

The Pulse

August
2018



of Rocky River Presbyterian Church

All Summer: two worship opportunities weekly



8:30 a.m.
in Walker Chapel



10:30 a.m.
in the Sanctuary

Wed., Aug. 15, 7:00 p.m.

**RRPC's minor league baseball
summer outing to...**

**Lake Erie Crushers vs.
the Joliet Slammers**

Sprenger Stadium (Rte. 611 at I-90 in Avon)

- ⇒ All welcome—members, family, neighbors, co-workers, friends
- ⇒ Tickets: \$9 cash or check (checks payable to deacon “Bob Murphy”)
- ⇒ Tix on sale at church July 29, Aug. 5
- ⇒ Parking \$4/vehicle
- ⇒ Questions? Contact Bob Murphy at (440) 781-1231 or rmurphy5@oh.rr.com.

—Deacons' Fellowship Committee

Wed., Aug. 15

7:05 p.m.

“Dollar Dog Night!”

**LAKE ERIE
Crushers**



The pulpit is calling you

**Yes, you have the courage and
message to be a guest preacher here!**

You've seen others do it—why not you? Every year there are opportunities to “move from the pews to the pulpit” and be our “Guest Preacher” for a Sunday when Jon is away. If you'd like to learn more about what's involved, just ask him!



—Worship Committee

**All Are Invited!
Sunday August 26**

After our 10:30 a.m. Sunday morning worship service the Rev. Kristine Eggert, Executive Director of God Before Guns, will speak on how their organization is working to reduce gun violence. Presbyterian Woman will provide a light lunch.



**A MULTI-FAITH
COALITION**

Please add your name to the signup sheet on the bulletin board by the Parlor.

The God Before Guns Coalition consists of persons of faith from a variety of faith communities in NE Ohio. It was created in May, 2013 in the wake of the terrible shootings at Sandy Hook Elementary School in Newtown, CT. God Before Guns seeks to curb gun violence and the proliferation of ever deadlier weapons in our communities. The Coalition is also committed to the belief that communities of faith must lead the effort to build God's peace and end America's terrible addiction to firearms.

Learn more about this organization by visiting godbefore-guns.org to learn about the coalition, gun safety tips & gun myths.

Looking ahead to the Sunday AFTER Christmas!

**What personal Christmas story can you
share at Family Room Worship?**

That's what we want to hear at Family Room Worship—our “breakfast-worship service” in Fellowship Hall on the Sunday after Christmas (Dec. 30th this year). It can be a memory from childhood, a piece of fiction, a description about a beloved family tradition—you can go many ways with it! If that intrigues you, speak with the pastor to learn more and ask your questions.



—Worship Committee

From Your Pastor

One of the unique parts of my work at RRPC is the privilege of taking our youth on an annual mission trip. Removed from their customary surroundings and placed in areas that are in need of a “helping hand,” our youth experience first-hand what it means to serve those who are “less fortunate.”

This year’s mission trip kept us relatively close to home in Hamilton, Ohio near Cincinnati. There we joined 400 kids in the youth groups of two dozen churches from fourteen states. The organizing agency, called “Group Mission Trips,” specializes in ministry with youth. They were the ones who arranged for all those kids to have home repair jobs enabling senior citizens, disabled persons, and economically challenged folks to be able to remain in their own homes.

While on the mission trip I had asked this year’s four RRPC youth participants to share in worship what the experience meant for them. Those who were in worship were impressed by the thoughtfulness, the spiritual depth, and the humor displayed by our young people. So in this month’s column I’m sharing what they wrote (with their permission). In fact, the first entry is new to everyone—it wasn’t shared during worship that day.

From Libby Poole—

“Wakey-wakey, Workcampers!” For the past week, this announcement was blasted over the loudspeakers at 6:45 every morning, along with a painfully loud and catchy song, indicating that it was time to sprint for a spot in the quickly growing line for the bathroom. Because I am NOT a morning person, these 15 minutes of rushing to get ready before breakfast were my least favorite part of every day in Hamilton, Ohio. However, after I put some eggs and sugary cereal in my system, each day continued to get better and better. I danced and sang loudly with 400 other people, laughed with new friends on bus rides, played card games while snacking on Oreos dipped in peanut butter, and watched a field of fireflies light up during evening devotions. Still, none of these were my favorite part of the past week.

Rather, my favorite part was sweating for 6 hours a day as my crew worked our hardest to complete the project we had been tasked with—building a wheelchair ramp and new porch stairs for our resident. I believe that anyone who could meet her would want to do the same. Her name was Linda, and she lived in a trailer park. She had a son and two grandchildren who also lived in the trailer park. Linda suffered from back and knee issues, and for too many years, she had been using a wobbly set of stairs to get from the porch of her mobile home to walk across the street to watch her grandchildren.

When we first arrived on Monday, she lit up with a smile, and I rarely saw her without that smile for the rest of the week. It was evident that she didn’t have many visitors and wasn’t used to so much attention. She was a little shy, and didn’t really know how to address us as a group. She seemed surprised when we wanted to take pictures with her and when we invited her to attend our Friday evening program. Every day, I would notice her quietly surveying our work, not to critique or make sure things were being done how she wanted, but simply because she was so grateful to have this long-overdue project finally being completed. And after this experience, I understand why this came as such a relief to her. It took 13 people around 30 hours to complete, and was far more complicated than I imagined. In addition, when we knocked away her old steps, it was clear that the last builders had done the job with only time and money in mind. One of the

youth leaders in my group said it was a miracle that the stairs hadn’t collapsed on her before we arrived. In this way, I am positive that the new ramp, stairs, and freshly painted deck will have major positive impacts in her life.

However, the work we did represented something greater than what we built. She and her neighbors saw us every day wearing t-shirts with Bible verses on them, and cross-and-fish-symbol necklaces, smiling, laughing, and ready to work hard, still humming the songs from morning program. They saw us eat lunch together and then take 20 minutes for a group devotion. We talked with many of her curious neighbors about what we were doing and why we were doing it. I know that Christ worked to spread his joy and love in similar ways at each of the fifty-something worksites and the neighborhoods that surround them. While I had to leave the work camp a day early and wasn’t able to see the end result of my crew’s labors, this realization of the great impact I was a part of was my favorite part of the mission trip—even more so than Oreos dipped in peanut butter!

From Emma Poole:

The concept of youth mission trips seems both fairly standardized and quite insane. Four-hundred or so teenagers are piled into a middle school, deprived of sleep, filled with carbs, taught about God and sent into the community to serve.

Before traveling to Hamilton I had attended a mission trip and was fairly sure I knew what to expect: awesome new friends, squeaky air mattresses, thought-provoking devotions, carbs by the bucket-load, energetic worship services, a hour-long shower line, and an amazing chance to serve people in need. I didn’t, however, expect to find myself perched on a roof, covered from head to toe in paint, singing Sweet Caroline with an 80-year-old man and loving every minute. I also didn’t expect to find myself sitting in a dugout on the school’s baseball field every night with Aileen, Michel, Libby, and Pastor Jon in “dugout devotions,” or to become such close friends with my four other crew members and advisor.

Our trip to Hamilton showed me something I’ve never seen so powerfully before: how Christ can use the simple work of our hands to change the lives of others forever. After being split up into a crew of five campers and one adult, we were assigned to a small house owned by a Mr. and Mrs. Owens. Upon arrival, we found piles of old wood and appliances, car repair tools, and rusting cars stacked around the back of the house. Gutters hung off the roof and boarded up windows peek out from the side of the tiny house that was so cluttered you could barely walk through it. Despite the chaos, we were greeted by a beaming Mr. Owens, who promptly showed himself a kind man who loved to talk but was unable to get out much or do the car repairs he so loved because health issues and age confined him to the house, where he and his wife live alone. After talking to him, we realized he didn’t set much store by God or His power to work in our lives.

The morning flew by as we got to work, and, in afternoon devotions, the other campers and I were energetically discussing the gutters and vents we could nail, handrails we could continue to build, and fence posts we had already replaced when Bryan, our group leader stated that he thought our job would only be done when Mr. and Mrs. Owens realized we were serving them out of love for Jesus. That was hard to grasp. I knew how to replace fence posts, paint, assemble shelves, and clean out porches, but realized we would have to rely on God to work in their hearts.



From Your Pastor

Continued from pg.2

That's when I found 1 Corinthians 15:57-58; *"But thanks be to God! He gives us the victory through our Lord Jesus Christ. Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain."* We gave ourselves fully to God's work and set out to show the Owens His love by taking care of their needs; attending to both their home and want for company.

Our crew worked so hard that we finished our week-long job in a few days and were able to help another crew that had lots of work left. The knowledge that the work of our hands was directly fulfilling someone's desperate need made every bug bite, drop of sweat, and sunburn worth it. On our last day at the Owens home, they joined us on the porch for post-lunch devotions, something we had invited them to do each day. We formed a circle and prayed, each person saying, *"Jesus, you are..."* and finishing with what Jesus had revealed himself as on this trip, like *"...my strength"* or *"...my friend"* or something like that. With tears in their eyes, both the Owens thanked God for sending us to work in their home. They were thankful beyond expression and in prayer poured out to God their appreciation and love. I think God works a great many miracles in our lives, if we are only open to seeing them, and although He's given me so many blessings, the opportunity to witness the miracle that occurred in the Owens' hearts in Hamilton, Ohio is one of the greatest I've ever received.

From Michael Wilson—

Good Morning! As I share the eye-opening experience I had on our mission trip to Hamilton, Ohio I wanted to begin with what this last week has truly been all about... GRIT. It's defined as a dish of coarsely ground corn kernels boiled with water or milk. As I read this seemingly odd definition last night I became clouded with confusion: either I had gone to the wrong camp or I simply did not understand what I learned last week. After a few seconds I realized it would have helped to have placed the word "spiritual" in front of the coarsely ground kernels and form a new phrase: "spiritual GRIT." That could be defined as the engine that drives perseverance in life, the core strength that helps us overcome obstacles. Most importantly, it is the essential characteristic that sustains our life long pursuit of Jesus.

During our mission trip, we dove into 5 sections of spiritual GRIT: Courage, Forgiveness, Trust, Surrender and Love. As the week has come to a close, I now see the ways in which we all have demonstrated these 5 characteristics while working as "the hands and feet of God."

First, it took *Courage* to begin this mission trip. I truly was anxious about what lay ahead. It took courage to meet and develop amazing relationships with individuals I had never seen. But most importantly, it took courage to not allow my own fear inside overcome my desire to serve our Lord.

Upon entering one of our nightly services we were given a pencil. After opening in prayer and song we were asked to think of someone that you have not yet forgiven. Next, we discovered the importance of the almost always challenging decision to *Forgive*. In Romans Chapter 12 we read Paul's seemingly counterintuitive message stating, "Bless those who persecute you. Don't curse them; pray that God will bless them." Then we were asked, "If you are ready to forgive the one who went against you, and to bless the one who went against you, please snap your pencil in two and lay the pieces at the

cross. During the next period of time I found myself in prayer and deep thought. I would have never guessed a pencil could teach me so much about forgiveness.

During this past week, the resident I had the pleasure of serving—"Linda"—demonstrated *Trust*, the third characteristic of GRIT, perfectly! Although she had so little, she was willing to give so much. She trusted us with her home, tools and family and always did so with open arms. Ernest Hemingway once said, "The best way to find out if you can trust somebody is to trust them." Linda did exactly that: she put faith in complete strangers, and to me that is what taught the importance of trust.

Walking into Thursday night's worship service we were given a strip of cloth—a "flag of *Surrender*." The leaders discussed the importance of surrendering to Jesus any negative energy, thoughts or actions. Simply put: allow Jesus to take the wheel. Afterward, we were told, "If you are ready to surrender something to our Lord, lay your cloth on the cross." After a very long time of prayer and thinking I watched 400 kids ready to surrender to Jesus; young adults just like me, wanting to become a better version of themselves.

Lastly, *Love*. For this trait let me give an example from camp. Sadly, one of my crew members sadly stepped on a nail at the work site. Immediately I saw kids younger than me bow their heads and pray for that young girl. It was so powerful to see love in action, and especially from kids younger than me. Throughout this last week, not only did I strengthen but I grew in my spiritual GRIT. (But to be honest what took the most GRIT was trying Skyline Chili—it truly was better going in than coming out!)

This last week has been incredible; while serving others I learned more about myself than I ever thought possible. I was able to make new friends who gave me hope that there are kids just like me struggling to not lose who they truly are during these tough and tempting teenage years.

Finally, I would like to thank you guys for the support which encouraged me to go on this mission trip and of course a special thanks to Aileen, Emma, and Libby for allowing me to love every second of our spiritual journey together. Likewise, thank you very much Dr. Fancher; we all appreciate your dedication to making us all have an amazing trip. Mark Twain truly hit the nail on the head when saying, "Preachers are always pleasant company when they are off duty." Thank you!

From Aileen Busher—

To be honest, I was really nervous for this mission trip. I hadn't been on a mission trip before this week, so I was not exactly sure what to expect. To start things off, I packed all of my things at 11 o'clock the night before we left and the next morning I showed up with way too much stuff. (that's okay because Michael and I both overpacked). Before we left, I think it is safe to say that we were nervous about meeting people. But soon after we arrived, we met a group of kids from Springfield, Illinois who played cards with us and showed us the ropes. A day or so later, we met 2 girls from Louisville, Kentucky, Grace and Mikayla, who taught us the art of dipping Oreos in peanut butter, which I highly recommend, and introduced us to Brazilian soda. Our friendships with these people made it so much harder to leave.

Aside from our new friends, my favorite part of each day was definitely working. Out of 69 crews, Emma and I were on crew 41 (also known as "the best crew"). Our assignment was to cover some vents, add some hand railings, build some extremely frustrating storage shelves, and fix the gutters for the Owens family. They were so kind despite their hard lives.

Continued on pg. 4



From Your Pastor

Cont. from pg. 3

We were able to finish our work for the Owens family in just 2 days. We packed up our tools and were reassigned down the street to help other crews paint the exterior of a giant Victorian house. Our work at this house was so important to me because the city was going to give the man who lived there an eviction notice if his house wasn't painted by July 1st—the day after the work camp ended. If our mission trip was any later, our friend wouldn't have his house. In other words, our work literally meant that he could stay in his home, which made it so much more meaningful. On the last day we gave him one of these necklaces which he was so excited about and that night he even came to worship with us.

I will always remember how grateful our residents were that we came and helped them. After a week of work, playing cards, getting weird tan lines, eating carbs and chili, it was time to come home. It was sad to say goodbye to all of our new friends who I will be forever grateful for because of all of the great memories that this week brought/ And it was time to say goodbye to the residents we served—they I will never forget. Thank you all for letting us experience this amazing week.

Mission Trip Memories

During the week of June 24-30, Dr. Fancher and four of our faithful high school youth headed off on a mission trip to Hamilton, Ohio. They were a small part of a group of over 400 youth and adults working at various projects in the area. They worked their sites (ask Dr. Fancher about the handicap ramp!), shared daily devotions and worship, built strong bonds with old friends, and made lots of new friends. What an incredible way to show God's love to others! If you would like to hear more about their experiences, ask Aileen Busher, Libby Poole, Emma Poole, Michael Wilson, and Dr. Fancher. They have some great stories to share with you!





August Birthdays

- | | |
|-----------|--------------------|
| August 1 | Paul Piscitelli |
| August 2 | Nancy McGillicuddy |
| | Barbara Cashmere |
| | David Timmons |
| August 3 | Hannah Bennett |
| | Andrew Brown |
| August 5 | Jennifer Bohannon |
| August 6 | Elizabeth Richmond |
| August 8 | Beatrix Stickney |
| August 9 | Fred Garibaldi |
| August 11 | Gillian Esdon |
| | Max Sabolich |
| August 12 | John Schriner |
| August 13 | Layla Bishop |
| August 15 | Eric Watts |
| August 17 | Marc Hustek |
| August 19 | Cassie Arnold |
| August 20 | Jane Titus |
| August 22 | Dick Heath |
| August 23 | Ruth Wiedemer |
| August 24 | Laura Sweet |
| August 26 | Thea Steinmetz |
| | Josh Hustek |
| | Audrey Dillon |
| August 28 | Karol Hoeffler |
| August 30 | Mary Lou Busby |

****If your birthday is missing from our birthday list, please contact Office Administrator Crystal Duffield at: info@riverpres.org or (440) 333-4888.**



We wanted to express our thanks to you for once again allowing the use of your church parking lot for those watching the Memorial Day parade as well as opening your church for the use of your restroom. It made for a convenient and comfortable morning for many!

Chuck & Ann Wright

Sanctuary Flowers

Do you have a loved one you would like to honor for a birthday or anniversary. Would you like to memorialize that special person who has passed away? By signing up for a Sunday to provide our sanctuary with flowers you can do this. The cost is only \$30.00 and you may take the flowers with you after our 10:30 a.m. worship service. Your "in honor of" or "in memory" attribution will be listed in our bulletin announcements as well as on the card with the flowers. The sign-up sheet is located on the bulletin board by the Parlor. Please contact Crystal in the church office if you have any questions. 440-333-4888



In Loving Memory

Loved ones of church family who have passed away in addition to those previously announced.

Tom Standring, husband of deceased (12/20/2017)RRPC member **Christine Standring** died on Saturday, June 30th.

Bonnie Loeffler, beloved wife of our organist **Glen Loeffler**, died on Wednesday, July 4th.

Let's embrace these families in prayer as they grieve their loss while celebrating the Resurrection.

Fishers of Men became Men of Fish

Our fishermen had another great outing earlier this summer— weather was perfect and the fishing was great. Shown below are the "crew" and winners of "First," "Biggest," and "Most" fish.



Vacation Bible School “Sprouted” a Great Mission Opportunity

If you happened to be in the church June 11-15, then you may have seen a tomato plant and some oversized fruits and vegetables in the sanctuary. It was all part of this year’s VBS, “Blessed are the Peacemakers” sponsored by RRPC and St. Christopher’s Parish. Each day 133 children participated in worship and saw a drama relating to the lesson of the day. We shared snacks and games, made wonderful crafts, and praised the Lord with beautiful music. Our children raised over \$1500 for our chosen mission recipient, “River Sprouts.” If



you have never heard of River Sprouts, this is a Rocky River mission started by a group of then fourth graders from the Rocky River schools. They saw a need in the community for fresh produce to help those in need and started a plot in the community garden and later built a greenhouse! These young people are now in middle school and they took time away from their busy summer schedules to work with our VBS kids, sharing their story. It was so wonderful for those children to see that you are never too young to make a positive difference in someone else’s life.

If you would like to learn more about the River Sprouts, contact Lisa Watts. You can also check out their Facebook page for some great posts and pictures!

Storytellers Wanted! No Experience Required



During our weekly worship this past year, you may have noticed that each week held a small time just for the children of our church to hear a special story. Maybe you thought that you might like to give that a try. Well, now is the time to speak up! The storytelling schedule is being put together for the new program year, and we would love to have your voice share a story! No experience required- you will get a brief outline of the story and the main point. It takes about two minutes to share. If you are interested in getting on the schedule, contact Lisa Watts.

Adult Education Starts a New Year

Are you interested in a little something “extra” on Sunday mornings? Do you want to dig a little deeper into your faith? Make plans to join us for Sunday morning adult education classes. We will start meeting on Sunday, September 9 at 9 in the West Room, and meet most Sundays through May. We have an exciting line up of leaders and topics so be sure to watch your Pulse each month for specific information. Be sure to check us out for fellowship and a cup of coffee!

Middle School and High School Fellowship Groups Begin on Sept.19

Both middle school and high school fellowship groups will start off their year with meetings on Sunday, September 19 from 7:00-8:30 pm. The high school group will meet in room D-4 (youth room) and the middle school group will meet in the middle school room, D-5. Each group will meet almost every Sunday evening through the year. Watch the CE bulletin board for a calendar and updates on events. This promises to be a great year!

Watch for new and exciting fellowship information to come in your September Pulse! Your fellowship advisors have been hard at work this summer, putting together an exciting year for all youth. We will be making some significant changes to our middle school program as well as adding activities to our high school program.

Retreat dates have already been set for this year-get them on your calendars NOW so your kids can have a wonderful camp experience.

High School retreat will be November 9-11
Middle School retreat will be March 2-3

RRPPreschool news

Registration still being accepted for the 2018-2019 school year

Registration for our Rocky River Presbyterian Preschool is now open to the general public. Please check with director, Diana Wolfe to find out which classes still have availability.

Pick one program, or all of them!

Usher at an Artist Concert Series program this year

Although the 2018-2019 season won’t be announced until later this month, plan now to volunteer as an usher at one of this year’s programs. All you need to do is arrive 30 minutes beforehand. Your duties include welcoming guests, handing them programs, directing them to restrooms or drinking fountains, and passing an offering plate at intermission.

To volunteer, contact ACS Artistic Director Nancy McGillicuddy at ncmack@hotmail.com, or the Church Office.





PRESBYTERIAN WOMEN

Semi-Circle

Semi-Circle will meet on **Monday, August 13th at 11:30 a.m.** at the Metro Park Restaurant - Nelly Belly. We will be meeting here for our meetings for the summer. If you have questions you may contact Carolyn Watilo 440-799-4779 or Nancy McGillicuddy 440-724-1738. Newcomers are always welcome!

Priscilla Circle

Priscilla Circle will meet on **Thursday, August 16th** in the West Room. All are welcome! If you have any questions you may contact Gretchen Koch or Sara Gresh .

Expressions of Faith

Our group will meet **Tuesday, August 14th and 28th** at 9:30 a.m. in Room D-3,4. We welcome anyone who knits or just enjoys a cup of coffee with friends. For more information contact Mary Murphy (440-785-8614).

Koinonia

Join us for our summer schedule for prayer. **Wednesdays at 10:30 a.m. to 11:30 a.m.** in the Parlor for prayer. Our prayer time is personal and confidential within the group, with no obligation to pray aloud. Questions may be directed to Jane Doughman, Nancy Clash, Jo Naretto, Elizabeth Richmond, or Carolyn Watilo.

Women of Grace

Are you looking for a chance to get together with other women for Bible study, fellowship, and mission? Then please join us, we will meet in September so watch your bulletin for more info. If you have any questions you may contact Lisa Watts.



Overcoming obstacles to touring the Holy Land!

The big question: "Is it safe?"

The simple answer: "Very!"

You've heard that our pastor will lead another tour of the Holy Land. You're intrigued.

But you wonder, "Is it safe to travel to the Holy Land?"

1. Security on planes bound for the Middle East go through several additional security precautions.
2. Security within Israel and Palestine is much more strict than within the USA.
3. Statistically, the crime rate in Israel and Palestine is lower than the typical US city!
4. Israel/Palestine is a small place... just 50 miles wide and 150 miles long. It's easy for our tour agency, Educational Opportunities ("EO"), to keep a watchful eye on situations in various regions of the country.
5. Since EO began Holy Land trips more than 37 years ago, they have never had a major incident (beyond things like pickpockets). And no Christian Pilgrim from the USA has been killed in Israel during the last 42 years of EO's operations.

So set aside "safety concerns" as an obstacle that might prevent you from experiencing this once-in-a-lifetime journey to the Land of the Bible!

A Holy Land trip is enjoyable, educational and spiritually stimulating... and safe. This will be Jon's sixth trip to the Holy Land, so he speaks from experience!

Itinerary and pricing details of this 10-day tour (Feb. 18-27, 2019) are available in a free, detailed color brochure:

- ☛ Get one at church or by calling the church office
- ☛ To see an "online brochure" without obligation or to register for the trip, go to www.eo.travelwithus.com
- ☛ Under the "Find a Trip" tab you can select "Know Your Trip Information?" and then enter this information:
 - Tour: HL19
 - Date: 021819
 - Code: J
 - Tour Host ID#: 17718

What's more, you earn a discount the sooner you register!

Visiting the land of the Bible is *so* enjoyable and inspiring—think of relatives, neighbors and friends anywhere in the U.S. who might want to join you on our Holy Land 2019 tour!





LIBRARY LINGO

Mary Schulz, Librarian

DISPLAYS:

New books for adults and children
Near-death experiences



NEW ITEMS FOR ADULTS:

Fiction:

Can't Wait to Get to Heaven

FIC FLA

In this comedy-mystery, Fannie Flagg combines southern warmth with unabashed emotion and side-splitting hilarity.

Nonfiction books:

Stand in the Gap: A Sacred Assembly of Men

225.5 STA

This commemorative Bible, written in contemporary English, was a gift from the American Bible Society and Promise Keepers (a Christ-centered ministry dedicated to uniting men through vital relationships to become Godly influences in their world).

37 Seconds: Dying Revealed Heaven't Help; a Mother's Journey

236.2 ARN

The author is a former TV and documentary producer who survived an amniotic fluid embolism. "The day my son was born, I died. I had premonitions it was going to happen, but no one believed me. Even more unbelievable is what I would see when I flatlined for 37 seconds."

Imagine Heaven: Near-Death Experiences; God's Promises, and the Exhilarating

236.24 BUR

Future that Awaits You

The author compares more than 100 gripping stories of near-death experiences to what Scripture says about our biggest questions of Heaven: Will I be myself? Will I see friends and loved ones? What will Heaven look like? What is God like? What about children and pets?

The Case for Hope: Looking ahead with Confidence and Courage

241.4 STR

Hope is the inextinguishable flicker God ignites in our souls... when we are surrounded by utter darkness. So, where do we find hope that lasts? What is the reason for our hope? The author shares the truth that, through Christ, we have access to unlimited, unfailing hope.

Mocha with Max: Friendly Thoughts & Simple Truths from the Writings of

242 LUC

Max Lucado

We are all thirsty for a cup of fellowship, and this little book will lead you to some satisfying moments of fellowship with the Father.

I Can Only Imagine: a Memoir

248.86 MIL

This is the true story that inspired the bestselling single in the history of Christian music, and the man who wrote the song. Bart Millard, the recording artist, shares how his dad's transformation from abusive father to man of God sparked a divine moment in music history.

Grandparenting ABC's: a Beginner's Handbook

306.874 BER

There's nothing quite like being a grandparent, especially for the first time. This invaluable guide is a road map through one of life's most joyful journeys, from birth through toddler years.

HAPPY READING AND VIEWING!!

(All descriptions have been taken from book jacket, title page verso, or review article)

Healthy Happenings

... Notes from the Parish Nurse

Dear Friends and Family,

Blueberries are the fruits of a shrub that belong to the genus *Vaccinium*, which also includes cranberries and bilberries. Native to North America, blueberries are among the most nutrient dense berries. They are extremely rich in vitamin C, vitamin K and manganese. In fact, one cup (148 grams) of blueberries provides 36% of the recommended daily allowance (RDA) of vitamin K, 24% of the RDA of vitamin C, and 25% of the RDA of manganese. Blueberries are also a good source of dietary fiber, calcium, magnesium, folate, thiamine, riboflavin, vitamin A, vitamin E and copper. Blueberries have been extensively researched for their antioxidant activity that helps protect the body against various diseases like cancer, diabetes, and heart disease.

12 Health Benefits of Blueberries



1. Prevent cancer. The vitamin A, vitamin C, and the various phytochemicals in blueberries are powerful antioxidants that may help protect cells against damage from free radicals. Research suggests that the antioxidants may inhibit tumor growth and help ward off various cancer cells, including cancers of breast, intestine, prostate, stomach and can inhibit colon cancer cell proliferation.
2. Improve memory. Blueberry consumption has been shown to improve memory and brain function.
3. Reduce heart disease risk. The fiber content helps to reduce the total amount of cholesterol in the blood and decrease the risk of heart disease.
4. Lower blood pressure. Studies have shown that diets supplemented with blueberry lower blood pressure and thus reduce the risk of developing heart attack. A 2015 study, found that daily blueberry consumption for eight weeks resulted in lower blood pressure and arterial stiffness in postmenopausal women. Another study published in the Journal of Nutrition reported that blueberry supplementation led to significant decreases in blood pressure and oxidized LDL cholesterol in obese men and women.
5. Manage diabetes. Blueberries have a low Glycemic Index, which makes them an excellent snack for people who're looking to manage their blood sugar levels. In addition, research suggests that anthocyanins in blueberries can have beneficial effects on insulin sensitivity and glucose metabolism. These anti-diabetic effects have been shown with both blueberry juice and extract.
6. Reduce inflammation. Blueberries have been shown to have anti-inflammatory properties.
7. Improve eyesight. Blueberries are an excellent source of vitamin A which is beneficial in fighting inflammation of the eyes. Blueberries also contain eye-healthy carotenoids lutein, which have been shown to improve night vision as well as maintain general eye health.
8. Treat urinary tract infections. Recent studies have shown that blueberries have compounds similar to those of cranberries which can be used to treat and prevent urinary tract infections.
9. Support digestion. Since blueberries are rich in fiber, they help your digestive system healthy. Blueberries also helps build up good bacteria in your digestive tract.
10. Promote bone health. Blueberries contain calcium, magnesium, phosphorous, manganese, and vitamin K, which are all play an essential role in bone health. The polyphenols in blueberries also help with improved bone mass.
11. Ease depression symptoms. A blueberry-enriched diet can increase levels of serotonin in the brain, which might help alleviate mild depression.
12. Aids in weight loss. Blueberries are rich in fiber and low in calories, which make them the ideal snack to have in-between meals for those who are looking to lose weight.

Be sure to choose blueberries that are plump, firm and have a uniform hue colored with a whitish bloom. Avoid blueberries that look dull in color and are soft in texture, as this may indicate that they are damaged or moldy. Blueberries should be stored in a covered container in the refrigerator where they will keep for about a week. Always check berries before storing and remove any damaged berries to prevent the spread of mold. Blueberries are highly perishable so do try to consume them as soon as possible. Blueberries can also be frozen, although this will slightly change their texture and flavor. Before freezing, wash, drain and remove any damaged berries, then put the berries in a plastic bag for storage in the freezer. Frozen blueberries will keep for a year at 0 degrees Fahrenheit.

Catherine A. Patton, RN, BSN

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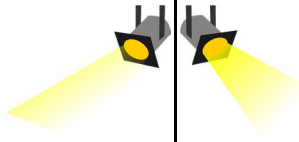
RRPC Member Spotlight

"Each month our church randomly puts the spotlight on four members whose birthdays occur during that month. You can see two of them at a time in the box-frames on the wall in the lobby, and all four here in the Pulse. Please make a point of greeting these people and wishing them a happy birthday!"



Nancy McGillicuddy

1. Profession
Director of the Artist Concert Series (RRPC) and Deacon in the Presbyterian Church. I am also a Stephen Minister.
2. Hobbies / Interests
Singing in the RRPC Choir, or other gigs when and wherever possible
3. Favorite trip you've taken, or where you'd like to go? Ireland
4. Why do you worship here at RRPC?
The church was in my neighborhood and the congregation was very friendly. After hearing the choir perform it peaked my interest.



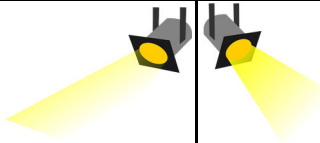
Eric Watts

1. Profession
Choir Director for Port Clinton City Schools, grades 6-12
2. Hobbies / Interests
Running, competing in obstacle course races, playing golf, and sampling local breweries and eateries
3. Favorite trip you've taken, or where you'd like to go?
Australia in 2005
4. Why do you worship here at RRPC?
I have grown up in RRPC and have been a part of this community for nearly my whole life. This church has become an extension of my family and is a great place to continue worship in my adult life.



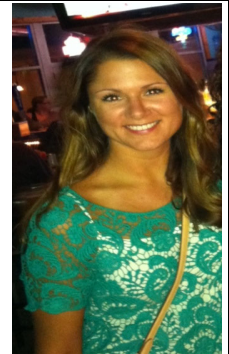
Dick Heath

1. Profession
Retired aerospace engineer
2. Hobbies / Interests
Target shooting and DIY projects around the house
3. Favorite trip you've taken, or where you'd like to go
Our first steamboat trip which was along the lower Mississippi River
4. Why do you worship here at RRPC?
The friendliness of the members of this church, from day one, and the resulting fellowship I enjoy during church functions. And also the quality of the sermons.

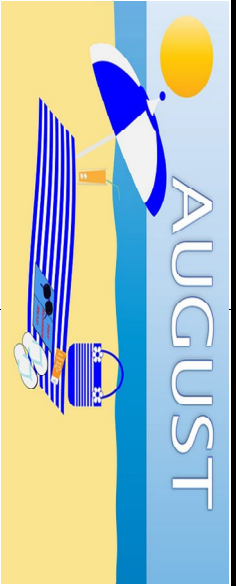



Laura Sweet

1. Profession
Mom of two adorable girls!
2. Hobbies / Interests
During the summer I enjoy nature walks, boating and campfires
3. Favorite trip you've taken, or where you'd like to go
My favorite place to go is Lake James, Indiana
4. Why do you worship here at RRPC?
For its leadership and doctrine, and to strengthen my family's relationship with God



August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
5 Communion / Food Sunday 8:30 a.m. Early Worship 10:30 a.m. Worship Service 11:35 a.m. Time of Fellowship	6 7:00 p.m. Women's AA Mtg.	7 7:30 p.m. Alanon/Alateen Mtg.	8 10:30 a.m. Koinonia Group Mtg. 11:00 a.m. RRPC Staff Mtg. 7:30 p.m. River Men's AA Mtg.	9	10 7:00 a.m. Friday morning Men's Group (RR Starbuck's)	11 7:00 p.m. AA Altered Attitudes
12 8:30 a.m. Early Worship 10:30 a.m. Worship Service 11:35 a.m. Time of Fellowship	13 11:30 a.m. Semi-Circle Mtg. (off-site) 7:00 p.m. Women's AA Mtg.	14 9:30 a.m. Expressions of Faith 7:30 p.m. Alanon/Alateen Mtg.	15 9:00 a.m. RRP/Preschool Training Day 10:30 a.m. Koinonia Group Mtg. 7:00 p.m. Lake Erie Crushers Baseball Game 7:30 p.m. River Men's AA Mtg.	16 8:30 a.m. Senior Men's Bible Study & Breakfast 7:00 p.m. Priscilla Circle Mtg	17 7:00 a.m. Friday morning Men's Group (RR Starbuck's)	18 7:00 p.m. AA Altered Attitudes
19 8:30 a.m. Early Worship 10:30 a.m. Worship Service 11:35 a.m. Time of Fellowship	20 7:00 p.m. Women's AA Mtg.	21 7:30 p.m. Alanon/Alateen Mtg.	22 9:30 a.m. Preschool Committee Mtg. 10:30 a.m. Koinonia Group Mtg. 7:30 p.m. River Men's AA Mtg.	23 5:00 p.m. Community Meal (set-up 4:00 p.m.)	24 7:00 a.m. Friday morning Men's Group (RR Starbuck's)	25 7:00 p.m. AA Altered Attitudes
26 8:30 a.m. Early Worship 10:30 a.m. Worship Service 11:35 a.m. Time of Fellowship 11:45 a.m. PW presents the Exec. Dir. of "God Before Guns"	27 9:00 a.m. RRPC Staff Mtg. 7:00 p.m. Women's AA Mtg.	28 9:30 a.m. Expressions of Faith 7:30 p.m. Alanon/Alateen Mtg.	29 10:30 a.m. Koinonia Group Mtg. 7:30 p.m. River Men's AA Mtg.	30 6:00 p.m. RRP/Preschool Parent Meeting	31 7:00 a.m. Friday morning Men's Group (RR Starbuck's)	

“The Pulse”

the monthly newsletter of
Rocky River Presbyterian Church
AUGUST 2018



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Please refer to the website calendar for any updates which may post after the published Pulse date. Thank you.

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