

July 25, 2024



Steeple Views

FIRST PRESBYTERIAN CHURCH, MARTINSVILLE, VA

Pastor's Corner

Pastor Bea Miller

Dear First Presbyterian family,

On Sunday I shared some breath prayers and several of you asked for the words I used, so I will share. But first, a little bit about breath prayer.

God's name in Hebrew, YHWH, the first language to call God by name, is not pronounceable ~ there are no vowels. God's name is the very sound of our breath and with each breath ~ from our first breath at birth to our last breath before we enter eternal life ~ we are calling the name of God. Every breath is a prayer.

There are many forms of prayer. One form is breath prayer. With breath prayer, we breathe in as we say, out loud or in our mind, a phrase and then we breathe out with a different phrase. Many people use breath prayers as a way to fall asleep ~ with God. Before I share Sunday's prayers, I'd like to share two classic breath prayers. The first is a variation of the Jesus prayer, "Lord Jesus Christ, Son of God, Have Mercy on me, a sinner." Of course, you can use the whole Jesus prayer, but here is a slightly shortened breath prayer version:

Breathing In ~ Jesus Son of God

Breathing Out ~ Have Mercy on me

Other breath prayers use words from scripture. You can use any scripture. Here is a verse that is commonly used as a breath prayer:

Breathing In ~ Be still and know

Breathing Out ~ That I am God

On Sunday, I reversed the breathing because the purpose was to focus on release. Breathing out is a physical letting go and adding the words helps our whole selves release. But the truth is, you can't get the breathing wrong. Just breathe and pray as God works wonders in you.

Breathing Out ~ I surrender my resistance

Breathing In ~ I allow what is to be

And

Breathing Out ~ I was meant to live in peace

Breathing In ~ Jesus is my peace

Peace be with you,

Pastor Bea



Please join us for worship this tenth Sunday after Pentecost at 10:00 AM

Sermon by Pastor Bea

Based upon John 6:1-21 and Ephesians 3:14-21

Liturgist: Janet Fentress

Ushers/Greeters: Sharon and Billy Kirby

Liturgist Schedule

August

4 Cindy Edgerton

11 ***no liturgist needed***

18 Duke Ferrell
25 Billy Kirby

September

1 Liz Ferrell
8 ***no liturgist needed***
15 Jack Kirby
22 Sharon Kirby
29 Ione Linker

Be Aware!

**Protect yourself
from scammers!**

Watch for emails, texts or calls that might be fraudulent and do not trust communications (even if they sound legitimate) that ask for personal information, money or gift cards.

You will NEVER get an email from the church or your pastor asking you to purchase gift cards because we are busy or in a meeting.

CHURCH OFFICE HOURS

Monday - Thursday 9:30-3pm
Friday Closed

If you need to conduct office business outside these hours, please call to make an appointment ([276-632-3431](tel:276-632-3431)). Voicemail will be monitored.



ANNOUNCEMENTS & UPCOMING EVENTS

GIVE BLOOD

You can make a difference.



**American
Red Cross**

FPC will be hosting the **American Red Cross** in the Fellowship Hall for a blood drive, **Monday, August 26 from 1 - 6 PM**. Please contact Nancy Baker for additional information or to volunteer.

To schedule a donation, sign up online at <https://www.redcrossblood.org/give.html/donation-time> or call [1-800-733-2767](tel:1-800-733-2767).

As a thanks for all donors who come to give blood Aug. 1–31, 2024, they'll get a \$20 Amazon.com Gift Card by email.

Session Meeting - Monday, July 29 at 6:00 PM

Join us again this summer for

COMMUNITY

WORSHIP

June 9 - Grace Presbyterian @ 11 am

218 Fayette Street, Martinsville, VA

July 14 - First Presbyterian Martinsville @ 10 am

1901 Patrick Henry Avenue, Martinsville, VA

August 11 - Forest Hills Presbyterian @ 11 am

725 Beechnut Lane, Martinsville, VA

September 8 - First Presbyterian Collinsville @ 11 am

4500 King's Mountain Road. Collinsville, VA

~

Light refreshments will be served
following each service.



Community Breakfast

God provided us with some much needed rain last Saturday but the sun was shining in the

fellowship hall at FPC. There was energy flowing through the kitchen and fellowship like blood flowing through our veins. All that energy provided a dry, safe and welcoming place for our 65+ guests to enjoy delicious food and entertainment. Barbara Duncan entertained everyone with her beautiful voice and guitar and Gale Buck captivated us all with his wonderful storytelling.

In total, we filled about 50 to go plates. Lynn Pritchett delivered breakfast to three of our shut-in members, while Janet Fentress delivered the leftover to go plates to the Woman's Shelter.

We had several new helpers on board and hopefully they will continue to be a part of this vital mission. A huge thank you to all the cooks, servers, entertainers and most of all to God for providing the food and energy to share.

Recapping the morning makes me smile and feel love.

Team leaders and schedule for the remainder of the year

- August 17 **Suzan & Bill Kirby**
 - September 21 **Brooke & Chuck Cundiff**
 - October 19 **Billy & Sharon Kirby**
 - November 16 **Nancy & Henry Moore**
 - December 21 **Kym & Neil Tatum**
 - January 18 **NEED LEADER**
-

back2school

VOLUNTEERS NEEDED!

There are many opportunities to let your gifts shine during this great event.

Registration

- Saturday, July 13 (noon – 3pm) at The Uptown Ministry Center
- Tuesday, July 23 (6-8 pm) at The Uptown Ministry Center

Pack the Bus

- At Walmart, Martinsville July 19-21 . Shifts TBD
(City Cluster's supplies are from Holy Trinity Lutheran)

Filling Backpacks

- At the Future Home of Community Fellowship
700 Commerce Court, Martinsville
Tuesday, July 30 (6:00 pm) All are welcome!
(City Cluster back pack filling Wed. 31 at 5pm)

The Big Event

- At The Uptown Ministry Center (Behind Rania's)
Saturday, August 3 (7:30 am) Shifts will be determined

If you can help, please email: Tracy Hinchcliff
tracy.hinchcliff@gracenetworkmhc.org or call 276-403-4222.

Lemonade on the Lawn



Will be the following Sundays:

Aug 18

Sep 15

Happy Birthday!



2 William Seamon

4 Ben Pinkston

5 Paul Cannaday, Samuel Smith

12 Betty Stanley, Heidi Pinkston

15 Dick Pilson

17 Jerri DeVault

18 Ashby Pinkard, Duke Ferrell

20 Connor Wotring

21 Sienna King

22 Lil Wall

23 Anne M. Lackey, Chris Beeler

27 Laura Stevens

28 Madison Sanders

These members and friends of the congregation need our prayers:

PRAYER CONCERNS

Anne Abercrombie, Sue Benfield, Jerry Bishop, Jackie Bloxom (P. Stanley), Bud Buffkin, Evelyn Cannaday, Bob Chapman, Joel Christman (B. Stanley), April Cox (B. Tatum), Nancy Davis, Steve Edgerton, Marge Dunn, Teri Ferguson, Neill Ferrill (S. Ford), Gary Francisco (Shanna King's Father), Juanita Griffin (J & B Williams), Daniel Handy, Marvin Hudson, Harold Lamm, Mary Manning, Jackie McLachlan, Regina Newman (P. Stanley), Maggie Pilson, Rusty Reaser, Susan Rosser, Becky Stone Sawyers (L. Pritchett), Dee Moore Smith, Laura Stevens, Scott Stevens, Bruce Thomas, Nathan Toms (A. Madonia), Carl Utley, Tammy Tucker Wardinski, persecuted Christians, military service men and women, missionaries, and all refugees and immigrants forced to flee their countries.



Congregational Care and Fellowship

If you are in need of a [prayer shawl](#), or know someone that could use one, please pick one up from the narthex and be sure to sign it out. If you have any questions, please reach out to Pearl Minter.

If you are in need of prayer, a meal, transportation, etc...due to a death in the family or the birth of a baby, please reach out to the Congregational Care and Fellowship committee by contacting Pearl at [276 340-3476](tel:2763403476).

Grace Network Donations

3rd quarter food donation item is
Toothpaste



Please consider donating extra when you are able to get out and about as your donations will become more important

than ever.

Hygiene Items are always needed (optional)

- *Toilet Paper
- *Bath Soap
- *Dish Detergent
- *Feminine Products
- *Deodorant
- *Toothpaste
- *Laundry Detergent

**Items may be brought to the church or dropped off at Grace Network, Monday
- Friday, 9-2 PM*



Steeple Views Reminder

FIRST PRESBYTERIAN CHURCH, MARTINSVILLE, VA

Steeple Views is published weekly on Thursdays. **DEADLINE** for submission of articles is Wednesday evening.

If you have information you want included in Steeple Views, **PLEASE SEND TO:** fpcsteepleviews@gmail.com. For time sensitive announcements, please send to skirbycwj@gmail.com

We reserve the right to edit all submissions. Sharon Kirby, Editor



For updates and announcements, please click on the link below or copy and paste into your web browser:

<https://www.peakspresbytery.org/peaks-postings/>

Our Mission

Share God's Love, Embrace Our Neighbors, Nurture Each Other

Printed copies of Steeple Views are available at church. Current and back

issues are also on our website:

www.firstpresbyterianmartinsville.org/page.cfm/topic/newsletter

Useful Links

FPC website:

www.firstpresbyterianmartinsville.org/ or www.fpcmartinsvilleVA.org/

FPC online directory: members.instantchurchdirectory.com/

FPC Facebook page: www.facebook.com/FPCMartinsvilleVA

Presbytery of the Peaks: www.peakspresbytery.org/

Presbyterian Church (USA): www.pcusa.org/

Daily Bible Readings: www.presbyterianmission.org/devotion/daily/

Church Office Phone: [276-632-3431](tel:276-632-3431)

Our mailing address is:

First Presbyterian Church

1901 Patrick Henry Ave.

Martinsville, VA 24112

STAFF

Rev. Bea Miller, Interim Pastor, rev.millerb@gmail.com

Rita Bateman, Secretary/Office Manager, office@fpcmartinsvilleVA.org

Vickie Blair, Bookkeeper, bookkeeper@fpcmartinsvilleVA.org

Carol Carter, Weekday School Director, wds@fpcmartinsvilleVA.org

Spencer Koger, Director of Music, adultmusic@fpcmartinsvilleva.org

Peter Marshall, Worship Technology Coordinator,

worshiptechnology@fpcmartinsvilleVA.org

THE SESSION

Clerk: Nancy Baker

Treasurer: Henry Moore

Class of 2024

Pearl Minter: Congregational Care and Fellowship

Neil Tatum: Facilities

Liz Ferrell: Worship

Class of 2025

Ron Rebman: Mission/Outreach

Sue Legg: Stewardship and Communication

Monica Stevens: Christian Education

Class of 2026

Billy Kirby: Administration

Susan Pilson: Communication

Anne Madonia: Think Tank

TRUSTEES

2024: Duke Ferrell, Milt Davis

2025: William Kirby, Gale Legg

2026: Sharon Kirby, Dru Rothrock

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