

The Pulse

February
2018



of Rocky River Presbyterian Church

Shrove Tuesday pancake supper benefits this summer's youth mission trip

Mark your calendars and save your calories! From 5 to 7 p.m. on Tuesday, Feb. 13 our middle and high school youth groups will be hosting a pancake supper. This fundraiser helps them defray the cost of their summer mission trip to Hamilton, Ohio. Join us for delicious pancakes and all the fixings! Tickets will be available on Sundays following worship as well as at the door. For more information, see Lisa Watts.

It's mission... AND it's fellowship!

Another "Community Meal" coming to RRPC Thur., Feb. 22, 5-6 p.m.

Back in November we launched our first "community meal" right here at our church. This picked up on our history of co-sponsoring a monthly community meal with Faith Presbyterian Church at their Lakewood location. We did that for about 15 years until that church closed 2 years ago. Now we've launched a quarterly community meal right here at our location. Our second quarterly meal will be Thursday, Feb. 22nd, doors open 4:30 p.m.; meal served 5-6 p.m.

How does it impact you? We invite you to volunteer OR just come and eat!

A community meal is for anyone—not just "poor" people, not just "old" people. We hope you'll plan to come and chat with our guests while you all enjoy dinner (this quarter's menu: Spaghetti with meat sauce, vegetarian option available, salad, garlic bread, brownies for dessert, coffee and fruit punch). **Better yet: volunteer!** Specific jobs are available: set-up, cooking, serving, cleaning up the dining room or kitchen. Sign up for volunteering at the church.

—Susan Penning, Bd. of Deacons

Inside this Issue:

- | | |
|---------------------------------------|---|
| • From Your Pastor | 2 |
| • Birthdays / Thank you | 3 |
| • Christian Ed. & Youth | 4 |
| • Presbyterian Women / Preschool info | 5 |
| • Library Lingo | 6 |
| • Healthy Happenings | 7 |
| • February Calendar | 8 |

What comes after pancakes & paczki?

Lent begins... on Valentine's Day!

The church's season of Lent is a 40-day period for Christians to consider the depth of our discipleship—how closely are we trying to follow where God leads us? Lent begins on Ash Wednesday, which this year happens to be the same day as Valentine's Day—February 14. Lent concludes with Easter (April 1st this year). (Yes, that period is more than 40 days long, but Sundays are not included in the count.)

At RRPC we observe Ash Wednesday with a communion service in a unique setting: "in-the-round" in the chancel (stage) of our sanctuary. That communion service starts at 7:30 p.m.

Look in your mail for a special brochure from the church detailing other opportunities for personal reflection and growth in Lent:

- A Bible study to be offered Sunday nights AND Monday mornings AND Tuesday afternoons!
 - A worship series based on the Sermon on the Mount
 - A daily devotional booklet based on beloved hymns
- Worship Committee

6 fellow members commissioned

Coordinating Team to guide church in exploring what God's future holds for us

On Jan. 28th 6 fellow members were commissioned to be a "Coordinating Team" to guide us through a congregational journey of discovery, invigoration and transformation. The Session looks forward to discovering how God's Spirit wants to fill and use our congregation in new and perhaps unimagined ways to minister to one another and the community.

The Coordinating Team and our pastor have begun their work by becoming better acquainted, sharing parts of their spiritual journeys, and learning about what a "season of Vitality & Renewal" could be for RRPC. **They welcome questions or comments from anyone at any time about anything!**



Back row: Kalen Hustek, Jon Fancher, Matt Pedone, Susan Flynn
Front row: Sally Schriener, Jo Naretto, Dave Hensel

From Your Pastor

On solid rock we stand

In the gospels Jesus frequently said something like, “The kingdom of heaven is like...” and then he’d suggest something like “a pearl” or “a farmer” or “a king” or “a mustard seed.”

To my knowledge, Jesus never said, “The Christian Life is like the floor in a church.” But such a parable is playing out in our church right now.

You probably know that the floor covering in Fellowship Hall, the Garden Hall, the kitchen and adjacent hallways is in the process of being replaced.

We’ve done it before.

More than 20 years ago we replaced the original tile flooring that had been installed when the church was built nearly 40 years earlier. We took up the old tile and put down a lovely sheet linoleum floor. The new floor was shiny. Smooth. Attractive. A noticeable improvement over the old floor.

But time took its toll. Shoes and wheels and chairs and tables and furniture and tools scratched and scuffed and scored and gouged and cut and marred the surface. Winter’s salt and summertime dirt wore away at the floor’s surface despite diligent wet-moppings and sweepings and dustings. Accidental spills of cleaning chemicals caused irreparable damage in spots.

The floor covering was having a hard time. It was unattractive. It posed tripping hazards because of bumps and breaks in the surface. It couldn’t be repaired or improved. Its useful life was through.

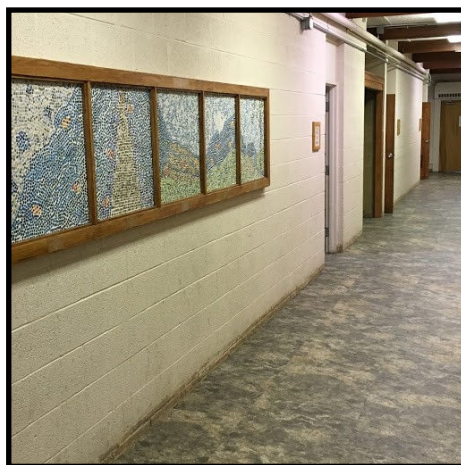
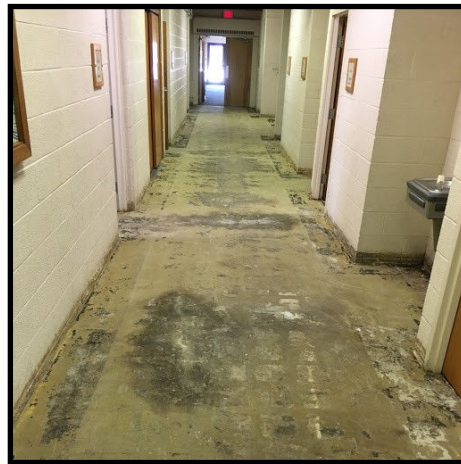
But what most of us tend to forget is that beneath that beat-up, tired, scarred flooring surface is the *real* floor: concrete. Firm. Immovable. Solid. Reliable.

- It was the concrete floor underneath the worn-out surface that has supported adults standing or sitting on Samsonite folding chairs for worship.
- It’s the concrete floor underneath that has supported youth groups as they staged events raising money for their summer mission trips.
- It’s the concrete floor underneath that

has supported children scampering around on Sunday mornings under the watchful eye of their coffee-sipping parents.

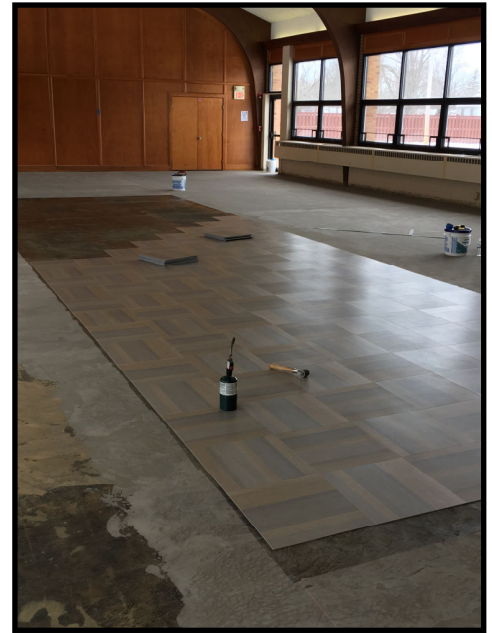
- It’s the concrete floor underneath that has supported preschool children learning how to share toys and take turns.
- It’s the concrete floor underneath that has supported thousands of community members as they cast ballots in elections, or as they gathered for the support and encouragement of their 12-Step group, or as they shopped for “treasures” or household essentials at the Trash & Treasure Sale.

That concrete floor is the real floor. If we choose to cover it with another surface, it’s only to improve the aesthetic and to provide for easier maintenance.



The love of God which we know through Jesus the son—that is the foundation of our lives.

A parable, like an analogy, can be stretched too far. When that happens, it stops making sense. It seems more silly than profound. I don’t want to try to assign theologi-



cal meaning to every aspect of a flooring replacement project.

So my point is this: for each of us, at the root of the *appearance* we project and the *words* we say and the *actions* of our lives, we stand on an immovable foundation which is God’s abundant and unshakable love.

As Christians, first we are called to live with confidence in God’s love for us. With that as our foundation we can choose to tackle other desires. And like installing flooring on a foundation, seeking additional personal goals can be hard work. It can be messy. It can take a long time and be rather inconvenient.

- We may strive for material success.
- We may seek career recognition.
- We may seek to raise children exhibiting extraordinary talent or skill.
- We may dedicate our time and energy to crafting our physical bodies to meet some version of “ideal.”

We may “gild the lily” as they say and add a veneer to that foundation.

But the foundation on which our lives are built is unchanged. It is rock-solid and dependable: God’s love revealed in Jesus Christ.

See you on Sunday!

Jan



February Birthdays

February 1	Amy Solak
	Heath Fredrickson
February 3	Connor Flynn
February 4	Hugo Stickney
February 5	Kathy Hartzell
February 7	Michelle Davis
	Brendan Mach
February 8	Maeve Costello
February 9	Jan Erml
	Bruce Jakupca
February 11	Emma McGorray
February 12	Emma Russell
	Emma Poole
February 14	John Roth
	Stephen Bohannon
February 15	Ray Variakojis
	John Russell
	Michelle Behar
February 16	Katherine Timmons
	Thomas Krizman
February 17	Trevor Myers
February 19	Greg Ward
	Bob Myers
	Kevin Jacupka
February 22	Marilyn Harris
	Jayne Hoon
	Michael Wilson
February 24	Deborah Radcliffe
February 25	Ian Schulz
February 26	Liam Weston
February 28	Kristen St. Pierre
	Adam Smith

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

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

Update for Directory

If you did not receive the latest church directory update at the annual meeting on January 28th, they will be available after worship on February 4th and 11th. This update is of the listing pages only (tab 2 in your directory). If you cannot attend worship either of those Sundays, the update pages will be available anytime during the week in the church office.

—Kevin Watts, Chairperson,
Evangelism & Membership Committee

Church directory changes....

1. Change Brenda Fahrenkopf's name to **Brenda Peterson**.
2. Delete the home phone number for Jon & Mary Fancher.
Add these cell numbers to your directory:
 - Jon: (440) 263-8872
 - Mary: (440) 263-8873

—Church Office

Easier for you, more assurance for RRPC



Stop! Don't write that check!

How many monthly payments do you make electronically?

Add your monthly church offering to the list—you can save the time and trouble of writing your offering check every month, and you won't have to wonder, "Did I remember to make that gift?"

Our Financial Secretary Dave Wolfe 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

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. 440-333-4888

Help our kids help our neighbors
“Souper Bowl of Caring”
Sun., Feb. 4



Our youth will hold soup pots at church doors on after worship on Sun., Feb. 4. It's their annual participation in the national event called “Souper Bowl of Caring.” They will join young people in churches across the country to collect money for local missions helping children and adults who are hungry and hurting.

All of the money collected is donated to the local missions (RRPC's will go to the Rocky River Assistance Program). None of the money is sent to Souper Bowl of Caring organizational 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, kids have collected more than \$165 million 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 4.

9:00-10:00 a.m. Sundays in February
Ever-popular Hal Mitcheltree returns
to Sunday mornings'
Adult Education Seminar

Are you looking for something a little different to get you inspired? Plan to join our adult education Sunday morning class in February. Hal Mitcheltree is returning to lead the class every Sunday during the month of February. His topic:

Life's Potent Pivot Points ~ Decisions or Destiny?

Join us for this series of energizing discussions that explore critical moments in life and history where the future of one or all hangs in the balance. Each week will a tap a fresh, wide-ranging array of musical, visual and literary sources of inspiration.

Led by Hal Mitcheltree, these sophisticated but casual programs will explore an engaging range of subjects in a congenial manner imbued with good-natured humor that stimulates thoughtful insights and exchanges.

Come and join us in the West Room from 9:00-10:00 every Sunday in February. Coffee and goodies provided.



Reserve your child's spot now!
Summer youth mission trip set for
Sun., June 24—Sat., June 30

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 June 24-30, kids from our church will join a “work camp” developing “grit” and new skills in our kids! We'll be performing home repairs for senior citizens and impoverished homeowners in southwestern Ohio. The work camp is sponsored by Group Mission Trips, a youth-focused organization with tremendous experience in these activities. “Group” stages well-organized work camps that are open to youth from many Christian denominations from anywhere in the US. Our kids 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. The list cost for the trip is \$464 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 warranted by registrations filed by Easter.

If you are interested in having your teen join in, please contact Lisa Watts to reserve a spot because space IS limited! A \$50 deposit will reserve a space. You can get more information from Lisa or you can visit the Group website to learn more at www.groupmissiontrips.com.

For ALL 6th-8th graders!
Middle School Fellowship goes to Camp
Aldersgate for retreat March 3-4

Attention all parents of 6th-8th graders: Don't let your children miss out on our annual retreat on March 3-4. 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—your kids don't want to miss this one! Registration forms are available in the Christian Education office.





PRESBYTERIAN WOMEN

Semi-Circle

Semi-Circle will meet on **Monday, February 12th** at **12:00 p.m.** at the church in the West Room. If you have questions you may contact Carolyn Watilo 440-799-4779 or Nancy McGillicuddy 440-724-1738. Newcomers are always welcome!

Priscilla Circle

Priscilla Circle will meet on **Thursday, February 15th** in the West Room. All are welcome! If you have any questions you may contact Gretchen Koch or Sara Gresh .

Expressions of Faith

Our group will only meet **Tuesday, February 13th** and **27th** at 9:30 a.m. in Room D-3,4. We welcome anyone who knits or just enjoys a cup of coffee with friends. For more information contact Mary Murphy (440-785-8614).

Koinonia

Join us **Wednesdays at 10:00 a.m.** in the Parlor for Koinonia Prayer & Bible 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, Elizabeth Richmond, or Carolyn Watilo.

Women of Grace

We will meet on **Tuesday, February 27th** at 7:00 p.m. in room D- 3,4. If you have any questions you may contact Lisa Watts.



Women of Grace sponsoring “Bottoms’ Up” to raise funds for the National Diaper Bank

Be sure you don’t miss a very special coffee hour on Sunday, February 25. Women of Grace Circle will be hosting, with baby shower-themed treats to accompany your coffee. We will also be collecting donations for the National Diaper Bank. This organization supplies diapers to families in need, so they do not have to choose between food, diapers, and clean babies. Come on down to the Garden Hall to enjoy some special snacks and support a very worthy cause!



RRPPreschool news

Registration now open for the 2018-2019 school year

Registration for our Rocky River Presbyterian Preschool is now open to the general public. Any child, ages 2½ through pre-kindergarten, may be enrolled in one of the half-day programs at RRPPreschool.

If you ever buy food, you can help our preschool!

Your purchases at Giant Eagle grocery stores can mean “free money” for RRPPreschool. Through their “Apples for the Students” program (“AFTS”), each time your Giant Eagle Advantage Card is scanned through March 16, 2018, your purchases can automatically earn funds for RRPP.

You just need to “enroll,” and that’s easy:

1. Sign up at GiantEagle.com/AFTS
2. Provide RRPP’s “school ID” which is **6013**.
3. (This doesn’t take away your “Fuel Perks.”) That’s it!

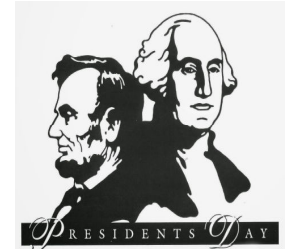


February 2018 LIBRARY LINGO

Mary Schulz, Librarian

DISPLAYS:

New books
Valentine's Day books
Black History Month books



NEW ITEMS FOR CHILDREN:

Picture Book Fiction:

BOARD BOOK- Bible Stories illustrated with the Really Woolly characters.

I Love You Because You're You

E BAK

Describes, in rhyming text and illustrations, a mother's love for her child no matter how he feels or what he does.

Llama llama Gram and Grandpa

E DEW

Llama is having a sleepover at Gram and Grandpa's house for the first time. Everything is so different from home, but also so much fun. Except for one thing- his fuzzy llama was left at home!

In Our Image: God's First Creatures (donated "in honor of Rev. Jane Boggs Anderson") E SWA

In this playful new twist to the Genesis story, God asks all of nature to offer gifts to humankind, with a promise that the humans would care for creation in return.

Young Elementary Nonfiction Books: (yellow dot)

A First Bible Story Book

j220.9 FIR

This is a wonderful introduction to the Bible for young children. Charmingly illustrated to bring the characters to life (Dorling-Kindersley book) and retold in a simple, lively style, these 13 stories are ideal for reading aloud.

Becoming Me: a Story of Creation

j222.11 BOR

We all wonder how we came to be, what our place is in this world, and in what ways we are connected to other people, things, and our Creator. Told in the personal "voice" of the Creator, this tells a very personal story that is sure to delight children of all faiths and backgrounds.

The Lord Is My Shepherd: the Twenty-third Psalm (donated "in memory of Beverly Celmar") j223.2 LOR

An exquisitely illustrated version of the Twenty-third Psalm

Elementary Nonfiction Books:

A second copy of The Light of the World: The Life of Jesus for Children was donated "in loving memory of Aileen Boggs Crawford 1902-2003"

Elementary Fiction Books:

The Family Under the Bridge

FIC CAR

Armand, an old hobo living under a bridge in Paris, liked his carefree life. Then, one day before Christmas, a struggling mother and her 3 children walked into his life. He tried to ignore their troubles, but found himself caring for them and sharing his unusual home under the bridge with them. What can he do to make their Christmas wish come true?

HAPPY READING AND VIEWING!!

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

Healthy Happenings

... Notes from the Parish Nurse

Dear Friends and Family,

Can Processed Foods be Part of a Healthy Diet?

What is “processed food?” You may be thinking deli meat, fast food, chips and snacks, or sugary soda. Most foods are processed, prepared or packaged in some way before we eat them. They can be minimally processed (salad mix, bagged dry beans, roasted nuts or frozen fruits and vegetables) to what some nutrition experts refer to as highly processed (ready-to-eat meals and snack foods). Some processed foods have ingredients added such as sweeteners, oils, colors and preservative, while others are fortified to add nutrients such as fiber, calcium or vitamin D. Nowadays fresh produce items are prepped, washed or chopped for convenience or packaged to last longer. Processes such as pasteurizing milk, canning fruits and vegetables and vacuum-packing meats help prevent spoilage and increase food safety. Even foods labeled “natural” or “organic” can be processed.

If you eat a lot of highly processed foods, you risk getting too much sodium, added sugars and unhealthy fats. Highly processed foods contribute almost 60% of calories and 90% of added sugars in the American diet. In general, processed foods are not good for you but while it’s tempting to throw all processed food under the bus, the reality is you may not be able to avoid them entirely. For this reason, you don’t have to avoid them all if you’re trying to eat healthy or “clean.” The key is to know how to identify healthier processed foods and make smart choices in the grocery store and restaurants.

Choose healthier processed foods.

- ⇒ Read food labels. This is the best way to know exactly what’s in a processed food. Choose products without a lot of sodium, added sugars, and unhealthy fats. Learn what to look for in the Nutrition Facts label, ingredients list and other package claims.
- ⇒ Enjoy frozen and canned produce. Frozen and canned fruits and vegetables are convenient and affordable options that can be just as nutritious as fresh. Look for varieties without salty sauces and sugary syrups. Compare label info and choose items with the lowest amounts of sodium and added sugars.
- ⇒ Look for the Heart-Check mark. The American Heart Association’s Heart-Check mark will help you find packaged foods that can be part a healthy eating pattern. This red and white icon on the package means the food meets specific nutrition requirements for certification.
- ⇒ Make smart choices when eating out. Choose restaurants where food is cooked to order or there are designated healthier menu options. Don’t be afraid to ask how food is prepared, which items are made to order in-house and if you can make substitutions. Request sauces, dressings and condiments on the side so you can decide how much you want.

Limit highly processed foods.

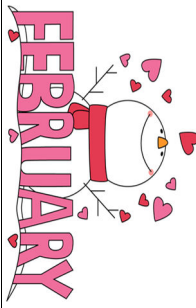


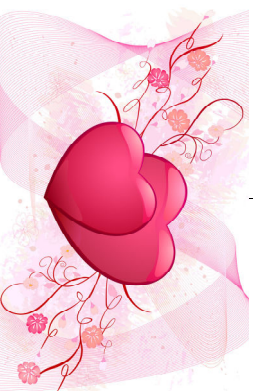
- ⇒ Cook more meals at home. Preparing food at home gives you the control over what’s added to it.
- ⇒ Swap out highly processed foods with less-processed options. Some examples: Make your own simple vinaigrette instead of buying bottled salad dressing. Add fruit to plain oatmeal, cereal and yogurt instead of buying the sweetened or flavored kind. Choose canned and frozen produce without salty sauces and sugary syrups. Slice up leftover grilled chicken for sandwiches instead of always using packaged lunch meat.
- ⇒ Grow fruits and vegetables. If space is a challenge, look at containers for indoor or community gardening. You’ll love the taste of ultra-fresh produce, and kids may be more likely to try fruits and veggies they’ve helped grow! If you don’t have a green thumb, shop the local farmers’ market for fresh seasonal produce.
- ⇒ Snack smarter. Think crunchy nuts and seeds, cut-up veggies for dipping, fruits that hit the sweet spot, and easy homemade popcorn. Package up these healthier snacks in small containers and they’re just as convenient as that bag of chips!

Watch out for sneaky sodium. About 70 percent of the sodium in the typical American diet comes from commercially processed and restaurant foods. We often don’t even know what is in the foods we are eating or how much we’re eating, which can lead to serious health problems. Manufacturers use sodium to preserve foods and modify flavor, and it’s included in additives that affect the texture or color of foods. The food industry is becoming more aware that shoppers want less sodium in the products they make, but it’s still important to read the nutrition information on product packages. Check how much sodium is in each serving. Compare brands and choose the product with the lowest amount of sodium. Processed foods that can contribute a lot of sodium to your diet include breads, pizza, sandwiches, cold cuts and cured meats, soups, burritos and tacos, savory snacks, chicken, and cheese. And don’t rely on taste alone. Foods with excess sodium sometimes don’t taste salty, like some breads, cereals and pastries.

Catherine A. Patton RN, BSN
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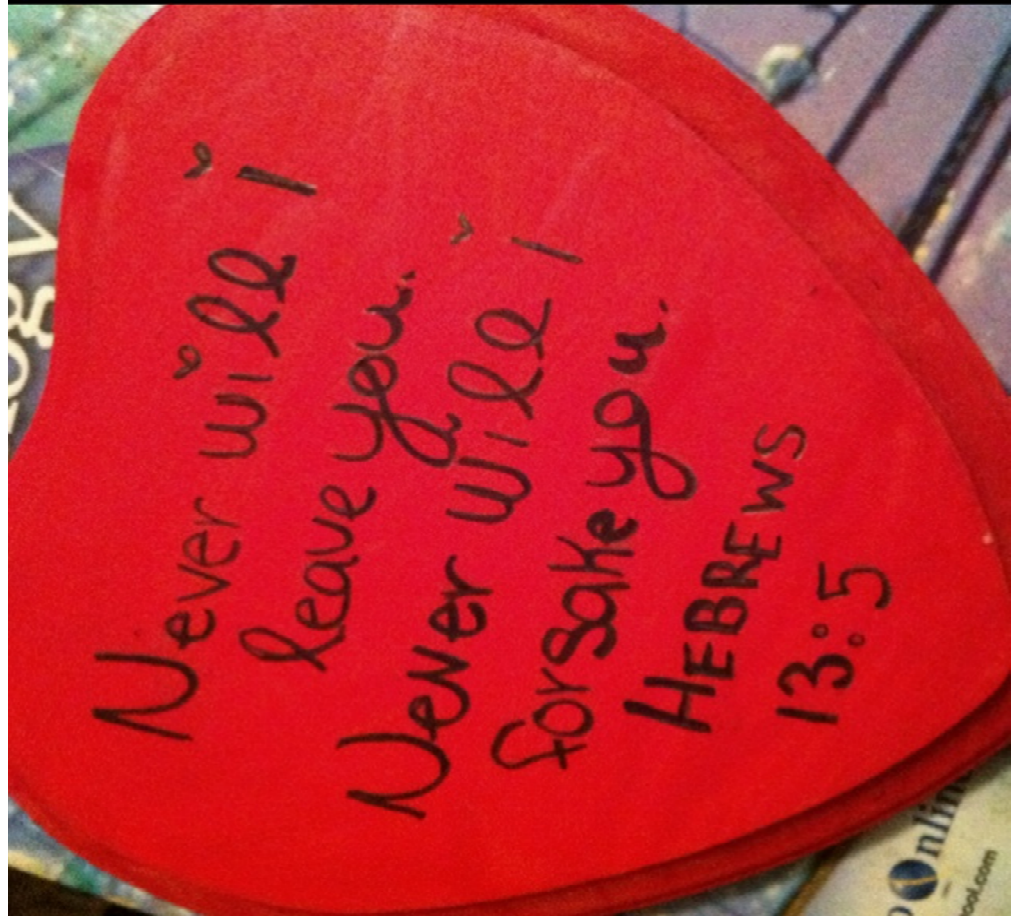


February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>4 Communion / Food Sunday / KISS Souper Bowl of Caring 9:00 a.m. Adult Education 10:30 a.m. Worship Service 11:35 a.m. Time of Fellowship 11:35 a.m. Children's & Youth Choirs 11:45 a.m. Mission Committee Mtg.</p>	<p>5 7:00 p.m. CE Committee Mtg. 7:00 p.m. Women's AA Mtg.</p>	<p>6 8:30 a.m. Three Arts Club of Lakewood Board Mtg. 7:30 p.m. Alanon/Alateen</p>	<p>7 10:00 a.m. PWR Pre-Lenten Retreat 10:00 a.m. Koironia Group Mtg. 6:15 p.m. Worship Committee 7:30 p.m. Men's AA Mtg.</p>	<p>8 8:30 a.m. Senior Men's Bible Study & Breakfast 9:00 a.m. Parish Nurse Mtg. 6:15 p.m. Bell Choir rehearsal. 7:30 p.m. Chancel Choir</p>	<p>9 7:00 a.m. Friday morning Men's Group (RR Starbucks)</p>	<p>10 1:00 p.m. Private Party 7:00 p.m. Altered Attitudes</p>
<p>11 9:00 a.m. Adult Education 10:30 a.m. Worship Service 11:35 a.m. Time of Fellowship 11:35 a.m. Children's & Youth Choirs 11:45 a.m. Evang. & Membership Committee 3:00 p.m. Apollo's Fire Pre-Concert Lecture 4:00 p.m. Apollo's Fire Concert 7:00 p.m. High / Middle School Fellowship</p>	<p>12 10:30 a.m. Educators Round Table of PWR 12:00 p.m. PW Semi-Circle 7:00 p.m. Deacons Mtg. 7:00 p.m. Women's AA Mtg.</p>	<p>13 Shrove Tuesday 9:30 a.m. RRPB Board Mtg. 9:30 a.m. Expressions of Faith Mtg. 5:30 p.m. Pancake Supper  6:30 p.m. Finance Mtg. 7:30 p.m. Alanon/Alateen</p>	<p>14 Ash Wednesday 10:00 a.m. RRPC Staff Mtg. 10:00 a.m. Koironia Group Mtg. 7:30 p.m. Ash Wed. Service 7:30 p.m. Men's AA Mtg.  Lent Begins Ash Wednesday</p>	<p>15 6:15 p.m. Bell Choir rehearsal. 7:00 p.m. PW Priscilla Circle 7:30 p.m. Chancel Choir</p>	<p>16 7:00 a.m. Friday morning Men's Group (RR Starbucks)</p>	<p>17 7:00 p.m. Altered Attitudes</p>
<p>18 1st Sunday in Lent 9:00 a.m. Adult Education 10:30 a.m. Worship Service 11:35 a.m. Time of Fellowship 11:35 a.m. Children's & Youth Choirs 7:00 p.m. High / Middle School Fellowship</p>	<p>19 Presidents' Day Church office closed 7:00 p.m. Women's AA Mtg. 7:30 p.m. Session Mtg.</p>	<p>20 7:30 p.m. Alanon/Alateen</p>	<p>21 10:00 a.m. Koironia Group Mtg. 6:00 p.m. Preschool Movie ***Night*** 7:30 p.m. Men's AA Mtg.</p>	<p>22 8:30 a.m. Senior Men's Bible Study & Breakfast 4:30 p.m. Community Meal 6:15 p.m. Bell Choir rehearsal. 7:30 p.m. Chancel Choir</p>	<p>23 7:00 a.m. Friday morning Men's Group (RR Starbucks)</p>	<p>24 7:00 p.m. Altered Attitudes</p>
<p>25 2nd Sunday in Lent 9:00 a.m. Adult Education 10:30 a.m. Worship Service 11:35 a.m. Time of Fellowship 11:35 a.m. Children's & Youth Choirs 5:00 p.m. Chill Cook-off 6:45 p.m. Lenten Bible Study 7:00 p.m. High / Middle School Fellowship</p>	<p>26 7:00 p.m. Women's AA Mtg.</p>	<p>27 9:30 a.m. Expressions of Faith Mtg. 7:00 p.m. Women of Grace 7:30 p.m. Alanon/Alateen</p>	<p>28 10:00 a.m. RRPC Staff Mtg. 10:00 a.m. Koironia Group Mtg. 7:30 p.m. Men's AA Mtg.</p>			

“The Pulse”

the monthly newsletter of
Rocky River Presbyterian Church
February 2018



Rocky River Presbyterian Church

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