

The Pulse

January
2017



of Rocky River Presbyterian Church

Wake up to the New Year!

- ◆ Sun., Jan. 1st—New Year’s Day Communion at 10:30 a.m.
Sing in the New Year with “carol requests!”
 - ◆ Sun., Jan. 8th—Epiphany—“The Day of the Wise Men” (and stick around for 10-30 minutes afterward to help “de-deck the halls,” removing and storing Christmas decorations)
- Worship Committee

Annual Meeting Sun., Jan. 22nd at 12 noon “Worship like it was 1958”—Jan. 22nd service to be held in Fellowship Hall

RRPC has had Annual Meetings of the Congregation since January 1957. In keeping with our by-laws we’ll hold our 61st Annual Meeting of the Congregation (& Corporation) on the fourth Sunday of January: Jan. 22, 2017 at 12 noon in Fellowship Hall.

Since we’ll be in Fellowship Hall anyway, why not worship there, too? That was our church’s sanctuary for 10 years starting in 1958. We’ll sit on the same sturdy folding chairs that were used back then as we hold our worship service in Fellowship Hall.

Following the service, a light luncheon will be provided. Once all have received their food, the Annual Meeting will commence. A printed Annual Report will be available for review following worship on Jan. 15th.

—Dr. Fancher, Moderator of Session and the Congregation,
and elder Dan McKenzie, Clerk of Session

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How everyone shares in being
“Presbyterian”

Uncovering the mystery of ‘Per capita’

In essence, *per capita* is a set amount of money per member that congregations pay to the greater Presbyterian Church (U.S.A.)—the local presbytery, the regional synod and the national denomination. Every Presbyterian shares in the benefit of the PC(USA)’s system of government, so every Presbyterian is asked to share the expenses associated with the functions of that system.

Like every Presbyterian congregation, RRPC pays *per capita* based on the number of members in the church. In 2017 we’ll pay \$29 x 378 (members on our rolls as of 12/31/15), or \$10,962. That bill is paid in January right out of our church budget.

We urge you to make a special “per capita” gift of \$29 times the number of church members in your household (including confirmed youth). Your gift is probably a small amount to your household... but \$11,000 is a large chunk for the church. Perhaps you’ll want to make this gift during the offering on Jan. 8th—the 61st anniversary of our church, or on Jan. 22nd—the day of our Annual Meeting.

A brief history The earliest mention of something like a *per capita* apportionment dates back to the 1700s. In the mid-1800s, a “plan of mileage” was adopted by the General Assembly to defray the expenses of commissioners attending General Assembly meetings so that everyone could be present to participate regardless of distance or financial resources. Over time, *per capita* has been used to fund “ecclesiastical and administrative” functions that are shared by the whole church.

How is the \$29 per capita allocated?

- \$18.25 to our Presbytery of the Western Reserve
- \$3.25 to our Synod of the Covenant
- \$7.50 to the PC(USA)’s General Assembly

Per capita doesn’t have a big “price tag” for us individually, but it’s a significant expense for the church as a whole. Let’s come together to share the load, as described in Exodus 30:11-16 “... the rich shall not give more, and the poor shall not give less [than the half shekel for the sanctuary]”

—John Eyre, Chair,
Stewardship Committee

Paying “per capita” is like “pitching-in”

for a common purpose similar to

- contributing one’s dish to a potluck meal;
- paying to be connected to the Internet;
- paying for the benefit of utilities like electricity, water, and telephone;
- pitching in with other passengers to pay for gasoline for a road trip.

From Your Pastor

Looking ahead

The Roman god Janus looked both to the past and to the future—hence the month of January is a time for retrospective and prospective. Every January there’s a lot of “the year in review” talk—

- remembering major stories in world events... like Cleveland hosting the RNC;
- noting the passing of legendary athletes like Arnold Palmer, entertainers like Patty Duke; and politicians like John Glenn;
- recalling athletic achievements by the world’s Olympians and championships by the Monsters and Indians and Cavaliers.

But it’s our church’s annual report that is for looking back. In this column let me give you a glimpse of how I’m looking ahead to 2017. Let’s start with our **worship life**.

The month of January is when I will finalize my basic plans for worship from Lent through the summer. Then in May I’ll do my basic planning for September through January 2018.

Until about 4 years ago I planned worship services week-by-week (except for special seasons like Advent and Lent). But at a seminar while on study leave several years ago I learned of the benefits of this longer-range planning process. Now I’m just trying to “teach this old dog some new tricks.” The adjustment isn’t easy for me, but I feel it’s worth it.

Planning for worship starts with the holy days/holidays, so yes, I’ve been thinking about Lent and Easter for several weeks already.

Easter is a moveable holiday landing on the first Sunday after the first full moon after the spring equinox. (I’m not kidding—that’s how the date for Easter has been determined for centuries. I wish that church bigwigs would get together and say, “Easter will always be the first Sunday of April” or something like that.)

Anyway, in 2017 Easter is rather late: April 16. That means that the beginning of Lent—Ash Wednesday—is also late (March 1), and *that* means that there is a lot of time between the Christmas/Epiphany season that we’re in the midst of and the beginning of



Lent... almost two months! (Sometimes we barely have a month between the end of Christmas celebrations and the beginning of Lent.)

I look forward to having nearly two months of “scheduling freedom” at the beginning of the calendar year. That will allow us to do some different things during the **Epiphany-Plus** period, including:

- Holding worship in our “original sanctuary” (Fellowship Hall) on the day of our Annual Meeting Jan. 22.
- Hearing from fellow church members on “Privilege of Service” Sunday (Feb. 12) about how their faith is expressed through vocations of public service.

In the next two weeks I’ll nail down the overall theme for our **Lent** worship series. Then our congregation’s Worship Enrichment Team (“WET”) gets to work. The WET is an *ad hoc* group of folks who enjoy studying the worship theme with the pastor, brainstorming ways of enriching the sensory aspects of worship, and then executes some of those ideas.

The **Easter-to-Pentecost** period runs 7 weeks (until the Day of Pentecost, this year falling on June 4). The many months from Pentecost until just before the Season of Advent has been called **Ordinary Time** by the Christian Church for centuries. It’s “Ordinary” in terms of being both “customary, usual” and also counting down the “order” of Sundays (for example, the “First” or “Eleventh” or “Twentieth” Sunday of Ordinary Time).

Lots of significant things occur during Ordinary Time:

- “Early Worship” is added to our Sunday schedule for the summer;
- I’ll fit in my summer vacation (which gives *you* the chance to be a preacher!);
- we’ll observe World Communion Sunday, All Saints’ Sunday, and Harvest Sunday;
- we’ll have a Financial Stewardship Campaign in the autumn....

You can see that there’s a lot of variety even during “Ordinary Time.”

Ordinary Time ends at the beginning of the next new “church year” with **Advent**. In 2017 Christmas Eve falls on a Sunday. What that means is that on December 24th we’ll celebrate the Fourth Sunday of Advent that morning and then have Christmas Eve Candlelight services that evening.

So... that’s gives you a glimpse into how I go about planning our Worship life.

Thinking about **Mission**, I hope that the people of RRPC set new records for mission involvement in 2017. Through

last year’s surveys and discussions you said that you preferred church mission programs where you could make a “hands-on” difference.

- I hope to see people crowding around the bulletin board to get to sign up for volunteer slots at North Presbyterian Church for our month of mission partnership in June.
- I hope we’ll have a van full of kids on this summer’s mission trip to Moline, Illinois (and I hope that some people tell Lisa Watts or me that they want to subsidize part of the cost for the kids’ participation in the trip).
- I hope the success of volunteer participation for 2016’s Trash & Treasure Sale is exceeded this year!
- I hope we have an additional dozen volunteers to help for 90 minutes for our 9th Annual Alternative Christmas Charity Bazaar this November.
- I hope we establish a strong personal partnership with an overseas mission project.

Turning to our caretaking of our beautiful **Facility**, here are some of the opportunities we are looking at:

- In the next few months we will have improved lighting in the sanctuary. Custodian Paul Piscitelli has helped with the short-term replacement of burned-out bulbs, but the new lighting will utilize brighter, energy-efficient LED lamps.
- This month we will activate our new Garden Hall secured entry during weekday business hours (see related article).
- We will consider replacing some lawn area with native Ohio wildflowers (see related article).
- Other projects we need to address include scheduled replacement of computer-related systems, planting some trees given as memorials, replacement of linoleum flooring, updating fluorescent lighting throughout the building... the list goes on.

This look ahead doesn’t include everything, of course. We want to maintain the quality of the church staff serving you. We want to continue offering quality education and faith development programming for children, youth and adults. We want to increase our visibility and expand our welcome in the community.

We have a lot to look forward to at RRPC in 2017. I look forward to being engaged in it with you!

Jon



January Birthdays

January 2	Dave Cook
January 3	Tom Roos
	Teagan Toth
January 5	Lance Wilson
	Beth Erml
January 6	Maddie Dillon
January 7	Bob Murphy
January 8	Dawn Gorman
January 10	Ross Brochhagen
	Hilary Watts
	Emma Clark
	Erin Lavelle
January 12	Gretchen Koch
	Linda Esdon
January 13	Jessica Koberg
January 15	Marcella Myers
	Lee Ann Eyre
	Joel Solak
	Melanie Fredrickson
January 17	Lisa Watts
	Owen Stickney
January 18	Evan Jennings
January 19	Bob Davis
	Jack Lavelle
January 20	Marty Heath
	Carol Jenkins
January 21	Donald Lewellen
	Alaina Watts
January 24	Sandra Hovan
January 25	Thomas Kennedy
January 26	Susan Penning
January 30	Bud Jones

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

Padded seat with armrests once/month? Join our "soundboard team"!

An easy but important way to help out at your church would be to join our "Soundboard Team." Oh, it may sound complicated, but in reality it's pretty simple: basically, knowing when to start a recording device, occasionally adjusting a volume level... that sort of thing. We would like to have a rotation so you would serve only every 4-6 weeks. Want to learn more without obligation? Speak to Bob Davis at the soundboard before or after worship some Sunday.

—Board of Deacons



Never forget your offering again!

Easy Electronic Fund Transfer now available for your monthly church offering

Save yourself the time of writing your offering check every month or week. Our Financial Secretary can assist you with setting up a monthly Electronic Fund Transfer from your bank account directly to the church. It's secure, easy and free:

- ⇒ Only one simple form to fill out
- ⇒ No fees to pay
- ⇒ You can adjust or stop the EFT at any time.

For information, just email or call our Financial Secretary Dave Wolfe at (440) 333-4888 or dwolfe@riverpres.org.

—Stewardship Committee

Easy for you, safer for staff & children

Garden Hall's new "secured entry" now operational

Yes, you're being locked out of your church... but it's all for the best!

During weekday business hours, you will need to be "buzzed in" in order to enter the church building. This new security measure has been put in place for the safety of the children in our weekday preschool. But it also adds a measure of security for staff who may be working alone in our sprawling building. This kind of security may be similar to that in your condo or office building.

It's still easy to come to the church.

1. Enter the first set of Garden Hall doors.
2. In the vestibule press the button on the video-intercom to the right of the interior doors (custodian Paul Piscitelli points to it here)
3. Someone in the church office or preschool office will buzz you in!



You exit as you always have... simply by pushing on the door's panic bar. (The illuminated green "Push to Exit" button is simply for those with walkers or wheelchairs who need a bit more time to exit.)

The secured entry is activated only during weekday business hours. **It will not be activated on Sundays or at night.**

—Church Office

It's Almost "Spaghetti Time!"

Proceeds help support summer youth mission trip

Let the kids do your cooking on Sunday, Jan. 29 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 high school youth participating on the summer youth mission trip to Illinois. Tickets will be sold after worship beginning January 15, or you can purchase your tickets that night. Then you can head home or stay for the Variety Show!



Souper Bowl of Caring Sunday, February 5

Our youth will hold soup pots at church doors on Souper Bowl Sunday, February 5. 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 will be donated to the local missions. None of the money is sent to Souper Bowl headquarters. 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 \$165 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 dollar in the soup pot on February 5. Proceeds will go to the Rocky River Assistance Program.

Church School Offering Update

Many thanks for your successful participation in our school supply drive during the months of September, October and November! We collected over 140 items for donation to Ohio Guidestone! Those supplies will go to help kids who are in need for a little extra help.

During the months of January and February, we will be collecting socks for the Sock Project. We are in need of all kinds of socks for adults and children. Please bring your donations in and put them in the box in the Garden Hall.



Beginning in March, we will be collecting bandaids. More to come on that soon!

RRPPreschool news

Registration now open for the 2017-2018 school year

Beginning November 1st, Rocky River Presbyterian Preschool **priority registration** was opened for all members of the church along with any returning families. Any child, ages 2½ through Kindergarten, may be enrolled in one of the half-day programs at RRPPreschool.

Rocky River Presbyterian Preschool
Director, Diana Wolfe

Summer Youth Mission Trip

July 16-22, 2017

Reserve your spot now!

Are you looking for a meaningful way for your teen to get involved in a mission project this summer? Consider signing them up for our youth mission trip. During the week of July 16-22, a group from our church will be heading to East Moline, Illinois to participate in a Group Workcamp. They will be involved in home repair for a family or families in that area. Group runs very organized trips that are open to youth from a variety of denominations from anywhere in the US. Our group will have a chance to work with and get to know youth and adults from other areas of the country. The trip is open to any youth who has completed 6th-12th grade. Cost for the trip is \$449 per participant, but we will be hosting several fund-raisers (Spaghetti Dinner, Pancake Supper, Car Wash) to help defray that cost. We have reserved 8 spots for youth, and have the potential to reserve additional spots if desired.

If you are interested in having your teen join in, please contact Lisa Watts to reserve a spot. All we need at this point is a \$50 deposit to reserve a space. You can get more information from Lisa or you can visit the Group website to learn more at www.groupmissiontrips.com.



Of course you can do it!

Be a "guest preacher" in 2017

It's been said that everyone has at least one "sermon" in them—a personal perspective on faith that they'd like to share with others. Have you been mulling over the idea of being a lay preacher at RRPC on a Sunday when Jon's not in the pulpit because of vacation or study leave? Many RRPC-ers have done it across the years—why not you? Our fellow church members *really* enjoy hearing from "one of their own"... and they are a kind and gentle audience!

To learn more about it, simply speak with Jon Fancher or any member of the Worship Committee (*Dawn Fuller, Jim Pierce, Bill Knoble, Sara Gresh, Ellen Schickel, Dan McKenzie, Carol Jenkins, Kathy Hartzell, Melissa Stickeney*).



PRESBYTERIAN WOMEN

Semi-Circle

Semi-Circle will meet on **Monday, January 9th** at 12:00 p.m. in the West Room. Bring your brown bag lunch, dessert will be provided. If you have questions you may contact Pat Koeborg at 440-871-8827. New members are always welcome!

Priscilla Circle

Priscilla Circle will be meeting on **Thursday, January 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 through the Church Office.

Expressions of Faith

Our group will meet **Tuesday, January 10th** at 9:30 a.m. in the D-3 and on **Tuesday, January 24th**. 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

Women of Grace will meet on **Monday, January 23rd** at 7:00 p.m. in D-3,4 if you have any questions please contact Lee Sabolich or Lisa Watts.

Koinonia

Join us **Wednesdays** at 10:00 a.m. in the Parlor, for Koinonia Prayer & Study Group. 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, Mary Murphy, or Carolyn Watilo.

Coffee Hour seeking volunteers

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.

Mission is POSSIBLE

"Food Sunday" welcomes non-perishable food donations on the 1st Sunday of every month!

***MISSION:
POSSIBLE**

On Sunday November 6th we are collecting food items for the Rocky River Assistance Program. The suggested category for November is evaporated milk, pumpkin pie mix, pie crusts, stuffing and canned yams. But RRAP welcomes all food donations every month. (Damaged, partially used or expired goods cannot be accepted.)

Look for the big purple "Food Sunday" bin in the church lobby to leave your food (or cash!) donations.

—Linda Kanner, Mission Committee

Add Ohio wildflowers and native grasses at RRPC?

We're considering replacing some grass with Ohio wildflowers and native grasses, and we'd like to hear from you.

The northern-most part of the church property is a triangular-shaped lawn between the interstate highway fence and the driveway in front of our preschool entrance. The lawn is almost never used, yet we pay to have it mowed 8 months of the year.

We're considering replacing a portion of that lawn with Ohio wildflowers and native grasses. We'd like to form a temporary advisory group to consider the idea and perhaps propose a plan of attack.

If you're interested and would like to learn more about what might be involved, please contact our pastor.

—Marc Hustek, Chair
Property Committee

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.



Healthy Happenings

... Notes from the Parish Nurse

Dear Friends and Family,

Greetings and Happy New Year!

Each year, many of us make a New Year resolution to lose weight. Unfortunately, many of us are also unsuccessful in our attempts to lose weight. Have you ever wondered why? Here are top five dieting and nutrition myths that may have lead us astray in our attempts to lose weight.

Myth 1: Excess protein is good for energy and muscle building.

Facts:

- ✓ The body uses protein as fuel only as a last resort. Most extra protein is stored as body fat. Most athletes don't realize that they need plenty of carbohydrates to build muscle tissue.
- ✓ Eating some extra protein is necessary to build muscle mass, but only if you are also doing a lot of weight training at the same time. Even then, your increased energy needs can easily come from other foods.
- ✓ Too much protein can be hard on the kidneys. If you increase your protein intake, you need to increase your water intake.
- ✓ Eating too much protein means you may not be getting enough healthy fat or wholesome carbohydrates.

Myth 2: Eating eggs will raise your cholesterol.

Facts:

- ✓ This myth began because egg yolks do have a lot of cholesterol compared to other foods. However, studies suggest that eating one egg per day will not raise cholesterol levels.
- ✓ Eggs are actually a great source of nutrients.
- ✓ Most people don't realize that the saturated fat content of a food raises cholesterol levels. Eggs have a very low saturated fat content. Just don't eat them with lots of cheese, butter or a side of bacon or sausage. Pair them with fresh fruit and whole-wheat toast and you're good to go.

Myth 3: All fats are bad.

Facts:

- ✓ We all need fat in our diets. Fats help us absorb certain nutrients. They make up an important part of every cell membrane in our body and help with proper nerve function, among other things.
- ✓ When we eat too much fat, it can lead to weight gain, heart disease and certain types of cancers.
- ✓ Some fats are good for us, but some increase our risks of heart disease, cancer and weight gain. The key is to replace bad fats (saturated, hydrogenated and trans) with good fats (mono and polyunsaturated).
- ✓ Best fats? Olive, canola and flax oils; fatty fish like salmon and sardines; avocados; raw nuts and seeds; natural peanut butter and ground flax seed. Nutritionists recommend that 25 percent to 30 percent of a person's diet comes from healthy fats.

Myth 4: Avoid carbohydrates to lose weight.

Facts:

- ✓ It is important to limit the amount of carbohydrates in your diet that come from white flour and sugar. However, people who go to extremes to cut out the carbs are missing out on a very important food group that includes fruits, vegetables, beans and whole grains.
- ✓ Allow 45 percent to 50 percent of your diet to come from these healthy carb sources (half of those from veggies). Then fill in the rest with about 25 percent to 30 percent healthy fat and 15 percent to 20 percent lean protein.
- ✓ Severely limiting carbs will result in the loss of more muscle and water than fat. Balance is the key.

Myth 5: To lose weight, follow a very low-calorie diet.

Facts:

- ✓ Many people think that eating less or skipping meals will make them lose weight. However, one of two things will happen. They will get so hungry that they'll overeat later in the day or they will eat too little.
- ✓ When you eat too little, your body thinks it's in starvation mode. This slows down the rate at which you burn calories.
- ✓ At first you might see some weight loss. This is usually the loss of lean muscle tissue and water along with just a little fat.
- ✓ When you gain the weight back, it will be all fat. A better approach is to eat smaller, more frequent, healthy meals and snacks to keep your blood sugar balanced.
- ✓ To lose one pound a week, try decreasing your total daily calories by just 500 a day. Eat every three to four hours. This will maximize fat loss and keep your metabolism operating at top speed



News Flash: It has been confirmed that Rocky River Presbyterian Church is a VERY Generous Bunch.

The Alternative Christmas Charity Bazaar 2016 was a HUGE success because of your generosity.

I am happy to report that the 2016 Alternative Christmas Charity Bazaar raised over \$8,600 to contribute directly to over 14 charities. We can be very proud of our efforts. Many wonderful charities will now and have in the past benefited from our gifts.

Thank you to all the volunteers who helped out this year: The Erml's, Doan's, Busher's, Poole's, Jon Fancher, Sue and Cami Krizman, Lisa Watts, The High School Youth, Zack Hoon, Phyllis Gross, Ellen Schickel, Chuck and Bonnie Erickson, Bonnie and Rudy Gulstrand, Dave and Nancy Clash, Jane Doughman, Sarah Gresh, Sue Hoffner, Linda Esdon, Kathy Hartzell, Marge Bodenhamer, and Jo Naretto, The Deacon's, Crystal Duffield and Ann Gilbert.

Yours in Christ - Anne Busher ACCB Chairperson

And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others. II Corinthians 9:8

Church Directory Photo Opportunity

In 2015, we launched the new RRPC pictorial directory with the idea of only updating everyone's picture every 3-5 years. So, this notice is **NOT** about a general retake of pictures for the congregation.

However, if you did not have your picture (or that of your family) taken for the directory, or if you need to update your (or your family's) picture, now is your opportunity.

On two Sundays this month – January 8th and 15th – pictures will be taken after worship (around 11:40am) in the West Room. It is important that we know if anyone plans to come. So please email Kevin Watts (kaw1021@wowway.com) and let him know if you want a retake, and on which Sunday.

If Kevin does not hear from anyone, we will not set up for pictures on those days.

Again, this is **NOT** a general retaking of pictures for the entire congregation – just people who missed out the first time around, or need a retake for any reason.

Please contact Kevin ASAP if this is of interest to you.

Thanks!

- Evangelism and Membership Committee



Since you love this church, share it with those you love!

Accompany your friends to our Seekers' classes Jan. 10, 17, 24

Don't keep it a secret any longer—share the church you love with the people you love!

- ⇒ Why not ask them to join you for Sunday worship? (And take them out for lunch afterward!)
- ⇒ Tell them about our “no-obligation” Seekers classes to learn more about the Christian faith and the Presbyterian Church (USA). The pastor is offering another series of Seekers classes on **three Tuesday nights: January 10, 17, and 24 from 6:45-8:00 p.m.** These informal, enjoyable classes are informative without putting people on the spot. Free childcare is available with advance notice.
- ⇒ Even better, offer to come with them to the Seekers' classes!

Don't wait a single day longer—invite your friends to experience RRPC with you!

—Evangelism & Membership Committee

Mark your calendars, brush off those sneakers. . . .

“Cancer free” some of us can only imagine how a person who experienced cancer feels when the medical staff tells them they are cancer free, but it must feel great. If you or a loved one has lived with or died from cancer this is your chance to make a difference. Relay for Life is a major fundraising effort for the American Cancer Society.



Our church has participated in Relay for Life for many years. We walked around the River High School track, sold luminaries, and raised funds selling all sorts of stuff. Would you like to see a cure for cancer? Would you be willing to help?

RRPC Deacon Dave Carney (dave_carney_48104@yahoo.com) is heading up the event for the church this year and there is much that anyone can do from fundraising to attending the event.

Please volunteer to assist him. The 2017 Westshore Relay for Life will be held on May 6, 2017, indoors Westlake High School, 27830 Hilliard Blvd in Westlake.

- Deacons Moderator
Dianne Russell

"Is RRPC closed?"

Our church is on the **iAlert** system. In the unlikely event that we have to close for evening events or Sunday services (because of weather, utility disruption, etc.) you can find that message on Channel 3 WKYC, or listen to WCLV-FM 104.9, WMJI-FM 105.7, WTAM-AM 1100, or check the Channel 3 WKYC website. (Our weekday nursery school has its own separate listing on **iAlert**, so note whether the notification is for the church or the nursery school.)

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 New Year's Day Communion / Food Sunday 10:30 a.m. Worship Service</p>	<p>2 Church office closed 7:00 p.m. Women's AA Mtg.</p>	<p>3 7:30 p.m. Alanon/Alateen Mtg.</p>	<p>4 10:00 a.m. Koilonia Prayer & Bible Study 1:30 p.m. HR Committee Mtg. 7:30 p.m. Men's AA Mtg.</p>	<p>5 10:00 a.m. Daniel Plan Mtg. 6:15 p.m. NO ~ Bell Choir rehearsal 7:00 p.m. AA Back to Basics 7:30 p.m. NO-Chancel Choir</p>	<p>6 Church office closed 7:00 a.m. Friday morning Men's Group (RR Startuck's)</p>	<p>7 7:00 p.m. Altered Attitudes</p>
<p>8 Epiphany Sunday 9:00 a.m. Adult Education 10:30 a.m. Worship/Nursery/Children 11:30 a.m. Time of Fellowship 11:35 a.m. Children & Youth Choir 11:35 a.m. Evang. & Membership Committee Mtg. 11:35 a.m. Mission Committee Mtg. 7:00 p.m. Middle/High School Mtg.</p>	<p>9 12:00 p.m. PW Semi-Circle Mtg. & Lunch 7:00 p.m. Christian Ed. Mtg. 7:00 p.m. Women's AA Mtg. 7:00 p.m. Deacons Mtg. 7:30 p.m. Session Mtg.</p>	<p>10 8:30 a.m. Assoc. of Rocky River Clergy Mtg. 9:30 a.m. RRP/Preschool Bd. Meeting 9:30 a.m. Expressions of Faith Mtg. 7:30 p.m. Alanon/Alateen Mtg.</p>	<p>11 10:00 a.m. RRPC Staff Mtg. 10:00 a.m. Koilonia Prayer & Bible Study 6:30 p.m. Bethesda Prayer Circle Mtg. 7:30 p.m. Men's AA Mtg.</p>	<p>12 8:30 a.m. Senior Men's Bible Study & Breakfast 6:15 p.m. NO ~ Bell Choir rehearsal 7:00 p.m. Daniel Plan Mtg. 7:00 p.m. AA Back to Basics 7:30 p.m. Chancel Choir</p>	<p>13 7:00 a.m. Friday morning Men's Group (RR Startuck's)</p>	<p>14 7:00 p.m. Altered Attitudes</p>
<p>15 9:00 a.m. Adult Education 10:30 a.m. Worship/Nursery/Children 11:30 a.m. Time of Fellowship 11:35 a.m. Children & Youth Choir 7:00 p.m. Middle/High School Mtg.</p>	<p>16 Martin Luther King's Birthday / Office closed 7:00 p.m. Women's AA Mtg.</p>	<p>17 7:30 p.m. Alanon/Alateen Mtg.</p>	<p>18 10:00 a.m. Koilonia Prayer & Bible Study 7:30 p.m. Men's AA Mtg.</p>	<p>19 6:15 p.m. Bell Choir rehearsal 7:00 p.m. PW Priscilla Circle 7:00 p.m. Daniel Plan Mtg. 7:00 p.m. AA Back to Basics 7:30 p.m. Chancel Choir</p>	<p>20 7:00 a.m. Friday morning Men's Group (RR Startuck's)</p>	<p>21 11:00 a.m. Private Party Fellowship Hall 7:00 p.m. Altered Attitudes</p>
<p>22 Annual Meeting 10:30 a.m. Worship / Nursery/Children 11:35 a.m. Children & Youth Choirs 12:00 p.m. Lunch & Annual Meeting 7:00 p.m. Middle/High School Mtg.</p>	<p>23 7:00 p.m. PW Women of Grace Mtg. 7:00 p.m. Women's AA Mtg.</p>	<p>24 9:30 a.m. Expressions of Faith Mtg. 7:30 p.m. Alanon/Alateen Mtg.</p>	<p>25 10:00 a.m. RRPC Staff Mtg. 10:00 a.m. Koilonia Prayer & Bible Study 7:30 p.m. Men's AA Mtg.</p>	<p>26 8:30 a.m. Senior Men's Bible Study & Breakfast 6:15 p.m. Bell Choir rehearsal 7:00 p.m. Daniel Plan Mtg. 7:00 p.m. AA Back to Basics 7:30 p.m. Chancel Choir</p>	<p>27 7:00 a.m. Friday morning Men's Group (RR Startuck's)</p>	<p>28 7:00 p.m. Altered Attitudes</p>
<p>29 9:00 a.m. Adult Education 10:30 a.m. Worship/Nursery/ Children 11:30 a.m. Time of Fellowship 11:35 a.m. Children & Youth Choir 5:00 p.m. Spaghetti Dinner 6:00 p.m. Variety Show</p>	<p>30 7:00 p.m. Women's AA Mtg.</p>	<p>31 7:30 p.m. Alanon/Alateen Mtg.</p>				



“The Pulse”

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Rocky River Presbyterian Church
JANUARY 2017



Rocky River Presbyterian Church

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