



of Rocky River Presbyterian Church

Just in time for Spring: "The Daniel Plan"

What would be a "healthier life" for you?

It was just a few years ago that renowned pastor of California's enormous Saddleback Church, the Rev. Rick Warren, was performing adult baptisms... 800 baptisms in one day!... dunking each adult in a baptismal pool. As he lifted each person in and out of the water, it struck him: "So many of these people are overweight!" Then he thought, "I'M overweight!" Although he had gained only 2-3 pounds per year, after 30 years as their pastor, he was 90 pounds heavier than he had been!

The next Sunday he confessed to his congregation that he had been a poor steward of his health which impacted his ministry with them. He asked their forgiveness, and invited them to join him in striving for a healthier life. That day 12,000 people signed up to join him in striving to become healthier! (It's a big church!)

The Daniel Plan was born! Pastor Warren consulted with some of his friends... like **Dr. Daniel Amen**, best-selling author and psychiatrist, television's **Dr. Mehmet Oz**, cardiothoracic surgeon at New York-Presbyterian Hospital, and **Dr. Mark Hyman**, Director of the Cleveland Clinic's Center for Functional Medicine. Working with leading nutritionists and exercise physiologists, they created **The Daniel Plan—40 Days to a Healthier Life**.

The Daniel Plan is a groundbreaking healthy lifestyle program founded on biblical principles and focused on "five essentials:" *Faith, Food, Fitness, Focus, and Friends*. The Daniel Plan offers a comprehensive approach to achieving a healthy lifestyle where we get better together by restoring our health in each of these areas.

In particular, the essentials of *Faith* and *Friends* are what they call the "secret sauce" that makes The Daniel Plan so effective. The program's benefits are accelerated when done in a supportive community of friends (a "small group") because God has designed us to thrive in relationships. With the support of God and your small group you have far more than willpower helping you

ASH WEDNESDAY COMMUNION, MAR. 1, 7:30 p.m.

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make and sustain positive changes.

What makes The Daniel Plan unique?

1. First and foremost, it begins with God's power, not your willpower. Admit it: if all it took to change a habit was willpower, anyone could do it at any time. No, in The Daniel Plan we call on God's power to help us accomplish the change we desire so we are better equipped to serve God's purpose for our lives, as Ephesians 3:20-21 declares, "*To him who by means of his power working in us is able to do so much more than we can ever ask for, or even think of: to God be the glory in the church and in Christ Jesus for all time, forever and ever! Amen.*"
2. It's not a starvation diet. You will enjoy an abundance of good food... food that is good for your body, not simply food that satisfies a craving.
3. It's not simply a weight-loss program, though many people do lose weight by following The Daniel Plan. (Over the first year of The Daniel Plan, 15,000 people lost over 250,000 pounds!)
4. It's a comprehensive healthy lifestyle program, because different people have different goals: some want to lose weight, others want to have more strength, others want to learn better eating habits, others want to be able to get off some medications, others want to have better sleep. You choose what your goals are.



So how soon does The Daniel Plan come to RRPC?

- The program will run 6 weeks from May 14 to June 24.
- You can register starting Sun. Mar. 26 through Easter, April 16.
- There is no charge to be part of the Daniel Plan.
- Cleveland Clinic will provide participants with:
 - Free Daniel Plan Study Guide;
 - Free, confidential pre-plan and post-plan biometric screenings done confidentially by Cleveland Clinic nurses (Blood Pressure, Weight, BMI, Glucose, A1-C, Cholesterol);
 - Free Kick-Off Night featuring presentations and Q&A with a Health Coach and a Registered Dietician from Cleveland Clinic's Center for Functional Medicine.
- Each participant will select a small group to be part of. The small groups will meet weekly. Different groups will meet on different days and at different times of day, so you're sure to find one that fits your schedule.
- How do you register? It's easy: Name, email, best phone number! Sign up at church, call the church office, or register at www.riverpres.org.

See "From Your Pastor" on the next page for more details about The Daniel Plan coming this Spring to RRPC!

From Your Pastor

I'm STILL not eating mushrooms.

The summer between high school and college I lived with my uncle Kenneth Fancher in suburban St. Louis, Missouri. My family was still living overseas, so my dad's brother and his family became my surrogate family for that summer.

In high school I had played varsity basketball (not well), and was in pretty good shape, tipping scales at about 160 pounds. Decades earlier my Uncle Ken had played football in high school, I think. But years on the road as a Yellow Pages salesman and then many years as an executive for Southwestern Bell Telephone had hidden his youthful figure under the results of abundant food and drink. At one point that summer he said to me something like, "Jon ol' boy, if you aren't tipping the scales at over 200 pounds within ten years of getting married, I'll give you twenty bucks!"

I could have collected. I didn't cross the 200 pound threshold until I had been married about *fifteen* years... which would have been about four years after our family came to Rocky River.

It was never my goal to weigh 200 pounds. It just happened. So did the additional seventeen pounds that I tacked onto that over the next twenty-some years. The added weight came about as a consequence of choice and circumstance:

- I am privileged to have the wherewithal to be able to eat whenever I am hungry.
- I am undisciplined enough to eat whatever my brain says I'd like at that moment rather than giving thought to *whether* and *when* and *what* to eat.
- I am able to rationalize that the crazy schedule I allow myself to keep justifies eating weird things at weird hours of the day or night.

When those choices and circumstances become the "operating system" for your brain's nutrition center, that's how 160 pounds becomes 217 pounds. Those extra 57 pounds aren't muscle to help me function better. They certainly aren't additional brains to help me think better. They're like a spandex body suit enveloping me, causing my heart to work harder, causing my skeleton to sag unnecessarily, causing my skin to stretch to accommodate the internal pressure, causing my

body's autonomic systems to do wacky things with blood pressure and cholesterol and blood sugar and more.

Over the last two years I've come to the realization that I needed to do... *something*. One day I spoke with a personal trainer to learn what that was all about. Sounded good. I finally pulled the trigger and became a client... *fourteen months after first exploring the idea!*

That was in September. Since then I've been working out four times per week. About that same time I received an invitation from the Cleveland Clinic to attend a seminar about a faith-based healthy lifestyle program called **The Daniel Plan**. I decided to attend the seminar. Here are some of the notes I jotted down that day:

- If you eat the right food, you don't have to worry about how much you eat.
 - Sugar is 8 times more addictive than cocaine.
 - *Leave* the food that man made; *eat* the food that God made.
 - With God all things are possible.
 - Following **The Daniel Plan**, your palate changes—some foods you thought you might not like actually grow on you.
 - **The Daniel Plan** is not a diet; it's a transformation of your life. Romans 12:2 "Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind."
 - Food is a better drug than most drugs.
- That day **The Daniel Plan** was speaking to me.

At the seminar that day I saw some friends who are members at Rocky River United Methodist Church. I learned that RRUMC was launching **The Daniel Plan** in January. I asked my friend Dan, the pastor of RRUMC, if I might be able to participate with his church. Dan welcomed me enthusiastically to be part of their 40 Days to a Healthier Life.

So I have done **The Daniel Plan**. Let me tell you what has happened to me.

- I discovered I enjoy cooking. At first my kitchen adventures were pretty comical. Sometimes they still are. But nothing has been a disaster... not even the Chili Chicken Verde that Mary and I enjoyed last week even though I remembered while we were eating that I forgot to add four of the ingredients.
- I'm choosing to make healthier food choices. God strengthens me to see a box of doughnuts in the office and say, "Those look nice. I hope people enjoy

them. I choose not to have one, and I feel good about my decision."

- I don't condemn people whose food choices are not like mine. You can have your double-cheese pizza, and I'll choose something else, and I'm okay with that... or I might even join you in having a piece! **The Daniel Plan** doesn't even expect participants to be 100% perfect—that's unrealistic. But they suggest that if you follow the plan even 90% of the time, you'll improve your health.
- I am not being driven crazy by cravings for French fries or soda or bacon or even chocolate. (I do have a small piece of dark chocolate every now and then, but I haven't sat in front of the TV and gone through a 1-pound bag of Peanut M&Ms by myself.)
- And by the way, as of this week, I am under the 200 pound mark for the first time in over twenty years. I've had to tighten my belt (literally).

The Daniel Plan small group I was part of was really helpful. We shared successes and setbacks, we laughed, we encouraged, we prayed, we brought healthy snacks. I learned that *many* people wish they had healthier eating habits. I learned that people have all sorts of challenges to achieving the healthier lifestyle they want, and that we were able to encourage each other without judging each other.

I hope you'll sign up for **The Daniel Plan**. It's open to anyone (age 18+). Bring family members. Friends. Neighbors. Co-workers. People from other churches. People with no church connection. There's no charge to join. You'll receive a *free Daniel Plan Study Guide*.

You will want to purchase the "textbook" **The Daniel Plan: 40 Days to a Healthier Life**. Note: purchase carefully because there are many materials available from **The Daniel Plan** (devotional books, journals, cookbooks, and more). What you want is the actual book (approx. 300 pages). It lists for \$24.99, but you can purchase it for \$14.99 at <http://store.pastors.com/products/the-daniel-plan-book-40-days-to-a-healthier-life-hardcover>. You may find even less-expensive new or used copies at other sites.

But I'm still not eating mushrooms.





March Birthdays

March 1	Cathy Magnus Michael Gero Trevor Stohr Hazel Sakai
March 2	Mary Fancher Jeff Rayle Elise Myers
March 4	Mary Ann Blunk John Kirchner Eric Heald
March 6	Dave Hensel
March 9	Nancy Buettner
March 11	Jane Doughman Sharon Hensel Shawn Harrison Scott Williams Arianna Davis
March 12	Julie Arnold Thomas Clark
March 13	Deb Furry
March 14	Beth Katterle
March 15	Bob Sweet Eric Kanner
March 17	Elaine Cook Sara Doan Zach Dillon Jocelyn Brown
March 20	Dan McKenzie Karli Katterle
March 21	Amy Gilkison
March 22	Cathi Patton Madelin Shaver
March 23	Hayes Jenkins Aidan Cashmere
March 24	Russ Carson James Penning
March 25	Taylor Pedone Andrew Watts
March 26	Christopher Jakupca
March 27	Jessica Dillon Flannery Costello
March 28	Eric Fancher
March 29	Liliana Harrison
March 30	Jeffrey Koberg Cameron Krizman
March 31	Mark Esdon Susan Flynn

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

Community Town Hall Meeting

Ohio’s Drug Overdose Epidemic: What Families Need to Know

The Rocky River City School District will present a Town Hall Meeting on “Ohio’s Drug Overdose Epidemic: What Families Need to Know.” The Cuyahoga County Board of Health, Rocky River Police Department and Westshore Enforcement Bureau will make presentations and participate in a question-and-answer session. Our pastor will serve as the moderator of the event. The free, public event will be Monday, March 6 from 7:00 - 8:00 p.m. in the Rocky River High School Commons (20951 Detroit Road).

Travel opportunities

Cruise the Caribbean, or tour the Holy Land, or more



Our pastor can speak from first-hand experience: there is nothing like actually visiting the **Holy Land**. When you tour the Holy Land, the Bible comes to life like never before—places that were simply names become locations where you have walked or sailed or worshiped. You experience the sights and aromas and climate and people in the Holy Land. You discover why the Land of the Bible itself is sometimes called “the Fifth Gospel”—being there helps you appreciate the story of God, the life of Jesus, and the powerful work of the Holy Spirit.

Jon has led Holy Land tours for over two dozen people since 1996. He is organizing his **sixth Holy Land tour for January 2019**—less than two years away. In addition to visiting Jerusalem, Bethlehem, Nazareth, Jericho and other sites in Israel/Palestine, the 10-day tour has the added advantage of also visiting important, breath-taking biblical sites in the Kingdom of Jordan. Common questions potential travelers ask tend to address these issues:

- ⇒ Affordable—I have always depended on a religious travel organization called Educational Opportunities (“EO”), which was founded by a Methodist pastor to enable Christians to afford visiting the Holy Land. EO negotiates tremendous rates with airlines and four-star hotels. Right now, all-inclusive prices out of New York are less than \$2,900 for double-occupancy (we can help you find a roommate).
- ⇒ Safety—the Holy Land is one of the most secure places you’ll ever see. Like traffic reporters in northeast Ohio, EO has many people in the Holy Land who are always in-the-know about how best to keep tours moving smoothly.
- ⇒ Do-able—Though you don’t need to be a mountain-climber, you do need to be fairly mobile, able to walk short distances over uneven terrain and up and down small hills—ancient churches and temples didn’t consider handicap-accessibility.
- ⇒ Children & youth—they are certainly welcome, but if you can’t leave them with relatives, you might do as the Fanchers did and “farm out” the children to different families while you travel—they’ll love it!

To learn more about this or other travel opportunities, speak with our pastor.

Caribbean Cruise—EO has grown to offer many other travel opportunities beyond Holy Land tours. For instance, in **January 2018** they will offer their 10th annual Celebration Cruise out of Ft. Lauderdale aboard Royal Caribbean’s Harmony of the Seas. If you’re wintering in Florida next year, maybe you want to include a 7-day cruise in your plans! Ports of call include Labadee, Haiti, Falmouth, Jamaica and Cozumel, Mexico. Although our pastor won’t be on this cruise, you can still receive EO’s exclusive discount pricing—he can tell you how.

—Evangelism & Membership

Middle School Fellowship retreat to Camp Aldersgate March 4-5

Attention all 6th-8th graders: Don't miss out on our annual retreat on March 4-5. We will be travelling to Camp Aldersgate, near Carrollton. Cost for the retreat is \$40 and includes lodging and meals at the camp. Scholarships are available based on need—please see Lisa Watts for more information. This promises to be a great weekend—you don't want to miss this one! Registration forms are available in the Christian Education office.

Reserve a seat for your child today! Youth head out on mission trip July 16-22

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 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.



Library Open House Mar. 19th

Please visit the library on March 19th when the Christian Education Committee and Mary Schulz (librarian) serve Coffee Hour after the service. You will see new furniture, paint on the walls, new signs and display areas. There are also many new books in the section for upper elementary students, and in the Teen area (previously called Young Adults), as well as for adults. Maybe you will find a book to check out that day, too!



Adult Education March 5, 12, 19, 26 “Dr. Seuss for ‘Obsolete Children’”

The odds are good that you've read more than one Dr. Seuss story to the children in your life! Everyone knows “The Cat in the Hat,” and what would the holidays be without “The Grinch Who Stole Christmas?” But what do you know about Tweetle Beetles, Essolube, “Quick, Henry, the Flit!” or how to eat popovers?



Sunday mornings in March, Charline and Dick Watts will illumine these mysteries in a class on Dr. Seuss for adults (or, as he calls those of a certain age, “obsolete children.”)

“Nonsense,” said the good doctor, “wakes up the brain cells. Humor has a tremendous place in a sordid world. It's more than just a matter of laughing. If you can see things out of whack, then you see how things can be *in* whack.” Or, as another has written, “When the mouth is open for laughter, you may be able to shove in a little food for thought.”

Come and join Dick and Charline for some fun, nostalgia and more than a little food for thought! As always, hot coffee and goodies provided.



Winter may be outside your window... but VBS is just around the corner

Mark your calendars now for June 12-16—this year's Vacation Bible School experience. This program is open to all children age four through 5th grade, and will run from 9-11:30 a.m. each day. Look for registration forms to be available in early April. RIGHT NOW...we are putting together the planning team that makes this incredible week happen—regular meetings have begun. We are looking for adults and teens who are willing to help out in a variety of areas: worship, snacks, recreation, mission, music, crafts and shepherding. If you would like to be involved in this week of fun, faith and fellowship, you can get more information in the Christian education office. Don't miss it!

Summer camp information available through the church

Are you starting to plan your summer, even though it is still cold and gray? We have information on several excellent Christian camping opportunities for kids of all ages. For more information or to pick up camp flyers, see Lisa Watts.



PRESBYTERIAN WOMEN

Semi-Circle

Semi-Circle will meet on **Monday, March 13th** 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 Nancy McGillicuddy 440-724-1738. New members are always welcome!

Priscilla Circle

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

Expressions of Faith

Our group will meet **Tuesday, March 14th** at 9:30 a.m. in the D-3 and on **Tuesday, March 28th**. 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, March 27th** 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.

Church Directory Update



If you did not get your RRPC Directory update packet at the Annual Meeting in January, you can pick up a packet in the church office.

—E&M Committee



Dear RRPC friends,

Thank you for your expressions of sympathy to me upon the death of my sister Jo-Anne, my only remaining sibling. Your reaching out is a great comfort to me.

—Karol Hoeffler

The church staff thanks **Sue and Marc Hustek** for their annual treat of a delightful and yummy breakfast brought to us on February 22!

Presbyterian Women

“Coming Attractions”

Sunday, March 12th - Join us ‘Days for Girls’ Celebration Event on Sunday, March 12 after morning worship in the West Room. We will culminate the DFG project by assembling – no experience required - the 60 ‘Days For Girls’ Kits and ready them for shipping. Catch up with previous and new participants. A light lunch will be served. Look for a Sign-Up-Sheet on the bulletin board near Fellowship Hall.

Tuesday, May 2nd SAVE THE DATE. Plan to join us on Tuesday evening May 2nd from 6:00 to 8:30 p.m. for a PW Gathering. Kristina Austin, a representative from The Gathering Place (touchedbycancer.org) will speak on a variety of topics related to cancer support for individuals, families and friends. A salad and dessert potluck will be served.

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

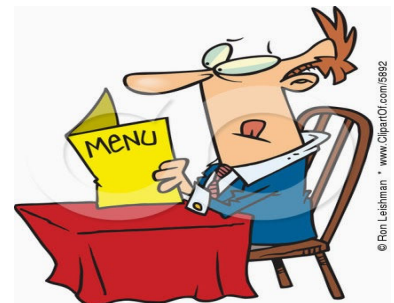
... Notes from the Parish Nurse

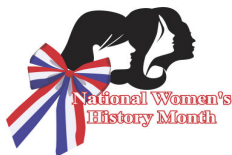
Here are 30 tips to help you eat healthy when eating out.

1. Think ahead and plan where you will eat.
2. Take time to look over the menu and make careful selections.
3. Read restaurant menus carefully for clues to fat and calorie content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, steamed and roasted.
4. Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy and breaded.
5. Choose smaller portions of these foods and eat them only occasionally.
6. Order the regular or child-size portion or order an appetizer as your main meal.
7. It's okay to make special requests and to ask for sauces to be served on the side.
8. Hunger can drive you to eat too much bread before your meal arrives. Have your server bring the bread with the meal.
9. Think about your food choices for the whole day. If you are planning a special restaurant meal in the evening, have a light breakfast and lunch.
10. Limit the amount of alcohol you drink.
11. Split your meal.
12. Split your dessert.
13. Boost the nutrition in all sandwiches by adding tomato and lettuce.
14. A baked potato with low fat toppings offers more fiber and fewer calories and fat than fries.
15. For sandwiches choose lean meats on whole grain bread with low-fat condiments.
16. In place of fries or chips, choose a side-salad or fruit.
17. Go easy on the sour cream, cheese and guacamole.
18. At the salad bar load up on the dark leafy greens and lighten up on the prepared salads that are loaded with mayo.
19. Non-creamed soup and salad with low-fat dressing are a good combination.
20. Start with a salad before the main meal at a buffet.
21. Pass on all-you-can-eat specials.
22. Make no more than two trips to the buffet table.
23. Try a veggie pizza.
24. Try a wrap with grilled meats or vegetables.
25. Make your own breakfast sandwich.
26. Jumbo-sized bagel and muffins have twice as much fat and calories as smaller bagels or muffins.
27. Try a smoothie made with juice, fruit and yogurt.
28. Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours.
29. Grabbing dinner at supermarket deli? Try the rotisserie chicken, lean roast beef, salad and fruit,
30. Always eating on the go? Tuck portable, nonperishable foods in your purse, briefcase or backpack. For desktop dining, keep single-serve packages of crackers, fruit, peanut butter, soup and tuna on hand for a quick lunch.

"So whether you eat or drink or whatever you do, do it for all the glory of God." 1 Corinthians 10:31

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March 2017 Library Lingo

Mary Schulz, Librarian

DISPLAYS:

New books

Women's History Month books



MISSING BOOKS- I have added one more title since last month

As you organize at home, please help out by checking your shelves and piles for any of these missing titles. Remember, they do have spine labels, and that's the easiest way to scan your eye quickly over your bookshelf and notice books that are from the library. (These are books that were **not** checked out by signing the card in the back pocket)

Children's books:

Prayer for a Child (copy 1)	E FIE
Chicken Soup for the Kid's Soul	j158.1 CAN
Veggie Tales Bible Mania (copy 1)	j268.432
A Picture Book of Martin Luther King, Jr.	j323.4 ADL

Adult books:

Freed by Grace: Release from Life's Imprisonments	248.4 BRA
The Worn Out Woman	248.8 STE
What Do You <u>Really</u> Want for Your Children? (this one probably does not have a spine label)	
It Is Well With My Soul	305.48

NEW ITEMS FOR CHILDREN:

Upper Elementary Biographies: (NY Times Best-Selling Series)

<u>Who Was Gandhi?</u>	jBIO GAN
<u>Who Was Martin Luther King, Jr.?</u>	jBIO KIN
<u>Who Was Nelson Mandela?</u>	jBIO MAN
<u>Who Was Rosa Parks?</u>	jBIO PAR

Upper Elementary Nonfiction books:

Fred Korematsu Speaks Up (Fighting for Justice series) j341.6 ATK

Fred was just like other Americans. But everything changed when the US went to war with Japan in 1941 and the government forced people of Japanese ancestry to leave their homes and move to prison camps, including Fred, whose parents had immigrated to the US from Japan many years before. Fred refused to go, knowing that what the government was doing was unfair. When he was jailed for resisting, he knew he couldn't give up. Discussion topics are included for youngsters to come up with ideas about how to speak up when something isn't fair or right.

Teen Nonfiction books

- **March** **Books One, Two, and Three** TEEN 323 LEW

Congressman John Lewis's NY Times Bestseller is a 3-part graphic novel (comic book style) which takes us on his first-hand account behind the scenes of some of the most pivotal moments of the Civil Rights Movement.

Book One- his youth in Alabama, his life-changing meeting with Martin Luther King, Jr., the student lunch counter sit-ins.

Book Two- He and his fellow Freedom Riders board a bus into the deep south, placing their lives on the line.

Book Three- To carry out their nonviolent revolution, he and others launch a series of campaigns, such as the Freedom Vote, Mississippi Freedom Summer, and a march across the Edmund Pettus Bridge from Selma to Montgomery, Alabama.

I Am Malala: How One Girl Stood Up for Education and Changed the World TEEN 323 YOU

This is the true story of the education activist and youngest-ever Nobel Peace Prize winner. She was 10 when the Taliban took control of her once-peaceful region of Pakistan. They forbid girls to go to school, so she fought for her right to be educated. In 2012, she was shot point-blank while riding the bus home from school, and nobody expected her to survive. In this Young Readers edition, we hear firsthand the remarkable story of a girl who refused to be silenced.

HAPPY READING!!

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

MISSION: POSSIBLE!

by Rudy Gulstrand,
Mission Committee Chair

Praising God... Teaching Faith... Serving Others

These words constitute the Mission Statement of Rocky River Presbyterian Church.

We attempt to keep these simple statements in mind as we plan and carry out programs to be Christ in the world. Our PW Circles, our Sunday School, and Youth Fellowships support missions. In addition, Food Sunday collections benefit the food pantry at RR Assistance. June is our Month of Partnership with North Church. All proceeds from our annual "Trash & Treasure Sale" in October benefit selected missions. In November the Alternative Christmas Charity Bazaar raises money for represented local and national charities—it raised over \$8,000 last year!

I would like to say a few words about our commitment to Foreign Mission. Our Church's support of missionaries has given us a chance to get to meet and know people engaged in foreign missions. It opens our eyes to the geography, culture, religions, and politics of a different part of the world.

In the early 80's, we began providing financial support for Rev. William (Bill) Yoder. Bill Yoder was serving in Chiang Mai, Thailand. He worked with the McGilvary College of Divinity as well as other mission callings in the Chiang Mai area. Bill Yoder would speak to our congregation during his furloughs back in the U.S. to help connect us with the people he served in Thailand.

A little over three years ago we were honored with a visit from Revs. Steve and Cinda Gorman who were preparing for their Mission Co-worker service in Egypt. We followed Steve and Cinda through their frequent e-mail updates. They facilitated communication with and responded to our inquiries as we sought to understand the current events in Egypt. Their description of the looting and burning of churches brought the reality of the struggles of the Christian Church in Egypt to us! These were extremely difficult times for the Christian church in Egypt!!

Our financial support of the Gormans was provided by designating a portion of our General Assembly funds to be directed to their mission in Egypt. We continue this support while Steve transitions out of Egypt. We are now looking at where to designate these funds to be used in the future.

We are also exploring being able to provide you with short-term volunteer mission opportunities abroad.

Our support for FOREIGN MISSIONS will continue.

Please support our preschool's Spring Fundraiser

Malley's
CHOCOLATES

RRPP will be selling

Malley's Chocolate in the Garden Hall after worship on March 5th and March 12th. This is one of the preschool's budgeted fundraisers to support its operation. The preschool earns 33% of the value of every order. Don't have time to shop then? Visit our group link to order now!

<https://malleys.com/fundraising/campaign/rocky-river-presbyterian-preschool>

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

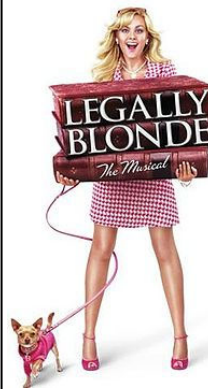
An easy but important way to help out at your church would be to join our "Soundboard Team." Yes, it may look and sound complicated, but in reality it's pretty simple: basically, knowing when to start a recording device, occasionally adjusting a volume level... that sort of thing. We would like to have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



—Board of Deacons

"Legally Blonde: the Musical" at RRHS Mar. 23-25 Can a bald pastor be "Legally Blonde"?

Our pastor is taking to the stage again.




He and a Rocky River High School faculty member have been asked to play small but pivotal roles in the RRHS Spring production of "Legally Blonde: the Musical." Performances are at 7 p.m. Thursday-Saturday, March 23-25 at Rocky River High School's auditorium.

Based on the novel and the hit movie of the same name, "Legally Blonde: the Musical" chronicles the journey of the famously perky Elle Woods, a fashion-savvy UCLA sorority girl who finds her life turned upside-down when she is dumped by her boyfriend Warner.

"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.)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Ash Wednesday 10:00 a.m. Koinonia Prayer & Bible Study 1:30 p.m. HR Committee Mtg. 7:30 p.m. Ash Wednesday Service	2 6:15 p.m. Bell Choir rehearsal 7:30 p.m. Chancel Choir	3 7:00 a.m. Friday morning Men's Group (RR Sartuck's)	4 9:00 a.m. Middle School Retreat Camp Aldersgate 7:00 p.m. Altered Attitudes
5 First Sunday in Lent <i>Communion/Food Sunday</i> 9:00 a.m. Adult Education 10:30 a.m. Worship Service 10:30 a.m. Nursery / KISS 11:30 a.m. Time of Fellowship 11:35 a.m. Mission Committee Mtg. 11:35 a.m. Children & Youth Choir 1:00 p.m. Hustek Wedding Shower 6:00 p.m. Lenten Supper 6:45 p.m. Lenten Study 7:00 p.m. Middle/High School Fellowship	6 7:00 p.m. Christian Ed. Mtg. 7:00 p.m. Women's AA Mtg.	7 6:30 p.m. Worship Committee 7:30 p.m. Alanon/Alateen Mtg.	8 10:00 a.m. RRPC Staff Mtg. 10:00 a.m. Koinonia Prayer & Bible Study 7:30 p.m. Men's AA Mtg.	9 8:30 a.m. Senior Men's Bible Study & Breakfast 6:15 p.m. Bell Choir rehearsal 7:30 p.m. Chancel Choir	10 7:00 a.m. Friday morning Men's Group (RR Sartuck's)	11 7:00 p.m. Altered Attitudes
12 Second Sunday in Lent 9:00 a.m. Adult Education 10:30 a.m. Worship Service 10:30 a.m. Nursery/Children's Church 11:30 a.m. Time of Fellowship 11:35 a.m. Evang. & Membership Mtg. 11:35 a.m. Children & Youth Choir 11:35 a.m. PW "Days for Girls" Event 6:00 p.m. Lenten Supper 6:45 p.m. Lenten Study 7:00 p.m. Middle/High School Fellowship	13 12:00 p.m. PW Semi-Circle 6:45 p.m. Bethesda Prayer Circle Mtg. 7:00 p.m. Deacons Mtg. 7:00 p.m. Women's AA Mtg.	14 9:30 a.m. Expressions of Faith 9:30 a.m. RRPreshool Board Mtg. 7:30 p.m. Alanon/Alateen Mtg.	15 10:00 a.m. Koinonia Prayer & Bible Study 7:30 p.m. Men's AA Mtg.	16 6:15 p.m. Bell Choir rehearsal 6:45 p.m. Bethesda Prayer Group Mtg. 7:00 p.m. PW Priscilla Circle 7:30 p.m. Chancel Choir	17 St. Patrick's Day 7:00 a.m. Friday morning Men's Group (RR Sartuck's)	18 7:00 p.m. Altered Attitudes
19 Third Sunday in Lent 9:00 a.m. Adult Education 10:30 a.m. Worship Service 11:30 a.m. Library Open House & Coffee Hour 11:35 a.m. Children & Youth Choir 6:00 p.m. Lenten Supper 6:45 p.m. Lenten Study 7:00 p.m. Middle/High School Fellowship	20 6:30 p.m. Stewardship Mtg. 7:00 p.m. Women's AA Mtg.	21 7:30 p.m. Alanon/Alateen Mtg.	22 10:00 a.m. RRPC Staff Mtg. 10:00 a.m. Koinonia Prayer & Bible Study 7:30 p.m. Men's AA Mtg.	23 8:30 a.m. Senior Men's Bible Study & Breakfast 6:15 p.m. Bell Choir rehearsal 7:30 p.m. Chancel Choir	24 7:00 a.m. Friday morning Men's Group (RR Sartuck's)	25 7:00 p.m. Altered Attitudes
26 Fourth Sunday in Lent 9:00 a.m. Adult Education 10:30 a.m. Worship Service 11:30 a.m. Time of Fellowship 11:35 a.m. Children & Youth Choir 11:35 a.m. Rescheduled Session Mtg. 3:00 p.m. Apollo's Fire Lecture & Concert 6:00 p.m. Lenten Supper 6:45 p.m. Lenten Study 7:00 p.m. Middle/High School Fellowship	27 7:00 p.m. PW Women of Grace Mtg. 7:00 p.m. Women's AA Mtg.	28 9:30 a.m. Expressions of Faith 5:00 p.m. Mardi Gras Pancake Supper 7:30 p.m. Alanon/Alateen Mtg.	29 10:00 a.m. Koinonia Prayer & Bible Study 7:30 p.m. Men's AA Mtg.	30 6:15 p.m. Bell Choir rehearsal 7:30 p.m. Chancel Choir	31 7:00 a.m. Friday morning Men's Group (RR Sartuck's)	



“The Pulse”

the monthly newsletter of

Rocky River Presbyterian Church
MARCH 2017



Lent Begins
Ash Wednesday

March 1, 2017

Rocky River Presbyterian Church

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