


March 2019



First Family News

Lenten Practices



Ash Wednesday marks the 40-day season of Lent (excluding Sundays) that commemorates Jesus' time in the wilderness prior to the launch of his public ministry. In ancient church history, Lent was a time of fasting, prayer, and preparation for Resurrection Sunday, particularly for those who were preparing for baptism. In modern times, however, Lent has come to be associated with refraining from eating meat on Fridays and other practices of “giving something up,” like bad food or bad habits.

Maybe “giving something up” has the potential to draw us closer to God. But it seems to me that if we hope to prepare our hearts and minds and souls for holy living, we may need to be more intentional. We may need to approach Lent from a different perspective, altogether. In other words, instead of only considering “giving up” something, we might consider things or behaviors to “give up” that will allow us to “get more” of God. One prime example—we might “give up” some time in front of the television to “get more” time in God's Holy Word.

Lent allows us an opportunity to reset our compass to True North. By redirecting our sights, we obsess less on our own brokenness and shortcomings and focus more on the One who creates us and calls us to be healed—to be whole. Then, on Easter morning, we celebrate our journey toward wholeness, even as we celebrate the One who has made us whole—Jesus.

As you plan how you will spend Lent this year, I invite you to consider some of the suggestions below. You may wish to choose one of these practices or something entirely different. You may choose to keep the same practice throughout the season or you may prefer more variety. It does not matter. It only matters that you find ways to make yourself more available to God's holy presence in your life. It only matters that you join God for a time of growth and renewal.

First Presbyterian Church
P.O. Box 1094
Valdosta, GA 31603
229.242.8376
www.FirstPresValdosta.org



- Join the closed Facebook group for an ongoing discussion of the book, *Christ Walk: a 40-Day Spiritual Fitness Program* or consider studying it on your own or with a friend. Regardless, keep track of your “miles” to help FPC reach the goal of 3000 miles for the Season of Lent.
- Daily read “These Days” the devotional provided by the church, and jot down your reflections in a prayer journal.
- Keep a Gratitude Journal. Each morning write down 5 things for which you are truly grateful.
- Learn a new prayer style like Lectio Divina, Centering Prayer, Liturgy of the Hours, Etc.
- Put a quarter in a jar for each TV show you watch during Lent and donate it to Break Bread Together.
- Pick one day a week to fast from all technology — TV, Computer, Facebook, email, etc. Use your extra time to pray, read Scripture, or spend face to face time with family, friends, or someone in need.
- Make a list of church family and friends — including the pastor and elders. Commit to pray daily for each person.

I pray that your Lenten practice, whatever you choose, will bring you ever closer to our Lord.

Grace & Peace,
Dr. Glenda

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

celebrating at fpc

COMMISSIONED RULING ELDER



What a wonderful commissioning service for Jane Shelton, FPC's commissioned ruling elder. Thanks to everyone who participated. And thanks to God for this new chapter in the life of our church!

A note from Jane Shelton, CRE:

"I am so grateful for the love, support and encouragement of my church family at First Presbyterian Church Valdosta. I have been called into this new role as Commissioned Ruling Elder here at my home church, and I could not be more excited! May God's blessings flow around us, the love of Jesus Christ embrace us, and the Holy Spirit inspire us on this journey!"

WELCOME NEW MEMBER



Betty Childs has returned to her First Presbyterian Church family and we are delighted. Betty has a great zest for life. She loves her church, her family, her dog, gardening, reading, playing ukulele, and baking bread. Welcome home, Betty!



FATHER DAUGHTER VALENTINE DANCE

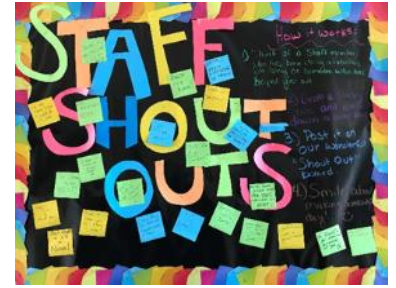
A huge "Thank you!" to Jeff & Becky Stewart and to EVERYONE who worked so hard to make our 23rd annual Father Daughter Valentine Dance such a huge success. Over 4200 tickets were sold for an event that helps fathers and daughters make memories that will last a lifetime.



STAFF SHOUT OUTS

What fun to see such encouraging words on our “Staff Shout Out” board. Things like:

Sabina keeps us going—love her humor
Katie keeps everyone on track
Donna always goes above and beyond the call of duty
Julie keeps our finances in order! Thanks, Julie
Katie & Glenda make a great team
We love having Benjamin & Christal on staff
Beth really can get blood out of a turnip



Thanks to everyone who took the time to join the fun! During the month of March, we will turn our attention to the choir. So, come by any time to add a note to the “CHOIR SHOUT OUTS” board in support of the wonderful work Dr. Donna Gosnell and the entire choir are doing.

WELCOME NEW CHOIR INTERNS



Hi. I am Victoria Grindle. I am a Chemistry Major at VSU. My dogs are my fur babies. My ultimate dream is to one day have a Rescue for abused and unwanted dogs and horses. Then troubled teens can work with the animals— helping themselves as they help the animals get a forever home. Also, I play Oboe (a lot better than I can sing).

My name is Nathanael James. I am a second year Music Major at Valdosta State University. I am 19 years old, and I was born in Brooklyn, New York but raised in Atlanta, Georgia. I love music, and I'm excited to be a part of First Presbyterian's Choir this year!



I am Alexandra Salazar from Yonkers, New York. I study Music Education at Valdosta State University. I enjoy spending time with my family, church family, and friends— and learning new languages— specifically Korean! I would like to thank the church and God

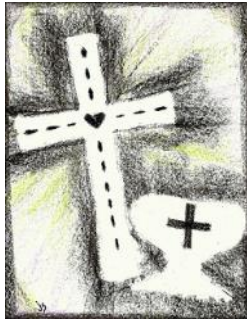
I am Elesia Thomas from Columbus, Georgia. I am a sophomore at VSU. I want to perform at concert halls with symphonies across the world. I also want to teach music wherever I can. I am a member of VSU's Chamber Choir, Spotlighters, and a part of the VSU opera.



for the opportunity of singing in your Choir!

worship & prayer at fpc

ASH WEDNESDAY



Ash Wednesday marks the beginning of Lent. On this day our foreheads are marked with ashes in the sign of a cross and we are told, "Remember you are dust, and to dust you shall return." While the ashes remind us of the shortness of life and our need for repentance, the sign of the cross reminds us of the hope that is ours because of our baptism. The service will be in the Fellowship Hall, March 6 at 7 p.m.

FIRST FRIDAY CONTEMPLATIVE SERVICE



The First Friday Contemplative Service continues to be a deeply moving experience for our church and the wider community. 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 March 1 and April 5.

A CONCERT AT FPC



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. Thanks to everyone who has volunteered to host. Invite your friends and family. Let's pack the church!

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.

study at fpc



Our multi-generational class is going strong! A light breakfast is available at 9:30 a.m. in the Fellowship Hall with class starting at 9:45 a.m. 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!



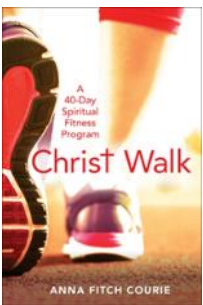
Class of One Accord/Ladies Sunday School Class, led by Florence Cole starts at 9:45 am, in the Ladies Sunday School room in the Centennial Building.

wednesday night supper & study

<p>March 6</p> <p>Pulled Pork BBQ Potato Salad Baked Beans Slaw Tossed Salad Buns Cookies Ice Cream</p>	<p>March 13</p> <p>Ham Creamed Corn Black Eyed Peas Broccoli Tossed Salad Cornbread Brownies Ice Cream</p>	<p>March 20</p> <p>Slow Roasted Choice Roast Beef Rosemary Roasted New Potatoes English Peas Tossed Salad Biscuits Peach Cobbler Ice Cream</p>	<p>March 27</p> <p>Baked Spaghetti Broccoli Tossed Salad Bread Sticks Banana Pudding Ice Cream</p>
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CHRIST WALK

The Christ Walk Lenten Experience begins Ash Wednesday and ends Easter Sunday. As a church we will attempt to cover 3000 miles, a rough estimate of the distance Jesus walked during his 3-year ministry. You may join the closed Facebook group for a study of Anna Fitch Courie's book, *Christ Walk: A 40-Day Spiritual Fitness Program*. 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. You may study the book on your own or with a friend. If you choose not to read the book, you can still participate by keeping track of your "miles" to help us meet our 3000 mile goal.



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.)

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. Blessings, DrGlenda

service at fpc

FLINT RIVER PRESBYTERY CAMPUS MINISTRY CAPITAL CAMPAIGN

Flint River Campus Ministries exist to provide a safe place to nourish students physically and spiritually through actions of Christian generosity. Campus Ministry has been one of the top mission goals of FRP for more than 30 years. Currently, there are four campus ministries: The Pres House at Georgia Southwestern University, The Center at Valdosta State University, The Abbey Fellowship at Columbus State University, and Ukirk Ministry at Mercer University. (To learn more about the impact of campus ministry, a student testimonial video is available on the presbytery website at flintriverpresbytery.org)

Financially, these campus ministries have been operating through the support of local churches and Presbytery funding. Support has also come through the Flint River Presbytery Campus Ministry Endowment Fund, established in the 1980's, in the amount of \$200,000. Increasing costs for staff, program, and facilities have diminished this endowment. Therefore, increasing the endowment through the Campus Ministry Capital Campaign is an important step toward insuring a solid future for FRP Campus Ministries. The objective of the Campus Ministry Capital Funds Campaign is to raise \$1,000,000 to be added to the current Campus Ministry Endowment Fund.

If campus ministry is a ministry that is dear to your heart, First Presbyterian Church is providing a giving opportunity Sunday, March 31, 2019. Simply bring your gift and drop it in the offering plate during the worship service. And in advance, thank you for your generosity.

March birthdays

- 5 Betty Sanders
- 6 Eliza Elliott
- 8 Christal Dudley
- 11 Laurelee Wilkerson
- 14 Phillip Crawford
- 16 Melissa Stewart
- 16 Sister Elliott
- 18 Marcus Lewis
- 20 Kelsey Jepson
- 21 Conner Thomson
- 24 Ed Blalock

March anniversaries

- 8 John & Eva Plowden
- 16 Kinney & Glenda Hollingshead
- 19 Brett & Kelly Williams
- 29 Mark & Sherrida Crawford

Did you know that ONLINE GIVING is available through our website? If you are interested in giving to the church online, just go to our website at www.firstpresvaldosta.org and scroll to the bottom of the home page, or you may scan the QR code above with your smartphone app. The process is fast and easy!

To access Online Giving or for more information about First Presbyterian Church you may visit our website at www.firstpresvaldosta.org or scan this QR code with your smart phone app.



Save the Date

- March 6 Ash Wednesday Service in the Fellowship Hall at 7 p.m.
- March 10 Maryville College Concert at 7 p.m.
- July 20 Break Bread Together Bun Run

memorials, honorariums & gifts to Break Bread Together or FPC



February 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

New Hope Missionary Baptist Church
Emily Davenport
Kathryn Smith
Anonymous

In Memory of Dr. Neal O'Neal, Sr.
Selby & Marilyn Bearden
Tara & Lane Morrow
Lila & Levi Morrow
Brian & Stacey Bearden
Cynthia Coats
Mr. & Mrs. Coker
Dick & Jane Shelton

In Memory of Michael Fisher
Cynthia Coats

In Memory of Dr. Dennis L. Hale
Lee & Barbara Bradley

In Memory of Margaret Nisbet
Eve Renfroe
Dick & Jane Shelton
Walter & Laura Elliott

In Memory of Betty Tillman
Eve Renfroe
Libby & Eric Clanton
Catharine Minor
Walter & Laura Elliott

In Memory of Frank Strickland
Marsha Harris

In Honor of Patti Amos
Betty Sanders

March 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1 First Friday Contemplative Service 5:30 pm	2
3 Worship 11:00 am Worship Committee Meeting after worship	4 Circle #1 3:00 pm Fellowship Hall	5	6 Centering Prayer 5:15 pm Supper 6:00 pm Ash Wednesday Service 7:00 pm Choir Practice 7:30 pm	7 Katie Out of Office Coffeeshouse Office Hours 11 am - 1 pm	8 Katie Out of Office	9
10 Worship 11:00 am Friends out Front Faith & Nurture after Friends out Front Maryville College Concert at 7 pm	11 Katie Out of Office Dr. Hollingshead Study Leave	12 Dr. Hollingshead Study Leave Circle #2 6:30 pm Barbara Tomlinson	13 Dr. Hollingshead Study Leave Centering Prayer 5:15 pm Supper & Study 6:00 Choir Practice 7:30 p.m.	14 Dr. Hollingshead Study Leave NO Coffeeshouse Office Hours	15 Dr. Hollingshead Study Leave	16 Dr. Hollingshead Study Leave
17 Dr. Hollingshead Study Leave Worship 11:00 am	18	19	20 AF & Property 4:00 pm Centering Prayer 5:15 pm Supper & Study 6:00 Choir Practice 7:30 p.m.	21 Coffeeshouse Office Hours 11 am - 1 pm	22	23
24 Worship 11:00 am Session Meeting	25	26	27 Centering Prayer 5:15 pm Supper & Study 6:00 Choir Practice 7:30 pm	28	29	30
31 Worship 11:00 am Campus Ministry Capital Campaign Offering						

Notes from the February 17, 2019 Session Meeting

Session approved the following:

- Ratified January 29, 2018 email vote to approve the 2018 Church Statistical Report
- Dr. Hollingshead's request for study leave June 17-23 and vacation June 24-30
- 2019 Communion dates: First Friday Contemplative services, the 1st Sundays of the month, Maundy Thursday and Christmas Eve
- To discontinue the Elder on Call rotation

Committee Meeting Dates:

Admin, Finance & Property	Wednesday, March 20 at 4 p.m.
Faith & Nurture	Sunday, March 10 th after Friends out Front
Mission, Evangelism & Media	Sunday, April 7 th after worship
Worship	Sunday, March 3 rd after worship

Upcoming Dates:

Mar 10	Friends out Front
Mar 10 at 7 pm	Maryville College Concert (with meal served beforehand)
Mar 11-17	Dr. Hollingshead's Study Leave
Mar 24	Next Stated Session Meeting
Mar 31	Campus Ministry Capital Campaign Offering during worship
Wednesdays 5:15 pm	Centering Prayer (follows Wednesday schedule)

LIVE STREAMING

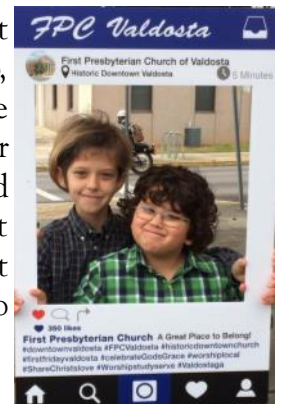


We are happy to announce that our worship service is now being live-streamed each Sunday. As expected, there have been some adjustments to be made along the way— particularly the sound quality. While it

is much improved since our first live-stream service, Benjamin Dudley is still working to make the quality the best it can possibly be. Continue to keep this new evangelism ministry in your prayers!

FRIENDS OUT FRONT

Have you been thinking about inviting a friend to church? If so, consider the 2nd Sunday of the month when we gather after worship for lemonade and cookies. It's the perfect opportunity for new folks to get to know us and for us to get to know them.



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
dgosnell@valdosta.edu

Beth Mathis Break Bread Together
breakbread@firstpresvaldosta.org

Katie Altman Administrative Assistant
office@firstpresvaldosta.org

Julie Stout Financial Administrator
jstout@cmppca.com

Sabina Bennett Custodian

Christal Dudley Nursery Worker

Benjamin Dudley Technology Intern

