

# Tuckahoe Torch



Tuckahoe Presbyterian Church  
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Richmond, VA 23226-3624  
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## JUNE - TIME OUT

At Tuckahoe, June through August are the months we experience "Time Out" - we take a break from a lot of activities that we are normally involved in throughout the year; choir, circle meetings, Sunday school, Wednesday night dinners, etc. I read recently that "Time Out" for children was not originally intended as a punishment, but rather as an opportunity to put them in a safe place where they could begin to learn about changing their behavior. Our "Time Out" can also be used to learn, to relax, observe, to read a good book and even change some of our behavior. We're never too young or too old for that! So no matter where you find yourself in the coming months, at the seashore, the mountains, or just resting in your own backyard, here's hoping you'll use your "Time Out" wisely, enjoying the many fun things summer has to offer.

Your Editor



**Annual Picnic**  
Tuckahoe's annual church picnic will be held on the church grounds on Sunday, June 5, at 4:00. Members of First United Presbyterian have been invited to join us and the Pops Band will play. The Fellowship Committee is providing barbecue, buns, drinks, and paper products. You are asked to bring either a side dish or a dessert—you decide which and it doesn't matter what letter of the alphabet your name begins with. Bring lawn chairs and come prepared to have a wonderful time. We aren't even going to consider the possibility of bad weather although if we are mistaken about that, then the event will have to be rescheduled.

### IMPORTANT - IMPORTANT

At the last Worship/Membership Committee Meeting we agreed to combine the 2011 July-August TORCH. If you have any articles or items that you would like to include for either of these months, please get them to the editor, Rachel Gray, by June 18. Her e-mail is rgray1511@comcast.net, telephone number 740-3019. Regular issues of the TORCH will resume in September, 2011, with deadline for articles on August 18th.



## UPDATE ON DENOMINATIONAL ISSUES

Steven Good

As you may have learned in press reports, on Tuesday, May 10, a majority of the presbyteries in our denomination, the Presbyterian Church (USA), have approved a change to our constitution as regarding the way we examine candidates for the ordained offices of elder, deacon, and minister of word and sacrament. Let me take a moment to share with you what has changed and what has not.

### **What has changed...**

With the passage of Amendment 10-A, the following language (G-6.0106b) has been removed from our Book of Order:

*Those who are called to office in the church are to lead a life in obedience to Scripture and in conformity to the historic confessional standards of the church. Among these standards is the requirement to live either in fidelity within the covenant of marriage between a man and a woman (W-4.9001), or chastity in singleness. Persons refusing to repent of any self-acknowledged practice which the confessions call sin shall not be ordained and/or installed as deacons, elders, or ministers of the Word and Sacrament.*

A new paragraph will now replace this one, which obligates presbyteries to examine their candidates *with the guidance of Scripture and the historic confessions of the church* and which delegates any judgment on sexual ethics to the local ordaining body. The paragraph that replaces G-6.0106b reads as follows:

*Standards for ordained service reflect the church's desire to submit joyfully to the Lordship of Jesus Christ in all aspects of life (G-1.0000). The governing body responsible for ordination and/or installation (G.14.0240; G-14.0450) shall examine each candidate's calling, gifts, preparation, and suitability for the responsibilities of office. The examination shall include, but not be limited to, a determination of the candidate's ability and commitment to fulfill all requirements as expressed in the constitutional questions for ordination and installation (W-4.4003). Governing bodies shall be guided by Scripture and the confessions in applying standards to individual candidates.*

The net effect of this change to our book of order means that candidates for ordained service (elders, deacons, and ministers of word and sacrament) are no longer automatically barred from ordination on the basis of sexual behavior. All judgments about the suitability of candidates for ordained ministry to the office of Minister

of Word and Sacrament will now rest upon local presbytery bodies - the Committee on Preparation for Ministry in the case of candidates seeking ordination, and the Committee on Ministry in the case of ministers who are already ordained and seeking transfer into the Presbytery of the James.

The change in language is reflective of the difficulty our denomination has had in identifying, addressing, and applying a normative Christian sexual ethics across a theologically diverse body. In some fashion, the debate over sexual ethics has been a reality at virtually every General Assembly since 1978 and is not likely to disappear in spite of this amendment's ratification.

### **What has not changed...**

Tuckahoe Presbyterian Church will continue to bear witness to our living savior, Jesus Christ. We will continue to ordain and install those who confess themselves to be sinners in need of grace, who joyfully acknowledge that the gift of this grace is found in Jesus Christ, and who faithfully strive to live their lives in a manner worthy of the gospel.

We will continue to celebrate the good news of Jesus Christ in our worship, in our celebration of the Sacraments, in our teaching, preaching, and in our mission partnerships.

We will continue to work hard at being a community that joyfully invites and welcomes people from across all dividing lines.

Our Pastor Nominating Committee will prayerfully and thoughtfully seek the very best candidate whom God has called to ministry and in whom the church has recognized the gifts and graces necessary for leading our congregation toward that which Christ has called her.

It is difficult to know at this point how the change in language will affect our life together as a denomination or as a church community. As an indication of how divisive this issue has become, our Presbytery was deadlocked at 152-152 with three abstentions when we voted on amendment 10-A in the fall of 2010. We acknowledge that there will be a variety of expressions greeting this change and are committed to hearing any members who wish to give voice to their thoughts. Richard and I will say more in the weeks ahead. In the meantime if you would like to speak with either of us, our doors are always open.



There will be a Lunch Bunch on Monday, July 11th at 12 noon. If you missed out on a Fourth of July celebration, join us and celebrate on the 11th! As always there will be gourmet food and fabulous fellowship. Just remember to bring your contribution of food (non-perishables) for the Lamb's Basket.



### PRESBYTERIAN WOMEN

Many thanks to all who helped to make the May luncheon a success.

Congratulations to **Katharine Calhoun** and **Alice Gilleece**, who were presented the **Life Membership** award at the luncheon on May 3. This award is in recognition of their many years of faithful service to the Presbyterian Women and to the overall life of Tuckahoe Church.

A new slate of officers was installed at the luncheon to serve for the next year, as follows:

- Co-Moderators: Ruth Anna Langdon and Patty Withrow
- Secretary: Becky Theuer
- Treasurer: Meg Packard
- Historian: Rachel Gray
- Search Moderator: Betty Loftis

### **SUMMER SCHEDULE**

On June 5th, our Sunday morning worship service begins at 10 a.m. continuing through September 4th. Regular 11 a.m. services resume on September 11th. Mark your calendars accordingly.

### SAVE THE DATE 2011 TPC Family Retreat October 8 - 9

Please plan on joining your TPC community at wonderful Camp Hanover on October 8 and 9. Last year's family retreat attendees enjoyed the great outdoors, including canoeing, hiking, field games, a bonfire with smores, and an evening of dancing in Wise Lodge, and that was just Saturday. Weather permitting we will again have an outdoor worship service and enjoy Camp Hanover's famous Sunday brunch. This 'all ages' weekend outing is sure to be filled with memorable shared experiences, along with time to reflect on faith and community while enjoying a quiet nature setting. Please mark your calendar and plan on sharing this weekend with your brothers and sisters in Christ.



Flossie Quensen writes "Thanks for the Easter and Mother's Day flowers. They are so pretty. They made my days better and I have enjoyed them so much. Thanks again and my love and prayers are with you all.



We share the news that Mary Wilson, 89, wife of the founding pastor of TPC, passed away on Monday, May 2nd. Her service was held on Saturday, May 7, 2011 at 11 a.m. at Jamestown Presbyterian Church in Farmville, VA.

## **Our Nominating Committee would like you to make some recommendations for church officers to serve 2012-14.**

### **Recommendations for Deacons**

On this form please make nominations for deacons, noting below the names of people not eligible for nomination because they are already serving as deacons.

Persons **already serving** as deacons with terms into next year (2012): Jennifer Albertson, Beth Ayers, Mary Cole, Heather DeBolt, Sherry Flournoy, Ruth Ann Hoge, Barbara Maiden, Meg Packard, Betti Prentice, Sandy Richardson, Leslie Shimer, Jan Stevens and Jane Werner.

Seven deacons will be finishing a term of office but are eligible for renomination: Anne Anderson, Janice Clark, Debbie Coffey, Kathy Lacy, Kathy Manzer, Sallie Rhett, and Jackie Stallings.

### **Nominations for Deacon**

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I personally would be willing to serve as a deacon: \_\_\_\_\_

**Deadline for nominations: June 30, 2011**

**Please put forms in offering plate or turn them into the church office.**

\_\_\_\_\_  
(Signature optional)

### **Recommendations for Elders**

On this form please make nominations for elders, noting below the names of people not eligible for nomination because they are already serving as elders.

Persons **already serving** as elders with terms extending into next year (2012) include: Tim Beane, Phil Calhoun, Bill Crenshaw, Pam Dickerson, Walter Hogan, Matthew Mahoney, Bob Miller, Nancy Milsaps, Will Robinson, Chuck Shimer, Dot Smith and Lucky Wroniewicz.

Six elders will be finishing a term of office, but are eligible for renomination: Dee Daughtrey, Barbara Keatts, Steve Kramer, Jim McLeskey, Marty Turpin and Dixon Wallace.

### **Nominations for Elder**

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I personally would be willing to serve as an elder: \_\_\_\_\_

**Deadline for nominations: June 30, 2011**

**Please put forms in offering plate or turn them into the church office.**

\_\_\_\_\_  
(Signature optional)

### Meet the Neighbors!

Pam Burch



What great neighbors Tuckahoe has! This month I had the pleasure of meeting Kim Hynes. Let me tell you about her.

Kim is originally from Richmond and graduated from Tucker High School. She attended James Madison University and graduated with a degree in accounting and finance. Kim has worked for 15 years for Central Virginia Waste Management Authority (CVWMA), first in finance for eleven years and for the last four years as the executive director. (Shameless plug....are you recycling? It's not that hard to do! Recycling gets the maximum value from a resource and saves energy and natural resources. Did you know that each day CVWMA collects recycled materials curbside, that is over 120 tons of materials which are diverted from landfills each day!)

Kim is married to Andrew and they have three girls ages 7, 12 and 13. Kim has been active in the Crestview Elementary School PTA for eight years. She also serves on the board of Keep Virginia Beautiful. When Kim has free time she enjoys reading and traveling. This spring she trained for and ran in the Ukrops Monument Avenue 10K.

When I asked Kim what she likes about the neighborhood she had great things to say. Like our other featured neighbors, she appreciates the neighborhood's location and how the neighborhood is older and established. Kim likes the mix of people in the neighborhood and how everyone takes pride in their homes and yards. In addition, she likes how the church is the focal point of the neighborhood. Kim also enjoyed attending the youth's talent show and brunch in March.

Please help me in thanking Kim for being a good neighbor to Tuckahoe!

### LAMB'S BASKET

LAMB's Basket is a food pantry which is operated by a coalition of churches in Henrico County. It is open to serve people (most of whom have been referred by Henrico Social Services) on Tues., Thurs., and Fri. mornings. Incoming food is sorted and shelved on Mon. and Wed. This food comes from three basic sources: food collections from churches (Tuckahoe being one of them), surplus food from local grocery stores, and food purchased from the Central Virginia Food Bank with money received from churches and individuals.

We at Tuckahoe have been faithful in the collection of non-perishable foods. In April and May we contributed 47.6 lbs. While this may seem like a lot of food, there is a need for us to contribute more. The first Sunday of each month is the day we have set aside for the collection of food. However, it is easy to forget on that day. If you do forget, bring items when you remember. Contributions are collected on the LAMB's Basket table in the hall area leading from the sanctuary to Duntreath Hall. In addition to non-perishable food items, there are other needs: baby supplies (diapers, formula, bottles, sippy cups); health and beauty items (toothpaste, toothbrushes, bar soap, shampoo, etc.); personal hygiene items (sanitary needs, adult-size diapers, etc.); household products (laundry detergent, dish washing soap, paper towels, etc.) Also needed are grocery bags (large ones with handles) and plastic bags (the ones you use for produce). This is another way to recycle!

There is one more way you can help-VOLUNTEER! Help is needed to sort and shelve incoming food on Monday and Wednesday. On the other three days, help is needed to pack bags for distribution, to dispense them to recipients, and to restock shelves as they are depleted. If you are interested in volunteering one or more days each month, contact Terry Brady. (740-1768) or email [atmbrady@gmail.com](mailto:atmbrady@gmail.com).

## **ATTENTION: YARD SALE JUNKIES**

The Outreach Division is planning to sponsor a church yard sale on Saturday, September 10 and needs your help. Many members have supported our mission trip this year and the money raised at our yard sale will be used for future mission trips.

Everyone that uses our church will have an opportunity to clean out their homes and donate the items that they no longer need. We need your help. Please consider volunteering your time to help Outreach organize and run the yard sale. Last year, over 60 members volunteered their time during the week of the sale.

The yard sale will help put TPC on the map. Yard sale shoppers will be introduced to us and our facility.

This project will be fun. We will need help pricing and organizing the merchandise before the sale. As an incentive, anyone that volunteers for at least three hours will be allowed to shop before the sale starts.

You may bring your items to the church on Wednesday, September 7, Thursday, September 8, and Friday, September 9. Unfortunately, TPC does not have the space to store your items for the sale before Wednesday, September 7.

For more information, contact Steve Kramer at 754-0154, or any member of the Outreach Division.



## CHILDREN'S MINISTRIES AND EDUCATION



### To All Wanna-Be Chefs, Foodies and Construction Workers



You, your food-related items, and your construction abilities are wanted to help prepare for Vacation Bible School! We want to make Duntreath Hall and the hallways look like a huge café or diner, and kitchen (remember the show "Happy Days"???) . Picture diner signs, checkered tablecloths and menus on the walls; kitchen utensils hanging from the ceiling in the hallways, café tables here- maybe with an umbrella - and there loaded with fake food ( like spaghetti and meatballs made from painted Styrofoam balls and rope with a salad made of green tissue paper), huge wisks and rolling pins (shipping tubes and bent wire hangers), and maybe even a hallway the looks like a food court!

Now that you've pictured such a cool transformation, decide how you can help make it happen! Preparation – making and loaning items – needs to start now and the transformation takes place the week before VBS, with final touches done on Sunday, July 17.

Please contact Becky Loggins when you know how you can help! Phone: 201-0571 or email: bg18@comcast.net



### IMPORTANT ANNOUNCEMENT VBS MEETING

for ALL Vacation Bible School  
volunteers (adults and youth)

Sunday, June 5, Room 106

immediately following 10:00 worship.

*Materials will be distributed and details discussed.*

*Please see full volunteer needs information and wish list in this newsletter!*

### Children's Communion Class

The children's Communion Education Class will conclude and culminate on Trinity Sunday, June 19. Children and their families will be seated together in church behind the Communion servers and will receive Holy Communion. Class members are: Logan Albertson, Matthew Moore and Kyle Smith. It will be quite a special day for them as they join with us in remembering Christ's death and encountering the living Christ through the bread and the cup. Please offer your prayers of thanksgiving for them and their families, and be sure to look for them and especially greet them at fellowship time.



### Vacation Bible School Wish List

**Items can be brought to the church office M-Th  
between 9:00 am and 2:00 pm or on Sunday  
mornings.**

Ready-to-Serve Frosting Containers and Lids

\*Small bottles of Elmer's brand glue (prefer 4 oz. size, but 8 oz. will work, too)

\*Rolls of aluminum foil

\*Vinyl or paper red and white checkered table cloths (any size)

\*Kitchen utensils (loan them)

\*Small white Christmas lights (to be loaned \*

Extra large boxes (to be covered with table cloth and used as café tables)

\*Canned or boxed food items (will be donated to Lamb's Basket after VBS)

\*Blender, salt & pepper shakers, small to medium

Chalkboards with chalk or dry erase boards with markers (to be loaned)

\*Empty produce boxes (from grocery, with picture/label on side of box)

\*Anything kitchen or restaurant-related – see article in this newsletter

**\*children registered – remember that this is not a "Tuckahoe only" event. Give forms to your family, friends, and neighbors!**

**Questions? Contact Becky Loggins, phone: 201-0571 or email bg18@comcast.net**

## CHILDREN'S MINISTRIES (CONT'D)

### **Shake it Up Café – Where Kids Carry Out God's Recipe!**

Vacation Bible School 2011 - July 18-2

**Please Note the Open VBS Positions Below**



We still have no decorating lead or team to decorate Duntreath Hall and the hallways - as you know, decorations are an essential part of the success of our program! We must have 2-3 more teachers, Decorating lead, nursery help, and the adult and youth assistants listed! Sign up at the display in Duntreath Hall where specific positions are listed or contact Becky Loggins! Please spread the word!

#### **Decorating Lead**

##### **Teachers:**

- \*1 Teacher or 2 Co-teachers: Rising Kindergarten Class
- \*1 Teacher or 2 C-teachers: Rising 1<sup>st</sup> Grade Class

##### **Snack Prep/Serve/Clean-up**

\*Monday / Tuesday / Wednesday / Friday

##### **Adult Assistants:**

- \*2 : 3 year old class
- \*1 : 4 year old class
- \*2 : Rising kindergarten class
- \*2 : Rising 1st grade class
- \*1-2: Rising 2nd grade class
- \*6-8: Decorating and deco prep, hallways and Duntreath Hall (pre-VBS)
- \*6-8: Crafts
- \*3: Cooking

#### **POSITIONS STILL OPEN:**

##### **Youth Helpers:**

(rising 6th grade through high school)

- \*3: 3 year old class
- \*3: 4 year old class
- \*3: Rising 1st grade class
- \*2: Rising 2nd grade class
- \*1: Rising 3rd grade class
- \*1: 4th-5th grades class
- \*4: Cooking
- \*2: Outreach
- \*4 - 8 : Decorating and deco prep, hallways and Duntreath Hall, pre-VBS
- \*2: Nursery (older youth)



##### **Nursery Care 3 Adults or older youth**

\*2-3 Adults AND 2 Older Youth

**We cannot hold VBS without your time and help. Thank you to those who have already filled a position!**

**Please tell your friends and neighbors to register their children!**

**REGISTRATION / VOLUNTEER FORMS ARE AVAILABLE IN THE CHURCH OFFICE, NARTHEX, AT THE DUNTREATH HALL DISPLAY – REGISTER YOUR CHILDREN & VOLUNTEER TO HELP ON THE FORM**

**Contact Becky Loggins with questions about VBS: Phone 201-0571 Email [bq18@comcast.net](mailto:bq18@comcast.net)**



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



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

- + **Sunday, June 5** – Summer 10:00 worship begins. VBS volunteer meeting at 11:10 in room 106 for ALL VBS
- + **Sunday, June 12** – The Day of Pentecost, the second most important day in the church year, remembering when the Holy Spirit came to the apostles, like the rush of a mighty wind and resting on them as what looked like tongues of fire. (Acts 2:1-21) Wear red today to symbolize the tongues of fire!
- + **Sunday, June 19** – Trinity Sunday, always the Sunday after Pentecost. See the article about Trinity Sunday in this newsletter. First Communion for the children's communion class members.
- + **Week of July 11-15 and Sunday, July 17** – Transforming / decorating for VBS.
- + **Vacation Bible School July 18-22** - ***Shake it Up Café – Where Kids Carry Out God's Recipe.*** Mark your calendars, register your children and sign up to help at the display in Duntreath Hall. See specific volunteer openings in this edition of the Torch.

### ***As the 2010-2011 education year closes, our prayers of thanksgiving for***

...all teachers, assistants, and snack servers who ministered to our young ones of age two years through 5<sup>th</sup> grade during the 2010-2011 Sunday School year.

...our beloved nursery caregiver, Khon Mel, for her year-round ministry of time, love, and faithfulness in caring for the very youngest members of our church family, age infant through toddler.

...all volunteer nursery helpers, youth and adult, who assist Khon and volunteer in our three nurseries throughout the year.

...our librarian, Kaye Keys who leads library time with children's classes throughout the education year.

...the children and their families of our nursery and Sunday School family...for their attention and faithfulness in Christian learning and worship.

***Thanks Be to God!***

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

Your chest burns like a ring of fire and the flames keep getting higher. Ring a bell? More than 25 million adults experience heartburn on a daily basis, and more than one-third of adults in the United States feel the burn at least once a month, according to a study in the *Archives of Internal Medicine*. The pain, which typically arises after meals, can flare in the evening. Heartburn is not related to the heart but is so called as symptoms are near the heart and can be mistaken for serious heart problems like a heart attack. An occasional bout of heartburn may often be managed with preventive diet solutions, weight management, positive lifestyle changes, natural remedies or over-the-counter antacids. But if you experience heartburn frequently, see your physician because the symptoms could indicate gastroesophageal reflux disease (GERD), which may lead to serious problems over time.

### Suggestions to help prevent Heartburn:

- **SQUELCH ACIDS.** When added to the acidic content of the stomach, acidic foods such as citrus and tomatoes can trigger heartburn because the combination results in more reflux to irritate the esophagus.
- **MONITOR FAT.** Foods rich in fat take the longest to leave the stomach, so there's more time for reflux to occur while you digest the foods. Heartburn triggers include whole-fat dairy products, high-fat meats, fried foods, and fatty desserts.
- **HOT HEADS BEWARE.** Spicy foods and onions will often trigger heartburn in some people for no particular reason other than that they just irritate an existing condition.
- **CUT THESE CULPRITS.** Since alcohol and caffeine ignite the burn, cut back or eliminate them. They cause heartburn because they lower the pressure of the esophageal sphincter, allowing stomach acid to reach the esophagus.
- **WHITTLE YOUR WAISTLINE.** Excess weight, especially around the middle, can exacerbate heartburn.
- **PORTION PATROL.** Eat small, frequent meals low in Fat. Drink fluids at least 30 minutes before or after a meal and limit what you drink while eating. If you notice that a particular food bothers you.
- **TURN DOWN TRIGGERS.** Avoid other foods, fluids, and substances that cause relaxation of the esophageal sphincter such as spicy items, tobacco, and peppermint.
- **KEEP YOUR HEAD UP.** Don't lie down for at least two hours after eating, since the recumbent posture provides a lower resistance to gut contents backing up into the esophagus. Elevate the head of the bed by 6 inches to reduce the occurrence of heartburn when you recline or sleep.
- **TRY A NATURAL RX.** Gut-friendly licorice in the form of DGL (deglycyrrhizinated licorice) may offer soothing support because DGL is a demulcent and coats the stomach and esophagus. Aloe vera juice, rice bran oil, and slippery elm, he says, may all be useful in acute or chronic heartburn.
- **SALIVATE.** Chew gum between meals. Chewing gum activates saliva, which is alkaline. It also stimulates esophageal and stomach peristalsis in some of the same ways eating does.
- **HAVE A BANANA.** Bananas are alkaline, high in potassium, and their texture and consistency soothe inflamed mucous membranes.
- **CHANGE YOUR HABITS.** Managing stress, being mindful of food choices, chewing well and slowly when eating, and drinking eight to 10 glasses of water each day are also helpful.

If symptoms are increasing—you have progressive pain, trouble swallowing, or you're losing weight—these are all indications it's time to visit your doctor.

Submitted by Virginia Cullop

## PROPERTY DIVISION

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### Duntreath Hall is being Re-modeled this Summer



By the time this June *Torch* arrives, you will notice changes underway in Duntreath Hall.

Earlier this year, the building committee authorized the Property Division to undertake a large project to redecorate and improve Duntreath Hall over this summer. The scope of the work will include dry wall repair, painting the walls, trim, and ceilings and finally the removal of the carpet that has been down since 1994 and replacing it with a new floor.

The schedules for these activities are:

- June 1-18 for ceiling repair and painting.
- July 25-August 12 for removal of the current carpeting and installation of a new floor.

The Décor committee recently met and selected new paint colors and the floor color.

We would like to have scheduled the projects back to back; however, due to scheduling conflicts with Vacation Bible School and two SPARC camps, the projects had to be divided into two parts. Since the project is being done in two stages, you will have to wait until August to see the finished product. We know the new color scheme won't look good with the 1994 blue carpet, so be patient and when everything comes together, we will have a beautiful new and clean facility as we resume our fall schedule.

# Programmable Thermostat Operation from the Property Division

## Background

Last Fall Tuckahoe installed Programmable Thermostats to help control our heating and air conditioning systems. Each year the Church spends a considerable amount of money to heat and cool our buildings (for example, the gas budget for 2011 is \$20,500 and electricity is \$18,950).

Installing these Programmable Thermostats is one of the most effective and energy savings things that the church can do to better manage our energy costs. The concept of their operation is easy as we are heating and cooling our buildings to comfortable levels when we need it, and are cutting back the settings automatically to cooler or warmer settings, when the buildings are not being used---thus saving energy.

As we transition from the heating season into the cooling season, the Property Division thought that it would be helpful to refresh the members on the use and operation of these Programmable Thermostats. Additionally, we have mounted brief instructions above each thermostat to provide you with an aid in setting the temperature for your meetings, etc.

## General

When you look at the thermostat display, the large number just to the left of center and labeled 'inside' is the actual temperature in the room. The two smaller temperatures (if the thermostat is only used for heating, there may be only one temperature) over to the right are the heating setpoint (top) and the cooling setpoint (bottom). The current day of the week and the time of day are also displayed. If the thermostat is following its programmed schedule, the words 'following schedule' will appear between the setpoints. If someone has overridden the program temperature, the time at which the thermostat will revert to setback will appear to the left, beneath the room temperature.

All thermostats are programmed to remain in setback mode most of the time. In setback, the temperature settings are selected to minimize energy use when the spaces controlled by an individual thermostat are not occupied. The setback temperature for cooling is 82 degrees F and the setback temperature for heating is 65 degrees F. When a thermostat schedule calls for the spaces it serves to be at occupied temperatures, it adjusts the setting to 76 degrees in the cooling mode and 72 degrees in the heating mode. The thermostats controlling the Sanctuary, Education Building, Choir Room, Office/Parlor, Kitchen and Duntreath Hall are programmed to be in occupied mode for Sunday morning services. The Kitchen and Duntreath are scheduled to be in occupied mode for Youth Group on Sunday evenings and for Fellowship on Wednesday evenings. The Choir Room is scheduled to be in occupied mode on Thursday evenings for Choir practice. The Office/Parlor is programmed to be in occupied mode during regular weekly office hours. Wilson Hall is programmed to be in occupied mode for the various community groups that use it on a regular basis.

## PLEASE DO NOT ATTEMPT TO CHANGE THE THERMOSTAT PROGRAMS.

If you believe a thermostat program needs to be adjusted to bring a space to occupied temperatures for a regular event, please contact the Property Division to have the programming adjustment made. Most of the time, it should not be necessary to make any manual adjustments to the thermostat settings. Also, the System setting should always remain in 'Auto' unless the thermostat is for heating only (in the old Education Wing, for instance), in which case it will remain in 'Heating' mode. If you change the setting to 'Cooling' and leave it, the unit will not be able to provide heat the next time it is required, and vice-versa. Finally, the Fan setting should always remain in the 'off' position, which allows for automatic operation. If the setting is changed to 'on' and left that way, the fan runs continuously (24/7) whether the space is occupied or not.

## Override

At times, it may be necessary to bring the temperature in a portion of the Church up to occupied temperatures for a meeting or other less predictable event. To simplify programming and allow flexibility in scheduling, not all Session, Division and Circle meetings are included in the program schedules, so Church Officers need to be familiar with the override procedure.

Should you need to use a space that is in setback, the override procedure is quite simple:


- Apply pressure with your finger at a central point on the thermostat display screen to activate the backlight.
- On the right hand side of the display, you will see the heating setpoint at the top and the cooling setpoint at the bottom, with adjacent arrow keys pointing up and down. If it is winter and the space is too cool, use the 'up' arrow next to the heating setpoint to adjust the temperature to 72 degrees. If it is summer and the space is too warm, use the 'down' arrow next to the cooling setpoint to adjust the temperature to 76 degrees. It really is that simple!
- When you are finished in the space and ready to leave, look for the 'CANCEL' button at the bottom right of the screen and push it. The thermostat setpoint will return to the setback temperature. PLEASE NOTE: There are four distinct schedule periods in the thermostat program, so if you forget to cancel your override, the thermostat should return to the regular schedule within a short period. However, the highest energy efficiency is achieved when you cancel your override as soon as you are finished with the room.

**Thank you for doing your part to help minimize energy costs at TPC!**

# CHURCH CALENDAR



2011

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b>PLEASE NOTE: Ceiling repair and painting in Duntreath Hall June 1 - 18th. Removal of carpet and installation of new floor July 25 - August 12th.</b></p>			<p><b>1</b> 12 pm BULLETIN 12 pm Fellowship Division 7:30 pm Endowment</p>	<p><b>2</b> 7 am Men's Bible Study 8 pm AA Meeting</p>	<p><b>3</b></p>	<p><b>4</b></p>
<p><b>5</b> 10 am Worship 11 am Fellowship 12 Noon - GOLF  4 PM CHURCH PICNIC</p>	<p><b>6</b> 4 pm Swing Band</p>	<p><b>7</b> 8 pm POPS BAND</p>	<p><b>8</b> 12 pm BULLETIN 7:30 pm Property 7:30 pm Worship/ Membership Div</p>	<p><b>9</b> 7 am Men's Bible Study 8 pm AA Meeting</p>	<p><b>10</b> 10:30 MEALS ON WHEELS  </p>	<p><b>11</b></p>
<p><b>12</b> 10 am Worship 11 am Fellowship 11 am Freedom H. 11 am Session Rec. New Members 1 pm Pool Party at Shimers'</p>	<p><b>13</b> 4 pm Swing Band 7 pm Outreach Div 7:30 pm Christian Formation Div</p>	<p><b>14</b> 5:30 pm Emergency Shelter Meal 7 pm Stewardship 8 pm POPS BAND</p>	<p><b>15</b> 12 pm BULLETIN 7:30 pm Diaconate</p>	<p><b>16</b> 7 am Men's Bible Study 8 pm AA Meeting</p>	<p><b>17</b></p>	<p><b>18</b>  <b>TORCH DEADLINE</b></p>
<p><b>19</b> 10 am Worship 11 am Fellowship</p>	<p><b>20</b> 4 pm Swing Band 7 pm Administration Div</p>	<p><b>21</b> 8 pm POPS BAND</p>	<p><b>22</b> 12 pm BULLETIN 7:30 pm Session</p>	<p><b>23</b> 7 am Men's Bible Study 4 pm EXTRA 8 pm AA Meeting</p>	<p><b>24</b></p>	<p><b>25</b></p>
<p><b>26</b> 10 am Worship 11 am Fellowship</p>	<p><b>27</b> 4 pm Swing Band 8 pm Virginia Kennel Assoc</p>	<p><b>28</b> 8 pm POPS BAND 3:30 pm Hilliard House</p>	<p><b>29</b> 12 pm BULLETIN</p>	<p><b>30</b> 7 am Men's Bible Study 8 pm AA Meeting</p>		