PC(USA) Public Witness leader to preach here Feb. 23

The Rev. Dr. J. Herbert Nelson II, director of the Presbyterian Church (U.S.A.) Office of Public Witness in Washington, D.C., will be the preacher at the Feb. 23 worship service at our church. He is also a workshop leader, consultant, and writer.

The Office of Public Witness (OPW) implements the social justice agenda of the General Assembly of PC (USA) through advocacy with leaders of the executive and legislative branches of the federal government. The OPW also arranges briefings and conferences.

For 68 years the Office has been “speaking truth to power.” Dr. Nelson, commonly called J. Herbert, believes that grassroots organizing within the denomination can help positively influence the prophetic witness and political sphere in today’s globalized culture.

Pastor Sharon Youngs, who knows him from her work with CREDO, as well as her previous work as a PC(USA) national staff member, said, “J. Herbert is one of the most committed and dedicated individuals I know when it comes to working for justice. I have the utmost respect and admiration for him.”

J. Herbert is a third-generation Presbyterian pastor. Before assuming his Washington position, J. Herbert served as founder and pastor of Liberation Community Presbyterian Church in Memphis. This church, which was chartered on April 11, 1999, was the first African-American church developed in the Presbytery of Memphis in 46 years.

His ministry received the prestigious Walton Grant, which is awarded by PC (USA) for outstanding work in new church development. Liberation Community is an African-centered congregation committed to evangelizing the poor to PC(USA).

(continued on pg. 5)
'Tis the month when a good number of folks become enamored with matters of the heart, as expressed through flowers and cards and chocolate. According to Taty Sena of beholders.org, the length of a lifetime corresponds to approximately one billion heartbeats. “Not a human life alone,” Sena writes, “[but] apparently the lifespan of all amphibians, birds, fish, mammals, and reptiles can be counted in number of heartbeats, and that number is about one billion.”

Sena supports the estimate by citing the scientific work of Swiss-born chemist Max Kleiber in the 1930s: “The Kleiber Ratio determines that for every creature, the amount of energy burned per unit of weight is proportional to that animal’s mass raised to the three-quarters power \([q0 \sim M^{3/4}]\). … Thus a cat, having a mass 100 times that of a mouse, will have a metabolism roughly 31 times greater than that of a mouse.”

One billion heartbeats. A few more will tick away as you read this. Even more will be used up as you sit at your desk, or scan the headlines, or eat lunch, or walk the dog, or chat with a friend, or gaze at the stars, or talk on the phone, or sing, or sit at a traffic light, or … you get the picture.

If you haven’t done it lately, I invite you to pause and take your pulse—literally, yes, but also figuratively. What makes your heart race? What makes it skip a beat? What causes it to break? What is at the core of your heart? How are you doing at expressing that core outwardly?

Take, O take me as I am; summon out what I shall be; Set your seal upon my heart and live in me.—John Bell

With a grateful heart,
Sharon

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February events (from pg. 1)

or if you would like to serve in any of these roles—please mark your calendar for an important training time: Sunday, Feb. 16, 12:15 p.m., immediately following Sunday school. Lunch will be provided. We’ll finish no later than 2:30 p.m. If you cannot attend on this date, a second opportunity will be provided during one of the Wednesday night dinners next month.

Other happenings
In addition to these important anchor events, we will hold a reception for Karissa Stewart, our new director of youth and children’s ministries, on Feb. 9. And we will welcome the Reverend J. Herbert Nelson II as our guest preacher on Feb. 23 (see front-page article).

“J. Herbert is hands down, one of the most dynamic preachers I know,” said Pastor Sharon, who will serve as liturgist that morning.

The Presbytery of East Tennessee (PET) will hold its quarterly stated meeting on Saturday, Feb. 22. Our own Ben Terpstra, a student at Vanderbilt University and son of Dan and Peggy, will be nominated to serve as a young adult advisory delegate from PET to the 221st General Assembly of the PC(USA), which will meet in June in Detroit.

The Book of Daniel is the focus of the next BYOB study (Bring Your Own Bible—and anything else that begins with B). The informal discussion will be held on Sunday, Feb. 23, at 7 p.m., following the Evening Light service and snacks, all in room 102.

Hold onto your hats and get ready to dig in. It’s going to be a great year!
**Member Spotlight—Barbara Reeve**

For **Barbara Reeve**, new session member and Worship Committee chair, hiking the Appalachian Trail in 2011 "was a life changer. I liked being in the moment in the wilderness and having the everyday personal challenges of a long hike.

"And sharing with my husband Paul our experiences and accomplishments over the six months was special. Together, we appreciated the amazing wonders of God’s natural world while leaving behind the daily bombardment of sensation-alized news. Important news still found us, as did biting mosquitoes, deerflies, and gnats. We shared them, too!"

Barbara and Paul (aka Ross) Akers were born and raised in Oak Ridge. She was baptized at FPC, and she and Paul, a retired Y-12 machinist, were married in the church in 1988. She met him at a mutual friends’ party when she was home from college on Christmas break.

Her parents were early members of FPC. John Reeve, who died in 2002, was a certified public accountant. Her mother Ruth, a former FPC choir member, worked as a full-time librarian at Oak Ridge Public Library after raising five children. After attending with the Reeve family for many years, Paul joined FPC, as well.

Barbara earned a B.S. in animal science and a D.V.M. from the University of Tennessee College of Veterinary Medicine in Knoxville. "I have worked as a small animal veterinarian since 1985," Barbara said, praising veterinarian and FPC member Dr. Bill Robinson as a great mentor.

"Currently, I own Jackson Square Animal Clinic. Being a veterinarian is an exciting career, especially with the ever-increasing realization of the importance of the human-animal bond to our mutual well-being. Our pets are family, too!"

Barbara plays French horn in the Oak Ridge Community Band. "My main goal [as chair of the Worship Committee] is that the worship service and related activities run smoothly under the committee’s sustained expertise and that I learn how to help FPC thrive."

**Long-time FPC member moving**

On Feb. 26 **Jinny Dunlap**, 92, will move to Amherst, Mass. to be near her daughter. Jinny has been a long-time FPC member as was her husband of 60+ years, the late Dr. Bob Dunlap. Bob was a plastic surgeon, medical missionary in Pakistan and Sudan, son of a medical missionary in China, FPC choir member and assistant director, and arranger and composer of church music.

Jinny and her late brother Jerry, like their parents, graduated from Oberlin College in Ohio; she majored in sociology. Jinny met Bob, a College of Wooster graduate, through mutual friends. She worked at IBM as a "systems service girl" in Cleveland, where she was born, and later in New York, where she has a cottage her parents owned. As an American Red Cross worker during World War II, she had a stint in India.

The Dunlap family lived in Pakistan for nine years and moved to Oak Ridge in 1971. Their four children are Scott, Doug, Mark, and Elaine. Jinny has 10 grandchildren.

She has been an active volunteer in Oak Ridge. In the 1970s she was vice president of the Oak Ridge chapter of the National Organization for Women (NOW). At FPC she was a Sunday school teacher and volunteer with the coffee-house in the early 1970s; she recalled that famous American folk singer John McCutcheon once performed at the FPC coffee-house.

The Dunlaps and Pat and Wayne Clark took many trips together to Canada, Ecuador, Peru, South Africa, and other countries. Although she “hates to leave her friends in Oak Ridge,” she is looking forward to a new adventure in Massachusetts.
**The Banner**

**Food for thought**

**February celebrates love, but what is it?**

“Love is…” In the movie *As Good as It Gets*, Jack Nicholson plays the part of a successful writer. The words flow smoothly from his word processor until he starts a sentence with “Love is…” He pauses. He thinks. Time passes.

Wrinkles furrow his brow. He says it out loud, “Love is…” He stares at the blinking cursor on his computer screen. For the first time ever, he gets writer’s block. He can’t finish the sentence because he can’t put “love” into words. Can you?

Let’s see if the dictionary would help. Webster’s says that love is “an intense feeling of deep fondness, affection or liking.” This may be an appropriate definition, but it doesn’t help Jack’s character complete his sentence.

In a new member class several years ago, I asked, “What does Jesus require of us?” One participant said, “Isn’t it all about love?”

Love is important because it’s mentioned more than 80 times in the Bible. Love coupled with faith is what Jesus requires of us.

Some theologians say that Jesus’ teachings can be reduced to one brief phrase: “Be humble; serve others.” Does that have anything to do with love? Being humble means reducing our selfishness to allow room in our hearts for others, potentially leading us to loving them—the divine motivation for serving others.

Scripture tells us that Jesus lived his life in love. He loved us and died for us, giving up his life on earth on our behalf. Love characterized Jesus’ life. Love is to be the primary motive in ours. God’s purpose in creating us is for us to live out God’s love, seen most fully in Jesus Christ.

Can wisdom from scripture help Jack’s character? The best suggestion to him would be to write, “Love is God.”

*God is love.* (1 John 4:16)

*Pursue love.* (1 Corinthians 14:1)

Beloved, since God loved us so much, we ought to also love one another. (1 John 4:11)

For God so loved the world that he gave his only son, so that whoever believes in him may not perish but may have eternal life. (John 3:16)

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**Session news; Annual congregational meeting on Jan. 26**

At the January 2014 meeting, the FPC session approved:

- the election of Sherith Colverson as commissioner to the Feb. 22 meeting of the Presbytery of East Tennessee at Mars Hill Presbyterian Church in Athens.
- the election of the following committee chairs for 2014:
  - *Christian Education*—Rosalyn McKeown-Ice
  - *Congregational Care and Outreach*—Rosalyn McKeown-Ice
  - *Finance*—Sherith Colverson
  - *Human Resources*—Janet Alexander
  - *Nominating*—Jim Campbell (with Joe Grey and three at-large to be elected)
  - *Planning*—Lou Dunlap
  - *Property and Maintenance*—Kathy Carney-LAYendecker
  - *Social Concerns*—Mary Childress
  - *Worship*—Barbara Reeve

**Annual meeting**

At the annual congregational meeting on Jan. 26, 2014, chairs or members of session committees, the communication team, and the Prayer Shawl Ministry in 2013 gave oral reports; the treasurer delivered his report and commented on the 2014 budget; the congregation elected Teresa Brittain, Gene Ice, and Susan Sharp to serve with session members Jim Campbell, chair, and Joe Grey to nominate ruling elders for the 2015 session; and the congregation approved the pastor’s terms of call for Sharon Youngs, as recommended by the session.
J. Herbert Nelson (from pg. 1)

As an extension to his community-based ministry, J. Herbert served as associate director of the Benjamin L. Hooks Institute for Social Change at the University of Memphis. As a consultant, he provided staff development training for teacher specialists, curriculum specialists, and principal leaders who provide assistance to low-performing schools.

Before becoming pastor of Liberation Community Church, J. Herbert served for 11 years as pastor of St. James Presbyterian Church, a redeveloping congregation located in a thriving, middle-class area in Greensboro, N.C.

J. Herbert earned a B.A. degree in political science and urban studies from Johnson C. Smith University, a master of divinity degree from Johnson C. Smith Seminary at the Interdenominational Theological Center (Atlanta, Ga.), and a doctor of ministry degree from Louisville Presbyterian Theological Seminary (Louisville, Ky.).

He has been a featured preacher at Presbyterian camp and conference centers at Montreat, N.C.; Mor- Ranch, Tex.; Highlands Camp & Retreat Center, Allenspark, Col.; and Massanutta Springs, Harrisonburg, Va. His writings have appeared in Presbyterians Today and The Outlook magazines.

On behalf of the PC(USA), he has traveled to South Africa, Switzerland, Jamaica, and Cuba. He now devotes considerable time to meeting with congregations and presbyteries throughout the United States.

In addition to preaching at FPC, J. Herbert will speak at an event at New Providence Presbyterian Church on Sunday evening, Feb. 23. Also, J. Herbert will be the keynote speaker for this year’s February Meetings, an annual lecture series at Maryville College, on Feb. 24-25.

2013 Financial Summary

We finished the year with a larger deficit than expected. The deficit of $10,467 can be evenly attributed to income being less than anticipated and expenses being greater. For the 2014 budget we have endeavored to estimate the non-contribution income better. On the expense side we had a year where a number of things broke. These expenses were absorbed in Building Operation. Bottom line: Some years are better than others.

- Dave Mullins, Treasurer

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From your parish nurse: Surprising heart attack triggers

The best way to manage heart health is through diet and exercise and, when necessary, the use of prescription medications. But heart attack triggers that might surprise you are the four “E’s”: **exertion, exposure to cold, emotion, and eating.**

**Too much exertion, too quickly**
We all know that a regular exercise program is good for us, but it is important to work up to a level of fitness and not just “jump in.” If you are not used to regular aerobic exercise, sudden and strenuous physical exertion can lead to a heart attack. Such exertion can range from playing a competitive game of basketball with friends to going hunting and carrying an animal. Too much exertion can also come from sex with a new partner, running, or shoveling snow.

You should avoid such overly strenuous activities if you’re not used to exercising and if you have cardiac risk factors, such as a family history of heart disease, diabetes, high cholesterol, or high blood pressure.

**Cold temperatures**
Cold temperatures add to an increased risk for heart attack because they make arteries constrict, triggering a sudden increase in blood pressure. Combine extreme cold with physical exertion and the effects could be dangerous.

Remember, shoveling snow is hard work and puts extra strain on your heart. Each year, shoveling snow sends more than 11,000 people to the hospital. Although most have orthopedic injuries, 7% have cardiac problems, and many of these are heart attacks.

**Intense emotions**
Extreme emotions, both good and bad, can affect the heart’s electrical impulses. Studies show that the stress spanning extreme happiness to acute grief could spur a heart attack as a result of the body’s involuntary, sudden increase in heart rate and blood pressure brought on by a surprising event.

Recent studies of grief have shown that the risk for heart attack is greatest within the first 24 hours of losing a close loved one and can remain high for a month after the person’s death. And sharp anger is another emotion with real consequences for the heart. In a 36-year study at Johns Hopkins University, it was discovered that men who are quick to anger are more likely to develop premature heart disease and are five times more likely to have an early heart attack.

**Eating a big meal**
Studies have shown that a heavy meal can trigger a heart attack within 26 hours following the meal. Researchers believe that eating raises levels of the hormone norepinephrine, which can increase blood pressure and heart rate.

Studies show that other triggers for people with compromised heart function include excessive drug and alcohol use, too much caffeine, and severe air pollution.

Knowing that these and other events can lead to heart attack points out the importance of keeping your heart as healthy as possible through a carefully selected diet, regular exercise, and medications, when necessary.

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**Health luncheon** to be held on Thursday, February 20 at noon in Rm. 102, Activities building. Donald Jones, MD, a specialist on the topic, will present “Pain Management.” The program is free and open to the public. Lunch is available for $5. Please call the church office at 483-1318 for reservations.
Youth and children’s ministry

Time with Children
2/02: Colin Colverson
2/09: Ronnie Griffin
2/16: Sherith Colverson
2/23: Peggy Terpstra

Activity time
2/02: Teresa Brittain, Anna Hoppestad
2/09: Bonnie Murray, Kate Fulcher
2/16: Karissa Stewart, Luke Holt
2/23: Alex Hoppestad, Lily Jaques

Upcoming Presbyterian Youth Connection (PYC) activities

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<td>2/02</td>
<td>No PYC tonight; enjoy the Super Bowl. See you next week!</td>
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<tr>
<td>2/09</td>
<td>Theological Throw Down Dinner at 5:00 p.m., followed by Bible study &amp; thought-provoking discussion.</td>
</tr>
<tr>
<td>2/16</td>
<td>Laser tag at Battlefield Knoxville in the afternoon. More details to come ...</td>
</tr>
<tr>
<td>2/23</td>
<td>Dinner at 5:30 p.m. before joining with the rest of our FPC church family for the 6:00 p.m. Evening Light service.</td>
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<td>2/28-3/1</td>
<td>Presbytery of East Tennessee Youth Summit</td>
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It’s Youth Summit time!!! The annual Presbytery of East Tennessee Youth Summit will be held in Gatlinburg the weekend of Friday, February 28-Sunday, March 2. Registration is happening now! If you are interested in attending, please let Karissa know right away. Your registration must be complete by Sunday, February 9.

Middle school movie nights—
6:00 p.m., Rm. 102.
February 7—Secondhand Lions
February 21—Meet the Robinsons
March 14—Star Wars, Episode 4
Pizza, popcorn and drinks provided ($3 donation).
Bring friends!

The atmosphere and energy the youth of First Presbyterian Church have shown me these first few weeks have been tremendously encouraging. I feel very honored and blessed to have this opportunity to serve them and the congregation at FPC.

We are looking forward to many great things this spring! Many of the youth have expressed interests in being able to engage in service opportunities around the community and to also take time to explore and learn more about God and being Presbyterian. We are planning to give each Sunday together a different focus. We will have theological discussions, enjoy an ‘outside-of-church’ activity, do some sort of service project, and join in the monthly Evening Light service.

—Karissa Stewart, Director of Youth and Children’s Ministry
Coffeehouse event raises $850 for Emory Valley Center

On Jan. 3, 2014, the coffeehouse organizers held their 23rd event since the summer of 2012 and declared it a big success. More than 150 people packed room 102 for the evening and enjoyed 11 acts featuring 25 performers.

To accommodate the larger-than-usual number of performers and audience members, the college-age organizers had to change the format. “We doubled up on performers for each set and shortened the social-time breaks,” said Sumner Byrne. “And we eliminated most of the tables to make space for the audience.”

The event netted $849 for the Emory Valley Center (EVC), which provides education and services to mentally and physically disabled children and adults. Dottie Thompson and Dr. Gene Caldwell, on hand to talk to the audience, were effusive in their praise for the students. The pair has raised over $3.5 million for a new building in the past four years.

“Dottie Thompson managed Show Kids, which evolved into Sound Company, in which I participated,” said Sumner. “I have known and loved her my whole life. Getting this new building has become her life mission. All of us at the coffeehouse who were her former students wanted to show solidarity and do something to help her raise the final $800,000 needed to meet the EVC capital campaign goal.

The students have raised $12,447 for the Free Medical Clinic since the coffeehouse’s inception—enough to pay a year’s worth of rent in the new FMCOR, or 260 patient visits to the clinic, or a full year of care at the clinic for 81 patients, or one-and-a-half year’s worth of supplies for diabetic patients (glucometers, test strips, insulin syringes, lancets).

So far, 23 coffeehouse events at FPC have provided almost $13,300 to two vital nonprofit service organizations in Oak Ridge. What a wonderful contribution to the community.

Free Medical Clinic benefits snapshot:
Nearly $12,500 from coffeehouse events equates to:
- 260 patient visits to the clinic, or
- A full year of care at the clinic for 81 patients, or
- One-and-a-half year’s worth of supplies for diabetic patients, or
- Over a year of rent at FMCOR’s new facility.

Snow disrupts PIT count, delays help for homeless

Gretchen Drane and Carolyn Krause joined two men and four other women as volunteers from 10 p.m., Monday, Jan. 27, until 1 a.m., Tuesday, Jan. 28, at the Warming Center at Oak Ridge Unitarian Universalist Church (ORUUC). Nine cots with warm blankets were available for homeless individuals. While Gretchen and Carolyn were there, three men and two women slept on the cots.

The point-in-time (PIT) count of the homeless in Anderson County by volunteers was to take place from midnight to midnight on Jan. 28. But the PIT count here and in much of the Southeast was interrupted by snowfall and treacherous road conditions.

The PIT count is a federally mandated count of the homeless over a 24-hour period throughout the United States. The federal funding allocation for providing aid to low-income populations in Anderson County is based on the PIT count. “The PIT count helps TORCH meet the needs of the community in a targeted way,” said Zabrina Minor, executive director of TORCH (Trinity Out-Reach Center of Hope).

The Warming Center, sponsored by ORUUC, FPC, and five other congregations, was to have been open for four nights, from Jan. 27-28 through Jan. 30-31. But because the slippery conditions would have endangered volunteers and clients driving or walking to the center, TORCH closed it by the second night and paid for housing for the homeless at a local hotel, using an emergency food and shelter grant from the Federal Emergency Management Agency.

On Jan. 29 and 30 TORCH was planning to connect the homeless who stopped by the Warming Center with representatives of local social-service organizations on TORCH’s rapid response team.

They will meet instead the first week of February at the TORCH building, 320 Robertsville Rd.
Bits ‘n’ pieces

February Birthdays

2/04  Julie Clausing
2/08  Leann Trowbridge
2/09  Adrienne Pyle
2/13  Jim Tonne
2/14  Gene Ice
2/16  Susan Holsopple
2/22  Desmond Darko
2/23  Margaret Mott
2/28  Susan Rohwer
2/28  Anna Thomas

Congratulations and blessings!

Women’s Lunch—
The second Monday of each month, the women of First Presbyterian gather for lunch at a local restaurant. On Feb. 10 at 12:30 p.m., the group will meet at Dean’s Restaurant. Deans’s will be contributing a portion of a day’s profits to ADFAC. The women of the church are invited to come enjoy an afternoon of fellowship as they support this local charity.

For the schedule of all local restaurants participating in ADFAC’s “Dine & Donate” program, see adfac.org.

Looking ahead to March—Your help will be needed at an all-church workday on Saturday, March 22 (rain-date: March 29) to work on a number of projects around the church. More details coming soon ...

Wednesday night dinners ...
begin again on Ash Wednesday, March 5, continuing for 6 weeks, ending on April 9. The Ash Wednesday meal will be a simple, light supper designed to make it easier for people to attend the 6:30 p.m. Ash Wednesday service in the sanctuary following dinner. Come break bread and fellowship with your church friends before the service. Dinner is served from 5:15 p.m. until 6:15 p.m. each Wednesday.

Anne Marie and Jack Benton “showered” with love from the congregation and the Prayer Shawl Ministry in anticipation of the arrival of their baby in February. Congratulations!

Blanket Sunday is Feb. 9
Feb. 9 is Blanket Sunday—an opportunity each year to contribute to a special offering to assist the effort of Church World Service (CWS). The work of CWS began in 1946, in the aftermath of the Second World War, with a mission to work in partnership with local communities and churches like ours to feed the hungry and provide assistance to those in need around the world.

By giving to this fund, FPC folks contribute to purchases of blankets, tents, food, and other emergency supplies, along with tools, seeds, and literacy training. All these products and services help those less fortunate build a foundation for a more viable future. Please write your check to First Presbyterian Church, indicating “Blanket Sunday” on the memo line.
Worship Volunteers

Sunday, February 2
Liturgist: Andrew Brittain
Children’s Moment: Colin Colverson
Activity Time: Teresa Brittain
Sound Guild: Dale Hadden
Ushers: Team I, led by Irene Darko
Counters: Sherith Colverson, Bonnie Murray
Flowers: Sharon Youngs
Fellowship Hosts: Connie Book, Vivian Jung
Opening/Closing: Anne Backus, Dennis Strickler

Sunday, February 9
Liturgist: Karissa Stewart
Children’s Moment: Ronnie Griffin
Activity Time: Bonnie Murray, Kate Fulcher
Sound Guild: Don Spong
Ushers: Team II, led by George Darko
Counters: Bill Bostick, Walt Porter
Flowers: Peggy Gregory
Fellowship Hosts: Candice & Dennis Strickler
Opening/Closing: Anne Backus, Dennis Strickler

Sunday, February 15
Liturgist: Don Spong
Children’s Moment: Sherith Colverson
Activity Time: Karissa Stewart, Luke Holt
Sound Guild: Sydney Murray
Ushers: Team III, led by Joe Grey
Counters: Sherith Colverson, Tammy Pietrzak
Flowers: Ed & Mimi Tilley
Fellowship Hosts: Bonnie & Syd Murray
Opening/Closing: Anne Backus, Dennis Strickler

Sunday, February 23
Liturgist: Matt Stone
Children’s Moment: Peggy Terpstra
Activity Time: Alex Hoppestad, Lily Jaques
Sound Guild: Carolyn Krause
Ushers: Team IV, led by Dennis Strickler
Counters: Jim Campbell, Matt Stone
Flowers: The Hilliard Family
Fellowship Hosts: Ashley Hadden, Chuck Hadden
Opening/Closing: Anne Backus, Dennis Strickler

Choir Concert in May
The FPC Chancel Choir, the choir of First United Methodist, and members of the Knoxville Symphony, will present a concert on Sunday, May 18, at 6:30 pm. The concert will be held at First United Methodist Church, 1350 Oak Ridge Turnpike.

The major work featured will be Sunrise Mass by Ola Gjeilo (pronounced Yay-lo). Sunrise Mass was premiered by its commissioning choirs, Majorstua Kammerkor and Kammerkoret Nova in November 2008, in Oslo, Norway. Ola Gjeilo was born in 1978 in Norway, and he moved to New York in 2001 to study composition at the Juilliard School. He especially enjoys writing music for choir, orchestra/symphonic wind instruments, and the piano. Presently residing in New York, he is also very interested in film, and much of his music draws inspiration from cinematic music. Visit olagjeilo.com, and find him on Facebook.

I welcome all who would like to sing this beautiful music! We will have seven rehearsals on Sunday afternoons, 2:00-4:00, beginning February 23. I hope you will consider singing with the combined choirs of First Presbyterian and First United Methodist for this concert.

-Anna Thomas, Director of Music

Mark your calendar: worship volunteer training, Sunday, February 16, from 12:15-2:30 p.m.
If you currently serve as a worship volunteer (e.g., liturgist, usher, Time with the Children presenter, counter of the offering, sound system controller)—or if you would like to serve in any of these roles—please plan to attend this important training time. Lunch will be provided.
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<th>Sun</th>
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<td>9 am Early Bird Class 9:00 am Choir 10 am Worship 11:15 am Sunday school</td>
<td>12 pm Men’s Lunch</td>
<td>12:15 Centering prayer</td>
<td>6 pm Worship committee 7 pm Christian Ed committee</td>
<td>7 pm Choir 7 pm LGBT Bible Study</td>
<td>6 pm Middle school movie</td>
<td>9 am-3 pm Session Retreat</td>
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<tr>
<td>9 am Early Bird Class 9:19 am Choir 10 am Worship 11:05 am Reception for Karissa Stewart 11:15 am Sunday school 5 pm <em>PYC</em></td>
<td>10 am CC&amp;O committee 10 am Prayer Shawl Ministry 12:15 Centering prayer</td>
<td>2:45 Communication Team meeting</td>
<td>6 pm Finance committee 7 pm Choir 7 pm LGBT Bible Study</td>
<td>12 pm Health Luncheon</td>
<td>6 pm Middle school movie</td>
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<tr>
<td>16 am Early Bird Class 9:19 am Choir 10 am Worship 11:15 am Sunday school 12:15 pm Worship volunteer training 2:30 pm <em>PYC</em>—laser tag</td>
<td>12 pm Men’s Lunch 12:30 pm Women’s lunch (see note on pg. 9)</td>
<td>12:15 Centering prayer</td>
<td>6:30 pm Guitar Workshop</td>
<td>7 pm Choir 7 pm LGBT Bible Study</td>
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<td>17 am Early Bird Class 9:19 am Choir 10 am Worship 11:15 am Sunday school 12:15 pm Worship volunteer training 2:30 pm <em>PYC</em>—laser tag</td>
<td>12:15 Centering prayer</td>
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<td>23 am Early Bird Class 9:19 am Choir 10 am Worship 11:15 Sunday School 2:00 Combined choir rehearsal at FUMCOR 5:30 pm <em>PYC</em> dinner 6 pm Evening Light, BYOB study</td>
<td>12 pm Men’s Lunch</td>
<td>12:15 Centering prayer</td>
<td>6:30 pm Guitar Workshop</td>
<td>7 pm Session</td>
<td>7 pm Choir 7 pm LGBT Bible Study</td>
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*PYC—Presbyterian Youth Connection

Please note this calendar is subject to change.
God’s spirit, given by Christ, flows through us as living water to wash, heal, and satisfy. As a congregation we become a fountain, sharing this living water with others.

Blessed with God’s love and grace, we celebrate gifts of diversity. By Jesus Christ’s example, we welcome, in love, all who rejoice and worship with us.