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ICHTHUS

August 2019

Newsletter of First Presbyterian Church, Smithfield

Reflections in the Water: Montreat Youth Conference 2019

**Team Work,
Escape Artists,
Last Montreat for
Seniors, Old Friends,
Siblings.,
Family, Sunrise atop
Lookout Mountain**

“Surely the presence of the Lord is in this place.” I am convinced this was written with Montreat in mind.

As a youth I had the pleasure of attending the Montreat Youth Conference five times. I laughed and cried, prayed and played, stayed up until the darkest hours, and hiked the highest peaks just to glimpse the wonder of the sun rising over the mountain tops. As a youth leader, I have had the pleasure of watching our youth experience these things.

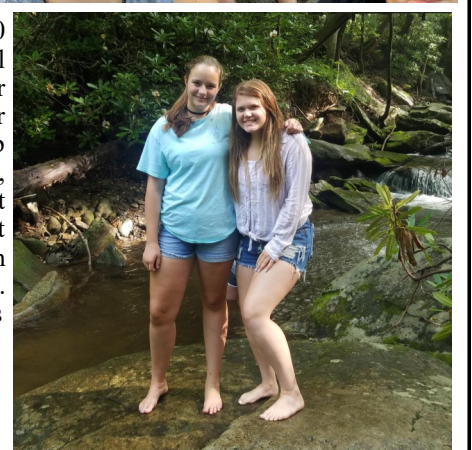
This year's theme was Let Love Lead. Seems like a pretty simple idea, right? But children today are inundated with social media and technology. There is violence on every screen, and their lives are moving too quickly.

Attending this conference allows these kids to feel safe and laugh while growing closer to each other and to God. Our calves and knees hurt from climbing, but our hearts and spirits were renewed.

We want you all to trust in God's support, love those different than you, do good in this world, sing car pool

Karaoke (even when it's 100 degrees in a van), jump in a ball pit, roll down a hill, hang up your eno and journal, sit in a prayer hut and watch the fog rise up over the lake, play giant Trouble, laugh until you cry, climb that mountain, pick up that trash, just make sure you let love lead in everything that you do.

—Shelley Roberts





Prayerful Support for

Eleanor Bell at Barbour Court

Bernice Johnson, Autumn Care of Nash

John MacFadyen at Brookdale, Raleigh

Ellen Rogers in Raleigh

Virginia Williams in Laurinburg

Lucy Worley at BellaRose Nursing and Rehab, Garner

Marie Atkins at Smithfield Manor

Ann Hobgood, Savannah, GA

Tom Barwick

Helen Best

John Booker

Shirley Booker

Beth Daniel

Ruth Daniel

Dot Ellmore

Dennis Ham

Jenny Ham

Jo James

Freddy Johnson

Tom Johnson

Nancy Lee

Sandra Lester

Tony Lester

Bill Leist

Miriam Lore

Earl Maret

Jill Merrick

Becky Peele

Benny Pope

Chap Ragland

Peter Russell

Judy Schmidt

Nelson Vaughn

Betty Welch

Linda Wells in Mt. Olive

William Wells

Joseph Hester, Sr.

Ralph Mosley, brother of Dot Ellmore

Welcome to Tony and Ginger Buffkin who joined the church on June 30, 2019.

IN MEMORIAM

Memorials for Lillian Grubbs, Thomas

Byerlly, Alice Welch Narron

Donor: Maxine McFadyen

Dear Church Family,

I am having a BLAST at camp! I honestly couldn't have even imagined it being so great! I work crazy hours, and am constantly sore and tired, but I wouldn't change it for the world! I take kids rock climbing on our 100ft. rock face, we zip line, hike, practice archery, and have a team building course all here on campus! I get to lead songs during worship, as well as silly songs and skits during camp fire! We kayak, canoe, paddle board, hike part of the Appalachian Trail, camp out, and some weeks we cook all of our food outside! I have been so happy here and am not prepared to leave in just four short weeks. I hope to come home for a few days before classes start back to see you all!



Love and prayers!

Madeline

HIGHLIGHTS

of July Session

- Approved communion for the youth while at the Montreat Youth Conference.
- Approved a "back to school" lock-in for the youth on September 6-7, 2019.
- Approved Todd Higginson leading an August training session for Deacons and any other interested members on how to visit with persons in the hospital and Hospice.
- Approved the Safety Task Force moving forward with implementing a safety plan and asked them to report back to Session with a timeline, a plan on how to communicate with the congregation, and budget requests.
- Approved continuing the 2018 budget through August 31, 2019.
- Approved a task force including Julie Pearce, Sandy Perkinson, and Jennifer Templeton to develop an information session to share the results of the Holy Cow survey with the congregation on Sunday, July 21, 2019, following worship.
- Approved recommendations from Julie Pearce and the Mission and Outreach Quadrant on how to reach out to prospective new members and support new members.
- Approved a Property recommendation to replace the mulch on the playground as funds become available. It is hoped that this will be completed prior to summer music camp.
- Approved receiving new members Tony and Ginger Buffkin by Reaffirmation of Faith on June 30, 2019.
- Approved a request from the pastor to take leave time from the congregation and his pastoral duties for wellness and rehabilitation in a residential rehabilitation facility in Durham, NC from August 4-September 12, 2019, followed by a week of previously approved Continuing Education.

If you have items you wish to bring before Session, please contact Debbie Jacobs, Clerk.

—Debbie Jacobs



Music for the Lunch Bunch

Final Three Performances of the Summer And What a Summer It's Been!!

Wednesdays, 12:15 p.m.

August 7

The Golden Girls
Our Sanctuary

August 14

Organ Recital and Vocalists
Todd Johnson, Organ

Will Massengill, tenor, and Donna Stephenson, soprano
First Baptist Church, Benson

August 21

Neuse Little Theatre
Selections Celebrating
August 21
at the Hut



Music for the Lunch Bunch
is grassroots funded by
the Johnston County Arts Council
and the North Carolina Arts Council



JOY Connection Resumes in September

The 2019-2020 season kicks off September 5 with a tour of Italy! Bill and Shirley Sharek who spent four weeks enjoying the food and beauty of Italy will give a talk about their adventures, and Shirley Sharek, Lisa Deans, and Debbie Jacobs will prepare an Italian meal to accompany the program. This event takes place in our fellowship hall, is open to anyone 55 or older, and is provided at NO cost. Join us at 12:00 for a good meal, a lovely tour of a lovely country, and good fellowship. Bring a dessert if you'd like and a friend if you can! See you then!



JOY CONNECTION

—Sandy Perkinson

First Presbyterian Church Operating Results January—June 2019

	Jan—June Actual	Jan—June Budget
Revenue		
General Offering	159,796	84,286
Disbursements		
Education Quadrant	17,821	15,680
Mission Outreach Quadrant	7,536	8,275
Spirituality Quadrant	78,560	78,286
Stewardship Quadrant	62,916	58,947
Total Disbursements	166,834	161,188
Net Income/(Deficit)	(7,039)	(76,362)

VISION 2020 Capital Campaign as of 6/30/2019

\$ 416,784 Pledge Gifts
 \$ 30,864 Memorials/Honorariums
 \$ 61,682 Other Gifts
 \$ 509,330 Total Gifts

\$ 537,386 Total VISION 2020 Commitments
 \$ 732,865 Mortgage Balance

—Jaime Beasley

Troop 95 News

Troop 95 has been on its summer break. We're ready to get going again. Regular scout meetings will resume in September. If you know anyone interested in joining Troop 95, have them contact Evans Horne, Scoutmaster.



Thanks for your continued support of Troop 95.

—Davis Bell

Hospice Meals

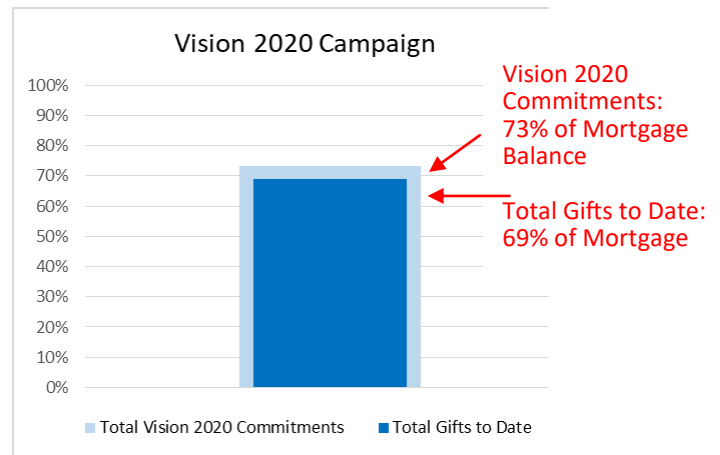
The Mission Outreach Quadrant partners with the volunteers and staff at SECU Hospice House in Smithfield a number of times throughout the year to provide an opportunity for our congregation to share our support and care to the families with loved ones at Hospice House by providing and serving a meal for the families, volunteers and staff. Special thanks to Betsy Olive, Eve Creech, and Eve's granddaughter, Lydia, for providing dessert on June 26 and to Betsy and Eve for providing lunch on Saturday, June 29.



Lisa and Frank Deans will be coordinating dinner on Sunday, September 15. Please watch for a sign-up sheet in the vestibule if you would like to participate with this meal.

Thank you for your continued support of this caring mission.

—Greg and Joyce Knoll



**Presbyterian Women's
Coordinating Team Meeting
Monday, August 12, 2019
10:00 a.m.
Fellowship Hall**

SAM Food Closet

The congregation brought in 128 food items in July to donate to the SAM Food Closet that serves those in need in the Smithfield area.

Isaiah, a wise man and great prophet, said, "If you offer your food to the hungry and satisfy the needs of the afflicted, then you light shall rise like light in the darkness and your gloom will be like noonday." Mighty words for those who have and give to those who are poor and hungry.



Challenge: Let's everyone bring one food item (or more) to Yes We Can Sunday on August 18. If we bring just one item, we will temporarily satisfy someone's hunger, and both they and we will shine as bright as the noonday sun.

—Hubert Schmidt

Harbor's Back to School Needs

- Backpacks
- Notebooks
- Pens
- Pencils
- Markers
- Glue sticks

Please place these supplies in the basket in the Great Hall.



Communications and Technology

FPC Smithfield has gone LIVE on Facebook! Each Sunday, our worship service will be streamed live on Facebook. It is very simple to access. Simply sign into your Facebook account, LIKE the FPC Smithfield page (the one with the profile picture of the red front doors), and set a notification to let you know any time there is a live telecast. Many thanks to Evans Horne, Bill Sharek, and Greg Bell for their hard work to get this outreach technology available. If you can not be a church, you can still "be there" through this new technology. If you have any questions or help getting set up, please contact Evans, Greg, or Debbie Jacobs. Please comment to let us know how you like it. We will also be tracking "virtual attendees". Feel free to share the page and video with your other Facebook friends!



It is important for the church to have your correct contact information. If your phone, email, or mailing address has changed, please let Debbie Jacobs and the church office know so that we may keep our records current. An updated directory is now available through the eNews. Please check the latest update to ensure we have your contact information correct.

—Debbie Jacobs



Thanks

I would like to thank my church family for the loving compassion and kindness shown to my family in the loss of my daughter Alice Narron.

The Presbyterian Women provided a lovely luncheon which was so appreciated. Bless all the helpers who expressed sympathy and gave us solace.

God bless you,
Betty Welch



CHANGE SERVICE REQUESTED

AUGUST 2019

Smithfield, NC 27577

PO Box 1159

First Presbyterian Church

NON-PROFIT STD MAIL
US POSTAGE
SMITHFIELD, NC 27577
PERMIT #93

Beginnings

So much has happened since my becoming Interim Music Director in March. It can be difficult to start a new job and take on new challenges. I want to thank Judy Daniels, Camille Boone, and Kathy Rice for the planning and leadership of the music program in the months leading up to my taking the position. The time and care they gave in selecting months of music allowed me to focus my effort on actually directing the choir through the end of the musical year. What a blessing!

I want to thank all of you for your ongoing support of our music program. I was able to attend the Montreat Worship and Music Conference for the first time. Kathy and Camille and I were inspired by the worship experiences we shared and music we helped create. My whole family was enriched through participating in the conference this year.

Now it is August and almost time to kick off a new music season with the FPC Choir! Our first practice will be on Wednesday, September 4, from 7:30-8:30 p.m., and our first Sunday will be September 8.

Camille, Kathy, and I are meeting at least monthly to discuss music program planning, and we plan to extend that time of preparation and reflection to include anyone who wishes to help with the vision and planning of worship at our church.

In order to prepare for a great year ahead, we are going to try something new. I invite all current, past, and potential choir members to attend a catered lunch and Reading Session on Sunday, August 25, after church. We will enjoy a meal and fellowship together and then read through several pieces of music as a choir. Experienced choir members can get a taste of things to come. This is also a good opportunity for anyone who has been interested in joining choir to come and see what it's like and look at some of the pieces we may sing this year — no strings attached!

The future, although unwritten, is full of hope. Because of the gifts of many, our church music program is stronger than ever and I look forward to playing my part in what God will do with us next!

—Patrick Templeton
fpcptempleton@gmail.com

Health benefits of SINGING

The health benefits of singing are both physical and psychological.

Singing has physical benefits because it is an aerobic activity that increases **oxygenation in the blood stream** and exercises major muscle groups in the upper body, even while sitting.

Your body produces 'feel good' hormones called **Endorphins**, which rush around your body when you sing which is linked to our **sense of emotional well-being**.

when people sing together they feel increased **Sense of Community, Belonging and Shared Endeavour**.

Increases lung capacity, improves posture. Clears respiratory tubes and sinuses. Increases mental alertness through greater oxygenation.

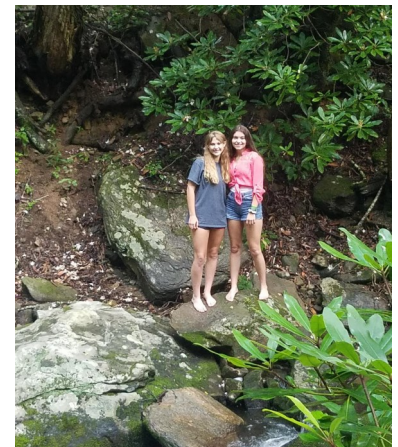
Boosts Immunity by promoting healthy lymphatic system.

Keeps Calm and Sings for Joy

Lowers Blood Pressure.

www.satvikshop.com

Montreat 2019 Continued
Making new friends,
Bonding over games,
Meeting another youth
group whose leader,
Chris Daniels, grew up
in FPC.





Early-morning climbers



Brother and Sister

My Montreat experience was amazing! I really connected to the message and dug deep into how to love myself so that I can love others the way God intended. I had meaningful discussions with my small group and with some of our back home group that made me feel special and closer to God. The scenery was magnificent and hiking Lookout twice was really fun.

—Emma Horne



Sisters

Friends



Mother and Daughter



Montreat 2019

