



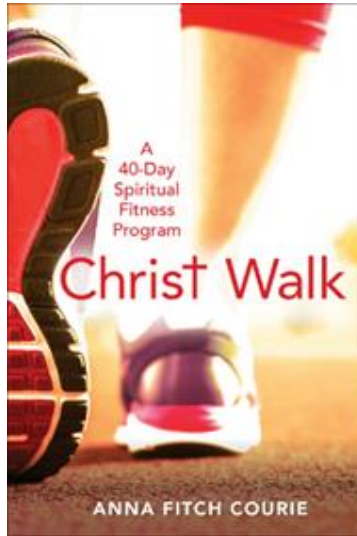
FIRST  
PRESBYTERIAN  
Church  
Valdosta, GA

February 2019



## First Family News

### Christ Walk: A 40-Day Spiritual Fitness Program for Lent



Have you ever wondered what it would have been like to walk with Jesus? Can you imagine Jesus traversing hot, dusty roads or entering the wilderness or passing alongside the Sea of Galilee? While most of his ministry occurred in Nazareth and Galilee, Jesus frequently traveled by foot to Jerusalem to go to the feasts or holy days and to the temple. Of course, there is no way to know for sure, but some have speculated, based on Scripture alone, Jesus may have walked as many as 3000 miles during his 3-year ministry.

For Jesus and for us, walking can be a holy activity, and this just so happens to be the topic of a book I came across a few years ago entitled *Christ Walk: A 40-Day Spiritual Fitness Program*. Written by Anna Fitch Courie, and designed to be completed over the course of 40 days, it is an excellent devotional resource for Lent—a resource FPC will be using this Lent in a variety of ways.

First, from Ash Wednesday, March 6<sup>th</sup> through Easter Sunday, April 21<sup>st</sup>, as a church we will be challenged to walk the distance Jesus might have covered over the course of his 3-year ministry. Yes, 3000 miles! (I know it's a lot, but keep in mind, we will do it together.) Walking is a holy activity that most anyone can do at some fitness level and its benefits are numerous. However, even if you are unable to walk as an exercise, or if you choose another exercise option, you can still get in on the fun because there are lots of ways to accumulate "miles." The idea is to be active and keep track of your progress so you can add your "miles" to each week's tally.

Here are the basics:

- A mile covered by walking, running, biking, hiking, etc., equals 1 mile.
- 15 minutes of other exercises like weight training, stretching, dancing, gardening, etc., equals 1 mile.
- Additionally, 15 minutes of prayer and meditation counts as 1 mile.
- A basket, pencils, and small strips of paper will be available in the narthex each Sunday. Simply jot down your "number of miles for the week" on a piece of paper and toss it into the basket. You don't have to write your name or even how you arrived at the number. (Katie Altman and I will keep a running tally for us in the church office.)

Another way to participate will be provided by a study of the book offered through a closed Facebook group. As a closed group, only people who are in the group can see what is posted. Weekly, I will start us off with a question or comment and we will see where it leads us. (More information about how to join the group will be available soon. Plus, if you do not have a Facebook account, but would like to have one, please let me know.)

(Continued on next page)

*The Mission of First Presbyterian Church is to celebrate God's grace  
and to share Christ's love through worship, study, and service.*

First Presbyterian Church  
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Finally, you may choose to do the study on your own. Wonderful! Just be sure to keep a count of your “miles” so you can help us reach our collective goal.

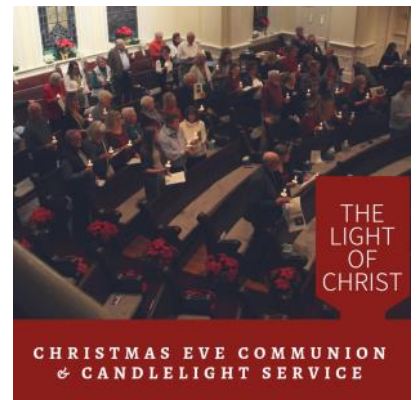
You may purchase *Christ Walk: A 40-Day Spiritual Fitness Program* through Amazon or another book retailer. Alternatively, Katie Altman will place a book order through Amazon February 21<sup>st</sup>. Please get your name on the list if you want her to order the book for you. Currently, copies of the book are \$15.13.

*Christ Walk* is about taking care of ourselves—body and soul. The readings are inspirational and the questions at the end of each reading are thought-provoking. There is a “God-spark” in each of us and our bodies are the temple that God gives us to explore our gifts and talents. I hope you will prayerfully consider joining this journey of a lifetime—in whatever way works best for you. Come, let us follow in the footsteps of Jesus. Let’s get moving and let’s get praying!

Happy Travels,  
DrGlenda

## *celebrating at fpc*

Thanks to everyone who made Advent & Christmas so special! God’s blessings abound!



The local Knights of Columbus recently donated \$500 to Break Bread Together.



BBT celebrates 45 years!



The Valdosta Citizen's of Georgia Power awarded the Break Bread Together program a very generous donation!

# worship & prayer at fpc

## CENTERING PRAYER



Centering Prayer, which is a form of prayerful meditation, is held each Wednesday at 5:15 p.m. in the Overflow Room. For more information, please see Dr. Glenda.



Mark your calendar for our Ash Wednesday Service, March 6<sup>th</sup> at 7 p.m. in the Fellowship Hall.

## FIRST FRIDAY CONTEMPLATIVE SERVICE



If your heart longs for new ways to connect to the holy, consider making the First Friday Contemplative Service a part of your spiritual journey. Services for the next two months are scheduled for February 1<sup>st</sup> and March 1<sup>st</sup>.

## TUESDAY MIDDAY PRAYER



During the Season of Lent, FPC will offer a special time of prayer in the Sanctuary each Tuesday from 11:30 a.m. to 12:00 p.m. The service will include Scripture readings, instrumental music, silence, and spoken prayers. Our first Tuesday Midday Prayer will be held March 12<sup>th</sup>. Make plans to join us and invite a friend!

## February

### birthdays

- 3 Katherine Phelps
- 15 Catherine Minor
- 19 Betty Lloyd

## February

### anniversaries

- 18 Walter & Laura Elliott
- 23 Troy & Dawn Toth



## wednesday night supper & study

<p>February 6</p> <p>Chicken Pot Pie Broccoli Tossed Salad Yeast Rolls Chocolate Pudding Ice Cream</p>	<p>February 13</p> <p>Smoked Boneless Pork Chops Sweet Potatoes Baby Lima Beans Tossed Salad Corn Bread Cherry Cobbler Ice Cream</p>	<p>February 20</p> <p>Grilled Beef Tenderloin w/Mushroom Gravy Rice Green Beans Tossed Salad Biscuits Chocolate Cake Ice Cream</p>	<p>February 27</p> <p>Baked Chicken Breasts Wild Rice Black Eyed Peas Combread Tossed Salad Pineapple Cake Ice Cream</p>
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Our multi-generational class is still going strong! A light breakfast is available at 9:30 a.m. in the Fellowship Hall with class starting at 9:45 a.m. Currently, we are listening to a chapter of Brian McLaren's book, *We Make the Road by Walking*. Afterward, three Learning Centers are available to help participants engage with the lesson in a variety of ways. If you are not already attending Generations of Faith, please give it some prayerful consideration. This is an exciting opportunity for us to pool our resources and grow a vibrant Christian Education program at FPC—together!

Class of One Accord Ladies Sunday School Class, led by Florence Cole starts at 9:45 am, and is in the room beside the nursery.



## upcoming events & other info



### A Presbyterian College Concert Choir to perform at FPC of Valdosta

Sunday, March 10th at 7 p.m. the Maryville College Concert Choir will present a concert at FPC. The college, located in Maryville, Tennessee, is celebrating its 200th birthday. A major event of the celebration is a bicentennial tour "Make Our Garden Grow," to be presented on both the east and west coasts. The 53 students plus staff members will arrive Sunday afternoon, set up, rehearse, and enjoy a meal in the Fellowship Hall provided by the church. Afterward they will present a concert for us and the community. The students will then spend the night with church members and be returned to the church Monday morning.

This is a wonderful opportunity to show off the radical hospitality of FPC. The Faith & Nurture Committee already has plans underway for the meal. In addition, Eve Renfroe has agreed to recruit church members to host the students for their overnight stay. Please get with her if you are able to help out. Mark your calendar for this exciting event and be sure to tell your friends and family so they can join you. Let's pack the church! (Contact Dr. Glenda for more information.)

*First Presbyterian Church*


**FATHER DAUGHTER**  


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*Valentine Dance*  
 VALDOSTA, GEORGIA

**FEBRUARY 8TH-9TH, 2019**  
 6:00 - 8:00 p.m. or 9:00 - 11:00 p.m.  
**JAMES H. RAINWATER CONFERENCE CENTER**

\$15.00 per person  
 Tickets on sale Jan. 14th online at:  
**[www.FatherDaughterDance.org](http://www.FatherDaughterDance.org)**  
 For information call (229) 460-3800

 #FDVALDOSTA

\* Forms are available in the narthex if you would like to help with the dance. Food prepared or purchased for the dances should be delivered to the James H. Rainwater Conference Center between 1:00 p.m. and 5:00 p.m. Friday and Saturday. Thank you!

## TRY ONLINE GIVING IN 2019


Online Giving is a great way to keep up with your giving when you are on vacation or are away for a weekend. It also eliminates the need to bring cash or a check to church. If you are interested in giving to the church online, just go to our website at [www.firstpresvaldosta.org](http://www.firstpresvaldosta.org) and scroll to the bottom of the home page. The process is fast and easy!



The family of Dr. Neal O'Neal, Sr. wishes to thank everyone who prayed for him when he was in the hospital. Your prayers and cards and generosity to Break Bread Together has made his passing more bearable.

With appreciation,  
 Neal O'Neal and Kathleen O. Bearden

To access **Online Giving** or for more information about **First Presbyterian Church** you may visit our website at [www.firstpresvaldosta.org](http://www.firstpresvaldosta.org) or scan this QR code with your smart phone app.



# memorials, honorariums & gifts to Break Bread Together or FPC



## December/January Gifts

*“Distributing food is a unique act of love because food is the basis for life. When the church can distribute food, it can allay one of people's most primal fears – that of going hungry – as a way of helping people come to peace. When sources of food are close at hand, peace may be sustained.”*

### Gifts to Break Bread Together and First Presbyterian Church

Perfectly Priscilla  
New Hope Missionary Baptist Church  
Trinity Presbyterian Church  
Nathaniel & Erma Baker  
Jane Gore & Brian Greene  
Ladies Guild of Messiah Lutheran Church

Nancy Hobby  
Park Avenue Methodist Church-Chapel Bible Class  
Georgia Power Foundation  
Pro Janitorial Systems, Inc.-Curtis Brantley  
Father John Kennedy Council 4913 Knights of Columbus  
Park Avenue Methodist Church

In Memory of Frank A. Strickland  
Conner Thomson

In Memory of Bobbie Ann Mitchell  
Conner Thomson

In Memory of Hadley McDuffie  
Alice McDuffie

In Memory of Owen Harris  
Nelda Harris & Family  
Martha & Mike Dover

In Memory of Julia Bess Scott  
Mary Jane & Al Rakel

In Memory of John Fondren  
Marcus & Diane Lewis

In Memory of Manor Folsom  
Cynthia Coats & Family  
Debbie & Allan Nagy

In Memory of Dr. Neal O'Neal, Sr.  
Bion & Jenny Williams  
Lamar & Florence Cole

Alice McDuffie  
Lee & Barbara Bradley  
Frank & Lynn Kilgard  
Nelda & Marsha Harris

In Memory of Paul Sanders  
Alice McDuffie  
Nellie John

In Memory of Katie Stanton  
Diane Lewis

In Memory of Larry Welch  
Nellie John

In Memory of Rubye Fielder  
Marsha Harris  
Lamar & Florence Cole

In Memory of Charles Templeton  
Charlie & Jerry Powers

In Honor of Pat, Mili, & Noelle Collins  
Lee & Barbara Bradley  
Lynn & Frank Kilgard  
Tom & Sue Miller  
Ann Smith

In Honor of Lamar & Florence Cole  
Lee & Barbara Bradley  
Alice McDuffie  
Ann Smith  
Eve Renfroe

In Honor of Mrs. Jane Gore & Mr. Brian  
Greene

Lee & Barbara Bradley  
Lynn & Frank Kilgard  
Lamar & Florence Cole  
Pat, Mili & Noelle Collins  
Ann Smith

In Honor of Dr. & Mrs. Jim Hill  
Barbara & Lee Bradley

In Honor of Mr. & Mrs. Frank Kilgard  
Barbara & Lee Bradley  
Pat, Mili, & Noelle Collins  
Lynn & Frank Kilgard

In Honor of Mr. & Mrs. Tommy Ross  
Barbara & Lee Bradley

In Honor of Mr. & Mrs. Grady Lacy  
Barbara & Lee Bradley

In Honor of Marsha & Gene Felts  
Alice McDuffie

In Honor of Betty Sanders  
Alice McDuffie  
Lamar & Florence Cole

In Honor of Nell Johns  
Alice McDuffie

In Honor of Catharine Minor  
Alice McDuffie

In Honor of Jenny & Bion Williams  
Alice McDuffie

In Honor of Barbara Tomlinson  
Alice McDuffie

In Honor of Betty Tillman  
Alice McDuffie

In Honor of Betty Childs  
Alice McDuffie

In Honor of Richard & Debbie Hart  
Lynn & Frank Kilgard

In Honor of Anghaarad & Zane Dees  
Lynn & Frank Kilgard

In Honor of Anghaarad Teague-Dees  
Pat, Mili, & Noelle Collins

In Honor of Bryan & Jackie Wright  
Lynn & Frank Kilgard

In Honor of Paul & Sonja Guilbeau  
Lynn & Frank Kilgard

In Honor of Lee & Barbara Bradley

Lynn & Frank Kilgard  
Lamar & Florence Cole  
Pat, Mili, & Noelle Collins

In Honor of Ann Smith  
Lynn & Frank Kilgard  
Pat, Mili, & Noelle Collins  
Lamar & Florence Cole

In Honor of Mr. & Mrs. Wes Blanchard  
Margaret Ann Griffin

In Honor of Mrs. Marilyn Kemper  
Margaret Ann Griffin

In Honor of Mr. & Mrs. Walt Carter  
Margaret Ann Griffin

In Honor of Connie Ferrall  
Margaret Ann Griffin

In Honor of Mrs. Myra Jane Bird  
Margaret Ann Griffin

In Honor of Mr. & Mrs. Warren Turner  
Margaret Ann Griffin

In Honor of Mr. & Mrs. George Price  
Margaret Ann Griffin

In Honor of Julie Magruder  
Alice McDuffie

In Honor of Ree Plowden  
Alice McDuffie

In Honor of Alice McDuffie  
Lamar & Florence Cole

In Honor of Eve Renfroe  
Lamar & Florence Cole

In Honor of Patti Amos  
Lamar & Florence Cole  
Ann Smith

In Honor of Our Loving Church Family  
Lamar & Florence Cole

In Honor of Sue & Tom Miller  
Pat, Mili, & Noelle Collins

In Honor of Libby Clanton  
Ronnie Blanton

In Honor of Beth Mathis  
Ann Smith

# February 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1	2
					First Friday Contemplative Service 5:30 pm	
3 Worship 11:00 am Souper Bowl Sunday & Congregational Meeting Elder on Call: John Vick	4  Circle #1 3:00 pm Fellowship Hall	5	6  Centering Prayer 5:15 pm  Supper & Study 6:00 pm Choir Practice 7:30 pm	7  Coffeehouse Office Hours 11 am - 1 pm	8  Father Daughter Valentine Dance	9  Father Daughter Valentine Dance
10  Worship 11:00 am Friends out Front  Elder on Call: Sissy Almand	11  AF & Property 5:00 pm	12	13  Centering Prayer 5:15 pm  Supper & Study 6:00 Choir Practice 7:30 pm	14  Coffeehouse Office Hours 11 am - 1 pm	15	16
17  Worship 11:00 am  Session Meeting  Elder on Call: Sherrida Crawford	18	19	20  Centering Prayer 5:15 pm  Supper & Study 6:00 Choir Practice 7:30 pm	21  Coffeehouse Office Hours 11 am - 1 pm	22	23
24  Worship 11:00 am  Commissioning Service for Jane Shelton 4 pm  Elder on Call: Kim Dudley	25	26	27  Centering Prayer 5:15 pm  Supper & Study 6:00 Choir Practice 7:30 pm	28  Coffeehouse Office Hours 11 am - 1 pm		

## Notes from the January 27, 2019 Session Meeting

Session examined and accepted Betty Childs as an Active Member of FPC by Reaffirmation of Faith.

Session approved the following:

- A Lenten study of Christ Walk by Anna Courie, including a closed Facebook study group, as well as other opportunities for congregation participation
- A study this summer, "Photography as a Spiritual Practice," taught by Jane Shelton. As part of the fun, the church family will be encouraged to share photographs of "God Sightings" that will be displayed on the church Facebook page.
- Ash Wednesday Service to be held in the Fellowship Hall March 6, 2019 at 7 p.m.
- Dr. Hollingshead's Study Leave March 11-17, 2019
- 2019 Budget
- Kim Dudley as Commissioner to upcoming Presbytery Meeting

Committee Meeting Dates:

Administration, Finance & Property	February 11 at 5 p.m.
Faith & Nurture	March 10 after Friends out Front
Mission, Evangelism & Media	April 7 after Worship
Worship	March 3 after Worship

Upcoming Dates:

Feb 1	First Friday Contemplative Service at 5:30 p.m.
Feb 3	Souper Bowl Sunday w/ Annual Congregational Meeting.
Feb 8, 9	Father Daughter Valentine Dance
Feb 9	Flint River Presbytery Meeting FPC of Tifton
Feb 10	Friends out Front
Feb 17	Next Stated Session Meeting
Feb 24 at 4 p.m.	Commissioning Service for Jane Shelton
Wednesdays 5:15	Centering Prayer (to follow the Wednesday programming schedule)



Soon, we will begin streaming our worship services via Facebook Live. This is an excellent opportunity for our church to make more of an impact for Christ—in our community and beyond. Live-streaming will allow some of our At-Home folks to worship with us and it's a great way to participate in worship when you are traveling or can't be physically present for whatever reason. Please keep this new ministry in your prayers.



We have added Staff Shout Outs to one of the bulletin boards in the Centennial Building. Please take a moment to say thanks and give a "shout out" to the wonderful FPC Staff. Join the fun! Here is how it works:

- 1) Think of a staff member who has been doing a fabulous job lately or someone who has helped you out.
- 2) Grab a sticky note and write down a compliment.
- 3) Post it on our wonderful "Shout Out" board.
- 4) Smile about making somebody's day!

## The Staff of First Presbyterian Church

**Rev. Dr. Glenda Hollingshead** Pastor  
revhollingshead@gmail.com  
229-242-8376

**Jane Shelton** Commissioned Ruling Elder  
jane@sgatravel.com

**Dr. Donna Gosnell** Music Director & Organist  
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**Beth Mathis** Break Bread Together  
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**Julie Stout** Financial Administrator  
jstout@cmpcpa.com

**Sabina Bennett** Custodian

**Christal Dudley** Nursery Worker

**Benjamin Dudley** Technology Intern

