



of Rocky River Presbyterian Church

Tuesdays Jan 21 & 28 6:30 p.m.

Someone is waiting for you to invite them to join RRPC

YOU have power: power to encourage a recent worship visitor to consider joining you as a member of RRPC. So speak up—urge them to attend the pair of Seekers' Classes that our pastor will offer on Tuesdays, Jan. 21 & 28 from 6:30-8:00 p.m.

Remember when someone encouraged you to join? Why not pass that gift along!

—elder Brenda Peterson, Chair,
Evangelism & Membership

Sun., Jan. 26, 12 noon

64th Annual Meeting scheduled

In keeping with the by-laws of the congregation, the Session has called for the 64th Annual Meeting of the Congregation and Corporation to be held on the fourth Sunday of January—January 26—following morning worship. The meeting will take place in Fellowship Hall. Our Board of Deacons will arrange for a light luncheon to be available prior to the meeting.

The purposes of the meeting include:

- the election of officers for Rocky River Presbyterian Church—a non-profit corporation in the State of Ohio;
- Election of deacons and ruling elders to fill vacancies;
- the reception and review of reports of the activities of the church's organizations and staff;
- the review and approval of the pastor's compensation for the coming year.

All communicant members of the congregation are eligible to speak and vote at the Annual Meeting; the meeting is open to the public.

—Elder Dan McKenzie, Clerk of Session

Sun., Jan. 5, 11:35 a.m.

Many hands welcomed to help "De-deck the Halls"

Because "many hands make light work," we hope you'll stay after worship for 10, 20, or 30 minutes to help take down the wreaths and other decorations throughout the church and transport them to Fellowship Hall. There they will be placed in the storage loft until next December. Pizza will be on hand to hold hunger at bay. In advance... thanks!

—Board of Deacons



Sun., Jan. 12: one night—TWO events!

#1: "Spaghetti for Mission"

Let the kids do your cooking! The annual **Spaghetti Dinner Benefit** is **serviced between 5-7 p.m.** in Fellowship Hall. This raises funds to send our youth on the summer mission trip to Sheboygan, Wisconsin this June. Buy tickets after worship, in the church office, or at the door: Adults \$10, kids \$5.

#2: Sabbatical Photo-Travelogue

Jon & Mary Fancher will present a 45-minute Photo-Travelogue in Fellowship Hall sharing the sights (and sounds!) of their trips to New Mexico and Indonesia during his sabbatical last summer. The **show starts at 7 p.m.**

Come to either or both!

Your January "Per Capita" gift

The power of the "First Envelope"

If you've opened your offering envelope packet for 2020, you've seen that the "First Envelope" is for a special offering called "Per Capita." Every Presbyterian church member across the country is urged to make a special gift through their church to defray the "per capita" expenses of being Presbyterian: what it costs "per capita" (literally, "per head") to support the Presbyterian Church (USA) at the levels of the local presbytery, regional synod, and national General Assembly.

This year, churches in the Presbytery of the Western Reserve are being asked to pay **\$32.41 per member** (same amount as last year). For RRPC, that totals \$11,279. Without each member's special gift of \$32.41, that's \$11,279 that we *won't* be able to apply to our Christian education or Music programs, our Mission support or for building and ground maintenance.

The Session urges you to find that First Envelope and make a special gift in January of \$32.41 per church member in your household... and if you can, perhaps you could add something to your gift on behalf of some of our members who simply cannot make a Per Capita gift this year.

—Stewardship and Finance committees

**Is your Stewardship Pledge for
2020 still on your kitchen counter?
Please return it soon.
Need another form? Just contact the Church Office.**

From Your Pastor

Small signs can inspire us to make a difference

Marcy is in her mid-80s. Clear-minded. Engaging. Quick with a smile. Genuine and caring.

I met Marcy ten years ago at a Christmas party that her daughter hosts. I became friends with her daughter Leslie at a continuing education event I took part in many years ago. Since then, Leslie has invited me to the annual Christmas party she holds for her family... and coming from a Roman Catholic family, that means that over the course of the evening perhaps *sixty* people pass through Leslie's home!

When I arrived at Leslie's Christmas party this year I found her mother Marcy seated in a chair strategically positioned so she could see all the comings-and-goings in the front hall and living room. As usual, Marcy was dressed in festive holiday attire. An ear-to-ear smile reflected her joy at the animated conversations and playful antics of her children, grand-children, great-grandchildren, all the nieces and nephews and cousins, and the handful of neighbors and friends. (I feel privileged, indeed, to be considered "family" at this event!)

But something was different about Marcy this year.... *Ahhh! That's it!* Planted on the floor next to her was a new part of her attire: a cane. It was one of those self-standing canes with a slightly weighted base so it is always right at hand.

"Marcy," I said, pointing at the shiny red cane, "you've added to your holiday outfit this year, I see."

"Oh, yes," she smiled, patting the cane like it was an obedient dog. "It's my new friend. Just a bit of insurance in case I feel a little wobbly these days."

"Sure," I nodded. "And if you're in a crowd I imagine it's a silent signal to others to give you just a bit more space."

"Father," Marcy said.... [Note: one of the consequences of being made "part of the family" by my Roman Catholic friend Leslie is that most of her relatives call me "Father." They know I'm a Presbyterian minister; they just can't bring themselves to call me by my first name and don't know what else to call a clergyman other than "Father."]

"Father," Marcy said as she patted the handle of the cane, "you can't believe what a blessing this little thing is. When I walked up

to the doors at Kohls the other day a young lady was hurrying out the door with a bunch of bags in her hand. But when she sees me with my cane, she stops and goes back to hold the door open for me.

"It happened at Hallmark, too—a boy maybe eight or nine years old was coming in with his mother. He held the door for me, and then for his mother and brother, too. Since I started needing this cane to help me get around, I've seen how it seems to create opportunities for people to show kindness. How about that!" she laughed. "Me with my cane—I'm sort of the 'Johnny Appleseed of kindness,' going from place to place, planting seeds of considerateness. My new little friend," she said, again patting the handle of her cane, "it's giving people the opportunity to share their deep-down good nature with others!"

The sight of a cane inspired strangers to recognize an opportunity to extend acts of kindness toward a senior citizen. Similarly, our church's description of a need inspired a church family to extend an act of generosity toward this church.

Last month in this column I described a dream the Session had for adding video projection capability to our sanctuary. Being able to project photos, words to a poem or lyric to a song, perhaps a snippet from a TV show or movie would be done to enhance our experience of worship. I acknowledged that we would have to "grow into" this added dimension of the worship experience—learning what's helpful and what's distracting, what is "too much" and what leaves us asking for "more, please."

This project is important to the life of our church, but it isn't essential. The Session was not going to take offering money from our budget for this project; it would happen only if the church received special gifts given specifically for this purpose. A year ago the estate of Willem and Clara Kogeler had gifted us with nearly \$8,000 which was going to be applied to this \$34,000 project.

But then someone read The Pulse.

A "household" in the church asked if "they" could stop in the office to see me. They told me that they appreciated my column about adding video projection capability. Worshiping at some other churches over the years they had seen how beneficial it was to have video capability, and they'd like that to happen here at their own church. Then they confirmed with me that the project would cost \$34,000 and that the \$8,000 bequest-in-hand still left the church about \$26,000 short of what we needed. That was

correct, I told them.

"In that case," they said, "we would like to cover the balance so this can happen. This special gift will be above and beyond our regular contributions to the church."

You can imagine my mixture of emotions in that moment: surprise, appreciation, astonishment, gratitude, excitement, disbelief, joy. All at once.

"Also," they added, "we'd like this simply to be an anonymous gift to our church." "And," they concluded, "we'd like to make our gift before the end of 2019."

Reality was setting in: this project was going to *happen*, and *soon!*

Just before Christmas the Session received the gift and voted to proceed with the project. The planning and work will begin after the New Year.

I guess the church is in the "gift-recognizing" and "gift-inspiring" business. We strive to hold before you the "mirror of gratitude." We hope you'll notice the blessings you enjoy from God. Then we hope you'll choose to act, expressing your thankfulness to God and to others.

What a privilege it is to accept that kind of gift on behalf of our church. The donors did not do this begrudgingly. It gave them joy to be able to do it. Like Marcy's bright red cane inspired strangers to recognize opportunities to show kindness, these donors recognized an opportunity to show their gratitude for the blessings God has given them in their life. They saw the opportunity, saw their capacity to do something about it, and acted.

Some of us can make sizeable gifts like that. Most of us probably cannot. But each of us can challenge ourselves to be more grateful for the blessings we enjoy. We can strive to be more ready to share ourselves with others. Sometimes it just takes a little reminder that we have an opportunity before us... like a church newsletter article, or like seeing a sweet senior citizen approaching a doorway with her new bright red cane.

See you in church.



...the church is in the "gift-recognizing" and "gift-inspiring" business.



January Birthdays

January 5	Lance Wilson
	Beth Erml
January 7	Bob Murphy
January 8	Dawn Gorman
January 10	Ross Brochhagen
	Hilary Watts
	Erin Lavelle
January 12	Gretchen Koch
	Linda Esdon
January 15	Marcella Myers
	Lee Ann Eyre
	Joel Solak
	Melanie Fredrickson
January 17	Lisa Watts (Mrs. Bryan Watts)
	Owen Stickney
January 18	Evan Jennings
January 19	Bob Davis
	Jack Lavelle
January 20	Marty Heath
	Carol Jenkins
January 21	Alaina Watts
January 26	Susan Penning
January 28	Sara Wilder
January 30	Bud Jones

Our deacons send you RRPC's birthday greetings via e-cards

Since May we have been sending "e-birthday cards" through AmericanGreetings.com to those who have provided the Church with their email address. The subject line identifies the card as coming from RRPC...so please open and....

HAPPY BIRTHDAY! 🎂



Friday, February 21 at 7:00 p.m.

Artist Concert Series presents

Local actor Carol Starre-Kmiecik IS "Dorothy Fuldheim"

Cleveland legend Dorothy Fuldheim has a role in television news history: she is credited with being the first woman in the United States to anchor a television news broadcast as well to host her own television show. She has been referred to as the "First Lady of Television News." Though she died 30 years ago, Cleveland legend Dorothy Fuldheim will be brought to life by local actor Carol Starre-Kmiecik.



Pick one program, or all of them!

Usher at an Artist Concert Series program this year

Plan now to volunteer as an usher at one of this year's remaining programs in February or May. 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.

Volunteering is easy: just contact ACS Artistic Director Nancy McGillicuddy at nemack@hotmail.com, or the Church Office.

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.



“Spaghetti time” comes early this year!

Proceeds help send kids on summer mission trip

Let the kids do your cooking on Sunday, Jan. 12 when our youth fellowship groups present their Spaghetti Dinner Benefit. The meal will be served in Fellowship Hall from 5:00-6:00 p.m. All proceeds will benefit our youth attending the summer mission trip to Sheboygan, WI. Tickets will be sold after worship beginning December 29, or you can purchase your tickets that night.



Sunday, February 3

Our youth join with kids nationwide for “Souper Bowl of Caring”

Our youth will hold soup pots at church doors on Souper Bowl Sunday, February 2. They will join young people in churches across the country to collect money for those who are hungry and hurting. All of the money collected goes to local missions; none of the money is sent to the national organizers of “Souper Bowl of Caring.” Organizers only ask that each participant report their collection so national totals can be determined and announced. Since the Souper Bowl of Caring began in 1990, more than \$180 million has gone to help people in need!



Please support the youth of our church in this effort to “love our neighbors” by dropping your \$1s, \$5s, \$10s, and \$20s in the soup pot on as you leave worship on Sun., Feb. 2. RRPC’s “Souper Bowl of Caring” collection will be given to the Rocky River Assistance Program.

—Christian Education and Mission Committees

Classes resume Jan. 5, 9-10 a.m.

Adult Education considers science’s role in faith

Please join us for the Sunday morning Adult Education class on January 5. We will welcome RRPC’s own Russ Carson as leader. Russ will be leading a study called “*Science vs. Faith: An Unnecessary Conflict.*” Our Adult Education class has no pre-requisites; just the desire to listen and the opportunity to join in discussion if you choose. Hot coffee and great discussion guaranteed!



for boys and girls finishing 6th thru 12th grades

Youth mission trip heads to Wisconsin this June

Kids: can you saw a board? Paint a ceiling? Repair a fence? Install a handrail? Cut down a tree? Hammer a nail?

You never know what kind of skills you’ll learn on our summer youth mission trip. Led by our pastor and another church chap-erone, you’ll travel to Sheboygan, Wisconsin (“the Bratwurst Capital of the World!”) from **Sun., June 21 until Sat., June 27**. You’ll stay in an air-conditioned facility (probably a public school or church). You’ll have hot showers and sleep on cool floors. You’ll enjoy yummy meals served cafeteria-style. Daily devotions. Recreation and free time. Make friends with kids from many kinds of churches from all over the USA.

Each day you’ll work with other kids to help elderly residents still living in their homes who are unable (physically or finan-cially) to perform repairs and maintenance. You’ll do exterior painting, build porches and wheelchair ramps, and general work on the property. Group Mission Trips does a great job organiz-ing these work camps; that’s why we’re working with them again.

Sign up your child now. The “list price” is \$475 but fundraising activities will bring that cost way down. A \$50 deposit holds a spot for your child.

—Christian Education & Mission Committees





PRESBYTERIAN WOMEN

Semi-Circle

Semi-Circle will meet on **Monday, January 13th 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, January 16th 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 not** be meeting in December and January. Look for our start back date in the bulletin and/or Pulse. 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, January 28th** 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.

“We’re sorry—no one told us.”

Unfortunately, sometimes that’s what we have to say when the pastor or parish nurse don’t make a hospital visit. Due to privacy laws regarding medical information (commonly called “HIPPA”) 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.



Grapes and Leaves Group

An opportunity to consider a vision for the presbytery

Elders and pastors attending the June presbytery meeting considered:

The Presbytery of Western “Re-serve”...

How do we re-serve each other?

How do we re-serve congregations?

How do we re-serve this region?

The responses to these questions were gathered on paper “Grapes” and “Leaves” and added to the branches of a vine symbolizing the presbytery and its churches. In the subsequent months the presbytery’s Coordinating Cabinet (their “session”) arranged the responses into a variety of categories. The idea of “*What is our ‘Why’?*” has been discussed but no action has been taken...until now!

The Presbytery invites you to be part of a newly-forming visioning group—**The Grapes and Leaves Group**—to start in late January. It will have a moderator (or co-moderators) and General Presbyter Sharon Core will help to lead the discussions. The creation of this group will allow the Coordinating Cabinet to focus on other responsibilities.

Anyone is invited to participate in the Grapes and Leaves Group. And we mean anyone--young people, members of local congregations (including you here at RRPC)... and you don’t have to be a ruling elder!

For those interested, there are expectations for participation:

Timeline:

- * Identify members: Nov. - Jan.
- * Commission the GLG: - January 27th presbytery meeting at Independence Presbyterian Church
- * Activities at PWR meetings: March and May
- * Final report: July

Commitments:

- * Daily prayer and Bible study (using the same study)
- * Weekly sharing (through a social platform)
- * Meet every other week (in person and/or via electronic means)
Mining the Grapes and Leaves data
- * Lead the presbytery in visioning activities

If you are interested and willing to make a commitment to the process, please respond to Sharon Core (score@preswesres.org) or Martha Goble (goblemartha44@gmail.com).

—Zack Hoon,

RRPC presbytery commissioner





JANUARY 2020 LIBRARY LINGO

Mary Schulz, Librarian

DISPLAYS:

New books
Martin Luther King, Jr. books



NEW ITEMS FOR CHILDREN:

Board Book:

God Made the World: a Pop-Up Storybook

Bible Heroes: a Pop-Up Storybook

Jesus Saves

God Creates

Bible Family Values

Esther the Very Brave Queen

Jonah and a Very Big Fish

Joseph and the Very Colorful Coat

Moses and the Very Special Basket

Daniel and His Very Good Friend

David and the Very Scary Giant

David and Goliath: The Beginners Bible

Young Elementary Nonfiction:

A Young Child's Bible

j220.9 GIL

Beautiful warm illustrations combine with simple appealing words in this ideal first introduction to more than thirty of the most beloved Bible stories from the Old and New Testaments, perfect for reading alone or for sharing aloud with the youngest children.

The Beginner's Bible: Timeless Children's Stories

j220.9 HEN

Upper Elementary Nonfiction:

The Children's Bible

j220 CHI

Young Reader's Bible Dictionary

j220.3 YOU

This is a practical book for aiding in teaching Bible skills. It is written in a smooth narrative style that invites reading for pleasure as well as for reference.

The Gospel of Luke

j226.4 GOS

This innovative book uses Bible text that illustrates the actual Scriptures (not a retelling or paraphrase), complete with dialog boxes (like a comic book) to show who is speaking, just so kids can follow the story and action. It sets the scene for them, which helps them understand it, learn it, and remember it better.

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,

Greeting! Happy New Year! Many of us set goals to become healthier in the new year. Changing our diet and exercise routines are usually on the top of our lists; therefore, I would like to give you the facts about Food Labels to help you on your journey

Start with the Serving Size:

- ⇒ Look here for both the serving size (the amount for one serving), and the number of servings in the package.
- ⇒ Remember to check your portion size to the serving size listed on the label. If the label serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Check out the Total Calories and Fat: Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and fat if you're watching your weight!

Let the Percent Daily Values be your guide. Use percent daily values (DV) to help you evaluate how a food fits into your daily meal plan. Daily values are average levels of nutrients for a person eating 2,000 calories a day. A food item with 5% DV means 5% of the amount of fat that a person consuming 2,000 calories a day.

The High and Low of Daily Values:

- ⇒ 5 percent or less is low; try to aim low in total fat, saturated fat, cholesterol and sodium.
- ⇒ 20 percent or more is high; try to aim high in vitamins, mineral and fiber.

Limit Fat, Cholesterol and Sodium: Eating less of these nutrients may help reduce your risk for heart disease, high blood pressure and cancer:

- ⇒ Total fat includes saturated, polyunsaturated and monosaturated fat. Limit to 10% DV or less per day.
- ⇒ Saturated fat and Trans-fat are linked to an increased risk of heart disease.
- ⇒ Sodium-high levels can add up to high blood pressure.
- ⇒ Remember to aim low for % DV of these nutrients.

Get enough Vitamins, Minerals and Fiber:

- ⇒ Eat more fiber, vitamins A and C, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- ⇒ Choose more fruits and vegetables to get more of these nutrients.
- ⇒ Remember to aim high or % DV of these nutrients!

Additional Nutrients:

- ⇒ Protein—Most Americans get more protein than they need, so a % Daily Value is not required on the label. Choose moderate portions of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans, peanut butter and nuts.
- ⇒ Carbohydrates—There are three types of carbohydrates: sugars, starches and fibers. Select whole grains breads, cereals, rice and pasta plus fruits and vegetables.
- ⇒ Sugars—Simple carbohydrates or sugars occur naturally in foods such as fruit juice (fructose) or come from refined sources such as table sugar (sucrose) or corn syrup.

Check the Ingredient List:

- ⇒ Foods with more than one ingredient must have an ingredient list on the label. The ingredients are listed by weight with the largest amount listed first.

What Health Claims on Food Labels really mean:

- ⇒ Low Calories—Less than 40 calories/serving.
- ⇒ Low Cholesterol—Less than 20mg of cholesterol and 2Gm or less of saturated fat per serving.
- ⇒ Reduced—25% less of the specified nutrients or calories than the usual product.
- ⇒ Good source of—Provides at least 10% of the DV of a vitamin or nutrient per serving.
- ⇒ Calorie Free—Less than 5 calories/serving.
- ⇒ Fat Free/Sugar Free—Less than ½ grams of fat or sugar/serving.
- ⇒ Low Sodium—Less than 140mg of sodium/serving.
- ⇒ High In—Provides 20% or more of the DV of a specified nutrient/serving.
- ⇒ High Fiber—5 or more grams of fiber/serving.
- ⇒ Lean—10 grams of fat or less 4 ½ grams of saturated fat, less than 95mg of cholesterol for a 3-ounce serving.
- ⇒ Light—1/3 fewer calories or ½ the fat of the usual food.
- ⇒ Healthy—Decreased fat, saturated fat, sodium and cholesterol and at least 10% of the DV of vitamins A, C, iron, protein, calcium and fiber.



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!



Melanie Fredrickson



1. Profession

Dentist in Oberlin, OH

2. Hobbies / Interests

Volunteering with my husband, Rich, in Rotary, and serving as outbound chair for Rotary Youth Exchange

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

We were recently in San Francisco for Thanksgiving break visiting our daughter, Heidi, with Rich and our son, Heath. I especially loved Japantown!

4. Why do you worship here at RRPC?

We visited the church in 1996 as newcomers to Ohio and were treated like family. Although we moved to Elyria in 2001 we chose to keep RRPC as our church home.



Carol Jenkins



1. Profession

Skating coach

2. Hobbies / Interests

Knitting, reading, skiing, and being with family

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

Our cruise to Alaska

4. Why do you worship here at RRPC?

The congregation is very friendly and there is a warm, spiritual feeling, and Jon is special.

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
5 Communion/Food Sunday 10:30 a.m. Worship /Nursery 11:30 a.m. Time of Fellowship 11:30 a.m. "De-deck the Halls" 11:35 a.m. Youth/Childrens Choir 11:35 a.m. Mission Committee Mtg. 7:00 p.m. High School /Middle School Fellowship	6 7:00 p.m. CE Committee 7:00 p.m. Women's AA Mtg.	7 8:30 a.m. Three Arts Club Mtg. 4:30 p.m. HR Committee Mtg. 7:00 p.m. Worship Committee 7:30 p.m. Alanon/Alateen Mtg.	1 <i>New Year's Day</i> <i>Church office closed</i>  7:30 p.m. Men's AA Mtg.	2 7:00 p.m. Back to Basics AA Mtg.	3 <i>Church office closed</i> 7:00 a.m. Friday morning Men's Group (RR Starbucks)	4 7:00 p.m. Altered Attitudes AA
12 10:30 a.m. Worship /Nursery 11:30 a.m. Time of Fellowship 11:35 a.m. Youth/Childrens Choir 11:35 a.m. E & M Committee 5:00 p.m. Youth Spaghetti Dinner Mission trip fundraiser 7:00 p.m. Jon & Mary Fancher present - "To Baii & Back"	13 12:00 p.m. Semi-Circle Mtg. 6:30 p.m. Daisy Girl Scouts 7:00 p.m. Deacons Mtg. 7:00 p.m. Women's AA Mtg.	14 9:30 a.m. Preschool Committee 6:30 p.m. Finance Committee 7:30 p.m. Alanon/Alateen Mtg.	15 10:00 a.m. RRPC Staff 11:30 a.m. Preschool Staff Mtg. 7:00 p.m. Chancel Choir 7:30 p.m. Men's AA Mtg. 8:30 p.m. New Hymnal Review Session	16 7:00 p.m. PW Priscilla Circle Mtg. 7:00 p.m. Back to Basics	17 7:00 a.m. Friday morning Men's Group (RR Starbucks)	18 7:00 p.m. Altered Attitudes AA
19 10:30 a.m. Worship /Nursery 11:30 a.m. Time of Fellowship 11:35 a.m. Youth/Childrens Choir 12:00 p.m. Confirmation Retreat 7:00 p.m. NO ~ High School / Middle School Fellowship tonight	20 Martin Luther King Jr. Day <i>(Church office closed)</i>  7:00 p.m. Women's AA Mtg. 7:30 p.m. Session Mtg.	21 6:30 p.m. Seekers Class (#1 of 2) 7:30 p.m. Alanon/Alateen Mtg.	22 7:00 p.m. Chancel Choir 7:30 p.m. Men's AA Mtg. 8:30 p.m. New Hymnal Review Session	23 8:30 a.m. Senior Men's Bible Study & Breakfast 7:00 p.m. Back to Basics	24 7:00 a.m. Friday morning Men's Group (RR Starbucks)	25 7:00 p.m. Altered Attitudes AA
26 10:30 a.m. Worship /Nursery 11:30 a.m. Time of Fellowship 11:35 a.m. Youth/Childrens Choir 11:35 a.m. 64 th Annual Congr. Mtg. 7:00 p.m. High School /Middle School Fellowship	27 7:00 p.m. Women's AA Mtg.	28 6:30 p.m. Seekers Class (#2 of 2) 7:00 p.m. PW Women of Grace 7:30 p.m. Alanon/Alateen Mtg.	29 7:00 p.m. Chancel Choir 7:30 p.m. Men's AA Mtg. 8:30 p.m. New Hymnal Review Session	30 7:00 p.m. Back to Basics	31 7:00 a.m. Friday morning Men's Group (RR Starbucks)	

“The Pulse”

the monthly newsletter of

Rocky River Presbyterian Church

January 2020



NEW YEAR PRAYER:

Thank You Lord for giving me
The brand new year ahead.
Help me live the way I should
As each new day I tread.
Give me gentle wisdom
That I might help a friend,
Give me strength and courage
So a shoulder I might lend.
The year ahead is empty,
Help me fill it with good things
Each new day filled with joy
And happiness it brings.
Amen.

Inside this Issue:

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