



FIRST PRESBYTERIAN CHURCH

Rocky Mount

First Pres News

November 2021

153 N. Church Street
Rocky Mount, NC 27804
www.fpcrm.org
252-446-9121

Dear Friends,

As we enter the season of giving thanks, I want to thank you. Thank you for reading these newsletters, staying connected and committed to our church, and worshipping with us in person or on-line. We've tried half a dozen or more types of worship. We've been through seasons of gloom and seasons of hope. We've rounded through another stewardship season and into another holiday season with energy, intelligence, imagination, and love. None if that would be possible without you and your continued hard work. You are the church. You make the church all that it can be. You are the hands and feet of God in this world. Thank you!

Now, we continue to listen, learn, and love. We continue to study, discuss, and hope. We continue to fellowship, laugh, and give thanks. In this season leading up to the holidays, we take a collective moment to be grateful for one another, express our gratitude, and prepare our hearts for the upcoming season of joy. Let's not take this time for granted with the hard work that we know is just around the corner. Let's remember to give thanks for the incredible blessings in and around our lives. Especially we give thanks to God for the gift of love made known in Jesus our Lord.

With love and gratitude,

Matt

Pastor: The Rev. Matthew Baker

Community Pastor: The Rev. Hannah Trawick

Church Ministry Coordinator: Dionne Seale

Financial Secretary: Jeanne T. Shannon

Director of Music: Jim Smith

Organist: Virginia Vance

Sexton: Michael Smith

Assistant Sexton & Nursery Attendant: Charity Lodge

Nursery Attendant: Mary Hilliard

A NOTE FROM OUR COMMUNITY PASTOR

Soul Care

Over the past week, I was at a conference on Sabbath rest. Not necessarily the kind of rest that involves naps and sleeping in, though I personally am not a nap-hater. Sabbath rest is the kind of rest that is restorative to the spirit, and a spirit is restored when it is filled physically, emotionally, mentally, relationally, and spiritually, producing fulfillment, joy, passion, and rest. Now, the purpose of this specific conference is to fight clergy burnout, which has historically always been high and is currently at astronomical levels. But as I was sitting through the conference and realizing how much it was speaking to me, I also thought about my church and community—the whole world even—where teachers are burnt out and doctors and nurses are burnt out and leaders are burnt out and family caregivers are burnt out—volunteers, those in the service industry, retail people—weariness levels are high all around us, in each of us, at different times and for different reasons, but there nonetheless.

And here's the unfortunate thing: we can't really fix it, at least not externally. We can't fix Covid or bring 700,000 people back to life so the work force is operating in full again, and we can't erase the collective trauma of the past 2 years without intentional work at healing. So it weighs on our spirits in ways we recognize or don't. And we push through life at 110 percent, trying to meet expectations and meet all responsibilities, and then we tack soul care on top of it, if we tack it on at all. So we are tired, and our souls remain splintered.

We can't fix this exhaustion externally, but we can navigate it internally, and ultimately, the question we are all individually responsible for is: how can I heal my spirit? As you think on that, here are some questions to consider:

- What relationships in my life make me feel whole, loved, accepted?
- What physical activity makes my muscles feel alive and my heart pump with joy? What pulls me out of my head and centers me in my body?
- How am I practicing creativity regularly in my life? (*Note: this is not necessarily drawing, painting, photography, writing—creativity is simply taking action on imagination*)
- What questions about God and the Universe am I nursing, and how can I engage them more intentionally?
- What can I set down so my soul feels lighter?

I firmly believe that God loves us and calls us good and wants us to live full and joyful lives. But I'm learning that fullness and space look mighty similar. If you're interested in going on a soul journey with me, I'd love to grab coffee and chat. We are each others' keeper, after all, and I'd love to walk alongside you, and have you alongside me.



With peace and love and hope for healed souls,
Hannah

MAKES CENTS\$

The church income and expense data for the month shown is available for review. The prior month is not available as of the newsletter print date. Please call or email Jeanne Shannon in the church office with any questions.

Pledges and Loose Offering through September, 2021
 Month – to – date \$ 30,633.35
 Year – to – date \$ 437,980.36

Expenses through September, 2021
 Month – to – date \$ 55,830.00
 Year – to – date \$ 444,406.05



The third quarter contributions statements were mailed in mid-October to those members with a pledge. Another statement will be sent in early December as an update. Please contact Jeanne if you need an update on you pledge balance.

Stewardship season is upon us! Each pledge is a blessing to the church as we seek to be faithful stewards of the resources God has entrusted to us. First Presbyterian Church offers the below options for making your contribution:

- Bank draft – This is a safe and steady way to consistently support First Presbyterian Church. It can be selected on your pledge card and attaching a voided check. The monthly bank draft occurs on the 25th of each month. If the 25th falls on a weekend or holiday, it is drafted on the next business day. If you currently have a bank draft and want to continue, this can be indicated on your pledge card. The draft for your 2022 contribution would begin January 25th 2022. If you choose the bank draft, you can also stop it by contacting Jeanne Shannon in the church office 2 weeks before the 25th of any month.
- Envelopes – these can be ordered by marking this option on your pledge card
- Sale of stock – Schwab online does not include the church member name in the trade details. If using this method, please contact Jeanne Shannon with the details or ask your broker contact Jeanne in the church office. The stock sale process should begin in early November to allow time for the process (2 weeks from initial trade date to receiving the check) and to make the 12/31 deadline due to holidays.
- Loose checks in the Sunday collection or checks placed in Jeanne Shannon's mailbox - All checks will be applied to your pledge unless indicated otherwise in the 'memo' line.
- Online giving – Sow the seeds for the future with online giving today! This is an easy and convenient way to give your tithes using a debit or credit card or electronic funds transfer. The service through PayPal is easily accessed through the church website. You can rest easy knowing that the transaction is safe and secure, and your gift will be available to our ministry immediately, with no waiting periods. Visit www.fpcrm.org using the 'Online Payment' link in the top right corner to see for yourself how easy it is to give online.

Questions? Please use the below to contact Jeanne:

Church office phone: 252.446.9121, option 5 for Jeanne
 Jeanne's email: Jeanne.shannon@fpcrm.org
 Jeanne's office hours are Monday thru Thursday from 8:30-2:30

The church office will be closed Thursday, November 11 for Veteran's Day and Wednesday, November 24 & Thursday, November 25 for the Thanksgiving Holiday.

Daylight saving time ends on November 7, so be sure to turn your clocks back an hour before going to bed on November 6th!

FALL @ FIRST PRES

SUNDAY SCHOOL



A time to gather at 9:45am to, study, learn, question, and grow in our discipleship as a community. Options include: PEP (Presbyterians Educating Presbyterians), Middle School Sunday School (Oct. 24, Nov. 28), High School Sunday School (Oct. 3, Nov. 14, Dec. 12)

SUNDAY MORNING COFFEE TALK

Meeting at 10:30am over coffee and pastries, this is an informal time to gather in the fellowship hall each week for fellowship before the worship service. Come to belong and to claim each other; come to love and be loved.



KIDDOS IN THE KIRK



Running around, playing games, learning about Jesus and serving others, this is a time for our youngest members to form meaningful relationships with their peers, advisors, and pastors. This offering is open to all kids, Pre-K through 5th grade. Additionally, this group will go on a few fun outings throughout the fall—like reverse trick-or-treating on Oct. 28 and Christmas Caroling on Dec. 5! We will gather for our regular meetings from 3:30-5:00pm on Oct. 4, Oct. 18, Nov. 1, Nov. 15, Dec. 6 at the church.

YOUTH GROUP

Whether it's a 6:30am breakfast at the Highway Diner before school, Sunday School or lunch with the pastors, time to hang out and have fun, or time to serve, our youth have weekly opportunities to gather together, fellowship, and grow in their faith. A full youth schedule was given to parents and youth at the Sept. 12 Kick Off Party but check texts and emails often for schedule updates.



BROWN BAG BIBLE STUDY

Gathering every Monday at noon for a Pastor-led Bible study, Brown Bag is a time for fellowship, prayer, connection, questions, and study. It's a time to gather with friends to explore our faith and grow together.

TUESDAYS@ 2

Join Dionne and church friends on Zoom every Tuesday afternoon at 2:00 to practice mindfulness and meditation, tools for navigating life when it gets stressful, lonely, or uncertain.



HERETICS GROUP

Meeting at the outdoor courtyard at Rocky Mount Mills, this Heretics Group is a space to wrestle with big questions of faith and doubt and say the quiet parts out loud together, like: is the Bible still even relevant? What if God is not conscious? What does our faith mean in our modern reckonings of racism, sexism, and gender-identity? Can I be a Christian if I believe _____? Of course, this is best done over food and beer (for those who wish). Join for a spirited conversation of fun and fellowship!

Fall Dates: Sept. 16, Oct. 7, Nov. 4, Dec. 2 at 5:30 p.m.



SIP N'CHAT SMALL GROUP

The Sip and Chat Small Group will gather over wine and cheese in the homes of members to fellowship, commiserate, celebrate, pray, and learn together, centering conversation on a shared and agreed-upon book or podcast. Potential authors /thinkers include Rachel Held Evans, Anne Lamott, Glennon Doyle, Jen Hatmaker—and any others participants recommend!

Fall Dates: Sept. 23, Oct. 14 & 28, Nov. 11 & 23, Dec. 9 at 5:30 p.m.

FIRST OUT AND ABOUT

Join Hannah and community members at various small groups around town.

Depending on the setting and purpose, these small groups might involve worship, bible study, conversation, prayer, or fellowship.

Brookdale Senior Living: Sept. 13, Oct. 10, Nov. 14, Dec. 13

Covenant Homes: Sept. 16, Sept. 30, Oct. 14, Oct. 28, Nov. 18, Dec. 2, Dec. 16



WEDNESDAY NIGHT FELLOWSHIP

Alternating between a bible study led by Senior Pastor Matt Baker and speakers from the church and community, this group gathers at 5:00pm on Wednesdays to study the origins of the Early Church and ponder what that means for the Church today. On alternating weeks, we will learn about things going on in the community, passions of our church members, and a little bit about our staff, too!

HANDBELLS

Meeting every Wednesday evening at 6:40pm, our Handbell Choir makes a joyful noise in rehearsal and occasionally in worship. Come experience how the spirit moves in song, and enjoy time with other ringers and our music staff!



CHOIR

Following Handbells, our vocal choir meets at 7:30 on Wednesdays and helps the congregation worship through song each with with introits, anthems, and hymns—oh my! We need more voices, we hope you (yes, you) will join us!

PRESBYTERIAN WOMEN

The Presbyterian Women are gathering monthly to study “Lessons My Grandmothers Taught Me.” With one circle meeting during the day and one at night, there is something for everyone. Come serve, learn, and fellowship together.



COMMUNITY PARTNERS

Mickey and Jackie Bailey recently visited Zambia and the Agape Village Orphanage. Jackie sent pictures of the happy and healthy children as well as their gardens that are thriving. What a blessing it is to support this ministry!



Community Partners

November Focus: Peacemakers Christmas Toy Store



New & unwrapped items for ages 0-18 can be brought to the church between November 1-30.

Suggested items:

New toys, pajamas, multiethnic dolls, educational toys (sorting, nesting, stacking), electronic toys, scooters, bikes, art kits, science kits, sports equipment or team items.

Older kid items especially need such as: bath and body items, teen room accents, gift cards for fast food or movie passes, and headphones

Peacemakers offers a toy store to benefit families and individuals in the Nash/Edgecombe counties by giving them an opportunity to purchase items at significantly reduced prices rather than receive a handout during the holidays. The Toy Store will be held December 3 and 4.

Special thanks to Lige Daughtride for allowing the church to store the Tar River Academy Family Thanksgiving meal food supplies at his warehouse in anticipation for the youth to pack meals on November 7!

The activity/exercise room at Covenant Homes is coming along! There is a new door in place as well as electricity!

Over 55 flood buckets were filled to support Presbyterian Disaster Assistance flood relief efforts! Thank you for the wonderful response and to the volunteers who helped sort bucket supplies!

If you have time to spare, volunteers are needed to sort donations at A Second Season (thrift store that benefits My Sister's House) and storage bin donations are also welcome.

CONGREGATIONAL BLESSINGS

Laura Dudley always has the most creative tablescapes for the Wednesday night meals!

Our youth enjoyed a night of bowling on October 3rd!

Several church members represented FPC at the Picnic for Peacemakers on October 7th!



FPC youth spread "chalk cheer" at Covenant Homes on October 17th!

Kiddos in the Kirk met twice in October and the kids are now enjoying the addition of music time with Mrs. Crocker and Mrs. Brown to learn some Christmas tunes!



Presbyterian Women Update

Remember Ladies.... Be the woman who fixes another woman's crown without telling the world it was crooked. Every woman is your sister, treat her accordingly.

Thanks to all who responded to the Presbyterian Women's annual contribution letter!

Whether attending a circle, assisting with a seasonal project, participating in an outreach program or contributing financially, YOUR support is vital in enabling your sisters to continue to make a difference in the community and within the congregation. Your contributions to the PW are a beautiful expression of love and we thank you!

And one more thing.....the PW have been as busy as squirrels this fall: filling flood buckets, collecting school items for Peacemakers, gathering essential supplies for Agape Village, and digging into their Bible Study. Good job, Ladies!

*Contributions to PW annual letter accepted through Dec 1st

- PWCT will meet Monday, November 1st at 10am in the Session Room
 - Circle of Friends will meet Monday, November 8th at 5:15 in the Ladies Parlor
 - Circle of JOY will meet Tuesday, November 9th at 10:30 in the Session Room
- **Bible Study November: Lesson 3 "Rahab" Leader: Hannah Trawick

PRESBYTERIAN WOMEN COORDINATING TEAM 2021-22

Nancy Richardson, Co-Moderator
Stephanie Hayworth, Co-Moderator

Gaye Moore, *Secretary*

Sarah Gooding, *Historian*

Laura Dudley, *Together in Service*

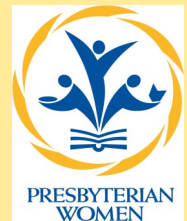
Myra Richardson, *Circle of Friends Leader*

Julia Brown, *Treasurer*

Laura Durham, *Spiritual Nurture*

Martha Tesoro, *Together in Service*

Tempie Fuller, *Circle of J.O.Y. Leader*



SUNDAY WORSHIP HELPERS

"Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received."
1 Peter 4:10

Date	Ushers	Children's Sermon
Nov. 7	Dionne Seale, Mike Gaynor, Winnie Gaynor, Anna Brooks Gaynor	Jim Lilley
Nov. 14	Betsy McLean, Pat Mauldin, Sylvia Phillips, Marie Kem	Jim Lilley
Nov. 21	Bobbie Lambeth, Jim Woodard, Bridget Hathaway, Janice Smith	Randy Adams
Nov. 28	Janice Smith, Kay Wester, Laura Dudley, David Dudley	Hannah Trawick

Class of 2024 New Church Officers are:

ELDERS: Bill Buchanan, Laura Durham, Winnie Gaynor, Lee Scott

DEACONS: Partha Daughtridge, Linda Evans, Olivia Turnage, Jim Woodard

YOUTH DEACONS: Virginia Feagans, Mari Robin Tharin



Upcoming New Officer Training Opportunities:

- (Pick one of these November dates): November 2 at 5:30 p.m. or November 4 at 10:00 a.m.
- Saturday, December 11 at 9:00 a.m.
- Examination by Session: December 14, 2021 at 5:30 p.m.
- Installation/Ordination (tentative): January 9, 2022

The Deacons will meet Tuesday, November 9th at 5:30 p.m. for their last formal meeting of 2021. We will be making plans for hosting the December 19th (4:00 p.m.) Christmas Concert Reception.

We will also be thanking the Deacons that will be cycling off of our "team".

Many thanks to Jean Kitchin, Sylvia Phillips, Jay Quinan and Chris Watson.

And thank you to our Youth Deacons Anna Brooks Gaynor and Shelton Honey.

You have each gone above and beyond to help get our church (post Covid) back on track!

The Diaconate will reconvene in January 2022, to welcome our new Deacons:

Partha Daughtridge, Linda Evans, Olivia Turnage, Jim Woodard, and our Youth Deacons Virginia Feagans and Mari Robin Tharin.

We look forward to an exciting, productive and engaging year for First Presbyterian Church!

The Session is scheduled to meet Tuesday, November 16 at 5:30 p.m. The December meeting will be held on December 14, 2021 (a week earlier than usual).



WORSHIP UPDATE

Effective August 23, 2021

Session has voted to return to wearing masks when in the church. This is a temporary measure, and we will continue full worship with singing. Thank you for your understanding.

WELCOME BACK!

We are pleased to share that Mary Hilliard will be returning to assist Charity with the children's nursery on Sundays beginning November 7. Thank you to all the volunteers who stepped up these past months since we returned to indoor worship.

Keeping in touch...

FOLLOW
US!

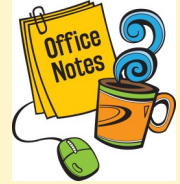


First Presbyterian Rocky Mount



fpc_rockymount

Contact Information Updates: Kindly notify Dionne Seale in the church office at 252-446-9121, ext. 21 or dionne.seale@fpcrm.org of any email, address, or phone number changes so we can keep our database up to date.



- ⇒ Jay Gardner: 3822 Cornerstone Court, RMT NC 27804
- ⇒ Mackenzie Warner: 3333 Wesleyan St. Apt. 1339, Houston, TX 77027

*Dear Church Family,
Thank you so much for the flowers I received in honor of the birth of my granddaughter Reese! I also appreciate the cards and calls I received. I would also like to thank the Handcraft Ministry for the beautiful yellow baby blanket! I greatly appreciate your thoughtfulness.*

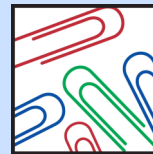
*Love,
Nancy Richardson*

*Dear Church family,
Wow!!! Your gift of \$2500 is so awesome. We are going to use it to pay for therapy not covered by anyone. Thank you for all you do to bring hope, health and healing for generations in North Carolina. Thanks for blessing our socks off. Hope to see you all sometime soon.*

*Hugs,
Lorie Fees
Director, Donor Relationships
Children's Hope Alliance*

Communications Deadlines

- We publish the "First Pres" newsletter monthly. The newsletter is either emailed or a hard copy can be mailed to those without email. The deadline to submit information is the third Thursday of each month.
- The weekly email update is sent out via Constant Contact on Wednesday afternoon. The deadline for information is noon on Wednesday.



Church Office
Hours

**The church building is accessible to visitors
Monday—Thursday from 9:00-4:00 p.m.**

- ⇒ The sympathy of the congregation is extended to Michael Smith upon the death of his brother, Hosia Smith, on October 4, 2021.
- ⇒ The sympathy of the congregation is extended to Frances and Charles Guerry upon the death of their brother-in-law Roger King of Edisto Island, SC on October 4, 2021.

Dates are available to place flowers in the sanctuary!

November 14, 28

Contact the church office for
more information and donations
are also accepted to the
Flower Fund.

We decorate our Sanctuary beginning December 5 with beautiful poinsettias which are made available by your donations to honor and remember special friends and/or loved ones. Envelopes will be available beginning **November 14** in the Narthex or from the church office for you to pick up and enclose payment along with the name(s) of those you wish to honor. You can either place your envelope in the offering plate during worship or return to Dionne Seale's church mailbox. A donation of \$20 per poinsettia is appreciated. A special bulletin remembers the honorees on Christmas Eve and the deadline to donate is **December 15, 2021**.



*our thoughts and
prayers are with...*

THE FOUNTAINS AT THE ALBEMARLE—Tarboro

► Tom Dill

CARDINAL AT NORTH HILLS—Raleigh

► Dick Fountain

BROOKDALE—Rocky Mount

► Betsy Boddie

► Mike Braswell

► Cora Lee Gold

ADDITIONAL CONCERNS

Margaret Barnes

Augusta Daniel

Mary Kathleen Duncan

Geraldine Donnell (sister of Janice Smith)

Herman Ferguson

Phyllis Garriss (mother of Meredith Cooper)

Earl and Phyllis Goodwin

Emily Kicklighter (friend of the church)

Nancy Liipfert (staying with son in Winston-Salem)

Patsy Manning

Char Mather

Georgia Mixon

Gerry Niece (friend of the church)

Phyllis Parker

Jack Perry

Anne Wilgus Podesta

Mary Frank Poe (sister-in-law of Roz Gragg)

Evelyn Reese

Edie Reeves

Cora Rowe (granddaughter of Jean Kitchin)

Jean Rowe (Steve Rowe's mother)

Maida Sessoms

Preston Smith

Scott Solether

Phyllis Toler

Alice Watson (daughter-in-law of Mary Watson)

Willette Williams (daughter of Charity Lodge)

Susan Yenney

EVENSONG AT FPC

JOIN US FOR AN EVENSONG
WORSHIP EXPERIENCE ON SUNDAY,
NOVEMBER 7 AT 5:00 P.M. WE WILL
TALK ABOUT THE JOURNEY OF LIFE,
SING AND HEAR WONDERFUL MUSIC,
CELEBRATE THE SACRAMENT OF
COMMUNION TOGETHER, AND
REMEMBER THOSE WHO HAVE BEEN
A PART OF OUR OWN JOURNEY OF
FAITH.

Evensong Service

Sunday, November 7, 2021

5:00 p.m.

First Presbyterian Church
153 N. Church St.
Rocky Mount, NC



*Mark your Calendars to Help
Decorate the Church for Advent & Christmas*

*Tuesday November 30, 2021
10:00 a.m.*

The more the merrier!

*Contact Beth Turnage for more information at
252-903-1247*