

# First Press Weekly Update

March 27, 2022



## Five Cents-A-Meal Offering

The Five Cents-A-Meal offering will be received today. You may place it in the basket by the door as you leave Worship today or you may contribute online. One-fourth of this offering will go to Waverly Road Presbyterian Church Food Pantry.

## No Youth Group Today

All youth retreat at Holston Camp.

## Prayer List

**PRAYER FAMILIES OF THE WEEK** – Helen Baylor; Laura Dryden Taylor; Charles and Mary Beggerow; and Crockett and Cis Taylor.

**MISSIONARIES** – Eliane Menezes, *Guatemala*.

## Knuckleheads Men's Bible Study

Knuckleheads will meet Tuesday from 12:15-1:15 p.m. in Room 103-104.

## Music Meditation

Alice Sanders will offer a Music for Meditation program on **March 30** at noon in our sanctuary. You may also live stream the program on YouTube and Facebook.

## Apostles' Creed Wednesday Night Class

This week Dr. Shelton will continue his Wednesday Night Class on the "Apostles Creed," based on author Adam Hamilton's book, "Creed: What Christians Believe." You can attend either in person or watch it online. There will be no dinner provided, but you may bring your food to the class.

## Fall Prevention and Balance Class

After a long interruption due to COVID, we are happy to announce that Balance Class will resume meeting on **Thursday, March 31** at 1:15 p.m. in the Fellowship Center! The cost will be \$6.00 (cash only) per class. Scott Held, an exercise physiologist with The Great Body Company, will again be our instructor. Each week Scott teaches the group exercises that strengthen foundation or "core muscles" while sharing techniques that can help diminish the possibility of a fall occurring. A fall can be a life changing experience. If you have fallen, stumbled, or can tell your balance has diminished you will most likely find this class beneficial. This class is open to the community. Invite a friend and come join the fun!

## Flowers for Easter

Because hydrangeas are not available, we are offering geraniums as our Easter flowers to be placed in the church for **Easter Sunday, April 17**. The color will consist of different shades of pink (depending on the prettiest plants available). The flowers will be in 11-inch pots, with pot covers, and can be hung or planted in your yard. Another option is to donate them to be planted around our church. Please send your requests and payment, along with names to be honored or memorialized, to Vickie in the office **by Friday, April 1**. Cost is \$11 each. Forms are included for your convenience.

## Birthdays This Week

**March 27:** Lucie Hagen, Linda Lisa

**March 28:** Robin Dickerson

**March 29:** Will Wray

**March 30:** Jane Andersen

**March 31:** Katy Mink

**April 2:** David Oaks

**April 3:** Barbara Necessary

## **Waverly Road Food Pantry**

For March, please bring **canned vegetables**. Please drop donations in the basket outside the chapel door or in front of the stained glass on Sunday mornings. Your donations mean so much to those who don't have enough to eat. Thank you!

## **Flowers Needed for Church in 2022**

July 31  
August 14  
October 2

*Please call Vickie in the church office (423-245-0104) to sign up for a date.*

## **Rekindling Update**

An updated listing of FPC members interests and opportunities has been added to the *Members Only Section* of the church website. About 10 additional members completed their surveys and they have been added. Members unable to participate any longer have been removed. If you are looking for volunteers to fill roles in the church please use these updated documents. If you still have your survey forms and would like to be included in the next update (late summer/early fall) you can leave your forms with Vickie in the church office. If you want to make changes to your information or want to be removed – contact Jane Harris at 239-9744 or [jharris@chartertn.net](mailto:jharris@chartertn.net).

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## **First Presbyterian Church Staff**

423-245-0104

Mike Shelton, *Pastor* (ext. 204)

Russ Pearson, *Director of Christian Education and Youth Ministries* (ext. 208)

Mark Owen Davis, *Director of Music Ministries* (ext. 210)

Alice Sanders, *Pianist/Organist*

Annie Hill, *Church Business Administrator and Secretary to the Pastor* (ext. 203)

Vickie Green, *Membership Secretary/Church Receptionist* (ext. 202)

Beverly Johnson, *Financial Administrator* (ext. 206)

Kim Alvis, *Media Specialist* (ext. 209)

Becca Wright, *Parish Nurse*

W. Wayne Dinsmore, *Custodian*

Lance Ramsey, *Custodian*

Tammy Jackson Hodge, *Director of Presbyterian Children's Center*

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## **First Presbyterian Church**

100 West Church Circle

Kingsport, TN 37660

423-245-0104

[www.firstpreskingsport.org](http://www.firstpreskingsport.org)

Email: [office@firstpreskingsport.org](mailto:office@firstpreskingsport.org)

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