

the Messenger

of Hilton Presbyterian Church (USA)

July 20, 2010

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Worship

Lectionary Readings

July 25

Hosanna 1:2-10
Psalm 85
Colossians 2:6-15 (16-19)
Luke 11:1-13

August 1

Hosanna 11:1-11
Psalm 107:1-9, 43
Colossians 3:1-11
Luke 12:13-21

I've fallen in love with my feet. Not mine really, but the human foot. As a child, I felt a bit embarrassed that the third and fourth toes on my right foot looked as though they should have been reversed in placement at birth. A little more symmetry could have been employed by the Creator. But lately, I've marveled at how they (feet in general) look and work.

With at least 26 bones (some people have more) 33 joints, and more than a hundred muscles, tendons, and ligaments, the feet are ultimately responsible for what we do; they actually carry out what we say is important.

When I was twenty-six, a member of my church left a copy of Kenneth Cooper's *Aerobics* on my desk with a hand-written note on the cover: "It will take about 9 weeks before the running starts to feel good." Though I had been on a state championship track team in high school, my running had been the dashes: 100 yards, 220 yards, 440 yards, and the relays. Learning to do endurance runs was a new experience. Discovering the joy of running and not worrying about whether I had cut my time for that day's distance provided a pathway of pleasure rather than an experience of competition with myself. For many years, pre-dawn began with a 6 to 7-mile run often seven days a week, with some mornings allowing time for a 12 to 15-mile trek. The aerobic-physical benefits of running quickly gave way to the emotional benefits and a better night's sleep.

Recently, Christopher McDougall's *Born to Run* (2009) has stirred much thought and feelings about running, feet, shoes, and diet all over again. While much of his book focuses on the Tarahumara Indian tribe in Mexico's Copper Canyon, he dedicates space to the development of the modern shoe which seems to have created more problems for feet, ankles, and knees than running with older styled shoes, scant sandals, or even bare feet as many Kenyans and Tarahumarans do. For the past year, I've noted a young teenage boy dedicated to running in our neighborhood. Recently, he's shifted to running barefoot. Going without shoes, whether running or otherwise, apparently strengthens the foot, whereas high tech running shoes ultimately weakens them. Jennifer's and our grandkids' penchant for shoelessness are far more in touch with nature than I've realized.

The foot is a beautiful part of our anatomy. "How beautiful...are the feet of the one who brings good tidings," the prophet Isaiah said. All four of the gospels include the story of Jesus' feet being anointed with expensive perfume over the objections of some disciples. John's gospel emphasizes the importance of Jesus washing the feet of the Twelve as part of their last meal.

Frederick Buechner reminds us that in Matthew's last chapter when the disciples first came upon the risen Christ that Sunday morning of confusion and terror, they took hold of his feet and worshipped him. Buechner goes on to say: "Generally speaking, if you want to know who you really are as distinct from who you like to think you are, keep an eye on where your feet take you."



Rev. Dr. Gary Bagley

A handwritten signature in cursive script that reads "Gary".

upcoming events

Blood Drive News

Tuesday, July 20, 1:30-6:00 p.m.
Trinity Lutheran Church

If you haven't made an appointment to give blood today, don't let that deter you from giving. Walk-ins are always welcome. Blood supplies are always lowest in the summer, so please make a special effort to come.

Ice Cream Social

Sunday, July 25, 6:30 p.m.

Did somebody say ICE CREAM? Come join us for an Ice Cream Social in the Fellowship Hall. We'll have all your favorite toppings and ice cream. Anyone that has an ice cream maker and feels like crankin' it up please bring that delicious home made ice cream! Hope to see you there!!

Any questions please contact Debbie Barber at (757) 930-0431.

Choirs Leading in Worship

| | |
|------|-------------|
| 7/25 | Adult Choir |
| 8/1 | Ensemble |
| 8/8 | Adult Choir |
| 8/15 | Ensemble |
| 8/22 | Adult Choir |

Dinner 4 Eight

A Fellowship Supper Club

Begins September 25! Sign up in the narthex if you are interested in participating. A list of approved babysitters will be available by September 12. Questions will be answered during worship on September 12.

announcements

JOIN US Sunday, August 1, for "Montreat Sunday," celebrating the energy and joy of our youth recently returned from Montreat Camp and Conference Center near Asheville, NC. Worship is planned and executed by the senior high and is always a treat.

PC(USA) ASSEMBLY MEETS Recently the 219th General Assembly of the Presbyterian Church (U.S.A.) convened. Information on the more than 300 assembly actions is available at <http://pc-biz.org>. Answers to frequently asked questions about the items that have already garnered media attention are available in the narthex and here <http://oga.pcusa.org/ga219/pdf/aib-2010-forprint.pdf> — MGB Commission, Ordination Standards, Civil Union and Marriage, Form of Government, and the Middle East. If you cannot get access to this brief please contact the church office so that you may receive one by mail.

AUGUST YOGA CLASSES taught again by Registered Yoga Teacher Jea Coffman will be held Wednesdays in August in the Fellowship Hall here at HPC. All are welcome to attend. Cost is \$32 or \$10 per session, payable by cash or check at the first session. For more information or to pre-register, contact Jea at (757) 788-4771.

HPC COLLECTS food and clothing for LINK. The baskets are located in the narthex and by the library. LINK accepts clean, gently used clothing and non-perishable food items.

FAIR TRADE COFFEE & TEA for sale. Through the *Presbyterian Coffee Project*, your purchase directly supports these co-ops of small farmers who grow these delightful drinks across the globe. Check out the many flavors located outside the Fellowship Hall.

PEVA PILGRIMAGE WEEKEND will be held October 21-24. This 3-day event of worship, discussion, singing and prayer for clergy & laity is designed for adult members of Presbyterian churches (singles and couples) to inspire, challenge, and equip individuals for Christian action in their home churches, places of work and communities through worship, discussion, singing and prayer.

A person goes to a Pilgrimage Weekend only once; the effect lasts a lifetime! After the weekend, pilgrims can join reunion groups to reinforce teachings, affirm friendships and provide a place to share the Christian journey. Larger groups, *Ultreya*s, meet several times per year for sharing & encouragement. Go to www.pcusa-peva.org and click on "NEWS" to find the registration form.

remember in your prayers

Family, Friends and those Recovering will be kept on our pastoral care list for one month unless an extension of time is requested. Please notify the church office of any changes.

Riverside Hospital: Frances Honich

Beth Shalom Life Care (Richmond): Barbara & Bo Smith

Colonial Harbor: Lauren Bursch

Fairmont Crossing: Alice Wertheimer

The Hidenwood: Dorothy Hogue

James River Convalescent Center: Ruby Rankin

Mennowood: Allene Kidd, Arno Pauley

Morningside: Ellie Argo

The Newport: Edra Mayer, Kitty Ramsay

NN Nursing and Rehabilitation: Angie Hodge

At Home Recovering/In Treatment: Renee DiPasquale, Janette Cook, Janie Hurt, Dot Turner, Terry & Linda Rankin, Claire Hubbard

Family/Friends: Stanley Drucker (friend of Nelson Farley)

Our high school youth and leaders attending Montreat this week: David Barber, Chandler Davis, Winston Davis, Jack Doerner, Megan Grayson, Patti Grayson, Margaret Minium, Carter Moonis, Francie Pearce, Beth Rivenbark, Thomas Rivenbark, Audrey Schlickemeyer, Audrey Sulzberger, Jessica Watkins, Annalee Weeks, Jack Weeks, Rena Williams (Kathryn Dabbs & Bob Sulzberger attending separately as Montreat staff)

Seminary student: Chuck Webb, "Inquirer for Ministry," Union Presbyterian Seminary

Our Sister Church in the Democratic Republic of Congo: Brikin Church, Kinshasa

Our Missionaries: Tom & Nancy Rach in Mexico

Military: Britt Caldwell, Jeremy Coviello, Stephen Elliott (Sandy Sherrill), Robbie Casper* (Chris Cann), Joey Doherty (Jessica Perry Doherty), David Melendez (Nelson Farley), Mike Roane (Lynne Peterson), Ron Wagner, Jr. (Kate Perry Wagner), Jason Wood*
*Deployed

Everyone is encouraged to write to our deployed troops. Their addresses are below:

1st Lt. Casper, Robert
1st Marine Div. HQ Battalion
G-3 ANSF (Afghan National
Security Force)
Unit 40115
FPO-APO 96427-0115

Cpt. Jason Wood
89th Transportation Co.
553rd CSSB
APO, AE 09344

MUSIC notes

Every year I look forward to the opportunity to learning more about the world of church music. This year Organist Doris Slagle and I will be at the Virginia Wesleyan Church music conference. Did you know that there are three concerts associated with this wonderful conference that you can attend?

The conference opens with a Service of Christian Prayer using the music of Taizé, Monday, **July 26 at 7:30 p.m.** in VWC's Monumental Chapel. Services like these a great when they are attended by a room of choir directors.

Next is a hymn festival entitled *Love Divine*, led by Dr. David Cherwien, conductor of the National Lutheran Choir. Featuring lots of congregational singing, readings and scripture on Wednesday, **July 28 at 7:30 p.m.** at 1st Presbyterian Church, Va. Beach.

The Finale: Beloved Immortals and More—a choral concert with the 90 -voice Wesleyan Festival Chorus at **7:30 p.m. on Saturday, July 31.** \$10 donation at Christ & St. Luke's Church on Olney Rd. in Norfolk. Three of those voices will be from our own choir here at Hilton PC.

Hope to see you there!



Lois Reese,
Music Director





Hilton Presbyterian Church
 34 Main Street
 Newport News, VA 23601

The Messenger Staff

Editor: Sarah McGinnis
 Copy Editor: Nelson Farley
 Pastor/Head of Staff: Gary Bagley

ADDRESS SERVICE REQUESTED

phone: (757) 595-1313 · fax: (757) 223-5011 · email: SMcGinnis@HiltonPres.org

website: www.HiltonPres.org

Laity Assistant Schedule

If you are unable to be at church on a Sunday you're scheduled to serve, please arrange for a substitute, and if time allows, contact the church office.

| | Week of July 25 | Week of August 1 |
|----------------------|--|--|
| Building Security | Howard Williams/Doug Baker | Greg Raines |
| Greeters/Ushers | Patty Gibbs, Andy Grayson, Mike Moonis | Fred Caccavale, Aderon Gibbs, Randy Herrmann, James Howard |
| Counters | Eleanor Day, Fred & Patti Caccavale | George & Debbie Barber |
| Nursery | Patti Gibbs, Barbara Savage | Carole Taylor, Leslie Trimble |
| Moments for Children | Jennifer Bagley | Lisa Schlickemeyer |
| Multimedia prep/op | Sarah McGinnis, Mike-Mike Minium, Francie Pearce | Jessica Watkins, Winston Davis, Zack Gray |
| Lay Reader | Amie Hellauer | Sarah Leser |
| Flower Delivery | Sandy Sherrill, Andy Connor | Joe Hogue, Glen Schlickemeyer, Jennifer Brown |
| Giving Flowers | Barbara Savage | Nola Atkins |

The Messenger is published every other Tuesday unless noted. The deadline for the August 10 Messenger is noon on **Friday, August 10**. To submit news, leave items in the office mailbox marked *office manager*, call Sarah in the office at (757) 595-1313 or email her at SMcGinnis@HiltonPres.org. You can receive The Messenger the same day of publication and in color, emailed straight to your computer.