

Outings for the Summer and Fall

For those who would enjoy a group outing, I am considering the following:

1) **Bright's Zoo**, a 38-minute ride from Kingsport, is open through August, Monday - Saturday, 10:00 a.m. - 5:00 p.m. and Sunday, 12:00 p.m. - 5:00 p.m. The price is \$19.95 plus tax or we can get a group rate depending on the size of our group. All walkways are concrete so you can easily use a cane or walker. They have a train ride through the area which costs \$5.00 per person. I would like to schedule this in June.

(2) There are several people at the **Storytelling Center** that I think we would enjoy, including:

- Andy Offutt Irwin - August 26-30
- Donald Davis - September 29 - October 2.

(3) **Barter Theatre**

- *Murder for 2* - Music, mayhem and murder - September 5-November 2
- *The Innkeeper's Wife* - November 22-December 28.

(4) **The Kitchen at Grace Meadows**

The meal is served family style and costs \$21.95. It would be an early dinner as they are open Wednesday-Friday, 4:00-8:00 p.m. I have been told the food is very good.

Please let me know if you are interested in any of these events as soon as possible so I can make plans. If you have other suggestions, please let me know. (The bus can carry 15.)

Barbara Foust

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First Presbyterian Church

The First Press

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Mark Your Calendar

6-15 *Lemonade on the Lawn*

6-19 *Newsletter Deadline*

7-13 *Ice Cream Social*

7-27 *Potluck Lunch*

8-17 *BLT Luncheon*

Weekly

Sunday

Worship

10:00-11:00 a.m.

Sanctuary

Tuesday

Knuckleheads Men's Bible Study

12:15-1:15 p.m.

History Room

Thursday

Balance Class

1:15 p.m.

Fellowship Center



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Anxious for Everything

If we don't **manage stress**, it will **manage us**. People seem so edgy. We are downright uptight people. Life is hectic; stress nips at us; **our anxiety level** is through the roof. Anxiety is like "**worry on steroids**", a floating **sense of doom**, dwelling on worst-case scenarios that may play out. We live **on edge**; we wait for the **other shoe to drop**. Fearing what **may happen** may be worse than **what does happen**. Do we have control in choosing how we react? Does it depend on how stressful a situation is, how long it lasts, or who is involved? Assess your own life:

What keeps you awake at night? What distracts you? What do you dread? What makes your pulse race, your chest tighten?

One minute we are fine until a crisis **blindsides us**. We start **anticipating the next one**. We can't **relax**. All peace is **short term**. Misfortune/doom lurk everywhere. Stress turns worry warts into **PANIC VICTIMS**. A **nagging headache** may be a **brain tumor**; the **latest Middle East** crisis could trigger World War III. Listen to Paul's words:

Have no anxiety about anything but in prayer let your requests be made known to God.

In what world did he live? Having **LESS ANXIETY**, finding better **WAYS TO COPE**, seems more doable. He says "**have no anxiety**", not "**worry less**." That is like telling a **person with the flu** not to sneeze, or a **gambler** to **avoid the track**. Is anxiety a **disease**, an **addiction**, or both? If we can't **LIVE WITHOUT ANXIETY**, can we at least **LIVE BEYOND IT**? Paul lived on **DEATH ROW** - a perfect **setting for anxiety** - yet he didn't dwell on what had **gone wrong**, what **he'd lost**, but on his faith.

With every reason to gripe/get depressed, he says, "in gratitude let your requests be known to God." With every reason to give up, he says, "I can do all things through him who gives me strength."

Attitudes are **more important** than **FACTS**. How we **act/react** can be more harmful than the threat itself. Do we focus on **problems**, how they **limit us** or on the **other side of a problem** and how **GOD HELPS US**? Anxiety isn't a **sin**. It is an **EMOTION**. Left unchecked, it can lead to **sin**. Christianity is meant to be a **life of peace**, but we are **no less anxious** than others. Jesus said, "**can you add one hour to your life by worry?**" Jesus managed his stress. He stayed calm, not because he was **DIVINE** but because he was **spiritually focused**. He went from one crisis to the next. He didn't **reduce stress** by **reducing his schedule**. He drew near to God, released his burden, renewed his strength, and learned how to be a **NON-ANXIOUS** presence no matter where he was. How can we stay calm, be less anxious? Release your burdens. Let go and let God!

Mike

Summer Fun!

Dear Friends,
Your Congregational Fellowship & Nurture Committee (CF&N) is hosting the following events this summer.

Lemonade on the Lawn

Come join with friends for a time of socializing with lemonade and home-baked cookies on **June 15** after the 10 am service. It will be held outside under the portico going toward the Fellowship Center.



Ice Cream

This fun, delicious time will be held on **July 13** in the Fellowship Center after the 10:00 a.m. service. Remember to put this date on your calendar.

Potluck Lunch

A Potluck Lunch will be held after the 10:00 a.m. service on **July 27** in the Fellowship Center. Remember to bring anything of your choosing, except meat, to the Fellowship Center kitchen as early as 9:30 am. You'll need to indicate your intentions of attending the lunch by Tuesday, July 22nd, so the CF&N Committee will provide enough chicken fingers. You may call or e-mail Vickie at the church office with your reservation. We're looking forward to this great time of home-cooked food as well as time for fellowship with each other! "Amen, Let's Eat!"

BLTs are Back!

BLTs are returning again this year on **August 17** in the Fellowship Center after the 11:00 a.m. service. Claudia Byrd is graciously preparing these for us. Thank you Claudia!

Church Night Suppers

Our first Church Night Supper after the summer break will be on **September 3**. We will have an Olive Garden Italian meal.

Church Picnic

Mark your calendars for **Sunday, September 21**, for our picnic at the Allandale picnic pavilion. Fellowship time begins at 5pm, and dinner will be served at 6. Braeden's will be our caterer.



We have a new Director of Music Ministry/Organist!

Amy Smith has been hired as our new Director of Music Ministry/Organist! Amy has over 20 years of church music experience serving Presbyterian, Episcopal, Lutheran, and Catholic congregations, and is currently an adjunct professor at UNLV. She is a native Nevadan and will be moving from Henderson NV with her husband Mike and her son Aaron. She will start work on July 1. We look forward anxiously to her arrival and hope you will make her and her family feel welcome to the area and the church. You can see samples of her previous work at the following links:

https://youtu.be/hLzPxpswUHM?si=U_qm6dhKUYlpz28a

<https://www.youtube.com/live/rtXggF7O6Xg?si=g8C9tywY5lu4jqYa>

One of many

Jeanne McClure

Jeanne and Bill McClure came to Kingsport when Bill's job transferred him from Rochester to Kingsport for Eastman. They joined First Presbyterian in 1988 during the pastorate of Danny Massie. Since that time Jeanne has filled numerous roles at our church – large roles and small behind the scenes roles.



She is currently on the FFE committee and takes part in keeping the furnishings of the church organized and in good condition – no small task in a church our size. Tasks might include developing a cleaning plan for the church, looking after forgotten urns and other equipment. One special task right now is taking care of plantings at the Columbarium. She and Bill help when in town with the First Pres day at 2nd Harvest Food Bank. She bakes cookies for Lemonade on the Lawn. Jeanne serves at funerals or other receptions at the church.

A list of roles Jeanne has filled in the past could fill this page – a few include teaching elementary Sunday School, Bible School helper, Deacon twice, team leader for funeral receptions, Wedding Coordinator, member of teaching team on a mission trip to Guatemala, polishing brass, greeter at various receptions, and serving as a vital part of the Centennial Celebration Committee—managing the details of the Celebration Weekend in 2017.

Jeanne says she has a strong commitment to First Pres. If asked to do something she tries to do it to the best of her ability. Sometimes she sees a job that needs to be done and just does it. Small or large when she undertakes something you can know it is done with care, creativity, and concern for what is best for our church. Thanks, Jeanne, for all you have done and are doing for First Pres.

Rekindling Our Gifts Survey

The History Committee will distribute a survey from August 3 through August 24 to be completed by anyone who wants to make changes in their skills and interests or opportunities for involvement, or anyone who has never completed a survey. A box clearly marked that contains the surveys will be in the church foyer. Please return your Rekindling Our Gifts survey in the envelope provided to the box by August 24. Thank you.

Waverly Road Food Pantry

For June please bring a **can of tuna** for the Waverly Road Pantry. A basket is located in front of the stained glass near the Sanctuary on Sunday mornings. Thank you for your donations.

They mean so much to those who don't have enough to eat.

