



The Pulse

October
2018



of Rocky River Presbyterian

Remember Christians all over the world

Be part of hundreds of millions on World Communion Sunday Oct. 7th

Did you know that World Communion Sunday (originally called “World-Wide Communion Sunday”) was a gift of the Presbyterian Church to the larger ecumenical church? RRPC continues our solidarity with fellow Christians by celebrating **World Communion Sunday on Oct. 7 at 10:30 a.m.**

The first celebration of World Communion Sunday occurred at Shadyside Presbyterian Church in Pittsburgh in 1933 where Dr. Hugh Thompson Kerr served as pastor. It was an attempt to bring churches together in a service of Christian unity. Dr. Kerr’s son the Rev. Donald Kerr recalls, “The concept spread very slowly at the start. People did not give it a whole lot of thought. It was during the Second World War that the spirit caught hold, because we were trying to hold the world together. World Wide Communion symbolized the effort to hold things together, in a spiritual sense. It emphasized that we are one in the Spirit and the Gospel of Jesus Christ.”

World Wide Communion Sunday was adopted as a denominational practice in the Presbyterian Church (US) in 1936. Churches in other denominations were invited to celebrate with us from the beginning, but it wasn’t until 1940 that the practice became widespread. Today, World Communion Sunday is celebrated around the world... including here!

—Worship Committee

Planning now for our church to thrive in 2019

October calls to our spirit of generosity

How will you invest your treasure in the life-shaping, life-changing work of this church? Every October our Session’s Stewardship Committee asks you to reflect on how you use the money entrusted to your care to advance our church’s ministry to our members and our community.

On the last three Sundays of October our worship services will guide us in considering our role as “Care-Takers”—stewards of the money God has put in our care.

- ◆ On **Sunday, October 14** each household will receive a packet of materials to assist them in making stewardship choices for 2019.
- ◆ On **Sunday, October 28** each household is urged to **bring the packet’s “pledge form”** indicating your estimated weekly or monthly or annual financial gifts to the church for 2019.
- ◆ Following worship on **Sunday, October 28**, everyone **is invited to a light luncheon** in Fellowship Hall provided by our Board of Deacons.

—John Eyre, Chair, Stewardship Committee

One of just 3 PC(USA) offerings we collect

Peace & Global Witness Offering received on World Communion Sunday Oct. 7th

One of the special offerings our church participates in is collected each year on World Communion Sunday. By supporting the **Peace and Global Witness Offering**, our congregation joins in sharing the Peace of Christ by promoting ministries of reconciliation and peace within cultures of violence and conflict, including our own. By design, this offering is shared at various levels of the Presbyterian Church:

25% | Congregational Peace Initiatives

Retained by our congregation to invest in local responses to injustice and violence, and connect with the global witness to Christ’s peace. The Session has chosen to **give our “local” portion of the offering to North Coast Health**, the free health clinic in Lakewood serving the under-insured in western Cuyahoga and eastern Lorain counties.

25% | “Mid-Council” Peace Initiatives

Linking congregations in ministries of peace and reconciliation throughout the presbyteries of our synod (Michigan & Ohio).

50% | Advocating Peace and Advancing Justice

Advocating for peacemaking and justice through collaborative projects of education and Christian witness.

—Matt Pedone, Chair,
Mission Committee

Sun., Oct. 21 at 5 p.m.

Clam-lover? Clam-hater? Our annual clambake has you covered!

Whether the thought of clams makes you smile or shake your head, our annual clambake is perfect for you. The event at 5 p.m. on Sun., Oct. 21 is as much about the fellowship as it is the food.

The menu:

- ◆ 1 dozen cold-water Middleneck clams
- ◆ Seasoned half-chicken
- ◆ Sweet corn
- ◆ Sweet potato
- ◆ Plus melted butter, cole slaw, a roll and clam broth

A full clambake is \$21 or a chicken-bake (no clams!) is \$18. Hotdogs and mac-&-cheese are available for the kids at no charge. (An extra dozen clams: just \$7.) Tickets on sale after worship Sept. 30, Oct. 7, 14. We’re promoting this to the general public, so please invite friends and neighbors to join you. **But buy your tickets by Sun., Oct. 14!**

—Deacons’ Fellowship Team

From Your Pastor

Don't let a visitor to worship see this page!

Maybe it's a seminar. Maybe a cocktail party. An alumni gathering, perhaps. You show up at the venue and discover you're among the first people to arrive. There's a large room in front of you, a few people scurrying around, making last-minute preparations. You walk into this spacious, unfamiliar territory. And you wish you were invisible.

Going into a professional or social setting where you know almost no one can be most discomfoting. You've "been there, done that." If you tend to be introverted, you've already reached deep within you to muster the emotional energy just to show up.

"Is there time to escape without anyone noticing me?" you may think to yourself.

But just then, a stranger approaches you. *"Hi, I'm Cybil Thomas,"* she says as she extends her hand. *"Thanks for coming. Let me introduce you to some other folks."*

And with that you breathe a h-u-g-e sigh of relief.

~ ~ ~

"Jon, why did you just paint that nerve-racking scenario?"

Because it happens at RRPC. And because you can make all the difference in overcoming it.

As members of RRPC, we're so familiar with the space and people that inhabit this church that we can forget how strange, how intimidating it can be to a newcomer.

Imagine walking into this church for the first time. (With a little thought, you should be able to do that, because there was a "first time" for every single one of us.) To start, you're not sure if you're using the correct door to enter the building. You walk in and are unsure where to go—*"Where's the sanctuary? Where's the coatrack? Where's the restroom?"*

You see some people standing in small groups of animated conversation. Some give each other hugs. Some are laughing. Some are clipping on nametags they pulled off a wall. *"Does any face look familiar to me? Am I supposed to stand here until someone*

tells me where to go, or am I supposed to proceed into the worship space... wherever that is? What if no one ever talks to me or even notices me?"

Why do we make it so hard to come to our church for the first time?

Last month I challenged the elders on the Session to take personal responsibility to make sure that every visitor to worship experienced a personal connection. But it's not just the job of Session members, or deacons, or our Evangelism & Membership Committee.

Every single one of us is gifted with the ability and opportunity to extend Christian hospitality to the stranger, the visitor, the newcomer. Here are 6 suggestions of things you can do (and yes, you can do them!):

- 1) If you see someone you don't know, you walk up to them and introduce yourself: *"Hi, I'm John Calvin. Please remind me, have we met before?"*
- 2) Once they introduce themselves to you, say their name to them as a confirmation that you heard it correctly (this will help you remember their name!).
- 3) Grab a nearby friend. *"Steve, I want you to meet So-and-So. This is his first time here."* Engage them in some chit-chat, and encourage them to introduce "So-and-So" to yet someone else.
- 4) If you see a stranger/visitor sitting by themselves in the sanctuary, go sit near them! (Yes, give up your traditional pew for that day!) Maybe sit in front or behind them, maybe in the same pew. Introduce yourself. Don't make them sit alone like an island in the middle of our vast sanctuary where they feel like everyone is looking at them.
- 5) If the service includes the act of sharing signs of God's peace, make a point to seek out the newcomers.
- 6) After the service, if you spot a newcomer you haven't met, be sure to track them down, introduce yourself, and thank them for worshiping with us. Invite them to join you for coffee hour, if even for a few minutes. Walk them there. Once you're there, repeat Step 1 above.

Remember, it's not a newcomer's responsibility to introduce themselves. After all, they've made themselves feel "at risk" just by coming into a church that's new and unfamiliar to them.

Now here's a word of grace: don't think that RRPC is unique in being reluctant to reach out to visitors. It's human nature to prefer socializing with friends over extending ourselves to strangers. Every Christian congregation struggles with this because every congregation is composed of people who exhibit "human nature"!

So we have to be intentional about welcoming newcomers. We have to be deliberate in looking for them and approaching them and speaking to them and then connecting them to others by "passing them off."

Is this "planned welcome" insincere? No. It's considerate. You're in this church because someone once welcomed you. Now you have the opportunity and capability to do the same thing for someone else. Who knows?

- You may be welcoming someone who will join you in your favorite church activity.
- You may be welcoming someone who will someday be known as "a pillar of our church."
- You may be welcoming someone who will grow to become your best friend!

The New Testament Letter to the Hebrews offers a word of encouragement on this topic: Hebrews 13:2 says, *"Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it."*

Let's welcome some angels!

See you in church.

Jon





October Birthdays

- | | |
|------------|------------------|
| October 1 | Olivia Sweet |
| October 2 | Jim Kanner |
| October 5 | Dick Norman |
| October 6 | Eva Rudolph |
| | Gretchen Roche |
| October 7 | John Weedon |
| | Liz Dillon |
| October 8 | Dave Myer |
| October 9 | Sue Hoffner |
| October 10 | Carole Nelson |
| October 11 | Phyllis Gross |
| October 12 | Brenda Peterson |
| October 13 | Carter Hoon |
| October 14 | Kemper Arnold |
| October 15 | Jason Koberg |
| October 17 | Sue Krivok |
| | Jeffrey Prudhoe |
| | Brian Roche |
| October 18 | Becky Weber |
| October 20 | Kimberly Prudhoe |
| October 22 | Rhys Fancher |
| October 27 | Ernie Hisey |
| October 29 | Matthew Davis |

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

**Being proactive about security
October to be trial period for locking church entrances after worship begins**

All church entrances except the main sanctuary lobby entrance will be locked 15 minutes after worship services begin, starting Sun., Oct. 7. This is being tried at the suggestion of the Rocky River Police Department as a way of enhancing security for worshippers and for children in church school classes. This will be done on a trial basis for the month of October. Signage at locked entrances will direct late-comers to enter via the main sanctuary lobby entrance.

Rocky River clergy have consulted with the RRPD about church security needs. The police have pointed out that while churches want to be welcoming and accessible to newcomers, this practice leaves the church wide open and vulnerable to people who might have harmful intentions.

This is the latest enhancement to building security. Last year the church installed a “secured entrance” to the Garden Hall. During weekday business and preschool hours, remote video monitoring and door-release mechanisms allow the church office staff to control who enters the building.

If you have comments about this locked-door trial, please share them with the pastor or Clerk of Session Dan McKenzie.

—Session

Thur., Oct. 11, 2-6 p.m.

RRPC is “first in line” at Rocky River Chamber of Commerce Business Expo

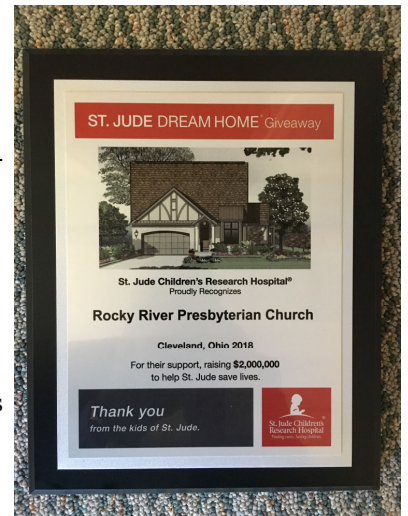
The Rocky River Chamber of Commerce’s “Business Expo” showcases many of the companies, services and community institutions of Rocky River and environs. And when you visit the Expo at Rocky River’s Umerley Civic Center, the very first booth you’ll encounter will be: RRPC! That’s right—our church is a member of the Chamber, and our table is just inside the door.

The event is open to anyone age 18 or older. Admission is by business card, by free ticket available at the church, or simply by signing in at the entrance. There are plenty of giveaways, free food and drink, and a chance to schmooze with friends and neighbors. See you there!

Boosting our community visibility

RRPC recognized for help with St. Jude Dream Home

Last month the St. Jude Children’s Research Hospital of Memphis, Tennessee presented RRPC with a plaque in appreciation for our participation in the 2018 Northeast Ohio St. Jude Dream Home program. The Dream Home was constructed right across the street from the church. For the month of weekend public open houses, RRPC allowed Dream Home visitors to park in our parking lots at no charge. With thousands of people touring the home, our parking prevented the residents of Hampton Court from being besieged by cars blocking their streets and driveways.



“Checking Out and Checking In” High School Retreat is Coming...

Our High School fellowship group will be going on retreat November 9-11 at Camp Aldersgate. We will be taking time to check *out* from our busy schedules to check *in* with God and each other in the beauty of God’s creation. We’ll look at how important it is to set aside that time through study, games and a variety of activities. There will also be some time to enjoy the camp facilities. Transportation will be provided by our advisors. Cost is \$50 per person. Scholarships are available based on need. For more information and registration forms, see Lisa Watts. Forms are also available on the church website.

Addresses needed for your college students!

Please be sure to notify the church office if your college student has had a change of address since last year. We are also in need of addresses for those headed away to school for the first time. It’s helpful for us to stay in touch and it makes it possible for your college student to receive that all important box of cookies from the high school youth group next month!

Adult Education has started 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 meet each Sunday at 9:00 a.m. 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!

Up in October: Rev. June Begany as she leads a series on David, the flawed king who was Jesus’ ancestor.

Church Directory Updates



If you did not pick up the RRPC directory update page after worship the past few weeks, copies are available in the church office. Or, if you call the office and request it, a copy can be emailed to you. This page updates the **church officers**, along with **Elders and Deacons**.

You can reach Crystal in the church office at 440-333-4888.

-- E&M Committee

Pick one program, or all of them!

Usher at an Artist Concert Series program this year



Now that you’ve seen the spectacular series that ACS has in store for the 2018-2019 season, plan now to volunteer as an usher at one of this season’s programs. You don’t need a “red coat” like at Playhouse Square! 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 nmack@hotmail.com, or the Church Office.

From the Parish Nurse



The Cleveland Clinic Fairview Hospital is offering a Breast Health Screening on Tuesday, October 16, 2018 from 1:00 p.m. to 6:00 p.m. This screening will be open to women who have insurance or already have a prescription for a mammogram and a free breast exam and mammogram will be available to uninsured women who financially qualify the Community West Foundation. This event will take place at the Cleveland Clinic Westlake Medical Center, 850 Columbia Road, Westlake. Please call 216-476-4673, to schedule an appointment. There are also flyers with registration information in the parish nurse information display in the garden hall.

FALL 2018 TOWN HALL MEETING SCHOOL SAFETY & SECURITY

Thursday, October 11 at 7:00 pm
Rocky River Board of Education • Professional Development Center
1101 Morewood Parkway
Rocky River, Ohio 44116

Join us as we discuss and answer questions regarding school safety and security.

Pastor is awarded Lilly Foundation grant to fund 2019 sabbatical

Last month our pastor was informed that he had submitted a successful grant application for the Lilly Foundation's National Clergy Renewal Program. This grant will provide funds for "extraordinary experiences" for Jon's sabbatical which the Session and its Human Resources Committee have planned for next summer.

What's a sabbatical?

A "sabbatical" is an extended time away from the demands of regular responsibilities. Often granted to college and seminary professors as well as to clergy, a sabbatical period is intended as a time for refreshing, recharging, and continuing education. It is not merely an extended vacation, nor is it merely a "reward for past service" but more of an "investment for future service" [in the words of "The Origin and History of Early Sabbatical Leave" by Walter Crosby Eells, Journal of the American Association of University Professors, Autumn 1962]. Many institutions grant sabbaticals every 7 years. Our pastor engaged in a sabbatical in 2004 after 13 years at RRPC. This will be his second sabbatical, coming 15 years after his first one. Jon's sabbatical will run June 10-September 8, 2019.

A sabbatical benefits both the pastor and the congregation. For the pastor, it's a time to step away from the pressure of constantly preparing sermons and newsletters and bulletins, planning worship services, running meetings, supervising employees. This allows the minister a chance to consider the congregation and its needs from a new, unencumbered perspective. It's a time of spiritual rejuvenation.

A congregation benefits from a pastor's sabbatical in several ways. Granting a pastor a sabbatical reduces the possibility of "clergy burn-out" from the pressure of being on-call "24/7" for high-stress situations. During the sabbatical a congregation often realizes the true scope of its ministry and (re)discovers its giftedness for carrying out that ministry.

Tell me about the grant from the Lilly Foundation

The Lilly Foundation sponsors a "National Clergy Renewal Program" which awards grants to churches to fund "extraordinary experiences" for a pastor's sabbatical. The National Clergy Renewal Program is a competitive program requiring an extensive application describing the rationale for the sabbatical, the activities planned, and a detailed forecast of activity expenses. Because Jon's application was successful, this grant will fund four activities:

- a 2-week trip for Jon & Mary to take classes at Ghost Ranch, a Presbyterian conference center in New Mexico;
- a 2-week stay for his extended family at Lakeside on Lake Erie near Sandusky;
- a 2-week trip to Indonesia for Jon & Mary to reconnect with the culture he lived in as a teenager;
- and a month after he returns from the sabbatical, an all-church retreat at Beulah Beach near Huron, Ohio for an afternoon and evening of relaxation, recreation, a catered dinner, and an evening of story-telling around a roaring campfire.

All these activities won't cost RRPC a dime—they'll be funded by the National Clergy Renewal Program's \$37,083 grant to RRPC earmarked solely for Jon's sabbatical plan!

After the New Year we will provide more information about Jon's Summer 2019 Sabbatical. But we wanted to share the exciting news of his successful grant application with the National Clergy Renewal Program.

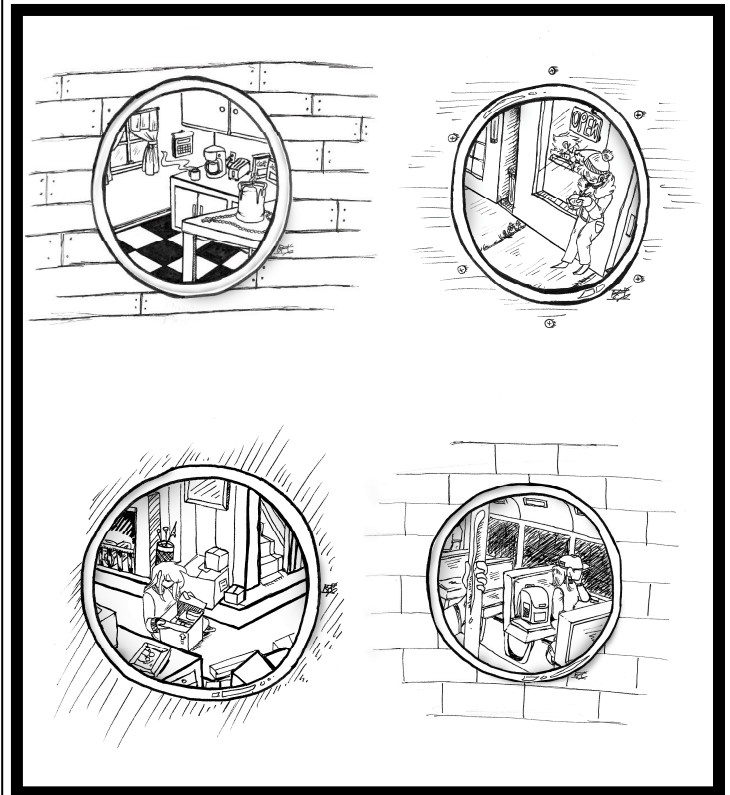
—Session's Human Resources Committee

We share our gifts for the sake of Christ's church Cami Krizman creates custom bulletin cover artwork for fall series

Our pastor had an idea—a series of drawings for the bulletin covers for his September worship series. He reached out to Rocky River High School freshman **Cami Krizman** (daughter of **Sue and Scott Krizman**) because he has often seen her drawings and doodles: would she be interested in creating four drawings? Yes, she said. He gave her the general description of each week's theme, and worshipers enjoyed what she produced. Thank you, Cami, for your generosity in sharing your creative talent with your church!

—Worship Committee

The weekly themes, depicted clockwise from upper left: "Homemaker," "Homeless," "Homesick," "Homeward."





PRESBYTERIAN WOMEN

Semi-Circle

Semi-Circle will meet on **Monday, October 8th** at **12:00 p.m.** in the West Room. 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, October 18th** 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 **Tuesdays, October 9th and 23rd** 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

Koinonia Prayer and Study Group meets on **Wednesday mornings** 10:00 a.m. to noon. We spend the first hour in study and the second hour in prayer (all kept in confidence).

Each week we will be listening to, then discussing, the sermons of The Rev. Skye Jethani, who was the Chaplain-of-the-Week at Chautauqua when Jo Naretto was there this summer. It will be an interesting series. Please feel free to join us.

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 on **October 23rd** at 7:00 p.m. in D-3,4. Our Bible study this year is titled "Unafraid" by Adam Hamilton. If you have any questions you may contact Lisa Watts.

"Strength and dignity are her clothing,
and she smiles at the future."
~ Proverbs 31:25

Looking WAY ahead to the Sunday AFTER Christmas! **What personal Christmas story can you share at "Family Room Worship"?**

That's what we'd love 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 work of fiction, a description about a beloved family tradition—you can go many ways with it! If this possibility intrigues you, speak with the pastor to learn more.



—Worship Committee

Free presentation Sat. afternoon, Oct. 6

Making friends with death can change your life

The dying process is a meaningful, spiritual, and natural transition in every life and merits advance preparation. Fairmount Presbyterian Church in Cleveland Heights will present Loretta Downs, MA, CSA in a free lecture on Sat., Oct. 6 at 3 p.m. on the topic of Advance Health Care Planning. Ms. Downs is the founder of Chrysalis End-of-Life Inspirations. Her talk will demonstrate how Advance Health Care Planning gives you control over your outcomes and increases the likelihood of having a gentle, supported end-of-life experience.

Learn from this inspiring presentation what your options are and how to voice your choices with your loved ones and caregivers. This is the *final presentation* of Fairmount's William Birkett Williams Lectures which began way back in 1952. Fairmount Presbyterian Church is at 2757 Fairmount Blvd. in Cleveland Heights.

Offer a helping hand at Coffee Hour

The Deacons' Coffee Hour Committee is currently seeking volunteers to help out the 3rd Sunday of the month. We are also in need of substitutes who would be able to fill in occasionally. Contact Deb Furry debffurry@northerntitle.com or 440-336-5114 for further information and/or questions.





LIBRARY LINGO

Mary Schulz, Librarian

Displays:

New books for adults and children
Autumn books for children



NEW ITEMS FOR ADULTS:

Fiction books:

Fire in the Night

FIC BYL

The Amish community of Lancaster is being terrorized by barn fires. The Beiler's barn was the first to go. Their daughter, in her late teens, is old enough to observe her parents' agony. Not only is she afraid, but also entranced by Matthew Stoltzfus who is dating her friend, Rose. When a second barn burns suspiciously, the Amish consider police protection, and the tense community questions their traditional nonresistant approach to violence.

The Parting

FIC LEW

Nearly 100 days have passed since the untimely death of Nellie Fisher's beloved younger sister, and she dares again to dream of a future with Caleb. Meanwhile, a growing number of Amish farmers are demanding tractors and other forbidden modern conveniences. When the Old Order community is pushed to the breaking point, Nellie and Caleb find themselves and their families in an impossible divide.

The Telling

FIC LEW

Accompanied by her new English friend, Grace has left Bird-in-Hand to search for her mother, Lettie, in Ohio. Meanwhile, Lettie continues her private quest to find the missing piece of her life, though she is increasingly torn between the family she left behind and the yearning for her long-lost child.

Nonfiction books:

Sabbath Economics: Household Practices

174 COL

Many of us know we are in a rat race, and we wonder what the get-and-spend attitude is doing to our souls and communities. Full of practical resources and inspirational examples, this book is ideal for individuals or groups looking to ground their finances and lifestyle in a vision of the economy of grace and enough for all.

Beneath His Wings: Abiding in God's Comfort and Love

242.2 BEN

Discover a place of comfort and compassion, a shelter that offers security and a refuge that brings reassurance. Under the loving cover of God's wings, you will experience the joyous peace that comes when you place your heart in the hand of the Father. Scripture quotations are illustrated beautifully with watercolors of birds.

Lord, It Keeps Happening.... And Happening

242.2 CAL

The author knows what life is like in the state of expectancy. And the One she waits on, and looks to, is the Lord of life. In these prayer poems, she continues her dialogue with her Lord.

Soul Feast: an Invitation to the Christian Spiritual Life

248 THO

The author provides guidance to those who wish to explore the riches of Christian spirituality. She offers a framework for understanding the spiritual disciplines, as well as instruction in developing and nurturing those practices. Her discussions about prayer, spiritual reading, worship, fasting, and hospitality are clear, practical, and inspirational.

Pivotal Praying: Connecting with God in Times of Great Need

248.3 HUL

The authors effectively communicate how to pray when you least feel like it. *Pivotal Praying* will infuse your life with God's power as He hears, and answers, your heart's cry in times of great struggle.

HAPPY READING AND VIEWING!!

Healthy Happenings

... Notes from the Parish Nurse

Dear Friends and Family,

Greetings! Many people think of pumpkins as little more than a Halloween decoration or a Thanksgiving pie filling. However, it may be time to rethink this plump, nutritious orange plant. Pumpkin is a highly nutrient-dense food. It is rich in vitamins and minerals but low in calories. Pumpkin seeds, leaves, and juices all pack a powerful nutritional punch. There are many ways pumpkin can be incorporated into desserts, soups, salads, preserves, and even as a substitute for butter. Other facts about pumpkins include:

- The potassium contained within pumpkins can have a positive effect on blood pressure.
- The antioxidants in pumpkin could help prevent degenerative damage to the eyes.
- Avoid canned pumpkin pie mix, as it typically contains added sugars and syrups.
- Uncut pumpkins should be stored in a cool, dark place for up to 2 months.
- Pumpkin puree or canned pumpkin can be used as a replacement for butter or oil in baking recipes.

Pumpkin has a range of fantastic, proven health benefits, including being one of the best-known sources of beta-carotene. Beta-carotene is a powerful antioxidant. It also gives orange vegetables and fruits their vibrant color and the body converts any ingested beta-carotene into vitamin A. Foods rich in beta-carotene may reduce the risk of developing certain types of cancer, offer protection against asthma, eye and heart disease, diabetes, obesity and delay aging and body degeneration.

Eating pumpkin is good for the heart and helps regulate blood pressure. The fiber, potassium, and vitamin C content in pumpkin all support heart health. Studies suggest that consuming enough potassium may be almost as important as decreasing sodium intake for the treatment of hypertension, or high blood pressure. Increased potassium intake is also associated with a reduced risk of stroke, protection against loss of muscle mass, and preservation of bone mineral density.

Beta-carotene in pumpkins has also been shown to lessen the development of colon and prostate cancers in the Japanese population. Pumpkins have a powerful effect on glucose absorption. This can help to control and keep diabetes at bay. The plant compounds in pumpkin seeds and pulp are excellent for helping the absorption of glucose into the tissues and intestines, as well as balancing levels of liver glucose. They may be associated with a lower risk of type 2 diabetes but this effect is not consistently demonstrated. However, the compounds have such an impact that researchers suggest that they could be reworked into an anti-diabetic medication, though further studies are needed.

Pumpkins are a fantastic source of fiber. People in the United States do not consume enough fiber, with an average daily intake of just 15 g. The recommended daily fiber intake is between 25 and 30 g. Fiber slows the rate of sugar absorption into the blood, as well as promoting regular bowel movements and smooth digestion. A healthful fiber intake can also help reduce the risk of colon cancer. With nearly 3 grams of fiber in cooked, fresh pumpkin and over 7 g in canned pumpkin, adding a serving of pumpkin to the daily diet can help supplement the fiber shortage in the average American diet. Pumpkin can protect immunity. Pumpkin pulp and seeds are high in both vitamin C and beta-carotene. These offer a boost to the immune system using a powerful combination of nutrients. When Beta-carotene is converted into vitamin A, it triggers the creation of white blood cells that fight infection.

According to the *USDA National Nutrient Database*, one cup of cooked, boiled, or drained pumpkin without salt contains: 1.76 g of protein; 2.7 g of fiber; 49 calories; 0.17 g of fat; 0 g of cholesterol and 12.01 g of carbohydrate. This amount of pumpkin also provides: more than 200 percent of the recommended daily allowance (RDA) of vitamin A; nineteen percent of the RDA of vitamin C; ten percent or more of the RDA of vitamin E, riboflavin, potassium, copper, and manganese; at least 5 percent of thiamin, B-6, folate, pantothenic acid, niacin, iron, magnesium, and phosphorus. Preparing fresh pumpkin at home will deliver the most benefits for your health, but canned pumpkin is also a great choice. Pumpkin retains many of its health benefits in the canning process.

Steer clear of canned pumpkin pie mix. This is usually placed next to the canned pumpkin in grocery stores, and is sold in a similar can. It contains added sugars and syrups. Canned pumpkin should have only one ingredient: Pumpkin.

Pumpkin pie is a sweeter way to incorporate the benefits of pumpkin into the diet. Be sure to make a pumpkin puree rather than buying pre-made. There is a range of ways to eat more pumpkin. Although the variety of pumpkins that usually ends up carved into a jack-o-lantern is perfectly edible, it is best to cook with the sweeter and smaller pumpkin varieties. Make sure the pumpkin has a few inches of stem left and is hard and heavy for its size. Uncut pumpkins can be stored in a cool, dark place for up to 2 months. Next time pumpkin season comes around, don't carve it up. Cook it and eat it.

Catherine A. Patton RN, BSN
440-333-4888 ext: 105
Parishurse@riverpres.org



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 church lobby wall, and all four here in the Pulse. Please make a point of greeting these people and wishing them a happy birthday!



Becky Weber

1. Profession

I was a Jazzercise instructor for over 18 years and then taught yoga for 9 years. I guess I'm retired now!

2. Hobbies / Interests

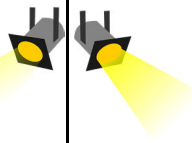
I enjoy camping and anything outdoors. Singing is another thing I enjoy. I sing in the Rocky River Community Chorus, as well as in our church choir.

3. Favorite trip you've taken, or where you'd like to go

I love to travel! My goal is to get as many stamps as I can in my National Park passport book. I am always in awe of the majesty of nature for it is truly God's handiwork, and it is there that I feel His presence.

4. Why do you worship here at RRPC?

RRPC has been my church home since I moved to Rocky River when I was 5 years old. I even remember attending Sunday School at Memorial Hall while our church was being built, which should give you a clue as to how old I am!



Jim Kanner

1. Profession

Food Industry Manager

2. Hobbies / Interests

I'm into bicycling, scuba diving/snorkeling, playing pool and cribbage, listening to operatic music, walking in the metro park with my wife, eating the Fritos Burrito at Taco Bell, and hanging out in Little Italy with my son, Eric.

3. Favorite trip you've taken, or where you'd like to go

I love going to Grand Cayman where I can see amazing underwater wildlife while scuba diving/snorkeling in the reefs.

4. Why do you worship here at RRPC?

I like Jon Fancher's communication skills and the people I've met in the congregation. I've also enjoyed participating in the youth confirmation mentoring program.



Ernie Hisey

1. Profession

Professor of Choral Music Emeritus, Cleveland State University, where I conducted 6 choral tours in 5 countries other than the United States. Administrative Music Staff at churches for 35+ years.

2. Hobbies / Interests

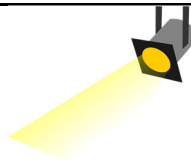
Music and travel

3. Favorite trip you've taken, or where you'd like to go

Road tripping to the Outer Banks of NC. We went every spring break with our children for many years.

4. Why do you worship here at RRPC?

I chose RRPC because there are 4 things important to me at a church: Sermon, music, fellowship groups, and Christian education. I felt these were all strong here.



Brenda Peterson

1. Profession

Personal Trainer and Integrative Nutrition Health Coach at 360 Degree Fitness

2. Hobbies / Interests

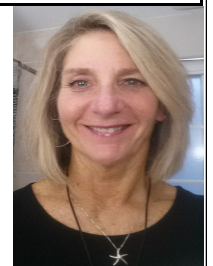
Helping more people to have healthy bodies and lives. Volunteering when I can. I enjoy many types of exercising: Swimming, hiking, biking, weight training, etc. I like to try new adventures, as well. Movies and concerts are wonderful entertainment. Spending time with family and friends is always heartwarming.

3. Favorite trip you've taken, or where you'd like to go

Paris, December 2011 with my son, Eric. We had a fabulous time together. Would like to go to the Grand Canyon, and many other places.

4. Why do you worship here at RRPC?

Initially, it was for the children programs, nursery school, and Sunday school. Also, Jon's sermons. He always seemed to know what I needed and was working through in the week. Now, it is still Jon's sermons, the camaraderie with others to learn and share the Lord's words. It brings peace to my soul.



“The Pulse”

the monthly newsletter of
Rocky River Presbyterian Church
October 2018



Trash & Treasure Sale
Saturday, October 6th
Doors open at 9:00 a.m.

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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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