



KirkWood Kronicle



A Christian Community Growing Together, Knowing, Loving, and
Serving Christ, to make Him known to all.

July 2023



KirkWood Family,

As we steer into summer, things slow down around KirkWood – fewer meetings, fewer classes, fewer groups, fewer plans. Things slow down. Perhaps the best (and most biblically-informed) way to view this simpler, quieter season in the life of our church is a sabbath - a regular, routine, sacred period for rest, reflection, recuperation, and reverence. How might those four words that start with the letter r shape and alter how you spend your July and August this year, even alter your time with kids and grandkids or your travel? Like an ancient Sufi poet said, “We are all like water. It’s ok to rage sometimes, and it’s ok to rest and recede too.”

To help spark your imagination about summer as a time of purposeful, intentional respite, check out this great article on rest as a spiritual discipline.

Warmly,
Pastor Chris

The Spiritual Discipline of Rest (Richella Parham; Renovare):

“The number one enemy of Christian spiritual formation today is exhaustion,” writes Jim Smith in his important book *The Good and Beautiful God*. This is a bold proclamation, but I believe it is right.

Surely the need for rest is not a new development, nor is the instruction from God to rest a new instruction. God commanded His people:

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KirkWood Presbyterian Church

1209 Hampton Highway | Yorktown, VA 23693
Phone: 757-766-0343

Email: office@kirkwoodpcusa.org | Website: <http://www.kirkwoodpcusa.org/>

Worship: Sundays, 9:30 a.m., in person and broadcast live via KirkWood’s home page and our YouTube channel. On-demand replays are available on YouTube.

Sunday School: out of session for the summer



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JULY SPECIAL DATES

July 2 - Food Pantry Collection

July 4 – Independence Day
(Church Office Closed)

July 8 – Walking Group at 9AM
(Matteson Trail)

July 9 – H.O.P.E. Offering

July 15 – Board Game Gathering 1-5PM

Highlights from the June Session Meeting:

- Session approved the purchase of a new church sign along Hampton Highway (to replace the old one impacted by the new sidewalk)
- Session plans to not meet in July so it can get a summer breather
- Goals were created for each committee to work through or achieve by the end of 2023 (those goals will be published in the August Kronicle)





The Spiritual Discipline of Rest (cont.)

“Remember the sabbath day and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work” (Exodus 20:9 – 10).

But perhaps the need to take rest seriously, to undertake it as a spiritual discipline, is more needful today than it has ever been.

Throughout most of human history, men and women have been aided in their need for rest by the fact that there was light by which to work only for a portion of each day. As civilization progressed, humans found ways of producing light to see in the darkness, but those sources of light were usually expensive and often scarce. Faced with the reality of no light by which to work, humans slept during the darkness.

That scenario has changed. As men and women have developed more reliable ways to generate light, they have simultaneously warded off the darkness for longer and longer hours. What was once a reliable source of rhythm for the cycle of work and rest is now gone. We can now have light available 24 hours a day, seven days a week. Darkness is now hard to come by in some parts of the world.

Yet the way the human body functions has not changed much in the years since God commanded his people to observe a day of rest. The amount of time generally set aside for sleep has shrunk, but the need for it has not. In these days, filled with artificial light and late-night opportunities for work and play, we must now be very purposeful in the pursuit of physical rest.

I think we often fail to consider that we must choose to rest or else we’re likely to have rest forced upon us when we are exhausted to the point of physical, mental, or emotional distress. Have you ever found yourself forced to your bed after pushing yourself too hard? Me, too.



Worth remembering is that others may question us and our motives when we stop to rest. Mark 4 records the story of an evening when Jesus and his closest followers set out across the Sea of Galilee by boat. Tired from his endeavors, Jesus goes to sleep. When a heavy storm arises, his friends are filled with fear, and in their frightened state they question Jesus' motives. "Don't you care if we drown?" they demand (Mark 4:38, NIV). What they don't realize is that Jesus' sleep is a sign of his trust and confidence in his Father. Jesus understands that God has power over everything, including nature itself. Jesus' word to the wind and waves is also his word to his followers then and now, "Peace! Be still!" Understanding that God has the power to save us can replace our fear with trust and confidence, allowing us to rest peacefully.

There will always be more work to do, just as there will always be storms. When we practice the discipline of rest, others may question us, and we may doubt ourselves. But at its heart, practicing the discipline of rest is an act of trust: a statement of confidence in God and his provision for us, for our loved ones, and for the work God has given us to do. Will that work pile up while we rest? Perhaps. But our ability to do our work may also accumulate, and surely our ability to discern what is most needful will increase. Rest is not in vain.





Congregational Care Round-up

Congregational Care

A Stroll in the Woods. The KirkWood walking group will be returning to the Matteson Trail on Saturday, July 8 at 9:00AM. Since it is the hottest month of the year, we picked an early start time on an easy shaded trail. It is a 3-mile paved trail through the woods around the Hamptons Golf course. As always, there will also be options for a 1 or 2 mile walk as well.

Come join the fun, the company, and the great outdoors. The Matteson trail is located at the corner of Neil Armstrong Parkway and Butler Farm Road. We'll meet in the parking lot of the Police Training Center. If you have any questions, contact Bruce Knight 757-303-4252 or Janet Knight 757-303-4253.

KirkWood Goes Boating! Hey all you KirkWoodians with boats or with friends with boats. On July 29th, we're having a day on the water at a location and time to be announced. Come join us and bring along your favorite friends and refreshments for some sun and surf fellowship. Narthex and on-line sign-ups will be available soon. Contact Laura Sanders for more information.

Brunch at the Fort: Our 3rd annual "Brunch at the Fort" is scheduled for 11 AM on Saturday, August 5th, at the home of Lew and Mary Goodman at Ft. Monroe. Bring a potluck dish and enjoy food and friends on a covered porch overlooking the parade field inside the moat. Sign-up available soon.

Other Upcoming Events: Our annual picnic is on Sunday, September 10th after worship, and our Veteran's Day Military Appreciation event is on Saturday, November 11th. If there is an event or activity you'd like us to take on, please let us know!

Unless otherwise noted, the point of contact for these items/events is Lew Goodman.



KirkWood Tree Inventory

Help us build an inventory and map of the trees in KirkWood's woods.

We are in the midst of identifying the variety of native trees in the Wee KirkWood and Prayer Path area so that we can develop educational tools to promote good stewardship of the native species and provide a refreshing resource for our community.

No experience needed, only a curiosity about trees and their roles in the local ecology. We will train you in the data collection tasks. From its founding as the Kirk in the woods, KirkWood has recognized and celebrated the wonder and gift that is our natural environment. Recognition and understanding are the foundation for good stewardship.



Join a small team logging the type and GPS coordinates of the KirkWood trees in different sections of the woods during July. We plan to construct a map and guide for future use by the KirkWood community and guests, and we need your help.

Look forward to the day soon when you may either join or lead an educational tree tour at KirkWood. For more information or to help with the project, please contact Charlie Reece at dna-srf@verizon.net.



Remembering our Neighbors' Needs

Mission

KirkWood's **Little Free Food Pantry** is up and running and is making itself known to our surrounding communities. Susie Seay continues to work tirelessly to spread the joy to the Y across the street as well as to neighboring churches! We are happy to announce it is beginning to be used more regularly.

We are excited that KirkWood's food ministry continues to bless others. Thank you to everyone who lovingly keeps our Little Free Food Pantry well-stocked. We are happy to announce that you can now donate online as well as through cash/checks to help support the Little Free Food Pantry. We will use these monies as needed to keep the pantry stocked as well as for upkeep and regular maintenance of the structure. When you go online through the church website, please search for the Little Free Food Pantry. When writing a check, please write on the memo line "The Little Free Food Pantry", so these monies will be directed towards this mission. Thank you for helping us to continue to spread joy!



Monthly Food Drive: We collect non-perishable foods and monies to support St. Luke's pantry the first Sunday of every month.

Monthly Offering—"Helping Other People Eat": We collect the **H.O.P.E.** offering the second Sunday of every month. Funds are divided between Youth Challenge, Mid-Atlantic Teen Challenge, Menchville House, and our sister church, CPK Mikondo, for their Feeding Program in Congo.



Blood Drive Update, Volunteers Needed

Mission

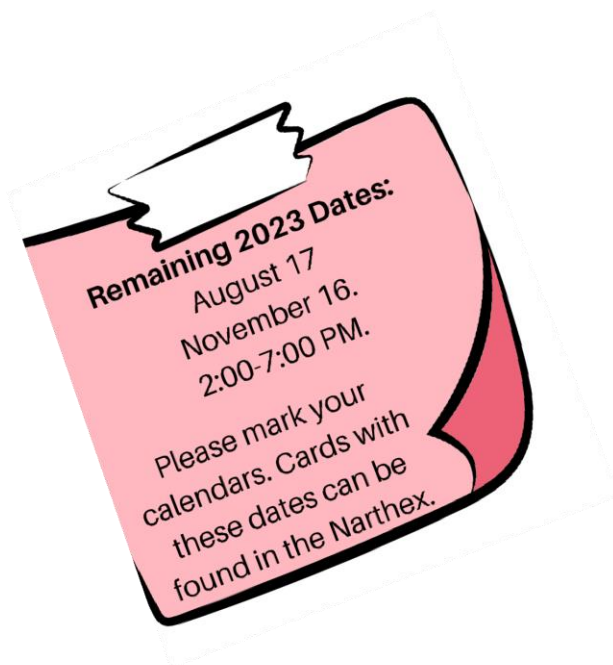
Our next 2023 Kirkwood Blood Drive is scheduled for **THURSDAY, August 17th, from 2-7PM in the fellowship hall.** Donors can schedule their appointments by going on line to www.redcrossblood.org; sponsor code KirkwoodPC. All donors are encouraged to complete the RAPID-PASS on the day of the drive. RAPID PASS lets you do the pre-screen process from your laptop, desk top computer or cell phone and can save you as much as 15-20 minutes when you get to the drive. The Red Cross will send a link to your email the day of the drive. If you have questions or would like to inquire as to how you can help at upcoming drives, please contact Cathy Hudgins, 757-869-2645 or hudgepudge@aol.com.

Seventeen percent of non-donors cite "never thought about it" as the main reason for not giving, while 15% say they're too busy.

Please consider being part of the 68% who do.

We are looking for a couple of volunteers to help with registration and in the canteen during the drive. To volunteer or if you need assistance making your appointment, contact Cathy. There is an urgent need for all types of blood now and always. Please prayerfully consider coming out and donating to this lifesaving need.

Donna Craig will be coordinating the food for our drives. We will have the menu in the August newsletter. If you would like to donate any food items or desserts, or help with a monetary donation to defray the cost, contact Donna (donnacraig029@gmail.com)





JULY 2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat

*Please continue lifting prayers together as a Kirkwood family
by praying for...*

1 Visitors to feel welcome and loved by all.

2 Missions committee as they fulfill the Great Commission.

3 The dedication of those who are new to KirkWood.

4 The safety of Americans celebrating all over the world.

5 Safety and enjoyment for families who are vacationing.

6 Our federal, state, and local governments.

7 Thank the Lord for the foods we eat.

8 Ask God to suggest someone in the church, to pray for their needs.

9 The physical grounds of KirkWood.

10 The people in your life who you love.

11 Birthdays of all your friends and relatives.

12 Katie's love of babies and their growth.

13 Jeannine's leadership of the children to the Lord.

14 Fighting in the world, America, and our towns.

15 Chris' sermons: they are God inspired and timely.

16 The financial prosperity of KirkWood.

17 Ann's choir directing: for clarity and harmony.

18 A welcome hand to greet new visitors.

19 The safety of our youth and their leaders.

20 Kirkwood's volunteers for all the events we do.

21 The choir's dedication and praise to God.

22 The stability of marriages of everyone you know.

23 Tim's humbleness in cleaning up our messes.

24 A smile to someone who needs encouragement.

25 Session members as they guide the church.

26 The people you know in a small group or Bible study.

27 Growth in the committees at KirkWood for the glory of God.

28 Babies who have been baptized at KirkWood.

29 God to help you make a new friend at KirkWood.

30 The Navajo farmers as they grow pumpkins for the patch.

31 Anyone who has partaken of the Little Free Food Pantry.



SUMMER LEARNING

Christian Education

A new summer small group started meeting on June 28th in Room 4 on Wednesdays from 6-7. Jeannine Scott introduces a children's Bible story and then starts a discussion of how to look beyond just the picture book story. Meetings will continue through August 16th, so attend when able.



Summer Fun Bags Available Soon!

Follow the path of Jesus with a bag full of activities for creative hands. Using a theme centered around the board game idea, your little loved ones will have plenty to do to break the boredom! Create your own playing piece, design the spinner, race the timer and so much more!



2023

OUR HIGH SCHOOL GRADUATES!



Stephen D. Mershon

Stephen graduated from Kecoughtan High School, Hampton, VA. He is going to Missouri Science & Technology; Rolla, MO.



Eli Shearer

Eli graduated from Grafton High School.



Kasey Williford

Kasey graduated from Tabb High School and is still deciding on her future plans.



OUR COLLEGE GRADUATES!



Alyssa Auché

Alyssa (Hope Perdue's granddaughter) graduated from Old Dominion University. She majored in Audiology and Speech pathology and will be continuing at ODU to obtain her Masters.



Mary Brown

Mary graduated from Union Presbyterian Seminary with a Master of Divinity. Her next step is a chaplain residency at Riverside Regional Medical Center beginning in mid-June, which will last a year and complete her pastoral care training.



Anna Linehan

Anna graduated from University of Virginia with a degree in Nursing. She is heading to Travis Air Force Base in California to work as a nurse for the Air Force!

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