

CHURCH CALENDAR



2010

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 12 N - Lamb's Basket Lunch 4:00pm Swing Band 4:00pm SPARC 7:30pm Circle 2	2 10:00am Circles 3,4 1:30pm Circle 5 4:00 pm SPARC 7:00pm Disciple Class 8:00pm Pops Band	3 5:30pm Tuckadings 6:00pm Dinner 7:30pm Handbell 7:30pm Endowment Committee	4 7:00am Men's Bible Study 7:00pm Disciple Class 7:30pm Choir Rehearsal 8:00pm AA	5	6 9:30am SPARC
7 Centsability Offering 9:30am Sunday School 11:00am Worship 12:00pm Fellowship 12:15pm B/P Check 6:00pm Youth Group	8 4:00pm Swing Band 4:00pm SPARC 7:00pm Outreach Div 7:30pm Education Div	9 4:00pm SPARC 5:30pm Emergency Shelter Meal 7:00pm Disciple Class 7:00pm Stewardship Committee Meeting 7:00pm Scottish 8:00pm Pops Band	10 5:30pm Tuckadings 6:00pm Dinner 6:30 Confirmation 6:30pm Scottish 7:30pm Property Div 7:30pm Membership/Worship Div 7:30pm Handbell Rehearsal	11 7:00am Men's Bible Study 7:00pm Disciple Class 7:30pm Choir Rehearsal 8:00pm AA	12  10:30 am	13 9:30am SPARC
14 9:30am Sunday School 11:00am Worship 12:00pm Fellowship 12 N Freedom House 12 N Session 1 pm Presbytery of the James 6:00pm Youth Group DST BEGINS	15 4:00pm Swing Band 4:00 SPARC 7:00 Adm/Personnel 8:00pm Virginia Kennel Club	16 4:00pm SPARC 7:00pm Disciple Class 7:00pm Scottish 8:00pm Pops Band	17 5:30pm Tuckadings 6:30pm Dinner 6:30 Confirmation 7:30pm Handbell Rehearsal 7:30pm Diaconate	18 7:00am Men's Bible Study 7:00pm Disciple Class 7:30pm Choir Rehearsal 8:00pm AA TORCH DEADLINE	19	20 9:00am Session Retreat 9:30am SPARC 6:00pm GUESS WHO'S COMING TO DINNER
21 9:30am Sunday School 11:00am Worship 12:00pm Fellowship 6:00pm Youth Group	22 4:00pm Swing Band 4:00pm SPARC	23 3:30 Hilliard House 4:00pm SPARC 7:00pm Disciple Class 7:00PM Scottish 8:00pm Pops Band	24 5:30pm Tuckadings 6:00pm Dinner 6:30 Confirmation 7:30pm Handbell Rehearsal 7:30pm Session	25 7:00am Men's Bible Study 7:00pm Disciple Class 7:30pm Choir Rehearsal 8:00pm AA	26 10:00am Brandon Women's Club	27 9:30am SPARC
28 9:30am Sunday School 11:00am Worship 12:00pm Fellowship 6:00pm Youth Group	29 4:00pm Swing Band 4:00pm SPARC	30 10am PW Coord . Team 4:00pm SPARC 7:00pm Disciple Class 7:00pm Scottish 8:00pm Pops Band	31 5:30pm Tuckadings 6:00pm Dinner 6:30 Confirmation 7:30pm Handbell Rehearsal	Slayer of the winter, art thou here again? Oh, welcome, thou that bring'st the summer nigh! The bitter wind makes not the victory vain, Nor will we mock thee for thy faint blue sky. William Morris		

Tuckahoe Torch



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

VOLUME 54 Number 3

MARCH 2010



"HOSANNA, LOUD HOSANNA"

THIS YEAR PALM SUNDAY IS ON
MARCH 28, 2010

On Palm Sunday, many congregations sing a hymn written for children but loved by adults too. Jeanette Threlfall, an Englishwoman, composed "Hosanna, Loud Hosanna" in 1873.

Threlfall's parents died when she was still very young, so she was sent from one relative to another. She also had two serious accidents during childhood, leaving her disabled.

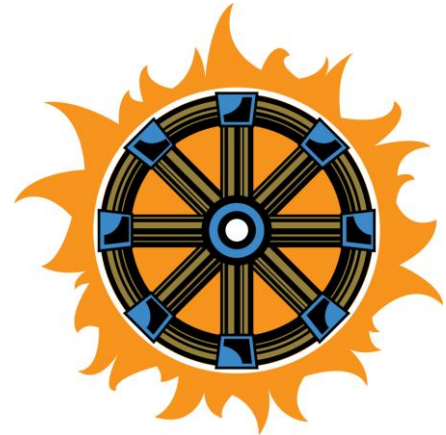
Threlfall handled her difficulties by developing a beautiful, cheerful character. She was more concerned about others than herself. People loved to visit her because they left feeling uplifted and joyous. Threlfall became known for her sacred poems and hymns. Many are considered classics, filled with sound doctrine and fervent devotion. Here is the first stanza of her Palm Sunday anthem:

Hosanna, loud hosanna,
the little children sang;
Through pillared court and temple
the lovely anthem rang.
To Jesus, who had blessed them,
close folded to his breast,
The children sang their praises,
the simplest and the best.



March 28 -	11:00 - Palm Sunday Worship
April 1 -	6:45 - Maundy Thursday Service
April 2 -	12 Noon - Good Friday, Memorial Garden, weather permitting
April 4 -	11:00 - Easter Sunday Worship

CHRISTIAN SYMBOLS



Wheel

A rotating wheel symbolizes God's divine force. Wheels with flames shooting out often portray God's throne, based on Ezekiel's vision (see 1:1-18). Some artists also show a burning wheel when God sends Adam and Eve out of the Garden of Eden.

"I have something for you!"

The purpose of this page is to put into our hands insights to encourage our journey together in loving God, in living with one another, in serving our neighbor and in doing what seems to be the good and perfect will of God.

Psalms that get us through

Psalm 23 is understandably the most beloved of all the psalms. It has this reputation for a reason. A psalm of David, it is the psalm of a person who has come through some really disorienting life experiences. Something difficult has happened and yet, God has remained steadfast. These words declare a fresh appreciation for this care, attention and love.

The psalm is actually a declaration of re-oriented faith: *The Lord is my shepherd.* What follows are twelve statements which explain this declaration; three gaze into the future; nine speak about the present.

Two primary images: one is about shepherds and sheep; the other is in a tent in the desert. Notice the similarities of coupled verses their ideas. 1) *I shall not want* relates to *I shall dwell in the house of the Lord my whole life long* (forever in the King James!) Here is a gaze into the future that is full of faith and hope. Here is the ultimate security...having everything we need and living in God's house! 2) *He makes me lie down in green pastures* seems similar to *You prepare a table before me in the presence of my enemies.* These are about the provision of food. We see the green pastures and the table set! 3) *He leads me beside the still waters and you anoint my head with oil* suggest healing and peace. Sheep need still waters and a desert traveler needs oil for the head and skin. 4) *He restores my soul* relates to *my cup overflows.* Here life is restored and flowing over. Here is an abundance of what sustains life. 5) *He leads me in right paths for his name's sake and surely goodness and mercy shall follow me all the days of my life* put us on a path. The shepherd makes sure they are the right paths. The desert traveler is assured goodness and mercy will always be in pursuit. 6) At the very heart of this psalm spatially and otherwise is a key declaration: even though we face impossible circumstances, the valley of the shadow of death (King James), *you are with me.* God is with us in the battle, in the darkness, in the difficult place, God is there. God is real, God is our refuge and strength. I couple this with *your rod and staff comfort me.* The shepherd's presence is ultimate comfort for the sheep. The shepherd uses a rod to punish and as a weapon against intruders. The shepherd uses a staff to pull wayward sheep back from the brink of danger.

Consider these images and this central truth and take them to heart. They comprise the faith of the church. God can use them even now to get us through.

Wisdom from Fellow Travelers

But often the crisis that brings people to church is something darker and more difficult: the suicide of a brother, the loss of a job, a divorce, depression, or a problem of substance abuse in one's own life or that of a family member. In the face of such crises, people experience vulnerability and disillusionment. They question the way they have put life together up to that point. One way or another, many of those who seek the church today know that life is not working, that there is some brokenness or need in their lives and in our culture. In other words, people increasingly come to church looking for change, for transformation, for healing, for a lift that is deeper and more adventuresome than what they have found in the culture, where a kind of nihilism is covered over but not cured by affluence.

Page 34, Anthony B. Robinson, *Transforming Congregational Cultures*, William B. Eerdmans Publishing Company, 2003.

Worship Notes

On Sunday, April 25, Tuckahoe Presbyterian Church will be traveling to First United Presbyterian Church on Ladies Mile Road and North Avenue for worship and a covered dish lunch. Steven and I will help lead worship with Dr. Willie Woodson and Mark Cain will lead our choir in song. They will be visiting us in September for a similar Sunday.

We will be doing this as a way of experiencing a new unity in Christ with a sister congregation. This day will give us the opportunity to make some new friends. We will be doing this a way of joining an African-American congregation that happens to be Presbyterian in an occasion for worship and perhaps future services together. We will be doing this as a way of witnessing to the larger community that we want to realize our unity in Christ.

Sometimes we sing, "In Christ there is no east or west, In Him no south or north; But one great fellowship of love Throughout the whole wide earth." Here is a way to experience this. Plan to join us on April 25, 2010 for a great worship service and lunch with First United Presbyterian Church. We will have an abbreviated Sunday School. Signup for this time will begin later this month.

Yours for a growing church,

FRED ROSE

ABOUT OUR MEMBERS



We send our sympathies to the family of **Dot Dayton** upon her death on February 12. Dot had been a member since 1981 and was active in Presbyterian Women. She also helped assemble our Newsletter each month and set tables for Wednesday night dinners. The address for her daughter, Martha Griswold, is General Delivery, Hallieford, VA 23068.

We send our sympathies to Jean Burnett and family upon the death of her aunt, **Becky Vines**, on January 27. Jean's address is 1007 Westbriar Dr., Richmond VA 23238.

We send our sympathies to Becky Zolnai and family upon the **death of her cousin** on February 2. Becky's address is 2517 Split Oak Lane #A, Richmond VA 23229.

We send our sympathies to the family of **Sara McKenna** upon her death on February 19. Sara had been a member of Tuckahoe since 2006. Address for her stepson Jim McKenna: 8632 Chippenham Rd., Richmond VA 23235.

Cainan Michael Kerchner, son of Aimee and Bryan Kerchner, grandson of Robins and Olivia Buck, was born January 23 in Charlotte, NC.



HEADS UP AND SMILES ALL AROUND

Tuckahoe will be doing a new pictorial directory this spring or early summer. Exact dates are not known at this time. We will be using Olin Mills again, so you know this will be an opportunity for a quality portrait, as well as a way to keep us connected. Watch for further information in the Torch and in future Sunday bulletins.

Crime Alert

On the evening of February 16th, two cars parked on Park Avenue by the church were broken into. Both belonged to Richmond Pops members who were practicing in Wilson Hall at the time. The cars' windows were smashed and a purse and cell phone were stolen from one car and a satchel was stolen from the other. The police came and took reports. We are very concerned about this incident. This is not the first crime on our church property. Last fall our copper gutters were cut off and stolen. Since no one has been apprehended for either of these crimes, we must assume that the burglars are still in the area and may strike again. Please do not leave objects in your car where they are visible. Be sure to lock your cars and walk in pairs when you leave meetings at night.

THE LAMB'S BASKET LUNCH (formerly known as The Lunch Bunch)

Sorry we had to cancel our Lunch the first of February due to the snow. The Lamb's Basket Lunch Bunch will meet on Monday, **March 1st at 12 Noon**. There is no charge for the lunch, but we ask you to contribute canned goods which are delivered to the Lamb's Basket by Pat Brady. We hope you will make plans to be with us and bring a friend. Call Becky Dale at 282-2860 and let her know you are coming and whether you will bring someone with you.

SUMMER MISSION TRIP (keeping you informed)

The date for our Summer Mission Trip is August 1 - 7. We will be working with the Appalachia Service Project. I will be holding an informational meeting on March 7 in Room 106 for anyone interested following the worship service. - Pam Burch

DAYLIGHT SAYING TIME BEGINS MARCH 14TH - SET YOUR CLOCKS AHEAD!

WITHIN THE CHURCH

Wednesday Evening Fellowship

A "Christianity and World Religions" video series with the Rev. Adam Hamilton, followed with live discussions, will discuss major religions each Wednesday in March.

Hamilton asserts that *"It is essential that we begin to understand our neighbors if there is to be any chance to have peace in the world."* And about the 2/3 of the world who are not Christians, he adds, *"How can you share your faith in a sensitive way if you have no idea what someone else's 'truth' is?"*

This video series includes respected clerics of each faith discussing their religion, and through the video and our live discussions we will compare their views with our Christian beliefs.

Expect these Wednesday evenings to be very stimulating! We should expect to strengthen our own Christian faith as well as better understand the essential beliefs of others' religions.

March 3 - Buddhism
March 10 - Islam
March 17 - Judaism
March 24 - Christianity - in a wrap-up session of comparisons and what's unique to Christianity.

Sign up each Sunday at the Worship Service or call the church office, 282-2860, for reservations.

~ Christian Formation Division

PRESBYTERIAN WOMEN



Many thanks to all who donated hygiene and baby kits for Haiti.

We are deeply saddened by the death of our friend Dot Dayton on February 13. She was a long-time faithful member and treasurer of Circle 4. We extend our sympathies to her family.

Becky Theuer
Secretary, Presbyterian Women

HUSH - HUSH



This is a reminder from the Fellowship Committee to keep in mind that March 20, 6th pm is the next date for our "GUESS WHO'S COMING TO DINNER VI."

Sign up to **Host** 4, 5, 6, or 8 people for dinner, OR sign up to **Attend** dinner. **Hosts WILL NOT** know who their guests will be ... **Guests WILL NOT** know (until the day before dinner) where they will be going. No one will know who the other guests will be at their dinner. After dinner, all hosts and guests will gather at church around 8:15 p.m. for coffee and dessert.

Sign up now to either host or attend dinner by using the sign-up sheet below, or contact Amy Glass at akglass@hotmail.com or call her at 379-3072. The sign-up sheets can be left in her box.

**THIS IS A MYSTERY DINNER -
KEEP IT SECRET!**

SIGN-UP SHEET

"GUESS WHO'S COMING TO DINNER VI"
On Saturday, March 20, 2010 at 6 p.m.

_____ **I WILL COME TO DINNER.** I WILL NOT TELL ANYONE I AM COMING. _____

_____ WILL COME WITH ME.

NAME: _____

TELEPHONE #: _____

E-MAIL ADDRESS: _____

_____ **I WILL HOST A DINNER.** _____ (number of people who can be invited to come to my home.

NAME: _____

ADDRESS: _____

TELEPHONE #: _____

2009 FINANCIAL HIGHLIGHTS

General Fund (Budgeted)

Session adopted an operating budget that included \$11,768 (Reserve Fund) and \$1,701.95 (Special Gifts).

Budgeted income	\$553,749.00
Budgeted expenses	\$553,749.00

General Fund (Actual)

As a result of the congregation's generosity and prudent spending, our actual results were:

Income	\$533,252.16
Expenses	\$531,964.00
Surplus	\$ 1,288.16

Reserve Fund

Balance, 1/1/09	\$101,242.06
Balance, 12/31/09	\$ 89,674.06

Supplemental Maintenance Fund, available to Property Division for repair and maintenance expenditures beyond the operating budget:

Balance, 1/1/09	\$61,857.64
Balance, 12/31/09	\$50,634.08

Endowment Fund

Balance, 1/1/09	\$275,971.27
Balance, 12/31/09	\$650,517.04

Capital Campaign Fund

Contributed as of 12/31/09	\$427,739.68
Balance, 12/31/09	\$172,906.36

General Fund Benevolences (Budget of \$47,000)

Presbytery, Synod, Gen. Assembly	\$32,756
Theological Education	2,000
Missionary Support	3,000
Presbyterian Home/Family Services	500
Camp Hanover	750
Westminster –Canterbury	350
Covenant Woods	500
Massanetta Springs	350
Virginia Institute for Pastoral Care	300
Mission trip to Boaz & Ruth	1,793

Community Ministries

A Grace Place	200
Boaz & Ruth	500
CARITAS	400
Central VA Food Bank	200
Cross-Over Ministries	400
Daily Planet	200
Hilliard House	250
Hospital Hospitality House	250
ISH	300
Lamb's Basket	400
YMCA – Bright Beginnings	400

Total - Budgeted Benevolences **\$45,799**

Non- Budgeted Benevolences

Christmas – Joy Offering	\$1,041
Easter One Great Hour of Sharing	1,392
Peacemaking Offering	367
Pentecost Offering	583
Cents-Ability (Hunger Program) (POJ 1,712.18, Freedom House 1012.05)	\$2,724.23
Helping Hands Assistance (Primarily to ISH and CAPUP)	\$3,683.01
Bellemeade School Project	792.63

Cont'd on Page 6

2009 FINANCIAL HIGHLIGHTS (cont'd from page 5)

Outreach Fund

Cental VA Food Bank	300
Daughters of Zelophehad	500
Home Again	300
ISH	300
Meals on Wheels	300
Special Olympics	206
YWCA – Women’s Advocacy	300

Souper Bowl '09 468.18

Presbyterian Women Benevolences

Birthday Offering	161
Christmas Family Gift	125
Church Women United	25
Covenant Woods Guild	50
Interfaith Council	50
Fellowship of the Least Coin	99.04
Worldwide Mission Support	450
Youth Ministry	200
Youth Confirmands	152
Outreach Opportunities	9
Prebyterian Home/Family Services	200

Individual Circles:

Grace House (snacks)	48
Shoe Box	32.75
Samaritan’s Purse	108
Each Circle (\$35/family Christmas Gifts	105

New Covenant Class Benevolences

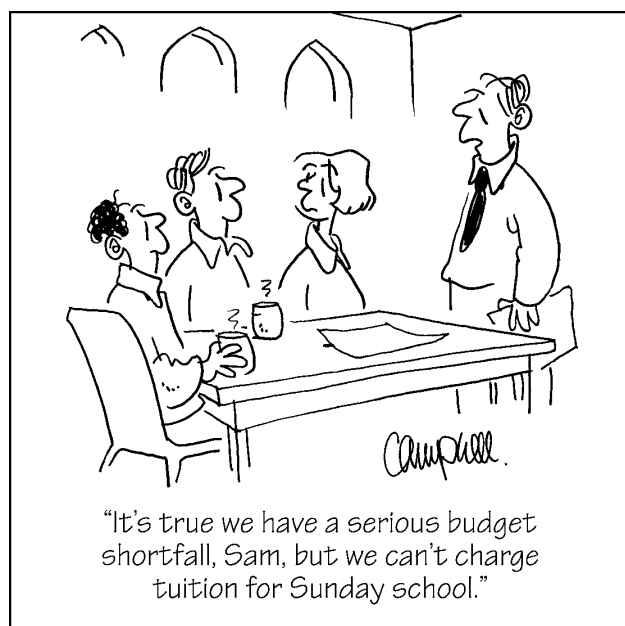
Central VA Food Bank	75
Meals on Wheels	75
Presbyterian Home/Family Services	75
Salvation Army	75

Total – Non-Budgeted Benevolences \$15,371.84

Total of All Benevolences \$61,170.84

Other Activities

Angel Tree gifts for 25 children
 CARITAS week – 8 homeless families
 Bibles/religious materials for India
 Monthly supper – Men’s Emergency Shelter
 Monthly supper – Hilliard House
 Saxon’s shoes for the needy
 Food for Lamb’s Basket
 CARITAS Works Pod – used furniture
 Shoeboxes (18) – supplies for Samaritan’s Purse
 School supplies – PW and VBS
 Backpacks/duffle bags for ISH
 Thanksgiving food drive for ISH
 Clothing/supplies for Crestview Elementary, MCV, and Hilliard House



VOLUNTEER OPPORTUNITIES

Men' Shelter



The Men's Emergency Shelter is an agency which comes under the umbrella of **Home Again**, an agency which provides transitional shelter and services for homeless men for a 90-day period. Residents of this shelter also participate in programs which help to provide skills leading to increased self-sufficiency and to identify resources needed to obtain and maintain permanent housing. As the men enter the shelter's program, they are provided with life's most basic needs ... a warm shower, healthy food, and a safe place to sleep. Residents participate in a scheduled day that provides a framework for the rebuilding of lives that must occur. Residents are expected to work or seek employment while they attend to the rigors of connecting with other community services. Residents work closely with a case management team and participate in a variety of life skill services that include mental health services, budgeting and money management, substance abuse and relapse prevention counseling, parenting groups, and personal goal development. Residents complete daily chores and routine house upkeep. Most residents are referred to **Home Again** from Central Intake, the Department of Social Services, or other shelter and homeless service providers.

Tuckahoe contributes to this program by providing a healthy meal for the residents each second Tuesday of the month. Several members of our church and one non-member provide some part of the meal. Most of our cooks have participated in this effort since its onset in the early 90's. Currently Jean Bynum, Jean Hayes, Kaye Keyes, Roxie Leiby, Mickey Mateer, Nancy Millsaps, Ann Moses, Betsy Smith, Gena Wallace, and Patty Withrow give of their culinary talents in this effort. The Brady and Wroniewicz families deliver and serve the meal.

For more information about this program, go to <http://www.homeagainrichmond.org/>

If you are interested in volunteering to help, contact Camellia Wroniewicz at 360-0612.

Lamb's Basket

LAMB's Basket is a food pantry located in the Lakeside area of Henrico County, started at Christ Lutheran Church. In 1999 the church began receiving referrals from Henrico County Social Services. It didn't take long for the church to no longer be able to meet demands. At this point, their pastor coordinated an initiative among other Lakeside area churches to form a larger food pantry. This food pantry became what we now know as LAMB's Basket. (LAMB is an acronym for Lakeside Area Ministries Board). Later the area was expanded from Lakeside to include other churches. In 2002 LAMB's Basket became a non-profit organization run solely by volunteers. It moved to its current location in a warehouse on Greendale Road. It is operated by a board whose members represent the different churches involved. The churches participating in this effort expanded so that today the coalition consists of 15 churches and other organizations across the county, Tuckahoe being one of those.

Tuckahoe has been involved with collecting food for many years. In the past this food was collected in a shopping cart and brought to the front of the church with the offering on the first Sunday of the month. It was then decided that the shopping cart was not sufficient so a very sturdy table, on rollers, was built by Tony DeLesDernier to hold the food. This table is now located in a corner of Duntreath Hall. However, this may not be the most visible place to deposit food contributions. Currently we are discussing where to place the table as a permanent collection point for LAMB'S Basket and other initiatives of the Outreach Division.

As we all know, times are tough now and the requests for food from LAMB's Basket have increased, but we have not collected very much food for some time. Remember, we do not have to wait until the first Sunday of the month to bring food contributions. You can bring non-perishable food at any time and leave it on the LAMB'S TABLE, wherever it is. It will not be hard to find. April's Torch should indicate a permanent location. Let's fill up that nice table!

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!

Easter Day, April 4- Alleluia, Christ is risen!!! 1st Sunday Children's Church. Easter egg hunts following worship.



Vacation Bible School July 19-23 Galactic Blast! A Cosmic Adventure Praising God. Mark your calendars now and sign up to help at the display in Duntreath Hall. Please read, elsewhere in this issue, details of help we need now to get the word out!

Sunday, March 7 – First Sunday Children's Church for age 4 through 1st grade. Following “Moments with the Children” during the service, the children walk with Ms. Loggins to room 205 for the *Godly Play* story of *The Mystery of Lent*, 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! **In Sunday School**, pretzel-making and power prayer in Class of the Flames (1st-2nd grades) and Class of the Scripture (3rd-5th grades). Library time with the Class of the Dove (2-3 year olds) in addition to regular lesson.

Every Sunday, Sept. through May (except December 27) – Children's Sunday School arrival time is 9:25 and dismissal is at 10:40. At dismissal time, parents must come to their child's classroom for children through 3rd grade unless arranged otherwise with the child's teacher on a single Sunday basis or ongoing plans that need to be arranged with the teacher *at the beginning of every term...*

Sunday, March 14 –In Sunday School, *Godly Play* lesson with Class of the Scripture (3rd-5th grades), pretzel-making and power prayer in Class of the Dove (2-3 year olds) and Class of the Font (4 years old – kdg). Library time with Class of the Flames (1st-2nd grades) in addition to regular lesson.

First Sunday of Every Month, October through May. First Sunday Children's Church for age 4 through 1st 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!

Sunday, March 21- In Sunday School, palm cross-making in Class of the Scripture, *Godly Play* lesson with Class of the Font, regular lessons in other classes.

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

Sunday, March 28, Passion/Palm Sunday- In Sunday School, *Godly Play* lesson with Class of the Dove, regular lessons in all other classes. Class of the Scripture will distribute palm crosses to the congregation upon entering the sanctuary for worship.



CHILDREN'S MINISTRIES & EDUCATION (CONT'D)

Vacation Bible School 2010 What EVERYONE Needs to Know NOW

Thank you to Laura Brady for taking on the early task of publicity! She shouldn't have to do this alone. If you are able and willing to help in some way, contact Becky Loggins a.s.a.p, contact information below. This task was begun last month but is ongoing **until we have reached our goal of 65 registered children.**

It looks like we once again have a lack of interest in teaching the 3 and 4 year old VBS groups. Please let Becky Loggins know if you are interested but would like additional training. These are amazing and precious age groups and, as one who started my teaching career with pre-schoolers and kindergarteners and loved every minute, if I weren't directing I would have been the first to sign up to teach them at VBS!

WHEN: JULY 19 – 23

AGES: 3 years old – rising 5th grade

THEME: Galactic Blast – A Cosmic Adventure Praising God!

HELP NEEDED NOW – See the display in Duntreath Hall and sign up to help!

Registration forms will be available in mid-February

Contact Becky Loggins a.s.a.p. if you are willing and able to help! Email bj18@comcast.net Phone 201-0571

Becky Loggins, Director of Children's Ministries and Director of VBS

**We Know it's Lent When...
We Make Pretzels and
Crosses**



The time of Lent is here, and the children in Sunday School are focusing on prayer, what God expects of us, and Jesus' ministry & last days on earth. The beautiful solemnity during this time of the Church Year with:

- our more serious and spiritually introspective worship
- the way we are to look inward at our prayer life and at our relationship with Christ
- the steps we take as we walk with Jesus to his death.



These are all practices that will stir great emotion and can even change our lives.

As a part of emphasizing our focus on prayer, the children in Sunday School will make –and eat – pretzels. This is a good Lenten food as pretzels are very plain and remind us of fasting. Pretzels have been made and eaten during Lent for over 1500 years. According to tradition, they were originally made by monks. Their shape suggests arms folded in prayer, which is an older posture of prayer than folded hands. People would cross their arms over their chest while they prayed.

There are ways children – and people of all ages - can appropriately take part in the Lenten tradition of giving up something and taking on something as a discipline to help us become more loving people and help us grow closer to God.

For example:

- Give up a favorite TV program to help with a household chore.
- Give up a snack or dessert and put the money it would have cost into the church offering plate.
- Give up a favorite toy for a day so that a little brother or sister can play with it.

As another Lenten activity, the 3rd-5th grade Sunday School class will make palm crosses for everyone in the congregation to wear during the Palm Sunday Service. The children will distribute them to everyone as they enter the sanctuary for worship on that day.



CHILDREN'S MINISTRIES & EDUCATION (CONT'D)

We Know it's Lent When... **We Ask What the Word *Lent* Means**

Sunday School classes during Lent focus on the love that God has for us, the love that Jesus taught us, and the feeding of our bodies and souls. Love and spiritual nourishment is what Lent is all about.

"Lent" comes from the Anglo-Saxon word *lencton*, meaning "to lengthen", describing the time of year when the days grow longer. The time begins on Ash Wednesday and ends with the Easter Triduum (Maundy Thursday through Easter Day), covering forty days. Sundays are not included since Sundays are always a celebration of our Lord's resurrection, a "mini-Easter". The five Lenten Sundays are followed by the Sunday of the Passion (Palm Sunday), which begins Holy Week and is the last week in Lent.

In the early church, Lent was the time of preparation for the Easter baptism of converts to the faith. Persons who were to receive the sacrament of baptism - "new birth", "death to sin"- were expected to fast and prepare during those weeks.

Lent is a time....

...**for looking** at the things we have done that are wrong, asking God's and other people's forgiveness;

...**for giving up** the things that keep us from being loving people;

...**for doing extra things** that will help us grow closer to God;

...**to be more aware** of what it means to love as God loves us;

...**to ask God to help us** to be more loving, remembering that God is always ready to strengthen us;

...**to think about our baptism** and what it means to be a child of God.

True Lenten Disciplines...

...Fast from judging others - *Feast on Christ dwelling in them.*

...Fast from fear of illness - *Feast on the healing power of God.*

...Fast from words that pollute - *Feast on speech that purifies.*

...Fast from discontent - *Feast on gratitude.*

...Fast from anger - *Feast on patience.*

...Fast from pessimism - *Feast on optimism.*

...Fast from negatives - *Feast on alternatives.*

...Fast from bitterness - *Feast on forgiveness.*

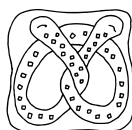
...Fast from self-concern - *Feast on compassion.*

...Fast from suspicion - *Feast on truth.*

...Fast from gossip - *Feast on purposeful silence.*

...Fast from problems that overwhelm - *Feast on prayer that sustains.*

...Fast from worry - *Feast on faith.*



Pretzel Recipe

To one package of yeast, dissolved in one and one half cups of warm water, add one teaspoon of salt and one tablespoon of sugar. Blend in four cups of flour.

After kneading to mix, twist into shape (upside down "U", cross and place ends to the top)). Place on a greased cookie sheet & brush with beaten egg. Sprinkle with a tiny bit of coarse (kosher) salt. Bake at 425 degrees for about 10 minutes or until lightly browned.

-Becky Loggins, Director of Children's Ministries

Missio Dei - What if we began to understand Church as participation in God's Mission?

Steven Good

During the past half century there has been a subtle paradigm shift away from understanding mission as something that is primarily an activity of the church, in favor of understanding mission as something that is rooted in the very nature of God. In other words, we are pressed with the question, "what if the church is no longer seen as the sender of missionaries, but as the very thing being sent by God into the world?" To put this in biblical perspective, we share the situation of Jesus telling his cowering disciples after the first Easter morning: "As the father has sent me, so I am sending you" (John 20:21). If God is a missionary who sent himself into the world in Jesus, then how is the church to follow Christ in the world?

In this emerging "missional" movement, the church is seen as essentially missionary. It's tempting to view our mission and outreach efforts as fringe activities of an established church - a pious cause that may be attended to when the home fires are burning brightly. But such an understanding of Church misses the point. Mission is not secondary to our being as the body of Christ in the world; the church exists in being sent and in building itself up for the sake of being sent. To put the matter pointedly, the theologian Carl Braaten writes: "a church without mission or a mission without the church are both contradictions".¹

This doesn't mean that the church is always and everywhere overtly involved in missionary projects. Lesslie Newbigin makes an important distinction between the church's missionary *dimension* and its missionary *intention*.² He describes the missionary *dimension* of a congregation's life as being made evident - among other ways - when it is a truly worshipping community; when it is able to make outsiders feel welcome; when the pastor does not have the monopoly and the members are not merely objects of pastoral care; when members are equipped to see their work as their *calling*. However, the missionary dimension evokes an *intentional* involvement in society, moving beyond the walls of the church to engage in evangelism and work for justice and peace.

With Newbigin in mind, I think it's important to make a distinction between a theology of mission and

the programmatic aspect of mission. Mission experiences have to grow out of a developed theology of mission. So it's paramount that we challenge the perception that mission is something which has to take place somewhere unfamiliar. Mission simply means sent by God. So it's not something the church does, it's something the church is - rooted in the very nature of a God who sent himself in Jesus. If the church is to be so constituted then all of her programs ought to be designed with the intention of sending the gathered community into the world for the sake of witness. This need not be exotic - it can be as simple as the partnership our church has made with the ministry of Boaz and Ruth.

Moreover, this self-understanding of the church raises all sorts of questions. To begin with, it calls us to re-imagine how and why we do what we do as Christians. In the short term, it ought to challenge us to see our own work places and neighborhoods as the context for mission. Our witness amidst the ordinary things matters deeply because Christians really do see the world for how it is: judged, redeemed, and reconciled in Christ.

As the minister to Tuckahoe's teenagers, I am convinced that one of the most powerful and meaningful things we can do with young people is help them to frame their social interactions in such a way that they are involved in redemptive relationships with their own culture. More than anything, disciples are made in the calling and sending. In terms of ministry with young people, this raises some pretty basic theological questions. How is the gospel expressed as good news to the particular context in which our community lives? How do the narratives and over-arching themes of scripture shape our witness? How is our conception of ministry with youth changed by the idea that God builds up the church for the sake of sending it into the world for the purpose of witness? As we transition from a Christian to a post-Christian society, how do we equip our young people to become thoughtful interpreters of culture so they can distinguish between the elements that the Church is called to engage and those that the gospel calls into question? These are important questions. Perhaps the most important interface between our faith and society we live in lay in how we learn to navigate these questions.

¹ Carl Braaten, *The Flaming Center* (Philadelphia: Fortress Press, 1977) p. 55

² Lesslie Newbigin, *One Body, One Gospel, One World* (London: International Missionary Council, 1958) p. 21, 43

What's all the hype about Vitamin D?

Vitamin D is a fat-soluble vitamin that is naturally present in very few foods, added to others, and available as a dietary supplement. It is also produced within one's body when ultraviolet rays from sunlight strike the skin and trigger vitamin D production.

Vitamin D is essential for promoting calcium absorption in the gut. It is also needed for bone growth and bone remodeling. Without sufficient vitamin D, bones can become thin, brittle, or misshapen. Vitamin D sufficiency prevents rickets in children and together with calcium, vitamin D also helps protect older adults from osteoporosis.

Very few foods in nature contain vitamin D. The flesh of fish (such as salmon, tuna, and mackerel) and fish liver oils are among the best sources. Small amounts of vitamin D are found in beef liver, cheese, and egg yolks. Fortified foods provide most of the vitamin D in the American diet. Other dairy products made from milk, such as cheese and ice cream, are generally not fortified.

Most people meet their vitamin D needs through exposure to sunlight. Approximately 5-30 minutes of sun exposure between 10 AM and 3 PM at least twice a week to the face, arms, legs, or back without sunscreen usually lead to sufficient vitamin D synthesis. Individuals with limited sun exposure need to include good sources of vitamin D in their diet or take a supplement. Despite the importance of the sun to vitamin D synthesis, it is prudent to limit exposure of skin to sunlight and UV radiation from tanning beds. UV radiation is a carcinogen responsible for most of the estimated 1.5 million skin cancers and the 8,000 deaths due to metastatic melanoma that occur annually in the United States. Nutrient deficiencies are usually the result of dietary inadequacy, impaired absorption and use, increased requirement, or increased excretion. A vitamin D deficiency can occur when usual intake is lower than recommended levels over time, exposure to sunlight is limited, the kidneys cannot convert vitamin D to its active form, or absorption of vitamin D from the digestive tract is inadequate. Vitamin D-deficient diets are associated with milk allergy, lactose intolerance, and strict vegetarianism.

Older adults

Americans aged 50 and older are at increased risk of developing vitamin D insufficiency. As people age, skin cannot synthesize vitamin D as efficiently and the kidney is less able to convert vitamin D to its active hormone form.

People with limited sun exposure

Homebound individuals, people living in northern latitudes (such as New England and Alaska), women who wear long robes and head coverings for religious reasons, and people with occupations that prevent sun exposure are unlikely to obtain adequate vitamin D from sunlight.

People with fat malabsorption

As a fat-soluble vitamin, vitamin D requires some dietary fat in the gut for absorption. Individuals who have a reduced ability to absorb dietary fat might require vitamin D supplements. Fat malabsorption is associated with a variety of medical conditions including some forms of liver disease, cystic fibrosis, and Crohn's disease.

People who are obese or who have undergone gastric bypass surgery

Obese individuals who have undergone gastric bypass surgery may become vitamin D deficient without a sufficient intake of this nutrient from food or supplements, since part of the upper small intestine where vitamin D is absorbed is bypassed.

Vitamin D and Health

Osteoporosis

More than 25 million adults in the United States have or are at risk of developing osteoporosis, a disease characterized by fragile bones that significantly increases the risk of bone fractures. Osteoporosis is most often associated with inadequate calcium intakes (generally <1,000-1,200 mg/day), but insufficient vitamin D contributes to osteoporosis by reducing

(continued on page 13)

calcium absorption. Adequate storage levels of vitamin D maintain bone strength and might help prevent osteoporosis in older adults, nonambulatory individuals who have difficulty exercising, postmenopausal women, and individuals on chronic steroid therapy.

Cancer

Research suggests that vitamin D status could affect cancer risk and may play a role in the prevention of colon, prostate, and breast cancers. Emerging epidemiologic data suggest that vitamin D has a protective effect against colon cancer, but the data are not as strong for a protective effect against prostate and breast cancer, and are variable for cancers at other sites.

Other conditions

A growing body of research suggests that vitamin D might play some role in the prevention and treatment of type 1 and type 2 diabetes, cardiovascular disease, hypertension, glucose intolerance, multiple sclerosis, and other medical conditions.

Vitamin D toxicity can cause nonspecific symptoms such as nausea, vomiting, poor appetite, constipation, weakness, and weight loss. More seriously, it can also raise blood levels of calcium, causing mental status changes such as confusion and heart rhythm abnormalities. High intakes of dietary vitamin D are very unlikely to result in toxicity unless large amounts of cod liver oil are consumed; toxicity is more likely to occur from high intakes of supplements.

Vitamin D supplements have the potential to interact with several types of medications. A few examples are provided below. Individuals taking these medications on a regular basis should discuss vitamin D intakes with their healthcare providers.

Steroids

Corticosteroid medications such as prednisone, often prescribed to reduce inflammation, can reduce calcium absorption and impair vitamin D metabolism. These effects can further contribute to the loss of bone and the development of osteoporosis associated with their long-term use.

Other medications

Both the weight-loss drug orlistat (brand names *Xenical*® and *alli*™) and the cholesterol-lowering drug cholestyramine (brand names *Questran*®, *LoCholest*®, and *Prevalite*®) can reduce the absorption of vitamin D and other fat-soluble vitamins. Both phenobarbital and

phenytoin (brand name *Dilantin*®), used to prevent and control epileptic seizures, increase the hepatic metabolism of vitamin D to inactive compounds and reduce calcium absorption.

Vitamin D and Healthful Diets

According to the 2005 *Dietary Guidelines for Americans*, "nutrient needs should be met primarily through consuming foods. Foods provide an array of nutrients and other compounds that may have beneficial effects on health. In certain cases, fortified foods and dietary supplements may be useful sources of one or more nutrients that otherwise might be consumed in less than recommended amounts. However, dietary supplements, while recommended in some cases, cannot replace a healthful diet."

The *Dietary Guidelines for Americans* describes a healthy diet as one that

- Emphasizes a variety of fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Milk is fortified with vitamin D, as are many ready-to-eat cereals and a few brands of yogurt and orange juice. Cheese naturally contains small amounts of vitamin D.
- Includes lean meats, poultry, fish, beans, eggs, and nuts. Fish such as salmon, tuna, and mackerel are very good sources of vitamin D. Small amounts of vitamin D are also found in beef liver and egg yolks.
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars. Vitamin D is added to some margarines.
- Stays within your daily calorie needs.

For the LORD God is a sun and shield; the LORD bestows favor and honor; no good thing does he withhold from those whose walk is blameless.
Psalm 84:11

Mary Jane Michael





EASTER FLOWERS

If you would like to supply a "Pink Azalea" or an "Easter Lily" to decorate the church for Easter, please place your order by **March 28, 2010**. Fill in the Order Form below and mail with your check, payable to Tuckahoe Presbyterian Church, to Mrs. Bruce L. Frostick, 1806 LeSuer Road, Richmond, VA 23229, or leave it at the church office no later than **March 28th**.

Azaleas are \$10.50 each; Easter Lilies are \$8.00 each.

Plants may be removed from the Sanctuary any time after the Easter Service.

PLEASE PRINT – PLEASE PRINT

Given by

In loving memory of

In honor of

_____ Easter Lily

_____ Azalea

_____ Plant(s) will be picked up _____ Plant(s) can be delivered

TPC YOUTH CALENDAR



March 2010

- 7: Youth Group Worship Service (6-8p)
- 14: Youth Group (6-8p)
- 21: Youth Group (6-8p)
- 28: Youth Group Scavenger Hunt (6-9p)*

April 2010

- 4: Easter Sunrise Service (6-30-8:30 AM)*
- 8-11: POJ HS Mission Trip
- 11: Youth Group Worship Service (6-8p)
- 18: Youth Group (6-8p)
- 24-25: POJ MS Retreat
- 25: HS Youth Group (6-8p)

May 2010

- 2: Youth Group YS Prep (6-8p)
- 9: Youth Group YS Prep (6-8p)
- 16: Youth Group YS Prep (6-8p)
- 22: Youth Sunday Prep (10-12N)
- 23: Youth Sunday (10:30)
- 30: End of Year Celebration (TBD)

*Denotes change from regular schedule

Summer Calendar will be available soon



**DAYLIGHT SAVING TIME
BEGINS ON MARCH 14TH.
REMEMBER TO TURN YOUR
CLOCKS AHEAD AT 2 A.M.**