



First Word

June 22, 2020

"To live by Faith, to be known by Love, and to be a voice of Hope."

A WORD FROM THE PASTOR...

Dear First Presbyterian Church Family,

Life is a journey! In the Scout program, we are taught that before you begin a journey (scouts call this a hike), you need to accomplish the following tasks: acquire a good map of the terrain that you will be traveling, a compass to help you know the way to go, a good navigator(s) to help you through the various challenges you will face (remembering to always look forward and paying attention to landmarks along the way) and finally, you need a good plan for your journey, making sure that you have the supplies, food, and water you will need. Also, remember to tell someone where you are going and when you plan to return.

In Scripture, there are many stories about people who are journeying (the word "journey" is used 106 times in the Bible). Consider these passages:

Exodus 12:37 – "The Israelites journeyed from Rameses to Succoth, about six hundred thousand men on foot, besides children."

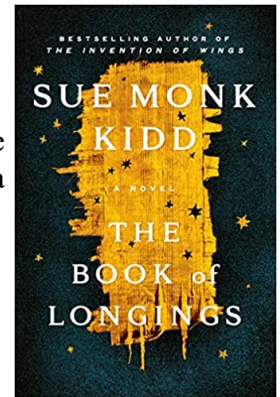
Luke 9:1-2 – "Then Jesus called the twelve together and ... sent them out to proclaim the kingdom of God and to heal. He said to them, 'Take nothing for your journey...'"

The Israelites and Disciples know they will need a good map (Torah/Scripture) for their journey and they also need a compass (the Spirit) to show the way, along with the Navigator (God the Creator, Redeemer, and Sustainer) who goes with them and makes sure they have what is needed. We are invited to join with them in the journey of life that God calls us to travel, along whatever trails we travel.

For this week, our journey takes us to the Petrified Forest in Arizona. This park "...is best known for its ancient trees that have crystallized over 225 million years into rainbow colors." Come join us as we enjoy the beauty of God's creation.

Peace, Brad

This month, our Koinonia Book Club will read *The Book of Longings: A Novel* by Sue Monk Kidd. Get your book wherever books are sold, and plan to join the Koinonia Book Club via Zoom on Thursday, June 25.



On Sunday, July 12 we will resume indoor worship with one service in the Harper Center at 11AM.

We will also continue to offer worship at home using the same technology we have been using. For those who choose to worship together in person, your safety will be our priority. Facemasks will be provided if you do not have one. Gathering in person is not encouraged for members in the high-risk groups. However you choose to join us in worship, we look forward to being with you!

Our Christian Education committee is excited to announce that we are planning to take our youth to Montreat August 1-8. High Schoolers will be in Montreat from August 1-5 and Middle Schoolers will go from August 5-8. For high schoolers, the cost is \$300 and for middle schoolers, \$250. Please contact Jenny with questions or needs soon, and confirm your participation by July 1!

This summer we will be offering Compassion Camp for children in our area. Compassion Camp is a virtual Vacation Bible School experience. If you are interested in helping prepare for campers, contact Jenny Lee.





The Outreach Committee is reminding you of two items:

- 1) **Family Promise**– First Presbyterian is hosting the Family Promise guests the week of July 5-July 12. The families will be staying at the FP Day Center, and our job will be to provide them with dinner every night (St. Francis Church helps with this), and other items for breakfasts and lunches. If you will be willing to help with food, contact Bucky Holmes at (202) 262-0878 or onthehill11@gmail.com.

June 23: Jane LaRue, Gary Walker

June 25: Susan Canon, Tim Hill

June 26: Bruce Benton

June 27: Lauren McCormack

June 30: Sally Chapin, Harrison Riddle

Since the families have been staying at the Day Center, FP is in need of some supplies. They need cleaning supplies, Lysol, disinfectant wipes, deodorant, etc. If you can donate any of this, you can take it by the Day Center.

- 2) Since we have not been able to collect food for CUOC every First Food Sunday, that is food they never get. Unless many of you take some staple food– the same things you’d bring to church on Sundays– directly to the CUOC. You can tell them you are bringing it on behalf of First Presbyterian if you like. Call ahead of going– volunteers are not there to receive the food all the time.

CALENDAR (6/22-28)

Monday:

9:30AM: Daily Devotion via Facebook Live

Tuesday:

10AM: Bible Study

Wednesday:

9:30AM: Daily Devotional via Facebook Live
7PM: Prayer Meeting

Thursday:

9:30AM: Music with David via Facebook Live
7PM: Koinonia Book Club

Friday:

9:30AM: Daily Devotional via Facebook Live

Sunday:

10:30AM: Zoom Coffee Hour
11AM: Worship via Zoom and Facebook Live
3PM: Youth Group

The Worship Committee has suggested that when we get back to our usual type of in-house worship, we start a Lay Reader program where we have someone (youth or adult) from the congregation assist in doing the Call to Worship and one of the Bible readings in either service.

If you are interested in volunteering, please contact Wanda Wazenegger who will be coordinating this opportunity (H) 919-774-3775 or (c) 919-777-3855. If no one volunteers, you will be hearing from Wanda!

“Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good.”

Maya Angelou, Celebrations: Rituals of Peace and Prayer

OUR PRAYER LIST

Parkview: Laura Rosser; Cathelene Wilmot; Laura Murphy; James King, Jr., Sue King’s brother.

Universal Health Care/Lillington: Betty Lou Bristow.

Home: Paul Kelly; Harold York; Sonny Talbot; Sidney Boaz; Helen Ogburn; Rexine Lloyd; Jean Perry.

Sanford Health and Rehab: Pat Humphries

Our Friends & Family: Donald Scott, brother of Donna McClune; Bunny and Rick Paderick’s niece; Beth Harris, Genie Morgan’s sister; James Cox; R.D.

Carson, son of Pastor Don Carson; Billy Boaz.; Luke Perry.

Six tips to combat Computer Vision Syndrome

Upwards of 90% of computer and device users experience [symptoms](#) such as decreased or blurred vision, burning or stinging eyes, sensitivity to light, headaches and back and neck pain.

If these symptoms affect you, ophthalmologist [Rishi Singh, MD](#), recommends the following tips to ease the strain and avoid the pain.

1. Adjust your viewing angle: For the best angle, the center of the monitor, tablet or phone should be 20 to 28 inches from your eyes and 4 to 5 inches below eye level. If you're looking back and forth between a screen and reference materials, keep those materials where you can see them with minimal head movement.

2. Reduce glare: "Position your screen to avoid glare from overhead lights or windows," says Dr. Singh. "Close the blinds on your windows or switch to lower-watt bulbs in your desk lamp. If you can't change the lighting to minimize glare, buy a glare filter for your screen."

3. Use the 20-20-20 rule: Take regular breaks to prevent [eye strain](#). Every 20 minutes, look away from your computer and look at something 20 feet away for 20 seconds. This will give your eyes a chance to refocus. After two hours of continual computer use, rest your eyes for 15 minutes.

4. Blink often: "To reduce risk, remind yourself to blink more often and refresh your eyes periodically with lubricating eye drops," says Dr. Singh. After you're done looking at your devices for the night, keep the humidity in your bedroom at least to 40% when you're sleeping to decrease your risk of developing dry eye.

5. Get your eyes checked: Uncorrected vision problems — farsightedness or astigmatism, problems focusing or coordinating the eyes and eye changes associated with aging — can contribute to eyestrain and musculoskeletal pain. Even if you don't need glasses or contacts for daily activities, you may need them for computer or device use.

6. Limit screen time: Gradually start decreasing your screen time before you go to bed. Start with putting your phone away 30 minutes before hitting the hay and then increase it to an hour. When it comes to your eye health, social media and email can wait.

Summer Worship Series

This summer, while many of us are staying home, we will be exploring our nation as we go on a "Summer Road Trip" each week in worship! Join us as we travel around our country, visiting various National Parks and hearing stories, reading scripture, and using our imaginations to travel far and wide.

This week we'll be "visiting" Petrified Forest National Park!

Tuesday Bible Study

Jun 23, 2020 10:00 AM

Join Zoom Meeting

<https://us02web.zoom.us/j/86401234632?pwd=Z1lUTGdydVh2QTV0ZjNlc2YrSm9vdz09>

Meeting ID: 864 0123 4632

Password: 303940

By phone:

1 (646) 558-8656, 864 0123 4632#, #, 303 940#

Prayer Meeting

Jun 24, 2020 7:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/84507361053?pwd=UFFtaUovNUZDU0ZVUUE5eHkzdStkQT09>

Meeting ID: 845 0736 1053

Password: 667899

By phone:

1 (646) 558-8656, 845 0736 1053#, #, 667 899#

Koinonia Book Club

Jun 25, 2020 7:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/82002503955?pwd=WVksZUIYMXdVSVPwTDNuM2Zsa1N4dz09>

Meeting ID: 820 0250 3955

Password: 555760

By phone:

1 (646) 558-8656, 820 0250 3955#, #, 555 760#

“Desserted not Deserted”

Let’s remind one another that we haven’t *deserted* each other by sharing a *dessert* with one another. The weekend of June 26-28, you’re invited to bake or buy a dessert of your choice and deliver it to another household in our church family!

Contact the church office to let us know to whom you will be taking a dessert so we can avoid repeats. Please also keep in mind that some members may have dietary restrictions. Also, if you would prefer to not receive a dessert, you can let us know.

Contact Jenny Lee with questions!

