

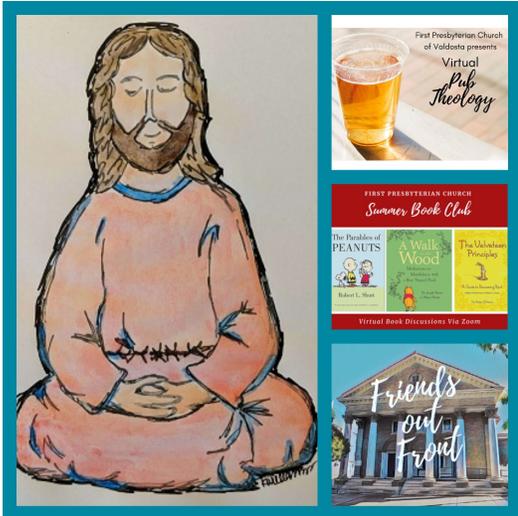


FIRST PRESBYTERIAN Church

Valdosta, GA



First Family News



Letter from the Pastor's Desk

As I write this letter to you, I am sitting at my desk in my home study. It is a lovely, sunny morning. I hear the chirping of birds at the bird feeders just outside the window. There is peace and tranquility here, yet when I pause for a moment, I am deeply aware of the pain that is engulfing our world. There is so much fear, so much unrest, so much uncertainty. To whom shall we go?

In the Gospel of John, Jesus proclaims that he is the bread of life and that those who eat of his body and drink of his blood will abide in him and have eternal life. Many disciples find his teaching too difficult and turn away. When Jesus asks the Twelve if they plan to leave too, Peter says, "Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God."

Without a doubt, these are troubling times. Yet, we know—and we are loved by—the Holy One of God. During this pandemic, we may be unable to

partake of the sacrament of Holy Communion in our sanctuary, yet, because of God-given technology available to us, we continue to dine on Christ's very being—joined in one Spirit—from our various locations.

We are joined with Christ and with one another in other ways too. For example, to celebrate our connectedness, some of us have shared moments with "Praying Jesus" on social media. Thus far, we have enjoyed seeing "Praying Jesus" involved in things like preparing Mark Crawford's birthday cake, hiking with Vickie Byrd, riding with Denise Munro in her vehicle, going to work with Maria Vick, participating in Virtual Communion with Bryan and Sissy Almand, and reading the newspaper with Fred McIntyre.

If you are looking for other ways to stay connected with Christ and with one another, consider the Facebook Live Centering Prayer option, each Wednesday at 5:30 p.m. Another opportunity is provided by the Zoom Summer Book Club. Tuesday, July 28 at 5:30 p.m., we will discuss our next book, *A Walk in the Wood: Meditations on Mindfulness with a Bear Named Pooh*.

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Two additional ways to stay connected with Christ and with one another will be offered this month. We will gather via Zoom for Virtual Pub Theology Saturday, July 11 at 2:00 p.m. Grab a beverage of your choice and join a fun, lively conversation. And finally, you are probably missing our monthly "Friends out Front," with Jenny Williams' tasty cookies and lemonade. If so, grab a treat and join us Sunday, July 12 at 11:45 a.m. for Virtual Friends out Front via Zoom. (To join a Zoom meeting, let Katie Altman know beforehand so that you receive an invitation.)

To abide in Jesus while also remaining connected to our faith community may seem difficult right now. But by the power of Christ's own Spirit, we are still a body of believers even if we are far apart. Thanks be to God!

Grace & Peace,

Dr. Glenda Hollingshead

July Birthdays

6	James Williams
11	Melissa Coleman
12	Tom Miller
15	Jenny Williams
17	Don Brotherton
19	Bryan Almand
19	Frank Crane
20	Gabby Ford
26	John Vick
28	Gus Elliott



July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  Centering Prayer 5:30 pm	2	3	4  4th of July
5  Facebook Live Special Music 10:45 am Worship 11:00 with At Home Communion	6	7	8  Centering Prayer 5:30 pm	9	10	11  Zoom Pub Theology 2:00 p.m.
12 Facebook Live Special Music 10:45 am Worship 11:00 am Virtual Friends out Front 11:45 a.m. (via Zoom)	13	14	15  Centering Prayer 5:30 pm	16	17	18
19  Facebook Live Special Music 10:45 am Worship 11:00 am	20 Dr. Glenda Vacation 	21	22  Centering Prayer 5:30 pm	23	24	25
26  Facebook Live Special Music 10:45 am Worship 11:00 am 	27	28  Zoom Summer Book Club 5:30 pm	29  Centering Prayer 5:30 pm	30	31	