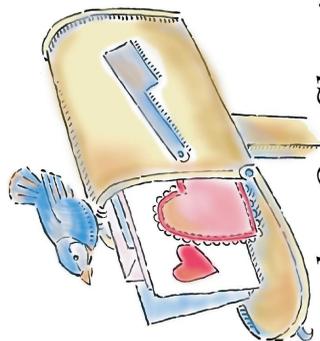


Pastor
Rev. Kerri English

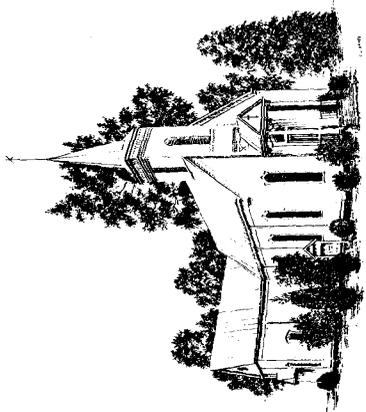
Secretary
Susan Vitale

Director of Music
Karla Bloom

Organist
Elizabeth Hargrove



*Remember Our Shut-ins
on Valentine's Day*



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ASHLAND PRESBYTERIAN CHURCH

401 Virginia Street
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Ashland Presbyterian Church

APC Connections

Volume 7, Issue 5

February 2015

Upcoming Events

- Feb. 1—Souper Bowl of Caring Offering; 12:15 PM Outreach & Worship meet.
- Feb. 8—12:15 PM Session meets
- Feb. 10—11 AM Circle meets; Links of Love Offering
- Feb. 15—12:15 PM Pictorial Directory photos
- Feb. 18—7 PM Ash Wednesday Service
- Feb. 22—4th Sunday Fellowship/5¢-A-Meal Offering



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Pastor's Page

“This is my body, given for you.”

I suspect you've heard this line before. Jesus gives us his body in the sacrament of communion. Did you know that your body is also sacrament? In John O'Donahue's Book of Celtic Wisdom called, "*Anam Cara*," he reminds his readers of this fact. "The old, traditional definition captures this beautifully" he says, "A sacrament is a visible sign of invisible grace." Our bodies are the outward signs of what's within. On our good days, perhaps we represent pretty well. On our not so good days, maybe we wonder if being embodied is such a gift after all.

This year, I'm trying to show due diligence in caring for my body. I've scheduled a dental cleaning, my annual physical, and a mammogram all on the same day in early February. When I walk the dog, I get in my walk too. It's mostly an issue of maintenance at this point. I am so fortunate that nothing is terribly wrong, and I'm old enough to realize that I no longer have to put myself on display just to get out of the house. It's a balance that I currently enjoy! I can actually feel thankful for the body that I'm in!

If only we could feel that way all the time. If only bodies were always treated as the outward signs of our invisible grace. It's not so easy to love one's body through the flu – or worse. Men want their bodies to feel powerful; women want their bodies to

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look beautiful. And we all have those times when, for whatever reason, our bodies let us down. Men and women alike are taught to have “body issues,” and we can forget that we have a tremendous gift to give, just like Christ, when it comes to our bodies. They are the most enduring gift we have to give each other, and they are ours to keep for a whole lifetime.

I have thought about this a good deal this year – precisely because we’ve had a tough year in the larger Body that is Ashland Presbyterian Church. Cancer, broken bones, sickness, and the stress and strain of caring for others in need can leave our bodies tired and longing for healing. Jesus understood this longing. A huge portion of his ministry was offering healing to those in need. We pray for healing for our friends and loved ones. Sometimes it comes in the ways we would expect, as skilled doctors and nurses tend to such conditions and help us to improve. Sometimes it comes in the ways we’d rather not anticipate, as the physical body breaks down, and only spiritual healing continues. We can curse the body, or be amazed at just what a miracle life – for the long and the short of it – can be.

So this year, rather than load up on ways to improve my own body image, I want to find better ways of loving the body that I have, and loving the larger Body that I belong to (the Church). I want to be more grateful for the little things – the smell of morning coffee, the joy of walking by the lake with our dog, the arms that wrap around my little one before bed, and the whole deal that gets me out to be with the people and in the places that I adore. My body is a gift from God, and yours is too. We are given it to use up until every ounce of energy is gone from it. There’s no time to waste. The Psalmist gives us words of wisdom to remind us of just how short it is – all life is like the grass, here today, gone tomorrow. And yet, it is the most wonderful gift we have – to be truly alive all our days.

This is my body – given for you. Jesus keeps giving. We keep giving. And we sustain one another with just being there – in body.



Presbyterian Women

PW Circle will meet Tuesday, February 10 at 11:00 a.m. in Lancaster Hall for study and lunch. Bring a sandwich. Beverages and dessert are provided.. An offering for Links of Love of be received. This offering goes to help residents of the Sunnyside community.

Usher and Greeter Schedule

	GREETERS	USHERS	COMMUNION ELDERS	COMMUNION PREP & CLEANUP	LITURGIST	FLOWERS	
2/01/15	E. Pepper	C. Schutte, B. Shea	P. Dunn, K. Hasbrouck, M. Summerson, J. Tate	K. Basilio, S. Henderson			
2/08/15	P. Ritchie	E. Shea, E. Simpson	<i>REMEMBER, If you cannot serve, please find a replacement and leave a message on the office phone, 798-5543.</i>				
2/15/15	C. Schutte	C. Sthreshley, M. Summerson					Glazebrook
2/22/15	B. Shea	R. Cole, J. Tate					Coddington/Huff
3/1/15	E. Shea	K. Basilio, T. Blair	M. Carneal, J. Glazebrook, V. Neeley, E. Shea	S. Carneal, J. Glazebrook			



Happy Birthday to: February

- 3 Drew Moncol
- 6 Karen Cole
- 8 Jamie Doyle
Clara Shes
- 9 Terry Blair
- 15 Judy Aderhold
- 29 Doreen Coddington



- Barclay and Rob DuPriest in the death of Rob’s mother Mildred DuPriest on January 15, 2015.
- Susan Vitale in the death of her husband Richard Weber on January 16, 2015.



Dear Members,
I want to thank the Ashland Presbyterian Women for the “Honorary Life Membership” awarded me on Dec 21 at 2014. It was truly a wonderful surprise and one I shall always cherish.
I love my church and may God continue to bless it and it’s people! In Christ’s name, Jane Glazebrook

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website of the national church www.pcusa.org. This year, the most controversial amendment in the bunch would broaden permission so that congregations could hold same-sex weddings in accordance with the guidelines of their particular state, but it would not require any church to do so if the Session or Pastor objects. Pastor Kerra would gladly talk to anyone who has questions about these amendments at any time.



It's time for a new pictorial directory for Ashland Presbyterian!

Those pictures in the old directory are starting to look a bit (dare we say it?) dated. A current pictorial directory is a real help to new members, interns, and others who simply have trouble putting names and faces together.

Rather than schedule a day or days to take photos, we are suggesting that you submit a current photo of yourself (or you with your family) that you like. You may submit it electronically to kvdorgan@gmail.com or you may provide a printed photo to Karen Dorgan or Ginger Young. We hope you'll choose one that you think shows you in your best light!

If you do not have a current photo, we can be available after worship service on February 15 to snap pictures. Just let Karen or Ginger know that you plan to be there. If you can't come then, let us know and we'll work something else out for you.

We'd like current photos of ALL church members. We hope to have the directory compiled in early March, so please don't delay!

Thanks for helping out the Congregational Care Committee on this project!



A big THANK YOU to members of the Outreach Committee who have been supplying food and drinks for our fellowship hours of the past few years!

In order to spread the work around, for 2015 we are asking that church members---either individually or a group (ie. Choir or Finance Committee or Sunday School class), volunteer to "host" the fellowship hours---just once a year.

The coordinator of the month's fellowship hour is **not** expected to do it all! He or she will enlist help from others to see that things are set up, food is supplied, and clean-up is done... Just once a year.

Can you help? Please contact Karen Dorgan (kvdorgan@gmail.com) if you are willing to sign up to host one month's fellowship hour.



February 1, 2015

Your canned goods and monetary donations go towards alleviating hunger!
Please give generously!



**Service for the
Imposition of Ashes
Ash Wednesday,
February 18 at 7:00 p.m.**

SESSION REMINDERS:

PROTECTING CHURCH PROPERTY: Make sure you check that the church doors are locked behind you, especially if you are the last to leave.

CLARIFYING YOUR DONATIONS: If you are designating a donation to a particular project of the church, please mark your check as clearly as possible so that the counters will know where the money is to be directed. For example, if you are donating to the Presbyterian Women Christmas Project to help "Mary," please mark your check "PW Christmas Project – for Mary." The same is true if you are giving to one of our outreach projects. The more specific you are, the easier it is to carry out your wishes. Our "budgeted" line items do not roll over from year to year. Therefore, we do not have the means to carry over general "outreach" donations – but we can make sure your specific donation goes to fill food bags, or fund the Congo hospital, or get passed through to ACES, etc.

CONNECTING WITH THE PASTOR: Kerra's email has changed to kerra.english@gmail.com. She is also on facebook if you'd like to connect with the church facebook page or with her directly. The website is typically updated monthly with news and sermon archives. Be sure to connect!

PRESBYTERY DECISION MAKING: The Presbytery of the James will vote on Book of Order amendments at the February 21 stated meeting which will be held at Union Presbyterian Seminary. The contents of the amendments can be found at the

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