


# CHURCH CALENDAR



# 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b>Times of change are times of fearfulness and times of opportunity. Which they may be for you depends upon your attitude toward them.--Ernest C. Wilson</b></p>						<b>1</b> 10:00am SPARC
<b>2</b> Centsability Offering 9:30 Sunday School 11am Worship 12:00 Fellowship 12:00 Fellowship -- Committee 6:00 DISCIPLE 6pm YOUTH	<b>3</b> 4 pm Swing Band 7:00 CIRCLE 2 at R. Langdon's home	<b>4</b> 4:15 SPARC 10:15 am Circles 3,4 1:30 pm Circle 5 7 pm DISCIPLE 8 pm - Pops Band	<b>5</b> 5:30 pm- Tuckadings 6:00 pm- Dinner 7:30 pm- Handbell 7:30 pm - Endowment	<b>6</b> 7 am Men's Bible Study 7:30pm CHOIR REHEARSAL 8 pm AA Meeting	<b>7</b> *	<b>8</b> 10:00am SPARC
<b>9</b> 9:30 Sunday School 11am Worship 12:00 Fellowship 6:00 DISCIPLE 6pm YOUTH	<b>10</b> 12 N - Lunch Bunch 4:00pm Swing Band 7:00pm Outreach Div 7:30pm Christian Formation Div Steven Good returns to his office	<b>11</b> 4:15 SPARC 5:30 pm Emergent Shelter Meal 7 pm DISCIPLE 7:30pm Stewardship 8 pm - Pops Band	<b>12</b> 5:30 pm- Tuckadings 6:00 pm- Dinner 7:30 pm- Handbell 7:30 Property Div 7:30 Worship// Membership Div.	<b>13</b> 7 am Men's Bible Study 7:30pm CHOIR REHEARSAL 8 pm AA Meeting	<b>14</b>  * 10:30 am	<b>15</b> 10:00am SPARC
<b>16</b> 30 Sunday School 11am Worship 12:00 Fellowship 6:00 DISCIPLE 6pm YOUTH	<b>17</b> 4:00pm SPARC 4:00pm Swing Band 7:00pm Pers/Adm 8:00pm Pops Band - Special Rehearsal 8:00pm VA Kennel in Wilson Hall	<b>18</b> 8:30am Tuckahoe Artists 4:15pm SPARC 7 pm DISCIPLE 8:00pm Pops Band  <b>TORCH DEADLINE</b>	<b>19</b> 5:30 pm- Tuckadings 6:00 pm- Dinner 7:30 pm- Handbell 7:30pm - Diaconate Meeting	<b>20</b> 7 am Men's Bible Study 7:30pm CHOIR REHEARSAL 8 pm AA Meeting	<b>21</b> *	<b>22</b> 10:00am SPARC
<b>23</b> 30 Sunday School 11am Worship 12:00 Fellowship 6:00 DISCIPLE 6pm YOUTH	<b>24</b> 4:00pm SPARC 4:00pm Swing Band	<b>25</b> 10 am PW Meaeting 3:30pm Hilliard House 4:15pm SPARC 7 pm DISCIPLE 8:00pm Pops Band	<b>26</b> 5:30 pm- Tuckadings 6:00 pm- Dinner 7:30 pm- Handbell 7:30pm - Session Meeting	<b>27</b> 7 am Men's Bible Study 7:30pm CHOIR REHEARSAL 8 pm AA Meeting	<b>28</b> * 10:00 am Brandon Women's Club	<b>29</b> 10:00am SPARC
<b>30</b> 30 Sunday School 11am Worship 12:00 Fellowship 6:00 DISCIPLE 6pm YOUTH	<b>31</b> 4:00pm SPARC 4:00pm Swing Band	<p style="text-align: center;">* <b>The Church Office is closed each Friday</b></p>				

# Tuckahoe Torch



Tuckahoe Presbyterian Church  
7000 Park Avenue  
Richmond, VA 23226-3624  
Phone: 282-2860

VOLUME 55 NUMBER 1

JANUARY 2011

## 2011 - A Brand New Year

I am the new year. I am an unspoiled page in your book of time.

I am your next chance at the art of living. I am your opportunity to practice what you have learned about life during the last 12 months.

All you sought and didn't find is hidden in me, waiting for you to search for it but with more determination. All the good you tried for and didn't achieve is mine to grant when you have fewer conflicting desires.

All you dreamed but didn't dare to do, all you hoped but did not will, all the faith you claimed but did not have – these slumber lightly, waiting to be awakened by the touch of a strong purpose.

I am your opportunity to renew your allegiance to him who said, "See, I am making all things new" (Revelation 21:5, NRSV).



## LETTER FROM OUR SUPPLY PASTOR

Dear Friends of Tuckahoe Church:

I want to express my deep appreciation to the Session for the invitation to serve as supply pastor for December and January. I have had a blast working with and getting to know many of you. It has felt like being 'at home' with your friendliness and your gracious hospitality....you surely do enjoy eating and fellowshiping, which is outstanding!

I believe the church to be in a great position moving into the future. Your Session will be sharing with you the work of the mission/vision project that is almost complete. (We meet January 5 to finalize the wording and the priorities). The Session appointed an Interim Search Committee that has been interviewing candidates with hopes of having an interim pastor in place in February, 2011. 2010 appears to be ending well financially for the church. There are many positive signs about the ministry of Tuckahoe Church.

I believe 2011 will be a grand year for the congregation as you seek God's direction and guidance of what the church is to be and do. In such a way, you will be proclaiming the Gospel in word and deed. Blessings upon each of you as we move into a new year. I am grateful to have had a small part in your future.

H. Carson Rhyne, Jr.  
Supply Pastor

## A HUGE "THANK YOU" FROM STEVEN AND JILL

Steven and Jill Good want to thank the congregation of Tuckahoe Presbyterian Church for the tremendous outpouring of love and support as they welcomed **MacKenzie Anne** into the world on December 11th. Your kindness and generosity have overwhelmed us and we feel blessed to be part of such a caring community. We'd particularly like to thank Sherry Flournoy, Mary McGee, Nancy Millsaps, and Jackie Stallings for arranging the baby shower on December 12th!

### Youth Group Calendar

#### JANUARY 2011

- 2 Youth Group
- 9 Youth Group
- 16 Youth Group
- 23 Exam Break @ Arby's
- 30 MS Movie Night

#### FEBRUARY 2011

- 5 POJ Rally to Serve
- 6 Souper Bowl Party (12:30 - 3:30)
- 13 Youth Group
- 20 Youth Group
- 27 Youth Group



## ABOUT OUR MEMBERS

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### DEADLINE FOR TORCH

First of all, I am sorry that the December Torch was so late arriving at some homes and not at all to others. I think it was a combination of things that caused this. The deadline for articles for the Torch is the 18th of each month. Starting with the February issue all articles must be in the hands of the editor by that date. If it is not possible to have your article ready by the 18th, and you still want your information published, it will be printed in the next issue. This is necessary since we need to turn the Torch in to Sabrina earlier in order to have more time for running it off, collating and mailing it. This should work to everyone's benefit, as you should then receive it near the first of the month. Your cooperation will be very much appreciated. If you have any questions, call me at 740-3019.

Rachel Gray, Editor

### **WEDNESDAY NIGHT SUPPERS - GETTING STARTED FOR THE NEW YEAR**

**January 5 - Rob Bell video "Tomato"/New Years Resolution discussion.**

**January 12 - White Elephant Gift Exchange.**

As Tuckahoe Presbyterian moves into 2011 I would invite all to come to Wednesday Night Supper in Duntreath Hall for fellowship and food. If you have any suggestions for programming please feel free to share them with me or another member of the Christian Formation Division or the Fellowship Committee. Following the success of Jonathan Austin, the juggler and magician who joined us recently one Wednesday night, we will attempt to have at least one kid-friendly program per month (this month it is on January 12 - the kids really enjoy the gift exchange process and we usually have a few toys to spread a little post-holiday cheer). Thank you and we look forward to seeing you Wednesday nights in 2011. More information on future programs will be announced.

Matthew Mahoney

### The Sacrament of Holy Baptism

Alexandre Kevin Hales Juan was baptized on December 19, 2010. He is the son of Arnaud and Heidi Juan, grandson of James and Donna Hales. CONGRATULATIONS!

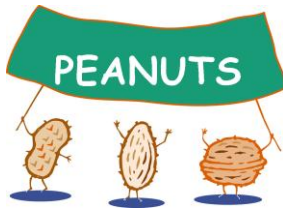


We send our sympathy to the **family of Libby Robbins** who died on December 16, 2010. Libby had been a member of Tuckahoe since 1956. Words of comfort or cards can be sent to her daughter, Ms. Susan Robbins, 2104 Middle Avenue, Pt. Pleasant, NJ 08742.

### BUCKET LIST FOR 2011

**The season has just passed when we give gifts of joy to others. It does not have to end there; we can continue to enhance the lives of others and our own by small acts of caring, such as the following. Add your own ideas and have the best year ever!**

Help someone learn to read  
Plant some flowers  
Give your spouse a compliment  
Make hot cocoa and enjoy every drop  
Forgive someone, especially if it's difficult  
Help keep your street free of trash  
Share a meal with a friend  
Offer to shop for an elderly or an ill person  
Shovel someone's driveway when it snows  
Make it a point to be grateful for what we have



**REPORT**



The residents and staff of Presbyterian Homes & Family Services Unit at Zuni, VA want to express their heartfelt thanks for the peanut order in November. This was the largest order in size from Tuckahoe Presbyterian Church and added greatly to our winter production and meaningful work.

Tony DeLesDernier

**PRESBYTERIAN WOMEN**



Many thanks to all who helped to make the Christmas luncheon a success. We enjoyed a delicious meal, and an interesting musical program by Jill and Steven Wiebe-King. Thanks also to those who contributed to the purchase of Christmas gifts for a family from Crestview School. The response was very generous, and enabled us to provide a nice Christmas for this needy family.

Regular circle meetings will resume in January. Please check with a circle leader for specific dates and times.

Becky Theuer, Presbyterian Women

**LUNCH BUNCH**

The LUNCH BUNCH will be back on January 10, 2011, so mark your calendar and join us for good food and fellowship. We also have one scheduled for February 14th. There is no charge for these lunches but we do ask that you bring non-perishable food items for the **LAMB'S BASKET**.

**NEW LEADERSHIP FOR TPC'S  
CARITAS PROGRAM NEEDED**

It is time to bring a fresh perspective and a burst of additional energy to one of Tuckahoe Presbyterian Church's outreach programs, our Family Focus CARITAS week. Our church has hosted CARITAS guests for over twenty years. Our recently completed edition of this program (November 27 – December 4) attracted ninety-nine members of our congregation to assist in implementing the program. Dick Mateer has served as the coordinator of the program for the last eight years. Because of the time required to perform the responsibilities of the Treasurer's position as well as his involvement in several other church activities, he must pass the coordinator responsibility to another individual or individuals. In his opinion, a multipurpose leadership team might be the best approach to improve our CARITAS program. Dick is willing to discuss this leadership opportunity with interested individuals and is willing to consult with the leadership team in its first year. In 2011, our CARITAS guests will be with us during the period November 26 - December 3. Please contact Dick at church, by phone 270-6932, or by e-mail (rmateer@richmond.edu).



**COMMUNION DATES FOR  
2011**

January 9	Baptism of the Lord
March 6	Transfiguration
April 17	Palm Sunday
April 21	Maundy Thursday
June 19	Trinity Sunday
August 7	Mid-Summer
October 2	World Communion Sunday
November 20	Christ The King Sunday
December 24	Christmas Eve

## Exercise: A New Year's Resolution

Looking into a mirror or fastening a tight belt after the holidays may encourage you to exercise. People join gyms and do more Mall walking each January. Maybe you're thinking of increasing your exercise? One of my regular *water shiatsu* clients swims 1/4 mile, six days a week - - and she's 90 years old! Proper preparation can keep you going, motivated and pain-free. How do you prepare?

Heat or cold? Only if you have no inflammation or swelling, put **heat** on tight muscles or on a troubling joint for 15 minutes *before* exercise. This increases elasticity and blood flow, and lessens your chance of injury. Moist, warm heat is most effective (but not often practical).

**Cold** therapy (with a body-conforming wrap such as "Peas" sold at drug stores) is best on overused muscles or chronic joint pain areas (e.g., knees, shoulders) *after* exercise. Some people take a "Peas" cold wrap to the gym or Mall in a small picnic cooler to apply for 15 minutes after walking, etc. (I do.) Cold reduces the swelling and pain. Remember: heat before, cold after.

Some people take ibuprofen or naproxen (e.g., Aleve) before exercise to reduce inflammation. Get your physician's advice before you do this. Finally, remember that exercise-induced pain for more than 48 hours means "see your physician ASAP!" With very acute pain, go immediately.

Stretching before or after exercise? There are mixed opinions regarding the helpfulness of stretching. Here are tips for any time. Done properly, you can experiment both before and after and make your own conclusions. Stretching makes a rejuvenating break, too.

Ear to shoulder. Chin to chest. Twisting the torso. Toe touches. Leg pull-backs. Leg lunges. Back arches and shoulder squeezes. These and others can be good stretches if done properly.

### Tips:

1. While breathing *naturally*, stretch s-l-o-w-l-y to the point of mild tension. STOP. Hold that position for 15 seconds. (Your tendons, ligaments and muscles are stretching.)
2. Relax.
3. Stretch a couple of more times to the level of mild tension. (You should find that you are stretching farther.) Do not bounce - you may accidentally go into your "pain zone" and hurt yourself.
4. Following aerobic exercise, cool down with slow walking and stretching, letting your heart rate and blood pressure return to pre-exercise levels.

The body is to be a temple for the Holy Spirit (1 Cor. 6:19). Keep that temple as physically strong as possible. I hope that you find many blessings in 2011.

**Bill Vogel**

## **THANKS - ANGEL TREE PROJECT**



Thank you all for your very generous support of Tuckahoe's Prison Ministry Angel Tree Project. Through your generosity, we were able to assist a record-breaking number of families (13) and children (26) by having these children feel that their incarcerated parents have remembered them and sent them their love through gifts at Christmas. Please know what a difference all of you made in these children's lives when you adopted the angels and volunteered to deliver the presents. A big "Thank You" to all who participated.

Martha Campbell

## **SAXON SHOE REPORT**

Thank you to all who donated shoes for Saxon Shoes for the Needy. We collected 58 pairs of shoes! Well done!

## **OPPORTUNITIES GALORE!**

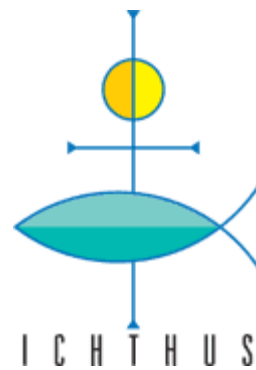
It's a new year! Have you made a resolution to volunteer some of your time and talent this year? Tuckahoe is already involved with many local organizations and may have just what you're looking for.

The following are some of the Community Ministries which received financial support from Tuckahoe during 2010: Boaz and Ruth, Camp Hanover, CAPUP, CARITAS, Central Virginia Foodbank, Crossover Health, Daughters of Zelophehad, Hilliard House, Home Again, Interfaith Services of Henrico (ISH), Meals on Wheels, YMCA Bright Beginnings, YWCA Women's Advocacy and Lamb's Basket.

And here are some of the organizations with whom Tuckahoe members shared their time and talent in 2010: providing monthly lunches for Freedom House and monthly dinners for the Men's Shelter and Hilliard House, delivering Meals on Wheels, hosting CARITAS families, working with Boaz and Ruth, renovating homes in West Virginia with Appalachia Service Project, working with Habitat for Humanity, shopping with children for the YMCA's Bright Beginnings Program, volunteering in classrooms at Bellemeade Elementary School, collecting Thanksgiving boxes for Interfaith Services of Henrico, and providing Christmas gifts through Samaritan's purse and Angel Tree. And there are so many more!

How are you going to make a difference in 2011? Contact Steve Kramer or any member of the Outreach Division so we can help you find the right outlet for you to share your gifts.

## **Christian Symbols +**



Fish >

The first letters in the Greek phrase "Jesus Christ, Son of God, Savior" spell ICHTHUS, or fish. Early Christians used the sign to convey their faith and avoid persecution. In the gospels, fish are part of several miracles. They also represent people who need to be "caught" for Christ. Today, a fish bumper sticker is a popular indicator of Christian faith.

## A Proposed New Sunday School Bible Study Class

### Examining the 52 Greatest Stories of the Bible.



### *New Bible Study Class*

Have you been interested in the DISCIPLE Bible Study program, but you just haven't had the time for its longer class and study preparation? Are you someone who agrees with Presbyterians that "the Bible is the sole authority on matters of faith and practice" but are too overwhelmed when you begin to read it? Do you know a calm and focused person who relies upon the Bible for daily guidance from God, but you don't know how they do it? Do you feel stuck in your spiritual journey and concerned that it will wither away? If any is your reason, you should be interested in this proposed new Sunday School class.

If there is enough interest soon, the Christian Formation Division will create a new adult Sunday School class that will take you from *Genesis* through *Revelation* with fifty-two of the best Bible stories, linking them together as "God's Story" to us. We may begin next month, break for the summer, and continue from September to June. Fifty-two stories, fifty-two weeks.

From a superbly written book you will read a short, daily "conversation" with the author, as if both of you were in rocking chairs on a porch with your glasses of iced tea. One day you will read the core Bible story (author's words); the next day, "discuss" it's theology and beliefs from the story; the following day, the important

values come from that story; the next day, the actions that likely arise from those values; and the fifth day, a prayer about what you've read all week. If you wish (it's suggested, if you have time and are interested), you may read the story itself in your Bible, with the chapters and verses noted. If you do, you will have read connected stories in portions of 26 books of the Bible by the end of the course and be very comfortable with the Word of God.

Many people have used the page or two of these short readings as a devotional part of their day. This is a wonderful way to stay connected both to God's Word and to God's Spirit as the Bible

becomes very contemporary in your life. On Sundays, we will discuss the week's readings, and through directed discussion questions (adapted from the DISCIPLE Bible Study), we will all talk about what these Bible stories mean for our church, our community and our world.

Everyone will grow in faith. With God's faithful Spirit as our guide, *the love that God weaves into each connected story will become our love, our strength, and our direction.*

We need a "head count" of people who may be interested **very soon!** Please tell one of the Ruling Elders on the Christian Formation Division, **Barbara Keatts** or **Matthew Mahoney**, that you're interested. Together we will make the Word of God as "a lamp for our feet and a light for our path."

**Bill Vogel ~ Christian Formation Division**

## CHILDREN'S MINISTRIES AND EDUCATION



### What's Going on with Children's Ministries

**In the Narthex** – Always available: copies of a leaflet entitled *Making Room for Children in Worship*, copies of the current *Sunday School Notes*, Sunday School registration forms, and *Children's Worship Bulletins* on clipboards with crayons. Make sure your child also receives a regular bulletin! Pick up a copy of *Sunday School Notes* occasionally to stay "in the loop" about what the young ones in our church family are doing!

**Sunday, Jan. 2** – Though it is the 9<sup>th</sup> day of Christmas, the Epiphany Term begins in children's Sunday School. **First Sunday Children's Church** for age 4 through 1<sup>st</sup> grade. Following "Moments with the Children" during the service, the children walk with Ms. Loggins to room 205 for the *Godly Play* story of *Epiphany*, work response, scripture reading, and prayer. These sessions are held on the first Sunday of every month, October through May. This is a wonderful way to begin your child's participation in worship!

**Tuesday, Jan. 6** – Epiphany of the Lord, always celebrated on January 6, the day after the Twelve Days of Christmas. It proclaims the good news that Jesus revealed God to all humanity. When we see Christ we are seeing God.. Read more about it in "What is Epiphany?", also in this issue.

**Sunday, Jan. 9**- Baptism of the Lord, always the first Sunday after the Epiphany.

**Vacation Bible School July 18-22**  
**Shake it Up Café – Where Kids Carry Out God's Recipe.** Mark your calendars now and look for the volunteer sign-up display to appear this month in Duntreath Hall.

**Every Sunday, Sept. through May (except First Sunday of Every Month, October through May).** First Sunday Children's Church for age 4 through 1<sup>st</sup> grade. Following "Moments with the Children" during the service, the children walk with Ms. Loggins to room 205 for a *Godly Play* story, work response, scripture reading, and prayer. These sessions are held on the first Sunday of every month, October through May. This is a wonderful way to begin your child's participation in worship!

Questions? Contact Becky Loggins, Director of Children's Ministries: *phone 201-0571 and email bg18@comcast.net*

**-Becky Loggins,  
Director of Children's Ministries**

### Children's Sunday School Volunteer Update Teacher Needed for Four Sundays

The 4th-5th grades class needs a teacher for the following dates: **January 16, January 30, February 13, and February 20.** If you can help for one or more of these dates, contact Becky Loggins as soon as possible!



### Children's Ministries Wish List

- \*Pieces of corrugated cardboard 12" X 20"
- \*Crayola LARGE crayons
- \*small bottles Elmer's White Glue
- \*Crayola washable markers - Classic Colors
- \*Glue sticks
- \*6-pack boxes of Model Magic, natural colors (found at Michael's or Ben Franklin) – 6 small individual packs in a box
- \*small wood pieces ("scraps")

Items can be brought to the church office during the week (label them "for children's Sunday School") or to room 205 on Sunday mornings.

## CHILDREN'S MINISTRIES AND EDUCATION (CONT'D)

### What is Epiphany?

The word **Epiphany** comes from the Greek word which means “showing forth, appearance, revelation, manifestation”. Epiphany of the Lord is always celebrated on January 6, the day after the Twelve Days of Christmas. It proclaims the good news that Jesus revealed God to all humanity. When we see Christ we are seeing God.

At Christmas the church celebrated the birth of Jesus, when God entered fully into the human experience. Epiphany takes the Christmas proclamation a step further, when the divine revelation in Jesus was revealed to the world as the Magi came from the east – a little over a year after Jesus’ birth.

- Why *three* Magi, wise men, kings? The Bible doesn’t tell us how many kings there were, but because three gifts are mentioned, the number of kings has been traditionally given as three.
- Do the Magi have names? In the Bible, the Magi aren’t named, but tradition holds their names to be Caspar or Gaspar, Melchior, and Balthasar.
- Why were the gifts of gold, frankincense and myrrh given by the Magi to the Christ Child? **Gold** was a gift given to kings, because of its value and beauty. **Frankincense** was used in the Temple of God. People then, and in some churches today, burned frankincense as a way of showing that they hope their prayers will be lifted to God. First there is black smoke, and then when the smoke turns white there is a fragrance, a worship. **Myrrh** was not a

gift for an ordinary king nor for a baby. Myrrh was used to anoint the dead, burned at funerals, and placed with the dead for their burial. **This was a gift for someone whose death would be important.**

**-Becky Loggins,  
Director of Children’s Ministries**



# EPIPHANY