

Sandston Presbyterian Church Newsletter May 2024



Worship Service is at 11:00am every Sunday in person.

Sunday School Classes (9:45am)

- The Shurley Class: meets in room 7
- Men's & Women's Class: meets in the library



CONTACT US...

Email us:

sandspres@verizon.net

Call us: **804-737-1527**

Office hours: **Monday -
Thursday (8:30am -
1:30pm)**

Follow us on Facebook
@sandstonpc

Check out our website:
www.sandstonpc.org

A Note from Pastor Todd...

As you all know, we went on vacation the week after Easter. We had a great time, partly because we intentionally *didn't* schedule anything for several of the days we were gone. I realized as we were planning and preparing that it was the first time I had been away for more than two or three days in several years. And shame on me! Renewal and rest are important. I know this and have learned and relearned it. And apparently need to again. So with that in mind I thought I'd share a devotion I came across on the PC(USA) website entitled, *Time To Slow Down* by Rev. Jennifer Rodriguez:

I did not start the year the way I wanted. I started feeling really tired. I had no energy and I thought everything was related to all the hard work I put in during the advent season, until I discovered I had COVID. Nobody wants to start the year like that. Adding to that was all of the anxiety of managing two kids at home and doing all the work that needs to be completed.

Even though it was not the way I wanted to start the year, it has been a good time to reflect on my life and everything I have been doing in the past year. During this time that I was forced to slow down due to my health condition, I discovered I was not enjoying every moment or action. I have been doing things for the sake of accomplishing them and spent little time processing everything that I had been doing.

We get so focused on reaching the goal, which gives us little room to enjoy the process. The experience that I relate right now I can see in Ecclesiastes 3:1-17. We usually focus on the first 8 verses of this chapter, where different circumstances in life are exposed. Ecclesiastes 3:1 starts saying: "There's a season for everything and a time for every matter under the heavens..." I can continue this statement adding, There is a time to be active, a time to slow down. There is a time to run around and a time to be static.

I have been involved in a lot of activities during the past few years. I have felt really productive and have been able to accomplish so many of the tasks. At the end of the day, I have been reflecting on those tasks, since I did not have the time to digest what I had done. Everything was so fast. I feel everything was in a rushed moment and I thought it needed to happen so it would not collapse.

Those things that I was able to accomplish did not collapse. Those things were able to be stable and continue on their course. Now, the question remains, what about me? I have been reflecting on this question for some time and more intentionally at the beginning of the year. Everything has been blurry because I was more focused on having things done than appreciating the moment.

I do not want to get to the point where I will be fully blinded and do not feel the joy that we are supposed to feel and experience because everything that we do and everything that we have around us is to be engaged with. We are to have a relationship with it and not just one way around.

I know clearly that:

- When we are overwhelmed we do not focus on what we should do;*
- When we are overwhelmed we lose time making precise decisions;*
- When we are overwhelmed we lose the vision of what God has actually created;*
- When we are overwhelmed we do not allow our hearts to open;*
- When we are overwhelmed we lose hope for a better tomorrow;*
- When we are overwhelmed we lose.*

God is calling me to slow down in this year. The message has been clear and consistent. This will be

time to connect with my family, my friends, the people I love, the people I have neglected because I have been doing so many things for others but little for me.

During this year, I have decided to slow down because I have heard the voice of God telling me to take care of myself so I can serve others. During this year we need to take the time to hear the voice of God that is constantly telling us what we need even though we rarely pay attention to it.

Be healthy, be loved, be at peace my sisters and brothers. If you need to slow down, take the time you need because you deserve it.

Flower Calendar Requests
2024...

We are continuing to take requests for the flower calendar for 2024! You can find the request forms outside of the office as well as the narthex of the church. The cost of the flowers is \$35.00. You will find the available dates to the right.

- May – 12, 19, & 26
- June – 2 & 9
- July – 7, 21, & 28
- August – 4, 11, 18, & 25
- September – 1, 8, 15, & 22
- October – 6 & 20
- November – 3

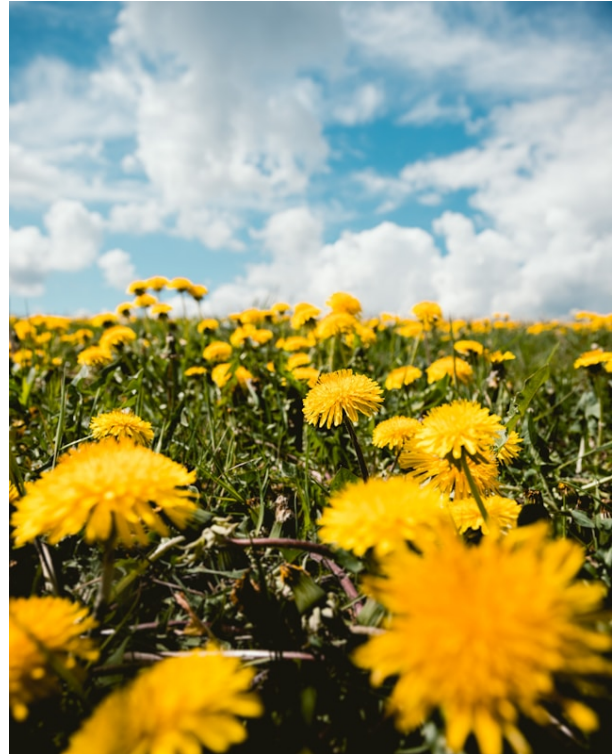


Our Prayer List...

Please keep the following individuals below in your thoughts and prayers.

- Alice Baldwin
- Laura Greer
- Joe Woodham
- Jan & Wayne Richter
- Leon App
- Joanne McCabe
- Richard Young

Please keep the Nolan Family in your prayers for the passing of Tommy Nolan on April 18th.



Meetings this month...

The Beekeepers of Richmond will meet on **Tuesday, May 7th from 7pm to 9pm**. If you have an interest in bees this may be the place for you. If you have any questions please contact Arlo Amstutz.

The Highland Springs Garden Club will meet on **Tuesday, May 21st from 10am to 12:30pm** in the fellowship hall. Anyone who *loves flowers* is encouraged to come and join us. If you have any questions please contact Pat Fitzgerald.



Teacher Appreciation...

The Christian Life Committee got together and put together a small treat to send to Sandston Elementary School for Teacher Appreciation week, which is May 6th to the 10th. These will be delivered to the school that week to show our appreciation to all of the teachers and staff for all of the hard work!

May Birthdays

- 1 Joe Woodham, Jr.
- 17 Stacie O'Berry
- 19 Mary Hamilton
- 21 Jim Smith
- 22 George McCabe
- 22 Lee Hart



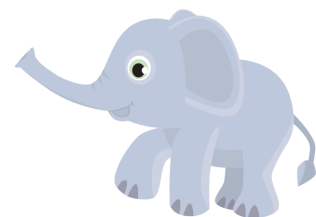
PW Circle Meetings

- The Finley-Walker Circle will meet on **Wednesday, May 8th at 10:00am.**
- The Davis Circle will meet on **Wednesday, May 8th at 6:00pm.**



Don't Forget!

The White Elephant Sale is this coming up weekend! Come on out do some shopping and find a treasure or two and maybe a sweet treat! All proceeds go towards mission projects!



What's going on in our community...

Eastern Henrico FISH

It's Yard Sale Time! Eastern Henrico FISH will be having a yard sale on Thursday, May 2nd and Friday, May 3rd from 9:00am to 5:00pm at Village Presbyterian Church. Rain Dates Thursday, May 9th and Friday, May 10th. All proceeds benefit Eastern Henrico FISH and their missions. Hope to see you there!

We are collecting canned tuna for the month of May. Please remember to pick up one or two cans while you are out grocery shopping. There is a box outside of the church office that you can drop your donations off in. The deadline is May 31st. For the month of April we were able to collect a total of 22+ things of toothpaste. Thank you to everyone who donated last month and continue to each month!

Memorial Day Parade

Come join us on May 27th at 1:00pm for the Annual Memorial Day Parade in Sandston. Following the parade from 2:00pm to 4:00pm for a block party where there will be games for kids, a bounce house, free ice cream, and more.



YMCA MEI Collection...

The **YMCA has a Mission, Equity, and Inclusion (MEI)** Committee that has a walk up food pantry at the Chickahominy location right here in Sandston. They are in need of protein items, so the Christian Life committee is going to be collecting **canned chicken** for their food pantry for the **month of May**. Please put these items in the box for FISH outside of the church office and we will separate what goes to FISH and what goes to the YMCA at the end of the month.



Rock Painting...

The Christian Life Committee would like to "Thank" everyone who showed up for rock painting! We had a smaller crowd of only 7 people but were able to paint a total of 37 rocks which is awesome! Next time we have a rock pairing event please consider coming to join us in on the fun!

Life Line Screening...

May is National Stroke Awareness Month!

A stroke occurs every 40 seconds and yet up to 80% of strokes can be prevented.

This is why **Sandston Presbyterian Church is hosting** Life Line

Screening, the nation's leading provider of preventive health screenings on **Wednesday, May 22, 2024.**



Screenings are fast, painless and affordable. The Stroke Risk, Vascular & Heart Rhythm Package screens for stroke and cardiovascular disease risk with the goal of generating peace of mind early detection. Nearly 800,000 strokes will occur this year, taking a life approximately every four minutes.

Many events also offer blood tests, including cholesterol, glucose and c-reactive protein screenings, as well as take-home colon cancer early detection tests.

For more information regarding the screenings or to schedule an appointment, call **1-844-591-7160** or **text** the word **circle** to **216-279-1607** or visit <https://www.lisa.social/hasca>. Pre-registration is required.

The church office has (1) Complimentary Screening certificates if interested.

May Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 White Elephant & Bake Sale 9am-3pm	4 White Elephant & Bake Sale 9am-3pm
5 9:45am Sunday School 11:00am Worship Service & Communion	6	7 7-9pm Richmond Beekeepers Meeting	8 10am Finley Walker Circle Meeting 6pm Davis Circle Meeting	9	10	11
12 9:45am Sunday School 11:00am Worship Service	13	14	15	16	17	18
19 9:45am Sunday School 11:00am Worship Service	20	21 10am- 12:30pm Highland Springs Garden Club	22	23	24	25
26 9:45am Sunday School 11:00am Worship Service	27 Memorial Day (Office Closed)	28	29	30		

