

February 2025

The Pulse



Rocky River Presbyterian Church

Pastor's Pen



"We lift our eyes unto the hills; from whence does our help come? Our help comes from the Lord, who made heaven and earth." These are the opening words of psalm 121, a psalm of praise to God.

Even more than praise, this psalm is a statement of faith. When the Hebrew people settled into the promised land God had set apart for them, they were constantly being tempted to worship the gods of the people who lived there. That's why the first commandment of the ten commandments which were given to them, was the most crucial. Before they approached the river Jordan, where they were to cross over into the promised land, God said to them, "I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before me" (Exodus 20:2-3).

Yet, when God's people settled into this promised land, this land God had set apart for them to live in, they saw people worshipping the "other gods" everywhere they looked. There in the villages and in the towns were shrines and temples set up to honor these other gods. And the god seemed to get the most attention was the fertility god known as Baal. Baal was the god who the native people believed made the farmer productive. One worshipped Baal in order to get a good yield of crops and have a healthy offspring of cattle. For this reason, the Baal worshippers set up altars on which they made their sacrifices - not in the valleys but in the hills - because it was believed that Baal lived in the high places, from where the rays of the sun came forth and the rain came down.

So, when the psalmist says, "I lift up my eyes to the hills," all he could see, sprinkled all over those hills, were the altars set up to honor Baal. "Is this where my help comes from?" The answer is no. "My help comes from the Lord, who made heaven and earth" (Psalm 121:2). That is to say, our help is in the one who created the hills and everything we see above us and around us. Our help is in the name of the one who created us in his image. This is the God we worship.

During these times when there is so much political division in our nation and strife, as well as a relentless wars and violence, it is good to ask the same question as did the psalmist: "From whence does my help come?" It is not in the "high" places of human power or any other power which claims ultimate authority. "Our help is in the name of the Lord who made heaven and earth." This is the One to whom we give our devotion.

Pastor Peter



Apollo's Fire presents: Virtuoso Brilliance from Vivaldi & Telemann

Friday, February 7, 2025, 7:30PM - Rocky River Presbyterian Church

Tickets & information: <https://apollosfire.org/event/virtuoso-brilliance/>

Apollo's Fire revels in fiery orchestral suites and concertos. Recorder virtuoso Daphna Mor performs Telemann's famous Suite in A Minor for the first time on the AF stage. Violinists Alan Choo, Emi Tanabe, and Chloe Fedor take the spotlight in thrilling double and triple concertos by Vivaldi.

2025 Artist Concert Series

March 22, 2025 7 pm
Chamber Music Masterpieces

Matthew Salvaggio, conductor

Program:

Richard Strauss: *Serenade*, Op. 7

Antonín Dvořák: *Serenade for Wind Instruments*,
Op. 44

Jennifer Higdon: *Quiet Art*, version for string octet

Ken Johnston, violin

Igor Stravinsky: *Concerto in E-flat*, "Dumbarton Oaks"



FEBRUARY BIRTHDAYS

February 1	Amy Solak
	Heath Fredrickson
February 3	Connor Flynn
February 4	Ruth Minnich
	Hugo Stickney
February 5	Kathy Hartzell
February 7	Michelle Davis
	Brendan Mach
February 8	Charlotte Zinda
February 9	Jan Erml
February 12	Emma Poole
February 14	John Roth
	Stephen Bohannon
February 15	Michelle Behar
February 16	Katherine Timmons
	Thomas Krizman
February 19	Greg Ward
February 22	Marilyn Harris
	Jayne Hoon
	Michael Wilson
February 24	Deborah Radcliffe
	Trina Nummela
February 27	Gail Raabe



TRASH AND TREASURE SALE - 2025

The Mission & Evangelism Committee is discussing the potential of holding a 2025 Trash and Treasure sale. The event would be held on October 4.

In order to hold the usual Trash and Treasure event, we will need a Chair and 35 volunteers. The volunteers would be working the week before the sale sorting, testing, pricing, and organizing the donations. On the day of the sale, we would also need volunteers to handle the sales during the entire day, and packing/cleaning up after the sale.

If there are not 35 volunteers available, the Committee may decide to either hold a smaller sale (fewer categories of merchandise) or not hold the sale at all.

If you are interested in volunteering for the Trash and Treasure sale, please let Barb Johnson know at bjohns8303@sbcglobal.net, no later than April 15, 2025.

Thank you!

Trash ↑ TO ↓
TREASURE



****Please note: Submissions for the monthly Pulse need to be in to the church office no later than the 25th of each month. Thank you!**

FEBRUARY 2025 LIBRARY LINGO

Mary Schulz, Librarian

DISPLAYS:

New books

Valentine's Day books

Black History Month books



NEW ITEMS FOR CHILDREN:

Fiction:

What Do You Do with a Chance?

This story is for anyone who has ever wanted something, but was afraid of risking too much to get it.. One day, a little courage makes all the difference in the world.

What Do You Do with a Problem?

This is the story of a persistent problem and the child who isn't so sure what to make of it. The longer it's avoided, the bigger it seems to get. When the child finally faces it, the problem turns out to be something quite different than expected.

What Do You Do with an Idea?

This is a story for anyone who's ever had an idea that seemed a little too big, too odd, too difficult. It's a story to inspire you to welcome that idea, give it space to grow, and see what happens next.

SERIES: GOD GAVE US... all are picture books shelved in E BER

God Gave Us Angels

Papa finds Little Cub looking for angels as they explore their Arctic world. It gives him a chance to tell his child about those that may be in their midst, even when they can't be seen.

God Gave Us Family

As Little Pup's wolf family is on their way to a family reunion, Mama and Papa teach him about the families that God brings together-some big, some small, some led by grandparents, some by one parent, some include adopted little ones.

God Gave Us Heaven

Little Cub's Papa describes heaven to her as a wonderful place, free of sadness and tears, where God warmly welcomes his loved ones after their life on earth is over.

God Gave Us Love

As Little Cub and Grampa Bear's fishing adventure is interrupted by mischievous otters, the young polar bear questions why we must love others, even the seemingly unlovable.

God Gave Us the World

Little Cub visits a museum exhibit about bears around the world. When she asks why God didn't make us all the same, Mama Bear talks about the places where God has put the various types of bears, with their different kinds of fur and food.

God Gave Us Sleep

Little Cub is having so much fun building an igloo with her friends that she doesn't want to stop for bedtime. Mama explains the importance of daily rhythms of work, play, and rest. She learns that God gave us sleep as a vital gift.

SERIES: HELP ME BE GOOD all are picture books shelved in E BER

A Children's Book about Being Mean

A Children's Book about Cheating

A Children's Book about Interrupting

A Children's Book about Lying

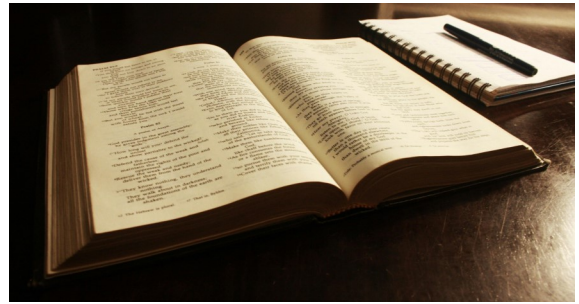
HAPPY READING AND VIEWING!!

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

Christian Education Corner

Christian Education Facilitator, Brenda Peterson

bpterson@riverpres.org



Adult Education: You are always welcome to come and join us, Sundays 9:00-10:00AM.

We are continuing our education with the bible study, The GOSPEL of JOHN. This will continue through February 9, 2025. We enjoy discussing what the author, Amy-Jill Levine has shared with us as well as the questions about the study she has formatted for us to ponder.

You can come and listen or participate. No expectations from the group. We would enjoy having other RRPC members join us.

Look for an announcement of our next study in February.

Youth Fellowship: Your generosity and kindness you have shared created a bountiful “Mission Mitten Tree” that has been able to bless and provide warmth to many others. With your kindness and a wonderful knitter that does not attend RRPC we were able to provide 90 items to North Church and 341 items to Cleveland City Mission!! Serving others, what a blessing. Thank you.

We continue with our scripture readings on what it is to be a Matthew 25 congregation. Understanding we need to keep our eyes, hearts and ears open to serve others. Sometimes that means stepping out of our own comfort zone and remembering everyone is created in God’s image. Genesis 1:27

Mark your calendars for March 4, 2025 – Shrove Pancake Supper. The youth group (and volunteers) will be busy cooking your pancake supper. Tickets will be sold later in February. This is also a fundraiser for the group. Proceeds will go to their “lock in” or assist with financial cost to Triennium.

Sunday School: The children are in a wonderful routine and enjoy their time in Sunday School. Ellen and Melanie create wonderful lessons for the children. We are grateful for our helpers. It is wonderful that the children get to know other people in their church family. We are looking for a volunteer for the first and fourth Sunday of the month or to be a floater. Please let Brenda Peterson or Emily Zinda know if you are interested. We have purchased a beautiful and creatively illustrated Bible to use, The Peace Bible, a Storybook Bible. Thank you, Emily Zinda for sharing this with us. If you would like to look through it, please see Brenda Peterson.

The Preschool now has open enrollment in all our classes.



Registration is now open for the 2024-25 school year.

There is class availability for 2 ½ year olds through 5 year olds.

If you or a family you know are looking for a half day preschool program, please contact the preschool office at 440-895-5437 or email at rrpns@riverpres.org.

Kathleen Winters, the director is available for tours.



The month of February we will have school photos, our Valentine's Day parties and parent conferences.



SOARING UNTO

A NEW YEAR RAFFLE

Support RRPP and enter to win tickets to the 2025 Cleveland Air Show!

When: Labor Day Weekend 2025


What: Pack of 4 Tickets (value at \$35 each); Admission to the family and friends tent

Drawing will be held on May 1, 2025

Purchase 1 ticket for \$5 or 5 tickets for \$20



February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 7:00 p.m. Altered Attitudes
2 Communion/Food Sunday 9:00 a.m. Adult Education 10:30 a.m. Worship 11:30 a.m. Coffee Hour 11:30 a.m. Mission Comm.	3 7:00 p.m. Women's AA Mtg. 8:00 p.m. CE Committee Mtg.	4 10:00 a.m. Three Arts of Lakewood – Board Mtg. 6:45 p.m. Worship Comm.	5 7:30 p.m. Men's AA Mtg 7:30 p.m. Pastor Nominating Committee	6	7 7:00 a.m. Friday morning Men's Bible Study (Zoom) 7:30 p.m. Apollo's Fire Concert	8 7:00 p.m. Altered Attitudes AA
9 9:00 a.m. Adult Education 10:30 a.m. Worship 11:30 a.m. Coffee Hour 11:35 a.m. Evang & Mem. 6:00 p.m. Youth Fellowship	10 12:30 p.m. Educators Roundtable 7:00 p.m. Women's AA Mtg. 7:00 p.m. Deacons Mtg.	11 9:30 a.m. Expressions of Faith 9:30 a.m. Preschool Committee Mtg. 4:30 p.m. HR Committee 6:30 p.m. Property Committee	12 7:30 p.m. Men's AA Mtg 7:30 p.m. Pastor Nominating Committee	13	14 7:00 a.m. Friday morning Men's Bible Study (Zoom) 9:00 a.m. Senior Men's Fellowship Group	15 7:00 p.m. Altered Attitudes AA
16 9:00 a.m. Adult Education 10:30 a.m. Worship 11:30 a.m. Coffee Hour	17 Presidents Day (Church office closed) 7:00 p.m. Women's AA Mtg. 7:30 p.m. Session Mtg.	18	19 AA Mtg 7:30 p.m. Pastor Nominating Committee	20 7:00 p.m. Priscilla Circle Mtg.	21 7:00 a.m. Friday morning Men's Bible Study (Zoom)	22 7:00 p.m. Altered Attitudes AA
23 9:00 a.m. Adult Ed. 10:30 a.m. Worship 11:30 a.m. Coffee Hour 5:00 p.m. Chili Cook Off 6:00 p.m. Youth Fellowship	24 7:00 p.m. Women's AA Mtg.	25 9:30 a.m. Expressions of Faith	26 7:30 p.m. Men's AA Mtg 7:30 p.m. Pastor Nominating Committee	27	28 7:00 a.m. Friday morning Men's Bible Study (Zoom) 9:00 a.m. Senior Men's Fellowship Group	

A NOTE OF THANKS...

To my church family, I am very appreciative of your concern and kindness while I recover. Your cards and prayers were a blessing to my heart and spirit. Thank you. I look forward to coming back to church and being with everyone when I am able.

~ Carol Garibaldi



A Note from our Parish Counselor : Tips for Protecting Your Heart



Before You Shovel Snow

- Talk to your doctor before you shovel snow.
- **Avoid shoveling immediately after you awaken as most heart attacks occur early in the morning when blood is more prone to clotting. Wait for at least 30 minutes and warm up.**
- Do not eat a heavy meal before shoveling: blood gets diverted from the heart to the stomach.
- **Warm up your muscles before starting by walking for a few minutes or marching in place.**
- Do not drink coffee or smoke for at least one hour before or one hour after shoveling or during breaks. These are stimulants and elevate your blood pressure and heart rate.

While Shoveling Snow

- Use a small shovel: shovel many small loads instead of fewer heavy ones.
- Begin slowly and take frequent, 15-minute breaks.
- Drink plenty of water to avoid dehydration.
- Dress in layers, to avoid hypothermia (low body temperature) or overheating.
- Cover your head and neck (50% body heat lost thru head and neck).
- Cover your mouth (breathing cold air can cause angina or trigger breathing problems).
- Watch for warning signs of a heart attack, lightheadedness, dizziness, being short of breath, or if you have tightness or burning in chest, neck, arms or back. If you think you are having a heart attack, call 911.

NEWS FROM OUR PARTNER CHURCH:

North Presbyterian Church, our urban partner church which we support through our mission dollars and volunteer work, has called a new pastor. Her name is Katherine Chilcote, and she will be assuming her duties there beginning on February 1. This is a part-time position. She will be sharing her time with another part-time ministry at Covenant Presbyterian Church. Rev. Charlie Hurst, the long-time pastor who served faithfully for many years at North Church, will be retiring upon leaving this position. We say to him, "Well done, good and faithful servant," and to Katherine we say, "Welcome to this new beginning for you and the North Church Congregation." Below are photos of volunteers from our church serving meals at North Church.



UPCOMING EVENTS

February 23rd at 5:00p.m. is the much anticipated Chili Cook Off!



Coming in March



March 4, 2025 – Shrove Pancake Supper. The youth group (and volunteers) will be busy cooking your pancake supper. Tickets will be sold later in February. Keep your eye out for those to go on sale!

ASH WEDNESDAY, MARCH 5: The Season of Lent, the 40 days before Easter, begins on Ash Wednesday, March 5. We will be offering two services of worship: 12:00 NOON AND 7:00 P.M. IN WALKER CHAPEL. In these services, we will offer the Imposition of Ashes, which is a sign of the cross on the forehead, symbolizing our common human frailty. This is an appropriate way to begin this season of reflection and penitence as we commemorate Jesus's journey to the cross.



“The Pulse”

the monthly newsletter of

Rocky River Presbyterian Church

WORSHIP FOR FEBRUARY:

FEBRUARY 2: This Sunday we will look at how the early church dealt with its diverse community. Many of its members were from various social and ethnic backgrounds and different races. The text is Galatians 3:23-29, and the message is called, “Neither Jew or Greek.” We will also be celebrating the sacrament of the Lord’s Supper that day as do the first Sunday of each month.

FEBRUARY 9: On this day we will examine how Jesus dealt with his popularity among the people (Mark 1:21-28). Through his teachings and miracles, Jesus drew large followings of people. We are told, “At once his fame began to spread throughout the surrounding region of Galilee” (Mark 1:28).

FEBRUARY 16: The message for this Sunday is called “When Jesus Asks the Impossible,” and the text is taken from Jesus’s Sermon on the Mount (Matthew 5:17-20), which takes up an entire two chapters (Matthew 5-7). Here Jesus sets the discipleship bar so high, one wonders how we can possibly attain it.

FEBRUARY 23: The fifth chapter of Mark (5:21-42) describes two healings of Jesus involving two people from strikingly different situations in life. What does this say about the breadth and depth of the Gospel.

Rocky River Presbyterian Church

Rev. Peter Lawson, Pastor

21750 Detroit Road

Rocky River, OH 44116-2220