

GOOD NEWS

LETTER

*Forest Presbyterian Church
Living God's Heart, Hands, & Voice*

Newsletter for Forest Presbyterian Church, Forest, Virginia

February 2020

Not By Bread Alone

The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" - Matthew 4:3-4

Hunger, thirst, lightheadedness, mirages: all symptoms of Jesus' temptation in the wilderness. The Spirit had led Jesus into the wilderness to meet his greatest, but not superior adversary, Satan, the accuser.

Satan tempted Jesus with things that seem good. Make bread for yourself - you're hungry. Jump off the Temple - God will catch you. Survey the world - it's yours, if you bow to me.

The temptations of Satan in our lives are not just the moments that seem lascivious and uncharacteristic of our behavior. Real temptations play into our basic needs and hopes and dreams. They seem good, and no one will notice the consequences - we think.

Jesus answered the devil's temptations with scripture. Even hunger and thirst, what seem like our most basic needs, are an illusion. Our deepest needs are spiritual. Jesus says that we live not on bread, but the Word of God.

On the one hand, these are the words on the page. Reading the Bible and learning it by heart, as Jesus does with books like Deuteronomy, quoted here, protect Jesus' heart and soul.

On the other hand, the Word of God is the presence of the Spirit with us. Jesus' relied on the Spirit to guide him through the wilderness. Satan was the voice in his ear, calling him away from his ministry, calling him away from saving us.

This Lent, place your focus on the scriptures. Give your heart to the Lord anew. Come to Ash Wednesday (February 26 at 6 PM) as we remember our mortality and place our absolute dependence on God. Come to the First Sunday in Lent (March 1) as we read passages like the Temptation of Christ in the wilderness to build our relationship with the Lord, the Word of God.

Yours in Faith,
MORGAN

LENT

BEGINS WITH



Everyone is invited to join us on
Wednesday, February 26, 6:00
pm for a meatless meal
followed by a brief
worship experience.

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**Forest
Youth
Reaching
Everyone**



**It's Time For Souper Bowl
January 5 - February 2**

**No not the *Super bowl*, but the
*Souper Bowl of Caring!***

FYRE Youth is participating in the nation-wide Souper Bowl of Caring project, and we are collecting food for Bedford Christian Ministries. This year instead of pitting different types of food together, we're going to go for a new record number of donations for FPC. Our record is 500 food items.

Let's go Team FPC and help beat hunger!

**SOUPER BOWL OF CARING
CURRENT NEEDS!**

- TOILET PAPPER
- PAPER TOWELS
- KID'S JUICE POUCHES
- KIDS SNACKS (INDIVIDUAL PK.)
- LAUNDRY SOAP
- DISH SOAP
- BATH SOAP
- FLOUR
- COOKING OIL
- LARGE-SIZE OATMEAL

THEY HAVE PLENTY OF CANNED ITEMS OF PEAS, CORN, GREEN BEANS AND CARROTS.

THANK YOU FOR ALL YOUR HELP!

MARK YOUR CALENDARS:

- **Sunday, February 2:** Final FYRE youth Souper Bowl of Caring
- **Sunday, February 9:** FYRE youth meeting 4:30 - Packing Valentine's for College Students
- **Sunday, February 16:** FYRE Movie Night - watch bulletin for location and time
- **Saturday/Sunday, February 21-22:** Presbytery of the Peaks Retreat
- **Sunday, February 23:** FYRE meeting 4:30-6

Presbytery of the Peaks Youth Council hosts

**2020 Middle School and
High School Retreat**

CENTERED ON SABBATH

When: February 21-22

Where: Camp Bethel

Cost: \$55/person

Registration Deadline: January 31

(Make checks out to FPC)

Explore the Sabbath with



**Music
Nature
Art**



Share Love!



Valentines

Send a Valentine note to our college students. All Valentine notes are due by Sunday, February 9. Look for paper hearts, note cards and envelopes on the table in the Commons. We will mail cards before February 14. This is a fun time to be an encouragement to our students.

Christian Education

A Word from CE



He did what was right in the Lord's eyes. -2 Kings 22:2

This month we will be learning about leaders of the community including Deborah, a wise prophet who trusted and served God; Josiah whose reign as king is known for religious reform that brought Judah back to serving the God of Abraham and David. Each Sunday, we read the Bible story, do puzzles, games, crafts, and watch a video about the lesson. When you see us after class ask us what we have learned. We have a great time! Come join us this Sunday and bring a friend!

We Need You!

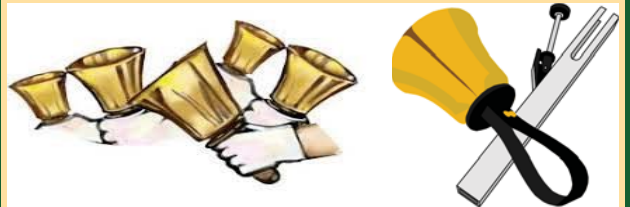
We are looking for a Church School Superintendent (teaching not required). Please talk to Meghann Cope to learn more.



The children at FPC are so much fun to teach and spend time with! Please consider volunteering to teach in Church school, lead children's chapel or help in the nursery. If you feel God is calling you to help in anyway, please talk to Angie Francis, Stephanie Lane, Meghann Cope or Laura McCurry to learn more.

Adult Church School

All adults are encouraged to join us each Sunday morning 9:30 am as Pastor Morgan continues his study in **The Present Word - Honoring God.**



Chimes/Handbells (Ding-A-Lings)

Chimes/Handbells (Ding-A-Lings) -

Have you been thinking about trying our handbells but a little intimidated? Now is the time to give it a try. The Sunday Ding-A-Lings have a few open spots and we are just starting to learn new music. If you can't commit every week, just drop in, as we always need substitutes.

Sunday Ding-A-Lings meet every Sunday 3:00-4:00. Wednesday Ding-A-Lings meet every Wednesday 6:00-7:00.

Kids Music Program

The children's music class (k-5th grade) meets on the 2nd and 4th Sundays of each month - 2:15-2:45 in the Sunday School area. The purpose of this class is to teach the fundamentals of reading and performing music plus develop an overall appreciation for music. We use a variety of instruments (percussion, chimes, body percussion, voice) to learn rhythms and play notes. This is open to all children in our community. Come and join in the fun!



FEBRUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Communion Souper Bowl of Caring 3p Handbells 4:30p FYRE Youth Group	3	4 10a Disciples in ChristCare 7p Session	5 6p Chimes 7p Adult Choir  Choir Rehearsal	6 9a TOPS 6p Deacons	7	8 
9 2:15p Kids Music 3p Chimes/Handbells 4:30p FYRE Youth Group	10 Newsletter Deadline 	11	12 6p Chimes 7p Adult Choir	13 8:30a Presbyterian Meeting 9a TOPS 11:30a FPC Lunch Club	14 	15
16 3p Chimes/Handbells 4:30p FYRE Youth Group	17	18 10a Disciples in ChristCare	19 6p Chimes 7p Adult Choir	20 9a TOPS	21 Youth Retreat at Camp Bethel	22
23 2 Cents-A-Meal 2:15p Kids Music 3p Chimes/Handbells 4:30p FYRE Youth Group	24	25 7p Book Club 	26 6p Lenten Supper 7p Adult Choir	27 9a TOPS	28 	29

ABBREVIATIONS

a - am
p - pm
MT - Ministry Team
CC - ChristCare
BS - Bible Study

SUNDAY WORSHIP SCHEDULE

9:30am - Church School
10:30 am - Worship Service



Connected in Creation

Forest Presbyterian Church Retreat -
Spotlight on our Guest Facilitator



Sarah Windes comes to us highly recommended by Rachel Shepherd, Presbyter for Discipleship at the Presbytery of the Peaks. Sarah is very active in her home church, Blacksburg Presbyterian Church. She is concurrently the acting Coordinator of Church Life and the Chair of the Creation Care Team. She also works at the Virginia Tech Museum of Geosciences and is a certified Master Naturalist. Sarah was Director of Christian Education at the Presbyterian Church of Radford for nine years, and she has been a presenter and organizer of many intergenerational retreats over the years. We are excited to have Sarah with us for our retreat as we discover:

- All are connected
- All have a part
- All are sacred

Date: Friday, March 20 – Saturday, March 21

Location: W.E. Skelton 4H Educational Conference Center at Smith Mountain Lake

Registration Deadline: March 1, 2020

FPC Church Retreat – Registration Form

Name _____

Room size (circle one)

Single (\$90pp) - Double (\$50pp) - Triple (\$35pp) - Quad (\$25pp)

Full names of all room occupants

1. _____
2. _____
3. _____
4. _____

Breakfast (kids age 5 years and under eat free)

\$12 x _____ (# of adults) + \$7 x _____ (#kids age 5-10) = _____

Lunch (kids age 5 years and under eat free)

\$14 x _____ (# of adults) + \$8 x _____ (#kids age 5-10) = _____

Dietary restrictions _____

Conference fee

\$10 x _____ (total number attending) = _____

Saturday Only \$15 = _____

Total = _____

Conference fee due at registration.

Please make checks payable to Forest Presbyterian Church.

Balance due March 1, 2020.

In the church family...



✦ Church Members and Friends,
The Posey family would like to thank all the members and friends of Forest Presbyterian Church for their prayers, cards, phone calls and gifts of fruits, cheeses and goodies. We appreciate your love, concern and thoughtfulness during this time.

Love, The Posey Family

✦ Patrick and Julia Smith are expecting a new little girl sometime in April 2020. The Deacon's have placed a Baby Shower basket in the Commons for you to shower them with gifts for the new bundle of expected joy.



Choir Notes

All ready tired of cold weather? The choir is thinking about warm weather and spring time as we work on our music for Palm and Easter Sunday. Why not come bask with us in the warmth of fellowship and song as we rehearse each Wednesday evening at 7:00 pm in the sanctuary. All are welcome! Come lift your voices to God with us!



February Birthdays

5 Dawn Dowdle
9 Jason Sims
13 Caleb Lane
17 Barbara Posey
19 Lorraine Rea
19 Emory Willoughby
24 Drema Leedy
29 Kathy Sarson



DEACON'S NOTES

It's that time of year again. Every January, millions of people begin their year with New Year's resolutions. We're going to lose weight, get organized, exercise more, eat healthier, stick to a budget, and spend more time with family. These are the most common resolutions, but what about making spiritual resolutions?

If we are honest, many of us will have to admit that by the time this newsletter is published that we have already given up on our well-intentioned resolutions. Before we go down that road, consider making a few spiritual resolutions, such as praying more, reading the bible, getting involved in a ministry, or sharing your faith with a friend(s). And don't forget, if you are feeling like giving up on your resolutions, pray for perseverance and the Lord's guidance. Thomas Fuller, well-known preacher from England, understood how to be successful in our resolve. In the mid 1600's Fuller made this statement:

“Seek Him and His wonderful plan for your life. The two of you will make a great team—united in your determination to fulfill your destiny. A strong will, a settled purpose, an invincible determination can accomplish almost anything”. — Thomas Fuller

Wise men still seek Him

Disaster Preparedness - What's to Come



This year I (JoAnn Scott) bought a snow blower as my snow shovelers have either gone off to college or have bad backs. With that in mind, we'll probably have a lighter than normal snowfall this year. I wanted to check this theory out and this is what I found on the Richmond WWBT site.

If we do get snow, purchase a shovel which is easier on your back, take breaks, listen to your body. If the roads are bad don't drive. If you have to drive, be careful.



January and February could be usual bill of fare for Virginia, with at least a couple of deep cold outbreaks, and if expectations of an active Midwest clippers track holds true, then at least a couple of hits with small to moderate amounts from those of snow or ice. In general, the winter could be a bit milder temperature-wise than average, but with the usual occasional dips into downright cold territory

Last winter brought over 13" of snow (above average) but 11.5" of that was from a single storm in December. *The takeaway; our BIG snow totals in central Virginia are almost always associated with southern or coastal storms, and IF we see at least one of those (always possible), then hitting or exceeding our annual average total of 10" could easily happen*

And finally, this word of caution: Snow forecasts are akin to walking into a casino. There is absolutely no way to predict hitting a jackpot but for the whims of luck (or bad luck), and since the bulk of our total seasonal snow totals comes from those bigger storms, as the saying goes, only time will tell!

By **Jim Duncan** RICHMOND, Va. (WWBT) -

MISSIONS

Food Pantry - Cold weather is here and the need for more food is always there. We thank you and appreciate all the help that you give to the Bedford Christian Ministries. The food pantry is in need of the following items:

HELP US
FEED THE HUNGRY



Canned meats, fruit, vegetables, all kinds of cereals, mac-n-cheese, spaghetti noodles and spaghetti sauce, peanut butter, jelly, bottled juices, kids juice pouches, kid snacks (individual packages) Large-size oatmeal, laundry, dish and bath soap, flour, cooking oil, toilet paper, paper towels, napkins etc - all are needed. Thank you for all your help!

Lenten Service & Lunch

Once again the churches in Forest are sponsoring a half-hour ecumenical worship service each Wednesday during the Lenten season. These services begin at 12:00 noon and are followed with a light lunch. They are held at Bethany United Methodist Church, 1720 Bethany Church Circle, Forest, Virginia.

Pastors in the Forest churches take turns leading the worship and hosting the lunch.

Pastor Morgan and the ladies of Forest Presbyterian Church will be hosting the service on Wednesday, March 11. Robin Carter is the lunch coordinator this year. Please let her know if you are able to help by supplying a dessert for the luncheon. Call 525-3845. Desserts for the luncheon are due in the church kitchen by Sunday, March 8, or Tuesday evening, March 10. You may also give your dessert to Robin. We appreciate any help you may give.



Walking Group!

We are continuing to walk the North Country Trail. This past month, we finished the Ohio section, crossed the Lower Peninsula of Michigan and have crossed the famous Mackinac Bridge which means we have reached the Upper Peninsula. The bridge is 5 miles in length and it's main span is the longest suspension bridge between two anchorages. We had to be bused across. Interestingly, walking is allowed only on Labor Day in the morning. A bridge walk at that time, traditionally led by the state's governor, was initiated two years after the bridge opened in 1957. At all other times, I-75 traffic crosses the bridge. A few more weeks and we will be entering Wisconsin, the 6th state on the NCT.



FPC Ornaments

Ornaments have arrived! If you have purchased an ornament please make arrangements to pick them up. If you would like to make a purchase, please contact the Church office or Lisa Klingenfus. Cost of the ornament is \$10.

