

# Tuckahoe Torch



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

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OCTOBER 2010



**Generous Giving**

**Today . . . . . Can**

**Lead to Big Things Tomorrow**

A great world leader, Winston Churchill, once said, "We make a living by what we get, but we make a life with what we give ". With autumn upon us, it is time to focus on the subject of stewardship to support Tuckahoe Presbyterian Church.

Our theme this year, *Generous Giving Today.....Can Lead to Big Things Tomorrow*, is based on the scripture from 2 Corinthians 9:6-8 "Whoever sows sparingly also will reap sparingly, and whoever sows generously also will reap generously. Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work."

In early October, an envelope will be mailed to you that includes a letter, a giving card, and a booklet containing important information we thought you would like to know. We encourage you to read through the booklet thoroughly and perhaps gain a better understanding of the financial operations and needs of Tuckahoe Presbyterian church.

Please mark your calendars for two very important dates in the life of the church - Attend a special worship service, starting at 10:45 a.m. on **October 24<sup>th</sup>** to hear Dick Sommers speak to us about stewardship. Immediately after service that day, attend a luncheon with our guest speaker and visioning process leader, Nancy Dawson, as she leads us in a forum on the congregation's responses from our visioning small groups study. The stewardship season will culminate on Giving Sunday, **October 31<sup>st</sup>**. We will all be asked to bring our Giving Cards forward at the conclusion of our Worship Service.

Let us all pause during this busy season to reflect on our gifts of treasure, time and talent and the sharing of these gifts to support Tuckahoe's tomorrows.

**With humility and gratitude,**

*Laura Hewer*

**Stewardship and Finance Division**



## ABOUT OUR MEMBERS

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### FLOWER COMMITTEE

After the circles meet on Tuesday, October 5, 2010, at 11 a.m., there will be a meeting of the Flower Committee in Room 103. This meeting is to decide how best to continue our service of floral arrangements for the church. We would appreciate you making plans to attend this meeting.

Anita Frostic

**CONGRATULATIONS** to Ann Darden on the birth of her 4th great-grandchild on August 27, 2010, her wedding anniversary! Joshua Robert Klein was born to Jenny and Steve Klein. Joshua's middle name is in honor of his great-uncle, Bob McGee.



### New Member



We welcome **Laura Graham** who recently moved here from California and has joined our church. She is a certified Home Health Care provider and her address is 1906 Read, Richmond, VA 23223, telephone number: Cell 626-543-4844.

### LUNCH BUNCH

There will be no LUNCH BUNCH the first Monday in October, but hopefully they will resume the first Monday in November.

### FALL CLEANUP DAY

The date for Fall Cleanup has been set for November 13th at 8 a.m. Please see the Flyer near the end of the Torch for more details.

### NEW MEMBER SEARCHING FOR HOUSING

Laura Graham is looking for an apartment/housing rental that will accept a small, very well behaved (non-barking) dog. She would like a place with yard access or a park nearby, in the Northside/Ginter Park, Museum and Church Hill neighborhoods, but is open to all areas. She is able to pay \$500-\$600 monthly. Laura is also a certified Home Health Care provider and would be open to an arrangement with a senior companion aspect.

Please call or e-mail her if you know of any prospects for an affordable housing situation. You can reach Laura on her cell phone: 626-543-4844, or e-mail at [lulagrae@gmail.com](mailto:lulagrae@gmail.com).

### FALL OPEN GOLF TOURNAMENT

Sunday, October 10, 2010

Belmont Golf Course

\$37.00 per player

Deadline to register: October 3

## WITHIN THE CHURCH

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### CIRCLE 2 WELCOMES YOU

Circle #2 would like to invite women who are interested in Bible study and good fellowship to join us for our monthly get-togethers. We will be meeting at an earlier time the first Monday of each month, 7:00-8:30 p.m., at Ruth Anna Langdon's home every month. Ruth Anna lives less than a block from the church at 903 Regester Parkway. Bible study leaders will be Dee Daughtrey, Pat Macaulay and Meg Packard. We're the only circle that meets at night. Every June, we conclude our year by going to dinner at Brio's! Contact Pat Macaulay, Circle #2 leader, for any additional information (pmacaula@richmond.edu) or 323-1190. Come join us on October 4th!



### REPORT ON YARD SALE



The Tuckahoe Yard Sale on September 11 was a huge success! Over 50 volunteers worked over 500 hours to make it happen. Three outside groups donated items, and over 100 church members donated items. The volunteers made it happen. Those who worked at least 20 hours each (up to 45 hours) include:

John Flournoy, Lucky Wroniewica, Ann Watson, Sherry Flournoy, Terry Brady, Patty Withrow, Barbie Keates, Laura Brady, Patty Withrow, Barbie Keates, Laura Brady, Jan Stevens.

Special thanks to others who worked from 4 hours to 19 hours each! Nancy Millsaps, Jewel Patrini, Bill Stallings, Amy Glass, Ann Moses, Ruth Ann Hoge, Anita Frostic, Julie Guller, Betti Prentice, Gene Self, Kay Keyes, Joyce O'Leary, Bob Miller, Gail Miller, Leslie Shimer, Beth Ayers, Owen Ayers, Ruth Anna Langdon, Butch Richardson, Sandy - Richardson, Anne Beane, Gena Wallace, Charlotte Sayre, Ann Anderson, Pam Turpin, Marty Turpin, Nancy Fabian, Heather DeBolt, Jackie Stallings, Pam Burch, Rachel Burch, Colin Hogg, Barbara Maiden, Meg Packard, Jean Hayes, Kathy Townsend, Mary McGee, Ray Hoge, Sabrina Lindfors, Shawna Shade. Special thanks to all who worked. This was an effort totally dependent on volunteers. I hope I did not forget anyone's name, and want you to know that no matter how much or how little time you gave or what you donated, we truly appreciate your participation in this sale.

We raised almost \$6,000! We will begin the next part of the project, painting and cleaning up Wilson Hall in November. If you like to paint... or clean... we could also use your help on this part of the project. Wilson Hall will soon have a cleaner, fresher, newer look that we will all be proud of.

**Camellia Wroniewicz**

### CASINO NIGHT AND SILENT AUCTION

Our Casino Night and Silent Auction was quite a success! Thanks goes especially to Stan and Donna Sauer who provided our casino games and entertainment. Thank you too to all who volunteered, bought tickets and donated items to the Silent Auction. **We raised over \$4000** toward our mission trip to the Dominican Republic in the summer of 2011.

## WITHIN THE CHURCH (cont'd)

### PRESBYTERIAN WOMEN



Thanks to all who helped to make the fall luncheon a success. A nice assortment of school supplies were collected for Crestview Elementary School.

Please remember to save **Box Tops for Education**, which are donated to Crestview School. Each top is worth 10 cents, which the school can use for purchasing various supplies or library books. It is not necessary to save an entire box top, just the little label which says "Box Tops for Education." It is usually a rectangle about 1 inch wide. Some common products which have the Box Tops label are Gold Medal flour, Progresso Soups, Betty Crocker products, Cottonelle Bath Tissue, Kleenex tissues, Scott paper towels, Land 'O Lakes products, Pillsbury, Chex Mix, Fruit Roll Ups, Nature Valley products, Ziploc bags, Hefty Waste Bags, and General Mills cereals such as Cheerios and Total. Contact Ginny Creech at 282-5017 for further details.

The Presbyterian Women will hold their annual **Harvest of Love** on Sunday, **November 14**. All church members are encouraged to participate in this very worthwhile project. There are opportunities for everyone. No sewing required! This year we will support the following organizations/projects:

**VCU Medical Center:** Knitted or crocheted baby hats.

**Samaritan's Purse:** Shoe boxes for Operation Christmas Child. In order to print a label for your box, see [www.samaritanspurse.org](http://www.samaritanspurse.org) for details. If you do not have internet access, please contact Gail Miller at 359-1230 or Becky Theuer at 364-8161 for further information.

**Presbyterian Disaster Assistance:** Baby kits and hygiene kits are needed for Pakistan. Following are details of items to include:

#### **Hygiene Kit**

- 1 — hand towel (approximately 16" x 28", no fingertip or bath towels)
- 1 — washcloth

- 1 — wide-tooth comb (remove from package)
- 1 — nail clipper (no metal files or emery boards; remove from package)
- 1 — bar of soap (bath size in wrapper)
- 1 — toothbrush (in original packaging)
- 6 — Band-Aids® or other adhesive bandage strips

Please do not add toothpaste to the Hygiene Kit. Toothpaste which has an extended expiration date will be added to Hygiene Kit shipments just prior to shipment. Seal all items in a one-gallon plastic bag with a zipper closure.

#### **Baby Kit**

- 6 — cloth diapers (available at Target)
- 2 — T-shirts or undershirts (no onesies)
- 2 — washcloths
- 2 — gowns or sleepers
- 2 — diaper pins (available at Babies R Us)
- 1 — sweater or sweatshirt
- 2 — receiving blankets (one can be a hand-knitted or crocheted baby blanket)

All items should be new and under 12 months in size. Wrap items inside one of the receiving blankets and secure with both diaper pins.

**Becky Theuer**  
Secretary, Presbyterian Women

### A HEARTFELT "THANK YOU"

The Presbyterian Women would like to thank the men of the church for all of their hard work in taking care of our church property. We no longer have a custodian, and the men have assumed many responsibilities. These jobs include setting up and taking down chairs and tables for receptions and meetings, changing light bulbs, checking trash cans and taking out trash, plus countless other tasks too numerous to mention. We appreciate their efforts in keeping our facilities clean, pleasant, and in good working order.

## OUTREACH DIVISION

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### Interfaith Services of Henrico

This faith based organization is again coming together to directly help Henrico County citizens in need. This year we are involved in the **Henrico Thanksgiving Food Box Program**. Individuals, families, or groups such as Circles, Sunday School Classes, or Youth groups can participate. Thanksgiving boxes are provided to needy families and individuals within the caseloads of the Henrico Department of Social Services. Donors prepare the food boxes which usually include food for Thanksgiving Dinner, plus other food items.

Some guidelines are that the food boxes should feed a family of six and should not include frozen or fresh turkeys and no perishables. Some ideas for the boxes are: **a gift card for the value of a turkey, canned gravy, stuffing mix, potatoes, dessert item, canned vegetables, canned soup, canned fruit, peanut butter and jelly.**

After you have filled a box, please take it to the church library by November 14, and if you have questions, **contact Meg Packard at 754-0602, or Kaye Keyes at 360-7371.**

Thank you again for helping with this worthwhile project.

**Meg Packard and Kaye Keyes**

### CentsAbility Offering

A visitor to our church on the first Sunday of each month might wonder what is going on when we go forward to dump the contents of a soup can into a kettle. The clinking sound may even wake some folks. This sound of coins falling into a kettle is our CentsAbility offering. This denomination-wide effort started several years ago as The Least Coin offering. It has now evolved into what we know as the CentsAbility offering. Each family in our congregation is encouraged to deposit loose coins in the can throughout the month and bring the can to church on the first Sunday. Money received from this collection is designated for feeding programs.

Of the money collected, 60% goes to the presbytery and 40% stays at Tuckahoe. Tuckahoe's part is used pay for Freedom House lunches which we prepare and deliver the second

Sunday of each month. In the past, our share of the CentsAbility offering has covered the cost of food for these lunches. More recently, however, the amount of money collected has dropped so that the cost of these lunches is not covered. It is essential that we try to increase the amount of this offering. In many cases we just forget. Please write a reminder to yourself on whatever calendar guides you through your week. If we each do a little bit, it will make a big difference. **REMEMBER: CentsAbility offering - first Sunday of every month.**

### LAMB's Basket

Another reminder: Non-perishable foods are collected on the first Sunday of every month. This food is delivered to LAMB's Basket, a community food pantry in the Lakeside area. LAMB's Basket is run by a coalition of several churches in Henrico County. Most people who come to LAMB's Basket for food are referred by Henrico County Social Services. In the past Tuckahoe has been very generous in contributing to this effort. However, for the months of Aug. and Sept., our collection has been in the range of 20-40 pounds. In July the children in Vacation Bible School collected 200+ pounds as their mission project. Could we use this number as a measure and try to reach it again? Do we just forget? Possibly. Let's step up to this challenge. **REMEMBER: First Sunday of every month- bring food to the LAMB's Basket table in the area between the Narthex and Duntreath Hall, near the table where you get your name tag. We can do better than 30 pounds!**



## OUTREACH DIVISION (CONT'D)

### OPPORTUNITY TO SERVE

#### FREEDOM HOUSE

Among those who benefit from the ministry of Tuckahoe's children, young people and families are the residents of The Community Shelter program at Freedom House, located on Hull Street in South Richmond. On the second Sunday morning of each month, a Sunday School class prepares 40 bag lunches, which a Tuckahoe family delivers to Freedom House after worship.

The lunches are distributed to the single adults who live for 12 months at the Community Shelter, a transitional facility which helps them obtain the skills and tools they need to live independently. Sometimes residents have been on the streets for so long that they have forgotten the basic skills needed for day-to-day living. Residents are required to work, participate in any recovery that may be needed, and work closely with a case manager to accomplish positive changes to which they have committed. Residents attend workshops on topics such as money management, résumé writing, health awareness, life skills and computer training.

In addition to the Community Shelter, Freedom House operates the Conrad Center and Sean's Place. The Conrad Center serves breakfast and dinner five days a week, and dinner on Saturday and Sunday, throughout the year to the homeless and working poor. Some guests dine at the center to help make ends meet, others because an addiction to drugs or alcohol is temporarily keeping them from self-sufficiency, or, after years of neglect, they have become accustomed to the lifestyle of being on the streets.

Sean's Place, a 13-bed home, serves as an 18-month transitional program that helps residents who no longer need the day-to-day guidance of a case manager, yet still require a stable and supportive environment to maintain their recoveries. While at Sean's Place, clients are required to pay rent, strengthen their personal finances (including reducing any outstanding debt), and begin the search for a permanent housing solution. Even after residents make this final transition, Sean's Place offers aftercare to help new graduates maintain their successes.

Thanks to these Tuckahoe families who are delivering bag lunches to Freedom House again this year: **Kathy and Dave Bauer, Anne and Tim Beane, Judy and Tim Bice, Terry and Pat Brady, Amanda and Curtis Carr, Mickey and Dick Mateer, Carrie and Alex Miller, Nancy and Bill Millsaps, and Leslie and Chuck Shimer.**

**Pat Miller**

#### **LONG WALK TO FREEDOM BOAZ & RUTH**

Each week 200 prisoners are released from Richmond City Jail. The release from prison or jail is only the beginning of a person's walk to freedom. Ex-offenders make up 63% of the homeless population in Richmond. Boaz & Ruth and many "Solution Providers" are pleased to invite you to participate in the fourth annual "Long Walk to Freedom" on Saturday, October 9 from 9:00am to 12:00pm. This walk raises awareness and funds for the many programs supporting effective re-entry in Richmond. For more information visit [www.longwalktofreedom.org](http://www.longwalktofreedom.org) or call (804) 329-4900.

**Pam Burch**

## CHILDREN'S MINISTRIES AND EDUCATION

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### Do you know about.... Childcare and First Sunday Children's Church

*And they were bringing children to him, that he might touch them; and the disciples rebuked them. But when Jesus saw it he was indignant, and said to them, "Let the children come to me, do not hinder them; for to such belongs the kingdom of God. Truly, I say to you, **whoever does not receive the kingdom of God like a child shall not enter it.**" And he took them in his arms and blessed them, laying his hands upon them –Mark 10:13-16*

Tuckahoe strives to place the importance on children that they should have. Jesus' words let us know that the importance is huge.

#### • NURSERIES AND CHILDCARE:

There is a nursery in room 104 provided for ages **infants through 23 months** during the Sunday School hour and continuing through the worship service. Children beginning at age two attend Sunday School from 9:30 until 10:40. During worship, the nursery in room 102 is open to **ages two and three years old**. Mrs. Khon Mel is our beloved nursery worker in room 104. During worship, one volunteer assists her. Scheduled volunteers staff the two through three-year-old nursery. Parents are to sign in and out with name and special instructions. The volunteers also sign in on a separate page provided.

Children **age four years old and up** begin the worship service in church with their families. In the narthex is a box of coloring pages and crayons on clipboards for children to take with them into church. The page relates to the readings for that day and is very appropriate in keeping little ones busy. There is a "time with the children" each Sunday when the children are invited to come to the front of the church to listen to special words just for them. Immediately following the children's time, **children age 4 years through First Grade** have the option of staying in worship with their families or leaving the church with adult volunteers – our "shepherds".

The children who leave the church will go to room 105 for individual or group activities. Weather permitting, they will at times go to the playground.

Our scheduled nursery helpers are parents of children who regularly use the nurseries, teens who regularly take part in youth activities, and other adult volunteers. Nursery schedules and policies are posted outside of the nursery rooms and on the children's ministries bulletin board. Current and following week's scheduled volunteers are also included in weekly Sunday School Notes.

#### FIRST SUNDAY CHILDREN'S CHURCH:

On the first Sunday of every month from October through May, Ms. Becky Loggins will lead First Sunday Children's Church with that group of children in a complete *Godly Play* session. On those days, following the children's sermon in church, the children will go from the sanctuary with Ms. Loggins to room 205.

**An adult family member should pick up their child and sign them out from both nurseries and Children's Church. If an older sibling is to pick up a child, please notify the adult leaders for that day ahead of time for safety / communication reasons. That sibling must be able to sign the child out.**

If you have questions or would like to volunteer your time, please contact Becky Loggins at 201-0571 or email [bg18@comcast.net](mailto:bg18@comcast.net) .

*Becky Loggins, Director of Children's Ministries*



Children (continued on page 9)



## 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.

**Saturday and Sunday, Oct. 2-3-** Congregational Retreat at Camp Hanover, a wonderful way for our church family to spend time together!

**Saturday, Oct. 31** – Halloween, or All Hallows Eve – the evening before All Saints' Day. Read the upcoming article in *Sunday School Notes* about the meaning of Halloween, and use the Halloween prayers for children within that article.

**All Saints' Day, Nov. 7-** the children's Sunday School will explore Modern Day Saints with special visitors. Don't be alarmed if you see a fire truck! Also, First Sunday Children's Church, led by Ms. Loggins, for age 4 through 1<sup>st</sup> grade.

**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 this year!** There continues 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!

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

### A Wonderful Beginning to Children's Sunday School!

Our Children's Sunday School Rally Day on September 12 kicked off the 2010-2011 education year with a full house once again! About fifty parents, children, teachers and volunteer support staff gathered in room 200 where, after opening prayer and scripture reading, volunteers were commissioned. Children were then dismissed to their classrooms and parents remained for an information session with Becky Loggins.



#### WISH LIST for Children's Sunday School:

- **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")**
- **Elmer's White Glue – small bottles**
- **Crayola brand LARGE crayons**

*Almighty God, you have blessed us with the joy and care of children. Give us calm strength and patient wisdom as we bring them up, that we may teach them to love whatever is just and true and good, following the example of your Son our Savior, Jesus Christ. It is in Christ's name we pray. Amen.*

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

**(continued on page 10)**



## MAKING SENSE OF OCTOBER'S SPOOKY FUN

Hallowe'en is related to an old, old festival. Thousands of years ago in some places in the world (before the Christian religion came to these countries) including England, Scotland, and Ireland, the day that is now November 1 began a new year. People believed there was a sort of war between summer and winter, and the "army" of winter - ghosts, goblins, witches, and other kinds of evil creatures - grew very powerful. On the night before Summer's End, October 31, people were sure all those evil creatures would be out celebrating - and may attack them. The people held special ceremonies to protect themselves. Bonfires were built to light up the night, and strange costumes were made of masks and animal skins in hopes that these disguises would keep the evil creatures from recognizing them.

Hundreds of years later, Christianity came to these countries. The early Church Fathers let the people keep the old tradition, but changed it to a Christian feast by holding it in memory of all saints, and known as All Saints' Day or All Hallows Day (*hallow* comes from the old English word *halwe*, or as we now say, holy). The eve of the festival (the night before) became All Hallow E'en. \* **E'en, and even are old, abbreviated ways of saying "evening". After a time, it was shortened to "Hallowe'en" or "Halloween".**

People still remember, even after thousands of years, that ghosts, witches, and goblins were supposed to be the most powerful on Hallowe'en, and that people put on special costumes, which children do now not in serious fright, but spooky fun.

On All Saints' Day, we remember the known and unknown saints and on the day following, Nov. 2, traditionally called All Souls' Day, all the faithful departed are remembered. In some churches, the remembrance of the faithful departed is combined, on Nov.1, with All Saints Day. **When All Saints' Day is not on a Sunday, many churches celebrate the Sunday following as All Saints' Sunday as we do at Tuckahoe.**

## HALLOWEEN PRAYERS FOR USE WITH CHILDREN

**As part of your Halloween fun this year on October 31, please consider using these prayers as a way to remind our children that we have nothing to fear because we are loved and cared for by Jesus Christ, the light of the world.**

**Before going out to "trick or treat"...**

Dear God,

You have come to bring light to the world and to chase away the darkness of my fears. Guide and direct me as I go out into my neighborhood. Help me to be considerate of others and to be thankful for the candy and treats that I may be given tonight. Also, help me to remember to say "thank you". Because you are with me always, I know that I don't have to be afraid if I see scary masks or hear scary sounds. Keep me safe and let me have a fun evening. This I ask in the name of Jesus Christ our Lord. *Amen.*

**After coming home from "trick or treat"...**

Dear God,

Thank you for keeping me safe tonight. I thank you for all of my friends and neighbors. Let me be an example of how your disciples should live, so that they will come to know and love you. Thank you for sending your Son, Jesus, so that I never have to be afraid of things that seem different or scary to me. Please help me to share my treats with my family and friends. I also pray a special prayer for all the boys and girls in the world who are afraid and need homes, food, and clothes to wear. Please care for them and let them feel your love and presence tonight and always. I ask these things in Jesus Christ's name. *Amen.*

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

## Healthy Fast Food: Tips for Making Healthier Fast Food Choices

From restaurants to drive-thrus, America has a big appetite for fast food. It's hard for busy, hard-working people to pass up fast food when it's got all the things we like: convenience, flavor, and generally, low cost. Unfortunately, choosing fast food meals more often may not be the healthiest option for any of us. Eating just one fast food meal can pack a full day's worth of calories, salt and saturated fat. The good news is that many restaurants are adding healthier options to their menus. Moderation is always key. And planning ahead can help you relax and enjoy dining out without giving up nutrition or gaining unwanted pounds.

The key to eating out is to choose foods that offer the most nutrition for the calories you'll be eating. When reading through a menu, try these healthful tips:

1. **Read before ordering** – Dishes labeled deep-fried, pan-fried, basted, batter-dipped, breaded, creamy, crispy, scalloped, Alfredo, au gratin or in cream sauce are usually high in calories, unhealthy fats or sodium. Order items with more vegetables and choose leaner meats.
2. **“Undo” a few food add-ons** - When ordering, be aware of high calorie additions such as salad dressings, cheese, bacon bits, sour cream, mayonnaise, gravy and extra butter. Consider leaving them out, or opting for lower-calorie versions if available.
3. **Pass on the buffet** – All-you-can-eat buffets, even salad bars, are an invitation to overeat. And they're usually stocked with many high fat, high calorie food items too. If you eat at a buffet, check out all the food offerings before filling your plate. Use a smaller, salad-size plate when you're ready to get your food. Opt for vegetables without butter, gravy

or cream sauces. Choose leaner meats like chicken without the skin or baked/grilled fish if available.

4. **Ask questions** – If you don't know what's in a dish or don't know the serving size, ask your server. Request that your vegetables and main dishes to be served without dressing, sauces, butter, cheese and other higher-fat add-ons. Instead, ask for these items “on the side” so you can “dip” rather than pour these items on your food. Request grilled, broiled or baked foods if those cooking methods are offered.
5. **Watch portions** – Watch out for words like jumbo, giant, mega, deluxe, biggie-sized or super-sized. Even if they seem to be a better value (i.e., more food for the money), larger portions can mean more calories, saturated fat, cholesterol and salt. Order a regular or junior-sized meal instead. Or, if you want to share the jumbo meal with a friend, eat only half. This goes for jumbo drinks too – sugary sodas, juice drinks, or milkshakes and coffee drinks – which can pack extra calories, caffeine, sugar and fat.
6. **Share** – Sharing appetizers, entrees and desserts with dining partners is a great idea! It will help you avoid the temptation to overeat.
7. **Remember the big picture** – If you know you'll be eating out for dinner, plan for it. Get your normal calories from a nutritious breakfast and lunch; then try to avoid extra calories from snacking or from eating foods when you're really not hungry. That way, the extra calories you may get from eating out will balance at the end of the day.

**Submitted by Virginia Cullop**



**ENJOY!**

# OCTOBER YOUTH GROUP NEWS & SCHEDULE

## Vision Groups

During most of the month of October our youth will be participating in the congregation-wide vision process. The advisors, Fred and I, feel that it is important to have our young people involved as much as possible in the process whereby we listen to where God is leading us. Our young people here at Tuckahoe have gifts and graces to share with their church community and with the larger culture in which they are embedded. One of the particular gifts is that adolescents have a powerful voice and incredible passion – if the youth advisors and I can be a part of opening students up and connecting those passions with the deep needs of our society, then we will begin to witness the transformative power of God's grace take hold of us and our world.

We are starting on September 26<sup>th</sup>, but will continue through the 17<sup>th</sup> of October. In particular, I hope that we can gain some insight about how we can expand our worship practices to be more inclusive of our youngest members. We'll be splitting into four small groups during our regular youth group time (Sundays @ 6:00) and reading through the "purple book". It's not too late to join a group.

### **All Church Retreat**

By the time you receive this we'll likely have already been to Camp Hanover for our All Church Retreat on October 2-3, but I thought I'd take a minute to explain why the Christian Formation Division sought to undertake this endeavor and why I, as someone familiar with research in the field of adolescent faith development, think that this is an important event in the life of our congregation.

If you've read the Torch within the last few years, or attended one of the parent focus groups this summer, or our annual parent dinner, you have no doubt heard me mention the National Study of Youth and Religion. Among its many findings was that intergenerational faith experiences (worship, retreats, special events) are incredibly important to the development of a mature and lasting faith. For the past several decades, youth ministry in congregations has been relegated to a basement or to a separate space altogether from the main worshipping community. When I arrived our students referred to TPC's Sunday morning worship as "big church," and, by and large, they didn't attend. Thankfully, we're seeing a few more of our teenage faces in the sanctuary these days. In a nutshell, two of the factors that lead to higher participation rates of youth in worship are:

1) parents who attend regularly and 2) regular and meaningful interaction with church-going adults who are not their parents.

One thing that we hope to accomplish with our All Church Retreat is to provide a natural space for intergenerational interaction. I want to make clear that this is not only for the benefit of our youth. As I mentioned before, our young people have insights and gifts to offer that extend far beyond teaching us how to do energizers.

### **Hoe Down with FPC**

On October 24<sup>th</sup>, we'll meet at First Presbyterian Church on Cary Street and head out to a farm for a good old-fashioned hoe-down. This is the inaugural event and it promises to be a good time. Activities will include square dancing, hay rides, a bonfire and some games. We'll meet at First Pres. at 4:30 and return at 7:30. Chris Mooney, FPC's Associate Pastor for Youth has asked that each student bring \$5 to help cover the cost of food.

### **Can Collecting for VFB/Lamb's Basket**

Since Halloween happens to fall on a Sunday this year, we thought we'd have a little fun. We're going to do some trick-or-treating with a twist – instead of collecting candy, we will be collecting canned foods for the Virginia Food Bank and Lamb's Basket. We thought it would be a great way to serve our community and be a little goofy. No meal will be served on the 31<sup>st</sup>. It's a busy month, but we've got a lot of great things in store. I hope you will encourage your youth (or yourself if you are in 6<sup>th</sup>-12<sup>th</sup> grade) to come on out!

**Steven Good**

### **October**

**2-3:** All Church Retreat (Depart @ 9:30 AM)\*

**10:** Youth Group

**17:** Youth Group

**24:** Hoe Down @ First Presbyterian\*

**31:** Trick or Treat for VFB/Lamb's Basket

### **November**

**7:** Youth Group

**12-13:** MS Lock In (6:00 PM - 9:00 AM)

**14:** HS Youth Group (6:00-8:00)

**21:** Youth Group

**28:** CARITAS (TBD)



# Fall Clean Up Day



November 13th - 8:00 am

**Can You Be Here?**

Details:



What: Tuckahoe Fall Clean Up Day

Why: Because we need help to clean, fix and freshen up the Church for the Fall.

When: Saturday, November 13<sup>th</sup>. Meet in Duntreath Hall at 8:00 am with coffee, juice, muffins and donuts.

How: Many hands make light work, so bring your gloves and a helpful spirit.

What else: If you have questions, call or see Tom Lee, Property Division - 740-4907


We need a bush pruning volunteer consultant to tell us which branches to cut and when! Who will help?



# CHURCH CALENDAR



2010

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>A TASTE OF GRACE</b>  A quote from Martin Luther: "Faith is a living and unshakeable confidence, a belief in the grace of God so assured that a man would die a thousand deaths for its sake."					1	2 10:00am SPARC  CHURCH RETREAT CAMP HANOVER
3 Centsability Offering 11:00am Worship 12:00pm Fellowship 12 - Fellowship Meet. 6:00pm DISCIPLE CHURCH RETREAT CAMP HANOVER	4 4 pm Swing Band 4:30 SPARC 7:00 CIRCLE 2 at R. Langdon's home	5 8 am - Leadership Council 10:15 am Circles 3,4 1:30 pm Circle 5 7 pm DISCIPLE 8 pm - Pops Band	6 5:30 pm- Tuckadings 6:00 pm- Dinner 7:30 pm- Handbell 7:30 pm - Endowment	7 7 am Men's Bible Study 7:30pm CHOIR REHEARSAL 8 pm AA Meeting	8 10:30 am  <b>Rehearsal</b>	9 9 - 12 Noon - Boaz & Ruth - Long Walk to Freedom  10:00am SPARC  <b>Pelefrey Wedding</b>
10 9:30am Sun. School 11:00am Worship 12:00pm Fellowship 12:00pm Freedom H 12:00pm Session Rec. new members 12:45 GOLF 6:00pm DISCIPLE 6:00pm YOUTH	11 4:00pm Swing Band 4:30 SPARC 7:00pm Outreach Div 7:30pm Christian Formation Div	12 4:15 SPARC 5:30 pm Emergenty Shelter Meal 7 pm DISCIPLE 7:30pm Stewardship 8 pm - Pops Band	13 5:30 pm- Tuckadings 6:00 pm- Dinner 7:30 pm- Handbell 7:30 Property Div 7:30 Worship// Membership Div.	14 7 am Men's Bible Study 7:30pm CHOIR REHEARSAL 8 pm AA Meeting	15  <b>5:00 PM Rehearsal</b>	16 10:00am SPARC  <b>Laura Virgin Wedding</b>
17 9:30am Sun. School 11:00am Worship 12:00pm Fellowship 6:00pm DISCIPLE 6:00pm YOUTH	18 4:00pm Swing Band 4:30 SPARC 7:00pm Adm/Pers. <b>TORCH DEADLINE</b>	19 4:15pm SPARC 7 pm DISCIPLE 8:00pm Pops Band	20 5:30 pm- Tuckadings 6:00 pm- Dinner 7:30 pm- Handbell 7:30pm - Diaconate Meeting	21 7 am Men's Bible Study 7:30pm CHOIR REHEARSAL 8 pm AA Meeting	22  10:00 am Brandon Women's Club	23 10:00am SPARC
24 9:30am Sun. School 11:00am Worship 12:00pm Fellowship Report on Discerning God's Vision for TPC and Luncheon 4:30 - 7 pm - YOUTH Hoe-Down w/FPC Cary Street - Farm	25 4:00pm Swing Band 4:30 SPARC	26 10 am PW Meaeting 3:30pm Hilliard House 4:15pm SPARC 7 pm DISCIPLE 8:00pm Pops Band	27 5:30 pm- Tuckadings 6:00 pm- Dinner 7:30 pm- Handbell 7:30pm - Session Meeting	28 7 am Men's Bible Study 7:30pm CHOIR REHEARSAL 8 pm AA Meeting	29	30 10:00am SPARC
31 9:30am Sun. School 11:00am Worship "GIVING SUNDAY" 12:00pm Fellowship 6:00pm Youth- TRICK or TREAT For LAMB'S BASKET						