and enabled them to grow in faith and knowledge of the Lord. We will miss all that Amanda brought to GPC as we wish her all of God's blessings – in her ministry and in her marriage to Josh in early September!

GPC will welcome to our staff in May Dr. John Johnson. John has been hired to lead us in starting a third worship service on Sundays. John is one of the leaders of the Visible College of Music in downtown Memphis, and he has great skill in teaching and leading contemporary Christian music. Once John is on board, he will work with a special group tasked with planning the launch of a "contemporary" music worship service. There are many decisions to be made about the details of this service, but one thing is certain – it will not replace or conflict with either the 8:30am or 11:00am Sunday services. This service will likely be on Sunday evenings, and it will, perhaps, encompass some portion of our youth groups. You'll be hearing more about this in the months to come, and please pray for John and the church as we reach out to our community in some new ways through music and worship.

Every vibrant church has many people coming and going. We are always glad to see the new faces, and we are sad to let go of those who leave. Please continue to be in prayer for those who are in transition this month.

Grace, mercy, and peace,

*Will*

# ONGOING VIRTUAL EVENTS CANCELLED & POSTPONED EVENTS

WHILE WE CONTINUE TO REMAIN SAFER AT HOME, LIMITING OUR CONTACT WITH EACH OTHER AND IN PUBLIC, GPC HAS SCHEDULED A VARIETY OF EVENTS AND MEETINGS ONLINE AND IS CANCELLING, POSTPONING, AND/OR RE-EVALUATING OTHER EVENT DECISIONS AS WE MOVE FORWARD. PLEASE CONTINUE TO WATCH THE GPC WEBSITE AND SOCIAL MEDIA FOR THE LATEST UPDATES ON THESE AND OTHER EVENTS.

IF YOU ARE NOT GETTING GPC EMAILS AND WANT TO, PLEASE CONTACT [COMMUNICATIONS@GERMANTOWNPRES.ORG](mailto:COMMUNICATIONS@GERMANTOWNPRES.ORG).

## CURRENT ONLINE/VIRTUAL MEETINGS

FOR INFORMATION ABOUT THESE MEETINGS & HOW TO CONNECT,  
CONTACT THE COMMUNICATIONS DEPARTMENT AT [COMMUNICATIONS@GERMANTOWNPRES.ORG](mailto:COMMUNICATIONS@GERMANTOWNPRES.ORG).

**MEN'S BREAKFAST (FRIDAY MORNINGS)**  
**VARIOUS ADULT SUNDAY SCHOOL CLASSES (SUNDAY MORNINGS)**  
**SUNDAY MORNING WORSHIP SERVICE (SUNDAY MORNINGS)**  
**CHILDREN'S SUNDAY SCHOOL (SUNDAY MORNINGS)**  
**YOUTH SUNDAY SCHOOL & FELLOWSHIP (SUNDAY MORNINGS/AFTERNOONS)**

**SUNDAY, MAY 3 - CHILDREN'S SPRING MUSIC PROGRAM - CANCELLED**  
**THURSDAY, MAY 7 - AMPLIFY SPRING MUSIC PROGRAM - CANCELLED**  
**FRIDAY, MAY 8 - PNO - CANCELLED**  
**FRIDAY-SUNDAY, MAY 15-16 - NaCoMe CHURCHWIDE RETREAT - CANCELLED**  
**MONDAY-FRIDAY, JUNE 1-5 - VBS & MISSION 901 - CANCELLED**

**CONGREGATIONAL BREAKFASTS (AS OF THIS PRINTING, STILL ON SCHEDULE TO PROCEED):**  
**MAY 31 AFTER THE FIRST SERVICE (9:30AM)**  
**JUNE 28 AFTER THE 11:00AM SERVICE**  
**JULY 26 AFTER THE FIRST SERVICE (9:30AM)**

AS OF THIS PRINTING BOTH YOUTH SUMMER TRIPS ARE STILL ON SCHEDULE TO PROCEED, BUT THIS SITUATION CONTINUES TO BE MONITORED.

**MEN'S LUNCH DEVOTION MEETINGS - TBD**  
**PRESBYTERIAN WOMEN CIRCLES & GATHERINGS - TBD**  
**THEATER FELLOWSHIP GROUP - TBD**  
**VARIOUS OTHER FELLOWSHIP GROUPS - TBD**

**SUMMER MISSION TRIPS - TBD**

ONLINE SERVICES CAN BE FOUND ON GPC'S VIMEO AND YOUTUBE CHANNELS. BE SURE TO SUBSCRIBE. YOU'LL BE NOTIFIED EVERY TIME A NEW VIDEO IS UPLOADED.

VIMEO - GERMANTOWNPRES ([HTTPS://VIMEO.COM/USER22619921](https://vimeo.com/user22619921))

YOUTUBE - GERMANTOWNPRES TN ([HTTPS://WWW.YOUTUBE.COM/CHANNEL/UCwEm01y\\_cQ9Hys3vvtQOMPw/](https://www.youtube.com/channel/UCwEm01y_cQ9Hys3vvtQOMPw/))

# CONGREGATIONAL CARE

## Pandemic Prayer

## CIRCLES OF CARE UPDATE

*Contributed by Rev. Susan Carter Wiggins*



*Pandemic*

What if you thought of it  
as the Jews consider the Sabbath—  
the most sacred of times?

Cease from travel.  
Cease from buying and selling.  
Give up, just for now,  
on trying to make the world  
different than it is.  
Sing. Pray. Touch only those  
to whom you commit your life.  
Center down.

And when your body has become still,  
reach out with your heart.  
Know that we are connected  
in ways that are terrifying and beautiful.  
(You could hardly deny it now.)  
Know that our lives  
are in one another's hands.  
(Surely, that has come clear.)  
Do not reach out your hands.  
Reach out your heart.  
Reach out your words.  
Reach out all the tendrils  
of compassion that move, invisibly,  
where we cannot touch.

Promise this world your love—  
for better or for worse,  
in sickness and in health,  
so long as we all shall live.

Rev. Lynn Ungar 3/11/20

You may remember the article in last month's newsletter where I shared the idea for the Circles of Care Ministry, and how I moved forward following God's lead.

You may also remember that the Circles of Care Ministry consists of teams of GPC volunteers (GPC Servants) who are willing and able to provide very much-needed care for our most vulnerable parishioners. Currently we have about 40 volunteers or Servants and over 140 parishioners who are being ministered to on some level.

Future plans for this ministry include expanding to incorporate GPC's fellowship groups and the Belonging Ministry.

New volunteers (Servants) are always welcome, and if you or someone you know has any kind of need, please let Pastor Susie know by emailing [care@germantownpres.org](mailto:care@germantownpres.org) or [susiew@germantownpres.org](mailto:susiew@germantownpres.org).

Existing Circles of Care Ministry teams:

- Phone Calls,
- Personal Notes/Emails/Texts,
- Meal preparation,
- Errands/Groceries/Rx,
- Technology.

Brand new Circle of Care Ministry team:

- Prayer (Let me know if you'd like to care for folks in this special and vital way - [care@germantownpres.org](mailto:care@germantownpres.org) or [susiew@germantownpres.org](mailto:susiew@germantownpres.org).)

My sisters and brothers, these are challenging times, indeed, and our God is faithful and steadfast day in and day out; our God goes before us, guards behind us, is our foundation, and the light upon our pathway; our God has brought each one of us to this place thus far in our life and faith journeys, and our God will continue to be with us today, tomorrow, and forevermore. This we know to be true, and upon these assurances we are able to place our trust, faith, hope, and love.

May God bless and keep you; may God's face shine upon you and be gracious unto you each and every day. Amen.

Blessings, grace, and peace,

*Pastor Susie*



# CONGREGATIONAL CARE

## MENTAL HEALTH AND THE COVID-19 PANDEMIC

*Contributed by Rev. Susan Carter Wiggins*

May is Mental Health Awareness Month, and in the midst of this pandemic, our mental health is as important as our physical health.

And, so I want you to be aware of just what Mental Illness and Mental Health are all about.

Let's begin with Mental Illness:

Mental Illness - is a brain disorder that covers a wide range of maladies in our brains:

- Depression – overwhelming sadness that doesn't go away.
- Anxiety – when worries and fear affect our ability to function day-to-day.
- Compulsive behaviors – when our anxieties manifest in behaviors that we feel as though we must repeat over and over again.
- Bipolar – when mood swings – very high highs and very low lows – are pervasive and persistent.
- Psychosis – when we feel as though our brain is playing tricks on us – seeing, hearing, or believing things that don't seem real or quite right.
- Eating Disorders – when our physical health and overall well-being is affected by the way we eat – or don't eat.
- Post-Traumatic Stress – when we are continually bothered by a previous traumatic life event.
- Addiction – when alcohol or controlled substance use takes over our lives.

But, what about the stigma around mental illness?

- We can help with the stigma by acknowledging out loud that mental illness is a brain disorder that needs to be attended to by mental health professionals.
- We can talk about our own struggles.
- We can help to educate others, for education leads to understanding, understanding leads to empathy, empathy leads to compassionate care.

At GPC, we are well connected with organizations that help individuals, couples, and families who want and need to seek help:

- NAMI – the [National Alliance on Mental Illness](https://www.nami.org/) provides support groups and free classes to those whose family members suffer from mental illnesses.



- During the pandemic, NAMI is meeting virtually on the 1st and 3rd Tuesday evenings of the month. If you would like to know more, please contact Pastor Susie: [susiew@germantownpres.org](mailto:susiew@germantownpres.org).

- Following the pandemic, NAMI will resume their in-person group meetings at GPC on Tuesday evenings. All are welcome.

• **COUNSELING:** Samaritan Counseling also has offices here at GPC and their professional counselors provide help for those experiencing:

- Grief and loss
- Marital stress

- Family struggles
- Individual concerns
- Psychological assessments

During the pandemic, Samaritan counselors are providing Telehealth counseling sessions. For information and appointments, call 901-729-3900.

Samaritan Counseling believes that financial limitations should not preclude any person from receiving needed care, so fees for their services are based on circumstances of the individual, income, and family size. Samaritan Counseling's ability to provide these services are made possible thanks to the contributions from community partners, generous individual donors, and active community fundraising activities throughout the year.

To learn more, seek a counseling session, and/or contribute: [www.samaritanmidsouth.org](http://www.samaritanmidsouth.org).

• **GRIEF SUPPORT:** GPC member Stephanie Wall, Certified Grief Counselor, leads the Grief Support groups, along with GPC members Beth Brock and Linda Oakes. This group helps those experiencing personal loss to realize that they aren't alone and to begin to move through their grief.

During the pandemic, the Grief Support Group is staying in close contact with one another through email and text messaging. To know more and/or seek one-on-one grief counseling with Stephanie, please call: 901-494-7786.

After the pandemic, the Grief Support Group will resume its meetings on the 2nd Thursdays of each month at 6:00pm in the GPC parlor.

*Continued on page 6*

# CONGREGATIONAL CARE

## MENTAL HEALTH AND THE COVID-19 PANDEMIC (continued from page 5)

CIRCLES OF CARE MINISTRY – please learn all about this new ministry on page 4 of this newsletter, and if you know of those who need to be contacted, and/or want to participate in this ministry, please contact Pastor Susie: [susiew@germantownpres.org](mailto:susiew@germantownpres.org) or [care@germantownpres.org](mailto:care@germantownpres.org).

### Mental Health ...

Who can benefit from practicing mental health guidelines? EVERYONE!

Here are some ways to benefit:

- Keep and/or create a rhythm to your day:
  - Start your day with positivity and possibility:
    - > wake up with the sun, make your bed, get dressed;
    - > eat healthy foods, try new recipes;
    - > be creative - try new activities or return to old ones that you used to enjoy when you had the time.
- Connect:
  - with God –
    - > pray at least once daily (more is even better);
    - > find GPC's Daily Devotions on the GPC Facebook page (<https://www.facebook.com/Germantown-Pres/>), and GPC's worship services and Sunday School classes on the GPC website, on YouTube, Vimeo, and on Facebook;
    - > read your Bible – God's Word will bring you comfort; try reading the Psalms, for example: "The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?" (Psalm 27:1)
  - with Family and Friends – learn to video-chat and/or call each other;
  - with Nature – go outside – fresh air is good for what ails us!
- Unplug: set a time of day when you will unplug from your devices.
- Don't get misled with false information: only read/see the facts on the pandemic from these sources:
  - U.S. Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/index.html> or
  - the World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>.

- Reach out: find mental health resources (see lists on page 5) whenever you are in need of talking to someone.
- Serve God by serving others:
  - See all the ways you can serve on page 22 of this newsletter.
- Be gentle with yourself:
  - Breathe deeply, exhaling anxiety and inhaling the breath of the Holy Spirit of God. Repeat over and over again until you begin to feel more calm.
  - Know that your reactions of anxiety are normal – we are all feeling them; there is no shame in feeling anxious. Just learn how to manage your anxiety in healthy ways.
    - > Listen to "Coronavirus Anxiety (Part 1) podcast: <https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety>
    - > Unhealthy ways include excessive drinking and eating, and taking your feelings out on others through sarcasm, belittling, defensiveness, contempt, and stonewalling.
  - If you have difficulty sleeping, try one of the mobile apps that help to take your mind off of whatever is keeping you awake. I like the bedtime stories about nature that are on the app *Calm*.

### Additional resources:

- Presbyterian Church (USA) Covid-19 Resources: <https://www.pcusa.org/covid19/>
- Mental Health Ministry – Covid-19 Mental Health Resources: <https://www.presbyterianmission.org/ministries/compassion-peace-justice/mental-health-ministry/covid-19-mental-health-resources/>
- Mental Health Well-Being During a Pandemic: <https://www.presbyterianmission.org/resource/mental-health-well-being-during-a-pandemic/>
- American Psychological Association: <https://www.apa.org/helpcenter/pandemics>





# CONGREGATIONAL CARE

## THINGS TO DO:

*Contributed by Rev. Susan Carter Wiggins*

- Check out museums around the country, including our own Dixon Gallery: [www.dixon.org](http://www.dixon.org) and Brooks Museum: [www.brooksmuseum.org](http://www.brooksmuseum.org),

- plus other museums: Crystal Bridges Museum of American Art: [www.crystalbridges.org](http://www.crystalbridges.org); National Cowboy and Western Heritage Museum: <https://nationalcowboymuseum.org/>; National Museum of Women in the Arts: <https://nmwa.org/>;

- And so many more ... just pick your favorite art museum and you can visit them ALL virtually!

- National Parks are the same ... just Google and go!

- University Art Classes you can take online FREE: <https://www.artsy.net/article/artsy-editorial-10-university-art-classes-free-online>.

- Search on YouTube for instructions to ANYTHING, including “How to Zoom” or “How to GoToMeeting” so you can participate in the Sunday school classes.

- Ask for links to Sunday School classes if you don't already have one – ALL are welcome! [communications@germantownpres.org](mailto:communications@germantownpres.org).

- Download the "Supporting Older Adults During COVID-19" –there are a ton of ideas of things to do! [https://www.presbyterianmission.org/wp-content/uploads/UPDATED\\_Quicksheets\\_POAMN\\_Covid-19.doc.pdf](https://www.presbyterianmission.org/wp-content/uploads/UPDATED_Quicksheets_POAMN_Covid-19.doc.pdf)

- Books & puzzles – Novel bookstore in Memphis has a wide selection of puzzles ... and they deliver! <https://www.novelmemphis.com/>.

### Other Resources:

- YouTube: What Older Adults Need to Know about COVID-19: <https://youtu.be/TjcoN9Aek24>.

- AARP: [www.aarp.org/coronavirus](http://www.aarp.org/coronavirus).

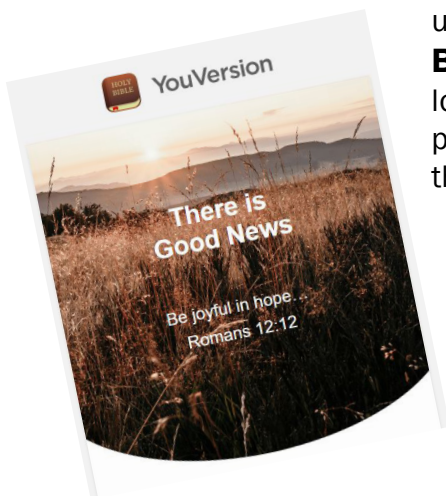


Dear GPC:

Thank you for your outpouring of love to our family. We are truly grateful for your cards, letters, phone calls and most of all—prayers. I pray for you daily, for strength to endure these difficult days. From our heart we thank you for your sweet love and care for us.

Sincerely, Kay Donaho & Family

# CHILDREN'S MINISTRY



Looking for Bible reading plans or direction during these uncertain times? Check out **Bible.com**. You can download their free App for your phone and access some of their free reading plans.

✓

FREE READING PLANS AND DEVOTIONALS  
Bible Plans help you engage with God's Word every day, a little at a time.

<p>Putting an 'X' Through Anxiety 7 Days • Start plan</p>	<p>Coronavirus and Christ 9 Days • Start plan</p>	<p>How to Stop Worrying 4 Days • Start plan</p>
<p>When Tragedy Strikes 8 Days • Start plan</p>	<p>Faith Instead of Fear in The Pandemic 8 Days • Start plan</p>	<p>Gospel Driven Work In The COVID-19 Crisis 4 Days • Start plan</p>
<p>A Journey From Worry to Confident Hope: Praying Through the Lord's Prayer 7 Days • Start plan</p>	<p>From Anxiety to Peace 6 Days • Start plan</p>	<p>Is Coronavirus a Judgment from God? 7 Days • Start plan</p>

## How to Have Conversations with Children about Anxiety

### Preschool

It's very common for preschoolers to experience varying levels of anxiety. At this age, children are afraid of all kinds of things, but typically lack the cognitive skills to fear the abstract (failure, rejection, etc.), and instead worry about concrete things like dogs, noises, and the weather.

#### WHAT THEY'RE ANXIOUS ABOUT

Babies and toddlers generally fear separation; loud noises; sensory overload; "stranger danger" when new people are around; people in costumes. The most common fears for preschoolers ages 3-4 are fantasy characters like monsters and witches, the dark, and new noises.

Even young children can experience the physical symptoms that come with anxiety: tummy aches, a racing heart, or even trembling. They can also stomp their feet, bite other kids, or throw a temper tantrum in the middle of the grocery store.

Though their fears may not be founded in reality ("There's a two-headed monster in my closet!"), what they're feeling is reality for your concrete-thinking preschooler. But experiencing a certain amount of stress is important for your preschooler to experience in order to develop the coping skills necessary to manage anxiety in the future.

#### TIPS TO HELP THEM NAVIGATE

Here are some tips to help your preschooler confront their fears while still protecting their trust in and relationship with you.

1. Help your preschooler confront their fears . . . slowly. Pushing your preschooler to face their fears is a good way to help them overcome them—but we have to be careful not to push them too hard or too fast. Help your child get used to experiencing the things that give them anxiety in small, measured doses.

If your child experiences separation anxiety, try having a sitter come to your house for a small increment of time. Maybe even stay in the house, but not in the same room. Show your child that parents do come back, even if he or she can't see them for a short period of time.

2. Explain things . . . but use words they can understand. Instead of giving in to your child's fears or becoming frustrated, try explaining a potentially fearful situation prior to your child encountering it. Even if they can't understand everything you're saying, they will pick up on the soothing tone of your voice and see that you're not worried or afraid.



# CHILDREN'S MINISTRY

## How to Have Conversations with Children about Anxiety

### Preschool (continued)

Say things like:

I know the hand dryer is loud. That scares you a little, doesn't it? But did you know the hand dryer helps people keep their hands clean and dry? If you want to try it, you can. If not, maybe you can try it next time!

Mommy is going to have coffee with a friend. Miss Maria is going to come play with you. When Mommy is done having coffee, I'm going to come home and you can tell me everything you did while I was gone!

#### 3. Give them tools to fight their fears.

The next time your preschooler expresses a fear or worry, help them redirect or replace their thoughts. For example, if your child expresses concern about a monster in their closet, avoid any follow-up actions that reinforce monsters exist. Instead help them redirect their thoughts.

Say things like:

Close your eyes. Imagine something really fun, like your last birthday party. What were your favorite things about it? How does it make you feel after thinking happy thoughts? Better, right? You can choose what you think about—choose things that are way more fun to think about than monsters!

#### 4. Make it personal.

Our children are always watching us. They observe how we react in different situations—especially in situations where we're under a large amount of pressure and stress. It's important for you (as a parent and for your own well-being) to be intentional about caring for yourself when it comes to your own anxiety.

Make sure you have someone you can open up to honestly about your own fears and concerns. And, if necessary, consult the help of a ministry leader or professional.

#### 5. Widen the circle.

Only you know your child, but if he or she exhibits more serious behaviors, then it may be time to reach out to a professional. Keep in mind that some children are more prone to anxiety than others. If your child's anxiety is preventing them from having an overall happy life, if they're unable to leave the house or play with other children, consult with your pediatrician or a licensed counselor.

Seeking professional help isn't a sign of failure as a parent. It makes you a good parent when you realize your child sometimes needs more than you are able to give.

*For more information on The Phase Project and other great parent resources, visit [theParentCue.org](http://theParentCue.org)  
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# CHILDREN'S MINISTRY

## How to Have Conversations with Children about Anxiety

### Elementary

Whether it's bad weather, sleeping away from home, or test-taking, it's very common for elementary schoolers to experience varying levels of anxiety.

#### WHAT THEY'RE ANXIOUS ABOUT

Up until about eight years old, many causes of anxiety carry over from preschool—with a focus on specific, identifiable events like new situations, animals, the dark, loud noises, etc.

But as a child develops, the source of their anxiety becomes more abstract. As they grow more self-aware (beginning around second to third grade), their anxieties become more socially-influenced. They worry about friends, acceptance, the future, and new challenges at school.

Generally speaking, there are three types of fears kids this age experience<sup>1</sup>: separation anxiety, social anxiety, and a specific phobia.

And just like adults, elementary-aged kids can experience the physical symptoms that come with anxiety. They can complain of stomachaches or headaches, a racing heart, or trouble sleeping.

#### TIPS TO HELP THEM NAVIGATE

When our kid's anxiety is heightened, it's common for us as parents to want to remove that discomfort. And while it's healthy for us to give our kids ways to cope, we shouldn't try to engineer a "worry-free" lifestyle for them. A moderate amount of stress and anxiety pushes kids to succeed at home and in school, as well as protects them from certain dangers.

So, how do you help your elementary schooler confront their fears and develop their own tools for managing anxiety?

1. Give their anxiety a name. Asking kids to name the source of their anxiety helps them to personalize and externalize their fears.

For younger elementary kids, ask:

Will you name the worry floating around in your brain. What is the worry telling you? Is the worry telling you the truth?

For older elementary kids, ask:

Will you draw a picture of what's making you worried or upset? Tell me about the picture. Is someone/something in the picture talking? What are they/is it saying?

2. Practice exposure. Avoiding potentially stressful situations may ease anxiety temporarily, but is not a long-term solution (not to mention unrealistic). Gradually exposing your kids to the sources of their fears and anxieties can rewire the brain to prove to a child that they can survive anxious moments. It can also teach a child that you are trustworthy, even when you push them to do things that initially make them nervous.

3. Give them tools to fight their fears on their own. The emotional center of the brain takes time to slooooooow down once it's agitated. There are a few tools that will help your kid calm down enough so the thinking center of the brain can come back online to logic through the distress. Remember, you won't always be around to walk your kid through their anxious moments. It's important to help them develop coping skills they can practice on their own!

**Breathe:** Practice deep-breathing with your kid. As breathing slows down, so do the thoughts racing around the brain. Read up on belly breathing and/or similar techniques.

**Get active:** Getting up and moving around can help work out anxious energy. (Outside whenever possible.)

**Think happy thoughts:** Teach your kid to redirect their thoughts by remembering something happy like a trip to the beach or a birthday party.

4. Make It Personal

Our kids are always watching us. They observe how we react in different situations—especially in situations where we're under a large amount of pressure and stress. It's important for you (as a parent and for your own well-being) to be intentional about caring for yourself when it comes to your own anxiety. Make sure you have someone you can open up to honestly about your own fears and concerns.

5. Widen the Circle.

Only you know your kid, but if your child exhibits more serious behaviors, then it may be time to reach out a professional. Keep in mind that some children are more prone to anxiety than others. If your kid's anxiety is preventing them from having an overall happy life, if they're unable to leave the house or play with other children, consult with your pediatrician or a licensed counselor.

Seeking professional help isn't a sign of failure as a parent. It makes you a good parent when you realize your child sometimes needs more than you are able to give.

<https://www.health.harvard.edu/blog/anxiety-in-children-2018081414532>



# SPECIAL NEEDS MINISTRY

## "Taste" the Joy!

*By Monica Kirby*

The old adage holds true – when life gives you lemons, make lemonade!

Memphis Joy Prom 2020 was canceled (there's the lemons!), but the Board of Directors was not to be deterred from loving on and serving their special participants! With some last-minute brainstorming, "swag" bags were delivered to nearly all 230 potential prom goers! And then to top it off, the board members got dressed up and held a virtual at-home prom party via Facebook on the night of the previously scheduled event (there's the lemonade!). Here are some pictures! "Taste" the joy!



# SPECIAL NEEDS MINISTRY

## This is Not How I Wanted to Say Good-bye

*By Monica Kirby*

In January 2017, I joined the staff of GPC as the Special Needs Ministry Director. It has been an incredible three and half years. The staff has been remarkable to work with. The family of faith here welcomed my husband and me with open arms. Right from the start we truly enjoyed a sense of inclusion and belonging.

The time has flown by. The special needs ministry has blossomed and grown. GPC has been living up to its commitment to “embrace the special needs community as if they were embracing Jesus Himself.” In addition to Sunday School, programs like Wacky Wednesday, AMPlify, and Friendship Circle have become welcome mats to many who have never known a church family. GPC’s impact on the special needs community has been a positive one.

I have been in ministry for almost 20 years and learned early on that no one person is the success of a ministry. It is the church behind the person or leader that makes a ministry. And I am so happy to look back and see the support you have given the special needs ministry and its participants. (If you did not read last month’s article, this would be a good time as it reflects on all GPC has done to contribute to the success of this ministry.)

However, the true measure of the success of a ministry is seen when the leader steps away and the ministry is sustained and continues. The Lord revealed to me last year He needed me to step away after this program year ending the first week of May. It actually felt as if He were telling me to “get out of the way.” Wanting to be obedient, I am doing just that with Saturday, May 9 being my last day. I look forward to seeing Him work the next phase of His plan for you! I know He has great things in store!

I have this one regret, and it is that I will not get to say any proper “good-byes.” Each member of GPC has become family, and Ray and I have made some great friends here. Not getting to hug your necks or shake your hands.....well, that’s just hard.

While you pray and search for your next Special Needs Ministry Director, Helen Warren has agreed to step in as interim. She will do a fantastic job, so please lend her your full support.

This was not how I wanted to say “good-bye”... so let me just tell you that I love you and I will miss you!

Serving at His pleasure,

*Monica Kirby*

Philippians 2:13





# SPECIAL NEEDS MINISTRY

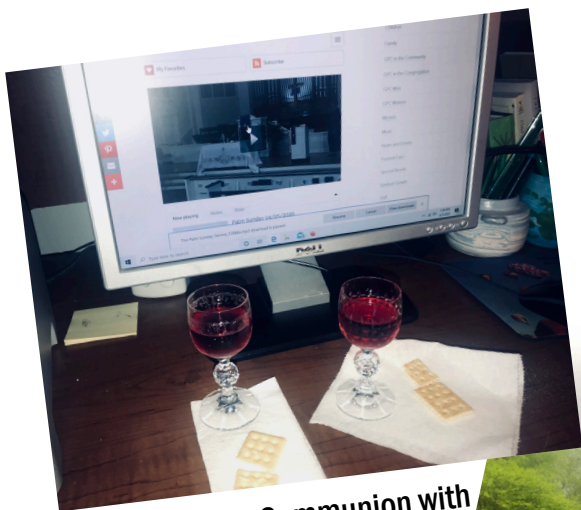


**We'll Miss You, Ms. Monica**



# CONGREGA

## The Latest in the New Places/Ways to Worship



**Dot Hartzog: Communion with social distancing.**



**Easter Sunday at the Gwin house: Pictured Missy Gwin and son Cole.**



**Diane & Ed Newton: Easter morning Wildlife Manor while waiting to watch our inspiring minister Will Jones give his Easter sermon and blessing.**



**Mary Rogers: Worship on a MacBook.**

Remember: GPC celebrates Communion on the first Sunday of every month. If you are watching or listening to the service, please have some form of bread with you, as well as some kind of wine or unfermented grape juice. The pastors will guide everyone through communion as the Affirmation of Faith during worship every Communion Sunday.

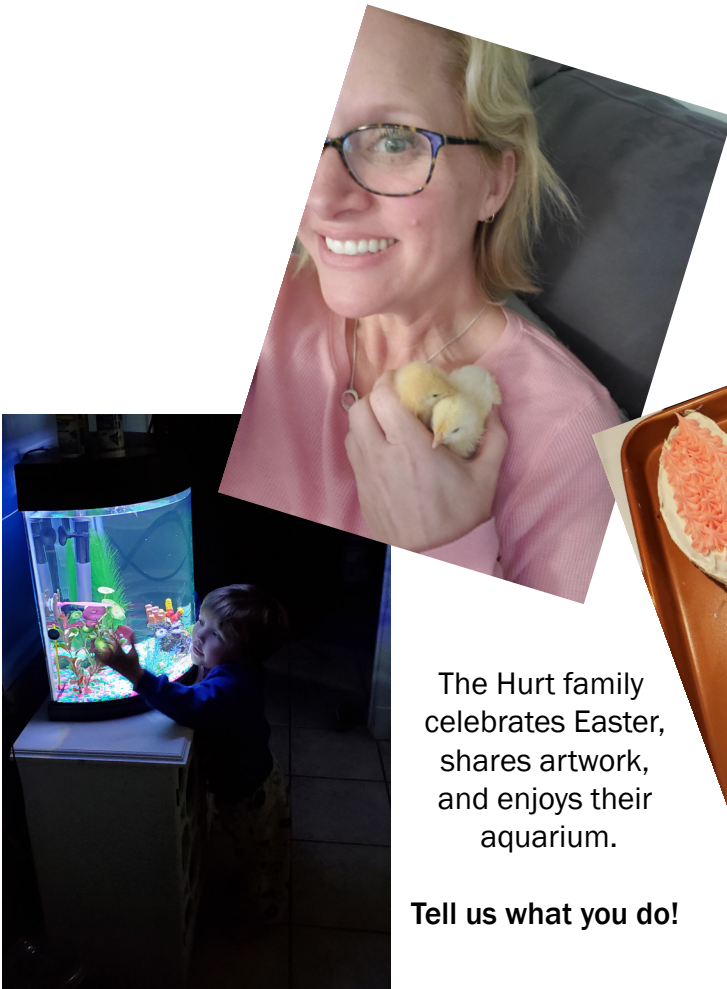


# TIONAL LIFE

## Life of the Church

### How Are You Worshipping?

**Take pictures of you and your family as you worship at home.** Then send them to: [communications@germantownpres.org](mailto:communications@germantownpres.org). You might just show up in next month's newsletter!



The Hurt family celebrates Easter, shares artwork, and enjoys their aquarium.

Tell us what you do!

### How Are You Spending Your Days?

**Take pictures of you and your family as you stay safer at home.** What are you doing? How are you spending your time? Binge-watching new or favorite shows? Catching up on all your reading? Teaching yourself a new hobby? Finally cleaning out that closet? Pulling out the old board games or card games? Writing that novel/memoir/volume of poetry? Learning how to video chat or use other social media and online resources in a new way? **Take pictures of how you're spending your time and send them to: [communications@germantownpres.org](mailto:communications@germantownpres.org). You might just show up in next month's newsletter!**



**NaCoMe Churchwide Camp Weekend in May has been cancelled this year.**

# CONGREGATIONAL LIFE



## Pinecrest Open Gate Days

As weather and health guidelines permit, Pinecrest is offering Open-Gate Days.

Days will be added weekly as weather and developing guidelines permit. Engaging in outdoor activities, such as hiking, is an essential activity! Please enjoy the wide-open spaces, digital scavenger hunts, creek for splashing, trails for hiking, and The Overlook. Exploring nature is a wonderful way to encourage scientific curiosity and wonder; consider integrating children's learning activities with an outing at Pinecrest. Please maintain wide social distance and etiquette according to CDC recommendations.

Playground and buildings (except restrooms in Lodge) are closed at this time. \$5 per person is suggested as a donation. Dogs must be on a leash. Please clean up after your pet. No childcare available.

Call 901-878-1247 for more information. E-mail [charity@camppinecrest.org](mailto:charity@camppinecrest.org) for digital scavenger hunts and Overlook directions. \*Check website (<http://camppinecrest.org>) and Facebook (<https://www.facebook.com/camppinecrest.org>) for future dates.\*

## Presbyterian Women

At the current time, Presbyterian Women (PW) is planning to meet in May. Your individual Circle Leaders will contact you with the details for your Circle.

Circle Meetings will be on Tuesday, May 5 at 10:00 am. We will be studying Lesson 9 in the Horizon Bible study - Love Carved in Stone. Circle 1 - Room UL215, Circle 2 - Room - UL216 and Circle 3 - UL217 and Circle 4 (Night Circle) will meet at 7:00pm in the church parlor. You can watch Lessons 7 - 9 on video on PW's YouTube channel (<https://www.youtube.com/user/PresbyterianWomen>). If you have any questions, please contact Sue Perrin at [sue.perrin@att.net](mailto:sue.perrin@att.net).

Threads of Love is planning to meet on Tuesday, May 12 from 9:30am-12:00pm in the sewing room on the first floor of Evans Chapel. Anyone who is interested is invited to attend. Sewing is not required as we also need someone to cut and press. If you have any questions, please contact Mary Ann Harris at [mah174@yahoo.com](mailto:mah174@yahoo.com).

The PW May Gathering S scheduled for Tuesday, May 19 10:00am in Warren Fellowship Hall. Pastor Susie will share a PowerPoint on the Ghana Mission Team's trip to Ghana last summer, including GPC's continued partnership with the Upper Presbytery of the Presbyterian Church of Ghana, the presbytery's mission and evangelism, as well as some of the daily challenges and the culture of the Ghanaian people.



PRESBYTERIAN  
WOMEN

**GPC would like to create a GPC Resource Directory. Those who want to be included will share their business contact information and website address (if applicable) so that the GPC family of faith can better support one another's business ventures. If you would like for your business to be included, please email [communications@germantownpres.org](mailto:communications@germantownpres.org).**



# CONGREGATIONAL LIFE

FRONTLINE HELPERS - BUSINESS OWNERS - MASK CREATORS - MEAL PREPARERS - FOOD DISTRIBUTION HELPERS - GROCERY SHOPPERS - ERRAND RUNNERS ... SO MANY OF YOU ARE HELPING IN MYRIAD WAYS AND WE WANT TO KNOW ABOUT ALL THAT YOU ARE DOING! SO, PLEASE TAKE PHOTOS AND SEND THEM TO [COMMUNICATIONS@GERMANTOWNPRES.ORG](mailto:COMMUNICATIONS@GERMANTOWNPRES.ORG) AND LET LAURIE KNOW WHO YOU ARE AND WHAT YOU'RE DOING.

WE ARE PLANNING A FEATURE IN THE NEXT NEWSLETTER.

HEALTHCARE PROFESSIONALS AND OTHER FRONTLINE PEOPLE - WE ARE SO APPRECIATIVE OF YOU AND WANT TO SEE AND KNOW WHAT YOU ARE DOING AND WANT YOU TO FEEL SUPPORTED AND LOVED - SO PLEASE DO THE SAME ... SEND PHOTOS AND YOUR NAMES TO [COMMUNICATIONS@GERMANTOWNPRES.ORG](mailto:COMMUNICATIONS@GERMANTOWNPRES.ORG), TOO. THANK YOU!

MAY GOD'S BLESSINGS ABIDE WITH YOU ALL, PROVIDING ALL THAT YOU NEED FOR EACH DAY.

*GRACE & PEACE, PASTOR SUSIE*



GPC's Martha Boyd, youngest daughter of Kathleen & Jim Boyd, is an ICU nurse at Vanderbilt Medical Center treating the sickest of the sick.



During COVID19...Barb Poier and Ann Harbor delivered 30 lunches for homeless women downtown. They had extras which they were able to give to others in need as they drove through downtown.



GPC Easter Lily Drive-Through  
Thank you, Flower Committee



# CONGREGATIONAL LIFE

It's Still Vital to GPC That You Give During This Time

## Ways to Give



### Text

Set up a recurring or one-time donation by texting the amount you wish to give to 901-295-0202.



### Giving App

Download the "GivePlus Church" app to set up recurring or one-time donations. You can also manage and view your giving from the convenience of your smartphone!

## In the Mail

Mail checks to:  
2363 S Germantown Rd  
Germantown TN 38138.



### Online



Visit [germantownpres.org/giving](http://germantownpres.org/giving) or scan the QR Code to set up and manage your recurring or one-time gifts.

*For more information please call  
Fred Turverey in the church office at 901-754-5195.*

## Did You Know that GPC Is on YouTube & Vimeo?



Yep. GPC has its own YouTube and Vimeo channels. You can search us online, or if you're reading a digital copy of this newsletter, you can click [here](#) for YouTube and [here](#) for Vimeo. You can also access these channels from the website - [www.GermantownPres.org](http://www.GermantownPres.org).

Make sure you subscribe! These channels reward high numbers of subscribers with more privileges and permissions.



# CONGREGATIONAL LIFE

**BEFORE THE CO-VID RESTRICTIONS, THE YOUTH HELPED SET UP GPC'S RITI (COMMUNITY) ROOM AND PREPARED TO-GO BAGS FOR THE GUESTS TO TAKE WITH THEM WHEN THEY LEFT.**



## Masks Needed

Dear sewing geniuses giving generously of your gifts and talents in sewing masks for our healthcare professionals: I have learned that the Veteran's Hospital (downtown on Jefferson) is in need of masks, so there is a box in GPC's Welcome Center (Germantown Road entrance) if you would like to create some for those healthcare folk. Dr. Barry Wall will pick them up periodically and take them directly to the hospital, where they are desperately needed.

GPC hours are Monday-Friday, 10:00am-3:00pm. Please ring the bell and let Ann or Laurie know that you are there to drop off masks. If you have a key card, you can, of course, let yourself in.

Thank you! Bless you!





# MISSIONS & OUTREACH

**GPC Staffs The Mobile Food Pantry from MidSouth Food Bank**  
*(Look for future opportunities to join with other GPC family members as we serve.)*



## Mission Partners - Local & Worldwide

For more information about GPC's mission projects locally and globally, go to <https://germantownpres.org/missions-at-gpc> and see where you can plug in to be a disciple and serve generously and shrewdly.



# MISSIONS & OUTREACH

## Local Focus - A New Feature Supporting the Community During CO-VID19

GPC HAS STARTED HIGHLIGHTING LOCAL BUSINESSES THAT MAY BE STRUGGLING AND NEED SOME SUPPORT. WE'RE PUTTING INFO IN THE WEEKLY EBLAST AND POSTING ON SOCIAL MEDIA. IF YOU ARE A LOCAL BUSINESS OWNER THAT GPC CAN SUPPORT VIA OUR COMMUNICATIONS, PLEASE LET LAURIE KNOW VIA THE SAME EMAIL ADDRESS: [COMMUNICATIONS@GERMANTOWNPRES.ORG](mailto:COMMUNICATIONS@GERMANTOWNPRES.ORG). WE ARE ALL IN THIS FIGHT TOGETHER AND WANT TO SUPPORT EACH OTHER IN ALL THE WAYS WE CAN THINK OF!  
GRACE & PEACE, PASTOR SUSIE

BELOW ARE THE BUSINESSES THAT WERE HIGHLIGHTED IN APRIL:

### Amerigo's and Char Restaurants

Church members Beth and Ben Brock own Amerigo and Char restaurants, and every Friday they are delivering meals at a drive-through pick-up point in the GPC parking lot from 5:00pm-6:00pm. Order dinner from their limited menus and a selection of family meal packages to go! Menus and meal packages may be viewed on their websites at:

<https://bit.ly/AmerigoMealsToGo>  
<http://bit.ly/CharToGoMeals>



To take advantage of this, please call in your orders to either 901-848-4009 (Amerigo) or 901-249-3533 (Char) by 1:00pm each Friday. Each order will be individually packaged for quick pickup. We look forward to serving you!

### Simple Shirts



Simple Shirts (<http://www.simpleshirts.org/>), founded in 2008, is a company that specializes in screen-printed and embroidered apparel. Church member Luke McClellan is the owner and operator, and the company offers a variety of products like: T-shirts, polos/knits, sweatshirts/fleece, caps, activewear, outerwear, woven shirts, workwear, bags, and accessories, in sizes ladies, youth, infant/toddler, and tall. Located in the heart of Germantown, all production is completed in the Memphis area.

To contact Simple Shirts for product and quote information, email ([luke@simpleshirts.org](mailto:luke@simpleshirts.org)) or call 901-361-4572.

### West Street Diner

West Street Diner has been a Germantown fixture for years. Just down the street from GPC (2076 West Street), West Street serves some of the best comfort food you've ever put in your mouth. The restaurant is typically packed, and they're suffering from the shut-downs. Good news, though.

They're still cooking! You can call 901-757-2191 to order from their menu (<http://www.weststreetdiner.com/takeout.php>) for take-out or delivery. They are currently combining their profits and gratuities at the end of each day and giving a percent to all their unemployed staff members, and, during this time, they're allowing multiple uses of the same coupons.

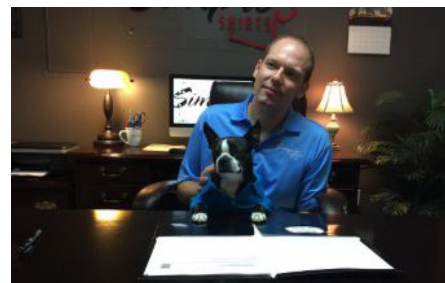
Their modified hours are:  
M-F 9am-7pm,  
Saturday & Sunday  
9am-3pm.

You can also catch up with them on their Facebook page (<https://www.facebook.com/WestStreetDiner/>).



Help support this great place and these great people.

-Luke McClellan, Owner/Operator & GPC church member  
-Oz McClellan, CEO/Mascot



# MISSIONS & OUTREACH

## Ghana Missions Team Sends Video Prayer to The Upper Presbytery

Our Ghana missions team asks that you pray for good health and safety for our friends in the Upper Presbytery as well as the country of Ghana. Our committee remains in contact with the Upper Presbytery, as they too are being impacted by COVID19. They are behind us in numbers of confirmed cases; however, as we have all witnessed, these numbers will climb.

The Upper Presbytery sends their prayers and well wishes to all members of our GPC church family. Our Ghana missions committee will share their needs as we come to know them. If you feel called to support them, we will share more details soon of how you can. If you have questions, please contact team members Erin Bowden (901-371-7884) or Beth Brock (901-355-0262).

The Ghana Missions Team  
Erin Bowden, Beth Brock, Ty Hardin, Molly Miller (and her son Andrew!), Lance Warren, and Pastor Susie Wiggins



## Ways to Serve God by Serving Others

*Contributed by Rev. Susan Carter Wiggins*

- Sew masks for area hospitals –
  - Drop-off locations: GPC Welcome Center for Veterans' Hospital downtown,
  - Germantown Methodist (West Street entrance) for Methodist Le Bonheur hospitals,
  - Bellevue Baptist for Baptist hospitals, and
  - Hope Presbyterian (entrance 2) for Baptist hospitals.
- Room in the Inn (RITI) – meals are being prepared seven days a week and taken to The Hospitality Hub where they are distributed to women experiencing homelessness.
  - <https://www.signupgenius.com/go/70a0a4eada623aaf58-womens>.
  - Contact Susan Shirley Hurt for coordination of meals: [susanshirleyhurt@gmail.com](mailto:susanshirleyhurt@gmail.com).
  - People can do these tasks together to make it easier.
  - Delivery location is 40 N. Front Street ... so some could prepare and others could deliver, too.
- Mid-South Mobile Food Bank – GPC members generally volunteer on Thursdays. Go to Sign Up Genius: <https://www.signupgenius.com/go/10C0548ACAD29AA8-gpcand>.
- Pen Pals to connect children with seniors – Germantown Community Library - <https://www.germantown-tn.gov/services/library>.
- Give blood – check local blood banks.

- MIFA – Metropolitan Inter-Faith Association – Meals on Wheels, and more: <https://www.mifa.org/ourprograms>.

If you know of other ways to serve God by serving others, please let Pastor Susie know: [susiew@germantownpres.org](mailto:susiew@germantownpres.org) or [care@germantownpres.org](mailto:care@germantownpres.org).

Feel free to share these resources with your family and friends as it is important for us to work together to maintain our mental health for the facing of these days, and personal contact is the best way for us to help each other.

My sisters and brothers, we are all in the same boat ... and Jesus is in the boat with us, calming the winds and the waters, so that we are able to navigate this storm, side-by-side, and together. Always know that your pastors are here to be beside you in your life and faith journeys – today, tomorrow, and always.

May God's love, Christ's peace, and the Holy Spirit's strong comfort and fellowship abide with you now and forevermore.

Stay home – stay safe – stay healthy – stay connected. We will get through this pandemic together, and, together we will come out on the other side where I believe green pastures await us.



# MUSIC & WORSHIP ARTS

Our world has been turned upside down! Nothing has been as we had planned or anticipated it to be since mid-March 2020! That, of course, is also true for music at GPC. We had grand plans for April 2020. A Sunday with orchestra, soloists, and Chancel Choir dedicated to the Easter portion of Handel's *Messiah*/special Palm Sunday music/Holy Week services at GPC at noon on Wednesday/6:30pm Maundy Thursday/6:00pm Good Friday in historic Evans Chapel and, of course, our Easter Sunday services celebrating our risen Lord with brass quintet, Chancel Choir, and a church packed with worshipers lifting their voices (and the rafters) with *Christ the Lord is Risen Today!*

We have all adjusted our lifestyles, work schedules, school schedules, worship habits, and practices (including how we do music at GPC) to meet the challenges of the day. I want to stop here and thank those who have made it possible for us to continue our normal worship schedule (even though in a different online format) for these most difficult weeks. As I often say, "It takes a Village!" First I want to thank Will for having the vision and insight to begin talking about and planning for the creation of on-line streaming capability as an outreach opportunity for GPC, specifically for worship at GPC. The fact that Will had been working in this direction and that David Bradford was all but ready to turn the switch to make it happen allowed GPC not to miss a beat. It took a lot of work and know-how coming together in a few days, but GPC never missed a Sunday without a worship option for our congregation. Online audio streaming of worship at GPC began Sunday, March 15. Thank you, Will, for your foresight. And a super BIG thank-you to Will's expert technical team of David Bradford, Michael Gyura, and Stewart Holmes who, along with Laurie in the church office, actually are responsible for getting worship at GPC online!!

Making it happen is truly a team production effort. Everyone has had to adjust, shift gears, and work together as a team - the ministers/program staff/office staff/technical team and, from my perspective as Director of Music, our team of musicians/Alex, our superb organist/our soloists who we feature each Sunday/even our Virtual Choir (members of the Chancel Choir who sent in audio recordings to form a Virtual Choir which Alex skillfully edited together for our Easter Sunday Service). Thank you to ALL who are working together as a team to make it happen! And let's not forget YOU, the congregation, who has been so generous with your comments/emails and texts thanking ALL for the effort being put forth to continue quality worship and music in worship at GPC.

As I write this on Friday, April 17 none of us has any idea how long we will worship in this most unusual manner. However, let me assure you that we as a staff at GPC will continue to do all possible (all within our power) to assure you the congregation that worship is central to what we do as a church. Worship is essential to our congregation and from my perspective music (quality music) is an essential part of worship! As I always do, let me close by thanking you for your support of music at GPC through the years. Your giving to the church budget and your contributions to the music fund and to the Teachey Scholarship Fund are essential to our maintaining the quality that we enjoy in our music ministry. Thank YOU!! I look forward to seeing you in worship.

Jerold C. Teachey, D.M. / Director of Music



# YOUTH MINISTRY

March 15, 2020

Dear Friends,

I write to inform you that this morning I was approved by congregational vote to be the Pastor at First Presbyterian Church in Kasson, Minnesota. I will begin ministry there on Monday, June 1, 2020. I am really excited to begin this next step in my career and to live closer to my family and friends.

My last Sunday at GPC will be on May 10, 2020. Pastor Will and I are working out a transition plan in consultation with the Youth Ministry Support Team. The youth summer trips will still take place. Rebecca Floyd and William Warren are leading the junior high trip. George Moseley, Wendy Holmes, and Teresa Owens are leading the senior high trip. While I'm very sad to miss these amazing trips, I know that you will be in great hands with these adult leaders.

I cannot express my gratitude enough to the staff and members of this congregation for all of the love you have showed me the last three and a half years. When I first moved to Memphis, not knowing a soul, families opened up their homes and took me in. The people of this church helped me see myself as a pastor. Thank you for cheering me on as I have grown as a preacher, a worship leader, and provider of pastoral care. Thank you for welcoming Josh when he attended worship and for celebrating us when you found out about our engagement.

This congregation has supported the youth program so well. Every auction ticket that was purchased, every

water bottle that was donated, every Confirmation that was mentored showed me a church that knows how to fiercely love their youth. I am confident that this youth program will continue to grow and thrive with the continued support of this congregation. Thank you to every Sunday school teacher, trip chaperone, confirmation mentor, fundraiser, committee member, staff person, and church member for giving me the confidence and support I need to take this next step in my ministry. I am so grateful for you. I will miss my colleagues in ministry and the staff of this church. Thank you for your love, support, and kindness. I will treasure it always.

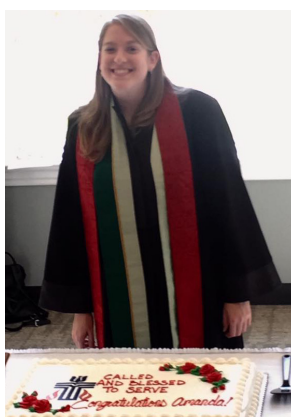
Finally, to the amazing, magical, youth of GPC, I don't think you know how much I will miss you. Thank you for asking hard questions and caring deeply about the world and others. You have taught me so much about faith and life during my time here. I will miss our adventures, the laughter, and all of the fun that we have shared over the years. It has been truly an honor to serve as your pastor. This job has been such a gift to me, and I will never forget you.

"How lucky I am to have something that makes saying goodbye so hard. Some people care too much. I think it's called love." - A.A. Milne

Grace, peace, and love,

Amanda

Rev. Amanda Mackey  
Associate Pastor for Youth Ministries



Congratulations to all of our graduating seniors!

- Dina Ciabattini
- Anna Eoff
- Katherine Harding
- Drew Hormberg
- Lauren Hurley
- Mary Jones
- John Rice
- Ellye Sanders
- Lydia Waldrop

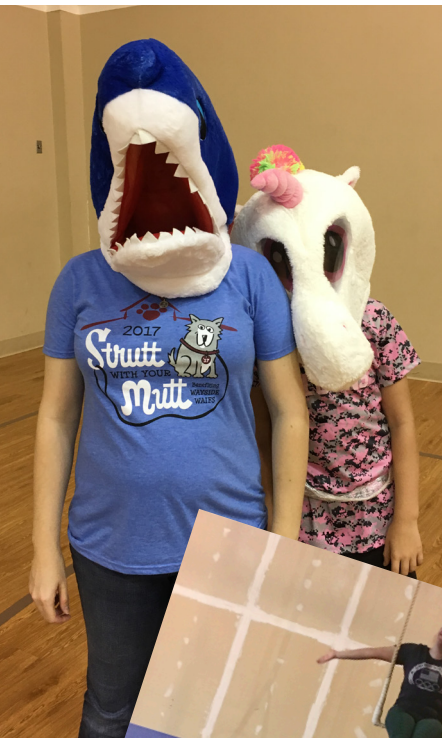
Summer 2020 Mission Trips  
Jr High – Ferncliff Camp and Conference Center, Little Rock, AR  
June 21-26

Sr High- Baytreat Urban Mission Camp, Mobile, AL  
July 12-18



# YOUTH MINISTRY

## We'll Miss You, Pastor Amanda





# IN OUR PRAYERS

## In the Congregation:

- |                       |                          |                        |                     |
|-----------------------|--------------------------|------------------------|---------------------|
| >Gay Beaumont         | >Jane Craddock           | >Willa Lowry           | >Jan Thomson        |
| >Shirley Billups      | >Judy & Fred Frick       | >Mack Pepper           | >Bob Thurman        |
| >Sherril & Jim Blair  | >Nancy & Peter Hawkinson | **Cy Pipkin            | >Amanda Walters     |
| >Linda Sue & Bob Bobo | >Jean & Bob Hicks        | >Erin & Thomas Powell  | >Woodie Whited,     |
| >Huddy & Bayard Boyle | >Dot Ledlow              | >Jackie & Bill Ruleman | Johnathan Whited, & |
| **Elaine & Tom Cates  | >Aggie & Jack Losa       | >Pam & Bill Spencer    | Sandy Franks        |

The congregation extends its love, sympathy, and prayers to:  
the family of Judy Oakes in her death.

## In Service in the Military:

Sidney Baker - niece of Kay Donaho  
 Kyle Bishop - grandson of Brenda Bishop  
 Trip Hiller - grandson of Anne & Wayne Tansil  
 Johnny Nowell - son of Jo & Adm. John Nowell  
 Patrick Peak - son of Eleanor Denton  
 Jason Ragain - son of Debbie Ragain

## Coronavirus Prayers

Doctors and nurses, emergency workers dealing with COVID19

## GPC Friends & Family Prayer Ministry

- |   |  |  |   |
|---|--|--|---|
| >Baby B & family - friends of Pastor Susie          | **Terrance Cooper - father of Mark Cooper                                  | >LaLisa Lindemann - daughter of Dot Ledlow   | >William Steven, son of Hayley Steven - friend of Susan Shirley Hurt        |
| >Katie Badgett - friend of Halfacres                | >Nancy Dillon - aunt of Alex Benford                                       | >Cindy/Scott Moore, daughters Isabelle & Lucy - daughter, son-in-law, & granddaughters of Elaine/Tom Cates | **James Thomas - friend of Barbara Ragsdale                                 |
| >Julie Bland - daughter of Mary/Rodney Strop        | >Pat Fox - mother of friend of Sherrie Horner                              | >Hilliard Morgan - brother of Greg Morgan  | >Kila Tripp - daughter of Cindy/Rick Tripp                                  |
| **Robbie Bowden - uncle-in-law of Erin Bowden       | >Virginia Goss - daughter of Gloria/Tim Goss                               | >Rev. Philomena Ofori-Naaph - sister/friend/colleague of Pastor Susie                                      | >Phil Walters - friend of Matthew Lindow                                    |
| >Elaine Brown - mother of Cheri Howle               | >Susan Hawkins - daughter of Ann Phillips                                  | >AJ Pennington - nephew of Cindy Cleveland   | >Evelyn/James Warrington - sister-in-law of Catherine King                  |
| >Carpenter family - relatives of Bob Hicks          | >Bibba Holland - friend of Phyl Simmons                                    | >Jane Stearns - sister-in-law of Diane Stearns   | >Diane Young, daughter Jennifer - friends of Laura/Woodson Farmer, Emmaline |
| >Janet/John Clark & family - friends of Mary Rogers | >John Howle - son of Cheri/Mike Howle                                      |  |   |
| >Elaine Colmer - mother of John Colmer              | >Ren Hua (& mother & stepfather, caregivers) - grandmother of Tingting Yao |  |   |

**\*\*Indicates new request added since last month.**

Friends and family requests submitted to the office for prayer will remain for 30 days before being removed. If you notice someone you requested prayer for is no longer on the list, simply notify the office, and they will be placed back on the list.

## May GPC Family Prayer Ministry

- |  |   |   |  |  |
|--|---|---|--|--|
| <u>May 3</u><br>Jeff Bowlin<br>Emily & Chad Coursey,<br>Cate, Sam, Thomas<br>Sharon & Jim Goldsworthy<br>Kimm & Andrew Harris,<br>Emma Grace, Colton,<br>Beau<br>Rebecca Laine<br>Margaret Owens<br>Susan & Mike Threlkeld<br>Pastor Susie Wiggins | <u>May 10</u><br>Judy Bilbrey<br>Susan & Warren Crain<br>Tamah & Jeff Halfacre,<br>Mary Lennox<br>Susan & Malcom<br>Lipscomb<br>Erin & Stephen Potter,<br>Gracie, Molly, Morgan<br>Sharon & Roger Turner<br>Michael Waldrop | <u>May 17</u><br>Shirley Billups<br>Alice Franceschetti<br>Jennifer & Eric Gentry<br>Nicki & Tommy Lamar<br>Richard Linder<br>Pastor Amanda Mackey<br>Linda & Lanny Oakes<br>Jackie & Bill Ruleman<br>Marion Treadwell, Mac,<br>Mary Margaret | <u>May 24</u><br>Sherril & Jim Blair<br>Rachel Gwin<br>Mary & Jerry Heimlicher<br>Carol & Phillip Langsdon<br>Patricia Potter<br>Brittany & Ryan<br>Schwaigert, Greyson,<br>Lachlan<br>Cindy & Rick Tripp<br>Stacy & Brad Weiss,<br>Jake | <u>May 31</u><br>Karen & Clyde Blount<br>Jill Crocker, Daniel,<br>Davis<br>Sandy Jones<br>Lanetta Lanier<br>Judy & Dick Nokes<br>Melinda & Phil Russell<br>Sarah Thompson<br>Maureen & Bill Wilson,<br>Maggie, William |
|--|---|---|--|--|



# MEMORIALS

During the month of March GPC received the following honorarium and memorial gifts.

<p><b>To Building Tomorrow Today</b> In Memory of Holly Schellhas Dyer Mickie &amp; Steve Nabers</p>	<p><b>To the Music Fund</b> In Memory of Joe Donaho Bonnie Algee</p>
<p><b>To the Memorial Fund</b> In Memory of Suzanne Bowlin GPC Seekers Class</p>	<p>In Memory of Holly Schellhas Dyer Bonnie Algee Becky Stanley</p>
<p>In Memory of Joe Donaho Rebecca &amp; Kevin Floyd Mary Rogers</p>	<p>In Memory of Boyd Maize Bonnie Algee Carol &amp; George Barnes Wanda &amp; John Barzizza Bill Bugg Kay &amp; David Collins Carol Leppert Helen &amp; Fred Norman Mary Rogers Becky Stanley Judith &amp; Tom Wilson Anne &amp; Wayne Tansil</p>
<p>In Memory of Holly Schellhas Dyer Carol Leppert Anne &amp; George McGaha Helen &amp; Fred Norman Presbyterian Women Circle 3 Linda &amp; Bill Shirley</p>	<p>In Memory of George Barnes' sister Bonnie Algee</p>
<p>In Memory of Ann Holtsford Mickie &amp; Steve Nabers</p>	
<p>In Memory of Bobby Lanier Mary &amp; Rodney Strop Anne &amp; Wayne Tansil</p>	<p><b>To the Youth Fund</b> In Memory of Bud Webb Maurice Buring</p>

## GPC Budget Update

### GPC Financial Summary, March 2020

	<b>Mar. 2020</b>	<b>2020 YTD</b>	<b>Mar. 2019</b>	<b>2019 YTD</b>
Revenue	\$125,113	\$556,783	\$113,531	\$467,201
Expenses	\$142,613	\$434,917	\$133,836	\$451,975
Net	\$(17,500)	\$120,866	\$(20,305)	\$15,226

We had revenue of \$125,113 for March, which with expenses of \$142,613 produced a deficit of \$17,500. This was a bit of a surprise, since we did not hold worship the last two Sundays in the month. The only way this was accomplished was through the faithful stewardship of our members. Thank you!

We received \$31,297 in contributions to *Building Tomorrow Today* in March bringing our total through March to \$3,276,461 against pledges of \$3,759,271. In the first half of April, we received an additional \$121,815. This 3-year campaign wraps up at the end of May and we still have just under \$361,000 in pledges outstanding. Please take a look at the statement of giving that was sent a week or so ago, and if you still have a balance remaining on your pledge, make arrangements to pay that amount by the end of May. If you need additional time, just call Fred Turverey at 901-754-5195 and let him know of your current plans.

GERMANTOWN PRESBYTERIAN CHURCH  
2363 S GERMANTOWN RD  
GERMANTOWN TN 38138

PH: 901/754-5195  
FX: 901/754-6961

WWW.GERMANTOWNPRES.ORG

WORSHIP TIMES:  
8:30AM WORSHIP  
9:30AM SUNDAY SCHOOL  
11:00AM WORSHIP

OFFICE HOURS:  
8:00AM-5:00PM  
MONDAY-FRIDAY

WILLIAM G. JONES  
PASTOR

SUSAN CARTER WIGGINS  
ASSOCIATE PASTOR FOR  
CONGREGATIONAL CARE

AMANDA MACKAY  
ASSOCIATE PASTOR OF YOUTH MINISTRY

TOM SAUER  
PASTOR TO SENIOR ADULTS

JEROLD TEACHEY  
DIRECTOR OF MUSIC MINISTRY

ALEX BENFORD  
ORGANIST/HANDBELL DIRECTOR

ANNA WHITE  
DIRECTOR OF CHILDREN'S MINISTRY

MONICA KIRBY  
DIRECTOR OF SPECIAL NEEDS MINISTRY

**June Window Deadline: May 15**

**The Associate Pastor Nominating Committee is undertaking a thorough search process to call an Associate Pastor of Evangelism and Discipleship.**

**As a member of GPC, you may be an excellent resource for the search process. We invite you to pray for us, and we invite you to think about any exceptionally gifted pastor you may know who might be a candidate for this position. If you have connections at other churches around the country or know of other pastors who can assist us in our search, please let us know.**

**The APNC welcomes your recommendations and will consider all suggestions. If you have a recommendation, please contact APNC chairperson Alex Ivy ([alex.ivy@fidcpa.com](mailto:alex.ivy@fidcpa.com)), any member of the APNC, or any of GPC's pastoral staff.**

**Thank you very much!**

**(APNC Team: Ben Brock, Anthony Duke, September Eason,  
Rebecca Floyd, Sherrie Horner, Meredith Mattila)**



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