

Tuckahoe Torch



Tuckahoe Presbyterian Church
7000 Park Avenue
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CHRISTMAS 2010



***The Christmas Eve Family Service with Pageant
Getting Ready to Enter the Mystery Together
When: 4:00 p.m. on Christmas Eve***



"... the virgin shall conceive and bear a son, and they shall name him Emmanuel," which means, "God is with us." – Matthew 1:23

When the tree is decorated, the gifts are wrapped, and Advent has nearly come to an end, which is also a beginning, something special happens in our church that can bring to the eye, ear and heart the true meaning of entering the Mystery of Christmas. As children and adults process in and take their places in the familiar scene of the Nativity of Our Lord, the well-known and beloved scripture readings are read by Sunday School children and their families along with *Godly Play* Advent and Christmas story narration. The congregation sings the familiar, beautiful carols of Christmas as participants enter the church.

The intergenerational pageant is within an abbreviated, but traditional, worship service led by Assistant Pastor, Steven Good. This is a very appropriate service for all ages and a wonderful way for children, especially, to go to bed on Christmas Eve remembering that the birth of Jesus *IS* Christmas.



The traditional Christmas Eve Service with Communion will also be on Friday, December 24, at 7:30 pm.

Farewell Sermon
Delivered by Dr. Fred Rose
to the congregation at Tuckahoe Presbyterian Church
November 21, 2010

Thank you for the opportunity to be your pastor. It is a peculiar relationship that we undertake as minister and congregation. You elect a Pastor Nominating Committee to represent you. We begin a friendship based on carefully scripted concerns. We talk to one another about faith and experience and plans for the future. We look each other over for a period of time. After deliberate steps, we try and discern if this relationship is right. You chose me and I chose you. We don't do this alone. The Presbytery looks over our shoulder and joins in discerning whether everything is right. For twelve years six months and 21 days, we have shared in a relationship as pastor and congregation. It has been special to me for many reasons.

Thank you for the opportunity to come and preach God's word. It is a calling that is most special for me. Once Charlie Brown asked a group of us, "Why would anyone ever be called to preach to a congregation?" Charlie, you have always been good for great questions. His question caused me to go back and review why I believed I was called to preach the good news of God's love. It has to do with gifts and faith and a guided hunch this is how we may be useful. It comprises what we believe is God's call. The presbytery is there to affirm what we suspect is true. We come here every Sunday morning and we listen to God's word. We gather out of a shared gratitude for God's acting on us. We gather out of need that the Lord of the Universe will receive our praise and hear our prayers. God listens and offers pardon and blessing and renewing truth for living and serving. I have relished the regular challenge of listening to the biblical story and wondering what good news God has for us. I have believed that preaching is about God's conversation with a congregation and with individuals. Hopefully, from time to time God has used your coming into this sanctuary to offer an insight, an encouragement, an exhortation or a word of comfort and blessing, to offer you Jesus Christ. Hopefully, you have

found him in various ways and as well fresh opportunities to receive him and know him and live by faith in him. I am grateful for those who have benefited from what we have shared here on Sunday mornings. I am also grateful for those who have come faithfully whether or not what I was doing was useful to them at all.

Thank you for the opportunity to be part of a family of faith. Years ago, I read Dietrich Bonhoeffer's, Life Together. It helped form my own curiosity and desire about serving in the church. Bonhoeffer says we all bring wish dreams to the church: dreams of what we want the church to be, dreams about what is necessary for us to stay with it. He claims the Spirit of God keeps smashing these wish dreams and works always building something better, something faithful. I am grateful for the understanding of so many who make worship a regular part of your life. I am grateful for all who make Sunday school and the educational ministry of this church a regular part of your life. I am grateful for those who believe the church is about reaching out to somebody somewhere. This is something you have done and will continue to do for years.

Thank you for the opportunity to try and help this congregation grow. It was this idea that brought me here in the first place. For several years, we worked on getting the right staff people and positions. For several years now, we have worked on thinking about what really is transformative in our experience of God and church. I hope you will continue to make Christian Formation and the idea of renewal of the mind and the reformation of your lives a focus for all you do together.

I have learned in this challenge that transformation and growth does not happen overnight. It does not happen without our consent and commitment to Christ. We all will continue in our own ways abiding in God's love and grace to a pilgrim people. I have learned it takes repeated efforts. At times we fail.

(continued next page)

Farewell Sermon (continued)

Quite often we fail at doing what is most essential. If major league baseball hitters are considered successful in 3 out of 10 times at bat, we must keep trying to get on base in order to win this contest against a secular culture and a crazy busy world. I believe Tuckahoe is poised for a new day, with new leaders and a new pastor. It will take some hard work by your Session and a Pastor Nominating Committee. I believe this path of finding an Interim Pastor so that the Pastor Nominating Committee can do its work...will lead you to God's person. I will continue to pray for the right leader for the future of Tuckahoe.

Thank you for the opportunity to come here and work with an unusually strong staff. I have enjoyed working with Charlie Brown. His wisdom and humor have offered me help as he has given freely to you who know him best. I have enjoyed working with Mark Cain. I have appreciated his expertise with music that enables choir and congregation to worship God. I congratulate him on his twenty years of service and I wish you all well for twenty more years together. I have enjoyed working with Becky Loggins. I have appreciated her passion for shaping young worshippers and believers. I am thrilled she continues to lead teachers and young people in the pursuit of truly enjoying and learning from the biblical story. I have enjoyed working with Joan Neff. Her span of interests and skill is amazing. I am grateful she assists Mark in leading our choir. I have recently come to enjoy the good work of Sabrina Lindfors who has taken the role of Office Administrator that Becky Dale left. Sabrina has brought a new spirit to our church office and I am grateful already for all she brings into our office. Last of all, I have enjoyed working with Steven Good. I have appreciated his faith in God and the church. He is helping lead our youth in an experience of faith they could not have had with others. I have sincerely valued his friendship and wisdom and example.

Thank you for the opportunity to come here and do a number of things we have believed were important for ministry. When I arrived in

1998, we focused our mission with these words: to listen to Jesus carefully, to worship God gratefully, to share good news with our neighbor and to help one another heal those who hurt. Since the church had not had an interim, we went through an "in-between time." As we lived those days together, we learned that changes needed to be made. This led to several different efforts at envisioning the future. From these efforts, we dropped an Associate's position and hired part-time staff for children's education, youth ministry and pastoral care. We assembled a pastoral care team who still address members' personal challenges. We asked Charlie Brown to be our Director of Pastoral Care. We hired Becky Loggins to teach our teachers and our young people about the life of faith. We started a Sunday school class for 20s and 30s which I have helped teach. We called Steven Good to be our Associate for Youth and Family Ministries. We saw the need and created a Capital Campaign effort to refurbish these facilities. We are even now beginning to enjoy the hard work of many who have given and planned to make this happen. We restarted a DISCIPLE BIBLE STUDY series that continues. A number of you began a tutoring ministry to kindergarten-aged children in one of the poorer sections of our city. At several points we have set goals and realized objectives. Since 2007, we have acquainted ourselves with people like Tony Robinson who believes the primary purpose of the church is to make disciples of Jesus Christ. This past summer we started with the help of General Presbyterian Nancy Dawson from Lynchburg. She is helping you discover a new vision for the future. It is my hope and prayer there will come a new vision, new values, perhaps new goals that will take this church to a more faithful future. Thank you for your kindness to me over many years. May God continue to bless and guide you.

TELLING TIME STEVEN GOOD

“What qualities do we want in an Interim Pastor?” I’ve been asked that question a number of times in recent weeks. It’s an important one to ask because it signals both the anticipation and the anxiety that come with the transition of a long-tenured minister. It allows us to reflect joyfully about the gifts and characteristics that we appreciated and will dearly miss in Fred and it allows us to think creatively about the challenges and opportunities that God has placed in our path here and now. As important as it is to think about what sort of qualities we might look for in pastoral leadership, there’s a more important question imbedded in this period of transition. Who will *the congregation of Tuckahoe Presbyterian Church* be in the interim?

So much depends on how we view the time that God is giving us. There are two words that the writers of the New Testament use to describe the time in which we live. The more common, *kronos* refers to the linear, progressive, minute-to-minute, day-to-day passage of time. *Kairos*, on the other hand, refers to those inexact, time-out-of-time experiences - such as the time it takes to grieve the loss of a loved one, the time in which we get lost rocking a new-born child to sleep, the time during which we find ourselves absorbed in a moving novel. *Kronos* is the kind of time that tells us our taxes need to be filed by April 15th. *Kairos* is the kind of time that enables us to set aside the brush and easel when the landscape is finished. Moreover, *kronos* is the kind of time that we often race against but *kairos* is the time that enables us to be fully present. *Kronos* is the time we have to do all of our shopping before Christmas. *Kairos* is a season of expectant waiting, the kind we encounter during Advent as we prepare ourselves anew for Christ’s coming.

If we view our interim period from the perspective of *kronos*, our expectation shifts toward simply enduring. We may choose to put our congregational life on hold for a year or so until our next permanent pastor is called. In a period of uncertainty, it may even seem prudent to cut back, hold back, and avoid risk; allow the interim to hold down the fort until the reinforcements arrive. If,

however, we approach the coming period as *kairos*, the time can be very rich and moving. It can be the time during which God leads us in the rediscovery of who God is and who we are in light of who God is.

We are incredibly blessed to have already begun a vision and discernment process. Your church officers are, even now, actively at work pulling together the different insights and pieces of wisdom from our vision groups and are establishing ministry priorities that will extend beyond the term of our interim period. While pastoral transition is always difficult, this is an exciting time to recommit to the life and ministry of TPC. If we remain open to the prompting of the Holy Spirit and attentive to the scriptures, I have every confidence that our interim will be a period of God’s *kairos* in the life of our congregation.

In the interim, Tuckahoe will continue to teach and worship and engage in ministry. We will tackle the remaining portions of the capital improvement project, we will baptize our children and reach out to the community. We will welcome people into the life of our fellowship, plan retreats, form mission partnerships, and study scripture. During this transition we will seek to be a worshipping community that is grounded in Christ’s love. Some things do not change even in the midst of transition.

That brings me back to the question posed at the top of the column. Interim ministry is by its very nature, a *kairos* ministry - one that ends when it’s time to end. In the meantime, we will receive the benefit of some fresh eyes and a fresh voice. We’ll also have the wisdom of an objective presence who has nothing to lose by speaking the truth. None of us know who God will choose to lead us in the long or the short run. It is my hope and my prayer that we allow ourselves to be open to the leadership that God is calling in this time-out-of-time and that we will be the kind of congregation that responds joyfully and faithfully. We can’t put an exact date on *kairos*, but we can trust that in the fullness of time God will lead.

ABOUT OUR MEMBERS

PLEASE NOTE "ABOUT OUR MEMBERS" PAGE

Over the last couple of months I have noticed that information has not been coming in as usual for the "ABOUT OUR MEMBERS" page in the TORCH. If there is a death in your family, a "Thank You" note, marriage, new member, baptism, birth, or any other happening in your life that you would like to share, please continue to let me know about them. Just remember to include names, dates, addresses and telephone numbers. You may send this information directly to me at my e-mail address, rgray1511@comcast.net or call me at 740-3019. You also have the option of putting the information in the mail box at the end of the hallway. It is marked "TORCH" - far left side - 4th slot from the bottom.

Rachel Gray, Torch Editor

DONATIONS TO BOAZ AND RUTH

Boaz and Ruth is accepting lightly used clothing, household appliances, furniture and antiques. Not only will you be helping the organization and participants, but all donations are tax deductible. Feel free to drop off your donation at 3030 Meadowbridge Road or call 329-4900 to arrange for someone to collect the donation from your home.

WEDNESDAY NIGHT SCHEDULE

DECEMBER 1 - Trim the Tree and Deck the Halls...We will assist the Worship/Membership Division in decorating the tree.



DECEMBER 8 - A recital given by the **VERY talented youth of Tuckahoe**. Always a treat to relax and enjoy!!!

DECEMBER 15 - Program for the last Wednesday evening together of 2010 yet to be determined, BUT it will be good!!!

PRESBYTERIAN WOMEN

The annual **Christmas luncheon** will be held on Tuesday, **December 7**, at church. Circles will meet at 10:30, followed by a general meeting in the sanctuary at 11:00. Lunch will be served at 11:45. After lunch, we will be treated to a special program by former Tuckahoe members **Jill and Steven Wiebe-King**. All women are welcome. Cost is \$6. Reservations can be made after worship on November 28 or December 5, or by contacting a circle leader. We hope you will make plans to attend.



Circle leaders will be accepting contributions to provide **Christmas gifts** for a needy family from **Crestview Elementary School**, through December 7. All contributions in excess of the cost of gifts purchased, will be used to provide a gift certificate for the family. We have changed the procedure for this project somewhat this year, and individual circles will not be solely responsible for shopping for a particular child. We have volunteers who will shop, and monetary donations will be accepted from those who wish to participate. Any contribution will be appreciated. For further information, please contact Amy Glass at 379-3072.

Becky Theuer, Secretary, Presbyterian Women

COOKIE SUNDAY - DEC. 19TH

Tuckahoe cooks are invited to bring a plate of cookies to share during the fellowship hour on December 19th. "Cookie Sunday" has become an annual tradition, making the fellowship hour before Christmas a special treat for the congregation.

Henrico Thanksgiving Food Box Drive (Interfaith Services of Henrico)

A big THANKS goes out to all of the people who made up Thanksgiving food boxes. The project was a big success. We were able to deliver 17 boxes that will go to needy families in Henrico. We are thankful for the support of our Tuckahoe Church family.



WITHIN THE CHURCH

ENDOWMENT COMMITTEE

Dear Members of Tuckahoe
Presbyterian Church,

As we approach the end of the year, we naturally think of our favorite traditions and memories. It is a time when we reach out to help others by sharing in so many ways.

As we are planning our time and resources during this special time, we ask you to please consider including a gift to Tuckahoe Presbyterian Church for the future of our church and its ministry. Your gift can be designated for the General Memorial Fund or one of the other Endowment sub-funds to help support the many programs and projects that are ongoing and will help us successfully plan for the future.

If you have any questions regarding this giving opportunity, please contact Tim Beane, Chairman of the Endowment Committee or any of its members. They are: Beth Ayers, Al Honkala, Ruth Anna Langdon, Amanda Wallace and Lucky Wroniewicz. Thank you for your support.

SAY "YES" TO THE FLOWER COMMITTEE

We have had two people respond to our pleas for help with delivering flowers to our sick and shut-ins. We need at least three more of you to volunteer. Please give this prayerful thought and call Anita Frostic at 282-5176 if you can help. You will be asked to deliver flowers perhaps three or four times a year, and remember your hands are Christ's hands as you perform this important function. Thank you for your help.

Anita Frostic

Thanks for Cleaning Up This Fall

Tuckahoe members and families came through again! I'd like to send a big Thank You to the many workers who came and helped at our Fall Clean Up Day. The Property Division never knows who will show up, or how much will get done. Some people came early and left early; some came late and left early. All help is appreciated. Much was accomplished and many tasks were completed. If you have suggestions for enhancing the ongoing volunteer effort at Tuckahoe, please let me, or any member of the Property Division, know. Thank you for caring and thank you for sharing your talents.

Tom Lee, Property Division

WHAT HAPPENS AFTER THE DEPARTURE OF SENIOR PASTOR, FRED ROSE?

Fred's twelve and a half years of dedicated ministry to Tuckahoe Presbyterian Church concluded November 21, 2010. What does the church do next for a Senior Pastor? The policy is that when a church has a vacancy with the head of staff, a supply minister comes in on a very temporary basis. The responsibility for hiring a supply minister rests with the Administration and Personnel Division of our church. We are pleased to announce that H. Carson Rhyne, Executive Presbyter of the Presbytery of the James, will be filling this role for the months of December 2010 and January 2011. Carson knows our church and our staff well; he will provide guidance, insight, leadership and stability for the next 2 months.

Carson's responsibilities end when an Interim Pastor is called. (If this does not happen by February 1st, there may need to be plans for other supply leadership). An Interim Pastor is hired by a committee appointed by Session. This three person committee is chaired by Pam Dickerson and has as its members Jim McClesky and Bill Millsaps. The Committee of Session has been given the authority to act on behalf of our church to interview and select an Interim Pastor. This person will be with us until a Pastor Nominating Committee is formed and begins the important work of calling a Senior Pastor. The Interim Pastor will assist the PNC (Pastor Nominating Committee) in defining exactly what is needed in a Senior Pastor in order to best meet the needs of our church.

CHILDREN'S SUNDAY SCHOOL VOLUNTEER UPDATE

Teacher Needed for Four Sundays

The children's Sunday School is now fully staffed for the 2010 - 2011 year with teachers, assistants and snack buyer/servers with the exception of one class. 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!

SHOES FOR THE NEEDY

TPC is participating in "Saxon Shoes for the Needy" again this year. Please bring your used, but still usable, shoes to church and place in them in the Saxon Shoe bag on the Outreach table outside Duntreath Hall up until December 12.

LAMB's BASKET



Thanks to Steven Good and our youth group's neighborhood food collection on Halloween, together with donations from the Lunch Bunch, Tuckahoe contributed 433.4 pounds of food to LAMB's Basket. In addition, our congregation donated 28.3 pounds for our 1st Sunday in November collection. This total of 461.7 pounds was huge, due in large part to the efforts of our youth. Let this be a challenge to our congregation - could we match this amount in our December collection? Let's go for it!

LUMINARY SERVICE

Boy Scout Troop #737 would like to invite you to the Special Luminary Service to be held Saturday, December 11 from 5 - 6 pm at the Westhampton Memorial Park located at 10,000 Patterson Avenue. The service will be held in the Westhampton Memorial Park's chapel mausoleum.

The entire park will be illuminated with thousands of candles which will be lit at dusk. The Luminary Service will feature music, singing and inspirational verse. In addition, you can request that a luminary be placed on a loved one's grave. Donations received will be given to local Boy Scout Troop #737. If you have any questions, contact Westhampton Memorial Park at 740-1948.

OPPORTUNITIES AT ST. JOSEPH'S VILLA

For 176 years, St. Joseph's Villa has been helping children and their families in the Richmond area. Since 1977, St. Joseph's Villa has been a non-sectarian, non-profit organization devoted to children with autism and developmental difficulties and to homeless children and their families.

The Villa operates at an 82-acre campus on Broad Rock Road in Henrico County, and it is in the middle of a \$10 million capital campaign, the first such effort in the organization's history, to renovate buildings and infrastructure. The Villa has a dedicated full-time staff of about 200 people, the great majority of whom are annual contributors to the organization's operating budget.

The Villa's chief executive is Kathleen Burke Barrett, who says that "Our relationships with the people we serve make the Villa such an extraordinary place. I cannot tell you how much it means to us to see a child with autism complete a task that only a few weeks ago seemed impossible. Or how rewarding it is to see a 'tough' child 'get it' and start learning because he knows it is preparing him for a bright future. Or to hear a woman who was homeless only a few years ago talk about her new job, her new house and her new life.

There are many opportunities to volunteer at St. Joseph's Villa. They include:

- Serving at the Villa's donation center, open Monday through Wednesday, from 11 a.m. to 4 p.m. Volunteers should be comfortable lifting up to 30 pounds.
- Mentoring elementary school children on a weekly basis.
- Working with the Villa's Christmas Giving Program, giving volunteers an opportunity to sponsor a child or a family.

Catherine Stanley is the volunteer program manager. She may be reached at 521-5577. Her e-mail address is cstanley@sjvmail.net. For more information, see the Villa's website at www.stjosephsvilla.net.

Contributed by Bill Millsaps, Tuckahoe member and a member of the St. Joseph's Villa Board of Trustees.

2011 Mission Trip



The Christian Medical Mission has provided quality health care through the caring ministry of Christ-centered individuals since 1994. Dedicated to showing the love of God through medical care to the struggling

people of the city of Moca in the Dominican Republic.

Please consider joining others from TPC on a mission trip to Christian Medical Mission June 25 through July 2, 2011. There is space for 25 participants, rising sophomores and older. Applications are now available and must be submitted by Sunday, January 16, 2011 by anyone interested in making the trip.

There will be an informational meeting at 7:00 PM on Monday, December 20, 2010 in Duntreath Hall. It is important for all interested persons to attend. The meeting will be led by Dr. Mark McDonald, President of the Board of Directors of Christian Medical Mission Moca.

The expected cost is \$1,200 per participant, of which, each participant should plan to pay \$400. Final cost to be determined by airline ticket prices and the success of fund raising efforts. Please consider helping sponsor a participant if you are unable to go.

Any questions, contact Steven Good (282-2860) or Steve Kramer (754-0154).

**Save the Date
March 20**

Youth Group Talent Show & Brunch

The Youth Group is planning a Talent Show & Brunch to raise funds for the mission trip this summer. Save the date for March 20, 2011 immediately following Worship. Youth and Adults will entertain you with a great show. Sarah Sommers will co-direct with her Youth co-director. The food will be excellent and tips will be appreciated.



SHERRY FLOURNOY SHARES ONE OF HERS

My children were 2 and 6 years old, and I was suddenly a single parent with no child support, lots of bills, and no extra money. Instead of being joyful about Christmas, I was feeling desperate and alone. Someone in my Sunday school class talked about how tired she was from all the shopping, wrapping, and cooking she had been doing, and it made me sad. I didn't know anyone had even noticed that I had tears in my eyes until the next day when our minister knocked at my door with a check for \$150. He told me an anonymous donor had brought him the money and asked him to give it to me out of the pastor's discretionary fund without telling me who had given it.

I also got a call from another member of that class who said she had some dress-up clothes and costume jewelry that I could give to my daughter and that she would help me decorate a big box to look like a steamer trunk to put them in. My daughter still remembers that as the best Christmas present she has ever received. What I remember every year is that there are other mothers out there who may be in the same boat that I was in, in 1978. Every year I give \$150 to the Christmas Mother and I save any dress-up clothes that I no longer want in order to create a dress-up trunk for other mothers of young girls.

YOUTH CALENDAR

December

- 1:** HS Winter Retreat Forms Available
- 5:** Youth Group: Worship Service
- 12:** Youth Group
- 19:** Cookies & Caroling (4:00-9:00)
- 26:** NO YOUTH GROUP: Christmas Break

January

- 2:** Youth Group
- 9:** Youth Group
- 16:** Youth Group
- 23:** Exam Break @ Arby's
- 28 - 31:** HS Winter Retreat
- 30:** MS Movie Night



On December 19th the Middle and High School students of Tuckahoe Presbyterian Church will be heading out to spread some Christmas joy with our members at Cedarfield and Westminster Canterbury. Please join us for some fresh cookies, caroling, and fellowship!

Lighten-Up Your Holiday Meal

Submitted by Virginia Cullop



'Tis the season to go to a lot of parties! You will hear no complaints from me. I love to go to parties and do a little singing, dancing, and chatting -- tasting all of those festive appetizers doesn't hurt either. Or does it? The bad news is that many of our favorite recipes call for high-fat and high-calorie ingredients. The good news: in most cases we can make some simple ingredient substitutions and trim these recipes down to a healthier level of fat and calories with nary a notice.

According to research from the Calorie Control Council, the average American may consume more than 4,500 calories and a whopping 229 grams of fat from snacking and eating a traditional holiday dinner with turkey and all the trimmings. And these figures don't even include breakfast or the late evening munching on leftovers! The average holiday meal can carry a load of 3,000 calories. And most of us nibble our way through more than another 1,500 calories downing dips and chips and drinks before and after the big meal. Combined, that's the equivalent of more than 2 1/4 times the average daily calorie intake and almost 3 1/2 times the fat. In fact, the average person may consume enough fat at a holiday meal to equal three sticks of butter.

Reducing the amount of fat and calories in your snacking and main holiday meals can help prevent the average weight a person will gain over the holidays (from Thanksgiving through New Year's Day). If you are hosting a gathering this holiday season **you can reduce fat and calories without sacrificing taste** by swapping out a few ingredients in your favorite recipes.

- Using two egg whites in place of one egg can reduce the cholesterol and produce the same tasty result.
- Use low-sodium, fat-free chicken broth in your mashed potatoes to add flavor and lighten holiday fat content.
- Substitute applesauce for oil, margarine or butter in muffins and quick breads like

banana bread. Try substituting a small amount at first, as the more you substitute the more the texture of the finished product changes.

- For dips, sauces and pie toppings, use non-fat yogurt, sour cream and whipped topping.
- Sliced almonds make a delicious, crunchy topping in place of fried onion rings.
- Choose reduced-fat or non-fat cheeses for salads and casseroles.

Pack your shopping cart with plenty of fresh vegetables like sweet potatoes, winter squash, broccoli, carrots and green beans. Apples, cranberries and pears combine easily for a tasty salad, fruit crisp or topping for the turkey.

If you are a guest at a dinner party or other gathering, consider these tips to keep your night healthy, happy and safe:

- If you plan on treating yourself later, start your day with a small meal that includes whole grains, fruit, dairy foods and protein like eggs, ham or peanut butter.
- Don't starve yourself beforehand. Rather, eat a small, lower-calorie meal or snack such as fruit or a bagel so you aren't tempted to overdo your calorie intake for the day.
- Select carefully between foods you definitely will eat, those you will sample and those you will skip.
- Don't rush to eat. Socialize and settle into the festivities before you eat.
- Move your socializing away from the buffet or appetizer trays. This will minimize the unconscious nibbling.
- When it comes to drinking alcohol, start with a calorie-free, nonalcoholic beverage. Satisfy your thirst before having an alcoholic drink. It is recommended that women have only one to two drinks per day and two to three drinks per day for men.

CHILDREN'S MINISTRIES AND EDUCATION

What's Going on with Children's Ministries

- ★ **In the Narthex** –Available every week: 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 and help him or her to follow along in the bulletin, the hymnal, and the Bible.
- ★ **Dec. 5- Second Sunday of Advent** 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 Holy Family*, work response, scripture reading, and prayer. Parents meet their children in room 205 following the worship service. 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! During Sunday School today, *Godly Play* in Class of the Flames, 1st-3rd grades class.
- ★ **Dec. 12 – Third Sunday of Advent** In addition to regular lessons, pageant costume preparation in children's Sunday School.
- ★ **Dec. 19- Fourth Sunday of Advent** During Sunday School, *Godly Play* in Class of the Scripture, 4th-5th grades class. **Pageant rehearsal immediately following worship. All participants must be present!**
- ★ **Christmas Eve, Friday, Dec.24 – 4:00 p.m. Family Christmas Eve Service with Pageant.** All pageant participants and helpers meet in room 200 at 3:15.
7:30 p.m.: Traditional Christmas Eve Candlelight Service with Communion.
- ★ **Sunday, Dec.26th – First Sunday after Christmas** and the third day of Christmas!
NO SUNDAY SCHOOL – Come to the worship service at 11:00 and give thanks for the birth of our Savior!
- ★ **Remember to read Sunday School Notes every week and check the Education Bulletin Board for information.** *Sunday School Notes* is the weekly newsletter for the children's Sunday School. It is distributed to all children attending Sunday School. Copies are also available on the

table in the narthex and posted on the education bulletin board.

Use the library! There continue to be many **new children's books** that aren't found in the public library with Bible stories and more. The library is easy to use, with self-serve instructions posted inside the door. Return your books to the table just inside the door. Make it a point to bring your family to church a little early – or stay a little late - to check out books! Thank you to our librarian, Ms. Kaye Keyes, who also leads Library Time once per term with each children's Sunday School class!

If you have questions or would like to help with children's Sunday School or nursery, contact Becky Loggins, Director of Children's Ministries: *phone 201-0571 and email bg18@comcast.net*



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.

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



Poinsettias

Order Your Poinsettias - 2010

If you would like to supply a poinsettia to decorate the church for Christmas, please place your order by **December 12**. Fill in the order form below and mail with your check, payable to Tuckahoe Presbyterian Church, to Mrs. Bruce L. Frostick, 1806 LeSuer Road, (23229), or leave it at the church office **no later** than the above date.

Poinsettias cost \$11.25. They are in 7" pots, two plants each.

Plants can be removed from the sanctuary after the 7:30 o'clock Christmas Eve service or any time thereafter. If you would like the plant(s) delivered to one of our shut-ins, please indicate that on the order form.

PLEASE PRINT – PLEASE PRINT

GIVEN BY _____

IN LOVING MEMORY OF _____

PLANT COLOR (**Circle One**) Red White

____ Plant(s) will be picked up ____ (Plant(s) can be delivered to shut-ins



Christmas Poinsettias - 2010

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CHURCH CALENDAR



2010

SUN	MON	TUES	WED	THURS	FRI	SAT
 O Little Town of Bethlehem			1 5:30 pm- Tuckadings 6:00 pm- Dinner 7:30 pm- Handbell 7:30 pm - Endowment	2 7 am Men's Bible Study 7:30pm CHOIR REHEARSAL 8 pm AA Meeting	3	4 10:00am SPARC
5 Centsability Offering 9:30 Sunday School 11am Worship 12:00 Fellowship 12:00 Fellowship -- Committee 6:00 DISCIPLE 6pm YOUTH	6 4 pm SPARC 4 pm Swing Band	7 10:30 Circles Meet 11:00 General Meeting 11:45 PW Luncheon 4:15 SPARC 7 pm DISCIPLE 8 pm - Pops Band	8 5:30 pm- Tuckadings 6:00 pm- Dinner 7:30 pm- Handbell 7:30 Property Div 7:30 Worship// Membership Div.	9 7 am Men's Bible Study 7:30pm CHOIR REHEARSAL 8 pm AA Meeting	10 10:45 am 	11 10:00am SPARC
12 9:30 Sunday School 11am Worship 12:00 Fellowship 12:00 Session 12:00 Freedom House Lunches 6:00 DISCIPLE 6pm YOUTH	13 4:00pm Swing Band 7:00pm Outreach Div 7:30pm Christian Formation Div	14 5:30 pm Emergency Shelter Meal 7 pm DISCIPLE 7:30pm Stewardship 8 pm - Pops Band	15 5:30 pm- Tuckadings 6:00 pm- Dinner 7:30 pm- Handbell 7:30pm - Diaconate Meeting 7:30pm - Session	16 7 am Men's Bible Study 7:30 pm CHOIR REHEARSAL 8 pm AA Meeting	17	18
19 JOY GIFT OFFERING 9:30 Sunday School 11am Worship 12:00 Fellowship 6:00 DISCIPLE 6pm YOUTH	20 7:00pm Pers/Adm 8:00pm Pops Band - Special Rehearsal 8:00pm VA Kennel in Wilson Hall	21 7 pm DISCIPLE 7:30pm Stewardship 8 pm - Pops Band	22	23 7 am Men's Bible Study 8 pm AA Meeting	24 4:00 FAMILY SERVICE & PAGEANT 7:30 CHRISTMAS EVE SERVICE w/COMMUNION	25 CHRISTMAS DAY
26 9:30 Sunday School 11am Worship 12:00 Fellowship 6:00 DISCIPLE 6pm YOUTH	27	28 10 am PW Coord. 3:30 Hilliard House 7 pm DISCIPLE 8:00pm Pops Band	29	30 7 am Men's Bible Study 8 pm AA Meeting	31 NEW YEAR'S EVE	