



Sandston Presbyterian Church Newsletter October 2023

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...

From a Harvard Medical School article on giving thanks...

The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). In some ways, gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further.

After our wonderful celebration of Sandston Presbyterian Church's 100 years of life and ministry I find myself deeply grateful. Here are just a few reasons:

- As I mentioned in my sermon, pastoring can be simultaneously be tough and rewarding work. Because of the many difficult days it is all the more important to celebrate the truly good ones. I may never have another opportunity in my career to be a part of a church centennial celebration so the uniqueness of that is worth appreciating!

- All of the SPC members – and friends of members – who spent countless hours getting everything ready. From the bulletin to the grounds to the music to the meal, we all had a first hand demonstration of what it means to be the body of Christ.

- All of the people who made the time and joined us for worship. How wonderful it was to have people of all ages and connections to SPC together. Throughout the day I met new people and heard stories about why the church was and is important to them. All of that is a gift for someone who has spent all of his professional career serving "the church".

I am excited to continue our journey as a church together and see what God might have in store for us moving forward! And if you might be looking for ways to practice gratitude in your own life, below are some recommendations from the above article I mentioned.

Peace be with you,
Pastor Todd

Write a thank-you note. You can make yourself happier and nurture your relationship with another person by [writing a thank-you letter](#) or email expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

Thank someone mentally. No time to write? It may help just to think about someone who has done something nice for you, and mentally thank the individual.

Keep a gratitude journal. Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.

Count your blessings. Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

Pray. People who are religious can use prayer to cultivate gratitude.

Meditate. Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).

Daily Devotionals

Our Daily Bread devotionals are now here for September, October, & November. They are located outside of the church office & the church narthex.





Our Prayer List...

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

- Alice Baldwin
 - Robin King
 - Laura Greer
 - Joe Woodham
 - Judi Saunders
 - Jan & Wayne Richter
 - Leon App
 - Richard Young
-

All things Presbyterian Women...

PW: World Food Day Collection

World Food Day has been a tradition in the United States since the first World Food Day in 1982. The Presbyterian Women have chosen to give our donations of food and money to support the Henrico County Christmas Mother Program since we have a long-standing connection with them. **On Sunday, October 15th everyone is encouraged to bring canned goods or to give monetary donations. Checks MUST be made out to "Henrico Christmas Mother" that way it will go directly to this program to purchase food.** With their help and connections our dollars will go much farther to help those in need during the holidays.



PW Circle Meetings...

- The Finley-Walker Circle will meet on **Wednesday, October 11th at 10:00am.**
- The Davis Circle will meet on **Wednesday, October 11th at 6:30pm.**



October Birthdays

- 11 Shelor Smith
- 13 Arlo Amstutz
- 14 Ellen Oldham
- 17 Scott O'Brien
- 21 John Anderson

What's going on in our community...

Eastern Henrico FISH

We are collecting canned pasta (Spaghetti O's) for the month of October. Please remember to pick up a can or two 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 October 31st. For the month of September we were able to collect a total of 24 things of toothpaste for FISH. Thank you to everyone who contributed this past month and continue to each and every month!

Eastern Henrico FISH is having their MEGA Yardsale on Thursday, October 5th from 9am to 6pm and Friday, October 6th from 9am to 5pm at Village Presbyterian Church. Come on out to support FISH!

Meetings this month...

The Beekeepers of Richmond will meet on **Tuesday, October 3rd 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, October 17th 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.*



Flower Calendar Requests 2023...

We only have a couple dates left for the flower calendar for 2023! 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.



October – 1 & 8



Rock Painting Thank You...

The Christian Life Committee would like to thank everyone who came to our last Rock Painting Event on Saturday, September 23rd. We had a great turnout with our church members participating and from within our community.

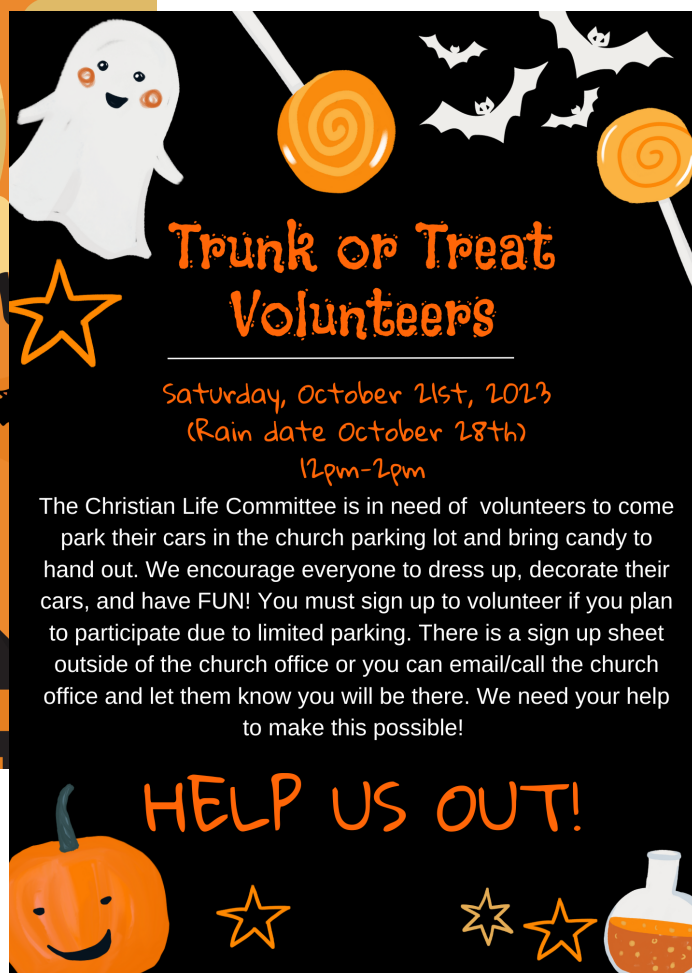
100th Anniversary Celebration...

Celebrating 100 years isn't something you do everyday! We would like to thank everyone who helped organize this extraordinary celebration. We would also like to thank everyone who came to worship with us on September 17th and enjoyed a BBQ luncheon afterward where we got to fellowship with one another and share memories here at SPC over the years!



5th Annual Trunk or Treat...

We are looking for volunteers to help us out at our Annual Community Trunk or Treat. This is such a fun event and would love for you to be a part of it. If you are interested in volunteering please call the church office or get with Paulette, Kellie or Stacie O'Berry.



Annual Community Trunk or Treat Donations...

The Christian Life Committee is starting to collect candy and monetary donations for our Annual Community Trunk or Treat on Saturday, October 21st, 2023. If you would like to contribute please give all donations to Paulette, Kellie, or Stacie O'Berry. We can't do this without your help!

October Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:45am Sunday School 11:00am Worship Service	2	3 7-9pm Richmond Beekeepers Meeting	4	5	6	7
8 9:45am Sunday School 11:00am Worship Service & Communion	9	10	11 10am Finley Walker Circle 6:30pm Davis Circle	12	13	14
15 9:45am Sunday School 11:00am Worship Service World Food Day Collection	16	17 10am-12:30pm Highland Springs Garden Club Meeting	18	19	20	21 12-2pm Community Trunk or Treat
22 9:45am Sunday School 11:00am Worship Service	23	24	25	26	27	28 12-2pm Community Trunk or Treat Rain Date
29 9:45am Sunday School 11:00am Worship Service	30	31 Happy Halloween!				

