

The Pulse September 2019



of Rocky River Presbyterian Church

Exciting Church School Changes Coming in September...What You Need to Know.

Beginning in September, our church school program will look a little different. We will continue having our KISS Sundays on the first Sunday of each month, where children are invited to remain in worship for the entire service with their families. All children over the age of three will be in worship with their families for the first portion of the Sunday service on ALL Sundays. After participating in the opening liturgies and music, children will be invited forward for a brief children's message before being dismissed to their church school classes.

Current research shows that children best learn **how** to worship by **being** in worship. They watch what is happening around them and model the things they see.

- ◆ Perhaps you are an adult with no young children. Here are a few suggestions for welcoming our younger congregants:
- ◆ Be helpful to parents of young children by not making them feel awkward or unwanted.
- ◆ Acknowledge children by smiling or nodding in their direction.
- ◆ Make a child's presence part of **your** worship experience by inviting their family to sit next to you, praying for them, and taking an interest in them.
- ◆ Make a point of sharing the Peace of Christ with them when everyone else is greeting.
- ◆ Find a young child before or after the service, make eye contact, introduce yourself and tell them you are glad to see them, and will be looking for them in future weeks. **You just might be the reason that family returns.**

Perhaps you are a parent, hesitant to have your children in worship with you. Here are a few ideas to make it a little easier:

- ◆ Take advantage of the worship bags and folders offered in the vestibule.
- ◆ Allow children to look up the hymn numbers.
- ◆ If your little ones have restless legs that do not touch the floor, you can ask an usher for foam blocks to put under their feet.
- ◆ Take time after the service to talk about what they saw and did during worship.
- ◆ Relax and enjoy the worship experience with your children!

Bringing a child to church can be challenging. Their behavior

might sometimes make it hard for parents or others to worship. Then again, many facets of parenting are challenging. **It's the rewards that make it all worthwhile.** While we do not want our children to be disruptive or hamper the worship of others, all of us together need to be reminded that children are not the church of the future. They are the church of the present, along with all of us. Children and adults alike are able to watch for God, and participate in God's love and healing.

If you have any questions or suggestions, please see Lisa Watts or any member of the Christian Education committee.

Church School Kick-Off & All-Church Picnic September 8



On Sunday, September 8, all of our church school classes from age three through adult education will start the new school year. Be sure to stick around after church school and worship and join us for a picnic! Look for sign-up sheets on the Christian Education bulletin board! Hot dogs, hamburgers and beverages will be provided. Sign up to bring a side dish or dessert. Don't miss out on the fun!

First Artist Concert Series Performance of the Season

Sunday, Sept. 22

3:00 p.m.

Andrew Sords, violin & ensemble **"An Afternoon of Romantic Chamber Music"**

American-born violinist Andrew Sords has a celebrated career as a soloist on 4 continents and in performances with his trio. Having collaborated with 300 orchestras, Sords has been cited for combining visceral virtuosity with a ravishing tone. His ensemble will perform piano trios of Mendelssohn and Shostakovich, as well as a couple of violin/cello works.



From Your Pastor

This column
will return
in October

Jon

September Birthdays



September 1	Nancy Nowlin Brian Titus
September 2	Dave Furry
September 3	Simon Kirksey
September 4	Becky Celmar
September 5	Allison Beer
September 6	Mary Murphy Benjamin Sakai
September 7	Sandra Norman Tom Mach
September 8	Tracy Smith John Eyre
September 9	Rich Fredrickson Kevin Beer Jack Jennings
September 10	Sandy Carson Amy Boyd-Kirksey
September 11	Libbey Poole
September 12	Bonnie Gulstrand Anika Norris
September 13	Melanie Megyesi
September 16	Joseph Orosz John Clark
September 19	Betsy Roth Nancy Spelman
September 20	Sue Curtis
September 22	Paul Katterle Sally Schriener Jacob Ulewicz
September 23	Shirley Conner Nate Furry
September 24	Chuck Chaney Jill Erml
September 25	Gary Fresenko Jim Flynn Karen Stohr
September 26	Dana Carney Sean Wilson
September 27	Tom Dillon Jr.
September 28	Caleb Flynn
September 29	Shelly Bishop
September 30	Pat Koberg

Save the Date! October 19th 4:00 p.m.

**A catered picnic and campfire for all ages
Watch for more details next month!**



How does the church know someone's hospitalized? Someone tells us.

Due to privacy laws regarding medical information, the church is not notified when someone is having surgery, is hospitalized or faces some other crisis. Please share joys, concerns and sorrows by telling the pastor or by calling or messaging the church office.



Pick one program, or all of them!

Usher at an Artist Concert Series program this year

The 2019-2020 season has been announced, 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 nmack@hotmail.com, or the Church Office.

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

Middle School / High School Fellowship Starts Sunday, September 8th

Both middle school and high school fellowship groups will start off their year with meetings on Sunday, September 8 from 7:00-8:30 p.m. Each group will meet most Sunday evenings through the year. This year we will be doing some joint activities with both groups, as well as some intergenerational events for EVERYONE in the church! Watch the CE bulletin board and our church website for a calendar and updates on events. Many fun events are planned! We will be helping to sort for Trash & Treasure, doing mission projects and active Bible study. As for all youth activities, friends are always welcome!

High School retreat will be November 8-10
Middle School retreat will be February 29- March 1

High School Fellowship Retreat November 8-10 at Camp Aldersgate

Attention all 9th-12th graders: Don't miss out on our annual retreat on November 8-10. We will be travelling to Camp Aldersgate in Carrollton. We are very excited with the facilities and the beautiful lake at this new venue and want to be sure you can attend. Cost for the retreat is \$50 and includes lodging and meals at the camp. Much more information will be available soon, but please mark the dates on your calendars **NOW**. This will be an experience you do NOT want to miss.

Bibles for Third-Graders



Watch the faces of our 3rd graders as they receive their very own Bible! On Sunday, Sept.22, our Pastor and Director of Christian Education will present every 3rd grader with their own copy of the Bible. The version they receive features the translation of the Bible called "The Common English Bible."

Each Bible has a personalized bookplate in the front indicating that this Bible is a gift from the child's family and from their church. After they receive their Bibles, the children retire to the Parlor with the Pastor, where he leads them in a brief "tour" of the Bible.

If you want your 3rd grader to receive a Bible, be sure to contact Director of Christian Education Lisa Watts right away.
 —Christian Education

7TH and 8TH Grade Confirmation

This is a confirmation year, and any young person in 7th or 8th grade (or older) is eligible to participate. Each youth will be assigned an adult mentor who will meet with them throughout the process of confirmation. There will be a class on Sunday mornings for them-usually the 2nd and 4th Sunday of each month. The young people will also meet periodically with Dr. Fancher and Lisa Watts as a group. This year we will have a one-night confirmation retreat on January 19-20. If you would like your child to participate, please contact Lisa Watts by August 25. The first organizational meeting for youth, parents and mentors will be held on Sunday, September 22, following worship in the West Room.

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!



A Big "Thank You"

Operation Backpack update: Thank you to all who donated school supplies for the Volunteers of America Operation Backpack. Our congregation collected 5 backpacks that were completely stocked, 6 empty packs that we were able to fill, and 4 large boxes of supplies such as crayons, markers, spiral notebooks, etc.

Thank you to all who participated.
 The Mission Committee





PRESBYTERIAN WOMEN

Semi-Circle

Semi-Circle will meet on **Monday, September 9th** at **12:00 p.m.** at the Church. 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, September 19th** at 7:00 p.m. 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, September 10th** and **24th** 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).

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 **Tuesday, September 24th** at 7:00 p.m. in D-3,4. We will be deciding on a Bible study for this coming year. If you have any questions you may contact Lisa Watts.

An Invitation to Women of RRPC and Friends to read the book

“Strange Gods: Unmasking the Idols in Everyday Life” by Elizabeth Scalia

**Book Discussion will take place on
Saturday, November 16, 2019
at 10:00 a.m. in the West Room**

Coffee and Pastry will be provided.

The book can be purchased in retail stores and through Amazon or Better World Books. The Clevenet library site lists copies available. Participants are responsible for obtaining their own copy.



YOU Can Help with Trash & Treasure!
Just follow the easy instructions below:

1. **Save** this page.
2. Find an empty box or bag.
3. Fill the box or bag with items (clothing, housewares, books, etc.) to donate to the **October 5** Trash & Treasure Sale.
4. Mark on the box or bag what's inside (clothing, housewares, books,).
5. Drop off your box or bag at church any time between **September 21 and October 2**.
6. While you're dropping off your stuff, take a minute to check the poster by the church office to see where you can help with sorting, pricing, sales or clean up. Or volunteer to donate something to the Bake Sale!
7. Tell your friends and neighbors about the sale by giving them an invitation.
8. Remember that all proceeds go to mission!

You are invited to shop at
Rocky River Presbyterian Church
21750 Detroit Road, Rocky River, Ohio
44116

Trash & Treasure
Rummage & Bake Sale
Saturday, October 5, 2019
9 am – 2 pm

All Proceeds Go To Mission

PS: If you would like to donate items,
you can drop things off on weekdays
from 9 am - 2 pm
September 21 - October 2



SEPTEMBER 2019 LIBRARY LINGO

Mary Schulz, Librarian

DISPLAYS:

New books

Grandparents' Day books



NEW ITEMS FOR CHILDREN:

Board Book:

What Daddies Like

...smooches, hugs, swings, adventures, etc.!

BOARD NEV

Picture Book Fiction:

My Dad Thinks He's Funny

When you say "I'm hungry," Dad says, "Hello, Hungry. Pleased to meet you." Dad thinks he's funny.

E GER

How to Babysit a Grandma

When you babysit a grandma, if you're lucky it's a sleepover at her house! And with the useful tips from this book, you're guaranteed to become an expert grandma-sitter in no time. Check out the sections on: how to keep a grandma busy, things to do at the park, possible places to sleep and what to do once you're both tucked in.

E REA

How to Babysit a Grandpa

Babysitting a grandpa is fun, if you know how! In this book you will find essential tips for being a good grandpa-sitter: how to play with a grandpa, things to do on a walk, snacks grandpas like to eat.

E REA

Chapter Book Fiction:

Wishtree

Trees can't tell jokes, but they can certainly tell stories. Red is an oak tree who is many rings old. Red is the neighborhood "wishtree"- people write their wishes on pieces of cloth and tie them to Red's branches. Red has seen it all, until a new family moves in. Not everyone is welcoming, and Red's experience as a wishtree is more important than ever.

jFIC APP

Young Elementary Nonfiction Books (yellow dot):

Joseph the Dreamer and Other Bible Stories

Includes A Tale of Twin Brothers, Jacob's Dream, The Ruler of Egypt, and more.

j221 JOS

The Parting of the Red Sea and Other Bible Stories

Includes The Baby in the Basket, The Burning Bush, The Nine Plagues of Egypt, The Ten Commandments, and more.

j221 PAR

Jesus Returns to Heaven and Other Bible Stories

Includes Jesus and Doubting Thomas, The Coming of the Holy Spirit, The Road to Damascus, Paul at Sea, and more.

j225 JES

The Sermon on the Mount and Other Bible Stories

Includes Jesus the Healer, Two Fish and Five Loaves, The Good Samaritan, and more

j225 SER

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,

Greetings! As our summer comes to a close, I wanted to remind everyone to continue to use sunscreen all year long. While we can't help but notice that the aisles in the store are full of sunscreen; do you often wonder which sunscreen is the best to buy for yourself and your family. Did you know that some sunscreens protect against only the sun's ultraviolet A (UVA) rays, which also contributes to skin cancer? Did you know that no sunscreen completely blocks UV radiation and that you still need to wear a cover up, hat or sunglasses for protection against the sun? Did you also know that no sunscreens are completely waterproof?

The Food and Drug Administration (FDA) has taken steps to protect consumers from the skin damage that can be caused by too much sun exposure. This summer, the FDA has new rules that will affect sunscreen labels. One of the most important requirements: Testing and labeling that identifies those sunscreens are broad spectrum, which means that they offer protection against both UVB and UVA rays. All sunscreen products offer protection against UVB rays, which are the primary cause of sunburn but both UVB and UVA rays contribute to sun-induced skin cancer and premature skin aging.

Scientific studies report that broad spectrum sunscreens with a Sun Protection Factor (SPF) of at least 15 can help reduce the risk of sun-induced skin cancer and premature aging when used as directed. Under the final FDA regulations, only products that pass a broad spectrum test can be labeled "*broad spectrum*" on the front of the product.

Sunscreens that are not broad spectrum or that lack of at least a SPF of 15, must now carry a warning: "*Skin Cancer/Skin Aging Alert: Spending time in the sun increases your risk of skin cancer and early sign aging. This product has been shown to only help prevent sunburn, not skin cancer or early aging.*" FDA regulations now require that if a product's front label makes claim of being resistant, it must designate whether it's protective for 40 or for 80 minutes while swimming or sweating. Additionally, manufacturers may no longer make claims that their sunscreens are "*waterproof*" or "*sweat proof.*" Products may no longer be identified as "*sun blocks*" or claim instant protection or that it protects for more than two hours without re-applying.

Other Sun-Safety Tips include:

- * Apply at least SPF 15 sunscreen at least 15 minutes before going out into the sun.
- * Apply sunscreen on overcast days.
- * Apply sunscreen whether you have fair, medium or dark skin type.
- * Keep infants under six months of age out of the sun.
- * Limit sun exposure between 10a.m. and 2 p.m. when the sun's rays are the strongest.
- * Re-apply sunscreen at least every two hours or more often if you are swimming or sweating.
- * Wear a shirt, wide brim hat and sunglasses before going out into the sun.

The FDA is considering whether additional changes are needed in the future including relabeling SPF 50, as SPF 50+ because at this time, they are not sure if a SPF of more than 50 provides any additional benefits. The FDA also has concerns about the safety of sunscreen spray products both to question their effectiveness and health risks, if they are accidentally inhaled. At this time, the FDA is requesting additional data from the manufacturers and consumers.

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



RRPC Member Spotlight

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



Betsy Roth



1. Profession

Retired kindergarten teacher. I also taught nursery school at RRPC.

2. Hobbies / Interests

Singing, knitting, watercolor painting, family

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

Had a wonderful riverboat trip with husband John in Germany. Also love to visit family in Tucson and Chicago.

4. Why do you worship here at RRPC?

We have been RRPC members since 1966 and consider it our church family.



Jim Flynn



1. Profession

I.T.

2. Hobbies / Interests

Golf, family, Tide football

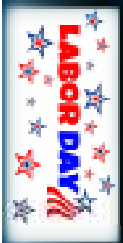
3. Favorite trip you've taken, or where you'd like to go

Recently completed a bucket list trip of driving the Pacific Coast Highway from San Francisco to San Diego. Now I'd like to go to Australia.

4. Why do you worship here at RRPC?

After some church shopping, we found RRPC to be warm, welcoming and with a message that fits us.

September 2019

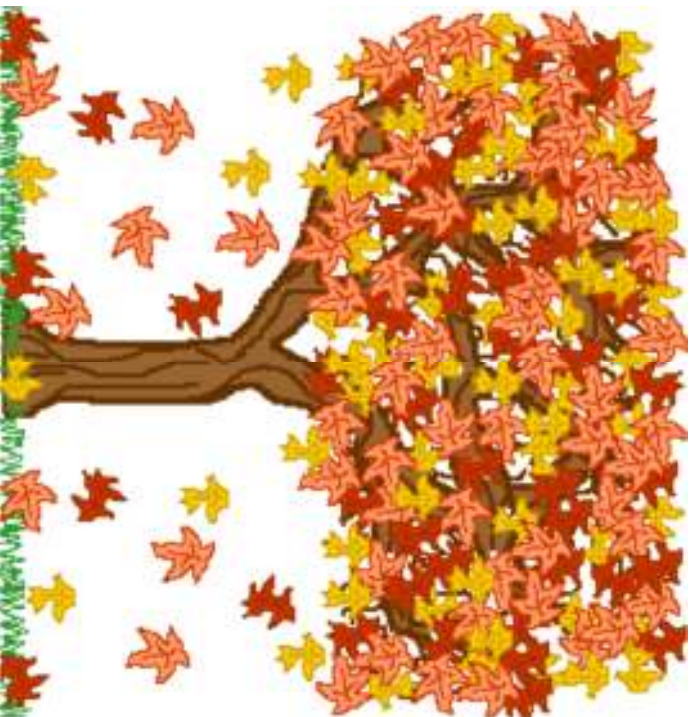
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>1 Communion / Food Sunday</i></p> <p>8:30 a.m. Last Early Worship 10:30 a.m. Worship /Nursery 11:35 a.m. Time of Fellowship 11:35 a.m. Mission Committee Mtg.</p>	<p><i>2 Labor Day</i> <i>(church office closed)</i></p>  <p>7:00 p.m. Women's AA Mtg.</p>	<p><i>3</i></p> <p>6:30 p.m. Worship Committee 7:30 p.m. Alanon/Alateen Mtg.</p>	<p><i>4</i></p> <p>9:00 a.m. RRPP/Preschool CPR Training 7:00 p.m. Chancel Choir 7:30 p.m. Men's AA Mtg.</p>	<p><i>5 First Day of RRPP/Preschool</i></p>	<p><i>6</i></p> <p>7:00 a.m. Friday morning Men's Group (RR Starbuck's)</p>	<p><i>7</i></p> <p>7:00 p.m. Altered Attitudes AA</p>
<p><i>8</i></p> <p>10:30 a.m. Worship /Nursery 11:35 a.m. Time of Fellowship 11:35 a.m. Back to School All-Church Picnic 11:45 a.m. Evang. & Membership Committee Mtg. 7:00 p.m. High School / Middle School Fellowship</p>	<p><i>9</i></p> <p>11:30 a.m. PW Semi-Circle Mtg. (off-site) 7:00 p.m. Deacons Mtg. 7:00 p.m. Women's AA Mtg.</p>	<p><i>10</i></p> <p>9:30 a.m. Expressions of Faith 6:30 p.m. Finance Committee 7:30 p.m. Alanon/Alateen Mtg.</p>	<p><i>11</i></p> <p>10:00 a.m. RRPP Staff Mtg. 7:00 p.m. Chancel Choir 7:30 p.m. Men's AA Mtg.</p>	<p><i>12</i></p> <p>8:30 a.m. Senior Men's Bible Study & Breakfast</p>	<p><i>13</i></p> <p>7:00 a.m. Friday morning Men's Group (RR Starbuck's)</p>	<p><i>14</i></p> <p>7:00 p.m. Altered Attitudes AA</p>
<p><i>15</i></p> <p>10:30 a.m. Worship /Nursery 11:35 a.m. Time of Fellowship 7:00 p.m. High School / Middle School Fellowship</p>	<p><i>16</i></p> <p>7:00 p.m. Women's AA Mtg. 7:30 p.m. Session Mtg.</p>	<p><i>17</i></p> <p>9:00 a.m. RRPP Committee Mtg. 7:30 p.m. Alanon/Alateen Mtg.</p>	<p><i>18</i></p> <p>7:00 p.m. Chancel Choir 7:30 p.m. Men's AA Mtg.</p>	<p><i>19</i></p> <p>7:00 p.m. PW Priscilla Circle Mtg.</p>	<p><i>20</i></p> <p>7:00 a.m. Friday morning Men's Group (RR Starbuck's)</p>	<p><i>21</i></p> <p>7:00 p.m. Altered Attitudes AA</p>
<p><i>22 Third Grade Bibles</i></p> <p>10:30 a.m. Worship /Nursery 11:35 a.m. Time of Fellowship 3:00 p.m. Artist Concert Series Presents: Andrew Sordis & Company 7:00 p.m. High School / Middle School Fellowship</p>	<p><i>23</i></p> <p>7:00 p.m. Women's AA Mtg.</p>	<p><i>24</i></p> <p>9:30 a.m. Expressions of Faith 7:00 p.m. PW Women of Grace 7:30 p.m. Alanon/Alateen Mtg.</p>	<p><i>25</i></p> <p>10:00 a.m. RRPP Staff Mtg. 7:00 p.m. Chancel Choir 7:30 p.m. Men's AA Mtg.</p>	<p><i>26</i></p> <p>8:30 a.m. Senior Men's Bible Study & Breakfast 6:30 p.m. Seekers Class (1 of 2)</p>	<p><i>27</i></p> <p>7:00 a.m. Friday morning Men's Group (RR Starbuck's)</p>	<p><i>28</i></p> <p>7:00 p.m. Altered Attitudes AA</p>
<p><i>29</i></p> <p>10:30 a.m. Worship /Nursery 11:35 a.m. Time of Fellowship 7:00 p.m. High School / Middle School Fellowship</p>	<p><i>30</i></p> <p>7:00 p.m. Women's AA Mtg.</p>					



“The Pulse”

the monthly newsletter of
Rocky River Presbyterian Church

September 2019



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