

APC Connections

Volume 7, Issue 9

June/July 2015

Upcoming Events

- June 2-3— CARI-TAS
- June 7—12:15 PM Outreach meets
- June 9—11 AM PW meets
- June 14—12:15 PM Session meets
- June 27—5 PM Wulf/Shapiro wedding
- June 28—5¢-A-Meal/4th Sunday Fellowship. Choir hosts.
- July 5—12:15 PM Outreach meets
- July 19—Exec. Presbyter Carson Rhyne preaches

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Pastor's Page

"Spiritual direction explores a deeper relationship with the spiritual aspect of being human. Simply put, spiritual direction is helping people tell their sacred stories every day."— *Liz Budd Ellmann, Executive Director, Spiritual Directors International*

Friends,

Do you know about my "other" job? Many of you know that I spend time at Richmond Hill Retreat Center every month. You've heard about that, right? My first two years of going to Richmond Hill were for training in the practice of Spiritual Direction, but now, I work with individuals seeking Spiritual Direction, and I am a faculty member for the course I completed. It is also part-time, intentionally so!!!!

Though it is a very old practice, Spiritual Direction has had a new burst of life in the past 25 years as people have wanted to go deeper in prayer and expand their capabilities for compassion. So my "other" job is about listening to the stories of seekers, and helping them to hear the Spirit's still small voice in the stories of their lives. It's not therapy or counseling. My goal is not to "make people better" or to get people to talk about their emotional problems. Instead, what I do is listen for how God is participating in the lives of others. My training has heightened my awareness for the movements of God in my own life so I can perhaps help someone else notice those subtle movements in their lives as well. It is a privilege and delight to hear such stories into being.

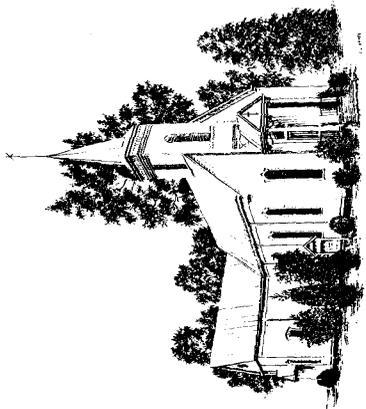
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Pastor
Rev. Kerra English

Secretary
Susan Vitale

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Beyond that, it's kind of difficult to explain to you what I "do." Spiritual Direction is much more an art than a science. Sometimes I offer silence, sometimes prayer, sometimes questions, and sometimes I'm just standing in to allow another person a way to talk to God that doesn't feel so much like such a lonely conversation.

Recently, Pope Francis made a speech in which he encouraged people with gifts for listening to consider becoming Spiritual Directors. He sees it as a practice that gives hope to our world for the sustaining of our faith. It's not a clergy-only field either! In fact, it's more often been the practice of monastics and laity to develop the art of spiritual listening.

So... Are you longing for a safe place to explore the questions of your faith?

So... Are you a good listener who would want to use that gift to help others?

If you answered "yes" to either question, perhaps investigating more about Spiritual Direction is something you would want to do. I know that it's made a difference in my life.

God's peace, Pastor Kerra



Presbyterian Women



PW Circle will meet Tuesday, **June 9 at 11:00 a.m.** for study (Lesson 9) and lunch. Bring a sandwich. Beverages and dessert are provided. Also, remember to bring an item for Mary's pantry!

June 2 & 3, 2015

Check the sign up sheet in the narthex for ways you can help!

A big **THANK YOU** to all who made the new pictorial directory possible:

Pat Dunn Rob DuPriest
Julie Tate Susan Vitale
Ginger Young



If you have not yet received your copy of the directory, please contact Karen Dorgan.

SAVE THE DATE!

*Ash Grove Women's Retreat at Richmond Hill
November 13-14, 2015.*

Keynote Speaker: Mimi Weaver, Life Coach and Spiritual Director
Topic: Changing Seasons: Making Transitions with Grace

Usher and Greeter Schedule

	GREETERS	USHERS	COMMUNION ELDERS	COMMUNION PREP & CLEANUP	LITURGIST	FLOWERS
6/7/15	L. Herring	E. Shea, E. Simpson	R. Bryan, R. DuPriest, D. Moncol, C. Sthreshley	S. Henderson C. Schutte	M. Carneal	
6/14/15	S. Huff	L. Herring, C. Sthreshley	<i>REMEMBER, If you cannot serve, please find a replacement and leave a message on the office phone, 798-5543.</i>		K. Basilio	
6/21/15	M. Lumpkin	J. Aderhold, K. Pugh			Glazebrook	
6/28/15	K. Dorgan	D. Coddington, K. Dorgan, G. Young				
7/5/15	D. & P. Dunn	D. & P. Dunn	L. Allison, D. Coddington, K. Cole, K. Pugh	S. Huff, J. Tate		
7/12/15	K. & L. Hasbrouck	K. & L. Hasbrouck				Schutte
7/19/15	R. DuPriest	R. DuPriest, K. Pugh				Huff
7/26/15	G. Young	J. Aderhold, K. Cole, K. Dorgan, G. Young				Young
8/2/15	J. Aderhold	D. & P. Dunn	L. Allison, D. Coddington, K. Cole, K. Pugh	J. Aderhold, K. Pugh		Coddington

June Happy Birthday to: July

- | | |
|--------------------|-------------------|
| 4 June Lybrand | 7 Sherri Carneal |
| 22 Ryleigh English | 16 Betty Carswell |
| 25 Jacob Phillips | 20 Peter Ritchie |
| 29 Charlie Blair | 22 Nita Bryan |
| Karla Bloom | 25 Emily Pepper |



BE FILLED WITH THE SPIRIT



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of \$377 a month. A worker earning minimum wage in Virginia needs to work 115 hours per week. That's 2.9 full time jobs!

Affordable housing is a real life issue affecting us, right here, in Ashland, the Center of the Universe. Officials are grappling with the question as to how we, as a community, can best help the people who are living in our area hotels and motels, many of which are families with children.

Did you know that 50 million people in the U.S. live in food insecure households?

43.6 million people are living in households with incomes below the poverty threshold. They include victims of disaster, children, the working poor, single-parent families, the unemployed, the homeless, persons with disabilities, and the elderly. They face hardships paying for everyday basic needs: shelter, utilities, food, medicine.

Increased food prices have forced families with limited budgets to make difficult choices. This has increased the number of families turning to food assistance safety nets such as food pantries, kitchens and/or shelters.

What does all this have to do with our food pantry? Everything! A roof over your head or food? Which would you choose? By helping to provide emergency food, we can help men, women, and children who might otherwise have to face each day or go to bed hungry. Many of those we serve have been referred by way of Social Services.

Do we have people who take advantage of the pantry? Likely, but we don't ask questions. Instead, we remember the words of Jesus, '... for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me ...'. They ask, and they receive. Simple. But not so simple if there is nothing to give.

Be a part of the solution by donating non-perishable food items to our food pantry!

A Moment of APC History

While looking for information on the desegregation of the Ashland Theatre in the *Herald-Progress*, I stumbled across the headline, "Interracial Group Meets At Church." The date was August 5, 1948, and this was page one news. The article reads: "For the second successive year an interracial meeting was held at the Ashland Presbyterian Church recently to hear reports from delegates who attended the Petersburg conference for Negro women at State college and to foster a better relationship and cooperation between Negro and white churches of Ashland. ... Ministers present at the meeting were the Rev. T. M. Smith from Union, the Rev. Mr. Covington, supply pastor of Shiloh, and the Rev. R. S. Miles of the Presbyterian Church." And unlike our meetings today, "A duet, 'The Lord is My Shepherd' was sung by Mrs. William Trotter and Professor Johnson."

At that date, there were two movie theaters in town and schools were still segregated.

APC, C/O Many Hands

The Service of Worship in our church is the responsibility of many hands. Sometimes it encompasses the hands from many other committees as well. My purpose in this communication is to somehow increase awareness of the many little "things" that go unnoticed or not realized as part of a service of Worship here at Ashland Presbyterian Church.

During our regular services, so much is needed that does not get printed on a schedule, like the cleaning of the church prior to any service that is held. Do we really realize how many square feet that Shelby Coleman, (custodian) cleans? Do we do what we can to help her in that job? Do we provide the best vacuum that could help her do this job? Do we take out the recycling, or the trash? Pick up bulletins we have used in the pews, or replace hymnbooks? Do we pick up our used water bottles after service? The kitchens need special attention by emptying refrigerators and cleaning them. If a regular service like a wedding or funeral services arises, do we realize that the fee for custodial and janitorial service is a fee that is paid for by the family requesting service and not the church? How can we value Shelby's service with us more?

Do any of us really realize what our Secretary, Susan Vitale, does beyond what she sees in her paycheck? Do we know that she places the hymn numbers on the board each week and many times changes the paraments? Are we aware of her food bank stewardship? How many times have we asked for something typed quickly or mailing labels, or tracking down a check or where did you file that information? Does she ever run interference between committees and individuals? Do we value her bulletin typing and punctually each week and where does she find those things to fill up spaces for the newsletter when we do not send articles as requested? How can we show how much we value Susan?

Music is the life of some, the joy and renewal for many and just a plain "need" for Worship. Make a joyful noise said the Lord. I don't believe that anyone can know what it takes to be an organist or pianist on a regular basis unless you are one. Week on and week off, endless hours of practice, new music to learn, weekend duty when everyone else is able to take one off. Elizabeth Hargrove is our part time organist and she is here so much that everyone sees her as a member of the church on a fulltime basis. She practices with the choir on Sunday mornings and for several weeks before Easter and Christmas. Beyond those times when she is receiving a paycheck for this service, comes all the other times when her talents are requested for weddings and member funerals etc. When these extra services are requested do we know that the

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family requesting her time is responsible for the fee for that service? The church does not pay for those times she plays. Do we know how many times her knowledge is requested like finding a special light for the organ or pulpit or the piano. How do we find a special arrangement on a specific topic? Do we realize that she is in constant alert mode for a change in a hymn request, need for one more line of the piece she is playing to make the time come out right? How do we show Elizabeth the value of her being with us? Thank you Elizabeth for putting up with our "take for granted attitude" sometimes. Your seat at the piano and organ are engraved. Thank you.

Now for Trey Dalton, you are so valued and we never tell you. I don't want to cut the grass and pick up sticks and edge and blow etc. But when I walk past our grass each week I think of you and I want you to know you are valued. We like a manicured lawn. Thank you Trey.

Our Interns are new to us in the past few years. For those we have asked to serve with us it has been an immeasurable experience. We hope we have provided a good training ground for small church ministry and we hope we have provided enough support to sustain their knowledge base. They have brought to us special blessings in choir, word, study and fellowship. May they know that God blesses them as much as He has blessed us with their presence here at APC. We trust that their work will only be enhanced because we were encouraged to take on this mission.

Not only do we live in the Center of the Universe, we have the best Music Director in the world. Karla Bloom is one of a kind. My daddy used to say that they threw away the mold they used to make a person . . . and Karla is one that the mold has been destroyed, there will be no one else like her ever. She is a gem producing more energy, information, resource ability, training, and determination than can be found in one person again. She has produced the best little choir in the Center of the Universe. She is vigilant in service, diligent in attendance, relentless in training, and brings the best cakes for fellowship. She sings like an angel, and has respect for all. She even has sung in synagogues. Do we really show her how much we value her?

Our Pastor has been with us now for three years. Sometimes I wonder why she puts ups with someone like me. But she has a wonderful knack for supporting when we need support, making in -roads when we need new directions, preaching to everyday needs, requiring needed work from Session that we really could find boring, starting new projects when we need stirring up, and hanging in with us as we age and try to offer our help and care to those who intern with us in a small church setting. Show

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Kerra how much we value her, tell her how good it is to have her with us.

The Volunteer Staff, namely committee members, take care of so many details for regular and special services that they cannot be named. I am simply going to point out a few areas when someone has to pay attention to the need. Sometimes we need parking and the Police department has to be asked permission to have signs blocked off. We need the sound system activated and run. We need doors opened, AC/Heat adjusted, notifications sent, educational events planned, homebound members visited and communion offered, We need picture directories put together and conferences planned, meals provided to community projects. Food items provided for the pantry, special cleaning days, trees, bushes and shrubs maintained. Commode seats tightened, thermostats replaced, and repairs made to water heaters and lights replaced. Door locks replaced and hinges adjusted so we can simply use the areas. These are only a few of the things that our committee members provide to make us a working church. How do we say thank you to the folks doing the jobs?

We have the best staff, these folks are more valuable to us than we can ever express, and we ask their forgiveness when we seem to take them for granted and don't say thank you. They are truly a part of our congregational family. Let us watch for all they do that goes unnoticed, and make a point to tell them how much they do to make our small church come alive.

Shalom, Judy Aderhold, Worship Chairman

Hand in . . . Hand . . . to Hand

Did you know that the "housing wage" in Virginia is \$20.93 an hour?

The Housing Wage is the wage required to afford a two-bedroom apartment at Fair Market Rent (FMR). In Virginia, the Fair Market Rent for a two bedroom apartment is \$1,088.

To afford this level of rent and utilities, without paying more than 30% of income on housing, a family must earn an annual salary of \$43,536. Assuming a 40 hour work week, 52 weeks per year, this requires a housing wage of \$20.93, which is the highest in the Southeast and 10th highest in the nation.

But...the median household income for Virginia renters is equivalent to a worker earning only \$18.93 per hour, an annual income of \$39,382. At this income level, that household could only afford rent of \$985 per month- more than \$100 less than the Fair Market Rent. The minimum wage in Virginia is \$7.25 an hour. This is just over one third of the Housing Wage in Virginia. A minimum wage earner can only afford a rent

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