

From the Pastor's Pen,



During the month of October, we will be focusing on the Apostle Paul's letter to the Christian Church in Philippi. Even though this writing is only four chapters long and was written to Christians many centuries ago, it speaks volumes of spiritual wisdom for us today. Paul wrote this letter to the Philippians while he was in prison in Rome because the people in power there saw his proclamation of the Gospel as a threat. More than this, as Paul was persecuted for his faith, he was writing to the Christians in Philippi who were being persecuted for their faith. In this writing, Paul wants to encourage and inspire them to hold onto their faith and support each other during difficult times.

In the second chapter of Philippians, Paul writes, "If there is any encouragement in Christ, any consolation or love, any sharing of the spirit, any compassion, make my joy complete; do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others" (Philippians 2:1-4).

These words are timeless, as they define how Christians everywhere are to minister to each other as the body of Christ and are especially meaningful for us now during this present time when there is so much division and hostility throughout the nation and the world. We may not suffer persecution and imprisonment as those early Christians did, but we all have our personal heartaches and moments of despair, whether it be because of a personal loss or disappointment, or because of the general gone wrongness of the world about us. These are the times to be encouragers of one another, looking "not your own interests but to the interests of others." These are the times to reach out to our brothers and sisters of our faith community and our neighbors who may be hurting and be for them the hope of Christ.

The Pulse

October 2025

Rocky River Presbyterian Church

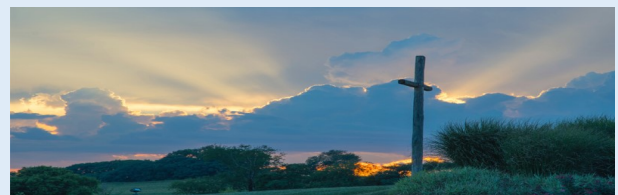
WORSHIP IN OCTOBER

SUNDAY, OCTOBER 5: On this first Sunday of October, we look at selected verses in Philippians Chapter One. Even though Paul writes this from prison, he is determined to be Christ's servant as best he can while in that place. His situation prompts us to ask, What do we do when we where we would rather not be? The message is called, "When In a Bad Place." This day is also World Communion Sunday, and we will be celebrating this Sacrament of our Lord.

SUNDAY, OCTOBER 12: This Sunday we turn our attention to Philippians Chapter 2, which describes Christ's perfect demonstration of humility and obedience. The message is called, "The Art of Emptying."

SUNDAY, OCTOBER 19: In Chapter Three of Philippians, Paul speaks about, "...forgetting what lies behind and straining forward to what lies ahead" (Philippians 3:13). What does this say about how we are to live of our Christian life?

SUNDAY, OCTOBER 26: In Chapter Four of Philippians, Paul says, "I have learned to be content with whatever I have" (Philippians 4:11). How did he manage to say this while in prison? How do we do this? The message for this day is called "Learning Contentment."



Dick Norman	10/05
Eva Rudolph	10/06
Gretchen Roche	10/06
John Weedon	10/07
Liz Dillon	10/07
Colleen Mattocks	10/09
Sue Hoffner	10/09
Brenda Peterson	10/12
Carter Hoon	10/13
Kemper Arnold	10/14
Jeff Prudhoe	10/17
Sue Krivok	10/17
Ross Eyer	10/17
Brian Roche	10/17
Becky Ahren	10/18
Luke Zinda	10/20
Kim Prudhoe	10/20
Matthew Davis	10/29



School Supplies: We donated \$1,490 worth of school supplies to support Rocky River students. Thank you for everyone's support.



Daylight Savings

Time Ends!

Reminder the clocks fall back on November 2nd.



Reminder Newsletter Submissions are due by the 24th of each month.

Thank you

Communication With Your Doctor

"For gaining wisdom and instruction; for understanding words of insight; for receiving instruction in prudent behavior, doing what is right and just and fair;" Proverbs 1: 2-3

Have you ever left your doctor's office, and wondered what he or she was talking about, or wished you had asked more questions? Good communication between doctors and their patients is essential to your health, and yet too many patients feel uncomfortable "bothering" the doctor with their questions or fears. Below are some helpful tips that can be of use to all of us.

If you don't understand—ASK. Medical jargon is confusing, so ask for an explanation in plain language. Medical professionals often lapse into "medical lingo" without even realizing it. Don't hesitate to stop them and remind them to use more understandable terms.

The anxiety and confusion of a doctor's office can make us forget some of the things we wanted to discuss with our physician, so bring a list. It is a simple way to help you and your doctor focus.

Give the doctor all the information he/she needs to help you ~ this includes symptoms, medications, allergies, and major stressors in your life. The loss of a job or illness of a loved one can have a major impact on your health. Don't forget any over the counter medications or supplements as some of them can interact with prescription drugs. As little as a baby aspirin a day can cause uncontrolled bleeding after surgery, so remember that all the pills you take must be disclosed.

Tell the doctor if you are feeling rushed and think about making your next appointment for a time that isn't as busy. You can always make a "consult" appointment to just discuss what is on your mind or treatment plan.

When your doctor is explaining something, try repeating it back to make sure you understand, or take notes while you are there. You may have to be assertive and send a message via MyChart. This way all your information is kept together, and all your physicians can access your chart. A good way to find a doctor that is a good fit for you is to ask friends and relatives about health care providers with whom they feel confident. Don't be afraid to tell your health care team what you would like so you can all work together toward one goal: Better Health!

May the Great Physician, Jesus...fill our doctors' hearts and souls to treat their patients with dignity, love and caring concern. Amen

-Lynn Gorton RN



Featuring David McCarroll, violin

Sunday, November 23rd, 2025, at 3:00 PM RRPC Sanctuary

Waves of Passion

Brouwer: The Art of Sailing at Dawn

Copland: Music for the Theatre

Beethoven: Concerto for Violin in D Major, Op. 61

We embark on an emotional journey that begins on Lake Erie at sunrise, in Cleveland composer Margaret Brouwer's peaceful tone poem The Art of Sailing at Dawn. Then flow to the jazzy undercurrent of Music for the Theatre, an early work by Aaron Copland, written during the Roaring Twenties. Finally, we arrive at the "King of Violin Concertos," with David McCarroll, Concertmaster of the Pittsburgh Symphony Orchestra, as soloist in Beethoven's monumental 1806 Violin Concerto, an unappreciated sleeper during the composer's lifetime that became one of the most beloved works ever written for violin. Join us and immerse yourself in a vast musical voyage navigated via the baton of maestro Daniel Meyer.

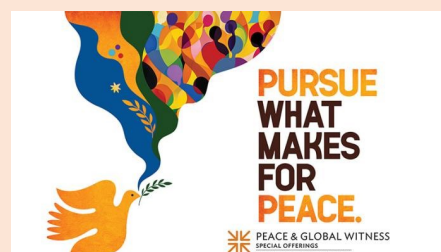
BlueWater
CHAMBER ORCHESTRA
Daniel Meyer | Artistic Director & Conductor

Mission Focus Calendar

- * August Operation Backpack/School Supplies
- * September Peace and Global Witness Special Offering
- * October No projects scheduled
- * November Alternative Christmas Charity Bazaar
- * December Christmas Joy Special Offering (during Advent)
Mitten Tree (youth group project)



- **PEACE AND GLOBAL WITNESS SPECIAL OFFERING:** During the month of September, we will be promoting the Peace and Global Witness Special Offering. Peace & Global Witness Offering enables the church to promote the Peace of Christ by addressing systems of conflict and injustice across the world. Through the Peace & Global Witness Offering, congregations are encouraged and equipped to find and address the anxiety and discord that is prevalent throughout this broken and sinful world.
- **25% of the proceeds from the Peace & Global Witness Offering be donated to North Church.**
- 25% retained by mid councils to support peacemaking efforts at the regional level.
- 50% supports peacemaking, reconciliation and global witness.



CHRISTIAN EDUCATION

bpeterson@riverpres.org

SUNDAY SCHOOL: It is delightful to have our young ones in Sunday School again. Their smiles are contagious and the questions they ask us are always inquisitive. We all learn from each other. Melanie Fredrickson creates a friendly and safe room for the children to feel comfortable in. They know the routine and are helpful with the lessons.

Speaking of lessons, Ellen Schickel has developed a very organized system of the lessons and items used while teaching the children. We are grateful for all the work she has dedicated to the Christian Education at RRPC.

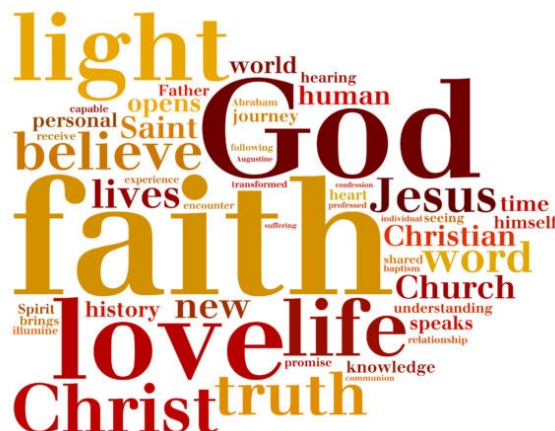
We have two (2) Sundays covered with assistants. We would greatly appreciate 2 or more volunteers helping with the first and fourth Sunday of the month. Please contact Brenda Peterson or Emily Zinda.

ADULT EDUCATION: Mary Holtz (a friend of mine) is facilitating this 6 week study by Rick Warren, **The Habits of Happiness.** It is based on the book of Philippians.

A verse for thought. "Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ." Philippians 1:27 (NIV)

This group meets on Sunday mornings 9:00-10:00 AM in the West Room. Coffee and tea are available. You are welcome to come to join us any Sunday. You do not need to commit to every Sunday. Come join us for fellowship, study and intriguing conversation.

YOUTH FELLOWSHIP: We had our first Fall class on September 14. We had new church youth that are now in 6th grade and up join us as well as friends of our church members join us. Engaging conversations filled our time together as we got to know one another. David Hensel and I are looking forward to our next gathering with this group on September 28, 2025 at 6:00 – 7:30 PM. Maybe we will have more friends join us.



Preschool

RRPP is currently enrolling. Call director Kathleen Winters for a tour. 440-895-KIDS (5437) (Preschool office)



Upcoming events:

Pumpkin painting October 21st, 2025 in Fellowship Hall from 5:30pm to 7:30pm.

Dine out on Thursday October 23rd from 4:00pm thru 10:00pm at Raising Canes's in Rocky River and mention RRPP at checkout. Cane's will donate 15% of net sales to the preschool.

Halloween Parades

October 29th 11:15am

October 30th 12:00pm and 3:15pm

October 31st 11:15am



How does the church know someone's hospitalized? YOU tell us.

Due to privacy laws regarding medical information, the church is not notified when someone is having surgery, is hospitalized or faces some other crisis. Please share joys, concerns and sorrows by telling the pastor or by calling or messaging the church office. info@riverpres.org or (440)333-4888.

Friendly Faces Needed Greeters are a vital part of a church's hospitality ministry.

Please use the sign up sheet posted on the bulletin board.

Alternative Christmas Bazaar

Save the Date

November 23rd from 10:00 am to 1:00 pm

Fellowship Hall



“The Pulse”

the monthly newsletter of

**Rocky River Presbyterian
Church**

October 2025



Rocky River Presbyterian Church

Rev. Peter Lawson, Pastor

21750 Detroit Road

Rocky River, OH 44116-2220

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7:00 pm Pastor Nominating Com, 7:00 pm Worship Committee	2 7:00 pm. Back to Basics	3 7:00 am Friday Morning Men's Bible Study	4 7:00 pm Altered Attitudes AA Group
5 Food Sunday/Communion Sunday 9:00 Adult Education 10:30 Worship	6 7:00 pm Women's AA Group	7 8:00 pm CE Committee Mtg.	8 7:00 pm Pastor Nominating Com, 7:30 pm Men's AA	9 7:00 pm. Back to Basics	10 7:00 am Friday Morning Men's Bible Study 9:00 am Senior Men's Bible Study	11 7:00 pm Altered Attitudes AA Group
12 9:00 Adult Education 10:30 Worship 11:30 E & M Committee	13 7:00 pm Women's AA Group 7:00 pm Deacons	14 10:00 am Expressions of Faith	15 7:00 pm Pastor Nominating Com, 7:30 pm Men's AA	16 7:00 pm. Back to Basics 7:00 pm PW Priscilla Circle	17 7:00 am Friday Morning Men's Bible Study	18 7:00 pm Altered Attitudes AA Group
19 9:00 Adult Education 10:30 Worship	20 7:00 pm Women's AA Group 7:00 pm Session Mtg.	21	22 6:00 pm RRPP Pumpkin Painting 7:00 pm Pastor Nominating Com,	23 7:00 pm. Back to Basics	24 7:00 am Friday Morning Men's Bible Study 9:00 am Senior Men's Bible Study	25 7:00 pm Altered Attitudes AA Group
26 9:00 Adult Education 10:30 Worship 6:00 Youth Fellowship	27 7:00 pm Women's AA Group	28 10:00 am Expressions of Faith	29 7:00 pm Pastor Nominating Com, 7:30 pm Men's AA	30	31 7:00 am Friday Morning Men's Bible Study	