

The Pulse

June/July
2017



of Rocky River Presbyterian Church

What everyone should know about some exciting changes coming to Church School this fall

Beginning in September, our church school program will look a little different...and you will notice more children in worship than you may have seen in the past. For quite a few years, children have been included in our worship the first Sunday of every month for KISS (Kids in Sunday Service). That will stay the same. What will change is that all children over the age of three will also be in worship with their families for the *first portion* of the Sunday service on ALL Sundays. After participating in the opening liturgies and music, children will be invited forward for a brief children's message before being dismissed to their church school classes.

Why are we making these changes?

- Current research shows that children best learn **how** to worship by **being** in worship. They watch what is happening around them and model the things they see.
- Research also suggests that children are more likely to stay involved with the church as they get older if they are actively involved with their families, seeing their parents value the worship experience.
- Children learn about worship by experience, by how they are welcomed into the community of faith and by what they see others doing.

How do young children learn to worship?

- By being taught they have a place in the community of the church.
- By seeing, hearing and feeling the sanctuary as a place of welcome and worship.
- By watching how their significant adults sing, make prayers, and give offerings.
- By sharing prayers, communion, and worship.
- By being given ways to watch for God's presence in their own lives, and encouraged to share where they notice God and how they participate in God's love.

Children are not "the future of the church." They **are** the church, here and now, every bit as much as the adults here each week.

We know that this—like any change—will take some adjustment on everyone's part. But the result will be a stronger, more supportive worshipping community. In the August issue of *The Pulse*, you will find some helpful suggestions for adults without children and for parents that will aid a smooth transition. There will also be accommodations for any children who have special needs.

Please address any questions or suggestions to Lisa Watts or any member of the Christian Education Committee.

—Christian Education

Feedback received

Back in early May, the Evangelism and Membership Committee put forth an RRPC activities survey. They wanted to gauge interest in new ideas for church events as well as learn how much support exists for activities currently offered.



Thank you for your responsiveness to the survey! In total, we received 124 completed surveys, and here are some preliminary results:

- Over 80% want us to continue with four major events held each year – the spaghetti and pancake dinners (fundraisers for youth ministry), and the chili cook-off and clam bake.
- The highest positive response for new events was "service projects for all ages," with 85% of those surveyed liking and willing to support that idea.

E&M will be sharing the survey details with the Session and Deacons, and working on a game plan for offering more events in the future. So stay tuned...

—Evangelism and Membership Committee

High School? Trade School? University? Grad School? Graduate Recognition Sun., June 4

If you or someone in your family will have graduated from high school, college or graduate school this past year please give the church office a call with the details and supply a picture if you are able. We would like to honor the graduates during our worship service on Sunday, June 4.



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From Your Pastor

In plain sight... waiting to be discovered

Each year on Memorial Day our church welcomes the community in two humble but important ways: we invite folks to park in our parking lot when they come to watch the Memorial Day parade, and we open our building to provide access to restrooms, since the only other restroom available to parade-goers and cemetery visitors is the one at the cemetery office.

This year, when the Memorial Tribute ceremony at Lakewood Park Cemetery concluded, I walked back down the hill toward the church. As I do every year, I stopped at the graves of Odessa and Jim Walker. Jim was the founding pastor of this church. His grave was one of the more than 3,000 graves at that cemetery that was marked with an American flag, since Jim was a U.S. Navy veteran.

When I open the doors of the church on Memorial Day I place signs outside announcing that our restroom facilities are available. So part of the process of closing up the building involves bringing the signs inside. This year as I approached one of the signs I saw some brightly-colored object resting on the base of the sign. Was it a toy? A piece of duct tape? Some discarded chewing gum? I bent down to look. It was a rock. A painted rock with an appliqué of a lighthouse affixed to its smoother side.

What a strange thing. A painted rock. Left on a sign base. Right out in the open. In front of a church. I picked it up. There was some writing on the underside. It said that the rock has a purpose: it's part of a project called Northeast Ohio Rocks.

So I investigated. Northeast Ohio Rocks has a simple mission: to get people up out of their chairs, to get them outside, to get them away from electronics. They accomplish this goal with three simple actions: "Find a rock. Paint a rock. Hide a rock." According to information I came across from NewsChannel 5 WEWS TV, Northeast Ohio Rocks already has over 68,000 "members" who have participated by painting rocks or finding them. Rocks are hidden anywhere from hiking trails, rest stops, to parks and landmarks.

The idea started locally by a mother, Nancy Powell, whose son is in military ser-



vice in the state of Washington. The son's wife told Nancy about a painted rock project out there. "You've got to start this back home in Ohio!" she told her mother-in-law. And Nancy did.

The purpose of the group is to paint a rock and "hide" it to be re-discovered as a random act of kindness. The aim is to unexpectedly brighten a stranger's day so they might pass it on. The hope is that the finder won't keep the rock but rather re-hide it so that others have their days brightened as well.

Ms. Powell has received testimony that Northeast Ohio Rocks has changed people's lives: "Many people say thank you for giving them a reason to create again. Many people find healing in painting the rocks. Creating is good for you. It releases endorphins which make us feel great. Sharing makes you feel great, too. Giving the rocks is good for the giver and the receiver. Families are out taking walks finding rocks to paint. They are spending time together painting the rocks. Families are having painting parties and sharing pictures of their gatherings...to paint rocks. To share random acts of kindness."

My encounter with the painted rock made me think of two things.

First, "random acts of kindness" are a pleasant thing. But Jesus calls us to more than simply performing *random* acts of kindness. Jesus calls us to *constant* acts of kindness.

In the Sermon on the Mount Jesus points out that anyone can be nice to people who are nice to them. "Why should God reward you if you love only the people who love you?" [Mt. 5:46] Jesus points out that our attitude of love shouldn't be reserved only for those who are kind toward us. If we sprinkle expressions of our loving-kindness here and there randomly, we're counting on the recipient to feel fortunate that they encountered us when we were being whimsically generous. How much more Christ-like to strive to show loving-kindness in *all* we say and do.

Here's the other thing my encounter with the painted rock made me think of. This should come as no surprise: if you're a rock, you're pretty much going to stay in one place unless you're spewed by a volcano or tossed by an ocean wave or propelled by a mountain stream or brought down by an avalanche.

What a surprise, then, when you find a rock that's well-traveled. Yes, when you see a painted rock, that's a dead giveaway that someone has been involved in moving it from its original location.

Maybe the "painted rock people" are onto something.

Imagine this: like a painted rock, God has deliberately "hidden" you in plain sight. You are where you are in your particular place in life so others will come across you. They'll discover you and when they do, God's desire is that you'll brighten their day. You'll open their eyes to the beauty of life that they often take for granted or miss entirely. You'll give them encouragement through whatever they happen to be dealing with at this moment on their journey.

Wherever you go this summer, wherever you are, allow yourself to "be discovered." Remind people of the joy that is ours because, through our trust in Jesus, we have chosen to place our lives in God's hands.

See you in church... at 8:30 or 10:30 a.m.!

Jon



June Birthdays

July Birthdays

June 1	Dianne Russell
	Heidi Fredrickson
June 4	Jim Doan
	Jill Myers
June 5	Matthew Pedone
June 6	Tom Behar
June 7	Crystal Duffield
	Bill Bishop
	Amanda Heierding
June 8	Pat Kaye
	Dan Poole
	Deb Miller
June 10	Bill Nelson
June 12	Bill Knoble
	Theresa Weedon
	Molly Ward
	Dave Carney
	Charlotte Roche
June 13	Konrad Katterle
	Sam Bohannon
June 16	Tracey Kirchner
June 19	Carol Lewellen
	Tom Gilbert
	Emmaline Purohit
June 20	Jeff Stohr
June 21	Jon Fancher
June 22	Chuck Erml
June 23	Josephine Naretto
June 24	Susan Sabik
June 25	Austin Guetling
	Ken Miller
June 26	Terri Yeckel
June 27	Jacob Wilson
June 28	Mindy Harrison
	Matt DeWerth
June 30	Annette Oberst

July 1	Nancy Clash
	Anne Busher
	Bob Beer
July 2	Claudia Roche
	Liam Fritz
July 4	Kathy McKenzie
July 5	Ramsey Arnold
	Trevor Prudhoe
	Spencer Williams
July 6	Addison Mach
July 9	Sam Kirksey
July 10	Thom Dillon
	Nigel Mach
July 11	Bill Kirksey
July 12	Glen Loeffler
	Bryan Watts
July 13	Adrina Niederst
	Paula Clark
July 14	Carolyn Watilo
	Katie Panatera
	MaryCait Russell
	Evan McGorray
	Joel (JJ) Solak
July 15	Denise Fresenko
July 16	Shea O'Flaherty
	Lisa Watts
July 18	Matthew Miller
	Mia Carney
July 20	Owen Nowlin
July 21	Deborah Kennedy
July 23	Helen Sakai
July 25	Joe Lavelle
July 27	Oliver Pedone
July 29	Michelle Fritz
July 30	Diane Beer
	Elizabeth Harrison

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

Daniel Plan nears halfway point

Nearly 120 people are almost halfway through their 40-day faith-based program for healthier living: The Daniel Plan. They're meeting weekly with their small groups, making changes to bring about healthier lifestyles, and deepening their relationship with God as they seek God's strength in their lives. Participants will have their post-program biometric screening on Sat., July 8, and then we'll discover just how much God has blessed their efforts to regain the health and wholeness God has in mind for them! Remember all Daniel Plan participants and leaders in your prayers.



—Evangelism & Membership Committee

Have an old charcoal grill to donate?

We are looking to replace 2 of the grills we use for our picnic cook-outs. If you have a charcoal grill you aren't using any longer we would be glad to take it off your hands. You can drop it off to our custodian Paul Sunday thru Thursday.



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@northernitle.com or 440-336-5114 for further information and/or questions.



VBS is almost here... and it's not too late for you to help!

Digging for Treasure: Parables Revealed



Mark your calendars now for June 12-16—this year's Vacation Bible School experience. This year our theme is "Digging for Treasure: Parables revealed" and we will be hearing five Bible stories about listening to God. This program is open to all children age four through 5th grade, and will run from 9-11:30 a.m. each day.

Early registration has closed but we still have a few spots available at the late registration cost. Registration forms are available on the church website and in the church office. We are also still 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!

Get your car washed for a good cause!

Bring your dirty cars and vans to church on Sunday, June 4 and get them cleaned up for a cause! Our combined youth fellowship groups will be holding a car wash to help fund the youth mission trip to East Moline, Illinois (July 16-22). We start washing at 9:15 a.m. so you can come after the 8:30 service or before or after the 10:30 service. We will stay after worship as long as we have cars to wash. Suggested donation: \$8.



Confirmation program coming this fall for 7TH and 8TH graders

2017-18 is a confirmation year, and any young person in 7th or 8th grade (or older) is eligible to participate. Each youth will be assigned an adult mentor who will meet with them throughout the process of confirmation. There will be a class on Sunday mornings for them—usually the 2nd and 4th Sunday of each month. The young people will also meet periodically with Dr. Fancher and Lisa Watts as a group. This year we will have a one-night confirmation retreat. If you would like your child to participate, please contact Dr. Fancher or Lisa Watts by August 13.

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.

New officers to be welcomed June 11

Several weeks ago the congregation selected from its ranks certain women and men to serve in positions of leadership for the next few years. These elders— and deacons-elect have received orientation to their new responsibilities and have been examined by the Session for their readiness to serve.

The next step for them is to be "ordained" (set apart) to the office of deacon or elder (if not done previously). All new elders and deacons are then "installed" to their respective board to serve in a class until the year 2020. Ordinations and installations will take place during the 10:30 a.m. service on Sun., June 11.

—Clerk of Session

"Oils of Ancient Scripture" the topic for special presentation Sun., June 4 9:15 a.m.

In Bible times oils were put to many uses: as a condiment, as a baking ingredient, as a cosmetic, as a medicinal application, as fuel for lamps in the home and Temple, and for ceremonial anointing. We all know about olive oil. But were there other oils that were commonly used in ancient times? Learn more as Vicki Yanni presents a program about "Oils of Ancient Scripture" in the West Room on Sun., June 4 at 9:15 a.m.

—Christian Education



HOPE Breast Cancer Screening June 19, 2017

Yearly mammograms should start at age 40, unless you have a family history. **FREE** breast exams and mammograms available for uninsured women who qualify financially, through a grant from the National Breast Cancer Foundation. If you have insurance, your provider will be billed. If you have an existing prescription for a mammogram, you may attend this event. This screening event offers: prompt service; private changing and waiting rooms and expert, caring, female mammography technologists. For more information or to schedule your exam and mammogram at either of these two locations call 216.476.HOPE (4673).

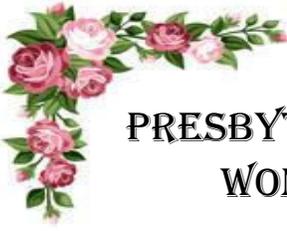
Cleveland Clinic Lakewood or
14519 Detroit Avenue
Lakewood, OH 44107

Cleveland Clinic
Westlake Medical Center
840 Columbia Rd.
Westlake, Ohio 44145

TIME: 3:00 – 8:00 p.m.

TIME: 3:00 – 7:00 p.m.

This event is sponsored by Cleveland Clinic Lakewood, Fairview Hospital, the National Breast Cancer Foundation, Community West Foundation and North Coast Health.



**PRESBYTERIAN
WOMEN**

Semi-Circle

Semi-Circle will meet for the summer on **Monday, June 12th, Monday, July 10th and Monday, August 14th** at 11:30 a.m. at the Nelly Belly Restaurant in the Metro Parks-Rocky River Reservation. If you have questions you may contact Carolyn Watilo 440-799-4779 or Nancy McGillicuddy 440-724-1738. New members are always welcome!

Priscilla Circle

Priscilla Circle will be meeting on **Thursday, June 15th** in the Parlor and **July 20th** 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, June 13th and June 27th at 9:30 a.m.** in the D-3 and on **Tuesday, July 11th and July 25th**. 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, June 26th and July 24th** 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. We will not meet on **June 14th** because of VBS.

Questions may be directed to Jane Doughman, Nancy Clash, Jo Naretto, Mary Murphy, or Carolyn Watilo.

Save The Date!!

PW PWR Summer Gathering - Saturday, July 29th at Christ United (formerly St. Andrews in Olmsted Falls) from 9am – 2pm. Cost \$15 or \$20 at the door – light refreshments and full lunch included. The speaker will be Melissa Bane Sevier – author of the 2017-2018 *Horizons* Bible Study entitled “*Cloud of Witnesses*” – *The Community of Witnesses*.

Jewelry Swap for Mission at RRPC Wednesday, August 16
7:00—8:30 p.m.



Desserts to Eat, Jewelry to Swap, Fellowship to Enjoy. Admission \$2.00 & 5 pieces of jewelry.

Ellen Schickel

Youth mission trip needs help with tools, supplies



From Sun., July 16-Sat. July 22, several youth and two adults from RRPC will be travelling to East Moline, Illinois to participate in a mission work camp. They could use a little help from you! The only tools they will have to work with will be the ones they take along.

We are looking to **borrow** (or have donated) as many of these items as possible. Any borrowed items will be returned to their owners after the trip is over. We already have these ~~items~~.

Here is what we are looking for:

We need 7 each of the following items:

- | | |
|----------------------------|----------------------|
| Safety goggles | Work gloves |
| N-96 masks | Paint rollers |
| Paintbrushes | Scrapers |
| Paint roller covers | Screwdrivers |
| Hammers | Tape measures |

We need 1 each of the following items:

- | | |
|---|-------------------------------|
| Level | Utility knife/blades |
| Chalk line/chalk | Chisel |
| Caulking gun | Pry bar |
| T-square | Cordless drill/battery |
| Ground fault interrupter | Post hole digger |
| Drop cloths (pkg of 3) | Star bits (T-25) |
| Large cooler (wheeled if possible) | Drill bit kit |

If you can supply any of these items, please contact them to Lisa Watts. We need to have all items by July 1, if possible. Thanks for supporting our mission trip!

Healthy Happenings

... Notes from the Parish Nurse

Dear Friends and Family,

Summer Safety Tips for Teens and Young Adults

Now that prom season is over and summer vacation is just around the corner, young people will be on the roads, on the sidewalks, and at any number of recreational areas. As much as high school and college students look forward to their upcoming break, they need to be reminded of safety hazards and precautions specific to this time of year.

For the older students, summertime usually involves driving, whether to a summer job or for entertainment. While no one plans to be in a crash, accidents do happen. In fact, traffic crashes are the leading cause of death for 16-18 year olds. In a 35 mph crash, the forces are similar to those resulting from jumping head first off a 3 story building for the driver and the front seat passenger. Rear seat passengers can be thrown with that same force against the front seat, causing serious injury and even death to both the passengers in the front and the back seats. That is why it is so important that all passengers in a motor vehicle buckle seat belts and use restraint systems properly. Last year alone, nearly 5,000 16-18 year olds were killed or seriously injured in accidents and 2/3 of them were not wearing seat belts.

Another safety issue for teens, especially older ones, is that of alcohol, by itself or in combination with driving. It's hard to believe but alcohol use is a problem for 3 million young people between the ages of 14-17. More than 1/2 of the nation's middle and high school students drink alcoholic beverages, and more than 40% of all 16-20 year old deaths result from alcohol-related crashes. Alcohol can also lead to death when mixed with drugs and medications. Drinking large amounts of alcohol can cause alcohol poisoning leading to coma and even death. It adversely affects every organ in your body plus your judgment, self-control, and how your mind process information, making schoolwork and jobs difficult to perform.

Water safety is another concern for young people during the warm weather. Swimming, boating, jet skiing, and water skiing are some of the activities associated with summer which pose special hazards to teens. The highest drowning rates within any age group are found among teens and young adults. In the United States, drowning is the second leading cause of unintentional injury death among teens, and is especially prevalent among males. Alcohol is a contributing factor in up to 50% of adolescent drownings. Some tips to keep in mind to reduce the risk of drowning include:

1. Never use alcohol while swimming, boating, or engaging in other water recreational activities.
2. Think about how well you swim and how tired you are before entering the water.
3. Check the water temperature, and avoid swimming or boating in high-running or swiftly moving waters.
4. Wear a life jacket, especially when boating.
5. Swim only at beaches that are monitored by a life guard, never swim alone, and stay close to the shore.

Many young adults and teens of all ages enjoy riding bicycles all year long. Unfortunately, each year there are also over 550,000 bicycle injuries within this age group. To stay safe, the single best protective measure is the use of an approved, properly fitting helmet. Knee, elbow, and wrist pads are also effective in preventing broken bones. Wearing clothing that can be seen, obeying traffic rules and making sure the equipment is in good condition can further reduce the risk of injury.

Also during the summer, many young people work in retail or just like to visit the shopping malls. With no school to worry about the next day, many will stay until closing time. And of course, a trip to the ATM may be required before getting to the mall. When going out anywhere, especially at night, it is a good idea to practice the following safety measures:

- When leaving an ATM or store, do not display cash openly.
- Park only in well-lighted areas, near other vehicles. Close all windows, lock the doors, and keep all valuables out of sight.
- Avoid walking alone.
- Carry a purse close to your body; do not let it swing loosely.
- Walk with confidence, keeping an eye on the people in front and in back of you. Do not talk to strangers.
- Approach your vehicle with your keys in hand, and try to avoid carrying too many packages.
- If followed, go immediately to an area with lights and people. Contact security or the police.

Summer should be a time for fun and relaxation, especially for young people. By exercising caution and common sense, it can be a safe time as well.



JUNE/ JULY 2017 LIBRARY LINGO

Mary Schulz, Librarian

DISPLAYS:

Father's Day books for children
New books for adults and children



JUNE USED BOOK SALE!

This month the books which have been cancelled (or never used donations) from the church library will be available to purchase (for a donation, actually). They will be displayed outside the library with a donation box. It's a great opportunity to pick up some summer reading material!



NEW ITEMS FOR CHILDREN:

Elementary Fiction books:

The Tent: a Parable in One Sitting

jFIC PAU (Gary Paulsen)

Tired of being poor, Steven's father is sure that preaching is the way to fame and fortune. So, they take off in their dilapidated truck with a stolen Bible and a leaky army tent. Eventually their fortune grows, especially when they perform bogus healings. Steven can't shake the feeling that there is something terribly wrong with what they are doing.

Wonder

jFIC POL

(Multiple award winner- as a school librarian, I recommended this book as one that every 3rd-5th grade child should read.) August was born with a facial difference that prevented him from going to a public school- until now. He's about to enter 5th grade- can he convince his new classmates that he's just like them, despite appearances? (Soon to be a major movie)

Elementary Nonfiction books:

Brave Girls Bible Stories: Celebrating Great Women of the Bible

j220.95 GER

Five brave girls are best friends and they want to share their strengths and struggles as they journey through the Bible to meet more than 40 amazing women.

One World Many Religions: The Ways We Worship

j291 OSB

This beautiful book explores the history and beliefs of the world's 6 major religious faiths, surveying the origins, traditions, sacred writings, forms of worship, and major holidays.

Lightkeepers Series: (5 books)

j920 HOW

- 10 Girls Who Used Their Talents (includes Harriet Beecher Stowe)
- 10 Girls Who Made History (includes Florence Nightingale)
- 10 Girls Who Changed the World (includes Corrie Ten Boom)
- 10 Girls Who Made a Difference
- 10 Girls Who Didn't Give In

NEW ITEMS FOR ADULTS:

Nonfiction books:

The Evolution of God

200.9 WRI

This Pulitzer Prize Finalist is a dazzling journey through history, unveiling a discovery of crucial importance: there is a pattern in the evolution of Judaism, Christianity, and Islam, and a "hidden code" in their scriptures. The author explains how modern science not only is compatible with religion, but actively affirms the validity of the religious quest.

The American Way of Death (Revisited)

338.4 MIT

Only the scathing wit and intelligence of Jessica Mitford could turn an expose' of the American funeral industry into a book that is deadly serious and side-splittingly funny. First published in 1963, it resulted in legislation to protect grieving families from the unscrupulous sales practices of those in the funeral business.

Sound Sleep Sound Mind: 7 Keys to Sleeping through the Night

616.8 KRA

This book focuses on all the causes- mental, emotional, and physical- that contribute to insomnia, providing a refreshing look at real solutions for our sleep-deprived, over-caffeinated, over-medicated, over-stressed, and exhausted society.

HAPPY READING AND VIEWING!!

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

June is “North Church Month!”

**MISSION:
POSSIBLE**

It's June! The month of our annual mission partnership with North Presbyterian Church in Cleveland. That means that each Sunday morning and the last 2 Thursdays of the month we provide 4 to 6 adult or youth workers to prepare and serve dinner plus clean up after dinner. Many RRPC families find the Sunday shift is a good way to involve children in the work of the church. You will be surprised how helpful they are!

On **Sunday mornings** we worship with the North Church congregation. Before and after, our duties include assisting their cook by cutting vegetables, stirring pots, pouring drinks, serving the meal, greeting and talking with the men, women, and children seeking a good meal. Then we clean up. Sunday shifts are 9:30 a.m.-1 p.m.

On **Thursdays** the shift is 3-7 p.m. (Sometimes people divide the Thursday shift up by working 3-5 p.m. or 4-7 p.m.)

Sign up for your volunteer time slot the next time you're at church. Be sure to list every family member who will be working.

Remember: the county's Board of Health requires all volunteers to wear closed-toed, tie shoes —no sandals or Crocs.

North Church carries out an active ministry to its local community. It seeks to build a vibrant worship community and reach out to the homeless and street people, some of whom are experiencing mental illness or suffering from addictions. North Church seeks to bring healing to people in body, mind and spirit. They attempt to find housing, employment, and connect people with needed services.

The financial situation of North Church—like that of the people they serve—is always quite precarious. To help support the ministry of North Church our Session has encouraged a SPECIAL OFFERING collection exclusively for North Church each Sunday in June. Please use a special North Church Offering envelope from a Sunday bulletin, or note “North Church” on your check's memo line.

—Mission Committee

Stretch your faith—sign up for short-term mission trip outside the U.S.



We now have the opportunity to participate in short-term mission trips overseas! John Knox Presbyterian Church in North Olmsted has invited interested members of our church to join them in 2018.

John Knox offers two “hand's-on” trips overseas. Each April there's a Medical Mission Trip to Guatemala. You do not have to be a medical professional to join. The second trip is in June to Nicaragua. Its mission focus is on construction and offering Bible school.

The annual planning for the 2018 trips will occur in late September/early October of this year. The Guatemala Trip is led by Tim

MacMillan (Rev. Tom Macmillan's father) and the Nicaragua Trip is led by Rev. Tom MacMillan, pastor at John Knox.

The cost of each of the two Central American trips is about \$1,500 including airfare, food, and lodging. The mission trips are usually 7-10 days long.

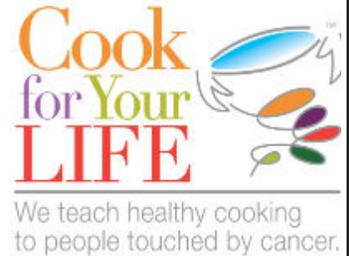
If you are interested in hearing more, sign up or call the church office to express your interest. Tim MacMillan has offered to speak at an informal meeting in July to interested members (no obligation).

—Rudy Gulstrand, Chair,
Mission Committee

Picnic & Games, or Buffet & Cabaret Fight Cancer Festival brings two fundraising events to RRPC July 23

On Sun., July 23 RRPC will play host to two fundraising events benefiting a unique cancer support organization focusing on food. Eating a balanced diet of healthy, nourishing food is vital to mitigating the rigors of cancer treatment and to healthy survivorship. But how can you nourish your body when fighting cancer leaves you little energy for cooking, or treatments change the way food tastes?

Those are the challenges addressed by “Cook for Your Life,” a non-profit organization based in New York City founded by fashion designer and breast cancer survivor Ann Ogden. Suddenly immersed in the world of hospitals and cancer treatment, she became aware of how little her “chemo buddies” knew about healthy food. With chefs and bakers in her family Ogden was easily able to adapt recipes to help her cope with side effects and eat well even on the worst days. But for her treatment friends it was a different story. Ogden started giving them cooking tips and advice, which eventually led to her first free hands-on cooking class.



Since then, Cook for Your Life has collaborated with Columbia and Drexel Universities to launch a subscription-free website featuring over 1,000 recipes that are easy to make and full of the nutrients and vitamins needed both during and after treatment. Each month, over 100,000 people use the site.

Two events to be held at RRPC will raise funds for Cook for Your Life:

- ◆ **11:30 a.m.—2 p.m. Family Picnic & Carnival** features food and children's games (Pre-sale price: \$15 Ages 12+; \$10 Ages 5-11)
- ◆ **6:00-9:00 p.m. Dinner & Cabaret** will feature a buffet from Lopez Southwest Kitchen, and a cabaret concert featuring local musicians who are all cancer survivors (Pre-sale price: \$45 Ages 12+; \$25 ages 5-11)

Tickets available through the church office or online at Eventbright.com. The event is being presented by Katy Patterson-Fancher's organization Copperlight Live Events & Production.

Intergenerational learning and fellowship**“Bridges” will bring us together for fun and discovery**

Your Christian Education Committee is very excited to announce an upcoming program for folks of all ages. Beginning in August and continuing through October, you will have four opportunities to take part in a unique experience at RRPC called “Bridges.”

Why “Bridges?” We have the chance to “bridge” a few gaps in our lives. Being an intergenerational program, we can bridge that generation gap and get to know people that we do not interact with on a regular basis.

Each of the four evenings will look at a different topic inviting us to “bridge” a specific gap in our collective experience. One evening will offer a better understanding of racial diversity. The others will deal with diversity among faith traditions, care of our world, and self-care. Each event stands on its own, so it’s no problem if you can only attend one or two, but we know you’ll find each and every one of the “Bridges” fun, engaging, and eye-opening.

Each “Bridge” begins with a dinner at 5:30 p.m. provided at no cost. From 6:30-8:00 p.m. will feature a program involving people of all ages. These programs will be lively and interactive, designed to appeal to adults and children as well. Dates for our “Bridges” evenings are:

- ⇒ Sunday, August 27
- ⇒ Saturday, September 9
- ⇒ Wednesday, September 27
- ⇒ Tuesday, October 17.

We urge you to put these dates on your calendars NOW before your schedule fills up. Look for even more information in the next issue of *The Pulse*, but if you have questions in the meantime contact Lisa Watts or any member of the Christian Education Committee.

—Christian Education

An “earlier worship option” to enjoy the summertime**“Early Worship” has returned to Walker at 8:30 a.m.**

“It’s the same service... but it’s a different kind of worship experience!” That’s what we frequently hear from folks who try “Early Worship,” our summertime worship option.



Through Labor Day Weekend, Early Worship at 8:30 a.m. in Walker Chapel joins our customary worship service at 10:30 a.m. in the Sanctuary. The services are the same, though Early Worship is slightly abbreviated—it usually lasts about 35 minutes. That means that shortly after 9 a.m. you can be on your way to

the ballpark or golf course, the boat or garden... and you didn’t have to give up the fellowship and inspiration of Sunday worship.

“Come as you are” for Early Worship at 8:30 a.m. or for sanctuary worship at 10:30 a.m.

—Worship Committee

May’s Session highlights

- Were led in devotions by Sara Gresh.
- Began discussions on envisioning the future direction of our church’s program, mission and finances.
- Endorsed innovations in our Christian Education and Sunday school programming.
- Approved receiving a special offering for North Church in June.
- Based on positive performance reviews, approved salary increases for Office Administrator Crystal Duffield and Organist/Choir Director Glen Loeffler.
- Said “Well done, good and faithful servants” to retiring elders of the Class of 2017 Amy Boyd-Kirksey, Sara Gresh, Marc Hustek, Melissa Stickney and Susan Variakojis.

Are you looking to devote a few hours monthly to a great cause?

The One World “Fair Trade” shop here in Rocky River is inviting you to consider joining our Volunteer Team.

Begun by Presbyterian women 38 years ago, our shop has meant fair wages for thousands of artisans and farmers who then are able to provide adequate housing, education and dignity for their families. Our fair trade shop models a transformed economy – one based not solely on profit, but on valuing persons and the health of our planet. We have a message to share as well as products to sell.

As a volunteer, you will play a vital role in the communication of our mission: as a clerk you are our “front line” contact with customers. Through your conversation with customers, they learn the human stories behind our products.

If what our fair trade business cares about and what you care about match, we invite you to be part of creating a more humane future for all of God’s children.

Please contact me by email with your interest and/or questions. We will then invite you to a “coffee” where details will be shared (a volunteer typically works two four-hour shifts a month, but all is negotiable!). Thanks for your consideration.

Charline Watts,
Member, Board of Directors
Rgwatts330@gmail.com





PW-PWR **SAVE THE DATE !** Special Summer Gathering

Melissa Bane Sevier

Author of the 2017-18 *Horizons* Bible Study
“*Cloud of Witnesses*”
The Community of Christ in Hebrews

After more than 23 years as a pastor, Melissa chose in 2015 to leave the pastorate and focus on her long-time ministry of writing and photography. We in the Presbytery of the Western Reserve are pleased to sponsor this workshop for all women of faith. Invite your friends and neighbors to hear how she creatively attacked the content in the book of Hebrews by focusing on the major themes and relating them to other parts of our faith tradition. The over-arching theme is community.

Presbyterian Women invite you to join us for this special event

Saturday, July 29 9 AM - 2 PM
Christ United Church (formerly St. Andrew’s)
23114 West Road, Olmsted Falls
440-234-0150



Cost: \$15 in advance or \$20 at the door
Please make checks payable to: Presbyterian Women PWR(PW-PWR)
Send reservations to: Lee Lohr, 3864 Long Rd. Avon, OH 44011
Reservation Deadline – Monday, July 24

NAME: _____ **CHURCH:** _____
ADDRESS: _____ **PHONE** _____
E-MAIL: _____ **Child Care Needed - age(s)** _____
Special dietary needs? _____

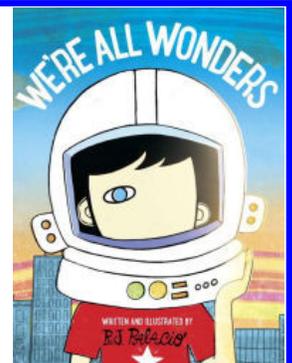
RRPC hosts RRPL “Community Read” discussion Wed., July 26



This summer Rocky River Public Library is hosting a “Community Read” of R.J. Palacio’s books Wonder and We’re All Wonders. The books are available at the Library; they’ve also made a few copies available here at the church.

Later this summer RRPL will be presenting two fun multi-aged book discussions.

- ◆ Tue., July 25, 7-8 p.m. at the Library auditorium.
- ◆ Wed., July 26, 2-3 p.m. at our church!



Pick up a copy and join the conversation to “choose kind” as part of RRPL’s summer theme to Build a Better World.

Community Read Celebration

The Library will celebrate our Community Read by enjoying a delicious summer treat, participating in our group photo, and learning more about *Elle’s Enchanted Forest*.

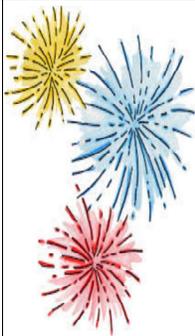
Friday, July 28 11:00 a.m. – 12:00 p.m. Rocky River City Hall Park Gazebo (at Memorial Hall in case of rain)

Please register for these events online at www.rrpl.org or call 440-333-7610.

June 2017

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	
							
<p>4 Communion / Food Sunday <i>Graduate Sunday</i></p> <p>8:30 a.m. Early Worship Service 9:15 a.m. Adult Education-Ollis of Ancient Scripture 10:30 a.m. Worship Service 10:30 a.m. Nursery 11:35 a.m. Time of Fellowship</p>	<p>5</p> <p>1:30 p.m. Daniel Plan Group A 6:30 p.m. Christ. Ed. Mtg. (home of Lisa Watts) 7:00 p.m. Women's AA Mtg.</p>	<p>6</p> <p>11:00 a.m. Daniel Plan Group B 6:30 p.m. Worship Mtg. (offsite) 7:00 p.m. VBS Volunteer Mtg. 7:00 p.m. Daniel Plan Group C 7:30 p.m. Alanon/Alateen Mtg.</p>	<p>7</p> <p>9:00 a.m. Daniel Plan Group D 10:00 a.m. RPPC Staff Mtg. 10:00 a.m. Koinonia Group Mtg. 7:00 p.m. Daniel Plan Group E 7:30 p.m. Men's AA Mtg.</p>	<p>8 RPPC School age last day</p> <p>8:30 a.m. Senior Men's Bible Study & Breakfast 6:30 p.m. Daniel Plan Group F</p>	<p>1</p> <p>6:30 p.m. Daniel Plan Group F</p>	<p>2</p> <p>7:00 a.m. Friday morning Men's Group (RR Starbuck's) 10:00 a.m. Daniel Plan Group G</p>	<p>3</p> <p>10:30 a.m. Daniel Plan Group H 7:00 p.m. Altered Attitudes</p>
<p>11 Ordination/Installation of New Officers</p> <p>8:30 a.m. Early Worship Service 10:30 a.m. Worship Service/Nursery 11:35 a.m. Time of Fellowship 11:45 a.m. Evang. & Membership 12:00 p.m. VBS Set-up (Sanctuary)</p>	<p>12</p> <p>11:30 a.m. Semi-Circle (Nelly Belly Restaurant) 1:30 p.m. Daniel Plan Group A 7:00 p.m. Deacons Mtg.</p>	<p>13</p> <p>9:30 a.m. Expressions of Faith 11:00 a.m. Daniel Plan Group B 7:00 p.m. Daniel Plan Group C</p>	<p>14</p> <p>9:00 a.m. Daniel Plan Group D 7:00 p.m. Daniel Plan Group E</p>	<p>15</p> <p>6:30 p.m. Daniel Plan Group F 7:00 p.m. PW Priscilla Circle</p>	<p>16</p> <p>7:00 a.m. Friday morning Men's Group (RR Starbuck's) 10:00 a.m. Daniel Plan Group G</p>	<p>17</p> <p>10:30 a.m. Daniel Plan Group H 7:00 p.m. Altered Attitudes</p>	
<p>18 Father's Day</p> <p>8:30 a.m. Early Worship Service 10:30 a.m. Worship Service/Nursery 11:35 a.m. VBS All Church Picnic</p>	<p>19</p> <p>1:30 p.m. Daniel Plan Group A 7:00 p.m. Women's AA Mtg. 7:30 p.m. Session Mtg.</p>	<p>20</p> <p>11:00 a.m. Daniel Plan Group B 7:00 p.m. Daniel Plan Group C 7:30 p.m. Alanon/Alateen Mtg.</p>	<p>21</p> <p>9:00 a.m. Daniel Plan Group D 10:30 a.m. Koinonia Group Mtg. 7:00 p.m. Daniel Plan Group E 7:30 p.m. Men's AA Mtg.</p>	<p>22</p> <p>8:30 a.m. Senior Men's Bible Study & Breakfast 12:00 p.m. RPPC Staff Lunch (St. Demetrios Greek Festival) 6:30 p.m. Daniel Plan Group F</p>	<p>23</p> <p>7:00 a.m. Friday morning Men's Group (RR Starbuck's) 10:00 a.m. Daniel Plan Group G</p>	<p>24</p> <p>10:30 a.m. Daniel Plan Group H 7:00 p.m. Altered Attitudes</p>	
<p>25</p> <p>8:30 a.m. Early Worship Service 10:30 a.m. Worship Service/Nursery 11:35 a.m. Time of Fellowship</p>	<p>26</p> <p>7:00 p.m. PW Women of Grace 7:00 p.m. Women's AA Mtg.</p>	<p>27</p> <p>9:30 a.m. Expressions of Faith 7:30 p.m. Alanon/Alateen Mtg.</p>	<p>28</p> <p>10:30 a.m. Koinonia Group Mtg. 7:30 p.m. Men's AA Mtg.</p>	<p>29</p>	<p>30</p> <p>7:00 a.m. Friday morning Men's Group (RR Starbuck's)</p>		

July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 7:00 p.m. Altered Attitudes
2 8:30 a.m. Early Worship Service 10:30 a.m. Worship Service/Nursesry 11:35 a.m. Time of Fellowship	3 7:00 p.m. Women's AA Mtg.	4 <i>Independence Day</i> (Church office closed)  7:30 p.m. Alanon/Alateen Mtg.	5 10:30 a.m. Koinonia Group Mtg. 7:30 p.m. Men's AA Mtg.	6 7:00 p.m. Back to Basics (AA)	7 7:00 a.m. Friday morning Men's Group (RR Starbucks)	8 9:00 a.m. Daniel Plan post-program biometric 7:00 p.m. Altered Attitudes
9 8:30 a.m. Early Worship Service 10:30 a.m. Worship Service/Nursesry 11:35 a.m. Time of Fellowship	10 11:30 a.m. Semi-Circle (Nelly Belly Restaurant) 7:00 p.m. Women's AA Mtg.	11 9:30 a.m. Expressions of Faith 7:30 p.m. Alanon/Alateen Mtg.	12 10:30 a.m. Koinonia Group Mtg. 7:30 p.m. Men's AA Mtg.	13 8:30 a.m. Senior Men's Bible Study & Breakfast 7:00 p.m. Back to Basics (AA)	14 7:00 a.m. Friday morning Men's Group (RR Starbucks)	15 7:00 p.m. Altered Attitudes
16 8:30 a.m. Early Worship Service 10:30 a.m. Worship Service/Nursesry 11:35 a.m. Time of Fellowship	17 7:00 p.m. Women's AA Mtg.	18 7:30 p.m. Alanon/Alateen Mtg.	19 10:30 a.m. Koinonia Group Mtg. 7:30 p.m. Men's AA Mtg.	20 7:00 p.m. Back to Basics (AA)	21 7:00 a.m. Friday morning Men's Group (RR Starbucks)	22 7:00 p.m. Altered Attitudes
YOUTH	MISSION TRIP	*****	YOUTH MISSION TRIP	*****	YOUTH MISSION	TRIP
23 8:30 a.m. Early Worship Service 10:30 a.m. Worship Service/Nursesry 11:35 a.m. Time of Fellowship	24 7:00 p.m. Women's AA Mtg.	25 9:30 a.m. Expressions of Faith 7:30 p.m. Alanon/Alateen Mtg.	26 10:00 a.m. RPPC Staff Mtg. 10:30 a.m. Koinonia Group Mtg. 2:00 p.m. RRPL "Choose Kind" book discussion on R.J. Palacios's Wonder	27 8:30 a.m. Senior Men's Bible Study & Breakfast 10:00 a.m. PWR Committee on Leadership Mtg. 7:00 p.m. Priscilla Circle Mtg. 7:00 p.m. Back to Basics (AA)	28 7:00 a.m. Friday morning Men's Group (RR Starbucks)	29 7:00 p.m. Altered Attitudes
30 8:30 a.m. Early Worship Service 10:30 a.m. Worship Service/Nursesry 11:35 a.m. Time of Fellowship	31 7:00 p.m. Women's AA Mtg.					

“The Pulse”

the monthly newsletter of
Rocky River Presbyterian Church
June / July 2017



Please refer to the website calendar for any updates which may post after the published Pulse date. Thank you.

Rocky River Presbyterian Church
Rev. Dr. Jon M. Fancher, Pastor
21750 Detroit Road
Rocky River, OH 44116-2220
(440) 333-4888
www.riverpres.org