

FIRST PRESBYTERIAN CHURCH

THE FIRST PRESS

September 1, 2020 • Volume 25 • Issue 9



IN THIS ISSUE

**Introducing
Rev. Fred Lyon**
- Page 2

New Website
- Page 4

**Faith Formation
Updates**
- Page 8

**Parish Nurse
Updates**
- Page 10

Introducing Rev. Fred Lyon



First Presbyterian Church is excited to announce that Rev. Fred Lyon will serve as our new Interim Senior Minister! Fred's first day with us was Tuesday, September 1, 2020.

Fred is a cradle Presbyterian who grew up in Sparta, New Jersey and Clarks Summit, Pennsylvania. His education includes undergraduate studies at Bucknell University and graduate work at Princeton Theological Seminary, Virginia Theological Seminary, and Union Presbyterian Seminary. Fred has served congregations in Connecticut, New Jersey, New York, Virginia, Maryland and, most recently, Illinois. He brings to First Presbyterian Church eighteen years of head of staff experience, eight of which has been serving in an interim capacity. Fred is married to Jan Edmiston with whom he has three now grown children --Ben (married to Sahar), Jay, and Libby--as well as a very willful yet lovable lab mix named Spense. Fred and Jan live in Charlotte. They enjoy hiking and, when actually possible, taking road trips to explore new places.

Watch your email for a special video which will introduce Fred and help us get to know a little bit more about him!

We would also like to express special thanks to the members of the Interim Pastor Search committee for their work: Lewis Efird, David Ratchford, Beth Silvers and Marsh Spencer.



**Join us for Outdoor Worship!
Sunday Mornings at 8:30 a.m. outside the
Fellowship Hall.**

September Birthdays

Congregational Cares

Luke Buchanan	9/1	Lauren Letts	9/11	Thomissa Wallwork	9/21
Tucker Cole	9/1	Mary Rollins	9/11	Alice Arkin	9/22
Mary Lauren Keeny	9/1	Sarah Layton Shiflet	9/11	Rebekah Bing	9/22
Hazel McLean	9/1	Gabriel Shook	9/11	Rachel Bradshaw	9/22
Kay Brown	9/2	Sylvia Seawell	9/12	Betty Davenport	9/22
Tripp Current	9/2	Julia Kay Reese	9/13	Ralph Dickson	9/22
Pat Schultz	9/2	Pressley Howe	9/15	Rook Mohamed	9/22
Betsy Summer	9/2	Jami Farris	9/17	Linda Ratchford	9/23
Janie Stiles	9/3	Daniel Hilton	9/17	Emily Charles Bing	9/24
William Trogdon, III	9/3	Mandy Coffey	9/18	Will Kelly	9/25
Sarah Holland	9/4	Leslie Coffey	9/18	Ibby Page	9/25
Joel Vaughn	9/4	Beth Collins	9/18	Amy Boyd	9/26
Kate Buckles	9/5	Brian Levy	9/18	J.R. Ozment	9/26
Katie Reese Owen	9/5	Matthew Miller	9/18	Sarah Abernethy	9/28
Raul de la Vega	9/6	Lee Schultz	9/18	Angie Sellers	9/28
Rick Smyre	9/6	Ernest Sumner, II	9/18	Caroline Efird	9/29
Jay Sarn	9/6	Eva Coffey	9/19	Lynda Hall	9/29
Liza Sarn	9/6	Frank Craig	9/20	Becca Doyne	9/30
Kathy McAllister	9/8	Lucy Sigmon	9/20	Kathy Gallman	9/30
Ashley Hovis	9/9	Roger Stowe	9/20	George Miller	9/30
Jamison Simmons	9/10	Adam Thornburg	9/20	Janet Sytz	9/30
Janet Spencer	9/10	Sadie Cooke Holsinger	9/21	Lindley Sytz	9/30
Emmy Letts	9/11	Karen Simmons	9/21		

Condolences to:

Lisa Dent upon the death of her father Richard Johnston, August 26, 2020.

Our Joy is With:

Meredith and Zach Bynum upon the birth of their son, Anderson "Webb" Bynum, August 5, 2020.

Ibby and Danny Page upon the birth of their granddaughter, Carson Page Cosgrove, August 10, 2020.

FIRST PRESBYTERIAN CHURCH

[HOME](#)[ABOUT](#)[WORSHIP](#)[FAITH FORMATION](#)[OUTREACH](#)[LIVESTREAM](#)[CONNECT](#)[MORE](#)

www.fpcgastonia.org Gets a New Look!

This Thursday, September 3, First Presbyterian Church will unveil our newly updated website!

When our Director of Communications, Celeste Crowe, arrived earlier this year, one of the first projects she began working on was designing a new church website. The Communications Ministry wanted to freshen up the look of the current website, while also making sure that the information included was up-to-date and easily accessible for members and visitor alike. Additionally, they wanted an interface that could be quickly updated and also adjusted automatically when viewed on a mobile device. We are very pleased with the new design!

On the website, you will now find information broken down into three main categories: Worship, Faith Formation, and Service. These sections include updated information on our Children's and Youth ministries, Sunday School Classes, Small Groups, Presbyterian Women, Wednesday Night Alive! and other programs. Visitors will be able to read about our services, what to expect when visiting, and just what exactly we as Presbyterians believe. You can also find detailed information about the various missions and ministries we support, be that Rise Against Hunger, Crisis Assistance Ministry of Christians and Jews (CAM), or our Pastoral Care ministry.

Under the Connect tab you can view videos from our Pastoral staff, participate in video Sunday School lessons, or read the First Press Online. Online Giving continues to be available, and as always you can worship with us at home by clicking on Livestream.

We hope that you will take a moment to explore all of the new features and maybe even learn something new about our church!



First Presbyterian As It Was

We are going through our photo archives! If you can tell us anything about the photo shown below, contact communications@fpcgastonia.org. In our next edition, we will reveal the details of the picture and share your responses!



Last month's photo featured volunteers at our 2014 Rise Against Hunger (then Stop Hunger Now!) meal packaging event.

Back to School Glory

Just like everything else this year, Back-to-School Glory looked a little bit different in 2020! Instead of shopping for school supplies for individual students, the Youth Committee contacted Sherwood Elementary School to see what their greatest needs were for the upcoming school year. With the decision about returning to school still up in the air at the time, Sherwood Principal Kristie Gornto noted that one big need at their school was sturdy, quality headphones and earbuds for the inevitable online learning. So, after receiving \$4,000 from the Presbyterian Endowment Trust, 275 headphones and 350 sets of earbuds were purchased and delivered to our friends and neighbors at Sherwood Elementary. We pray that these gifts will be valuable tools in the education of our community's children, and that they will ease some of the strain that comes with online learning in the midst of a pandemic.





Caring Cupboard

We invite you to check out our newly installed Caring Cupboard, located outside the Chapel portico entrance. This special cupboard will provide non-perishable food and toiletry items for our neighbors in need. If you see that our stock is running low, add a few pantry staples of your own! These small donations will help to fill in the gaps for families and individuals in our community.

Thank you to Kathryn Cupp, a student at Stuart Cramer High School, for making this project possible.

Nickel-A-Meal

While we are still in this pickle,
You can still save your nickels,
And donate them online.

Our collections are down,
Without the Red Buckets around,
Save your nickels each time you dine.

If each pickle in a jar,
Is worth a nickel thus far,
That would buy the hungry a meal.

While we are still in this pickle,
Keep saving your nickels,
And the hungry we can heal.

By: Cynthia Anderson

Our next collection will be Sunday, September 13. Donations can be made at www.fpcgastonia.org/giving (select the Nickel-A-Meal fund) or by mailing a check to the church.



FPC Library Resources Available

Do you need a book or five for research or pleasure reading? Please contact **Betsy Keith** at bkeith07@outlook.com or (704) 864-3173 with your requests. She will be happy to find books in our FPC Library and make them available to the congregation. These materials will be left in the vestibule for pickup in a timely manner. Our library check out period is typically two weeks, but if you need to check out resources longer, special arrangements can be made.

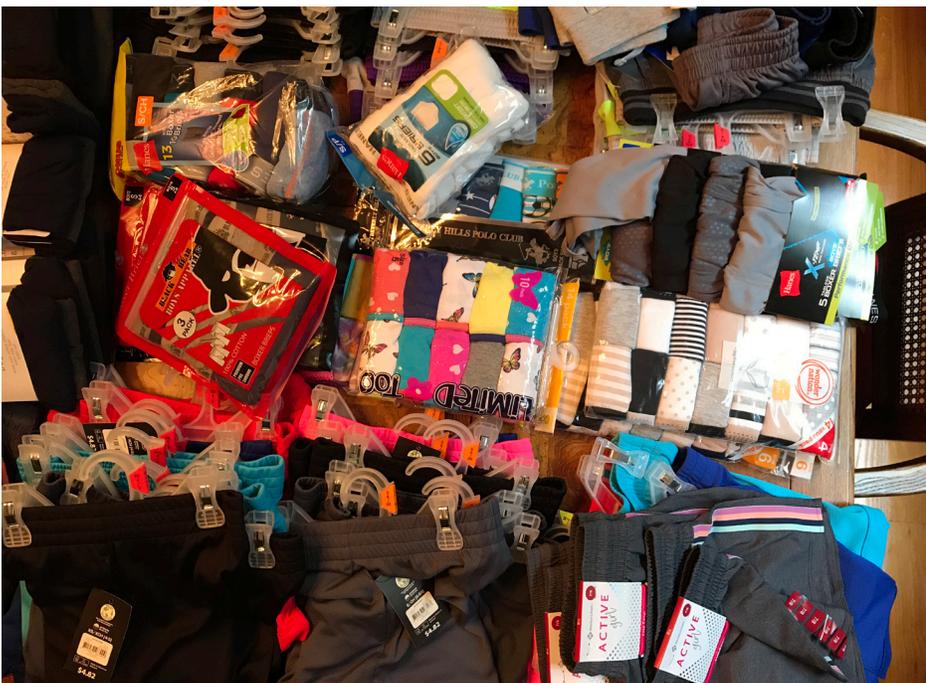
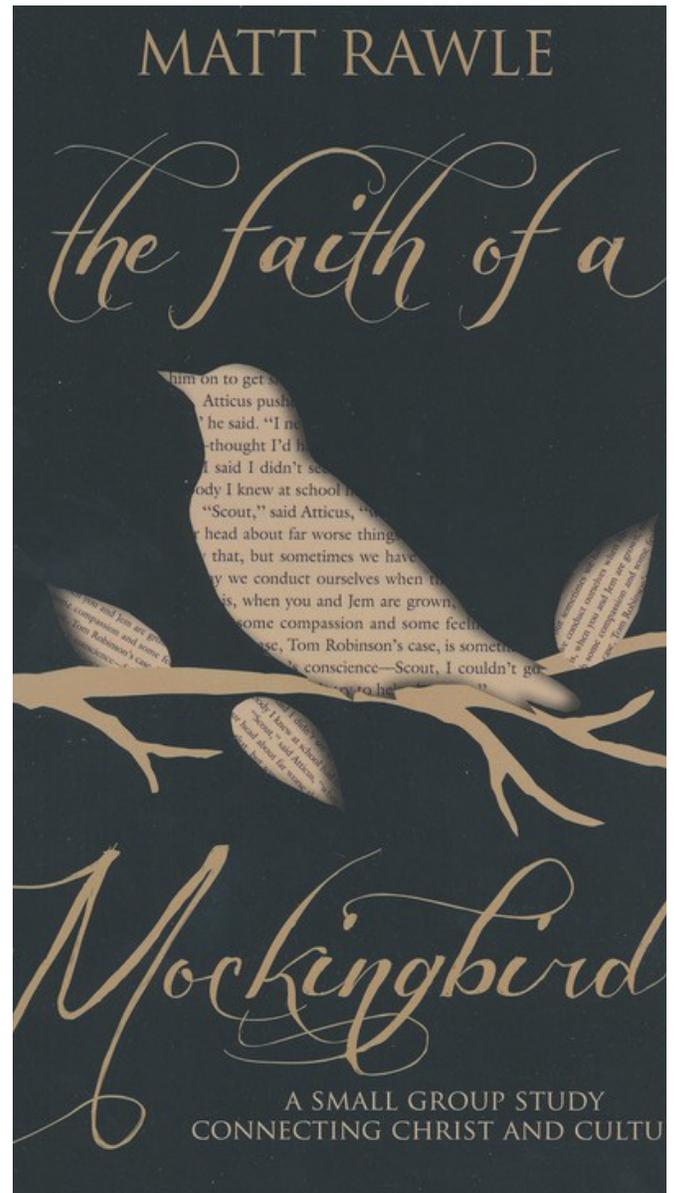
Wednesday Night Alive!

Adult Ministries is delighted to announce the expanded 13-week fall schedule for Wednesday Night Alive! which will start at 6:00 p.m. on September 9. The first four programs will be prerecorded and available for viewing online. If the church building is open, the rest of the programs will be in the Fellowship Hall without dinner at 6:00 p.m. Otherwise, programs will continue on video as long as needed.

This is an exciting schedule, beginning with a four-session Bible study based on Harper Lee's *To Kill A Mockingbird* and focusing on the characters Scout Finch, Atticus Finch, Tom Robinson, and Boo Radley. These sessions will be led by **Pat Glenn, Craig Whitley, Roger Rizk,** and Russ Keeney.

We know that many in the congregation have read the novel or seen the Oscar-winning film with Gregory Peck as Atticus but that is not necessary for your understanding of this outstanding series written by Pastor Matt Rawle whose Lenten study of *Les Miserables* was so meaningful last spring.

Even though we cannot meet in person just now, Adult Ministries hopes that these programs will challenge us to think, to learn and to be inspired.



Sherwood Clothes Closet

At the beginning of the school year, our congregation purchased clothing items to restock the Sherwood Elementary School Clothes Closet. We are so glad to continue showing our support for our neighborhood school. Thank you to **Barbara Yarbrough** for her help facilitating this project!

Faith Formation Updates



Back To School Blessing

On August 23, students, teachers, and school administrators gathered in the Fellowship Hall parking lot for our first Back-to-School Blessing Parade! Students came the previous day to decorate parking spaces with chalk, and they stood in those spaces as congregants greeted them following the outdoor worship service on Sunday. A Back-to-School blessing was given during the service by Director of Faith Formation, Susannah Bryant. Prayer tokens with names of school-goers were given out, and congregants prayed for a healthy, successful year and wished everyone well as they walked through the parking lot parade. If you missed this event, please feel free to stop by the front desk during church office hours to pick up a prayer token and/or a backpack tag for your student!





Sunday Night Youth Kick-Off Party

We are SO EXCITED for our fall youth kick-off coming up! Mark your calendars for September 13 and get ready for the best reunion ever —complete with a COLOR PARTY! We'll catch up on all the time we've been apart and prepare for an awesome year of loving God and our neighbor. Mid. High youth will meet from 5:30-6:45 p.m., and Sr. High youth will meet from 6:45-8:00 p.m. in the PAD parking lot. Dinner will be provided, and please be sure to wear a WHITE shirt along with clothes you don't mind getting messy. We can't wait to see you there!

Wednesday Night Alive KickOff



Children's Wednesday Night Alive Kick-Off

Join us on Wednesday, September 9, from 6:00-7:00 p.m., in the back field for our WATER PARTY Wednesday Night Alive Kick-Off! Wear something that can get wet and a little messy, and join us for water games, a slip 'n slide, crafts, and snacks to kick off the new year! (No dinner will be provided.) If you have one, bring your own inner tube, pool float, and/or water gun! Get ready to have an awesome time!

Parish Nurse Updates



Twiddle Muff Class

Do you know how to knit or crochet? Would you like to learn how to make a “Twiddle Muff?” People with dementia often have restless hands and like to have something to keep their hands occupied. A twiddle muff provides a wonderful source of visual, tactile, and sensory stimulation, and keeps hands snug and warm at the same time.

This Zoom class will be taught by Joy Owens, retired owner of Things Remembered Framing & Yarn Shop, who is very interested in charitable outreach. You can pick up a free kit with all of the supplies from the vestibule by the church office. Once completed, your twiddle muff can be given to a loved one with Alzheimer’s or dementia, or it can be returned to Lisa Marisiddaiah for distribution.

Join our next Zoom session on September 24, from 6:00-7:30 p.m.! Contact Lisa Marisiddaiah at nurse@fpcgastonia.org to sign up!



The Gastonia Parish Nurse Ministry has several flu shot clinics scheduled for this fall. For ages 14 and up, the cost is \$35. Most insurances are accepted and shots are free with Medicare B. High dose quadrivalent vaccine is available for people over 65.

To be efficient with the drive-thru process, please print and fill out the vaccine administration record prior to arriving. Form and appointment times can be found at www.fpcgastonia.org/parish-nurse-ministry.

Are you homebound? Unable to get to a flu shot clinic? Do you know someone who is homebound and needs a flu shot? Please contact Lisa Marisiddaiah at nurse@fpcgastonia.org. Include the individual’s name, address, and phone number, and Lisa will coordinate a home visit.

Drive Thru Flu Shot Clinics

Tuesday, September 15, 11:00 a.m. - 3:00 p.m.
First United Methodist Church
190 E. Franklin BLVD.
Gastonia, N.C.

Wednesday, September 23, 4:00 - 8:00 p.m.
First Presbyterian Church
1621 E. Garrison BLVD.
Gastonia, N.C.

Saturday, October 3, 9:00 a.m. - 12:00 p.m.
First United Methodist Church
190 E. Franklin BLVD.
Gastonia, N.C.

Alzheimer's Association Walk

Would you like to join the Gastonia Parish Nurse Ministry team? We are leading the way to Alzheimer's first survivor by participating in the Alzheimer's Association Walk to End Alzheimer's® on September 12, 2020. Currently, more than 5 million Americans have Alzheimer's and that number is expected to grow to as many as 14 million by 2050. Our future is at risk unless we can find a way to change the course of this disease. There's no cost to walk or join the team, but donations are welcomed and 100% goes to the Alzheimer research.

To sign up to walk and/or donate, please visit <https://bit.ly/alzheimersassociationwalk>.

MedAssist Giveaway

Save the date: Oct 2, 2020- NC MedAssist Over-the-Counter Giveaway at FUMC parking lot. FREE Over The Counter medications provided. Register online to select your medications or simply show up the day of for a generic bag of products.

Medication Take-Back Event

On Friday, October 2, from 10:00 a.m. - 2:00 p.m., bring your expired prescription or over the counter medications to FUMC for proper disposal. This will be a drive-thru event, so no need to get out of your car! Enter from Martin Luther King BLVD.

PRESENTED BY THE GASTONIA PARISH NURSE MINISTRY

NAVIGATING THE PATH TO EMOTIONAL WELLNESS

COMPLEMENTARY MODALITIES TO TALK THERAPY

Online Webinar • September 16, 2020

Upcoming Webinar

Join us virtually for the latest edition of our webinar series on emotional wellness, this time focusing on complementary modalities to talk therapy. Each session will be available for viewing via Livestream at www.fpcgastonia.org. Participants may choose which sessions to view based on their interest and are not required to attend the entire seminar.

- 8:45 a.m. Sign In and Welcome
- 9:00 a.m. Russ Keeney, MA, LPC - "Practicing Centering Techniques Through Gestalt Therapy"
- 10:00 a.m. Dr. Trish Murray - "Impact Therapy: Empowering Clients to Create Change"
- 11:00 a.m. Kim Leppert, MSW, LCSW, CSAT, CCTP, CCATP - "What is EMDR and How Can it Help Me?"
- 12:00 p.m. Lunch Break
- 1:00 p.m. Stefanie Jester, MA, LMFT, CSAT, CCTP, CCATP - "Brainspotting: The Theory, Practice, and Brain Neurology"
- 2:00 p.m. Kim Rhoads, MA, LCAS - "Risk & Resilience - Buffering Toxic Stress"
- 3:00 p.m. Jeanne Patterson, B.A. - "Introduction to Community Resiliency Model"
- 3:45 p.m. Closing Remarks

Register today at www.fpcgastonia.org/emotionalwellness!

THE FIRST PRESS

First Presbyterian Church

1621 E. Garrison Blvd.
Gastonia, N.C. 28054

Return Service Requested

PERIODICALS
US POSTAGE PAID
Gastonia, NC

New Elders and Deacons

Congratulations to our newly elected officers for the class of 2023 and Nominating Committee Members At-Large for 2021.

Elders:

Becky Adams, Josie Conner, Tim Fuller, Margaret Mackie, Warren Quarles, Kevin Schultz, and Bob Spencer.

Deacons:

Betty Davenport, Ron Digby, Claude Hathcock, Gloria Hickson, Caroline Letts, Lenise Melton, Brian Schroeder, Sarah Sumner.

Nominating Committee At-Large Members:
Luther Blair, Kate Buckles, Sally Hilton, Kenny Howe, Judy Planer.

Service Views and Attendance

Date	Thrive Livestream	11:00 a.m. Livestream	Outdoor Worship	Outdoor Worship Livestream
August 2	69	93	-	-
August 9	-	-	153	197
August 16	-	-	102	177
August 23	-	-	76	136
August 30	-	-	115	132

**Please note service views do not include those watching via closed circuit television at Covenant Village.*